

Jeffco 4A Meet

March 11,2009

Centaurus Girls

<u>100m dash</u>	time	<u>4 X 400 m relay</u>	time
Amber	:13.95		
Bri			
Katie			

<u>200m dash</u>	time	<u>4 X 800m relay</u>	time
nonoe			

<u>400m dash</u>	time	<u>800m medley</u>	time
Hannah	01:20.2		
Katie	01:23.2		
Lizzy	01:28.4		

<u>800m dash</u>	time	<u>Shot Put</u>	distance
Torie		Heather	24-5
		Melanie	
		Leanna	16-8

<u>1600m run</u>	time	<u>Discus</u>	distance
Torie		Leanna	40-10
Christa	06:21.3	Heather Gritz	61-8
Lea	06:31.4	Melanie	57-0

<u>3200m run</u>	time	<u>Long Jump</u>	distance
Hannah	15:32.0	Amber Jaramillo	14-3.5
Lisa		Miranda	

<u>100m hurdles</u>	time	<u>Triple Jump</u>	distance
Emma	:20.01	Emma Kaptchen)	25-6
		Bri	25-0

<u>300m hurdles</u>	time	<u>High Jump</u>	height
Miranda	01:00.6	Miranda	

<u>4 X 100 m relay</u>	time	<u>Pole Vault</u>	height
	50:24.0	Miranda	6ft6in

<u>4 X 200 m relay</u>	time		
	02:03.8		

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<u>100m dash</u>	time	<u>4 X 400 m relay</u>	time
Rhett	:11.67		0:04:06
Hami	:12.58		
Iaian	:12.01		

<u>200m dash</u>	time	<u>4 X 800m relay</u>	time
Cyrus	:25.01		0:09:42
Iaian			
Josh P	:25.95		

<u>400m dash</u>	time
JC	:53.44
Mike T	:59.61
Kyle P	:57.26

<u>800m dash</u>	time	<u>Shot Put</u>	distance
Derek S	02:26.0	Marcel	31-10
Ben T	02:44.0	Cody W	29-2
Chris H		Cody H	36-2

<u>1600m run</u>	time	<u>Discus</u>	distance
Derek S	05:11.0	Cody H	106-08
Trevor	05:16.9	Gilang	87-12
Alani	5:36	Bradley	93-07

<u>3200m run</u>	time	<u>Long Jump</u>	distance
Trevor L	11:25.3	Rhett	18-06.5
Alec M	13:25.6	Haku	16-02.5
Tyler A.	16:10.0	Hamilton	15-00

<u>100m hurdles</u>	time	<u>Triple Jump</u>	distance
Cody Walega	:17.27	Mike T	31-8
Gary Drexler	:20.36	Cody W	34-5

<u>300m hurdles</u>	time	<u>High Jump</u>	height
Matt D	:45.87	Josh P	0-05-02
Drew I	:53.86	LO	0-05-00
Ben T	:52.48	Andrew G	NH

<u>4 X 100 m relay</u>	time	<u>Pole Vault</u>	height
	:46.06	Cody	0-11-06
		Drew I	0-09-00
		Matt D	0-10-00

<u>4 X 200 m relay</u>	time
	02:03.8