

Cedar Rapids JV Invite - 4/29/24

Shot Put	Holst	LiPanda	Maurice	Murimi
Result	31-03	36-01	31-04	31-03
Place	21st	8th	20th	21st

Discus	Holst	LiPanda	Maurice	Murimi
Result	98-09	103-07	93-03	102-00
Place	15th	7th	16th	10th

Long Jump	Lungikama	Michael	London	Kane
Result	16-02	15-06	16-07	18-02.5
Place	14th	17th	13th	4th

High Jump	Bird	Lungikama	Kane
Result	5-02	5-00	5-09
Place	8th	9th	1st

800 Medley	Vera	Maass	Krause	Cummings	Team Time	Place
Split	X	X	28.18	1:01.99	1:56.02	7th

3200m	Degner	W. Karr
Time	10:55.86	11:07.03
Place	1st	3rd

4x800	Balmer	Gahn	N. Morton	Harmon	Team Time	Place
Split	2:22.92	2:32.59	2:25.90	2:37.40	9:59.39	5th

SHR	Whittaker	Kane	Carbajal	Hartwig	Team Time	Place
Split	16.86	16.42	16.33	16.26	1:06.23	1st

100m	D. Brown	Abdalla	Grier
Time	11.80	13.93	12.36
Place	2nd	19th	9th

1600 Medley	S. Parlet	London	Gahn	Noreldaim	Team Time	Place
Split	26.36	24.90	1:05.79	2:09.78	4:07.84	2nd

400m	Halter	Michael	Keita	Harmon
Time	55.77	1:03.55	1:01.09	1:11.83
Place	2nd	15th	12th	19th

4x200	Vera	Maass	Krause	Cummings	Team Time	Place
Split	26.46	28.88	28.58	27.37	1:50.99	5th

110m High Hurdles	Carbajal	Bikwesi	Napoli	Kane
Time	17.06	22.01	22.05	17.11
Place	2nd	6th	7th	3rd

800m	W. Karr	Van Vang	J. Morton	Kenlin
Time	2:24.78	2:34.02	2:53.91	3:01.31
Place	8th	14th	21st	22nd

200m	Halter	Hartwig	Ruiz-Stewart	Chantry
Time	24.53	25.71	29.33	31.25
Place	7th	13th	23rd	24th

400m Hurdles	Falk	Napoli	Bikwesi	Whittaker
Time	1:03.20	1:21.02	1:20.61	1:09.25
Place	6th	18th	17th	13th

1600m	Noreldaim	Degner	Balmer	N. Morton
Time	4:58.35	5:01.01	5:14.37	5:22.08
Place	1st	2nd	7th	10th

4x100	S. Parlet	Halter	Mhoon-Lopez	Hartwig	Team Time	47.71	Place	3rd
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4x400	Whittaker	London	Carbajal	Falk	Team Time	Place
Split	1:03.76	1:02.20	56.20	59.71	4:02.31	6th
Co-Ed 4x400	Ava Brewer	Jack Degner	Nina Kuhlmann	Will Karr		
Split	1:19.20	1:01.19	1:10.28	1:03.83		

Highlighted Name = PR (personal record)

Team Scores

1. Cedar Rapids Prairie - 142
2. City High - 133
3. Cedar Rapids Jefferson - 96
4. Cedar Rapids Washington - 94
5. Linn Mar - 89.5
6. Iowa City West - 83
7. Solon - 70.5