

# 2009 Northwest Lions Girls Track & Field Hillsboro JV Invitational on 4/22/2009



Weather: Sunny, 75°

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

Varsity  
Jr Varsity  
Freshmen  
Fresh/Soph  
Open

63.5	6th	13		CJ-136.5,Hill-131,Far-87,Win-77,Herc-69,NW-63.5,CPH-63,Per-37,Pot-19.5,ND-14.5,?-0,Seck-0,NoCo-0
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## Division: Junior Varsity

Event	Name	Div.	Results	Points	Place	PR	Notes	Splits
4x800 Meter Relay			<b>11:42.16</b>	<b>6</b>	<b>3rd</b>			
	<b>Leticia Goss</b>	JV	<b>2:41.37</b>	1.5	3rd	PR	Medaled	36/1:18(42)/1:59(41)/(42)
	<b>Tess Kliethermes</b>	JV	<b>2:51.64</b>	1.5	3rd	PR	Medaled	37/1:22(45)/2:07(45)/(44)
	<b>Savannah Mullenex</b>	JV	<b>2:59.53</b>	1.5	3rd	PR	Medaled	38/1:24(46)/2:10(46)/(49)
	<b>Amanda Hesselmeyer</b>	JV	<b>3:09.62</b>	1.5	3rd		Medaled	42/1:26(44)/2:17(51)/(52)
100 Meter Hurdles								
	<b>Katie Murphy</b>	JV	<b>20.20</b>		10th			
	<b>Kathryn Herrmann</b>	JV	<b>21.17</b>		12th			
100 Meter Dash								
	<b>Samantha Long</b>	JV	<b>15.55</b>		14th-			
	<b>Crystal Gittons</b>	JV	<b>16.54</b>		16th			
4x200 Meter Relay			<b>2:13.97</b>	<b>1</b>	<b>8th</b>			
	<b>Maria Nguyen</b>	JV	<b>30.28</b>	.25	8th	PR		
	<b>Samantha Long</b>	JV	<b>33.83</b>	.25	8th			
	<b>Kathryn Herrmann</b>	JV	<b>34.27</b>	.25	8th			
	<b>Crystal Gittons</b>	JV	<b>35.59</b>	.25	8th			
1600 Meter Run				<b>1</b>				
	<b>Leticia Goss</b>	JV	<b>6:26.86</b>	1	8th	PR		1:23/2:57(1:34)/4:43(1:46)/(1:43)
	<b>Savannah Mullenex</b>	JV	<b>7:10.16</b>					1:30/3:17(1:47)/5:15(1:58)/(1:55)
4x100 Meter Relay			<b>58.68</b>	<b>2</b>	<b>7th</b>			
	<b>Jamileh Abdal-Kader</b>	JV	<b>12.37</b>	.5	7th	PR		
	<b>Crystal Gittons</b>	JV	<b>14.94</b>	.5	7th	PR		
	<b>Samantha Long</b>	JV	<b>15.68</b>	.5	7th			
	<b>Kathryn Herrmann</b>	JV	<b>15.69</b>	.5	7th			
400 Meter Dash				<b>6</b>				
	<b>Nicole Brueggemann</b>	JV	<b>1:04.38</b>	6	3rd	PR	Medaled	
300 Meter Hurdles				<b>3</b>				
	<b>Jamileh Abdal-Kader</b>	JV	<b>55.34</b>	3	6th			
800 Meter Run				<b>5</b>				
	<b>Leticia Goss</b>	JV	<b>2:47.64</b>	3	6th			
	<b>Savannah Mullenex</b>	JV	<b>3:02.00</b>	2	7th	PR		
200 Meter Dash								
	<b>Kathryn Herrmann</b>	JV	<b>31.41</b>		11th	PR		
	<b>Crystal Gittons</b>	JV	<b>33.98</b>		15th	PR		
3200 Meter Run				<b>4</b>				
	<b>Michelle Tran</b>	JV	<b>15:35.95</b>	3	6th	PR		
	<b>Amanda Hesselmeyer</b>	JV	<b>16:25.33</b>	1	8th	PR		
4x400 Meter Relay			<b>4:42.46</b>	<b>6</b>	<b>3rd</b>			
	<b>Nicole Brueggemann</b>	JV	<b>1:05.85</b>	1.5	3rd			
	<b>Jamileh Abdal-Kader</b>	JV	<b>1:09.45</b>	1.5	3rd	PR		
	<b>Tess Kliethermes</b>	JV	<b>1:11.21</b>	1.5	3rd	PR		
	<b>Maria Nguyen</b>	JV	<b>1:15.95</b>	1.5	3rd			
Shot Put				<b>4</b>				
	<b>Gabby Hernandez</b>	JV	<b>28 Ft 4 in</b>	4	5th		Medaled	
	<b>Victoria James</b>	JV	<b>25 Ft 7 in</b>			PR		
Discus Throw								
	<b>Victoria James</b>	JV	<b>55 Ft 7 in</b>					
	<b>Gabby Hernandez</b>	JV	<b>49 Ft 2 in</b>					
Long Jump								
	<b>Maria Nguyen</b>	JV	<b>13 Ft 8 in</b>					

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	<b>Samantha Long</b>	<b>JV</b>	<b>12 Ft 6 in</b>					
Triple Jump				<b>12</b>				
	<b>Nicole Brueggemann</b>	<b>JV</b>	<b>31 Ft 1.5 in</b>	<b>10</b>	<b>1st</b>		<b>Medaled</b>	
	<b>Marla Nguyen</b>	<b>JV</b>	<b>27 Ft 4 in</b>	<b>2</b>	<b>7th</b>			
High Jump				<b>1.5</b>				
	<b>Katie Murphy</b>	<b>JV</b>	<b>4 Ft 4 in</b>	<b>1.5</b>	<b>7th-</b>			
	<b>Nicole Brueggemann</b>	<b>JV</b>	<b>4 Ft 0 in</b>					
Pole Vault				<b>10</b>				
	<b>Katie Murphy</b>	<b>JV</b>	<b>7 Ft 6 in</b>	<b>8</b>	<b>2nd</b>	<b>PR</b>	<b>Medaled</b>	
	<b>Tess Killethermes</b>	<b>JV</b>	<b>7 Ft 0 in</b>	<b>2</b>	<b>7th</b>	<b>PR</b>		