



**CITY HIGH GIRLS TRACK AND FIELD
2016
MVC DIVISIONAL MEET THURSDAY**



VARSITY

MVC

JV

Long Jump	Cooper 15'11" 4th	Franklin 14'9"			Swenning 13'8" 4th	Washington 13'4.5" 5th			
High Jump	Gamamou 5'4" 1st	Vanderhoef 5'2"*				Aldrich-Ingr 4'10"* 2nd			
Shot Put	Murphy 3rd 36'1.25"*	Kuepker 29'5"*			Jennings 3rd 30'10.75"*	Cassady 28'2" 5th			
Discus	Murphy 102'3" 5th	Cassady 80'8"			Jennings 76'3" 5th	Kuepker 72'8"*6th			
3000M	Hansen 11:24.11 4th	Bywater 11:17.27 3rd			Morrow 12:26.95 3rd	Chapn'k-Srk 12:48.61*	O Parrott 12:28.38	Shutt 12:19.98*	
4X8 1st 10: 06.63	Smith 2:31.4	Hecker 2:32.3	A Traore 2:30.7 SB	Jones 2:32.0	Nyamboneka 2:40.3	Rummelhart 2:46.6	Carey 2:48.2	Noack 2:55.9	11:12.10 1st
SHR 3rd 1:14.21	Flannagan 18.8	Swenning 18.8	Windschitl 17.6SB	Hill 19.3	Green 19.0*	Jennings 20.7*	Bah 22.6*	Mwedenkamba 23.2*	1:25
100M	Cooper 13.12	Gamamou 12.68 2nd				Hill 14.33*			
DMR 2nd 4:23.56 SB	Franklin 28.9	DeNeice 28.9	Lindower 64.0*	Arch 2:22.0 SB	Grimes 29.7*	S DePrenger 28.3	Washington 1:11.1*	Damhorst 2:55.3	5:04.51 2nd
400M	F Traore 4th 1:03.62 SB	L Parrott 5th 1:04.08*			Lepcin 2nd 1:10.31	Omar 4th 1:13.73*			
4X200 5th 1:49.23	Johnson 27.7	Cooper 27.2	Clark 27.1	MDePrenger 26.8	Roggaveen 29.9	Green 29.0	Flanagan 28.7*	Vanderhoef 28.8*	1:56.51 1st
100H	Windschitl 6th 17.20 SB	Swenning 17.75				Hill 6th 18.81			
800M	Brands 2nd 2:29.71 SB	Verdick 2:31.94 3rd			Hecker 2nd 2:32.18*	Smith 1st 2:30.18			
200M	Clark 6th 27.13*	DeNeice 28.72*			L Parrott 3rd 28.47 SB	Hill 31.93			
400H	M DePrenger 1st 1:10.10	Jones			Flannagan 1st 1:17.49				
SMR 2nd 1:54.00	Johnson 13.2	Franklin 12.7	F Traore 27.8*	Gamamou 59.8 SB	Grimes 14.1*	S DePrenger 14.4	Roggaveen 28.3*	Green 1:06.7	3rd 2:03.60
1500	Arch 3rd 4:59.72 SB	Lindower 4th 5:00.66*			Chadwick 2nd 5:27.30*	McCormick 1st 5:14.13*			
4x100 4th 51.07	Johnson	Cooper	Clark	Gamamou	Franklin	Windschitl	Swenning	Grimes	4th 55.33
4x400 2nd 4:13.76	MDePrenger 1:02.0	F Traore 1:02.3SB	A Traore 1:04.0*	L Parrott 1:05.0*	Nyamboneka 1:06.3	DeNeice 1:07.5	Verdick 1:06.4*	Brands 1:06.9*	1st 4:27.16

Varsity Team: CHS 134.5, CR Prairie 110, Xavier 83, CR Washington 73, Waterloo West 67, Dubuque Hempstead 62.5, Waterloo East 52

JV Team: CR Prairie 184, CHS 156, Dubuque Hempstead 57, Xavier 51, Waterloo West 45, CR Washington 29, Waterloo East 29