

LADY MONARCH TRACK MEET

INDIVIDUAL: 10-8-6-4-2-1

RELAY: 10-8-6-4-2-1

MEET *Ace Nelson Relays*

DATE **Monday, April 20, 2009**

| FIELD EVENTS | | | OPEN RUNNING EVENTS | | | | | |
|--------------|-------|-------|---------------------|-------|-------|---------|-------|-------|
| HIGH JUMP | _____ | _____ | 100M | _____ | _____ | 200M | _____ | _____ |
| | _____ | _____ | DASH | _____ | _____ | DASH | _____ | _____ |
| LONG JUMP | _____ | _____ | 100M | _____ | _____ | 400M | _____ | _____ |
| | _____ | _____ | HURDLES | _____ | _____ | HURDLES | _____ | _____ |
| SHOT PUT \ | _____ | _____ | 400M | _____ | _____ | | _____ | _____ |
| | _____ | _____ | DASH | _____ | _____ | | _____ | _____ |
| DISCUS | _____ | _____ | 1500M | _____ | _____ | | _____ | _____ |
| | _____ | _____ | RUN | _____ | _____ | | _____ | _____ |
| | | | | | | | | TOTAL |
| 3000M | _____ | _____ | , | _____ | _____ | , | _____ | _____ |
| RUN | _____ | _____ | , | _____ | _____ | , | _____ | _____ |
| | | | | | | | | TOTAL |

RELAYS

| | | | | | | | | |
|----------|-------|-------|-------|-------|---|-------|-------|-------|
| JV | | | | | | | | |
| 4 X 400 | _____ | _____ | _____ | _____ | I | _____ | _____ | _____ |
| METER | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |
| RELAY | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |
| | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |
| JV | | | | | | | | |
| SPRINT | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |
| MEDLEY | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |
| RELAY | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |
| | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |
| DISTANCE | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |
| MEDLEY | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |
| RELAY | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |
| | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |
| JV | | | | | | | | |
| 4 X 200 | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |
| METER | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |
| RELAY | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |
| | _____ | _____ | _____ | _____ | | _____ | _____ | _____ |

At least 10 schools had athletes competing at the meet

BV indoor 3/20/10 results

1st Places

Alyssa Rihner- HJ

Chelsey Van Ness- LJ

Alexa Beeck- 800

2nd places

4x200 relay

distance medley relay

4x800 relay

4th place

Alicia Ullrich- shot put

Taylor Lickteig- 55 dash

4x200 relay JV team

5th place

shuttle hurdle relay

Brooke Schroeder- 55 dash

Faith Richard-800

6th place

Taylor Lickteig- 55 hurdles

Bianca Pizano- 1500

Coach comments

We took most of the team over to Buena Vista for the indoor track meet on Saturday and had an enjoyable time competing and finding out where we are in our training. The girls ran hard and showed a lot of potential but also realize the need for further training and focus in competition if we are going to battle with Harlan in several relays. We were pleasantly surprised to win both jumps with freshmen in their first varsity meet. Alyssa Rihner won by tie-breaker in the high jump and Chelsey Van Ness won the long jump by almost 6 inches. Chelsey never finished first in jr high track in the long jump. Also, the Krohnke sisters ran solid hurdle races as well as Taylor Lickteig who just started hurdling a few weeks ago. Alexa Beeck continued her success with a win in the 800 and ran a super anchor in the 4x200, almost catching the Harlan anchor at the tape. If this team stays positive and works hard together it should see some success this season in several events.