

Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009

Coon Rapids High School

Results

**Girls 100 Meter Dash**

Conference: 12.34 \$ 1995

Amber Affeldt

Name	School	Prelims
<b>Preliminaries</b>		
1 Lewis, Katelyn	Osseo	12.70Q
2 Davis, Sasha	Park Center	13.11Q
3 Krause, Bekkah	Centennial	13.21Q
4 Okonkwo, Anuli	Osseo	13.28Q
5 Hickerson, Rochelle	Andover	13.36q
6 Hawkins, Elizabeth	Blaine	13.58q
7 Bredeson, Shelby	Andover	13.60q
8 Funfar, Shelby	Coon Rapids	13.63q
9 Jackson, Raven	Park Center	13.67
10 Mosley, Chrystel	Blaine	13.70
11 Hill, Melanie	Champlin Par	13.72
12 Huston, Megan	Centennial	13.88
13 Gross, Nia	Osseo	13.90
14 Robinson, Brianna	Park Center	13.91
15 Ezell, Kierra	Maple Grove	13.93
16 Detloff, Mollie	Elk River	13.94
17 Nelson, Haley	Maple Grove	14.08
18 Kyne, Kim	Coon Rapids	14.10
19 Merchant, Patience	Coon Rapids	14.15
20 Schnevenius, Laura	Centennial	14.16
21 Bednorz, Katlin	Anoka	14.18
22 Hoover, Trish	Andover	14.30
23 Ederer, Katie	Blaine	14.33
24 Abbott, Nicole	Anoka	14.34
25 Brown, Josie	Elk River	14.41
26 Jacobs, Abby	Maple Grove	14.45
27 Holden, Kaitlyn	Anoka	14.75
28 Dickson, Deborah	Champlin Par	15.15

**Girls 100 Meter Dash**

Conference: 12.34 \$ 1995

Amber Affeldt

Name	School	Finals
<b>Finals</b>		
1 Davis, Sasha	Park Center	12.34\$
2 Lewis, Katelyn	Osseo	12.41
3 Hickerson, Rochelle	Andover	12.75
4 Okonkwo, Anuli	Osseo	12.78
5 Krause, Bekkah	Centennial	12.81
6 Hawkins, Elizabeth	Blaine	13.23
7 Bredeson, Shelby	Andover	13.25
8 Funfar, Shelby	Coon Rapids	13.35

**Girls 200 Meter Dash**

Conference: 25.40 \$ 2004

Laura Mottaz

Name	School	Prelims
<b>Preliminaries</b>		
1 Okonkwo, Anuli	Osseo	26.17Q
2 Murphey, Nicole	Blaine	26.32Q
3 Detloff, Dani	Elk River	26.90Q

4 Krause, Bekkah	Centennial	27.53Q
5 Schnevenius, Laura	Centennial	27.72q
6 Nivala, Taylor	Andover	27.87q
7 Pawlik, Hannah	Blaine	27.94q
8 Sollars, Sasha	Anoka	28.04q
9 Edwards, Kelly	Elk River	28.11
10 Robinson, Brianna	Park Center	28.21
11 Philips, Emily	Maple Grove	28.21
12 Young, Shakita	Osseo	28.32
13 Fitzsimmons, Sheri	Champlin Par	28.41
14 Brown, Josie	Elk River	28.45
15 Richards, Diona	Andover	28.47
16 Swanson, Linnea	Andover	28.94
17 Bialke, Morgan	Osseo	29.02
18 Lister, Marissa	Maple Grove	29.04
19 Bowman, kelsey	Maple Grove	29.06
20 Kyne, Kim	Coon Rapids	29.17
21 Anderson, Jasmine	Centennial	29.24
22 Holden, Kaitlyn	Anoka	29.34
23 Ndely, Michelle	Champlin Par	29.39
24 Venditto, Sarah	Blaine	29.65
25 Sellberg, Carly	Park Center	29.75
26 Pearson, Andrea	Coon Rapids	29.82
27 Bednorz, Katlin	Anoka	29.96
28 Merchant, Patience	Coon Rapids	30.35
29 Diallo, Binta	Champlin Par	31.39
30 Wakayo, Yubo	Park Center	31.42

**Girls 200 Meter Dash**

Conference: 25.40 \$ 2004

Laura Mottaz

Name	School	Finals
<b>Finals</b>		
1 Okonkwo, Anuli	Osseo	25.50
2 Murphey, Nicole	Blaine	25.97
3 Detloff, Dani	Elk River	26.43
4 Krause, Bekkah	Centennial	26.64
5 Nivala, Taylor	Andover	26.90
6 Schnevenius, Laura	Centennial	27.01
7 Pawlik, Hannah	Blaine	27.66
8 Sollars, Sasha	Anoka	28.35

**Girls 400 Meter Dash**

Conference: 56.85 \$ 2003

Laura Mottaz

Name	School	Prelims
<b>Preliminaries</b>		
1 Davis, Sasha	Park Center	57.78Q
2 Jones, Kyanna	Osseo	59.83Q
3 Schnittker, Laura	Maple Grove	1:01.52Q
4 Vermette, Sydney	Anoka	1:03.19Q
5 Murphey, Nicole	Blaine	1:00.20q
6 Olson, Paige	Osseo	1:01.46q
7 Weigel, Abbie	Maple Grove	1:01.53q
8 Philips, Emily	Maple Grove	1:02.68q
9 Olderburg, Breanna	Centennial	1:03.55
10 Heyl, Tannyr	Blaine	1:03.92

## Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009

## Coon Rapids High School

## Results

## Preliminaries ... (Girls 400 Meter Dash)

Name	School	Prelims
11 Young, Malorie	Coon Rapids	1:04.17
12 Osborne, Leah	Blaine	1:04.35
13 Pipenhagen, Mary	Anoka	1:04.76
14 Hayes, Megan	Coon Rapids	1:04.76
15 Hauptert, Mackenzie	Andover	1:04.77
16 Moriarty, Cecilia	Champlin Par	1:04.84
17 Bezdicek, Kaitlyn	Osseo	1:05.22
18 Weeks, Erin	Elk River	1:05.57
19 Esperum, Dani	Elk River	1:05.75
20 Wallace, Tommaneka	Andover	1:05.88
21 Jech, Natalie	Centennial	1:06.22
22 Krambeer, Mary	Park Center	1:06.40
23 Kettler, Mariah	Andover	1:06.75
24 Pope, Allison	Coon Rapids	1:07.06
25 Luogon, Nehwoen	Park Center	1:07.67
26 Bjerke, Sarah	Champlin Par	1:07.98
27 Ernster, Maria	Centennial	1:08.03
28 Jones, Katelyn	Anoka	1:09.40
29 Floyd, Deja	Champlin Par	1:12.41

## Girls 400 Meter Dash

Conference: 56.85 \$ 2003 Laura Mottaz

Name	School	Finals
1 Schnittker, Laura	Maple Grove	58.45
2 Davis, Sasha	Park Center	58.72
3 Murphey, Nicole	Blaine	1:00.13
4 Jones, Kyanna	Osseo	1:00.84
5 Weigel, Abbie	Maple Grove	1:01.26
6 Olson, Paige	Osseo	1:02.30
7 Philips, Emily	Maple Grove	1:03.02
8 Vermette, Sydney	Anoka	1:04.25

## Girls 800 Meter Run

Conference: 2:15.93 \$ 2004 Alissa Kurke

Name	School	Prelims
1 Eason, Alana	Champlin Par	2:20.91Q
2 Biederman, Rachel	Maple Grove	2:24.29Q
3 Engstrom, Melissa	Coon Rapids	2:25.40Q
4 Haugen, Anna	Elk River	2:25.64Q
5 Steinwand, Natalie	Andover	2:25.65Q
6 Halfrich, Sara	Maple Grove	2:29.13Q
7 Bowler, Sarah	Centennial	2:25.74Q
8 Kienholz, Megan	Centennial	2:25.89Q
9 Eder, Kelsey	Osseo	2:29.30Q
10 Embury, Alana	Elk River	2:28.60q
11 Huffman, Britta	Coon Rapids	2:28.79q
12 Haskins, Danielle	Andover	2:30.34q
13 Foote, Laura	Maple Grove	2:30.44
14 Sawyer, Madison	Champlin Par	2:30.94
15 Robinson, Molly	Osseo	2:32.45
16 Ball, Nicole	Park Center	2:33.08

17 Peters, Laura	Anoka	2:33.50
18 Harper, Erin	Blaine	2:35.50
19 Holschbach, Kelsey	Blaine	2:35.61
20 Ellefson, Brittini	Elk River	2:36.83
21 Solberg, Kaila	Centennial	2:37.12
22 Odden, Jonna	Coon Rapids	2:37.27
23 Hambleton, Jenny	Anoka	2:39.01
24 Nelson, Taylor	Anoka	2:39.26
25 Ehlert, Sara	Park Center	2:40.22
26 Hartmann, Heidi	Osseo	2:40.84
27 Opat, Kacie	Park Center	2:40.86
28 McDonald, Isabella	Blaine	2:41.31
29 Weiss, Taylor	Andover	2:42.51
30 Kasper, Leidy	Champlin Par	2:42.91

## Girls 800 Meter Run

Conference: 2:15.93 \$ 2004 Alissa Kurke

Name	School	Finals
1 Eason, Alana	Champlin Par	2:22.84
2 Biederman, Rachel	Maple Grove	2:23.83
3 Engstrom, Melissa	Coon Rapids	2:24.63
4 Kienholz, Megan	Centennial	2:25.07
5 Steinwand, Natalie	Andover	2:26.22
6 Haugen, Anna	Elk River	2:26.98
7 Eder, Kelsey	Osseo	2:29.42
8 Huffinan, Britta	Coon Rapids	2:30.10
9 Bowler, Sarah	Centennial	2:32.28
10 Haskins, Danielle	Andover	2:34.56
11 Embury, Alana	Elk River	2:35.05
12 Halfrich, Sara	Maple Grove	2:36.44

## Girls 1600 Meter Run

Conference: 4:59.60 \$ 2003 Heidi Lindeman

Name	School	Finals
1 Sjostrom, Stephanie	Champlin Par	5:14.46
2 Fritz, Katelyn	Anoka	5:17.45
3 Brase, Kaylea	Centennial	5:18.49
4 Shagen, Kaley	Osseo	5:18.56
5 Kallemeyn, Jane	Elk River	5:24.01
6 Wojack, Alyssa	Coon Rapids	5:26.69
7 Soli, Cassidy	Champlin Par	5:27.51
8 Hereid, Tera	Blaine	5:29.55
9 Rudin, Danielle	Maple Grove	5:30.25
10 Guimont, Gabbi	Anoka	5:34.57
11 Bjustrom, Molly	Maple Grove	5:35.68
12 Mead, Elise	Andover	5:38.41
13 Bohne, Briza	Centennial	5:40.18
14 Simonet, Kate	Park Center	5:40.38
15 Ball, Nicole	Park Center	5:40.43
16 Yetter, Hayli	Blaine	5:40.78
17 Aaron, Miranda	Maple Grove	5:40.92
18 Crepeau, Renee	Elk River	5:41.47
19 Ewing, Kristina	Osseo	5:42.20
20 Billett, Kayla	Anoka	5:43.03

## Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009

## Coon Rapids High School

## Results

## Finals ... (Girls 1600 Meter Run)

Name	School	Finals
21 Kretschmer, Lexie	Centennial	5:45.28
22 King, Taylor	Blaine	5:49.25
23 Ehlert, Sara	Park Center	5:49.73
24 Yovetich, Marissa	Andover	5:50.20
25 Robillard, Dani	Coon Rapids	5:52.36
26 McCullough, Kelli	Osseo	6:02.27
27 Dahlquist, Laura	Coon Rapids	6:10.21
28 Lundstrom, Alyxis	Champlin Par	6:13.01
29 Horton, Bethany	Andover	6:14.55

## Girls 3200 Meter Run

Conference: 10:37.16 \$ 2003

Heidi Lindeman

Name	School	Finals
1 Sjoström, Stephanie	Champlin Par	11:46.28
2 Soli, Cassidy	Champlin Par	11:51.98
3 Shagen, Kaley	Osseo	11:59.21
4 Fritz, Katelyn	Anoka	12:03.60
5 Hereid, Tera	Blaine	12:09.87
6 Mead, Laura	Andover	12:10.71
7 Rudin, Danielle	Maple Grove	12:21.93
8 Aaron, Miranda	Maple Grove	12:22.23
9 Crepeau, Renee	Elk River	12:22.38
10 Simonet, Kate	Park Center	12:26.21
11 Mead, Elise	Andover	12:28.11
12 Bohne, Briza	Centennial	12:28.12
13 Kallemeyn, Jane	Elk River	12:29.91
14 Loveland, Allie	Centennial	12:32.78
15 Billett, Kayla	Anoka	12:33.55
16 Martens, Karissa	Coon Rapids	12:34.59
17 Guimont, Gabbi	Anoka	12:37.66
18 Yovetich, Marissa	Andover	12:47.09
19 Richter, Becca	Osseo	12:48.68
20 White, Susan	Osseo	12:49.54
21 Johnson, Kayla	Coon Rapids	12:57.28
22 Johnson, Cherry	Blaine	13:11.52
23 Metzger, Renae	Park Center	13:12.75
24 Schlitter, Mari	Champlin Par	13:13.61
25 Waananen, Amy	Maple Grove	13:14.30
26 Benson, Natalie	Centennial	13:22.10
27 Buchner, Alyssa	Coon Rapids	13:30.31
28 Lundstrom, Danni	Park Center	13:33.85
29 Frjl, Adisa	Blaine	13:42.52
--- Keller, Helena	Elk River	DNF

## Girls 100 Meter Hurdles

Conference: 14.99 \$ 2000

Jen Albers

Name	School	Prelims
1 Okonkwo, Chiamaka	Osseo	15.15Q
2 Schnittker, Laura	Maple Grove	15.84Q
3 Bair, Maggie	Blaine	16.03Q
4 Maciej, Michelle	Elk River	16.24Q

5 Prouty, Keisha	Anoka	16.59q
6 Denler, Melissa	Champlin Par	17.02q
7 Abbott, Nicole	Anoka	17.42q
8 Smith, LaShonte	Osseo	17.47q
9 Jones, Erin	Centennial	17.52
10 Metzger, Mayem	Coon Rapids	17.62
11 Evanson, Olivia	Maple Grove	17.76
12 Sohns, Jordyn	Elk River	17.91
13 Reff, Haidee	Andover	18.02
14 House, Madison	Maple Grove	18.06
15 Young, Amanda	Blaine	18.06
16 Ohmann, Andrea	Blaine	18.06
17 Johnson, Emma	Coon Rapids	18.11
18 Rodman, Shauna	Anoka	18.15
19 Ketter, Rachel	Champlin Par	18.16
20 Hill, Jalen	Champlin Par	18.23
21 Lu, Tina	Coon Rapids	18.41
22 Bagley, Ashley	Centennial	18.79
23 Reynoldson, Katie	Andover	18.94
24 Abernathy, Tara	Osseo	18.95
25 Majkrzak, Natalie	Centennial	19.42
26 Givens, Danielle	Park Center	19.47
27 Olson, Addie	Andover	19.53
28 Wakayo, Yubo	Park Center	20.88
29 Byrd, Tiffany	Park Center	22.44

## Girls 100 Meter Hurdles

Conference: 14.99 \$ 2000

Jen Albers

Name	School	Finals
1 Okonkwo, Chiamaka	Osseo	14.96\$
2 Schnittker, Laura	Maple Grove	15.13
3 Maciej, Michelle	Elk River	15.67
4 Bair, Maggie	Blaine	15.92
5 Prouty, Keisha	Anoka	16.20
6 Denler, Melissa	Champlin Par	16.44
7 Abbott, Nicole	Anoka	16.62
8 Smith, LaShonte	Osseo	17.26

## Girls 300 Meter Hurdles

Conference: 45.13 \$ 1996

Katie Bestul

Name	School	Prelims
1 Okonkwo, Chiamaka	Osseo	47.27Q
2 Prouty, Keisha	Anoka	47.73Q
3 Hooker, Brehana	Park Center	47.94Q
4 Metzger, Mayem	Coon Rapids	48.18Q
5 Lu, Tina	Coon Rapids	48.40q
6 Bair, Maggie	Blaine	49.04q
7 Sollars, Sasha	Anoka	49.46q
8 Jones, Erin	Centennial	49.59q
9 Smith, LaShonte	Osseo	50.18
10 Johnson, Emma	Coon Rapids	50.32
11 Evanson, Olivia	Maple Grove	50.36
12 Reff, Haidee	Andover	50.50

## Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009

## Coon Rapids High School

## Results

## Preliminaries ... (Girls 300 Meter Hurdles)

Name	School	Prelims
13 Rodman, Shauna	Anoka	50.60
14 Hertz, Hope	Elk River	50.71
15 Givens, Danielle	Park Center	51.06
16 Forbes, Lizzy	Maple Grove	51.19
17 Majkrzak, Natalie	Centennial	51.38
18 Sohns, Jordyn	Elk River	51.43
19 Kitzmann, Kellie	Osseo	51.61
20 House, Madison	Maple Grove	51.79
21 Young, Amanda	Blaine	52.02
22 Reynoldson, Katie	Andover	52.07
23 Ohmann, Andrea	Blaine	52.30
24 Herman, Kaley	Champlin Par	52.34
25 Denler, Melissa	Champlin Par	52.35
26 Volk, Christine	Champlin Par	53.03
27 Carpenter, Morgan	Elk River	53.96
28 Bagley, Ashley	Centennial	55.26
29 Ekman, Sarah	Andover	55.60
30 Byrd, Tiffany	Park Center	58.86

## Girls 300 Meter Hurdles

Conference: 45.13 \$ 1996

Katie Bestul

Name	School	Finals
<b>Finals</b>		
1 Okonkwo, Chiamaka	Osseo	45.90
2 Hooker, Brehana	Park Center	46.08
3 Prouty, Keisha	Anoka	46.91
4 Metzger, Mayem	Coon Rapids	48.42
5 Lu, Tina	Coon Rapids	48.72
6 Jones, Erin	Centennial	49.00
7 Bair, Maggie	Blaine	49.17
8 Sollars, Sasha	Anoka	49.32

## Girls 4x100 Meter Relay

Conference: 49.64 \$ 5/21/2008 Andover

Team	Relay	Finals
<b>Finals</b>		
1 Elk River	A	49.48\$
2 Anoka	A	49.89
3 Osseo	A	49.98
4 Andover	A	50.71
5 Champlin Park	A	51.03
6 Maple Grove	A	51.30
7 Blaine	A	51.74
8 Coon Rapids	A	52.46
9 Park Center	A	54.03
--- Centennial	A	DNF

## Girls 4x200 Meter Relay

Conference: 1:44.11 \$ 1994

Coon Rapids

Team	Relay	Finals
<b>Finals</b>		
1 Osseo	A	1:43.34\$
2 Park Center	A	1:43.58\$
3 Blaine	A	1:46.85

4 Anoka	A	1:46.86
5 Coon Rapids	A	1:47.57
6 Elk River	A	1:47.67
7 Centennial	A	1:48.75
8 Andover	A	1:49.10
9 Champlin Park	A	1:50.37
10 Maple Grove	A	1:50.91

## Girls 4x400 Meter Relay

Conference: 4:00.13 \$ 2003

Anoka

Team	Relay	Finals
<b>Finals</b>		
1 Maple Grove	A	4:04.70
2 Anoka	A	4:06.41
3 Champlin Park	A	4:09.63
4 Osseo	A	4:10.81
5 Coon Rapids	A	4:11.16
6 Andover	A	4:12.30
7 Blaine	A	4:12.47
8 Centennial	A	4:13.09
9 Elk River	A	4:18.91
10 Park Center	A	4:29.59

## Girls 4x800 Meter Relay

Conference: 9:32.06 \$ 5/21/2008 Coon Rapids

Team	Relay	Finals
<b>Finals</b>		
1 Maple Grove	A	9:49.90
2 Centennial	A	9:52.14
3 Coon Rapids	A	9:52.18
4 Osseo	A	10:03.48
5 Andover	A	10:07.14
6 Elk River	A	10:13.40
7 Anoka	A	10:19.41
8 Champlin Park	A	10:29.20
9 Blaine	A	10:31.58
10 Park Center	A	11:42.79

## Girls High Jump

Conference: 5-08 \$ 1996

Gina Curtis

Name	School	Finals
<b>Finals</b>		
1 Schnittker, Laura	Maple Grove	5-05.00
2 Rafferty, Sara	Coon Rapids	5-04.00
3 Miller, Moriah	Centennial	5-02.00
4 McNallan, Jenna	Andover	5-01.00
5 Sawyer, Jenna	Champlin Par	5-00.00
6 Meidtke, Katie	Osseo	J5-00.00
7 Webb, Phyllis	Park Center	J5-00.00
8 Bilderback, Kayla	Centennial	4-10.00
8 Clarke, Bridget	Coon Rapids	4-10.00
8 Kurtovich, Maggie	Andover	4-10.00
8 Young, Amanda	Blaine	4-10.00
12 Seba, Colleen	Osseo	J4-10.00
12 Johnson, Jaclyn	Champlin Par	J4-10.00
12 Bakke, Allison	Osseo	J4-10.00

## Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009

## Coon Rapids High School

## Results

## Finals ... (Girls High Jump)

Name	School	Finals
12 Okuneye, Victoria	Champlin Par	J4-10.00
12 Hambleton, Jenny	Anoka	J4-10.00
12 Daulton, Kelsey	Elk River	J4-10.00
12 Christensen, Katie	Anoka	J4-10.00
12 Loberg, Kelli	Elk River	J4-10.00
12 Hooker, Brehana	Park Center	J4-10.00
21 Buyse, Emily	Anoka	4-08.00
22 Patterson, Allie	Centennial	4-06.00
22 Ordener, Madison	Maple Grove	4-06.00
24 Dormanen, Casey	Coon Rapids	4-04.00
24 Robinson, Brianna	Park Center	4-04.00

## Girls Pole Vault

Conference: 11-00 \$ 2004

Carrie Hinnners

Name	School	Finals
<b>Finals</b>		
1 Haas, Breanna	Coon Rapids	9-06.00
2 Burton, Katie	Champlin Par	J9-06.00
3 Berning, Kayla	Anoka	9-00.00
4 Bednarz, Layni	Elk River	J9-00.00
5 Wylie, Paxton	Blaine	J9-00.00
6 Crepeau, Laura	Elk River	8-06.00
7 Bair, Maggie	Blaine	J8-06.00
8 McNallan, Jenna	Andover	J8-06.00
9 Gillberg, Mollie	Coon Rapids	J8-06.00
10 Kackman, Kellee	Anoka	8-00.00
10 Felt, Alex	Elk River	8-00.00
10 Holden, Kaitlyn	Anoka	8-00.00
10 Burkholder, Amanda	Maple Grove	8-00.00
10 Sanborn, Hannah	Maple Grove	8-00.00
10 Hingos, Steffany	Maple Grove	8-00.00
10 Polverari, Grace	Andover	8-00.00
10 Osterheim, Hannah	Blaine	8-00.00
18 Okuneye, Victoria	Champlin Par	7-06.00
18 Drake, Alexandra	Champlin Par	7-06.00
18 Parisian, Shelby	Osseo	7-06.00
18 McDermond-Spies, Nikki	Centennial	7-06.00
18 Thompson, Margaret	Osseo	7-06.00
23 OIGrady, Marissa	Centennial	6-06.00
23 Salo, Hannah	Park Center	6-06.00
23 Sexton, Ashley	Osseo	6-06.00
23 Nelson, Nikki	Park Center	6-06.00
23 Skaja, Taylor	Andover	6-06.00
23 Barron, Angie	Centennial	6-06.00
--- Pream-Anderson, Alicia	Coon Rapids	NH
--- Hook, Kathryn	Park Center	NH

## Girls Long Jump

Conference: 18-00 \$ 2001

Leah Herrboldt

Name	School	Finals
<b>Finals</b>		
1 Murphey, Nicole	Blaine	18-01.50\$
2 Bilderback, Kayla	Centennial	17-06.00
3 Davis, Sasha	Park Center	17-01.75

4 Funfar, Shelby	Coon Rapids	17-01.00
5 Sorensen, Keelie	Park Center	16-11.50
6 Maciej, Michelle	Elk River	16-11.00
7 Hickerson, Rochelle	Andover	16-04.00
8 Hooker, Brehana	Park Center	16-03.75
9 Hill, Melanie	Champlin Par	16-02.50
10 Miller, Moriah	Centennial	15-05.50
11 Carroll, Ellyn	Osseo	15-05.25
12 Edwards, Kelly	Elk River	15-05.00
13 Johnson, Emma	Coon Rapids	15-04.50
14 Johnson, Jaclyn	Champlin Par	15-04.00
15 Mosley, Chrystel	Blaine	15-00.00
16 Detloff, Dani	Elk River	14-09.00
17 Holt, Amanda	Champlin Par	14-08.75
18 DeRoo, Jen	Anoka	14-08.50
19 Gebers, Bekkah	Coon Rapids	14-07.50
20 Meidtke, Katie	Osseo	14-07.00
20 Kurtovich, Maggie	Andover	14-07.00
22 Doeway, Unis	Osseo	13-11.00
23 Osborne, Leah	Blaine	13-09.50
24 Walker, Sarah	Centennial	13-07.75
25 Prouty, Keisha	Anoka	13-04.00
26 Niesen, Cora	Maple Grove	12-10.75
27 House, Madison	Maple Grove	12-10.00
28 Neumann, Rachel	Andover	12-08.75
29 Abbott, Nicole	Anoka	11-10.00

## Girls Triple Jump

Conference: 35-10.75 \$ 5/21/2008 Kayla Bilderback

Name	School	Finals
<b>Finals</b>		
1 Maciej, Michelle	Elk River	38-01.75\$
2 Bilderback, Kayla	Centennial	35-09.00
3 Abbott, Nicole	Anoka	35-00.00
4 Hawkins, Elizabeth	Blaine	34-09.00
5 Sorensen, Keelie	Park Center	34-03.50
6 Dimke, Sydney	Blaine	33-07.00
7 Aroboken, Fumi	Osseo	33-03.50
8 Holt, Amanda	Champlin Par	33-03.00
9 Doeway, Unis	Osseo	32-01.50
10 Clarke, Bridget	Coon Rapids	31-09.50
11 Hertz, Hope	Elk River	31-09.00
12 Carroll, Ellyn	Osseo	31-08.00
13 McDonald, Megan	Andover	31-06.00
13 Gebers, Bekkah	Coon Rapids	31-06.00
15 House, Madison	Maple Grove	31-03.50
15 Luogon, Nehwoen	Park Center	31-03.50
17 Wylie, Paxton	Blaine	30-11.75
18 Miller, Moriah	Centennial	30-10.50
19 Edwards, Kelly	Elk River	30-08.50
20 Rodman, Shauna	Anoka	30-08.00
21 Olarinde, Kemi	Park Center	30-06.25
22 Jamus, Subah	Andover	29-11.50
23 Terhark, Jennifer	Champlin Par	29-10.00
24 Forbes, Lizzy	Maple Grove	29-08.00
25 Reynoldson, Katie	Andover	29-06.25

## Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009

## Coon Rapids High School

## Results

**Finals ... (Girls Triple Jump)**

Name	School	Finals
26 Korsah, Georgia	Coon Rapids	29-05.00
26 Anderson, Rachelann	Maple Grove	29-05.00
28 Thieschafer, Jackie	Anoka	29-02.00
29 Crocker, Nicole	Centennial	28-10.50

**Girls Shot Put**

Conference: 43-01 \$ 1997

Trisha Curtis

Name	School	Finals
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**Finals**

1 Lesser, Emily	Maple Grove	40-01.50
2 Michael, LaBrisha	Osseo	38-00.25
3 Gillund, Tracie	Blaine	37-07.00
4 Ford, Emily	Osseo	37-04.00
5 Jergensen, Stephanie	Blaine	36-04.75
6 Nwaokolo, Amaka	Champlin Par	35-11.75
7 Culp, Becky	Centennial	35-08.25
8 Markfort, Stephanie	Coon Rapids	34-03.50
9 Riggie, Amber	Osseo	34-01.75
10 Lorge, Ashley	Anoka	32-10.00
11 Ngongang, Vivian	Centennial	32-07.75
12 Johnston, Trysha	Blaine	32-04.25
13 Thorndal, Nicole	Elk River	32-01.50
14 Gaffer, Rebecca	Maple Grove	32-01.00
15 Williams, Sarah	Elk River	31-08.50
16 Skobel, Brittany	Anoka	31-04.50
17 Sarazine, Stephanie	Anoka	31-04.25
18 Ngongang, Tatiana	Centennial	31-04.00
19 Nwaokolo, Nkem	Champlin Par	31-02.25
20 Kuntz, Ali	Champlin Par	30-06.25
21 Keith, Maya	Park Center	30-04.25
22 Detloff, Molli	Elk River	30-03.75
23 Zapzalka, Peyton	Andover	30-01.75
24 Olarinde, Kemi	Park Center	29-11.00
25 Kath, Renee	Coon Rapids	29-08.50
26 Andrews, Julia	Coon Rapids	29-03.50
27 Richter, Kendra	Park Center	28-00.25
28 Glime, Marina	Maple Grove	25-09.00
29 McCall, Courtney	Andover	25-03.50
30 Peterson, Bethany	Andover	24-03.75

**Girls Discus Throw**

Conference: 133-04 \$ 2000

Jessica Stephan

Name	School	Finals
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**Finals**

1 Culp, Becky	Centennial	127-11
2 Ford, Emily	Osseo	115-02
3 Fife, Jessica	Osseo	111-02
4 Lesser, Emily	Maple Grove	109-01
5 Thorndal, Nicole	Elk River	107-02
6 Scott, Ty	Champlin Par	104-03
7 Skobel, Brittany	Anoka	101-09
8 Detloff, Molli	Elk River	99-09
9 Johnston, Trysha	Blaine	98-10
10 Williams, Sarah	Elk River	98-08

11 Gillund, Tracie	Blaine	97-11
12 Keith, Maya	Park Center	97-01
13 Ngongang, Tatiana	Centennial	94-03
14 Norman, Jocelyn	Maple Grove	92-03
15 Jergensen, Stephanie	Blaine	92-01
16 Dahl, Tori	Anoka	87-01
17 Struck, Sarah	Champlin Par	85-01
18 Hilliard, Erin	Anoka	83-10
19 Pack, Lauren	Centennial	83-04
20 Richter, Kendra	Park Center	83-03
21 McCall, Courtney	Andover	82-04
22 Olarinde, Kemi	Park Center	81-07
23 Markfort, Stephanie	Coon Rapids	79-10
24 Laurent, Lisa	Maple Grove	75-03
25 Stuart, Jen	Osseo	73-01
26 Kath, Renee	Coon Rapids	72-07
27 Peterson, Bethany	Andover	70-11
28 Abeler, Micaela	Coon Rapids	65-11

**Women - Team Rankings - 18 Events Scored**

1) Osseo	123
2) Maple Grove	83
3) Blaine	75.25
4) Champlin Park	73
5) Centennial	71.25
6) Anoka	65
7) Elk River	61
8) Coon Rapids	59.25
9) Park Center	51
10) Andover	40.25