

2014 Awards

All Conference

Alyssa Nebo – 200 Meters
Alyssa Nebo – Long Jump
Katie Marciniak – 200 Meters
Danielle Peterson – 1600 Meters
Alex Williams – 100 Hurdles
Alex Williams – 300 Hurdles
Alex Williams – Triple Jump
ShaRon Miller – Shot Put
ShaRon Miller – Discus
Molly McGrath – Pole Vault

Honorable Mention All Conference

Alyssa Nebo – 100 Meters
Lauren Marciniak – 200 Meters
Elisha Lindsey – 400 Meters
Hanna Stratton – 400 Meters
Aubrey Shepard – 800 Meters
Emily Brown – 800 Meters
Sarah Olson – 1600 Meters
Sarah Olson – 3200 Meters
Sam Jacobson – 100 Hurdles
Alyssa Nebo – 4x100 Relay
Lauren Marciniak – 4x100 relay
Katie Marciniak – 4x100 relay
Madison Kiefner - 4x100 relay
Elisha Lindsey – 4x400 Relay
Hanna Stratton – 4x400 Relay
Breanna Mahoney – 4x400 Relay
Emily Fleek – 4x400 Relay
Aubrey Shepard – 4x800 Relay
Emily Brown – 4x800 Relay
Hanna Stratton – 4x800 Relay
Danielle Peterson – 4x800 Relay
Molly McGrath – Long Jump
Marissa Eggerichs – Triple Jump
Jaclyn Kingman – Discus

Team Awards

1st Place - NWSC Conference Champion's
1st Place – Blaine Invite
2nd Place – 5AAA True Team
3rd Place - Section 5AA Meet
4th Place – Shakopee Relays

Year End Awards

Alyssa Nebo – MVP Sprinter
Hanna Stratton – MVP Middle Distance
Danielle Peterson – MVP Distance
Alexandra Williams – MVP Hurdler
ShaRon Miller – MVP Thrower
Marissa Eggerichs – MVP Horizontal Jumps
Molly McGrath- MVP Vertical Jumps
Sarah Olson - Rookie of the Year
Emily Ciesynski - Bengal Award
Emily Brown – Most Improved

Academic All State

Alex Williams
Aubrey Shepard
Catie Miller
Emily Ciesynski
Emily Fleek
Emily Brown
Hanna Stratton
Katie Marciniak
Lauren Marciniak
Marissa Eggerichs
Natalie Mcgrath

State Participants

Alyssa Nebo – Long Jump – 5th Place
ShaRon Miller – Shot Put – 6th Place
Alex Williams – 100 Hurdles – 8th Place
Set a new MN All Time Meet Record Holder – 14.22
Alex Williams - 300 Hurdles - Participant