

*2025 Mason City Girls
Track and Field Information Packet*



February 13th , 2025

Hi Girls!

Welcome to the 2025 version of Mason City Girls Track and Field ! I hope all of you are well and are looking forward to the upcoming season!! It is an especially exciting time being part of the girls track and field team having 2 home indoor meets on the schedule in our fieldhouse and 1 home outdoor meet on the schedule. Coach Ott, Coach Hardcastle, and I are looking forward to working with each and every one of you once again this year along with all of the new faces!! With 9 letter winners and 6 state qualifying girls back, along with all of the newcomers on the team as a whole, there is potential for another very successful year along with having lots of fun!!

If you haven't had a physical or your physical will be expiring during the season, please take care of that and upload the information to the school website. You cannot participate without a physical. I will be sending out weekly info to your parents/guardians letting them know the schedule for the week including directions to the meets as well as any other important information. Please have them (and you) download the SportsYou app and join the girls track and field group. The code to join is LV22-GTH5. I will also be emailing you/them the 2025 parent/athlete handbook within the next week. This handbook will be up on the front page of our website at www.mohawktrack.com within the next few days. Please take a few minutes to read through this as it has information that you need to know including lettering policy, expectations, excused vs. unexcused absences from practice and their consequences, the schedule, and etc. The following are some important dates for the start of the season:

1st day of practice: Monday, February 24th

This is the first day of mandatory practice for all girls except those who are still playing VARSITY basketball. Any girl playing varsity basketball has the option of taking up to 1 week off following their last game of the tournament season before they start track. If any of you WANT to start track the following day or week at any time that is totally fine as well, but we really encourage you to take a few days off just to relax and to rest the body and mind! Some of you have been going hard for months and months. It is good for you to take some time off to "recharge." It is the philosophy of the Mason City Girls Track and Field Program that girls playing basketball are NOT expected to come to track practice during basketball season. Please check in with me towards the end of your season so we can discuss your start date. Practices go from 4:00pm-6:00pm each day. For lifting weights, we highly encourage all of you to sign up for PPE during the school day to get your lifting done during the day. You may have an occasional supplemental lift depending on your event area and the philosophy of your event coaches, but your main lifts should be done during PPE.

Indoor Meet Tuesday March 18th 1st Ever Home Indoor Meet in the Fieldhouse!

This is a varsity only meet and there are limited entries. We will try to get as many girls in this meet as we can.

Indoor Meet Friday, March 21st Central College in Pella

This is a varsity meet only and there are limited entries. We will try to take as many girls as we can.

Spring Break is March 10th-14th.

Some of you may be going out of town on a vacation during this time and that will be 100% excused whether it is with family or friends. Go enjoy yourself but please stay active! If you take 9 days off and do

nothing it will almost feel like you are starting over. We will have a few optional practices during spring break and as of right now we are not planning on attending any meets over break. We have a meet at Wartburg the 2nd day back so it is very important to get in at least a couple of workouts whether you are gone on vacation or you are here in Mason City.

The last day a new girl can join the track team: Monday, March 17th

A new girl may come out this day but will not be allowed to compete in a meet until April 5th.

Indoor Meet Tuesday, March 25th..... Wartburg Indoor in Waverly

This is a varsity only meet and there are limited entries.

Iowa Alliance Coed Indoor Conference Meet Thursday, March 27th..... Riverhawk Fieldhouse

This will be a varsity meet only but there will be some limited spots available for JV. Once again, we will do our best to get as many girls as we can to have the opportunity to compete in this meet.

Unexcused Absences and Tardiness

Unexcused absences and tardiness will not be tolerated. We all know that things can come up in your day unexpectedly and life, in general, can be completely unpredictable. If you are sick, need to make up a test in class, have a family emergency, or something along those lines please communicate with me so I know where you are. Simply not coming to practice or leaving practice early because you are tired, have a headache, or have a birthday party to go to are not valid excuses. The first unexcused absence results in missing the next meet. The second offense the athlete misses the next 2 meets, and if it happens a third time the athlete will turn in her things and will be off the team.

Being tardy to practice, as is missing practice without previously clearing it through a coach, shows a lack of respect for your teammates, for your coaches, and for the program itself. No one person is above the expectations of the program. The first tardy the athlete meets with coaches and a parent is notified. A second tardy results in a one meet suspension. Further tardiness will result in more meet suspensions.

Practice Clothing

If it is chilly outside there still may be times we go out because we will be running in meets where it is cold, so always bring clothing as you are preparing to go outside for your workout.

Pool Practices

We once again will have a few pool practices this season. Please make sure your swimsuit is appropriate for a team pool workout.

Be on time each day, be coachable, have a great attitude, give your best effort, and be a great teammate. If you do these things you can't help but have a tremendous and rewarding season. You have to commit yourself and be a positive contributor both in effort and attitude to make a positive impact on the team. Creating and maintaining a positive, fun, safe, and respectful culture is of utmost importance in the program.

If you have additional questions on anything please contact me at any time. I am looking forward to seeing all of you on Monday, February 24th!! We will meet at 4pm in the Fieldhouse! See you then!

Coach Lee

Cell: 641-425-8579

E-mail: jilee@masoncityschools.org

Mohawk Girls Track and Field Website: www.mohawktrack.com

Mason City Girls Track and Field Twitter: @MCGirlsTnF

Updated February 13th, 2025

2025 Riverhawk Girls Track and Field Meet Schedule

Indoor Season

Tuesday, March 18 th	Mason City	Varsity	Mason City	3:30
Friday, March 21st	Central College	Varsity	Pella	11:30
Tuesday, March 25th	Wartburg	Varsity	Waverly	2:30
Thursday, March 27th	IAC Indoor	JV/V Coed	Mason City	4:00

Outdoor Season

Tuesday, April 1st	Waukee	JV/Varsity	Waukee High	4:00
Saturday, April 5th	DC Grimes	JV/Varsity	Grimes	10:15am
Tuesday, April 8th	Urbandale	JV/Varsity	Urbandale	4:30
Saturday, April 12th	Blue Oval	Varsity	Drake Stadium	8:30am
Tuesday, April 15th	Ames	JV/Varsity	Ames	4:15
Thursday, April 17th	Waterloo West	JV/Varsity	Waterloo	3:30
Monday, April 21st	Marshalltown	JV/Varsity	Marshalltown	4:30
Thursday, April 24th	Fort Dodge	JV/Varsity	Fort Dodge	4:30
Thurs, April 24th-26th	Drake Relays	Qualifiers	Drake Stadium	TBA
Thursday, May 1st	Riverhawk Relays	JV/V	Riverhawk Stadium	5:00
Tuesday, May 6th	Iowa Alliance Conf	JV/Varsity	Fort Dodge	4:00
Thursday, May 15th	Districts	Varsity	TBA	4:00
Thurs, May 22nd-24th	State	Qualifiers	Drake Stadium	TBA

2024 Mason City Mohawk Girls Track and Field Season Bests

<u>EVENT</u>	<u>TIME/DISTANCE</u>	<u>BY</u>	<u>MEET</u>
Discus	107'7"	Jaelyn Falls	Riverhawk
Shot Put	34'2 1/2"*	Adyson Evans	Riverhawk
High Jump	4'10"	Megan Tobin	Riverhawk
Long Jump	12'10 3/4'	Armani Caldwell	Indoor Conf
100m	13.21*	Megan Tobin	Riverhawk
200m	26.93*	Latasha York	Riverhawk
400m	1:07.86	Anna Latham	Districts
800m	2:24.76\$	Brogan Evans	IATC Indoor
1500m	5:02.57*\$	Brogan Evans	Indoor Conf
3000m	11:09.74	Audra Mulholland	Waverly Coed
<u>100m Hurdles</u>	15.99	Ellea Lewerke	Districts
400m Hurdles	1:16.72	Greta Lewerke	Conference
<u>Shuttle Hurdle</u>	1:08.35	Gwen Fiser, Ariel Lee, Greta Lewerke, Ellea Lewerke	Districts
4x100	51.54*^	Gwen Fiser, Latasha York, Ariel Lee, Megan Tobin	Drake Relays
4x200	1:48.88*	Peyton Zilge, Latasha York, Machaela Trask, Megan Tobin	Jim Duncan
<u>4x400</u>	4:08.54*	Savannah Davis, Janae Hansen, Megan Tobin, Kamina Munson	Districts
<u>4x800</u>	9:56.71	Brogan Evans, Janae Hansen, Audra Mulholland, Savannah Davis	State
Sprint Med	1:54.77*	Gwen Fiser, Megan Tobin, Latasha York, Savannah Davis	Districts
<u>Distance Med</u>	4:22.28*	Latasha York, Janae Hansen, Megan Tobin, Savannah Davis	State

Underlined event indicates a 2024 state qualifier.

* Indicates time/distance was better than 2023 best.

^ Indicates Drake Relays Qualifier

\$ Indicates New Indoor School Record in 2024

Mason City High School Girls Outdoor School Records

100m dash	1995	12.36	Shynell Stender
200m dash	1988	25.55	Michelle Dunn
400m dash	2013	58.80	Makenzie Meyer
800m run	1985	2:20.90	Julie Ray
1500m run	1988	4:48.03	Chris Wickering
3000m run	1987	10:24.80	Chris Wickering
4x100m relay	1988	49.57	Tiffany Wise, Kris Long, Jenny Stott, Michelle Dunn
4x200m relay	1980	1:46.10	Tammy Lunning, Sandy Heitland, Deb Gonnerman, Tina Solomon
4x400m relay	2014	4:01.03	Jenna Cornick, Kendall Cornick, Ashley Alert, Makenzie Meyer
4x800m relay	1992	9:37.32	Stephanie Scarrow, Molly Brandt, Jaime Hamann, Laura Hickman
Sprint Medley	1986	1:50.53	Kris Long, Trinda Wise, Shelly Lair, Michelle Dunn
Distance Medley	1980	4:12.83	Sandy Heitland, Tina Solomon, Tammy Lunning, Roxanne Peterson
100m hurdles 30"	2002	14.25 (#10 All-time in Iowa)	Kayla Sautter
100m hurdles 33"	2014	16.06	Kendall Cornick
400m hurdles	2004	1:05.09	Nicole Carroll
Shuttle Hurdle 30"	2003	1:00.80 (All Time Iowa Best)	Nicole Carroll, Danielle Hill, Andrea Sellers, Kayla Sautter
Shuttle Hurdle 33"	2023	1:07.49	Gwen Fiser, Ellea Lewerke, Greta Lewerke, Rosa Monarch
Discus	1983	130'11"	Mickey Schoborg
Shot Put	2020	41'8 $\frac{1}{2}$ "	Grace Tobin

High Jump	2011	5'4 $\frac{1}{4}$ '	Autumn Alitz
Long Jump	2003	17'5 $\frac{1}{2}$ "	Nicole Carroll

Mason City High School Girls Track and Field Indoor School Records

55m dash	1996	7.29	Shynell Stender
60m dash	2022	8.05	Jada Williams
200m dash	2022	27.49	Jada Williams
400m dash	1995	1:02.61	Jennifer Jacobson
800m run	2024	2:24.76	Brogan Evans
1500m run	2024	5:02.57	Brogan Evans
3000m run	2002	11:09.37	Aimee Nielsen
55m hurdles 30"	2002	8.44	Kayla Sautter
55m hurdles 33"	2023	9.22	Rosa Monarch
60m hurdles 30"	2004	9.14	Nicole Carroll
60m hurdles 33"	2024	9.82	Ellea Lewerke
Shuttle Hurdle 30"	2003	37.48	Nicole Carroll, Danielle Hill, Andrea Sellers, Kayla Sautter
Shuttle Hurdle 33"	2024	40.69	Gwen Fiser, Macy Schlitter, Greta Lewerke, Ellea Lewerke
4x100m relay	2022	52.52	Rosa Monarch, Megan Tobin, Gwen Fiser, Jada Williams
4x200m relay	1987	1:53.11	Michelle Dunn, Kris Long, Nancy Brasel, Tiffany Wise
4x400m relay	2013	4:10.87	Jenna Cornick, Cortni Rush, Makenzie Meyer, Kendall Cornick
4x800m relay	2024	10:16.11	Audra Mulholland, Aspen Cole, Savannah Davis, Brogan Evans
Sprint Medley	2014	1:56.62	Danielle DeRoy, Kayla Till, Ashley Alert, Kendall Cornick
Distance Medley	1998	4:32.08	Lena Hoard, Rachel Hardinger, Cassie Broome, Hollie Walusz
High Jump	2004	5'2 $\frac{1}{4}$ "	Andrea Sellers
Long Jump	2004	17'4 $\frac{1}{2}$ "	Nicole Carroll
Shot Put	2020	41' 8 $\frac{1}{2}$ "	Grace Tobin

*30" hurdles were run in Iowa from 1970-2008....then went to 33" in 2009.
*All times FAT