

Lennox Invite- 4/18/19

The bus leaves at 2:30 p.m. from out back of Roosevelt. Please make sure that you are here by 2:15 with us not having school. Many of you may only be competing in one event. The coaches have tried to spread it out so that we can get as many people an event as possible. For a lot of you, this will be your first meet. Please ask your coaches for help if you need it with getting to the right spot. Coach Shade will be in charge of batons. #trusttheprocess

Field Event	
4:00 pm Girls Shot Put	Armstrong, Makobe, Aberson, Dzwonek,
4:00 pm Girls High Jump	Carpenter
4:00 pm Boys Discus	Verlarde, Dwyer, Dahmen S. Kohls
4:00 pm Boys Long Jump	Dixon, Valland, Amir Mohammed, C. Amankwaa
4:00 pm Girls Long Jump	A. Halvorsen, A. Peters, A. Carpenter, T. Raymond
Girls Triple Jump will follow Girls LJ	A. Halvorsen, A. Peters
Boys Triple Jump will follow Boys LJ	C, Amankwaa, D. Joseph, N. Dixon, Goehring
5:30 pm Girls Discus	Armstrong, Makobe, Aberson, Dzwonek,
5:30 pm Boys Shot Put	Verlarde, Dwyer, Dahmen S. Kohls
5:30 pm Boys High Jump	Nave, Goehring, Jordan, Alpers
Running Events	4:30 PM start - rolling time schedule -
4 x 800 Relay Girls Heat/Boys Heat	Eckert, Niyonshuti, Shaw, Illiev
Girls 100m Hurdles	Quiznos, Samo, Y. Marquez, Eichmann
Boys 110m Hurdles	Landsem, E. Marquez, Arop, Stone
Girls 100m Dash	Bush, Fields, Gaye, Gaston
Boys 100m Dash	Heezen, Kottman, Lohnes, Wulff
Girls 4 x 200m Relay	No Entry
Boys 4 x 200m Relay	Jordan, Dixon, Kieso, Mahammad
Girls 1600m Run	Watkins, Meissner, Schaefer, Kovalenko
Boys 1600m Run	S. Johnson, J. Keiser, Shaw, Illiev
Girls 4 x 100m Relay	Drager, Raymond, Nielson, Schuring
Boys 4 x 100m Relay	Ad. Kusler, M. Miller, Aa. Kusler, Nave
Girls 400m Dash	Dooley, Breidenbach, Edquist
Boys 400m Dash	Bauer, Amidu, Jensen, Munce
Girls 300m Hurdles	Quiznos, Y. Marquez, Samo, Eichmann
Boys 300m Hurdles	Landsem, E. Marquez, Arop, Stone
Girls Sprint Medley	Nielson, Drager, Ellwein, Martinez
Boys Sprint Medley	Prince, Trautmann, Eckert, Brown,
Girls 800m Run	Watkins, Folsom, Smith, Dooley
Boys 800m Run	Knudson, Kuenzi, Bauers, Goley
Girls 200m Dash	Bush, Gaston, Gaye, Johnson
Boys 200m Dash	Chaudhari, S. Miller, Schroeder, Yol
Girls 3200m Run	
Boys 3200m Run	
Girls 4 x 400 Relay	Waktins, Folsom, Schuring, Raymond Alt. Smith
Boys 4 x 400 Relay	Goehring, Ramazani, C. Johnson, Knudson
Throwers Relay (4 x 100) Co-ed 2 G, 2 B	