

Western Canadian Midget/Youth Championships, July 26-28, 2013

"Believe that you can and you will!"

Katelyn Slessor surprised friend and foe by running a marvelous new provincial record in the 80m hurdles in an amazing time of 11.61, beating Mia Hull, who broke the provincial record the week previously, by 2/100 of a second. Even hitting 6 out of 8 hurdles didn't break Katelyn's determination to give it her all. Supported by a maximum allowable wind of 2.0m/s, Katelyn fought every hurdle to stay ahead of Mia. This time of 11.61 moves Katelyn to a second place ranking in Canada! As I said in my Provincials meet report, "there is more to come." And it came very quickly. We have a saying in the Netherlands "Wat goed is komt snel," meaning as much as "That what is good comes quickly." And that is certainly the case here, in less than three months time Katelyn has become the premier midget hurdler in Alberta and even one of the best in the country. Congratulations, Katelyn, and yes, still more to come!

Good job Katie Yackel for finishing third, injured and all.

2013 Canada West Challenge - 2013-07-26 to 2013-07-28
Foothills Athletic Park - Calgary, Alberta

Event 13 Women 14-15 80 Meter Hurdles 30" Midget Team

Name	Year Team	Finals	Wind	Points
Finals				
1 Slessor, Katelyn	Team Alberta	11.61	2.0	10
2 Hull, Mia	Team Alberta	11.63	2.0	9
3 Yackel, Katelyn	Team Alberta	x12.22	2.0	

Our other competitors performed very well too.

Rachel Mathieson: Personal Best in the 100m, 12.95 in the heats, 12.86 in the final.

Katelyn Slessor added a third place in the 100m (12.75) after 2 hurdle races and the 100m prelims and a PB in the javelin (18.37m).

Kalena MacKinnon a legal wind PB of 4.84m in the long jump (4th place).

Katie Yackel a PB in the javelin throw (29.98m), even with injuries that are keeping her from throwing full force, good for second place.

Madison Evans: 4th in the 100m hurdles (15.22).

Outside Team Alberta, Quinn van Roessel ran a PB in the 100m hurdles (15.34).



Katelyn Slessor, Alberta record holder in the 80m hurdles

After a very successful first day we were somewhat less fortunate the second day.

Katie hit a hurdle badly in the 200m hurdles, still finished 2nd.

Madison rolled her ankle on landing after the 5th hurdle in the 300m hurdles, still she finished third.

Rachel hurt her ankle in the triple hump, still shared 3rd place with Kalena (10.29m).

Better news: Madison had another PB and Club Record in the pole vault, 2.70m.

Kalena, Katie, Katelyn and Rachel were as well members of successful Midget Girls Relay Teams (4x100 and medley relays). Madison was a member of the 4x100m winning youth team.

Both our Alberta midget and youth teams won the championships over Manitoba and Saskatchewan by a large margin.

Well done, everyone!

Results at: <http://www.calgarytrackcouncil.com/CanadaWestChallenge2013/>

Photos on our Warriors web photo page:

<https://picasaweb.google.com/calgarywarriors/WarriorsAt2013WesternCanadianChampionships>

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