

**District Championships – 5/9/24**

<b>Shot Put</b>	<b>Ford *</b>	<b>Rindels</b>
Result	48-05.5	47-10.75
Place	5th	6th

<b>Discus</b>	<b>Etuma *</b>	Rindels
Result	149-03	138-04
Place	3rd	8th

<b>Long Jump</b>	<b>Washpun *</b>
lo Result	21-00.5
Place	5th

<b>High Jump</b>	<b>Grant *</b>	<b>Madlock *</b>
Result	6-01	6-00
Place	2nd	3rd

<b>800 Medley</b>	Holmes	Brown	Kaplan	Madlock	Team Time	Place
Split	X	X	22.32	49.95	<b>1:35.35 *</b>	4th

<b>3200m</b>	McRoberts	Randall
Result	9:58.59	10:09.30
Place	4th	7th

<b>4x800</b>	Palmberg	Schaefer	G. Karr	McDowell	Team Time	Place
Split	2:01.72	2:04.53	2:02.93	2:01.31	<b>8:10.93 *</b>	4th

<b>SHR</b>	Washpun	Kaplan	Grant	<b>Roe</b>	Team Time	Place
Split	14.86	14.80	18.93	14.62	<b>1:03.87 *</b>	4th

<b>100m</b>	<b>Holmes</b>	<b>Long</b>
Result	11.37	11.90
Place	6th	11th

1600 Medley	Carbajal	Heick	Noble	Platte	Team Time	Place
Split	24.70	23.14	57.84	2:07.96	3:54.16	6th

400m	Halter	Prottzman
Result	54.98	56.19
Place	8th	10th

4x200	Holmes	Brown	Kaplan	Madlock	Team Time	Place
Split	23.92	22.85	22.55	21.82	1:31.54 *	5th

110m High Hurdles	Roe *	Washpun *
Result	15.18	15.24
Place	3rd	6th

800m	Palmberg	McDowell
Result	2:01.15	2:02.37
Place	3rd	4th

200m	Madlock	Long
Result	22.87	24.60
Place	6th	12th

400m Hurdles	Kaplan *
Result	56.48
Place	3rd

1600m	G. Karr	Noble
Result	4:37.16	4:39.35
Place	5th	6th

4x100	Holmes	Roe	Brown	Washpun	Team Time	44.42	Place	4th
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4x400	Heick	Halter	<b>Prottsman</b>	McDowell	Team Time	Place
Split	54.61	54.49	56.60	53.99	3:40.14	6th

**Highlighted Name** = PR (personal record)

**BOLD \* = QUALIFIED FOR THE 2024 STATE TRACK & FIELD MEET = CONGRATULATIONS!!**

Team Scores

1. Iowa City West - 203
2. Cedar Rapids Prairie - 163
3. City High - 109
4. Pleasant Valley - 100
5. Muscatine - 61
6. Burlington - 53
7. Davenport Central - 34
8. Waterloo East - 14

Auto Qualifiers

High Jump - **Grant**

Tentative At-Large Qualifiers

High Jump - **Madlock**

Shot Put - **Ford**

Discus - **Etuma**

Long Jump - **Washpun**

110 High Hurdles - **Roe**

110 High Hurdles - **Washpun**

400 Hurdles - **Kaplan**

800 Medley - **Holmes, Brown, Kaplan, Madlock, Heick, Wright, Locher**

4x800 - **Palmberg, Schaefer, G. Karr, McDowell, Randall, McRoberts, Beerends, Platte**

Shuttle Hurdle Relay - **Washpun, Kaplan, Grant, Roe, Carbajal, Kane, Cross, Degner**

4x200 - **Holmes, Brown, Kaplan, Madlock, Washpun, Wright, Kniss**

Grant, Madlock, Washpun, Roe, Kaplan, Ford, Etuma, Holmes, Brown, Heick, Wright, Locher, Palmberg, McRoberts, Beerends, Platte, Carbajal, Kane, Cross, Degner, Kniss, Schaefer, Karr, McDowell, Randall