

WARTBURG MARCH 19TH, 2013

Many girls stepped up and did what was best for the team and did it very well. The standard of excellence was attained in all field events and most running events (would be more but we don't keep them for the 55s).

- Amara Lehman had the second best indoor throw in City High history
- We had victories in the High jump (Joens), 55M and 400M (C Crew), 4 x 8 (S Traore, Plock, Sammons, Carman), and the 1500 (Shepherd)
- We saw horizons expand in many events such as Plock in the 800, and Carman in the 200
- Great effort in the D Med with F. Traore gutting it out for the 2nd place finish
- Overcoming adversity in the 4 x 4 with a road block on the last lap.
- We finished our indoor season on a high note, and we look forward to a great outdoor season with warm weather!

					Time	Place
3:00pm Long Jump	Blowers 12' 5.5"	Washpun 17' 5.5" SB				Washpun 2nd
High Jump	Joens 5' 1"*					Joens 1st
Shot Put	Lehman 38' 11"SB	Harris 24' 9.75"				Lehman 2nd
3:30pm 55M H (prelim)	Perez 9.81	Windschitl 9.87				
3:50pm 55M (prelim)	C. Crew 7.50					
4:10pm 3000m Run						
5:05pm 55M H (final)	Perez 9.71					Perez 2nd
5:15 pm 55 M Dash (final)	C. Crew 7.51					C Crew 1st
5:15pm 4 x 800	S Traore 2:28.9	Plock 2:28.9*	Sammons 2:30.9 SB	Carman 2:27.4	9:56.55 SB	1st
5:40 pm 200 Meter Dash	Blowers 29.94	H Crew 29.44				Crew 6th
6:05pm 1500 Meter Run	Shepherd 5:07.52*	Parrott 5:42.10*				Shepherd 1st Parrott 3rd
6:25 pm 400 M	Perez 1:10.96 SB	C Crew 1:01.54 SB				Crew 1st
7:00 pm Distance Medley	Joens 30.2	Carman 30.2	Omar 1:06.2	F Traore 2:35.3*	4:42.18	2nd
7:30 pm 800 Meter	A Traore 2:49.69*	Lewers 2:52.64*				A Traore 6th
7:55 pm 4 x 200 Relay	Washpun 26.9 SB	H Crew 29.2	Blowers 29.2	Windschit 30.3	1:55.63	2nd
8:20 pm 4 x 400 Relay	Plock 61.5 SB	Crew 61.5 SB	S Traore 63.9	Carman 65.9 (fall)	4:13.01 SB	2nd

Standard of Excellence met

SB = Season's Best performance

* = personal record