

Meet:	LHC @ Dallas Center-Grimes								Team Standings		
Date:	Tuesday, May, 3								Pella	190	
								DCG	137.5		
Long Jump		Distance Medley Relay				400M Hurdles				Oskaloosa	103
Taryn Hugen	14-00.25	Metsje Miller	30.45	NO ENTRY				Grinnell	93		
Abby Te Grotenhuis	11-03.50	Taryn Hugen	28.42					Newton	83		
				Lizzy Van Manen	67.63	Sprint Medley Relay				Norwalk	70
High Jump		Alexis De Vries	3:00.56	Kathryn Van Tuyl	13.50					Pella Christian	48.5
Morgan Fopma	4-10 (T-5th)	5:06.50 (7th)		Mary Kate Bandstra	12.36						
				400M							
Shot Put		Amie Van Vark	1:19.69	Sarah Meyer	28.86						
Jamie Leavens	20-10.50	Lindsay Breon	1:07.43	Morgan Fopma	67.56						
Brianna Jansen	19-06					1500M					
				4x200M Relay							
Discus		Kathryn Van Tuyl	28.70	Josie Te Grotenhuis	6:30.59						
Lizzy Van Manen	121-10 (1st)	Evie Armstrong	27.69	Cara Theune	6:21.07						
Brianna Jansen	64-08	Mary Kate Bandstra	27.84	4x100M Relay							
				Sarah Meyer	28.89	Kathryn Van Tuyl	13.13				
3000M						Sarah Meyer	12.82				
NO ENTRY		100M Hurdles				Mary Kate Bandstra	12.42				
				NO ENTRY				Evie Armstrong	13.63		
4X800M Relay						4x400m Relay					
NO ENTRY		800M				Morgan Fopma	1:08.22				
				Cara Theune	2:57.13	Lindsay Breon	1:06.47				
Shuttle Hurdle Relay		Alexis De Vries	2:47.67	Lizzy Van Manen	1:08.81						
NO ENTRY						Taryn Hugen	1:15.65				
				200M							
100M		Metsje Miller	29.26								
Sarah Meyer	13.63 (6th)	Mary Kate Bandstra	27.99 (6th)								
Evie Armstrong	13.22 (4th)										