

Lancer Relays - 4/8/24

Shot Put	Mensah	Shinkunas
Result	39-08.5	37-03
Place	3rd	5th

Discus	Shinkunas	Mensah
Result	123-05	117-00
Place	2nd	3rd

Long Jump	Kane
Result	18-06
Place	3rd

High Jump	Kane
Result	5-06
Place	3rd

800 Medley	Pufall	Hartwig	Hassen	Sanders	Team Time	Place
Splits	X	X	25.46	58.22	1:49.39	1st

3200m	Carey	Arnold
Time	10:59.48	11:19.55
Place	1st	2nd

4x800	Palmberg	Vande Berg	Steffen	Randall	Team Time	Place
Splits	2:03.30	2:09.55	2:17.28	2:05.60	8:36.03	1st**

SHR	Carbajal	Hartwig	Kane	Whittaker	Team Time	Place
Splits	16.54	17.95	17.21	16.90	1:08.95	3rd

100m	Heick	Hassen
Time	12.15	12.53
Place	5th	9th

1600 Medley	Pufall	Muhlenbruch	Schoen	Carey	Team Time	Place
Splits	25.10	24.20	59.05	2:26.82	4:15.32	2nd

400m	Edwards	Steffen
Time	58.01	1:00.27
Place	2nd	5th

4x200	Heick	Hartwig	Muhlenbruch	Sanders	Team Time	Place
Splits	25.79	26.95	25.12	23.03	1:41.19	3rd

110 High Hurdles	Kane	Whittaker
Time	17.87	18.38
Place	5th	7th

800m	Palmberg	Caulk
Time	2:03.02	2:16.40
Place	1st	4th

200m	Heick	Hassen
Time	24.55	25.37
Place	3rd	6th

400 Hurdles	Carbajal	Whittaker
Time	1:05.00	1:11.13
Place	5th	9th

1600m	Randall	Vande Berg
Time	4:46.16	5:00.13
Place	1st	4th

4x100	Carbajal	Pufall	Muhlenbruch	Sanders	Team Time	46.99	Place	3rd
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4x400	Edwards	Caulk	Arnold	Schoen	Team Time	Place
Splits	57.90	1:01.25	1:01.72	58.90	3:59.89	4th

Highlighted name = PR (personal record)

****The 4x800 broke the freshmen school record that was set in 2016**

Team Scores

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|----------------------------|-----------------------------|
| 1. City High - 152 | 5. Bettendorf - 59.5 |
| 2. Davenport Central - 100 | 6. Clinton - 58.5 |
| 3. Muscatine - 79.5 | 7. Assumption Catholic - 32 |
| 4. North Scott - 78.5 | 8. Davenport West - 28 |