



**CITY HIGH GIRLS TRACK AND FIELD  
2013  
DRAKE RELAYS APRIL 25<sup>TH</sup>-27<sup>TH</sup>**



Discus Thu-3:00p.m.	GUSTAFSON 119'-05" <b>15TH</b>					
Long Jump Thu-3:30p.m.	WASHPUN 15'09.25" <b>22ND</b>					
3000M Thu-4:10p.m.	CARMAN 10:30.29 <b>12TH</b>					
Shot Put Fri-8:30a.m.	LEHMAN 36'-05.50" <b>18TH</b>	GUSTAFSON 39'-03.25" <b>6TH</b>				
SMR Fri-10:14a.m.	HANSCH 13.1 SB	WASHPUN 12.6	C CREW 27.5	PLOCK 56.7*	148.92 SB	<b>3RD</b>
4X200 Fri-1:15p.m.	C CREW 26.0	BLOWERS 27.3	H CREW 27.3	WASHPUN 26.7	1:47.76	<b>18TH</b>
4x100 (p) Fri-5:15p.m.	D JOHNSON 12.8*	PLOCK 11.9	C CREW 12.5	WASHPUN 12.4	49.81SB	<b>3RD IN HEAT</b>
4x400 (p) Fri-8:45p.m.	C CREW 59.8	TRAORE 63.0	DANIELSON 63.5	PLOCK 59.5	4:05.84SB	<b>5TH IN HEAT</b>
1500M Sat-1:02p.m.	CARMAN 4:48.25* SB <b>13TH</b>	<b>7<sup>TH</sup> ALL-TIME IN CHS HISTORY</b>				
400M Hurdles Sat-1:57p.m.	PLOCK 1:01.56* SB <b>1ST</b>	<b>1<sup>ST</sup> ALL TIME IN CHS HISTORY</b>		<b>8th ALL-TIME IN IOWA</b>		
4x100 (Final) Sat-3:10p.m.	D JOHNSON	PLOCK	C CREW	WASHPUN	49.84	<b>7TH</b>
4x400 Final Sat-4:22p.m.						

SB=Seasons Best, **Red= Standard of Excellence**, \* Personal Record, # issue with handoffs or start