

Coach

1994 FINAL RESULTS - REGION 4AA MEET - **GIRLS**

DISCUS

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Curtis, Trisha	Coon Rapids	112'5"
2.	Wolf, Jenny	MoundsView	109'5"
3.	LaDue, Sara	Anoka	103'11"
4.	Skelly, Steph	Champlin Park	102'0"
5.	Barfknecht, Christa	White Bear Lake	99'10"
6.	Zobara, Roxanne	SLP/SA	98'0"
7.	Staehe, Amy	Centennial	96'5"
8.	Spencer, Cecily	Tartan	92'11"

LONG JUMP

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Augst, Marci	Anoka	16'10 1/2"
2.	Overski, Kristen	MoundsView	16'8 1/2"
3.	Harvieux, Sarah	Stillwater	16'1 1/2"
4.	Richardson, Carmen	Irondale	15'11"
5.	Simonsen, Heidi	Coon Rapids	15'9 1/2"
6.	Osewalt, Lara	Irondale	15'8 1/2"
7.	Rutz, Jenny	Champlin Park	15'7 1/2"
8.	Taylor, Julie	MoundsView	15'7"

3200 METER RUN

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Rowles, Sarah	Hill-Murray	11:21.25
2.	Maciasek, Amy	MoundsView	11:21.32
3.	Olund, Kim	White Bear Lake	11:21.80 STD
4.	Rautmann, Beth	White Bear Lake	11:25.74
5.	Elstrom, Paula	North Saint Paul	11:29.91
6.	Bahe, Kathleen	Coon Rapids	11:32.01
7.	Caldwell, Melissa	MoundsView	11:39.36
8.	McCormack, Diane	White Bear Lake	11:40.50

1	123.00	COON RAPIDS
2	98.00	MOUNDSVIEW
3	77.50	IRONDALE
4	68.50	WHITE BEAR LAKE
5	62.00	STILLWATER
6	64.00	CHAMPLIN PARK
7	41.00	TARTAN
8	58.00	ANOKA
9	23.00	HILL-MURRAY
10	14.00	BLAINE
11	11.00	NORTH ST. PAUL
12	7.00	CENTENNIAL
13	5.00	SLP/SA
14	0.00	
15	0.00	

Girls' 3200 Meter Relay (4x800)

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.		Mounds View	9:38.6
2.		Stillwater	9:54.1
3.		Blaine	10:02.0
4.		Tartan	10:19.5
5.		Irondale	10:21.0
6.		Coon Rapids	10:23.2
7.		White Bear Lake	10:31.5
8.		Anoka	10:41.4

Girls' 100 Meter High Hurdles

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	White, Janelle	Coon Rapids	15.03
2.	Bestal, Katie	Coon Rapids	15.88
3.	Shardlow, Molly	Irondale	16.02
4.	Carroll, Emily	White Bear Lake	16.03
5.	Fuchs, Chere	Anoka	16.14
6.	Katzmark, Camie	Tartan	16.34
7.	Kackman, Angie	Cenntenial	16.63
8.	Fonstad, Leslie	North Saint Paul	16.67

Girls 100 Meter Dash

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Richardson, Carmen	Irondale	12.43
2.	Stone, Erica	Coon Rapids	12.74
3.	Augst, Marcie	Anoka	12.75 STD
4.	Schultz, Ann	Tartan	12.99
5.	Deluca, Angela	Champlin Park	13.01
6.	Napiwocki, Ann	Stillwater	13.12
7.	Johnson, Kelsi	Tartan	13.21
8.	Thomas, Amy	White Bear Lake	13.39

Girls' 800 Meter Relay

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.		Coon Rapids	1:42.63
2.		Champlin Park	1:43.86 STD
3.		Stillwater	1:48.83
4.		White Bear Lake	1:50.49
5.		Anoka	1:51.24
6.		Blaine	1:51.40
7.		Centennial	1:51.50
8.		Irondale	1:52.85

Girls' 400 Meter Dash

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Affeldt, Amber	Coon Rapids	58.56
2.	Wold, Becca	Mounds View	60.70
3.	Ankrum, Chris	Tartan	60.81
4.	Dodge, Karen	Champlin Park	61.81
5.	Novak, Amy	Mounds View	63.01
6.	Dose, Errin	White Bear Lake	63.12
7.	Vaughan, Nikki	North Saint Paul	63.22
8.	Temke, Sarah	Champlin, Park	63.58

Girls' 300 Meter Low Hurdles

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	White, Janelle	Coon Rapids	45.90
2.	Carroll, Emily	White Bear Lake	46.08
3.	Perish, Cami	North Saint Paul	47.18
4.	Arness, Katie	Coon Rapids	49.12
5.	Katzmark, Camie	Tartan	50.28
6.	Halvorsen, Erika	Mounds View	50.41
7.	Gipsky, Beth	Coon Rapids	50.51

Girls 400 Meter Relay

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.		Mounds View	50.0
2.		Irondale	50.54 STD
3.		Coon Rapids	50.7
4.		Champlin Park	51.1
5.		Anoka	51.2
6.		Tartan	52.4
7.		White Bear Lake	52.3
8.		Stillwater	52.5

Girls' 800 Meter Run

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Affedt, Amber	Coon Rapids	2:18.94
2.	Boyd, Denay	White Bear Lake	2:22.53
3.	Ashbrook, Liz	Mounds View	2:22.63
4.	Skjegstad, Jacki	White Bear Lake	2:23.54
5.	Skogerboe, Niki	Blaine	2:23.63
6.	House, Jessica	White Bear Lake	2:26.31
7.	Little, Chris	Stillwater	2:29.84
8.	Ankrum, Chris	Tartan	2:29.95

Girls Shot

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Hannula, Jenny	Irondale	39'10 3/4"
2.	Freeberg, Nicole	Coon Rapids	39'2 1/2"
3.	Curtis, Trisha	Coon Rapids	36'11"
4.	Poser, Carrie	Mounds View	36'2"
5.	Wolf, Jenny	Mounds View	35' 1 3/4"
6.	Stoltzman, Carolyn	Stillwater	34'7"
7.	Spencer, Cecily	Tartan	34' 3 1/2"
8.	Hawkins, Tiffany	North Saint Paul	33' 7 1/2"

Girls High Jump

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Erickson, Emily	Stillwater	5'3"
2.	Gipsky, Beth	Coon Rapids	5'2"
3.	Podgorski, Traci	Mounds View	5'2"
4.	Olsen, Erica	Irondale	5'2"
5.	McCoy, Kristi	White Bear Lake	5'0"
6.	Payne, Kristen	Irondale	5'0"
7.	Dornfeld, Molly	Stillwater	5'0"
8.	Arnes, Katie	Coon Rapids	5'0"

Girls 200 Meter Dash

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Richardson, Carmen	Irondale	25.91
2.	Porter, Jenni	Champlin Park	26.14
3.	Literski, Kristi	Champlin Park	26.91
4.	Simonsen, Heidi	Coon Rapids	26.94
5.	Schultz, Ann	Tartan	27.05
6.	Napiwocki, Ann	Stillwater	27.12
7.	Magadan, Mandy	SLP/SA	27.27
8.	Mrkvicka, Dawn	White Bear Lake	28.06

Girls 1600 Meter Relay

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.		Champlin Park	4:00.7
2.		Mounds View	4:01.0 STD
3.		Tartan	4:03.9 STD
4.		Stillwater	4:07.1
5.		Anoka	4:14.8
6.		White Bear Lake	4:17.4
7.		Coon Rapids	4:18.6
8.		Centennial	4:21.6

Girls Triple Jump

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Asewalt, Lara	Irondale	35'0"
2.	Warner, Kusleon	Hill Mury	33'11 1/2"
3.	Foley, Sharma	Mounds View	33' 7 1/2"
4.	Harview, Sarah	Stillwater	33'6"
5.	Overski, Kristen	Mounds View	33'6"
6.	Brandstrom, Juliet	Tartan	33'0"
7.	Muro, Aiko	Irondale	32'10 1/2"
8.	Okronglis, Amy	Blaine	32'10 1/2"

1.	Coon Rapids	122
2.	Mounds View	99
3.	Irondale	77.50
4.	White Bear Lake	69.50
5.	Stillwater	62
6.	Champlin Park	54
7.	Tartan	41
8.	Anoka	39
9.	Hill-Murray	23
10.	Blaine	14
11.	North Saint Paul	11
12.	Centennial	7
13.	SLP/SA	5

Event	ANOKA	BLAINE	CENTENNIAL	CHAMPLIN PARK	COON RAPIDS	HILL-MURRAY	IRONDALE	MOUNDSVIEW	NORTH ST. PAUL	SLP/SA	STILLWATER	TARTAN	WHITE BEAR LAKE						Total Checks
800 METER RELAY (4X200)	4	3	2	8	10	0	0	0	0	0	0	1	4						39
Running Totals	27	2	2	8	10	0	0	0	0	0	0	1	4						39
100 METER HIGH HURDLES	4	0	2	0	10	0	0	0	0	0	0	0	0						39
Running Totals	21	0	4	7	20	0	0	0	0	0	0	0	0						39
100 METER DASH	9	0	0	4	8	0	10	0	0	0	0	0	0						39
Running Totals	27	0	4	11	28	0	20	0	0	0	0	0	0						39
800 METER RELAY (4X200)	4	3	2	8	10	0	0	0	0	0	0	1	4						39
Running Totals	27	3	2	10	38	0	20	0	0	0	0	1	4						39
1000 METER RUN	0	0	0	0	10	0	0	0	0	0	0	0	0						39
Running Totals	31	0	0	0	48	0	0	0	0	0	0	0	0						39
400 METER RELAY	4	0	0	5	6	0	8	0	0	0	0	1	2						39
Running Totals	28	0	0	24	54	0	8	0	0	0	0	1	2						39
400 METER DASH	0	0	0	6	10	0	0	0	0	0	0	0	0						39
Running Totals	28	0	0	30	64	0	8	0	0	0	0	0	0						39
800 METER RUN	0	0	0	0	0	0	0	0	0	0	0	0	0						39
Running Totals	31	0	0	0	0	0	0	0	0	0	0	0	0						39
400 METER RELAY	4	0	0	5	6	0	8	0	0	0	0	1	2						39
Running Totals	28	0	0	24	54	0	8	0	0	0	0	1	2						39
800 METER RELAY (4X200)	4	3	2	8	10	0	0	0	0	0	0	1	4						39
Running Totals	27	3	2	10	38	0	20	0	0	0	0	1	4						39
1000 METER RUN	0	0	0	0	10	0	0	0	0	0	0	0	0						39
Running Totals	31	0	0	0	48	0	0	0	0	0	0	0	0						39
400 METER RELAY	4	0	0	5	6	0	8	0	0	0	0	1	2						39
Running Totals	28	0	0	24	54	0	8	0	0	0	0	1	2						39
400 METER DASH	0	0	0	6	10	0	0	0	0	0	0	0	0						39
Running Totals	28	0	0	30	64	0	8	0	0	0	0	0	0						39
800 METER RUN	0	0	0	0	0	0	0	0	0	0	0	0	0						39
Running Totals	31	0	0	0	0	0	0	0	0	0	0	0	0						39
400 METER RELAY	4	0	0	5	6	0	8	0	0	0	0	1	2						39
Running Totals	28	0	0	24	54	0	8	0	0	0	0	1	2						39
800 METER RELAY (4X200)	4	3	2	8	10	0	0	0	0	0	0	1	4						39
Running Totals	27	3	2	10	38	0	20	0	0	0	0	1	4						39
1000 METER RUN	0	0	0	0	10	0	0	0	0	0	0	0	0						39
Running Totals	31	0	0	0	48	0	0	0	0	0	0	0	0						39
400 METER RELAY	4	0	0	5	6	0	8	0	0	0	0	1	2						39
Running Totals	28	0	0	24	54	0	8	0	0	0	0	1	2						39
400 METER DASH	0	0	0	6	10	0	0	0	0	0	0	0	0						39
Running Totals	28	0	0	30	64	0	8	0	0	0	0	0	0						39
800 METER RUN	0	0	0	0	0	0	0	0	0	0	0	0	0						39
Running Totals	31	0	0	0	0	0	0	0	0	0	0	0	0						39
400 METER RELAY	4	0	0	5	6	0	8	0	0	0	0	1	2						39
Running Totals	28	0	0	24	54	0	8	0	0	0	0	1	2						39
800 METER RELAY (4X200)	4	3	2	8	10	0	0	0	0	0	0	1	4						39
Running Totals	27	3	2	10	38	0	20	0	0	0	0	1	4						39
1000 METER RUN	0	0	0	0	10	0	0	0	0	0	0	0	0						39
Running Totals	31	0	0	0	48	0	0	0	0	0	0	0	0						39
400 METER RELAY	4	0	0	5	6	0	8	0	0	0	0	1	2						39
Running Totals	28	0	0	24	54	0	8	0	0	0	0	1	2						39
400 METER DASH	0	0	0	6	10	0	0	0	0	0	0	0	0						39
Running Totals	28	0	0	30	64	0	8	0	0	0	0	0	0						39
800 METER RUN	0	0	0	0	0	0	0	0	0	0	0	0	0						39
Running Totals	31	0	0	0	0	0	0	0	0	0	0	0	0						39
400 METER RELAY	4	0	0	5	6	0	8	0	0	0	0	1	2						39
Running Totals	28	0	0	24	54	0	8	0	0	0	0	1	2						39
800 METER RELAY (4X200)	4	3	2	8	10	0	0	0	0	0	0	1	4						39
Running Totals	27	3	2	10	38	0	20	0	0	0	0	1	4						39
1000 METER RUN	0	0	0	0	10	0	0	0	0	0	0	0	0						39
Running Totals	31	0	0	0	48	0	0	0	0	0	0	0	0						39
400 METER RELAY	4	0	0	5	6	0	8	0	0	0	0	1	2						39
Running Totals	28	0	0	24	54	0	8	0	0	0	0	1	2						39
400 METER DASH	0	0	0	6	10	0	0	0	0	0	0	0	0						39
Running Totals	28	0	0	30	64	0	8	0	0	0	0	0	0						39
800 METER RUN	0	0	0	0	0	0	0	0	0	0	0	0	0						39
Running Totals	31	0	0	0	0	0	0	0	0	0	0	0	0						39
400 METER RELAY	4	0	0	5	6	0	8	0	0	0	0	1	2						39
Running Totals	28	0	0	24	54	0	8	0	0	0	0	1	2						39
800 METER RELAY (4X200)	4	3	2	8	10	0	0	0	0	0	0	1	4						39
Running Totals	27	3	2	10	38	0	20	0	0	0	0	1	4						39
1000 METER RUN	0	0	0	0	10	0	0	0	0	0	0	0	0						39
Running Totals	31	0	0	0	48	0	0	0	0	0	0	0	0						39
400 METER RELAY	4	0	0	5	6	0	8	0	0	0	0	1	2						39
Running Totals	28	0	0	24	54	0	8	0	0	0	0	1	2						39
400 METER DASH	0	0	0	6	10	0	0	0	0	0	0	0	0						39
Running Totals	28	0	0	30	64	0	8	0	0	0	0	0	0						39
800 METER RUN	0	0	0	0	0	0	0	0	0	0	0	0	0						39
Running Totals	31	0	0	0	0	0	0	0	0	0	0	0	0						39
400 METER RELAY	4	0	0	5	6	0	8	0	0	0	0	1	2						39
Running Totals	28	0	0	24	54	0	8	0	0	0	0	1	2						39
800 METER RELAY (4X200)	4	3	2	8	10	0	0	0	0	0	0	1	4						39
Running Totals	27	3	2	10	38	0	20	0	0	0	0	1	4						39
1000 METER RUN	0	0	0	0	10	0	0	0	0	0	0	0	0						39
Running Totals	31	0	0	0	48	0	0	0	0	0	0	0	0						39
400 METER RELAY	4	0	0	5	6	0	8	0	0	0	0	1	2						39
Running Totals	28	0	0	24	54	0	8	0	0	0	0	1	2						39
400 METER DASH	0	0	0	6	10	0													