

Steve Roth Relays - 3/21/24

Discus	Rindels	Etuma	Davis	LiPanda	Holst	Murimi
Result	136-11	129-05	123-09	98-11	104-11	89-03
Place	5th V	6th V	1st JV	9th JV	6th F/S	11th F/S

Shot Put	Rindels	Etuma	Davis	LiPanda	Holst	Murimi
Result	41-03	41-02.5	33-06	31-05	32-00	28-04
Place	9th V	10th V	10th JV	13thx JV	11th F/S	13th F/S

Long Jump	M. Parlet	Washpun	Bidanis	Mhooon-Lopez	London	Michael
Result	20-05	19-11.75	16-03	16-08.5	ND	15-03
Place	3rd V	7th V	13th V	8th JV		11th F/S

High Jump	Madlock	Grant	Bird	Bidanis
Result	6-00	5-08	NH	NH
Place	1st V	3rd V		

800 Medley	D. Brown	S. Parlet	Sanders	Byler	Team Time	Place
Split	X	X	25.15	55.63	<b>1:45.11 *</b>	6th V
	Halter	Krause	Cummings	Edwards	Team Time	Place
Split	X	X	28.64	57.87	1:51.63	7th JV
	Pufall	Bidanis	K. Wright	Amisi	Team Time	Place
Split	X	X	24.11	59.75	1:50.05	7th F/S

3200m	McRoberts	Randall	Degner	W. Karr	Vande Berg	Caulk
Time	10:10.85	10:02.00	10:40.87	10:48.02	10:37.44	11:24.58
Place	8th V	6th V	2nd JV	3rd JV	2nd F/S	6th F/S

4x800	Palmberg	G. Karr	Platte	McDowell	Team Time	Place
Split	2:02.75	2:06.63	2:09.97	2:03.83	<b>8:23.64*</b>	1st V
	Locher	Balmer	Gahn	Van Vang	Team Time	Place
Split	2:30.45	2:20.80	2:32.96	2:46.74	10:11.09	6th JV
	Carey	Arnold	Schoen	Steffen	Team Time	Place
Split	2:19.32	2:21.35	2:23.73	2:18.60	9:24.17	3rd F/S

SHR	Washpun	Roe	Grant	P. Kaplan	Team Time	Place
Split	14.83	15.38	16.25	15.00	1:01.77	1st V
	Whittaker	Napoli			Team Time	Place
Split	17.66	20.90			DNF	

100m	M. Parlet	AJ Wright	Hassen	S. Parlet	Keita	Michael
Time	11.16	11.11	12.78	12.73	14.04	14.18
Place	2nd V	1st V	13th JV	12th JV	17th F/S	18th F/S

Medley	Halter	Heick	Edwards	Prottzman	Team Time	Place
Split	24.73	24.44	1:00.70	2:12.02	4:02.57	5th V
	Pufall	Maass	Mhoon-Lopez	W. Karr	Team Time	Place
Split	25.86	27.32	1:02.50	2:22.18	4:17.99	5th JV
	Muhlenbruch	Sanders	Bidanis	J. Morton	Team Time	Place
Split	26.11	26.58	1:04.44	3:01.42	4:59.97	10th F/S

400m	G. Karr	Falk	Cummings	Dixon	Krause	Fain
Time	58.55	59.43	1:06.73	59.93	1:06.08	1:06.51
Place	11th V	12th V	15th JV	9th JV	17th F/S	18th F/S

4x200	P. Kaplan	AJ Wright	M. Parlet	Madlock	Team Time	Place
Split	23.49	23.39	21.87	21.91	<b>1:31.04 *</b>	1st V
	Halter	Hassen	S. Parlet	Muhlenbruch	Team Time	Place
Split	25.00	24.10	26.67	25.35	1:41.78	7th JV
	Pufall	Keita	Sanders	Amisi	Team Time	Place
Split	26.56	27.48	25.58	26.22	1:45.94	8th F/S

110 High Hurdles	Washpun	Roe	Grant	Whittaker
Time	15.52	15.91	17.18	17.88
Place	4th V	7th V	7th JV	8th JV

800m	M. Noreldaim	Beerends	Schaefer	Byler	Gollnick	Vande Berg
Time	2:12.59	2:11.59	2:13.05	2:10.83	2:18.32	2:17.27
Place	11th V	8th V	5th JV	4th JV	6th F/S	5th F/S

200m	Mhoon-Lopez	Maass	Michael	Krause
Time	25.13	30.12	29.10	29.08
Place	12th V	14th JV	20th F/S	19th F/S

400 Hurdles	Roe	Whittaker	Napoli
Time	1:03.35	1:10.73	1:23.29
Place	5th V	9th JV	12th F/S

1600m	Noble	McDowell	N. Morton	Balmer	Arnold	Carey
Time	4:46.32	4:44.63	5:42.60	5:14.72	5:11.26	5:02.46
Place	5th V	3rd V	12th JV	9th JV	6th F/S	2nd F/S

4x100	P. Kaplan	AJ Wright	D. Brown	M. Parlet	Team Time	<b>44.08 *</b>	Place	2nd V
	Muhlenbruch	Pufall	Mhoon-Lopez	Sanders	Team Time	49.26	Place	6th JV
	Napoli	Whittaker	Michael	Amisi	Team Time	54.04	Place	9th F/S

4x400	P. Kaplan	Washpun	Heick	Madlock	Team Time	Place
Split	53.43	54.91	55.82	51.86	3:36.51	3rd V
	Byler	G. Karr	Noble	Platte	Team Time	Place
Split	56.67	1:00.45	1:01.68	58.16	3:57.54	5th JV
	Protsman	Randall	Schoen	Edwards	Team Time	Place
Split	57.48	57.95	58.48	59.83	3:55.18	3rd F/S

Highlighted name = PR (personal record)

**BOLD \* = Season's Best Relay Time**

**57 PRs!!!!** Excellent Little Hawk Effort put forth last night! The coaches loved the focus on getting yourself and event groups warmed up properly, GREAT LEADERSHIP!

Now we focus on a week of training and prepare for the next meet one practice at a time. Learn to trust the process... our success will be determined from our commitment to the training, having the dedication to follow through, and having the character and attitude to make the kind of choices that will allow us to be successful.

**Go Little Hawks!!!**

Team Scores:

Class A Division

1. Ankeny Centennial - 175
2. Cedar Rapids Prairie - 118
- 3. City High - 104**
4. Iowa City West - 94
5. Washington - 36
6. Burlington - 19
7. Mount Pleasant - 16
8. Carlisle - 15
9. Xavier Catholic - 12

Class B Division

1. Mediapolis - 152
2. Ankeny Centennial JV - 109
3. Fort Madison - 102
4. Fairfield - 71
5. Iowa City West JV - 55
6. West Burlington - 38
- 7. City High JV - 37**
8. Cedar Rapids Prairie JV - 21

Class C Division

1. Columbus Junction - 141
- A PM 2. Danville - 98
3. Cedar Rapids Prairie F/S - 95
4. Winfield-Mount Union - 81
5. Mediapolis JV - 45
6. WACO - 33
6. Wapello - 33
- 6. City High F/S - 33**
9. Burlington JV - 8
10. Washington JV - 7