



# CITY HIGH GIRLS TRACK AND FIELD 2013



River Queen Invitational @ Clinton April 9<sup>th</sup>  
Teams: City High, Linn-Mar, Dubuque Wahlert, Moline,  
Dubuque Senior, Bettendorf, North Scott, Davenport West,  
Pleasant Valley, Clinton

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

	EVENT	VARSITY	VARSITY	JV	JV		PLACE
	Long Jump	WASHPUN 17-11.75 SB <b>1ST</b>					
	High Jump	SAEHLER 4-11.50 <b>1ST</b>	BLOWERS CLERICAL ERROR				
	Shot Put	GUSTO 40-00.50 <b>1ST</b>	LEHMAN 37-06.00 <b>2ND</b>				
	Discus	GUSTO 106-10.00 <b>3RD</b>	LEHMAN 99-05.00 <b>7TH</b>				
	3000	SIGLIN 11:14.95* <b>4TH</b>	SHEPHERD 10:42.32* <b>1ST</b>				
	4x800	S. TRAORE 2:29.1	PLOCK 2:29.0	C CREW 2:27.9*	CARMAN 2:25.2 SB	9:51.80 SB	<b>1ST</b>
	SHR	PEREZ 17.7SB	THOMPSON 18.7SB	MILLER 17.4 SB	WINDSCHITL 17.8*	1:11.93 SB	<b>2ND</b>
	100M	WINDSCHITL 14.2*	DEPRENGER 13.8*				
	DMR	HANSCHKE 29.2	WASHPUN 27.5	DANIELSON 63.5	OMAR 2:52.8	4:53.24	<b>7TH</b>
	400M	SAMMONS 1:07.46 <b>7TH</b>	F TRAORE 1:04.33* <b>4TH</b>				
	4X200	D JOHNSON 29.2	H CREW 27.2	BLOWERS 29.5	CARROLL 27.5	1:54.10	<b>5TH</b>
	100H	PEREZ 17.35 <b>5TH</b>	MILLER 17.20 <b>4TH</b>				
	800M	PERRET 2:39.66 SB <b>7TH</b>	A TRAORE 2:39.00 <b>6TH</b>				
	200M	H CREW 28.08 SB <b>3RD</b>	BLOWERS 28.22 SB <b>4TH</b>				
	400H	DANIELSON 1:12.88 <b>5TH</b>	THOMPSON 1:14.47 <b>7TH</b>				
	SMR	D JOHNSON 13.6	WASHPUN 13.5	C CREW 26.0 SB	PLOCK 58.2*	1:51.41 SB <b>1ST</b>	<b>1ST</b>
	1500M	CARMAN 4:55.38* <b>2ND</b>					
	4x100	DEPRENGER 14.1*	HANSCHKE 14.5	C CREW 11.7 *	WASHPUN 13.1	53.35	<b>2ND</b>
	4x400	OMAR 63.2	F TRAORE 65.9	CARROLL 64.7 SB	SHEPHERD 66.4*	4:20.58	<b>2ND</b>

Teams Scores: **City High 157**, Linn-Mar- 128, Dubuque Wahlert 91, Moline- 80, Dub. Senior 73, Bettendorf 52, North Scott- 48, Dav. West 42, Pleasant Valley 40, Clinton 39.

Once again the weather was below average for “spring”, but the performances were well above in many events. We had a great start to the meet with our field events scoring 44 points, and the 3000m, and Shuttle Hurdle adding another scoring 23points.

- Great Races by Molly Shepherd and Alison Siglin in the 3000m, both running SB’s and PR’s
- The 4x800 relay team of Soumba Traore, Sarah Plock, Claire Crew, and Ellen Carman ran a SB time with two of the members stepping up and running an event outside their event group.
- The shuttle hurdle continues to improve on their times and ran a SB time
- The Sprint Medley Relays team of Delaney Johnson, Kiera Washpun, Claire Crew, and Sarah Plock ran an excellent SB time, and all attained the standard of excellence.
- To finish off the meet our pieced together 4x4 ran a gutsy race with Sashay Carroll and Molly Shepherd both running SB’s and PRs.

We brought home a trophy and won our second meet to date by double scoring in 8 events and finishing in the top 3 in 5 relays. Yet another step in the right direction heading into Forwald/Coleman Relays next Thursday! Great job Little Haws!