

GIRLS' AAA TRUE TEAM CHAMPIONSHIP COON RAPIDS HIGH SCHOOL May 10, 2002

100 METER DASH

1	Melody DeLeon, Coon Rapids	12.42 H3
2	Laura Mottaz, Maple Grove	12.61 H3
3	Theresa Fritz, Anoka	12.64 H3
4	Ashley Stuhr, Coon Rapids	12.73 H2
5	Haley Balcom, Elk River	13.10 H3
6	Kim Saufl, Champlin Park	13.25 H3
7	Serianne Williams, Anoka	13.26 H1
8	Kristi Wheeler, Anoka	13.28 H2
9	Brittani Metcalfe, Elk River	13.31 H1
10	Jessica Arne, Blaine	13.33 H3
11	Katie Christensen, Elk River	13.54 H2
12	Nkechi Alaika, Blaine	13.57 H1
13	Beatrice Gilbert, Champlin Park	13.72 H2
14	Janny Heiman, Blaine	13.75 H2
15	Nicole Bartz, St. Francis	13.81 H3
16	Charisse Stanek, Champlin Park	13.86 H1
17	Cathleen Decker, Coon Rapids	13.87 H1
18	Lis Hiestand, Maple Grove	14.07 H2
19	Briana Anderson, Osseo	14.07 H2
20	Nikki Hagglund, St. Francis	14.10 H2
21	Olivia Gaiser, Maple Grove	14.24 H1
22	Amy Kadlec, St. Francis	14.36 H1

200 METER DASH

1	Melody DeLeon, Coon Rapids	26.37 H3
2	Brooke Hanssen, Coon Rapids	26.90 H1
3	Ashley Stuhr, Coon Rapids	27.00 H2
4	Beatrice Gilbert, Champlin Park	27.51 H3
5	Haley Balcom, Elk River	27.51 H2
6	Gretchen Stangl, Anoka	27.52 H1
7	Kellie Mooney, Blaine	27.55 H3
8	Brittani Metcalfe, Elk River	27.56 H1
9	Sasha Gangl, Elk River	27.65 H3
10	Emily Schlough, Anoka	27.65 H3
11	Rebekah Kok, Anoka	27.75 H2
12	Jenny Flavin, Blaine	27.77 H2
13	Nkechi Alaika, Blaine	28.18 H1
14	Charisse Stanek, Champlin Park	28.57 H2
15	Becky Walber, Champlin Park	29.18 H1
16	Amanda Johnson, Maple Grove	29.50 H3
17	Lis Hiestand, Maple Grove	29.46 H1
18	Julia Mold, St. Francis	30.34 H3
19	Sara Spaanem, Maple Grove	30.58 H2
20	Danielle Fogelman, St. Francis	30.67 H2
21	Diana Jesberg, St. Francis	32.48 H1

400 METER DASH

1	Laura Mottaz, Maple Grove	59.51 H3
2	Adi Luedtke, Anoka	60.81 H3
3	Kellie Mooney, Blaine	61.71 H3
4	Gretchen Olson, Coon Rapids	62.27 H3
5	Shelli Daniels, St. Francis	62.72 H3
6	Gretchen Stangl, Anoka	62.74 H1
7	Nissy Discher, Anoka	64.14 H2
8	Brittani Metcalfe, Elk River	64.15 H3
9	Christina Johnson, Coon Rapids	64.46 H2
10	Megan Sellheim, Elk River	64.46 H1
10	Nicole Zechman, Blaine	64.46 H2
12	Kayla Guthmiller, Elk River	65.23 H2
13	Nicole Bull, Blaine	65.66 H1
14	Laura Lekander, Maple Grove	65.87 H2
15	Jenne Libersky, Osseo	66.06 H2
16	Faustina Lai, Champlin Park	66.58 H3
17	Heidi Lefler, Coon Rapids	66.72 H1
18	Marissa Johnson, Champlin Park	68.74 H2
19	Elizabeth McIntosh, Osseo	70.24 H1

20	Jeanine Anderson, Maple Grove	72.19 H1
21	Malissa Gotchnik, Champlin Park	72.91 H1

800 METER RUN

1	Alissa Kurke, Anoka	2:20.74 H2
2	Katie Anderson, Blaine	2:26.29 H2
3	Anna Baich, Anoka	2:27.23 H2
4	Tegan Noahn, Osseo	2:28.07 H2
5	Alyssa Wendt, Anoka	2:28.21 H1
6	Nancy Caldwell, Coon Rapids	2:29.89 H2
7	Kelsi Scheer, Champlin Park	2:32.17 H2
8	Renee Houser, Elk River	2:33.21 H2
9	Nicola Lunde, Coon Rapids	2:33.57 H1
10	Heather Fischer, Blaine	2:36.00 H1
11	Amy Sampson, Champlin Park	2:37.58 H1
12	Alison Kosir, Blaine	2:37.80 H1
13	Kelly Hyvare, Coon Rapids	2:38.06 H2
14	Carrie Houg, Elk River	2:38.37 H1
15	Jessica Lorenz, Elk River	2:41.63 H1
16	Leah Swanson, Maple Grove	2:44.88 H2
17	Susan Mainquist, Maple Grove	2:45.33 H2
18	Anna Wright, St. Francis	2:45.57 H2
19	Caroline Magnuson, Champlin Park	2:45.75 H1

20	Christine Bruins, Osseo	2:50.53 H1
21	Meredith Miller, St. Francis	2:51.37 H2
22	Kate Rains, Osseo	2:54.06 H1
23	Negan Coyle, Maple Grove	2:55.17 H1
24	Lis Holmquist, St. Francis	3:03.76 H1

1600 METER RUN

1	Heidi Lindeman, Coon Rapids	5:11.43
2	Lisa Weanonen, Maple Grove	5:14.41
3	Katie Anderson, Blaine	5:23.16
4	Sara Fraderickson, Elk River	5:23.76
5	Kaitlin Lindsey, Champlin Park	5:27.27
6	Nicole Olson, Elk River	5:35.22
7	Lindsay Bacigalupo, Anoka	5:37.08
8	Monica Moraland, Osseo	5:37.29
9	Diana Berlinerblau, Anoka	5:37.80
10	Karin Jackson, Osseo	5:42.90
11	Katie Holschbach, Blaine	5:48.27
12	Katie Ranallo, Elk River	5:49.37
13	Heidi Stangl, Anoka	5:51.70
14	Brianna McGill, Osseo	5:53.72
15	Megan Murlowski, Maple Grove	5:56.07
16	Libbie Sanders, Coon Rapids	5:58.33
17	Ashley Nelson, Blaine	6:06.74
18	Rachel Lytwyn, Maple Grove	6:07.97
19	Kristin Halet, Champlin Park	6:12.76
20	Kierstan Peck, Coon Rapids	6:14.00
21	Katrina Wesche, St. Francis	6:17.86
22	Carla Steinbring, Champlin Park	6:25.85
23	Ashley Labeau, St. Francis	6:57.00

3200 METER RUN

1	Heidi Lindeman, Coon Rapids	11:11.07
2	Lisa Weanonen, Maple Grove	11:11.80
3	Nicola Olson, Elk River	11:53.43
4	Emily Black, Blaine	12:07.27
5	Kaitlin Lindsey, Champlin Park	12:08.86
6	Sara Spaulding, Anoka	12:22.87
7	Jammi Ludwig, Elk River	12:23.12
8	Diana Berlinerblau, Anoka	12:28.64
9	Susan Hallquist, Coon Rapids	12:31.70
10	Katie McGill, Osseo	12:33.45
11	Katie Ranallo, Elk River	12:41.67

12	Kacie Frazer, Osseo	12:52.31
13	Angia Gray, Blaine	12:55.54
14	Maide Stangl, Anoka	12:57.68
15	Stacie Holmgren, Blaine	13:12.70
16	Libbie Sanders, Coon Rapids	13:17.08
17	Kristin Halat, Champlin Park	13:51.01
18	Becky Hochstein, Maple Grove	14:12.17
19	Katrina Wasche, St. Francis	14:15.00
20	Amber Simmer, Champlin Park	14:16.25
21	Nichele Peterson, Osseo	14:26.88

100 METER HURDLES

1	Rachelle Bosch, Anoka	15.65 H3
2	Holly Bauman, Coon Rapids	15.98 H3
3	Sasha Gangl, Elk River	16.28 H3
4	Andrea Hansen, Anoka	16.31 H2
5	Julia Nvalk, Elk River	16.81 H2
6	Kim Whalar, St. Francis	16.73 H3
7	Katie Lian, Blaine	16.77 H3
8	Jenna Libersky, Osseo	17.01 H2
9	Megan Sullivan, Coon Rapids	17.17 H2
10	Katie Thran, Elk River	17.24 H1
11	Karin Wailskog, Blaine	17.30 H2
12	Jaclyn Thompson, Champlin Park	17.31 H3
13	Alison DeGuisse, Anoka	17.63 H1
14	Alisa Mattson, Champlin Park	17.75 H2
15	Nicole Spence, Blaine	17.76 H1
16	Angia Syverson, Coon Rapids	18.11 H1
17	Amanda Murlowski, Maple Grove	17.14 H2
18	Jen Zbikowski, Maple Grove	17.23 H3
19	Sara Murlowski, Maple Grove	17.30 H1
20	Stephanie Jaeger, Champlin Park	17.49 H1
21	Zvy LeTourneau, St. Francis	20.30 H2
22	StFr, St. Francis	21.39 H1

300 METER HURDLES

1	Holly Bauman, Coon Rapids	47.15 H3
2	Katie Lian, Blaine	48.47 H3
3	Alisse Ochs, Osseo	48.49 H3
4	Sasha Gangl, Elk River	48.86 H3
5	Rebekah Kok, Anoka	50.01 H3
6	Jennifer Clifford, Blaine	50.70 H2
7	Angie Foschi, Anoka	51.17 H1
8	Katie Hendrick, Anoka	51.38 H2
9	Ashley Dillon, Coon Rapids	51.75 H2
10	Tesia Kowski, Blaine	51.80 H1
11	Brooke Zachman, Elk River	52.21 H2
12	Katie Thran, Elk River	52.45 H1
13	Lindsay Green, Maple Grove	53.49 H2
14	Megan Sullivan, Coon Rapids	53.73 H1
15	Nikki Hegglund, St. Francis	53.76 H1
16	Karie Nelson, Maple Grove	54.48 H3
17	Stephanie Jaeger, Champlin Park	55.55 H3
18	Amanda Murlowski, Maple Grove	55.82 H1
19	Katie Lampi, Champlin Park	56.78 H2
20	Jaclyn Thompson, Champlin Park	58.20 H1

4X100 METER RELAY

1	Anok, Anoka	50.45
2	CoRa, Coon Rapids	51.55
3	Blai, Blaine	52.17
4	ElRi, Elk River	52.31
5	StFr, St. Francis	52.78
6	MaGr, Maple Grove	54.37
7	Osse, Osseo	57.05
	ChPa, Champlin Park	04

800 METER RELAY

1	CoRa, Coon Rapids	1:46.33
2	Anok, Anoka	1:50.04
3	Blai, Blaine	1:50.17
4	StFr, St. Francis	1:53.77
5	ElRi, Elk River	1:55.29
6	ChPa, Champlin Park	1:55.55
7	Osse, Osseo	1:57.76
8	MaGr, Maple Grove	1:58.31

4X400 METER RELAY

1	Anok, Anoka	4:07.32
2	CoRa, Coon Rapids	4:16.25
3	ElRi, Elk River	4:25.74
4	ChPa, Champlin Park	4:30.08
5	MaGr, Maple Grove	4:37.71
	Blai, Blaine	JNF

4X800 METER RELAY

1	Anok, Anoka	10:03.17
2	CoRa, Coon Rapids	10:22.27
3	ElRi, Elk River	10:26.33
4	Blai, Blaine	10:37.47
5	ChPa, Champlin Park	10:48.15
6	MaGr, Maple Grove	11:21.58
7	Osse, Osseo	11:22.00

LONG JUMP

1	Missy Bischer, Anoka	16-1 3/4
2	Alissa Ochs, Osseo	16-1
3	Beatrice Gilbert, Champlin Park	
		15-7 1/4
4	Sarah DeRoo, Maple Grove	15-8
5	Andrea Hansen, Anoka	15-5 3/4
6	Holly Bauman, Coon Rapids	15-3 3/4
7	Melody DeLeon, Coon Rapids	14-7 1/2
8	Sheri Wetland, Coon Rapids	14-7 1/2
9	Kendal Beer, Elk River	14-7 1/4
10	Chelsea Warren, Maple Grove	14-4 1/4
11	Kim Saufl, Champlin Park	14-4 1/4
12	Jennifer Stenger, St. Francis	14-2 1/2
13	Rachelle Bosch, Anoka	14-2 1/4
14	Nelissa Gotchnik, Champlin Park	
		13-11 1/4
		13-10 1/2
15	Vanessa Dehn, Elk River	13-10 1/4
16	Megan Sellheim, Elk River	13-10
17	Amber Salo, St. Francis	13-9 3/4
18	Nicole Bull, Blaine	13-9 3/4
19	Holly Price, Osseo	13-9
20	Angie Busch, Maple Grove	13-8 1/4
21	Jenny Charboneau, Blaine	13-8
22	Nicole Olheiser, Blaine	13-8
23	Nicole Bartz, St. Francis	12-9 3/4
24	Katie Pulscher, Osseo	11-1 3/4

TRIPLE JUMP

1	Alissa Ochs, Osseo	35-4 1/2
2	Andrea Hansen, Anoka	34-7 1/2
3	Jolene Dale, Anoka	34-4 1/2
4	Jennifar Jung, Coon Rapids	33-10
5	Vanessa Dehn, Elk River	32-8
6	Jenny Flavin, Blaine	32-5 1/2
7	Megan Sellheim, Elk River	32-5
8	Ashley Duggan, Blaine	32-5
9	Emily Schlough, Anoka	32-4 1/2
10	Jennifer Stenger, St. Francis	32-1 1/2
11	Carrie Minners, Maple Grove	31-10
12	Nelissa Gotchnik, Champlin Park	
		31-7 1/2
13	Liz Hiestand, Maple Grove	31-6
14	Leah Gilseth, Champlin Park	31-4 1/2
15	Jenny Charboneau, Blaine	31-0
16	Bucky Johnson, Coon Rapids	30-11
17	Christa Jung, Coon Rapids	30-10 1/2
18	Angie Busch, Maple Grove	30-8
19	Amy Sampson, Champlin Park	30-0 1/2
20	Melissa Smith, Elk River	30-0 1/2
21	Angela Hooney, Osseo	29-11
22	Amber Salo, St. Francis	29-8
23	Cassie Gimler, Osseo	28-7 1/2
24	Kim Whalar, St. Francis	28-1 1/2

SHOT PUT

1	Danyelle Guinn, St. Francis	37-3
2	Patty Grussing, Anoka	38-9 1/4
3	Julie Warneke, Elk River	37-1 1/2

4	Jessica Smith, Anoka	35-9 3/4
5	Natalie Hansen, Coon Rapids	35-6 3/4
6	Jackie Lehman, Coon Rapids	34-4 1/2
7	Whitney Jones, St. Francis	34-2 1/4
8	Jenny Charboneau, Blaine	34-2
9	Anna Kingman, Blaine	32-4 3/4
10	Angela Mooney, Osseo	31-6 1/2
11	Emily Knaeble, St. Francis	31-3 1/4
12	Abbey Larson, Blaine	30-11 1/2
13	Jennifer Smith, Anoka	30-7 1/4
14	Jennifer Miller, Champlin Park	30-7
15	Racheal Busick, Osseo	30-1 1/4
16	Stephanie Ayers, Champlin Park	28-10 1/4
17	Megan Caldwell Megan Caldwell, Coon Rapids	28-7
18	Mandi Zeise, Elk River	28-5 1/2
19	Sarah Yallen, Champlin Park	27-11 1/4
20	Rachel Wegner, Maple Grove	27-8
21	Hallie Warneke, Elk River	27-3
22	Sharday Timm, Osseo	25-6 1/2
23	Stacia Krafve, Maple Grove	25-5 1/2
24	Kelci Eberle, Maple Grove	24-1 1/2

DISCUS THROW

1	Danyelle Guinn, St. Francis	106-1
2	Emily Knaeble, St. Francis	105-11
3	Jessica Smith, Anoka	104-11
4	Jackie Lehman, Coon Rapids	103-10
5	Julia Warneke, Elk River	102-4
6	Amanda Eichhorn, Blaine	97-11
7	Krystle Tuma, Champlin Park	97-7
8	ChPa, Champlin Park	94-10
9	Jackie Funfar, Coon Rapids	90-7
10	Melgan Holz, Anoka	90-4
11	Abbey White Abbey White, Coon Rapids	88-7
12	Patty Grussing, Anoka	87-3
13	Katlin Knutson, Champlin Park	85-10
14	Megan Hallowell, Blaine	85-8
15	Racheal Busick, Osseo	83-3
16	Lauren Ringe, Maple Grove	81-4
17	Sherryse Mayo, Elk River	80-7
18	Laura Renstrom, Maple Grove	80-3
19	Lacey McCray, Osseo	77-9
20	Sharday Timm, Osseo	72-6
21	Mandi Zeise, Elk River	72-2
22	Jennifer Eik, St. Francis	67-6
23	Julie Helmaka, Maple Grove	66-6

HIGH JUMP

1	Andrea Hansen, Anoka	5-4
2	Sarah DeRoo, Maple Grove	5-0
3	Holly Price, Osseo	5-0
4	Breanna Rapedz, Coon Rapids	5-0
5	Linda Nguyen, Champlin Park	4-10
6	Sasha Gangl, Elk River	4-10
7	Sheri Netland, Coon Rapids	4-10
8	Chalsea Warren, Maple Grove	4-10
9	Jenna Brennan, Maple Grove	4-10
10	Jamie Mulvaney, Elk River	4-10
11	Jennifer Jung, Coon Rapids	4-10
12	Emily Gerster, Anoka	4-10
13	Shelli Daniels, St. Francis	4-8
14	Val Fussy, St. Francis	4-8
15	Ivy LeTourneau, St. Francis	4-8
16	Sarah Plath, Blaine	4-8
17	Jocae Walberg, Blaine	4-8
18	Lauren Benolkin, Anoka	4-6
19	Leah Gilseth, Champlin Park	4-6
20	Emily Anderson, Champlin Park	4-6
21	Brooke Zachman, Elk River	4-4
22	Sarah Osborne, Blaine	4-0

POLE VAULT

1	Kim Saufl, Champlin Park	9-7
2	Jenny Helman, Blaine	9-7
3	Natalie Hanson, Elk River	8-7
4	Emily Welker, Coon Rapids	8-1

5	Ginger Senner, Anoka	8-1
6	Erica Layer, Elk River	8-1
7	Carrie Hinners, Maple Grove	8-1
8	Kristi Hendrickson, Anoka	7-7
9	Amber Statz, Blaine	7-7
10	Kristi Shasky, Anoka	7-7
11	Heather Norton, Champlin Park	7-7
12	Tracy Nelson, Coon Rapids	7-1
13	Jenassa Hall, Coon Rapids	7-1
14	Austin Voltin, Blaine	7-1
15	Amanda Anderson, St. Francis	7-1
16	Emily Lindfors, St. Francis	6-1
17	Rachel See, Maple Grove	6-1
18	Andrea Blankenheim, Maple Grove	6-1
	Madeline Williams, Elk River	NH
	Backy Clark, Champlin Park	NH

TEAM SCORES AFTER 18 EVENTS

100 Meter Dash, 200 Meter Dash,	
400 Meter Dash, 800 Meter Run,	
1600 Meter Run, 3200 Meter Run,	
100 Meter Hurdles, 300 Meter Hurdles,	
4x100 Meter Relay, 800 Meter Relay,	
4x400 Meter Relay, 4x800 Meter Relay,	
Long Jump, Triple Jump, Shot Put,	
Discus Throw, High Jump, Pole Vault	
1 Anoka	879.5
2 Coon Rapids	806.0
3 Elk River	703.5
4 Blaine	641.5
5 Champlin Park	515.5
6 Maple Grove	468.0
7 St. Francis	350.0
8 Osseo	320.0

Cassidy Conroy