|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Long Jump** | Schwendinger13-11.75 | Coates15-07 **SB** |  |  |  |  |
| **High Jump** | Sandman4-8 | Smothers4-8 |  |  |  |  |
| **Shot** | Gronau37-03.50 | Bleymeyer30-07 |  |  |  |  |
| **Disc** | Gronau105-07 | Bleymeyer94-03 |  |  |  |  |
| **3000** | Nichols10:47.57 **SB** | K.Brown11:00.34 **PR** |  |  |  |  |
| **4x800m** | Buchheit2:30 | Schmitt2:30 | Fransen2:32 | Saddler2:26 | **10:00.20****2nd** |  |
|  |  |  |  |  |  |  |
| **Shuttle** | Tauber20.22 | Siegert18.09 **SB** | Kramer18.22 | Sandman18.25 | **1:14.94****6th** |  |
| **100m** | Johnson13.83 | Coates13.99 |  |  |  |  |
| **DMR** | Lauer28.1 | J.Brown26.5 | Ohnesorge1:00 | Muntz2:26 | **4:22.15****1st** |  |
|  |  |  |  |  |  |  |
| **400m** | Steil1:01.21 **SB** | McGrath1:05.01 **SB** |  |  |  |  |
| **4x200m** | J.Brown27.7 | Ehlers27.0 | Meehan27.5 | Johnson27.84 | **1:50.66****7th PR** |  |
| **100H** | Siegert18.42  | Sandman17.42 |  |  |  |  |
| **800** | Saddler**2:27.56** PR | Muntz2:23.66 **PR** |  |  |  |  |
| **200m** | McDonald28.35 **SB** | Schwendinger30.26 |  |  |  |  |
| **400mH** | E.Welu1:19.68 **PR** |  |  |  |  |  |
| **SMR** | Lauer13.5 | J.Brown13.1 | Ehlers27.0 | Ohnesorge1:00 | **1:55.00****5th** |  |
|  |  |  |  |  |  |  |
| **1500** | Nichols5:05.91 | Hostager5:14.74 |  |  |  |  |
|  |  |  |  |  |  |  |
| **4x100** | Coates14.21 | McDonald12.63 | Schwendinger14.60 | **Johnson****12.83** | **54.38****8th** |  |
|  |  |  |  |  |  |  |
| **4x400** | Steil1:00.31 | Meehan1:02.27 | Ohnesorge1:02.73 | Muntz1:02.75 | **4:08.40****2nd PR** |  |
|  |  |  |  |  |  |  |

**Dubuque Hempstead Girl’s Track and Field 2015**

**Districts**

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