

2009 Northwest Lions Girls Track & Field Suburban West Conference Festival on 4/7/2009



Weather: Sunny, breezy, 45°

	Score	Place	# Teams	Awards	Notes
Varsity	55.5	4th	9		Laf-121.5,KW-107.5,Lin-91,N-54.5,Mar-39.5,Oak-27.5,PS-25,Fox-23.5,Mel
Jr Varsity	34	6th	9		Laf-159,KW-98,Lin-94,Mar-58,Oak-41,NW-34,Mel-22,PS-7.5,Fox-1.5
Freshmen					
Fresh/Soph					
Open					

Division: Varsity

Event	Name	Div.	Results	Points	Place	PR	Notes	Splits
100 Meter Hurdles								
	Katie Murphy	V	19.78		10th			
100 Meter Dash								
	Emily Weiss	V	13.88	3.5	5th-			
4x800 Meter Relay								
			11:37.34	3	6th			
	Kayla Antonelli	V	2:42.62	.75	6th			35/1:16(41)/1:57(41)/(45)
	Leticia Goss	V	2:53.01	.75	6th			37/1:19(42)/2:06(47)/(47)
	Bianca Kliethermes	V	2:59.89	.75	6th			39/1:22(43)/2:10(48)/(49)
	Jamileh Abdal-Kader	V	3:01.82	.75	6th			45/1:31(46)/2:20(49)/(41)
4x200 Meter Relay								
			1:53.94	4	5th			
	Liz Buneta	V	26.96	1	5th			
	Jennifer Sturgeon	V	27.72	1	5th	PR		
	Emily Weiss	V	29.09	1	5th	PR		
	Nicole Brueggemann	V	30.17	1	5th	PR		
300 Meter Hurdles								
				3				
	Liz Buneta	V	52.72	3	6th	PR		
1600 Meter Run								
	Leticia Goss	V	6:31.59			PR		1:24/3:02(1:38)/4:47(1:45)/(1:44)
	Bianca Kliethermes	V	6:53.90					1:31/3:18(1:47)/5:09(1:51)/(1:44)
4x400 Meter Relay								
			4:33.75	3	6th			
	Emily Weiss	V	1:07.84	.75	6th	PR		
	Jennifer Sturgeon	V	1:07.91	.75	6th	PR		
	Nicole Brueggemann	V	1:08.62	.75	6th	PR		
	Kayla Antonelli	V	1:09.38	.75	6th	PR		
Shot Put								
				10				
	Tessa Knickman	V	33 Ft 4.5 in	6	3rd		Medaled	
	Hannah Yates	V	28 Ft 9 in	4	5th		Medaled	
Discus Throw								
				10				
	Tessa Knickman	V	100 Ft 3 in	10	1st	PR	Medaled	
	Hannah Yates	V	77 Ft 1 in		9th	PR		
Long Jump								
	Emily Weiss	V	14 Ft 3 in		11th-			
	Jennifer Sturgeon	V					No Mark	
Triple Jump								
				4				
	Nicole Brueggemann	V	29 Ft 5.5 in	4	5th		Medaled	
High Jump								
	Nicole Brueggemann	V	4 Ft 6 in		9th	PR		
Pole Vault								
				15				
	Jennifer Sturgeon	V	9 Ft 6 in	10	1st	PR	Medaled	
	Rebecca Blass	V	7 Ft 6 in	5	4th	PR	Medaled	

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100 Meter Hurdles								
	Kathryn Herrmann	JV	20.65		10th			
	Jessalyn Hyatt	JV	26.18			PR		
100 Meter Dash								
	Crystal Gittons	JV	15.70					
	Veronica Mullenex	JV	15.78			PR		
	Danielle Ader	JV	16.09			PR		
	Cassie Rice	JV	16.17					
	Ashley Barrale	JV	16.98			PR		
	Mary Beth Tucker	JV	17.18			PR		
	Natasha McCallister	JV	17.59					
	Amanda Holdenried	JV	18.80					
	Melissa Hawkins	JV	19.10					
4x800 Meter Relay								
			12:08.00					
	Christine Poth	JV	2:58.74					42/1:30(48)/2:17(47)/(41)
	Emily Clark	JV	2:58.79					40/1:24(44)/2:11(47)/(47)
	Tess Kliethermes	JV	2:59.98					39/1:25(46)/2:14(49)/(45)
	Amanda Hesselmeyer	JV	3:10.49					44/1:32(48)/2:21(49)/(49)
4x800 Meter Relay								
			13:37.02					
	Michelle Tran	JV	3:13.18			PR		1:31/1:42
	Macy Patrick	JV	3:18.37			PR		1:26/1:52
	Amanda Holdenried	JV	3:31.56			PR		1:32/1:59
	Megan Wallace	JV	3:33.91					1:41/1:52
4x200 Meter Relay								
			2:13.48					
	Kathryn Herrmann	JV	30.38			PR		
	Crystal Gittons	JV	31.99			PR		
	Danielle Ader	JV	34.57			PR		
	Natasha McCallister	JV	36.54			PR		
4x200 Meter Relay								
			2:08.45		DQ		Handoff out of zone	
	Emily Clark	JV	30.46					
	Ashley Barrale	JV	30.81			PR		
	Veronica Mullenex	JV	33.06			PR		
	Melissa Hawkins	JV	34.12			PR		
300 Meter Hurdles								
	Jamileh Abdal-Kader	JV	56.10			PR		
	Jessalyn Hyatt	JV	1:07.46					
1600 Meter Run								
	Savannah Mullenex	JV	6:49.78			PR		1:28/3:09(1:41)/5:00(1:51)/(1:49)
	Amanda Hesselmeyer	JV	7:07.92			PR		1:37/3:26(1:51)/5:20(1:54)/(1:47)
	Michelle Tran	JV	7:10.46			PR		1:44/3:31(1:48)/5:23(1:52)/(1:47)
	Megan Wallace	JV	7:23.31			PR		1:34/3:22(1:48)/5:18(1:56)/(2:05)
	Kara Goss	JV	7:37.31			PR		1:47/3:42(1:55)/5:44(2:02)/(1:53)
	Macy Patrick	JV	7:39.62					1:44/3:41(1:57)/5:44(2:03)/(1:55)
4x400 Meter Relay								
			4:49.71		11th			
	Christine Poth	JV	1:08.09			PR		
	Emily Clark	JV	1:09.77					
	Tess Kliethermes	JV	1:13.40					
	Maria Nguyen	JV	1:18.45			PR		
4x400 Meter Relay								
			5:33.69					
	Crystal Gittons	JV	1:18.08			PR		
	Veronica Mullenex	JV	1:20.12			PR		
	Cassie Rice	JV	1:24.58			PR		
	Mary Beth Tucker	JV	1:31.54			PR		
Shot Put								
					8			
	Gabby Hernandez	JV	27 Ft 3.5 in	8	2nd			
	Victoria James	JV	23 Ft .75 in					
	Marissa Hopkins	JV	20 Ft 0 in					
	Samantha Long	JV	19 Ft 9 in			PR		
	Hannah Reinholdt	JV	19 Ft 5.25 in					

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Discus Throw	Marissa Fenton	JV	18 Ft 5 in			PR		
	Ashley May	JV	14 Ft 9 in					
				1				
	Gabby Hernandez	JV	66 Ft 6 in	1	8th			
	Victoria James	JV	55 Ft 9 in			PR		
	Marissa Hopkins	JV	54 Ft 4 in			PR		
	Marissa Fenton	JV	51 Ft 10 in			PR		
	Hannah Reinholdt	JV	51 Ft 1 in			PR		
Long Jump	Samantha Long	JV	47 Ft 11 in					
	Ashley May	JV	46 Ft 2 in			PR		
				4				
	Maria Nguyen	JV	13 Ft 7 in	4	5th	PR		
Triple Jump	Samantha Long	JV	10 Ft 9 in					
	Blanca Killethermes	JV				No Mark		
				2				
High Jump	Maria Nguyen	JV	26 Ft 8.5 in	2	7th			
Pole Vault	Katie Murphy	JV						
	Danielle Ader	JV				No Height		
Pole Vault				19				
	Katie Murphy	JV	7 Ft 6 in	10	1st	PR		
	Tess Killethermes	JV	7 Ft 0 in	8	2nd	PR		
	Jessalyn Hyatt	JV	6 Ft 6 in	1	8th	PR		
	Samantha Long	JV	5 Ft 6 in			PR	No Height	
	Ashley Barrale	JV					No Height	