

Waukee Invitational

April 3, 2012

	Varsity	Junior Varsity
Long Jump	Washpun 16'7" (3 rd)	
High Jump	Hartley 4'8"* (4 th), Saehler	Blowers 4'6"* (4 th)
Shot Put	Gustafson 37' 3" (1 st), Lehman 36'10" (2 nd)	Harris 24'0.5" Sierra 24'9"
Discus	Gustafson 126'0" (1 st), Lehman 104'6"	Harris 67'7"* Smith 71'4.5*
3000 Meter Run	Shepherd 11:40.19*, Arch 11:30.90* (6 th)	
4 x 800 Meter 10:02.43 (5 th)	Taffa, Traore, Danielson, Perret 2:28.5* 2:28.0SB 2:28.5 2:37.0	
Shuttle Hurdle 1:09.69 SB(5 th)	Perez, Plock , Feeney, Ward 17.7 17.4 17.9 16.8	
100 Meter Dash	Claire Crew 12.87SB (4 th)	
Distance Medley 4:36.34 (6 th)	Hansche,Blowers, H. Crew Langenfeld 29.5 27.5 67.8 2:31.4	
400 Meter Dash	Omar 1:04.96SB Sullivan 1:06.21	
4 x 200 m 1:46.16 (1 st)	Kuddes, Plock, C. Crew, Washpun 28.5 24.6 27.4 25.4	
100 Meter Hurdles	Ward 16.66, Feeney 17.74	
800 Meter Run	Traore 2:29.59, Carman 2:22.91SB (1 st)	Arch 2:48.35, Perret 2:37.33 (1 st)
200 Meter Dash		
400 Meter Hurdles	Perez 1:14.24	
Sprint Medley Relay 2:01.07	Hansche, Ward, H Crew, Sullivan 14.0 12.9 29.3 64.4SB	Feeney,Saehler,Hartley,Blowers(6th) 15.2 13.0* 33.7 69.4 2:11.80
1500 Meter Run	Richardson 5:07.62 (4 th) Beasley 5:08.43(5 th)	
4 x 100 Meter Relay 52.85	Kuddes, Hansche, H Crew, Ward 12.8 14.2 12.6 12.9	
4 x 400 Meter Relay 4:06.54 (1 st)	Danielson, Washpun, Plock, Crew 60.4SB 62.8 61.9 61.2	Carman,Langenfeld,Omar, Taffa 63.7 70.9 65.1 66.4 4:26.54 (2 nd)

Unofficial Team Scoring: CHS 105, Roosevelt 104, WD Valley 100, Ankeny 93, Waukee 85, Johnston 57, Urbandale 52, Ames 49, Indianola 31, Marshalltown 26, Boone 24, Norwalk 12, DM East 3, DM North none

Red=Standard of Excellence

*=PR SB=Season's Best