

# CITY HIGH GIRLS TRACK AND FIELD

## Wartburg Indoor 2019

*Tuesday, March 5th*

What a great meet for the Little Hawks. We had tremendous performances and improvement by EVERY event group- a true team effort! Consider these amazing comparisons to this meet last year:

•ZERO event wins in 2018, NINE in 2019; ZERO standards of excellence up to SEVEN this year; 4 PR's last year up to TWENTY-ONE this year; overall we were better in 12 of 13 events from last year.

When this top level performance is added with the great energy and support our team has had, it truly makes for a remarkable experience!!

AWARDS: Outstanding Performance: C. Schaeckenbach, R. Boulter; Helping Hand: M. Warren; Most Improved: J. Sekafetz, A. Spellman; Inspirational: T. Frazier, E. Cooper; Iron Woman: A. Hecker

2:30 PM	Long Jump	Lindsey <b>15-8 3rd</b>	Schaeckenbach <b>16-10* 1st</b>	T. Ansley <b>15-6* 4th</b>	S. Ansley <b>13-2*</b>		
2:30 PM	High Jump	Vanderhoef <b>4-6</b>	Swenning <b>4-6</b>	Jones <b>4-6</b>	Lindower <b>4-0</b>		
2:30 PM	Shot Put	Longstreet <b>28-7*</b>	Cassaday <b>31-2.5* 6th</b>	Spellman <b>29-8*</b>			
2:30 PM	55m Hurdle (Prelim)	Schaeckenbach <b>8.92q</b>	Sekafetz <b>9.24q</b>	T. Ansley <b>9.72</b>	Swenning <b>9.64</b>		
2:55 PM	55m Dash (Prelim)	Cooper <b>7.63q</b>	Wawaka <b>8.01</b>	A. DuBrava <b>8.63</b>	Fourte <b>8.38</b>		
3:25 PM	3000m	Boulter <b>11:11.04* 1st</b>	J. Veit <b>12:20.85 4th</b>	A. Veit <b>12:52.64*</b>			
4:25 PM	55m Hurdle (Final)	Schaeckenbach <b>8.99 1st</b>	Sekafetz <b>9.19 3rd</b>				
4:35 PM	55m Dash (Final)	Cooper <b>7.54 1st</b>					
4:45 PM	4x800 Relay	Kelly-Harvey <b>2:27.0</b>	Frazier <b>2:36.6*</b>	Perrill <b>2:41.8</b>	Dancer <b>2:38.7SB</b>	<b>10:24.26</b>	
		Lindower <b>2:46.5SB</b>	Jones <b>2:41.9</b>	Hecker <b>2:41.1SB</b>	Warren <b>2:50.3*</b>	<b>11:00.73</b>	
5:40 PM	200m Dash	DePrenger <b>27.44*</b>	Clark <b>28.49</b>	Carey <b>33.39</b>	Naeve <b>29.32</b>		
6:15 PM	1500m	Reynolds <b>5:38.23* 4th</b>	Hecker <b>5:50.42</b>	Corbin <b>5:43.10* 7th</b>	Warren <b>6:00.93*</b>		
7:10 PM	400m Dash	A. DuBrava <b>1:12.94*</b>	Sekafetz <b>1:08.55* 7th</b>				
7:50 PM	800m	Frazier <b>2:37.21 1st</b>	Perrill <b>2:47.17</b>				
8:30 PM	4x200 Relay	T. Ansley <b>28.3*</b>	Swenning <b>30.1</b>	Sartini-Rideout <b>27.5SB</b>	Clark <b>28</b>	<b>1:54.18</b>	
		Wawaka <b>29.3</b>	S. Ansley <b>30.9*</b>	Fourte <b>30.8*</b>	Carey <b>31.9</b>	<b>2:03.29</b>	
9:00 PM	4x400 Relay	Lindsey <b>61.7</b>	Kelly-Harvey <b>61.6</b>	Cooper <b>63.9SB</b>	Schaeckenbach <b>62.2</b>	<b>4:09.80</b>	
		DePrenger <b>64.9*</b>	Jones <b>68.5SB</b>	Dancer <b>69.3</b>	Naeve <b>66.4*</b>	<b>4:28.79</b>	

Red= Standard of Excellence, \*=personal record, SB= Season Best