|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Long Jump** | Kramer  15-02.50 | Littlewood  15-03.50 | Coates  14-11.75 | Schwendinger  14-03.50 |  |
| **High Jump** | Sandman  4-08 | McGrath  4-06 |  |  |  |
| **Shot** | Gronau  35-10 | Bleymeyer  32-06 | Fleckenstein  29-06.50 | Powers  27-08 | Muleller  NM |
| **Disc** | Gronau  106-08 | Bleymeyer  92-02 | Fleckenstein  81-11 | Powers  79-04 | Mueller  65-05 |
| **3000** | Hostager  11:11.71 2nd | Welu  11:45.42 6th | Smith  13:05.41 | Salas  13:50.93 |  |
| **4x800m** | Buchheit  2:32 | Fransen  2:38 | Nichols  2:37 | Brown  2:37 | **10:26.18**  **2nd SB** |
|  | Brosius  2:53 | Morley  2:55 | Zillig  2:49 | Liebfried  2:56 | **11:39.95** |
| **Shuttle** |  |  |  |  |  |
| **100m** | Steil  13.24 | Ehlers  13.89 | Howard  15.15 |  |  |
| **DMR** | Johnson  26.97 | Meehan  27.74 | Littlewood  1:05 | Lange  2:39 | **4:41.15**  **4th** |
|  | Rheingans  35.10 | M.Klein  36.10 | Frisch  1:20 | Urdangarin  3:05 | **5:37.11** |
| **400m** | Schmitt  1:06.10 | Manders  1:24.07 | Dillon  1:27.31 |  |  |
| **4x200m** | Coates  27.21 | McDonald  31.30 | Schaul  27.71 | Steil  27.67 | **1:53.97**  **5th SB** |
| **100H** | Sandman  17.41 |  |  |  |  |
| **800** | Buchheit  2:40.04 | Lange  2:46.49 | Thomas  3:07.49 | Dillon  3:23.97 |  |
| **200m** | Muntz  28.80 | Howard  32.49 |  |  |  |
| **400mH** | Zillig  1:26.04 |  |  |  |  |
| **SMR** | Paulsen  13.51 | Ehlers  13.27 | Littlewood  30.57 | Steil  1:06 |  |
| **1500** | Brown  5:20.11 | Schmitt  6:10.27 | M.Klein  6:38.26 | Rheingans  6:51.94 |  |
| **4x100** | McDonald  13.30 | Coates  12.76 | Schaul  12.91 | Kramer  13.36 | **53.16**  **5th** |
| **4x400** | Muntz  1:04 | Johnson  1:03 | McGrath  1:05 | Meehan  1:05 | **4:18.59**  **2nd SB** |
|  | Morley  1:16 | Brosius  1:15 | Leibfried  1:15 | Urdangarin  1:14 | **5:02.10** |

**Dubuque Hempstead Girl’s Track and Field 2016**

**Cougar Invitational**

SB=Seasons Best SOE= Standard of Excellence PR-Personal Record