



# CITY HIGH GIRLS TRACK AND FIELD 2014



## DEMON INDOOR MARCH 4TH

The coaches were pleased with the results and support of teammates of last nights meets. Having our team split in two location can be a challenge and you all stepped up to that challenge. We gain experience and strength from each race, throw and jump! Thank you to all of those of you who came to support even if you weren't competing. For many it was a great experience and now you are ready to compete with the rest.

5:00pm Shot Put	WORTMAN 29'10"	REYES 21'11"	SMITH 23'7"			
High Jump	DURIAN 4'7" <b>9TH</b>	WILLIAMSON 4'3"				
5:00pm 60 M Hurdles	WINDSCHITL 11.23	ALDERSON 12.87				
60 M Dash	ROBERTS 9.45	WELLS 9.41				
4 x 800 A	ARCH 2:34.6*	S. TRAORE 2:33.7	F. TRAORE 2:42.4	SAMMONS 2:34.6	10:25.65	<b>4TH</b>
4 X 800 B	CHADWICK 2:48.5*	BYWATER 2:49.6*	APPLEBY 2:54.2*	VEREDICK 2:50.6	11:23.28	
4 X 800 C	LEWERS 2:52.1	NOACK 3:24.1	JUON 3:14.8*	CLEMMONS 3:27.6	12:58.79	
200 M	ALI 33.55	WINDSCHITL 31.58				
400 M	WELLS 1:14.11	NOACK 1:27.60				
1500 M	CARMAN <b>5:00.18 1ST</b>	SHEPHERD 5:17.15 <b>7TH</b>	PARROTT 5:52.71			
DMR	ROBERTS 32.3	ANDERSON 30.8	THOMPSON 1:10.5	SHUTT 3:01.9	5:15.40	<b>DQ</b>
4 X 400 A	CARMAN 1:05.3	ARCH 1:07.3*	S. TRAORE 1:03.6	F. TRAORE 1:05.1	4:21.47	<b>5TH</b>
4 X 400 B	SAMMONS 1:07.4	ANDERSON 1:14.6*	ALDERSON 1:17.1	CABBAGE 1:20.1	4:59.54	
4 X 400 C	PAGAN 1:14.7*	SHAW 1:15.7*	MCINTIRE 1:16.2*	ALI 1:21.8	5:08.62	

Red=Standard of Excellence \*= personal record