

1989-DIST ONE GIRLS

SCORING: 10-8-6-4-2

MEET: DIST ONE at LaGracient		1st PLACE	2nd PLACE	3rd PLACE	4th PLACE	5th PLACE	6th PLACE	NOTE: enter total TEAM POINTS in running score in lower sect					
EVENT	DISTANCE HEIGHT TIME	Competitor School	Competitor School	Competitor School	Competitor School	Competitor School	Competitor School	7th PLACE	8th PLACE	9th PLACE	10th PLACE	11th PLACE	12th PLACE
								LA C	LAGRACIENT	LANES	LA C	LAGRACIENT	LANES
Shot Put	32-8 1/4	Sarah Holmen Lanes	Naomi Olson Lanes 30' 11 1/4"	Kay Johnson RPH 30' 1 1/2"	Kelli Brown CSB 29' 2 1/4"	Rana Christensen RPH 26' 10 1/2"	Crystal Connolly Lanes 26' 6"	4	-	19	-	8	-
High Jump	5-4	Kris Schmitz CSB	Krin Poppe RPH 4' 8"	Jennifer Hosting Lanes 4' 8"	Andrew Kahn Lanes 4' 4"	Stacy Kopperud RPH	Jennifer Johnson Lanes	10	-	11 1/2	-	9 1/2	-
4 x 800 Relay	10:25.5	Preston-Hammon	Rutherford-Hammon 11:03.9	La Crescent 11:06.1	Caledonia/Spring Arrow 11:14.8	La Crescent 11:42.7		4	6	2	10	8	-
100 Meter Hurdles	16.8	Kris Schmitz CSB	Stacy Kopperud RPH 16.9	Jennifer Hosting Lanes 16.9+	Kristen Zimmerman PFH 17.9	Shelly Frayer CSB 18.1	Krin Poppe RPH 18.5	12	-	6	4	9	-
100 M Dash	13.4	Missy Weiss LaCrescent	Chanel Carlson RPH 13.6	Shari Derby PFH 13.6+	Julie Knutson Lanes 13.9	Jana Elden LaCres 14.6	Amy Finnick PFH 14.6+	-	12	4	7	8	-
4 x 200 Relay	1:50.2	Kristen Zimmerman LaCrescent	Preston-Hammon 1:57.9	La Crescent 2:01.6	Rutherford/Piterson-Hammon 2:01.7	Spring Valley/Walton 2:02.7		4	6	10	8	4	2
Discus	97.1	Kay Johnson RPH	Rana Christensen RPH 89.9	Naomi Olson Lanes 85.9	Dee Heubille LaCres 82.2	Crystal Connolly Lanes 79.4	Autumn Rompage PFH 78.10	-	4	8	1	18	-
Long Jump	15.3	Kris Schmitz CSB	Nora Heurink SVW 13.4+4	Lamp Kupst PFH 13.4	Missy Weiss LaCres 13.1 1/2	Jerry Mitchell RPH 13.1	Amy Finnick PFH 12.11 3/4	10	4	-	7	2	8
1600m Run	5:34.8	Sara Cowell LaC	Carol Clement P-F/H 5:41.2	Beth Ramsey A/P/H 5:51.7	Anna Sutton A/P/H 6:03.1	Tracy Mickelson Lanes 6:10.4	Shannon Peterson Lanes 6:16.0	42	10	3	8	10	8
4 x 100 Relay	54.7	R/P/H	Lanes 55.1	La C 55.6	P-F/H 55.9	SU/W 57.1		42	6	8	4	10	2
400 m Dash	60.7	Jennifer Johnson Lanes	Jackie Bentson A-F/H 1:03.0	Andrea Kahn Lanes 1:05.0	Chris Ask Lanes 1:06.8	Chanel Carlson A/P/H 1:11.8	Jo Ann Wiebke C/SG 1:11.9	1	43	48	20	8	2
300 meter low hurdles	48.6	Jennifer Hosting Lanes	Sarah Kopperud A/P/H 48.6+	Krin Poppe A/P/H 53.6	Kris Zimmerman A-F/H 54.2	Jill Wieser LaC 55.1	Erica Dahl A/P/H 56.0	2	43	10	4	15	10
800m Run	2:28.6	Susan Cozad LaC	Julie Runkle A-F/H 2:28.6+	Amy Bung C/SG 2:31.5	Tiffany Hahn A-F/H 2:32.9	Jackie Bentson P-F/H 2:34.4	Beth Ramsey A/P/H 2:36.0	6	10	-	14	1	-
200 M Run	27.1	Jennifer Johnson Lanes	Shari Derby PFH 27.9	Missy Weiss LaCres 28.3	Bonnie Kahn Lanes 29.1	Kelby Lamos Lanes 29.8	Jana Elden LaCres 30.5	-	49	7	16	8	-
3200 M Run	12:38.4	Jana Connell LaCres	Michelle Maw LaCres 13:03.2	Anna Sutton RPH 13:14.3	Kristin Mancini RPH 13:25.0	Leah Post Lanes 13:45.9	Melanie Burnett LaCres 13:51.8	-	49	19	2	-	10
4 x 400 Relay	4:19.0	LaCrescent	Preston-Hammon 4:23.1	La Crescent 4:35.5	Spring Valley/Walton 4:38.1	Rutherford/Piterson-Hammon 4:44.5		-	49	6	10	8	2

Write in event as final results are reported by meet officials

Mostly Sunny - low 70's
gradual cooling into evening
light south breeze

TOTAL TEAM POINTS	77	49	92	129 1/2	91	116 1/2	16
TEAM STANDINGS	5	3	1	4	2	6	