

# CITY HIGH GIRLS TRACK AND FIELD

## Waukee Invitational 2018

Thursday, April 12th

A great meet to attend for two reasons- 1. We were able to run very well earning season bests in FIVE relays and for FOUR individuals to go along with ELEVEN PR's for individuals. 2. We were also able to gauge ourselves against the very best team in the state. Although we are not yet at a point where we can defeat a team like Waukee, we showed that we can be very competitive. We continue to improve every single meet and both our young athletes and experienced athletes are showing in practice that they are ready to break out. Stay with the process as very good things are on the horizon!

**Outstanding performance:** Jordan Sekafetz; **Most Improved:** Lily Reynolds; **Iron Woman:** Tiara Green, Ayana Lindsey

**Team Scores:** Waukee- 184.4, Cedar Falls- 94.2, Pella- 92.0, Dowling- 91.2, **CITY HIGH- 46**, DC Grimes- 34, Grinnell- 31.5, DM Roosevelt- 29, ADM- 28, Mason City- 26.5, Norwalk- 24, Carlisle- 23, Marshalltown- 18.2, Boone- 11, Ames- 8

3:45 PM	Long Jump	Cooper 15-03.25 SB
3:45 PM	High Jump	
3:45 PM	Shot Put	Jones 30-04.5
3:45 PM	Discus	Jones 80-09*
		Shabani 64-01
4:00 PM	Sprint Medley	Clark, Cooper, Kelly-Harvey, Lindsey 12.5 13.0 26.3 61.9 1:53.79 SB 6th
5:10 PM	3000m	Lindower 11:35.59 SB 5th
		Veit 12:12.51
5:25 PM	4x800 Relay	Reynolds, Hecker, Brands, Rummelhart 2:34.7* 2:41.4 2:33.8 2:42.1 10:32.38 6th
5:35 PM	Shuttle Hurdle	Swenning, Sekafetz, Dancer, Schaechenback 17.8 17.6 17.7* 16.1* 1:09.39 SB 5th
5:45 PM	100m Dash	T. Green 13.32* 6th
5:50 PM	Distance Medley	
6:00 PM	400m Dash	
6:05 PM	4x200 Relay	Clark Cooper DePrenger Lindsey 26.8SB 27.3 27.4 27.1 1:49.06 SB 4th
7:05 PM	100m Hurdles	Swenning Sekafetz 17.77 17.41* (#10 all-time)
7:15 PM	800m	Hecker Perrill 2:41.17 2:44.56
7:25 PM	200m Dash	
7:35 PM	400m Hurdles	Schaeckenbach 68.09* 1st
		Dancer 71.96* 6th
		Sekefetz 74.74*
7:45 PM	1500m	Morrow 5:20.69
		Brown 5:48.96
7:55 PM	4x100 Relay	Clark Cooper T. Green Lindsey 12.6 12.4 12.7 12.6 50.83 SB 4th
8:05 PM	4x400 Relay	DePrenger, Kelly-Harvey, T Green, Lindsey 61.8 SB 61.8* 63.7 60.7* 4:08.25 SB 3rd

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