

A-1 District Meet @ Columbus, NE

Tuesday May 9th

High Jump

1. Morgan Bode	5' 3"
7. Zoe Leggett	4' 11"
7. Lauren Medeck	4' 11"

Morgan is the District Champion & qualifies for state! Zoe, congratulations on an awesome senior season!

Shot Put

4. Lauren Medeck	38' 2 1/2"
7. Clare Ullery	35' 6 3/4"
15. Emilie Burki	32' 0 1/2"

Lauren qualified for state! Clare also qualified as one of the next 8. Emilie, congratulations on a strong, sophomore season.

Pole Vault

5. Olivia Brodersen	10' 0"
---------------------	--------

Olivia auto-qualified for state with her vault of 10 feet!

Long Jump

1. Zaidah Lightener	18' 7 3/4"
2. Rome Bridger	17' 5 1/2"
11. Anna Napora	16' 6 1/2"

Zaidah is the District Champion! Her & Rome qualified for state!

Triple Jump

1. Zaidah Lightener	38' 5"
9. Royalty Aguer	32' 8 1/4"

Zaidah is the District Champion & qualifies for state! Royalty was one from making finals and finished her season well.

Discus

3. Clare Ullery	114' 8 1/2"
7. Olivia Brodersen	107' 0 1/2"
11. Emilie Burki	98' 8 1/2"

Clare qualified for state! Olivia also qualified as one of the next 8. Congratulations, ladies!

4x800 Meter Relay

1. PL South	9:42.59
Bethany Schuhmacher	2:22.6
Marissa Garcia	2:24.7
Grace Hovey	2:27.9
Karli Swanson	2:26.9
2. Millard North	9:45.93
3. Lincoln SW	9:51.54
4. Fremont	10:01.07
5. Gretna	10:02.36
6. Westview	10:03.29

The 4x800m team qualified for State and were District Champions!

3200 Meter Run

1. Kaitlyn Swartz	11:41.21
5. Grace Baum	12:08.16
14. Payton Jorczak	12:55.13

Kaitlyn won her first of 3 District Championships and qualified for state. Grace also qualified as one of the next 8 in!

400 Meter Dash

1. Katie Shafer	58.04
8. Elizabeth Heisler	1:01.58
13. Paige Hermsen	1:03.12

Katie is the District Champion and qualified for state! Beth was one spot away from qualifying. Both Beth & Paige ran PR's!

100 Meter Hurdles

1. Breylee Botts	15.47
2. Rome Bridger	15.70
4. Maddie Kraska	16.03

All 3 Lady Titans qualify for state! Congratulations to Breylee on running 2 new PR's!

100 Meter Dash

1. Zaidah Lightener	12.18
4. Aurora Griffin	12.59

Zaidah races to a NEW SCHOOL RECORD! Zaidah & Aurora both qualified for state.

800 Meter Run

1. Kaitlyn Swartz	2:18.57
8. Grace Hovey	2:29.77
10. Mia Cooley	2:31.64

Kaitlyn is the District Champion in her second event of the day and qualifies for state!

300m Hurdles

1. Bethany Schuhmacher	45.02
2. Sydney Horn	47.19
6. Amelia Congrove	47.93

All 3 ladies run a new PR! Bethany & Sydney qualified for state! Amelia also qualified as one of the next 8 in.

200 Meter Dash

13. Kaylie McNeill	28.01
14. Anna Napora	28.23
18. Cameron Hoke	28.87

No state qualifiers in the 200m. Great effort from these 3 ladies!

1600 Meter Run

1. Kaitlyn Swartz	5:22.84
3. Marissa Garcia	5:29.29
6. Hayden Gigstead	5:35.25

Kaitlyn ran to her 3rd District Championship! Her and Marissa

qualified for the state meet. Hayden was just on the outside of qualifying.

4x100 Meter Relay

1. PL South (A)	49.10
Kaylie McNeill	
Katie Shafer	
Aurora Griffin	
Zaidah Lightener	
2. Gretna	49.98
3. Columbus	50.03
4. Lincoln SW	50.29
5. Millard North	50.32
6. Fremont	50.73

The 4x100m team qualified for State and were District Champions!

4x400 Meter Relay

1. PL South	4:04.50
Bethany Schuhmacher	59.4
Karli Swanson	61.2
Beth Heisler	61.7
Sydney Horn	62.2
2. Gretna	4:04.08
3. Omaha Westside	4:05.38
4. Millard North	4:07.35
5. Omaha Central	4:07.72
6. Gretna	4:08.15
7. Omaha Northwest	4:10.99

The 4x400m team qualified for State and were District Champions! Bethany, Karli, Beth all ran relay split PR's! Sydney ran a season's best split. This was the BEST end to the District meet!!

TEAM SCORES

1. PL South	185
2. Lincoln SW	90
3. Gretna	87.5
4. Fremont	60
5. Millard North	55
6. Columbus	31
7. Omaha South	16
8. Westview	2.5

OVERALL

The Lady Titans were A-1 District Champions! This group of Titans more than doubled the score of second place, which is outstanding! These ladies remain undefeated for the 2023 outdoor season.

Congratulations to Zaidah on her new school record in the 100m dash! Congratulations to Katie who improved her own school record in the 400m dash! Congratulations to the MANY individual District Champions, including Morgan, Zaidah, Kaitlyn, Katie, Breylee & Bethany.

A Lady Titan won every event on the track except one. An individual Lady Titan or team of Lady Titans won 14 of the 17 events. We qualified at least one Titan in 16 of the 17 events. In 13 of the 14 individual events, we had at least one Lady Titan score in the top 6 to add to our team point total. In 6 of the 14 individual events, we had two lady Titans score in the top 6. Another big congratulations goes to the 100m hurdle crew who, for the second meet in a row, represent the only event that all 3 Lady Titans finished in scoring position. The 100m hurdles & 300m hurdles were the only events to advance all 3 competitors to the State meet! Way to go, Titan hurdlers!

There will be no more "Titan of the Meet" nominations as we close the season together as a team.

All qualifiers will compete at the State Meet on Wednesday May 17th & Thursday May 18th.

This is your friendly reminder that **PRESSURE IS A PRIVILEGE.** I am excited for one more meet with this crew of ladies!