

JOHN ASK RELAYS
@ Kingston
3/29/14

9:00 AM Arrival time for field events

Monday:

Kingston @ 3:25

10:00 AM Arrival time for all others

Tuesday:

Weights @ 3:10

10:30 AM Team warm up

We host this meet - do your part to make this a first class track meet.

Shot Put 5 entries	10:00 AM	Eivins 44-00.00	Smith 42-10.00	Moore 34-01.50	Wirtner 36-05.00	McInerney
Discus 5 entries	10:00 AM	Eivins	McInerney 112-02.00	Moore 095-10.00	Wirtner 101-03.00	Primmer 069-00.00
High Jump 5 entries	10:00 AM	Szabo 5-04.00	Hart 5-04.00	Borseth		
Long Jump 5 entries	10:00 AM	Chittick 17-01.75	Webb 14-07.00	Freerksen 16-02.00		
3200 M Run 5 entries	10:45 AM	Prochnow 12:13.02				
4 X 800 M Relay 2 entries	11:20 AM	Hitchings 2:04.91	Pady 2:13.65	Cortez 2:11.66	Baxter 2:11.25	8:41.51
	Jeff B	Gesling 2:13.93	Homan 2:16.67	Henderson 2:32.94	Szabo 2:19.20	9:23.69
Shuttle H Relay 2 entries	11:40 AM	Bounds 15.03	Furnish 15.06	Eivins 16.47	Tomkins 15.95	1:02.85
100 M Dash 5 entries	Noon	Karlan 11.17	Harbor 11.12	Hager 12.21		
400 M Dash 5 entries	12:10 PM	Soko 56.71	Ridenour 59.42	Webb 60.15	Hart 61.15	
4 X 200 M Relay 2 entries	12:25 PM	Beaton 23.57	Karlan 22.62	Larson 22.63	Chittick 22.22	1:31.09
	Jeff B	May 24.56	Rashed 25.00	Bonheur 24.15	Short 24.45	1:38.20
110 M Hurdles 5 entries	12:55 PM	Bounds 15.64	Furnish 16.28	Tomkins 17.66		
1600 M run 5 entries	1:10 PM	Gesling 5:04.62	Burnett 5:04.73			

Exhibition 1600 Unlimited	1:25 PM	Henderson 5:41.75 Hampshire 6:24.49	Krambeer 5:42.90 Berger 5:26.12	Moorman 5:46.98 Moriston 6:32.21	Templeton 5:44.64	Owens 6:03.03
200 M Dash 5 entries	1:35 PM	Chittick 22.70	Harbor	Soko 23.48	Short 25.02	Pady 24.51
Exhibition 200 Unlimited (fastest to slowest)	1:50 PM	Ridenour 25.95 Freerksen 27.17	Hart 26.11 Taylor 26.42	Rashed 25.21 Stafford 26.93	Weiland 27.85 Morford 26.78	Webb 26.90
400 M Hurdles 5 entries	2:05 PM	Homan 64.46	Petersen 70.88			
1600 Med Relay 2 entries	2:20 PM	Beaton 23.71 Tomkins 25.05	Larson 22.47 Furnish 24.02	Bonheur 54.96 Hager 55.31	Hitchings 2:14.88 Baxter 2:16.35	3:56.03 4:00.79
800 M Run 5 entries	2:35 PM	Cortez 2:17.48	Szabo 2:19.41	Prochnow 2:33.53		
4 X 100 M Relay 2 entries Ron Schirm	2:50 PM	Soko	Chittick	Beaton	Bounds	44.53
4 X 400 M Relay 2 entries	3:05 PM	Larson 54.51 Hager 58.14	Pady 60.54 Ridenour 59.76	May 55.49 Morford 60.23	Short 55.17 Webb 60.78	3:45.76 3:58.91
Exhibition 4x400 Unlimited	Jeff C	Tomkins 60.51	Weiland 63.35	Stafford 61.83	Hart 65.38	
	Jeff D	Freerksen 66.33	Taylor 65.51	Moriston 76.09	Hamshire 78.88	
	Jeff E	Baxter 57.65	Homan 59.90	Cortez 56.08	Gesling 57.71	
	Jeff F	Henderson 67.62	Krambeer 69.64			
	Jeff G	Moorman 66.73	Templeton 66.62	Owens 72.24		

Results:

Prairie	118.50	Jefferson	67.50
Iowa City West	113.00	Bettendorf	46.00
Kennedy	99.00	Washington	32.00
Linn Mar	82.00		