

SION

SION STORM TRACK & FIELD ARCHIVES - 2014

Congratulations to Meghan Kearney on earning All-State Honors by placing 7th in the MSHSAA Class 4 800 meter final. Meghan's time of 2:16.74 breaks her own school record.

Meghan Kearney earned the right to represent the Storm at the MSHSAA Class 4 Track & Field Championship by placing 2nd in the 800m at the sectional meet. Meghan's time of 2:17.35 bested her own school record by .17 seconds. Congratulations and good luck at state.

Meghan Kearney and Christine Rieger will be representing the Storm at the MSHSAA Sectional track meet on Saturday, May 24. They qualified by placing in the top 4 at the MSHSAA District 7 meet. Meghan qualified by winning the 800m with a time of 2:19.68, while Christine placed 2nd in the high jump with a jump of 5' 2". Good luck.

Congratulations to the Track and Field team for placing 3rd out of eight teams at the Bishop Miege Invitational last Friday night! The girls scored a whopping 113 points! Not only is that the most points that Sion has ever scored at this meet, but they missed 2nd place by only two points. We had six first place finishes, twenty top eight finishes, and a multitude of best times/marks. In addition, Ayden Fogle broke the school record in the discus by throwing a personal best of 102' 5". Congratulations to Ayden and the entire Track and Field team for their incredible efforts at the Bishop Miege Invitational.

Notre Dame de Sion 2014 Track and Field Roster

Freshmen

Za'Hara Broxton
Katie Buhrmeister
Anna Cosner
Abby Englert
Makenzie Hutcheson
Danielle Ingram
Ally Koehler
Bridget Koeppen
Kameron Koppers
Maddie Mardquardt
Abby McLiney
Natalie Moussa
Honor Schleicher
Gracie Snider
Caitlyn Swope
Hayden Wiens
Madi Wieseler

Sophomores

Mena Biraralign
Lauren Blando
Eva Bowles
Katie Donnelly
Olivia Dugan
Selena Hunter
Chandi Marsh
Erin Mills
Alyssa Moncure
Olivia Neal
Sophie Nedelco
Chioma Okuagu
Aimee Rogers
Emma Romano
Abby Seitz
Aree Tomes
Abbey Valentine
Kaitlin Wagner
Sarah Watkins

Juniors

Ayden Fogle
Ali Gregory
Natalie Ismert
Meghan Kearney
Katie Kentfield
Molly McCarthy
Meredith Sanders
Julie Steilen
Ellie Stingley
Lauren Stollman
Courtney Tushaus

Seniors

Mikaela Gill
Michelle King
Makenzie Manning
Nicole McMIndes
Christine Rieger
Brelahn Wyatt

Head coach - Lori Donnelly
Assistant - Joe Allen
Assistant - Debbie Lomardo
Assistant - Kate Pilgreen

Notre Dame de Sion Track & Field Records

4 X 800

9:59.90 - Aquinas
(Lauren/Molly/Julie/Meghan)
10:13.64 - KU Relays
(Lauren/Julie/Ellie/Meghan)
10:26.8 - Odessa Relays
(Lauren/Ellie/Molly/Meghan)
10:31.16 - Bishop Miego
(Lauren/Ellie/Nicole/Meghan)
10:38.37 - Gary Parker
(Lauren/Ellie/Molly/Ally K)
11:50.0 - Grain Valley (Abbey
V/Mikaela/Ali/Nicole Mc)

100 HURDLES

18.5 - Hayden - Grain
Valley
18.54 - Michelle - Gary
Parker
20.3 Chandi -
Arrowhead
20.50 Brelahn - Bishop
Miego
20.54 Abby Mc - Gary
Parker
21.66 Meredith - SMS
21.78 - Katie D - St.
Teresa's
22.15 Selena - Grain
Valley
23.06 - Sophie - St.
Teresa's
26.4 Katie B -
Arrowhead

100

13.57 Katie D - St.
Teresa's
13.61 Kaitlin - Districts
13.67 Ayden - St.
Teresa's
13.70 Christine -
Bishop Miego
13.77 Chandi - St.
Teresa's
14.09 - Brelahn - Gary
Parker
14.1 Anna - Arrowhead
14.4 Abby Mc -
Arrowhead
14.44 Abby S - Grain
Valley
14.70 Za'Hara - St.
Teresa's
14.8 Lauren -
Arrowhead
15.1 Chioma -
Arrowhead
15.10 - Bridget - St.
Teresa's
15.3 Kameron -
Arrowhead
15.59 - Katie B. - St.
Teresa's
15.69 - Caitlyn S - St.
Teresa's
15.74 - Maddie M - St.
Teresa's
16.4 Sophie -
Arrowhead
16.46 Gracie - Grain
Valley
16.50 - Madi W. - St.
Teresa's

4 X 200

1:51.57- Districts
(Brelahn/Anna/Chandi/Christine)
1:56.02 - KU Relays
(Kaitlyn/Christine/Brelahn/Katie
D)

1600

5:27.24 - Meghan -
Gary Park
5:35.91 - Julie - Bishop
Miego

400

59.33 - Meghan -
Aquinas
63.96 - Lauren - Gary
Parker

1:58.14 - Rusty Hodge (Kaitlin/Nicole/Brelahn/Christine)	5:55.63 - Lauren - St. Teresa's	66.06 - Christine - Grain Valley
1:59.5 - Arrowhead (Aimee/Emma/Abbey V/Kaitlin)	6:02.81 - Ellie - Aquinas	66.73 - Anna - Bishop Miege
2:02.84 - St. Teresa's (Danielle/Aimee/Abbey V/Abby S)	6:09.22 - Ally K - Districts	70.80 - Aimee - St. Teresa's
2:08.22 - Grain Valley (Danielle/Katie/Caitlyn/Kameron)	6:23.81 - Olivia - Grain Valley	71.09 - Abbey V - St. Teresa's
2:15.45 - St. Teresa's (Madi W/Caitlyn S/Maddie/Bridget	6:31.21 - Makenzie - Aquinas	71.75 - Nicole Mc - Rusty H.
	6:35.0 - Danielle - Arrowhead	72.32 - Danielle - St. Teresa's
	6:56.05 - Meredith - SMS	72.50 - Ali G. - Grain Valley
	7:01.89 - Nicole Mc - SMS	
	7:03.45 - Abby E - St. Teresa's	
	7:27.59 - Ali G - St. Teresa's	
	8:41.63 - Honor - St. Teresa's	

4 X 100

51.76 - Districts
(Ayden/Kaitlin/Christine/Katie D)
53.25 - Aquinas (Ayden/Katie
D/Brelahn/Christine)
53.28 - KU Relays
(Kaitlyn/Christine/Brelahn/Katie
D)
53.92 - Gary Parker (Kaitlin/Katie
D/Brelahn/Ayden)
54.39 - Bishop Miege
(Ayden/Katie D/Brelahn/Anna)
56.6 - Arrowhead (Katie
D/Aimee/Selena/Chandi)
61.26 - Grain Valley
(Maddie/Bridget/Anna/Selena)
69.64 - St. Teresa's
(Julie/Mikaela/Molly/Mackenzie)

300 HURDLES

53.67 - Michelle - Gary
Parker
56.56 - Abby Mc -
Bishop M.
57.99 - Meredith -
Rusty Hod.
60.0 - Hayden -
Arrowhead
67.0 - Katie B -
Arrowhead
69.77 - Sophie - Grain
Valley

800

**2:16.74 - Meghan -
State***
2:29.7 - Lauren -
Arrowhead
2:37.40 - Molly - Gary
Parker
2:41.65 - Ellie - Gary
Parker
2:48.28 - Mikaela -
Rusty Hodge
2:51.17 - Nicole -
Aquinas
2:51.8 - Anna -
Arrowhead
2:52.31 - Natalie -
Grain Valley
2:59.10 - Ally K - St.
Teresa's
3:01.72 - Olivia - St.
Teresa's
3:06.98 - Kameron -
St. Teresa's

4 X 400

200

3200

4:14.28 - Aquinas (Lauren/Kaitlin/Katie D/Meghan)	27.77 - Christine - Districts	11:57.84 - Julie - Aquinas
4:23.57 - Bishop Miege (Kaitlin/Katie D/Abbey V/Lauren)	28.21 - Chandi - Districts	12:37.98 - Meghan - St. Teresa's
4:24.38 - Gary Parker (Kaitlin/Aimee/Katie D/Lauren)	28.30 - Kaitlin - Gary Parker	13:08.31 - Ellie - Bishop Miege
4:48.97 - Grain Valley (Nicole/Danielle/Anna/Kameron)	29.64 - Anna - SMS	13:54.06 - Olivia - Aquinas
	29.83 - Brelahn - Gary Parker	14:16.93 - Mackenzie - Grain V
	30.0 - Aimee - Arrowhead	14:44.36 - Abby E - Grain Valley
	30.71 - Abby Mc - St. Teresa's	17:14.0 - Honor - Arrowhead
	31.85 - Danielle - St. Teresa's	
	32.0 - Eva - Arrowhead	
	32.06 - Nicole - St. Teresa's	
	32.5 - Emma - Arrowhead	
	32.91 - Maddie - Grain Valley	
	33.3 - Katie K. - Rusty Hodge	
	33.71 - Katie B. - St. Teresa's	

DISCUS THROW

102' 5" - Ayden - Bishop Miege*

89' 11" - Aree - Aquinas

88' 2" - Chioma - Rusty Hodge

77' 10" - Mackenzie - Aquinas

66' 2" - Erin - Arrowhead

56' 4" - Courtney - St. Teresa's

49' 6" - Mena - St. Teresa's

47' 8" - Za'Hara - St. Teresa's

31' 8" - Natalie M - Grain Valley

SHOT PUT

32' 0" - Ayden - Gary
Parker

29' 3.5" - Mackenzie -
Districts

26' 1" - Chioma - Rusty
Hodge

25' 1" - Aree - Odessa
Relays

22' 8" - Erin - Odessa
Relays

21' 10.5" - Courtney -
St. Teres

HIGH JUMP

5' 2" Christine -
Districts

4' 8" - Abby Mc -
Bishop Miege

4' 4" - Selena - St.
Teresa's

4' 4" - Eva - St.
Teresa's

4' 2" - Kaitlin - St.
Teresa's

4' 0" - Chandi - St.
Teresa's

4' 0" - Bridget - St.
Teresa's

4' 0" - Anna - St.
Teresa's

LONG JUMP

16' 2.5" - Kaitlin - Bishop Miege
14' 8" - Katie D - Odessa Relays
14' 7.25" - Julie - Bishop Miege
12' 11" - Caitlyn Swope - Odessa
Relays
11' 8.5" - Caitlyn - Grain Valley
9' 5" - Mena - St. Teresa's

TRIPLE JUMP

28' 6" - Eva -
Arrowhead
28' 2" - Emma - Grain
Valley
28' 3" - Abby S. -
Districts
26' 11.5" - Brelahn -
Rusty H.
24' 9.5" - Meredith -
Rusty H.
24' 10.5" - Natalie -
Odessa
21' 0" - Katie B -
Odessa Relays

***Denotes School
Record**

Notre Dame de Sion Track & Field Records

Event	Name	Mark
100 meter	Jocelyn Butcher	12.34
200 meter	Michelle Gay	24.78
400 meter	Jocelyn Butcher	57.25
800 meter	Meghan Kearney	2:16.74
1600 meter	Katherine Hoffman	5:00.91
3200 meter	Katherine Hoffman	10:56.5
100m hurdles	Angela Butcher	15.09
300m hurdles	Angela Butcher	44.84
400 meter relay	Christen Belcher/Molly Redmond Katie Linhoff/Michelle Gay	50.02
800 meter relay	Christen Belcher/Nikki McGee Katie Linhoff/Michelle Gay	1:46.54
1600 meter relay	Angela Butcher/Jocelyn Butcher Greer Burey/Raeann Pichardo	3:59.6
3200 meter relay	Meghan Kearney/Ali Gregory Mary Frances Donnelly/Julie Steilen	9:33.35
Shot put	Sierra Nugent	38' 3"
Discus	Ayden Fogle	102' 5"
Long jump	Kelly Reardon	18' 2.5"
Triple jump	Kelly Reardon	37' 2.5"
High jump	Chanell Charapata	5' 6"