

**QUAD**  
**Memorial Stadium/Waterloo West**  
**03/22/16**

<b>1:55 PM</b>	Dismiss from class			<b>Wednesday:</b>	<b>Weights @ 2:15 PM</b>	
<b>2:15 PM</b>	Bus leaves from gym parking lot			<b>Thursday:</b>	<b>Kingston @ 3:30 PM</b>	
<b>TBD</b>	Team warm up					
<b>Shot Put</b>	4:30 PM	<b>Eivins</b> 46-06.00 SmithJ 29-03.50	<b>SmithPJ</b> 37-08.50 Donner 30-09.75	Everts  Thompson 30-09.75	Owens 034-02.00 Primmer 29-10.50	FernandezA 32-04.25 Steimer 30-05.00
<b>Discus</b>	4:30 PM	<b>Eivins</b> 121-04 SmithJ 061-06	<b>Everts</b> 095-01 Donner 077-05	SmithPJ 080-02 Thompson 086-11	Owens 105-02 Primmer 082-04	FernandezA 084-04 Steimer 071-00
<b>High Jump</b>	4:30 PM	Dorenkamp 5-04.00				
<b>Long Jump</b>	4:30 PM	<b>Vawter</b> 18-00.00	<b>Morford</b> 15-02.00	Garsayne 17-06.50	Green 15-11.00	
<b>3200 M Run</b>	5:00 PM	<b>Wise</b> 11:09.96	<b>Sheshashai</b> 10:57.86			
<b>4 X 800 M Relay</b>	5:15 PM	<b>Burnett</b> 2:04.72	<b>Homan</b> 2:08.83	<b>Short</b> 2:09.42	<b>Ridenour</b> 2:15.18	8:37.15
	JV A	Szabo 2:12.68	Larson 2:15.77	Hawkins 2:22.70	Prochnow 2:19.27	9:10.40
	JV B	Meyer 2:17.95	Miller 2:28.55	Hampshire 2:36.25	Livingston 2:42.04	10:04.79
<b>Shuttle H Relay</b>	5:30 PM	<b>May</b> 15.22	<b>Bokoyo</b> 14.72	<b>Fowler</b> 14.78	<b>Vawter</b> 16.28	1:01.00
<b>100 M Dash</b>	5:40 PM	<b>Beaton</b> 11.30 Garsayne 12.53	<b>Morford</b> 12.20 TrueD 12.97	Taylor  Trebon 12.67	Green 12.53 Fernandez 12.53	
<b>400 M Dash</b>	5:55 PM	<b>Hall</b> 56.00	<b>Damisch</b> 59.19	McShane 63.91	Manternach 63.21	
<b>4 X 200 M Relay</b>	6:05 AM	<b>Beaton</b> 22.92	<b>Bokoyo</b> 22.60	<b>May</b> 22.60	<b>Olutunde</b> 23.23	1:31.35
	JV A	Yancey	Furrow	Klein	Vawter	1:40.36

	JV B	Homan 24.70	Short 24.11	Ligon 25.06	Morford 24.38	1:38.25
110 M Hurdles	6:15 PM	<b>Fowler</b> 16.75				
1600 M run	6:25 PM unlimited	<b>Sheshashai</b> 5:01.78	<b>Prochnow</b> 5:10.49	Wise 5:17.34	Meyer 5:12.31	
200 M Dash	6:35 PM	<b>Hall</b> 24.83 Garsyane 25.86	<b>Furrow</b> 26.53 Manternach 28.39	TrueD 27.24 McShane 27.48	Green 26.05 Damisch 26.85	Fernandez 25.84
400 M Hurdles	6:50 PM	<b>Homan</b> 60.40				
1600 Med Relay	7:00 PM	<b>Taylor</b> 24.62 Yancey 24.91	<b>Fowler</b> 23.53 Ligon 26.51	<b>Bokoyo</b> 55.00 Trebon 63.00	<b>Hawkins</b> 2:21.57 Miller 2:26.41	4:04.72 4:16.65
800 M Run	7:15 PM	<b>Larson</b> 2:14.14	<b>Livingston</b> 2:39.07	Hampshire 2:45.49		
4 X 100 M Relay	7:20 PM	<b>Klein</b>	<b>Furrow</b>	<b>Green</b>	<b>Vawter</b>	48.34
4 X 400 M Relay	7:30 PM	<b>Beaton</b> 54.00 Hall 59.59 Szabo 55.57 TrueD 63.56 Manternach 65.14	<b>Olutunde</b> 52.43 Ligon 56.47 Burnett 54.32 Damisch 62.75 Green 69.22	<b>Short</b> 53.94 Yancey 56.62 Taylor 54.47 Fernandez 62.64 McShane 66.08	<b>May</b> 52.79 Klein 57.15 Morford 55.97 Garsayne 63.93	3:33.16 3:49.83 3:40.30 4:09.92

### Varsity Results:

CR Kennedy	197.00
CR Washington	161.00
Waterloo West	130.00
CR Jefferson	116.00

### Varsity Results:

CR Kennedy	187.50
CR Washington	182.50
CR Jefferson	100.00
Waterloo West	71.00