

Irondale Girls' Track
JV Meet @ Maple Grove, 3:45, bus leaves at 2:20
Tuesday, April 4, 2017
Those not in meet will have practice at regular time

FIELD EVENTS:

Shot Put
None

Discus
None

Long Jump

-Demry ???
 -Lyman ???
 -Morara ???
 -Okanlawon ???
 -Yankaway ???
 -Onyancha ???

Triple Jump

-Nguyen 26' 11"

High Jump

-Sirleaf 3' 9"
 -Jarmoluk ???

Pole Vault

-Wiste 8' 0"
 -Onyancha 7' 0"
 -Sandkuhler 6' 6"
 -Scott 6' 0"
 -CC Alexander NH

RUNNING EVENTS:

4x800m Relay Gold

-Kluz 2:45.5
 -Mesfin 3:08.2
 -McKay 3:04.4
 -Osmond 3:00.5
 11:59.6

100m High Hurdles

-Nguyen 21.6
 -Rodgers 24.1

100m Dash

-Sampson 13.1
 -Demry 13.5
 -Waldemor 13.6
 -Yankaway 13.8
 -Letnes 14.0
 -C Alexander 14.2
 -Okanlawon 14.4
 -Morara 14.6
 -Lyman 14.7
 -Stupica 14.9
 -Galeno-Orea 15.1
 -Umanzor 15.3
 -Zepeda-Valencia 15.6
 -Tabet 16.6
 -Snow 20.5

4x200m Relay Gold

-Jideofor 31.9
 -Galeno Orea 32.8
 -Phan 32.3
 -Harsch 29.3
 2:06.2

1600m Run

-Heuss 6:39.5
 -Z Fruzyna 7:10.3

4x100m Relay Gold

-C Alexander 14.6
 -Harsch 16.0
 -Phan 14.9
 -Umanzor 14.5
 1:00.0

4x100m Relay Maroon

-Yankaway 14.6
 -Lyman 15.1
 -Okanlawon 15.2
 -Demry 13.8
 58.5

4x100m Relay Black

-Letnes 17.1
 -Stupica 16.6
 -Nguyen 14.4
 -Veillette 14.5
 62.6

4x100m Relay White

-Zapeda Valencia 17.3
 -Richen 15.8
 -Tabet 16.1
 -Morara 14.9
 64.0

400m Dash

-Waldemor 70.0
 -Veillette 74.0
 -Jideofor 77.6
 -Wolff 81.9
 -Lang 99.1

300m Low Hurdles

-Nguyen 62.0
 -Rodgers 63.9

800m Run

-Jarmoluk 3:09.9
 -Sakya 3:13.0
 -Trombley 3:35.0
 -Adema 3:49.5
 -Morris 3:57.0
 -Salaya 4:05.8
 -Chavez 4:25.0

200m Dash

-Sampson 28.6
 -Sandkuhler 29.0
 -Waldemar 29.2
 -Phan 30.2
 -Scott 31.1
 -Yankaway 32.0
 -Jideofor 32.2
 -Letnes 32.5
 -Onyancha 33.8
 -Galeno Orea 34.0
 -Stupica 34.4
 -Wolff 34.7
 -Umanzor 35.1
 -Lyman 38.1
 -Sirleaf 39.5
 -CC Alexander 41.1

3200m Run

None

4x400m Relay Gold

-McKay 75.8
 -Teff 77.7
 -Harsch 76.4
 -Benti 81.2
 5:11.1

NOT COMPETING

Practice at REGULAR TIME!!

BE THERE:

Ahmed Bahgat
 Axberg
 Carter
 Doku
 Ellingson
 A Engel
 B Engel
 D Fruzyna
 Galvan Hernandez
 Hammitt-Kess
 Hayes
 McGraw
 Meyer
 Okerstrom
 Olmedo-Gonzalez
 Osindo
 Ouellette
 Vanloon
 Vital
 Zastrow

NO TEAM SCORES KEPT

GREAT JOB TODAY!

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