

Team points
Atlantic- 160
Creston-130
Denison- 115
Shenandoah- 64
Clarinda- 57
Clarke-49

It was a beautiful night and the girls fared well as a team considering we didn't have our soccer girls and we are recovering some illnesses. Alyssa Rihner had a huge night with three first places. She "broke through" in two events with personal records in the high jump at 5 feet and a 63.57 in the 400. She ran a strong anchor in the sprint medley and held off a Creston girl at the finish. The other members of the sprint medley team were Brooke Schroeder, Chianne Fenn and Alexa Beeck. Alicia Ullrich is coming back from having her wisdom teeth pulled but was able to win first in the disc in the the AA division with a throw of 103'9". Some other girls who continue to have strong performances include Brooke Schroeder, Chelsey Van Ness and Megan Scherff. 9th graders Jay Kallo, Bianca Pizano and Lexi Houston also have made varsity contributions lately.

Other place winners for the team

2nd place
4x200 relay-1:54.17
Houston, Fenn, Schroeder, Van Ness

3rd place
Alicia Ullrich shot 31'6"
Chelsey Van Ness long jump 15'1"
Brooke Schroeder 100 m- 13.23
4x400 relay 4:39.10
Beeck, Kallo, Fenn and Rihner

4th place
Megan Scherff 31'1"
Taylor Sorensen, long jump- 13'9"
Chelsey Green- high jump- 4'8"
Bianca Pizano- 3000- 13:25
Brooke Schroeder- 200- 28.23
4x100- 55.29
Houston, Fenn, Van Ness, Kallo