

# 1995 MSHSL GIRLS STATE AA – June 10 & 11 at National Sports Center, Blaine

**Teams:** Apple Valley 83, Coon Rapids 79, Mounds View 42, Woodbury 35, Eden Prairie 29, St. Paul Central 26, Bemidji 24, Grand Rapids 24, Winona 24, Mankato West 22.5, Duluth East 22, LacQuiParle Valley/Dawson-Boyd 22, Stillwater 21, Fairmont 20, Lakeville 18, Hopkins 16, Buffalo 15, Sauk Rapids 15, Alexandria 14, New Ulm/New Ulm Cathedral 14, Wayzata 14, Chisago Lakes 13.5, Brainerd 13, Champlin Park 12, Park Center 12, Cretin-Derham Hall 11, Northfield 11, Willmar 11, Anoka 10, Eagan 10, Elk River 10, Henry Sibley 10, Irondale 10, Mpls Southwest 10, Rocori 10, Roseville 10, Monticello 9, North Branch 8, Virginia 8, Austin 8, Forest Lake 7, Duluth Central 6, Mpls North 6, Rosemount 6, St. Cloud Tech 6, Mpls Edison 5, North St. Paul 5, Owatonna 5, Albert Lea 4, Centennial 4, Cloquet 4, Fridley 4, Mpls Roosevelt 4, St. Louis Park 4, Hibbing 3, Mankato East 3, Moorhead 3, Osseo 3, Shakopee 3, Robbinsdale Armstrong 2, Rochester John Marshall 2, Saint Francis 1, St. Paul Johnson 1.

## 100

- 1 Nicole Ryan, Apple Valley 12.11
- 2 Tracy Eckert, Cretin-DH 12.19
- 3 Kara Blesener, Sibley 12.34
- 4 Toya Poole, SP Central 12.36
- 5 Laura Prechel, New Ulm/NUC 12.37
- 6 Sabrina Reese, Mpls Roosevelt 12.48
- 7 Amanda Olson, Northfield 12.52
- 8 Jenni Porter, Champlin Park 12.54
- 9 Jordann Ojanpa, Mankato East 12.64

## 200

- 1 Nicole Ryan, Apple Valley 25.49
- 2 Jenni Porter, Champlin Park 25.49
- 3 Amanda Olson, Northfield 25.67
- 4 Laura Prechel, New Ulm/NUC 25.85
- 5 Ali Gartner, Buffalo 25.87
- 6 Gretchen Cooper, Coon Rapids 25.94
- 7 Jenny Christianson, Willmar 26.00
- 8 Livia Monacelli, Virginia 26.09
- 9 Tracy Eckert, Cretin-DH 32.21

## 400

- 1 Amber Affeldt, Coon Rapids 55.67
- 2 Ali Gartner, Buffalo 58.26
- 3 Teri Watkins, Austin 59.36
- 4 Megan Mullins, Rosemount 59.37
- 5 Jayna Mathieu, Brainerd 59.56
- 6 Kristie Stiles, Eden Prairie 59.64
- 7 Katie Chapman, Apple Valley 60.41
- 8 Andrea Harens, Apple Valley 60.76
- 9 Kara Blesener, Sibley 60.78

## 800

- 1 Amber Affeldt, Coon Rapids 2:14.65
- 2 Carrie Tollefson, LQP/D-B 2:15.26
- 3 Colleen Flaherty, Hopkins 2:19.20
- 4 Katy Eisenmenger, Fairmont 2:19.33
- 5 Sarah Termont, Woodbury 2:19.34
- 6 Sarah Lindeman, Albert Lea 2:19.37
- 7 Kelly Anderson, Monticello 2:21.84
- 8 Catie Petrick, Virginia 2:21.69
- 9 Liz Ashbrook, Mounds View 2:30.81

## 1600

- 1 Carrie Tollefson, LQP/D-B 5:00.40
- 2 Kara Wheeler, Duluth East 5:05.57
- 3 JoAnna Deeter, Eden Prairie 5:05.58
- 4 Linn Schulte-Sasse, Mpls Southwest 5:07.54
- 5 Barb Jones, SP Central 5:12.81
- 6 Lindsey DeWall, St. Louis Park 5:15.76
- 7 Serena Sullivan, Hibbing 5:16.96
- 8 Julie Golla, Rochester JM 5:17.53
- 9 Elaine Eggleston, Roseville 5:17.56

## 3200

- 1 JoAnna Deeter, Eden Prairie 10:49.02
- 2 Barb Jones, SP Central 10:49.08
- 3 Kara Wheeler, Duluth East 11:03.08
- 4 Anna Gullingsrud, Mounds View 11:07.11
- 5 Paula Elstrom, North St Paul 11:07.82
- 6 Linn Schulte-Sasse, Mpls Southwest 11:11.95
- 7 Heather Anderson, Osseo 11:21.43
- 8 Addy Adamson, Wayzata 11:22.41

- 9 Lindsey Feder, Mankato West 11:24.50

## 100 High Hurdles

- 1 Holly Janson, Bemidji 14.69
- 2 Katie Bestul, Coon Rapids 15.01
- 3 Nissa Stolp, Mankato West 15.30
- 4 Marcie Augst, Anoka 15.35
- 5 Amy Matejcek, Owatonna 15.47
- 6 Liz Hajek, Stillwater 15.49
- 7 Heidi Lundervold, Woodbury 16.74
- 8 Camarra Scullark, Roseville 16.94
- 9 Tammy Leuer, Wayzata 19.89

## 300 Low Hurdles

- 1 Katie Bestul, Coon Rapids 46.31
- 2 Jenny Gordhamer, Lakeville 46.73
- 3 Holly Janson, Bemidji 46.96
- 4 Carrie Daniel, Sauk Rapids 46.97
- 5 Heidi Lundervold, Woodbury 46.98
- 6 Elizabeth Johnson, Winona 47.08
- 7 Chere Fuchs, Anoka 47.16
- 8 Tonya Ashfeld, Rocori 48.16
- 9 Kristie Rehman, Armstrong 48.70

## 4x100

- 1 Apple Valley 49.42 (S. Marks, N. Ryan, M.
- 2 Elk River 50.22 Hackett, J. Lefebvre)
- 3 Willmar 50.39
- 4 Coon Rapids 50.73
- 5 Mounds View 50.75
- 6 Roseville 50.77
- 7 New Ulm/NU Cathedral 50.85
- 8 Alexandria 50.97
- 9 Anoka 51.42

## 4x200

- 1 Apple Valley 1:45.92 (S. Marks, A Harens,
- 2 Coon Rapids 1:47.38 M Hackett, K Chapman)
- 3 Mounds View 1:47.73
- 4 Sauk Rapids 1:48.56
- 5 St. Paul Central 1:48.69
- 6 Eagan 1:48.81
- 7 Shakopee 1:48.98
- 8 Roseville 1:49.16
- 9 Saint Francis 1:50.08

## 4x400

- 1 Apple Valley 4:02.02
- 2 Mounds View 4:02.83
- 3 Brainerd 4:06.07
- 4 Fairmont 4:06.17
- 5 Wayzata 4:06.85
- 6 Duluth East 4:08.22
- 7 Stillwater 4:09.42
- 8 Hopkins 4:11.97
- 9 Henry Sibley 4:12.68

## 4x800

- 1 Mounds View 9:25.10\*\* (M Mackie, A Maciasek,
- 2 Stillwater 9:28.03 A Gullingsrud, L Ashbrook)
- 3 Mankato West 9:34.94
- 4 Duluth Central 9:37.95

- 5 Eden Prairie 9:39.70

- 6 Virginia 9:40.32
- 7 Hopkins 9:40.49
- 8 Fairmont 9:41.31
- 9 Wayzata 9:41.44

## Long Jump

- 1 Nicole Ryan, Apple Valley 18-7.25
- 2 Heidi Lundervold, Woodbury 17-8
- 3 Steffanie Bork, Chisago Lakes 17-6.75
- 4 Shani Marks, Apple Valley 17-2.25
- 5 Shannon Labernik, Forest Lake 17-0.50
- 6 Alana Martens, Stillwater 16-9.50
- 7 Nicky Rajkowski, Sauk Rapids 16-8
- 8 Heather Kanthak, Monticello 16-6.25
- 9 Debbie Thompson, Roseville 16-3

## High Jump

- 1 Gina Curtis, Park Center 5-6
- 2 Katie Arnes, Coon Rapids 5-5
- 3 Elisabeth Bachman, Lakeville 5-4
- 4t Steffanie Borch, Chisago Lakes 5-3
- 4t Lori Rittenhouse, Mankato West 5-3
- 6 Ky Matthes, Cloquet 5-3
- 7 Kai Gonsorowski, Moorhead 5-3
- 8t Dani Lee, Forest Lake 5-1
- 8t Alissa Bergman, Forest Lake 5-1
- 8t Misty Preibnow, Alexandria 5-1

## Triple Jump

- 1 Heidi Lundervold, Woodbury 37-2.5
- 2 Lara Osewalt, Irondale 36-3.5
- 3 Becky Brinker, Rocori 36-1.25
- 4 Jill Newlin, Fairmont 35-8.75
- 5 Caroline Wanga, Mpls Edison 35-8.25
- 6 Marta Maxwell, Bemidji 35-4.5
- 7 Andrea Axel, Hopkins 35-4
- 8 Laura Cazett, Mankato East 35-0
- 9 Jamie Thorvilson, Robbinsdale Armstrong 34-11.25

## Shot Put

- 1 Erika Grose, Grand Rapids 41-11.5
- 2 Rebecca Burt, Winona 40-6.5
- 3 Beth Howard, North Branch 40-4.25
- 4 Jenni Rider, Eagan 40-2.5
- 5 Rachel Verdell, Mpls North 39-7.25
- 6 Chanteil Walter, Monticello 38-10.5
- 7 Teryl Townsend, Alexandria 36-11
- 8 April Felt, Fridley 36-7.5
- 9 Jessica Miller, St. Paul Johnson 35-3

## Discus

- 1 Kristin Ogle, Grand Rapids 136-9
- 2 Rebecca Burt, Winona 131-8
- 3 Teryl Townsend, Alexandria 126-1
- 4 Natalya Simi, St. Cloud Tech 125-6
- 5 Piper Cook, Wayzata 121-6
- 6 Amy Staben, Centennial 120-3
- 7 Trisha Curtis, Coon Rapids 119-11
- 8 April Felt, Fridley 118-9
- 9 Rachel Verdall, Mpls North 115-2