

# Sam Lewandoski

## Career Track & Field Report



Completed Seasons **2**  
Varsity Seasons

Career V Points **0.75**  
Career JV Points **10.75**

Event	Meet Name	Meet Date	Results	Time	Div	Place	Pts	PR	Notes	Splits
<b>100 Meter Dash</b>		<b>All Time PR: 15.06</b>								
	Parkway Central Early Bird	3/18/2016	15.64	F.A.T.	OPEN	18th		PR		
	Lindbergh Girls Invitational	4/1/2016	16.30	F.A.T.	JV	32nd				
	Lafayette Girls JV	4/6/2016	15.49	Hand	JV			PR	Strong Tailwind	
	Northwest v Parkway Central	4/11/2016	15.89	Hand	JV					
	JV Friends Series-Meet #1	4/5/2017	15.06	Hand	JV			PR		
<b>400 Meter Dash</b>		<b>All Time PR: 1:17.60</b>								
	Parkway Central Early Bird	3/18/2016	1:22.31	F.A.T.	OPEN	24th		PR		
	Parkway Central Limited	3/24/2017	1:18.20	F.A.T.	OPEN	26th		PR		
	Holt Invitational	4/1/2017	1:17.60	F.A.T.	V	31st		PR		
<b>100 Meter Hurdles</b>		<b>All Time PR: 21.36</b>								
	Kirkwood	3/21/2017	21.36	Hand	OPEN			PR		
	Parkway Central Limited	3/24/2017	21.45	F.A.T.	OPEN	4th	5			
<b>300 Meter Hurdles</b>		<b>All Time PR: 59.78</b>								
	Northwest Invitational	4/8/2017	1:01.63	F.A.T.	JV	13th		PR		
	JV Friends Series-Meet #2	4/18/2017	1:00.87	Hand	JV			PR		
	Ft. Zumwalt North Invitational	4/21/2017	59.78	F.A.T.	V	13th		PR		
	Eureka Kimball/Wintermeyer	4/27/2017	1:01.53	F.A.T.	JV	10th				
	Suburban West Conference	5/5/2017			JV					
<b>100 Meter Dash Split</b>		<b>All Time PR: 13.82</b>								
	Kirkwood Quad	3/22/2016	14.77	Hand	OPEN			PR		
	NW, Summit, Holt, P. West	3/29/2016	15.94	Hand	OPEN					
	Lindbergh Girls Invitational	4/1/2016	14.43	Hand	JV	5th	1.25	PR		
	Lafayette Girls JV	4/6/2016	16.00	Hand	JV					
	Eureka Kimball/Wintermeyer	4/28/2016	15.75	Hand	JV	8th	.25			
	Suburban West Conference	5/6/2016	14.84	Hand	JV	7th	.5			
	Kirkwood	3/21/2017	13.82	Hand	OPEN			PR		
<b>200 Meter Dash Split</b>		<b>All Time PR: 31.00</b>								



Event	Meet Name	Meet Date	Results	Time	Div	Place	Pts	PR	Notes	Splits
	NW, Summit, Holt, P. West	3/29/2016	32.70	Hand	OPEN			PR		
	Hillsboro Joe McCraith JV	4/20/2016	33.85	Hand	JV	7th	.5			
	Ladue Brusca-Strohbach	4/23/2016	31.58	Hand	JV	10th		PR		
	Eureka Kimball/Wintermeyer	4/28/2016	31.00	Hand	JV	8th	.25	PR		
	Suburban West Conference	5/6/2016	32.54	Hand	JV	6th	.75			
	Northwest Invitational	4/8/2017	31.10	Hand	JV	11th				

### 400 Meter Dash Split

All Time PR: 1:16.97

	Hillsboro Joe McCraith JV	4/20/2016	1:22.67	Hand	JV	7th	.25	PR		
	Ladue Brusca-Strohbach	4/23/2016	1:19.69	Hand	JV	13th		PR		
	Eureka Kimball/Wintermeyer	4/28/2016	1:17.14	Hand	JV			PR		
	Holt Invitational	4/1/2017	1:16.97	F.A.T.	V	11th		PR		
	Ft. Zumwalt North Invitational	4/21/2017	1:17.94	Hand	V	6th	.75			
	Eureka Kimball/Wintermeyer	4/27/2017	1:17.27	Hand	JV	5th	1			
	Suburban West Conference	5/5/2017			JV					

### Long Jump

All Time PR: 13 ft 9.5 in

	Lindbergh Girls Invitational	4/1/2016	11 Ft 6.5 in		JV	8th		PR		
	Lafayette Girls JV	4/6/2016	12 Ft 2 in		JV			PR		
	Northwest Invitational	4/9/2016	12 Ft 2.5 in		JV	16th		PR		
	Northwest v Parkway Central	4/11/2016	11 Ft 8.5 in		JV					
	Hillsboro Joe McCraith JV	4/20/2016	11 Ft 2.5 in		JV					
	Kirkwood	3/21/2017	13 Ft 1 in		OPEN			PR		
	Parkway Central Limited	3/24/2017	13 Ft 5 in		OPEN	3rd	6	PR		
	Holt Invitational	4/1/2017	12 Ft 7 in		V	26th				
	Northwest Invitational	4/8/2017	12 Ft 9.5 in		JV	17th				
	Ft. Zumwalt North Invitational	4/21/2017	13 Ft 9.5 in		V	11th		PR		
	Eureka Kimball/Wintermeyer	4/27/2017	13 Ft 7 in		JV	5th	4			
	Suburban West Conference	5/5/2017			JV					

### Triple Jump

All Time PR: 27 ft 6 in

	Kirkwood Quad	3/22/2016	26 Ft 10 in		OPEN			PR		
	NW, Summit, Holt, P. West	3/29/2016	26 Ft 1.5 in		OPEN					
	Lafayette Girls JV	4/6/2016	25 Ft 10 in		JV					
	Northwest v Parkway Central	4/11/2016	25 Ft 11 in		JV					
	Suburban West Conference	5/6/2016	25 Ft 8 in		JV	13th				



Event	Meet Name	Meet Date	Results	Time	Div	Place	Pts	PR	Notes	Splits
	Northwest Invitational	4/8/2017	27 Ft 6 in		JV	7th	2	PR		
	JV Friends Series-Meet #2	4/18/2017	27 Ft 3.5 in		JV					
	Eureka Kimball/Wintermeyer	4/27/2017	25 Ft 11 in		JV	15th				
	Suburban West Conference	5/5/2017			JV					
High Jump	All Time PR: ft 0 in									
	Kirkwood Quad	3/22/2016			OPEN				No Height	