

# Vanessa Cardenas

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

Varsity Seasons 1

Varsity Points 2.25

JV Points 12

FR Points

14.25

Meet Name	Meet Date	Results	Division	Place	Points	PR	Notes
<b>100 Meter Dash</b>		Season PR: 14.27		All Time PR: 14.27			
JV Friends Meet #2	4/21/2021	14.27	JV			PR	
Ft. Zumwalt North Invitational	4/23/2021	14.54	V	25th			
Eureka Invitational	4/29/2021	14.48	V	11th			
SPHSAAA Conference Yellow	5/4/2021	14.53	V	13th			
District	5/15/2021	14.32	V	12th			
<b>200 Meter Dash</b>		Season PR: 29.44		All Time PR: 29.44			
SPHSAAA Conference Yellow	5/4/2021	29.81	V	14th		PR	
District	5/15/2021	29.44	V	12th		PR	
<b>400 Meter Dash</b>		Season PR: 1:11.38		All Time PR: 1:11.38			
JV Friends Meet #1	4/7/2021	1:11.38	JV			PR	
<b>100 Meter Dash Split</b>		Season PR: 13.06		All Time PR: 13.06			
Kirkwood Early Bird Meet	3/30/2021	13.06	OPEN			PR	
Northwest Invitational	4/10/2021	13.50	JV	6th	.75		
Northwest Invitational	4/10/2021	13.86	JV	4th	1.25		
Ft. Zumwalt North Invitational	4/23/2021	13.93	V	8th	.25		
District	5/15/2021	13.25	V	6th	.75		
<b>200 Meter Dash Split</b>		Season PR: 26.83		All Time PR: 26.83			
Kirkwood Early Bird Meet	3/30/2021	29.12	OPEN			PR	
Eureka Invitational	4/29/2021	33.77	V	8th	.25		
SPHSAAA Conference Yellow	5/4/2021	26.83	V	5th	1	PR	
<b>Pole Vault</b>		Season PR: ft 0 in		All Time PR: ft 0 in			
JV Friends Meet #2	4/21/2021	No Mark/Ht	JV			PR	
Eureka Invitational	4/29/2021	No Mark/Ht	V				
SPHSAAA Conference Yellow	5/4/2021	1.92m	V	10th		PR	6' 3 3/4"
<b>Javelin</b>		Season PR: 66 ft 7 in		All Time PR: 66 ft 7 in			
Kirkwood Early Bird Meet	3/30/2021	20.29m	OPEN			PR	20.92m
JV Friends Meet #1	4/7/2021	20.45m	JV				67' 1"
Northwest Invitational	4/10/2021	21.15m	JV	1st	10	PR	69' 4.75"
JV Friends Meet #2	4/21/2021	19.37m	JV				63' 6"



Name	Meet Name	Meet Date	Results	Division	Place	Points	PR	Notes
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Number of Events	23
Number of PR's	11

Total V Pts	2.25
Total JV Pts	12
Total FR Pts	