

2016 District 2 Results Sheet

Shot Put	Martin 3rd 50-05.5 SB	Fletcher 39-05.25	Discus	Martin 1st 157-07 SB	Fletcher 120-03
HJ	Burnett 2nd 6-00	Mulligan NH	LJ	Burnett 19-06.5	Mulligan 17-06.75
4x800	Rethwisch 1:59.42	McDowell 2:00.97	Firmstone 2:06.56	McMillan 1:58.78	Time 8:06.27 1st
3200	Dodge 6th 10:00.81	Berg 7th 10:02.27			
SHR	Z Jones 14.19	Keita 14.41	J Jones 14.54	Butler 14.42	Time 57.87 SB 4th
100	M-B 4th 11.58	Pugh 12.04			
400	Brown 6th 53.31 PR	Momberg 7th 53.69 PR			
4x200	Burnett 23.15 SB	M-B 23.38	Roggeveen 22.38	Keita 23.12	Time 1:32.30 5th
110 HH	Thompson 16.13 SB	Africa 18.45			
1600	RTW 4:45.38	Dodge 4:59.68			
200	Pugh 24.63 SB	Keita DNS			
400 H	Scott 2nd 55.00 PR	Butler 58.55			
Medley	J Jones 23.62	Roggeveen 22.39	Firmstone 51.06	Rethwisch 2:00.35	Time 3:37.73 1st
800	McMillan 3rd 2:00.28	McDowell 7th 2:02.16			
4x100	Z Jones	Roggeveen	M-B	Burnett	Time DQ
4x400	Scott 51.57	Z Jones 49.90	Firmstone 52.56	Roggeveen 51.49	Time 3:25.76 3rd

Shamari Scott is now #7 all-time in the 400 hurdles

Micah Martin is now #10 all-time in the Discus

The Shuttle Hurdle Relay is now #2 all-time

Team Scores

1. CR Prairie	136
2. Linn-Mar	116.5
3. IC West	115
4. City High	90
5. Epworth, WD	83
6. Dbq Senior	79.5
7. Dbq Hempstead	53
8. Burlington	25

Congratulations to all of you who qualified for the 2016 State Track & Field Meet. What an Awesome Night for the Little Hawks! We absolutely left everything on the track and rings last night, you all competed and that is all we can ask of you! For those of you who didn't qualify, your efforts were certainly not in question. You also gave the coaches and the team everything you had. In the real world, these kind of disappointments will happen and how you handle the it will demonstrate what kind of person you are and want to be.

Last year we qualified 8 events and 14 athletes went to Des Moines, this year we have 11 events qualified and 21 athletes going to compete at State! This is a clear sign that this program is moving in the right direction. Huge week of practice! We will need to focus on the little things and sharpen thing up for the Three Day State Meet.