

1996 Section 4A Girls Championship at Macalester College, June 1, 1996

Teams: Breck 93, Orono 89, Benilde-St M 72, Concordia Acad. 63, Waconia 58, Mora 53, St Paul Acad. 52, Minnehaha Acad. 51, Brooklyn Center 49, Mounds Park Acad 36, Visitation 32, St Agnes/St Bernard's 30, Holy Angels 25, Blake 24, Rush City 17, Mayer Lutheran 15, DeLaSalle 14, Hinckley-Fin. 14, Mound-Wstnk 14, Rockford 14, St Croix Lutheran 14, Ogilvie 10, Pine City 9, Braham 6, Isle/Onamia 5, Christ's Household of Faith 1, New Life Academy 1.

100

- 1 Jennifer Newsom, Breck 12.58
- 2 Toni Lawshea, SA/SB 12.58
- 3 Kristi Boesen, Minnehaha 12.80
- 4 Rachel Dippon, Concordia 12.92
- 5 Lindsay Meier, BSM 13.06
- 6 Laurie Steffenhagan, SCrLuth 13.19
- 7 Diane Wiseman, BrookCtr 13.50
- 8 Jenny Hill, Mayer Luth 13.51
- 9 Sarah Bullock, MPA 13.52

200

- 1 Jennifer Newsom, Breck 26.29
- 2 Kristi Boesen, Minnehaha 26.33
- 3 Toni Lawshea, SA/SB 26.67
- 4 Sarah Deeb, Vis 27.03
- 5 Sarah Bullock, MPA 27.61
- 6 Jessica Reed, Mora 27.70
- 7 Lindsay Meier, BSM 27.78
- 8 Caroline Brost, Orono 27.81
- 9 Laurie Steffenhagan, SCrLuth 28.02

400

- 1 Lauren LaRoche, MPA 59.12
- 2 Sarah Deeb, Vis 60.45
- 3 Nicole Decker, Waconia 61.33
- 4 Delsha Runkle, BSM 61.90
- 5 Mary Winter, BSM 62.02
- 6 Susan King, Holy Angels 62.71
- 7 Ann Bennett, I/O 63.41
- 8 Mary Pulling, DLS 64.09
- 9 Leia Christoffer, Waconia 64.39

800

- 1 Debra Hudleston, DLS 2:20.53
- 2 Lauren LaRoche, MPA 2:22.29
- 3 Meredith Schipani, BSM 2:24.50
- 4 Katie Volkart, Orono 2:26.19
- 5 Tanya Adelman, SPA 2:28.84
- 6 Sarah Afshar, Mound-W 2:31.58
- 7 Ali Weidemann, Pine City 2:32.01
- 8 Sarah Hayes, Orono 2:32.50
- 9 Tanya Otten, CHOF 2:33.50

1600

- 1 Becky Leppard, Waconia 5:14.76
- 2 Bridget O'Brien, Breck 5:18.07
- 3 Mary Moulton, Rush City 5:26.63
- 4 Jessi Halverson, SPA 5:26.83
- 5 Meredith Schipani, BSM 5:32.11
- 6 Shannon McGuire, Holy Angels 5:33.21
- 7 Katherine Schlaefel, Vis 5:34.63
- 8 Jessi Cohen, SPA 5:40.12
- 9 Christina Turgeon, New Life 5:41.20

3200

- 1 Becky Leppard, Waconia 11:24.13 *
- 2 Jessi Halverson, SPA 11:25.52
- 3 Katherine Schlaefel, Vis 11:50.00
- 4 Mary Moulton, Rush City 12:01.04
- 5 Kristine Overson, SPA 12:16.32

- 6 Kyra Hamilton, SPA 12:25.34
- 7 Abby Katzner, BSM 12:31.30
- 8 Libby Garrard, Minnehaha 12:33.23
- 9 Amy Johnson, Pine City 12:34.04

100 Hurdles (33")

- 1 Rachel Dippon, Concordia 15.72
- 2 Katrina Stewart, Brook Ctr 15.82
- 3 Romana Tilliegi, Minnehaha 16.59
- 4 Brenda Stachowski, Brook Ctr 16.91
- 5 Laura Gilbertson, Orono 16.97
- 6 Nicole Fischer, Orono 16.98
- 7 Monica Kelly, Holy Angels 17.04
- 8 Shelia Brockner, Mora 17.14
- 9 Duretti Fufa, SPA 17.15

300 Hurdles (30")

- 1 Nicole Fischer, Orono 48.59
- 2 Katie Dolan, Holy Angels 49.23
- 3 Lana Pierson, Mora 49.31
- 4 Katrina Stewart, Brook Ctr 49.55
- 5 Duretti Fufa, SPA 49.81
- 6 Erica Juhl, Mound-W 50.86
- 7 Emily Zins, BSM 51.16
- 8 Katie Reynolds, Mora 51.17
- 9 Abby Alleman, Hinckley-F 52.63

4x100 Relay

- 1 St Agnes/St B 51.36
- 2 Concordia Acad. 51.96
- 3 Brooklyn Center 52.24
- 4 Mora 53.74
- 5 Orono 53.96
- 6 Hinckley/F 54.79
- 7 Benilde St. M 55.16

4x200 Relay

- 1 Minnehaha Acad. 1:48.70
- 2 Orono 1:51.40
- 3 Mounds Park Acad. 1:52.17
- 4 Waconia 1:53.22
- 5 Mora 1:53.63
- 6 Benilde-St M 1:53.79
- 7 Ogilvie 1:53.73
- 8 Concordia Acad. 1:54.99

4x400 Relay

- 1 Waconia 4:10.19
- 2 Mora 4:14.18
- 3 Benilde-St M 4:15.91
- 4 St Paul Acad. 4:16.30
- 5 Visitation 4:19.28
- 6 Holy Angels 4:19.54
- 7 Orono 4:25.88
- 8 Isle/Onamia 4:33.24

4x800 Relay

- 1 Orono 9:58.46
- 2 Mora 10:04.96
- 3 Benilde-St M 10:29.58
- 4 Rockford 10:32.78

- 5 Minnehaha Acad. 10:40.02
- 6 Hinckley-F 10:44.13
- 7 St Paul Acad. 10:59.22
- 8 Concordia Acad 11:00.73

Shot Put

- 1 Brittny Ralph, Brook Ctr 37-4.75
- 2 Elizabeth Zellman, Mayer Luth 34-10
- 3 Kinesha Davis, Blake 32-11
- 4 Rachel Heideberger, Braham 32-2
- 5 Teryn O'Bannon, Orono 31-11
- 6 Leslie Dolland, Blake 31-10.25
- 7 Tera Kazek, Pine City 31-2.5
- 8 Alicia Olson, Concordia 31-2
- 9 Kim Kapinos, Ogilvie 30-7

Discus Throw

- 1 Kinesha Davis, Blake 128-8
- 2 Jennifer Newsom, Breck 110-3
- 3 Annie Kjome, Rockford 109-5
- 4 Mary Rick, Mound-W 100-9
- 5 Dawn LaPierre, Hinckley-F 99-9
- 6 Brittny Ralph, Brook Ctr 99-7
- 7 Kelsie Carlson, Mora 97-5
- 8 Elizabeth Zellman, Mayer Luth 94-2
- 9 Tracy Peterson, Concordia 93-2

Long Jump

- 1 Traci Copland, Breck 17-0.25
- 2 Brooke Wyssman, Concordia 16-6.5
- 3 Jennifer Newsom, Breck 16-5.5
- 4 Bree Yeager, SPA 16-1.75
- 5 Lindsay Meier, BSM 16-1.25
- 6 Nikki Dettman, Waconia 15-8
- 7 Leia Christoffer, Waconia 15-7.25
- 8 Tera Kazek, Pine City 15-4.5
- 9 Laura Gilbertson, Orono 15-1.25

High Jump

- 1 Molly Kelley, Orono 5-0
- 2 Traci Copland, Breck 5-0
- 3 Kim Pellman, Orono 5-0
- 4 Kristi Peterson, Minnehaha 5-0
- 5 Melissa Turner, St Cr Luth 5-0
- 6 Carla Steber, St Cr Luth 4-10
- 7 Jenny Smith, Rush City 4-10
- 8 Andrea Bartling, Breck 4-10
- 9 Christine Engle, Mayer Luth 4-8

Triple Jump

- 1 Traci Copland, Breck 36-11 *
- 2 Brook Wyssmann, Concordia 34-5
- 3 Erin Bueckler, Concordia 34-0.5
- 4 Cassandra Olson, Ogilvie 33-7.5
- 5 Jolawa Richardson, Breck 33-2.5
- 6 Jordanna Matlon, SPA 32-8
- 7 Lana Pierson, Mora 32-7.25
- 8 Caryn Gustafson, Orono 32-2
- 9 Emily Zins, BSM 31-11.5

* New Meet Record

Notes: