

JOHN ASK RELAYS
@ Kingston
3/26/16

9:00 AM	Arrival time for field events			<i>Monday:</i>	<i>Jefferson @ 3:15</i>	
10:00 AM	Arrival time for all others			<i>Tuesday:</i>	<i>Kingston @ 3:30</i>	
10:15 AM	Team warm up					
		<i>We host this meet - do your part to make this a first class track meet.</i>				
Shot Put 5 entries	10:00 AM	Eivins 46-08.50	Everts 37-00.00	FernandezA 35-04.00	SmithPJ 37-09.50	Owens 35-02.50
Discus 5 entries	10:00 AM	Eivins 115-06	Everts 088-10	FernandezA 088-08	Thompson 090-02	Owens 098-02
High Jump 5 entries	10:00 AM	Dorenkamp 5-02.00				
Long Jump 5 entries	10:00 AM	Vawter 17-08.00	Garsayne 15-06.25	Morford 13-09.50		
3200 M Run 5 entries	10:45 AM	Sheshashai 10:46.80	Wise 10:52.59			
4 X 800 M Relay 2 entries	11:20 AM	Burnett 2:03.36	Short 2:05.04	Szabo 2:08.38	Ridenour 2:13.94	8:30.50
	Jeff B	Hawkins 2:19.51	Meyer 2:19.44	Prochnow 2:17.31	Miller 2:20.93	9:17.16
Shuttle H Relay 2 entries	11:40 AM	May 15.31	Bokoyo 14.79	Homan 15.74	Fowler 15.17	1:01.38
100 M Dash 5 entries	Noon	Beaton 11.03	Yancey 11.78	Bolden 11.70	Garsayne 13.19	Fernandez 12.27
400 M Dash 5 entries	12:10 PM	Larson 56.50	Klein 56.06	Ligon 55.69		
4 X 200 M Relay 2 entries	12:45 PM	Beaton 22.66	Bokoyo 22.47	May 22.56	Olutunde 22.97	1:30.70
	Jeff B	Taylor 24.44	Webb 23.90	Morford 24.78	Crockett 23.07	1:36.12
Senior Recognition	12:40 PM					
110 M Hurdles 5 entries	12:55 PM	Fowler 16.41				
1600 M run 5 entries	1:10 PM	Prochnow 5:16.43	Meyer 5:11.34			

Exhibition 1600 Unlimited	1:25 PM	Hampshire 5:55.20	Livingston 5:59.35			
200 M Dash 5 entries	1:35 PM	Olutunde 23.29	Morford 25.09	Bolden 24.25	Yancey 24.53	Ligon 24.95
Exhibition 200 Unlimited (fastest to slowest)	1:50 PM	Klein 25.28 Manternach 27.69	Garsayne 26.12 McShane 27.74	Fernandez 26.36	Green 26.65	Damisch 27.21
400 M Hurdles 5 entries	2:05 PM	Homan 59.30				
1600 Med Relay 2 entries	2:20 PM	Taylor 24.25	Webb 23.54	Szabo 55.68	Larson 2:11.58	3:55.03
	Jeff B	Ligon 25.19	Vawter 24.68	Yancey 56.10	Miller 2:23.00	4:09.02
800 M Run 5 entries	2:35 PM	Sheshashai 2:19.48	Wise 2:25.84			
4 X 100 M Relay 2 entries	2:50 PM	Crockett	Bokoyo	Olutunde	Beaton	43.91
	Jeff B	Klein	Morford	Vawter	Green	47.75
Ron Schirm 4 X 400 M Relay 2 entries	3:05 AM	May 52.56	Short 53.43	Taylor 53.26	Burnett 53.20	3:32.48
	Jeff B	Homan 55.60	Webb 55.71	Hawkins 58.07	Klein 56.97	3:46.26
Exhibition 4x400 Unlimited	Jeff C	Meyer 59.50	Miller 66.25	Damisch 61.41	Green 64.82	4:11.98
	Jeff D	Bolden 63.72	Larson 60.19	Garsayne 60.53	Fernandez 60.77	4:03.69
	Jeff E	Monternach 63.05	McShane 65.16	Livingston 69.10	Hampshire 67.26	4:25.02

Varsity Results:

CR Kennedy	124.00
Iowa City West	93.00
Prairie	84.00
Bettendorf	79.00
Linn Mar	72.00
CR Washington	66.00
CR Jefferson	40.00

JV Results:

CR Kennedy	124.00
Iowa City West	93.00
Prairie	84.00
Bettendorf	79.00
Linn Mar	72.00
CR Washington	66.00
CR Jefferson	40.00