

1993 FINAL RESULTS - REGION 4AA MEET - GIRLS

LONG JUMP

*Std: State Meet Standard

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Harvieux, Sarah	Stillwater	16'11"
2.	Fanner, Zoe	CoorRapids	16'8"
3.	Butler, Erica	MoundsView	16'7"
4.	Hillyard, Jodie	Blaine	16'2"
5.	Simonson, Heidi	CoorRapids	16'1"
6.	Wold, Karianne	SLP/SA	15'10.5"
7.	Buchard, Casey	Anoka	15'10"
8.	Pollnow, Shannon	MoundsView	15'9.5"

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PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Hannula, Jenny	Irondale	118'4"
2.	Smith, Teresa	Blaine	113'4"
3.	Lawrence, Katie	Spring Lake Park/St. A	109'0"
4.	Parks, Sonja	CoorRapids	107'6"
5.	Ladue, Sara	Anoka	104'3"
6.	Staben, Amy	Centennial	102'5"
7.	Peterson, Jenny	Centennial	98'6"
8.	Keiser, Kasey	CoorRapids	96'9"

3200 M. RUN

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Rowles, Sarah	Hill-Murray	11:45.52
2.	Kinney, Renee	Stillwater	11:51.27
3.	Olson, Carrie	CoorRapids	11:54.43
4.	Caldwell, Melissa	MoundsView	11:56.99
5.	Olund, Kim	WhiteBearLake	11:59.26
6.	Gullingsrud, Anna	MoundsView	12:05.5
7.	Keefe, Chrissi	CoorRapids	12:08.97
8.	Zemke, Kim	Stillwater	12:09.9

Girls' 100 Meter High Hurdles

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Nygaard, Erin ✓	CoorRapids	15.15
2.	Pollnow, Shannon	MoundsView	16.02
3.	Fronstad, Leslie	North St. Paul	16.11
4.	Carroll, Emily ✓	WhiteBearLake	16.52
5.	Shardlow, Molly	Irondale	16.61
6.	Whittaker, Molly	WhiteBearLake	16.79
7.	McKee, Molly	Stillwater	16.94
8.	Arnes, Becky ✓	CoorRapids	17.26

Girls 100 Meter Dash Finals

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Budig, Andrea	Cenntennial	12.63
2.	Richardson, Carmen	Irondale	12.65
3.	Stone, Erica	CoorRapids	13.01
4.	Thomas, Amy	WhiteBearLake	13.14
5.	Anderson, Angie	CoorRapids	13.23
6.	Johnson, Kelsi	Tartan	13.26
7.	Johnson, Meggan	MoundsView	13.31
8.	Gisch, Karen	WhiteBearLake	13.45

Girls Triple Jump Finals

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Wold, Karianne	SpingLake Park	35' 6 1/2"
2.	Butler, Erica	MoundsView	35' 2 1/2"
3.	Overskei, Kristen	MoundsView	34' 10"
4.	Foley, Sharma	MoundsView	34' 6"
5.	Katzmark, Camie	Tartan	34' 2"
6.	Winter, Laura	Stillwater	34' 1/2"
7.	Harvieux, Sarah	Stillwater	33' 9 1/2"
8.	Cooper, Holly	CoorRapids	33' 8 1/2"
9.	Whittaker, Molly	WhiteBearLake	33' 2"

Girls 1600 Meter Run

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Bahe, Kathleen	CoorRapids	5:15.46
2.	Maciasek, Amy	MoundsView	5:22.10
3.	Rowles, Sarah	Hill-Murray	5:26.08
4.	Graham, Meagan	Stillwater	5:30.67
5.	Olson, Carrie	CoorRapids	5:31.04
6.	Caldwell, Melissa	MoundsView	5:31.79
7.	Olund, Kim	WhiteBearLake	5:32.21
8.	Palmer, Carrie	Stillwater	5:33.92

Girls' 800 Meter Relay

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Coon Rapids		1:44.62
2.	Champlin Park		1:46.50 STD
3.	Mounds View		1:47.30
4.	Tartan		1:49.40
5.	Irondale		1:51.11
6.	White Bear Lake		1:51.59
7.	Hill-Murray		N.A.T.
8.	Stillwater		1:51.62

Girls Shot Put

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Hannula, Jenny	Irondale	38' 8"
2.	Poser, Carrie	MoundsView	37' 4 1/2"
3.	Kleffman, Jody	MoundsView	35' 10"
4.	Spencer, Cecily	Tarant	35' 1/4"
5.	Stoltzman, Carolyn	Stillwater	34' 4 1/2"
6.	Freeberg, Nicole	CoorRapids	33' 6"
7.	Hawkins, Tiffany	North St. Paul	33' 3"
8.	Geisen, Trishia,	CoorRapids	33' 3"

Girls' 800 Meter Run Finals

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Bohe, Kathleen	CoorRapids	2:21.5
2.	Hudson, Kelly	Stillwater	2:23.5
3.	Frantz, Julie	Spring Lake Park/St. A	2:24.9
4.	Gerzema, Karla	MoundsView	2:26.2
5.	Prickett, Maeghan	Spring Lake Park/St. A	2:26.6
6.	O'Hearn, Teresa	Anoka	2:26.9
7.	Temke, Sarah	Champlin Park	2:26.9
8.	House, Jessica	WhiteBearLake	2:30.5

Girls' 400 Meter Relay

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Coon Rapids		50.56
2.	Centennial		50.92
3.	Irondale		51.04
4.	Mounds View		51.16
5.	Blaine		51.93
6.	White Bear Lake		52.69
7.	Stillwater		53.12
8.	Anoka		N.A.T.

Girls' 400 Meter Dash Finals

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Simich, Lena	Tarant	59.37
2.	Ankum, Chris	Tarant	60.69
3.	Literski, Kristi	Champlin Park	61.22
4.	Strand, Sarah	Blaine	61.30
5.	Wold, Becca	MoundsView	61.56
6.	Madagan, Mandy	Spring Lake Park/St. A	61.97
7.	Kimbell, Joey	Stillwater	62.91
8.	Conners, Sarah	Hill-Murray	63.91

Girls' 200 Meter Dash Finals

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Richardson, Carmen	Irondale	25.72
2.	Budig, Andrea	Centennial	26.10
3.	Porter, Jenni	ChamplinPark	26.13 STD
4.	Simonson, Heidi	CoorRapids	26.33
5.	White, Janelle	CoorRapids	26.73
6.	Hillyard, Jodie	Blaine	27.17
7.	Stanley, Stacy	MoundsView	27.34
8.	Anderson, Angie	CoorRapids	27.40

Girls' 300 Meter Low Hurdles Finals

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	White, Janelle	CoorRapids	45.06
2.	Carroll, Emily	WhiteBearLake	46.78
3.	Nygaard, Erin	CoorRapids	48.30
4.	Katzmark, Camie	Tartan	48.86
5.	Miller, Mandi	Stillwater	48.88
6.	Wruck, Kelly	Centennial	48.90
7.	Arnes, Becky	CoorRapids	49.30
8.	Perish, Cami	North St. Paul	52.51

Girls' 1600 Meter Relay

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Champlin Park		4:03.99
2.	Mounds View		4:04.16 STD
3.	Tartan		4:06.25
4.	Stillwater		4:12.23
5.	Hill-Murray		4:16.42
6.	Centennial		4:18.82
7.	Irondale		4:19.26
8.	White Bear Lake		4:19.87

Girls' High Jump

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Emily, Frickson	Stillwater	5-4
2.	Traci, Podgorski	MoundsView	5-3
3.	Erica, Olson	Irondale	5-3
4.	Kim, Lovbhry	CoorRapids	5-0
5.	Katie, Croswell	MoundsView	5-0
6.	Becky, Johnson	Anoka	5-0
7.	Lori, Peichels	Centennial	5-0
8.	Gipskey, Beth	CoorRapids	4-10
9.	Bushard, Casey	Anoka	4-10

Girls 3200 Meter Relay

PLACE	NAME	SCHOOL	TIME/DISTANCE
1.	Mounds View		9:41.97
2.	Stillwater		9:48.93 STD
3.	White Bear Lake		10:08.41
4.	Coon Rapids		10:09.80
5.	Irondale		10:10.41
6.	Tartan		10:18.79
7.	North		10:22.50

Girls Finals

1. Coon Rapids - 135
2. Mounds View - 121
3. Stillwater - 76
4. Irondale - 64
5. Tartan - 49
6. White Bear Lake - 42
7. Centennial - 39
8. Champlin Park - 32
9. Spring Lake Park/St. Anthony - 32
10. Blaine - 26
11. Hill-Murray - 23
12. Anoka - 13
13. North St. Paul - 11

GIRLS ORDER OF 8 PLACES EVENTS SCORING 10, 8, 6, 5, 4, 3, 2, 1		Anoka	Blaine	Centennial	Champion Park	Coon Rapids	Hill-Murray	Irondale
X	Running 100 M. H/Hurdles	0	0	0	0	11	0	4
	3200 M. Relay	0	1	0	0	5	0	4
X	100 M. Dash	0	0	10	0	10	0	8
X	1600 M. Dash (2 heat)	0	0	10	0	14	6	0
X	400 M. Relay	1	4	8	0	10	0	6
X	400 M. Dash	0	5	18	6	0	1	0
X	300 M. ^{Low} Int./Hurdles	0	10	3	0	18	0	0
X	800 M. Dash	3	0	0	2	10	0	0
	Sprint Medley Relay							
X	200 M. Dash	0	3	8	6	10	0	10
X	3200 M. Run (2 Heat)	0	0	0	0	8	10	0
X	800 M. Relay	0	0	0	8	10	2	4
X	1600 M. Relay	0	0	3	10	0	4	2
X	Field Events: Shot	0	0	0	0	4	0	10
X	Discus	4	8	5	0	6	0	10
	Pole Vault							
X	High Jump	3	0	2	0	6	0	6
X	Triple Jump	0	0	0	0	1	0	0
X	Long Jump	2	5	0	0	12	0	0
	TOTAL	12	10	7	7	1	11	4

GIRLS ORDER OF EVENTS	Mounds View	North St. Paul	Spring Lake Park	Stillwater	Tarleton	White Bear Lake	
Running 100 M. H/Hurdles	8 8	6 6	0 0	2 2	0 0	8 8	
3200 M. Relay	10 18	2 8	0 0	8 10	3 3	6 14	
100 M. Dash	2 20	0 8	0 0	0 10	3 6	6 20	
1600 M. Dash (2 heat)	11 31	0 8	0 0	6 16	0 6	2 22	
400 M. Relay	5 36	0 8	0 0	2 18	0 6	3 25	
400 M. Dash	4 40	0 8	3 3	2 20	18 24	0 25	
300 M. ^{Low} Int. /Hurdles	0 40	1 9	0 3	4 24	5 29	8 33	
800 M. Dash	5 45	0 9	10 13	8 32	0 29	1 34	
Sprint Medley Relay							
200 M. Dash	2 47	0 9	0 13	0 32	0 29	0 34	
3200 M. Run (2 Heat)	8 55	0 9	0 13	9 41	0 29	4 38	
800 M. Relay	6 61	0 9	0 13	1 42	5 34	3 41	
1600 M. Relay	8 69	0 9	0 13	5 47	6 40	1 42	
Field Events: Shot	14 83	2 11	0 13	4 51	5 45	0 42	
Discus	0 83	0 11	6 19	0 51	0 45	0 42	
Pole Vault							
High Jump	12 95	0 11	0 19	10 61	0 45	0 42	
Triple Jump	19 114	0 11	10 29	5 66	4 49	0 42	
Long Jump	7 121	0 11	3 32	10 76	0 49	0 42	
TOTAL	2	13	18	3	5	6	