|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Long Jump** | Kramer15-02.50 | Littlewood15-03.50 | Coates14-11.75 | Schwendinger14-03.50 |  |
| **High Jump** | Sandman4-08 | McGrath4-06 |  |  |  |
| **Shot** | Gronau35-10 | Bleymeyer32-06 | Fleckenstein29-06.50 | Powers27-08 | MulellerNM |
| **Disc** | Gronau106-08 | Bleymeyer92-02 | Fleckenstein81-11 | Powers79-04 | Mueller65-05 |
| **3000** | Hostager11:11.71 2nd | Welu11:45.42 6th | Smith13:05.41 | Salas13:50.93 |  |
| **4x800m** | Buchheit2:32 | Fransen2:38 | Nichols2:37 | Brown2:37 | **10:26.18****2nd SB** |
|  | Brosius2:53 | Morley2:55 | Zillig2:49 | Liebfried2:56 | **11:39.95** |
| **Shuttle** |  |  |  |  |  |
| **100m** | Steil13.24 | Ehlers13.89 | Howard15.15 |  |  |
| **DMR** | Johnson26.97 | Meehan27.74 | Littlewood1:05 | Lange2:39 | **4:41.15****4th** |
|  | Rheingans35.10 | M.Klein36.10 | Frisch1:20 | Urdangarin3:05 | **5:37.11** |
| **400m** | Schmitt1:06.10 | Manders1:24.07 | Dillon1:27.31 |  |  |
| **4x200m** | Coates27.21 | McDonald31.30 | Schaul27.71 | Steil27.67 | **1:53.97****5th SB** |
| **100H** | Sandman17.41 |  |  |  |  |
| **800** | Buchheit2:40.04 | Lange2:46.49 | Thomas3:07.49 | Dillon3:23.97 |  |
| **200m** | Muntz28.80 | Howard32.49 |  |  |  |
| **400mH** | Zillig1:26.04 |  |  |  |  |
| **SMR** | Paulsen13.51 | Ehlers13.27 | Littlewood30.57 | Steil1:06 |  |
| **1500** | Brown5:20.11 | Schmitt6:10.27 | M.Klein6:38.26 | Rheingans6:51.94 |  |
| **4x100** | McDonald13.30 | Coates12.76 | Schaul12.91 | Kramer13.36 | **53.16****5th** |
| **4x400** | Muntz1:04 | Johnson1:03 | McGrath1:05 | Meehan1:05 | **4:18.59****2nd SB** |
|  | Morley1:16 | Brosius1:15 | Leibfried1:15 | Urdangarin1:14 | **5:02.10** |

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

**Cougar Invitational**

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