

CNDC Outdoor - Girls - 5/5/09

300 Hurdles

1. Crystal Hovland-R-48.18--SQ	10
2. Whitney Boehm-V-D -48.82-SQ	8
3. Shelby Wetzel-NRS/WC-48.80	6
4. Breanne Sherlock-V-D-50.88	5
5. Cheyenne Unterseher-NRS/WC 50.89	4
6. Cassidy Unterseher-NRS/WC 51.23	3
7. Amber Volanti-NL-52.56	2
8. Aubrey Hovland-R-53.19	1

100 Dash

1. Sharisa Yri--BCW--12.64--SQ	10
2. Brittany Berndt-V-D--12.88	8
3. Jaclyn Bachmeier--H--12.94	6
4. Britteny Thingstad-V-D--13.03	5
5. Amber Volanti--NL--13.08	4
6. Anna Knutson--V-D---13.16	3
7. Brandy Schimelfenig-NRS/WC-13.62	2
8. Kate Heilman--H--13.70	1

1600 Run

1. Katelynn Engh--BCW--5:54.17	10
2. Taylor Stone--Rug--6:16.03	8
3. Lauren Pederson--NL--6:49.35	6
4. Cortney Hill--Rug--7:11.95	5

3200 Relay

1. V-D 10:28.17	10
2. BCW--10:39.19	8
3. Rug.--10:42.30	6
4. NL--11:54.48	5
5. NRS/WC--12:21.45	4

800 Relay

1. Velve-Drake--1:49.97---SQ	10
2. NRS/WC--1:51.7	8
3. Har. --1:58.22	6
4. Rug. --2:00.7	5
5. BCW--2:08.07	4
6. Nor. Lights--2:08.91	3

400 Relay

1. Velve-Drake 52.71 SQ	10
2. Rugby 52.96	8
3. NRS/WC 53.62	6
4. Harvey 54.72	5
5. SCA 1:00.85	4
6. BCW 1:01.42	3
7. NL 1:01.47	2

400 Dash

1. July Erfle NRS/WC 1:03.59	10
2. Adrienne Martwick SCA 1:03.66	8
3. Whitney Boehm VD 1:04.28	6
4. Tasha Heisler VD 1:04.95	5
5. Abbey Paul Rug 1:07.45	4
6. Laura Lies NRS/WC 1:07.96	3
7. McKenzie Silliman BCW 1:08.55	2
8. Kaya Engen SCA 1:09.12	1

100 Hurdles

1. Ashley Salwey Rug 15.64 SQ	10
2. Aubrey Hovland Rug 17.37	8
3. Crystal Hovland Rug 17.54	6
4. Cassidy Unterseher NRS/WC 17.94	5
5. Cheyenne Unterseher NRS/WC 17.97	4
6. Kylie Engebretson VD 18.08	3
7. Ally Nelson VD 19.03	2
8. Kaylie Johnson NL 22.23	1

800 Run

1. Sydney Kraft Rug 2:25.43 SQ	10
2. Erin Leier BCW 2:25.58 SQ	8
3. July Erfle NRS/WC 2:33.29	6
4. Katelynn Engh BCW 2:36.82	5
5. Breanne Sherlock VD 2:39.96	4
6. Cheyenne Unterseher NRS/WC 2:43.98	3
7. Taylor Stone Rug 2:49.08	2
8. Tashena Walker Har 2:52.51	1

200 Dash

1. Ashley Salwey Rug 26.11 SQ	10
2. Sharisa Yri BCW 26.60 SQ	8
3. Haley Heiser VD 27.36	6
4. Amber Volanti NL 27.45	5
5. Adrienne Martwick SCA 28.05	4
6. Sam Maxwell NRS/WC 28.66	3
7. Brandy Schimelfenig NRS/WC 28.69	2
8. Jamie Effertz VD 29.13	1

3200 Run

1. Alyssa Anderson	BCW	11:59.52	SQ	10
2. Sara Schwanke	BCW	12:05.49	SQ	8
3. Kasa Kuntz	VD	12:28.09		6
4. Laura Lies	NRS/WC	12:31.32		5
5. Cassidy Peterson	VD	13:15.79		4
6. Jenna Fossum	Rug	13:26.67		3
7. Mariya Bernhardt	Rug	14:05.68		2
8. Joclyn Seiler	Rug	15:12.66		

Javelin

1. Kellie Feakes	WC/NRS	101'9"		10
2. Kaya Engen	SCA	91'1"		8
3. Tessa Koenig	Rug	87'5"		6
4. Paige Haman	Rug	81'7"		5
5. Ashley Lommen	WC/NRS	81'0"		4
6. Molly Koenig	Rug	80'6"		3
7. Jaci Norbury	VD	80'0"		2
8. Abby Martwick	SCA	77'6"		1

Discus

1. Kellie Feakes-WC/NRS-117'3.5"	SQ	10
2. Courtney Hestdalen-BCW--98'5"		8
3. Abigail Martwick--SCA--97'4"		6
4. Kelsey Mongeon--Rug.--90'11"		5
4. Ashley Lomen--WC/NRS--90'11"		4
6. Elizabeth Schmeets--H--89'1.5"		3
7. Sloane Peterson--VD--85'4.5"		2
8. Denage Braaten--VD--80'4"		1

Long Jump

1. Sharon Yri	BCW	17'11.5"	SQ	10
2. Brittany Bendt	VD	17'3.5"	SQ	8
3. Jaclyn Bachmeier	Har	16'7"	SQ	6
4. Steph Friestad	Rug	16'1.5"		5
5. Anna Kraudson	VD	15'10.5"		4
6. Tashina Walker	Har	15'9.5"		3
7. Ashley Volant	NL	15'6"		2
8. Courtney Putnam	Rug	15'2.25"		1

Shot Put

1. Kellie Feakes	NRS/WC	34'7.5"		10
2. Elizabeth Schmutz	Har	32'8.5"		8
3. Ashley Lommen	NRS/WC	31'5"		6
4. Molly Konig	Rug	31'1"		5
5. Jessica Meland	Har	31'5"		4
6. Kelsey Moegeon	Rug	30'8.5"		3
7. Sam Maxwell	NRS/WC	30'8"		2
8. Courtney Hestaland	BCW	29'10.5"		1

1600 Relay

1. Rugby	4:14.52	SQ	10
2. Vel-Drake	4:15.29	SQ	8
3. NRS/WC	4:22.12		6
4. BCW	4:39.81		5
5. NL	4:59.26		4

High Jump

1. Aubrey Hovland	Rug	4'11"	10
2. Megan Jorgenson	BCW	4'7"	8
3. Kari Weninger	SCA	4'9"	6
4. Jaclyn Seiler	Rug	4'5"	4.5
4. Baily Thomas	VD	4'5"	4.5
6. Courtney Putnam	Rug	4'3"	3

Pole Vault

1. Joclyn Seiler	Rug	6'0"	9
2. Taryn Jacob	NRS/WC	6'0"	9
3. Cassidy Weber	NRS/WC	5'6"	6
4. Tessa Koenig	Rug	5'6"	5
5. Allison Manley	BCW	5'0"	4

Triple Jump

1. Sharisa Yri	BCW	36'7"	SQ	10
2. Brittany Bernbt	VD	34'10.5"	SQ	8
3. Jamie Efferle	VD	34'6.5"	SQ	6
4. Steph Friestad	Rug	33'11.25"		5
5. Courtney Putnam	Rug	33'1"		4
6. Erin Leier	BCW	31'7.5"		3
7. Haley Heiser	VD	30'9.25"		2
8. Jorie Klien	Rug	30'1.5"		1

Team Totals

1. Rugby	183.5
2. V-D	141.5
3. WC/NRS	139
4. BCW	125
5. Harvey	43
6. SCA	38
7. NL	34