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O'GORMAN KNIGHTS

GIRLS TRACK AND FIELD "TOP 5 ALL TIME" LIST

O'Gorman Track Top Five All-Time Performances

100m Dash

1. Callie DeWitt 11.7 2017
2. Lisa McDowell 11.9 1976
3. Katie Bunkers 12.4 2002
4. Mary Lien 12.5 1994
Lisa Hohn 12.5 1988
Alyssa Weidler 12.5 2015
Gozeila Bilal 12.5 2016

200m Dash

1. Callie DeWitt 24.6 2017
2. Lisa McDowell 24.8 1976
3. Gozeila Bilal 25.6 2017
4. Katie Bunkers 25.9 2002
5. Donesha Adams 26.2 2000

400m Dash

1. Katie Bunkers 57.7 2002
2. Abbey VanDenBerg 58.4 2009
3. Julia Eggert 58.6 2022
4. Mary Stoll 58.7 1998
Chandler Nielsen 58.7 2008

800m Run

1. Alea Hardie 2:09.4 2022
2. Libby Castelli 2:13.1 2022
3. Mary Margaret Nelson 2:15.5 2006
4. Chandler Nielsen 2:16.0 2009
5. Karla Hay 2:16.4 1987

1600m Run

1. Alea Hardie 4:44.0 2022
2. Libby Castelli 4:56.8 2022
3. Karla Hay 5:01.4 1987
4. Ruth Pardy 5:05.5 2021
5. Julie Pederson 5:08.7 1983

100m Hurdles

1. Lisa McDowell 14.1 1976*
2. Kaylee Prochniak 15.3 2010
3. Mindy Zehnpfennig 15.4 1988
4. Meghan Woster 15.8 2000
5. Kasey Krull 15.9 1996
Jenn Lammers 15.9 2003
Mallory Peck 15.9 2004

3200m Run

1. Alea Hardie 10:10.5 2022
2. Libby Castelli 10:50.5 2022
3. Ruth Pardy 11:03.7 2022
4. Paige Orcutt 11:09.6 2005
5. Kris Ellenbecker 11:11.99 1991

GIRLS TRACK AND FIELD RECORDS

100 Meters:	Callie DeWitt 2017	11.7
200 Meters:	Callie DeWitt 2017	24.6
400 Meters:	Katie Bunkers 2002	57.7
800 Meters:	Alea Hardie 2022	2:09.4
1600 Meters:	Alea Hardie 2022	4:44.0
3200 Meters:	Alea Hardie 2022	10:10.5
100 Hurdles:	Lisa McDowell 1976	14.1
300 Hurdles:	Audrey Meyer 2022	45.8
Long Jump:	Callie DeWitt 2017	18' 7 1/2"
Triple Jump:	Mallory Peck 2005	37' 2"
Shot Put:	Lexie Brady 2021	46' 8"
Discus:	Angie Bortnem 1997	148' 5"
High Jump:	Andrea Wilson 2002	5' 5"
Javelin:	Kira Mentele 2022	94' 8"
Pole Vault:	Mallory Peck 2005	12' 7"
4 X 100 Relay:	Elizabeth Kolb Gozeila Bilal Gabbi Holbert Callie DeWitt 2017	48.6
4 X 200 Relay:	Gozeila Bilal Elizabeth Kolb Sydney Venner Callie DeWitt 2017	1:42.6
4 X 400 Relay:	Audrey Meyer Alea Hardie Emma Waage Mahli Abdouch 2021	3:59.6
4 X 800 Relay:	Kiera Pinto Ruth Pardy Libby Castelli Alea Hardie 2022	9:17.0
Medley Relay:	Karla Reyes Emma Waage Ndjakalenga Mwenentanda Alea Hardie 2019	4:10.6

O'Gorman Track Top Five All-Time Performances

300m Hurdles

1. Audrey Meyer 45.8 2022
2. Mindy Zehnpfennig 47.0 1987
Kaite Vockler 47.0 2019
4. Kasey Krull 48.4 1996
5. Jenny Lammers 48.6 2004

High Jump

1. Andrea Wilson 5-5 2002
2. Meg Bucy 5-4 2002
Teresa Garry 5-4 1976
Megan Powell 5-4 1996
3. Lindsey Wilson 5-2 2000
Britta Kolb 5-2 2003
Mallory Peck 5-2 2004
Sierra Kloth 5-2 2013

Long Jump

1. Callie DeWitt 18-7.5 2017
2. Abbey VanDenBerg 18-5 2010
3. Sydney Wambach 17-7 2019
4. Mallory Peck 17-6 1/2 2005
5. Lisa McDowell 17-5 1976

Discus

1. Angie Bortnem 148-5 1997
2. Kae Januschka 138-1 2011
3. Avery Wittry 136-10 2022
4. Lexie Brady 136-9 2021
5. Emma Hertz 134-10 2016

Shot Put

1. Lexi Brady 46-8 2021
2. Megan VanDenHemel 41-5 1/4 2022
3. Kae Januschka 41-5 1/2 2011
4. Avery Wittry 41-1 1/4 2019
5. Emma Hertz 40-7 1/4 2015

Triple Jump

1. Mallory Peck 37-2 2005
2. Sydney Wambach 37-1 2019
3. Abbey VanDenBerg 36-10 1/2 2010
4. Maeve Boetel 36-9 1/2 2022
5. Meg Bucy 36-2 2003

Pole Vault

1. Mallory Peck 12-7 2005
2. Daphne Clausen 12-1 2019
3. Sam Koch 10-6 2010
4. Rose Dvoracek 10-0 2022
Leona Prairie 10-0 2021

State Track Meet Results

<u>Season</u>	<u>Coach</u>	<u>Points</u>	<u>Place</u>
1972-73	Bill Dunn		No Entries
1973-74	Bill Dunn	12	7th
1974-75	Bill Dunn	14	6th
1975-76	Mike Breidenbach	28	4th
1976-77	Mike Breidenbach	20	6th
1977-78	Bill Dunn		No Entries
1978-79	Steve Schulte		No Entries
1979-80	Carol Kayser	10	T 9th
1980-81	Carol Kayser	5	16th
1981-82	Doug Lindner	12	T 7th
1982-83	Doug Lindner	26	4th
1983-84	Doug Lindner	46	5th
1984-85	Doug Lindner	25	8th
1985-86	Doug Lindner	75	3rd
1986-87	Doug Lindner	38	5th
1987-88	Doug Lindner	47	6th
1988-89	Doug Lindner	20	10th
1989-90	Rick Lynch	0	16th
1990-91	Doug Lindner	38	6th
1991-92	Doug Lindner	44	5th
1992-93	Doug Lindner	61	3rd
1993-94	Doug Lindner	35	7th
1994-95	Doug Lindner	17	12th
1995-96	Doug Lindner	28	12th
1996-97	Doug Lindner	50	9th
1997-98	Doug Lindner	54	6th
1998-99	Doug Lindner	46	8th
1999-00	Doug Lindner	58	4th
2000-01	Doug Lindner	43	7th
2001-02	Doug Lindner	60.5	6th
2002-03	Doug Lindner	66	T 3rd
2003-04	Doug Lindner	54	4th
2004-05	Doug Lindner	63	5th
2005-06	Doug Lindner	24	9th
2006-07	Doug Lindner	20	13th
2007-08	Doug Lindner	37	7th
2008-09	Doug Lindner	35	10th
2009-10	Doug Lindner	51	7th
2010-11	Doug Lindner	32.666	10th
2011-12	Doug Lindner	11	14th
2012-13	Doug Lindner	23	T 13th
2013-14	Doug Lindner	33.5	11th
2014-15	Doug Lindner	37.5	7th
2015-16	Doug Lindner	29	10th
2016-17	Aaron Strand	81	3rd
2017-18	Aaron Strand	35	9th
2018-19	Aaron Strand	86	2nd
2019-20	Aaron Strand	Season Cancelled Due to Covid 19	
2020-21	Aaron Strand	124	Tied for 1st
2021-22	Aaron Strand	119.5	Champions

Sioux Interstate Convergence Results

<u>Season</u>	<u>Coach</u>	<u>Points</u>	<u>Place</u>
1972-73	Bill Dunn	4	7th
1973-74	Bill Dunn	38.5	7th
1974-75	Bill Dunn	34	7th
1975-76	Mike Breidenbach		
1976-77	Mike Breidenbach	34	7th
1977-78	Bill Dunn	8	7th
1978-79	Steve Schulte	45	6th
1979-80	Carol Kayser	46	6th
1980-81	Carol Kayser	44	6th
1981-82	Doug Lindner	36	6th
1982-83	Doug Lindner	40	6th
1983-84	Doug Lindner	84	5th
1984-85	Doug Lindner	66	5th
1985-86	Doug Lindner	100.5	3rd
1986-87	Doug Lindner	97	2nd
1987-88	Doug Lindner	129	2nd
1988-89	Doug Lindner	104	2nd
1989-90	Rick Lynch	59	5th
1990-91	Doug Lindner	123.3	2nd
1991-92	Doug Lindner	108	2nd
1992-93	Doug Lindner	129	Champion
1993-94	Doug Lindner	142	Champion
1994-95	Doug Lindner	83	3rd
1995-96	Doug Lindner	129	Champion
1996-97	Doug Lindner	114.5	2nd
1997-98	Doug Lindner	115.5	Champion

Greater Dakota Conference Results

<u>Season</u>	<u>Coach</u>	<u>Points</u>	<u>Place</u>
1998-99	Doug Lindner	58	4th
1999-00	Doug Lindner	81	3rd
2000-01	Doug Lindner	75	3rd
2001-02	Doug Lindner		Cancelled
2002-03	Doug Lindner	83	4th
2003-04	Doug Lindner	88	3rd
2004-05	Doug Lindner	85	3rd
2005-06	Doug Lindner	51	6th
2006-07	Doug Lindner	36	7th
2007-08	Doug Lindner		Cancelled
2008-09	Doug Lindner	43	7th
2009-10	Doug Lindner	62	5th
2010-11	Doug Lindner	35	8th
2011-12	Doug Lindner	35	6th
2012-13	Doug Lindner	18	7th

Metro Conference Meet Results

<u>Season</u>	<u>Coach</u>	<u>Points</u>	<u>Place</u>
2013-14	Doug Lindner	55	5th
2014-15	Doug Lindner	56	4th
2015-16	Doug Lindner	40.3333	3rd
2016-17	Aaron Strand	57	3rd
2017-18	Aaron Strand	50	3rd
2018-19	Aaron Strand	54	3rd
2019-20	Aaron Strand	Season Cancelled Due to Covid-19	
2020-21	Aaron Strand	100	3 rd
2020-21	Aaron Strand	107.5	3 rd

O'GORMAN GIRLS TRACK RECORD BOOK

State Track Meet Place-winners

<u>Year</u>	<u>Event</u>	<u>Runner</u>	<u>Place</u>
1973-74	220 yd	Lisa McDowell	1st
1973-74	100 yd	Lisa McDowell	1st
1974-75	100 yd	Lisa McDowell	2nd
1974-75	440 yd Relay		3rd
1974-75	220 yd	Lisa McDowell	1st
1975-76	100 yd	Lisa McDowell	1st
1975-76	220 yd	Lisa McDowell	1st
1975-76	440 yd Relay		1st
1975-76	880 yd Relay		4th
1975-76	180 Hurdles	Lisa McDowell	1st
1976-77	100 yd	Lisa McDowell	1st
1976-77	220 yd	Lisa McDowell	1st
1976-77	110 Hurdles	Lisa McDowell	1st
1976-77	Medley Relay		4th
1977-78		None	
1978-79		None	
1979-80	800 Meter	Peggie Hansen	2nd
1979-80	1600 Meter	Peggie Hansen	2nd
1979-80	Shot Put	Jane Lukens	4th
1980-81	400 Meter	Beth Cota	5th
1980-81	Shot Put	Jane Lukens	2nd
1981-82	800 Meter	Julie Pederson	1st
1981-82	1600 Meter	Julie Pederson	1st
1982-83	800 Meter	Julie Pederson	1st
1982-83	1600 Meter	Julie Pederson	1st
1982-83	400 Meter Relay		5th
1982-83	Medley Relay		5th
1982-83	3200 Meter Relay		2nd
1982-83	Discus	Lori Kappenman	1st
1983-84	800 Meter	Mary Gillen	4th
1983-84	400 Meter Relay		2nd
1983-84	800 Meter Relay		6th
1983-84	1600 Meter Relay		3rd
1983-84	Medley Relay		3rd
1983-84	3200 Meter Relay		4th
1983-84	Discus	Lori Kappenman	2nd
1983-84	Discus	Heather Butler	6th
1983-84	Long Jump	Mary Gillen	5th
1983-84	Shot Put	Lori Kappenman	3rd

O'GORMAN GIRLS TRACK RECORD BOOK

State Track Meet Place-winners

<u>Year</u>	<u>Event</u>	<u>Runner</u>	<u>Place</u>
1984-85	800 Meter	Mary Gillen	3rd
1984-85	100 Hurdles	Jolene Hiebert	5th
1984-85	400 Meter Relay		6th
1984-85	1600 Meter Relay		4th
1984-85	Medley Relay		4th
1984-85	3200 Meter Relay		2nd
1985-86	100 Meter	Lisa Hohn	6th
1985-86	800 Meter	Karla Hay	3rd
1985-86	800 Meter	Theresa Hohn	4th
1985-86	1600 Meter	Karla Hay	2nd
1985-86	1600 Meter	Chris Rowe	4th
1985-86	3200 Meter	Chris Rowe	3rd
1985-86	3200 Meter	Lisa Gillen	4th
1985-86	400 Meter Relay		3rd
1985-86	800 Meter Relay		3rd
1985-86	1600 Meter Relay		3rd
1985-86	Discus	Jane Honermann	2nd
1985-86	3200 Meter Relay		2nd
1986-87	800 Meter	Karla Hay	2nd
1986-87	1600 Meter	Karla Hay	2nd
1986-87	1600 Meter	Chris Rowe	4th
1986-87	3200 Meter	Chris Rowe	4th
1986-87	Medley Relay		4th
1986-87	3200 Meter Relay		1st
1987-88	100 Meter	Lisa Hohn	6th
1987-88	400 Meter	Karla Hay	5th
1987-88	800 Meter	Karla Hay	1st
1987-88	1600 Meter	Karla Hay	2nd
1987-88	1600 Meter	Chris Rowe	4th
1987-88	3200 Meter	Chris Rowe	3rd
1987-88	300 Hurdles	Mindy Zennpfenning	3rd
1987-88	Long Jump	Mindy Zennpfenning	4th
1987-88	3200 Meter Realy		3rd
1988-89	1600 Meter	Kris Ellenbecker	4th
1988-89	3200 Meter	Kris Ellenbecker	4th
1988-89	400 Meter Relay		3rd
1988-89	Triple Jump	Mindy Zennpfenning	3rd
1989-90		None	

O'GORMAN GIRLS TRACK RECORD BOOK

State Track Meet Place-winners

<u>Year</u>	<u>Event</u>	<u>Runner</u>	<u>Place</u>
1990-91	800 Meter	Jenny O'Brien	3rd
1990-91	1600 Meter	Kris Ellenbecker	2nd
1990-91	3200 Meter	Kris Ellenbecker	1st
1990-91	Medley Relay		2nd
1990-91	3200 Meter Relay		3rd
1991-92	200 Meter	Kirsten Krass	5th
1991-92	800 Meter	Jenny O'Brien	4th
1991-92	3200 Meter	Erin Daughters	3rd
1991-92	400 Meter Relay		2nd
1991-92	800 Meter Relay		2nd
1991-92	3200 Meter Relay		3rd
1991-92	Medley Relay		1st
1992-93	100 Meter	Mary Lien	2nd
1992-93	200 Meter	Kirsten Krass	5th
1992-93	400 Meter	Jenny O'Brien	2nd
1992-93	800 Meter	Jenny O'Brien	1st
1992-93	1600 Meter	Emily Fleming	6th
1992-93	3200 Meter	Erin Daughters	5th
1992-93	400 Meter Relay		1st
1992-93	800 Meter Relay		2nd
1992-93	1600 Meter Relay		4th
1992-93	3200 Meter Relay		2nd
1993-94	200 Meter	Mary Lien	4th
1993-94	800 Meter	Emily Fleming	2nd
1993-94	1600 Meter	Emily Fleming	3rd
1993-94	400 Meter Relay		4th
1993-94	800 Meter Relay		5th
1993-94	Medley Relay		1st
1993-94	Triple Jump	Jackie Garry	6th
1994-95	800 Meter	Emily Fleming	1st
1994-95	1600 Meter	Emily Fleming	3rd
1994-95	Discus	Angie Bortnem	6th
1995-96	100 Meter	Colleen Zea	7th
1995-96	100 Meter	Kelly Johnson	8th
1995-96	800 Meter	Emily Fleming	5th
1995-96	1600 Meter	Jamie Johnson	8th
1995-96	4x100 Relay		7th
1995-96	4x800 Relay		5th
1995-96	Discus	Angie Bortnem	6th
1995-96	High Jump	Megan Powell	4th
1995-96	Ling Jump	Jodi Holman	7th
1995-96	Triple Jump	Jodi Holman	5th

O'GORMAN GIRLS TRACK RECORD BOOK

State Track Meet Place-winners

<u>Year</u>	<u>Event</u>	<u>Runner</u>	<u>Place</u>
1996-97	800 Meter	Emily Fleming	1st
1996-97	800 Meter	Jamie Johnson	7th
1996-97	1600 Meter	Jamie Johnson	2nd
1996-97	4x100 Relay		7th
1996-97	4x800 Relay		3rd
1996-97	Medley Relay		1st
1996-97	Discus	Angie Bortnem	3rd
1996-97	High Jump	Megan Powell	3rd
1997-98	400 Meter	Mary Stoll	3rd
1997-98	1600 Meter	Erin Klein	4th
1997-98	3200 Meter	Erin Klein	1st
1997-98	3200 Meter	Keely Elgethun	4th
1997-98	3200 Meter	Meghan Platek	6th
1997-98	Shot Put	Jenni Jarding	6th
1997-98	Shot Put	Jackie Mahoney	7th
1997-98	Discus	Jana Hanson	5th
1997-98	High Jump	Megan Powell	3rd
1997-98	Triple Jump	Megan Wooster	8th
1997-98	4x800 Relay		2nd
1997-98	Medley Relay		8th
1998-99	400 Meter	Katie Bunkers	4th
1998-99	1600 Meter	Erin Klein	3rd
1998-99	3200 Meter	Erin Klein	1st
1998-99	4x400 Relay		5th
1998-99	4x800 Relay		5th
1998-99	Medley relay		3rd
1998-99	Shot Put	Jackie Mahoney	5th
1998-99	Shot Put	Jenni Jarding	7th
1998-99	Discus	Emily Doss	5th
1998-99	Long Jump	Kim Bechtold	8th
1999-00	400 Meter	Katie Bunkers	3rd
1999-00	800 Meter	Mary Stoll	4th
1999-00	1600 Meter	Amy Lindner	5th
1999-00	4x100 Relay		6th
1999-00	4x200 Relay		4th
1999-00	4x400 Relay		2nd
1999-00	4x800 Relay		2nd
1999-00	Shot Put	Jackie Mahoney	1st
1999-00	Discus	Emily Doss	2nd
1999-00	High Jump	Andrea Wilson	8th
1999-00	Long Jump	Donesha Adams	7th

O'GORMAN GIRLS TRACK RECORD BOOK

State Track Meet Place-winners

<u>Year</u>	<u>Event</u>	<u>Runner</u>	<u>Place</u>
2000-01	100 Meter	Katie Bunkers	4th
2000-01	400 Meter	Katie Bunkers	2nd
2000-01	400 Meter	Mary Stoll	4th
2000-01	800 Meter	Mary Stoll	2nd
2000-01	4x400 Relay		3rd
2000-01	4x800 Relay		2nd
2000-01	High Jump	Andrea Wilson	7th
2000-01	Long Jump	Lindsey Wilson	8th
2001-02	100 Meter	Katie Bunkers	6th
2001-02	200 Meter	Katie Bunkers	5th
2001-02	400 Meter	Katie Bunkers	1st
2001-02	400 Meter	Mary Stoll	4th
2001-02	800 Meter	Mary Stoll	3rd
2001-02	4x400 Relay		3rd
2001-02	4x800 Relay		6th
2001-02	Medley Relay		8th
2001-02	High Jump	Andrea Wilson	1st
2001-02	High Jump	Meg Bucy	T 8th
2001-02	Discus	Megan Eberhard	4th
2001-02	Pole Vault	Mallory Peck	5th
2001-02	Triple Jump	Meg Bucy	6th
2002-03	800 Meter	Krista Eckert	4th
2002-03	800 Meter	Mary Margaret Nelson	5th
2002-03	1600 Meter	Krista Eckert	3rd
2002-03	1600 Meter	Allison Eckert	5th
2002-03	3200 Meter	Allison Eckert	3rd
2002-03	3200 Meter	Paige Orcutt	6th
2002-03	4x800 Meter		3rd
2002-03	High Jump	Meg Bucy	3rd
2002-03	High Jump	Mallory Peck	5th
2002-03	Pole Vault	Mallory Peck	5th
2002-03	Long Jump	Mallory Peck	4th
2002-03	Triple Jump	Meg Bucy	1st
2002-03	Triple Jump	Lexi Gunderson	6th

O'GORMAN GIRLS TRACK RECORD BOOK

State Track Meet Place-winners

<u>Year</u>	<u>Event</u>	<u>Runner</u>	<u>Place</u>
2003-04	4x400 Meter		6th
2003-04	800 Meter	Mary Margret Nelson	7th
2003-04	4x800 Meter		4th
2003-04	1600 Meter	Paige Orcutt	8th
2003-04	1600 Sprint Relay		3rd
2003-04	3200 Meter	Paige Orcutt	3rd
2003-04	3200 Meter	Jordan Larson	8th
2003-04	Discus	Jane Swenson	5th
2003-04	High Jump	Mallory Peck	5th
2003-04	High Jump	Britta Kolb	6th
2003-04	Long Jump	Mallory Peck	7th
2003-04	Long Jump	Jessica Heine	8th
2003-04	Pole Vault	Mallory Peck	1st
2003-04	Triple Jump	Meg Bucy	3rd
2004-05	4x400 Meter		6th
2004-05	800 Meter	Mary Margret Nelson	5th
2004-05	4x800 Meter		4th
2004-05	1600 Meter	Paige Orcutt	8th
2004-05	1600 Sprint Relay		3rd
2004-05	3200 Meter	Paige Orcutt	4th
2004-05	High Jump	Mallory Peck	T3rd
2004-05	Long Jump	Mallory Peck	4th
2004-05	Long Jump	Andrea Cota	8th
2004-05	Pole Vault	Mallory Peck	1st
2004-05	Shot Put	Jane Swenson	2nd
2004-05	Triple Jump	Mallory Peck	1st
2005-06	1600 Sprint Relay		4th
2005-06	3200 Meter	Paige Orcutt	5th
2005-06	4x400 Meter		7th
2005-06	800 Meter	Mary Margret Nelson	4th
2005-06	4x800 Meter		2nd
2006-07	400 Meter	Chandler Nielson	5th
2006-07	800 Meter	Chandler Nielson	6th
2006-07	4x800 Relay		7th
2006-07	1600 Meter	Paige Orcutt	8th
2006-07	1600 Sprint Relay		3rd
2006-07	3200 Meter	Paige Orcutt	5th
2007-08	Discus	Kae Januschka	7th
2007-08	Long Jump	Abbey Van Den Berg	2nd
2007-08	Long Jump	Sarah Weidler	8th
2007-08	Triple Jump	Sarah Weidler	5th
2007-08	4x100		8th
2007-08	400 Meter	Chandler Nielsen	4th
2007-08	800 Meter	Chandler Nielsen	2nd
2007-08	4x800		2nd

O'GORMAN GIRLS TRACK RECORD BOOK

State Track Meet Place-winners

<u>Year</u>	<u>Event</u>	<u>Runner</u>	<u>Place</u>
2008-09	4x200		8th
2008-09	400 Meter	Abbey VanDebBerg	4th
2008-09	400 Meter	Chandler Nielsen	7th
2008-09	4x400		5th
2008-09	800 Meter	Chandler Nielsen	1st
2008-09	800 Meter	Marie Yokan	7th
2008-09	1600 Sprint Relay		5th
2008-09	Discus	Kae Januschka	5th
2008-09	Long Jump	Abbey VanDebBerg	6th
2009-10	Discus	Kae Januschka	1st
2009-10	Discus	Maddy Shaft	8th
2009-10	Long Jump	Abbey VanDenBerg	4th
2009-10	Shot Put	Kae Januschka	2nd
2009-10	Triple Jump	Abbey VanDenBerg	3rd
2009-10	Triple Jump	Veronica Fritsch	6th
2009-10	100 Hurdles	Kaylee Prochniak	4th
2009-10	4x100		8th
2009-10	400 Meter	Abbey VanDenBerg	5th
2009-10	4x400		6th
2009-10	800 Meter	Chandler Nielsen	4th
2010-11	Discus	Kae Januschka	1st
2010-11	High Jump	Sam Foley	6th
2010-11	High Jump	Sierra Kloth	T-8th
2010-11	Long Jump	Abbey VanDenBerg	4th
2010-11	Triple Jump	Abbey VanDenBerg	7th
2010-11	Shot Put	Kae Januschka	2nd
2010-11	800 Meter	Chandler Nielsen	4th
2011-12	Long Jump	Alyssa Swanson	8th
2011-12	Shot Put	Tori Langin	7th
2011-12	Discus	Jessica Mieras	6th
2011-12	400 Meter	Chandler Nielsen	4th
2012-13	Discus	Emma Hertz	2nd
2012-13	Discus	Jessica Mieras	3rd
2012-13	Long Jump	Alyssa Weidler	8th
2012-13	100 Meter	Callie Dewitt	5th
2012-13	200 Meter	Callie Dewitt	5th
2013-14	Discus	Jessica Mieras	7th
2013-14	High Jump	Morgan Bain	T 7th
2013-14	Long Jump	Alyssa Weidler	3rd
2013-14	Shot Put	Emma Hertz	4th
2013-14	100 Meter	Callie DeWitt	3rd
2013-14	100 Meter	Alyssa Weidler	7th
2013-14	200 Meter	Callie DeWitt	3rd
2013-14	4X100		4th

O'GORMAN GIRLS TRACK RECORD BOOK

State Track Meet Place-winners

<u>Year</u>	<u>Event</u>	<u>Runner</u>	<u>Place</u>
2014-15	Discus	Emma Hertz	1st
2014-15	Discus	Jessica Mieras	4th
2014-15	High Jump	Morgan Bain	T 8th
2014-15	Shot Put	Emma Hertz	3rd
2014-15	Shot Put	Jessica Mieras	5th
2014-5	3200 Meter	Abby Ripperda	5th
2014-15	4X800		7th
2014-15	Sprint Medley		3rd
2015-16	Discus	Emma Hertz	1st
2015-16	Shot Put	Emma Hertz	4th
2015-16	High Jump	Morgan Bain	6th
2015-16	Triple Jump	Elizabeth Kolb	4th
2015-16	4x100		7th
2015-16	4x200		5th
2016-17	100M	Callie DeWitt	1st
2016-17	200 M	Callie DeWitt	2nd
2016-17	200 M	Gozeila Bilai	6th
2016-17	400 M	Sydney Venner	5th
2016-17	800 M	Ndjakalenga Mwenenentanda	4th
2016-17	3200 Meter	Abby Ripperda	3rd
2016-17	Discus	Lexie Brady	7th
2016-17	Long Jump	Callie DeWitt	1st
2016-17	Shot Put	Lexie Brady	5th
2016-17	Triple Jump	Sydney Wambach	4th
2016-17	4x100		3rd
2016-17	4x200		4th
2016-17	4X400		2nd
2016-17	4X800		4th
2017-18	Discus	Lexie Brady	3rd
2017-18	Pole Vault	Daphne Clausen	8th
2017-18	Shot Put	Lexie Brady	3rd
2017-18	800 M	Ndjakalenga Mwenenentanda	3rd
2017-18	800 M	Alea Hardie	4th
2017-18	1600 M	Alea Hardie	3rd
2017-18	4x800		4th

O'GORMAN GIRLS TRACK RECORD BOOK

State Track Meet Place-winners

<u>Year</u>	<u>Event</u>	<u>Athlete</u>	<u>Place</u>	
2018-19	400 m	Ndjakalenga Mwenentanda	2 nd	59.52
2018-19	400 m	Elizabeth Kolb	4 th	1:00.13
2018-19	800 m	Alea Hardie	1 st	2:17.68
2018-19	1600 m	Alea Hardie	1 st	5:10.12
2018-19	4 x 400 Relay	Elizabeth Kolb, Emma Waage Alea Hardie, Ndjakalenga Mwenentanda,	1 st	4:03.10
2018-19	1600 Sprint Relay	[REDACTED]	2 nd	4:16.33
2018-19	Shot Put	Lexie Brady	2 nd	43-07.25
2018-19	Shot Put	Avery Wittry	6 th	37-06.75
2018-19	Discus	Avery Wittry	3 rd	120-05
2018-19	Long Jump	Sydney Wambach	3 rd	17-01.50
2018-19	Triple Jump	Sydney Wambach	2 nd	37-01.00
2018-19	Pole Vault	Daphne Clausen	T-4 th	10-09.00
2020-21	800 m	Alea Hardie	1 st	2:14.42
2020-21	800 m	Libby Castelli	2 nd	2:15.82
2020-21	800 m	Ruth Pardy	5 th	2:19.17
2020-21	4 x 400 Relay	Audrey Meyer, Alea Hardie, Emma Waage, Mahli Abdouch	2 nd	3:59.86
2020-21	4 x 800 Relay	Grace Waage, Allison Tschetter, Alea Hardie, Ruth Pardy	1 st	9:25.23
2020-21	4 x 200 Relay	Sydney White, Audrey Meyer, Emma Waage, Mahli Abdouch	5 th	1:45.17
2020-21	3200 m	Libby Castelli	2 nd	11:02.13
2020-21	3200m	Ruth Pardy	4 th	11:21.30
2020-21	Pole Vault	Daphne Clausen	1 st	12'1"
2020-21	Pole Vault	Rose Dvoracek	7 th	7 th
2020-21	Discus	Lexie Brady	2 nd	132'10"
2020-21	High Jump	Grace Bengford	7 th	4'11"
2020-21	1600 m	Alea Hardie	1 st	4:53.27
2020-21	1600 m	Libby Castelli	5 th	5:05.05
2020-21	1600 m	Ruth Pardy	6 th	5:05.72
2020-21	400 m	Audrey Meyer	6 th	59.92
2020-21	Medley Relay	Sydney White, Jenna Krouse, Mahli Abdouch, Grace Waage	5 th	4:19.10
2020-21	Shot Put	Lexie Brady	1 st	46'8"
2020-21	Shot Put	Avery Wittry	5 th	37'6.5"
2020-21	Shot Put	Megan VanDenHemel	7 th	36'8.5"

O'GORMAN GIRLS TRACK RECORD BOOK

2022 State Track Meet Results 1st Place 119.5 Points

Year	Event	Athlete	Place	Performance
2022	4 x 800 Relay	Kiera Pinto, Alea Hardie, Nora Boetel, Libby Castelli	2 nd	9:20.48
2022	Pole Vault	Rose Dvoracek	6 th	10-00
2022	Shot Put	Megan VanDenHemel	1st	41-05.75
2022	Shot Put	Avery Wittry	2 nd	39-03.25
	Shot Put	Makayla Tihart	23 rd	29-09
2022	3200 Meter Run	Alea Hardie	1st Meet Record + Gold	10:24.42
2022	3200 Meter Run	Libby Castelli	3 rd	10:52.01
2022	3200 Meter Run	Ruth Pardy	7 th	11:11.06
2022	800 Meter Run	Alea Hardie	1st Meet Record + Gold	2:09.64
2022	800 Meter Run	Libby Castelli	2 nd	2:15.08
2022	800 Meter Run	Ruth Pardy	6 th	2:16.94
2022	Triple Jump	Maeve Boetel	5 th	36-09.5
2022	Discus Throw	Avery Wittry	1st	133-11
2022	1600 Meter Run	Alea Hardie	1st Meet Record + Gold	4:45.33
2022	1600 Meter Run	Libby Castelli	2 nd	4:57.06
2022	1600 Meter Run	Ruth Pardy	8 th	5:10.57
2022	400 Meter Dash	Julia Eggert	7 th	59.87
2022	300 Meter Hurdles	Audrey Meyer	1st Gold	46.06
2022	300 Meter Hurdles	Klaire Oehlke	24 th	51.47
2022	1600 Sprint Medley	Kenzi Hinrich, Jenna Krouse, Maeve Boetel, Ruth Pardy	3 rd	4:14.93
2022	100 Meter Hurdles	Klaire Oehlke	15 th	16.39
2022	Girls 4x200 Relay	Kenzie Hinrich, Jenna Krouse, Julia Eggert, Audrey Meyer	11 th	1:47.36
2022	Girls 4x100 Relay	Kenzie Hinrich, Julia Eggert, Jenna Krouse, Audrey Meyer	12 th	51.10
2022	4x400 Relay	Jenna Krouse, Maeve Boetel, Audrey Meyer, Julia Eggert	7 th	4:11.71

O'GORMAN GIRLS TRACK RECORD BOOK

Metro Conference Place-winners

<u>Year</u>	<u>Event</u>	<u>Runner</u>	<u>Place</u>
2014	100 Meter	Callie Dewitt	1st
2014	100 Meter	Alyssa Weidler	5th
2014	200 Meter	Callie Dewitt	2nd
2014	400 Relay		1st
2014	Sprint Medley		3rd
2014	High Jump	Morgan Bain	5th
2014	Long Jump	Callie Dewitt	1st
2014	Long Jump	Alyssa Weidler	2nd
2014	Shot Put	Emma Hertz	4th
2014	Shot Put	Jessica Mieras	5th
2014	Discus	Jessica Mieras	2nd
2014	Discus	Emma Hertz	3rd
2015	100 Meter	Alyssa Weidler	4th
2015	1600 Meter	Abby Ripperda	5th
2015	3200 Meter	Abby Ripperda	1st
2015	300 Meter Hurdles	Alex Anderson	5th
2015	4X400 Relay		4th
2015	4X800 Relay		4th
2015	Sprint Medley		3rd
2015	High Jump	Morgan Bain	1st
2015	Long Jump	Alyssa Weidler	2nd
2015	Shot Put	Emma Hertz	3rd
2015	Shot Put	Jessica Mieras	4th
2015	Discus	Jessica Mieras	1st
2015	Discus	Emma Hertz	2nd
2016	4X800 Relay		4th
2016	4X200		4th
2016	4X100		3rd
2016	Sprint Medley		4th
2016	200 Meter	Bilal Gozella	4th
2016	4x400 Relay		5th
2016	Shot Put	Emma Hertz	2nd
2016	Discus	Emma Hertz	1st
2016	High Jump	Morgan Bain	2nd
2016	High Jump	Sebastian Akoi	3rd
2016	Triple Jump	Elizabeth Kolb	2nd

O'GORMAN GIRLS TRACK RECORD BOOK

Metro Conference Place-winners

<u>Year</u>	<u>Event</u>	<u>Runner</u>	<u>Place</u>
2017	100 Meter Hurdles	Kendyl Kreber	5th
2017	4X800		4th
2017	100 Meter	Callie Dewitt	2nd
2017	1600 Meter	Abby Rippenda	2nd
2017	4X100		1st
2017	400 Meter	Sydney Venner	4th
2017	800 Meter	Mwenentanda Ndjakalenga	2nd
2017	200 Meter	Callie Dewitt	2nd
2017	4X400		3rd
2017	Shot Put	Lexi Brady	4th
2017	Discus	Lexi Brady	5th
2017	Long Jump	Callie Dewitt	1st
2017	Long Jump	Sydney Wambach	5th
2017	Triple Jump	Elizabeth Kolb	3rd
2018	4x800		1st
2018	4x200		4th
2018	300 Meter Hurdles	Katie Vockler	4th
2018	Sprint Medley		1st
2018	800 Meter	Ndjakalenga Mwentanda	1st
2018	800 Meter	Alea Hardie	2nd
2018	4x400		3rd
2018	Shot Put	Lexie Brady	2nd
2018	Discus	Lexie Brady	4th
2018	Triple Jump	Sydney Wambach	3rd

O'GORMAN GIRLS TRACK RECORD BOOK

Metro Conference 2019 Place-winners

Event	Athlete	Place	Result / Time	Grade
100 m	Elisabeth Pujado	6 th	13.58	10
	Sydney White	7 th	13.73	10
400 m	Allison Tschetter	6 th	1:04.53	10
	Claire Thornton	7 th	1:04.92	9
1600 m	Alea Hardie	1 st	5:05.23	9
100 Hurdles	Katie Vockler	4 th	17.07	12
	Isabelle Moore	8 th	17.63	10
300 Hurdles	Katie Vockler	3 rd	48.21	12
	Isabelle Moore	6 th	51.20	10
4x100 Relay	Sydney White, Sydney Wambach Elisabeth Pujado, Karla Reyes	3 rd	51.90	
4x800 Relay	Grace Waage, Allison Tschetter, Ashton Vavra, Olivia Althoff	4 th	10:14.43	
1600 Sprint Medley	Kat Kolb, Elisabeth Pujado, Karla Reyes, Olivia Althoff	5 th	4:44:51	
High Jump	Isabelle Moore	6 th	4-08	10
Pole Vault	Daphne Clausen	3 rd	10-00	10
Long Jump	Sydney Wambach	2 nd	16-09.75	11
Triple Jump	Sydney Wambach	1 st	34-09.00	11
	Kat Kolb	7 th	32-06.75	10
Shot Put	Lexie Brady	3 rd	38-11.00	10
	Avery Wittry	4 th	36-03.00	9
	Makilie Paluch	7 th	31-07.50	12
Discus	Lexie Brady	1 st	122-04	10
	Avery Wittry	4 th	112-03	9

2020 Metro Conference Meet Cancelled Due to Covid – 19.

O'GORMAN GIRLS TRACK RECORD BOOK

2021 Metro Conference Place-winners

Event	Athlete	Place	Result / Time	Grade
200 m	Emma Waage	7 th	27.09	12
400 m	Emma Waage	3 rd	1:02.02	12
	Maggie Satter	7 th	1:04.23	12
800 m	Ruth Pardy	2 nd	2:19.00	9
	Libby Castelli	4 th	2:18.20	8
	Grace Waage	6 th	2:27.08	12
1600 m	Libby Castelli	1 st	5:00.50	8
100 Hurdles	Isabelle Moore	4 th	16.34	12
300 Hurdles	Isabelle Moore	4 th	49.33	12
	Leona Prairie	5 th	49.43	9
	Jacey Cihak	8 th	50.71	12
4x100 Relay	Sydney White, Kat Kolb, Jenna Krouse, Audrey Meyer	4 th	51.67	
4x200 Relay	Sydney White, Audrey Meyer, Jenna Krouse, Emma Waage	3 rd	1:47.35	
4x400 Relay	Audrey Meyer, Mahli Abdouch, Ruth Pardy, Alea Hardie	2 nd	4:08.71	
4x800 Relay	Grace Waage, Allison Tschetter, Alea Hardie, Ruth Pardy	1 st	9:18.47	
1600 Sprint Relay	Sydney White, Jenna Krouse, Allison Tschetter, Alea Hardie	1 st	4:12.75	
High Jump	Grace Bengford	6 th	5-00	12
Pole Vault	Daphne Clausen	1 st	10-09	129
	Leona Prairie	4 th	8-09	99
	Rose Dvoracek	5 th	8-09	109
	Riley Buus	7 th	8-09	10
Long Jump	Grace Bengford	3 rd	16-00	12
	Kat Kolb	6 th	15-04	12
Triple Jump	Kat Kolb	6 th	32-10	12
Shot Put	Lexie Brady	1 st	45-05	12
	Avery Wittry	2 nd	40-01	11
	Megan VanDenHemel	3 rd	38-03.50	11
Discus	Lexie Brady	1 st	136-09	12
	Avery Wittry	2 nd	122-06	11
	Megan VanDenHemel	7 th	95-07	11

O'GORMAN GIRLS TRACK RECORD BOOK

2022 Metro Girls Track Meet Results 3rd Place 107.5 Points

Year	Event	Athlete	Place	Performance
2022	4x800 M Relay	Kiera Pinto, Lucy Moore, Ruth Pardy, Shannon Heiman	3 rd	10:00.80
2022	100 M Hurdles	Klaire Oehlke	5 th	16.63
		Audrey Meyer	9 th	17.52
2022	100 M Dash	Audrey Meyer	8 th	13.28
		Jenna Krouse	13 th	13.56
		Tess Simon	15 th	13.73
		Diana Reyes	25 th	14.83
2022	4x200 Relay	Lucy Moore, Shannon Heiman, Raena Manning, Claire Thornton	7 th	1:58.77
2022	1600 M Run	Alea Hardie	1 st – Meet Record	4:59.98
		Cecilia Christian	11 th	6:13.63
2022	4x100 M Relay	Diana Reyes, Brroke Reaves, Katy Pellicotte, Grace Varilek	7 th	57.75
2022	400 M Dash	Libby Castelli	4 th	1:02.1
		Julia Eggert	5 th	1:02.21
		Maeve Boetel	6 th	1:04.00
		Kenzie Hinrich	16 th	1:06.19
2022	300 M Hurdles	Audrey Meyers	2 nd	48.36
		Klaire Oehlke	5 th	49.68
		Leona Prairie	16 th	55.09
2022	800 M Run	Alea Hardie	1 st	2:20.49
		Laney Castelluzzo	9 th	2:41.04
		Kate Nichols	15 th	2:51.96
2022	200 M Dash	Kenzie Hinrich	11 th	27.64
		Zoie Roghair	20 th	29.00
		Klaire Oehlke	21 st	29.06
		Olivia Sundvold	25 th	31.53
2022	3200 M Run	Libby Castelli	1 st - Meet Record	10:57.66
		Ruth Pardy	3 rd	11:21.74
		Kiera Pinto	6 th	12:18.94
2022	4x400 M Relay	Julia Eggert, Alea Hardie, Jenna Krouse, Audrey Meyer	2 nd	4:15.16
2022	Shot Put	Megan VanDenHemel	2 nd	39-03.25
		Avery Wittry	3 rd	38-00.5
		Makayla Tihart	6 th	33-08.5
		Julianna Peters	18 th	28-00.75
2022	Discus Throw	Avery Wittry	2 nd	126-03
		Megan VanDenHemel	8 th	102-11
		Juliana Peters	14 th	86-03
		Isabella Wilcox	22 nd	66-07
2022	Pole Vault	Riley Buus	5 th	J8-09
		Leona Prairie	7 th	J8-09
		Paige Clausen	8 th	J8-03
2022	High Jump	Klaire Oehlke	7 th	J4-11
		Maeve Boetel	11 th	4-09
		Sienna Struck	19 th	4-05
2022	Long Jump	Maeve Boetel	6 th	16-00.5
		Tess Simon	12 th	14-04.5
		Jenna Krouse	13 th	13-11
		Zoie Roghair	15 th	13-07.5
2022	Triple Jump	Tess Simon	10 th	31-11
		Olivia Sundvold	15 th	30-05
		Zoie Roghair	20 th	29-03.5
2022	Javelin Throw	Kira Mentele	15 th	82-05
2022		Emma Yellow Bird	17 th	78-02
2022		Ava Tobin	23 rd	65-10
2022		Sydney VanDenHemel	25 th	58-11

Metro Athletic Conference

Track and Field Meet Records

<u>Event</u>	<u>Name/School</u>	<u>Performance</u>	<u>Year</u>
100 m Dash	Ellen Merkley, Lincoln High School	12.25	2021
200m Dash	Megan Walker, Brandon Valley	24.77	2021
400m Dash	Krista Bickley, Brandon Valley	56.47	2017
800m Run	Mia Wentzy, Brandon Valley	2:18.46	2021
1600m Run	Alea Hardie, O'Gorman	4:59.98	2022
3200m Run	Courtney Klatt, Lincoln	11:21.38	2017
100m Hurdles	Brielle Dixon, Brandon Valley	14.72	2021
300m Hurdles	Taia Rude, Brandon Valley	45.33	2021
Shot Put	Lexi Brady, O'Gorman	44' 1"	2021
Discus Throw	Kyra Knudtson, Lincoln	130' 5"	2022
High Jump	Jayaunna, Stroh, Brandon Valley	5' 5"	2022
Long Jump	Lauren Merkley, Lincoln	18' 2"	2022
Triple Jump	Ryley Heier, Lincoln	37' 3"	2017
Pole Vault	Hannah Hendrick, Brandon Valley	11' 0"	2017/18
Javelin	Kaitlyn Disbrow, Harrisburg	127' 10"	2022
4x100m Relay	Lincoln	48.60	2021
	Lauren Merkley, Elizabeth Jerstad, Linnea Nesheim, Ellen Merkley		
4x200m Relay	Brandon Valley	1:44.73	2016
	Jenika Wrightsman, Cortney Bickley, Tanya Tingle, Krista Bickley		
4x400m Relay	Brandon Valley	3:57.98	2015
	Hannah Hendrick, Tanya Tingle, Cortney Bickley, Krista Bickley		
4x800m Relay	Lincoln	9:30.7	2015
	Mollie Kelly, Liz Bindert, Caroline Sudbeck, Jasmyne Cooper		
Medley Relay	O' Gorman	4:12.57	2021
	Sydney White, Jenna Krouse, Allison Tschetter, Alea Hardie		