

CITY HIGH GIRLS TRACK AND FIELD

Dubuque Indoor 2019

Thursday, February 28th

An absolutely outstanding meet to start your season. Compared to our first varsity meet last year, you were better in EVERY single event! Last year we had ZERO standard of excellence performances, last night four. You are doing the right things and great things are on the horizon for this team.

Outstanding performers: A. Vanderhoef, C. Kelly-Harvey, R. Boulter, M. DePrenger;
 Inspirational: A. Lindsey, C. Schaeckenbach; Helping Hand: I. Jones, Most Improved: S. Cassady; Iron Woman: J. Veit

4:30pm field	Long Jump 4 attempts no final	Lindsey 16-4.25 1st	Schaeckenbach 16-0 4th				
	High Jump Starts 4'	Vanderhoef 5-1 1st	Hamilton 4-4 6th	Jones 4-6 5th	Corbin 4-4 7th		
	Shot Put 4 attempts no final	Cassady 31-1* 2nd	Spellman 28-5 7th				
5:00 PM running	3000m	none					
	4x800 Relay	Schaeckenbach 2:34.9*	Lindsey 2:32.1*	Frazier 2:38.7	Reynolds 2:36.7	10:22.64 2nd	
	4x800 Relay	Meurice 2:43.4	Corbin 2:47.7*	Lindower 2:47.9	J. Veit 2:48.6*	11:07.52 5th	
	55m Dash (Final)	Cooper 7.55 2nd	Clark 7.90 8th				
	Distance Medley	DePrenger 27.8*	Naeve 29.0*	Sekafetz 68.4	Hecker 2:42.0	4:47.60 3rd	
	Distance Medley	Vanderhoef 33.4	Jones 31.4	Hamilton 72.8*	Dancer 2:39.6	4:57.55 6th	
	400m	Kelly-Harvey 1:01.98* 1st					
	600m						
	4x200 Relay	Cooper 27.2	Lindsey 28.3	Sartini-Rideout 27.8	Clark 28.4	1:51.86 2nd	
	4x200 Relay	Meurice 31.9*	Lindower 31.9*	Jones 30.4	Corbin 30.9*	2:05.38 8th	
	55m Hurdles	Naeve 9.97 7th	DePrenger 9.96 6th	Sekafetz 9.69 4th	Schaeckenbach 9.17 2nd		
	800m	Hecker 2:47.19 7th					
	200m dash	Hamilton 32.06*	Vanderhoef 33.5				
	1500m	Perrill 5:40.87	Boulter 5:16.34* 2nd	J. Veit 5:48.66	Kelly-Harvey 5:35.25* 7th		
	4x400 Relay	Sartini-Rideout 66.3	Cooper 65.2	DePrenger 64.9	Naeve 67.2*	4:24.01 1st	
	4x400 Relay	Jones 69.8	Dancer 68.9	Frazier 69.4*	Reynolds 75.8	4:44.34 5th	

Red= Standard of Excellence, *=personal record, **zone issue