

CRANDIC 9/10 April 25th, 2011

Another cold, wet night and yet we had PRs from start to finish and even some standard of excellence performances in the Shot, 3000 and 800. I think the highlight was watching us compete so well in a driving rain with girls running their 3rd or 4th event of the night in the 4x4 and featuring two PR performances in the process. That is the kind of effort we are looking for girls! Great job!

DISCUS	Lehamn , Wortman, Embery 90'10"(3 rd) 94'2" (1 st) 82'9"
LONG JUMP	Omar 12'7"
HIGH JUMP	Jacobson 4'2"
SHOT PUT	Lehamn , Wortman, Embery 36'9"(1st) 32'5" 28'6.5
3000 METER RUN	Siglin , Mendenhall, Peterson 11:18.74 (2nd) 11:42.25(3rd) 12:03.31
4 X 800 METER RELAY	
SHUTTLE HURDLE RELAY 1:13.64	Miller, Opitz, Alderson, Perez 19.3, 18.1, 18.7 , 17.3
DISTANCE MEDLEY RELAY 5:05.3 (DQ)	H Langenfeld, Landau, Miller, Cabbage 30.9, 30.8, 74.9, 2:48.7
100 METER DASH	Hook 14.35 (6th)
400 METER DASH	Omar, Perret 64.22 (2 nd), 67.66
4 X 200 METER RELAY 2:01.98 (5 th)	Correl, Alderson, Hauge, H Langenfeld 31.0 31.0 32.1, 29.8
100 METER HURDLES	Perez Opitz 16.97 (2nd) 17.82 (6th)
800 METER RUN	Traore , Mendenhall, Peterson 2:30.88 (4 th) 2:43.53 2:48.41
200 METER DASH	Omar Landau 28.85 (4th) 31.55
400 METER HURDLES	Opitz Perez 1:11.50 (1st) 1:15.69
SPRINT MEDLEY RELAY 2:12.30 (6 th)	Miller Hauge Alderson Cabbage 14.4 14.3 30.1 73.2
1500 METER RUN	Siglin, Perret, Amel Stopped at 1100 by meet officials
4 X 100 METER RELAY 57.52 (6 th)	Miller, Hook*, Landau*, H Lanenfeld 14.4 13.1 15.7 14.3
4 X 400 METER RELAY 4:30.99 (3 rd)	Omar Trarore Langenfeld Mendenhall 63.9 63.4 72.7 70.9

Team Scores: West 107, CR Kennedy 97.5, Linn-Mar 97, CHS 94.5, CR Wash 73, CR Prairie 61, Xavier 16, CR Jeff 12

Red Name = Standard of Excellence Red Time, Height or Distance = PR