

2014

Jefferson High School Season's Best Relays



9TH/10TH GRADE

<i>4 X 100 Meter Relay</i>	<i>4 X 200 Meter Relay</i>	<i>1600 Medley Relay</i>	<i>4 X 400 Meter Relay</i>
Rashed	Soko	Rashed	May
Ridenour	Short	Stafford	Borseth
Taylor	Rashed	Hart	Short
Hart	Borseth	Berger	Soko
48.50	1:36.02	4:15.09	3:32.70

4 X 800 Meter Relay

Shuttle Hurdle Relay

Szabo	May
Burnett	Rashed
Berger	Eivins
Prochnow	Freerksen
9:00.70	1:06.49

JUNIOR VARSITY

<i>4 X 100 Meter Relay</i>	<i>4 X 200 Meter Relay</i>	<i>1600 Medley Relay</i>	<i>4 X 400 Meter Relay</i>
Harbor	Bonheur	Bonheur	Short
Furnish	Hager	Hager	Hager
Moncivais	Rashed	Short	Ridenour
Bounds	Short	Szabo	Rashed
45.52	1:37.18	3:57.03	3:47.12

4 X 800 Meter Relay

Shuttle Hurdle Relay

4 X 100 Meter Relay (Throwers)

Szabo	Eivins
Burnett	Rashed
Homan	Petersen
Pady	Freerksen
8:59.92	1:10.40