

To: Athletics
Total = 4 pgs

From: Wendy @ CRHS
506-7307

GIRLS' TRUE TEAM CHAMPIONSHIPS

Coon Rapids High School

May 5, 1998

100 Meter Dash		
24	1	Gretchen Cooper, Coon Rapids 12.42
	2	Pam Smith, Osseo 12.45
	3	Amanda Mueller, Forest Lake 12.51
	4	Sara Christianson, Osseo 12.67
	5	Kristin Wells, Coon Rapids 12.86
	6	Melissa Johnson, Champlin Park 12.98
	7	Molly McLean, Forest Lake 13.08
	7	Offi Ekah, Champlin Park 13.08
	9	Kate Lindsey, Blaine 13.09
	10	Felicia Gyasi, Coon Rapids 13.11
	11	Jerilyn Glenn, Forest Lake 13.18
	12	Amber Dusoosky, Anoka 13.20
	13	Gretchen Michels, Elk River 13.24
	14	Mara Anderson, Elk River 13.34
	15	Lindsey LaMere, Anoka 13.39
	16	Heather Patten, Anoka 13.43
	17	Niki Ferber, Maple Grove 13.46
	18	Angie Grabowski, Maple Grove 13.61
	19	Jess Keuhn, Blaine 13.64
	19	Christy Sylavong, Champlin Park 13.64
	21	Stephanie Dick, Elk River 13.76
	22	Kelley Munson, Blaine 13.82
	23	Katharina Friedrich, Osseo 13.84
	24	Whitney Taylor, Maple Grove 13.86

200 Meter Dash		
	1	Gretchen Cooper, Coon Rapids 25.56
	2	Amanda Mueller, Forest Lake 26.51
	3	Emily Keifenheim, Elk River 26.56
	4	Jill Kmetz, Forest Lake 26.72
	5	Agena Christopherson, Osseo 26.90
	6	Jenny Larsen, Blaine 27.12
	7	Sarah DeMars, Elk River 27.38
	8	Nichole Wirtz, Coon Rapids 27.41
	9	Gail Netland, Coon Rapids 27.57
	10	Carla Perry, Forest Lake 27.59
	11	Offi Ekah, Champlin Park 27.62
	12	Amber Dusoosky, Anoka 27.67
	13	Brooke Bredenber, Champlin Park 27.69
	14	Stacy Gerster, Anoka 27.72
	15	Kaja Heinecke, Champlin Park 27.88
	16	Alcasha Jacobson, Elk River 28.14
	17	Tara Masterson, Anoka 28.77
	18	Stacy Voges, Blaine 28.96
	19	Nicole Wagoner, Blaine 29.08
	20	Kristin Taft, Maple Grove 30.08
	21	Virginia Sec, Maple Grove 30.80
	22	Katie Hoverston, Osseo 31.14
	23	Jill Heltemes, Osseo 31.44

400 Meter Dash		
	1	Emily Keifenheim, Elk River 61.66
	2	Megan Manthe, Anoka 62.00
	3	Ann Severson, Forest Lake 62.32
	4	Jenny Larsen, Blaine 63.13
	5	Gail Netland, Coon Rapids 63.38
	6	Shawna Tessum, Coon Rapids 63.54
	7	Kayla Christensen, Elk River 63.74
	8	ChPa, Champlin Park 64.19
	9	Kathie Jo Jankowski, Anoka 64.29
	10	Robbi Menke, Osseo 64.41
	11	Dana Reynolds, Anoka 64.80
	12	Erin Alexander, Coon Rapids 64.94
	13	Bethany Fenhaus, Maple Grove 65.12
	14	Carly Christensen, Elk River 65.46
	15	Louise Carey, Forest Lake 65.62
	16	Kaja Heinecke, Champlin Park 66.10
	17	Sheri Hudella, Forest Lake 66.15
	18	Stefany Schloesser, Blaine 66.88
	19	Olivia Cole, Champlin Park 67.32
	20	Sara Swenson, Blaine 67.55
	21	Virginia Sec, Maple Grove 72.08
	22	Lindsey Achtelik, Maple Grove 74.41
	23	Jamie Carlson, Osseo 76.45

800 Meter Run		
	1	Megan Manthe, Anoka 2:27.30
	2	Amber Beck, Forest Lake 2:27.68
	3	Kari Johnson, Elk River 2:29.23
	4	Mary Kaspar, Forest Lake 2:31.74
	5	Kary Nagel, Maple Grove 2:32.00
	6	Kristin Hoppe, Coon Rapids 2:32.22
	7	Claire Davis, Maple Grove 2:32.24
	8	Carrie Berkahn, Maple Grove 2:33.58
	9	Tracy Revering, Coon Rapids 2:36.80
	10	Carla Perry, Forest Lake 2:38.40
	11	Tanya Fenstra, Elk River 2:38.66
	12	Anok, Anoka 2:38.77
	13	Kasey Keeler, Coon Rapids 2:39.14
	14	Molly Bjornfeld, Champlin Park 2:39.23
	15	Allison Turquist, Anoka 2:40.16
	16	Nicole Karrick, Champlin Park 2:42.19
	17	Ali Johnson, Elk River 2:42.21
	18	Lindsey Wheeler, Champlin Park 2:42.58
	19	Kristin Findley, Blaine 2:47.46
	20	Sarah Nelson, Blaine 2:53.36
	21	Anna Skogerboe, Blaine 2:54.22
	22	Libby Nygaard, Osseo 2:59.28
	23	Natalie Skow, Osseo 2:59.49
	24	Jenny Boyles, Osseo 3:34.19

1000 Meter Run

1	Katie Dehmlow, Forest Lake	5:30.80
2	MaGr, Maple Grove	5:34.80
3	Christina Anderson, Coon Rapids	5:41.70
4	Kim Korus, Elk River	5:43.00
5	Kim Scharenbroich, Elk River	5:44.00
6	Karey Erickson, Anoka	5:46.27
7	Randi Warhol, Elk River	5:47.08
8	Kristie Adams, Coon Rapids	5:47.10
9	Rachelle Price, Coon Rapids	5:48.00
10	Jessica Hagen, Anoka	5:49.00
11	Kathy Heinecke, Champlin Park	5:53.00
12	Allison Schmidt, Blaine	5:54.00
13	Kristin Findley, Blaine	5:55.00
14	Jessica Highland, Forest Lake	5:56.00
15	Kersten Cook, Osseo	6:08.70
16	Danielle Cole, Forest Lake	6:09.00
17	Anna Skogerboe, Blaine	6:09.40
18	Jennifer Klohs, Champlin Park	6:10.00
19	Brittany Johnson, Maple Grove	6:11.00
20	Christina Magnuson, Champlin Park	6:12.00
21	Rachel Halsey, Anoka	6:13.00
22	Osse, Osseo	6:14.00
23	Osse, Osseo	6:15.00
24	Laura Hill, Maple Grove	6:16.00

3200 Meter Run

1	Kim Scharenbroich, Elk River	12:40.08
2	Karey Erickson, Anoka	12:52.80
3	Rachelle Price, Coon Rapids	12:57.49
4	Allison Schmidt, Blaine	13:00.92
5	Sarah Nelson, Forest Lake	13:09.24
6	Kathy Heinecke, Champlin Park	13:16.26
7	Megan Bykowski, Elk River	13:24.14
8	Anna Frietag, Elk River	13:28.00
9	Stephanie Miller, Anoka	13:32.92
10	Jackie Brenberg, Forest Lake	13:37.78
11	Katie Pennaz, Champlin Park	13:40.19
12	Amy Bestul, Coon Rapids	13:42.00
13	Katie Morris, Osseo	13:44.00
14	Sarah Sandford, Maple Grove	13:47.28
15	Megan Fastner, Coon Rapids	13:51.38
16	Jessica Strange, Anoka	13:58.00
17	Valerie Bukstein, Osseo	14:02.48
18	Kristin Carlson, Osseo	14:10.00
19	Cheryl Vanacora, Maple Grove	14:15.00
20	Lindsay Berkhahn, Maple Grove	14:20.00
21	Vicki Parlin, Blaine	14:26.37
22	Katie Whipple, Blaine	14:30.00
23	Jaime Anderson, Champlin Park	14:40.00

100M High Hurdles

1	Carrie Smart, Blaine	14.79
2	Shauna Coons, Coon Rapids	15.15
3	Aleasha Jacobson, Elk River	15.56
4	Michelle Kerr, Coon Rapids	15.84
5	Jennifer Albers, Coon Rapids	16.24
6	Lindsey August, Anoka	16.58
7	Corina Krantz, Forest Lake	16.59
8	Jessie Spelbrink, Blaine	16.80
9	Tonya Trantina, Elk River	16.99

10	Kristi Hawkinson, Forest Lake	17.26
11	Kelly Jackson, Elk River	17.27
12	Jenna Schwartz, Osseo	17.29
13	Stephanie Carlson, Maple Grove	17.30
14	Anna Lejchar, Forest Lake	17.36
15	Anna Rawski, Blaine	17.53
16	Kristin Taft, Maple Grove	17.84
17	Sara Greninger, Maple Grove	18.08
18	Leann Sothern, Osseo	18.09
19	Kristin Kopietz, Champlin Park	18.15
20	Laura Pinnvik, Champlin Park	18.39
21	Erin Brom, Champlin Park	18.46
22	Katie Venema, Osseo	18.54
23	Alison Stritesky, Anoka	19.40
24	Karen Bird, Anoka	19.45

300M Low Hurdles

1	Carrie Smart, Blaine	44.81
2	Shauna Coons, Coon Rapids	46.22
3	Sarah DeMars, Elk River	46.40
4	Becki Renner, Anoka	46.57
5	Brooke Bredenberg, Champlin Park	47.79
6	Kristi Hawkinson, Forest Lake	47.90
7	Michelle Kerr, Coon Rapids	48.84
8	Jenna Schwartz, Osseo	48.87
9	Lisa Juth, Coon Rapids	50.21
10	Anna Rawski, Blaine	50.37
11	Mary Truchon, Blaine	50.66
12	Corina Krantz, Forest Lake	50.94
13	Lindsey August, Anoka	51.82
14	Stephanie Dick, Elk River	51.83
15	Julie Fritch, Champlin Park	52.41
16	Aleasha Jacobson, Elk River	52.46
17	Beth Renner, Anoka	52.82
18	Sara Greninger, Maple Grove	52.98
19	Brenda Anderson, Forest Lake	53.53
20	Kristin Kopietz, Champlin Park	53.55
21	Katie Venema, Osseo	53.62
22	Osse, Osseo	54.02
23	Kristin Taft, Maple Grove	54.89

4X100 Meter Relay

1	Osseo	51.73
2	Coon Rapids	51.86
3	Champlin Park	52.00
4	Anoka	52.86
5	Elk River	52.90
6	Forest Lake	53.55
7	Blaine	55.08
8	Maple Grove	55.74

4X200 Meter Relay

1	Osseo	1:47.52
2	Coon Rapids	1:47.90
3	Champlin Park	1:50.37
4	Elk River	1:52.22
5	Blaine	1:52.74
6	Forest Lake	1:52.77
7	Anoka	1:54.22
8	Maple Grove	1:55.95

Sprint Medley Relay

1	Forest Lake	4:27.11
2	Coon Rapids	4:28.63
3	Anoka	4:38.84
4	Elk River	4:41.67
5	Osseo	5:01.51
6	Blaine	5:07.62
7	Maple Grove	5:08.47
	Champlin Park	DQ

4X400 Meter Relay

1	Forest Lake	4:11.62
2	Coon Rapids	4:14.35
3	Elk River	4:18.41
4	Anoka	4:19.54
5	Champlin Park	4:31.48
6	Blaine	4:38.69
7	Osseo	4:59.87

4X800 Meter Relay

1	Forest Lake	10:03.10
2	Coon Rapids	10:08.12
3	Maple Grove	10:20.94
4	Elk River	10:26.94
5	Osseo	10:37.51
6	Champlin Park	10:42.28
7	Anoka	10:43.81
8	Blaine	11:56.00

Long Jump

1	Shannah Olson, Elk River	17-2
2	Becki Renner, Anoka	16-6 1/2
3	Kimberly Curtis, Coon Rapids	16-0 1/2
4	Laura Standal, Elk River	15-9
4	Tracy Labernik, Forest Lake	15-9
6	Jenny Geng, Anoka	15-7
7	Shiah Danyanovich, Anoka	15-7
8	Katie Alsdurf, Forest Lake	15-6
9	Jenny Larsen, Blaine	15-3
10	Heather Adams, Blaine	15-1
11	Carly Christensen, Elk River	14-11
12	Rebecca Grill, Osseo	14-9
13	Nancy Radintz, Maple Grove	14-7 1/2
14	Susan Hemstad, Forest Lake	14-4
15	Amy Larson, Osseo	14-3
16	Jaimie Goffin, Coon Rapids	14-0
17	Gail Netland, Coon Rapids	14-0
18	Tiffany Huso, Champlin Park	13-8
19	Jessie Spelbrink, Blaine	13-4
20	Teresa Larson, Maple Grove	13-3
21	Angie Grabowski, Maple Grove	12-10 1/2
22	Rochelle Bell, Champlin Park	12-5 1/2
23	Laura Finnvik, Champlin Park	12-5

Triple Jump

1	Aleasha Jacobson, Elk River	34-6 1/2
2	Tracy Labernik, Forest Lake	33-9
3	Shiah Danyanovich, Anoka	33-8
4	Rebecca Grill, Osseo	33-4

5	Jerilyn Glenn, Forest Lake	33-3
6	Katie Timm, Anoka	32-9 1/2
7	Kimberly Curtis, Coon Rapids	32-9
8	Tiffany Huso, Champlin Park	32-6 1/2
9	Shannah Olson, Elk River	32-5 1/2
10	Jaimie Goffin, Coon Rapids	32-5 1/2
11	Katie Alsdurf, Forest Lake	32-4 1/2
12	Amanda Koski, Anoka	31-10 1/2
13	Beth Zosel, Elk River	31-6 1/2
14	Heather Adams, Blaine	31-6
15	Jennifer Duerre, Coon Rapids	31-4
16	Kaja Heinicke, Champlin Park	30-11 1/2
17	Brittany Doktér, Blaine	30-9 1/2
18	Christy Sylavong, Champlin Park	30-8
19	Amy Larson, Osseo	30-5
20	Jessica Wrobel, Blaine	29-5
21	Angie Grabowski, Maple Grove	28-10 1/2
22	Melinda Lein, Maple Grove	28-5
23	Sara Greninger, Maple Grove	27-10 1/2

Shot Put

1	Sara Pivec, Coon Rapids	36-8 1/2
2	Sarah Shidell, Coon Rapids	36-7 3/4
3	Colleen O'Hearn, Champlin Park	34-10
4	Laura Standal, Elk River	33-5
5	Ann Severson, Forest Lake	33-0 1/2
6	Jamie Clifford, Champlin Park	32-11
7	Sam Schener, Blaine	32-8
8	Crystal Baloun, Coon Rapids	32-7
9	Kari Halverson, Forest Lake	32-1
10	Angela Fahey, Forest Lake	32-0 1/2
11	Melissa Featherston, Champlin Park	31-11 1/2
12	Corinne Heaney, Osseo	31-8
13	Kris Muske, Anoka	31-2
14	Nikki Untener, Maple Grove	31-1 1/2
15	Jessica Stephan, Blaine	30-5 3/4
16	Shannon Hurd, Elk River	30-1
17	Angel Douglas, Elk River	29-9 1/2
18	Heidi Mueller, Blaine	28-10 1/2
19	Autumn Prois, Anoka	27-11
20	Angelina Roslik, Anoka	26-4
21	Danielle Serie, Osseo	26-0 1/2
22	Lindsay Brooks, Osseo	19-1 1/2

Discus Throw

1	Sarah Shidell, Coon Rapids	112-10
2	Sara Pivec, Coon Rapids	108-0
3	Colleen O'Hearn, Champlin Park	106-7
4	Angela Fahey, Forest Lake	103-7
5	Kris Muske, Anoka	103-6
6	Crystal Baloun, Coon Rapids	99-6
7	Nikki Untener, Maple Grove	98-5
8	Kari Halverson, Forest Lake	97-9
9	Ilene Jones, Maple Grove	92-6
10	Jessica Stephan, Blaine	92-5
11	Corinne Heaney, Osseo	92-1
12	Heidi Mueller, Blaine	91-7
13	Melissa Featherston, Champlin Park	91-5
14	Laura Standal, Elk River	87-4
15	Shannon Hurd, Elk River	85-8
16	Angelina Roslik, Anoka	84-11

(Discus Throw Cont.)

17	Sam Schener, Blaine	83-5
18	Katie Becklin, Elk River	81-5
19	Sheri Hudella, Forest Lake	79-0
20	Autumn Prois, Anoka	77-2
21	Jamie Clifford, Champlin Park	75-9
22	Danielle Serie, Osseo	65-8
23	Lindsay Brooks, Osseo	49-8

High Jump

1	Gretchen Cooper, Coon Rapids	5-4
2	Stacey Trushenski, Elk River	5-4
3	Jill Anderson, Forest Lake	5-0
3	Katie Timm, Anoka	5-0
5	Annie Wells, Maple Grove	5-0
6	Lindsay August, Anoka	4-10
6	Brittany Dokter, Blaine	4-10
8	Tara Woodworth, Coon Rapids	4-10
9	Lindsey Ahtelik, Maple Grove	4-10
10	Jessy Lee, Forest Lake	4-10
11	Rebecca Grill, Osseo	4-10
12	Shannon Mesenbourg, Champlin Park	4-8
12	Kayla Christensen, Elk River	4-8
14	Jill McDuffie, Blaine	4-8
15	Amy Larson, Osseo	4-8
16	Sommer Hietbrink, Forest Lake	4-6
16	Beth Zosel, Elk River	4-6
18	Bethany Fenhaus, Maple Grove	4-6
19	Blair Dorosh-Walther, Coon Rapids	4-6
20	Jessie Spalbrink, Blaine	4-6
21	Christy Sylavong, Champlin Park	4-6

Pole Vault

1	Becki Renner, Anoka	9-0
2	Beth Renner, Anoka	8-6
3	Stephanie Nadeau, Elk River	8-0
4	Abbey Lushanko, Forest Lake	8-0
4	Jerilyn Glenn, Forest Lake	8-0
6	Christin Jarson, Coon Rapids	7-6
7	Michelle Grubbs, Forest Lake	7-6
7	Ashley Jarson, Coon Rapids	7-6
9	Colleen Morgan, Elk River	7-0
10	Blair Dorosh-Walther, Coon Rapids	7-0

TEAM SCORES AFTER 19 EVENTS

PLACE	TEAM	POINTS
1	Coon Rapids	883.5
2	Forest Lake	794.5
3	Elk River	740.5
4	Anoka	648.0
5	Blaine	485.0
6	Champlin Park	475.5
7	Osseo	397.0
8	Maple Grove	344.0