Entries for Indoor city Friday 03-23-14

Proviso West High School 4701 Harrison St, Hillside, IL 60162 ***Be at School at 11:30am Bus Leaves at 12:00pm***

Track is 200m (spikes are allowed ☺)

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| Girls(seed)  | Event | Boys (seed) |
| NONE | High Jump | NONE |
| Ode | Shot Put | Robert |
| Kaniah | Long Jump |  Perez |
| Lashonda | Triple Jump | Effony |
| Rebecca, Khong, Eunice, NanoAlt: Camkoo, Aly, Yarely | 4x800m Relay(4 laps each) | Dontel, Oneal, BK, Claudio |
| Kaniah, Jessica, Jasmine, Ebani, LaShonda, Du, Sophia  | 4x200m relay(1 lap each) | Cedric,Perez, Effony, An, Napoleon, Mamadou, David, Carter |
| Yarely | 3200m run(16 laps) | Zade |
|  Du | 55m Hurdles | Carter |
| Alisha  | 55m dash  | Cedric |
| Khong | 800m (4 laps)  | Deivi |
| Du | 400 M Dash(2 laps) | Isaac |
| Yarely | 1600 M Run(8 laps)  | Zade |
| Sophia  | 200 M Dash(1 lap) | Cedric |
| Jessica, Jasmine, Lashonda, Du, Kaniah, Khong, Nano | 4x400 Relay (2 laps each) |  Carter, Deivi, Perez, Oneal, Isaac, Dontel, Claudio, BK |
| Everyone Else | Not Competing | Everyone Else |