2016 Season Awards

All Conference Honorable Mention

Natalia Valnes – 200 Meters – 7th place

Elisha Lindsey – 400 Meters – 5th place

Sarah Olson – 1600 Meters – 5th place

Sarah Olson – 3200 Meters – 6th place

Hailey Gislason – 3200 Meters – 8th Place

Sam Jacobson – 100 Hurdles – 8th place

Phoebe Carson – 4x100 Meter Relay – 8th place

Megan McKenzie – 4x100 Meter Relay – 8th place

Natalia Valnes – 4x100 Meter Relay – 8th place

Esther Stoy – 4x100 Meter Relay – 8th place

Megan McKenzie – 4x200 Meter Relay – 6th place

Natalia Valnes – 4x200 Meter Relay – 66h place

Hadley Hanson – 4x200 Meter Relay – 66h place

Jaida Weige – 4x200 Meter Relay – 66h place

Emily Fleek – 4x400 Meter Relay – 7th Place

Kacey Isle – 4x400 Meter Relay – 7th Place

Emily Brown – 4x400 Meter Relay – 7th Place

Elisha Lindsey – 4x400 Meter Relay – 7th Place

Stephanie Lewis – 4x800 Relay – 4th place

Emily Brown – 4x800 Relay – 4th place

Emily Fleek – 4x800 Relay – 4th place

Aubrey Shepard – 4x800 Relay – 4th place

Sydney Seim – Triple Jump – 5th Place

Theresa Grace Mbanefo – Triple Jump – 6th place

Madeline Lambert – Shot Put – 6th place

Madeline Lambert – Discus – 6th place

Kyla Aamodt – High Jump – 8th place

Team Awards

9th Place - NWSC Conference

1st Place - Blaine Invite

3rd Place - 5AAA True Team

3rd Place - Shakopee Relays

6th Place - Section 5AA Meet

Year End Awards

MVP SPRINTS – NATALIA VALNES

MVP MID-DISTANCE – ELISHA LINDSEY

MVP DISTANCE – SARAH OLSON

MVP HURDLER – SAMANTHA JACOBSON

MVP THROWER – MADELINE LAMBERT

MVP HORIZONTAL JUMPS – SYDNEY SEIM

MVP VERTICAL JUMPS – THERESA GRACE MBANEFO

MOST IMPROVED – HAILY GISLASON

MOST IMPROVED – EMILY BAURR

BENGAL AWARD – KACEY ISLE

BENGAL AWARD – ELLEN POSTUDENSEK