

# LADY MONARCH TRACK MEET

Dismiss at 2:15, Depart 2:25 PM

INDIVIDUAL: 8-6-4-2-1

RELAY: 8-6-4-2

MEET **Hawkeye 10-N**

DATE **April 30, 2010**

FIELD EVENTS			OPEN RUNNING EVENTS					
HIGH JUMP	<u>Alyssa Rihner</u>	<u>4'10"</u>	100M	<u>Taylor Lickteig</u>	<u>13.48</u>	200M	<u>Jay Kallo</u>	<u>31.81</u>
			DASH	<u>Alexa Beeck</u>	<u>12.9</u>	DASH	<u>Taylor Sorensen</u>	<u>32.42</u>
LONG JUMP	<u>Chelsey Van Ness</u>	<u>16</u>	100M	<u>Kayla Krohnke</u>	<u>17.97</u>	400M	<u>Kayla Krohnke</u>	<u>1:16.6</u>
	<u>Taylor Sorensen</u>	<u>14-10</u>	HURDLES			L. H.		
SHOT PUT	<u>Alicia Ullrich</u>	<u>33-9</u>	400M	<u>Haley Blum</u>	<u>1:21.56</u>	800M	<u>Alexa Beeck</u>	<u>2:32.05</u>
	<u>Megan Scherff</u>	<u>29-7</u>	DASH			RUN	<u>Bailey Ellerbeck</u>	<u>2:50.28</u>
							<u>Whitney Krohnke</u>	<u>2:49.93</u>
DISCUS	<u>Alicia Ullrich</u>	<u>100-04</u>	1500M	<u>Kristin Ploeger</u>	<u>6:28.45</u>			
	<u>Megan Scherff</u>	<u>91-09</u>	RUN	<u>Faith Richard</u>	<u>6:01.25</u>			
3000M	<u>Kristin Ploeger</u>	<u>13:53.64</u>						
RUN	<u>Bianca Pizano</u>	<u>13:33.94</u>						

## RELAYS

4 X 800				SPRINT	<u>Ana Nolasco</u>	<u>?</u>	
METER				MEDLEY	<u>Espy Arellano</u>	<u>?</u>	
RELAY				RELAY	<u>Sierra Pauley</u>	<u>32.8</u>	
					<u>Lera Beilfeldt</u>	<u>1:15</u>	<u>2:20</u>
			TOTAL				TOTAL
10 FLIGHT	<u>Bailey Ellerbeck</u>	<u>18.6</u>		4 X 100	<u>Taylor Lickteig</u>		
SHUTTLE	<u>Kayla Krohnke</u>	<u>18</u>		METER	<u>Chelsey Van Ness</u>		
HURDLE	<u>Whitney Krohnke</u>	<u>19.4</u>		RELAY	<u>Taylor Sorensen</u>		
RELAY	<u>Taylor Lickteig</u>	<u>18.8</u>	<u>1:14.79</u>		<u>Chianne Fenn</u>		<u>55.48</u>
			TOTAL				TOTAL
DISTANCE	<u>Chelsey Van Ness</u>	<u>28.8</u>		4 X 400	<u>Alexa Beeck</u>	<u>1:04</u>	
MEDLEY	<u>Bailey Ellerbeck</u>	<u>30.3</u>		METER	<u>Whitney Krohnke</u>	<u>1:11</u>	
RELAY	<u>Whitney Krohnke</u>	<u>68.1</u>		RELAY	<u>Kayla Krohnke</u>	<u>1:07.7</u>	
	<u>Faith Richard</u>	<u>2:42.2</u>	<u>4:49.7</u>		<u>Chianne Fenn</u>	<u>1:12.2</u>	<u>4:35.03</u>
			TOTAL				TOTAL
4 X 200	<u>Alexa Beeck</u>	<u>27.2</u>					
METER	<u>Alyssa Rihner</u>	<u>30.8</u>					
RELAY	<u>Chianne Fenn</u>	<u>28.1</u>					
	<u>Taylor Lickteig</u>	<u>30.3</u>	<u>1:55.78</u>				
			TOTAL				

*This sheet is subject to change!*

# LADY MONARCH TRACK MEET

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RELAY: 8-6-4-2

MEET Hawkeye 10-N

DATE April 30, 2010

FIELD EVENTS		OPEN RUNNING EVENTS				
HIGH JUMP		100M	Taylor Sorensen	15.2	200M	
		DASH	Lera Bielfeldt	15.4	DASH	
LONG JUMP	Lexi Houston 15	100M	Chianne Fenn	13.8	400M	
		DASH	Alyssa Rihner	13.9	HURDLES	
					800M	Haley Blum 3:24.06
SHOT PUT			Courtney Reiser	14.9	RUN	Genesis Vega 3:08.95
		100M	Jay Kallo	14.8		Bianca Pizano 3:04.2
		DASH	Sierra Pauley	?		
DISCUS		100M				
		DASH				
						TOTAL
3000M						
RUN						TOTAL

## RELAYS

4 X 200	Jay Kallo	31.7		4x400	Bailey Ellerbeck	1:12	
METER	Lexi Houston	29.5		METER	Alyssa Rihner	1:08.8	
RELAY	Lera Bielfeldt	32.8		RELAY	Jay Kallo	1:13.4	
JV1	Courtney Reiser	32.1	2:16.2	JV1	Courtney Reiser	1:16.5	4:51
			TOTAL				TOTAL
4 X 200	Genesis Vega	34.2		4x400	Lexi Houston	1:13.2	
METER	Ana Nolasco	33.8		METER	Genesis Vega	1:20.2	
RELAY	Sierra Pauley	30.5		RELAY	Ana Nolasco	1:21.2	
JV2	Espy Arellano	35.6	2:14.17	JV2	Sierra Pauley	1:16.2	5:10
			TOTAL				TOTAL
				4 X 400			
				METER			
				RELAY			
			TOTAL				TOTAL
			TOTAL				

*This sheet is subject to change!*

**Lady Monarch top 3 Place Winners at the Hawkey 10 North meet  
3/30/10**

1st places-  
Alexa Beeck 800-

2nd places-  
4x200 relay Alexa Beeck, Alyssa Rihner, Chianne Fenn, Taylor Lickteig  
4x400 relay Alexa Beeck, Whitney Krohnke, Kayla Krohnke, Chianne Fenn  
Shuttle Hurdle Relay Bailey Ellerbeck, Whitney Krohnke, Kayla Krohnke, Taylor Lickteig  
Alicia Ullrich in shot put

3rd places  
Alyssa Rihner- high jump  
Chelsey Van Ness- long jump  
Alexa Beeck- 100  
Kayla Krohnke- 400 hurdles  
4x100 relay Chianne Fenn, Taylor Lickteig, Courtney Reiser, Chelsey Van Ness  
Distance Medley Relay Chelsey Van Ness, Bailey Ellerbeck, Whitney Krohnke and Faith Richard

The Lady Monarchs competed in their first outdoor track meet of the season and took 3rd place off five teams. It was nice and warm, but extremely windy. We are still figuring out where to put people to reach our full potential in relays and in some of the other open events. Although times weren't the best, the girls had a good attitude, battled the wind and got the first outdoor meet of the year out of the way. Some highlights include Alexa's win in the 800 and the four second place finishes. Again, our freshman jumpers had solid performances and it was exciting for Chelsey to reach 16 feet in the long jump with a little help from the wind. Our goal moving forward is to make progress each week and put together a line up which has several competitive relays.