

## Northwest Suburban Conference Championships - 5/20/2008 to 5/22/2008

## Coon Rapids High School

## Results

## Event 1 Girls 3200 Meter Run

Conference: 10:37.16 S 2003

Heidi Lindeman

Name	School	Finals
<b>Finals</b>		
1 Brase, Kaylea	Cent	11:25.73
2 Bates, Emma	Elk River	11:43.56
3 Johnson, Kayla	Coon Rapids	11:54.51
4 Sjostrom, Stephanie	Champlin Par	11:55.31
5 Yovetich, Marissa	Andover	11:57.74
6 Ewing, Kristina	Osseo	12:11.22
7 Tera, Hereid	Blaine	12:15.30
8 Loveland, Allison	Cent	12:20.82
9 Coughlin, Teresa	Coon Rapids	12:25.36
10 Amanda, Delong	Blaine	12:29.83
11 Gair, Anne	Coon Rapids	12:39.70
12 Keller, Helena	Elk River	12:40.81
13 Willerton, Megan	Cent	12:44.78
14 Bocovich, Carlyne	Andover	12:44.99
15 Janasz, Victoria	Elk River	12:52.14
16 Guimont, Gabbi	Anoka	13:02.02
17 Waananen, Amy	Mgsh	13:06.96
18 Mead, Elise	Andover	13:24.34
19 Bezdicck, Megan	Osseo	13:29.57
20 Johnston, Megan	Mgsh	13:31.91
21 Folsom, Kendra	Park Center	13:32.52
22 Ehlert, Sara	Park Center	13:35.47
23 Paige, Bell	Blaine	13:43.59
24 Rudin, Danielle	Mgsh	13:47.16
25 Richter, Becca	Osseo	13:49.09
26 Koehler, Sarah	Anoka	14:15.35
27 Erickson, Hannah	Park Center	14:32.52
28 Schmit, Alisha	Anoka	14:40.90

## Event 3 Girls 100 Meter Hurdles

Conference: 14.99 S 2000

Jen Albers

Name	School	Prelims
<b>Preliminaries</b>		
1 Okonkwo, Chiamaka	Osseo	15.54Q
2 Greimel, Hanna	Mgsh	16.29Q
3 Margaret, Bair	Blaine	16.49Q
4 Maciej, Michelle	Elk River	16.66Q
5 Denler, Melissa	Champlin Par	17.14q
6 Prouty, Keisha	Anoka	17.54q
7 Haas, Breanna	Coon Rapids	17.58q
8 Weisenburger, Molly	Mgsh	17.58q
9 Hall, Britta	Elk River	17.61
10 Schmidt, Melanie	Cent	17.81
11 Horton, Ashley	Elk River	18.03
12 Turner, Maryanne	Park Center	18.09
13 House, Madison	Mgsh	18.27
14 Sollars, Sasha	Anoka	18.30
15 Hill, Jalen	Champlin Par	18.31
16 Abbott, Nicole	Anoka	18.32
17 Lapadat, Gillian	Cent	18.34

18 Melanie, Jensen	Blaine	18.34
19 Reff, Haidee	Andover	18.36
20 McDonald, Megan	Andover	18.41
21 Majkrzak, Natalie	Cent	18.41
22 Ketter, Rachel	Champlin Par	18.55
23 Hannah, Huisinga	Blaine	18.67
24 Boone, Brianna	Osseo	19.63
25 Metzger, Mayem	Coon Rapids	19.87
26 Powell, Theresa	Coon Rapids	19.94
27 Davis, Barika	Park Center	19.96
28 Doherty, Hayley	Andover	20.20
29 Givens, Danielle	Park Center	20.60
30 Cantin, Amber	Osseo	20.83

## Event 3 Girls 100 Meter Hurdles

Conference: 14.99 S 2000

Jen Albers

Name	School	Finals
<b>Finals</b>		
1 Okonkwo, Chiamaka	Osseo	15.85
2 Maciej, Michelle	Elk River	16.03
3 Margaret, Bair	Blaine	16.33
4 Greimel, Hanna	Mgsh	16.37
5 Denler, Melissa	Champlin Par	17.21
6 Prouty, Keisha	Anoka	17.44
7 Weisenburger, Molly	Mgsh	17.45
8 Haas, Breanna	Coon Rapids	17.62

## Event 5 Girls 100 Meter Dash

Conference: 12.34 S 1995

Amber Affeldt

Name	School	Prelims
<b>Preliminaries</b>		
1 Davis, Sashanavian	Park Center	12.50Q
2 Held, Rachel	Andover	12.63Q
3 Drangstweit, Nicole	Andover	12.69Q
4 Funfar, Shelby	Coon Rapids	12.75Q
5 Deroo, Jennifer	Anoka	12.87q
6 Mbali, Anna	Mgsh	12.93q
7 Lewis, Katelyn	Osseo	12.95q
8 Loth, Morgan	Champlin Par	12.96q
9 Singleton, Gabbi	Anoka	12.97
10 Nicole, Murphey	Blaine	13.00
11 VanHoutan, Stephanie	Champlin Par	13.06
12 Krause, Bekkah	Cent	13.21
13 Daulton, Kelsey	Elk River	13.22
14 Cooper, Rachel	Andover	13.29
15 Mosley, Chrystel	Anoka	13.29
16 Schevenius, Laura	Cent	13.39
17 Robinson, Brianna	Park Center	13.46
18 Anderson, Ashley	Coon Rapids	13.57
19 Hass, Mary	Mgsh	13.58
20 Horton, Ashley	Elk River	13.61
21 Gross, Nia	Osseo	13.68
22 Rachel, Young	Blaine	13.86
23 Michael, Rajanee	Park Center	13.87
24 Edwards, Kelly	Elk River	13.90

## Northwest Suburban Conference Championships - 5/20/2008 to 5/22/2008

## Coon Rapids High School

## Results

**Preliminaries ... (Event 5 Girls 100 Meter Dash)**

Name	School	Prelims
25 Katy, Ederer	Blaine	13.97
26 Doeway, Unis	Osseo	13.98
27 Becchetti, Lauren	Cent	13.98
28 Nero, Samone	Champlin Par	14.00
29 Nelson, Haley	Mgsh	14.02
30 Levercom, Samantha	Coon Rapids	14.27

**Event 5 Girls 100 Meter Dash**

Conference: 12.34 \$ 1995

Amber Affeldt

Name	School	Finals
<b>Finals</b>		
1 Davis, Sashanavian	Park Center	12.93
2 Funfar, Shelby	Coon Rapids	12.98
3 Drangstveit, Nicole	Andover	13.05
4 Mbali, Anna	Mgsh	13.09
5 Lewis, Katelyn	Osseo	13.18
6 Held, Rachel	Andover	13.20
7 Deroo, Jennifer	Anoka	13.22
8 Loth, Morgan	Champlin Par	13.30

**Event 7 Girls 400 Meter Dash**

Conference: 56.85 \$ 2003

Laura Mottaz

Name	School	Prelims
<b>Preliminaries</b>		
1 Davis, Sashanavian	Park Center	59.98Q
2 Nerison, Rachel	Mgsh	1:00.26Q
3 Eason, Alana	Champlin Par	1:00.63Q
4 Olson, Brianna	Osseo	1:01.23Q
5 Weigel, Abbie	Mgsh	1:01.67q
6 Nicole, Murphey	Blaine	1:02.52q
7 Olson, Paige	Osseo	1:02.69q
8 Yakoub, Karimat	Champlin Par	1:03.02q
9 Alex, Pafko	Blaine	1:03.07
10 Vermette, Sydney	Anoka	1:03.30
11 Young, Malorie	Coon Rapids	1:03.38
12 Von Wald, Hannah	Coon Rapids	1:03.46
13 Schmidt, Amelia	Anoka	1:03.83
14 Esperum, Danielle	Elk River	1:04.50
15 Hauptert, Mackenzie	Andover	1:05.26
16 Maras, Kirsten	Anoka	1:05.43
17 Lord, Jadee	Coon Rapids	1:05.88
18 Klotz, Ashley	Elk River	1:05.92
19 Orvik, Kayla	Cent	1:05.93
20 Hickerson, Rochelle	Andover	1:06.13
21 Brooke, Neubauer	Blaine	1:06.16
22 Ernster, Maria	Cent	1:06.55
23 Hintze, Jennifer	Park Center	1:06.62
24 Hannan, Nicole	Osseo	1:07.02
25 Neumann, Rachel	Andover	1:07.38
26 Solberg, Kaila	Cent	1:07.51
27 Sellberg, Carly	Park Center	1:09.16
28 Frazer, Michele	Mgsh	1:09.60

**Event 7 Girls 400 Meter Dash**

Conference: 56.85 \$ 2003

Laura Mottaz

Name	School	Finals
<b>Finals</b>		
1 Davis, Sashanavian	Park Center	58.50
2 Eason, Alana	Champlin Par	58.87
3 Nerison, Rachel	Mgsh	59.12
4 Olson, Brianna	Osseo	1:00.05
5 Nicole, Murphey	Blaine	1:01.06
6 Weigel, Abbie	Mgsh	1:01.48
7 Olson, Paige	Osseo	1:01.52
8 Yakoub, Karimat	Champlin Par	1:02.29

**Event 9 Girls 300 Meter Hurdles**

Conference: 45.13 \$ 1996

Katie Bestul

Name	School	Prelims
<b>Preliminaries</b>		
1 Okonkwo, Chiamaka	Osseo	46.84Q
2 Poce, Danielle	Elk River	48.21Q
3 Prouty, Keisha	Anoka	48.38Q
4 Margaret, Bair	Blaine	49.63Q
5 Jones, Paige	Coon Rapids	47.71q
6 Hall, Britta	Elk River	48.52q
7 Davis, Barika	Park Center	49.19q
8 Gillberg, Mollie	Coon Rapids	49.35q
9 Jones, Erin	Cent	49.49
10 Duff, Brianna	Anoka	49.75
11 Greimel, Hanna	Mgsh	49.89
12 Turner, Maryanne	Park Center	50.35
13 Majkrzak, Natalie	Cent	50.65
14 Hannah, Huisinga	Blaine	50.78
15 House, Madison	Mgsh	51.02
16 Denler, Melissa	Champlin Par	51.52
17 Rachel, Young	Blaine	51.86
18 Weisenburger, Molly	Mgsh	51.98
19 Sollars, Sasha	Anoka	51.99
20 Lapadat, Gillian	Cent	52.50
21 Reff, Haidee	Andover	52.86
22 Baldwin, Jennifer	Elk River	52.90
23 Eckberg, Heidi	Coon Rapids	53.09
24 Volk, Christine	Champlin Par	53.40
25 McDonald, Megan	Andover	54.30
26 Herman, Kaley	Champlin Par	54.72
27 Doherty, Hayley	Andover	57.04
28 Djerf, Bekah	Osseo	1:00.35
29 Cantin, Amber	Osseo	1:01.73

**Event 9 Girls 300 Meter Hurdles**

Conference: 45.13 \$ 1996

Katie Bestul

Name	School	Finals
<b>Finals</b>		
1 Okonkwo, Chiamaka	Osseo	47.05
2 Margaret, Bair	Blaine	47.18
3 Prouty, Keisha	Anoka	47.29

## Northwest Suburban Conference Championships - 5/20/2008 to 5/22/2008

## Coon Rapids High School

## Results

## Finals ... (Event 9 Girls 300 Meter Hurdles)

Name	School	Finals
4 Davis, Barika	Park Center	48.45
5 Poce, Danielle	Elk River	48.99
6 Gillberg, Mollie	Coon Rapids	49.64
7 Jones, Paige	Coon Rapids	49.92
8 Hall, Britta	Elk River	50.05

## Event 11 Girls 800 Meter Run

Conference: 2:15.93 \$ 2004

		Alissa Kurke
Name	School	Prelims
<b>Preliminaries</b>		
1 Emerson, Emily	Cent	2:20.83Q
2 Biederman, Rachel	Mgsh	2:24.87Q
3 Bailey, Kaylan	Mgsh	2:28.73Q
4 Hambleton, Jennifer	Anoka	2:29.13Q
5 Dutton, Courtney	Coon Rapids	2:29.57Q
6 Sawyer, Madison	Champlin Par	2:31.21Q
7 Lindsay, Kelly	Osseo	2:30.84Q
8 Ness, Linnea	Anoka	2:31.83Q
9 Peters, Laura	Anoka	2:31.90Q
10 Bowler, Sarah	Cent	2:32.24q
11 Odden, Jonna	Coon Rapids	2:33.18q
12 White, Susan	Osseo	2:33.30q
13 Huffman, Britta	Coon Rapids	2:34.33
14 Kelsey, Holschbach	Blaine	2:34.99
15 Hofschild, Kara	Andover	2:35.66
16 Lexi, Monson	Blaine	2:36.83
17 Ball, Nicole	Park Center	2:38.66
18 Kachel, Mariah	Elk River	2:38.82
19 Eder, Kelsey	Osseo	2:39.00
20 Anderson, Bridget	Elk River	2:39.02
21 Steinwand, Haley	Andover	2:40.35
22 Petrich, Cassey	Elk River	2:40.51
23 Kissell, Jenna	Cent	2:40.61
24 Jessica, Bender	Blaine	2:40.68
25 Marquardt, Nicolette	Champlin Par	2:41.31
26 Schlitter, Mari	Champlin Par	2:41.79
27 Mead, Laura	Andover	2:42.17
28 Knutson, Julie	Mgsh	2:43.83
29 Peterson, Kelsey	Park Center	2:57.32
30 Therrien, Brittany	Park Center	2:57.55

## Event 11 Girls 800 Meter Run

Conference: 2:15.93 \$ 2004

		Alissa Kurke
Name	School	Finals
<b>Finals</b>		
1 Emerson, Emily	Cent	2:18.98
2 Bailey, Kaylan	Mgsh	2:23.82
3 Biederman, Rachel	Mgsh	2:23.88
4 Hambleton, Jennifer	Anoka	2:26.98
5 Lindsay, Kelly	Osseo	2:28.27
6 Ness, Linnea	Anoka	2:28.90
7 Peters, Laura	Anoka	2:30.23
8 Dutton, Courtney	Coon Rapids	2:30.24

9 Bowler, Sarah	Cent	2:31.11
10 Sawyer, Madison	Champlin Par	2:32.19
11 Odden, Jonna	Coon Rapids	2:32.47
12 White, Susan	Osseo	2:33.89

## Event 13 Girls 200 Meter Dash

Conference: 25.40 \$ 2004

Laura Mottaz

Name	School	Prelims
<b>Preliminaries</b>		
1 Drangstveit, Nicole	Andover	25.56Q
2 Mbali, Anna	Mgsh	26.07Q
3 Held, Rachel	Andover	26.15Q
4 Berning, Kayla	Anoka	26.31Q
5 Nerison, Rachel	Mgsh	26.40q
6 Nicole, Murphey	Blaine	26.47q
7 Krause, Bekkah	Cent	26.55q
8 Peterson, Kelly	Anoka	26.60q
9 Jenson, Emily	Champlin Par	26.81
10 Singleton, Gabbi	Anoka	26.88
11 Schevenius, Laura	Cent	26.96
12 Lewis, Katelyn	Osseo	26.99
13 Jones, Kyanna	Osseo	27.00
14 Sorenson, Keelie	Park Center	27.10
15 Michael, Rajanee	Park Center	27.38
16 Metzger, Mayem	Coon Rapids	27.72
17 Oldenburg, Breanna	Cent	27.73
18 Bowman, Kelsey	Mgsh	27.85
19 Gibas, Michaela	Elk River	28.07
20 Edwards, Kelly	Elk River	28.46
21 Clarke, Bridgett	Coon Rapids	28.57
22 Sarah, Venditto	Blaine	28.68
23 Anderson, Ashley	Coon Rapids	28.70
24 Angell, Tiffany	Elk River	28.76
25 Mangen, Dani	Osseo	28.79
26 Hofschild, Kaylee	Andover	28.96
27 Nero, Samone	Champlin Par	29.36
28 Brooke, Neubauer	Blaine	29.86

## Event 13 Girls 200 Meter Dash

Conference: 25.40 \$ 2004

Laura Mottaz

Name	School	Finals
<b>Finals</b>		
1 Drangstveit, Nicole	Andover	25.95
2 Held, Rachel	Andover	26.38
3 Mbali, Anna	Mgsh	26.51
4 Nicole, Murphey	Blaine	26.98
5 Nerison, Rachel	Mgsh	26.99
6 Krause, Bekkah	Cent	27.01
7 Berning, Kayla	Anoka	27.11
8 Peterson, Kelly	Anoka	27.58

## Northwest Suburban Conference Championships - 5/20/2008 to 5/22/2008

## Coon Rapids High School

## Results

## Event 15 Girls 4x800 Meter Relay

Conference: 9:42.09 S 2003 Anoka

Team	Relay	Finals
<b>Finals</b>		
1 Coon Rapids	A	9:32.06\$
2 Mgsh	A	9:34.05\$
3 Champlin Park	A	9:49.43
4 Anoka	A	9:51.63
5 Cent	A	9:59.20
6 Elk River	A	10:33.11
7 Osseo	A	10:33.43
8 Andover	A	10:45.52
9 Blaine	A	10:49.04
10 Park Center	A	11:42.22

## Event 17 Girls 4x200 Meter Relay

Conference: 1:44.11 S 1994 Coon Rapids

Team	Relay	Finals
<b>Finals</b>		
1 Anoka	A	1:44.18
2 Osseo	A	1:45.40
3 Champlin Park	A	1:45.44
4 Park Center	A	1:46.16
5 Mgsh	A	1:46.63
6 Cent	A	1:50.49
7 Blaine	A	1:50.75
8 Elk River	A	1:52.59
9 Andover	A	1:52.68
--- Coon Rapids	A	DQ

## Event 19 Girls 1600 Meter Run

Conference: 4:59.60 S 2003 Heidi Lindeman

Name	School	Finals
<b>Finals</b>		
1 Kayfes, Molly	Mgsh	5:09.67
2 Brase, Kaylea	Cent	5:11.65
3 Bates, Emma	Elk River	5:13.72
4 Wojack, Alyssa	Coon Rapids	5:20.65
5 Ewing, Kristina	Osseo	5:26.88
6 Engstrom, Melissa	Coon Rapids	5:33.22
7 Bjustrom, Molly	Mgsh	5:36.22
8 Yovetich, Marissa	Andover	5:37.11
9 Tera, Hereid	Blaine	5:39.17
10 McCullough, Kellie	Osseo	5:39.18
11 Amanda, DeLong	Blaine	5:39.48
12 Magnuson, Eleanor	Champlin Par	5:39.96
13 Dahlquist, Laura	Coon Rapids	5:42.83
14 Loveland, Allison	Cent	5:43.16
15 Hayli, Yetter	Blaine	5:44.34
16 Steinwand, Haley	Andover	5:47.64
17 Guimont, Gabbi	Anoka	5:49.74
18 Wold, Mary	Mgsh	5:50.15
19 Willerton, Megan	Cent	5:51.65
20 Koehler, Leah	Elk River	5:51.98
21 Bocovich, Carolyne	Andover	5:52.86

22 Crepeau, Renee	Elk River	5:53.08
23 Nelson, Taylor	Anoka	5:56.64
24 Ball, Nicole	Park Center	6:03.63
25 Tonn, Gina	Park Center	6:08.19
26 Stellenberg, Kelly	Anoka	6:16.56
27 Bezdicek, Megan	Osseo	6:17.06
28 Folsom, Kendra	Park Center	6:23.72
29 Parupsky, Emily	Champlin Par	6:30.60
30 Moore, Rebecca	Champlin Par	6:32.81

## Event 21 Girls 4x400 Meter Relay

Conference: 4:00.13 S 2003 Anoka

Team	Relay	Finals
<b>Finals</b>		
1 Anoka	A	4:09.59
2 Champlin Park	A	4:11.42
3 Elk River	A	4:11.79
4 Coon Rapids	A	4:12.17
5 Osseo	A	4:13.05
6 Cent	A	4:13.11
7 Blaine	A	4:13.94
8 Andover	A	4:15.17
9 Mgsh	A	4:16.73
10 Park Center	A	4:28.34

## Event 23 Girls High Jump

Conference: 5-08 S 1996 Gina Curtis

Name	School	Finals
<b>Finals</b>		
1 Rafferty, Sara	Coon Rapids	5-03.00
2 McNallan, Jenna	Andover	5-01.00
3 Miller, Moriah	Cent	5-00.00
4 Hoegh, Kelsey	Andover	J5-00.00
5 Hall, Britta	Elk River	J5-00.00
6 Kramer, Kaitlin	Anoka	4-10.00
6 Miedtke, Katie	Osseo	4-10.00
8 Siirila, Laura	Andover	J4-10.00
8 Langer, Sarah	Champlin Par	J4-10.00
8 Bedor, Liz	Anoka	J4-10.00
11 Isaacson, Abby	Mgsh	J4-10.00
12 Sawyer, Jenna	Champlin Par	J4-10.00
13 Bilderback, Kayla	Cent	J4-10.00
14 Daulton, Kelsey	Elk River	4-08.00
14 Thesing, Eleacia	Coon Rapids	4-08.00
14 Buyse, Emily	Anoka	4-08.00
14 Bakke, Allison	Osseo	4-08.00
14 Lister, Ally	Osseo	4-08.00
14 Froemke, Chelsea	Cent	4-08.00
14 Gerdes, Anna	Mgsh	4-08.00
14 Sims, Lanice	Park Center	4-08.00
22 Hannah, Huisinga	Blaine	4-06.00
23 Schiltz, Megan	Elk River	4-04.00
23 Terhark, Jennifer	Champlin Par	4-04.00
23 Bennethum, Kylie	Mgsh	4-04.00
--- Young, Madeline	Coon Rapids	NH
--- Hooker, Breanna	Park Center	NH

## Northwest Suburban Conference Championships - 5/20/2008 to 5/22/2008

## Coon Rapids High School

## Results

## Finals ... (Event 23 Girls High Jump)

Name	School	Finals
--- Robinson, Brianna	Park Center	NH
--- Caitlyn, Juntunen	Blaine	NH
--- Hanna, Massey	Blaine	NH

## Event 25 Girls Pole Vault

Conference: 11-00 \$ 2004

Carrie Hinners

Name	School	Finals
<b>Finals</b>		
1 Olson, Jamie	Anoka	9-06.00
2 McNallan, Jenna	Andover	9-00.00
3 Konczal, Emily	Elk River	J9-00.00
4 Berning, Kayla	Anoka	8-06.00
5 Holden, Kaitlyn	Anoka	J8-06.00
6 Pream-Anderson, Alicia	Coon Rapids	J8-06.00
7 Crepeau, Laura	Elk River	J8-06.00
8 Margaret, Bair	Blaine	8-00.00
9 Hingos, Steffany	Mgsh	J8-00.00
9 Carlina, Stromback	Blaine	J8-00.00
11 Bednarz, Layni	Elk River	J8-00.00
11 Fisher, Dana	Cent	J8-00.00
13 Broadrick, Anna	Champlin Par	7-06.00
14 Lokkesmoe, Paige	Mgsh	J7-06.00
15 Salo, Hannah	Park Center	7-00.00
16 Parisian, Shelby	Osseo	J7-00.00
17 Drake, Alexandra	Champlin Par	J7-00.00
18 Burton, Katherine	Champlin Par	J7-00.00
18 McNallan, Danielle	Andover	J7-00.00
20 Belk, Tessa	Coon Rapids	6-00.00
20 Polverari, Grace	Andover	6-00.00
22 Schmit, Kristi	Mgsh	J6-00.00
23 Rachel, Young	Blaine	J6-00.00
--- Hook, Kathryn	Park Center	NH
--- Haas, Breanna	Coon Rapids	NH

## Event 27 Girls Long Jump

Conference: 18-00 \$ 2001

Leah Herrboldt

Name	School	Finals
<b>Finals</b>		
1 Bilderback, Kayla	Cent	17-03.00
2 Nicole, Murphey	Blaine	17-02.75
3 Davis, Sashanavian	Park Center	16-04.00
4 Loth, Morgan	Champlin Par	15-09.25
5 Jones, Paige	Coon Rapids	15-09.00
6 Peterson, Kelly	Anoka	15-08.50
7 Held, Rachel	Andover	15-04.50
8 Maciej, Michelle	Elk River	15-03.00
9 Braastad, Mariah	Andover	15-02.50
10 Funfar, Shelby	Coon Rapids	14-04.25
11 McNallan, Danielle	Andover	14-04.00
12 Pappas, Stephanie	Mgsh	14-01.75
12 Hass, Mary	Mgsh	14-01.75
14 Gebers, Bekkah	Coon Rapids	14-01.00
14 Sorenson, Keelie	Park Center	14-01.00
16 Miedtke, Katie	Osseo	14-00.75

17 Richter, Lisa	Cent	14-00.50
18 Schmidt, Melanie	Cent	13-11.00
19 Hanson, Amanda	Elk River	13-09.75
20 Deroo, Jennifer	Anoka	13-09.25
21 Mosley, Chrystal	Anoka	13-02.00
22 Bovitz, Tanya	Champlin Par	13-01.50
23 Burkman, Bethany	Mgsh	13-01.00
24 Elizabeth, Hawkins	Blaine	13-00.75
25 Ling, Angela	Champlin Par	12-10.75
26 Hannan, Alison	Elk River	12-06.50
27 Hintze, Jennifer	Park Center	11-09.50

## Event 29 Girls Triple Jump

Name	School	Finals
<b>Finals</b>		
1 Bilderback, Kayla	Cent	35-10.75
2 Maciej, Michelle	Elk River	35-04.50
3 Alex, Pafko	Blaine	34-07.25
4 Peterson, Kelly	Anoka	33-09.00
5 Miedtke, Katie	Osseo	33-03.50
6 Sorenson, Keelie	Park Center	32-07.00
7 Hanson, Amanda	Elk River	32-02.00
8 Edwards, Kelly	Elk River	J32-02.00
9 Elizabeth, Hawkins	Blaine	32-00.50
10 Richter, Lisa	Cent	31-09.50
11 McDonald, Megan	Andover	31-05.50
11 Burkman, Bethany	Mgsh	31-05.50
13 Foucault, Erin	Anoka	31-05.00
13 Volk, Stephanie	Champlin Par	31-05.00
15 Sellberg, Carly	Park Center	31-03.00
16 Jones, Paige	Coon Rapids	31-00.50
17 Luogon, Nehwoen	Park Center	30-06.25
18 Terhark, Jennifer	Champlin Par	30-05.50
19 Braastad, Mariah	Andover	30-04.50
20 Jamus, Subah	Andover	29-11.00
21 Clarke, Bridgett	Coon Rapids	29-01.50
22 Bovitz, Tanya	Champlin Par	28-09.00
22 Gerdes, Anna	Mgsh	28-09.00
24 Getty, Emma	Mgsh	27-08.50
25 Gebers, Bekkah	Coon Rapids	27-05.25
26 Megan, Bauer	Blaine	26-10.50
27 Stroming, Caroline	Anoka	25-04.50

## Event 31 Girls Discus Throw

Conference: 133-04 \$ 2000

Jessica Stephan

Name	School	Finals
<b>Finals</b>		
1 Culp, Becky	Cent	128-05
2 Hofland, Stephanie	Cent	118-09
3 Kent, Rebecca	Elk River	113-11
4 Ford, Emily	Osseo	111-04
5 Fode, Josalyn	Coon Rapids	111-02
6 Endresen, Megan	Park Center	106-04
7 Nelson, Melissa	Mgsh	106-00
8 Stewart, BrieAnna	Champlin Par	99-03
9 Tracie, Gillund	Blaine	98-06

## Northwest Suburban Conference Championships - 5/20/2008 to 5/22/2008

## Coon Rapids High School

## Results

## Finals ... (Event 31 Girls Discus Throw)

Name	School	Finals
10 Thorndal, Nicole	Elk River	95-11
11 Fife, Jessica	Osseo	93-05
12 Norman, Jocelyn	Mgsh	93-02
13 Trysha, Johnston	Blaine	93-01
14 Stephanie, Jergenson	Blaine	93-00
15 Skobel, Brittany	Anoka	90-09
16 Dahl, Tori	Anoka	90-04
17 Baker, Tannett	Champlin Par	90-03
18 Scott, Taisha	Champlin Par	89-03
19 Hilliard, Erin	Anoka	87-10
20 Keith, Maya	Park Center	87-07
21 Chollett, Shelby	Andover	81-07
22 Johnson, Jennifer	Andover	79-00
23 Ford, Brittany	Andover	78-02
24 Blackhawk, Briana	Park Center	77-09
25 Wraalstad, Jennifer	Coon Rapids	75-04
26 Gerdes, Anna	Mgsh	70-07
27 Kath, Renee	Coon Rapids	63-01
28 Tiedens, Alyssa	Osseo	59-00

## Event 33 Girls Shot Put

Conference: 43-01 S 1997 Trisha Curtis

Name	School	Finals
1 Michael, Labrisha	Osseo	37-09.00
2 Fode, Josalyn	Coon Rapids	37-08.50
3 Hofland, Stephanie	Cent	36-10.00
4 Ford, Emily	Osseo	36-04.00
5 Stephanie, Jergenson	Blaine	35-08.50
6 Culp, Becky	Cent	35-06.00
7 Stewart, BrieAnna	Champlin Par	34-10.25
8 Tracie, Gillund	Blaine	34-10.00
9 Trysha, Johnston	Blaine	33-07.75
10 Johnson, Jennifer	Andover	33-01.50
11 Lesser, Emily	Mgsh	33-00.50
12 Nelson, Melissa	Mgsh	32-11.25
13 Endresen, Megan	Park Center	32-07.75
13 Kent, Rebecca	Elk River	32-07.75
15 Smith, Sonya	Anoka	32-02.00
16 Williams, Sarah	Elk River	31-09.00
17 Dahl, Tori	Anoka	31-08.75
18 Olarinde, Olakemi	Park Center	31-07.00
19 Gaffer, Rebecca	Mgsh	31-00.50
20 Huston, Brianna	Anoka	30-05.75
21 Kath, Renee	Coon Rapids	30-03.50
22 Keith, Maya	Park Center	30-00.00
23 Ford, Brittany	Andover	29-11.75
24 Chollett, Shelby	Andover	29-08.00
25 Baker, Tannett	Champlin Par	29-05.50
26 Riggle, Amber	Osseo	29-01.75
27 Thorndal, Nicole	Elk River	28-08.50
28 Wraalstad, Jennifer	Coon Rapids	28-03.50
29 Gates, Danielle	Champlin Par	27-08.00

## Event 36 Girls 4x100 Meter Relay

Conference: 50.15 S 2007 Elk River

Team	Relay	Finals
1 Andover	A	49.64\$
2 Anoka	A	50.18
3 Champlin Park	A	50.55
4 Elk River	A	51.23
5 Coon Rapids	A	51.43
6 Osseo	A	52.36
7 Mgsh	A	52.42
8 Blaine	A	53.09
9 Park Center	A	53.91
10 Cent	A	54.39

## Women - Team Rankings - 18 Events Scored

1) Centennial High School	95
2) Anoka	86.8333
3) Osseo	85.5
4) Coon Rapids	77
5) Maple Grove Senior High	73
6) Elk River	72
7) Andover	67.3333
8) Champlin Park	53.3333
9) Blaine	50
10) Park Center	42