

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 | | | |

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|---|---------|--|--|---|--|----------------------|
| 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 | | |

CLARK WEAVER LION RELAYS
@ Linn Mar
04/08/14

2:45 PM Field Events - dismissal time **Wednesday: Weights @ 1:00 PM**
3:30 PM Field Events - arrival time **Thursday: Kingston @ 3:25 PM**
4:15 PM Team arrival time
4:30 PM Team warm up

| | | | | | | |
|-----------------------------|---------|--|---|--|---|----------------------|
| Shot Put | 4:30 PM | Smith 37-08.50 | | Render 31-04.50 | Wirtner 35-00.50 | Jones 29-06.00 |
| Discus | 4:30 PM | Tomkins 134-06.00 | McInerney 119-10.00 | Render 092-05.00 Smith 082-10.00 | Jones 069-10.00 | Wirtner 089-10.00 |
| High Jump 5' 2" | 4:30 PM | Szabo 5-04.00 | Hart 5-04.00 | | | |
| Long Jump | 4:30 PM | | | Freerksen 16-08.50 | Webb 15-10.00 | |
| 3200 M Run 2v - 4jv | 5:00 PM | | | Moorman 13:16.30 | | |
| 4 X 800 M Relay 1v - 1jv | 5:30 PM | Gesling 2:13.88 Szabo 2:15.89 | Pady 2:20.75 Homan 2:17.69 | Baxter 2:16.29 Krambeer 2:34.42 | Cortez 2:15.07 Burnett 2:18.89 | 9:05.97 9:26.91 |
| Shuttle H Relay 1v - 1jv | 5:45 PM | Bounds 14.98 May 17.26 | Furnish 14.95 Petersen 17.76 | Moncivais 16.69 Freerksen 18.62 | Tomkins 15.70 Rashed 18.17 | 1:02.25 1:11.87 |
| 100 M Dash 2v - 4jv | 6:05 PM | Chittick 11.08 | Beaton 11.34 | Soko 11.43 Hart 12.53 | Stafford 12.68 | Morford 12.88 |
| 400 M Dash 2v - 4jv | 6:20 PM | Larson 53.12 | Hager 55.96 | Ridenour 60.01 Taylor 60.90 | Stufflebeam 70.88 | Wieland 65.87 |
| 4 X 200 M Relay | 6:35 PM | Soko | Karlan | Beaton | Chittick | |

| | | | | | | |
|-----------------|---------|------------------|-----------------|---------------|---------------|-----------|
| 1v - 1jv | | 23.83 | 21.89 | 23.93 | 21.75 | 1:31.50 |
| | | May | Bonheur | Short | Rashed | |
| | | 25.23 | 23.38 | 25.07 | 25.10 | 1:38.87 |
| 110 M Hurdles | 6:50 PM | Bounds | Furnish | Tomkins | | |
| 2v - 4jv | | 15.44 | 16.70 | 17.50 | | |
| 1600 M run | 7:10 PM | Hitchings | Berger | Krambeer | Prochnow | Henderson |
| 2v - 4jv | | 4:57.65 | 5:24.31 | 5:43.09 | 5:31.80 | 5:36.01 |
| | | | | Templeton | | |
| | | | | 5:54.89 | | |
| 200 M Dash | 7:25 PM | Larson | Harbor | Hart | Stufflebeam | Theis |
| 2v - 4jv | | 23.28 | 24.44 | 26.57 | 26.98 | 27.74 |
| | | | | Webb | | |
| | | | | 26.66 | | |
| 400 M Hurdles | 7:40 PM | Furnish | May | Homan | Petersen | |
| 2v - 4jv | | 65.26 | 64.24 | 64.26 | 76.14 | |
| 1600 Med Relay | 7:55 PM | Bonheur | Short | Pady | Baxter | |
| 1v - 1jv | | 25.08 | 24.19 | 56.21 | 2:13.92 | 3:59.57 |
| | | Moncivais | Weiland | Ridenour | Berger | |
| | | 26.92 | 27.55 | 60.01 | 2:30.14 | 4:24.62 |
| 800 M Run | 8:10 PM | Hitchings | Gesling | Cortez | Szabo | Owens |
| 2v - 4jv | | 2:15.45 | 2:13.61 | 2:16.89 | 2:15.28 | 2:40.10 |
| | | | | Krambeer | | |
| | | | | 2:36.29 | | |
| 4 X 100 M Relay | 8:25 PM | Soko | Chittick | Beaton | Karlan | |
| 1v - 1jv | | | | | | 44.13 |
| | | Bounds | Harbor | Rashed | Moncivais | |
| Weight Man's | | | | | | 47.21 |
| 4 X 100 M Relay | 8:35 PM | McInerney | Smith | Render | Wirtner | |
| | | | | | | 54.97 |
| 4 X 400 M Relay | 8:40 PM | Larson | Bonheur | Short | Hager | |
| 1v - 1jv | | 55.38 | 58.31 | 57.00 | 57.89 | 3:48.74 |
| | | Webb | Morford | Hart | Stafford | |
| | | 61.29 | 63.17 | 65.12 | 61.66 | 4:11.83 |

Teams entered:

| | | | |
|-------------------------|--------|-------------------------|--------|
| Cedar Rapids Kennedy | 106.00 | Cedar Rapids Kennedy | 125.00 |
| Dubuque Senior | 89.50 | Dubuque Senior | 119.00 |
| Waterloo West | 84.00 | Linn Mar | 103.00 |
| Linn Mar | 81.00 | Waterloo West | 70.00 |
| Cedar Rapids Jefferson | 62.50 | Cedar Rapids Jefferson | 59.00 |
| Iowa City High | 57.00 | Cedar Rapids Xavier | 26.00 |
| Cedar Rapids Xavier | 44.00 | Iowa City High | 19.00 |
| Cedar Rapids Washington | 34.00 | Cedar Rapids Washington | 15.00 |

DRAXTON-STIRES/WILKINSON COED

@ Kingston

04/12/14

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|--|-------------------|--|--|--|---|--------------------|
| 11:00 AM | Team arrival time | | | Monday: | Kingston @ 3:25 | |
| 11:30 AM | Team warm up | | | | | |
| Shot Put 4v, 4jv (Girls first) | 10:30 AM | Eivins 43-00.00 McInerney 42-00.00 | Smith 43-01.00 Thompson 28-03.50 | Tomkins 36-08.50 Render 32-08.50 | Moore 34-00.50 Primmer 28-04.00 | |
| Discus 4v, 4jv (Boys first) | 10:30 AM | Tomkins 112-05 Render 084-00 | McInerney 110-04 Smith 093-01 | Hauser 090-00 | Kolsto 086-09 | |
| High Jump (5') 3v, 3jv (Girls first) | 10:30 AM | Szabo 5-06.00 | Hart 5-08.00 | Hummel 5-04.00 | | |
| Long Jump 3v, 3jv (Café combined) | 10:30 AM | | | Freerksen 16-08.00 | Webb | |
| 3000 W | 11:30 AM | | | | | |
| 4 X 800 M Relay 4 X 800 W | 11:50 AM | Hitchings 2:05.28 Homan 2:16.95 | Baxter 2:12.41 Berger 2:23.89 | Szabo 2:14.47 Owens 2:40.67 | Cortez 2:12.63 Moorman 2:33.77 | 8:45.82 9:55.32 |
| 3200 M Run | 12:25 PM | | | Prochnow 12:14.91 | Henderson 12:20.37 | |
| Shuttle H Relay Shuttle W 100 W | 12:45 PM | Moncivais 15.78 May 15.98 | Furnish 15.56 Rashed 17.65 | Bounds 14.65 Freerksen 16.88 | Tomkins 16.39 Hummel | 1:02.97 1:19.74 |
| 100 M Dash Dist Med W 400 W | 1:25 PM | Karlan 11.48 | Short 12.59 | Stafford 13.62 | Taylor 13.50 | |
| 400 M Dash 4x200 W | 2:00 PM | Bonheur 54.07 | Pady 55.98 | Borseth 53.93 | Webb 59.99 | |

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|---|---------|---|---|---|--|------------------------|
| 4 X 200 M Relay 100 Hurd W | 2:25 PM | Soko 23.15 Harbor 23.45 | Karlan 21.70 Short 25.21 | Beaton 23.33 Hager 24.18 | Larson 22.29 Rashed 25.62 | 1:30.50 1:38.51 |
| 110 M Hurdles | 2:55 PM | Bounds 16.03 | Furnish 16.55 | Tomkins 17.96 | | |
| 1600 M run 800 W 200W | 3:10 PM | Burnett 5:02.31 | Berger 5:47.35 | Krambeer 5:33.71 | Moorman 6:04.41 | |
| 200 M Dash 400 Hurd W | 3:50 PM | Soko 24.32 | Hart 27.29 | Stafford 27.21 | Morford 27.65 | |
| 400 M Hurdles | 4:10 PM | Homan 65.90 | May 63.04 | Peterson 71.29 | Freerksen 71.22 | |
| 1600 Med Relay Sprint Med W 1500 W | 4:25 PM | Beaton 22.45 Rashed 25.03 | Bonheur 23.96 Moncivais 25.73 | Larson 52.71 Ridenour 58.85 | Gesling 2:10.60 Cortez 2:15.35 | 3:49.87 4:04.90 |
| 800 M Run 4x100 W | 5:15 PM | Hitchings 2:09.17 | Baxter 2:12.43 | Szabo 2:17.56 | Pady 2:19.20 | |
| 4 X 100 M Relay 4X400 W | 5:35 PM | Soko Harbor | Larson Furnish | Beaton Moncivais | Karlan Bounds | 44.17 45.52 |
| 4 X 400 M Relay | 5:50 PM | Bonheur 56.03 Homan 60.74 | Hager 55.66 Webb 60.41 | May 55.12 Taylor 57.24 | Short 54.84 Morford 59.44 | 3:41.89 3:57.92 |

Varsity Results:

| | |
|------------------------|--------|
| Cedar Rapids Kennedy | 167.00 |
| Linn-Mar | 117.00 |
| Cedar Rapids Jefferson | 90.00 |
| Center-Point Urbana | 67.00 |
| Marion | 57.00 |
| Cedar Rapids Xavier | 40.00 |
| Burlington | 20.00 |

JV Results:

| | |
|------------------------|--------|
| Cedar Rapids Kennedy | 213.00 |
| Cedar Rapids Jefferson | 100.00 |
| Linn-Mar | 97.50 |
| Cedar Rapids Xavier | 47.50 |
| Burlington | 47.00 |
| Marion | 29.00 |
| Center-Point Urbana | 7.00 |

PRAIRIE INVITE
@ Prairie
4/15/14

| | | | | | | |
|------------------------|--------------|------------------|------------------|-------------------|--------------------------|-----------------|
| 4:15 PM | Arrival time | | | Wednesday: | 2:25 @ Kingston | |
| 4:30 PM | Team warm up | | | Thursday: | Dubuque Tri-State | |
| Shot Put | 4:30 PM | Smith | Eivens | McInerney | Tomkins | Wirtner |
| 7 entries | | 41-02.50 | 43-00.00 | 41-05.00 | 36-09.00 | 34-10.00 |
| | | Moore | | | | |
| | | 35-07.00 | | | | |
| Discus | 4:30 PM | Tomkins | McInerney | Eivins | Wirtner | Render |
| 7 entries | | 113-05 | 098-10 | 095-09 | 095-02 | 078-01 |
| | | Hauser | Jones | | | |
| | | 089-01 | 096-05 | | | |
| High Jump | 4:30 PM | Szabo | Hart | | | |
| 6 entries | | 5-02.00 | 5-04.00 | | | |
| Long Jump | 4:30 PM | Freerksen | Unkel | | | |
| 7 entries | | 15-02.00 | 16-04.00 | | | |
| 3200 M Run | 4:50 PM | Krambeer | | | | |
| unl | | 12:33.29 | | | | |
| 4 X 800 M Relay | 5:20 PM | Gesling | Baxter | Cortez | Burnett | |
| unl | | 2:10.51 | 2:09.98 | 2:10.68 | 2:16.53 | 8:47.90 |
| | | Owens | Moorman | Templeton | Moriston | |
| | | 2:40.38 | 2:30.00 | 2:44.00 | 3:08.00 | 10:52.75 |
| Shuttle H Relay | 5:35 PM | Bounds | Furnish | Tomkins | Moncivais | |
| unl | | 14.72 | 15.00 | 16.44 | 16.07 | 1:02.23 |
| | Jeff B | May | Eivins | Homan | Rashed | |
| | | 16.49 | 17.21 | 18.18 | 16.63 | 1:09.16 |
| 100 M Dash | 5:40 PM | Harbor | Short | Morford | Theis | Ridenour |
| 6 entries | | 11.09 | 12.45 | 13.11 | 13.88 | 13.09 |
| 400 M Dash | 5:55 PM | Hager | Taylor | Stafford | | |
| 6 entries | | 54.28 | 57.88 | 61.89 | | |
| 4 X 200 M Relay | 6:25 PM | Soko | Bonheur | Furnish | Harbor | |
| 3 entries | | 23.70 | 24.01 | 24.27 | 23.06 | 1:35.20 |
| | Jeff B | May | Borseth | Rashed | Short | |
| | | 24.60 | 23.66 | 24.88 | 24.95 | 1:38.18 |
| | Jeff C | Hart | Morford | Weiland | Freerksen | |
| | | | | | | 1:47.29 |

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|------------------------------|---------|--|---|---|---------------------------------------|-------------------------|---------|
| 110 M Hurdles 6 entries | 6:45 PM | Bounds 15.73 | | | | | |
| 1600 M run 6 entries | 6:55 PM | Szabo 5:07.28 Hamphsire 6:25.97 | Pady 5:21.71 | Berger 5:26.24 | Prochnow 5:34.55 | Owens 6:19.87 | |
| 200 M Dash 6 entries | 7:10 PM | Hager 24.95 Stafford 27.63 | Ridenour 26.03 | Theis 28.48 | Unkel 25.54 | Taylor 26.59 | |
| 400 M Hurdles 6 entries | 7:25 PM | Homan 61.30 | Freerksen 71.51 | | | | |
| 1600 Med Relay 3 entries | 7:40 PM | | | | | | |
| 800 M Run 6 entries | 7:55 PM | Petersen 2:43.63 | | | | | |
| 4 X 100 M Relay 3 entries | 8:10 PM | Bounds | Furnish | Moncivais | Harbor | | |
| | Jeff B | Rashed | Hager | Unkel | Short | | 46.47 |
| | Jeff C | Taylor | Ridenour | Morford | Hart | | 47.96 |
| | | | | | | | 50.47 |
| 4 X 100 Wt Man's | 8:20 PM | Eivins | Tomkins | Moore | Jones | | 50.29 |
| 4 X 400 M Relay 3 entries | 8:30 PM | Bonheur 55.40 Weiland 62.88 | Soko 53.32 Stafford 61.93 | Borseth 54.80 Freerksen 65.63 | May 53.89 Hager 56.41 | | |
| | Jeff B | | | | | | 3:37.54 |
| | | | | | | | 4:06.90 |

Varsity Results

| | |
|------------------------|--------|
| Cedar Rapids Prairie | 171.00 |
| Linn-Mar | 110.00 |
| Pleasant Valley | 70.00 |
| Iowa City West | 64.00 |
| Center Point | 50.00 |
| Cedar Rapids Jefferson | 49.00 |
| Cedar Rapids Xavier | 44.00 |
| North Scott | 39.00 |
| Springville | 8.00 |

**Dubuque Tri-State
@ Dalzell Field
4/17/14**

1:10 PM
1:30 PM
4:00 PM

Dismiss from school
Bus leaves from gym parking lot
Team warm up

Friday:
Saturday:

Weights @ 12:30
Kingston @ 9:00am

| | | | | | | |
|----------------------------|---------|---|--|--|---|---------------------|
| Shot Put 2v, 4jv | 4:30 PM | Eivins 44-06.50 | Smith | McInerney 39-03.50 | Wirtner 36-02.00 | |
| Discus 2v, 4jv | 4:30 PM | McInerney 109-07 | Eivins 117-10 | Hauser 085-01 | Wirtner 089-10 | |
| High Jump 2v, 4jv | 4:30 PM | Szabo 5-06.00 | Hummel 5-10.00 | | | |
| Long Jump 2v, 4jv | 4:30 PM | | | Freerksen 15-11.25 | Webb 16-03.25 | |
| 3200 M Run 2v, 4jv | 5:00 PM | | | Prochnow 11:48.97 | | |
| 4 X 800 M Relay 1v, 1jv | 5:30 PM | Szabo 2:14.08 May 2:20.43 | Homan 2:15.87 Krambeer 2:33.17 | Pady 2:15.50 Moorman 2:31.36 | Berger 2:23.94 Owens 2:40.52 | 9:09.40 10:05.48 |
| Shuttle H Relay 1v, 1jv | 5:50 PM | Bounds 14.52 Eivins 18.13 | Furnish 15.04 Rashed 16.51 | Tomkins 15.96 Petersen 18.05 | Moncivais 16.27 Freerksen 17.64 | 1:01.99 1:10.40 |
| 100 M Dash 2v, 4jv | 6:05 PM | Karlan 11.05 | Harbor 11.47 | Webb 12.88 | Daniels 12.64 | Usher 13.04 |
| 400 M Dash 2v, 4jv | 6:20 PM | Hager 55.90 | Bonheur 53.89 | Taylor 58.44 | Stafford 60.79 | Weiland 62.63 |
| 4 X 200 M Relay 1v, 1jv | 6:35 PM | Beaton 23.77 Soko 23.59 | Karlan 21.98 Short 24.71 | Larson 22.52 Rashed 25.51 | Chittick 22.12 Borseth 23.38 | 1:30.47 1:37.30 |

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|----------------------------|---------|---------------------------|---------------------------|-------------------------|-----------------------------|---------------------|
| 110 M Hurdles 2v, 4jv | 6:50 PM | Bounds 15.32 | Furnish 16.57 | Tomkins 17.35 | | |
| 1600 M run 2v, 4jv | 7:05 PM | Gesling 5:20.64 | Burnett 4:53.17 | Baxter 5:05.09 | Cortez 5:18.55 | Krambeer 5:43.30 |
| 200 M Dash 2v, 4jv | 7:20 PM | Soko 23.49 | Ridenour 26.26 | Morford 26.67 | Daniels 25.68 | Usher 27.68 |
| 400 M Hurdles 2v, 4jv | 7:35 PM | Homan 61.31 | May 61.79 | Rashed 63.35 | Petersen 72.38 | |
| 1600 Med Relay 1v, 1jv | 7:50 PM | Beaton 22.98 | Chittick 22.43 | Larson 52.48 | Hitchings 2:03.95 | 3:42.00 |
| | | Bonheur 24.41 | Hager 25.02 | Short 54.80 | Szabo 2:12.75 | 3:57.03 |
| 800 M Run 2v, 4jv | 8:05 PM | Gesling 2:15.87 | Baxter 2:16.75 | Pady 2:19.74 | Berger 2:20.77 | |
| 4 X 100 M Relay 1v, 1jv | 8:20 PM | Harbor | Chittick | Beaton | Karlan | 44.04 |
| | | Bounds | Furnish | Moncivais | Tomkins | 47.16 |
| Thrower's 4x100 | | | | | | |
| 4 X 400 M Relay 1v, 1jv | 8:30 PM | Chittick 53.08 | Larson 53.66 | Borseth 53.93 | Soko 51.84 | 3:32.64 |
| | | Webb 59.50 | Taylor 58.87 | Ridenour 59.38 | Morford 60.36 | |

Team warm down

Varsity Results

| | | | |
|---------------|-------|-----------------|-------|
| Monticello | 89.00 | Camanche | 31.00 |
| CR Prairie | 87.00 | NE/East Central | 25.00 |
| CR Kennedy | 79.00 | D Wahlert | 22.00 |
| Cascade | 71.00 | Bellevue | 20.00 |
| D Senior | 70.00 | Beckman | 9.00 |
| D Hempstead | 67.00 | Clayton Ridge | 8.00 |
| CR Jefferson | 60.00 | Burlington | 6.00 |
| CR Washington | 58.00 | | |

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

2:30 PM
2:50 PM
4:00 PM

Dismiss from school
 Bus leaves from gym parking lot
 Team warm up

Tuesday:
Wednesday:

Weights @ 3:10
Kingston @ 2:25

| | | | | | | |
|--|---------|-----------------------|-----------------------|----------------------|----------------------|---------|
| Shot Put 3 | 5:30 PM | Eivins 43-11.00 | Steimer 25-10.00 | Thompson 27-04.00 | | |
| Discus 3 | 4:30 PM | Eivins 112-03 | Primmer 055-10 | Huff 058-06 | | |
| High Jump 3 | 4:30 PM | Szabo | Hummel 5-08.00 | Hart 5-06.00 | | |
| Long Jump 3 | 5:30 PM | Freerksen 16-10.00 | Webb 16-10.00 | | | |
| 3000 W 4 X 800 M Relay | 5:15 PM | Szabo 2:18.33 | Homan 2:21.40 | Burnett 2:15.42 | Berger 2:26.86 | 9:22.26 |
| 4 X 800 W 3200 M Run unl | 5:45 PM | Moorman | Hampshire 14:35.67 | | | |
| Shuttle H Relay Shuttle W 100 W | 6:00 PM | May 16.19 | Rashed 16.15 | Eivins 17.07 | Freerksen 17.39 | 1:06.49 |
| 100 M Dash 2 Dist Med W 400 W | 6:30 PM | Soko 11.45 | Taylor 12.54 | | | |
| 400 M Dash 3 4x200 W | 6:55 PM | Ridenour 59.13 | Webb 60.54 | Morford 61.40 | | |
| 4 X 200 M Relay 100 Hurd W | 7:10 PM | May 24.47 | Soko 22.61 | Short 25.75 | Borseth 23.07 | 1:36.02 |
| 110 M Hurdles 2 | 7:15 PM | | | | | |
| 1600 M Run unl 800 W 200W | 7:35 PM | Szabo 5:13.03 | Owens 5:46.88 | Templeton 5:55.28 | Hampshire 6:43.87 | |
| 200 M Dash 2 | 8:05 PM | Borseth 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 4x100 W | 8:55 PM | Szabo 2:18.74 | Berger 2:17.65 | Moorman 2:27.98 |
|---------------------------|---------|------------------|-------------------|--------------------|

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|----------------------------|---------|--------|----------|------|---------|-------|
| 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 |
|-----------------|---------|--------------|------------------|----------------|---------------|---------|

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 |

DRAKE RELAYS
@ Drake Stadium
2014

| | | | | | <i>FAT</i> | <i>Conversion</i> |
|-----------------|---------------|-----------------|---------------|-----------------|------------------|-------------------|
| 4 X 100 M Relay | Harbor | Chittick | Beaton | Karlan | 44.08 Place | 43.84 22nd |
| 4 X 200 M Relay | Beaton | Karlan | Larson | Chittick | 1:28.56 Place | 1:28.32 2nd |

CRW WILKINSON RELAYS
 @ Kingston Stadium
 05/02/14

| | Arrival time unless.... | | | <i>Saturday</i> | | <i>Weight room @ 8:15am</i> |
|----------------------------|-------------------------|-----------------------------|--------------------------|---------------------------|---------------------------|-----------------------------|
| | Team warm up | | | <i>Monday</i> | | <i>Kingston @ 3:25pm</i> |
| | | | | | | <i>CRANDIC JV @ Prairie</i> |
| Shot Put 2v/3jv | 4:30 PM | Eivins 43-06.75 | Smith | Wirtner 35-11.00 | McInerney 41-11.00 | Kolsto 30-05.50 |
| Discus 2v/3jv | 4:30 PM | Tomkins 125-07 | McInerney | Eivins 120-04 | Wirtner 089-05 | Hauser 086-04 |
| High Jump 2v/3jv | 4:30 PM | Hummell 5-08.00 | Hart 5-08.00 | Szabo 5-04.00 | | |
| Long Jump 2v/3jv | 4:30 PM | | | | | |
| 3200 M Run 2v/2jv | 5:15 PM | Prochnow 11:27.27 | | Henderson 12:21.1 | | |
| 4 X 800 M Relay 1v, 2jv | 5:35 PM | Hitchings 2:08.73 | Baxter 2:10.03 | Gesling 2:08.57 | Cortez 2:12.09 | 8:39.49 |
| | JV A | Szabo 2:15.54 | Burnett 2:12.98 | Homan 2:16.42 | Pady 2:14.97 | 8:59.92 |
| | JV B | Berger 2:22.05 | Moorman 2:34.71 | Owens 2:32.01 | Templeton 2:39.78 | 10:08.47 |
| Shuttle H Relay 1v, 2jv | 5:55 PM | Bounds 15.00 | Furnish 14.85 | Tomkins 15.58 | Moncivais 15.82 | 101.51 |
| | | Rashed 15.94 | May 15.96 | Eivens 16.93 | | |
| 100 M Dash 2v/2jv | 6:10 PM | Chittick 11.43 | Larson 11.51 | Harbor 12.01 | Hart 13.05 | |
| 400 M Dash 2v/2jv | 6:20 PM | Soko 51.42 | | | | |
| 4 X 200 M Relay 1v, 2jv | 6:35 PM | Beaton 22.66 | Karlan 22.60 | Larson 22.05 | Chittick 22.18 | 1:29.60 |
| | JV A | Bonheur 23.82 | Hager 24.60 | Rashed 24.44 | Short 24.27 | 1:37.18 |
| | JV B | Ridenour 26.94 | Usher 26.94 | Stafford 25.84 | Morford 26.36 | 1:44.39 |
| Opening Cerem. | | | | | | |

| | | | | | | |
|----------------------------|---------|-----------------------------|----------------------------|-------------------------|---------------------------|---------|
| 110 M Hurdles 2v/2jv | 6:50 PM | Bounds | Furnish 17.41 | Tomkins 17.30 | | |
| 1600 M run 2v/2jv | 7:05 PM | Burnett 5:07.18 | Prochnow 5:28.77 | Krambeer 5:38.39 | Moorman 5:59.18 | |
| 200 M Dash 2v/2jv | 7:20 PM | Karlan 22.02 | Beaton 22.89 | Bounds 24.19 | Harbor 24.05 | |
| 400 M Hurdles 2v/2jv | 7:35 PM | Homan 60.73 | | | | |
| 1600 Med Relay 1v, 2jv | 7:50 PM | Bonheur 23.89 | Short 24.43 | Pady 56.15 | Gesling 2:12.32 | 3:56.81 |
| | JV A | Rashed 24.71 | Stafford 26.01 | Morford 60.69 | Berger 2:23.65 | 4:15.09 |
| | JVB | Usher 27.28 | Hart 26.00 | Weiland 62.82 | Moorman 2:39.73 | 4:35.89 |
| 800 M Run 2v/2jv | 8:05 PM | Hitchings 2:12.88 | Baxter 2:12.90 | Cortez 2:15.51 | Szabo 2:13.07 | |
| 4 X 100 M Relay 1v, 2jv | 8:15 PM | Soko | Chittick | Beaton | Karlan | 43.52 |
| | JV A | Bounds | Furnish | Moncivais | Tomkins | 46.05 |
| | JV B | Usher | Stafford | Weiland | Morford | 50.49 |
| 4 X 400 M Relay 1v, 2jv | 8:25 PM | Larson 52.54 | Chittick 51.57 | Bonheur 54.10 | Soko 50.71 | 3:29.04 |
| | JV A | Short 55.05 | Hager 56.55 | Ridenour 57.90 | Rashed 57.60 | 3:47.12 |

Team warm down

Varsity Division

| | |
|------------------------|--------|
| Cedar Rapids Kennedy | 111.00 |
| Iowa City West | 96.00 |
| Cedar Rapids Prairie | 92.00 |
| Cedar Rapids Jefferson | 76.00 |
| Linn Mar | 67.00 |

Junior Varsity Division

| | |
|------------------------|--------|
| Cedar Rapids Kennedy | 151.00 |
| Linn Mar | 92.50 |
| Cedar Rapids Jefferson | 77.00 |
| Iowa City West | 72.00 |
| Iowa City High | 68.50 |

CRANDIC JV
@ Prairie
05/05/2014

3:45 PM
4:00 PM

Team arrival time unless..
 Team warm up

Tuesday

Kingston @ 3:15
Pictures

Wednesday

Kingston @ 1:00 pm

Shot Put
 4 entries

4:30 PM

Wirtner
 35-01.00

Thompson
 25-10.00

Render
 31-10.00

Robinson
 24-09.00

Discus
 4 entries

4:30 PM

Wirtner
 096-09

Hauser
 088-10.00

Primmer
 073-00

Thompson
 060-05

High Jump
 3 entries

4:30 PM

Hummell
 5-06.00

Hart
 5-04.00

Szabo
 5-04.00

Long Jump
 3 entries

4:30 PM

Webb
 15-02.00

3200 M Run
 unlimited

4:30 PM

Prochnow
 11:53.5

4 X 800 M Relay
 1 entry

4:50 PM

Pady
 2:13.79

Berger
 2:25.81

Owens
 2:42.28

Moorman
 2:33.54

9:55.63

Shuttle H Relay
 1 entry

5:10 PM

Moncivais
 16.50

Tomkins
 15.92

Rashed
 16.59

May
 16.08

1:05.26

100 M Dash
 2 entries

5:25 PM

Weiland
 12.97

Usher
 13.41

400 M Dash
 3 entries

5:35 PM

Hart
 61.85

Stafford
 60.58

Daniels
 58.91

4 X 200 M Relay
 1 entry

5:50 PM

Taylor
 26.38

Moorford
 26.31

Webb
 26.11

Ridenour
 25.10

1:43.96

| | | | | | | |
|----------------------------|---------|----------------------------|----------------------------|-----------------------------|--------------------------|---------|
| 110 M Hurdles 2 entries | 6:00 PM | Tomkins 17.96 | | | | |
| 1600 M run unlimited | 6:10 PM | Krambeer 5:41.24 | Owens 6:07.86 | Hampshire 6:25.51 | | |
| 200 M Dash 2 entries | 6:25 PM | Rashed 25.60 | May 23.81 | | | |
| 400 M Hurdles 2 entries | 6:35 PM | Homan 59.79 | | | | |
| 1600 Med Relay 1 entry | 6:50 PM | Taylor 27.64 | Weiland 26.02 | Morford 62.79 | Berger 2:21.95 | 4:18.40 |
| 800 M Run 3 entries | 7:05 PM | Pady 2:17.07 | Prochnow 2:25.57 | Moorman 2:33.46 | | |
| 4 X 100 M Relay 1 entry | 7:15 PM | Usher | Stafford | Weiland | Daniels | 49.98 |
| 4 X 400 M Relay 1 entry | 7:25 PM | May 53.93 | Rashed 59.74 | Ridenour 57.99 | Webb 58.08 | 3:49.90 |

Team warm down

Teams entered:

C.R. Jefferson
C.R. Kennedy
C.R. Prairie
C.R. Washington
C.R. Xavier
I.C. City High
I.C. West
Linn-Mar

Meet notes:

Relay captain = lead off runner
If the schedule gets ahead, it will stay ahead.

Things to bring:

Sweats
Singlet/speed suit
shorts
Wear only school colors
spike, socks
food

DIVISIONAL
@ Dubuque
05/08/2014

| | | | | | | |
|------------------------|---------------------------------|-----------------------------|------------------------------|---------------------------|--------------------------|---------|
| 1:10 PM | Dismiss from school | | | Friday: | Wts | |
| 1:30 PM | Bus leaves from gym parking lot | | | Saturday: | 9:00 AM | |
| | Team warm up | | | | | |
| Shot Put | 4:30 PM | Eivins 45-06.5 | McInerney 41-06.00 | Thompson 27-03.50 | Primmer 27-06.75 | |
| Discus | 4:30 PM | Tomkins 132-01 | McInerney 115-11 | Eivins 124-02 | Primmer 077-03 | |
| High Jump | 4:30 PM | Hummell 5-08.00 | | | | |
| Long Jump | 4:30 PM | | | Webb 16-04.75 | | |
| 3200 M Run | 5:00 PM | Krambeer 12:28.04 | Pady 12:13.90 | Moorman 13:58.90 | | |
| 4 X 800 M Relay | 5:30 PM | Baxter 2:07.83 | Hitchings 2:05.89 | Gesling 2:05.38 | Cortez 2:08.70 | 8:27.50 |
| | | Szabo 2:11.85 | Burnett 2:09.17 | Berger 2:21.07 | Prochnow 2:18.66 | 9:00.70 |
| Shuttle H Relay | 5:55 PM | Bounds 14.25 | Furnish 15.13 | Moncivais 16.09 | Tomkins 15.52 | 1:01.32 |
| | | Rashed 16.05 | Eivins 17.03 | May 15.52 | Homan 17.71 | 1:06.57 |
| 100 M Dash | 6:10 PM | Karlan 10.90 | Chittick 11.49 | Beaton 11.37 | Stafford 13.91 | |
| 400 M Dash | 6:20 PM | Soko 50.42 | Bonheur 53.56 | Short 53.97 | Daniels 57.78 | |
| 4 X 200 M Relay | 6:30 PM | Beaton 22.73 | Karlan 22.45 | Larson 21.88 | Chittick 22.31 | 1:29.26 |
| | | Taylor 25.99 | Morford 26.44 | Webb 25.35 | Ridenour 25.54 | 1:43.33 |
| 110 M Hurdles | 6:45 PM | Bounds 15.70 | Furnish 16.48 | | | |

| | | | | | | |
|-----------------|---------|---|---|---|---|--------------------|
| 1600 M run | 7:00 PM | Burnett 4:57.08 | Cortez 5:29.09 | Berger 5:33.29 | Prochnow 5:32.58 | |
| 200 M Dash | 7:10 PM | Karlan 21.86 | May 23.93 | Webb 25.61 | Usher 27.34 | |
| Awards ceremony | 7:19 PM | | | | | |
| 400 M Hurdles | 7:20 PM | Homan 59.35 | | Rashed 65.16 | | |
| 1600 Med Relay | 7:35 PM | Bounds 23.61 Taylor 26.97 | Furnish 23.03 Weiland 26.30 | Hager 54.92 Morford 61.60 | Hitchings 2:06.56 Moorman 2:37.60 | 3:48.18 4:32.56 |
| 800 M Run | 7:45 PM | Gesling 2:14.12 | Baxter 2:15.73 | Szabo 2:14.19 | Owens 2:35.25 | |
| 4 X 100 M Relay | 7:55 PM | Soko Usher | Chittick Stafford | Beaton Weiland | Karlan Daniels | 43.54 50.00 |
| 4 X 400 M Relay | 8:05 PM | Larson 51.42 May 53.10 | Chittick 51.73 Homan 58.76 | Bonheur 52.91 Short 53.53 | Soko 49.79 Ridenour 56.54 | 3:25.89 3:41.97 |

Team warm down

**All-Academic - Nate Karlan, Savaun Bounds
Nate Karlan - Co Athlete of the Year**

Teams entered:

| | | | |
|------------------------|--------|------------------------|--------|
| Iowa City West | 128.00 | Iowa City West | 120.00 |
| Cedar Rapids Kennedy | 100.00 | Cedar Rapids Kennedy | 113.00 |
| Dubuque Hempstead | 91.00 | Dubuque Senior | 88.00 |
| Dubuque Senior | 81.00 | Iowa City High | 85.00 |
| Iowa City High | 78.00 | Dubuque Hempstead | 78.50 |
| Cedar Rapids Jefferson | 70.00 | Cedar Rapids Jefferson | 43.00 |
| Waterloo East | 9.00 | Waterloo East | 29.50 |

**Districts
Marshalltown
05/15/14**

1:10 PM
1:30 PM

Dismiss from school
Bus leaves from gym parking lot
Team warm up

Friday:

**Stadium @ 3:25
or District rain date**

| | | | | | | |
|--------------------------|-----------|-----------------|------------------|----------------|-----------------|---------|
| Shot Put | 5:15 PM | Eivins | Smith | | | |
| Girl's 1st | | 45-01.00 | 42-03.50 | | | |
| Discus | 4:00 PM | Tomkins | Eivins | | | |
| Boy's 1st | | 111-06 | 119-08 | | | |
| High Jump | 4:00 PM | Hummell | Szabo | | | |
| Boy's 1st | | 5-08.00 | 5-06.00 | | | |
| 5' 6" | | | | | | |
| Long Jump | 5:15 PM | | | | | |
| Girl's 1st | | | | | | |
| 3000 M Run Girls | | | | | | |
| 4 X 800 M Relay | 4:15 PM | Baxter | Hitchings | Gesling | Cortez | |
| 4 X 800 M Relay Girls | Burnett | 2:07.09 | 2:03.23 | 2:06.31 | 2:10.28 | 8:26.98 |
| | Szabo | | | | | |
| 3200 M Run | 4:40 PM | Prochnow | | | | |
| | | 11:53.15 | | | | |
| 45 Minute Break | 4:50 PM | | | | | |
| Shuttle H Relay | 5:35 PM | Bounds | Furnish | Tomkins | May | |
| Shuttle H Relay Girls | Moncivais | 14.54 | 14.53 | 15.82 | 15.85 | 1:00.73 |
| 100 M Dash Girls | Rashed | | | | | |
| 100 M Dash | 5:55 PM | Karlan | Hager | | | |
| Distance Med Relay Girls | | 11.00 | 12.12 | | | |
| 400 M Dash Girls | | | | | | |
| 400 M Dash | 6:20 PM | Soko | Short | | | |
| 4 X 200 M Relay Girls | | 51.88 | 53.43 | | | |
| 4 X 200 M Relay | 6:30 PM | Beaton | Karlan | Larson | Chittick | |
| 100 M Hurdles Girls | Soko | 22.89 | 22.54 | 21.86 | 21.90 | 1:29.23 |
| | Furnish | | | | | |
| 110 M Hurdles | 6:45 PM | Bounds | Furnish | | | |
| | | 15.30 | 16.09 | | | |

| | | | | | | |
|---|---------|---------------------------|--------------------------|-------------------------|-----------------------------|---------|
| 1600 M Run 800 M Run Girls | 6:50 PM | Burnett 4:52.91 | Szabo 5:03.50 | | | |
| 10 Minute Break 200 M Dash Grils | 7:00 PM | | | | | |
| 200 M Dash 400 M Hurdles Girls | 7:15 PM | Karlan 22.23 | Chittick 22.73 | | | |
| 400 M Hurdles | 7:30 PM | Homan 58.90 | Rashed 63.16 | | | |
| 1600 Medley R Sprint Med R Girls Soko 1500 M Run Girls Gesling | 7:35 PM | Beaton 23.24 | Larson 22.40 | Bonheur 55.64 | Hitchings 2:05.79 | 3:47.13 |
| 800 M Run 4 X 100 M Relay Girls | 8:00 PM | Gesling 2:12.18 | Baxter 2:12.52 | | | |
| 4 X 100 M Relay 4 X 400 M Relay Girls Larson Bounds | 8:10 PM | Soko | Beaton | Chittick | Karlan | 43.99 |
| 4 X 400 M Relay Bonheur Short | 8:20 PM | Larson 51.55 | Chittick 51.92 | May 52.67 | Soko 51.02 | 3:27.18 |

Teams entered:

| | |
|------------------------|--------|
| Cedar Falls | 157.00 |
| Waterloo West | 137.00 |
| Linn Mar | 124.00 |
| Cedar Rapids Jefferson | 92.00 |
| Marshalltown | 61.00 |
| Mason City | 48.00 |
| Newton | 39.00 |
| Waterloo East | 31.00 |

STATE MEET
@ Drake Stadium
2014

| | | | | | <i>FAT</i> | <i>Conversion</i> |
|-------------------------|------------------------|--------------------------|-------------------------|---------------------------|------------------|-------------------|
| 100m Dash | Karlan | | | | 11.13 Place | 10.89 9th |
| 200m Dash | Chittick | | | | 22.89 Place | 22.65 22nd |
| 200m Dash | Karlan | | | | 22.30 Place | 22.06 11th |
| 400m Dash | Soko | | | | 51.12 Place | 50.88 13th |
| Shuttle Hurdle Relay | Bounds 14.52 | Furnish 14.43 | Tomkins 16.27 | Moncivais 15.93 | 1:01.46 Place | 1:01.22 19th |
| 4x200m Relay | Beaton 23.00 | Karlan 21.43 | Larson 22.10 | Chittick 21.53 | 1:28.62 Place | 1:28.38 4th |
| 110m High Hurdles | Bounds | | | | 15.28 Place | 15.04 13th |
| 4x100m Relay Prelims | Soko | Beaton | Chittick | Karlan | 43.08 Place | 42.84 6th |
| 4x400m Relay Prelims | Larson 50.90 | Chittick 50.40 | May 51.50 | Soko 49.26 | 3:22.67 Place | 3:22.43 6th |
| 4x100m Relay Prelims | Soko | Beaton | Chittick | Karlan | 42.96 Place | 42.72 5th |
| 4x400m Relay Prelims | Larson 50.65 | Chittick 48.99 | May 52.14 | Soko 49.73 | 3:21.81 Place | 3:21.57 4th |
| High Jump | Hummell | | | | 5-08.00 | 22nd |
| Team | | | | | 14 points | 14th place |