

GIRLS' AAA TRUE TEAM CHAMPIONSHIP

Coon Rapids High School

May 6, 2003

100 METER DASH

1	Shari Nieland, Coon Rapids	13.44 H3
2	Katie Christensen, Elk River	13.49 H2
3	Kim Sauri, Champlin Park	13.57 H2
4	Haley Bulcom, Elk River	13.60 H3
5	Katie Hendrick, Anoka	13.62 H2
6	Ashley Busch, Elk River	13.65 H1
7	Nkechi Alaika, Blaine	13.66 H2
8	Moriko Cohen, Champlin Park	13.67 H3
9	Emily Gerster, Anoka	13.72 H3
10	Beatrice Gilbert, Champlin Park	13.90 H1
11	Jenny Heimann, Blaine	13.94 H2
12	Nicki Olheiser, Blaine	14.14 H1
13	Cathleen Decker, Coon Rapids	14.16 H2
14	Jackie Nieland, Coon Rapids	14.30 H1
15	Olivia Geiser, Maple Grove	14.38 H3
16	Alison DeGuisse, Anoka	14.55 H1
16	Christine Dwyer, Maple Grove	14.55 H2
18	Katie Picoone, Osseo	14.73 H3
19	Alcicia Lundie, St Francis	14.92 H1
20	Cherie Mitchell, St Francis	15.14 H2
21	Andrea Blankenheim, Maple Grove	15.24 H1
22	Jenny Sletten, Osseo	15.32 H2
23	Jessica Anderson, Osseo	15.33 H1

200 METER DASH

1	Jackie Nieland, Coon Rapids	27.12 H3
2	Emily Schlough, Anoka	27.20 H3
3	Emylee Headline, Anoka	27.45 H2
4	Jenny Flavin, Blaine	27.52 H2
5	Haley Bulcom, Elk River	27.58 H3
6	Nkechi Alaika, Blaine	27.59 H3
6	Molly Hoskins, Champlin Park	27.59 H1
8	Ashley Busch, Elk River	27.64 H1
9	Monique Weber, Elk River	28.04 H2
10	Jessica Arne, Blaine	28.34 H1
11	Moriko Cohen, Champlin Park	28.41 H2
12	Beatrice Gilbert, Champlin Park	28.59 H3
13	Caley Brown, Anoka	28.64 H1
14	Jackie Nieland, Coon Rapids	29.20 H1
15	Brittany Lyons, Coon Rapids	29.25 H2
16	Christine Dwyer, Maple Grove	29.26 H1
17	Nicole Barz, St Francis	29.27 H3
18	Danielle Foreman, St Francis	30.04 H2
19	Erika Whitesell, Maple Grove	30.13 H3
20	Rachel Huns, Maple Grove	30.46 H2
21	Katie Picoone, Osseo	30.54 H3
22	Julia Wold, St Francis	30.56 H1
23	Jessica Anderson, Osseo	30.99 H2
24	Jenny Sletten, Osseo	31.26 H1

400 METER DASH

1	Kellie Mooney, Blaine	60.11 H3
2	Monique Weber, Elk River	60.50 H3
3	Adi Luedtke, Anoka	61.29 H3
4	Gretchen Olson, Coon Rapids	61.48 H3
5	Gretchen Stanzl, Anoka	62.65 H1
6	Nikki Zachman, Blaine	63.63 H2
7	Christa Jung, Coon Rapids	63.69 H2
8	Nicki Bull, Blaine	64.15 H1
9	Katie Sable, Maple Grove	64.19 H2
10	Rachel Fisher, Elk River	65.15 H1
11	Kayla Gutthaler, Elk River	65.21 H2
11	Shelli Daniels, St Francis	65.21 H3
13	Katie Johnson, Anoka	65.45 H2
14	Leslie Eckelberg, Coon Rapids	65.95 H1
15	Whitney Jones, St Francis	66.33 H1

16	Faustina Lai, Champlin Park	66.57 H2
17	Katie Zins, St Francis	66.94 H2
18	Marissa Johnson, Champlin Park	67.20 H1
19	Amanda Johnson, Champlin Park	67.67 H3
20	Courtney McKensie, Maple Grove	69.58 H1

800 METER RUN

1	Heidi Lindeman, Coon Rapids	2:18.50 H2
2	Katie Anderson, Blaine	2:19.23 H2
3	Alissa Kurke, Anoka	2:23.63 H1
4	Alyssa Wendt, Anoka	2:25.63 H1
5	Katie Holschbach, Blaine	2:25.77 H2
6	Heather Olheiser, Blaine	2:29.72 H1
7	Caitlin Polgreen, Elk River	2:32.00 H2
8	Gretchen Stanzl, Anoka	2:33.13 H2
9	Jennifer Ranallo, Elk River	2:33.80 H1
10	Maddie Pock, Coon Rapids	2:36.43 H2
11	Melissa Anderson, Champlin Park	2:36.50 H2
12	Leah Swenson, Maple Grove	2:36.64 H2
13	Nicole Lundie, Coon Rapids	2:37.71 H1
14	Caroline Magnuson, Champlin Park	2:37.99 H1
15	Renee Houser, Elk River	2:38.57 H1
16	Kayla Bower, Champlin Park	2:42.57 H1
17	Annie Busch, Maple Grove	2:45.44 H2
18	Anna Wriatch, St Francis	2:46.50 H2
19	Nicole Rassier, Osseo	2:47.85 H2
20	Christine Bruins, Osseo	2:49.95 H1
21	Heidi Goerke, Maple Grove	2:49.97 H1
22	Jessica Gilpin, St Francis	2:51.84 H1
23	Melissa Stuhlik, St Francis	2:53.48 H2
24	Anelise Evenson, Osseo	2:53.50 H1

1600 METER RUN

1	Heidi Lindeman, Coon Rapids	4:58.97 H1
2	Lisa Wassanen, Maple Grove	5:00.70 H1
3	Katie Anderson, Blaine	5:08.84 H1
4	Sara Frederickson, Elk River	5:16.08 H1
5	Nicole Olson, Elk River	5:24.70 H1
6	Katie Holschbach, Blaine	5:26.43 H1
7	Kaitlin Lindsey, Champlin Park	5:30.19 H1
8	Brianna Duff, Anoka	5:36.62 H1
9	Katie Ranallo, Elk River	5:41.19 H1
10	Sara Spaulding, Anoka	5:45.86 H1
11	Megan Macdowicki, Maple Grove	5:47.35 H1
12	Susan Hallquist, Coon Rapids	5:53.85 H1
13	Kristine Dahlhammer, Anoka	5:54.82 H1
14	Sarah Nelson, Champlin Park	5:57.38 H1
15	Allison Kostir, Blaine	6:01.80 H1
16	Karina Wasche, St Francis	6:03.14 H1
17	Jennifer Olson, Champlin Park	6:03.60 H1
18	Kayla Rav, St Francis	6:07.36 H1
19	Nicole Dorfmaid, Osseo	6:07.80 H1
20	Jessica Gilpin, St Francis	6:15.40 H1
21	Meghana Cova, Maple Grove	6:16.84 H1
22	Allison Buhle, Coon Rapids	6:38.79 H1
23	Nicole Rassier, Osseo	7:16.41 H1

3200 METER RUN

1	Lisa Wassanen, Maple Grove	10:55.32
2	Sara Frederickson, Elk River	11:08.66
3	Nicole Olson, Elk River	11:42.42
4	Kaitlin Lindsey, Champlin Park	11:54.28
5	Rachel Riesgraf, Maple Grove	12:18.64
6	Brianna Duff, Anoka	12:18.92
7	Kate Wold, Maple Grove	12:20.87
8	Sara Spaulding, Anoka	12:37.12
9	Katie Ranallo, Elk River	13:00.49

10	Libbie Sanders, Coon Rapids	13:07.07
11	Kristine Dahlheimer, Anoka	13:08.01
12	Anzie Gray, Blaine	13:28.31
13	Danielle Sarman, Blaine	13:39.78
14	Katie Rehani, St Francis	13:42.25
15	Carla Stumbring, Champlin Park	13:52.72
16	Emily Porter, Coon Rapids	14:15.22
17	Samantha Kantorowicz, Coon Rapids	14:23.49
18	Emily Olson, St Francis	14:37.92
19	Laura Murphy, Blaine	15:11.91
20	Jessica Domiano, Champlin Park	15:26.73

100 METER HURDLES		
1	Rachelle Dosech, Anoka	16.01 H3
2	Kimberly Whalen, St Francis	16.74 H2
3	Alissa Ochs, Osseo	16.76 H2
4	Andrea Hansen, Anoka	16.91 H2
5	Julie Nusik, Elk River	16.94 H2
6	Sasha Gangl, Elk River	16.95 H3
7	Katie Lien, Blaine	16.97 H3
8	Brooke Zachman, Elk River	17.78 H1
9	Nikki Hennings, St Francis	17.88 H3
10	Kelsey Berkeland, Coon Rapids	17.94 H2
11	Alison DeGuisie, Anoka	18.03 H1
12	Jessica Speldrick, St Francis	18.49 H1
13	Chelsea Eckberg, Coon Rapids	18.52 H1
14	Andria Engler, Champlin Park	18.66 H3
15	Amanda Murlowski, Maple Grove	18.68 H3
16	Jessica Arne, Blaine	19.59 H1
17	Amy Shafner, Maple Grove	19.77 H2
18	Amanda Lekson, Blaine	19.89 H2
19	Holly Price, Osseo	20.24 H1
20	Kelly Stratton, Champlin Park	20.49 H1
21	Megan Dwyer, Maple Grove	20.63 H1
22	Amanda Marchetti, Champlin Park	20.90 H2
23	Megan Sullivan, Coon Rapids	23.00 H3

300 METER HURDLES		
1	Rebekah Kor, Anoka	46.86 H3
2	Katie Lien, Blaine	47.36 H3
3	Sasha Gangl, Elk River	49.20 H3
4	Brooke Zachman, Elk River	49.80 H2
5	Jessica Ramallo, Elk River	51.04 H1
6	Katie Hendrick, Anoka	51.98 H2
7	Megan Sullivan, Coon Rapids	52.15 H3
8	Andria Engler, Champlin Park	52.34 H3
9	Chelsea Eckberg, Coon Rapids	52.91 H2
10	Jessica Speldrick, St Francis	53.40 H2
11	Amanda Murlowski, Maple Grove	53.75 H2
12	Amanda Lekson, Blaine	53.88 H2
13	Karin Jackson, Osseo	54.54 H2
14	Angela Ulrich, Champlin Park	54.93 H2
15	Johanna Howe, Anoka	55.01 H1
16	Kelly Stratton, Champlin Park	55.62 H1
17	Carolyn Gresham, Blaine	56.04 H1
18	Angela Sverson, Coon Rapids	56.22 H1
19	Annika Johnson, St Francis	57.31 H1
20	Susan Schlanga, St Francis	59.60 H3
21	Megan Dwyer, Maple Grove	59.88 H1

4X100 METER RELAY		
1	ElRi, Elk River	50.81
2	Anok, Anoka	51.04
3	Blai, Blaine	51.73
4	ChPa, Champlin Park	51.95
5	CoRa, Coon Rapids	53.29
6	StFr, St Francis	54.54
7	Osse, Osseo	56.03
	MaGr, Maple Grove	DNF

800 METER RELAY		
1	Blai, Blaine	1:49.10 H1
2	Anok, Anoka	1:52.16 H1
3	CoRa, Coon Rapids	1:53.08 H1
4	ElRi, Elk River	1:53.17 H1
5	StFr, St Francis	1:53.18 H1
6	MaGr, Maple Grove	1:56.42 H1
7	ChPa, Champlin Park	1:57.25 H1
8	Osse, Osseo	1:59.07 H1

4X400 METER RELAY		
1	Anok, Anoka	4:02.93
2	CoRa, Coon Rapids	4:07.70
3	Blai, Blaine	4:09.46
4	ElRi, Elk River	4:18.47
5	Osse, Osseo	4:26.49
6	StFr, St Francis	4:28.85
7	ChPa, Champlin Park	4:32.60
8	MaGr, Maple Grove	4:41.72

6X300 METER RELAY		
1	Anok, Anoka	9:53.16
2	ElRi, Elk River	10:15.42
3	CoRa, Coon Rapids	10:20.56
4	ChPa, Champlin Park	10:25.59
5	Osse, Osseo	10:25.67
6	MaGr, Maple Grove	10:27.42
7	Blai, Blaine	10:36.97
8	StFr, St Francis	11:02.97

LONG JUMP		
1	Beatrice Gilbert, Champlin Park	16-5
2	Alissa Ochs, Osseo	15-6
3	Haley Balcom, Elk River	15-5 1/2
4	Danielle Determan, St Francis	15-5
5	Andria Engler, Champlin Park	15-5
6	Andrea Hansen, Anoka	14-11
7	Kendal Beer, Elk River	14-11
8	Britany Lyons, Coon Rapids	14-7
9	Rachelle Dosech, Anoka	14-6
10	Nicki Olheiser, Blaine	14-4 1/2
11	Nicki Bull, Blaine	14-2
12	Ashley Duzgan, Blaine	14-1
13	Marchelle Lien, Elk River	14-0 1/2
14	Angie Busch, Maple Grove	13-11
15	Michele Peterson, Osseo	13-10 1/2
16	Jackie Niland, Coon Rapids	13-8 1/2
17	Christa Jung, Coon Rapids	13-6
18	Chimaeis Okfor, Champlin Park	13-6
19	Megan Dwyer, Maple Grove	13-5 1/2
20	Amber Salo, St Francis	13-4 1/2
21	Courmay McKensie, Maple Grove	13-3 1/2
22	Nicole Bartz, St Francis	12-11 1/2
	Holly Price, Osseo	ND
	Katie Johnson, Anoka	ND

TRIPLE JUMP		
1	Alissa Ochs, Osseo	36-10
2	Andrea Hansen, Anoka	36-0
3	Jenny Flavin, Blaine	33-8
4	Christa Jung, Coon Rapids	32-9 1/2
5	Jenny Jung, Coon Rapids	32-4 1/2
6	Holly Price, Osseo	31-10 1/2
7	Carris Himmels, Maple Grove	31-3
8	Julie Nusik, Elk River	31-0
9	Ashley Duzgan, Blaine	30-9
10	Danielle Determan, St Francis	30-9
11	Nicki Bull, Blaine	30-8 1/2
12	Elizabeth Buyse, Anoka	30-7 1/2
13	Kendal Beer, Elk River	30-3 1/2
14	Angie Busch, Maple Grove	29-9 1/2
15	Allison Britz, Anoka	29-8
16	Amber Salo, St Francis	29-1 1/2
17	Millisa Smith, Elk River	29-0
18	Angela Mooney, Osseo	29-0
19	Brianne Lesau, St Francis	28-9 1/2
20	Alicia Lv, Maple Grove	28-6
21	Melissa Roering, Champlin Park	27-3
22	Kendra Johnson, Champlin Park	26-5
23	Amanda Forsyth, Champlin Park	25-10

SHOT PUT		
1	Danville Guinn, St Francis	38-9 1/4
2	Anna Kinzman, Blaine	36-4 3/4
3	Angela Mooney, Osseo	36-4 1/2
4	Becky Boorman, Coon Rapids	34-3
5	Alicia Hedstrom, Anoka	33-8 1/2
6	Samantha Lucas, Anoka	32-7 1/4
7	Jennifer Elk, St Francis	31-8 1/4

8	Shariay Timm, Osseo	31-4 1/2
9	Abby Larson, Blaine	31-1
10	Katie McHugh, Anoka	30-11 1/2
11	Kelsey Bjornson, Elk River	30-8
12	Amy Kinzman, Blaine	30-7 1/2
13	Katherine Housney, St Francis	30-5 1/2
14	Renee Wallberg, Elk River	30-4 3/4
15	Martin Olson, Elk River	30-2 3/4
16	Steph Ayers, Champlin Park	30-1
17	Abby White, Coon Rapids	30-0
18	Lindsey Remstrom, Maple Grove	29-9 3/4
19	Cassie Corrigan, Coon Rapids	28-9
20	Amanda LaChance, Champlin Park	28-3 3/4
21	Noelle Otten, Maple Grove	27-0 1/2
22	Brianna Hamilton, Osseo	26-11 1/4
23	Stacia Krafe, Maple Grove	26-11

12	Katie Christensen, Elk River	7-6
13	Amanda Anderson, St Francis	7-6
13	Heather Norton, Champlin Park	7-6
15	Holly Schultheis, Coon Rapids	7-0
16	Heather Brostrom, Champlin Park	7-0
17	Erin Brunner, Maple Grove	6-0
	Rebecca Peters, Blaine	NH
	Rachel Narlock, Coon Rapids	NH
	Melissa Kolodjka, Coon Rapids	NH
	Adi Luedtke, Anoka	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	Elk River	801.5
2	Anoka	788.0
3	Blaine	730.0
4	Coon Rapids	635.0
5	Champlin Park	548.5
6	St Francis	473.5
7	Maple Grove	433.5
8	Cesee	297.0

DISCUS THROW

1	Deurville Guim, St Francis	124-10
2	Amanda Eichhorn, Blaine	105-2
3	Sarah Yelken, Champlin Park	102-1
4	Kaitlin Knutson, Champlin Park	95-3
5	Abby Larson, Blaine	94-0
6	Steph Ayers, Champlin Park	93-7
7	Sandy Rudebeck, Coon Rapids	91-1
8	Jenna Bettman, Blaine	90-9
9	Breanna Salley, St Francis	89-10
10	Lindsey Remstrom, Maple Grove	88-5
11	Lauren Rinze, Maple Grove	88-0
12	Kristy Wheeler, Anoka	86-10
13	Cassie Corrigan, Coon Rapids	85-9
14	Morgan Holm, Anoka	85-0
15	Sherrys Mayo, Elk River	84-11
16	Jessica Blaser, St Francis	83-10
17	Abby White, Coon Rapids	82-10
18	Mandi Zeise, Elk River	82-5
19	Angela Mounsey, Osseo	82-2
20	Rachel Gammelgaard, Osseo	81-11
21	Mariene Moxness, Maple Grove	79-2
22	Alicia Hedstrom, Anoka	78-5
23	Brianna Hazelton, Osseo	74-4
24	Renee Wallberg, Elk River	69-11

HIGH JUMP

1	Andrea Hansen, Anoka	5-1
2	Jamie McVeneay, Elk River	5-0
3	Holly Price, Osseo	5-0
4	Sasha Gangel, Elk River	5-0
5	Sheri Natland, Coon Rapids	5-0
6	Heather Murphy, Elk River	4-10
7	Becky DeLeon, Coon Rapids	4-8
7	Chinuelo Okafor, Champlin Park	4-8
9	Ivy Lencouneau, St Francis	4-8
9	Shelll Daniels, St Francis	4-8
11	Sarah Long, Osseo	4-8
12	Emily Gerster, Anoka	4-8
12	Jenny Junz, Coon Rapids	4-6
14	Alyssa Wendt, Anoka	4-6
14	Heather Olmeyer, Blaine	4-4
16	Annie Busch, Maple Grove	4-4
16	Ashlyn Sather, Maple Grove	4-4
16	Linda Neerven, Champlin Park	4-4
19	Patce Karmke, Maple Grove	4-4
20	Breanna Salley, St Francis	4-4
21	Amber Stutz, Blaine	4-2
22	Caroline Manganon, Champlin Park	4-2
	Carolyn Gresseth, Blaine	4-2
		NH

POLE VAULT

1	Carrie Hainers, Maple Grove	10-4
2	Kim Sault, Champlin Park	10-0
3	Jenny Heiman, Blaine	9-6
4	Abby Thompson, Elk River	9-6
5	Kristi Hendrickson, Anoka	9-0
6	Jessica Norman, Maple Grove	8-6
7	Amber Stutz, Blaine	8-6
8	Elizabeth Buyse, Anoka	8-6
9	Emily Linfors, St Francis	8-6
9	Annika Johnson, St Francis	8-0
11	EIRI, Elk River	8-0
		8-0