

# CITY HIGH GIRLS TRACK AND FIELD

Pleasant Valley 2019

Friday, April 5th

***RUN FAST, JUMP HIGH, THROW FAR!!***

This was the best weather of the year so far and you took advantage. 21 PR's alone in this single meet!! As you look through the results, you can see that we are all beginning to see the results of the hard work from early this season. Special shoutout to our distance and mid-distance crew who say every person get either an SB or PR on the night!!

- Improvements from 2018 this week: LJ x2, SP X2, sprint med, 3000, 4x8, shuttle, D. med, 4x2, 100 hurdles, 800 x2, 400 hurdles, 4x1 (12 of 19 events)
- Season Bests or PR's - 21 PR's and another 18 SB's!!

**Outstanding Performance:** \_\_\_\_\_; **Helping Hand:** \_\_\_\_\_; **Most Improved:** \_\_\_\_\_; **Inspirational:** \_\_\_\_\_; **Iron Woman:** \_\_\_\_\_

Team Scores: Pleasant Valley 166, Bettendorf 117, Linn-Mar 100.5, Kennedy 94, **CITY HIGH 90**, Prairie 65, Wahlert 64, North Scott 37.5      Team Scores: Bettendorf 156, Pleasant Valley 141, Prairie 133, Kennedy 80, Linn-Mar 74.5, Wahlert 63, North Scott 29, **CITY HIGH 28.5**

## VARSITY

## JUNIOR VARSITY

4:00 PM	Long Jump	Cook	Lindsey								
	<b>Varsity first</b>	<b>15-4.5 SB 7th</b>	<b>16-0.5 5th</b>								
4:00 PM	High Jump	Vanderhoef									
	<b>Varsity first</b>	<b>4-10 3rd</b>									
4:00 PM	Shot Put	Grove	Longstreet								
	<b>Varsity first</b>	<b>23-11.5</b>	<b>30-4 6th</b>								
4:00 PM	Discus	Grove	Longstreet								
	<b>JV first</b>	<b>59-7</b>	<b>66-3</b>								
4:30 PM	Sprint Medley	Cooper	Clark	Lindsey	Kelly-Harvey	<b>1:52.06 SB</b>	N Green	Carey	Moore	Morales	<b>2:18.26</b>
		<b>13.2</b>	<b>13.4</b>	<b>26 SB</b>	<b>59.2 SB</b>	<b>2nd</b>	<b>14.1 SB</b>	<b>14.7</b>	<b>32.7*</b>	<b>1:16.4</b>	<b>8th</b>
	3000m	Boulter	J. Veit				A. Veit	Warren			
		<b>10:56.91* 4th</b>	<b>12:10.20 SB</b>				<b>12:38.19 SB</b>	<b>12:51.34 SB</b>			
	4x800 Relay	Reynolds	Frazier	Corbin	Perrill	<b>10:07.58</b>					
		<b>2:27.2*</b>	<b>2:29.8*</b>	<b>2:33.6*</b>	<b>2:36.7*</b>	<b>3rd</b>					
	Shuttle Hurdle	T. Ansley	Sekafetz	Dancer	DePrenger	<b>1:08.20 SB</b>					
		<b>16.8*</b>	<b>16.7</b>	<b>18.2 SB</b>	<b>16.3*</b>	<b>1st</b>					
	100m Dash	Wawaka									
		<b>14.06 SB</b>									
	Distance Medley	Cook	Sartini-Rideout	Clark	Hecker	<b>4:45.76</b>	Fourte	Moore	Carey	Hamilton	<b>5:01.17</b>
		<b>28.8 SB</b>	<b>28.5</b>	<b>66</b>	<b>2:41.9</b>	<b>8th</b>	<b>28.6</b>	<b>33.6</b>	<b>74.4</b>	<b>2:44.5*</b>	<b>5th</b>
	400m Dash	J. DuBrava	Naeve								
		<b>68.78 SB 8th</b>	<b>65.23 5th</b>								
	4x200 Relay	Cooper	Lindsey	T. Ansley	DePrenger	<b>1:48.40 SB</b>	N Green	A. DuBrava	Moore	Carey	<b>2:05.42</b>
		<b>27.2</b>	<b>26.4</b>	<b>28</b>	<b>26.6*</b>	<b>4th</b>	<b>29.6 SB</b>	<b>30.5 SB</b>	<b>33.3</b>	<b>31.9</b>	<b>6th</b>
	100m Hurdles	Sekafetz	Dancer				Bah				
		<b>16.97 SB 3rd</b>	<b>17.88 SB</b>				<b>23.45</b>				

### Pleasant Valley Senior Night Recognition

	800m	Kelly-Harvey	Boutler				Hellwig	Loria			
		<b>2:25.70 1st</b>	<b>2:33.72</b>				<b>2:58.55*</b>	<b>3:00.02*</b>			
	200m Dash	Wawaka					Bah				
		<b>29.05 SB</b>					<b>32.68 SB</b>				
	400m Hurdles	Reynolds	Dancer								
		<b>1:11.18 SB 4th</b>	<b>1:14.51 SB 6th</b>								
	1500m	Perrill									
		<b>5:30.05* 7th</b>									
	4x100 Relay	T Ansley	Sartini-Rideout	Clark	Wawaka	<b>51.99 SB</b>	N Green	Fourte	Sekafetz	Cook	<b>55.91</b>
		<b>13*</b>	<b>12.4*</b>	<b>12.9</b>	<b>13.2*</b>	<b>5th</b>	<b>14.9</b>	<b>13.9</b>	<b>14.2</b>	<b>13.7*</b>	<b>5th</b>
	4x400 Relay	Lindsey	Cooper	Kelly-Harvey	Naeve	<b>4:15.20</b>	Frazier	Hamilton	J. Veit	A. Veit	<b>4:43.39</b>
		<b>61.3</b>	<b>67.5</b>	<b>61.1</b>	<b>65</b>	<b>5th</b>	<b>65.9*</b>	<b>68.8*</b>	<b>71.1* SB</b>	<b>76.4* SB</b>	<b>3rd</b>

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