|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Long Jump** | R.Bleymeyer  15-05.50 PR 2nd | Coates |  |  |  |
| **High Jump** | McGrath  4-10 3rd | Sandman  4-4 |  |  |  |
| **Shot** | Gronau  35-06 SOE 4th | M.Bleymeyer  32-11 PR |  |  |  |
| **Disc** | Gronau  113-08 PR 4th | M.Bleymeyer  NM |  |  |  |
| **3000** | Hostager  11:12.01 PR 4th | Salas  12:49.39 | Smtih  12:49.39 | Buchheit  11:50.40 |  |
| **4x800m** | Lange  2:36 | Nichols  2:40 | Fransen  2:43 | Schmitt  2:39 | **10:40.80**  **4th** |
| **Shuttle** |  |  |  |  |  |
| **100m** | Paulsen  14.53 | Ries  14.84 |  |  |  |
| **DMR** | McDonald  28.45 | Coates  29.07 | Meehan  1:04 | Lange  2:38 | **4:41.74**  **2nd** |
|  | H.Klein  29.3 | Rheingans  36.3 | Nichols  1:09 | L.Ries  2:58 |  |
| **400m** | Muntz  1:20.28 4th SB | Littlewood  1:06.63 PR | Urdangarin  1:12.19 |  |  |
| **4x200m** | Ehelrs  28.83 | McGrath  28.13 PR | Kramer  27.75 PR | R.Bleymeyer  29.98 PR | **1:54.92** |
| **100H** | Sandman  19.97 SB |  |  |  |  |
| **800** | Buchheit  2:39.88 | Zillig  2:44.31 | Urdangarin  2:56.41 | Rheingans  3:18.28 |  |
| **200m** | Paulsen  30.64 |  |  |  |  |
| **400mH** | Hostager  1:20.58 |  |  |  |  |
| **SMR** | Ehlers  13.20 SB | Johnson  13.40 | Meehan  27.60 SB | Muntz  1:03 | **1:58.47**  **6th** |
| **1500** | Zillig  5:51.19 | Schmitt  6:17.03 | Salas  6:18.23 | Brosius  6:22.17 |  |
| **4x100** | Coates  12.62 PR | Kramer  12.81 PR | Ehlers  13.26 | Johnson  14.59 | **53.44**  **6th** |
|  | McDonald  13.15 SB | Ries  13.86 | Littlewood  14.64 | Howard  15.25 | **56.52** |
| **4x400** | Muntz  1:03 | McGrath  1:05 PR | Buchheit  1:09 | Lange  1:11 | **4:30.65** |

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

**Assumption Invitational**

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