

Section 4A Girls Track and Field Championships

Macalaster College, St. Paul, MN 6/4/2005

Team Scores:

1) Rogers	76.50	15) Mora	22
2) Blake School	75	16) Rush City	21
3) Visitation	69	16) West Lutheran	21
4) St. Paul Academy & SS	68	18) Trinity School River R	20
5) Belle Plaine	59	19) Christ's Household Faith	18
6) Minnehaha Academy	58	19) Isle Onamia	18
6) DeLaSalle	58	21) Breck School	17
8) Jordan	55.50	22) New Life Academy Woodb	13
9) St. Croix Lutheran	49.50	23) Meadow Creek C/RCA	12.50
10) Providence Academy	40	24) Braham	8
11) Holy Family Catholic	35	25) Southwest Christian	6
12) Pine City	32.50	26) Mounds Park Academy	5
13) Hinckley Finlayson	28	27) Brooklyn Center	1.50
13) Concordia Academy	28		

Girls 100 Meter Dash Class A

Meet Record: * 12.17 2000 Majik Reed, DeLaSalle 12.89 QUAL
 Name Year School Finals Wind H# Points

1 Anderson, Amber	11 DeLaSalle	12.55 QUAL	1.4	2	12
2 Carlson, Kelsey	10 Concordia Acad	12.92	1.4	2	10
3 Zuphi, Samantha	8 Providence Acad	12.97	1.4	2	8
4 Sawyer, Heather	12 Mora	13.10	1.4	2	6
5 Jensen, Ellie	9 Providence Acad	13.13	1.4	2	5
6 Otto, Michaela	11 NewLifeWoodb	13.17	2.1	1	4
7 Wordell, Elise	11 West Lutheran	13.19	1.4	2	3
8 Reynolds, Alisha	10 Blake	13.25	1.4	2	2
9 Schmitz, Laura	10 Braham	13.39	2.1	1	1
10 Kubiszewski, Tara	9 MeadowCreekC/RCA	13.42	2.1	1	
11 Sutherland, Lauren	7 MeadowCreekC/RCA	13.59	2.1	1	
12 Jacobson, Michelle	11 Southwest Christ	13.62	1.4	2	
13 Spielman, Liz	9 Concordia Acad	13.66	2.1	1	
14 Osterdyk, Becky	11 Pine City	13.69	2.1	1	
15 Deutsch, Sarah	12 Jordan	13.70	1.4	2	
16 Cathey, Danielle	8 NewLifeWoodb	13.73	2.1	1	
17 Day, Sam	9 Mora	13.81	2.1	1	
18 Blaiser, Holly	10 St Croix Luther	14.07	2.1	1	

Girls 200 Meter Dash Class A

Meet Record: * 25.1h 1999 Majik Reed, DeLaSalle 26.22 QUAL
 Name Year School Finals Wind H# Points

1 Porter, Sheena	11 DeLaSalle	25.33 QUAL	1.5	2	12
2 Beecham, Alexis	11 DeLaSalle	25.84 QUAL	1.5	2	10
3 Leiferman, Jessica	10 Visitation	26.45	1.5	2	8
4 Semelhad, Amy	12 Mora	26.60	1.5	2	6
5 Hargrow, Kyndal	10 Blake	26.61	1.5	2	5
6 Carlson, Kelsey	10 Concordia Acad	26.89	1.5	2	4
7 Jensen, Kaitelin	11 Providence Acad	27.17	1.5	2	3
8 Schmitz, Laura	10 Braham	27.51	2.7	1	2
9 Wordell, Elise	11 West Lutheran	27.89	1.5	2	1
10 Reynolds, Alisha	10 Blake	27.92	2.7	1	
10 Murrin, Heidi	11 Providence Acad	27.92	1.5	2	
12 Kubiszewski, Tara	9 MeadowCreekC/RCA	28.07	2.7	1	
13 Saxton, Alex	11 Rush City	28.10	2.7	1	
14 Wollum, Nicole	8 Mora	28.19	2.7	1	
15 Burmeister, Heathe	9 Belle Plaine	28.56	2.7	1	
16 Hesterberg, Michel	10 Mounds Park Acad	28.78	2.7	1	
17 Dybing, Lauren	12 St Croix Luther	28.86	2.7	1	
18 Hoffman, Amber	10 Rush City	29.07	2.7	1	

Girls 400 Meter Dash Class A

Meet Record: * 55.93 2001 Anne Hillier, Blake 59.20 QUAL

Name	Year School	Finals	H#	Points
1 Hargrow, Kyndal	10 Blake	1:00.00	2	12
2 Meyer, Kate	12 St Paul Academy	1:00.41	2	10
3 Conway, Molly	11 TrinityRiver	1:01.08	1	8
4 Leiferman, Jessica	10 Visitation	1:01.38	2	6
5 Fogarty, Chelsea	8 Belle Plaine	1:01.98	2	5
6 Brunn, Heather	9 Rogers	1:02.22	2	4
7 Howard, Laura	9 Breck School	1:02.52	2	3
8 Smith, Malaika	11 DeLaSalle	1:02.86	1	2
9 Fuhrman, Kelsey	10 Belle Plaine	1:03.09	2	1
10 Miller, Kristine	10 Minnehaha Acad	1:03.11	1	
11 Walker, Jaclyn	9 Providence Acad	1:03.35	2	
12 Fregeau, Courtney	7 MeadowCreekC/RCA	1:04.29	1	
13 Davis, Kristen	10 Concordia Acad	1:04.39	2	
14 Branzovsky, Emily	9 Pine City	1:04.43	1	
15 Adams, Annie	9 Visitation	1:06.08	1	
16 Holznagel, Ashley	11 Mora	1:06.83	1	
17 Agnew, Melissa	8 Isle Onamia	1:07.11	1	
18 Hoffman, Amber	10 Rush City	1:08.35	1	

Girls 800 Meter Run Class A

Meet Record: * 2:18.85 1994 Jena Kluegel, Mahtomedi 2:19.68 QUAL				
Name	Year School	Finals	H#	Points
1 Ranallo, Jennifer	12 Rogers	2:22.95	2	12
2 Bono, Katie	11 Visitation	2:23.49	2	10
3 Kassulke, Abby	11 St Croix Luther	2:24.68	2	8
4 Frandsen, Christin	12 Rush City	2:27.83	2	6
5 Lymberner, Lisa	8 HinckleyFinlay	2:28.36	2	5
6 Sparkman, Nicole	10 Minnehaha Acad	2:28.90	2	4
7 Smith, Abby	11 Belle Plaine	2:29.86	2	3
8 Stott, Ashley	12 Isle Onamia	2:30.13	2	2
9 Dirks, Kylie	12 Southwest Christ	2:30.44	2	1
10 Bolger, Ann	11 TrinityRiver	2:33.02	1	
11 Barlow, Becky	11 West Lutheran	2:33.07	1	
12 Chambers, Liz	8 Providence Acad	2:34.26	1	
13 Flood, Ellie	12 Visitation	2:34.50	1	
14 Sarbacker, Kerrick	11 CHOF	2:36.35	1	
15 Taylor, Heidi	12 Mora	2:37.16	1	
16 Koehler, Emma	9 Concordia Acad	2:40.65	1	
17 Nefstead, Whitney	11 Jordan	2:41.04	1	
18 Hentges, Michelle	9 MeadowCreekC/RCA	2:48.60	1	

Girls 1600 Meter Run Class A

Meet Record: * 4:58.49 1992 Molly Moulton, Rush City 5:11.75 QUAL				
Name	Year School	Finals	H#	Points
1 Wetsch, Bria	11 Holy Family Cath	5:18.52	12	
2 Richardson, Claire	10 Blake	5:24.78	10	
3 Frandsen, Christin	12 Rush City	5:30.18	8	
4 Mullaney, Sheala	10 Holy Family Cath	5:36.08	6	
5 Dirks, Kylie	12 Southwest Christ	5:37.47	5	
6 McDougall, Jessica	12 Minnehaha Acad	5:38.44	4	
7 Virnig, Mary	11 Isle Onamia	5:40.26	3	
8 Evans, Gwynne	8 Visitation	5:47.47	2	
9 Barlow, Becky	11 West Lutheran	5:48.25	1	
10 Nefstead, Whitney	11 Jordan	5:48.28		
11 Sterger, Michelle	8 Rush City	5:51.36		
12 Berkley, Jenna	9 Rogers	5:52.07		
13 Nassif, Calla	10 Minnehaha Acad	5:53.06		
14 Nowak, Christi	11 Rogers	5:58.56		
15 Agnew, Jenny	8 Isle Onamia	6:02.16		
16 Lally, Grace	7 Visitation	6:02.34		
17 Kohls, Sarah	10 Mounds Park Acad	6:04.87		
18 Wales, Lindsey	7 St Croix Luther	6:25.32		

Girls 3200 Meter Run Class A

Meet Record: * 10:55.66 2004 Bria Wetsch, Holy Family Catholic 11:27.70 QUAL				
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Name	Year School	Finals	Points
1 Wetsch, Bria	11 Holy Family Cath	10:59.02 QUAL	12
2 Richardson, Claire	10 Blake	11:18.05 QUAL	10
3 Bono, Katie	11 Visitation	11:19.30 QUAL	8
4 Finley, Kate	9 Providence Acad	12:05.98	6
5 Mullaney, Sheala	10 Holy Family Cath	12:09.11	5
6 McDougall, Jessica	12 Minnehaha Acad	12:09.80	4
7 Nowak, Christi	11 Rogers	12:10.09	3
8 Gross, Hannah	12 TrinityRiver	12:11.69	2
9 Zwilling, Laura	9 Concordia Acad	12:15.98	1
10 Doboszanski, Molly	9 Providence Acad	12:20.62	
11 Virnig, Mary	11 Isle Onamia	12:23.42	
12 Agnew, Jenny	8 Isle Onamia	13:03.85	
13 Lymberner, Lisa	8 HinckleyFinlay	13:03.93	
14 Amundson, Loni	9 Mora	13:17.41	
15 Gehrz, Annie	11 Visitation	13:25.23	
16 Gregoire, Jacki	11 Pine City	13:29.90	
17 Alcombright, Cari	8 Minnehaha Acad	13:30.82	
18 James, Sandra	12 Concordia Acad	14:10.26	

Girls 100 Meter Hurdles Class A

Meet Record: * 14.96 1992		Klotz, Mound Westonka		15.97 QUAL	
Name	Year School	Finals	Wind	H#	Points
1 Obi, Chi Chi	12 St Paul Academy	16.18	1.9	2	12
2 Okerstrom, Kahri	11 CHOF	16.46	1.9	2	10
3 Allison, Rachel	9 Jordan	16.82	1.9	2	8
4 Knoedler, Margaret	12 Visitation	16.86	1.9	2	6
5 Otto, Michaela	11 NewLifeWoodb	16.91	1.9	2	5
6 Bemens, Sam	9 Rogers	17.05	1.5	1	4
7 Walz, Allison	12 West Lutheran	17.23	1.9	2	3
8 Ficker, Lisa	12 TrinityRiver	17.40	1.9	2	2
9 Neubauer, Amy	10 Rogers	17.40	1.9	2	1
10 Vipond, Natalie	9 NewLifeWoodb	17.58	1.5	1	
11 Ranallo, Jessica	12 Rogers	17.82	1.5	1	
12 Koecher, Cheri	11 HinckleyFinlay	18.01	1.5	1	
13 Thompson, Amy	12 Isle Onamia	18.06	1.5	1	
14 Melin, Liz	11 Rush City	18.11	1.5	1	
15 Evink, Brianna	10 Concordia Acad	18.21	1.5	1	
16 Gottwalt, Anne	9 Providence Acad	18.39	1.5	1	
17 Drill, Tiffany	10 Belle Plaine	18.40	1.5	1	
18 Stake, Anne	11 Blake	21.43	1.9	2	

Girls 300 Meter Hurdles Class A

Meet Record: * 45.24 1992		Tonya Paulson, Waconia		46.98 QUAL	
Name	Year School	Finals	H#	Points	
1 Ranallo, Jessica	12 Rogers	48.22	2	12	
2 Knoedler, Margaret	12 Visitation	49.01	2	10	
3 Okerstrom, Kahri	11 CHOF	49.55	2	8	
4 Robinson, Meghan	11 Breck School	49.97	2	6	
5 Neubauer, Amy	10 Rogers	50.23	1	5	
6 Evink, Brianna	10 Concordia Acad	50.63	2	4	
7 Moriarty, Erin	8 Belle Plaine	50.94	2	3	
8 Gorder, Julianna	10 Minnehaha Acad	51.00	2	2	
9 Bemens, Sam	9 Rogers	51.06	1	1	
10 Vipond, Natalie	9 NewLifeWoodb	51.19		1	
11 Chambers, Brittany	8 Jordan	51.34		2	
12 Harmon, Johanna	9 Concordia Acad	51.61		1	
13 Melin, Liz	11 Rush City	51.89		1	
14 Curran, Mary Angel	10 Blake	52.09		1	
15 Allison, Rachel	9 Jordan	52.20		2	
16 Stott, Casey	10 Isle Onamia	54.43		1	
17 Koecher, Cheri	11 HinckleyFinlay	55.63		1	

Girls 4x100 Meter Relay Class A

Meet Record: * 50.05 1999		Brooklyn Center		51.12 QUAL	
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School	Finals	Points
1 DeLaSalle	48.71*QUAL	12
1) Clemons, Treasure 11	2) Beecham, Alexis 11	3) Porter, Sheena 11
4) Anderson, Amber 11		
2 St. Paul Academy & Summit	50.07 QUAL	10
1) Obi, Chi Chi 12	2) Mills, Allison 11	3) Obi, Uzo 11
4) Schwach, Ali 11		
3 Providence Academy	52.11	8
4 Rush City	52.68	6
5 Mora	52.75	5
6 Breck School	53.20	4
7 West Lutheran	53.40	3
8 New Life Academy Woodbury	54.31	2
9 Braham	54.90	1

Girls 4x200 Meter Relay Class A

Meet Record: * 1:45.54 2004	St. Paul Academy	1:47.69	QUAL
School	Finals		Points
1 St. Paul Academy & Summit	1:44.97*QUAL		12
1) Meyer, Kate 12	2) Obi, Chi Chi 12	3) Obi, Uzo 11	4) Schwach, Ali 11
2 Visitation	1:47.89		10
3 Providence Academy	1:48.08		8
4 Blake School	1:48.51		6
5 Mora	1:50.44		5
6 Meadow Creek C/RCA	1:52.60		4
7 Pine City	1:54.06		3
-- Concordia Academy	DQ		

Girls 4x400 Meter Relay Class A

Meet Record: * 4:02.91 2004	St. Paul Academy	4:07.51	QUAL
School	Finals		Points
1 St. Paul Academy & Summit	4:00.17*QUAL		12
1) Atchison, Anna 10	2) Obi, Uzo 11	3) Meyer, Kate 12	4) Schwach, Ali 11
2 DeLaSalle	4:03.59 QUAL		10
1) Bledsoe, Alex 9	2) Beecham, Alexis 11	3) Porter, Sheena 11	4) Anderson, Amber 11
3 Rogers	4:08.59		8
4 Belle Plaine	4:12.54		6
5 Blake School	4:14.25		5
6 Minnehaha Academy	4:21.80		4
7 Breck School	4:22.42		3
8 Isle Onamia	4:29.74		2
9 Rush City	4:30.32		1

Girls 4x800 Meter Relay Class A

Meet Record: * 9:40.30 1992	Mahtomedi	9:51.89	QUAL
School	Finals		Points
1 Rogers	9:52.67		12
1) Ranallo, Jennifer 12	2) Berkley, Jenna 9	3) Brunn, Heather 9	4) Mann, Casey 9
2 Belle Plaine	10:06.64		10
3 St. Croix Lutheran	10:15.12		8
4 Minnehaha Academy	10:24.09		6
5 Meadow Creek C/RCA	10:24.11		5
6 Isle Onamia	10:25.85		4
7 Visitation	10:29.75		3
8 Providence Academy	10:36.84		2
9 Blake School	10:41.20		1

Girls High Jump Class A

Meet Record: * 5-08 2000	Vanessa Schwanke, Mayer Lutheran	5-04.00	QUAL
Name	Year School	Finals	Points
1 Flippin, Tessa	12 Minnehaha Acad	5-04.00 QUAL	12
2 Janisch, Sarah	10 West Lutheran	4-10.00	10
3 Brunn, Heather	9 Rogers	4-10.00	8
4 Nichols, Rachel	11 Jordan	4-10.00	6
5 Blaiser, Holly	10 St Croix Luther	4-08.00	5

6 Woerle, Liz	11 MeadowCreekC/RCA	4-08.00	3.5
6 Dybing, Lauren	12 St Croix Luther	4-08.00	3.5
8 Drexler, Lisa	12 Pine City	4-08.00	1.5
8 Dietel, Leah	8 Jordan	4-08.00	1.5
10 Bergstad, Amanda	9 HinckleyFinlay	4-08.00	
10 Osterdyk, Becky	11 Pine City	4-08.00	
12 Diers, Erika	10 StAgnes/StBernar	4-08.00	
13 Beckwith, Janie	12 Visitation	4-06.00	
13 Robinson, Meghan	11 Breck School	4-06.00	
13 Gabrielson, Amy	11 West Lutheran	4-06.00	
-- Savin, Anna	9 Blake	NH	
-- Lymberner, Lisa	8 HinckleyFinlay	NH	
-- Simmons, Jessica	9 Minnehaha Acad	NH	

Girls Pole Vault Class A

***** Amanda Kohn advances to state meet in jump-off. *****

Meet Record: * 9-06		Grasser(99), Guerin(04)		10-02.00	QUAL
Name	Year School	Finals			Points
1 Gehlhar, Kristine	11 St Croix Luther	9-00.00			12
2 Kohn, Amanda	12 Concordia Acad	9-00.00			9
2 Bellinger, Maria	10 Pine City	9-00.00			9
4 Holt, Jolene	11 HinckleyFinlay	8-06.00			6
5 Galler, Katie	10 St Croix Luther	8-06.00			5
6 Beckwith, Janie	12 Visitation	8-06.00			4
7 Bouthilet, Amy	10 St Croix Luther	8-06.00			3
8 VanVleet, Ashley	9 Rogers	8-00.00			1.5
8 Antonelli, Amanda	11 Brooklyn Center	8-00.00			1.5
10 Olson, Jessica	10 Belle Plaine	8-00.00			
10 Halquist, Whitney	10 Belle Plaine	8-00.00			
12 Hale, Lindsay	9 Braham	7-06.00			
12 Banwart, Jenna	11 Braham	7-06.00			
12 Ries, Jenny	10 Belle Plaine	7-06.00			
15 Hames, Kendall	10 Visitation	7-00.00			
15 Creasy, Kaitlyn	10 Breck School	7-00.00			
-- Callander, Gillian	11 Rush City	NH			
-- Ryan, Bobby	12 TrinityRiver	NH			

Girls Long Jump Class A

Meet Record: * 18-00		1999	Cassandra Olson, Ogilvie	16-07.00	QUAL
Name	Year School	Finals		Wind	Points
1 Obi, Chi Chi	12 St Paul Academy	17-04.50	QUAL	NWI	12
2 Deutsch, Sarah	12 Jordan	16-04.75		NWI	10
3 Fuhrman, Kelsey	10 Belle Plaine	16-02.00		NWI	8
4 Drexler, Lisa	12 Pine City	16-02.00		NWI	6
5 Dybing, Lauren	12 St Croix Luther	15-11.25		NWI	5
6 Gorder, Julianna	10 Minnehaha Acad	15-10.25		NWI	4
7 Allison, Rachel	9 Jordan	15-09.50		NWI	3
8 Knoedler, Margaret	12 Visitation	15-06.00		NWI	2
9 Stott, Ashley	12 Isle Onamia	15-03.00		NWI	1
10 Beasley, Autumn	9 West Lutheran	15-01.75		NWI	
11 Stott, Casey	10 Isle Onamia	15-00.50		NWI	
12 Priedeman, Molly	12 Blake	15-00.00		NWI	
13 Osterdyk, Becky	11 Pine City	14-10.50		NWI	
14 Carlson, Kelsey	10 Concordia Acad	14-07.25		NWI	
15 Carlson, Ashley	12 Visitation	14-07.00		NWI	
16 Erickson, Anna	10 Belle Plaine	14-02.25		NWI	
17 Pesola, Priscilla	12 HinckleyFinlay	14-01.50		NWI	
18 Thompson, Amy	12 Isle Onamia	13-09.25		NWI	

Girls Triple Jump Class A

Meet Record: * 37-02.50		2003	Brooke Chaffee, Hinckley-Finlayson	35-00.00	QUAL
Name	Year School	Finals		Wind	Points
1 Kleingarn, Mary	12 Minnehaha Acad	34-04.75		NWI	12
2 Deutsch, Sarah	12 Jordan	34-03.75		NWI	10
3 Ennis, Lucy	9 TrinityRiver	33-06.25		NWI	8
4 Allison, Rachel	9 Jordan	33-05.00		NWI	6

5 Chambers, Brittany	8 Jordan	33-03.00	NWI	5
6 Schmitz, Laura	10 Braham	33-02.25	NWI	4
7 Neubauer, Amy	10 Rogers	32-09.50	NWI	3
8 Stott, Casey	10 Isle Onamia	32-07.25	NWI	2
9 Fogarty, Chelsea	8 Belle Plaine	32-05.25	NWI	1
10 Kohn, Amanda	12 Concordia Acad	32-00.50	NWI	
11 Ortiz, Alida	9 Visitation	31-01.75	NWI	
12 Drexler, Lisa	12 Pine City	31-01.00	NWI	
13 Pesola, Priscilla	12 HinckleyFinlay	31-00.50	NWI	
14 Kassulke, Abby	11 St Croix Luther	30-07.25	NWI	
15 Luckett, Jessica	9 DeLaSalle	30-05.00	NWI	
16 Melin, Liz	11 Rush City	30-02.00	NWI	
17 Borchart, Candice	10 Belle Plaine	30-01.75	NWI	
18 Gorder, Julianna	10 Minnehaha Acad	29-09.00	NWI	

Girls Shot Put Class A

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Meet Record: *	44-04.75	2003	Brianne Carmichael, DeLaSalle	38-11.00 QUAL
Name	Year	School	Finals	Points
=====				
1 Komarek, Laura	10	Blake	38-09.25	12
2 Ausmus, Kelsey	11	HinckleyFinlay	37-06.25	10
3 Behnke, Carly	11	Belle Plaine	34-06.50	8
4 Hess, Ashley	12	Jordan	33-01.50	6
5 Benham-Pyle, Blair	11	Mounds Park Acad	31-04.25	5
6 Schaefer, Sabrina	12	Belle Plaine	31-00.25	4
7 Driggers, Karin	9	Minnehaha Acad	30-11.50	3
8 Wallert, Andrea	8	NewLifeWoodb	30-02.50	2
9 Scholten, Amanda	10	HinckleyFinlay	30-01.75	1
10 Wall, Kacey	12	Isle Onamia	29-00.25	
11 Johnson, Angela	12	Minnehaha Acad	28-08.00	
12 Lange, Jenny	11	St Croix Luther	28-01.25	
13 Bellinger, Maria	10	Pine City	28-00.00	
14 Scholten, Emily	9	HinckleyFinlay	27-08.50	
15 Northwick, Julia	12	Concordia Acad	25-08.75	
16 Schultz, Stacy	11	Brooklyn Center	25-07.75	

Girls Discus Throw Class A

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Meet Record: *	142-04	1995	Kinesha Davis, Blake	121-00 QUAL
Name	Year	School	Finals	Points
=====				
1 Komarek, Laura	10	Blake	119-09.00	12
2 Behnke, Carly	11	Belle Plaine	119-07.00	10
3 Bellinger, Maria	10	Pine City	108-10.00	8
4 Ausmus, Kelsey	11	HinckleyFinlay	108-02.00	6
5 Fore, Jenna	12	Pine City	103-06.00	5
6 Wall, Kacey	12	Isle Onamia	98-04.00	4
7 Johnson, Angela	12	Minnehaha Acad	94-07.00	3
8 Chesness, Amanda	9	Rogers	91-01.00	2
9 Vargas, Lauren	11	Breck School	89-07.00	1
10 McGregor, Annie	10	St Croix Luther	88-10.00	
11 Regan, Brianna	10	Visitation	86-02.00	
12 Hall, Kenzie	11	Minnehaha Acad	85-11.00	
13 Hess, Ashley	12	Jordan	85-10.00	
14 Yang, Youa	11	Brooklyn Center	85-04.00	
15 Finnegan, Molly	10	Visitation	83-01.00	
16 Schultz, Stacy	11	Brooklyn Center	82-09.00	