|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Long Jump** | Schwendinger  13-11.75 | Coates  15-07 **SB** |  |  |  |  |
| **High Jump** | Sandman  4-8 | Smothers  4-8 |  |  |  |  |
| **Shot** | Gronau  37-03.50 | Bleymeyer  30-07 |  |  |  |  |
| **Disc** | Gronau  105-07 | Bleymeyer  94-03 |  |  |  |  |
| **3000** | Nichols  10:47.57 **SB** | K.Brown  11:00.34 **PR** |  |  |  |  |
| **4x800m** | Buchheit  2:30 | Schmitt  2:30 | Fransen  2:32 | Saddler  2:26 | **10:00.20**  **2nd** |  |
|  |  |  |  |  |  |  |
| **Shuttle** | Tauber  20.22 | Siegert  18.09 **SB** | Kramer  18.22 | Sandman  18.25 | **1:14.94**  **6th** |  |
| **100m** | Johnson  13.83 | Coates  13.99 |  |  |  |  |
| **DMR** | Lauer  28.1 | J.Brown  26.5 | Ohnesorge  1:00 | Muntz  2:26 | **4:22.15**  **1st** |  |
|  |  |  |  |  |  |  |
| **400m** | Steil  1:01.21 **SB** | McGrath  1:05.01 **SB** |  |  |  |  |
| **4x200m** | J.Brown  27.7 | Ehlers  27.0 | Meehan  27.5 | Johnson  27.84 | **1:50.66**  **7th PR** |  |
| **100H** | Siegert  18.42 | Sandman  17.42 |  |  |  |  |
| **800** | Saddler  **2:27.56** PR | Muntz  2:23.66 **PR** |  |  |  |  |
| **200m** | McDonald  28.35 **SB** | Schwendinger  30.26 |  |  |  |  |
| **400mH** | E.Welu  1:19.68 **PR** |  |  |  |  |  |
| **SMR** | Lauer  13.5 | J.Brown  13.1 | Ehlers  27.0 | Ohnesorge  1:00 | **1:55.00**  **5th** |  |
|  |  |  |  |  |  |  |
| **1500** | Nichols  5:05.91 | Hostager  5:14.74 |  |  |  |  |
|  |  |  |  |  |  |  |
| **4x100** | Coates  14.21 | McDonald  12.63 | Schwendinger  14.60 | **Johnson**  **12.83** | **54.38**  **8th** |  |
|  |  |  |  |  |  |  |
| **4x400** | Steil  1:00.31 | Meehan  1:02.27 | Ohnesorge  1:02.73 | Muntz  1:02.75 | **4:08.40**  **2nd PR** |  |
|  |  |  |  |  |  |  |

**Dubuque Hempstead Girl’s Track and Field 2015**

**Districts**

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