

# SION

SION STORM TRACK & FIELD ARCHIVES - 2008



Ericka Frazier qualified for the MSHSAA State Meet in the 200 meter dash by finishing 4th at the sectional meet.

**District - 3rd place 26.7**  
**Sectionals - 4th place 26.67**  
**State - 26.74 (prelims)**

## Notre Dame de Sion 2008 Track & Field Roster

<b>Freshmen</b>	<b>Sophomores</b>	<b>Juniors</b>	<b>Seniors</b>
Bridget Barry	Tierra Cowan	Micah Allen	Maria Caruso
Gioia Caruso	Blakelee Kimmis	Ericka Frazier	Kelsey Hill
Sophia Chang	Molly Meek	Pam Hematulin	
Avanthi Chatrathi	Kerry Noack	Makenzie Kressin	
Grace Daly	Janelle Randolph	Bailey Loyd	
Bayleigh Dayton	Emily Santiago	Rachel Steilen	
Hallie Elder	Lilbby Snyder		
Madden Hodes	Emmy Swisher		
Bridget Hogg			
Katie Kershenbaum			
Marlene Koch			
Kylie Krizek			
Brianna Latson			
Rachel Lipford			
Avery Loyd			
Holly Moffitt			
Lauren Nieto			
Asabe O'Neill			
Shannan Orpin			
Nicole Panis			
Elizabeth Saracini			
Kathryn Sopcich			
Morgan Vannoy			

## Notre Dame de Sion 2008 Track Schedule

Date	Opponent	Place	Time
March 27 (Thurs)	<a href="#">St. Joe Central (9 &amp; 10) cancelled</a>	St. Joe	3:30
March 28 (Fri)	<a href="#">Spring Classic</a>	Blue Valley Northwest	3:00
April 01 (Tues)	<a href="#">Ray-Pec (jv)</a>	Ray-Pec HS	3:00
April 03 (Thurs)	<a href="#">Winnetonka (9th)</a>	Winnetonka	3:00
April 04 (Fri)	<a href="#">William Jewell Invitational</a>	William Jewell	2:00
April 09 (Wed)	<a href="#">O'Hara</a>	O'Hara	3:30
April 10 (Thurs)	Winnetonka (jv) <b>re-scheduled</b>	Winnetonka	3:00
April 11 (Fri)	<a href="#">Jerry Crews Invitational cancelled</a>	Oak Park	3:00
April 18-19	<a href="#">KU Relays</a>	Lawrence	TBD
April 19 (Sat)	<a href="#">Lee's Summit Classic</a>	Lee's Summit	Noon
April 21 (Mon)	<a href="#">IL All-Comers</a>	Southeast HS	3:45
April 25 (Fri)	<a href="#">St. Thomas Aquinas</a>	Blue Valley Northwest	3:30
May 10 (Sat)	<a href="#">District</a>	Harrisonville	TBA
May 17 (Sat)	<a href="#">Sectionals</a>	Kearney	TBA
May 23-24	<a href="#">State</a>	Jefferson City	TBA

*Schedule subject to change.*

## Notre Dame de Sion 2008 Best Marks

### Winning mark

100 meter	200 meter	400 meter	800 meter
<b>Ericka 12.8 SE</b>	Ericka 26.3 District (p)	Ericka 64.16 Jewell	Molly 2:30.3 District
Ericka 13.17 BVW	Ericka 26.67 Sectional	Ericka 65.70 KU Relays	Kerry 2:40.35 Jewell
Emmy 13.3 LS	Ericka 26.7 District (f)	Avery 66.8 SE	Makenzie 2:40.42 Jewell
Tierra 13.6 Ray Pec	Ericka 26.74 State (p)	Avery 67.1 District	Molly 2:40.09 BVW
Emmy 13.84 Jewell	<b>Ericka 27.18 Jewell</b>	Rachel S 67.6 SE	Rachel 2:41.29 Jewell
Brianna 14.17 BVW	Ericka 27.2 SE	Avery 67.6 LS	Bailey 2:43.0 SE
Brianna 14.21 Jewell	<b>Tierra 28.5 Ray Pec</b>	Maria 68.4 SE	Makenzie 2:43.2 LS
Brianna 14.4 Ray Pec	Brianna 28.5 LS	Brianna 68.83 STA	Rachel 2:47.21 BVW
Gioia 14.4 O'Hara	Tierra 28.54 BVW	Avery 69.20 STA	Bridget 2:47.5 LS
Gioia 14.4 SE	Emmy 28.8 LS	Makenzie 69.9 SE	<b>Bridget 2:47.8 Ray Pec</b>
Shannan 15.0 SE	Brianna 29.1 SE	Blakelee 70.0 SE	Blakelee 2:50.2 SE
Micah 15.4 SE	Emmy 29.42 Jewell	Emmy 70.42 STA	Avery 2:50.6 Ray Pec
Micah 15.6 O'Hara	Emmy 29.30 BVW	Kerry 70.9 SE	Bridget
Lauren 16.2 SE	Brianna 29.6 Ray Pec	Avery 72.22 Jewell	2:51.95 Win(9th)
Rachel L 16.2 SE	Emmy 29.9 SE	Elizabeth 72.9 Ray Pec	Elizabeth 2:52.86
Rachel 16.23 Win(9th)	Brianna 30.16 Jewell	Bayleigh 73.2 Ray Pec	Win(9th)
Katie 16.24 Win(9th)	Gioia 31.0 SE	Bridget 73.9 SE	Makenzie 2:53.86 BVW
	Shannan 31.0 SE	Avanthi 74.8 SE	Janelle 2:54.0 District
	Grace 32.2 Ray Pec	Grace 75.5 SE	Kerry 2:54.0 SE
	Micah 32.4 SE	Sophia 76.0 SE	Asabe 2:54.3 Ray Pec
	Shannan 33.35 Win(9th)	Kylie 77.2 Ray Pec	Makenzie 2:56.0 SE
	Sophia 33.5 SE	Grace 77.24 Win(9th)	Janelle 2:58.79 Jewell
	Rachel L 33.6 SE	Rachel L 79.1 SE	Bridget 3:00 SE
	Rachel 34.0 O'Hara	Lauren 80.7 SE	Rachel S 3:02.0 SE
	Rachel 35.30 Win(9th)	Lainey 82.37 Win(9th)	Janelle 3:03.8 O'Hara
	Katie K 35.3 O'Hara	Lainey 84.3 SE	Morgan 3:04 SE
	Lainey 37.4 SE	Pam 85 O'Hara	Janelle 3:06 SE
		Lainey 87 O'Hara	Lainey 3:08 SE
			Avanthi 3:29 SE

**1600 meter**

Bailey 5:52.74 Jewell  
**Blakelee 5:55.1 SE**  
 Morgan 5:57.6 District  
 Blakelee 5:59.55 STA  
 Molly 5:59.83 Jewell  
 Blakelee 6:01.39 Jewell  
 Bailey 6:04.47 BVW  
 Bailey 6:06.8 SE  
 Molly 6:10.96 STA  
 Morgan 6:12.7 Ray Pec  
 Morgan 6:13.0 LS  
 Morgan 6:13.04 STA  
 Blakelee 6:13.09 BVW  
 Asabe 6:21.7 Ray Pec  
 Morgan 6:22.4 SE  
 Morgan  
 6:24.96 Win(9th)  
 Kelsey 6:25.30 Jewell  
 Kerry 6:25.7 LS  
 Avanthi 6:31.8 Ray Pec  
 6:34.2 SE  
 Avanthi  
 6:36.56 Win(9th)  
 Bridget 6:37.8 O'Hara  
 Kelsey 6:43.04 BVW  
 Bridget 6:47.2 SE  
 Rachel 6:57.0 SE  
 Avanthi 6:58.0 SE  
 Makenzie 6:59.0 SE  
 Janelle 7:00.0 SE  
 Kerry 7:21.2 SE

**4 X 400 relay**

**SE 4:33.57**  
 BVW 4:35.20  
 Win(9th) 5:01.37  
 O'Hara 5:26.5

**3200 meter**

Blakelee 12:40.41  
 Jewell  
 Bailey 12:40.76 Jewell  
 Bailey 12:42.2 LS  
 Bailey 13:47.1 District  
 Blakelee 13:15.30 BVW  
 Bailey 13:16.20 BVW  
 Blakelee 13:16.3  
 District  
**Morgan 14:47.4 SE**  
 Janelle 15:54.5 SE

**4 X 800 relay**

Jewell 10:55  
 BVW 10:58.07  
 Aquinas 11:07.90  
**Win(9th) 11:17.33**  
 Lee's Summit 11:18.2  
**Ray Pec (jv) 11:23.20**  
 O'Hara 11:57.8

**4 X 100 Relay**

SE 58.8  
 Win(9th) 60.38  
 O'Hara 63.4

**4 x 1600**

KU Relays 24:28.17

**4 X 200 Relay**

Win(9th) 2:09.19  
 O'Hara 2:14.5

**Long Jump**

Brianna 16' 5.5" STA  
 Brianna 15' 8" Jewell  
 Brianna 15' 5" BVW  
 Brianna 15' 4" SE  
 Emmy 15' 3.5" STA  
 Brianna 15' 3.5" District  
 Brianna 15' 2" LS  
 Emmy 14' 10" BVW  
 Emmy 14' 9" SE  
 Emmy 14' 8" LS  
 Emmy 14' 4" Jewell  
 Brianna 14' 4" Ray Pec  
 Kate S 13' 8" Win(9th)  
 Grace Win(9th) 13' 3"  
**Katie s 12' 8.75 O'Hara**  
 Grace 11' 5.5" O'Hara

**Triple Jump**

**High Jump**

**Shot Put**

**Discus**

Bridget B 20' 5" SE