

Forwald Relays - 4/18/24

Discus	Rindels	Davis
Result	149-10	134-05
Place	2nd	8th

Shot Put	Rindels	Etuma
Result	45-07.25	41-06.75
Place	8th	10th

High Jump	Madlock	Kane
Result	6-01	5-07
Place	1st	9th

Long Jump	M. Parlet	Washpun
Result	21-03	20-03.25
Place	2nd	6th

800 Medley	Brown	AJ Wright	P. Kaplan	Heick	Team Time	Place
Split	X	X	22.36	53.37	1:38.36	2nd

3200m	Randall	McRoberts	Degner
Result	9:51.79	10:02.60	10:51.41
Place	4th	9th	17th

4x800	Palmberg	G. Karr	Platte	McDowell	Team Time	Place
Split	2:02.34	2:02.33	2:05.92	2:02.21	8:13.31	2nd

SHR	P. Kaplan	Roe	Carbajal	Washpun	Team Time	Place
Split	14.82	14.75	15.56	14.40		DQ

100m	AJ Wright	M. Parlet
Time	11.08	11.35
Place	2nd	5th

1600 Medley	Holmes	Coakley	Halter	Beerends	Team Time	Place
Split	23.89	24.26	55.11	2:06.94	3:51.54	7th

400m	Madlock	Prottzman
Time	51.94	56.52
Place	4th	14th

4x200	Brown	Kniss	Holmes	M. Parlet	Team Time	Place
Split	23.54	23.10	23.36	22.69	1:32.93	4th

110 High Hurdles	Washpun	Roe
Time	15.31	15.46
Place	2nd	3rd

800m	Palmberg	McDowell
Time	2:03.15	2:03.43
Place	7th	8th

200m	Madlock
Time	22.98
Place	1st

400 Hurdles	P. Kaplan	Byler
Time	57.69	1:03.52
Place	3rd	13th

1600m	G. Karr	Randall	Noble
Time	4:31.16	4:39.72	4:46.85
Place	5th	11th	17th

4x100	Holmes	Kniss	Brown	Madlock	Team Time	44.83	Place	4th
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4x400	Byler	McDowell	Prottzman	Heick	Team Time	Place
Split	57.06	54.37	56.74	55.49	3:44.11	8th

Highlighted Name = PR (personal record)

Team Scores

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|-----------------------------------|-------------------------------|-------------------------|
| 1. Iowa City West - 145 | 4. Cedar Rapids Prairie - 109 | 7. Pleasant Valley - 65 |
| 2. West Des Moines Valley - 122.5 | 5. Linn Mar - 84 | 8. Marion - 19 |
| 3. City High - 119.5 | 6. Iowa City Liberty - 72 | |

*David Randall broke the freshman record in the 3200m

*800 Medley is now #16 all-time at City High