

CITY HIGH GIRLS TRACK AND FIELD

Forwald Coleman Relays 2019

Thursday, April 18th

What a terrific night! Forwald magic was in full force as we were better in all areas! Consider:

- We were better than 2018 in 11 of 19 events
- We have the states #3 Power Ranking- our highest since 2012
- 21 of 28 people at this meet had a SB or PR
- Overall we had 12 SB's, 18 PR's and 5 top 10 additions!!

Team Scores: Waukee- 173, Pleasant Valley- 135, **CITY HIGH- 123**, IC West- 107, WDM Valley- 70, CR Kennedy- 63, Linn-Mar-47, Muscatine-207

5:30 PM (estimate)	Long Jump BOYS FIRST	Schaeckenbach 16-11.75* 3rd	Cook 15-5.5 6th			
4:30 PM	High Jump GIRLS FIRST	Vanderhoef 5-0 5th	Swenning 4-10 6th			
4:30 PM	Shot Put GIRLS FIRST	Cassady 31-0	Spellman 31-5.5*			
5:30 PM (estimate)	Discus BOYS FIRST	Burgess ND	Grove ND			
5:00 PM	Sprint Medley	T. Ansley 12.5*	Clark 14.9#	Lindsey 24.5#	Kelly-Harvey 61.4	1:53.48 2nd
5:10 PM	3000m	Boulter 10:43.09* 5th	J. Veit 11:54.07*			
5:40 PM	4x800 Relay	Reynolds 2:26.8*	Frazier 2:31.4	Corbin 2:33.4*	Perrill 2:35.6*	10:07.91 3rd
6:00 PM	Shuttle Hurdle	Sekafetz 16.8	T. Ansley 16.2*	Swenning 17.2SB	Schaeckenbach 15.5	1:05.73 SB 1st #2 All-Time
6:20 PM	100m Dash	Cooper 12.88* 4th	Clark 13.16 SB			
6:30 PM	D Medley	Wawaka 28.3*	Cook 28.4SB	Jones 65.9 SB	Dancer 2:36.6 SB	4:39.69 5th
6:45 PM	400m Dash	J. DuBrava 1:08.41 SB 7th	Naeve 1:04.04* 4th			
6:55 PM	4x200 Relay	Cooper 26.5SB	Sartini-Rideout 26.9	Lindsey 26.2	DePrenger 26.5*	1:46.47 SB 2nd
7:05 PM	100m Hurdles	T Ansley 16.08* 5th	#4 All-time	Sekafetz 16.28* 6th	#5 All-time	
7:15 PM	800m MASTERS					
7:20 PM	800m	Frazier 2:34.47	Kelly-Harvey 2:26.06 2nd			
7:30 PM	200m Dash	Cooper 27.52 SB 5th	Clark 27.35 SB 4th			
7:40 PM	400m Hurdles	Schaeckenbach 1:04.91* 1st	#5 All-time	Reynolds 1:10.33 SB 3rd		
7:55 PM	1500m	Boulter 5:16.40	Perrill 5:20.11*			
8:15 PM	4x100 Relay JUNIOR HIGH					
8:25 PM	4x100 Relay	T. Ansley 13.5#	Sartini-Rideout 12.4#	Clark 12.4SB	Cooper 13	51.32 3rd
8:35 PM	4x400 Relay	Lindsey 59.8 SB	DePrenger 62.4*	Schaeckenbach 60.5	Kelly-Harvey 63	4:05.99 SB 1st