

WEST DES MOINES VALLEY RELAYS

April 7th, 2012

	Varsity	Junior Varsity
Long Jump		
High Jump	Hartley- 4-5, Blowers- 4-5	Saehler- 4-8 PR (2nd)
Shot Put	Gustafson- 37-2.5 (1st), Lehman- 34-5.5 (2nd)	Harris- 23-4, Wortman- 34-1 (1st)
Discus	Gustafson- 119-4 (1st), Lehman- 107-9 (5th)	Wortman- 109-10 (1st), Harris- 65-9
3000 Meter Run	Mendenhall- 11:55.73 (6th)	
4 x 800 Meter Relay	Sammons, Langenfeld, Shepherd, Arch 2:29.1 2:32.8 2:41.1 2:45.0 10:28.14 (4 th)	
Shuttle Hurdle Relay	Larsen*, Feeney, Perez, Ward 20.01 17.53 16.91 16.71 1:11.32 (4 th)	A. Miller, Garza, Thompson, Sabers 18.00 18.33 18.72 19.92 1:15.24 (1 st)
100 Meter Dash	Crew- 12.79 (2 nd), Plock- 13.10 (4 th)	
Distance Medley Relay	Hansche, Blowers, Carman, Traore 28.1 28.5 63.2 2:27.9 4:28.19 (2 nd)	Correll, H Crew, H. Langenfeld, Cabbage 32.3 27.5 71.1 2:51.12 5:02.45 (3 rd)
400 Meter Dash	Omar- 1:05.83 (6 th)	Cook- 1:20.33
4 x 200 Relay	Kuddes, Sullivan, Garza, Washpun 26.7 26.6 27.6 26.8 1:48.08 (1 st)	Gevock, H. Crew, Sabers, Thompson 30.5 28.6 31.2 29.5 2:00.08 (1 st)
100 Meter Hurdles	Ward- 16.85, Feeney-17.17	Sabers- 19.21, A. Miller- 17.65
800 Meter Run	Shepherd- 2:47.23	
200 Meter Dash	Sullivan- 28.00 (5 th)	
400 Meter Hurdles	Plock- 1:07.58 (1 st), Sammons- 1:10.30 (5 th)	Perez- 1:12.12 (1 st)
Sprint Medley Relay	Kuddes, Garza, Washpun, Crew 12.9 13.3 25.8 61.6 1:54.28 (4 th)	A. Miller, Blowers, Hartley, Thompson 14.3 12.8 33.9 69.6 2:11.42 (5 th)
1500 Meter Run	Carmen- 5:08.30 (3 rd), Arch- 5:30.83	Langenfeld- 5:36.83
4 x 100 Meter Relay	Hansche, Saehler*, Crew*, Ward 13.8 13.5 15.5 12.7 :56.26	Correll, Blowers, Hartley, H Langenfeld 13.8 14.0 16.0 14.6 :59.05 (5 th)
4 x 400 Meter Relay	Sullivan, Traore, Washpun, Plock 68.6 65.4 63.5 62.9 4:20.67 (5 th)	Kuddes, Gevock, Cabbage, H Crew 65.6 69.3 73.7 68.2 4:37.44 (2 nd)

Varsity Team Scores: Waukee- 178.5, Valley- 151.5, Roosevelt- 124.5, City High- 118, Southeast Polk- 74, Valley- 43.5

Junior Varsity: Waukee- 196, Southeast Polk- 134, City High- 102, Roosevelt- 92, Valley- 79, Valley- 35, Mason City- 24