

Meet: Hawk Coed Relays

Start Time: 4:30 for Field Events, 4:45 for Running.

Date: Thursday, April 16

3000 Meter Run

4 x 800 Meter Relay	
	Alyssa Starkey
	Cara Theune
	McKinley Zula
	Josie Te Grotenhuis

11:49.57 (1st)

Shuttle Hurdle Relay

100 Meter Dash	
13.12 (3rd)	Sarah Meyer
15.35	Bea Oliviera

Distance Medley Relay

Kyrsten Tremmel	
Taylor Bolt	
Morgan Anderson	
Marina Shannon	

4:43.24 (1st)

400 Meter Dash

1:02.47 (1st)	Christa Veenstra
1:09:28 (6th)	Alyssa Starkey

JV 4 x 200 Meter Relay

Emma Schnell	
Bea Oliviera	
McKinley Zula	
Alyssa Starkey	

2:07.65

4 x 200 Meter Relay

Morgan Anderson	
Kathryn Van Tuyl	
Christa Veenstra	
Sarah Meyer	

1:54.89 (1st)

100 Meter Hurdles

19.94 (5th)	Kyrsten Tremmel
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800 Meter Run

2:47.48 (4th)	Cara Theune
2:55.10 (6th)	Josie Te Grotenhuis

200 Meter Dash

27.48 (2nd)	Sarah Meyer
32.65	Bea Oliviera

400 Meter Hurdles

1:23.09 (4th)	McKinley Zula
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Sprint Medley Relay

Taylor Bolt	
Kathryn Van Tuyl	
Christa Veenstra	
Marina Shannon	

2:01.60 (2nd)

1500 Meter Run

6:07.10 (4th)	Cara Theune
6:08.56 (5th)	Josie Te Grotenhuis

JV 4 x 100 Meter Relay

4 x 100 Meter Relay	
Taylor Bolt	
Kathryn Van Tuyl	
Morgan Anderson	
Sarah Meyer	

53.21 (1st)

4 x 400 Meter Relay

Alyssa Starkey	
Morgan Anderson	
Marina Shannon	
Christa Veenstra	

4:30.08 (1st)

Long Jump

13' 9" (1st)	Katie Larson
13' 3" (3rd)	Kyrsten Tremmel

High Jump

4' 6" (3rd)	Kathryn Van Tuyl
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Shot Put

33' 9" (1st)	Miranda Nikkel
25' 7"	Calise Gritters

Team Scores

- 193 Lynnville-Sully
- 126 Pella Christian
- 93 Sigourney
- 52 Southeast Warren
- 24 Pleasantville
- 22 HLV
- 14 English Valleys