

Cedar Rapids Prairie Invitational - 5/1/23

Shot Put	Varo	Semler	Vanden Bush
Result	39-04	33-11	35-06
Place	5th	13th	9th

Discus	Vanden Bush	Nguyen	T. Rindels
Result	121-01	86-08	119-01
Place	2nd	17th	3rd

Long Jump	Holmes	Luckett	Kane
Result	16-04	17-01.5	16-05.5
Place	13th	9th	12th

800 Medley	Maass	Williams	Cummings	London	Team Time	Place
Split	X	X	28.31	1:13.20	2:10.26	12th

4x800	Noble	Platte	Garfinkel	Ott	Team Time	Place
Split	2:15.95	2:21.34	2:28.70	2:37.38	9:43.68	3rd

100m	Holmes	Luckett	Gahn	Perteit
Time	11.52	12.15	16.10	12.22
Place	1st	12th	31st	13th

Medley	Maass	Williams	Cummings	Leopold	Team Time	Place
Split	28.16	26.99	1:03.68	2:32.10	4:39.82	7th

400m	Ott	Ponce	Eltayib	Al-Herz
Time	1:02.69	1:06.07	1:04.63	1:08.78
Place	8th	16th	14th	21st

4x200	Holmes	Luckett	Fern	Perteit	Team Time	Place
Split	27.33	25.99	26.10	26.08	1:46.09	8th

110 Hurdles	Kane
Time	23.28
Place	8th

800m	Noble	Leopold
Time	2:13.90	2:33.37
Place	1st	15th

200m	Krause	Gahn	Ruiz-Stewart	Perteit
Time	28.91	33.71	32.58	26.95
Place	23rd	30th	29th	15th

1600m	VanderLinden	Bywater	Degner	Eltayib
Time	4:52.16	4:52.17	5:25.30	6:27.50
Place	1st	2nd	13th	19th

4x100	Fern	Jacobus	Krause	London	Team Time	55.13	Place	12th
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4x400	Ponce	Cummings	Al-Herz	Garfinkel	Team Time	Place
Split	1:04.46	1:06.36	1:11.03	1:03.88	4:28.31	8th

Highlighted name = PR (personal record)

* = SB (season best)