

# 2000 GIRLS' AAA TRUE TEAM CHAMPIONSHIPS

National Sports Center, Blaine, MN - May 19, 2000

**TEAM SCORES:** Lakeville 869.5, Anoka 814.5, Stillwater 767.5, Eden Prairie 703, Apple Valley 697, Grand Rapid 650, White Bear Lake 557, Moundsview 486, Owatonna 460.5.

## 100 Meter Dash

1 Abbey Fischer, Stillwater	12.84
2 Jen Dalhed, Apple Valley	12.91
3 Amber Johnson, Owatonna	13.18
4 Jodie Starks, Stillwater	13.19
4 Katie Reilly, Grand Rapids	13.19
6 Jill Moller, Lakeville	13.20
7 Theresa Fritz, Anoka	13.22
8 Angie Wolf, Lakeville	13.26
9 Laura Herschl, Apple Valley	13.28
10 Noelle Johnson, Apple Valley	13.35
11 Shannon Jackson, Anoka	13.36
12 Amy Eversman, Eden Prairie	13.38
13 Bethany Keene, Grand Rapids	13.43
14 Ashley Bord, Grand Rapids	13.45
15 Dayna McNeal, White Bear Lake	13.49
16 Sami Nelson, Stillwater	13.53
17 Erin Tierney, White Bear Lake	13.59
18 Maria Taizzo, White Bear Lake	13.71
19 Melissa Mueller, Lakeville	13.74
19 Kaitlin Stimpson, Moundsview	13.74
21 Tiffany Collins, Moundsview	13.79
22 Krista Eberlein, Anoka	13.82
23 Laura Johnston, Moundsview	13.83
24 April Johnson, Owatonna	14.06
25 Cheri Supalla, Owatonna	14.31
25 Blair Porter, Eden Prairie	14.31
27 Lana Rillo, Eden Prairie	14.89

## 200 Meter Dash

1 Jill Moller, Lakeville	26.66
2 Sarah Sells, Lakeville	26.75
3 Jamie Orłowski, Owatonna	26.90
4 Laura Herschl, Apple Valley	26.92
5 Jodie Starks, Stillwater	26.93
6 Katie Reilly, Grand Rapids	26.98
7 Jen Dalhed, Apple Valley	27.03
8 Amy Eversman, Eden Prairie	27.26
9 Bethany Keene, Grand Rapids	27.44
10 Theresa Fritz, Anoka	27.53
10 Ashley Bord, Grand Rapids	27.53
12 Erin Tierney, White Bear Lake	27.72
13 Sami Nelson, Stillwater	27.84
14 Kelsey Becker, Lakeville	27.87
15 Noelle Johnson, Apple Valley	28.01
16 Kaitlin Stimpson, Moundsview	28.11
17 Tara Masterson, Anoka	28.12
18 Sarah Swoboda, White Bear Lake	28.13
19 Sarah Haerle, Eden Prairie	28.19
20 Annie Kellin, Moundsview	28.38
21 Erin Baugus, White Bear Lake	28.72
22 Andrea Witherill, Anoka	29.01
23 Natalie Olson, Moundsview	29.02
24 Jen Sneden, Stillwater	29.06
25 Jamie Orłowski, Owatonna	29.43
26 Sarah Belmore, Owatonna	30.06
27 Katie Sutherland, Eden Prairie	30.20

## 400 Meter Dash

1 Laurisa Ewert, Anoka	59.47
2 Katie Riddle, Eden Prairie	59.59

3 Fallon Prebeck, Anoka	59.97
4 Sarah Chapman, Apple Valley	60.27
5 Christy Dolph, Eden Prairie	61.37
6 Amber Conroy, Apple Valley	61.52
7 Jaclyn Loftsgaarden, Apple Valley	62.14
8 Missy Discher, Anoka	62.16
9 Kristin Skidmore, Lakeville	62.17
10 Rachel Sackett, Grand Rapids	62.22
11 Chanell Lewis, Lakeville	62.77
12 Amber Yorga, Stillwater	63.32
13 Kayla Lightfoot, Grand Rapids	63.34
14 Maggie Hartle, Owatonna	63.42
15 Cassie Haak, Moundsview	63.49
16 Carling Donnohue, Stillwater	63.76
17 Tricia Sands, Owatonna	63.85
18 Laura Michany, Stillwater	64.00
19 Lisa Sullivan, Moundsview	64.31
20 Cindy Blendermann, Lakeville	64.41
21 Samantha Spinler, Owatonna	64.58
22 Laura Olson, Moundsview	64.99
23 Erica Delin, White Bear Lake	65.22
24 Katie Ek-Pangerl, White Bear Lake	65.36
25 Natilie Schmit, White Bear Lake	65.46
26 Brianna Merry, Eden Prairie	65.63
27 Karla Carlson, Grand Rapids	66.28

## 800 Meter Run

1 Megan Manthe, Anoka	2:17.93
2 Mollie Hupp, Eden Prairie	2:18.29
3 Veronica Sackett, Grand Rapids	2:19.42
4 Rebekah Yetzer, Lakeville	2:19.57
5 Sarah Chapman, Apple Valley	2:22.94
6 Anne Yetzer, Lakeville	2:23.15
7 Ingrid Dodge, Eden Prairie	2:23.17
8 Sarah McCann, Eden Prairie	2:23.44
9 Ladia Albertson, Stillwater	2:25.06
10 Kristin Gatzlaff, Moundsview	2:26.44
11 Jamie Bachigalupo, Anoka	2:26.50
12 Ashley Reichow, Stillwater	2:27.25
13 Kelsey Watt, Apple Valley	2:28.24
14 Kristine Thompson, Moundsview	2:28.56
15 Andrea Gelle, Lakeville	2:29.49
16 Erin Johnson, Stillwater	2:29.66
17 Steph Tresidder, Owatonna	2:30.08
18 Alisha Boyd, White Bear Lake	2:30.20
19 Julie Shuldheisz, Anoka	2:31.08
20 Erica Anderson, Moundsview	2:31.26
21 Kari Lunnenman, Grand Rapids	2:31.31
22 Becky Skrypek, White Bear Lake	2:31.34
23 Kristin Klecker, Owatonna	2:32.46
24 Amy Woodbury, White Bear Lake	2:32.59
25 Jessica Amundson, Owatonna	2:33.58
26 Annmarie Gorath, Grand Rapids	2:35.93
27 Brittany Beeson, Apple Valley	2:36.60

## 1600 Meter Run

1 Rebekah Yetzer, Lakeville	5:08.85
2 Jessica Goeden, Grand Rapids	5:10.15
3 Anne Yetzer, Lakeville	5:10.18
4 Veronica Sackett, Grand Rapids	5:12.77
5 Margaret Landberg, White Bear Lake	5:20.11

6 Erica Espeset, Moundsview	5:21.34
7 Megan Wiley, Eden Prairie	5:21.96
8 katie Stalland, Stillwater	5:22.18
9 Lindsay Bachigalupo, Anoka	5:22.86
10 Louise Miltich, Grand Rapids	5:24.16
11 Kelsey Watt, Apple Valley	5:24.98
12 Megan Raasch, Eden Prairie	5:25.31
13 Tara Jenkins, Owatonna	5:27.55
14 Kristi Kadrmas, Lakeville	5:30.47
15 Amanda Woodstrom, White Bear Lake	5:35.62
16 Brigid Power, Eden Prairie	5:36.02
17 Diana Berlinerblau, Anoka	5:38.98
18 Anne Knutson, Apple Valley	5:41.53
19 Lydia Bretthauer, Apple Valley	5:45.08
20 Ann Klosterman, Moundsview	5:46.87
21 Tasheena Ellingson, Owatonna	5:48.89
22 Beth Nustad, Owatonna	5:50.00
23 Angie Mumbleau, White Bear Lake	5:50.72
24 Erin Coghlan, Stillwater	5:51.69
25 Liz Petersen, Stillwater	5:57.81
26 Heidi Stangel, Anoka	5:58.60
27 Kate Mullin, Moundsview	6:19.23

#### 3200 Meter Run

1 Nicole McCann, Owatonna	11:17.46
2 Jessica Goeden, Grand Rapids	11:25.76
3 Erica Espeset, Moundsview	11:41.47
4 Louise Miltich, Grand Rapids	11:43.42
5 Emily Simon, Lakeville	11:48.28
6 katie Stalland, Stillwater	11:50.85
7 Greta Hornbacher, Eden Prairie	11:52.99
8 Susie Marchel, Grand Rapids	11:53.30
9 Anne Knutson, Apple Valley	11:56.06
10 Kristi Kadrmas, Lakeville	11:57.62
11 Melissa Phelps, White Bear Lake	11:59.21
12 Lindsay Bachigalupo, Anoka	12:01.64
13 Nia Doherty, Stillwater	12:02.75
14 Jessica Holt, Eden Prairie	12:05.52
15 Ellizabeth Nauman, Eden Prairie	12:08.29
16 Nicole Stimson, Lakeville	12:10.59
17 Maria Spencer, Moundsview	12:14.55
18 Kim Nelson, Moundsview	12:15.16
19 Sylvia Ewald, White Bear Lake	12:25.76
20 Brittney Ellingson, Owatonna	12:26.61
21 Heidi Hittner, White Bear Lake	12:27.87
22 Diana Berlinerblau, Anoka	12:33.65
23 Lydia Bretthauer, Apple Valley	12:38.29
24 Emily Grannes, Apple Valley	13:08.66
25 Anna Doherty, Stillwater	13:18.41
26 Nicole Trombley, Anoka	13:25.28
27 Samantha Running, Owatonna	13:38.66

#### 100M High Hurdles

1 Rachele Dosch, Anoka	15.69
2 Melissa Steele, Eden Prairie	15.88
3 Sarah Menden, Eden Prairie	15.91
4 Lisa Reinhart, White Bear Lake	16.41
5 Nicole Kaczor, Grand Rapids	16.55
6 Kelli Nygren, Lakeville	16.83
7 Cc Closmore, Stillwater	16.88
8 Chelsea Larson, Lakeville	16.89
9 Jamie Starks, Stillwater	16.90
10 Alli Gallop, Moundsview	16.98
11 Andrea Hansen, Anoka	17.19
12 Nicki Cornwell, Apple Valley	17.39
13 Dawn Solberg, Apple Valley	17.41
14 Jenny Hartle, Owatonna	17.73
15 Katie Konrath, White Bear Lake	17.79

16 Alissa Keene, Grand Rapids	17.80
17 Andrea Zurek, Lakeville	17.88
18 Emily Sellers, Apple Valley	17.90
19 Alison Foley, Anoka	17.91
20 Lisa Paulson, White Bear Lake	18.27
21 Heather Frye, Eden Prairie	18.32
21 Emily Hoganson, Grand Rapids	18.32
23 Anna Harrington, Stillwater	19.20
24 Michelle Hamberger, Moundsview	19.25
25 Laura Clapper, Moundsview	19.37
26 Kathy Riemer, Owatonna	20.37
27 Heidi Schewe, Owatonna	36.21

#### 300M Low Hurdles

1 Melissa Steele, Eden Prairie	44.91
2 Lisa Reinhart, White Bear Lake	47.03
3 Sarah Menden, Eden Prairie	47.05
4 Jamie Shannahan, Anoka	47.24
5 Sammy Laatsch, Lakeville	48.40
6 Alison Foley, Anoka	48.44
7 Heidi Schewe, Owatonna	48.55
8 Gina Dare, Apple Valley	48.82
9 Mandy Horazdovsky, White Bear Lake	48.97
10 Cassara Skramstad, Stillwater	49.06
11 Rachel Harvieux, Stillwater	49.60
12 Nicole Kaczor, Grand Rapids	49.84
13 Lisa Ophoven, Apple Valley	49.87
14 Deanna Ek-Pangerl, White Bear Lake	50.10
15 Jenny Hartle, Owatonna	50.15
16 Alissa Keene, Grand Rapids	50.58
17 Michelle Klabunde, Moundsview	50.79
18 Molly Olson, Eden Prairie	50.91
19 Emily Hoganson, Grand Rapids	51.16
20 Alli Gallop, Moundsview	51.74
21 Dawn Solberg, Apple Valley	52.06
22 Nicole Ketterer, Lakeville	52.09
23 Natalie Blumenstein, Lakeville	52.12
24 Dawn Utne, Moundsview	52.14
25 Stephanie Peterson, Anoka	53.59
26 Kathy Riemer, Owatonna	53.78

#### 4X100 Meter Relay

1 Stillwater	50.34
2 Lakeville	50.37
3 Anoka	50.55
4 Owatonna	50.92
5 Eden Prairie	51.22
6 Apple Valley	51.69
7 White Bear Lake	52.12
8 Grand Rapids	52.14
9 Moundsview	52.30

#### 4x200 Meter Relay

1 Stillwater	1:46.17
2 Apple Valley	1:47.34
3 Anoka	1:47.46
4 Eden Prairie	1:48.99
5 Owatonna	1:49.18
6 Lakeville	1:51.38
7 Moundsview	1:52.28
8 White Bear Lake	1:52.33
Grand Rapids	DQ

#### 4X400 Meter Relay

1 Anoka	4:04.07
2 Apple Valley	4:07.79
3 Stillwater	4:08.40
4 Grand Rapids	4:09.63

5 Lakeville	4:11.15
6 Eden Prairie	4:11.66
7 White Bear Lake	4:16.33
8 Moundsview	4:19.85
9 Owatonna	4:31.83

#### 4X800 Meter Relay

1 Anoka	9:31.94
2 Eden Prairie	9:33.14
3 Stillwater	9:33.28
4 Lakeville	9:53.28
5 Moundsview	9:57.20
6 White Bear Lake	9:59.15
7 Grand Rapids	10:07.00
8 Owatonna	10:22.28
9 Apple Valley	10:42.25

#### Long Jump

1 Dayna Blomquist, Stillwater	17-6 3/4
2 Nicole Meidl, Stillwater	17-0
3 Laura Herschl, Apple Valley	16-6 1/2
4 Kelli Nygren, Lakeville	16-6
5 Shannon Jackson, Anoka	16-1 1/4
6 Jennifer Geng, Anoka	16-0
7 Lisa Paulson, White Bear Lake	15-11
8 Maria Taizzo, White Bear Lake	15-8 1/4
9 Mandy Horazdovsky, White Bear Lake	15-6 1/4
10 Abbey Fischer, Stillwater	15-6
11 Jill Podgorski, Moundsview	15-2 3/4
12 Jenny Braun, Lakeville	15-0 3/4
13 Blair Porter, Eden Prairie	15-0 3/4
14 Katie Timm, Anoka	14-10
15 Andrea Zurek, Lakeville	14-9 1/2
16 Leah Kindem, Apple Valley	14-9 1/2
17 Cheri Supalla, Owatonna	14-9
18 Joselyn Moore, Eden Prairie	14-7 3/4
19 Veronica Sackett, Grand Rapids	14-7
20 Lisa Raetz, Owatonna	14-4 3/4
21 Andrea Zimmer, Apple Valley	14-4 1/2
22 Ramona Vann, Grand Rapids	14-3 1/4
23 Kate Mullin, Moundsview	14-3 1/4
24 Sophie Schottler, Owatonna	14-3 1/4
25 Michele Maiwurm, Moundsview	14-0 3/4
26 Nicole Kaczor, Grand Rapids	13-10
Amy Colla, Eden Prairie	ND

#### Triple Jump

1 Jill Podgorski, Moundsview	35-9 3/4
2 Kelli Nygren, Lakeville	35-7 3/4
3 Jodie Starks, Stillwater	35-3
4 Lisa Paulson, White Bear Lake	34-8
5 Leah Kindem, Apple Valley	34-0 1/2
6 Mandy Horazdovsky, White Bear Lake	33-7
7 Lisa Reinhart, White Bear Lake	33-6 1/2
8 Jen Sneden, Stillwater	33-4 1/2
9 Katie Timm, Anoka	33-2
10 Kayla Lightfoot, Grand Rapids	32-11 1/4
11 Andrea Hansen, Anoka	32-6 3/4
12 Danielle Bradley, Stillwater	32-3 3/4
13 Jenny Braun, Lakeville	32-3 1/2
14 Ramona Vann, Grand Rapids	32-0 1/2
15 Nicki Cornwell, Apple Valley	32-0 1/4
16 Jennifer Geng, Anoka	31-8 1/2
17 Andrea Zurek, Lakeville	31-7 1/4
18 Maegan Hoyt, Eden Prairie	31-5 3/4
19 Michelle Christian, Apple Valley	31-4 1/4
20 Kristi Kern, Moundsview	30-1 3/4
21 Jenny Hartle, Owatonna	30-0 3/4

22 Alysa Soran, Eden Prairie	30-0 1/2
23 Michele Maiwurm, Moundsview	29-6 1/2
24 Erika Blomquist, Owatonna	28-7 3/4
25 Jennifer Moy, Eden Prairie	28-1 3/4
26 Beth Marks, Owatonna	27-7
27 Emily Hatfield, Grand Rapids	26-8 3/4

#### Shot Put

1 Liz Podominick, Lakeville	44-7 1/2
2 Alicia Sliter, Apple Valley	38-10 1/2
3 Sally Mitchell, White Bear Lake	38-5
4 Kim Johnson, Moundsview	36-7 3/4
5 Laura Schiesl, Eden Prairie	36-4 1/2
6 Jessica Smith, Anoka	35-1 1/2
7 Patty Grussing, Anoka	34-8
8 Maegan Hoyt, Eden Prairie	34-6 1/2
9 Amy Jeffries, Lakeville	34-0 1/4
10 Melissa Mackey, Grand Rapids	32-11 1/2
11 Bethany Page, Apple Valley	32-10 1/4
12 Melisa Schlueter, Apple Valley	32-3 1/2
13 Kelly Weston, Grand Rapids	32-0
14 Brittany Gorder, Stillwater	31-11 1/4
15 Jenna Ruzek, Owatonna	31-0 3/4
16 Sherie Mosher, Lakeville	30-11 1/2
17 Carly Moyers, Eden Prairie	30-10 3/4
18 Mia Lewerer, Stillwater	29-8 3/4
19 Kaylyn Knopp, Owatonna	29-3 1/2
20 Hannah Senger, White Bear Lake	29-2
21 lex Costigan, White Bear Lake	29-1 1/2
22 Lindsay Keenan, Stillwater	28-9 1/4
23 Bobbie Hendrickson, Grand Rapids	28-6
24 Anna Persuitti, Moundsview	27-7 3/4
25 Laura Cranston, Anoka	27-1 1/2
26 Alli Wiese, Owatonna	26-7 1/2
27 Marie Olson, Moundsview	22-6 1/2

#### Discus Throw

1 Liz Podominick, Lakeville	125-2
2 Kaylyn Knopp, Owatonna	113-10
3 Kim Johnson, Moundsview	113-1
4 Maegan Hoyt, Eden Prairie	112-8
5 Melisa Schlueter, Apple Valley	111-3
6 Callie McDowell, Lakeville	109-7
7 Alicia Sliter, Apple Valley	108-1
8 Laura Schiesl, Eden Prairie	103-11
9 Melissa Mackey, Grand Rapids	102-2
10 Jessica Smith, Anoka	100-3
11 Patty Grussing, Anoka	100-1
12 Shannon Patterson, Stillwater	99-3
13 Katy Johnston, Stillwater	98-8
14 lex Costigan, White Bear Lake	97-2
15 Laura Schirber, Stillwater	94-7
16 Alli Wiese, Owatonna	94-1
17 Rachael Rudiger, Lakeville	90-8
18 Bethany Page, Apple Valley	89-8
19 Kelly Weston, Grand Rapids	88-4
20 Amanda Anderson, White Bear Lake	88-2
21 Jess Sutherland, Grand Rapids	84-8
22 Stacy Holland, White Bear Lake	84-8
23 Amber Zak, Owatonna	82-11
24 Carly Moyers, Eden Prairie	81-4
25 Anna Persuitti, Moundsview	80-9
26 Marie Olson, Moundsview	65-10
27 Laura Cranston, Anoka	63-11

#### High Jump

1 Krista Mateffy, Lakeville	5-4
2 Natalie Blumenstein, Lakeville	5-2

3 Chelsea Hammer, Eden Prairie	5-0
3 Laurisa Ewert, Anoka	5-0
3 Katie Timm, Anoka	5-0
6 Angie Wolf, Lakeville	5-0
7 Keely Harrington, Grand Rapids	5-0
7 Mary Danaher, Stillwater	5-0
9 Jamie Orłowski, Owatonna	4-10
10 Kristi Peterson, Owatonna	4-10
11 Robin Freed, Moundsview	4-10
12 Erin Trench, Moundsview	4-10
13 Lindsay Hartkopf, Eden Prairie	4-8
13 Dawn Solberg, Apple Valley	4-8
15 Ally Muhar, Grand Rapids	4-8
16 Andrea Hansen, Anoka	4-8
17 Jen Sneden, Stillwater	4-6
17 Courtney Sanders, Apple Valley	4-6
17 Andrea Holewa, Moundsview	4-6
20 Ramona Vann, Grand Rapids	4-6
20 Jamie Starks, Stillwater	4-6
22 Ann Altendorfer, White Bear Lake	4-6
22 Beth Marks, Owatonna	4-6
24 Morgan Bain, White Bear Lake	4-4
24 Mandy Horazdovsky, White Bear Lake	4-4
26 Brittany Williams, Apple Valley	4-2
Kristen Mutch, Eden Prairie	NH

Pole Vault	
1 Shannon Jackson, Anoka	11-0
2 Nicole Meidl, Stillwater	11-0
3 Bethany Renner, Anoka	9-6
4 Andrea Witherill, Anoka	9-6
5 Bitsy Wohlrabe, Grand Rapids	9-6
6 Katie Reilly, Grand Rapids	9-6
7 Dayna Blomquist, Stillwater	9-0
7 Andrea Zurek, Lakeville	9-0
7 Kristin Gatzlaff, Moundsview	9-0
10 Sarah Menden, Eden Prairie	9-0
11 Jenny Braun, Lakeville	9-0
12 Renae Zimmer, Lakeville	8-6
13 Stevie Stacionis, Eden Prairie	8-6
14 Heidi Schewe, Owatonna	8-6
15 Alexis Beinlich, Stillwater	8-0
16 Dawn Utne, Moundsview	7-6
17 Kathy Riemer, Owatonna	7-6
18 Stacy Schacht, White Bear Lake	7-6
18 Kristin Humphrey, Eden Prairie	7-6
20 Deanna Ek-Pangerl, White Bear Lake	7-6
21 Megan Schweitz, White Bear Lake	7-6
22 Becca Skelly, Apple Valley	7-6
23 Kathy Belian, Moundsview	6-6
23 Sarah Belmore, Owatonna	6-6
25 Kelly McGuigan, Apple Valley	6-6
26 Selina Billington, Apple Valley	6-0
26 Angela Baldt, Grand Rapids	6-0