



CITY HIGH GIRLS TRACK & FIELD 2016 DeWitt



www.aspimeetz.com/23387

Girls before boys except where indicated

| | | | | | | |
|------------------------------------|------------------------------|-------------------------|-----------------------|---------------------|-----------|-----|
| Long Jump G/B | Swenning 13'4"* | Washington 13'6.25" | | | | |
| High Jump | | | | | | |
| Shot Put | Cassady 26'5.5" | Kuepker 28'8"* | | | | |
| Discus | Cassady 76'4" | Kuepker 67'2" | | | | |
| 3000M | Shutt 12:40.90 4th | Parrott 12:37.37 3rd | | | | |
| 4X800 B/G 5:25 3200 boys | Hecker 2:32.1* | Brands 2:36.3 | Nyamboneka 2:39.9* | Carey 2:50.2 | 10:39.35 | 3rd |
| SHR | Swenning 17.9* | Dailey 18.4* | Flannagan 18.6* | Windschitl 18.6 | 1:13.82SB | 4th |
| 100M | Grimes 14.70* | Omar 15.41* | | | | |
| DMR | Hill 30.3 | Slocum 36.2 | Rummelhart 74.3 | Damhorst 2:58.66 | 5:20.18 | 6th |
| 400M | Clark 1:05.25* 5th | Omar 1:15.22 | | | | |
| 4X200 6:35p.m. | DeNeice 27.9* | Washington 30.3* | Green 27.4* | Sow 32.3 | 1:57.94 | |
| 100M H | Swenning 18.84 | Windschitl 18.60 | | | | |
| 800M | Chapnick-Sorokin 3:00.04* | Noack 3:01.33 | | | | |
| 200M | Dailey 29.36* | Lepcin 30.37* | | | | |
| 400M Hurdles | Flannagan 1:18.31 | Hill 1:25.63* | | | | |
| SMR | Grimes 14.4 | Windschitl 14.6 | Swenning 28.9 | DeNeice 1:06.3* | 2:04.58 | 4th |
| 1500 | McCormick 5:22.18SB 1st | Nyamboneka 5:46.71* | | | | |
| 4x100 | Swenning 14.1 | Washington 14.6 | Dailey 13.5 | Sow 14.3 | 57.05 | 5th |
| 4x400 | Green 1:06.2* | Hecker 1:07.3* | Brands 1:07.7* | Lepcin 1:07.9* | 4:29.42 | 5th |

SB=Seasons Best, Red= Standard of Excellence, * Personal Record, # issue with handoffs or start