

# CITY HIGH GIRLS TRACK AND FIELD 2016

## JV TRIANGULAR TUESDAY MAY 10TH

Long Jump	OMAR 14'4.5"* 2ND	WASHINGTON 13'10" 3RD	ALEXA 14'5"*1ST			
High Jump	ALEXA 4'8" 1ST	WASHINGTON 4'6"* 2ND				
Shot Put	CASSADY 29'2"* 2ND	KUEPKER 28'7"				
Discus	JENNINGS 80'4.5"	KUEPKER 75'11.5"				
3000M	CHADWICK 11:36.56*1ST					
100M	RAMIREZ 20.97*	BAH 15.80*	HEFLEY 18.82*	SALEMANI 17.93*		
DMR	DAMHORST 32.9*	CHAPNICK-SOR 34.7*	NOACK 1:25.2	CAREY 2:53.74	5:27.01	<b>3RD</b>
400M						
4X200	PARROTT 30.5*	SHUTT 32.9*	RUMMELHART 34.5*	CHADWICK 30.5*	2:06.57	<b>3RD</b>
	NOACK 39.5*	CHAPNICK-SOR 35.5*	DAMHORST 34.7*	CAREY 33.5*	2:23.07	<b>4TH</b>
	GRIMES 29.9	BAH 32.2	SOW 30.3*	MWENEMKAMBA 33.7*	2:06.57	<b>1ST</b>
100M H	ANASTASIA 23.72*	GREEN 19.04* 5TH				
800M	DAMHORST 3:15.70	CHAPNICK-SOR 3:02.00 6TH	RUMMELHART 2:49.43 4TH			
200M	OMAR 31.82 SB 5TH	RAMIREZ 46.18	MWENEMKAMBA 33.43*	SOW 31.92 6TH	GRIMES 30.48* 3RD	HEFLEY 42.74
400M H						
SMR	GRIMES 15.9	BAH 14.0	SELEMANI 37.9*	SOW 1:18.4	2:26.61	<b>2ND</b>
1500M	O PARROTT	SHUTT 5:44.6	CHADWICK 5:34.1			
4x100	CAREY 15.1	SHUTT 16.4	O PARROTT 14.7	HEFLEY 18.5	1:05.50	<b>7TH</b>
	MORGAN 15.1	CHAPPY 16.7	DAMHORST 15.3	NOACK 17.1	1:04.77	<b>6TH</b>
4x100	CAREY 15.1	SHUTT 16.4	O PARROTT 14.7	HEFLEY 18.5	1:05.50	<b>7TH</b>
	MORGAN 15.1	CHAPPY 16.7	DAMHORST 15.3	NOACK 17.1	1:04.77	<b>6TH</b>
4x400	O PARROTT 1:13.1*	GREEN 1:09.2	RUMMELHART 1:18.0	SHUTT 1:15.5*	4:56.32	<b>1ST</b>