

1993 Section 5A Girls Championship at Sartell on Saturday, June 5th

Teams: Sartell 120, New London-Spicer 85, St Cloud Cathedral 43, Eden Valley-Watkins-Kimball 36, Grey Eagle-Swanville 32, Holdingford 32, Pierz 30.5, Delano 30, Dassel-Cokato 29, Paynesville 25, Atwater-Grove City-Cosmos 24, Litchfield 24, Belgrade-Brooten-Elrosa 19, Melrose 18, St John's Prep 16, Foley 12, Royalton 12, Howard Lake-Waverly 10, Winsted Holy Trinity 10, Watertown-Mayer 10, St Michael-Albertville 6, Glencoe 5, Albany 5, Sauk Centre 5, Becker-Big Lake 5, Lester Prairie-Silver Lake 4.5, Long Prairie 2.

100

- 1 Heather Mayhew, NLS 13.16
- 2 Denise Bitz, GE-S 13.31
- 8 Sabrina Hollander, Pay 13.73

200

- 1 Heather Mayhew, NLS 26.92
- 2 Megan Millins, Del 26.99
- 6 Kathy Schwartz, A-GC-C 27.83

400

- 1 Denise Bitz, GE-S 58.69
- 2 Chauntey Ruhland, NL-S 59.18
- 7 Sabrina Hollander, Pay 62.32
- 8 Marie Zenner, B-B-E 62.83

800

- 1 Denise Bitz, GE-S 2:19.25
- 2 Sarah Krueger, Sar 2:19.36
- 3 Marie Zenner, B-B-E 2:20.03
- 4 Annie Liestman, Litch 2:26.01

1600

- 1 Cindy Scott, Sar 5:13.62
- 2 Erica Walz, B-B-E 5:16.18
- 3 Annie Liestman, Litch 5:21.07
- 7 Jessica Ackerman, NL-S 5:40.19

3200

- 1 Missy Petersen, Sar 11:36.26
- 2 Kajsa Freborg, Sar 11:42.13
- 3 Kaija Freborg, Sar
- 6 Kristen Peterson, Sar
- 8 Jessica Ackerman, NL-S 12:26.61

100 Hurdles (33")

- 1 Carey Erpelding, SCC 15.64
- 2 Christina Yates, D-C 16.44

300 Hurdles (30")

- 1 Tara Schmidtbauer, Pierz 48.11
- 2 Jenna Lien, NL-S 48.59
- 3 Tiffany Karsch, Pay 48.94
- 5 Tina Lang, Sar 49.08

4x100 Relay

- 1 Dassel-C 51.75
- 4 A-GC-C 52.35

4x200 Relay

- 1 New London-S 1:47.95 (J Lien, S Eid, C Ruhland, H Mayhew)

4x400 Relay

- 1 Sartell 4:10.00 (T Paulson, N Supan, C Scott, S Krueger)
- 2 New London-S 4:12.37
- 5 Belgrade-B-E 4:20.20
- 6 A-GC-C 4:21.00

4x800 Relay

- 1 Sartell 9:38.32 (K Freborg, A Upgren, C Scott, S Krueger)
- 2 Holdingford 9:50.48
- 6 Litchfield 10:45.17

Shot Put

- 1 Susan Semmler, NL-S 43-2
- 2 Sara Ehresmann, NLS 37-8
- 4 Beth Johnson, A-GC-C 35-6.5
- 5 Jennifer Torgerson, A-GC-C 34-0.75

Discus Throw

- 1 Sara Ehresmann, NLS 125-5
- 2 Janet Chapman, Sar 123-5

Long Jump

- 1 Nikki Supan, Sar 17-0.25
- 2 Amy Unterberger, EV-W-K

High Jump

- 1 Tiffany Karsch, Pay 5-7 *
- 2 Carey Erpelding, SCC 5-2
- 3 Sabrina Hollander, Pay 5-2

Triple Jump

- 1 Carrie Braness, Litch 37-0
- 2 Erika Ringstrom, Sar 33-7.25
- 5 DeLisa Kragenbring, A-GC-C 32-8.75
- 7 Sabrina Hollander, Pay 32-7

* Ties Meet Record

** New Meet Record

Notes: Sartell was coached by Jeff Kellerman.