

**CRANDIC 9/10**  
**@ IC High**  
**4/21/14**

<b>2:30 PM</b>	Dismiss from school			<b>Tuesday:</b>	<b>Weights @ 3:10</b>	
<b>2:50 PM</b>	Bus leaves from gym parking lot			<b>Wednesday:</b>	<b>Kingston @ 2:25</b>	
<b>4:00 PM</b>	Team warm up					
<b>Shot Put</b>	5:30 PM	Eivins	Steimer	Thompson		
<b>3</b>		43-11.00	25-10.00	27-04.00		
<b>Discus</b>	4:30 PM	Eivins	Primmer	Huff		
<b>3</b>		112-03	055-10	058-06		
<b>High Jump</b>	4:30 PM	Szabo	Hummel	Hart		
<b>3</b>			5-08.00	5-06.00		
<b>Long Jump</b>	5:30 PM	Freerksen	Webb			
<b>3</b>		16-10.00	16-10.00			
<b>3000 W</b>						
<b>4 X 800 M Relay</b>	5:15 PM	Szabo	Homan	Burnett	Berger	
		2:18.33	2:21.40	2:15.42	2:26.86	9:22.26
<b>4 X 800 W</b>						
<b>3200 M Run</b>	5:45 PM	Moorman	Hampshire			
<b>unl</b>			14:35.67			
<b>Shuttle H Relay</b>	6:00 PM	May	Rashed	Eivins	Freerksen	
<b>Shuttle W</b>		16.19	16.15	17.07	17.39	1:06.49
<b>100 W</b>						
<b>100 M Dash</b>	6:30 PM	Soko	Taylor			
<b>2</b>		11.45	12.54			
<b>Dist Med W</b>						
<b>400 W</b>						
<b>400 M Dash</b>	6:55 PM	Ridenour	Webb	Morford		
<b>3</b>		59.13	60.54	61.40		
<b>4x200 W</b>						
<b>4 X 200 M Relay</b>	7:10 PM	May	Soko	Short	Borseth	
		24.47	22.61	25.75	23.07	1:36.02
<b>100 Hurd W</b>						
<b>110 M Hurdles</b>	7:15 PM					
<b>2</b>						
<b>1600 M Run</b>	7:35 PM	Szabo	Owens	Templeton	Hampshire	
<b>unl</b>		5:13.03	5:46.88	5:55.28	6:43.87	
<b>800 W</b>						
<b>200W</b>						
<b>200 M Dash</b>	8:05 PM	Borseth				
<b>2</b>		23.93				

400 Hurd W

400 M Hurdles 2	8:25 PM	Homan 62.88	Rashed 65.08
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1600 Medley R Sprint Med W 1500 W	8:35 PM	Webb 27.55	Morford 26.10	Taylor 60.64	Templeton 2:36.25	4:30.54
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800 M Run 3	8:55 PM	Szabo 2:18.74	Berger 2:17.65	Moorman 2:27.98
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4x100 W

4 X 100 M Relay 4X400 W	9:05 PM	Rashed	Ridenour	Hart	Daniels	48.40
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4 X 400 M Relay	9:25 PM	May 53.58	Borseth 53.74	Short 53.98	Soko 51.29	3:32.70
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**Team warm down**

**Teams entered:**

Cedar Rapids Washington	124.00
Cedar Rapids Prairie	94.00
Linn Mar	83.50
Cedar Rapids Kennedy	78.00
Iowa City West	61.50
Cedar Rapids Jefferson	58.00
Iowa City High	58.00
Cedar Rapids Xavier	1.00