



2019 Northwest Lions Girls Track & Field 100 Meter Dash Season Top Ten List

		Results	Meet Name	Meet Date
1	Talia Griffonetti (Fr)	13.35	JV Friends Meet #1	4/3/2019
2	Jasmine Kaasa (Jr)	14.01	Northwest Invitational	4/6/2019
3	Maegan Ryan (Fr)	14.07	JV Friends Meet #1	4/3/2019
4	Mei Yamada (Sr)	14.20	JV Friends Meet #1	4/3/2019
5	Kayla Bertani (Fr)	14.22	Northwest Invitational	4/6/2019
6	Jamie Scott (Jr)	14.32	JV Friends Meet #1	4/3/2019
7	Emma Skaggs (Fr)	14.33	Kirkwood Quad	3/27/2019
7	Madison Wucher (Sr)	14.33	Kirkwood Quad	3/27/2019
9	Tiffani Bolden (Sr)	14.47	JV Friends Meet #1	4/3/2019
10	Miranda Eberhart (So)	14.56	SPHSAAA Conference Yellow Pool Inv.	5/3/2019



2019 Northwest Lions Girls Track & Field 200 Meter Dash Season Top Ten List

		Results	Meet Name	Meet Date
1	Kaitlyn Bell (Sr)	27.50	★ Kirkwood Quad	3/27/2019
2	Maegan Ryan (Fr)	29.35	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
3	Lindsay Calvin (Sr)	29.44	JV Friends Meet #2	4/17/2019
4	Jadyn Wood (Fr)	29.90	Kirkwood Quad	3/27/2019
4	Jasmine Kaasa (Jr)	29.90	Henle Holmes	4/11/2019
6	Miranda Eberhart (So)	29.94	JV Friends Meet #2	4/17/2019
7	Kayla Bertani (Fr)	30.06	Northwest Invitational	4/6/2019
8	Jamie Scott (Jr)	30.39	JV Friends Meet #2	4/17/2019
8	Mei Yamada (Sr)	30.39	JV Friends Meet #2	4/17/2019
10	Kat Cooper (Fr)	30.46	JV Friends Meet #2	4/17/2019



2019 Northwest Lions Girls Track & Field 400 Meter Dash Season Top Ten List

		Results	Meet Name	Meet Date
1	Kaitlyn Bell (Sr)	1:02.85	★ Ft. Zumwalt North Invitational	4/18/2019
2	Lindsay Calvin (Sr)	1:06.33	Eureka Invitational	4/25/2019
3	Jasmine Kaasa (Jr)	1:08.88	Henle Holmes	4/11/2019
4	Gabby Bauwens (Fr)	1:12.34	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
5	Jamie Scott (Jr)	1:12.38	JV Friends Meet #1	4/3/2019
6	Kat Cooper (Fr)	1:12.63	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
7	Maegan Ryan (Fr)	1:14.17	Kirkwood Quad	3/27/2019
8	Jadyn Wood (Fr)	1:15.63	JV Friends Meet #1	4/3/2019
9	Macy Karg (Fr)	1:16.24	Kirkwood Quad	3/27/2019
10	Mei Yamada (Sr)	1:16.31	JV Friends Meet #1	4/3/2019



2019 Northwest Lions Girls Track & Field 800 Meter Run Season Top Ten List

		Results	Meet Name	Meet Date
1	Samantha Brown (Fr)	2:29.34	★ District	5/11/2019
2	Karley Wheeler (Fr)	2:34.10	Ft. Zumwalt North Invitational	4/18/2019
3	Gabby Bauwens (Fr)	3:08.43	JV Friends Meet #2	4/17/2019
4	Paige McMinn (So)	3:14.78	Eureka Invitational	4/25/2019
5	Katelyn Dodge (Fr)	3:23.90	JV Friends Meet #2	4/17/2019
6	Lydia Hartzell (Fr)	3:24.66	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
7	Mikayla Williams (Sr)	3:45.43	Kirkwood Quad	3/27/2019



2019 Northwest Lions Girls Track & Field 1500 Meter Run Season Top Ten List

		Results	Meet Name	Meet Date
1	Samantha Brown (Fr)	5:28.07	★ Northwest Invitational	4/6/2019
2	Lydia Hartzell (Fr)	6:52.75	Northwest Invitational	4/6/2019
3	Pura DeLuca (So)	7:12.03	Northwest Invitational	4/6/2019



2019 Northwest Lions Girls Track & Field 1600 Meter Run Season Top Ten List

		Results	Meet Name	Meet Date
1	Karley Wheeler (Fr)	5:32.92	★ District	5/11/2019
2	Samantha Brown (Fr)	5:43.57	Ft. Zumwalt North Invitational	4/18/2019
3	Claire Meisch (Jr)	5:50.98	Ft. Zumwalt North Invitational	4/18/2019
4	Audrey May (Jr)	6:09.63	Eureka Invitational	4/25/2019
5	Jeanne Le Ray (Sr)	6:10..21	Eureka Invitational	4/25/2019
6	Alexis McAteer (So)	6:47.76	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
7	Pura DeLuca (So)	6:59.53	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
8	Lydia Hartzell (Fr)	7:12.57	JV Friends Meet #1	4/3/2019
9	Gabby Bauwens (Fr)	7:29.32	JV Meet at Marquette	4/9/2019
10	Katelyn Dodge (Fr)	7:58.59	SPHSAAA Conference Yellow Pool Inv.	5/3/2019



2019 Northwest Lions Girls Track & Field 3200 Meter Run Season Top Ten List

		Results	Meet Name	Meet Date
1	Claire Meisch (Jr)	11:47.79	★ Eureka Invitational	4/25/2019
2	Karley Wheeler (Fr)	12:02.72	★ District	5/11/2019
3	Jeanne Le Ray (Sr)	13:22.33	Eureka Invitational	4/25/2019
4	Samantha Brown (Fr)	13:32.37	Northwest Invitational	4/6/2019
5	Alexis McAteer (So)	16:16.40	Northwest Invitational	4/6/2019
6	Mikayla Williams (Sr)	17:27.78	Eureka Invitational	4/25/2019
7	Lydia Hartzell (Fr)	18:00.73	JV Friends Meet #2	4/17/2019



2019 Northwest Lions Girls Track & Field 100 Meter Hurdles Season Top Ten List

		Results	Meet Name	Meet Date
1	Jillian Thomlison (Jr)	16.69	★ Sectional	5/18/2019
2	Kaitlyn Bell (Sr)	16.92	★ Northwest Invitational	4/6/2019
3	Cheyenne Morris (Fr)	20.19	JV Meet at Marquette	4/9/2019
4	Emma Skaggs (Fr)	20.59	JV Meet at Marquette	4/9/2019
5	Kayla Winecoff (Fr)	21.21	JV Meet at Marquette	4/9/2019



2019 Northwest Lions Girls Track & Field 300 Meter Hurdles Season Top Ten List

		Results	Meet Name	Meet Date
1	Kaitlyn Bell (Sr)	46.80	State Championship	5/24/2019
2	Jillian Thomlison (Jr)	49.25 ★	Sectional	5/18/2019
3	Emma Skaggs (Fr)	57.04	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
4	Kayla Winecoff (Fr)	59.12	Eureka Invitational	4/25/2019
5	Macy Karg (Fr)	59.17	Eureka Invitational	4/25/2019
6	Cheyenne Morris (Fr)	1:03.36	JV Meet at Marquette	4/9/2019



2019 Northwest Lions Girls Track & Field 100 Meter Dash Split Season Top Ten List

		Results	Meet Name	Meet Date
1	Jasmine Kaasa (Jr)	11.84	Eureka Invitational	4/25/2019
2	Emma Skaggs (Fr)	12.26	Eureka Invitational	4/25/2019
3	Talia Griffonetti (Fr)	12.28	Henle Holmes	4/11/2019
4	Jillian Thomlison (Jr)	12.71	District	5/11/2019
5	Kayla Bertani (Fr)	12.72	Kirkwood Quad	3/27/2019
6	Emma Weaver (So)	12.78	Eureka Invitational	4/25/2019
7	Erica Schamel (Jr)	12.98	Henle Holmes	4/11/2019
8	Jade Clouse (Fr)	13.20	Northwest Invitational	4/6/2019
9	Madeline Eads (Jr)	13.47	JV Meet at Marquette	4/9/2019
10	Sam Lewandoski (Sr)	13.76	Eureka Invitational	4/25/2019



2019 Northwest Lions Girls Track & Field 200 Meter Dash Split Season Top Ten List

		Results	Meet Name	Meet Date
1	Jasmine Kaasa (Jr)	27.59	Henle Holmes	4/11/2019
2	Jillian Thomlison (Jr)	28.49	Henle Holmes	4/11/2019
3	Samantha Brown (Fr)	28.52	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
4	Kayla Bertani (Fr)	28.87	Ft. Zumwalt North Invitational	4/18/2019
5	Jamie Scott (Jr)	29.53	JV Meet at Marquette	4/9/2019
6	Lindsay Calvin (Sr)	29.79	Eureka Invitational	4/25/2019
7	Mei Yamada (Sr)	30.06	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
8	Miranda Eberhart (So)	30.14	Eureka Invitational	4/25/2019
9	Kat Cooper (Fr)	30.21	Northwest Invitational	4/6/2019
9	Jadyn Wood (Fr)	30.21	Eureka Invitational	4/25/2019



2019 Northwest Lions Girls Track & Field 400 Meter Dash Split Season Top Ten List

		Results	Meet Name	Meet Date
1	Kaitlyn Bell (Sr)	1:01.37	Eureka Invitational	4/25/2019
2	Jillian Thomlison (Jr)	1:04.09	District	5/11/2019
3	Lindsay Calvin (Sr)	1:06.28	Ft. Zumwalt North Invitational	4/18/2019
4	Karley Wheeler (Fr)	1:06.36	Eureka Invitational	4/25/2019
5	Samantha Brown (Fr)	1:06.38	Ft. Zumwalt North Invitational	4/18/2019
6	Jasmine Kaasa (Jr)	1:07.58	District	5/11/2019
7	Emma Skaggs (Fr)	1:09.53	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
8	Jadyn Wood (Fr)	1:12.78	Eureka Invitational	4/25/2019
9	Audrey May (Jr)	1:12.84	Kirkwood Quad	3/27/2019
10	Kayla Bertani (Fr)	1:13.84	Kirkwood Quad	3/27/2019
10	Kayla Winecoff (Fr)	1:13.84	Kirkwood Quad	3/27/2019



2019 Northwest Lions Girls Track & Field 800 Meter Run Split Season Top Ten List

		Results	Meet Name	Meet Date
1	Samantha Brown (Fr)	2:30.55	Ft. Zumwalt North Invitational	4/18/2019
2	Karley Wheeler (Fr)	2:33.64	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
3	Audrey May (Jr)	2:34.40	Kirkwood Quad	3/27/2019
4	Claire Meisch (Jr)	2:36.43	Northwest Invitational	4/6/2019
5	Gabby Bauwens (Fr)	2:52.43	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
6	Lindsay Calvin (Sr)	2:58.92	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
7	Jeanne Le Ray (Sr)	2:59.96	JV Meet at Marquette	4/9/2019
8	Alexis McAteer (So)	3:04.98	Northwest Invitational	4/6/2019
9	Pura DeLuca (So)	3:10.19	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
10	Lydia Hartzell (Fr)	3:14.77	JV Meet at Marquette	4/9/2019



2019 Northwest Lions Girls Track & Field 1600 Meter Run Split Season Top Ten List

		Results	Meet Name	Meet Date
1	Audrey May (Jr)	5:45.53	JV Friends Meet #1	4/3/2019
2	Claire Meisch (Jr)	5:46.34	JV Friends Meet #1	4/3/2019
3	Karley Wheeler (Fr)	5:54.34	JV Friends Meet #1	4/3/2019
4	Samantha Brown (Fr)	5:59.90	JV Friends Meet #1	4/3/2019



**2019 Northwest Lions Girls Track & Field
1200 Meter Run Split
Season Top Ten List**

Results

Meet Name

Meet Date

1	Claire Meisch (Jr)	4:10.76	Henle Holmes	4/11/2019
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2019 Northwest Lions Girls Track & Field Long Jump Season Top Ten List

		Results	Meet Name	Meet Date
1	Erica Schamel (Jr)	16 Ft 3 in	★ Northwest Invitational	4/6/2019
2	Alyssa Jones (So)	15 Ft 9.5 in	Kirkwood Quad	3/27/2019
3	Sam Lewandoski (Sr)	13 Ft 7 in	Eureka Invitational	4/25/2019
4	Macy Karg (Fr)	13 Ft 0 in	Kirkwood Quad	3/27/2019
5	Liz Vermillon (Fr)	12 Ft 10 in	Kirkwood Quad	3/27/2019
5	Lizzy Kopp (Fr)	12 Ft 10 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
7	Jade Clouse (Fr)	12 Ft 4 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
8	Emma Weaver (So)	12 Ft 3 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
9	Tiffani Bolden (Sr)	11 Ft 9.5 in	JV Meet at Marquette	4/9/2019
10	Jadyn Wood (Fr)	10 Ft 9.5 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019



2019 Northwest Lions Girls Track & Field Triple Jump Season Top Ten List

		Results	Meet Name	Meet Date
1	Erica Schamel (Jr)	35 Ft 4 in	★ Henle Holmes	4/11/2019
2	Alyssa Jones (So)	34 Ft 9 in	★ District	5/11/2019
3	Sam Lewandoski (Sr)	29 Ft 3 in	JV Meet at Marquette	4/9/2019
4	Liz Vermillon (Fr)	27 Ft 11 in	JV Meet at Marquette	4/9/2019



2019 Northwest Lions Girls Track & Field High Jump Season Top Ten List

		Results	Meet Name	Meet Date
1	Erica Schamel (Jr)	5 Ft 5 in	★ State Championship	5/24/2019
2	Alyssa Jones (So)	4 Ft 10 in	★ Henle Holmes	4/11/2019
3	Lizzy Kopp (Fr)	4 Ft 4 in	Northwest Invitational	4/6/2019
4	Karlie Ricks (Fr)	3 Ft 10 in	JV Friends Meet #1	4/3/2019



2019 Northwest Lions Girls Track & Field Pole Vault Season Top Ten List

		Results	Meet Name	Meet Date
1	Rachel Kelly (Jr)	7 Ft 6 in ★	Northwest Invitational	4/6/2019
1	Emma Skaggs (Fr)	7 Ft 6 in ★	JV Friends Meet #2	4/17/2019
1	Carley Scholz (Jr)	7 Ft 6 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
4	Macy Karg (Fr)	6 Ft 6 in	JV Meet at Marquette	4/9/2019
5	Cheyenne Morris (Fr)	6 Ft 0 in	JV Meet at Marquette	4/9/2019



2019 Northwest Lions Girls Track & Field Shot Put Season Top Ten List

		Results	Meet Name	Meet Date
1	Megan Fortner (Sr)	37 Ft 9 in	Henle Holmes	4/11/2019
2	Liz Vermillon (Fr)	33 Ft 9.5 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
3	Jordan Adams (Sr)	31 Ft 11 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
4	Lexi Sanchez (Fr)	27 Ft 5 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
5	Kylie Dickerson (Sr)	27 Ft 1 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
6	Kailyn Galey (Sr)	26 Ft 3 in	JV Meet at Marquette	4/9/2019
7	Cheyenne Dickemper (Jr)	25 Ft 11 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
8	Kylie Galey (So)	25 Ft 1 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
9	Kalie Mashburn (Fr)	23 Ft 2 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
10	Madison Hardin (Fr)	22 Ft 9.5 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019



2019 Northwest Lions Girls Track & Field Discus Season Top Ten List

		Results	Meet Name	Meet Date
1	Liz Vermillon (Fr)	108 Ft 9 in	★ District	5/11/2019
2	Jordan Adams (Sr)	94 Ft 11 in	Henle Holmes	4/11/2019
3	Megan Fortner (Sr)	88 Ft 10 in	Northwest Invitational	4/6/2019
4	Lexi Sanchez (Fr)	77 Ft 2 in	Eureka Invitational	4/25/2019
5	Kailyn Galey (Sr)	75 Ft 8 in	Eureka Invitational	4/25/2019
6	Paige Vancil (Fr)	61 Ft 3 in	JV Friends Meet #2	4/17/2019
7	Cheyenne Dickemper (Jr)	60 Ft 4 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
8	Kylie Galey (So)	59 Ft 2 in	Kirkwood Quad	3/27/2019
9	Kylie Dickerson (Sr)	59 Ft 1 in	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
10	Madison Hardin (Fr)	58 Ft 7 in	JV Friends Meet #2	4/17/2019



2019 Northwest Lions Girls Track & Field Javelin Season Top Ten List

		Results	Meet Name	Meet Date
1	Megan Fortner (Sr)	158 Ft 0 in	★ State Championship	5/24/2019
2	Lexi Sanchez (Fr)	120 Ft 7 in	★ JV Friends Meet #2	4/17/2019
3	Lindsay Calvin (Sr)	92 Ft 1 in	★ JV Friends Meet #2	4/17/2019
4	Jamie Scott (Jr)	91 Ft 11 in	★ JV Meet at Marquette	4/9/2019
5	Liz Vermillon (Fr)	84 Ft 9 in	★ JV Friends Meet #1	4/3/2019
6	Emma Weaver (So)	82 Ft 6 in	★ JV Friends Meet #2	4/17/2019
7	Madison Wucher (Sr)	82 Ft 0 in	JV Friends Meet #2	4/17/2019
8	Carley Scholz (Jr)	79 Ft 11 in	★ Kirkwood Quad	3/27/2019
9	Jade Clouse (Fr)	60 Ft 10 in	Kirkwood Quad	3/27/2019
10	Macie Twine (Fr)	60 Ft 3 in	JV Friends Meet #2	4/17/2019



2019 Northwest Lions Girls Track & Field Season Top Ten List

Results

Meet Name

Meet Date

1	Mei Yamada (Sr)	SPHSAAA Conference Yellow Pool Inv.	5/3/2019
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2019 Northwest Lions Girls Track & Field Season Top Ten List

		Results	Meet Name	Meet Date
1	Cheyenne Morris (Fr)	19.86	JV Friends Meet #2	4/17/2019
2	Macy Karg (Fr)	20.89	JV Friends Meet #2	4/17/2019
3	Emma Skaggs (Fr)	21.57	JV Friends Meet #2	4/17/2019
4	Kayla Winecoff (Fr)	22.88	JV Friends Meet #2	4/17/2019