

LINCOLNWAY NORTH CO ED INVITATIONAL

Plainfield Central HS, Marist HS, Crete Monee HS, Champaign Centennial HS, Lincoln way North HS

Monday February 16, 2009 (President's Day No School), 30, Sunny, Clear, Calm, Dry, Lincoln Way Field house, 6 Lanes, Super Mondo Mix, VERY FAST, NO SPIKES, Boys and Girls Varsity Level, Leave Young 7:31AM (7:15AM), Illinois Central Bus (Lisa), Arrive 8:09AM, Field Events Start 9:20AM (9:00AM), Pre Lims Start 10:13AM (10:00AM), Finals Start 10:56AM (11:00), Done 4:21PM (Boy's 4 X 400), Leave Charleston Bar and Grill 6:26PM, Arrive Young HS 7:29PM.

55 Meter High Hurdles (33") Pre Lims

Jasmine	9.9 #
Vicky	12.2 DQ
Jordan	10.8
Alicia	12.1
Ola	12.8

55 Meter Dash Pre Lims

Liz	7.5 #	KD	8.4
Janel	7.7 #	Queenster	8.8
Asha	8.0	Latrice	9.2
Jamese	8.1	Whitney	9.6
Dulce	8.3		

55 Meter Low Hurdles (30") Pre Lims

Jasmine	9.9 #
Vicky	11.1
Jordan	10.4
Alicia	11.7
Ola	12.3

55 Meter High Hurdles Finals (2 Heats)

Jasmine	10.1 4TH Place
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55 Meter Dash Finals (One Heat)

Liz	7.5 2ND Place
Janel	7.8 4TH Place

4 X 200 Meter Relay (1:57.7 1ST Place)

Liz 28.5	Janel 27.5	Jamese 29.5	Jamika 32.2
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400 Meter Dash

Amber	74.3
Meka	74.7
Ashanti	77.8

55 Meter Low Hurdles Finals (2 Heats)

Jasmine	10.5 4TH Place
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Shot Putter 55 Meter Dash

Vaness	8.5
Melody	9.3
Precious	9.6

200 Meter Dash

Janel	29.3 3RD Place
Liz	DQ 28.2
Asha	30.6
Jamese	30.8
Meka	31.3
Jamika	31.5
Ashanti	31.6
Jordan	32.0
Dulce	32.1
Vicky	32.3
Queenster	32.5
Alicia	33.2
Ola	33.5

Shot Put 4 X 178 Meter Relay (2:07.1 1ST)

Vaness	30.1
Precious	34.9
Melody	33.8
Jamese	28.2

4 x 800 Meter Relay (11:26.6 3rd Place)

Morgan	2:53.0 (1:17/1:36)
Perla	2:56.0 (1:20/1:36)
Jess Wong	2:52.8 (1:22/1:30)
Porsha	2:44.1 (1:15/1:29)

800 Meter Run

Devyn	2:27.9 (1:09/1:18) 1 st Place
Maisie	2:37.4 (1:11/1:26) 3 rd Place
Perla	2:55.4(1:19/1:36) 1 st Place ht.2

3200 Meter Run

Lucita 16:00.0	1:38- 3:26 (1:48)- 5:25 (1:59)- 7:29 (2:04)- 9:35 (2:06)- 11:48 (2:13)- 14:02 (2:14)- 16:00 (1:58) Average 400- 2:00
Alyssa 16:25.0	1:36- 3:28 (1:52)- 5:29 (2:01)- 7:37 (2:12)- 9:50 (2:13)- 12:07 (2:17)- 14:25 (2:18)- 16:25 (2:00) Average 400- 2:03
Rachel J 17:00.0	1:38- 3:33 (1:55)- 5:37 (2:04)- 7:48 (2:11)- 10:01 (2:13)- 12:22 (2:21)- 14:48(2:26) 17:00 (2:12) Average 400- 2:07.5
Sarah 17:54.3	1:38- 3:34 (1:56)- 5:39 (2:05)- 7:57 (2:18)- 10:30 (2:33)- 13:04 (2:34)- 15:35(2:31) 17:54 (2:19) Average 400- 2:14.5

400 Meter Dash

Raena	58.4 1 st Place- IPTT Qualifier
Rori	63.0 2 nd Place
Porsha	67.7 4 th Place
Morgan	73.1
Amber	74.3
Meka	74.7
Ashanti	77.8

4 x 400 Meter Relay (4:18.6 1st Place)

Rori	66.4
Devyn	65.0
Maisie	66.6
Raena	60.7

1600 Meter Run

Lavinia	5:30.4	1:19- 2:44 (1:25)- 4:13 (1:29)- 5:30.4 (1:17) 1 st Place
Rachel	5:33.2	1:19- 2:44 (1:25)- 4:13 (1:29)- 5:33.2 (1:20) 2 nd Place
Jess W	6:51.6	1:32- 3:16 (1:44)- 5:09 (1:53)- 6:51.6 (1:42)
Emma	7:10.1	1:31- 3:20 (1:49)- 5:18 (1:58)- 7:10.1 (1:52)
Alyssa	7:16.3	1:35- 3:23 (1:48)- 5:22 (1:59)- 7:16.3 (1:54)
Lucita	7:29.9	1:37- 3:34 (1:57)- 5:34 (2:00)- 7:29.9 (1:55)
Sarah	7:34.0	1:35- 3:24 (1:49)- 5:27 (2:03)- 7:34.0 (2:07)
Rachel Jones	7:40.1	1:37- 3:38 (2:01)- 5:41 (2:03)- 7:40.1 (1:59)

Long Jump

Elisabeth	16'-3" 1 st Place
Asha	12'-3"
Meka	12'-2"
Kadericka	9'-9.75"
Amber	NM

Triple Jump

Amber	25'-10"
Meka	22'-6"

Pole Vault

Carla	6'-0"
Hannah	NH
Doneri	NH

High Jump

Maisie	4'-3"
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Shot Put

Precious 26'-9"	Jamese 22'-6"
Melody 21'-5.5"	Vaness 21'-5"
Yesenia 17'-5"	Patricia 15'-3.25"