

Go The Distance 2010 Season's Bests

Updated 7/30a

Miscellaneous

Record Setters

Region X YG 4x800 10:05.04 @ JO Region X @ Pueblo, CO

Conley M., Savannah G., Lauren K., and Jessica M.

Note - the record was further lowered by the Zoom at the same meet

AZ State YW 800 2:14.73 @ AZ JO State

Katie Penney

AZ State YG 4x800 10:07.91 @ AZ State Championship

Alexandra N., Lauren K., Savannah G., and Jessica M.

Note - the record was broken again at AZ JO State by the AZ Flames

Met Youth Nationals Qualifying Standard

800 - Ava H., Tessa Q., Jessica M.

1500 - Ava H.

4x800 - Youth Girls

(Savannah G., Lauren K., Conley M., Jane M.,
Jessica M., Shannon M., Alexandra N., Madisyn V.)

Mini-Javelin - Keegan V.

J.O. Regional Qualifiers

400 - Ava H.

800 - Ava H., Tessa Q., Jessica M., Katie P.

1500 - Ava H., Brayden G., Jessica M., Lauren K.

3000 - Sarah C., Savannah G., Shannon M.

4x800 - GTD "A" and GTD "B"

(Savannah G., Lauren K., Conley M., Jane M.,
Jessica M., Shannon M., Alexandra N., Madisyn V.)

J.O. National Qualifiers

1500 - Ava H.

4x800 - GTD "A"

(Conley M., Savannah G., Lauren K., Jessica M.)

GTD athletes who reached the podium

800 - Ava H., Tessa Q.

1500 - Brayden G., Jessica M.

3000 - Savannah G., Shannon M.

4x800 - GTD "B"

(Alexandra N., Madisyn V., Shannon M., Jane M.)

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Mini-Javelin

Age Group	Dist	Name	Meet
BB	18.60m	Keegan Van Sickle	6/19 AZ JO State

**Youth Nationals Qualifying Standards:
BB 18.23m**

100m Run

Age Group	Time	Name	Meet
SBG	21.85	Elizabeth Novacek	5/30 AZ State Championship
BB	18.60	Keegan Van Sickle	6/19 AZ JO State

**Youth Nationals Qualifying Standards:
BG 14.81, BB 14.89**

200m Run

Age Group	Time	Name	Meet
SBG	46.91	Elizabeth Novacek	5/30 AZ State Championship
BB	39.62	Keegan Van Sickle	6/19 AZ JO State
YG	31.81	Madisyn Van Sickle	6/19 AZ JO State

**Youth Nationals Qualifying Standards:
BG 30.61, BB 29.74, YG 26.24**

400m Run

Age Group	Time	Name	Meet
BG	1:13.16	Ava Hamilton	6/19 AZ JO State
BG	1:14.73	Tessa Quinter	6/19 AZ JO State
BB	1:13.82	Brayden Green	6/19 AZ JO State
BB	1:29.02	Keegan Van Sickle	5/30 AZ State Championship
YG	1:11:11	Madisyn Van Sickle	5/30 AZ State Championship

**Youth Nationals Qualifying Standards:
BG 1:10.34, BB 1:08.66, YG 59.81**

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800m Run

Age Group	Time	Name	Meet
BG	2:44.33	Ava Hamilton	5/30 AZ State Championship
BG	2:45.55	Tessa Quinter	7/11 JO Region X @ Pueblo, CO
BB	2:46.15	Brayden Green	5/30 AZ State Championship
MG	2:54.90	Sarah Carter	4/3 Reg Meet Copper Canyon HS
MG	3:34.16	Amanda Hirte	4/3 Reg Meet Copper Canyon HS
YG	2:25.95	Jessica Molloy	5/30 AZ State Championship
YG	2:30.34	Lauren Kinzle	6/19 AZ JO State
YG	2:30.45	Savannah Gaffney	5/30 AZ State Championship
YG	2:35.51	Shannon Molvin	5/8 Reg Meet Tucson HS
YG	2:38.41	Alexandra Novacek	6/19 AZ JO State
YG	2:39.56	Conley Marquez	5/8 Reg Meet Tucson HS
YG	2:44.21	Jane Miller	6/19 AZ JO State
YG	2:54.56	Madisyn Van Sickle	6/19 AZ JO State
YG	3:00.87	Kate Welty	5/8 Reg Meet Tucson HS
YB	2:43.29	Andrew Nipp	4/3 Reg Meet Copper Canyon HS
IG	3:04.98	Katie Dunaway	3/20 Reg Meet Copper Canyon HS
IG	3:48.60	Amanda Molvin	4/17-18 Phoenix Invitational
YW	2:14.73	Katie Penney	6/19 AZ JO State New State Record

Youth Nationals Qualifying Standards:

BG 2:48.25, BB 2:41.45, MG 2:37.62, YG 2:25.98, YB 2:12.61, IG 2:25.58, YW 2:27.35

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1500m Run

Age Group	Time	Name	Meet
BG	5:34.10	Ava Hamilton	5/30 AZ State Championship
BB	5:37.08	Brayden Green	6/19 AZ JO State
MG	5:52.46	Sarah Carter	4/3 Reg Meet Copper Canyon HS
YG	5:01.15	Jessica Molloy	6/19 AZ JO State
YG	5:06.88	Lauren Kinzle	6/19 AZ JO State
YG	5:13.08	Savannah Gaffney	5/30 AZ State Championship
YG	5:18.38	Conley Marquez	5/8 Reg Meet Tucson HS*
YG	5:20.78	Shannon Molvin	5/8 Reg Meet Tucson HS*
YG	5:23.60	Jane Miller	6/19 AZ JO State
YG	5:28.60	Alexandra Novacek	6/19 AZ JO State
YG	6:07.75	Kate Welty	6/19 AZ JO State
YG	6:21.85	Madisyn Vansickle	4/17-18 Phoenix Invitational
YB	5:33.40	Andrew Nipp	4/3 Reg Meet Copper Canyon HS
IG	5:58.33	Katie Dunaway	5/30 AZ State Championship

Youth Nationals Qualifying Standards:

BG 5:44.83, BB 5:01.09, MG 5:12.94, YG 5:01.61, YB 4:32.67, IG 5:02.84

* 5/8 Reg Meet 1500 course was 'short'

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3000m Run

Age Group	Time	Name	Meet
MG	12:05.83	Sarah Carter	7/2 JO Region X @ Pueblo, CO
YG	11:10.95	Jessica Molloy	4/3 Reg Meet Copper Canyon HS
YG	11:14.35	Savannah Gaffney	6/19 AZ JO State
YG	11:17.16	Shannon Molvin	6/19 AZ JO State
YG	11:22.46	Lauren Kinzle	4/3 Reg Meet Copper Canyon HS
YG	11:47.81	Jane Miller	6/19 AZ JO State
YG	11:57.77	Alexandra Novacek	3/20 Reg Meet Copper Canyon HS
YG	12:04.92	Conley Marquez	6/19 AZ JO State
YG	13:07.63	Kate Welty	6/19 AZ JO State
YB	12:26.00	Andrew Nipp	5/30 AZ State Championship
IG	12:20.97	Katie Dunaway	4/17-18 Phoenix Invitational

Youth Nationals Qualifying Standards:

MG 11:44.41, YG 11:08.62, YB 10:05.41, IG 11:26.64

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4x400m Relay

Age Group	Time	Name	Meet
YG	4:31.76	GTD "A" Savannah Gaffney, Madisyn Vansickle, Jessica Molloy, Lauren Kinzle	5/30 AZ State Championship
YG	4:42.34	GTD "A" Savannah Gaffney, Madisyn Vansickle, Alexandra Novacek, Shannon Molvin	4/3 Reg Meet Copper Canyon HS
YG	4:43.85	GTD "A" Conley Marquez, Lauren Kinzle, Madisyn Vansickle, Jessica Molloy	3/20 Reg Meet Copper Canyon HS

Youth Nationals Qualifying Standards:

YG 4:29.53

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4x800m Relay

Age Group	Time	Name	Meet
YG	10:05.04	GTD "A" Conley Marquez, Savannah Gaffney, Lauren Kinzle, Jessica Molloy	7/11 JO Region X @ Pueblo, CO New JO Region X Record * mark was further lowered at the meet
YG	10:07.05	GTD "A" Conley Marquez, Savannah Gaffney, Lauren Kinzle, Jessica Molloy	7/28 JO Nationals @ Sacramento, CA
YG	10:07.91	GTD "A" Alexandra Novacek, Savannah Gaffney, Lauren Kinzle, Jessica Molloy	5/30 AZ State Championship New State Record * mark was further lowered at AZ JO State
YG	10:26.92	GTD "A" Jane Miller, Conley Marquez, Shannon Molvin, Savannah Gaffney	6/19 AZ JO State
YG	10:27.40	GTD "A" Lauren Kinzle, Shannon Molvin, Savannah Gaffney, Jessica Molloy	4/17-18 Phoenix Invitational
YG	10:42.84	GTD "B" Madisyn Van Sickle, Alexandra Novacek, Lauren Kinzle, Jessica Molloy	6/19 AZ JO State
YG	10:58.86	GTD "B" Alexandra Novacek, Madisyn Van Sickle, Shannon Miller, Jane Miller	7/11 JO Region X @ Pueblo, CO
YG	11:23.95	GTD "B" Conley Marquez, Alexandra Novacek, Jane Miller, Kate Welty	4/17-18 Phoenix Invitational

Youth Nationals Qualifying Standards:

YG 10:55.88