

# CITY HIGH GIRLS TRACK AND FIELD

## Iowa City West Invitational 2019

Tuesday, March 26, 2019

Another solid outing last night. We went in with high goals for the night and competed very hard in every single event. Although we may not have achieved all of our goals, it is important to maintain those high goals. Better to have high goals and fall short than to have low expectations and meet them. Keep the faith! Good things are happening.

- Standard of excellence additions: 3 additions last year. 17 additions this year
- Improvements from 2018 West High meet: Varsity- 7 of 19 events last year, 18 of 19 events this and both people better in shot, discus, 400, 800, 100, 400h, 100h. LJ. Shuttle and 4x4 7 seconds faster
- Improvements from 2018 West High meet: JV-8 of 19 events last year, 10 of 19 events this year

VARSITY							JUNIOR VARSITY				
4:30 PM	Long Jump (P & F)	Schaeckenbach 16-8 3rd	T. Ansley 16-2* 4th				Cook 15-3.5 SB 1st	Fourte 14-2.75 SB 8th			
4:30 PM	High Jump	Vanderhoef 5-1 SB 2nd	Swenning 4-8 4th				Jones 4-4 2nd	Hamilton 4-2 6th			
4:30 PM	Shot Put (P & F)	Spellman 29-2	Cassady 30-7.5 6th				Grove 23-3	Longstreet 29-3.5 SB			
4:30 PM	Discus (P & F)	Spellman 77-7 SB	Cassady 85-9* 6th				Grove 62-2	Longstreet 63-5			
4:30 PM	Sprint Medley	Clark 13.4	Sartini-Rideout 13	DePrenger 26.8	Lindsey 60.6	1:54.31 3rd	Wawaka 14.3	Campbell 13.8	Fourte 28.2	Carey 72.5	2:09.56 2nd
4:40 PM	3000m	Boulter 10:57.31* 3rd	J. Veit 12:17.43 SB				A. Veit 12:46.87*				
5:20 PM	4x800 Relay	Frazier 2:35.7	Reynolds 2:33.1 SB	Corbin 2:40.4	Kelly-Harvey 2:27.5	10:17.49 3rd	Hecker 2:43.1	Jones 2:39.5	Perrill 2:44.9	Loria 3:14.1	11:22.30 1st
6:00 PM	Shuttle Hurdle	Swenning 18	T. Ansley 17.6	Sekafetz 16.2	Schaeckenbach 16.4	1:08.78 2nd	Hamilton 21.1	Morales 19.4	A. DuBrava 20.1	Bah 22	1:24.02 5th
6:15 PM	100m Dash	Cooper 13.47 7th	Clark 14.03				N Green 14.95 6th	Campbell 14.23 3rd			
6:25 PM	Distance Medley	Wawaka 28.6	Cook 28.5	Naeve 63.7	Dancer 2:41.4	4:43.23 3rd	Carey 31.2	Bah 32.2	Fourte 79.9	Hellwig 3:04.5	5:23.53 4th
6:40 PM	400m Dash	Lindsey 1:02.56 4th	Kelly-Harvey 1:01.19 2nd				Hamilton 1:09.87* 2nd	J. DuBrava 1:11.04 3rd			
6:50 PM	4x200 Relay	Cooper 27.2	DePrenger 27.2	Sartini-Rideout 27.4	Clark 28.7	1:51.02 1st	Campbell 31.5	Moore 33.2	Morales 30.4	N Green 30.2	2:06.98 5th
7:00 PM	100m Hurdles	Schaeckenbach 16.48 SB 2nd	T. Ansley 18.13 8th				Sekafetz 17.57 2nd	Swenning 18.76 5th			
7:15 PM	800m	Boulter 2:37.88	Frazier 2:34.36 6th				Mwemkamba 3:17.91 SB				
7:25 PM	200m Dash	Cooper 28.18 6th				Fourte 30.70 5th					
7:35 PM	400m Hurdles	Schaeckenbach 1:07.72 1st	Reynolds 1:12.88 3rd				Dancer 1:17.46 1st	A. DuBrava 1:25.11 3rd			
7:50 PM	1500m	Corbin 5:35.56*	Perrill 5:39.31 SB				Warren 6:17.27	Hecker 5:57.98			
8:05 PM	4x100 Relay	Clark 12.9	Sartini-Rideout 12.7	T. Ansley 12.8	Cooper 12.9	52.04 4th	Sekafetz 14.3	Swenning 13.3	Wawaka 13.6	Cook 14.2	55.54 3rd
8:15 PM	4x400 Relay	Lindsey 61	DePrenger 63.9	Naeve 64.5	Kelly-Harvey 60.4	4:10.77 2nd	Morales 74.4	Vanderhoff 74	Hamilton 70.1*	J Veit 73.5*	4:53.10 4th

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