

Garretson Blue Dragons

Garretson Blue Dragons



2014-2015
Girls Track

2015 Season Summary

2015 Team Roster

	<u>Years</u>	<u>2014 Letter</u>	<u>Letters</u>
<u>Seniors:</u>			
Teisha Carnicle	6	Yes	6
Mara VanDeBerg	6	Yes	6
<u>Juniors:</u>			
Haley Sage	5	Yes	5
Lara Luke	5	Yes	4
Jaden Bly	5	Yes	5
Morgan Gloe	5	Yes	5
Kristen Martens	5		1
Peyton Hietkamp	5	Yes	2
<u>Sophomores:</u>			
Macey Bohl	4	Yes	4
Kelsie Paul	4	Yes	2
<u>Freshmen:</u>			
Carmen Bohl	3	Yes	3
Erynn Fink	3		
Peyton Sage	3	Yes	2
Madison Northrup	3		
Caitlyn Trower	1	Yes	1
<u>Eighth:</u>			
Kyley Greenhoff	2	Yes	1
Molly Houg	2		
Katelyn Burkman	2		
Emily Erickson	2		
Rakell Gnad	2		
Leah Olson	2		
<u>Seventh:</u>			
Rachel Kindt	1	Yes	1
Geraldine Fry	1		
Aftyn Heitkamp	1		
Nadalie Johnson	1		
Aliah Lymon	1		
Madison Nordstrom	1		
McKenzie Northrup	1		
Tessa Pederson	1		
Alexis Richter	1		
Abby Schroeder	1		

Statisticians: McKenzie Blossmo (3), Brianna Mudder (1)

Garretson High School

Girls Varsity School Records

100m Dash	Mara VanDeBerg	12.2	2015
200m Dash	Mara VanDeBerg	26.08 fat	2015
400m Dash	Maren Hanson	58.39 fat	1999
800m Run	Maren Hanson	2:18.82 fat	1999
1600m Run	Erin Nolz	5:22.72 fat	2012
3200m Run	Carmen Bohl	11:44.22 fat	2014
100m Hurdles	Meredith Rekstad	15.5	1998
165m Hurdles	Debbie Davis	25.9	1979
300m Hurdles	Meredith Rekstad	47.29 fat	1998
Long Jump	Darla Davis	17'1"	1980
Triple Jump	Melissa Carnicle	31' 10"	2007
Discus	Emily Korthals	125' 0"	1997
Shot Put (8 lb)	Susie Garry	40' 6"	1979
(4 kg)	Emily Korthals	37' 11"	1997
High Jump	Maggie Williamson	4' 10"	2003/04
400m Relay (4 x 100m)	Lori Lundquist, Mary Koens, Lisa Nussbaum, Carla Dorsman	51.1	1986
800m Relay (4 x 200m)	Nikki Nussbaum, Mary Koens, Lisa Nussbaum, Carla Dorsman	1:47.4	1986
Medley Relay	Nicole Anderson, Sally Stoterau Kayla Garry, Maren Hanson	4:19.21 fat	1999
1600m Relay (4 x 400m)	Maren Hanson, Bobbie Bennett, Sally Stoterau, Kayla Garry	4:04.74 fat	1997
3200m Relay (4 x 800m)	Sally Stoterau, Bobbie Bennett, Kayla Garry, Maren Hanson	9:36.78 fat	1997

Top 10 Relays

400m Relay (4 x 100m)

1	Lori Lundquist, Mary Koens, Lisa Nussbaum, Carla Dorsman	51.1	1986
2	Kelly Eitrem, Lisa Kurtz, Becca Engebretson, Kayla Garry	51.6	1995
3	Jana Johnson, Mary Koens, Amy Koch, Carla Dorsman	51.8	1989
4	Kelly Eitrem, Lisa Kurtz, Kari McKenna, Kayla Garry	52.5	1994
5	Amy Koch, Keri Hoiland, Lisa Nussbaum, Carla Dorsman	52.6	1988
6	Jana Johnson, Kari McKenna, Leah Williamson, Keri Hoiland	52.94	fat 1991
7	Bev Julson, Kim Schetnan, Darla Davis, Diane Hammer	53.0	1980
8	Diane Hammer, Kim Schetnan, Christie Heesch, Darla Davis	53.2	1981
9	Jana Johnson, Kristin Sylliaasen, Kari McKenna, Keri Hoiland	53.2	1993
10	Jana Johnson, Kari McKenna, Shawn Quamen, Keri Hoiland	53.27	fat 1990

800m Relay (4 x 200m)

1	Nikki Nussbaum, Mary Koens, Lisa Nussbaum, Carla Dorsman	1:47.4	1986
2	Christie Heesch, Bev Julson, Darla Davis, Diane Hammer	1:49.6	1980
3	Marcel Hoven, Bev Julson, Darla Davis, Diane Hammer	1:50.5	1979
4	Diane Hammer, Janice Martens, Susan Lowe, Christie Heesch	1:50.6	1982
5	Shawn Quamen, Keri Hoiland, Amy Koch, Mary Koens	1:51.4	1989
6	Lisa Nussbaum, Mary Koens, Kia Hegge, Carla Dorsman	1:51.5	1986
7	Jenna Bowar, Lisa Kurtz, Becca Engebretson, Meredith Rekstad	1:51.7	1996
8	Lisa Nussbaum, Mary Koens, Janice Martens, Carla Dorsman	1:51.8	1985
9	Lori Lundquist, Lisa Nussbaum, Janice Martens, Carla Dorsman	1:52.1	1985
10	Kari McKenna, Kristin Sylliaasen, Lisa Kurtz, Keri Hoiland	1:52.3	1993

1600m Medley Relay

1	Nicole Anderson, Sally Stoterau, Kayla Garry, Maren Hanson	4:19.21	fat 1999
2	Meredith Rekstad, Kayla Garry, Bobbie Bennett, Maren Hanson	4:21.2	1998
3	Meredith Rekstad, Sally Stoterau, Bobbie Bennett, Kayla Garry	4:21.71	fat 1988
4	Morgan Gloe, Lara Luke, Mara VanDeBerg, Haley Sage	4:22.22	fat 2015
5	Jenna Bowar, Lisa Kurtz, Kayla Garry, Maren Hanson	4:22.56	fat 1996
6	Jenna Bowar, Meredith Rekstad, Bobbie Bennett, Kayla Garry	4:22.73	fat 1997
7	Maren Hanson, Sally Stoterau, Bobbie Bennett, Kayla Garry	4:24.56	fat 1998
8	Nicole Anderson, Sally Stoterau, Ana Sarar, Maren Hanson	4:25.14	fat 2000
9	Morgan Gloe, Brandy Greenhoff, Mara VanDeBerg, Haley Sage	4:25.2	2014
10	Maren Hanson, Sally Stoterau, Ana Sarar, Kayla Garry	4:25.47	fat 1999

1600m Relay (4 x 400m)

1	Maren Hanson, Bobbie Bennett, Sally Stoterau, Kayla Garry	4:04.74	fat 1997
2	Amy Koch, Mary Koens, Keri Hoiland, Carla Dorsman	4:06.3	1989
3	Amy Koch, Mary Koens, Kia Hegge, Carla Dorsman	4:09.9	1986
4	Maren Hanson, Bobbie Bennett, Becca Engebretson, Kayla Garry	4:10.53	fat 1996
5	Mara VanDeBerg, Lara Luke, Teisha Carnicle, Haley Sage	4:11.1	2015
6	Erin Nolz, Breonna Oveson, Alyssa Whetham, Mandi Halverson	4:13.1	2008
7	Becca Engebretson, Maren Hanson, Meredith Rekstad, Kayla Garry	4:14.1	1995
8	Ana Sarar, Sally Stoterau, Shelli Stoltenberg, Maren Hanson	4:15.8	2000
9	Mara VanDeBerg, Lara Luke, Morgan Gloe, Haley Sage	4:16.77	fat 2015
10	Maren Hanson, Ana Sarar, Sally Stoterau, Kayla Garry	4:16.8	1999
10	Maren Hanson, Bobbie Bennett, Meredith Rekstad, Kayla Garry	4:16.9	1996

3200m Relay (4 x 800m)

1	Sally Stoterau, Bobbie Bennett, Kayla Garry, Maren Hanson	9:36.78	fat 1997
2	Bobbie Bennett, Ana Sarar, Kayla Garry, Maren Hanson	9:37.32	fat 1998
3	Ana Sarar, Maggie Williamson, Kayla Garry, Maren Hanson	9:43.11	fat 1999
4	Danielle Smith, Mandi Halverson, Maggie Williamson, Sarah Hanson	9:48.96	fat 2004
5	Shelby Ellefson, Lindsey Bohl, Erin Nolz, Mandi Halverson	9:48.9	2008
6	Ana Sarar, Maggie Williamson, Sarah Hanson, Maren Hanson	9:55.47	fat 2000
7	Bobbie Bennett, Kayla Garry, Tina Julson, Maren Hanson	9:55.9	1996
8	Carmen Bohl, Teisha Carnicle, Jaden Bly, Haley Sage	9:57.5	2014
9	Becca Engebretson, Maren Hanson, Bobbie Bennett, Kayla Garry	9:58.3	1995
10	Erin Nolz, Shelby Ellefson, Magan Whetham, Mandi Halverson	10:00.47	fat 2007

"Top 10" Individual Events

100m DASH

1	Mara VanDeBerg	12.2	2015
2	Carla Dorsman	12.6	1988
3	Maren Hanson	12.8	1999
	Diane Hammer	12.9	1979
5	Leann Gardner	13.0	1976
	Marcel Hoven	13.0	1977
	Christie Heesch	13.0	1982
	Jana Johnson	13.0	1990
9	Lisa Kurtz	13.2	1995
	Stephanie Foshay	13.2	2007

200m DASH

1	Mara VanDeBerg	26.08 fat	2015
2	Maren Hanson	26.2	1999
3	Diane Hammer	26.5	1983
4	Carla Dorsman	27.1	1985
5	Meredith Rekstad	27.6	1998
6	Lisa Kurtz	27.7	1995
	Bobbie Bennett	27.7	1998
8	Bev Julson	27.8	1980
	Leann Gardner	27.8	1976
10	Miranda Borstad	27.9	2007

400m DASH

1	Maren Hanson	58.39 fat	1999
2	Carla Dorsman	60.0	1988
3	Bobbie Bennett	60.28 fat	1998
4	Mandi Halverson	61.2	2007
5	Michaela Garry	61.8	1998
6	Kim Schetnan	61.9	1979
7	Mara VanDeBerg	62.6	2014
8	Keri Hoiland	63.3	1990
9	Haley Sage	63.6	2015
10	Ana Sarar	63.9	2002

800m RUN

1	Maren Hanson	2:18.82 fat	1999
2	Erin Nolz	2:22.68 fat	2012
3	Mandi Halverson	2:23.18 fat	2007
4	Haley Sage	2:23.62 fat	2015
5	Bobbie Bennett	2:26.12 fat	1996
6	Michaela Garry	2:26.2	1998
7	Sarah Hanson	2:26.8	2003
8	Ana Sarar	2:27.06 fat	2002
9	Maggie Williamsor	2:27.1	2003
10	Julie Martens	2:29.1	1981

1600m RUN

1	Erin Nolz	5:22.72 fat	2012
2	Carmen Bohl	5:26.0	2014
3	Bobbie Bennett	5:28.7 fat	1996
4	Haley Sage	5:29.0	2013
5	Lindsey Bohl	5:29.8 fat	2009
6	Sarah Hanson	5:31.7	2005
7	Jennie Schetnan	5:36.5	1985
8	Rachel Kindt	5:36.9	2015
9	Kathy Liester	5:44.8	1984
10	Danielle Smith	5:46.3	2004

3200m RUN

1	Carmen Bohl	11:44.22 fat	2014
2	Sarah Hanson	11:44.56 fat	2005
3	Lindsey Bohl	11:47.5	2008
4	Ana Sarar	12:03.4	1998
5	Brittany Bruggema	12:17.0	2004
6	Maddie Johnson	12:17.5	2004
7	Tammy Hoogland	12:22.4	1991
8	Haley Sage	12:31.82 fat	2012
9	Jaden Bly	12:39.7	2015
10	Tina Julson	12:52.0	1996

100m HURDLES

1	Meredith Rekstad	15.5	1998
2	Alyssa Whetham	16.0	2009
3	Jaime Benson	16.76 fat	2004
4	Natasha Halverson	16.7	2003
5	Mary Koens	16.9	1987
6	Jamie Caauwe	17.0	2006
7	Deb Davis	17.1	1979
	Kelly Eitreim	17.1	1995
9	Kelbi Koch	17.4	2008
10	Mary Gardner	18.0	1982

300m HURDLES

1	Meredith Rekstad	47.29 fat	1998
2	Mary Koens	47.9	1986
3	Jamie Caauwe	48.8	2006
4	Brianna Mudder	50.6	2013
5	Kelly Eitreim	51.0	1996
6	Michelle Carnicle	51.5	2014
7	Breonna Oveson	51.3	2008
8	Amy Koch	51.6	1986
9	Alyssa Whetham	52.0	2005
10	Kelbi Koch	52.1	2008

"Top 10" Field Events

Long Jump

1	Darla Davis	17' 1"	1980
2	Lisa Nussbaum	16' 8 1/4'	1985
3	Kelly Eitreim	16' 2 1/4'	1994
4	Bev Julson	16' 0"	1976
5	Kari McKenna	15' 8 1/2'	1994
6	Lori Lundquist	15' 7"	1987
7	Amy Wagner	15' 3 1/2'	1987
8	Koty Matthiesen	14' 10.5"	2010
	Taiya Bunde	14' 10.5"	2014
10	Val VanDeBerg	14' 10"	2003

Discus

1	Emily Korthals	125' 0"	1997
2	Susie Garry	121' 5"	1979
3	Mary Schotzko	111' 4"	2008
4	Karen Olofson	110' 8"	1989
5	Angela McKenna	109' 2"	1992
6	Haley Edmundson	104' 10"	2013
7	Michelle Frerk	103' 9"	1989
8	Barb Julson	101' 0"	1978
9	Lisa Blum	99' 11"	1980
10	Theresa DeBoer	99' 6 1/2"	1986

Triple Jump

1	Melissa Carnicle	31' 10"	2007
2	Betsy Linneweber	31' 0"	2003
3	Koty Mattiesen	30' 5.75'	2010
4	Val VanDeBerg	30' 11 .5'	2003
5	Taiya Bunde	30' 4"	2014
6	Leah Williamson	30' 0"	1991
7	Mary Christian	29' 8.5"	2014
8	Lindsey Luke	28' 11.25"	2008
9	Lisa Nussbaum	28' 11"	1988
10	Mary Schotzko	28' 11"	2005

High Jump

1	Maggie Williamson	4' 10"	2003/04
2	Diane Gulbranson	4' 9"	1976
	Susan Lowe	4' 9"	1982
4	Shelli Stoltenberg	4' 8"	2002/03
	Melissa Carnicle	4' 8"	2008
	Nicole Potrament	4' 8"	2009
7	Susan Hammer	4' 7"	1987
	Taiya Bunde	4' 7"	2014
9	Mary Wingert	4' 6"	1978
	Jennie Schetnan	4' 6"	1985
	Mary Schotzko	4' 6"	2006

Shot Put

1	Emily Korthals	37' 11"	1997
2	Mary Schotzko	37' 4"	2008
3	Claire Karli	35' 9.5"	2009
4	Haley Edmundson	35' 3.5"	2011
5	Michelle Frerk	34' 4"	1988
6	Karen Olofson	32' 0"	1988
7	Natasha Halverson	30' 9"	2006
8	Maria Vandersnick	30' 7"	2001
9	Angela McKenna	30' 4 1/2"	1989
10	Mollie Bonte	30' 1 3/4"	1996

Pole Vault

1	Morgan Frewaldt	10' 0"	2014
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State Meet Qualifiers

<u>1977</u>				<u>1987</u>			
Susie Garry	Shot Put	38'3 1/2"	Third	Mary Koens	300m Hurdles	48.7/48.7	Sixth
Sheila Hillestad	Mile Run	6:07		Carla Dorsman	100m Dash	12.9/12.9/13.3	Fifth
<u>1978</u>				Michelle Frerk	Discus	92'6 1/2"	
Susie Garry	Shot Put	n/a	Sixth	Lori Lundquist, Mary Koens,	400m Relay	52.1/52.5	Second
Susie Garry	Discus	n/a		Lisa Nussbaum, Carla Dorsman	800m Relay	1:48.6/1:49.4	Third
Marcel Hoven	100y Dash	n/a		Nikki Nussbaum, Mary Koens,	1600m Relay	4:13.7/4:14.4	Sixth
<u>1979</u>				Lisa Nussbaum, Carla Dorsman	3200m Relay	10:29.8	
Susie Garry	Shot Put	40'6 1/2"	First	Amy Koch, Mary Koens,			
Susie Garry	Discus	105'0"	Third	Kia Hegge, Carla Dorsman			
Diane Hammer	100m Dash	n/a		Amy Koch, Michele Hecht,			
Marcel Hoven, Bev Julson,	800m Relay	n/a		Susan Hammer, Jennie Schetnan			
Darla Davis, Diane Hammer				<u>1988</u>			
<u>1980</u>				Carla Dorsman	100m Dash	12.9/12.9/13.0	Second
Darla Davis	Long Jump	16'6"	First	Carla Dorsman	400m Dash	60.6/60.5	Fourth
Lisa Blum	Discus	n/a		Michelle Frerk	Discus	91'6"	
Christie Heesch, Bev Julson,	800m Relay	1:49.6	Fourth	Michelle Frerk	Shot Put	32'1 3/4"	
Darla Davis, Diane Hammer				Amy Koch, Keri Hoiland,	400m Relay	52.6/DQ	
<u>1981</u>				Lisa Nussbaum, Carla Dorsman	1600m Relay	4:17.8/4:29.3	
Darla Davis	Long Jump	14'4 1/2"	First	Amy Koch, Kia Hegge,			
Julie Martens	800m Run	2:38.0		Sarah Hebberecht, Carla Dorsman	3200m Relay	10:32.9	
Christie Heesch	100m Dash	13.5		Amy Koch, Sarah Hebberecht,			
<u>1982</u>				Kia Hegge, Michele Hecht			
Diane Hammer	100m Dash	13.3/13.5		<u>1989</u>			
Christie Heesch	100m Dash	13.3/13.5		Carla Dorsman	100m Dash	13.1/13.0/13.4	Fifth
Diane Hammer, Janice Martens,	800m Relay	1:51.0/1:50.6	Fifth	Carla Dorsman	400m Dash	60.7/61.3	
Susan Lowe, Christie Heesch,	400m Relay	53.9		Amy Koch	800m Run	2:31.1	Sixth
Diane Hammer, Janice Martens,				Jana Johnson	100m Dash	13.3/13.4	
Mary Gardner, Christie Heesch				Jana Johnson, Mary Koens,	400m Relay	52.0/51.8	First
<u>1983</u>				Amy Koch, Carla Dorsman	800m Relay	1:52.7/1:51.4	Fourth
Diane Hammer	100m Dash	13.0/13.0		Amy Koch, Mary Koens,	1600m Relay	4:09.4/4:06.3	Second
Christie Heesch	100m Dash	13.1/13.3		Keri Hoiland, Carla Dorsman			
Diane Hammer	200m Dash	26.5/27.0		<u>1990</u>			
Diane Hammer, Theresa Schwab,	400m Relay	55.2		Jana Johnson	100m Dash	13.2/13.1/13.66	Sixth
Susan Lowe, Christie Heesch				Tammy Hoogland	1600m Run	6:04.4	
<u>1984</u>				Tammy Hoogland	3200m Run	14:05	
Mary Koens	300m Hurdles	52.0		Jana Johnson, Kari McKenna,	400m Relay	53.3/53.43	Fifth
Jennie Schetnan	1600m Run	5:46.3	Sixth	Shawn Quamen, Keri Hoiland			
Lisa Nussbaum	Long Jump	14'7"		<u>1991</u>			
Janice Martens, Sandy Top,	3200m Relay	10:34.4		Jana Johnson, Kari McKenna,	400m Relay	53.2/52.94	Fourth
Michelle Jones, Jennie Schetnan	400m Relay	53.4/53.2	Fifth	Leah Williamson, Keri Hoiland			
Lori Lundquist, Carla Dorsman,	800m Relay	DQ		<u>1992</u>			
Lisa Nussbaum, Mary Koens				Shawn Quamen	100m Dash	13.7	
Lisa Nussbaum, Carla Dorsman,				Tina Julson	3200m Run	13:16.3	
Janice Martens, Mary Koens				Shawn Quamen, Kristin Sylliaasen,	800m Relay	1:54.4	
<u>1985</u>				Kari McKenna, Keri Hoiland			
Amy Koch	300m Hurdles	52.2		<u>1993</u>			
Lisa Nussbaum	Long Jump	16'8"	Third	Jana Johnson	100m Dash	13.48	
Jennie Schetnan	1600m Run	5:46.5	Fourth	Tina Julson	3200m Run	13:27.7	
Carla Dorsman	200m Dash	27.7		<u>1994</u>			
Janice Martens, Amy Koch,	3200m Relay	10:11.4		Bobbie Bennett	800m Run	2:39.4	
Michelle Jones, Jennie Schetnan	800m Relay	1:52.1		Meredith Rekstad	800m Run	2:42.0	
Lori Lundquist, Lisa Nussbaum,	Medley Relay	4:28.6	Fourth	Kelly Eitrem	Long Jump	14'11 1/4"	
Janice Martens, Carla Dorsman,	1600m Relay	4:23.8		Kari McKenna, Lisa Kurtz,	Medley Relay	4:25.57/4:26.24	Fifth
Lori Lundquist, Lisa Nussbaum,				Becca Engebretson, Kayla Garry	3200m Relay	10:15.1	
Carla Dorsman, Jennie Schetnan				Becca Engebretson, Tina Julson,			
Janice Martens, Amy Koch,				Bobbie Bennett, Kayla Garry			
Lisa Nussbaum, Carla Dorsman				<u>1986</u>			
<u>1986</u>				Mary Koens	300m Hurdles	47.9	Third
Mary Koens	300m Hurdles	47.9	Third	Jennie Schetnan	1600m Run	5:47.9	
Jennie Schetnan	1600m Run	5:47.9		Theresa DeBoer	Discus	n/a	
Theresa DeBoer	Discus	n/a		Lori Lundquist, Mary Koens,	400m Relay	51.1/51.2	First
Lori Lundquist, Mary Koens,	400m Relay	51.1/51.2	First	Lisa Nussbaum, Carla Dorsman	800m Relay	1:49.0/1:47.4	Second
Lisa Nussbaum, Carla Dorsman	800m Relay	1:49.0/1:47.4	Second	Nikki Nussbaum, Mary Koens,	1600m Relay	4:11.6/4:09.9	First
Lisa Nussbaum, Carla Dorsman	1600m Relay	4:11.6/4:09.9	First	Amy Koch, Mary Koens,			
Amy Koch, Mary Koens,				Kia Hegge, Carla Dorsman			
Kia Hegge, Carla Dorsman							

<u>1995</u>				<u>2000</u>			
Becca Engebretson, Maren Hanson, Bobbie Bennett, Kayla Garry Kelly Eitrem	3200m Relay Long Jump	10:10.1 15'5"	Second	Ana Sarar, Maggie Williamson, Sarah Hanson, Maren Hanson Nicole Anderson, Sally Stoterau, Ana Sarar, S. Hanson, M.Hanson	3200m Relay Medley Relay	9:55.47 4:25.14	Second Third
Becca Engebretson, Maren Hanson, Meredith Rekstad, Kayla Garry Kelly Eitrem, Lisa Kurtz, Becca Engebretson, Kayla Garry Kelly Eitrem, Lisa Kurtz, Becca Engebretson, Maren Hanson Kayla Garry Bobbie Bennett Emily Korthals	1600m Relay 400m Relay Medley Relay 800m Run 800m Run Discus	4:25.4 52.7/53.87 4:33.9 2:32.9 2:33.0 113'3"	Third	Maggie Williamson, Sally Stoterau Maren Hanson Maren Hanson	1600m Relay 400m Dash 800m Run	4:29.1 61.42/59.43 2:31.84	Third Fifth
<u>1996</u>				<u>2001</u>			
Bobbie Bennett, Kayla Garry, Tina Julson, Maren Hanson Maren Hanson, Bobbie Bennett, Becca Engebretson, Kayla Garry Kelly Eitrem, Lisa Kurtz, Becca Engebretson, Kayla Garry Jenna Bowar, Lisa Kurtz, Kayla Garry, Maren Hanson Bobbie Bennett Bobbie Bennett Maren Hanson Emily Korthals Emily Korthals Kelly Eitrem Meredith Rekstad Meredith Rekstad	3200m Relay 1600m Relay 400m Relay Medley Relay 800m Run 1600m Run 400m Dash Discus Shot Put Long Jump 100m Hurdles 300m Hurdles	9:56.6 4:11.2/4:10.53 52.08/52.47 4:27.14/4:22.56 2:26.12 5:28.69 60.94/60.19 108'10" 32'0" 15'3 1/2" 16.1/16.41 48.13/47.91	Second Third Third Second Sixth Seventh First Eighth	Nicole Anderson, Sally Stoterau, Ana Sarar, Sarah Hanson Sarah Hanson	Medley Relay 1600m Run	4:33.4 5:40.06	Fifth
<u>1997</u>				<u>2002</u>			
Sally Stoterau, Bobbie Bennett, Kayla Garry, Maren Hanson Meredith Rekstad Meredith Rekstad Bobbie Bennett Maren Hanson Maren Hanson Jenna Bowar, Meredith Rekstad, Bobbie Bennett, Kayla Garry Ariana Sarar Maren Hanson, Bobbie Bennett, Sally Stoterau, Kayla Garry Emily Korthals Emily Korthals	3200m Relay 100m Hurdles 300m Hurdles 1600m Run 400m Dash 800m Run Medley Relay 3200m Run 1600m Relay Shot Put Discus	9:36.78 16.85 48.05/48.78 5:38.59 60.29/58.99 2:22.20 2:24.72/4:22.73 12:55.29 4:09.69/4:04.74 34'11 1/2" 107'1"	Second Seventh First Fourth	Maggie Williamson, Stacy Stoterau, Sarah Hanson, Ana Sarar Ana Sarar Jaime Benson	3200m Relay 800m Run 100m Hurdles	10:21.41 2:27.06 17.74	Fifth
<u>1998</u>				<u>2003</u>			
Bobbie Bennett, Ana Sarar, Kayla Garry, Maren Hanson Meredith Rekstad Maren Hanson Bobbie Bennett Meredith Rekstad Meredith Rekstad, Sally Stoterau, Bobbie Bennett, Kayla Garry Maren Hanson Meredith Rekstad Emily Korthals Emily Korthals Maren Hanson, Bobbie Bennett, Sally Stoterau, Kayla Garry Ana Sarar	3200m Relay 100m Hurdles 400m Dash 400m Dash 300m Hurdles Medley Relay 800m Run 200m Dash Shot Put Discus 1600m Relay 3200m Run	9:37.32 16.32 60.27/60.28 60.28/60.89 47.29/47.3 4:23.33/4:21.71 2:23.24 27.76 36'8 1/2" 117'1" 4:06.9/4:06.97 12:19:14	Second Third Sixth Fourth Second Fourth Fifth Third	Maggie Williamson Sarah Hanson Sarah Hanson Jamie Caauwe	800m Run 800m Run 1600m Run 300m Hurdles	2:27.1 2:35.5 5:50.4 49.4	
<u>1999</u>				<u>2004</u>			
Ana Sarar, Maggie Williamson, Kayla Garry, Maren Hanson Nicole Anderson, Sally Stoterau, Ana Sarar, K. Garry, M. Hanson Maren Hanson Maren Hanson Ana Sarar	3200m Relay Medley Relay 400m Dash 800m Run 3200m Run	9:43.11 4:25.47/4:19.21 59.78/58.39 2:18.82 13:17.0	First First Third First	Danielle Smith, Mandi Halverson, Maggie Williamson, Sarah Hanson Betsy Linneweber, Maggie Williamson, Mandi Halverson, Sarah Hanson Sarah Hanson Mandi Halverson Maggie Williamson Jaime Benson Maddie Johnson Britney Bruggeman	3200m Relay Medley Relay 800m Run 800m Run 100m Hurdles 3200m Run 3200m run	9:48.96 4:32.68 2:37.10 2:36.39 16.76 12:42.91 13:26.40	First
<u>2000</u>				<u>2005</u>			
				Sarah Hanson Sarah Hanson Jaime Benson Mandi Halverson Magan Whetham, Mandi Halverson, Maddie Johnson, Sarah Hanson Betsy Linneweber, Jaime Benson, Jamie Caauwe, Magan Whetham	1600m Run 3200m Run 100m Hurdles 800m Run 3200m Relay Medley Relay	5:33.25 11:44.56 16.85 2:29.44 10:18.14 4:40.29	Seventh First
<u>2001</u>				<u>2006</u>			
				Maddie Johnson, Magan Whetham, Britney Bruggeman, Mandi Halverson Jamie Caauwe, Magan Whetham, Alyssa Whetham, Mani Halverson Chandra Christensen, Jaime Benson, Jamie Caauwe, Magan Whetham Mandi Halverson Maddie Johnson	3200m Relay 1600m Relay Medley Relay 800m Run 3200m Run	10:26.95 4:29.14 4:52.55 2:30.50 12:55.62	Sixth
<u>2002</u>				<u>2007</u>			
				Erin Nolz, Shelby Ellefson, Magan Whetham, Mandi Halverson Mandi Halverson Chandra Christensen, Miranda Borstad, Erin Nolz, Shelby Ellefson Melissa Carmile	3200m Relay 800m Run Medley Relay Triple Jump	10:00.47 2:23.18 DQ 31' 5"	Third Second
<u>2003</u>				<u>2008</u>			
				Mandi Halverson Mary Schotzko Lindsey Bohl Alyssa Whetham Shelby Ellefson, Lindsey Bohl, Erin Nolz, Mandi Halverson Shannan Ellefson, Miranda Borstad, Breonna Oveson, Erin Nolz	800m Run Shot Put 3200m Run 100m Hurdles 3200m Relay Medley Relay	2:24.91 37' 4" 12:00.36 17.12 10:06.10 4:38.69	Second Second Third Thirteenth Second Twelfth

2009

Lindsey Bohl	1600m Run	5:29.79	Fifth
Lindsey Bohl	3200m Run	11:56.2	Third
Erin Nolz, Shelby Ellefson, Anna Grimsrud, Baylee Johnson	3200m Relay	10:11.6	Ninth

2010

Lindsey Bohl	1600m Run	5:37.07	Eleventh
Lindsey Bohl	3200m Run	12:25.34	Fourth
Erin Nolz	1600m Run	5:23.30	Third
Erin Nolz	800m Run	2:26.04	Ninth
Taylor Tillma	3200m Run	13:07.58	Tenth
Erin Nolz, Lindsey Bohl, Shelby Ellefson, Teisha Carnicle	3200m Relay	10:00.47	Fourth

2011

Erin Nolz, Haley Sage, Lindsey Bohl, Teisha Carnicle	3200m Relay	10:23.69	Ninth
Mara VanDeBerg	100m Dash	13.67	
Mara VanDeBerg, Miranda Borstad, Shannan Ellefson, Teisha Carnicle	Medley Relay	4:35.36	Ninth
Erin Nolz	1600m Run	5:36.23	Ninth

2012

Haley Sage, Lindsey Bohl, Teisha Carnicle, Erin Nolz	3200m Relay	10:07.34	Ninth
Mara VanDeBerg	100m Dash	13.40/13.45	
Erin Nolz	1600m Run	5:22.72	Second
Haley Sage	1600m Run	5:42.95	
Mara VanDeBerg, Brandy Greenhoff, Morgan Gloe, Teisha Carnicle	Medley Relay	4:33.04	
Erin Nolz	800m Run	2:22.68	Third
Mara VanDeBerg	200m Dash	28.45	
Haley Sage	3200m Run	12:31.82	

2013

Mara VanDeBerg, Brandy Greenhoff, Teisha Carnicle, Haley Sage	Medley Relay	4:31.66	
Mara VanDeBerg	100m Dash	12.87	Fifth
Mara VanDeBerg	200m Dash	27.13	Seventh
Lydia Olson	800m Run	2:40.83	22 nd
Haley Sage	1600m Run	5:36.78	20 th
Carmen Bohl	3200m Run	12:04.64	13 th
Morgan Frewaldt	Pole Vault	7'9"	Seventh-T

2014

Mara VanDeBerg	100m Dash	12.93/12.79	Third
Mara VanDeBerg	200m Dash	27.47/27.75	Fifth
Haley Sage	800m Run	2:24.85	Seventh
Carmen Bohl	1600m Run	5:30.45	Ninth
Carmen Bohl	3200m Run	11:57.80	Fifth
Carmen Bohl, Teisha Carnicle, Jaden Bly, Haley Sage	3200m Relay	10:12.75	Seventh
Mara VanDeBerg, Morgan Gloe, Lara Luke, Teisha Carnicle	Medley Relay	4:37.34	Ninth

2015

Mara VanDeBerg	100m Dash	12.70/66/59	First
Mara VanDeBerg	200m Dash	26.08/26.32	Fourth
Haley Sage	800m Run	2:23.62	Fifth
Carmen Bohl	3200m Run	12:19.18	
Jaden Bly	3200m Run	13:36.14	
Carmen Bohl, Rachel Kindt, Teisha Carnicle, Haley Sage	3200m Relay	10:14.64	Seventh
Mara VanDeBerg, Lara Luke, Teisha Carnicle, Haley Sage,	1600m Relay	4:24.41	
Mara VanDeBerg, Lara Luke, Morgan Gloe, Teisha Carnicle	Medley Relay	4:36.92	

Individual Awards

<u>Year</u>	<u>Most Valuable</u>	<u>Coach's Award</u>	<u>Most Improved</u>	<u>Most Promising</u>
1981	Darla Davis			
1982	Diane Hammer			
1983	Diane Hammer			
1984	Janice Martens		Lisa Nussbaum	
1985	Carla Dorsman		Lisa Nussbaum	
1986	Carla Dorsman		Kia Hegge	
1987	Mary Koens		Michelle Frenk	
	Carla Dorsman			
1988	Carla Dorsman		Sarah Hebberecht	
			Cindi Christensen	
1989	Carla Dorsman		Keri Hoiland	
1990	Keri Hoiland		Tammy Hoogland	
1991	Tammy Hoogland		Leah Williamson	
1992	Shawn Quamen		Tina Julson	
1993	Kari McKenna		Becca Engebretson	
1994	Kari McKenna		Kelly Eitreim	Michaela Garry
1995		Kelly Eitreim	Bobbie Bennett	Maren Hanson
1996	Maren Hanson	Bobbie Bennett	Emily Korthals	Meredith Rekstad
		Kayla Garry		
1997	Maren Hanson			Ariana Sarar
1998	Maren Hanson	Bobbie Bennett		
		Kayla Garry		
		Meredith Rekstad		
		Emily Korthals		
1999	Maren Hanson	Kayla Garry		Maggie Williamson
2000	Maren Hanson	Ana Sarar		Sarah Hanson
2001	Sarah Hanson	Nicole Anderson	Krissy Eitreim	
2002	Ana Sarar	Sarah Hanson	Jaime Benson	
2003	Maggie Williamson	Sarah Hanson	Jamie Caauwe	
2004		Sarah Hanson	Danielle Smith	
		Mandi Halverson		
2005	Sarah Hanson	Mandi Halverson	Magan Whetham	
2006		Mandi Halverson		
		Jamie Caauwe		
		Jaime Benson		
2007	Mandi Halverson	Melissa Carnicle	Shelby Ellefson	
2008	Mandi Halverson	Mary Schotzko	Lindsey Bohl	
2009		Alyssa Whetham		
		Lindsey Bohl		
2010	Lindsey Bohl	Erin Nolz		Teisha Carnicle
2011		Erin Nolz		
		Erin Nolz		
		Mara VanDeBerg		
2012		Mara VanDeBerg		
		Teisha Carnicle		
		Haley Edmundson		
2013	Mara VanDeBerg	Haley Sage		
2014		Mara VanDeBerg		
		Carmen Bohl		
		Haley Sage		
2015		Mara VanDeBerg		
		Carmen Bohl		
		Haley Sage		

Michelle Carnicle, Teisha Carnicle, Lindsey Bohl, Haley Sage	3200m Relay	2012
Mara VanDeBerg	100m Dash	2012
Erin Nolz	1600m Run	2012
Erin Nolz	800m Run	2012
Carmen Bohl, Haley Sage, Lydia Olson, Teish Camicle	3200m Relay	2013
Mara VanDeBerg	100m Dash	2013
Haley Sage	1600m Run	2013
Brianna Mudder	300m Hurdles	2013
Mara VanDeBerg	200m Dash	2013
Carmen Bohl	3200m Run	2013

Haley Edmundson	Discus	2013
Mara VanDeBerg	100m Dash	2014
Carmen Bohl	1600m Run	2014
Carmen Bohl	3200m Run	2014
Michelle Carnicle	300m Hurdles	2014
Haley Sage	800m Run	2014
Carmen Bohl, Jaden Bly, Macey Bohl, Haley Sage	3200m Relay	2014
Mara VanDeBerg, Lara Luke, Teisha Carnicle, Haley Sage	1600m Relay	2015
Carmen Bohl, Rachel Kindt, Teisha Carnicle, Haley Sage	3200m Relay	2015
Haley Sage	800m Run	2015

Region Champs

Christie Heesch	100m Dash	1982
Diane Hammer	100m Dash	1983
Diane Hammer	200m Dash	1983
Diane Hammer, Theresa Schwab, Susan Lowe, Christie Heesch	400m Relay	1983
Jennie Schetnan	1600m Run	1984
Lisa Nussbaum	Long Jump	1984
Lori Lundquist, Lisa Nussbaum, Janice Martens, Carla Dorsman	800m Relay	1985
Lisa Nussbaum	Long Jump	1985
Nikki Nussbaum, Mary Koens, Lisa Nussbaum, Carla Dorsman	800m Relay	1986
Amy Koch, Mary Koens, Kia Hegge, Carla Dorsman	1600m Relay	1986
Lori Lundquist, Mary Koens, Lisa Nussbaum, Carla Dorsman	400m Relay	1986
Carla Dorsman	100m Dash	1987
Nikki Nussbaum, Mary Koens, Lisa Nussbaum, Carla Dorsman	800m Relay	1987
Mary Koens	300m Hurdles	1987
Amy Koch, Mary Koens, Kia Hegge, Carla Dorsman	1600m Relay	1987
Carla Dorsman	100m Dash	1988
Amy Koch, Kia Hegge, Sarah Hebberecht, Carla Dorsman	1600m Relay	1988
Carla Dorsman	100m Dash	1989
Jana Johnson, Mary Koens, Amy Koch, Carla Dorsman	400m Relay	1989
Tammy Hoogland	1600m Run	1990
Tammy Hoogland	3200m Run	1990
Bobbie Bennett	800m Run	1994
Kelly Eitrem	Long Jump	1994
Micheala Garry	800m Run	1995
Becca Engebretson, Maren Hanson, Bobbie Bennett, Kayla Garry	3200m Relay	1995
Becca Engebretson, Maren Hanson, Meredith Rekstad, Kayla Garry	1600m Relay	1995
Bobbie Bennet, Tina Julson, Kayla Garry, Maren Hanson	3200m Relay	1996
Bobbie Bennett	1600m Run	1996
Region Champs Continued		
Maren Hanson	400m Dash	1996
Meredith Rekstad	300m Hurdles	1996
Jenna Bowar, Lisa Kurtz, Kayla Garry, Maren Hanson	Medley Relay	1996
Bobbie Bennett	800m Run	1996
Maren Hanson, Bobbie Bennett, Becca Engebretson, Kayla Garry	1600m Relay	1996
Jenna Bowar, Nikki Whitman, Bobbie Bennett, Kayla Garry	Medley Relay	1997
Sally Stoterau, Bobbie Bennett, Kayla Garry, Maren Hanson	3200m Relay	1997
Maren Hanson	400m Dash	1997
Maren Hanson	800m Run	1997
Meredith Rekstad	300m Hurdles	1997
Maren Hanson, Bobbie Bennett, Sally Stoterau, Kayla Garry	1600m Relay	1997
Bobbie Bennett, Ana Sarar,		

Kayla Garry, Maren Hanson	3200m Relay	1998
Meredith Rekstad	100m Hurdles	1998
Maren Hanson	400m Dash	1998
Meredith Rekstad	300m Hurdles	1998
Nicole Anderson, Sally Stoterau, Bobbie Bennett, Kayla Garry	Medley Relay	1998
Maren Hanson	800m Run	1998
Ariana Sarar	3200m Run	1998
Maren Hanson, Bobbie Bennett, Sally Stoterau, Kayla Garry	1600 Relay	1998
Maren Hanson	400m Dash	1999
Maren Hanson	800m Run	1999
Ana Sarar, Maggie Williamson, Kayla Garry, Maren Hanson	3200m Relay	1999
Ana Sarar	3200m Run	1999
Ana Sarar, Maggie Williamson, Sarah Hanson, Maren Hanson	3200m Relay	2000
Maren Hanson	400m Dash	2000
Maren Hanson	800m Run	2000
Ana Sarar, Sally Stoterau, Shelli Stoltenberg, Maren Hanson	1600m Relay	2000
Ana Sarar	800m Run	2002
Jamie Caauwe	300m Hurdles	2003
Danielle Smith, Mandi Halverson, Maggie Williamson, Sarah Hanson	3200m Relay	2004
Betsy Linneweber, Jaime Benson, Mandi Halverson, Sarah Hanson	Medley Relay	2004
Jaime Benson	100m Hurdles	2004
Jaime Benson	100m Hurdles	2005
Magan Whetham, Mandi Halverson, Maddie Johnson, Sarah Hanson	3200m Relay	2005
Betsy Linneweber, Jaime Benson, Mandi Halverson, Sarah Hanson	Medley Relay	2005
Chandra Christensen, Jaime Benson, Magan Whetham, Mandi Halverson	Medley Relay	2006
Erin Nolz, Shelby Ellefson		
Magan Whetham, Mandi Halverson	3200m Relay	2007
Mandi Halverson	400m Dash	2007
Mandi Halverson	800m Run	2007
Melissa Carnicle	Triple Jump	2007
Shelby Ellefson, Lindsey Bohl, Erin Nolz, Mandi Halverson	3200m Relay	2008
Lindsey Bohl	3200m Run	2008
Lindsey Bohl	1600m Run	2009
Alyssa Whetham	100m Hurdles	2009
Erin Nolz	800m Run	2010
Lindsey Bohl	3200m Run	2010
Erin Nolz	800m Run	2012
Mara VanDeBerg	100m Dash	2013
Mara VanDeBerg	100m Dash	2014
Morgan Gloe, Brandy Greenhoff, Mara VanDeBerg, Haley Sage	Medley Relay	2014
Carmen Bohl, Rachel Kindt, Teisha Carnicle, Haley Sage	3200m Relay	2015
Mara VanDeBerg	100m Dash	2015
Haley Sage	800m Run	2015
Jaden Bly	3200m Run	2015

All-State

Susie Garry	Shot Put	1979
Darla Davis	Long Jump	1980
Darla Davis	Long Jump	1981
Lori Lunquist, Mary Koens, Lisa Nussbaum, Carla Dorsman	400m Relay	1986
Amy Koch, Mary Koens, Kia Hegge, Carla Dorsman	1600m Relay	1986
Jana Johnson, Mary Koens, Amy Koch, Carla Dorsman	400m Relay	1989
Maren Hanson	400m Dash	1996
Maren Hanson, Bobbie Bennett, Sally Stoterau, Kayla Garry	1600m Relay	1997
Maren Hanson	400m Dash	1997
Maren Hanson, Bobbie Bennett, Sally Stoterau, Kayla Garry	1600m Relay	1998
Maren Hanson	800m Run	1999
Nicole Anderson, Sally Stoterau, Ana Sarar, Kayla Garry, Maren Hanson	Medley Relay	1999
Ana Sarar, Maggie Williamson, Kayla Garry, Maren Hanson	3200m Relay	1999
Danielle Smith, Mandi Halverson, Maggie Williamson, Sarah Hanson	3200m Relay	2004
Sarah Hanson	3200m Run	2005
Mara VanDeBerg	100m Dash	2015

Highest State Meet Finishes

3200m Relay	Ana Sarar, Maggie Williamson, Kayla Garry, Maren Hanson	First	1999
	Danielle Smith, Mandi Halverson, Maggie Williamson, Sarah Hanson	First	2004
100m Hurdles	Meredith Rekstad	Fifth	1996
100m Dash	Mara VanDeBerg	First	2015
800m Relay	Nikki Nussbaum, Mary Koens, Lisa Nussbaum, Carla Dorsman	Second	1986
1600m Run	Erin Nolz	Second	2012
400m Relay	Lori Lundquist, Mary Koens, Lisa Nussbaum, Carla Dorsman	First	1986
	Jana Johnson, Mary Koens, Amy Koch, Carla Dorsman	First	1989
400m Dash	Maren Hanson	First	1996
	Maren Hanson	First	1997
300m Hurdles	Mary Koens	Third	1986
	Meredith Rekstad	Third	1996
Medley Relay	N. Anderson, S. Stoterau, A. Sarar, K. Garry, M. Hanson	First	1999
800m Run	Maren Hanson	First	1999
200m Dash	Mara VanDeBerg	Fourth	2015
3200m Run	Sarah Hanson	First	2005
1600m Relay	Amy Koch, Mary Koens, Kia Hegge, Carla Dorsman	First	1986
	Maren Hanson, Bobbie Bennett, Sally Stoterau, Kayla Garry	First	1997
	Maren Hanson, Bobbie Bennett, Sally Stoterau, Kayla Garry	First	1998
Shot Put	Susie Garry	First	1979
Discus	Susie Garry	Third	1979
	Emily Korthals	Third	1998
Long Jump	Darla Davis	First	1980
	Darla Davis	First	1981
Pole Vault	Morgan Frewaldt	Second	2014
Triple Jump			
High Jump			

Team Finishes at State Meet

<u>Year</u>	<u>Points</u>	<u>Place</u>	<u>Year</u>	<u>Points</u>	<u>Place</u>	<u>Year</u>	<u>Points</u>	<u>Place</u>
1983	0		1995	14	14 th	2007	14	21 st
1984	3	38 th	1996	54	3 rd	2008	30	10 th
1985	14	12 th	1997	40	5 th	2009	11	27 th
1986	34	4 th	1998	58	2 nd	2010	16	22 nd
1987	18	9 th	1999	36	6 th	2011	0	
1988	12	14 th	2000	24	13 th	2012	14	19 th
1989	25	7 th	2001	4	33 rd	2013	7	24 th
1990	3	32 nd	2002	4	37 th	2014	25	13 th
1991	4	31 st	2003	0		2015	21	12 th
1992	0		2004	10	26 th			
1993	0		2005	14	21 st			
1994	2	34 th	2006	3	38 th			

All-Time Place Winners since 1982

[Individual and Relay Places are given equal value]

	1st	2nd	3rd	4th	5th	6th	7th	8th	Total
1 Maren Hanson	161	34	14	11	3	3	0	0	2042
2 Michaela Garry	123	49	30	12	4	4	0	0	1890
3 Carla Dorsman	79	58	28	17	9	4	0	0	1555
4 Bobbie Bennett	80	40	11	10	6	8	1	0	1286
5 Mary Koens	61	54	21	11	8	4	0	0	1267
6 Ana Sarar	63	37	30	16	8	5	1	2	1237
7 Mara VanDeBerg	56	33	37	17	15	9	3	0	1224
8 Sarah Hanson	53	39	28	23	12	9	5	0	1210
9 Mandi Halverson	63	34	25	16	7	3	3	1	1176
10 Erin Nolz	64	30	20	9	6	6	1	1	1090
11 Maggie Williamson	40	35	36	19	9	12	2	2	1069
12 Teisha Carnicle	38	33	38	12	5	5	5	1	978
13 Amy Koch	44	38	16	10	8	7	0	0	943
14 Meredith Rekstad	33	34	23	11	13	10	2	0	881
15 Becca Engebretson	41	30	23	9	6	4	0	0	869
16 Sally Stoterau	47	21	9	11	12	12	7	6	851
17 Lisa Nussbaum	34	31	17	17	14	5	0	0	846
18 Kelly Eitreim	26	24	21	24	17	15	2	0	815
19 Keri Hoiland	27	32	22	15	13	9	0	0	812
20 Kari McKenna	22	30	27	20	15	7	0	0	803
21 Alyssa Whetham	16	26	28	23	20	15	2	10	790
22 Miranda Borstad	18	17	26	30	22	18	6	5	781
23 Lisa Kurtz	29	16	30	14	17	12	1	0	774
24 Shelby Ellefson	34	17	18	15	12	9	1	3	739
25 Janice Martens	29	31	17	10	8	0	0	0	722
26 Haley Sage	37	21	19	7	4	1	4	0	714
27 Lindsey Bohl	46	16	10	5	4	1	2	0	696
28 Tina Julson	20	26	18	13	11	8	0	1	650
29 Jaime Caauwe	7	19	26	19	23	16	7	6	633
30 Maddie Johnson	24	17	20	15	8	4	3	0	621
31 Shannan Ellefson	23	12	20	14	13	9	5	2	607
32 Morgan Gloe	6	17	28	15	18	13	2	2	556
33 Jaime Benson	12	11	12	19	25	15	8	3	539
34 Jennie Schetnan	20	24	12	9	6	2	0	0	539
35 Breonna Oveson	6	11	22	25	16	12	8	1	522
36 Magan Whetham	21	11	16	14	4	8	4	3	515
37 Shawn Quamen	15	22	15	6	7	8	0	0	498
38 Michelle Carnicle	15	15	21	9	7	7	2	3	497
39 Jana Johnson	14	23	14	8	6	0	0	0	472
40 Emily Korthals	19	16	10	9	7	6	1	1	472
41 Carmen Bohl	27	11	10	5	4	1	3	0	468
42 Kia Hegge	22	9	11	7	10	10	0	0	463
43 Kristin Sylliaasen	10	17	15	13	10	8	0	0	455
44 Lori Lundquist	17	17	3	9	13	5	0	0	436
45 Lara Luke	5	12	28	12	7	6	5	4	434

46	Jaden Bly	11	14	15	9	9	6	3	2	419
47	Shelli Stoltenberg	4	11	13	19	11	14	5	4	401
48	Nicole Anderson	8	6	10	13	11	21	11	13	395
49	Sarah Hebberecht	14	9	10	14	10	3	0	0	391
50	Baylee Johnson	8	11	10	15	10	7	8	4	384
51	Jenna Bowar	13	6	8	9	15	11	1	2	368
52	Brandy Greenhoff	6	10	17	9	10	7	2	2	354
53	Diane Hammer	11	9	16	7	5	0	0	0	333
54	Christie Heesch	11	9	12	10	5	0	0	0	324
55	Mary Schotzko	4	9	10	10	14	4	2	4	298
56	Chandra Christensen	5	4	12	11	12	8	6	4	297
57	Kim Koch	11	9	5	6	10	2	1	2	292
58	Britney Bruggeman	11	5	8	13	2	5	2	1	291
59	Betsy Linnewebber	2	3	8	13	14	13	5	11	273
60	Kelbi Koch	2	3	15	10	15	6	4	3	273
61	Haley Edmundson	4	5	12	10	9	5	4	3	264
62	Michelle Frerk	5	11	8	6	5	1	0	0	239
63	Susan Hammer	4	11	11	5	2	3	0	0	236
64	Anna Grimsrud	9	8	2	6	5	5	1	1	234
65	Michelle Jones	8	10	1	7	5	1	0	0	224
66	Valerie VanDeBerg	3	4	4	8	10	10	6	10	218
67	Peyton Sage	3	7	7	9	7	2	4	2	217
68	Michele Hecht	5	11	9	4	0	1	0	0	215
69	Nikki Whitman	8	6	3	6	5	5	1	2	215
70	Macey Bohl	4	6	8	5	5	9	1	1	211
71	Koty Matthiesen	4	0	4	9	9	18	3	2	207
72	Susan Lowe	8	5	6	6	5	0	0	0	206
73	Melissa Carnicle	1	4	7	5	14	9	4	2	202
74	Ann Hoven	3	7	5	8	3	6	0	0	186
75	Claire Karli	4	8	1	3	7	6	4	6	185
76	Kathy Liester	3	9	4	5	4	4	0	0	179
77	Brianna Mudder	2	6	7	6	5	4	1	2	176
78	Tracy Stoterau	7	4	1	6	2	7	2	4	175
79	Nikki Nussbaum	8	3	5	4	2	3	0	0	171
80	Rachel Kindt	11	3	5	0	0	1	1	0	169
81	Tammy Hoogland	9	8	2	0	0	0	0	0	166
82	Lydia Olson	1	4	3	8	5	8	1	3	149
83	Kelsie Paul	1	4	7	7	3	4	2	2	149
84	Nikki Westover	2	2	1	5	7	10	5	7	142
85	Danielle Smith	5	1	5	4	4	3	2	1	138
86	Theresa Schwab	5	3	3	5	4	1	0	0	136
87	Karen Olofson	0	0	5	6	14	6	0	0	134
88	Cassidy Powell	5	3	1	5	2	6	0	0	131
89	Natasha Halverson	0	4	7	5	3	4	2	1	128
90	Taylor Tillma	1	6	0	4	5	4	2	0	114
91	Stacy Stoterau	4	1	3	1	6	4	2	1	112
92	Courtney Westover	1	0	5	4	5	5	5	1	106
93	Casey Matthiesen	0	2	2	4	3	11	4	0	101
94	Theresa DeBoer	2	4	3	3	3	1	0	0	100

95	Stephanie Foshay	0	2	5	8	1	2	0	2	98
96	Kindra Clark	0	2	5	4	3	3	3	4	97
97	Taiya Bunde	0	1	3	5	5	8	0	1	96
98	Vanessa Stevenson	0	1	4	5	4	6	2	0	95
99	Sabrina Forshay	0	2	3	3	5	6	2	1	92
100	Erin Hamann	1	1	0	4	6	6	4	1	89
101	Katie Jones	0	1	2	3	4	7	5	6	88
102	Angela Koch	1	2	4	2	5	2	0	0	86
103	Amber Williamson	1	0	3	3	5	4	3	4	85
104	Angela McKenna	0	3	1	3	6	4	0	0	81
105	Meghan Nelson	0	3	6	1	2	1	2	0	80
106	Hannah Adams	0	1	1	3	4	6	4	7	78
107	Leah Williamson	0	2	0	4	5	4	0	0	68
108	Cindi Christensen	2	0	2	4	3	1	0	0	67
109	Mary Gardner	1	2	2	3	2	0	0	0	61
110	Renee Carnicle	0	1	3	2	4	3	0	0	61
111	Sandy Top	0	5	0	2	0	3	0	0	59
112	Sara Engelbrecht	0	0	2	5	4	2	0	0	59
113	Amy Heesch	0	0	3	5	3	1	0	0	58
114	Teila Carnicle	1	2	3	1	1	1	1	0	58
115	Nikki Peterson	0	0	1	4	6	2	0	0	56
116	Mary Christian	0	1	3	2	2	3	1	0	55
117	Nicole Etrheim	0	0	1	4	1	5	3	3	54
118	Erin Sorenson	1	1	2	0	1	6	1	0	54
119	Danielle Beaubien	1	0	1	5	2	1	0	0	52
120	Nikki Benson	0	0	2	0	4	7	0	0	49
121	Nicole Potrament	1	0	2	2	3	0	1	2	48
122	Kayla Adams	0	1	1	3	2	2	1	0	45
123	Morgan Frewaldt	2	2	0	0	0	1	2	0	43
124	Krissy Eitreim	0	2	0	0	2	3	3	0	39
125	Sandra Engebretson	1	0	0	2	4	0	0	0	36
126	Katie Koch	0	0	0	1	3	5	1	2	36
127	Mollie Bonte	0	1	1	2	1	1	0	0	31
128	Kim Nussbaum	0	1	0	2	3	0	0	0	30
129	Amanda Jacobson	0	0	0	2	0	3	4	2	29
130	Alicia Hoiland	0	0	1	1	2	3	0	0	28
131	Jennifer Johnson	0	0	0	3	3	0	0	0	27
132	Kristen Martens	0	1	0	1	2	1	0	3	27
133	Mandy Ellefson	0	0	1	1	0	2	2	4	25
134	Macie Coburn	0	0	2	2	0	1	0	0	25
135	Caitlyn Trower	0	0	0	3	0	2	1	2	25
136	Lana Lundquist	0	1	0	2	0	2	0	0	24
137	Kyley Greenhoff	0	0	2	1	0	2	0	1	24
138	Chantel Stoterau	0	0	0	1	2	1	2	3	23
139	Bobbie Caauwe	0	1	0	0	1	2	1	3	23
140	Cie Jae Myhre	0	0	1	1	3	0	0	0	23
141	Marissa Biever	0	0	1	0	1	3	1	1	22
142	Brianna Callsen	0	0	1	1	1	2	0	1	22
143	Peyton Heitkamp	0	0	0	1	3	0	2	1	22

South Dakota State Track Meet

[Relay points split]

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>	<u>Total</u>
1. Maren Hanson	7	6	5	2	1	0	0	0	87.00
2. Carla Dorsman	3	4	1	2	3	1	0	0	34.25
3. Mara VanDeBerg	1	0	0	1	1	0	1	0	31.00
4. Michaela Garry	4	6	3	1	1	0	0	0	28.25
5. Bobbie Bennett	2	5	1	1	0	2	1	0	25.75
6. Mary Koens	3	3	2	1	1	2	0	0	25.25
7. Erin Nolz	0	2	3	1	0	0	0	0	24.75
8. Lindsey Bohl	0	1	2	2	1	0	0	0	24.25
9. Mandi Halverson	1	3	1	0	0	1	1	0	23.25
10. Susie Garry	1	0	2	0	0	1	0	0	23.00
11. Sarah Hanson	2	1	1	0	1	0	2	0	22.50
12. Darla Davis	2	0	0	1	0	1	0	0	21.25
13. Meredith Rekstad	0	1	1	2	1	0	1	0	20.25
14. Ariana Sarar	2	2	1	0	1	1	0	0	17.50
15. Lisa Nussbaum	1	2	2	1	1	0	0	0	15.50
16. Sally Stoterau	3	2	1	0	0	0	0	0	13.00
17. Emily Korthals	0	0	1	0	1	0	0	1	11.00
18. Morgan Frewaldt	0	1	0	0	0	0	1	0	9.00
19. Amy Koch	2	1	0	1	0	2	0	0	8.25
20. Mary Schotzko	0	1	0	0	0	0	0	0	8.00
21. Maggie Williamson	2	1	0	0	0	0	0	0	7.00
22. Becca Engebretson	0	1	3	0	1	0	0	0	7.00
23. Haley Sage	0	0	0	0	1	0	3	0	7.00
24. Lori Lundquist	1	1	0	1	1	0	0	0	6.00
Jennie Schetnan	0	0	0	2	0	1	0	0	6.00
26. Lisa Kurtz	0	1	2	0	1	0	0	0	5.50
27. Jana Johnson	1	0	0	1	1	1	0	0	5.00
28. Carmen Bohl	0	0	0	0	1	0	2	0	5.00
29. Shelby Ellefson	0	1	1	1	0	0	0	0	4.75
30. Keri Hoiland	0	1	0	2	1	0	0	0	4.50
31. Nicole Anderson	1	0	1	0	0	0	0	0	4.00
32. Nikki Nussbaum	0	1	1	0	0	0	0	0	3.50
33. Jenna Bowar	0	1	0	1	0	0	0	0	3.25
34. Kelly Eitreim	0	0	2	0	0	0	0	0	3.00
35. Kia Hegge	1	0	0	0	0	1	0	0	2.75
Magan Whetham	0	0	1	0	0	0	1	0	2.75
37. Danielle Smith	1	0	0	0	0	0	0	0	2.50
38. Teisha Carnicle	0	0	0	1	0	0	2	0	2.25
39. Tina Julson	0	1	0	0	0	0	0	0	2.00
Kari McKenna	0	0	0	1	2	0	0	0	2.00
41. Diane Hammer	0	0	0	1	1	1	0	0	1.75
42. Christie Heesch	0	0	0	0	1	1	0	0	1.50
Shawn Quamen	0	0	0	1	1	0	0	0	1.50
44. Bev Julson	0	0	0	1	0	1	0	0	1.25
Maddie Johnson	0	0	0	0	0	1	1	0	1.25
46. Leah Williamson	0	0	0	1	0	0	0	0	1.00
Alyssa Whetham	0	0	0	0	0	0	0	1	1.00
48. Britney Bruggeman	0	0	0	0	0	1	0	0	.75
49. Janice Martens	0	0	0	0	1	0	0	0	.50
50. Susan Lowe	0	0	0	0	1	0	0	0	.50
51. Jaden Bly	0	0	0	0	0	0	1	0	.50
52. Rachel Kindt	0	0	0	0	0	0	1	0	.50
53. Marcel Hoven	0	0	0	0	0	1	0	0	.25

Individual Scoring - 2015

	West Central	Cougar	Jesse James	Beresford	Chester	Danielsen	Howard Wood	Baltic	Dell Rapids	Parker	Big East	Region	State	Total		
Mara VanDeBerg	Canceled	21.5	30	10	12.5	16	1	28	Canceled	12.5	18.5	15	15	180.00		
Haley Sage			14.5	15	3.5	15	1	13.5			10	15	11	4.5	103.00	
Carmen Bohl			13	10.5	2.5	3.5	12.5			13.5		10.5	10.5	5	0.5	82.00
Rachel Kindt			5	15	14	12.8	10.5			2.5		8.5	2.5	6	0.5	77.25
Jaden Bly			12.5	10.5	8.5	2	7			10.5		7	7.5	8		73.50
Lara Luke			5	8	6	3	3.25	1		3.75		6	5.75	2		43.75
Peyton Sage			2	10.5	4.5	0.75	3.25			3.75		3.5	3.25	1		32.50
Morgan Gloe			5	8	6	3	3.25	1		1.5				4.5		32.25
Teisha Carnicle										7.5		8	11	2.5	0.5	29.50
Kelsie Paul			3.5	6	3.5	1	0.25			1.25		3.5	3.25	1		23.25
Kyley Greenhoff			12							0.5				2		14.50
Breanna Callsen			6	2												8.00
Macey Bohl			2.5	3			2					3				10.50
Peyton Heitkamp				5								2		3		10.00
Caitlyn Trower				1	1					1.25		1.5	1.75			6.50
Erynn Fink												1				1.00
Kristen Martens																0.00
														0.00		
	0	88	124	71	42	73	4	87.5	0	77	79	61	21	727.50		

Six Year Club

Members of the "Six Year Club" are six year track letterwinners

Diane Hammer (1978-1983)

Mary Koens (1984-89)

Carla Dorsman (1984-89)

Amy Koch (1984-89)

Keri Hoiland (1988-93)

Sarah Hebberecht (1988-93)

Kari McKenna (1989-94)

Tina Julson (1992-97)

Kelly Eitreim (1992-1997)

Bobbie Bennett (1993-1998)

Kayla Garry (1994-1999)

Maren Hanson (1995-2000)

Ana Sarar (1997-2002)

Maggie Williamson (1999-2004)

Sarah Hanson (2000-2005)

Jaime Benson (2001-2006)

Magan Whetham (2002-2007)

Maddie Johnson (2002-2007)

Mandi Halverson (2003-2008)

Alyssa Whetham (2004-2009)

Miranda Borstad (2006-2011)

Erin Nolz (2007-2012)

Lindsey Bohl (2008-2013)

Teisha Carnicle (2010-2015)

Mara VanDeBerg (2010-2015)

2015 Event Point Totals

	Early Bird	Cougar	Jesse James	Bersford	Chester	Danielsen	Howard Wood	Parker	Baltic	Dell Rapids	Big East	Region	State	Total			
3200m Relay	Canceled	6	10	10	8	10		10	10	Canceled	10	8	2	84	11.45%		
100m Hurdles		9			6				3				2		20	2.73%	
100m Dash		10	15	10	1	10			11		10		8	8	10	93	12.68%
800m Relay			8	6	10	1					3		2	2		32	4.36%
1600m Run		16	16	12	2	12			19		16		14	6		113	15.41%
400m Relay		6	6	2					5		5		5			29	3.95%
400m Dash		2	10				6		8		10			4		40	5.45%
300m Hurdles		6														6	0.82%
Medley Relay		8	10	6	3	2	4	8	6				6	2		55	7.50%
800m Run		6	10	14		12			3		10		16	8	4	83	11.32%
200m Dash		10	13	1	6						8		8	6	5	57	7.77%
3200m Run			11			10					8			8		37	5.04%
1600m Relay		6	8	10	6	10			10		5		10	4		69	9.41%
Shot Put			4											1		5	0.68%
Discus			1						2.5					2		5.5	0.75%
High Jump																0	0.00%
Triple Jump			3	2												5	0.68%
Long Jump																0	0.00%
Totals	0	88	124	71	42	73	4	77	94	0	79	61	21	733.5			

Howard Wood Dakota Relays First Places Finishes

1996	3200m Relay	Bobbie Bennett, Kayla Garry, Tina Julson, Maren Hanson	9:55.9
1996	Medley Relay	Jenna Bowar, Lisa Kurtz, Kayla Garry, Maren Hanson	4:23.8
1997	1600m Relay	Maren Hanson, Bobbie Bennett, Sally Stoterau, Kayla Garry	4:11.1
1998	3200m Relay	Sally Stoterau, Bobbie Bennett, Ana Sarar, Kayla Garry	10:06.7
1998	1600m Relay	Maren Hanson, Bobbie Bennett, Sally Stoterau, Kayla Garry	4:08.7
1999	3200m Relay	Ana Sarar, Kim Koch, Kayla Garry, Maren Hanson	10:08.1
1999	Medley Relay	Nicole Anderson, Sally Stoterau, Kayla Garry, Maren Hanson	4:20.9
2000	3200m Relay	Ana Sarar, Maggie Williamson, Sarah Hanson, Maren Hanson	10:09.5

Individual Places

	1st	2nd	3rd	4th	5th	6th	7th	8th	Points	Career
Mara VanDeBerg	13	4	5	1	1	0	1	0	180.00	1224
Haley Sage	17	2	2	2	2	0	1	0	103.00	714
Carmen Bohl	10	4	4	2	0	0	1	0	82.00	468
Rachel Kindt	11	3	5	0	0	1	1	0	77.25	169
Jaden Bly	5	4	4	4	2	0	0	0	73.50	419
Lara Luke	5	4	9	6	3	3	2	1	43.75	434
Peyton Sage	2	2	4	7	2	2	4	1	32.50	217
Morgan Gloe	3	3	8	1	3	2	1	1	32.25	556
Kelsie Paul	1	3	5	5	1	4	1	1	23.25	149
Kyley Greenhoff	0	0	2	1	0	1	0	0	14.50	24
Macey Bohl	0	0	1	0	1	2	0	1	10.50	208
Peyton Heitkamp	0	0	0	1	2	0	1	1	10.00	22
Breanna Callsen	0	0	0	0	0	1	0	1	8.00	22
Caitlyn Trower	0	0	0	3	0	2	1	2	6.50	22
Erynn Fink	0	0	0	0	0	0	0	1	1.00	1
Kristen Martens	0	0	0	0	0	0	0	0	0.00	27

* Career Points are not split for relays & are based on 8 place scoring

Places by Meet

	1st	2nd	3rd	4th	5th	6th	7th	8th	Points	
West Central	Canceled									
Cougar	3	1	6	1	0	2			87	
Beresford	4	0	2	1	1	1			71	
Jesse James	7	3	2	1	1	1	1	3	124	
Danielsen	5	1	1	1	2	1			73	
Chester	1	1	3	0	0	1	1	1	42	
Howard Wood	0	0	0	0	1	0	0	0	4	
Baltic	5	2	2	2	0	2			87.5	
Parker	3	2	1	3	0	2	1	2	77	
Dell Rapids	Canceled									
Big East	3	3	3	1	0	0	1	0	79	
Region	4	1	3	5	1				61	
State	1	0	0	1	1	0	1	0	21	
	36	14	23	16	7	10	5	6	726.5	

Little Known Facts

Most points scored by:

team at meet.....	189	Big East	2011
team at conference meet	189	Big East	2011
team at Region meet.....	134		1998
team at State Meet.....	58		1998
individual at single meet.....	38	Maren Hanson	1999/2000
individual at State Meet	21	Maren Hanson	1999
individual at State Meet [Career]....	87	Maren Hanson	1995-2000
individual during season.....	290	Maren Hanson	1999
individual during career [not split]..	2,042	Maren Hanson	1995-2000
team during season.....	1,184		1996
event during season.....	156	400m Dash	1999

Most gold medals:

Career.....	161	Maren Hanson	1995-2000
Season	36	Maren Hanson	1999
State Meet [Career].....	7	Maren Hanson	1995-2000
Most career State Meet Events.....	23	Maren Hanson	1995-2000

Most qualifiers for State Meet	10		1996
Most events qualified for State Meet ..	12		1996
Most firsts in one meet	11	Beresford	1997
Most firsts at a state meet.....	3		1999
Most firsts during season.....	66		1998
Most consecutive wins for event	18	1600m Relay	1997-99

1-2 finish at the Region Meet

Diane Hammer and Christie Heesch	100m Dash	1982
Carla Dorsman and Jana Johnson	100m Dash	1989
Bobbie Bennett and Meredith Rekstad	800m Run	1994
Kayla Garry and Bobbie Bennett	800m Run	1995

Team Results

West Central Early Bird

Cancelled

Fighting Cougar Relays

1. Hanson	146.5
2. West Central	136.5
3. Freeman	124
4. Garretson	87
5. MCM	71
6. Canistota	53
7. Bridgewater-Emery	27

Jesse James Invitational

1. Garretson	124
2. SF Christian	121
3. Tri-Valley	110
4. Deubrook Area	94
5. Parker	81
6. DRSM	61
7. ORR	26
8. Sioux Valley	23

Beresford Invitational

1. Bersford	119
2. Dell Rapids	93
3. SF Christian	78
4. Tri-Valley	73
5. Garretson	71
6. Deubrook Area	60
7. Flandreau	54
8. Alcester-Hudson	8

Chester Invitational

1. Canton	150.5
2. Mt. Vernon/Plankinton	132
3. Tri-Valley	100.5
4. Chester Area	48
5. Elkton-Lake Benton	43
6. Garretson	42
7. Deubrook Area	41
8. Parker	35
9. Howard	29
10. Canistota	22
11. DRSM	18
12. Baltic	15
13. Great Plains Lutheran	11
14. Alcester-Hudson	11
15. Oldham-Ramona/Rutland	4

Danielson Relays

1. West Central	135
2. Ethan/Parkston	85
3. Hanson	79
4. Garretson	59
5. MCM	62
6. Canistota	50
7. Howard	44
8. Bridgewater/Emery	17

Baltic Invitational

1. Elkton/Lake Benton	103
2. Chester Area	89
3. Garretson	87.5
4. Deubrook Area	75
5. DRSM	73
6. Howard	62
7. Baltic	40
8. Colman-Egan	20.5

Parker Invitational

1. Hanson	119
2. Freeman	103
3. Parker	96
4. MCM	82
5. Garretson	77
Howard	77
7. Viborg/Hurley	74
8. Marion	38
9. Centerville	26
10. Canistota	0

Dell Rapids Invitational

Cancelled

Big East Conference

1. Sioux Valley	124
2. Parker	99
3. Flandreau	93
4. MCM	90
5. Chester Area	90
6. Garretson	79
7. Howard	65
8. Baltic	33

Region 3A

1. Madison	177
2. Dell Rapids	63
3. Garretson	61
4. SF Christian	50
5. Flandreau	40

State

1. St. Thomas Moore	108
2. Madison	69.5
3. Custer	53
4. Dakota Valley	52
21. Garretson	21

Best Performances - 2015

Garretson High School

Event	Individual	Effort	Meet	Top 10
3200m Relay	Carmen Bohl, Rachel Kindt Teisha Carnicle, Haley Sage	10:06.6	Conference	
100m Hurdles	Brianna Callsen	19.6	Jesse Jaes	
100m Dash	Mara VanDeBerg	12.2	Region	Record
800m Relay	Kelsie Paul, Lara Luke, Peyton Sage, Morgan Gloe	1:56.3	Danielsen	
1600m Run	Carmen Bohl	5:30.61	Howard Wood	
400m Relay	Mara VanDeBerg, Lara Luke, Kelsie Paul, Morgan Gloe	54.2	Fighting Cougar	
400m Dash	Mara VanDeBerg	62.8	Danielsen	
300m Hurdles	Kyley Greenhoff	59.1	Fighting Cougar	
Medley Relay	Morgan Gloe, Lara Luke, Mara VanDeBerg, Haley Sage	4:22.22	Howard Wood	4th
800m Run	Haley Sage	2:23.62	State	4th
200m Dash	Mara VanDeBerg	26.08 fat	State	Record
3200m Run	Carmen Bohl	12:07.0	Danielsen	
1600m Relay	Mara VanDeBerg, Lara Luke, Teisha Carnicle, Haley Sage	4:11.1	Parker	5th
Shot Put	Peyton Heitkamp	28' 2"	Region	
Discus	Peyton Heitkamp	85' 2"	Region	
Long Jump	Brianna Callsen	12' 10"	Tom Main	
Triple Jump	Brianna Callsen	27' 5.25"	Fighting Cougar	
High Jump				

Season's Best Performances 2010 2011 2012 2013 2014 2015 Q Std

3200m Relay

1	Carmen Bohl, Rachel Kindt, Teisha Carnicle, Haley Sage						10:06.6	10:07.6
2	Carmen Bohl, Teisha Carnicle, Jaden Bly, Haley Sage						10:10.79	
3	Carmen Bohl, Rachel Kindt, Jaden Bly, Haley Sage						10:13.5	
4	Carmen Bohl, Rachel Kindt, Macey Bohl, Jaden Bly						11:06.2	

100m Hurdles

1	Brianna Callsen		18.7			19.9	19.6	15.7
2	Kyley Greenhoff					22.9	19.7	

100m Dash

1	Mara VanDeBerg	13.5	12.9	12.7	12.5	12.5	12.2	12.8
2	Peyton Sage						13.5	
3	Madison Northrup					15.4	14.1	
4	Caitlyn Trower						14.2	
5	Kelsie Paul			15.3		14.5	14.6	
6	Riley Altman						14.8	
7	McKenzie Northrup						15.0	
8	Nokia Haynes						16.2	
	Morgan Gloe					14.1		
	Brandy Greenhoff			14.0		14.2		
	Kristen Martens			14.4				
	Lara Luke			14.6				
	Peyton Heitkamp			15.9				

800m Relay

1	Kelsie Paul, Lara Luke, Peyton Sage, Morgan Gloe						1:56.3	1:49.4
2	Kelsie Paul, Lara Luke, Peyton Sage, Caitlyn Trower						1:56.4	

1600m Run

1	Carmen Bohl					5:37.1	5:30.61	5:28.0
2	Rachel Kindt						5:36.9	
3	Teisha Carnicle						5:55.0	
4	Jaden Bly	6:13.1	5:54.6			5:58.0	6:04.4	
	Macey Bohl		6:13.2			6:12.7		
	Peyton Sage					6:10.2		
	Haley Sage	5:52.5	5:29.2	5:29.0				

400m Relay

1	Mara VanDeBerg, Lara Luke, Kelsie Paul, Morgan Gloe						54.2	51.9
2	Kelsie Paul, Lara Luke, Peyton Sage, Caitlyn Trower						55.0	
3	Mara VanDeBerg, Lara Luke, Peyton Sage, Morgan Gloe						54.49	
4	Kelsie Paul, Lara Luke, Peyton Sage, Caitlyn Trower						55.4	
5	Kelsie Paul, Lara Luke, Peyton Sage, Morgan Gloe						56.6	

400m Dash

1	Mara VanDeBerg					62.6	62.8	60.7
2	Haley Sage						63.6	
3	Teisha Carnicle						64.3	
4	Morgan Gloe						65.2	
5	Peyton Sage	65.9	67.2			76.2	65.2	
6	Caitlyn Trower			69.6			68.1	
7	Madison Nordstrom						72.2	
8	Tessa Pederson						73.6	
9	Aftyn Heitkamp						74.0	
10	Nadalie Johnson						77.3	
	McKenzie Northrup						79.0	
	Lara Luke						79.7	
	Kelsie Paul	73.6	70.1			68.4		
	Brandy Greenhoff						71.8	
	Kristen Martens	70.5	72.2				72.4	

300m Hurdles								
1	Kyley Greenhoff					61.3	59.1	48.2
2	Molly Houg						62.3	
	Brianna Callsen					58.6	64.1	

Medley Relay								
1	Morgan Gloe, Lara Luke, Mara VanDeBerg, Hilay Sage						4:22.22	4:29.4
2	Peyton Sage, Lara Luke, Morgan Gloe, Teisha Carnicle						4:38.6	
3	Kelsie Paul, Peyton Sage, Lara Luke, Teisha Carnicle						4:42.9	
4	Kelsie Paul, Lara Luke, Peytson Sage, Jaden Bly						4:45.0	
5	Kelsie Paul, Lara Luke, Morgan Gloe, Rachel Kindt						4:47.9	
6	Morgan Gloe, Lara Luke, Peyton Sage, Jaden Bly						4:53.5	
	Brandy Greenhoff, Morgan Gloe, Lara Luke, Jaden Bly						4:46.0	

800m Run								
1	Haley Sage	2:39.2	2:37.6			2:31.3	2:23.62	2:25.9
	Teisha Carnicle						2:32.6	
2	Jaden Bly	2:50.0	2:42.9			2:41.8	2:51.1	
3	Macey Bohl		2:45.1				2:59.1	
	Peyton Sage					2:47.0		
	Carmen Bohl					2:47.8		
	Kristen Martens	2:49.6	2:53.6					

200m Dash								
1	Mara VanDeBerg	28.6	27.5	27.2	26.2	26.5	26.08	26.9
2	Peyton Sage						28.1	
3	Kelsie Paul			35.2		31.1	30.3	
4	Caitlyn Trower						29.6	
5	Tessa Pederson						33.8	
6	Madison Nordstrom						34.8	
7	Aftyn Heitkamp						36.0	
	Morgan Gloe		29.3	29.2		29.7		
	Lara Luke					30.1		
	Brandy Greenhoff			28.9		30.2		
	Madison Northrup					32.1		
	Kyley Greenhoff					33.2		

3200m Run									
1	Carmen Bohl					12:04.64	11:44.22	12:07.0	12:11.5
2	Jaden Bly						13:16.0	12:39.7	
3	Macey Bohl			13:21.8			13:39.9	16:46.2	
	Haley Sage			12:37.7	12:31.8				

1600m Relay								
1	Mara VanDeBerg, Lara Luke, Teisha Carnicle, Haley Sage						4:11.1	4:12.8
2	Mara VanDeBerg, Lara Luke, Carmen Bohl, Haley Sage						4:15.9	
3	Mara VanDeBerg, Lara Luke, Morgan Gloe, Haley Sage						4:16.77	
4	Carmen Bohl, Morgan Gloe, Lara Luke, Haley Sage						4:21.2	
5	Peyton Sage, Lara Luke, Morgan Gloe, Haley Sage						4:21.6	
6	Carmen Bohl, Lara Luke, Peyton Sage, Haley Sage						4:22.7	
7	Mara VanDeBerg, Morgan Gloe, Teisha Carnicle, Haley Sage						4:24.41	
8	Carmen Bohl, Lara Luke, Rachel Kindt, Morgan Gloe						4:31.6	

Long Jump								
1	Breanna Callsen						12' 10"	16'4"
	Kristen Martens			13' 6"				

Discus

1 Peyton Heitkamp	74' 0"	88' 0"	85' 2"	112' 10"
2 Erynn Fink		61' 5"	76' 1"	
3 Kristen Martens		67' 3"	65' 9"	
4 Madison Northrup			64' 1"	
5 Rakell Gnad			62' 4"	
6 Abby Schroeder			56' 1"	
7 Aliah Lymon			54' 2"	
Siri Wollmann		85' 5"		

Shot Put

1 Peyton Heitkamp	24' 7"	26' 2.5"	28' 2"	37' 3"
2 Kristen Martens		26' 8.5"	27' 7"	
3 Erynn Fink		26' 5"	26' 7"	
4 Madison Northrup			24' 1"	
5 Rakell Gnad			22' 5.5"	
Siri Wollmann		29' 0.5"		

Triple Jump

1 Breanna Callsen		27' 6"	27' 5.25"	34' 1"
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High Jump

1				5' 0"
2				

Fighting Cougar Relays

April 14, 2015

Salem

60s & Windy

3200m Relay	Carmen Bohl	76-80	2:37.1		
	Rachel Kindt	75-80	2:35.6		
	Macey Bohl	81-95	2:56.6		
	Jaden Bly	84-92	2:56.0	11:06.2	Third
100m Hurdles	Kyley Greenhoff			19.8	Third
	Breanna Callsen			20.7	Sixth
100m Dash	Mara VanDeBerg	Qualified		12.8	First
	Peyton Sage			14.1	
	Caitlyn Trower			14.6	
1600m Run	Carmen Bohl	83-90-91-87		5:52.2	First
	Jaden Bly	86-97-100-99		6:23.8	Third
400m Relay	Mara VanDeBerg, Lara Luke, Kelsie Paul, Morgan Gloe			54.2	Third
400m Dash	Caitlyn Trower			72.2	
	Peyton Sage			68.1	Seventh
300m Hurdles	Kyley Greenhoff			59.1	Third
Medley Relay	Kelsie Paul	32.2			
	Lara Luke	27.5			
	Morgan Gloe	67.9			
800m Run	Rachel Kindt	77-86	2:43.0	4:50.9	Second
	Jaden Bly	83-91		2:54.3	Fourth
	Macey Bohl	86-99		3:06.6	Eighth
200m Dash	Mara VanDeBerg	Qualified		26.6	First
	Kelsie Paul			30.3	
	Caitlyn Trower			31.0	
	Peyton Sage			29.8	
1600m Relay	Carmen Bohl	67.9			
	Lara Luke	67.3			
	Rachel Kindt	69.1			
	Morgan Gloe	67.3		4:31.6	Third
Shot Put	Peyton Hietkamp			26' 8.75"	
	Erynn Fink			23' 10.5"	
	Kristen Martens			24' 2.75"	
	Madison Northrup			20' 8.75"	
Discus	Peyton Hietkamp			77' 0"	
	Erynn Fink			68' 5"	
	Kristen Martens			58' 10"	
	Madison Northrup			55' 8"	
Long Jump	Breanna Callsen			12' 9"	
	Abriana Scholl			Scratch	
Triple Jump	Breanna Callsen			27' 5.25"	Sixth

Jesse James Invitational

April 18, 2015

Garretson

Warm, Windy

3200m Relay	Carmen Bohl	78-85	2:43			
	Rachel Kindt	76-84	2:40			
	Jaden Bly	77-89	2:46			
	Haley Sage	74-80	2:34	10:47.1	First	
100m Hurdles	Brianna Callsen			19.6		
	Kyley Greenhoff			19.8		
100m Dash	Mara VanDeBerg			12.6	First	
	Peyton Sage			13.5	Fourth	
	Madison Northrup			14.3		
	Caitlyn Trower			14.4		
	Riley Altman			14.8		
	McKenzie Northrup			15.0		
	Nokia Haynes			16.2		
	800m Relay	Kelsie Paul, Lara Luke, Peyton Sage, Morgan Gloe			1:58.1	Second
1600m Run	Rachel Kindt	79-97-93-79		5:51.1	First	
	Carmen Bohl	80-97-93-85		5:57.6	Third	
400m Relay	Kelsie Paul, Lara Luke, Peyton Sage, Morgan Gloe			56.6	Third	
	400m Dash	Mara VanDeBerg		63.4	First	
400m Dash	Madison Nordstrom			73.6		
	Tessa Pederson			74.0		
	Aftyn Heikamp			77.3		
	Nadalie Johnson			79.0		
	McKenzie Northrup			79.7		
	300m Hurdles	Kyley Greenhoff			60.9	
	Molly Houg			64.1		
Medley Relay	Kelsie Paul		30.2			
	Lara Luke		31.9			
	Morgan Gloe		68.7			
	Rachel Kindt	80-84	2:44	4:55.9	First	
800m Run	Haley Sage	78-76		2:34.6	First	
200m Dash	Mara VanDeBerg			28.6	First	
	Peyton Sage			32.0	Seventh	
	Caitlyn Trower			32.7	Eighth	
	Tessa Pederson			33.8		
	Madison Nordstrom			34.8		
	Aftyn Heikamp			36.0		
	3200m Run	Jaden Bly	85-99-99-98-101-102-102-97		13:18.5	Second
Macey Bohl	93-115-125-131-156-137-137-128		16:46.2	Sixth		
1600m Relay	Carmen Bohl		68.2			
	Morgan Gloe		70.0			
	Lara Luke		68.5			
	Haley Sage		63.4	4:31.8	Second	
Shot Put	Peyton Heitkamp			28' 2"	Fifth	
	Kristen Martens			25' 6.25"		
	Erynn Fink			25' 3.75"		
	Madison Northrup			22' 8.5"		
	Rakell Gnad			22' 5.5"		
Discus	Peyton Heitkamp			80' 1"	Eighth	
	Rakell Gnad			62' 4"		
	Madison Northrup			61' 8"		
	Kristen Martens			60' 2"		
	Abby Schroeder			56' 1"		
	Aliah Lymon			54' 2"		
Triple Jump	Brianna Callsen			26' 10"	Eighth	
Long Jump	Brianna Callsen			11' 5"		

Alcester-Hudson-Beresford Invitational

April 21, 2015

Beresford

Cool and Windy

3200m Relay	Carmen Bohl	77-87	2:44		
	Rachel Kindt	77-86	2:43		
	Jaden Bly	81-86	2:47		
	Haley Sage	80-76	2:36	10:54.5	First
100m Hurdles	Kyley Greenhoff			19.8	
100m Dash	Mara VanDeBerg			12.7	First
	Madison Northrup	FROSH		14.6	Tie - Second
	Caitlyn Trower	FROSH		14.4	
	Peyton Sage	FROSH		14.0	
800m Relay	Kelsie Paul, Lara Luke, Peyton Sage, Morgan Gloe			2:01.7	Third
1600m Run	Rachel Kindt	81-91-91-83		5:48.7	First
	Jaden Bly	85-97-104-93		6:21.4	Fifth
400m Relay	Kelsie Paul, Lara Luke, Peyton Sage, Morgan Gloe			57.0	Fifth
400m Dash	Caitlyn Trower			76.6	
300m Hurdles	Kyley Greenhoff			63.0	
Medley Relay	Kelsie Pual		31.3		
	Lara Luke		31.0		
	Morgan Gloe		69.6		
	Rachel Kindt	79-84	2:43.0	4:55.9	Third
800m Run	Haley Sage	81-79		2:40.2	First
	Jaden Bly	79-84		2:51.1	Fourth
	Caitlyn Trower			31.5	Sixth
200m Dash					
1600m Relay	Peyton Sage		68.7		
	Lara Luke		69.6		
	Morgan Gloe		69.6		
	Haley Sage		66.3	4:34.4	First
Shot Put	Peyton Heitkamp			26' 3.5"	
	Kristen Martens			26' 7.5"	
	Erynn Fink			25' 1"	
	Madison Northrup			21' 1"	
Discus	Peyton Heitkamp			72' 6.5"	
	Kristen Martens			57' 10.5"	
	Erynn Fink			62' 5"	
	Madison Northrup			60' 6"	

Tom Main Invitational
Chester

April 25, 2015
Cool, windy

3200m Relay	Carmen Bohl	73-80	2:33		
	Rachel Kindt	74-80	2:34		
	Jaden Bly	74-85	2:39		
	Haley Sage	70-81	2:31	10:22.5	Second
100m Hurdles	Brianna Callsen			20.1	
	Kyley Greenhoff			20.7	
100m Dash	Mara VanDeBerg			13.0	Third
	Kelsie Paul			14.6	
800m Relay	Kelsie Paul, Lara Luke				
	Peyton Sage, Morgan Gloe			1:57.2	Eighth
1600m Run	Rachel Kindt	80-89-91-82		5:44.5	First
400m Relay	Mara VanDeBerg, Lara Luke				
	Peyton Sage, Morgan Gloe			54.7	Seventh
Medley Relay	Kelsey Paul		29.0		
	Morgan Gloe		30.5		
	Lara Luke		66.9		
	Rachel Kindt	74-85	2:39.0	4:47.9	Sixth
800m Run	Macey Bohl	85-95		3:01.0	
200m Dash	Mara VanDeBerg			27.5	Third
	Peyton Sage			30.1	
	Kelsie Paul			31.0	
	Caitlyn Trower			30.9	
1600m Relay	Carmen Bohl		65.7		
	Morgan Gloe		65.5		
	Lara Luke		67.2		
	Haley Sage		62.9	4:21.2	Third
Shot Put	Peyton Heitkamp			27' 5"	
	Kristen Martens			26' 1"	
	Madison Northrup			20' 9"	
	Erynn Fink			24' 5"	
Discus	Peyton Heitkamp			77' 7.5"	
	Kristen Martens			63' 6.5"	
	Madison Northrup			61' 0"	
	Erynn Fink			64' 5.25"	
Long Jump	Brianna Callsen			12' 10"	
Triple Jump	Brianna Callsen			26' 3"	

Danielsen Relays

April 29, 2015

Salem

Warm, light breeze

3200m Relay	Carmen Bohl	74-75	2:30		
	Rachel Kindt	76-78	2:35		
	Jaden Bly	78-81	2:39		
	Haley Sage	76-72	2:28	10:13.5	First
100m Hurdles	Brianna Callsen			20.5	
100m Dash	Mara VanDeBerg			13.1	First
	Caitlyn Trower			14.8	
	Kelsie Paul			15.1	
	Madison Northrup			14.7	
800m Relay	Kelsie Paul, Lara Luke,				
	Peyton Sage, Morgan Gloe			1:56.3	Sixth
1600m Run	Jaden Bly	82-96-98-94		6:12.4	Fourth
	Rachel Kindt	80-91-92-84		5:48.7	Second
400m Relay	Kelsie Paul, Lara Luke,				
	Peyton Sage, Morgan Gloe				DQ
400m Dash	Mara VanDeBerg			62.8	Third
	Caitlyn Trower			70.4	
Medley Relay	Morgan Gloe		29.0		
	Lara Luke		29.1		
	Peyton Sage		67.1		
	Jaden Bly	82-85	2:47.0	4:53.5	Fifth
800m Run	Haley Sage	74-72		2:27.1	First
	Macey Bohl	83-95		2:59.1	Fifth
200m Dash	Caitlyn Trower			30.5	
	Kelsie Paul			30.5	
3200m Run	Carmen Bohl	81-93-93-94-96-95-92-82		12:07.0	First
1600m Relay	Peyton Sage		68.0		
	Lara Luke		66.2		
	Morgan Gloe		64.5		
	Haley Sage		62.9	4:21.6	First
Shot Put	Peyton Heitkamp			26' 1"	
	Kristen Martens			25' 0"	
	Erynn Fink			24' 6.5"	
	Madison Northrup			21' 9"	
	Rakell Gnadt			22' 3.5"	
	Ashlyn Anderson				
Discuss	Peyton Heitkamp			76' 11"	
	Kristen Martens			60' 0"	
	Erynn Fink			59' 0"	
	Madison Northrup			62' 10"	
	Rakell Gnadt			54' 11"	
	Ashlyn Anderson				
Long Jump	Brianna Callsen			12' 5"	
Triple Jump	Brianna Callsen			24' 6.5"	

Howard Wood Relays

Sioux Falls

May 1-2, 2015

Warm, light breeze

100m Dash	Mara VanDeBerg	12.92	13.29		13th of 73
1600m Run	Carmen Bohl	78-86-86-79		5:30.61	36th of 109
3200m Relay	Carmen Bohl	76-79	2:35.0		
	Teisha Carnicle	71-82	2:33.0		
	Jaden Bly	74-85	2:39.1		
	Haley Sage	68-75	2:23.5	10:10.79	9th of 15
Medley Relay	Morgan Gloe		28.1		
	Lara Luke		29.8		
	Mara VanDeBerg		61.9		
	Haley Sage	69-73	2:22.2	4:22.22	Fifth
400m Relay	Mara VanDeBerg, Lara Luke, Peyton Sage, Morgan Gloe			54.49	18th of 23
1600m Relay	Mara VanDeBerg		63.3		
	Lara Luke		66.5		
	Morgan Gloe		64.7		
	Haley Sage		61.9	4:16.77	11th of 16

Baltic Invitational
Baltic

May 5, 2015
Cool, Medium Wind

3200m Relay	Jaden Bly	74-85	2:39.0		
	Haley Sage	72-78	2:30.0		
	Rachel Kindt	75-86	2:41.0		
	Carmen Bohl	78-91	2:49.0	10:43.7	First
100m Hurdles	Kyley Greenhoff			20.0	Sixth
100m Dash	Mara VanDeBerg			12.7	First
	Caitlyn Trower			14.4	
	Kelsie Paul			17.8	
	Madison Northrup			14.4	
800m Relay	Kelsie Paul, Lara Luke, Peyton Sage, Caitlyn Trower			1:57.5	Sixth
1600m Run	Carmen Bohl	76-88-87-79		5:31.3	First
	Teisha Carnicle	76-88-93-96		5:55.0	Third
400m Relay	Kelsie Paul, Lara Luke, Peyton Sage, Caitlyn Trower			55.7	Fourth
400m Dash	Mara VanDeBerg			62.9	First
300m Hurdles	Molly Houg			65.0	
	Kyley Greenhoff			60.7	
Medley Relay	Peyton Sage		28.5		
	Lara Luke		28.8		
	Morgan Gloe		64.4		
	Teisha Carnicle	73-82	2:35.0	4:38.6	Third
800m Run	Haley Sage	72-71		2:24.1	First
	Macey Bohl	86-101		3:09.1	
200m Dash	Mara VanDeBerg			27.2	Second
	Caitlyn Trower			30.5	
3200m Run	Jaden Bly	80-97-100-103-106-106-107-106		13:26.0	Second
1600m Relay	Carmen Bohl		66.6		
	Lara Luke		65.1		
	Peyton Sage		66.1		
	Haley Sage		64.3	4:22.7	Fourth
Shot Put	Peyton Heitkamp			26' 5"	
	Kristen Martens			25' 10"	
	Erynn Fink			26' 7"	
	Madison Northrup			24' 1"	
Discuss	Peyton Heitkamp			74' 10"	
	Kristen Martens			65' 9"	
	Erynn Fink			66' 9"	
	Madison Northrup			64' 1"	

Parker Invitational

May 9, 2015

Parker

Cool, light winds

3200m Relay	Carmen Bohl	74-78	2:32		
	Rachel Kindt	76-85	2:41		
	Teisha Carnicle	70-80	2:30		
	Haley Sage	73-86	2:39	10:26.2	First
100m Hurdles	Kyley Greenhoff			21.3	
100m Dash	Mara VanDeBerg			12.8	First
	Madison Northrup			14.4	
	Caitlyn Trower			14.2	Eighth
1600m Run	Carmen Bohl	78-90-88-85		5:41.2	Second
	Rachel Kindt	80-96-97-90		6:03.3	Third
	Jaden Bly	82-96-97-88		6:04.4	Fourth
400m Relay	Kelsie Paul, Lara Luke,				
	Peyton Sage, Caitlyn Trower			55.4	Fourth
400m Dash	Haley Sage			63.6	Fourth
	Teisha Carnicle			64.3	Sixth
Medley Relay	Kelsie Paul		31.0		
	Lara Luke		28.0		
	Peyton Sage		66.9		
	Jaden Bly		2:41.5	4:47.5	Second
800m Run	Macey Bohl	87-100		3:07.1	
200m Dash	Caitlyn Trower			30.3	
	Kelsie Paul			30.2	
1600m Relay	Mara VanDeBerg		62.2		
	Lara Luke		64.0		
	Teisha Carnicle		63.4		
	Haley Sage		61.8	4:11.1	First
Shot Put	Peyton Heitkamp			27' 0"	
	Kristen Martens			26' 11"	
	Erynn Fink			24' 1"	
Discus	Peyton Heitkamp			75' 10"	Seventh
	Erynn Fink			74' 11.5"	Tie - Eighth
	Madison Northrup			57' 1"	

Big East Conference

Garretson

May 15, 2015

Cool, light wind

3200m Relay	Carmen Bohl	74-80	2:34	10:06.6	First
	Rachel Kindt	75-81	2:36		
	Teisha Carnicle	71-80	2:31		
	Haley Sage	71-72	2:23		
100m Dash	Mara VanDeBerg		12.6		Second
	Caitlyn Trower		14.2		
	Madison Northrup		14.6		
800m Relay	Kelsie Paul, Lara Luke, Peyton Sage, Caitlyn Trower		1:56.4		Seventh
1600m Run	Carmen Bohl		5:42.8		Second
	Jaden Bly		6:07.2		Third
400m Relay	Kelsie Paul, Lara Luke, Peyton Sage, Caitlyn Trower		55.0		Fourth
300m Hurdles	Molly Houg		61.2		
Medley Relay	Kelsie Paul		28.8	4:45.0	Third
	Peyton Sage		28.5		
	Lara Luke		66.6		
	Jaden Bly	78-82	2:40		
800m Run	Haley Sage		2:24.4		First
	Teisha Carnicle		2:32.6		Third
	Macey Bohl		3:03.9		
200m Dash	Mara VanDeBerg		27.2		Second
	Caitlyn Trower		30.7		
1600m Relay	Mara VanDeBerg		63.7	4:17.1	First
	Lara Luke		66.8		
	Teisha Carnicle		63.3		
	Haley Sage		62.3		
Shot Put	Peyton Heitkamp		27' 10"		
	Kristen Martens		27' 7"		
	Erynn Fink		25' 6.5"		
Discuss	Peyton Heitkamp		71' 9"		
	Erynn Fink		61' 11"		
	Madison Northrup		58' 11"		

Region 3A

May 22, 2014

Garretson

Warm, moderate wind

3200m Relay	Carmen Bohl	77-77	2:34		
	Rachel Kindt	77-83	2:40		
	Teisha Carnicle	69-86	2:36		
	Haley Sage	83-74	2:37	10:30.9	First
100m Hurdles	Kyley Greenhoff			19.7	Fourth
100m Dash	Mara VanDeBerg		12.2	12.2	First
	Madison Northrup		14.1		
800m Relay	Kelsie Paul, Lara Luke,				
	Peyton Sage, Morgan Gloe			1:57.6	Fourth
1600m Run	Rachel Kindt	75-87-89-84		5:36.9	Third
	Carmen Bohl	75-88-91-84		5:39.7	Fourth
400m Relay	Kelsie Paul, Lara Luke				
	Peyton Sage, Caitlyn Trower			55.6	
400m Dash	Morgan Gloe			65.2	Third
300m Hurdles	Kyley Greenhoff			61.4	
	Molly Houg			62.3	
Medley Relay	Kelsie Paul		28.4		
	Peyton Sage		28.5		
	Lara Luke		65.6		
	Teisha Carnicle	71-88	2:39.0	4:42.9	Fourth
800m Run	Haley Sage	75-73		2:28.6	First
200m Dash	Mara VanDeBerg			26.3	Second
	Peyton Sage			28.1	
	Caitlyn Trower			29.6	
3200m Run	Jaden Bly	81-91-95-100-101-101-100-88		12:39.7	First
1600m Relay	Mara VanDeBerg		62.0		
	Lara Luke		64.2		
	Teisha Carnicle		67.2		
	Haley Sage		61.9	4:15.9	Third
Shot Put	Peyton Hietkamp			28' 2"	Fifth
	Kristen Martens			26' 2"	
	Erynn Fink			25' 0"	
Discuss	Peyton Hietkamp			85' 2"	Fourth
	Madison Northrup			76' 1"	
	Erynn Fink			65' 6"	

State Meet
Spearfish/Rapid City

May 29-30, 2015
Cool, light wind, rain delayed

3200m Relay	Carmen Bohl	73-82	2:35.7		
	Rachel Kindt	74-83	2:37.5		
	Teisha Carnicle	69-84	2:33.0		
	Haley Sage	71-77	2:27.7	10:14.64	Seventh
100m Dash	Mara VanDeBerg	12.70	12.66	12.59	First
200m Dash	Mara VanDeBerg		26.08	26.32	Fourth
800m Run	Haley Sage			2:23.62	Fifth
Medley Relay	Mara VanDeBerg		27.1		
	Lara Luke		28.6		
	Morgan Gloe		64.7		
	Teisha Carnicle	72-84	2:36.1	4:36.92	
1600m Relay	Mara VanDeBerg		67.1		
	Morgan Gloe		64.3		
	Teisha Carnicle		66.8		
	Haley Sage		65.7	4:24.41	
3200m Run	Carmen Bohl	82-87-93-95-96-98-99-89		12:19.18	
	Jaden Bly	80-94-102-107-110-108-109-102		13:36.14	