

# 42<sup>nd</sup> ANNUAL SOUTH DAKOTA STATE GIRLS' TRACK & FIELD CHAMPIONSHIPS

Sioux Falls, May 28-29, 2010

Class "B"

(Total number of participants: 421)

## 100 Meter Dash

1. Carly Carper, 10	Old-Ramona/Rutland	12.41
2. Gena Fritz, 11	Colman-Egan	12.46
3. MaKenzie Hageman, 10	Waverly-South Shore	12.78
4. Courtney Hardie, 10	Faulkton Area	12.90
5. Sadie O'Rourke, 8	Wall	12.95
6. Lacy Stevens, 10	Edgemont	12.95
7. Taylor Waltner, 12	Freeman	12.96
8. Heidi Vanlighthout, 9	McIntosh	13.30

## 200 Meter Dash

1. Gina Fritz, 11	Colman-Egan	26.26
2. Carly Carper, 10	Old-Ramona/Rutland	26.73
3. Sienah Mulbah, 8	Estelline	27.19
4. Taylor Waltner, 12	Freeman	27.63
5. Samantha Leighton, 9	Old-Ramona/Rutland	27.70
6. Kaeley Fenhaus, 11	Philip	28.05
7. MaKenzie Hageman, 10	Waverly-So. Shore	28.19
8. Tessa Weeldreyer, 9	Parker	28.37

## 400 Meter Dash

1. Gina Fritz, 11	Colman-Egan	59.91
2. Erica Meyer, 12	Rosholt/Fairm. ND	1:00.87
3. April Winne, 12	Scotland	1:01.76
4. Sadie O'Rourke, 8	Wall	1:02.06
5. Kayla McEldowney, 10	Castlewood	1:02.09
6. Jessika Wager, 10	Gettysburg	1:02.19
7. Tessa Weeldreyer, 9	Parker	1:02.19
8. Ariana Zuccaro, 9	James Valley Chr.	1:02.73

## 800 Meter Run

1. Tia Carlson, 10	Kadoka Area	2:23.21
2. Lindsey Strait, 9	Castlewood	2:23.51
3. Becca Steadman, 11	Centerville	2:25.38
4. Cailey Roth, 7	Freeman	2:25.60
5. Whitney Kuyper, 11	Corsica/Stickney	2:26.89
6. Brooke Peterson, 11	Hitchcock-Tulare	2:28.10
7. Mikayla Saathoff, 10	Estelline	2:28.23
8. Erica Meyer, 12	Rosholt/Fairm. ND	2:28.55

## 1,600 Meter Run

1. Hilary Krein, 12	Eureka/Bowdle	5:26.42
2. Lillie Koerner, 11	Freeman Acad.	5:26.47
3. Whitney Keyper, 11	Corsica/Stickney	5:27.93
4. Brooke Peterson, 11	Hitchcock-Tulare	5:31.11
5. Tia Carlson, 10	Kadoka Area	5:31.88
6. Mindy Kraft, 10	Wess. Springs	5:32.27
7. Rina Larson, 9	Warner	5:32.39
8. Becca Steadman, 11	Centerville	5:32.92

## 3,200 Meter Run

1. Mindy Kraft, 10	Wess. Springs	11:49.96
2. Hilary Krein, 12	Eureka/Bowdle	11:51.82
3. Haley Froelich, 9	Lemmon	11:59.12
4. Morgan Millar, 12	Mt. Vernon	12:25.35
5. Tori Moore, 7	Ipswich	12:38.93
6. Nicole Steadman, 10	Centerville	12:30.54
7. Lydia Eagle, 9	McIntosh	12:30.71
8. Haley Brunke, 10	Scotland	12:36.02

## 100 Meter Int Hurdles

1. Conner Anderson, 11	Rosholt/Fairmount ND	15.29
2. Hillary Paulson, 12	Freeman	16.25
3. Jackie Dethlefsen, 8	Corsica/Stickney	16.53
4. Lauren Sokolowski, 7	Irene-Wakonda	16.63
5. Josie Guptill, 10	Philip	16.78
6. Brittney Piper, 10	White River	16.86
7. Haley Logan, 12	Gettysburg	16.91
8. Arika Morgan, 10	Lemmon	17.01

## 300 Meter Low Hurdles

1. Conner Anderson, 11	Rosholt/Fairmount ND	46.74
2. Kaeley Fenhaus, 11	Philip	47.75
3. BreeAna Olson, 9	Old-Ramona/Rutland	48.25
4. Marlina Wisdom, 11	Corsica/Stickney	48.27
5. Taylor Trohkimoinen, 9	Newell	48.75
6. Lori Rensink, 12	Freeman Academy	48.79
7. Josie Guptill, 10	Philip	49.09
8. Sarah Wedel, 10	James Valley Chr.	51.08

## 4x100 Meter Relay

1. Oldham-Ramona/Rutland	50.79
Samantha Leighton, 9; Kelly Thurow, 10 Mandi Hagemann, 11; Carly Carper, 10	
2. Marion	51.39
3. Ipswich	51.45
4. Rosholt/Fairmount ND	51.80
5. Estelline	51.88
6. Freeman	52.06
7. Corsica/Stickney	52.40
8. Tripp-Delmont/Armour	52.92

**4x200 Meter Relay**

1. Marion	1:46.49
Ashley Rosenwald-Muller, 9; Kylie Hughes, 9 Brooke Glanzer, 11; Cara Schardin, 12	
2. Rosholt/Fairmount ND	1:46.97
3. Estelline	1:48.67
4. Oldham-Ramona/Rutland	1:49.89
5. Parker	1:51.21
6. Eureka/Bowdle	1:51.75
7. Philip	1:53.70
8. Freeman Academy	1:56.22

**4x400 Meter Relay**

1. Marion	4:08.21
Ashley Rosenwald-Muller, 9; Kylie Hughes, 9 Brooke Glanzer, 11; Cara Schardin, 12	
2. Rosholt/Fairmount ND	4:08.57
3. Estelline	4:15.17
4. Ipswich	4:17.90
5. Colome	4:17.98
6. Tripp-Delmont/Armour	4:19.46
7. Philip	4:19.62
8. Gettysburg	4:26.35

**4x800 Meter Relay**

1. Estelline	10:08.12
Mikayla Saathoff, 9; Brooke Begalka, 10 Danielle Thompson, 8; Savannah Dolezal, 8	
2. Freeman Academy	10:11.39
3. Canistota	10:13.84
4. Alcester-Hudson	10:14.23
5. Castlewood	10:16.79
6. Corsica/Stickney	10:22.55
7. Rosholt/Fairmount ND	10:27.85
8. Sunshine Bible Academy	10:32.71

**1,600 Meter Sprint Medley**

1. Eureka/Bowdle	4:25.25
Kaitlyn Sandmeier, 10; Ellen Thomsen, 12 Courtney Weber, 9; Hilary Krein, 12	
2. Ipswich	4:25.29
3. Colome	4:27.29
4. Marion	4:28.24
5. Lemmon	4:29.35
6. Freeman Academy	4:29.39
7. Oldham-Ramona/Rutland	4:30.00
8. Menno	4:32.28

**Shot Put**

1. Madison McLaughlin, 11	Wall	38'08.50"
2. Shelby Assmus, 12	Corsica/Stickney	38'04.25"
3. Mariah Nelson, 11	Mitchell Chr.	37'09.00"
4. Gina Fritz, 11,	Colman-Egan	36'06.00"
5. Brooke Rinehart, 12	Freeman	35'07.00"
6. Kiera Kraemer, 12	Parker	35'05.75"
7. Jessika Simon, 10	Gettysburg	35'05.50"
8. Autumn Schulz, 9	Wall	34'02.75"

**Discus Throw**

1. Shelby Assmus, 12	Corsica/Stickney	133'04"
2. Haley Hinseth, 10	Irene-Wakonda	126'01"
3. Madison McLaughlin, 10	Wall	123'02"
4. Collene Cahoy, 11	Colome	123'01"
5. Shekota Myer, 9	Ipswich	122'08"
6. Anna Leloux, 10	Parker	120'02"
7. Mariah Nelson, 11	Mitchell Chr.	115'00"
8. Kristi Porter, 10	Edgemont	113'02"

**High Jump**

1. Kelsey Kaufmann, 10	Arlington	5'04"
2. Haley Jorgensen, 10	Hurley	5'00"
2. April Winne, 12	Scotland	5'00"
4. Kara Ammons, 11	Wall	J5'00"
4. Megan Mutchler, 11	Newell	J5'00"
6. Samantha Knecht, 9	Faulton Area	J5'00"
7. Rachel Moser, 8	Corsica/Stickney	J5'00"
8. April Entringer, 11	Colman-Egan	4'10"
8. Brieanne Johnson, 11	Andes Central	4'10"
8. Logan O'Farrell, 9	Summit	4'10"
8. Megan Taylor, 10	Estelline	4'10"
8. Megan Peterson, 12	Northwestern	4'10"

**Long Jump**

1. Carley Carper, 10	Old-Ram/Rutland	16'11.75"
2. Lacy Stevens, 10	Edgemont	16'09.00"
3. Caitlin Whiting, 12	White River	16'06.50"
4. Paige Hemmer, 12	Colman-Egan	16'05.50"
5. Trisha Koch, 11	New Underwood	16'02.00"
6. Abby Klyaic, 10	Canistota	15'04.50"
7. Kalli Hossle, 12	Faulton Area	15'03.75"
8. Christa Wik, 12	Roslyn	15'03.50"

**Triple Jump**

1. Megan Sandmeier, 10	Eureka/Bowdle	34'08.75"
2. Lacy Stevens, 10	Edgemont	34'04.50"
3. Paige Hemmer, 12	Colman-Egan	34'00.50"
4. Ellen Bucher, 11	Plankinton	33'06.25"
5. Holly Hamlin, 11	Highmore-Harrod	33'03.00"
6. Kelly Winckler, 9	Andes Central	J33'03.00"
7. Brandi Heinz, 12	Ipswich	32'05.25"
8. Brooke DeKramer, 12	Canistota	32'04.25"

**Pole Vault**

1. Kami Elshere, 11	Faith	9'00"
2. Jessika Wager, 10	Gettysburg	J9'00"
3. Megan Taylor, 10	Estelline	J9'00"
4. Katelyn Kotalik, 10	Menno	8'06"
5. Mackenzie Huber, 9	Irene-Wakonda	J8'06"
6. Kelsey Kaufmann, 10	Arlington	J8'06"
7. Alicia Hofer, 12	Freeman Acad.	8'00"
7. Haley Froelich, 9	Lemmon	8'00"
7. Tearnee Nelson, 9	Faith	8'00"

J – denotes Judge's Decision

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

**42<sup>nd</sup> ANNUAL SOUTH DAKOTA STATE  
GIRLS' TRACK & FIELD CHAMPIONSHIPS  
Lennox, Sioux Falls - May 28-29, 2010  
Class "A"**

(Total number of participants: 405)

**100 Meter Dash**

1. Alyssa Frantz, 12	Dell Rapids	12.36
2. Sami Galliger, 11	West Central	12.55
3. Virginia Gebhart, 11	Elkton-Lake Benton	12.84
4. Stachia Reuwsaat, 9	St. Thomas More	12.91
5. Kristen Suchor, 12	Redfield/Doland	12.96
6. Natalie Munger, 12	Kimball/White Lake	13.04
7. Kristin Rath, 11	Canton	13.05
8. Sarah Hedges, 11	Aberdeen Roncalli	13.11

**3,200 Meter Run**

1. Kelsey Barrett, 11	Britton-Hecla	11:38.27
2. Alena Laber, 12	Ethan/Parkston	12:14.38
3. Daysia Wiederholt, 10	Mobridge-Pollock	12:20.49
4. Lindsey Bohl, 9	Garretson	12:25.34
5. Maggie Torness, 8	Sisseton	12:31.58
6. Maci Burke, 8	Chamberlain	12:34.70
7. Lottie Grimshaw, 9	Todd County	12:38.64
8. Morgan Goodroad, 7	Canton	12:43.22

**200 Meter Dash**

1. Sami Galliger, 11	West Central	26.88
2. Alyssa Frantz, 12	Dell Rapids	27.32
3. Lakecia Minihan, 10	Canton	27.53
4. Breezy Bolden, 10	Custer	27.68
5. Taylor Neugebauer, 11	Custer	27.78
6. Jessica McDonald, 11	Hill City	27.86
7. Natalie Munger, 12	Kimball/White Lake	27.91
8. Anne Parsley, 12	Flandreau	27.93

**100 Meter Int Hurdles**

1. Jessica Koupal, 11	Wagner	15.37
2. Laura Blom, 10	Madison	15.40
3. Kelli Norrid, 11	Winner	15.79
4. Allie Macdonald, 10	West Central	15.82
5. Cailyn Schreurs, 9	Harrisburg	15.84
6. Katy Freidel, 11	St. Thomas More	15.93
7. Shawna Gibson, 12	Custer	16.25
8. Jorgan Bjerke, 12	Clark/Willow Lake	18.97

**400 Meter Dash**

1. Ashley Gruenwald, 11	Clark/Willow Lake	59.88
2. Chrissy Strassburg, 12	Elk Point-Jefferson	1:00.05
3. Anne Parsley, 12	Flandreau	1:00.09
4. Jessica McDonald, 11	Hill City	1:00.24
5. Cassidy Gebhart, 10	Elkton-Lake Benton	1:01.51
6. Natalie Munger, 12	Kimball/White Lake	1:01.72
7. Lindsey Montileaux, 11	Tea Area	1:01.82
8. Katie McNeary, 10	Aberdeen Roncalli	1:01.84

**300 Meter Low Hurdles**

1. Lauren Hill, 9	Tea Area	46.77
2. Corby White, 9	St. Thomas More	49.96
3. Kelli Norrid, 11	Winner	47.60
4. Katy Freidel, 11	St. Thomas More	47.84
5. Cailyn Schreurs, 9	Harrisburg	48.56
6. Jorgan Bjerke, 12	Clark/Willow Lake	48.82
7. Allie Macdonald, 10	West Central	50.65
8. Katie Talbott, 12	Kimball/White Lake	50.95

**800 Meter Run**

1. Chrissy Strassburg, 12	Elk Point-Jefferson	2:21.20
2. Ashley Gruenwald, 11	Clark/Willow Lake	2:21.46
3. Maddie Nipe, 7	Madison	2:22.99
4. Kala McDonald, 9	Hill City	2:23.07
5. Jilanne Doom, 12	Wagner	2:23.60
6. Alayna Ackerman, 11	St. Thomas More	2:24.48
7. Taylor Lohan, 9	Canton	2:24.75
8. Karley Konkol, 10	Custer	2:25.25

**4x100 Meter Relay**

1. Custer	51.04
Breezy Bolden, 10; Taylor Neugebauer, 11 Shawna Gibson, 12; Allison Kostelecky, 12	
2. Redfield/Doland	51.29
3. Canton	51.34
4. Elkton-Lake Benton	51.54
5. Aberdeen Roncalli	51.75
6. Madison	52.07
7. Ethan/Parkston	52.59
8. Tri-Valley	53.40

**1,600 Meter Run**

1. Kelsey Barrett, 10	Britton-Hecla	5:22.66
2. Tess Johnson, 11	Clark/Willow Lake	5:22.96
3. Erin Nolz, 10	Garretson	5:23.30
4. Jilanne Doom, 12	Wagner	5:23.79
5. Taylor Lohan, 9	Canton	5:25.41
6. Kala McDonald, 9	Hill City	5:32.57
7. Alena Laber, 12	Ethan/Parkston	5:32.89
8. Ashley Iron Mocassin, 10	Cheyenne-EB	5:34.57

**4x200 Meter Relay**

1. Redfield/Doland	1:47.75
Courtney Albrecht, 9; Cassie Clement, 11 Emma Jankord, 12; Kristen Suchor, 12	
2. Elkton-Lake Benton	1:48.02
3. Madison	1:48.16
4. Custer	1:48.67
5. St. Thomas More	1:48.83
6. Sioux Falls Christian	1:49.03
7. West Central	1:50.20
8. Winner	1:50.57

**4x400 Meter Relay**

1. St. Thomas More	4:06.10
Corby White, 9; Katy Freidel, 11 Emily Hurd, 11; Alayna Ackerman, 11	
2. Elk Point-Jefferson	4:08.63
3. Clark/Willow Lake	4:09.97
4. Elkton-Lake Benton	4:10.70
5. Winner	4:10.93
6. Hill City	4:11.10
7. Canton	4:11.37
8. Custer	4:15.90

**4x800 Meter Relay**

1. Canton	9:52.14
Ellie Merle, 8; Morgan Goodroad, 7 Steph Miller, 12; Taylor Lohan, 9	
2. Aberdeen Roncalli	9:57.61
3. Hill City	10:00.17
4. Garretson	10:00.47
5. Sioux Falls Christian	10:04.94
6. West Central	10:04.95
7. Elkton-Lake Benton	10:09.33
8. Wagner	10:09.35

**1,600 Meter Sprint Medley**

1. Elk Point-Jefferson	4:21.78
Audrey Truhe, 9; Allyson Murphy, 12 Keely Bertram, 8; Chrissy Strassburg, 12	
2. Madison	4:22.10
3. Clark/Willow Lake	4:22.61
4. Custer	4:29.01
5. Sioux Falls Christian	4:30.87
6. St. Thomas More	4:32.47
7. Redfield/Doland	4:35.97
8. Elkton-Lake Benton	4:47.55

**Shot Put**

1. Jesse Parmely, 11	Miller	39'03.50"
2. Tiffany Dower, 12	Custer	39'00.75"
3. Danielle Waldner, 9	Redfield/Doland	38'08.00"
4. Sara Quinn, 12	Sisseton	38'03.50"
5. Sam Rus, 12	Dell Rapids	38'01.50"
6. Shelby Bailey, 12	Dell Rapids	37'09.50"
7. Alexis Watts, 10	Miller	36'08.50"
8. Allison Cross, 9	Tri-Valley	35'07.00"

**Discus Throw**

1. Jesse Parmely, 11	Miller	127'10"
2. Sara Quinn, 12	Sisseton	119'04"
3. Beth Szymonski, 10	Vermillion	119'00"
4. Marissa Whipple, 11	Baltic	118'09"
5. Sarah VanSambeek, 12	Elkton-Lake Benton	118'09"
6. Ashley Ostrem, 9	Beresford	118'02"
7. Stephanie Fey, 11	Groton Area	116'06"
8. Ashley Currey, 10	Madison	116'03"

**High Jump**

1. Katie Talbott, 12	Kimball/White Lake	5'01"
2. Molly Kennedy, 10	Beresford	J5'01"
3. Emily Johnson, 11	Platte-Geddes	J5'01"
4. Ellie Atkins, 9	Baltic	J5'01"
5. Ashley Wagner, 12	West Central	4'11"
6. Sarah Wuertz, 11	West Central	J4'11"
6. Kiara Vander Pol, 9	Sioux Falls Christian	J4'11"
8. Leandra Schlecht, 11	Great Plains Luth.	J4'11"
8. Emma Johnson, 7	Tri-Valley	J4'11"

**Long Jump**

1. Marie Malloy, 10	Ethan/Parkston	18'00.75"
2. Natalie Munger, 12	Kimb./Wh. Lake	18'00.25"
3. April King, 10	Tri-Valley	17'04.50"
4. Carly DesLauriers, 12	Clark/Will. Lake	16'08.75"
5. Alison Klostergaard, 10	Beresford	16'06.50"
6. Kory Novotny, 12	Winner	16'06.00"
7. Josey Johnson, 12	Red Cloud	16'05.75"
8. Coley Stoller, 9	Madison	16'05.50"

**Triple Jump**

1. April King, 10	Tri Valley	37'02.00"
2. Tess Johnson, 11	Clark/Will. Lake	35'11.50"
3. Cassie Schuurmans, 12	Bon Homme	35'11.00"
4. Maddie Mack, 10	Redfield/Doland	34'08.50"
5. Danielle Baker, 11	South Central	34'02.75"
6. Molly Kennedy, 10	Beresford	34'02.00"
7. Ali Haines, 10	Kimball/Wh. Lake	33'07.75"
8. Maddie Victor, 9	Dell Rapids	33'04.75"

**Pole Vault**

1. Jessica Koupal, 11	Wagner	11'04"
2. Kaylee Willard, 11	Belle Fourche	9'03"
3. Allison Brooks, 7	SF Christian	8'09"
3. Sydney Breen, 9	Wagner	8'09"
3. Sarah Martenson, 10	Sisseton	8'09"
6. Molly Koch, 10	Elkton-Lake Benton	J8'09"
7. Camy Kessler, 11	Sisseton	8'03"
8. Leandra Schlecht, 11	Great Plains Luth.	J8'03"

J – denotes Judge's Decision

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

**42<sup>nd</sup> ANNUAL SOUTH DAKOTA STATE  
GIRLS' TRACK & FIELD CHAMPIONSHIPS  
Brandon, Sioux Falls - May 28-29, 2010  
Class "AA"**

(Total number of participants: 329)

**100 Meter Dash**

1. Jasmyne King, 12	RC Central	11.98
2. Karen Heck, 10	SF Washington	12.13
3. Ashley Odegaard, 12	Brookings	12.28
4. Karissa Prpich, 9	RC Stevens	12.46
5. Charelle Moore, 10	SF Washington	12.49
6. Caiti Slattery, 12	SF Lincoln	12.59
7. Abby Albers, 12	Spearfish	12.66
8. Shaunteva Ashley, 12	SF Roosevelt	12.72

**200 Meter Dash**

1. Kari Heck, 10	SF Washington	25.78
2. Ashley Odegaard, 12	Brookings	26.50
3. Karissa Prpich, 9	RC Stevens	26.88
4. Caiti Slattery, 12	SF Lincoln	27.02
5. Shaunteva Ashley, 12	SF Roosevelt	27.08
6. Taylor Larson, 11	Pierre Riggs	27.52
7. Ashley McDonald, 10	SF Roosevelt	27.70

**400 Meter Dash**

1. Kari Heck, 10	SF Washington	56.23
2. Darian Thompson, 11	Spearfish	56.77
3. Alysson Perrett, 12	RC Stevens	58.29
4. Anna Hyronimus, 12	Brandon Valley	58.61
5. Abbey VanDenBerg, 11	SF O'Gorman	59.70
6. Brooke Ireland, 8	Sturgis Brown	1:00.30
7. Megan Farnham, 9	Mitchell	1:01.16
8. Lexi Weisbeck, 7	Aberdeen Cent.	1:01.17

**800 Meter Run**

1. Rachel Weinandt, 11	Yankton	2:17.08
2. Madison Lawlor, 9	RC Stevens	2:17.31
3. Tia Hemiller, 10	Watertown	2:17.49
4. Chandler Nielsen, 10	SF O'Gorman	2:18.73
5. Alex Hess, 10	SF Roosevelt	2:18.82
6. Kahlie Peterson, 8	Sturgis Brown	2:18.90
7. Whitlee Larson, 8	Yankton	2:22.59
8. Kasey Pressler, 11	Brandon Valley	2:23.83

**1,600 Meter Run**

1. Kahlie Peterson, 8	Sturgis Brown	5:17.55
2. Megan Hilson, 12	Yankton	5:18.34
3. Alex Hess, 10	SF Roosevelt	5:18.44
4. Madeleine Takahashi, 11	Sturgis Brown	5:19.47
5. Seanna Kautz, 12	SF Roosevelt	5:19.70
6. Tamara Gorman, 8	RC Stevens	5:22.83
7. Mariah Hofer, 12	Yankton	5:23.52
8. Jenna Grossenburg, 10	Yankton	5:23.98

**3,200 Meter Run**

1. Mariah Hofer, 12	Yankton	11:10.72
2. Seanna Kautz, 12	SF Roosevelt	11:20.27
3. Madeleine Takahashi, 10	Sturgis Brown	11:22.52
4. Megan Hilson, 12	Yankton	11:24.14
5. Jenna Grossenburg, 10	Yankton	11:39.85
6. Megan Brown, 11	SF Roosevelt	11:41.38
7. Alex Suhr, 11	Douglas	12:13.12
8. Sarah Coomes, 10	RC Stevens	12:20.90

**100 Meter Int Hurdles**

1. Sierra Schepper, 11	RC Stevens	14.97
2. Tessa Gorsuch, 9	RC Central	15.01
3. Angie Dvorak, 11	Yankton	15.31
4. Kaylee Prochniak, 12	SF O'Gorman	15.45
5. Molly Ervin, 11	SF Washington	15.73
6. Morgan Ward, 12	Watertown	15.85
7. Mikala Hora, 9	Yankton	15.87
8. Tricia Watson, 12	Watertown	15.91

**300 Meter Low Hurdles**

1. Jacqee Jasinski, 12	RC Central	46.70
2. Sierra Schepper, 11	RC Stevens	47.73
3. Ashley Thompson, 9	RC Stevens	48.16
4. Molly Ervin, 11	SF Washington	48.45
5. Tricia Watson, 12	Watertown	48.99
6. Rachel Hellekson, 12	RC Central	49.39
7. Charelle Moore, 10	SF Washington	51.95
8. Tessa Gorsuch, 9	RC Central	53.03

**4x100 Meter Relay**

1. Rapid City Central	49.36
Ehrin Fuhrmann, 12; Tessa Gorsuch, 9 Jacqee Jasinski, 12; Jasmyne King, 12	
2. Rapid City Stevens	49.48
3. Brookings	49.65
4. Watertown	50.06
5. Sioux Falls Lincoln	50.19
6. Brandon Valley	50.21
7. Sioux Falls Roosevelt	51.66
8. Sioux Falls O'Gorman	52.04

### 4x200 Meter Relay

1. Rapid City Stevens	1:43.39
Alyson Perrett, 12; Cara Groseth, 10 Kacie Craig, 11; Karissa Prpich, 9	
2. Sioux Falls Lincoln	1:44.35
3. Brandon Valley	1:44.46
4. Spearfish	1:44.85
5. Sioux Falls Washington	1:46.92
6. Sioux Falls Roosevelt	1:47.62
7. Watertown	1:48.28
8. Rapid City Central	1:48.34

### 4x400 Meter Relay

1. Rapid City Stevens	4:03.14
Alyson Perrett, 12; Kylee Nolan, 10 Sydney Saylor, 10; Madison Lawlor, 9	
2. Watertown	4:03.80
3. Spearfish	4:04.26
4. Sioux Falls Washington	4:04.35
5. Brandon Valley	4:06.30
6. Sioux Falls O’Gorman	4:06.76
7. Sioux Falls Lincoln	4:08.73
8. Aberdeen Central	4:15.03

### 4x800 Meter Relay

1. Sturgis Brown	9:31.89
Madeleine Takahashi, 11; Lia Meirose, 9 Brooke Ireland, 8; Kahlie Peterson, 8	
2. Rapid City Stevens	9:33.87
3. Yankton	9:34.10
4. Rapid City Central	9:46.39
5. Sioux Falls Washington	9:49.71
6. Sioux Falls Lincoln	9:54.43
7. Watertown	9:55.79
8. Aberdeen Central	10:03.52

### 1,600 Meter Sprint Medley

1. Rapid City Stevens	4:16.45
Kacie Craig, 11; Kacey Herrmann, 11 Kylee Nolan, 10; McKenzie Wolf, 9	
2. Spearfish	4:16.47
3. Brandon Valley	4:18.17
4. Watertown	4:19.69
5. Huron	4:22.20
6. Yankton	4:23.78
7. Sioux Falls Lincoln	4:24.25
8. Rapid City Central	4:28.05

### Shot Put

1. Christine Broders, 12	Yankton	42’01.50”
2. Kae Januschka, 11	SF O’Gorman	41’03.50”
3. McKenzie Johnson, 11	RC Central	41’02.00”
4. Amanda Quinn, 12	RC Stevens	39’09.00”
5. Allison Koehn, 9	Brandon Valley	38’08.25”
6. Alex Alderman, 12	RC Central	38’00.00”
7. Kaylee McMacken, 11	Brookings	36’04.25”
8. Cera Ledbetter, 9	SF Washington	35’05.50”

### Discus Throw

1. Kae Januschka, 11	SF O’Gorman	129’00”
2. Megan Quinn, 12	Spearfish	123’07”
3. Christine Broders, 12	Yankton	120’11”
4. Cera Ledbetter, 9	SF Washington	113’06”
5. Kaitlin Ward, 12	Sturgis Brown	113’04”
6. Amanda Quinn, 12	RC Stevens	112’02”
7. Katelyn Stoltenburg, 11	Watertown	111’06”
8. Maddy Shaft, 12	SF O’Gorman	110’09”

### High Jump

1. Mary Wirth, 12	SF Lincoln	5’06”
2. Carley Chambers, 12	SF Lincoln	5’00”
3. Emily Anderson, 11	Yankton	J5’00”
4. Abbie Hohman, 11	SF Lincoln	J5’00”
5. Sami Swedlund, 9	Brookings	J5’00”
6. Rebecca Hickey, 11	SF Washington	J5’00”
7. Sidney Larsen, 11	RC Stevens	J5’00”
8. Kristi Stomberg, 12	Brandon Valley	4’10”
8. Ariel Toles, 9	RC Central	4’10”

### Long Jump

1. Abby Albers, 12	Spearfish	18’01.50”
2. Jasmyne King, 12	RC Central	J18’01.50”
3. Kari Heck, 10	SF Washington	17’08.75”
4. Abbey VanDenBerg, 11	SF O’Gorman	17’08.50”
5. Ashley Odegaard, 12	Brookings	17’07.00”
6. Ehrin Fuhrmann, 12	RC Central	17’02.75”
7. Meghan Lambert, 11	SF Lincoln	17’01.50”
8. Mari Wirth, 12	SF Lincoln	16’11.50”

### Triple Jump

1. Allie Lahren, 10	SF Lincoln	37’09.50”
2. Meghan Lambert, 11	SF Lincoln	37’09.00”
3. Abbey VanDenBerg, 11	SF O’Gorman	36’10.25”
4. Mary Wirth, 12	SF Lincoln	36’07.25”
5. Kaylynn Erlandson, 10	Brandon Valley	35’04.25”
6. Veronica Fritsch, 10	SF O’Gorman	34’10.25”
7. Katie Ferguson, 12	SF Roosevelt	34’10.00”
8. Ehrin Fuhrmann, 12	RC Central	34’08.75”

### Pole Vault

1. Brittany Stangl, 10	Watertown	12’03”
2. Alli Arampatzis, 12	Aberdeen Central	12’00”
3. Caitlin Mack, 12	Watertown	10’09”
4. Logan Amdahl, 10	Watertown	10’03”
5. Ariana Arampatzis, 9	Aberdeen Central	9’09”
6. Becca Scheetz, 11	Spearfish	J9’09”
7. Courtney Crandall, 10	RC Central	J9’09”
8. Ellen Pustejovsky, 10	RC Stevens	J9’09”

J – denotes Judge’s Decision

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

## TEAM POINTS



### State Class "B" Track and Field Champions Oldham-Ramona/Rutland Raiders

#### CLASS "B" TEAM POINTS

1. Oldham-Ramona/Rutland .....	55	25. Faulkton Area .....	10
2. Rosholt/Fairmont ND .....	52	25. Canistota .....	10
3. Corsica/Stickney .....	46	28. White River .....	9
4. Colman-Egan .....	44.2	29. Newell .....	8.5
5. Eureka/Bowdle .....	41	30. Mitchell Christian .....	8
6. Estelline .....	40.2	30. Hitchcock-Tulare .....	8
7. Marion .....	33	30. Waverly-South Shore .....	8
8. Wall .....	30.5	33. Hurley .....	7
9. Ipswich .....	29	34. Menno .....	6
10. Freeman .....	27	35. Plankinton .....	5
11. Freeman Academy .....	24	35. Mt. Vernon .....	5
12. Philip .....	21	35. Alcester-Hudson .....	5
13. Edgemont .....	20.	38. Highmore-Harold .....	4
14. Irene-Wakonda .....	17	38. New Underwood .....	4
15. Castlewood .....	16	38. Tripp-Delmont/Armour .....	4
15. Gettysburg .....	16	41. Andes Central .....	3.2
17. Colome .....	15	42. McIntosh .....	3
18. Kadoka Area .....	14	43. James Valley Christian .....	2
18. Scotland .....	14	43. Warner .....	2
20. Arlington .....	13	45. Roslyn .....	1
20. Wessington Springs .....	13	45. Sunshine Bible Academy .....	1
20. Parker .....	13	47. Northwestern .....	2.5
23. Lemmon .....	12	47. Summit .....	0.2
24. Faith .....	11	48. Northwestern .....	0.2
25. Centerville .....	10		

## TEAM POINTS



### State Class "A" Track and Field Champions Clark/Willow Lake Cyclones

#### CLASS "A" TEAM POINTS

1. Clark/Willow Lake ..... 55	21. Beresford ..... 18
2. St. Thomas More ..... 41	22. Garretson ..... 16
2. Custer ..... 41	23. Aberdeen Roncalli ..... 14
4. Elkton-Lake Benton ..... 38	24. Tea Area ..... 12
5. West Central ..... 36.5	25. Baltic ..... 10
6. Elk Point-Jefferson ..... 36	26. Belle Fourche ..... 8
7. Redfield/Doland ..... 35	26. Harrisburg ..... 8
7. Wagner ..... 35	28. Flandreau ..... 7
9. Madison ..... 33	29. Mobridge-Pollock ..... 6
9. Canton ..... 33	29. Platte-Geddes ..... 6
11. Kimball/White Lake ..... 29	29. Vermillion ..... 6
12. Dell Rapids ..... 26	29. Bon Homme ..... 6
13. Hill City ..... 25	33. South Central ..... 4
14. Sisseton ..... 24	34. Chamberlain ..... 3
15. Ethan/Parkston ..... 22	35. Red Cloud ..... 2
15. Miller ..... 22	35. Groton Area ..... 2
17. Britton-Hecla ..... 20	35. Todd County ..... 2
17. Winner ..... 20	38. Great Plains Lutheran ..... 1.5
19. Sioux Falls Christian ..... 18.5	39. Cheyenne-Eagle Butte ..... 1
19. Tri-Valley ..... 18.5	



## TEAM POINTS



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

#### CLASS "AA" TEAM POINTS

1. Rapid City Stevens ..... 110	10. Sioux Falls Roosevelt ..... 39
2. Yankton ..... 81	11. Brandon Valley ..... 33.5
3. Sioux Falls Lincoln ..... 76	12. Brookings ..... 30
4. Rapid City Central ..... 72.5	13. Aberdeen Central ..... 15
5. Sioux Falls Washington ..... 71	14. Huron ..... 4
6. Watertown ..... 59	15. Pierre Riggs ..... 3
7. Sioux Falls O’Gorman ..... 51	16. Douglas ..... 2
8. Spearfish ..... 50	16. Mitchell ..... 2
9. Sturgis Brown ..... 41	

## “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.

### 2010 GIRLS’ STATE RECIPIENTS

100 Meter Dash	Jasmyne King-12	Rapid City Central	11.98
200 Meter Dash	Kari Heck-10	Sioux Falls Washington	25.78
400 Meter Dash	Kari Heck-10	Sioux Falls Washington	56.23
800 Meter Run	Rachel Weinandt-11	Yankton	2:17.08
1,600 Meter Run	Kahlie Peterson-8	Sturgis Brown	5:17.55
3,200 Meter Run	Mariah Hofer-12	Yankton	11:10.72
100 Meter Int Hurdles	Sierra Schepper-11	Rapid City Stevens	14.97
300 Meter Low Hurdles	Jacqee Jasinski-12	Rapid City Central	46.70
4x100 Meter Relay	Rapid City Central Ehrin Fuhrmann-12; Tessa Gorsuch-9 Jacqee Jasinski-12; Jasmyne King-12		49.36
4x200 Meter Relay	Rapid City Stevens Alyson Perrett-12; Cara Groseth-10 Kacie Craig-11; Karissa Prpich-9		1:43.39
4x400 Meter Relay	Rapid City Stevens Alyson Perrett-12; Kylee Nolan-10 Sydney Sayler-10; Madison Lawlor-9		4:03.14
4x800 Meter Relay	Sturgis Brown Madeleine Takahashi-11; Lia Meirose-9 Brooke Ireland-8; Kahlie Peterson-8		9:31.89
Sprint Medley Relay	Rapid City Stevens Kacie Craig-11; Kacey Herrmann-10 Kylee Nolan-10; McKenzie Wolf-9		4:16.45
Shot Put	Christine Broders-12	Yankton	42’01.50”
Discus Throw	Shelby Assmus-12	Corsica/Stickney	133’04”
High Jump	Mary Wirth-12	Sioux Falls Lincoln	5’06”
Long Jump	Abby Albers-12	Spearfish	18’01.50”
Triple Jump	Allie Lahren-10	Sioux Falls Lincoln	37’09.50”
Pole Vault	Brittany Stangl-10	Watertown	12’03”

## **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 x 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, 2010; 4 x 200m Relay - 1990, 1992, 1993, 1997, 1999, 2002, 2003; 4 x 400m Relay - 1990, 1992; 4 x 800m Relay - 1988, 92, 93;  
 RC Stevens - 4 x 100m Relay - 1987, 1988, 2004, 2006, 2007, 2008; 4 x 200m Relay - 1987, 1988, 2005, 2010; 4 x 400m Relay - 2000, 2001, 2002, 2003, 2004, 2006, 2010; 4 x 800m Relay - 1997, 1999, 2000, 2001, 2002, 2004; Sprint Medley - 2010  
 SF Lincoln - 4 x 400m Relay - 1986, 1987; Medley Relay - 2003;  
 SF O’Gorman - 4 x 100m Relay - 1993; 4 x 800m Relay - 1987; Medley Relay - 1994, 1997;  
 SF Roosevelt - 4 x 200m Relay - 2001, 2007, 2009; Medley Relay - 2004, 2005; 4 x 800m Relay - 2007;  
 SF Washington - Medley Relay - 1986, 1987, 2009; 4 x 400m Relay - 2009  
 Spearfish - 4 x 100m Relay - 1994, 1997; 4 x 200m Relay - 1994;  
 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; 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**

**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 s 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)  
**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)  
**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)  
**Kari Heck, SF Washington** – Class "AA" (4 x 400m Relay – 2009; 200m Dash – 2010; 400m Dash – 2010)

**Mariah Hofer, Yankton** – Class “AA” (4 x 800m Relay – 2008, 2009; 3200m Run – 2010)  
**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)

**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	2010	Oldham-Ramona/Rutland (Prelims) Leighton, Thurow, Hagemann, Carper	50.46
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	2010	Jessica Koupal, Wagner	11'04.00"

\* Indicates State Record

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

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## GIRLS' CLASS "AA" RECORDS

If a state record is recorded as a hand-held time, a fully automatic time within .24 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) Rhodes, Maguire, Svalstad, Abrams	48.89
4 x 200 Meter Relay	2006	*Watertown (Prelims) Lauseng, Cox, Hauck, Page	1:41.29
4 x 400 Meter Relay	2006	*RC Stevens S. Pagel, DeVries, Jansen, Garner	3:53.49
4 x 800 Meter Relay	2004	*RC Stevens Blackler, S. Pagel, Hattervig, Schwengler	9:10.26
Medley Relay	2009	*SF Washington Houseman, Fantroy, Smith, O'Diel	4:10.91
Shot Put (4kg)	1996	Lisa Griebel, SF Roosevelt	46'00.00"
Discus	1980	*Karen McDonald, Watertown	151'11.00"
High Jump	1993	*Beth Wahl, Pierre	5'09.25"
Long Jump	2008	*Jasmyne King, Rapid City Central	18'10.75"
Triple Jump	1999	*Alicia Heiser, Aberdeen Central	38'10.75"
Pole Vault	2008	*Leslie Brost, Watertown	12'10.00"

\* Indicates State Record

\*\* Indicates Hand Held Time

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## GIRLS' STATE CHAMPIONS AND RUNNERS-UP

### Girls' Track - One Class System

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

### Girls' Class "B" Track - Two Class System

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

### Girls' Class "A" Track - Two Class System

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

### Girls' Class "B" Track - Three Class System

	<u>Champion</u>	<u>Runner-Up</u>		<u>Champion</u>	<u>Runner-Up</u>
1975	Faith	Centerville	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	2010	Oldham-Ramona/Rutland	Rosholt/Fairmont ND

### 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	2010	Clark/Willow Lake	St. Thomas More

**Girls' Class "AA" Track - Three Class System**

	<u><b>Champion</b></u>	<u><b>Runner-Up</b></u>		<u><b>Champion</b></u>	<u><b>Runner-Up</b></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	2010	Rapid City Stevens	Yankton