



Women of Troy Relays 2016



April 29, 2016

West, Linn-Mar, Muscatine, Prairie, Kennedy, Xavier, Burlington

<http://www.aspimeetz.com/22860>

Long Jump	Cooper 16'5.75"*	Clark 14' 9.5"*	Washington 14' 1" *4th			
High Jump	Gamamou 5'4" 1st	Vanderhoef 4'10" SB				
Shot Put	Murphy 33'00.5" 6th	Jennings 26' 5"	Cassady 25'7"	Kuepker 24' 9.5"		
Discus	Murphy 106'6"* 6th	Jennings 66'8"	Cassady 56'4"	Kuepker 67'5"*		
3000M	Hansen 11:24.68					
4x800	Lindower 2:26.7*	Verdick 2:33.5	Arch 2:24.8 SB	Jones 2:30.2*	9:55.43 SB	2nd
JV 4x800	Noack 3:03.9	Carey 2:59.0*	Chapnick-Sorokin 3:09.6	Damhorst 3:10.0	12:22.90	4th
SHR	Dailey 18.8 SB	Green	Swenning	Windschitl	NT	
100M	M DePrenger 13.82	Clark 13.64	Sow 15.44 6th	Grimes 14.86* 4th		
DMR	S DePrenger 28.1	Dailey 28.3*	A Traore 66.8 SB	F Traore	4:59.53	
JV DMR	Lepcin 30.4*	Hill 30.2*	O'Malley 72.3	Janet N. 2:46*	4:54.77	1st
400M			Carey* 73.09	Omar 77.24*		
4x200	Johnson 27.6	M DePrenger 26.3SB	Cooper 27.2	Gamamou 26.7*	1:48.29 SB	1st
JV 4x200	Green 29.7	DeNeice 29.3	Verdick 29.5*	Sow 32.5*	2:01.35	
100 H	Swenning 17.69*	Windschitl 18.12	Dailey 18.93* 6th	Hill 20.15		
800M	Smith 2:33.64	Brands 2:33.59 SB	L Parrott 2:42.36 SB 4th	Hecker 2:33.81* 2nd		
200M	Clark 28.00* 6th	S DePrenger 27.92*5th	Washington 31.65*	O'Malley 31.07* 5th		
400M H	Flanagan	1:16.88SB				
SMR	Johnson 13.3	Gamamou 12.3	Cooper 27.2	F Traore 64.1SB	1:57.83 SB	3rd
JV SMR	Grimes 14.7	Sow 14.5	Nyamboneka 29.7*	Hill 78.3	2:17.51	5th
1500M	Arch 5:06.60 4th	Lindower 5:11.01*	Bywater JV 5:15.22 SB 2nd	Chadwick 5th 5:30.48 SB	Morrow 6th 5:31.43SB	
JV 1500M	Verdick 5:40.14	Chapnick-Sorokin 6:20.14	O Parrott 5:42.15 SB	Shutt 5:43.92*	Noack 6:18.37*	
7:55 4x100	Johnson	Cooper	Dailey	Clark	53.43	5th
JV 4x100	Swenning	Roggaveen	Dailey	Washington	58.55	5th
4x400	MDePrenger 61.8SB	S DePrenger 64.5	Jones 62.4	Gamamou 60.6	4:09.68 SB	2nd
JV 4x400	A Traore 64.5SB	L Parrott 65.3 SB	DeNeice 68.6*	Green 71.7	4:30.44	1st

Varsity Team: 174, Linn-Mar 122, CR Kennedy 76, CR Prairie 64, City 58, Muscatine 50, CR Xavier 25, Burlington 20