

**45th ANNUAL SOUTH DAKOTA STATE
GIRLS' TRACK & FIELD CHAMPIONSHIPS**

Sioux Falls – May 24-25, 2013

Class "B"

(Total Participants: 397)

100 Meter Dash

1 Stotz, Sierra	11 Eureka/Bowdle	12.71
2 Mettler, Kristie	12 Timber Lake	12.72
3 Mogck, Christy	12 Scotland	12.73
4 Bradford, Bailey	9 Sully Buttes	12.88
5 Heinz, Angela	9 Ipswich	13.05
6 Heinz, Tara	10 Ipswich	13.14
7 Zuccaro, Ariana	12 James Valley Christian	13.23
8 Buse, Cassidy	11 Canistota	13.24

200 Meter Dash

1 Stotz, Sierra	11 Eureka/Bowdle	26.79
2 Olson, Brittany	10 Parker	26.96
3 Mogck, Christy	12 Scotland	27.26
4 Olson, BreeAna	12 Oldham-Ramona/Rutland	27.35
5 Heyn, Sara	10 Chester Area	27.40
6 Heinz, Angela	9 Ipswich	27.52
7 Waldera, Tayah	8 Hanson	27.82
8 Wegh, Jessica	12 Alcester-Hudson	27.89

400 Meter Dash

1 Heinz, Macy	8 Ipswich	58.56
2 Sebern, Allison	9 South Central	59.84
3 Wegh, Jessica	12 Alcester-Hudson	1:00.54
4 Roth, Cailey	10 Freeman	1:00.62
5 Wientjes, Remi	11 Sully Buttes	1:00.88
6 Olson, Daylee	10 Arlington	1:01.63
7 Olson, Brittany	10 Parker	1:01.71
8 Nagel, Cheylee	7 Avon	1:03.17

800 Meter Run

1 Heinz, Macy	8 Ipswich	2:16.89
2 Roth, Cailey	10 Freeman	2:20.70
3 Strait, Lindsey	12 Castlewood	2:20.77
4 Maertz, Alyssa	12 Great Plains Lutheran	2:27.00
5 Bladow, Courtney	10 Warner	2:27.62
6 Wieseler, Sierra	8 Potter County	2:27.75
7 Sebern, Allison	9 South Central	2:27.92
8 Buxcel, Rachel	10 Jones County	2:27.98

1600 Meter Run

1 Heinz, Macy	8 Ipswich	5:14.58
2 Clark, Genevieve	9 Gayville-Volin	5:20.01
3 Strait, Haley	10 Castlewood	5:21.99
4 Roth, Cailey	10 Freeman	5:26.38
5 Nelson, Laura	8 Gayville-Volin	5:27.04
6 Gross, Charley	12 James Valley Christian	5:30.60
7 Moore, Tori	10 Ipswich	5:31.87
8 Sampson, Janae	11 Arlington	5:32.02

3200 Meter Run

1 Moore, Tori	10 Ipswich	11:22.49
2 Clark, Genevieve	9 Gayville-Volin	11:26.21
3 Nelson, Laura	8 Gayville-Volin	11:46.29
4 Loken, Taylor	10 Ipswich	11:54.92
5 Eberts, Rebecca	9 Freeman	12:00.32
6 Sampson, Janae	11 Arlington	12:12.01
7 Huntley, Savannah	10 RC Christian	12:24.84
8 Flatt, Hannah	8 Potter County	12:33.48

100 Meter Hurdles

1 Sokolowski, Lauren	10 Irene-Wakonda	15.32
2 Olson, BreeAna	12 Oldham-Ramona/Rutland	15.56
3 Lee, Kelsey	10 Faulkton Area	15.91
4 Dethlefsen, Jackie	11 Corsica/Stickney	16.27
5 Trohkimoinen, Taylor	12 Newell	16.32
6 Blue Arm, Julia	11 Lemmon	16.74
7 Williamson, Tera	9 Newell	16.81
8 Nelson, Trissa	11 Warner	17.16

300 Meter Hurdles

1 Olson, BreeAna	12 Oldham-Ramona/Rutland	47.09
2 Lee, Kelsey	10 Faulkton Area	48.51
3 Trohkimoinen, Taylor	12 Newell	48.89
4 Sokolowski, Lauren	10 Irene-Wakonda	49.02
5 Wimer, Haili	11 Leola	49.07
6 Gross, Charley	12 James Valley Christian	49.58
7 Wolkow, Alex	10 De Smet	49.85
8 Blue Arm, Julia	11 Lemmon	51.65

4x100 Meter Relay

1 Sully Buttes		51.58
1) Bradford, Bailey 9	2) Jost, Carly 12	
3) Stahl, Karlea 11	4) Wientjes, Remi 11	
2 Ipswich		51.66
3 Parker		52.21
4 Irene-Wakonda		52.52
5 Hanson		53.06
6 Corsica/Stickney		53.45
7 Scotland		53.55
8 Colman-Egan		53.79

4x200 Meter Relay

1 Parker		1:47.23
1) Hay, Morgan 11	2) Smith, Jenny 10	
3) Olson, Brittany 10	4) Weeldreyer, Tessa 12	
2 Sully Buttes		1:48.55
3 Ipswich		1:49.61
4 Arlington		1:51.23
5 Chester Area		1:51.36
6 Avon		1:52.32
7 Irene-Wakonda		1:52.46
8 Jones County		1:55.94

4x400 Meter Relay

1 Parker		4:12.23
1) Hay, Morgan 11	2) Smith, Jenny 10	
3) Weeldreyer, Tessa 12	4) Olson, Brittany 10	
2 Arlington		4:13.47
3 Great Plains Lutheran		4:15.71
4 Sully Buttes		4:19.32
5 Castlewood		4:19.66
6 James Valley Christian		4:24.71
7 Jones County		4:28.64
- Newell		DQ

4x800 Meter Relay

1 Ipswich		9:58.37
1) Gauer, Maci 11	2) Heinz, Macy 8	
3) Loken, Taylor 10	4) Moore, Tori 10	
2 Castlewood		10:07.84
3 Arlington		10:20.00
4 South Central		10:20.85
5 James Valley Christian		10:27.30
6 Gayville-Volin		10:28.73
7 Herreid/Selby Area		10:30.91
8 Newell		10:36.55

1600 Sprint Medley

1 Castlewood		4:20.84
1) Wilde, Daina 9	2) Bruinsma, Brooke 8	
3) Strait, Haley 10	4) Strait, Lindsey 12	
2 Eureka/Bowdle		4:27.58
3 Gayville-Volin		4:29.71
4 Estelline		4:31.77
5 Arlington		4:34.33
6 Wessington Springs		4:40.70
7 Northwestern		4:44.79
8 Avon		4:46.53

Shot Put

1 Myer, Shekota	12 Ipswich	40-00.00
2 Huntimer, Maria	11 De Smet	39-05.25
3 Poppen, Amanda	12 De Smet	38-11.50
4 Phillips, Hannah	12 Harding County	38-04.00
5 Loban, Jaclyn	12 James Valley Chr	38-02.50
6 Martin, Brenna	12 Sully Buttes	36-10.75
7 Skorepa, Carley	10 Scotland	36-10.00
8 Reed, Shelby	11 Estelline	36-09.75

Discus Throw

1 Phillips, Hannah	12 Harding County	137-06
2 Myer, Shekota	12 Ipswich	125-03
3 Kienow, Madison	12 Ipswich	123-02
4 Skorepa, Carley	10 Scotland	117-09
5 Poppen, Amanda	12 De Smet	117-08
6 Nightingale, Maria	12 Kimball/White Lake	116-00
7 Ristau, Miranda	11 Warner	112-01
8 Sargent, Ansley	11 Ipswich	111-00

High Jump

1	Dethlefsen, Jackie	11	Corsica/Stickney	5-04.00
2	Biel, Haylee	11	Herreid/Selby Area	5-03.00
3	Johnnaneson, Payton	10	Andes Central	4-11.00
3	Poppen, Kelsey	11	De Smet	4-11.00
5	Sokolowski, Andrea	9	Irene-Wakonda	J4-11.00
6	Bergquist, Brittany	9	Wolsey-Wessington	J4-11.00
7	Herlyn, Hannah	9	Parker	4-09.00
7	Svatos, Sierra	12	Andes Central	4-09.00

Long Jump

1	Mettler, Kristie	12	Timber Lake	16-08.25
2	Trohkimoinen, Taylor	12	Newell	16-07.00
3	Heyn, Sara	10	Chester Area	16-00.00
4	Schroeder, Katlyn	10	Hanson	15-09.50
5	Hughes, Kylie	12	Marion	15-08.00
6	Logan, Sydney	12	Potter County	J15-08.00
7	O'Malley, Kieran	12	Centerville	15-07.50
8	Olson, BreeAna	12	Oldham-Ramona/Rutland	15-06.75

Triple Jump

1	Mettler, Kristie	12	Timber Lake	34-08.00
2	Stugelmeyer, Sierra	11	Harding County	33-10.25
3	Jungwirth, Shaye	10	Potter County	33-04.25
4	Haines, Ivy	9	Kimball/White Lake	32-09.50
5	O'Malley, Kieran	12	Centerville	32-07.50
6	Logan, Sydney	12	Potter County	32-03.00
7	Lester, Tessa	12	Colome	32-02.25
8	Hughes, Kylie	12	Marion	31-11.00

Pole Vault

1	Pitz, Autumn	9	Ipswich	10-00.00
2	Froelich, Haley	12	Lemmon	8-06.00
2	Nelson, Tearnee	12	Faith	8-06.00
4	Bjorklund, Lizzy	11	Estelline	J8-06.00
5	Pinney, Cheyenne	8	Philip	8-00.00
5	Herrboldt, Christina	11	Menno	8-00.00
7	Brewer-Nysven, Rainy	11	Irene-Wakonda	J8-00.00

**45th ANNUAL SOUTH DAKOTA STATE
GIRLS' TRACK & FIELD CHAMPIONSHIPS
Lennox & Sioux Falls – May 24-25, 2013
Class "A"
(Total Participants: 425)**

100 Meter Dash

1	Reuwsaat, Stachia	12	St. Thomas More	12.14
2	Smidt, Stacy	11	SF Christian	12.43
3	Jones, Kassi	9	Britton-Hecla	12.45
4	Paulson, Janelle	12	Clark/Willow Lake	12.85
5	VanDeBerg, Mara	10	Garretson	12.87
6	Kahnke, Emily	11	Florence/Henry	12.87
7	Trapp, Courtney	12	Milbank	13.00
8	Howell, Shayla	7	Belle Fourche	13.16

200 Meter Dash

1	Reuwsaat, Stachia	12	St. Thomas More	26.12
2	Jones, Kassi	9	Britton-Hecla	26.37
3	McDonald, Kala	12	Hill City	26.42
4	Stephens, Dabrisha	10	Elkton-Lake Benton	26.59
5	Bertram, Keely	11	Elk Point-Jefferson	26.65
6	Velgersdyk, Miranda	11	SF Christian	26.90
7	VanDeBerg, Mara	10	Garretson	27.31

400 Meter Dash

1	McDonald, Kala	12	Hill City	58.82
2	Gibson, Tiara	12	Deuel	59.22
3	Velgersdyk, Miranda	11	SF Christian	59.44
4	Swedlund, Alexys	10	St. Thomas More	59.81
5	Klein, Evelyn	12	Deubrook Area	59.88
6	Stephens, Dabrisha	10	Elkton-Lake Benton	1:00.31
7	Rud, Olivia	7	Madison	1:00.72
8	Sommers, Paige	11	Aberdeen Roncalli	1:02.39

800 Meter Run

1	Glazier, Tori	7	Custer	2:17.54
2	Cooper, Jasmyne	7	Harrisburg	2:20.90
3	Klein, Evelyn	12	Deubrook Area	2:21.28
4	Lohan, Taylor	12	Canton	2:21.36
5	Gehner, Caitlin	11	Spearfish	2:22.61
6	Dahlstrom, Victoria	12	Custer	2:25.74
7	Gibson, Tiara	12	Deuel	2:26.18
8	Fenske, Madison	9	St. Thomas More	2:26.40

1600 Meter Run

1	Glazier, Tori	7	Custer	5:14.84
2	Childers, Savannah	11	Spearfish	5:15.42
3	Streff, Hailey	8	Madison	5:17.54
4	Schmidt, Nicolette	8	Redfield/Doland	5:18.38
5	Blain, Gretchen	8	Spearfish	5:19.82
6	Lavin, Maddie	7	Vermillion	5:20.50
7	Hawkes, Emily	10	Madison	5:21.28
8	Schenk, Meagan	9	Harrisburg	5:22.00

3200 Meter Run

1 Hawkes, Emily	10 Madison	11:14.60
2 Childers, Savannah	11 Spearfish	11:26.18
3 Streff, Hailey	8 Madison	11:31.12
4 Blain, Gretchen	8 Spearfish	11:32.80
5 Schmidt, Nicolette	8 Redfield/Doland	11:38.86
6 Bainbridge, Maisey	8 Lennox	11:41.09
7 Lavin, Maddie	7 Vermillion	11:42.75
8 Prouty, Mikayla	10 Clark/Willow Lake	11:45.59

100 Meter Hurdles

1 Bruggeman, Haley	10 Harrisburg	15.10
2 White, Corby	12 St. Thomas More	15.16
3 Zomermaand, Shelby	9 SF Christian	15.28
4 Schreurs, Cailyn	12 Harrisburg	15.47
5 Oostra, Jordyn	11 SF Christian	15.61
6 White, Avery	10 St. Thomas More	15.74
7 Kuehl, Madison	11 West Central	15.75
8 Steers, Emma	12 Miller	18.67

300 Meter Hurdles

1 White, Corby	12 St. Thomas More	45.38
2 Oostra, Jordyn	11 SF Christian	45.71
3 Schreurs, Cailyn	12 Harrisburg	46.42
4 Zomermaand, Shelby	9 SF Christian	46.77
5 Hill, Lauren	12 Tea Area	46.89
6 Bruggeman, Haley	10 Harrisburg	47.20
7 White, Avery	10 St. Thomas More	47.52
8 Duffy, Shannon	9 St. Thomas More	48.74

4x100 Meter Relay

1 St. Thomas More	50.44
1) White, Avery 10	2) Carlson, Delaney 9
3) Eckrich, Carolyn 8	4) Reuwsaat, Stachia 12
2 West Central	50.89
3 Madison	52.06
4 Harrisburg	52.35
5 Florence/Henry	52.45
6 Spearfish	52.86
7 Sioux Falls Christian	56.29
- Canton	DQ

4x200 Meter Relay

1 Sioux Falls Christian	1:44.26
1) Koth, Kara 11	2) Stern, Kristin 11
3) Smidt, Stacy 11	4) Velgersdyk, Miranda 11
2 St. Thomas More	1:47.18
3 West Central	1:48.58
4 Lead-Deadwood	1:50.11
5 Elkton-Lake Benton	1:50.13
6 Dakota Valley	1:50.25
7 Harrisburg	1:51.52
8 Bon Homme	1:52.01

4x400 Meter Relay

1	Sioux Falls Christian	4:01.25
	1) Koth, Kara 11	2) Stern, Kristin 11
	3) Oostra, Jordyn 11	4) Velgersdyk, Miranda 11
2	St. Thomas More	4:03.10
3	Custer	4:08.04
4	Hill City	4:08.18
5	Harrisburg	4:10.89
6	Madison	4:12.06
7	Spearfish	4:12.63
8	Aberdeen Roncalli	4:13.06

4x800 Meter Relay

1	Spearfish	9:40.85
	1) Dittman, Shelby 9	2) Gehner, Caitlin 11
	3) Reid, Elise 12	4) Childers, Savannah 11
2	Madison	9:49.13
3	Harrisburg	9:51.23
4	St. Thomas More	9:56.57
5	Canton	10:05.05
6	West Central	10:08.04
7	Custer	10:08.82
8	Platte-Geddes	10:10.69

1600 Sprint Medley

1	Dakota Valley	4:19.86
	1) Mennenga, Mckenzie 9	2) Pfaffle, Morganne 11
	3) Bohan, Sara 9	4) Gray, Madison 8
2	Sioux Falls Christian	4:21.64
3	Spearfish	4:25.14
4	Elk Point-Jefferson	4:27.23
5	Lead-Deadwood	4:27.57
6	Aberdeen Roncalli	4:27.63
7	St. Thomas More	4:28.74
8	Vermillion	4:29.39

Shot Put

1	Waldner, Danielle	12 Redfield/Doland	45-04.00
2	Cross, Allison	12 Tri-Valley	40-10.75
3	Wright, Cassidy	12 Dell Rapids	40-05.50
4	Huber, Mackenzie	10 Clark/Willow Lake	39-07.50
5	Martin, Kylie	12 Dakota Valley	38-07.50
6	McKelvey, Hannah	12 Beresford	37-07.50
7	Dockter, Abby	12 Aberdeen Roncalli	37-06.00
8	Walter, Allie	11 Baltic	36-11.50

Discus Throw

1	Gemar, Stephanie	11 Mobridge-Pollock	148-02
2	Cross, Allison	12 Tri-Valley	122-05
3	Wright, Cassidy	12 Dell Rapids	121-09
4	Huber, Mackenzie	10 Clark/Willow Lake	119-04
5	Bullert, Breanna	11 Webster Area	118-00
6	Bell, Kalli	11 Clark/Willow Lake	111-10
7	Lundstrom, Atlanta	12 Canton	110-10
8	Schuster, Erica	12 Groton Area	109-00

High Jump

1 Christiansen, Abby	10 Madison	5-03.00
2 Atkins, Ellie	12 Baltic	5-01.00
2 Johnson, Emma	10 Tri-Valley	5-01.00
4 Wiekamp, Sam	12 Deuel	J5-01.00
5 Schreurs, Cailyn	12 Harrisburg	J5-01.00
6 VanderPol, Kiara	12 SF Christian	J5-01.00
6 Duffy, Shannon	9 St. Thomas More	J5-01.00
8 Klinger, Kirsten	12 Lennox	J5-01.00
8 Kratovil, Taylor	11 Bennett County	J5-01.00
8 Mack, Mo	12 Custer	J5-01.00

Long Jump

1 Reuwsaat, Stachia	12 St. Thomas More	18-09.50
2 Koth, Kara	11 SF Christian	17-09.00
3 Stoller, Coley	11 Madison	17-02.50
4 Klein, Evelyn	12 Deubrook Area	17-01.25
5 Trapp, Courtney	12 Milbank	17-00.50
6 McNeel, Samantha	12 Custer	17-00.00
7 Paulson, Janelle	12 Clark/Willow Lake	16-11.00
8 Vietor, Maddie	11 Dell Rapids	16-08.25

Triple Jump

1 Stoller, Coley	11 Madison	36-07.75
2 Klein, Evelyn	12 Deubrook Area	35-06.00
3 Lamer, Kamberlyn	10 Tri-Valley	35-04.50
4 Zylstra, Justine	10 Canton	35-03.00
5 Vietor, Maddie	11 Dell Rapids	35-00.00
6 VanDeStroet, Janet	12 Canton	34-09.25
7 Mentzer, Jamie	10 Miller	34-05.75
8 Paulson, Janelle	12 Clark/Willow Lake	33-08.00

Pole Vault

1 Brooks, Allison	10 SF Christian	9-09.00
2 Gehner, Caitlin	11 Spearfish	J9-09.00
3 Huber, Mackenzie	12 Vermillion	8-09.00
4 Breen, Sydney	12 Wagner	J8-09.00
5 McAllister, Morgan	9 Bon Homme	8-03.00
5 Riley, Hannah	10 Spearfish	8-03.00
7 Schwebach, Ashley	11 Madison	7-09.00
7 Johnson, Stephanie	12 Belle Fourche	7-09.00
7 Frewaldt, Morgan	11 Garretson	7-09.00

**45th ANNUAL SOUTH DAKOTA STATE
GIRLS' TRACK & FIELD CHAMPIONSHIPS
Brandon & Sioux Falls – May 24-25, 2013
Class "AA"
(Total Participants: 359)**

100 Meter Dash

1 Dowling, Cortney	9 Pierre T.F. Riggs	12.39
2 Ireland, Brooke	11 Sturgis Brown	12.42
3 Denzer, Macy	9 Watertown	12.55
4 Klapperich, Alaina	10 RC Central	12.64
5 DeWitt, Callie	8 SF O'Gorman	12.69
6 Kott, Ravan	12 SF Lincoln	12.71
7 Titus-Baer, Kyerra	12 Douglas	12.73
8 Weber, Jessica	12 Aberdeen Central	13.01

200 Meter Dash

1 Dowling, Cortney	9 Pierre T.F. Riggs	25.56
2 Ireland, Brooke	11 Sturgis Brown	25.99
3 Kott, Ravan	12 SF Lincoln	26.18
4 Denzer, Macy	9 Watertown	26.60
5 DeWitt, Callie	8 SF O'Gorman	26.81
6 Murray, Savannah	11 SF Lincoln	27.17
7 Russman, Madison	9 Aberdeen Central	27.29
8 Lyle, Olivia	9 Sturgis Brown	27.29

400 Meter Dash

1 Ireland, Brooke	11 Sturgis Brown	55.88
2 Dowling, Cortney	9 Pierre T.F. Riggs	57.83
3 Denzer, Macy	9 Watertown	58.46
4 DeVos, Brooke	10 SF Roosevelt	58.57
5 Tingle, Tiara	11 Brandon Valley	59.76
6 Tschappat, Ashley	11 SF Washington	1:00.01
7 Schmidt, Emma	11 Mitchell	1:00.01
8 Leong, Eileen	11 Pierre T.F. Riggs	1:02.36

800 Meter Run

1 Kastigar, Hannah	12 Aberdeen Central	2:16.95
2 Ireland, Brooke	11 Sturgis Brown	2:17.01
3 Dykstra, Renae	11 RC Stevens	2:18.49
4 DeVos, Brooke	10 SF Roosevelt	2:19.04
5 Person, Emily	10 RC Stevens	2:19.14
6 Weisbeck, Lexi	10 Aberdeen Central	2:20.36
7 Schweiss, Jamie	9 RC Stevens	2:20.48
8 Larson, Whitlee	11 Yankton	2:20.52

1600 Meter Run

1 Kastigar, Hannah	12 Aberdeen Central	5:06.51
2 Gorman, Tamara	11 RC Stevens	5:08.69
3 Waterfall, Haylee	7 Brandon Valley	5:17.48
4 Berzonsky, Emily	10 Brookings	5:17.83
5 Kearney, Kelsi	8 SF Washington	5:19.37
6 Green, Alli	9 Sturgis Brown	5:21.76
7 Straatmeyer, Adeline	11 RC Central	5:22.71
8 Schweiss, Jamie	9 RC Stevens	5:23.10

3200 Meter Run

1 Gorman, Tamara	11 RC Stevens	10:53.84
2 Kastigar, Hannah	12 Aberdeen Central	11:01.57
3 Kruse, Annie	11 Yankton	11:08.24
4 Berzonsky, Emily	10 Brookings	11:09.42
5 Green, Alli	9 Sturgis Brown	11:10.16
6 Burgess, Shacey	9 RC Central	11:20.75
7 Straatmeyer, Adeline	11 RC Central	11:22.25
8 Patrick, Katie	8 SF Lincoln	11:24.85

100 Meter Hurdles

1 Gorsuch, Tessa	12 RC Central	14.72
2 Rath, Kati	12 RC Stevens	15.24
3 Thompson, Ashley	12 RC Stevens	15.26
4 Luken, Hailey	11 Yankton	15.72
5 Sumner, Emme	12 Brandon Valley	15.88
6 White, Bridget	11 Aberdeen Central	15.97
7 Johnson, Theresa	11 Pierre T.F. Riggs	16.05
8 Rew, Ellie	10 Mitchell	16.71

300 Meter Hurdles

1 Moos, Valerie	11 SF Roosevelt	45.99
2 White, Bridget	11 Aberdeen Central	46.24
3 Gorsuch, Tessa	12 RC Central	47.06
4 Rath, Kati	12 RC Stevens	47.55
5 Deuter, Claire	10 RC Stevens	48.22
6 Murray, Savannah	11 SF Lincoln	48.65
7 Miedema, Mearah	9 SF Washington	48.75
8 Kludt, Logan	11 Watertown	49.86

4x100 Meter Relay

1 RC Central	49.47
1) Kost, McKinsey 12	2) Mellegard, Katrina 12
3) Gorsuch, Tessa 12	4) Klapperich, Alaina 10
2 Brookings	49.64
3 Watertown	50.18
4 Brandon Valley	50.27
5 Aberdeen Central	50.45
6 Yankton	50.58
7 RC Stevens	50.60
8 Pierre T.F. Riggs	51.34

4x200 Meter Relay

1 SF Washington	1:45.14
1) Miedema, Mearah 9	2) Vandebroke, Peyton 11
3) Nieman, Hannah 11	4) Tschappat, Ashley 11
2 SF Lincoln	1:45.29
3 RC Central	1:46.06
4 RC Stevens	1:46.20
5 Pierre T.F. Riggs	1:46.69
6 Brandon Valley	1:46.80
7 Aberdeen Central	1:47.64
8 SF Roosevelt	1:49.16

4x400 Meter Relay

1 Pierre T.F. Riggs	4:01.15
1) Raecke, Elizabeth 12	2) Schmitz, Kelsey 10
3) Leong, Eileen 11	4) Dowling, Cortney 9
2 RC Stevens	4:03.64
3 Aberdeen Central	4:04.77
4 SF Roosevelt	4:06.18
5 RC Central	4:06.22
6 Mitchell	4:08.63
7 Watertown	4:09.05
8 Sturgis Brown	4:10.81

4x800 Meter Relay

1 Aberdeen Central	9:21.61
1) Weisbeck, Lexi 10	2) Waterman, Sydney 11
3) Flakus, Brynn 12	4) Kastigar, Hannah 12
2 RC Stevens	9:25.51
3 RC Central	9:47.98
4 Yankton	9:52.13
5 SF Lincoln	9:54.15
6 SF Washington	9:56.34
7 Watertown	10:02.26
8 Brandon Valley	10:07.11

1600 Sprint Medley

1 RC Stevens	4:11.51
1) Haar, Emily 10	2) Daane, Sydney 10
3) Wolf, McKenzie 12	4) Dykstra, Renae 11
2 Aberdeen Central	4:13.75
3 Brandon Valley	4:20.34
4 Watertown	4:22.34
5 Brookings	4:22.79
6 Mitchell	4:23.35
7 RC Central	4:23.92
8 Pierre T.F. Riggs	4:38.71

Shot Put

1 Mayer, Michaela	11 SF Washington	44-04.00
2 Holt, Tori	12 RC Central	39-11.00
3 Koehn, Allison	12 Brandon Valley	39-00.50
4 Schild, Clara	12 Yankton	38-05.50
5 Sudbeck, Abby	10 Mitchell	38-01.50
6 Palmer, Sydney	10 Pierre T.F. Riggs	37-00.50
7 Arrington, Sydney	9 SF Washington	36-06.50
8 Murphy, Allie	11 Yankton	36-01.25

Discus Throw

1 Koehn, Allison	12 Brandon Valley	134-11
2 Hertz, Emma	9 SF O'Gorman	121-09
3 Mieras, Jessica	10 SF O'Gorman	120-09
4 Mayer, Michaela	11 SF Washington	119-03
5 Sudbeck, Abby	10 Mitchell	119-02
6 Holt, Tori	12 RC Central	113-11
7 Hirschert, Marissa	10 RC Stevens	111-09
8 Tippmann, Samantha	11 RC Central	108-08

High Jump

1	Christensen, Collette	11 RC Central	5-07.00
2	Clark, Alexis	11 Aberdeen Central	J5-07.00
3	Schad, Lauren	12 RC Central	5-05.00
4	Three Stars, Jordan	11 RC Stevens	5-03.00
5	Fitzgerald, Kelsey	12 Yankton	5-01.00
5	Bondy, Anna	12 Pierre T.F. Riggs	5-01.00
7	Hannigan, Kelsey	12 Aberdeen Central	J5-01.00
8	Paauw, Hannah	9 Brandon Valley	J5-01.00

Long Jump

1	Gannon, Alexis	11 Brookings	18-04.00
2	Larson, Jamie	10 Aberdeen Central	17-04.75
3	Hadley, Kaitlyn	11 Brookings	17-02.75
4	Clark, Alexis	11 Aberdeen Central	17-02.25
5	Treveer, Emma	8 Brandon Valley	17-01.50
6	Volesky, Taylor	10 Mitchell	16-11.75
7	Schad, Lauren	12 RC Central	16-11.00
8	Weidler, Alyssa	9 SF O'Gorman	J16-11.00

Triple Jump

1	Gannon, Alexis	11 Brookings	39-01.25
2	Magnuson, Liz	12 SF Lincoln	37-06.25
3	Christensen, Collette	11 RC Central	36-10.25
4	Thompson, Ashley	12 RC Stevens	36-09.00
5	Hadley, Kaitlyn	11 Brookings	35-04.00
6	Volesky, Taylor	10 Mitchell	35-03.50
7	Schad, Lauren	12 RC Central	35-02.00
8	Burke, Malika	12 RC Central	34-10.75

Pole Vault

1	Clark, Alexis	11 Aberdeen Central	12-00.50
2	Dale, Sydney	9 Watertown	11-03.00
3	Lyon, Klara	10 Sturgis Brown	10-09.00
4	Cassen, Courtney	12 Sturgis Brown	10-03.00
5	Musil, Tessa	12 Huron	J10-03.00
5	Stadheim, Allison	8 Watertown	J10-03.00
7	Murray, Hailey	10 Brandon Valley	9-09.00
7	Chase, Lexy	12 Huron	9-09.00

TEAM POINTS



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

CLASS "B" TEAM POINTS

1. Ipswich	116	22. Great Plains Lutheran.....	11
2. Parker	37.5	22. Hanson.....	11
3. Sully Buttes	35	26. Herreid/Selby Area.....	10
3. Gayville-Volin.....	35	27. Kimball/White Lake	8
5. Castlewood.....	34	28. Andes Central.....	7
6. Arlington	30	28. Alcester-Hudson.....	7
7. Eureka/Bowdle	28	28. Warner.....	7
7. Irene-Wakonda.....	28	28. Faith.....	7
7. Timber Lake	28	32. Centerville	6
10. DeSmet.....	25.5	33. Marion.....	5
11. Oldham-Ramona/Rutland.....	24	33. Avon.....	5
12. Harding County	23	35. Leola.....	4
13. Freeman.....	22	35. Jones County	4
14. Scotland.....	21	37. Philip	3.5
14. Newell	21	37. Menno	3.5
16. James Valley Christian.....	19	39. Wessington Springs.....	3
17. Corsica/Stickney.....	18	39. Wolsey-Wessington	3
18. Potter County.....	16	41. Colome	2
19. South Central.....	15	41. Rapid City Christian.....	2
20. Faulkton Area.....	14	41. Northwestern	2
20. Chester Area.....	14	44. Canistota.....	1
22. Lemmon	11	44. Colman-Egan.....	1
22. Estelline.....	11		

TEAM POINTS



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

CLASS "A" TEAM POINTS

1. St. Thomas More 95.50	20. Mobridge-Pollock 10
2. Sioux Falls Christian 90.50	21. Lead-Deadwood 9
3. Madison 70	21. Elk Point-Jefferson 9
4. Spearfish 61.50	23. Baltic 8
5. Harrisburg 54	24. Florence/Henry 7
6. Custer 34.33	24. Garretson 7
7. Tri-Valley 29	24. Aberdeen Roncalli 7
8. Deubrook Area 23	27. Milbank 6
9. Clark/Willow Lake 22	28. Wagner 5
10. Hill City 21	29. Bon Homme 4.50
11. Redfield/Doland 19	30. Webster Area 4
11. Canton 19	30. Tea Area 4
11. West Central 19	32. Lennox 3.33
14. Dakota Valley 17	33. Miller 3
14. Dell Rapids 17	33. Beresford 3
16. Deuel 15	35. Belle Fourche 2
17. Britton-Hecla 14	36. Groton Area 1
18. Vermillion 12	36. Platte-Geddes 1
18. Elkton-Lake Benton 12	38. Bennett County 0.33

TEAM POINTS



**State Class "AA" Track and Field Champions
Aberdeen Central Golden Eagles**

CLASS "AA" TEAM POINTS

1. Aberdeen Central..... 108	9. Sioux Falls Washington..... 39
2. Rapid City Stevens 99	10. Sioux Falls Lincoln 36
3. Rapid City Central..... 95	11. Yankton 29.50
4. Sturgis Brown..... 54	12. Sioux Falls Roosevelt..... 26
5. Pierre Riggs 53.50	13. Sioux Falls O’Gorman..... 23
6. Brookings 52	13. Mitchell 23
7. Brandon 51.50	15. Huron..... 5
8. Watertown 44.50	16. Douglas 2

“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.

2013 GIRLS’ GOLD MEDAL RECIPIENTS

100 Meter Dash	Stachia Reuwsaat-12	St. Thomas More	12.30
200 Meter Dash	Cortney Dowling-9	Pierre T.F. Riggs	25.56
400 Meter Dash	Brooke Ireland-11	Sturgis Brown	55.88
800 Meter Run	Macy Heinz-8	Ipswich	2:16.89
1,600 Meter Run	Hannah Kastigar-12	Aberdeen Central	5:06.51
3,200 Meter Run	Tamara Gorman-11	Rapid City Stevens	10:53.84
100 Meter Int Hurdles	Tessa Gorsuch-12	Rapid City Central	14.72
300 Meter Low Hurdles	Corby White-12	St. Thomas More	45.38
4x100 Meter Relay	Rapid City Central McKinsey Kost, 12; Katrina Mellegard, 12 Tessa Gorsuch, 12; Alaina Klapperich, 10		49.47
4x200 Meter Relay	Sioux Falls Christian Kara Koth, 11; Kristin Stern, 11 Miranda Velgersdyk, 11; Stacy Smidt, 11		1:44.26
4x400 Meter Relay	Pierre T.F. Riggs Elizabeth Raecke, 12; Kelsey Schmitz, 10 Eileen Leong, 11; Cortney Dowling, 9		4:01.15
4x800 Meter Relay	Aberdeen Central Lexi Weisbeck, 10; Sydney Waterman, 11 Brynn Flakus, 12; Hannah Kastigar, 12		9:21.61
Sprint Medley Relay	Rapid City Stevens Emily Haar, 10; Sydney Daane, 10 McKenzie Wolf, 12; Renae Dykstra, 11		4:11.51
Shot Put	Danielle Waldner-12	Redfield/Doland	45’04.00”
Discus Throw	Stephanie Gemar-11	Mobridge-Pollock	148’02”
High Jump	Colette Christensen-11	Rapid City Central	5’07.00”
Long Jump	Stachia Reuwsaat-12	St. Thomas Moore	18’09.50”
Triple Jump	Alexis Gannon-11	Brookings	39’01.25”
Pole Vault	Alexis Clark-11	Aberdeen Central	12’00.50”

GIRLS' "GOLD MEDAL" HONOR ROLL

Most Individual Medals - One Year

Four Awards

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

Three Awards

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

Relay "Gold Medal Awards" - All-Time

Aberdeen Central - 4 x 100m Relay - 1986; 4 x 200m Relay - 1995, 1996, 1998; Sprint Medley – 2000; 4 x 800m Relay – 2012, 2013;
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
DeSmet - Medley Relay - 1989
Herried - 4 x 400m Relay - 1994;
Hoven - 4 x 400m Relay - 1989; 4 x 800m Relay - 1991
Huron - 4 x 200m Relay - 2000; 4 x 400m Relay - 1998, 1999; Medley Relay – 1998
Madison – 4 x 100m Relay - 2005
Miller - 4 x 200m Relay – 1986;

Milbank - 4 x 400m Relay - 1993; 4 x 800m Relay - 1994, 1996; Medley Relay - 1996
 Mitchell - 4 x 100m Relay - 1991; 4 x 200m Relay - 1991; 4 x 400m Relay - 1995, 1996, 1997;
 Pierre - 400m Relay - 1988, 1991; 4 x 800m Relay - 1990; 4 x 400m Relay - 2013;
 RC Central - 4 x 100m Relay - 1989, 1992, 1998, 1999; 2000, 2001, 2002, 2003, 2010, 2013; 4 x 200m Relay - 1990, 1992, 1993, 1997, 1999, 2002, 2003; 4 x 400m Relay - 1990, 1992; 4 x 800m Relay - 1988, 92, 93;
 RC Stevens - 4 x 100m Relay - 1987, 1988, 2004, 2006, 2007, 2008, 2011, 2012; 4 x 200m Relay - 1987, 1988, 2005, 2010, 2011, 2012; 4 x 400m Relay - 2000, 2001, 2002, 2003, 2004, 2006, 2010; 4 x 800m Relay - 1997, 1999, 2000, 2001, 2002, 2004, 2011; Sprint Medley - 2010, 2013;
 SF Christian - 4 x 200m Relay - 2013;
 SF Lincoln - 4 x 400m Relay - 1986, 1987; Medley Relay - 2003;
 SF O’Gorman - 4 x 100m Relay - 1993; 4 x 800m Relay - 1987; Medley Relay - 1994, 1997;
 SF Roosevelt - 4 x 200m Relay - 2001, 2007, 2009; Medley Relay - 2004, 2005; 4 x 800m Relay - 2007;
 SF Washington - Medley Relay - 1986, 1987, 2009; 4 x 400m Relay - 2009
 Spearfish - 4 x 100m Relay - 1994, 1997; 4 x 200m Relay - 1994; 4 x 400m Relay - 2011
 Sturgis - 4 x 100m Relay - 1990; Medley Relay - 2007; 4 x 800m Relay - 2010;
 West Central - 4 x 200m Relay - 2004;
 Watertown - 4 x 200m Relay - 1989, 2006, 2008; 4 x 400 m Relay - 2005, 2007, 2008, 2012; 4 x 800m Relay - 1995; Medley Relay - 1990, 1991, 1993, 1999, 2011, 2012;
 Yankton - Medley Relay - 1995, 2002, 2006, 2008; 4 x 800m Relay - 2003, 2005, 2006, 2008, 2009

Most Individual “Gold Medal Awards” – Career

Eleven Awards

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

Ten Awards

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

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

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

Nine Awards

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

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

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

Eight Awards

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

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

Seven Awards

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

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

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

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

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

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

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

Six Awards

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

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

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

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

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

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

Five Awards

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

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

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

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

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

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

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

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

Four Awards

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

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

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

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

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

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

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

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

Tamara Gorman, RC Stevens – Class "AA" (1600m Run – 2011; 3200m Run – 2011, 13; 4 x 800 Relay – 2011)

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

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

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

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

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

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

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

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

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

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

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

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

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

Three Awards

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

Ericka Bakke, Salem - Class "A" (200m Dash - 1988; 100m Dash - 1989; Long Jump - 1990)
Betsy Bies, Yankton – Class "AA" (4 x 800m Relay – 2005, 2006; 3200m Run – 2007)
Megan Bren, SF Roosevelt – Class "AA" (100m Dash – 2006; 4 x 200m Relay 2007, 2009)
Colette Christensen, RC Central – Class "AA" (High Jump – 2012, 2013; Triple Jump – 2012)
Abby Davis, Watertown – Class "AA" (Sprint Medley Relay – 2011, 2012; 4 x 400 m Relay – 2012)
Anne Doshier, RC Stevens – Class "AA" (4 x 400m Relay – 2003; 4 x 100m Relay – 2004; 4 x 200m Relay – 2005)
Jessica Fox, Watertown - Class "AA" (1,600m Sprint Medley - 1999; 1,600m Run - 1999; 3,200m Run - 2000)
Alexis Gannon, Brookings – Class "AA" (Triple Jump – 2011, 2013; Long Jump – 2012)
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)
Tia Hemiller, Watertown – Class "AA" (Sprint Medley Relay – 2011, 2012; 4 x 400 m Relay – 2012)
Mariah Hofer, Yankton – Class "AA" (4 x 800m Relay – 2008, 2009; 3200m Run – 2010)
Jeanne Hoffman, Mitchell – Class "AA" (300m Hurdles – 2001, 2002, 2003)
Hannah Kastigar, Aberdeen Central – (4x800m Relay – 2012, 2013; 1600m Run – 2013)
Lindsey Keck, RC Stevens – Class "AA" (4 x 800m Relay – 1999, 2000, 2001)
Dawn Koehn, Watertown - Class "AA" (200m Dash, 400m Dash, 4 x 200m Relay - 1989)
Tamiko Kopfman, Huron – Class "AA" (Long Jump – 2005, 2006; Triple Jump – 2006)
Beth Mueller, RC Stevens – Class "AA" (4 x 400m Relay – 2002, 2003, 2004)
Kylee Nolan, RC Stevens – Class "AA" (4 x 400m Relay – 2010; Medley Relay – 2010; 4 x 200m Relay - 2011)
Ramsee Pagel, RC Stevens – Class "AA" (4 x 400m Relay – 2000, 2001, 2002)
Mallory Peck, SF O’Gorman – Class "AA" (Pole Vault – 2004, 2005; Triple Jump – 2005)
Janie Sershen, Chester – Class "A" (Long Jump – 2001; High Jump – 2002; Triple Jump – 2002)
Ashley Storm, Yankton – Class "AA" (4 x 800m – 2003, 2005, 2006)
Ashley Thompson, RC Stevens – Class "AA" (100m Hurdles – 2012; 300m Hurdles – 2011, 2012)
Beth Wahl, Pierre - Class "AA" (4 x 400m Relay - 1991; High Jump - 1992, 93)

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

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

100 Meter Dash	1996	Jill Theeler, Mitchell (Prelims)	11.90
200 Meter Dash	1996	Jill Theeler, Mitchell (Prelims)	*24.7
	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 handheld time

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

GIRLS' CLASS "B" RECORDS

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

100 Meter Dash	2009	Carly Carper, Oldham-Ramona/Rutland	11.98
200 Meter Dash	2009	Carly Carper, Oldham-Ramona/Rutland	24.85
400 Meter Dash	2003	Andrea Warnke, Bonesteel-Fairfax	56.46
800 Meter Run	2003	Andrea Warnke, Bonesteel-Fairfax	2:15.24
1600 Meter Run	2003	Melinda Zirbel, Summit	5:04.51
3200 Meter Run	2003	Melinda Zirbel, Summit	11:02.24
100 Meter Hurdles (33")	1996	Rhonda Sheffield, Highmore	14.80
300 Meter Low Hurdles	1996	Rhonda Sheffield, Highmore	44.63
4 x 100 Meter Relay	2011	Oldham-Ramona/Rutland Olson, Thurow, Hagemann, Carper	49.93
4 x 200 Meter Relay	2009	Rosholt/Fairmount, ND Heesch, Meyer, Ca. Anderson, Co. Anderson	1:44.88
4 x 400 Meter Relay	2012	Ipswich A. Heinz, Lloyd, Gauer, M. Heinz	4:02.72
4 x 800 Meter Relay	1980	Kadoka M. Parke, Porch, T. Parke, Herber	9:41.53
Sprint Medley Relay	2012	Castlewood Little, Johnson, McEldowney, Strait	4:17.36
Shot Put (4kg)	2003	Jocelyn Dockendorf, Corsica	43'03.75"
Discus	2005	Amber Brodersen, Wolsey-Wessington	145'06.00"
High Jump	2011	Kelsey Kaufmann, Arlington	5'06.25"
Long Jump	2009	Christy Schultz, RC Christian	18'09.50"
Triple Jump	1994	Michelle Mellegaard, Bridgewater	38'06.50"
Pole Vault	2009 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 listed in 1/100 of a second. Handheld times listed in 1/10 of second.

GIRLS' CLASS "A" RECORDS

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

100 Meter Dash	2013	Stachia Reuwsaat, St. Thomas More	12.14
200 Meter Dash	1991	Althea Meeter, Cheyenne-Eagle Butte	25.15
400 Meter Dash	2006	Alicia Brown, Vermillion	56.69
800 Meter Run	1996	Meg Larson, Aberdeen Roncalli	2:16.79
1600 Meter Run	1991	Heidi Reed, Canton	5:03.16
3200 Meter Run	1991	Heidi Reed, Canton	11:08.85
100 Meter Hurdles (33")	2004	Lindsay House, Lennox	14.73
300 Meter Low Hurdles	1981	Amy Allard, Jefferson	44.60
4 x 100 Meter Relay	2005	Madison (Prelims) Bri. Postma, Hatting, Dailing, Bro. Postma	49.73
4 x 200 Meter Relay	2013	SF Christian Koth, Stern, Velgersdyk, Smidt	1:44.26
4 x 400 Meter Relay	2013	SF Christian Koth, Stern, Oostra, Velgersdyk	4:01.25
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	2013	Stachia Reuwsaat, St. Thomas More	18'09.50"
Triple Jump	2012	Coley Stoller, Madison	37'04.75"
Pole Vault	2010	Jessica Koupal, Wagner	11'04.00"

* Indicates State Record

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

GIRLS' CLASS "AA" RECORDS

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

100 Meter Dash	1996	*Jill Theeler, Mitchell (Prelims)	11.90
200 Meter Dash	1996	*Jill Theeler, Mitchell (Prelims)	**24.7
	2005	Brittany Page, Watertown	24.72
400 Meter Dash	1996	*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	*Nevada Sorenson, SF Lincoln	14.12
300 Meter Low Hurdles	1992	*Anne Vollmer, RC Central	43.44
4 x 100 Meter Relay	1998	*RC Central (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, RC 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 Handheld 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	1995	Faultkton	Hoven
1976	White River	Faith	1996	Hoven	Faultkton
1977	Dakota Christian	Pollock	1997	Herreid	Hoven
1978	Dakota Christian	White River	1998	Faultkton	Elkton
1979	Frederick	Dakota Christian	1999	Chester	Marion
1980	Dakota Christian	Frederick	2000	Chester	Marion
1981	Armour	Dakota Christian	2001	Chester	Colman-Egan
1982	Armour	Estelline	2002	Colman Egan	Bonesteel-Fairfax
1983	Armour	Eureka	2003	Bonesteel-Fairfax	Colman-Egan
1984	Eureka	Sioux Falls Christian	2004	Eureka	Colman-Egan
1985	Sioux Falls Christian	Eureka	2005	Bonesteel-Fairfax	Bridgewater/Emery
1986	Arlington	Eureka	2006	James Valley Christian	Colman-Egan
1987	Arlington	Bridgewater	2007	Faultkton	Colman-Egan
1988	Bridgewater	Lake Preston	2008	Hanson	Rosholt/Fairmount ND
1989	Bridgewater	Lake Preston	2009	Hanson	Rosholt/Fairmount ND
1990	Lake Preston	White Lake	2010	Oldham-Ramona/Rutland	Rosholt/Fairmount ND
1991	Lake Preston	Hoven	2011	Oldham-Ramona/Rutland	Rosholt/Fairmount ND
1992	Hoven	Hitchcock	2012	Ipswich	Oldham-Ramona/Rutland
1993	Doland/Conde	Hoven	2013	Ipswich	Parker
1994	Hoven	Baltic			

Girls' Class "A" Track - Three Class System

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

Girls' Class "AA" Track - Three Class System

	<u>Champion</u>	<u>Runner-Up</u>		<u>Champion</u>	<u>Runner-Up</u>
1975	Sioux Falls Lincoln	Rapid City Stevens	1995	Yankton	Rapid City Stevens
1976	Sioux Falls Lincoln	Watertown	1996	Rapid City Stevens	Aberdeen Central
1977	Sioux Falls Washington	Watertown	1997	Rapid City Stevens	Spearfish
1978	Watertown	Brookings	1998	Rapid City Stevens	Huron
1979	Brookings	Watertown	1999	Rapid City Stevens	Huron
1980	Brookings	Watertown	2000	Rapid City Stevens	Huron
1981	Yankton	Watertown	2001	Rapid City Stevens	Rapid City Central
1982	Yankton	Watertown	2002	Rapid City Stevens	Rapid City Central
1983	Huron	Watertown	2003	Rapid City Stevens	Rapid City Central
1984	Yankton	Sioux Falls Washington	2004	Rapid City Stevens	Sioux Falls Roosevelt
1985	Rapid City Stevens	Sioux Falls Lincoln	2005	Rapid City Stevens	Sioux Falls Roosevelt
1986	Rapid City Stevens	Sioux Falls Lincoln	2006	Rapid City Stevens	Sioux Falls Roosevelt
1987	Sioux Falls Lincoln	Rapid City Stevens	2007	Rapid City Stevens	Rapid City Central
1988	Rapid City Stevens	Brookings	2008	Rapid City Stevens	Yankton
1989	Brookings	Rapid City Central	2009	Rapid City Central	Sioux Falls Lincoln
1990	Sturgis	Rapid City Central & Pierre	2010	Rapid City Stevens	Yankton
1991	Rapid City Central	Rapid City Stevens	2011	Rapid City Stevens	Sioux Falls Washington
1992	Rapid City Central	Mitchell	2012	Rapid City Central	Rapid City Stevens
1993	Rapid City Central	Watertown	2013	Aberdeen Central	Rapid City Stevens
1994	Rapid City Central	Spearfish			