



CITY HIGH GIRLS TRACK AND FIELD 2016



MVC INDOOR MARCH 15TH

4:30 Long Jump (4)	Cooper 16' 00"* 4th	Franklin 14' 10" 7th				
4:30 High Jump (4)	Gamamou 5' 4" 1st	Aldrich-Ingram 4' 4"*				
4:30 Shot Put (4)	Murphy 33' 7" SB 7th	Cassady				
4:30 3000M						
4:45 4 x 800	Hecker 2:34.1*	Jones 2:31.7*	Nyamboneka 2:47.3*	F Traore 2:35.4	10:28.50 3rd	
	Morrow 2:50.4SB	O Parrott 2:49.9 SB	Shutt 2:51.1	Noack 3:05.5	11:37.14	
5:15 SHR						
5:35 DMR	DeNeice 29.9*	A Traore 30.4	Roggeveen 1:13.7*	Carey 3:01.5*	5:15.51	
5:50 60M Dash	Franklin 8.50	Grimes 9.14	Sow 9.61			
6:10 400M	Lepcin 1:13.00 SB					
6:25 4x200	Gamamou 27.1	Cooper 27.6	F Traore 28.6*	Jones 28.5*	1:52.01 3rd	
4x2 JV	Franklin 29.0	DeNeice 31.1	A Traore 29.9 SB	Roggeveen 30.3	2:00.46	
6:50 60M H	Hill 11.05	Dailey 10.92				
7:00 pm800M						
7:15 600 M	Morrow 1:59.5					
7:25 200M	Lepcin 31.47*	Grimes 32.14*	Sow 32.05*	Bah 35.12* Hefley 41.88*	Selemani 39.88 Ramirez 46.64	
7:50 SMR	Dailey 13.1	Gamamou 13.7	Cooper 28.0	Hecker 1:08.5*	2:03.44	
SMR	Grimes 14.6	Hill 13.7	Roggeveen 31.0	DeNeice 1:14.7	2:15.85	
8:05 1500M	Arch 5:05.57	Bywater 5:15.74 SB	Hansen 5:11.83*	Shutt 5:52.25	O. Parrot 5:49.65	
	Chapnick-Sorokin 6:28.06	Chadwick 5:35.15				
8:30 4 x 100						
8:45 4x400	F Traore 1:08.6	Izzy Jones 1:04.8*	Gamamou 1:04.0	A Traore 1:08.3 SB	4:25.56 2nd	
	Cooper 1:10.5	Nyamboneka 1:08.3*	Arch 1:05.6*	Hansen 1:08.3	4:32.65 6th	
	Franklin 1:15.5	Carey 1:17.1*	Bywater 1:14.9	Noack 1:21.9	5:09.50	

Red=Standard of Excellence *= personal record