

CITY HIGH GIRLS TRACK AND FIELD

District Meet 2019

Thursday, May 9th

“How Sweet It Is!!”—Jackie Gleason

This performance went as well as your coaches dreamed it would go. To put it briefly, you all gave 100% of what you had this evening and that shows in the times, distances and heights below. You produced season's bests in 6 of 7 relays (yes, I am counting the 4x8!), PRs all over the place, City High All-time list performances and even a school record. Your district title is the culmination of years of hard work for many of you and you should be very proud of bringing this banner home to City High. It is great to be a Little Hawk! Way to bring the beast girls!!

Team Scores: **CITY HIGH- 129**, IC Liberty 123, IC West- 117, CR Prairie 117, CR Kennedy 93, Ottumwa 89, CR Jefferson 34, CR Washington 34

		RELAY SUBS					SQ 2018	
5:15 PM (estimate)	Long Jump BOYS FIRST	T Ansley 16-11.5 2nd	Cook 16-6.5 SB 3rd					16-1.75
4:00 PM	High Jump GIRLS FIRST	Swenning NH	Vanderhoef 4-10 3rd					4-10
4:00 PM	Shot Put GIRLS FIRST	Spellman 32-4.25 7th	Cassady 30-5					35-9.5
5:15 PM (estimate)	Discus BOYS FIRST	Spellman 72-8	Grove 72-1					101-11
4:30 PM	Sprint Medley	Clark 12.8	Cooper 12.2	Lindsey 26.8	Kelly-Harvey 59.1 SB	1:51.22 SB	T. Ansley Sartini-Rideout	1:53.44 (1:49.7 for fast heat)
4:40 PM	3000m	Boulter 10:42.56* 4th	J. Veit 11:41.69*					11:23.14
5:05 PM	4x800 Relay	Reynolds 2:23.3*	Frazier 2:32.3	Perrill 2:27.9*	Corbin 2:31.4*	9:55.35 4th	Kelly-Harvey Hecker	10:08.7
45 MINUTE BREAK- QUICK MEETING INSIDE THE TRACK BUILDING AFTER THE 4X800								
6:15 PM	Shuttle Hurdle	Sekafetz 16.7	T. Ansley 16.3	DePrenger 16.6	Schaeckenbach 15.1*	1:04.87 2nd School Record	Dancer Swenning	1:11.74
6:25 PM	100m Dash	Wawaka 13.55*	Sartini-Rideout 13.29* 6th					12.77
6:33 PM	Distance Medley	Cooper 25.9#	Clark 28.1#	Lindsey 59.6 SB	Kelly-Harvey 2:21.0 SB	4:14.87 SB 2nd	Reynolds DePrenger	4:26.5 (4:17 for fast heat)
6:45 PM	400m Dash	Jones 1:05.70 SB 8th	Naeve 1:04.04* 6th					62.56
6:55 PM	4x200 Relay	T. Ansley 27.3	Cooper 26.1 SB	Sartini-Rideout 26.8	DePrenger 26.5	1:47.04 1st	Clark Lindsey	1:50.8 (1:45.6 for fast heat)
7:05 PM	100m Hurdles	Schaeckenbach 15.06 4th	Sekafetz 16.07* 6th	#4 All-Time				16.06
7:20 PM	800m	Frazier 2:34.47	Corbin 2:35.29					2:29.66
20 MINUTE BREAK								
7:50 PM	200m Dash	Sartini-Rideout 27.67 SB 4th	Wawaka 28.14* 5th					26.7
8:00 PM	400m Hurdles	Schaeckenbach 1:04.12 1st	Reynolds 1:09.75 SB 5th					1:10.86
8:10 PM	1500m	Boulter 5:07.48* 6th	Perrill 5:09.46* 7th					5:06.84
8:25 PM	4x100 Relay	T. Ansley 12.7	Clark 13.5#	Lindsey 12.2#	Cooper 11.8*	50.33 SB 1st	Sartini-Rideout DePrenger	51.29
8:30 PM	4x400 Relay	Kelly-Harvey 59.5	DePrenger 62.9	Lindsey 60.5	Schaeckenbach 59.5*	4:02.38 SB 1st	Naeve Reynolds	4:17.01

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