

## Results – 2010 Ames High School “Hi Covey” Track Meet

**TEAM STANDINGS** - 1. Ankeny 153; 2. Cedar Falls 152; 3. Ames 89; 4. Marshalltown 77; **5. Waterloo West 69**; 6. Des Moines East 16.

**SHOT PUT** - 1. Dom Howard (Ames) 54 feet, 1 3/4 inches; 2. Chris LaMar (Ames) 51-0 1/2; 3. Jake Dix (CF) 46-5 1/4.

**HIGH JUMP** - **1. Josh Diehm (WW) 6-2**; 2. Barkley Hill (CF) 6-0; 3. Nick Clark (CF) 5-6.

**DISCUS** - 1. Dom Howard (Ames) 176-1 1/2; 2. C. LaMar (Ames) 138-9; 3. Austin Cappaert (Ankeny) 135-5.

**3,200** - 1. Ryne Murphy (Ankeny) 9 minutes, 47.29; 3. Learie Jones (DME) 10:3.26.

**4x800 RELAY** - 1. Marshalltown 8:08.50; 2. Ankeny 8:18.97; 3. Cedar Falls 8:23.56.

**100** - 1. James Harrington (CF) :11.08; **2. Isiah Cook (WW) 11.73**; 3. Hill (CF) 11.88.

**400** - 1. Carter Brandt (Ankeny) :51.15; 2. Marshall Hill (CF) 51.33; 3. Greg Raney (Ankeny) 51.92.

**4x200 RELAY** - 1. Cedar Falls 1:30.61; 2. Marshalltown 1:33.58; 3. Ankeny 1:33.92.

**1,600** - 1. Tanner Reyhons (CF) 4:40.75; 2. Andrew Halloran (CF) 4:42.20; 3. Ryan Kloberdanz (Ankeny) 4:43.46.

**110 HURDLES** - 1. Travis Marsh (Ankeny) :15.11; 2. Tony Rush (Ames) 15.46; 3. Austin Javallena (CF) 15.53.

**200** - 1. J. Harrington (CF) :22.74; 2. C. Brandt (Ankeny) 23.25; **3. I. Cook (WW) 23.32**.

**400 HURDLES** - 1. T. Marsh (Ankeny) :53.65; 2. T. Rush (Ames) 57.32; 3. G. Raney (Ankeny) 57.37.

**1,600 SPRINT MEDLEY** - 1. Cedar Falls 3:45.10; 2. Ankeny 3:50.39; **3. Waterloo West 3:52.70**.

**800** - 1. Jim James (Marshalltown) 2:02.75; 2. Calvin Kibby (Ankeny) 2:03.42; 3. Jacob Taylor (CF) 2:03.88.

**4x100 RELAY** - 1. Ankeny :44.76; Cedar Falls 44.81; 3. Marshalltown 45.43.

**4x400 RELAY** - 1. Ankeny 3:25.80; 2. Marshalltown 3:27.43; **3. Waterloo West 3:30.65**.