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**1995  
TCSC West Final Score - Girls  
Conference Track Meet**

*Copy to  
Ann + Tom*

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Mark Robertson	Wendy
Blaine	CRHS
Michelle	422-5909
	422-5902

Place	School	Points
1	Coon Rapids	212
2	Osseo	94
3	Anoka	93
4	Champlin Park	87
5	Blaine	67.5
6	Elk River	50.5
7	Park Center	45

**TCSC West Conference Track Meet  
Final Results - Girls**

**Girls 4x800 Relay**

Place	Name	School	Time
1		Blaine	10:00.45
2		Osseo	10:03.55
3		Anoka	10:29.15
4		Coon Rapids	10:34.02
5		Elk River	10:38.46
6		Champlin Park	10:50.22
7		Park Center	11:51.28

**Girls 100m Hurdles**

Place	Name	School	Time
1	Katie Bestul	Coon Rapids	15.33
2	Margie Augst	Anoka	15.97
3	Chere Fuchs	Anoka	16.19
4	Beth Gipskie	Coon Rapids	16.46
5	Becky Arness	Coon Rapids	16.97
6	Susie Hansen	Champlin Park	17.00
7	Heather Lowinske	Blaine	17.06
8	Melissa Doyle	Coon Rapids	17.66

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Girls 100m Dash

Place	Name	School	Time
1	Amber Affeldt	Coon Rapids	12.34
2	Jenny Porter	Champlin Park	12.58
3	Agena Christopherson	Osseo	12.82
4	Heidi Simonsen	Coon Rapids	13.08
5	Erica Stone	Coon Rapids	13.11
6	Tracy Call	Anoka	13.18
7	Gretchen Michels	Elk River	13.36
8	Jessi Thornton	Champlin Park	13.43

Girls 4x200m Relay

Place	Name	School	Time
1		Coon Rapids	1:46.56
2		Park Center	1:50.03
3		Osseo	1:50.08
4		Elk River	1:53.43
5		Anoka	1:55.60
6		Blaine	1:59.35
7		Champlin Park	2:03.56

Girls 1600m Run

Place	Name	School	Time
1	Kathleen Bahe	Coon Rapids	5:19.81
2	Heather Anderson	Osseo	5:23.20
3	Jill Walczak	Park Center	5:37.78
4	Lindsay Jerke	Blaine	5:39.55
5	Jenny Hoffman	Osseo	5:42.24
6	Jamie Dunphy	Park Center	5:43.74
7	Emily Charlesworth	Coon Rapids	5:44.05
8	Katie Rosch	Osseo	5:48.48

Girls 4x100m Relay

Place	Name	School	Time
1		Champlin Park	50.62
2		Anoka	50.66
3		Elk River	50.67
4		Park Center	52.98
5		Osseo	53.20
6		Coon Rapids	53.69
7		Blaine	58.29

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Girls 400m Dash

Place	Name	School	Time
1	Amber Affeldt	Coon Rapids	59.03
2	Sarah Temke	Champlin Park	1:02.45
3	Tiffany Kanz	Osseo	1:03.00
4	Tara Koenig	Elk River	1:03.38
5	Amy Koehler	Osseo	1:04.41
6	Marcia Procopio	Anoka	1:04.50
7	Laura Schilling	Anoka	1:04.89
8	Darcy Wellman	Park Center	1:06.85

Girls 300m Hurdles

Place	Name	School	Time
1	Katie Bestul	Coon Rapids	45.93
2	Chere Fuchs	Anoka	46.35
3	Becky Arness	Coon Rapids	48.43
4	Amy McAlpine	Elk River	48.93
5	Shauna Coons	Coon Rapids	49.25
6	Marcie Augst	Anoka	49.28
7	Megan Applen	Champlin Park	49.60
8	Heather Lowinski	Blaine	52.54

Girls 800m Run

Place	Name	School	Time
1	Amber Affeldt	Coon Rapids	2:23.63
2	Niki Skogerboe	Blaine	2:27.50
3	Kathleen Bahe	Coon Rapids	2:27.96
4	Colleen Lucas	Osseo	2:32.40
5	Kelli Nims	Champlin Park	2:32.68
6	Heidi Goetz	Champlin Park	2:34.56
7	Yolanda Reinert	Osseo	2:36.95
8	Jolene Peterson	Osseo	2:41.85

Girls 200m Dash

Place	Name	School	Time
1	Jenni Porter	Champlin Park	25.47
2	Gretchen Cooper	Coon Rapids	25.84
3	Sarah Mismash	Elk River	25.89
4	Agna Christopherson	Osseo	26.19
5	Heidi Simonsen	Coon Rapids	26.44
6	Jessie Thornton	Champlin Park	26.89
7	Erica Stone	Coon Rapids	26.93
8	Lisa Isaacson	Osseo	27.14

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Girls 4x400 Relay

Place	Name	School	Time
1		Champlin Park	4:12.80
2		Coon Rapids	4:15.65
3		Osseo	4:17.69
4		Anoka	4:20.82
5		Blaine	4:27.55

Girls 3200m Run

Place	Name	School	Time
1	Heather Anderson	Osseo	11:40.61
2	Taunya Behun	Blaine	11:52.40
3	Carly Grant	Blaine	11:54.26
4	Kari Johnson	Osseo	12:03.61
5	Jill Walczak	Park Center	12:15.31
6	Jenny Hoffman	Osseo	12:16.69
7	Emily Charlesworth	Coon Rapids	12:33.93
8	Chris Goodwin	Anoka	12:36.05

Girls Discus

Place	Name	School	Distance
1	Trish Curtis	Coon Rapids	117' 8"
2	Julie Meyer	Coon Rapids	99' 11"
3	Cortney Butler	Champlin Park	89' 1"
4	Colleen O'Hearn	Champlin Park	86' 11"
5	Heather Eggert	Elk River	86' 9"
6	Natalie Skow	Maple Grove J.H.	84' 10"
7	Melissa Busick	Blaine	83' 4"
8	Beth Freitag	Coon Rapids	83' 3"

Girls Shot Put

Place	Name	School	Distance
1	Trisha Curtis	Coon Rapids	37' 6-3/4"
2	Melissa Ring	Anoka	35'
3	Amy Muir	Coon Rapids	34' 5"
4	Heather Eggert	Elk River	34' 4-1/2"
5	Stacey Specht	Elk River	32' 3"
6	Sara Johnson	Coon Rapids	31' 10-3/4"
7	Amy Buran	Blaine	31' 7-3/4"
8	Nicole Heath	Elk River	31' 7-3/4"

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Girls Long Jump

Place	Name	School	Distance
1	Marcie Augst	Anoka	16' 11-1/2"
2	Gina Curtis	Park Center	16' 9"
3	Becky Renner	Anoka	16' 3-1/2"
4	Cheryl Vukmanich	Coon Rapids	15' 10-1/2"
5	Heather Lowinsake	Blaine	15' 10"
6	Jenny Rutz	Champlin Park	15' 9"
7	Anne Hetland	Anoka	15' 3"
8	Heather Adams	Blaine	14' 8" <u>Girls</u>

Triple Jump

Place	Name	School	Distance
1	Amanda Koski	Anoka	33' 11-1/2"
2	Andrea Hannan	Coon Rapids	32' 6-1/2"
3	Jessi Thornton	Champlin Park	32' 5"
4	Holly Cooper	Coon Rapids	32' 4-1/2"
5	Jennifer Adams	Blaine	32' 1-1/2"
6	Heather Adams	Blaine	31' 9-1/2"
7	Cheryl Vukmanich	Coon Rapids	31' 1"
8	Haley Rekucki	Blaine	30' 3-1/2"

Girls High Jump

Place	Name	School	Distance
1	Katie Arnes	Coon Rapids	5' 7"
2	Gina Curtis	Park Center	5' 6"
3	Carl Johnson	Osseo	5' 2"
4	Beth Gipsky	Champlin Park	5' 2"
5 (tie)	Jenny Rutz	Champlin Park (tie)	4' 10"
6 (tie)	Sarah Mismash	Elk River (tie)	4' 10"
7 (tie)	Diana Wong	Blaine (tie)	4' 10"
8 (tie)	Jone Radke	Champlin Park (tie)	4' 10"