



# CR JEFFERSON 2017



J-Hawk Relays April 1st  
WASHINGTON, JEFFERSON, CEDAR FALLS, CITY HIGH, KENNEDY

Long Jump	Cooper 15'8.5"	Bormann 14'2.5"	I Hanson 15'3.75"* 1st			
High Jump	Vanderhoef 4'8"	Jones 4'10"* 6th	Swenning 4'2" 4th			
Shot Put	<b>Murphy</b> <b>36'8.5" 2nd</b>	Omari 21'5"	M Selemani 20'8"	Spellman 23'5"		
Discus	Murphy 98'11" 5th	Jennings 98'2" *	M Selemani 48'4"*	Burgess 57'5"*		
SMR JV	Fellows 14.0	A Dubrava 14.6	Traore 28.9	J DuBrava 1:12.3	2:10.0	
Sprint Med	Bormann 13.4	M Green 14.0	Sartini-Rideout 28.2*	<b>T Green</b> <b>62.5*</b>	1:58.12	
3000	<b>McCormick</b> <b>11:26.44 4th</b>					
4x800 JV	L Parrott 2:45.7SB	Djalalal-Gomez 2:59.2	Bounds 2:57.8*	G Parrott 2:53.7*	11:37.41	4th
4x800						
SHR	Rummelhart 20.3	A Dubrava 21.0*	Chalupa 20.6*	Bah 22.2	1:24.64	
SHR	Bormann 18.0*	Swenning 18.9SB	M Green 19.0	Jennings 19.7*	1:15.82	
100M	Cooper 13.05*	Clark 13.03	Henderson 16.59	Kavira 15.72		
Dist Med JV	Sow 32.2#	Fellows 30.6#	McCormick 72.4	J DuBrava 2:57.9	5:13.79	
Dist Med	T Green 27.9	I Hansen 29.0	M Green 68.8	<b>Arch</b> <b>2:27.7</b>	4:33.83	4th
400M	Traore 68.5*		Rodriguez 73.43*	Mwenemkamba 80.96		
4x200 JV	Kavira 31.7*	A Dubrava 30.5*	Sow 30.7SB	Henderson 34.6	2:08.09	
4x200	<b>Clark</b> <b>26.3</b>	<b>DePrenger</b> <b>27.7</b>	<b>Sartini-Rideout</b> <b>27.5*</b>	<b>Cooper</b> <b>27.0</b>	<b>1:49.09 SB</b>	
100 H	Swenning 18.11			Chalupa 21.15*		
800M		Jones 2:39.10		Kaine 3:13.12*		
200M		L Parrott 30.08SB	I Hansen 31.31	Bah 34.36		
400 H	Rummelhart 1:17.24*	M Green 1:15.11*		Jennings 1:25.98*		
1500	Hecker 5:34.99		Smith 5:54.96	Mwenmkamba 6:32.86*		
4x100 JV	Swenning 14.1	A Dubrava 14.5	Sow 14.0	Kavira 16.4	59.41	
4x100	<b>Clark</b> <b>12.6</b>	<b>Cooper</b> <b>13.0</b>	<b>DePrenger</b> <b>12.6</b>	<b>Sartini Rideout</b> <b>13.1</b>	<b>51.83</b>	2nd
4x400 JV	Saye 68.9*	Bormann 69.6*	Rummelhart 73.9	Fellows 71.9*	4:44.87	4th
4x4004 x 4 x 400	Clark 65.6SB	Green 63.5	Arch 65.2	Sartini-Rideout 66.6*	44:21.434:4 4:21.43	