

**East Suburban Catholic Conference
2023 Women's Varsity Track and Field Conference Championship
At Carmel Catholic HS - May 3, 2023**

Varsity

Team Standings	(Score)		
1 Benet Academy	187	5 Joliet Catholic	44
2 Marian Catholic	86	5 Nazareth Academy	44
3 Carmel Catholic	84	7 Saint Viator	34
4 Marist	75		

 - indicates new/tied ESCC record.

PL Name	School	Time/Dist.	PL Name	School	Time/Dist.
Pole Vault			3,200 Meter Run		
1 Nicole Grimes	BA	11-11.75	1 Loiusa Diamond	BA	10:53.38
2 Brenna Dunlap	MA	10-0	2 Colette Kinsella	NA	11:02.26
3 Jane Deis	BA	8-5	3 Izzy Bing	CA	11:24.44
4 Ella Knapczyk	MA	7-6.5	4 Delilah Helenhouse	BA	11:49.79
5			5 Reilly Smith	MA	12:52.04
6			6 Rickie Roberts	MA	13:43.95
Triple Jump			100 Meter Dash		
1 Zubaydah Akorede	CA	33-11	1 Symone Holman	JC	12.66
2 Antonette Baker	MC	33-11	2 Mia Rodriguez	MC	12.69
3 Lilly Anderson	BA	32-7	3 Brooklyn Holmes	MC	12.89
4 Therese Yep	BA	32-3.5	4 Ella Dicara	CA	13.25
4 Allison Sheehy	MA	31-11	5 Gabi Brown	BA	13.32
6 Mikayla Johnson	MC	31-6.25	6 Maya Zaucha	CA	13.43
Shot Put			100 Meter Hurdles		
1 Kayden Porter	MC	37-5.5	1 Emmi Scales	SV	14.46
2 Nida Polikaitis	BA	33-9.5	2 Gabi Brown	BA	16.13
3 Folasade Adeoye	BA	31-10	3 Shirley Bai	BA	17.06
4 Kylee Neal	MA	30-9.25	4 Sara Winters	MA	17.83
5 Paulina Sroka	CA	29-10.25	5 Zubaydah Akorede	CA	18.81
6 Amy Clarke	SV	29-10.25	6 Kentasia Brown	MC	18.83
High Jump			400 Meter Dash		
1 Valerie Sarros	BA	5-1	1 Katie Tracy	MA	1:00.03
2 Jillian Rohe	MA	4-11	2 Clare Sandoval	NA	1:02.28
2 Abby O'Connor	BA	4-11	3 Cameron Bruce	BA	1:03.03
4 Bethany Peoples	MC	4-9	4 Angela Coe	CA	1:03.67
5 Allison Kolber	CA	4-9	5 Alayna Plahm	NA	1:04.31
5 Elizabeth Vinnes	CA	4-7	6 Isabella Olivares	BA	1:08.02
Discus			800 Meter Run		
1 Paulina Sroka	CA	95-6.75	1 Louisa Diamond	BA	2:24.98
2 Mary Kate Wickstrom	BA	90-6.25	2 Keira Jenke	BA	2:26.22
3 Trinity Cowles	MC	85-10.75	3 Jane McNamara	NA	2:29.76
4 Ava Strugala	BA	82-6.25	4 Ella Heinen	JC	2:31.25
5 Nyila Williams	MC	78-7	5 Catherine Glasstetter	SV	2:35.92
6 Emily Griggs	MA	66-7.5	6 Mary Stokas	MA	2:43.48
Long Jump			300 Meter Hurdles		
1 Symone Holman	JC	17-2.25	1 Emmi Scales	SV	43.03
2 Natalie Ferguson	CA	16-11.5	2 Gabi Brown	BA	49.73
3 Shirley Bai	BA	16-9.25	3 Maddie McGarry	BA	51.82
4 Autumn Price	MC	16-4	4 Sara Winters	MA	53.52
5 Moira Sullivan	MA	16-3.25	5 Genna Kowalik	CA	54.48
6 Zubaydah Akorede	CA	16-1	6 Jalyah Quarles	CA	55.40

PL**1,600 Meter Run**

1	Louisa Diamond	BA	5:13.65
2	Colette Kinsella	NA	5:18.25
3	Claire Blotnik	JC	5:23.87
4	Abby McClorey	MA	5:26.55
5	Izzy Bing	CA	5:32.23
6	Delilah Helenhouse	BA	5:36.39

PL**200 Meter Dash**

1	Mia Rodriguez	MC	25.91
2	Symone Holman	JC	26.05
3	Bethany Peoples	MC	27.63
4	Gabi Brown	BA	27.85
5	Grace Ronek	BA	28.38
6	Trechelle Williams	MA	28.50

3,200 Meter Relay

1	Carmel Catholic	10:26.57
2	Marist	10:31.26
3	Joliet Catholic	10:37.91
4	Benet Academy	10:43.41
5	Nazareth Academy	10:55.62
6	Saint Viator	12:05.08

Athletes

Angela Coe, Ashlyn Beattie
Sydney Krcmarik, Mollie Gibbons

400 Meter Relay

1	Marian Catholic	49.75
2	Carmel Catholic	50.71
3	Benet Academy	51.61
4	Marist	51.69
5	Saint Viator	56.30
6	Nazareth Academy	58.03

Athletes

Autumn Price, Brooklyn Holmes
Bethany Peoples, Mia Rodriguez

800 Meter Relay

1	Carmel Catholic	1:46.95
2	Marian Catholic	1:47.12
3	Benet Academy	1:49.47
4	Marist	1:51.41
5	Saint Viator	1:57.43
6	Nazareth Academy	2:02.89

Athletes

Ella Dicara, Nora Christensen
Abby Hartzler, Natalie Ferguson

1,600 Meter Relay

1	Benet Academy	4:14.05
2	Nazareth Academy	4:16.55
3	Saint Viator	4:32.70
4	Marist	4:35.94
5	Marian Catholic	4:41.80
6		

Athletes

Cameron Bruce, Diana Singzon
Keira Jenke, Nicole Grimes

ESCC Coach of the Year:

Athletes of the Meet: