

Sadie Hefflinger

Career Track & Field Report



Completed Seasons **2**
Varsity Seasons

Career V Points
Career JV Points **3.25**

Event	Meet Name	Meet Date	Results	Time	Div	Place	Pts	PR	Notes	Splits
100 Meter Dash	All Time PR: 16.45									
	Parkway Central Early Bird	3/18/2016	16.45	F.A.T.	OPEN			PR		
	Suburban West Conference	5/5/2017			JV					
200 Meter Dash	All Time PR: 32.80									
	JV Friends Series-Meet #2	4/18/2017	32.80	Hand	JV			PR		
	Suburban West Conference	5/5/2017			JV					
400 Meter Dash	All Time PR: 1:17.87									
	Northwest Invitational	4/9/2016	1:17.87	F.A.T.	JV	18th		PR		
	Parkway Central Limited	3/24/2017	1:20.50	F.A.T.	OPEN	14th				
800 Meter Run	All Time PR: 3:02.48									
	Northwest v Parkway Central	4/11/2016	3:15.39	Hand	JV			PR		
	Eureka Kimball/Wintermeyer	4/28/2016	3:02.48	F.A.T.	JV	16th		PR		1:27 / 1:34
100 Meter Dash Split	All Time PR: 14.13									
	Kirkwood Quad	3/22/2016	15.07	Hand	OPEN			PR		
	NW, Summit, Holt, P. West	3/29/2016	15.59	Hand	OPEN					
	Lindbergh Girls Invitational	4/1/2016			JV				DNF-Dropped Baton-Exch	
	Hillsboro Joe McCraith JV	4/20/2016	14.13	Hand	JV			PR		
	Northwest Invitational	4/8/2017	15.20	Hand	JV	6th	.75			
200 Meter Dash Split	All Time PR: 30.74									
	NW, Summit, Holt, P. West	3/29/2016	30.74	Hand	OPEN			PR		
	Eureka Kimball/Wintermeyer	4/28/2016	33.34	Hand	JV					
400 Meter Dash Split	All Time PR: 1:17.29									
	Lindbergh Girls Invitational	4/1/2016	1:21.50	Hand	JV	6th	1.25	PR		
	Northwest Invitational	4/9/2016	1:18.88	Hand	JV	11th		PR		
	Hillsboro Joe McCraith JV	4/20/2016	1:18.65	Hand	JV	7th	.25	PR		
	Eureka Kimball/Wintermeyer	4/28/2016	1:17.29	Hand	JV			PR		



Event	Meet Name	Meet Date	Results	Time	Div	Place	Pts	PR	Notes	Splits
800 Meter Run Split	All Time PR: 3:05.74									
	Hillsboro Joe McCraith JV	4/20/2016	3:05.74	Hand	JV	5th	1	PR		
High Jump	All Time PR: 4 ft 0 in									
	Kirkwood Quad	3/22/2016			OPEN				No Height	
	NW, Summit, Holt, P. West	3/29/2016	3 Ft 10 in		OPEN			PR		
	Northwest v Parkway Central	4/11/2016	3 Ft 10 in		JV			PR		
	Eureka Kimball/Wintermeyer	4/28/2016	4 Ft 0 in		JV	11th-		PR		
	Suburban West Conference	5/6/2016	4 Ft 0 in		JV	18th		PR		
	Suburban West Conference	5/5/2017			JV					
Discus Throw	All Time PR: 45 ft 1 in									
	Parkway Central Early Bird	3/18/2016	45 Ft 1 in		OPEN	7th	2	PR		