

# CITY HIGH GIRLS TRACK AND FIELD

## Women of Troy Relays

Wednesday, March 28th

Another solid outing on a pretty unpleasant night. It is very important that we continue to perform when conditions are not ideal as our conference, Drake and State meets may well see similar conditions. We saw significant improvement from Sherwood last week and this meet last year. In 2017 we were 100 points behind West and this year only 35. Keep the faith! Good things are happening.

- Standard of excellence additions: Morrow- 3000, Schaeckenbach- 400 hurdles, Ayan Lindsey- long jump, 4x100- Cooper, Clark, Lindsey, Sartini-Rideout
- Improvements from 2017 West High meet: Varsity- HJ x2, LJ, Shuttle, D. Med, 400 x2, 400 hurdles x2, 4x4 (7 of 19 events)
- Improvements from 2017 West High meet: JV- HJ, Shuttle, D. Med, 400, 800, 400 hurdles x2, 1500, 4x100 (8 of 19 events)
- Events better than Sherwood- Varsity- LJ, HJ x2, Discus, 3000m, 4x8, 4x200, 800 x2, 400 hurdles x2, 1500 x2, 4x100, 4x400 (11 of 19 events)

**Outstanding Performance:** Varsity: Ayana Lindsey, JV: Saye Traore; **Helping Hand:** Varsity: Marie Jones, JV Aubryn Kaine ; **Most Improved:** Varsity: Amelia Morrow, JV: Maya Warren, Katherine Geerdes; **Inspirational:** Varsity: Azzura Sartini-Rideout, JV- Isabel Rodriguez; **Iron Woman:** Varsity: Emma Cooper, JV: Natalie Green

Varsity Team Scores: IC West 164, CR Prairie 139, **CITY HIGH 129**, Waverly 88, Mason City 53      No junior varsity team scores were kept

		Varsity	Junior Varsity
4:30 PM	Long Jump (varsity & JV together)	Cooper, Lindsey 14-2 <b>16-0</b> 2nd	
4:30 PM	High Jump (JV first)	Vanderhoef, Swenning <b>5-1*</b> 1st    4-8 5th	Jones 4-8 1st
4:30 PM	Shot Put (varsity first)	Spellman, Murry 26-8.5    23-0	Shabani, Grove, Burgess, Dawson 21-2    23-0    20-10    24-3
4:30 PM	Discus (JV first)	Spellman, Burgess 69-04    63-9.5	Shabani, Murry, Grove, Dawson 59-07    58-06    49-6.5    43-9.5
4:30 PM	Sprint Medley	T Green, Schaeckenbach, DePrenger, Clark 13.8    13.1*    26.7    65.1    1:59.08- 2nd	A DuBrava, Chalupa, Traore, Perrill 14.9    14.9    29.5SB    68.9    2:08.19- 2nd
4:40 PM	3000m	Veit                      Morrow 11:58.60*- 5th    11:28.58*-4th	
5:20 PM	4x800 Relay	Kelly-Harvey, Brands, Lindower, Rummelhart 2:31.1*    2:34.6    2:32.9 SB    2:39.7    10:18.65 SB- 3rd	A Smith, G Parrott, Warren, L Parrott 2:53.4    2:51.6    2:56.2*    3:09.9    11:51.53- 1st
6:00 PM	Shuttle Hurdle	Swenning, Reynolds, Dancer, Schaeckenbach 19.1    19.4    20.2    16.5    1:15.33- 3rd	Burke, N Green, Sekafetz, A. DuBrava 21.4    20.1    18.5*    21.4    1:21.38- 3rd
6:15 PM	100m Dash	Cooper 14.13	Rodriguez,    Vanderhoef 15.28- 6th    15.48
6:25 PM	Distance Medley	Fellows, Sekafetz, Cook, Hecker 30.3    28.7    67.7    2:40.1SB                      4:47.18- 3rd	Burke, Utley, J DuBrava , Carey 30.2    31.0    67.7SB    2:53.4                      5:02.72- 1st
6:40 PM	400m Dash	I Jones                      Lindsey 1:10.33- 6th    1:03.33*- 1st	Traore 1:08.64SB- 1st
6:50 PM	4x200 Relay	T Green, DePrenger, Cooper, Sartini-Rideout 28.3    27.1    28.9    29.0                      1:52.94- 2nd	
7:00 PM	100m Hurdles	Chalupa    Swenning 20.15    17.98- 3rd	A. DuBrava 21.59
7:15 PM	800m	Perrill                      Reynolds 2:42.54- 5th    2:38.68*- 4th	Geerdes                      Morrow 3:21.33*- 6th    2:46.90- 3rd
7:25 PM	200m Dash	Cook    Clark 30.16    28.21- 4th	Utley 31.91- 3rd
7:35 PM	400m Hurdles	Schaeckenbach                      Dancer <b>1:10.00*- 1st</b> 1:14.68*- 2nd	Sekafetz                      N Green 1:14.96*- 1st    1:20.76*- 3rd
7:50 PM	1500m	Lindower                      Brady 5:29.27- 5th    5:24.77*- 4th	Brown                      A Smith                      Hecker,                      G Parrott                      Warren 5:27.65SB 2nd    5:55.49    5:43.93- 5th    5:53.01SB- 6th    6:04.01*
8:05 PM	4x100 Relay	Clark, Sartini-Rideout, Lindsey, Cooper <b>13.0</b> <b>12.6</b> <b>13.3</b> <b>13.5</b> <b>52.82- 2nd</b>	N Green, Cook, Fellows, Utley 14.9    14.4    14.4    13.3                      56.24- 2nd
8:15 PM	4x400 Relay	DePrenger, Kelly-Harvey, Brands, T Green 63.3 <b>62.0*</b> 65.7SB    65.5    4:17.06 SB- 1st	I Jones,    Burke, Traore, Swenning 67.8SB    76.5    67.7*    70.4                      4:43.16- 2nd

RED- Standard of Excellence, \*= PR, SB= Season Best