

CAPITAL CONFERENCE TRACK

AT ARLINGTON, VA

05/02/09

OUTDOOR

*** FINAL SCORING ***

1. Arlington	140.00	7. Pioneer	17.00
2. Wakee High School	148.00	8. DC West	6.00
3. Syracuse Girls	67.00	9. Syracuse Boys	0.00
4. Mannington	62.00	10. Douglas County West	0.00
5. Ashland Greenwood	46.00	11. Ashland-Greenwood	0.00
6. Raymond Central	21.00		

EVENT RESULTS

1. 5000M	FINAL	1. Susie Voss 2. Melissa Hightkamp 3. Riley Johnson 4. Nikki Christensen 5. Makenna Rayburn 6. Sara Lombardi	Arlington Arlington Arlington Mannington Mannington Syracuse Girls	117:04.00* 119:59.00* 117:54.00* 148:04.00* 120:01.00* 120:01.00*
2. 1000 MIB	FINAL	1. Brooke Curtis 2. Deid Riggall 3. P. Brian Harris 4. Leigh Ann 5. Amanda Roberts 6. Bailey Backhaus	Mannington Mannington Arlington Ashland Greenwood Syracuse Girls Arlington	5:03.00* 5:04.00* 5:04.00* 5:05.00* 4:08.00* 4:08.00*
3. 1500M JUMP	FINAL	1. Holly Reed 2. Holly Roberts 3. Susie Voss 4. Sarah Struss 5. Natalie Harris 6. Megan Bohn	Syracuse Girls Wakee High School Wakee High School Arlington Wakee High School Mannington	10:01.11* 10:02.00* 10:02.00* 10:09.00* 10:09.00* 10:09.00*
4. 1000 MIB	FINAL	1. Lindsey Grove 2. Bailey Reed 3. Emma Bennett 4. Katelyn O'Brien 5. Megan Bohn 6. Susie Voss	Arlington Syracuse Girls Wakee High School Wakee High School Mannington Wakee High School	16:02.00* 15:09.00* 15:09.00* 15:09.00* 14:08.00* 14:08.00*
5. 1000 MIB	FINAL	1. Sami Boyce 2. Shelly Wight 3. Heidi Williams 4. Brittany Frazier 5. Maria Motzer 6. Allison Miller	Arlington Ashland Greenwood Ashland Greenwood Ashland Greenwood Arlington Arlington	5:04.00* 5:10.00* 5:10.00* 5:10.00* 5:04.00* 5:04.00*
6. 1000 MIB	FINAL	1. Kay Lombardi 2. Riley Johnson 3. Susie Voss 4. Melissa Hightkamp 5. Jordan Lechner 6. Nicole Hiltzsch	Syracuse Girls Arlington Arlington Arlington Syracuse Girls Syracuse Girls	14:01.00* 14:01.00* 14:01.00* 14:01.00* 14:01.00* 14:01.00*
7. 4 X 100 METS RELAY	FINAL	1. 2. 3. 4. 5. 6.	Mannington Syracuse Girls Arlington Wakee High School Ashland Greenwood Raymond Central	05:10.00 05:05.00 05:05.00 04:56.00 04:55.00 04:55.00
8. 1000 MIB	FINAL	1. Morgan Flecken 2. Lindsey Grove 3. Sarah Struss 4. Bailey Riggall 5. Jordan Johnson 6. AMBER LOMBARDI	Ashland Greenwood Arlington Wakee High School Wakee High School Arlington Pioneer	14.00 15.00 15.10 15.00 15.00 15.00

** WIND REPORT **