|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Long Jump** | R.Blemeyer16-08.00 PR SOE | Littlewood15-00.00 | Schwendinger15-10.00 PR | Coates15-06.00 PR |  |  |
| **High Jump** | Sandman5-00 SB SOE | Erin McGrath4-10.50 SOE |  |  |  |  |
| **Shot** | Gronau36-09 SOE | M.Bleymeyer33-09 PR | Fleckenstein31-09.50 | Powers26-09 | Mueller25-07 | Soppe25-04.50 |
|  | Henry21-01 |  |  |  |  |  |
| **Disc** | Gronau113-11 SOE | M.Bleymeyer102-02 | Fleckenstein86-06 PR | Powers84-10 | Mueller70-01 | Soppe69-02 |
|  | Henry51-04 |  |  |  |  |  |
| **3000** | Hostager11:26.70 | Brown11:34.83 | Salas13:00.55 | Smith13:56.66 |  |  |
| **4x800m** | Buchheit2:32 | Lange2:34 | Nichols2:40 | Welu2:38 | **10:27.16** |  |
|  | Urdangarin 2:48 | L.Ries2:49 | Zillig2:46 PR | Leibfried3:01 | **11:24.40** |  |
| **Shuttle** |  |  |  |  |  |  |
| **100m** | Schaul13.66 | Steil13.71 | Howard15.34 |  |  |  |
| **DMR** | Kramer27.38 | Coates29.02 | G.Ries1:03 | Schmitt2:37 |  |  |
|  | H.Klein27.35 | Brosius36.09 | Frisch1:18 | Thomas2:47 |  |  |
| **400m** | Muntz1:02.05 | Johnson1:02.89 | Fransen1:07.67 | Dillon1:23.37 |  |  |
| **4x200m** | McDonald26.5 | Schaul29.96 | Meehan25.54 | Ehlers28.13 | **1:51.34****SB** |  |
| **100H** | Sandman18.07 |  |  |  |  |  |
| **800** | Buchheit2:35.01 | Lange2:35.73 | Brosius2:42.33 | Rheingans3:11.79 |  |  |
| **200m** | Steil28.23 | Johnson28.34 | R.Bleymeyer29.46 | Howard32.65 |  |  |
| **400mH** | Welu1:18.06 | Zillig1:21.88 |  |  |  |  |
| **SMR** | Ehlers12.82 | Paulsen13.01 | Schweny30.26 | Meehan1:05 | 2:01.30 |  |
| **1500** | Hostager5:12.19 | Brown5:17.25 | Morley5:53.46 | M.Klein6:20.67 |  |  |
| **4x100** | McDonald12.69 | Coates13.45 | Schaul12.37 | Kramer13.50 | **52.35****SB** |  |
|  | Paulsen12.45 | G.Ries14.19 | Sandman13.75 | R.Bleymeyer13.54 | **54.81** |  |
| **4x400** | Johnson1:03 | Steil1:04 | McGrath1:04 | Muntz1:04 | **4:17.58****SB** |  |
|  | Thomas1:17 | Butler1:17 | Smith1:24 | Leibfried1:16 | **5:16.28** |  |

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

**Dubuque City Champtionship**

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