|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Disc** | Gronau  114-11  **12th SOE** |  |  |  |  |  |
| **3000** | Hostager  10:57.69 PR  **16th** | K.Brown  11:26.38  **24th** |  |  |  |  |
| **Shot** | Gronau  **35-04.25 SOE**  **17th** | M.Bleymeyer  **33-08**  **22nd** |  |  |  |  |
| **4x400** | Johnson  **1:01 SOE** | G.Ries  **1:01 SOE PR** | Meehan  **1:02 SB SOE** | Muntz  1:03 | **4:09.89 PR**  **22nd** |  |
| **High Jump** | McGrath  4-09 22nd |  |  |  |  |  |
|  |  |  |  |  |  |  |

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

**State**

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

1) Waukee 83 2) Pleasant Valley 77

3) Urbandale 60 4) IC, West 57

5) Linn-Mar 52 6) Ames 47.50

7) CR Jefferson 43 8) WAT East 30

8) Muscatine 30 10) SE Polk 28

11) Clinton 25 12) Johnston 23.50

13) Ankeny Cent 23 13) DSM, Roosevelt 23

15) Cedar Falls 17.50 16) Indianola 16

17) CB, A Lincoln 14 17) SC, West 14

19) Bettendorf 13 20) DSM, East 9

21) DUB Senior 8 22) WAT West 7

22) Dowling C, WDM 7 24) Ankeny 6

25) Norwalk 5.50 26) Epworth, WD 4

27) IC, City High 3.50 28) DSM North 3

28) CR Washington 3 30) Valley, WDM 2

30) North Scott 2 32) CR Kennedy 1.50

33) SC, East 1 33) SC, North 1