

Licensed to AccuRace Timing Services - Contractor License

HY-TEK's Meet Manager 5/16/2015 03:55 PM

Coulee Conference Championship Meet

Westby High School

Westby, WI - 5/16/2015

Results

Girls 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 6 Best Times

Coulee: * 12.41 2010 Maya Vazquez, Arc. (FAT), Arcadia

Name	Year	School	Prelims	H#
Preliminaries				
1 Jaali Parish	12	Viroqua	12.98Q	2
2 Emily Collom	12	Gale-Ettrick	13.17Q	1
3 Amber Bilitz	12	Luther	13.31q	2
4 Eve Kramer	12	Arcadia	13.54q	2
5 Hillary Filla	12	Arcadia	13.57q	1
6 Ellen Mills	09	Gale-Ettrick	13.71q	1
7 Miranda Delmedico	09	Westby	13.79q	1
8 Samantha Clark	09	Viroqua	13.81q	2
9 Morgan Weber	11	West Salem	13.86	1
10 Tori Miller	10	Black River	13.92	1
11 Haylee Olson	09	Viroqua	13.93	1
12 Cherie Lun	10	West Salem	13.98	2
13 Demi Miller	10	Black River	14.02	2
14 Mikala Pronschinske	09	Arcadia	14.21	1
15 Macy Williams	10	Gale-Ettrick	14.29	2

Girls 100 Meter Dash

Coulee: * 12.41 2010 Maya Vazquez, Arc. (FAT), Arcadia

Name	Year	School	Finals	Points
Finals				
1 Jaali Parish	12	Viroqua	12.70	10
2 Emily Collom	12	Gale-Ettrick	13.19	8
3 Hillary Filla	12	Arcadia	13.23	6
4 Amber Bilitz	12	Luther	13.28	5
5 Miranda Delmedico	09	Westby	13.71	4
6 Eve Kramer	12	Arcadia	13.74	3
7 Ellen Mills	09	Gale-Ettrick	13.75	2
8 Samantha Clark	09	Viroqua	13.76	1

Girls 200 Meter Dash

Coulee: * 25.11 5/10/2008 Maya Vazquez, ARC, Arcadia

Name	Year	School	Finals	H#	Points
1 Abbey Zastrow	10	Arcadia	26.32	3	10
2 Jaali Parish	12	Viroqua	26.75	3	8
3 Kezia Miller	12	West Salem	27.61	3	6
4 Hillary Filla	12	Arcadia	27.87	3	5
5 Morning Potaracke	10	Luther	28.01	2	4
6 McKenzie Fitzpatrick	10	West Salem	28.25	3	3
7 McKenzie Feyen	10	Gale-Ettrick	28.70	2	2

8 Morgan Weber	11 West Salem	28.73	3	1
9 Ireland Andre	10 Arcadia	28.80	2	
10 Avery Schaller	12 Viroqua	28.87	2	
11 Ally Stilwell	10 Viroqua	29.17	1	
12 Kaylee Kriesel	12 Gale-Ettrick	29.90	2	
13 Ciara Johnson	10 Black River	30.31	1	
14 Kendra Towner	11 Gale-Ettrick	31.86	1	

Girls 400 Meter Dash

Coulee: * 56.95 5/10/2008 Maya Vazquez, ARC, Arcadia				
Name	Year	School	Finals	H# Points
1 Abbey Zastrow	10	Arcadia	59.11	3 10
2 Jaali Parish	12	Viroqua	59.50	3 8
3 Joslyn Dearborn	12	Viroqua	1:03.84	3 6
4 Sydney Sherry	09	Westby	1:03.94	2 5
5 McKenzie Fitzpatrick	10	West Salem	1:04.46	3 4
6 Morgan Weber	11	West Salem	1:04.51	2 3
7 Deanna Kupietz	11	Arcadia	1:06.11	2 2
8 Jessica Abt	12	Viroqua	1:06.93	3 1
9 Kezia Miller	12	West Salem	1:07.99	3
10 Brianna Ties	10	Gale-Ettrick	1:08.88	2
11 Kyla Rave	11	Black River	1:09.67	1
12 Jessie Meadke	09	Luther	1:10.86	2
13 Lauren Kick	09	Luther	1:11.90	1
14 Savannah Kubis	11	Luther	1:25.36	1

Girls 800 Meter Run

Coulee: * 2:19.60 1993 Lisa Johnson, LaC, La Crescent				
Name	Year	School	Finals	H# Points
1 Elena Schmidt	09	Westby	2:24.49	2 10
2 Karly Tennant	12	Black River	2:25.89	2 8
3 Madelyn Anderson	09	Viroqua	2:31.03	2 6
4 Hannah Thorn	12	West Salem	2:32.84	2 5
5 Sammy Peterson	11	West Salem	2:33.63	2 4
6 Ryla Vatland	09	Westby	2:35.10	2 3
7 Dani Faas	11	West Salem	2:37.84	2 2
8 Olivia Abt	09	Viroqua	2:41.59	2 1
9 Noelle Olson	11	Arcadia	2:42.54	1
10 Naomi Schroeder	09	Viroqua	2:47.45	2
11 Natalie Gawron	11	Black River	2:58.81	1
12 Asia Parkhurst	09	Gale-Ettrick	3:14.61	1
13 Lauren Kick	09	Luther	3:22.02	1
14 Michaela Harbach	09	Luther	3:42.14	1

Girls 1600 Meter Run

Coulee: * 5:13.70 1994 Stacy Johnson, LaC, La Crescent				
Name	Year	School	Finals	Points
1 Elena Schmidt	09	Westby	5:32.28	10
2 Rebecca Maxwell	12	Westby	5:35.92	8
3 Hannah Thorn	12	West Salem	5:37.34	6
4 Abbey Wedwick	09	Westby	5:40.77	5

5	Kate Schroeder	09	West Salem	5:42.71	4
6	Naomi Schroeder	09	Viroqua	5:50.39	3
7	Mickealla Stenulson	11	Black River	6:01.23	2
8	Aleshia Furlano	09	West Salem	6:03.93	1
9	Rileigh Campbell	09	Gale-Ettrick	6:23.75	
10	Madison Markee	10	Black River	6:25.89	
11	Samantha Dach	12	Viroqua	6:51.45	
12	Michaela Harbach	09	Luther	7:09.58	
13	Carley Gerdes	10	Luther	7:44.53	

Girls 3200 Meter Run

=====				
Coulee: * 11:29.20		1993	Stacy Johnson, LaC, La Crescent	
Name	Year	School	Finals	Points
=====				
1	Elena Schmidt	09	Westby	12:32.61 10
2	Rebecca Maxwell	12	Westby	12:46.45 8
3	Abbey Wedwick	09	Westby	12:49.63 6
4	Kate Schroeder	09	West Salem	12:58.00 5
5	Emma Kolden	09	Viroqua	13:16.62 4
6	Mickealla Stenulson	11	Black River	13:37.88 3
7	Aleshia Furlano	09	West Salem	13:43.13 2
8	Jennifer Brendel	11	Viroqua	14:19.55 1
9	Emme Rogers	09	Luther	15:48.62
10	Madison Brenengen	09	Gale-Ettrick	16:25.86

Girls 100 Meter Hurdles

=====				
8 Advance: Top 1 Each Heat plus Next 6 Best Times				
Coulee: * 15.43		5/11/2013	Lyssa Veres, Viroqua	
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	Isabelle Kick	11	Luther	16.04Q 2
2	Haley Beams	11	Black River	16.39Q 1
3	Ali Clements	12	West Salem	16.93q 2
4	Lydia Noble	09	Viroqua	17.24q 1
5	Elise Geske	12	Gale-Ettrick	17.60q 1
6	Emily Olson	09	Westby	17.88q 2
7	Stephanie Brauner	10	Black River	17.89q 2
8	Sammi Hansen	12	Westby	18.24q 1
9	Becky Bisek	11	Arcadia	19.13 1
10	Ellen Mills	09	Gale-Ettrick	19.43 2

Girls 100 Meter Hurdles

=====				
Coulee: * 15.43		5/11/2013	Lyssa Veres, Viroqua	
Name	Year	School	Finals	Points
=====				
Finals				
1	Isabelle Kick	11	Luther	15.81 10
2	Ali Clements	12	West Salem	16.82 8
3	Lydia Noble	09	Viroqua	17.01 6
4	Elise Geske	12	Gale-Ettrick	17.67 5
5	Stephanie Brauner	10	Black River	17.68 4
6	Sammi Hansen	12	Westby	17.76 3
7	Emily Olson	09	Westby	17.78 2

8 Haley Beams 11 Black River 17.80 1

Girls 300 Meter Hurdles

Coulee: * 46.36 1989 Shari Kowalski, ARC, Arcadia					
Name	Year	School	Finals	H#	Points
1 Angela Zenke	12	Luther	48.04	3	10
2 Ali Clements	12	West Salem	48.46	3	8
3 Haley Beams	11	Black River	49.63	3	6
4 Lydia Noble	09	Viroqua	49.81	3	5
5 Stephanie Brauner	10	Black River	50.73	2	4
6 Sammi Hansen	12	Westby	50.85	3	3
7 Emily Olson	09	Westby	51.49	3	2
8 Mady Stackhouse	09	Viroqua	52.67	2	1
9 Hanna Hoesley	11	Arcadia	52.77	2	
10 Ellen Mills	09	Gale-Ettrick	56.74	1	
11 Cassie Bell	11	Luther	56.85	2	
12 Becky Bisek	11	Arcadia	57.21	1	
13 Karli Rickert	10	Black River	58.79	2	

Girls 4x100 Meter Relay

Coulee: * 51.50 1988 Viroqua, Viroqua					
L Call, K Solverson, B Swanson, B Stalsberg					
School			Finals	H#	Points
1 Luther			52.03	2	10
1) Isabelle Kick 11		2) Alexa Kasten 10			
3) Amber Bilitz 12		4) Angela Zenke 12			
2 Gale-Ettrick-Trempealeau			52.86	2	8
1) McKenzie Feyen 10		2) Emily Collom 12			
3) Sidney Severson 12		4) Whitney Nichols 11			
3 Westby			54.02	2	6
1) Kendra Brazelton 12		2) Kelsey Daines 11			
3) Sadie Korn 11		4) Miranda Delmedico 09			
4 Viroqua			54.05	2	4
1) Avery Schaller 12		2) Joslyn Dearborn 12			
3) Samantha Clark 09		4) Ally Stilwell 10			
5 West Salem			54.34	1	2
1) Alexa Marchbanks 11		2) Carla Maas 10			
3) Cherie Lun 10		4) Brittney Niebuhr 09			
6 Black River Falls			54.35	1	1
1) Lauren Helstad 11		2) Demi Miller 10			
3) Ciara Johnson 10		4) Tori Miller 10			
7 Arcadia			57.59	1	
1) Becky Bisek 11		2) Kathryn Sobotta 09			
3) Rachel Klink 09		4) Mikala Pronschinske 09			

Girls 4x200 Meter Relay

Coulee: * 1:48.30 1981 Holmen, Holmen					
J Rochester, J Rochester, K Rochester, K Granum,					
School			Finals	H#	Points
1 Luther			1:50.56	2	10
1) Isabelle Kick 11		2) Cassie Bell 11			

3) Amber Bilitz 12	4) Morning Potaracke 10		
2 Arcadia	1:52.31	2	8
1) Eve Kramer 12	2) Ireland Andre 10		
3) Noelle Olson 11	4) Hanna Hoesley 11		
3 Viroqua	1:52.67	2	6
1) Avery Schaller 12	2) Mady Stackhouse 09		
3) Samantha Clark 09	4) Ally Stilwell 10		
4 Gale-Ettrick-Trempealeau	1:53.32	1	4
1) McKenzie Feyen 10	2) Emily Collom 12		
3) Sidney Severson 12	4) Whitney Nichols 11		
5 Westby	1:53.96	2	2
1) Lexi Crume 09	2) Miranda Delmedico 09		
3) Sadie Korn 11	4) Kelsey Daines 11		
6 Black River Falls	1:54.28	1	1
1) Emily Byrns 10	2) Kacey Koenigs 11		
3) Demi Miller 10	4) Tori Miller 10		
7 West Salem	1:54.97	1	
1) Alexa Marchbanks 11	2) Carla Maas 10		
3) Cherie Lun 10	4) Brittney Niebuhr 09		

Girls 4x400 Meter Relay

=====			
Coulee: *	4:08.23	5/10/2008	Arcadia, Arcadia
		T McKeeth, E Suchla, K Quinn, C Reglin	
School		Finals	H# Points
=====			
1 Arcadia		4:12.75	2 10
1) Hillary Filla 12	2) Eve Kramer 12		
3) Hanna Hoesley 11	4) Abbey Zastrow 10		
2 Viroqua		4:21.80	2 8
1) Jessica Abt 12	2) Joslyn Dearborn 12		
3) Madelyn Anderson 09	4) Delilah Vance 09		
3 West Salem		4:22.08	2 6
1) Ali Clements 12	2) Sammy Peterson 11		
3) Dani Faas 11	4) McKenzie Fitzpatrick 10		
4 Luther		4:23.46	1 4
1) Angela Zenke 12	2) Cassie Bell 11		
3) Jessie Meadke 09	4) Morning Potaracke 10		
5 Westby		4:29.11	2 2
1) Emily Olson 09	2) Lexi Crume 09		
3) Ryla Vatland 09	4) Sydney Sherry 09		
6 Black River Falls		4:40.25	1 1
1) Kacey Koenigs 11	2) Emily Byrns 10		
3) Kim Leadholm 10	4) Karly Tennant 12		
7 Gale-Ettrick-Trempealeau		5:03.50	1
1) Rileigh Campbell 09	2) Kaylee Kriesel 12		
3) Madison Jansen 12	4) Emily Burton 11		

Girls 4x800 Meter Relay

=====			
Coulee: *	9:39.52	2007	West Salem, West Salem
		C Oldenburg, R Davis, K Stockheimer, C Rucker	
School		Finals	Points
=====			
1 West Salem		10:07.64	10
1) Sammy Peterson 11	2) Kate Schroeder 09		
3) Dani Faas 11	4) Hannah Thorn 12		

2	Viroqua		10:17.89	8
	1) Emma Kolden 09	2) Olivia Abt 09		
	3) Jessica Abt 12	4) Madelyn Anderson 09		
3	Westby		10:27.31	6
	1) Sydney Sherry 09	2) Ryla Vatland 09		
	3) Emily Culligan 12	4) Julianne Call 09		
4	Black River Falls		11:31.39	4
	1) Jamie Pennekamp 10	2) Mickealla Stenulson 11		
	3) Natalie Gawron 11	4) Karly Tennant 12		
5	Luther		11:56.79	2
	1) Jessie Meadke 09	2) Carley Gerdes 10		
	3) Emme Rogers 09	4) Regina Reedich 10		
6	Gale-Ettrick-Trempealeau		11:56.81	1
	1) Madison Jansen 12	2) Asia Parkhurst 09		
	3) Emily Burton 11	4) Madison Brenengen 09		

Girls High Jump

Coulee: * 5-06 2011		Jessie Welch, West Salem		
Name	Year	School	Finals	Points
1	Sidney Severson	12 Gale-Ettrick	5-02.00	10
2	Hanna Hoesley	11 Arcadia	J5-02.00	8
3	Rachel Nigh	10 Viroqua	5-00.00	6
4	McKenzie Feyen	10 Gale-Ettrick	4-10.00	5
5	Isabelle Kick	11 Luther	4-08.00	4
6	Jenna Johnson	10 Black River	4-06.00	3
7	Kendra Brazelton	12 Westby	J4-06.00	2
8	Lexi Crume	09 Westby	4-04.00	1
9	Caitlin Smart	10 Black River	4-00.00	

Girls Pole Vault

Coulee: * 10-09 5/11/2013		Lyssa Veres, Viroqua		
Name	Year	School	Finals	Points
1	Linse Wilbur	10 Westby	10-00.00	10
2	Rachel Nigh	10 Viroqua	9-00.00	7
2	Kylie Bluske	12 Westby	9-00.00	7
4	Josie Wiltrout	11 Viroqua	8-06.00	5
5	Morning Potaracke	10 Luther	8-00.00	4
6	Kendra Brazelton	12 Westby	J8-00.00	3
7	Tommi Jo Hemp	10 West Salem	J8-00.00	2
8	Chloe Horan	12 Viroqua	7-06.00	1
9	Ellen Mills	09 Gale-Ettrick	7-00.00	
10	Jessie Meadke	09 Luther	6-06.00	
--	Emily Byrns	10 Black River	NH	
--	Jamie Pennekamp	10 Black River	NH	
--	Cherie Lun	10 West Salem	NH	

Girls Long Jump

Coulee: * 18-02 5/10/2008		Maya Vazquez, ARC, Arcadia		
Name	Year	School	Finals	Points
1	Abbey Zastrow	10 Arcadia	16-04.00	10
2	Jaali Parish	12 Viroqua	15-11.75	8

3 Amber Bilitz	12 Luther	15-10.75	6
4 Hillary Filla	12 Arcadia	15-10.00	5
5 Kelsey Daines	11 Westby	15-04.50	4
6 Macy Williams	10 Gale-Ettrick	15-03.50	3
7 Carla Maas	10 West Salem	14-08.00	2
8 Brittney Niebuhr	09 West Salem	14-02.50	0.50
8 Whitney Nichols	11 Gale-Ettrick	14-02.50	0.50
10 Stephanie Brauner	10 Black River	14-00.25	
11 Kezia Miller	12 West Salem	13-09.00	
12 Kendra Towner	11 Gale-Ettrick	J13-09.00	

Girls Triple Jump

Coulee: * 36-05 5/16/2009 Erika Suchla, ARC, Arcadia				
Name	Year	School	Finals	Points
1 Kezia Miller	12	West Salem	34-02.00	10
2 Macy Williams	10	Gale-Ettrick	33-10.50	8
3 Kelsey Daines	11	Westby	32-11.00	6
4 Rachel Nigh	10	Viroqua	J32-11.00	5
5 Whitney Nichols	11	Gale-Ettrick	32-02.00	4
6 Kim Leadholm	10	Black River	31-08.50	3
7 Kacey Koenigs	11	Black River	31-08.25	2
8 Jessica Abt	12	Viroqua	31-04.25	1
9 Kiarra Keenlance	09	Westby	31-02.50	
10 Eve Kramer	12	Arcadia	30-06.00	
11 Katie Leadholm	10	Black River	29-10.00	
12 Becky Bisek	11	Arcadia	28-07.50	
13 Lauren Kick	09	Luther	27-03.50	
14 Emily Burton	11	Gale-Ettrick	25-11.00	

Girls Shot Put

Coulee: * 41-10.25 5/12/2012 LeAnna Bender, GET, Gale-Ettrick-Tremp.				
Name	Year	School	Finals	Points
1 Annalese Lamke	12	Gale-Ettrick	40-09.25	10
2 Haley Dutton	11	West Salem	34-11.00	8
3 Katelin Berklund	10	Westby	34-04.50	6
4 Amanda Zauner	12	Gale-Ettrick	33-11.75	5
5 Mycanzie Foster	12	Westby	31-00.50	4
6 Danica Duellman	12	Arcadia	30-07.00	3
7 Trevonna Rave	10	Black River	30-03.25	2
8 Sammy Peterson	11	West Salem	29-03.50	1
9 Brianna Hall	11	Westby	27-01.00	
10 Katelyn Raddatz	11	Luther	26-11.00	
11 Rachel McKay	11	Arcadia	26-09.00	
12 Julia Schibbelhut	11	Luther	26-05.50	
13 Dorisa Duellman	09	Arcadia	25-07.00	
14 Delilah Vance	09	Viroqua	25-05.50	
15 Tamiko Havlik	11	Luther	23-02.75	

Girls Discus Throw

Coulee: * 135-07 5/17/2014 Annalese Lamke, Gale-Ettrick				
Name	Year	School	Finals	Points

1	Annalese Lamke	12	Gale-Ettrick	129-01	10
2	Hailey Collins	11	Black River	116-01	8
3	Krista Hall	10	Westby	114-05	6
4	Brianna Hall	11	Westby	111-06	5
5	Haley Dutton	11	West Salem	108-07	4
6	Trevonna Rave	10	Black River	103-01	3
7	Brianna Stankey	11	Gale-Ettrick	102-01	2
8	Katelin Berklund	10	Westby	99-00	1
9	Amanda Zauner	12	Gale-Ettrick	96-04	
10	Dorisa Duellman	09	Arcadia	90-04	
11	Katelyn Raddatz	11	Luther	86-03	
12	Alexa Kasten	10	Luther	83-10	
13	Danica Duellman	12	Arcadia	82-10	
14	Stormie Brown	10	Black River	73-11	
15	Kristy Hitchler	10	Luther	73-03	
16	Rachel McKay	11	Arcadia	70-07	
17	Paula Fanta	10	Viroqua	66-03	

Boys 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 6 Best Times

Coulee: * 10.89 5/11/2013 Jordan Millis, Black River

Name	Year	School	Prelims	H#
------	------	--------	---------	----

Preliminaries

1	Brent Heilman	10	West Salem	11.35Q	1
2	Garrett Gjersest	12	Black River	11.46Q	2
3	Jim Hoesley	11	Arcadia	11.42q	1
4	Nicholas Greenlaw	10	Black River	11.48q	2
5	Adam Schwartz	12	Luther	11.53q	1
6	Corbin Sigler	09	Black River	11.59q	1
7	Travis Schmitt	11	Westby	11.83q	2
8	Mac Anderson	12	West Salem	11.86q	2
9	Lane Montgomery	11	Westby	11.87	1
10	Daniel Walsh	10	Luther	11.99	2
11	Joshua Barbee	09	Westby	12.17	2
12	Ben Behan	09	Gale-Ettrick	12.81	2
13	Will Blake	11	Viroqua	12.99	2
14	Logan Hanson	11	Viroqua	13.01	1

Boys 100 Meter Dash

Coulee: * 10.89 5/11/2013 Jordan Millis, Black River

Name	Year	School	Finals	Points
------	------	--------	--------	--------

Finals

1	Jim Hoesley	11	Arcadia	10.96	10
2	Brent Heilman	10	West Salem	11.19	8
3	Garrett Gjersest	12	Black River	11.46	6
4	Nicholas Greenlaw	10	Black River	11.48	5
5	Corbin Sigler	09	Black River	11.59	4
6	Adam Schwartz	12	Luther	11.61	3
7	Travis Schmitt	11	Westby	11.88	2
8	Mac Anderson	12	West Salem	11.94	1

Boys 200 Meter Dash

Coulee: * 22.54 2010		Sam Glomstad-Foster,GET, Gale-Ettrick-Tremp.			
Name	Year	School	Finals	H#	Points
1	Jim Hoesley	11	Arcadia	22.06*	3 10
2	Brent Heilman	10	West Salem	23.07	3 8
3	Jacob Slaby	11	Arcadia	23.35	3 6
4	Ryan Onshus	12	Viroqua	23.50	2 5
5	Corbin Sigler	09	Black River	23.83	3 4
6	Tim Schauf	11	West Salem	23.92	2 3
7	Christian Ellefson	10	Viroqua	24.16	2 2
8	Nicholas Greenlaw	10	Black River	24.26	3 1
9	Triston Jarrett	10	Westby	24.46	2
10	Garrett Gjersest	12	Black River	24.57	3
11	Chris Thompson	09	Gale-Ettrick	25.24	2
12	Cole Tunks	11	Viroqua	28.14	1
13	Austin Johnson	10	Westby	29.08	1

Boys 400 Meter Dash

Coulee: * 49.71 5/17/2014		Bryce Koval, Arcadia			
Name	Year	School	Finals	H#	Points
1	Corbin Sigler	09	Black River	51.49	3 10
2	Brian Lettner	12	Arcadia	52.95	3 8
3	Cyrus Ortiz	11	Black River	52.97	3 6
4	Collin Kennedy	12	Luther	53.86	3 5
5	Dylan Wolfe	11	Arcadia	54.39	2 4
6	Billy Tremain	12	West Salem	54.55	3 3
7	Chris Nelson	11	West Salem	55.41	2 2
8	Cody King	10	Westby	55.42	2 1
9	River Potaracke	11	Luther	55.74	3
10	Timothy Carlson	12	Luther	57.45	2
11	Chance Ewing-McGrath	11	Viroqua	58.79	2
12	Brandon Moll	12	Gale-Ettrick	1:03.70	1
13	Alex Helgeson	09	Westby	1:04.25	1
14	Cooper Richason	09	Gale-Ettrick	1:05.65	1

Boys 800 Meter Run

Coulee: * 1:57.29 1990		Pete Jaeger, WB, Westby			
Name	Year	School	Finals	H#	Points
1	Jeremy Lee	12	Viroqua	2:04.69	2 10
2	Rob Hoesley	11	Arcadia	2:05.78	2 8
3	Cyrus Ortiz	11	Black River	2:07.51	2 6
4	Micah Nordgren	12	Viroqua	2:08.66	2 5
5	Brady Schock	12	Arcadia	2:09.46	2 4
6	Matt Kamla	11	Gale-Ettrick	2:10.63	1 3
7	Kyle Lang	12	West Salem	2:10.78	2 2
8	Connor Koepnick	10	West Salem	2:14.75	2 1
9	Beau Clemmensen	10	Luther	2:17.77	1
10	Nathan Riehle	09	Gale-Ettrick	2:17.82	1
11	TJ Johnson	12	Gale-Ettrick	2:23.98	1
12	John Lucas	09	Westby	2:30.52	1
13	Kyle Hansen	10	Westby	2:30.69	1

Boys 1600 Meter Run

=====				
Coulee: * 4:24.20 1983		Dean Junk, LaC, La Crescent		
Name	Year	School	Finals	Points
=====				
1	Spencer Oftedahl	11	Westby	4:41.47 10
2	Connor Koepnick	10	West Salem	4:45.83 8
3	Hayden Fredrickson	09	Westby	4:47.90 6
4	Ramon Romero	09	Arcadia	4:51.29 5
5	Effi Sutherland	11	Viroqua	4:53.33 4
6	Brady Schock	12	Arcadia	4:55.04 3
7	Weston King	12	Luther	4:55.49 2
8	Riley Scallon	11	West Salem	4:58.62 1
9	Mason Neprud	12	Viroqua	5:00.17
10	Brad Kirsch	11	Luther	5:07.42
11	Reggie Evenson	12	Gale-Ettrick	5:27.96
12	Caleb Maracek	09	Black River	5:38.88
13	Riley Rios	12	Black River	5:40.55
14	Jack Marley	09	Gale-Ettrick	5:45.56

Boys 3200 Meter Run

=====				
Coulee: * 9:42.20 1986		Tony Meyers, ARC, Arcadia		
Name	Year	School	Finals	Points
=====				
1	Spencer Oftedahl	11	Westby	10:13.42 10
2	Hayden Fredrickson	09	Westby	10:22.91 8
3	Ramon Romero	09	Arcadia	10:45.84 6
4	Cameron Robaczewski	12	West Salem	10:56.77 5
5	Evan Veres	10	Viroqua	11:07.38 4
6	Riley Scallon	11	West Salem	11:15.20 3
7	Austin Kiesling	12	West Salem	11:26.16 2
8	Weston King	12	Luther	11:35.67 1
9	Samuel Solverson	12	Viroqua	11:46.04
10	Stephen Redbird	09	Black River	12:00.71
11	Jacob Wintrone	10	Luther	12:12.40
12	Noah Mayer	11	Gale-Ettrick	12:31.02
13	Hunter Gilbertson	09	Gale-Ettrick	12:55.36
14	Ben Slattery	12	Gale-Ettrick	13:14.29

Boys 110 Meter Hurdles

=====				
8 Advance: Top 1 Each Heat plus Next 6 Best Times				
Coulee: * 14.58 2003		Steve Teeples, BRF, Black River Falls		
Name	Year	School	Prelims	H#
=====				

Preliminaries

1	Ryan Onshus	12	Viroqua	16.14Q 2
2	TJ Babinec	12	Luther	17.06Q 1
3	Alec Fieck	11	Westby	17.24q 1
4	Matt Pronschinske	12	Arcadia	17.55q 2
5	Joe Call	11	Westby	17.67q 2
6	Cameron Schroeder	09	Luther	17.73q 2
7	Roman Schlimgen	12	West Salem	17.90q 1
8	Noah Olson	11	Arcadia	18.40q 1
9	Kyle Eversum	09	Black River	19.26 2
10	Alix Sheraden	11	Gale-Ettrick	21.10 1

Boys 110 Meter Hurdles

Coulee: * 14.58 2003 Steve Teeples, BRF, Black River Falls				
Name	Year	School	Finals	Points
Finals				
1 Ryan Onshus	12	Viroqua	15.72	10
2 TJ Babinec	12	Luther	16.47	8
3 Roman Schlimgen	12	West Salem	17.17	6
4 Alec Fieck	11	Westby	17.18	5
5 Cameron Schroeder	09	Luther	17.19	4 17.183
6 Matt Pronschinske	12	Arcadia	17.19	3 17.188
7 Noah Olson	11	Arcadia	17.52	2
8 Joe Call	11	Westby	18.13	1

Boys 300 Meter Hurdles

Coulee: * 39.66 1987 Chuck Mahlum, HOL, Holmen					
Name	Year	School	Finals	H#	Points
1 Jim Hoesley	11	Arcadia	39.24*	3	10
2 Ryan Onshus	12	Viroqua	42.57	3	8
3 Matt Pronschinske	12	Arcadia	43.05	3	6
4 Nathan Schomberg	11	West Salem	43.44	3	5
5 Alec Fieck	11	Westby	43.69	2	4
6 Noah Olson	11	Arcadia	43.96	3	3
7 Roman Schlimgen	12	West Salem	44.59	3	2
8 TJ Babinec	12	Luther	45.44	2	1
9 Joe Call	11	Westby	46.15	2	
10 Caleb Rossin	11	Luther	46.50	1	
11 Cameron Schroeder	09	Luther	46.75	1	
12 Kyle Eversum	09	Black River	47.25	2	
13 Alix Sheraden	11	Gale-Ettrick	52.40	1	

Boys 4x100 Meter Relay

Coulee: * 43.88 5/17/2014 Black River Falls, Black River				
J Gerzsisik, N Greenlaw, M McLinn, G Gjerseth				
School			Finals	H# Points
1 Black River Falls			43.94	2 10
1) Matthew McLinn 11	2) Nicholas Greenlaw 10			
3) Matt LaFaunge 12	4) Garrett Gjerseth 12			
2 West Salem			44.59	2 8
1) Jimmy Christiansen 12	2) Jack Schwartz 11			
3) Baily Williams 12	4) Mac Anderson 12			
3 Luther			45.93	1 6
1) Adam Schwartz 12	2) Max Wetzel 12			
3) Sean Walsh 12	4) Daniel Walsh 10			
4 Westby			46.10	2 4
1) Lane Montgomery 11	2) Bryce Galstad 12			
3) Triston Jarrett 10	4) Travis Schmitt 11			
5 Arcadia			46.71	1 2
1) Jacob Slaby 11	2) Jonathan Rodriguez 09			
3) Greg Whalen 09	4) Noah Olson 11			
6 Viroqua			47.46	2 1
1) Garriett Kanis 12	2) Brady Nigh 12			

3) Dalton Mikkelson 11	4) Christian Ellefson 10
7 Gale-Ettrick-Trempealeau	49.27 1
1) Ben Behan 09	2) Nathan Riehle 09
3) Trent Lauria 12	4) Chris Thompson 09

Boys 4x200 Meter Relay

=====			
Coulee: * 1:32.12 5/12/2012 Gale-Ettrick-Trempea, Gale-Ettrick-Tremp.			
C Buening, M McGinnis, G Yang, E Van Vleet			
School	Finals	H#	Points
=====			
1 West Salem	1:33.38	2	10
1) Nathan Schomberg 11	2) Mark Harris 11		
3) Baily Williams 12	4) Brent Heilman 10		
2 Arcadia	1:33.68	2	8
1) Jacob Slaby 11	2) Matt Pronschinske 12		
3) Rob Hoesley 11	4) Jonathan Rodriguez 09		
3 Luther	1:33.86	2	6
1) Adam Schwartz 12	2) Max Wetzel 12		
3) Daniel Walsh 10	4) Collin Kennedy 12		
4 Westby	1:36.83	1	4
1) Lane Montgomery 11	2) Triston Jarrett 10		
3) Travis Schmitt 11	4) Alex Adam 11		
5 Black River Falls	1:38.79	2	2
1) Ryan Engebretson 09	2) Gunner Knight 10		
3) Kyle Eversum 09	4) Matthew McLinn 11		
6 Viroqua	1:38.85	1	1
1) Garriett Kanis 12	2) Steve Diehl 09		
3) Dalton Mikkelson 11	4) Christian Ellefson 10		
7 Gale-Ettrick-Trempealeau	1:42.46	1	
1) Ben Behan 09	2) Nathan Riehle 09		
3) Trent Lauria 12	4) Chris Thompson 09		

Boys 4x400 Meter Relay

=====			
Coulee: * 3:26.20 5/17/2014 Arcadia, Arcadia			
J Hoesley, B Lettner, D White, B Koval			
School	Finals	H#	Points
=====			
1 West Salem	3:35.11	2	10
1) Tim Schauf 11	2) Nathan Schomberg 11		
3) Baily Williams 12	4) Billy Tremain 12		
2 Arcadia	3:37.11	2	8
1) Rob Hoesley 11	2) Brady Schock 12		
3) Dylan Wolfe 11	4) Brian Lettner 12		
3 Luther	3:39.47	2	6
1) Max Wetzel 12	2) Matthew Ross 12		
3) River Potaracke 11	4) Collin Kennedy 12		
4 Viroqua	3:45.89	1	4
1) Effi Sutherland 11	2) Dalton Mikkelson 11		
3) Mason Neprud 12	4) Micah Nordgren 12		
5 Westby	3:50.82	1	2
1) Cody King 10	2) Alex Adam 11		
3) Joe Call 11	4) Alec Fieck 11		
6 Black River Falls	3:51.41	2	1
1) Ryan Engebretson 09	2) Cyrus Ortiz 11		
3) Matthew McLinn 11	4) Lionel Sanchez 12		

7 Gale-Ettrick-Trempealeau	4:17.17	1
1) Brandon Moll 12	2) TJ Johnson 12	
3) Cooper Richason 09	4) Reggie Evenson 12	

Boys 4x800 Meter Relay

Coulee: * 8:13.70 2005 La Crescent, La Crescent			
J Bjerke, W Ekstrom, A Schaitel, D Summerfield			
School		Finals	Points
1 Viroqua		8:31.14	10
1) Mason Neprud 12	2) Micah Nordgren 12		
3) Samuel Solverson 12	4) Effi Sutherland 11		
2 West Salem		8:31.25	8
1) Riley Scallon 11	2) Erick Sells 10		
3) Drew Peterson 09	4) Kyle Lang 12		
3 Luther		8:33.34	6
1) Weston King 12	2) Matthew Ross 12		
3) Beau Clemmensen 10	4) River Potaracke 11		
4 Arcadia		9:03.61	4
1) Ramon Romero 09	2) Briar Golden 11		
3) Travis Tamke 10	4) Xavier Elena 11		
5 Gale-Ettrick-Trempealeau		9:08.99	2
1) Reggie Evenson 12	2) Noah Mayer 11		
3) TJ Johnson 12	4) Matt Kamla 11		
6 Westby		9:23.53	1
1) Cody King 10	2) Alex Adam 11		
3) John Lucas 09	4) Kyle Hansen 10		
7 Black River Falls		9:42.24	
1) Lionel Sanchez 12	2) Eli Smith 11		
3) Bennet Bucek 09	4) Roberto Bernabei-Grassi 10		

Boys High Jump

Coulee: * 6-05.50 5/17/2014 Brett Thompson, West Salem				
Name	Year	School	Finals	Points
1 Brett Thompson	12	West Salem	6-04.00	10
2 Chris Thompson	09	Gale-Ettrick	6-00.00	8
3 Brian Lettner	12	Arcadia	J6-00.00	6
4 Billy Tremain	12	West Salem	5-10.00	5
5 Matt LaFaunge	12	Black River	J5-10.00	4
6 Micah Nordgren	12	Viroqua	5-06.00	3
7 Dylan Wolfe	11	Arcadia	5-04.00	1.50
7 Alex Adam	11	Westby	5-04.00	1.50
-- Cameron Schroeder	09	Luther	NH	
-- Mason Neprud	12	Viroqua	NH	

Boys Pole Vault

Coulee: * 13-06 1996 Derek Wenzlaff, ARC, Arcadia				
Name	Year	School	Finals	Points
1 Jeremy Lee	12	Viroqua	13-09.00*	10
2 Mac Anderson	12	West Salem	13-06.00*	8
3 Noah Reedy	11	West Salem	12-00.00	6
4 Owen Gluch	10	Westby	J12-00.00	5

5	Max Wetzel	12	Luther	11-00.00	3.50
5	Cesar Moreno	11	Black River	11-00.00	3.50
7	Jonathan Rodriguez	09	Arcadia	10-06.00	2
8	Zach Harter	11	Luther	J10-06.00	1
9	Evan Veres	10	Viroqua	9-06.00	
10	John Lucas	09	Westby	J9-06.00	
11	Trent Lauria	12	Gale-Ettrick	J9-06.00	
--	Beau Clemmensen	10	Luther	NH	
--	Jack Marley	09	Gale-Ettrick	NH	
--	Cameron Mastin	10	Viroqua	NH	
--	Bryce Galstad	12	Westby	NH	

Boys Long Jump

Coulee: * 22-06 1993 Bob Wetsteon, ONA, Onalaska					
Name	Year	School	Finals	Points	
1	Matt LaFaunge	12	Black River	21-09.00	10
2	Jeremy Lee	12	Viroqua	20-11.75	8
3	Jacob Slaby	11	Arcadia	20-07.75	6
4	Tim Schauf	11	West Salem	20-00.50	5
5	Corbin Sigler	09	Black River	19-10.00	4
6	Jimmy Christiansen	12	West Salem	19-07.00	3
7	TJ Babinec	12	Luther	19-05.00	2
8	Ryan Engebretson	09	Black River	19-00.25	1
9	Lane Montgomery	11	Westby	18-07.50	
10	Matt Pronschinske	12	Arcadia	18-06.00	
11	Ben Mahnke	10	Luther	16-09.75	
12	Camillo Navarro	11	Gale-Ettrick	16-06.75	
13	Ryan Onshus	12	Viroqua	16-03.25	
14	Timothy Carlson	12	Luther	15-07.00	
--	Joshua Barbee	09	Westby	ND	
--	Lucas Scherr	11	Gale-Ettrick	ND	

Boys Triple Jump

Coulee: * 44-09.50 5/10/2008 Jacob Welch, WS, West Salem					
Name	Year	School	Finals	Points	
1	Tim Schauf	11	West Salem	42-00.50	10
2	Jeremy Lee	12	Viroqua	42-00.25	8
3	Matt LaFaunge	12	Black River	41-09.25	6
4	Nicholas Greenlaw	10	Black River	41-04.75	5
5	Ryan Engebretson	09	Black River	40-05.00	4
6	Joshua Barbee	09	Westby	39-10.50	3
7	Owen Gluch	10	Westby	39-02.50	2
8	Rob Hoesley	11	Arcadia	38-11.00	1
9	Jim Hoesley	11	Arcadia	38-09.00	
10	Matt Kamla	11	Gale-Ettrick	37-03.50	
11	Mark Harris	11	West Salem	37-00.50	
12	Beau Clemmensen	10	Luther	36-07.00	
13	Brian Shepeck	10	Luther	35-03.50	
14	Samuel Solverson	12	Viroqua	33-09.00	

Boys Shot Put

Coulee: * 58-00 5/11/2013 Brad Walski, Gale-Ettrick

Name	Year	School	Finals	Points
1 Brady Nigh	12	Viroqua	47-06.25	10
2 Eli Henscheid	11	Gale-Ettrick	45-09.00	8
3 Chris Matthews	11	West Salem	43-01.50	6
4 Michael Lampman	10	Viroqua	42-05.50	5
5 Logan Pronschinke	11	Arcadia	41-01.50	4
6 Brian Lettner	12	Arcadia	40-01.00	3
7 Zachary Severson	11	Black River	39-03.50	2
8 Sam Jansen	09	Gale-Ettrick	39-00.50	1
9 Jacob Lallemond	10	Arcadia	37-10.50	
10 Nathan Riehle	09	Gale-Ettrick	34-07.75	
11 Alex Bolstad	09	Luther	32-06.00	

Boys Discus Throw

Coulee: * 174-05 1997 Andy Kiedrowski, GET, Gale-Ettrick-Tremp.				
Name	Year	School	Finals	Points
1 Jack Schwartz	11	West Salem	140-03	10
2 Chris Matthews	11	West Salem	139-11	8
3 Brady Nigh	12	Viroqua	128-07	6
4 Michael Lampman	10	Viroqua	127-07	5
5 Jordan Lisk	11	Luther	127-01	4
6 Layne Anderson	10	West Salem	125-06	3
7 Logan Pronschinke	11	Arcadia	123-11	2
8 Eli Henscheid	11	Gale-Ettrick	113-09	1
9 Steve Diehl	09	Viroqua	111-04	
10 Gary Garvin	11	Black River	104-08	
11 Zachary Severson	11	Black River	103-05	
12 Travis Schmitt	11	Westby	103-03	
13 Cody Sorenson	11	Westby	100-01	
14 Jacob Lallemond	10	Arcadia	93-07	
15 Brandon Drangsteviet	12	Black River	89-04	
16 Alex Kish	09	Luther	87-03	
17 Cole Johnson	09	Gale-Ettrick	83-08	
18 Sam Jansen	09	Gale-Ettrick	79-04	

Women - Team Rankings - 18 Events Scored

1) Westby	150	2) Viroqua	120
3) West Salem	107.50	4) Gale-Ettrick-Trempealeau	87.50
5) Arcadia	80	6) Luther	69
7) Black River Falls	56		

Men - Team Rankings - 18 Events Scored

1) West Salem	170	2) Arcadia	135.50
3) Viroqua	119	4) Black River Falls	94.50
5) Westby	69.50	6) Luther	58.50
7) Gale-Ettrick-Trempealeau	23		