



CITY HIGH GIRLS TRACK AND FIELD 2014 SHERWOOD RELAYS FRIDAY MARCH 28TH



4:30 am LJ-4 jumps	WASHPUN 17-08.75 1ST	WINDSCHITL 14-08.75*	FRANKLIN 14-04.00* 4TH	ROEMERMAN 15-04.25* 1ST	ALI 13-03.00*	
High Jump	WILLIAMSON 4'-4" T-4TH					
Shot Put- 4 puts	LEHMAN 35-04.00SB 4TH	WORTMAN 31-07.50 5TH	EMBERY 31-08.50 1ST BURDEN 24-04.00*	REYES 20-07.50 MURPHY 24-01.50* SCHUMACHER 17-07*	SMITH 22-08.25 KIBONGE 17-09*	
Discus- 4throws	LEHMAN 93-10 3RD	WORTMAN 103-00 2ND	EMBERY 81-09* 1ST KIBONGE 38-08*	REYES 50-03 MURPHY 70-07*	SMITH 62-08 SCHUMACHER 44-05*	
4:30 pm 3000M	SHEPHERD 11:21.36SB 2ND	CHADWICK 11:56.95* 3RD	PARROTT 12:18.07SB 1ST	SHUTT 13:06.87 2ND		
4:45pm 4x800	ARCH 2:25.8*	SAMMONS 2:33.8	CARMAN 2:32.2	CREW 2:44.5	10:17.84	3RD
JV 4x800	BYWATER 2:48.3*	VERDICK 2:43.9	APPLEBY 2:50.2	THOMPSON 2:54.4	11:17.91	1ST
5:00 pm SHR	WINDSCHITL 18.5	DEPRENGER 18.2	MILLER 18.4	BLOWERS 17.8	1:13.32	2ND
5:25 pm 100M Dash	JOHNSON 13.77 3RD	HANRAHAN 14.37* 6TH	ROBERTS 15.24*	CARIS 14.99*	ALDERSON 14.17* 2ND	
5:35 pm DMR	DEPRENGER 29.0	NEWMAN 28.5	CARROLL 63.8SB	F TRAORE 2:36.6	4:38.54	1ST
JV DMR	ALI 32.8	MCINTIRE 30.3	PIENTA 77.8	NOACK 3:10.7	5:31.31	3RD
5:50 pm 400M Dash	HANRAHAN 67.68* 5TH		PAGAN 74.13*	SHAW 74.44*	JOENS 68.09* 1ST	
6:00 pm 4x200	JOHNSON 30.5	PLOCK 24.2*	BLOWERS 29.8	WASHPUN 26.5	1:51.50	1ST
JV 4x200	NEWMAN 31.0	ANDERSON 30.6	CARIS 31.0	ROEMERMAN 30.3	DQ	
	ROBERTS 31.5	FRANKLIN 31.5	WILLIAMSON 31.3	CABBAGE 35.5	2:11.15	4TH
6:10 pm 100M H	WINDSCHITL 18.3 6TH	MILLER 18.6	ALDERSON 21.51	PIENTA 22.39	ROEMERMAN 21.75	
6:20 pm Masters 800M	TREFZ 2:16.6 2ND					
6:25 pm 800M Run	CARMAN 2:31.71 2ND		NOACK 3:09.81	JUON 3:05.57*	VERDICK 2:43.76 2ND	
6:35 pm 200M Dash	F TRAORE 30.38 4TH	CREW 28.63 2ND	UWASE 35.15 DANCILE 36.11 JOENS 30.41 6TH	WILLIAMSON 31.23 CABBAGE 36.85	ANDERSON 31.08 FIFI 36.74 YVONNE 43.58	
6:50 pm 400M Hurdles	PLOCK 1:09.99 1ST		ALDERSON 1:26.52			
7:00 pm SMR	JOHNSON 13.8	WASHPUN 12.7	BLOWERS 28.5	CARROLL 66.5	2:02.09	2ND
JV SMR	MILLER 14.8	ANDERSON 15.3	PAGAN 29.7	PARROTT 72.0	2:12.72	2ND
	ROBERTS 14.8	WINDSCHITL 15.6	SHAW 30.7	MCINTIRE 75.4	2:16.95	
7:10 pm 1500M	ARCH 5:14.74* 2ND	BYWATER 5:53.59*	LEWERS 5:58.84	APPLEBY 5:48.84*		
7:25 pm 4x100	JOHNSON	BLOWERS	CARIS	WASHPUN	DQ	
JV 4x100	HANRAHAN 15.4	NEWMAN 12.9*	FRANKLIN 14.4	ANDERSON 14.2	57.14	2ND
7:35 pm 4x100 Throwers	MURPHY 16.8	REYES 18.7	KIBONGE 18.4	EMBERY 16.7	1:12.15	
7:40 pm 4x400	F TRAORE 66.5	PLOCK 59.5SB	DEPRENGER 63.9*	SAMMONS 65.2SB	4:15.69	1ST
JV 4x400	PAGAN 75.3	CREW 72.3	VERDICK 72.3	CHADWICK 73.7	4:54.06	2ND
	MILLER 75.4	CARIS 74.7	JUON 79.8*	ALI 85.7	5:15.17	

Red=Standard of Excellence * = personal record

Varsity Team Scores - **City High-147**, Mt. Pleasant-143, Muscatine-82, Bett-81, Dav Cent- 60, Burlington- 39, CR Washinton-23
JV Team Scores- **City High 155**, Mt. Pleasant-76, Bett-73, Muscatine-72, CR Wash-46, Dav Cent-45, Burlington-12