

Steve Roth Relays 3/22/18

High Jump	Burtch	Te Williamson	Seabold	J Aschenbrenner	Arling
Result	5-06	5-06	NH	5-04	NH
Place	4th	4th		5th F/S	

Long Jump	Sila	Carter	Blessings	Milder	Mueller	Lo Smith	Freeman
Result	19-01	17-07.25	18-00	17-09.5	15-03	16-09.5	14-05.5
Place	4th	8th	7th	5th JV	7th JV	8th F/S	13th F/S

Shot Put	Hamilton	Rosenow	Sherod	D Smith	Vo	Spencer	Landaverde	Arch	Abdallah
Result	35-11	36-08	36-00	35-11.25	33-09	29-06.5	20-03	16-01.5	20-05
Place	12th	9th	11th	9th JV	14th	16th	21 F/S	22nd F/S	20th F/S

Discus	Runge	Sherod	Rosenow	Hamilton	D Smith	Vo	Spencer	Abdallah	Arch
Result	113-08	108-03	90-02	97-11	83-04	91-00.5	67-04	57-01	28-04
Place	9th	10th	16th	10th JV	16th JV	13th JV	21st F/S	22nd F/S	23rd F/S

Sprint Medley	Kimber	Hunger	Deprenger	Benton	Team Time	Place
Split	x	x	23.61	56.92	1:43.83	5th
	Ta Williamson	Rew	Mueller	Ramirez*	Team Time	Place
Split	x	x	x	60.02	1:50.66	6th JV
	Arling	Strathearn	Roller	Mildenstein*	Team Time	Place
Split	x	x	x	79.78	2:13.35	8th F/S

3200	Max*	O Jones*	Weaver*	Wilkes*	Fischer*	Anderson*	B-Fox*
Time	10:17.79	10:37.06	11:14.29	10:44.49	11:00.28	12:06.08	12:45.74
Place	3rd	2nd JV	4th JV	3rd JV	2nd F/S	4th F/S	8th F/S

4x800	Firmstone	Ji Momberg	Wortman	A Miller	Team Time	Place
Split	2:05.05	2:01.76	2:09.51	2:16.22	8:32.92	3rd
	McMillan*	Ostby*	Jo Momberg	Taylor	Team Time	Place
Split	2:09.94	2:14.79	2:18.18	2:21.22	9:04.38	1st JV
	Hotka*	Barron*	Spurgetis*	Beerends*	Team Time	Place
Split	2:17.81	2:28.71	2:29.14	2:51.32	10:01.21	2nd F/S

Shuttle Hurdle	Leopold	Kimber	Deprenger	Sila	Team Time	Place
Split	15.91	15.56	15.98	15.99	1:04.03	4th
	Moore	Milder	Carter	Kabat	Team Time	Place
Split	16.58	15.73	15.96	16.97	1:05.63	1st JV
	Te Williamson	Meis	J Aschenbrenner	Freeman	Team Time	Place
Split	16.66	20.34	16.91	20.84	1:14.37	4th F/S

100	Z Jones	Ta Williamson	Mueller	Hefley	Seabold	L Aschen	Strathearn	Wildes
Time	11.67	12.31	12.49	13.41	13.88	13.83	13.57	13.69
Place	1st	7th	5th JV	11th JV	14th JV	17th F/S	15th F/S	13th F/S

Medley	Young	Moore	Milder	O Jones	Team Time	Place
Split	25.45	25.60	58.06	2:23.91	4:13.52	6th
	Cochran	Wildes	Weaver	Maxwell	Team Time	Place
Split	26.80	25.50	67.18	2:16.81	4:17.50	5th JV
	Freeman	Green	Bacon	Angerer-Sueppel*	Team Time	Place
Split	30.20	27.65	63.75	2:53.24	4:55.19	7th F/S

400	Firmstone	Ji Momborg*	McMillan*	Fischer*	Seamans	Eltuyib*	Paz*	Wilkes*
Time	54.01	53.10	57.06	59.47	75.24	67.97	71.69	60.92
Place	3rd	1st	8th	5th JV	9th JV	11th F/S	15th F/S	9th F/S

4x200	Kimber	Young	Deprenger	McNeal	Team Time	Place
Split	24.79	24.84	25.86	23.64	1:39.80	3rd
	Ta Williamson	Rew	Mueller	Hefley	Team Time	Place
Split					DQ	
	Arling	Strathearn	Roller	Bacon	Team Time	Place
Split					1:49.79	6th F/S

110 High Hurdles	Leopold	Sila	Hamilton	J Aschenbrenner	Meis
Time	16.31	17.70	19.79	17.23	22.06
Place	7th	9th	5th JV	2nd JV	8th F/S

800	Rethwisch*	D Brown*	Jo Momberg	Max*	Lie	Ramirez*	Seamans*	La Smith*
Time	1:58.64	1:58.63	2:17.87	2:16.35	2:23.78	2:27.86	2:51.97	2:23.10
Place	2nd	1st	10th	7th JV	9th JV	7th F/S	16th F/S	6th F/S

200	Benton	Young	Lo Smith	Hefley	Green	L Aschen	Wildes
Time	27.08	25.80	26.22	28.11	28.85	28.95	28.33
Place	12th	8th	7th JV	15th JV	16th JV	20th F/S	17th F/S

400 Hurdles	Z Jones	Deprenger	Kabat	Te Williamson	Ostby	J Aschen
Time	55.78	62.20	62.21	65.71	65.47	70.73
Place	1st	4th	5th	4th JV	3rd F/S	8th F/S

1600	Turnbough*	Hassan*	Maxwell*	S Smith*	Fletcher	Rouabhi*	A Miller*	Hornbuckle*
Time	4:45.93	4:57.07	4:52.94	5:13.85	5:21.38	5:22.64	5:04.18	5:54.78
Place	4th	8th	6th	3rd JV	6th JV	8th JV	1st F/S	6th F/S

4x100	Kimber	Deprenger	Hunger	Z Jones	Team Time	45.73	Place	3rd
	Ta Williamson	Rew	Mueller	Seabold	Team Time	49.72	Place	6th JV
	Pongo	Te Williamson	Hamilton	Lo Smith	Team Time	48.36	Place	3rd F/S

4x400	D Brown	Rethwisch	Wortman*	Benton	Team Time	Place
Split	51.73	51.54	55.21	57.26	3:36.07	2nd
	Young	Moore	Milder	Lo Smith	Team Time	Place
Split	59.65	58.50	59.07	59.56	3:57.79	4th JV
	Bacon	Green	Hotka*	Paz*	Team Time	Place
Split	63.08	64.00	64.21	70.85	4:29.22	5th F/S

*=PR (personal record)

Zach Jones is now #13 all-time in City High history in the 400 Hurdles

Daniel Brown is now #19 all-time in City High history in the 800

JP Rethwisch is now #20 all-time in City High history in the 800

The coaches are very happy with how about 90 % of you competed last night. Some of the young and inexperienced members of this team are still not preparing for or focusing on their events. If you don't understand what we want watch the older and experienced team members or ask your event coach. We are heading in the right direction but we want all 100 + of you to be on board! Great Performances were all over the place last night! Take pride in being part of the most successful T & F Program in the State of Iowa and elevate your efforts in the classroom, at practice and at your meets!