

# Kiwanis/Lions Track Meet - Carrington

May 2, 2009 Girls' Division

## GIRLS TEAM SCORES

1. Carrington 181
2. NRS-WC 176
3. Rugby 175
4. Benson County 63
5. Griggs CC 48
6. Central Prairie 30
7. Nelson County 19
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 13.
- 15.
- 16.
- 17.
- 18.
- 19.

## GIRLS 100 METER DASH

1. Ashley Salwey Rug. 0:12:8 q
2. Brandy Schimelfenig NRS WC 0:13:66
3. Lindsey Hesch Cgtn 0:13:84
4. Sara Opp Cgtn 0:13: 84
5. Alley Ruff CP 0:13:94
6. Kori Erfle NRS WC 0:14:11
7. Emily Berge GCC 0:14:34
8. Brittany Neumiller NRS WC 0:14:37

## GIRLS 200 METER DASH

1. Noelle Braaten Cgtn 0:27:53
2. Shelby Gillett NC 0:27:76
3. Kara Fike NRSWC 0:27:84
4. Cass Unterseher NRSWC 0:28:93
5. Courtney Heypel CP 0:29:18
6. Lyndsey Hesch Cgtn 0:29:24
7. Alley Ruff CP 0:30:21
8. Libby Young NRSWC 0:30:37

## GIRLS 400 METER DASH

1. Ashley Salwey Rug. 1:01:11 q
2. July Erfle NRSWC 1:03:50
3. Katie Ingebretson Cgtn 1:04:81
4. Cassidy Unterseher NRS 1:07:18
5. Becca Sheer Cgtn 1:07:56
6. Abbey Paul Rug. 1:07:91
7. Courtney Heypel CP 1:07:93
8. Cassandra Jaeger Rug. 1:08:13

## GIRLS 800 METER RUN

1. Sydney Kraft Rug. 2:28:56
2. Katelynn Engh BC 2:32:68
3. July Erfle NRSWC 2:33:24
4. Laura Lies NRSWC 2:35:62
5. Ashlyn Riedesel Cgtn 2:47:31
6. Alyssa Bruen NRSWC 2:49:21
7. Amy Rorvig NC 2:50:12
8. Kori Nicolai GCC 2:53:91

## GIRLS 1600 METER RUN

1. Alyssa Anderson BC 5:29:69 q
2. Sara Schwanke BC 5:30:69 q
3. Laura Lies NRSWC 5:33:96
4. Katelynn Engh BC 5:48: 18
5. Kori Nicoali GCC 6:40:22
6. Erin Endres Cgtn 7:07:34
7. Zabrina Miles NRSWC 7:30:03
8. Laura Walterdarfer NC 8:05:88

## GIRLS 3200 METER RUN

1. Sara Schwanke BC 12:32:38
2. Amanda Indergaard Cgtn 12:59:76
3. Kalli Koepf Cgtn 13:41:75
4. Leah Oien GCC 14:20:69
5. Cory Erfle NRSWC 14:53:15
6. Taylor Thompson NRSWC 16:53:22
- 7.
- 8.

## GIRLS 100 METER HURDLES

1. Ashley Salwey Rug. 15'75 q
2. Sara Opp Cgtn 17'78
3. Cassidy Unterseher NRSWC 17'96
4. Jordan Spitzer CP 19'90
- 5.
- 6.
- 7.
- 8.

## GIRLS 300 METER HURDLES

1. Shelby Wetzel NRS WC 0:48 q
2. Hope Carr Cgtn 0:49:74
3. Cassidy Unterseher NRS WC 0:52:24
4. Kara Fike NRS WC 0:53:02
5. Aubrey Hovland Rug. 0:53:71
6. Jordan Spitzer CP 0:56:49
7. Rheanna Quam NC 0:58:74
- 8.

## GIRLS 4 X 100 METER RELAY

1. Carrington 0:52:94
2. NRSWC 0:52:95
3. Rugby 0:59:12
4. NRSWC 1:00:03
5. Griggs CC 1:00:28
6. Nelson County 1:02:10
- 7.
- 8.

## GIRLS 4 X 200 METER RELAY

1. NRSWC 1:51:31 q
2. Carrington 1:52:52
3. Rugby 2:06
4. Central Prairie 2:07:84
5. Benson County 2:09:84
6. Nelson County 2:10:97
7. Griggs CC 2:11:25
8. NRSWC 2:18:81

## GIRLS 4 X 400 METER RELAY

1. Carrington 4:20:81
2. NRS-WC 4:29:46
3. Rugby 4:34:43
4. Benson County 4:58:28
5. Griggs CC 5:26:24
- 6.
- 7.
- 8.

## GIRLS 4 X 800 METER RELAY

1. Carrington 10:54:58
2. Rugby 11:14:08
3. Griggs County 11:27:02
4. NRS WC 12:36:05
- 5.
- 6.
- 7.
- 8.

## GIRLS LONG JUMP

1. Steph Freistad Rug. 15'5 1/2
2. Courtney Putman Rug. 15'0
3. Hope Carr Cgtn 14'8
4. Hannah Lipetzky Cgtn 14'6 1/2
5. Becca Sheer Cgtn 14'4 1/2
6. Abbey Paul Rugby 14'2
7. Kenzie Silliman BC 14' 0 1/2
8. Emily Berge GCC 13'8 1/2

## GIRLS TRIPLE JUMP

1. Steph Firestad Rug. 31'8 1/2
2. Courtney Putman Rug. 30'4 1/2
3. Josie Klein Rug. 28'3 1/4
4. Dezi Helland GCC 26'7 1/2
5. Emily Hagemeister Cgtn 20'4
- 6.
- 7.
- 8.

## GIRLS HIGH JUMP

1. Aubrey Haveland Rug. 4'11
2. Meghan Jorgensen BC 4'7
3. Emily Berge GCC 4'7
4. Courtney Putman Rug. 4'5
5. Becca Sheer Cgtn 4'3
6. Serena Buskness Cgtn 4'3
7. Ashlyn Riedesel Cgtn 4'3
8. Joclyn Seiler Rug. 4'3

## GIRLS POLE VAULT

1. Cassidy Webber NRS WC 6'0
2. Taryn Jacobs NRS WC 6'0
3. Joclyn Seiler Rug. 5'6
4. Tessa Koenig Rugby 5'0
- 5.
- 6.
- 7.
- 8.

## GIRLS DISCUS

1. Kelli Feakes NRSWC 101'7
2. Megan Harrington Cgtn 96'4 1/2
3. Kelsey Monageon Rugby 91'9
4. Sierra Rosenau Cgtn 90'0
5. Julia Genre Cgtn 86'4
6. Carly Copenhagen 84'8
7. Kayla Hochhalter Cgtn 83'0
8. Amy Smith Cgtn 82'3

## GIRLS JAVELIN

1. Sierra Rosenau Cgtn 115'7
2. Emily Berge GCC 98'4
3. Kayla Hochhalter Cgtn 87'5
4. Tessa Koenig Rug. 85'2
5. Molly Koenig Rug. 84'10
6. Marilyn Whitetail BC 75'3
7. Julianne Chenze NRSWC 63'1
8. Mikki Lemar Rug. 58'11

## GIRLS SHOT PUT

1. Kelly Feakes NRSWC 35'5
2. Molly Koenig Rug. 32'2
3. Sam Maxwell NRSWC 31'4
4. Tiana Henry CP 31'0
5. Megan Harrington Cgtn 30'3
6. Emily Fritel rug. 30'0
7. Kelsey Mongeon Rug. 29'11
8. Karlee Brown Cgtn 28'9

