

CITY HIGH GIRLS TRACK AND FIELD

Demon Relays 2018

Thursday, April 5th

"You are a beast, you are a monster, but most of all you are a Little Hawk!" M. Jones

Congratulations on your second team title of the year! This was the best weather of the year so far and you took advantage. 17 PR's alone in this single meet!! Also a really nice finish to the meet. After being down by 6 points with three events left we rallied to win by 4. A special shout out to the shuttle hurdle team for running the fastest time we have had in that event since 2013!!

- Standard of excellence additions: Kelly-Harvey- 800m; Swenning, Sekafetz, Dancer, Schaeckenbach- 100 hurdles; DePrenger, Lindsey- 200m; Lindsey, Schaeckenbach- 400m
- Improvements from 2017 this week: HJ x2, LJ x2, Shuttle, 100m x2, 400 x2, 200 x2, 400 hurdles, 4x1, 4x4 (9 of 19 events)
- Season Bests- HJ x2, 4x8, shuttle, 100m, 400m, 4x200, 400 hurdles x2, 1500 x2, 4x400 (9 of 19 events)

Team Trophy: Kate Swenning; **Outstanding Performance:** Shuttle Team, Alia Vanderhoef ; **Helping Hand:** Marie Jones; **Most Improved:** Jae Dancer; **Inspirational:** Amilia Morrow; **Iron Woman:** Anna Lindower

Varsity Team Scores: **CITY HIGH 130**, Mt. Pleasant 126, Hempstead 113, Washington 85, Mason City 60, Oskaloosa 47, Fairfield 40, Wapello 32, Liberty 30, Ft. Madison 25, Center Point- 20, WACO 15, Columbus Junction 6,

Long Jump	Lindsey 15-4.5- 3rd	Cook 14-8.25- 7th			
High Jump	Swenning 4-10*- 4th	Vanderhoef 5-2*- 2nd (#10 all-time)			
Shot Put	Spellman 24-8.25	Shabani 23-0			
Discus	Burgess 61-10	Spellman 67-01			
800m Medley	DePrenger, Cook, Cooper, Traore 13.3SB 13.8 26.7SB 67.3* 2:01.39- 5th				
3000m	Brown 11:52.18	Brady 11:50.38			
4x800 Relay	Brands, Kelly-Harvey, Reynolds, Lindower 2:36.5 2:29.1* 2:38.4* 2:33.1 10:17.47 SB- 2nd				
Shuttle Hurdle	Swenning, Sekafetz, Dancer, Schaeckenbach 18.4SB 17.8* 17.9* 16.4* 1:10.61 SB- 1st				
100m Dash	Norris 14.31	Clark 13.10SB- 2nd			
1600m Medley	Fellows, Vanderhoef, Traore, Rummelhart 29.5SB 30.6 67.9 2:40.24 4:50.37- 4th				
400m Dash	T Green 63.46SB- 1st	Cook 68.63*- 4th			
4x200 Relay	Clark, Lindsey, DePrenger, Schaeckenbach 27.6 26.9* 27.6 SB 28.0 1:50.39 SB- 1st				
100m Hurdles	Swenning 17.84SB- 3rd	Reynolds 19.45*			
800m	Perrill 2:41.12- 6th	Lindower 2:35.33- 4th			
200m Dash	Norris 29.79	Fellows 29.82 SB	Cooper 28.17- 4th		
400m Hurdles	Dancer 1:12.56*- 4th	Sekafetz 1:14.31*- 7th			
1500m	Veit, 5:33.05- 7th	Morrow 5:19.29*- 5th			
4x100 Relay	Clark, T. Green, Swenning, Cooper 13.3 13.0 13.1 13.1 53.02- 3rd				Fellows, Vanderhoef, Norris, Cook 13.4 15.3 13.3 13.4 55.68- 7th
4x400 Relay	DePrenger, Kelly-Harvey, Lindsey, Schaeckenbach 64.0 61.9* 61.3* 62.1* 4:11.09 SB- 1st				

RED- Standard of Excellence, *= PR, SB= Season Best