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, Nano  Alt: 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 |