

2009 Northwest Lions Girls Track & Field Henle Holmes Invitational on 4/16/2009



Weather: Thu-Sunny-60°

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

Varsity
Jr Varsity
Freshmen
Fresh/Soph
Open

25	11	16	
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HW-108,Kirk-105,Eur-98.5,FZW-86,PC-67,JB-60,FHN-53.5,UC-46,WG-40,FH-30,NW-25,Riv-18,PS-16,Rit-15,Map-10,Lad-6

Division: Varsity

Event	Name	Div.	Results	Points	Place	PR	Notes	Splits
100 Meter Hurdles	Katie Murphy	V	20.00		21st		FAT	
100 Meter Dash	Emily Weiss	V	13.76				2nd in heat-Qualified to finals-FAT	
200 Meter Dash	Liz Buneta	V	28.01			PR	1st in heat-Qualified to finals-FAT	
	Nicole Clark	V	30.21			PR	FAT	
Sprint Medley Relay			2:04.24	1	8th		FAT	
	Nicole Brueggemann	V	12.33	.25	8th	PR		
	Emily Weiss	V	13.98	.25	8th			
	Nicole Clark	V	30.38	.25	8th			
	Liz Buneta	V	1:07.55	.25	8th			
100 Meter Dash				2				
	Emily Weiss	V	13.80	2	7th		FAT	
400 Meter Dash	Nicole Clark	V	1:08.61		14th	PR	FAT	
	Christine Poth	V	1:09.20		18th	PR	FAT	
300 Meter Hurdles				2				
	Liz Buneta	V	50.73	2	7th	PR	FAT	
800 Meter Run	Leticia Goss	V	2:43.03		10th	PR	FAT	36/1:18(42)/1:59(41)/(44)
200 Meter Dash				4				
	Liz Buneta	V	27.40	4	5th	PR	FAT; 4th school history	
3200 Meter Run	Kayla Antonelli	V	14:34.88					1:27/1:44/1:52/1:54(6:58)/1:58/1:55/2:01/1:41(7:36)
4x400 Meter Relay			4:25.16	4	5th		FAT	
	Nicole Brueggemann	V	1:04.60	1	5th	PR		
	Liz Buneta	V	1:04.83	1	5th			
	Emily Weiss	V	1:06.35	1	5th	PR		
	Christine Poth	V	1:09.38	1	5th			
Long Jump				2				
	Emily Weiss	V	14 Ft 9.5 In	2	7th			
Discus Throw				5				
	Tessa Knickman	V	107 Ft 8.5 in	5	4th	PR	5th All-time school history	
	Hannah Yates	V	79 Ft 9 in		14th			
Pole Vault	Katie Murphy	V	7 Ft 0 in		9th-			
	Rebecca Blass	V	6 Ft 6 in		13th			
High Jump	Nicole Brueggemann	V	4 Ft 0 in		10th			
	Katie Murphy	V					No Height	
Triple Jump				3				
	Nicole Brueggemann	V	30 Ft 11.5 in	3	6th			
Shot Put				2				
	Tessa Knickman	V	33 Ft 7.5 in	2	7th			
	Kathryn Herrmann	V	27 Ft 10.5 in		14th	PR		