

CITY HIGH GIRLS TRACK AND FIELD

Steve Sherwood Relays 2019

Saturday, March 30, 2019

Very solid performances on a not so pleasant day. As far as I can tell, we were the only meet to be held on Saturday. That you competed as well as we did is a testament to your toughness!

Outstanding: Longstreet; Most Improved: Lily Reynolds; Iron Woman: Perrill, Dancer; Helping Hand: Muerice, Murry, Burgess, Lindower, Bounds, DuBrava, Ansley, Sow, Lucas, Roby, Green; Inspirational: Wawaka, Prottzman

Team Scores: SE Polk 180; **CITY HIGH 133**; Assumption 89; Mt. Vernon 84;
Davenport Central 50; Xavier 34

Team Scores: SE Polk 173; **CITY HIGH 124**; Assumption 69; Davenport
Central 54; Xavier 38; Mt. Vernon 20

VARSITY							JUNIOR VARSITY				
11:00 AM	Long Jump	Cook 14-4.5 6th	T. Ansley 14-7.25 5th				Fourte 13-5 2nd	Campbell 12-5* 5th			
11:00 AM	High Jump	Vanderhoef 4-10 1st	Swenning 4-8 3rd				Hamilton 4-2 1st				
11:00 AM	Shot Put	Spellman 28-3.5	Grove 23-4.5				Longstreet 31-6.25* 2nd				
11:00 AM	Discus	Spellman 79-9* 6th	Grove 65-3* 8th				Longstreet 71-2* 8th				
11:30 AM	Sprint Medley	DePrenger 13.2	Clark 13.5	Kelly-Harvey 26.7	Wawaka 72.7*	2:06.73 4th	Bright 15.4	Carey 14.5	Hamilton 31.1	J. Veit 71.5*	2:13.35 5th
11:40 AM	3000m	Corbin 12:01.23 3rd*	Perrill 11:53.22 2nd								
11:55 AM	4x800 Relay	Reynolds 2:33.7	Schaeckenbach 2:31.9	Boulter 2:39.4	Dancer 2:42.0	10:27.44 2nd	Prottzman 2:48.7	Warren 3:06.0	Mwonenkamba 3:25.4	Hellwig 3:06.0	12:26.54 2nd
12:10 PM	Shuttle Hurdle	Sekafetz 18.3	DePrenger 17.2	Swenning 18.3	T. Ansley 17.6	1:11.78 2nd	Bah 22.7	Hamilton 21.0	Morales 20.2	A. DuBrava 20.2	1:24.57 1st
12:25 PM	100m Dash	Clark 13.47 SB 4rd	Cooper 13.24 SB 3th				Bright 15.20	S. Lindower 16.3*	Campbell 14.59	Schmidt 15.37	
12:40 PM	Distance Medley	Carey	N. Green	J. DuBrava	Hecker	DQ					
12:55 PM	400m Dash										
1:10 PM	4x200 Relay	Cooper 27.8	T. Ansley 27.4	Cook 29.9SB	Clark 28.7	1:54.71 2nd	N Green 30.9	Moore 33.3	Morales 32.3	Vanderhoef 32SB	2:10.57 3rd
1:25 PM	100m Hurdles	Sekafetz 17.44 SB 5th	Schaeckenbach 16.16 SB 1st				Bah 22.30	Dancer 18.11* 1st			
1:40 PM	Masters 800										
1:45 PM	800m	Kelly-Harvey 2:28.77 2nd					Hamilton 2:48.69* 3rd	Geerdes 3:43.85	Loria 3:05.24*	Hecker 2:39.68 SB 1st	
1:55 PM	200m Dash	Wawaka 29.48 6th					Fourte 30.37	Vanderhoef 33.30 SB	Moore 34.62	S Lindower 35.94	
2:15 PM	400m Hurdles	Reynolds 1:12.95 1st	Dancer 1:17.96 4th				A. DuBrava 1:25.35 3rd	Morales 1:25.55* 4th			
2:25 PM	1500m	Boulter 5:20.11 3rd	Frazier 5:31.49 5th				A. Veit 6:04.31 5th	J. Veit 5:51.55 1st	Warren		
2:40 PM	4x100 Relay	Clark 12.9SB	Sartini-Rideout 14.1##	T. Ansley 13.5##	Cooper 12.3SB	53.27 1st	Sekafetz 17.3##	Swenning 13.1##	Wawaka 13.7	Cook 13.7	58.21 3rd
2:50 PM	4x400 Relay	Lindsey 60.9	DePrenger 65	Schaeckenbach 62.9	Kelly-Harvey 62.1	4:11.71 2nd	N Green 15.5	Vanderhoef 16.7	Fourte 13.4*	Morales 15.5	1:01.47 6th
							Dancer 71.8	Perrill 73.7	Hecker 69.5 SB	Carey 73.9	4:49.90 2nd

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