

# SION

SION STORM TRACK & FIELD ARCHIVES - 2010



Mary Frances Donnelly and Brianna Latson both placed 9th at the 2010 MSHSAA State Championship. Mary Frances ran a 2:22.16 in the 800 and Brianna jumped 16' 8" in the long jump.

Mary Frances Donnelly (800) and Brianna Latson will be representing Sion in the 2010 MSHSAA State Championship.

Mary Frances Donnelly (800, 1600), Blakelee Kimmis (3200), Brianna Latson (LJ, TJ) and Avery Loyd (300 H) qualified for the sectional track meet.

## Notre Dame de Sion 2010 Track & Field Roster

<b>Freshmen</b>	<b>Sophomores</b>	<b>Juniors</b>	<b>Seniors</b>
Miriam Bouallegue	Emmi Apel	Gioia Caruso	Tierra Cowan
Megan Cowan	Riley Clause	Sophie Chang	Katelyn Gianino
Jade Latson	Jessie Diaz	Bridget Hogg	Blakelee Kimmis
Sarah Marquardt	Mary Frances Donnelly	Brianna Latson	Janelle Randolph
Sara Owens	Taylor Escher	Rachel Lipford	
Sammy Patterson	Becca Flournoy	Avery Loyd	
Jae Pearl	Tanema Foster	Michelle Nogalski	
Kayla Tanner	Megan Govea		
Claire Willman	Mierra Morrisette		
Maddye Wilson	Ali Swee		
	Lauren Tyson		
	Jacqueline Vohs		
	Daisy Weems		
	Sarah Whittaker		

## Notre Dame de Sion 2010 Track Schedule

<b>Date</b>	<b>Opponent</b>	<b>Place</b>	<b>Time</b>
March 30 (Tues)	<a href="#">Arrowhead Invitational</a> (9th/10th)	Central (St. Joe)	4:00
April 01 (Thurs)	<a href="#">Rusty Hodge Invitational</a>	BS South	2:00
April 03 (Sat)	<a href="#">Shawnee Mission South Relays</a>	Shawnee Mission South	9:00
April 06 (Tues)	<a href="#">Ray-Pec Invitational (jv)</a>	Ray-Pec HS	3:00
April 09 (Fri)	<a href="#">Jerry Crews Invitational</a>	Staley HS	3:00
April 12 (Mon)	<a href="#">IL Fr-So Developmental Series</a>	SE Stadium	3:45
April 16-17	<a href="#">KU Relays</a>	Lawrence	TBD
April 22 (Thurs)	<a href="#">IL Fr-So Invitational</a>	SE Stadium	4:00
April 23 (Fri)	<a href="#">Barstow</a>	Barstow HS	12:30
April 30 (Fri)	<a href="#">St. Thomas Aquinas Invitational</a>	Blue Valley NW	3:30
May 15 (Sat)	<a href="#">District</a>	Warrensburg	10:00
May 22 (Sat)	<a href="#">Sectionals</a>	Kearney	TBA
May 28-29	<a href="#">State</a>	Jefferson City	TBD

*Schedule subject to change.*



## Notre Dame de Sion 2010 Best Marks

### Winning Mark

100 meter	200 meter	400 meter	800 meter
Tierra 12.81 BS Sammy 13.91 District Maddye 14.06 District Maddye 14.13 SMS Sarah M 14.24 St. Joe Tanema 14.28 BS Maddye 14.34 St. Joe Tanema 14.44 St. Joe Sammy 14.44 St. Joe Claire 14.44 St. Joe Mierra 14.79 Ray-Pec Maddye 14.82 Ray-Pec Kayla 15.44 St. Joe Emmi 15.64 St. Joe Sammy 16.16 Ray-Pec Riley 16.54 St. Joe Megan 17.04 St. Joe	Sarah 27.92 District Tierra 29.0 BS (f) Claire 29.52 District Tierra 30.20 BS (p) Mierra 30.24 St. Joe Sara M 30.52 BS Jae 30.74 St. Joe Sara M 31.24 St. Joe Tanema 31.34 Ray-Pec Maddye 31.74 St. Joe Tanema 32.14 St. Joe Claire 32.14 St. Joe Sammy 32.94 St. Joe Kayla 33.24 Ray-Pec Emmi 33.44 St. Joe Jessica 33.74 St. Joe Kayla 34.54 St. Joe Megan 35.44 St. Joe Riley 38.14 St. Joe Miriam 38.14 St. Joe	Sarah M 73.84 Ray-Pec Miriam St. Joe 83	Mary Frances 2:22.16 Mary Frances 2:23.92 Sect. Mary Frances 2:27.64 District <b>Mary Frances 2:28.09 I</b> Bridget 2:35.40 BS Lauren 2:46 St. Joe Daisy 2:51 St. Joe Becca 2:57.64 Ray-Pe Becca 3:07 St. Joe Sara O 3:14.61 Ray-Pe Meg C 3:28.80 Ray-Pe Taylor 3:32 St. Joe Meg C 3:34 St. Joe
1600 meter	3200 meter	4 X 100 Relay	4 X 200 Relay
Mary Frances 5:32.29 District <b>Mary Frances 5:42 St. Joe</b> Lauren 6:17.31 BS Daisy 6:37.15 BS Ali 7:30 St. Joe Sara O 7:15.10 Ray-Pec Sara O 7:37 St. Joe Taylor 8:05 Ray-Pec	Blakelee 12:15.01 District Blakelee 13:03 BS Blakelee 13:22.55 Sect. Janelle 14:02 BS Janelle 14:12 SMS Daisy 14:34 Ray-Pec Ali 15:52.34 SMS	St. Joe A 55.54 District 56.06 Ray-Pec 57.44 SMS 58.48 St. Joe B 61.64	District 1:56.82 SMS 1:58.63 St. Joe 1:59 Ray-Pec 2:05.87
4 X 400 relay	4 X 800 relay	4 x 1600 relay	100 m hurdles
St. Joe A 4:52 St. Joe B 5:15 SMS 5:26.73	Blue Springs 10:34 SMS 10:56.02 St. Joe 13:15	SMS 24:30	Jae 17.30 BS (p) Jae 18.20 BS (f) Jae 18.34 St. Joe Jae 21.35 SMS

**300 m hurdles**

Avery 49.70 District  
Avery 50.66 Sect.  
Avery 51.48 SMS  
Avery 52.1 BS  
Jade 58.05 SMS  
Jade 58.34 St. Joe  
Jade 59.9 BS

**Shot Put**

**Long Jump**

Brianna 16' 8" State  
Brianna 16' 7.5" Sect.  
Brianna 15' 9" District  
Brianna 15' 1.5" BS  
Jae 14' 8.75 District  
Brianna 14' 6" SMS  
Jessica 14' 3" St. Joe

**Sprint Medley**

SMS 2:12.61

**Triple Jump**

Brianna 34' 9.75" Sect.  
Brianna 32' 8.5" District  
Brianna 32' 6" SMS  
Brianna 32' 2 " BS  
Jade 30' .5" District  
Jade 29' 10" BS  
Jade 28' 7" St. Joe  
Jade 28' 4" SMS

**Mile Medley**

SMS 5:19.98

**High Jump**

Jae 4' 6"

**Distance Medley**

SMS 14:09.49