

GIRLS 1995 REGION 4AA FINAL RESULTS**HIGH JUMP**

NAME	SCHOOL	HEIGHT
1. Arness, Katie	CR	5' 2"
2. Nassamer, Sarah	MV	5' 2"
3. Van Ranst, Kara	T	5' 2" (std.)
4. Smith, Heidi	T	5' 2" (std.)
5. Gipsky, Beth	CR	5' 2" (std.)
6. Martens, Alena	S	5' 0"
7. Cooper, Gretchen	CR	5' 0"
8. Catrysse, Jill	I	4' 10"

1995 REGION 4AA TEAM RESULTS

SCHOOL	POINTS
1. COON RAPIDS	159
2. MOUNDS VIEW	106
3. STILLWATER	73
4. ANOKA	56
5. WHITE BEAR LAKE	54
6. CHAMPLIN PARK	50
7. TARTAN	35.5
8. IRONDALE	33.5
9. NORTH ST. PAUL	24
10. BLAINE	20.5
11. CENTENNIAL	20
12. HILL-MURRAY	17
13. SPL/ ST. ANTHONY	10
14. MAHTOMEDI	4.5

GIRLS 1995 REGION 4AA FINAL RESULTS**3200 METER RUN**

NAME	SCHOOL	TIME
1. Gullingerud, Anna	MV	11:10.00
2. Elstrom, Paula	NSP	11:16.52
3. Rautmann, Beth	WBL	11:28.22
4. Skepegstad, Jacki	WBL	11:31.32
5. Behun, Tamya	B	11:40.82
6. Ashbrook, Emily	MV	11:59.30
7. Schroeder, Mel	S	12:00.14
8. Grant, Carly	B	12:01.00

3200 METER RELAY

SCHOOL	TIME
1. MOUNDS VIEW (Record)	9:21.47
2. STILLWATER (Standard Qualifier)	9:32.42
3. IRONDALE	9:53.48
4. BLAINE	9:54.14
5. COON RAPIDS	10:10.33
6. CENTENNIAL	10:19.46
7. CHAMPLIN PARK	10:29.36
8. WHITE BEAR LAKE	10:32.09

100 METER HURDLES

NAME	SCHOOL	TIME
1. Bestul, Katie	CR	15:35
2. Augst, Marcie	A	15:46
3. Hajek, Liz	S	15:78 (std.)
4. Gipeky, Beth	CR	15:80 (std.)
5. Fuchs, Chere	A	15:82 (std.)
6. Amess, Becky	CR	16:31
7. Kackman, Angie	C	16:59
8. Cattrysse, JH	I	16:99

100 METER DASH

NAME	SCHOOL	TIME
1. Porter, Jenni	CP	12:78
2. Martens, Alena	S	12:85
3. Schultz, Ann	T	13:11
4. Stone, Erica	CR	13:24
5. Call, Tracy	A	13:34
6. Lien, Jackie	T	13:43
7. Glisch, Karen	WBL	13:47
8. Gray, Tammy	A	13:50

GIRLS 1995 REGION 4AA FINAL RESULTS**800 METER RELAY**

SCHOOL	TIME
1. COON RAPIDS	1:44.76
2. MOUNDS VIEW	1:44:85 (std.)
3. WHITE BEAR LAKE	1:50.17
4. CENTENNIAL	1:51.16
5. CHAMPLIN PARK	1:52.43
6. STILLWATER	1:53.10
T7. TARTAN	1:53.20
T7. IRONDALE	1:53.20

1600 METER RUN

NAME	SCHOOL	TIME
1. Stjegaard, Jacki	WBL	5:13.30
2. Bahe, Kathleen	CR	5:13.60
3. Rowles, Sarah	HM	5:18.70
4. Elstrom, Paula	NSP	5:18.80
5. Rautmann, Beth	WBL	5:20.50
6. Nugent, Gayle	MV	5:21.20
7. Tushans, Jenny	WBL	5:29.90
T8. Jerke, Lindsay	B	5:34.30
T8. Mallory, Renee	M	5:34.30

400 METER RELAY

SCHOOL	TIME
1. MOUNDS VIEW	49.88
2. COON RAPIDS	50.01 (STD.)
3. ANOKA	50.33 (STD.)
4. CHAMPLIN PARK	50.84
5. WHITE BEAR LAKE	51.44
6. BLAINE	52.05
7. IRONDALE	52.29
8. SPRING LAKE PARK/ ST. ANTHONY	52.62

400 METER DASH

NAME	SCHOOL	TIME
1. Affeldt, Amber	CR	54.7 (record)
2. Temke, Sarah	CP	59.5
3. Marshall, Sarah	S	60.7
4. Dose, Errin	WBL	60.8
5. Marvia, Kristy	M	61.3
6. Moylan, Jenny	I	62.9
7. Novak, Suzie	MV	63.0
8. Novak, Amy	MV	63.1

HAND HELD TIMES

GIRLS 1995 REGION 4AA FINAL RESULTS**300 METER HURDLES**

NAME	SCHOOL	TIME
1. Bestul, Katie	CR	45.43
2. Fucha, Chere	A	45.55
3. Perish, Cami	NSP	46.56
4. Arness, Becky	CR	48.68
5. Stuart, Carrie	B	49.34
6. Hanson, Majken	MV	49.77
7. Coona, Shauna	CR	50.50
8. Applen, Meg	CP	52.09

800 METER RUN

NAME	SCHOOL	TIME
1. Affeldt, Amber	CR	2:12.92 (rec.)
2. Ashbrook, Liz	MV	2:20.73
3. Boyd, Denay	WBL	2:21.25 (std.)
4. Palmer, Carrie	S	2:22.08
5. Maciasck, Amy	MV	2:22.88
6. Mackie, Megan	MV	2:23.29
7. House, Jessica	WBL	2:23.44
8. Skogerboe, Nikki	B	2:23.82

200 METER DASH

NAME	SCHOOL	TIME
1. Porter, Jenny	CP	25.64
2. Cooper, Gretchen	CR	26.22
3. Martens, Alena	S	26.67
4. Simonsen, Heidi	CR	26.77
5. Schultz, Ann	T	26.92
6. Stokes, Kidada	MV	27.08
7. Thornton, Jessi	CP	27.62
8. Gisch, Karen	WBL	27.85

1600 METER RELAY

SCHOOL	TIME
1. MOUNDS VIEW	4:00.08
2. STILLWATER	4:05.32 (STD)
3. COON RAPIDS	4:07.56
4. TARTAN	4:09.36
5. NORTH SAINT PAUL	4:13.12
6. CHAMPLIN PARK	4:13.88
7. ANOKA	4:18.09
8. BLAINE	4:19.06

GIRLS 1995 REGION 4AA FINAL RESULTS**DISCUS**

NAME	SCHOOL	DISTANCE
1. Curtis, Trish	CR	121' 1"
2. Staben, Amy	C	118' 1"
3. Wolf, Jenny	MV	111' 6"
4. Clairmount, Yvette	SLP-SA	105' 8"
5. Butler, Courtney	CP	103' 2"
6. Paye, Quita	MV	102' 8"
7. Meyer, Julie	CR	101' 11"
8. Walz, Lisa	HM	97' 1"

LONG JUMP

NAME	SCHOOL	DISTANCE
1. Osewalt, Lara	I	17' 4 1/2"
2. Martens, Alena	S	17' 2 1/2"
3. Augst, Marcie	A	16' 9"
4. Harvieux, Sarah	S	16' 1 1/2"
5. Cooper, Holly	CR	15' 10"
6. Renner, Becky	A	15' 9 1/2"
7. Vukmanich, Cheryl	CR	15' 9 1/2"
8. Rutz, Jenny	CP	15' 6"

TRIPLE JUMP

NAME	SCHOOL	DISTANCE
1. Osewalt, Lara	I	35' 1/2"
2. Koski, Amanda	A	34' 6"
3. Taylor, Julie	MV	34' 3"
4. Cooper, Holly	CR	34' 2"
5. Harvieux, Sarah	S	33' 11"
6. Hangalchan, Erika	MV	33' 6"
7. Baglien, Kim	MV	33' 2"
8. Hajek, Liz	S	33' 0"

SHOT PUT

NAME	SCHOOL	DISTANCE
1. Walz, Lisa	HM	36' 10"
2. Curtis, Trish	CR	36' 9 1/2"
3. Ring, Melissa	A	36' 5"
4. Schultz, Ann	T	36' 4 1/2"
5. Haffeman, Lisa	SLP/SA	35' 1 1/4"
6. Muir, Amy	CR	34' 7 1/2"
7. Staben, Amy	C	34' 2 3/4"
8. Hawkins, Tiffany	NSP	34' 1/210.