


2019 Cambridge True Team (Girls)

<u>4 X 800 Meter Relay</u>		<u>300 Meter Hurdles</u>		<u>High Jump</u>	
Elizabeth VanLoon	2:31.9	19 Narindwa Semakula	57.92	10 Lily Matthews	4-6
Kari McKay	2:50.1	31 Hawah Sirleaf	67.61	18 Gaby Caldwell	4-6
Farah Ahmed-Bahgat	2:56.1	32 Sophia Jideofor	64.88	17 Destiny Casey	4-6
Hannah Teff	2:53.6	-		-	
7th	11:12	<u>800 Meter Run</u>		<u>Pole Vault</u>	
<u>110 Meter Hurdles</u>		11 Kari McKay	2:47.45	13 Molly McNeil	8-0
12 Narindwa Semakula	18.55	Farah Ahmed-Bahgat		25 Megan Lawrence	6-0
26 Tianna Creighton	20.54	23 Iva Hammitt-Kess	2:58.86	-	
27 Hawah Sirleaf	20.70	-		-	
<u>100 Meter Dash</u>		<u>200 Meter Dash</u>		<u>Shot Put</u>	
27 Claire Alexander	14.55	Baridilo Natere		1 Kaley Waldemar	38-2
8 Ravina Cooper	13.62	Olivia Dean		23 Lillian France	26-9
20 Destiny Casey	14.20	Kimori Morris		11 Melaina Hayes	29-10
- Lyrick Young	14.77	15 Destiny Casey	29.81	Nadia Ballwanz	24-4
<u>4 X 200 Meter Relay</u>		<u>3200 Meter Run</u>		<u>Long Jump</u>	
Ravina Cooper	29.2	2 Elizabeth VanLoon	11:54.41	26 Gaby Caldwell	13-4
Lyrick Young	29.3	12 Hannah Teff	13:25.71	29 Lily Matthews	13-1
Narindwa Semakula	29.3	19 Mackenzie Martin	14:10.26	30 Iva Hammitt-Kess	13-1
Destiny Casey	28.9	-			
6th	1:56.76	<u>4 X 400 Meter Relay</u>		<u>Team Scores</u>	
<u>1600 Meter Run</u>		Accacia Kimlinger	75.6	1st CAMBRIDGE-ISANTI	1090
16 Elsa Osmond	6:19.32	Megan Ellingson	68.1	2nd ANOKA	983
23 Maddie Townsend	6:34.65	Tina Tran	74.8	3rd SARTELL	906
28 Kelsey Lammi	6:43.13	Lauren Letnes	71.2	4th ANDOVER	807
-		8th	4:51.05	5th ST. FRANCIS	692
<u>4 X 100 Meter Relay</u>		<u>Discus</u>		6th IRONDALE	623
Claire Alexander	14.47	1 Kaley Waldemar	128-4	7th RODGERS	609
Baridilo Natere	15.3	18 Lillian France	79-3	8th GRAND RAPIDS	597
Alexis To	13.3	7 Melaina Hayes	99-6	9th ST. CLOUD APPOLLO	489
Kimori Morris	13.8	Nadia Ballwanz	55-2	10th NORTH BRANCH	479
<u>400 Meter Dash</u>		<u>Triple Jump</u>			
7th	57.37	17 Iva Hammitt-Kess	29-11		
3 Megan Ellingson	62.11	10 Gaby Caldwell	31-7		
8 Lauren Letnes	67.87	-			
26 Accacia Kimlinger	76.93				
- Emma Zuk	83.86				