

1997
TCSC West Final Score - Girls
Conference Track Meet

Place	School	Points
1	Coon Rapids	204.5
2	Elk River	167
3	Osseno	77
4	Blaine	73
5	Anoka	55.5
6	Park Center	53
7	Champlin Park	47
8	Maple Grove	24

TCSC West Conference Track Meet
Final Results - Girls

4x800 Relay

Place	Name	School	Time
1		Coon Rapids	9:58.08
2		Osseo	10:05.38
3		Park Center	10:24.76
4		Champlin Park	10:31.19
5		Elk River	10:32.23
6		Anoka	10:43.69
7		Maple Grove	11:14.09
8		Blaine	11:30.09

Girls 100m Hurdles

Place	Name	School	Time
1	Katie Bestul	Coon Rapids	15.29
2	Rianna Anery	Park Center	15.51
3	Aleasha Jacobson	Elk River	15.76
4	Shauna Coons	Coon Rapids	16.28
5	Carrie Stuart	Blaine	16.33
6	Michelle Kerr	Coon Rapids	16.66
7	Lindsey Augst	Anoka	16.98
8	Heather Lowinske	Blaine	17.31

Girls 100m Dash

Place	Name	School	Time
1	Sarah Mismash	Elk River	12.72
2	Gretchen Cooper	Coon Rapids	12.87
3	Agena Christopherson	Osseo	13.08
4	Kim Curtis	Coon Rapids	13.31
5	Jillian Ylonen	Champlin Park	13.38
6	Kate Lindsey	Blaine	13.43
7	Kristin Wells	Coon Rapids	13.49
8	Jess Keuhn	Blaine	13.52

Girls 4x200m Relay

Place	Name	School	Time
1		Coon Rapids	1:47.49
2		Osseo	1:48.66
3		Park Center	1:50.55
4		Elk River	1:51.58
5		Champlin Park	1:51.61
6		Blaine	1:53.29
7		Anoka	1:55.38
8		Maple Grove	2:02.14

Girls 1600m Run

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	Laura Graen	Champlin Park	5:37.88
2	Liz Book	Maple Grove	5:41.34
3	Heidi Diethelm	Elk River	5:41.47
4	Kristen Findley	Blaine	5:41.86
5	Katie Rosch	Osseo	5:49.44
6	Rachelle Price	Coon Rapids	5:55.44
7	Kristi Adams	Coon Rapids	5:58.40
8	Jamie Dunphy	Park Center	5:59.13

Girls 4x100m Relay

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1		Coon Rapids	51.40
2		Elk River	51.56
3		Anoka	51.96
4		Champlin Park	52.09
5		Blaine	52.64
6		Osseo	53.48
7		Maple Grove	54.61
8		Park Center	58.72

Girls 400m Dash

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	Sarah Mismash	Elk River	59.78
2	Emily Keifenheim	Elk River	60.45
3	Tonia Tarr	Park Center	61.37
4	Jenny Hoffner	Park Center	61.94
5	Stefanie Anderson	Osseo	62.55
6	Samantha Sautter	Champlin Park	62.78
7	Katie Tachery	Anoka	63.45
8	Mary Anderson	Elk River	65.82

Girls 300m Hurdles

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	Katie Bestul	Coon Rapids	46.62
2	Sarah DeMars	Elk River	46.94
3	Aleasha Jacobson	Elk River	47.36
4	Carrie Stuart	Blaine	47.49
5	Becky Renner	Anoka	48.58
6	Michelle Kerr	Coon Rapids	49.28
7	Jenna Schwartz	Osseo	49.44
8	Shauna Coons	Coon Rapids	50.64

Girls 800m Run

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	Kari Johnson	Elk River	2:23.52
2	Niki Skogerboe	Blaine	2:26.58
3	Elizabeth Smith	Osseo	2:27.96
4	Laura Charlesworth	Coon Rapids	2:30.87
5	Carrie Berkahn	Maple Grove	2:31.82
6	Kristin Hoppe	Coon Rapids	2:32.31
7	Jolene Peterson	Osseo	2:33.54
8	Colleen Lucas	Osseo	2:33.54

Girls 200m Dash

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	Sarah Mismash	Elk River	25.45
2	Gretchen Cooper	Coon Rapids	25.59
3	Pam Smith	Osseo	26.90
4	Tiffany Kanz	Osseo	27.34
5	Nicole Roy	Elk River	27.46
6	Nicole Wirtz	Coon Rapids	27.51
7	Kristin Wells	Coon Rapids	27.76
8	Jenny Larson	Blaine	27.81

Girls 1600M Sprint Medley Relay

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1		Elk River	4:37.97
2		Coon Rapids	4:38.64
3		Blaine	4:42.79
4		Osseo	4:44.31
5		Champlin Park	4:46.83
6		Anoka	4:47.71
7		Park Center	4:53.51
8		Maple Grove	NT

Girls 4x400 Relay

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1		Osseo	4:09.89
2		Elk River	4:12.01
3		Park Center	4:15.80
4		Anoka	4:19.20
5		Coon Rapids	4:20.77
6		Blaine	4:21.43
7		Champlin Park	4:28.59
8		Maple Grove	4:32.91

Girls 3200m Run

Place	Name	School	Time
1	Paula Percic	Park Center	11:33.90
2	Heidi Diethelm	Elk River	12:11.55
3	Liz Book	Maple Grove	12:12.16
4	Emily Charlesworth	Coon Rapids	12:13.60
5	Laura Graen	Champlin Park	12:18.62
6	Kristen Findley	Blaine	12:35.21
7	Kim Scharenbroich	Elk River	12:37.82
8	Carly Grant	Blaine	12:37.85

Girls Discus

Place	Name	School	Distance
1	Trisha Curtis	Coon Rapids	121' 11"
2	Amy Buran	Blaine	114' 4"
3	Sarah Pivec	Coon Rapids	109' 4"
4	Sarah Shidell	Coon Rapids	108' 0"
5	Natalie Skow	Ossau	104' 10"
6	Beth Frietag	Coon Rapids	104' 6"
7	Laura Tryba	Blaine	98' 6"
8	Katie McCormack	Anoka	97' 4"

Girls Shot Put

Place	Name	School	Distance
1	Trisha Curtis	Coon Rapids	43' 1"
2	Amy Buran	Blaine	36' 0.75"
3	Sara Shidell	Coon Rapids	35' 11.75"
4	Sara Pivec	Coon Rapids	35' 11.5"
5	Chandra Shirley	Elk River	35' 3.75"
6	Colleen O'Hearn	Champlin Park	34' 4.25"
7	Jessica Stimac	Coon Rapids	33' 4.75"
8	Laura Tryba	Blaine	32' 4.5"

Girls Long Jump

Place	Name	School	Distance
1	Shannon Olson	Elk River	16' 9.75"
2	Andrea Hannon	Coon Rapids	16' 3.5"
3	Becki Renner	Anoka	16' 3"
4	Shiah Danyanovich	Anoka	16' 3"
5	Kim Curtis	Coon Rapids	16' 1.25"
6	Heather Lowinske	Blaine	15' 6.75"
7	Rianne Avery	Park Center	15' 2.5"
8	Laura Standal	Elk River	14' 8.5"

Girls Triple Jump

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Distance</u>
1	Aleasha Jacobson	Elk River	36' 4.75"
2	Andreas Hannan	Coon Rapids	35' 11"
3	Shiah Demyanovich	Anoka	35' 9.5"
4	Shannah Olson	Elk River	34' 11.5"
5	Amanda Koski	Anoka	34' 8.25"
6	Christy Sylavong	Chaplin Park	34' 3"
7	Shannon Jackson	Anoka	33' 3.25"
8	Beth Zosel	Elk River	32' 11"

Girls High Jump

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Distance</u>
1	Katie Arnes	Coon Rapids	5' 5.5"
2(Tie)	Gretchen Cooper	Coon Rapids	5' 0"
2(Tie)	Sarah Mitmash	Elk River	5' 0"
4	Stacey Trushanski	Elk River	4' 10"
5	Katie Timm	Anoka	4' 10"
6	Amy Larson	Osseo	4' 10"
7	Amanda Nowak	Blaine	4' 10"
8(Tie)	Tara Woodworth	Coon Rapids	4' 8"
8(Tie)	Lindsey Augst	Anoka	4' 8"