

CRANDIC JV Meet @ Kingston - 05/05/14

3:30 Arrive at Kingston

Tuesday: Kingston 3:30 - 5:00

Wednesday: Kingston 12:30 - 2:00

Shot Put	4:30	Smith	Thurmond			
		21'01"	25'01"			
Discus	4:30	Smith	Thurmond			
		45'06"	61'10"			
High Jump	4:30	Prohaska	4'08			
Long Jump	4:30	Upshaw	14'00.25"			
3000 M Run	4:30	Ely	11:44.48			
4x800		Hargrove	Bertram	Netz	Terry	
		77/2:35.7	84/2:53.6	85/2:54.7	86/3:01.3	11:25.87
Shuttle Hurdles		Kitterman	Trosky	Autumn	Parke	
		17.34	17.48	18.62	18.56	1:12.20
100 M Dash		Trawick	Beard			
		14.95	14.39			
Distance Medley		Kitterman	Autumn	Hanna	Meyer	
		28.32	26.88	66.04	74/2:36.0	4:37.65
400 M Dash		Koenigsfeld	Parke			
		62.51	67.99			
4x200		Beard	Antons	Upshaw	Belew	
		28.50	29.29	28.13	27.18	1:53.44
100 M Hurdles		Kitterman	17.05	Trosky	17.28	
Exhibition		Autumn	Parke	Jenna	Vanous	Kuhn
Ex, hand held		18.15	18.70	18.99	20.62	19.70
800 M Run		Bertram	87/2:57.84	Terry	94/3:05.34	
200 M Dash		Trosky	Antons			
		30.02	29.76			
400 M Hurdles		Jenna	Vanous			
		87.68	91.9			
Sprint Medley		Clark	Thurmond	Kuhn	Meyer	DQ
					65.09	
1500 M Run		Hanna	Hargrove	Netz		
		5:14.59	5:19.81	6:07.26		
4x100		Trawick	Beard	Upshaw	Antons	54.96
4x400		Koenigsfeld	Autumn	Kitterman	Belew	
		63.29	63.77	63.76	62.58	4:13.86