



CITY HIGH GIRLS TRACK AND FIELD

2014

STATE MEET @ DRAKE STADIUM

DES MOINES, IOWA

MAY 22ND -24TH



Discus THU 9:00 am	LEHMAN 99-07" 18TH					
SHR Prelim THU 9:10 am	MILLER 17.5	THOMSON 18.6	WINDSCHITL 17.8	BLOWERS 17.6	1:11.57	18TH
3000M Final THU 9:55 am	CARMAN 10:25.69* 10TH					
High Jump THU 11:30am	JOENS 5-0 10TH					
4X800 Final THU 11:45 am	ARCH 2:23.6	SHEPHERD 2:22.5*	S TRAORE 2:22.3*	SAMMONS 2:26.0	9:34.74*	7TH
200M Prelim THU 12:50 pm	CREW 26.40* 15TH					
400M Final THU 1:30 pm	PLOCK 57.70 4TH					
Shot Put FRI 9:00 am	LEHMAN 36-00" 12TH					
DMR Final FRI 9:20 am	DEPRENGER 27.8	BLOWERS 27.8	S TRAORE 60.3*	ARCH 2:22.5*	4:18.81 SB	12TH
400H Final FRI 10:10 am	PLOCK 1:01.97 1ST	SAMMONS 1:08.79 SB 14TH				
4X200 Final FRI 11:05 am	JOHNSON 26.5*	DEPRENGER 27.3	BLOWERS 27.3	CREW 26.4	1:47.88	18TH
Long Jump FRI 11:30 pm	WASHPUN 18-05.25" 2ND					
4x100 Prelim FRI 12:50 pm	JOHNSON 12.1	PLOCK 12.9 (LONG)	HANRAHAN 11.5 (SHORT)	WASHPUN 12.6 (LONG)	49.51 Q	3RD IN HEAT
4x400 Prelim FRI 1:35 pm	S TRAORE 61.4	CREW 63.2	DEPRENGER 63.5	F TRAORE 62.2	4:10.73	18TH
SMR Final SAT 9:35 am	JOHNSON 12.7	CREW 12.4*	WASHPUN 27.1	PLOCK 56.6*	1:49.33 SB	6TH
800M Final SAT 10:20 am	S TRAORE 2:22.93* 19TH					
1500M Final SAT 2:45 pm	CARMAN 4:52.13 SB 10TH					
4x100 Final SAT 3:10 pm	JOHNSON 12.7	PLOCK 12.5 (LONG)	HANRAHAN 11.5 (SHORT)	WASHPUN 12.3 (LONG)	49.63	6TH

SB=Seasons Best, Red= Standard of Excellence, * Personal Record, # issue with handoffs or start

Team Scores: 1st) Pleasant Valley- 82.50, 2nd) Urbandale- 73.50, 3rd) DSM Roosevelt- 68, 4th) CR Jefferson- 56, 5th) WDM Dowling- 54, 6th) Linn-Mar-49, 7th) Waukee- 48, 8th) **CITY HIGH- 31**, 9th) Muscatine- 28, 9th) SE Polk- 28, 14th) IC West- 20