Hey ‘Cat Track Fans!

Saturday’s KBell Invitational was competed under beautiful, sunny skies that felt much warmer than the low 70’s. The competition was intense with 60 high schools from around the Bay Area competing! The ‘Cats had an impressive day with great early season marks and 33 “personal bests” were achieved by returning SI athletes, reaffirming the importance of preseason training! Go ‘Cats! KEEP TRAINING HARD!

**Lady ‘Cats Highlights:**

Delaney Peranich ran a personal best of 15.67 in the 100 hurdles to take third in the event. That time also puts her at #4 on the “All-Time” SI girls’ record list. Delaney finished second in the 300m hurdle race with a time of 47.29 and cleared 5’2” in the high jump placing third overall. More scorching performances were made on the track by the young Lady ‘Cats. Sophomore, Syd Cook-Jeffris held nothing back and had a HUGE personal best in the 400m run, clocking in at 62.02! That places her #8 on the All-Time SI girls’ Frosh/Soph list! GREAT RUN Syd!! She was also the top finishing SI female in the event in the number 8 spot. Sophomores, Alex Marquez and Cat Hegarty also achieved personal bests in the event with Alex finishing in a time of 63.45 and Cat finishing in a time of 65.05! Is another future state bound 4X400 relay team on the horizon for these Sophomores?? Speaking of relays, The 4x100 team of Kaela Lee, Delaney Peranich, Regina Juarez and Samaya Roberts finished 2nd overall with a time of 50.92, but the Frosh/Soph squad of Lexi Toliver, Stella White, Ella McQuaid and Madeline Woo were not far behind, running a 52.09, giving them a 4th place finish! The future of the female SI sprint team is looking BRIGHT! In the throws, freshman, Christina Wong stepped up in the shot put with a fine mark of 28’. Well Done Christina!! 2016 State contender Kaela Lee finished 3rd in the long jump event with a jump of 17’7.5”. If you have a chance to watch Kaela in this event, take the time to do it! She can really fly!

**Varsity and Frosh/Soph Boy’s Highlights:**

The Frosh/Soph boys have some springs and were rocking the jump events! Can you say “Rising Stars”??.. In the Triple Jump, sophomore, Hank Thompson finished FIRST in the event with a personal best of 42’4”!! This puts him at #7 on the All-Time SI boy’s Frosh/Soph list. This jump would have also placed him 4th overall in the Varsity competition! Hank’s mark was a foot and a half improvement from his mark last week! THAT’S HUGE! Hank, what did you eat for breakfast?? In the Frosh/Soph Long Jump event, sophomores Marcus Sweeney and Hank Thompson were clutch with their last jumps being their longest and finishing 1,2 in the competition! Marcus jumped 20’5.5” and Hank jumped 20’1.5”!! High Fives guys! Freshmen high jumpers Matt Teupel and Malcom McCray-Hill cleared 5’10” and 5’8” respectively to take 3rd and 4th! On the track, freshman hurdler, Ryan Barry finished 3rd in the 65m hurdles with a time of 10.74 and 5th in the 300m hurdle race.

Next up for the SI boys is their WCAL opener at Serra on Wednesday. Both the Boys and the Girls will be competing this Saturday, March 18, at the St. Francis Invitational in Mountain View! Come out and support your Wildcat Track Athletes!