



2019 St. Louis Park Invite (Girls)



| <u>4 X 800 Relay</u> | | <u>4 X 100 Relay</u> | | <u>3200 Run</u> | | <u>Long Jump</u> | |
|----------------------|-------------------|----------------------|-------------------|-----------------------|-------------------|---|---------------------|
| 1 | Goligowski 2:59.3 | Morris | 15.0 | None | | Miller | 14-0 |
| 2 | Osmond 2:54.6 | Young | 15.3 | - | | Bravo | 12-8 |
| 3 | Lammi 2:56.6 | Imholte | 14.6 | - | | 8th Caldwell | 14-7 |
| 4 | Hockemeyer 3:04.9 | Sawyer | 14.0 | | | | |
| 5th 11:55 | | 7th 58.49 | | <u>4x400 M. Relay</u> | | <u>High Jump</u> | |
| <u>100 Hurdles</u> | | <u>400 Dash</u> | | 1 | Ellingson 62.9 | Matthews | DNJ |
| 8th | Semakula 18.79 | 6th | Cooper 66.1 | 2 | Casey 70.2 | 6th | Casey 4-6 |
| | Creighton 20.91 | | Alexander 82.10 | 3 | Natere 73.4 | | Caldwell 4-2 |
| | Sirleaf 20.66 | | Morris 77.54 | 4 | Letnes 64.8 | | |
| | | | | 5th 4:31.2 | | <u>Pole Vault</u> | |
| <u>100 Dash</u> | | <u>300 Hurdles</u> | | <u>Shot Put</u> | | 3rd | McNeil 7-6 |
| | Young 14.38 | | Semakula 61.76 | 1st | Waldemar 36-3 | | Lawrence 5-0 |
| | Kimlinger 15.74 | | Sirleaf 64.52 | | France 27-9 | 7th | Bravo 6-6 |
| | To DNR | | Jideofor 65.09 | 6th | Hayes 30-7 | | |
| | | | | | | <u>Team Scores</u> | |
| <u>4 X 200 Relay</u> | | <u>800 Run</u> | | <u>Discus</u> | | 1 | Blom. Jefferson 143 |
| 1 | Cooper 28.0 | | Hockemeyer 3:04.1 | 1st | Waldemar 132-5 | 2 | St. Louis Park 115 |
| 2 | Natere 30.8 | | Lammi 2:57.1 | | France 91-10 | 3 | Mpls. Washburn 89 |
| 3 | Semakula 28.4 | | Osmond 2:54.6 | | Hayes 96-2 | 4 | Blom. Kennedy 65 |
| 4 | Casey 28.1 | | | | | 5 | Irondale 47 |
| 3rd 1:55.5 | | <u>200 M. Dash</u> | | <u>Triple Jump</u> | | 5 | Mpls. South 47 |
| <u>1600 Run</u> | | | Alexander 33.07 | | Miller 28'10 | 7 | Washington Tech 33 |
| | Townsend 6:34.7 | | Tran 32.72 | 2nd | Hammitt-Kess 30'8 | 8 | Como Park 17 |
| | Stolen 7:26.1 | | Paredes DNR | | Rodefeld 25'10 | | |
| | Bierbach 6:55.7 | | | | |  | |