

Meet: LHC Outdoor @ Pella Christian

Start Time: 4:30 Field, 4:45 Running

Date: Monday, May 4th

3000 Meter Run

4 x 800 Meter Relay

Cara Theune
Alyssa Starkey
Alexis De Vries
Josie Te Grotenhuis

11:34.94 (7th)

25 Minute Break

Shuttle Hurdle Relay

100 Meter Dash

14	Taylor Bolt
14.26	Kyrsten Tremmel

Distance Medley Relay

Kathryn Van Tuyl
Morgan Anderson
Christa Veenstra
Marina Shannon

4:37.02 (5th)

400 Meter Dash

4 x 200 Meter Relay

Kathryn Van Tuyl
Morgan Anderson
Christa Veenstra
Sarah Meyer

1:53.74 (5th)

100 Meter Hurdles

800 Meter Run

2:52.71	Cara Theune
----------------	-------------

10 Minute Break

200 Meter Dash

27.77 (7th)	Sarah Meyer
32.11	Bea Oliviera

400 Meter Hurdles

1:21.53	McKinley Zula
1:21.35	Kyrsten Tremmel

Sprint Medley Relay

Taylor Bolt
Kathryn Van Tuyl
Sarah Meyer
Christa Veenstra

1:55.55 (3rd)

1500 Meter Run

4 x 100 Meter Relay

Taylor Bolt
Kathryn Van Tuyl
Morgan Anderson
Sarah Meyer

53.07 (4th)

4 x 400 Meter Relay

Marina Shannon
Morgan Anderson
Alyssa Starkey
Christa Veenstra

4:33.92 (7th)

Long Jump

13' 11.75" (8th)	Katie Larson
13' 7.5"	Kyrsten Tremmel

High Jump

Shot Put

32' 3.25" (6th)	Miranda Nikkel
22' 4"	Calise Gritters

Discus

Team Points

- 201 Pella
- 118 DCG
- 115 Grinnell
- 112 Newton
- 87 Oskaloosa
- 70 Norwalk
- 29 Pella Christian