

**JV Little Hawk Invitational – 3/19/24**

Shot Put	Graber	Brentlinger	Abdalla	Bird	C. Kaplan	Kraina	On	Mensah
Result	27-11	16-11.5	23-11	23-05	24-06	25-07.5	25-10	35-04.5
Place	18th F/S	14th JV	24th F/S	25th F/S	22nd F/S	21st F/S	20th F/S	3rd F/S

Discus	Graber	Abdalla	Bird	C. Kaplan	Kraina	On	Mensah
Result	71-09	60-07	68-03	59-07	62-02	56-06	108-03.5
Place	16th F/S	21st F/S	17th F/S	22nd F/S	20th F/S	25th F/S	1st F/S

Long Jump	Michael	Bidanis	Mhooon-Lopez	London
Result	14-09	17-04.25	18-00.75	17-06.25
Place	10th F/S	5th F/S	3rd JV	4th JV

High Jump	Bird
Result	5-00
Place	4th F/S

800 Medley	London	Krause	Cummings	Dixon	Team Time	Place
Split	X	X	25.58	1:03.29	1:55.89	4th JV
	Pufall	Sanders	K. Wright	Amisi	Team Time	Place
Split	X	X	25.14	57.81	1:48.04	2nd F/S

3200m	Degner	Locher	W. Karr	Schaefer	Carey	Arnold	Caulk	Gollnick
Time	10:48.76	11:52.72	10:49.26	10:48.19	10:41.73	10:59.56	11:23.98	11:49.82
Place	3rd JV	5th JV	4th JV	2nd JV	1st F/S	3rd F/S	4th F/S	5th F/S

4x800	Gahn	N. Morton	Harmon	Clark	Team Time	Place
Split	2:31.00	2:29.00	2:44.00	2:45.00	10:32.27	2nd JV
	Vande Berg	Steffen	Schoen	Edwards	Team Time	Place
Split	2:11.01	2:19.11	2:35.14	2:13.88	9:19.73	1st F/S

SHR	Hartwig	Roe	Napoli	Whittaker	Team Time	Place
Split	21.20	15.40	22.10	18.10	1:16.12	1st F/S

100m	<b>Brentlinger</b>	<b>Chantry</b>	<b>Halter</b>	<b>Hassen</b>	Logan	<b>Maass</b>	<b>S. Parlet</b>	<b>Wood</b>
Time	15.36	15.75	12.26	12.35	DNS	13.82	12.82	15.28
Place	19th JV	20th JV	9th JV	10th JV		17th JV	13th JV	27th F/S
	<b>Vera</b>	<b>Bidanis</b>	<b>Heick</b>	<b>Michael</b>	<b>Muhlenbruch</b>	<b>Napoli</b>	<b>Ruiz-Stewart</b>	
Time	13.70	12.72	12.11	14.10	12.52	14.55	14.83	
Place	16th JV	12th F/S	5th F/S	21st F/S	11th F/S	24th F/S	25th F/S	

Medley	Beerends	Mhoon-Lopez	<b>J. Morton</b>	<b>Van Vang</b>	Team Time	Place
Split	27.14	23.50	1:22.57	2:47.50	5:01.14	4th JV

400m	<b>Heick</b>	Edwards	Clark	<b>Degner</b>	<b>Locher</b>	<b>W. Karr</b>
Time	56.47	1:01.28	1:09.99	1:00.67	1:10.43	1:02.54
Place	3rd JV	9th JV	13th JV	8th JV	14th JV	10th JV
	<b>Schaefer</b>	<b>Falk</b>	<b>Carey</b>	<b>Arnold</b>	<b>Caulk</b>	<b>Gollnick</b>
Time	59.37	58.45	1:05.09	1:03.09	1:01.87	1:00.83
Place	7th JV	5th JV	7th F/S	5th F/S	3rd F/S	2nd F/S

4x200	Pufall	K. Wright	Sanders	Amisi	Team Time	Place
Split	25.08	25.32	25.25	25.01	1:41.99	2nd F/S

110m High Hurdles	<b>Hartwig</b>	<b>Whittaker</b>
Time	22.68	18.19
Place	2nd F/S	1st F/S

800m	Dixon	<b>W. Karr</b>	<b>Steffen</b>	<b>Kenlin</b>
Time	2:48.30	2:25.22	2:41.64	3:16.58
Place	7th JV	1st JV	3rd F/S	9th F/S

200m	<b>Chantry</b>	<b>Halter</b>	<b>Hassen</b>	Logan	<b>Maass</b>	<b>Mhoon-Lopez</b>	<b>S. Parlet</b>	<b>Vera</b>	<b>Sanders</b>
Time	33.80	25.11	25.84	DNS	29.30	25.69	27.22	28.14	25.47
Place	15th JV	4th JV	6th JV		13th JV	5th JV	10th JV	12th JV	5th F/S
	<b>Heick</b>	<b>Bidanis</b>	<b>Bird</b>	<b>Krause</b>	<b>Michael</b>	<b>Muhlenbruch</b>	<b>Napoli</b>	<b>Ruiz-Stewart</b>	
Time	24.69	26.33	31.02	28.40	28.75	26.04	31.03	30.54	
Place	2nd F/S	10th F/S	25th F/S	19th F/S	22nd F/S	8th F/S	26th F/S	24th F/S	

400m Hurdles	Hartwig	Whittaker
Time	1:12.84	1:14.00
Place	2nd F/S	4th F/S

1600m	M. Noreldaim	Beerends	Balmer	Van Vang	Gahn	Vande Berg	J. Morton
Time	5:01.78	4:56.37	5:19.02	6:46.20	5:45.86	5:04.34	6:48.89
Place	2nd JV	1st JV	4th JV	14th JV	8th JV	1st F/S	8th F/S

4x100	Muhlenbruch	Pufall	Mhoon-Lopez	Cummings	Team Time	50.57	Place	4th JV
	K. Wright	Whittaker	Hartwig	Amisi	Team Time	51.73	Place	5th F/S

4x400	Cummings	Halter	Hassen	Krause	Team Time	Place
Split	1:04.97	57.44	1:00.85	1:07.47	4:10.08	4th JV
	S. Parlet	Vera	Balmer	Degner	Team Time	Place
Split	59.49	1:07.47	1:03.92	59.92	4:12.59	5th JV
	Pufall	Sanders	Schoen	Edwards	Team Time	Place
Split	1:01.43	1:02.81	1:00.45	1:03.77	4:08.84	2nd F/S

Highlighted name = PR (personal record)

Little Hawks,

Do not let the team scores below discourage you. There were a number of varsity type athletes that competed in the JV division and the score reflects that. Also, Liberty's 9/10 team will be beatable when we compete with our varsity type 9/10 athletes.

Let's Focus on the 97 PRs last night!!!! Outstanding effort by all. Trust the process and keep on battling while competing and many more PRs will come. We have a lot in front of us and NINE weeks left in the season. Always check bulletin board and always have the proper gear for practices and meets. Go Little Hawks!

Team Scores

#### JV Division

1. Iowa City Liberty - 108
2. Solon - 40
3. City High - 48
4. Iowa City West - 33

#### Fresh/Soph Division

1. Iowa City Liberty - 96.5
2. City High - 84.5
3. Solon - 43
4. Iowa City West - 36