|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Long Jump** | R.Blemeyer  16-08.00 PR SOE | Littlewood  15-00.00 | Schwendinger  15-10.00 PR | Coates  15-06.00 PR |  |  |
| **High Jump** | Sandman  5-00 SB SOE | Erin McGrath  4-10.50 SOE |  |  |  |  |
| **Shot** | Gronau  36-09 SOE | M.Bleymeyer  33-09 PR | Fleckenstein  31-09.50 | Powers  26-09 | Mueller  25-07 | Soppe  25-04.50 |
|  | Henry  21-01 |  |  |  |  |  |
| **Disc** | Gronau  113-11 SOE | M.Bleymeyer  102-02 | Fleckenstein  86-06 PR | Powers  84-10 | Mueller  70-01 | Soppe  69-02 |
|  | Henry  51-04 |  |  |  |  |  |
| **3000** | Hostager  11:26.70 | Brown  11:34.83 | Salas  13:00.55 | Smith  13:56.66 |  |  |
| **4x800m** | Buchheit  2:32 | Lange  2:34 | Nichols  2:40 | Welu  2:38 | **10:27.16** |  |
|  | Urdangarin  2:48 | L.Ries  2:49 | Zillig  2:46 PR | Leibfried  3:01 | **11:24.40** |  |
| **Shuttle** |  |  |  |  |  |  |
| **100m** | Schaul  13.66 | Steil  13.71 | Howard  15.34 |  |  |  |
| **DMR** | Kramer  27.38 | Coates  29.02 | G.Ries  1:03 | Schmitt  2:37 |  |  |
|  | H.Klein  27.35 | Brosius  36.09 | Frisch  1:18 | Thomas  2:47 |  |  |
| **400m** | Muntz  1:02.05 | Johnson  1:02.89 | Fransen  1:07.67 | Dillon  1:23.37 |  |  |
| **4x200m** | McDonald  26.5 | Schaul  29.96 | Meehan  25.54 | Ehlers  28.13 | **1:51.34**  **SB** |  |
| **100H** | Sandman  18.07 |  |  |  |  |  |
| **800** | Buchheit  2:35.01 | Lange  2:35.73 | Brosius  2:42.33 | Rheingans  3:11.79 |  |  |
| **200m** | Steil  28.23 | Johnson  28.34 | R.Bleymeyer  29.46 | Howard  32.65 |  |  |
| **400mH** | Welu  1:18.06 | Zillig  1:21.88 |  |  |  |  |
| **SMR** | Ehlers  12.82 | Paulsen  13.01 | Schweny  30.26 | Meehan  1:05 | 2:01.30 |  |
| **1500** | Hostager  5:12.19 | Brown  5:17.25 | Morley  5:53.46 | M.Klein  6:20.67 |  |  |
| **4x100** | McDonald  12.69 | Coates  13.45 | Schaul  12.37 | Kramer  13.50 | **52.35**  **SB** |  |
|  | Paulsen  12.45 | G.Ries  14.19 | Sandman  13.75 | R.Bleymeyer  13.54 | **54.81** |  |
| **4x400** | Johnson  1:03 | Steil  1:04 | McGrath  1:04 | Muntz  1:04 | **4:17.58**  **SB** |  |
|  | Thomas  1:17 | Butler  1:17 | Smith  1:24 | Leibfried  1:16 | **5:16.28** |  |

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

**Dubuque City Champtionship**

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