

SION

SION STORM TRACK & FIELD ARCHIVES - 2009



Freshman Mary Fraces Donnelly placed 11th at the MSHSAA State Championship in the 800 meter run.

Notre Dame de Sion 2009 Track & Field Roster

Freshmen	Sophomores	Juniors	Seniors
Angela Accurso	Nicole Balmaceda	Tivoli Cannon	Ericka Frazier
Jessica Diaz	Bridget Barry	Tierra Cowan	Bailey Loyd
Mary Frances Donnelly	Gioia Caruso	Shelby Enright	Rachel Steilen
Becca Flourney	Sophia Chang	Blakelee Kimmis	Asha White
Tanema Foster	Avanthi Chatrathi	Molly Meek	
Carley Hummel	Bayleigh Dayton	Kerry Noack	
Grace Miller	Bridget Hogg	Janelle Randolph	
Anna Reinjtes	Jaime Latenser	Mallory Smith	
Zoe Sabida	Brianna Latson	Emmy Swisher	
Lauren Tyson	Rachel Lipford		
Sara Whittaker	Avery Loyd		
	Caitlin Mayer		
	Riann Pena		
	Lauren Roberts		
	Kate Sopcich		
	Morgan Vannoy		
	Rachel Weiss		

Notre Dame de Sion 2009 Track Schedule

Date	Opponent	Place	Time
March 28 (Sat)	Park Hill South (jv/v) Cancelled	Park Hill	8:30
April 02 (Thurs)	St. Joe Central (9 & 10) Cancelled	St. Joe	3:30
April 03 (Fri)	Rusty Hodge Inv. (v)	Blue Springs South	3:00
April 04 (Sat)	Shawnee Mission South Relays (v)	Shawnee Mission South	9:00
April 07 (Tues)	Ray Pec (jv)	Belton High School	3:00
April 10 (Fri)	Oak Park (v)	Staley	3:00
April 15 (Wed)	O'Hara	O'Hara	4:15
April 17-18	KU Relays (v)	Lawrence	TBD
April 20 (Mon)	Central Invitational	Southeast	3:45
April 23 (Thurs)	IL Invitational (9th/10th)	Southeast	3:45
April 24 (Fri)	Barstow Invitational	Barstow	12:30
April 25 (Sat)	Lee's Summit Classic (v)	Lee's Summit	11:00
April 27 (Mon)	IL All comers	Southeast HS	3:45
May 1 (Fri)	St. Thomas Aquinas	Blue Valley NW	3:45
May 16 (Sat)	District	Warrensburg	10:30
May 23 (Sat)	Sectionals	Kearney	11:00
May 29-30	State	Jefferson City	TBD

Notre Dame de Sion 2009 Best Marks

Winning Mark

100 meter	200 meter	400 meter	800 meter
Tierra 13.0 IL All Comers	Erica 27.1 Crews	Mary Frances 62.8 LS	Mary Frances 2:22.70 Sect.
Emmy 13.5 IL All Comers	Erica 27.88 (p) BSS	Tierra 62.9 LS	Mary Frances 2:23.0 KU
Erica 13.6 (p) BSS	Emmy 28.3 (P) LS	Tierra 65.22 District	Mary Frances
Gioia 13.9 (p) SMS	Emmy 28.84 (p) BSS	Tierra 65.3 Crews	2:25.12 District
Brianna 14.5 IL All Comers	Tanema 30.7 (p) Ray-Pec	Tierra 65.79 KU Relays	Mary Frances 2:26.4 Crews
Rachel L 14.9 IL FR-SO	Angela 30.9 O'Hara	Tierra 66.02 BSS	Mary Frances 2:30.44 BSS
Angela 15.1 (p) Ray-Pec	Anna 32.0 (p) Ray-Pec	Avery 69.53 BSS	Molly 2:31.25 District
Jessica 15.3 (p) Ray-Pec	Shelby 33.2 IL All Comers	Kerry 71.3 IL All Comers	Molly 2:35.2 LS
Sarah 15.3 (p) Ray-Pec	Zoe 34.1 (p) Ray-Pec	Shelby 71.5 Ray-Pec	Molly 2:35.27 KU Relays
Sarah 15.6 IL FR-SO	Becca 34.2 O'Hara	Shelby 72.7 IL All Comers	Rachel S. 2:36.4 LS
Riann 15.6 IL FR-SO	Carley 34.4 IL FR-SO	Kate 74.0 Ray-Pec	Molly 2:36.9 Crews
Sarah 15.7 O'Hara	Bridget B 40.7 IL FR-SO	Rachel L 76.6 IL All Comers	Molly 2:44.89 Sect.
Rachel W 15.8 IL FR-SO		Rachelle 76.7 Ray-Pec	Bridget H 2:49.9 O'Hara
Jaime 16.1 O'Hara		Rachel L 80 IL FR-SO	Morgan 2:53.2 O'Hara
Becca 16.1 IL FR-SO		Rachel W 84.1 IL FR-SO	Lauren 2:59.7 Ray-Pec
Carley 16.4 IL FR-SO			Janelle 3:05.8 Ray-Pec
Bridget B 18.0 IL FR-SO			Rachel 3:21.7 Ray-Pec
1600 meter	3200 meter	4 X 100 Relay	4 X 200 Relay
Blakelee 5:46.50 BSS	Blakelee	58.9 SMS	1:54.3 Central A
Bailey 5:48.54 BSS	12:30.34 District	59.5 Ray-Pec	1:57.5 SMS
Bailey 5:55.2 LS	Bailey 12:35.4 Crews	61.4 Central A	2:15.9 O'Hara
Blakelee 5:59.2 Crews	Bailey 12:36.08 District	62.0 IL All Comers	2:12.9 IL FR-SO A
Blakelee 6:08.2 LS	Blakelee 12:55 O'Hara	62.4 O'Hara	2:14.8 Central B
Bridget H. 6:18.7 Ray-Pec	Bailey 12:56.70 BSS	65.0 IL All Comers	2:18.8 Central C
Morgan 6:33.9	Bailey 13:33.9 LS	65.5 IL All Comers	2:19.2 IL FR-SOB
Avanthi 6:57.5 Ray-Pec	Bailey 13:46 O'Hara	66.4 IL FR-SO	
Avanthi 7:16.3 O'Hara	Blakelee 14:14.30 SEct.	68.6 Central B	
Bridget B. 7:58.2 Ray-Pec			
Bridget B. 8:20.6 O'Hara			

4 X 400 relay

4:21.18 KU Relays
 4:30.31 BSS
 4:42.9 Central
 4:57.0 Ray-Pec

4 X 800 relay

10:08.85 BSS
10:20.36 District
 10:23.1 LS
 10:32.92 KU Relays
 10:36.47 Sect.
 10:37.2 Crews
10:43.5 Central A
 11:34.5 Ray-Pec
 11:50.0 O'Hara
 11:53.8 Central B

4 x 1600**Long Jump**

Brianna 16' 8.5" Sect.
 Brianna 15' 9" LS
 Emmy 15' 8" BSS
 Brianna 15' 6" District
 Emmy 15' 6" SMS
 Emmy 15' 3" LS
 Brianna 15' 1.5" BSS
 Brianna 15' .5" KU Relays
 Kate 14' 7" Ray-Pec
 Emmy 14' 2" District
 Kate 14' 1" SMS
 Brianna 13' 11.5" Crews
 Emmy 13' 8.5" Crews
 Jessica 13' 8" IL FR-SO
 Asha 13' 8" Ray-Pec
 Asha 12' 8.25" SMS
 Asha 11' 11" Central
 Carley 11' 9" IL FR-SO
 Jaime 11' 7" IL FR-SO
 Asha 10' 11" O'Hara
 Tivoli 10' 11" Central
 Tivoli 10' 5" Ray-Pec
 Carley 10' 4" O'Hara
 Carley 9' 11" Central

Triple Jump

Brianna 34' 8"
 Brianna 33' 5.25" KU
 Relays
Brianna 33' 4" SMS

High Jump**Shot Put****Discus****Sprint Medley**

2:01.7 Central A
 2:17.6 SMS
 2:21.5 Central B
 2:35.4 Central C

Mile Medley

5:09.0 Central A
 5:37.0 Central B

Distance Medley

14.24.1 Central A
14:34.1 SMS
 15:22.8 Central B