

FOR IMMEDIATE RELEASE

TRACK & FIELD ATHLETE MAKES QMS HISTORY

Heisterman's Performance is Golden

June 2nd, 2014 - Duncan, BC, Canada –Queen Margaret's School has sent many athletes to compete at the Track & Field BC High School Championships over the years, but 2014 was the first time a Royal brought home gold.

In May, two Royals athletes battled to qualify for the BC's in Victoria at the Island Track & Field Meet. *Abby Wadsworth*, Grade 12, competed in high jump and narrowly missed winning gold to place second on the Island. Abby trained with QMS Junior Athletic Director, Andy Young, to prepare for her first appearance at the provincial level and had a very strong performance. "She attained her personal best, jumping 150cm and edging out the athlete who had beat her in Victoria," states Young. "Her goal was to be among the top 10 in BC and she achieved it!"

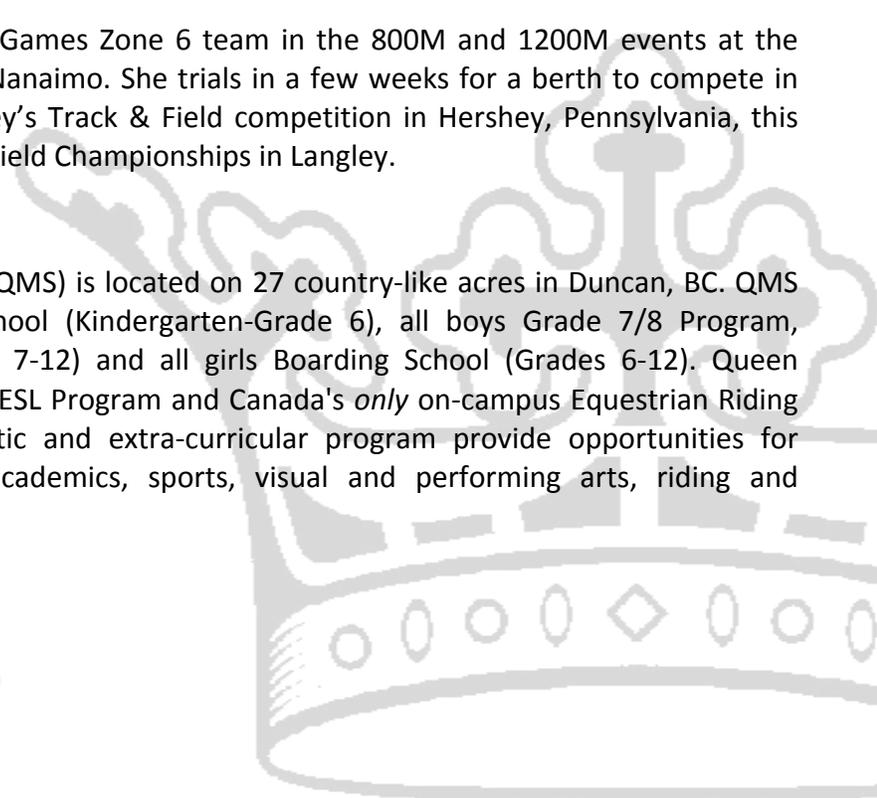
QMS' second athlete, Madison Heisterman, Grade 8, is already well known in the track and field community. After winning first place in the 800M and the 1500M at the Islands, Madison trained hard for Langley with her father and coach, Tyler Heisterman, in Nanaimo. She jumped up to the Junior Division (Grades 9-10) for an opportunity to win in a competitive division. Heisterman came first in all of her heats and qualifiers for both events. In the final of the 800M, she finished two seconds behind the leader to win silver.

"I'm very happy with how I ran in that race," says Madison Heisterman. "It's exhausting to run that number of events in so short of a time." She didn't give up, though, and completed the 1500M in a phenomenal 4.40, the second fastest time in Canada for her age group. "My legs are a little tired today, but I'm so happy and grateful to my parents and family for their support."

Madison recently qualified for the BC Summer Games Zone 6 team in the 800M and 1200M events at the Elwood Wylie Memorial Track & Field Meet in Nanaimo. She trials in a few weeks for a berth to compete in her fourth, and final appearance, at the Hershey's Track & Field competition in Hershey, Pennsylvania, this summer, as well as the Canadian Youth Track & Field Championships in Langley.

About Queen Margaret's School

Established in 1921, **Queen Margaret's School (QMS)** is located on 27 country-like acres in Duncan, BC. QMS offers a co-ed ECE Program, co-ed Junior School (Kindergarten-Grade 6), all boys Grade 7/8 Program, University-Preparatory School for girls (Grades 7-12) and all girls Boarding School (Grades 6-12). Queen Margaret's School is home to a small, intensive ESL Program and Canada's *only* on-campus Equestrian Riding Program. The school's comprehensive scholastic and extra-curricular program provide opportunities for achievement and personal growth through academics, sports, visual and performing arts, riding and community service.



For more information or to arrange an interview please contact:

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Photo: Grade 8 QMS student, *Madison Heisterman*, brought home serious hardware from the BC Track & Field Championships in Abbotsford. She won gold in the 1500M and silver in the 800M.