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HY-TEK's Meet Manager 5/16/2015 03:12 PM

Mississippi Valley Conference Meet  
 UW-La Crosse - Veterans Memorial Complex  
 La Crosse, WI - 5/16/2015  
 Results

## Girls 100 Meter Dash

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

Meet Record: \* 12.35 2012 Amber Anderson, Logan

Name	Year	School	Prelims	H#
Preliminaries				
1 Tore Washa	12	La Crosse Lo	12.88Q	2
2 Abbi Klos	12	La Crosse Ce	13.23Q	1
3 Cortney Christnovich	10	Holmen	13.28q	1
4 Kirsten Olson	11	Holmen	13.36q	2
5 Tiyana Harter	09	La Crosse Ce	13.47q	2
6 Kelsey Koelbl	10	Holmen	13.56q	2
7 Kaitlyn Lee	11	La Crosse Ce	13.57q	1
8 Rachel Seidel	11	Aquinas	13.90q	1
9 Natalie Mutch	12	Onalaska	13.92q	2
10 Mae Leslie	09	Aquinas	13.96q	2
11 Vida Vetterkind	12	Sparta	14.03	1
12 Kelsey Conway	10	Onalaska	14.09	2
13 Ruth E. Hallstead	10	Onalaska	14.28	1
14 Abigail Johnson	09	Tomah	14.31	1
15 Caitlyn Brockman	09	Tomah	14.44	1
16 Emma O'Flaherty	09	Aquinas	14.51	2

## Girls 100 Meter Dash

Meet Record: \* 12.35 2012 Amber Anderson, Logan

Name	Year	School	Finals	Points
Finals				
1 Tore Washa	12	La Crosse Lo	12.78	10
2 Kirsten Olson	11	Holmen	13.34	8
3 Abbi Klos	12	La Crosse Ce	13.39	6
4 Cortney Christnovich	10	Holmen	13.48	5
5 Kelsey Koelbl	10	Holmen	13.60	4
6 Tiyana Harter	09	La Crosse Ce	13.61	3
7 Kaitlyn Lee	11	La Crosse Ce	13.73	2
8 Mae Leslie	09	Aquinas	13.99	1
9 Natalie Mutch	12	Onalaska	14.05	
10 Rachel Seidel	11	Aquinas	14.10	

## Girls 200 Meter Dash

Meet Record: \* 25.36 2004 Joanna Schultz, Holmen

Name	Year	School	Finals	H#	Points
1 Tore Washa	12	La Crosse Lo	25.63	2	10
2 Danielle Kohlwey	12	Holmen	26.55	2	8
3 Kirsten Olson	11	Holmen	27.18	2	6
4 Amanda Wiebke	11	Onalaska	27.32	2	5

5	Chloe Malin	12	La Crosse Lo	28.03	2	4
6	Kelsey Koelbl	10	Holmen	28.10	2	3
7	Tiyana Harter	09	La Crosse Ce	28.51	2	2
8	Emily Hoeft	10	Onalaska	28.67	2	1
9	Natalie Mutch	12	Onalaska	29.05	2	
10	Haley Bemis	10	Sparta	29.07	1	
11	Sarah Anderson	09	Sparta	29.27	1	
12	Vida Vetterkind	12	Sparta	29.99	1	
13	Elena Ruff	12	Aquinas	30.96	1	
14	Amber Koch	10	Aquinas	30.97	1	
15	Madeline Neve	12	Tomah	33.14	1	

## Girls 400 Meter Dash

Meet Record: * 56.76		2004		Joanna Schultz, Holmen		
Name	Year	School	Finals	H#	Points	
1	Tore Washa	12	La Crosse Lo	58.95	2	10
2	Amanda Wiebke	11	Onalaska	1:01.10	2	8
3	Andrea Happel	12	La Crosse Lo	1:03.62	2	6
4	Sophie Cieslicki	12	Holmen	1:04.01	2	5
5	Kelsey Koelbl	10	Holmen	1:04.30	2	4
6	Tiyana Harter	09	La Crosse Ce	1:05.19	2	3
7	Alexis Mueller	09	La Crosse Lo	1:05.71	2	2
8	Danielle Fields	09	Sparta	1:06.09	2	1
9	Amber Krause	11	Tomah	1:06.18	2	
10	Katherine Carlisle	11	Onalaska	1:06.41	1	
11	Aubrey Aspen	12	Sparta	1:06.97	2	
12	Kali Olson	10	Holmen	1:07.28	1	
13	Morgan Appel	09	Sparta	1:08.78	1	
14	Abbey Bettis	09	Aquinas	1:09.97	1	
15	Liza Kane	09	Tomah	1:11.39	1	
16	Ryan Fisher	10	Tomah	1:13.57	1	

## Girls 800 Meter Run

Meet Record: * 2:13.05		2012		Madeline Hauptert, Aquinas		
Name	Year	School	Finals	Points		
1	Sierra Rabe	12	Holmen	2:21.06	10	
2	Lizzy Schmida	12	La Crosse Lo	2:25.99	8	
3	Joie Ross	11	La Crosse Lo	2:27.49	6	
4	Lily Nelson	10	La Crosse Ce	2:31.03	5	
5	Kellyn Lamore	12	Holmen	2:32.14	4	
6	Violet Nelson	10	La Crosse Ce	2:35.18	3	
7	Amber Krause	11	Tomah	2:36.16	2	
8	Brooke Jorstad	10	La Crosse Lo	2:37.83	1	
9	Mara Anderson	11	Aquinas	2:38.13		
10	Tayler Garves	10	Onalaska	2:42.23		
11	Maya Walters	11	Aquinas	2:45.57		
12	Mary Knothe	12	Aquinas	2:53.99		
13	Liza Kane	09	Tomah	3:03.79		
14	Hannah Zaehler	12	Tomah	3:23.30		

## Girls 1600 Meter Run

Meet Record: * 5:00.04		1994		Angi Kujak, Central		
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Name	Year	School	Finals	Points
1 Mason Kalander	09	Holmen	5:09.53	10
2 Jennifer Lichter	12	Aquinas	5:11.30	8
3 Sierra Rabe	12	Holmen	5:13.92	6
4 Lizzy Schmida	12	La Crosse Lo	5:22.54	5
5 Sara Brekke	10	La Crosse Ce	5:23.79	4
6 Joie Ross	11	La Crosse Lo	5:35.80	3
7 Sophie Leinfelder	09	La Crosse Ce	5:36.49	2
8 Tayler Garves	10	Onalaska	5:51.87	1
9 Jennifer Zimmer	11	Onalaska	6:04.66	
10 Shania Gudgeon	12	Tomah	6:32.73	
11 Hannah Scorsone	09	Tomah	6:33.30	
12 Jynna Ambrosia-Brown	12	Tomah	6:49.41	

## Girls 3200 Meter Run

Meet Record: \* 10:45.54 1994 Angi Kujak, Central

Name	Year	School	Finals	Points
1 Jennifer Lichter	12	Aquinas	11:24.58	10
2 Mason Kalander	09	Holmen	11:35.17	8
3 Sara Brekke	10	La Crosse Ce	11:35.79	6
4 Sophie Leinfelder	09	La Crosse Ce	12:20.81	5
5 Mackenzie Davis	11	Onalaska	12:41.98	4
6 Ally Klingelhofer	10	La Crosse Ce	13:24.71	3
7 Mollie Lelonek	09	Tomah	13:30.81	2
8 Signe Johnson	10	La Crosse Lo	14:03.24	1
9 Jynna Ambrosia-Brown	12	Tomah	15:16.10	

## Girls 100 Meter Hurdles

Meet Record: \* 14.65 2012 Amber Anderson, Logan

Name	Year	School	Finals	Points
1 Danielle Kohlwey	12	Holmen	15.02	10
2 Ashley Sprain	11	La Crosse Lo	16.06	8
3 Kaitlyn Ganrude	12	La Crosse Lo	16.77	6
4 Kali Goodwin	10	La Crosse Ce	16.79	5
5 Kiley Blank	10	La Crosse Ce	17.14	4
6 Lexi Marcon	10	Onalaska	17.74	3
7 Hannah Smith	09	Holmen	18.13	2

## Girls 300 Meter Hurdles

Meet Record: \* 45.41 2012 Amber Anderson, Logan

Name	Year	School	Finals	Points
1 Danielle Kohlwey	12	Holmen	46.01	10
2 Abbi Klos	12	La Crosse Ce	47.24	8
3 Tori Hanson	10	Sparta	50.13	6
4 Cortney Christnovich	10	Holmen	50.14	5
5 Casey Kriewald	12	Onalaska	50.82	4
6 Kiley Blank	10	La Crosse Ce	50.83	3
7 Erin Markworth	10	Onalaska	51.71	2
8 Kali Goodwin	10	La Crosse Ce	51.98	1
9 Hannah Smith	09	Holmen	53.09	

## Girls 4x100 Meter Relay

Meet Record: * 50.74 1994 Central			
Reis, Felix, Schleskie, Schmitz			
School		Finals	Points
1 Holmen		51.99	10
1) Kelsey Wall 09	2) Brooke Holden 12		
3) Katlyn Long 11	4) Kirsten Olson 11		
2 La Crosse Logan		52.06	8
1) Kemmesha Thomas 11	2) Megan Dittmer 11		
3) Shanelle Kendrick 12	4) Tyanna Washa 10		
3 Onalaska		52.99	6
1) Lexi Marcon 10	2) Kate Dabrowski 09		
3) Elisa Dabrowski 09	4) Kelsey Conway 10		
4 La Crosse Central		53.01	5
1) Kaitlyn Lee 11	2) Hope Sternberg 11		
3) Valerie Hilby 09	4) Kiley Blank 10		
5 Aquinas		53.43	4
1) Rachel Seidel 11	2) Shannon Paramesh 10		
3) Kristin Iverson 11	4) Emma O'Flaherty 09		
6 Sparta		53.68	3
1) Haley Bemis 10	2) Rebecca Jenkins 09		
3) Sarah Anderson 09	4) Vida Vetterkind 12		
7 Tomah		55.50	2
1) Ashley Atha 10	2) Hailley Steines 12		
3) Abigail Johnson 09	4) Caitlyn Brockman 09		

## Girls 4x200 Meter Relay

Meet Record: * 1:46.55 2004 Onalaska			
S Meier, S Formanek, R Rislow, A Rentschler			
School		Finals	Points
1 Onalaska		1:49.77	10
1) Natalie Mutch 12	2) Kate Dabrowski 09		
3) Elisa Dabrowski 09	4) Erin Markworth 10		
2 La Crosse Logan		1:50.02	8
1) Kemmesha Thomas 11	2) Shanelle Kendrick 12		
3) Megan Dittmer 11	4) Tyanna Washa 10		
3 Holmen		1:52.51	6
1) Kelsey Wall 09	2) Brooke Holden 12		
3) Katlyn Long 11	4) Maia Heineck 12		
4 Sparta		1:53.05	5
1) Sarah Anderson 09	2) Haley Bemis 10		
3) Vida Vetterkind 12	4) Rebecca Jenkins 09		
5 Aquinas		1:55.71	4
1) Pamela Fuchsel 12	2) Rachel Seidel 11		
3) Kristin Iverson 11	4) Rachel Ellis 10		
6 Tomah		1:59.53	3
1) Ashley Atha 10	2) Hailley Steines 12		
3) Abigail Johnson 09	4) Caitlyn Brockman 09		
-- La Crosse Central		DQ	out of exchange
1) Hope Sternberg 11	2) Nikki Goodwin 10		
3) Valerie Hilby 09	4) Kaitlyn Lee 11		

## Girls 4x400 Meter Relay

Meet Record: * 4:02.40 2011 Onalaska			
J Burr, M Hibshman, M Johnson, R Lukas			
School		Finals	Points
1 Holmen		4:11.08	10
1) Sophie Cieslicki 12	2) Kellyn Lamore 12		
3) Maia Heineck 12	4) Sierra Rabe 12		
2 La Crosse Logan		4:15.21	8
1) Andrea Happel 12	2) Shanelle Kendrick 12		
3) Lizzy Schmida 12	4) Joie Ross 11		
3 La Crosse Central		4:24.56	6
1) Abbi Klos 12	2) Violet Nelson 10		
3) Kaia Adams 09	4) Hope Sternberg 11		
4 Onalaska		4:25.08	5
1) Elisa Dabrowski 09	2) Kate Dabrowski 09		
3) Emily Hoeft 10	4) Casey Kriewald 12		
5 Sparta		4:26.44	4
1) Aubrey Aspen 12	2) Danielle Fields 09		
3) Tori Hanson 10	4) Rebecca Jenkins 09		

## Girls 4x800 Meter Relay

Meet Record: * 9:53.14 1992 Sparta			
L Miller, A Finstad, J Newburg, K Davis			
School		Finals	Points
1 La Crosse Central		10:16.77	10
1) Kaia Adams 09	2) Ally Klingelhofer 10		
3) Violet Nelson 10	4) Lily Nelson 10		
2 La Crosse Logan		10:38.19	8
1) Brooke Jorstad 10	2) Signe Johnson 10		
3) Hannah VonRuden 10	4) Ellie Hanewall 11		
3 Aquinas		10:40.67	6
1) Mara Anderson 11	2) Mary Knothe 12		
3) Maya Walters 11	4) Jacey Korth 10		
4 Onalaska		11:01.36	5
1) Jennifer Laux 10	2) Katherine Carlisle 11		
3) Sierra Dygert 11	4) Mackenzie Davis 11		
5 Tomah		11:03.58	4
1) Amber Krause 11	2) Shania Gudgeon 12		
3) Liza Kane 09	4) Hannah Scorsone 09		
6 Holmen		11:31.14	3
1) Kaylee Duxbury 11	2) Kala Sader 09		
3) McKenna Pedretti 09	4) Tabitha Wisted 11		

## Girls High Jump

Meet Record: * 5-06 2004 Amy Rentschler, Onalaska			
Name	Year School	Finals	Points
1 Carly Morris	12 La Crosse Lo	5-02.00	10
2 Kali Goodwin	10 La Crosse Ce	4-10.00	8
3 Ashley Sprain	11 La Crosse Lo	4-08.00	5.50
3 Aubrey Aspen	12 Sparta	4-08.00	5.50
5 Hailley Steines	12 Tomah	J4-08.00	4

6	Elisa Dabrowski	09	Onalaska	J4-08.00	3
7	Alli Christenson	11	Onalaska	J4-08.00	2
8	Milena Moit	09	Holmen	4-06.00	1
9	Betsi Faga	11	La Crosse Ce	J4-06.00	
10	Ryan Fisher	10	Tomah	4-02.00	
--	Ashley Atha	10	Tomah	NH	

## Girls Pole Vault

Meet Record: * 10-01 2009		Emily Mitzelfeldt, Onalaska			
Name	Year	School	Finals	Points	
1	Kaitlyn Ganrude	12	La Crosse Lo	10-00.00	10
2	Lucee Laursen	12	Onalaska	8-06.00	8
3	Ashley Sprain	11	La Crosse Lo	8-00.00	6
4	Erika Mueller	11	La Crosse Ce	7-06.00	5
5	Alexa Hosch	10	Onalaska	J7-06.00	4
6	Hope Sternberg	11	La Crosse Ce	7-00.00	2.50
6	Mae Leslie	09	Aquinas	7-00.00	2.50
8	Melissa Wiebke	10	Onalaska	J7-00.00	1
9	Shania Gudgeon	12	Tomah	5-06.00	

## Girls Long Jump

Meet Record: * 18-02 2008		Emily Worden, Logan			
Name	Year	School	Finals	Points	
1	Danielle Kohlwey	12	Holmen	18-00.50	10
2	Kaitlyn Ganrude	12	La Crosse Lo	17-05.25	8
3	Ashley Sprain	11	La Crosse Lo	16-06.25	6
4	Tore Washa	12	La Crosse Lo	16-05.25	5
5	Kali Goodwin	10	La Crosse Ce	16-03.50	4
6	Ivy Gierszewski	12	Aquinas	16-01.25	3
7	Tiyana Harter	09	La Crosse Ce	16-00.25	2
8	Laney McCartney	12	Aquinas	15-05.50	1
9	Amanda Wiebke	11	Onalaska	15-05.25	
10	Lucee Laursen	12	Onalaska	15-05.00	
11	Haley Bemis	10	Sparta	15-00.25	
12	Tori Hanson	10	Sparta	14-05.50	
13	Alli Christenson	11	Onalaska	13-11.25	
14	Hailley Steines	12	Tomah	12-06.75	

## Girls Triple Jump

Meet Record: * 37-07 2009		Emily Haines, Tomah			
Name	Year	School	Finals	Points	
1	Amanda Wiebke	11	Onalaska	36-07.50	10
2	Kaitlyn Ganrude	12	La Crosse Lo	35-11.25	8
3	Kiley Blank	10	La Crosse Ce	34-07.75	6
4	Cortney Christnovich	10	Holmen	34-05.00	5
5	Carly Morris	12	La Crosse Lo	33-05.50	4
6	Erin Markworth	10	Onalaska	32-11.00	3
7	Kelsey Koelbl	10	Holmen	32-05.00	2
8	Melissa Wiebke	10	Onalaska	31-00.75	1
9	Hannah Smith	09	Holmen	29-10.50	
10	Nikki Goodwin	10	La Crosse Ce	28-11.75	

11 Rebecca Jenkins 09 Sparta 27-08.25

## Girls Shot Put

Meet Record: * 44-06.25 1990 Julie Beck, Tomah				
Name	Year	School	Finals	Points
1 Megan Gunderson	12	Aquinas	37-04.25	10
2 Stacia Munson	12	La Crosse Lo	37-02.50	8
3 Kassera Hansen	12	La Crosse Lo	35-10.50	6
4 Abbi Stafslie-Dumale	09	La Crosse Ce	35-05.25	5
5 Tayla Stuttley	10	Onalaska	31-07.50	4
6 Kaliegh Gosa	12	La Crosse Lo	30-09.50	3
7 Kylee Jostad	09	Holmen	28-07.00	2
8 Madeline Neve	12	Tomah	28-05.00	1
9 Jaden Maas	12	Tomah	27-05.00	
10 Analee Jaekel	09	Holmen	27-03.25	
11 Ashley Atha	10	Tomah	26-02.25	

## Girls Discus Throw

Meet Record: * 160-10 1990 Julie Beck, Tomah				
Name	Year	School	Finals	Points
1 Megan Gunderson	12	Aquinas	109-11	10
2 Maia Heineck	12	Holmen	106-09	8
3 Tayla Stuttley	10	Onalaska	100-09	6
4 Stacia Munson	12	La Crosse Lo	97-01	5
5 Abbi Stafslie-Dumale	09	La Crosse Ce	95-06	4
6 Allie Olson	10	La Crosse Ce	93-09	3
7 Kylee Jostad	09	Holmen	90-02	2
8 Madeline Neve	12	Tomah	88-09	1
9 Kassera Hansen	12	La Crosse Lo	J88-09	
10 Jaden Maas	12	Tomah	86-05	
-- Nicole Sweeney	11	Tomah	FOUL	

## Boys 100 Meter Dash

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

Meet Record: * 10.82 2013 Byron Neal, Tomah				
Name	Year	School	Prelims	H#
Preliminaries				
1 Seth Holden	10	Holmen	11.29Q	2
2 Collin Eswein	12	Tomah	11.53Q	1
3 William Moe	12	La Crosse Ce	11.50q	2
4 Adam Johnson	11	Holmen	11.66q	1
5 Josh Stevens	12	La Crosse Lo	11.74q	2
6 Wally Barros	09	Sparta	11.93q	1
7 Andy Thorsen	12	Onalaska	11.94q	2
8 Queto Weber	10	La Crosse Ce	11.95q	1
9 DaJon Ledet	10	La Crosse Ce	12.01q	2
10 Justin Lund	12	Aquinas	12.05q	1
11 Eddie Wagner	10	Tomah	12.12	1
12 Nate Sweeney	12	Onalaska	12.14	2
13 Jacob Edwards	10	Sparta	12.33	1
14 Ty Washington	12	Aquinas	12.53	2

-- Brandon Christinovich 12 Holmen FS 1

### Boys 100 Meter Dash

Meet Record: \* 10.82 2013 Byron Neal, Tomah

Name	Year	School	Finals	Points
1 Seth Holden	10	Holmen	11.28	10
2 William Moe	12	La Crosse Ce	11.57	8
3 Collin Eswein	12	Tomah	11.58	6
4 Adam Johnson	11	Holmen	11.63	5
5 Josh Stevens	12	La Crosse Lo	11.74	4
6 Andy Thorsen	12	Onalaska	11.82	3
7 DaJon Ledet	10	La Crosse Ce	11.88	2
8 Justin Lund	12	Aquinas	12.18	1
9 Queto Weber	10	La Crosse Ce	12.23	
10 Wally Barros	09	Sparta	12.28	

### Finals

### Boys 200 Meter Dash

Meet Record: \* 21.87 2013 Byron Neal, Tomah

Name	Year	School	Finals	H#	Points	
1 Brandon Christinovich	12	Holmen	22.47	2	10	
2 Seth Holden	10	Holmen	23.02	2	8	
3 Collin Eswein	12	Tomah	23.54	2	6	
4 William Moe	12	La Crosse Ce	23.61	2	5	
5 Aric Elmore	12	La Crosse Lo	23.77	2	4	
6 Jasiah Scott	10	Sparta	23.78	1	3	23.7792
7 Josh Stevens	12	La Crosse Lo	J23.78	2	2	23.7800
8 Adam Johnson	11	Holmen	23.82	2	1	
9 Andy Thorsen	12	Onalaska	24.05	2		
10 Noah Stinson	12	La Crosse Ce	24.16	2		
11 Mitchell Schaller	11	Onalaska	24.47	2		
12 Dante Mills	10	Tomah	24.59	1		
13 Mike Bartley	11	Aquinas	24.85	1		

### Boys 400 Meter Dash

Meet Record: \* 49.44 1997 Ken Mack, Logan

Name	Year	School	Finals	H#	Points
1 Brandon Christinovich	12	Holmen	49.02*	2	10
2 Seth Holden	10	Holmen	49.82	2	8
3 Collin Meyer	12	Aquinas	49.95	2	6
4 Josh Stevens	12	La Crosse Lo	51.15	2	5
5 Mitchell Schaller	11	Onalaska	52.07	2	4
6 Queto Weber	10	La Crosse Ce	52.65	2	3
7 Connor Haag	11	Aquinas	53.44	1	2
8 Austin Brown	11	Onalaska	54.03	2	1
9 Christian Strauss	12	Holmen	55.10	2	
10 Alex Bitter	11	Tomah	55.67	1	
11 Dalton Brown	09	Tomah	56.96	1	

### Boys 800 Meter Run



Meet Record: * 1:55.21 2011		Derek Finsterwalder, Central		
Name	Year	School	Finals	Points
1 Hunter Stinson	12	La Crosse Ce	2:00.50	10
2 Nate Simon	11	Onalaska	2:02.01	8
3 Jacob Croteau	12	La Crosse Lo	2:02.27	6
4 Spencer Runde	11	Onalaska	2:03.33	5
5 Jett Mickelson	09	La Crosse Ce	2:04.09	4
6 Tyler Grade	12	Holmen	2:05.15	3
7 Alex Egbert	12	Aquinas	2:05.56	2
8 Adam Scott	12	La Crosse Ce	2:05.60	1
9 Caleb Pokorny	10	Sparta	2:08.02	
10 Ian Rumball	12	La Crosse Lo	2:08.97	
11 Katan Moser	12	Tomah	2:20.53	

## Boys 1600 Meter Run

Meet Record: * 4:16.64 2008		Zach Wilhelmy, Aquinas		
Name	Year	School	Finals	Points
1 Hunter Stinson	12	La Crosse Ce	4:29.67	10
2 Sam Pinkowski	10	La Crosse Ce	4:30.47	8
3 Nate Simon	11	Onalaska	4:35.48	6
4 Evan Schultz	09	La Crosse Lo	4:41.78	5
5 Zachary Phillips	11	Aquinas	4:51.09	4
6 Isaiah Sample	11	Onalaska	4:53.36	3
7 Alex Wick	11	Holmen	4:57.59	2
8 Max Engh	10	Sparta	4:59.22	1
9 Trevin Nelson	09	Tomah	5:12.50	
10 Jeremiah DeGroot	09	Aquinas	5:12.80	
11 Katan Moser	12	Tomah	5:13.72	
12 Garrett Lydon	09	Sparta	5:26.71	

## Boys 3200 Meter Run

Meet Record: * 9:27.82 2011		Paul Escher, Logan		
Name	Year	School	Finals	Points
1 Sam Pinkowski	10	La Crosse Ce	10:04.57	10
2 Ben Pierce	10	La Crosse Lo	10:08.30	8
3 Henry Meger	12	La Crosse Lo	10:27.00	6
4 Jackson Clements	10	Onalaska	10:42.83	5
5 Ryan Holman	12	Holmen	10:51.51	4
6 John Roddick	12	Sparta	11:03.35	3
7 Ben Patschull	10	La Crosse Ce	11:13.13	2
8 Alan Ella	10	Tomah	11:15.47	1
9 Chad Richter	09	La Crosse Ce	11:25.28	
10 Trevin Nelson	09	Tomah	11:36.70	
11 Kade Steinbrecher	09	Holmen	11:53.47	

## Boys 110 Meter Hurdles

Meet Record: * 14.64 1995		Scott Crothers, Onalaska		
Name	Year	School	Finals	Points
1 Dylan Cooper	12	Holmen	15.56	10
2 Dion Smith	10	La Crosse Lo	15.64	8

3	Isiah Brown	11	Aquinas	16.00	6
4	Sirrus Bier	10	Sparta	16.57	5
5	Tyler Hinytzke	11	Onalaska	17.05	4
6	Austin Collins-Martin	10	La Crosse Ce	17.15	3
7	Joe Bond	10	La Crosse Lo	17.29	2
8	Matt Kosin	11	Holmen	17.58	1
9	Brayden Friant	11	Tomah	17.85	
10	Corey Thompson	10	Sparta	18.74	

## Boys 300 Meter Hurdles

=====					
Meet Record: * 39.07		2012		Aron Klos, Central	
Name	Year	School	Finals	Points	
=====					
1	Dylan Cooper	12	Holmen	40.56	10
2	Dion Smith	10	La Crosse Lo	41.47	8
3	Joe Bond	10	La Crosse Lo	42.47	6
4	Brayden Friant	11	Tomah	43.30	5
5	Tyler Hinytzke	11	Onalaska	44.33	4
6	Zylan Mageria-Kmiecek	10	Onalaska	44.45	3
7	Corey Thompson	10	Sparta	46.22	2
8	Austin Collins-Martin	10	La Crosse Ce	46.86	1
9	Joe Georgeson	10	Tomah	47.17	

## Boys 4x100 Meter Relay

=====					
Meet Record: * 43.32		2012		Holmen	
School		D Martinez, G Sua, DJ Meagher, M Jessesski		Finals Points	
=====					
1	La Crosse Central			44.44	10
	1) DaJon Ledet 10	2)	Elliot Mitby-Strand 10		
	3) Noah Stinson 12	4)	William Moe 12		
2	Onalaska			44.62	8
	1) Jake Shipiro 12	2)	Nate Sweeney 12		
	3) Alex Gumz 12	4)	Austin Mihalovic 12		
3	La Crosse Logan			44.68	6
	1) Jarrod Besl 12	2)	Nhia Thao 10		
	3) Aaron Dobbs 12	4)	Caleb Hawkins 10		
4	Tomah			44.73	5
	1) Eddie Wagner 10	2)	Dante Mills 10		
	3) Brayden Friant 11	4)	Collin Eswein 12		
5	Sparta			45.21	4
	1) Wally Barros 09	2)	Sirrus Bier 10		
	3) Jasiah Scott 10	4)	Ryan Wisniewski 10		
6	Aquinas			46.33	3
	1) Mike Bartley 11	2)	Tommy Kratt 09		
	3) Alec Pham 09	4)	Conley Malone 09		
7	Holmen			46.81	2
	1) Colton LeClaire 10	2)	Adam Johnson 11		
	3) Kyle Gamoke 12	4)	Solomon Stoeckley 10		

## Boys 4x200 Meter Relay

=====					
Meet Record: * 1:31.49		2010		Logan	
School		M Orcutt, D Hellerud, K Winslow, D LaRoche		Finals Points	
=====					

1	Onalaska		1:33.44	10
	1) Austin Mihalovic 12	2) Alex Gumz 12		
	3) Andy Thorson 12	4) Issac Locke 10		
2	La Crosse Logan		1:33.83	8
	1) Aaron Dobbs 12	2) Nhia Thao 10		
	3) CJ Siegel 09	4) Caleb Hawkins 10		
3	Sparta		1:35.06	6
	1) Sirrus Bier 10	2) Jacob Edwards 10		
	3) Jasiah Scott 10	4) Ryan Wisniewski 10		
4	Tomah		1:35.38	5
	1) Eddie Wagner 10	2) Dante Mills 10		
	3) Alan Atha 12	4) Anthony Adams 10		
5	La Crosse Central		1:36.64	4
	1) DaJon Ledet 10	2) Elliot Mitby-Strand 10		
	3) James Baumler 11	4) Ben Richmond 10		
6	Aquinas		1:37.56	3
	1) Mike Bartley 11	2) Tommy Kratt 09		
	3) Ty Washington 12	4) Isiah Brown 11		
7	Holmen		1:37.69	2
	1) Austin George 11	2) Nick Shupe 10		
	3) Colton LeClaire 10	4) Solomon Stoeckley 10		

Boys 4x400 Meter Relay

Meet Record: * 3:25.87 2008 Logan				
K Winslow, J Mills, J Bottcher, J Losby				
School			Finals	Points
1	Aquinas		3:29.29	10
	1) Alex Egbert 12	2) Connor Haag 11		
	3) Rory Campbell 09	4) Collin Meyer 12		
2	La Crosse Logan		3:30.51	8
	1) Jacob Croteau 12	2) Dion Smith 10		
	3) Jarrod Besl 12	4) Joe Bond 10		
3	La Crosse Central		3:31.61	6
	1) Queto Weber 10	2) Noah Stinson 12		
	3) Drew Stinson 09	4) Hunter Stinson 12		
4	Holmen		3:32.84	5
	1) Christian Strauss 12	2) Colton LeClaire 10		
	3) Dylan Cooper 12	4) Tyler Grade 12		
5	Onalaska		3:35.67	4
	1) Mitchell Schaller 11	2) Austin Brown 11		
	3) Nate Simon 11	4) Issac Locke 10		
6	Tomah		3:37.13	3
	1) Dalton Brown 09	2) Alex Bitter 11		
	3) Alan Atha 12	4) Anthony Adams 10		

Boys 4x800 Meter Relay

Meet Record: * 8:15.44 1995 Tomah				
Zupancich, Eckelberg, Nicol, ?				
School			Finals	Points
1	Aquinas		8:22.47	10
	1) Rory Campbell 09	2) Jeremiah DeGroot 09		
	3) Alex Egbert 12	4) Zachary Phillips 11		

2	La Crosse Central		8:28.78	8
	1) Jett Mickelson 09	2) Chad Richter 09		
	3) Jack Richter 09	4) Todor Andonov 12		
3	La Crosse Logan		8:37.16	6
	1) Jack Blomberg 09	2) Dylan Johnston 10		
	3) Braxton Haines 10	4) Michael Felix 10		
4	Holmen		8:39.32	5
	1) Kade Steinbrecher 09	2) Adam Novak 11		
	3) Alex Wick 11	4) Ryan Holman 12		
5	Tomah		8:49.97	4
	1) Ryan Wildes 10	2) Alex Bitter 11		
	3) Alan Atha 12	4) Katan Moser 12		
6	Sparta		8:53.14	3
	1) Max Engh 10	2) Garrett Lydon 09		
	3) Caleb Pokorny 10	4) John Roddick 12		
7	Onalaska		9:12.20	2
	1) Brady Barth 12	2) Garrick Birdsong 12		
	3) Ben Pietrick 11	4) Isaac Burnette 09		

## Boys High Jump

Meet Record: * 6-06 2013 Joe Gasper, Central				
Name	Year	School	Finals	Points
1 Dylan Cooper	12	Holmen	6-00.00	10
2 Grant Geier	12	La Crosse Ce	J6-00.00	8
3 Brandon Sumlar	12	La Crosse Lo	J6-00.00	6
4 Dakota Horton	12	La Crosse Lo	5-10.00	5
5 Tim Schwantes	09	Onalaska	J5-10.00	4
6 Sirrus Bier	10	Sparta	J5-10.00	2.50
6 Aric Elmore	12	La Crosse Lo	J5-10.00	2.50
8 Lamone Tolliver	09	Sparta	5-04.00	0.25
8 Jordan Miller	12	Tomah	5-04.00	0.25
8 Drew Stinson	09	La Crosse Ce	5-04.00	0.25
8 Zach Holcomb	11	Sparta	5-04.00	0.25
12 Joe Georgeson	10	Tomah	J5-04.00	

## Boys Pole Vault

Meet Record: * 15-00 1995 Craig Jeranek, Logan				
Name	Year	School	Finals	Points
1 Thomas Hanson	12	Onalaska	12-06.00	10
2 Malachi Kemp	12	La Crosse Lo	11-06.00	8
3 David Rodriguez	12	La Crosse Lo	J11-06.00	6
4 Jesse Schmidt	10	Tomah	10-06.00	5
5 James Baumler	11	La Crosse Ce	10-00.00	4
6 Rangsiman Leslie	12	Aquinas	J10-00.00	3
7 Jordan Miller	12	Tomah	J10-00.00	2
8 Mike Bartley	11	Aquinas	9-06.00	1
-- Kyle Gamoke	12	Holmen	NH	
-- Issac Locke	10	Onalaska	NH	

## Boys Long Jump

Meet Record: * 23-04.50 2005 Andy Johnson, Logan				
Name	Year	School	Finals	Points

1	Aric Elmore	12	La Crosse Lo	22-06.25	10
2	Jarrold Besl	12	La Crosse Lo	22-03.00	8
3	Aaron Zmolek	11	Holmen	21-03.75	6
4	Dakota Horton	12	La Crosse Lo	21-03.00	5
5	William Moe	12	La Crosse Ce	20-07.50	4
6	Adam Johnson	11	Holmen	20-06.00	3
7	Alex Gumz	12	Onalaska	20-03.00	2
8	Isiah Brown	11	Aquinas	20-02.25	1
9	Ben Richmond	10	La Crosse Ce	20-00.75	
10	Justin Lund	12	Aquinas	19-10.75	
11	Jacob Edwards	10	Sparta	19-07.50	
12	Lamone Tolliver	09	Sparta	19-00.50	
13	Nate Sweeney	12	Onalaska	19-00.00	
14	Wally Barros	09	Sparta	18-10.50	
15	Eddie Wagner	10	Tomah	18-09.00	
16	Kyle Gamoke	12	Holmen	18-05.50	
17	Dante Mills	10	Tomah	18-01.50	
18	Tim Schwantes	09	Onalaska	17-04.25	
--	Brayden Friant	11	Tomah	FOUL	

## Boys Triple Jump

Meet Record: * 47-08.50 1992 Travis Horstman, Holmen					
Name	Year	School	Finals	Points	
1	Aric Elmore	12	La Crosse Lo	46-03.75	10
2	Collin Eswein	12	Tomah	45-02.00	8
3	Brandon Christinovich	12	Holmen	42-10.00	6
4	Dakota Horton	12	La Crosse Lo	42-02.00	5
5	Ryan Wisniewski	10	Sparta	41-09.75	4
6	Grant Geier	12	La Crosse Ce	41-09.00	3
7	Ben Richmond	10	La Crosse Ce	41-01.50	2
8	CJ Siegel	09	La Crosse Lo	40-11.00	1
9	Nate Sweeney	12	Onalaska	40-06.00	
10	Tim Schwantes	09	Onalaska	38-02.50	
11	Kyle Gamoke	12	Holmen	37-09.25	
12	Dalton Brown	09	Tomah	36-00.00	

## Boys Shot Put

Meet Record: * 63-03 2000 Jim Nelson, Logan					
Name	Year	School	Finals	Points	
1	Jared Banks	11	Holmen	48-04.00	10
2	Charles Serauskas	12	Holmen	47-09.00	8
3	Austin Glynn	10	Onalaska	45-07.50	6
4	Manny Buckhanan	11	La Crosse Lo	45-03.50	5
5	Konrad Ernst	11	Onalaska	44-04.50	4
6	Joey Segner	12	La Crosse Ce	43-06.00	3
7	Jake Woods	11	La Crosse Ce	43-00.50	2
8	Christian Breckner	12	La Crosse Lo	42-06.00	1
9	Collin Rice	12	Tomah	41-01.00	
10	Allan Bonner	11	Onalaska	39-05.00	
11	Kody Smith	11	Sparta	37-00.00	
12	Derek Stafslie-Dumali	11	La Crosse Ce	36-11.00	
--	Tyler Moseley	12	Tomah	FOUL	

## Boys Discus Throw

Meet Record: * 166-10 2011		Andrew Brekke, Central		
Name	Year	School	Finals	Points
1 Austin Glynn	10	Onalaska	157-05	10
2 Jared Banks	11	Holmen	139-07	8
3 Charles Serauskas	12	Holmen	137-05	6
4 Konrad Ernst	11	Onalaska	134-02	5
5 Derek Stafslie-Dumali	11	La Crosse Ce	131-07	4
6 Christian Breckner	12	La Crosse Lo	129-04	3
7 Grant Sanger	10	La Crosse Ce	121-02	2
8 John Chase	12	La Crosse Lo	116-02	1
9 Ryan Wisniewski	10	Sparta	112-02	
10 Jack Westcot	09	Holmen	111-10	
11 Kody Smith	11	Sparta	104-01	
12 Tyler Moseley	12	Tomah	103-01	
13 Derek Millard	09	Tomah	92-03	
-- Michael Cummings	10	Tomah	FOUL	

## Women - Team Rankings - 18 Events Scored

1) La Crosse Logan	196.50	2) Holmen	167
3) La Crosse Central	125.50	4) Onalaska	96
5) Aquinas	59.50	6) Sparta	24.50
7) Tomah	19		

## Men - Team Rankings - 18 Events Scored

1) La Crosse Logan	168.50	2) Holmen	153
3) La Crosse Central	127.25	4) Onalaska	111
5) Aquinas	52	6) Tomah	50.25
7) Sparta	34		