

Metro Conference Meet- 4/26/19

Everyone is dismissed at 1 p.m. on Friday. If you choose to stay in school longer, that is fine, just make sure you are at Howard Wood an hour before your first event. Because the meet is at Howard Wood, you are in charge of your own transportation. This is the first championship meet of our season. Top 5 score in individual events and top 4 relays. Every point counts. Put your team first and individual success will come. #trusttheprocess

Field Event	Athlete(s) - 4 per event
2:30 pm Girls High Jump	Immecker, Denevan
3:00 pm Girls Discus	Tuschen, Greer, Denevan, Aberson
3:00 pm Boys Shot Put	Dwyer, B. Kohls, Amato, Batt
3:00 pm Boys Long Jump	Karpen, Am. Mohammed, Paulsen, Asmerom Muhammed
3:00 pm Girls Triple Jump	Immecker, Pancich, S. Fields, Blogg
3:00 pm Girls and Boys Pole Vault at the same time	Girls: Kelley, Burdick, Mueller, Tycz Boys: Moon, Clark, Z. Link
Boys High Jump to follow girls	Borchers, Gilo, Niyonshuti, P. Johnson
Boys Discus to follow girls	Batt, B. Kohls, Amato, Dwyer
Girls Shot Put to follow boys	Greer, Tuschen, Denevan, Aberson
Girls Long Jump to follow boys	Immecker, T. Raymond, Pancich, Blogg
Boys Triple Jump to follow girls	Karpen, Borchers, Moon, K. Ramazani
Running Events	Athlete(s) - 4 per event
4:00 pm Girls 4 x 800 Relay	Geurts, Espino, D. Howard, Weigelt Alt. Folsom
4:15 pm Boys 4 x 800 Relay	Dannenbring, Jaimes, Ferri, Reese
4:30 pm Girls 100m Hurdles	Hemenway, Krause, Bilal, Quiznos
4:40 pm Boys 110m Hurdles	Zwiefel, Stone, Howell, Landsem
4:50 pm Girls 100m Dash	Kelley, Blogg, Gall, Gaston
4:55 pm Boys 100m Dash	Ad. Kusler, VanderVelde, M. Miller, Hughes
5:05 pm Girls 4 x 200 Relay	Schuring, Raymond, Nielson, Drager
5:10 pm Boys 4 x 200 Relay	Aa. Kusler, Mix, Kieso, C. Roggenbuck
5:15 pm Girls 1600m Run	Weiland, Kovalenko, M.Howard
5:25 pm Boys 1600m Run	Stanton, Reeser, Shaw, J.Johnson
5:30 pm Girls 4 x 100 Relay	Kelley, Nelson, Roggenbuck, Gall
5:35 pm Boys 4 x 100 Relay	Ad. Kusler, Hughes, M. Miller, VanderVelde
5:45 pm Girls 400m Dash	Espino, Thorstenson, Smith, Ellwein
5:50 pm Boys 400m Dash	Boll, Amidu, Goehring, Ramazani
6:00 pm Girls 300m Hurdles	Krause, Giblin, Quiznos, Bilal
6:05 pm Boys 300m Hurdles	Zwiefel, Fleming, Stone, Howell
6:15 pm Girls Medley Relay	Roggenbuck, Nelson, Schuring, Weigelt
6:20 pm Boys Medley Relay	Hughes, VanderVelde, Roggenbuck, Jaimes
6:30 pm Girls 800m Run	Geurts, Folsom
6:40 pm Boys 800m Run	Dannenbring, Jaimes, Ferri, Reese
6:50 pm Girls 200m Dash	Gall, Raymond, Nielson, Kelley
6:55 pm Boys 200m Dash	Aa. Kusler, Kieso, Jordan, Mix
7:05 pm Girls 3200m Run	Weiland, D. Howard, M. Howard
7:20 pm Boys 3200m Run	Stanton, Ferri, Reese, Woolridge
7:35 pm Girls 4 x 400m Relay	Espino, Geurts, Roggenbuck, Nelson
7:40 pm Boys 4 x 400m Relay	Boll, Roggenbuck, Fleming, Dannenbring

Times are approximate