

# Molly Amsden

## Season Report for 2021 Northwest Lions Girls Track & Field

Varsity Seasons

Varsity Points  
JV Points  
FR Points

Meet Name	Meet Date	Results	Division	Place	Points	PR	Notes
<b>Shot Put</b>		Season PR: 17 ft 10 in		All Time PR: 17 ft 10 in			
Kirkwood Early Bird Meet	3/30/2021	5.44m	OPEN			PR 5.44m	
JV Friends Meet #1	4/7/2021	5.87m	JV			PR 19' 3"	
JV Tri-Meet v. Marquette,	4/14/2021	5.72m	JV			18' 9"	
SPHSAAA Conference Yellow	5/4/2021	5.95m	JV	15th		PR 19' 6 1/4"	
<b>Discus</b>		Season PR: 50 ft .5 in		All Time PR: 50 ft .5 in			
Kirkwood Early Bird Meet	3/30/2021	15.25m	OPEN			PR 15.26m	
JV Tri-Meet v. Marquette,	4/14/2021	13.71m	JV			44' 11"	
JV Friends Meet #2	4/21/2021	14.73m	JV			48' 3"	
SPHSAAA Conference Yellow	5/4/2021	12.81m	JV	17th		42' 1/4"	
<b>Javelin</b>		Season PR: 25 ft 9 in		All Time PR: 25 ft 9 in			
Kirkwood Early Bird Meet	3/30/2021	7.85m	OPEN			PR 7.87m	
JV Friends Meet #1	4/7/2021	11.28m	JV			PR 37' 0"	
JV Tri-Meet v. Marquette,	4/14/2021	10.49m	JV			34' 5"	
JV Friends Meet #2	4/21/2021	13.25m	JV			PR 43' 5"	
SPHSAAA Conference Yellow	5/4/2021	12.60m	JV	19th		41' 4"	

Number of Events 13  
Number of PR's 7

Total V Pts   
Total JV Pts   
Total FR Pts