

Regional Meet @ Marshalltown - 05/15/14

1:00 Dismissal from School

Friday: TBA

1:30 Bus departs for Marshalltown

Saturday: TBA

Shot Put (G/B) 4:00 Smith Thurmond
22'10" 24'11.5"

Discus (B/G) 4:00 Smith Thurmond
59'4" 61'6"

High Jump (B/G) 4:00 Prohaska
4'8" 2nd

Long Jump (G/B) 4:00

3000 M Run 4:00 Ely
11:41.48- 5th

4x800 (B)

4x800 2nd Hargrove Hanna Meyer Koenigsfeld
3200 M Run (B) 71/2:31.5 69/2:29.8 69/2:36.5 66/2:25.6 10:02.13

45 MINUTE BREAK

Shuttle Hurdles (B)

Shuttle Hurdles 1st Abilene Kitterman Trosky Madison
16.25 17.26 16.68 16.01 1:06.39

100 M Dash Blue Meese

100 M Dash (B) 12.68 - 2nd 13.51 - 4th

100 M Wheelchair

Distance Medley 5th Beard Belew Antons Meyer
29.42 28.04 67.94 78/2:39.2 4:45.15

400 M Dash Koenigsfeld

400 M Dash (B) 1:02.71 - 5th

4x200 1st Abilene Blue Meese Schneekloth
4x200 (B) 26.86 25.67 27.11 25.13 1:45.32

100 M Hurdles Madison Jenna

110 Hurdles (B) 15.34 - 1st DQ

1600 M Run (B)

800 M Run Ely
2:34.96 - 5th

10 MINUTE BREAK

200 M Dash Schneekloth Autumn

200 M Dash (B) 25.77 - 2nd 28.02 - 7th

200 M Wheelchair

400 M Hurdles Parke

400 M Hurdles (B)		1:14.11 - 7th				
1600 Medley (B)						
Sprint Medley	1st	Madison	Schneekloth	Abilene	Blue	
			No time	No time	58.73	1:49.93
1500 M Run		Hanna	Hargrove			
800 M Run (B)		5:16.62-6th	5:20.49-7th			
4x100	1st	Schneekloth	Abilene	Meese	Blue	49.68
4x100 (B)						
4x400	4th	Koenigsfeld	Autumn	Kitterman	Belew	
4x400 (B)		61.19	63.16	63.55	61.99	4:10.36