

# Fort Madison Relays - 04/15/14

1:00 Dismiss from class

1:30 Bus leaves from gym lot

Wednesday: Old Gym & Weights 2:45 - 3:45

Thursday: TBA

Shot Put	4:30	Bolden 30'6"	Kuba 30'6"	Smith 22'6"	
Discus	4:30	Bolden 79'11"	Kuba	Thurmond	
High Jump	4:30	Prohaska 4'6"		N/H	
Long Jump	4:30			Upshaw 13'8.5"	
3000 M Run	5:00				
4x800		Hanna	Hargrove	Ely	Koenigsfeld
		74/2:32.2	77/237.4:	2:37.3	73/2:34.2 10:20.90
		Robinson	Bertram	Netz	Terry
		2:51.9	85/2:55.1	88/3:01.9	82/3:05.9
Shuttle Hurdles		Abilene	Kitterman	Trosky	Madison
		17.15	17.1	17.63	15.48 1:07.20
		Autumn	Brenna	Vanous	Kuhn
		18.75	18.32	20.45	19.43 1:16.86
100 M Dash				Upshaw	
				14.60	
Distance Medley		Beard	Belew	Jenna	Meyer
		29.84	28.14	73.12	76/2:39.9 4:51.30
		Prohaska	Powell	Terry	Netz
		33.06	30.51	82.87	84/2:58.9 5:25.40
400 M Dash					
4x200		Abilene	Blue	Marge	Lucy
		27.2	25.65	26.96	25.98 1:46.00
		Bolden	Thurmond	Kuhn	Vanous
		30.60	31.66	34.66	20.45 2:09.75
100 M Hurdles		Madison	Kitterman	Autumn	
		14.70	17.20	18.20	
800 M Run		Koenigsfeld	Meyer	Robinson	
		72/2:32.20	79/2:41.60	86/2:48.10	
200 M Dash				Upshaw	
				30.10	
400 M Hurdles		Parke	Trosky		
		75.10	76.70		
Sprint Medley		Autumn	Beard	Madison	Hargrove
			27.62	27.1	67.54 2:03.20
		Vanous	Kuhn	Jenna	Powell

		30.21	31.80	72.02	2:14.10
1500 M Run	Hanna	Ely	Bertram		
	5:29.50	5:29.70	6:15.20		
4x100	Lucy	Abilene	Marge	Blue	
					50.12
	Trosky	Beard	Jenna	Upshaw	
					57.12
4x400	Kitterman	Autumn	Belew	Koenigsfeld	
	64.57	65.13	64.53	63.92	4:18.07