

Wabaunsee High School Track & Field Results

At: Wabaunsee Date: 4-5-2019

Athletes of the Week:

Throws: Sierra Quathamier

Jumps: Laurel Barber

Sprints: Sean Dugger

Distance: Ashlyn Dugger

School Record:

Lauren Schutter: Triple Jump 34'10

Personal Record Times & Distances:

Jackson Havenstein: Shot Put 28'5, Discus 71'8

Jacob Donaldson: Javelin 76'0, 1600 Run 6:52.6

Aiden Boeckman: 200 Dash 25.0

Sean Dugger: 200 Dash 26.2, 4X800 Relay 2:22.7

Andrew McMIndes: 400 Dash 66.1

Alex Warner: 3200 Run 11:59.2

Jace Reves: 4X400 Relay 57.0, 4X800 Relay 2:08.7

Laurel Barber: Shot Put 30'6

Emma Alderman: Discus 49'7, 800 Run 3:25.5

Maddie Schurle: 100 Hurdles 20.1

Sierra Quathamier: 1600 Run 6:57.4

Ashlyn Dugger: 1600 Run 7:15.0

Kyndal Maike: 3200 Run 14:28.5

Season Best Times & Distances:

Boys' 4X100 Relay: Travis McCall, Dillon Spellman, Aiden Boeckman, Luke Stuhlsatz 47.5

Boys' 4X400 Relay: Travis McCall, Aiden Boeckman, Sean Dugger, Jace Reves 3:52.6

Boys' 4X800 Relay: Jace Reves, Sean Dugger, Andrew McMIndes, Luke Stuhlsatz 9:19.1

Sierra Quathamier: Discus 82'3

Brendan Dugger: 1600 Run 6:43.1

Travis McCall: 4X400 Relay 57.1

Sean Dugger: 4X400 Relay 59.9

Medals:

Laurel Barber: Javelin 1st

Lauren Schutter: Triple Jump 1st

Team Scores: Boys: 25, 7th place

Season Record: 6-10

Girls: 46, 6th place

Season Record: 8-8

Comments: Thank you to everyone who helped run off the meet! Counting all the students, faculty, and community members who helped out, we had around 50 people involved in running off the meet. All of your help was greatly appreciated!

With a total of 26 PR's and Season Bests it was a successful meet. Lauren earned her 2nd school record in as many high school meets, the Boys 4X800 cut 16 seconds, and both the other relays cut time as well. We're still sorting through events and will continue to experiment for the next few meets. Right now we are still focusing on increasing the volume and intensity of our training and aiming for PR's at meets.