

## 2010 Season Best Performances

### Shot Put

Cassie Kruse	33'	Hawkeye 10 Conference Meet
Jordan Ruhr	30' 4"	Glenwood COED Meet
Rachelle Martin	27' 5 3/4"	Lewis Central Girls Meet
Sophie Thomas	25' 1"	Glenwood COED Meet

### Discus

Rachelle Martin	107' 10"	Regionals
Jordan Ruhr	105' 4"	Regionals
Cassie Kruse	86'	Southern Meet
Sophie Thomas	57' 6"	Southern Meet
Erika Schwanke	55' 2"	Glenwood Meet
Alex Simpson	48' 11"	Southern Meet
Emily Robinson	48' 9"	Southern Meet

### Long Jump

Abby Brown	15' 5"	Atlantic COED Meet
Montana Crow	14' 10 1 1/2"	Fremont Mills COED J.V. Meet
Kassie Ruhr	13' 11 1/2"	Glenwood Meet
Mercedes Fauble	13' 3 1/2"	Fremont Mills COED J.V. Meet
Hannah Nelson	11' 7"	Southern Meet

### High Jump

Shelby Brewster	5' 0"	Atlantic COED Meet
Lexi Fisher	4' 8"	Red Oak Meet
Montana Crow	4' 6"	Glenwood Meet
Emily Blum	4' 2"	Atlantic COED J.V. Meet

### 100 M Dash

Shaniece Nott	12.32	Clarinda Meet
Mercedes Liparoto	13.22	Lewis Central Girls Meet
Kassie Ruhr	13.59	Lewis Central Girls Meet
McKenna Henze	13.88	Southern Meet
Montana Crow	14.21	Lewis Central Girls Meet
Hallie Fitzsimmons	14.31	Southern Meet
Mercedes Fauble	15.60	Southern Meet
Martha Montejaro	15.88	Fremont Mills COED Meet
Alex Simpson	15.90	Southern Meet
Naticha Chinoesyotin	17.59	Clarinda Meet
Hannah Nelson	17.62	Southern Meet
Fatima Selah	25.68	Clarinda Meet

### 200 M Dash

Shaniece Nott	27.20	Glenwood COED Meet
Kassie Ruhr	29.76	Glenwood COED Meet
Hanna Ringsdorf	30.07	Red Oak Meet
Kassie Finn	30.11	Lewis Central COED Meet
McKenna Henze	30.28	Southern Meet
Mercedes Liparoto	30.29	Glenwood Meet
Shelby Brewster	30.40	Red Oak Meet
Montana Crow	30.66	Lewis Central Girls Meet
Hallie Fitzsimmons	31.03	Lewis Central COED Meet
Hannah Nelson	31.59	Glenwood Meet
MacKenzie Dallas	31.66	Atlantic COED J.V. Meet
Mercedes Fauble	31.96	Clarinda Meet
Alex Simpson	32.42	Fremont Mills COED J.V. Meet
Naticha Chinoesyotin	38.82	Southern Meet

### 400 M Dash

Shaniece Nott	1:04.07	Southern Meet
Lexi Fisher	1:04.11	Glenwood COED Meet
Ashley Grave	1:07.29	Red Oak Meet
Brooke Peckham	1:08.57	Regionals
Devin Jackson	1:08.78	Glenwood COED Meet
Kayla Anderson	1:09.32	Regionals
Maddie VanScoy	1:09.52	Atlantic COED Meet
MacKenzie Dallas	1:10.61	Atlantic COED J.V. Meet
Olivia Method	1:11.25	Glenwood Meet
Michaela Staiert	1:12.03	Fremont Mills COED J.V. Meet
Emily Blum	1:12.62	Atlantic COED J.V. Meet
Emily Robinson	1:13.01	Lewis Central COED Meet

800 M Run

Ashley Grave	2:37.45 Regionals
Emily Blum	2:39.23 Glenwood COED Meet
Katie Larsen	2:39.34 Red Oak Meet
Maddie VanScoy	2:40.51 Atlantic COED J.V. Meet
Megan McKern	2:41.20 Southern Meet
Brooke Peckham	2:43.96 Glenwood COED Meet
Kayla Anderson	2:45.70 Lewis Central Girls Meet

1500 M Run

Katie Larsen	5:09.23 Regionals
Megan McKern	5:16.91 Regionals
Kayla Anderson	5:37.56 Sioux City Meet
Emily Blum	5:53.37 Lewis Central COED Meet
Brooke Peckham	6:00.85 Clarinda Meet
Chloe Hackett	7:09.70 Clarinda Meet
Remy Keifer	7:32.25 Clarinda Meet

3000 M Run

Megan McKern	11:43.79 Glenwood COED Meet
Katie Larsen	11:48.81 Sioux City Meet
Kayla Anderson	11:49.95 Glenwood COED Meet
Chloe Hackett	15:10.80 Glenwood COED Meet
Remy Keifer	16:28.95 Glenwood Meet

100 M Hurdles

Mercedes Liparoto	16.52 Glenwood COED Meet
Kassie Finn	16.94 Glenwood COED Meet
Devin Jackson	16.96 Glenwood Meet
Emily Robinson	18:01 Fremont Mills COED J.V. Meet
Montana Crow	18.64 Fremont Mills COED J.V. Meet

400 M Hurdles

Lexi Fisher	1:08.72 Hawkeye 10 Conference Meet
Emily Robinson	1:16.24 Red Oak Meet
Katie Larsen	1:16.52 Lewis Central COED Meet
Devin Jackson	1:16.64 Glenwood Meet

4 X 800 Relay (Regionals)

10:15.15 1.Megan McKern 2.Ashley Grave  
3.Emily Blum 4.Katie Larsen

Shuttle Hurdle Relay (State Meet)

1:07.65 1.Abby Brown 2.Devin Jackson  
3.Kassie Finn 4.Mercedes Liparoto

Distance Medley Relay (Regionals)

4:41.48 1.Kassie Ruhr 2.McKenna Henze  
3.Hanna Ringsdorf 4.Maddie VanScoy

4 X 200 Relay (Regionals)

1:52.59 1.Lexi Fisher 2.Shaniece Nott  
3.Abby Brown 4.Shelby Brewster

Sprint Medley Relay (Regionals)

1:57.21 1.Mercedes Liparoto 2.Shelby Brewster  
3.Abby Brown 4.Shaniece Nott

4 X 100 Relay (Regionals)

53.22 1.Mercedes Liparoto 2.Shaniece Nott  
3.McKenna Henze 4.Shelby Brewster

4 X 400 Relay (Lewis Central COED Meet)

4:23.99 1.Shelby Brewster 2.Ashley Grave  
3.McKenna Henze 4.Kaie Larsen