

MSHSL Section 3AA Girls' Track & Field Championships

Park High School, Cottage Grove, MN June 1, 2000

TEAM SCORES (Scored 10-8-6-5-4-3-2-1)

1	Woodbury	92.0	8	South St Paul	36.0
2	Park	81.5	9	Cretin-Derham	31.0
3	Eagan	77.5	10	Simley	28.0
4	Hastings	76.0	11	Arlington	27.0
5	Central	73.0	12	Johnson	25.0
6	Roseville	70.0	13	Highland Park	22.5
7	Henry Sibley	54.0	14	Harding	7.5

Pole Vault

1	Nicole Salwasser, Park	10-6
2	Kristi Schneider, Hastings	9-6
3	Jenny Pribyl, Roseville	9-0
4	Laurie Jacobs, Hastings	8-6
5	Sarah Lencowski, South St Paul	8-6
6	Marla Nelson, Henry Sibley	8-0
7	Sonja Sundgard, Park	8-0
7	Jackie Galligan, Eagan	8-0
9	Emily Adams, Roseville	8-0
10	Betsy Olson, Roseville	8-0
11	Rebecca Englund, Woodbury	7-6
12	Patti Phan, South St Paul	7-0
12	Julie Olson, Hastings	7-0
12	Christie Thames, Cretin-Derham	7-0
15	Christina Newbauer, Simley	7-0
	Stephanie Wiersum, Woodbury	NH
	Tia Douglas, Eagan	NH
	Sara Anderson, Simley	NH
	Caroline Donovan, Henry Sibley	NH
	Amanda Halberg, Park	NH
	Gina Daily, Henry Sibley	NH

High Jump

1	Jacqueline Berg, Woodbury	5-2
2	Heather Hamilton, Central	5-0
3	Erika Olson, Harding	5-0
3	Laura Haugen, Highland Park	5-0
5	Janelle Rothfolk, Eagan	4-10
6	Jill Crandall, Roseville	4-10
7	Megan Koch, Park	4-10
8	Kimberly Haglund, Hastings	4-8
9	Nicole Brummond, South St Paul	4-8
10	Nicole Salwasser, Park	4-8
11	Jenny Thompson, Roseville	4-8
12	Sara Entgelmeier, South St Paul	4-6
12	Marla Nelson, Henry Sibley	4-6
	Kelly Spitzley, Central	NH
	Lauren Walker, Cretin-Derham	NH
	Elizabeth Hatheway, Woodbury	NH
	Krystal Loiler, Harding	NH
	Christie Thames, Cretin-Derham	NH
	Sara Bergherr, Eagan	NH
	Chrissy Wild, Henry Sibley	NH
	Amy Hunter, Park	NH
	Kathleen Murphy, South St Paul	NH
	Heather Hamilton, Central	NH

Long Jump

Round 1, Flight 1

1	Sara Bothun, Park	13-6 1/2
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2	Chang McAleese, Park	13-4
3	Jessica Schilling, Humboldt	12-11 1/2
4	Ann Ebert, Cretin-Derham	12-8 1/2
5	Lauren Walker, Cretin-Derham	12-7 1/2
6	Joanna Werner, Cretin-Derham	12-4 1/2
	Simone Burch, Arlington	ND
Round 1, Flight 2		
1	Rachel Vroman, Hastings	14-9 3/4
2	Sarah Bennett, Eagan	14-6 1/4
3	Caitlin Jenssen, Woodbury	13-8 1/2
4	Julie Steber, Henry Sibley	13-7 1/2
5	Jenny Elizondo, Humboldt	13-7 1/4
6	Susan Ventrucci, Henry Sibley	13-6
	Rickiea Billinger, Arlington	ND
	Shannon Murphy, South St Paul	ND
Round 1, Flight 3		
1	Alanna Carter, Central	15-7q
2	Angela Klatt, Eagan	15-5 3/4q
3	Brie Messick, Hastings	15-5
4	Maria Stanislaw, Central	15-4 1/2
5	Sam Watson, South St Paul	15-3 1/2
6	Carolina Vasquez, South St Paul	15-1
7	Classie Bennett, Johnson	12-11 1/2
	Laura Bettendorf, Roseville	ND
Round 1, Flight 4		
1	Jumoke Alowonle, Park	17-5 1/2q
2	Christina Ford, Johnson	16-11 1/2q
3	Leala Wegwerth, Roseville	16-10 1/4q
4	Joke Adedeji, Henry Sibley	16-9 1/4q
5	Amber James, Woodbury	15-10 1/2q
6	Elena DeQuesada, Roseville	15-9q
7	Davidetta Mah, Como Park	13-11 1/2
8	Megan Moos, Como Park	13-8 1/2
	Shari Schutz, Hastings	ND
Final		
1	Jumoke Alowonle, Park	17-5 1/2
2	Leala Wegwerth, Roseville	17-4 3/4
3	Christina Ford, Johnson	16-11 1/2
4	Joke Adedeji, Henry Sibley	16-9 1/4
5	Amber James, Woodbury	15-10 1/2
6	Elena DeQuesada, Roseville	15-9
7	Alanna Carter, Central	15-7
8	Angela Klatt, Eagan	15-5 3/4
Triple Jump		
Round 1, Flight 1		
1	Joanna Haig, Simley	30-2
2	Jessica Schilling, Humboldt	28-7 1/4
3	Lauren Walker, Cretin-Derham	28-4 1/4
4	Elizabeth Bork, Park	27-5
5	Anna Berowski, Cretin-Derham	25-11 1/2
6	Paige Stevenson, Cretin-Derham	25-7 3/4
7	Jenny Harrington, Humboldt	25-7
	Simone Burch, Arlington	ND
Round 1, Flight 2		
1	Eva Johnson, Harding	30-0
2	Andrea Haig, Simley	29-7 3/4
3	Carla McHattie, Central	29-0 1/2
4	Chang McAleese, Park	28-8 3/4
5	Jenny Elizondo, Humboldt	28-4 1/2
6	Emily Debevec, Como Park	27-5 1/4
7	Emily Mueller, South St Paul	27-3
	Bridget Smith, South St Paul	ND

Round 1, Flight 3

1 Amber Wirth, Hastings	31-9 1/4
2 Jacqueline Berg, Woodbury	31-3 1/4
3 Marla Nelson, Henry Sibley	31-3 1/4
4 Lisa Burdeski, Woodbury	30-11 1/2
5 Jennifer Mell, Eagan	30-1 1/4
6 Ashley Phillips, Roseville	30-0 1/4
7 Amanda Bystrom, South St Paul	29-6 1/4
8 Megan Moos, Como Park	29-0 1/2
Maria Balsimo, Roseville	ND

Round 1, Flight 4

1 Jumoke Alowonle, Park	36-11 3/4q
2 Kelley Pederson, Hastings	34-10 1/2q
3 Acara Felix, Johnson	34-8 3/4q
4 Elena DeQuesada, Roseville	34-3q
5 Stacy Dorn, Eagan	34-1 1/2q
6 Chrissy Wild, Henry Sibley	33-10 1/2q
7 Brie Messick, Hastings	33-1 1/2q
8 Maria Stanislaw, Central	32-7 1/2q
Rachel Gilfillan, Woodbury	ND

Final

1 Jumoke Alowonle, Park	38-1 3/4
2 Acara Felix, Johnson	35-7
3 Stacy Dorn, Eagan	34-11
4 Kelley Pederson, Hastings	34-10 1/2
5 Elena DeQuesada, Roseville	34-3
6 Chrissy Wild, Henry Sibley	33-10 1/2
7 Brie Messick, Hastings	33-9 3/4
8 Maria Stanislaw, Central	32-7 1/2

Shot Put

Round 1, Flight 1

1 Allison Dohman, Hastings	29-11 3/4
2 Danielle Holman, Woodbury	25-2 1/2
3 Joy Pavlak, Harding	24-4
4 Victoria Pyan, Como Park	21-10 1/2
5 Emily Debevec, Como Park	20-6
6 Madeline Tingstad, Highland Park	19-8 1/2

Round 1, Flight 2

1 Allison Dohman, Hastings	29-11 3/4
2 Samantha George, Park	28-8 3/4
3 Anna Dzieweczynski, Henry Sibley	27-1 3/4
4 Katie Kuenzi, Simley	26-6 1/4
5 Sara Steinhoff, Henry Sibley	25-11 1/4
6 Vicky VanKampan, Harding	24-0 1/2
7 Angie Rosenthal, Highland Park	23-10 3/4
April Preston, Central	ND

Round 1, Flight 3

1 Jodie Tappella, Hastings	33-11 3/4q
2 Katie Lewsader, South St Paul	30-4 1/4
3 shannon Kane, South St Paul	30-3 1/2
4 Mindy Kukacka, Park	28-5 1/4
5 Amanda Gregory, Roseville	27-4 1/2
6 Andrea Haig, Simley	26-11 1/4
7 Connie Demko, Woodbury	25-0

Round 1, Flight 4

1 Krystal Zimmerman, Hastings	38-3 1/2q
2 Taylor Harris, Eagan	36-3 1/2q
3 Vanessa Yeakel, Roseville	34-10 1/4q
4 Roberta Bosfield, Eagan	34-2 3/4q
5 Heather Sieben, Park	32-6 1/4q
6 Theresa Franco, Johnson	30-9 1/4q
7 Nicole Irvin, Eagan	30-8 1/2q

8	Angie Weber, Johnson	30-0 1/4
	Nicole Smith, Central	ND
Final		
1	Krystal Zimmerman, Hastings	38-4
2	Taylor Harris, Eagan	37-0
3	Vanessa Yeakel, Roseville	34-10 1/4
4	Roberta Bosfield, Eagan	34-2 3/4
5	Jodie Tappella, Hastings	33-11 3/4
6	Heather Sieben, Park	32-6 1/4
7	Nicole Irvin, Eagan	31-7 1/4
8	Theresa Franco, Johnson	30-9 1/4
Discus Throw		
Round 1, Flight 1		
1	Katie Kuenzi, Simley	87-2
2	Alyssa Sahli, Park	70-9
3	Angie Rosenthal, Highland Park	65-0
4	Vicky VanKampan, Harding	61-4
5	Victoria Pyan, Como Park	57-6
6	Kate Knutson, Highland Park	51-6
	Elizabeth Apungu, Como Park	ND
Round 1, Flight 2		
1	Caroline Donovan, Henry Sibley	91-0q
2	Anna Dzieweczynski, Henry Sibley	84-5
3	Abby Peterfeso, Johnson	82-10
4	Charlene Hudalla, Simley	76-10
5	Amy Churchill, Harding	75-2
6	Allison Dohman, Hastings	74-0
7	Julie Hatlestad, Roseville	72-1
	April Preston, Central	ND
Round 1, Flight 3		
1	Sara Anderson, Simley	91-11q
2	Kirsten Wick, Roseville	89-7
3	Angie Weber, Johnson	87-5
4	Chas Grams, Hastings	81-6
5	Danielle Holman, Woodbury	80-11
6	Mindy Kukacka, Park	78-5
7	Sara Steinhoff, Henry Sibley	68-2
	Nicole Smith, Central	ND
Round 1, Flight 4		
1	Krystal Zimmerman, Hastings	121-4q
2	Taylor Harris, Eagan	108-6q
3	Nicole Irvin, Eagan	103-6q
4	Vanessa Yeakel, Roseville	95-9q
5	Stephanie Harrison, Woodbury	92-2q
6	Jen Rogers, South St Paul	90-7q
7	Roberta Bosfield, Eagan	87-8
8	Katie Lewsader, South St Paul	87-7
9	shannon Kane, South St Paul	84-11
Final		
1	Krystal Zimmerman, Hastings	121-4
2	Taylor Harris, Eagan	108-6
3	Vanessa Yeakel, Roseville	106-2
4	Nicole Irvin, Eagan	103-6
5	Jen Rogers, South St Paul	97-3
6	Sara Anderson, Simley	95-8
7	Stephanie Harrison, Woodbury	94-11
8	Caroline Donovan, Henry Sibley	91-0
4x800 Meter Relay		
1	Highland Park	9:43.22
2	Hastings	10:01.22
3	South St Paul	10:03.31

4	Henry Sibley	10:06.06
5	Woodbury	10:09.40
6	Park	10:25.03
7	Roseville	10:36.08
8	Central	10:42.83
9	Eagan	10:44.58
10	Harding	11:08.84
11	Cretin-Derham	11:11.11

100 Meter Hurdles

Round 1, Heat 1

1	Elena DeQuesada, Roseville	16.58Q
2	Rachel Vroman, Hastings	16.95q
3	Sarah Bennett, Eagan	17.02
4	Sara Entgelmeier, South St Paul	18.77
5	Kelly McDonald, Cretin-Derham	19.00

Round 1, Heat 2

1	Rachel Gilfillan, Woodbury	16.12Q
2	Emily Mueller, South St Paul	17.25
3	Carrie Campbell, Henry Sibley	17.84
4	Ann Ebert, Cretin-Derham	19.02
5	Joanna Haig, Simley	19.41
	Megan Koch, Park	DNF

Round 1, Heat 3

1	Shari Schutz, Hastings	15.96Q
2	Camolly Williams, Highland Park	17.13
3	Pung Huang, Central	17.83
4	MaryKate Erickson, Park	18.68
	Bridget Smith, South St Paul	DNF

Round 1, Heat 4

1	Erin Lockman, Roseville	16.16Q
2	Lisa Burdeski, Woodbury	16.19q
3	Kelly Hvinden, Eagan	17.86
4	Amy Churchill, Harding	18.86
5	Danielle Dobbs, Park	19.36
6	Jackie Grose, Henry Sibley	19.94

Round 1, Heat 5

1	Heather Hamilton, Central	16.08Q
2	Renee Vai, Eagan	16.29q
3	Betsy Olson, Roseville	18.03
4	Heather Wahlstrom, Hastings	18.48
5	Koral Bise, Woodbury	18.78

Final

Wind = +5.70 meters per second (aided)

1	Rachel Gilfillan, Woodbury	15.49w
2	Shari Schutz, Hastings	15.66w
3	Heather Hamilton, Central	15.89w
4	Lisa Burdeski, Woodbury	15.90w
5	Renee Vai, Eagan	15.96w
6	Elena DeQuesada, Roseville	16.25w
7	Rachel Vroman, Hastings	17.08w
8	Erin Lockman, Roseville	DQw

100 Meter Dash

Round 1, Heat 1

1	Leala Wegwerth, Roseville	13.22Q
2	Classie Bennett, Johnson	13.29
3	Kristina Peck, Eagan	13.75
4	Davidetta Mah, Como Park	13.93
5	Shannon Fox, Henry Sibley	14.38
6	Michelle Guillaume, Harding	14.80
	Tiffany Leggett, Humboldt	DNF

Round 1, Heat 2

1	Amber James, Woodbury	12.49Q
2	Sarah Weber, South St Paul	13.18q
3	Eva Johnson, Harding	13.69
4	Amber Vogelgesang, Hastings	13.71
5	Lauren Deming, Cretin-Derham	13.83
6	Sarah Fahrenkrug, Henry Sibley	14.14
7	Megan Moos, Como Park	14.29
	Olukemi Bolarinwa, Arlington	DNF
Round 1, Heat 3		
1	Angela Klatt, Eagan	12.52Q
2	ZerVon Jackson, Highland Park	13.20
3	Tiffany Yep, Roseville	13.60
4	Kim Piermantier, Park	13.64
5	Julie Williams, Cretin-Derham	13.74
6	Sydney Swaden, Henry Sibley	13.83
7	Rickiea Billinger, Arlington	14.25
8	Elizabeth Berres, Humboldt	14.37
Round 1, Heat 4		
1	Aspen James, Woodbury	12.62Q
2	Christina Ford, Johnson	13.01q
3	Kathleen Murphy, South St Paul	13.65
4	Mary Stoltz, Highland Park	14.31
5	Nora Austin, Cretin-Derham	14.62
	Valerie McIntosh, Central	DNF
	Asia Anderson, Arlington	DNF
Round 1, Heat 5		
1	Star Evans, Woodbury	12.88Q
2	Acara Felix, Johnson	13.16q
3	Anna Melby, Central	13.82
4	Gail Anderson, Park	13.91
5	Sam Watson, South St Paul	14.29
	Jenny Lose, Simley	DNF
	Sarah Gruber, Roseville	DNF
Final		
Wind = +4.70 meters per second (aided)		
1	Amber James, Woodbury	12.08w
2	Angela Klatt, Eagan	12.33w
3	Aspen James, Woodbury	12.34w
4	Star Evans, Woodbury	12.48w
5	Christina Ford, Johnson	12.86w
6	Leala Wegwerth, Roseville	12.89w
7	Sarah Weber, South St Paul	12.90w
8	Acara Felix, Johnson	12.93w
4x200 Meter Relay		
Round 1, Heat 1		
1	Eagan	1:44.56Q
2	Roseville	1:45.41Q
3	South St Paul	1:48.55q
4	Park	1:50.55q
5	Harding	2:01.28
6	Cretin-Derham	2:03.60
	Hastings	DNF
Round 1, Heat 2		
1	Woodbury	1:46.35Q
2	Henry Sibley	1:47.83Q
3	Central	1:50.22q
4	Highland Park	1:56.22q
5	Como Park	1:58.91
6	Simley	2:03.60
	Arlington	DQ
Final		
1	Eagan	1:45.88

2	Roseville	1:46.86
3	Central	1:47.57
4	Woodbury	1:47.87
5	South St Paul	1:48.95
6	Henry Sibley	1:49.08
7	Park	1:51.64
8	Highland Park	1:55.96

1600 Meter Run

1	Carissa Skrivanek, Cretin-Derham	5:15.72
2	Lauren Burks, Park	5:18.37
3	Laura Puckett, Central	5:28.35
4	Aleksandra Radulovic, Arlington	5:34.74
5	Allison Kleinsasser, Park	5:35.17
6	Johanna Winters, Roseville	5:39.33
7	Anne Mills, Central	5:43.81
8	Megan Rilling, Eagan	5:45.43
9	Maren Shepherd, Park	5:50.36
10	Cindy Schultze, Hastings	5:55.98
11	Rachel Anderson, Harding	5:58.52
12	Libby Winters, Roseville	6:00.89
13	Ashley Lundberg, Roseville	6:03.61
14	Allison Jannsen, South St Paul	6:04.99
15	Laura Fretschel, Henry Sibley	6:05.44
16	Megan Sherwood, Simley	6:06.61
17	Natalie Cossetta, Henry Sibley	6:07.86
18	Sarah Haverkamp, Henry Sibley	6:07.92
19	Hilary Doll, Woodbury	6:11.08
20	Jill Spude, Woodbury	6:12.48
21	Megan Johnson, South St Paul	6:17.69
22	Renee Nettleton, Woodbury	6:18.35
23	Katie Thurmes, Hastings	6:23.10
24	Theresa Luzinski, Simley	6:29.06
25	Catie Prokopowicz, Simley	6:53.87

4x100 Meter Relay

Round 1, Heat 1

1	Woodbury	50.22Q
2	South St Paul	51.62Q
3	Johnson	51.69q
4	Central	52.09q
5	Hastings	53.69
6	Cretin-Derham	55.26
7	Humboldt	60.20

Round 1, Heat 2

1	Eagan	50.03Q
2	Henry Sibley	50.88Q
3	Roseville	51.55q
4	Arlington	52.47q
5	Park	54.77
6	Harding	56.35

Final

1	Woodbury	50.04
2	Eagan	50.55
3	South St Paul	51.60
4	Henry Sibley	51.87
5	Arlington	51.95
6	Roseville	52.05
7	Johnson	52.71
8	Central	52.96

400 Meter Dash

Round 1, Heat 1

1	Olukemi Bolarinwa, Arlington	61.80Q
2	Nichole Washington, Roseville	65.07
3	Amy Renick, Eagan	66.89
4	Julie Williams, Cretin-Derham	69.49
	Mary Kulenkamp, Woodbury	DNF
	Shannon Murphy, South St Paul	DNF
Round 1, Heat 2		
1	Megan Newbauer, Simley	61.45Q
2	Rachelle Ballion, Eagan	63.09
3	Molly Jackson, Highland Park	65.12
4	Lorentza Ruud, Roseville	67.16
5	Davidetta Mah, Como Park	67.56
6	Becky Fleming, Cretin-Derham	68.44
Round 1, Heat 3		
1	Alanna Carter, Central	61.69Q
2	Jen Cowman, Woodbury	62.89q
3	Jenna Madden, Cretin-Derham	65.74
4	Julie Steber, Henry Sibley	66.36
5	Amanda Burks, Park	67.85
	Amanda Bystrom, South St Paul	DNF
Round 1, Heat 4		
1	Carla McHattie, Central	61.91Q
2	Erika Olson, Harding	62.11q
3	Tanya Carter, Park	65.66
4	Jacqueline Berg, Woodbury	67.33
5	Marla Nelson, Henry Sibley	67.76
Round 1, Heat 5		
1	Joke Adedeji, Henry Sibley	62.01Q
2	Jill Crandall, Roseville	63.01q
3	Erin Pierce, Harding	65.01
4	Caroline Olichwier, Park	65.78
	Jenny Lose, Simley	DNF
Final		
1	Olukemi Bolarinwa, Arlington	59.88
2	Joke Adedeji, Henry Sibley	60.92
3	Megan Newbauer, Simley	61.20
4	Carla McHattie, Central	61.38
5	Jill Crandall, Roseville	61.87
6	Alanna Carter, Central	62.60
7	Erika Olson, Harding	62.85
8	Jen Cowman, Woodbury	63.15
300 Meter Hurdles		
Round 1, Heat 1		
1	Emily fischer, Cretin-Derham	48.79Q
2	Koral Bise, Woodbury	50.76
3	Erin Lockman, Roseville	50.86
4	Sarah Bennett, Eagan	52.23
5	Megan Koch, Park	52.25
Round 1, Heat 2		
1	Rachel Gilfillan, Woodbury	49.42Q
2	Rachel Vroman, Hastings	50.62q
3	Pung Huang, Central	52.44
4	Erin Tracy, Roseville	52.83
5	Adeola Olafeso, Harding	54.56
6	Emily Mueller, South St Paul	54.71
Round 1, Heat 3		
1	Heather Hamilton, Central	47.80Q
2	Rebecca Englund, Woodbury	50.59q
3	Kelly McDonald, Cretin-Derham	52.46
4	MaryKate Erickson, Park	52.56
	Bridget Smith, South St Paul	DNF
Round 1, Heat 4		

1	Shari Schutz, Hastings	47.80Q
2	Angie Schreier, Eagan	50.68
3	Shannon Schneeman, Cretin-Derham	52.30
4	Rickiea Billinger, Arlington	53.13
5	Amy Churchill, Harding	56.27
6	Maggie Armstrong, Henry Sibley	60.94

Round 1, Heat 5

1	Mandy Rauscher, Arlington	48.89Q
2	Amber Wirth, Hastings	48.90q
3	Sara Entgelmeier, South St Paul	52.52
4	Jennifer Mell, Eagan	52.91
5	Carrie Campbell, Henry Sibley	56.13
6	Joanna Haig, Simley	58.55

Final

1	Heather Hamilton, Central	46.68
2	Emily fischer, Cretin-Derham	46.94
3	Rachel Gilfillan, Woodbury	46.99
4	Shari Schutz, Hastings	47.91
5	Mandy Rauscher, Arlington	48.98
6	Amber Wirth, Hastings	49.25
7	Rebecca Englund, Woodbury	50.62
8	Rachel Vroman, Hastings	51.33

800 Meter Run

Round 1, Heat 1

1	Carissa Skrivanek, Cretin-Derham	2:23.20Q
2	Anna Frahm, Park	2:32.84Q
3	Anna Gunderson, Woodbury	2:33.53
4	Laura Felice, Roseville	2:33.96
5	Susan DeBlieck, Park	2:34.01
6	Kara Mitterholzer, Park	2:35.58
7	Annie Taff, Roseville	2:37.90
8	Elizabeth Ehlers, Arlington	2:52.83
9	Kristin King, Hastings	3:18.57
	Katie Thurmes, Hastings	DNF
	Carolyn Almquist, Humboldt	DNF

Round 1, Heat 2

1	Corrin Hoffman, Eagan	2:26.95Q
2	Brynn Bowman, Cretin-Derham	2:27.59Q
3	Nora McBride, Simley	2:31.56q
4	Jill Sorenson, South St Paul	2:34.89
5	Sarah Watkins, Central	2:35.78
6	Sara Worthington, Central	2:36.53
7	Jessica Johnson, Roseville	2:40.05
8	Lindsay Williams, Hastings	2:40.33
	Krystal Loiler, Harding	DNF
	Jenni Watson, Henry Sibley	DNF
	Lisa Murphy, Hastings	DNF

Round 1, Heat 3

1	Natalie Mangold, Simley	2:24.38Q
2	Alana Lucio, Henry Sibley	2:25.88Q
3	Holle Blass, Woodbury	2:32.65q
4	Kristin Paulos, Central	2:34.31
5	Anne Huart, Henry Sibley	2:37.17
6	Megan Johnson, South St Paul	2:43.33
7	Celeste Kiewel, Harding	2:46.38
8	Rachel White, Como Park	3:00.97
	Angela Green, Woodbury	DNF
	Angela Sacarello, Arlington	DNF

Final

1	Carissa Skrivanek, Cretin-Derham	2:24.18
2	Natalie Mangold, Simley	2:25.26
3	Alana Lucio, Henry Sibley	2:28.75

4	Nora McBride, Simley	2:30.02
5	Corrin Hoffman, Eagan	2:32.45
6	Brynn Bowman, Cretin-Derham	2:33.29
7	Anna Frahm, Park	2:34.72
8	Holle Blass, Woodbury	2:37.09

200 Meter Dash

Round 1, Heat 1

1	Amber James, Woodbury	26.52Q
2	Acara Felix, Johnson	27.61
3	Amber Vogelgesang, Hastings	28.79
4	Eva Johnson, Harding	29.04
5	Camolly Williams, Highland Park	29.56
	Aysha Perez, South St Paul	DNF

Round 1, Heat 2

1	Jumoke Alowonle, Park	25.79Q
2	Amber Young, Eagan	26.61q
3	ZerVon Jackson, Highland Park	27.44q
4	Jenny Thompson, Roseville	28.78
5	Davidetta Mah, Como Park	29.01
6	Julie Williams, Cretin-Derham	29.03
7	Amy Brueggemann, Cretin-Derham	29.79

Round 1, Heat 3

1	Natasha Holt, Henry Sibley	26.13Q
2	Kelly Spitzley, Central	27.18q
3	Kathleen Murphy, South St Paul	27.93
4	Rachelle Ballion, Eagan	27.98
5	Gail Anderson, Park	28.30
	Laniece Jones, Arlington	DNF
	Michelle Guillaume, Harding	DNF

Round 1, Heat 4

1	Leala Wegwerth, Roseville	27.24Q
2	Classie Bennett, Johnson	27.78
3	Emily Hysjulien, Woodbury	28.04
4	Lyssa Leitner, Henry Sibley	28.73
5	Caitlin Magistad, Central	29.51
	Sanni Brown-Adefope, Arlington	DNF
	Sam Watson, South St Paul	DNF

Round 1, Heat 5

1	Christina Ford, Johnson	26.58Q
2	Nichole Washington, Roseville	27.85
3	Kristina Peck, Eagan	27.88
4	Brie Messick, Hastings	28.28
5	Colleen Schramm, Como Park	28.66
6	Sydney Swaden, Henry Sibley	29.32

Final

Wind = +6.80 meters per second (aided)

1	Amber James, Woodbury	24.95w
2	Jumoke Alowonle, Park	25.28w
3	Natasha Holt, Henry Sibley	25.80w
4	Leala Wegwerth, Roseville	26.35w
5	Kelly Spitzley, Central	26.50w
6	Christina Ford, Johnson	26.51w
7	Amber Young, Eagan	26.87w
8	ZerVon Jackson, Highland Park	27.12w

3200 Meter Run

1	Lauren Burks, Park	11:32.76
2	Laura Puckett, Central	11:39.57
3	Jenna Gerten, Henry Sibley	11:47.76
4	Allison Kleinsasser, Park	12:02.91
5	Aleksandra Radulovic, Arlington	12:03.58
6	Maren Shepherd, Park	12:13.24

7	Mallory Nelson, South St Paul	12:13.70
8	Chrissy Wild, Henry Sibley	12:26.05
9	Rachel Anderson, Harding	12:26.79
10	Erin Mullan, Cretin-Derham	12:28.79
11	Jessica Weggemann, Eagan	12:37.83
12	Molly Barker, Central	12:42.49
13	Jessica Salvatore, Roseville	12:43.98
14	Debralyn Bruant, Simley	12:48.71
15	Anna McLoon, Roseville	13:04.26
16	Hilary Doll, Woodbury	13:06.40
17	Candace Pedersen, Eagan	13:18.29
18	Megan Sherwood, Simley	13:21.59
19	Jill Spude, Woodbury	13:26.09
20	Sarah Domenchetti, Harding	13:29.97
21	Sarah Neuharth, Henry Sibley	13:35.91
22	Ashley Siebels, Hastings	13:36.61
23	Maureen Martin, Cretin-Derham	13:39.11
24	Kristi Pederson, Hastings	14:41.84
25	Catie Prokopowicz, Simley	14:57.95
26	Stephanie Dochniak, South St Paul	15:02.15
27	Lisa Merrill, South St Paul	15:13.42
	Sarah Haverkamp, Henry Sibley	DNF

4x400 Meter Relay

Round 1, Heat 1

1	Highland Park	4:06.56Q
2	South St Paul	4:07.37Q
3	Hastings	4:08.48q
4	Simley	4:16.93q
5	Woodbury	4:20.53q
6	Harding	4:38.01

Round 1, Heat 2

1	Central	4:10.68Q
2	Henry Sibley	4:14.89Q
3	Roseville	4:19.08q
4	Cretin-Derham	4:22.80
5	Park	4:23.75
6	Eagan	4:26.97
	Arlington	DNF

Final

1	Central	4:04.24
2	South St Paul	4:07.06
3	Simley	4:11.46
4	Highland Park	4:11.91
5	Hastings	4:15.72
6	Roseville	4:15.77
7	Henry Sibley	4:21.94
8	Woodbury	4:25.68