

SION

SION STORM TRACK & FIELD ARCHIVES - 2007



Front row: Bailey Loyd, Nina Smith, Emily Taft, Lizzie Beatty, Alison Shelton, Tori Mirfasihi, Micah Allen

Second row: Makenzie Kressin, Mo Quinn, Kayla Woltering, Tess Hoag, Tierra Cowan, Emmy Swisher, Julia Hense, Haley Evans

Third row: Rachel Steilen, Maria Caruso, Natalie Hays, Mallory Knott, Kelsey Hill, Jackie Orpin, Brit Schroeder, Janelle Randolph

Top row: Monica Bledsoe, Katie Huffman, Beka Knackstedt, Abbey Kueser, Erin Spangler, Kelly Reardon, Janay Woods, Ericka Frazier, India Wells, Liz Lees

Not pictured: Emily Duschen, Lindsay Bennett, Rayna Healy, Molly Meek

Congratulations to our 2007 State Champions.

Kelly Reardon - Triple jump 37' 2.5 " (school record)

Emily Duschon - High Jump 5' 5"

Kelly also placed third in the long jump with a jump of 17' 3"

Sion 2007 Track & Field Roster

Freshmen	Sophomores	Juniors	Seniors
Lindsay Bennett	Micah Allen	Maria Caruso	Emily Duschon
Tierra Cowan	Lizzie Beatty	Haley Evans	Tori Mirfasihi
Rayna Healy	Monica Bledsoe	Kelsey Hill	Kelly Reardon
Tess Hoag	Ericka Frazier	Jackie Orpin	
Mallory Knott	Natalie Hays	Erin Spangler	
Molly Meek	Julia Hense		
Mo Quinn	Katie Huffman		
Janelle Randolph	Beka Knackstedt		
Emmy Swisher	Makenzie Kressin		
Kayla Woltering	Abbey Kueser		
	Liz Lees		
	Bailey Loyd		
	Brit Schroeder		
	Allison Shelton		
	Nina Smith		
	Rachel Steilen		
	India Wells		

Notre Dame de Sion 2007 Track Schedule

Date	Opponent	Place	Time
March 29 (Thurs)	Arrowhead Invitational (9 & 10)	St. Joe Central HS	3:30
March 30 (Fri)	Blue Valley West Invitational	Blue Valley Northwest HS	3:00
April 04 (Wed)	Winnetonka (9th)	Winnetonka	2:30
April 05 (Thurs)	William Jewell Invitational	William Jewell	2:00
April 11 (Wed)	O'Hara (Revised)	O'Hara	3:30
April 12 (Thurs)	Winnetonka (jv)	Winnetonka	2:30
April 13 (Fri)	Oak Park	Oak Park	3:00
April 16 (Mon)	FR-SO Invitational	Southeast High School	3:45
April 20-21	KU Relays	Lawrence	TBD
April 21 (Sat)	Lee's Summit Classic	Lee's Summit	Noon
April 23 (Mon)	Southeast	Southeast Hlgh School	3:45
April 27 (Fri)	St. Thomas Aquinas	Blue Valley Northwest	3:30
May 12 (Sat)	District	Harrisonville	11:00
May 19 (Sat)	Sectional	Kearney	Noon
May 25-26	State	Jefferson City	11:00

Schedule subject to change.

Notre Dame de Sion 2007 Best Marks

Winning mark

School record

100 meter

Tierra 12.8 District (p)
Tierra 12.8 District (f)
Haley 12.9 District (p)
Haley 12.9 LS
Tierra 12.9 LS
Tierra 12.9 SE (var)
Tierra 12.9 OP
Emmy 13.1 SE (var)
Tierra 13.3 St. Joe
Haley 13.4 O'Hara
Tierra 13.49 Wm Jwll
Haley 13.49 Wm Jwl
Emmy 13.5 St. Joe
Emmy 13.69 BVNW
Tierra 13.9 O'Hara
Rachel 13.9 SE (var)
Micah 13.9 SE (var)
Natalie 14.1 SE (var)
Maria 14.1 SE (var)
Nina 14.2 SE (var)
Micah 14.29 Wm Jwl
Micah 14.3 SE (9/10)
Micah 14.3 Win (jv)
Micah 14.52 BVNW
Julia 14.6 SE (var)
Lizzie 14.7 SE (var)
Allison 14.8 SE (9/10)
Allison 14.8 St. Joe
Allison 14.9 Win (jv)
Lilindsay 15.0 SE (var)
Mo 15.1 SE (var)
Kayla 15.5 SE (9/10)
Lindsay 16.5 Win (9th)
Tess 16.7 Win (9th)
Mo 16.8 SE (9/10)

200 meter

Ericka 26.3 OP
Tierra 26.5 District (f)
Tierra 26.6 District (p)
Ericka 26.63 Wm Jwl
Ericka 26.72 BVNW
Ericka 26.9 LS prelims
Ericka 27.1 LS finals
Emmy 27.2 District (p)
Emmy 27.5 District (f)
Tierra 27.8 SE (var)
Ericka 27.9 O'Hara
Emmy 27.9 OP
Emmy 28.0 SE (var)
Emmy 28.2 St. Joe
Emmy 28.73 Wm Jwl
Micah 30.3 SE (var)
Brit 30.6 St. Joe
Kayla 31.7 SE (var)
Mo 31.8 SE (var)
Brit 31.99 Wm Jwl
Julia 32.3 St. Joe
Kayla 32.6 SE (9/10)
Kayla 33.0 Win (9th)
Mo 33.9 SE (9/10)
Mo 34.0 Win (9th)
Janelle 35.7 SE (var)

400 meter

Ericka 62.8 St. Joe
Molly 63.8 District
Tierra 65.2 SE (var)
Molly 65.8 OP
Molly 65.75 Wm Jwl
Tierra 65.9 St. Joe
Molly 66.10 BVNW
Molly 67.2 O'Hara
Emmy 67.3 SE (var)
India 67.7 SE (var)
India 69.1 District
Monica 69.67 Wm Jwl
Monica 70.0 SE (9/10)
India 70.0 SE (9/10)
Emmy 70.9 O'Hara
Monica 71.1 SE (var)
India 71.34 BVNW
Beka 72.7 St. Joe
India 72.88 Wm Jwl
Beka 74.8 SE (9/10)
Janelle 85.7 Win (9th)

800 meter

Maria 2:39.2 OP
Maria 2:39.4 LS
Makenzie 2:39.4 O'Hara
Maria 2:43.03 Wm Jwl
Makenzie 2:43.2 SE (var)
Rachel 2:43.3 St. Joe
Rachel 2:43.5 O'Hara
Rachel 2:43.4 OP
Maria 2:43.67 BVNW
Bailey 2:43.8 SE (var)
Natalie 2:44.0 SE (var)
Maria 2:44.5 SE (var)
Natalie 2:45.5 SE (9/10)
Rachel 2:46.8 LS
Rachel 2:48.03 BVNW
Rachel 2:48.37 Wm Jwl
Makenzie 2:48.74 Wm Jwl
Jwl
Makenzie 2:49.4 SE (9/10)
Makenzie 2:50.2 St. Joe
Rachel 2:54.2 SE (var)
Beka 3:03 SE (var)
Kelsey 3:06 SE (var)
Janelle 3:14 SE (var)
Janelle 3:24.7 Win (9th)

1600 meter

Bailey 5:49.6 OP
Bailey 5:57.9 SE (var)
 Bailey 6:00.34 BVNW
 Bailey 6:06.19 Wm Jwl
 Tori 6:07.47 Wm Jewell
 Tori 6:09.0 District
 Tori 6:10.31 BVNW
 Natalie 6:10.85 Wm Jwl
 Kelsey 6:23.36 BVNW
 Kelsey 6:23.52 Wm Jwl
 Maria 6:28.7 SE (var)
 Kelsey 6:29.7 SE (var)
 Kelsey 6:32 O'Hara
 Kelsey 6:34.2 LS
 Natalie 6:34.9 SE (var)
 Makenzie 6:35 SE (var)
 Rachel 6:43.8 SE (var)
 Makenzie 7:06.3 LS

4 X 200 Relay

Oak Park 1:49.2
 LS 1:50.0
 Wm. Jewell 1:53.30
O'Hara 1:54.7
 SE (9/10) 2:03.2
 St. Joe 2:08.9
 Win (jv) 2:09.0
 Winnetonka (9th) 2:11.4

Triple Jump

Kelly 37' 2.5" State
Kelly 36' 2.75"
Sectional
 Kelly 34' 9.5" District
Kelly 34' 7.25" OP
 Kelly 34' 4.5 " KU
 Kelly 33' 0" Wm Jwl

4 x 1600

LS 24.15.8

3200 meter

Bailey 13:09.94
 Sectional
 Bailey 13:13 O'Hara
 Natalie 13:17 O'Hara
 Bailey 13:27.6 LS
 Bailey 13:29.7 District
 Natalie 13:42.6 LS
 Natalie 13:54.6 SE
 (9/10)

4 X 400 relay

Oak Park 4:23.7
 Wm. Jewell 4:26.55
 St. Joe 4:36.4
 SE (var) 4:47.4

High Jump

Emily 5' 5" State
 Emily 5' 4" District
 Emily 5' 4.25" OP
 Emily 5' 2" BVNW
 Emily 5' 0" Sectional
Emily 5' 0" O'Hara
 Erin 5' 0" OP
 Erin 4' 8" O'Hara
 Erin 4' 8" BVNW
 Erin 4' 8" Wm Jwl
 Janelle 4' 0" SE (var)

300 Hurdles

Emily 47.6 District
 Emily 48.74 Sectional
Emily 49.6 OP
 Emily 51.13 BVNW

4 X 800 relay

District 10:40.5
 Sectional 10:46.06
 Oak Park 10:53.9
 O'Hara 10:54.1
 Win (jv) 10:55.20
 LS 10: 57.4
 BVNW 11:08.96
 Wm. Jewell 11:07.03

Shot Put

Lindsay 24' SE (9/10)
 Lindsay 23' 5" SE (var)
 Janelle 22' 3.5" St. Joe
 Janelle 21' 10' O'Hara
 Janelle 20' 4" SE (var)
 Janelle 20' 2" Wm Jwl
 Janelle 19' 4" Win (9th)
 Rayna 18' 3" St. Joe
 Rayna 16' 9.5" SE (var)
 Rayna 16' 7" O'Hara
 Rayna 15' 6.5" Win (9th)
 Rayna 15' 1" SE (9/10))

4 X 100 Relay

Oak Park 51.5
 LS 51.5
 KU Relays 51.74
 Wm Jewell 52.72
 BVNW 52.98
SE (var) 56.6
 St. Joe 59.6
 Winnetonka (9th) 61.5
 SE (9/10) 62.9

Long Jump

Kelly 17' 6" Sectional
Kelly 17' 6" District
 Kelly 17' 3" State
 Kelly 16' 10.75" KU
 Kelly 16' 3" Wm Jwl
 Kelly 16' 1.5" BVNW
Kelly 16' 1.25" OP
 Molly 14' 6" St. Joe
 Jackie 14' 2" BVNW

Discus

Lindsay 62' 6.5" O'Hara
 Lindsay 58' 4" SE (9/10)
 Rayna 53' 3" St. Joe
 Janelle 52' 3" St. Joe
 Lindsay 50' 0" Win (9th)
 Rayna 44' 7" Win (9th)
 Janelle 42' 6" Wm Jwl
 Janelle 41' 1" Win (9th)
 Rayna 39' 5.5" O'Hara