

Forwald Relays 4/20/23

Shot Put	Ford	M. Etuma	Varo	Vanden Bush	Cornell	R. Etuma
Result	41-04.75	39-04	41-02.5	33-08	37-03	38-01.75
Place	11th	15th				

Discus	M. Etuma	T. Rindels	Ford	Vanden Bush	E. Davis	R. Etuma
Result	162-00	126-03	122-11	111-03	120-11	121-11
Place	3rd	16th				

Long Jump	Major	Benton	Cross	Washpun	Brentlinger
Result	19-00	20-05.75	18-09.25	18-09.5	11-03
Place	5th				

High Jump	Schaeckenbach	Benton	Wright
Result	6-05	5-11	5-07
Place	1st	2nd	

800 Medley	D. Brown	S. Rew	Madlock	A. Noreldaim	Team Time	Place
Split	X	X	22.54	52.13	1:37.38	1st
	Clay	Moore	Holmes	Ott	Team Time	Place
Split	X	X	23.60	58.49	1:47.25	
	Long	Muhlenbruch	Ruyle	Sanders	Team Time	Place
Split	X	X	25.37	1:06.27	1:56.56	

3200m	Washburn	Thompson	Carey	Bywater
Time	9:04.28	9:27.14	9:49.71	10:07.42
Place	1st	2nd		

4x800	Marker	G. Karr	M. Noreldaim	VanderLinden	Team Time	Place
Split	2:05.97	2:09.70	2:17.75	2:11.30	8:45.37	4th
	Platte	Beerends	McDowell	Schaefer	Team Time	Place
Split	2:14.02	2:18.27	2:11.46	2:16.49	9:07.38	

SHR	Schaeckenbach	Kaplan	I. Moore	Washpun	Team Time	Place
Split	14.65	15.67	16.66	15.67	1:02.78	4th

100m	S. Rew	Holmes	Brentlinger
Time	11.46	11.82	16.67
Place	7th	11th	

Medley	Washpun	Kniss	Kaplan	A. Noreldaim	Team Time	Place
Split	23.46	22.69	53.21	2:00.89	3:41.93	2nd
	Coakley	Wright	Williamson	Prottzman	Team Time	Place
Split	27.12	27.01	1:01.30	2:16.50	4:13.58	

400m	Madlock	Larson	Ott	Byler
Time	51.24	56.56	58.58	57.23
Place	5th	12th		

4x200	D. Brown	Cross	Major	S. Rew	Team Time	Place
Split	23.95	22.67	22.64	22.50	1:32.24	5th
	Clay	Wright	Long	Holmes	Team Time	Place
Split	25.39	26.38	24.20	28.60	1:43.57	
	Lowe	Ruyle	Sanders	Harris	Team Time	Place
Split	24.42	29.07	26.80	25.21	1:45.80	

110 Hurdles	Schaeckenbach	Washpun	Roe
Time	14.89	16.46	16.53
Place	1st		

800m	Smith	Thompson	Bywater	Seamans
Time	1:56.59	1:59.66	2:15.57	2:16.29
Place	1st	2nd		

200m	Major	Kniss	Wright
Time	23.26	23.86	25.77
Place	4th		

400 Hurdles	Schaeckenbach	Cross	Kaplan
Time	54.89	58.82	1:05.96
Place	4th	9th	

1600m	Washburn	Marker	Carey	McRoberts
Time	4:10.91	4:33.03	4:36.67	4:56.63
Place	1st	7th		

4x100	D. Brown	Madlock	Major	S. Rew	Team Time	44.00	Place	2nd
	Clay	Moore	Long	Holmes	Team Time	47.76	Place	
	Roe	Coakley	Ruyle	Sanders	Team Time	51.42	Place	

4x400	A. Noreldaim	Cross	Madlock	Thompson	Team Time	Place
Split	51.61	52.51	50.64	50.41	3:25.72	5th
	Byler	McDowell	Ott	Carey	Team Time	Place
Split	56.73	57.36	57.27	55.49	3:47.30	

Highlighted name = PR (personal record)

* = SB (season best throw/jump/run)

- Ford Washburn breaks his own school record in the 1600m, and Ford also broke the meet record set in 2016 by Karson Sommer
- Ford Washburn was the Cedar Rapids Gazette co-athlete of the Forwald Relays
- Michael Etuma is now #7 all-time in City High history in the Discus Throw

Team Score

1. City High - 145
2. Iowa City West - 99
3. Linn Mar - 83
4. Valley - 79
4. Pleasant Valley - 79
6. Prairie - 76
7. Solon - 69
8. Iowa City Liberty - 52
9. Marion - 43
10. Ames - 16