

# 2019 Section 6AAA True Team Meet

## 4 X 800 Relay

Farah Ahmed-Bahgat  
Elsa Osmond  
Madison Townsend  
Iva Hammitt-Kess

*Alt. Mackenzie Martin*

## 110 Hurdles

Narindwa Semakula  
Hawah Sirleaf  
Tianna Creighton

*Alt. Sophia Jideofor*

## 100 Dash

Megan Ellingson  
Baridilo Natere  
Ravina Cooper

*Alt. Kelsey Lammi*

## 4 X 200 Relay

Lyrick Young  
Kelsey Lammi  
Destiny Casey  
Hannah Sawyer

*Alt. Amelia Imholte*

## 1600 Run

Elizabeth VanLoon  
Hannah Teff  
Kari McKay

*Alt. Elsa Osmond*

## 4 X 100 Relay

Lyrick Young  
Claire Alexander  
Destiny Casey  
Baridilo Natere

*Alt. Oliva Dean*

## 400 Dash

Megan Ellingson  
Lauren Letnes  
Ravina Cooper

## 300 Hurdles

Narindwa Semakula  
Sophia Jideofor  
Hawah Sirleaf

*Alt.*

## 800 Run

Lauren Letnes  
Elsa Osmond  
Kari McKay

*Alt. Farah Ahmed-Bahgat*

## 200 Dash

Megan Ellingson  
Baridilo Natere  
Ravina Cooper

*Alt. Amelia Imholte*

## 3200 Run

Elizabeth VanLoon  
Hannah Teff  
Mackenzie Martin

*Alt.*

## 4 X 400 Relay

Jazmyn Bravo  
Kaley Waldemar  
Kelsey Lammi  
Accacia Kamlinger

*Alt. Amelia Imholte*

## Discus

Kaley Waldemar  
Lillian France  
Melaina Hayes

*Alt. Nadia Ballwanz*

## Triple Jump

Emily Miller  
Iva Hammitt-Kess  
Jazmyn Bravo

*Alt.*

## High Jump

Lily Matthews  
Destiny Casey  
Kaley Waldemar

*Alt.*

## Pole Vault

Molly McNeil  
Jazmyn Bravo  
Megan Lawrence

*Alt. Isadora Dennis*

## Shot Put

Kaley Waldemar  
Lillian France  
Melaina Hayes

*Alt. Nadia Ballwanz*

## Long Jump

Emily Miller  
Ravina Cooper  
Jazmyn Bravo

*Alt. Iva Hammitt-Kess*

## Team Scores

Mounds View  
Roseville Area  
Irondale  
North St. Paul  
Mpls. Washburn  
St. Paul Central  
Cretin-Derham Hall  
Mpls. South  
Mpls. Southwest

