

CITY HIGH GIRLS TRACK AND FIELD

CRANDIC 9/10 & JV 2018

Monday, April 23rd

- Top 10 additions: Jordan Sekafetz- 100 hurdles #8
- PR's: LJ, shot, disc, 200's, 800's, 400's, short hurdles, long hurdles, 1500, HJ (tied)

Outstanding Performance: Jordan Sekafetz ; **Helping Hand:** Sydney Fellows, Morgan Carey, Jae Dancer; **Most Improved:** Anastasia Mwenenkamba, Kiana Chalupa

TEAM SCORES: **CITY HIGH- 148**, CR Jefferson- 129, Linn-Mar- 90, CR Prairie- 75, CR Washington- 73.5, CR Kennedy- 62, IC West- 61.5, Xavier- 25

TEAM SCORES: IC West- 178, **CITY HIGH- 143**, CR Prairie- 142, CR Kennedy- 78, CR Jefferson- 56, Linn-Mar- 41, CR Washington- 31, Xavier- 22

JUNIOR VARSITY

FRESHMAN/SOPHOMORE

4:30 PM	Long Jump (4 jumps)						Cook 15-10- 1st	Fellows 14-7* 3rd			
4:30 PM	High Jump	Jones 4-8- 3rd	Swenning 4-10- 2nd				Vanderhoef 5-0- 1st	Dancer 4-6* 4th			
4:30 PM	Shot Put (4 throws)	Grove 22-6.75	Murry 24-03.75- 8th	Sila 26-1- 5th			Dunbar 23-9.5	Shabani 24-3	D. Smith 24-9		
4:30 PM	Discus (4 throws)	Grove 55-5	Murry 58-7- 6th	Sila 63-1- 4th			Kaine 56-7*	Shabani 65-11- 8th	Lucas 40-8		
5:00 PM	Sprint Medley	Swenning 13.9	Sekafetz 13.4	Norris 27.7*	L Parrott 71.4SB	2:06.65- 2nd	N. Green 15.4	Fellows 13.2	Cook 27.1*	J. DuBrava 67.2	2:03.20- 3rd
5:10 PM	3000m	Morrow 11:32.01- 1st					Veit 12:24.54- 3rd				
5:25 PM	4x800 Relay	Reynolds 2:36.5	Dancer 2:34.1	Hecker 2:37.9SB	Lindower 2:29.7	10:18.82- 1st	Perrill 2:38.8*	Brady 2:39.8*	Bounds 2:43.9*	Warren 3:02.9	11:05.67- 3rd
5:40 PM	Shuttle Hurdle						Sekafetz 17.2*	N. Green 18.1	Vanderhoef 19.4	Chalupa 19.45	1:14.44- 2nd
5:45 PM	100m Dash						Sartini-Rideout 13.80- 4th	C. Smith 16.53			
5:55 PM	Distance Med	Norris 28.1	I Jones 30.6	McCormick 71.8	Carey 2:58.4	5:09.17- 2nd	Fellows 29.9	Burke 29.9*	Traore 67.9	G. Parrott SBequal 2:51.4	4:58.99- 2nd
6:05 PM	400m Dash	L Parrott 1:12.64- 3rd					Kaine 1:37.44	Cook 1:07.89- 1st			
6:15 PM	4x200 Relay	I. Rodriguez 30.6	Hecker 31.1*	A Smith 31.9*	Perrill 31.4*	2:05.33- 4th	A DuBrava 31.8 SB	Wawaka 29.4*	Chalupa 29*	Utley 31.4*	2:01.75- 3rd
6:25 PM	100m Hurdles	Swenning 17.79- 2nd	N Green 18.39- 5th				Sekafetz 16.90* 1st	#8 All-Time	Dancer 18.29- 8th		
6:35 PM	800m	McCormick 2:50.10	Mwenenkamba 2:52.80*				Geerdes 3:10.96*	Bounds 2:46.36- 7th			
6:40 PM	200m Dash	I Rodriguez 31.3*	L Parrott 30.83- 7th				Sartini-Rideout 28.28SB 3rd	Traore 30.28SB- 6th			
6:50 PM	400m Hurdles	Reynolds 1:12.85*- 1st	A DuBrava 1:25.61* 6th				Dancer 1:14.86- 2nd	Sekafetz 1:15.02- 3rd			
6:55 PM	1500m	Brown 5:31.75- 3rd	Rummelhart 5:36.11- 4th	Brands 5:23.91- 1st	Hecker 5:40.46 SB 5th	Smith 5:41.77 SB 6th	Warren 6:19.65	Brady 5:28.31- 4th	Perrill 5:39.59* 6th		
7:05 PM	4x100 Relay	Swenning 13.9	Sartini-Rideout 13	Cook 13.1	Norris 13.9	54.08- 2nd	Burke 14.1	Wawaka 14.6	Chalupa 12.9	Utley 14.5	56.52- 5th
7:15 PM	4x400 Relay	Lindower 66.1*	Morrow 70.4*	Brands 66.5	Reynolds 66.7*	4:30.05- 1st	Traore 66.8*	J DuBrava 70	Fellows 72.1	G. Parrott 72.0 SB	4:41.13- 3rd