

LAKE RED CHAMPIONSHIP MEET
GIRLS' TRACK RESULTS

<u>EVENT</u>	<u>SCHOOL</u>	<u>NAME</u>	<u>TIME/DISTANCE</u>	<u>PLACE</u>
X 800 Relay	Burnsville	Jodi Wawracz Sarah Steiner Kris VanWilgen Janene Hearn	9:49.3	1
	Armstrong		9:55.95	2
	Apple Valley		9:56.65	3
	Osseo		10:18.83	4
	Rosemount		10:35.35	5
	Jefferson		10:41.53	6
3200 Meter Run	Armstrong	Alison Titcomb	11:29.91	1
	Osseo	Julie Schweigert	11:59.77	2
	Apple Valley	Jennifer Zahl	12:17.94	3
	Jefferson	Betsy Zender	12:33.32	4
	Jefferson	Ally Beckman	12:59.29	5
	Osseo	Traci Nelson	13:03.82	6
Discus	Kennedy	Kristie Dean	110'6"	1
	Osseo	Lisa Wagner	109'4"	2
	Kennedy	Katie Carlson	109'1"	3
	Rosemount	Terri Petter	104'2"	4
	Osseo	Tina Green	103'4"	5
	Osseo	Penny Worshek	101'7"	6
Long Jump	Apple Valley	Cheryl Ocel	16'8 1/2"	1
	Rosemount	Tifani Shaffer	16'1 3/4"	2
	Apple Valley	Christy Rowe	16'1 3/4"	3
	Rosemount	Tifani Johnson	15'11 1/4"	4
	Apple Valley	Mel Schell	15'10 1/2"	5
	Apple Valley	Kris Wink	15'4 3/4"	6
100 Met. Hurdles	Burnsville	Holly Smith	15.27*(record)	1
	Apple Valley	Tari Larson	16.23	2
	Apple Valley	Jane Talbott	16.45	3
	Apple Valley	Carol Shudlick	16.48	4
	Armstrong	Carrie Bakken	16.50	5
	Armstrong	Andrea Maenke	16.95	6
100 Meter Dash	Apple Valley	Christy Rowe	12.98	1
	Apple Valley	Cheryl Ocel	13.07	2
	Rosemount	Julie Kasten	13.27	3
	Armstrong	Xuan Quan	13.37	4
	Armstrong	Lisa Pvykkonen	13.61	5
	Apple Valley	Jill Preuninger	13.72	6
4 X 200 Relay	Rosemount	Laura Ohland Stacey Anderson Cha Senior Julie Kasten	1:46.29*(record)	1
	Armstrong		1:47.35	2
	Kennedy		1:52.20	3
	Jefferson		1:55.20	4
	Osseo		1:55.60	5
	Burnsville		1:57.11	6
Shot Put	Kennedy	Libbie Carlson	38'6"	1
	Osseo	Penny Worshek	37'5 1/2"	2
	Jefferson	Kris Taylor	35'2 3/4"	3
	Osseo	DeeDee Enos	34'2 3/4"	4
	Apple Valley	Maia Lundeen	32'4"	5
	Osseo	Lisa Sadler	31'8"	6

<u>EVENT</u>	<u>SCHOOL</u>	<u>NAME</u>	<u>DISTANCE/TIME</u>	<u>PLA</u>
1600 Meter Run	Armstrong	Alison Titcomb	5:11.38*(record)	1
	Osseo	Julie Schweigert	5:20.58	2
	Osseo	Amy Surprenant	5:24.67	3
	Apple Valley	Krista Naughton	5:28.47	4
	Armstrong	Jeni Bach	5:28.84	5
	Osseo	Kim Larson	5:28.94	6
High Jump	Apple Valley	Andrea Bruns	5'	1
	Apple Valley	Carol Shudlick	4'10"	2
	Rosemount	Laura Ohland	4'8"	3
	Apple Valley	Tracey Shellerud	4'8"	TIE
	Kennedy	Kristie Dean	4'8"	TIE
	Jefferson	Jenny Jones	4'8"	6
4 X 100 Relay	Rosemount	Laura Ohland Krista Murtfeldt Tiffany Johnson Cha Senior	51.65	1
	Apple Valley		51.73	2
	Armstrong		52.00	3
	Kennedy		52.77	4
	Osseo		53.00	5
	Jefferson		53.62	6
400 Meter Dash	Burnsville	Sam Lacher	1:01.27	1
	Rosemount	Sarah McDonald	1:02.17	2
	Apple Valley	Melanie Shell	1:02.18	3
	Jefferson	Lynn Frank	1:02.68	4
	Rosemount	Monica Bailey	1:04.16	5
	Park Center	Michelle Pomeroy	1:04.40	6
300 Met. Hurdle	Apple Valley	Jane Talbott	47.34	1
	Apple Valley	Andrea Bruns	48.20	2
	Armstrong	Carrie Bakken	48.28	3
	Apple Valley	Tari Larson	48.42	4
	Armstrong	Andrea Maenke	49.06	5
	Rosemount	Ingrid Henningsen	49.07	6
800 Meter Run	Burnsville	Janene Hearn	2:21.83	1
	Apple Valley	Dana Peterson	2:25.77	2
	Kennedy	Rondi Swanson	2:26.96	3
	Burnsville	Sam Lacher	2:28.17	4
	Burnsville	Sarah Steiner	2:28.57	5
	Park Center	Jill Zelenak	2:30.21	6
200 Meter Dash	Armstrong	Paula Wurl	26.59	1
	Osseo	Tammy Robertson	26.92	2
	Rosemount	Julie Kasten	26.92	3
	Apple Valley	Cheryl Ocel	27.04	4
	Burnsville	Holly Smith	27.42	5
	Armstrong	Tracy Richards	27.77	6
4 X 400 Relay	Burnsville	Steiner Lacher VanWilgen Hearn	4:11.53	1
	Apple Valley		4:12.49	2
	Armstrong		4:13.72	3
	Rosemount		4:19.72	4
	Jefferson		4:21.44	5
	Kennedy		4:23.56	6

TEAM RESULTS:

Apple Valley 152
 Armstrong 77
 Rosemount 71

Osseo 64
 Burnsville 59
 Kennedy 46

Jefferson 25
 Park Center 2

1989 LAKE RED CONFERENCE TRACK & FIELD
ALL-CONFERENCE

Apple Valley

Boys:

D. Baiel
P. Svongsay
M. Sims
M. Thomas
C. Rowe
N. Young
T. Soelter
D. Krenzel

Girls:

C. Ocel
C. Rowe
A. Bruns
J. Talbott

Armstrong

Boys:

S. Hall
D. Kleyman

Girls:

A. Titcomb
P. Wurl

Burnsville

Boys:

J. Blomquist

Girls:

J. Wawracz
S. Steiner
K. VanWilgen
J. Hearn
H. Smith
S. Lacher

Jefferson

Boys:

M. Zender

Girls:

Kennedy

Boys:

C. Brinkworth
S. Ambro
J. Grimmer
Mike Nordby
Mark Nordby
M. Christian
D. Paulson

Girls:

K. Dean
L. Carlson

Osseo

Boys:

J. Rathe

Girls:

Park Center

Boys:

J. Munson
M. Quickmeyer
R. Hullenman
A. Dix

Girls:

Rosemount

Boys:

D. Brinhaus

Girls:

L. Ohland
S. Anderson
C. Senior
J. Kasten
K. Murtfeldt
T. Johnson

LAKE RED CONFERENCE
TRACK AND FIELD RECORDS

GIRLS

1600 Meter Run - Alison Titcomb, Armstrong, 5:11.38, 1989

100 Meter Hurdles - Holly Smith, Burnsville, 15.27, 1989

100 Meter Dash - Jaylene Gerenz, Rosemount, 12:07, 1988

4 X 200 Meter Relay - Ohland, Anderson, Senior, Kasten
Rosemount, 1:46.29, 1989

4 X 100 Meter Relay - Kasten, Ohland, Johnson, Gerenz
Rosemount, 49.96, 1988

400 Meter Dash - Amber Van Voorhis, Apple Valley, 1:00.1, 1987

300 Meter Hurdles - Jane Talbott, Apple Valley, 46.73, 1988

800 Meter Run - Janene Hearn, Burnsville, 2:21.59, 1987

200 Meter Dash - Jaylene Gerenz, Rosemount, 25.30, 1988

4 X 400 Relay - Jefferson, 4:10.06, 1987

4 X 800 Relay - Titcomb, Daniels, Kroenaker, Nguyen
Armstrong, 9:47.96, 1988

3200 Meter Run - Julie Schweigert, Osseo, 11:26.37, 1987

Long Jump - Heather Gustafson, Apple Valley, 18'4.5", 1987

Discus - Stephanie Cloutier, Kennedy, 119'6", 1987

High Jump - Carol Ann Shudlick, Apple Valley, 5'5", 1988

Shot Put - Tammy Brandt, Armstrong, 41'5", 1987