

Tri-State Relays @ Dubuque Senior 04/08/14

1:00 PM Dismiss from class

Wednesday: Weights 12:30 - 1:15

1:30 PM Bus leaves from gym lot

Thursday: Kingston 3:30 - 5:00

Shot Put	4:30	Kuba 33'02.25"	Bolden 31'8.5"	Thurmond 20'5.5"		
Discus	4:30	Kuba 91'6"	Bolden 86'4"	Thurmond 59'		
Long Jump	4:30					
High Jump	4:30	Prohaska 4'8"	Powell 4'2"			
3000 M Run	5:00					
4x800		Koenigsfeld 69/2:33.9	Hanna 73/2:32.1	Hargrove 76/2:37.4	Ely 76/2:35.9	10:19.86
Shuttle Hurdles		Abilene 17.35	Trosky 16.99	Kitterman 17.22	Madison 15.01	1:06.90
		Autumn 18.27	Parke 18	Vanous 19.48	Jenna 19.92	1:15.92
100 M Dash		Belew 14.35	Beard 14.58			
Distance Medley		Beard 29.52	Parke 29.93	Clark 69.81	Meyer 76/2:37.9	4:47.63
		Vanous 32.9	Anderson 33.25	Antons 67.38	Bertram 82/2:54.73	5:08.26
400 M Dash						
4x200		Abilene 26.67	Blue 25.64	Marge 25.68	Schneekloth 26.04	1:44.41
		Antons 30.55	Hargrove 30.72	Powell 31.37	Vanous 33.9	2:06.54
100 Hurdles		Madison 15.2	Kitterman 16.92	Autumn 18.19	Kuhn 19.1	Trosky 17.82
800 M Run		Robinson 85/2:55.38	Bertram 89/3:05.69	Terry 83/3:04.96	Netz 87/3:04.25	
200 M Dash		Clark 30.34	Beard 29.25	Kuhn 32.9		
400 M Hurdles		Parke 71.36				
Sprint Medley		Belew 26	Marge 0.58	Madison 27.3	Hargrove 69.69	2:03.96
		Clark 28.78	Antons	Trosky 30.23	Meyer 66.47	2:06.00
1500 M Run		Hanna	Ely	Netz		

4x100	5:24.47	5:27.12	6:26.32		
	Clark	Beard	Trosky	Parke	57.49
	Vanous	Powell	Prohaska	Kuhn	59.86
4x400	Kitterman	Koenigsfeld	Schneekloth	Blue	
	63.47	60.98	62.11	59.66	4:06.63
	Autumn	Marge	Belew	Abilene	
	64.34	63.16	64.82	63.32	4:16.14