

# SAINT CHARLES SAINTS GIRLS TRACK AND FIELD



2017

## 2017 DEPTH CHART

### 100 Meter Dash:

1. Lindsey Root—13.58 (JH Conf—5/16)
2. Katie Kramer—13.76 (**SUBS—5/24**)
3. Abbie Disbrow—13.88 (**TRUE TEAM—5/9**)
4. Anna Smith—13.93 (DE2—5/18)
5. Antonia Smith—14.12 (JHLA2—5/11)
6. Analise Fabre—14.20 (DE1—4/18)
7. Lydia O'Hara—14.36 (Rush—4/4)
8. Anna Ferden—14.31 (**SUBS—5/24**)
9. Bianca Harris—14.66 (**Conf—5/13**)
10. Hannah Fynboh—14.67 (JHLA2—5/11)
11. Gabby Stowell—15.34 (7-10—5/6)
12. Ebony Mitchell—15.44 (SC—5/2)
13. Olivia Drath—16.20 (JHLA2—5/11)
14. Erin Torres—16.46 (JHLA2—5/11)

### 200 Meter Dash:

1. Lydia O'Hara—28.69 (**SUBS—5/24**)
2. Lindsey Root—29.30 (Fing.Cross—3/31)
3. Abbie Disbrow—29.37 (JH Conf—5/16)
4. Katie Kramer—29.70 (SC—5/2)
5. Anna Ferden—29.79 (**SUBS—5/24**)
6. Piper Krenik—30.08 (Fing.Cross—3/31)
7. Anna Smith—30.09 (Verne—4/25)
8. Gabby Stowell—30.69 (JHLA2—5/11)
9. Antonia Smith—30.83 (7-10—5/6)
10. Lucia Smith—31.08 (JH Lew1—4/18)
11. Katie Dailey—31.78 (JH Conf—5/16)
12. Ashley Paul—32.06 (Lew—4/20)
13. Ebony Mitchell—32.13 (**SUBS—5/24**)
14. Hannah Fynboh—32.39 (7-10—5/6)
15. Olivia Drath—34.64 (JHLA2—5/11)
16. Erin Torres—35.10 (JH Conf—5/16)

### 400 Meter Dash:

1. Lindsey Root—1:02.51 (**TRUE TEAM—5/9**)
2. Piper Krenik—1:05.77 (DE2—5/18)
3. Antonia Smith—1:06.50 (JH Conf—5/16)
4. Anna Smith—1:07.78 (SC—5/2)
5. Lucia Smith—1:11.97 (JH Lew1—4/18)
6. Olivia Drath—1:17.41 (JHLA2—5/11)
7. Erin Torres—1:20.15 (JHLA2—5/11)

### 400 Meter Dash (splits):

1. Lindsey Root—1:03.14 (Verne—4/25)
2. Anna Smith—1:07.32 (**SUBS—5/24**)
3. Piper Krenik—1:07.56 (Verne—4/25)
4. Antonia Smith—1:08.02 (**SUBS—5/24**)
5. Lydia O'Hara—1:09.43 (Verne—4/25)
6. Ashley Paul—1:10.57 (JH Conf—5/16)
7. Celia Cole—1:11.60 (PEM JH—4/11)
8. Abbie Disbrow—1:11.72 (PEM JH—4/11)
9. Lucia Smith—1:12.96 (SC JH—4/6)
10. Katie Dailey—1:18.92 (SC JH—4/6)

### 800 Meter Run:

1. Macy Loechler—2:41.24 (SC—5/2)
2. Celia Cole—2:44.05 (SC JH—4/6)
3. Allison Hansen—2:46.87 (DE2—5/18)
4. Anna Daood—2:47.75 (SC—5/2)
5. Taylor Mueller—3:02.24 (PEM JH—4/11)
6. Tori Kittleson—3:02.36 (DE2—5/18)
7. Nora Fritcher—3:09.22 (7-10—5/6)
8. Brooke Spaulding—3:09.57 (JHLA2—5/11)

### 800 Meter Run (split):

1. Macy Loechler—2:37.43 (Verne—4/25)
2. Lindsey Root—2:41.96 (Verne—4/25)

3. Celia Cole—2:43.16 (**SUBS—5/24**)
4. Allison Hansen—2:43.55 (DE1—4/18)
5. Anna Daood—2:45.28 (**TRUE TEAM—5/9**)
6. Piper Krenik—2:50.00 (Verne—4/25)
7. Tori Kittleson—2:54.89 (Verne—4/25)
8. Nora Fritcher—3:13.30 (PEM JH—4/11)
9. Brooke Spaulding—3:17.26 (PEM JH—4/11)

### 1600 Meter Run:

1. Allison Hansen—5:51.49 (DE2—5/18)
2. Macy Loechler—6:11.97 (**Conf—5/13**)
3. Anna Daood—6:20.48 (JH Conf—5/16)
4. Celia Cole—6:24.46 (JH Conf—5/16)
5. Tori Kittleson—6:37.19 (DE2—5/18)
6. Taylor Mueller—6:46.13 (JH Lew1—4/18)
7. Brooke Spaulding—6:54.33 (JHLA2—5/11)
8. Nora Fritcher—6:54.42 (JHLA2—5/11)

### 3200 Meter Run

1. Allison Hansen—12:51.16 (**SUBS—5/24**)
2. Anna Daood—14:02.66 (**SUBS—5/24**)
3. Tori Kittleson—14:13.05 (SC—5/2)

### 100 Meter Intermediate Hurdles:

1. Abbie Disbrow—18.60 (**SUBS—5/24**)
2. Katie Dailey—18.73 (**SUBS—5/24**)
3. Ashley Paul—18.85 (**SUBS—5/24**)
4. Lucia Smith—20.86 (7-10—5/6)
5. Hannah Fynboh—21.86 (7-10—5/6)

### 100 Meter Low Hurdles:

1. Lucia Smith—19.74 (PEM JH—4/11)
2. Abbie Disbrow—20.23 (SC JH—4/6)
3. Gabby Stowell—20.24 (JH Conf—5/16)
4. Katie Dailey—20.96 (SC JH—4/6)
5. Hannah Fynboh—21.50 (JH Conf—5/16)

### 200 Meter Hurdles:

1. Lucia Smith—35.47 (SC JH—4/6)
2. Hannah Fynboh—35.51 (JHLA2—5/11)
3. Gabby Stowell—35.72 (JHLA2—5/11)
4. Abbie Disbrow—36.61 (JH Lew1—4/18)
5. Katie Dailey—37.10 (JH Lew1—4/18)

### 300 Meter Hurdles:

1. Abbie Disbrow—51.10 (**SUBS—5/24**)
2. Ashley Paul—53.20 (**SUBS—5/24**)
3. Katie Dailey—54.09 (**SUBS—5/24**)
4. Lucia Smith—56.43 (7-10—5/6)
5. Gabby Stowell—58.40 (7-10—5/6)
6. Hannah Fynboh—59.42 (7-10—5/6)

### High Jump:

1. Katie Dailey—4-06.00 (3 meets)
2. Bianca Harris—4-06.00 (**Conf—5/13**)
3. Hannah Fynboh—4-02.00 (7-10—5/6)

### Long Jump:

1. Abbie Disbrow—16-02.50 (JH Conf—5/16)
2. Lindsey Root—15-02.00 (**TRUE TEAM—5/9**)
3. Analise Fabre—14-01.50 (DE2—5/18)
4. Antonia Smith—13-08.25 (JH Conf—5/16)
5. Ashley Paul—13-02.50 (JH Conf—5/16)
6. Anna Smith—13-01.25 (DE1—4/18)
7. Hannah Fynboh—12-10.50 (JH Lew1—4/18)
8. Piper Krenik—12-09.75 (Rush—4/4)
9. Lucia Smith—12-06.50 (PEM JH—4/11)
10. Gabby Stowell—10-10.00 (JH Lew1—4/18)
11. Olivia Drath—10-06.50 (7-10—5/6)

### Triple Jump:

1. Analise Fabre—33-09.25 (**SUBS—5/24**)
2. Anna Smith—31-09.25 (**TRUE TEAM—5/9**)
3. Antonia Smith—30-01.50 (**SUBS—5/24**)
4. Lucia Smith—26-10.00 (7-10—5/6)

### Pole Vault:

1. Analise Fabre—8-10 (**SUBS—5/24**)
2. Katie Kramer—7-06 (**Conf—5/13**)
3. Lydia O'Hara—6-00 (SC—5/2)
4. Katie Dailey—6-00 (JH Conf—5/16)
5. Erin Torres—5-05 (JH Conf—5/16)

**Shot Put:**

1. Triniti Gbala—28-01.50 (JH Conf—5/16)
2. Abby McCready—26-01.50 (**TRUE TEAM—5/9**)
3. Sonia Howen—24-06.00 (7-10—5/6)
4. Erin Hongerholt—24-01.50 (Fing.Cross—3/31)
5. Annika O'Hara—21-05.50 (7-10—5/6)
6. Bianca Harris—20-07.25 (Rush—4/4)
7. Katie Kramer—19-11.00 (Fing.Cross—3/31)

**Discus:**

1. Abby McCready—74-08 (**TRUE TEAM—5/9**)
2. Sonia Howen—74-03 (**SUBS—5/24**)
3. Triniti Gbala—71-05 (JH Conf—5/16)
4. Erin Hongerholt—62-03 (7-10—5/6)
5. Annika O'Hara—54-11 (DE2—5/18)

**4x100**

1. L.O'Hara, Ann.Smith, Kramer, Fabre—52.45 (**SUBS—5/24**)
2. L.O'Hara, Ann.Smith, Kramer, Fabre—**52.97 (TRUE TEAM—5/9)**
3. L.O'Hara, Ann.Smith, Kramer, Fabre—53.33 (**Conf—5/13**)
4. L.O'Hara, Harris, Kramer, Fabre—54.54 (DE1—4/18)
5. L.O'Hara, Harris, Kramer, Fabre—54.70 (SC—5/2)
6. L.O'Hara, Ferden, Kramer, Harris—55.39 (Fing.Cross—3/31)
7. L.O'Hara, Harris, Kramer, Fabre—55.41 (Rush—4/4)
8. L.O'Hara, Harris, Kramer, Fabre—55.42 (Verne—4/25)
9. Ant.Smith, Torres, L.Smith, Disbrow—1:00.04 (PEM JH—4/11)
10. Torrse, Drath, Paul, Disbrow—1:01.76 (JH Conf—5/16)
11. Torres, Stowell, Drath, Ant.Smith—1:03.46 (SC JH—4/6)

**4x200**

1. L.O'Hara, Disbrow, Root, Fabre—1:52.81 (**SUBS—5/24**)
2. L.O'Hara, Kramer, Root, Fabre—1:53.18 (**Conf—5/13**)
3. L.O'Hara, Kramer, Root, Fabre—1:53.84 (**TRUE TEAM—5/9**)
4. L.O'Hara, Kramer, Root, Fabre—1:56.60 (SC—5/2)
5. Ann.Smith, Ferden, Kramer, Fabre—1:59.51 (Rush—4/4)
6. L.O'Hara, Ferden, Kramer, Ann.Smith—2:00.59 (Fing.Cross—3/31)
7. L.O'Hara, Root, Kramer, Ann.Smith—2:02.50 (DE1—4/18)
8. Paul, Dailey, Fynboh, Stowell—2:05.96 (JH Conf—5/16)

9. L.Smith, Fynboh, Disbrow, Ant.Smith—2:08.22 (SC JH—4/6)
10. Dailey, Stowell, L.Smith, Disbrow—2:13.38 (PEM JH—4/11)

**4x400**

1. Ann.Smith, Krenik, Ant.Smith, Root—4:29.92 (**SUBS—5/24**)
2. O'Hara, Krenik, Ann.Smith, Root—4:31.75 (Verne—4/25)
3. Krenik, O'Hara, Ann.Smith, Root—4:33.82 (DE1—4/18)
4. Ann.Smith, Paul, Krenik, Root—4:35.07 (SC—5/2)
5. Ann.Smith, Paul, Krenik, Root—4:36.67 (Rush—4/4)
6. Paul, Cole, Ant.Smith, Root—4:46.73 (JH Conf—5/16)
7. Ann.Smith, Paul, Krenik, Root—4:37.48 (**TRUE TEAM—5/9**)
8. L.O'Hara, Ann.Smith, Krenik, Root—4:39.89 (**Conf—5/13**)
9. Disbrow, Cole, L.Smith, Ant.Smith—4:48.36 (PEM JH—4/11)
10. Ant.Smith, Dailey, Disbrow, L.Smith—4:56.30 (SC JH—4/6)

**4x800**

1. Loechler, Daood, Cole, Hansen—10:57.32 (**SUBS—5/24**)
2. Loechler, Kittleson, Root, Krenik—11:04.54 (Verne—4/25)
3. Loechler, Daood, Krenik, Cole—11:04.76 (**TRUE TEAM—5/9**)
4. Loechler, Daood, Cole, Hansen—11:12.17 (SC—5/2)
5. Loechler, Kittleson, Krenik, Hansen—11:26.47 (DE1—4/18)
6. Daood, Fritcher, Spaulding, Cole—12:19.63 (PEM JH—4/11)

## 2017 FINAL LETTER POINT TOTAL

**Analise Fabre—244**  
**Lindsey Root—138.5**  
**Anna Smith—131**  
**Lydia O'Hara—115.5**  
**Katie Kramer—101**  
**Abbie Disbrow—80**  
**Allison Hansen—79.5**  
**Ashley Paul—74.5**  
**Piper Krenik—68**  
**Macy Loechler—49**  
**Bianca Harris—39**  
**Katie Dailey—39**  
**Anna Daood—35.5**  
**Celia Cole—35**  
**Abby McCready—28**  
**Tori Kittleson—25**  
Triniti Gbala—19  
Ebony Mitchell— (18)\*  
Sonia Howen—10  
Anna Ferden—8  
Erin Hongerholt—(4)\*  
Antonia Smith—2

Athletes who lettered are highlighted by **bold**. \*Denotes that an athlete carried letter points over from last year. When an athlete scores points in a season but does not meet the 25-point qualification for lettering, he/she carries those points over. For such athletes, the first number is the total points scored this season. The second number (in parentheses) is the TOTAL points they have (last year's plus this year's). For full letter points rules and explanations, see the team page on the school website.

**2017 ST. CHARLES WOMEN'S TRACK AND FIELD PENTATHLON RESULTS**

<b>NAME</b>	<b>FLYING 55</b>	<b>600M</b>	<b>SHOT (ft)</b>	<b>VERT. (in)</b>	<b>LONG (ft)</b>
Anna Smith	<b>7.47 (3)</b>	<b>2:06 (1)</b>	<b>19'6" (6)</b>	<b>19 (3)</b>	<b>6'5" (2)</b>
Allison Hansen	8.62	<b>2:08 (2)</b>	<b>19'2" (7)</b>	13.5	4'10"
Sonia Howen	10.00	3:34	<b>19'10" (4)</b>	13	5'1"
Tori Kittleson	8.56	2:29	17	10	4'5"
Erin Torres	8.69	3:28	16'3"	13.5	5'
Celia Cole	<b>7.90 (9)</b>	<b>2:21 (10t)</b>	12'4"	<b>18 (5t)</b>	<b>5'3" (9t)</b>
Antonia Smith	<b>7.72 (6)</b>	<b>2:08 (3t)</b>	x	15.5	5'2"
Lucia Smith	<b>7.78 (7t)</b>	<b>2:08 (3t)</b>	16	14.5	<b>5'3" (9t)</b>
Nora Fritcher	9.09	2:35	10'4"	13.5	4'6"
Olivia Drath	8.97	2:50	14'2"	12.5	4'10"
Savannah Grell	9.84	3:40	12'7"	11	3'8"
Ana Fabre	<b>7.22 (1)</b>	<b>2:21 (10t)</b>	<b>18 (10)</b>	<b>17 (9)</b>	<b>6'2" (5)</b>
Lydia O'Hara	<b>7.41 (2)</b>	<b>2:13 (8)</b>	15	<b>19.5 (1t)</b>	<b>6'3" (4)</b>
Bianca Harris	8.00	4:56	<b>22'6" (1)</b>	<b>19.5 (1t)</b>	<b>6'4" (3)</b>
Anna Ferden	<b>7.78 (7t)</b>	2:40	16	<b>18 (5t)</b>	4'10"
Katie Kramer	<b>7.91 (10)</b>	<b>2:20 (9)</b>	<b>19'8" (5)</b>	<b>16.5 (10t)</b>	<b>5'5" (8)</b>
Erin Hongerholt	11.16	4:17	<b>20 (3)</b>	9.5	4'5"
Piper Krenik	<b>7.66 (5)</b>	<b>2:11 (5)</b>	14	<b>18.5 (4)</b>	<b>5'3" (9t)</b>
Macy Loechler	8.12	2:23	13'5"	14	<b>5'3" (9t)</b>
Ashley Paul	8.00	<b>2:12 (6t)</b>	15	15.5	<b>5'3" (9t)</b>
Gabby Stowell	8.22	2:37	17	16	5'2"
Taylor Mueller	9.28	2:27	10	11	4'5"
Hannah Fynboh	8.25	2:39	14	<b>16.5 (10t)</b>	<b>5'9" (6t)</b>
Abby McCready	9.03	2:49	<b>21'2" (2)</b>	15.5	<b>5'3" (9t)</b>
Brooke Spaulding	8.63	2:40	11'6"	15.5	4'9"
Katie Dailey	8.50	2:32	<b>19 (8t)</b>	<b>17.5 (8)</b>	<b>5'9" (6t)</b>
Lindsey Root	<b>7.60 (4)</b>	<b>2:12 (6t)</b>	13'6"	<b>18 (5t)</b>	<b>6'7" (1)</b>
Triniti Gbala	9.16	3:27	<b>19 (8t)</b>	14.5	4'8"

**2017 PENTATHLON LEADERBOARD:**

*600 Meter Run*—Anna Smith (2:06)

*Flying 55*—Ana Fabre (7.22)

*Standing Long*—Lindsey Root (6'7")

*Vertical Spring*—Bianca Harris and Lydia O'Hara (19.5in)

*Shot Put*—Bianca Harris (22'6")

**RESULTS:**

1. <b>Anna Smith</b>	<b>4000</b>
2. Lydia O'Hara	2950
3. Bianca Harris	2750
4. Lindsey Root	2650
5. Piper Krenik	1950
6. Analise Fabre	1950
7. Allison Hansen	1300
7. Antonia Smith	1300
9. Katie Kramer	1250

10. Lucia Smith	1200
11. Katie Dailey	1000
11. Abby McCready	950
13. Anna Ferden	850
14. Celia Cole	800
15. Erin Hongerholt	800
16. Sonia Howen	700
17. Ashley Paul	500
17. Hannah Fynboh	500
19. Triniti Gbala	250
20. Macy Loechler	50

# PENTATHLON HISTORY

## GIRLS

### **Pentathlon Champions:**

2014: Analise Fabre/Abby Ludens—3400 (no vert. spring)

2015: Anna Smith—4300

2016: Anna Smith—4350

2017: Anna Smith—4000

### **EVENT RECORDS:**

#### **Varsity:**

Flying 55—Anna Smith—7:03 (2015)

600 Meter Run—Anna Smith—2:00 (2016)

Shot Put—Allie McDonough—24'3 (2015)

Standing Long Jump—Anna Smith—7'7 (2016)

Vertical Spring—Bianca Harris—21.5" (2016)

#### **Junior High:**

Flying 55—Lindsey Root—7.60 (2017)

600—Antonia Smith & Lucia Smith—2:08 (2017)

Shot Put—Abby McCready—21'2" (2017)

Standing LJ—Lindsey Root—6-07.00 (2017)

Vertical Spring—Lindsey Root and Celia Cole—18in (2017)

# NORTHERN BADGER INDOOR (UW-Stout)—MARCH 25<sup>th</sup>, 2017

## Women's Team Ranking

1. Byron 89
2. Saint Croix Falls 57
3. Arcadia 55
4. Shell Lake 32
5. Fall Creek 31
6. Grantsburg 30
7. Somerset 23
8. Frederic/Luck 21.50
9. Boyceville 21
10. Flambeau 18
11. Abbotsford 18
12. Colby 17
13. Amery 15
14. Athens 12.50
15. Cornell/Lake Holcomb 10
16. Cameron 10
17. **Saint Charles 10**
18. Chetek/Weyerhaeuser 8
19. Cadott 8
20. Independence/Gilmant 7
21. Barron 4
22. Immanuel Lutheran 3
23. Ladysmith 3
24. Colfax 2
25. Glenwood City 1
26. Elk Mound 1

## 55m Hurdles

1. Weatherly Byron 9.41
2. Kunze Abbotsford 9.61
3. Stewart Saint Croix 9.67
4. Pokorny Shell Lake 9.82
5. Manier Cadott 9.83
6. Praschak Somerset 10.12
7. Coleman Byron 10.13
8. Cedarblade Elk Mound 10.33

## 55m Dash

1. Costley Fall Creek 7.63
2. Henk Saint Croix 7.75
3. Christensen Freder/Luc 7.79
4. Elmhurst Colby 7.85
5. Harmon Grantsburg 7.94
6. Garvens Immanuel Lut 7.99
7. Schunck Shell Lake 8.01
8. Braund Saint Croix 8.07

## 200m Dash

1. Zastrow Arcadia 26.83
2. Costley Fall Creek 27.48
3. Elmhurst Colby 27.95
4. Klawiter Fall Creek 28.03
5. Klein Saint Croix 28.19
6. Mendoz Abbotsford 28.32
7. Mikula Shell Lake 28.48

8. Heidorn Colfax 28.97

## 400m Dash

1. Zastrow Arcadia 1:00.57
2. Costley Fall Creek 1:02.67
3. Klein Saint Croix 1:03.80
4. Stewart Saint Croix 1:04.78
5. Zastrow Arcadia 1:06.64
6. Warner Independence 1:07.89
7. Lehman Barron 1:08.22
8. Walters Cornell/Lake 1:08.25

## 800m run

1. Wanink Cameron 2:36.48
2. Gerber Grantsburg 2:38.84
3. Golden Arcadia 2:39.19
4. Myers Arcadia 2:41.35
5. Akervik Byron 2:44.38
6. Wicik Ladysmith 2:45.40
7. Monson Amery 2:46.30
8. VanRixel Athens 2:51.08

## 1600m run

1. Kreitinger Byron 5:27.62
2. Lawton Flambeau 5:30.68
3. Monson Amery 5:57.05
4. Jensen Grantsburg 5:57.08
5. Klein Saint Croix 6:02.70
6. VanRixel Athens 6:07.45
7. Parks Chetek/Weyer 6:07.89
8. Kabus Independence 6:09.33

## 3200m run

1. Lawton Flambeau 11:57.50
2. Jensen Grantsburg 12:51.42
3. Parks Chetek/Weyer 13:14.23
4. Johnson Byron 13:33.71
5. **Hansen SC 14:09.08**
6. Donahue Colby 14:29.82
7. Sylla Independence 16:28.79
8. Russell Amery 16:42.53

## 4x400m relay

1. Saint Croix Falls 4:32.40
2. Arcadia 4:42.28
3. Boyceville 4:44.19
4. Grantsburg 4:44.44
5. Abbotsford 4:45.76
6. Cadott 4:48.43
7. Shell Lake 4:52.76
8. Glenwood City 4:53.67

## High Jump

1. Malean Boyceville 5-00.00
2. Mattson Frederic/Luc 5-00.00
3. Emmons Cornell/Lak 4-10.00
4. Lambrecht Byron 4-10.00
5. Halvorsen Arcadia 4-08.00
6. Schreiner Abbotsford 4-08.00
7. Mattson Frederic/Luc 4-06.00
8. Holcomb 4-06.00

## Pole Vault

1. Coleman Byron 10-06.00
2. Janke Athens 10-00.00
3. Brandau Byron 9-06.00
4. Saint Croix Webb 8-00.00
5. Erickson Saint Croix 8-00.00
6. Pokorny Shell Lake 7-06.00
7. Booth Boyceville 7-06.00
8. Christensen Fred/Luc 7-06.00

## Long Jump

1. Mikula Shell Lake 15-06.00
2. Zastrow Arcadia 15-05.00
3. Kehret Byron 14-10.00
4. Fode Byron 14-07.00
5. Malean Boyceville 14-04.25
6. Walters Cornell/Lake 14.02.50
7. Dietrich Amery 13-11.25
8. Bowe Colfax 13-10.75

## Triple Jump

1. Weatherly Byron 34-05.00
2. Mikula Shell Lake 34-05.00
3. **Fabre SC 31-05.50**
4. Sampson Byron 31-03.00
5. McCurdy Saint Croix 31-02.00
6. Mattson Frederic/Luc 30-08.00
7. Gunther Somerset 30-02.00
8. Bosio Frederic/Luc 30-00.00

## Shot Put

1. Goldstein Somerset 39-08.00
2. Meath Somerset 39-03.75
3. Lee Byron 38-02.50
4. Bahr Byron 37-03.50
5. Fredrick Amery 35-11.75
6. Huber Colby 32-10.00
7. George Barron 32-03.50
8. Christensen Fred/Luc 31-10.50

## Girls Non Placing Performances

- O'Hara SC 8.12, 30.79  
Kramer SC 30.59  
Smith SC 1:10.16, 11-00.25  
Krenik SC 1:10.88  
Loechler SC 7:00.91  
Kittleson SC 7:02.50  
Hansen SC 14:09.08  
Harris SC 4-03.00  
Fabre SC 7-00.00  
Hongerholt SC 23-04.00  
Howen SC 22-00.50

## Letter Points

- Hansen 4  
Fabre 6

# FINGERS CROSSED INVITE (Home)—MARCH 31<sup>st</sup>, 2017

## Women's Team Rankings

1. Plainview-Elgin Millville 89
2. Kenyon-Wanamingo MHS 69
3. Dover-Eyota 67
4. **St.Charles 37**

## 4x800m Relay

1. Dover-Eyota 'A' 10:34.74
2. KW 'A' 11:15.51
3. PEM 'A' 12:30.82

## 100m Hurdles

1. Quam KW Knights 15.68
2. Boyum KW Knights 18.45
3. Thompson PEM 18.90
4. Vold KW Knights 19.67
5. **Paul SC 20.76**

## 100m Dash

1. Shindelar PEM 13.03
2. Keeran DE 13.97
3. Sylvester PEM 14.01
4. Bale DE 14.09
5. Hanenberger DE 14.19

## 4x200m Relay

1. PEM 'A' 2:00.57
2. **St.Charles 'A' 2:00.59**  
**O'Hara, Ferden, Kramer, Smith**
3. KW 'A' 2:01.36

## 1600m Run

1. Dummer KW  
Knights 6:03.27
2. **Hansen SC 6:05.48**
3. Baumgartner PEM 6:06.19
4. Scofield DE 6:37.36
5. Eck PEM 7:10.64

## 4x100m Relay

1. DE 'A' 55.26
2. **St.Charles 'A' 55.39**  
**O'Hara, Ferden, Kramer, Harris**
3. PEM 'A' 55.78
3. KW 'A' 59.01

## 400m Run

1. Hokanson KW  
Knights 1:02.68
2. Shindelar PEM 1:02.74
3. **Root SC 1:05.45**
4. Birkholz DE 1:06.87
5. Keeran DE 1:07.86

## 300m Hurdles

1. Dahl KW Knights 54.87
2. Thompson PEM 55.98
3. Vold KW Knights 57.93
4. **Paul SC 59.26**
5. **Davis SC 1:08.04**

## 800m Run

1. Nelson DE 2:36.27
2. **Loechler SC 2:47.68**
3. **Kittleson SC 3:02.47**
4. Schmitt KW Knights 3:02.54
5. Fischer KW Knights 3:04.28

## 200m Dash

1. Sylvester PEM 28.65
2. Hokanson KW Knights 28.73
3. Birkholz DE 29.05
4. **Root SC 29.30**
5. **O'Hara SC 29.72**

## 3200m Run

1. Berg KW Knights 12:27.97
2. Clark PEM 13:55.23

## 4x4m Relay

1. DE 'A' 4:29.43
2. PEM 'A' 4:33.85

## Long Jump

1. Shindelar PEM 17-02.25
2. Quam KW Knights 17-00.25
3. Hokans KW Knights 14-10.00
4. **Root SC 13-11.50**
5. Sylvester PEM 13-09.50

## Triple Jump

1. Quam KW Knights 36-08.75
2. Keller KW Knights 30-08.00
3. Augustine PEM 30-05.50
4. **Smith SC 29-11.00**
5. Wolf PEM 29-03.75

## High Jump

1. Birkholz DE 4-06.00
2. **Harris SC 4-04.00**
3. Schalow PEM 4-00.00
4. Rahman PEM 4-00.00

## Pole Vault

1. Bale DE 8-06.00
2. K. Jurgenson PEM 8-00.00
3. E. Jurgenson PEM 7-06.00
4. Ranta PEM 7-06.00
5. Anderson PEM 6-06.00

## Shot Put

1. Finstuen DE 32-05.00
2. Standinger PEM 28-02.50
3. Rahman PEM 27-06.00
4. Mauseth DE 25-10.00
5. Schott DE 25-08.00

## Discus Throw

1. Finstuen DE 109-06
2. Standinger PEM 92-00
3. Rahman PEM 81-04
4. Polson PEM 71-09
5. Schott DE 69-03

## Girls Non-Placing Performances

- Davis SC 22.32  
Harris SC 14.73, 20-03.50  
Mitchell SC 15.51, 33.05  
Krenik SC 1:09.06, 30-08  
Smith SC 1:10.74, 10-04.00  
Kramer SC 29.75, 19-11  
Hongerholt SC 24-01.50, 53-06  
Howen SC 22-11.00  
A.O'Hara SC 20-01.50, 50-00  
Howen SC 51-10

## Letter Totals:

- Paul—3  
L. O'Hara—5  
Ferden—4  
Kramer—4  
Smith—4  
Hansen—4  
Harris—6  
Root—7  
Loechler—4  
Kittleson—3



## RUSHFORD—APRIL 4<sup>th</sup>, 2017

### Women's Team Rankings

1. GMLOS 165
2. Rushford Peterson 128
3. La Crescent 116
- 4. St. Charles 59**
5. Chatfield 58
6. Lewiston Altera 19

### 4x800m Relay

1. GMLOS 'A' 11:27.43
2. Chatfield 'A' 12:00.81
3. RPH 'A' 12:05.00

### 100m Hurdles

1. H. Hindt GMLOS 17.92
2. Luthe GMLOS 18.35
3. McCormick LC 18.75
4. Holien RPH 19.13
5. Jaquette La Crescent 19.28
6. M. Hindt GMLOS 19.60

### 100m Dash

1. Lusk La Crescent 13.62
2. Iverson La Crescent 13.77
3. Hovden GMLOS 13.82
4. Kirtz GMLOS 13.97
5. Mauss La Crescent 14.08
6. Haslam GMLOS 14.10

### 4x200m Relay

1. GMLOS 'A' 1:53.69
2. Chatfield 'A' 1:53.96
3. GMLOS 'B' 1:58.69
4. RPH 'A' 1:59.01
- 5. SC 'A' 1:59.51**

### O'Hara, Ferden, Kramer, Fabre

6. LA 'A' 2:08.44

### 1600m Run

1. Haney La Crescent 6:16.08
2. Steffes La Crescent 6:18.13
3. Franzose La Crescent 6:18.13
4. Mettler GMLOS 6:21.91
- 5. Loechler SC 6:22.79**
6. Ferguson LA 6:39.17

### 4x100m Relay

1. RPH 'A' 53.49
2. GMLOS 'A' 53.50
3. La Crescent 'A' 53.69
- 4. SC 'A' 55.41**

### O'Hara, Harris, Kramer, Fabre

5. GMLOS 'A' 57.06
6. Chatfield 'A' 57.17

### 400m Run

1. Buchholtz GMLOS 1:03.05
2. Queensland GMLOS 1:03.93
3. Bierman La Crescent 1:04.35
4. Papenfus RPH 1:06.30

### 5. Root SC 1:06.78

6. Bellrichard GMLOS 1:07.03

### 300m Hurdles

1. Hoff RPH 54.13
2. H. Hindt GMLOS 55.25
3. M. Hindt GMLOS 56.74
4. McCormick LC 57.27
5. Paul SC 57.63
6. Porter RPH 59.36

### 800m Run

1. Staat GMLOS 2:31.94
2. Baudek LC 2:32.68
3. Danielson LC 2:37.31
4. Dunlap La Crescent 2:41.17
- 5. Loechler SC 2:51.58**
6. Bissen GMLOS 2:56.53

### 200m Dash

1. Bell Chatfield 28.36
2. Queensland GMLOS 29.16
- 3. O'Hara SC 29.86**
- 4. Kramer SC 29.96**
5. Olson GMLOS 30.04
- 6. Smith SC 30.27**

### 3200m Run

- 1. Hansen SC 13:28.51**
2. Didier RPH 13:40.54
3. Alstat GMLOS 14:03.31
- 4. Kittleson SC 14:48.74**

### 4x400m Relay

1. GMLOS 'A' 4:19.05
2. La Crescent 'A' 4:24.01
- 3. SC 'A' 4:36.67**

### Smith, Krenik, Paul, Root

4. Chatfield 'A' 4:39.07
5. RPH 'A' 4:46.19
6. La Crescent 'B' 4:53.77

### Long Jump

1. Agrimson RPH 16-10.25
2. Lawston RPH 15-06.25
3. Buchholtz GMLOS 15-00.25
4. Olson GMLOS 14-09.50
5. Bell Chatfield 14-07.50
6. Kirtz GMLOS 14-04.00

### Triple Jump

1. Glynn GMLOS 33-02.25
2. McCormick LC 32-07.75
3. Bieberdorf RPH 32-00.25
- 4. Fabre SC 31-09.25**
5. Hinz RPH 30-07.50
6. Pederson Chatfield 30-05.75

### High Jump

1. Queensland GMLOS 4-10.00
2. Hinz RPH 4-10.00
3. Agrimson RPH 4-08.00

4. Warren Chatfield 4-08.00
5. Dryden La Crescent 4-08.00
6. Dokken Chatfield 4-06.00

### Pole Vault

1. Friedrichs Chatfield 8-00.00
- 2. Fabre SC 7-06.00**
3. Byom La Crescent 7-06.00
4. Lind RPH 7-00.00
5. Hovden GMLOS 6-06.00
6. Kohlmeyer Chatfield 6-06.00

### Shot Put

1. Blagsvedt RPH 35-03.00
2. Holland RPH 30-11.75
3. Kamooneh LA 29-09.00
4. Erickson Chatfield 28-04.00
5. Mundt LA 27-05.50
6. Goldsmith Chatfield 27-01.25

### Discus Throw

1. Holland RPH 106-10
2. Mundt LA 97-04
3. Dryden La Crescent 92-05
4. Blagsvedt RPH 87-10
5. Erickson Chatfield 86-10
6. Lawston RPH 83-08

### Girls Non-Placing Performances

- Paul SC 20.80, 13-00.50  
Krenik SC 1:08.22, 12-09.75  
Mitchell SC 33.66  
Harris SC 4-00.00  
Root SC 14-01.25  
Smith SC 30-04.00  
Soulier SC 26-10.00  
Hongerholt SC 21-06.25, 59-00  
Howen SC 20-08.25, 52-10  
Harris SC 20-07.25  
O'Hara SC 19-02.00, 50-05

### Letter Totals

- Lydia—6  
Katie—8  
Anna S.—6  
Lindsey—5  
Piper—3  
Macy—4  
Allison—10  
Tori—4  
Ashley—5  
Bianca—2  
Anna F—4  
Ana—18

## DOVER-EYOTA INVITE—APRIL 18<sup>th</sup>, 2017

### Women's Team Rankings

1. Dover-Eyota 154
2. Chatfield High School 136
3. Kenyon-Wanamingo MHS 115.50
4. Schaeffer Academy 46
5. Zumbrota-Mazeppa 45
- 6. St. Charles 43.50**

7. Cotter 11

### 4x800m Relay

1. DE 'A' 10:38.68
2. KW 'A' 11:02.65
3. Chatfield 'A' 11:25.94
- 4. SC 'A' 11:26.47 Loechler, Kittleson, Krenik, Hansen**
5. KW 'B' 12:49.76

### 100m Hurdles

1. Quam KW 16.31
2. Richter DE 17.12
3. Boyum KW 19.05
4. Salerno Chatfield 19.27
5. Vold KW 19.51
6. Fredickson K-M 19.70

### 100m Dash

1. Hansen SA 13.94
2. Pederson Chatfield 14.12
3. Burnett Chatfield 14.15
- 4. Fabre SC 14.20**
5. Koehler DE 14.54
6. Park SA 14.59

### 4x200m Relay

1. Chatfield 'A' 1:53.38
2. KW 'A' 1:54.11
3. Z-M 'A' 1:59.45
4. DE 'A' 2:00.11
- 5. SC 'A' 2:02.58**

**O'Hara, Root, Kramer, Smith**

6. Cotter 'A' 2:11.66

### 1600m Run

1. Wiskow DE 5:58.26
2. Dummer KW 6:08.72
3. Harris SA 6:12.25
- 4. Hansen SC 6:14.91**
5. Patterson KW 6:17.12
6. Mota Cotter 6:19.24

### 4x100m Relay

1. Chatfield 'A' 53.91
- 2. SC 'A' 54.54**

**O'Hara, Harris, Kramer, Fabre**

3. DE 'A' 55.54
4. Z-M 'A' 56.65
5. Cotter 'A' 58.45
6. KW 'A' 1:00.59

### 400m Run

1. Hokanson KW 1:02.46
2. Hanson SA 1:03.71
3. Olson DE 1:04.23
4. Harris SA 1:04.65
5. Yeakel Z-M 1:04.66
6. Gomez Chatfield 1:06.97

### 300m Hurdles

1. Richter DE 48.28
2. Salerno Chatfield 53.95
3. Fredickson Z-M 54.24
4. Vold KW 56.91
5. Dahl KW 57.05
6. Greshik Cotter 58.97

### 800m Run

1. Nelson DE 2:30.36
2. Schmidt DE 2:32.57
3. Jacobson Z-M 2:38.93
4. Scholl Z-M 2:43.96
5. Bradt Chatfield 2:44.76
6. E. Harris SA 2:45.34

### 200m Dash

1. Hanson SA 28.37
2. Birkholz DE 28.93
3. Hopp Chatfield 29.02
4. Keller KW 29.69
5. O. Harris SA 29.78
6. Lenstch KW 30.29

### 3200m Run

1. Berg KW 12:29.34
2. Juenemann DE 12:38.52
3. Berg Chatfield 13:45.76
4. Maker Chatfield 14:14.61

### 4x400m Relay

1. DE 'A' 4:19.19
2. Chatfield 'A' 4:24.70
- 3. SC 'A' 4:33.82**

**Krenik, O'Hara, Smith, Root**

4. Z-M 'A' 4:37.24
5. KW 'A' 4:53.76
6. Cotter 'A' 4:56.82

### Long Jump

1. Quam KW 17-00.25
2. Yeakel Z-M 14-01.00
3. Hokanson KW 14-00.50
4. Flanagan Cotter 13-06.75
5. Lawler Z-M 13-06.50
6. Bell Chatfield 13-04.75

### Triple Jump

1. Quam KW 35-02.50
- 2. Fabre SC 32-02.00**
3. Bale DE 31-01.00
4. Harris SA 30-10.00
5. Keller KW 30-00.00
6. Flanagan Cotter 29-05.00

### High Jump

1. Dokken Chatfield 4-08.00
2. Stellflug DE 4-06.00
3. Warren Chatfield 4-06.00
4. Birkholz DE 4-06.00
5. Anderson KW 4-02.00
- 6. Harris SC 4-02.00**

### Pole Vault

1. Friedrichs Chatfield 8-06.00
2. Bale DE 8-06.00
- 3. Fabre SC 7-06.00**
4. Kohlmeyer Chatfield 6-06.00
5. Macht Z-M 6-06.00

### Shot Put

1. Finstuen DE 32-09.75
2. Erickson Chatfield 29-10.50
3. Goldsmith Chatfield 29-02.75
4. Tuohy Chatfield 26-07.00
5. Schott DE 26-04.25
6. Mauseth DE 24-06.00

### Discus Throw

1. Finstuen DE 126-11
2. Erickson Chatfield 87-07
3. Patterson KW 87-04
4. Schott DE 81-06
5. Simonson KW 78-00
6. Tuohy Chatfield 72-01

### Girls Non-Placing Performances

- Harris SC 14.94  
Loechler SC 6:25.10  
Kittleson SC 7:00.78  
Root SC 1:07.14  
Krenik SC 1:08.56, 11-10.50  
Smith SC 1:09.12, 13-01.25  
Kramer SC 30.42  
Ferden SC 31.84  
Mitchell SC 33.35  
Root SC 12-07.00  
Howen SC 21-01.00, 48-09  
Hongerholt SC 20-03.00, 54-07  
A. O'Hara SC 18-11.00, 50-02

### Letter Points

- Ana—22  
Allison—6  
Bianca—5.5  
Lydia—8  
Katie—5  
Anna S—4  
Lindsey—4  
Piper—5  
Macy—2  
Tori—2  
Bianca—1.5

## LEWISTON (JV)—APRIL 20<sup>th</sup>, 2017

### Team Scores:

1. Dover-Eyota 117.50
2. Wabasha-Kellogg 76.50
3. Lewiston-Altura 58
4. **St. Charles 8**

### 4x800m Relay

1. DE 'A' 10:40.37
2. W-K 'A' 11:41.70

### 100m Hurdles

1. Richter DE 17.48
2. Ideker DE 20.03
3. **Paul SC 20.75**
4. Huth W-K 22.59
5. Beisell W-K 23.27

### 100m Dash

1. Miller LA 13.12
2. Richter DE 13.53
3. Koehler DE 13.98
4. **Kramer SC 14.15**
5. Keeran DE 14.31

### 4x200m Relay

1. DE 'A' 2:00.32
2. LA 'A' 2:05.75
3. W-K 'A' 2:14.29

### 1600m Run

1. Sholing W-K 5:53.79
2. Malakowsky W-K 6:44.45
3. Swanson W-K 6:59.31
4. Wegman LA 7:08.91

### 4x100m Relay

1. DE 'A' 55.99
2. LA 'A' 57.58
3. DE 'B' 1:00.13
4. W-K 'A' 1:06.07

### 400m Dash

1. Nelson DE 1:06.26
2. Birkholz DE 1:07.28
3. Haxton W-K 1:08.56
4. Nielsen W-K 1:15.62
5. Sholing W-K 1:17.80

### 300m Hurdles

1. Richter DE 48.45
2. Ideker DE 56.31
3. **Paul SC 59.26**
4. Frisch LA 1:04.63

### 800m Run

1. Sholing W-K 2:29.51
2. Schmidt DE 2:40.26
3. Sailer W-K 2:41.21
4. Scofield DE 2:48.43
5. Weiss W-K 3:05.03

### 200m Dash

1. Miller LA 28.22
2. Birkholz DE 28.60
3. Keeran DE 29.46
4. Ideker DE 29.52
5. Iverson-Jones W-K 31.02

### 3200m Run

1. Ruggeberg DE 12:54.14
2. Frisch LA 14:59.60

### 4x400m Relay

1. DE 'A' 4:30.76
2. W-K 'A' 5:13.18

### Long Jump

1. Bale DE 14-09.50
2. Ruzek LA 14-00.00
3. Hanenberger DE 13-07.00
4. Onsager DE 12-08.00
5. Koehler DE 12-07.50

### Triple Jump

1. Bale DE 30-03.50
2. Schmitz LA 28-10.00
3. Ellinghuysen LA 26-11.50
4. Sholing W-K 26-09.00
5. Beisell W-K 22-03.00

### High Jump

1. Sholing W-K 4-06.00
2. Miller LA 4-04.00
3. Stellflug DE 4-04.00
4. Birkholz DE 4-02.00
5. Haxton W-K 4-00.00

### Pole Vault

1. Haxton W-K 7-06.00
2. Gunnarson LA 7-00.00
3. Onsager DE 6-06.00
4. Malakowsky W-K 6-00.00
5. Thompson DE 6-00.00

### Shot Put

1. Schmoker W-K 33-07.00
2. Finstuen DE 32-04.00
3. Horsman W-K 29-11.50
4. Soulier LA 27-10.00
5. Kamooneh LA 27-10.00

### Discus Throw

1. Mundt LA 110-09
2. Biesell W-K 85-03
3. Schmoker W-K 81-02
4. Schmitz LA 76-01
5. Schott DE 72-06

### Girls Non-Placing Performances

- Paul SC 32.06, 12-01.50  
Kramer SC NH  
O'Hara SC NH

### Letter Points

- Ashley—6  
Katie K.—2

## VERNE HERMAN (PEM)—APRIL 25<sup>th</sup>, 2017

### Team Rankings

1. Byron 210
2. PEM 155.5
3. Stewartville 122
4. DE 110
5. **St. Charles 45.5**
6. Cotter 31
7. Lewiston 30
8. Schaeffer 18

### 4x800m Relay

1. DE 10:10.17
2. Stewartville 10:18.92
3. PEM 10:29.55
4. Byron 10:34.56
5. **St. Charles 11:04.54**

### 100m Hurdles

1. Weatherly Byron 16.25
2. Richter DE 17.20
3. Brandau BGT 17.32
4. Christenson Stew 17.98
5. Schumacher PEM 18.65
6. Coleman BGT 18.73
7. Thompson PEM 18.95
8. **Paul SC 20.43**

### 100M Dash

1. Lambrecht BGT 13.46
2. Miller LAHS 13.57
3. Nichols Cotter 13.81
4. Rinken Stwe 13.92
5. Magnuson DE 13.95
6. McCullough PEM 13.97
7. Bale DE 14.31
8. Whitney BGT 14.41

### 4x200m COED Relay

1. PEM 1:40.42
2. Schaeffer 1:45.56
3. Bryon 1:46.39
4. Stewartville 1:46.53
5. **SC 1:46.93**

### O'Hara, Jones, Fabre, Quigley

6. Cotter 1:50.00
7. Dover-Eyota 1:54.23

### COED Sprint Medley

1. Stewartville 4:04.47
2. PEM 4:13.28
3. Cotter 4:25.52
4. Byron 4:26.37
5. **SC 4:26.94**

### Kramer, Jackley, Smith, Forhman

6. Schaeffer 4:29.51

### 1600m Run

1. Kreitinger BGT 5:26.47
2. Field Stew 5:38.70
3. Ruggeberg DE 5:52.26
4. Clark PEM 6:04.74
5. Coons PEM 6:06.84
6. **Hansen SC 6:11.46**
7. Evers PEM 6:13.28
8. Carlson BGT 6:14.30

### 4x100m Dash

1. Byron 53.42
2. PEM 53.47
3. Stew 54.77
4. **SC 55.52**

### O'Hara, Harris, Kramer, Fabre

5. Cotter 56.65
6. Lewiston 1:00.84

### 400m Dash

1. Lewis Stew 1:01.06
2. Shindelar PEM 1:01.15
3. Malone Stew 1:03.18
4. Mota Cotter 1:04.85
5. Augustine PEM 1:07.12
6. Nepstad BGT 1:07.73
7. Birkholz DE 1:08.32
8. Kehret BGT 1:09.60

### 300M Hurdles

1. Richter DE 48.15
2. Christenson Stew 51.77
3. Coleman BGT 52.85
4. Thompson PEM 54.00
5. Warmbecker BGT 54.55
6. Ideker DE 56.34
7. **Paul SC 56.40**
8. Greshik Cotter 57.21

### 200m Dash

1. Shindelar PEM 27.61
2. Lambrecht BGT 27.81
3. Peterson Stew 28.09
4. Hanson SA 28.31
5. Miller LA 28.52
6. Sampson BGT 28.97
7. Birkholz DE 29.14
8. Harris SA 29.19

### 3200M Run

1. Nelson DE 12:05.35
2. Simon PEM 12:45.25
3. Ruggeberg DE 12:51.09
4. **Hansen SC 13:15.37**
5. Johnson BGT 13:26.18

6. Clark PEM 13:26.19

### 4X400m Relay

1. Stewartville 4:10.76
2. PEM 4:17.37
3. DE 4:24.83
4. Byron 4:30.62
5. **St. Charles 4:31.75**
6. Cotter 4:55.86

### High Jump

1. Christenson Stew 4-10
2. Doughty PEM 4-10
3. Miller LA 4-08
4. Holtz PEM 4-06
5. Birkholz DE 4-04
6. Coleman BGT 4-02
7. Hartman BGT 4-02
8. **Harris SC 4-00**

### Pole Vault

1. Coleman BGT 10-00
2. Brandau BGT 9-06
3. Ranta PEM 8-06.00
4. Nelson BGT 8-00
5. Bale DE 7-06
6. Jurgenson PEM 7-06
7. **Fabre SC 7-06**
8. Jurgenson PEM 7-06

### Long Jump

1. Shindelar PEM 16-04.50
2. Fode BGT 15-04.25
3. Weatherly BGT 15-04.00
4. Sylvester PEM 14-10.25
5. Kehret BGT 14-04.00
6. Flanagan Cotter 14-02.50
7. Bale DE 14-02.00
8. Schultz PEM 13-10.00

### Triple Jump

1. Weatherly BGT 35-08.00
2. **Fabre SC 32-07.75**
3. McCullough PEM 32-01.00
4. Fode BGT 32-00.50
5. Krueger Stew 31-08.75
6. Bale DE 31-02.50
7. **Smith SC 30-11.50**
8. Augustine PEM 30-07.75

### Discus

1. Finstuen DE 123-02
2. Mundt LA 102-08
3. Theobald Stew 102-04
4. Abrams BGT 97-02
5. Standinger PEM 96-01

6. Stecher Stew 82-10

7. Schott DE 82-06

8. Bahr BGT 82-03

Shot

1. Lee BGT 36-09.00

2. Bahr BGT 35-07.00

3. Finstuen DE 33-02.50

4. Abrams BGT 32-03.50

5. Theobald Stew 32-00.00

6. Rahman PEM 30-00.50

7. Standinger PEM 29-08.00

8. Soulier LA 28-02.00

Scoring:

Macy—2

Tori—2

Lindsey—4

Piper—4

Ashley—3

Lydia—6.5

Ana—15

Katie—4.5

Anna S—6

Allison—8

Bianca—3.5

Non-scoring Perf

Ferden 14.81

Harris 14.95

Mitchell 15.81

Kittleson 6:38.12

Loechler 6:19.16

Smith 30.09

Ferden 30.56

Kramer 31.66

Root 12-08.25

Paul 11-08.00

Krenik 9-01.00

Howen 54-07, 20-09.00

Hongerholt 54-03, 22-03.00

O'Hara 48-05, 21-02.00

# ST. CHARLES INVITE—MAY 2<sup>nd</sup>, 2017

## Women's Team Rankings

1. PEM 164.5
2. Waseca 119.5
3. LFC 100
4. DE 84
5. **SC 42.5**
6. LA 24.5
7. Z-M 19

## 4x800m Relay

1. LFC 'A' 9:57.41
2. DE 'A' 10:12.60
3. Waseca 'A' 10:17.82
4. **SC 'A' 11:12.17**

**Loechler, Daood, Cole, Hansen**

5. PEM 'B' 11:29.77
6. PEM 'A' 11:55.05

## 100m Hurdles

1. Gehloff Waseca 17.00
2. Richter DE 17.80
3. Schumaker PEM 18.03
4. Thompson PEM 18.33
5. Boyer Waseca 18.38
6. Nesler LA 19.20

## 100m Dash

1. Frye Waseca 12.90
2. Shindelar PEM 13.12
3. Miner LFC 13.57
4. Miller LA 13.61
5. Harris Waseca 14.06
6. Aberle Waseca 14.13

## 4x200m Relay

1. LFC 'A' 1:51.18
2. PEM 'A' 1:51.99
3. Waseca 'A' 1:55.31
4. **SC 'A' 1:56.50**

**O'Hara, Kramer, Root, Fabre**

5. Z-M 'A' 2:02.97
6. PEM 'B' 2:03.71

## 1600m Run

1. Kulseth Waseca 5:42.08
2. Prinsen LFC 5:58.33
3. Simon PEM 6:03.63
4. Coons PEM 6:08.66
5. Stettler LFC 6:11.61
6. **Hansen SC 6:12.04**

## 4x100m Relay

1. PEM 'A' 52.56
2. Waseca 'A' 53.16
3. **SC 'A' 54.70**

**O'Hara, Harris, Kramer, Fabre**

4. LFC 'A' 56.33
5. Z-M 'A' 57.97
6. LA 'A' 58.78

## 400m Dash

1. Shindelar PEM 1:01.22
2. **Root SC 1:03.67**
3. Schmidt DE 1:04.54
4. Yeakel Z-M 1:04.61
5. **Krenik SC 1:06.96**
6. **Smith SC 1:07.78**

## 300m Hurdles

1. Breitsprecker LFC 47.13
2. Richter DE 47.16
3. Gehloff Waseca 49.56
4. Boyer Waseca 52.58
5. Augustine PEM 52.75
6. Holtz PEM 52.95

## 800m Run

1. Nelson DE 2:28.30
2. Arndt LFC 2:28.83
3. Dufault Waseca 2:30.05
4. Olson DE 2:30.68
5. Doughty PEM 2:33.60
6. Jacobson Z-M 2:35.84

## 200m Dash

1. Frye Waseca 26.28
2. Shindelar PEM 27.26
3. Yeakel Z-M 28.25
4. Miller LA 28.43
5. Birkholz DE 28.78
6. **O'Hara SC 29.35**

## 3200m Run

1. McCabe Waseca 11:50.71
2. Olson LFC 11:58.27
3. Simon PEM 12:19.37
4. Rugeberg DE 12:19.92
5. Clark PEM 13:01.30
6. Mairs Waseca 14:08.45

## 4x400m Relay

1. LFC 'A' 4:11.13
2. PEM 'A' 4:13.45
3. DE 'A' 4:20.82
4. Z-M 'A' 4:31.33
5. **SC 'A' 4:35.07**

**Smith, Paul, Krenik, Root**

6. LFC 'B' 4:35.61

## High Jump

1. Doughty PEM 5-00.00
2. Gehloff Waseca 5-00.00
3. Holtz PEM 4-10.00
4. Breitsprecker LFC 4-10.00
5. Birkholz DE 4-08.00
6. Miller LA 4-06.00

## Pole Vault

1. Miner LFC 9-00.00
2. Brazee LFC 9-00.00
3. E. Jurgenson PEM 8-06.00
4. K. Jurgenson PEM 8-06.00
5. Bale DE 8-06.00
6. **Fabre SC 8-00.00**

## Long Jump

1. Shindelar PEM 16-03.25
2. Frye Waseca 14-07.00
3. Sylvester PEM 14-03.75
4. Aberle Waseca 13-11.50
5. **Disbrow SC 13-11.00**
6. Schumacher PEM 13-10.00

## Triple Jump

1. **Fabre SC 33-04.75**
2. Holtz PEM 32-02.50
3. McCullough PEM 32-00.25
4. Nelson PEM 31-07.00
5. Wolf Waseca 31-04.75
6. **Smith SC 31-04.25**

## Shot Put

1. Finstuen DE 31-08.00
2. Standinger PEM 29-11.00
3. Soulier LA 29-07.00
4. Mercier Waseca 29-02.25
5. Rahman PEM 28-10.75
6. Swancutt Waseca 27-09.25

## Discus Throw

1. Finstuen DE 126-10
2. Mundt LA 104-03
3. Standinger PEM 91-07
4. Schott DE 84-02
5. Evans LFC 82-04
6. Ellinghuysen LA 80-05

## Girls Non-Placing Performances

Dailey 19.90, 31.81, 4-00, 5-00.00  
Paul 20.00, 56.80, 12-00.00  
Smith 14.24  
Disbrow 14.70, 53.55, 29.69  
Harris 14.97, 4-04.00  
Ferden SC 15.22, 30.27  
Mitchell SC 15.44, 33.02  
Loechler SC 2:41.24  
Daood SC 2:47.75  
Cole SC 2:51.50  
Kramer SC 29.70, 6-00.00  
Kittleson SC 14:13.05  
L. O'Hara SC 6-00.00  
Root SC 13-00.25  
Gbala SC 26-00.75, 50-00  
McCready SC 25-06.75, 64-10  
Howen SC 22-02.75, 48-05  
Hongerholt SC 21-04.50, 58-09  
A. O'Hara SC 21-01.50, 47-11

## Letter Points

Macy—2  
Anna D—2  
Celia—2  
Allison—3  
Lydia—6  
Katie—5  
Lindsey—11  
Ana—15.5  
Bianca—3  
Piper—3  
Anna S—3  
Ashley—1  
Abbie D—2

# THREE RIVERS CONFERENCE MEET (Wabasha)—MAY 13<sup>th</sup>, 2017

## Women's Team Rankings

1. PEM 156.50
2. RP/H 144
3. La Crescent 135.50
4. D-E 123.50
5. Chatfield 90
6. W-K 80
7. Caledonia/Spring Grove 76
- 8. SC 53.50**
9. L-A 27
10. Cotter 27

## 4x800m Relay

1. La Crescent 'A' 10:05.27
2. D-E 'A' 10:12.04
3. PEM 'A' 10:19.19
4. W-K 'A' 10:28.46
5. RP 'A' 11:37.13
6. Chatfield 'A' 11:45.07

## 100m Hurdles

1. Shepardon La Crescent 15.51
2. Richter D-E 16.95
3. Baudek La Crescent 17.37
4. Hoff RP 17.43
5. Schumacher PEM 17.54
6. McCormick La Crescent 17.93
7. Salerno Chatfield 18.18
8. Holien RP 18.30
9. Thompson PEM 18.50

## 100m Dash

1. Schroeder Caledonia 12.67
2. Lusk La Crescent 12.79
3. Conniff Caledonia 13.15
4. Hinz RP 13.16
5. Nichols Cotter 13.16
6. Miller L-A 13.29
7. Conniff Caledonia 13.43
8. Burnett Chatfield 13.45
9. Mauss La Crescent 13.50
10. McCullough PEM 13.60

## 4x200m Relay

1. PEM 'A' 1:49.50
2. Chatfield 'A' 1:50.00
- 3. SC 'A' 1:53.18**
- O'Hara, Kramer, Root, Fabre**
4. D-E 'A' 1:53.22
5. La Crescent 'A' 1:53.69
6. RP/H 'A' 1:56.80
7. Caledonia 'A' 1:58.91
8. L-A 'A' 2:03.53
9. W-K 'A' 2:04.82

## 1600m Run

1. Simon PEM 5:38.06
2. Juenemann D-E 5:40.26
3. Rugeberg D-E 5:44.75
4. Sailer W-K 5:45.89
5. Williams Cotter 5:48.71
6. Haney La Crescent 5:53.14
7. Didier RP/H 5:54.09
- 8. Hansen SC 5:54.46**
9. Clark PEM 5:55.94

## 4x100m Relay

1. La Crescent 'A' 50.69
2. Caledonia 'A' 51.31
3. Chatfield 'A' 52.47
4. RP/H 'A' 52.73
5. PEM 'A' 53.21
- 6. SC 'A' 53.33**

## O'Hara, Smith, Kramer, Fabre

7. LA 'A' 55.42
8. D-E 'A' 55.83
9. Cotter 'A' 56.55

## 400m Dash

1. Shindelar PEM 1:00.56
2. Schieber Caledonia 1:01.64
3. Dokken Chatfield 1:02.52
- 4. Root SC 1:05.05**
5. Iverson-Jones W-K 1:06.90
- 6. Smith SC 1:08.51**
7. Mason RP/H 1:08.67
8. Seymour Caledonia 1:08.72
9. Baum Chatfield 1:08.80

## 300m Hurdles

1. Richter D-E 47.90
2. L. Baudek La Crescent 50.12
3. E. Baudek La Crescent 51.80
4. Hoff RP/H 51.91
5. Thompson PEM 53.31
6. Holtz PEM 53.80
7. Salerno Chatfield 53.82
8. Augustine PEM 53.86
9. Nelser L-A 54.68

## 800m Run

1. Sholing W-K 2:22.12
2. Doughty PEM 2:31.37
3. Bradt Chatfield 2:32.40
4. Nelson PEM 2:33.97
5. Dunlap La Crescent 2:34.25
6. Gomez Chatfield 2:39.03
7. Didier RP/H 2:43.84
- 8. Loechler SC 2:44.29**
9. Haney La Crescent 2:47.45

## 200m Dash

1. Shroeder Caledonia 26.00
2. Shepardon La Crescent 26.72
3. Conniff Caledonia 27.21
4. Bell Chatfield 27.31
5. Schieber Caledonia 27.37
6. Bibber La Crescent 27.93
7. Hinz RP/H 28.06
8. Miller L-A 28.21
9. Papenfus RP/H 28.38

## 3200m Dash

1. Nelson D-E 12:20.28
2. Juenemann D-E 12:27.97
3. Williams Cotter 12:43.29
4. Simon PEM 12:54.59
5. Clark PEM 13:10.93
6. Maker Chatfield 13:18.38
- 7. Hansen SC 13:21.72**
8. Linder RP/H 13:36.80
- 9. Daood SC 14:05.26**

## 4x400m Relay

1. PEM 'A' 4:15.16
2. D-E 'A' 4:18.78
3. La Crescent 'A' 4:19.11
4. Chatfield 'A' 4:24.04
5. W-K 'A' 4:26.57
6. RP/H 'A' 4:32.53
- 7. SC 'A' 4:39.89**
- O'Hara, Smith, Krenik, Root**
8. L-A 'A' 4:47.42
9. Cotter 'A' 4:49.81

## Girls Non-Placing Performances

- Paul SC 18.98, 55.84  
Dailey SC 19.02, 55.03  
Disbrow SC 19.66, 54.76, 29.92  
Ferden SC 14.47  
Harris SC 14.66  
Mitchell SC 15.49  
Loechler SC 6:11.97  
Cole SC 6:28.28, 2:51.59  
Kramer SC 30.07

## Letter Points

- Lindsey—11.5  
Anna S—13.5  
Macy—2  
Allison—5  
Anna D—1  
Lydia—7.5  
Katie K—6  
Ana—17.50  
Abbie D—4  
Piper—1.5

## DOVER-EYOTA—MAY 18<sup>th</sup>, 2017

### Team Standings

1. DE 126
2. LC 117.33
3. PEM 106.33
4. Caledonia 60.33
5. Chatfield 49
6. LA 35.33
7. **SC 33**
8. Zumbrota 32
9. Byron 12.66
10. Lanesboro 6

### 100m Dash

1. Schoeder Caledonia 12.77
2. Shindelar PEM 13.02
3. Conniff Caledonia 13.38
4. Pederson Chat 13.55
5. Adler Tigers 13.56
6. Coniff Cale 13.63

### 400m Dash

1. Schieber Cale 1:01.92
2. Kozlowski Tigers 1:03.08
3. Dokken Chat 1:03.25
4. Olson DE 1:04.07
5. Birkholz DE 1:04.68
6. **Krenik 1:05.77**

### 800m Dash

1. Jacobson ZM 2:31.62
2. Nelson DE 2:34.41

3. Simon PEM 2:42.81
4. Kolin Tigers 2:45.19
5. **Hansen SC 2:46.87**
6. Beebe ZM 2:56.67

### 1600M Run

1. Clementson Tigers 5:46.10
2. Juenemann DE 5:47.61
3. **Hansen SC 5:51.49**
4. Renelt Tigers 5:56.41
5. Coons PEM 6:07.94
6. Frisch LA 6:36.39

### 4x100 Meter Relay

1. Caledonia 51.52
  2. DE 55.22
  3. **SC 55.41**
- Harris, Smith, Kramer, Fabre**
4. PEM 56.51
  5. LC 56.51
  6. Lewiston 58.98

### Pole Vault

1. **Fabre SC 8-00**
2. Jurgensen PEM 8-00
3. Ranta 8-00
4. Grimm Tigers 7-06
5. Coleman BGT 7-06
6. Jurgenson PEM 7-06

### Long Jump

1. Adler Tigers 15-03.25
2. **Fabre 14-01.50**
3. Yeakel ZM 14-00.00
4. Winjum Cale 13-10.50
5. Keeran DE 13-10.50
6. Schultz PEM 13-09.50

### Non-Scoring Perf

- Kramer 14.06, 29.79, 7-00  
Mitchell 32.25  
Smith 13.93, 1:09.52, 12-04.50  
Kittleson SC 3:02.36, 6:37.19  
Harris 4-02  
Hongerholt 21-06, 58-07  
Howen 20-09, 63-10  
O'Hara 20-10, 54-11

### Individual Scoring

- Ana—21  
Bianca—3  
Katie—3  
Anna—3  
Allison—8  
Piper—1



## SUBSECTION 1A-3 (Home)—MAY 24<sup>th</sup>, 2017

### Team Scores:

1. PEM 155
2. DE 130
3. Lake City 129
4. Rochester Lourdes 82.5
5. **St. Charles 61.5**
6. WK 57.5
7. Lewiston 41.5
8. Schaeffer 33

### 100m Dash

1. Miller LA 13.18
2. Hanson Schaeffer 13.30
3. Keeren DE 13.55
4. Schumacher PEM 13.65
5. **Kramer SC 13.76**
6. Braun LC 13.78
7. Meincke LC 13.79
8. Horstman Lourdes 13.84

### 200m Dash

1. Adamson Lourdes 26.10
2. Hanson Schaeffer 27.05
3. Miller 28.02
4. Birkholz DE 28.05
5. Harris Schaeffer 28.52
6. **O'Hara SC 28.69**
7. Krier PEM 28.71
8. Park Schaeffer 29.01

### 400m Dash

1. Shindelar PEM 1:01.35
2. Kozlowski LC 1:01.45
3. Hanson Schaeffer 1:01.57
4. Meincke LC 1:03.32
5. Harris Schaeffer 1:03.60
6. **Root SC 1:05.16**
7. Anderson PEM 1:05.67
8. Otto Lourdes 1:06.59

### 800m Run

1. Sholing Wabasha 2:21.60
2. Schmidt DE 2:28.75
3. Reiner Lourdes 2:28.96
4. Hanenberger DE 2:32.70
5. Nelson PEM 2:33.17
6. Haxton Wabasha 2:33.35
7. Doughty PEM 2:33.87
8. Harris Schaeffer 2:36.25

### 1600m Run

1. Sailer Wabasha 5:34.23
2. Simon PEM 5:37.90
3. Juenemann DE 5:40.56
4. Koplín LC 5:50.25

5. Clark PEM 5:54.95

6. Beltz LC 5:56.41
7. Coons PEM 6:03.66
8. Nelson LC 6:17.04

### 3200m Run

1. Nelson DE 11:47.01
2. Simon PEM 12:04.96
3. Ruggenberg DE 12:06.43
4. Juenemann DE 12:09.78
5. Clementson LC 12:21.88
6. Nelson LC 12:37.56
7. Degen Lourdes 12:41.68
8. Renelt LC 12:49.22

### 100m Hurdles

1. Richter DE 16.86
2. Schumacher PEM 17.33
3. Vernonen LC 17.70
4. Thompson PEM 17.73
5. Weinrich LC 17.80
6. **Disbrow SC 18.60**
7. Nesler LA 18.71
8. **Dailey SC 18.73**

### 300m Hurdles

1. Richter DE 49.78
2. Veronen LC 50.90
3. **Disbrow SC 51.10**
4. Augustine PEM 51.22
5. Weinrich LC 51.30
6. Holtz PEM 52.47
7. **Paul SC 53.20**
8. Thompson PEM 53.84

### 4x100m Relay

1. Lake City 52.27
2. Lourdes 52.37
3. **St. Charles 52.45**
4. **O'Hara, Smith, Kramer, Fabre**
5. PEM 53.13
6. DE 54.62
7. Lewiston 55.54

### 4x200m Relay

1. Lourdes 1:47.29
2. PEM 1:49.19
3. DE 1:51.62
4. LC 1:52.34
5. **SC 1:52.81**
6. **O'Hara, Disbrow, Root, Fabre**
7. Lewiston 2:01.60

### 4x400m Relay

1. PEM 4:10.88
2. Lake City 4:11.10
3. DE 4:11.58

4. Lourdes 4:14.57

5. **SC 4:29.92**
6. **Smith, Krenik, Smith, Root**
7. Lewiston 4:45.68

### 4x800m Relay

1. DE 9:53.93
2. PEM 10:00.85
3. Lourdes 10:01.97
4. Wabasha 10:23.36
5. LC 10:26.36
6. **SC 10:57.32**

### **Loechler, Daood, Cole, Hansen**

### High Jump

1. Vernonen LC 4-08
2. Holtz PEM 4-08
3. Doughty PEM 4-08
4. Birkholz DE 4-08
5. KIELTY Lourdes 4-06
6. Miller LA 4-06
7. **Dailey SC 4-06**
8. Cordes Lourdes 4-06

### Pole Vault

1. Cordes Lourdes 9-04
2. **Fabre SC 8-10**
3. Bale DE 8-10
4. Jurgenson PEM 8-05
5. Ranta PEM 8-05
6. Jurgenson PEM 8-04
7. Larsen LA 7-10
8. Haxton WK 7-10

### Long Jump

1. Adamson Lourdes 16-08.00
2. Shindelar PEM 16-06.00
3. Adler LC 16-00.50
4. Schumacher PEM 15-11.25
5. Anderson LC 15-00.25
6. Cordes Lourdes 14-09.50
7. Braun LC 14-06.00
8. **Root St. Charles 14-03.50**

### Triple Jump

1. **Fabre SC 33-09.50**
2. Holtz PEM 33-01.25
3. Anderson LC 32-10.75
4. Iverson-Jones Wabasha 31-08.50
5. Thom Lourdes 31-06.50
6. Bale DE 31-05.25
7. **Smith SC 31-00.25**
8. Harris Schaeffer 30-08.25

### Discus

1. Finstuen DE 122-09

2. Mundt LA 113-01
3. Custer LC 105-05
4. Standinger PEM 97-05
5. Schmoker WK 91-08
6. Rahman PEM 87-11
7. Ellinghuysen LA 85-03
8. Beisell WK 85-02

Shot Put

1. Schmoker WK 35-03.50
2. Finstuen DE 35-00.00
3. Jostock LC 31-01.00
4. Schmoker WK 30-04.00
5. Standinger PEM 30-00.50
6. Custer LC 30-00.50
7. Horsman WK 29-09.00
8. Allie Rahman PEM 28-09.00

Scoring:

Katie K—8  
 Lydia—8  
 Lindsey—8  
 Abbie—1  
 Katie—2.5  
 Ashley—2  
 Anna S—7  
 Ana—22  
 Piper—2  
 Antonia—2  
 Macy—1.5  
 Anna D—1.5  
 Celia—1.5  
 Allison—1.5

Non-scoring Performances

Ferden 14.31, 29.79  
 Harris 14.71, 4-04  
 Mitchell 32.13  
 Krenik 1:09.78  
 Cole 2:47.94  
 Loechler 2:50.96  
 Kittleson 6:39.42  
 Hanson 12:51.16  
 Daood 14:02.66  
 Paul 18:85  
 Dailey 54.09  
 Kramer 7-04  
 Disbrow 13-09.50  
 Smith 12-08.50, 30-01.50  
 Howen 74-03, 24-05.00  
 McCready 73-07, 25-03.00  
 Gbala 66-04, 27-06.00

## SECTION 1A MEET—MAY 30<sup>th</sup> and JUNE 1<sup>st</sup>, 2017

### Girls 300 Meter Hurdles

Meet Record: M 45.34 1985 (hh+) Gretchen Otto (Rochester Lourdes)  
 Meet Record: M 45.47 2006 Megan Rasmussen (Kasson-Mantorville)  
 Meet Record: M 45.47 1989 Cathy Stehr (Zumbrota-Mazeppa)  
 46.82 QUAL

Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1 Emma Breitsprecher	9	Lanesboro	47.44	46.77	QUAL
2 Clair Shepardson	12	La Crescent	46.11	46.83	Q
3 Marissa Richter	10	Dover-Eyota	49.78	47.18	Q
4 Lola Baudek	8	La Crescent	50.26	48.43	Q
5 Libby Christenson	12	Stewartville	50.01	49.54	q
6 Brianna Radatz	8	Bethlehem Ac	50.84	50.16	q
7 Hailey Hindt	8	Grand Meadow	50.88	50.17	q
8 Julia Jarvi	9	Cannon Falls	50.57	50.49	q
<b>9 Abbie Disbrow</b>	<b>7</b>	<b>St Charles</b>	<b>51.10</b>	<b>51.13</b>	
10 Madeline Perry	9	Rochester Ho	52.09	51.16	
11 Joanna Salerno	8	Chatfield	50.64	51.19	
12 Payton Powers	9	Medford	51.93	51.80	
13 Ashley Veronen	8	Lake City	50.90	53.31	

### Girls 4x100 Meter Relay

Meet Record: M 49.51 1991 Byron  
 50.63 QUAL

School	Seed	Prelims	H#
<b>Preliminaries</b>			
1 Caledonia	50.21	50.91	Q
1) Kaitlin Conniff 10	2) Amber Conniff 11		
3) Eliza Welscher 8	4) Mariah Schroeder 12		
2 La Crescent	49.96	51.05	Q
1) Clair Shepardson 12	2) Maria Lusk 12		
3) Cali Mauss 11	4) Amanda Iverson 8		
3 Grand Meadow	51.17	50.97	Q
1) Katelyn Luthe 12	2) Emily Hovden 11		
3) Kassidy Kirtz 10	4) Isabelle Olson 9		
4 Chatfield	51.96	51.45	Q
1) Rylee Burnett 8	2) Macy Pederson 11		
3) Megan Hopp 11	4) Mariah Bell 12		
5 Rochester Home School	52.99	51.64	q
1) Natalie Hagstrom 10	2) Emma Castleberg 12		
3) Abigail Ruelas 11	4) Hannah Sloane 11		
6 Byron	52.68	52.44	q
1) Katie Lambrecht 8	2) Autumn Brandau 12		
3) Hannah L. Coleman 12	4) Tessa Whitney 11		
7 Rushford Peterson	51.99	52.44	q
1) Allison Papenfus 8	2) Kjersta Hinz 10		
3) Alyvia Eide 8	4) Ashley Agrimson 12		
8 Lake City	52.27	52.62	q
1) Abby Ziebell 12	2) Carlee Braun 10		
3) Ryan Willers 8	4) Grayce Adler 12		
9 Cannon Falls	53.90	52.98	
1) Grace Hall 11	2) Lindy Edstrom 10		
3) Taylor Jerde 11	4) Kaitlyn Snyder 12		
10 Rochester Lourdes	52.37	53.28	
1) Sarah Dravis 9	2) Allison Smith 9		
3) Jade Einertson 10	4) Afeu Unago 9		
11 Kenyon-Wanamingo	54.75	55.30	

- 1) Gretchen Anderson 10                      2) Juliana Boyum 9  
 3) Kaela Horn 11                              4) Corynne Dahl 11

-- **St Charles** 52.45 DQ

- 1) Lydia O'Hara 11**                      **2) Anna Smith 12**  
**3) Katie Kramer 10**                      **4) Analise Fabre 12**

-- Triton Senior 53.40 DQ

- 1) Jenna Jensen 10                      2) Chloe Staub 8  
 3) Kendra Petersohn 9                      4) Kiley Yankowiak 11

Girls Pole Vault

Meet Record: M 11-04 2009                      Shannon Stever (La Crescent)  
 10-04.00 QUAL

Name	Year	School	Seed	Finals	Points
1 Hannah L. Coleman	12	Byron	9-04.00	10-07.00 QUAL	12
2 Autumn Brandau	12	Byron	9-04.00	10-04.00 QUAL	10
3 Ashley Miner	11	Lanesboro	9-07.00	9-10.00	8
4 Michaela Brazee	12	Lanesboro	8-04.00	9-04.00	6
5 Kalli Jo Klocke	11	Hayfield	8-04.00	9-04.00	5
6 Callie Nagel	12	Medford	8-04.00	8-10.00	4
7 Kinzie Bale	12	Dover-Eyota	8-10.00	8-10.00	2.5
<b>7 Analise Fabre</b>	<b>12</b>	<b>St Charles</b>	<b>8-10.00</b>	<b>8-10.00</b>	<b>2.5</b>
9 Julia Cordes	10	Rochester Lo	9-04.00	8-10.00	
10 Kalista Jurgenson	12	Plainview El	8-04.00	8-04.00	
10 Leah Schiefert	12	Blooming Pra	8-04.00	8-04.00	
10 Paige Coleman	9	Byron	8-04.00	8-04.00	
10 Emily Hovden	11	Grand Meadow	8-04.00	8-04.00	
14 Emily Jurgensen	9	Plainview El	8-04.00	7-10.00	
14 Emmarie Byom	8	La Crescent	8-04.00	7-10.00	
14 Carley Ranta	11	Plainview El	8-04.00	7-10.00	

Girls Triple Jump

Meet Record: M 37-03 2012                      Andrea Bartz (P-E-M)  
 35-08.00 QUAL

Name	Year	School	Seed	Finals	Wind	Points
1 Mara Quam	12	Kenyon-Wanam	36-04.75	37-04.50 QUAL	2.0	12
2 Eliza Warneke	12	Pine Island	35-06.50	36-07.25 QUAL	1.1	10
3 Emma Weatherly	11	Byron	35-10.00	36-07.00 QUAL	1.8	8
4 Kaly Banks	11	Cannon Falls	35-03.75	36-06.50 QUAL	1.7	6
5 Ashley Agrimson	12	Rushford Pet	34-11.50	35-00.00	+0.0	5
6 Chloe Staub	8	Triton Senio	33-06.25	34-00.25	1.7	4
7 Kaitlyn Bieberdorf	10	Rushford Pet	33-02.25	33-11.50	0.1	3
8 Payton Sampson	9	Byron	33-08.50	33-03.25	3.0	2
9 Macy Pederson	11	Chatfield	31-10.25	32-07.25	1.9	
10 Jordyn Glynn	10	Grand Meadow	32-11.00	32-07.00	+0.0	
11 Julia Anderson	12	Lake City	32-10.75	32-06.75	1.6	
<b>12 Analise Fabre</b>	<b>12</b>	<b>St Charles</b>	<b>33-09.50</b>	<b>32-05.00</b>	<b>+0.0</b>	
13 Macy Holtz	8	Plainview El	33-01.25	31-08.50	1.6	
14 Amelia Staat	10	Grand Meadow	31-10.00	31-01.50	0.3	

Individual Scoring:

Fabre 2.5

# AWARDS—2017

Captains: Analise Fabre, Anna Smith

Letter Winners: Analise Fabre, Lindsey Root, Anna Smith, Lydia O'Hara, Katie Kramer, Abbie Disbrow, Allison Hansen, Ashley Paul, Piper Krenik, Macy Loechler, Bianca Harris, Katie Dailey, Anna Daood, Celia Cole, Abby McCready, Tori Kittleson

Top 5 Scorers: Analise Fabre (244), Lindsey Root (138.5), Anna Smith (131), Lydia O'Hara (115.5), Katie Kramer (101)

Conference Placers: Analise Fabre (triple jump, pole vault), Abbie Disbrow (long jump), Lindsey Root (400), Anna Smith (400, triple jump), Macy Loechler (800), Allison Hansen (1600, 3200), Anna Daood (3200), 4x100 (Lydia O'Hara, Anna Smith, Katie Kramer, Analise Fabre), 4x200 (Lydia O'Hara, Katie Kramer, Lindsey Root, Analise Fabre), 4x400 (Lydia O'Hara, Anna Smith, Piper Krenik, Lindsey Root).

All-Conference: Anna Smith, Lydia O'Hara, Lindsey Root, Ana Fabre

Subsection Placers: Katie Kramer—100 (4); Lydia O'Hara—200 (6); Lindsey Root—400 (6), long jump (8); Abbie Disbrow—100h (6), 300h (3); Katie Dailey—100h (8), high jump (7); Ashley Paul—300h (8), 4x100—3 (Lydia O'Hara, Anna Smith, Katie Kramer, Analise Fabre); 4x200—5 (Lydia O'Hara, Katie Kramer, Lindsey Root, Analise Fabre); 4x400—5 (Anna Smith, Piper Krenik, Antonia Smith, Lindsey Root); 4x800—6 (Macy Loechler, Anna Daood, Celia Cole, Allison Hansen); Analise Fabre—triple jump (1), pole vault (2); Anna Smith—triple jump (7).

Section Meet Qualifiers: 4x200 (Lydia O'Hara, Anna Smith, Katie Kramer, Analise Fabre), Abbie Disbrow (300h), Analise Fabre (long jump, triple jump)

Section Meet Placers: Analise Fabre—pole vault (7<sup>th</sup>)

MSHSL Honor Roll Qualifiers: Analise Fabre (triple jump), Lindsey Root (400), Abbie Disbrow (long jump), 4x100.

New Records: Analise Fabre—pole vault (8-10)

\* \* \* \* \*

There are three team awards presented each year in recognition of exceptional performance and contribution to the Saint Charles Track and Field team and the Saint Charles Track and Field program. These awards in no way should be interpreted as being given to the only people who met the criteria. They are awards given to those individuals by their teammates in recognition of what the team feels are *exceptional* contributions.

MOST VALUABLE: Awarded each year to the team's leading scorer

## **2017 Most Valuable Award: Analise Fabre**

MOST IMPROVED: The recipient of the Most Improved Athlete award is not be based solely on statistics. Rather, it is given to an athlete who, through their hard work, dedication, and perseverance, noticeably improved their performances AND, as a result, helped improve the team's performances. This may be an improvement from last season to this season, or (in the case of a first-year athlete) from the beginning of this season to the end.

## **2017 Most Improved Award: Allison Hansen**

MOST DEDICATED: Given each year to an athlete whose dedication goes beyond their own events; this award goes to the athlete who is most dedicated to the St. Charles Track and Field program. These athletes are not necessarily the top performers. Recipients of this award are dedicated not only to their own performances, but also the performances of their teammates and of the program as a whole. They are dedicated to a positive attitude and positive environment, at practice, meets, and school. They are dedicated to working hard, and enabling and inspiring others to work hard as well. They are dedicated not only to the present of this program, but making sure to put their positive stamp on the program's future as well.

## **2017 Most Dedicated Award: Anna Smith**

2018 Captain: Lydia O'Hara

# ST. CHARLES TRACK AND FIELD AWARDS HISTORY

## 2014—present

YEAR	Most Valuable	Most Improved	Most Dedicated
<b>2014</b>	Analise Fabre	Anna Smith	Allie McDonough
<b>2015</b>	Anna Smith	Macy Loechler	Katherine Smith
<b>2016</b>	Anna Smith	Macy Loechler	Ebony Mitchell
<b>2017</b>	Analise Fabre	Allison Hansen	Anna Smith

### CAPTAINS

2014: Katherine Smith, Abbey Ludens

2015: Katherine Smith

2016: Allie McDonough, Anna Smith, Analise Fabre

2017: Anna Smith, Analise Fabre

2018: Lydia O'Hara

### All-Conference: (champs in bold)

2014: none

2015: none

2016: Anna Smith

2017: Analise Fabre, Lindsey Root, Lydia O'Hara, Anna Smith

### Section Qualifiers (subsection champs in bold)

2014: Abby Ludens (triple jump), Anna Smith (400)

2015: 4x100 Meter Dash (Lydia O'Hara, Anna Ferden, Bianca Harris, Analise Fabre), Bianca Harris (100)

2016: Anna Smith (400), Macy Loechler (1600)

2017: 4x200 (Lydia O'Hara, Anna Smith, Katie Kramer, Analise Fabre), Abbie Disbrow (300h), Analise Fabre (pole vault, **triple jump**)

## GIRLS TRACK AND FIELD SEASON WIN-LOSS RECORDS

### 2014-present

Year	Won	Lost	Winning %	Conf.	True Team	TT State	Subsection	Section	STATE
2014	3	54	5.2%	8	18	-----	8	25	-----
2015	26	46	36.1%	9	10	-----	6	DNS	-----
2016	9	68	11.7%	10	14	-----	8	DNS	-----
2017	32	52	38.1	8	7	-----	4	28	-----

# ST. CHARLES SAINTS GIRLS HONOR ROLL

## 2014-present

### 100 Meter Dash

1.	Lindsey Root	2017	13.58
2.	Analise Fabre	2014	13.61
3.	Katie Kramer	2017	13.76
4.	Bianca Harris	2015	13.76
5.	Abbie Disbrow	2017	13.88
6.	Anna Smith	2017	13.93
7.	Lydia O'Hara	2016	14.10
8.	Anna Ferden	2017	14.31
9.	Hannah Fynboh	2017	14.67
10.	Sammy Pietrzak	2014	14.87

### 200 Meter dash

1.	Anna Smith	2014	28.13
2.	Analise Fabre	2016	28.46
3.	Lydia O'Hara	2017	28.69
4.	Lindsey Root	2017	29.30
5.	Katie Kramer	2017	29.70
6.	Anna Ferden	2017	29.79
7.	Bianca Harris	2015	29.93
8.	Gabby Stowell	2017	30.69
9.	Antonia Smith	2017	30.83
10.	Lucia Smith	2017	31.08

### 400 Meter dash

1.	Anna Smith	2016	1:02.02
2.	Lindsey Root	2017	1:02.51
3.	Piper Krenik	2017	1:05.77
4.	Abby Ludens	2014	1:06.38
5.	Antonia Smith	2017	1:06.50
6.	Lydia O'Hara	2015	1:08.38
7.	Antonia Smith	2017	1:11.97
8.	Jenny Kramer	2015	1:12.41
9.	Mimi Kivi	2014	1:13.03
10.	Vanessa Perez	2015	1:15.76

### 400 Meter Split

1.	Lindsey Root	2017	1:03.14
2.	Anna Smith	2015	1:03.44
3.	Lydia O'Hara	2015	1:07.10
4.	Piper Krenik	2017	1:07.56
5.	Antonia Smith	2017	1:08.02
6.	Katherine Smith	2015	1:10.00
7.	Ashley Paul	2017	1:10.57
8.	Celia Cole	2017	1:11.60
9.	Ashley Paul	2016	1:11.65
10.	Vanessa Perez	2015	1:11.70

### 800 Meter Run

1.	Macy Loechler	2016	2:39.86
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2.	Celia Cole	2017	2:44.05
3.	Allison Hansen	2017	2:46.87
4.	Anna Daood	2017	2:47.75
5.	Piper Krenik	2015	2:50.74
6.	Jaclyn Storey	2015	2:53.22
7.	Lilli Shea	2015	2:55.78
8.	Evelyn Daood	2014	3:00.40
9.	Taylor Mueller	2016	3:00.70
10.	Tori Kittleson	2017	3:02.36

### 800 Meter Run (split)

1.	Macy Loechler	2015	2:36.31
2.	Lindsey Root	2017	2:41.96
3.	Celia Cole	2017	2:43.16
4.	Allison Hansen	2017	2:43.55
5.	Anna Daood	2017	2:45.28
6.	Piper Krenik	2017	2:50.00
7.	Anna Smith	2015	2:50.53
8.	Jaclyn Storey	2015	2:52.73
9.	Tori Kittleson	2017	2:54.89
10.	Lilli Shea	2015	2:57.72

### 1600 Meter Run

1.	Macy Loechler	2016	5:46.69
2.	Allison Hansen	2017	5:51.49
3.	Vanessa Perez	2015	6:00.99
4.	Evelyn Daood	2014	6:18.69
5.	Anna Daood	2016	6:20.26
6.	Celia Cole	2017	6:24.46
7.	Courtney Dayland	2014	6:33.62
8.	Taylor Mueller	2016	6:35.48
9.	Jaclyn Storey	2015	6:37.03
10.	Tori Kittleson	2017	6:37.19

### 3200 Meter Run

1.	Allison Hansen	2017	12:51.16
2.	Evelyn Daood	2014	13:02.64
3.	Lilli Shea	2015	13:34.07
4.	Anna Daood	2017	14:02.66
5.	Tori Kittleson	2017	14:13.05
6.	Jaclyn Storey	2015	14:45.20

### 100 Meter Hurdles

1.	Katherine Smith	2015	18.19
2.	Abbie Disbrow	2017	18.60
3.	Katie Dailey	2017	18.73
4.	Ashley Paul	2017	18.85
5.	Mimi Kivi	2015	19.93
6.	Lucia Smith	2017	20.86
7.	Grace Davis	2016	21.41

8.	Ivy Hulshizer	2016	21.51
9.	Hannah Fynboh	2017	21.50
10.	Lydia O'Hara	2014	22.26

### 300 Meter Hurdles

1.	Abbie Disbrow	2017	51.10
2.	Ashley Paul	2017	53.20
3.	Katherine Smith	2014	53.81
4.	Katie Dailey	2017	54.09
5.	Lucia Smith	2017	56.43
6.	Gabby Stowell	2017	58.40
7.	Hannah Fynboh	2017	59.42
8.	Mimi Kivi	2015	59.77
9.	Grace Davis	2016	59.99
10.	Anna Ferden	2015	1:00.26

### High Jump

1.	Bianca Harris	2015	4-08.00
2.	Katie Dailey	2017	4-06.00
3.	Taylor Ness	2016	4-04.00
4.	Allie McDonough	2015	4-02.00
5.	Hannah Fynboh	2017	4-02.00
6.	Christina McDonough	2015	3-10.00
7.	Madison Snyder	2016	3-10.00
8.	Hannah Fynboh	2016	3-08.00
9.	Macy Loechler	2015	3-08.00

### Long Jump

1.	Abbie Disbrow	2017	16-02.50
2.	Lindsey Root	2017	15-02.00
3.	Katherine Smith	2014	14-08.00
4.	Analise Fabre	2017	14-01.50
5.	Anna Smith	2016	14-01.00
6.	Antonia Smith	2017	13-08.25
7.	Ashley Paul	2017	13-02.50
8.	Hannah Fynboh	2017	12-10.50
9.	Piper Krenik	2017	12-09.75
10.	Jenny Kramer	2015	12-07.00

### Triple Jump

1.	Abby Ludens	2014	34-02.75
2.	Analise Fabre	2017	33-09.25
3.	Anna Smith	2017	31-09.25
4.	Antonia Smith	2017	30-01.50
5.	Katherine Smith	2014	28-05.00
6.	Lucia Smith	2017	26-10.00

### Pole Vault

1.	Analise Fabre	2017	8-10.00
2.	Katie Kramer	2017	7-06.00
3.	Courtney Dayland	2014	7-00.00
4.	Ivy Hulshizer	2015	6-00.00
5.	Lydia O'Hara	2017	6-00.00
6.	Katie Dailey	2017	6-00.00

7.	Erin Torres	2017	5-05.00
8.	Madison Snyder	2016	5-00.00

### Shot Put

1.	Triniti Gbala	2017	28-01.50
2.	Abby McCready	2017	26-01.50
3.	Sonia Howen	2017	24-06.00
4.	Erin Hongerholt	2017	24-01.50
5.	Allie McDonough	2016	23-08.00
6.	Lillie Shea	2014	22-08.00
7.	Erin Hongerholt	2016	22-03.50
8.	Annika O'Hara	2017	21-05.50
9.	Bianca Harris	2017	20-07.25
10.	Sammy Pietrzak	2014	20-06.50

### Discus

1.	Allie McDonough	2016	80-10
2.	Abby McCready	2017	74-08
3.	Sonia Howen	2017	74-03
4.	Triniti Gbala	2017	71-05
5.	Sammy Pietrzak	2015	66-08
6.	Erin Hongerholt	2017	62-03
7.	Lilli Shea	2014	58-04
8.	Annika O'Hara	2017	54-11

### 4X100

- Lydia O'Hara, Anna Smith, Katie Kramer, Analise Fabre—52.45 (2017)
- Lydia O'Hara, Bianca Harris, Anna Smith, Analise Fabre—53.38 (2016)
- Lydia O'Hara, Anna Ferden, Bianca Harris, Analise Fabre—54.63 (2015)

### 4X200

- Lydia O'Hara, Abbie Disbrow, Lindsey Root, Analise Fabre—1:52.81 (2017)
- Lydia O'Hara, Anna Ferden, Analise Fabre, Anna Smith—1:54.48 (2016)
- Anna Smith, Katherine Smith, Abby Ludens, Analise Fabre—1:54.66 (2014)
- Lydia O'Hara, Anna Ferden, Analise Fabre, Anna Smith—1:55.95 (2015)

### 4X400

- Anna Smith, Piper Krenik, Antonia Smith, Lindsey Root—4:29.92 (2017)
- Katherine Smith, Vanessa Perez, Lydia O'Hara, Anna Smith—4:37.75 (2015)

### 4X800

- Macy Loechler, Anna Daood, Celia Cole, Allison Hansen—10:57.32 (2017)
- Macy Loechler, Jaclyn Storey, Piper Krenik, Lilli Shea—11:18.16 (2015)



## Junior High Girls All-Time Honor Roll

### 100 meter dash

1.	Lindsey Root	2017	13.58
2.	Abbie Disbrow	2017	13.88
3.	Antonia Smith	2017	14.12
4.	Hannah Fynboh	2017	14.67
5.	Lydia O'Hara	2014	15.28
6.	Gabby Stowell	2017	15.34
7.	Ebony Mitchell	2015	15.64
8.	Olivia Drath	2017	16.20
9.	Mimi Kivi	2014	16.36
10.	Erin Torres	2017	16.46

### 200 Meter Dash

1.	Lindsey Root	2017	29.30
2.	Abbie Disbrow	2017	29.37
3.	Gabby Stowell	2017	30.69
4.	Antonia Smith	2017	30.83
5.	Lucia Smith	2017	31.08
6.	Lydia O'Hara	2014	31.26
7.	Katie Dailey	2017	31.78
8.	Ashley Paul	2016	31.85
9.	Jenny Kramer	2015	32.05
10.	Hannah Fynboh	2017	32.39

### 400 meter dash/split

1.	Lindsey Root	2017	1:02.51
2.	Antonia Smith	2017	1:06.50
3.	Ashley Paul	2017	1:10.57
4.	Lydia O'Hara	2014	1:10.98
5.	Celia Cole	2017	1:11.60
6.	Vanessa Perez	2015	1:11.70
7.	Abbie Disbrow	2017	1:11.72
8.	Lucia Smith	2017	1:11.97
9.	Jenny Kramer	2015	1:12.41
10.	Mimi Kivi	2014	1:13.03

### 800 meter dash

1.	Macy Loechler	2015	2:36.31
2.	Lindsey Root	2017	2:41.96
3.	Celia Cole	2017	2:43.16
4.	Anna Daood	2017	2:45.28
5.	Piper Krenik	2016	2:50.74
6.	Allison Hansen	2015	2:53.34
7.	Lilli Shea	2014	3:00.46
8.	Taylor Mueller	2016	3:00.70
9.	Brea Kieffer	2016	3:01.59
10.	Brooke Spaulding	2016	3:03.50

### 1600 Meter Run

1.	Macy Loechler	2015	5:58.90
2.	Vanessa Perez	2015	6:00.99
3.	Anna Daood	2016	6:20.26
4.	Celia Cole	2017	6:24.46
5.	Allison Hanson	2015	6:33.28
6.	Courtney Dayland	2014	6:33.62
7.	Taylor Mueller	2015	6:35.48
8.	Brooke Spaulding	2017	6:54.33
9.	Nora Fritcher	2017	6:54.42
10.	Tori Kittleson	2015	6:55.42

### 100 hurdles

1.	Ashley Paul	2016	19.71
2.	Lucia Smith	2017	19.74
3.	Abbie Disbrow	2017	20.23
4.	Gabby Stowell	2017	20.24
5.	Katie Dailey	2017	20.96
6.	Jenny Kramer	2015	21.34

7.	Hannah Fynboh	2017	21.86
8.	Lydia O'Hara	2014	22.26
9.	Madison Snyder	2016	22.43
10.	Mimi Kivi	2014	22.95

### 200 hurdles

1.	Ashley Paul	2016	34.78
2.	Lucia Smith	2017	35.47
3.	Hannah Fynboh	2017	35.51
4.	Gabby Stowell	2017	35.72
5.	Jenny Kramer	2015	36.47
6.	Abbie Disbrow	2017	36.61
7.	Katie Dailey	2017	37.10
8.	Madison Snyder	2016	40.75

### High Jump

1.	Katie Dailey	2017	4-06.00
2.	Hannah Fynboh	2017	4-02.00
3.	Madison Snyder	2016	3-10.00
4.	Christina McDonough	2015	3-10.00
5.	Macy Loechler	2015	3-08.00

### Long Jump:

1.	Abbie Disbrow	2017	16-02.50
2.	Lindsey Root	2017	15-02.00
3.	Antonia Smith	2017	13-08.25
4.	Ashley Paul	2017	13-02.50
5.	Hannah Fynboh	2017	12-10.50
6.	Jenny Kramer	2015	12-07.00
7.	Lucia Smith	2017	12-06.00
8.	Vanessa Perez	2015	11-10.00
9.	Piper Krenik	2015	11-09.00
10.	Gabby Stowell	2017	10-10.00

### Triple Jump

1.	Antonia Smith	2017	30-01.50
2.	Lucia Smith	2017	26-10.00

### Pole Vault

1.	Courtney Dayland	2014	7-00.00
2.	Katie Dailey	2017	6-00.00
3.	Erin Torres	2017	5-05.00
4.	Madison Snyder	2016	5-00.00

### Shot Put:

1.	Trinity Gbala	2017	28-01.50
2.	Abby McCready	2017	26-01.50
3.	Sonia Howen	2016	24-01.50*
4.	Annika O'Hara	2016	25-03.00*
5.	Lilli Shea	2014	22-08.00*
6.	Erin Hongerholt	2015	21-02.00*
7.	Liz Jabs	2016	19-04.00*

### Discus

1.	Abby McCready	2017	74-08
2.	Trinity Gbala	2017	71-05
3.	Sonia Howen	2016	58-08
4.	Lilli Shea	2014	58-04
5.	Annika O'Hara	2016	52-03
6.	Erin Hongerholt	2016	46-02
7.	Liz Jabs	2015	43-07

### 4x100

1.	Ant.Smith, Torres, L.Smith, Disbrow—1:00.04—2017
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### 4x200

1.	Paul, Dailey, Fynboh, Stowell—2:05.96—2017
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### 4x400

1.	Paul, Cole, Ant.Smith, Root—4:46.73—2017
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### 4x800

1.	Daood, Fritcher, Spaulding, Cole—12:19.63—2017
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## SAINT CHARLES SAINTS ALL TIME TRACK AND FIELD RECORDS

<b>4 X 800 M</b>	Kirsten Mueller, Jenna Jensen, Katie Mueller, Amber Mazzitelli	9:55	
<b>100 HH</b>	Melissa Koenig	16.8	
<b>100M</b>	Kristen Benedett	12.96	
<b>4 X 200M</b>	Jodi Habeck, Amy Clausen Kathy Benedett, Cathy Siebenaler	1:49.2	1992
<b>1600M</b>	Rochelle Swiggum	5:19.95	
<b>4 X 100 M</b>	Melissa Koenig, Kathy Benedett, Amy Clausen, Cathy Siebenaler	51.3	
<b>400 M</b>	Kaitlin Gathje	60.21	2010
<b>300 LH</b>	Brigid Smith	47.91	
<b>800 M</b>	Kirsten Mueller	2:24.97	
<b>200 M</b>	Sue Jones	26.6	
<b>3200 M</b>	Rochelle Swiggum	11 :34.40	
<b>4 X 400 M</b>	Bridgid Smith, Ahna Buntrock Brandi Blattner, Kaitlyn Gathje	4:05.54	2011
<b>High Jump</b>	Amie Siebenaller	5-05.00	
<b>Long Jump</b>	Amie Siebenaller	17-00.00	
<b>Triple Jump</b>	Abby Ludens	34-08.75	2013
<b>Shot</b>	Chloe Spaeth	35-08.00	
<b>Discus</b>	Karen Koenig	135-09.75	
<b>Pole Vault</b>	<b>Analise Fabre</b>	<b>8-10</b>	