

SAINT CHARLES SAINTS GIRLS TRACK AND FIELD



2023 Squad of Awesomeness

2023 GIRLS DEPTH CHART

100 Meter Dash

1. Samantha Perez – 13.36 (Chatfield 4/27)
2. Abby Hoffman – 13.51 (PEM 4/14)
3. Mira Paul – 14.02 (Subs 5/24)
4. Kate Vermilya – 14.07 (JH PEM 4/18)
- T5. Shelby Mosdal – 14.24 (Subs 5/24)
- T5. Emma Nelson – 14.24 (Subs 5/24)
6. Thavyah Matthews – 14.29 (Chat 5/18)
7. Evie Benedett – 14.39 (PEM 4/24)
8. Madi Bjerke – 14.46 (JH PEM 4/18)
9. Tessa Matzke – 14.65 (Chat 5/18)
10. Cora Davidson – 14.73 (Chatfield 4/27)
11. Leah Kurth – 14.84 (JH Lewiston 4/11)
12. Esme Hulshizer – 14.86 (TT Futures 5/6)
- T13. Araceli White – 14.95 (Chat 5/18)
- T13. Stella Wendt – 14.95 (JH PEM 4/18)
14. Aylin Perez – 15.00 (JH PEM 4/18)
15. Araceli White – 15.04 (Chatfield 4/27)
16. Avery Klassen – 15.43 (TT Futures 5/6)
17. Natalie Kroening – 15.93 (TT Futures 5/6)
18. Ava Koetz – 15.99 (PEM 4/24)
19. Yaret Samano-Hernandez – 16.07 (Chatfield 4/27)
20. Autumn Gallup – 16.09 (Rushford 4/10)
21. Morgan Carlson – 16.10 (Chatfield 4/27)
22. Carly Pearson – 16.15 (TT Futures 5/6)
23. McKenzie Storm – 16.29 (Chatfield 4/27)
24. Emmalyn Mauskemo – 16.58 (TT Futures 5/6)
25. Ray Elliott – 16.60 (Chat 5/18)
26. Ilah Daood – 16.76 (Chat 5/18)
27. Mariana Arriaga – 17.50 (SC 5/2)
28. Avery DeCook – 17.61 (JH Lewiston 4/11)
29. Cami Jerde – 17.68 (JH Lewis 5/11)
30. Brooke Bunke – 19.06 (JH Lewis 5/11)

200 Meter Dash:

1. Samantha Perez – 27.44 (PEM 4/24)
2. Abby Hoffman – 28.28 (Chatfield 4/27)
3. Evie Benedett – 28.75 (Subs 5/24)
4. Cristina Hernandez – 29.03 (PEM 4/14)
5. Thavyah Matthews – 29.71 (Chat 5/18)
6. Shelby Mosdal – 29.83 (Subs 5/24)
7. Tessa Matzke – 29.86 (Chat 5/18)
8. Mira Paul – 30.04 (PEM 4/24)
9. Leah Kurth – 30.14 (JH Lewis 5/11)
10. Kate Vermilya – 30.32 (JH Lewiston 4/11)
11. Cora Davidson – 30.58 (JH Lewis 5/11)
12. Emma Nelson – 30.64 (Chat 5/18)
13. Aylin Perez – 31.24 (Chatfield 4/27)
14. Esme Hulshizer – 31.42 (TT Futures 5/6)
15. Araceli White – 32.23 (SC 5/2)
16. Natalie Kroening – 32.32 (TT Futures 5/6)
17. Stella Wendt – 32.38 (JH Lewiston 4/11)
18. Carly Pearson – 33.00 (Chatfield 4/27)
19. Jayne Decker – 33.54 (JH Lewiston 4/11)
20. Ava Koetz – 33.89 (Chatfield 4/27)
21. Autumn Gallup – 33.92 (Rushford 4/10)
22. Avery Klassen – 34.12 (JH Lewiston 4/11)
23. Emmalyn Mauskemo – 34.82 (JH TRC 5/16)
24. Morgan Carlson – 34.90 (Chatfield 4/27)
25. Yaret Samano-Hernandez – 36.44 (JH PEM 4/18)

400 Meter Dash:

1. Samantha Perez – 1:01.61 (TT Sect 5/9)
2. Abby Hoffman – 1:06.09 (TT Sect 5/9)
3. Evie Benedett – 1:08.21 (Subs 5/24)
4. Stella Wendt – 1:10.09 (TRC 5/13)
5. Kate Vermilya – 1:10.71 (JH Lewiston 4/11)
6. Emma Nelson – 1:11.11 (Chat 5/18)
7. Jayne Decker – 1:11.40 (JH TRC 5/16)
8. Cristina Hernandez – 1:11.45 (PEM 4/14)
9. Madi Bjerke – 1:14.22 (JH Lewiston 4/11)
10. Shelby Mosdal – 1:14.99 (Stout 3/25)
11. Tessa Matzke – 1:15.50 (PEM 4/14)
12. Avery Klassen – 1:17.66 (JH TRC 5/16)
13. Natalie Kroening – 1:22.72 (JH PEM 4/18)
14. Esme Hulshizer – 1:23.25 (JH Lewiston 4/11)

400 Meter Splits:

1. Samantha Perez – 1:01.41 (TRC 5/13)
2. Claire Siebenaler – 1:02.65 (Section 5/30)
3. Abby Hoffman – 1:04.66 (SC 5/2)
4. Mya Slavin – 1:05.02 (Chat 5/18)
5. Lydia Warmkagathje – 1:06.07 (Rushford 4/10)
6. Kate Vermilya – 1:07.48 (Subs 5/24)
7. Evie Benedett – 1:08.57 (Chat 5/18)
8. Stella Wendt – 1:09.35 (SC 5/2)
9. Aylin Perez – 1:09.89 (TT Futures 5/6)
10. Cora Davidson – 1:10.27 (JH TRC 5/16)
11. Sami Leistikow – 1:11.11 (Rushford 4/10)
12. Mira Paul – 1:11.45 (Rushford 4/10)
13. Tessa Matzke – 1:14.40 (Chat 5/18)
14. Emma Nelson – 1:15.23 (PEM 4/24)
15. Scarlett McConnell Elder – 1:15.47 (PEM 4/24)
16. Jayne Decker – 1:15.85 (TT Futures 5/6)
17. Riley Ward – 1:16.23 (Chat 5/18)
18. Sophia Tuseth – 1:17.08 (Rushford 4/10)
19. Avery Klassen – 1:19.40 – (TT Futures 5/6)
20. Avery Toft – 1:22.89 (Chat 5/18)
21. Jordyn Gosch – 1:23.83 (JH Lewis 5/11)
22. Emmalyn Mauskemo – 1:24.83 (JH Lewis 5/11)
23. Josie O'Hara – 1:24.83 (JH Lewis 5/11)
24. Hannah Aust – 1:32.42 (JH Lewis 5/11)

800 Meter Run:

1. Mya Slavin – 2:34.70 (TT Sect 5/9)
2. Abby Hoffman – 2:44.30 (PEM 4/24)
3. Lydia Warmkagathje – 2:46.14 (Stout 3/25)
4. Cristina Hernandez – 2:46.53 (PEM 4/24)
5. Sami Leistikow – 2:47.12 (Rushford 4/10)
6. Aylin Perez – 2:48.59 (JH TRC 5/16)
7. Kate Vermilya – 2:50.94 (TRC 5/13)
8. Riley Ward – 2:53.19 (SC 5/2)
9. Emma Nelson – 2:56.00 (Subs 5/24)
10. Mira Paul – 3:03. (PEM 4/14)
11. Jayne Decker – 3:05.58 (Chatfield 4/27)
12. Avery Toft – 3:14.41 (Subs 5/24)
13. Jordyn Gosch – 3:18.97 (JH TRC 5/16)
14. Scarlett McConnell Elder – 3:22.04 (Stout 3/25)
15. Josie O'Hara – 3:22.96 (JH Lewiston 4/11)
16. Avery Toft – 3:23.71 (SC 5/2)
17. Hannah Aust – 3:25.45 (JH Lewis 5/11)
18. Brianna Brogan – 3:25.61 (TT Futures 5/6)

800 Meter Splits:

1. Mya Slavin – 2:34.54 (PEM 4/24)
2. Sami Leistikow – 2:43.15 (Sections 6/1)
3. Cristina Hernandez – 2:45.89 (Sections 6/1)
4. Aylin Perez – 2:46.92 (Sections 6/1)
5. Riley Ward – 2:50.91 (SC 5/2)
6. Emma Nelson – 2:52.91 (TRC 5/13)
7. Tessa Matzke – 2:53.79 (TRC 5/13)
8. Sophia Tuseth – 2:54.76 (PEM 4/24)
9. Scarlett McConnell Elder – 3:19.15 (Chatfield 4/27)
10. Avery Toft – 3:21.34 (PEM 4/24)

1600 Meter Run:

1. Mya Slavin – 5:37.05 (SC 5/2)
2. Sophia Tuseth – 6:08.63 (Chat 5/18)
3. Sami Leistikow – 6:23.41 (Stout 3/25)
4. Riley Ward – 6:31.75 (Chatfield 4/27)
5. Josie O'Hara – 7:28.55 (TT Futures 5/6)
6. Hannah Aust – 7:29.43 (TT Futures 5/6)
7. Avery Toft – 7:31.61 (Chat 5/18)
8. Jordyn Gosch – 7:34.00 (JH Lewis 5/11)
9. Brianna Brogan – 7:52.59 (Subs 5/24)

3200 Meter Run:

1. Mya Slavin – 12:26.51 (SC 5/2)
2. Sophia Tuseth – 13:08.11 (Subs 5/24)
3. Riley Ward – 14:15.39 (TT Sect 5/9)

100 Meter Intermediate Hurdles:

1. Claire Siebenaler – 17.64 (Sections 5/30)
2. Lydia Warmkagathje – 18.48 (Chat 5/18, Subs 5/24)
3. Scarlett McConnell Elder – 20.12 (Chat 5/18)

100 Meter Low Hurdles:

1. Cora Davidson – 18.50 (JH TRC 5/16)
2. Madi Bjerke – 19.23 (JH Lewiston 4/11)

200 Meter Hurdles:

1. Madi Bjerke – 34.96 (JH PEM 4/18)

300 Meter Hurdles:

1. Claire Siebenaler – 51.03 (Subs 5/24)
2. Lydia Warmkagathje – 53.28 (Rushford 4/10)
3. Scarlett McConnell Elder – 59.41 (Chat 5/18)

High Jump:

- T1. Noelle Barclay – 4' 06" (PEM 4/14, Chat 4/27, SC 5/2, Chat 5/18)
 T1. Stella Wendt – 4' 06" (SC 5/2, TT Futures 5/6, TT Sect 5/9)
 T1. Shelby Mosdal – 4' 06" (Chat 5/18)
 T2. Aylin Perez – 4' 02" (JH Chatfield 4/27)
 T2. Carly Pearson – 4' 02" (JH Lewiston 4/11)
 T2. Natalie Kroening – 4' 02" (JH PEM 4/18)
 3. Emmalyn Mauskemmo – 3' 10" (JH Lew 4/11, JH Chat 4/27)

Long Jump:

1. Samantha Perez – 16' 06.75" (Subs 5/24)
2. Claire Siebenaler – 16' 01.5" (PEM 4/14)
3. Thavyah Matthews – 15' 01.5" (Subs 5/24)
4. Mira Paul – 13' 11.5" (PEM 4/14)
5. Esme Hulshizer – 13' 06.5" (JH TRC 5/16)
6. Madi Bjerke – 13' 05" (JH Lewiston 4/11)
7. Kate Vermilya – 13' 01" (TT Futures 5/6)
8. Avery Klassen – 12' 07" (JH Lewiston 4/11)
9. Ray Elliott – 12' 02.25" (Chat 5/18)
10. Emmalyn Mauskemmo – 12' 00" (JH TRC 5/16)

Triple Jump:

1. Abby Hoffman – 31' 08.00" (Sections 6/1)
2. Claire Siebenaler – 31' 06.75" (Chatfield 4/27)
3. Kate Vermilya – 29' 00.25" (Subs 5/24)
4. Stella Wendt – 28' 09.75" (Subs 5/24)
5. Avery Klassen – 25' 03.5" (JH TRC 5/16)

Pole Vault:

1. Lydia Warmkagathje – 8' 6" (Chat 5/18)
2. Noelle Barclay – 7' 0" (Rushford 4/10)
- T3. Kate Vermilya – 7' 0" (TRC 5/13)
- T3. Araceli White – 7' 0" (TRC 5/13)
4. Scarlett McConnell Elder – 6' 06" (Chat 5/18)
5. Avery DeCook – 5' 06" (TT Futures 5/6)
- T6. Emily Brogan – 4' 06" (JH Lewis 5/11)
- T6. Cami Jerde – 4' 06" (JH Lewis 5/11)

Shot Put:

1. Noelle Barclay – 34' 04.75" (Subs 5/24)
2. Marabelle Kurth – 27' 01" (Rushford 4/10)
3. Mariana Arriaga – 26' 08" (Chat 5/18)
4. Iris McGinley – 26' 02" (Chat 5/18)
5. Zoeie Smith – 26' 00.75" (SC 5/2)
6. Ilah Daood – 25' 06.5" (Stout 3/25)
7. Shelby Mosdal – 25' 00" (PEM 4/24)
- T8. Avery DeCook – 23' 05" (JH Lewis 5/11)
- T8. Cora Davidson – 22' 10" (TT Futures 5/6)
9. Brooke Bunke – 21' 03.5" (JH TRC 5/16)
10. Haleigh Hahn – 21' 03" (JH TRC 5/16)
11. Angie Zickrick – 20' 09.5" (SC 5/2)
12. Yaret Samano-Hernandez – 20' 07" (TT Futures 5/6)
13. Candy Zickrick – 20' 06" (Chat 5/18)
14. Henry Rounsaville – 20' 03" (Chatfield 4/27)
15. Cami Jerde – 20' 02" (JH Lewis 5/11)
16. Emily Brogan – 20' 01.5" (JH Lewis 5/11)
17. Sara Backes – 18' 05" (Chat 5/18)
18. McKenzie Storm – 18' 02" (TT Futures 5/6)
19. Candy Zickrick – 17' 10.75" (SC 5/2)
20. Jayne Decker – 17' 03" (JH PEM 4/18)
21. Aliyah Gardner – 14' 00" (JH PEM 4/18)

Discus:

1. Iris McGinley – 85' 11" (TT Sect 5/9)
2. Ilah Daood – 81' 03" (TT Sect 5/9)
3. Zoeie Smith – 78' 09" (Subs 5/24)
4. Marabelle Kurth – 74' 06" (Chatfield 4/27)
5. Cami Jerde – 67' 09" (JH PEM 4/18)
6. Mariana Arriaga – 64' 01" (TRC 5/13)
7. Henry Rounsaville – 63' 01" (Chatfield 4/27)
8. Haleigh Hahn – 60' 01.5" (JH TRC 5/16)
9. Angie Zickrick – 58' 08" (Chat 5/18)
10. Brooke Bunke – 57' 06" (JH TRC 5/16)
11. Sara Backes – 56' 11" (TRC 5/13)
12. McKenzie Storm – 56' 04" (JH Lewis 5/11)
13. Candy Zickrick – 54' 09" (SC 5/2)
14. Avery DeCook – 54' 02" (JH PEM 4/18)
15. Emily Brogan – 53' 10" (JH TRC 5/16)
16. Leah Kurth – 51' 01" (JH Lewiston 4/11)
17. Yaret Samano-Hernandez – 50' 10" (JH Chat 4/27)
18. Noelle Barclay – 47' 06" (PEM 4/24)
19. Jayne Decker – 35' 00" (JH Lewiston 4/11)
20. Aliyah Gardner – 34' 09" (JH PEM 4/18)

4x100 Meter Relay:

1. Hoffman, Vermilya, Hernandez, SPerez – 52.77 (TRC 5/13)
2. Hoffman, Vermilya, Hernandez, Paul – 53.39 (Sections 5/30)
3. Hoffman, Vermilya, Hernandez, SPerez – 53.46 (PEM 4/24)
4. Hoffman, Matthews, Hernandez, SPerez – 53.75 (Subs 5/24)
5. Hoffman, Mosdal, Matthews, Vermilya – 55.35 (SC 5/2)
6. Hernandez, Mosdal, Matthews, Vermilya – 55.73 (TT Sect 5/9).
- T7. Benedett, Mosdal, Matthews, Paul – 56.54 (Rushford 4/10)
- T7. White, Mosdal, Matthews, Paul – 56.54 (PEM 4/14)
8. White, Mosdal, Warmkagathje, Benedett – 56.62 (Chat 5/18)
9. Davidson, Hulshizer, Kurth, APerez – 57.22 (TT Futures 5/6)
10. Davidson, Hulshizer, Kurth, APerez – 57.58 (JH TRC 5/16)
11. Wendt, Kurth, APerez, Vermilya – 57.60 (JH PEM 4/18)
12. Davidson, Kurth, Hulshizer, APerez – 58.77 (Chat 4/27)
13. McConnell, Koetz, Barclay, Matzke – 1:00.54 (Rushford 4/10)
14. Klassen, Pearson, Kurth, Davidson – 1:01.67 (JH Lewiston 4/11)
15. Davidson, Pearson, Hulshizer, Mauskemo – 1:03.06 (JH PEM 4/18)
16. Koetz, Carlson, McConnell Elder, Elliott – 1:03.24 (PEM 4/24)
17. Kroening, Mauskemo, Decker, Storm – 1:03.27 (JH Lewiston 4/11)
18. Koetz, Carlson, Matzke, Elliott – 1:03.45 (SC 5/2)
19. Koetz, Carlson, Arriaga, Barclay – 1:04.87 (PEM 4/14)
20. Backes, CZickrick, McGinley, MKurth – 1:09.95 (Chat 5/18)

4x200 Meter Relay:

1. Hoffman, Mosdal, Hernandez, Benedett – 1:54.08 (Chat 5/18)
2. Mosdal, Kurth, Vermilya, Benedett – 1:55.84 (TT Sect 5/9)
3. Paul, Benedett, Siebenaler, Hernandez – 1:58.14 (PEM 4/14)
4. Nelson, Benedett, Hoffman, Hernandez – 1:58.56 (Rushford 4/10)
5. Hoffman, Vermilya, Nelson, Benedett - 1:58.61 (SC 5/2)
6. APerez, Kurth, Vermilya, Benedett – 1:58.72 (TT Futures 5/6)
7. White, Matzke, Nelson, Benedett – 2:01.81 (TRC 5/13)
8. Nelson, McConnell Elder, Matzke, Benedett – 2:03.61 (Chatfield 4/27)
9. Decker, Kroening, Wendt, Kurth – 2:04.45 (JH TRC 5/16)
10. Wendt, Hulshizer, Bjerke, Vermilya – 2:04.83 (JH Lewiston 4/11)
11. Wendt, Kurth, APerez, Vermilya – 2:06.10 (Chatfield 4/27)
12. Klassen, Pearson, Kroening, Decker – 2:11.18 (JH Lewis 5/11)
13. Matzke, Koetz, McConnell Elder, Gallup – 2:13.60 (PEM 4/14)
14. Klassen, Mauskemo, Hulshizer, Decker – 2:15.41 (Chatfield 4/27)
15. Hulshizer, Kroening, Klassen, Decker – 2:21.24 (JH PEM 4/18)

4x400 Meter Relay:

1. Hoffman, Warmkagathje, Siebenaler, Perez – 4:18.54 (TRC 5/13)
2. Hoffman, Slavin, Vermilya, Siebnaler – 4:21.98 (Section 5/30)
3. Hoffman, Slavin, Perez, Siebenaler – 4:22.08 (Chatfield 4/27)
4. Hoffman, Warmkagathje, Vermilya, Siebenaler – 4:24.89 (Subs 5/24)
5. Hoffman, Slavin, Siebenaler, Benedett – 4:24.96 (Chat 5/18)
6. Hoffman, Benedett, Warmkagathje, Siebenaler – 4:27.72 (Rush 4/10)
7. Hoffman, Slavin, Warmkagathje, Wendt – 4:30.04 (SC 5/2)
8. Warmkagathje, Slavin, Wendt, Siebenaler – 4:30.63 (TT Sect 5/9)
9. Hoffman, Leistikow, Warmkagathje, Slavin – 4:31.56 (PEM 4/14)
10. Warmkagathje, Benedett, Perez, Siebenaler – 4:36.77 (Stout 3/25)
11. Wendt, Davidson, APerez, Vermilya – 4:38.89 (JH TRC 5/16)
12. Paul, Ward, Tuseth, Leistikow – 4:57.65 (Rushford 4/10)
13. Decker, Klassen, Davidson, APerez – 4:58.41 (TT Futures 5/6)
14. Nelson, Vermilya, Matzke, McConnell Elder – 4:59.75 (PEM 4/24)
15. Decker, Wendt, APerez, Vermilya – 5:00.77 (JH PEM 4/18)
16. Matzke, Ward, Tuseth, Toft – 5:11.45 (Chat 5/18)
17. Mauskemo, O'Hara, Gosch, Aust – 5:46.35 (JH Lewis 5/11)

4x800 Meter Relay:

1. Ward, APerez, Hernandez, Leistikow – 11:09.86 (Sections 6/1)
2. Ward, APerez, Matzke, Leistikow – 11:27.02 (Subs 5/24)
3. Ward, Hernandez, Nelson, Matzke – 11:36.06 (TT Sect 5/9)
4. Slavin, Ward, Tuseth, Toft – 11:41.81 (PEM 4/24)
5. Slavin, Leistikow, Tuseth, Ward – 11:42.62 (PEM 4/14)
6. Hernandez, Ward, Tuseth, McConnell Elder – 11:58.65 (Chat 4/27)
7. Nelson, Matzke, Tuseth, Toft – 12:06.10 (TRC 5/13)
8. Ward, Nelson, Matzke, Toft – 12:27.82 (SC 5/2)

2023 GIRLS LETTER POINT TOTAL

Samantha Perez 237
Claire Siebenaler 199.5
Mya Slavin 186
Lydia Warmkagathje 173
Abby Hoffman 160
Noelle Barclay 137.5
Sophia Tuseth 71
Thavyah Matthews 63.5
Cristina Hernandez 61.5
Kate Vermilya 49.7
Stella Wendt 46.5
Riley Ward 42
Shelby Mosdal 41.5
Evie Benedett 39.5
Iris McGinley 26 (38)
Marabelle Kurth 27
Tessa Matzke 24.5
Ilah Daood 22
Emma Nelson 21.5
Leah Kurth 18
Scarlett McConnell Elder 3.5 (19.5)
Avery Toft 5.5 (18.5)
Sami Leistikow 15.5
Mira Paul 11.5
Araceli White 6.7
Aylin Perez 2
Mariana Arriaga 1
Zoeie Smith 1 (2)
Ray Elliott (1)
Morgan Carlson (1)
Sara Backes

*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.

2023 GIRLS PENTATHLON RESULTS

Name	FLYING 55	600M RUN	VERT. SPRING	BROAD JUMP	SHOT PUT
Abby Hoffman	7.3 (2)	2:14	17"	5' 0"	14' 2"
Aliyah Gardner	-	-	-	-	-
Angie Zickrick	11.54	-	10"	4' 4"	15' 6"
Araceli White	7.95	2:30	16"	5' 8"	13' 3"
Ava Koetz	8.94	2:47	11"	4' 0"	18' 2"
Avery DeCook	9.29	3:48	10.5"	4' 11"	18' 8"
Avery Klassen	8.29	3:06	13"	5' 6"	12' 10"
Avery Toft	8.62	3:04	11"	5' 1"	8' 8"
Aylin Perez	8.17	2:19	9"	5' 1"	19' 9"
Brianna Brogan	10.08	3:06	9"	4' 4"	13' 9"
Brooke Bunke	10.22	4:05	11"	4' 4"	12' 11"
Cami Jerde	9.81	4:10	12"	5' 0"	18' 5"
Candy Zickrick	9.85	4:14	13"	3' 9"	15' 1"
Carly Pearson	9.01	2:54	12"	4' 7"	15' 7"
Christina Hernandez	7.69	2:14	16.5"	5' 5"	13' 5"
Claire Siebenaler	7.43	2:07 (2)	16"	6' 7"	21' 8"
Cora Davidson	-	-	-	-	16' 7"
Emily Brogan	9.56	3:08	13"	4' 4"	16' 7"
Emma Nelson	8.05	2:30	14"	4' 4"	9' 0"
Emmalyn Mauskemo	9.32	3:50	11"	3' 11"	11' 9"
Esme Hulshizer	8.20	2:52	12"	5' 0"	11' 11"
Evie Benedett	7.57	-	14"	5' 1"	13' 7"
Haleigh Hahn	-	3:41	8.5"	4' 0"	17' 11"
Hannah Aust	10.33	3:20	10"	4' 5"	12' 8"
Henry Breese	-	-	14"	4' 9"	23' 2"
Ilah Daood	8.67	2:37	12"	4' 11"	22' 10"
Iris McGinley	9.28	3:06	10"	5' 0"	23' 0"
Jayne Decker	9.00	2:53	12.5"	3' 7"	12' 0"
Jordyn Gosch	9.25	3:05	11.5"	3' 6"	10' 6"
Josie O'Hara	9.30	2:42	8"	3' 9"	11' 0"
Kate Vermilya	7.50	2:21	14"	5' 7"	19' 1"
Leah Kurth	-	-	-	-	-
Lydia Warmkagathje	8.09	2:10 (3)	15.5"	6' 0"	16' 5"

Madi Bjerke	7.72	2:47	11"	5' 7"	12' 7"
Marabelle Kurth	8.82	3:45	14"	5' 11"	24' 7" (3)
Mariana Arriaga	9.72	2:55	10"	4' 4"	9' 2"
McKenzie Storm	8.61	2:52	11.5"	3' 7"	15' 2"
Mira Paul	7.58	2:12	18" (T1)	7' 3" (1)	15' 0"
Morgan Carlson	8.88	3:30	10"	5' 4"	18' 8"
Mya Slavin	7.39 (3)	2:05 (1)	16.5"	6' 2"	17' 4"
Natalie Kroening	8.52	3:30	10"	5' 1"	13' 5"
Noelle Barclay	8.24	2:27	18" (T1)	*	28' 1" (1)
Ray Elliott	9.20	3:38	10"	5' 5"	-
Riley Ward	8.28	2:21	12"	4' 0"	11' 10"
Samantha Perez	7.1 (1)	2:14	15.5"	6' 5"	15' 5"
Sami Leistikow	8.10	2:15	13"	4' 5"	15' 9"
Sara Backes	9.44	3:24	11"	4' 8"	18' 5"
Scarlett McConnell Elder	8.05	2:32	15.5"	6' 1"	18' 3"
Shelby Mosdahl	7.44	2:24	18" (T1)	6' 9" (3)	27' 2" (2)
Sophia Tuseth	8.48	2:17	12"	5' 3"	11' 1"
Stella Wendt	7.95	-	17"	5' 2"	14' 6"
Teia Hulshizer	-	-	-	-	-
Tessa Matzke	-	-	-	-	15' 11"
Thavyah Matthews	7.54	2:50	15"	5' 10"	18' 0"
Yaret Samano-Hernandez	8.40	4:09	14"	4' 10"	17' 10"
Zoeie Meister-Smith	-	3:45	-	-	23' 6"

2023 PENTATHLON LEADERBOARD:

Flying 55 — Samantha Perez (7.10)
600 Meter Run — Mya Slavin (2:05)
Shot Put — Noelle Barclay (28' 1")
Vertical Spring — Noelle Barclay, Shelby Mosdal, Mira Paul (18.0")
Standing Long — Mira Paul (7' 3")

JH Leaderboard

Flying 55 — Kate Vermilya (7.50)
600 Meter Run — Aylin Perez (2:19)
Shot Put — Aylin Perez (19' 9")
Vertical Spring — Stella Wendt (17.0")
Standing Long — Madi Bjerke, Kate Vermilya (5' 7")

2023 FINAL LIST OF SCORES

1. <u>Shelby Mosdal</u>	3200
2. Claire Sibenaler	2850
3. Mira Paul	2800
4. Noelle Barclay	2800
5. Mya Slavin	2750
6. Samantha Perez	2134
7. Abby Hoffman	2500
8. Lydia Warmkagathje	1134
9. Cristina Hernandez	1050
10. Marabelle Kurth	1000
11. Zoeie Smith	700
12. Stella Wendt	650
13. Kate Vermilya	600
14. Henry Rousaville	600
15. Thavyah Matthews	500
16. Iris McGinley	500
17. Scarlett McConnell Elder	434
18. Ilah Daood	400
19. Araceli White	350
20. Evie Benedett	300
21. Sami Leistikow	300
22. Aylin Perez	300
23. Sophia Tuseth	200

*53 participants

PENTATHLON HISTORY

PENTATHLON CHAMPIONS

2014: Analise Fabre/Abby Ludens — 3400 (no vert. spring)
2015: Anna Smith — 4300
2016: Anna Smith — 4350
2017: Anna Smith — 4000
2018: Lindsey Root — 3450
2019: Lindsey Root — 4200
2020: Lindsey Root — 4650
2021: Lindsey Root — 4300
2022: Antonia Smith — 4100
2023: Shelby Mosal — 3200

EVENT RECORDS:

Flying 55—Lindsey Root—6.74 (2021)
600 Meter Run—Antonia Smith 1:50 (2021)
Shot Put—Hailey Soulier—30' 6" (2020)
Standing Long Jump—Anna Smith ('16) & Mira Paul ('22)—7' 7"
Vertical Spring—Katie Dailey—24.0" (2018 & 2021)

JH Event Records:

Flying 55—Abbie Disbrow—7.29 (2018)
600—Antonia Smith—2:00 (2018)
Shot Put—Abby McCready—21' 2" (2017)
Standing LJ—Mira Paul—7' 3" (2021)
Vertical Spring—Abbie Disbrow—21.0" (2018)

GIRLS AWARDS—2023

Letter Winners: Sam Perez, Claire Siebenaler, Mya Slavin, Lydia Warmkagathje, Abby Hoffman, Noelle Barclay, Sophia Tuseth, Thavyah Matthews, Cristina Hernandez, Kate Vermilya, Stella Wendt, Riley Ward, Shelby Mosdal, Evie Benedett, Iris McGinley, Marabelle Kurth

Top 5 Scorers: Sam Perez (237), Claire Siebenaler (199.5), Mya Slavin (186), Lydia Warmkagathje (173), Abby Hoffman (160)

Conference Placers: 4x800 (Emma Nelson, Sophia Tuseth, Tessa Matzke, Avery Toft), Lydia Warmkagathje (100mh, PV) 4x200 (Araceli White, Tessa Matzke, Emma Nelson, Evie Benedett), Mya Slavin (1600, 3200), 4x100 (Abby Hoffman, Kate Vermilya, Cristina Hernandez, Sam Perez), Claire Siebenaler (300mh, LJ), Sophia Tuseth (3200), 4x400 (Abby Hoffman, Lydia Warmkagathje, Claire Siebenaler, Sam Perez), Noelle Barclay (HJ, shot), Kate Vermilya (PV), Araceli White (PV), Sam Perez (LJ), Abby Hoffman (TJ),

Conference Champions: 4x400 (Abby Hoffman, Lydia Warmkagathje, Claire Siebenaler, Sam Perez)

All-Conference: Abby Hoffman, Lydia Warmkagathje, Claire Siebenaler, Sam Perez, Mya Slavin

Subsection Placers: 4x800 (Riley Ward, Aylin Perez, Tessa Matzke, Sami Leistikow), Claire Siebenaler (100mh, 300mh, LJ), Lydia Warmkagathje (100mh, 300mh, PV), Mya Slavin (1600, 3200), 4x100 (Abby Hoffman, Thavyah Matthews, Cristina Hernandez, Sam Perez), Sam Perez (400, LJ), Evie Benedett (400, 200), Sophia Tuseth (3200), 4x400 (Abby Hoffman, Lydia Warmkagathje, Kate Vermilya, Claire Siebenaler), Noelle Barclay (HJ, shot), Thavyah Matthews (LJ), Abby Hoffman (TJ), Kate Vermilya (TJ)

Subsection Champion: Sam Perez (LJ)

Section Meet Qualifiers: 4x800 (Riley Ward, Aylin Perez, Tessa Matzke, Sami Leistikow), Mya Slavin (1600, 3200), 4x100 (Abby Hoffman, Thavyah Matthews, Cristina Hernandez, Sam Perez), Sam Perez (400, LJ), 4x400 (Abby Hoffman, Lydia Warmkagathje, Kate Vermilya, Claire Siebenaler), Noelle Barclay (shot), Claire Siebenaler (100mh, 300mh), Abby Hoffman (TJ)

Section Meet Placers: Sam Perez (400), Mya Slavin (1600, 3200), Claire Siebenaler (100h), Noelle Barclay (shot)

MSHSL Honor Roll Qualifiers: Sam Perez (400, LJ), Claire Siebenaler (LJ), Noelle Barclay (shot put), 4x100, 4x200, 4x400

GIRLS TEAM AWARDS—2023

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

2023 Top Scorer: Samantha Perez

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.

2023 Most Improved Award: Kate Vermilya

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.

2023 Most Dedicated Award: Mya Slavin & Noelle Barclay

LEADERSHIP AWARD: *The recipient of the Leadership Award goes to an athlete is a profound leader. A profound leader leads, but not primarily through instruction and prime performance, but through example and invitation. A profound leader invites those around him/her to more deeply invest in their team, their program, their teammates, and themselves. A profound leader invites not merely through words but through their own example of work, through the dignity and respect with which they treat their coaches, teammates, teachers, and competition, and through the humility and selflessness with which they approach their own role in the program. A profound leader invites those outside of his/her friend group, outside of his/her grade level, and outside of his/her event group. A profound leader, through their words, actions, and example, invites others to be more than they think they can be.*

2023 LEADERSHIP AWARD: Cristina Hernandez

ST. CHARLES GIRLS TRACK AND FIELD AWARDS HISTORY

YEAR	Top Scorer	Most Improved	Most Dedicated	Leadership
2014	Analise Fabre	Anna Smith	Allie McDonough	---
2015	Anna Smith	Macy Loechler	Katherine Smith	---
2016	Anna Smith	Macy Loechler	Ebony Mitchell	---
2017	Analise Fabre	Allison Hansen	Anna Smith	---
2018	Lindsey Root	Gabby Stowell	Lindsey Root	---
2019	Lindsey Root	Gabby Stowell	Lindsey Root	Piper Krenik
2020	---	---	---	---
2021	Lindsey Root	Hadli Heim & Katie Dailey	Lindsey Root	Abbie Disbrow & Lucia Smith
2022	Antonia Smith	Sami Leistikow	Scarlett McConnell Elder	Abbie Disbrow & Lucia Smith
2023	Samantha Perez	Kate Vermilya	Mya Slavin & Noelle Barclay	Cristina Hernandez

All-Conference: (champs in bold)

2014-2015: none

2016: Anna Smith

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

2018: **Lindsey Root (long jump), 4x400 (A. Smith, Cole, L. Smith, Root)**

2019: **Lindsey Root (long jump), 4x200 (Disbrow, L. Smith, Stowell, Root)**, Celia Cole

2020: **Season Cancelled Due to COVID-19**

2021: **Lindsey Root (long jump, 100m, 200m), Katie Dailey (High Jump), 4x200 (Abbie Disbrow, Lucia Smith, Antonia Smith, Lindsey Root)**, Celia Cole

2022: **Abbie Disbrow, Abby Hoffman, Antonia Smith, Claire Siebenaler, Lucia Smith**

2023: Mya Slavin, **4x400 (Abby Hoffman, Lydia Warmkagathje, Claire Siebenaler, Samantha Perez)**

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: Abbie Disbrow (300h), Analise Fabre (pole vault, **triple jump**), 4x100 (Lydia O'Hara, Anna Smith, Katie Kramer, Analise Fabre)

2018: Antonia Smith (400), Ashley Paul (100h), Lindsey Root (long jump), Abbie Disbrow (long jump), 4x800 (Anna Daood, Allison Hansen, Brooke Spaulding, Celia Cole)

2019: Celia Cole (1600), Lucia Smith (300h), Lindsey Root (200, long jump), 4x200 (Lucia Smith, Piper Krenik, Gabby Stowell, Lindsey Root), 4x400 (Lucia Smith, Celia Cole, Gabby Stowell, Lindsey Root)

2020: **Season Cancelled Due to COVID-19**

2021: Celia Cole (1600), **Katie Dailey (high jump)**, 4x200 (Abbie Disbrow, Lucia Smith, Antonia Smith, Lindsey Root), Lucia Smith (100h, 300h), Hailey Soulier (Shot Put), Sophia Tusetth (3200), **Lindsey Root (100, 200, long jump), Antonia Smith (400)**

2022: Celia Cole (4x800), Sami Leistikow (4x800), Sophia Tusetth (4x800, 3200), Mya Slavin (4x800, 3200), Mira Paul (100, 4x100), **Antonia Smith (4x200, 400, 4x400), Lucia Smith (4x200, 300H, 4x400), Claire Siebenaler (300H, 4x400), Abbie Disbrow (4x200, 4x100, LJ), Cristina Hernandez (4x100), Abby Hoffman (4x200, 4x100, 4x400), Nora Fritcher (PV), Noelle Barclay (SP)**

2023: 4x800 (Riley Ward, Aylin Perez, Tessa Matzke, Sami Leistikow), Mya Slavin (1600, 3200), 4x100 (Abby Hoffman, Thavyah Matthews, Cristina Hernandez, Sam Perez), **Sam Perez (400, LJ)**, 4x400 (Abby Hoffman, Lydia Warmkagathje, Kate Vermilya, Claire Siebenaler), Noelle Barclay (shot), Claire Siebenaler (100mh, 300mh), Abby Hoffman (TJ)

State Qualifiers: (section champs in bold)

2019: **Lindsey Root (long jump)**

2021: **Lindsey Root (long jump, 200)**

All-State Placers:

2019: Lindsey Root, long jump - 4th Place

2021: Lindsey Root , long jump - 3rd Place, 200 - 6th Place

GIRLS WIN-LOSS RECORDS 2014-present

Year	Won	Lost	Winning %	Conf.	True Team	TT State	Subsection	Section	STATE
2014	3	54	5.3%	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	-----
2018	38	28	57.6%	4	6	-----	4	19	-----
2019	54	29	65.1%	4	3	-----	5	15	46
2020			***season cancelled due to COVID-19 pandemic***						
2021	37	18	67.3%	2	4	8	2	4	26
2022	37	26	58.7%	4	6	-----	3	13	-----
2023	33	28	54.1%	5	5	-----	5	18	-----

ST. CHARLES SAINTS GIRLS HONOR ROLL

2014-present

100 Meter Dash

1.	Lindsey Root	2021	12.43
2.	Samantha Perez	2023	13.36
3.	Abbie Disbrow	2019	13.37
4.	Abby Hoffman	2023	13.51
5.	Antonia Smith	2018	13.59
6.	Analise Fabre	2014	13.61
7.	Katie Kramer	2017	13.76
8.	Bianca Harris	2015	13.76
9.	Halle McCormick	2019	13.81
10.	Mira Paul	2022	13.87

200 Meter dash

1.	Lindsey Root	2021	25.81
2.	Antonia Smith	2022	27.38
3.	Samantha Perez	2023	27.44
4.	Anna Smith	2014	28.13
5.	Abby Hoffman	2023	28.28
6.	Gabby Stowell	2019	28.35
7.	Abbie Disbrow	2019	28.38
8.	Analise Fabre	2016	28.46
9.	Lydia O'Hara	2017	28.69
10.	Evie Benedett	2023	28.75

400 Meter dash

1.	Antonia Smith	2021	59.15
2.	Samantha Perez	2023	1:01.61
3.	Anna Smith	2016	1:02.02
4.	Lindsey Root	2017	1:02.51
5.	Gabby Stowell	2019	1:04.67
6.	Piper Krenik	2017	1:05.77
7.	Abby Hoffman	2023	1:06.09
8.	Abby Ludens	2014	1:06.38
9.	Katie Dailey	2021	1:06.43
10.	Celia Cole	2022	1:07.33

400 Meter Split

1.	Antonia Smith	2021	59.86
2.	Samantha Perez	2023	1:01.41
3.	Claire Siebenaler	2022	1:02.22
4.	Piper Krenik	2019	1:02.28
5.	Lindsey Root	2018	1:02.32
6.	Gabby Stowell	2019	1:02.40
7.	Lucia Smith	2019	1:03.11
8.	Abby Hoffman	2022	1:03.57
9.	Anna Smith	2015	1:03.44
10.	Mya Slavin	2022	1:05.22

800 Meter Run

1.	Mya Slavin	2023	2:34.70
2.	Antonia Smith	2022	2:36.22
3.	Celia Cole	2019	2:36.29
4.	Macy Loechler	2016	2:39.86
5.	Sami Leistikow	2022	2:43.05
6.	Abby Hoffman	2023	2:44.30
7.	Lydia Warmkagathje	2023	2:46.14
8.	Cristina Hernandez	2023	2:46.53
9.	Allison Hansen	2017	2:46.87
10.	Sophia Tuseth	2022	2:46.94

800 Meter Run (split)

1.	Mya Slavin	2022	2:34.49
2.	Celia Cole	2022	2:34.82
3.	Macy Loechler	2015	2:36.31
4.	Sami Leistikow	2022	2:38.84
5.	Piper Krenik	2019	2:41.26
6.	Lindsey Root	2017	2:41.96
7.	Allison Hansen	2017	2:43.55
8.	Brooke Spaulding	2018	2:44.22
9.	Anna Daood	2017	2:45.28
10.	Cristina Hernandez	2023	2:45.89

1600 Meter Run

1.	Mya Slavin	2023	5:37.05
2.	Celia Cole	2021	5:45.81
3.	Macy Loechler	2016	5:46.69
4.	Allison Hansen	2017	5:51.49
5.	Vanessa Perez	2015	6:00.99
6.	Sophia Tuseth	2022	6:06.56
7.	Sami Leistikow	2022	6:07.19
8.	Evelyn Daood	2014	6:18.69
9.	Anna Daood	2016	6:20.26
10.	Riley Ward	2023	6:31.75

3200 Meter Run

1.	Mya Slavin	2023	12:26.51
2.	Allison Hansen	2017	12:51.16
3.	Evelyn Daood	2014	13:02.64
4.	Sophia Tuseth	2022	13:07.33
5.	Lilli Shea	2015	13:34.07
6.	Anna Daood	2017	14:02.66
7.	Riley Ward	2021	14:07.04
8.	Celia Cole	2019	14:12.22
9.	Tori Kittleson	2017	14:13.05
10.	Jaclyn Storey	2015	14:45.20

100 Meter Hurdles

1.	Lucia Smith	2021	17.27
2.	Claire Siebenaler	2023	17.64
3.	Ashley Paul	2019	17.65
4.	Katherine Smith	2015	18.19
5.	Lydia Warmkagathje	2023	18.48
6.	Abbie Disbrow	2017	18.60
7.	Katie Dailey	2017	18.73
8.	Jenny Kramer	2018	19.79
9.	Mimi Kivi	2015	19.93
10.	Scarlett McConnell Elder	2023	20.12

300 Meter Hurdles

1.	Lucia Smith	2021	48.51
2.	Abbie Disbrow	2018	50.58
3.	Claire Siebenaler	2023	51.03
4.	Ashley Paul	2019	52.76
5.	Lydia Warmkagathje	2023	53.28
6.	Katherine Smith	2014	53.81
7.	Katie Dailey	2017	54.09
8.	Jenny Kramer	2018	57.30
9.	Gabby Stowell	2017	58.40
10.	Scarlett McConnell Elder	2023	59.41

High Jump

1.	Katie Dailey	2021	5-02.00
2.	Bianca Harris	2015	4-08.00
3.	Lindsey Root	2018	4-08.00
4.	Leah Mundt	2018	4-08.00
5.	Noelle Barclay	2022	4-06.00
6.	Shelby Mosdal	2022	4-06.00
7.	Stella Wendt	2023	4-06.00
8.	Taylor Ness	2016	4-04.00
9.	Maria Dorransoro	2019	4-04.00
10.	Adi Karlen	2019	4-04.00

Long Jump

1.	Lindsey Root	2019	17-09.50
2.	Abbie Disbrow	2019	17-02.50
3.	Samantha Perez	2023	16-06.75
4.	Claire Siebenaler	2023	16-01.50
5.	Thavyah Matthews	2023	15-01.50
6.	Katherine Smith	2014	14-08.00
7.	Halle McCormick	2019	14-07.00
8.	Analise Fabre	2017	14-01.50
9.	Anna Smith	2016	14-01.00
10.	Maria Dorransoro	2019	14-01.00

Triple Jump

1.	Abby Ludens	2014	34-02.75
2.	Analise Fabre	2017	33-09.25
3.	Anna Smith	2017	31-09.25
4.	Abby Hoffman	2023	31-08.00
5.	Claire Siebenaler	2023	31-06.75
6.	Antonia Smith	2018	31-04.75
7.	Lucia Smith	2021	31-05.50
8.	Kate Vermilya	2023	29-00.25
9.	Ashley Paul	2021	29-00.00
10.	Stella Wendt	2023	28-09.75

Pole Vault

1.	Analise Fabre	2017	8-10.00
2.	Lydia Warmkagathje	2023	8-06.00
3.	Nora Fritcher	2022	8-00.00
4.	Noelle Barclay	2022	7-06.00
5.	Katie Kramer	2017	7-06.00
6.	Courtney Dayland	2014	7-00.00
7.	Lucia Smith	2019	7-00.00
8.	Araceli White	2023	7-00.00
9.	Kate Vermilya	2023	7-00.00
10.	Hadli Heim	2021	6-09.00

Shot Put

1.	Noelle Barclay	2023	34-04.75
2.	Hailey Soulier	2021	33-10.00
3.	Triniti Gbala	2021	31-08.00
4.	Abby McCready	2021	27-11.00
5.	Marabelle Kurth	2023	27-01.00
6.	Mariana Arriaga	2023	26-08.00
7.	Iris McGinley	2023	26-02.00
8.	Zoeie Smith	2023	26-00.75
9.	Sonia Howen	2018	26-00.00
10.	Ilah Daood	2022	25-06.50

Discus

1.	Sonia Howen	2019	90-09.00
2.	Hailey Soulier	2021	89-03.00
3.	Abby McCready	2021	87-05.00
4.	Triniti Gbala	2021	86-08.00
5.	Iris McGinley	2023	85-11.00
6.	Ilah Daood	2023	81-03.00
7.	Allie McDonough	2016	80-10.00
8.	Zoeie Meister Smith	2022	79-03.00
9.	Marabelle Kurth	2023	74-06.00
10.	Sammy Pietrzak	2015	66-08.00

4X100

1. Lydia O’Hara, Anna Smith, Katie Kramer, Analise Fabre—52.45 (2017)
2. **Abby Hoffman, Kate Vermilya, Cristina Hernandez, Samantha Perez—52.77 (2023)**
3. Lydia O’Hara, Bianca Harris, Anna Smith, Analise Fabre—53.38 (2016)
4. Abbie Disbrow, Mira Paul, Cristina Hernandez, Abby Hoffman—53.60 (2022)
5. Lucia Smith, Jenny Kramer, Abbie Disbrow, Antonia Smith—54.22 (2018)
6. Ashley Paul, Maria Dorransoro, Halle McCormick, Abbie Disbrow—54.31 (2019)
7. Lydia O’Hara, Anna Ferden, Bianca Harris, Analise Fabre—54.63 (2015)
8. Abbie Disbrow, Hadli Heim, Teia Hulshizer, Lindsey Root — 55.06 (2021)

4X200

1. Abbie Disbrow, Lucia Smith, Antonia Smith, Lindsey Root — 1:47.35 (2021)
2. Lucia Smith, Piper Krenik, Gabby Stowell, Lindsey Root—1:49.84 (2019)
3. Antonia Smith, Lucia Smith, Abbie Disbrow, Lindsey Root—1:50.96 (2018)
4. Abbie Disbrow, Lucia Smith, Abby Hoffman, Antonia Smith—1:52.46 (2022)
5. Lydia O’Hara, Abbie Disbrow, Lindsey Root, Analise Fabre—1:52.81 (2017)
6. **Abby Hoffman, Shelby Mosdal, Cristina Hernandez, Evie Benedett—1:54.08 (2023)**
7. Lydia O’Hara, Anna Ferden, Analise Fabre, Anna Smith—1:54.48 (2016)
8. Anna Smith, Katherine Smith, Abby Ludens, Analise Fabre—1:54.66 (2014)

4X400

1. Lucia Smith, Abby Hoffman, Claire Siebenaler, Antonia Smith—4:11.82 (2022)
2. Lucia Smith, Piper Krenik, Gabby Stowell, Lindsey Root—4:11.83 (2019)
3. **Abby Hoffman, Lydia Warmkagathje, Claire Siebenaler, Samantha Perez—4:18.54 (2023)**
4. Antonia Smith, Celia Cole, Lucia Smith, Lindsey Root—4:19.37 (2018)
5. Katie Dailey, Celia Cole, Abigail Hoffman, Antonia Smith — 4:24.08 (2021)
6. Anna Smith, Piper Krenik, Antonia Smith, Lindsey Root—4:29.92 (2017)
7. Katherine Smith, Vanessa Perez, Lydia O’Hara, Anna Smith—4:37.75 (2015)

4X800

1. Celia Cole, Sami Leistikow, Sophia Tuseth, Mya Slavin—10:42.44 (2022)
2. Macy Loechler, Anna Daood, Celia Cole, Allison Hansen—10:57.32 (2017)
3. Anna Daood, Allison Hansen, Brooke Spaulding, Celia Cole—11:06.82 (2018)
4. **Riley Ward, Aylin Perez, Cristina Hernandez, Sami Leistikow—11:09.86 (2023)**
5. Macy Loechler, Jaclyn Storey, Piper Krenik, Lilli Shea—11:18.16 (2015)
6. Piper Krenik, Olivia Drath, Anna Daood, Celia Cole—11:18.93 (2019)
7. Riley Ward, Sophia Tuseth, Sami Leistikow, Celia Cole — 11:21.17 (2021)

Junior High Girls All-Time Honor Roll 2014 - Present

100 meter dash

1.	Lindsey Root	2017	13.58
2.	Antonia Smith	2018	13.59
3.	Abbie Disbrow	2017	13.88
4.	Kate Vermilya	2023	14.07
5.	Madi Bjerke	2023	14.46
6.	Abigail Hoffman	2021	14.57
7.	Hannah Fynboh	2017	14.67
8.	Cora Davidson	2023	14.73
9.	Leah Kurth	2023	14.84
10.	Esme Hulshizer	2023	14.86

200 Meter Dash

1.	Antonia Smith	2018	27.83
2.	Abbie Disbrow	2018	28.90
3.	Lucia Smith	2018	29.22
4.	Claire Siebenaler	2022	29.30
5.	Lindsey Root	2017	29.30
6.	Leah Kurth	2023	30.14
7.	Kate Vermilya	2023	30.32
8.	Abigail Hoffman	2021	30.34
9.	Cora Davidson	2023	30.58
10.	Gabby Stowell	2017	30.69

400 meter dash/split

1.	Antonia Smith	2018	1:01.27
2.	Lindsey Root	2017	1:02.51
3.	Lucia Smith	2018	1:06.13
4.	Claire Siebenaler	2022	1:07.70
5.	Celia Cole	2018	1:07.81
6.	Kate Vermilya	2023	1:08.60
7.	Abigail Hoffman	2021	1:09.12
8.	Stella Wendt	2023	1:09.35
9.	Aylin Perez	2023	1:09.89
10.	Cora Davidson	2023	1:10.27

800 meter dash/split

1.	Macy Loechler	2015	2:36.31
2.	Celia Cole	2018	2:38.12
3.	Lindsey Root	2017	2:41.96
4.	Anna Daood	2017	2:45.28
5.	Lucia Smith	2018	2:46.35
6.	Antonia Smith	2018	2:47.12
7.	Aylin Perez	2023	2:48.59
8.	Piper Krenik	2016	2:50.74
9.	Kate Vermilya	2023	2:50.94
10.	Allison Hansen	2015	2:53.34

1600 Meter Run

1.	Macy Loechler	2015	5:58.90
2.	Vanessa Perez	2015	6:00.99
3.	Sami Leistikow	2022	6:10.81
4.	Anna Daood	2016	6:20.26
5.	Celia Cole	2018	6:20.99
6.	Allison Hanson	2015	6:33.28
7.	Courtney Dayland	2014	6:33.62
8.	Sophia Tuseth	2021	6:35.36
9.	Alayna Reps	2018	6:35.39
10.	Riley Ward	2019	6:35.41

100 hurdles

1.	Cora Davidson	2023	18.50
2.	Madi Bjerke	2023	19.23
3.	Claire Siebenaler	2022	19.71
4.	Ashley Paul	2016	19.71
5.	Lucia Smith	2017	19.74
6.	Abbie Disbrow	2017	20.23
7.	Gabby Stowell	2017	20.24
8.	Katie Dailey	2017	20.96
9.	Jenny Kramer	2015	21.34
10.	Tessa Matzke	2021	21.83

200 hurdles

1.	Claire Siebenaler	2022	32.79
2.	Ashley Paul	2016	34.78
3.	Madi Bjerke	2023	34.96
4.	Lucia Smith	2017	35.47
5.	Hannah Fynboh	2017	35.51
6.	Gabby Stowell	2017	35.72
7.	Cora Davidson	2022	35.96
8.	Tessa Matzke	2021	36.19
9.	Jenny Kramer	2015	36.47
10.	Abbie Disbrow	2017	36.61

High Jump

T1.	Stella Wendt	2023	4-06.00
T1.	Katie Dailey	2017	4-06.00
3.	Adi Karlen	2019	4-04.00
T4.	Carly Pearson	2023	4-02.00
T4.	Aylin Perez	2023	4-02.00
T4.	Natalie Kroening	2023	4-02.00
T4.	Claire Siebenaler	2022	4-02.00
T4.	Hannah Fynboh	2017	4-02.00
T4.	Taylin Andring	2019	4-02.00
T9.	Shelby Mosdal	2019	4-00.00
T9.	Tessa Matzke	2021	4-00.00

Long Jump:

1. Abbie Disbrow	2018	16-06.50
2. Lindsey Root	2017	15-02.00
3. Antonia Smith	2017	13-08.25
4. Esme Hulshizer	2023	13-06.59
5. Madi Bjerke	2023	13-05.00
6. Ashley Paul	2017	13-02.50
7. Kate Vermilya	2023	13-01.00
8. Claire Dorman	2018	12-11.00
9. Hannah Fynboh	2017	12-10.50
T10. Avery Klassen	2023	12-07.00
T10. Jenny Kramer	2015	12-07.00

Triple Jump

1. Antonia Smith	2018	31-04.75
2. Lucia Smith	2018	30-06.00
3. Stella Wendt	2023	28-08.00
4. Kate Vermilya	2023	27-02.00
5. Avery Klassen	2023	25-03.50
6. Tessa Matzke	2021	23-06.00

Pole Vault

T1. Kate Vermilya	2023	7-00.00
T1. Courtney Dayland	2014	7-00.00
T3. Taylin Andring	2018	6-06.00
T3. Erin Torres	2018	6-06.00
5. Katie Dailey	2017	6-00.00
6. Avery DeCook	2023	5-06.00
7. Madison Snyder	2016	5-00.00
T8. Emily Brogan	2023	4-06.00
T8. Cami Jerde	2023	4-06.00

Shot Put:

1. Trinity Gbala	2017	28-01.50
2. Abby McCreedy	2017	26-01.50
3. Annika O'Hara	2016	25-03.00
4. Ilah Daood	2021	24-09.00
5. Sonia Howen	2016	24-01.50
6. Mariana Arriaga	2019	23-08.00
T7. Avery DeCook	2023	23-05.00
T7. Iris McGinley	2022	23-05.00
9. Cora Davidson	2023	22-10.00
10. Lilli Shea	2014	22-08.00

Discus

1. Abby McCreedy	2017	74-08
2. Trinity Gbala	2017	71-05
3. Iris McGinley	2022	68-10
4. Cami Jerde	2023	67-09
5. Mariana Arriaga	2019	64-11
6. Ilah Daood	2021	62-00
7. Haleigh Hahn	2023	60-01.50
8. Krisha Brahmabhatt	2019	60-01
9. Sonia Howen	2016	58-08
10. Lilli Shea	2014	58-04

4x100

1. Cora Davidson, Esme Hulshizer, Leah Kurth, Aylin Perez—57.22 (2023)
2. Antonia Smith, Erin Torres, Lucia Smith, Abbie Disbrow—1:00.04 (2017)
3. Carly Pearson, Cora Davidson, Avery Klassen, Claire Siebenaler—1:00.71 (2022)
4. Erin Torres, Isabelle Gray, Taylin Andring, Claire Dorman—1:01.44 (2018)
5. Adi Karlen, Morgan Carlson, Teia Hulshizer, Shelby Mosdal—1:01.56 (2019)

4x200

1. Jayne Decker, Natalie Kroening, Stella Wendt, Leah Kurth—2:04.45 (2023)
2. Ashley Paul, Katie Dailey, Hannah Fynboh, Gabby Stowell—2:05.96 (2017)
3. Adi Karlen, Morgan Carlson, Taylin Andring, Shelby Mosdal—2:07.99 (2019)
4. Erin Torres, Isabelle Gray, Claire Dorman, Taylin Andring—2:15.60 (2018)
5. Carly Pearson, Avery DeCook, Avery Klassen, Leah Kurth—2:18.91 (2022)

4x400

1. Stella Wendt, Cora Davidson, Aylin Perez, Kate Vermilya—4:38.89 (2023)
2. Ashley Paul, Celia Cole, Antonia Smith, Lindsey Root—4:46.73 (2017)
3. Adi Karlen, Riley Ward, Taylin Andring, Shelby Mosdal—4:53.52 (2019)
4. Taylin Andring, Olivia Drath, Reliegh Hoover, Erin Torres—5:11.78 (2018)

4x800

1. Anna Daood, Nora Fritcher, Brooke Spaulding, Celia Cole—12:19.63 (2017)
2. Tuset, Daood, Brogan, Leistikow — 12:51.34 (2021)

SAINT CHARLES SAINTS GIRLS ALL-TIME TRACK AND FIELD RECORDS

4 X 800 M	Kirsten Mueller, Jenna Jensen, Katie Mueller, Amber Mazzitelli	9:55	2004
100 HH	Melissa Koenig	16.8	1994
100M	Lindsey Root	12.43	2021
4 X 200M	Abbie Disbrow, Lucia Smith, Antonia Smith, Lindsey Root	1:47.35	2021
1600M	Rochelle Swiggum	5:19.95	1983
4 X 100 M	Melissa Koenig, Kathy Benedett, Amy Clausen, Cathy Siebenaler	51.3	1994
400 M	Antonia Smith	59.15	2021
300 LH	Bridgid Smith	47.91	2011
800 M	Kirsten Mueller	2:24.97	2003
200 M	Lindsey Root	25.81	2021
3200 M	Rochelle Swiggum	11 :34.40	1983
4 X 400 M	Bridgid Smith, Ahna Buntrock Brandi Blattner, Kaitlyn Gathje	4:05.54	2011
High Jump	Amie Siebenaler	5-05.00	1993
Long Jump	Lindsey Root	17-09.50	2019
Triple Jump	Abby Ludens	34-08.75	2013
Shot	Chloe Spaeth	35-08.00	2013
Discus	Karen Koenig	135-09.75	1984
Pole Vault	Analise Fabre	8-10	2017