

Section 4AA Girls Track and Field  
Championships  
Wednesday May 31, 2000 to Friday June 2, 2000

TOP 8 RESULTS - FINALS

WOMEN'S TEAM SCORES: 1. Anoka, 119.50; 2. Stillwater Area, 117; 3. Coon Rapids, 95; 4. White Bear Lake, 89; 5. Mounds View, 53.50; 6. Blaine, 45; 7. Totino-Grace, 31; 8. Champlin Park, 30; 9. North St. Paul, 27; 10. Mahtomedi, 24; 11. Irondale, 22; 12. Centennial, 18; 13. Tartan, 13; 14. Spring Lake Park/St. Anth, 12; 15. Hill-Murray, 6.

Event 3 Girls 100 Meter Dash

+ State Standard: 12.59  
% Meet: 12.20 AMN KIECKER-COON RAPIDS 1985

----- Finals - Results - Friday 06/02/00 -----

PL	ATHLETE NAME	YR SCHOOL	TIME	NWI	PTS
1	Deleon, Melody	10 Coon Rapids	12.95	NWI	10
2	Dougherty, Jenny	10 Centennial	12.96	NWI	8
3	Clintaman, Patti	10 Hill-Murray	12.98	NWI	6
4	Stuhr, Ashley	10 Coon Rapids	13.01	NWI	5
5	Fritz, Theresa	10 Anoka	13.03	NWI	4
6	Mensah, Akua	8 Irondale	13.10	NWI	3
7	Lanoux, Jamie	12 Mahtomedi	13.11	NWI	2
8	Vangelof, Lesley	11 Blaine	13.21	NWI	1

Event 10 Girls 200 Meter Dash

+ State Standard: 25.60  
% Meet: 25.40 SARA SCHROEPFER-MOUNDS VIEW 1986

----- Finals - Results - Friday 06/02/00 -----

PL	ATHLETE NAME	YR SCHOOL	TIME	NWI	PTS
1	Fischer, Abbey	11 Stillwater	25.41 +	NWI	10
2	Starks, Jodie	10 Stillwater	26.58	NWI	8
3	Deleon, Melody	10 Coon Rapids	26.70	NWI	6
4	Larsen, Jenny	12 Blaine	26.78	NWI	5
5	Lanoux, Jamie	12 Mahtomedi	26.87	NWI	4
6	Tierney, Erin	10 Wt Bear Lake	27.07	NWI	3
7	Stuhr, Ashley	10 Coon Rapids	27.25	NWI	2
8	Smith, Angela	12 N St. Paul	27.60	NWI	1

Event 7 Girls 400 Meter Dash

+ State Standard: 58.66  
% Meet: 54.94 AMBER AFFELT-COON RAPIDS 1995

----- Finals - Results - Friday 06/02/00 -----

PL	ATHLETE NAME	YR SCHOOL	TIME	NWI	PTS
1	Ewert, Laurisa	10 Anoka	58.87	NWI	10
2	Prebeck, Fallon	11 Anoka	59.64	NWI	8
3	Marvin, Melissa	11 Mahtomedi	1:00.27	NWI	6

Event 7 Girls 400 Meter Dash (Continued)

----- Finals - Results - Friday 06/02/00 -----

PL	ATHLETE NAME	YR SCHOOL	TIME	NWI	PTS
4	Ashley, Allyson	11 Coon Rapids	1:00.52	NWI	5
5	Larsen, Jenny	12 Blaine	1:00.65	NWI	4
6	Lensing, Wendee	12 Totino-Grace	1:02.15	NWI	3
7	Luedtke, Adi	9 Anoka	1:02.32	NWI	2
8	Michary, Laura	9 Stillwater	1:02.57	NWI	1

Event 9 Girls 800 Meter Run

+ State Standard: 2:18.47  
% Meet: 2:12.92 AMBER AFFELT-COON RAPIDS 1995

----- Finals - Results - Friday 06/02/00 -----

PL	ATHLETE NAME	YR SCHOOL	TIME	NWI	PTS
1	Manthe, Megan	11 Anoka	2:17.36 +	NWI	10
2	Twomey, Jeanine	10 SLP/St. Anth	2:19.33	NWI	8
3	Albertson, Ladia	8 Stillwater	2:20.17	NWI	6
4	Maland, Katie	9 Mahtomedi	2:22.37	NWI	5
5	Caldwell, Nancy	10 Coon Rapids	2:25.67	NWI	4
6	Thompson, Kristine	9 Mounds View	2:27.29	NWI	3
7	Reichow, Ashley	9 Stillwater	2:27.37	NWI	2
8	Bauman, Lisa	12 Irondale	2:27.64	NWI	1

Event 5 Girls 1,600 Meter Run

+ State Standard: 5:10.35  
% Meet: 4:55.90 TRACY DAHL-ANOKA 1988

----- Finals - Results - Friday 06/02/00 -----

PL	ATHLETE NAME	YR SCHOOL	TIME	NWI	PTS
1	Landberg, Margaret	9 Wt Bear Lake	5:15.88	NWI	2 10
2	Dahlgren, Kelsey	10 Centennial	5:17.66	NWI	2 8
3	Emond, Susie	10 Totino-Grace	5:20.61	NWI	2 6
4	Espeset, Erika	12 Mounds View	5:24.03	NWI	2 5
5	Phelps, Melissa	9 Wt Bear Lake	5:28.57	NWI	2 4
6	Aubinger, Theresa	12 Irondale	5:28.64	NWI	2 3
7	Lindeman, Heidi	10 Coon Rapids	5:30.59	NWI	2 2
8	Emond, Teri	10 Totino-Grace	5:33.24	NWI	2 1

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Event 11 Girls 3,200 Meter Run

+ State Standard: 11:15.87  
% Meet: 10:39.50 TRACY DAHL-ANOKA 1988

----- Finals - Results - Wednesday 05/31/00 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	HT	PTS
1	Espeset, Erika	12	Mounds View	11:25.66	2	10
2	Landberg, Margaret	9	Wt Bear Lake	11:26.01	2	8
3	Yorge, Amber	10	Stillwater	11:47.58	2	6
4	Emond, Susie	10	Totino-Grace	11:48.43	2	5
5	Emond, Teri	10	Totino-Grace	11:57.22	2	4
6	Phelps, Melissa	9	Wt Bear Lake	12:08.30	2	3
7	Nelson, Kim	11	Mounds View	12:11.92	2	2
8	Lindeman, Heidi	10	Coon Rapids	12:13.11	2	1

Event 2 Girls 100 Meter High Hurdles

+ State Standard: 15.30  
% Meet: 14.90 KATIE BESTUL-COON RAPIDS 1996

----- Finals - Results - Friday 06/02/00 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	HT	PTS
1	Albers, Jennifer	12	Coon Rapids	15.06 +	NWI	10
2	Dosch, Rachelle	9	Anoka	15.20 +	NWI	8
3	Truchon, Mary	11	Blaine	15.26 +	NWI	6
4	Reinhart, Lisa	11	Wt Bear Lake	15.36	NWI	5
5	Bredenberg, Brooke	11	Champlin Pk	15.43	NWI	4
6	Paulson, Lisa	10	Wt Bear Lake	15.98	NWI	3
7	Cloamore, CC	9	Stillwater	16.13	NWI	2
8	Oishi, Christy	12	SLP/St. Anth	16.75	NWI	1

Event 8 Girls 300 Meter Int Hurdles

+ State Standard: 46.51  
% Meet: 44.87 HOLLY HARGRODER-STILLWATER 1991

----- Finals - Results - Friday 06/02/00 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	HT	PTS
1	Bredenberg, Brooke	11	Champlin Pk	44.27 %		10
2	Reinhart, Lisa	11	Wt Bear Lake	45.88 +		8
3	Bauman, Molly	10	Coon Rapids	46.76		6
4	Harvieux, Rachel	10	Stillwater	47.91		5
5	Foley, Alison	10	Anoka	48.08		4
6	Skramstad, Cassara	9	Stillwater	48.56		3
7	Shanahan, Jamie	11	Anoka	48.73		2

Event 8 Girls 300 Meter Int Hurdles (Continued)

----- Finals - Results - Friday 06/02/00 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	HT	PTS
8	Harrington, Anna	11	Stillwater	49.30		1

Event 6 Girls 4x100 Meter Relay

+ State Standard: 50.20  
% Meet: 49.40 COON RAPIDS 1986

----- Finals - Results - Friday 06/02/00 -----

PLACE	RELAY	AFFILIATION	TIME	HT	PTS
1	STIL	Stillwater Area	49.69 +	2	10
2	ANOK	Anoka	50.24	2	8
3	NORT	North St. Paul	51.37	1	6
4	TOGR	Totino-Grace	51.91	2	5
5	CHPA	Champlin Park	52.01	2	4
6	WHBE	White Bear Lake	52.13	2	3
7	TART	Tartan	52.19	1	2
8	MOVI	Mounds View	52.29	2	1

Event 4 Girls 4x200 Meter Relay

+ State Standard: 1:45.87  
% Meet: 1:42.63 COON RAPIDS 1994

----- Finals - Results - Friday 06/02/00 -----

PLACE	RELAY	AFFILIATION	TIME	HT	PTS
1	STIL	Stillwater Area	1:45.97	2	10
2	CORA	Coon Rapids	1:47.75	2	8
3	BLAI	Blaine	1:47.87	2	6
4	TOGR	Totino-Grace	1:49.64	2	5
5	CHPA	Champlin Park	1:49.99	2	4
6	TART	Tartan	1:50.59	1	3
7	NORT	North St. Paul	1:50.87	2	2
8	SLSA	Spring Lake Park/St. Anth	1:51.38	1	1

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## Event 12 Girls 4x400 Meter Relay

+ State Standard: 4:02.80

% Meet: 3:54.80 ANOKA 1981

## ----- Finals - Results - Friday 06/02/00 -----

PLACE RELAY	AFFILIATION	TIME	HT	PTS
1 ANOK	Anoka	4:01.99 +	2	10
2 STIL	Stillwater Area	4:08.47	2	8
3 UNBE	White Bear Lake	4:09.28	2	6
4 NANT	Mahtomedi	4:10.49	2	5
5 CORA	Coon Rapids	4:12.30	2	4
6 NOVI	Mounds View	4:13.44	2	3
7 TART	Tartan	4:19.16	2	2
8 SLSA	Spring Lake Park/St. Anth	4:19.27	1	1

## Event 1 Girls 4x800 Meter Relay

+ State Standard: 9:39.77

% Meet: 9:21.47 MOUNDS VIEW 1995

## ----- Finals - Results - Friday 06/02/00 -----

PLACE RELAY	AFFILIATION	TIME	PTS
1 ANOK	Anoka	9:30.46 +	10
2 STIL	Stillwater Area	9:36.23 +	8
3 NOVI	Mounds View	9:51.16	6
4 UNBE	White Bear Lake	10:05.79	5
5 CORA	Coon Rapids	10:14.27	4
6 NORT	North St. Paul	10:18.36	3
7 CENT	Centennial	10:27.42	2
8 SLSA	Spring Lake Park/St. Anth	10:30.52	1

## Event 15 Girls High Jump

+ State Standard: 5'04.00"

% Meet: 5'06.00" JULIE HOYES-ANOKA 1979

## ----- Finals - Results - Wednesday 05/31/00 -----

PL ATHLETE NAME	YR SCHOOL	MARK	PTS
1 Sullivan, Amanda	12 N St. Paul	5'04.00" +	10
2 Truchon, Mary	11 Blaine	5'02.00"	8
3 Timm, Katie	12 Anoka	5'02.00"	6
4 Hansen, Andrea	9 Anoka	5'00.00"	5
5 Danaher, Mary	10 Stillwater	5'00.00"	4
6 Juth, Lisa	11 Coon Rapids	5'00.00"	3
7 Cloimore, CC	9 Stillwater	4'10.00"	2

## Event 15 Girls High Jump (Continued)

## ----- Finals - Results - Wednesday 05/31/00 -----

PL ATHLETE NAME	YR SCHOOL	MARK	PTS
8 Ropez, Breanna	10 Coon Rapids	4'10.00"	0.50
8 Netland, Sheri	9 Coon Rapids	4'10.00"	0.50

## Event 18 Girls Pole Vault

+ State Standard: 10'03.00"

% Meet: 10'09.00" SHANNON JACKSON-ANOKA 1999

## ----- Finals - Results - Wednesday 05/31/00 -----

PL ATHLETE NAME	YR SCHOOL	MARK	PTS
1 Meidl, Nicole	12 Stillwater	11'03.00" %	10
2 Jackson, Shannon	12 Anoka	10'09.00" %	8
3 Herman, Katie	11 Irondale	10'03.00" +	6
4 Renner, Bethany	11 Anoka	9'09.00"	5
5 Christiansen, Andrea	12 Coon Rapids	9'09.00"	4
6 Saufl, Kim	9 Champlin Pk	9'03.00"	3
7 Gatzlaff, Kristin	12 Mounds View	9'03.00"	1.50
7 Witherill, Andrea	11 Anoka	9'03.00"	1.50

## Event 13 Girls Long Jump

+ State Standard: 17'02.00"

% Meet: 18'04.25" KRISTI KROPP-ANOKA 1982

## ----- Finals - Results - Wednesday 05/31/00 -----

PL ATHLETE NAME	YR SCHOOL	MARK	PT
1 Blomquist, Dayna	12 Stillwater	17'04.00" +	NWI 10
2 Meidl, Nicole	12 Stillwater	17'02.00" +	NWI 8
3 Mensah, Akua	8 Irondale	16'08.50"	NWI 6
4 Jackson, Shannon	12 Anoka	16'07.00"	NWI 5
5 Paulson, Lisa	10 White Bear Lake	16'05.25"	NWI 4
6 Fischer, Abbey	11 Stillwater	16'04.75"	NWI 3
7 Lanoux, Jamie	12 Mahtomedi	16'04.25"	NWI 2
8 Podgorski, Jill	12 Mounds View	16'02.00"	NWI 1

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## Event 14 Girls Triple Jump

+ State Standard: 36'01.00"  
% Meet: 36'10.75" JILL PODGORSKI-MOUNDS VIEW 1999

## ----- Finals - Results - Friday 06/02/00 -----

PL	ATHLETE NAME	YR	SCHOOL	MARK		PT
1	Paulson, Lisa	10	Wt Bear Lake	36'07.00"	+	NWI 10
2	Podgorski, Jill	12	Mounds View	35'11.25"		NWI 8
3	Reinhart, Lisa	11	Wt Bear Lake	34'09.75"		NWI 6
4	Timn, Katie	12	Anoka	34'09.50"		NWI 5
5	Nansen, Andrea	9	Anoka	34'08.50"		NWI 4
6	Mensah, Akua	8	Irondale	34'05.00"		NWI 3
7	Smith, Angela	12	N St. Paul	34'04.25"		NWI 2
8	Korezdovsky, Nandy	12	Wt Bear Lake	33'11.00"		NWI 1

## Event 16 Girls Shot Put

+ State Standard: 39'03.00"  
% Meet: 43'11.00" FAYETTE FARRAR-NORTH 1979

## ----- Finals - Results - Friday 06/02/00 -----

PL	ATHLETE NAME	YR	SCHOOL	MARK		PTS
1	Mitchell, Sally	12	Wt Bear Lake	39'03.00"	+	10
2	Johnson, Kim	11	Mounds View	36'08.50"		8
3	Wylie, Amanda	11	Coon Rapids	36'07.50"		6
4	Stephan, Jessica	11	Blaine	36'00.25"		5
5	Grussing, Patty	10	Anoka	35'11.50"		4
6	Baloun, Crystal	12	Coon Rapids	35'00.50"		3
7	Walby, Sarah	12	Coon Rapids	34'01.25"		2
8	Clifford, Jamie	12	Champlin Pk	33'10.50"		1

## Event 17 Girls Discus Throw

+ State Standard: 121'11.00"  
% Meet: 153'10.00" KRISTI OLEEN-BLAINE 1987

## ----- Finals - Results - Wednesday 05/31/00 -----

PL	ATHLETE NAME	YR	SCHOOL	MARK		PTS
1	Stephan, Jessica	11	Blaine	126'10.00"	+	10
2	Baloun, Crystal	12	Coon Rapids	120'01.00"		8
3	Brune, Krystle	12	Tartan	118'09.00"		6
4	Johnson, Kim	11	Mounds View	116'11.00"		5
5	Clifford, Jamie	12	Champlin Pk	115'10.00"		4
6	Moran, Katie	12	N St. Paul	110'10.00"		3
7	Alexander, Jenny	11	Totino-Grace	110'03.00"		2

## Event 17 Girls Discus Throw (Continued)

## ----- Finals - Results - Wednesday 05/31/00 -----

PL	ATHLETE NAME	YR	SCHOOL	MARK		PTS
8	Walby, Sarah	12	Coon Rapids	107'06.00"		1

**SECTION 4AA GIRLS TRACK AND FIELD RECORDS**  
(current through 2000)

EVENT	INDIVIDUAL	SCHOOL	RESULT	YEAR
POLE VAULT	NICOLE MEIDL	STILL WATER	11'3"	2000
DISCUS	KRISTI OLEEN	BLAINE	153'10"	1987
HIGH JUMP	JULIE HOYES	ANOKA	56"	1979
SHOT PUT	FAYETTE FARRAR	NORTH	43'11"	1979
LONG JUMP	KRISTI KROPP	ANOKA	18'4 1/4"	1982
TRIPLE JUMP	JILL PODGORSKI	MOUNDS VIEW	36'10 3/4"	1999
100 M. HURDLES	KATIE BESTUL	COON RAPIDS	14.9	1996
100 METER DASH	ANN KIECKER	COON RAPIDS	12.2	1985
200 METER DASH	SARA SCHROEPPER	MOUNDS VIEW	25.4	1986
300 M. HURDLES	<b>BROOKE BREDEBERG</b>	<b>CHAMPLIN PARK</b>	<b>44.27</b>	<b>2000</b>
400 METER DASH	AMBER AFFELT	COON RAPIDS	54.94	1995
800 METER RUN	AMBER AFFELT	COON RAPIDS	2:12.92	1995
1600 METER RUN	TRACY DAHL	ANOKA	4:55.9	1988
3200 METER RUN	TRACY DAHL	ANOKA	10:39.5	1988
400 METER RELAY		COON RAPIDS	49.4	1986
800 METER RELAY		COON RAPIDS	1:42.63	1994
1600 METER RELAY		ANOKA	3:54.8	1981
3200 METER RELAY		MOUNDS VIEW	9:21.47	1995

**SECTION 4AA BOYS TRACK AND FIELD RECORDS**  
(current through 2000)

EVENT	INDIVIDUAL	SCHOOL	RESULT	YEAR
DISCUS	JASON COOK	SPRING LAKE PARK/ST. ANTHONY	180'7"	2000
HIGH JUMP	GREG LAWSON	BLAINE	6'10"	1982
SHOT PUT	DON HOFFMAN	BLAINE	61'9"	1978
LONG JUMP	REONDO DAVIS	BLAINE	22'11 1/2"	1999
	<b>MATT GORDON-JACKSON</b>	<b>CHAMPLIN PARK</b>	<b>22'11 1/2"</b>	<b>2000</b>
TRIPLE JUMP	REONDO DAVIS	BLAINE	47'7 3/4"	1999
POLE VAULT	TIM KOUPAL	ANOKA	152"	1997
100 M. HURDLES	SCOTT DILLON	ANOKA	14.2	1984
100 METER DASH	RICKY THOMAS	CHAMPLIN PARK	10.81	1997
200 METER DASH	RICKY THOMAS	CHAMPLIN PARK	22.14	1989
300 M. HURDLES	RICK STEBLEY	ELK RIVER	38.2	1979
400 METER DASH	JAMEL ALKINS	COON RAPIDS	48.44	2000
800 METER RUN	BRENT RITER	MOUNDS VIEW	1:53.64	2000
1600 METER RUN	LUKE WATSON	STILLWATER	4:12.27	1998
3200 METER RUN	LUKE WATSON	STILLWATER	9:14.48	1998
400 METER RELAY		<b>CHAMPLIN PARK</b>	<b>42.52</b>	<b>2000</b>
800 METER RELAY		STILLWATER	1:29.02	2000
1600 MEDLEY RELAY		STILLWATER	3:30.7	1985
1600 METER RELAY		STILLWATER	3:19.5	1997
3200 METER RELAY		STILLWATER	7:52.68	1997