

UK Wildcat Classic
Nutter Fieldhouse, UK
1/30/16

Assumption Track & Field wrapped up our first meet of 2016 in high fashion, and we walked away with much to be happy about, as the girls really stepped up for this one. Our goal overall was to be competitive, not just to go out and go through the motions – a strong temptation in an early meet where you know you're not in very good shape yet. We had 3 class level indoor school records, several girls run near-PRs and some of the better indoor performances in school history in a couple events.

Here are our new indoor records:

Emily Wiegel, Junior class 200m record (27.73)
Kara Bruns, Sophomore class Pole Vault record (8-0)
Katie Rosenbaum, Freshman class Shot Put record (22-4.5)

Meet MVPs would have to be Rachel Lancaster, Kara Bruns, Emily Wiegel and Sarah Crawford. Emily ran the second fastest indoor 400 time in school history, broke the Junior class indoor record in the 200 and anchored what amounted to a very successful 4 x 400 relay – a relay that ran within 3 seconds of the school record. Sarah ran an indoor PR in the open 800 (she's run 0.1 faster on an indoor relay), became the school's #7 performer in the indoor 800 (all-time), and ran a near PR in the 400 (1:03.8 – a time that, several years ago was close to the indoor school record). Rachel only competed in the shot put, but got the second farthest throw in school history (beating the former #2 by about 1 foot). Kara broke the sophomore class pole vault record by 6 inches, beating out the former record of a young lady who made the podium at State in the pole vault on several occasions.

There were a number of other strong performances as well, but that basically broke down to each girl doing well. E.g., we definitely want to provide a shout out to Katie Rosenbaum, our freshman shot putter, for competing in her very first HS track meet as the first freshman thrower to ever compete for Assumption, thereby giving us a freshman school record in that event. Katie did very well and we are hoping to see continued growth from her. Congrats to our girls who also got indoor PRs, e.g. Amelia and Keegan in the 200. Our 4 x 400 was very solid, and we were very proud of our 4 x 800 girls. E.g., our second leg on that relay, Annalee Holland, earned her Varsity letter with a great 2:45 leg, running in what was her first HS track meet ever.

Each of the girls had a very definitely shining moment on Saturday.

Here are some links to our newly updated school records and some pictures from the meet.

Indoor (class level) School records:

http://track.ahsdistance.org/track/alltimelists/indoor_records-bygrade.htm

Pictures (800, 4 x 400):

<https://picasaweb.google.com/gwenpt69/WildcatInvite?authkey=Gv1sRgCNnpm730nOa0-AE&feat=email>