

# KCAC CHAMPIONSHIPS

At Ottawa

Fri-Sat, April 30-May 1, 2010

70-75 Degrees – Light Winds

# WOMEN

1. Friends	167	6. Bethel	35
2. Tabor	140	7. Kansas Wesleyan	32
3. Bethany	108	8. McPherson	26
<b>4. Southwestern</b>	<b>77</b>	9. Sterling	21
5. Ottawa	37		

## WOMEN

### 100 M Heats Against Time-No Prelims

Brianna Johnson	13.13	(8 <sup>th</sup> )
Tamika Taylor	13.46	(10 <sup>th</sup> )
Jasmine Jackson	13.64	
Erin Morton	13.98	

### 200 M Heats Against Time-No Prelims

Brianna Johnson	27.27	(10 <sup>th</sup> )
Jasmine Jackson	27.90	
Tamika Taylor	28.35	
Anjaih Clemons	28.75	
Erin Morton	29.08	

### 100 M Hurdles

Kari Roth	16.10	(P)
	15.94	(4 <sup>th</sup> -F)

### 400 M

Anjaih Clemons	61.80	(P)
	60.61	(5 <sup>th</sup> -F)

### 400 M Hurdles

Kari Roth	67.40	(P)
	64.90	(1 <sup>st</sup> -F)

### **“B” NATIONAL QUALIFIER**

### 800 M

Jordan Unruh	2:21.74	(3 <sup>rd</sup> )
Taylor Kinnamon	2:29.76	(6 <sup>th</sup> )
Mychala Money	2:32.48	(8 <sup>th</sup> )
Erica Dunigan	2:37.94	

### 1500 M

Amy Pierson	4:53.89	(3 <sup>rd</sup> )
Jennifer Hendrixson	5:08.42	(8 <sup>th</sup> )
Sydnee Nelson	5:11.47	(9 <sup>th</sup> )
Alyssa Carter	5:22.26	(10 <sup>th</sup> )
Erica Dunigan	5:44.30	

### 3000 M Steeplechase

Jennifer Hendrixson	12:27.45	(4 <sup>th</sup> )
Alyssa Carter	12:37.56	(5 <sup>th</sup> )
Erica Dunigan	14:03.46	(9 <sup>th</sup> )

### 5000 M

Alyssa Carter	19:24.13	(5 <sup>th</sup> )
Sydnee Nelson	19:58.43	(7 <sup>th</sup> )
Jennifer Hendrixson	20:18.05	(9 <sup>th</sup> )
Arely Smith	20:24.68	(10 <sup>th</sup> )
Larrissa Vasquez	21:05.95	
Erica Dunigan	21:33.68	

### 10,000 M

Alyssa Carter	41:33.30	(4 <sup>th</sup> )
Sydnee Nelson	41:45.50	(6 <sup>th</sup> )
Arely Smith	43:46.60	(8 <sup>th</sup> )
Larrissa Vasquez	45:05.20	(10 <sup>th</sup> )

### 4 X 100 M Relay

Brianna Johnson		DNF
Jasmine Jackson		
Kari Roth		
Tamika Taylor		

### 4 X 800 M Relay

Jordan Unruh	2:26.60	9:53.40
Taylor Kinnamon	2:28.90	
Mychala Money	2:34.91	3 <sup>rd</sup>
Amy Pierson	2:22.99	

### 4 X 400 M Relay

Kari Roth	61.18	4:12.41
Taylor Kinnamon	65.80	
Brianna Johnson	63.76	3 <sup>rd</sup>
Jordan Unruh	61.67	

### Long Jump

Paige Carswell	17-10 ¼	(2 <sup>nd</sup> )
----------------	---------	--------------------

### **“B” NATIONAL QUALIFIER**

Taylor Kinnamon	15-2 ¾	(7 <sup>th</sup> )
-----------------	--------	--------------------

### Triple Jump

Paige Carswell	38-10 ½	(1 <sup>st</sup> )
----------------	---------	--------------------

### **“A” NATIONAL QUALIFIER**

### **KCAC MEET RECORD**

### **SCHOOL RECORD**

Taylor Kinnamon	32-11	(9 <sup>th</sup> )
-----------------	-------	--------------------

### High Jump

Jordan Unruh	4-11	(7 <sup>th</sup> )
Jasmine Jackson	NH	

### Shot Put

Sarah Hardin	38-5 ½	(6 <sup>th</sup> )
Mandy Bostwick	38-3 ½	(7 <sup>th</sup> )
Allyssa Zentner	31-11 ½	

### Discus

Sarah Hardin	121-7	(4 <sup>th</sup> )
Mandy Bostwick	110-7	
Caitlin Dyck	97-9	
Allyssa Zentner	94-4	

### Hammer

Mandy Bostwick	134-3	(7 <sup>th</sup> )
Sarah Hardin	104-1	
Caitlin Dyck	95-9	

### Javelin

Allyssa Zentner	112-10	(7 <sup>th</sup> )
Caitlin Dyck	87-9	

