

West Des Moines Valley Invitational - 4/6/24

Shot Put	Rindels
Result	42-03.5
Place	10th

Discus	Rindels
Result	136-00
Place	5th

High Jump	Grant
Result	5-06
Place	10th

Long Jump	M. Parlet	Washpun
Result	22-00	21-04
Place	5th	7th

800 Medley	D. Brown	Long	AJ Wright	Cross	Team Time	Place
Split	X	X	22.47	55.26	1:41.43	9th

3200m	McRoberts	Noble
Time	10:09.84	10:25.49
Place	11th	14th

4x800	G. Karr	McDowell	Randall	Palmberg	Team Time	Place
Split	2:08.27	2:04.61	2:08.21	2:06.91	8:28.47	6th

SHR	P. Kaplan	Roe	Grant	Washpun	Team Time	Place
Split	14.92	15.21	15.31	14.98	1:00.80	1st

100m	AJ Wright	Holmes
Time	11.51	11.87
Place	6th	16th

1600 Medley	Cross	Long	Heick	Platte	Team Time	Place
Split	24.76	24.23	54.50	2:12.31	3:56.13	9th

400m	Byler	Prottsman
Time	56.27	57.27
Place	20th	24th

4x200	P. Kaplan	D. Brown	AJ Wright	Holmes	Team Time	Place
Split	23.52	24.47	22.70	24.36	1:35.73	8th

110 High Hurdles	Wasphun	Roe
Time	15.89	15.91
Place	1st	2nd

800m	McDowell	Palmberg
Time	2:05.65	2:07.41
Place	12th	18th

200m	M. Parlet	Holmes
Time	23.96	24.44
Place	10th	17th

400m Hurdles	Roe	Cross
Time	1:01.62	1:01.67
Place	7th	8th

1600m	G. Karr	Randall
Time	4:49.98	4:52.84
Place	15th	19th

4x100	P. Kaplan	AJ Wright	D. Brown	M. Parlet	Team Time	43.67	Place	4th
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Highlighted name = PR (personal record)

Team Scores

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| 1. Dowling Catholic - 124 | 11. Mason City - 27 |
| 2. West Des Moines Valley - 82 | 12. Ames - 17 |
| 2. Waukee - 82 | 13. Sioux City North - 12 |
| 4. Ankeny Centennial - 70 | 14. Des Moines Lincoln - 11 |
| 5. Ankeny - 60 | 14. Des Moines East - 11 |
| 6. Johnston - 58.5 | |
| 7. City High - 55 | |
| 8. SE Polk - 54.5 | |
| 9. Cedar Rapids Prairie - 46 | |
| 10. Des Moines Roosevelt - 31 | |