We traveled to Flushing to compete in our final regular season double dual track meet against Flushing and Holly. After a great evening of competition, we came away with a win against Holly (90-47) and a loss to Flushing (51-86). That puts our final regular season record at 5-3 in the conference. After only winning 1 conference dual meet in the past 3 years combined, we are having a great season and the program is heading in the right direction. We look forward to trying to advance our position in the league standings in a couple weeks at the Flint Metro championship, but first have our sights set on regionals next Friday. We have a lot of athletes close to the state qualifying standards and we hope to punch as many tickets as possible.

Individually, we had a lot of great performances today. Many girls hit personal record times and distances. Full results can be found at: [https://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=335520&show=all#F\_E\_19\_1\_F](https://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=335520&show=all" \l "F_E_19_1_F" \t "_blank)

Top 3 finishers:

Kaitlyn Owens - 1st in the 3200 (12:34.82), 1st in the 1600 to Flushing and 2nd to Holly, (5:33.71), and 1st in the 400 to Holly and 3rd to Flushing (1:03.73)

Mirranda Libbey - 1st to Flushing and 3rd to Holly in the 800 (2:37.02), 3rd in the 1600 (5:44.49), and 2nd in the 3200 (12:46.23)

Katie Clevenger - 1st to Holly and 2nd to Flushing in the 300 hurdles (49.11), 2nd to Holly and 3rd to Flushing in high jump (4' 6")

McKenna Sovis - 1st to Flushing and 3rd to Holly in the 100 hurdles (18.35)

Madison Livingston - 1st in discus (93' 10.5"), 1st to Holly and 2nd to Flushing in shot put (29' 4")

Veronica Cechanowicz - 1st to Holly and 3rd to Flushing in pole vault (8')

Molly Hart - 1st against Holly in long jump 14' 1") and 3rd in the 100 to Holly (13.91)

Lexi Martenis - 2nd against Holly in long jump (14' 1") and 2nd in the 100 (13.71)

Malyrie Montroy - 2nd in the 200 (27.85) and tied for 2nd to Holly in pole vault (7')

Hannah Ardelean - 2nd to Holly and 3rd to Flushing in shot put (28' 6") and 3rd to Holly in discus (62' 02")

Sharna Butcher - 2nd to Holly and 3rd to Flushing in discus (66' 4.5") and 3rd to Holly in high jump (4' 4")

Allie Pumford - tied for 2nd to Holly in pole vault (7')

Janae Voss - 3rd in the 200 to Holly (28.89) and 3rd against Holly in long jump (12' 9.5")

Emma Perry - 3rd in the 3200 to Holly (14:17.25)

Our 4x100m relay team of Katie Clevenger, Malyrie Montroy, Lexi Martenis and Molly Hart took 1st place (52.11)

Our 4x200m relay team of Lexi Martenis, Molly Hart, Janae Voss and Malyrie Montroy beat Holly (1:56.27)

Our 4x800m relay team of Allie Pumford, Maria Stuart, Emma Perry and Lynnae Gilman beat Holly (12:50.75)

Coach Holtsclaw