



CITY HIGH GIRLS TRACK AND FIELD 2014



DR. BROOKS CO-ED VALLEY RELAYS APRIL 5TH

V-11:00-JV after Long Jump	FRANKLIN 13-09.00	ROEMERMAN 14-05.50 5TH	ALI 13-02.50 3RD			
V&JV-12:30High Jump						
V-11:00-JV-1:00 Shot Put	LEHMAN 35-10.50 SB 5TH	EMBERY 33-09.00 6TH	WORTMAN 30-02.00 2ND	MURPHY 24-02.50*		
V- 12:00-JV- 2:00 Discus	WORTMAN 114-00.00* 3RD TIED FOR 14TH ALL-TIME @ CHS	LEHMAN 108-06.50 SB 4TH	EMBERY 88-02.00 SB 2ND	SMITH 69-03.50 SB 6TH		
11:00 3000M	CARMAN 10:52.91 3RD	SHEPHERD 11:23.14	ARCH 11:05.18* 4TH	CHADWICK 11:59.76 6TH		
11:40 4x8 B/G						
JV 4x800	PARROTT 2:40.1 *	APPLEBY 2:51.2	BYWATER 2:46.1*	REYES 3:27.9	11:00.10	5TH
12:35 SHR B/G	DEPRENGER 18.3	MILLER 18.3	THOMPSON 19.5	BLOWERS 18.0	1:14.14	4TH
12:45 100M Dash G/B	JOHNSON 14.06	ALDERSON 14.18	ALI 15.69	PIENTA 15.30		
1:05 DMR	HANRAHAN 27.84*	JOENS 28.30*	F TRAORE 68.4	SAMMONS 2:29.8 SB	4:36.44	3RD
JV DMR	SHAW 31.2	ANDERSON 32.4	ROEMERMAN 1:16.1	PAGAN 2:59.5*	5:19.78	2ND
1:15 400M Dash			CARIS 1:11.89* 4TH	ALI 1:21.14SB 8TH		
1:35 4x200	DEPRENGER 27.5 SB	PLOCK 26.4	JOHNSON 27.5 SB	CREW 27.1 SB	1:50.02 SB	3RD
JV 4x200	VERDICK 31.1*	FRANKLIN 29.6*	ANDERSON 30.5	MCINTIRE 31.7	2:03.49	2ND
1:55 100M Hurdles	MILLER 18.20SB 8TH	ROEMERMAN 19.02*	PIENTA 21.14*			
2:40 800M	APPLEBY 2:42.31*	VERDICK 2:41.76SB	NOACK 3:03.80SB	ALDERSON 3:03.31*		
2:50 200M Dash	F TRAORE 29.76SB	CARIS 31.64*	ANDERSON 31.38 6TH	MCINTIRE 33.18*		
3:30 400M Hurdles	PLOCK 64.69 SB 1ST	DEPRENGER 1:10.40* 4TH	SAMMONS 72.53* 1ST			
4:00 SMR	HANRAHAN 13.3*	FRANKLIN 14.4	BLOWERS 28.7	CREW 66.1SB	2:02.87	6TH
JV SMR	MILLER 13.9SB	ROEMERMAN 15.8	PAGAN 30.3	JOENS 68.5*	2:08.43	3RD
4:10 1500M	BYWATER 5:45.40*	PARROTT 5:49.70	LEWERS 5:52.46SB	SHUTT 6:09.56		
4:30 4x100						
JV 4x100	MILLER 13.9SB	ALDERSON 13.5*	PIENTA 15.3	ALI 14.5SB	57.43	2ND
4:50 4x400	BLOWERS 65.4 SB	CREW 73.5	F. TRAORE 66.8	JOHNSON 70.1	4:36.33	6TH
JV 4x400	CARIS 69.7*	MCINTIRE 76.1	VERDICK 71.4	SHAW 74.6	4:53.18	5TH

Red=Standard of Excellence *= personal record

Varsity Team scores: Waukee- 191.5, DSM Roosevelt- 130, Assumption- 112.5, Valley- 96.5, Johnston- 81.5, **City High- 79**, DSM East- 19, DSM Hoover- 13

JV Team Scores: Waukee- 231, Valley- 144, DSM Roosevelt- 94, Johnston- 91, **City High- 85**, DSM Hoover- 30, DSM East- 18