

Meet: Early Bird Invite @ Albia

Start Time: 4:30 Field Events and 5:00 Running Events

Date: Tuesday, April 1st

**3000 Meter Run**

<b>15:09.28 (5th)</b>	Damaris Worthington
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**4 x 800 Meter Relay**

Courtney Nikkel
Cara Theune
McKinley Zula
Marina Shannon

**11:37.34 (1st)**

**Shuttle Hurdle Relay**

**100 Meter Dash**

<b>13.43 (1st)</b>	Leah Breon
<b>13.99 (3rd)</b>	Sarah Meyer
<b>14.48 (4th)</b>	Taylor Bolt
<b>14.58 (5th)</b>	Julia Dykstra

**Distance Medley Relay**

Kathryn Van Tuyl
Sydney Faber
Morgan Anderson
Alyssa Starkey

**4:52.43 (3rd)**

**400 Meter Dash**

<b>1:03.78 (3rd)</b>	Christa Veenstra
<b>1:10.25 (5th)</b>	Marina Shannon

**4 x 200 Meter Relay**

Julia Dykstra
Sydney Faber
Taylor Bolt
Sarah Meyer

**2:00.77 (2nd)**

**100 Meter Hurdles**

**800 Meter Run**

<b>2:56.89 (5th)</b>	McKinley Zula
<b>2:56.16 (3rd)</b>	Cara Theune
<b>2:59.48 (6th)</b>	Courtney Nikkel

**200 Meter Dash**

<b>28.28 (2nd)</b>	Leah Breon
<b>30.00 (4th)</b>	Morgan Anderson
<b>30.64 (7th)</b>	Kathryn Van Tuyl
<b>30.69 (8th)</b>	Julia Dykstra

**400 Meter Hurdles**

**Sprint Medley Relay**

Taylor Bolt
Sarah Meyer
Leah Breon
Christa Veenstra

**1:58.60 (1st)**

**1500 Meter Run**

<b>5:54.25 (3rd)</b>	Marina Shannon
5:53.83 (5th)	Alyssa Starkey

**4 x 100 Meter Relay**

Taylor Bolt
Sarah Meyer
Julia Dykstra
Leah Breon

**55.34 (2nd)**

**4 x 400 Meter Relay**

Morgan Anderson
Kathryn Van Tuyl
Courtney Nikkel
Alyssa Starkey

**4:54.36 (3rd)**

**Long Jump**

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**High Jump**

<b>NH</b>	Laura Nicholson
<b>4' 6" (2nd)</b>	Kathryn Van Tuyl

**Shot Put**

<b>28' 0.25" (7th)</b>	Miranda Nikkel
<b>24' 0"</b>	Calise Gritters

**Discus**

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**Team Scores**

PCM 189

Pella Christian 112

Chariton 88

Centerville 78

Albia 62

Twin Cedars 22