

Forwald Relays - John Raffensperger Track - 4/21/22

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| Long Jump | Major | A. Rindels |
| Result | 22-00 | 19-01.75 |
| Place | 1st | 8th |

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| High Jump | Schaeckenbach | D. Brown |
| Result | 6-06.25 | 5-09 |
| Place | 1st | 12th |

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| Discus | McDaniels | Friday | E. Goodrich |
| Result | ND | 126-10 | 120-02 |
| Place | | 8th | 11th |

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| Shot Put | McDaniels | Friday | A. Goodrich |
| Result | ND | 49-03.25 | 43-09.5 |
| Place | | 5th | 10th |

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|------------|--------|--------|---------|--------|-----------|-------|
| 800 Medley | S. Rew | M. Rew | Svoboda | Harris | Team Time | Place |
| Split | X | X | 23.31 | 50.98 | 1:36.77 | 1st |

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|--------|----------|----------|---------|
| 3200m | Washburn | Thompson | Carey |
| Result | 9:15.90 | 9:28.47 | 9:56.11 |
| Place | 1st | 5th | 7th |

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|-------|-----------|-------------|---------|--------------|-------------|-------|
| 4x800 | Sarsfield | S. Schaefer | Amisi | A. Noreldaim | Team Result | Place |
| Split | 2:01.35 | 2:02.82 | 2:06.82 | 2:02.49 | 8:13.93 | 3rd |

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|-------|---------------|------------|-------|--------|-------------|-------|
| SHR | Schaeckenbach | A. Rindels | Moore | Kaplan | Team Result | Place |
| Split | 14.48 | 14.50 | 16.50 | 15.97 | 1:01.74 | 4th |

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|--------|-------|-------|
| 100m | Major | Tan |
| Result | 11.78 | 11.79 |
| Place | 12th | 13th |

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|-------------|--------|--------|-------|---------|-------------|-------|
| 1600 Medley | Newton | Larson | Amisi | Smith | Team Result | Place |
| Split | 24.17 | 23.58 | 52.96 | 1:57.66 | 3:39.14 | 3rd |

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|--------|--------|-------|
| 400m | Harris | Orris |
| Result | 50.03 | 57.29 |
| Place | 1st | 15th |

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|-------|--------|--------|---------|-------|-------------|-------|
| 4x200 | S. Rew | M. Rew | Svoboda | Major | Team Result | Place |
| Split | 23.42 | 22.73 | 23.75 | 22.17 | 1:32.00 | 5th |

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| 110 High Hurdles | Schaeckenbach | A. Rindels |
| Result | 15.09 | 15.40 |
| Place | 4th | 6th |

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|--------|---------|----------|
| 800m | Smith | Thompson |
| Result | 1:54.64 | 2:05.32 |
| Place | 1st | 8th |

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|--------|--------|-----------|
| 200m | Harris | Turnbough |
| Result | 22.07 | 25.39 |
| Place | 1st | 15th |

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|--------------|---------------|---------|
| 400m Hurdles | Schaeckenbach | Kaplan |
| Result | 56.04 | 1:00.79 |
| Place | 2nd | 8th |

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|--------|----------|---------|---------|
| 1600m | Washburn | Max | Carey |
| Result | 4:13.24 | 4:36.63 | 4:40.22 |
| Place | 1st | 9th | 11th |

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|-------|--------|--------|-------|-----|-------------|-------|-------|-----|
| 4x100 | S. Rew | M. Rew | Major | Tan | Team Result | 43.79 | Place | 4th |
|-------|--------|--------|-------|-----|-------------|-------|-------|-----|

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|-------|-------|----------|-------------|--------|-------------|-------|
| 4x400 | Smith | Thompson | S. Schaefer | Harris | Team Result | Place |
| Split | 51.34 | 51.94 | 52.96 | 49.87 | 3:26.66 | 2nd |

Highlighted name = PR (personal record)

Highlighted name = SB (season best)

- Ford Washburn breaks the school record in the 1600m, formerly held by Randy Jackson (1976) - #8 all-time in the state of Iowa
- Ford Washburn is now #2 all-time in City High history in the 3200m
- Ammon Smith is now #3 all-time in City High history in the 800m
- The Shuttle Hurdle Relay is now #4 all-time in City High history
- Truman Thompson is now #6 all-time in City High history in the 3200m
- Jovan Harris is now #9 all-time in City High history in the 200m

- Matt Schaeckenbach is now #9 all-time in City High history in the High Jump
- Ronnie Major is now #10 all-time in City High history in the Long Jump
- Matt Schaeckenbach is now #16 all-time in City High history in the 400m Hurdles
- Matt Schaeckenbach is now #18 all-time in City High history in the 110m High Hurdles

Team Scores

1. City High - 142
2. Linn-Mar - 125.3
3. Iowa City West - 109
4. West Des Moines Valley - 101
5. Iowa City Liberty - 80.3
6. Pleasant Valley - 79.3
7. Cedar Rapids Prairie - 57
8. Marion - 47