

# 2009 Northwest Lions Girls Track & Field

## Jefferson County Quad on 4/20/2009



Weather: Sun/Clouds; windy; 60°

	Score	Place	# Teams	Awards	Notes
Varsity	71.5	2	3		Hillsboro-72.5, Northwest-71.5, Fox-50
Jr Varsity	101	1	4	Trophy	Northwest-101, Hillsboro-42, Seckman-32, Fox-13
Freshmen					
Fresh/Soph					
Open					

### Division: Varsity

Event	Name	Div.	Results	Points	Place	PR	Notes	Splits
4x1600 Meter Relay			<b>27:42.56</b>	<b>4</b>	<b>2nd</b>			
	Kayla Antonelli	V	6:21.37	1	2nd			1:27/3:04(1:37)/4:49(1:45)/(1:32)
	Leticia Goss	V	6:33.18	1	2nd	PR		1:20/2:55(1:35)/4:41(1:46)/(1:52)
	Savannah Mulenex	V	7:05.63	1	2nd	PR		1:30/3:18(1:48)/5:14(1:56)/(1:51)
	Rebecca Blass	V	7:42.38	1	2nd	PR		1:42/3:46(2:04)/5:48(2:02)/(1:54)
100 Meter Dash				<b>4</b>				
	Emily Weiss	V	13.87	4	2nd		Strong Headwind	
	Emily Clark	V	15.30		6th		Strong Headwind	
Sprint Medley Relay			<b>2:00.51</b>	<b>6</b>	<b>1st</b>			
	Nicole Clark	V	12.91	1.5	1st	PR	Strong Tailwind	
	Emily Weiss	V	13.63	1.5	1st		Strong Headwind	
	Liz Buneta	V	29.41	1.5	1st		Ran long-bad handoff	
	Nicole Brueggemann	V	1:04.56	1.5	1st	PR	Ran short-band handoff	
400 Meter Dash				<b>3</b>				
	Emily Clark	V	1:15.10	3	3rd			
300 Meter Hurdles				<b>10</b>				
	Liz Buneta	V	50.56	6	1st	PR		
	Nicole Clark	V	54.84	4	2nd			
4x800 Meter Relay			<b>12:03.47</b>	<b>4</b>	<b>2nd</b>			
	Kayla Antonelli	V	2:43.34	1	2nd			38/1:16(38)/1:58(42)/(45)
	Leticia Goss	V	2:53.33	1	2nd			39/1:22(43)/2:07(45)/(46)
	Savannah Mulenex	V	3:04.50	1	2nd	PR		37/1:26(49)/2:14(48)/(50)
	Hannah Yates	V	3:22.30	1	2nd	PR		43/1:30(47)/2:23(53)/(59)
200 Meter Dash				<b>4</b>				
	Jennifer Sturgeon	V	29.92	3	3rd	PR	Strong Headwind-Homestretch	
	Emily Clark	V	32.30	1	6th		Strong Headwind-Homestretch	
4x400 Meter Relay			<b>4:25.75</b>	<b>6</b>	<b>1st</b>			
	Liz Buneta	V	1:04.85	1.5	1st			
	Emily Weiss	V	1:05.67	1.5	1st	PR		
	Nicole Brueggemann	V	1:06.39	1.5	1st			
	Kayla Antonelli	V	1:08.84	1.5	1st	PR		
Shot Put				<b>7</b>				
	Tessa Knickman	V	30 Ft 10 in	4	2nd			
	Hannah Yates	V	29 Ft 1 in	3	3rd			
Discus Throw				<b>6</b>				
	Tessa Knickman	V	85 Ft 6 in	4	2nd			
	Hannah Yates	V	77 Ft 0 in	2	4th			
Long Jump				<b>10</b>				
	Liz Buneta	V	15 Ft 9 in	6	1st	PR	10th All-time School History	
	Emily Weiss	V	15 Ft 7.25 in	4	2nd	PR		
Triple Jump								
	Nicole Brueggemann	V					No Mark	
High Jump				<b>1.5</b>				
	Nicole Brueggemann	V	4 Ft 0 in	1.5	4th-tie			
Pole Vault				<b>6</b>				
	Jennifer Sturgeon	V	9 Ft 0 in	6	1st			
	Rebecca Blass	V					No Height	

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Division: Junior Varsity

Event	Name	Div.	Results	Points	Place	PR	Notes	Splits	
100 Meter Hurdles			<b>7</b>						
	Jessalyn Hyatt	JV	23.97	4	2nd	PR			
	Kathryn Herrmann	JV	24.10	3	3rd				
4x1600 Meter Relay			<b>DQ</b>						No Time-3rd runner ran 3 laps
	Michelle Tran	JV	7:08.96			PR			
	Amanda Hesselmeyer	JV	7:38.53			PR			
	Kara Goss	JV	7:40.14			PR			
	Megan Wallace	JV					Ran 3 laps-6:59.00		
100 Meter Dash			<b>6</b>						
	Jamileh Abdal-Kader	JV	15.00	4	2nd	PR	Strong Headwind		
	Danielle Ader	JV	15.80			PR	Strong Headwind		
	Crystal Gittons	JV	16.10	2	4th		Strong Headwind		
	Cassie Rice	JV	16.34				Strong Headwind		
	Ashley Barrale	JV	16.65			PR	Strong Headwind		
	Melissa Hawkins	JV	17.18			PR	Strong Headwind		
	Natasha McCallister	JV	17.47				Strong Headwind		
Sprint Medley Relay			<b>2:16.94</b>	<b>6</b>	<b>1st</b>				
	Kathryn Herrmann	JV	14.44	1.5	1st				
	Crystal Gittons	JV	16.14	1.5	1st				
	Samantha Long	JV	33.22	1.5	1st				
	Tess Kliethermes	JV	1:13.14	1.5	1st				
Sprint Medley Relay			<b>2:28.84</b>		<b>3rd</b>				
	Natasha McCallister	JV	15.42			PR	Strong Tailwind		
	Ashley Barrale	JV	15.97			PR	Strong Headwind		
	Cassie Rice	JV	33.59			PR	Strong Headwind on home stretch		
	Amanda Holdenried	JV	1:23.86			PR			
400 Meter Dash			<b>9</b>						
	Veronica Mullenex	JV	1:13.72	4	2nd	PR			
	Jessalyn Hyatt	JV	1:15.82	3	3rd	PR			
	Danielle Ader	JV	1:20.90	2	4th				
300 Meter Hurdles			<b>6</b>						
	Jamileh Abdal-Kader	JV	55.18	6	1st	PR			
4x800 Meter Relay			<b>13:03.18</b>	<b>4</b>	<b>2nd</b>				
	Tess Kliethermes	JV	2:55.31	1	2nd				
	Michelle Tran	JV	3:07.00	1	2nd	PR			
	Amanda Hesselmeyer	JV	3:21.78	1	2nd				
	Megan Wallace	JV	3:39.09	1	2nd				
200 Meter Dash			<b>7</b>						
	Cassie Rice	JV	32.66	4	2nd	PR			
	Veronica Mullenex	JV	32.81	3	3rd	PR			
	Natasha McCallister	JV	34.21			PR			
	Melissa Hawkins	JV	35.61			PR			
	Danielle Ader	JV	37.18			PR			
4x400 Meter Relay			<b>4:58.22</b>	<b>6</b>	<b>1st</b>				
	Jamileh Abdal-Kader	JV	1:12.15	1.5	1st	PR			
	Tess Kliethermes	JV	1:13.69	1.5	1st				
	Maria Nguyen	JV	1:14.05	1.5	1st	PR			
	Crystal Gittons	JV	1:17.89	1.5	1st	PR			
Shot Put			<b>12</b>						
	Gabby Hernandez	JV	28 Ft 4 in	6	1st				
	Kathryn Herrmann	JV	27 Ft 5.5 in	4	2nd				
	Victoria James	JV	23 Ft 11 in	2	5th				
	Hannah Reinholdt	JV	19 Ft 6.5 in						
	Samantha Long	JV	18 Ft 9 in						
	Marissa Hopkins	JV	18 Ft 1.5 in						
	Martha Wisdom	JV	17 Ft 3 in			PR			
	Ashley May	JV	15 Ft 6.5 in						

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**Division: Junior Varsity**

Event	Name	Div.	Results	Points	Place	PR	Notes	Splits
Discus Throw	<b>8</b>							
	<b>Gabby Hernandez</b>	JV	<b>66 Ft 6 in</b>	<b>6</b>	<b>1st</b>			
	<b>Samantha Long</b>	JV	<b>58 Ft 7 in</b>	<b>2</b>	<b>4th</b>	PR		
	<b>Marissa Hopkins</b>	JV	<b>53 Ft 11 in</b>					
	<b>Victoria James</b>	JV	<b>50 Ft 3 in</b>					
	<b>Ashley May</b>	JV	<b>44 Ft 4 in</b>					
	<b>Hannah Reinholdt</b>	JV	<b>41 Ft 2 in</b>					
	<b>Martha Wisdom</b>	JV	<b>33 Ft 11 in</b>			PR		
Long Jump	<b>9</b>							
	<b>Maria Nguyen</b>	JV	<b>13 Ft 8.25 in</b>	<b>6</b>	<b>1st</b>	PR		
	<b>Samantha Long</b>	JV	<b>12 Ft 7.5 in</b>	<b>2</b>	<b>4th</b>			
	<b>Gabby Hernandez</b>	JV	<b>11 Ft 10 in</b>	<b>.5</b>	<b>5th-tie</b>			
	<b>Jessalyn Hyatt</b>	JV	<b>11 Ft 10 in</b>	<b>.5</b>	<b>5th-tie</b>			
Triple Jump	<b>10</b>							
	<b>Kathryn Herrmann</b>	JV	<b>26 Ft .5 in</b>	<b>6</b>	<b>1st</b>			
	<b>Maria Nguyen</b>	JV	<b>25 Ft 5.5 in</b>	<b>4</b>	<b>2nd</b>			
High Jump	<b>4</b>							
	<b>Danielle Ader</b>	JV	<b>3 Ft 10 in</b>	<b>4</b>	<b>2nd</b>	PR		
Pole Vault	<b>7</b>							
	<b>Jessalyn Hyatt</b>	JV	<b>6 Ft 0 in</b>	<b>4</b>	<b>2nd</b>			
	<b>Tess Kliethermes</b>	JV	<b>6 Ft 0 in</b>	<b>3</b>	<b>3rd</b>			
	<b>Ashley Barrale</b>	JV					<b>No Height</b>	