

1996 MSHSL STATE A CHAMPIONSHIP – June 6 & 7 – NSC in Blaine

Teams: Breck 39, Sartell 34, Roseau 33, Foley 32, International Falls/Indus 32, Litchfield 32, Bertha-Hewitt/Verndale 30, Holdingford 28, Tracy-Milroy/Balaton 27, BOLD 24, Pelican Rapids 23, Pine Island 20, Plainview 20, Pierz 19, Barnesville/Rothsay 18, Hermantown 18, Waconia 18, Dassel-Cokato 17, Stephen 17, Heron Lake-Okabena-Lakefield 16.5, Lake Crystal-Wellcome Memorial 16, St. Agnes-St. Bernard's 16, Brooklyn Center 14, Concordia Academy 14, Eveleth-Gilbert 14, Mesabi East 14, Mounds Park Academy 14, Houston/Rushford-Peterson 13, Lewiston-Altura 13, Springfield-Comfrey 13, United South Central 13, Byron 12, Ada-Borup/Climax/Norman County West 11, Orono 11, Hills-Beaver Creek 10, NRHEG10, Kingsland 9, Becker 8, Crookston 8, MN Valley Lutheran 8, Pipestone-Jasper 8, Windom 8, Adrian 6, Battle Lake/Henning/Underwood 6, Lake City 6, Montgomery-Lonsdale 6, Frazee 5.5, Fulda 5.5, Paynesville 5.5, LeCenter/Cleveland 5, De La Salle 5, Minnehaha Academy 5, Waterville-Elyssian-Morristown 5, Zumbrota-Mazeppa 5, BDRSH 4, Cotton 4, Edgerton 4, Perham 4, Breckenridge 3, Mountain Lake/Butterfield-Odin 3, Eden Valley-Watkins/Kimball 3, Sleepy Eye St. Mary's 3, Wadena-Deer Creek 3, Blake 2, Esko 2, Minnewaska 2, New London-Spicer 2, Blue Earth Area 1, Eagle County Central/Hill City 1, East Grand Forks 1, Glencoe-Silver Lake 1, Montevideo 1, Park Rapids 1, Stewartville 1, Westbrook-Walnut Grove/Red Rock Central 1.

100 Meter Dash

- 1 Jennifer Newsom, Breck 12.55
- 2 Toni Lawshea, St Agnes/St B 12.65
- 3 Sarah Daley, Lewiston-A 12.70
- 4 Charlene Butler, Bertha-H/V 12.72
- 5 Natasha Wendt, Kingsland 12.73
- 6 Rachel Dippon, Concordia Acad 12.95
- 7 Kelli Haar, Heron Lake-O-L 12.97
- 8 Jenny Jacobs, Frazee 12.97
- 9 Kristi Lossen, Minnehaha Ac 13.13

200 Meter Dash

- 1 Holly Gondeck, Foley 25.31
- 2 Jennifer Newsome, Breck 25.41
- 3 Charlene Butler, Bertha-H/V 25.78
- 4 Kelli Haar, Heron Lake-O-L 25.89
- 5 Sarah Daley, Lewiston-A 25.91
- 6 Kristi Lossen, Minnehaha Ac 26.28
- 7 Michelle Madison, Eveleth-G 26.30
- 8 Janna Ruebke, Ada-B/C/NCW 26.30
- 9 Jenny Bruns, BDRSH 26.41

400 Meter Dash

- 1 Lauren LaRoche, Mounds Park Ac 57.78
- 2 Michelle Madison, Eveleth-G 58.29
- 3 Stacy Horner, MN Valley Luth 59.03
- 4 Lori Hokeness, Adrian 59.14
- 5 Kris Sanders, United South Central 59.19
- 6 Jenny Gronner, Battle Lake/H/U 59.79
- 7 Janna Ruebke, Ada-B/C/NCW 60.01
- 8 Jackie Auwarter, Breckenridge 61.31
- 9 Lori Schmidt, Intl Falls/I 62.30

800 Meter Run

- 1 Gretchen Witty, Plainview 2:17.60
- 2 April Bielejeski, Sartell 2:20.05
- 3 Kristi Glassmann, Roseau 2:20.25
- 4 Steph Jensen, Pine Island 2:20.37
- 5 Deborah Huddleston, De La Salle 2:20.63
- 6 Mindy Stadler, Pelican Rapids 2:24.34
- 7 Christal Wynnemer, Holdingford 2:26.57
- 8 Lauren LaRoche, Mounds Park Ac 2:28.07
- 9 Dana Hillstrom, Eagle County Centr 2:28.89

1600 Meter Run

- 1 Nicole Kuznia, BOLD 5:07.30
- 2 Becky Leppard, Waconia 5:09.88
- 3 Leah Gifford, Tracy-M/B 5:10.93
- 3 Kristi Colbenson, Houston/R/P 5:10.93
- 5 April Maine, Holdingford 5:11.47
- 6 Mindy Stadler, Pelican Rapids 5:11.97
- 7 Erica Espe, Roseau 5:13.30
- 8 Allison Windhorst, Zumbrota-M 5:14.02
- 9 Carolyn Busse, Glencoe-SL 5:17.06

3200 Meter Run

- 1 Nicole Kuznia, BOLD 11:02.62
- 2 Jill Field, Barnesville/R 11:04.02
- 3 Becky Leppard, Waconia 11:17.72
- 4 Kristi Colbenson, Houston-R/P 11:18.85
- 5 Julie Gifford, Tracy-M/B 11:18.77
- 6 Erica Espe, Roseau 11:23.86
- 7 Johanna Olson, Wadena-DC 11:40.36
- 8 Alyssa Mourning, New London-S 11:54.91
- 9 Lindsay Brummer, Roseau 11:57.83

100 Meter High Hurdles

- 1 Kara Hedin, Dassel-C 14.80 *
- 2 Katrina Stewart, Brooklyn Center 15.20
- 3 Carrie Braness, Litchfield 15.32
- 4 Rachel Dippon, Concordia Acad 15.35
- 5 Andy Noel, Stephen 15.45
- 6 Tara Croteau, Mesabi East 15.48
- 7 Becky Sogge, Eden Valley-W/K 15.52
- 8 Kris DeRuyck, Tracy-M/B 15.58
- 9 Betsy Iverson, Westbrook-WG/RRC 15.88

300 Meter Hurdles

- 1 Andy Noel, Stephen 44.61
- 2 Tara Croteau, Mesabi East 45.14
- 3 Kris DeRuyck, Tracy-M/B 45.16
- 4 Amy Dombrovski, Holdingford 45.87
- 5 Emily Stewig, Springfield/C 46.04
- 6 Kay Fuller, Bertha-H/V 46.29
- 7 Missy Berg, Mtn. Lake/B-O 46.21
- 8 Kit Neubauer, SE St. Mary's 46.86
- 9 Carrie Noble, Stewartville 48.31

4x100 Relay

- 1 Hermantown 50.66
- 2 Lake Crystal-Wellcome Memorial 50.71
- 3 Crookston 50.76
- 4 St. Agnes/St. Bernard's 51.01
- 5 Sassel-Cokato 51.08
- 6 Kingsland 51.09
- 7 Pelican Rapids 51.14
- 8 Pierz 51.44
- 9 Montevideo 51.76

4x200 Relay

- 1 Sartell 1:45.85
- 2 Foley 1:46.53
- 3 Heron Lake-Okabena-Lakefield 1:46.71
- 4 Hermantown 1:46.81
- 5 Springfield-Comfrey 1:46.83
- 6 International Falls/Indus 1:47.31
- 7 BDRSH 1:47.70
- 8 Minnewaska Area 1:47.90
- 9 Park Rapids 1:52.05

4x400 Relay

- 1 Sartell 4:03.60

- 2 International Falls/Indus 4:04.53
- 3 Holdingford 4:05.37
- 4 United South Central 4:06.72
- 5 Roseau 4:08.74
- 6 Pierz 4:08.74
- 7 Tracy-Milroy/Balaton 4:08.95
- 8 Battle Lake /Henning/Underwood 4:10.80
- 9 Sleepy Eye St. Mary's 4:12.82

4x800

- 1 Roseau 9:28.94
- 2 Pierz 9:30.94
- 3 Plainview 9:41.34
- 4 Holdingford 9:44.04
- 5 International Falls/Indus 9:48.34
- 6 Perham 9:51.84
- 7 Orono 9:53.44
- 8 Tracy-Milroy/Balaton 9:58.94
- 9 Blue Earth Area 10:19.74

High Jump

- 1 Carrie Braness, Litchfield 5-6
- 2 Becky Hoffman, Intl Falls/I 5-5
- 3 Molly Kelly, Orono 5-3
- 4 Laura Wendorff, Fulda 5-3
- 4 Gina Benson, Paynesville 5-3
- 6 Vonda VanNieuwenhuyzem, Edgerton 5-3
- 7 Angela Muenkel, Zumbrota-M 5-3
- 8 Alissa Bruss, United South Central 5-1
- 9 Traci Copeland, Breck 5-1

Triple Jump

- 1 Carrie Braness, Litchfield 37-9 *
- 2 Traci Copeland, Breck 36-11
- 3 Sarah Brookberg, Pipestone-J 36-3
- 4 Heidi Bergmann, Lake Crystal-WM 35-2
- 5 Angie Albers, Lake City 36-0.25
- 6 Brooke Wysemann, Concordia Acad 34-6
- 7 Tanya Gall, Pierz 34-3.75
- 8 Janna Ruebke, Ada-B/C/NCW 34-3.5
- 9 Mishka Vertin, Breckenridge 34-3.25

Shot Put

- 1 Meaghan Beck, Byron 40-1.5
- 2 Kortney Ihnen, Foley 39-4.5
- 3 Maria DeBoer, Pine Island 38-2.75
- 4 Lynne Skulzacek, Montgomery-L 38-1.5
- 5 Tona Schmidtke, Waterville-E-M 38-0
- 6 Brittany Ralph, Brooklyn Center 37-2.5
- 7 Tanya Soleta, Windom 36-5
- 8 Melanie Sloan, Esko 36-4.5
- 9 Tina Simonson, Eveleth-G 35-11

Long Jump

- 1 Charlene Butler, Bertha-H/V 18-6.5 w.a.
- 2 Tara Boeve, Hills-BC 17-9.5

- 3 Sarah Mortenson, Becker 17-8.75
- 4 Traci Copeland, Breck 17-4.75
- 5 Jenny Goettl, Cleveland/LeC 17-2
- 6 Janna Ruebke, Ada-B/C/NCW 16-11.5
- 7 Crystal Pautzke, Springfield/C 16-8.75
- 8 Katie Hoffmann, Intl Falls/I 16-5
- 9 Angie Albers, Lake City 16-5

Discus

- 1 Jessica Longfors, Pelican Rapids 146-0
- 2 Heidi Crabtree, NRHEG 133-9
- 3 Molly Peppel, Barnesville/R 133-3
- 4 Maria DeBoer, Pine Island 128-0
- 5 Tanya Soleta, Windom 127-9
- 6 Jessica Krog, Cotton 121-10
- 7 Janelle LaCoursiere, Frazee 114-10
- 8 Kinesha Davis, Blake 114-2
- 9 Carrie Casmey, East Grand Forks 113-11

* = Class A Record