

41st ANNUAL SOUTH DAKOTA STATE GIRLS' TRACK & FIELD CHAMPIONSHIPS

Rapid City, May 29-30, 2009

Class "B"

(Total number of participants: 417)

100 Meter Dash

1. Carly Carper, 9	Oldh-Ramona/Rutland	11.98
2. Christy Schultz, 8	RC Christian	12.20
3. Gina Fritz, 10	Colman-Egan	12.53
4. Chanesse Schaefer, 12	Faulkton	12.83
5. Nicole Josephsen, 12	Arlington	12.95
6. Tasha Heesch, 10	Rosholt/Fairmont ND	12.99
7. Lacy Stevens, 9	Edgemont	13.09
8. Kayla Olinger, 12	Bridgewater/Emery	13.23

200 Meter Dash

1. Carly Carper, 9	Oldh-Ramona/Rutland	24.85
2. Bethany Gross, 12	Hanson	25.40
3. Lindsey Thielen, 12	Elkton-Lake Benton	25.87
4. Chanesse Schaefer, 12	Faulkton	26.61
5. Jill Schaefer, 12	Chester Area	26.91
6. Kylee Lamb, 12	Sully Buttes	26.95
7. Natalie Munger, 11	Kimball	27.09
8. Tami Giese, 10	Selby Area	27.51

400 Meter Dash

1. Bethany Gross, 12	Hanson	57.63
2. Cassidy Gebhart, 9	Elkton-Lake Benton	59.40
3. Gina Fritz, 10	Colman-Egan	59.68
4. Erica Meyer, 11	Rosholt/Fairmont ND	59.96
5. Clair Beck, 12	Colome	1:01.03
6. Natalie Munger, 11	Kimball	1:01.19
7. Lillie Koerner, 10	Freeman Academy	1:01.74
8. Justine Tuscherer, 9	Northwestern	1:02.50

800 Meter Run

1. Shelby Williams, 12	Avon	2:23.18
2. Becca Steadman, 10	Centerville	2:23.21
3. Tayla DeKnikker, 11	Lake Preston	2:23.80
4. Whitney Kuyper, 10	Stickney	2:26.42
5. Molly Kokesh, 12	Scotland	2:28.22
6. Tia Carlson, 9	Kadoka Area	2:28.60
7. Melissa Zemlicka, 12	Estelline	2:30.10
8. Justine Tuscherer, 9	Northwestern	2:32.12

1,600 Meter Run

1. Shannon LaJoie, 12	Estelline	5:26.48
2. Whitney Kuyper, 10	Stickney	5:28.07
3. Molly Kokesh, 12	Scotland	5:28.92
4. Mindy Kraft, 9	Wessington Springs	5:30.97
5. Becca Steadman, 10	Centerville	5:33.63
6. Lydia Eagle, 8	McIntosh	5:37.05
7. Abby Niehoff, 12	Kadoka Area	5:37.60
8. Rina Larson, 8	Warner	5:41.09

3,200 Meter Run

1. Samantha Hofer, 11	Bridgewater/Emery	12:21.05
2. Chelsie Hall, 9	New Underwood	12:38.27
3. Josie Oakland, 12	Langford	12:41.72
4. Katelyn Homandberg, 7	Alcester-Hudson	12:41.83
5. Hilary Krein, 11	Eureka/Bowdle	12:49.16
6. Abby Niehoff, 12	Kadoka Area	12:52.25
7. Sarara Mix, 9	Arlington	13:03.91
8. Haley Brunke, 9	Scotland	13:08.47

100 Meter Int Hurdles

1. Conner Anderson, 10	Rosholt/Fairmont ND	15.12
2. Brigitte Gross, 12	Hanson	15.25
3. Jill Schaefer, 12	Chester Area	15.70
4. Christa Koeller, 10	DeSmet	15.75
5. Summer Bronson, 12	Wilmot	15.99
6. Leandra Schlecht, 10	Great Plains Lutheran	16.03
7. Danielle Baker, 10	South Central	16.33
8. Haley Logan, 11	Gettysburg	16.63

300 Meter Low Hurdles

1. Conner Anderson, 10	Rosholt/Fairmont ND	46.51
2. Brigitte Gross, 12	Hanson	46.60
3. Jill Schaefer, 12	Chester Area	47.51
4. Danielle Baker, 10	South Central	48.20
5. Lori Rensink, 11	Freeman Adademy	49.34
6. Summer Bronson, 12	Wilmot	49.55
7. Josie Gupstill, 9	Philip	49.76
8. BreeAna Olson, 8	Oldh-Ramona/Rutland	49.90

4x100 Meter Relay

1. Elkton-Lake Benton	51.30
Virginia Gebhart, 10; Cassidy Gebhart, 9 Alissa Landsman, 9; Lindsey Thielen, 12	
2. Oldham-Ramona/Rutland	51.81
3. Faulkton	52.16
4. Arlington	52.23
5. Rosholt/Fairmont ND	52.46
6. South Central	53.01
7. Freeman	53.53
8. Scotland	58.24

4x200 Meter Relay

1. Rosholt/Fairmont ND	1:44.88
Tasha Heesch, 10; Erica Meyer, 11	
Cahri Anderson, 12; Conner Anderson, 10	
2. Elkton-Lake Benton	1:45.70
3. Oldham-Ramona/Rutland	1:47.09
4. Colman-Egan	1:48.04
5. South Central	1:49.03
6. Arlington	1:49.52
7. Faulkton	1:49.58
8. Gettysburg	1:50.01

4x400 Meter Relay

1. Rosholt/Fairmont ND	4:06.19
Conner Anderson, 10; Cahri Anderson, 12	
April Lick, 9; Erica Meyer, 11	
2. Hanson	4:06.48
3. Estelline	4:07.36
4. Elkton-Lake Benton	4:07.84
5. Marion	4:10.69
6. Gettysburg	4:14.25
7. Arlington	4:20.66
8. Colome	4:20.69

4x800 Meter Relay

1. Estelline	9:53.15
Shannon LaJoie, 12; Kali Begalka, 12	
Mikayla Saathoff, 9; Melissa Zemlicka, 12	
2. Marion	10:06.60
3. Kadoka Area	10:08.95
4. Lemmon	10:14.46
5. Sunshine Bible Academy	10:15.58
6. Elkton-Lake Benton	10:15.97
7. Avon	10:17.23
8. Rosholt/Fairmont ND	10:19.46

1,600 Meter Sprint Medley

1. Colman-Egan	4:19.52
Paige Hemmer, 11; Paityn Groos, 8	
Gina Fritz, 10; Paige Nelson, 12	
2. Scotland	4:24.02
3. Oldham-Ramona/Rutland	4:26.57
4. Alcester-Hudson	4:27.35
5. Castlewood	4:29.21
6. South Central	4:29.23
7. Freeman	4:32.75
8. Estelline	4:34.13

Shot Put

1. Heather Spier, 12	Kimball	39'11.00"
2. Madison McLaughlin, 10	Wall	39'06.50"
3. Shelby Assmus, 11	Stickney	38'09.75"
4. Casey Mette, 11	Chester Area	37'05.50"
5. Megan Warne, 12	Estelline	37'00.50"
6. Kelsey Begalka, 12	Estelline	36'08.50"
7. Brooke Rinehart, 11	Freeman	35'10.00"
8. Alyssa Krogman, 12	Jones County	35'09.50"

Discus Throw

1. Shelby Assmus, 11	Stickney	136'05"
2. Collene Cahoy, 10	Colome	122'01"
3. Madison McLaughlin, 9	Wall	119'01"
4. Stacey Hirsch, 9	Gayville-Volin	114'01"
5. Mariah Nelson, 10	Mitchell Christian	113'04"
6. Haley Hinseth, 9	Irene-Wakonda	113'00"
7. Casey Mette, 11	Chester Area	111'08"
8. Brittney Bakke, 12	Irene-Wakonda	106'10"

High Jump

1. Ariel Glissendorf, 11	White Lake	5'02"
2. April Winne, 11	Scotland	J5'02"
3. Jada Blasius, 12	Kimball	5'00"
4. Megan Taylor, 9	Estelline	J5'00"
4. Kelsey Kaufmann, 9	Arlington	J5'00"
6. Brittany Hills, 12	Summit	4'10"
6. Samantha Knecht, 8	Faulkton	4'10"
8. Kylee Lamb, 12	Sully Buttes	J4'10"
8. April Entringer, 10	Colman-Egan	J4'10"

Long Jump

1. Christy Schultz, 8	RC Christian	18'09.50"
2. Bethany Gross, 12	Hanson	18'06.25"
3. Lacy Stevens, 9	Edgemont	16'10.25"
4. Paige Hemmer, 11	Colman-Egan	16'07.25"
5. Kalli Quicke, 9	Sunshine Bible Ac.	16'05.75"
6. Kristie Mettler, 8	Timber Lake	16'04.50"
7. Shelby Tollefson, 12	Hitchcock-Tulare	16'04.25"
8. Caitlin Whiting, 11	White River	16'03.00"

Triple Jump

1. Lacy Stevens, 9	Edgemont	35'09.50"
2. Hilary Gorder, 12	Estelline	35'06.75"
3. Paige Hemmer, 11	Colman-Egan	35'01.75"
4. Shelby Tollefson, 12	Hitchcock-Tulare	34'08.00"
5. Danielle Baker, 10	South Central	34'07.25"
6. Janelle Hinesley, 12	Edgemont	33'11.00"
7. Kara Maas, 12	Oldh-Ram/Rutland	33'08.00"
8. Jessica Williams, 12	Hoven/Edm Cent	33'07.75"

Pole Vault

1. Calley Worth, 12	Gettysburg	11'03"
2. Brigitte Gross, 12	Hanson	J11'03"
3. Jessika Wager, 9	Gettysburg	8'09"
3. Katelyn Kotalik, 9	Menno	8'09"
5. Haley Froelich, 8	Lemmon	8'03"
5. Rachel Blake, 12	Centerville	8'03"
7. Mackenzie Huber, 8	Irene-Wakonda	J8'03"
8. Tearnee Nelson, 8	Faith	J8'03"
8. Megan Taylor, 9	Estelline	J8'03"

J – denotes Judge's Decision
Track events listed in meters. Field events listed in feet and inches.

41st ANNUAL SOUTH DAKOTA STATE GIRLS' TRACK & FIELD CHAMPIONSHIPS

Spearfish, Rapid City - May 29-30, 2009

Class "A"

(Total number of participants: 405)

100 Meter Dash

1. Alyssa Frantz, 11	Dell Rapids	12.39
2. Alix Driscoll, 12	Winner	12.78
3. Sami Galliger, 10	West Central	12.79
4. Brandi Ramey, 12	Chamberlain	12.95
5. Morgan Ude, 12	Belle Fourche	12.97
6. Tonia White Bull, 11	Chey.-Eagle Butte	13.16
7. Stephanie Honomichl, 12	Tea Area	13.18
8. Sarah Hedges, 10	Aberdeen Roncalli	13.26

200 Meter Dash

1. Sami Galliger, 10	West Central	26.47
2. Alyssa Frantz, 11	Dell Rapids	26.68
3. Chrissy Strassburg, 11	Elk Point-Jefferson	26.84
4. Alix Driscoll, 12	Winner	26.85
5. Anne Parsley, 11	Flandreau	26.86
6. Brandi Ramey, 12	Chamberlain	27.09
7. Breezy Bolden, 9	Custer	27.13
8. Evelyn Klein, 8	Deubrook Area	27.26

400 Meter Dash

1. Jessica McDonald, 10	Hill City	59.00
2. Chrissy Strassburg, 11	Elk Point-Jefferson	59.01
3. Anne Parsley, 11	Flandreau	59.28
4. Hope Stapleton, 12	Sisseton	59.70
5. Alexis Lloyd, 9	Ipswich	1:01.60
6. Tiara Gibson, 8	Deuel	1:02.36
7. Katie McNear, 9	Aberdeen Roncalli	1:02.59
8. MaKayla Parryman, 11	Dakota Valley	1:02.98

800 Meter Run

1. Alayna Ackerman, 10	St. Thomas More	2:24.81
2. Ashley Gruenwald, 10	Clark/Willow Lake	2:26.42
3. Stephanie Qualm, 10	Hill City	2:26.69
4. Alyson Johnsen, 8	Beresford	2:28.02
5. Jessica McDonald, 10	Hill City	2:28.27
6. Jilanne Doom, 11	Wagner	2:28.33
7. MaKayla Parryman, 11	Dakota Valley	2:28.78
8. Alena Laber, 11	Ethan/Parkston	2:28.79

1,600 Meter Run

1. Alena Laber, 11	Ethan/Parkston	5:24.28
2. Kelsey Barrett, 9	Britton-Hecla	5:28.20
3. Jilanne Doom, 11	Wagner	5:28.62
4. Lottie Grimshaw, 8	Todd County	5:29.19
5. Lindsey Bohl, 8	Garretson	5:29.79
6. Alyson Johnsen, 8	Beresford	5:30.45
7. Karley Konkol, 9	Custer	5:30.61
8. Tara Ronke, 9	Bon Homme	5:31.00

3,200 Meter Run

1. Kelsey Barrett, 10	Britton-Hecla	11:54.69
2. Alena Laber, 11	Ethan/Parkston	11:55.62
3. Lindsey Bohl, 8	Garretson	11:56.20
4. Lottie Grimshaw, 8	Todd County	12:07.67
5. Maci Burke, 7	Chamberlain	12:21.56
6. Daysia Wiederholt, 9	Mobridge-Pollock	12:30.70
7. Courtney Ziebart, 10	Stanley County	12:36.58
8. Taylor Tillma, 8	Milbank	12:38.49

100 Meter Int Hurdles

1. Erin Duffy, 12	St. Thomas More	15.08
2. Jessica Koupal, 10	Wagner	15.42
3. Shawna Gibson, 11	Custer	15.81
4. Adrienne Waldner, 12	Sioux Valley	15.88
5. Amy O'Neill, 12	Bennett County	16.00
6. Laura Blom, 9	Madison	16.01
7. Allie Macdonald, 9	West Central	16.32
8. Alyssa Whetham, 12	Garretson	16.55

300 Meter Low Hurdles

1. Erin Duffy, 12	St. Thomas More	45.26
2. Lauren Hill, 8	Tea Area	47.37
3. Katy Freidel, 10	St. Thomas More	47.89
4. Jorgan Bjerke, 11	Clark/Willow Lake	47.98
5. Jessica Koupal, 10	Wagner	48.26
6. Jessica Pederson, 11	Canton	49.81
7. Natasha Fritz, 11	Hamlin	50.62
8. Alison Syverson, 12	Baltic	51.52

4x100 Meter Relay

1. Madison	51.08
Lindsay Rook, 12; Laura Blom, 9 Shannon Spurgin, 10; Amanda Dailing, 12	
2. Custer	51.35
3. Winner	52.14
4. Redfield	52.17
5. Tea Area	52.19
6. Bennett County	52.45
7. Canton	52.94
8. Vermillion	54.01

4x200 Meter Relay

1. St. Thomas More	1:47.78
Janell Eckrich, 12; Erin Duffy, 12 Katy Freidel, 10; Alayna Ackerman, 10	
2. Custer	1:48.53
3. Madison	1:48.55
4. Tea Area	1:48.79
5. West Central	1:48.92
6. Winner	1:49.18
7. Sisseton	1:49.44
8. Clark/Willow Lake	1:50.32

4x400 Meter Relay

1. St. Thomas More	4:06.20
Katy Freidel, 10; Emily Hurd, 10 Erin Duffy, 12; Alayna Ackerman, 10	
2. Tea Area	4:10.73
3. Elk Point-Jefferson	4:11.42
4. Redfield	4:12.13
5. Clark/Willow Lake	4:13.96
6. Custer	4:14.65
7. Vermillion	4:14.88
8. Madison	4:18.74

4x800 Meter Relay

1. Hill City	9:56.04
Kala McDonald, 8; Mariah Asheim, 11 Stephanie Qualm, 10; Jessica McDonald, 10	
2. Chamberlain	10:02.14
3. Lead-Deadwood	10:02.95
4. Sioux Falls Christian	10:03.46
5. Aberdeen Roncalli	10:08.01
6. Wagner	10:09.24
7. Canton	10:10.34
8. Dell Rapids	10:15.52

1,600 Meter Sprint Medley

1. St. Thomas More	4:20.57
Janell Eckrich, 12; Alli Gorder, 12 Emily Hurd, 10; Alayna Ackerman, 10	
2. Custer	4:22.89
3. Sioux Valley	4:26.77
4. Canton	4:27.24
5. Clark/Willow Lake	4:28.11
6. Hill City	4:30.89
7. Deuel	4:39.11
8. Sisseton	4:49.62

Shot Put

1. Jesse Parmely, 10	Miller	39'06.50"
2. Melissa Whipple, 10	Baltic	37'11.00"
3. Meghan Paul, 12	Dell Rapids	37'09.50"
4. Sam Rus, 11	Dell Rapids	37'05.50"
5. Stephanie Fey, 10	Groton Area	37'05.00"
6. Alex Brower, 12	SF Christian	37'03.50"
7. Alexis Watts, 9	Miller	35'08.00"
8. Danielle Waldner, 8	Redfield	35'01.50"

Discus Throw

1. Katie Schaefers, 12	Miller	119'11"
2. Stephanie Fey, 10	Groton Area	117'09"
3. Jodi Nordquist, 12	Beresford	116'07"
4. Samantha Cadotte, 10	Mobridge-Pollock	111'05"
5. MJ Ziebarth, 12	Flandreau	109'02"
6. Shekota Myer, 8	Wagner	105'03"
7. Haley Covias, 9	Lennox	103'05"
8. Madison Kienow, 8	Ipswich	102'05"

High Jump

1. Sam Ostarello, 12	Stanley County	5'06"
2. Kiara Vander Pol, 8	SF Christian	5'00"
3. Adrienne Waldner, 12	Sioux Valley	4'10"
3. Destinni Girton, 9	Platte-Geddes	4'10"
5. Ashley Wagner, 11	West Central	J4'10"
5. Kelsey Grimsrud, 12	Sisseton	J4'10"
5. Megan Mutchler, 10	Newell	J4'10"
8. Kiana Wiechmann, 11	Ethan/Parkston	J4'10"

Long Jump

1. Adrienne Waldner, 12	Sioux Valley	16'10.25"
2. Tonia White Bull, 11	Chey.-Eagle Butte	16'08.50"
3. Amy O'Neill, 12	Bennett County	16'08.00"
4. April King, 9	Tri-Valley	16'04.50"
5. Marie Malloy, 9	Ethan/Parkston	16'04.25"
6. Kory Novotny, 11	Winner	16'03.50"
7. Sami Galliger, 10	West Central	16'01.00"
8. Megan Nedved, 11	Milbank	16'00.00"

Triple Jump

1. Amy O'Neill, 12	Bennett County	35'06.75"
2. Adrienne Waldner, 12	Sioux Valley	35'06.50"
3. Tess Johnson, 10	Clark/Willow Lake	35'03.00"
4. Caitlin Duffy, 9	St. Thomas More	35'00.25"
5. Cassie Schuurmans, 11	Bon Homme	34'11.50"
6. Mackenzie Mears, 11	Milbank	34'04.50"
7. Jerra Olson, 10	Deuel	33'01.50"
8. Michelle Buchanan, 12	Lead-Deadwood	33'00.00"

Pole Vault

1. Jessica Koupal, 10	Wagner	10'03"
2. Angela Hoffman, 12	Ipswich	9'06"
3. Brooke Horner, 10	Aberdeen Roncalli	8'06"
3. Kristin Nielson, 12	Bon Homme	8'06"
3. Rachel Carlsen, 10	Aberdeen Roncalli	8'06"
6. Sarah Martenson, 9	Sisseton	8'06"
7. Theresa Knapp, 12	Madison	8'00"
8. Allie Hayward, 12	Lead-Deadwood	8'00"

J – denotes Judge's Decision
Track events listed in meters. Field events listed in feet and inches.

41st ANNUAL SOUTH DAKOTA STATE GIRLS' TRACK & FIELD CHAMPIONSHIPS

Sturgis, Rapid City - May 29-30, 2009

Class "AA"

(Total number of participants: 327)

100 Meter Dash

1. Jasmyne King, 11	RC Central	12.07
2. Megan Bren, 12	SF Roosevelt	12.40
3. Ashley Odegaard, 11	Brookings	12.45
4. Charelle Moore, 9	SF Washington	12.59
5. Shaunteva Ashley, 11	SF Roosevelt	12.61
6. Holly Suss, 10	Brandon Valley	12.74
7. Tessa Gorsuch, 8	RC Central	12.87
8. Karissa Prpich, 8	RC Stevens	13.29

200 Meter Dash

1. Jasmyne King, 11	RC Central	25.54
2. Megan Bren, 12	SF Roosevelt	25.76
3. Kari Heck, 9	SF Washington	25.83
4. Darian Thompson, 10	Spearfish	26.06
5. Ashley Odegaard, 11	Brookings	26.16
6. Shaunteva Ashley, 11	SF Roosevelt	26.19
7. Karmen Nyberg, 11	SF Lincoln	26.84
8. Taylor Larson, 10	Pierre-Riggs	26.98

400 Meter Dash

1. Darian Thompson, 10	Spearfish	57.29
2. Kari Heck, 9	SF Washington	57.35
3. Kendra Knight, 12	Mitchell	57.88
4. Abby Vandenberg, 10	SF O'Gorman	58.62
5. McKenzie Keffler	Sturgis	59.18
6. Anna Hyronimus, 11	Brandon Valley	59.35
7. Chandler Nielsen, 9	SF O'Gorman	59.43

800 Meter Run

1. Chandler Nielsen, 9	SF O'Gorman	2:17.54
2. Sami Smith, 10	SF Washington	2:17.60
3. Tia Hemiller, 9	Watertown	2:17.90
4. Jessica Brandli, 12	RC Stevens	2:18.19
5. Rachel Weinandt, 10	Yankton	2:21.49
6. Krista Creager, 12	Yankton	2:22.01
7. Marie Yokan, 10	SF O'Gorman	2:22.83
8. Tera Potts, 12	Sturgis	2:22.99

1,600 Meter Run

1. Madeleine Takahashi, 10	Sturgis	5:13.38
2. Megan Hilson, 11	Yankton	5:15.95
3. Mariah, Hofer, 11	Yankton	5:18.24
4. Annie Pfeifle, 12	RC Stevens	5:20.50
5. Tera Potts, 12	Sturgis	5:22.25
6. Kahli Peterson, 7	Sturgis	5:21.44
7. Haley Kruger, 9	Brandon Valley	5:21.80
8. Bridget Simmons, 9	Pierre-Riggs	5:22.87

3,200 Meter Run

1. Megan Hilson, 11	Yankton	11:13.78
2. Madeleine Takahashi, 10	Sturgis	11:24.30
3. Seanna Kautz, 11	SF Roosevelt	11:31.60
4. Mariah Hofer, 11	Yankton	11:38.15
5. Annie Pfeifle, 12	RC Stevens	11:38.57
6. Alex Hess, 9	SF Roosevelt	11:47.50
7. Courtney Neubert, 10	Aberdeen Central	11:52.40
8. Bailey Breems, 11	SF Roosevelt	12:11.98

100 Meter Int Hurdles

1. Nevada Sorenson, 12	SF Lincoln	14.12
2. Anna Gagliano, 12	RC Central	14.51
3. Tessa Gorsuch, 8	RC Central	15.33
4. Rachel Hellekson, 11	RC Central	15.95
5. Kaila Nordmeyer, 11	Brandon Valley	16.01
6. Tricia Watson, 11	Watertown	16.06
7. Mikayla Hora, 8	Yankton	16.46
8. Steph Bachman, 12	Brandon Valley	DQ

300 Meter Low Hurdles

1. Nevada Sorenson, 12	SF Lincoln	44.50
2. Jacqee Jasinski, 11	RC Central	45.51
3. Charelle Moore, 9	SF Washington	45.63
4. Rachel Hellekson, 11	RC Central	47.72
5. Tricia Watson, 11	Watertown	48.06
6. McKinsey Kost, 8	RC Central	49.19
7. Molly Ervin, 10	SF Washington	50.05
8. Steph Bachman, 12	Brandon Valley	52.40

4x100 Meter Relay

1. Brookings	49.99
Courtney Higgins, 12; Laura Ackerwold, 12 Amy Leiferman, 10; Ashley Odegaard, 11	
2. Rapid City Central	50.12
3. Sioux Falls Roosevelt	50.23
4. Brandon Valley	50.88
5. Sioux Falls Washington	51.10
6. Sioux Falls Lincoln	51.40
7. Spearfish	52.16
8. Mitchell	52.31

4x200 Meter Relay

1. Sioux Falls Roosevelt	1:43.90
Ashley McDonald, 9; Karlie Mueller, 9 Shaunteva Ashley, 11; Megan Bren, 12	
2. Sioux Falls Lincoln	1:45.41
3. Brandon Valley	1:46.45
4. Sioux Falls Washington	1:46.46
5. Spearfish	1:46.82
6. Rapid City Stevens	1:48.33
7. Brookings	1:48.71
8. Sioux Falls O’Gorman	1:49.39

4x400 Meter Relay

1. Sioux Falls Washington	3:59.31
Danielle Fantroy, 11; Jordyn Houseman, 10 Sami Smith, 10; Kari Heck, 9	
2. Watertown	4:00.96
3. Spearfish	4:03.73
4. Yankton	4:06.51
5. Sioux Falls O’Gorman	4:07.92
6. Rapid City Stevens	4:10.60
7. Mitchell	4:12.03
8. Brookings	4:12.13

4x800 Meter Relay

1. Yankton	9:29.23
Krista Creager, 12; Megan Hilson, 11 Mariah Hofer, 11; Rachel Weinandt, 10	
2. Sturgis	9:31.01
3. Watertown	9:37.24
4. Sioux Falls Washington	9:39.47
5. Rapid City Stevens	9:51.28
6. Douglas	10:01.93
7. Sioux Falls Roosevelt	10:03.88
8. Aberdeen Central	10:09.40

1,600 Meter Sprint Medley

1. Sioux Falls Washington	4:10.91
Jordyn Houseman, 10; Danielle Fantroy, 11 Sami Smith, 10; Marwa O’Diel, 10	
2. Watertown	4:13.30
3. Sturgis	4:16.06
4. Aberdeen Central	4:16.78
5. Sioux Falls O’Gorman	4:16.97
6. Yankton	4:20.16
7. Mitchell	4:21.00
8. Spearfish	4:38.36

Shot Put

1. Kelly Herrmann, 12	RC Stevens	41’07.25”
2. Breanna Janovy, 12	Sturgis	41’01.50”
3. Christine Broders, 11	Yankton	39’04.25”
4. McKenzie Johnson, 10	RC Central	39’03.50”
5. Emily Carda, 12	Huron	38’05.25”
6. Amanda Quinn, 11	RC Stevens	38’04.75”
7. Christena Georgas, 12	RC Stevens	38’00.00”
8. Teresa Mallet, 12	Watertown	J38’00.00”

Discus Throw

1. Caitlin Way, 12	Mitchell	144’10”
2. Breanna Janovy, 12	Sturgis	131’07”
3. Kelly Hermann, 12	RC Stevens	120’04”
4. Kaylee Knudson, 12	Douglas	119’10”
5. Kae Januschka, 10	SF O’Gorman	118’03”
6. Megan Quinn, 11	Spearfish	116’08”
7. Kate Swenson, 11	Brandon Valley	116’03”
8. Rochelle Flynn, 12	RC Central	116’02”

High Jump

1. Mary Wirth, 11	SF Lincoln	5’08”
2. Emily Anderson, 10	Yankton	5’02”
2. Caitlin Templeton, 12	RC Central	5’02”
4. Kelsey Fitzgerald, 8	Yankton	J5’02”
5. McKenzie Keffler, 11	Sturgis	J5’02”
6. Stephanie Uher, 12	Mitchell	5’00”
6. Becca Hickey, 11	SF Washington	5’00”
6. Abby Winkels, 12	Watertown	5’00”

Long Jump

1. Jasmyne King, 11	RC Central	17’11.75”
2. Anna Gagliano, 12	RC Central	17’07.25”
3. Abby Albers, 11	Spearfish	16’11.50”
4. Carley Chambers, 11	SF Lincoln	16’10.75”
5. Ashley Odegaard, 11	Brookings	16’10.00”
6. Abbey Vandenberg, 10	SF O’Gorman	J16’10.00”
7. Meghan Lambert, 10	SF Lincoln	16’08.75”
8. Tiffany Lawrence, 11	Huron	16’08.50”

Triple Jump

1. Meghan Lambert, 10	SF Lincoln	37’03.00”
2. Carley Chambers, 11	SF Lincoln	36’07.00”
3. Mary Wirth, 11	SF Lincoln	36’00.50”
4. Katie Ferguson, 11	SF Roosevelt	35’04.00”
5. Kaylynn Erlandson, 9	Brandon Valley	34’11.00”
6. Tiffany Lawrence, 11	Huron	34’07.50”
7. Emily Anderson, 10	Yankton	34’05.75”
8. Ehrin Fuhrmann, 11	RC Central	34’01.00”

Pole Vault

1. Alli Arampatzis, 11	Aberdeen Central	12’00”
2. Hollie Bloom, 12	RC Central	11’09”
3. Abbie Hohman, 10	SF Lincoln	11’03”
4. Brittany Stangl, 9	Watertown	J11’03”
5. Caitlin Mack, 11	Watertown	J11’03”
6. Lillie Jordan, 12	Yankton	10’03”
6. Emily VanLaecken, 9	Watertown	10’03”
8. Cassie Shafer, 12	Yankton	J10’03”

J – denotes Judge’s Decision

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

TEAM POINTS



Hanson Beaverettes

CLASS "B" TEAM POINTS

1. Hanson.....58	29. Hitchcock-Tulare7
2. Rosholt/Fairmont ND53	29. Wilmot.....7
3. Estelline49	31. Lake Preston6
4. Oldham-Ramona/Rutland.....43	31. Freeman6
5. Elkton-Lake Benton.....40	31. Freeman Academy.....6
6. Colman-Egan38.5	31. Langford6
7. Stickney29	31. Irene-Wakonda6
8. Scotland.....28	36. Menno.....5.5
9. Chester Area23	37. Gayville-Volin.....5
10. Edgemont.....21	37. DeSmet5
10. South Central21	37. Wessington Springs5
10. Kimball.....21	40. Castlewood4
13. Gettysburg20.5	40. Eureka/Bowdle4
13. Arlington.....20.5	40. Mitchell Christian4
13. Faulkton.....20.5	43. Sully Buttes3.5
16. Rapid City Christian18	44. Great Plains Lutheran3
17. Centerville15.5	44. McIntosh.....3
18. Wall14	44. Timber Lake3
18. Kadoka Area.....14	47. Summit2.5
20. Colome13	48. Philip2
21. Marion12	48. Northwestern2
21. Avon12	50. White River1
23. Bridgewater/Emery.....11	50. Hoven/Edmunds Central.....1
24. Alcester-Hudson10	50. Warner1
24. White Lake10	50. Jones County1
26. Lemmon.....8.5	50. Selby Area1
27. New Underwood.....8	55. Faith.....0.5
27. Sunshine Bible Academy.....8	

TEAM POINTS



State Class "A" Track and Field Champions St. Thomas More Cavaliers

CLASS "A" TEAM POINTS

1. St. Thomas More.....	71	24. Stanley County	12
2. Wagner	37	24. Groton Area.....	12
2. Custer	37	24. Canton	12
4. Sioux Valley	34.5	27. Cheyenne-Eagle Butte	11
5. Hill City	33	27. Garretson	11
6. Dell Rapids.....	30	27. Redfield	11
7. Clark/Willow Lake.....	28	30. Bon Homme	10
8. West Central	27	30. Todd County.....	10
8. Tea Area.....	27	32. Baltic	9
10. Winner.....	25	33. Mobridge-Pollock.....	8
11. Ethan/Parkston	24	33. Lead-Deadwood	8
12. Bennett County.....	23	35. Deuel	7
13. Madison.....	22	36. Platte-Geddes	5.5
13. Miller.....	22	37. Milbank	5
15. Elk Point-Jefferson.....	20	37. Tri-Valley	5
15. Chamberlain	20	39. Belle Fourche	4
17. Britton-Hecla.....	18	40. Newell	3
18. Aberdeen Roncalli.....	17	40. Dakota Valley.....	3
19. Sioux Falls Christian	16	40. Vermillion	3
20. Sisseton	14	43. Hamlin.....	2
20. Beresford.....	14	43. Lennox.....	2
20. Flandreau.....	14	45. Deubrook Area	1
23. Ipswich	13		

TEAM POINTS



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

CLASS "AA" TEAM POINTS

1. Rapid City Central.....105	10. Sioux Falls O’Gorman.....35
2. Sioux Falls Lincoln.....80	11. Brandon Valley.....30
3. Yankton79.5	12. Brookings27
4. Sioux Falls Washington.....71	13. Mitchell23
5. Sturgis.....64	14. Aberdeen Central.....18
6. Sioux Falls Roosevelt56	15. Huron.....8
7. Watertown49.5	15. Douglas.....8
8. Rapid City Stevens46	17. Pierre-Riggs.....2
9. Spearfish.....37	

“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.

2009 GIRLS’ STATE RECIPIENTS

100 Meter Dash	Carly Carper-9	Oldham-Ramona/Rutland	11.98
200 Meter Dash	Carly Carper-9	Oldham-Ramona/Rutland	24.85
400 Meter Dash	Darian Thompson-10	Spearfish	57.29
800 Meter Run	Chandler Nielsen-9	Sioux Falls O’Gorman	2:17.54
1,600 Meter Run	Madeleine Takahashi-10	Sturgis	5:13.38
3,200 Meter Run	Megan Hilson-11	Yankton	11:13.78
100 Meter Int Hurdles	Neveda Sorenson-12	Sioux Falls Lincoln	14.12
300 Meter Low Hurdles	Neveda Sorenson-12	Sioux Falls Lincoln	44.50
4x100 Meter Relay	Brookings Courtney Higgins-12; Laura Ackerwold-12; Amy Leiferman-10; Ashley Odegaard-11		49.99
4x200 Meter Relay	Sioux Falls Roosevelt Ashley McDonald, 9; Karlie Mueller, 9; Shaunteva Ashley, 11; Megan Bren, 12		1:43.90
4x400 Meter Relay	Sioux Falls Washington Danielle Fantroy-11; Jordyn Houseman-10; Sami Smith-10; Kari Heck-9		3:59.31
4x800 Meter Relay	Yankton Krista Creager-12; Megan Hilson-11; Mariah Hofer-11; Rachel Weinandt-10		9:29.23
Sprint Medley Relay	Sioux Falls Washington Jordyn Houseman-10; Danielle Fantroy-11; Sami Smith-10; Marwa O’Diel-10		4:10.91
Shot Put	Kelly Herrmann-12	Rapid City Stevens	41’07.25”
Discus Throw	Caitlin Way-12	Mitchell	144’10”
High Jump	Mary Wirth-11	Sioux Falls Lincoln	5’08”
Long Jump	Christy Schultz-8	Rapid City Christian	18’09.50”
Triple Jump	Meghan Lambert-10	Sioux Falls Lincoln	37’03.00”
Pole Vault	Alli Arampatzis-11	Aberdeen Central	12’00”

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)
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)
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
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; 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; 4 x 200m Relay - 1987, 1988, 2005; 4 x 400m Relay - 2000, 2001, 2002, 2003, 2004, 2006; 4 x 800m Relay - 1997, 1999, 2000, 2001, 2002, 2004;
 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;
 Sturgis - 4 x 100m Relay - 1990; Medley Relay - 2007;
 West Central - 4 x 200m Relay - 2004;
 Watertown - 4 x 200m Relay - 1989, 2006, 2008; 4 x 400 m Relay - 2005, 2007, 2008; 4 x 800m Relay - 1995; Medley Relay - 1990, 1991, 1993, 1999;
 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

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)

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

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

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)

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)

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)

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)
Jeana 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)
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)
Beth Wahl, Pierre - Class “AA” (4 x 400m Relay - 1991; High Jump - 1992, 93)
Rachel Weinandt, Yankton – Class “AA” (4 x 800m Relay – 2008, 2009; Sprint Medley Relay – 2008)

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 second 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	1999	Alicia Heiser, Aberdeen Central	38'10.75"
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 second 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	2002	Colman-Egan (Prelims) Bunkers, J. Nelson, S. Nelson, Pfeiffer	50.88
4 x 200 Meter Relay	2009	Rosholt/Fairmount, ND Heesch, Meyer, Ca. Anderson, Co. Anderson	1:44.88
4 x 400 Meter Relay	2006	Colman-Egan Merges, Hauglid, Fritz, Nelson	4:02.99
4 x 800 Meter Relay	1980	Kadoka M. Parke, Porch, T. Parke, Herber	9:41.53
Sprint Medley Relay	1982	Armour (Prelims) Hornstra, Fink, Nielsen, Lau	4:18.70
Shot Put (4kg)	2003	Jocelyn Dockendorf, Corsica	43'03.75"
Discus	2005	Amber Brodersen, Wolsey-Wessington	145'06.00"
High Jump	2002	Megan Smidt, Menno	5'06.00"
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 second 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	2003	Megan Marohl, Sisseton	11'00.00"

* 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 "AA" RECORDS

If a state record is recorded as a hand-held time, a fully automatic time within .24 second 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)	48.89
		Rhodes, Maguire, Svalstad, Abrams	
4 x 200 Meter Relay	2006	*Watertown (Prelims)	1:41.29
		Lauseng, Cox, Hauck, Page	
4 x 400 Meter Relay	2006	*RC Stevens	3:53.49
		S. Pagel, DeVries, Jansen, Garner	
4 x 800 Meter Relay	2004	*RC Stevens	9:10.26
		Blackler, S. Pagel, Hattervig, Schwengler	
Medley Relay	2009	*SF Washington	4:10.91
		Houseman, Fantroy, Smith, O'Diel	
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	1999	*Alicia Heiser, Aberdeen Central	38'10.75"
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.

Fully Automatic Times are listed in 1/100 of second. Hand Held Times are 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	1993	Doland/Conde	Hoven
1976	White River	Faith	1994	Hoven	Baltic
1977	Dakota Christian	Pollock	1995	Faulkton	Hoven
1978	Dakota Christian	White River	1996	Hoven	Faulkton
1979	Frederick	Dakota Christian	1997	Herreid	Hoven
1980	Dakota Christian	Frederick	1998	Faulkton	Elkton
1981	Armour	Dakota Christian	1999	Chester	Marion
1982	Armour	Estelline	2000	Chester	Marion
1983	Armour	Eureka	2001	Chester	Colman-Egan
1984	Eureka	Sioux Falls Christian	2002	Colman Egan	Bonesteel-Fairfax
1985	Sioux Falls Christian	Eureka	2003	Bonesteel-Fairfax	Colman-Egan
1986	Arlington	Eureka	2004	Eureka	Colman-Egan
1987	Arlington	Bridgewater	2005	Bonesteel-Fairfax	Bridgewater/Emery
1988	Bridgewater	Lake Preston	2006	James Valley Christian	Colman-Egan
1989	Bridgewater	Lake Preston	2007	Faulkton	Colman-Egan
1990	Lake Preston	White Lake	2008	Hanson	Rosholt/Fairmont ND
1991	Lake Preston	Hoven	2009	Hanson	Rosholt/Fairmont ND
1992	Hoven	Hitchcock			

Girls' Class "A" Track - Three Class System

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

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