

Central Lakes Conference Championships

Little Falls High School - 5/21/2010

Results

Event 1 Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Sartell-St Stephen		9:35.12 10
1) Peterson, Heidi 12	2) Haider, Ashton 9	
3) Rengel, Allie 11	4) Kellerman, Hannah 12	
2 Brainerd		9:47.26 8
1) Campbell, Sophie 9	2) Kosobud, Allison 9	
3) Holmes, Megan 11	4) Gessell, Anna 11	
3 Willmar Cardinals		10:02.26 6
1) Sheehan, Erin 12	2) Johnson, Jackie 12	
3) Rudie, Tara 8	4) Hanson, Marin 10	
4 Sauk Rapids/Rice		10:35.69 5
1) Sunstrom, Samantha 9	2) Bell, Symbria 8	
3) Friedrich, Brittany 10	4) Armstrong, Alicia 11	
5 Rocori High School		10:46.06 4
1) Gertken, Maggi 9	2) Meyer, Meredith 11	
3) Peterson, Samantha 10	4) Dingmann, Shandel 9	
6 Little Falls		10:51.64 3
1) Rutz, Chelsea	2) Floersheim, Ingrid	
3) Hendrickson, Mattia	4) Spillum, Alyssa	
7 St. Cloud Tech		10:54.66 2
1) Heine, Anna 12	2) Null, Maria 9	
3) Cunningham, Madeline 11	4) From, Breanna 10	
8 Fergus Falls		11:27.43 1
1) Sawtell, Kathryn 7	2) Hatlewick, McKenna 8	
3) Larson, Cierra 9	4) Schmidt, Josie 8	
9 Alexandria H.S.		11:33.35
1) Bernsten, Kine 12	2) McCoy, Kaci 10	
3) Stinson, Leah 10	4) Egenes, Kristin 10	

Event 3 Girls 100 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Ring, Kelsi	12	BRAI	15.27 10
2 Smith, Madison	12	BRAI	15.62 8
3 Wotzka, Rachel	11	SaukRpds-Ric	16.49 6
4 Strandberg, Stephanie	12	StCloudTech	16.64 5
5 Young, Baylie	10	Willmar	16.88 4
6 Warnes, Jolyn	11	Alex	17.24 3
7 Miller, Chloe	9	BRAI	17.28 2
8 VanSurksum, Grace	11	Sartell	17.29 1
9 Erkens, Jordan	12	Sartell	17.33
10 Bollig, Brandi	10	Sartell	17.43
11 Rodewald, Raina		Little Falls	17.83
12 Holley, Clarissa	9	StCloudApp	17.84
13 Hlinsky, Abby	9	Alex	17.91
14 Illies, Becca	9	Alex	17.94
15 Hensch, Morgan	9	Fergus Falls	18.45
16 Minnic, Emily	9	Willmar	18.45
17 Benoit, Arielle	12	StCloudTech	18.77
18 Giza, Emily	11	Fergus Falls	18.90
19 Schramel, Stephanie	11	Rocori HS	18.93
20 Schramel, Justine	11	Rocori HS	18.93
21 Anderson, Alyssa	12	SaukRpds-Ric	19.20

22 Peterson, Miranda		Little Falls	19.52
23 Hoffert, Tasja	10	StCloudTech	19.83
24 Puoch, Nyachieng	9	StCloudApp	20.10
25 Grise', Holly	9	StCloudApp	20.60
26 Lukasavitz, Lauren	10	SaukRpds-Ric	21.34

Event 5 Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Erickson, Rosey	11	Alex	12.62 10
2 Schuchard, Haley	10	Sartell	13.13 8
3 VanHeel, Emily		Little Falls	13.17 6
4 Traut, Briana	11	Rocori HS	13.20 4.5
4 Reuer, Allison	12	BRAI	13.20 4.5
6 Link, Lizzy	11	Fergus Falls	13.22 3
7 Spiczka, Tasha	11	SaukRpds-Ric	13.33 2
8 Hoffbeck, CallieAnn	9	Fergus Falls	13.40 1
9 Lundstrom, Hannah	8	BRAI	13.50
10 Ryan, Courtney	9	BRAI	13.51
11 Bierbuam, Samantha	11	Willmar	13.65
12 Meier, Maddie	8	Sartell	13.67
13 Burns, Mariah		Little Falls	13.68
14 Skalla, Megan	10	Willmar	13.70
15 Phillips, Jamie	9	Rocori HS	13.71
16 Kretchman, Chloe	12	Fergus Falls	13.75
17 Johnson, Brooke	9	StCloudApp	13.85
18 Grow, Tonya	10	Sartell	14.02
19 Feldhege, Reena	10	Rocori HS	14.08
20 Eckhart, Rachel	11	Willmar	14.24
21 Patrias, Jessica	11	SaukRpds-Ric	14.32
22 Haws, Olivia	10	StCloudTech	14.33
23 Canavati, Nicole	9	Alex	14.34
24 Olson, Shelby	9	SaukRpds-Ric	14.52
25 Froelich, Larissa	9	StCloudTech	14.70
26 Klinkner, Lisa	10	Alex	14.82
--- McKee, Laura	11	StCloudTech	DQ

Event 7 Girls 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 St. Cloud Tech		1:47.24 10
1) Strandberg, Stephanie 12	2) Callahan, Justice 9	
3) Stout, Brin 10	4) Bailey, Rachel 11	
2 Fergus Falls		1:47.28 8
1) Kosak, Karlee 11	2) Link, Lizzy 11	
3) Zenner, Haylie 10	4) Kretchman, Chloe 12	
3 Willmar Cardinals		1:48.94 6
1) Young, Baylie 10	2) Roelofs, Miranda 8	
3) Schneider, Shelby-Lyn 7	4) Anderson, Brittany 11	
4 Brainerd		1:49.49 5
1) McElfresh, Taylor 11	2) Ryan, Courtney 9	
3) Lundstrom, Hannah 8	4) Rardin, Lexie 11	
5 Sartell-St Stephen		1:50.18 4
1) VanSurksum, Grace 11	2) Nielson, Laura 10	
3) Bollig, Brandi 10	4) Steinkamp, Brianna 12	

Central Lakes Conference Championships

Little Falls High School - 5/21/2010

Results

Finals ... (Event 7 Girls 4x200 Meter Relay)

Team	Relay	Finals
6 Sauk Rapids/Rice		1:50.20 3
1) Spiczka, Tasha 11	2) Henkemeyer, Ellie 9	
3) Schubert, Amanda 9	4) Wotzka, Rachel 11	
7 Rocori High School		1:52.87 2
1) Helm, Kayti 12	2) Phillips, Jamie 9	
3) Brown, Emily 11	4) Feldhege, Reena 10	
8 Alexandria H.S.		1:54.82 1
1) Hansen, Solveig 12	2) Hlinsky, Abby 9	
3) Thoennes, Shannon 12	4) Illies, Becca 9	
9 Little Falls		1:54.87
1) Saulter, Trista	2) Saulter, Paige	
3) Voss, Megan	4) Grams, Libbi	
10 StCloudApp		2:00.09
1) Reichl, Allison 9	2) Johnson, Brooke 9	
3) Holley, Clarissa 9	4) Miller, Rebecca 10	

Event 9 Girls 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Piepenburg, Jamie	10	Alex	4:57.23 10
2 Novacinski, Moriah	12	StCloudApp	5:13.48 8
3 Gammon-Deering, Manon		Little Falls	5:14.46 6
4 Holmes, Megan	11	BRAI	5:27.89 5
5 Heim, Krista	12	Sartell	5:30.39 4
6 Dockendorf, Mackenzie	7	Sartell	5:32.63 3
7 Wurm, Kristin	10	StCloudTech	5:37.87 2
8 Klaphake, Arisa	10	Sartell	5:44.14 1
9 Johnson, Jackie	12	Willmar	5:45.49
10 Bell, Symbria	8	SaukRpds-Ric	5:47.53
11 Rudie, Tara	8	Willmar	5:50.65
12 Fairbanks, Sarah	9	BRAI	5:57.34
13 Armstrong, Alicia	11	SaukRpds-Ric	5:58.42
14 Ellingson, Emily	12	Willmar	5:58.63
15 Stinson, Leah	10	Alex	5:59.04
16 Nelson, Erin	9	StCloudApp	6:01.48
17 Larson, Cierra	9	Fergus Falls	6:05.38
18 Finstad, Amanda	12	BRAI	6:07.65
19 Hatlewick, McKenna	8	Fergus Falls	6:13.59
20 Kayfes, EllaRose	8	SaukRpds-Ric	6:14.19
21 Peterson, Samantha	10	Rocori HS	6:18.08
22 Stein, Brittany	9	Rocori HS	6:20.13
23 Schmidt, Josie	8	Fergus Falls	6:20.15
24 Cunningham, Madeline	11	StCloudTech	6:24.72
25 Erickson, Emily	10	StCloudTech	6:39.44

Event 11 Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Sartell-St Stephen		50.11 10
1) Schuchard, Haley 10	2) Steinkamp, Brianna 12	
3) VanSurksum, Grace 11	4) Nielson, Laura 10	
2 Brainerd		50.46 8
1) Lundstrom, Hannah 8	2) Ring, Kelsi 12	
3) Reuer, Allison 12	4) Ryan, Courtney 9	

3 Fergus Falls		51.26 6
1) Kosak, Karlee 11	2) Hoffbeck, CallieAnn 9	
3) Kretchman, Chloe 12	4) Rasmusson, Brianna 8	
4 Rocori High School		51.39 5
1) Traut, Briana 11	2) Phillips, Jamie 9	
3) Brown, Emily 11	4) Helm, Kayti 12	
5 Sauk Rapids/Rice		52.22 4
1) Spiczka, Tasha 11	2) Henkemeyer, Ellie 9	
3) Schubert, Amanda 9	4) Patrias, Jessica 11	
6 Willmar Cardinals		52.24 3
1) Bierbuam, Samantha 11	2) Eckhart, Rachel 11	
3) Anderson, Brittany 11	4) Skalla, Megan 10	
7 Little Falls		53.22 2
1) Saulter, Trista	2) Saulter, Paige	
3) Grams, Libbi	4) Emerson, Kaitlyn	
8 StCloudApp		54.52 1
1) Johnson, Brooke 9	2) Grise', Holly 9	
3) Midas, Chantel 11	4) Miller, Rebecca 10	
9 Alexandria H.S.		54.69
1) Hansen, Solveig 12	2) Hlinsky, Abby 9	
3) Thoennes, Shannon 12	4) Canavati, Nicole 9	
10 St. Cloud Tech		54.79
1) Haws, Olivia 10	2) Benoit, Arielle 12	
3) Pick, Taylor 9	4) McKee, Laura 11	

Event 13 Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 VanHeel, Emily		Little Falls	58.19 10
2 Erickson, Rosey	11	Alex	58.29 8
3 Midas, Chantel	11	StCloudApp	60.54 6
4 Rardin, Lexie	11	BRAI	61.49 5
5 Schneider, Shelby-Lyn	7	Willmar	62.21 4
6 Haider, Ashton	9	Sartell	62.62 3
7 Norgren, Lauren	8	Fergus Falls	62.99 2
8 Frantti, Palmer	8	Rocori HS	63.19 1
9 Fritz, Caitlin	12	Willmar	63.51
10 Lindell, Kayla	10	Rocori HS	64.00
11 Rengel, Allie	11	Sartell	64.21
12 Orth, Maggie	9	SaukRpds-Ric	64.43
13 Herd, Shanee	9	Alex	64.45
14 Rutz, Chelsea		Little Falls	64.78
15 Sullivan, Kiley	10	Sartell	65.15
16 Yeh, Sarah	8	BRAI	65.19
17 LeBrasseur, Tara	9	Alex	65.30
18 Kuehl, Sydney	8	Fergus Falls	67.02
19 Lentner, Sarah	10	SaukRpds-Ric	67.07
20 Johnson, Cassandra	9	Willmar	67.24
21 Fritz, Megan	10	Fergus Falls	67.60
22 Jungels, Mara	7	Rocori HS	68.10
23 Bagely, Haley	9	StCloudTech	69.27
24 Wagner, Alyssa	9	SaukRpds-Ric	70.70

Central Lakes Conference Championships

Little Falls High School - 5/21/2010

Results

Event 15 Girls 300 Meter Hurdles

Name	Yr	School	Finals	
Finals				
1 Smith, Madison	12	BRAI	46.11	10
2 Wotzka, Rachel	11	SaukRpds-Ric	47.43	8
3 Roelofs, Miranda	8	Willmar	47.50	6
4 Nielson, Laura	10	Sartell	48.10	5
5 Bollig, Brandi	10	Sartell	49.00	4
6 Kruize, Brianna	10	BRAI	49.90	3
7 Helm, Kayti	12	Rocori HS	49.97	2
8 Warnes, Jolyn	11	Alex	49.97	1
9 Holley, Clarissa	9	StCloudApp	50.54	
10 Benoit, Arielle	12	StCloudTech	51.14	
11 Voss, Megan		Little Falls	51.76	
12 Erkens, Jordan	12	Sartell	52.24	
13 Illies, Becca	9	Alex	52.34	
14 Canavati, Nicole	9	Alex	52.73	
15 Giza, Emily	11	Fergus Falls	53.34	
16 Miller, Chloe	9	BRAI	53.36	
17 Anderson, Alyssa	12	SaukRpds-Ric	53.81	
18 Schramel, Justine	11	Rocori HS	53.85	
19 Arnold, Theresa	9	SaukRpds-Ric	54.99	
20 Seland, Reilly	9	Fergus Falls	55.02	
21 Rodewald, Raina		Little Falls	55.29	
22 Grise', Holly	9	StCloudApp	55.56	
23 Peterson, Miranda		Little Falls	55.59	
24 Schramel, Stephanie	11	Rocori HS	55.95	
25 Minnic, Emily	9	Willmar	56.22	
26 Puoch, Nyachieng	9	StCloudApp	58.31	
27 Hoffert, Tasja	10	StCloudTech	59.27	
--- Velde, Samantha	9	Fergus Falls		DQ

Event 17 Girls 800 Meter Run

Name	Yr	School	Finals	
Finals				
1 Zenner, Haylie	10	Fergus Falls	2:18.41	10
2 Kellerman, Hannah	12	Sartell	2:19.48	8
3 Novacinski, Moriah	12	StCloudApp	2:20.45	6
4 Piepenburg, Jamie	10	Alex	2:20.98	5
5 Gessell, Anna	11	BRAI	2:23.49	4
6 Gammon-Deering, Manon		Little Falls	2:24.04	3
7 Sheehan, Brin	12	Willmar	2:25.30	2
8 Iverson, Shelby	9	Alex	2:25.99	1
9 Campbell, Sophie	9	BRAI	2:27.66	
10 Iverson, Katie	11	Alex	2:28.96	
11 Lindstrom, Anna	8	Sartell	2:30.78	
12 Hanson, Marin	10	Willmar	2:31.21	
13 Kotzer, Kristin	11	Rocori HS	2:34.26	
14 Sawtell, Kathryn	7	Fergus Falls	2:37.40	
15 Sunstrom, Samantha	9	SaukRpds-Ric	2:38.45	
16 Dockendorf, Mikayla	10	Sartell	2:38.67	
17 Nelson, Erin	9	StCloudApp	2:39.35	
18 Friedrich, Brittany	10	SaukRpds-Ric	2:41.67	
19 Meyer, Meredith	11	Rocori HS	2:42.47	
20 Dingmann, Shandel	9	Rocori HS	2:42.97	

21 Benoit, Nicolette	10	StCloudTech	2:43.71
22 Kirchner, Danielle	10	SaukRpds-Ric	2:51.98
23 Nelson, Katelyn	9	Fergus Falls	2:56.39

Event 19 Girls 200 Meter Dash

Name	Yr	School	Finals	
Finals				
1 Erickson, Rosey	11	Alex	25.66	10
2 VanHeel, Emily		Little Falls	26.26	8
3 Traut, Briana	11	Rocori HS	26.67	6
4 Link, Lizzy	11	Fergus Falls	26.94	5
5 Schuchard, Haley	10	Sartell	27.26	4
6 Midas, Chantel	11	StCloudApp	27.31	3
7 Rasmusson, Brianna	8	Fergus Falls	27.94	2
8 Kosak, Karlee	11	Fergus Falls	28.39	1
9 Miller, Rebecca	10	StCloudApp	28.45	
10 Young, Baylie	10	Willmar	28.78	
11 Henkemeyer, Ellie	9	SaukRpds-Ric	28.79	
12 Anderson, Brittany	11	Willmar	28.80	
13 McElfresh, Taylor	11	BRAI	28.96	
14 Gerdes, Rachel	8	Sartell	29.07	
15 Thoennes, Shannon	12	Alex	29.10	
16 Grow, Tonya	10	Sartell	29.12	
17 Comeau, Maria	10	BRAI	29.19	
18 Schubert, Amanda	9	SaukRpds-Ric	29.20	
19 Frantti, Palmer	8	Rocori HS	29.32	
20 Ford, Rachel	10	BRAI	29.42	
21 Saultter, Trista		Little Falls	29.47	
22 Eckhart, Rachel	11	Willmar	29.65	
23 Hansen, Solveig	12	Alex	30.01	
24 Lindell, Kayla	10	Rocori HS	30.18	
25 Miyoang, Nyabuom	10	StCloudTech	30.58	
26 Patrias, Jessica	11	SaukRpds-Ric	31.03	
27 Froelich, Larissa	9	StCloudTech	31.40	

Event 21 Girls 3200 Meter Run

Name	Yr	School	Finals	
Finals				
1 Peterson, Heidi	12	Sartell	11:01.54	10
2 Richardson, Chelsey	12	Alex	11:53.37	8
3 Hendrickson, Mattia		Little Falls	12:25.61	6
4 Selisker, Abbielle	8	BRAI	12:38.88	5
5 Cole, Jayne	12	Willmar	12:39.19	4
6 Cole, Kayte	11	Willmar	12:43.91	3
7 Herath, Lydia	7	BRAI	12:55.60	2
8 Null, Maria	9	StCloudTech	13:00.78	1
9 From, Breanna	10	StCloudTech	13:03.53	
10 Quast, Michaela	10	BRAI	13:07.13	
11 Gertken, Maggi	9	Rocori HS	13:25.00	
12 Floersheim, Ingrid		Little Falls	13:25.25	
13 McCoy, Kaci	10	Alex	13:26.52	
14 Turner, Jenna	9	Sartell	13:36.06	
15 Jarrandson, Kayla	7	Fergus Falls	13:37.80	
16 Feddema, Amanda	9	StCloudTech	13:38.70	
17 Hudson, Dominique	12	Willmar	13:40.85	
18 Kayfes, EllaRose	8	SaukRpds-Ric	13:44.54	

Central Lakes Conference Championships

Little Falls High School - 5/21/2010

Results

Finals ... (Event 21 Girls 3200 Meter Run)

Name	Yr	School	Finals
19 Schmidt, Johanna	7	Fergus Falls	13:50.63
20 Rasmussen, Kendra	10	Sartell	13:55.60
21 Braun, Jackie	8	SaukRpds-Ric	14:14.87
22 Madigan, Emily	11	Fergus Falls	16:18.63

Event 23 Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 St. Cloud Tech		4:02.01 10
1) Stout, Erin 10	2) Callahan, Justice 9	
3) Bailey, Rachel 11	4) Wurm, Kristin 10	
2 Willmar Cardinals		4:05.30 8
1) Sheehan, Erin 12	2) Roelofs, Miranda 8	
3) Schneider, Shelby-Lyn 7	4) Fritz, Caitlin 12	
3 Brainerd		4:06.56 6
1) Holmes, Megan 11	2) Gessell, Anna 11	
3) Rardin, Lexie 11	4) Smith, Madison 12	
4 Fergus Falls		4:09.00 5
1) Zenner, Haylie 10	2) Kitzman, Susie 11	
3) Norgren, Lauren 8	4) Hoffbeck, CallieAnn 9	
5 Sartell-St Stephen		4:10.55 4
1) Steinkamp, Brianna 12	2) Haider, Ashton 9	
3) Rengel, Allie 11	4) Kellerman, Hannah 12	
6 Little Falls		4:19.41 3
1) Gammon-Deering, Manon	2) Voss, Megan	
3) Rutz, Chelsea	4) Burns, Mariah	
7 Rocori High School		4:20.36 2
1) Young, Tara 11	2) Brown, Emily 11	
3) Meyer, Meredith 11	4) Frantti, Palmer 8	
8 StCloudApp		4:30.84 1
1) Nelson, Erin 9	2) Novacinski, Moriah 12	
3) LaFontaine, Bo 11	4) Reichl, Allison 9	
9 Sauk Rapids/Rice		4:35.76
1) Lentner, Sarah 10	2) Orth, Maggie 9	
3) Sunstrom, Samantha 9	4) Armstrong, Alicia 11	

Event 25 Girls Shot Put

Name	Yr	School	Prelims
Preliminaries			
1 Mauch, Sydney	10	BRAI	35-02.50q
2 Morford, Kelly	11	StCloudTech	34-10.50q
3 Hines, Amber		Little Falls	33-01.00q
4 Erickson, Marianne	12	Willmar	32-10.00q
5 Ludwig, Brittany	10	Alex	32-05.50q
6 Bartosh, Rachel	11	BRAI	31-10.50q
7 Holmberg, Margaret	12	StCloudApp	31-09.00q
8 Bruzik, Katie	11	Alex	31-07.00q
9 Terwilliger, Toni	11	BRAI	31-06.00q
10 Whitney, Andrea	12	Sartell	31-01.50
11 Missaghi, Sophia	12	Sartell	31-01.00
12 Then, Brittany		Little Falls	31-00.00
13 Belmont, Vanessa	10	StCloudApp	29-00.00
14 Johnson, Brianna	10	Alex	28-02.00
15 Uecker, Jenna	10	Sartell	28-00.50

16 Hennessey, Jewels	12	Willmar	28-00.00
17 Dingmann, Jessica	8	Rocori HS	27-09.50
18 Steiner, Kayela	9	SaukRpds-Ric	27-06.50
19 Berg, Kayla Rae	11	StCloudTech	27-01.50
20 Braegelmann, Laura	9	Rocori HS	25-11.00
20 Marolf, Maddie	8	SaukRpds-Ric	25-11.00
22 Stegura, Samantha	11	StCloudApp	25-09.00
23 Kurash, Missy	11	SaukRpds-Ric	25-02.00
24 Saul, Rose	12	Fergus Falls	25-01.00
25 Hallberg, Kara	11	Willmar	25-00.00
26 Hatlewick, Kalea	11	Fergus Falls	24-09.00
27 Goodijohn, Ashley	10	Fergus Falls	24-03.00
28 Miller, Lauren	9	StCloudTech	23-09.00
--- McCausland, Maggie	10	Rocori HS	ND

Event 25 Girls Shot Put

Name	Yr	School	Finals
Finals			
1 Mauch, Sydney	10	BRAI	35-02.50 10
2 Morford, Kelly	11	StCloudTech	34-10.50 8
3 Hines, Amber		Little Falls	33-05.00 6
4 Erickson, Marianne	12	Willmar	32-10.00 5
5 Ludwig, Brittany	10	Alex	32-05.50 4
6 Bartosh, Rachel	11	BRAI	31-10.50 3
7 Holmberg, Margaret	12	StCloudApp	31-09.00 2
8 Bruzik, Katie	11	Alex	31-07.00 1
9 Terwilliger, Toni	11	BRAI	31-06.00

Event 27 Girls Discus Throw

Name	Yr	School	Prelims
Preliminaries			
1 Erickson, Marianne	12	Willmar	112-02q
2 Morford, Kelly	11	StCloudTech	100-02q
3 Hines, Amber		Little Falls	100-01q
4 Terwilliger, Toni	11	BRAI	98-01q
5 Mauch, Sydney	10	BRAI	96-03q
6 Bartosh, Rachel	11	BRAI	95-09q
7 Ludwig, Brittany	10	Alex	92-00q
8 Iverson, Shelby	9	Alex	89-00q
9 Ouren, Carly	10	Fergus Falls	88-07q
10 Uecker, Jenna	10	Sartell	87-01
11 Velde, Samantha	9	Fergus Falls	86-09
11 Bruzik, Katie	11	Alex	86-09
13 Miller, Lauren	9	StCloudTech	80-04
14 Marx, Jenny	11	Fergus Falls	78-00
15 Braegelmann, Laura	9	Rocori HS	74-06
15 Johnson, Brianna	12	Willmar	74-06
17 Kurtzhals, Lacy	9	StCloudApp	73-04
18 Lupkes, Tiffany	10	SaukRpds-Ric	73-01
19 Duhoux, Matty	9	Rocori HS	72-00
20 Palmer, Janessa	9	Willmar	71-11
21 Schaller, Patrice	12	StCloudApp	69-10
22 Haarer, Julia	12	StCloudApp	69-04
23 Anderson, Shalen	9	SaukRpds-Ric	67-11
24 Jorud, Cecelia	12	Sartell	66-06
24 Missaghi, Sophia	12	Sartell	66-06

Central Lakes Conference Championships

Little Falls High School - 5/21/2010

Results

Preliminaries ... (Event 27 Girls Discus Throw)

Name	Yr	School	Prelims
26 Domeier, Francesca	10	StCloudTech	65-06
27 Ruszat, Samantha	9	SaukRpds-Ric	65-01
28 Gilsrud, Amber	11	Rocori HS	64-06

Event 27 Girls Discus Throw

Name	Yr	School	Finals
Finals			
1 Erickson, Marianne	12	Willmar	112-02 10
2 Morford, Kelly	11	StCloudTech	100-02 8
3 Hines, Amber		Little Falls	100-01 6
4 Ludwig, Brittany	10	Alex	99-11 5
5 Terwilliger, Toni	11	BRAI	98-01 4
6 Mauch, Sydney	10	BRAI	96-03 3
7 Bartosh, Rachel	11	BRAI	95-09 2
8 Iverson, Shelby	9	Alex	89-00 1
9 Ouren, Carly	10	Fergus Falls	88-10

Event 29 Girls Triple Jump

Name	Yr	School	Prelims
Preliminaries			
1 VanHeel, Emily		Little Falls	37-00.50q
2 Ring, Kelsi	12	BRAI	35-11.50q
3 Smith, Madison	12	BRAI	35-01.50q
4 Whitney, Andrea	12	Sartell	34-11.00q
5 Then, Brittany		Little Falls	34-03.00q
6 Warnes, Jolyn	11	Alex	33-04.50q
7 Link, Lizzy	11	Fergus Falls	32-07.00q
8 Jacobs, Melissa	12	Sartell	32-06.00q
9 LaFontaine, Bo	11	StCloudApp	32-01.50q
10 Wotzka, Rachel	11	SaukRpds-Ric	32-01.00
11 DeMartelaere, Emma	11	Fergus Falls	31-05.50
12 Bollig, Brandi	10	Sartell	31-03.00
13 Minnic, Emily	9	Willmar	31-00.50
14 Mielke, Jennifer		Little Falls	30-11.00
15 Henkemeyer, Ellie	9	SaukRpds-Ric	30-04.50
16 Wagner, Alyssa	9	SaukRpds-Ric	30-01.00
17 Huls, Erin	7	Rocori HS	29-10.50
18 Boran, Laura	10	BRAI	29-09.50
19 Jungels, Mara	7	Rocori HS	28-09.00
20 Pick, Taylor	9	StCloudTech	28-02.00
21 Reichl, Allison	9	StCloudApp	26-03.00
22 Pepper, Ashley	11	Alex	25-06.00
23 Miller, Rebecca	10	StCloudApp	25-02.00
24 Palmer, Janessa	9	Willmar	24-11.00
--- Appert, Kelsey	12	Fergus Falls	ND
--- Roden, Angela	12	StCloudTech	ND
--- Strandberg, Stephanie	12	StCloudTech	ND

Event 29 Girls Triple Jump

Name	Yr	School	Finals
Finals			
1 VanHeel, Emily		Little Falls	37-00.50 10
2 Ring, Kelsi	12	BRAI	35-11.50 8
3 Whitney, Andrea	12	Sartell	35-05.50 6

4 Smith, Madison	12	BRAI	35-01.50 5
5 Then, Brittany		Little Falls	34-03.00 4
6 Warnes, Jolyn	11	Alex	33-04.50 3
7 Jacobs, Melissa	12	Sartell	32-08.00 2
8 Link, Lizzy	11	Fergus Falls	32-07.00 1
9 LaFontaine, Bo	11	StCloudApp	32-01.50

Event 31 Girls Long Jump

Name	Yr	School	Prelims
Preliminaries			
1 Erickson, Rosey	11	Alex	18-03.75q
2 Zenner, Haylie	10	Fergus Falls	16-06.00q
3 Midas, Chantel	11	StCloudApp	16-05.50q
4 Schuchard, Haley	10	Sartell	16-03.50q
5 Skalla, Megan	10	Willmar	16-00.25q
6 Hoffbeck, CallieAnn	9	Fergus Falls	15-11.00q
7 Haider, Ashton	9	Sartell	15-09.50q
8 Rasmusson, Brianna	8	Fergus Falls	15-08.00q
9 Strandberg, Stephanie	12	StCloudTech	15-06.25q
10 Miller, Chloe	9	BRAI	15-05.00
10 Saulter, Paige		Little Falls	15-05.00
12 Warnes, Jolyn	11	Alex	15-04.25
13 Reuer, Allison	12	BRAI	15-02.50
14 Hoffert, Tasja	10	StCloudTech	14-10.00
15 Feldhege, Reena	10	Rocori HS	14-09.50
16 Young, Baylie	10	Willmar	14-05.75
17 VanSurksun, Grace	11	Sartell	14-02.50
18 Schramel, Stephanie	11	Rocori HS	14-02.25
19 Schramel, Justine	11	Rocori HS	14-00.50
19 Timm, Andrea	10	SaukRpds-Ric	14-00.50
21 McElfresh, Taylor	11	BRAI	13-10.50
22 Burns, Mariah		Little Falls	13-09.50
23 Peterson, Miranda		Little Falls	13-08.75
24 Spiczka, Tasha	11	SaukRpds-Ric	13-08.50
25 Anderson, Brittany	11	Willmar	13-06.25
26 Patrias, Jessica	11	SaukRpds-Ric	13-06.00
27 Reichl, Allison	9	StCloudApp	12-05.50
28 Klinkner, Lisa	10	Alex	12-04.25

Event 31 Girls Long Jump

Name	Yr	School	Finals
Finals			
1 Erickson, Rosey	11	Alex	18-04.50 10
2 Midas, Chantel	11	StCloudApp	16-10.50 8
3 Schuchard, Haley	10	Sartell	16-10.50 6
4 Zenner, Haylie	10	Fergus Falls	16-06.00 5
5 Hoffbeck, CallieAnn	9	Fergus Falls	16-03.75 4
6 Strandberg, Stephanie	12	StCloudTech	16-00.75 3
7 Skalla, Megan	10	Willmar	16-00.25 2
8 Haider, Ashton	9	Sartell	15-09.50 1
9 Rasmusson, Brianna	8	Fergus Falls	15-08.00

Event 33 Girls High Jump

Name	Yr	School	Finals
Finals			
1 Whitney, Andrea	12	Sartell	5-02.00 10

Central Lakes Conference Championships

Little Falls High School - 5/21/2010

Results

Finals ... (Event 33 Girls High Jump)

Name	Yr	School	Finals	
2 Burns, Mariah		Little Falls	5-01.00	8
3 Kitzman, Susie	11	Fergus Falls	4-11.00	6
4 Nielson, Laura	10	Sartell	4-10.00	5
5 Hensch, Morgan	9	Fergus Falls	4-10.00	4
6 Skinner, Kayli	8	BRAI	4-10.00	3
7 Page, Lindsay	10	Sartell	4-10.00	2
8 Lindell, Kayla	10	Rocori HS	4-10.00	1
9 Koel, Gabrielle	9	Alex	4-08.00	
10 Brown, Emily	11	Rocori HS	4-08.00	
11 Sunstrom, Samantha	9	SaukRpds-Ric	4-08.00	
12 Logelin, Kayla	9	BRAI	4-06.00	
13 Hulstrand, Julie	12	Willmar	4-06.00	
14 Larson, Jenna	10	Alex	4-06.00	
14 Mauch, Sydney	10	BRAI	4-06.00	
16 Minnie, Emily	9	Willmar	4-06.00	
17 Hoffert, Tasja	10	StCloudTech	4-04.00	
18 Emerson, Kaitlyn		Little Falls	4-04.00	
--- Hansen, Emily	9	SaukRpds-Ric	NH	
--- Hennessey, Jewels	12	Willmar	NH	
--- LeBrasseur, Tara	9	Alex	NH	

Event 35 Girls Pole Vault

Name	Yr	School	Finals	
Finals				
1 LeBlanc, Rachelle		Little Falls	10-06.00	10
2 Hauck, Emmy	12	SaukRpds-Ric	9-07.00	8
3 LaFontaine, Bo	11	StCloudApp	9-07.00	6
4 Ring, Kelsi	12	BRAI	8-07.00	5
5 Heine, Anna	12	StCloudTech	8-01.00	4
6 Fischer, Kelsey	10	Sartell	8-01.00	3
7 Young, Tara	11	Rocori HS	8-01.00	2
8 Thoennes, Shannon	12	Alex	7-07.00	1
9 Hallberg, Kara	11	Willmar	7-07.00	
10 Terwilliger, Toni	11	BRAI	7-07.00	
10 Benoit, Stephanie	12	StCloudTech	7-07.00	
12 Illies, Claire	11	Alex	7-07.00	
13 Kurash, Missy	11	SaukRpds-Ric	7-07.00	
14 Rice, Olivia	12	Alex	7-01.00	
15 Haws, Olivia	10	StCloudTech	7-01.00	
15 Johnson, Brooke	9	StCloudApp	7-01.00	
17 Cash, Jenissa	9	Sartell	7-01.00	
--- Frank, Alyssa	10	Sartell	NH	
--- Rodewald, Raina		Little Falls	NH	
--- Bethke, Chelsey	11	SaukRpds-Ric	NH	
--- Rohwer, Levke	12	BRAI	NH	

Women - Team Rankings - 18 Events Scored

1) Brainerd	128.5
2) Sartell-St Stephen	114
3) Little Falls	91
4) Alexandria H.S.	82
5) Fergus Falls	64
6) Willmar Cardinals	63

7) St. Cloud Tech	53
8) St. Cloud Apollo Eagles	41
9) Sauk Rapids/Rice	36
10) ROCORI HIGH SCHOOL	29.5

Men - Team Rankings - 18 Events Scored

1) Alexandria H.S.	145
2) Brainerd	122
2) Sartell-St Stephen	122
4) Little Falls	81
5) Willmar Cardinals	56
6) St. Cloud Tech	43
7) Fergus Falls	38
8) Sauk Rapids/Rice	36
9) St. Cloud Apollo Eagles	31
10) ROCORI HIGH SCHOOL	28