

SAINT CHARLES SAINTS GIRLS TRACK AND FIELD



2024 SQUAD OF AWESOMENESS

2024 GIRLS DEPTH CHART

100 Meter Dash:

1. Madi Bjerke – 13.15 (TRC 5/11)
2. Samantha Perez – 13.29 (**State TT 5/18**)
3. Mira Paul – 13.71 (SC 4/30)
- T4. Kate Vermilya – 13.86 (RPH 4/5)
- T4. Abby Hoffman – 13.86 (RPH 4/5)
5. Kiylee Diedrich – 13.90 (Chat 5/16)
6. Emma Nelson – 13.98 (Chat 5/16)
7. Shelby Mosdal – 14.39 (SC 4/30)
8. Thavyah Matthews – 14.44 (Chat 4/25)
9. Esme Hulzshizer – 14.58 (JH DE 4/15)
10. Belva Douangdy – 14.58 (JH DE 4/15)
11. Catherine Davidson – 14.81 (JH TRC 5/14)
12. Jordan Lewis – 14.83 (Chat 4/25)
13. Cora Davidson – 14.93 (PEM 4/12)
14. Jayne Decker – 15.25 (JH LA 5/9)
15. Leah Kurth – 15.30 (SC 4/30)
16. Tala Rounsaville – 15.32 (JH DE 4/15)
17. Natalie Kroening – 15.33 (Chat 4/25)
18. Ellie Boyum – 15.46 (JH LA 5/9)
19. Megan Iverson – 15.60 (Chat 5/16)
20. Matti Phetsomphou – 15.75 (JH TRC 5/14)
21. Emmalyn Mauskemmo – 15.79 (JH LA 5/9)
22. Hannah Mueller – 15.86 (JH LA 5/9)
23. Avery Klassen – 16.04 (Chat 5/16)
24. Kaylee Nelson – 16.16 (JH LA 5/9)
25. Brynn Floerke – 16.38 (JH LA 5/9)
26. Emma Schram – 16.39 (JH LA 5/9)
27. Morgan Carlson – 16.49 (SC 4/30)
28. Kaylee Denning – 16.70 (JH LA 5/9)
29. Cassie Kramer – 16.79 (JH LA 5/9)
30. Ytzel Reynoso – 16.95 (RPH 4/5)
31. Lyah Ludwig – 17.14 (Chat 4/25)
32. Elsie Hoffman – 17.31 (JH TRC 5/14)
33. Ava Koetz – 17.64 (RPH 4/5)

200 Meter Dash:

1. Samantha Perez – 27.08 (TT Sect 5/7)
2. Madi Bjerke – 27.51 (**State TT 5/18**)
3. Abby Hoffman – 28.28 (TRC 5/11)
4. Evie Benedett – 28.46 (Subs 5/22)
5. Kate Vermilya – 28.87 (TRC 5/11)
6. Claire Siebenaler – 28.97 (RPH 4/5)
7. Mira Paul – 29.17 (SC 4/30)
8. Kiylee Diedrich – 29.22 (Chat 5/16)
9. Shelby Mosdal – 29.52 (TRC 5/11)
10. Emma Nelson – 29.55 (Chat 5/16)
11. Cora Davidson – 29.84 (RPH 4/5)
12. Tessa Matzke – 29.92 (SC 4/30)
13. Stella Wendt – 30.36 (Chat 4/25)
14. Esme Hulshizer – 31.38 (JH LA 5/9)
15. Jordan Lewis – 31.42 (JH DE 4/15)
16. Thavyah Matthews – 31.61 (RPH 4/5)
17. Megan Iverson – 32.10 (Chat 5/16)
18. Catherine Davidson – 32.37 (Chat 4/25)
19. Tala Rounsaville – 32.46 (JH DE 4/15)
20. Leah Kurth – 32.53 (RPH 4/5)
21. Natalie Kroening – 33.16 (Chat 4/25)
22. Matti Phetsomphou – 33.65 (JH Lewiston 4/9)
23. Avery Klassen – 33.76 (Chat 5/16)
24. Ellie Boyum – 33.82 (JH TRC 5/14)
25. Belva Douangdy – 34.10 (Chat 4/25)
26. Emmalyn Mauskemmo – 34-46. (JH LA 5/9)
27. Emily Siebenaler – 34.91 (Chat 4/25)
28. Brynn Floerke – 34.94 (JH TRC 5/14)
29. Kaylee Nelson – 35-21 (JH LA 5/9)
30. Hannah Mueller – 35.40 (Chat 4/25)
31. Cassandra Kramer – 35.99 (Chat 4/25)
32. Kaylee Denning – 36.12 (JH LA 5/9)
33. Ytzel Reynoso – 36.32 (RPH 4/5)
34. Neveah Mitchell – 36.70 (JH TRC 5/14)

35. Lyah Ludwig – 37.36 (JH DE 4/15)
36. Elsie Hoffman – 38.05 (JH LA 5/9)

400 Meter Dash:

1. Samantha Perez – 1:00.33 (Sections 5/30)
2. Madi Bjerke – 1:01.85 (**State TT 5/18**)
3. Claire Siebenaler – 1:03.93 (Subs 5/22)
4. Stella Wendt – 1:06.40 (TRC 5/11)
5. Abby Hoffman – 1:07.20 (PEM 4/12)
6. Kate Vermilya – 1:09.85 (Stout 3/23)
7. Evie Benedett – 1:11.42 (RPH 4/5)
- T8. Tessa Matzke – 1:12.80 (RPH 4/5)
- T8. Emma Schram – 1:12.80 (JH TRC 5/14)
9. Emma Nelson – 1:12.86 (Chat 4/25)
10. Catherine Davidson – 1:13.00 (TTF SC 5/4)
11. Megan Iverson – 1:13.07 (Subs 5/22)
12. Jayne Decker – 1:14.70 (JH LA 5/9)
13. Matti Phetsomphou – 1:17.07 (Chat 4/25)
14. Brynn Floerke – 1:18.25 (TTF SC 5/4)
15. Tala Rounsaville – 1:18.30 (JH TRC 5/14)
16. Kaylee Nelson – 1:20.63 (JH TRC 5/14)
17. Avery Klassen – 1:24.16 (St. Mary's 3/26)
18. Nevaeh Mitchell – 1:27.68 (Chat 4/25)
19. Kaylee Denning – 1:30.20 (Chat 4/30)
20. Emmalyn Mauskemmo – 1:31.47 (JH DE 4/15)
21. Elsie Hoffman – 1:39.30 (JH LA 5/9)

400 Meter Splits:

1. Madi Bjerke – 59.98 (**State Finals 6/7**)
2. Samantha Perez – 1:00.79 (Section 5/30)
3. Mya Slavin – 1:01.11 (Sections 5/28)
4. Abby Hoffman – 1:03.21 (Section 5/30)
5. Lydia Warmkagathje – 1:03.24 (Sections 5/28)
6. Kate Vermilya – 1:05.41 (SC 4/30)
7. Cora Davidson – 1:07.10 (PEM 4/12)
8. Aylin Perez – 1:07.98 (PEM 4/12)
9. Stella Wendt – 1:08.09 (**State TT 5/18**)
10. Catherine Davidson – 1:11.27 (JH TRC 5/14)
11. Evie Benedett – 1:12.61 (PEM 4/12)
12. Emma Schram – 1:13.06 (JH TRC 5/14)
13. Sophia Tuseh – 1:13.83 (PEM 4/12)
14. Jayne Decker – 1:14.10 (TTF SC 5/4)
15. Emma Schram – 1:14.26 (TTF SC 5/4)
16. Tessa Matzke – 1:14.68 (St. Mary's 3/26)
17. Lauryn Iverson – 1:15.05 (JH DE 4/15)
18. Matti Phetsomphou – 1:15.62 (JH TRC 5/14)
19. Emma Nelson – 1:15.89 (PEM 4/12)
20. Megan Iverson – 1:16.98 (TTF SC 5/4)
21. Emily Siebenaler – 1:18.70 (JH DE 4/15)
22. Brynn Floerke – 1:20.00 (JH LA 5/9)
23. Josie O'Hara – 1:23.32 (JH DE 4/15)
24. Hannah Aust – 1:26.35 (JH DE 4/15)
25. Jordyn Gosch – 1:31.64 (JH DE 4/15)
26. Emmalyn Mauskemmo – 1:32.62 (JH DE 4/15)

800 Meter Run:

1. Mya Slavin – 2:37.42 (PEM 4/12)
2. Aylin Perez – 2:40.13 (Subs 5/22)
3. Sami Leistikow – 2:41.85 (TRC 5/11)
4. Lydia Warmkagathje – 2:42.99 (PEM 4/12)
5. Tessa Matzke – 2:44.55 (Subs 5/22)

- Catherine Davidson – 2:44.69 (Subs 5/22)
- Emma Nelson – 2:57.57 (TRC 5/11)
- Emily Siebenaler – 3:01.44 (JH DE 4/15)
- Hannah Mueller – 3:06.11 (JH LA 5/9)
- Hannah Aust – 3:07.45 (JH LA 5/9)
- Josie O'Hara – 3:12.84 (JH LA 5/9)
- Emma Schram – 3:13.08 (Chat 4/25)
- Hannah Mueller – 3:14.10 (TTF SC 5/4)
- Jordyn Gosch – 3:25.77 (JH TRC 5/14)
- Brynn Floerke – 3:33.86 (Chat 4/25)
- Elsie Hoffman – 3:45.63 (JH DE 4/15)

800 Meter Splits:

- Mya Slavin – 2:27.00 (TRC 5/11)
- Lydia Warmkagathje – 2:30.60 (**State TT 5/18**)
- Aylin Perez – 2:36.55 (Section 5/30)
- Sami Leistikow – 2:37.77 (TRC 5/11)
- Tessa Mazke – 2:40.87 (**State TT 5/18**)
- Catherine Davidson – 2:43.10 (**State TT 5/18**)
- Sophia Tuseth – 2:51.98 (Chat 4/25)
- Hannah Aust – 3:04.65 (SC 4/30)
- Emily Siebenaler – 3:07.21 (SC 4/30)
- Samantha Aust – 3:29.89 (PEM 4/12)

1600 Meter Run:

- Mya Slavin – 5:18.92 (Section 5/30)
- Sophia Tuseth – 6:02.78 (SC 4/30)
- Sami Leistikow – 6:03.64 (SC 4/30)
- Aylin Perez – 6:35.77 (PEM 4/12)
- Catherine Davidson – 6:40.38 (JH DE 4/15)
- Emily Siebenaler – 6:42.44 (Subs 5/22)
- Hannah Aust – 6:44.77 (Chat 4/25)
- Hannah Mueller – 7:03.06 (JH TRC 5/14)
- Josie O'Hara – 7:19.07 (JH TRC 5/14)
- Samantha Aust – 7:30.37 (St. Mary's 3/26)
- Jordyn Gosch – 7:45.74 (TTF SC 5/4)

3200 Meter Run:

- Mya Slavin – 12:23.53 (Chat 4/25)
- Sophia Tuseth – 12:57.06 (TRC 5/11)
- Samantha Aust – 15:50.45 (PEM 4/12)

100 Meter Intermediate Hurdles:

- Cora Davidson – 17.53 (Sections 5/28)
- Lydia Warmkagathje – 18.17 (TRC 5/11)
- Claire Siebenaler – 18.54 (**State TT 5/18**)

100 Meter Low Hurdles:

- Belva Douangdy – 18.82 (JH LA 5/9)
- Lauryn Iverson – 19.45 (JH LA 5/9)
- Noelle Kieffer – 20.11 (JH TRC 5/14)

200 Meter Hurdles:

- Belva Douangdy – 34.67 (JH LA 5/9)
- Noelle Kieffer – 36.13 (JH TRC 5/14)
- Lauryn Iverson – 36.20 (JH LA 5/9)

300 Meter Hurdles:

- Claire Siebenaler – 50.59 (TRC 5/11)
- Lydia Warmkagathje – 51.29 (TRC 5/11)
- Cora Davidson – 52.01 (TRC 5/11)

High Jump:

- T1. Stella Wendt – 4' 08" (Subs 5/22, St. Mary's 3/26)
- T1. Aylin Perez – 4' 08" (Subs 5/22, JH TRC 5/14)
2. Mira Paul – 4' 06" (SC 4/30)
- T3. Shelby Mosdal – 4' 04" (Chat 4/25, SC 4/30)
- T3. Lauryn Iverson – 4' 04" (JH TRC 5/14)

- T4. Catherine Davidson – 4' 02" (JH LA 4/9, JH TRC 5/14)
- T4. Natalie Kroening – 4' 02" (JH DE 4/15, JH TRC 5/15)
5. Carly Pearson – 4' 00" (PEM 4/12)
6. Emmalyn Mauskemo – 3' 08" (JH DE 4/15, JH TRC 5/15)

Long Jump:

- Samantha Perez – 17' 03.25 (**State TT 5/18**)
- Thavyah Matthews – 14' 09.50" (Subs 5/22)
- Cora Davidson – 14' 02.75" (Subs 5/22)
- Esme Hulshizer – 13' 10.50" (JH TRC 5/14)
- Madi Bjerke – 13' 04" (Chat 4/25)
- Catherine Davidson – 13' 00" (JH Lewiston 4/9)
- Emmalyn Mauskemo – 12' 10" (JH LA 5/9)
- Megan Iverson – 12' 08.50" (RPH 4/5)
- Ellie Boyum – 12' 03" (Chat 4/25)
- Jordan Lewis – 12' 02" (JH Lewiston 4/9)
- Emily Siebenaler – 11' 11.50" (JH Lewiston 4/9)
- Emmalyn Mauskemo – 11' 10.50" (Chat 4/25)
- Avery Klassen – 11' 01" (Chat 5/16)
- Matti Phetsomphou – 11' 00" (JH LA 5/9)
- Lyah Ludwig – 9' 04" (Chat 4/25)

Triple Jump:

- Abby Hoffman – 32' 04.50" (**State TT 5/18**)
- Stella Wendt – 31' 11.25" (TT Sect 5/7)
- Tessa Matzke – 26' 03.50" (St. Mary's 3/26)
- Tala Rounsaville – 26' 02" (JH TRC 5/14)
- Evie Benedett – 25' 02" (St. Mary's 3/26)

Pole Vault:

- Lydia Warmkagathje – 9' 07" (Section 5/30)
- Kate Vermilya – 8' 00" (**State TT 5/18**)
- Tala Rounsaville – 6' 00" (JH TRC 5/14)
- Belva Douangdy – 5' 06" (JH LA 5/9, JH TRC 5/14)

Shot Put:

- Iris McGinley – 29' 07.50" (**State TT 5/18**)
- Ilah Daood – 28' 06.75" (**State TT 5/18**)
- Marabelle Kurth – 25' 00.50" (Subs 5/22)
- Avery DeCook – 24' 03" (Chat 5/16)
- Brooke Bunke – 23' 09" (SC 4/30)
- Crystal Ortega – 22' 08.75" (SC 4/30)
- Angie Zickrick – 22' 00.50" (Chat 5/16)
- Candy Zickrick – 21' 10.50" (Chat 5/16)
- Yaret Samano-Hernandez – 21' 10" (JH TRC 5/14)
- Emily Brogan – 21' 06.75" (SC 4/30)
- Candy Zickrick – 21' 05" (SC 4/30)
- Henry Rounsaville – 21' 00" (RPH 4/5)
- Cami Jerde – 20' 07" (SC 4/30)
- Miriam Arriaga – 20' 01" (PEM 4/12)
- Jocelyn Wolter – 19' 09" (JH TRC 5/14)
- Kaylie DeCook – 19' 08.50" (PEM 4/12)
- Greta Mosdal – 19' 08" (JH TRC 5/14)
- Morgan Carlson – 19' 06" (PEM 4/12)
- Ava Jackley – 18' 05" (JH Lewiston 4/9)
- Tala Rounsaville – 17' 01" (JH Lewiston 4/9)
- Ivana Juarez – 14' 09" (JH Lewiston 4/9)

Discus:

- Iris McGinley – 96' 04" – (**State TT 5/18**)
- Ilah Daood – 89' 07" (Chat 4/25)
- Cami Jerde – 82' 03" (Subs 5/22)
- Marabelle Kurth – 78' 10" (TRC 5/11)
- Brooke Bunke – 65' 05" (Chat 5/16)

6. Avery DeCook – 61' 11" (Chat 5/16)
7. Emily Brogan – 60' 04" (RPH 4/5)
8. Henry Rounsaville – 59' 02" (PEM 4/12)
9. Yaret Samano Hernandez – 58' 04" (JH TRC 5/14)
10. Greta Mosdal – 58' 02" (JH TRC 5/14)
- T11. Candy Zickrick – 56' 07" (Chat 5/16)
- T11. Angie Zickrick – 56' 07" (SC 4/30)
12. Kaylie DeCook – 52' 10" (Chat 5/16)
13. Jocelyn Wolter – 51' 00" (TTF SC 5/4)
14. Crystal Ortega – 50' 06" (SC 4/30)
15. Miriam Arriaga – 49' 09" (PEM 4/12)
16. Leah Kurth – 48' 04" (Chat 4/25)
17. Ava Jackley – 40' 07" (JH Lewiston 4/9)
18. Ivana Juarez – 31' 03" (JH Lewiston 4/9)

4x100 Meter Relay:

1. Hoffman, Bjerke, Vermilya, Perez – 52.05 (RPH 4/5)
2. Hoffman, Bjerke, Vermilya, Paul – 52.79 (TRC 5/11)
3. Hoffman, Mosdal, ENelson, Paul – 54.07 (**State TT 5/18**)
4. Hoffman, Matthews, Vermilya, Paul – 54.27 (TT Sect 5/7)
5. Hoffman, Matthews, Vermilya, Paul – 54.46 (SC 4/30)
6. Mosdal, Nelson, Matthews, Paul – 55.36 (PEM 4/12)
7. Diedrich, Mosdal, Matthews, Paul – 55.78 (Chat 4/25)
8. Davidson, Diedrich, Nelson, Kurth – 57.14 (RPH 4/5)
9. Hulshizer, Douangdy, CaDavidson, Lewis – 57.45 (JH TRC 5/14)
10. Hulshizer, CaDavidson, Douangdy, Lewis – 59.09 (Chat 4/25)
11. Hulshizer, Kroening, Douangdy, Lewis – 59.93 (JH DE 4/15)
12. Decker, Mueller, Douangdy, Hulshizer – 1:00.29 (TTF SC 5/4)
13. Hulshizer, Lewis, Kroening, Douangdy – 1:00.74 (JH LA 4/9)
14. Kurth, Carlson, Klassen, Pearson – 1:02.98 (PEM 4/12)
15. Schram, Floerke, KNelson, Boyum – 1:03.35 (JH LA 5/9)
16. Schram, Kieffer, Nelson, Boyum – 1:03.54 (TTF SC 5/4)
17. Ludwig, Boyum, ESiebenaler, Mueller – 1:04.32 (Chat 4/25)
18. Samano, DeCook, Daood, Kurth – 1:04.64 (Chat 4/25)
19. LKurth, CZickrick, ADeCook, MKurth – 1:05.04 (Chat 5/16)
20. Denning, EHoffman, Kieffer, Mitchell – 1:05.09 (JH TRC 5/14)
21. Boyum, Phetsomphou, Ludwig, Lopez – 1:08.68 (JH LA 4/9)
22. Ludwig, Denning, Nelson, Mitchell – 1:09.57 (JH DE 4/15)

4x200 Meter Relay:

1. Hoffman, Benedett, Bjerke, SPerez – 1:47.81 (Sections 5/30)
2. Hoffman, Benedett, Bjerke, SPerez – 1:48.97 (**State Prelim 6/6**)
3. Hoffman, Benedett, Bjerke, SPerez – 1:49.57 (Subs 5/22)
4. Hoffman, Diedrich, Benedett, CSiebenaler – 1:51.19 (TRC 5/11)
5. Hoffman, Diedrich, CSiebenaler, Benedett – 1:52.10 (**State TT 5/18**)
6. Hoffman, Benedett, CSiebenaler, Vermilya – 1:52.20 (SC 4/30)
7. Hoffman, Benedett, CSiebenaler, Vermilya – 1:52.41 (TT Sect 5/7)
8. Hoffman, Benedett, Vermilya, Perez – 1:53.57 (PEM 4/12)
9. Hulshizer, Lewis, Vermilya, Bjerke – 1:58.92 (JH TRC 5/14)
10. Mosdal, Matthews, Paul, Benedett – 1:59.61 (RPH 4/5)
11. Nelson, Iverson, Diedrich, Wendt – 2:00.31 (SC 4/30)

12. Nelson, Iverson, Matzke, Wendt – 2:00.72 (Chat 4/25)
13. Mosdal, Matthews, Wendt, Benedett – 2:02.09 (St. Mary's 3/26)
14. Warmkagathje, Iverson, Diedrich, Wendt – 2:04.14 (PEM 4/12)
15. Hulshizer, Rounsaville, CaDavidson, Lewis – 2:06.09 (JH LA 5/9)
16. Decker, Mlverson, CaDavidson, Hulshizer – 2:07.83 (TTF SC 5/4)
17. ESiebenaler, Rounsaville, Phetsomphou, Hulshizer – 2:09.27 (Chat 4/25)
18. Mauskemo, Decker, Schram, Rounsaville – 2:12.69 (JH LA 4/9)
19. Boyum, Schram, Kieffer, Phetsomphou – 2:15.00 (JH DE 4/15)
20. KNelson, ESiebenaler, Mauskemo, Rounsaville – 2:17.31 (JH TRC 5/14)
21. Nelson, Denning, Hoffman, Mitchell – 2:23.45 (JH DE 4/15)
22. Nelson, Floerke, Hoffman, Mitchell – 2:23.83 (JH Lewiston 4/9)
23. Schram, Mauskemo, EHoffman, Floerke – 2:23.89 (Chat 4/25)
24. Denning, Hoffman, Mitchell, Mauskemo – 2:27.68 (TTF SC 5/4)
25. Kieffer, Mitchell, Kramer, Denning – 2:28.45 (JH Chat 4/25)

4x400 Meter Relay:

1. Hoffman, Slavin, Bjerke, SPerez – 4:07.20 (Sections 5/30)
2. Hoffman, Slavin, SPerez, Bjerke – 4:07.61 (**State Finals 6/7**)
3. Hoffman, Slavin, Warmkagathje, Bjerke – 4:09.74 (Sections 5/28)
4. Hoffman, Slavin, SPerez, Bjerke – 4:09.75 (**State Prelim 6/6**)
5. Hoffman, Slavin, Bjerke, SPerez – 4:10.75 (Subs 5/22)
6. Warmkagathje, Slavin, Bjerke, SPerez – 4:15.52 (TRC 5/11)
7. Hoffman, Warmkagathje, Bjerke, SPerez – 4:19.46 (Chat 4/25)
8. Warmkagathje, Hoffman, Vermilya, Slavin – 4:22.23 (TT Sect 5/7)
9. Hoffman, Wendt, Warmkagathje, Slavin – 4:23.43 (**State TT 5/18**)
10. Warmkagathje, Hoffman, Vermilya, SPerez – 4:24.26 (SC 4/30)
11. Vermilya, Hoffman, Warmkagathje, SPerez – 4:27.09 (RPH 4/5)
12. Hoffman, Vermilya, Warmkagathje, SPerez – 4:33.48 (Stout 3/23)
13. Davidson, Benedett, Wendt, Vermilya – 4:38.89 (PEM 4/12)
14. Slavin, APerez, Nelson, Tuseth – 4:42.02 (PEM 4/12)
15. Davidson, Matzke, Wendt, Slavin – 4:43.71 (St. Mary's 3/26)
16. Decker, Phetsomphou, Schram, CaDavidson – 4:55.32 (JH TRC 5/14)
17. ESiebenaler, Llverson, Schram, CaDavidson – 5:02.30 (JH DE 4/15)
18. Schram, Floerke, ESiebenaler, CaDavidson – 5:03.27 (JH LA 5/9)
19. Schram, Decker, Llverson, Mlverson – 5:04.81 (TTF SC 5/4)
20. Decker, O'Hara, ESiebenaler, CaDavidson – 5:27.41 (JH DE 4/15)
21. O'Hara, Gosch, Aust, Mauskemo – 5:54.20 (JH DE 4/15)

4x800 Meter Relay:

1. Leistikow, Matzke, Warmkagathje, Slavin – 10:28.41 (Subs 5/22)
2. APerez, Matzke, Leistikow, Slavin – 10:34.33 (TRC 5/11)
3. Leistikow, Matzke, CaDavidson, Warmkagathje – 10:35.55 (**State TT 5/18**)
4. APerez, Matzke, CaDavidson, Leistikow – 10:42.61 (Section 5/30)
5. Slavin, Tuseth, Leistikow, APerez – 11:04.87 (Chat 4/25)
6. APerez, Matzke, CaDavidson, Leistikow – 11:08.62 (TT Sect 5/7)
7. Slavin, Perez, Matzke, Tuseth – 11:17.20 (RPH 4/5)
8. Matzke, CaDavidson, ESiebenaler, HAust – 11:52.58 (SC 4/30)
9. Slavin, Leistikow, Matzke, SAust – 11:56.31 (PEM 4/12)

Samantha Perez 433.5
Lydia Warmkagathje 300
Mya Slavin 284
Madi Bjerke 273
Abby Hoffman 232
Kate Vermilya 181
Sophia Tuseth 114
Cora Davidson 110
Iris McGinley 108
Stella Wendt 95.5
Ilah Daood 93
Sami Leistikow 87.5
Aylin Perez 85.5
Evie Benedett 73.5
Claire Siebenaler 67.5
Thavyah Matthews 60.5
Tessa Matzke 53.5
Mira Paul 39.5
Catherine Davidson 34.5
Kiylee Diedrich 12
Emma Nelson 8.5
Shelby Mosdal 7.5
Samantha Aust 4
Hannah Aust 1
Emily Siebenaler 1
Leah Kurth (18)

Additional Letterwinners: Candy Zickrick, Kaylie DeCook, Teia Hulshizer, Ava Koetz, Crystal Ortega, Marabelle Kurth, Angie Zickrick, Avery DeCook, Brooke Bunke, Cami Jerde, Carly Pearson, Emily Brogan, Megan Iverson

*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.

2024 GIRLS PENTATHLON RESULTS

Name	FLYING 55	600M RUN	VERT. SPRING	BROAD JUMP	SHOT PUT
Abby Hoffman	7.28 (4)	2:16	19 (2)	5' 10"	9' 9.5"
Angie Zickrick	11.35	-	10.5	4' 02"	17' 0.25"
Ava Jackley	9.98	3:35	10	4' 10"	16' 9.75"
Ava Koetz	9.05	3:01	13.5	4' 09"	11' 10"
Avery DeCook	9.29	3:13	13	4' 10"	22' 8.25" (6)
Avery Klassen	9.31	3:05	12	5' 06"	13' 4.75"
Aylin Perez	8.17	2:09 (6)	12.5	5' 05"	21' 9.5" (8)
Belva Douangdy	8.04	2:40	18 (T3)	6' 06" (T6)	12' 10"
Brooke Bunke	10.06	3:13	12	4' 07"	22' 3.5" (7)
Brynn Floerke	8.76	2:39	10.5	5' 03"	11' 4.5"
Cami Jerde	9.52	3:24	11	5' 05"	19' 4.75"
Candy Zickrick	9.73	3:15	13	4' 04"	19' 5.75"
Carly Pearson	8.46	2:26	11	6' 02"	18' 3.5"
Cassandra Kramer	9.86	2:42	13	5' 10"	15' 0"
Catherine Davidson	7.61 (9)	2:17	15.5	6' 04" (T10)	13' 5.5"
Claire Siebenaler	7.15 (1)	1:58 (3)	18 (T3)	6' 08" (T3)	21' 5.5" (9)
Cora Davidson	7.63	2:18	15.5	6' 02"	21' 4.5" (10)
Crystal Ortega	11.22	-	10	4' 01"	14' 10"
Ellie Boyum	8.44	3:39	11	5' 00"	15' 7"
Elsie Hoffman	9.35	2:55	10.5	4' 06"	10' 8"
Emily Brogan	9.69	2:51	13	4' 04"	18' 3"
Emily Siebenaler	8.42	2:17	12.5	5' 09"	13' 4.75"
Emma Nelson	7.73	2:17	16	5' 08"	12"
Emma Schram	8.83	2:31	11	4' 04"	10' 2.75"
Emmalyn Mauskemo	8.93	3:45	12	5' 04"	14' 0"
Esme Hulshizer	8.01	3:22	16.5	5' 09"	14' 0.75"
Evie Benedett	7.79	2:44	17.5 (T6)	5' 08"	15' 4"
Greta Mosdal	-	-	-	-	-
Hannah Aust	9.24	2:36	12	4' 07"	13' 9"
Hannah Mueller	8.55	2:36	10	4' 06"	12' 11"
Henry Rounsaville	-	-	-	-	-
Ilah Daood	8.94	2:39	12.5	5' 07"	24' 3.5" (5)

Iris McGinley	9.38	3:20	10.5	5' 02"	25' 1" (T2)
Ivana Juarez	10.67	4:00	10	4' 04"	12' 7"
Jayne Decker	8.63	2:41	13.5	5' 05"	16' 5.5"
Jocelyn Wolter	-	-	-	-	-
Jordyn Gosch	8.55	3:41	14.5	4' 04"	13' 2.5"
Josie O'Hara	8.99	2:31	12	4' 05"	14' 3.5"
Kate Vermilya	7.46 (6)	2:03 (4)	14	6' 05" (T8)	25' 1" (T2)
Kaylee Denning	9.48	3:39	11	4' 04"	10' 6"
Kaylee Nelson	-	-	-	-	-
Kaylie DeCook	10.92	3:51	9	4' 01"	17' 2.5"
Kiylee Diedrich	7.80	3:06	17 (T8)	5' 00"	15' 2"
Lauryn Iverson	8.95	2:26	14.5	5' 08"	13' 9"
Leah Kurth	8.07	2:38	17 (T8)	6' 06" (T6)	11' 7.5"
Lydia Warmkagathje	7.67	1:58 (2)	18 (T3)	6' 08" (T3)	19' 5"
Madi Bjerke	7.31 (5)	2:07 (5)	17 (T8)	6' 03"	15' 1"
Marabelle Kurth	8.76	3:22	14.5	5' 09"	24' 10" (4)
Mattie Phetsomphou	8.88	3:24	12	4' 06"	15' 8.5"
Megan Iverson	8.71	2:27	14	5' 05"	15' 9.5"
Mira Paul	7.58 (8)	2:14 (T8)	20 (1)	7' 01" (1)	16' 1.25"
Miriam Arriaga	10.02	3:31	13	4' 05"	15' 0"
Morgan Carlson	8.65	3:21	-	-	20' 8.25"
Mya Slavin	7.22 (3)	1:57 (1)	15.5	6' 05" (T8)	21' 3.25"
Natalie Kroening	8.10	3:40	16.5	5' 05"	15' 8"
Nevaeh Mitchell	9.26	3:19	14	5' 05"	9' 1.5"
Noelle Kieffer	8.48	2:36	13	5' 05"	10' 7"
Sam Perez	7.21 (2)	2:14 (T8)	17.5 (T6)	6' 10.5" (2)	17' 1.5"
Samantha Aust	9.89	2:33	11	4' 02"	10' 4"
Sami Leistikow	8.37	2:15 (10)	15	4' 04"	13' 5.5"
Shelby Mosdal	7.54 (7)	2:12 (7)	16.5	6' 07" (5)	25' 4" (1)
Sophia Tuseth	8.36	2:17	14	5' 06"	12' 8"
Stella Wendt	7.71	2:22	17 (T8)	5' 09"	18' 2"
Tala Rounsaville	8.40	2:50	16	5' 03"	15' 11"
Teia Hulshizer	-	-	-	-	-
Tessa Matzke	8.09	2:28	14.5	5' 09"	16' 7.5"
Thavyah Matthews	7.62 (10)	2:38	16.5	6' 04" (T10)	19' 7.25"

Yaret Samano-Hernandez	8.46	3:21	16	4' 01"	19' 9"
Ytzel Reynoso	9.00	3:24	13	4' 08"	11' 8.75"

2024 PENTATHLON LEADERBOARD:

Flying 55 — Claire Siebenaler (7.15)

600 Meter Run — Mya Slavin (1:57)

Shot Put — Shelby Mosdal (25' 4")

Vertical Spring — Mira Paul (20.0")

Standing Long — Mira Paul (7' 1")

JH Leaderboard

Flying 55 — Madi Bjerke (7.31)

600 Meter Run — Kate Vermilya (2:03)

Shot Put — Kate Vermilya (25' 1") **NEW RECORD**

Vertical Spring — Belva Douangdy (18.0")

Standing Long — Belva Douangdy (6' 6")

2024 FINAL LIST OF SCORES

1. Claire Siebenaler	3450
2. Mira Paul	2550
3. Samantha Perez	2500
4. Shelby Mosdal	2400
5. Lydia Warmkagathje	2350
6. Kate Vermilya	2300
7. Mya Slavin	2050
8. Abby Hoffman	1600
9. Madi Bjerke	1350
10. Belva Douangdy	1150
11. Iris McGinley	850
12. Aylin Perez	800
13. Marabelle Kurth	700
T14. Ilah Daood	600
T14. Leah Kurth	600
16. Avery DeCook	500

17. Evie Benedett	450
18. Brooke Bunke	400
19. Catherine Davidson	250
T20. Thavyah Matthews	150
T20. Kiylee Diedrich	150
T20. Stella Wendt	150
T23. Sami Leistikow	100
T23. Cora Davidson	100

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 Mosdal—3200

2024: Claire Siebenaler—3450

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—Kate Vermilya—25' 1" (2024)

Standing LJ—Mira Paul—7' 3" (2021)

Vertical Spring—Abbie Disbrow—21.0" (2018)

GIRLS AWARDS—2024

Letter Winners: Samantha Perez, Lydia Warmkagathje, Mya Slavin, Madi Bjerke, Abby Hoffman, Kate Vermilya, Sophia Tuseth, Cora Davidson, Iris McGinley, Stella Wendt, Ilah Daood, Sami Leistikow, Aylin Perez, Evie Benedett, Claire Siebenaler, Thavyah Matthews, Tessa Matzke, Mira Paul, Catherine Davidson, KiyLee Diedrich, Emma Nelson, Shelby Mosdal, Samantha Aust, Emily Siebenaler, Candy Zickrick, Kaylie DeCook, Teia Hulshizer, Ava Koetz, Crystal Ortega, Angie Zickrick, Avery DeCook, Brooke Bunke, Cami Jerde, Carly Pearson, Emily Brogan, Megan Iverson

Top 5 Scorers: Sam Perez (433.5), Lydia Warmkagathje (300), Mya Slavin (284), Madi Bjerke (273), Abby Hoffman (232)

Conference Placers: Mya Slavin (1600M, 4x800M), Abby Hoffman (Triple Jump, 4x100M, 4x200M), Ilah Daood (Shot Put), Mira Paul (100M, 4x100M), Sophia Tuseth (3200M), Tessa Matzke (4x800M), Claire Siebenaler (300M Hurdles, 4x200M), Evie Benedett (4x200M), Iris McGinley (Discus), KiyLee Diedrich (4x200M), Lydia Warmkagathje (100M Hurdles, 300M Hurdles, Pole Vault), Sami Leistikow (800M, 4x800M), Cora Davidson (100M Hurdles, 300M Hurdles), Stella Wendt (400M), Aylin Perez (High Jump, 4x800M), Kate Vermilya (Pole Vault, 4x100M), Madi Bjerke (4x100M)

Conference Champions: Mya Slavin (4x400M), Samantha Perez (400M, Long Jump, 4x400M), Lydia Warmkagathje (4x400M), Madi Bjerke (100M, 4x400M)

All-Conference: Mya Slavin, Abby Hoffman, Samantha Perez, Lydia Warmkagathje, Madi Bjerke

Subsection Placers (Section Qualifiers): **Mya Slavin (1600M, 4x800M)**, Thavyah Matthews (Long Jump), **Abby Hoffman (4x200M, Triple Jump)**, **Samantha Perez (4x200M, Long Jump)**, Sophia Tuseth (3200M), **Tessa Matzke (4x800M)**, **Claire Siebenaler (400M)**, **Evie Benedett (200M, 4x200M)**, Iris McGinley (Discus), **Lydia Warmkagathje (4x800M, Pole Vault)**, **Sami Leistikow (4x800M)**, **Cora Davidson (100M Hurdles, 300M Hurdles)**, **Stella Wendt (Triple Jump)**, Kate Vermilya (100M, Pole Vault), **Madi Bjerke (100M, 4x200M)**

Subsection Champions (Section Qualifiers): **Mya Slavin (4x400M)**, **Abby Hoffman (4x400M)**, **Sam Perez (400M, 4x400M)**, **Madi Bjerke (4x400M)**

Section Meet Placers (State Qualifiers): **Mya Slavin (1600M)**, **Abby Hoffman (4x200M)**, **Samantha Perez (Long Jump, 400M, 4x200M)**, **Evie Benedett (4x200M)**, Lydia Warmkagathje (Pole Vault), **Madi Bjerke (4x200M)**

Section Champions (State Qualifiers): **Mya Slavin (4x400M)**, **Abby Hoffman (Triple Jump, 4x400M)**, **Samantha Perez (4x400M)**, **Lydia Warmkagathje (4x400M)**, **Madi Bjerke (4x400M)**

State Meet Placers: Mya Slavin (4x400M), Abby Hoffman (4x400M), Samantha Perez (4x400M), Madi Bjerke (4x400M)

MSHSL Honor Roll Qualifiers: Mya Slavin (1600M, 4x400M), Abby Hoffman (4x100M, 4x200M, 4x400M), Mira Paul (4x100M), Samantha Perez (100M, 200M, 400M, 4x100M, 4x200M, 4x400M, Long Jump), Claire Siebenaler (4x200M), Evie Benedett (4x200M), KiyLee Diedrich (4x200M), Lydia Warmkagathje (4x400M, Pole Vault), Kate Vermilya (4x100M, 4x200M), Madi Bjerke (100M, 200M, 400M, 4x100M, 4x200M, 4x400M)

JH Conference Meet Placers: Aylin Perez (800M), Esme Hulshizer (4x100M), Jayne Decker (4x400M), Jordan Lewis (4x100M), Kate Vermilya (400M), Matti Phetsomphou (4x400M), Belva Douangdy (100M Hurdles, 200M Hurdles,

4x100M, Pole Vault), Catherine Davidson (100M, 4x100M, 4x400M, High Jump), Emma Schram (400M, 4x400M), Greta Mosdal (Discus), Jocelyn Wolter (Discus), Lauryn Iverson (100M Hurdles, 200M Hurdles, High Jump), Noelle Kieffer (100M Hurdles, 200M Hurdles), Tala Rounsaville (Pole Vault, Triple Jump)

JH Conference Meet Champions: Aylin Perez (High Jump), Esme Hulshizer (4x200M, Long Jump), Jordan Lewis (4x200M), Kate Vermilya (4x200M, Pole Vault), Madi Bjerke (200M, 4x200M),

GIRLS TEAM AWARDS—2024

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*

2024 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.*

2024 Most Improved Award: Madi Bjerke

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.*

2024 Most Dedicated Award: Ilah Daood

LEADERSHIP AWARD: *The recipient of the Leadership Award goes to an athlete who 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.*

2024 LEADERSHIP AWARD: Mya Slavin

PVO AWARD: *The recipient of the PVO Award goes to the athlete who exemplifies our team value of “Positive Vibes Only”. This person always brings a positive and uplifting energy that uplifts teammates regardless of the situation. This person perseveres through hardship with a healthy perspective that maintains a perspective of appreciation for the opportunity to be a valued teammate and an appreciation for their teammates. Their joyful enthusiasm emanates to intentionally encourage, support, motivate, and care for their teammates. Their voice and actions remind us to strive for positivity.*

2024 PVO AWARD: Teia Hulshizer

ST. CHARLES TRACK AND FIELD AWARDS HISTORY

2014-present

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
2024	Samantha Perez	Madi Bjerke	Ilah Daood	Mya Slavin

PVO Award

2024: Teia Hulshizer

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: **Abby Hoffman, Claire Siebenaler, Lydia Warmkagathje, Mya Slavin, Samantha Perez**

2024: Abby Hoffman, **Lydia Warmkagathje, Madi Bjerke, Mya Slavin, 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****

Section Qualifiers: (Cont'd)

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 Tuseth (3200), **Lindsey Root (100, 200, long jump), Antonia Smith (400)**

2022: Celia Cole (4x800), Sami Leistikow (4x800), Sophia Tuseth (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: Abby Hoffman (Triple Jump, 4x100, 4x400), Aylin Perez (4x800), Claire Siebenaler (100M Hurdles, 300M Hurdles, 4x400), Cristina Hernandez (4x800, 4x100), Kate Vermilya (4x400), Lydia Warmkagathje (4x400), Mya Slavin (1600M, 3200M), Noelle Barclay (SP), Riley Ward (4x800), **Samantha Perez (Long Jump, 400M, 4x100)**, Sami Leistikow (4x800), Tessa Matzke (4x800), Thavyah Matthews (4x100)

2024: Abby Hoffman (Triple Jump, 4x200, 4x400), Aylin Perez (4x800), Catherine Davidson (4x800), Claire Siebenaler (400M), Cora Davidson (100M Hurdles, 300M Hurdles), Evie Benedett (4x200), Lydia Warmkagathje (Pole Vault, 4x800, 4x400), Madi Bjerke (100M, 4x200, 4x400), Mya Slavin (4x800, 1600M, 4x400), Stella Wendt (Triple Jump), Samantha Perez (Long Jump, 4x200, 400M, 4x400M), Sami Leistikow (4x800), Tessa Matzke (4x800)

State Qualifiers: (section champs in bold)

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

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

2024: **Abby Hoffman (4x200, 4x400)**, Evie Benedett (4x200), Lydia Warmkagathje (4x400), **Madi Bjerke (4x200, 4x400)**, **Mya Slavin (1600M, 4x400)**, **Samantha Perez (4x200, 400M, 4x400)**

All-State Placers:

2019: Lindsey Root, long jump - 4th Place

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

2024: Abby Hoffman, Mya Slavin, Samantha Perez, Madi Bjerke 4 x 400M—7th Place

Individual Academic All-State:

2024: Abby Hoffman, Evie Benedett, Lydia Warmkagathje, Mira Paul, Mya Slavin, Samantha Perez

Team Academic All-State:

2024: Gold (3.98)

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 canceled 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	-----
2024	52	12	81.3%	2	2	6	2	7	64

ST. CHARLES SAINTS GIRLS HONOR ROLL

2014-present

100 Meter Dash

1. Lindsey Root	2021	12.43
2. Madi Bjerke	2024	13.15
3. Samantha Perez	2024	13.29
4. Abbie Disbrow	2019	13.37
5. Abby Hoffman	2023	13.51
6. Antonia Smith	2018	13.59
7. Analise Fabre	2014	13.61
8. Mira Paul	2024	13.71
9. Katie Kramer	2017	13.76
10. Bianca Harris	2015	13.76

200 Meter dash

1. Lindsey Root	2021	25.81
2. Samantha Perez	2024	27.08
3. Antonia Smith	2022	27.38
4. Madi Bjerke	2024	27.51
5. Anna Smith	2014	28.13
6. Abby Hoffman	2024	28.28
7. Gabby Stowell	2019	28.35
8. Abbie Disbrow	2019	28.38
9. Evie Benedett	2024	28.46
10. Analise Fabre	2016	28.46

400 Meter dash

1. Antonia Smith	2021	59.15
2. Samantha Perez	2024	1:00.33
3. Madi Bjerke	2024	1:01.85
4. Anna Smith	2016	1:02.02
5. Lindsey Root	2017	1:02.51
6. Claire Siebenaler	2024	1:03.93
7. Gabby Stowell	2019	1:04.67
8. Piper Krenik	2017	1:05.77

9. Abby Hoffman	2023	1:06.09
-----------------	------	---------

10. Abby Ludens	2014	1:06.38
-----------------	------	---------

400 Meter Split

1. Antonia Smith	2021	59.86
------------------	------	-------

2. Madi Bjerke	2024	59.98
-----------------------	-------------	--------------

3. Samantha Perez	2024	1:00.79
--------------------------	-------------	----------------

4. Mya Slavin	2024	1:01.11
----------------------	-------------	----------------

5. Claire Siebenaler	2022	1:02.22
----------------------	------	---------

6. Piper Krenik	2019	1:02.28
-----------------	------	---------

7. Lindsey Root	2018	1:02.32
-----------------	------	---------

8. Gabby Stowell	2019	1:02.40
------------------	------	---------

9. Lucia Smith	2019	1:03.11
----------------	------	---------

10. Abby Hoffman	2024	1:03.21
-------------------------	-------------	----------------

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. Aylin Perez	2024	2:40.13
-----------------------	-------------	----------------

6. Sami Leistikow	2024	2:41.85
--------------------------	-------------	----------------

7. Lydia Warmkagathje	2024	2:24.99
------------------------------	-------------	----------------

8. Abby Hoffman	2023	2:44.30
-----------------	------	---------

9. Tessa Matzke	2024	2:44.55
------------------------	-------------	----------------

10. Catherine Davidson	2024	2:44.69
-------------------------------	-------------	----------------

800 Meter Run (split)

1. Mya Slavin	2024	2:27.00
----------------------	-------------	----------------

2. Lydia Warmkagathje	2024	2:30.60
------------------------------	-------------	----------------

3. Celia Cole	2022	2:34.82
---------------	------	---------

4. Macy Loechler	2015	2:36.31
------------------	------	---------

5. Aylin Perez	2024	2:36.55
6. Sami Leistikow	2024	2:37.77
7. Tessa Matzke	2024	2:40.87
8. Piper Krenik	2019	2:41.26
9. Lindsey Root	2017	2:41.96
10. Catherine Davidson	2024	2:43.10
1600 Meter Run		
1. Mya Slavin	2024	5:18.92
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	2024	6:02.78
7. Sami Leistikow	2024	6:03.64
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	2024	12:23.53
2. Allison Hansen	2017	12:51.16
3. Sophia Tuseth	2024	12:57.06
4. Evelyn Daood	2014	13:02.64
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

ST. CHARLES SAINTS GIRLS HONOR ROLL

2014-present

100 Meter Hurdles		
1. Lucia Smith	2021	17.27
2. Cora Davidson	2024	17.53
3. Claire Siebenaler	2023	17.64
4. Ashley Paul	2019	17.65
5. Lydia Warmkagathje	2024	18.17
6. Katherine Smith	2015	18.19
7. Abbie Disbrow	2017	18.60
8. Katie Dailey	2017	18.73
9. Jenny Kramer	2018	19.79
10. Mimi Kivi	2015	19.93

300 Meter Hurdles		
1. Lucia Smith	2021	48.51
2. Abbie Disbrow	2018	50.58
3. Claire Siebenaler	2024	50.59
4. Lydia Warmkagathje	2024	51.29
5. Cora Davidson	2024	52.01
6. Ashley Paul	2019	52.76
7. Katherine Smith	2014	53.81
8. Katie Dailey	2017	54.09
9. Jenny Kramer	2018	57.30
10. Gabby Stowell	2017	58.40

High Jump		
1. Katie Dailey	2021	5-02.00
2. Stella Wendt	2024	4-08.00
3. Aylin Perez	2024	4-08.00
4. Bianca Harris	2015	4-08.00
5. Lindsey Root	2018	4-08.00
6. Leah Mundt	2018	4-08.00
7. Mira Paul	2024	4-06.00
8. Noelle Barclay	2022	4-06.00

9. Shelby Mosdal	2022	4-06.00
10. Lauryn Iverson	2024	4-04.00
Long Jump		
1. Lindsey Root	2019	17-09.50
2. Samantha Perez	2024	17-03.25
3. Abbie Disbrow	2019	17-02.50
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. Cora Davidson	2024	14-02.75
9. Analise Fabre	2017	14-01.50
10. Anna Smith	2016	14-01.00

Triple Jump		
1. Abby Ludens	2014	34-02.75
2. Analise Fabre	2017	33-09.25
3. Abby Hoffman	2024	32-04.50
4. Stella Wendt	2024	31-11.25
5. Anna Smith	2017	31-09.25
6. Claire Siebenaler	2023	31-06.75
7. Antonia Smith	2018	31-04.75
8. Lucia Smith	2021	31-05.50
9. Kate Vermilya	2023	29-00.25
10. Ashley Paul	2021	29-00.00

Pole Vault		
1. Lydia Warmkagathje	2024	9-07.00
2. Analise Fabre	2017	8-10.00
3. Kate Vermilya	2024	8-00.00
4. Nora Fritcher	2022	8-00.00
5. Noelle Barclay	2022	7-06.00
6. Katie Kramer	2017	7-06.00

7. Courtney Dayland	2014	7-00.00	9. Zoeie Smith	2023	26-00.75
8. Lucia Smith	2019	7-00.00	10. Sonia Howen	2018	26-00.00
9. Araceli White	2023	7-00.00	Discus		
10. Hadli Heim	2021	6-09.00	1. Iris McGinley	2024	96-04.00
Shot Put			2. Sonia Howen	2019	90-09.00
1. Noelle Barclay	2023	34-04.75	3. Ilah Daood	2024	89-07.00
2. Hailey Soulier	2021	33-10.00	4. Hailey Soulier	2021	89-03.00
3. Triniti Gbala		2021 31-08.00	5. Abby McCready	2021	87-05.00
4. Iris McGinley	2024	29-07.50	6. Triniti Gbala		2021 86-08.00
5. Ilah Daood	2024	28-06.75	7. Cami Jerde	2024	82-03.00
6. Abby McCready	2021	27-11.00	8. Allie McDonough	2016	80-10.00
7. Marabelle Kurth	2023	27-01.00	9. Zoeie Meister Smith	2022	79-03.00
8. Mariana Arriaga	2023	26-08.00	10. Marabelle Kurth	2024	78-10.00

ST. CHARLES SAINTS GIRLS HONOR ROLL 2014-present

4X100

- 1. Abby Hoffman, Madi Bjerke, Kate Vermilya, Samantha Perez—52.05 (2024)**
- Lydia O'Hara, Anna Smith, Katie Kramer, Analise Fabre—52.45 (2017)
- Abby Hoffman, Kate Vermilya, Cristina Hernandez, Samantha Perez—52.77 (2023)
- Lydia O'Hara, Bianca Harris, Anna Smith, Analise Fabre—53.38 (2016)
- Abbie Disbrow, Mira Paul, Cristina Hernandez, Abby Hoffman—53.60 (2022)
- Lucia Smith, Jenny Kramer, Abbie Disbrow, Antonia Smith—54.22 (2018)
- Ashley Paul, Maria Dorronsoro, Halle McCormick, Abbie Disbrow—54.31 (2019)
- Lydia O'Hara, Anna Ferden, Bianca Harris, Analise Fabre—54.63 (2015)
- Abby Disbrow, Hadli Heim, Teia Hulshizer, Lindsey Root — 55.06 (2021)

4X200

- Abbie Disbrow, Lucia Smith, Antonia Smith, Lindsey Root—1:47.35 (2021)
- 2. Abby Hoffman, Evie Benedett, Madi Bjerke, Samantha Perez—1:47.81 (2024)**
- Lucia Smith, Piper Krenik, Gabby Stowell, Lindsey Root—1:49.84 (2019)
- Antonia Smith, Lucia Smith, Abbie Disbrow, Lindsey Root—1:50.96 (2018)
- Abbie Disbrow, Lucia Smith, Abby Hoffman, Antonia Smith—1:52.46 (2022)
- Lydia O'Hara, Abbie Disbrow, Lindsey Root, Analise Fabre—1:52.81 (2017)
- Abby Hoffman, Shelby Mosdal, Cristina Hernandez, Evie Benedett—1:54.08 (2023)
- 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)

4X400

- 1. Abby Hoffman, Mya Slavin, Madi Bjerke, Samantha Perez—4:07.20 (2024)**
- Lucia Smith, Abby Hoffman, Claire Siebenaler, Antonia Smith—4:11.82 (2022)
- Lucia Smith, Piper Krenik, Gabby Stowell, Lindsey Root—4:11.83 (2019)
- Abby Hoffman, Lydia Warmkagathje, Claire Siebenaler, Samantha Perez—4:18.54 (2023)
- Antonia Smith, Celia Cole, Lucia Smith, Lindsey Root—4:19.37 (2018)
- Katie Dailey, Celia Cole, Abigail Hoffman, Antonia Smith — 4:24.08 (2021)
- 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

- 1. Sami Leistikow, Tessa Matzke, Lydia Warmkagathje, Mya Slavin—10:28.41 (2024)**
- Celia Cole, Sami Leistikow, Sophia Tuset, Mya Slavin—10:42.44 (2022)

3. Macy Loechler, Anna Daood, Celia Cole, Allison Hansen—10:57.32 (2017)
4. Anna Daood, Allison Hansen, Brooke Spaulding, Celia Cole—11:06.82 (2018)
5. Riley Ward, Aylin Perez, Cristina Hernandez, Sami Leistikow—11:09.86 (2023)
6. Macy Loechler, Jaclyn Storey, Piper Krenik, Lilli Shea—11:18.16 (2015)
7. Piper Krenik, Olivia Drath, Anna Daood, Celia Cole—11:18.93 (2019)
8. 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.	Madi Bjerke	2024	13.15
2.	Lindsey Root	2017	13.58
3.	Antonia Smith	2018	13.59
4.	Kate Vermilya	2024	13.86
5.	Abbie Disbrow	2017	13.88
6.	Abigail Hoffman	2021	14.57
T7.	Esme Hulshizer	2024	14.58
T7.	Belva Douangdy	2024	14.58
9.	Hannah Fynboh	2017	14.67
10.	Cora Davidson	2023	14.73

200 Meter Dash

1.	Madi Bjerke	2024	27.51
2.	Antonia Smith	2018	27.83
3.	Kate Vermilya	2024	28.87
4.	Abbie Disbrow	2018	28.90
5.	Lucia Smith	2018	29.22
6.	Claire Siebenaler	2022	29.30
7.	Lindsey Root	2017	29.30
8.	Leah Kurth	2023	30.14
9.	Abigail Hoffman	2021	30.34
10.	Cora Davidson	2023	30.58

400 meter dash/split

1.	Madi Bjerke	2024	59.98
2.	Antonia Smith	2018	1:01.27
3.	Lindsey Root	2017	1:02.51
4.	Kate Vermilya	2024	1:05.41
5.	Lucia Smith	2018	1:06.13
6.	Claire Siebenaler	2022	1:07.70
7.	Celia Cole	2018	1:07.81
8.	Aylin Perez	2024	1:07.98
9.	Abigail Hoffman	2021	1:09.12
10.	Stella Wendt	2023	1:09.35

800 meter dash/split

1.	Macy Loechler	2015	2:36.31
2.	Aylin Perez	2024	2:36.55
3.	Celia Cole	2018	2:38.12
4.	Lindsey Root	2017	2:41.96
5.	Catherine Davidson	2024	2:43.10
6.	Anna Daood	2017	2:45.28
7.	Lucia Smith	2018	2:46.35
8.	Antonia Smith	2018	2:47.12
9.	Piper Krenik	2016	2:50.74
10.	Kate Vermilya	2023	2:50.94

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.	Belva Douangdy	2024	18.82
3.	Madi Bjerke	2023	19.23
4.	Lauryn Iverson	2024	19.45
5.	Claire Siebenaler	2022	19.71
6.	Ashley Paul	2016	19.71
7.	Lucia Smith	2017	19.74
8.	Noelle Kieffer	2024	20.11

9. Abbie Disbrow	2017	20.23
10. Gabby Stowell	2017	20.24
200 hurdles		
1. Claire Siebenaler	2022	32.79
2. Belva Douangdy	2024	34.67
3. Ashley Paul	2016	34.78
4. Madi Bjerke	2023	34.96
5. Lucia Smith	2017	35.47
6. Hannah Fynboh	2017	35.51
7. Gabby Stowell	2017	35.72
8. Cora Davidson	2022	35.96
9. Noelle Kieffer	2024	36.13
10. Tessa Matzke	2021	36.19

High Jump

1. Aylin Perez	2024	4-08.00
T2. Stella Wendt	2023	4-06.00
T2. Katie Dailey	2017	4-06.00
T3. Lauryn Iverson	2024	4-04.00
T3. Adi Karlen	2019	4-04.00
T4. Catherine Davidson	2024	4-02.00
T4. Carly Pearson	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

Long Jump:

1. Abbie Disbrow	2018	16-06.50
2. Lindsey Root	2017	15-02.00
3. Esme Hulshizer	2024	13-10.50
4. Antonia Smith	2017	13-08.25
5. Madi Bjerke	2023	13-05.00
6. Ashley Paul	2017	13-02.50
7. Kate Vermilya	2023	13-01.00
8. Catherine Davidson	2024	13-00.00
9. Claire Dorman	2018	12-11.00
10. Emmalyn Mauske	2024	12-10.00

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. Tala Rounsaville	2024	26-02.00
6. Avery Klassen	2023	25-03.50
7. Tessa Matzke	2021	23-06.00

Pole Vault

1. Kate Vermilya	2024	8-00.00
2. Courtney Dayland	2014	7-00.00
T3. Taylin Andring	2018	6-06.00

T3. Erin Torres	2018	6-06.00
T5. Katie Dailey	2017	6-00.00
T5. Tala Rounsaville	2024	6-00.00
T7. Belva Douangdy	2024	5-06.00
T7. Avery DeCook	2023	5-06.00
8. Madison Snyder	2016	5-00.00
T9. Emily Brogan	2023	4-06.00
T9. Cami Jerde	2023	4-06.00

Shot Put:

1. Triniti Gbala	2017	28-01.50
2. Abby McCready	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

4x800

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

Discus

1. Abby McCready	2017	74-08
2. Triniti 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 Brahmhatt	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. Esme Hulshizer, Belva Douangdy, Catherine Davidson, Jordan Lewis—57.45 (2024)**
3. Antonia Smith, Erin Torres, Lucia Smith, Abbie Disbrow—1:00.04 (2017)
4. Carly Pearson, Cora Davidson, Avery Klassen, Claire Siebenaler—1:00.71 (2022)

5. Erin Torres, Isabelle Gray, Taylin Andring, Claire Dorman—1:01.44 (2018)
6. Adi Karlen, Morgan Carlson, Teia Hulshizer, Shelby Mosdal—1:01.56 (2019)

4x200

1. **Esme Hulshizer, Jordan Lewis, Kate Vermilya, Madi Bjerke—1:58.92 (2024)**
2. Jayne Decker, Natalie Kroening, Stella Wendt, Leah Kurth—2:04.45 (2023)
3. Ashley Paul, Katie Dailey, Hannah Fynboh, Gabby Stowell—2:05.96 (2017)
4. Adi Karlen, Morgan Carlson, Taylin Andring, Shelby Mosdal—2:07.99 (2019)
5. Erin Torres, Isabelle Gray, Claire Dorman, Taylin Andring—2:15.60 (2018)

6. 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. **Jayne Decker, Matti Phetsomphou, Emma Schram, Catherine Davidson—4:55.32**
5. Taylin Andring, Olivia Drath, Reliegh Hoover, Erin Torres—5:11.78 (2018)

SAINT CHARLES SAINTS 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	1:49.00	2021
1600M	Mya Slavin	5:18.92	2024
4 X 100 M	Melissa Koenig, Kathy Benedett, Amy Clausen, Amie 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	Lydia Warmkagathje	9-07	2024