

SION

SION STORM TRACK & FIELD ARCHIVES - 2013



Front Row (L to R): Anny Fogle, Kaitlin Wagner, Aree Tomes, Sarah Marquardt, Laura Klover, Kayla Tanner, Chloe Barrett, Abby Seitz, Michelle King

Second Row (L to R): Zoey Sweeney, Madie Redmond, Ali Gregory, Milan Cucchiara, Aimee Rogers, Brelahn Wyatt, Ayden Fogle, Katie Kentfield, Meghan Meghan Kearney, Olivia Neal

Third Row (L to R): Maya Visieso, Olivia Dugan, Christine Rieger, Meredith Sanders, Julie Steilen, Kristine Sullivan, Maddie Beshoner, Maria Wagner, Mira Mira Scavuzzo

Fourth Row (L to R): Chioma Okuagu

Fifth Row (L to R): Molly McCarthy, Amanda Malecki, Erin Mills, Alyssa Moncure

Sixth Row (L to R): Debbie Lombardo, Joe Allen, Lori Donnelly

Sectional, May 18

Meghan Kearney broke the school record in the 800 with a time of 2:17.52 Saturday at the sectional track meet. Unfortunately, she placed 5th just missing a trip to the state meet. Congratulations on a great season to Meghan and all the members of the track & field team.

District, Saturday May 11

Meghan Kearney placed 2nd in the 800 with a time of 2:21.27, she will be competing at the sectional meet next Saturday. Julie Steilen also had an impressive race in the 3200 m run placing 5th with a best of 11:58.74. Congratulations to all who competed, there were many great jumps, throws and times.

Red Bud Classic, Tuesday, April 30

Some highlights:

Our Throwers 4x100 Relay of Kayla Tanner, Chioma Okuagu, Alyssa Moncure and Ayden Fogle finished in 1st place with Ayden sprinting down the finish line looking cool in her sunglasses.

Julie Steilen and Megan Kearney finished 1st and 2nd place respectively in the 3200m run. Olivia Dugan improved her 3200m time by over 30 seconds.

Christine Rieger had a nice meet making the finals in the 200m, and placing 4th in the 400m run.

Kaitlin had a season best time in both her 400m and 200m runs. Aimee had a best time in her 200m even though she has not been feeling well. The 4x100 relay of Ayden, Michelle, Brelahn and Christine ran a season best time. Michelle turned around and had a nice 300m Hurdle race. Brelahn had a season best with 27' in the Triple Jump.

Our high jumpers did well as Amanda jumped 4'10", while Zoey Sweeny jumped a personal best of 4'6" and Eva Bowles a personal best of 4'4".

Alyssa had a personal best Shot throw of 33'2". Kayla, Ayden and Alyssa all had season best throws in the Discus.

Odessa Relays, Monday, April 29

This meet was a relays only meet and the girls walked away with medals in several events:

1st place, 4x 1 mile = Meghan Kearney, Molly McCarthy, Ellie Stingley, Julie Steilen

3rd place, 4x100 = Ayden Fogle, Brelahn Wyatt, Michelle King, Christine Rieger

2nd place, Distance Medley (8-4-12-16) = Ali Gregory, Christine R., Meghan K., Julie S.

1st place, Shot Put team = Ayden F., Alyssa Moncure, Kayla Tanner

1st place, Discus team = Kayla T., Laura Klover, Alyssa M.

2nd place, Long Jump team = Amanda Malecki, Kaitlin Wagner, Sarah Marquardt

3rd place, High Jump team = Amanda M., Julie S., Meghan K.

Everyone did a great job, way to go girls!

KU Relays, Friday and Saturday, April 19 & 20

Thirteen girls qualified for the KU Relays this year. We participated in the following races:

4x100 Relay - Ayden Fogle, Sarah Marquardt, Brelahn Wyatt, Christine Rieger, Alt. Michelle King

4x200 Relay - Brelahn Wyatt Aimee Rogers, Michelle King, Christine Rieger, Alt. Kaitlin Wagner

4x400 Relay - Christine Rieger, Julie Steilen, Molly McCarthy, Meghan Kearney, Alt. Kaitlin Wagner

4x800 Relay - Meghan Kearney, Ali Gregory, Molly McCarthy, Julie Steilen, Alt. Olivia Dugan

400m Run - Meghan Kearney

800m Run - Meghan Kearney

300m Hurdles - Michelle King

Everyone performed well! We entered these events with our best seed times over the last year to increase our chances of being selected to participate. In every race, we either ran at the seed time or ran a season best time. Way to go girls!

Ray-Pec Invitational, April 12, 2013

The Ray- Pec Invitational was a highly competitive varsity meet with close to 20 teams participating and medals going to the top 3 places. We had 21 athletes compete and finish well. We earned medals in one event:

The 4x800 Relay team of Meghan Kearney, Ellie Stingley, Molly McCarthy, and Julie Steilen placed 2nd.

Nice job to all who competed!

Blue Springs Freshman Relays, April 11, 2013

We had 11 athletes compete in the 38 degree and very windy Freshman BS meet and together they scored 69 points! Top 5 received medals and we walked away with several for the day:

Kaitlin Wagner placed 5th in the 100m, and won the long jump

Olivia Dugan placed 2nd in the 1600m

Anny Fogle placed 5th in the 400m

Eva Bowles placed 3rd in the 300m Hurdles and 2nd in the high jump

Chioma Okuagu placed 3rd in the Shot Put and 4th in the discus

The 4x400 relay team of Kaitlin, Eva, Olivia D., and Aimee Rogers placed 3rd

Great showing by all!

Friday, April 5th - Bishop Miege Invitational

We had 15 girls compete Friday night and we placed 4th as a team!

Highlights include:

Meghan Kearney, Molly McCarthy, Olivia Dugan, Julie Steilen placed 2nd in the 4x800m relay.

Mira Scavuzzo made it to finals in the 100m hurdles.

Christine and Sarah ran in finals of the 100m.

Megan placed 2nd in the 800m, and Julie placed 4th.

Ayden Fogle won the shot put and placed 2nd in the discus.

Kayla Tanner placed 2nd in the shot put.

Julie Steilen placed 3rd in the long jump.

Freshmen Olivia Dugan, Kaitlin Wagner, Aimee Rogers competed well in their first varsity meet.

Thursday, April 4th - St Teresa's tri-meet

After having cold weather for the last couple of months, we had a beautiful day to run at St. Teresa's. Everyone did well and seemed to be having fun!

Kayla Tanner won the discus and got 2nd in the shot.

Ayden Fogle won the shot, got 3rd in the discus.

We had 8 discus and 7 shot throwers compete and many improved each time they threw!

And the 4x100 Throwers Relay of Chioma, Anny, Aree, and Kayla won!

Mira, Maddie B and Maria all ran the 100m Hurdles for the first time and Maria placed 3rd.

Meredith ran the 300m Hurdles and place 3rd and 3rd again in the triple jump. Zoey tripled too.

We had 5 long jumpers compete.

We had 9 girls racing down the straightaway to complete the 100m and Ayden came up with 2nd place.

Madie Redmond placed 2nd in the 1600m run, while Katie K placed 3rd in the 400m.

Meghan Kearney ran an impressive 400m to win and was supposed to run the 3200m. But when she saw that Olivia Dugan was going to have to run the 800 by herself, she ran with Olivia instead. Olivia won the 800m. Great sportsmanship/leadership Megan!

Christine and Julie both tied to win in the High Jump and Christine also placed in the 200m.

We had 8 girls race the 200m.

The 4x100 Relay of Ayden, Brelahn, Christine, and Michelle placed 2nd. We had two 4x100 Relays and two 4x200 Relays compete.

Way to go girls!

SMS Relays, Saturday, March 30

After missing the first two meets of the season, we added the SMS Relays to our schedule to give girls an opportunity to race. We had 9 girls compete in this varsity level meet and together, we scored over 40 points!

The following girls participated:

Meghan Kearney - 1st in the 1600m, 1st in the 800m, 6th in the 200m, and 4th in the 4x100m Relay

Christine Rieger - 8th in the 100m, 5th in the 400m, 4th in the 4x100m Relay

Ayden Fogle - 4th in the shot put, 4th in the 4x100m Relay, and 16th in the 100m, 14th in the discus

Michelle King - 7th in the 300m Hurdles, 4th in the 4x100m Relay

Kayla Tanner - 12th in the discus, 14th in the shot put

Katie Kentfield - Ran close to her PR in the 200m

Maria Wagner - Ran her first high school track/field meet in the 200m

Aree Tomes - Threw the shot put in her first high school track/field meet

Chioma Okuagu - Threw the discus in her first high school track/field meet.

Outstanding effort by all, way to go girls!

Notre Dame de Sion 2013 Track and Field Roster

Freshmen	Sophomores	Juniors	Seniors
Chloe Barrett	Madie Beshoner	Michelle King	Laura Klover
Eva Bowles	Ayden Fogle	Amanda Malecki	Sarah Marquardt
Serena Colyer	Ali Gregory	Christine Rieger	Kayla Tanner
Milan Cucchiara	Meghan Kearney	Kristine Sullivan	
Olivia Dugan	Katie Kentfield	Brelahn Wyatt	
Anny Fogle	Molly McCarthy		
Erin Mills	Madie Redmond		
Alyssa Moncure	Meredith Sanders		
Olivia Neal	Mira Scavuzzo		
Chioma Okuagu	Julie Steilen		
Aimee Rogers	Zoey Sweeny		
Abby Seitz	Maria Wagner		
Aree Tomes			
Maya Viserio			
Kaitlin Wagner			

Head coach - Lori Donnelly

Assistant - Joe Allen

Assistant - Todd Kane

Assistant - Debbie Lomardo

Assistant - Jackie Orpin

Notre Dame de Sion 2013 Best Marks

4 X 800

10:28.68 - Ray-Pec
(Meghan/Ellie/Molly/Julie)
10:44.0 - Bishop Miege
(Meghan/Molly/Olivia/Julie)
12:08.70 - Odessa Relays (Serena/Madie
R/Ali G/Molly)

100 HURDLES

20.55 Meredith - Red Bud
22.28 Maddie B - Red Bud
22.80 Maria - Ray-Pec
23.9 Mira - Bishop Miege

100

13.2 Christine - Bishop Miege
13.6 Sarah - Bishop Miege
13.89 Ayden - Ray-Pec
13.9 Brelahn - Bishop Miege
14.27 Michelle - Ray-Pec
14.28 Julie - St. Teresa's
14.51 Aimee - St. Teresa's
14.52 Kaitlin - St. Teresa's
15.02 Abby - Red Bud
15.04 Zoey - Ray-Pec
15.83 Milan - Red Bud
15.86 Kayla - St. Teresa's
16.07 Katie - St. Teresa's
16.25 Eva - St. Teresa's

4 X 200

1:56.69 - KU Relays
(Brelahn/Aimee/Michelle/Christine)
1:56.79 - Ray-Pec
(Sarah/Brelahn/Michelle/Christine)
2:11.0 - St. Teresa's
(Aimee/Annie/Meredith/Maria)

1600

5:28.58 Megan - SMS Relays
6:26.32 Olivia - Blue Springs
7:20.0 Maddie R - St. Teresa

400

61.20 Meghan - St. Teresa's
66.48 Christine - SMS Relays
67.87 Molly - Ray-Pec
69.22 Kaitlin - Red Bud
69.7 Aimee - Bishop Miege
71.16 Ali - Ray-Pec
73.10 Katie - St. Teresa's
74.70 Olivia - St. Teresa's

89.83 Annie - Blue Springs

4 X 100

53.66 Red Bud
(Ayden/Brelahn/Michelle/Christine)
54.32 SMS Relays
(Ayden/Meghan/Christine/Michelle)
54.69 KU Relays
(Ayden/Sarah/Brelahn/Christine)
59.15 St. Teresa's
(Aimee/Eva/Abby/Kaitlin)
63.80 Blue Springs
(Abby/Aree/Chioma/Aimee)
4:24.0 - Bishop Miede
(Meghan/Molly/Julie/Christine)
5:00.99 - Blue Springs
(Kaitlin/Eva/Olivia D/Aimee)

300 HURDLES

53.15 Michelle - Red Bud
54.66 Meredith - Ray-Pec
63.63 Maria - Red Bud
63.69 Eva - Blue Springs

800

2:20.09 Meghan - KU Relays
2:34.8 Julie - Bishop Miede
2:55.50 Olivia D - St. Teresa's
2:58.00 Ali - Ray-Pec
3:14.49 Madie R - Ray-Pec
12:13.49 Julie - Ray-Pec
13:29.89 Ellie - Ray-Pec
14:07.8 Olivia - Bishop Miede

4 X 400

4:17.31 - KU Relays
(Christine/Molly/Julie/Meghan)
4:53.68 - Red Bud
(Meredith/Brelahn/Katie/Michelle)
5:00.99 - Blue Springs
(Kaitlin/Eva/Olivia D/Aimee)

200

27.69 Christine - Red Bud
28.21 Meghan - SMS Relays
29.17 Kaitlin - Red Bud
29.95 Michelle - St. Teresa's
30.05 Aimee - Red Bud
31.42 Ali G - St. Teresa's
32.64 Katie - SMS Relays
33.16 Zoey - St. Teresa's
33.76 Maddie B - Ray-Pec
33.91 Maria - SMS Relays
34.04 Chloe - St. Teresa's
34.05 Katie - St. Teresa's
34.29 Eva - St. Teresa's

3200

12:13.49 Julie - Ray-Pec
12:36.59 Meghan - Red Bud
13:29.89 Ellie - Ray-Pec
13:41.80 Olivia - Red Bud

DISCUS THROW

101'10" Alyssa - Odessa Relays
98'1" Ayden - Red Bud
93'5" Laura - Odessa Relays
93'0" Kayla - Red Bud
67" Chioma - Blue Springs
64'1" Maya - Blue Springs
49'5" Aree - St. Teresa's
40'10" Erin - St. Teresa's

SHOT PUT

33'2" Ayden Odessa Relays
33'2" Alyssa - Red Bud
30'8" Kayla - Odessa Relays
29'1" Laura - Ray-Pec
26'6" Chioma - Blue Springs
22'3" Erin - St. Teresa's
22'11.75" Aree - St. Teresa's
19'8" Maddie B - St. Teresa's
18'6" Maya - St. Teresa's
15'9" Maria W - St. Teresa's

HIGH JUMP

4'10" Amanda - Odessa Relays
4'10" Julie - Odessa Relays
4'4" Christine - St. Teresa's
4'6" Zoey - Red Bud
4'4" Eva - Red Bud
4'2" Meghan - Odessa

LONG JUMP

15'1.5" Julie - Bishop Miego
14'8" Amanda - Odessa Relays
14'1.5" Kaitlin - Blue Springs
13'8.5" Sarah - Bishop Miego
11'4" Michelle - St. Teresa's
10'9.75" Anny - Red Bud
10'8.5" Zoey - St. Teresa's
10'8" Maria W - St. Teresa's
10'6.5" Mira - St. Teresa's

TRIPLE JUMP

32'1.5" Julie - Ray-Pec
28'8.5" Meredith - Ray-Pec
27'11" Sarah - Bishop Miego
27'.5" Brelahn - Bishop Miego
25'2" Zoey - St. Teresa's
25'9.75" Amanda - Odessa
Relays