

# State Meet 2012

## Thursday

Event	Athletes
Discus	Gustafson- 130-8 (3 <sup>rd</sup> )
HJ	Saehler- 4-10 (16 <sup>th</sup> )
3000	Arch- 11:20.91 (16 <sup>th</sup> ) Shepherd- 11:44.31 (24 <sup>th</sup> )
100 (p)	Garza- 13.85 (22 <sup>nd</sup> )
4x800	Richardson, Danielson, Traore, Carman 2:29.6 2:31.5 2:26.2 2:23.2 9:50.79 (13 <sup>th</sup> )
400 (f)	Omar- 1:02.29 (16 <sup>th</sup> )
Shuttle Hurdle (p)	Perez, Miller, Feeney, Ward 17.3 17.5 16.9 15.7 1:07.50 (11 <sup>th</sup> )

## Friday

Event	Athletes
Shot	Gustafson- 42-1.5 (2 <sup>nd</sup> ) Lehman- 35-7.75 (9 <sup>th</sup> )
Long Jump	Washpun- 18-2 (3 <sup>rd</sup> ) (School Record)
D. Med	Kuddes, Sullivan, Danielson, Traore 26.3 26.6 59.7 2:24.4 4:18.19 (16 <sup>th</sup> )
400h	Plock- 1:04.85 (3 <sup>rd</sup> ) Garza- 1:07.32 (8 <sup>th</sup> )
4x200	Kuddes, Sullivan, Crew, Washpun 25.8 26.2 25.9 25.7 1:43.49 (5 <sup>th</sup> )
100h (p)	Ward- 16.51 (20 <sup>th</sup> )
4x100 (p)	Kuddes, Plock, Crew, Washpun 12.7 11.5 12.0 12.4 49.02 (qualified)
4x400 (p)	Crew, Danielson, Traore, Plock 58.1 60.7 60.5 60.6 4:00.21 (qualified)

## Saturday

Event	Athletes
Sprint Medley	Crew, Hansche, Washpun, Danielson 12.6 12.3 26.4 59.5 1:51.13 (11 <sup>th</sup> )
800	Carman- 2:23.08 (19 <sup>th</sup> ) Sammons- 2:21.54 (15 <sup>th</sup> )
1500	Beasley- 5:00.54 (18 <sup>th</sup> ) Richardson- 4:57.76 (13 <sup>th</sup> )
4 x 100	Kuddes, Plock, Crew, Washpun 12.7 11.7 11.8 12.5 49.05 (5 <sup>th</sup> )
4 x 400	Crew, Danielson, Traore, Plock 59.6 62.3 61.5 58.7 4:02.56 (4 <sup>th</sup> )

Team Scores: Waukee- 82, Dowling- 69.5, Urbandale- 66, Valley- 58, Bettendorf- 44, City High- 40, Roosevelt- 40, West High- 37