|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Long Jump** | R.BLeymeyer15-04 7th  | Schwendinger14-07.25 |  |  |  |
| **High Jump** | McGrath4-08 3rd  | Sandman4-4 |  |  |  |
| **Shot** | Gronau35-11 SOE 4th  | M.Bleymeyer31-3 |  |  |  |
| **Disc** | Gronau110-10 PR SOE 5th  | M.Bleymeyer85-06 |  |  |  |
| **3000** | Brown11:17.74 5th | Hostager11:18.12 6th PR |  |  |  |
| **4x800m** | Welu2:36 | Buchheit2:33 SB | Schmitt2:39 | Lange2:42 | **10:32.85 SB****3rd** |
|  | Augeda2:47 **PR** | Salas2:59 | Morley3:01 | Zillig2:53 | **11:42.43****4th** |
| **Shuttle** |  |  |  |  |  |
|  |  |  |  |  |  |
| **100m** | Ehlers14.29 7th | McDonald14.47 |  |  |  |
| **DMR** | Johnson27.56 PR | Steil27.31 SB | Meehan1:05 SB | Muntz2:34 | **4:34.70****1st** |
|  | H.Klein29.3 | Rheingans36.3 | Nichols1:09 | L.Ries2:58 | **5:14.06****3rd** |
| **400m** | Ohnesorge1:04.88 5th | Littlewood1:10.25 6th |  |  |  |
| **4x200m** | Kramer28.53 | Schaul29.92 | McGrath28.58 PR | Coates28.67 | **1:55.84****7th** |
|  | Ehlers28.76 | Schweny29.57 | G.RiesHandoff | HowardHandoff | **2:02.16****2nd** |
| **100H** | Sandman20.12 |  |  |  |  |
| **800** | Muntz2:40.09 6th | Hostager2:43.49 |  |  |  |
| **200m** | Meehan29.95 | Littlewood30.59 |  |  |  |
| **400mH** | Welu1:19.95 7th  | Zillig1:30.07 |  |  |  |
| **SMR** | EhlersHandoff | G.RiesHandoff | McDonald28.37 SB | R.Bleymeyer1:14 |  |
|  | Howard | Schwendinger | Sandman | H.Klein | **2:13.71****4th** |
| **1500** | Brown5:22.82 8th | Lange5:36.64 |  |  |  |
| **BEEF** | M.Bleymeyer | Gronau | Powers | Fleckenstein | **1:03.64****3rd** |
| **4x100** | Johnson13.38 | Kramer13.12 | Coates13.75 | Schaul13.08 | **53.48****4th** |
|  | Frisch16.04 | Taylor15.64 | Mueller16.3 | Thomas15.8 | **1:04.07** |
| **4x400** | Steil1:06 | Ohnesorge1:03 SB | Meehan1:07 | McGrath1:07 SB | **4:26.06****4th** |
|  | Smith1:17 PR | Morley1:16 | Klein1:28 | Brosius1:17 | **5:16.12****6th** |

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

**Lancer Invitational**

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