

## SHERWOOD RELAYS Tuesday March 22

Long Jump	Cooper 16' 1" * 2nd	Franklin 14'03.25" 7th	Washington 12'4.5" *3rd	Clark 14'3" *2nd		
High Jump	Gamamou 5'2" 1st	Aldrich-Ingram 4'6" * 2nd				
Shot Put	Murphy 34'4" SB 5th	Jennings 26'6.5"	Kuepker 27'3" * 4th	Cassady 26'4" * 5th		
Discus	Murphy 93'11" 5th	Jennings 82'2" *	Kuepker 60' 5" 6th	Cassady 68'11" * 5th		
4:30 3000m	Arch 10:58.07 2nd	Bywater 11:32.37 4th	Chadwick 11:58.45 1st	O. Parrott 12:16.00 SB 3rd	Shutt 12:36.90 SB 4 <sup>th</sup>	
445 4x800	Lindower 2:27.1*	Verdick 2:32.9 SB	Hecker 2:38.1	Smith 2:33.8 SB	10:12.45 1st	
JV 4x800	Brands 2:34.3SB	McC'rm'ck 2:41.5	Nyamboneka 2:50.5	Carey 3:09.5	11:16.86 1st	
5:00 SHR	Swenning 19.3*	Flannagan 19.3	Hill 20.6*	Dailey 19.6*	1:18.98 5th	
5:10 100M	Johnson 13.60 7th	Cooper 13.30* 3rd	Clark 13.67* 1st Windschitl 14.98	Franklin 14.153rd	Grimes 14.92	Sow 15.43
	A. M'en'mk'a 16.11*	Ramirez 22.87*	Hefley 18.87*	Selemani 18.1*	Bah 16.40*	Omar 15.50
5:25 DMR	S Deprenger 27.7SB	L Parrott 28.1	Hansen 1:06.9 SB	Jones 2:32.5	4:35.53 3rd	
JV DMR	Roggaveen 30.7	O'Malley 29.8*	Lepcin 1:12.0*	Noack 2:55.8*	5:08.61	
5:35 400M	F Traore 1:05.92 4th	A Traore 1:07.11 SB 5th				
5:45 4x200	Johnson 27.4 SB	M DePrenger 27.0 SB	Cooper 27.0*	Gamamou 27.6	1:49.31 2nd SB	
JV 4x200	Washington 31.9	Green 28.6*	DeNeice 28.9*	Franklin 29.3		
5:55 100M Hurdles	Dailey 19.06* 8th	Swenning 18:19* 5th	Jennings 21.05*	Hill 20.05*	Flannagan 18.85 4th	Green 19.88* 7th
Open 800	Trefz 2:27.65					
6:15 800M	Arch 2:27.64 2nd	Lindower 2:32.79 4th	Damhorst 3:08.45*	Chapnick-Sorokin 3:07.58* 8th		
6:30 200M Dash	S Deprenger 28.35* 7th	Jones 28.76*	Washington 32.53*	Clark 28.11*	Omar 32.92 SB	
	Ramirez 48.05* Windschitl 31.35	Selemani 38.99*	Hefley 41.69* A.Mw'n'mk'a 34.26*	Bah 34.15*	Sow 32.05*	
6:45 400M Hurdles	M Deprenger 1:10.78 2nd	Flanagan 1:20.90				
6:55 SMR	Johnson 13.1	Gamamou 12.9	F Traore 27.5	A Traore 1:07.0	2:00.69 2nd	
JV SMR	Swenning 14.8	Jennings 15.5*	Roggeveen 29.9	Deneice 1:09.3*	2:09.42 3rd	
7:05 1500M	Brands 5:29.62	Hecker 5:32.25	Hansen 5:18.5 8th	McCormick 5:23.2 1st	Morrow 5:42.13	
7:25 4x100	Clark 13.0	Cooper 12.8	Johnson 13.0	Gamamou 12.8	51.58 2nd	
JV 4x100	Swenning	Clark	Dailey	Washington	59.90	
JV 4x100	Grimes	Hill	Roggaveen	Lepcin	58.45 3rd	
7:40 4x400	Jones 1:02.0*	S Deprenger 1:04.9	L Parrott 1:07.0	F Traore 1:05.0	4:19.34 2nd SB	
JV 4x400	Lindower 1:06.5*	Smith 1:09.0	Green 1:11.6*	Verdick 1:07.0*	4:34.73 3rd	
	Nyambonek 1:10.2	Carey 1:18.4	Flanagan 1:14.9	Noack 1:25.0	5:08.76	

Varsity: Bettendorf 158, CHS 147, Muscatine 85, Mt. Peasant 78, CRWashington 70, Dav. Central 64, Xavier 60, Burlington 50

JV: CHS 149.5, Bettendorf 135, Dav. Central 82, CRWashington 64, Burlington 49.5, Xavier 46, Mt. Pleasant 44, Muscatine 36