

Dubuque Hempstead Girl's Track and Field 2016

Districts

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

<b>Long Jump</b>	Riley Blyemeyer 16-00.25 5th <b>SOE</b>	Schwendinger NM				
<b>High Jump</b>	McGrath 5-01 3rd <b>SOE</b> <b>State Qualifier</b>	Sandman 4-10 7th <b>SOE</b>				
<b>Shot</b>	Gronau 37-07.00 4th <b>SOE</b> <b>State Qualifier</b>	Murphy Blyemeyer 36-02.25 5th <b>SOE</b> <b>State Qualifier</b>				
<b>Disc</b>	Gronau 112-10 3rd <b>SOE</b> <b>State Qualifier</b>	Murphy Blyemeyer 102-11 6th				
<b>3000</b>	Hostager 11:07.42 5th <b>State Qualifier</b>	K.Brown 11:14.02 6th <b>State Qualifier</b>				
<b>4x800m</b>	Buchheit 2:33	Lange 2:46	Nichols 2:33 PR	Welu 2:38	<b>10:30.33</b> <b>6th</b>	
<b>Shuttle</b>						
<b>100m</b>	Steil 13.57 5th	Schaul 13.64 <b>PR</b> 6th				
<b>DMR</b>	Coates 27.90	Johnson 27.25	G.Ries 1:03	Muntz 2:31	<b>4:31.32</b> <b>6th</b>	
<b>400m</b>	Ohnesorge 1:04.01 6th	Schmitt 1:04.88 8th				
<b>4x200m</b>	McDonald 26.61	Ehlers 27.75	Kramer 27.84	Meehan 28.41	<b>1:51.03</b> <b>7<sup>th</sup></b>	
<b>100H</b>	Sandman 17.65					
<b>800</b>	Fransen 2:34.70	Buchheit 2:38.55				
<b>200m</b>	Steil 28.49 6th	Ehlers 28.63				
<b>400mH</b>	Welu 1:17.45	Zillig 1:21.67				
<b>SMR</b>	McDonald 12.58	Schaul 12.80	Coates 29.50	Schmitt 1:05	<b>2:00.64</b> <b>7th</b>	
<b>1500</b>	Brown 5:12.09 7th	Hostager 5:14.02 8th				
<b>4x100</b>	McDonald 13.0	Coates 14.17	Schaul 13.53	Kramer 13.66	<b>54.71</b> <b>7th</b>	
<b>4x400</b>	Meehan 1:03	Johson 1:01	G.Ries 1:03	Muntz 1:03	<b>4:12.34</b> <b>4<sup>th</sup> PR</b> <b>State Qualifiers</b>	