



**CITY HIGH GIRLS TRACK AND FIELD  
2016  
STATE QUALIFYING MEET @ IC-WEST  
THURSDAY MAY 12TH**



TEAMS: Linn-Mar, Epworth-Western Dubuque, Cedar Rapids Prairie, Iowa City High, Iowa City West, Dubuque Senior, Dubuque Hempstead, Burlington

4:00	LJ	Cooper 6th 15'11.25"	Franklin7th 15'10.75"*			
4:00	HIGH JUMP	<b>Gamamou</b> 5'4" 1st	Vanderhoef 4'10"			
4:00	SHOT PUT	<b>Murphy 6th</b> 35'10"	Jennings 29'1.5"			
4:00	DISCUS	Murphy 5th 103'11"	Cassady 79'00"			
4:30	3000M	<b>Bywater 8th</b> 11:21.81	<b>McCormick</b> 11:29.55*			
5:00	4X800	<b>Lindower</b> 2:24.0*	Verdick 2:33.0	Brands 2:34.6	<b>Smith</b> 2:30.4	10:02.64 5th
6:15	SHR	Windschitl 17.3*	Hill 19.6	Green 18.6*	Swenning 17.7*	1:13.32 SB
6:35	100M	Franklin 8th 13.78 SB				
6:45	DMR	Johnson 26.9	DeNeice 28.9	A Traore 1:04.6	<b>Arch</b> 2:23.8	4:24.71 5th
6:55	400M	F Traore 1:04.88	L Parrott 1:05.16			
7:05	4X200	<b>Clark</b> 26.6	<b>Cooper</b> 26.9	<b>Johnson</b> 27.2	<b>Gamamou</b> 26.4	1:47.16 2nd
7:15	100M H	<b>Windschitl</b> 17.43*	Swenning 18.22			
7:30	800M	<b>Arch 5th</b> 2:27.75	Hecker 8th 2:32.36			
8:00	200M	<b>Clark 2nd</b> 27.69	DeNeice 29.56			
8:10	400M H					
8:30	SMR	Johnson 13.92	Clark	Cooper	<b>Gamamou</b> 1:00.6	1:55.81 5th
8:35	1500M	<b>Lindower 4th</b> 4:57.17*	<b>Hansen 9th</b> 5:14.24			
8:40	4X100	Johnson 13.3	Cooper 12.5	Clark 13.0	Gamamou 12.6	51.89 4th
8:50	4X400	F Traore 1:04.5	Parrott 1:03.0*	A Traore 1:04.3	<b>Jones</b> 1:01.9	4:14.05 4th

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