

## Calgary Warriors News – June 9, 2013

During the Provincial High School Championships Friday and Saturday at the Foothills Track in Calgary, our three Warriors participants performed extremely well.

Madison Evans prolonged her championships titles of last year in both the 80m hurdles and the 400m, this year in the intermediate category. She added a bronze medal in the 200m. Madison set personal bests in all three events: 80mH in 11.66, 200m in 25.35 (new Club Record) and 400m in 58.78. Congratulations, Madison!

Sydney Bannister competed in the 800m and 400m (intermediate) and brought home the gold medal in the first and a bronze medal in the second event. 2:18.25 in the 800m, 1:01.14 in the 400m, a personal best. Very well done!

Tami Schiefelbein finished third in the 80m hurdles for senior girls in a personal best time of 13.01. Great job!

Earlier this week several of our midget athletes competed in the South Central Zone Championships for Junior High Schools. Morgan Kravtsov placed first in the 80m hurdles in a personal best time of 12.54, followed by Katie Yackel in 12.64. Morgan added a 2<sup>nd</sup> place in the triple jump (10.02m). Rachel Mathieson won the long jump (4.85m), Kalena MacKinnon won the 400m in 1:01.43 (PB), Katie placed second in the 200m (27.88), followed by Kalena in 27.88. Daniel van der Merwe won the triple jump and Tyler Kionage won the 3000m in an impressive PB of 10:02.31, followed by a second place in the 1500m (4:46.05).

The most outstanding results of the 3<sup>rd</sup> New Balance meet on June 2:

Katelyn Slessor first in the 100m in a personal best time of 12.97, Katie Yackel first in the 300m in 43.57, Katie first in 80m hurdles (12.36), Katelyn third in 12.89 (PB), a personal best for Sinclair Fischer in the 3000m (11:28.47), Kai Spierenburg 39.56 in the 300m (PB and Club Record), 12.62 in the 100m (Club Record), James Albers 15.06 in the 100m hurdles for a win and a new Club Record (15 and under). Quinn van Roessel set two new club records as well: 16.14 in the 100mH and 4.95m in the long jump (age 14 and under). Several more personal bests. Katie placed first overall over the 3-meet series, Katelyn third, Morgan and Rachel shared the 4<sup>th</sup> place. Well done!

### Upcoming Meets:

**CALTAF Track Classic** – June 14-16. Fill out forms at the meet if you are interested in Legion Team or Western Canada Championships Team or download forms from the Athletics Alberta website and bring to meet. You will have to visit the Athletics Alberta tent at the meet to hand in your forms and fit team clothing. There will be a Team Fee for the Western Championships – bring a cheque (amount to be determined). Cheques

will only be cashed if you are selected on the team. I will be one of the team coaches for Western Championships, talk to me if you have any questions.

**Jack Brow Memorial** – Kelowna, June 28-30 (it looks like we will have 22 athletes there). Departure Friday June 28 around 9AM, return Monday July 1. A few athletes will travel with their family.

**Canada Summer Games Trials** – Medicine Hat, July 6-7

The Summer Games Trials is an open meet for everyone, not only for those trying out for Summer Games. I would like to treat this as an optional meet for the Warriors, you can go there if you like. We will not arrange for transportation or hotels, this is up to you (parents). You could arrange car pooling/room sharing amongst yourselves. You need to let me (Jan) know if you are interested in going so I can enter you. I will be there if any of our athletes decide to go to that meet. This meet might be a good opportunity for some of our pole vaulters to try out their skills!

**Sherwood Park Track Classic** = Provincial Outdoor Championships, Sherwood Park, July 20-21. Everyone in good health should be participating in this meet. Transportation and hotel provided.

**Hurdling Camp: "Hurdling is Fun"**, July 8-9-10 at Glenmore (10:00 to 12:00 and 1:00 to 3:00). There are still spots available for anyone interested in my hurdle camp. Cost \$140.

Jan