

44th ANNUAL SOUTH DAKOTA STATE GIRLS' TRACK & FIELD CHAMPIONSHIPS

Rapid City, May 25-26, 2012

Class "B"

(Total number of participants: 422)

100 Meter Dash

| | | |
|-------------------------|--------------------|-------|
| 1. Carly Carper, 12 | Old-Ramona/Rutland | 12.98 |
| 2. Jessica Wegh, 11 | Alcester-Hudson | 13.28 |
| 3. Sierra Stotz, 10 | Eureka/Bowdle | 13.29 |
| 4. Lacy Stevens, 12 | Edgemont | 13.43 |
| 5. Sadie O'Rourke, 10 | Wall | 13.44 |
| 6. Tara Heinz, 9 | Ipswich | 13.56 |
| 7. Kayla McEldowny, 12 | Castlewood | 13.68 |
| 8. MaKenzie Hageman, 12 | Waverly-So. Shore | 13.71 |

200 Meter Dash

| | | |
|-----------------------|--------------------|-------|
| 1. Carly Carper, 12 | Old-Ramona/Rutland | 26.83 |
| 2. Jessica Wegh, 11 | Alcester-Hudson | 27.11 |
| 3. Jessika Wager, 12 | Gettysburg | 27.19 |
| 4. Laurel Zomer, 12 | Dakota Christian | 27.20 |
| 5. Sadie O'Rourke, 10 | Wall | 27.30 |
| 6. Josie Guptill, 12 | Philip | 27.72 |
| 7. Tara Heinz, 9 | Ipswich | 28.15 |
| 8. Kalli Quicke, 12 | Sunshine Bible | 28.20 |

400 Meter Dash

| | | |
|------------------------|------------------|---------|
| 1. Jessika Wager, 12 | Gettysburg | 59.01 |
| 2. Macy Heinz, 7 | Ipswich | 59.43 |
| 3. Laurel Zomer, 12 | Dakota Christian | 1:00.12 |
| 4. Jessica Wegh, 11 | Alcester-Hudson | 1:00.24 |
| 5. Jussy Tuscherer, 12 | Northwestern | 1:00.67 |
| 6. Kalli Quicke, 12 | Sunshine Bible | 1:00.98 |
| 7. Tia Carlson, 12 | Kadoka Area | 1:02.35 |
| 8. Cailey Roth, 9 | Freeman | 1:07.51 |

800 Meter Run

| | | |
|------------------------|--------------|---------|
| 1. Macy Heinz, 7 | Ipswich | 2:17.35 |
| 2. Tia Carlson, 12 | Kadoka Area | 2:18.80 |
| 3. Lindsey Strait, 11 | Castlewood | 2:20.00 |
| 4. Cailey Roth, 9 | Freeman | 2:24.61 |
| 5. Jussy Tuscherer, 12 | Northwestern | 2:24.86 |
| 6. Skylar Forgey, 12 | Colome | 2:31.04 |
| 7. Shanna Selby, 10 | Faith | 2:31.65 |
| 8. Jessika Wager, 12 | Gettysburg | 2:31.86 |

1,600 Meter Run

| | | |
|----------------------------|----------------|---------|
| 1. Macy Heinz, 7 | Ipswich | 5:11.91 |
| 2. Mindy Kraft, 12 | Wess. Springs | 5:24.70 |
| 3. Tia Carlson, 12 | Kadoka Area | 5:25.58 |
| 4. Haley Strait, 9 | Castlewood | 5:27.95 |
| 5. Genevieve Clark, 8 | Gayville-Volin | 5:30.43 |
| 6. Tori Moore, 9 | Ipswich | 5:31.60 |
| 7. Shanna Selby, 10 | Faith | 5:37.86 |
| 8. Shailhyn Schweigert, 10 | South Central | 5:39.69 |

3,200 Meter Run

| | | |
|----------------------------|----------------|----------|
| 1. Tori Moore, 9 | Ipswich | 11:43.17 |
| 2. Mindy Kraft, 12 | Wess. Springs | 11:48.14 |
| 3. Genevieve Clark, 8 | Gayville-Volin | 11:51.95 |
| 4. Tia Carlson, 12 | Kadoka Area | 11:53.03 |
| 5. Rebecca Eberts, 8 | Freeman | 12:14.09 |
| 6. Megan Burma, 12 | Sunshine Bible | 12:14.70 |
| 7. Ellie Coyle, 8 | Philip | 12:17.97 |
| 8. Shailhyn Schweigert, 10 | South Central | 12:22.95 |

100 Meter Int Hurdles

| | | |
|--------------------------|----------------------|-------|
| 1. Lauren Sokolowski, 9 | Irene-Wakonda | 15.37 |
| 2. BreeAna Olson, 11 | Old-Ramona/Rutland | 15.67 |
| 3. Josie Guptill, 12 | Philip | 16.43 |
| 4. Brandi BlueArm, 12 | Lemmon | 16.59 |
| 5. Myah Selland, 7 | San. Cent/Woonsocket | 16.85 |
| 6. Jackie Dethlefsen, 10 | Corsica/Stickney | 16.86 |
| 7. Kelsey Lee, 9 | Faulkton Area | 17.01 |
| 8. Cortney Hardie, 12 | Faulkton Area | 17.46 |

300 Meter Low Hurdles

| | | |
|----------------------------|--------------------|-------|
| 1. BreeAna Olson, 11 | Old-Ramona/Rutland | 46.47 |
| 2. Josie Guptill, 12 | Philip | 47.33 |
| 3. Charley Gross, 11 | James Valley Chr. | 48.05 |
| 4. Kelsey Lee, 9 | Faulkton Area | 48.68 |
| 5. Taylor Trohkimoinen, 11 | Newell | 49.01 |
| 6. Tricia Wilken, 10 | Sunshine Bible | 49.83 |
| 7. Ariana Arampatzis, 11 | Philip | 50.46 |
| 8. Sarah Wedel, 12 | James Valley Chr. | 50.87 |

4x100 Meter Relay

| | |
|--|-------|
| 1. Oldham-Ramona/Rutland | 51.29 |
| Kelsie Casanova, 10; Kelly Thurow, 12 Macy Hagemann, 10; Carly Carper, 12 | |
| 2. Ipswich | 51.78 |
| 3. Eureka/Bowdle | 52.07 |
| 4. Irene-Wakonda | 52.16 |
| 5. Sully Buttes | 52.29 |
| 6. Parker | 53.20 |
| 7. Edgemont | 53.33 |
| 8. Herreid/Selby Area | 54.10 |

4x200 Meter Relay

| | |
|--|---------|
| 1. Parker | 1:47.30 |
| Morgan Hay, 10; Brittany Olson, 9 Anna Leloux, 12; Tessa Weeldreyer, 11 | |
| 2. Oldham-Ramona/Rutland | 1:48.26 |
| 3. Ipswich | 1:48.98 |
| 4. Sully Buttes | 1:49.63 |
| 5. Northwestern | 1:52.23 |
| 6. Chester Area | 1:53.82 |
| 7. Lemmon | 1:54.22 |
| Irene-Wakonda | DQ |

4x400 Meter Relay

| | |
|--|---------|
| 1. Ipswich | 4:02.72 |
| Angela Heinz, 8; Alexis Lloyd, 12 Maci Gauer, 10; Macy Heinz, 7 | |
| 2. Parker | 4:05.81 |
| 3. Castlewood | 4:13.13 |
| 4. Philip | 4:14.84 |
| 5. Estelline | 4:16.20 |
| 6. Sully Buttes | 4:16.89 |
| 7. Canistota | 4:19.57 |
| 8. Freeman | 4:24.94 |

4x800 Meter Relay

| | |
|---|----------|
| 1. Arlington | 10:11.44 |
| Janae Sampson, 10; Brett Heuer, 10 Josie Parry, 9; Daylee Olson, 9 | |
| 2. Estelline | 10:19.75 |
| 3. Ipswich | 10:24.24 |
| 4. Kadoka Area | 10:24.51 |
| 5. James Valley Christian | 10:24.54 |
| 6. Gayville-Volin | 10:27.19 |
| 7. Philip | 10:27.25 |
| 8. Canistota | 10:27.84 |

1,600 Meter Sprint Medley

| | |
|--|---------|
| 1. Castlewood | 4:17.36 |
| Kelsey Little, 12; Sierra Johnson, 9 Kayla McEldowney, 12; Lindsey Strait, 11 | |
| 2. Alcester-Hudson | 4:29.04 |
| 3. Estelline | 4:29.26 |
| 4. Wessington Springs | 4:30.82 |
| 5. Freeman | 4:34.70 |
| 6. Eureka/Bowdle | 4:35.35 |
| 7. Canistota | 4:36.47 |
| 8. South Central | 4:39.39 |

Shot Put

| | | |
|------------------------|---------------|-----------|
| 1. Shelby Reed, 10 | Estelline | 39'06.00" |
| 2. Shekota Myer, 10 | Northwestern | 39'01.25" |
| 3. Jaclyn Loban, 11 | James Valley | 38'08.75" |
| 4. Haley Hinseth, 12 | Irene-Wakonda | 38'05.50" |
| 5. Madison Kienow, 11 | Ipswich | 37'09.00" |
| 6. Maria Huntimer, 10 | DeSmet | 37'07.50" |
| 7. Amanda Poppen, 11 | DeSmet | 37'01.00" |
| 8. Ashley Robinson, 12 | Hanson | 36'09.00" |

Discus Throw

| | | |
|------------------------|------------------|---------|
| 1. Amanda Poppen, 11 | DeSmet | 125'05" |
| 2. Ashley Robinson, 12 | Hanson | 123'01" |
| 3. Anna Leloux, 12 | Parker | 122'10" |
| 4. Shekota Myer, 11 | Northwestern | 121'06" |
| 5. Haley Hinseth, 12 | Irene-Wakonda | 121'04" |
| 6. Madison Kienow, 11 | Ipswich | 116'10" |
| 7. Maria Huntimer, 10 | DeSmet | 112'08" |
| 8. Kalla Sauvage, 11 | Corsica/Stickney | 111'00" |

High Jump

| | | |
|----------------------------|------------------|-----------|
| 1. Kelsey Kaufmann, 12 | Arlington | 5'05.00" |
| 2. Haylee Biel, 10 | Herr./Selby Area | 5'04.00" |
| 3. Logan O'Farrell, 11 | Summit | 5'01.00" |
| 4. Haley Jorgensen, 12 | Viborg/Hurley | J5'01.00" |
| 5. Jackie Dethlefsen, 10 | Corsica/Stickney | 4'11.00" |
| 6. Kellie Winckler, 11 | Andes Central | J4'11.00" |
| 7. Taylor Trohkimoinen, 11 | Newell | J4'11.00" |
| 8. Jaime Tschetter, 12 | Freeman Acad. | J4'11.00" |
| 8. Presley O'Farrell, 11 | Summit | J4'11.00" |

Long Jump

| | | |
|----------------------------|-----------------|------------|
| 1. Taylor Trohkimoinen, 11 | Newell | 16'05.25" |
| 2. Kelsey Kaufmann, 12 | Arlington | J16'05.25" |
| 3. Carly Carper, 12 | Old-Ram/Rutland | 16'03.25" |
| 4. Kalli Quicke, 12 | Sunshine Bible | 16'02.75" |
| 5. Daina Wilde, 8 | Castlewood | 16'00.00" |
| 6. Megan Sandmeier, 12 | Eureka/Bowdle | 15'10.50" |
| 7. Abbi Klyaic, 12 | Canistota | 15'07.75" |
| 8. Lacy Stevens, 12 | Edgemont | 15'03.75" |

Triple Jump

| | | |
|---------------------------|----------------|-----------|
| 1. Ali Haines, 12 | Kimb./Wh. Lake | 35'01.00" |
| 2. Lacy Stevens, 12 | Edgemont | 34'06.75" |
| 3. Megan Sandmeier, 12 | Eureka/Bowdle | 34'06.00" |
| 4. Kristie Mettler, 11 | Timber Lake | 33'07.50" |
| 5. Kieran O'Malley, 11 | Centerville | 33'07.00" |
| 6. Sierra Stugelmeyer, 10 | Harding County | 33'05.50" |
| 7. Kate Rasmussen, 10 | Kadoka Area | 33'00.25" |
| 8. Lexy Schenk, 12 | Irene-Wakonda | 32'02.25" |

Pole Vault

| | | |
|--------------------------|---------------|------------|
| 1. Jessica Wager, 12 | Gettysburg | 10'03.00" |
| 2. Ariana Arampatzis, 11 | Philip | J10'03.00" |
| 3. Autumn Pitz, 8 | Ipswich | 9'00.00" |
| 4. Kelsey Kaufmann, 12 | Arlington | 8'06.00" |
| 5. Tearnee Nelson, 11 | Faith | J8'06.00" |
| 6. Alana Gray, 12 | Faith | J8'06.00" |
| 7. Pearl Gaidelis, 12 | Irene-Wakonda | J8'06.00" |
| 8. Katelyn Kotalik, 12 | Menno | 8'00.00" |

J – denotes Judge's Decision

Track events listed in meters. Field events listed in feet and inches.

**44th ANNUAL SOUTH DAKOTA STATE
GIRLS' TRACK & FIELD CHAMPIONSHIPS
Spearfish, Rapid City - May 25-26, 2012
Class "A"**

(Total number of participants: 459)

100 Meter Dash

| | | |
|-------------------------|--------------------|-------|
| 1. Sienah Mulbah, 10 | West Central | 12.83 |
| 2. Stachia Reuwsaat, 11 | St. Thomas More | 12.96 |
| 3. Courtney Trapp, 11 | Milbank | 13.03 |
| 4. Emily Kahnke, 10 | Florence/Henry | 13.11 |
| 5. Cassidy Gebhart, 12 | Elkton-Lake Benton | 13.15 |
| 6. Janelle Paulson, 11 | Clark/Willow Lake | 13.22 |
| 7. Kassi Jones, 8 | Britton-Hecla | 13.23 |
| 8. Annie Fulton, 9 | Miller | 13.29 |

200 Meter Dash

| | | |
|---------------------------|--------------------|-------|
| 1. Sienah Mulbah, 10 | West Central | 26.41 |
| 2. Kala McDonald, 11 | Hill City | 26.54 |
| 3. Stacy Smidt, 10 | SF Christian | 26.57 |
| 4. Cassidy Gebhart, 12 | Elkton-Lake Benton | 26.75 |
| 5. Paige Sommers, 10 | Aberdeen Roncalli | 26.96 |
| 6. Kassidy Keller, 12 | Mobridge-Pollock | 27.02 |
| 7. Liz Schwartz, 12 | Spearfish | 27.03 |
| 8. Miranda Velgersdyk, 10 | SF Christian | 27.50 |

400 Meter Dash

| | | |
|---------------------------|-----------------|---------|
| 1. Kala McDonald, 11 | Hill City | 58.67 |
| 2. Alexys Swedlund, 9 | St. Thomas More | 59.48 |
| 3. Lexi Finck, 11 | Madison | 59.61 |
| 4. Tiara Gibson, 11 | Deuel | 59.93 |
| 5. Miranda Velgersdyk, 10 | SF Christian | 1:00.00 |
| 6. Evelyn Klein, 11 | Deubrook Area | 1:00.10 |
| 7. Kristin Stern, 10 | SF Christian | 1:01.42 |
| 8. Tara Kuper, 10 | Lennox | 1:01.91 |

800 Meter Run

| | | |
|----------------------------|-------------------|---------|
| 1. Karley Konkol, 12 | Custer | 2:17.56 |
| 2. Emily Mammenga, 12 | West Central | 2:20.90 |
| 3. Erin Nolz, 12 | Garretson | 2:22.68 |
| 4. Elise Twohy, 12 | St. Thomas More | 2:23.54 |
| 5. Katie McNeary, 12 | Aberdeen Roncalli | 2:23.85 |
| 6. Shelby Stagner, 11 | Lead-Deadwood | 2:26.06 |
| 7. Evelyn Klein, 11 | Deubrook Area | 2:27.64 |
| 8. Camille Maciejewski, 11 | Hot Springs | 2:28.57 |

1,600 Meter Run

| | | |
|------------------------------------|-------------------|---------|
| 1. Karley Konkol, 12 | Custer | 5:18.43 |
| 2. Erin Nolz, 12 | Garretson | 5:22.72 |
| 3. Katie McNeary, 12 | Abd. Roncalli | 5:24.86 |
| 4. Emily Hawkes, 9 | Madison | 5:27.17 |
| 5. Mikayla Prouty, 9 | Clark/Willow Lake | 5:29.82 |
| 6. Meagan Schenk, 8 | Harrisburg | 5:30.00 |
| 7. Destiny Beautiful Bald Eagle, 9 | Cheyenne-EB | 5:31.34 |
| 8. Justine VanZee, 11 | SF Christian | 5:31.72 |

3,200 Meter Run

| | | |
|-------------------------|-------------------|----------|
| 1. Hailie McMains, 8 | Canton | 11:53.31 |
| 2. Mikayla Prouty, 9 | Clark/Willow Lake | 11:57.12 |
| 3. Hailey Streff, 7 | Madison | 11:59.09 |
| 4. Nicolette Schmidt, 7 | Redfield/Doland | 12:02.12 |
| 5. Justine Vanzee, 11 | SF Christian | 12:02.98 |
| 6. Savanna Childers, 10 | Spearfish | 12:03.26 |
| 7. Mattisen Kelley, 9 | Custer | 12:04.09 |
| 8. Emily Hawkes, 9 | Madison | 12:04.29 |

100 Meter Int Hurdles

| | | |
|----------------------------|-----------------|-------|
| 1. Laura Blom, 12 | Madison | 15.76 |
| 2. Haley Bruggeman, 9 | Harrisburg | 15.78 |
| 3. Allie Macdonald, 12 | West Central | 15.98 |
| 4. Corby White, 11 | St. Thomas More | 16.09 |
| 5. Cailyn Schreurs, 11 | Harrisburg | 16.16 |
| 6. Lauren Hill, 11 | Tea Area | 16.20 |
| 7. Emma Steers, 11 | Miller | 16.30 |
| 8. Alison Klostergaard, 12 | Beresford | 16.42 |

300 Meter Low Hurdles

| | | |
|-------------------------|-----------------|-------|
| 1. Corby White, 11 | St. Thomas More | 46.00 |
| 2. Cailyn Schreurs, 11 | Harrisburg | 46.96 |
| 3. Haley Bruggeman, 9 | Harrisburg | 47.47 |
| 4. Kaitlin Hinich, 10 | Spearfish | 47.82 |
| 5. Shelby Zomermaand, 8 | SF Christian | 48.03 |
| 6. Val Moos, 10 | Vermillion | 48.83 |
| 7. Tayler Koch, 8 | Spearfish | 49.47 |
| Lauren Hill, 11 | Tea Area | DQ |

4x100 Meter Relay

| | |
|---|-------|
| 1. West Central | 50.87 |
| Sienah Mulbah, 10; Kylee Thompson, 11 Alyssa Helvig, 11; Allie Macdonald, 12 | |
| 2. Sioux Falls Christian | 51.05 |
| 3. Tea Area | 51.76 |
| 4. Madison | 51.89 |
| 5. Milbank | 52.04 |
| 6. Spearfish | 52.39 |
| 7. Canton | 52.78 |
| 8. St. Thomas More | 53.05 |

4x200 Meter Relay

| | |
|---|---------|
| 1. Sioux Falls Christian | 1:44.62 |
| Kara Koth, 10; Kristin Stern, 10 | |
| Miranda Velgersdyk, 10; Stacy Smidt, 10 | |
| 2. Spearfish | 1:47.38 |
| 3. West Central | 1:48.58 |
| 4. Elkton-Lake Benton | 1:49.00 |
| 5. Lead-Deadwood | 1:49.14 |
| 6. Madison | 1:49.48 |
| 7. Harrisburg | 1:49.77 |
| 8. Tea Area | 1:50.40 |

4x400 Meter Relay

| | |
|---|---------|
| 1. Sioux Falls Christian | 4:03.70 |
| Kara Koth, 10; Kristen Stern, 10 | |
| Stacy Smidt, 10; Miranda Velgersdyk, 10 | |
| 2. Elkton-Lake Benton | 4:04.56 |
| 3. St. Thomas More | 4:08.10 |
| 4. Spearfish | 4:10.19 |
| 5. Aberdeen Roncalli | 4:10.22 |
| 6. Harrisburg | 4:10.75 |
| 7. Hill City | 4:11.89 |
| 8. West Central | 4:12.30 |

4x800 Meter Relay

| | |
|---|----------|
| 1. Aberdeen Roncalli | 9:45.30 |
| Mollee Karst, 11; Erica Carrels, 9 | |
| Katie McNeary, 12; Kendra Woytassek, 11 | |
| 2. Spearfish | 9:47.75 |
| 3. Hot Springs | 9:53.80 |
| 4. Madison | 9:56.44 |
| 5. Platte-Geddes | 9:58.11 |
| 6. Sioux Falls Christian | 9:58.85 |
| 7. West Central | 10:01.88 |
| 8. Harrisburg | 10:03.08 |

1,600 Meter Sprint Medley

| | |
|---|---------|
| 1. Custer | 4:17.49 |
| Mo Mack, 11; Samantha McNeel, 11 | |
| Victoria Dahlstrom, 11; Karley Konkol, 12 | |
| 2. St. Thomas More | 4:19.16 |
| 3. West Central | 4:20.48 |
| 4. Canton | 4:25.99 |
| 5. Vermillion | 4:27.70 |
| 6. Dell Rapids | 4:28.63 |
| 7. Aberdeen Roncalli | 4:37.03 |
| 8. Elk Point-Jefferson | 4:43.40 |

Shot Put

| | | |
|----------------------------|------------------|-----------|
| 1. Danielle Waldner, 11 | Redfield/Doland | 41'09.50" |
| 2. Kayla Lester, 12 | Lead/Deadwood | 39'05.00" |
| 3. Kylie Martin, 11 | Dakota Valley | 39'00.25" |
| 4. Allison Cross, 11 | Tri-Valley | 38'01.25" |
| 5. Hannah McKelvey, 11 | Beresford | 37'04.50" |
| 6. Alexis Watts, 12 | Miller | 36'08.75" |
| 7. Elizabeth Szymonski, 12 | Vermillion | 36'07.25" |
| 8. Mackenzie Huber, 9 | Clark/Will. Lake | 36'02.50" |

Discus Throw

| | | |
|----------------------------|------------------|---------|
| 1. Mary Ginsbach, 11 | Hot Springs | 135'01" |
| 2. Kayla Lester, 12 | Lead/Deadwood | 134'08" |
| 3. Stephanie Gemar, 10 | Mobridge-Pollock | 128'07" |
| 4. Breanna Bullert, 10 | Webster Area | 120'02" |
| 5. Cassidy Wright, 11 | Dell Rapids | 118'02" |
| 6. Ashley Currey, 12 | Madison | 117'02" |
| 7. Ashley Ostrem, 11 | Beresford | 117'00" |
| 8. Elizabeth Szymonski, 12 | Vermillion | 115'04" |

High Jump

| | | |
|------------------------------|----------------|-----------|
| 1. Lizzie Hubbard, 11 | Spearfish | 5'04.00" |
| 2. Emma Johnson, 9 | Tri-Valley | 5'03.00" |
| 3. Destinni Girton, 12 | Platte-Geddes | 5'01.00" |
| 4. Ellie Atkins, 11 | Baltic | J5'01.00" |
| 5. LaShawn Medicine Horn, 12 | Wagner | J5'01.00" |
| 6. Abby Christiansen, 9 | Madison | J5'01.00" |
| 7. Taylor Kratovil, 10 | Bennett County | 4'11.00" |
| 8. Kiara VanderPol, 11 | SF Christian | J4'11.00" |

Long Jump

| | | |
|------------------------|------------------|-----------|
| 1. Janelle Paulson, 11 | Clark/Will. Lake | 17'00.00" |
| 2. Madie Vietor, 10 | Dell Rapids | 16'08.00" |
| 3. Kylie Hanisch, 9 | West Central | 16'06.00" |
| 4. Cassidy Gebhart, 12 | Elkton-LB | 16'02.00" |
| 5. Samantha McNeel, 11 | Custer | 16'01.00" |
| 6. Kamberlyn Lamer, 9 | Tri-Valley | 15'11.75" |
| 7. April King, 12 | Tri-Valley | 15'10.00" |
| 8. Kara Koth, 10 | SF Christian | 15'08.75" |

Triple Jump

| | | |
|----------------------------|------------------|-----------|
| 1. Coley Stoller, 10 | Madison | 37'04.75" |
| 2. April King, 12 | Tri-Valley | 35'08.25" |
| 3. Madie Vietor, 10 | Dell Rapids | 35'01.50" |
| 4. Janelle Paulson, 11 | Clark/Will. Lake | 35'00.00" |
| 5. Alison Klostergaard, 12 | Beresford | 34'03.75" |
| 6. Dayna Diez, 12 | Winner | 32'11.25" |
| 7. Kamberlyn Lamer, 9 | Tri-Valley | 32'09.75" |
| 8. Caitlin McLouth, 10 | Bon Homme | 32'08.00" |

Pole Vault

| | | |
|-------------------------|---------------|-----------|
| 1. Lily Walker, 11 | Belle Fourche | 10'00.00" |
| 2. Caitlin Gehner, 10 | Spearfish | 9'03.00" |
| 3. Mackenzie Huber, 11 | Vermillion | J9'03.00" |
| 4. Sarah Martenson, 12 | Sisseton | 8'09.00" |
| 5. Ashley Schwebach, 10 | Madison | J8'09.00" |
| 6. Molly Koch, 12 | Elkton-LB | J8'09.00" |
| 7. Danielle Bloom, 12 | Madison | J8'09.00" |
| 8. Allison Brooks, 9 | SF Christian | J8'09.00" |

J – denotes Judge's Decision

Track events listed in meters. Field events listed in feet and inches.

**44th ANNUAL SOUTH DAKOTA STATE
GIRLS' TRACK & FIELD CHAMPIONSHIPS
Sturgis, Rapid City - May 25-26, 2012
Class "AA"**

(Total number of participants: 334)

100 Meter Dash

| | | |
|--------------------------|---------------|-------|
| 1. Kari Heck, 12 | SF Washington | 12.52 |
| 2. Kyerra Titus-Baer, 11 | Douglas | 12.91 |
| 3. Karissa Prpich, 11 | RC Stevens | 13.02 |
| 4. Ravan Kott, 11 | SF Lincoln | 13.04 |
| 5. Cara Groseth, 12 | RC Stevens | 13.05 |
| 6. Cortney Dowling, 8 | Pierre Riggs | 13.09 |
| 7. Macy Denzer, 8 | Watertown | 13.16 |
| 8. Brooke Ireland, 10 | Sturgis Brown | 13.18 |

3,200 Meter Run

| | | |
|------------------------|----------------|----------|
| 1. Rachel Propst, 9 | Pierre Riggs | 11:12.01 |
| 2. Hannah Kastigar, 11 | Aberdeen Cent. | 11:22.14 |
| 3. Emily Berzonsky, 9 | Brookings | 11:23.16 |
| 4. Savannah Woods, 8 | Yankton | 11:27.33 |
| 5. Abbie Harrelson, 7 | Douglas | 11:37.98 |
| 6. Kelsi Kearney, 7 | SF Washington | 11:42.91 |
| 7. Katie Patrick, 7 | SF Lincoln | 11:43.11 |
| 8. Annie Kruse, 10 | Yankton | 11:44.59 |

200 Meter Dash

| | | |
|--------------------------|---------------|-------|
| 1. Kari Heck, 12 | SF Washington | 25.19 |
| 2. Brooke Ireland, 10 | Sturgis Brown | 26.17 |
| 3. Cortney Dowling, 8 | Pierre Riggs | 26.18 |
| 4. Macy Denzer, 8 | Watertown | 26.43 |
| 5. Karissa Prpich, 11 | RC Stevens | 26.53 |
| 6. Lexie Hammerquist, 12 | RC Stevens | 26.54 |
| 7. Kacey Herrmann, 12 | RC Stevens | 26.83 |
| 8. Tory Snyder, 11 | Pierre Riggs | 27.00 |

100 Meter Int Hurdles

| | | |
|------------------------|----------------|-------|
| 1. Ashley Thompson, 11 | RC Stevens | 15.19 |
| 2. Tessa Gorsuch, 11 | RC Central | 15.43 |
| 3. Jordyn Oostra, 10 | RC Central | 15.90 |
| 4. Kati Rath, 11 | RC Stevens | 16.12 |
| 5. Theresa Johnson, 10 | Pierre Riggs | 16.18 |
| 6. Ashley Solano, 9 | RC Central | 16.32 |
| 7. Emme Sumner, 11 | Brandon Valley | 16.40 |
| 8. Kara Robbins, 10 | Brookings | 16.89 |

400 Meter Dash

| | | |
|-------------------------|----------------|---------|
| 1. Kari Heck, 12 | SF Washington | 55.91 |
| 2. Brooke Ireland, 10 | Sturgis Brown | 57.80 |
| 3. Abby Davis, 12 | Watertown | 59.45 |
| 4. Chandler Nielsen, 12 | SF O'Gorman | 59.91 |
| 5. Cortney Dowling, 8 | Pierre Riggs | 1:00.49 |
| 6. Eileen Leong, 10 | Pierre Riggs | 1:00.77 |
| 7. Brooke DeVos, 9 | SF Roosevelt | 1:00.95 |
| 8. Evelyn Jorgenson, 10 | Brandon Valley | 1:01.31 |

300 Meter Low Hurdles

| | | |
|------------------------|---------------|--------|
| 1. Ashley Thompson, 11 | RC Stevens | 45.46 |
| 2. Lori Foltz, 12 | Watertown | 45.87 |
| 3. Jordyn Oostra, 10 | RC Central | J45.87 |
| 4. Ashley Solano, 9 | RC Central | 47.09 |
| 5. Savannah Murray, 10 | SF Lincoln | 47.22 |
| 6. Hayley Durland, 9 | SF Washington | 47.26 |
| 7. Kalli Thue, 10 | Watertown | 48.75 |
| 8. Kati Rath, 11 | RC Stevens | 49.83 |

800 Meter Run

| | | |
|-----------------------|----------------|---------|
| 1. Hannah Hearn, 10 | RC Central | 2:16.75 |
| 2. Emily Person, 9 | RC Stevens | 2:17.06 |
| 3. Whitlee Larson, 10 | Yankton | 2:18.14 |
| 4. Tia Hemiller, 12 | Watertown | 2:18.26 |
| 5. Alex Hess, 12 | SF Roosevelt | 2:18.46 |
| 6. Brynn Flakus, 11 | Aberdeen Cent. | 2:22.77 |
| 7. Lexi Weisbeck, 9 | Aberdeen Cent. | 2:23.21 |
| 8. Alexis Colhoff, 8 | RC Central | 2:23.49 |

4x100 Meter Relay

| | |
|---|-------|
| 1. Rapid City Stevens | 49.37 |
| Emily Delzer, 9; Kacey Herrmann, 12 Cara Groseth, 12; Karissa Prpich, 11 | |
| 2. Watertown | 49.77 |
| 3. Rapid City Central | 50.13 |
| 4. Sioux Falls Lincoln | 50.40 |
| 5. Yankton | 50.89 |
| 6. Brookings | 50.94 |
| 7. Pierre Riggs | 51.45 |
| 8. Aberdeen Central | 51.53 |

1,600 Meter Run

| | | |
|------------------------|----------------|---------|
| 1. Rachel Propst, 9 | Pierre Riggs | 5:15.47 |
| 2. Alex Hess, 12 | SF Roosevelt | 5:15.83 |
| 3. Hannah Kastigar, 11 | Aberdeen Cent. | 5:16.31 |
| 4. Emily Person, 9 | RC Stevens | 5:18.23 |
| 5. Kelsi Kearney, 7 | SF Washington | 5:19.10 |
| 6. Kahlie Peterson, 10 | Sturgis Brown | 5:19.17 |
| 7. Emily Berzonsky, 9 | Brookings | 5:19.23 |
| 8. Rachel Mayforth, 9 | RC Central | 5:26.15 |

4x200 Meter Relay

| | |
|---|---------|
| 1. Rapid City Stevens | 1:43.61 |
| Lexie Hammerquist, 12; Kacey Herrmann, 12 Cara Groseth, 12; Karissa Prpich, 11 | |
| 2. Rapid City Central | 1:45.13 |
| 3. Sioux Falls Lincoln | 1:46.15 |
| 4. Brandon Valley | 1:47.13 |
| 5. Brookings | 1:48.13 |
| 6. Sioux Falls Washington | 1:48.45 |
| 7. Aberdeen Central | 1:48.56 |
| 8. Yankton | 1:48.61 |

4x400 Meter Relay

| | |
|--|---------|
| 1. Watertown | 3:58.07 |
| Lori Foltz, 12; Tia Hemiller, 12 Molly DeSpiegler, 10; Abby Davis, 12 | |
| 2. Sturgis Brown | 3:59.20 |
| 3. Rapid City Central | 4:02.04 |
| 4. Rapid City Stevens | 4:02.58 |
| 5. Sioux Falls Washington | 4:03.40 |
| 6. Mitchell | 4:06.78 |
| 7. Pierre Riggs | 4:07.22 |
| 8. Brandon Valley | 4:08.04 |

4x800 Meter Relay

| | |
|---|----------|
| 1. Aberdeen Central | 9:33.14 |
| Lexi Weisbeck, 9; Brynn Flakus, 11 Morghana Waage, 10; Hannah Kastigar, 11 | |
| 2. Watertown | 9:35.58 |
| 3. Rapid City Central | 9:37.79 |
| 4. Rapid City Stevens | 9:43.65 |
| 5. Sturgis Brown | 9:48.91 |
| 6. Mitchell | 9:53.66 |
| 7. Brookings | 9:55.70 |
| 8. Douglas | 10:05.44 |

1,600 Meter Sprint Medley

| | |
|---|---------|
| 1. Watertown | 4:14.58 |
| Brittany Stangl, 12; Abby Davis, 12 Molly Despiegler, 10; Tia Hemiller, 12 | |
| 2. Aberdeen Central | 4:18.14 |
| 3. Rapid City Central | 4:18.73 |
| 4. Sioux Falls Washington | 4:20.61 |
| 5. Rapid City Stevens | 4:22.53 |
| 6. Mitchell | 4:23.30 |
| 7. Brandon Valley | 4:30.51 |
| 8. Sturgis Brown | 4:32.64 |

Shot Put

| | | |
|--------------------------------|----------------|-----------|
| 1. Michaela Mayer, 10 | SF Washington | 43'04.00" |
| 2. Cera Ledbetter, 11 | SF Lincoln | 40'05.25" |
| 3. Sydney Palmer, 9 | Pierre Riggs | 39'09.00" |
| 4. Tori Holt, 11 | RC Central | 37'04.75" |
| 5. Allison Koehn, 11 | Brandon Valley | 35'11.50" |
| 6. Mikayla Whirlwind Horse, 12 | SF Roosevelt | 35'07.50" |
| 7. Tori Langin, 12 | SF O'Gorman | 35'05.00" |
| 8. Abby Sudbeck, 9 | Mitchell | 35'03.00" |

Discus Throw

| | | |
|--------------------------------|----------------|---------|
| 1. Cera Ledbetter, 11 | SF Lincoln | 135'03" |
| 2. Allison Koehn, 11 | Brandon Valley | 126'04" |
| 3. Katie Lembcke, 9 | SF Roosevelt | 114'01" |
| 4. Mikayla Whirlwind Horse, 12 | SF Roosevelt | 114'00" |
| 5. Brianna Holter, 12 | Watertown | 112'08" |
| 6. Jessica Mieras, 9 | SF O'Gorman | 112'02" |
| 7. Sydney Palmer, 9 | Pierre Riggs | 110'10" |
| 8. Samantha Tippmann, 10 | RC Central | 107'03" |

High Jump

| | | |
|-----------------------------|----------------|-----------|
| 1. Collette Christensen, 10 | RC Central | 5'06.00" |
| 2. Lauren Schad, 11 | RC Central | J5'06.00" |
| 3. Kelsey Fitzgerald, 11 | Yankton | 5'05.00" |
| 4. Alexis Clark, 10 | Aberdeen Cent. | 5'03.00" |
| 5. Gena Burley, 12 | Pierre Riggs | J5'03.00" |
| 6. Hannah Bohling, 9 | Aberdeen Cent. | 5'01.00" |
| 7. Jordan Three Stars, 10 | RC Stevens | J5'01.00" |
| 8. Anna Bondy, 11 | Pierre Riggs | J5'01.00" |

Long Jump

| | | |
|-------------------------|----------------|-----------|
| 1. Alexis Gannon, 10 | Brookings | 18'06.25" |
| 2. Kari Heck, 12 | SF Washington | 18'05.00" |
| 3. Lauren Schad, 11 | RC Central | 17'03.50" |
| 4. Jamie Larson, 9 | Aberdeen Cent. | 16'07.75" |
| 5. Courtney Herrick, 11 | Brandon Valley | 16'07.50" |
| 6. Liz Magnuson, 11 | SF Lincoln | 16'03.75" |
| 7. Larissa Swanson, 11 | Aberdeen Cent. | 15'08.25" |
| 8. Alyssa Weidler, 8 | SF O'Gorman | 15'07.25" |

Triple Jump

| | | |
|-----------------------------|----------------|------------|
| 1. Collette Christensen, 10 | RC Central | 38'08.00" |
| 2. Ashley Thompson, 11 | RC Stevens | 38'04.50" |
| 3. Kaylynn Erlandson, 12 | Brandon Valley | 35'10.50" |
| 4. Alexis Gannon, 10 | Brookings | J35'10.50" |
| 5. Liz Magnuson, 11 | SF Lincoln | 35'09.50" |
| 6. Adriana McGregor, 12 | RC Stevens | 35'06.50" |
| 7. Alexis Clark, 10 | Aberdeen Cent. | 34'03.25" |
| 8. Ariel Toles, 11 | RC Central | 34'00.75" |

Pole Vault

| | | |
|--------------------------|----------------|------------|
| 1. Brittany Stangl, 12 | Watertown | 11'09.00" |
| 2. Emily VanLaecken, 12 | Watertown | 11'03.00" |
| 3. Courtney Crandall, 12 | RC Central | 10'09.00" |
| 3. Brianna Bedard, 11 | RC Stevens | J10'09.00" |
| 5. Alexis Clark, 10 | Aberdeen Cent. | 10'03.00" |
| 6. Hannah Bohling, 9 | Aberdeen Cent. | J10'03.00" |
| 7. Courtney Cassen, 11 | Sturgis Brown | 9'09.00" |
| 7. Tessa Musil, 11 | Huron | 9'09.00" |

J – denotes Judge's Decision

Track events listed in meters. Field events listed in feet and inches.

TEAM POINTS



State Class "B" Track and Field Champions Ipswich Lady Tigers

CLASS "B" TEAM POINTS

| | | | |
|----------------------------------|----|--------------------------------------|-----|
| 1. Ipswich | 89 | 23. Faith | 11 |
| 2. Oldham-Ramona/Rutland | 62 | 25. Kimball/White Lake | 10 |
| 3. Philip | 36 | 26. Herreid/Selby Area | 9 |
| 4. Arlington | 33 | 26. Hanson | 9 |
| 4. Castlewood | 33 | 28. Wall | 8 |
| 6. Alcester-Hudson | 29 | 28. Faulkton Area | 8 |
| 7. Estelline | 28 | 28. Corsica/Stickney | 8 |
| 7. Kadoka Area | 28 | 31. Canistota | 7 |
| 9. Irene-Wakonda | 27 | 31. Lemmon | 7 |
| 9. Gettysburg | 27 | 33. Summit | 6.5 |
| 9. Parker | 27 | 34. Viborg/Hurley | 5 |
| 12. Northwestern | 25 | 34. Timber Lake | 5 |
| 13. Eureka/Bowdle | 24 | 36. Sanborn Central/Woonsocket | 4 |
| 14. Wessington Springs | 21 | 36. Centerville | 4 |
| 15. James Valley Christian | 17 | 38. Harding County | 3 |
| 15. DeSmet | 17 | 38. Andes Central | 3 |
| 17. Newell | 16 | 38. South Central | 3 |
| 17. Edgemont | 16 | 38. Colome | 3 |
| 19. Freeman | 15 | 38. Chester Area | 3 |
| 19. Sunshine Bible Academy | 15 | 43. Waverly-South Shore | 1 |
| 21. Gayville-Volin | 13 | 43. Menno | 1 |
| 22. Sully Buttes | 12 | 45. Freeman Academy | 0.5 |
| 23. Dakota Christian | 11 | | |

TEAM POINTS



State Class "A" Track and Field Champions West Central Trojans

CLASS "A" TEAM POINTS

| | |
|-----------------------------------|---------------------------------|
| 1. West Central..... 65 | 21. Milbank 10 |
| 2. Madison..... 63 | 21. Platte-Geddes 10 |
| 3. Sioux Falls Christian 56 | 21. Belle Fourche 10 |
| 4. Spearfish..... 54 | 25. Mobridge-Pollock..... 9 |
| 5. St. Thomas More 51 | 26. Dakota Valley..... 6 |
| 6. Custer 36 | 26. Miller..... 6 |
| 7. Harrisburg 35 | 28. Sisseton 5 |
| 8. Clark/Willow Lake..... 31 | 28. Baltic 5 |
| 9. Aberdeen Roncalli..... 30 | 28. Webster Area..... 5 |
| 9. Elkton-Lake Benton 30 | 28. Florence/Henry..... 5 |
| 11. Tri-Valley..... 28 | 28. Deubrook Area 5 |
| 12. Lead-Deadwood 23 | 28. Deuel 5 |
| 13. Dell Rapids..... 21 | 34. Wagner 4 |
| 14. Hill City..... 20 | 35. Winner 3 |
| 15. Hot Springs..... 17 | 36. Bennett County..... 2 |
| 15. Canton 17 | 36. Britton-Hecla..... 2 |
| 17. Vermillion 16 | 36. Cheyenne-Eagle Butte..... 2 |
| 18. Redfield/Doland 15 | 39. Elk Point-Jefferson..... 1 |
| 19. Garretson 14 | 39. Lennox..... 1 |
| 20. Beresford..... 11 | 39. Bon Homme 1 |
| 21. Tea Area 10 | |

TEAM POINTS



State Class "AA" Track and Field Champions Rapid City Central Cobblers

CLASS "AA" TEAM POINTS

| | |
|-----------------------------------|------------------------------------|
| 1. Rapid City Central 119 | 9. Brookings 33 |
| 2. Rapid City Stevens 110 | 9. Brandon Valley..... 33 |
| 3. Watertown 86 | 11. Sioux Falls Roosevelt 28 |
| 4. Sioux Falls Washington..... 70 | 12. Yankton 23 |
| 5. Aberdeen Central 64 | 13. Douglas..... 13 |
| 6. Pierre Riggs 58 | 14. Sioux Falls O’Gorman 11 |
| 7. Sioux Falls Lincoln..... 47 | 15. Mitchell..... 10 |
| 8. Sturgis Brown..... 34.5 | 16. Huron 1.5 |

“GOLD MEDAL” AWARDS

The South Dakota High School Activities Association has sponsored the “Gold Medal Award” since 1986. To qualify to receive this “Gold Medal”, an athlete must have the best time or greatest distance in each event, regardless of class. In the track events, only the best time in the finals shall be considered. For example, in the Girls’ 100m Dash, if the Class “AA” winner’s time is :12.71, the Class “A” winner’s time is :13.30 and the Class “B” winner’s time is :13.07, the “Gold Medal” would be awarded to the Class “AA” champion. That individual had the fastest time in the 100m Dash. This award will be given in all track and field events for both boys and girls and will be given each year at the State Track and Field Meet.

2012 GIRLS’ GOLD MEDAL RECIPIENTS

| | | | |
|-----------------------|---|------------------------|-----------|
| 100 Meter Dash | Kari Heck-12 | Sioux Falls Washington | 12.52 |
| 200 Meter Dash | Kari Heck-12 | Sioux Falls Washington | 25.19 |
| 400 Meter Dash | Kari Heck-12 | Sioux Falls Washington | 55.91 |
| 800 Meter Run | Hannah Hearn-10 | Rapid City Central | 2:16.45 |
| 1,600 Meter Run | Macy Heinz-7 | Ipswich | 5:11.91 |
| 3,200 Meter Run | Rachel Propst-9 | Pierre Riggs | 11:12.01 |
| 100 Meter Int Hurdles | Ashley Thompson-11 | Rapid City Stevens | 15.19 |
| 300 Meter Low Hurdles | Ashley Thompson-11 | Rapid City Stevens | 45.46 |
| 4x100 Meter Relay | Rapid City Stevens Emily Delzer, 9; Kacey Herrmann, 12 Cara Groseth, 12; Karissa Prpich, 11 | | 49.37 |
| 4x200 Meter Relay | Rapid City Stevens Lexie Hammerquist, 12; Kacey Herrmann, 12 Cara Groseth, 12; Karissa Prpich, 11 | | 1:43.61 |
| 4x400 Meter Relay | Watertown Lori Foltz, 12; Tia Hemiller, 12 Molly DeSpiegler, 10; Abby Davis, 12 | | 3:58.07 |
| 4x800 Meter Relay | Aberdeen Central Lexi Weisbeck, 9; Brynn Flakus, 11 Morghan Waage, 10; Hannah Kastigar, 11 | | 9:33.14 |
| Sprint Medley Relay | Watertown Brittany Stangl, 12; Abby Davis, 12 Molly Despiegler, 10; Tia Hemiller, 12 | | 4:14.58 |
| Shot Put | Michaela Mayer-10 | Sioux Falls Washington | 43’04.00” |
| Discus Throw | Cera Ledbetter-11 | Sioux Falls Lincoln | 135’03” |
| High Jump | Collette Christensen-10 | Rapid City Central | 5’06.00” |
| Long Jump | Alexis Gannon-10 | Brookings | 18’06.25” |
| Triple Jump | Collette Christensen-10 | Rapid City Central | 38’08.00” |
| Pole Vault | Brittany Stangl-12 | Watertown | 11’09.00” |

GIRLS' "GOLD MEDAL" HONOR ROLL

Most Individual Medals - One Year

Four Awards

Amber Abrams, RC Central - Class "AA" (100m Dash, 200m Dash, 4 x 100m Relay, 4 x 200m Relay - 1999)
Kari Heck, SF Washington – Class "AA" (100m Dash, 200m Dash, 400m Dash, Long Jump – 2011)
Jasmyne King, RC Central – Class "AA" (100m Dash, 200m Dash, 400m Dash, Long Jump – 2007)
Jasmyne King, RC Central – Class "AA" (100m Dash, 200m Dash, 400m Dash, Long Jump – 2008)
Brittany Page, Watertown – Class "AA" (100m Dash, 200m Dash, 400m Dash, 4 x 400m Relay – 2005)
Julie Schwengler, RC Stevens – Class "AA" (400m Dash, 800m Run, 4 x 400m Relay, 4 x 800m Relay – 2004)
Jill Theeler, Mitchell - Class "AA" (100m Dash, 200m Dash, 400m Dash, 4 x 400m Relay - 1996)
Jill Theeler, Mitchell - Class "AA" (100m Dash, 200m Dash, 400m Dash, 4 x 400m Relay - 1997)
Cherise Thompson, RC Stevens - Class "AA" (400m Dash, 800m Run, 4 x 400m Relay, 4 x 800m Relay - 2000)
Megan Trotter, RC Central – Class "AA" (100m Dash, 200m Dash, 4 x 100m Relay, 4 x 200m Relay - 2002)
Megan Trotter, RC Central – Class "AA" (100m Dash, 200m Dash, 4 s 100m Relay, 4 x 200m Relay – 2003)
Anne Vollmer, RC Central - Class "AA" (100m Hurdles, 300m Hurdles, 4 x 200m Relay, 4 x 400m Relay - 1992)
Ann Westby, Brookings - Class "AA" (800m Run, 1600m Run, 3200m Run, 4 x 800m Relay - 1989)

Three Awards

Amber Abrams, RC Central - Class "AA" (100m Dash, 200m Dash, 4 x 100m Relay - 1998)
Jodi Bowne, Elkton - Class "B" (100m Dash, 200m Dash, 400m Dash - 1992)
Leslie Brost, Watertown – Class "AA" (4 x 200m Relay, 4 x 400m Relay, Pole Vault – 2008)
Allison Eckert, SF Roosevelt – Class "AA" (800m Run, 1600m Run, 3200m Run – 2006)
Brittany Garner, RC Stevens – Class "AA" (100m Dash, 200m Dash, 4 x 100m Relay – 2004)
Brittany Garner, RC Stevens – Class "AA" (200m Dash, 400m Dash, 4 x 400m Relay – 2006)
Sara Gill, RC Central - Class "AA" (4 x 100m Relay, 4 x 200m Relay, 4 x 400m Relay – 1992)
Tamara Gorman, RC Stevens – Class "AA" (1600m Run, 3200m Run, 4 x 800m Relay – 2011)
Kari Heck, SF Washington – Class "AA" (100m Dash, 200m Dash, 400m Dash – 2012)
Amy Jensen, Brandon Valley - Class "AA" (100m Dash, 200m Dash, 4 x 100m Relay)
Ramsey Kavan, Yankton – Class "AA" (1600m Run, 3200 Run, Medley Relay - 2002)
Dawn Koehn, Watertown - Class "AA" (200m Dash, 400m Dash, 4 x 200m Relay - 1989)
Julie Knight, RC Central - Class "AA" (300m Hurdles, 4 x 200m Relay, 4 x 400m Relay - 1990)
Jamie Krautschun, Spearfish - Class "AA" (100m Hurdles, 4 x 100m Relay, 4 x 200m Relay - 1994)
Jaime Pauli, Milbank - Class "A" (1600m Run, 4 x 800m Relay, Medley Relay)
Hiedi Reed, Canton - Class "A" (1600m Run, 3200m Run, Medley Relay - 1992)
Kelly Rhodes, SF Lincoln - Class "AA" (100m Hurdles, 300m Low Hurdles, 4 x 400m Relay - 1986)
Barb Riemenschneider, RC Stevens - Class "AA" (4 x 100m Relay, 4 x 200m Relay, 100m Hurdles - 1987)
Barb Riemenschneider, RC Stevens - Class "AA" (100m Hurdles, 4 x 100m Relay, 4 x 200m Relay - 1988)
Steph Schueler, SF Lincoln - Class "AA" (100m Dash, 200m Dash, 400m Dash 1986, 1987)
Heather Sieler, Huron - Class "AA" (800m Run, 4 x 400m Relay, Medley Relay - 1998)
Cori Vining, Huron - Class "AA" (100m Hurdles, 300m Hurdles, 4 x 200m Relay - 2000)
Anne Vollmer, RC Central - Class "AA" (100m Hurdles, 300m Hurdles, 4 x 200m Relay - 1993)
Ann Westby, Brookings - Class "AA" (1600m Run, 3200m Run & Medley Relay - 1988)
Lindsay Young, Spearfish - Class "AA" (200m Dash, 4 x 100m Relay, 4 x 200m Relay - 1994)

Relay "Gold Medal Awards" - All-Time

Aberdeen Central - 4 x 100m Relay - 1986; 4 x 200m Relay - 1995, 1996, 1998; Sprint Medley – 2000; 4 x 800m Relay - 2012
Aberdeen Roncalli - 4 x 800m Relay - 1998
Bon Homme - 4 x 800m Relay - 1986;
Brandon Valley - 4 x 100m Relay - 1995, 1996;
Brookings - 4 x 800m Relay - 1989; Medley Relay - 1988; 4 x 100m Relay - 2009
Canton - Medley Relay - 1992;
Chamberlain - Medley Relay - 2001
De Smet - Medley Relay - 1989
Herried - 4 x 400m Relay - 1994;
Hoven - 4 x 400m Relay - 1989; 4 x 800m Relay - 1991
Huron - 4 x 200m Relay - 2000; 4 x 400m Relay - 1998, 1999; Medley Relay – 1998
Madison – 4 x 100m Relay - 2005
Miller - 4 x 200m Relay – 1986;

Milbank - 4 x 400m Relay - 1993; 4 x 800m Relay - 1994, 1996; Medley Relay - 1996
 Mitchell - 4 x 100m Relay - 1991; 4 x 200m Relay - 1991; 4 x 400m Relay - 1995, 1996, 1997;
 Pierre - 400m Relay - 1988, 1991; 4 x 800m Relay - 1990;
 RC Central - 4 x 100m Relay - 1989, 1992, 1998, 1999; 2000, 2001, 2002, 2003, 2010; 4 x 200m Relay - 1990, 1992, 1993, 1997, 1999, 2002, 2003; 4 x 400m Relay - 1990, 1992; 4 x 800m Relay - 1988, 92, 93;
 RC Stevens - 4 x 100m Relay - 1987, 1988, 2004, 2006, 2007, 2008, 2011, 2012; 4 x 200m Relay - 1987, 1988, 2005, 2010, 2011, 2012; 4 x 400m Relay - 2000, 2001, 2002, 2003, 2004, 2006, 2010; 4 x 800m Relay - 1997, 1999, 2000, 2001, 2002, 2004, 2011; Sprint Medley - 2010
 SF Lincoln - 4 x 400m Relay - 1986, 1987; Medley Relay - 2003;
 SF O’Gorman - 4 x 100m Relay - 1993; 4 x 800m Relay - 1987; Medley Relay - 1994, 1997;
 SF Roosevelt - 4 x 200m Relay - 2001, 2007, 2009; Medley Relay - 2004, 2005; 4 x 800m Relay - 2007;
 SF Washington - Medley Relay - 1986, 1987, 2009; 4 x 400m Relay - 2009
 Spearfish - 4 x 100m Relay - 1994, 1997; 4 x 200m Relay - 1994; 4 x 400m Relay - 2011
 Sturgis - 4 x 100m Relay - 1990; Medley Relay - 2007; 4 x 800m Relay - 2010;
 West Central - 4 x 200m Relay - 2004;
 Watertown - 4 x 200m Relay - 1989, 2006, 2008; 4 x 400 m Relay - 2005, 2007, 2008, 2012; 4 x 800m Relay - 1995; Medley Relay - 1990, 1991, 1993, 1999, 2011, 2012;
 Yankton - Medley Relay - 1995, 2002, 2006, 2008; 4 x 800m Relay - 2003, 2005, 2006, 2008, 2009

Most Individual “Gold Medal Awards” – Career

Eleven Awards

Megan Trotter, RC Central - Class "AA" (100m Dash - 2002, 2003; 200m Dash - 2002, 2003; 4 x 100m Relay - 2000, 2001, 2002, 2003; 4 x 200m Relay - 1999, 2002, 2003)

Ten Awards

Kari Heck, SF Washington - Class “AA” (4 x 400m Relay - 2009; 100m Dash - 2011, 2012; 200m Dash - 2010, 2011, 2012; 400m Dash - 2010, 2011, 2012; Long Jump - 2011)

Jasmyne King, RC Central - Class “AA” (100m Dash - 2007, 2008, 2010; 200m Dash - 2007, 2008; 400m Dash - 2007, 2008; Long Jump - 2007, 2008; 4 x 100m Relay - 2010)

Cherise Thompson, RC Stevens - Class "AA" (400m Dash - 1998, 1999, 2000; 800m Run - 1999; 2000; 4 x 400m Relay - 2000, 2001; 4 x 800m Relay - 1998, 2000, 2001)

Nine Awards

Jaime Pauli, Milbank - Class “A” (800m Run - 1993, 94; 1600m Run - 1993, 95, 96; 4 x 400m Relay - 1993; 4 x 800m Relay, 1994, 96; Medley Relay - 1996;)

Jill Theeler, Mitchell - Class “AA” (4 x 400m Relay- 1995, 96, 97; 100m Dash - 1996, 97; 200m Dash - 1996, 97; 400m Dash, - 1996, 97)

Anne Vollmer, RC Central - Class “AA” (100m Hurdles - 1991, 92, 93; 300m Hurdles - 1991, 92, 93; 4 x 200m Relay - 1992, 93; 4 x 400m Relay - 1992)

Eight Awards

Amber Abrams, RC Central - Class “AA” (100m Dash - 1998, 99; 200m Dash - 1998, 99; 4 x 100m Relay - 1998, 99; 4 x 200m Relay - 1998, 99)

Brittany Page, Watertown - Class “AA” (100m Dash, 200m Dash, 400m Dash, 4 x 200m Relay - 2006, 2008; 4 x 400m Relay - 2005, 2007, 2008)

Seven Awards

Allison Eckert, SF Roosevelt - (800m Run - 2006, 2007; 1600m Run - 2006; 3200m Run - 2004, 2005, 2006; 4 x 800m Relay - 2007)

Brittany Garner, RC Stevens - Class “AA” (100m Dash - 2004; 200m Dash - 2004, 2006; 400m Dash - 2006; 4 x 100m Relay - 2004; 4 x 200m Relay - 2005; 4 x 400m Relay - 2006)

Shannon Hattervig, RC Stevens - (4 x 400m Relay - 2000, 2001, 2002, 2003, 2004; 4 x 800m Relay - 2002, 2004)

Ramsey Kavan, Yankton - Class “AA” (1600m Run - 2002, 2004, 2005; 3200m Run - 2002; Medley Relay - 2002; 4 x 800m Relay - 2003, 2005)

Julie Schwengler, RC Stevens - Class “AA” (400m Dash - 2004; 800m Run - 2004; 4 x 400m Relay - 2001, 2002, 2003, 2004; 4 x 800m Relay - 2004)

Heather Sieler, Huron - Class “AA” (800m Run-1998, 2001, 2002; 4 x 400m Relay-1998, 99, Medley Relay-1998, 2000;)

Ann Westby, Brookings - Class "AA" (800m Run - 1989; 1600m Run - 1988, 89; 3200m Run - 1988, 89; 4 x 800m Relay - 1989; Medley Relay - 1988)

Six Awards

Jamie Krautschun, Spearfish - Class "AA" (100m Hurdles - 1994, 95, 97; 4 x 100m Relay - 1994, 97; 4 x 200m Relay - 1994)

Leslie Brost, Watertown – Class "AA" (Pole Vault – 2006, 2007, 2008; 4 x 400m Relay – 2007, 2008; 4 x 200m Relay - 2008)

Heidi Reed, Canton - Class "A" (1600m Run - 1990, 91, 92; 3200m Run - 1991, 92; Medley Relay - 1992)

Barb Riemenschneider, RC Stevens - Class "AA" (100m Hurdles - 1987, 88; 4 x 100m Relay - 1987, 88; 4 x 200m Relay - 1987, 88)

Steph Schueler, SF Lincoln - Class "AA" (100m Dash - 1986, 87; 200m Dash - 1986, 87; 400m Dash - 1986, 87)

Cori Vining, Huron - Class "AA" (4 x 400m Relay, 1998, 1999; 100m Hurdles – 1998, 2000; 300m Hurdles - 2000; 4 x 200m Relay - 2000)

Five Awards

Cara Groseth, RC Stevens – Class "AA" (4 x 200m Relay – 2010, 2011, 2012; 4 x 100m Relay – 2011, 2012)

Kacey Herrmann, RC Stevens – Class "AA" (Medley Relay – 2010; 4 x 100m Relay – 2011, 2012; 4 x 200m Relay – 2011, 2012)

Amy Jensen, Brandon Valley - Class "AA" (100m Dash - 1994, 95; 200m Dash - 1995; 4 x 100m Relay - 1995, 1996)

Julie Knight, RC Central - Class "AA" (300m Low Hurdles - 1988, 90; 4 x 800m Relay - 1988; 4 x 200m Relay, 4 x 400m Relay - 1990)

Meg Larson, Aberdeen Roncalli - Class "A" (800m Run - 1995, 96, 97; 1600m Run - 1997; 4 x 800m Relay - 1998)

Sara Miller, RC Central – Class "AA" (4 x 100m Relay – 2001, 2002, 2003; 4 x 200m Relay – 2002, 2003)

Karissa Prpich, RC Stevens – Class "AA" (4 x 200m Relay – 2010, 2011, 2012; 4 x 100m Relay – 2011, 2012)

Kelly Rhodes, SF Lincoln - Class "AA" (100m Hurdles - 1986; 300m Low Hurdles - 1986, 87; 4 x 400m Relay - 1986, 87)

Four Awards

Taylor Baker, RC Stevens – Class "AA" (Long Jump – 1996, 1998; Triple Jump – 1996, 1998)

Aubrey Baxter, Redfield – Class "A" (Shot Put – 2003, 2004; Discus – 2003, 2004)

Becca Bedard, RC Stevens – Class "AA" (4 x 200m Relay – 2005; 4 x 100m Relay – 2006, 2007, 2008)

Darcy Biers, RC Stevens - Class "AA" (4 x 100m Relay, 4 x 200m Relay - 1987, 88)

Jodi Bowne, Elkton - Class "B" (400m Dash - 1991, 92; 100m Dash, 200m Dash - 1992)

Kalie Cox, Watertown – Class "AA" (4 x 200m Relay – 2006, 2008; 4 x 400m Relay – 2005, 2008)

Krista Creager, Yankton – Class "AA" (800m Run – 2008; Sprint Medley Relay – 2006, 2008; 4 x 800m Relay - 2009)

Emily DeVries, RC Stevens – Class "AA" (4 x 400m Relay – 2006; 300m Low Hurdles – 2006, 2007; 100m Int Hurdles – 2007)

Shannon Hellman, Douglas – Class "AA" (100m Hurdles – 2004, 2005; 300m Low Hurdles – 2004, 2005)

Megan Hilson, Yankton – Class "AA" (3200m Run – 2008, 2009; 4 x 800m Relay – 2008, 2009)

Sarah Hoffman, Mitchell - Class "AA" (4 x 400m Relay - 1995, 96, 97; 300m Hurdles-1999)

Leia Jackson, RC Central – Class "AA" (4 x 100m Relay – 2002, 2003; 4 x 200m Relay – 2002, 2003)

Amanda Kuchta, Yankton – Class "AA" (4 x 800m – 2003, 2005; Medley – 2006)

Althea Meeter, Cheyenne-Eagle Butte - Class "A" (100m Dash, 200m Dash - 1990, 91)

Michelle Mellegaard, Bridgewater - Class "B" (Long Jump - 1993, 95; Triple Jump - 1994, 95;)

Courtney Murray, RC Central – Class "AA" (4 x 100m Relay – 2000, 2001, 2002; 4 x 200m Relay – 2002)

Stephanie Peterson, RC Stevens - Class "AA" (4 x 100m Relay, 4 x 200m Relay - 1987, 88)

Rhonda Sheffield, Highmore - Class "B" (300m Hurdles - 1995, 96, 97; 100m Hurdles - 1996)

Brittany Stangl, Watertown – Class "AA" (Sprint Medley Relay – 2012; Pole Vault – 2010, 2011, 2012)

Rachel Weinandt, Yankton – Class "AA" (4 x 800m Relay – 2008, 2009; Sprint Medley Relay – 2008; 800m Run - 2010)

Three Awards

Alayna Aker, RC Central - Class "AA" (Long Jump - 1991; Long Jump, 4 x 100m Relay - 1992)

Ericka Bakke, Salem - Class "A" (200m Dash - 1988; 100m Dash - 1989; Long Jump - 1990)

Betsy Bies, Yankton – Class "AA" (4 x 800m Relay – 2005, 2006; 3200m Run – 2007)

Megan Bren, SF Roosevelt – Class "AA" (100m Dash – 2006; 4 x 200m Relay 2007, 2009)

Abby Davis, Watertown – Class "AA" (Sprint Medley Relay – 2011, 2012; 4 x 400 m Relay – 2012)

Anne Doshier, RC Stevens – Class “AA” (4 x 400m Relay – 2003; 4 x 100m Relay – 2004; 4 x 200m Relay – 2005)
Jessica Fox, Watertown - Class "AA" (1,600m Sprint Medley - 1999; 1,600m Run - 1999; 3,200m Run - 2000)
Brooke Garner, RC Stevens – Class ‘AA’ (Shot Put – 2008; Discus Throw – 2007-2008)
Sara Gill, RC Central - Class “AA” (4 x 100m Relay, 4 x 200m Relay, 4 x 400m Relay - 1992)
Tamara Gorman, RC Stevens – Class “AA” (1600m Run – 2011; 3200m Run – 2011; 4 x 800 Relay – 2011)
Kayla Gosnell, RC Stevens – Class “AA” (4 x 100m Relay – 2004, 2006, 2007)
Cariss Hauck, Watertown – Class “AA” (4 x 200m Relay – 2006; 4 x 400m Relay – 2005, 2007)
Tia Hemiller, Watertown – Class “AA” (Sprint Medley Relay – 2011, 2012; 4 x 400 m Relay – 2012)
Mariah Hofer, Yankton – Class “AA” (4 x 800m Relay – 2008, 2009; 3200m Run – 2010)
Jean Hoffman, Mitchell – Class “AA” (300m Hurdles – 2001, 2002, 2003)
Lindsey Keck, RC Stevens – Class “AA” (4 x 800m Relay – 1999, 2000, 2001)
Dawn Koehn, Watertown - Class “AA” (200m Dash, 400m Dash, 4 x 200m Relay - 1989)
Tamiko Kopfman, Huron – Class “AA” (Long Jump – 2005, 2006; Triple Jump – 2006)
Beth Mueller, RC Stevens – Class “AA” (4 x 400m Relay – 2002, 2003, 2004)
Kylee Nolan, RC Stevens – Class “AA” (4 x 400m Relay – 2010; Medley Relay – 2010; 4 x 200m Relay - 2011)
Ramsee Pagel, RC Stevens – Class “AA” (4 x 400m Relay – 2000, 2001, 2002)
Mallory Peck, SF O’Gorman – Class “AA” (Pole Vault – 2004, 2005; Triple Jump – 2005)
Janie Sershen, Chester – Class “A” (Long Jump – 2001; High Jump – 2002; Triple Jump – 2002)
Ashley Storm, Yankton – Class “AA” (4 x 800m – 2003, 2005, 2006)
Ashley Thompson, RC Stevens – Class “AA” (100m Hurdles – 2012; 300m Hurdles – 2011, 2012)
Beth Wahl, Pierre - Class “AA” (4 x 400m Relay - 1991; High Jump - 1992, 93)

GIRLS' TRACK AND FIELD MEET OFFICIAL RECORDS
(Made under the auspices of the
South Dakota High School Activities Association at its Annual Track and Field Meet)

If a state record is recorded as a hand-held time, a fully automatic time within .24 seconds of the hand held time will also be recorded as a state record. Both times will be recorded until the fully automatic time is actually faster than the recorded hand held time.

| | | | |
|-------------------------|------|--|------------|
| 100 Meter Dash | 1996 | Jill Theeler, Mitchell (Prelims) | 11.90 |
| 200 Meter Dash | 1996 | Jill Theeler, Mitchell (Prelims) | *24.70 |
| | 2005 | Brittany Page, Watertown | 24.72 |
| 400 Meter Dash | 1997 | Jill Theeler, Mitchell | 55.49 |
| 800 Meter Run | 2006 | Allison Eckert, SF Roosevelt | 2:11.24 |
| 1600 Meter Run | 2005 | Ramsey Kavan, Yankton | 4:46.84 |
| 3200 Meter Run | 2005 | Allison Eckert, SF Roosevelt | 10:38.66 |
| 100 Meter Hurdles (33") | 2009 | Neveda Sorenson, SF Lincoln | 14.12 |
| 300 Meter Low Hurdles | 1992 | Anne Vollmer, RC Central | 43.44 |
| 4 x 100 Meter Relay | 1998 | RC Central (Prelims) Rhoades, Maguire, Svalstad, Abrams | 48.89 |
| 4 x 200 Meter Relay | 2006 | Watertown (Prelims) Lauseng, Cox, Hauck, Page | 1:41.29 |
| 4 x 400 Meter Relay | 2006 | RC Stevens S. Pagel, DeVries, Jansen, Garner | 3:53.49 |
| 4 x 800 Meter Relay | 2004 | RC Stevens Blackler, S. Pagel, Hattervig, Schwengler | 9:10.26 |
| Sprint Medley Relay | 2009 | SF Washington Houseman, Fantroy, Smith, O'Diel | 4:10.91 |
| Shot Put (4kg) | 2005 | Lynnae Fox, Newell | 46'03.50" |
| Discus | 1980 | Karen McDonald, Watertown | 151'11.00" |
| High Jump | 1993 | Beth Wahl, Pierre | 5'09.25" |
| Long Jump | 2008 | Jasmyne King, Rapid City Central | 18'10.75" |
| Triple Jump | 2011 | Alexis Gannon, Brookings | 39'05.75" |
| Pole Vault | 2008 | Leslie Brost, Watertown | 12'10.00" |

* Indicates Hand Held Time

Track events listed in meters. Field events listed in feet and inches.
 Fully Automatic Times are listed in 1/100 of second. Hand Held Times are listed in 1/10 of second.

GIRLS' CLASS "B" RECORDS

If a state record is recorded as a hand-held time, a fully automatic time within .24 seconds of the hand held time will also be recorded as a state record. Both times will be recorded until the fully automatic time is actually faster than the recorded hand held time.

| | | | |
|-------------------------|------|--|------------|
| 100 Meter Dash | 2009 | Carly Carper, Oldham-Ramona/Rutland | 11.98 |
| 200 Meter Dash | 2009 | Carly Carper, Oldham-Ramona/Rutland | 24.85 |
| 400 Meter Dash | 2003 | Andrea Warnke, Bonesteel-Fairfax | 56.46 |
| 800 Meter Run | 2003 | Andrea Warnke, Bonesteel-Fairfax | 2:15.24 |
| 1600 Meter Run | 2003 | Melinda Zirbel, Summit | 5:04.51 |
| 3200 Meter Run | 2003 | Melinda Zirbel, Summit | 11:02.24 |
| 100 Meter Hurdles (33") | 1996 | Rhonda Sheffield, Highmore | 14.80 |
| 300 Meter Low Hurdles | 1996 | Rhonda Sheffield, Highmore | 44.63 |
| 4 x 100 Meter Relay | 2011 | Oldham-Ramona/Rutland Olson, Thurrow, Hagemann, Carper | 49.93 |
| 4 x 200 Meter Relay | 2009 | Rosholt/Fairmount, ND Heesch, Meyer, Ca. Anderson, Co. Anderson | 1:44.88 |
| 4 x 400 Meter Relay | 2012 | Ipswich A. Heinz, Lloyd, Gauer, M. Heinz | 4:02.72 |
| 4 x 800 Meter Relay | 1980 | Kadoka M. Parke, Porch, T. Parke, Herber | 9:41.53 |
| Sprint Medley Relay | 2012 | Castlewood Little, Johnson, McEldowney, Strait | 4:17.36 |
| Shot Put (4kg) | 2003 | Jocelyn Dockendorf, Corsica | 43'03.75" |
| Discus | 2005 | Amber Brodersen, Wolsey-Wessington | 145'06.00" |
| High Jump | 2011 | Kelsey Kaufmann, Arlington | 5'06.25" |
| Long Jump | 2009 | Christy Schultz, RC Christian | 18'09.50" |
| Triple Jump | 1994 | Michelle Mellegaard, Bridgewater | 38'06.50" |
| Pole Vault | 2009 | Calley Worth, Gettysburg | 11'03.00" |
| | 2009 | Brigitte Gross, Hanson | |

* Indicates State Record

Track events listed in meters. Field events listed in feet and inches.

Fully Automatic Times are listed in 1/100 of second. Hand Held Times are listed in 1/10 of second.

GIRLS' CLASS "A" RECORDS

If a state record is recorded as a hand-held time, a fully automatic time within .24 seconds of the hand held time will also be recorded as a state record. Both times will be recorded until the fully automatic time is actually faster than the recorded hand held time.

| | | | |
|-------------------------|------|---|------------|
| 100 Meter Dash | 1990 | Althea Meeter, Cheyenne-Eagle Butte (Prelims) | 12.25 |
| | 2008 | Alexa Duling, Gregory | 12.25 |
| 200 Meter Dash | 1991 | Althea Meeter, Cheyenne-Eagle Butte | 25.15 |
| 400 Meter Dash | 2006 | Alicia Brown, Vermillion | 56.69 |
| 800 Meter Run | 1996 | Meg Larson, Aberdeen Roncalli | 2:16.79 |
| 1600 Meter Run | 1991 | Heidi Reed, Canton | 5:03.16 |
| 3200 Meter Run | 1991 | Heidi Reed, Canton | 11:08.85 |
| 100 Meter Hurdles (33") | 2004 | Lindsay House, Lennox | 14.73 |
| 300 Meter Low Hurdles | 1981 | Amy Allard, Jefferson | 44.60 |
| 4 x 100 Meter Relay | 2005 | Madison (Prelims) Postma, Hatting, Dailing, Postma | 49.73 |
| 4 x 200 Meter Relay | 2005 | West Central White, Lange, Rosenbrook, Krell | 1:44.41 |
| 4 x 400 Meter Relay | 2003 | Beresford Homandberg, Bak, Hyronimus, McGill | 4:02.89 |
| 4 x 800 Meter Relay | 1997 | Aberdeen Roncalli J. Cameron, K. Cameron, Pierce, Larson | 9:31.37 |
| Medley Relay | 1984 | Custer (Prelims) Young, Uttecht, Treatheway, Darley | 4:15.30 |
| Shot Put (4kg) | 2005 | *Lynnae Fox, Newell | 46'03.50" |
| Discus | 2001 | Sarah Stevens, Hot Springs | 151'08.00" |
| High Jump | 1985 | Stacey Johnson, Platte | 5'09.00" |
| Long Jump | 1990 | Ericka Bakke, Salem | 18'04.50" |
| Triple Jump | 1992 | Denise Kocer, Wagner | 37'07.50" |
| Pole Vault | 2010 | Jessica Koupal, Wagner | 11'04.00" |

* Indicates State Record

Track events listed in meters. Field events listed in feet and inches.

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GIRLS' CLASS "AA" RECORDS

If a state record is recorded as a hand-held time, a fully automatic time within .24 seconds of the hand held time will also be recorded as a state record. Both times will be recorded until the fully automatic time is actually faster than the recorded hand held time.

| | | | |
|-------------------------|------|--|------------|
| 100 Meter Dash | 1996 | *Jill Theeler, Mitchell (Prelims) | 11.90 |
| 200 Meter Dash | 1996 | *Jill Theeler, Mitchell (Prelims) | **24.70 |
| | 2005 | Brittany Page, Watertown | 24.72 |
| 400 Meter Dash | 1996 | *Jill Theeler, Mitchell | 55.49 |
| 800 Meter Run | 2006 | *Allison Eckert, Sioux Falls Roosevelt | 2:11.24 |
| 1600 Meter Run | 2005 | *Ramsey Kavan, Yankton | 4:46.84 |
| 3200 Meter Run | 2005 | *Allison Eckert, Sioux Falls Roosevelt | 10:38.66 |
| 100 Meter Hurdles (33") | 2009 | *Nevada Sorenson, Sioux Falls Lincoln | 14.12 |
| 300 Meter Low Hurdles | 1992 | *Anne Vollmer, RC Central | 43.44 |
| 4 x 100 Meter Relay | 1998 | *RC Central (Prelims) Rhodes, Maguire, Svalstad, Abrams | 48.89 |
| 4 x 200 Meter Relay | 2006 | *Watertown (Prelims) Lauseng, Cox, Hauck, Page | 1:41.29 |
| 4 x 400 Meter Relay | 2006 | *RC Stevens S. Pagel, DeVries, Jansen, Garner | 3:53.49 |
| 4 x 800 Meter Relay | 2004 | *RC Stevens Blackler, S. Pagel, Hattervig, Schwengler | 9:10.26 |
| Medley Relay | 2009 | *SF Washington Houseman, Fantroy, Smith, O'Diel | 4:10.91 |
| Shot Put (4kg) | 1996 | Lisa Griebel, SF Roosevelt | 46'00.00" |
| Discus | 1980 | *Karen McDonald, Watertown | 151'11.00" |
| High Jump | 1993 | *Beth Wahl, Pierre | 5'09.25" |
| Long Jump | 2008 | *Jasmyne King, Rapid City Central | 18'10.75" |
| Triple Jump | 2011 | *Alexis Gannon, Brookings | 39'05.75" |
| Pole Vault | 2008 | *Leslie Brost, Watertown | 12'10.00" |

* Indicates State Record

** Indicates Hand Held Time

Track events listed in meters. Field events listed in feet and inches.
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GIRLS' STATE CHAMPIONS AND RUNNERS-UP

Girls' Track - One Class System

| | <u>Champion</u> | <u>Runner-Up</u> | | <u>Champion</u> | <u>Runner-Up</u> |
|------|-----------------|------------------|------|-----------------|------------------|
| 1969 | Tyndall | Brookings | 1971 | Douglas (EAFB) | Hurley |
| 1970 | Tyndall | Hurley | 1972 | Redfield | Mission |

Girls' Class "B" Track - Two Class System

| | <u>Champion</u> | <u>Runner-Up</u> | | <u>Champion</u> | <u>Runner-Up</u> |
|------|-----------------|------------------|------|-----------------|------------------|
| 1973 | Tyndall | Mellette | 1974 | Wall | Springfield |

Girls' Class "A" Track - Two Class System

| | <u>Champion</u> | <u>Runner-Up</u> | | <u>Champion</u> | <u>Runner-Up</u> |
|------|-----------------|------------------|------|---------------------|------------------|
| 1973 | Redfield | Yankton | 1974 | Sioux Falls Lincoln | Aberdeen Central |

Girls' Class "B" Track - Three Class System

| | <u>Champion</u> | <u>Runner-Up</u> | | <u>Champion</u> | <u>Runner-Up</u> |
|------|-----------------------|-----------------------|------|------------------------|-----------------------|
| 1975 | Faith | Centerville | 1994 | Hoven | Baltic |
| 1976 | White River | Faith | 1995 | Faulton | Hoven |
| 1977 | Dakota Christian | Pollock | 1996 | Hoven | Faulton |
| 1978 | Dakota Christian | White River | 1997 | Herreid | Hoven |
| 1979 | Frederick | Dakota Christian | 1998 | Faulton | Elkton |
| 1980 | Dakota Christian | Frederick | 1999 | Chester | Marion |
| 1981 | Armour | Dakota Christian | 2000 | Chester | Marion |
| 1982 | Armour | Estelline | 2001 | Chester | Colman-Egan |
| 1983 | Armour | Eureka | 2002 | Colman Egan | Bonesteel-Fairfax |
| 1984 | Eureka | Sioux Falls Christian | 2003 | Bonesteel-Fairfax | Colman-Egan |
| 1985 | Sioux Falls Christian | Eureka | 2004 | Eureka | Colman-Egan |
| 1986 | Arlington | Eureka | 2005 | Bonesteel-Fairfax | Bridgewater/Emery |
| 1987 | Arlington | Bridgewater | 2006 | James Valley Christian | Colman-Egan |
| 1988 | Bridgewater | Lake Preston | 2007 | Faulton | Colman-Egan |
| 1989 | Bridgewater | Lake Preston | 2008 | Hanson | Rosholt/Fairmount ND |
| 1990 | Lake Preston | White Lake | 2009 | Hanson | Rosholt/Fairmount ND |
| 1991 | Lake Preston | Hoven | 2010 | Oldham-Ramona/Rutland | Rosholt/Fairmount ND |
| 1992 | Hoven | Hitchcock | 2011 | Oldham-Ramona/Rutland | Rosholt/Fairmount ND |
| 1993 | Doland/Conde | Hoven | 2012 | Ipswich | Oldham-Ramona/Rutland |

Girls' Class "A" Track - Three Class System

| | <u>Champion</u> | <u>Runner-Up</u> | | <u>Champion</u> | <u>Runner-Up</u> |
|------|-----------------------|------------------|------|-----------------------|-------------------|
| 1975 | Wall | Freeman | 1994 | Milbank | Madison |
| 1976 | Flandreau Burke (tie) | Freeman | 1995 | Milbank | Vermillion |
| 1977 | Freeman | Kimball | 1996 | Hot Springs & Milbank | |
| 1978 | Burke | Kimball | 1997 | Hot Springs | Lennox |
| 1979 | Kimball | Salem | 1998 | Lennox | Garretson |
| 1980 | Salem | Freeman | 1999 | Lennox | Hot Springs |
| 1981 | Jefferson | Redfield | 2000 | Lennox | Miller |
| 1982 | Jefferson | Salem | 2001 | Redfield | Lennox |
| 1983 | Jefferson | Custer | 2002 | Winner | Beresford |
| 1984 | Jefferson | Custer | 2003 | Redfield | Beresford |
| 1985 | Jefferson | Miller | 2004 | West Central | Parker |
| 1986 | Bennett County | Miller | 2005 | West Central | Aberdeen Roncalli |
| 1987 | Spearfish | Bon Homme | 2006 | St. Thomas More | Vermillion |
| 1988 | Freeman | Milbank | 2007 | St. Thomas More | Vermillion |
| 1989 | Salem | Beresford | 2008 | Vermillion | St. Thomas More |
| 1990 | Hot Springs | Madison | 2009 | St. Thomas More | Wagner |
| 1991 | McCook Central | Lennox | 2010 | Clark/Willow Lake | St. Thomas More |
| 1992 | Sioux Valley | Madison | 2011 | West Central | Clark/Willow Lake |
| 1993 | Spearfish | Milbank | 2012 | West Central | Milbank |

Girls' Class "AA" Track - Three Class System

| | <u>Champion</u> | <u>Runner-Up</u> | | <u>Champion</u> | <u>Runner-Up</u> |
|------|------------------------|-----------------------------|------|------------------------|-------------------------|
| 1975 | Sioux Falls Lincoln | Rapid City Stevens | 1994 | Rapid City Central | Spearfish |
| 1976 | Sioux Falls Lincoln | Watertown | 1995 | Yankton | Rapid City Stevens |
| 1977 | Sioux Falls Washington | Watertown | 1996 | Rapid City Stevens | Aberdeen Central |
| 1978 | Watertown | Brookings | 1997 | Rapid City Stevens | Spearfish |
| 1979 | Brookings | Watertown | 1998 | Rapid City Stevens | Huron |
| 1980 | Brookings | Watertown | 1999 | Rapid City Stevens | Huron |
| 1981 | Yankton | Watertown | 2000 | Rapid City Stevens | Huron |
| 1982 | Yankton | Watertown | 2001 | Rapid City Stevens | Rapid City Central |
| 1983 | Huron | Watertown | 2002 | Rapid City Stevens | Rapid City Central |
| 1984 | Yankton | Sioux Falls Washington | 2003 | Rapid City Stevens | Rapid City Central |
| 1985 | Rapid City Stevens | Sioux Falls Lincoln | 2004 | Rapid City Stevens | Sioux Falls Roosevelt |
| 1986 | Rapid City Stevens | Sioux Falls Lincoln | 2005 | Rapid City Stevens | Sioux Falls Roosevelt |
| 1987 | Sioux Falls Lincoln | Rapid City Stevens | 2006 | Rapid City Stevens | Sioux Falls Roosevelt |
| 1988 | Rapid City Stevens | Brookings | 2007 | Rapid City Stevens | Rapid City Central |
| 1989 | Brookings | Rapid City Central | 2008 | Rapid City Stevens | Yankton |
| 1990 | Sturgis | Rapid City Central & Pierre | 2009 | Rapid City Central | Sioux Falls Lincoln |
| 1991 | Rapid City Central | Rapid City Stevens | 2010 | Rapid City Stevens | Yankton |
| 1992 | Rapid City Central | Mitchell | 2011 | Rapid City Stevens | Sioux Falls Washington |
| 1993 | Rapid City Central | Watertown | 2012 | Rapid City Central | Rapid City Stevens |