|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Long Jump** | R.Bleymeyer15-05.50 PR 2nd | Coates |  |  |  |
| **High Jump** | McGrath4-10 3rd | Sandman4-4 |  |  |  |
| **Shot** | Gronau35-06 SOE 4th | M.Bleymeyer32-11 PR |  |  |  |
| **Disc** | Gronau113-08 PR 4th | M.BleymeyerNM |  |  |  |
| **3000** | Hostager11:12.01 PR 4th | Salas12:49.39 | Smtih12:49.39 | Buchheit11:50.40 |  |
| **4x800m** | Lange2:36 | Nichols2:40 | Fransen2:43 | Schmitt2:39 | **10:40.80****4th** |
| **Shuttle** |  |  |  |  |  |
| **100m** | Paulsen14.53 | Ries14.84 |  |  |  |
| **DMR** | McDonald28.45 | Coates29.07 | Meehan1:04 | Lange2:38 | **4:41.74****2nd** |
|  | H.Klein29.3 | Rheingans36.3 | Nichols1:09 | L.Ries2:58 |  |
| **400m** | Muntz1:20.28 4th SB | Littlewood1:06.63 PR | Urdangarin1:12.19 |  |  |
| **4x200m** | Ehelrs28.83 | McGrath28.13 PR | Kramer27.75 PR | R.Bleymeyer29.98 PR | **1:54.92** |
| **100H** | Sandman19.97 SB |  |  |  |  |
| **800** | Buchheit2:39.88 | Zillig2:44.31 | Urdangarin2:56.41 | Rheingans3:18.28 |  |
| **200m** | Paulsen30.64 |  |  |  |  |
| **400mH** | Hostager1:20.58 |  |  |  |  |
| **SMR** | Ehlers13.20 SB | Johnson13.40 | Meehan27.60 SB | Muntz1:03 | **1:58.47****6th** |
| **1500** | Zillig5:51.19 | Schmitt6:17.03 | Salas6:18.23 | Brosius6:22.17 |  |
| **4x100** | Coates12.62 PR | Kramer12.81 PR | Ehlers13.26 | Johnson14.59 | **53.44****6th** |
|  | McDonald13.15 SB | Ries13.86 | Littlewood14.64 | Howard15.25 | **56.52** |
| **4x400** | Muntz1:03 | McGrath1:05 PR | Buchheit1:09 | Lange1:11 | **4:30.65** |

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

**Assumption Invitational**

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