

# Iowa City Meet 05/01/14

3:15 Bus Departs from Jefferson

Friday: Weights 3:15 - 4:00

Saturday: Kingston 9:00 - 10:30

Shot Put	4:30	Bolden 29'11"	Thurmond 22'3"	Smith 20'11"	
Discus	4:30	Bolden 70'5"	Thurmond 62'	Smith 45'11"	
High Jump	4:30	Prohaska 4'8"			
Long Jump	4:30	Upshaw 12'11"			
3000 M Run					
4x800		Koenigsfeld	Hargrove	Ely	Hanna
10:28.45		73/2:31.8	77/2:43.7	76/2:38.6	74/2:34.0
Shuttle Hurdles		Abilene	Kitterman	Trosky	Madison
1:07.31		15.78	18.49	16.9	16.24
		Autumn	Parke	Vanous	Jenna
1:18.67		18.52	18.27	20.19	21.93
100 M Dash		Blue	Meese		
		13.06	13.84		
Distance Medley		Beard	Antons	Clark	Meyer
4:51.75		28.73	30.1	72.01	76/2:40.4
		Parke	Vanous	Jenna	Netz
5:12.98		30.04	34.02	74.72	80/2:53.8
400 M Dash					
4x200		Abilene	Meese	Beard	Belew
1:50.33		26.17	27.3	27.86	28.69
		Antons	Upshaw	Trawick	Bolden
2:01.20		30.78	28.73	30.11	31.16
100 M Hurdles		Madison	Kitterman	Autumn	Kuhn
		16.6	18.55	19.42	20.28
800 M Run		Meyer			
		75/2:0.56			
200 M Dash		Schneekloth	Blue	Kuhn	Prohaska
		26.74	26.68	34.92	33.07
400 M Hurdles		Parke	Trosky		
		78.26	75.99		
Sprint Medley		Belew	Clark	Madison	Hargrove
2:05.88		27	0.22	28.94	68.79
		Antons	Upshaw	Anderson	Meyer
2:09.21			27.75	32.75	68.39
1500 M Run		Hanna	Ely	Netz	
		5:21.35	5:23.50	6:07.10	
4x100		Schneekloth	Abilene	Meese	Blue
49.13					
		Beard	Upshaw	Trawick	Powell
57.01					
4x400		Koenigfeld	Autumn	Kitterman	Belew
4:11.52		62.37	62.45	62.81	63.6