

# CITY HIGH GIRLS TRACK AND FIELD

## Steve Sherwood Relays 2018

Tuesday, March 20th

What a great night to be a Little Hawk! Your coaches asked you to fight for every place, every inch and every .1 second and you did just that. It was evident all night long that neither of our teams would be denied the championship that had eluded us for the past two years. I am tremendously proud of you! Please keep in mind that last night was just the first step as keep marching towards our goal of becoming MVC champions. Keep working hard and great things will happen. A few notable items from last night:

- Varsity 1st or 2nd place events: 13 in 2018, 7 in 2017; JV 1st or 2nd place events: 13 events in 2018, 6 in 2017
- Standard of excellence additions: Clark- 100m, Kelly-Harvey- 400m
- Improvements from 2017: Varsity- HJ, LJ, S. Med, Shuttle, D. Med, 400 x2, 100 hurdles x2, 200, 400 hurdles x2, 4x1, 4x4 (11 of 19 events)
- Improvements from 2017: JV- HJ, LJ, S. Med, 4x8, Shuttle, 100 x 2, D. Med, 400 x4, 4x200, 800 x2, 400 hurdles x2, 4x100, 4x400 (13 of 19 events)

Team Trophy: Caroline Schaeckenbach; Outstanding Performance: Varsity: CeCe Kelly-Harvey, JV: Jordan Sekafetz, Annie Rummelhart; Helping Hand: Varsity: Esti Brady JV: Jae Dancer; Most Improved: Varsity: Tiara Green , JV: Saye Traore; Inspirational: Varsity: Emma Clark, JV- Izzy Jones; Iron Woman: Varsity: Ayana Lindsey, JV: Ella Cook

**TEAM SCORES**

**CITY- 175**, Mount Pleasant 135, Bettendorf 115, Dav. Central- 74, Muscatine- 70, Xavier- 57, North Scott- 48, CR Washington- 41

**CITY- 196.5**, Bettendorf- 156.5, Dav Central- 100, Muscatine- 63.5, Xavier- 49, Mount Pleasant- 31.5, CR Washington- 31, North Scott- 5

		Varsity					Junior Varsity					
4:30 PM	Long Jump (varsity/JV together)	Cooper 14-7- 6th	Lindsey 15-3- 4th				Cook 14-3- 3rd	Bormann 14-1- 5th				
4:30 PM	High Jump (varsity/JV together)	Vanderhoef 4-8- 3rd	Swenning 4-8- 3rd				I. Jones 4-8- 1st SB	Dancer 4-6- 2nd				
4:30 PM	Shot Put (varsity first)	Spellman 27-25	Grove 23-1.5				Shabani, Murry, D. Smith, Sila, Dunbar, Burgess, Lucas 22-8*, 23-8*, 24-4*, 24-4*, 24-8*, 20-0*, 17-10*					
4:30 PM	Discus (JV first)	Spellman 64-0	Murry 53-03				Shabani, Grove, D. Smith, Sila, Kaine, Burgess, Dunbar 57-6*, 53-4*, 44-5, 54-9*, 41-03*, 63-2, 45-5*					
4:30 PM	Sprint Medley	DePrenger, Sartini-Rideout, Kelly-Harvey, T Green 13.8 13.7** 26.2* * 64.5 SB 1:58.58- 1st					N Green, Burke, Fellows, Traore 14.8 14.5** 26.9** 69.7SB 2:06.06- 2nd					
4:45 PM	3000m (varsity/JV together)	Brady 11:43.23- 3rd*	Brown 11:44.23- 4th				Rummelhart 11:58.53- 1st*	Kaine 14:37.56- 3rd*				
5:05 PM	4x800 Relay (varsity/JV together)	Brands, Lindower, Dancer, Perrill 2:33.6 SB 2:36.9 2:49.0 2:43.0	10:42.76- 2nd			Hecker, G Parrott, Bounds, A. Smith 2:43.0 2:56.6 2:54.0 2:54.5 11:28.13- 1st						
5:20 PM	Shuttle Hurdle	Swenning, Bormann, Schaeckenbach, Reynolds 18.7 19.3 17.2* 19.4*	1:14.86- 2nd			Sekafetz, Chalupa, N. Green, Burke 19.8* 19.9 ? ? 1:21.44- 1st						
5:30 PM	100m Dash	Lindsey 13.51- 4th	Clark 13.23- 1st				Utley, Norris, Myers, C. Smith 15.27, 14.28- 7th, 15.03, 17.18					
5:45 PM	Distance Medley	Cooper, Schaeckenbach, Reynolds, Morrow 28.1 27.8 69.1 2:40.2 4:45.50- 4th					Traore, Sekafetz, J Dubrava, Warren 29.5 29.4 68.3 3:02.3 5:10.31- 1st					
6:10 PM	400m Dash	Kelly-Harvey 62.27- 1st*	DePrenger 64.84- 2nd				Cook, I. Jones, L Parrott, Carey 71.51*- 5th, 68.99- 1st SB, 74.84SB, 72.85SB- 8th					
6:20 PM	4x200 Relay	Cooper, T Green, Sartini Rideout, Norris 30.5 26.7 28.8 28.2*				1:54.59- 1st	N Green, Fellows, Vanderhoef, Burke 30.1 30.5 29.6 30.0 2:00.55- 1st					
6:35 PM	100m Hurdles	Schaeckenbach 16.77- 1st *	Swenning 18.01- 8th				Bormann, A DuBrava, Chalupa 20.08- 5th, 21.11- 8th, 19.93- 3rd					
6:50 PM	Open 800m	Trefz 2:25.63										
6:55 PM	800m	Brands 2:43.81- 6th	McCormick 2:47.90- 8th				Hecker, A. Smith, Geerdes 2:44.63- 4th, 2:58.74, 3:34.37*					
7:05 PM	200m Dash	Clark, 27.47- 2nd	Lindsey 28.08- 5th				Utley, Norris, Cook, C. Smith 33.60, 29.95, 31.44, 37.95					
7:20 PM	400m Hurdles	Dancer 1:14.77- 2nd*	Schaeckenbach 1:11.60- 1st*				Reynolds Sekafetz 1:18.62- 1st* 1:18.71- 2nd*					
7:35 PM	1500m	Lindower 5:26.56- 4th	Brown 5:38.53	Veit 5:33.12- 7th*				Perrill, Warren, Bounds, Morrow 6:14.99*- 7th, 6:36.91* 6:15.03- 8th, 5:35.82- 1st				
7:50 PM	4x100 Relay	Clark, Sartini-Rideout, Swenning, Cooper 13.2 13.2 13.7 13.0				53.72- 1st	N Green, Cook, Norris, Utley 14.1 13.4 14.7 15.1 58.01- 1st Chalupa, Myers, A DuBrava, Vanderhoef 61.24- 6th					
8:05 PM	4x400 Relay	DePrenger, Kelly-Harvey, T Green, Lindsey 65.9 63.7 66.3 63.3*				4:19.35- 1st	Fellows, Traore, I. Jones, McCormick 75.6 71.2 69.3 70.9SB 4:47.29- 3rd Burke, Carey, G. Parrott, L Parrott 74.4* 77.0 73.6SB 76.0 5:01.35- 6th					

Red= Standard of Excellence, \*=personal record, \*\*zone issue