

Conant / Elk Grove Tri: 4/11/17 @ Wheeling (Varsity)

Pole Vault			100 Hurdles	
Jessica Stavros	9'0" 1st		Hannah DeGraff	17.9 3rd
Emily Lucas	9'0" 2nd		Nosa Igiehon	18.1 4th
Saleta Anda	5'6" 3rd			
			100 M Dash	
Shot Put			Timber Terrell	13.1 1st
Ayana Blair	33'3" 2nd		Alexis Knight	13.2 2nd
Valencia Smith	31'8"			
			800 M Run	
Discus			Saleta Anda	2:49.0 1st
Ayana Blair	ND			
Valencia Smith	87'8" ^ 2nd		4 x 200 Relay	1:54.7 2nd
			Timber Terrell	
Long Jump			Yailene Leon	
Nicole Nguyen	16'8" 1st		Karolina Balcacel	
Hannah DeGraff	16'0.5" 2nd		Nansy Velev	
Triple Jump				
Nosa Igiehon	31'2" 2nd		400 M Dash	
			XXX	
High Jump			XXX	
Nosa Igiehon	4'8" 1st			
Sydney Johnson	4'8" 3rd		300 Hurdles	
Nansy Velev	4'6" 4th		Nicole Nguyen	50.4 1st #14
Timber Terrell	4'6"		Hannah DeGraff	53.7 3rd
4 x 800 Relay			1600 M Run	
XXX			Yailene Leon	5:40.3 ^ 1st
			Maria Vazquez	6:06.9 ^ 3rd
4 x 100 Relay	53.6 2nd			
Karolina Balcarcel			200 Dash	
Nosa Igiehon			Nicole Nguyen	26.9 ^ 1st
Yailene Leon			Sydney Johnson	28.5 4th
Sydney Johnson			Karolina Balcarcel	29.5
			Nansy Velev	29.8
3200 M Run			4 x 400 Relay	4:53.2
Christina Pierini	12:46.7 ^ 2nd		Christina Pierini	
Lizeth Leon	13:02.9 ^ 3rd		Lizeth Leon	
			Maria Vazquez	
			Saleta Anda	

^ = Personal Record # = Top 20 List *** = Meet/School Record
 Wheeling 82 Points / Conant: 75 Points / Elk Grove: 25 Points