

### Highland Women's Track Competes at Baker and Emporia

The Highland Community College women's track team traveled to Baker University for the Baker Relays on March 24. Because of Spring Break, not all the Scotties participated. Those who were able to participate competed very well considering it was their second meet of the season. Samantha Meisenheimer (Baldwin City) made it to the finals of the 100 meter and placed 8th; she also placed 8th in the 200 meter. Lisa Sholz (Denton) set a career best throw in the hammer of 39.34 meters, placing 10th. Leslie Ostertag (Troy) made it to the finals in the long jump and placed 7th.

At Emporia State University on Mar 31, the Scotties saw several personal best times and marks. Keidra Wade (St Louis, MO) and Courtney Frady (Oregon, MO) both improved their times for the year and placed 10th and 12th respectively. Leslie Ostertag (Troy) finished 7th in the long jump, and improved her time in the 200 meter while finishing 14th. Mary Kate Taylor (Chillicothe, MO) finished 1st in the 5,000 meter with a time of 20:06.40. "It's a big change coming off indoor season to outdoor, but we are seeing improvement each meet. The young ladies are working hard so hopefully we will continue the improvement and be ready for our conference and region meet," Coach Tom Bond stated.