

LADY MONARCH TRACK MEET

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

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

DATE April 19, 2010

FIELD EVENTS	OPEN RUNNING EVENTS					
HIGH JUMP	100M	<u>Taylor Sorensen</u>	<u>13.9</u>	200M	<u>Espy Arellano</u>	<u>33</u>
	DASH	<u>Chelsey Green</u>	<u>14.1</u>	DASH	<u>Jay Kallo</u>	<u>29.28</u>
LONG JUMP						
	100M			400M		
	HURDLES			HURDLES		
				800M	<u>Haley Blum</u>	<u>3:14</u>
SHOT PUT				RUN		
	400 M	<u>Haley Blum</u>	<u>1:19.5</u>			
	DASH					
DISCUS						
	100M					
	DASH					
						TOTAL
3000M						
RUN						TOTAL

RELAYS

4 X 200	<u>Lexi Houston</u>	<u>28.5</u>				
METER	<u>Sierra Pauley</u>	<u>29.5</u>				
RELAY	<u>Courtney Reiser</u>	<u>31.1</u>				
JV1	<u>Ana Nolasco</u>	<u>33.2</u>	<u>2:03.1</u>			
			TOTAL			

DISTANCE	<u>Courtney Reiser</u>	<u>30.2</u>		4x400	<u>Chelsey Van Ness</u>	<u>70.6</u>
MEDLEY	<u>Ana Nolasco</u>	<u>32.5</u>		METER	<u>Espy Arellano</u>	<u>1:18</u>
RELAY	<u>Genesis Vega</u>	<u>1:13</u>		RELAY	<u>Ana Nolasco</u>	<u>1:22</u>
	<u>Espy Arellano</u>	<u>3:02</u>	<u>5:23</u>	JV	<u>Genesis Vega</u>	<u>1:13</u>
			TOTAL			TOTAL

SPRINT	<u>Sierra Pauley</u>	<u>14.5</u>		4x100	<u>Courtney Reiser</u>	<u>14.5</u>
MEDLEY	<u>Taylor Sorensen</u>	<u>13.6</u>			<u>Taylor Sorensen</u>	<u>13.8</u>
RELAY	<u>Espy Arellano</u>	<u>33.2</u>			<u>Ana Nolasco</u>	<u>15.2</u>
JV	<u>Courtney Reiser</u>	<u>71.4</u>	<u>2:12.7</u>	JV	<u>Sierra Pauley</u>	<u>14</u>
			TOTAL	TOTAL		TOTAL

			TOTAL

This sheet is subject to change!

Meet comments Ace Nelson

Team places

IKM Manning- 181
Denison-Schleswig- 177
MVAO 84
Boyer Valley 50
IKM Manning JV 28
Ar We Va- 25
DS JV- 25
COU 12

We knew we would have a close battle with IKM Manning for the team title and everyone would have to come through strong in their events and it didn't quite happen. IKM Manning has a solid team and their depth in the distance events really got us in the end. We did have some good events. We won 4 of 7 relays and took 2nd in two other relays. We swept the long jump and ran season bests in the 4 x 800 and 4 x 200. We won the 400 and went 2-3 in the disc and 100. Chianne Fenn, Brooke Schroeder and Jay Kallo had good nights for the varsity and our JV girls ran several hard races which they can be proud of.

1sts

long jump, Chelsey Van Ness,, 14'8"
4x800 team of Bailey Ellerbeck, Faith Richard, Whitney Krohnke and Bianca Pizano
10:35
Shuttle Hurdle team of Taylor Lickteig, Bailey Ellerbeck, Whitney Krohnke, Kayla Krohnke
1:13.42
400
Alexa Beeck, 400, 1:00.56
4x100 relay of Taylor Lickteig, Brooke Schroeder, Chianne Fenn and Chelsey Van Ness
4x400 relay of Jay Kallo, Bailey Ellerbeck, Kayla Krohnke, and Alexa Beeck

2nds

long jump, Lexi Houston, 14'8"
disc, Megan Scherff, 98'6"
100, Alexa Beeck, 12.91
4x200 relay of Taylor Lickteig, Brooke Schroeder, Whitney Krohnke and Chelsey Van Ness
100 hurdles, Kayla Krohnke, 17.4
800, Faith Richard, 2:42.45
200, Brooke Schroeder, 27.76
400 hurdles, Kayla Krohnke, 1:13.77
Sprint medley relay, Taylor Lickteig, Chianne Fenn, Lexi Houston, Whitney Krohnke
2:00.72

3rds

long jump, Taylor Sorensen, 14'3"
high jump, Alyssa Rihner, 4'10"
disc, Alicia Ullrich, 98'2"
distance medley relay, Lexi Houston, Bailey Ellerbeck, Chianne Fenn, and Alyssa Rihner
4:52.25