

JOHN ASK RELAYS

@ Kingston

3/28/15

Shot Put 5 entries	10:30 AM	Eivins 47-10.00	McInerney 45-11.00	Tomkins 40-07.00	Render 35-09.00	Everts 32-02.00
Discus 5 entries	10:30 AM	Tomkins 127-09	Eivins 130-06	McInerney 124-01	Render 092-10	Owens 081-00
High Jump 5 entries	10:30 AM	Hart 5-10.00	Jordan 5-02.00	Dorenkamp		
Long Jump 5 entries	10:30 AM	Itangishaka 20-06.00	Bolden 15-03.00	Vawter 16-09.00		
3200 M Run 5 entries	11:15 AM	Wise 10:58.09				
4 X 800 M Relay 2 entries	11:50 PM	Chung 2:09.28	Gesling 2:08.37	Hitchings 2:06.99	Burnett 2:10.89	8:35.57
	Jeff B	Homan 2:10.63	Baxter 2:10.44	Hensel 2:25.84	LarsonR 2:21.46	9:08.26
Shuttle H Relay 2 entries	12:15 PM	Furnish 14.87	Hager 19.54	Vawter 18.43	Jordan 17.85	1:10.81
100 M Dash 5 entries	12:35 PM	Beaton 11.37	Olutunde 11.94	BokoyoM 10.92	Crockett 11.53	Morford 12.77
400 M Dash 5 entries	12:45 PM	Short 53.42	Ridenour 59.10	Dorenkamp 65.49	John 68.85	TrueD 67.53
4 X 200 M Relay 2 entries	1:00 PM	Beaton 23.07	Olutunde 23.80	Itangishaka 22.75	LarsonD 22.51	1:32.15
	Jeff B	Bolden 25.84	Morford 26.59	Klein 27.01	Yancey 25.96	1:45.44
Senior Recognition	1:15 PM					
110 M Hurdles 5 entries	1:30 PM	Furnish 16.22	Jordan 17.90	Vawter 20.09		
1600 M run 5 entries	1:45 PM	Gesling 5:04.89	Wise 5:18.82	Miller 5:28.83		

Exhibition 1600 Unlimited	2:00 PM	Hampshire 6:05.36	Livingston 6:25.17	Moriston 7:01.36	Molitor 7:28.42	
200 M Dash 5 entries	2:15 PM	Olutunde 23.83	BokoyoM 23.37			
Exhibition 200 Unlimited (fastest to slowest)	2:30 PM	Yancey 24.51	Pickup 29.62	Dorenkamp 28.94	TrueD 28.98	John 30.00
400 M Hurdles 5 entries	2:45 PM	Homan 60.21				
1600 Med Relay 2 entries	3:00 PM	Furnish 22.99	Beaton 23.47	LarsonD 51.50	Chung 2:11.54	3:49.54
	Jeff B	Bolden 26.28	Morford 25.70	Klein 60.98	Hager 2:13.82	4:06.85
800 M Run 5 entries	3:00 PM	Hitchings 2:22.33	Baxter 2:12.56	LarsonR 2:27.61	Miller 2:31.95	Hampshire 2:44.22
4 X 100 M Relay 2 entries	3:30 PM	BokoyoM	Olutunde	Beaton	Itangishaka	44.58
	Jeff B					
Ron Schirm 4 X 400 M Relay 2 entries	3:45 PM	Short 54.14	Itangishaka 54.13	Burnett 54.81	Homan 54.86	3:38.02
	Jeff B	Morford 59.97	Klein 61.70	Vawter 63.38	Yancey 64.32	4:09.37
Exhibition 4x400 Unlimited	Jeff C	Hager 58.27	Chung 57.68	Baxter 57.88	Hensel 61.29	
	Jeff D	LarsonR 65.14	Miller 66.94	Wise 69.50	Pickup 70.85	
	Jeff E	Hampshire 74.57	Livingston 71.94	Moriston 74.43	Molitor 73.16	
	Jeff F	Dorenkamp 70.33	John 74.83	TrueD 66.98		

Team warm down

Results:

CR Kennedy	145.00	Bettendorf	49.00
Linn Mar	125.50	CR Washington	38.00
CR Jefferson	98.00	Iowa City West	22.00
Prairie	79.50		