



CITY HIGH GIRLS TRACK AND FIELD 2013



West Des Moines Valley April 6th
Teams: Mason City, DM Hoover, Johnston, Waukee, City High,
DM Roosevelt, WDM Valley

SB=Seasons Best, Red= Standard of Excellence, * Personal Record

	EVENT	VARSITY	VARSITY	JV	JV		PLACE
	Long Jump	WASHPUN 17-9.50 SB 2ND					
	High Jump	BLOWERS 4-04 8TH	JOENS 4-10 3RD	HARTLEY 4-04 SB 3RD	PRICE 4-04 4TH		
	Shot Put	GUSTO 41-02 SB 2ND	LEHMAN 36-11 4TH	HARRIS 26-04 5TH	EMBERY 31-06 3RD		
	Discus	GUSTO 127-02 SB 2ND	LEHMAN 104-04 SB 6TH	REYES 69-02 6TH	HARRIS 62-10 SB		
	3000	CARMAN 10:43.46* 1ST	SHEPHERD 11:04.77 2ND	SIGLIN 12:08.11 1ST	PETERSON 13:38.89		
	4x800 JV	TEDUITS 2:44.4 *	VERDICK 2:40.2*	CORNELL 2:58.4	PETERSON 3:14.9	11:38.42	3RD
	SHR	PEREZ 17.7SB	THOMPSON 18.7SB	MILLER 17.4SB	WINDSCHITL 18.0	1:12.31 SB	3RD
	100M	E. JOHNSON 14.29*		HEATH 14.96*	KOISER 14.25 6TH		
	DMR	BLOWERS 27.5*	WASHPUN 28.0	OMAR 62.5*	SAMMONS 2:35.2	4:33.44	3RD
	DMR JV	LANGENFELD 30.6SB	ALDERSON 28.2*	KOISER 71.8	PARROTT 2:45.0*	4:56.30	3RD
	400M			PRICE 1:11.50* 4TH			
	4X200 JV	GEVOCK 29.5 SB	H. CREW 27.0*	E. JOHNSON 30.5	THOMPSON 28.7*	1:56.07	1ST
	100H	PEREZ 17.09 SB 7TH	MILLER 17.11*	ALDERSON 20.03	WINDSCHITL 17.71* 4TH		
	800M	S. TRAORE 2:29.49 4TH	A. TRAORE 2:35.56* 8TH	OMAR 2:39.55* 1ST			
	200M	C. CREW 26.54 1ST	CARROLL 29.56* 8TH	HEATH 32.88*	LANGENFELD 32.07SB 5TH		
	400H	PLOCK 1:05.03 1ST SB	THOMPSON 1:15.92				
	SMR JV	KOISER 14.4SB	H. CREW 13.2SB	WINDSCHITL 30.5*	ALDERSON 73.2	2:11.79	3RD
	1500M			SHUTT 5:58.46 5TH	LEWERS 5:52.92 8TH		
	4x100	E. JOHNSON 13.8*	PLOCK 12.6	C. CREW 12.5	WASHPUN 12.6	52.00	3RD
	4X100 JV	PEREZ 13.9	WINDSCHITL 14.5*	KOISER 14.3SB	GEVOCK 14.1	56.65	3RD
	4x400	C. CREW 59.7	BLOWERS 64.4	CARROLL 65.6	PLOCK 60.8	4:11.22	2ND
	4X400 JV	S. TRAORE 62.5 SB	H. CREW 69.7	A. TRAORE 65.7*	GEVOCK 68.4	4:26.91	2ND

Team Results: 1. Waukee-193 ½ 2. Roosevelt-134 ½ 3. Valley 120 ½; 4. Iowa City High 118 5. Johnston 64 ½ 6. Valley Black 40 7. Mason City 32 8. Hoover 11.

We had a long windy day in West Des Moines which was full of Season Bests (21) and Personal Records (21). The day began with Kiera Washpun, Aliyah Gustafson, Amara Lehman, Annie Hartley, and Sidney Harris setting season bests in the field events, and Ellen Carman and Molly Sheherd having great races while battling the gusts of wind in the 3000m.

Other highlights include:

- Rylee price running a 400 and Fatimah Omar running and 800! Way to step up girls.
- Our Shuttle Hurdles ran a seasons best
- Sarah Plock ran a season best in the 400H- 1:05.03 and broke the meet record which was set in 2006 by Molly Sabers of City High.
- Let's all continue to run faster, jump higher, and throw further into the upcoming week.