

# Elks Girls Track & Field 2023



## Coaches:

Wayne Becklin-Shot Put/Discus  
Bill Martell-Horizontal Jumps  
Brian Gilbertson-Distance/Relays  
John Auel-Hurdles/High Jump  
Paul Gill-Pole Vault  
Russ Gnan-Sprints/Relays  
Cory Hund-Sprints/Relays  
Aaron Peterson-High Jump  
Doug Bloom-Sprints  
Jase Meyer-Jumps

# **2023 Elk River Girls Track Award Winners**

## **Letter Winners**

Allen, Breanna  
Arika, Hannah  
Bakri, Leila  
Beckman, Madison  
Bescheinen, Erin  
Blomquist-Smith, Anneliese  
Cook, Kayla  
Cooper, Shiaflyn  
DeMar Britta  
Edman, Carissa  
Ege, Ashley  
Ellingson, Raegan  
Engebretson Brooke  
Erickson,  
Frank Frank  
Hoard, Lily  
Horton Amelia  
Johnson, Ella  
Johnson, Savanna  
Keckeisen Sydney  
King, Hannah  
Kruah, Odell  
Langbehn, Jordan  
Lin, Rachel  
Mehrer, Andi  
Mehrer, Dillon  
Melcher, Alexa  
Nelson , Aaliyah  
Nelson Mya  
Omollo Lori  
Ostmoe,Elsie  
Paulson, Annamarie  
Rekstad, Ally  
Ruby,Kailey  
Schirmers, Averi  
Spence, bailey  
Talso, Joanna  
Vasseur Elissa  
Voss-Goeb, Mollie  
Warnke, Kira  
Worloma, Gabby

## **All Conference**

Ella Johnson  
Andi Mehrer  
Sydney Keckeisen  
Odell Kruah  
Esme Irel  
Shiaflyn Cooper

## **All State**

Shiaflyn Cooper  
Andi Mehrer

## **All Conference Honorable Mention**

Mya Nelson  
Ally Rekstad  
Hannah Arika  
Averi Schirmers  
Amelia Horton  
Lily Hoard  
Hannah King

## **All State Academic**

Ella Johnson  
Sydney Keckeisen  
Mya Nelson  
Ally Rekstad

## **Track Team Awards**

MVP-Andi Mehrer  
Sprinter of the Year- Sydney Keckeisen  
Jumper of the Year-Shiaflyn Cooper  
Hurdler of the Year-Ella Johnson  
Distance Runner of the Year-Mya Nelson  
Rookie of the Year-Amelia Horton  
Hardest Worker: Odell Kruah  
Most Improved: Anneliese Blomquist-Smith  
Elk Award: Averi Schirmers

# **2023 Elk River Girls Track Team**

## **Season Highlights:**

True Team Section 4AAA--4th Place

Northwest Suburban Conference-9th Place

Section 8AAA-5th place

## **Individual Awards**

2 State Qualifiers

4 Academic All State Award Winners

6 All-Conference Award Winners

7 All-Conference Honorable Mention

MVP: Andi Mehrer

*Elk River*  
*Girls Track*  
*History*

## Elk River Girls Track Most Valuable Athletes

<u>Year</u>	<u>Name</u>	<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
2021	Johanna Langbehn	2022	Andi Mehrer
2023	Andi Mehrer		

# 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*

<b>Year</b>	<b>Event</b>	<b>Entrants</b>	<b>Time/Distance</b>	<b>Place</b>
1972	Softball Throw	Kathy Survis		
	Shot Put	Kathy Survis		
	Softball Throw	Jayne Eull		
	880 Yd Run	Cindi Donahue		
	440 Yd Relay	Mary Hoebheinrich		
		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	50.46	Prelims
		Sarah Mismash	50.20	5th
		Leah Anderson		
		Dede Chisolm		
	200m Dash	Sarah Mismash	27.28	Prelims
1995	4x100m Relay	Nikki Gallagher	49.41	Prelims
		Sarah Mismash	50.12	2nd
		Leah Anderson		
		Dede Chisolm		
	100m Dash	Sarah Mismash	13.09	Prelims
	200m Dash	Sarah Mismash	25.96	Prelims
	200m Dash	Dede Chisolm	26.25	Prelims
	Shot put	Heather Eggert	34'6.75"	
1996	4x400m Relay	Tara Koenig	4:01.14	Prelims
		Emily Keifenheim	4:01.01	4th
		Bridget Herkenhoff		
		Sarah Mismash		
	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	4:01.99	Prelims
		Kari Johnson	4:01.18	6th
		Heidi Diethelm		
		Sarah Mismash		
	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.***

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<b>Year</b>	<b>Event</b>	<b>Entrants</b>	<b>Time/Distance</b>	<b>Place</b>
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>
	Shot Put	Erin Olson	38'02.25"	6th
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
	Pole Vault	Laura Ryan	10'6"	6th



# *Elk River Girls Track State Entrants*

<b>Year</b>	<b>Event</b>	<b>Entrants</b>	<b>Time/Distance</b>	<b>Place</b>
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	4x200m Relay	Hope Hertz		
		Kelly Edwards		
		Dani Detloff		
		Emma Bates	5:04.35	4th
	4x100m Relay	Michelle Maciej	49.27	Prelims
		Dani Detloff	49.54	6th
		Hope Hertz		
		Kelsey Daulton		
	Long Jump	Michelle Maciej	16'8.75"	11th
	<b>Triple Jump</b>	<b>Michelle Maciej</b>	<b>37'4.75"</b>	<b>1st</b>
2011	4x200m Relay	Hope Hertz	1:44.72	Prelims
		Dani Detloff		
		Kelly Edwards		
		Logan Daulton		
	4x100m Relay	Hope Hertz	49.85	Prelims
		Dani Detloff		
		Kelly Edwards		
		Logan Daulton		
	1600m Run	Emma Bates	5:00.13	4th
	3200m Run	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		
		Abby McDonald		
4x200m Relay	Anna Haugen			
	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			
	Logan Daulton			

# *Elk River Girls Track State Entrants*

<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
	Discus	Molli Detloff	132'00"	3rd
2012	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		
	Discus	Molli Detloff	125'04"	13th
2013	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)
	Discus	Molli Detloff	132'7"	3rd
2015	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		
		Katie Buhl		
	Shot Put	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		
2021	Shot Put	Johanna Langbehn	34'09.5"	16th
	Discus	Johanna Langbehn	108'09"	11th
	Discus	Andi Mehrer	110'05"	10th
	Long Jump	Adaeze Udalla	16'08.25"	14th
2022	3200m Run	Mya Nelson	11:37.76	13th
	Discus	Andi Mehrer	118'3"	9th
2023	Discus	Andi Mehrer	128'5"	7th
	Triple Jump	Shiaflyn Cooper	37'00"	7th

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## *Elk River Girls 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, placed 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 8th 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 8th. 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 6th 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 2nd in the 4AAA True Team Sections and also a 2nd in the NWSC Conference and 4th 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 2nd 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 4th in True Team Section 4AAA, 3rd in the NWSC Conference, and 7th 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 2nd. 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.

2021 was the year of our stadium reconstruction and recovery from COVID. The team was two years removed from competition and was forced to use the parking lot and other school's tracks for practice. Through the hardships, the Elks persevered. The Elks placed 3rd in True Team Section 4AAA, 9th in NWSC Conference, and a surprising 3rd place finish in Section 7AA. Johanna Langbehn qualified for the state meet in Shot Put and Discus, Andi Mehrer qualified in Discus, and Adaeze Udalla qualified in Long Jump. We are losing a great group of seniors who really led us through an adverse season and made every moment fun for all involved. Good Luck Seniors! Thanks for a great 6 years!

2022 was a rebuilding year for the Elks. We started the year with 60 new athletes on the team and a partially completed track. This was the first year for a 3rd class for Minnesota Track and Field. The Elks placed 6th in True Team Section 4AAA, 8th in NWSC Conference, and 8th in our new 8AAA section.. Andi Mehrer qualified for the state meet in Discus, and newcomer Mya Nelson qualified in the 3200m run. A lot of learning took place throughout the season and we should have a good veteran core ready to return in 2023

2023 was a year of improvement for the Elks. The Elks placed 4th in True Team Section 4AAA, 9th in NWSC Conference, and 5th in 8AAA section. Andi Mehrer qualified for the state meet in Discus, and Shiaflyn Cooper qualified in the Triple Jump, both earning All State Honors by placing 7th. 2023 ends with a great group of seniors leaving this year and a new young group ready to lead the team in 2024.

# 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>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>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. Mya Nelson	5:18.11 FAT	2022
6. Caitlin Polgreen	5:18.71 FAT	2005
7. Bridget Herkenhoff	5:18.74 FAT	1996
8. Nicole Olson	5:19.80 FAT	2003
9. Liz Dargay	5:20.36 FAT	2007
10. Erin Ness	5:20.82 FAT	2011

<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>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
<b>5. Sydney Keckeisen</b>	<b>25.92 FAT</b>	<b>2023</b>
6. Monique Weber	25.97 FAT	2005
7. Ava Grimm	26.17 FAT	2019
8. Melissa Mulvaney	26.24 FAT	1999
9. DeDe Chisholm	26.28 FAT	1995
10. Brittani Metcalfe	26.54 FAT	2002

<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. Audrey Chapman	2:20.4	2021
6. Anna Haugen	2:21.38 FAT	2010
7. Kennedy Warner	2:22.30 FAT	2014
8. Jessica Delgehausen	2:22.59 FAT	2004
9. Kari Johnson	2:23.65 FAT	1997
10. Maria Brown	2:23.14 FAT	2017

<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. Mya Nelson	11:19.60 FAT	2022
7. Rachel Ness	11:20.25 FAT	2012
8. Caitlin Polgreen	11:30.88 FAT	2005
9. Jane Kallemeyn	11:41.94 FAT	2009
10. Chelsea Schlegal	11:44.61 FAT	2012

<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
9. Wendy Gilman	5'01"	1989
Kelsey Olson	5'01"	2001
Ella Johnson	5'01"	2022

<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>Ally Rekstad</b>	<b>9'06"</b>	<b>2023</b>

<b>Triple Jump</b>	<b>Dist.</b>	<b>Year</b>
1. Michelle Maciej	38'1.75"	2009
2. Leah Herrboldt	37'07.5"	2001
<b>3. Shiaflyn Cooper</b>	<b>37'02.25"</b>	<b>2023</b>
4. Aleasha Jacobson	36'06.5"	1998
5. Melissa Mulvaney	35'10"	1999
6. Katie Buhl	35'05.75"	2019
7. Kelly Edwards	35'05"	2012
8. Megan Sellheim	35'01"	2001
9. Shannah Olson	34'11.5"	1997
<b>Hannah Arika</b>	<b>34'11.5"</b>	<b>2023</b>

<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
<b>2. Andi Mehrer</b>	<b>134'00"</b>	<b>2023</b>
3. Erin Olson	125'07"	2004
4. Sidney Wentland	123'07"	2017
5. Rebecca Kent	119'01"	2006
6. Shelly Shotliff	118'00"	1988
7. Shelly Nathe	117'01"	1991
8. Tami Pipenhagen	116'06"	1981
9. Julie Warneke	116'05"	2002
10. Jo Langbehn	115'02"	2021

<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
<b>9. Andi Mehrer</b>	<b>37'11"</b>	<b>2023</b>
10. Heidi Shultis	37'07.5"	1989

<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
<b>4. Sydney Keckeisen</b> <b>Odell Kruah, Esme Irel, Shiaflyn Cooper</b>	<b>1:43.93 FAT</b>	<b>2023</b>
5. Adaeze Udalla, Ava Grimm, Alaina Schoenfelder, Katie Buhl	1:44.42 FAT	2017

<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
<b>4. Sydney Keckeisen</b>	<b>25.92 FAT</b>	<b>2023</b>
5. Monique Weber	25.97 FAT	2005
6. Melissa Mulvaney	26.26 FAT	1999
7. Brittani Metcalfe	26.54 FAT	2002
8. Laura Bock	26.65 FAT	2005
9. Ava Grimm	26.5	2016
10. Katie Christensen	26.78 FAT	2003

<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. Mya Nelson	5:18.11 FAT	2022
5. Bridget Herkenhoff	5:18.74 FAT	1996
6. Liz Dargay	5:20.36 FAT	2007
7. Erin Ness	5:20.82 FAT	2011
8. Caitlin Polgreen	5:21.23 FAT	2004
9. Kennedy Warner	5:23.20 FAT	2013
10. Jane Kallemeyn	5:24.01 FAT	2009

<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. Mya Nelson	11:19.60 FAT	2022
5. Rachel Ness	11:20.25 FAT	2012
6. Jane Kallemeyn	11:41.94 FAT	2009
7. Kennedy Warner	11:46.19 FAT	2013
8. Annica Carr	11:48.17 FAT	2014
9. Annika Bauer	11:55.7	2021
10. Jessica Emerson	11:55.85 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. Andi Mehrer	117'01"	2021
4. Sidney Wentland	113'09"	2015
5. Nicole Thordahl	112'06"	2009
6. Carly Christensen	102'08"	1999
Kayla Cook	102'08"	2023
8. Carlyn Becker	101'04"	2004
9. Olivia Kramer	100'05"	2018
10. Miranda Reiersen	100'00"	2017

<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
6. 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
Ella Johnson	5'00"	2021

<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>
<b>1. Shiaflyn Cooper</b>	<b>37'02.25"</b>	<b>2023</b>
2. Aleasha Jacobson	36'04.75"	1997
3. Melissa Mulvaney	35'10.5"	1999
4. Katie Buhl	35'01.75"	2017
5. Shannah Olson	34'11.5"	1997
<b>6. Hannah Arika</b>	<b>34'11.5"</b>	<b>2023</b>
7. Michelle Maciej	34'08"	2007
8. Adaeze Udalla	34'07"	2018
9. Kelsey Olson	34'04.25"	2000
10. Megan Sellheim	34'01.5"	1999

<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
<b>Ally Rekstad</b>	<b>9'06"</b>	<b>2023</b>
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>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>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>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

# Elk River Girls Track Relay Top Marks

## Girls Open 4x100m Relay

1	50.91		A Relay	5/23/2023	NWSC Conference Meet
					Leila Bakri (11) Sydney Keckeisen (9) Odell Kruah (10) Esme Irel (12)
2	51.15		A Relay	5/31/2023	Section 8AAA Finals
					Leila Bakri (11) Sydney Keckeisen (9) Odell Kruah (10) Esme Irel (12)
3	51.9h	52.14	A Relay	5/16/2023	Champlin Park Dual
					Leila Bakri (11) Sydney Keckeisen (9) Odell Kruah (10) Esme Irel (12)
4	53.02		A Relay	5/2/2023	Buffalo Invitational
					Odell Kruah (10) Esme Irel (12) Sydney Keckeisen (9) Leila Bakri (11)
5	53.74		A Relay	5/9/2023	Section 4AAA True Team Meet
					Leila Bakri (11) Ruthie Zeller Kayla Cook (10) Elsie Ostmoe (9)
6	54.05		A Relay	4/20/2023	Osseo Invitational
					Odell Kruah (10) Esme Irel (12) Sydney Keckeisen (9) Leila Bakri (11)
7*	55.0h	55.24	F Relay	5/11/2023	Anoka JV Meet
					Hannah Arika (9) Joanna Talso (9) Abongnwi Fubienka (11) Anneliese Blomquist-Smith (9)
7*	55.0h	55.24	B Relay	5/16/2023	Champlin Park Dual
					Gabby Worloma (10) Roshia Cooper (10) Joslynn Hines (10) Louise Zakama (10)
9	55.33		A Relay	5/4/2023	Osseo 9/10 Meet
					Gabby Worloma (10) Roshia Cooper (10) Joslynn Hines (10) Louise Zakama (10)
10	55.3h	55.54	F Relay	5/16/2023	Champlin Park Dual
					Savanna Johnson (12) Lori Omollo (11) Brooke Engebretson (9) Ella Johnson (12)
11	55.6h	55.84	B Relay	4/11/2023	ER/Rogers at Spring Lake Park
12	55.7h	55.94	A Relay	4/11/2023	ER/Rogers at Spring Lake Park
					Britta Demar (11) Stephanie Muniz (11) Madison Williams (12) Ashlynn Erickson (12)
13	55.9h	56.14	A Relay	5/11/2023	Anoka JV Meet
					Annamarie Paulson (9) Taylor Spanier (10) Grace Meier (8) Carley Frank (9)
14	56.17		C Relay	5/18/2023	JV Conference 2023
15	56.1h	56.34	E Relay	4/18/2023	ER JV at Armstrong
					Gabby Worloma (10) Roshia Cooper (10) Joslynn Hines (10) Louise Zakama (10)
16	56.49		B Relay	5/18/2023	JV Conference 2023
17	56.57		C Relay	4/25/2023	Park Center/Armstrong at Elk River
18	56.64		B Relay	5/4/2023	Osseo 9/10 Meet
					Carley Frank (9) Ruthie Zeller Annamarie Pxaulson (9) Grace Meier (8)
19	56.4h	56.64	E Relay	5/11/2023	Anoka JV Meet
					Madison Beckman (9) Ruthie Zeller Stephxaxnie Muniz (11) Aaliyah Nelson (12)
20	56.7h	56.94	B Relay	4/18/2023	ER JV at Armstrong
					Madison Beckman (9) Elsie Ostmoe (9) Joanna Talso (9) Ruthie Zeller
21	57.02		B Relay	4/25/2023	Park Center/Armstrong at Elk River
22	57.0h	57.24	G Relay	5/11/2023	Anoka JV Meet
					Kayla Cook (10) Olivia Riewe (11) Kendra Cardinal (10) Ashlynn Erickson (12)
23	57.25		A Relay	4/25/2023	Park Center/Armstrong at Elk River
24	57.1h	57.34	A Relay	4/18/2023	ER JV at Armstrong
					Annamarie Paulson (9) Taylor Spanier (10) Grace Meier (8) Carley Frank (9)



## Girls Open 4x100m Relay Continued:

25	59.0h	59.24	D Relay	5/16/2023	Champlin Park Dual	Michelle Lin (10) Samantha Tamez Marquez (10) Yammah Lena Yanquoi (10) Abongnwi Fubienka (11)
26	59.5h	59.74	C Relay	4/18/2023	ER JV at Armstrong	Michelle Lin (10) Vanessa Ngungkpan (9) sophia Stelmach (10) Samantha Tamez Marquez (10)
27	59.7h	59.94	E Relay	5/16/2023	Champlin Park Dual	Stephanie Muniz (11) Alexa Melcher (12) Ruthie Zeller Madison Beckman (9)
28	1:00.08		B Relay	5/2/2023	Buffalo Invitational	Brooke Engebretson (9) Aaliyah Nelson (12) Alexa Melcher (12)
29	1:00.1h	1:00.34	B Relay	5/11/2023	Anoka JV Meet	Michelle Lin (10) Vanessa Ngungkpan (9) Samantha Tamez Marquez (10) Yammah Lena Yanquoi (10)
30	1:00.52		D Relay	5/18/2023	JV Conference 2023	
31	1:01.02		A Relay	5/18/2023	JV Conference 2023	
32	1:01.2h	1:01.44	D Relay	5/11/2023	Anoka JV Meet	Gabby Worloma (10) Roshia Cooper (10) Joslynn Hines (10) Louise Zakama (10)
33	1:02.37		E Relay	5/18/2023	JV Conference 2023	
34	1:03.30		D Relay	4/25/2023	Park Center/Armstrong at Elk River	
35	1:03.7h	1:03.94	C Relay	5/11/2023	Anoka JV Meet	Oxlyn Sayor (9) Lavayah Randall (7) Malca Westermeyer (9) Genesis Gutierrez (9)
36	1:04.5h	1:04.74	C Relay	5/16/2023	Champlin Park Dual	Malca Westermeyer (9) Oxlyn Sayor (9) Genesis Gutierrez (9) Bristol Pietrzak (7)
37	1:05.6h	1:05.84	D Relay	4/18/2023	ER JV at Armstrong	Malca Westermeyer (9) Genesis Gutierrez (9) Simi Arany (12) Yammah Lena Yanquoi (10)
38	1:14.6h	1:14.84	D Relay	4/11/2023	ER/Rogers at Spring Lake Park	Michelle Lin (10) Simi Arany (12) Samantha Tamez Marquez (10) Vanessa Ngungkpan (9)

## Girls Open 4x200m Relay

\*\*\*\*\* Number 4 All Time in Elk River History\*\*\*\*\*

1	1:43.93		A Relay	5/31/2023	Section 8AAA Finals	Sydney Keckeisen (9) Odell Kruah (10) Esme Irel (12) Shiaflyn Cooper (8)
2	1:45.09		A Relay	5/23/2023	NWSC Conference Meet	Sydney Keckeisen (9) Odell Kruah (10) Esme Irel (12) Shiaflyn Cooper (8)
3	1:47.65		A Relay	5/9/2023	Section 4AAA True Team Meet	Sydney Keckeisen (9) Esme Irel (12) Odell Kruah (10) Shiaflyn Cooper (8)
4	1:49.34		A Relay	5/2/2023	Buffalo Invitational	Sydney Keckeisen (9) Odell Kruah (10) Esme Irel (12) Shiaflyn Cooper (8)
5	1:50.7h	1:50.94	A Relay	4/11/2023	ER/Rogers at Spring Lake Park	Sydney Keckeisen (9) Shiaflyn Cooper (8) Odell Kruah (10) Leila Bakri (11)
6	1:51.43		A Relay	4/20/2023	Osseo Invitational	Odell Kruah (10) Leila Bakri (11) Shiaflyn Cooper (8) Sydney Keckeisen (9)
7	1:58.4h	1:58.64	B Relay	4/11/2023	ER/Rogers at Spring Lake Park	Kailey Ruby (9) Brooke Engebretson (9) Grace Meier (8) Odessa Kruah (8)
8	2:00.7h	2:00.94	A Relay	5/11/2023	Anoka JV Meet	Roshia Cooper (10) Anneliese Blomquist-Smith (9) Erin Bescheinen (7) Mollie Voss-Goeb (7)
9	2:05.0h	2:05.24	C Relay	4/11/2023	ER/Rogers at Spring Lake Park	Aaliyah Nelson (12) Ashley Ege (12) Kendra Cardinal (10) Kayla Cook (10)

## **Girls Open 4x400m Relay**

1	4:22.07	A Relay	5/31/2023	Section 8AAA Finals	Odell Kruah (10) Shiaflyn Cooper (8) Amelia Horton (7) Anneliese Blomquist-Smith (9)
2	4:27.7h 4:27.94	B Relay	5/16/2023	Champlin Park Dual	Sydney Keckeisen (9) Shiaflyn Cooper (8) Erin Bescheinen (7) Kate DoBrava (7)
3	4:28.09	A Relay	5/23/2023	NWSC Conference Meet	Amelia Horton (7) Kailey Ruby (9) Anneliese Blomquist-Smith (9) Erin Bescheinen (7)
4	4:28.99	A Relay	5/9/2023	Section 4AAA True Team Meet	Shiaflyn Cooper (8) Odell Kruah (10) Erin Bescheinen (7) Jordan Langbehn (12)
5	4:31.10	D Relay	5/16/2023	Champlin Park Dual	Hannah King (8) Mya Nelson Elissa Vasseur (10) Odell Kruah (10)
6	4:32.62	A Relay	4/20/2023	Osseo Invitational	Sydney Keckeisen (9) Shiaflyn Cooper (8) Odell Kruah (10) Jordan Langbehn (12)
7	4:38.44	A Relay	3/31/2023	U of M Indoor	Sydney Keckeisen (9) Elsie Ostmoen (9) Savanna Johnson (12) Grace Meier (8)
8	4:41.72	A Relay	5/2/2023	Buffalo Invitational	Shiaflyn Cooper (8) Savanna Johnson (12) Jordan Langbehn (12) Kailey Ruby (9)
9	4:41.6h 4:41.84	A Relay	4/11/2023	ER/Rogers at Spring Lake Park	Mya Nelson Lily Hoard (10) Averi Schirmers (12) Hannah King (8)
10	4:46.3h 4:46.54	A Relay	5/16/2023	Champlin Park Dual	Savanna Johnson (12) Jordan Langbehn (12) Anneliese Blomquist-Smith (9) Joanna Talso (9)
11	4:49.73	B Relay	5/2/2023	Buffalo Invitational	Joanna Talso (9) Hannah King (8) Elsie Ostmoen (9) Hannah Robertson (12)
12	4:50.0h 4:50.24	B Relay	4/11/2023	ER/Rogers at Spring Lake Park	Shiaflyn Cooper (8) Amelia Horton (7) Erin Bescheinen (7) Mollie Voss-Goeb (7)
13	4:53.77	A Relay	5/18/2023	JV Conference 2023	
14	4:55.09	A Relay	4/25/2023	Park Center/Armstrong at Elk River	
15	5:00.17	B Relay	5/18/2023	JV Conference 2023	
16	5:01.10	B Relay	4/18/2023	ER JV at Armstrong	Kate DoBrava (7) Mollie Voss-Goeb (7) Erin Bescheinen (7) Amelia Horton (7)
17	5:01.41	B Relay	4/25/2023	Park Center/Armstrong at Elk River	
18	5:08.70	A Relay	5/4/2023	Osseo 9/10 Meet	Erin Bescheinen (7) Ruthie Zeller Bailey Spence (8) Breanna Menth (7)
19	5:15.8h 5:16.04	A Relay	4/18/2023	ER JV at Armstrong	Sophia Gilbertson (7) Kira Warnke (8) Bailey Spence (8) Breanna Menth (7)

## **Girls Open 4x800m Relay**

1	10:21.02	A Relay	5/31/2023	Section 8AAA Finals	Amelia Horton (7) Lily Hoard (10) Averi Schirmers (12) Hannah King (8)
2	10:23.17	A Relay	5/23/2023	NWSC Conference Meet	Amelia Horton (7) Hannah King (8) Averi Schirmers (12) Lily Hoard (10)
3	10:33.69	A Relay	5/9/2023	Section 4AAA True Team Meet	Averi Schirmers (12) Amelia Horton (7) Elissa Vasseur (10) Kira Warnke (8)
4	11:10.06	A Relay	3/31/2023	U of M Indoor	Lily Hoard (10) Hannah King (8) Elissa Vasseur (10) Carissa Edman (12)

# Elk River Girls Track Individual Top Marks

## Girls Open 60m Dash

1	8.79	Worloma, Gabby	10	3/31/2023	U of M Indoor
2	9.27	Zakama, Louise	10	3/31/2023	U of M Indoor
3	9.36	Cooper, Roshia	10	3/31/2023	U of M Indoor

## Girls Open 100m Dash

1	12.79	NWI		Irel, Esme	12	5/31/2023	Section 8AAA Finals
2	13.01	NWI		Keckeisen, Sydney	09	4/25/2023	Park Center/Armstrong at Elk River
3	13.0h	NWI	13.24	Bakri, Leila	11	5/16/2023	Champlin Park Dual
4	13.3h	NWI	13.54	Cooper, Shiaflyn	08	5/16/2023	Champlin Park Dual
5*	13.4h	NWI	13.64	Kruah, Odell	10	4/11/2023	ER/Rogers at Spring Lake Park
5*	13.4h	NWI	13.64	Ostmoe, Elsie	09	5/16/2023	Champlin Park Dual
7	13.79	NWI		Worloma, Gabby	10	5/31/2023	Section 8AAA Finals
8	13.7h	NWI	13.94	Frank, Carley	09	4/18/2023	ER JV at Armstrong
9	13.98	NWI		Cook, Kayla	10	4/25/2023	Park Center/Armstrong at Elk River
10	14.03	NWI		Blomquist-Smith, Anneliese	09	4/25/2023	Park Center/Armstrong at Elk River
11*	13.8h	NWI	14.04	Zakama, Louise	10	5/16/2023	Champlin Park Dual
11*	13.8h	NWI	14.04	Zeller, Ruthie	09	4/18/2023	ER JV at Armstrong
11*	13.8h	NWI	14.04	Riewe, Olivia	11	5/16/2023	Champlin Park Dual
11*	13.8h	NWI	14.04	Johnson, Savanna	12	5/16/2023	Champlin Park Dual
15*	13.9h	NWI	14.14	Paulson, Annamarie	09	5/16/2023	Champlin Park Dual
15*	13.9h	NWI	14.14	Muniz, Stephanie	11	5/16/2023	Champlin Park Dual
15*	13.9h	NWI	14.14	Demar, Britta	11	4/11/2023	ER/Rogers at Spring Lake Park
18*	14.0h	NWI	14.24	Spanier, Taylor	10	5/16/2023	Champlin Park Dual
18*	14.0h	NWI	14.24	Bescheinen, Erin	07	5/16/2023	Champlin Park Dual
18*	14.0h	NWI	14.24	Kruah, Odessa	08	4/11/2023	ER/Rogers at Spring Lake Park
21*	14.1h	NWI	14.34	Ellingson, Raegan	09	4/11/2023	ER/Rogers at Spring Lake Park
21*	14.1h	NWI	14.34	Cooper, Roshia	10	4/18/2023	ER JV at Armstrong
23*	14.2h	NWI	14.44	Voss-Goeb, Mollie	07	5/16/2023	Champlin Park Dual
23*	14.2h	NWI	14.44	Williams, Madison	12	4/11/2023	ER/Rogers at Spring Lake Park
23*	14.2h	NWI	14.44	Ruby, Kailey	09	5/16/2023	Champlin Park Dual
26	14.3h	NWI	14.54	Erickson, Ashlynn	12	5/16/2023	Champlin Park Dual
27	14.59	NWI		Beckman, Madison	09	4/25/2023	Park Center/Armstrong at Elk River
28	14.5h	NWI	14.74	Lin, Michelle	10	5/16/2023	Champlin Park Dual
29	14.6h	NWI	14.84	Nelson, Aaliyah	12	5/16/2023	Champlin Park Dual
30*	14.7h	NWI	14.94	Melcher, Alexa	12	4/18/2023	ER JV at Armstrong
30*	14.7h	NWI	14.94	Arika, Hannah	09	4/11/2023	ER/Rogers at Spring Lake Park
30*	14.7h	NWI	14.94	DoBrava, Kate	07	5/16/2023	Champlin Park Dual
30*	14.7h	NWI	14.94	Ege, Ashley	12	4/11/2023	ER/Rogers at Spring Lake Park
34	14.8h	NWI	15.04	Agosto, Daylen	10	5/16/2023	Champlin Park Dual
35	15.08	NWI		Maciej, Siri	07	4/25/2023	Park Center/Armstrong at Elk River
36	15.0h	NWI	15.24	Hines, Joslynn	10	5/16/2023	Champlin Park Dual
37	15.2h	NWI	15.44	Yanquoi, Yammah Lena	10	4/18/2023	ER JV at Armstrong
38	15.3h	NWI	15.54	Tamez Marquez, Samantha	10	4/11/2023	ER/Rogers at Spring Lake Park
39*	15.4h	NWI	15.64	Rekstad, Ally	10	4/11/2023	ER/Rogers at Spring Lake Park
39*	15.4h	NWI	15.64	Engebretson, Brooke	09	5/11/2023	Anoka JV Meet
39*	15.4h	NWI	15.64	Allen, Breanna	09	4/11/2023	ER/Rogers at Spring Lake Park
42*	15.5h	NWI	15.74	Henderson, Elise	07	5/16/2023	Champlin Park Dual
42*	15.5h	NWI	15.74	Randall, Lavayeh	07	5/16/2023	Champlin Park Dual
42*	15.5h	NWI	15.74	Ngungkpan, Vanessa	09	5/11/2023	Anoka JV Meet
45*	15.6h	NWI	15.84	Sayor, Oxlyn	09	5/16/2023	Champlin Park Dual
45*	15.6h	NWI	15.84	Westermeyer, Malca	09	5/11/2023	Anoka JV Meet

**Girls Open 100m Dash Continued**

47	15.7h	NWI	15.94	Fubienka, Abongnwi	11	5/11/2023	Anoka JV Meet
48	16.05	NWI		Stelmach, Sophia	10	5/18/2023	JV Conference 2023
49*	15.9h	NWI	16.14	Gutierrez, Genesis	09	5/11/2023	Anoka JV Meet
49*	15.9h	NWI	16.14	Coffee, Mia	07	5/16/2023	Champlin Park Dual
51	16.0h	NWI	16.24	Jost, Scarlett	11	4/11/2023	ER/Rogers at Spring Lake Park
52	16.40	NWI		Moeller, McKaila	08	4/25/2023	Park Center/Armstrong at Elk River
53	16.4h	NWI	16.64	Ongori, Clemensia	10	5/16/2023	Champlin Park Dual
54	20.0h	NWI	20.24	Arany, Simi	12	4/11/2023	ER/Rogers at Spring Lake Park

**Girls Open 200m Dash**

\*\*\*\*\*#5 Varsity All Time and #4 Soph and Under\*\*\*\*\*

<b>1</b>	<b>25.92</b>	<b>NWI</b>		<b>Keckeisen, Sydney</b>	<b>09</b>	<b>5/31/2023</b>	<b>Section 8AAA Finals</b>
2	26.9h	NWI	27.14	Kruah, Odell	10	5/16/2023	Champlin Park Dual
3	27.29	NWI		Cooper, Shiaflyn	08	5/9/2023	Section 4AAA True Team Meet
4	27.36	NWI		Irel, Esme	12	4/25/2023	Park Center/Armstrong at Elk River
5	28.5h	NWI	28.74	Bakri, Leila	11	4/11/2023	ER/Rogers at Spring Lake Park
6	28.7h	NWI	28.94	Kruah, Odessa	08	4/11/2023	ER/Rogers at Spring Lake Park
7	28.8h	NWI	29.04	Zakama, Louise	10	5/16/2023	Champlin Park Dual
8	29.57	NWI		Ostmoe, Elsie	09	5/2/2023	Buffalo Invitational
9	29.5h	NWI	29.74	Worloma, Gabby	10	4/11/2023	ER/Rogers at Spring Lake Park
10*	29.75	NWI		Arika, Hannah	09	4/25/2023	Park Center/Armstrong at Elk River
10*	29.75	NWI		Langbehn, Jordan	12	4/25/2023	Park Center/Armstrong at Elk River
12	29.78	NWI		Cook, Kayla	10	4/25/2023	Park Center/Armstrong at Elk River
13	29.96	NWI		Cooper, Roshia	10	5/18/2023	JV Conference 2023
14	29.8h	NWI	30.04	Meier, Grace	08	5/16/2023	Champlin Park Dual
15	30.09	NWI		Bescheinen, Erin	07	4/25/2023	Park Center/Armstrong at Elk River
16	30.15	NWI		Beckman, Madison	09	5/4/2023	Osseo 9/10 Meet
17	30.0h	NWI	30.24	Paulson, Annamarie	09	5/16/2023	Champlin Park Dual
18	30.32	NWI		Ellingson, Raegan	09	4/25/2023	Park Center/Armstrong at Elk River
19	30.1h	NWI	30.34	Zeller, Ruthie	09	4/18/2023	ER JV at Armstrong
20	30.53	NWI		Erickson, Ashlynn	12	4/25/2023	Park Center/Armstrong at Elk River
21	30.3h	NWI	30.54	Voss-Goeb, Mollie	07	5/16/2023	Champlin Park Dual
22	30.4h	NWI	30.64	Westermeyer, Malca	09	5/16/2023	Champlin Park Dual
23	30.5h	NWI	30.74	Riewe, Olivia	11	4/18/2023	ER JV at Armstrong
24	31.0h	NWI	31.24	Muniz, Stephanie	11	4/11/2023	ER/Rogers at Spring Lake Park
25	31.50	NWI		Engebretson, Brooke	09	4/25/2023	Park Center/Armstrong at Elk River
26	31.61	NWI		DoBrava, Kate	07	4/25/2023	Park Center/Armstrong at Elk River
27	31.76	NWI		Lin, Michelle	10	4/25/2023	Park Center/Armstrong at Elk River
28	31.6h	NWI	31.84	Melcher, Alexa	12	4/11/2023	ER/Rogers at Spring Lake Park
29	31.8h	NWI	32.04	Fubienka, Abongnwi	11	5/16/2023	Champlin Park Dual
30	32.26	NWI		Ege, Ashley	12	4/20/2023	Osseo Invitational
31	32.2h	NWI	32.44	Spanier, Taylor	10	4/11/2023	ER/Rogers at Spring Lake Park
32	33.09	NWI		Allen, Breanna	09	4/25/2023	Park Center/Armstrong at Elk River
33	33.48	NWI		Stelmach, Sophia	10	5/18/2023	JV Conference 2023
34	33.71	NWI		Gutierrez, Genesis	09	5/18/2023	JV Conference 2023
35	33.9h	NWI	34.14	Tamez Marquez, Samantha	10	5/16/2023	Champlin Park Dual
36	34.34	NWI		Henderson, Elise	07	4/25/2023	Park Center/Armstrong at Elk River
37	34.4h	NWI	34.64	Ongori, Clemensia	10	5/16/2023	Champlin Park Dual
38	34.9h	NWI	35.14	Coffee, Mia	07	5/16/2023	Champlin Park Dual
39	35.7h	NWI	35.94	Pietrzak, Bristol	07	4/18/2023	ER JV at Armstrong
40	37.2h	NWI	37.44	Ngungkpan, Vanessa	09	4/11/2023	ER/Rogers at Spring Lake Park

**Girls Open 400m Dash**

1	1:03.84	Kruah, Odell	10	5/9/2023	Section 4AAA True Team Meet
2	1:05.94	Ruby, Kailey	09	5/23/2023	NWSC Conference Meet
3	1:07.33	Cooper, Shiaflyn	08	4/25/2023	Park Center/Armstrong at Elk River
4	1:07.66	Bescheinen, Erin	07	5/31/2023	Section 8AAA Finals
5	1:09.38	Voss-Goeb, Mollie	07	5/31/2023	Section 8AAA Finals
6	1:09.52	Blomquist-Smith, Anneliese	09	3/31/2023	U of M Indoor
7	1:10.63	Cook, Kayla	10	5/4/2023	Osseo 9/10 Meet
8	1:11.03	Spanier, Taylor	10	5/4/2023	Osseo 9/10 Meet
9	1:11.12	Lin, Michelle	10	5/4/2023	Osseo 9/10 Meet
10	1:11.67	Warnke, Kira	08	4/20/2023	Osseo Invitational
11	1:12.34	Meier, Grace	08	5/4/2023	Osseo 9/10 Meet

**Girls Open 800m Run**

1	2:31.0h	2:31.24	Nelson, Mya	09	5/16/2023	Champlin Park Dual
2	2:31.3h	2:31.54	Horton, Amelia	07	5/16/2023	Champlin Park Dual
3	2:33.0h	2:33.24	Schirmers, Averi	12	5/16/2023	Champlin Park Dual
4	2:33.60		Vasseur, Elissa	10	5/31/2023	Section 8AAA Finals
5	2:34.27		King, Hannah	08	5/31/2023	Section 8AAA Finals
6	2:37.3h	2:37.54	Hoard, Lily	10	5/16/2023	Champlin Park Dual
7	2:42.84		Warnke, Kira	08	5/23/2023	NWSC Conference Meet
8	2:47.0h	2:47.24	Robertson, Hannah	12	5/11/2023	Anoka JV Meet
9	2:51.0h	2:51.24	Spence, Bailey	08	5/16/2023	Champlin Park Dual
10	3:03.35		Ruby, Kailey	09	4/25/2023	Park Center/Armstrong at Elk River
11	3:19.21		Matura, Emilia	12	3/31/2023	U of M Indoor
12	3:20.47		Oslin, Avery	08	5/18/2023	JV Conference 2023

**Girls Open 1600m Run**

1	5:27.26		Nelson, Mya	09	4/25/2023	Park Center/Armstrong at Elk River
2	5:45.78		King, Hannah	08	5/9/2023	Section 4AAA True Team Meet
3	5:56.39		Hoard, Lily	10	5/9/2023	Section 4AAA True Team Meet
4	6:00.24		Warnke, Kira	08	5/23/2023	NWSC Conference Meet
5	6:14.65		Edman, Carissa	12	5/23/2023	NWSC Conference Meet
6	6:18.0h	6:18.24	Robertson, Hannah	12	5/16/2023	Champlin Park Dual
7	6:20.00		Gilbertson, Sophia	07	5/18/2023	JV Conference 2023
8	6:23.63		Vasseur, Elissa	10	4/20/2023	Osseo Invitational
9	6:32.18		Spence, Bailey	08	4/25/2023	Park Center/Armstrong at Elk River
10	6:38.0h	6:38.24	Menth, Breanna	07	5/16/2023	Champlin Park Dual
11	6:51.73		Matura, Emilia	12	5/18/2023	JV Conference 2023

**Girls Open 3200m Run**

1	11:39.62		Nelson, Mya	09	4/20/2023	Osseo Invitational
2	12:43.92		Schirmers, Averi	12	5/9/2023	Section 4AAA True Team Meet
3	13:03.04		Hoard, Lily	10	5/31/2023	Section 8AAA Finals
4	13:25.86		Edman, Carissa	12	4/20/2023	Osseo Invitational
5	14:22.32		Gilbertson, Sophia	07	4/25/2023	Park Center/Armstrong at Elk River
6	14:28.35		Robertson, Hannah	12	4/25/2023	Park Center/Armstrong at Elk River
7	14:41.71		Warnke, Kira	08	4/25/2023	Park Center/Armstrong at Elk River
8	14:57.12		Menth, Breanna	07	4/25/2023	Park Center/Armstrong at Elk River

**Girls Open 60m Hurdles**

1	11.37		Langbehn, Jordan	12	3/31/2023	U of M Indoor
2	12.02		Ellingson, Raegan	09	3/31/2023	U of M Indoor
3	12.35		Talso, Joanna	09	3/31/2023	U of M Indoor

**Girls Open 100m Hurdles**

1	16.49	NWI	Johnson, Ella	12	5/31/2023	Section 8AAA Finals
2	17.58	NWI	Johnson, Savanna	12	5/31/2023	Section 8AAA Finals
3	17.96	NWI	Ellingson, Raegan	09	4/25/2023	Park Center/Armstrong at Elk River
4	17.9h	NWI	18.14 Blomquist-Smith, Anneliese	09	5/11/2023	Anoka JV Meet
5	18.0h	NWI	18.24 Talso, Joanna	09	5/16/2023	Champlin Park Dual
6	18.70	NWI	Ostmoe, Elsie	09	4/25/2023	Park Center/Armstrong at Elk River
7	18.5h	NWI	18.74 Langbehn, Jordan	12	4/11/2023	ER/Rogers at Spring Lake Park
8	18.84	NWI	Arika, Hannah	09	5/18/2023	JV Conference 2023
9	18.98	NWI	Jost, Scarlett	11	4/25/2023	Park Center/Armstrong at Elk River
10	19.36	NWI	Cardinal, Kendra	10	5/18/2023	JV Conference 2023
11	19.9h	NWI	20.14 Riewe, Olivia	11	5/16/2023	Champlin Park Dual
12	20.1h	NWI	20.34 Fubienka, Abongnwi	11	5/16/2023	Champlin Park Dual
13	21.90	NWI	Moeller, McKaila	08	5/4/2023	Osseo 9/10 Meet
14	22.2h	NWI	22.44 Maciej, Siri	07	4/11/2023	ER/Rogers at Spring Lake Park
15	22.4h	NWI	22.64 Randall, Lavayeh	07	5/16/2023	Champlin Park Dual
16	24.16	NWI	Pietrzak, Bristol	07	5/4/2023	Osseo 9/10 Meet

**Girls Open 300m Hurdles**

1	49.18		Blomquist-Smith, Anneliese	09	5/31/2023	Section 8AAA Finals
2	49.37		Johnson, Savanna	12	5/31/2023	Section 8AAA Finals
3	51.57		Talso, Joanna	09	5/23/2023	NWSC Conference Meet
4	52.05		Langbehn, Jordan	12	5/23/2023	NWSC Conference Meet
5	53.3h	53.54	Ellingson, Raegan	09	5/16/2023	Champlin Park Dual
6	54.25		Bescheinen, Erin	07	5/4/2023	Osseo 9/10 Meet
7	55.08		Voss-Goeb, Mollie	07	5/18/2023	JV Conference 2023
8	57.0h	57.24	Horton, Amelia	07	4/18/2023	ER JV at Armstrong
9	57.1h	57.34	Jost, Scarlett	11	4/18/2023	ER JV at Armstrong
10	58.2h	58.44	Ostmoe, Elsie	09	5/11/2023	Anoka JV Meet
11	59.24		Engebretson, Brooke	09	4/25/2023	Park Center/Armstrong at Elk River
12	59.7h	59.94	Cardinal, Kendra	10	5/11/2023	Anoka JV Meet
13	1:05.03		Moeller, McKaila	08	5/4/2023	Osseo 9/10 Meet
14	1:14.2h	1:14.44	Pietrzak, Bristol	07	4/11/2023	ER/Rogers at Spring Lake Park

**Girls Open High Jump**

1	5-00.00		Johnson, Ella	12	4/25/2023	Park Center/Armstrong at Elk River
2*	4-10.00		Engebretson, Brooke	09	4/25/2023	Park Center/Armstrong at Elk River
2*	4-10.00		Langbehn, Jordan	12	4/25/2023	Park Center/Armstrong at Elk River
4*	4-08.00		Frank, Carley	09	4/18/2023	ER JV at Armstrong
4*	4-08.00		Omollo, Lori	11	4/25/2023	Park Center/Armstrong at Elk River
4*	4-08.00		Beckman, Madison	09	4/25/2023	Park Center/Armstrong at Elk River
4*	4-08.00		Spanier, Taylor	10	5/18/2023	JV Conference 2023
8*	4-04.00		Lin, Michelle	10	5/11/2023	Anoka JV Meet
8*	4-04.00		Nelson, Aaliyah	12	4/11/2023	ER/Rogers at Spring Lake Park
10	4-00.00		Hines, Joslynn	10	5/18/2023	JV Conference 2023

## Girls Open Pole Vault

### \*\*\*\*\*#8 Varsity All Time and #4 Soph and Under\*\*\*\*\*

1	9-06.00	<b>Rekstad, Ally</b>	<b>10</b>	<b>5/23/2023</b>	<b>NWSC Conference Meet</b>
2	7-06.00	Allen, Breanna	09	4/20/2023	Osseo Invitational
3	7-00.00	Voss-Goeb, Mollie	07	5/9/2023	Section 4AAA True Team Meet
4*	6-06.00	Cardinal, Kendra	10	5/18/2023	JV Conference 2023
4*	6-06.00	Henderson, Elise	07	5/11/2023	Anoka JV Meet
4*	6-06.00	Coffee, Mia	07	5/11/2023	Anoka JV Meet
7*	6-00.00	Kruah, Odessa	08	4/25/2023	Park Center/Armstrong at Elk River
7*	6-00.00	Bescheinen, Erin	07	4/25/2023	Park Center/Armstrong at Elk River
7*	6-00.00	DoBrava, Kate	07	4/18/2023	ER JV at Armstrong

## Girls Open Long Jump

1	15-11.00	Demar, Britta	11	5/9/2023	Section 4AAA True Team Meet
2	14-09.00	Mehrer, Dillon	10	5/11/2023	Anoka JV Meet
3	14-07.00	Ege, Ashley	12	5/2/2023	Buffalo Invitational
4	14-04.50	Muniz, Stephanie	11	5/16/2023	Champlin Park Dual
5	14-03.00	Worloma, Gabby	10	5/4/2023	Osseo 9/10 Meet
6	14-01.75	Keckeisen, Sydney	09	4/25/2023	Park Center/Armstrong at Elk River
7	14-00.75	Erickson, Ashlynn	12	5/2/2023	Buffalo Invitational
9	13-02.00	Meier, Grace	08	4/25/2023	Park Center/Armstrong at Elk River
10	12-10.50	Melcher, Alexa	12	4/18/2023	ER JV at Armstrong
11	12-09.50	Agosto, Daylen	10	5/16/2023	Champlin Park Dual
12	12-07.00	Paulson, Annamarie	09	5/11/2023	Anoka JV Meet
13	12-06.50	Kruah, Odell	10	4/25/2023	Park Center/Armstrong at Elk River
14	12-05.75	Maciej, Siri	07	4/25/2023	Park Center/Armstrong at Elk River
15	11-01.50	Omollo, Lori	11	4/25/2023	Park Center/Armstrong at Elk River
16	10-04.75	Westermeyer, Malca	09	5/16/2023	Champlin Park Dual
17	9-11.00	Arany, Simi	12	4/18/2023	ER JV at Armstrong
18	9-07.50	Zakama, Louise	10	4/18/2023	ER JV at Armstrong

## Girls Open Triple Jump

### \*\*\*\*\*#3 Varsity All Time and #1 Soph and Under\*\*\*\*\*

1	37-02.25	<b>Cooper, Shiaflyn</b>	<b>08</b>	<b>5/31/2023</b>	<b>Section 8AAA Finals</b>
*****#9 Varsity All Time and #5 Soph and Under*****					
2	34-11.50	<b>Arika, Hannah</b>	<b>09</b>	<b>5/23/2023</b>	<b>NWSC Conference Meet</b>
3	32-11.75	Demar, Britta	11	5/31/2023	Section 8AAA Finals
4	31-00.00	Worloma, Gabby	10	5/11/2023	Anoka JV Meet
5	30-07.00	Ellingson, Raegan	09	5/9/2023	Section 4AAA True Team Meet
6	29-08.00	Melcher, Alexa	12	5/2/2023	Buffalo Invitational
7	29-05.00	Cook, Kayla	10	4/20/2023	Osseo Invitational
8	28-09.50	Ostmoe, Elsie	09	5/11/2023	Anoka JV Meet
9	27-01.00	Ege, Ashley	12	4/25/2023	Park Center/Armstrong at Elk River
10	26-09.00	Beckman, Madison	09	5/16/2023	Champlin Park Dual

## Girls Open Shot Put

### \*\*\*\*\*#9 Varsity All Time\*\*\*\*\*

1	37-11.00	<b>Mehrer, Andi</b>	<b>12</b>	<b>5/31/2023</b>	<b>Section 8AAA Finals</b>
2	30-05.00	Mehrer, Dillon	10	5/31/2023	Section 8AAA Finals
3	29-06.00	Lin, Rachel	12	5/9/2023	Section 4AAA True Team
4	28-05.25	Cook, Kayla	10	5/18/2023	JV Conference 2023
5	25-00.00	Frank, Carley	09	5/4/2023	Osseo 9/10 Meet
6	15-10.00	Schwartz, Alexandria	10	5/16/2023	Champlin Park Dual

**Girls Open Discus**

**\*\*\*\*\*#2 Varsity All Time\*\*\*\*\***

<b>1</b>	<b>134-00.00</b>	<b>Mehrer, Andi</b>	<b>12</b>	<b>5/9/2023</b>	<b>Section 4AAA True Team Meet</b>
2	102-08.00	Cook, Kayla	10	5/23/2023	NWSC Conference Meet
3	100-11.00	Lin, Rachel	12	5/9/2023	Section 4AAA True Team Meet
4	97-07.00	Mehrer, Dillon	10	5/16/2023	Champlin Park Dual
5	83-01.00	Frank, Carley	09	5/18/2023	JV Conference 2023
6	48-05.00	Schwartz, Alexandria	10	5/16/2023	Champlin Park Dual