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1996
TCSC West Final Score - Girls
Conference Track Meet

| <u>Place</u> | <u>School</u> | <u>Points</u> |
|--------------|---------------|---------------|
| 1 | Coon Rapids | 175 |
| 2 | Elk River | 121.5 |
| 3 | Anoka | 111 |
| 4 | Osseo | 89.5 |
| 5 | Blaine | 70 |
| 6 | Park Center | 70 |
| 7 | Champlin Park | 55 |

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TCSC West Track & Field Championship

RECORDS - GIRLS

| <u>EVENT</u> | <u>DATE</u> | <u>NAME</u> | <u>SCHOOL</u> | <u>TIME/ DISTANCE</u> |
|------------------------------|-------------|------------------|---------------|---------------------------|
| 4 X 800 RELAY | 1994 | | Blaine | 9:58.16 |
| 100M HURDLES | 1995 | Katie Bestul | Coon Rapids | 15.33 |
| 100M DASH | 1995 | Amber Affeldt | Coon Rapids | 12.34 |
| 4 X 200 RELAY | 1994 | | Coon Rapids | 1:44.11 |
| 1600M RUN | 1994 | Heather Anderson | Osseo | 5:19.30 |
| 4 X 100M RELAY | 1995 | | Champlin Park | 50.62 |
| 400M DASH | 1994 | Amber Affeldt | Coon Rapids | 58.21 |
| 300M HURDLES | 1996 | Katie Bestul | Coon Rapids | 45.13 |
| 800M RUN | 1995 | Amber Affeldt | Coon Rapids | 2:23.63 |
| 200M DASH | 1994 | Jenni Porter | Champlin Park | 25.46 |
| 1600M SPRINT MEDLEY RELAY | 1996 | | Champlin Park | 4:35.12 |
| 4 X 400 RELAY | 1996 | | Elk River | 4:03.17 |
| 3200M RUN | 1996 | Heather Anderson | Osseo | 11:35.82 |
| DISCUS | 1995 | Trisha Curtis | Coon Rapids | 117' 8" |
| SHOT PUT | 1996 | Trisha Curtis | Coon Rapids | 38' 1" |
| LONG JUMP | 1994 | Marcie Augst | Anoka | 17' 7" |
| TRIPLE JUMP | 1994 | Vanessa Dugra | Park Center | 35' 1" |
| HIGH JUMP | 1996 | Gina Curtis | Park Center | 5' 8" |

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TCSC West Conference Track Meet
Final Results - Girls

Girls 4x800 Relay

| Place | Name | School | Time |
|-------|------|---------------|----------|
| 1 | | Coon Rapids | 10:00.59 |
| 2 | | Elk River | 10:03.38 |
| 3 | | Blaine | 10:16.43 |
| 4 | | Osseo | 10:20.75 |
| 5 | | Park Center | 10:42.82 |
| 6 | | Anoka | 10:46.12 |
| 7 | | Champlin Park | 11:24.77 |

Girls 100m Hurdles

| Place | Name | School | Time |
|-------|------------------|-------------|-------|
| 1 | Katie Bestul | Coon Rapids | 14.89 |
| 2 | Marcie Augst | Anoka | 15.34 |
| 3 | Chere Fuchs | Anoka | 15.44 |
| 4 | Shawna Coons | Coon Rapids | 15.71 |
| 5 | Beth Gipski | Coon Rapids | 16.01 |
| 6 | Heather Lowinske | Blaine | 16.12 |
| 7 | Julie Beauchane | Elk River | 16.82 |
| 8 | Karina Johnson | Coon Rapids | 16.86 |

Girls 100m Dash

| Place | Name | School | Time |
|-------|----------------------|-------------|-------|
| 1 | Sarah Mizmash | Elk River | 12.51 |
| 2 | Kim Ragulen | Park Center | 12.71 |
| 3 | Erica Stone | Coon Rapids | 12.74 |
| 4 | Agena Christopherson | Osseo | 12.87 |
| 5 | Amy Harris | Park Center | 13.02 |
| 6 | Mara Anderson | Elk River | 13.07 |
| 7 | Gretchen Michels | Elk River | 13.17 |
| 8 | Haley Rekucki | Blaine | 13.54 |

Girls 4x200m Relay

| Place | Name | School | Time |
|-------|------|---------------|---------|
| 1 | | Coon Rapids | 1:49.57 |
| 2 | | Elk River | 1:50.65 |
| 3 | | Champlin Park | 1:53.67 |
| 4 | | Anoka | 1:55.76 |
| 5 | | Osseo | 1:56.66 |
| 6 | | Blaine | 2:00.05 |
| 7 | | Park Center | 2:04.85 |

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Girls 1600m Run

| Place | Name | School | Time |
|-------|--------------------|---------------|---------|
| 1 | Heather Anderson | Osseo | 5:27.68 |
| 2 | Bridget Herkenhoff | Elk River | 5:34.39 |
| 3 | Liz Book | Osseo | 5:38.39 |
| 4 | Emily Charlesworth | Coon Rapids | 5:39.35 |
| 5 | Lindsey Jerke | Blaine | 5:39.66 |
| 6 | Jenny Hoffman | Osseo | 5:48.44 |
| 7 | Paula Percic | Park Center | 5:48.62 |
| 8 | Laura Graen | Champlin Park | 5:49.33 |

Girls 4x100m Relay

| Place | Name | School | Time |
|-------|------|---------------|-------|
| 1 | | Anoka | 51.32 |
| 2 | | Champlin Park | 51.55 |
| 3 | | Park Center | 51.98 |
| 4 | | Elk River | 52.05 |
| 5 | | Coon Rapids | 52.15 |
| 6 | | Blaine | 53.13 |
| 7 | | Osseo | 54.85 |

Girls 400m Dash

| Place | Name | School | Time |
|-------|-------------------|---------------|---------|
| 1 | Diana Hassell | Anoka | 59.77 |
| 2 | Tara Koenig | Elk River | 1:02.03 |
| 3 | Jessica Leach | Anoka | 1:03.78 |
| 4 | Tiffany Kanz | Osseo | 1:05.38 |
| 5 | Kari Johnson | Elk River | 1:05.68 |
| 6 | Elizabeth Wood | Osseo | 1:06.19 |
| 7 | Katie Fitzpatrick | Champlin Park | 1:06.21 |
| 8 | Tracy Revering | Coon Rapids | 1:07.53 |

Girls 300m Hurdles

| Place | Name | School | Time |
|-------|-------------------|-------------|-------|
| 1 | Katie Bestul | Coon Rapids | 45.13 |
| 2 | Chere Fuchs | Anoka | 45.77 |
| 3 | Carrie Stuart | Blaine | 47.62 |
| 4 | Shauna Coons | Coon Rapids | 48.49 |
| 5 | Amy McAlpine | Elk River | 49.53 |
| 6 | Melissa Doyle | Coon Rapids | 49.85 |
| 7 | Becky Renner | Anoka | 49.86 |
| 8 | Nicholle Turnberg | Park Center | 49.92 |

| | | | |
|---|--------------------|---------------|---------|
| 1 | Niki Skogerboe | Blaine | 2:28.38 |
| 2 | Kelli Nims | Champlin Park | 2:29.59 |
| 3 | Ann Ducharme | Champlin Park | 2:29.60 |
| 4 | Heidi Deithelm | Elk River | 2:29.94 |
| 5 | Laura Charlesworth | Coon Rapids | 2:30.72 |
| 6 | Colleen Lucas | Osseo | 2:33.52 |
| 7 | Marcia Procopio | Anoka | 2:34.12 |
| 8 | Kari Johnson | Osseo | 2:36.31 |

Revised

Girls 200m Dash

| Place | Name | School | Time |
|-------|----------------------|-------------|-------|
| 1 | Sarah Mizmash | Elk River | 25.69 |
| 2 | Diana Hassell | Anoka | 26.47 |
| 3 | Kim Ragulen | Park Center | 26.81 |
| 4 | Agena Christopherson | Osseo | 26.83 |
| 5 | Gretchen Cooper | Coon Rapids | 27.29 |
| 6 | Nicole Roy | Elk River | 27.50 |
| 7 | Kim Curtis | Coon Rapids | 27.55 |
| 8 | Amy Harris | Park Center | 27.76 |

Girls 1600M Sprint Medley Relay

| Place | Name | School | Time |
|-------|------|---------------|---------|
| 1 | | Champlin Park | 4:35.12 |
| 2 | | Coon Rapids | 4:37.52 |
| 3 | | Anoka | 4:41.82 |
| 4 | | Blaine | 4:48.82 |
| 5 | | Park Center | 4:59.03 |
| 6 | | Osseo | DQ |
| 7 | | Elk River | DQ |

Girls 4x400 Relay

| Place | Name | School | Time |
|-------|------|---------------|---------|
| 1 | | Elk River | 4:03.17 |
| 2 | | Anoka | 4:13.52 |
| 3 | | Osseo | 4:19.33 |
| 4 | | Coon Rapids | 4:20.14 |
| 5 | | Park Center | 4:20.29 |
| 6 | | Champlin Park | 4:27.02 |
| 7 | | Blaine | 4:27.44 |

Girls 3200m Run

| Place | Name | School | Time |
|-------|------------------|---------------|----------|
| 1 | Heather Anderson | Osseo | 11:35.82 |
| 2 | Paula Percic | Park Center | 11:58.26 |
| 3 | Taunya Behun | Blaine | 12:04.30 |
| 4 | Sue Bohlke | Osseo | 12:07.14 |
| 5 | Carly Grant | Blaine | 12:14.96 |
| 6 | Laura Graen | Champlin Park | 12:29.59 |
| 7 | Katie Rosch | Osseo | 12:41.80 |
| 8 | Magan Raatikka | Osseo | 12:43.97 |

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RevisedGirls Discus

| Place | Name | School | Distance |
|-------|------------------|-------------|----------|
| 1 | Trisha Curtis | Coon Rapids | 114' 5" |
| 2 | Amy Buran | Blaine | 112' 6" |
| 3 | Natalie Skow | Osseo | 104' 10" |
| 4 | Julie Meyer | Coon Rapids | 101' 8" |
| 5 | Andrea Krumweide | Osseo | 99' 7" |
| 6 | Kris Muske | Anoka | 96' 7" |
| 7 | Megan McCormack | Anoka | 95' 7" |
| 8 | Sarah Pivec | Coon Rapids | 94' 8" |

Girls Shot Put

| Place | Name | School | Distance |
|-------|-----------------|-------------|------------|
| 1 | Trisha Curtis | Coon Rapids | 38' 1" |
| 2 | Kim Becklin | Elk River | 37' 9-1/4" |
| 3 | Amy Muir | Coon Rapids | 36' 6-1/2" |
| 4 | Katy Steffens | Anoka | 36' 3" |
| 5 | Sarah Shidell | Coon Rapids | 34' 3/4" |
| 6 | Amy Buran | Blaine | 33' 9" |
| 7 | Sara Pivec | Coon Rapids | 33' 6" |
| 8 | Chandra Shirley | Elk River | 33' 3" |

Girls Long Jump

| Place | Name | School | Distance |
|-------|-------------------|-------------|------------|
| 1 | Gina Curtis | Park Center | 17' 3" |
| 2 | Kim Curtis | Coon Rapids | 16' 8" |
| 3 | Becky Renner | Anoka | 16' 2" |
| 4 | Shannah Olson | Elk River | 15' 11" |
| 5 | Andrea Hannan | Coon Rapids | 15' 9 1/2" |
| 6 | Shiah Damyanovich | Anoka | 15' 9" |
| 7 | Marcie Augst | Anoka | 15' 8" |
| 8 | Holly Cooper | Coon Rapids | 15' 7 1/2" |

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Girls Triple Jump

| <u>Place</u> | <u>Name</u> | <u>School</u> | <u>Distance</u> |
|--------------|------------------|---------------|-----------------|
| 1 | Aleasha Jacobson | Elk River | 34' 5-1/2" |
| 2 | Amanda Koski | Anoka | 34' 2-1/2" |
| 3 | Andrea Morrison | Champlin Park | 33' 1" |
| 4 | Holly Cooper | Coon Rapids | 32' 11-1/2" |
| 5 | Andrea Hannan | Coon Rapids | 32' 11-1/2" |
| 6 | Jennifer Adams | Blaine | 32' 11" |
| 7 | Maggie Gillaspey | Osseo | 32' 5" |
| 8 | Cheryl Vukmanich | Coon Rapids | 32' 1/2" |

Girls High Jump

| <u>Place</u> | <u>Name</u> | <u>School</u> | <u>Distance</u> |
|--------------|-----------------|---------------|-----------------|
| 1 | Gina Curtis | Park Center | 5' 8" |
| 2 | Katie Arnes | Coon Rapids | 5' 2" |
| 3 | Sarah Mizmash | Elk River | 5' 1" |
| 4 | Beth Gipsky | Coon Rapids | 5' 0" |
| 5 | Gretchen Cooper | Coon Rapids | 4' 10" |
| 6 | Diana Wong | Blaine | 4' 10" |
| 7 (tie) | Sarah Steuter | Elk River | 4' 8" |
| 8 (tie) | Emily Olson | Osseo | 4' 8" |