

WOMEN'S INDOOR TRACK AND FIELD 2018-19 RECAPS

Indoor Track & Field @ NJCAA Nationals

March 1 @ TBD

Jayhawks compete at NJCAA Indoor Nationals in Kansas

Starting the weekend off for the Jayhawks was Rebekah VanDeWeg (Spring Lake HS) in the pentathlon. VanDeWeg came out with a huge PR in the 60mH and strong performances in the Shot Put, High Jump and Long Jump. She rounded out the day with a great performance in the 800m. Bekah finished 11th in the nation overall, improving her standing by 1 place coming into the meet. Finishing out the competition for the Jayhawks was Grace Sweet (Reeths-Puffer HS) in the 1000m. Sweet came out of the start and made an incredibly bold move to put herself into a great spot in the pack for the race. Unfortunately, she was overtaken by a quick moving pack and ended up finishing 21st in the nation.

Indoor Track & Field @ NJCAA Region XII Championships

February 7 @ TBD

Women finish second at Regionals

The Jayhawk Track Teams were in action for the NJCAA Regional at the Dick Small Memorial hosted by Defiance College in Ohio.

For the women's team Bekah VanDeWeg (Spring Lake HS) is currently ranked 4th in the nation in the pentathlon with an official score of 2595. Her score should keep her in the top 16 to join Grace Sweet (Reeths-Puffer HS) at Nationals. She also could qualify in the 60mh and the high jump. Haylee Ray (Grand Haven HS), Sweet, Hannah Heitzleman (Cedar Springs HS) and Maddy Windberg (Spring Lake HS) took second in the DMR Thursday night and then came back to take second in the 4x400m Friday night. Sweet, Ray and Windberg came in 2nd, 3rd and 5th respectively in the 800m run as well.

Indoor Track & Field @ GVSU – Mike Lintz Alumni Meet

January 19 @ 8:00 am - 5:00 pm

Jayhawks get first National Qualifier at GVSU

The Jayhawks opened the 2019 indoor season at Grand Valley State University at the Mike Lintz Alumni meet.

For the women it was Grace Sweet (Reeths-Puffer HS) punching her ticket to the Indoor Nationals in the 1000m with a time of 3:12.91, well under the qualifying standard of 3:13.14. She also competed in the 4x400 with Haylee Ray (Grand Haven HS), Maddy Windberg (Spring Lake HS) and Hannah Heitzleman (Cedar Springs HS). They ran a strong time of 4:26.63. Heitzleman and Ray also completed in the 600m run coming in at 1:47.31 & 1:48.70 respectively. Windberg competed in the mile with a time of 5:43.71. Rebekah VanDeWeg (Spring Lake HS) had a strong performance in the 60m hurdles with a time of 9.74s.

Indoor Track & Field at GVSU – Holiday Open

December 7, 2018 @ 3:00 pm - 7:00 pm

The Jayhawks kicked off the 2018-19 indoor season with a short trip to GVSU. MCC took an abbreviated roster of runners to the competition.

On the women's side it was Grace Sweet (Reeths Puffer HS) who ran the 1,000m and finished 5th behind a very strong Grand Valley group with a time of 3:17.05. Maddy Windberg (Spring Lake HS) ran the 3,000m against some members of the GVSU Women's Cross Country National Champions. She ran a strong race clocking a time of 11:55.54.