



CITY HIGH GIRLS TRACK AND FIELD 2017



SHERWOOD RELAYS

Long Jump	Cooper NM	Bormann NM				
High Jump	Vanderhoef 4-8 2nd	Swenning 4-2 6th				
Shot Put	Murphy 37'2.5"* 1st 8" from top 10	Jennings 30'0.5" 6th	Cassady 27'00"SB Omari 33' 9"* 2nd Burgess 19'01"*	M Jones 27'5"* D Smith 20'0.75"*	Selemani 21'4"*	
Discus	Murphy 122'7"* 1st 6th All Time	Omari 78'6"* 7th	Jennings 87'4" 2nd Cassady 75'11" 3rd Burgess 55'9"	Selemani 45'1"* Smith 39'2"*	M Jones 53'7"*	
S Medley	Clark 13.3	Sartini-Rideout 12.7	DePrenger 26.4 SB	Jones 67.1 SB	1:59.66 SB	3RD
JV S Med	Grimes 13.6	Sow 15.4	Mwenemkamba 35.7	Rummelhart 71.5		
3000	Bywater 11:06 3rd	Lindower 11:15 4th	Veit 2nd	M. Hansen 1st		
4x800	Meurice 2:32.7*	Arch 2:30.7	Brown 2:41.4	Hecker 2:39.7SB	10:23.97 SB	2ND
JV 4 x 800	Smith 2:45.6	G Parrott 2:56.0	Trom 2:57.8*	Bounds 3:05.3	11:43.05	1ST
SHR	Dailey 20.2	Bormann 18.2*	M Green 18.9	Swenning 18.3	1:15.84 (1:18.9 2016)	4TH
JV SHR	A DuBrava 21.5*	Mwenemkamba 24.2	Bah 23.1	Rummelhart 20.2*	1:29.29	2ND
100M	Clark 12.97* 1st	Cooper 13.10* 3rd	Murry 16.71* J Selemani 18.12	Esther 16.38* Sila 18.12*	Rodriguez 15.02*	
D Medley	Bormann 29.1	Fellows 28.9*	L Parrott 68.9 SB	Carey 2:43.5	4:51.40	5TH
JV DMed	Sow 30.3	Grimes 31.9	Chen 80.5	J DuBrava 2:55.4	5:18.50	3RD
400M	Sartini-Rideout 1:08.09*	Traore 1:10.11*				
4 x 200	DePrenger 28.0	Cooper 27.4SB	T Green 28.9	I Jones 29.9 SB	1:55.01	2ND
JV4x200	Henderson 34.1*	Kavira 32.2*	Sow 30.7	Bah 34.3	2:11.48	
JV4x200	Raghaven 34.2*	ADubrava 31.6*	Grimes 32.0	Vanderhoef 30.6	2:09.14	
100 H	M Green 18.55* 8th	Swenning 18.25 7th	Jennings 19.78*			
800M	Hecker 2:47.18 6th		Mwenemkamba 3:11.36*	Dancille 3:29.26*	Kaine 3:24.03	
200M	Clark 27.48* 3rd	DePrenger 27.89* 4th	Fellows 29.72* Traore 30.82 Murry 35.78*	Rodriguez 31.22* Miller 34.08* Chen DQ	Sila 41.84 Bah 34.06 J Selemani 39.49	
400 H	Jones 1:28.79	M Green 1:15.99* 3rd				
1500	Rummelhart 5:33.88*	Brown 5:26.12	Carey 5:41.89			
4x100	Clark 13.3	Cooper 13.2	Dailey 13.7	Swenning 13.5	53.79	3RD
JV 4x100	Grimes 14.7	Henderson 16.4*	Kavira 15.7*	A DuBrava 14.1*	1:01.23	6TH
4x400	DePrenger 66.4 SB	Meurice 68.9	T Green 69.3	S-Rideout 68.1	4:33.00	2ND
JV 4x400	L Parrott 70.5	Bywater 75.9	G Parrott 76.6*	Smith 72.9	4:56.21	
JV 4x400	Bormann 71.5*	Lindower 68.5SB	Fellows 80.2	Sow 73.7 SB	4:54.49	
JV 4x400	J DuBrava 72.6*	M Hansen 70.9	Bounds 81.1*	Kaine 84.6	5:09.44	

Red=Standard of Excellence *= personal record