

MVC Championships - 5/3/24

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| Shot Put | Ford | Rindels |
| Result | 48-09 | 45-00 |
| Place | 6th | 9th |

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| Discus | Rindels | Davis |
| Result | 150-03 | 138-06 |
| Place | 3rd | 8th |

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|-----------|---------|-------|
| High Jump | Madlock | Grant |
| Result | 5-10 | 5-10 |
| Place | 4th | 4th |

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|-----------|-----------|---------|
| Long Jump | M. Parlet | Washpun |
| Result | 21-05.5 | 21-01 |
| Place | 4th | 5th |

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|------------|-----------|--------|-----------|---------|------------------|-------|
| 800 Medley | M. Parlet | Kaplan | AJ Wright | Madlock | Team Time | Place |
| Split | X | X | 21.62 | 49.50 | 1:33.26** | 2nd |

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| 3200m | Randall | McRoberts |
| Time | 9:53.83 | 9:59.72 |
| Place | 4th | 5th |

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|-------|----------|-----------|---------|----------|-----------|-------|
| 4x800 | Schaefer | Prottzman | Noble | Beerends | Team Time | Place |
| Split | 2:04.26 | 2:07.82 | 2:12.95 | 2:05.89 | 8:31.56 | 5th |

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|-------|---------|----------|-------|-------|-----------|-------|
| SHR | Washpun | Carbajal | Grant | Roe | Team Time | Place |
| Split | 15.00 | 15.66 | 15.68 | 14.79 | 1:01.10 | DQ |

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| 100m | AJ Wright | Halter |
| Time | 10.86 | 12.40 |
| Place | 2nd | 16th |

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|-------------|--------|----------|-------|---------|-----------|-------|
| 1600 Medley | Holmes | D. Brown | Heick | Platte | Team Time | Place |
| Split | 24.13 | 23.09 | 53.56 | 2:05.91 | | DQ |

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| 400m | Halter | Noreldaim |
| Time | 55.48 | 56.92 |
| Place | 9th | 11th |

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|-------|---------|--------|-----------|-----------|------------------|-------|
| 4x200 | Madlock | Kaplan | AJ Wright | M. Parlet | Team Time | Place |
| Split | 22.60 | 22.36 | 21.37 | 21.91 | 1:28.70** | 3rd |

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| 110m High Hurdles | Roe |
| Time | 15.47 |
| Place | 6th |

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| 800m | Palmberg | McDowell |
| Time | 1:59.83 | 2:02.08 |
| Place | 5th | 7th |

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| 200m | Holmes |
| Time | 23.42 |
| Place | 7th |

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|--------------|---------------|---------|
| 400m Hurdles | Kaplan | Byler |
| Time | 56.85 | 1:02.41 |
| Place | 3rd | 11th |

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| 1600m | G. Karr | Randall |
| Time | 4:39.62 | 4:42.82 |
| Place | 7th | 8th |

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| 4x100 | Kaplan | AJ Wright | D. Brown | M. Parlet | Team Time | 44.32 | Place | 7th |
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|-------|---------|-------|----------|----------|-----------|-------|
| 4x400 | Madlock | Heick | Palmberg | McDowell | Team Time | Place |
| Split | 51.72 | 54.45 | 59.56 | 53.50 | 3:39.58 | 6th |

Highlighted name = PR (personal record)

*800 Medley is now #2 all-time at City High

*4 x 200 is now # 16 all-time at City High

*AJ Wright is now #17 all-time at City High in the 100m dash

*Emmett Palmberg breaks the freshman 800m record - the old record was held by Scott Gordon in 1986

****Season Best in the 800 Medley - 1:33.26**

****Season Best in the 4 x 200 - 1:28.70**

Team Scores

1. Iowa City West - 172.5
2. Cedar Rapids Kennedy - 158
3. Linn Mar - 100
4. City High - 88
5. Western Dubuque - 75.5
6. Dubuque Hempstead - 71
7. Cedar Rapids Washington - 37
8. Waterloo West - 31