

**52nd ANNUAL SOUTH DAKOTA STATE  
GIRLS' TRACK & FIELD CHAMPIONSHIPS**

**COVID-19  
Meet Cancelled**

**Class "B"  
(Total Participants = 436)**

Girls 100 Meter Dash  
=====

Girls 200 Meter Dash  
=====

Girls 400 Meter Dash  
=====

Girls 800 Meter Run  
=====

Girls 1600 Meter Run  
=====

Girls 3200 Meter Run  
=====

Girls 100 Meter Hurdles  
=====

Girls 300 Meter Hurdles  
=====

Girls 4x100 Meter Relay  
=====

Girls 4x200 Meter Relay  
=====

Girls 4x400 Meter Relay  
=====

Girls 4x800 Meter Relay  
=====

Girls 1600 Sprint Medley  
=====

Girls Shot Put  
=====

Girls Discus Throw  
=====

Girls High Jump

=====

Girls Long Jump

=====

Girls Triple Jump

=====

Girls Pole Vault

=====

**52nd ANNUAL SOUTH DAKOTA STATE  
GIRLS' TRACK & FIELD CHAMPIONSHIPS  
Class "A"**

**COVID-19  
Meet Cancelled**

**(Total Participants =)**

Girls 100 Meter Dash  
=====

Girls 200 Meter Dash  
=====

Girls 400 Meter Dash  
=====

Girls 800 Meter Run  
=====

Girls 1600 Meter Run  
=====

Girls 3200 Meter Run  
=====

Girls 100 Meter Hurdles  
=====

Girls 300 Meter Hurdles  
=====

Girls 4x100 Meter Relay  
=====

Girls 4x200 Meter Relay  
=====

Girls 4x400 Meter Relay  
=====

Girls 4x800 Meter Relay  
=====

Girls 1600 Sprint Medley  
=====

Girls Shot Put  
=====

Girls Discus Throw

=====

Girls High Jump

=====

Girls Long Jump

=====

Girls Triple Jump

=====

Girls Pole Vault

=====

**52nd ANNUAL SOUTH DAKOTA STATE  
GIRLS' TRACK & FIELD CHAMPIONSHIPS  
Class "AA"**

**COVID-19  
Meet Cancelled  
(Total Participants =)**

Girls 100 Meter Dash

=====

Girls 200 Meter Dash

=====

Girls 400 Meter Dash

=====

Girls 800 Meter Run

=====

Girls 1600 Meter Run

=====

Girls 3200 Meter Run

=====

Girls 100 Meter Hurdles

=====

Girls 300 Meter Hurdles

=====

Girls 4x100 Meter Relay

=====

Girls 4x200 Meter Relay

=====

Girls 4x400 Meter Relay

=====

Girls 4x800 Meter Relay

=====

Girls 1600 Sprint Medley

=====

Girls Shot Put

=====

Girls Discus Throw

=====  
**Girls High Jump**  
=====

**Girls Long Jump**  
=====

**Girls Triple Jump**  
=====

**Girls Pole Vault**  
=====

**State Class "B" Track and Field Champions**

**COVID-19 – Meet Cancelled**

**CLASS "B" TEAM POINTS**

**State Class "A" Track and Field Champions**

**COVID-19 – Meet Cancelled**

**CLASS "A" TEAM POINTS**



**State Class "AA" Track and Field Champions**

**COVID-19 – Meet Cancelled**

**CLASS "AA" TEAM POINTS**

## **“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.

### **2020 GIRLS’ GOLD MEDAL RECIPIENTS**

**COVID-19 – Meet Cancelled**

100 Meter Dash

200 Meter Dash

400 Meter Dash

800 Meter Run

1,600 Meter Run

3,200 Meter Run

100 Meter Int Hurdles

300 Meter Low Hurdles

4x100 Meter Relay

4x200 Meter Relay

4x400 Meter Relay

4x800 Meter Relay

Sprint Medley Relay

Shot Put

Discus Throw

High Jump

Long Jump

Triple Jump

Pole Vault

## **GIRLS' "GOLD MEDAL" HONOR ROLL**

### **Most Individual Medals - One Year**

#### **Four Awards**

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

#### **Three Awards**

Amber Abrams, RC Central - Class "AA" (100m Dash, 200m Dash, 4 x 100m Relay - 1998)  
Jodi Bowne, Elkton - Class "B" (100m Dash, 200m Dash, 400m Dash - 1992)  
Leslie Brost, Watertown – Class "AA" (4 x 200m Relay, 4 x 400m Relay, Pole Vault – 2008)  
Cortney Dowling, Pierre Riggs – Class "AA" (100m Dash, 200m Dash, 400m Dash – 2014)  
Allison Eckert, SF Roosevelt – Class "AA" (800m Run, 1600m Run, 3200m Run – 2006)  
Brittany Garner, RC Stevens – Class "AA" (100m Dash, 200m Dash, 4 x 100m Relay – 2004)  
Brittany Garner, RC Stevens – Class "AA" (200m Dash, 400m Dash, 4 x 400m Relay – 2006)  
Sara Gill, RC Central - Class "AA" (4 x 100m Relay, 4 x 200m Relay, 4 x 400m Relay – 1992)  
Tamara Gorman, RC Stevens – Class "AA" (1600m Run, 3200m Run, 4 x 800m Relay – 2011)  
Emily Haar, RC Stevens – Class "AA" (4 x 100m Relay, 4 x 200m Relay, Medley Relay – 2014)  
Alea Hardie, SF O’Gorman – Class "AA" (4 x 400m Relay, 800m Run, 1600m Run-2019)  
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)  
Alaina Klapperich, RC Central – Class "AA" (100m Dash, 4 x 100m Relay, 4 x 200m Relay – 2015)  
Julie Knight, RC Central - Class "AA" (300m Hurdles, 4 x 200m Relay, 4 x 400m Relay - 1990)  
Dawn Koehn, Watertown - Class "AA" (200m Dash, 400m Dash, 4 x 200m Relay - 1989)  
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; Medley Relay – 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, 2019; 4 x 200m Relay – 2016, 2017, 2018, 2019; 4 x 400m Relay – 2014, 2015, 2017, 2018;; 4 x 800m Relay – 2016;  
Brookings - 4 x 800m Relay - 1989; Medley Relay – 1988, 2017, 2018; 4 x 100m Relay - 2009  
Canton - Medley Relay - 1992;  
Chamberlain - Medley Relay – 2001

Custer – Medley Relay - 2015  
 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; 4 x 400m Relay – 2016;  
 Miller - 4 x 200m Relay – 1986;  
 Milbank - 4 x 400m Relay - 1993; 4 x 800m Relay - 1994, 1996; Medley Relay - 1996  
 Mitchell - 4 x 100m Relay - 1991; 4 x 200m Relay - 1991; 4 x 400m Relay - 1995, 1996, 1997;  
 Pierre - 400m Relay - 1988, 1991; 4 x 800m Relay - 1990; 4 x 400m Relay – 2013;  
 RC Central - 4 x 100m Relay - 1989, 1992, 1998, 1999; 2000, 2001, 2002, 2003, 2010, 2013; 4 x 200m Relay -  
 1990, 1992, 1993, 1997, 1999, 2002, 2003; 4 x 400m Relay - 1990, 1992; 4 x 800m Relay - 1988, 92, 93;  
 RC Stevens - 4 x 100m Relay - 1987, 1988, 2004, 2006, 2007, 2008, 2011, 2012, 2014, 2015, 2017; 4 x 200m Relay  
 - 1987, 1988, 2005, 2010, 2011, 2012, 2014, 2015; 4 x 400m Relay – 2000, 2001, 2002, 2003, 2004, 2006, 2010; 4 x  
 800m Relay - 1997, 1999, 2000, 2001, 2002, 2004, 2011, 2014, 2015, 2019; Sprint Medley – 2010, 2013, 2014;  
 SF Christian – 4 x 200m Relay – 2013;  
 SF Lincoln - 4 x 400m Relay - 1986, 1987; 4 x 800 Relay – 2017; Medley Relay – 2003;  
 SF O’Gorman - 4 x 100m Relay - 1993; 4 x 800m Relay - 1987; Medley Relay - 1994, 1997; 4 x 400m Relay –  
 2019;  
 SF Roosevelt – 4 x 200m Relay – 2001, 2007, 2009; Medley Relay – 2004, 2005, 2019; 4 x 800m Relay – 2007;  
 SF Washington - Medley Relay - 1986, 1987, 2009; 4 x 400m Relay – 2009; 4 x 100m Relay-2018;  
 Spearfish - 4 x 100m Relay - 1994, 1997; 4 x 200m Relay - 1994; 4 x 400m Relay – 2011  
 St. Thomas More – 4 x 100m Relay – 2016; Medley Relay– 2016; 4 x 800m Relay-2018;  
 Sturgis - 4 x 100m Relay - 1990; Medley Relay – 2007; 4 x 800m Relay – 2010;  
 West Central – 4 x 200m Relay – 2004;  
 Watertown - 4 x 200m Relay – 1989, 2006, 2008; 4 x 400 m Relay – 2005, 2007, 2008, 2012; 4 x 800m Relay -  
 1995; Medley Relay - 1990, 1991, 1993, 1999, 2011, 2012;  
 Yankton - Medley Relay – 1995, 2002, 2006, 2008; 4 x 800m Relay – 2003, 2005, 2006, 2008, 2009  
 Yankton - Medley Relay – 1995, 2002, 2006, 2008; 4 x 800m Relay – 2003, 2005, 2006, 2008, 2009

## **Most Individual “Gold Medal Awards” – Career**

### **Eleven Awards**

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

### **Ten Awards**

**Krista Bickley, Brandon Valley** – Class “AA” (200m Dash – 2015, 2017; 400m Dash – 2015, 2016, 2017, 2018, 2019; 4x400m Relay – 2018; 4x200m Relay – 2017; 4x100m Relay - 2019)

**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)

**Jasmyn 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

**Cortney Dowling, Pierre Riggs** – Class “AA” (100m Dash – 2014, 2016; 200m Dash – 2013, 2014, 2016; 400m Dash – 2014; 4 x 400m Relay – 2013)

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

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

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

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

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

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

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

### Six Awards

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

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

**Kennedy Nuebel, Brandon Valley** – Class “AA” (4 x 200m Relay – 2017, 2018, 2019; 4 x 400m Relay – 2017, 2018; 4 x 100m Relay – 2019)

**Hiedi 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)

**Elizabeth Schaefer, RC Stevens** – Class “AA” (100m Hurdles – 2016, 2019; 300m Hurdles – 2016, 2017, 2018, 2019)

**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

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

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

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

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

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

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

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

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

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

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

### Four Awards

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

**Aubrey Baxter, Redfield** – Class “A” (Shot Put – 2003, 2004; Discus – 2003, 2004)

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

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

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

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

**Jasmyne Cooper, SF Lincoln** – Class “AA”(800m Run-2015, 2016; 1600m Run – 2015, 2016)

**Kalie Cox, Watertown** – Class “AA” (4 x 200m Relay – 2006, 2008; 4 x 400m Relay – 2005, 2008)  
**Krista Creager, Yankton** – Class “AA” (800m Run – 2008; Sprint Medley Relay – 2006, 2008; 4 x 800m Relay – 2009)  
**Emily DeVries, RC Stevens** – Class “AA” (4 x 400m Relay – 2006; 300m Low Hurdles – 2006, 2007; 100m Int Hurdles – 2007)  
**Tessa Gorsuch, RC Central** – Class “AA” (4x100m Relay – 2010, 2013; 100m Hurdles – 2011, 2013)  
**Emily Haar, RC Stevens** – Class “AA” (4 x 100m Relay – 2014; 4 x 200m Relay – 2014; Sprint Relay – 2013, 2014)  
**Shannon Hellman, Douglas** – Class “AA” (100m Hurdles – 2004, 2005; 300m Low Hurdles – 2004, 2005)  
**Megan Hilson, Yankton** – Class “AA” (3200m Run – 2008, 2009; 4 x 800m Relay – 2008, 2009)  
**Sarah Hoffman, Mitchell** - Class “AA” (4 x 400m Relay - 1995, 96, 97; 300m Hurdles-1999)  
**Leia Jackson, RC Central** – Class “AA” (4 x 100m Relay – 2002, 2003; 4 x 200m Relay – 2002, 2003)  
**Alaina Klapperich, RC Central** – Class “AA” (100m Dash – 2015; 4 x 100m Relay – 2013, 2015; 4 x 200m Relay – 2015)  
**Courtney Klatt, SF Lincoln** – Class “AA” (1600m Run – 2017, 2018; 4x800m Relay – 2017; 3200m Run – 2018)  
**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)  
**Morgan Thompson, Brandon Valley** – Class “AA” (4 x 200m Relay – 2017, 2018, 2019; 4x100m Relay – 2019)  
**Rachel Weinandt, Yankton** – Class “AA” (4 x 800m Relay – 2008, 2009; Sprint Medley Relay – 2008; 800m Run - 2010)

### Three Awards

**Alayna Aker, RC Central** - Class “AA” (Long Jump - 1991; Long Jump, 4 x 100m Relay - 1992)  
**Ericka Bakke, Salem** - Class “A” (200m Dash - 1988; 100m Dash - 1989; Long Jump - 1990)  
**Betsy Bies, Yankton** – Class “AA” (4 x 800m Relay – 2005, 2006; 3200m Run – 2007)  
**Megan Bren, SF Roosevelt** – Class “AA” (100m Dash – 2006; 4 x 200m Relay 2007, 2009)  
**Sydney Daane, RC Stevens** – Class “AA” (4 x 100m Relay – 2014; 4 x 200m Relay – 2014; Sprint Medley – 2013)  
**Abby Davis, Watertown** – Class “AA” (Sprint Medley Relay – 2011, 2012; 4 x 400 m Relay – 2012)  
**Emily Delzer, RC Stevens** – Class “AA” (4 x 100m Relay – 2012, 2014; 4 x 200m Relay – 2014)  
**Anne Doshier, RC Stevens** – Class “AA” (4 x 400m Relay – 2003; 4 x 100m Relay – 2004; 4 x 200m Relay – 2005)  
**Jessica Fox, Watertown** - Class "AA" (1,600m Sprint Medley - 1999; 1,600m Run - 1999; 3,200m Run - 2000)  
**Brooke Garner, RC Stevens** – Class “AA” (Shot Put – 2008; Discus Throw – 2007-2008)  
**Sara Gill, RC Central** - Class “AA” (4 x 100m Relay, 4 x 200m Relay, 4 x 400m Relay - 1992)  
**Kayla Gosnell, RC Stevens** – Class “AA” (4 x 100m Relay – 2004, 2006, 2007)  
**Cariss Hauck, Watertown** – Class “AA” (4 x 200m Relay – 2006; 4 x 400m Relay – 2005, 2007)  
**Macy Heinz, Ipswich** – Class “B” (1600m Run – 2012; 800m Run – 2013, 2014)  
**Tia Hemiller, Watertown** – Class “AA” (Sprint Medley Relay – 2011, 2012; 4 x 400 m Relay – 2012)  
**Mariah Hofer, Yankton** – Class “AA” (4 x 800m Relay – 2008, 2009; 3200m Run – 2010)  
**Jeana Hoffman, Mitchell** – Class “AA” (300m Hurdles – 2001, 2002, 2003)  
**Hannah Kastigar, Aberdeen Central** – (4x800m Relay – 2012, 2013; 1600m Run – 2013)  
**Lindsey Keck, RC Stevens** – Class “AA” (4 x 800m Relay – 1999, 2000, 2001)  
**Dawn Koehn, Watertown** - Class “AA” (200m Dash, 400m Dash, 4 x 200m Relay - 1989)  
**Tamiko Kopfmann, Huron** – Class “AA” (Long Jump – 2005, 2006; Triple Jump – 2006)  
**Beth Mueller, RC Stevens** – Class “AA” (4 x 400m Relay – 2002, 2003, 2004)  
**Kylee Nolan, RC Stevens** – Class “AA” (4 x 400m Relay – 2010; Medley Relay – 2010; 4 x 200m Relay - 2011)  
**Ramsee Pagel, RC Stevens** – Class “AA” (4 x 400m Relay – 2000, 2001, 2002)  
**Mallory Peck, SF O’Gorman** – Class “AA” (Pole Vault – 2004, 2005; Triple Jump – 2005)  
**Emily Person, RC Stevens** – Class “AA” (800m Run – 2011; 4 x 800m Relay – 2011, 2014)  
**Janie Sershen, Chester** – Class “A” (Long Jump – 2001; High Jump – 2002; Triple Jump – 2002)  
**Ashley Storm, Yankton** – Class “AA” (4 x 800m – 2003, 2005, 2006)  
**Ashley Thompson, RC Stevens** – Class “AA” (100m Hurdles – 2012; 300m Hurdles – 2011, 2012)  
**Beth Wahl, Pierre** - Class “AA” (4 x 400m Relay - 1991; High Jump - 1992, 93)

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

100 Meter Dash	2019	Erin Kinney, Harrisburg	11.85
200 Meter Dash	2016	Cortney Dowling, Pierre T.F. Riggs	24.27
400 Meter Dash	2016	Krista Bickley, Brandon Valley	54.08
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	2018	SF Washington Christopherson, Petterson, Johannsen, Kur	48.34
4 x 200 Meter Relay	2006	Watertown Lauseng, Cox, Hauck, Page	1:41.29
4 x 400 Meter Relay	2006	RC Stevens Pagel, DeVries, Jansen, Garner	3:53.49
4 x 800 Meter Relay	2004	RC Stevens Blackler, Pagel, Hattervig, Schwengler	9:10.26
Sprint Medley Relay	2017	Brookings Tetzlaff, Rystrom, Gray, Abraham	4:08.57
Shot Put (4kg)	2019	Jasmine Greer, SF Roosevelt	47'00.00"
Discus	1980	Karen McDonald, Watertown	151'11.00"
High Jump	1993	Beth Wahl, Pierre T.F. Riggs	5'09.25"
Long Jump	2008	Jasmyne King, Rapid City Central	18'10.75"
Triple Jump	2014	Alexis Gannon, Brookings	40'03.75"
Pole Vault	2008	Leslie Brost, Watertown	12'10.00"

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

## GIRLS' CLASS "B" RECORDS

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	2015	Macy Heinz, Ipswich	2:15.17
1600 Meter Run	2003	Melinda Zirbel, Summit	5:04.51
3200 Meter Run	2003	Melinda Zirbel, Summit	11:02.24
100 Meter Hurdles (33")	2015	Lauren Sokolowski, Irene-Wakonda	14.64
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 Heesch, Meyer, Anderson, Anderson	1:44.88
4 x 400 Meter Relay	2012	Ipswich Heinz, Lloyd, Gauer, Heinz	4:02.72
4 x 800 Meter Relay	1980	Kadoka Parke, Porch, Parke, Herber	9:41.53
Sprint Medley Relay	2012	Castlewood Little, Johnson, McEldowney, Strait	4:17.36
Shot Put (4kg)	2018	Kyla Sawvell, Wall	43'11.50"
Discus	2005	Amber Brodersen, Wolsey-Wessington	145'06.00"
High Jump	2017	Gabrielle Renelt, Wilmot	5'06.50"
Long Jump	2009	Christy Schultz, RC Christian	18'09.50"
Triple Jump	1994	Michelle Mellegaard, Bridgewater	38'06.50"
Pole Vault	2009	Calley Worth, Gettysburg	11'03.00"
	2009	Brigitte Gross, Hanson	

\* Indicates overall State Meet record

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



## GIRLS' CLASS "A" RECORDS

100 Meter Dash	2018	Shayla Howell, Belle Fourche	12.01
200 Meter Dash	1991	Althea Meeter, Cheyenne-Eagle Butte	25.15
400 Meter Dash	2017	Caelyn Valandra-Prue, Todd County	56.52
800 Meter Run	2018	Haleigh Timmer, St. Thomas More	2:13.61
1600 Meter Run	1991	Hiedi Reed, Canton	5:03.16
3200 Meter Run	1991	Hiedi 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	2016	St. Thomas More Kirsch, Carlson, Eckrich, Carlson	49.19
4 x 200 Meter Relay	2014	SF Christian Koth, Stern, Oostra, Velgersdyk	1:44.21
4 x 400 Meter Relay	2014	SF Christian Koth, Stern, Oostra, Velgersdyk	3:59.52
4 x 800 Meter Relay	2016	Custer Delmont, Sedlacek, Parys, Glazier	9:26.26
Medley Relay	2016	St. Thomas More Kirsch, Eckrich, Kirsch, Cooper	4:10.37
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	2018	Shayla Howell, Belle Fourche	19'03.25"
Triple Jump	2017	Shayla Howell, Belle Fourche	39'09.25"
Pole Vault	2018	Carolyn Groeger, Lead-Deadwood	11'10.00"

\* Indicates overall State Meet record

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

## GIRLS' CLASS "AA" RECORDS

100 Meter Dash	2019	*Erin Kinney, Harrisburg	11.85
200 Meter Dash	2016	*Cortney Dowling, Pierre T.F. Riggs	24.27
400 Meter Dash	2016	*Krista Bickley, Brandon Valley	54.08
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	2018	*SF Washington Christopherson, Petterson, Johannsen, Kur	48.34
4 x 200 Meter Relay	2006	*Watertown Lauseng, Cox, Hauck, Page	1:41.29
4 x 400 Meter Relay	2006	*RC Stevens Pagel, DeVries, Jansen, Garner	3:53.49
4 x 800 Meter Relay	2004	*RC Stevens Blackler, Pagel, Hattervig, Schwengler	9:10.26
Medley Relay	2017	*Brookings Tetzlaff, Rystrom, Gray, Abraham	4:08.57
Shot Put (4kg)	2019	*Jasmine Greer, SF Roosevelt	47'00.00"
Discus	1980	*Karen McDonald, Watertown	151'11.00"
High Jump	1993	*Beth Wahl, Pierre T.F. Riggs	5'09.25"
Long Jump	2008	*Jasmyne King, RC Central	18'10.75"
Triple Jump	2014	*Alexis Gannon, Brookings	40'03.75"
Pole Vault	2008	*Leslie Brost, Watertown	12'10.00"

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Track events listed in meters. Field events listed in feet and inches.  
Fully automatic times listed in 1/100 of a 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>			
1975	Faith	Centerville	1998	Faulkton	Elkton
1976	White River	Faith	1999	Chester	Marion
1977	Dakota Christian	Pollock	2000	Chester	Marion
1978	Dakota Christian	White River	2001	Chester	Colman-Egan
1979	Frederick	Dakota Christian	2002	Colman Egan	Bonesteel-Fairfax
1980	Dakota Christian	Frederick	2003	Bonesteel-Fairfax	Colman-Egan
1981	Armour	Dakota Christian	2004	Eureka	Colman-Egan
1982	Armour	Estelline	2005	Bonesteel-Fairfax	Bridgewater/Emery
1983	Armour	Eureka	2006	James Valley Christian	Colman-Egan
1984	Eureka	Sioux Falls Christian	2007	Faulkton	Colman-Egan
1985	Sioux Falls Christian	Eureka	2008	Hanson	Rosholt/Fairmount ND
1986	Arlington	Eureka	2009	Hanson	Rosholt/Fairmount ND
1987	Arlington	Bridgewater	2010	Oldham-Ramona/Rutland	Rosholt/Fairmount ND
1988	Bridgewater	Lake Preston	2011	Oldham-Ramona/Rutland	Rosholt/Fairmount ND
1989	Bridgewater	Lake Preston	2012	Ipswich	Oldham-Ramona/Rutland
1990	Lake Preston	White Lake	2013	Ipswich	Parker
1991	Lake Preston	Hoven	2014	Ipswich	Irene-Wakonda
1992	Hoven	Hitchcock	2015	Ipswich	Chester Area
1993	Doland/Conde	Hoven	2016	Ipswich	Deubrook Area
1994	Hoven	Baltic	2017	Deubrook Area	Parker
1995	Faulkton	Hoven	2018	Deubrook Area	Ipswich
1996	Hoven	Faulkton	2019	Deubrook Area	Ipswich
1997	Herreid	Hoven	2020	COVID-19	

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

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

2013	St. Thomas More	Sioux Falls Christian	2018	St. Thomas More	Belle Fourche
2014	Sioux Falls Christian	St. Thomas More	2019	St. Thomas More	Custer
2015	St. Thomas More	Madison	2020	COVID-19	
2016	St. Thomas More	Custer			
2017	St. Thomas More & Madison	Custer			

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

	<u>Champion</u>	<u>Runner-Up</u>			
1975	Sioux Falls Lincoln	Rapid City Stevens	1999	Rapid City Stevens	Huron
1976	Sioux Falls Lincoln	Watertown	2000	Rapid City Stevens	Huron
1977	Sioux Falls Washington	Watertown	2001	Rapid City Stevens	Rapid City Central
1978	Watertown	Brookings	2002	Rapid City Stevens	Rapid City Central
1979	Brookings	Watertown	2003	Rapid City Stevens	Rapid City Central
1980	Brookings	Watertown	2004	Rapid City Stevens	Sioux Falls Roosevelt
1981	Yankton	Watertown	2005	Rapid City Stevens	Sioux Falls Roosevelt
1982	Yankton	Watertown	2006	Rapid City Stevens	Sioux Falls Roosevelt
1983	Huron	Watertown	2007	Rapid City Stevens	Rapid City Central
1984	Yankton	Sioux Falls Washington	2008	Rapid City Stevens	Yankton
1985	Rapid City Stevens	Sioux Falls Lincoln	2009	Rapid City Central	Sioux Falls Lincoln
1986	Rapid City Stevens	Sioux Falls Lincoln	2010	Rapid City Stevens	Yankton
1987	Sioux Falls Lincoln	Rapid City Stevens	2011	Rapid City Stevens	Sioux Falls Washington
1988	Rapid City Stevens	Brookings	2012	Rapid City Central	Rapid City Stevens
1989	Brookings	Rapid City Central	2013	Aberdeen Central	Rapid City Stevens
1990	Sturgis	Rapid City Central & Pierre	2014	Rapid City Stevens	Rapid City Central
1991	Rapid City Central	Rapid City Stevens	2015	Rapid City Stevens	Brandon Valley
1992	Rapid City Central	Mitchell	2016	Sioux Falls Lincoln	Brandon Valley
1993	Rapid City Central	Watertown	2017	Sioux Falls Lincoln	Brandon Valley
1994	Rapid City Central	Spearfish	2018	Brandon Valley	Sioux Falls Lincoln
1995	Yankton	Rapid City Stevens	2019	Sioux Falls Lincoln	Sioux Falls O'Gorman
1996	Rapid City Stevens	Aberdeen Central	2020	COVID-19	
1997	Rapid City Stevens	Spearfish			

<u>Champion</u>	<u>Runner-Up</u>
1998	Rapid City Stevens
	Huron