

# 2004 Girls Section 4AA Track and Field Championships

Macalester College - 6/1/2004 to 6/5/2004

## Team Scores:

1) Blaine	140	6) Roseville Area	82	11) Mahtomedi	27
2) Mounds View	134.5	7) Spring Lk Pk/St Anth.	50.5	12) Centennial	23
3) White Bear Lake Area	117	8) Champlin Park	50	13) Andover	3
4) Coon Rapids	105.5	9) Totino Grace	43.5	13) St. Paul Arlington	3
5) Irondale	102	10) North	35	15) St. Paul Como Park	1

## Girls 100 Meter Dash Class AA

Name	Year School	Finals	Wind	Points
1 Johnson, DeAburey	9 Roseville Area	12.78	1.8	12
2 Omeoga, Ije	12 Irondale	12.79	1.8	10
3 Alaike, Nkechi	12 Blaine	12.91	1.8	8
4 Pierce, Jessica	9 Coon Rapids	13.00	1.8	6
5 Gilbert, Beatrice	12 ChamplinPark	13.04	1.8	5
6 McQuiston, Rebecca	North	13.11	1.8	4
7 Rodriguez, Katie	11 WhiteBearLak	13.20	1.8	3
8 Cohen, Moriko	10 ChamplinPark	13.24	1.8	2
9 Thompson-Amarteifi	12 St. Paul Arlingt	13.25	1.8	1

## Girls 200 Meter Dash Class AA

Name	Year School	Finals	Wind	Points
1 Omeoga, Chichi	11 Irondale	25.82	1.0	12
2 Omeoga, Ije	12 Irondale	26.82	1.0	10
3 Mukete, Valarie	9 Roseville Area	27.10	1.0	8
4 Alaike, Nkechi	12 Blaine	27.19	1.0	6
5 Melhorn, Sarah	9 WhiteBearLak	27.23	1.0	5
6 Cornelius, Kelly	12 Mahtomedi	27.34	1.0	4
7 Wrzos, Katarina	10 Coon Rapids	27.39	1.0	3
8 Thompson-Amarteifi	12 St. Paul Arlingt	27.44	1.0	2
9 Anderson, Nicole	North	27.84	1.0	1

## Girls 400 Meter Dash Class AA

Name	Year School	Finals	Points
1 Swoboda, Kristin	11 WhiteBearLak	59.49	12
2 Olson, Gretchen	12 Coon Rapids	1:00.30	10
3 Olheiser, Heather	11 Blaine	1:01.34	8
4 Henjy, Natalie	North	1:01.46	6
5 Perry, Kristen	11 WhiteBearLak	1:01.96	5
6 Townsend, Jasmin	9 Coon Rapids	1:02.52	4
7 Figg, Kelsey	9 Roseville Area	1:02.78	3
8 Bina, Emily	9 Totino Grace	1:03.17	2
9 Omeoga, Chichi	11 Irondale	1:03.38	1

## Girls 800 Meter Run Class AA

Name	Year School	Finals	Points
1 Willenbring, Emily	11 Mounds View	2:22.72	12
2 Holschbach, Katie	12 Blaine	2:24.39	10
3 Dalieden, Jillian	9 Blaine	2:25.56	8
4 Carlson, Kim	9 Irondale	2:25.77	6
5 Larsen, Chelsie	12 Mounds View	2:26.77	5
6 Warren, Cally	10 WhiteBearLak	2:27.44	4
7 Shaw, Clara	10 Roseville Area	2:27.47	3
8 Helwig, Kristine	10 WhiteBearLak	2:29.03	2
9 Wolfgram, Marissa	9 ChamplinPark	2:29.97	1

## Girls 1600 Meter Run Class AA

Name	Year School	Finals	Points
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1 Anderson, Katie	11 Blaine	5:08.98	12
2 Van Ness, Mallory	11 Mounds View	5:11.23	10
3 Ganley, Greta	11 SpLkPk/SAnVi	5:15.84	8
4 Dedeyn, Rachel	12 Centennial	5:20.30	6
5 Sommer, Kaylee	7 Mahtomedi	5:25.58	5
6 Branigan, Margot	10 Roseville Area	5:25.70	4
7 Moraczewksi, Katie	7 WhiteBearLak	5:27.15	3
8 Tucker, Maggie	11 Mounds View	5:28.95	2
9 Skildum, Lisa	12 Mounds View	5:31.96	1

Girls 3200 Meter Run Class AA

Name	Year School	Finals	Points
1 Dedeyn, Rachel	12 Centennial	11:35.26	12
2 Branigan, Margot	10 Roseville Area	11:36.51	10
3 Ganley, Greta	11 SpLkPk/SAnVi	11:42.38	8
4 Moraczewksi, Katie	7 WhiteBearLak	11:52.14	6
5 Maki, Ali	11 Mounds View	11:56.72	5
6 Uppgaard, Amelia	10 Totino Grace	11:56.98	4
7 Bethke, Molly	10 Mahtomedi	11:58.55	3
8 Letourneau, Stacy	9 WhiteBearLak	12:00.50	2
9 Nelson, Sarah	12 ChamplinPark	12:02.61	1

Girls 100 Meter Hurdles Class AA

Name	Year School	Finals	Wind	Points
1 Gamache, Alison	10 Mounds View	15.39 QUAL	NWI	12
2 Shamp, Andrea	12 Totino Grace	15.85	NWI	10
3 Berkeland, Kelsey	11 Coon Rapids	16.12	NWI	8
4 Flach, Ashly	North	16.51	NWI	6
5 Woods, Patti	9 Blaine	16.52	NWI	5
6 Ehrman, Arielle	11 WhiteBearLak	16.65	NWI	4
7 Beaver, Elizabeth	North	17.10	NWI	3
8 Hansen, Mallory	12 Roseville Area	17.13	NWI	2
9 Lyons, Chelsea	9 Coon Rapids	21.19	NWI	1

Girls 300 Meter Hurdles Class AA

Name	Year School	Finals	Points
1 Gamache, Alison	10 Mounds View	46.43	12
2 Shamp, Andrea	12 Totino Grace	46.74	10
3 Zachman, Nikki	12 Blaine	47.06	8
4 Lyons, Chelsea	9 Coon Rapids	47.51	6
5 Shelander, Katie	9 Roseville Area	48.81	5
6 Tubbs, Ashley	10 Mahtomedi	50.12	4
7 Beaver, Elizabeth	North	50.15	3
8 Taylor, Anne	9 Mounds View	51.05	2

Girls 4x100 Meter Relay Class AA

School	Finals	H#	Points
1 Irondale	49.38 QUAL	2	12
1) Omeoga, Ije 12 2) Johnson, Katie 11 3) Mensah, Akua 12 4) Omeoga, Chichi 11			
2 Mounds View	49.79 QUAL	2	10
1) Steeves, Kayla 9 2) Haak, Kristen 11 3) Piersak, Amy 12 4) Skildum, Hannah 11			
3 Champlin Park	50.65	2	8
4 Coon Rapids	51.02	2	6
5 Roseville Area	51.35	2	5
6 Blaine	51.98	2	4
7 Totino Grace	52.11	1	3
8 North	52.24	2	2
9 Spring Lk Pk/St Anthony V	52.90	1	1

Girls 4x200 Meter Relay Class AA

School	Finals	H#	Points
1 Mounds View	1:45.04 QUAL	2	12

1) Balzer, Jessica 10	2) Haak, Kristen 11	3) Piersak, Amy 12	4) Gamache, Alison 10
2 White Bear Lake Area	1:46.06	2	10
3 Coon Rapids	1:46.64	2	8
4 Blaine	1:46.83	2	6
5 Totino Grace	1:48.02	2	5
6 Roseville Area	1:48.46	2	4
7 Mahtomedi	1:49.52	2	3
8 Spring Lk Pk/St Anthony V	1:50.02	2	2
9 Champlin Park	1:50.33	1	1

Girls 4x400 Meter Relay Class AA

School	Finals	H#	Points
1 White Bear Lake Area	4:02.78	2	12
1) Christensen, Anina 10	2) Perry, Kristen 11	3) Delin, Erica 12	4) Swoboda, Kristin 11
2 Mounds View	4:03.44	2	10
3 Champlin Park	4:12.96	2	8
4 Blaine	4:15.13	2	6
5 Spring Lk Pk/St Anthony V	4:15.97	2	5
6 Roseville Area	4:16.19	2	4
7 Totino Grace	4:16.21	2	3
8 Mahtomedi	4:17.28	2	2
9 Coon Rapids	4:18.17	2	1

Girls 4x800 Meter Relay Class AA

School	Finals	Points	
1 Mounds View	9:29.12 QUAL	12	
1) Van Ness, Mallory 11	2) Larsen, Chelsie 12	3) Balzer, Jessica 10	4) Willenbring, Emily 11
2 Blaine	9:31.62 QUAL	10	
1) Anderson, Katie 11	2) Dalieden, Jillian 9	3) Holschbach, Katie 12	4) Olheiser, Heather 11
3 White Bear Lake Area	9:48.05	8	
4 Roseville Area	10:00.98	6	
5 Champlin Park	10:06.78	5	
6 Coon Rapids	10:07.85	4	
7 Irondale	10:08.91	3	
8 North	10:15.61	2	
9 Mahtomedi	10:22.30	1	

Girls High Jump Class AA

Name	Year School	Finals	Points
1 Skildum, Hannah	11 Mounds View	5-04.00 QUAL	12
2 Jung, Jennifer	11 Coon Rapids	5-02.00	10
3 Okafor, Chinaelo	10 ChamplinPark	5-02.00	8
4 Suedbeck, Christa	11 WhiteBearLak	5-00.00	6
5 Ness, Michelle	11 Coon Rapids	4-10.00	5
6 Gamache, Alison	10 Mounds View	4-10.00	3.5
6 Szurek, Kelly	12 Totino Grace	4-10.00	3.5
8 Williams, Lauren	11 Andover	4-10.00	2
9 Berkeland, Kelsey	11 Coon Rapids	4-10.00	0.5
9 Adu-Bobi, Alexis	10 SpLkPk/SAnVi	4-10.00	0.5

Girls Pole Vault Class AA

Name	Year School	Finals	Points
1 Rains, Katelin	11 SpLkPk/SAnVi	10-01.00	12
2 Fillmore, Amy	10 WhiteBearLak	10-01.00	10
3 Perzichilli, Leah	North	9-07.00	8
4 Statz, Amber	12 Blaine	9-07.00	6
5 Bergman, Mercedes	12 Mahtomedi	9-01.00	5
6 Wolfgam, Chelsey	11 WhiteBearLak	9-01.00	4
7 Moenkhaus, Becky	10 Irondale	8-07.00	3
8 Fitzer, Freya	11 Mounds View	8-07.00	2
9 Weber, Megan	Totino Grace	8-07.00	1

Girls Long Jump Class AA

Name	Year School	Finals	Wind	Points
1 Jung, Christa	11 Coon Rapids	16-11.00	NWI	12
2 Sutherland, Anna	11 Roseville Area	16-06.25	NWI	10
3 Allen, Kim	10 WhiteBearLak	16-03.25	NWI	8
4 Gilbert, Beatrice	12 ChamplinPark	16-02.25	NWI	6
5 Omeoga, Ije	12 Irondale	16-01.75	NWI	5
6 Alaike, Nkechi	12 Blaine	15-11.25	NWI	4
7 Olheiser, Nicki	11 Blaine	15-10.50	NWI	3
8 Mensah, Akua	12 Irondale	15-10.00	NWI	2
9 Melhorn, Sarah	9 WhiteBearLak	15-09.00	NWI	1

Girls Triple Jump Class AA

Name	Year School	Finals	Wind	Points
1 Jung, Jennifer	11 Coon Rapids	35-09.50	2.0	12
2 Mensah, Akua	12 Irondale	35-00.00	2.6	10
3 Allen, Kim	10 WhiteBearLak	34-09.25	1.3	8
4 Merrill, Katlyn	9 Mounds View	34-07.00	NWI	6
5 Jung, Christa	11 Coon Rapids	34-02.00	NWI	5
6 Omeoga, Chichi	11 Irondale	33-03.50	NWI	4
7 Walker, Becca	11 SpLkPk/SAnVi	33-03.00	NWI	3
8 O'Rourke, Julia	12 Totino Grace	33-01.50	NWI	2
9 Lister, Katie	9 St. Paul Como Pa	32-06.00	NWI	1

Girls Shot Put Class AA

Name	Year School	Finals	Points
1 Benz, Amanda	12 Irondale	40-04.50 QUAL	12
2 Kingman, Anna	11 Blaine	37-10.50	10
3 Widman, Brittney	12 SpLkPk/SAnVi	37-01.50	8
4 Kingman, Amy	11 Blaine	36-11.00	6
5 Pechia, Paige	9 Centennial	35-06.00	5
6 Boorman, Rebecca	12 Coon Rapids	35-00.00	4
7 Harris, Apriel	11 ChamplinPark	34-04.00	3
8 Charboneau, Jenny	12 Blaine	33-10.50	2
9 Van Meter, Amy	9 Mounds View	33-04.00	1

Girls Discus Throw Class AA

Name	Year School	Finals	Points
1 Benz, Amanda	12 Irondale	122-11.00	12
2 Kingman, Anna	11 Blaine	114-01.00	10
3 Kingman, Amy	11 Blaine	113-10.00	8
4 Schmatz, Madison	12 Roseville Area	111-09.00	6
5 Tharaldson, Caitli	12 Mounds View	109-06.00	5
6 Waller, Rebecca	12 WhiteBearLak	106-09.00	4
7 Widman, Brittney	12 SpLkPk/SAnVi	106-01.00	3
8 Ayers, Stephanie	12 ChamplinPark	105-03.00	2
9 Stieler, Emily	10 Andover	101-00.00	1