

**46th ANNUAL SOUTH DAKOTA STATE
GIRLS' TRACK & FIELD CHAMPIONSHIPS**

Sioux Falls – May 30-31, 2014

Class "B"

(Total Participants = 420)

100 Meter Dash

1 Heinz, Macy	9 Ipswich	12.51
2 Stotz, Sierra	12 Eureka/Bowdle	12.73
3 Heinz, Angela	10 Ipswich	12.75
4 Kitchenmaster, Erica	10 Andes Central	12.84
5 Kuyper, Brianna	12 Corsica/Stickney	12.95
6 Wolf, Josie	9 Chester Area	13.02
7 Bradford, Bailey	10 Sully Buttes	13.06
8 Engebretson, Reganne	10 Platte-Geddes	13.14

200 Meter Dash

1 Heyn, Sara	11 Chester Area	26.61
2 Heinz, Angela	10 Ipswich	26.88
3 Wientjes, Remi	12 Sully Buttes	27.15
4 Kitchenmaster, Erica	10 Andes Central	27.18
5 Olson, Brittany	11 Parker	27.19
6 Stotz, Sierra	12 Eureka/Bowdle	27.20
7 Dolezal, Savannah	12 Estelline	27.28
8 Kuyper, Brianna	12 Corsica/Stickney	27.35

400 Meter Dash

1 Heinz, Macy	9 Ipswich	57.10
2 Olson, Daylee	11 Arlington	58.92
3 Sebern, Allison	10 Burke/South Central	59.32
4 Dolezal, Savannah	12 Estelline	59.42
5 Buse, Kassidy	12 Canistota	1:00.08
6 Heath, Callie	9 Colome	1:00.74
7 Olson, Brittany	11 Parker	1:03.37
8 Williamson, Mandee	8 Newell	1:03.73

800 Meter Run

1 Heinz, Macy	9 Ipswich	2:17.09
2 Kopfmann, Shyanne	11 Wessington Springs	2:22.18
3 Roth, Cailey	11 Freeman	2:22.20
4 Sebern, Allison	10 Burke/South Central	2:24.19
5 Strait, Haley	11 Castlewood	2:26.29
6 Williamson, Mandee	8 Newell	2:27.14
7 Huether, Tayah	11 Wall	2:29.26
8 Loewen, Julie	11 James Valley Chr.	2:29.33

1600 Meter Run

1 Heinz, Macy	9 Ipswich	5:13.53
2 Nelson, Laura	9 Gayville-Volin	5:17.54
3 Roth, Cailey	11 Freeman	5:25.41
4 Strait, Haley	11 Castlewood	5:26.95
5 Sampson, Janae	12 Arlington	5:27.43
6 Clark, Genevieve	10 Gayville-Volin	5:29.68
7 Huether, Tayah	11 Wall	5:34.17
8 Coyle, Ellie	10 Philip	5:34.40

3200 Meter Run

1 Moore, Tori	11 Ipswich	11:48.00
2 Nelson, Laura	9 Gayville-Volin	12:05.00
3 Loken, Taylor	11 Ipswich	12:10.41
4 Coyle, Ellie	10 Philip	12:20.64
5 Lulf, Quinn	9 Lyman	12:21.72
6 Huntley, Savannah	11 RC Christian	12:22.30
7 Clark, Genevieve	10 Gayville-Volin	12:30.37
8 Loewen, Julie	11 James Valley Chr.	12:39.82

100 Meter Hurdles

1 Sokolowski, Lauren	11 Irene-Wakonda	14.98
2 Lee, Kelsey	11 Faulkton Area	15.57
3 Dethlefsen, Jackie	12 Corsica/Stickney	15.74
4 Sokolowski, Shannon	7 Irene-Wakonda	16.04
5 Blue Arm, Julia	12 Lemmon	16.11
6 Mullaney, Ally	11 DR St. Mary	16.38
7 Selland, Myah	9 Sanborn Central/Woon.	17.39
8 Verver, Callie	12 Colman-Egan	17.71

300 Meter Hurdles

1 Lee, Kelsey	11 Faulkton Area	47.17
2 Blue Arm, Julia	12 Lemmon	48.34
3 Wimer, Haili	12 Leola	48.66
4 Sokolowski, Shannon	7 Irene-Wakonda	48.92
5 Hora, Abby	10 Viborg-Hurley	49.08
6 Wolkow, Alex	11 De Smet	49.12
7 Noeldner, Anna	11 Great Plains Luth.	50.23
8 Kayser, Kadra	9 Bridgewater-Emery	51.73

4x100 Meter Relay

1 Sully Buttes		51.58
1) Bradford, Bailey 10	2) Wientjes, Racquel 9	
3) Stahl, Karlea 12	4) Wientjes, Remi 12	
2 Eureka/Bowdle		51.71
3 Irene-Wakonda		51.72
4 Ipswich		52.14
5 Chester Area		52.58
6 Parker		52.60
7 Corsica/Stickney		52.77
8 Hanson		53.04

4x200 Meter Relay

1 Parker		1:48.00
1) Hay, Morgan 12	2) Olson, Alexis 9	
3) Smith, Jenny 11	4) Olson, Brittany 11	
2 Chester Area		1:48.35
3 Sully Buttes		1:50.38
4 Irene-Wakonda		1:50.47
5 Ipswich		1:50.58
6 Platte-Geddes		1:51.92
7 Avon		1:52.17
8 Arlington		1:52.76

4x400 Meter Relay

1	Arlington		4:12.22
	1) VanBockern, Kimberly 11	2) Boeck, Samantha 12	
	3) Hennrich, Brylee 9	4) Olson, Daylee 11	
2	Freeman		4:14.64
3	Parker		4:17.53
4	Canistota		4:17.81
5	Platte-Geddes		4:19.09
6	Sully Buttes		4:20.54
7	Jones County		4:21.87
8	Castlewood		4:24.76

4x800 Meter Relay

1	Arlington		9:55.09
	1) Sampson, Janae 12	2) Heuer, Brett 12	
	3) Hennrich, Brylee 9	4) Olson, Daylee 11	
2	Freeman		9:57.83
3	Gayville-Volin		9:59.65
4	James Valley Christian		10:16.40
5	Herreid/Selby Area		10:16.97
6	Howard		10:23.71
7	Jones County		10:29.62
8	Potter County		10:29.83

1600 Sprint Medley

1	Baltic		4:25.56
	1) Hanisch, Mariah 12	2) Walter, Allie 12	
	3) Paszek, Makay 8	4) Polzin, Maddie 9	
2	Herreid/Selby Area		4:27.67
3	Potter County		4:29.65
4	Sully Buttes		4:32.82
5	Avon		4:33.87
6	Gayville-Volin		4:37.36
7	Castlewood		4:38.39
8	Arlington		4:38.66

Shot Put

1	Begalka, Jamie	10 Estelline	39-06.00
2	Huntimer, Maria	12 De Smet	37-11.25
3	O'Connell, Alysha	12 Dupree	37-11.00
4	Astleford, Rachel	11 White River	37-07.25
5	Hendrickson, Katie	12 Estelline	37-06.25
6	Nielsen, Chloe	12 Canistota	37-03.50
7	Walter, Allie	12 Baltic	37-03.25
8	Skorepa, Carley	11 Scotland	35-11.00

Discus Throw

1	Skorepa, Carley	11 Scotland	127-03
2	Bierman, McKenzie	10 Warner	117-06
3	Ristau, Miranda	12 Warner	112-11
4	Huntimer, Maria	12 De Smet	110-05
5	Black, Kayla	12 Wolsey-Wessington	J110-05
6	Morgan, Hannah	11 RC Christian	109-11
7	Hermsen, Taylor	10 Freeman	107-05
8	Lynn, Lexy	11 Elkton-Lake Benton	106-00

High Jump

1	Biel, Haylee	12	Herreid/Selby Area	5-01.00
2	Johnnanson, Payton	11	Andes Central	J5-01.00
3	Mullaney, Ally	11	DR St. Mary	J5-01.00
4	Buchholz, Kayli	12	De Smet	4-11.00
4	Selland, Myah	9	Sanborn Central/Woon.	4-11.00
4	Sokolowski, Andrea	10	Irene-Wakonda	4-11.00
4	Dethlefsen, Jackie	12	Corsica/Stickney	4-11.00
8	Poppen, Kelsey	12	De Smet	J4-11.00

Long Jump

1	Lynn, Lexy	11	Elkton-Lake Benton	16-01.50
2	Stugelmeyer, Sierra	12	Harding County	15-10.75
3	Haines, Ivy	10	Kimball/White Lake	15-07.75
4	Longville, Kristen	11	Lake Preston	15-07.00
5	Jensen, Shelby	11	Freeman	15-06.75
6	Reinhold, Molly	12	RC Christian	15-01.25
7	Schoenwald, Erica	12	Marion	15-01.00
8	Bergquist, Brittany	10	Wolsey-Wessington	J15-01.00

Triple Jump

1	Heyn, Sara	11	Chester Area	36-07.00
2	Stugelmeyer, Sierra	12	Harding County	36-00.50
3	Lynn, Lexy	11	Elkton-Lake Benton	34-00.25
4	Haines, Ivy	10	Kimball/White Lake	32-11.00
5	Popham, Sammie	11	Florence/Henry	32-10.50
6	Poppen, Kelsey	12	De Smet	32-07.25
7	Heidemann, Breanna	9	RC Christian	32-02.00
8	DeBoer, Megan	11	Wilmot	32-00.50

Pole Vault

1	Pitz, Autumn	10	Ipswich	10-06.00
2	Pond, Kristi	11	Ipswich	9-06.00
3	Herrboldt, Christina	12	Menno	9-00.00
4	Kampmann, Gabby	12	Elkton-Lake Benton	8-06.00
4	Hybertson, Rebecca	10	Centerville	8-06.00
6	Bjorklund, Elizabeth	12	Estelline	J8-06.00
7	Kilby, Karli	12	Faith	J8-06.00
8	Brewer-Nysven, Rainy	12	Irene-Wakonda	8-00.00

**46th ANNUAL SOUTH DAKOTA STATE
GIRLS' TRACK & FIELD CHAMPIONSHIPS
Madison & Sioux Falls – May 30-31, 2014
Class "A"
(Total Participants = 400)**

100 Meter Dash

1	Howell, Shayla	8	Belle Fourche	12.68
2	Bertram, Keely	12	Elk Point-Jefferson	12.78
3	VanDeBerg, Mara	11	Garretson	12.79
4	Heggen, Liz	12	Canton	12.82
5	Ulberg, Erica	12	Milbank	12.89
6	Heusinkveld, Anna	10	Bon Homme	12.92
7	Eckrick, Carolyn	9	St. Thomas More	12.93
8	Duff, Michaela	12	Madison	12.98

200 Meter Dash

1	Bertram, Keely	12	Elk Point-Jefferson	26.73
2	Velgersdyk, Miranda	12	SF Christian	26.83
3	Howell, Shayla	8	Belle Fourche	27.26
4	Swedlund, Alexys	11	St. Thomas More	27.62
5	VanDeBerg, Mara	11	Garretson	27.75
6	Vandermeer, Ashley	7	Deubrook Area	27.82
7	Gylten, Dru	9	St. Thomas More	28.16
8	Smidt, Stacy	12	SF Christian	34.72

400 Meter Dash

1	Velgersdyk, Miranda	12	SF Christian	56.95
2	Rud, Olivia	8	Madison	59.16
3	Howell, Shayla	8	Belle Fourche	59.18
4	Swedlund, Alexys	11	St. Thomas More	59.28
5	Duffy, Ciara	10	St. Thomas More	1:00.60
6	Gylten, Dru	9	St. Thomas More	1:00.73
7	Nesheim, Patience	7	Ethan/Parkston	1:01.03
8	Carrels, Erica	11	Aberdeen Roncalli	1:01.57

800 Meter Run

1	Glazier, Tori	8	Custer	2:19.40
2	Heeren, Josie	10	Elk Point-Jefferson	2:20.42
3	Hohn, Marion	8	Hill City	2:23.02
4	Kirsch, Klaire	8	St. Thomas More	2:24.14
5	Mechels, Halie	12	Lennox	2:24.18
6	Alpers, Erin	12	SF Christian	2:24.47
7	Sage, Haley	10	Garretson	2:24.85
8	Giles, Jenni	8	Madison	2:24.91

1600 Meter Run

1	Streff, Hailey	9	Madison	5:08.78
2	Hohn, Marion	8	Hill City	5:11.98
3	Lavin, Maddie	8	Vermillion	5:11.99
4	Kirsch, Klaire	8	St. Thomas More	5:25.59
5	Fairburn, Mattie	7	Lead-Deadwood	5:25.67
6	Heeren, Josie	10	Elk Point-Jefferson	5:25.95
7	Schmidt, Nicolette	9	Redfield/Doland	5:30.40
8	Prouty, Mikayla	11	Clark/Willow Lake	5:30.41

3200 Meter Run

1	Streff, Hailey	9	Madison	11:32.06
2	Fairburn, Mattie	7	Lead-Deadwood	11:42.00
3	Lavin, Maddie	8	Vermillion	11:49.85
4	Wieczorek, McKayla	12	West Central	11:57.34
5	Bohl, Carmen	8	Garretson	11:57.80
6	Schmidt, Nicolette	9	Redfield/Doland	12:00.93
7	Streff, Cami	7	Madison	12:07.80
8	Deering, Leah	12	Hot Springs	12:16.86

100 Meter Hurdles

1	Oostra, Jordyn	12	SF Christian	14.94
2	Duffy, Shannon	10	St. Thomas More	15.13
3	Zomermaand, Shelby	10	SF Christian	15.14
4	McLouth, Caitlin	12	Bon Homme	15.52
5	White, Avery	11	St. Thomas More	15.68
6	Mechels, Halie	12	Lennox	15.92
7	Bohan, Sara	10	Dakota Valley	15.95
8	Mathis, Katie	12	Winner	16.88

300 Meter Hurdles

1	Oostra, Jordyn	12	SF Christian	44.89
2	Zomermaand, Shelby	10	SF Christian	45.60
3	Thomsen, Julianne	9	Custer	46.39
4	White, Avery	11	St. Thomas More	46.87
5	Duffy, Shannon	10	St. Thomas More	47.12
6	Zylstra, Justine	11	Canton	47.52
7	Weiss, Mikayla	10	Mt. Vernon/Plankinton	47.61
8	McMains, Halie	10	Canton	48.22

4x100 Meter Relay

1	SF Christian	50.23
	1) Yoder, Julia 9	2) Stern, Kristin 12
	3) Oostra, Jordyn 12	4) Zomermaand, Shelby 10
2	West Central	50.25
3	St. Thomas More	50.43
4	Tea Area	50.99
5	Lead-Deadwood	51.50
6	Canton	51.61
7	Milbank	51.79
8	Madison	53.05

4x200 Meter Relay

1	SF Christian	1:44.74
	1) Koth, Kara 12	2) Smidt, Stacy 12
	3) Stern, Kristin 12	4) Velgersdyk, Miranda 12
2	St. Thomas More	1:47.76
3	Lead-Deadwood	1:48.17
4	West Central	1:48.34
5	Canton	1:49.09
6	Madison	1:49.88
7	Bon Homme	1:52.37
-	Mt. Vernon/Plankinton	DQ

4x400 Meter Relay

1 SF Christian		3:59.52
1) Koth, Kara 12	2) Stern, Kristin 12	
3) Oostra, Jordyn 12	4) Velgersdyk, Miranda 12	
2 St. Thomas More		4:06.44
3 Lead-Deadwood		4:08.71
4 Madison		4:15.06
5 Bon Homme		4:15.55
6 Mt. Vernon/Plankinton		4:16.09
7 Canton		4:16.33
8 Deubrook Area		4:23.33

4x800 Meter Relay

1 Madison		9:38.76
1) Giles, Jenni 8	2) Nipe, Maddie 11	
3) Streff, Cami 7	4) Streff, Hailey 9	
2 St. Thomas More		9:51.18
3 Custer		9:55.27
4 Hill City		10:00.83
5 West Central		10:02.33
6 SF Christian		10:07.17
7 Garretson		10:12.75
8 Canton		10:17.48

1600 Sprint Medley

1 SF Christian		4:14.72
1) Zomermaand, Shelby 10	2) Smidt, Stacy 12	
3) Stern, Kristin 12	4) Alpers, Erin 12	
2 Madison		4:17.24
3 Vermillion		4:18.90
4 Dakota Valley		4:24.50
5 West Central		4:24.67
6 Custer		4:27.04
7 St. Thomas More		4:27.16
8 Lead-Deadwood		4:46.76

Shot Put

1 Qualm, Jenni	11 Hill City	40-04.75
2 Huber, Mackenzie	11 Clark/Willow Lake	39-07.00
3 Tebben, Jamie	10 Redfield/Doland	37-09.25
4 Gustafson, Darbi	11 Ethan/Parkston	37-08.00
5 Gemar, Stephanie	12 Mobridge-Pollock	37-02.25
6 Johnson, Emma	11 Tri-Valley	37-00.00
7 Esser, Lauren	11 Custer	36-03.50
8 Siemonsma, Brittney	11 Dell Rapids	35-08.50

Discus Throw

1 Gemar, Stephanie	12 Mobridge-Pollock	136-00
2 Delzer, Jordin	12 Madison	126-11
3 Bullert, Breanna	12 Webster Area	118-08
4 Johnson, Emma	11 Tri-Valley	115-02
5 Bell, Kalli	12 Clark/Willow Lake	113-11
6 Renner, Christy	12 Aberdeen Roncalli	112-04
7 Voss, Missy	10 West Central	112-02
8 Huber, Mackenzie	11 Clark/Willow Lake	111-08

High Jump

1 Johnson, Emma	11 Tri-Valley	5-04.00
2 Kirsch, Kennedy	10 St. Thomas More	5-01.00
2 Duffy, Shannon	10 St. Thomas More	5-01.00
4 Mechels, Halie	12 Lennox	4-11.00
4 Howell, Shayla	8 Belle Fourche	4-11.00
6 Wollman, Melissa	10 West Central	J4-11.00
7 Skluzacek, Morgan	11 Madison	J4-11.00
7 Kratovil, Taylor	12 Bennett County	J4-11.00

Long Jump

1 Koth, Kara	12 SF Christian	17-03.75
2 McLouth, Caitlin	12 Bon Homme	17-02.50
3 Hanisch, Kylie	11 West Central	16-08.00
4 Lamer, Kamberlyn	11 Tri-Valley	16-05.75
5 Vietor, Maddie	12 Dell Rapids	16-05.25
6 Stoller, Coley	12 Madison	16-03.25
7 Derby, Jade	10 Lead-Deadwood	16-01.25
8 Strasser, Mahli	10 Lennox	15-10.25

Triple Jump

1 Stoller, Coley	12 Madison	35-10.25
2 Zylstra, Justine	11 Canton	35-09.25
3 McLouth, Caitlin	12 Bon Homme	35-08.25
4 Lamer, Kamberlyn	11 Tri-Valley	35-06.50
5 Gallagher, Miranda	10 Lead-Deadwood	34-07.75
6 Berndt, Maria	10 Deubrook Area	34-05.25
7 Vietor, Maddie	12 Dell Rapids	34-04.00
8 Young, Angela	10 Clark/Willow Lake	33-11.00

Pole Vault

1 Brooks, Allison	11 SF Christian	10-02.00
2 Merkwan, McKeely	9 Bon Homme	8-09.00
2 Frewaldt, Morgan	12 Garretson	8-09.00
4 Hodges, Brooklynn	12 Madison	J8-09.00
5 Schwebach, Ashley	12 Madison	J8-09.00
6 Willard, Kassie	12 Belle Fourche	8-03.00
7 Winthers, Shannon	12 Madison	J8-03.00
8 Dungey, Tori	12 Belle Fourche	J8-03.00

**46th ANNUAL SOUTH DAKOTA STATE
GIRLS' TRACK & FIELD CHAMPIONSHIPS
Brandon & Sioux Falls – May 30-31, 2014
Class "AA"
(Total Participants = 386)**

100 Meter Dash

1 Dowling, Cortney	10 Pierre T.F. Riggs	12.15
2 Klapperich, Alaina	11 RC Central	12.34
3 DeWitt, Callie	9 SF O'Gorman	12.51
4 Ireland, Brooke	12 Sturgis Brown	12.61
5 Denzer, Macy	10 Watertown	12.63
6 Delzer, Emily	11 RC Stevens	12.64
7 Weidler, Alyssa	10 SF O'Gorman	12.87
8 Russman, Madison	10 Aberdeen Central	13.04

200 Meter Dash

1 Dowling, Cortney	10 Pierre T.F. Riggs	25.37
2 Denzer, Macy	10 Watertown	26.48
3 DeWitt, Callie	9 SF O'Gorman	26.70
4 Klapperich, Alaina	11 RC Central	27.07
5 Miedema, Mearah	10 SF Washington	27.26
6 Delzer, Emily	11 RC Stevens	27.42
7 Jorgenson, Evelyn	12 Brandon Valley	27.50
- Sullivan, Maddison	9 RC Central	DNS

400 Meter Dash

1 Dowling, Cortney	10 Pierre T.F. Riggs	55.11
2 Ireland, Brooke	12 Sturgis Brown	55.77
3 Hight, Lauren	8 Spearfish	58.39
4 Bickley, Courtney	10 Brandon Valley	58.69
5 DeVos, Brooke	11 SF Roosevelt	58.88
6 Stolle, Peyton	9 SF Roosevelt	1:00.86
7 Tingle, Tanya	9 Brandon Valley	1:00.97
- Sullivan, Maddison	9 RC Central	DNF

800 Meter Run

1 Gray, Madison	9 Brookings	2:18.27
2 Ireland, Brooke	12 Sturgis Brown	2:18.93
3 Dykstra, Renae	12 RC Stevens	2:19.02
4 DeVos, Brooke	11 SF Roosevelt	2:19.08
5 Dykstra, Kendra	10 RC Stevens	2:19.43
6 Cooper, Jasmyne	8 Harrisburg	2:19.93
7 Schweiss, Jamie	10 RC Stevens	2:21.09
8 Larson, Whitlee	12 Yankton	2:21.33

1600 Meter Run

1 Kruse, Annie	12 Yankton	5:05.18
2 Gorman, Tamara	12 RC Stevens	5:08.20
3 Cooper, Jasmyne	8 Harrisburg	5:12.43
4 Person, Emily	11 RC Stevens	5:12.66
5 Waterfall, Haylee	8 Brandon Valley	5:17.48
6 Green, Allison	8 Sturgis Brown	5:18.04
7 Klatt, Courtney	8 Brandon Valley	5:18.09
8 Straatmeyer, Adeline	12 RC Central	5:18.32

3200 Meter Run

1	Gorman, Tamara	12	RC Stevens	11:07.58
2	Kruse, Annie	12	Yankton	11:23.08
3	Person, Emily	11	RC Stevens	11:27.90
4	Woods, Savannah	10	Yankton	11:32.77
5	Green, Allison	8	Sturgis Brown	11:33.54
6	Klatt, Courtney	8	Brandon Valley	11:40.97
7	Straatmeyer, Adeline	12	RC Central	11:42.62
8	Bailey, Jessica	12	RC Stevens	11:56.80

100 Meter Hurdles

1	Rew, Ellie	11	Mitchell	14.89
2	Bruggeman, Haley	11	Harrisburg	14.99
3	Miedema, Mearah	10	SF Washington	15.14
4	Luken, Hailey	12	Yankton	15.17
5	Moos, Valerie	12	SF Roosevelt	15.31
6	Johnson, Tess	12	Pierre T.F. Riggs	15.76
7	Solano, Ashley	11	RC Central	15.88
8	Teslow, Julie	10	SF Lincoln	16.39

300 Meter Hurdles

1	Solano, Ashley	11	RC Central	45.46
2	Bruggeman, Haley	11	Harrisburg	46.01
3	Moos, Valerie	12	SF Roosevelt	46.37
4	Koch, Taylor	10	Spearfish	46.40
5	Miedema, Mearah	10	SF Washington	46.59
6	Fierro, Berkley	12	RC Stevens	47.13
7	Tessier, Madason	9	Yankton	47.48
8	Rew, Ellie	11	Mitchell	47.58

4x100 Meter Relay

1	RC Stevens	49.50
	1) Haar, Emily 11	2) Sawyer, Jacey 9
	3) Daane, Sydney 11	4) Delzer, Emily 11
2	RC Central	49.55
3	Brookings	49.94
4	SF O'Gorman	50.01
5	Yankton	50.43
6	SF Lincoln	50.79
7	Brandon Valley	51.00
-	Watertown	DNF

4x200 Meter Relay

1	RC Stevens	1:44.20
	1) Haar, Emily 11	2) Demarce, Gabbi 9
	3) Daane, Sydney 11	4) Delzer, Emily 11
2	Brandon Valley	1:44.89
3	SF Roosevelt	1:45.82
4	RC Central	1:46.27
5	Brookings	1:46.32
6	SF Washington	1:46.55
7	Yankton	1:47.21
8	SF Lincoln	1:50.72

4x400 Meter Relay

1	Brandon Valley	3:57.32
	1) Tingle, Tanya 9	
	2) Tingle, Tiara 12	
	3) Hendrick, Hannah 8	
	4) Bickley, Courtney 10	
2	Pierre T.F. Riggs	3:59.93
3	Watertown	4:02.33
4	Yankton	4:03.87
5	RC Stevens	4:04.49
6	SF Roosevelt	4:05.46
7	SF Lincoln	4:07.09
8	Brookings	4:15.39

4x800 Meter Relay

School	Finals	
1	RC Stevens	9:20.63
	1) Schweiss, Jamie 10	
	2) Dykstra, Kendra 10	
	3) Person, Emily 11	
	4) Dykstra, Renae 12	
2	RC Central	9:30.93
3	Yankton	9:36.11
4	Pierre T.F. Riggs	9:50.20
5	Spearfish	9:50.49
6	SF Lincoln	9:53.49
7	Sturgis Brown	9:59.78
8	Brandon Valley	10:05.44

1600 Sprint Medley

1	RC Stevens	4:14.09
	1) Haar, Emily 11	
	2) Sawyer, Jacey 9	
	3) Fine, Mallory 11	
	4) Dykstra, Kendra 10	
2	Yankton	4:14.44
3	Brandon Valley	4:19.29
4	Pierre T.F. Riggs	4:19.50
5	Watertown	4:23.27
6	SF Washington	4:24.83
7	SF Lincoln	4:25.66
8	RC Central	4:30.20

Shot Put

1	Mayer, Michaela	12	SF Washington	44-11.25
2	Palmer, Sydney	11	Pierre T.F. Riggs	39-06.00
3	VanVeldhuizen, Izzy	10	SF Lincoln	38-02.75
4	Hertz, Emma	10	SF O'Gorman	37-03.25
5	Tippmann, Samantha	12	RC Central	37-02.25
6	Arrington, Sydney	10	SF Washington	36-10.25
7	Sudbeck, Abby	11	Mitchell	36-09.00
8	Iburg, Shelly	12	Mitchell	36-05.75

Discus Throw

1	Mayer, Michaela	12	SF Washington	129-10
2	Palmer, Sydney	11	Pierre T.F. Riggs	124-05
3	Sudbeck, Abby	11	Mitchell	121-10
4	Henrich, Callie	9	RC Stevens	120-05
5	VanVeldhuizen, Izzy	10	SF Lincoln	120-00
6	Hoffman, Paige	12	Aberdeen Central	119-00
7	Mieras, Jessica	11	SF O'Gorman	118-03
8	Siegfried, Jacey	10	Watertown	115-08

High Jump

1	Christensen, Colette	12 RC Central	5-07.00
2	Clark, Alexis	12 Aberdeen Central	5-06.00
3	Quinlivan, Sarah	12 SF Lincoln	5-02.00
4	Goodhope, Anna	10 SF Washington	J5-02.00
5	Paauw, Hannah	10 Brandon Valley	5-00.00
5	Waddell, Tevyn	10 Mitchell	5-00.00
7	Bain, Morgan	9 SF O'Gorman	J5-00.00
7	Johnson, Michelle	9 RC Central	J5-00.00

Long Jump

1	Gannon, Alexis	12 Brookings	18-04.75
2	Christensen, Colette	12 RC Central	17-03.75
3	Weidler, Alyssa	10 SF O'Gorman	16-09.25
4	Lackay, Tunia	12 SF Lincoln	16-08.75
5	Volesky, Taylor	11 Mitchell	16-02.25
6	Stewart, Emma	9 Yankton	16-02.00
7	Clark, Alexis	12 Aberdeen Central	16-01.50
8	Schoenhard, Mallory	9 RC Stevens	15-08.75

Triple Jump

1	Gannon, Alexis	12 Brookings	40-03.75
2	Christensen, Colette	12 RC Central	40-00.00
3	Tingle, Tiara	12 Brandon Valley	35-10.00
4	Quinlivan, Sarah	12 SF Lincoln	35-04.50
5	Volesky, Taylor	11 Mitchell	35-03.75
6	King, Asia	12 Huron	34-02.75
7	Teslow, Julie	10 SF Lincoln	33-11.75
8	Johnson, Bailey	8 RC Central	33-10.00

Pole Vault

1	Lyon, Klara	11 Sturgis Brown	11-03.00
2	Schneider, Kamelia	12 Huron	10-09.00
3	Waddell, Tevyn	10 Mitchell	J10-09.00
4	Clark, Alexis	12 Aberdeen Central	J10-09.00
5	Jurgens, Morgan	10 Watertown	10-03.00
6	Hendrick, Hannah	8 Brandon Valley	9-09.00
7	Stadheim, Allison	9 Watertown	J9-09.00
8	Riley, Hannah	11 Spearfish	J9-09.00
8	Dale, Sydney	10 Watertown	J9-09.00

TEAM POINTS



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

CLASS "B" TEAM POINTS

1. Ipswich	97	28. Platte-Geddes	8
2. Irene-Wakonda	35.5	30. James Valley Christian	7
3. Chester Area	35	30. Potter County	7
4. Arlington.....	34	32. Menno.....	6
4. Freeman	34	32. Dupree	6
6. Sully Buttes	32	32. Avon	6
7. Gayville-Volin.....	30	32. Philip	6
8. Parker.....	25	32. Leola.....	6
9. Estelline	24	37. Sanborn Central/Woonsocket	5.5
10. DeSmet	23.5	38. White River	5
11. Herreid/Selby Area	22	38. Lake Preston	5
12. Elkton-Lake Benton.....	21.5	38. Wolsey-Wessington.....	5
13. Eureka/Bowdle	19	41. Centerville	4.5
14. Faulkton Area	18	42. Florence/Henry	4
14. Andes Central	18	42. Viborg-Hurley	4
16. Corsica/Stickney.....	16.5	42. Lyman.....	4
17. Harding County	16	42. Wall	4
18. Warner	14	42. Newell	4
19. Baltic	12	42. Jones County	4
19. Lemmon.....	12	48. Howard	3
19. Castlewood	12	48. Colome	3
19. Canistota.....	12	50. Faith.....	2
23. Kimball/White Lake	11	50. Great Plains Lutheran	2
23. Scotland.....	11	50. Marion	2
23. Burke/South Central	11	53. Bridgewater-Emery	1
23. Rapid City Christian	11	53. Hanson.....	1
27. Dell Rapids St. Mary	9	53. Wilmot.....	1
28. Wessington Springs	8	53. Colman-Egan	1

TEAM POINTS



State Class "A" Track and Field Champions Sioux Falls Christian Chargers

CLASS "A" TEAM POINTS

1. Sioux Falls Christian 119	16. Mobridge-Pollock..... 14
2. St. Thomas More 98	17. Lennox..... 12.5
3. Madison 92.5	18. Redfield/Doland 11
4. West Central 37	19. Ethan/Parkston 7
5. Lead-Deadwood 35	19. Dakota Valley..... 7
5. Bon Homme 35	19. Deubrook Area 7
7. Belle Fourche 30.5	19. Dell Rapids 7
8. Elk Point-Jefferson 29	23. Webster Area..... 6
8. Hill City 29	23. Milbank 6
10. Tri-Valley 28	25. Mt. Vernon/Plankinton 5
11. Custer 27	25. Tea Area 5
11. Canton 27	27. Aberdeen Roncalli..... 4
13. Garretson 25	28. Bennett County..... 1
14. Vermillion 18	28. Winner 1
15. Clark/Willow Lake 15	28. Hot Springs..... 1

TEAM POINTS



**State Class "AA" Track and Field Champions
Rapid City Stevens Raiders**

CLASS "AA" TEAM POINTS

1. Rapid City Stevens 101	10. Mitchell..... 37.5
2. Rapid City Central..... 82.5	11. Sioux Falls O’Gorman 33.5
3. Pierre T.F. Riggs..... 67	12. Sioux Falls Roosevelt 31
4. Yankton 59	13. Watertown 29.5
5. Brandon Valley..... 57.5	14. Harrisburg..... 25
6. Sioux Falls Washington..... 48	15. Aberdeen Central 19
7. Brookings 41	16. Spearfish 15.5
8. Sioux Falls Lincoln..... 40	17. Huron 11
8. Sturgis Brown..... 40	

“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.

2014 GIRLS’ GOLD MEDAL RECIPIENTS

100 Meter Dash	Cortney Dowling-10	Pierre T.F. Riggs	12.15
200 Meter Dash	Cortney Dowling-10	Pierre T.F. Riggs	25.37
400 Meter Dash	Cortney Dowling-10	Pierre T.F. Riggs	55.11
800 Meter Run	Macy Heinz-9	Ipswich	2:17.09
1,600 Meter Run	Annie Kruse-12	Yankton	5:05.18
3,200 Meter Run	Tamara Gorman-12	Rapid City Stevens	11:07.58
100 Meter Int Hurdles	Ellie Rew-11	Mitchell	14.89
300 Meter Low Hurdles	Jordyn Oostr-12	Sioux Falls Christian	44.89
4x100 Meter Relay	Rapid City Stevens Emily Haar, 11; Jacey Sawyer, 9 Sydney Daane, 11; Emily Delzer, 11		49.50
4x200 Meter Relay	Rapid City Stevens Emily Haar, 11; Gabbi Demarce, 9 Sydney Daane, 11; Emily Delzer, 11		1:44.20
4x400 Meter Relay	Brandon Valley Tanya Tingle, 9; Tiara Tingle, 12 Hannah Hendrick, 8; Courtney Bickley, 10		3:57:32
4x800 Meter Relay	Rapid City Stevens Jamie Schweiss, 10; Kendra Dykstra, 10 Emily Person, 11; Renae Dykstra, 12		9:20.63
Sprint Medley Relay	Rapid City Stevens Emily Haar, 11; Jacey Sawyer, 9 Mallory Fine, 11; Kendra Dykstra, 10		4:14.09
Shot Put	Michaela Mayer-12	Sioux Falls Washington	44’11.25”
Discus Throw	Stephanie Gemar-12	Mobridge-Pollock	136’00”
High Jump	Colette Christensen-12	Rapid City Central	5’07.00”
Long Jump	Alexis Gannon-12	Brookings	18’04.75”
Triple Jump	Alexis Gannon-12	Brookings	40’03.75”
Pole Vault	Klara Lyon-11	Sturgis Brown	11’03.00”

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)
Cortney Dowling, Pierre Riggs – Class "AA" (100m Dash, 200m Dash, 400m Dash – 2014)
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)
Emily Haar, RC Stevens – Class "AA" (4 x 100m Relay, 4 x 200m Relay, Medley Relay – 2014)
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, 2013;
Aberdeen Roncalli - 4 x 800m Relay - 1998
Bon Homme -4 x 800m Relay - 1986;
Brandon Valley - 4 x 100m Relay - 1995, 1996; 4 x 400m Relay - 2014
Brookings - 4 x 800m Relay - 1989; Medley Relay - 1988; 4 x 100m Relay - 2009
Canton - Medley Relay - 1992;
Chamberlain - Medley Relay - 2001
DeSmet - 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; 4 x 400m Relay – 2013;
 RC Central - 4 x 100m Relay - 1989, 1992, 1998, 1999; 2000, 2001, 2002, 2003, 2010, 2013; 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, 2014; 4 x 200m Relay - 1987, 1988, 2005, 2010, 2011, 2012, 2014; 4 x 400m Relay – 2000, 2001, 2002, 2003, 2004, 2006, 2010; 4 x 800m Relay - 1997, 1999, 2000, 2001, 2002, 2004, 2011, 2014; Sprint Medley – 2010, 2013, 2014;
 SF Christian – 4 x 200m Relay – 2013;
 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
 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

Cortney Dowling, Pierre Riggs – Class “AA” (100m Dash – 2014; 200m Dash – 2013, 2014; 400m Dash – 2014; 4 x 400m Relay – 2013)

Alexis Gannon, Brookings – Class “AA” (Triple Jump – 2011, 2013, 2014; Long Jump – 2012, 2014)

Tamara Gorman, RC Stevens – Class “AA” (1600m Run – 2011; 3200m Run – 2011, 2013, 2014; 4 x 800 Relay – 2011)

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)

Colette Christensen, RC Central – Class “AA” (High Jump – 2012, 2013, 2014; Triple Jump – 2012)

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)

Tessa Gorsuch, RC Central – Class “AA” (4x100m Relay – 2010, 2013; 100m Hurdles – 2011, 2013)

Emily Haar, RC Stevens – Class “AA” (4 x 100m Relay – 2014; 4 x 200m Relay – 2014; Sprint Relay – 2013, 2014)

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)
Sydney Daane, RC Stevens – Class “AA” (4 x 100m Relay – 2014; 4 x 200m Relay – 2014; Sprint Medley – 2013)
Abby Davis, Watertown – Class “AA” (Sprint Medley Relay – 2011, 2012; 4 x 400 m Relay – 2012)
Emily Delzer, RC Stevens – Class “AA” (4 x 100m Relay – 2012, 2014; 4 x 200m Relay – 2014)
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)
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)
Macy Heinz, Ipswich – Class “B” (1600m Run – 2012; 800m Run – 2013, 2014)
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)
Jeana Hoffman, Mitchell – Class “AA” (300m Hurdles – 2001, 2002, 2003)
Hannah Kastigar, Aberdeen Central – (4x800m Relay – 2012, 2013; 1600m Run – 2013)
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)
Emily Person, RC Stevens – Class “AA” (800m Run – 2011; 4 x 800m Relay – 2011, 2014)
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 handheld time, a fully automatic time within .24 seconds of the handheld time will also be recorded as a state record. Both times will be recorded until the fully automatic time is faster than the recorded handheld time.

100 Meter Dash	1996	Jill Theeler, Mitchell	*11.90
200 Meter Dash	2014	Cortney Dowling, Pierre T.F. Riggs	24.67
400 Meter Dash	2014	Cortney Dowling, Pierre T.F. Riggs	55.11
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 Rhoades, Maguire, Svalstad, Abrams	48.89
4 x 200 Meter Relay	2006	Watertown 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 T.F. Riggs	5'09.25"
Long Jump	2008	Jasmyne King, Rapid City Central	18'10.75"
Triple Jump	2014	Alexis Gannon, Brookings	40'03.75"
Pole Vault	2008	Leslie Brost, Watertown	12'10.00"

* Indicates handheld time

Track events listed in meters. Field events listed in feet and inches.
 Fully automatic times listed in 1/100 of a second. Handheld times listed in 1/10 of second.

GIRLS' CLASS "B" RECORDS

If a state record is recorded as a handheld time, a fully automatic time within .24 seconds of the handheld time will also be recorded as a state record. Both times will be recorded until the fully automatic time is faster than the recorded handheld 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, Thurow, 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 listed in 1/100 of a second. Handheld times listed in 1/10 of second.

GIRLS' CLASS "A" RECORDS

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

100 Meter Dash	2013	Stachia Reuwsaat, St. Thomas More	12.14
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 Bri. Postma, Hatting, Dailing, Bro. Postma	49.73
4 x 200 Meter Relay	2014	SF Christian Koth, Stern, Oostra, Velgersdyk	1:44.21
4 x 400 Meter Relay	2014	SF Christian Koth, Stern, Oostra, Velgersdyk	3:59.52
4 x 800 Meter Relay	1997	Aberdeen Roncalli J. Cameron, K. Cameron, Pierce, Larson	9:31.37
Medley Relay	2014	SF Christian Zomermaand, Smidt, Stern, Alpers	4:14.72
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	2013	Stachia Reuwsaat, St. Thomas More	18'09.50"
Triple Jump	2012	Coley Stoller, Madison	37'04.75"
Pole Vault	2010	Jessica Koupal, Wagner	11'04.00"

* Indicates State Record

Track events listed in meters. Field events listed in feet and inches.
Fully automatic times listed in 1/100 of a second. Handheld times listed in 1/10 of second.

GIRLS' CLASS "AA" RECORDS

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

100 Meter Dash	1996	*Jill Theeler, Mitchell	**11.9
200 Meter Dash	2014	*Cortney Dowling, Pierre T.F. Riggs	24.67
400 Meter Dash	2014	*Cortney Dowling, Pierre T.F. Riggs	55.11
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	*Nevada Sorenson, SF Lincoln	14.12
300 Meter Low Hurdles	1992	*Anne Vollmer, RC Central	43.44
4 x 100 Meter Relay	1998	*RC Central Rhodes, Maguire, Svalstad, Abrams	48.89
4 x 200 Meter Relay	2006	*Watertown 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 T.F. Riggs	5'09.25"
Long Jump	2008	*Jasmyne King, RC Central	18'10.75"
Triple Jump	2014	*Alexis Gannon, Brookings	40'03.75"
Pole Vault	2008	*Leslie Brost, Watertown	12'10.00"

* Indicates State Record

** Indicates Handheld Time

Track events listed in meters. Field events listed in feet and inches.
Fully automatic times listed in 1/100 of a second. Handheld times listed in 1/10 of second.

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	1995	Faulkton	Hoven
1976	White River	Faith	1996	Hoven	Faulkton
1977	Dakota Christian	Pollock	1997	Herreid	Hoven
1978	Dakota Christian	White River	1998	Faulkton	Elkton
1979	Frederick	Dakota Christian	1999	Chester	Marion
1980	Dakota Christian	Frederick	2000	Chester	Marion
1981	Armour	Dakota Christian	2001	Chester	Colman-Egan
1982	Armour	Estelline	2002	Colman Egan	Bonesteel-Fairfax
1983	Armour	Eureka	2003	Bonesteel-Fairfax	Colman-Egan
1984	Eureka	Sioux Falls Christian	2004	Eureka	Colman-Egan
1985	Sioux Falls Christian	Eureka	2005	Bonesteel-Fairfax	Bridgewater/Emery
1986	Arlington	Eureka	2006	James Valley Christian	Colman-Egan
1987	Arlington	Bridgewater	2007	Faulkton	Colman-Egan
1988	Bridgewater	Lake Preston	2008	Hanson	Rosholt/Fairmount ND
1989	Bridgewater	Lake Preston	2009	Hanson	Rosholt/Fairmount ND
1990	Lake Preston	White Lake	2010	Oldham-Ramona/Rutland	Rosholt/Fairmount ND
1991	Lake Preston	Hoven	2011	Oldham-Ramona/Rutland	Rosholt/Fairmount ND
1992	Hoven	Hitchcock	2012	Ipswich	Oldham-Ramona/Rutland
1993	Doland/Conde	Hoven	2013	Ipswich	Parker
1994	Hoven	Baltic	2014	Ipswich	Irene-Wakonda

Girls' Class "A" Track - Three Class System

	<u>Champion</u>	<u>Runner-Up</u>		<u>Champion</u>	<u>Runner-Up</u>
1975	Wall	Freeman	1995	Milbank	Vermillion
1976	Flandreau Burke (tie)	Freeman	1996	Hot Springs & Milbank	
1977	Freeman	Kimball	1997	Hot Springs	Lennox
1978	Burke	Kimball	1998	Lennox	Garretson
1979	Kimball	Salem	1999	Lennox	Hot Springs
1980	Salem	Freeman	2000	Lennox	Miller
1981	Jefferson	Redfield	2001	Redfield	Lennox
1982	Jefferson	Salem	2002	Winner	Beresford
1983	Jefferson	Custer	2003	Redfield	Beresford
1984	Jefferson	Custer	2004	West Central	Parker
1985	Jefferson	Miller	2005	West Central	Aberdeen Roncalli
1986	Bennett County	Miller	2006	St. Thomas More	Vermillion
1987	Spearfish	Bon Homme	2007	St. Thomas More	Vermillion
1988	Freeman	Milbank	2008	Vermillion	St. Thomas More
1989	Salem	Beresford	2009	St. Thomas More	Wagner
1990	Hot Springs	Madison	2010	Clark/Willow Lake	St. Thomas More
1991	McCook Central	Lennox	2011	West Central	Clark/Willow Lake
1992	Sioux Valley	Madison	2012	West Central	Milbank
1993	Spearfish	Milbank	2013	St. Thomas More	Sioux Falls Christian
1994	Milbank	Madison	2014	Sioux Falls Christian	St. Thomas More

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	1995	Yankton	Rapid City Stevens
1976	Sioux Falls Lincoln	Watertown	1996	Rapid City Stevens	Aberdeen Central
1977	Sioux Falls Washington	Watertown	1997	Rapid City Stevens	Spearfish
1978	Watertown	Brookings	1998	Rapid City Stevens	Huron
1979	Brookings	Watertown	1999	Rapid City Stevens	Huron
1980	Brookings	Watertown	2000	Rapid City Stevens	Huron
1981	Yankton	Watertown	2001	Rapid City Stevens	Rapid City Central
1982	Yankton	Watertown	2002	Rapid City Stevens	Rapid City Central
1983	Huron	Watertown	2003	Rapid City Stevens	Rapid City Central
1984	Yankton	Sioux Falls Washington	2004	Rapid City Stevens	Sioux Falls Roosevelt
1985	Rapid City Stevens	Sioux Falls Lincoln	2005	Rapid City Stevens	Sioux Falls Roosevelt
1986	Rapid City Stevens	Sioux Falls Lincoln	2006	Rapid City Stevens	Sioux Falls Roosevelt
1987	Sioux Falls Lincoln	Rapid City Stevens	2007	Rapid City Stevens	Rapid City Central
1988	Rapid City Stevens	Brookings	2008	Rapid City Stevens	Yankton
1989	Brookings	Rapid City Central	2009	Rapid City Central	Sioux Falls Lincoln
1990	Sturgis	Rapid City Central & Pierre	2010	Rapid City Stevens	Yankton
1991	Rapid City Central	Rapid City Stevens	2011	Rapid City Stevens	Sioux Falls Washington
1992	Rapid City Central	Mitchell	2012	Rapid City Central	Rapid City Stevens
1993	Rapid City Central	Watertown	2013	Aberdeen Central	Rapid City Stevens
1994	Rapid City Central	Spearfish	2014	Rapid City Stevens	Rapid City Central