

New Balance Athletics Series #1, May 4, 2013

First outdoor meet in Alberta for the Warriors with finally some nice weather! And a great start of the season.

Midget Boys 100m hurdles was up first. Most races during the day were pestered by a head wind, so results only can get better. James Albers was our best representative, finishing second in 16.33, followed by Kai Spierenburg in third (17.05). Quinn van Roessel (17.31), Eric Evans (17.77) and Lyndon Fisher (17.82) followed not far behind.

Tami Shiefelbein was next to compete in the open 100m hurdles. She ran well, finishing third in 16.32. Madison Evans won the youth 100m hurdles in 15.33.

In the 80m hurdles for midget girls we put on a great show. Katie Yackel won convincingly in a personal best time of 12.38, surpassing the standard for the Alberta Legion Team. Caltaf's Mia Hull placed second overall out of the second heat, after that it were all Warriors: Morgan Kravtsov (13.00), Liv Price (13.10), Rachel Mathieson (13.47, PB), Alana Sorge (14.54) and Chloe Nelson (14.63).

Next up the 100m. In this meet everyone 16 and up runs open, so our youth athletes were competing against senior athletes. Madison Evans put down the best performance by finishing fourth in 12.94 (PB) against a 1.8m wind. Although Madison ran faster in the high school meet on Thursday (12.78), that doesn't count as an official time (no wind reading, no AA sanctioned meet). Tami 13.87 and Natasha Rawji 15.25.

In the midget boys Kai was the fastest Warrior in a time of 12.71. James 12.96, Jordan 13.64, Lyndon 13.70, Eric 13.71 and Quinn 13.81.

In the midget girls 100m Katelyn Slessor came out on top in 13.25 (wind -4.0), followed by Rachel in second (13.53). Kalena MacKinnon 13.82, Alana 14.43, Liv 14.93, Chloe 15.43 and Kyra Mills 15.54.

Sinclair Fischer tried something longer this time (3000m) and finished third in 12:18.22.

In the 200m, Madison was our best athlete again, finishing in a good 25.73 (PB). Tami 28.48.

In the midget girls 200m Katie Yackel was the strongest of the field again, finishing in 27.29. Rachel 4th in 27.80, followed by Kalena (27.96), Katelyn (28.20) and Morgan (28.65). Alana ran 30.56, Chloe 30.99 and Kyra 31.66.

Kai was the fastest Warrior again in the midget boys 200m, finishing 3rd in 25.81. James 26.58, Jordan 27.50, Eric 27.75 and Lyndon 27.94.

Our 800m runners performed exceptionally well. Sydney Banister finished second in another strong Personal Best of 2:15.85. Do we still remember that she started her indoor season with a 2:33.11?!! Way to go Sydney! 2:15 is as well under the standard for Junior Nationals. Samantha Larke: 3:03.25.

Brant Lauweryssen has come a very long way as well. He started the indoor season with a 2:19.68. After a 2:09 in California, Brant now stopped the clock at 2:06.51, leaving several of our former members behind. Well done!

Lauren Smith ran a PB in 2:41.40, Bantam Gillian Dennehy finished in 2:56.06 (PB) and our new member Daniel van der Merwe did well finishing in 2:22.25 in his first race.

We had some athletes competing in the long jump. The number of athletes competing was somewhat restricted, because I didn't want them to do four events in a three hour meet. Kalena surprised with a second place with 4.88m (wind aided unfortunately), Rachel 4.65m, Morgan 4.55m (PB) and Katelyn 4.41m. Kyra 3.65m and in the open LJ Natasha got a PB with 4.01m.

A very good season start overall, more to come next weekend during the Calgary Spring Challenge.

Results at: <http://www.calgarytrackcouncil.com/NewBalance2013/>

Jan Lips
Head Coach