

# RHS vs. WHS- 4/23 4:00 p.m.

You will be dismissed at 2:30 from school. Camp will be set up in the southwest corner of our track. We will be short on workers and will need everyone to pitch in. If you are not competing at that time, jump in and help. Make the most of getting and extra opportunity to compete. #trusttheprocess

Field Event	Unlimited Entries- 4 Jumps/Throws, no Finals
4:00 pm Girls High Jump	Immecker, Hayes, Carpenter, Denevan
4:00 pm Girls Shot Put	Greer, Dicus, Devevan, Tuschen, Armstrong, Aberson, Dzwonek
4:00 pm Boys Discus	Amato, B. Kohls, S. Kohls, Dahmen, Dwyer, Velarde, Pryzbilla, Hoeke, Rathsachack, Batt, Camp, Sanchez, Skramstad, Ferguson, Alpers
4:00 pm Boys Long Jump	B. Bjornsen, M. Alic, A. Mohammed, A. Valland, Am. Muhammed, C. Amankwaa, N. Dixon, D. Joeseeph, Goehring, M. Miller, Halvosen, B. Miles
4:00 pm Boys and Girls Pole Vault Together	Girls: Kelley, Burdick, Mueller, Tycz, Carpenter, G. Jensen Boys: Moon, Clark, Dorris, Z. Link, K. Duffy
Girls Long Jump to follow Boys	A. Halvorsen, A. Peters, A. Carpenter, T. Raymond, S. Fields
Boys Shot Put to follow Girls	Amato, B. Kohls, S. Kohls, Dahmen, Dwyer, Velarde, Pryzbilla, Hoeke, Rathsachack, Batt, Camp, Sanchez, Skramstad, Ferguson, Alpers, Hagi
Girls Discus to follow Boys	Greer, Dicus, Devevan, Tuschen, Armstrong, Aberson, Dzwonek
Boys Triple Jump to follow Girls Long Jump	Goehring, D. Joeseeph, C. Amankwaa, Borchers, Karpen
Boys High Jump to follow Girls	Paulson, P. Johnson, Niyonshuti, Potas, Geohring, Borchers, Nave, Jordan, Joseph, Gilo, Ibrahim, Alpers
Girls Triple Jump to follow Boys Triple Jump	M. Pancich, Immecker, Fields
Running Events	4:00 PM start - rolling time schedule - Unlimited Individual Entries, 4 relays Per School
4 x 800 Relay Together	D. Howard, Thorstenson, Kovalenko, M. Howard      Woolridge, Kuenzi, Shaw, S. Johnson Golay, Brown, Illiev, Keiser
Girls 100m Hurdles	Hemenway, Krause, Quiznos, A. Madison, B. Madison, Eichmann, Samo, Y. Marquez, Pham, Bilal
Boys 110m Hurdles	Howell, Stone, Landsem, BlueHorse, E. Marquez, Arop, SmithMendez, MendezGarcia, Patel, Yol
Girls 100m Dash	Blogg, Drager, Dzwonek, Fields, Gaston, Gaye, E. Johnson, Tycz
Boys 100m Dash	Alic, Bettencourt, Chaudhari, Fleming, Hagi, Heezen, Hughes, Jensen, Joseph, Karpen, C. Kieser, Kottman, Aa. Kusler, Ad. Kusler, Lohnes, M. Miller, S. Miller, Mix, Muhammad, Munce, Potas, Prince, Ramazani, Reid, Schroeder, D. Stone, Trautmann, Valland, VanderVelde, Wulff, Yol
Girls 4 x 200m Relay	Kelley, Roggenbuck, Nelson, Gall      Schuring, Raymond, Nielson, Hayes
Boys 4 x 200m Relay	Jordan, Dixon, Kieso, Mahammad
Girls 1600m Run	Meissner, Paasch, Kuhl, Schaefer
Boys 1600m Run	Reeser, J. Johnson, Stanton,
Girls 4 x 100m Relay	Kelley, Nelson, Roggenbuck, Gall
Boys 4 x 100m Relay	Ad. Kusler, Hughes, Nave, VanderVelde      Aa. Kusler, M. Miller, Mahammad, Lohnes
Girls 400m Dash	Thorstenson, Weigelt, Espino, Smith, Folsom,
Boys 400m Dash	Dannenbring, Jaimes, Roggenbuck, Knudson, C. Johnson, Eckert, Amidu, Goehring, Mix
Girls 300m Hurdles	Hemenway, Krause, Quiznos, A. Madison, B. Madison, Eichmann, Samo, Y. Marquez, Pham, Giblin, Bilal
Boys 300m Hurdles	Fleming, Howell, Stone, Landsem, BlueHorse, E. Marquez, Arop, SmithMendez, MendezGarcia, Patel, Yol
Girls 800m Run	M. Howard, Kovalenko, Weiland, Breidenbach, Ellwein, Dooley, Equist, Meissner, Paasch, Kuhl, Schaefer,
Boys 800m Run	J. Johnson, Woolridge, S. Johnson, Gilo, Ibrahim, Keiser, Ferri, Golay
Girls 200m Dash	Blogg, Drager, Fields, Gaston, Gaye, E. Johnson, Nielson, Pancich, Peters, Tycz
Boys 200m Dash	Roggenbuck, Dannenbring, Jaimes, Amankwaa, Bettencourt, Bjornson, Chaudhari, Dixon, Hagi, Heezen, Hughes, Jensen, P. Johnson, Jordan, C. Keiser, Kieso, Kottman, Marquez, MendezGarcia, S. Miller, Moon, Munce, Patel, Paulson, Potas, Prince, Reid, Schroeder, Skramstad, SmithMendez, Stone, Trautmann, Valland, VanderVelde, Wulff, Yol
3200m Run Together	Shaw, Illiev, Reeser, Stanton, Brown, Kuenzi, Geurts, Watkins, D. Howard, Weiland
Girls 4 x 400 Relay	Espino, Giblin, Schuring, Folsom      Raymond, Weigelt, Thorstenson, Smith
Boys 4 x 400 Relay	Amidu, Ramazani, Gilo, Ibrahim      C. Johnson, Eckert, Knudson, Reese Ferri, Golay, Brown, Kuenzi      Fleming, Zwiefel, Howell, Stone
Coed Throwers 400 Relay (2 g, 2 b)	