

SION

SION STORM TRACK & FIELD ARCHIVES - 2005



Congratulations to District Champions Anna Florzak (800) and Kelly Reardon (long jump). Congratulations to Anna Florzak and Kelly Reardon for earning All-State Honors. Anna placed 5th in the 800 and 6th in 1600 while Kelly placed 6th in the long jump at the State Meet.

Congratulations to our All-State athletes:

Anna Florzak - 800 meter (5th place)

Anna Florzak - 1600 meter (6th place)

Kelly Reardon - Long Jump (6th place)

Sion 2005 Track Roster

Freshmen	Sophomores	Juniors	Seniors
Maria Caruso	Grace Carlson	Jessica Bachkora	Stephanie Koch
Kate Cotroneo	Emily Duschen	Anna Florzak	Sierra Nugent
Anna Fiorella	Bailey Lang	Michelle Gay	Keara Sherman
Morgan Fry	Tori Mirfasihi	Jo Li	
Emma Graves	Brittany Morgan	Kristyn Reardon	
Jill McCaffrey	Morgan Price	Molly Redmond	
Rachel Nieto	Kelly Reardon		
Jackie Orpin	Kelly Remley		
Andrea Paschang	Jessie Unruh		
Colleen Quinn			
Claire Reintjes			
Colleen Rowley			
Erin Spangler			
Nina Stingo			
Chesney Thompson			
Kara Tweedy			

Notre Dame de Sion 2005 Track & Field Schedule

Date	Opponent	Place	Time
March 31 (Thurs)	Arrowhead Inv. (FR/SO)	St. Joe Central HS	3:30
April 1 (Fri)	Blue Valley West	Blue Valley NW HS	3:00
April 8 (Fri)	William Jewell Inv.	William Jewell	2:00
April 13 (Wed)	O'Hara	O'Hara HS	4:00
April 15 (Fri)	Olathe East	Olathe East	3:30
April 22/23	Kansas Relays	Lawrence	TBA
April 23 (Sat)	Lee's Summit	Lee's Summit HS	12:00
April 28 (Thurs)	Blue Valley North (jv)	BVN	TBA
April 29 (Fri)	St. Thomas Aquinas	Blue Valley NW	3:30
May 14 (Sat)	District	Lee's Summit North	TBA
May 21 (Sat)	Sectional	Lee's Summit	TBA
May 27/28	State Meet	Jefferson City	TBA

Notre Dame de Sion 2005 Best Marks

Winning mark. *School record.

100 meter

Michelle 12.44 KU
Michelle 12.6 OE
Emily 13.4 BVN
Nina 13.68 District
Molly 13.6 OE
Nina 13.6 St. Joe
Nina 13.7 OE
Jill 13.8 BVN
Nina 14.09 Jewell
Erin 14.46 Jewell
Grace 14.3 LS
Grace 14.5 BVN
Grace 14.7 OE
Grace 14.8 O'Hara
Jackie 15.4 St. Joe
Colleen Q. 15.5 St. Joe
Kate 15.6 BVN
Morgan P 15.7 O'Hara

1600 meter

Anna 5:07.14 State
Anna 5:13.06 Sectional
Anna 5:23.5 LS
Anna 5:33.82 Jewell
Anna 5:35.08 District
Anna 5:36.1 OE
Anna 5:36.7 BVNW
Tori 5:53.9 OE
Tori 5:54.63 District
Tori 6:01.2 LS
Tori 6:08.98 Jewell
Bailey 6:43 BVN
Bailey 7:00.8 St. Joe
Chesney 7:03.2 St. Joe
Bailey 7:06.3 O'Hara
Chesney 7:25.6 O'Hara
Kelly 8:13 BVN

200 meter

Michelle 25.74 Dist. (p)
Michelle 26.92 Sectional
Michelle 27.80 Dist. (f)
Michelle 25.9 OE
Michelle 27.25 Jewell
Molly 27.55 District (p)
Molly 27.5 OE
Molly 27.63 District (f)
Emily 27.7 BVN
Nina 28.0 OE
Erin 28.2 LS
Molly 28.4 BVW
Kelly 28.5 BVW
Erin 28.5 OE
Molly 28.56 Jewell
Jessica 28.8 LS
Erin 29.15 Jewell
Jill 29.2 BVN
Erin 30.3 St. Joe
Annie 31.7 O'Hara
Jo 33.1 BVN
Morgan 33.5 O'Hara
Brittany 34.9 St. Joe
Kelly 38.8 St. Joe

3200 meter

Anna 12:12.9 LS
Emma 15:00 BVN
Colleen 15:54 BVN
Colleen R 15:54.7 St. Joe
Emma 15:55.6 St. Joe
Emma 16:01 O'Hara
Colleen 16:17 O'Hara

400 meter

Emily 61.21 District
Emily 61.53 Sectional
Emily 61.76 Jewell
Emily 63.2 BVW
Michelle 63.6 BVW
Emily 64.9 OE
Keara 65.1 OE
Jill 65.53 Jewell
Keara 65.58 Jewell
Jessica 66.1 OE
Keara 66.39 District
Jill 67.0 OE
Jessica 67.80 Jewell
Keara 68.2 LS
Maria 68.9 St. Joe
Jessica 69.6 LS
Kara 70.7 O'Hara
Jill 71.7 St. Joe
Erin 72.1 St. Joe
Jo 80.5 O'Hara

4 X 100 relay

51.0 Olathe East
51.54 District
51.67 Jewell
58.3 St. Joe
58.4 Lee's Summit
60.9 O'Hara
62.1 BVN

800 meter

***Anna 2:17.60 State**
***Anna 2:19.06 KU**
Anna 2:21.86 Sectional
Anna 2:27.07 District
Anna 2:34.1 OE
Anna 2:34.2 BVW
Maria 2:36.7 OE
Maria 2:37.99 Jewell
Maria 2:38.5 LS
Emily 2:39.62 Jewell
Emily 2:42.5 OE
Jill 2:45.26 Jewell
Jill 2:48.4 OE

4 X 200 relay

1:49.90 District
1:50.76 Jewell
2:01.1 St. Joe
2:20.3 O'Hara

4 X 400 relay

4:33.6 Olathe East
 4:38.98 Jewell
 4:39.09 District
 4:54.4 Lee's Summit
 5:12.9 St. Joe

4 X 800 relay

10:13.60 Jewell
10:17.1 Olathe East
 10:35.66 District
 10:41.2 BVW
 10:41.6 Lee's Summit
 11:29.1 St. Joe

Long Jump

***Kelly 18' 2.5" District**
 Kelly 17' 10.75 KU
 Kelly 17' 7.5" State
 Kelly 17' 4.5" BVW
 Kelly 17' 3" Sectional
Kelly 16' 8" Jewell
 Kristyn 16' 2.5" BVW
 Kristyn 16' 1" LS
 Kristyn 15' 11.75 KU
 Kristyn 14' 10.5" Jewell
 Rachel 13' 9" St. Joe
 Rachel 13' 6" BVN
 Jackie 13' 5" St. Joe
 Jackie 13' 4" BVN
 Claire 12' 5" St. Joe
 Morgan F 10' 11" O'Hara
 Claire 10' 3" O'Hara

Shot Put

Sierra 35' 5" District
 Sierra 34' 6.5" LS
 Sierra 32' 5" Jewell
 Anna 22' 8" Jewell
 Kate 20' 8" Jewell

100 Hurdles

Rachel 20.6 BVN

300 Hurdles

Rachel 56.2 BVN
 Jill 56.5 BVN
 Grace 56.8 BVN