

2016 State Championships

<b>Shot Put</b>	Martin <b>19th</b> 49-01.25	<b>Discus</b>	Martin <b>11th</b> 151-04	<b>HJ</b>	Burnett <b>15th</b> 5-11
<b>SHR prelims</b>	Z Jones 14.02 SB	Keita 14.66	J Jones 14.47 SB	Butler 13.76 PR	Time 57.27 Q
<b>3200</b>	Dodge <b>15th</b> 9:54.75	Berg <b>17th</b> 10:00.95			
<b>4x800</b>	Rethwisch 1:59.50	McDowell 2:00.64I	Firmstone 2:02.85 PR	McMillan 1:56.92	Time <b>7th</b> 8:00.36
<b>4x200</b>	Burnett 23.39	M-B 22.92 SB	Roggeveen 22.03	Pugh 23.00 SB	Time 1:31.59
<b>400 H</b>	Scott <b>6th</b> 54.90 PR				
<b>Medley</b>	J Jones 23.58	Roggeveen 22.87	Z Jones 48.84 PR	Rethwisch 2:02.17	Time <b>15th</b> 3:37.56
<b>4x400 prelims</b>	Scott 49.93 PR	Z Jones 50.18	Firmstone 50.82 PR	Roggeveen 49.78 PR	Time SB 3:20.99 Q
<b>800</b>	McMillan <b>14th</b> 1:57.77	McDowell <b>19th</b> 1:59.78 PR			
<b>SHR Finals</b>	Z Jones 13.98 PR	Keita 14.36	J Jones 14.36 PR	Butler 13.90	Time <b>7th</b> 57.07 SB
<b>4x400 Finals</b>	Scott 49.43 PR	Z Jones 51.74	Firmstone 51.00	Roggeveen 49.98	Time <b>7th</b> 3:22.43

-Shamari Scott improves, and remains #7 all-time at City High in the 400 hurdles

-The SHR improves, and remains #2 all-time at City High - Also this group ran a Season's Best in the Prelims and then again in the Finals. These two times ran at 2016 State Meet were faster than the record holding quartet ran to win the Drake Relays and State titles in 2012.

-The 4x400 is now #14 all-time at City High

-The 4x800 is now #18 all-time at City High

We placed 23rd overall and scored nine points at the 2016 State Meet. That may not look like this program is making improvement; however, we scored in four different events and last year we scored in just two. We took 21 athletes to State this year and only took 14 last year. We qualified in 11 events this year and only 8 last year. The coaching staff feels very good about the direction this program is heading and we have all of you 2016 T & F team member to thank for the improvement of the program. I want to thank all of the seniors for their contributions to City High and this T & F program, you will be missed! Underclassmen, the future is in your hands now as we prepare for taking the next step in returning the City High Boys Track & Field Program to the Top of the MVC and State!!!!