

43rd ANNUAL SOUTH DAKOTA STATE GIRLS' TRACK & FIELD CHAMPIONSHIPS

Sioux Falls, May 27-28, 2011

Class "B"

(Total number of participants: 421)

100 Meter Dash

1. Carly Carper, 11	Old-Ramona/Rutland	12.42
2. Gena Fritz, 12	Colman-Egan	12.51
3. MaKenzie Hageman, 11	Waverly-So. Shore	13.00
4. Aly Gibson, 11	Harding County	13.19
5. Kayla McEldowney, 11	Castlewood	13.28
6. Whitney Miller, 12	Estelline	13.31
7. Sadie O'Rourke, 9	Wall	13.44
8. Courtney Hardie, 11	Faulkton Area	13.89

200 Meter Dash

1. Carly Carper, 11	Old-Ramona/Rutland	25.37
2. Gena Fritz, 12	Colman-Egan	26.07
3. Conner Anderson, 12	Rosholt/Fairmount, ND	26.14
4. Laurel Zomer, 11	Dakota Christian	26.44
5. Kelly Thurow, 11	Old-Ramona/Rutland	26.79
6. MaKenzie Hageman, 11	Waverly-So. Shore	27.06
7. Kayla McEldowney, 11	Castlewood	27.10
8. Hannah Just, 8	Tripp-Delmont	27.67

400 Meter Dash

1. Gina Fritz, 12	Colman-Egan	57.55
2. Jessika Wager, 11	Gettysburg	59.02
3. Laurel Zomer, 11	Dakota Christian	59.28
4. Tessa Weeldreyer, 10	Parker	1:01.03
5. Kaeley Fenhaus, 12	Philip	1:01.13
6. Brooke Glanzer, 12	Marion	1:01.50
7. Hannah Just, 8	Tripp-Delmont	1:01.88
8. Skylar Forgey, 11	Colome	1:02.33

800 Meter Run

1. Cailey Roth, 8	Freeman	2:21.44
2. Lillie Koerner, 12	Freeman Acad.	2:22.33
3. Tia Carlson, 11	Kadoka Area	2:22.85
4. Mikayla Saathoff, 11	Estelline	2:26.78
5. Kalli Quicke, 11	Sunshine Bible	2:26.79
6. Jussy Tuscherer, 11	Northwestern	2:27.83
7. Brooke Peterson, 12	Hitchcock-Tulare	2:28.92
8. Jessika Wager, 11	Gettysburg	2:29.02

1,600 Meter Run

1. Lillie Koerner, 12	Freeman Acad.	5:18.21
2. Tia Carlson, 11	Kadoka Area	5:19.43
3. Brooke Peterson, 12	Hitchcock-Tulare	5:25.15
4. Rina Larson, 10	Warner	5:25.34
5. Mindy Kraft, 11	Wess. Springs	5:28.96
6. Becca Steadman, 12	Centerville	5:29.26
7. Cailey Roth, 8	Freeman	5:34.78
8. Becca Glanzer, 9	Mitchell Christian	5:36.90

3,200 Meter Run

1. Tori Moore, 8	Ipswich	11:53.32
2. Holly Iwan, 10	Philip	12:02.01
3. Mindy Kraft, 11	Wess. Springs	12:07.73
4. Becca Steadman, 12	Centerville	12:14.50
5. Becca Glanzer, 9	Mitchell Christian	12:15.63
6. Anna Wolles, 9	DR St. Mary	12:21.44
7. Megan Burma, 11	Sunshine Bible	12:21.49
8. Haley Brunke, 11	Scotland	12:29.79

100 Meter Int Hurdles

1. Conner Anderson, 12	Rosholt/Fairmount ND	14.96
2. Christa Koeller, 12	DeSmet	15.35
3. BreeAna Olson, 10	Old-Ramona/Rutland	15.74
4. Lauren Sokolowski, 8	Irene-Wakonda	15.81
5. Josie Gupstill, 11	Philip	16.12
6. Sarah Wedel, 11	James Valley Chr.	16.69
7. Jackie Dethlefsen, 9	Corsica/Stickney	17.25
8. Cortney Hardie, 11	Faulkton Area	19.59

300 Meter Low Hurdles

1. Conner Anderson, 12	Rosholt/Fairmount ND	46.29
2. Taylor Trohkimoinen, 10	Newell	47.16
3. Josie Gupstill, 11	Philip	47.34
4. BreeAna Olson, 10	Old-Ramona/Rutland	48.62
5. Sarah Wedel, 11	James Valley Chr.	48.65
6. Kristina Nash, 10	Freeman	49.17
7. Christa Koeller, 12	DeSmet	49.21
8. Charley Gross, 10	James Valley Chr.	49.67

4x100 Meter Relay

1. Oldham-Ramona/Rutland	49.93
BreeAna Olson, 10; Kelly Thurow, 11 Mandi Hagemann, 12; Carly Carper, 11	
2. Rosholt/Fairmount ND	51.51
3. Ipswich	51.80
4. Colman-Egan	51.84
5. Estelline	52.52
6. Corsica/Stickney	52.66
7. Herreid/Selby Area	53.05
8. Philip	53.54

4x200 Meter Relay

1. Oldham-Ramona/Rutland	1:46.83
Kelsie Casanova, 9; BreeAna Olson, 10 Mandi Hagemann, 12; Kelly Thurow, 11	
2. Rosholt/Fairmount ND	1:47.64
3. Ipswich	1:49.33
4. Alcester-Hudson	1:49.98
5. Parker	1:50.58
6. Marion	1:50.87
7. Freeman Academy	1:51.99
8. Herreid/Selby Area	1:53.75

4x400 Meter Relay

1. Alcester-Hudson	4:11.61
Lexi Liston, 12; Sarah Haisch, 12 Mikayla McConnell, 11; Jessica Wegh, 10	
2. Estelline	4:11.78
3. Philip	4:13.39
4. Rosholt/Fairmount, ND	4:16.58
5. Parker	4:18.06
6. Marion	4:18.43
7. Freeman	4:18.98
8. Ipswich	4:21.27

4x800 Meter Relay

1. Alcester-Hudson	10:01.63
Lexi Liston, 12; Sarah Haisch, 12 Mikayla McConnell, 11; Jessica Wegh, 10	
2. Freeman Academy	10:10.02
3. Estelline	10:17.41
4. Freeman	10:20.44
5. Gettysburg	10:23.02
6. Philip	10:26.04
7. Kadoka Area	10:31.65
8. Lemmon	10:32.14

1,600 Meter Sprint Medley

1. Freeman Academy	4:19.83
Sara Friesen, 12; Kristin Waltner, 12 Karina Ortman, 12; Lillie Koerner, 12	
2. Alcester-Hudson	4:25.33
3. Oldham-Ramona/Rutland	4:26.47
4. Ipswich	4:26.88
5. Castlewood	4:28.73
6. Centerville	4:32.17
7. Corsica/Stickney	4:34.78
8. Frederick	4:37.68

Shot Put

1. Madison McLaughlin, 12	Wall	41'05.50"
2. Shekota Myer, 10	Ipswich	39'04.75"
3. Shelby Reed, 9	Estelline	38'07.25"
4. Haley Hinseth, 11	Irene-Wak.	36'06.50"
5. Mariah Nelson, 12	Mitchell Chr.	35'10.00"
6. Colene Cahoy, 12	Colome	35'08.75"
7. Jacklyn Jencks, 12	Arlington	35'05.75"
8. Sam Blake, 11	Centerville	35'01.00"

Discus Throw

1. Mariah Nelson, 12	Mitchell Chr	124'07"
2. Haley Hinseth, 11	Irene-Wakonda	117'04"
3. Anna Leloux, 11	Parker	116'10"
4. Ashley Robinson, 11	Hanson	116'05"
5. Sam Blake, 11	Centerville	112'08"
6. Leah Runge, 12	Wolsey-Wess.	110'06"
7. Collene Cahoy, 12	Colome	110'04"
8. Miranda Ristau, 9	Warner	109'08"

High Jump

1. Kelsey Kaufmann, 11	Arlington	5'06.25"
2. Samantha Knecht, 10	Faulkton Area	5'00.00"
3. Jackie Dethlefsen, 9	Corsica/Stickney	J5'00.00"
4. Sierra Svatos, 10	Andes Central	J5'00.00"
4. Megan Mutchler, 12	Newell	J5'00.00"
4. Kieran O'Malley, 10	Centerville	J5'00.00"
7. Jaime Tschetter, 11	Freeman Acad.	J5'00.00"
8. Taylor Trohkimoinen, 10	Newell	4'10.00"
8. Kelsey Poppen, 9	DeSmet	4'10.00"
8. Rachel Moser, 9	Corsica/Stickney	4'10.00"
8. Sara Friesen, 12	Freeman Acad.	4'10.00"
8. Trisha Koch, 12	New Underwood	4'10.00"

Long Jump

1. Carley Carper, 11	Old-Ram/Rutland	16'10.00"
2. Kalli Quicke, 11	Sunshine Bible	16'09.00"
3. Megan Sandmeier, 11	Eureka/Bowdle	16'04.50"
4. Kelsey Kaufman, 11	Arlington	16'01.50"
5. Trisha Koch, 12	New Underwood	15'11.50"
6. Kieran O'Malley, 10	Centerville	15'07.75"
7. Taylor Trohkimoinen, 10	Newell	15'06.00"
8. Kristen Longville, 9	Lake Preston	15'04.25"

Triple Jump

1. Megan Sandmeier, 11	Eureka/Bowdle	34'04.25"
2. Kelly Winckler, 10	Andes Central	33'09.00"
3. Hanna Braun, 11	Rosholt/Fairm ND	33'03.75"
4. Kieran O'Malley, 10	Centerville	33'02.25"
5. Holly Hamlin, 12	Highmore-Harrold	33'01.50"
6. Lexy Schenk, 11	Irene/Wakonda	32'11.75"
7. Kalli Quicke, 11	Sunshine Bible	32'11.00"
8. Julia Blue Arm, 9	Lemmon	32'07.00"

Pole Vault

1. Kami Elshere, 12	Faith	9'09.00"
2. Jessika Wager, 11	Gettysburg	9'06.00"
3. Kelsey Kaufmann, 11	Arlington	9'00.00"
3. Katelyn Kotalik, 11	Menno	9'00.00"
5. Tearnee Nelson, 10	Faith	J9'00.00"
6. Alana Gray, 11	Faith	8'06.00"
7. Megan Taylor, 11	Estelline	J8'06.00"
8. Kristi Pond, 8	Ipswich	J8'06.00"

J – denotes Judge's Decision

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

**43rd ANNUAL SOUTH DAKOTA STATE
GIRLS' TRACK & FIELD CHAMPIONSHIPS
Madison, Sioux Falls - May 27-28, 2011
Class "A"**

(Total number of participants: 468)

100 Meter Dash

1. Sami Galliger, 12	West Central	12.58
2. Sieneh Mulbah, 9	West Central	12.69
3. Kecia Minihan, 12	Canton	12.73
4. Sara Nelson, 12	South Central	12.94
5. Jessica McDonald, 12	Hill City	12.96
6. Courtney Trapp, 10	Milbank	13.07
7. Stachia Reuwsaat, 10	St. Thomas More	13.09
8. Marie Malloy, 11	Ethan/Parkston	13.52

200 Meter Dash

1. Sami Galliger, 12	West Central	25.65
2. Kecia Minihan, 12	Canton	25.92
3. Sieneh Mulbah, 9	West Central	26.18
4. Sara Nelson, 12	South Central	26.20
5. Keely Bertram, 9	Elk Point-Jefferson	26.54
6. Stacy Smidt, 9	SF Christian	26.68
7. Jessica McDonald, 12	Hill City	26.82
8. Taylor Neugebauer, 12	Custer	26.83

400 Meter Dash

1. Ashley Gruenwald, 12	Clark/Willow Lake	59.20
2. Lexi Finck, 10	Madison	59.35
3. Kala McDonald, 10	Hill City	59.88
4. Lindsey Montileaux, 12	Tea Area	1:00.26
5. Miranda Velgersdyk, 9	SF Christian	1:00.53
6. Cassidy Keller, 11	Mobridge-Pollock	1:00.84
7. Jessica McDonald, 12	Hill City	1:00.87
8. Tiara Gibson, 10	Deuel	1:01.65

800 Meter Run

1. Karley Konkol, 11	Custer	2:20.89
2. Ashley Gruenwald, 12	Clark/Willow Lake	2:24.40
3. Evelyn Klein, 10	Deubrook Area	2:24.44
4. Alyssa Maertz, 10	Great Plains Luth.	2:26.13
5. Emily Mammenga, 11	West Central	2:27.78
6. Shelby Stagner, 10	Lead-Deadwood	2:28.20
7. Katie McNeary, 11	Aberdeen Roncalli	2:29.41
8. Alexys Swedlund, 8	St. Thomas More	2:29.74

1,600 Meter Run

1. Karley Konkol, 11	Custer	5:19.63
2. Kelsey Barrett, 11	Britton-Hecla	5:20.41
3. Casandra Heumiller, 7	Mobridge-Pollock	5:25.87
4. Halie McMains, 7	Canton	5:29.60
5. Alyssa Maertz, 10	Great Plains Luth.	5:29.95
6. Mataya VanVoorst, 9	Canton	5:30.31
7. Blair Gilkyson, 10	Vermillion	5:33.47
8. Destiny Beautiful Bald Eagle, 8	Cheyenne-EB	5:34.18

3,200 Meter Run

1. Kelsey Barrett, 11	Britton-Hecla	11:19.58
2. Halie McMains, 7	Canton	11:46.92
3. Destiny Beautiful Bald Eagle, 8	Cheyenne-EB	12:05.99
4. Emily Hawkes, 8	Madison	12:06.97
5. Justine Vanzee, 10	SF Christian	12:14.23
6. Blair Gilkyson, 10	Vermillion	12:19.95
7. Rochelle Wynia, 11	Platte-Geddes	12:21.07
8. Josie Hereen, 7	Elk Point-Jeff.	12:23.11

100 Meter Int Hurdles

1. Katy Freidel, 12	St. Thomas More	15.36
2. Allie Macdonald, 11	West Central	15.58
3. Kelli Norrid, 12	Winner	15.67
4. Laura Blom, 11	Madison	15.81
5. Jessica Koupal, 12	Wagner	15.89
6. Cailyn Schreurs, 10	Harrisburg	16.07
7. Madi Kuehl, 9	West Central	16.39
8. Leandra Schlecht, 12	Great Plains Luth.	19.75

300 Meter Low Hurdles

1. Katy Freidel, 12	St. Thomas More	46.20
2. Kelli Norrid, 12	Winner	46.97
3. Lauren Hill, 10	Tea Area	47.56
4. Samantha McNeel, 10	Custer	47.87
5. Allie Macdonald, 11	West Central	47.87
6. Cailyn Schreurs, 10	Harrisburg	48.44
7. Kristin Rath, 12	Canton	48.49
8. Emma Steers, 10	Miller	49.68

4x100 Meter Relay

1. West Central	50.03
Sieneh Mulbah, 9; Allie Macdonald, 11 Alyssa Helvig, 10; Sami Galliger, 12	
2. Canton	51.12
3. St. Thomas More	51.56
4. Harrisburg	51.78
5. Milbank	51.96
6. Sioux Falls Christian	51.97
7. Hill City	52.03
8. Tri-Valley	52.12

4x200 Meter Relay

1. West Central	1:46.05
Sieneh Mulbah, 9; Shelby Sieverding, 11 Maty Skinner, 10; Sami Galliger, 12	
2. Sioux Falls Christian	1:47.26
3. Redfield/Doland	1:49.18
4. Elkton-Lake Benton	1:49.56
5. Winner	1:49.85
6. St. Thomas More	1:50.46
7. Madison	1:50.93
8. Ethan/Parkston	1:52.52

4x400 Meter Relay

1. Sioux Falls Christian	4:08.59
Naomi Reed, 10; Miranda Velgersdyk, 9 Stacy Smidt, 9; Kristen Stern, 9	
2. Elkton-Lake Benton	4:08.66
3. St. Thomas More	4:09.67
4. Winner	4:10.37
5. Custer	4:10.42
6. Canton	4:14.00
7. Madison	4:15.25
8. Clark/Willow Lake	4:25.47

4x800 Meter Relay

1. Aberdeen Roncalli	10:07.81
Mollee Karst, 10; Kendra Woytassek, 10 Katie McNeary, 11; Erica Carrels, 8	
2. West Central	10:10.45
3. Deubrook Area	10:11.84
4. Madison	10:16.18
5. Canton	10:17.36
6. Platte-Geddes	10:18.86
7. Sioux Falls Christian	10:19.26
8. Custer	10:21.20

1,600 Meter Sprint Medley

1. Clark/Willow Lake	4:18.42
Janelle Paulson, 10; Savannah Hovde, 11 Ashley Gruenwald, 12; Tess Johnson, 12	
2. Elkton-Lake Benton	4:27.68
3. Madison	4:28.15
4. South Central	4:29.90
5. Vermillion	4:31.10
6. Mobridge-Pollock	4:31.45
7. Deuel	4:32.68
8. Sioux Falls Christian	4:32.74

Shot Put

1. Kayla Lester, 11	Lead-Deadwood	40'02.25"
2. Danielle Waldner, 10	Redfield/Doland	39'05.50"
3. Jesse Parmely, 12	Miller	38'04.50"
4. Alexis Watts, 11	Miller	37'07.75"
5. Stephanie Fey, 12	Groton Area	37'04.50"
6. Marissa Whipple, 12	Baltic	37'02.75"
7. Allison Cross, 10	Tri-Valley	36'07.00"
8. Breanna Lende-Hanson, 10	Hill City	36'00.00"

Discus Throw

1. Kayla Lester, 11	Lead-Deadwood	122'00"
2. Maria Nightingale, 10	Kimball/White Lake	121'03"
3. Marissa Whipple, 12	Baltic	116'10"
4. Jeanie Nelson, 12	Clark/Willow Lake	116'05"
5. Sydney Mohr, 12	Custer	113'02"
6. Cassidy Wright, 10	Dell Rapids	112'04"
7. Danielle Waldner, 10	Redfield/Doland	110'07"
8. Mary Ginsbach, 10,	Hot Springs	109'01"

High Jump

1. Destinni Girton, 11	Platte-Geddes	5'03.00"
2. LaShawn Medicine Horn, 11	Wagner	5'02.00"
3. Kirsten Ustad, 12	Beresford	5'01.00"
4. Sarah Wuertz, 12	West Central	4'11.00"
4. Halie Mechels, 9	Lennox	4'11.00"
6. Kiara Vander Pol, 10	SF Christian	J4'11.00"
7. Sam Wiekamp, 10	Deuel	J4'11.00"
7. Shaneyl Nagel, 12	Winner	J4'11.00"

Long Jump

1. Tess Johnson, 12	Clark/Will. Lake	16'11.25"
2. Marie Malloy, 11	Ethan/Parkston	16'01.75"
3. Shannon Spurgin, 12	Madison	16'00.50"
4. Coley Stoller, 9	Madison	15'10.50"
5. Stachia Reuwsaat, 10	St. Thomas More	15'09.75"
6. Morgan Pageler, 10	Sisseton	15'09.50"
7. Janelle Paulson, 10	Clark/Will. Lake	15'06.00"
8. Tascha Donnelly, 12	Elk Point-Jeff.	15'05.25"

Triple Jump

1. Tess Johnson, 12	Clark/Will. Lake	36'06.75"
2. Coley Stoller, 9	Madison	35'04.75"
3. Ali Haines, 11	Kimball/Wh. Lake	34'07.75"
4. Jaicee Ulmer, 12	Canton	34'05.50"
5. Alison Klostergaard, 11	Beresford	34'00.00"
6. Tascha Donnelly, 12	Elk Point-Jeff.	33'07.75"
7. Maddie Vietor, 9	Dell Rapids	33'03.25"
8. Ashley Keller, 12	Webster Area	33'00.75"

Pole Vault

1. Jessica Koupal, 12	Wagner	10'06.00"
2. Kaylee Willard, 12	Belle Fourche	8'09.00"
3. Camy Kessler, 12	Sisseton	J8'09.00"
4. Lily Walker, 10	Belle Fourche	8'03.00"
5. Rachel Carlsen, 12	Aberdeen Roncalli	J8'03.00"
5. Leandra Schlecht, 12	Great Plains Luth.	J8'03.00"
7. Sydney Breen, 10	Wagner	J8'03.00"
8. Shannon Winthers, 9	Madison	7'09.00"
8. Brooke Horner, 12	Aberdeen Roncalli	7'09.00"
8. Mackenzie Huber, 10	Vermillion	7'09.00"

J – denotes Judge's Decision

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

**43rd ANNUAL SOUTH DAKOTA STATE
GIRLS' TRACK & FIELD CHAMPIONSHIPS
Brandon, Sioux Falls - May 27-28, 2011
Class "AA"**

(Total number of participants: 333)

100 Meter Dash

1. Kari Heck, 11	SF Washington	12.27
2. Brooke Ireland, 9	Sturgis Brown	12.66
3. Karissa Prpich, 10	RC Stevens	12.81
4. Ravan Kott, 10	SF Lincoln	12.93
5. Cara Groseth, 11	RC Stevens	12.97
6. Jessica Weber, 10	Aberdeen Central	12.98
7. Karlie Mueller, 11	SF Roosevelt	12.99
8. Ashley McDonald, 11	SF Roosevelt	13.02

200 Meter Dash

1. Kari Heck, 11	SF Washington	24.86
2. Brooke Ireland, 9	Sturgis Brown	25.76
3. Karissa Prpich, 10	RC Stevens	25.84
4. Charissa Etrheim, 11	Brandon Valley	26.41
5. Macy Denzer, 7	Watertown	26.49
6. Jessica Weber, 10	Aberdeen Central	27.06
7. Megan Farnham, 10	Mitchell	27.10
8. Alexa Suarez, 10	Brookings	27.67

400 Meter Dash

1. Kari Heck, 11	SF Washington	55.93
2. Darian Thompson, 12	Spearfish	56.32
3. Brooke Ireland, 9	Sturgis Brown	56.77
4. Charissa Etrheim, 11	Brandon Valley	59.90
5. Megan Farnham, 10	Mitchell	1:00.51
6. Lauren McCafferty, 10	Aberdeen Cent.	1:00.62
7. Lexi Weisbeck, 8	Aberdeen Cent.	1:01.84
8. Madison Lawlor, 10	RC Stevens	1:03.25

800 Meter Run

1. Emily Person, 8	RC Stevens	2:17.45
2. Sami Smith, 12	SF Washington	2:18.16
3. Darian Thompson, 12	Spearfish	2:18.18
4. Chandler Nielsen, 11	SF O'Gorman	2:19.11
5. Hannah Hearn, 9	RC Central	2:19.53
6. Whitlee Larson, 9	Yankton	2:20.04
7. Tia Hemiller, 11	Watertown	2:21.01
8. Kasey Presler, 12	Brandon Valley	2:21.71

1,600 Meter Run

1. Tamara Gorman, 9	RC Stevens	5:08.02
2. Kahlie Peterson, 9	Sturgis Brown	5:12.03
3. Emily Person, 8	RC Stevens	5:12.13
4. Alex Hess, 11	SF Roosevelt	5:14.12
5. Hannah Kastigar, 10	Aberdeen Cent.	5:14.62
6. Whitlee Larson, 9	Yankton	5:14.88
7. Madaleine Takahashi, 12	Sturgis Brown	5:16.62
8. Jenna Grossenburg, 11	Yankton	5:17.34

3,200 Meter Run

1. Tamara Gorman, 9	RC Stevens	11:13.60
2. Hannah Kastigar, 10	Aberdeen Cent.	11:19.34
3. Jenna Grossenburg, 11	Yankton	11:21.92
4. Leah Bolon, 12	SF Roosevelt	11:28.77
5. Kaija Nitz, 9	Brandon Valley	11:33.12
6. Savannah Childers, 9	Spearfish	11:36.36
7. Caitlin Gehner, 9	Spearfish	11:38.92
8. Courtney Neubert, 12	Aberdeen Cent.	11:39.61

100 Meter Int Hurdles

1. Tessa Gorsuch, 10	RC Central	14.64
2. Sierra Schepper, 12	RC Stevens	14.70
3. Molly Ervin, 12	SF Washington	15.54
4. Ashley Thompson, 10	RC Stevens	15.59
5. Kati Rath, 10	RC Stevens	15.61
6. Angie Dvorak, 12	Yankton	15.70
7. Jordyn Oostra, 9	RC Central	15.83
8. Bridget White, 9	Aberdeen Central	16.18

300 Meter Low Hurdles

1. Ashley Thompson, 10	RC Stevens	45.47
2. Jordyn Oostra, 9	RC Central	45.94
3. Sierra Schepper, 12	RC Stevens	46.31
4. MolLori Foltz, 11	Watertown	46.73
5. Jamie Ezslinger, 12	SF Lincoln	47.51
6. Molly Ervin, 12	SF Washington	48.25
7. Katie Rath, 10	RC Stevens	48.64
8. Chloe Cornemann, 11	Yankton	49.27

4x100 Meter Relay

1. Rapid City Stevens	49.80
Sierra Schepper, 12; Kacey Herrmann, 11 Cara Groseth, 11; Karissa Prpich, 10	
2. Rapid City Central	49.80
3. Watertown	50.21
4. Sioux Falls Lincoln	50.58
5. Sioux Falls Roosevelt	50.94
6. Brookings	51.01
7. Aberdeen Central	51.57
8. Sioux Falls Washington	51.66

4x200 Meter Relay

1. Rapid City Stevens	1:44.93
Kylee Nolan, 11; Kacey Herrmann, 11 Cara Groseth, 11; Karissa Prpich, 10	
2. Sioux Falls Washington	1:45.06
3. Brandon Valley	1:45.51
4. Watertown	1:46.75
5. Aberdeen Central	1:47.60
6. Sioux Falls Roosevelt	1:48.18
7. Brookings	1:48.30
8. Sioux Falls Lincoln	DQ

4x400 Meter Relay

1. Spearfish	4:01.69
Becca Scheetz, 12; Miranda Meeker, 10 Kelsey Lamb, 11; Darian Thompson, 12	
2. Sioux Falls Washington	4:02.33
3. Watertown	4:02.81
4. Sioux Falls Lincoln	4:05.89
5. Rapid City Central	4:07.02
6. Brookings	4:09.06
7. Rapid City Stevens	4:13.20
8. Brandon Valley	4:16.54

4x800 Meter Relay

1. Rapid City Stevens	9:30.87
Tamara Gorman, 9; Courtney Perrett, 9 Berkley Fierro, 9; Emily Person, 8	
2. Sturgis Brown	9:39.64
3. Sioux Falls Washington	9:43.08
4. Watertown	9:45.62
5. Rapid City Central	9:56.93
6. Brandon Valley	9:59.84
7. Sioux Falls Roosevelt	10:00.39
8. Sioux Falls Lincoln	10:01.66

1,600 Meter Sprint Medley

1. Watertown	4:15.03
Macy Denzer, 7; Molly Despiegler, 9 Abby Davis, 11; Tia Hemiller, 11	
2. Spearfish	4:16.46
3. Brandon Valley	4:17.14
4. Rapid City Stevens	4:18.30
5. Sioux Falls Lincoln	4:19.18
6. Sioux Falls Roosevelt	4:19.33
7. Sturgis Brown	4:20.23
8. Rapid City Central	4:27.12

Shot Put

1. McKenzie Johnson, 12	RC Central	45'02.00"
2. Kae Januschka, 12	SF O'Gorman	40'07.00"
3. Michaela Mayer, 9	SF Washington	40'01.50"
4. Cera Ledbetter, 10	SF Lincoln	38'11.00"
5. Maggie Opoka, 12	SF Washington	37'01.50"
6. Katelyn Stoltenburg, 12	Watertown	36'09.00"
7. Allison Koehn, 10	Brandon Valley	36'01.50"
8. Kaylee McMacken, 12	Brookings	35'09.00"

Discus Throw

1. Kae Januschka, 12	SF O'Gorman	132'03"
2. Allison Koehn, 10	Brandon Valley	127'03"
3. Cera Ledbetter, 10	SF Lincoln	123'06"
4. Michaela Mayer, 9	SF Washington	116'03"
5. Mikayla Whirlwind Horse, 11	SF Roosevelt	110'09"
6. Searra McLeod, 9	RC Central	110'03"
7. Katelyn Stoltenburg, 12	Watertown	109'10"
8. Liz Owen, 12	Sturgis Brown	105'09"

High Jump

1. Lauren Schad, 10	RC Central	5'04.00"
2. Collette Christensen, 9	RC Central	5'03.00"
3. Kelsey Fitzgerald, 10	Yankton	5'01.00"
4. Hannah Bohling, 8	Aberdeen Central	4'11.00"
4. Stacy Marlette, 12	SF Washington	4'11.00"
6. Emily Anderson, 12	Yankton	J4'11.00"
6. Sam Foley, 10	SF O'Gorman	J4'11.00"
8. Alexis Clark, 9	Aberdeen Central	4'09.00"
8. Jordan Three Stars, 9	RC Stevens	4'09.00"
8. Gena Burley, 11	Pierre Riggs	4'09.00"
8. Logan Amdahl, 11	Watertown	4'09.00"
8. Jenna Stephens, 12	RC Central	4'09.00"
8. Sierra Kloth, 10	SF O'Gorman	4'09.00"

Long Jump

1. Kari Heck, 11	SF Washington	18'07.50"
2. Alexis Gannon, 9	Brookings	18'01.25"
3. Allie Lahren, 11	SF Lincoln	17'10.50"
4. Abbey VanDenBerg, 12	SF O'Gorman	16'11.50"
5. Rachael Johnson, 12	Yankton	16'09.25"
6. Lindsey Sanftner, 12	Sturgis Brown	16'05.50"
7. Meghan Lambert, 12	SF Lincoln	16'04.00"
8. Kourtney Herrick, 10	Brandon Valley	16'03.25"

Triple Jump

1. Alexis Gannon, 9	Brookings	39'05.75"
2. Collette Christensen, 9	RC Central	37'05.50"
3. Ashley Thompson, 10	RC Stevens	37'01.50"
4. Allie Lahren, 11	SF Lincoln	37'00.00"
5. Jenna Stephens, 12	RC Central	36'04.50"
6. Kaylynn Erlandson, 11	Brandon Valley	35'09.00"
7. Abbey VanDenBerg, 12	SF O'Gorman	35'08.25"
8. Kaitlyn Hadley, 9	Brookings	35'01.00"

Pole Vault

1. Brittany Stangl, 11	Watertown	11'09.00"
2. Abbie Hohman, 12	SF Lincoln	10'09.00"
3. Courtney Crandall, 11	RC Central	10'03.00"
3. Logan Amdahl, 11	Watertown	10'03.00"
5. Emily VanLaecken, 11	Watertown	J10'03.00"
6. Alexis Clark, 9	Aberdeen Cent.	J10'03.00"
7. Ariana Arampatzis, 10	Aberdeen Cent.	9'09.00"
8. Tessa Musil, 10	Huron	J9'09.00"

J – denotes Judge's Decision

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

TEAM POINTS



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

CLASS "B" TEAM POINTS

1. Oldham-Ramona/Rutland	71	25. DeSmet	10.2
2. Rosholt/Fairmount ND	53	26. Wessington Springs	10
3. Freeman Academy	40.2	26. Castlewood	10
4. Ipswich	37	26. Faulkton Area	10
5. Estelline	34	29. Marion	9
6. Alcester-Hudson	33	29. Waverly-South Shore	9
7. Philip	32	31. James Valley Christian	8
8. Colman-Egan	31	31. Hitchcock-Tulare	8
9. Centerville	28	33. Colome	6
10. Arlington.....	22.5	33. Warner	6
11. Freeman	22	35. Menno.....	5.5
12. Gettysburg	21	36. Harding County	5
12. Irene-Wakonda	21	36. Hanson.....	5
14. Parker.....	19	38. New Underwood.....	4.2
14. Mitchell Christian	19	39. Highmore-Harrold	4
16. Faith.....	17	40. Northwestern	3
17. Kadoka Area	16	40. Herreid/Selby Area	3
17. Sunshine Bible Academy.....	16	40. Dell Rapids St. Mary	3
17. Eureka/Bowdle	16	40. Tripp-Delmont/Armour	3
20. Newell	14.2	40. Wolsey-Wessington.....	3
21. Corsica/Stickney	13.2	45. Lemmon.....	2
22. Andes Central	12	46. Lake Preston	1
22. Wall	12	46. Scotland	1
24. Dakota Christian	11	46. Frederick.....	1

TEAM POINTS



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

CLASS "A" TEAM POINTS

1. West Central.....	83.5	21. Miller.....	12
2. Clark/Willow Lake.....	56	21. Mobridge-Pollock.....	12
3. Madison.....	52.33	21. Deubrook Area.....	12
4. Canton.....	52	24. Harrisburg.....	11
5. St. Thomas More.....	42	24. Tea Area.....	11
6. Sioux Falls Christian.....	38	26. Ethan/Parkston.....	10
7. Custer.....	35	26. Beresford.....	10
8. Winner.....	24.5	28. Vermillion.....	9.33
9. Wagner.....	24	29. Sisseton.....	9
10. Lead-Deadwood.....	23	29. Elk Point-Jefferson.....	9
11. Elkton-Lake Benton.....	21	29. Baltic.....	9
12. Britton-Hecla.....	18	32. Milbank.....	7
13. Hill City.....	17	32. Cheyenne-Eagle Butte.....	7
14. Redfield/Doland.....	16	34. Dell Rapids.....	5
15. Aberdeen Roncalli.....	15.83	35. Lennox.....	4.5
16. South Central.....	15	35. Deuel.....	4.5
16. Platte-Geddes.....	15	37. Groton Area.....	4
18. Kimball/White Lake.....	14	38. Tri-Valley.....	3
19. Great Plains Lutheran.....	13.5	39. Webster Area.....	1
20. Belle Fourche.....	13	39. Hot Springs.....	1

TEAM POINTS



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

CLASS "AA" TEAM POINTS

1. Rapid City Stevens	131.16	9. Spearfish	37
2. Sioux Falls Washington.....	98.5	10. Sioux Falls O’Gorman.....	32.66
3. Rapid City Central.....	89.66	11. Yankton	29.5
4. Watertown	67.66	12. Sioux Falls Roosevelt	29
5. Sioux Falls Lincoln.....	56	13. Brookings	28
6. Sturgis Brown.....	46	14. Mitchell.....	6
7. Brandon Valley.....	45	15. Huron.....	1
8. Aberdeen Central.....	40.66	16. Pierre Riggs	0.16

“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.

2011 GIRLS’ GOLD MEDAL RECIPIENTS

100 Meter Dash	Kari Heck-11	Sioux Falls Washington	12.27
200 Meter Dash	Kari Heck-11	Sioux Falls Washington	24.86
400 Meter Dash	Kari Heck-11	Sioux Falls Washington	55.93
800 Meter Run	Emily Person-8	Rapid City Stevens	2:17.45
1,600 Meter Run	Tamara Gorman-9	Rapid City Stevens	5:08.02
3,200 Meter Run	Tamara Gorman-9	Rapid City Stevens	11:13.60
100 Meter Int Hurdles	Tessa Gorsuch-10	Rapid City Central	14.64
300 Meter Low Hurdles	Ashley Thompson-10	Rapid City Stevens	45.47
4x100 Meter Relay	Rapid City Stevens Sierra Schepper, 12; Kacey Herrmann, 11 Cara Groseth, 11; Karissa Prpich, 10		49.36
4x200 Meter Relay	Rapid City Stevens Kylee Nolan, 11; Kacey Herrmann, 11 Cara Groseth, 11; Karissa Prpich, 10		1:44.93
4x400 Meter Relay	Spearfish Becca Scheetz, 12; Miranda Meeker, 10 Kelsey Lamb, 11; Darian Thompson, 12		4:01.69
4x800 Meter Relay	Rapid City Stevens Tamara Gorman, 9; Courtney Perrett, 9 Berkley Fierro, 9; Emily Person 8		9:30.87
Sprint Medley Relay	Watertown Macy Denzer, 7; Molly Despiegler, 9 Abby Davis, 11; Tia Hemiller, 11		4:15.03
Shot Put	McKenzie Johnson-12	Rapid City Central	45’02.00”
Discus Throw	Kae Januschka-12	Sioux Falls O’Gorman	132’03”
High Jump	Kelsey Kaufmann-11	Arlington	5’06.25”
Long Jump	Kari Heck-11	Sioux Falls Washington	18’07.50”
Triple Jump	Alexis Gannon-9	Brookings	39’05.75”
Pole Vault	Brittany Stangl-11	Watertown	11’09.00”

GIRLS' "GOLD MEDAL" HONOR ROLL

Most Individual Medals - One Year

Four Awards

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

Three Awards

Amber Abrams, RC Central - Class "AA" (100m Dash, 200m Dash, 4 x 100m Relay - 1998)
Jodi Bowne, Elkton - Class "B" (100m Dash, 200m Dash, 400m Dash - 1992)
Leslie Brost, Watertown – Class "AA" (4 x 200m Relay, 4 x 400m Relay, Pole Vault – 2008)
Allison Eckert, SF Roosevelt – Class "AA" (800m Run, 1600m Run, 3200m Run – 2006)
Brittany Garner, RC Stevens – Class "AA" (100m Dash, 200m Dash, 4 x 100m Relay – 2004)
Brittany Garner, RC Stevens – Class "AA" (200m Dash, 400m Dash, 4 x 400m Relay – 2006)
Sara Gill, RC Central - Class "AA" (4 x 100m Relay, 4 x 200m Relay, 4 x 400m Relay – 1992)
Tamara Gorman, RC Stevens – Class "AA" (1600m Run, 3200m Run, 4 x 800m Relay – 2011)
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, 2011; 4 x 200m Relay - 1987, 1988, 2005, 2010, 2011; 4 x 400m Relay - 2000, 2001, 2002, 2003, 2004, 2006, 2010; 4 x 800m Relay - 1997, 1999, 2000, 2001, 2002, 2004, 2011; Sprint Medley - 2010
 SF Lincoln - 4 x 400m Relay - 1986, 1987; Medley Relay - 2003;
 SF O’Gorman - 4 x 100m Relay - 1993; 4 x 800m Relay - 1987; Medley Relay - 1994, 1997;
 SF Roosevelt - 4 x 200m Relay - 2001, 2007, 2009; Medley Relay - 2004, 2005; 4 x 800m Relay - 2007;
 SF Washington - Medley Relay - 1986, 1987, 2009; 4 x 400m Relay - 2009
 Spearfish - 4 x 100m Relay - 1994, 1997; 4 x 200m Relay - 1994; 4 x 400m Relay - 2011
 Sturgis - 4 x 100m Relay - 1990; Medley Relay - 2007; 4 x 800m Relay - 2010;
 West Central - 4 x 200m Relay - 2004;
 Watertown - 4 x 200m Relay - 1989, 2006, 2008; 4 x 400 m Relay - 2005, 2007, 2008; 4 x 800m Relay - 1995;
 Medley Relay - 1990, 1991, 1993, 1999, 2011;
 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 x 400m Relay - 2006)

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

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

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)
Tamara Gorman, RC Stevens – Class "AA" (1600m Run – 2011; 3200m Run – 2011; 4 x 800 Relay – 2011)
Kayla Gosnell, RC Stevens – Class "AA" (4 x 100m Relay – 2004, 2006, 2007)
Cara Groseth, RC Stevens – Class "AA" (4 x 200m Relay – 2010, 2011; 4 x 100m Relay – 2011)

Cariss Hauck, Watertown – Class “AA” (4 x 200m Relay – 2006; 4 x 400m Relay – 2005, 2007)
Kacey Herrmann, RC Stevens – Class “AA” (Medley Relay – 2010; 4 x 100m Relay – 2011; 4 x 200m Relay – 2011)
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)
Kylee Nolan, RC Stevens – Class “AA” (4 x 400m Relay – 2010; Medley Relay – 2010; 4 x 200m Relay - 2011)
Ramsee Pagel, RC Stevens – Class “AA” (4 x 400m Relay – 2000, 2001, 2002)
Mallory Peck, SF O’Gorman – Class “AA” (Pole Vault – 2004, 2005; Triple Jump – 2005)
Karissa Prpich, RC Stevens – Class “AA” (4 x 200m Relay – 2010, 2011; 4 x 100m Relay – 2011)
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 seconds of the hand held time will also be recorded as a state record. Both times will be recorded until the fully automatic time is actually faster than the recorded hand held time.

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

* Indicates Hand Held Time

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

GIRLS' CLASS "B" RECORDS

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

100 Meter Dash	2009	Carly Carper, Oldham-Ramona/Rutland	11.98
200 Meter Dash	2009	Carly Carper, Oldham-Ramona/Rutland	24.85
400 Meter Dash	2003	Andrea Warnke, Bonesteel-Fairfax	56.46
800 Meter Run	2003	Andrea Warnke, Bonesteel-Fairfax	2:15.24
1600 Meter Run	2003	Melinda Zirbel, Summit	5:04.51
3200 Meter Run	2003	Melinda Zirbel, Summit	11:02.24
100 Meter Hurdles (33")	1996	Rhonda Sheffield, Highmore	14.80
300 Meter Low Hurdles	1996	Rhonda Sheffield, Highmore	44.63
4 x 100 Meter Relay	2011	Oldham-Ramona/Rutland Olson, Thurow, Hagemann, Carper	49.93
4 x 200 Meter Relay	2009	Rosholt/Fairmount, ND Heesch, Meyer, Ca. Anderson, Co. Anderson	1:44.88
4 x 400 Meter Relay	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	2011	Kelsey Kaufmann, Arlington	5'06.25"
Long Jump	2009	Christy Schultz, RC Christian	18'09.50"
Triple Jump	1994	Michelle Mellegaard, Bridgewater	38'06.50"
Pole Vault	2009 2009	Calley Worth, Gettysburg Brigitte Gross, Hanson	11'03.00"

* 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 "A" RECORDS

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

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

* Indicates State Record

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

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

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

* Indicates State Record

** Indicates Hand Held Time

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

Girls' Class "A" Track - Three Class System

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

Girls' Class "AA" Track - Three Class System

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