

2009 Northwest Lions Girls Track & Field Suburban West Conference Championships on 5/8/2009



Weather: Sunny, 78°, humid, into night

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

Varsity
Jr Varsity
Freshmen
Fresh/Soph
Open

60	6th	9	
32.5	7th	9	

Laf-151.5,Lin-134,Kirk-120,Mar-72,Oak-70,NW-60,Fox-38.5,PS-35,Mehl
Lind-173,Laf-166,Kirk-108.5,Oak-97,Mar-60,PS-45,NW-32.5,Mehl-16,Fox

Division: Varsity

Event	Name	Div.	Results	Points	Place	PR	Notes	Splits
100 Meter Hurdles	Katie Murphy	V	20.04		10th		FAT	
100 Meter Dash	Liz Buneta	V	13.26		Q-4th		FAT	
	Taylor Hosna	V	13.82		12th		FAT	
200 Meter Dash	Taylor Hosna	V	28.98		13th		FAT	
	Christine Poth	V	30.34		17th		PR FAT	
4x800 Meter Relay			11:26.27	3	6th		FAT	
	Leticia Goss	V	2:42.39	.75	6th			38/1:17(39)/2:00(42)/(42)
	Kayla Antonelli	V	2:44.51	.75	6th			38/1:19(41)/2:03(41)
	Christine Poth	V	2:54.55	.75	6th			42/1:23(41)/2:09(46)/(45)
	Rebecca Blass	V	3:04.82	.75	6th		PR	39/1:25(46)/2:17(52)/(47)
100 Meter Dash				2				
	Liz Buneta	V	13.31	2	7th		FAT	
4x200 Meter Relay			1:51.17	4	5th		FAT	
	Emily Weiss	V	26.97	1	5th		PR	
	Nicole Clark	V	27.36	1	5th			
	Liz Buneta	V	28.31	1	5th			
	Nicole Brueggemann	V	28.53	1	5th			
4x100 Meter Relay			53.20	4	5th		FAT	
	Emily Weiss	V	12.51	1	5th		PR	
	Jennifer Sturgeon	V	13.39	1	5th			
	Nicole Clark	V	13.42	1	5th			
	Taylor Hosna	V	13.88	1	5th			
400 Meter Dash				5				
	Nicole Brueggemann	V	1:02.73	5	4th		FAT-Medaled	
300 Meter Hurdles				8				
	Liz Buneta	V	48.41	8	2nd		PR FAT-Medaled	
	Nicole Clark	V	51.78		9th		FAT	
800 Meter Run				1				
	Kayla Antonelli	V	2:38.15	1	8th		PR FAT	35/1:14(39)/1:56(40)/(42)
	Leticia Goss	V	2:42.92		10th		FAT	39/1:21(42)/2:02(41)/(40)
4x400 Meter Relay			4:12.64	6	3rd		FAT-School Record	
	Emily Weiss	V	1:00.48	1.5	3rd		PR	
	Nicole Brueggemann	V	1:02.96	1.5	3rd		PR	
	Nicole Clark	V	1:04.32	1.5	3rd			
	Liz Buneta	V	1:04.88	1.5	3rd			
Shot Put				8				
	Tessa Knickman	V	31 Ft 3 In	5	4th			
	Hannah Yates	V	30 Ft 4 In	3	6th			
Discus Throw				3				
	Hannah Yates	V	86 Ft 0 In	3	6th		PR	
	Tessa Knickman	V					3 Scratches in Prelims	
Long Jump								
	Emily Weiss	V	14 Ft 10 In		10th			
	Jennifer Sturgeon	V	14 Ft 7 In		11th		PR	
Triple Jump				2				
	Taylor Hosna	V	31 Ft 6.5 In	2	7th			
	Nicole Brueggemann	V	28 Ft 2.75 In		10th			
High Jump								
	Rebecca Blass	V					No Height	
	Katie Murphy	V					No Height	
Pole Vault				14				
	Jennifer Sturgeon	V	10 Ft 0 In	10	1st		PR Suburban West Conference Champion	
	Rebecca Blass	V	8 Ft 0 In	4	5th		PR Tied 7th all-time in school history	

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Division: Junior Varsity

Event	Name	Div.	Results	Points	Place	PR	Notes	Splits
100 Meter Hurdles								
	Kathryn Herrmann	JV	21.10		13th		FAT	
	Jessalyn Hyatt	JV	21.47		15th	PR	FAT	
100 Meter Dash								
	Jamileh Abdal-Kader	JV	14.82		14th	PR	FAT	
	Cassie Rice	JV	15.05		17th	PR	FAT	
	Crystal Gittons	JV	15.76		24th		FAT	
	Danielle Ader	JV	16.15		27th		FAT	
	Natasha McCallister	JV	16.20		28th		FAT	
200 Meter Dash								
	Emily Clark	JV	31.72		24th		FAT	
	Cassie Rice	JV	32.17		26th	PR	FAT	
	Danielle Ader	JV	33.64		33rd	PR	FAT	
	Ashley Barrale	JV	34.46		35th	PR	FAT	
	Natasha McCallister	JV	34.90		36th		FAT	
	Amanda Holdenried	JV	36.24		38th		FAT	
4x800 Meter Relay								
			11:55.11	6	6th		FAT-9th place	
	Tess Kilethermes	JV	2:45.69	1.5	6th	PR		37/1:18(41)/2:04(46)/(41)
	Savannah Mulenex	JV	2:54.32	1.5	6th	PR		40/1:21(41)/2:07(46)/(47)
	Michelle Tran	JV	3:06.10	1.5	6th	PR		43/1:28(45)/2:18(50)/(48)
	Kara Goss	JV	3:08.78	1.5	6th	PR		47/1:36(49)/2:23(47)/(45)
4x200 Meter Relay								
			2:06.10	2	7th		FAT-11th Place	
	Jamileh Abdal-Kader	JV	30.25	.5	7th	PR		
	Kathryn Herrmann	JV	31.75	.5	7th			
	Emily Clark	JV	31.82	.5	7th			
	Cassie Rice	JV	32.28	.5	7th			
1600 Meter Run								
	Savannah Mulenex	JV	6:29.13		17th	PR	FAT	1:34/3:14(1:40)/4:56(1:42)/(1:33)
	Michelle Tran	JV	7:05.69		28th	PR	FAT	1:43/3:31(1:48)/5:23(1:52)/(1:42)
	Kara Goss	JV	7:07.06		29th	PR	FAT	1:44/3:33(1:49)/5:27(1:54)/(1:40)
	Megan Wallace	JV	8:53.63		35th		FAT	1:46/4:02(2:16)/
4x100 Meter Relay								
			1:00.47	2	7th		FAT	
	Emily Clark	JV	14.28	.5	7th	PR		
	Cassie Rice	JV	14.67	.5	7th			
	Samantha Long	JV	14.73	.5	7th	PR		
	Crystal Gittons	JV	15.17	.5	7th			
400 Meter Dash								
					1			
	Jessalyn Hyatt	JV	1:09.59	1	8th	PR	FAT	
	Danielle Ader	JV	1:10.59		10th	PR	FAT	
300 Meter Hurdles								
	Jamileh Abdal-Kader	JV	55.35		12th		FAT	
800 Meter Run								
	Tess Kilethermes	JV	2:50.42		18th		FAT	39/1:20(41)/2:08(47)/(42)
	Amanda Holdenried	JV	3:17.38		32nd	PR	FAT	
	Megan Wallace	JV	3:27.65		34th	PR	FAT	47/1:36(49)/2:37(1:01)/(50)
4x400 Meter Relay								
			4:54.19	1	8th		FAT	
	Emily Clark	JV	1:10.64	.25	8th			
	Tess Kilethermes	JV	1:11.18	.25	8th	PR		
	Savannah Mulenex	JV	1:14.21	.25	8th			
	Samantha Long	JV	1:17.75	.25	8th	PR		
Shot Put								
					14			
	Gabby Hernandez	JV	29 Ft 8 in	8	2nd	PR		
	Kathryn Herrmann	JV	29 Ft 2 in	6	3rd	PR		
	Victoria James	JV	25 Ft 9 in		12th	PR		
	Samantha Long	JV	22 Ft 1 in		29th	PR		
	Hannah Reinholdt	JV	22 Ft 0 in		30th	PR		
	Marissa Hopkins	JV	20 Ft 8 in		32nd			
	Ashley May	JV	18 Ft 8 in		37th	PR		
Discus Throw								
	Gabby Hernandez	JV	65 Ft 6 in		13th			
	Samantha Long	JV	61 Ft 6 in		19th	PR		
	Victoria James	JV	59 Ft 5 in		22nd	PR		
	Marissa Hopkins	JV	57 Ft 8 in		26th	PR		
	Hannah Reinholdt	JV	48 Ft 11 in		34th			
	Ashley May	JV	47 Ft 9 in		35th	PR		
Long Jump								
	Samantha Long	JV	12 Ft 9 in		17th			
	Maria Nguyen	JV	11 Ft 6 in		22nd			

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Event	Name	Div.	Results	Points	Place	PR	Notes	Splits
Triple Jump	Maria Nguyen	JV	25 Ft 9 in		19th			
	Kathryn Herrmann	JV	25 Ft 7 in		20th			
High Jump	Danielle Ader	JV	4 Ft 2 in		T-15th	PR		
	Jessalyn Hyatt	JV	3 Ft 10 in		T-24th	PR		
Pole Vault				9.5				
	Tess Kilethermes	JV	7 Ft 6 in	8	2nd	PR	Tied for 8th all-time school history	
	Jessalyn Hyatt	JV	7 Ft 0 in	1.5	T-7th	PR		
	Ashley Barrale	JV					No Height	