

Forwald Relays 4/15/21

Long Jump	Major	Mattox
Result	20-03.75	18-08.5
Place	1st	6th

High Jump	Schaeckenbach	J Aschenbrenner
Result	5-11	5-09
Place	1st	6th

Discus	Hamilton	Etuma
Result	134-02	109-10
Place	8th	13th

Shot Put	Hamilton	Etuma
Result	49-05.5	40-08
Place	3rd	16th

800 Med	Mitchell	Svoboda	W Larson	S Rew	Team Time	Place
Split	x	x	24.41	55.38	1:43.22	6th

3200	Carey	Max	Beerends
Time	10:03.55	10:18.90	10:49.09
Place	2nd	7th	13th

4x800	Washburn	Thompson	Hall	A Smith	Team Time	Place
Split	1:59.87	2:00.92	2:06.84	1:58.70	8:07.99	1st

SHR	Schaeckenbach	Harris	Rindels	J Aschenbrenner	Team Time	Place
Split	15.12	14.85	15.25	14.63	1:00.11	1st

100	Rohret	Tan
Time	10.99	12.03
Place	1st	13th

Medley	W Larson	D Larson	Schaefer	Fischer	Team Time	Place
Split	25.24	24.10	56.30	2:10.99	3:56.28	5th

400	Harris	Amisi
Time	51.50	55.91
Place	2nd	10th

4x200	Mitchell	Svoboda	S Rew	Major	Team Time	Place
Split	24.57	23.97	23.31	23.09	1:37.07	5th

110 High Hurdles	J Aschenbrenner	Rindels
Time	15.36	16.15
Place	3rd	5th

800	A Smith	Thompson
Time	2:00.01	2:00.96
Place	1st	2nd

200	Rohret	Mattox
Time	22.47	24.51
Place	1st	8th

400 Hurdles	Schaeckenbach	Rindels
Time	56.62	1:05.84
Place	2nd	13th

1600	Washburn	Carey	Max
Time	4:30.56	4:45.65	4:54.58
Place	2nd	8th	18th

4x100	J Asch	Harris	Major	Rohret	Team Time	44.62	Place	5th
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4x400	Rohret	Schaeckenbach	A Smith	Harris	Team Time	Place
Split	53.20	52.93	51.13	51.63	3:29.35	3rd

Highlighted name = PR (personal record)

Team Scores

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| 1. City High - 158 | 4. IC West - 100 | 7. Marion - 57 |
| 2. WDM Valley - 125.5 | 5. Linn-Mar - 84 | 8. Muscatine - 50.5 |
| 3. CR Prairie - 103 | 6. Pleasant Valley - 58 | |