

Train Insane

By Lea Boies

or Remain the Same

Qualifiers for Drake Relays

- Emily Thole: 100 M. Dash
- Jessie Dudak: 100 M. Hurdles
- Jessie Dudak, Ellen Mattice, Katelyn Mangold, Emily Thole: 4x100
- Liz Koloc, Kira Vaske, Jessie Dudak, Emily Thole: Sprint Medley.
- Hannah Gaffney, Jessie Glanz, Katelyn Mangold, Emily Thole: 4x400
- Mark Gelwicks: 6'3 High Jump
- Ty Cassutt: 21-9.5 Long Jump



Sophomore Tanner Wessels hands off to senior Austin Bishop in the 4x200.

Jumping a personal best of 15'3", Kira Vaske (9) competes in the long jump at the Hawk Invitational.

At a home meet, Morgan Ungs (9) competes in running the 3000. "I enjoy hanging out with the team. Sometimes I don't enjoy the running, but in the end it pays off," Ungs said.

Running in the sprint medley, Emily Thole (12) is neck and neck with a Clayton-Ridge runner. With a close finish, Thole beat her opponent by only a few tenths of a second.

Mark Gelwicks (12) jumps a personal record of 6'3" in the high jump, qualifying him to compete at the Drake Relays.