

# Irondale Girls' Track

## Knights Under Lights Co-Ed Invitational

**Friday, April 7, 2017**

**Meet starts: 3:30**

**BE AT TRACK NO LATER THAN 2:40**

*First place gets t-shirts!*

**FIELD EVENTS:**

**3:45-Shot Put**

-Waldemar 31' 8" 6<sup>th</sup>  
 -France 24' 6 1/2"  
 -Schroeder 23' 2"  
 -Skwarek 19' 10 1/2"

**5:00-Discus**

-Waldemar 90' 11" 7<sup>th</sup>  
 -France 76' 9 1/2"  
 -Schroeder 59' 9 1/2"  
 -Skwarek 54' 1/2"

**3:45-Long Jump**

-Meyer 14' 11 3/4" 3<sup>rd</sup>  
 -A Engel 14' 1/2" 7<sup>th</sup>  
 -Onyancha 11' 6 1/4"  
 -Letnes N D

**3:45-Triple Jump**

-A Engel 29' 8 3/4"  
 -Zastrow 22' 4 1/4"

**3:30-High Jump**

-Hayes 4' 6"  
 -Jarmoluk 4' 3"  
 -Rodgers inj  
 -Sirleaf N H

**3:30-Pole Vault**

-Wiste 8' 0"  
 -Onyancha 7' 6"  
 -Sandkuhler 7' 0"  
 -Zastrow 6' 0"

**RUNNING EVENTS begin at 4:15):**

**4 x 800 Relay**

-Huess 2:50.0  
 -Osmond 3:05.0  
 -Jarmoluk 3:02.0  
 -Doku 2:34.0  
**11:32.80 6<sup>th</sup>**

**100m Hurdles**

-Hayes 15.33 1<sup>st</sup>  
 -Carter 20.13  
 -Sirleaf 21.81  
 -Rodgers 22.93

**100m Dash**

-Demry 14.62  
 -C Alexander 14.89  
 -Yankaway 14.99  
 -Letnes 15.57

**4 x 200 Relay**

-A Engel 29.1  
 -Phan 30.6  
 -Harsch 29.5  
 -Ellingson 28.8  
**1:58.57 8<sup>th</sup>**

**1600m Run**

-Axberg 5:45.92 7<sup>th</sup>  
 -Kluz 6:08.10

**4 x 100 Relay**

-A Engel 13.8  
 -Yankaway 14.7  
 -Umanzor 15.3  
 -Demry 14.6  
**58.78**

**Distance Medley**

**1200**-McKay 4:56.0  
**400**-Sandkuhler 76.0  
**800**-Sakya 3:04.0  
**1600**-Mesfin 6:58.0  
**16:10.43**

**400m Dash**

-Meyer 61.33 2<sup>nd</sup>  
 -Harsch 69.92  
 -Veillette 73.41  
 -Jideofor 77.91

**1600 Sprint Medley**

**200**-Galeno Orea 31.7  
**200**-Phan 31.5  
**400**-Kluz 70.8  
**800**-Benti 3:15.0  
**5:30.33**

**300m Low Hurdles**

-Hayes 46.73 1<sup>st</sup>  
 -Carter 58.59  
 -Rodgers 64.66  
 -Sirleaf 71.96

**800m Run**

-Doku 2:35.33 7<sup>th</sup>  
 -Osmond 3:03.92  
 -Z Fruzyna 3:06.59

**200m Dash**

-Ellingson 28.23  
 -Waldemar 29.29  
 -Sandkuhler 30.52  
 -Harsch 32.57

**3200m Run**

-Vanloon 12:05.50 2<sup>nd</sup>  
 -Teff 13:46.66

**4 x 400m Relay**

-Waldemar 69.2  
 -Doku 69.4  
 -Benti 79.5  
 -Ellingson 66.6  
**4:44.99 6<sup>th</sup>**

**Co-Ed 4 x 400m Relay (girl-boy-girl-boy)**

-g-Meyer ?  
 -b-Sully ?  
 -g-Hayes ?  
 -b-Boleman ?  
**4:00.03 2<sup>nd</sup>**

**2017 CO-ED TEAM SCORES:**

Centennial 251  
**IRONDALE 181**  
 Waconia 173  
 Hastings 140  
 St. Francis 129  
 Henry Sibley 120  
 Orono 116  
 Kennedy 106  
 Benilde-St. Ma 101  
 North Branch 78  
 Hibbing 76  
 Fridley 66  
 Simley 42  
 Richfield 22

Girls' Only Scores: 1. Centennial 128; 2. Orono 94; 3. Waconia 93 1/2; 4. St. Francis 66; 5. Irondale 64; 6. Hastings 60; 7. Kennedy 57 1/2 8. Henry Sibley and North Branch 51; 10. Benilde-SM 46 1/2; 11. Hibbing 44; 12. Fridley 24; 13. Simley 14; 14. Richfield 8

**Irondale Girls' Track**  
**Knights Under Lights Co-Ed Invitational**

**Friday, April 7, 2017**

**Meet starts: 3:30**

**BE AT TRACK NO LATER THAN 2:40**

*First place gets t-shirts!*

Girls' Only Scores: 1. Centennial 128; 2. Orono 94; 3. Waconia 93 ½; 4. St. Francis 66; 5. Irondale 64; 6. Hastings 60; 7. Kennedy 57 ½ 8. Henry Sibley and North Branch 51; 10. Benilde-SM 46 ½; 11. Hibbing 44; 12. Fridley 24; 13. Simley 14; 14. Richfield 8