

Heartland Athletic Conference Track and Field Championships May 3, 2007

FINAL GIRLS TEAM SCORES

1. Grand Island	144.000	5. Lincoln North Star	47.000
2. Lincoln Southeast	95.500	6. Lincoln High	46.000
3. Fremont	70.000	7. Lincoln East	45.000
4. Lincoln Southwest	62.500	8. Lincoln Northeast	17.000

GIRLS SHOT PUT

Meet Record: 51' 4" Becky Beacher Fremont 1997

1. Ami Zweerink, LNE	38' 8-3/4"	Tylandra Tate, LSE	32' 2-1/2"
2. Angela Broers, GI	36' 11-3/4"	Gabby Maly, LNS	31' 7"
3. Cassie Lundgren, GI	36' 6-3/4"	Shannon Harris, LHS	31' 6"
4. Michelle Putnam, LHS	36' 6"	Rebecca Swenseth, LSW	31' 5"
5. Sarah Hinman, GI	36' 2-1/2"	Bethany Wiedeman, LSE	29' 10-3/4"
6. Kayla Frazier, LSW	35' 5"	Melissa West, LSW	29' 6-3/4"
Cassie Olson, LNS	35' 3-3/4"	Emma Deleon, LNE	28' 4-1/2"
Victoria Bradley, LNS	34' 6-1/4"	Morgan Shepard, LNE	27' 8"
Marlee Denton, Fre	34' 5"	Janeigh Castillo-Barazza, LHS	27' 5-1/2"
Jenn Ramsey, Fre	33' 9-1/2"	Ericka Sheridan, LSE	27' 0-1/2"
Nella Sherman, Fre	32' 8"		

GIRLS DISCUS

Meet Record: 146' 4" Marcie Scharton Lincoln High 1994

1. Michelle Putnam, LHS	119' 2"	Emma Deleon, LNE	94' 0"
2. Sarah Hinman, GI	118' 6"	Maren Vik, LNS	91' 1"
3. Ami Zweerink, LNE	109' 5"	Marlee Denton, Fre	88' 11"
4. Angela Broers, GI	104' 1"	Shannon Harris, LHS	85' 6"
5. Katie Harvey, GI	101' 5"	Amber Swenseth, LSW	77' 0"
6. Gabby Maly, Fre	98' 5"	Tylandra Tate, LSE	71' 11"
Ainslee Kardisco, Fre	95' 10"	Tressa Amerson, LHS	70' 9"
Maggie Packard, LSW	95' 4"	Lindsey Thege, LNE	69' 6"
Madison MacLean, LE	94' 2"	Ericka Sheridan, LSE	65' 11"
Kayla Frazier, LSW	94' 2"	Bethany Wiedeman, LSE	

GIRLS POLE VAULT

Meet Record: 11' 4" Michelle Railsback Lincoln Southeast 2000

1. Cami Jiskra, LNS	11' 0"	Courtney Kavan, Fre	8' 0"
2. Brooke Kreikemeier, Fre	9' 6"	Amber Kunze, GI	8' 0"
3. Kacia Erickson, Fre	9' 6"	Michaela Partridge, LSE	7' 6"
4. Kami Moore, LSW	9' 0"	Arianna Dye, LSW	7' 6"
5. Laken Hommann, GI	9' 0"	Brooke Swamigan, LSE	7' 0"
6. Kristen Dinneen, LSW	8' 6"	Anna Runge, LE	
Jessica Ostermeier, GI	8' 6"	Ashley-Claudia Ngyun, LNS	

GIRLS HIGH JUMP

Meet Record: 5' 8" Leigh Wagner Lincoln Southeast 2002

1. McKenna Slack, LE	5' 0"	Kim Madsen, LNE	4' 8"
2. Ariel Krolikowski, GI	5' 0"	Maggie Novak, LE	4' 6"
3. Courtney Russell, LE	4' 10"	Rachel Masin, LSE	4' 6"
4T. Laura Freese, LSE	4' 10"	Stacie Hansen, LSW	4' 6"
4T. Laura Brammeier, LSW	4' 10"	Caitlin Schultz, Fre	4' 4"
6T. Jenna Raef, LSE	4' 8"	Jessi Sallinger, LNS	
6T. Kylie Garrett, LSW	4' 8"	Alicia Schott, Fre	

GIRLS LONG JUMP

Meet Record: 17' 9-3/4" Emily Moran Fremont 2002

1. Amanda Magnuson, LSW	17' 0"	Megan Anderson, Fre	15' 1"
2. Ann Armes, GI	16' 11"	Stephanie Ruppelt, LHS	14' 4-3/4"
3. Ariel Krolikowski, GI	16' 5-3/4"	Emily Peck, Fre	14' 1-1/2"
4. Alex Armes, GI	16' 2-1/4"	Maggie Cunningham, Fre	14' 0-3/4"
5. Teonna Wimes, LHS	16' 1"	Ashley Vandeman, LNE	14' 0"
6. Cassie Olson, LNS	15' 10-3/4"	Courtney Bulin, LE	13' 10-1/4"
Alice Root, LE	15' 9"	Nicole Schlamann, LNE	13' 6-1/2"
Nakisha Smith, LHS	15' 3"	Ciera Armstrong, LNE	13' 2-1/2"
Alyssa Lake, LSE	15' 2-3/4"	Torre Lesperance, LSE	12' 3-1/4"
Destiny Brown, LSW	15' 1-1/4"		

GIRLS TRIPLE JUMP

Meet Record: 37' 2-1/2" Erin Dukich Lincoln Southeast 2000

1. Nakisha Smith, LHS	36' 7"	Sara Teichroew, LSE	30' 4-1/2"
2. Amanda Magnuson, LSW	34' 3-1/4"	Michaela Knuth, GI	30' 3-1/2"
3. Destiny Brown, LSW	34' 1-3/4"	Alecia McMahon, GI	29' 9-3/4"
4. Maggie Cunningham, Fre	32' 7-3/4"	Breanna Wearden, Fre	29' 7-3/4"
5. Tana O'Boyle, GI	32' 7-1/4"	Ashley Vandeman, LNE	29' 1-1/2"
6. Kaitlin Zentic, Fre	32' 2"	Jessi Sallinger, LNS	28' 10-1/2"
Taylor Pitts, LNS	31' 10-1/4"	Courtney Lewis, LHS	28' 1-1/2"
Amanda Larenceau, LNE	30' 10-1/2"	Brintey Bose, LNS	27' 11-1/2"
Emily McCoy, LSE	30' 8"	Megan Statton, LSE	26' 1"
Kylie Garrett, LSW	30' 5-1/2"		

PRELIMINARY RESULTS

GIRLS 100 METER HIGH HURDLES PRELIMINARY

Meet Record: :14.80 Kim Shubert Lincoln Southeast 2000

Heat #1		Heat #2	
1. KK Houser, LSE	:15.4	1. Lindsey Snyder, Fre	:17.2
2. Tana O'Boyle, GI	:17.6	2. Emily McCoy, LSE	:17.4
3. Karissa Kruse, LNS	:17.9	3. Courtney Russell, LE	:17.8
4. Kristen Dinneen, LSW	:18.4	4. Anna Guittar, LNE	:17.9
5. Lexie Jackson, LSE	:18.6	5. Becce Nispel, LSW	:18.1
6. Megan Leazer, LE	:18.8	6. Nicole Kubert, LNE	:19.3
Andrea Lewandowski, LNE	:20.6	Tara Soucie, LSW	:19.9

PRELIMINARY RESULTS
GIRLS 100 METER DASH PRELIMINARY

Meet Record: :12.10 Michelle Railsback Lincoln Southeast 2000

Heat #1

1. Alex Armes, GI	:12.8
2. Courtney Bulin, LE	:13.5
3. Kaleigh Anderson, LSW	:13.6
4. Emily Peck, Fre	:13.6
5. Ariel Payne, LNS	:13.9
6. Samantha Karnes, LSE	:14.3

Heat #2

1. Allison Jorgensen, GI	:13.0
2. Destiny Brown, LSW	:13.3
3. Alyssa Lake, LSE	:13.3
4. Megan Anderson, Fre	:13.6
5. Courtney Holder, LHS	:13.7
6. Taylor Pitts, LNS	:13.8
Becca Burson, LE	:14.3

Heat #3

1. Jeri Walkowiak, GI	:13.1
2. Karley Piper, LSE	:13.2
3. Amber Payne, LNS	:13.2
4. Caitlin Madden, LNE	:13.3
5. Amber Trammell, LSW	:13.9
6. Halie Woll, LE	:13.9

PRELIMINARY RESULTS
GIRLS 200 METER DASH PRELIMINARY

Meet Record: :25.10 Linda Gdowski Fremont 1987

Heat #1

1. Alex Armes, GI	:26.2
2. Karley Piper, LSE	:27.0
3. Anna Peterson, Fre	:27.5
4. Kaleigh King, LNE	:27.8
5. Keshia Moore, LNS	:28.3
6. Amber Trammell, LSW	:28.9
Becca Burson, LE	:29.4

Heat #2

1. Katie Birkel, LSE	:25.7
2. Michaela Knuth, GI	:27.6
3. Alice Root, LE	:27.6
4. Jenna Shoecraft, LNS	:28.5
5. Courtney Holder, LHS	:29.4
Caitlin Schultz, Fre	DNS

Heat #3

1. Jeri Walkowiak, GI	:27.4
2. Alyssa Lake, LSE	:27.6
3. Kayla Meskimen, LHS	:27.7
4. Amber Payne, LNS	:27.9
5. Courtney Bulin, LE	:28.5
Kaitlin Zentic, Fre	DNS

GIRLS 3200 METER RELAY

Meet Record: 9:44.30 Lincoln High (Tussing Brown Bible Loos) 1986

1.	Lincoln North Star	9:52.6
	Leenie Boardman, Lacey Pickering, Heather Davison, Ahsley Schnell	
2.	Lincoln Southwest	10:06.6
	Joslyn Soucie, Dani Cassidy, Bailey Koziol, Eliza Hammond	
3.	Lincoln East	10:10.6
	Rachel Brenning, Jade Hepburn, Jordon Heiliger, Michelle Fluitt	
4.	Lincoln High	10:24.7
	Brandis Hurt, Emme Grafton, Amanda Castello, Karis Parker	
5.	Fremont	10:29.2
	Ashley Vance, Meghan Jacob, Mallory Iseminger, Paige Meyer	
6.	Lincoln Northeast	11:01.5
	Brittany Singleton, Anna Kroos, Nyrika Dobuorny, Brianne Nelson	
	Grand Island	11:16.9

GIRLS 400 METER DASH

Meet Record: :57.30 Katie Birkel Lincoln Southeast 2007

Previous Record: :57.60 Linda Gdowski Fremont 1987

1.	Katie Birkel, LSE	:57.3	Bri Brestel, LSW	1:06.8
2.	Suzanne Higgins, GI	:58.6	Lindsey Cale, LNS	1:07.0
3.	Amanda Brown, LSW	:59.4	Lauren Marr, LE	1:08.6
4.	Ann Armes, GI	:59.9	Brianna Nelson, LNE	1:08.8
5.	Avarey Brown, LSE	1:01.5	Sydney Johnson, LE	1:09.8
6.	Cassie Skolnick, LNS	1:04.0	Leah Jensen, LNE	1:13.7
	Clare Maier, LNS	1:04.3	Alicia Schott, Fre	DNS
	Taylor Schmutte, LSE	1:04.6	Sammi Brandt, LNE	DNS
	Elizabeth Earhart, LE	1:05.8	Jayme Griffiths, Fre	DNS
	Jessica Kaltenberger, LSW	1:06.0		

GIRLS 3200 METER RUN

Meet Record: 11:11.10 Kelly Loos Lincoln High 1987

1.	Holly Bussa, Fre	11:42.6	Jeannette Arnold, LSW	12:37.7
2.	Kayla Fenske, Fre	11:45.2	Emme Grafton, LHS	12:39.9
3.	Hayley Sutter, LSE	11:55.0	Devin Schultze, LE	12:53.5
4.	Jami Evans, GI	12:05.7	Shawn Zajicek, LE	12:56.9
5.	Kari Meyer, LSW	12:12.8	Jaime Pella, LNE	13:02.4
6.	Ali Tewes, LSE	12:19.7	Melissa Frohberg, LE	13:17.4
	Morgan Lindgren, Fre	12:31.4	Kristal Schuster, LSW	DQ

GIRLS 100 METER HIGH HURDLES

Meet Record: :14.80 Kim Shubert Lincoln Southeast 2000

1.	KK Houser, LSE	:15.3	5. Karissa Kruse, LNS	:17.8
2.	Lindsey Snyder, Fre	:16.9	6. Becce Nispel, LSW	:18.0
3.	Tana O'Boyle, GI	:17.6	Courtney Russell, LE	:18.2
4.	Emily McCoy, LSE	:17.7	Anna Guittar, LNE	:21.1

GIRLS 100 METER DASH

Meet Record: :12.10 Michelle Railsback Lincoln Southeast 2000

1. Alex Armes, GI	:12.8	5. Amber Payne, LNS	:13.3
2. Karley Piper, LSE	:13.2	6. Destiny Brown, LSW	:13.3
3. Jeri Walkowiak, GI	:13.2	Alyssa Lake, LSE	:13.3
4. Allison Jorgensen, GI	:13.2	Caitlin Madden, LNE	:13.4

GIRLS 800 METER RUN

Meet Record: 2:17.60 Lisa Baumert Fremont 2002

1. Ashley Schnell, LNS	2:21.7	Alicia Schott, Fre	2:35.6
2. Michelle Fluitt, LE	2:22.3	Kristen Fitzgerald, GI	2:37.1
3. Holly Bussa, Fre	2:24.9	Ali Tewes, LSE	2:38.6
4. Katie Nelson, LSE	2:25.3	Misam Ali, LNE	2:38.8
5. Courtney Chamber, LSW	2:29.9	Brandis Hurt, LHS	2:40.2
6. Rachel Brenning, LE	2:32.7	Dani Cassidy, LSW	2:44.5
Heather Davison, LNS	2:34.1	Sigornie Pfefferle, GI	2:56.3
Lacey Pickering, LNS	2:34.4	Kali Ramsey, GI	3:03.5
Maggie Hedlund, LE	2:34.7	Hayley Sutter, LSE	NT
Eliza Hammond, LSW	2:35.0		

GIRLS 300 METER LOW HURDLES

Meet Record: :45.20 KK Houser Lincoln Southeast 2007

Previous Record: :45.60 Michelle Railsback Lincoln Southeast 1998

1. KK Houser, LSE	:45.2	Taylor Schmutte, LSE	:52.7
2. Suzanne Higgins, GI	:45.8	Becca Nispel, LSW	:52.8
3. Teonna Wimes, LHS	:46.0	Courtney Russell, LE	:53.6
4. Lindsey Snyder, Fre	:49.5	Abbey Dolejs, Fre	:53.7
5. McKenna Slack, LE	:50.3	Ciera Armstrong, LNE	:54.5
6. Brooke Swanigan, LSE	:51.3	Rachel Pieloch, LSW	:54.7
Karissa Kruse, LNS	:52.0	Anna Guittar, LNE	DNS
Megan Leazer, LE	:52.3	Tana O'Boyle, GI	DNS
Nicole Kubert, LNE	:52.4		

GIRLS 200 METER DASH

Meet Record: :25.10 Linda Gdowski Fremont 1987

1. Alex Armes, GI	:25.4	5. Karley Piper, LSE	:27.4
2. Katie Birkel, LSE	:25.8	6. Alice Root, LE	:27.5
3. Jeri Walkowiak, GI	:27.0	Anna Peterson, Fre	:27.7
4. Alyssa Lake, LSE	:27.4	Michaela Knuth, GI	:28.8

GIRLS 1600 METER RUN

Meet Record: 5:14.06 Amy Marx Lincoln Southeast 1990

1.	Katie Nelson, LSE	5:20.6	Paige Meyer, Fre	NT
2.	Ashley Schnell, LNS	5:25.8	Meghan Jacob, Fre	NT
3.	Michelle Fluitt, LE	5:28.0	Quinn McCreight, LSE	NT
4.	Laura Hahn, LE	5:28.9	Whitney Villines, LNE	NT
5.	Kayla Fenske, Fre	5:35.5	Amanda Costello, LHS	NT
6.	Leenie Boardman, LNS	5:40.3	Kendra Schuldies, LNS	NT
	Jami Evans, GI	5:42.3	Kristen Fitzgerald, GI	NT
	Jordan Heiliger, LE	5:43.1	Karis Parker, LHS	NT
	Kristal Schuster, LSW	NT	Mikaela Noller, LNE	NT
	Dani Virts, LSW	NT		

GIRLS 400 METER RELAY

Meet Record: :49.20 Lincoln Southeast (Thorne Shubert Norman Bonin) 2002

1.	Grand Island	:50.5
	Suzanne Higgins, Allison Jorgensen, Ann Armes, JeriWalkowiak	
2.	Lincoln Southwest	:51.2
	Jessica Kaltenberger, Bri Brestel, Amber Trammell, Eliza Hammond	
3.	Fremont	:51.4
4.	Lincoln High	:51.4
	Jaamie Sidney, Teonna Wimes, Courtney Holder, Kayla Meskimen	
5.	Lincoln Southeast	:51.5
6.	Lincoln East	:52.6
	Courtney Bolin, Alice Root, Halie Woll, Jade Hepburn	
	Lincoln North Star	DQ

GIRLS 1600 METER RELAY

Meet Record: 4:03.00 Lincoln Southeast 2007

Previous Record: 4:06.37 Lincoln High (Loos Kelley Harrison Brown) 1987

1.	Lincoln Southeast	4:03.0
	KK Houser, Averey Brown, Karley Piper, Katie Birkel	
2.	Grand Island	4:04.5
	Ann Armes, Allison Jorgensen, Ariel Krolikowski, Suzanne Higgins	
3.	Lincoln High	4:12.0
	Teonna Wimes, Kayla Meskimen, Brandis Hurt, Jaamie Sidney	
4.	Fremont	4:18.7
	Anna Peterson, Kaitlin Zentic, Kacia Erickson, Lindsey Snyder	
5.	Lincoln North Star	4:22.3
	Cassie Skolnick, Amber Payne, Clare Maier, Lindsey Cale	
6.	Lincoln Southwest	4:26.7
	Jessica Kaltenberger, Bri Brestel, Amber Trammell, Eliza Hammond	
	Lincoln East	4:33.0