

# CITY HIGH GIRLS TRACK AND FIELD

## Mississippi Valley Conference Meet 2018

Thursday, May 3rd

**This was a terrific team effort! Last year both varsity and JV were 6th place but not this year. Both teams came to compete and we ended up two runner-up finishes. PR's and season bests were found in all events and most importantly the team support of each other was outstanding. The comparison between 2017 and this year is even more impressive when we were better in 25 of 28 events. Individually 37 PR's or seasons bests on the day!!**

Varsity events better than 2017: 100, 200, 400x2, 100 hurdles x2, 400 hurdles x2, long jump x2, high jump x2, 4x100, 4x200, 4x400, 4x800, sprint medley, shuttle hurdle (13 events)

Junior Varsity events better than 2017: 100x2, 200x2, 400x2, 800x2, 100 hurdles x2, 400 hurdles x2, discus, high jump x2, long jump x2, 4x100, 4x400, shuttle hurdle (12 events)

TEAM SCORES: Cedar Falls 170, **CITY HIGH 101**, Senior 99, Hempstead 76, Prairie 75, Kennedy 49, Washington 19

TEAM SCORES: Cedar Falls 181, **CITY HIGH 129**, CR Prairie 109, Hempstead 62, Senior 51, Kennedy 37, Washington 9

		VARSITY						JUNIOR VARSITY				
4:30 PM	Long Jump	Cook <b>16-8* 2nd</b>	Lindsey 15-5 5th					Fellows 14-11.5* 3rd	I Jones 13-4.75* 5th			
4:30 PM	High Jump	Vanderhoef <b>5-2* 2nd</b>	Swenning 4-8					I Jones 4-8 3rd	Dancer 4-4 5th			
4:30 PM	Shot Put	Jones 29-7	Spellman 28-9					Sila 26-3*	Grove 24-11*			
4:30 PM	Discus	Jones 89-3* 6th	Spellman 71-10 SB					Burgess 83-1* 4th	Kaine 62-8*			
5:00 PM	Sprint Medley	Clark 13.1	Cooper 12.8	T Green 26.8	Lindsey 60.3	<b>1:53.16 2nd</b>		N Green 13.8	Utley 13.9	Burke 30.5	Perrill 68.1*	<b>2:06.44 4th</b>
5:10 PM	3000m	Morrow 11:27.69* 6th	Brady 11:56.41					Brown 12:39.68	Veit 12:17.36 2nd			
5:25 PM	4x800 Relay	Lindower 2:34.7	Brands 2:33.5	Reynolds 2:32.5	Kelly-Harvey 2:22.8*	<b>10:03.70 SB 3rd</b>		Nyamboneka 2:39.9	G Parrott 2:55.3	Bounds 2:41.5*	Mwenemkamba 2:53.6*	<b>11:10.99 3rd</b>
5:50 PM	Shuttle Hurdle	Sekafetz 17.3	Swenning 17.1*	Dancer 17.8	Schaeckenbach 15.8*	<b>#5 All-Time 1:08.44 2nd</b>		N Green 19.1	Chalupa 18.3*	A DuBrava 22.4	Burke 21.7	<b>1:22.40 3rd</b>
6:05 PM	100m Dash	Clark <b>12.84* 4th</b>	Sartini-Rideout 13.35					Utley 14.52*	Fellows 13.48* 2nd			
6:15 PM	Distance Medley	Sekafetz 31.5**	Cook 26.1**	Dancer 68.7*	Hecker 2:37.9	<b>4:44.92</b>		Wawaka 29.0	I Rodriguez 29.6 SB	L Parrott 72.7	A Smith 2:45.9 SB	<b>4:57.46 3rd</b>
6:30 PM	400m Dash	Lindsey 1:02.40 4th	T Green 1:02.39 3rd					J DuBrava 1:06.16 SB 1st	Traore 1:10.10 6th			
6:40 PM	4x200 Relay	Clark 27.3	Cooper 26.8	Sartini-Rideout 27 SB	Cook 28	<b>1:49.35 2nd</b>		Fellows 28.9	I Jones 29.9 SB	Carey 30.5	G Parrott 31.3 SB	<b>2:00.93 4th</b>
6:45 PM	100m Hurdles	Schaeckenbach 15.79 3rd	Sekafetz <b>16.79* 6th</b>	<b>#5 All-Time</b>				Swenning 17.41 3rd	N Green 18.14* 5th			
6:55 PM	800m	Kelly-Harvey <b>2:29.43 5th</b>	Reynolds 2:38.51					Nyamboneka 2:40.69 4th	Hecker 2:39.30 2nd			
7:05 PM	200m Dash	Cooper <b>26.81* 3rd</b>	T Green 28.02					Wawaka 29.55* 5th	Fellows 29.48 SB 4th			
7:15 PM	400m Hurdles	Schaeckenbach <b>1:05.81 1st</b>	Dancer 1:13.05 6th					A Dubrava 1:29.36 5th	Swenning 1:18.93* 2nd			
7:25 PM	1500m	Morrow 5:28.59	Lindower 5:21.10					Rummelhart 5:35.0 SB 3rd	Perrill 5:37.10* 4th			
7:40 PM	4x100 Relay	Clark 12.8	Cooper 12.5	T Green 13.3	Sartini-Rideout 12.6	<b>51.25 4th</b>		Sekafetz 14.4	Chalupa 14.3	Utley 13.6	N Green 13	<b>55.37 5th</b>
7:45 PM	4x400 Relay	Brands 63.7*	Kelly-Harvey 61.5	Schaeckenbach 63.6	Lindsey 60.7	<b>4:09.84 2nd</b>		Cook 69	Traore 68.7	L Parrott 72.6	Carey 72.3 SB	<b>4:42.92 4th</b>

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