

2009 Northwest Lions Girls Track & Field Fox Invitational on 4/3/2009



Weather: Sunny, 55°-down to 45° at night

Score **Place** **# Teams** **Awards** **Notes**

Varsity	99	2nd	8	Trophy	Oak-112, NW-89, Seck-78, Hill-70, Urs-54, Ner-53, Mel-45, Fox-33 Oak-124, NW-90, Mel-61, Seck-59, Urs-58, Hill-55, Ner-35, Fox-30
Jr Varsity	90	2nd	8		
Freshmen					
Fresh/Soph					
Open					

Division: Varsity

Event	Name	Div.	Results	Points	Place	PR	Notes	Splits
4x800 Meter Relay			11:21.90	6	3rd			
	Kayla Antonelli	V	2:43.40	1.5	3rd		Medal	
	Leticia Goss	V	2:48.10	1.5	3rd	PR	Medal	
	Blanca Kliethermes	V	2:53.70	1.5	3rd		Medal	
	Jamileh Abdal-Kader	V	2:56.70	1.5	3RD	PR	Medal	
100 Meter Hurdles				8				
	Katie Murphy	V	19.60	8	2nd	PR	Medal	
100 Meter Dash				6				
	Emily Weiss	V	13.31	6	3rd	PR	10th fastest all-time school history	
4x200 Meter Relay			1:55.86		DQ		DQ-3RD handoff late out of zone	
	Liz Buneta	V	24.82		DQ		Took handoff late out of zone	
	Jennifer Sturgeon	V	29.08		DQ	PR		
	Emily Weiss	V	29.77		DQ			
	Nicole Brueggemann	V	32.19		DQ	PR	Handed off late out of zone	
1600 Meter Run								
	Annie James	V	6:32.68		9th			
	Kayla Antonelli	V	6:33.62		10th			
4x100 Meter Relay			56.70	1	6th			
	Emily Weiss	V	13.62	.25	6th	PR	Ribbon	
	Nicole Brueggemann	V	13.65	.25	6th	PR	Ribbon	
	Jennifer Sturgeon	V	14.11	.25	6th	PR	Ribbon	
	Jamileh Abdal-Kader	V	15.32	.25	6th	PR	Ribbon	
400 Meter Dash				6				
	Liz Buneta	V	1:04.42	6	3rd	PR	6th Fastest all-time in school history	
300 Meter Hurdles				4				
	Leah Korn	V	54.84	4	4th		Ribbon	
800 Meter Run								
	Blanca Kliethermes	V	2:51.28		8th	PR		
	Jamileh Abdal-Kader	V	2:56.50		9th	PR		
200 Meter Dash				1				
	Nicole Brueggemann	V	28.98	1	6th	PR	Ribbon	
3200 Meter Run								
	Annie James	V	14:05.63		8th			
	Leticia Goss	V	14:07.57		9th	PR		
4x400 Meter Relay			4:34.63	4	4th			
	Liz Buneta	V	1:05.46	1	4th		Ribbon	
	Leah Korn	V	1:06.65	1	4th		Ribbon	
	Blanca Kliethermes	V	1:10.89	1	4th	PR	Ribbon	
	Kayla Antonelli	V	1:11.63	1	4th		Ribbon	
Shot Put				11				
	Tessa Knickman	V	35 Ft 5.75 in	10	1st	PR	3rd Farthest all-time school history	
	Hannah Yates	V	30 Ft 7.5 in	1	6th		Ribbon	
Discus Throw				6				
	Tessa Knickman	V	100 Ft 3 in	6	3rd	PR	Tied 9th all-time school history	
	Hannah Yates	V	72 Ft 0 in			PR		
Long Jump				8				
	Emily Weiss	V	15 Ft 0 in	8	2nd	PR	Medal	

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Event	Name	Div.	Results	Points	Place	PR	Notes	Splits
Triple Jump	Tessa Knickman	V	11 Ft 0 In			PR		
	18							
	Leah Korn	V	32 Ft 9.5 in	10	1st		Medal	
	Nicole Brueggemann	V	31 Ft .5 In	8	2nd		Medal	
High Jump	2							
	Leah Korn	V	4 Ft 6 in	2	5th-	PR	Ribbon	
	Katie Murphy	V	4 Ft 2 in					
Pole Vault	18							
	Jennifer Sturgeon	V	9 Ft 6 In	10	1st	PR	Medal	
	Rebecca Blass	V	7 Ft 6 in	8	2nd	PR	Medal	

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Division: Junior Varsity

Event	Name	Div.	Results	Points	Place	PR	Notes	Splits
4x800 Meter Relay			12:23.55	4	4th			
	Tess Kliethermes	JV	2:55.09	1	4th	PR	Ribbon	
	Christine Poth	JV	2:58.84	1	4th		Ribbon	
	Savannah Mullenex	JV	3:12.25	1	4th	PR	Ribbon	
	Maria Nguyen	JV	3:17.37	1	4th	PR	Ribbon	
100 Meter Hurdles				8				
	Kathryn Herrmann	JV	20.47	8	2nd		Medaled	
100 Meter Dash				1				
	Crystal Gittons	JV	14.50	1	6th	PR	Ribbon	
4x200 Meter Relay			2:07.03	1	6th			
	Emily Clark	JV	27.60	.25	6th	PR	Ribbon	
	Crystal Gittons	JV	32.32	.25	6th	PR	Ribbon	
	Kathryn Herrmann	JV	32.53	.25	6th		Ribbon	
	Jessalyn Hyatt	JV	34.58	.25	6th	PR	Ribbon	
1600 Meter Run				1				
	Savannah Mullenex	JV	6:57.09	1	6th	PR		
	Michelle Tran	JV	7:12.80			PR		
4x100 Meter Relay			1:00.40	1	6th			
	Jessalyn Hyatt	JV	13.94	.25	6th	PR	Ribbon	
	Kathryn Herrmann	JV	14.96	.25	6th		Ribbon	
	Samantha Long	JV	15.46	.25	6th		Ribbon	
	Crystal Gittons	JV	16.04	.25	6th	PR	Ribbon	
400 Meter Dash				2				
	Emily Clark	JV	1:10.44	2	5th	PR	Ribbon	
300 Meter Hurdles				6				
	Jessalyn Hyatt	JV	1:04.65	6	3rd	PR	Ribbon	
800 Meter Run				6				
	Christine Poth	JV	2:57.44	4	4th	PR	Ribbon	
	Tess Kliethermes	JV	2:57.69	2	5th	PR	Ribbon	
200 Meter Dash				2				
	Emily Clark	JV	31.00	2	5th	PR	Ribbon	
3200 Meter Run				1				
	Michelle Tran	JV	16:05.24	1	6th	PR	Ribbon	
4x400 Meter Relay			4:48.30	10	1st			
	Emily Clark	JV	1:08.81	2.5	1st	PR	Medal	
	Christine Poth	JV	1:09.71	2.5	1st	PR	Medal	
	Tess Kliethermes	JV	1:12.84	2.5	1st	PR	Medal	
	Savannah Mullenex	JV	1:16.94	2.5	1st	PR	Medal	
Shot Put				9				
	Gabby Hernandez	JV	28 Ft 8.5 in	8	2nd		Medal	
	Victoria James	JV	24 Ft 2 in	1	6th	PR		
Discus Throw				10				
	Gabby Hernandez	JV	70 Ft 8 in	10	1st		Medal	
	Victoria James	JV	52 Ft 7 in					
Long Jump				4				
	Maria Nguyen	JV	13 Ft 0 in	4	4th		Ribbon	
	Samantha Long	JV	12 Ft 6 in					
Triple Jump				10				
	Kathryn Herrmann	JV	27 Ft 4 in	8	2nd		Medal	
	Maria Nguyen	JV	26 Ft .5 in	2	5th		Ribbon	
High Jump								
	Veronica Mullenex	JV					No Height	
Pole Vault				14				
	Jessalyn Hyatt	JV	6 Ft 6 in	8	2nd	PR	Medal	
	Tess Kliethermes	JV		6	3rd		Ribbon	