

2010 Northwest Lions Girls Track & Field

Kirkwood on 4/6/2010



Weather: Sunny, windy, 80°

	Score	Place	# Teams	Awards	Notes
Varsity	NTS	NA	2		2 school top tens-400m, 100h
Jr Varsity	NTS	NA	2		
Freshmen					
Fresh/Soph					
Open					

Division: Varsity

Event	Name	Div.	Results	Pts	Place	PR	Notes	Splits
100 Meter Hurdles								
	Liz Buneta	V	17.45		2nd	PR	Strong Tailwind-FAT	
	Katie Murphy	V	19.62		4th		Strong Tailwind-FAT	
	Kathryn Herrmann	V	19.93		7th	PR	Strong Tailwind-FAT	
100 Meter Dash								
	Taylor Hosna	V	13.62		4th		Strong Tailwind-FAT	
	Liz Buneta	V	13.84		5th		Strong Tailwind-FAT -9th fastest school history	
400 Meter Dash								
	Jamie Daggendorf	V	1:03.73		2nd	PR	FAT-7th Fastest Time in School History	
	Emily Weiss	V	1:05.10			PR	FAT	
300 Meter Hurdles								
	Liz Buneta	V	51.07		2nd		FAT	
	Katie Murphy	V	1:03.72		7th	PR	FAT	
1600 Meter Run								
	Minda Weible	V	6:00.93		4th	PR	FAT	1:26/3:00(1:34)/4:34(1:34)/1:26
Shot Put								
	Kathryn Herrmann	V	31 Ft 5.25 in		1st	PR		
	Hannah Yates	V	25 Ft 3.5 in		6th			
Discus Throw								
	Hannah Yates	V	80 Ft 8 in		2nd			
Long Jump								
	Taylor Hosna	V	15 Ft 3.5 in		1st	PR		
	Emily Weiss	V	13 Ft 11 in		2nd			
	Jamie Daggendorf	V	13 Ft 8 in		3rd			
	Katie Murphy	V	13 Ft 4 in		6th			
Triple Jump								
	Taylor Hosna	V	30 Ft 3 in		2nd			
	Leah Korn	V	28 Ft 8 in		5th		Hurt Back	
High Jump								
	Hannah Yates	V	4 Ft 2 in		3rd-	PR		
	Leah Korn	V	3 Ft 10 in		7th-		Pulled out-hurt back	
	Kathryn Herrmann	V	3 Ft 8 in		11th-			
Pole Vault								
	Katie Murphy	V	8 Ft 0 in		1st	PR		

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Division: Junior Varsity

Event	Name	Div.	Results	Pts	Place	PR	Notes	Splits
4x800 Meter Relay			13:16.91		5th		FAT	
	Kara Goss	JV	2:56.66		5th	PR		40/1:24(44)/2:12(48)/42
	Sam Christopher	JV	3:09.63		5th			44/1:27(43)/2:19(52)/50
	Mariah Marquardt	JV	3:10.92		5th			46/1:35(44)/2:25(50)/46
	Lindsay Akers	JV	3:59.700		5th			54/1:52(58)/2:57(1:05)/1:01
100 Meter Hurdles								
	Mary Shannon	JV	20.05		8th	PR	Strong Tailwind-FAT	
	Melody Graham	JV	20.43		9th		Strong Tailwind-FAT	
100 Meter Dash								
	Samantha Jacquemin	JV	15.17		9th		Strong Tailwind-FAT	
	Amanda Banks	JV	15.35		10th	PR	Strong Tailwind-FAT	
	Courtney Thomas	JV	16.18		14th		Strong Tailwind-FAT	
	Katie Bond	JV	16.59		16th		Strong Tailwind-FAT	
	Victoria Howell	JV	17.04		19th		Strong Tailwind-FAT	
	Shoel Lewis	JV	17.29		20th		Strong Tailwind-FAT	
	Mary Kate Conley	JV	17.46		21st		Strong Tailwind-FAT	
	Morgan Lammert	JV	17.49		22nd		Strong Tailwind-FAT	
	Candice Jacquemin	JV	18.20		23rd	PR	Strong Tailwind-FAT	
400 Meter Dash								
	Alysiah Whittaker	JV	1:16.05		8th	PR	FAT	
	Rachel Walsh	JV	1:19.04		9th	PR	FAT	
	Danielle Ader	JV	1:19.32		10th		FAT	
	Vanessa Costello	JV			11th		FAT	
	Mary Ostlund	JV	1:21.10		12th		FAT	
1600 Meter Run								
	Tess Kilethermes	JV	6:32.67		9th		FAT	1:27/3:12(1:45)/4:56(1:44)/1:38
	Kara Goss	JV	6:54.95		13th		FAT	1:36/3:20(1:46)/5:09(1:49)/1:45
	Sam Christopher	JV	7:40.37		14th		FAT	1:40/3:40(2:00)/5:40(2:00)/2:00
	Lindsay Akers	JV	9:28.71		11th		FAT	2:05/4:36(2:31)/7:07(2:31)/2:21
300 Meter Hurdles								
	Mary Shannon	JV	58.01		5th	PR	FAT	
4x200 Meter Relay			2:16.07		5th		FAT	
	Katie Bond	JV	33.67		5th			
	Mary Ostlund	JV	33.76		5th			
	Samantha Jacquemin	JV	33.78		5th			
	Vanessa Costello	JV	34.86		5th			
4x200 Meter Relay			2:26.32		6th		FAT	
	Courtney Thomas	JV	34.84		6th			
	Victoria Howell	JV	35.86		6th	PR		
	Amanda Banks	JV	36.77		6th			
	Mary Kate Conley	JV	38.85		6th			
4x200 Meter Relay			2:33.31		7th		FAT	
	Rachel Walsh	JV	33.32		7th	PR		
	Morgan Lammert	JV	39.35		7th	PR		
	Shoel Lewis	JV	39.93		7th			
	Candice Jacquemin	JV	40.71		7th	PR		
4x400 Meter Relay			5:23.43		4th		FAT	
	Lauren Niemira	JV	1:14.43		4th	PR		
	Mary Ostlund	JV	1:20.94		4th			
	Rachel Walsh	JV	1:21.23		4th			
	Danielle Ader	JV	1:26.83		4th	PR		
4x400 Meter Relay			5:20.32		3rd		FAT	
	Samantha Jacquemin	JV	1:17.00		3rd	PR		
	Sam Christopher	JV	1:18.28		3rd	PR		
	Amanda Banks	JV	1:21.16		3rd			
	Victoria Howell	JV	1:23.88		3rd			
4x400 Meter Relay			6:07.30		5th		FAT	
	Courtney Thomas	JV	1:26.58		5th			
	Morgan Lammert	JV	1:30.08		5th	PR		
	Mary Kate Conley	JV	1:30.64		5th			
	Shoel Lewis	JV	1:40.00		5th	PR		

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Division: Junior Varsity

Event Name Div. Results Pts Place PR Notes Splits

Shot Put

Alysiah Whittaker	JV	28 Ft 0 in		2nd		
Marissa Hopkins	JV	21 Ft 1 in		8th		
Taylor Ward	JV	19 Ft 10.5 in		11th		
Megan Ramsey	JV	18 Ft 10.25 in		13th		
Tosha Yates	JV	18 Ft 6.5 in		14th		
Brittany King	JV	18 Ft 1.5 in		15th	PR	

Discus Throw

Alysiah Whittaker	JV	66 Ft 7 in		4th		
Taylor Ward	JV	61 Ft 6 in		6th	PR	
Marissa Hopkins	JV	57 Ft 4 in		7th		
Brittany King	JV	51 Ft 6 in		9th		
Megan Ramsey	JV	46 Ft 0 in		12th		
Tosha Yates	JV	41 Ft 11 in		13th		

Long Jump

Lauren Niemira	JV	11 Ft 3 in		7th	PR	
Megan Ramsey	JV	9 Ft 9.5 in		8th		
Taylor Ward	JV	9 Ft 7.5 in		9th		
Melody Graham	JV					No Mark-Hurt ankle

Triple Jump

Melody Graham	JV	27 Ft 1 in		6th		
Mariah Marquardt	JV					No Mark

High Jump

Alysiah Whittaker	JV	4 Ft 2 in		3rd-		
Katie Bond	JV	3 Ft 10 in		7th-		
Lauren Niemira	JV	3 Ft 10 in		7th-	PR	
Danielle Ader	JV	3 Ft 8 in		13th		
Vanessa Costello	JV					No Height
Mariah Marquardt	JV					No Height

Pole Vault

Tess Killethermes	JV	6 Ft 6 in		5th-		
Lauren Niemira	JV	6 Ft 0 in		7th-	PR	
Katie Bond	JV	5 Ft 0 in		11th		
Candice Jacquemin	JV					No Height
Samantha Jacquemin	JV					No Height
Shoel Lewis	JV					No Height