



**CITY HIGH GIRLS TRACK AND FIELD
2013 DISTRICT MEET**



LJ	Washpun 17'3.5" 1st				
HJ	Seahler 5'2" 1st	Joens 4'6" 8th			
Shot	Gustafson 39' 5.75" 1st	Lehman 36' 10.25" 2nd			
Discus	Gustafson 118'9.5" 4th	Wortman 92' 9.5"			
3000M	Carman 10:35.94 2nd	Shepherd 10:44.61 5th			
4X800	F Traore 2:25.5*	Sammons 2:28.8 SB	S Traore 2:26.6	Perret 2:33.3 SB	9:54.55 2nd
SHR	Perez 17.4	Blowers 16.9	Windschitl 17.7	Miller 17.3	1:09.61 SB 3rd
100M	Miller 14.16*				
DMR	Deprenger 29.6#	Danielson 27.1#	Carroll 63.9	Carman 2:24.6 SB	4:26.22 SB 5th
400M	Plock 57.98* 1st 3rd All-Time	C Crew 58.64 SB			
4X200	D Johnson 27.7	H Crew 26.9	Blowers 27.3*	Washpun 26.2	1:48.61 4th
100M H	Miller 17.07*	Perez 16.81*			
800M	S Traore 2:24.76 SB 5th	A Traore 2:25.88* 6th			
200M	Deprenger 28.15	H Crew 28.28			
400M H	Plock 63.00 1st	Danielson 69.74 4th			
SMR	Perez 13.1*	Hansche 13.6	Washpun 26.4	C Crew 57.6*	1:50.95 3rd
1500M	Carman 4:54.52 2nd	Shepherd 5:00.98* 5th			
4x100	D Johnson Std of Ex	Plock Std of Ex	C Crew Std of Ex	Washpun Std of Ex	50.31 4th
4x400	Omar 62.8	F Traore 62.5	Danielson 63.6	Plock 58.2	4:07.33 3rd

Team Scores: CHS 151.83, Linn-Mar 139.33, Jefferson 122.33, Kennedy 108, Washington 76.5, CR Prairie 76, Marshalltown 33, Xavier 24

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