



CITY HIGH GIRLS TRACK AND FIELD 2016



CLINTON INVITATIONAL APRIL 12TH, 2016

Long Jump 4:00p.m.	Cooper 16'4.75" 1st	Swenning 13'7.75"*				
High Jump 4-2 4:00p.m.	Gamamou 5'5"* 1st	Vanderhoef 4'10" 4th				
Shot Put S ring 4:00p.m.	Murphy 33'2.5" 7th	Jennings 27'2" SB				
Discus SW ring 4:00p.m.	Murphy 91-10"	Jennings 71'3"				
3000M 4:00p.m.	O. Parrott 12:13.5 SB	Shutt 12:25.04*				
4X800 5:00 pm	Jones 2:28.7*	Lindower 2:27.6	Verdick 2:35.0	Arch 2:24.5 SB	9:55.97	3rd
SHR 5:25pm	Dailey 19.2*	Swenning 18.4*	Flanagan 18.6 SB	Windschitl 18.4	1:15.11	3rd
100M 5:45 pm	Gamamou 12.14* 1 st 4 th All-Time CHS	Clark 13.10* 4th				
DMR 6:00 pm	DeNeice 28.1*	Flannagan 31.0	A Traore 64.6	Parrott 2:43.8	4:47.66	4th
400M 6:15 pm	F Traore 1:06.77	Arch 1:04.23*				
4X200 6:30 pm	Clark 26.7*	Dailey 27.9*	Cooper 26.8*	Green 30.9	1:52.19	5th
100M Hurdles 6:50 pm	Windschitl 18.02	Swenning 17.77 7th				
800M 7:10 pm	Hecker 2:35.07 7th	Smith 2:31.63SB 4th				
200M 7:25 pm	A Traore 29.02	F Traore 29.04				
400M Hurdles 7:45 pm	Verdick 1:23.43*	Flanagan 1:20.44				
SMR 8:00 pm	Clark 12.8	Cooper 13.9**	Jones 26.2**	Gamamou 60.4 SB	1:53.23 SB	2nd
1500M 8:20 pm	Bywater 5:08.88* 5th	Hansen 5:04.53* 2nd				
4x100 8:40 pm	Swenning 14.0	Clark 13.1	Dailey 13.6	Windschitl 14.3	54.86	7th
4x400 9:00 pm	Jones 64.0	DeNeice 67.1*	Cooper 67.0*	Green 69.4*	4:27.34	6th