

2010 Northwest Lions Girls Track & Field Parkway Central on 4/12/2010



Weather: Sunny, 80°

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

Varsity
Jr Varsity
Freshmen
Fresh/Soph
Open

53	2nd	3		PC-81, NW-53, Map1-29
----	-----	---	--	-----------------------

Division: Junior Varsity

Event	Name	Div.	Results	Pts	Place	PR	Notes	Splits
800 Meter Run 5								
	Tess Kilethermes	JV	2:44.60	3	2nd	PR		36/1:18(42)/2:02(43)/42
	Minda Weible	JV	2:44.88	2	3rd	PR		37/1:19(42)/2:02(43)/42
	Kara Goss	JV	2:57.61			PR		40/1:24(44)/2:11(47)/46
	Kathryn Herrmann	JV	3:07.50			PR		42/1:30(48)/2:20(50)/47
	Alysiyah Whittaker	JV	3:17.52			PR		43/1:30(47)/2:27(57)/50
	Lindsay Akers	JV					Dropped out	46/1:38(52)
100 Meter Hurdles 3								
	Melody Graham	JV	18.19	3	2nd		Run over low hurdles	
	Mary Shannon	JV					False start	
100 Meter Dash								
	Samantha Jacquemin	JV	14.49					
	Mary Ostlund	JV	15.07					
	Courtney Thomas	JV	15.27					
	Amanda Banks	JV	15.37					
	Sam Christopher	JV	15.56			PR		
	Katie Bond	JV	15.62					
	Vanessa Costello	JV	16.29			PR		
	Rachel Walsh	JV	16.30					
	Victoria Howell	JV	16.75					
	Candice Jacquemin	JV	17.64			PR		
	Morgan Lammert	JV	17.64					
4x200 Meter Relay 2:09.67 2 3rd								
	Samantha Jacquemin	JV	31.60	.5	3rd			
	Mary Ostlund	JV	31.63	.5	3rd			
	Rachel Walsh	JV	32.17	.5	3rd	PR		
	Katie Bond	JV	34.27	.5	3rd			
4x200 Meter Relay 2:20.20								
	Vanessa Costello	JV	33.46					
	Courtney Thomas	JV	34.11					
	Victoria Howell	JV	34.74			PR		
	Danielle Ader	JV	37.89					
4x200 Meter Relay 2:24.64								
	Sam Christopher	JV	31.95			PR		
	Amanda Banks	JV	33.70					
	Candice Jacquemin	JV	39.46			PR		
	Morgan Lammert	JV	39.53					
1600 Meter Run 8								
	Minda Weible	JV	5:52.75	5	1st	PR		1:23/2:56(1:33)/4:23(1:27)/1:29
	Tess Kilethermes	JV	6:22.64	2	3rd	PR		1:26/3:04(1:38)/4:45(1:41)/1:37
	Kara Goss	JV	6:46.26	1	4th			1:30/3:11(1:41)/5:01(1:50)/1:45
4x100 Meter Relay 1:01.76 2 3rd								
	Amanda Banks	JV	14.92	.5	3rd			
	Mary Ostlund	JV	15.01	.5	3rd			
	Rachel Walsh	JV	15.20	.5	3rd	PR		
	Courtney Thomas	JV	16.63	.5	3rd	PR		
4x100 Meter Relay 1:07.85 1 4th								
	Danielle Ader	JV	14.93	.25	4th	PR		
	Victoria Howell	JV	16.70	.25	4th	PR		
	Candice Jacquemin	JV	17.34	.25	4th	PR		
	Morgan Lammert	JV	18.88	.25	4th	PR		

2010 Northwest Lions Girls Track & Field
Parkway Central on 4/12/2010



Division: Junior Varsity

Event	Name	Div.	Results	Pts	Place	PR	Notes	Splits
300 Meter Hurdles				1				
	Mary Shannon	JV	57.04	1	4th			
	Melody Graham	JV	1:00.40		5th			
4x100 Meter Relay				1:16.45			Throwers	
	Marissa Hopkins	JV	15.57			PR		
	Megan Ramsey	JV	16.75			PR		
	Tosha Yates	JV	20.01			PR		
	Brittany King	JV	24.12			PR		
4x400 Meter Relay				5:00.26		3	2nd	
	Mariah Marquardt	JV	1:11.45	.75	2nd			
	Lauren Niemira	JV	1:13.30	.75	2nd	PR		
	Samantha Jacquemin	JV	1:17.57	.75	2nd			
	Rachel Walsh	JV	1:17.94	.75	2nd			
4x400 Meter Relay				5:15.62		2	3rd	
	Sam Christopher	JV	1:16.38	.5	3rd	PR		
	Amanda Banks	JV	1:18.63	.5	3rd	PR		
	Danielle Ader	JV	1:18.99	.5	3rd	PR		
	Vanessa Costello	JV	1:21.62	.5	3rd			
Shot Put				3				
	Alysiyah Whittaker	JV	29 Ft 11 in	3	2nd			
	Marissa Hopkins	JV	20 Ft 7 in					
	Megan Ramsey	JV	19 Ft 3 in					
	Tosha Yates	JV	18 Ft 9 in					
	Brittany King	JV	18 Ft 1 in					
Discus Throw				2				
	Alysiyah Whittaker	JV	78 Ft 2 in	2	3rd			
	Megan Ramsey	JV	57 Ft 6 in			PR		
	Tosha Yates	JV	54 Ft 0 in					
	Brittany King	JV	50 Ft 1 in					
	Marissa Hopkins	JV						
Long Jump				6				
	Kathryn Herrmann	JV	13 Ft 3 in	5	1st	PR		
	Melody Graham	JV	12 Ft 9 in	1	4th			
	Lauren Niemira	JV	11 Ft 9 in					
	Megan Ramsey	JV	11 Ft 0 in					
Triple Jump				3				
	Melody Graham	JV	27 Ft 1.5 in	3	2nd			
	Mariah Marquardt	JV					No Mark	
High Jump				4				
	Alysiyah Whittaker	JV	4 Ft 6 in	3	2nd	PR		
	Kathryn Herrmann	JV	4 Ft 0 in	1	4th	PR		
	Lauren Niemira	JV	3 Ft 8 in		5th			
	Danielle Ader	JV					No Height	
	Katie Bond	JV					No Height	
	Vanessa Costello	JV					No Height	
	Mariah Marquardt	JV					No Height	
Pole Vault				8				
	Tess Kliethermes	JV	7 Ft 0 in	5	1st			
	Lauren Niemira	JV	7 Ft 0 in	2	3rd	PR		
	Samantha Jacquemin	JV	6 Ft 0 in	1	4th	PR		
	Katie Bond	JV					No Height	
	Candice Jacquemin	JV					No Height	