

CITY HIGH GIRLS TRACK AND FIELD

MVC Indoor 2019

Tuesday, March 12th

Another very solid performance to cap off the indoor season. On the night we had 20 PR's, 8 season bests, and 8 standard of excellence performances. Continue to work hard and have maximum PMA and the outdoor season will be special!

Meet Awards: Outstanding performance: shuttle hurdle, A. Lindsey; Most Improved: T. Ansley, M. DePrenger, R. Boulter; Inspirational: T. Frazier; Iron Woman: C. Kelly-Harvey

	Long Jump	Lindsey 15-3	Schaeckenbach 15-8	Cook 14-11	T. Ansley 15-10* 8th		
	High Jump	Jones 4-6	Swenning 4-8 SB 8th	Hamilton —	Corbin —		
	Shot Put	Cassady 31-9* 7th	Spellman 29-8*	Longstreet 27-7	Grove 24-9	Barron 19-10.5*	
	Sprint Medley	Sekafetz 13.6	Wawaka 13.5*	Naeve 29.1	Meurice 75.7	2:11.92	
	Sprint Medley	N. Green 14.5	A DuBrava 14.6	Carey 32.5	J. DuBrava 69.4	2:11.2	
	3000m Run						
	4x800 Relay	Lindsey 2:25.9*	Reynolds 2:36.0 SB	Frazier 2:35.7*	Kelly-Harvey 2:23.9 SB	10:01.37	2nd
	4x800 Relay	Boulter 2:36.5	Perill 2:41.8 SB	Hecker 2:43.3	Jones 2:42.9	10:44.37	
	Shuttle Hurdle Relay	Sekafetz 10.1	Swenning 10.3	T. Ansley 9.7	Schaeckenbach 9.1	39.33	1st
	Shuttle Hurdle Relay	Naeve 10.4	DePrenger 9.6	Dancer 10.3	A. DuBrava 11.9	42.46	
	60m Dash	Cooper 8.02 2nd	Clark 8.27	Wawaka 8.19	Moore 9.52		
	Distance Medley	Cook 28.9 SB	Jones 32.6	Naeve 68.3	Dancer 2:42.7	4:52.55	8th
	Distance Medley	Carey 32.3	Hamilton 31.4	Lindower 1:11.3 SB	Corbin 2:40.9*	4:55.68	
	400m Dash		A. DuBrava 1:16.26	Loria 1:21.49*			
	4x200 Relay	DePrenger 27.2*	Cooper 28	Clark 28.2	Lindsey 26.7 SB	1:50.27	3rd
	4x200 Relay	T Ansley 27.8*	Cook 29.8	Wawaka 29.9	Hamilton 31.2*	1:58.7	
	60m Hurdles	Sekafetz 9.42 4th	Swenning 9.99	Reynolds 10.53	Bah 12.67		
	800m Run	Schaeckenbach 2:29.85* 3rd	Boulter 2:32.3* 7th	Meurice 2:43.5	Geerdes 3:29.9		
	200m Dash	Cooper 29.23	Clark 28.48	N. Green 31.5	Bah 34.2	Moore 34.5	
	1500m Run	Kelly-Harvey 5:25.40*	J. Veit 5:50.40	Hecker 5:49.7 SB	Hellwig 7:19.87*	A. Veit 6:07.5*	
	4x100 Relay						
	4x100 Relay						
	4x400 Relay	Schaeckenbach 62.7	DePrenger 63.8*	Lindsey 61.2 SB	Kelly-Harvey 61.7	4:09.69	2nd
	4x400 Relay	Cooper 68.3	Sekafetz 71.3	Jones 69.8 SB	Dancer 71.9	4:41.3	
	4x400 Relay	Clark 65.9 SB	T. Ansley 72*	Frazier 68.8*	Boulter 69.1*	4:36.1	
	4x400 Relay	Swenning 1:12.9	Corbin 70.6*	Reynolds 74.3	Perrill 70.6 SB	4:49.1	

Red= Standard of Excellence, *=personal record, SB= Season Best