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# MaKayla Waldner Earns Medals at State Track Championships

JUNE 01ST 2015 BY DEE LOFLIN

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**Jefferson City, Missouri** - MaKayla Waldner's name is synonymous with athleticism earning her four State Championship Medals at the MSHSAA Class 3 Track and Field Competitions on Saturday. Waldner who just completed her junior year at Dexter High School will be back that's a guarantee for next year.

Waldner took first place in the 300m hurdles winning by nearly a full second. Her time 42.89.

She finished second in the 100m hurdles at 15.44. Constance Jackson of North Technical won in 15.25.

She finished second in the 200 just .72 of a second from the winner. Her time 25.92.

She jumped for 5th place in the long jump at 16 feet, 11.5 inches on her final attempt. This was a sport she did not spend much time practicing as she felt she was more of a runner.

Waldner is not new to the scene at state level competitions. She earned two medals in 2014 in the 100m and 300m hurdles.

Her brother, Trevor Waldner, sent her a text right after the 100m hurdles and told her, "I didn't know we celebrated 2<sup>nd</sup> place as a family and she better win the 300m hurdles." What brotherly love!! That really put things into perspective for Waldner and she wanted the win.

When asked of MaKayla about her wins over the weekend, "It feels amazing to know that all my hard work is finally paid off. The countless hours I have spent training and preparing for the State Meet really paid off for me. I couldn't thank my mom or coaches enough for it."

"I went into this season with my own goals," continued MaKayla, "And I tackled them every step. I wanted a state championship and I got that. I've just realized if I set out to have a goal nothing is going to stop me except for the excuses I find."

This is Kim Waldner's first year as the head Track and Field Coach for Dexter High School. She just so happens to be MaKayla's mom as well. She is both proud as a coach and as a parent!

"I couldn't have asked for a better weekend for her," stated head track coach and mother, Kim Waldner. "We were both disappointed in her long jump performance, but she said 'oh well maybe next year. I should practice that event.'"

"Kevin Ellis her AAU coach told her that she wouldn't run a 42 in hurdles because the track was wet and rainy," continued Coach Waldner. "She wanted it and went out and got it!"

She single-handedly gave the Dexter Bearcats Track and Field Team a score of 30 points to put the team in sixth place, missing out on a team trophy by just 1 point.

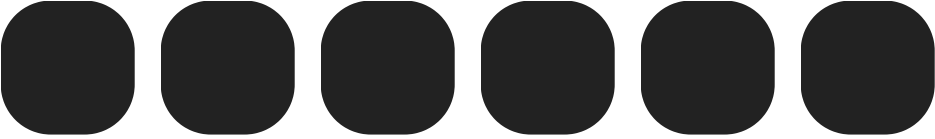
"We didn't realize how close she was to a team trophy," continued Coach Waldner. "I think next year she will go after one."

Way to go MaKayla! The Dexter community is extremely proud of your accomplishments!

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