

H-10 Meet 5/6/24

Shot Put	Distance	Place		Discus	Distance	Place
Alejandra Aragon	20-07			Alejandra Aragon	59-03	6th - 3 pts
Samantha Lopez	21-11	5th - 4 pts		Miley Kilnoski	59-03	5th - 4 pts
	Record: 30' 2"	1993			Record: 86' 7"	2021
Long Jump	Distance	Place		High Jump	Distance	Place
Elly Houston	11-02.5			Monserrat Renteria	NH	
Isabel Bradley	11-11.25			Azul Centeno	NH	
	Record: 15' 2"	2001			Record: 4' 10"	2008
4 X 800 O	Split Time	Place & Pts.		4 X 800 O	Split Time	Place & Pts.
Ella Bahnsen	2:50.79	2nd - 8 pts				
Monroe Bygness	3:03.79					
Heydy Leanos	2:57.56	Total Time				Total time
Addison Francois	2:53.64	11:45.8				
	Record: 11:20.13	2013				
Shuttle Hurdle	Split Time	Place & Pts.		Shuttle Hurdle	Split Time	Place & Pts.
Heylin Garica	26.14	DQ				
Ali Hartwig	22.58					
Yamilet Casillas	21.9	Total Time				Total Time
Monroe Bygness	20.66	1:31.3				
	Record: 1:20.22	2014				
100 M Dash	Time	Place & Pts.		100 M Dash	Time	Place & Pts.
Isabel Bradley	14.79	7th - 2 pts				
Lorena Huerta	14.99					
	Record: 12.6	1978				
1600 Distance Med	Split Time	Place & Pts.		1600 Distance Med	Time	Place & Pts.
Jaslene Jimenez (200)	30.64	6th - 3 pts				
Azul Centeno (200)	28.96					
Tricia Collins (400)	1:16.76	Total Time				Total Time
Addison Sturtevant (800)	3:09.44	5:25.82				
	Record: 4:59.24	1987				
400 M Dash	Time	Place & Pts.		400 M Dash	Time	Place & Pts.
Ella Bahnsen	1:10.52	7th - 2 pts				
Sicara Arevalo	1:15.93					
	Record: 1:02.73	2000				
4 x 200 X	Split Time	Place & Pts.		4 x 200 X	Split Time	Place & Pts.
Azul Centeno	31.47	5th - 4 pts				
Elly Houston	31.1					
Cora Gotto	33.84	Total Time				Total Time
Addison Francois	30.82	2:07.24				
	Record: 2:03.45	2016				

1500 M Run	Time	Place & Pts.		1600 M Run	Time	Place & Pts.
	Record: 5:22.83	2013				
10 Fit Hurdles	Time	Place & Pts.		10 Fit Hurdles	Time	Place & Pts.
Ali Hartwig	23.81					
Heylin Garica	23.8					
	Record: 17.83	2014				
200 M Dash	Time	Place & Pts.		200 M Dash	Time	Place & Pts.
Jaslene Jimenez	30.07	5th - 4 pts				
Cora Gotto	33.5					
	Record: 26.51	2000				
800 Sprint Med	Split Time	Place & Pts.		800 Sprint Med	Split Time	Place & Pts.
Isabel Bradley (100)	13.42	6th - 3 pts				
Lorena Huerta (100)	15.37					
Elly Houston (200)	32.36	Total Time				Total Time
Sicara Arevalo (400)	1:21.21	2:22.38				
	Record: 2:00.56	1977				
200 Hurdles	Time	Place & Pts.		200 Hurdles	Time	Place & Pts.
Monroe Bygness	36.26					
Ali Hartwig	38.59					
	Record: 32.91	2003				
800 M. Run	Time	Place & Pts.		800 M. Run	Time	Place & Pts.
Ella Bahnsen	2:48.55	4th - 5 pts				
Heydy Leanos	2:59.02	7th - 2 pts				
	Record: 2:36.51	2010				
4 x 100 X	Split Time	Place & Pts.		4 x 100 X	Split Time	Place & Pts.
Isabel Bradley	15.08	3rd - 6 pts				
Lorena Huerta	14.4					
Azul Centeno	14.48	Total Time				Total Time
Jaslene Jimenez	14.94	58.93				
	Record: 57.87	2008				
4 x 400	Split Time	Place & Pts.		4 x 400	Split Time	Place & Pts.
Isabelle Blume	1:17.56	5th - 4 pts				
Addison Sturtevant	1:17.16					
Elly Houston	1:15.03	Total Time				Total Time
Addison Francois	1:14.06	5:03.83				
	Record: 4:37.47	2001				
Please report distances from field events to Coach Brawner! X means closed hand off O means open hand off			Shot put/Disco - 3 Throws LJ & High Jump - 3 Jumps 1/8 inch spikes		1 Atlantic 143.50 2 Glenwood 116 3 Clarinda 82 4 LC 79 5 St. Albert 63 6 Shenandoah 60 7 Denison 54 8 Kuemper 46 9 Harlan 36.50	