

Thursday, March 31, 2023, at Henry  
Sunny and low 60s at start, cloudy and 40s at end. 10-15 mph SE wind  
Meet over at 6:49 p.m. Back around 8:10 pm

## Girls

Henry/Midland, 67, LP-Washburn/Roanoke-Benson 44,  
El Paso-Gridley 33.

Scoring: 5-3-2-1, Relays: 5-3-0. Hand-timed.

**100 m dash** - 3rd, Kiefer, 13.8; 5th, Stoller, 14.2,  
11th, Uphoff, 16.1; 12th, Ioerger, 16.5.

**200 m dash** - 2nd, Stoller, 29.5; 8th, Uphoff, 33.2.

**400 m dash** - none.

**800 m run** - none.

**1600 m run** - none

**3200 m run** - Melick (planned DNF after 2400)  
90-96-98-90 [6:08]; 100-95-x-x).

**100 High Hurdles** - 1st, Cogdal, 17.4.

**300 Low Hurdles** - none.

**High Jump** - 1st, Phillips, 1.57m [5-2].

**Long Jump** - 2nd, Phillips, 4.61m [15-1.5].  
5th, Smith, 4.15m [13-7.4]; 9th, Ioerger, 3.45m [11-3.8].

**Triple Jump** - 1st, Harms, 9.80m [29-2.4].

**Pole Vault** - not held.

**Shot Put** - 5th, Martinez, 7.67m [25-2] (PR);  
6th, Coppejans, 7.34m [24-1]; 8th, Wheatley, 6.91m [22-8];  
11th, Allen, 4.62m [15-2].

**Discus** - 5th, Coppejans, 21.21m [69-7]; 7th, Martinez,  
18.45m [60-6]; 8th, Wheatley, 18.24m [59-10];  
9th, Allen, 16.93m [55-6.5].

**4 x 100 Relay** - 1st, (Cogdal 13.0, Smith 12.8, Kiefer 13.9,  
Phillips 13.6), 53.2.

**4 x 200 Relay** - 1st, (Cogdal 27.3, Stoller 30.6, Phillips 27.5,  
Smith 31.1), 1:56.3.

**4 x 400 Relay** - none. **4 x 800 Relay** - none.

### GIRLS FIRST PLACE WINNERS

**100** - Bumber (Henry), 13.0. **200** - Frawley (Henry), 28.4. **400** - Bumber  
(Henry), 1:03.7. **800** - Heineke (LPW/RB), 2:37.7. **1600** - Knuckey (Henry),  
7:40.3. **3200** - not run. **100 HH** - Cogdal (EPG), 17.4. **300 LH** - Kessling (Henry),  
54.5. **High Jump** - Phillips (EPG), 1.57m. **Long Jump** - Frawley (Henry),  
4.62m. **Triple Jump** - Harms (EPG), 9.80m. **Shot Put** - Lester (Henry), 11.63m.  
**Discus** - Lester (Henry), 41.42m. **4 x 100 Relay** - EPG, 53.2. **4 x 200 Relay** -  
EPG - 1:56.3. **4 x 400 Relay** - LPW/RB, 4:15.4. **4 x 800 Relay** - not run.

### BOYS FIRST PLACE WINNERS

**100** - Martin (LW), 12.2. **200** - Neal (EPG), 25.7. **400** - Newcomb (EPG),  
1:00.8. **800** - Delagrang (LW), 2:16.2. **1600** - D. Witzig (EPG), 5:51.91. **3200** -  
Holderby (EPG), 10:51.7. **110 HH** - Ringger (EPG), 22.4. **300 LH** - Martin (LW),  
47.4. **High Jump** - Neal (EPG), 1.73m. **Long Jump** - Martin (LW), 5.64m.  
**Triple Jump** - Z. Witzig (EPG), 10.16m. **Shot Put** - Keinath (Henry), 12.37m.  
**Discus** - Keinath, 34.80m. **4 x 100 Relay** - EPG, 49.5. **4 x 200 Relay** -  
LPW/RB, 1:44.1. **4 x 400 Relay** - LPW/RB, 3:57.5. **4 x 800 Relay** - not run.

## Boys

El Paso-Gridley 78, LP-Washburn/Roanoke-Benson 61  
Henry/Midland 25,

Scoring: 5-3-2-1, Relays: 5-3-0. Hand-timed.

**100 m dash** - 3rd, Hepp, 12.5; 4th, Palmer, 12.6;  
8th, Krugger, 13.2.

**200 m dash** - 1st, Neal, 25.7; 2nd, Hepp, 26.0;  
9th, Staton, 28.8.

**400 m dash** - 1st, Newcomb, 1:00.8; 2nd, Greene, 1:02.8.

**800 m run** - none.

**1600 m run** - 1st, D. Witzig 5:51.9; Beck, DNF

**3200 m run** - 1st, Holderby, 10:51.7, (80-81-83-81 [5:25];  
80-83-83-80 [5:26]); 2nd, Harston, 11:13.1 (85-87-85-87 [5:44],  
84-85-86-75 [5:29]); 3rd, Romersberger, 11:13.9 (85-87-85-87  
[5:44], 84-85-86-75 [5:30]);  
4th, Rigsby, 11:27.6, (85-87-85-87 [5:44], 85-85-87-86 [5:43]);  
5th, Graham, 11:42.7, (90-95-93-93 [6:05], 87-96-88-76 [5:37]);  
6th, Cooper, 11:51.3, (90-95-93-90 [6:08], 88-88-87-80 [5:41]);  
7th Nowark, 11:52, (90-95-93-90 [6:08], 88-91-86-79 [5:44]);  
Kibler, DNF (90-96-98-95 [6:13]; x-x-x-x)

**110 High Hurdles** - 1st, Ringger, 22.4; 2nd, Kent, 22.9.

**300 IM Hurdles** -3rd, Ringger, 55.1; 4th, Kent, 58.7.

**High Jump** - 1st, Neal, 1.73m [5-8]

**Long Jump** - 3rd, Palmer, 5.11m [16-9.2];  
4th, Z. Witzig, 4.82m [15-9.8].

**Triple Jump** - 1st, Z. Witzig, 10.17 [33-4.4]

**Pole Vault** - not held.

**Shot Put** - 2nd, Allen, 11.46m [37-7];  
3rd, Shaffer, 10.13m [33-3]; 7th, Melick, 8.46m [27-9];  
8th, Mool, 8.23m [27-0] (PR); 13th, McKey, 5.89m [19-4] (PR)

**Discus** - 2nd, Allen, 32.00m [104-11.8] (PR);  
8th, Mool, 22.15m [72-8] (PR); 10th, Shaffer, 21.07m [69-1.5]  
11th, Palmer, 18.72m [61-5]; 13th, McKee, 10.31 [33-10]

**4 x 100 Relay** - 1st, (Neal 12.1, Krugger 12.3, Staton 12.5,  
Z. Witzig 12.6), 49.5.

**4 x 200 Relay** - 2nd, (Hepp 24.4, Melick 27.8, Staton 25.6,  
Krugger 28.4), 1:46.2.

**4 x 400 Relay** - 2nd, (Holderby 58.6, D. Witzig 62.7, Graham  
57.1, Greene 60.2), 4:01.4; 3rd, (Harston 57.9, Rigsby 59.8,  
Kent, 66.5, Ringger 66.1), 4:10.3.

**4 x 800 Relay** - none.