

CORRIDOR RUNNING CLUB TRACK MEETCedar Rapids, IA
Washington HS Track
June 14, 2016**OFFICIAL MEET REPORT**
printed: 6/14/2016 9:39 PM**RESULTS****#1 Mile Run**

Pl	Name	Team				Time
1	NEWMAN, Mike	Unattached				5:07.01
	1:14.127 2:31.866 3:50.559 5:07.003					
2	WERDERMAN, Amos	Unattached				5:51.76
	1:25.451 4:30.734 5:51.750 5:51.752					
3	VIPOND, Tim	Unattached				5:54.19
	1:26.952 5:54.181					
4	THOMAS, Derek	Unattached				6:12.00
	1:31.448 3:04.503 4:42.829 6:11.993					
5	JOHNSTON, Julie	Unattached				6:27.18
	1:32.691 3:09.384 4:49.268 6:27.171					
6	BROPHY, Craig	Unattached				6:28.41
	1:33.631 3:12.428 4:53.264 6:28.406					
7	NEHER, Lisa	Unattached				6:38.58
	3:23.744 5:04.922 6:38.577					
8	FISCHER, Dave	Unattached				6:53.24
	1:42.093 1:43.860 2:57.416 6:53.232					
9	JOYNER, Andrea	Unattached				6:55.73
	3:23.795 3:24.565 5:11.268 6:55.722					
10	BREGER, Korey	Unattached				7:08.96
	1:46.148 5:20.216 7:08.954					
11	STEADMAN, Jennifer	Unattached				7:31.92
	1:53.315 3:47.097 5:39.557 7:31.911					
12	NISHIDA, Jen	Unattached				7:34.36
	1:49.438 3:44.248 5:44.400 7:34.356					
13	BACHMAN, Bruce	Unattached				7:34.49
	1:53.157 3:50.107 5:48.380 7:34.484					
14	CRAWFORD, Adam	Unattached				7:39.63
	1:53.809 2:59.027 3:48.233 5:54.179					
15	SCOTT, Claudia	Unattached				8:20.99
	2:00.922 4:07.468 6:17.589 8:20.982					

#2 Men's & Women's 200 Meters

Pl	Name	Team	Time	H(Pl)
1	L'HEUREUX, Dalton	Unattached	27.14 (NW)	1(1)
2	THOMAS, Derek	Unattached	28.69 (NW)	1(2)
3	VIPOND, Tim	Unattached	31.35 (NW)	1(3)
4	ARMON, Aiden	Unattached	33.23 (NW)	2(1)
5	CRAWFORD, Adam	Unattached	34.34 (NW)	1(4)
6	JOHNSTON, Julie	Unattached	34.82 (NW)	2(2)
7	JOYNER, Andrea	Unattached	35.99 (NW)	2(3)
8	ARMON, Chloe	Unattached	39.43 (NW)	2(4)
9	HILL, Tierney	Unattached	40.44 (NW)	2(5)

#3 Men's & Women's 400 Meters

Pl	Name	Team	Time
1	THOMAS, Derek	Unattached	1:07.38

CORRIDOR RUNNING CLUB TRACK MEETCedar Rapids, IA
Washington HS Track

June 14, 2016

**OFFICIAL MEET REPORT**

printed: 6/14/2016 9:39 PM

RESULTS**#3 Men's & Women's 400 Meters (cont'd)**

Pl	Name	Team	Time
2	VIPOND, Tim	Unattached	1:13.74
3	BREGER, Korey	Unattached	1:15.03
4	NEHER, Lisa	Unattached	1:23.65
5	STRICKLAND, Bob	Unattached	1:28.55
6	CRAWFORD, Adam	Unattached	1:29.85
7	JOYNER, Andrea	Unattached	1:30.90
8	NISHIDA, Jen	Unattached	1:31.94

#4 Men's & Women's 800 Meters

Pl	Name	Team	Time
1	ARMON, John 1:14.984 2:26.371	Unattached	2:26.38
2	NIETERT, Jeff 1:15.008 2:26.661	Unattached	2:26.67
3	NEHER, Lisa 1:33.776 3:01.221	Unattached	3:01.23
4	FISCHER, Dave 1:31.237 3:05.532	Unattached	3:05.54
5	BACHMAN, Bruce 1:49.888 3:33.410	Unattached	3:33.41
6	CRAWFORD, Adam 1:53.745 3:43.291	Unattached	3:43.30
7	SCOTT, Claudia 1:56.336 3:52.394	Unattached	3:52.40

#5 Men's & Women's 4 x 400m Relay

Pl	Team	Time
1	Neo (A) 1) L'HEUREUX, Dalton 1:07.090 (1:07.090) 2) BREGER, Korey 2:20.492 (1:13.402) 3) THOMAS, Derek 3:31.932 (1:11.440) 4) NEWMAN, Mike 4:36.681 (1:04.749)	4:36.69
2	Morpheus (A) 1) VIPOND, Tim 1:13.718 (1:13.718) 2) STRICKLAND, Bob 2:38.420 (1:24.702) 3) FISCHER, Dave 3:58.190 (1:19.770) 4) NIETERT, Jeff 5:05.631 (1:07.441)	5:05.64
3	Trinity (A) 1) JOYNER, Andrea 1:29.777 (1:29.777) 2) NISHIDA, Jen 2:55.725 (1:25.948) 3) NEHER, Lisa 4:21.366 (1:25.641) 4) JOHNSTON, Julie 5:44.911 (1:23.545)	5:44.92
4	Armon Hammer (A) 1) HILL, Tierney 1:38.608 (1:38.608) 2) ARMON, Chole 3:17.528 (1:38.920) 3) ARMON, Aiden 4:42.582 (1:25.054) 4) ARMON, John 5:52.012 (1:09.430)	5:52.02