

City High Quad
 Bates Track, Iowa City
 April 4, 1995

Event	Names			
Long Jump	Jarilyn Woodard	DJ Smalley		
	11'11"	7'0"		
High Jump	Kristen Haugen			
	4'8"			
Shot Put	Emily Hummer	Sandra Smalley	DJ Smalley	
	26'2"	31'7"	63'0"	
3000m Run	Allison Nair	Jamie Albrecht	Chris Kjonaas	
	12:48.5	11:53.2	11:50.2	
4 x 800 Relay	Jessica Kinney	Missy Moreland	Katie Sidwell	R. Dombroski
	10:37.05	2:32.3	2:44.4	2:41.1
				2:38.7
Shuttle Relay	Tammy Frantz	Whitney Black	MJ Hummer	Jenny Croker
	1:08.97	16.9	17.3	17.9
				16.9
Distance Medley	Sara Norquist	Jenny Mulder	Laura Duffey	Keely Barnett
	4:29.8	28.7	27.4	64.9
				2:27.8
100 Meter Dash	Erica Davis	Kenna Long	Angie Madlock	Jarilyn Woodard
	12.67	13.04	13.4	13.6
400 Meter Dash	Venice Monagan			
	1:03.3			
4 x 200 Relay	Erica Davis	Jann Duffy	Sara Norquist	Keely Barnett
	1:53.4 (Var.)	27.9	29.6	27.9
				28.0
4 x 200 Relay	Sarah Schmitz	Kelly Egan	Michelle Gladden	Kara Kendal
	2:19.6 (JV)	1:13.86		
100 M Hurdles	Tammy Frantz	Kelly Triplett	Jenny Croker	Whitney Black
	16.15	15.95	16.76	?
100 M Hurdles	MJ Hummer	Kelly Donatti	Katie Divelbiss	
	?	?	16.56	
800 Meter Run	Jenny Mulder	Jessica Kinney	R. Dombroski	
	2:28.4	2:39.1	2:45.2	
200 Meter Dash	Kenna Long	Laura Duffey	Sarah Schmitz	Jarilyn Woodard
	27.51	28.4	31.11	?
200 Meter Dash	DJ Smalley	Jenny Hamdorf		
	32.82	30.34		
400 M Hurdles	Kelly Triplett	Jenny Croker		

	1:11.7	1:18.3		
Sprint Medley	Kenna Long	Jann Duffy	Venice Monagan	Keely Barnett
1:56.5 (Var.)	12.3	13.1	31.1	61.1
Sprint Medley	Angie Madlock	Kelly Egan	Kara Kendal	Kelly Donatti
2:08.6 (JV)	13.7	15.2	29.9	1:09.8
1500 Meter Run	Katie Sidwell	Missy Moreland		
	5:32.7	5:40.1		
4 x 100 Relay	Tammy Frantz	Venice Monagan	Jann Duffy	Erica Davis
52.8 (var)	13.4	13.1	12.6	13.5
4 x 100 Relay	Michelle Gladden	Whitney Black	Kara Kendal	Jarilyn Woodard
57.0 (JV)	15.2	14.3	14.2	13.3
4 x 400 Relay	Laura Duffey	Kelly Triplett	Sara Norquist	Kenna Long
4:26.7 (Var)	68.4	65.2	68.4	64.2
4 x 400 Relay	Sarah Schmitz	Kelly Egan	DJ Smalley	Angie Madlock
5:16.2 (JV)	1:10.6	1:22.8	1:27.2	1:15.6
Discus	Sandra Smalley	Emily Hummer	DJ Smalley	
	81'9"	87'8"	63'0"	