

Blaine

REGION 4 AA

GIRLS

TRACK

PRELIMINARIES

ROBERT L. MILLER

STADIUM

STILLWATER

MAY 30, 1991

\$1.00

REGION 4AA TRACK RECORDS
GIRLS-1990

<u>EVENT</u>	<u>INDIVIDUAL</u>	<u>SCHOOL</u>	<u>TIME/DIST.</u>	<u>YEAR</u>
Discus	Kristi Oleen	Blaine	153'10	1987
High Jump	Julie Hoyes	Anoka	5'6	1979
Shot Put	Fayette Farrar	North	43'11 3/4	1979
Long Jump	Kristi Kropp	Anoka	18'4 1/4	1982
3200 Meter Relay		Anoka	9:32.7	1986
100 Meter High Hurdles	Kathy Gebeke	White Bear Lake	15.0	1985
*100 Meter Low Hurdles	Kathy Gebeke	White Bear Lake	14.2	1984
100 Meter Dash	Ann Kiecker	Coon Rapids	12.2	1985
800 Meter Relay		Anoka	1:43.1	1981
1600 Meter Run	Tracy Dahl	Anoka	4:55.9	1988
400 Meter Relay		Coon Rapids	49.4	1986
400 Meter Dash	Anne Hills	Mounds View	56.2	1984
300 Meter Low Hurdles	Heidi Juhl	Stillwater	45.5	1985
*200 Meter Low Hurdles	Myra Becker	Blaine	28.6	1980
*165 Meter Low Hurdles	Myra Becker	Blaine	24.0	1979
800 Meter Run	Ann Klein	Hill-Murray	2:14.1	1980
200 Meter Dash	Sara Schroefer	Mounds View	25.4	1986
1600 Meter Relay		Anoka	3:54.8	1981
3200 Meter Run	Tracy Dahl	Anoka	10:39.5	1988

1991 Final Results - Region 4AA Meet - Girls

Long Jump			
<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Cindy Bethany	MV	17'5"
2.	Kerry Lynch	WBL	16'1 1/2"
3.	Coleen Vance	IR	15'11 1/2"
4.	Shelly Bakke	AN	15'8 1/2"
5.	Lori Sadlowsky	IR	15'5 1/2"
6.	Jodie Hillyard	BL	15'2 3/4"

<u>Discus</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Shelly Nathe	ER	112' 11"
2.	Angie West	BL	107' 0"
3.	Jody Sommerfeld	MV	103' 1"
4.	Janelle Peterson	BL	101' 7"
5.	Kelly Zandtke	FL	100' 11"
6.	Michelle Ryan	IR	99' 6"

3200 Meter Run			
<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Jill Dybdal	WBL	11:24.0
2.	Kristin Gfoerer	AN	11:35.4
3.	Carrie Olson	CR	11:51.2
4.	Nicki Venske	WBL	12:00.0
5.	Brenda Greeley	CR	12:10.4
6.	Karleen Warner	HM	12:10.5

3200 Meter Relay			
<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.		ANOKA	9:39.82
2.		MOUNDS VIEW	9:46.19
3.		FOREST LAKE	9:59.24
4.		COON RAPIDS	10:00.2
5.		NORTH	10:01.12
6.		STILLWATER	10:25.9

1991 Final Results - Region 4AA Meet - Girls

100 Meter High Hurdles

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Kerry Lambert	BL	15.58
2.	Heather Kasun	S	15.90
3.	Sarah VonWald	CR	16.29
4.	Jenny Lindgren	CR	16.57
5.	Lori Sadlowsky	IR	16.65
6.	Erin Nygaard	CR	16.78

100 Meter Dash

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Anita Paulino	FL	12.90
2.	Nikki Stroinski	CR	13.10
3.	Trichia Pendzimas	AN	13.28
4.	Kris Eissingar	WBL	13.44
5.	Anne Taylor	S	13.53
6.	Amy Larson	CR	13.56

800 Meter Relay

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.		MOUNDS VIEW	1:46.82
2.		STILLWATER	1:48.41
3.		COON RAPIDS	1:48.51
4.		WHITE BEAR LAKE	1:49.09
5.		ANOKA	1:49.55
6.		TARTAN	1:49.98

1600 Meter Run

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Jill Dybdal	WBL	5:18.23
2.	Carrie Olson	CR	5:23.72
3.	Shan Rooney	WBL	5:28.76
4.	Sarah Nelson	N	5:30.13
5.	Betsy Dobbins	T	5:30.72
6.	Tammy Glaim	FL	5:30.84

1991 Final Results - Region 4AA - Girls

800 Meter Run

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Jennifer Watson	AN	2:16.18
2.	Tiffany Laudon	MV	2:22.17
3.	Stephanie Johnson	MV	2:26.31
4.	Meredith Schreader	WBL	2:26.52
5.	Chrisi Keefe	CR	2:28.02
6.	Teresa O'Hearn	AN	2:28.37

200 Meter Dash

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Anita Paulino	FL	26.33
2.	Cindy Bethany	MV	26.45
3.	Nikki Stroinski	CR	26.78
4.	Lee Friedrich	HM	27.33
5.	Kerry Lynch	WBL	27.67
6.	Amy Larson	CR	27.77

1600 Meter Relay

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.		ANOKA	4:03.00
2.		STILLWATER	4:06.08
3.		TARTAN	4:11.22
4.		ELK RIVER	4:12.14
5.		MOUNDS VIEW	4:13.34
6.		COON RAPIDS	4:18.57

High-jump

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Sarah Adermann	CR	5'4"
2.	Missy VanRanst	T	4'10"
3.	Katie Croswell	MV	4'10"
4.	Alyssa Larson	CENT	4'10"
5.	Jodi Kleffman	MV	4'10"
6.	Carrie Goffin	CR	4'10"

1991 Final Results - Region 4AA Meet - Girls

400 Meter Relay

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.		MOUNDS VIEW	51.15
2.		BLAINE	51.16
3.		ANOKA	52.16
4.		COON RAPIDS	52.36
5.		IRONDALE	52.55
6.		FOREST LAKE	52.64

<u>Shotput</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Angie West	BL	39'0"
2.	Brittany Vogel	I	37'3 $\frac{3}{4}$ "
3.	Sarah Beck	I	36'2 $\frac{3}{4}$ "
4.	Carrie Heiderscheid	AN	34'11 $\frac{1}{2}$ "
5.	Teresa Smith	BL	34'9 $\frac{1}{2}$ "
6.	Heather Hendrickson	SLP	33'6 $\frac{1}{2}$ "

400 Meter Dash

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Amy Ochocki	I	59.39
2.	Ann Schultz	T	59.96
3.	Lena Simich	T	60.06
4.	Lee Friedrich	HM	60.95
5.	Anita Paulino	FL	62.39
6.	Sara Joesting	FL	62.63

300 Meter Low Hurdles

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>
1.	Holly Hardgroder	S	44.87 RECORD
2.	Molly Benson	MV	46.68
3.	Lori Sadlowsky	I	47.83
4.	Emily Carroll	WBL	47.95
5.	Lori Meisterling	S	48.31
6.	Erin Nygaard	CR	48.36

GIRLS ORDER OF EVENTS	Amherst	Blaine	Centennial	Col. Heights	Coon Rapids	Elb River	Forest Lake
Running 100 M. H/Hurdles	0 0	10 10	0 0	0 0	11 11	0 0	0 0
3200 M. Relay	10 10	0 10	0 0	0 0	4 15	0 0	6 6
100 M. Dash	6 16	0 10	0 0	0 0	9 24	0 0	10 16
1600 M. Dash (2 heat)	0 16	0 10	0 0	0 0	8 32	0 0	1 17
400 M. Relay	6 22	8 18	0 0	0 0	4 36	0 0	1 18
400 M. Dash	0 22	0 18	0 0	0 0	0 36	0 0	3 21
300 M. 100 ⁴⁰⁰ Hurdles	0 22	0 18	0 0	0 0	1 37	0 0	0 21
800 M. Dash	11 33	0 18	0 0	0 0	2 39	0 0	0 21
Sprint Medley Relay							
200 M. Dash	0 33	0 18	0 0	0 0	7 46	0 0	10 31
3200 M. Run (2 Heat)	8 41	0 18	0 0	0 0	8 54	0 0	0 31
800 M. Relay	2 43	0 18	0 0	0 0	6 60	0 0	0 31
1600 M. Relay	10 53	0 18	0 0	0 0	1 61	4 4	0 31
Field Events: Shot	4 57	12 30	0 0	0 0	0 61	0 4	0 31
Discus	0 57	12 42	0 0	0 0	0 61	10 14	2 33
Pole Vault							
High Jump	0 57	0 42	4 4	0 0	4½ 61	0 14	0 31
Triple Jump					72½		
Long Jump	4 61	1 43	0 40	0 0	0 61	0 14	0 33
TOTAL	61	43	4	0	72½	14	33
	AN	BL	Cent	CH	CR	ER	FL

Girls Track coach

1991 REGION 4AA CHAMPIONSHIPS
FINAL TEAM SCORES
-GIRLS-

<u>PLACE</u>	<u>SCHOOL</u>	<u>POINTS</u>
1.	MOUNDS VIEW	83½
2.	COON RAPIDS	72½
3.	ANOKA	61
4.	WHITE BEAR LAKE	56
5.	BLAINE	43
5.	IRONDALE	43
7.	STILLWATER	39
8.	FOREST LAKE	33
9.	TARTAN	31
10.	ELK RIVER	14
11.	HILL-MURRAY	9
12.	NORTH ST. PAUL	6
13.	CENTENNIAL	4
14.	ST. LOUIS PARK	1
15.	SPRING LAKE PARK	0

