

2025



2024 Double Podium

Knights
Track & field

O⁺GORMAN TRACK AND FIELD COACHES
2024

Hurdles

Brian Stai
Paul Kreber

Sprints/Handoffs/Starts

Alex Butterfield
Alex Robey
Mikaela Schnetter
Brian Stai

Middle/Long Distance

Aaron Strand
Steve Krier



Weights/Javelin

Vinnie Olson
Edwin Fink

Head Coach

Aaron Strand

Jumps

Trevor Hooten
Rick Lynch
Alex Robey
Mikaela Schnetter

O'Gorman Track and Field

2025 Schedule

DATE	DAY	TEAMS	LOCATION	TIME
Mar 28	Fri	Mount Marty Indoor	Mount Marty	Noon
Apr 3	Thurs.	Madison	Madison	3:30 p.m.
Apr 7	Mon	SDSU Indoor	SDSU	Noon
Apr 8	Tues.	Metro Quad	O'Gorman	3:00p.m.
Apr 12	Sat.	Brandon Valley Invite	Brandon	10:00 a.m.
Apr 15	Tues.	Metro Quad	WHS	4:00 p.m.
Apr 22	Tues.	WHS/OGHS/BV	Yankton	3:45 p.m.
Apr 24	Thurs.	Harold Scott Invite	Lincoln, NE	12:30 p.m.
Apr 29	Tues.	Yankton/Mitchell	Mitchell	4:00 p.m.
May 2	Fri.	O'Gorman Invite	O'Gorman	9:00 a.m.
May 2/3	Fri./Sat.	Howard Wood Relays	Howard Wood	9:00 a.m.
May 6	Tues.	Metro Quad	Brandon	4:00p.m.
May 8	Thurs.	Metro Conference	Howard Wood	2:30 p.m.
May 15	Thurs.	City Greeno Meet	Lincoln	2:30 p.m.
May 22	Thurs.	Qualifier	O'Gorman	2:00 p.m.
May 29-31	Thurs-Sat.	State Meet	Howard Wood	TBD

- All meets include boys and girls.
- Depending on the meet some are bring everyone and some are limited entries.
- Time schedules for events will vary depending on the track meet.

BOYS

Varsity Bests

Long Jump	22-10.75	Henry Theobald
Triple Jump	43-9	Henry Theobald
High Jump	5-11	Henry Theobald
Pole Vault	11-3	Drake Severson
Shot Put	51-10	Nolan Vandel
Discus	171-8	Nolan Vandel
Javelin	165-8	Hayden Groos
110M Hurdles	16.30	Brody Tynan
300M Hurdles	42.81	Krayton Raasch
100M Dash	10.83	Jase Thiesse
200M Dash	22.38	Jase Thiesse
400M Dash	49.30	Kellen Askew
800M Dash	1:58.99	Jack Castelli
1600M Run	4:26.84	Jack Castelli
3200M Run	9:47.65	Evan Mahrous
4X100M Relay	42.84	AndyW PeytonM MaverickJ GarrisonS
4X200M Relay	1:29.53	NickN AndyW MaverickJ PeytonM
4X400M Relay	3:20.51	AshtonB MavericJ MalachiK KellenA
4X800M Relay	8:13.45	EvanM MalachiK DominicR JackC
Medley Relay	3:37.61	AshtonB AndyW KellenA JackC

Soph Bests

Long Jump	21-3	Jase Thiesse
Triple Jump		
High Jump	5-2	Brody Tynan
Pole Vault		
Shot Put	43-4	Rip Siemonsma
Discus	126-8	Rip Siemonsma
Javelin	138-9	Preston Vucurevich
110M Hurdles	16.30	Brody Tynan
300M Hurdles	43.22	Brody Tynan
100M Dash	10.83	Jase Thiesse
200M Dash	22.38	Jase Thiesse
400M Dash	51.99	Jase Thiesse
800M Dash	2:17.00	Will Sorenson
1600M Run	5:06.70	Will Sorenson
3200M Run	11:15.48	Will Sorenson

Long Jump	18-10	Alex Christian
Triple Jump		
High Jump	5-7	Alex Christian
Pole Vault	11-3	Drake Severson
Shot Put	37-2.5	Jace Burke
Discus	90-2	Dillon Fitzgerald
Javelin	113-3	Dillon Fitzgerald
110M Hurdles	17.34	Emeric Benson
300M Hurdles	44.56	Brody Tynan
100M Dash	11.77	Isaac Meyers
200M Dash	24.40	Isaac Meyers
400M Dash	52.95	Isaac Meyers
800M Dash	2:08.11	Myles Degrang
1600M Run	4:58.95	Myles Degrang
3200M Run		

O'Gorman Knight's 2024 Best Board

GIRLS

Varsity Bests

Long Jump	16-10	Mahli Abdouch
Triple Jump	32-3	Alivia Satter
High Jump	5-2	Ellie Meyer
Pole Vault	11-1	Paige Clausen
Shot Put	37-1	Abigail Alpers
Discus	112-5	Abigail Alpers
Javelin	97-5	Lauren Meyer
100M Hurdles	15.89	Klaire Oehlke
300M Hurdles	46.73	Lucy Moore
100M Dash	12.55	Mahli Abdouch
200M Dash	26.72	Julia Eggert
400M Dash	58.04	Julia Eggert
800M Dash	2:12.07	Libby Casteli
1600M Run	4:54.60	Libby Castelli
3200M Run	10:40.62	Libby Castelli
4X100M Relay	50.96	LolaS AlianaB MaggieM MahliA
4X200M Relay	1:51.53	MadisonM LolaS MaggieM MoxieB
4X400M Relay	4:02.62	AlainaB LucyM CeciliaC JuliaE
4X800M Relay	9:54.56	NoraB CeciliaC RuthP BellaK
Medley Relay	4:03.57	MoxieB MahliA JuliaE LibbyC

Frosh Bests

Long Jump	15-1.5	Lydia Eggert
Triple Jump	32-1.75	Lucy Koziara
High Jump	4-4	Lola Schoenwald
Pole Vault		
Shot Put	37-1	Abigail Alpers
Discus	112-5	Abigail Alpers
Javelin		
100M Hurdles	15.89	Lola Schoenwald
300M Hurdles	49.94	Lydia Eggert
100M Dash	13.21	Maggie McGuire
200M Dash	28.04	Lola Schoenwald
400M Dash	65.84	Lucy Koziara
800M Dash	2:43.28	Ruby Moore
1600M Run		
3200M Run		

Knight Pride!

***O⁺GORMAN TRACK AND FIELD
T-SHIRT AWARD STANDARDS***

<u>Event</u>	<u>Standard for Girls</u>	<u>Standard for Boys</u>
100 Meter Dash	13.40	11.70
200 Meter Dash	28.00	24.00
400 Meter Dash	64.00	54.00
800 Meter Run	2:32.94	2:08.94
1600 Meter Run	5:50.34	5:02.10
3200 Meter Run	13:00.24	11:15.94
100 Meter Hurdles	17.25	16.75
300 Meter Hurdles	51.00	46.25
High Jump	4-7	5-5
Long Jump	15-0	19-3
Triple Jump	31-5	37-5
Shot Put	28-5	40-5
Discus Throw	85-0	115-0
Pole Vault	8-9	9-6
Javelin	65-0	110-0

--No T-shirt awards will be given in the relay events

--Only one T-shirt will be given per track meet

--Standards will change only for the person who exceeds that standard

--Once you win a T-shirt, find out what your next standard has been improved to

2025 SPRING TRACK
O⁺GORMAN HIGH SCHOOL

Practice Time: Daily at 3:40 p.m. Dressed and meet in the gym.
Early dismissals: Meet 20 minutes after the last bell.

Regular Practice Time: 3:40 p.m. until approximately 5:15 to 5:30 p.m.

8th Period: Freshmen with 8th period open will meet for Decathlon events and extra work on events. Freshmen will practice after school with the team on a regular basis. There will be some days that freshmen will be done by 3:45 to 4:00 p.m.

Absences: If you know you will miss practice, YOU MUST NOTIFY A COACH IF POSSIBLE. DO NOT LEAVE DURING THE DAY WITHOUT INFORMING ONE OF THE COACHES.

Uniform Checkout: All Varsity and JV athletes will check out a school issued uniform and warm-ups. Please do not wear these things to practice.

Equipment Needed: Locker and lock—to be provided by the school.
Uniform for track meets—provided by the school.
Bad weather gear: hats, gloves, windbreaker.
Have these things available all season!
Running shoes: Look for a moderately priced pair of shoes. Many of the local sports stores will offer a 10-20% discount if you inform them you are a high school athlete.

GENERAL TRACK INFORMATION

1. The weight room is available for track athletes only during regular practice hours: 3:40 - 5:30.
2. Regular track meet events participated in at each meet are listed in this booklet. Check records pages.
3. All track athletes are required to follow school policy regarding eligibility rules.
4. Practice will start at 3:40 or 20 minutes after each school day has been completed. Any exceptions to this will be broadcast on the announcements.
5. If you are leaving school for any reason, please inform one of the track coaches yourself.
6. T-Shirt Awards will be awarded as a prize for all athletes who meet or exceed "O⁺G Standards" as set up in this booklet. Once an athlete has met his/her goal, a new standard will be set. Only one T-shirt per meet.
7. For all people who have jobs, you are required to be at practice at all times. PLEASE try to work your schedule out now to save conflicts later. Your boss will usually switch your schedule for you. 5:30 would be ideal.
8. Using discipline and dedication to guide you through this early part of the season will only ensure O⁺GORMAN another successful track season.

***O⁺GORMAN HIGH SCHOOL VARSITY TRACK AND FIELD
LETTER AWARD REQUIREMENTS***

- I. Minimum requirements for all award candidates:
 - A. Attend practice regularly.
 - B. Care and return of all equipment.
 - C. Contribute to over-all welfare and attitude of the team.
 - D. Adhere to the guidelines established for all team members.
 - E. Participate in all meets, practices, and other team functions.
 - F. Completion of Track & Field season.

- II. An athlete may win a letter award by meeting any one of these requirements:
 - A. Scoring team points in the METRO meet.
 - B. Qualifying for the State Track Meet.
 - C. Break or tie an existing school record.
 - D. Compile an average score of one (1) point or more in all Varsity Meets.
 - E. Coaches' discretion.

Knights Track and Field 2024 Letter Winners

Grade	Name	Grade	Name
12	Abdouch Mahli	12	Askew Kellen
12	Bierema Alaina	12	Bathke Tayten
12	Burgwald Noelle	12	Bierma Ashton
12	Clausen Paige	12	Castelli Jack
12	Dvoracek Rose	12	Donohoe Noah
12	Eggert Stella	12	Groos Hayden
12	Honner Anna	12	Hericks Noah
12	Johnson Nora	12	Hove Jack
12	Kim Subeen	12	Jones Maverick
12	Kippes Bella	12	Kwasa Malachi
12	Manning Raena	12	Majeres Dylan
12	Massarello Madison	12	Mausbach Peyton
12	Meyer Lauren	12	North Nick
12	Moore Lucy	12	Raasch Krayton
12	O'Connor Hayley	12	Ripperda Dominic
12	Pardy Ruth	12	Rysavy Dawson
12	Prairie Leona	12	Satter Ryland
12	Richardson Sarah	12	Theobald Henry
12	VanDenHemel Sydney	12	White Andy
12	Vavra Allison	12	Wilcox Lathan
11	Boetel Nora	11	Bauer Dawson
11	Castelli Libby	11	Hofer Aidan
11	Christian Cecilia	11	Mahrous Evan
11	Eggert Julia	11	Schlinggen Sullivan
11	Oehlke Klaire	11	Vandel Nolan
10	Castelluzzo Laney	10	Schoenwald Garrison
10	O'Connor Lily	10	Tynan Brody
9	Eggert Lydia	9	Meyers Isaac
9	Koziara Lucy		
9	McGuire Maggie		
9	Schoewald Lola		
8	Alpers Abigail		
8	Barch Moxie		
8	Hillman Loretta		
8	Meyer Ellie		

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i> Track Meeting G-100	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i> <i>First Day</i> <i>Practice!</i> <i>Wrestling</i> <i>Room.</i>	<i>11</i>	<i>12</i>	<i>13</i> <i>State</i> <i>GBB</i> <i>Normal</i> <i>Practice</i>	<i>14</i> <i>State</i> <i>GBB</i> <i>Normal</i> <i>Practice</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i> <i>State</i> <i>BBB</i> <i>Practice</i> <i>TBD</i>	<i>21</i> <i>State</i> <i>BBB</i> <i>Practice</i> <i>TBD</i>	<i>22</i>
<i>23</i>	<i>24</i>	<i>25</i> <i>Gear Check</i> <i>Out Girls 10th</i> <i>-12th</i>	<i>26</i> <i>Gear Check</i> <i>Out Boys</i> <i>10th-12th</i>	<i>27</i> <i>9th Boys</i> <i>and Girls</i> <i>Gear check</i> <i>out.</i>	<i>28</i> <i>Mount Marty</i> <i>Indoor @</i> <i>Mount Marty</i> <i>(Limited</i> <i>Group)</i>	<i>29</i>
<i>30</i>	<i>31</i>					

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 <i>Madison Dual @ Madison</i>	4	5
6	7 <i>SDSU Indoor @SDSU (Limited Group)</i>	8 <i>Metro Quad @ OGHS</i>	9	10	11 <i>Team Photo</i>	12 <i>Brandon Invite</i>
13	14 <i>JH Track and Field @ OG</i>	15 <i>Metro Quad @ WHS</i>	16	17 <i>1/2 Day School. Practice right after</i>	18 <i>Good Friday Practice TBD</i>	19
20 <i>Happy Easter!</i>	21 <i>No School Practice 3:30</i>	22 <i>Quad @ Yankton</i>	23	24 <i>Harold Scott Invite @ Lincoln, NE. Limited Group</i>	25	26
27	28 <i>JH Track and Field @ OG</i>	29 <i>Yank/ Mitchell @ Mitchell</i>	30			

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 <i>OG Invite HW Relays</i>	3 <i>HW Relays</i>
4	5	6 <i>Metro Quad @ Harris- burg</i>	7 <i>JV Check In.</i>	8 <i>Metro Meet @ Howard Wood</i>	9	10
11	12	13 <i>Finals 3PM Practice Youth Track Camp</i>	14 <i>Finals 3PM Practice</i>	15 <i>Finals Greeno City Meet @ LHS</i>	16	17
18	19 <i>Practice 3:30</i>	20 <i>Practice 3:30 Youth Track Camp</i>	21 <i>Practice 3:30</i>	22 <i>Last Chance Meet @ OGHS</i>	23 <i>Practice TBD</i>	24
25	26 <i>Practice 3:30 State Week</i>	27 <i>Practice 3:30 State Week Youth Track Camp</i>	28 <i>Practice 3:30 State Week State Team Banquet</i>	29 <i>State Track @ Howard Wood</i>	30 <i>State Track @ Howard Wood</i>	31 <i>State Track @ Howard Wood</i>

To: Faculty
From: Aaron Strand—Track Coach
Re: Track Dismissals for spring 2025

Faculty,

Below I have listed the dates that our track kids will need to be excused from the building early to travel to area track and field meets. Every meet we bring different athletes. I will send a roster each week so you know who is going to be gone. The kids are always told to talk to you in advance. Thanks for your continued help in making this work.

Thanks. Aaron

Friday March 28:	Out of school all day for Mount Marty Indoor (Limited)
Thurs April 3:	Out of school at 12:50PM for Madison Dual. (Full Team)
Mon April 7:	Out of school after 1st period for SDSU Indoor (Very Limited)
Tuesday April 8:	Out of School at 1:30pm Metro Quad @ O’Gorman. (Full Team)
Tuesday April 15 :	Out at 1:30pm for Metro Quad @ WHS (Full Team)
Tuesday April 22:	Out of School at 12:35pm — Quadrangular @ YHS. (Limited)
Thursday April 24:	Out of School all Day for Lincoln, NE Invite (Limited)
Tuesday April 29:	Out of School at 1:00pm—Yankton/Mitchell @ Mitchell. (Full Team)
Tuesday May. 6:	Out of School at 1:30pm Metro Quad @ Brandon. (Limited)
Thursday May 8:	Out of School at 12:35pm: Metro @ Howard Wood (Limited)



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 11.99 2017
 - 2. Lisa McDowell 12.14 1976
 - 3. Mahli Abdouch 12.55 2024
 - 4. Katie Bunkers 12.64 2002
 - 5. Lisa Hohn 12.74 1988
 - Mary Lien 12.74 1994
 - Alyssa Weidler 12.74 2015
 - Gozeila Bilal 12.74 2016

- 200m Dash**
- 1. Callie DeWitt 24.84 2017
 - 2. Lisa McDowell 25.04 1976
 - 3. Gozeila Bilal 25.89 2017
 - 4. Julia Eggert 26.00 2023
 - 5. Katie Bunkers 26.14 2002

- 400m Dash**
- 1. Katie Bunkers 57.84 2002
 - 2. Julia Eggert 57.97 2023
 - 3. Abbey VanDenBerg 58.62 2009
 - 4. Libby Castelli 58.79 2024
 - 5. Mary Stoll 58.84 1998
 - Chandler Nielsen 58.84 2008

- 800m Run**
- 1. Alea Hardie 2:09.64 2022
 - 2. Libby Castelli 2:12.07 2024
 - 3. Mary Margaret Nelson 2:15.50 2006
 - 4. Chandler Nielsen 2:16.00 2009
 - 5. Karla Hay 2:16.40 1987

- 1600m Run**
- 1. Alea Hardie 4:44.25 2022
 - 2. Libby Castelli 4:51.11 2023
 - 3. Karla Hay 5:01.40 1987
 - 4. Ruth Pardy 5:02.19 2023
 - 5. Julie Pederson 5:08.70 1983

- 3200m Run**
- 1. Alea Hardie 10:10.83 2022
 - 2. Libby Castelli 10:39.65 2023
 - 3. Ruth Pardy 11:00.65 2023
 - 4. Paige Orcutt 11:09.60 2005
 - 5. Kris Ellenbecker 11:11.99 1991

- 100m Hurdles**
- 1. Lisa McDowell 14.34 1976
 - 2. Kaylee Prochniak 15.45 2010
 - 3. Mindy Zehnpfennig 15.64 1988
 - 4. Audrey Meyer 15.79 2023
 - 5. Klaire Oehlke 15.89 2024

GIRLS TRACK AND FIELD RECORDS

100 Meters:	Callie DeWitt	2017	11.99
200 Meters:	Callie DeWitt	2017	24.84
400 Meters:	Katie Bunkers	2002	57.84
800 Meters:	Alea Hardie	2022	2:09.64
1600 Meters:	Alea Hardie	2022	4:44.25
3200 Meters:	Alea Hardie	2022	10:10.83
100 Hurdles:	Lisa McDowell	1976	14.34
300 Hurdles:	Audrey Meyer	2023	45.21
Long Jump:	Callie DeWitt	2017	18’7½”
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:	Lauren Meyer	2024	97’5”
Pole Vault:	Mallory Peck	2005	12’7”
4 X 100 Relay:	Elizabeth Kolb Gozeila Bilal Gabbi Holbert Callie DeWitt	2017	48.89
4 X 200 Relay:	Gozeila Bilal Elizabeth Kolb Sydney Venner Callie DeWitt	2017	1:42.93
4 X 400 Relay:	Audrey Meyer Alea Hardie Emma Waage Mahli Abdouch	2021	3:59.86
4 X 800 Relay	Kiera Pinto Ruth Pardy Libby Castelli Alea Hardie	2022	9:17.24
Medley Relay:	Moxie Barch Mahli Abdouch Julia Eggert Libby Castelli	2024	4:03.57

O’Gorman Track Top Five All-Time Performances

- 300m Hurdles**
- 1. Audrey Meyer 45.21 2023
 - 2. Lucy Moore 46.73 2024
 - 3. Mindy Zehnpfennig 47.14 1987
 - 4. Katie Vockler 47.30 2019
 - 5. Kasey Krull 48.54 1996

- Pole Vault**
- 1. Mallory Peck 12’7” 2005
 - 2. Daphne Clausen 12’1” 2021
 - 3. Rose Dvoracek 11’6” 2023
 - 4. Paige Clausen 11’1” 2024
 - 5. Leona Prairie 11’0” 2024

- High Jump**
- 1. Andrea Wilson 5’5” 2002
 - 2. Meg Bucy 5’4” 2002
 - Teresa Garry 5’4” 1976
 - Megan Powell 5’4” 1996
 - 5. Ellie Meyer 5’3” 2023

- Triple Jump**
- 1. Mallory Peck 37’2” 2005
 - 2. Sydney Wambach 37’1” 2019
 - 3. Abbey VanDenBerg 36’10½” 2010
 - 4. Maeve Boetel 36’9½” 2022
 - 5. Meg Bucy 36’2” 2003

- Long Jump**
- 1. Callie DeWitt 18’7½” 2017
 - 2. Abbey VanDenBerg 18’5” 2010
 - 3. Sydney Wambach 17’7” 2019
 - 4. Mallory Peck 17’6½” 2005
 - 5. Lisa McDowell 17’5” 1976

- Shot Put**
- 1. Lexi Brady 46’8” 2021
 - 2. Megan VanDenHemel 41’5¾” 2022
 - 3. Kae Januschka 41’5½” 2011
 - 4. Avery Wittry 41’1¼” 2019
 - 5. Emma Hertz 40’7¼” 2015

- 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

- Javelin**
- 1. Lauren Meyer 97’5” 2024
 - 2. Kiera Mentele 94’8” 2022
 - 3. Allison Vavra 85’1” 2023
 - 4. Avery Wittry 83’7” 2022
 - 5. Emma Yellow Bird 81’8” 2022



O'GORMAN KNIGHTS

BOYS TRACK AND FIELD “TOP 5 ALL TIME” LIST

O’Gorman Track Top Five All-Time Performances

100m Dash

- 1. Jade Anstine 10.65 2023
- 2. Jase Thiesse 10.83 2024
- 3. Sullivan Schlimgen 10.89 2024
- 4. Canyon Bauer 10.94 2018
- 5. Peyton Mausbach 10.96 2024

200m Dash

- 1. Jade Anstine 21.98 2023
- 2. Jase Thiesse 22.38 2024
- 3. Alex Butterfield 22.44 1997
- 4. Trevor Hooten 22.44 2008
- 5. Peyton Mausbach 22.46 2024

400m Dash

- 1. Sam Castle 49.26 2023
- 2. Kellen Askew 49.30 2024
- 3. Rick Kiley 49.34 1972
- 4. Andrew Reuter 49.42 2016
- 5. Tyler Bartling 49.74 2002

800m Run

- 1. Sam Castle 1:54.26 2023
- 2. Tiegen Lindner 1:54.29 2016
- 3. Chance Freese 1:55.10 2013
- 4. Tyler Kendle 1:55.50 2004
- 5. Aaron Strand 1:56.60 1997

1600m Run

- 1. Tiegen Lindner 4:18.64 2016
- 2. Jason Greene 4:18.80 1995
- 3. Mike McCulloch 4:22.70 1984
- 4. Jack Castelli 4:24.04 2023
- 5. Jeff Eneboe 4:25.60 1995

3200m Run

- 1. Jason Greene 9:36.50 1995
- 2. Jack Castelli 9:43.65 2023
- 3. Tiegen Lindner 9:45.30 2016
- 4. Connor Branick 9:45.60 2012
- 5. Sam Kean 9:47.60 1997

110m Hurdles

- 1. Matt Merritt 14.64 1995
- 2. Anthony Blaine 14.84 2000
- 3. Mike Sabers 14.96 1993
- 4. Jerry Marr 15.14 1969
- 5. Steve Sabers 15.34 1984
- Mike Bollinger 15.34 1998

BOYS TRACK AND FIELD RECORDS

100 Meters:	Jade Anstine 2023	10.65
200 Meters:	Jade Anstine 2023	21.98
400 Meters:	Sam Castle 2023	49.26
800 Meters:	Sam Castle 2023	1:54.26
1600 Meters:	Tiegen Lindner 2016	4:18.64
3200 Meters:	Jason Greene 1995	9:36.50
110 Hurdles:	Matt Merritt 1995	14.64
300 Hurdles:	Matt Merritt 1995	38.74
Long Jump:	Henry Theobald 2024	22’10 ³ / ₄ ”
Triple Jump:	Luke Fritsch 2016	46’5”
Shot Put:	Jeff Lukens 1976	59’7 ¹ / ₂ ”
Discus:	Tom Slattery 1983	173’5”
High Jump:	Joe Lynch 2021	6’7”
Javelin:	Hayden Groos 2024	165’8”
Pole Vault:	Brendan Branick 2014	14’0”
4 X 100 Relay:	Jase Thiesse Bennett Dannenbring Maverick Jones Jade Anstine 2023	42.62
4 X 200 Relay:	Jase Thiesse Kyle Konechne Bennett Dannenbring Jade Anstine 2023	1:28.29
4 X 400 Relay:	Kellen Askew Kyle Konechne Ashton Bierema Sam Castle 2023	3:20.18
4 X 800 Relay	Scott Hargens Jared Greenfield Patrick Klotzbach Tyler Kendle 2004	7:50.00
Medley Relay:	Greg Frankman Dave Cota Dan Crawford Randy Headrick 1970	3:32.40

O’Gorman Track Top Five All-Time Performances

300m Hurdles

- 1. Matt Merritt 38.74 1995
- 2. Matt Begeman 39.84 2002
- 3. Alex Hertz 39.94 2018
- 4. Luke Fritsch 40.18 2016
- 5. Mike Sabers 40.24 1993

Pole Vault

- 1. Brendan Branick 14’0” 2014
- 2. Jay Carlson 13’6” 1981
- Tycho Clausen 13’6” 2018
- Mikal Bennett 13’6” 2022
- 5. Brad Freidel 13’3” 1979

High Jump

- 1. Joe Lynch 6’7” 2021
- 2. Mark Payne 6’6” 1978
- Jack Peery 6’6” 2016
- Manny Struck 6’6” 2022
- 5. Dave Bruhn 6’4” 1985

Triple Jump

- 1. Luke Fritsch 46’5” 2016
- 2. Kelby Tague 45’5” 2010
- 3. Brian Ross 45’¹/₂” 1982
- 4. Aidan Hofer 44’8³/₄” 2023
- 5. Ryan Good 44’8” 1990

Long Jump

- 1. Henry Theobald 22’10³/₄” 2024
- 2. Dennis Schoenwald 22’6” 1993
- 3. Jim Hargens 22’3³/₄” 1970
- 4. Kelby Tague 22’2” 2010
- 5. Luke Fritsch 21’10¹/₂” 2015

Shot Put

- 1. Jeff Lukens 59’7” 1976
- 2. Steve Lukens 55’10” 1979
- 3. Mike Hardie 55’4” 2010
- 4. Cedrick Lang 54’11” 2011
- 5. Jared Kantack 54’8” 2003

Discus

- 1. Tom Slattery 173’5” 1983
- 2. Nolan Vandel 171’8” 2024
- 3. Jason Whiting 170’6” 1997
- 4. Ryan Sheppard 165’2” 2002
- 5. Austin Pharis 161’6” 2013

Javelin

- 1. Hayden Groos 165’8” 2024
- 2. Gabe Tschetter 146’1” 2022
- 3. Dylan Majeres 140’3” 2024
- 4. Preston Vucurevich 138’9” 2024
- 5. Sam Pardy 116’6” 2022

O⁺GORMAN TRACK AND FIELD
SOPHOMORE TRACK AND FIELD RECORDS

<u>Event</u>	<u>Record Holder</u>
100m Dash	Jase Thiesse 10.83 – 2024
200m Dash	Jase Thiesse 22.38 – 2024
400m Dash	Jackson Meyer 50.25 – 2018
110m Hurdles	Matt Merritt 15.14 – 1993
300m Hurdles	Matt Merritt 40.64 – 1993
800m Run	Tiegen Lindner 2:00.0 – 2014
1600m Run	Jason Greene 4:26.50 – 1994
3200m Run	Jason Greene 9:44.50 – 1994
Shot Put	Steve Lukens 55-10.75 – 1977
Discus	Austin Pharis 153-7 – 2011
Triple Jump	Luke Fritsch 44-1.5 – 2014
Long Jump	Dennis Schoenwald 22-3.5 – 1991
High Jump	Joe Lynch 6-2 – 2019
Pole Vault	Tycho Clausen 12-9 – 2017
Javelin	Hayden Groos 147-0 – 2022

O⁺GORMAN TRACK AND FIELD
GIRLS FRESHMEN TRACK AND FIELD RECORDS (as of 2002)

<u>Event</u>	<u>Record Holder</u>
100m Dash	Callie DeWitt 12.49–2014
200 m Dash	Callie DeWitt 25.70 – 2014
400m Dash	Julia Eggert 58.93 – 2022
110m Hurdles	Klaire Oehlke 16.39 – 2022
300m Hurdles	Jenn Lammers 49.04 – 2002
800m Run	Libby Castelli 2:13.40 – 2022
1600m Run	Libby Castelli 4:57.06 – 2022
3200m Run	Libby Castelli 10:50.82 – 2022
Shot Put	Lexie Brady 41-4.5 – 2018
Discus	Lexie Brady 118-1 – 2018
Triple Jump	Elizabeth Kolb 35-8.5 – 2016
Long Jump	Abbey VanDenBerg 17-8.25 – 2008
High Jump	Morgan Bain 5-0 – 2014 Britta Kolb 5-0 – 2002
Pole Vault	Daphne Clausen 10-3 – 2018
Javelin	Ryann Winterboer 75-0 – 2022

O⁺GORMAN TRACK AND FIELD
BOYS FRESHMEN TRACK AND FIELD RECORDS

<u>Event</u>	<u>Record Holder</u>
100m Dash	Jase Thiesse 11.09 - 2023
200m Dash	Jase Thiesse 22.94 - 2023
400m Dash	Mark Buehler 52.44 – 1976
110m Hurdles	Matt Merritt 15.54 – 1992
300m Hurdles	Matt Merritt 42.14 – 1992
800m Run	Bill Dunn 2:03.40 – 1982
1600m Run	Jason Greene 4:30.70 – 1993
3200m Run	Jack Castelli 9:56.98 – 2021
Shot Put	Steve Lukens 51-7 – 1976
Discus	Dan Oswald 132-6 – 2006
Triple Jump	Luke Fritsch 42-3 – 2013
Long Jump	Dennis Schoenwald 22-3.75 – 1990
High Jump	Joe Lynch 6-0 – 2018 Manny Struck 6-0 – 2019
Pole Vault	Tycho Claussen 11-3 – 2016 Drake Severson 11-3 – 2024
Javelin	Hayden Groos 138-2 – 2021

FRESHMEN DECATHLON RECORDS

<u>Event</u>	<u>Boys Record/Year</u>	<u>Girls Record/Year</u>
Vertical Jump	Dan Windschill 31 2005	Alex Anderson 27 2013
Standing Long Jump	Matt Nelson 9-1 1999	Hannah VanDeMark 7-11 2008
40	Andrew Rueter 4.9 2014 Dodi Makwinja 4.9 2013 Canyon Bauer 4.9 2016	Chandler Nielsen 5.3 2009
Shot Put	Dodi Makwinja 38-2 2013	Lexie Brady 40-2 2018
High Jump	Tyler Klein 5-6 2000 Jacob Patterson 5-6 2001 Steven Payne 5-6 2008 Sully Schlimgen 5-6 2022	Andrea Wilson 4-10 2000
8 Minute Run	Jeff Eneboe 27 1992	Libby Castelli 25 2022
Shuttle Run	Conor Pavelko 7.9 2018 Sully Schlimgen 7.9 2022	Emma Waage 8.4 2018
100 Hurdles	Pat Brennan 14.6 1997 Luke Fritsch 14.6 2013	Klaire Oehlke 16.5 2022
200	Kelby Tague 23.8 2008	Julia Eggert 27.6 2022
600	Jason Greene 1:30 1993	Ruth Pardy 1:42 2021 Libby Castelli 1:42 2022

2024 Track and Field Awards

VARSIITY AWARDS:

• MVP" AWARDS FOR OUR DIFFERENT GROUPS: Ability, Leadership, Work Ethic,
MVP MALES FOR FOLLOWING GROUPS:

THROWS: Nolan Vandel

SPRINTS: Jase Thiesse

JUMPS: Henry Theobald

DISTANCE: Jack Castelli

MVP FEMALES FOR FOLLOWING GROUPS:

THROWS: Lauren Meyers

SPRINTS: Julia Eggert

JUMPS: Rose Dvorack

DISTANCE: Libby Castelli

Special Senior Awards: **Senior List/ T-Shirt Award**

Records and Top 5 All Time:

Mahli Abdouch 100 12.74 3rd, Libby Castell 400 58.79 4th + 800 2:12.07 2nd, Klaire Oehlke 100H 15.89 5th, Lucy Moore 300H 46.73 2nd, Jase Thiesse 100 10.83 2nd and 200 22.38 2nd, Andy White 200 22.48 4th, Peyton Mausbach 200 22.50 5th, Nolan Vandel Discus 171-8 2nd, Hayden Groos Jav 165-8 1st, Preston Vucurevich Jav 138-9 4th, Dylan Majors Jav 140-3 3rd, Kellen Askew 400 49.63 4th, Sully Schlimgen 100 10.99 4th

Conference Champs: Conference Champs: **Julia Eggert 400, Libby Castelli 800, Boys 4x800-Dominic Ripperda, Evan Mahrous, Malachi Kwasa, Jack Castelli Boys 4x400 Kellen Askew, Maverick Jones, Jase Thiesse, Ashton Bierema**

Academic All-Metro: Out for Track this season, and a grade point average of 3.5 or higher:

Henrey Theobald, Ruth Pardy, Hayden Groos, Allison Vavra, Maverick Jones, Lauren Meyer, Noah Donohoe, Noah Hericks, Dominic Ripperda, Noelle Burgwald, Stella Eggert, Andrew White, Nora Johnson, Kellen Askew, Dylan Majeres, Madison Massarello, Hayley O'Connor, Raena Manning, Lucy Moore, Alaina Bierema, Anna Honor, Jack Hove, Dawson Rysavy, Rose Dvoracek, Sydney VanDenHemel, Mahli Abdouch, Leona Prairie, Ashton Bierema, Malachi Kwasa,

Academic All-State: Out for Track for 2 or more years, and a grade point average of 3.5 or higher:

Henrey Theobald, Ruth Pardy, Hayden Groos, Allison Vavra, Maverick Jones, Lauren Meyer, Noah Donohoe, Noah Hericks, Dominic Ripperda, Noelle Burgwald, Stella Eggert, Andrew White, Nora Johnson, Kellen Askew, Dylan Majeres, Madison Massarello, Raena Manning, Lucy Moore, Alaina Bierema, Jack Hove, Dawson Rysavy, Rose Dvoracek, Sydney VanDenHemel, Mahli Abdouch, Leona Prairie, Ashton Bierema, Malachi Kwasa,

Team Results!

**O'Gorman Track and Field
2024 Team Results**

Go Knights!

Date:	Day:	Teams/Meet:	Location	Boys Place	Girls Place:
Mar. 22	Friday	Mount Marty Indoor	Yankton	No Points Kept	No Points Kept
Mar. 26	Tuesday	Madison Dual	Madison	Weather	Weater
Apr. 1	Monday	SDSU Indoor	Brookings	No Points Kept	No Points Kept
Apr. 2	Tuesday	Metro Quad	Harrisburg	Weather	Weather
Apr. 6	Saturday	Brandon Invite	Brandon	Weather	Weather
Apr. 11	Tuesday	Metro Quad	O'Gorman	No Points Kept	No Points Kept
Apr. 16	Tuesday	YK/BV/WHS/OG Quad	O'Gorman	Weather	Weather
Apr. 18	Thursday	Lincoln Nebraska Invite (20 Teams)	Lincoln,NE	7th	9th
Apr. 23	Tuesday	Metro Quad	Jefferson	No Points Kept	No Points Kept
Apr. 25	Thursday	Metro Conference Meet	HW Field	4th	5th
Apr. 30	Tuesday	Yankton/Mitchell Triangular	Mitchell	No Points Kept	No Points Kept
May. 3	Friday	OG Invite(48 Teams)	O'Gorman	No Points Kept	No Points Kept
May 3 + 4	Fri/Sat	Howard Wood Relays	HW Field	No Points Kept	No Points Kept
May. 10	Friday	Greeno City Meet (7 Teams)	O'Gorman	2nd	2nd
May. 16	Thursday	Last Chance Qualifier (7 Teams)	Yankton	No Points Kept	No Points Kept
May.23-25	Thur-Sat	State Meet (18 Teams)	Howard Wood	4th	4th

Knights Track and Field

Set Team Goals for 2023!

2025 STATE TRACK & FIELD MEET SCHEDULE

May 29-31, 2025 – Howard Wood Field, Sioux Falls

Track Events Order = Girls B-A-AA, followed by Boys B-A-AA

THURSDAY	TRACK		FIELD	
	11:00 AM	Girls 100 Meter Hurdles - Prelims	10:00 AM	B Girls Pole Vault
	11:20 AM	Boys 110 Meter Hurdles - Prelims	10:30 AM	B Boys Long Jump
	11:40 AM	Girls 3200 Meter Relay - Finals		A Boys High Jump
	12:50 PM	Boys 3200 Meter Relay - Finals		A Boys Shot Put
	1:50 PM	Girls 100 Meter Dash - Prelims		AA Boys Javelin
	2:15 PM	Boys 100 Meter Dash - Prelims	1:00 PM	B Girls Long Jump
	2:40 PM	Girls 400 Meter Relay – Prelims		A Girls Javelin
	3:10 PM	Boys 400 Meter Relay - Prelims		AA Girls Pole Vault
	3:40 PM	Girls Sprint Medley - Finals		AA Girls Shot Put
	4:40 PM	Boys Sprint Medley - Finals		B Boys Discus
				AA Boys Triple Jump
			3:30 PM	B Girls Discus
				A Girls High Jump
		AA Girls Triple Jump		
		4:00 PM	A Boys Pole Vault	

FRIDAY	TRACK		FIELD	
	9:30 AM	Girls 3200 Meter Run - Finals	9:00 AM	B Girls High Jump
	10:20 AM	Boys 3200 Meter Run - Finals		A Girls Discus
	11:00 AM	Girls 800 Meter Relay - Prelims		A Girls Pole Vault
	11:40 AM	Boys 800 Meter Relay - Prelims		B Boys Shot Put
	12:20 PM	Girls 400 Meter Dash - Prelims		A Boys Triple Jump
	12:50 PM	Boys 400 Meter Dash - Prelims	11:30 AM	B Girls Javelin
	1:20 PM	Girls 300 Meter Hurdles - Prelims		A Girls Triple Jump
	1:45 PM	Boys 300 Meter Hurdles - Prelims		AA Girls Long Jump
	2:10 PM	Girls 800 Meter Run - Finals		B Boys High Jump
	2:35 PM	Boys 800 Meter Run - Finals		AA Boys Discus
	3:00 PM	Girls 200 Meter Dash - Prelims	12:00 PM	AA Boys Pole Vault
	3:20 PM	Boys 200 Meter Dash - Prelims	2:00 PM	A Girls Shot Put
	3:35 PM	Girls 1600 Meter Relay - Prelims		AA Girls Discus
	4:30 PM	Boys 1600 Meter Relay - Prelims		B Boys Javelin
				AA Boys Long Jump
				3:00 PM

SATURDAY	TRACK		FIELD	
	10:00 AM	Girls 100 Meter Hurdles	9:00 AM	B Girls Triple Jump
	10:15 AM	Boys 110 Meter Hurdles		AA Girls Javelin
	10:25 AM	Girls 100 Meter Dash		A Boys Discus
	10:40 AM	Boys 100 Meter Dash		A Boys Long Jump
	10:55 AM	Girls 800 Meter Relay		AA Boys High Jump
	11:10 AM	Boys 800 Meter Relay	11:30 AM	AA Boys Shot Put
	11:25 AM	Girls 1600 Meter Run		B Girls Shot Put
	11:45 AM	Boys 1600 Meter Run		A Girls Long Jump
	12:10 PM	Girls 400 Meter Relay		AA Girls High Jump
	12:20 PM	Boys 400 Meter Relay		B Boys Triple Jump
	12:35 PM	Girls 400 Meter Dash		A Boys Javelin
	12:50 PM	Boys 400 Meter Dash		
	1:05 PM	Girls 300 Meter Hurdles		
	1:20 PM	Boys 300 Meter Hurdles		
	1:35 PM	* Special Awards*		
	1:50 PM	Girls 200 Meter Dash		
	2:05 PM	Boys 200 Meter Dash		
	2:20 PM	* Announcements/Awards Instructions*		
	2:25 PM	Girls 1600 Meter Relay		
	2:40 PM	Boys 1600 Meter Relay		

