Meet: Lemont, Evergreen Park, @ Hillcrest Date: March 29, 2010 Start Time: 4:30

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| Record/State | Event | Name | Time/Dis. | Name | Time/Dis. | Name | Time/Dis. | Name | Time/Dis. | ALT. |
| 17'3.5" | **Long Jump** | Arianna | 11’5 | Monica | 12’6 4th | Patrice | 13’9 2nd |  |  |  |
| SQ: 16’10” | f/s |  |  |  |  |  |  |  |  |  |
| 36'10" | **Triple Jump** | Hope | 26 ‘0 4th | Kate | 23’3 |  |  |  |  |  |
| SQ: 34’6” | f/s |  |  |  |  |  |  |  |  |  |
| 5’2” | **High Jump** | Amber | 4’0 | Patrice | 4’8 3rd | Monica | 4’2 |  |  |  |
| SQ: 5’1” | f/s |  |  |  |  |  |  |  |  |  |
| 40’8 | **Shot Put** | Amber | 33’8.5 1st | Dominique | 27’6 4th | Taushaunda | 25’01 | Khadijah | 21’0 | Ancies 23’4 |
| SQ: 36’6” | f/s | Brittney | 21’7 3rd | Toni | 22’7 2nd | Sam | 15’11 | Tamala | 18’10.5 | Diaz 20’0 4th |
| 117'3" | **Discus** | Amber | 76’4 3rd | Dominique | 89’10 1st | Taushaunda | 63’10 | Khadijah | 71’10 | Ancies 43’10 |
| SQ: 112’6” | f/s | Brittney | 48’8 5th | Toni | 50’11 3rd | Sam | 45’8 | Tamala | 48’10 4th | Diaz 58’10 2nd |
| 11:04.7 | **4x800m. Relay** | Jolyne | 2:56 | Rachel | 2:57 | Colleen | 3:11 | Leeza | 3:40 | 12:47 |
| SQ: 10:12 | f/s | Lauren | 3:15 | Britney | 3:48 | Annie | 3:47 | Abby | 3:47 | 14:26 |
| 51.5 | **4x100m. Relay** | Diamond | 14.5 | Monica | 13.3 | Arianna | 13.8 | Hope | 12.8 | 55.06 2nd |
| SQ: 51.0 | f/s |  |  |  |  |  |  |  |  |  |
| 10:38.2 | **3200m. Run** | Charlotte | 14:14 2nd | Kate | 16:34 | Drenika | 17:32 | Haley | 16:22 4th |  |
| SQ: 11:54 | f/s |  |  |  |  |  |  |  |  |  |
| 15.2 | **100m. Hurdles** | Jolyne | 18.76 |  |  |  |  |  |  |  |
| SQ:15.8 | f/s |  |  |  |  |  |  |  |  |  |
| 12.6 | **100m. Dash** | Chevy | 13.86 2nd | Arianna | 13.9 | Robertniece | 15.9 |  |  |  |
| SQ: 12.4 | f/s | Keairre | 15.0 |  |  |  |  |  |  |  |
| 02:20.4 | **800m. Run** | Colleen | 3:10 4th |  |  |  |  |  |  |  |
| SQ: 2:23.7 | f/s | Britney | 3:45 | Leeza | 3:27 | Abby | 3:30 |  |  |  |
| 01:47.8 | **4x200m. Relay** | Chevy | 30.2 | Alex | 32.1 | Hope | 30.7 | Robertniece | 34.6 | 2:07.5 |
| SQ: 1:49.0 | f/s |  |  |  |  |  |  |  |  |  |
| 60.0 | **400m. Dash** | Rachel | 1:13 | Diamond | 1:11 3rd |  |  |  |  |  |
| SQ: 60.6 | f/s | Keairre | 1:18 |  |  |  |  |  |  |  |
| 49.7 | **300m. Hurdles** | Patrice | 55.7 3rd |  |  |  |  |  |  |  |
| SQ: 47.6 | f/s |  |  |  |  |  |  |  |  |  |
| 04:53.9 | **1600m. Run** | Kate | 7:51 3rd | Drenika | 8:04 4th |  |  |  |  |  |
| SQ: 5:27.0 | f/s | Annie | 8:37 4th | Lauren | 7:51 2nd | Kayla | 8:37 3rd |  |  |  |
| 26.2 | **200m. Dash** | Monica | 28.9 2nd | Arianna | 31 | Robertniece | ? | Chevy | 35 |  |
| SQ: 26.0 | f/s | Keairre | ? |  |  |  |  |  |  |  |
| 04:01.9 | **4x400m. Relay** | Rachel | 1:20 | Alex | 1:23 | Kate | 1:41 | Leeza | 1:22 | 5:46 |
| SQ: 4:11.5 | f/s | Abby | 1:26 | Lauren | 1:32 | Annie | 1:37 | Haley | 1:42 | 6:17 |