

# CLINTON INVITATIONAL, APRIL 10, 2012

Better than last year in: HJump 2, disc 2,4x8, 100 2, dmed, 100h 2, 800, s med, 3000 split

M and M thoughts Meg, Ward, Carman, Perez(valley/Clinton), Smith and Harris?(Waukee), Taffa

	<b>Varsity</b>
Long Jump West Pit	Ward 15'4" (2 <sup>nd</sup> )
High Jump A&B at once	Hartley 4'4", Saehler 4'8" (3 <sup>rd</sup> )
Shot Put (A first)	Lehman 36'7" (4 <sup>th</sup> ), Gustafson 38'6" (2 <sup>nd</sup> )
Discus (B first)	Lehman 106-4" (3 <sup>rd</sup> ), Gustafson 121'11" (2 <sup>nd</sup> )
3000 Meter Run	Siglin 11:28.40SB (4 <sup>th</sup> ) Arch 11:25.89* (3 <sup>rd</sup> )
4 x 800 Meter Relay 9:52.19 (2 <sup>nd</sup> )	Danielson, Traore, Sammons, Beasley 2:28.1      2:27.2SB    2:30.0      2:26.7*
Shuttle Hurdle Relay 1:10.44 (2 <sup>nd</sup> )	Ward      Perez      Miller      Garza 17.0      17.1      17.9      18.7
100 Meter Dash	C. Crew 12.61SB (1 <sup>st</sup> ), Blowers 13.73*
Distance Medley 4:33.05 (2 <sup>nd</sup> )	Hanche, H Crew, Richardson, Langenfeld 28.8      29.3      64.2SB      2:30.6SB
400 Meter Dash	Omar 66.63 (7 <sup>th</sup> ), Gezock 66.78* (8 <sup>th</sup> )
4 x 200 Relay 1:49.68 (2 <sup>nd</sup> )	Kuddes, Blowers, Garza, Plock 27.3      28.5      27.9      26.0
100 Meter Hurdles	Ward 16.21 (2 <sup>nd</sup> )    Perez 16.71* (7 <sup>th</sup> )
800 Meter Run	Carman 2:20.80SB (3 <sup>rd</sup> ) Beasley 2:29.11 (7 <sup>th</sup> )
200 Meter Dash	H. Crew 28.35* (4 <sup>th</sup> ), Miller 29.39*
400 Meter Hurdles	Plock 66.81 (1 <sup>st</sup> )    Sammons 72.78 (3 <sup>rd</sup> )
Sprint Medley Relay 1:53.64SB (2 <sup>nd</sup> )	Kuddes, Hansche, C. Crew, Danielson 13.1      13.1      26.9      60.3SB
1500 Meter Run	Taffa 5:18*    Richardson 4:50.35SB (1 <sup>st</sup> )
4 x 100 Meter Relay 52.52 (1 <sup>st</sup> )	Kuddes, Saehler, Hansche, Crew 13.7      13.4      13.4      12.0SB
4 x 400 Meter Relay 4:21.27 (5 <sup>th</sup> )	Garza, Carman, Omar, Ward 65.3      63.1      65.4      67.2

Team Scores: City 148, Wahlert 134, Senior 80, PV 75, Bettendorf 57.5, Moline 49, Xavier 48, Clinton 39, Dav West 35.5, Dewitt 33.5, N Scott 18.5

Red=standard of excellence    \*=personal record    SB=Season's Best