

DCG INVITE

March 30, 2024 | Dallas Center Grimes High School - 2555 W 1 st Street Grimes, IA 50111

Bus: No bus, please be at the meet 1 ½ hours before your event (unless first event then 1 hour)

Field Events: 11:15 am **Running Events:** 12:00 pm

[Results Link](#)

FIELD EVENTS				
SHOT PUT (4) 11:15	Kenzie Dean	Alma Drazi	Brooklyn Anderson	Grace Schuler
DISCUS (4) After boys	Kenzie Dean	Bella Benson	Izzy Crouch	Bailey Schreiner
HIGH JUMP (3) 11:15	Alex Gaskell	Veronica Eure	Ava Groeteke	-
LONG JUMP (4) After boys	Kate Nelson	Adalyn Jones	Georgia Leman	Olivia Meredith
TRACK EVENTS				
SPRINT MEDLEY 12:00	Ruby Leman	Shea Johnson	Emily Heitzman	Lauren McCoy
3000 METER RUN 12:15	Liv Hall	Avery Muller		
4x800 RELAY 12:45	Molly O'Halloran	Sadie Reinhardt	Cora Volp	Elise Huegerich
SHUTTLE *Boys 1st HURDLE 1:20				
100 METER DASH 1:30	Emily Heitzman	Ellie Mead		
DISTANCE MEDLEY 1:45	Sinead Oneill	Lilah Murphy	Anna Pandullo	Ava Van Ee
400 METER DASH 2:05	Ashley Gonyo	Lauren McCoy		
4x200 RELAY 2:25	Ellie Mead	Olivia Meredith	Adalyn Jones	Jersey Messerschmidt
100M HURDLES 2:40	Franny Brooks	Alex Gaskell		
800 METER RUN 3:00	Elise Huegerich	Molly O'Halloran		
200 METER DASH 3:20	Shea Johnson	Marion Boot		
SENIOR Recognition				

400M HURDLES 3:45	Katherine Banker	Veronica Eure		
1500 METER RUN 4:00	Elizabeth Marsh	Sophia Pollard		
4x100 RELAY 4:20	Kate Nelson	Emily Heitzman	Shea Johnson	Ellie Mead
4x400 RELAY 4:30	Olivia Meredith	Elise Huegerich	Katherine Banker	Matilda Vizcarra

