

SION

SION STORM TRACK & FIELD ARCHIVES - 2006



ROW 1: Katie Huffman, Grace Carlson, Abbey Kueser, Andrea Paschang, Haley Evans, Bailey Loyd, Nina Stingo

ROW 2: Maria Caruso, Kendall Diebold, Ginny Varraveto, Rachel Nieto, Erin Spangler, Colleen Rowley, Jackie Orpin, Kate Cotroneo, Emma Graves

ROW 3: Micah Allen, Kirsten Brown, India Wells, Monica Bledsoe, Kiki Smith, Rachel Steilen, Beka Knackstedt

ROW 4: McCall Balderston, Emily Duschen, Anna Florzak, Tori Mirfasihi, Bailey Lang
Not pictured: Bridget Flanigan, Michelle Gay, Natalie Hays, Brittany Morgan, Morgan Price, Kelly Reardon, Kelly Remley

Congratulations to our All-State athletes.

Michelle Gay-2nd place in the 200 with a fantastic time of 24.93.

Kelly Reardon-5th in the long jump with a great jump of 18' 1.75"

Congratulations to our medal winners at the William Jewell Invitational.

Anna Florzak - 1st place 1600 meters

Michelle Gay - 1st place 400 meters, 2nd place 100 meters

Kelly Reardon - 1st place long jump, 1st place triple jump

Notre Dame de Sion 2006 Track & Field Roster

Freshmen	Sophomores	Juniors	Seniors
Micah Allen	Kirsten Brown	Grace Carlson	Anna Florzak
Monica Bledsoe	Maria Caruso	Emily Duschen	Michelle Gay
Natalie Hays	Kate Cotroneo	Bridget Flanigan	
Katie Huffman	Kendall Diebold	Bailey Lang	
Beka Knackstedt	Haley Evans	Tori Mirfasihi	
Abbey Kueser	Emma Graves	Brittany Morgan	
Bailey Loyd	Rachel Nieto	Morgan Price	
Markellia Smith	Jackie Orpin	Kelly Reardon	
Rachel Steilen	Andrea Paschang	Kelly Remley	
India Wells	Colleen Rowley	Ginny Varraveto	
	Erin Spangler		
	Nina Stingo		

Notre Dame de Sion 2006 Track Schedule

Date	Opponent	Place	Time
March 30 (Thur)	Arrowhead Invitational (9/10)	St. Joe Central	3:30
March 31 (Fri)	Blue Valley West Inv. results	Blue Valley Northwest	3:00
April 06 (Thurs)	Winnetonka (fr)	Winnetonka	3:00
April 07 (Fri)	William Jewell Invitational results	William Jewell	2:00
April 12 (Wed)	O'Hara (jv)	O'Hara High School	3:30
April 13 (Thurs)	Winnetonka (jv)	Winnetonka	3:00
April 14 (Fri)	Oak Park	Oak Park	3:00
April 21-22 (Fri)	KU Relays	Lawrence	TBD
April 22 (Sat)	Lee's Summit Classic	Lee's Summit High School	Noon
April 28 (Fri)	St. Thomas Aquinas	Blue Valley Northwest	3:30
May 13 (Sat)	District	Belton	TBA
May 20 (Sat)	Sectional	Lee's Summit North	TBA
May 26-27	State	Lincoln University	TBA

Notre Dame de Sion 2006 Best Marks

Winning mark

*School record

100 meter

Michelle 12.4 OP

Michelle 12.74 Jewell
Michelle 12.79 KU
Nina 13.60 (p) BVW
Nina 14.08 Jewell
Micah 14.6 O'Hara
Katie 14.7 Win (9th)
India 14.9 O'Hara
Beka 15.0 Win (9th)
Beka 15.0 Win (jv)
Micah 15.17 Jewell
India 15.90 Jewell
Abbey 16.4 Win (jv)
Abbey 16.9 Win (9th)

200 meter

Michelle 24.78 (p) State

Michelle 24.93 (f) State
Michelle 25.02 Sectional*
Michelle 25.30 (f) District*
Michelle 25.49 (p) District
Michelle 25.5 Aquinas
Michelle 25.57 (f) BVW
Michelle 25.94 (p) BVW
Nina 27.4 OP
Erin 27.4 OP
Erin 27.46 District
Nina 27.9 Win (jv)
Erin 27.9 LS
Erin 28.13 Jewell
Nina 28.2 LS
Erin 28.5 Aquinas
Nina 29.1 Aquinas
Nina 29.56 (p) BVW
Monica 30.5 Win (9th)
India 30.6 Win (jv)
Micah 31.05 Jewell
India 31.4 Win (9th)
India 31.51 Jewell
Micah 32.5 O'Hara
India 32.6 O'Hara

400 meter

Michelle 58.24 (p) KU
Michelle 58.40 (f) KU
Michelle 60.30 Jewell
Michelle 60.3 OP
Michelle 60.86 District
Emily 62.2 LS
Emily 63.1 Aquinas
Emily 63.39 District
Erin 64.0 Aquinas
Emily 64.2 OP
Erin 64.2 LS
Emily 64.64 BVW
Erin 64.83 Jewell
Nina 64.9 LS
Nina 65.1 Aquinas
Nina 65.1 Win (jv)
Nina 65.31 Jewell
Erin 66.40 BVW
Monica 69.7 O'Hara
Monica 70.21 Jewell
India 70.3 O'Hara
Monica 71.2 Win (9th)
India 74.9 Win (9th)
Beka 83.75 Win (jv)

800 meter

Anna 2:21.86 District
Anna 2:23.20 Sectional
Anna 2:23.26 KU
Anna 2:27.3 OP
Anna 2:27.6 Aquinas
Maria 2:30.7 Aquinas
Anna 2:32.68 BVW
Anna 2:32.7 LS
Anna 2:33.10 State
Maria 2:38.7 LS
Maria 2:40.12 BVW
Maria 2:40.6 OP
Rachel 2:40.3 Aquinas
Rachel 2:40.8 LS
Maria 2:41.24 District
Rachel 2:45.0 Win (jv)
Rachel 2:49.0 O'Hara
Bailey L 2:49.8 O'Hara
Bailey L 2:52.23 Win (jv)
Rachel 2:56.1 Win (9th)
Bailey L 3:00.5 Win (9th)

1600 meter

Anna 5:20.58 Sectional
 Anna 5:20.70 District
 Anna 5:22.7 Aquinas
 Anna 5:27.05 State
Anna 5:27.3 OP
Anna 5:31.9 LS
Anna 5:32.85 Jewell
 Anna 5:35.65 BVW
 Tori 5:51.0 LS
 Tori 5:54.6 Oak Park
 Bailey L 5:55.4 Aquinas
 Tori District 5:58.79
 Bailey L 6:05.0 Win (jv)
 Tori 6:05.46 BVW
 Bailey L 6:07.27 Jewell
 Bailey L 6:20.8 Win
 (9th)
 Rachel 6:25.4 Win (jv)
 Rachel 6:30.8 Win (9th)
 Bailey 6:33.90 Jewell
 Bailey 7:00.99 BVW
 Ginny 7:33.8 O'Hara
 Andrea 7:33.9 O'Hara

4 X 400 relay

District 4:16.58
 Lee's Summit 4:28.42

3200 meter

Colleen 17:53 O'Hara
 Kendall 20:28 O'Hara

4 X 800 relay

OP 10:23.5
 BV West 10:24.45
 Lee's Summit 10:26.4
 Jewell 10:39.30
 District 10:48.42
 O'Hara 11:39.6

Long Jump

Kelly 18' 5.75 KU
Kelly 18' 3" Aquinas
 Kelly 18' 1.75" State
Kelly 17' 9" District
 Kelly 17' 7.5" Sectional
Kelly 17' 6" Jewell
Kelly 17' 5" OP
 Kelly 17' 2.75" BVW
 Jackie 14' 5" O'Hara
 Jackie 14' 3.5" Jewell
 Jackie 14' 3" Aquinas
 Rachel 13' 5.5" Aquinas
 Rachel N 13' 1" O'Hara

Distance Medley

KU Relays 13:14.43

Triple Jump

Kelly 35' 10" Jewell
 Kelly 35' 8" KU
Kelly 35' 8" OP
Kelly 35' 3" District
 Kelly 34' 10.25 Sectional