



# CITY HIGH GIRLS TRACK AND FIELD

## 2013

### STATE MEET @ DRAKE STADIUM

### DES MOINES, IOWA

### MAY 16<sup>TH</sup>-18<sup>TH</sup>



Discus	GUSTO 132'-03" SB* <b>4TH</b>					
SHR Prelim	PEREZ 17.6	BLOWERS 17.2	WINDSCHITL 17.5	MILLER 17.4	1:10.21	<b>16TH</b>
3000M Final	CARMAN 10:34.82 <b>10TH</b>	SHEPHERD 10:54.51 <b>15TH</b>				
High Jump	SEAHLER 5'-02" <b>4TH</b>					
4X800 Final	F TRAORE 2:24.4*	S TRAORE 2:25.8	A TRAORE 2:26.5	SAMMONS 2:33.9	9:51.53	<b>15TH</b>
400M Final	PLOCK 57.96* <b>4TH</b> (CHS 3 <sup>rd</sup> ALL-TIME)	C CREW 59.02 <b>11TH</b>				
Shot Put	GUSTO 40'-09.75" <b>2ND</b>	LEHMAN 35'-10.00" <b>12TH</b>				
DMR Final	F TRAORE 26.9	DEPRENGER 28.7	CARROLL 61.0	CARMAN 2:19.9SB	4:16.42	<b>14TH</b>
400H Final	PLOCK 1:05.34 <b>3RD</b>	DANIELSON 1:10.85 <b>20TH</b>				
4X200 Final	D JOHNSON 26.8	H CREW 27.6	BLOWERS 26.5	WASHPUN 25.6	1:46.73	<b>8TH</b>
Long Jump	WASHPUN 18'-02.50"* SB <b>3RD</b>	<b>SCHOOL RECORD</b>				
4x100 Prelim	JOHNSON	PLOCK	C CREW	WASHPUN	4 <sup>TH</sup> ALL-TIME IN CHS HISTORY 49.31	<b>Q</b>
4x400 Prelim	F TRAORE 60.5	S TRAORE 61.4	DANIELSON 62.3	C CREW 57.9	4:02.41	<b>Q</b>
SMR Final	HANSCHKE 13.5	WASHPUN 12.0	C CREW 26.5	PLOCK 57.6	1:50.45	<b>8TH</b>
800M Final	S TRAORE 2:24.69 <b>18TH</b>	A TRAORE 2:26.12 <b>21ST</b>				
1500M Final	CARMAN 4:45.78* <b>7TH</b>	SHEPHERD 4:58.51* <b>20TH</b>				
4x100 Final	JOHNSON	PLOCK	C CREW	WASHPUN	49.73	<b>8TH</b>
4x400 Final	F TRAORE 59.4*	S TRAORE 62.5	DANIELSON 63.3	C CREW 59.9	4:05.43	<b>8TH</b>

SB=Seasons Best, Red= Standard of Excellence, Q = Qualified

Team Scores: Waukee-80, Pleasant Valley-78, Dowling- 63, Rossevelt-62, CR Jefferson-56, Urbandale-43, Linn-Mar-41, **City High-40**, West High-33