

## 2016 Glenbard West state qualifiers

### 3,200-meter relay

**Sectional lineup:** Seniors Grace Rogers, Kate Dorsey and Kathryn Kenwood and junior Janie Nabholz

**Alternates:** Senior Caitlyn Reick, sophomores Lindsey Payne and Marika Tammaru and freshman Katie Hohe

9:20.53 (1st at Lake Park Sectional)

**State-qualifying standard:** 9:36.75

**State meet rank by sectional performance:** 5th

**Season best:** 9:18.79 April 15 at Downers Grove North's Ritter Invitational (Kenwood, Rogers, Payne, Nabholz)

**Outdoor school record:** 9:00.72 at 2012 Class 3A state meet (2nd place)

**2015 3A state finals cut:** 9:26.43 (12 finalists)

**2015 3A state all-state cut:** 9:26.80 (9 all-staters)

**Highest Glenbard West finish at state:** 1987 Class AA state championship (9:21.72)

### 3,200-meter run

**Sophomore Lindsey Payne**

10:37.14 (1st at Lake Park Sectional)

**Freshman Katie Hohe**

10:43.11 (2nd at Lake Park Sectional)

**3A state-qualifying standard:** 11:12.45

**State meet rank by sectional performance:** 1st (Payne) and 5th (Hohe)

**Season bests:** 10:29.80 (Payne) April 23 at Glenbard West's Sue Pariseau Invite and 10:43.11 (Hohe) at Lake Park Sectional

**Lifetime bests:** 10:29.80 (Payne) and 10:43.11 (Hohe)

**Outdoor school record:** 10:21.19 by Madeline Perez in 2013 at Wheaton Warrenville South Tiger Invitational (4/26/13)

**2015 3A state all-state cut:** 10:56.74 (9 all-staters)

**Highest Glenbard West finish at state:** 2014 and 2013 Class 3A state championships by Madeleine Perez (10:34.60 and 10:22.29, respectively) and 1996 Class AA state championship by Nell Shields (10:33.16)

## **Wheelchair 100-meter dash**

**Sophomore Daniela Polencheck**

22.21 (1st at Lake Park Sectional)

**Freshman Ahalya Lettenberger**

22.32 (2nd at Lake Park Sectional)

**State-qualifying standard:** 45.00

**State meet rank by sectional performance:** 1st (Polencheck) and 2nd (Lettenberger)

**Season bests:** 21.20 (Polencheck) at WSC Silver Meet May 6 and 21.27 (Lettenberger) at WSC Silver Meet May 6

**Lifetime bests:** 21.05 (Polencheck) and 21.27 (Lettenberger)

**School record:** 21.05 by Polencheck to win 2015 state meet

**2015 all-state cut:** 31.91 (4 all-staters)

**Highest Glenbard West finish at state:** 2015 state championship by Daniela Polencheck (21.05)

## **800-meter relay**

**Sectional lineup:** Seniors Jessica Michel and Isabella Salafatinos, sophomore Chloe Arduino and junior Janie Nabholz

**Alternates:** Junior Sophie Cvengros and sophomores MaryBeth Feeley, Emma Hanson and Micah Love

1:45.80 (2nd at Lake Park Sectional)

**State-qualifying standard:** 1:45.82

**State meet rank by sectional performance:** 24th

**Season best:** 1:45.80 at Lake Park Sectional

**Outdoor school record:** 1:41.59 in 2011 3A state preliminaries (7th in finals in 1:42.90)

**2015 3A state finals cut:** 1:42.23 (9 finalists)

**2015 3A state all-state cut:** 1:43.36 (9 all-staters)

**Highest Glenbard West finish at state:** 7th at 2011 Class 3A state meet (1:42.90)

## **Wheelchair 400-meter dash**

**Freshman Ahalya Lettenberger**

1:20.14 (1st at Lake Park Sectional)

**Sophomore Daniela Polencheck**

1:33.00 (2nd at Lake Park Sectional)

**State-qualifying standard:** 3:15.00

**State meet rank by sectional performance:** 1st (Lettenberger) and 2nd (Polencheck)

**Season bests:** 1:20.14 (Lettenberger) and 1:20.79 (Polencheck) at WSC Silver Meet May 6

**Lifetime bests:** 1:20.14 (Lettenberger) and 1:20.79 (Polencheck)

**School record:** 1:20.14 by Lettenberger May 13 at Lake Park Sectional

**2015 all-state cut:** 1:53.20 (1 all-stater)

**Highest Glenbard West finish at state:** First state qualifiers in event

## **1,600-meter run**

**Senior Kathryn Kenwood**

5:03.51 (1st at Lake Park Sectional)

**Sophomore Lindsey Payne**

5:04.66 (3rd at Lake Park Sectional)

**3A state-qualifying standard:** 5:11.50

**State meet rank by sectional performance:** 8th (Kenwood) and 10th (Payne)

**Season bests:** 4:59.50 (Payne) at Downers Grove North's Ritter Invitational April 15 and 5:03.51 (Kenwood) at Lake Park Sectional

**Lifetime bests:** 4:59.18 (Payne) March 3 indoors and 5:03.51 (Kenwood)

**Outdoor school record:** 4:52.21 in 2013 by Madeline Perez in 3A state preliminaries

**2015 3A state finals cut:** 5:04.82 (12 finalists)

**2015 3A state all-state cut:** 5:02.81 (9 all-staters)

**Highest Glenbard West finish at state:** 2013 Class 3A state championships by Madeline Perez (4:52.24) and 1996 Class AA state championship by Nell Shields (5:01.99)

## **Wheelchair 200-meter dash**

**Freshman Ahalya Lettenberger**

43.01 (1st at Lake Park Sectional)

**State-qualifying standard:** 1:35.00

**State meet rank by sectional performance:** 1st

**Season best:** 43.01

**Lifetime best:** 43.01

**School record:** 43.01 by Ahalya Lettenberger at Lake Park Sectional

**2015 all-state cut:** 1:22.76 (5 all-staters)

**Highest Glenbard West finish at state:** 2015 state championship by Daniela Polencheck (46.88)

## **1,600 meter relay**

**Sectional lineup:** Juniors Janie Nabholz and Sophie Cvengros, senior Sharon Murray and sophomore Micah Love

**Alternates:** Senior Nicole Rogus and sophomores Chloe Arduino, MaryBeth Feeley and Claire Kenwood

4:06.08 (2nd at Lake Park Sectional)

**State-qualifying standard:** 4:04.37

**State meet rank by sectional performance:** 18th

**Season best:** 4:06.08 at Lake Park Sectional

**Outdoor school record:** 3:53.49 in 2011 3A Glenbard North Sectional (9th at state in 3:57.78)

**2015 3A state finals cut:** 3:56.79 (9 finalists)

**2015 3A state all-state cut:** 4:02.99 (9 all-staters)

**Highest Glenbard West finish at state:** 4th at 1981 Class AA state meet (NA)

## **Pole vault**

**Senior Jessica Michel**

10-3 (4th at Lake Park Sectional based on 4-way tiebreaker for 2nd)

**3A state-qualifying standard:** 10-3

**State meet rank by sectional performance:** Tied for 17th

**Season best:** 10-3

**Lifetime best:** 10-3 at Lake Park Sectional May 13

**School record:** 10-3 at Lake Park Sectional May 13

**2015 3A state finals cut:** 11-0 (15 finalists)

**2015 3A state all-state cut:** 11-0 (10 all-staters, last 3 at 11-0 among 5 competitors)

**Highest Glenbard West finish at state:** Glenbard West has never had all-stater in pole vault