

Golden Bear Open, January 19-20, Edmonton, AB

The Golden Bear was the first big meet of the 2013 indoor season. Twenty-six Warriors competed in eighty-six events. Sixty-three Indoor Personal Bests were set (counting an event entered for the first time as well).

Top-eight finishes in the meet by Warriors:

Katie Yackel: 1st in 60m hurdles (9.75) and shot put, 2nd in 300m in very good time of 43.69, 4th in high jump and 5th in long jump (4.51m). Great weekend for Katie!

Katelyn Slessor: a surprising 3rd place in the 60m with a PB of 8:32 in the semi-finals. Katelyn has been training seriously only for a short time due to injury, so we can expect even more! 6th place in the long jump (4.44m).

Kalena MacKinnon: 4th in the 200m, 4th in the 300m. Kalena's first indoor meet after injury, more great results to follow! Very well done!

Sydney Banister: 3rd in the 800m (2:24.95), great progress after a slow start in December! 3rd in the 1500m.

Rachael Mathieson: 3rd in long jump (4.65m), 5th in the 60m, after a blazing PB in the semi's in 8.36, 7th in the 60m hurdles.

Madison Evens: 4th in the 60m hurdles, 4th in the 400m, 5th in the 200m,

Jennifer Yackel: 4th in high jump, 6th in both long jump and shot put (9.48m).

Claire Fioretti: 6th in the 800m, 7th in the 1200m.

Sinclair Fisher: 5th in the 1500m.

Liv Price: 2nd in the 60m hurdles.

Morgan Kravtsov: 6th in the 60m hurdles.

Kai Spierenburg: 4th in the 60m hurdles, 7th in the 300m, 7th in the long jump.

Quinn van Roessel: 5th in long jump (4.74m).

Eric Evans: 6th in the 60m hurdles.

Jordan Samson: 7th in the 60m hurdles.

Lyndon Fisher: 8th in the 60m hurdles.

Even if you didn't finish in the top eight, every PB counts on the road to be better every meet. A few BIG PBs: Jordan Samson in the 200 and 300m, great progress in the 800m for all our middle distance runners compared to the season opener in December- Kaylea Brown 11 sec, Sinclair 9 sec, Brant Lauweryssen 4 sec., Lauren Smith 6 sec. More than 1 sec improvements for Alana Sorge and Eric Evans in the 200m.

Well done, everyone!

Jan Lips
Head Coach