

1995 Section 4A Girls at Macalester College, Saint Paul on Saturday, June 3rd - 85 degrees & sunny

Teams: Minnehaha Academy 75, Brooklyn Center 71, Breck 66, DeLaSalle 57, Orono 51, Visitation 49, St Paul Academy & SS 47, Mora 43, Benilde-SM 42, St Agnes/St Bernard's 40, Mound-Westonka 39, Waconia 38, Concordia Academy 37, Holy Angels 34, East Central 30, Blake 23, St Croix Lutheran 17.5, Rush City 17, Mounds Park Academy 16, Mayer Lutheran 13, Norwood-Young America 12, Rockford 12, Hinckley-Finlayson 10, Christ's Household of Faith 6, Ogilvie 6, Pine City 4, Braham 3, Isle-Onamia 1.

100

- 1 Toni Lawshea, SA/SB 12.30
- 2 Jenny Newsome, Breck 12.50
- 3 Rachel Dippon, Conc A 12.93
- 4 Katherine Gutknecht, EC 12.94
- 5
- 6
- 7 Melissa Nelson, Mora 13.11

200

- 1 Jenny Newsome, Breck 26.31
- 2 Theresa Pulling, DLS 26.62

400

- 1 Theresa Pulling, DLS 58.87
- 2 Nicole Decker, Wac 61.41
- 3
- 4
- 5
- 6
- 7
- 8 Jessi Cairns, Mora 63.16

800

- 1 Elizabeth Winter, B-SM 2:21.03
- 2 Bridget O'Brien, Breck 2:22.14
- 3
- 4
- 5
- 6
- 7
- 8 Kam Olson, Mora 2:30.10

1600

- 1 Bridget O'Brien, Breck 5:12.29
- 2 Jessi Halvorson, SPA 5:16.15

3200

- 1 Jessi Halvorson, SPA 11:41.67
- 2 Kacey Williams, Vis 11:53.65

100 Hurdles (33")

- 1 Katrina Stewart, BC 16.34
- 2 Romana Trillegi, Mnha 16.45
- 3
- 4
- 5 Shelia Brockner, Mora 17.38

300 Hurdles (30")

- 1 Monica Kelley, HA 49.04
- 2 Lana Pierson, Mora 49.31

4x100 Relay

- 1 Mound-W 51.48
- 2
- 3
- 4
- 5
- 6 Mora 52.50

4x200 Relay

- 1 DeLaSalle 1:48.06
- 2 Mounds Park 1:48.42
- 3
- 4
- 5
- 6 Mora 1:51.16

4x400 Relay

- 1 Visitation 4:11.75
- 2
- 3
- 4
- 5
- 6
- 7 Mora 4:20.69

4x800 Relay

- 1 Minnehaha Ac 9:54.07
- 2
- 3
- 4
- 5
- 6 Mora 10:33.68

Shot Put

- 1 Kathy Trunan, BC 39-8.25
- 2 Elizabeth Zeilman, Mayer Luth 36-9
- 3
- 4
- 5
- 6 Kim Kapinos, Ogi

Discus Throw

- 1 Kinesha Davis, Blake 142-4
- 2 Kathy Trunan, BC 128-10
- 3
- 4
- 5
- 6
- 7
- 8 Kim Kapinos, Ogi

Long Jump

- 1 Traci Copeland, Breck 16-0.25
- 2 Bree Yaeger, SPA 15-10

High Jump

- 1 Molly Kelley, Oro 5-3
- 2 Kristi Peterson, Mnha 5-3

Triple Jump

- 1 Kirsten Demoinque, DLS 35-2.75
- 2 Monica Kelley, HA 33-10.5
- 3
- 4 Lana Pierson, Mora 33-3.5

* Ties Meet Record

** New Meet Record

Notes: