

West Des Moines Valley Results

Discus	Martin 131-04.5	E Fletcher 123-09 SB	Rosenow 74-07 SB	Greazel 79-08 SB	
Shot Put	Martin 42-11	E Fletcher 38-01	Sindt 31-08	Dykes 31-00	
HJ	Mulligan 5-06	Roggeveen 5-04	Waikel 5-06 SB		
LJ	Mulligan 17-07 PR	Estremera 19-02.75 PR	Waikel 16-09.5 PR		
4x800	Ja Momberg 2:06.32	Brown 2:11.95	Taylor 2:16.36	Meardon 2:14.91 SB	Time 8:49.50
	Traore 2:14.37	Brands 2:19.59	Shabani 2:14.88	Parr 2:18.09 SB	Time 9:07.80
3200m	Berg 10:15.10	Opitz 10:18.60 PR	RTW 10:24.00 PR	Jones 11:04.80 PR	
SHR	Butler 14.53 SB	Keita 15.01 SB	J Jones 14.49 SB	Z Jones 14.31 SB	Time 58.30 SB
	G Moore	Thompson	R Moore	Kimber	Time DQ
100m	Dillon 11.40 SB	M-B 11.50 SB	Estremera 12.30	Fifi 13.10 PR	
400m	Roggeveen 52.60 PR	Ja Momberg 56.30 PR	R Moore 58.80 PR		
4x200	M-B 23.38 SB	J Jones 24.21	Keita 22.85 SB	Mulligan 24.50 SB	Time 1:35.00
	Fifi 26.57 SB	G Moore 25.46 SB	Waikel 25.89 SB	Deprenger 25.79 SB	Time 1:43.80
110 HH	Z Jones 16.20	Thompson 16.90	Milder 18.20	Kimber 19.70	
1600m	Taylor 4:54.50 PR	Shabani 5:02.70 PR	Brown 5:14.70 PR	Brands 5:21.10 PR	Maxwell 5:29.70
200m	M-B 24.20	Keita 24.50 SB	Estremera 25.30 PR	J Jones 25.00 SB	

400 H	Butler 57.90 PR	S Scott 56.60 PR	Deprenger 61.60 PR	R Moore 66.20	
Medley	Dillon 22.84	Roggeveen 23.00	Z Jones 49.99 PR	McDowell 2:00.28 PR	Time 3:37.54 SB
	Fifi 27.01	G Moore 24.85	Ja Momberg 54.98 PR	Jo Momberg 2:17.61	Time 4:04.60
800m	Seabold 2:05.24 SB	Firmstone 2:05.24 PR	Usachev 2:16.20 PR		
4x100	Z Jones	Keita	M-B	Dillon	Time 44.44 SB
	Kimber	Thompson	Milder	Waikel	Time 49.10
4x400	Roggeveen 56.22	S Scott 51.18 PR	Butler 53.97	Firmstone 54.91	Time 3:36.60
	H Seabold 55.89 SB	RTW 56.94 PR	Traore 55.13 PR	Usachev 58.94	Time 3:47.00

### Shuttle Hurdle Relay - #3 ALL TIME @ City High

Congratulations to the shuttle hurdle relay team! You guys just keep improving every time out. We were able to shake some cobwebs at Valley, and we had a long lay-off for many of you...17 days since Washington Relays. You need to be race ready throughout the season, and that's why workouts and training are very important. Great track & field athletes prepare for championship season by what they do during practice! If you didn't get the result you were hoping for on Saturday, keep your head up and stay positive. Negative thinking will only create negative results. If you had a positive performance on Saturday, figure out what helped and worked for you, and repeat, repeat, repeat! Looking forward to watching you race again soon! Go City!