

# Elks Girls Track & Field 2020

## **Coaches:**

Brenda Holmgren-Hurdles

Wayne Becklin-Shot Put/Discus

Bill Martell-Horizontal Jumps

Brian Gilbertson-Distance/Relays

John Auel-High Jump

Paul Gill-Pole Vault

Russ Gnan-Sprints/Relays

Cory Hund-Sprints/Relays

Hope Fangel-Hurdles/Horizontal Jumps

Billeye Juarez- Shot Put/ Discus

# **2020 Elk River Girls Track Award Winners**

**Letter Winners**

**All Conference**

No Season

**All Conference Honorable Mention**

**All State Academic**

**Track Awards**

# **2020 Elk River Girls Track Team**

## **Season Highlights:**

The First Week was pretty good.

## **Individual Awards**

*Elk River*  
*Girls Track*  
*History*

# Elk River Girls Track Most Valuable Athletes

<u>Year</u>	<u>Name</u>
1973	Sue Pouliot
1974	Jayne Eull
1975	Marge Donahue
1976	Jody Johnson
1977	Jody Johnson
1978	Wendy Watzke
1979	Kathy Schwinn
1980	Jackie Hoaglund
1981	Cheryl Guzek
1982	Kelly Anderson
1983	Cyan Schrader
1984	Anne Loftus
1985	Lori Middelstadt
1986	Lori Middelstadt
1987	Anne Loftus
1988	Kara Hermanson
1989	Lori Fowler
1990	Lynda Rotz
1991	Pam Beaudry
1992	Lynn Beaudry
1993	Nikki Gallagher
1994	Sarah Mismash
1995	Sarah Mismash
1996	Sarah Mismash
1997	Sarah Mismash
1998	Emily Keifenheim
1999	Emily Keifenheim & Stacey Trushenski
2000	Leah Herrboldt
2001	Leah Herrboldt
2002	Haley Balcom & Sara Frederickson
2003	Haley Balcom & Sara Frederickson
2004	Haley Balcom
2005	Sasha Gangl
2006	Laura Bock
2007	Emma Bates
2008	Michelle Maciej
2009	Michelle Maciej
2010	Emma Bates & Dani Detloff
2011	Dani Detloff
2012	Dani Detloff & Kelly Edwards
2013	Molli Detloff
2014	Molli Detloff
2015	Sidney Wentland
2016	Sidney Wentland
2017	Sidney Wentland
2018	Ava Grimm
2019	Ava Grimm
2020	Covid Year

# Elk River Girls Track Points Club

The Points Club is based on the points that an athlete has earned for the team in a single season. The athlete earns the full points earned individually and one fourth of the points earned in relay

## 250 Point Club

<u>Name</u>	<u>Points</u>	<u>Year</u>
Sarah Mismash	253.5	1996

## 200 Point Club

<u>Name</u>	<u>Points</u>	<u>Year</u>
Sarah Mismash	237.75	1997
Sasha Gangl	201.75	2005

## 150 Point Club

<u>Name</u>	<u>Points</u>	<u>Year</u>
Michelle Maciej	187.25	2009
Leah Herrboldt	181.7	2001
Lori Fowler	162	1989
Dani Detloff	160.5	2010
Sasha Gangl	153.1	2004
Melissa Mulvaney	152.25	1999

## 100 Point Club

<u>Name</u>	<u>Points</u>	<u>Year</u>	<u>Name</u>	<u>Points</u>	<u>Year</u>
Emma Bates	149	2010	Sasha Gangl	115	2003
Wendy Gilman	143	1989	Erin Olson	115	2005
Lori Middelstadt	141	1985	Candace Stickney	111.5	1989
Lori Middelstadt	138	1986	Emily Keifenheim	111	1997
Haley Balcom	137.5	2003	Emily Keifenheim	109.5	1998
Michelle Maciej	132.25	2008	Shelly Shotliff	109	1988
Aleasha Jacobson	132	1998	Emma Bates	108	2007
Aleasha Jacobson	131.75	1997	Anne Loftus	106	1987
Stacey Trushenski	131	1999	Sara Beaudry	105	1990
Emily Rademacher	130	1990	Sasha Gangl	104.1	2002
Sarah Mismash	127.7	1995	Emma Bates	103.5	2008
Sara Frederickson	123.75	2003	Wendy Gilman	103	1988
Haley Balcom	123.16	2004	Caitlin Polgreen	101.8	2005
Lori Fowler	119	1976	Monique Weber	101.5	2005
Emily Rademacher	117	1989	Laura Bock	101.3	2005
Sasha Gangl	115	2003	Dani Detloff	101	2011

# *Elk River Girls Track State Entrants*

<u>Year</u>	<u>Event</u>	<u>Entrants</u>	<u>Time/Distance</u>	<u>Place</u>
1972	Softball Throw	Kathy Survis		
	Shot Put	Kathy Survis		
	Softball Throw	Jayne Eull		
	880 Yd Run	Cindi Donahue		
	440 Yd Relay	Mary Hoebbleinrich Deb Duggan Diane Peterson Cindi Donahue		
1973	440 Yd Run	Marge Donahue	62.9	
	Softball Throw	Dawn Johnson	201'	
1989	100m Hurdles	Lori Fowler	15.53	5th
	300m Hurdle	Lori Fowler	48.3	Prelims
1990	100m Hurdles	Wendy Gilman	DNF	
	100m Hurdles	Lori Fowler	15.8	Prelims
			15.7	8th
	800m Run	Kara Hermanson	2:22.4	Prelims
			2:23.1	6th
1991	Discus	Shelley Nathe	104'0"	
1992	Long Jump	Charise Schrupp	16'5"	
1994	4x100m Relay	Nikki Gallagher Sarah Mismash Leah Anderson Dede Chisolm	50.46 50.20	Prelims 5th
1995	200m Dash	Sarah Mismash	27.28	Prelims
	4x100m Relay	Nikki Gallagher Sarah Mismash Leah Anderson Dede Chisolm	49.41 50.12	Prelims 2nd
	100m Dash	Sarah Mismash	13.09	Prelims
	200m Dash	Sarah Mismash	25.96	Prelims
	200m Dash	Dede Chisolm	26.25	Prelims
1996	Shot put	Heather Eggert	34'6.75"	
	4x400m Relay	Tara Koenig Emily Keifenheim Bridget Herkenhoff Sarah Mismash	4:01.14 4:01.01	Prelims 4th
	200m Dash	Sarah Mismash	25.27	Prelims
			25.26	2nd
	400m Dash	Sarah Mismash	58.23	Prelims
	1600m Run	Bridget Herkenhoff	5:18.74	10th
	Shot Put	Kim Becklin	39'4.25"	7th
1997	4x400m Relay	Emily Keifenheim Kari Johnson Heidi Diethelm Sarah Mismash	4:01.99 4:01.18	Prelims 6th
	400m	Sarah Mismash	58.26	Prelims
			57.76	4th
	200m	Sarah Mismash	25.35	Prelims
			25.54	5th
	High Jump	Stacey Trushenski	5'2"	9th

*Anyone placing 9th or better is considered All-State.*

# *Elk River Girls Track State Entrants*

<u>Year</u>	<u>Event</u>	<u>Entrants</u>	<u>Time/Distance</u>	<u>Place</u>
1998	4x400m Relay	Kayla Christensen Kari Johnson Emily Keifenheim Sarah DeMars	4:07.40	Prelims
	100m Hurdles	Aleasha Jacobson	15.67	Prelims
	200m	Emily Keifenheim	27.11	Prelims
	<i>Triple Jump</i>	<i>Aleasha Jacobson</i>	<i>35'04.25"</i>	<i>9th</i>
1999	4x100m Relay	Mara Anderson Melissa Mulvaney Emily Keifenheim Stacey Trushenski	49.06 49.30	Prelims 2nd
	300m Hurdles	Sarah DeMars	47.40	Prelims
	High Jump	Stacey Trushenski	5'0"	Prelims
	Triple Jump	Aleasha Jacobson	35'11.75"	Prelims
2000	<i>Long Jump</i>	<i>Leah Herrboldt</i>	<i>18'02"</i>	<i>2nd</i>
	Pole Vault	Heather Green	9'06"	Prelims
2001	<i>Long Jump</i>	<i>Leah Herrboldt</i>	<i>17'3.25"</i>	<i>4th</i>
	<i>Triple Jump</i>	<i>Leah Herrboldt</i>	<i>36'8.5"</i>	<i>5th</i>
	Shot Put	Julie Warneke	36'3.5"	10th
2002	3200m Run	Nicole Olson	11:36.41	14th
	Shot Put	Julie Warneke	36'07"	Prelims
2003	4x100m Relay	Ashley Busch Haley Balcom Angie Dahlheimer Katie Christensen	49.26	4th
	100m Dash	Haley Balcom	13.15	Prelims
	200m Dash	Haley Balcom	26.33	9th
	1600m	Sara Frederickson	5:11.23	11th
	3200m	Sara Frederickson	11:00.82	6th
2004	100m Dash	Haley Balcom	12.75	6th
	200m Dash	Haley Balcom	25.68	3rd
	100m Hurdles	Sasha Gangl	15.49	4th
	300m Hurdles	Jessica Ranallo	46.68	Prelims
	800m Run	Casey Mann	2:22.98	Prelims
2005	<b>100m Hurdles</b>	<b>Sasha Gangl</b>	<b>14.79</b> <b>14.91</b>	<b>Prelims</b> <b>1st</b>
	300m Hurdles	Sasha Gangl	46.80	Prelims
	200m Dash	Monique Weber	25.97	Prelims
	1600m Run	Caitlin Polgreen	5:27.99	16th
	3200m Run	Caitlin Polgreen	12:06.84	18th
	<i>High Jump</i>	<i>Sasha Gangl</i>	<i>5'04"</i>	<i>5th</i>
	<i>Shot Put</i>	<i>Erin Olson</i>	<i>38'02.25"</i>	<i>6th</i>
2006	4x800m Relay	Jessica Delgehausen Caitlin Polgreen Laura Ryan Emma Bates	9:41.12	8th
	100m Hurdles	Nancy Warfield	17.20	Prelims
	100m Dash	Laura Bock	13.07 13.12	Prelims 7th
	4x100m Relay	Tempestt Wilson Laura Bock Michelle Maciej Monique Weber	50.09	Prelims
	Discus	Rebecca Kent	105'10"	13th
	<i>Pole Vault</i>	<i>Laura Ryan</i>	<i>10'6"</i>	<i>6th</i>



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<u>Year</u>	<u>Event</u>	<u>Entrants</u>	<u>Time/Distance</u>	<u>Place</u>
2007	4x200m Relay	Michelle Maciej	1:46.25	Prelims
		Laura Bock	1:48.34	9th
		Dani Poce		
		Tempestt Wilson		
	1600m Run	Emma Bates	5:07.01	9th
2008	3200m Run	Emma Bates	11:00.65	5th
		Liz Dargay	11:18.57	8th
	Pole Vault	Laura Ryan	9'06"	12th
	1600m Run	Emma Bates	5:05.24	7th
	3200m Run	Emma Bates	11:11.63	2nd
2009	Long Jump	Michelle Maciej	16'9"	12th
	100m hurdles	Michelle Maciej	15.75	Prelims
	Triple Jump	Michelle Maciej	Foul	Prelims
	100m Hurdles	Michelle Maciej	15.41	Prelims
	4x200m Relay	Kelsey Daulton	1:47.35	Prelims
2010	4x100m Relay	Hope Hertz		
		Kelly Edwards		
		Dani Detloff		
		Emma Bates	5:04.35	4th
	1600m Run	Michelle Maciej	49.27	Prelims
		Dani Detloff	49.54	6th
	Long Jump	Hope Hertz		
		Michelle Maciej	16'8.75"	11th
	Triple Jump	Michelle Maciej	37'4.75"	1st
	2011	4x200m Relay	Kelsey Daulton	
Hope Hertz			1:44.72	Prelims
Dani Detloff				
Kelly Edwards				
4x100m Relay		Logan Daulton		
		Hope Hertz	49.85	Prelims
		Dani Detloff		
1600m Run		Kelly Edwards		
		Logan Daulton		
3200m Run		Emma Bates	5:00.13	4th
	Emma Bates	11:08.45	7th	
200m Dash	Dani Detloff	25.35	Prelims	
		25.89	7th	
4x400m Relay	Logan Daulton	4:01.65	Prelims	
	Lindsey Lowe	4:00.65	6th	
	Anna Haugen			
	Abby McDonald			
2011	100m Hurdles	Lindsey Lowe	16.58	Prelims
	800m	Anna Haugen	2:25.61	Prelims
	4x400m Relay	Logan Daulton	4:12.11	Prelims
		Lindsey Lowe		
	4x200m Relay	Abby McDonald		
Anna Haugen				
4x100m Relay	Alana Embury	1:44.41	Prelims	
	Dani Detloff	1:43.07	4th	
	Jenna Kivley			
4x100m Relay	Logan Daulton			
	Alana Embury	49.79	Prelims	
	Dani Detloff	49.09	6th	
	Kelly Edwards			
4x100m Relay	Logan Daulton			
	Alana Embury			

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<u>Year</u>	<u>Event</u>	<u>Entrants</u>	<u>Time/Distance</u>	<u>Place</u>
2011 Cont.	200m Dash	Dani Detloff	25.75	Prelims
			25.61	5th
2012	Discus	Molli Detloff	132'00"	3rd
	4x800m Relay	Rachel Ness	9:41.43	12th
		Samantha Hendricks		
		Anna Haugen		
		Abby McDonald		
	Triple Jump	Kelly Edwards	34'04.75"	18th
	100m Hurdles	Jordyn Sohns	15.29	Prelims
			15.41	9th
	4x100m Relay	Molli Detloff	49.70	Prelims
		Alana Embury	49.38	7th
Kelly Edwards				
Logan Daulton				
2013	Discus	Molli Detloff	125'04"	13th
	100m Hurdles	Jordyn Sohns	15.28	Prelims
			15.58	8 <sup>th</sup>
	100m Dash	Molli Detloff	12.90	Prelims
	4x100m Relay	Hannah VanEps	50.71	Prelims
		Chelsey Petrich		
		Ava Kramer		
		Molli Detloff		
	1600m Run	Rachel Ness	5:05.30	6 <sup>th</sup>
	Discus	Molli Detloff	Foul	Prelims
2014	1600m Run	Rachel Ness	5:10.35	12 <sup>th</sup>
	Shot Put	Molli Detloff	36'11.25"	12 <sup>th</sup> (t)
		Sidney Wentland	36'11.25"	12 <sup>th</sup> (t)
2015	Discus	Molli Detloff	132'7"	3rd
	Shot Put	Sidney Wentland	36'0.75"	15 <sup>th</sup>
		Gabi Haack	33'6.75"	17 <sup>th</sup>
2016	4x100m Relay	Angel Fredin	50.09	Prelims
		Hannah Van Eps		
		Ava Kramer		
		Katie Buhl		
	4x200m Relay	Ava Grimm	1:45.55	Prelims
		Alaina Schoenfelder		
		Ava Kramer		
	Shot Put	Katie Buhl		
		Sidney Wentland	40'06"	6 <sup>th</sup>

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# *Elk River Girls Track State Entrants*

2017	4x800m Relay	Maria Brown Audrey Chapman Jessica Holmquist Maddie Christian	9:50.53	15th
	4x200m Relay	Adaeze Udalla Ava Grimm Alaina Schoenfelder Katie Buhl	1:44.42 1:44.48	Prelims 7th
	4x100m Relay	Lauren Ives Adaeze Udalla Ava Grimm Katie Buhl	49.13 49.86	Prelims 9th
	300m Hurdles	Angel Fredin	45.37	Prelims
	200m	Katie Buhl	45.08	5th
	Shot Put	Sidney Wentland	26.41	Prelims
	Long Jump	Katie Buhl	40'10.25"	7th
2018	4x200m Relay	Lauren Ives Alaina Schoenfelder Ava Grimm Katie Buhl	15'03.25" 1:43.46 1:42.69	22nd Prelims 3rd
	4x100m Relay	Lauren Ives Adaeze Udalla Ellie Maass Katie Buhl	48.89 49.31	Prelims 7th
	300m Hurdles	Angel Fredin	46.36	Prelims
	400m	Ava Grimm	58.34	Prelims
			58.51	7th
	Long Jump	Katie Buhl	16'7.75"	Prelims
2019	4x200m Relay	Audrey Chapman Alaina Schoenfelder Ava Grimm Katie Buhl		
	400m	Ava Grimm		
	200m	Ava Grimm		

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## *Elk River Girl's Track and Field History*

1967 was the first unofficial start of girls track in Elk River, but the year 1969 was the official birth of Girl's Track and Field in Elk River. The team was made up of about 15 members and was coached by Betty Piccolo.

1970 was the first year that Elk River competed in the Rum River Conference Track meet, which the Elks won. With most of the girls from the Elks returning, 1971 looks like a very good year.

The Elks again won the conference meet in 1971. This was also the year of Jana Gesch. She set both 100 and 200 yard dash school records for the Elks. Again the Elks will have many returning letter winners in 1972.

Although the Elks placed second in the Rum River Conference meet in 1972, they did place third in the Region IV A meet at Coon Rapids and qualified 3 girls and 1 relay to the first Minnesota Girls State Track and Field meet at St. Cloud.

1973 was a great year! The Elks again won the Rum River Conference meet. They also won the Rum River Invitational, the Panther Invitational, and place 4th in the District 16 meet. Mare Donahue and Dawn Johnson qualified for the State meet at Rosemount.

Winning the District 16 Championship meet was the main highlight of 1974. The Elks also won the Rum River Conference meet and the Panther Invitational. What will the 1975 season bring?

1975 found the Elks winning the Rum River Conference for the 5th time in six years. The Elks dominated Girls track and field in the Rum River. The Elks also won the Spring Lake Park Invitational for the third time. Finally, for the first time in the history of track and field at Elk River, an assistant Girls Track and Field coach was hired. She was Sue Marchetti.

1976 was the first and last year that the Elks competed in the Skyline Conference. It was also the last year for Assistant Coach Marchetti as she stepped down from her coaching duties. Special thanks for her time and effort. Mary Mulvaney broke the school record in the two mile. She was also the Skyline Two Mile Champion and won the Larry Dare award at the Elks athletic awards program.

1977 marked a year of independence in track and field as the Elks were without a conference. The Elks won the St. Francis Invitational, the Elk River Invitational, and the Delano Invitational. This was the first year that the Elks ran on a metric track, the track of the future. A new assistant coach, Keith Howard, joined the Elks.

1978 was the year the Elks joined the Central Lakes Conference. It was a tough conference. Sue Klein broke the school Shot Put record, and Jan Meade broke the 100m Hurdles school record. It was a lean, but learning year for the Elks.

1979 was a year of many individual triumphs and personal bests. Carin Plaisted broke the 100m Hurdles school record and Anne Zabee broke the school record in the discus. Highlights of the season were the many personal records and the winning of the Elk River Invitational.

1980 was a year dominated by St. Cloud Tech and Apollo in the Central Lake Conference. The Elks lack of depth and numbers make it difficult to score points. The Elks did win the Elk River Invitational and Carin Plaisted broke her own record in the 100m Hurdles. 1981 should be a very interesting year!

1981 was the last year that Keith Howard coached for the Elks. We all profited from the experience of knowing and working with him for five years and we will miss him. The Elks broke three school records this season. One each by Angie Beck, Cheryl Guzek, and Tami Pipenhagen. Only seven sophomores came out this year and the total of twenty three members make it tough again to score in the big meets. Maybe 1982 will bring out more athletes.

1982 found the Elks with a new assistant by the name of Brenda Holmgren. We all welcome her as a special part of our team! The Elks broke two school record this year. They were in the Long Jump and the High Jump. This was an outstanding year for the Elks sophomores. They competed most of the time on the varsity and were responsible for much of the success of the team. 1983 should be a very good year.

Sophomores again highlighted the 1983 season. There were two sophomore records broken and many girls got close to breaking school records. There were also many personal records this year. Finally this was also the year that Betty Piccolo resigned after fifteen years of dedicated coaching. Coach Piccolo built the Track and Field program. Many thanks and happy memories will follow wherever she may go.

In 1984 the Elks had a very young team and two new coaches. Brenda Holmgren took over the head coaching duties and Sue Mensen became assistant coach. The Elks broke two varsity records and one sophomore record. Ninth

grader Anne Loftus broke the sophomore high jump and the varsity High Jump record while the Two Mile Relay record was broken by Nancy Cowles, Michelle Meher, Laura Lang, and Mary Hyser. 1985 might be one of the best in years.

1985 found the boys and girls Track and Field teams combined under one coaching staff. As a result, the varsity broke five school records and tied one. The sophomore girls broke four school records. The girls also had one of their highest conference finishes in recent years. The 1985 Elks were a young team which gained a lot of experience. Hopefully 1986 will be one of the Elks best.

The Elks broke three sophomore and three Varsity school records in 1986 and had one of their best finishes ever in the Region IV AA meet. Even though a lot of girls did not stay with the team, the girls had a very good year. Also, for the first time in many years, the Elks had a conference champion in Anne Loftus who won the high hurdles. All but one of the Elks should be back in the new season. 1987 looks very optimistic.

Injuries and lack of numbers dominated the 1987 girls track and field season. The Elks did manage to break two varsity records and tie one of the sophomore records. The 1988 season should find the Elks with a little more experience than the previous years.

A lot of newcomers mixed with a few veterans helped the Elks to a third place finish in the North Suburban Conference. The Elks broke two varsity and four sophomore records. Most of the team should return for the 1989 season. If they do, it could be very interesting.

1989 was one of the Elks best ever as they finished second in the conference, third in the True Team section, and third in the Region IV AA meet. The Elks broke five varsity records and one sophomore record, and for the first time since 1972, had a state qualifier. Lori Fowler qualified in both the high hurdles and intermediate hurdles. With only four graduating seniors, the Elks of 1990 could be stronger than 1989.

1990 was one of the best seasons ever for the Girls Track and Field Team at Elk River. The Elks were North Suburban Conference Champions, Region IV AA runner-up, 4th in the True Team State Meet, and qualified three girls for the MSHSL State Track and Field Meet. They also broke six varsity records. Although most of the girls were seniors, many talented girls will return and with the addition of sophomores and others, the 1991 season could be very interesting.

The 1991 team was one that was in the process of rebuilding after losing a large number of the point getters. Even though the Elks had some experience, it was a tough season. Shelly Nathe was the one state qualifier by winning the Region IV AA discus title. 1992 will be an interesting year.

The 1992 team was young and inexperienced. Kate Clarkin broke the varsity girls 3200 m Run record and both the sophomore 4x100m relay and long jump records were broken. Charise Schrupp qualified for the state meet in the long jump. A talented group awaits the spring of 1993.

1993 was best known for the fact that it was the last season of coaching track and field for "Sag". Coach Guenther Sagan decided to hang up his stopwatch and rest his voice after 23 years of coaching track and field at Elk River Area High School. The last few years he was the boys and girls coordinator. Best wishes and thanks from those he worked with. 1993 saw a talented group of tracksters who ended up having a tough time at the end of the season. 1994 will be much better.

The Elks had a good year in 1994. With Coach Sagan retiring, a new coach, Tricia Koski, took over the program. It was a good year for the sprinters. The girls broke two varsity and one sophomore records. The 4x100m relay of Nikki Gallagher, Sarah Mismash, Leah Anderson, and Dede Chisolm placed fifth in the MN State AA Meet. The girls had few seniors on their roster and assuming everyone comes back out in 1995, the potential remains for a great 1995. With Coach Koski going to Assistant Coach, Russ Gnan is taking over the job as Girls Head Track Coach for 1995.

1995 turned out to be one of the more successful seasons the girl's team has had in recent history. The girls placed 4th in the True Team section and 4th in the Region 8AA meet. Elk River was represented in five events at the state meet, which is the most since 1972. The 4x100m Relay of Nikki Gallagher, Sarah Mismash, Leah Anderson, and Dede Chisolm placed second at the state meet and broke the school and Region 8AA records this year. Sarah, Dede, and Heather Eggert also participated in the State Meet as individuals. Two school records and three sophomore records were broken this year. With 28 letterwinners returning in 1996 and a good group of incoming freshmen, the 1996 season should be just as successful, exciting, and hopefully as fun as 1995.

The Elks had a great year in 1996. The team won the Section 8AA, South-Sub Section 8AA, and Section 8AA Academic Championships. They were runners-up in the Twin Cities Suburban-West Conference and Section True Team Meets. They also placed 8th in the State AAA True Team Meet. The Elks broke 6 Varsity Records and 4 sophomore records. Twelve girls earned All-Conference Honors and two girls were All-Conference Honorable Mention. The 4x400m Relay set a Conference Record. Sarah Mismash accumulated the most points in team history with 253.5. The Elks were represented in 5 events at the MSHSL AA State Meet. Sarah Mismash placed 2nd in the 200m Dash, Kim

Becklin was 7th in the Shot Put, Bridget Herkenhoff was 12th in the 1600m Run, and the 4x400m Relay of Tara Koenig, Emily Keifenheim, Bridget, and Sarah was 4th at the State Meet. The Elks of 1996 will be remembered as one of the best in Elk River history.

With their core group of athletes returning, the Elks had another great year in 1997. The team highlight of the season was placing 6th in the State True Team AAA Meet. The Elks won the South Sub-Section 8AA title again and were runners-up in the True Team Section, Twin City Suburban West Conference, and Section 8AA. The Elks also won the Monticello Invitational. Six Varsity Records were tied or broken and 8 Sophomore Records were broken. A team record 15 girls earned All Conference Awards and 2 girls earned All Conference Honorable Mention. Sarah Mismash ended her illustrious career with the Elks by setting a Conference Record in the 200, setting the 100m School Record, breaking her own 400m School Record, earning All State Recognition in 3 events, and by being named the Star Tribune's Female Track Scholar Athlete of the Year. Sarah will be remembered as the most accomplished and perhaps the most talented track athlete in Elk River High School's History. She leaves Elk River holding 6 School Records and 7 State Medals. Aleasha Jacobson set a Conference Record in the Triple Jump and Kari Johnson also set a Conference Record in the 800m Run. The Elks were represented in 4 events in the State Meet. Sarah was 4th in the 400m, 5th in the 200m, and placed 6th in the 4x400m relay along with Emily Keifenheim, Kari Johnson, and Heidi Diethelm. Stacey Trushenski placed 9th in the High Jump. All of the girls earned All-State Recognition.

The 1998 season was another good year for the Elks. They placed third in their True Team Section and were Runners-up in the TCS West Conference, South Sub-Section 8AA, and Section 8AA meets. Individually, many Elks had a great year. Highlights were Aleasha Jacobson qualifying for state in two events, earning All State in the Triple Jump. Emily Keifenheim also qualified in the 200m dash. For the third year in a row, the Elks 4x400m relay of Kayla Christensen, Kari Johnson, Emily Keifenheim, and Sarah DeMars made it to state. The Elks had 9 All-Conference athletes and 10 All-Conference Honorable Mention athletes. Aleasha set school records in the Triple Jump and 100m Hurdles. Sarah set a school record in the 300m Hurdles and Shannah Olson set school records in the Long Jump and Pole Vault.

An outstanding group of newcomers helped the Elks to succeed in 1999. Team highlights included a South Sub Section 8AA championship along with runner-ups spots in the TCS West Conference and Section 8AA. The girls also teamed up with the boys to take third at the coed Eden Prairie Invitational. The Elks had 11 All-Conference athletes and 9 Honorable Mentions. Individually, the highlight of the year was the 4x100m relay taking 2nd in the State Meet and setting the school, conference, and section meet records along the way. The relay consisted of Mara Anderson, Melissa Mulvaney, Emily Keifenheim, and Stacey Trushenski. Stephanie Nadeau set the school record in Pole Vault and Leah Herrboldt tied the Long Jump school record. Six girls qualified for the State Meet in 4 events. The 4x100m relay, Aleasha Jacobson returned in Triple Jump, Stacey Trushenski in High Jump, and Sarah DeMars in the 300m Hurdles. The 4x100m Relay earned All-State Honors. The class of 1999 has been a key factor in much of the Elks success of the past years and they will be greatly missed.

The 2000 season was a season which allowed a lot of young athletes to receive some great competitive experience. The team finished 4th in the True Team Section, 5th in the Conference, and was Runner Up in the South Sub Section. The Elks had two school records set. Leah Herrboldt broke her own record in the Long Jump. Heather Green set a new record in the Pole Vault. Two sophomore records were also set. The Elks had 4 All Conference athletes and 10 Honorable Mentions. Heather and Leah also competed in the state meet. Leah earned All State Honors by placing 2nd in Long Jump. Good Luck to graduating seniors, you did a great job this year!

The 2001 version of the Elks was very young, but hard working group of athletes that provided a lot of depth and made the season very rewarding. Team highlights for the Elks were: 3rd place with the boys in the Eden Prairie Invitational, 3rd place in True Team Section 4AAA, 3rd place in the Northwest Suburban Conference, South Subsection 8AA Champions, Section 8AA Runners-Up, and Section 8AA Academic Champions. Individually, we had 3 school records broken this year. Sara Frederickson broke the 9 year old 3200m School record and Sophomore record. Leah Herrboldt broke both the Long Jump and Triple Jump school records. Leah placed 4th and 5th in the State Meet in Long and Triple Jump respectively, earning her All State Honors. Julie Warneke qualified in the Shot Put and placed 10th. The Elks had 3 All Conference Athletes and 10 All Conference Honorable Mentions. Great job everyone!

2002 brought more success to the Elks team. Team highlights included a South Subsection 8AA Championship and Section 8AA Runners-Up. The Elks were 3rd in the True Team Section 4AAA, NWSC meet and the Eden Prairie Coed Invite. Nicole Olson set the 3200m school record of 11:28.79 and placed 14th in the MSHSL State Meet. Julie Warneke also qualified for the state meet for the second year in a row and was the Elks first section champion thrower.

The Elks also had two Sophomore Records set this year. The Elks had 4 All Conference Athletes and 9 All Conference Honorable Mentions. Good luck to graduating seniors competing collegiately.

2003. Wow. 2003. The best Elks team EVER. The season highlights started with an upset victory in True Team Section 4AAA, then a 4th place in True Team State, another South Subsection 8AA Championship, and concluded with a dominating performance to win the school's second Section 8AA Championship. Along with the team's success, came many individual highlights: Sara Frederickson capped her career as the best distance runner Elk River has ever known. She earned All State status in the 3200m run by placing 6th and also competed at state in the 1600m run. She set unbelievable school records in both the 1600m (5:06.82) and the 3200m (10:59.31). Haley Balcom qualified for state in the 100m & 200m dashes and earned All State Honors in the 200m dash with a 9th place finish and the 4x100m relay along with Ashley Busch, Angie Dahlheimer, & Katie Christensen placed 4th. That foursome also set the South Subsection record. Jamie Mulvaney broke the school High Jump record with a jump of 5'4.5" and Monique Weber, Julie Nuelk, Rachel Fisher, & Katie Christensen set the 4x200m record in 1:46.72. 5 Sophomore records were tied or broken this season. The Elks had 7 athletes earn Academic All State Honors, 11 earn All Conference, and 5 earn All Conference Honorable Mention in 2003. Good Luck to graduating seniors.

After graduating many quality athletes in 2003, 2004 looked like a rebuilding year for the Elks. A new group of outstanding athletes coming out for track changed that idea. Team highlights included another True Team Section 4AAA championship, a 5th place finish at True Team State, and runner up finishes in the conference and Section 7AA. Two of our newcomers broke two of the oldest school records: Casey Mann in the 800m (2:17.9) and Erin Olson in the Discus (125'07"). 3 sophomore records were also broken. Haley Balcom earned All State Honors in both the 100m (6th) and 200m (3rd). Sasha Gangl was also All State in the 100m hurdles(4th). Casey Mann & Jessica Ranallo qualified for state meet in the 800m and 300m hurdles, respectively. 4 Elks were named All State Academic, 11 earned All Conference, and 7 earned All Conference Honorable Mention. Thank you seniors for always being such an enjoyable group of people!

2005 was the year of Sasha Gangl. Sasha set school, conference, and section records in the 100m Hurdles on her way to Elk River's first Girls Track State Championship. Her only defeat was in State prelims, which she avenged in the State final by winning by .01 seconds. The Elks recovered very quickly from the loss of the Rogers High School athletes. They earned runner-up spots in the True Team Section 4AAA, the conference and Section 7AA meets (All to Anoka). One varsity and two sophomore records were broken this year. Sasha also competed at state in the 300m Hurdles and High Jump (5th). She was joined by Erin Olson in Shot Put(6th), Monique Weber in the 200m dash and Caitlin Polgreen in the 1600 & 3200m Runs. The Elks had 2 All State Athletes, 2 All State Academic Athletes, 7 All Conference, and 5 All Conference Honorable Mentions.

2006 was another good year for the Elks. The Elks were runners up in both the True Team Section 4AAA and Section 7AA. Two school records and two sophomore records were tied or set this season. The Elks qualified 10 athletes to the State meet in 6 events. It was also the first time that the Elks sent two relays to state. The 4x800 of Jessica Delgehausen, Caitlin Polgreen, Laura Ryan, and Emma Bates broke the oldest school record at Sections and placed 8th at State. Laura Ryan placed 6th in Pole Vault and Laura Bock placed 7th in the 100m Dash. Nancy Warfield (100m Hurdles), Rebecca Kent (Discus), and the 4x100m Relay of Tempestt Wilson, Laura Bock, Michelle Maciej, and Monique Weber also competed at state. The Elks had 5 All State athletes, 6 Academic All State athletes, 4 All Conference, and 11 All Conference Honorable Mentions.

2007 brought the first Conference Championship in 17 years to the Elks. The Elks were also runners up in both the True Team Section 4AAA and Section 7AA. One school record and four sophomore records were set this season. The Elks qualified 7 athletes to the State meet in 4 events. The 4x200 of Michelle Maciej, Laura Bock, Dani Poce, and Tempestt Wilson broke the school record at State and placed 9th to earn All State Honors. Emma Bates (1600/3200), Liz Dargay (3200) were also All State and Laura Ryan (PV) also competed at state. The Elks had 6 All State athletes, 8 Academic All State athletes, 8 All Conference, and 2 All Conference Honorable Mentions.

2008 was a year of youth and tough weather for the Elks. The Elks placed 4th in True Team Section 4AAA, 6th in the conference, and were runners-up in Section 7AA. Emma Bates placed 2nd in state in the 3200m run and set a school record in the 1600m run while placing 7th. Michelle Maciej joined Emma at state in three events (LJ/TJ/100m H). The Elks had 1 All State athlete, 2 Academic All State athletes, 4 All Conference, and 4 Honorable Mentions

2009 was a great payback year for the Elks. The weather was great and so was the team. The Elks won the St. Francis Invite, place 3rd in True Team Section 4AAA, 6th in the conference, and won the Section 7AA title, which was the 3rd in school history. Individually, many Elks had great seasons. Michelle Maciej became the Elks 2nd state champion by winning the Triple Jump. She also set conference and school records in the triple jump. 6 Elks qualified for state this year. Michelle in TJ, LJ, 100m H, and she was joined on the 6th place 4x100m Relay with Dani Detloff, Hope

Hertz, & Kelsey Daulton. Those 3 girls joined Kelly Edwards on the 4x200m relay and lastly, Emma Bates overcame mono to return to state and broke her own school record while placing 4th in the 1600m run. The Elks had 5 All State athletes, 6 All State Academic, 4 All Conference, and 5 All Conference Honorable Mentions.

2010 was a year like no other. 2010 is the new Gold Standard for Elk's track and field. The Elks were CHAMPIONS in the St. Francis Invite, True Team Section 4AAA, NWSC Conference, and Section 7AA. The Elks also returned to True Team State for the first time in 6 years and placed 5th amongst a very tough field. When you have great team results, you also have great individual results. Emma Bates ended her tremendous career as the most decorated athlete in Elks history(8 state medals) with another All-State appearance at state in two events(3200/1600 placing 7th & 4th respectively) and as school record holder in the 1600m and 800m. Dani Detloff established herself as a premier sprinter by qualifying for state and placing 7th in the 200m. Emma and Dani were joined by 3 Elk Relays. 4x1 and School record 4x2 teams of Hope Hertz, Dani Detloff, Kelly Edwards, and Logan Daulton, and new school record holding 4x4 relay of Logan Daulton, Lindsey Lowe, Anna Haugen, and Abby McDonald(6th). The Elks also set a school record in the 4x800m relay. That team consisted of Erin Ness, Jane Kallemeyn, Anna Haugen, and Abby McDonald. The Elks had 6 All State athletes, 8 All State Academic, 12 All Conference, 3 Honorable Mentions, 5 School Records and 4 Sophomore records.

2011 was another great year for the Elks! The Elks won the Cambridge Invite, the Monticello Invite, True Team Section 4AAA, NWSC Conference, and Section 7AA Championships. The Elks also placed 6th at True Team State. The Elks had some outstanding individual performances again this year. The Elks returned to state in 3 relays(4x1,4x2, and 4x4) and 4 individual events. Molli Detloff made her first trip to state and placed 3rd in Discus. Dani Detloff returned to state in the 200, placing 5th. Lindsey Lowe(100m hurdles) and Anna Haugen(800m run) also qualified for state this season. Lindsey, Anna, Abby McDonald, and Logan Daulton were also on the state qualifying 4x4. Logan and Dani were joined by Alana Embury and Jenna Kivley at state in the 4x2 and set a new school record while placing 4th. Kelly Edwards joined Alana, Dani, and Logan on the new school record setting 4x100 at state and placed 6th. The Elks had 6 All State athletes, 11 All State Academic, 6 All Conference, 12 Honorable Mentions, 3 School Records and 3 Sophomore records.

In 2012, the Elks continued their championship run by making it 3 for 3 in the big meets again. The Elks won the True Team Section 4AAA, NWSC Conference, and Section 7AA Championships for the 3rd year in a row. The Elks also placed 7th at True Team state. The Elks showed their outstanding depth and grit by winning the Conference and Section 7AA championships with out 3 time MVP Dani Detloff, whose career was unfortunately ended early by a hamstring injury. Outstanding individual performances for the Elks included state qualifiers: Jordyn Sohns placing 9th in the 100m Hurdles and the 4x100m relay of Molli Detloff, Alana Embury, Kelly Edwards, and Logan Daulton placing 7th, the 4x800m relay of Rachel Ness, Samantha Hendricks, Anna Haugen, and Abby McDonald, state qualifier & Conference Champ Kelly Edwards in the triple jump, and state qualifier & Conference Champ Molli Detloff in the discus. The Elks had 5 All State athletes, 10 All State Academics, 12 All Conference, 3 Honorable Mentions, 1 School Record and 1 Sophomore Record. 2012 was also the last year that Russ Gnan coached the girls team.

2013 - welcomed new coach, Steve Hamilton. Although the weather was awful, having to cancel 6 meets, the Elks continued their winning ways. They won the NWSC Conference by a 1/3 of a point, won True Team 4AAA, finished 8<sup>th</sup> in the State True Team competition, and were runners-up in the Section 7AA meet. Molli Detloff competed at state in the Discus and also qualified in the 100m Dash. Jordyn Sohns qualified for state in the 100m Hurdles and finished 8<sup>th</sup>. The 4x100 team of Hannah VanEps, Chelsey Petrich, Ava Kramer and Molli Detloff also competed. Rachel Ness ran a PR in the 1600m Run and took home a 6<sup>th</sup> placed medal.

2014 - saw another new Head coach as Brenda Holmgren took over after serving as an assistant coach for the Elks for over 30 years. The cold weather continued to play havoc on the season, but the Elks made the best of it. The young Elks competed very well taking 2<sup>nd</sup> in the 4AAA True Team Sections and also a 2<sup>nd</sup> in the NWSC Conference and 4<sup>th</sup> in the 7AA Sections. Molli Detloff was also Conference and Section Champ in both the Shot Put and Discus. Sidney Wentland qualified for her first State meet by taking 2<sup>nd</sup> in the Shot put.

2015 - finally saw some decent weather throughout the spring and just over 100 athletes start the season with the Elks. The Elks were 4<sup>th</sup> in True Team Section 4AAA, 3<sup>rd</sup> in the NWSC Conference, and 7<sup>th</sup> in Section 7AA. Rachel Ness was the lone Conference Champion taking the 1600m run. The two State competitors were from Shot Put with Sidney Wentland winning the Section (also establishing a new Sophomore Record) and newcomer Gabi Haack taking 2<sup>nd</sup>. The Elks had 6 All-State Academic awards, 8 All-Conference, 9 Honorable-Mentions and 1 new Sophomore Record.



In 2016, Coach Gnan returned from his mini retirement to become head coach of a young, hard working team. The Elks were the True Team Section 4AAA Runners Up, 3rd in the NWSC Conference, and Section 7AA Runners Up. The Elks qualified two relays for state: 4x200m of Ava Grimm, Alaina Schoenfelder, Ava Kramer, and Katie Buhl, & 4x100m of Angel Fredin, Hannah VanEps, Ava K., and Katie. Sidney Wentland returned to state in the Shot Put and took 6th place to earn All State Honors. The Elks had 1 All State athlete, 9 All State Academics, 12 All Conference, and 2 Honorable Mentions.

2017 was a nice year in the development of a young team. Many athletes improved over previous year's marks and times. The Elks were the True Team Section 4AAA Runners Up, 3rd in the NWSC Conference, and Section 7AA Runners Up. The Elks qualified three relays for state: the 4x800m of Maria Brown, Audrey Chapman, Maddie Christian, and Jessica Holmquist took 15th, 4x200m of Adaeze Udalla, Ava Grimm, Alaina Schoenfelder, and Katie Buhl took 7th, & the 4x100m of Lauren Ives, Adaeze U., Ava G., and Katie B. took 9th. Sidney Wentland returned to state in the Shot Put and took 7th place. Angel Fredin qualified in the 300m hurdles and took 5th. Katie Buhl qualified in both the 200m and long jump. Sidney broke the school shot put record and Angel broke the 300m hurdles school record. The Elks had 7 All State athletes, 8 All State Academics, 8 All Conference, 2 Honorable Mentions, 2 Sophomore records, and 2 new School Records.

2018 saw the Elks return for the school's 10th trip to True Team State. The Elks were True Team Section 4AAA Champions, 12th in Class AAA at True Team State, 5th in the NWSC Conference, and 3rd place in Section 7AA. The Elks qualified two relays and three individuals for state: the 4x200m of Lauren Ives, Alaina Schoenfelder, Ava Grimm, and Katie Buhl took 3rd in a School Record time, the 4x100m relay of Lauren, Adaeze Udalla, Ellie Maass, and Katie placed 7th and also set a new school record. Katie qualified in the Long Jump, Ava in the 400m, placing 7th, and Angel Fredin in the 300m Hurdles. The Elks had 6 All State athletes, 8 All State Academics, 6 All Conference, 4 Honorable Mentions, and 2 new School Records.

2019 saw the Elks place 3rd in True Team Section 4AAA, 5th in the NWSC Conference, and 4th place in Section 7AA. The Elks qualified the 4x200m of Audrey Chapman, Alaina Schoenfelder, Ava Grimm, and Katie Buhl for the state meet along with Ava Grimm in the 200m and 400m dashes. The Elks had 4 All State Academics, 6 All Conference, and 9 Honorable Mentions. Good luck to our great graduating class of 2019!

2020 was a year that wasn't. We started off with a great first week with many talented newcomers to our team and then the season was cancelled due to COVID. Hopefully 2021 will bring better opportunities for us.

# Elk River Girls Varsity Top Ten of All Time

<b>100m Dash</b>	<b>Time</b>	<b>Year</b>
1. Sarah Mismash	12.37 FAT	1997
2. Jana Gesch	12.2	1971
3. Haley Balcom	12.47 FAT	2004
4. Molli Detloff	12.53 FAT	2013
5. Laura Bock	12.3	2006
6. Dani Detloff	12.56 FAT	2011
7. Kyle Lilja	12.4	1974
Lori Middelstadt	12.4	1986
9. Mary Hoegelheinrich	12.5	1973
Wendy Watzke	12.5	1978

<b>200m Dash</b>	<b>Time</b>	<b>Year</b>
1. Sarah Mismash	25.26 FAT	1996
2. Dani Detloff	25.35 FAT	2010
3. Haley Balcom	25.68 FAT	2004
4. Katie Buhl	25.74 FAT	2017
5. Monique Weber	25.97 FAT	2005
6. Ava Grimm	26.17 FAT	2019
7. Melissa Mulvaney	26.24 FAT	1999
8. DeDe Chisholm	26.28 FAT	1995
9. Brittani Metcalfe	26.54 FAT	2002
10. Emily Keifenheim	26.62 FAT	1998

<b>400m Dash</b>	<b>Time</b>	<b>Year</b>
1. Sarah Mismash	57.76 FAT	1997
2. Ava Grimm	58.34 FAT	2018
3. Monique Weber	59.63 FAT	2004
4. Pam Beaudry	59.8	1990
5. Emily Keifenheim	60.0	1997
6. Casey Mann	60.40 FAT	2004
7. Marge Donahue	60.3	1974
8. Kara Hermanson	60.5	1988
9. Dani Detloff	60.6	2011
10. Logan Daulton	60.98 FAT	2011

<b>800m Dash</b>	<b>Time</b>	<b>Year</b>
1. Emma Bates	2:17.75 FAT	2010
2. Casey Mann	2:17.9	2004
3. Kara Hermanson	2:18.7	1990
4. Rachel Ness	2:20.36 FAT	2013
5. Anna Haugen	2:21.38 FAT	2010
6. Kennedy Warner	2:22.30 FAT	2014
7. Jessica Delgehausen	2:22.59 FAT	2004
8. Kari Johnson	2:23.65 FAT	1997
9. Maria Brown	2:23.14 FAT	2017
10. Audrey Chapman	2:23.50 FAT	2019

<b>1600m Run</b>	<b>Time</b>	<b>Year</b>
1. Emma Bates	5:00.13 FAT	2010
2. Rachel Ness	5:05.03 FAT	2013
3. Sara Frederickson	5:06.82 FAT	2003
4. Abbi Aspengren	5:14.56 FAT	2009
5. Caitlin Polgreen	5:18.71 FAT	2005
6. Bridget Herkenhoff	5:18.74 FAT	1996
7. Nicole Olson	5:19.80 FAT	2003
8. Liz Dargay	5:20.36 FAT	2007
9. Erin Ness	5:20.82 FAT	2011
10. Jane Kallemeyn	5:22.43 FAT	2010

<b>3200m Run</b>	<b>Time</b>	<b>Year</b>
1. Sara Frederickson	10:59.31 FAT	2003
2. Emma Bates	11:00.65 FAT	2007
3. Nicole Olson	11:14.76 FAT	2003
4. Abbi Aspengren	11:17.8	2009
5. Liz Dargay	11:18.57 FAT	2007
6. Rachel Ness	11:20.25 FAT	2012
7. Caitlin Polgreen	11:30.88 FAT	2005
8. Jane Kallemeyn	11:41.94 FAT	2009
9. Chelsea Schlegal	11:44.61 FAT	2012
10. Kennedy Warner	11:46.19 FAT	2013

<b>100m Hurdles</b>	<b>Time</b>	<b>Year</b>
1. Sasha Gangl	14.79 FAT	2005
2. Aleasha Jacobson	15.22 FAT	1998
3. Jordyn Sohns	15.28 FAT	2013
4. Stacey Trushenski	15.34 FAT	1999
5. Michelle Maciej	15.41 FAT	2009
6. Lori Fowler	15.5	1986
7. Lindsey Lowe	15.81 FAT	2011
8. Wendy Gilman	15.6	1990
9. Angel Fredin	15.88 FAT	2017
10. Nancy Warfield	15.91 FAT	2004

<b>300m Hurdles</b>	<b>Time</b>	<b>Year</b>
1. Angel Fredin	45.08 FAT	2017
2. Sarah DeMars	45.61 FAT	1998
3. Lindsey Lowe	45.68 FAT	2013
4. Jessica Ranallo	46.49 FAT	2004
5. Sasha Gangl	46.80 FAT	2005
6. Bridget Brown	47.02 FAT	2016
7. Lauren Ives	47.29 FAT	2018
8. Aleasha Jacobson	47.36 FAT	1997
9. Jordyn Sohns	47.54 FAT	2012
10. Lori Fowler	47.3	1989

FAT: Fully Automatic Timing will take a .24 precedence over hand held times.

<b>High Jump</b>	<b>Height</b>	<b>Year</b>
1. Jamie Mulvaney	5'04.25"	2003
2. Anne Loftus	5'04"	1984
Stacy Trushenski	5'04"	1997
Sasha Gangl	5'04"	2005
5. Candace Stickney	5'03"	1989
6. Sarah Mismash	5'02"	1997
Alaina Schoenfelder	5'02"	2016
Ava Grimm	5'02"	2019
8. Wendy Gilman	5'01"	1989
Kelsey Olson	5'01"	2001
10. Kim Wendy	5'0"	1982
Lisa Bradway	5'0"	1982
Jennine Lefebvre	5'0"	1982
Kayla Christensen	5'0"	1998
Tempestt Wilson	5'0"	2006
Britta Hall	5'0"	2008
Kelli Loberg	5'0"	2010
Lindsey Madden	5'0"	2010
Johanna Langbehn	5'0"	2016

<b>Pole Vault</b>	<b>Height</b>	<b>Year</b>
1. Heather Green	10'06"	2000
Laura Ryan	10'06"	2006
3. Steph Nadeau	10'00"	2000
Natalie Hansen	10'00"	2002
Alana Embury	10'00"	2012
6. Marissa Vantassel	9'11"	2015
7. Layni Bednarz	9'07"	2010
8. Colleen Morgan	9'06"	2000
Madeline Williams	9'06"	2002
Holly Thompson	9'06"	2003
Emily Konczal	9'06"	2008
Krista Kovar	9'06"	2016

<b>Triple Jump</b>	<b>Dist.</b>	<b>Year</b>
1. Michelle Maciej	38'1.75"	2009
2. Leah Herrboldt	37'07.5"	2001
3. Aleasha Jacobson	36'06.5"	1998
4. Melissa Mulvaney	35'10"	1999
5. Katie Buhl	35'05.75"	2019
6. Kelly Edwards	35'05"	2012
7. Megan Sellheim	35'01"	2001
8. Shannah Olson	34'11.5"	1997
9. Lindsey Lowe	34'09"	2013
10. Adaeze Udalla	34'07"	2018

<b>Long Jump</b>	<b>Dist.</b>	<b>Year</b>
1. Leah Herrboldt	18'05.5"	2001
2. Dani Detloff	17'10.5"	2012
3. Logan Dalton	17'07.25"	2012
4. Kelly Edwards	17'05.25"	2012
5. Katie Buhl	17'4.5"	2017
6. Michelle Maciej	17'04"	2009
7. Shannah Olson	17'02"	1998
Julie Kramer	17'02"	2017
9. Adaeze Udalla	17'01"	2018
10. Lori Middlestadt	16'10.5"	1986

<b>Discus</b>	<b>Dist.</b>	<b>Year</b>
1. Molli Detloff	142'06"	2014
2. Erin Olson	125'07"	2004
3. Sidney Wentland	123'07"	2017
4. Rebecca Kent	119'01"	2006
5. Shelly Shotliff	118'00"	1988
6. Shelly Nathe	117'01"	1991
7. Tami Pipenhagen	116'06"	1981
8. Julie Warneke	116'05"	2002
9. Robyn Libby	113'10"	1981
10. Nicole Thorndal	112'11"	2009

<b>Shot Put</b>	<b>Dist.</b>	<b>Year</b>
1. Sidney Wentland	42'07"	2017
2. Molli Detloff	41'00"	2014
3. Kim Becklin	39'04.25"	1996
4. Shelly Shotliff	39'03.5"	1988
5. Jessica Quandrud	39'01"	2000
Julie Warneke	39'01"	2002
Erin Olson	39'01"	2004
8. Gabi Haack	38'00.25"	2015
9. Heidi Shultis	37'07.5"	1989
10. Abi Scheid	36'05.75"	2015

<b>4x100m Relay</b>	<b>Time</b>	<b>Year</b>
1. Lauren Ives, Adaeze Udalla, Ellie Maass, Katie Buhl	48.89 FAT	2018
2. Alana Embury, Dani Detloff, Kelly Edwards, Logan Daulton	48.93 FAT	2011
3. Mara Anderson Melissa Mulvaney, Emily Keifenheim, Stacy Trushenski	49.06 FAT	1999
4. Lauren Ives Adaeze Udalla, Ava Grimm, Katie Buhl	49.11 FAT	2017
5. Ashley Busch, Haley Balcom, Angie Dahlheimer, Katie Christensen	49.26 FAT	2003

<b>4x400m Relay</b>	<b>Time</b>	<b>Year</b>
1. Logan Daulton, Lindsey Lowe, Anna Haugen, Abby McDonald	4:00.45 FAT	2010
2. Tara Koenig Emily Keifenheim, Bridget Herkenhoff, Sarah Mismash	4:01.01 FAT	1996
3. Emily Keifenheim, Kari Johnson, Heidi Diethelm, Sarah Mismash	4:01.18 FAT	1997
4. Logan Daulton Lindsey Lowe, Anna Haugen, Emma Bates	4:03.51 FAT	2010
5. Emily Rademacher, Pam Beaudry, Lori Fowler, Wendy Gilman	4:06.1	1990

<b>4x200m Relay</b>	<b>Time</b>	<b>Year</b>
1. Lauren Ives, Alaina Schoenfelder, Ava Grimm, Katie Buhl	1:42.69 FAT	2018
2. Alana Embury, Dani Detloff, Jenna Kivley, Logan Daulton	1:43.07 FAT	2011
3. Hope Hertz, Dani Detloff, Kelly Edwards, Logan Daulton	1:43.66 FAT	2010
4. Adaeze Udalla, Ava Grimm, Alaina Schoenfelder, Katie Buhl	1:44.42 FAT	2017
5. Audrey Chapman, Alaina Schoenfelder, Ava Grimm, Katie Buhl	1:45.41 FAT	2019

<b>4x800m Relay</b>	<b>Time</b>	<b>Year</b>
1. Rachel Ness, Anna Haugen, Samantha Hendricks, Abby McDonald	9:36.72 FAT	2012
2. Erin Ness, Jane Kallemeyn, Abby McDonald, Anna Haugen	9:39.89 FAT	2010
3. Jessica Delgehausen, Laura Ryan, Caitlin Polgreen, Emma Bates	9:40.20 FAT	2006
4. Maria Brown, Audrey Chapman, Maddie Christian, Jessica Holmquist	9:40.78 FAT	2017
5. Anna Haugen, Rachel Ness, Samantha Hendricks, Erin Ness	9:41.50 FAT	2011

# Elk River Sophomore & Under Top Ten Records

<b>100m Dash</b>	<b>Time</b>	<b>Year</b>
1. Dani Detloff	12.59 FAT	2010
2. Sarah Mismash	12.66 FAT	1995
3. Adaeze Udalla	12.82 FAT	2017
4. Hannah VanEps	12.87 FAT	2015
5. Haley Balcom	12.94 FAT	2002
Katie Buhl	12.94 FAT	2017
Wendy Watzke	12.7	1976
Jennine Lefebvre	12.7	1982
Melissa Mulvaney	12.7	1999
Laura Bock	12.7	2005

<b>200m Dash</b>	<b>Time</b>	<b>Year</b>
1. Dani Detloff	25.35 FAT	2010
2. Katie Buhl	25.74 FAT	2017
3. Sarah Mismash	25.89 FAT	1995
4. Monique Weber	25.97 FAT	2005
5. Melissa Mulvaney	26.26 FAT	1999
6. Brittani Metcalfe	26.54 FAT	2002
7. Laura Bock	26.65 FAT	2005
8. Ava Grimm	26.5	2016
9. Katie Christensen	26.78 FAT	2003
10. Logan Daulton	26.85 FAT	2010

<b>400m Dash</b>	<b>Time</b>	<b>Year</b>
1. Monique Weber	59.63 FAT	2004
2. Emily Keifenheim	60	1997
3. Casey Mann	60.40 FAT	2004
4. Kara Hermanson	60.5	1988
5. Logan Daulton	60.98 FAT	2011
6. Dani Detloff	61.03 FAT	2010
7. Melissa Mulvaney	61.2	1999
8. Abby McDonald	61.47 FAT	2011
9. Leah Herboldt	61.65 FAT	1999
10. Pam Beaudry	61.5	1989

<b>800m Dash</b>	<b>Time</b>	<b>Year</b>
1. Casey Mann	2:17.9	2004
2. Rachel Ness	2:20.36 FAT	2013
3. Anna Haugen	2:21.38 FAT	2010
4. Emma Bates	2:22.0	2008
5. Kennedy Warner	2:22.30	2014
6. Audrey Chapman	2:23.50 FAT	2019
7. Abby McDonald	2:24.21 FAT	2010
8. Samantha Hendricks	2:24.31 FAT	2012
9. Rachel Dorff	2:24.38 FAT	2016
10. Erin Ness	2:24.50 FAT	2011

<b>1600m Run</b>	<b>Time</b>	<b>Year</b>
1. Emma Bates	5:05.24 FAT	2008
2. Rachel Ness	5:05.30 FAT	2013
3. Abbi Aspengren	5:14.56 FAT	2009
4. Bridget Herkenhoff	5:18.74 FAT	1996
5. Liz Dargay	5:20.36 FAT	2007
6. Erin Ness	5:20.82 FAT	2011
7. Caitlin Polgreen	5:21.23 FAT	2004
8. Kennedy Warner	5:23.20 FAT	2013
9. Jane Kallemeyn	5:24.01 FAT	2009
10. Audrey Chapman	5:24.69 FAT	2017

<b>3200m Run</b>	<b>Time</b>	<b>Year</b>
1. Emma Bates	11:00.65 FAT	2007
2. Abbi Aspengren	11:17.8	2009
3. Liz Dargay	11:18.57 FAT	2007
4. Rachel Ness	11:20.25 FAT	2012
5. Jane Kallemeyn	11:41.94 FAT	2009
6. Kennedy Warner	11:46.19 FAT	2013
7. Annica Carr	11:48.17 FAT	2014
8. Jessica Emerson	11:55.85 FAT	2018
9. Christi Nowak	11:56.59 FAT	2004
10. Elaina Kuhnau	12:04.60 FAT	2018

<b>100m Hurdles</b>	<b>Time</b>	<b>Year</b>
1. Sasha Gangl	15.48 FAT	2003
2. Lindsey Lowe	15.81 FAT	2011
3. Aleasha Jacobson	15.6	1997
4. Angel Fredin	15.88 FAT	2017
5. Nancy Warfield	15.91 FAT	2003
6. Jordyn Sohns	16.01	2010
7. Cyan Schrader	16.1	1981
7. Sarah DeMars	16.1	1998
9. Michelle Maciej	16.36 FAT	2007
10. Julie Nuelk	16.55 FAT	2002

<b>300m Hurdles</b>	<b>Time</b>	<b>Year</b>
1. Angel Fredin	45.08 FAT	2017
2. Sarah DeMars	45.61 FAT	1998
3. Lindsey Lowe	46.24 FAT	2010
4. Aleasha Jacobson	47.36 FAT	1997
5. Dani Poce	47.62 FAT	2008
6. Sasha Gangl	48.00 FAT	2003
7. Brienna Dehkes	48.23 FAT	2011
8. Jordyn Sohns	48.54 FAT	2010
9. Jessica Ranallo	48.61 FAT	2003
10. Britta Hall	48.78 FAT	2006

FAT: Fully Automatic Timing will take a .24 precedence over hand held times.

<b>Shot Put</b>	<b>Distance</b>	<b>Year</b>
1. Sidney Wentland	39'02"	2015
2. Jessica Quandrud	39'01"	2000
3. Molli Detloff	39'00.5"	2012
4. Gabi Haack	38'0.25"	2015
5. Kim Becklin	36'06"	1994
6. Abi Scheid	35'9.5"	2014
7. Olivia Kramer	34'10.5"	2018
8. Stephanie Winter	34'02.5"	1987
Shelly Shotliff	34'02.5"	1986
10. Sarah Williams	33'8.75"	2007

<b>Discus</b>	<b>Distance</b>	<b>Year</b>
1. Molli Detloff	142'05"	2012
2. Rebecca Kent	119'01"	2006
3. Sidney Wentland	113'09"	2015
4. Nicole Thordahl	112'06"	2009
5. Andi Mehrer	104'03"	2019
6. Carly Christensen	102'08"	1999
7. Carlyn Becker	101'04"	2004
8. Olivia Kramer	100'05"	2018
9. Miranda Reiersen	100'00"	2017
10. Julie Warneke	99'11"	2000

<b>High Jump</b>	<b>Height</b>	<b>Year</b>
1. Stacy Trushenski	5'04"	1997
2. Jamie Mulvaney	5'03"	2001
Sasha Gangl	5'03"	2003
4. Alaina Schoenfelder	5'02"	2016
5. Annie Loftus	5'01"	1984
Jennine Lefebvre	5'00"	1982
Kim Wendt	5'00"	1982
Lisa Bradway	5'00"	1982
Candace Stickney	5'00"	1988
Sarah Mismash	5'00"	1995
Kayla Christensen	5'00"	1998
Kelsey Olson	5'00"	2000
Tempestt Wilson	5'00"	2006
Lindsay Madden	5'00"	2010
Ava Grimm	5'00"	2016
Johanna Langbehn	5'00"	2016

<b>Long Jump</b>	<b>Distance</b>	<b>Year</b>
1. Logan Daulton	17'07.25"	2012
2. Katie Buhl	17'4.5"	2017
3. Leah Herboldt	17'02"	1999
3. Julia Kramer	17'02"	2017
5. Adaeze Udalla	17'01"	2018
6. Dani Detloff	17'00.25"	2010
7. Shannah Olson	16'11.5"	1997
8. Charise Schrupp	16'09.25"	1992
9. Annie Loftus	16'06.5"	1985
10. Jennine Lefebvre	16'04"	1982

<b>Triple Jump</b>	<b>Distance</b>	<b>Year</b>
1. Aleasha Jacobson	36'04.75"	1997
2. Melissa Mulvaney	35'10.5"	1999
3. Katie Buhl	35'01.75"	2017
4. Shannah Olson	34'11.5"	1997
5. Michelle Maciej	34'08"	2007
6. Adaeze Udalla	34'07"	2018
7. Kelsey Olson	34'04.25"	2000
8. Megan Sellheim	34'01.5"	1999
9. Carly Christensen	34'01"	1999
10. Kelly Edwards	33'11"	2010

<b>Pole Vault</b>	<b>Height</b>	<b>Year</b>
1. Laura Ryan	10'06"	2006
2. Marissa VanTassel	9'09"	2015
3. Alana Embury	9'07"	2010
4. Madeline Williams	9'06"	2002
Holly Thompson	9'06"	2003
Layni Bednarz	9'06"	2009
7. Laura Crepeau	9'00"	2010
Clarissa Hilary	9'00"	2018
9. Kate Kramer	8'07"	2005
10. Katie Christensen	8'06"	2003
Alex Felt	8'06"	2009

<b>4x100m Relay</b>	<b>Time</b>	<b>Year</b>
1. Lindsey Lowe, Dani Detloff, Kelly Edwards, Logan Daulton	49.81 FAT	2010
2. Hannah Vaneps, Lauren Ives, Ava Kramer, Shayne Schoenfelder	51.10 FAT	2014
3. Hannah VanEps, Lauren Ives, Ava Kramer, Shayne Schoenfelder	51.12 FAT	2015
4. Lynsey Duke, Jodi Fladung, Angie Dahlheimer, Erika Scattarelli	52.25 FAT	2000
5. Amanda Holien, Jada Chambers, Lindsey Gomez, Kaylee McDonald	52.37 FAT	2005

<b>4x200m Relay</b>	<b>Time</b>	<b>Year</b>
1. Adaeze Udalla, Ava Grimm, Alaina Schoenfelder, Katie Buhl	1:44.42	2017
2. Laura Bock, Kaylee McDonald, Lindsey Gomez, Monique Weber	1:47.36 FAT	2005
3. Brittani Metcalfe, Haley Balcom, Katie Christensen, Sasha Gangl	1:47.99 FAT	2002
4. Ava Grimm, Alaina Schoenfelder, Ellie Maass, Katie Buhl	1:48.20 FAT	2017
5. Tempestt Wilson, Dani Poce, Amanda Holien, Kaylee McDonald	1:49.63 FAT	2006

<b>4x400m Relay</b>	<b>Time</b>	<b>Year</b>
1. Logan Daulton, Lindsey Lowe, Anna Haugen, Abby McDonald	4:00.54 FAT	2010
2. Laura Ryan, Dani Poce, Ashley Klotz, Emma Bates	4:08.03 FAT	2007
3. Ava Grimm, Alaina Schoenfelder, Peyton Lorentz, Rachel Dorff	4:10.87 FAT	2016
4. Dani Poce, Kelsey Daulton, Danielle Esperum, Emma Bates	4:11.79 FAT	2008
5. Jessica Holmquist, Rachel A. Dorff, Kennedy Warner, Kelsie Cox	4:13.74 FAT	2015

<b>4x800m Relay</b>	<b>Time</b>	<b>Year</b>
1. Anna Haugen, Rachel Ness, Samantha Hendricks, Erin Ness	9:41.5	2011
2. Liz Dargay, Sam Rouillard, Ashley Klotz, Emma Bates	9:48.5	2007
3. Rachel A. Dorff, Jessica Holmquist, Peyton Lorentz, Annica Carr	10:01.99 FAT	2015
4. Emily Keifenheim, Mary Anderson, Heidi Diethelm, Kari Johnson	10:03.38 FAT	1996
5. Kari Johnson, Mary Anderson, Heidi Diethelm, Bridget Herkenhoff	10:09.82 FAT	1996