



# CITY HIGH GIRLS TRACK AND FIELD 2014



MVC DIVISIONAL MEET @ WATERLOO EAST 5/8/14  
TEAMS: CR JEFFERSON, CR KENNEDY, DUBUQUE  
HEMPSTEAD, DUBUQUE SENIOR, CITY HIGH, WATERLOO  
EAST, WEST HIGH

## MVC MISSISSIPPI DIVISIONAL CHAMPIONS!!!

LONG JUMP	Washpun 19-01.25* <b>1ST</b> MEET RECORD-SCHOOL RECORD-5 <sup>TH</sup> IN THE STATE ALL-TIME	Roermerman 15-07.50*	Ali 13-02.00 <b>6TH</b>	Windschitl 14-10.00* <b>1ST</b>	
HIGH JUMP	Joens 5'1" <b>1ST</b>	Blowers 4'4"	Williamson 4'2" <b>4TH</b>		
SHOT PUT	Lehman 36'0.5" <b>SB 2ND</b>	Wortman 30'3.5"	Embery 34-9.25" <b>1ST</b>	Murphy 24'6"	
DISCUS	Lehman 104' 8" <b>6TH</b>	Wortman 111'3" <b>3RD</b>	Embery 88'4" <b>2ND</b>	Smith 67'00"	
3000M	Arch 11:32.93 <b>5TH</b>	Shepherd 11:16.71 <b>4TH</b>	Appleby 12:18.50 <b>1ST</b>	Parrot 12:28.44 <b>2ND</b>	
JV 4x800	Perrett 3:00.9SB	Cabbage 3:00.9	Clemons 3:11.9 SB	Juon 3:25.5	12:39.83 <b>4TH</b>
4X800	S Traore 2:27.5	Verdick 2:35.9*	Sammons 2:29.2	F Traore 2:33.4SB	10:06.21 <b>1ST</b>
SHR	Miller 17.6	Thompson 19.1	Windschitl 17.3*	Blowers 18.4	1:12.23 <b>5TH</b>
100M	Plock 13.04 <b>3RD</b>	Johnson 13.74	Alderson 13.98 <b>1ST</b>	Ali 14.63SB	
JV DMR	Caris 29.8	McIntire 28.8*	Lewers 75.9*	Noack 2:59.4*	5:14.71 <b>5TH</b>
DMR	Deprenger 27.1	Anderson 30.2	Blowers 65.7	Carman 2:22.9 SB	4:26.74 SB <b>1ST</b>
400M	Plock 57.90* <b>1ST</b>		Pagan 1:11.24* <b>6TH</b>	Pienta 1:14.46*	
JV 4x200	Anderson 30.2	Alderson 29.0	Franklin 29.1*	McIntire 30.3	1:59.27 <b>3RD</b>
4x200	Johnson 27.0	Crew 26.9	Hanrahan 27.0*	Washpun 26.0	1:47.54 <b>2ND</b>
100H	Miller 17.22 SB <b>4TH</b>	Windschitl 18.43	Thompson 18.33 <b>4TH</b>	Roermerman 19.67 <b>6TH</b>	
800M	STraore 2:30.40 <b>1ST</b>	Arch 2:32.26 <b>2ND</b>	Lewers 2:48.79* <b>5TH</b>	Shutt 3:05.42	
200M	Plock 26.69 <b>1ST</b>	Washpun 26.99 <b>3RD</b>	Ali 35.08		
400H	Sammons 1:13.00 <b>4TH</b>	Deprenger 1:10.60 SB <b>2ND</b>	Thompson 1:18.00 <b>2ND</b>		
JV SMR	Miller 13.6	Anderson 13.9	Newman 28.9	Verdick 67.8*	2:04.70 <b>1ST</b>
SMR	Johnson 13.0	Alderson 13.7	Crew 26.4	Blowers 64.7 SB	1:58.03 <b>4TH</b>
1500M	Carman 4:56.42 <b>1ST</b>	Shepherd 5:11.83 <b>6TH</b>	Bywater 5:22.65* <b>1ST</b>	Chadwick 5:40.69 <b>6TH</b>	
JV 4x100	Caris 13.9	Windschitl 13.3*	Anderson 13.8SB	Alderson 13.5	54.95 <b>2ND</b>
4x100	Johnson 13.1	Plock 12.1	Hanrahan 12.2*	Washpun 12.7	50.40 <b>2ND</b>
JV 4x400	Miller 66.8*	Caris 73.6	Cabbage 78.1 SB	McIntire 70.7*	4:50.58 <b>4TH</b>
4x400	S Traore 62.0	Crew 62.9	F Traore 68.3	Deprenger 63.5	4:17.11 <b>3RD</b>

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

Varsity Team Scores: **CITY HIGH 166**, West 150, Jefferson 89, Kennedy 69, Hempstead 59, Senior 46, Waterloo East 9

JV Team Scores: Kennedy 132, **CITY HIGH 120**, Senior 112, West 77, Hempstead 69, Waterloo East 41, Jefferson 21