

# Sioux Central Rebel Girls Track & Field

## Thursday May 10th DISTRICT COED Meet @ Sioux Central

Individual Scoring 10 8 6 4 2 1

Relay Scoring 10 8 6 4 2 1

FIELD EVENTS				Teams			
	Place	Participant	Place	Participant	Teams	SOB	
Shot Put		Makayla Bjork 28-6.5		Natalie Baack 19-0	Bishop Garrison	SL St. mars	
Discus	4th	Megan Ahrendson 93-02		Makayla Bjork 69-06	Central Lyon	Trinity Christian	
High Jump		Madison Sylvester			CCE	WB-M	
Long Jump		Rylie Knudtson 11-6.75		Kristen Cowell 11-05	George Little Rock		
					GTRA		
					HMS		
					MMCRU		
					Newell-Fonda		
					North Union		
					Sioux Central		
INDIVIDUAL EVENTS							
	Place	Place					
Sprint Med.	1st	Kally Fahnlander	Erin Strohmeyer	Maggie Mueller	Regan Sylvester	58	1:53.37
3000 run		Michelle Anderson 14:28.44					
4 x 800	7th	Kennedy Tate 2:45	Emma Lonning 2:47	Lesly Salazar 3:03	Alyssa Willeford 2:55		11:31.42
Shuttle Hurdle	2nd	Dani Boettcher	Makayla Nims	Kally Fahnlander	Erin Strohmeyer		1:11.24
100 m dash		Jenna Jessen 14.44	Hallie Rusk 15.50				
Distance Medley							
400 m dash	2nd	Regan Sylvester 60.72	Alyssa Feeley 69.68				
4 x 200	2nd	Makayla Nims	Maggie Mueller	Shera	Kally Fahnlander		1:51.60
100 Hurdles	1st	Erin Strohmeyer 16.70	2nd Dani Boettcher 16.80	The Sioux Central Girls Track Team has 3 Automatic First Place State Qualifiers tonight and a very good chance in getting 5 more 2nd place events down to state based on time. The official results are expected to be released from the state sometime Friday Afternoon. "I could not be more pleased with tonights results and how we handled some adversity, especially with us only having 4 regular season meets. Now we have to hurry and wait for Friday for official listing of qualifiers."			
800 m run	2nd	Regan Sylvester 2:31.77	Emma Lonning 2:55.37				
200 m dash		Shera Smith 30.21	Rylie Knudtson 31.81				
400 hurdles	4th	Maddy Mueller 1:17.44					
1500 m run		Kennedy Tate 6:08.41					
4 x 100	1st	Makayla Nims	Maggie Mueller	Regan Sylvester	Kally Fahnlander		52.89
4 x 400	6th	Emma Lonning 74	Alyssa Feeley 72	Madison Sylvester 71	Alyssa Willeford 71		4:49.62