

MVC Championships - 5/4/23

Shot Put	M. Etuma	Ford	R. Etuma	T. Rindels
Result	47-04.5	42-09.25	39-10	38-05.75
Place	5th	9th	5th F/S	8th F/S

Discus	M. Etuma	T. Rindels	R. Etuma	E. Davis
Result	ND	122-02	130-10	ND
Place		6th	1st F/S	

Long Jump	Major	Benton	Washpun
Result	22-00	21-00.75	19-01.5
Place	2nd	5th	3rd F/S

High Jump	Schaeckenbach	Benton	Wright
Result	6-06	6-03	5-06
Place	1st	2nd	5th F/S

800 Medley	D. Brown	Long	Madlock	Smith	Team Time	Place
Split	X	X	21.89	48.99	1:34.72	3rd
	Holmes	Sanders	Ruyle	Dixon	Team Time	Place
Split	X	X	26.49	57.82	1:49.20	5th F/S

3200m	Washburn	Marker	McRoberts	McDowell
Time	8:54.04	10:01.42	10:29.86	10:55.69
Place	1st	6th	2nd F/S	3rd F/S

4x800	Carey	G. Karr	A. Noreldaim	Thompson	Team Time	Place
Split	1:59.84	2:04.92	1:59.81	1:56.88	8:02.20	1st
	M. Noreldaim	Prottzman	Schaefer	Byler	Team Time	Place
Split	2:13.28	2:12.68	2:16.84	2:08.89	8:52.09	2nd F/S

SHR	A. Rindels	Washpun	Roe	Kaplan	Team Time	Place
Split	14.60	15.52	15.34	15.82	1:01.60	6th

100m	S. Rew	Holmes	Wright	Coakley
Time	11.79	11.96	12.43	12.61
Place	9th	11th	11th F/S	14th F/S

Medley	Washpun	Kaplan	Larson	Noble	Team Time	Place
Split	23.76	22.57	55.46	2:07.36	3:50.09	6th
	Sanders	Luckett	Edwards	McDowell	Team Time	Place
Split	26.24	25.10	58.24	2:08.75	3:59.13	1st F/S

400m	Cross	Carey	Byler	Prottzman
Time	53.74	54.98	57.66	58.32
Place	7th	10th	6th F/S	7th F/S

4x200	Madlock	D. Brown	S. Rew	Major	Team Time	Place
Split	23.06	22.84	22.14	21.78	1:30.22	4th
	Holmes	Long	Ruyle	Luckett	Team Time	Place
Split	28.71	25.89	26.33	25.47	1:46.81	7th F/S

110 High Hurdles	Schaeckenbach	A. Rindels	Roe	Kane
Time	14.90	15.31	16.55	20.09
Place	2nd	3rd	2nd F/S	9th F/S

800m	Washburn	A. Noreldaim	Schaefer	M. Noreldaim
Time	1:56.37	1:57.55	2:14.92	2:17.47
Place	2nd	3rd	3rd F/S	6th F/S

200m	Major	Larson	Sanders
Time	23.96	26.25	27.03
Place	7th	15th	11th F/S

400 Hurdles	Schaeckenbach	Cross	Roe
Time	54.77	59.24	1:00.74
Place	3rd	10th	2nd F/S

1600m	Thompson	Smith	G. Karr	McRoberts
Time	4:22.63	4:22.78	4:39.92	4:56.92
Place	1st	2nd	1st F/S	7th F/S

4x100	Holmes	Washpun	Kaplan	M. Rew	Team Time	46.73	Place	7th
	Sanders	Long	Ruyle	Roe	Team Time	49.60	Place	7th F/S

4x400	S. Rew	Kaplan	D. Brown	Madlock	Team Time	Place
Split	54.56	57.21	55.30	50.49	3:37.97	7th
	Byler	Cross	M. Noreldaim	Washpun	Team Time	Place
Split	56.42	53.55	1:00.46	56.92	3:49.13	6th F/S

Highlighted name = PR (personal record)

* = SB (season best)

- Ford Washburn breaks the 3200m school record and runs the 3rd fastest time in the state of Iowa
- 800 Medley is now #6 all-time
- Ford Washburn is now #9 all-time in the 800m
- Truman Thompson is now #11 all-time in the 1600m

Team Scores

Varsity

1. Iowa City West - 148
2. City High - 136
3. Linn Mar - 111
4. CR Kennedy - 106.5
5. Western Dubuque - 86
6. CR Washington - 62.5
7. Hempstead - 47
8. Waterloo West - 44

Fresh/Soph

1. CR Kennedy - 159
2. City High - 110
3. Linn Mar - 109
4. Western Dubuque - 95
5. Iowa City West - 85
6. Waterloo West - 71
7. Hempstead - 55
8. CR Washington - 42