

# 1994 Section 5A Girls Championship at Delano on Saturday, June 4th.

**Teams:** Sartell 110, Litchfield 57, Pierz 49, Foley 48, Holdingford 44, New London-Spicer 39, St Michael-Albertville 32, Big Lake-Becker 29, Melrose 29, Atwater-Cosmos-Grove City 28, Watertown-Mayer 27, Dassel-Cokato 25, Paynesville 23, Belgrade-Brooten-Elrosa 19, Howard Lake-Waverly 19, Delano 13, St Cloud Cathedral 12, St John's Prep 12, Royalton 10, Sauk Centre 10, Albany 7, Glencoe 7, Winsted Holy Trinity 5, Eden Valley-Watkins-Kimball 4, Long Prairie-Grey Eagle 2, Buffalo Lake-Hector 2, Lester Prairie-Silver Lake 1.

## 100

- 1 Jenny Wagner, Roy 13.18
- 2 Katja Ramsing, W-M 13.27

## 200

- 1 Kelly Loidolt, Pierz 26.97
- 2 Holly Gondeck, Foley 27.05
- 6 Chantay Ruhland, , NL-S 27.9
- 8 Stacy Dick, Litch 28.1

## 400

- 1 Katja Ramsing, W-M 58.40
- 2 Chantay Ruhland, , NL-S 61.22

## 800

- 1 Sarah Krueger, Sart 2:20.00
- 2 Annie Liestman, Litch 2:21.94
- 4 Tina Lang, Payn 2:26.99
- 6 Marie Zenner, B-B-E 2:28.85

## 1600

- 1 Tina Lang, Payn 5:08.07
- 2 Erica Walz, B-B-E 5:09.62
- 8 Jessica Ackerman, NL-S 5:43.97

## 3200

- 1 Missy Petersen, Sart 11:28.39
- 2 April Maine, Hold 11:53.05
- 7 Jessica Ackerman, NL-S 12:34.46

## 100 Hurdles (33")

- 1 Sarah Stanoch, Hold 16.12
- 2 Carrie Braness, Litch 16.18

## 300 Hurdles (30")

- 1 Stacy Sullivan, BL-B 48.14
- 2 Janey Hingle, Sart 48.21
- 4 Karen Johnson, A-GC-C 48.89

## 4x100 Relay

- 1 Foley 50.77 (T Novak, C Fossum,  
A Garceau, H Gondeck)
- 2 Pierz 51.28
- 5 A-GC-C 52.62

## 4x200 Relay

- 1 Litchfield 1:48.38 (K Kruger, M Olberding,  
C Braness, S Dick)
- 3 A-GC-C 1:50.97

## 4x400 Relay

- 1 Sartell 4:07.73 (J Hengel, S Krueger,  
C Scott, M Petersen)
- 3 A-GC-C 4:17.69
- 5 B-B-E 4:20.17

## 4x800 Relay

- 1 Sartell 9:39.78 (C Scott, K Freborg,  
S Krueger, M Petersen)
- 2 Foley 9:49.62
- 4 Litchfield 10:08.09
- 8 A-GC-C 10:58.88

## Shot Put

- 1 Janet Chapman, Sart 43-3.25
- 2 Susan Semmler, NL-S 42-4
- 3 Beth Johnson, A-GC-C 38-2
- ? Sarah Ehresmann, NLS 37-1.5

## Discus Throw

- 1 Janet Chapman, Sart 138-8
- 2 Sarah Ehresmann, NLS 128-5
- 7 Susan Semmler, NL-S 110-3

## Long Jump

- 1 Sara Mortenson, BL-B 17-7.75
- 2 Angie Wilson, Sart 17-7.5
- 3 Sherry Blommel, Melr 17-1.75
- 4 Kristen Peterson, StM-A 17-0.5
- 7 Heather Mayhew, NL-S 15-3

## High Jump

- 1 Carrie Braness, Litch 5-6
- 2 Kristen Peterson, StM-A 5-4
- 3 Sarah Stanoch, Hold 5-3
- 4 Tiffany Karasch, Payn 5-3
- 8 Sabrina Hollander, Payn 5-0

## Triple Jump

- 1 Carrie Braness, Litch 35-8
- 2 Stephanie Knott, HL-W 35-5.5
- 4 Maggie Olberding, Litch 34-10.75
- 7 Tina Lang, Payn 33-1.5

\* Ties Meet Record

\*\* New Meet Record

**Notes:** Sartell was coached by Jeff Kellerman.