

# 2009 Northwest Lions Girls Track & Field

## Kirkwood on 3/31/2009



Weather: Sunny, 60°, Strong Wind

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

Varsity  
Jr Varsity  
Freshmen  
Fresh/Soph  
Open

NTS	NA	2		
NTS	NA	2		

### Division: Varsity

Event	Name	Div.	Results	Points	Place	PR	Notes	Splits
4x800 Meter Relay			<b>12:22.54</b>					
	<b>Leticia Goss</b>	V	<b>2:52.06</b>			PR		
	<b>Bianca Kliethermes</b>	V	<b>2:56.07</b>					
	<b>Jamileh Abdal-Kader</b>	V	<b>2:59.45</b>			PR		
	<b>Amanda Holdenried</b>	V	<b>3:34.96</b>			PR		
		V	<b>points</b>					
100 Meter Hurdles								
	<b>Katie Murphy</b>	V	<b>20.98</b>			PR	<b>Strong Headwind</b>	
100 Meter Dash								
	<b>Emily Weiss</b>	V	<b>14.03</b>				<b>Strong Headwind</b>	
	<b>Liz Buneta</b>	V	<b>14.28</b>			PR	<b>Strong Headwind; Tight hamstring</b>	
	<b>Jennifer Sturgeon</b>	V	<b>14.71</b>				<b>Strong Headwind</b>	
	<b>Tessa Knickman</b>	V	<b>15.87</b>			PR	<b>Strong Headwind</b>	
300 Meter Hurdles								
	<b>Leah Korn</b>	V	<b>53.62</b>			PR		
1600 Meter Run								
	<b>Annie James</b>	V	<b>6:29.68</b>					
	<b>Leticia Goss</b>	V	<b>6:32.49</b>			PR		
Shot Put								
	<b>Tessa Knickman</b>	V	<b>33 Ft 0 in</b>			PR	<b>10th all-time school history</b>	
	<b>Hannah Yates</b>	V	<b>30 Ft 5 in</b>					
Discus Throw								
	<b>Tessa Knickman</b>	V	<b>86 Ft 0 in</b>			PR	<b>Strong Wind</b>	
	<b>Hannah Yates</b>	V	<b>68 Ft 9 in</b>				<b>Strong Wind</b>	
Long Jump								
	<b>Emily Weiss</b>	V	<b>14 Ft 7 in</b>					
	<b>Tessa Knickman</b>	V						
Triple Jump								
	<b>Leah Korn</b>	V	<b>33 Ft 3 in</b>			PR	<b>4th all-time school history</b>	
	<b>Nicole Brueggemann</b>	V	<b>31 Ft 3.5 in</b>			PR		
	<b>Katie Murphy</b>	V					<b>3 Fouls</b>	
High Jump								
	<b>Leah Korn</b>	V	<b>4 Ft 4 in</b>					
	<b>Nicole Brueggemann</b>	V	<b>4 Ft 0 in</b>			PR		
	<b>Katie Murphy</b>	V	<b>4 Ft 0 in</b>					
	<b>Rebecca Blass</b>	V	<b>3 Ft 8 in</b>					
Pole Vault								
	<b>Jennifer Sturgeon</b>	V	<b>8 Ft 6 in</b>					
	<b>Katie Murphy</b>	V	<b>7 Ft 0 in</b>					
	<b>Rebecca Blass</b>	V					<b>3 Fouls-No Height</b>	

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Division: Junior Varsity

Event	Name	Div.	Results	Points	Place	PR	Notes	Splits
4x800 Meter Relay			<b>11:59.45</b>					
	Annie James	JV	2:50.51					
	Christine Poth	JV	2:53.17			PR		
	Tess Kilethermes	JV	3:02.81			PR		
	Savannah Mulenex	JV	3:12.96			PR		
		JV	points					
4x800 Meter Relay			<b>12:59.56</b>					
	Amanda Hesselmeyer	JV	3:00.77			PR		
	Michelle Tran	JV	3:13.53			PR		
	Kara Goss	JV	3:17.66			PR		
	Megan Wallace	JV	3:27.60			PR		
		JV	points					
100 Meter Hurdles								
	Kathryn Herrmann	JV	21.41				Strong Headwind	
100 Meter Dash								
	Emily Clark	JV	14.77			PR	Strong Headwind	
	Cassie Rice	JV	15.19			PR	Strong Headwind	
	Crystal Gittons	JV	15.64			PR	Strong Headwind	
	Samantha Long	JV	15.88				Strong Headwind	
	Marissa Hopkins	JV	16.56			PR	Strong Headwind	
	Veronica Mulenex	JV	16.90			PR	Strong Headwind	
	Natasha McCallister	JV	16.92				Strong Headwind	
	Amanda Holdenried	JV	17.15				Strong Headwind	
	Ashley Barrale	JV	17.21			PR	Strong Headwind	
	Mary Beth Tucker	JV	17.48			PR	Strong Headwind	
	Melissa Hawkins	JV	17.73			PR	Strong Headwind	
400 Meter Dash								
	Danielle Ader	JV	1:19.53			PR		
	Maria Nguyen	JV	1:20.15			PR		
	Crystal Gittons	JV	1:21.84			PR		
1600 Meter Run								
	Amanda Hesselmeyer	JV	7:27.09			PR		
	Michelle Tran	JV	7:27.38			PR		
	Macy Patrick	JV	7:35.94			PR		
	Kara Goss	JV	8:01.66			PR		
	Megan Wallace	JV	8:10.85			PR		
4x200 Meter Relay			<b>2:18.67</b>					
	Emily Clark	JV	28.38			PR		
	Kathryn Herrmann	JV	34.89					
	Jessalyn Hyatt	JV	35.82			PR		
	Crystal Gittons	JV	39.58			PR		
		JV	points					
4x200 Meter Relay							No Times-Stop watch malfunction	
	Natasha McCallister	JV						
	Gabby Hernandez	JV						
	Mary Beth Tucker	JV						
	Amanda Holdenried	JV						
		JV	points					
300 Meter Hurdles								
	Jessalyn Hyatt	JV	1:05.64			PR		
4x400 Meter Relay			<b>5:01.34</b>					
	Emily Clark	JV	1:11.53					
	Christine Poth	JV	1:12.44			PR		
	Tess Kilethermes	JV	1:16.49			PR		
	Savannah Mulenex	JV	1:20.88			PR		
		JV	points					
Shot Put								
	Gabby Hernandez	JV	28 Ft 9.75 in					
	Victoria James	JV	21 Ft 6.5 in			PR		



**Division: Junior Varsity**

Event	Name	Div.	Results	Points	Place	PR	Notes	Splits
	<b>Marissa Hopkins</b>	<b>JV</b>	<b>21 Ft 5.5 in</b>			<b>PR</b>		
	<b>Hannah Reinholdt</b>	<b>JV</b>	<b>19 Ft 11 in</b>			<b>PR</b>		
	<b>Samantha Long</b>	<b>JV</b>	<b>18 Ft 8 in</b>			<b>PR</b>		
	<b>Adelaid Almond</b>	<b>JV</b>	<b>18 Ft 6.25 in</b>			<b>PR</b>		
	<b>Ashley May</b>	<b>JV</b>	<b>17 Ft 6 in</b>			<b>PR</b>		
Discus Throw								
	<b>Victoria James</b>	<b>JV</b>	<b>55 Ft 7 in</b>			<b>PR</b>	<b>Strong Wind</b>	
	<b>Marissa Hopkins</b>	<b>JV</b>	<b>49 Ft 6 in</b>			<b>PR</b>	<b>Strong Wind</b>	
	<b>Samantha Long</b>	<b>JV</b>	<b>48 Ft 5 in</b>			<b>PR</b>	<b>Strong Wind</b>	
	<b>Ashley May</b>	<b>JV</b>	<b>44 Ft 4 in</b>			<b>PR</b>	<b>Strong Wind</b>	
	<b>Hannah Reinholdt</b>	<b>JV</b>	<b>39 Ft 11 in</b>			<b>PR</b>	<b>Strong Wind</b>	
	<b>Adelaid Almond</b>	<b>JV</b>	<b>34 Ft 7 in</b>			<b>PR</b>	<b>Strong Wind</b>	
Long Jump								
	<b>Marla Nguyen</b>	<b>JV</b>	<b>13 Ft 1 in</b>			<b>PR</b>		
	<b>Samantha Long</b>	<b>JV</b>	<b>13 Ft 0 in</b>			<b>PR</b>		
	<b>Gabby Hernandez</b>	<b>JV</b>	<b>12 Ft 2 in</b>			<b>PR</b>		
	<b>Jessalyn Hyatt</b>	<b>JV</b>	<b>12 Ft 0 in</b>			<b>PR</b>		
Triple Jump								
	<b>Marla Nguyen</b>	<b>JV</b>	<b>28 Ft 2 in</b>			<b>PR</b>		
	<b>Kathryn Herrmann</b>	<b>JV</b>	<b>27 Ft 8 in</b>			<b>PR</b>		
High Jump								
	<b>Savannah Mullenex</b>	<b>JV</b>						
	<b>Veronica Mullenex</b>	<b>JV</b>						
Pole Vault								
	<b>Jessalyn Hyatt</b>	<b>JV</b>	<b>6 Ft 6 in</b>			<b>PR</b>		
	<b>Tess Kliethermes</b>	<b>JV</b>	<b>6 Ft 6 in</b>			<b>PR</b>		
	<b>Ashley Barrale</b>	<b>JV</b>					<b>No Height</b>	