

Little Hawkeye Conference		5/4/2015							
Event	Athlete	Mark/Time	Event	Athlete	Mark/Time	Team Standings			
<b>THROWING EVENTS START AT 4:30</b>			110M Hurdles	Jon L.	20.94 (12th)	Pella	192.5		
SHOT PUT	Tyler D.	37-02.00 (10th)					Oskaloosa	122	
	Connor D.	34-00.00 (12th)				DC-Grimes	108.5		
DISCUS	Cole M.	92-07 (13th)	1600M Run	Grant D.	11:04.03 (9th)	Norwalk	99		
	Blake W.	93-02 (12th)		Jacob L.	11:35.48 (10th)	Grinnell	80		
LONG JUMP	Jon L.	18-00.50 (6th)	200M Dash	Ryan V.	26.19 (13th)	Newton	67.5		
	Jackson S.	16-11.50 (8th)		Joel L.	25.08 (9th)	Pella Christian	22.5		
HIGH JUMP	NO ENTRY		400M Hurdles	Ryan S.	1:08.98 (11th)				
				Ben D.	1:10.70 (12th)				
<b>RUNNING EVENTS START AT 4:45</b>			Distance Medley						
4x800M Relay	NO ENTRY			200M - Colin S.					
				200M - Ryan V.					
				400M - Noah V.					
			800M - Max S.		4:16.63 (6th)				
3200M Run	Grant D.	11:04.03 (9th)	800M Run	Jacob L.	2:16.86 (8th)				
	Jacob L.	11:35.48 (10th)							
Shuttle Hurdle	NO ENTRY		4x100M Relay	Tyler D.					
				Joel L.					
		Colin S.							
		Jon L.							

						<b>48.04 (6th)</b>			
<b>100M Dash</b>	Ryan V.	<b>12.58 (12th)</b>	<b>4x400M Relay</b>	Jackson S.	<b>57.94</b>				
	Colin S.	<b>12.79 (14th)</b>		Alex V.	<b>58.4</b>				
				Noah V.	<b>59.64</b>				
				Max S.	<b>57.76</b>				
					<b>3:54.32 (5th)</b>				
<b>400M Dash</b>	Noah V.	<b>58.44 (11th)</b>							
	Max S.	<b>54.70 (6th)</b>							
			<b>3) Know when and where to get checked in. Be early!</b>						
			<b>4) Support each other. Hold blocks and encourage</b>						
			<b>5) Improve! Today's goal is to get better as a tea</b>						
<b>4 x 200M Relay</b>	Tyler D.	<b>26.01</b>							
	Joel L.	<b>24.93</b>							
	Jackson S.	<b>24.25</b>							
	Jon L.	<b>23.85</b>							
		<b>1:39.86 (6th)</b>							