|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Long Jump** | R.Bleymeyer15-03.00 | Schwendinger15-0.00 | Coates14-04 |  |  |  |
| **High Jump** | McGrath5-02.00 PR SOE | Sandman5-0.00 SOE |  |  |  |  |
| **Shot** | Gronau37-08.50 SOE | M.Bleymeyer34-05.00 SOE | Fleckenstein32-01.50 PR | Powers25-06.50 |  |  |
| **Disc** | Gronau111-07 SOE | Bleymeyer104-07 | Fleckenstein88-0 PR | Powers76-03 |  |  |
| **3000** | Brown11:39.23 | Welu12:04.29 | Smith13:11.87 | Morley13:44.12 | Butler14:01.01 | M.Klein14:02.00 |
| **4x800m** | Buchheit2:31 | Hostager2:32 PR | Fransen2:36 | Schmitt2:42. | **10:23.02** |  |
|  | Zillig2:46 | L.Ries2:53 | Leibfried2:56 | Brosius3:12 | **11:49.20** |  |
| **Shuttle** |  |  |  |  |  |  |
| **100m** | Schaul13.55 | Paulsen14.10 | Howard15.41 |  |  |  |
| **DMR** | Kramer28.19 | Steil28.65 | G.Ries1:02 PR | Lange2:39 | **4:37.51** |  |
|  | Dillon37.26 | Rheingans35.54 | Manders1:19 | Thomas3:11 | **5:43.88** |  |
| **400m** | Muntz1:02.56 | Ohnesorge1:04.08 | Frisch1:19.04 |  |  |  |
| **4x200m** | McDonald27.6 | Meehan27.78 | Coates27.15 | Johnson28.19 | **1:50.41****SB** |  |
|  |  |  |  |  |  |  |
| **100H** | Sandman18.13 |  |  |  |  |  |
| **800** | Buchheit2:32.23 | Brown2:42.56 | Urdangarin2:55.13 | Brosius3:04.04 |  |  |
| **200m** | Ehlers27.73 | H.Klein29.29 | Howard32.53 |  |  |  |
| **400mH** | Hostager1:15.34 | Zillig1:25.29 |  |  |  |  |
| **SMR** | McDonald13.3 | Schaul12.6 | Johnson27.5 | Muntz1:02 | **1:56.08****SB** |  |
|  | Sandman13.5 | R.Bleymeyer13.5 | Schwendinger30.06 | G.Ries1:04 | **2:01.68** |  |
| **1500** | Nichols5:19.11 | Salas5:56.73 | Rheingans6:25.88 PR |  |  |  |
| **4x100** | Ehlers12.6 | Paulsen13.6 | Coates13.0 | Kramer13.8 | **53.16** |  |
|  | Murphy14.5 | Gronau17.6 | Powers14.9 | Fleckenstein15.31 | **62.32** |  |
| **4x400** | Meehan1:03 | Steil1:04 | Schmitt1:04 | McGrath1:05 | **4:18.60** |  |
|  | Smith1:17 | Thomas1:17 | Morley1:15 | Frisch1:19 | **5:05.62** |  |
|  |  |  |  |  |  |  |

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

**MVC Conference**

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