

Cougar Invite

UNOFFICIAL RESULTS

📅 Tuesday, April 11, 2017 📍 Lyons-Decatur NE, Lyons

Howells-Dodge - Team Info



Mens Results

100 Meters Varsity - Finals

5th	9 Luke Rocheford	11.9h PR	Howells-Dodge
	10 Kade Hegemann	12.9h	Howells-Dodge
	10 Caden Jackson	12.9h	Howells-Dodge

200 Meters Varsity - Finals

	11 Jon Yosten	26.1h PR	Howells-Dodge
	10 Caden Jackson	26.8h	Howells-Dodge
	9 Darrin Pokorny	27.1h	Howells-Dodge

400 Meters Varsity - Finals

	10 Josh Brester	59.9h	Howells-Dodge
	10 Mitch Yosten	61.3h PR	Howells-Dodge
	9 Charlie Dvorak	64.4h PR	Howells-Dodge

400 Meters - Relay Split Varsity - Finals

	10 Kade Hegemann	60.5h	Howells-Dodge
	10 Mitch Yosten	60.9h SR	Howells-Dodge
	10 Josh Brester	61.2h	Howells-Dodge
	10 Matt Cada	62.4h	Howells-Dodge

800 Meters Varsity - Finals

	11 Dax VanLengen	2:29h	Howells-Dodge
	9 Charlie Dvorak	2:33.9h PR	Howells-Dodge
	9 Tony Coleman	3:05.0h	Howells-Dodge

800 Meters - Relay Split Varsity - Finals

	10 Josh Brester	2:19.5h	Howells-Dodge
	10 Matt Cada	2:19.5h PR	Howells-Dodge
	11 Dax VanLengen	2:20h SR	Howells-Dodge
	9 Austin Steffensmeier	2:27.2h PR	Howells-Dodge

1600 Meters Varsity - Finals

6th	11 Dax VanLengen	5:21.7h	Howells-Dodge
	9 Austin Steffensmeier	5:41.4h PR	Howells-Dodge

110m Hurdles - 39" Varsity - Finals

6th	9 Darrin Pokorny	19.4h PR	Howells-Dodge
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300m Hurdles - 36" Varsity - Finals

7th	10 Matt Cada	48.3h	Howells-Dodge
	9 Darrin Pokorny	50.0h	Howells-Dodge

4x100 Relay Varsity - Finals

3rd	Jon Yosten Matt Cada Luke Rocheford Caden Jackson	49.7h	Howells-Dodge
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4x400 Relay Varsity - Finals

6th	Kade Hegemann Mitch Yosten Josh Brester Matt Cada	4:04.8h	Howells-Dodge
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4x800 Relay Varsity - Finals

Womens Results

100 Meters Varsity - Finals

2nd	12 Elizabeth Sindelar	12.9h SR	Howells-Dodge
7th	12 Kalli Brester	13.6h SR	Howells-Dodge
	10 McKenna Klosen	13.8h SR	Howells-Dodge

200 Meters Varsity - Finals

1st	12 Elizabeth Sindelar	27.2h SR	Howells-Dodge
	10 McKenna Klosen	30.1h	Howells-Dodge
	9 Grace Kreikemeier	32.8h	Howells-Dodge

400 Meters Varsity - Finals

2nd	12 Sam Brester	63.3h SR	Howells-Dodge
	10 Jessi Brester	68.0h PR	Howells-Dodge
	10 McKenna Klosen	69.4h SR	Howells-Dodge

400 Meters - Relay Split Varsity - Finals

	12 Tessa Brester	64.6h	Howells-Dodge
	11 Macey Kulhanek	64.9h PR	Howells-Dodge
	12 Sam Brester	65.5h	Howells-Dodge
	12 Kalli Brester	66.3h	Howells-Dodge

800 Meters Varsity - Finals

	12 Haley Eikmeier	2:44.7h SR	Howells-Dodge
	10 Jessi Brester	2:48.7h	Howells-Dodge
	9 Taya VanLengen	2:54.1h PR	Howells-Dodge

800 Meters - Relay Split Varsity - Finals

	12 Sam Brester	2:32.5h SR	Howells-Dodge
	12 Tessa Brester	2:35.7h SR	Howells-Dodge
	12 Haley Eikmeier	2:40.7h SR	Howells-Dodge
	10 Jessi Brester	2:46.0h	Howells-Dodge

1600 Meters Varsity - Finals

5th	9 Taya VanLengen	6:36.9h PR	Howells-Dodge
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300m Hurdles - 30" Varsity - Finals

4th	11 Macey Kulhanek	51.9h PR	Howells-Dodge
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4x100 Relay Varsity - Finals

3rd	Kalli Brester Macey Kulhanek Tessa Brester Elizabeth Sindelar	54.0h	Howells-Dodge
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4x400 Relay Varsity - Finals

1st	Macey Kulhanek Kalli Brester Tessa Brester Sam Brester	4:21.3h	Howells-Dodge
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4x800 Relay Varsity - Finals

1st	Haley Eikmeier Jessi Brester Tessa Brester Sam Brester	10:34.8h	Howells-Dodge
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Shot Put - 4kg Varsity - Finals

	9 Madyson Cech	27'4 PR	Howells-Dodge
	11 Lindsey Pickhinke	26'10	Howells-Dodge

6th Dax VanLengen 9:26.3h Howells-Dodge
Josh Brester
Austin Steffensmeier
Matt Cada

Shot Put - 12lb Varsity - Finals

5th 12 Marcus Love 43'2 PR Howells-Dodge
9 Kyle Pickhinke 31'4 Howells-Dodge

Discus - 1.6kg Varsity - Finals

2nd 12 Marcus Love 126'11 Howells-Dodge
10 Mitch Yosten 98'1 Howells-Dodge
9 Kyle Pickhinke 79'6 Howells-Dodge

High Jump Varsity - Finals

5th 10 Caden Jackson 5'4 Howells-Dodge
6th 10 Josh Brester 5'4 PR Howells-Dodge

Long Jump Varsity - Finals

6th 10 Kade Hegemann 18'1 Howells-Dodge
11 Jon Yosten 17'0 Howells-Dodge
9 Luke Rocheford 16'8 Howells-Dodge

Triple Jump Varsity - Finals

3rd 9 Luke Rocheford 37'8.5 PR Howells-Dodge
4th 10 Kade Hegemann 37'0.25 Howells-Dodge
8th 11 Jon Yosten 35'8 Howells-Dodge

10 Chloe Pieper 21'2.5 PR Howells-Dodge

Discus - 1kg Varsity - Finals

8th 9 Madyson Cech 86'1 PR Howells-Dodge
9 Alyssa Coufal 78'6 PR Howells-Dodge
10 Erin Prusa 60 Howells-Dodge

High Jump Varsity - Finals

3rd 12 Tessa Brester 4'8 Howells-Dodge
9 Grace Kreikemeier 4'0 Howells-Dodge

Long Jump Varsity - Finals

11 Macey Kulhanek 13'6 Howells-Dodge
9 Grace Kreikemeier 12'3 PR Howells-Dodge