

2010 Northwest Lions Girls Track & Field

Summit, U.City, Affton, Soldan on 3/23/2010



Weather: Sunny, 70°

	Score	Place	# Teams	Awards	Notes
Varsity	NTS	NA			
Jr Varsity	NTS	NA			
Freshmen					
Fresh/Soph					
Open					

Division: Varsity

Event	Name	Div.	Results	Pts	Place	PR	Notes	Splits
100 Meter Hurdles								
	Katie Murphy	V	19.25			PR		
	Kathryn Herrmann	V	20.34					
100 Meter Dash								
	Taylor Hosna	V	13.23			PR		
	Jamie Doggendorf	V	13.45			PR		
4x100 Meter Relay								
			52.49					
	Jennifer Sturgeon	V	12.93					
	Taylor Hosna	V	13.12					
	Liz Buneta	V	13.17					
	Jamie Doggendorf	V	13.27			PR		
400 Meter Dash								
	Nicole Brueggemann	V	1:04.89					
300 Meter Hurdles								
	Liz Buneta	V	50.02					
200 Meter Dash								
	Taylor Hosna	V	27.79			PR	7th all-time in school history	
	Jennifer Sturgeon	V	29.26					
	Kathryn Herrmann	V	30.12			PR		
4x400 Meter Relay								
			4:29.21				Dropped baton 3rd-4th exchange	
	Jamie Doggendorf	V	1:03.08			PR		
	Nicole Brueggemann	V	1:05.91					
	Leah Korn	V	1:07.59					
	Liz Buneta	V	1:12.63				Added time for dropped baton	
Shot Put								
	Kathryn Herrmann	V	28 Ft 6 in					
	Hannah Yates	V	27 Ft 11.5 in					
	Gabby Hernandez	V	26 Ft 10.5 in					
Discus Throw								
	Hannah Yates	V	86 Ft 9 in					
	Gabby Hernandez	V	63 Ft 3.5 in					
	Kathryn Herrmann	V					No result-3 scratches	
Long Jump								
	Jamie Doggendorf	V	15 Ft 6.5 in			PR		
	Liz Buneta	V	14 Ft 8 in					
Triple Jump								
	Nicole Brueggemann	V	32 Ft 6 in			PR	8th all-time in school history	
	Taylor Hosna	V	32 Ft 6 in					
	Leah Korn	V	32 Ft 5 in					
High Jump								
	Nicole Brueggemann	V					No result	
	Leah Korn	V					No result	
	Katie Murphy	V					No result	
Pole Vault								
	Jennifer Sturgeon	V	9 Ft 6 in					
	Katie Murphy	V	8 Ft 0 in			PR	Tied 7th all-time in school history	
800 Meter Run								
	Leah Korn	V	2:46.93			PR		37/1:16(39)/2:00(44)/(46)

2010 Northwest Lions Girls Track & Field
Summit, U.City, Affton, Soldan on 3/23/2010



Division: Junior Varsity

Event	Name	Div.	Results	Pts	Place	PR	Notes	Splits
100 Meter Hurdles								
	Melody Graham	JV	21.98			PR		
100 Meter Dash								
	Katie Bond	JV	14.26			PR		
	Mary Ostlund	JV	15.04			PR		
	Samantha Jacquemin	JV	15.20			PR		
	Victoria Howell	JV	15.40			PR		
	Rachel Walsh	JV	15.51			PR		
	Courtney Thomas	JV	16.64			PR		
	Mary Kate Conley	JV	17.52			PR		
	Candice Jacquemin	JV	19.24			PR		
4x200 Meter Relay								
			2:13.99					
	Mariah Marquardt	JV	29.00			PR		
	Amanda Banks	JV	32.68			PR		
	Lauren Niemira	JV	33.70			PR		
	Shoei Lewis	JV	38.61			PR		
1600 Meter Run								
	Minda Welble	JV	6:11.79			PR		1:29/3:08(1:39)/4:44(1:36)/1:27
	Tess Kilethermes	JV	6:45.16			PR		1:27/3:16(1:49)/5:04(1:48)/1:41
	Kara Goss	JV	7:11.64					1:39/3:30(1:51)/5:26(1:56)/1:45
	Sam Christopher	JV	7:22.51			PR		1:37/3:30(1:53)/5:29(1:59)/1:53
	Lindsay Akers	JV	8:38.26			PR		1:43/4:03(2:20)/6:26(2:23)/2:12
4x100 Meter Relay								
			1:05.07					
	Katie Bond	JV	15.49			PR		
	Mary Ostlund	JV	16.06			PR		
	Samantha Jacquemin	JV	16.08			PR		
	Shoei Lewis	JV	17.44			PR		
400 Meter Dash								
	Danielle Ader	JV	1:19.34					
	Amanda Banks	JV	1:20.29			PR		
	Victoria Howell	JV	1:21.97			PR		
	Rachel Walsh	JV	1:22.12			PR		
	Vanessa Costello	JV	1:27.04			PR		
300 Meter Hurdles								
	Mary Shannon	JV	1:06.73			PR		
200 Meter Dash								
	Samantha Jacquemin	JV	31.17			PR		
	Amanda Banks	JV	33.27			PR		
	Danielle Ader	JV	34.26					
	Rachel Walsh	JV	34.47			PR		
	Victoria Howell	JV	34.81			PR		
	Mary Kate Conley	JV	36.86			PR		
	Shoei Lewis	JV	37.47			PR		
	Candice Jacquemin	JV	41.40			PR		
4x800 Meter Relay								
			11:58.07					
	Minda Welble	JV	2:42.55			PR		37/1:18(41)/2:01(43)/(41)
	Tess Kilethermes	JV	2:52.74					39/1:25(46)/2:11(46)/(41)
	Kara Goss	JV	3:09.43					46/1:36(50)/2:25(49)/(44)
	Sam Christopher	JV	3:13.35			PR		42/1:30(48)/2:24(54)/(49)
4x400 Meter Relay								
			4:49.66					
	Minda Welble	JV	1:07.59			PR		
	Alysiah Whittaker	JV	1:09.38			PR		
	Mariah Marquardt	JV	1:13.50			PR		
	Melody Graham	JV	1:19.19			PR		
Shot Put								
	Alysiah Whittaker	JV	21 Ft 7 in			PR		
	Taylor Ward	JV	20 Ft 3.5 in			PR		
	Marissa Hopkins	JV	18 Ft 10 in					
	Lindsay Akers	JV	18 Ft 6 in			PR		



Division: Junior Varsity

Event	Name	Div.	Results	Pts	Place	PR	Notes	Splits
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	Megan Ramsey	JV	18 Ft 6 in			PR		
	Tosha Yates	JV	17 Ft 2 in			PR		

Discus Throw

	Marissa Hopkins	JV	61 Ft 7 in			PR		
	Megan Ramsey	JV	51 Ft 1.5 in			PR		
	Tosha Yates	JV	46 Ft 2 in			PR		
	Taylor Ward	JV	42 Ft 5.5 in			PR		
	Lindsay Akers	JV					No Mark-3 scratches	
	Alysia Whittaker	JV					No Mark-3 scratches	

Long Jump

	Melody Graham	JV	13 Ft 1 in			PR		
	Katie Bond	JV	10 Ft 11 in			PR		
	Candice Jacquemin	JV	9 Ft 4 in			PR		
	Lauren Niemira	JV					No Mark	

Triple Jump

	Melody Graham	JV	25 Ft 1 in			PR		
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High Jump

	Danielle Ader	JV					No Result	
	Katie Bond	JV					No Result	
	Vanessa Costello	JV					No Result	
	Mariah Marquardt	JV					No Result	
	Lauren Niemira	JV					No Result	
	Alysia Whittaker	JV					No Result	

Pole Vault

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