

Mount Pleasant Relays – 3/28/24

Long Jump	M. Parlet	Washpun
Result	21-08	19-11
Place	2nd	3rd

High Jump	Madlock	Grant
Result	6-00	5-08
Place	3rd	5th

Shot Put	Rindels	Etuma	Davis
Result	41-07	35-08	30-02.5
Place	8th	19th	28th

Discus	Rindels	Etuma
Result	139-01	130-03
Place	1st	3rd

800 Medley	D. Brown	AJ Wright	P. Kaplan	Madlock	Team Time	Place
Split	X	X	22.96	50.33	1:36.19**	1st
	Pufall	Whittaker	Sanders	Amisi	Team Time	Place
Split	X	X	24.82	58.39	1:48.07	12th

3200m	McDowell	Degner
Time	10:15.11	10:45.48
Place	4th	7th

4x800	G. Karr	Beerends	Vande Berg	Noble	Team Time	Place
Split	2:03.91	2:09.90	2:11.63	2:09.68	8:35.79	1st
	Byler	Noreldaim	Prottsman	Schaefer	Team Time	Place
Split	2:22.57 (baton)	2:12.04	2:12.79	2:10.92	8:58.32	6th

SHR	Washpun	Roe	Grant	Whittaker	Team Time	Place
Split	14.96	14.71	16.46	16.61	1:03.16	2nd

100m	Kniss	Sanders	Pufall
Time	11.89	11.99	12.17
Place	13th	16th	21st

1600 Medley	D. Brown	Heick	Cross	Platte	Team Time	Place
Split	24.21	23.62	55.82	2:08.36	3:53.50	3rd

400m	McDowell	Byler
Time	54.74	55.95
Place	3rd	5th

110 High Hurdles	Washpun	Roe
Time	15.30	15.83
Place	1st	2nd

800m	McRoberts	Noble
Time	2:04.42	2:14.70
Place	8th	15th

200m	Kniss	Halter
Time	24.29	25.32
Place	8th	12th

400 Hurdles	P. Kaplan	Roe
Time	59.36	1:02.23
Place	1st	6th

1600m	Randall	Palmberg
Time	4:38.09	4:42.91
Place	2nd	3rd

4x100	Washpun	Kaplan	D. Brown	M. Parlet	Team Time	44.07**	Place	1st
	Pufall	Whittaker	Sanders	Amisi	Team Time	50.59	Place	18th

4x400	Madlock	Heick	Halter	Palmberg	Team Time	Place
Split	50.87	54.76	55.86	57.51	3:40.35	1st

Highlighted name = PR (personal record)

Seasons Best**

22 PRs

Do you see challenges as opportunities? Hard workouts, competition, adversity, etc...

How you respond to these opportunities as individuals will directly impact the success of this team.

Choose to make positive choices in the classroom, in your personal lives, in the weight room, on the track and in the field.

800 Medley is now #12 all-time at City High

Shuttle Hurdle Relay is now #12 all-time at City High