

IATC Indoor Championships - 3/11/22 - Lied Center (Ames, IA)

Long Jump	Mattox	Rindels
Result	20-09.25	18-03.5
Place	1st	17th

High Jump	Schaeckenbach
Result	6-04
Place	1st

Shot Put	McDaniels	Friday
Result	55-05	47-01.5
Place	1st	4th

Medley	S. Rew	Mattox	Schaefer	Sarsfield	Team Time	Place
Split	23.84	22.75	56.35	2:07.57	3:51.03	8th

4x800	Washburn	Thompson	Carey	Smith	Team Time	Place
Split	1:59.39	2:00.85	2:08.90	1:58.84	8:08.23	1st

60m Hurdles Prelim	Schaeckenbach	Rindels
Result	DNF	8.94 Qualified
Finals		8.87
Place		5th

60m Prelim	Tan	M. Rew
Result	7.39	7.47
Place	11th	18th

400m	Harris
Result	50.37
Place	1st

1600m	Thompson	Carey
Result	4:36.22	4:47.36
Place	4th	10th

800m	Smith	VanderLinden
Result	1:57.98	2:17.38
Place	1st	25th

SHR	Rindels	Schaeckenbach	Moore	Kaplan	Team Time	Place
Split	8.53	8.39	9.02	8.98	35.32	3rd

4x100	S. Rew	Mattox	M. Rew	Tan	Team Time	44.54	Place	2nd
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3200m	Washburn
Result	9:28.36
Place	1st

4x400	Schaeckenbach	Harris	Thompson	Smith	Team Time	Place
Split	53.19	49.92	51.72	50.92	3:26.43	1st

Highlighted name = PR (personal record)

Highlighted time = season best time

Tae Shon McDaniels broke the indoor shot put school record set in 1962 by Gary Snook and achieved the Drake Relays Blue Standard

4x800 broke the indoor school record set in 1996

Ammon Smith broke his own indoor school record in the 800m

Ford Washburn is now #2 all-time in City High history in the indoor 3200m and achieved the Drake Relays Blue Standard

Jovan Harris is now #3 all-time in City High history in the indoor 400m

Akili Mattox is now #10 all-time in City High history in the indoor long jump

Team Scores

1. City High - 109
2. Sioux City North - 46
3. Indianola - 44
4. Dowling Catholic - 39
5. Mason City - 35
6. Pleasant Valley - 32
7. CR Prairie - 29
8. WDM Valley - 28
8. Iowa City West - 28
8. Waukee NW - 28
11. Southeast Polk - 27
12. Urbandale - 24
13. Ankeny Centennial - 17.5
14. Johnston - 15
15. Norwalk - 13
16. Marshalltown - 12
17. Sioux City East - 10
18. Waukee - 5
19. Ottumwa - 4
20. Des Moines Roosevelt - 0.5

IATC INDOOR STATE CHAMPIONS