

1994 MSHSL GIRLS STATE AA – June 11 & 12 at National Sports Center, Blaine

Teams: Apple Valley 66, St. Paul Central 66, Coon Rapids 52, Woodbury 51, Duluth East 41, Mounds View 41, Irondale 31, Shakopee 31, Grand Rapids 22, Fairmont 21, Rocori 21, Champlin Park 20, Hutchinson 20, Eden Prairie 18, Austin 17, Osseo 16, Albert Lea 14, Wayzata 14, Winona 14, Marshall 13, Sauk Rapids 13, Hopkins 12, Richfield 12, Roseville 12, Buffalo 11, Edina 11, Virginia/Mt. Iron-Buhl 11, White Bear Lake 11, Lakeville 10, Minneapolis Edison 10, Prior Lake 10, Eagan 8, Minneapolis South 8, New Ulm 8, St. Cloud Apollo 8, Anoka 6, Faribault 6, Mpls Washburn 6, St. Paul Como Park 6, Willmar 5 ½, Bemidji 5, Elk River 5, Minnetonka 5, Park Center 5, Robbinsdale Armstrong 5, Rosemount 5, Chisago Lakes 4 ½, Fridley 4, Mankato West 4, Mpls North 4, Mpls Southwest 4, Owatonna 4, Cambridge 3, Stillwater 3, Thief River Falls 3, Brainerd 2, Columbia Heights 2, Detroit Lakes 2, Hill-Murray 2, Rochester John Marshall 2, Tartan 2, Totino Grace 2, Duluth Central 1, Saint Francis 1.

100

- 1 Carmen Richardson, Irondale 12.31
- 2 Nicole Ryan, Apple Valley 12.39
- 3 Jenny Kasper, Shakopee 12.46
- 4 Tracy Buettner, Eden Prairie 12.48
- 5 Laura Prechel, New Ulm 12.51
- 6 Toya Poole, SP Central 12.74
- 7 Sara Glas, Moorhead 12.86
- 8 Erica Stone, Coon Rapids 12.91

200

- 1 Carmen Richardson, Irondale 26.09
- 2 Nicole Ryan, Apple Valley 26.31
- 3 Ebonie Collins, SP Central 26.41
- 4 Jenni Porter, Champlin Park 26.42
- 5 Tracy Buettner, Eden Prairie 26.51
- 6 Sara Glas, Moorhead 26.62
- 7 Laura Prechel, New Ulm 26.71
- 8 Heather Reider, Armstrong 26.79
- 9 Ali Gartner, Buffalo 26.83

400

- 1 Amber Affeldt, Coon Rapids 56.58
- 2 Andrea Harens, Apple Valley 57.73
- 3 Ali Gartner, Buffalo 57.96
- 4 Kristy Shreve, Prior Lake 59.00
- 5 Megan Mullins, Rosemount 59.38
- 6 Teri Watkins, Austin 59.48
- 7 Toni Chiodo, Thief River Falls 60.13
- 8 Jayna Mathieu, Brainerd 61.71
- 9 Laura Carlson, Wayzata 61.74

800

- 1 Amber Affeldt, Coon Rapids 2:16.30
- 2 Tina Bridgeman, Edina 2:20.50
- 3 Jesse Faith, St Cl Apollo 2:21.09
- 4 Catie Petrick, Virginia/MI-Buhl 2:22.52
- 5 Katie Eisenmenger, Fairmont 2:22.63
- 6 Mollee Ludtke, Albert Lea 2:23.17
- 7 Sarah Shaw, Cambridge 2:28.00
- 8 Sarah Termont, Woodbury 2:30.62
- 9 Whitney Ostrem, Rosemount 2:32.39

1600

- 1 Heather Anderson, Osseo 5:08.00
- 2 Barb Jones, SP Central 5:08.20
- 3 Kara Wheeler, Duluth East 5:10.14
- 4 Elaine Eggleston, Roseville 5:11.30
- 5 JoAnna Deeter, Eden Prairie 5:14.20
- 6 Linn Schulte-Sasse, Mpls Southwest 5:14.75
- 7 Carrie Palmer, Stillwater 5:17.54
- 8 Julie Golla, Rochester JM 5:18.71
- 9 Yvonne Glenn, Duluth Central 5:22.03

3200

- 1 Kara Wheeler, Duluth East 10:55.11
- 2 Barb Jones, SP Central 11:05.44
- 3 Amy Hill, Duluth East 11:13.63
- 4 Amy Maciasek, Mounds View 11:14.71

- 5 Kim Olund, White Bear Lake 11:15.56
- 6 Heather Anderson, Osseo 11:23.50
- 7 Kerry Tierney, Minnetonka 11:29.84
- 8 Sarah Rowles, Hill-Murray 11:29.94
- 9 Amber Pyfferoen, Lakeville 11:34.34

100 High Hurdles

- 1 Heidi Lundervold, Woodbury 14.99
- 2 Janelle White, Coon Rapids 15.19
- 3 Andrea Jeseritz, Hutchinson 15.49
- 4 Stefanie Kelly, Faribault 15.61
- 5 Holly Janson, Bemidji 15.87
- 6 Amy Matejcek, Owatonna 16.11
- 7 Busola Akinwale, Mpls South 16.14
- 8 Kate Bednarczyk, Totino-Grace 16.46

300 Low Hurdles

- 1 Heidi Lundervold, Woodbury 45.22
- 2 Elena Swan, SP Central 45.31
- 3 Carrie Daniel, Sauk Rapids 45.70
- 4 Emily Carroll, White Bear Lake 45.95
- 5 Janelle White, Coon Rapids 46.57
- 6 Brooke Divine, Austin 46.70
- 7 Tonya Ashfeld, Rocori 47.23
- 8 Dawn Olson, Minnetonka 47.54
- 9 Lisa Sexton, Shakopee 48.03

4x100 Relay

- 1 SP Central 49.08 (Toya Poole, Elena Swan, Tia Williams, Ebonie Collins)
- 2 Mounds View 49.49
- 3 Shakopee 49.84
- 4 Apple Valley 50.09 7 Irondale 50.32
- 5 Elk River 50.12 8 Eden Prairie 50.52
- 6 Willmar 50.20 9 Roseville 52.05

4x200 Relay

- 1 SP Central 1:42.10 ** (Toya Poole, Elena Swan, Tia Williams, Ebonie Collins)
- 2 Coon Rapids 1:42.39
- 3 Eagan 1:44.53
- 4 Champlin Park 1:45.22 7 Hopkins 1:46.70
- 5 Sauk Rapids 1:45.46 8 Shakopee 1:47.85
- 6 Austin 1:46.29 9 St Francis 1:48.07

4x400 Relay

- 1 Mounds View 4:00.17 (Stacy Stanley, Becca Wold, Alana Whitcher, Julie Taylor)
- 2 Apple Valley 4:02.90
- 3 Champlin Park 4:04.05
- 4 Washburn 4:04.99 7 Hopkins 4:08.71
- 5 Wayzata 4:06.66 8 Tartan 4:10.76
- 6 Austin 4:08.53 9 Mankato West 4:10.83

4x800 Relay

- 1 Mounds View 9:23.37 (Liz Ashbrook, Amy Maciasek, Melissa Caldwell, Becca Wold)
- 2 Albert Lea 9:31.71
- 3 Apple Valley 9:32.38
- 4 Hopkins 9:32.78 7 Mankato West 9:34.19

- 5 Virginia/MI-B 9:33.44 8 Duluth East 9:41.72
- 6 Prior Lake 9:33.90 9 Edina 9:42.69

High Jump

- 1 Andrea Jeseritz, Hutchinson 5-6
- t2 Liz Bachman, Lakeville 5-4
- t2 Amber Olinger, Fairmont 5-4
- 4 Carrie Lutgen, Rocori 5-4
- 5 Gina Curtis, Park Center 5-2
- 6 Andrea Harens, Apple Valley 5-2
- 7 Tina Ayeni, Woodbury 5-2
- t8 Heather Miller, Willmar 5-0
- t8 Steffanie Borck, Chisago Lakes 5-0

Long Jump

- 1 Carrie Lutgen, Rocori 18-9
- 2 Heidi Lundervold, Woodbury 18-8.25
- 3 Nicole Ryan, Apple Valley 18-4.25
- 4 Marcie Augst, Anoka 17-10.75
- 5 Lori Waltz, Marshall 17-8
- 6 Jill Newlin, Fairmont 17-7
- 7 Steffanie Borck, Chisago Lakes 17-4.75
- 8 Cole Mattson, Buffalo 17-4.25
- 9 Kristin Overskei, Mounds View 17-3.50

Triple Jump

- 1 Heidi Lundervold, Woodbury 38-1 **
- 2 Carolyn Wanga, Edison 36-0.75
- 3 Lori Waltz, Marshall 35-7.25
- 4 Camarra Scullark, Como Park 35-7
- 5 Busola Akinwale, Mpls South 35-5
- 6 Angie Lang, Roseville 34-8.75
- 7 Jill Newlin, Fairmont 34-8
- 8 Laurie Brasel, Detroit Lakes 34-1.75
- 9 Lara Osewalt, Irondale 33-11

Shot Put

- 1 Vicki Poehler, Richfield 42-9
- 2 Erikka Gross, Grand Rapids 42-7
- 3 Becki Burt, Winona 40-4.50
- 4 Katie Bussey, Duluth East 39-6.50
- 5 Suzy Thordahl, Moorhead 39-4.75
- 6 Rachel Verdell, Mpls North 39-2
- 7 Jenny Hannula, Irondale 38-11.25
- 8 Sarah Jurewicz, Shakopee 38-4.25
- 9 Nicole Freeberg, Coon Rapids 37-7

Discus Throw

- 1 Kristin Ogle, Grand Rapids 141-3
- 2 Sarah Jurewicz, Shakopee 134-8
- 3 Piper Cook, Wayzata 131-10
- 4 Becki Burt, Winona 126-9
- 5 Katie Bussey, Duluth East 123-8
- 6 April Felt, Fridley 123-3
- 7 Deanna Foss, Armstrong 116-6
- 8 Sue Sowada, Columbia Heights 114-7
- 9 Rynda Simonson, Austin 113-2

** All-Time State Meet & AA Record

Notes: Apple Valley was coached by Geri Dirth and Saint Paul Central by Floyd Smaller.