

Go The Distance 2011 Season's Bests  
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**Miscellaneous**

**State Record Setters**

4x800 Jane M, Alexandra N, Lauren K, Jessica M

**Phoenix Invitational**

Youth Girls – 3<sup>rd</sup> place

**Youth Nationals Qualifiers**

800 Nicholas N, Jessica Molloy, Lauren Kinzle

1500 Nicholas N, Thomas N, Jessica Molloy, Lauren Kinzle

3000 Jessica Molloy, Lauren Kinzle, Jane Miller, Shannon Molvin, Sarah Carter, Ava Hamilton

4x400 - Lauren K, Alexandra N, Madisyn VS, Jessica M, Mason S, Sarah C, Conley M

4x800 - Lauren K, Jane M, Alexandra N, Jessica M, Mason S, Conley M, Sarah C, Madisyn VS

Mini-Javelin – Keegan Van Sickle

**J.O. Regional Qualifiers**

800 Jessica Molloy, Jane Miller\*, Nicholas Nguyen

1500 Ava Hamilton, Lauren Kinzle, Jane Miller, Conley Marquez\*

Nicholas Nguyen, Thomas Nguyen, Anthony Nguyen\*, Brayden Green, Mario Hernandez\*

3000 Ava Hamilton, Jane Miller, Sarah Carter, Shannon Molvin, Mario Hernandez\*

4x400 Lauren Kinzle, Conley Marquez, Alexandra Novacek, Jessica Molloy

4x800 Jane Miller, Alexandra Novacek, Lauren Kinzle, Jessica Molloy

4x800 Conley Marquez, Mason Swenson, Sarah Carter, Madisyn Van Sickle

\* 5th place alternate

**J.O. National Qualifiers**

1500 Jane Miller

3000 Jane Miller, Sarah Carter

4x800 Conley Marquez, Sarah Carter, Alexandra Novacek, Jane Miller

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**100m Run**

| Rank | Age Group | Time  | Name              | Meet                          |
|------|-----------|-------|-------------------|-------------------------------|
| 1    | SBG       | 20.44 | Elizabeth Novacek | 4/2-3/11 Phoenix Invitational |
| 2    | SBG       | 21.35 | Reece Van Sickle  | 6/18/11 JO State              |
| 3    | SBG       | 23.65 | Ava Ardizzone     | 4/16/11 Reg Meet Westwood HS  |
| 1    | BB        | 16.50 | Keegan Van Sickle | 6/4/11 AZ State               |

**Youth Nationals Qualifying Standards:**  
**SBG 16.37, BG 14.77**  
**BB 14.79**

**200m Run**

| Rank | Age Group | Time  | Name              | Meet                          |
|------|-----------|-------|-------------------|-------------------------------|
| 1    | SBG       | 38.54 | Ava Ardizzone     | 4/2-3/11 Phoenix Invitational |
| 2    | SBG       | 43.06 | Elizabeth Novacek | 5/7/11 Reg Meet Mesa CC       |

**Youth Nationals Qualifying Standards:**  
**SBG 35.68, BG 30.44**  
**BB 29.67**

**400m Run**

| Rank | Age Group | Time    | Name               | Meet                          |
|------|-----------|---------|--------------------|-------------------------------|
| 1    | SBB       | 1:32.65 | Nicholas Nguyen    | 4/16/11 Reg Meet Westwood HS  |
| 2    | SBB       | 1:38.74 | Thomas Nguyen      | 5/7/11 Reg Meet Mesa CC       |
| 1    | MG        | 1:13.49 | Tessa Quinter      | 4/2-3/11 Phoenix Invitational |
| 1    | YG        | 1:05.13 | Alexandra Novacek  | 5/7/11 Reg Meet Mesa CC       |
| 2    | YG        | 1:08.79 | Madisyn Van Sickle | 6/4/11 AZ State               |
| 1    | IG        | 1:09.60 | Mallory Belknap    | 3/5/11 Reg Meet Dobson HS     |

**Youth Nationals Qualifying Standards:**  
**SBB 1:22.01**  
**MG 1:05.03, YG 59.56, IG 58.44**

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**800m Run**

| Rank | Age Group | Time    | Name               | Meet                          |
|------|-----------|---------|--------------------|-------------------------------|
| 1    | SBB       | 3:12.19 | Nicholas Nguyen    | 6/18/11 JO State              |
| 2    | SBB       | 3:30.79 | Thomas Nguyen      | 5/7/11 Reg Meet Mesa CC       |
| 1    | BB        | 2:55.49 | Jacob Miller       | 4/16/11 Reg Meet Westwood HS  |
| 2    | BB        | 2:55.76 | Anthony Nguyen     | 4/16/11 Reg Meet Westwood HS  |
| 1    | MG        | 2:37.52 | Ava Hamilton       | 4/16/11 Reg Meet Westwood HS  |
| 2    | MG        | 2:39.46 | Tessa Quinter      | 3/19/11 Reg Meet Tucson HS    |
| 3    | MG        | 2:52.77 | Shannon Belknap    | 3/19/11 Reg Meet Tucson HS    |
| 4    | MG        | 3:00.00 | Molly Molvin       | 5/7/11 Reg Meet Mesa CC       |
| 5    | MG        | 3:06.89 | Michelle Nguyen    | 6/18/11 JO State              |
| 6    | MG        | 3:29.12 | Arden Schraff      | 3/5/11 Reg Meet Dobson HS     |
| 1    | MB        | 2:54.57 | Brayden Green      | 4/16/11 Reg Meet Westwood HS  |
| 1    | YG        | 2:20.97 | Jessica Molloy     | 5/7/11 Reg Meet Mesa CC       |
| 2    | YG        | 2:25.62 | Lauren Kinzle      | 5/27/11 LA Jets Invitational  |
| 3    | YG        | 2:28.42 | Jane Miller        | 4/16/11 Reg Meet Westwood HS  |
| 4    | YG        | 2:31.83 | Alexandra Novacek  | 4/2-3/11 Phoenix Invitational |
| 5    | YG        | 2:32.46 | Conley Marquez     | 5/7/11 Reg Meet Mesa CC       |
| 6    | YG        | 2:33.09 | Mason Swenson      | 5/7/11 Reg Meet Mesa CC       |
| 7    | YG        | 2:34.80 | Sarah Carter       | 5/7/11 Reg Meet Mesa CC       |
| 8    | YG        | 2:40.49 | Sierra Brown       | 5/7/11 Reg Meet Mesa CC       |
| 9    | YG        | 2:42.56 | Madisyn Van Sickle | 4/16/11 Reg Meet Westwood HS  |
| 10   | YG        | 2:43.02 | Meghan Moroney     | 4/16/11 Reg Meet Westwood HS  |
| 11   | YG        | 2:45.33 | Andrea Arriaga     | 4/16/11 Reg Meet Westwood HS  |
| 12   | YG        | 2:58.83 | Marisa Mariscal    | 6/4/11 AZ State               |
| 1    | YB        | 2:32.84 | Miguel Mariscal    | 6/4/11 AZ State               |
| 2    | YB        | 2:37.47 | John-Paul Nguyen   | 5/7/11 Reg Meet Mesa CC       |
| 1    | IG        | 2:40.90 | Shannon Molvin     | 3/5/11 Reg Meet Dobson HS     |
| 2    | IG        | 2:46.79 | Mallory Belknap    | 3/5/11 Reg Meet Dobson HS     |
| 3    | IG        | 3:11.66 | Julia Grehan       | 6/18/11 JO State              |
| 1    | IB        | 2:15.70 | Mario Hernandez    | 4/16/11 Reg Meet Westwood HS  |
| 2    | IB        | 2:35.00 | Liam Nguyen        | 6/18/11 JO State              |

**Youth Nationals Qualifying Standards:**

**BG 2:47.16, MG 2:36.51, YG 2:25.67, IG 2:25.67**

**SBB 3:26.47, BB 2:41.75, MB 2:29.27 YB 2:12.31, IB 2:05.25**

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**1500m Run**

| Rank | Age Group | Time    | Name               | Meet                              |
|------|-----------|---------|--------------------|-----------------------------------|
| 1    | SBB       | 6:24.57 | Nicholas Nguyen    | 6/18/11 JO State                  |
| 2    | SBB       | 7:03.54 | Thomas Nguyen      | 4/2-3/11 Phoenix Invitational     |
| 1    | BB        | 5:58.29 | Jacob Miller       | 3/5/11 Reg Meet Dobson HS         |
| 2    | BB        | 6:01.00 | Anthony Nguyen     | 6/4/11 AZ State                   |
| 1    | MG        | 5:21.70 | Ava Hamilton       | 6/4/11 AZ State                   |
| 2    | MG        | 5:32.91 | Tessa Quinter      | 5/21/11 Reg Meet Mesa CC          |
| 3    | MG        | 5:51.61 | Shannon Belknap    | 5/27/11 LA Jets Invitational      |
| 4    | MG        | 6:04.41 | Michelle Nguyen    | 4/2-3/11 Phoenix Invitational     |
| 5    | MG        | 6:40.89 | Molly Molvin       | 6/18/11 JO State                  |
| 6    | MG        | 6:48.65 | Arden Schraff      | 4/16/11 Reg Meet Westwood HS      |
| 1    | MB        | 5:38.33 | Brayden Green      | 6/4/11 AZ State                   |
| 1    | YG        | 4:51.46 | Jessica Molloy     | 4/16/11 Reg Meet Westwood HS      |
| 2    | YG        | 4:54.35 | Lauren Kinzle      | 5/27/11 LA Jets Invitational      |
| 3    | YG        | 5:00.84 | Jane Miller        | 7/29/11 JO Nationals – Wichita KS |
| 4    | YG        | 5:13.97 | Alexandra Novacek  | 4/2-3/11 Phoenix Invitational     |
| 5    | YG        | 5:15.40 | Sarah Carter       | 5/27/11 LA Jets Invitational      |
| 6    | YG        | 5:20.88 | Conley Marquez     | 5/27/11 LA Jets Invitational      |
| 7    | YG        | 5:22.09 | Mason Swenson      | 4/2-3/11 Phoenix Invitational     |
| 8    | YG        | 5:30.92 | Sierra Brown       | 4/2-3/11 Phoenix Invitational     |
| 9    | YG        | 5:31.33 | Meghan Moroney     | 4/2-3/11 Phoenix Invitational     |
| 10   | YG        | 5:37.11 | Madisyn Van Sickle | 5/27/11 LA Jets Invitational      |
| 11   | YG        | 5:46.97 | Andrea Arriaga     | 4/2-3/11 Phoenix Invitational     |
| 1    | YB        | 5:20.43 | John-Paul Nguyen   | 6/18/11 JO State                  |
| 2    | YB        | 5:32.99 | Miguel Mariscal    | 6/4/11 AZ State                   |
| 1    | IG        | 5:12.40 | Shannon Molvin     | 6/18/11 JO State                  |
| 2    | IG        | 6:39.43 | Julia Grehan       | 5/27/11 LA Jets Invitational      |
| 1    | IB        | 4:39.29 | Mario Hernandez    | 6/18/11 JO State                  |
| 2    | IB        | 5:18.09 | Liam Nguyen        | 6/4/11 AZ State                   |

**Youth Nationals Qualifying Standards:**

**BG 5:44.43, MG 5:12.84, YG 5:00.04, IG 5:02.46**

**SBB 7:10.51, BB 5:33.08, MB 5:00.58, YB 4:30.99, IB 4:20.32**

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**3000m Run**

| Rank | Age Group | Time     | Name              | Meet                          |
|------|-----------|----------|-------------------|-------------------------------|
| 1    | MG        | 11:29.62 | Ava Hamilton      | 6/4/11 AZ State               |
| 1    | YG        | 10:26.94 | Jessica Molloy    | 5/27/11 LA Jets Invitational  |
| 2    | YG        | 10:29.66 | Lauren Kinzle     | 5/27/11 LA Jets Invitational  |
| 3    | YG        | 10:45.64 | Jane Miller       | 5/27/11 LA Jets Invitational  |
| 4    | YG        | 11:00.88 | Sarah Carter      | 5/27/11 LA Jets Invitational  |
| 5    | YG        | 11:26.17 | Meghan Moroney    | 3/5/11 Reg Meet Dobson HS     |
| 6    | YG        | 11:32.84 | Sierra Brown      | 4/2-3/11 Phoenix Invitational |
| 7    | YG        | 11:41.82 | Alexandra Novacek | 4/2-3/11 Phoenix Invitational |
| 8    | YG        | 11:55.36 | Conley Marquez    | 4/2-3/11 Phoenix Invitational |
| 1    | YB        | 12:02.25 | John-Paul Nguyen  | 4/2-3/11 Phoenix Invitational |
| 2    | YB        | 12:11.29 | Miguel Mariscal   | 6/4/11 AZ State               |
| 1    | IG        | 11:04.51 | Shannon Molvin    | 3/5/11 Reg Meet Dobson HS     |
| 1    | IG        | 15:50.62 | Julia Grehan      | 4/16/11 Reg Meet Westwood HS  |
| 1    | IB        | 10:04.96 | Mario Hernandez   | 5/27/11 LA Jets Invitational  |
| 2    | IB        | 11:22.73 | Liam Nguyen       | 5/21/11 Reg Meet Mesa CC      |

**Youth Nationals Qualifying Standards:**  
**MG 11:39.92, YG 11:05.26, IG 11:21.07**  
**MB 10:58.08, YB 9:59.98, IB 9:43.69**

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**Mini-Javelin**

| <b>Rank</b> | <b>Age Group</b> | <b>Dist</b> | <b>Name</b>       | <b>Meet</b>                   |
|-------------|------------------|-------------|-------------------|-------------------------------|
| 1           | BB               | 30.99       | Keegan Van Sickle | 4/2-3/11 Phoenix Invitational |

**Youth Nationals Qualifying Standards:  
BB 19.10**

**Shot Put**

| <b>Rank</b> | <b>Age Group</b> | <b>Dist</b> | <b>Name</b>       | <b>Meet</b>      |
|-------------|------------------|-------------|-------------------|------------------|
| 1           | BB               | 5.22        | Keegan Van Sickle | 6/18/11 JO State |

**Youth Nationals Qualifying Standards:  
BB 6.35**

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**4x100m Relay**

| <b>Rank</b> | <b>Age<br/>Group</b> | <b>Time</b> | <b>Name</b>   | <b>Meet</b>                  |
|-------------|----------------------|-------------|---|------------------------------|
| 1           | SBG                  | 1:20.86     | Ella Ardizzone, Ava Ardizzone, Reece<br>Van Sickle, Elizabeth Novacek | 4/16/11 Reg Meet Westwood HS |

**Youth Nationals Qualifying Standards:  
SBG 1:03.52**

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**4x400m Relay**

| <b>Rank</b> | <b>Age Group</b> | <b>Time</b> | <b>Name</b>                                  | <b>Meet</b>                             |
|-------------|------------------|-------------|--|---|
| 1           | YG               | 4:16.31     | Lauren K, Conley M, Alexandra N, Jessica M   | 6/18/11 JO State                        |
| 2           | YG               | 4:25.31     | Lauren K, Alexandra N, Madisyn VS, Jessica M | 3/5/11 Reg Meet Dobson HS               |
| 3           | YG               | 4:25.40     | Mason S, Sarah C, Lauren K, Alexandra N      | 5/7/11 Reg Meet Mesa CC                 |
| 4           | YG               | 4:31.57     | Conley M, Sierra B, Jessica M, Jane M        | 5/7/11 Reg Meet Mesa CC                 |
| 5           | YG               | 4:32.38     | Conley M, Jane M, Sarah C, Alexandra N       | 7/9/11 JO Regionals Albuquerque Prelims |
| 7           | YG               | 4:39.67     | Conley M, Jane M, Sarah C, Alexandra N       | 7/10/11 JO Regionals Albuquerque Finals |

**Youth Nationals Qualifying Standards:  
YG 4:25.60**

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**4x800m Relay**

| Rank | Age Group | Time     | Name                                     | Meet                                     |
|------|-----------|----------|--|--|
| 1    | YG        | 10:21.87 | Jane M, Alexndra N, Lauren K, Jessica M  | 6/18/11 JO State<br>**New State Record** |
| 2    | YG        | 9:58.63  | Alexandra N, Lauren K, Jane M, Jessica M | 5/27/11 LA Jets Invitational             |
| 3    | YG        | 10:09.56 | Jane M, Lauren K, Alexandra N, Jessica M | 4/2-3/11 Phoenix Invitational            |
| 4    | YG        | 10:21.87 | Mason S, Conley M, Sarah C, Jane M       | 6/4/11 AZ State                          |
| 5    | YG        | 10:30.03 | Conley M, Mason S, Sarah C, Madisyn VS   | 6/18/11 JO State                         |
| 6    | YG        | 10:36.74 | Conley M, Sarah C, Alecandra N, Jane M   | 7/10/11 JO Regionals Albuquerque         |
| 7    | YG        | 11:13.04 | Conley M, Sarah C, Madisyn VS, Julia G   | 5/27/11 LA Jets Invitational             |
| 8    | YG        | 11:13.71 | Conley M, Meghan M, Sierra B, Madisyn VS | 4/2-3/11 Phoenix Invitational            |

**Youth Nationals Qualifying Standards:  
YG 10:48.40**