|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Long Jump** | R.Bleymeyer  15-03.00 | Schwendinger  15-0.00 | Coates  14-04 |  |  |  |
| **High Jump** | McGrath  5-02.00 PR SOE | Sandman  5-0.00 SOE |  |  |  |  |
| **Shot** | Gronau  37-08.50 SOE | M.Bleymeyer  34-05.00 SOE | Fleckenstein  32-01.50 PR | Powers  25-06.50 |  |  |
| **Disc** | Gronau  111-07 SOE | Bleymeyer  104-07 | Fleckenstein  88-0 PR | Powers  76-03 |  |  |
| **3000** | Brown  11:39.23 | Welu  12:04.29 | Smith  13:11.87 | Morley  13:44.12 | Butler  14:01.01 | M.Klein  14:02.00 |
| **4x800m** | Buchheit  2:31 | Hostager  2:32 PR | Fransen  2:36 | Schmitt  2:42. | **10:23.02** |  |
|  | Zillig  2:46 | L.Ries  2:53 | Leibfried  2:56 | Brosius  3:12 | **11:49.20** |  |
| **Shuttle** |  |  |  |  |  |  |
| **100m** | Schaul  13.55 | Paulsen  14.10 | Howard  15.41 |  |  |  |
| **DMR** | Kramer  28.19 | Steil  28.65 | G.Ries  1:02 PR | Lange  2:39 | **4:37.51** |  |
|  | Dillon  37.26 | Rheingans  35.54 | Manders  1:19 | Thomas  3:11 | **5:43.88** |  |
| **400m** | Muntz  1:02.56 | Ohnesorge  1:04.08 | Frisch  1:19.04 |  |  |  |
| **4x200m** | McDonald  27.6 | Meehan  27.78 | Coates  27.15 | Johnson  28.19 | **1:50.41**  **SB** |  |
|  |  |  |  |  |  |  |
| **100H** | Sandman  18.13 |  |  |  |  |  |
| **800** | Buchheit  2:32.23 | Brown  2:42.56 | Urdangarin  2:55.13 | Brosius  3:04.04 |  |  |
| **200m** | Ehlers  27.73 | H.Klein  29.29 | Howard  32.53 |  |  |  |
| **400mH** | Hostager  1:15.34 | Zillig  1:25.29 |  |  |  |  |
| **SMR** | McDonald  13.3 | Schaul  12.6 | Johnson  27.5 | Muntz  1:02 | **1:56.08**  **SB** |  |
|  | Sandman  13.5 | R.Bleymeyer  13.5 | Schwendinger  30.06 | G.Ries  1:04 | **2:01.68** |  |
| **1500** | Nichols  5:19.11 | Salas  5:56.73 | Rheingans  6:25.88 PR |  |  |  |
| **4x100** | Ehlers  12.6 | Paulsen  13.6 | Coates  13.0 | Kramer  13.8 | **53.16** |  |
|  | Murphy  14.5 | Gronau  17.6 | Powers  14.9 | Fleckenstein  15.31 | **62.32** |  |
| **4x400** | Meehan  1:03 | Steil  1:04 | Schmitt  1:04 | McGrath  1:05 | **4:18.60** |  |
|  | Smith  1:17 | Thomas  1:17 | Morley  1:15 | Frisch  1:19 | **5:05.62** |  |
|  |  |  |  |  |  |  |

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

**MVC Conference**

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