

LADY MONARCH TRACK MEET

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

RELAY: 10-8-6-4-2

Koos Invite, Harlan

DATE April 8, 2010

| FIELD EVENTS | | | OPEN RUNNING EVENTS | | | | | |
|--------------|-------------------------|---------------|---------------------|-------------------------|----------------|-------|-------------------------|----------------|
| HIGH JUMP | <u>Alyssa Rihner</u> | <u>4'10"</u> | 100M | <u>Brooke Schroeder</u> | <u>13/14</u> | 200M | <u>Brooke Schroeder</u> | <u>27.82</u> |
| | <u>Chelsey Green</u> | <u>4'6"</u> | DASH | <u>Chelsey Green</u> | <u>14.56</u> | DASH | <u>Jay Kallo</u> | <u>29.39</u> |
| LONG JUMP | <u>Chelsey Van Ness</u> | <u>14'11"</u> | 100M | <u>Chelsey Green</u> | <u>18.74</u> | 400M | <u>Kayla Krohnke</u> | <u>1:14.03</u> |
| | <u>Taylor Sorensen</u> | <u>14'10"</u> | HURDLES | <u>Kayla Krohnke</u> | <u>17.88</u> | L. H. | | |
| SHOT PUT | <u>Alicia Ullrich</u> | | 400M | <u>Jay Kallo</u> | <u>1:07.55</u> | 800M | <u>Alexa Beeck</u> | <u>2:28</u> |
| | <u>Megan Scherff</u> | <u>32'.5"</u> | DASH | <u>Courtney Reiser</u> | <u>1:13.5</u> | RUN | <u>Genesis Vega</u> | <u>3:00</u> |
| DISCUS | <u>Alicia Ullrich</u> | <u>91-9</u> | 1500M | <u>Bianca Pizano</u> | | | | <u>5:55</u> |
| | <u>Megan Scherff</u> | <u>91-1</u> | RUN | <u>Faith Richard</u> | | | | <u>5:49</u> |
| 3000M | <u>Kristin Ploeger</u> | | | | | | | <u>13:32</u> |
| RUN | | | | | | | | |

RELAYS

| | | | | | |
|-----------|-------------------------|---------------|---------|-------------------------|---------------|
| 4 X 800 | <u>Faith Richard</u> | <u>2:40</u> | SPRINT | <u>Taylor Lickteig</u> | <u>13.5</u> |
| METER | <u>Bailey Ellerbeck</u> | <u>2:48</u> | MEDLEY | <u>Chelsey Van Ness</u> | <u>14.5</u> |
| RELAY | <u>Whitney Krohnke</u> | <u>2:44</u> | RELAY | <u>Alyssa Rihner</u> | <u>28.8</u> |
| | <u>Bianca Pizano</u> | <u>2:51</u> | | <u>Chianne Fenn</u> | <u>1:07.9</u> |
| | | <u>11:04</u> | | | <u>2:04.9</u> |
| | | TOTAL | | | TOTAL |
| 10 FLIGHT | <u>Bailey Ellerbeck</u> | <u>19.5</u> | 4 X 100 | <u>Taylor Lickteig</u> | <u>13.2</u> |
| SHUTTLE | <u>Whitney Krohnke</u> | <u>17.8</u> | METER | <u>Brooke Schroeder</u> | <u>12.8</u> |
| HURDLE | <u>Taylor Lickteig</u> | <u>18.7</u> | RELAY | <u>Chianne Fenn</u> | <u>13.1</u> |
| RELAY | <u>Kayla Krohnke</u> | <u>17.4</u> | | <u>Alexa Beeck</u> | <u>13</u> |
| | | <u>1:13.5</u> | | | <u>52.26</u> |
| | | TOTAL | | | TOTAL |
| DISTANCE | <u>Lexi Houston</u> | <u>29.2</u> | 4 X 400 | <u>Kayla Krohnke</u> | <u>1:06.1</u> |
| MEDLEY | <u>Whitney Krohnke</u> | <u>27.9</u> | METER | <u>Whitney Krohnke</u> | <u>1:06.4</u> |
| RELAY | <u>Bailey Ellerbeck</u> | <u>66.7</u> | RELAY | <u>Alyssa Rihner</u> | <u>1:06.0</u> |
| | <u>Alyssa Rihner</u> | <u>2:50.7</u> | | <u>Alexa Beeck</u> | <u>1:06.1</u> |
| | | <u>4:54.6</u> | | | <u>4:24.7</u> |
| | | TOTAL | | | TOTAL |
| 4 X 200 | <u>Taylor Lickteig</u> | <u>28.9</u> | | | |
| METER | <u>Brooke Schroeder</u> | <u>27.9</u> | | | |
| RELAY | <u>Chianne Fenn</u> | <u>28.8</u> | | | |
| | <u>Chelsey Van Ness</u> | <u>29.1</u> | | | |
| | | <u>1:53.7</u> | | | |
| | | TOTAL | | | |

This sheet is subject to change!

MEET COMMENTS KOOS RELAYS- April 8, 2010

We had a nice night to make some progress on our times. We were able to drop time in our shuttle hurdle relay, 4x100 and several open events. The girls will be working hard to continue the trend. We are starting to determine our line up in the relays although in many cases the 4th spot on some relays is still to be determined. Highlights from the night include Alexa's 1st in the 800 in 2:28 and the 4x100 meter relay first place with a time of 52.26. Taylor Lickteig, Brooke Schroeder, Chianne Fenn and Alexa Beeck were on that team.

Other top four places for the team

4th places

open 200- 27.82 and 100- 13.14

Brooke Schroder

Distance Medley relay-4:54.61

Lexi Houston, Whitney Krohnke, Bailey Ellerbeck, Alyssa Rihner

3rd places

Shuttle hurdle team-

Lickteig, Bailey Ellerbeck, Whitney Krohnke, Kayla Krohnke

400 hurdles

Kayla Krohnke- 1:14.03

4x200

Taylor Lickteig, Brooke Schroeder, Chianne Fenn, Chelsey Van Ness

4x400

Whitney Krohnke, Kayla Krohnke, Alyssa Rihner, Alexa Beeck

Team places

Harlan- 190

Co. Bluffs Lincoln- 72.5

Denison Schleswig- 66.5

Treynor- 52

Lewis Central-51

Earlham- 48

Kuemper- 38

Tri Center- 35

Riverside- 18

CB TJ- 14