



COMPLETE RESULTS - FINALS

WOMEN'S TEAM SCORES: 1. Anoka, 160.67; 2. Elk River, 123.50; 3. Blaine, 117.33; 4. Maple Grove, 101; 5. Coon Rapids, 81; 6. Champlin Park, 60; 7. Osseo, 30; 8. Andover, 16; 9. Park Center, 6.50.

MEN'S TEAM SCORES: 1. Blaine, 143; 2. Elk River, 103.50; 3. Coon Rapids, 97; 3. Anoka, 97; 5. Champlin Park, 66; 5. Andover, 66; 7. Park Center, 51.50; 8. Maple Grove, 39; 9. Osseo, 35.

Girls 100 Meter Dash

* Conference: 12.34 Amber Affeldt (Coon Rapids) 1995

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	TIME	PTS
1	Alyssa Schultz	Maple Grove	12.48	10
2	Katie Hendrick	Anoka	12.72	8
3	Nkechi Alaike	Blaine	12.92	6
4	Beatrice Gilbert	Champlin Park	13.14	5
5	Nicki Olheiser	Blaine	13.30	4
6	Moriko Cohen	Champlin Park	13.33	3
7	Jessica Pierce	Coon Rapids	13.35	2
8	Katie Christensen	Elk River	13.41	1

Girls 200 Meter Dash

* Conference: 25.45 Sarah Mismash (Elk River) 1997

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	TIME	PTS
1	Laura Mottaz	Maple Grove	25.40 *	10
2	Alyssa Schultz	Maple Grove	25.57	8
3	Lauren Muske	Anoka	26.53	6
4	Nkechi Alaike	Blaine	26.59	5
5	Rebekah Kok	Anoka	26.64	4
6	Nicki Olheiser	Blaine	27.10	3
7	Faustina Lai	Champlin Park	27.18	2
8	Beatrice Gilbert	Champlin Park	27.40	1

Girls 400 Meter Dash

* Conference: 56.85 Laura Mottaz (Maple Grove) 2003

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	TIME	PTS
1	Laura Mottaz	Maple Grove	58.80	10
2	Gretchen Stangl	Anoka	1:00.51	8
3	Shannon Riggle	Osseo	1:01.38	6

COMPLETE RESULTS - FINALS

Girls 400 Meter Dash (Continued)

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	TIME	PTS
4	Madison Vermette	Anoka	1:01.62	5
5	Gretchen Olson	Coon Rapids	1:02.19	4
6	Heather Olheiser	Blaine	1:03.18	3
7	Sara Sather	Anoka	1:03.70	2
8	Brianna Szabla	Champlin Park	1:04.24	1

Girls 800 Meter Run

* Conference: 2:18.03 Alissa Kurke (Anoka) 2004

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	TIME	PTS
1	Alissa Kurke	Anoka	2:15.93 *	10
2	Katie Anderson	Blaine	2:19.20	8
3	Alyssa Wendt	Anoka	2:19.22	6
4	Brianna McGill	Osseo	2:24.07	5
5	Katie Holschbach	Blaine	2:24.99	4
6	Jennifer Ranallo	Elk River	2:25.63	3
7	Jillian Dalieden	Blaine	2:28.80	2
8	Kristi Dahlheimer	Anoka	2:28.82	1
9	Jessica Dalgehausen	Elk River	2:28.90	
10	Marissa Wolgram	Champlin Park	2:33.61	
11	Jenna Berkley	Elk River	2:38.29	

Girls 1,600 Meter Run

* Conference: 4:59.60 Heidi Lindeman (Coon Rapids) 2003

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	TIME	HT	PT
1	Lisa Waananen	Maple Grove	5:12.17	2	10
2	Katie Anderson	Blaine	5:17.43	2	8
3	Caitlin Polgreen	Elk River	5:33.68	2	6
4	Kristin Kennedy	Coon Rapids	5:33.71	2	5
5	Sara Spaulding	Anoka	5:33.94	2	4
6	Mary Palmer	Anoka	5:37.61	2	3
7	Kristi Dahlheimer	Anoka	5:37.70	2	2
8	Sarah Nelson	Champlin Park	5:38.77	2	1
9	Kate Wold	Maple Grove	5:40.75	2	
10	Rachel Simmer	Champlin Park	5:41.72	1	
11	Kate Rains	Osseo	5:42.97	2	
12	Megan Murlowski	Maple Grove	5:43.34	1	
13	Ashley Cooper	Elk River	5:43.36	1	

Coon Rapids High School

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Andover High School - Tuesday 05/25/04 to Thursday 05/27/04

COMPLETE RESULTS - FINALS

Girls 1,600 Meter Run (Continued)

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	TIME	HT	PTS
14	Michelle Boursier	Osseo	5:47.39	2	
15	Amanda Simon	Park Center	5:52.32	1	
16	Allison Kosir	Blaine	5:53.65	1	
17	Rachelle Drouin	Blaine	5:54.45	1	
18	Laura Swenson	Maple Grove	5:57.31	1	
19	Heather Anderson	Park Center	5:59.64	1	
20	Elizabeth Halet	Champlin Park	6:01.22	1	
21	Kaitlin Lindsey	Champlin Park	6:01.57	2	
22	Megan Blilie	Coon Rapids	6:05.64	1	
23	Katie Holcombe	Andover	6:09.34	1	
24	Ana Evenson	Osseo	6:12.17	1	
25	Karyn Liebsch	Osseo	6:16.97	1	
26	Laura Murphy	Blaine	6:24.08	1	
27	Brianna Duff	Anoka	6:26.88	2	
28	Rachel Krombeck	Park Center	6:27.40	1	
29	Katelynn Spurgin	Andover	6:30.75	1	
30	Rachel Wordelman	Coon Rapids	6:37.68	1	
31	Jackie Walgren	Andover	6:38.84	1	
32	Alice Kremer	Elk River	6:43.76	1	
33	Lisa Weidemann	Andover	6:59.45	1	
34	Maria Nguyencong	Park Center	7:06.17	1	

Girls 3,200 Meter Run

* Conference: 10:37.16 Heidi Lindeman (Coon Rapids) 2003

Finals - Results - Tuesday 05/25/04

PLACE	ATHLETE NAME	SCHOOL	TIME	HT	PTS
1	Lisa Waananen	Maple Grove	11:06.66	2	10
2	Christi Nowak	Elk River	11:58.20	2	8
3	Kate Reins	Osseo	12:01.50	2	6
4	Sara Spaulding	Anoka	12:06.79	2	5
5	Michelle Boursier	Osseo	12:09.58	2	4
6	Megan Murlowski	Maple Grove	12:10.37	2	3
7	Sarah Nelson	Champlin Park	12:10.53	2	2
8	Rachel Riesgraf	Maple Grove	12:12.62	2	1
9	Rachel Simmer	Champlin Park	12:45.87	1	
10	Kerry Soltis	Elk River	12:47.59	1	
11	Britta Lofgren	Elk River	12:52.74	1	
12	Susie Hallquist	Coon Rapids	12:53.05	1	
13	Allison Kosir	Blaine	13:13.24	1	
14	Heather Anderson	Park Center	13:15.66	1	
15	Libbie Sanders	Coon Rapids	13:27.42	1	
16	Rachelle Drouin	Blaine	13:32.00	1	
-	Ashley Stoffers	Elk River	NT	1	

COMPLETE RESULTS - FINALS

Girls 3,200 Meter Run (Continued)

Finals - Results - Tuesday 05/25/04

PLACE	ATHLETE NAME	SCHOOL	TIME	HT	PTS
-	Dana Ostrander	Andover	NT	1	
-	Katelynn Spurgin	Andover	NT	1	
-	Steph Perez	Andover	NT	1	
-	Alee Reinholdson	Blaine	NT	1	
-	Rachel Krombeck	Park Center	NT	1	
-	Jessica Domiano	Champlin Park	NT	1	
-	Laura Murphy	Blaine	NT	1	
-	Kate Wold	Maple Grove	NT	2	
-	Maddie Peck	Coon Rapids	NT	2	
-	Kaitlin Lindsey	Champlin Park	NT	2	
-	Laura Peters	Anoka	NT	2	
-	Mary Palmer	Anoka	NT	2	
-	Katrina Volker	Andover	NT	1	
-	Lindsey Hagen	Anoka	NT	2	
-	Brittney Olson	Osseo	NT	2	
-	Amanda Simon	Park Center	NT	2	

Girls 100 Meter High Hurdles

* Conference: 14.99 Jen Albers (Coon Rapids) 2000

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	TIME	PTS
1	Sasha Gangl	Elk River	15.77	10
2	Nancy Warfield	Elk River	16.58	8
3	Alison DeGuise	Anoka	16.65	6
4	Patti Woods	Blaine	16.70	5
5	Kelsey Berkeland	Coon Rapids	16.77	4
6	Heidi Woerle	Coon Rapids	17.18	3
7	Chelsea Lyons	Coon Rapids	18.20	2
8	Chinaelo Okafor	Champlin Park	18.23	1

Girls 300 Meter Low Hurdles

* Conference: 45.13 Katie Bestul (Coon Rapids) 1996

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	TIME	PTS
1	Rebekah Kok	Anoka	46.44	10
2	Jessica Ranallo	Elk River	46.49	8
3	Chelsea Lyons	Coon Rapids	47.85	6
4	Nikki Zachman	Blaine	48.58	5
5	Sasha Gangl	Elk River	48.61	4

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Girls 300 Meter Low Hurdles (Continued)

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	TIME	PTS
6	Amy Neubauer	Elk River	49.34	3
7	Lindsay Green	Maple Grove	50.99	2
-	Christine Dwyer	Maple Grove	DNF	

Girls 4x100 Meter Relay

* Conference: 50.54 Anoka 2003

Finals - Results - Thursday 05/27/04

PLACE	RELAY	AFFILIATION	TIME	HT	PTS
1	ER	Elk River	50.49 *	2	10
2	A	Anoka	50.87	2	8
3	MG	Maple Grove	51.00	2	6
4	CP	Champlin Park	51.06	2	5
5	CR	Coon Rapids	51.70	1	4
6	PC	Park Center	52.63	1	3
7	B	Blaine	53.65	2	2
8	O	Osseo	54.97	1	
9	AND	Andover	56.12	1	

Girls 4x200 Meter Relay

* Conference: 1:44.11 Coon Rapids 1994

Finals - Results - Thursday 05/27/04

PLACE	RELAY	AFFILIATION	TIME	HT	PTS
1	A	Anoka	1:47.48	2	10
2	ER	Elk River	1:47.83	2	8
3	B	Blaine	1:48.50	2	6
4	CR	Coon Rapids	1:49.60	2	5
5	MG	Maple Grove	1:54.18	1	4
6	CP	Champlin Park	1:54.38	2	3
7	O	Osseo	1:55.14	1	2
8	AND	Andover	1:59.15	1	
9	PC	Park Center	2:03.32	1	

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COMPLETE RESULTS - FINALS

Girls 4x400 Meter Relay

* Conference: 4:00.13 Anoka 2003

Finals - Results - Thursday 05/27/04

PLACE	RELAY	AFFILIATION	TIME	HT	PTS
1	A	Anoka	4:03.13	2	10
2	ER	Elk River	4:06.90	2	8
3	CR	Coon Rapids	4:07.78	2	6
4	B	Blaine	4:15.51	2	5
5	CP	Champlin Park	4:16.94	1	4
6	AND	Andover	4:22.16	1	3
7	MG	Maple Grove	4:23.06	2	2
8	O	Osseo	4:31.41	1	
9	PC	Park Center	4:48.13	1	

Girls 4x800 Meter Relay

* Conference: 9:42.09 Anoka 2003

Finals - Results - Thursday 05/27/04

PLACE	RELAY	AFFILIATION	TIME	PTS
1	A	Anoka	9:44.65	10
2	MG	Maple Grove	9:53.38	8
3	ER	Elk River	9:54.67	6
4	B	Blaine	10:01.37	5
5	CP	Champlin Park	10:23.61	4
6	CR	Coon Rapids	10:23.80	3
7	O	Osseo	11:09.46	2
8	AND	Andover	11:48.34	

Girls High Jump

* Conference: 5'08.00" Gina Curtis (Park Center) 1996

Finals - Results - Tuesday 05/25/04

PLACE	ATHLETE NAME	SCHOOL	MARK	PTS
1	Jennifer Jung	Coon Rapids	5'02.00"	10
2	Chinaelo Okafor	Champlin Park	5'02.00"	8
3	Lauren Williams	Andover	5'01.00"	6
4	Holly Price	Osseo	5'00.00"	5
5	Sasha Gangl	Elk River	5'00.00"	4
6	Jamie Mulvaney	Elk River	5'00.00"	3
7	Kelsey Berkeland	Coon Rapids	4'10.00"	2
8	Amy Nelson	Blaine	4'08.00"	0.3
8	Stephanie Watson	Anoka	4'08.00"	0.3
8	Jolene Dale	Anoka	4'08.00"	0.3

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COMPLETE RESULTS - FINALS

Girls High Jump (Continued)

Finals - Results - Tuesday 05/25/04

PLACE	ATHLETE NAME	SCHOOL	MARK	PTS
11	Mari Korton	Andover	4'08.00"	
11	Jen Clifford	Blaine	4'08.00"	
11	Brittany Simmons	Park Center	4'08.00"	
11	Carrie Hinners	Maple Grove	4'08.00"	
11	Heather Sampson	Champlin Park	4'08.00"	
11	Emily Gerster	Anoka	4'08.00"	
11	Megan Dwyer	Maple Grove	4'08.00"	
18	Kasey Howard	Coon Rapids	4'06.00"	
18	Natalie Gigler	Champlin Park	4'06.00"	
18	Cassie Ealy	Maple Grove	4'06.00"	
18	Amy Kingman	Blaine	4'06.00"	
18	Jessie Faucher	Park Center	4'06.00"	
18	Michelle Ness	Coon Rapids	4'06.00"	
18	Alyssa Wendt	Anoka	4'06.00"	
25	Katie Sexton	Park Center	4'04.00"	
25	Jessica Ranallo	Elk River	4'04.00"	
	- Anna Ogaard	Osseo	NH	
	- Laura Bock	Elk River	NH	
	- Anne Krueger	Osseo	NH	
	- Kelli Pederson	Champlin Park	NH	
	- Janie Briant	Blaine	NH	
	- Jenna Ewing	Osseo	NH	

Girls Pole Vault

* Conference: 10'09.00" Shannon Jackson (Anoka) 2000

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	MARK	PTS
1	Carrie Hinners	Maple Grove	11'00.00" *	10
2	Elizabeth Buyse	Anoka	9'00.00"	7
2	Madeline Williams	Elk River	9'00.00"	7
4	Amber Statz	Blaine	9'00.00"	5
5	Katie Christensen	Elk River	8'06.00"	3.50
5	Pam Sellberg	Park Center	8'06.00"	3.50
7	Jessica Norman	Maple Grove	8'06.00"	2
8	McKenzie Herges	Blaine	8'00.00"	1
9	Bethany Olson	Anoka	8'00.00"	
10	Michelle Ness	Coon Rapids	8'00.00"	
11	Marie Heglund	Anoka	7'06.00"	
11	Becca Peters	Blaine	7'06.00"	
13	Katie Lehner	Andover	7'00.00"	
13	Rachel Narlock	Coon Rapids	7'00.00"	
13	Andria Engler	Champlin Park	7'00.00"	
13	Heather Brostrom	Champlin Park	7'00.00"	

COMPLETE RESULTS - FINALS

Girls Pole Vault (Continued)

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	MARK	PTS
13	Kara McFarlane	Elk River	7'00.00"	---
13	Amber O'Connor	Blaine	7'00.00"	---
13	Brittany Simmons	Park Center	7'00.00"	---
20	Liz Reinking	Andover	6'00.00"	---
20	Alicia Fries	Coon Rapids	6'00.00"	---
20	Carrie Spiller	Maple Grove	6'00.00"	---
20	Britt Fluth	Andover	6'00.00"	---
20	Katie Schaaf	Park Center	6'00.00"	---
20	Chelsie Olson	Champlin Park	6'00.00"	---
20	Elise Doll	Coon Rapids	6'00.00"	---
-	Chantra Hok	Park Center		NH
-	Kristi Hendrickson	Anoka		NH
-	Beth Blackenheim	Maple Grove		NH

Girls Long Jump

* Conference: 18'00.00" Leah Herrboldt (Elk River) 2001

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	MARK	PTS
1	Christa Jung	Coon Rapids	17'01.50"	10
2	Beatrice Gilbert	Champlin Park	17'01.50"	8
3	Katie Johnson	Anoka	16'10.00"	6
4	Mari Kortton	Andover	16'09.00"	5
5	Nicki Olheiser	Blaine	16'07.50"	4
6	Lauren Muske	Anoka	16'06.00"	3
7	Jolene Dale	Anoka	16'02.75"	2
8	Jennifer Jung	Coon Rapids	16'01.00"	1
9	Rachel Fisher	Elk River	15'08.00"	
10	Nicole Campion	Andover	15'05.25"	
11	Andria Engler	Champlin Park	15'03.00"	
11	Brianna Szabla	Champlin Park	15'03.00"	
13	Jessica McSherry	Anoka	15'02.25"	
14	Jenna Rice	Maple Grove	15'01.50"	
15	Jen Charboneau	Blaine	15'01.25"	
16	Haley Balcom	Elk River	15'00.75"	
17	Brittany Field	Park Center	14'10.25"	
18	Nkechi Alaike	Blaine	14'10.00"	
19	Amy Neubauer	Elk River	14'08.50"	
20	Brianna Olson	Osseo	14'05.25"	
20	Cassie Ealy	Maple Grove	14'05.25"	
22	Abby Arrowsmith	Blaine	14'04.50"	
22	Katie Eckman	Coon Rapids	14'04.50"	
24	Brittany Dorsey	Park Center	14'04.00"	
25	Jessie Faucher	Park Center	14'02.75"	

COMPLETE RESULTS - FINALS

Girls Long Jump (Continued)

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	MARK	PTS
26	Amy Pheneger	Champlin Park	14'01.75"	
27	Shannon Riggle	Osseo	13'10.75"	
28	Cassie Quick	Elk River	13'09.00"	
29	Kelsey Labathe	Andover	13'05.00"	
30	Megan Dwyer	Maple Grove	13'02.50"	
31	Tamia Dakinh	Park Center	13'01.00"	
31	Alysia Madden	Andover	13'01.00"	
33	Emily Christianson	Osseo	12'10.50"	
34	Michele Peterson	Osseo	12'09.00"	

Girls Triple Jump

* Conference: 38'01.00" Kou Luogon (Park Center) 2002

Finals - Results - Tuesday 05/25/04

PLACE	ATHLETE NAME	SCHOOL	MARK	PTS
1	Katie Johnson	Anoka	35'05.50"	10
2	Jennifer Jung	Coon Rapids	35'00.00"	8
3	Christa Jung	Coon Rapids	34'04.75"	6
4	Jolene Dale	Anoka	33'08.75"	5
5	Heather Olheiser	Blaine	32'08.50"	4
6	Ashley Schleper	Elk River	32'06.25"	3
7	Samantha Blake	Blaine	32'00.00"	2
8	Abby Arrowsmith	Blaine	31'08.00"	1
9	Jocelyn Bendijo	Anoka	31'05.75"	
10	Nancy Warfield	Elk River	31'04.00"	
11	Shannon Moore	Champlin Park	31'01.25"	
12	Chelsea Adney	Maple Grove	31'01.00"	
13	Brittany Field	Park Center	31'00.75"	
14	Jen Charboneau	Blaine	31'00.00"	
15	Brittany Dorsey	Park Center	30'08.00"	
16	LaQuia Burt	Park Center	30'07.75"	
17	Chinaelo Okafor	Champlin Park	30'05.50"	
18	Michele Peterson	Osseo	30'04.75"	
19	Lauren Williams	Andover	30'04.00"	
20	Missy Paulson	Andover	30'03.00"	
21	Angela Syverson	Coon Rapids	30'00.75"	
22	Jenna Rice	Maple Grove	29'11.75"	
23	Kate Mortenson	Elk River	29'10.50"	
24	Kiz Gorham	Elk River	29'08.75"	
25	Jessie Faucher	Park Center	29'06.00"	
26	Emily Stieler	Andover	29'05.00"	
27	Kelli Pederson	Champlin Park	28'11.50"	
28	Jessica Hoffman	Champlin Park	28'10.75"	
29	Marie Heglund	Anoka	28'09.75"	

COMPLETE RESULTS - FINALS

Girls Triple Jump (Continued)

Finals - Results - Tuesday 05/25/04

PLACE	ATHLETE NAME	SCHOOL	MARK	PTS
30	Alisa Ly	Maple Grove	27'02.00"	
31	Shireen Ghanatabadi	Osseo	26'10.75"	
32	Kasey Reichert	Osseo	25'00.00"	
	- Jessica Norman	Maple Grove	ND	
	- Heidi Woerle	Coon Rapids	ND	
	- Shannon Riggle	Osseo	ND	

Girls Shot Put

* Conference: 43'01.00" Trisha Curtis (Coon Rapids) 1997

Finals - Results - Thursday 05/27/04

PLACE	ATHLETE NAME	SCHOOL	MARK	PTS
1	Anna Kingman	Blaine	39'01.25"	10
2	Erin Olson	Elk River	39'01.00"	8
3	Apriel Harris	Champlin Park	38'01.00"	6
4	Alicia Hedstrom	Anoka	36'05.25"	5
5	Amy Kingman	Blaine	35'09.75"	4
6	Jessica Lorenz	Elk River	35'02.75"	3
7	Emily Stieler	Andover	34'09.00"	2
8	Marin Olson	Elk River	33'03.00"	1
9	Andria Winterhalter	Coon Rapids	32'09.00"	
10	Steph Ayers	Champlin Park	32'07.50"	
11	Jen Charboneau	Blaine	32'02.75"	
12	Paige Burke	Blaine	32'01.25"	
13	Becky Boorman	Coon Rapids	32'00.00"	
13	Cassie Corrigan	Coon Rapids	32'00.00"	
15	Sara Scardigli	Andover	31'10.50"	
16	Carlynn Becker	Elk River	31'10.00"	
16	Sharday Timm	Osseo	31'10.00"	
18	Brittany Randall	Andover	31'00.25"	
19	Tahlia Luedtke	Anoka	30'11.00"	
20	Jana Benolkin	Anoka	30'10.50"	
21	Kaitlin Knutson	Champlin Park	30'07.00"	
22	Marreya Bailey	Maple Grove	30'02.50"	
23	Allison Nellis	Coon Rapids	29'11.25"	
24	Julie Benton	Osseo	28'11.25"	
25	Amy Tasky	Champlin Park	28'09.75"	
26	Katie McHugh	Anoka	28'02.50"	
27	Chaunte Ford	Osseo	27'11.00"	
28	Lacey McCray	Osseo	27'09.50"	
29	Jennifer Helmake	Maple Grove	26'02.00"	
30	Kelsey Eberle	Maple Grove	23'10.50"	
31	Marlene Moxness	Maple Grove	22'10.50"	