|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Long Jump** | R.BLeymeyer  15-04 7th | Schwendinger  14-07.25 |  |  |  |
| **High Jump** | McGrath  4-08 3rd | Sandman  4-4 |  |  |  |
| **Shot** | Gronau  35-11 SOE 4th | M.Bleymeyer  31-3 |  |  |  |
| **Disc** | Gronau  110-10 PR SOE 5th | M.Bleymeyer  85-06 |  |  |  |
| **3000** | Brown  11:17.74 5th | Hostager  11:18.12 6th PR |  |  |  |
| **4x800m** | Welu  2:36 | Buchheit  2:33 SB | Schmitt  2:39 | Lange  2:42 | **10:32.85 SB**  **3rd** |
|  | Augeda  2:47 **PR** | Salas  2:59 | Morley  3:01 | Zillig  2:53 | **11:42.43**  **4th** |
| **Shuttle** |  |  |  |  |  |
|  |  |  |  |  |  |
| **100m** | Ehlers  14.29 7th | McDonald  14.47 |  |  |  |
| **DMR** | Johnson  27.56 PR | Steil  27.31 SB | Meehan  1:05 SB | Muntz  2:34 | **4:34.70**  **1st** |
|  | H.Klein  29.3 | Rheingans  36.3 | Nichols  1:09 | L.Ries  2:58 | **5:14.06**  **3rd** |
| **400m** | Ohnesorge  1:04.88 5th | Littlewood  1:10.25 6th |  |  |  |
| **4x200m** | Kramer  28.53 | Schaul  29.92 | McGrath  28.58 PR | Coates  28.67 | **1:55.84**  **7th** |
|  | Ehlers  28.76 | Schweny  29.57 | G.Ries  Handoff | Howard  Handoff | **2:02.16**  **2nd** |
| **100H** | Sandman  20.12 |  |  |  |  |
| **800** | Muntz  2:40.09 6th | Hostager  2:43.49 |  |  |  |
| **200m** | Meehan  29.95 | Littlewood  30.59 |  |  |  |
| **400mH** | Welu  1:19.95 7th | Zillig  1:30.07 |  |  |  |
| **SMR** | Ehlers  Handoff | G.Ries  Handoff | McDonald  28.37 SB | R.Bleymeyer  1:14 |  |
|  | Howard | Schwendinger | Sandman | H.Klein | **2:13.71**  **4th** |
| **1500** | Brown  5:22.82 8th | Lange  5:36.64 |  |  |  |
| **BEEF** | M.Bleymeyer | Gronau | Powers | Fleckenstein | **1:03.64**  **3rd** |
| **4x100** | Johnson  13.38 | Kramer  13.12 | Coates  13.75 | Schaul  13.08 | **53.48**  **4th** |
|  | Frisch  16.04 | Taylor  15.64 | Mueller  16.3 | Thomas  15.8 | **1:04.07** |
| **4x400** | Steil  1:06 | Ohnesorge  1:03 SB | Meehan  1:07 | McGrath  1:07 SB | **4:26.06**  **4th** |
|  | Smith  1:17 PR | Morley  1:16 | Klein  1:28 | Brosius  1:17 | **5:16.12**  **6th** |

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

**Lancer Invitational**

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