

CRANDIC JV May 2nd, 2011

The wind blew in a determined Little Hawk team that performed well and was rewarded with a team title and several pr performances. Included was a standard of excellence discus throw from Amara and a 3 PR night for Maria. Several people tried new events and others stepped in when we needed help filling a spot. Congratulations on your fine performance girls!

DISCUS	Lehamn, Wortman, Brookfield, Aumueller 106'6"(1 st), 94'8"(3 rd), 67'4.5", 57'
LONG JUMP	Omar, Clemons 13'3.5", ND, 11'2.5"
HIGH JUMP	Jacobson 4'2" (4 th)
SHOT PUT	Lehamn, Wortman, Reyes, Brookfield 34'1", 33'8", 23'2", 20'0"
3000 METER RUN	Arch, Mendenhall 11:45.20(1 st) 11:54.45(2 nd)
4 X 800 METER RELAY	
SHUTTLE HURDLE RELAY 1:13.06 (1 st)	Miller, Perez, Alderson, Feeney 19.5, 17.0, 19.4, 17.2
100 METER DASH	Marshall Clemons Heath 13.51*(2 nd), 15.20, 14.30
DISTANCE MEDLEY RELAY 4:44.87 (3 rd)	Kooker, Correl, Alderson, Perret, 29.5, 31.1, 71.7, 2:32.4
400 METER DASH	Omar, Traore, Cook 62.72, 64.88, 80.66SB
4 X 200 METER RELAY 2:06.62	Correl, Landau, Hauge, H Langenfeld 33.6, 30.3, 33.3, 29.4
100 METER HURDLES	Perez Feeney Miller 16.93(3 rd), 16.73(2 nd), 18.17
800 METER RUN	Cabbage Aumueller 2:44.96 (4 th) 2:59.88
200 METER DASH	Cook Landau Heath 35.05 30.25 31.43
400 METER HURDLES	Feeney Sammons 1:23.32 1:16.12(2 nd)
SPRINT MEDLEY RELAY 2:13.41(4 th)	Kooker, Marshall, Hauge, H Langenfeld 13.9 14.3 30.6 74.3
1500 METER RUN	Siglin, Beasley, Perret, K Langenfeld, Traore, Peterson 5:16.62(1 st) 5:20.64(2 nd) 5:30.94 (3 rd) 5:31.65(4 th) 5:41.47 5:43.68
4 X 100 METER RELAY 55.68 (1 st)	Perez, Miller, Feeney, Marshall 13.6, 14.7, 14.5, 12.7
4 X 400 METER RELAY 4:39.14 (2 nd)	Perez Sammons Alderson Omar 70.8SB 71.7 71.0 65.3

Team Score: CHS 130, Linn-Mar 79, CR Jeff 68.5, CR Prairie 68, CR Xavier 46.5

Red Name = Standard of Excellence Red Time, Height or Distance = PR SB= Season's Best