

Willmar Girls Track and Field Honor Roll

Year Performance Name

100 Meter Dash			
1	2006	12.1	Bri Fernholz
2	2013	12.17	Rose Jackson
3	2008	12.58	Chrissy Boros
4	2002	12.6	Katie Godbee
5	1996	12.6	Katie Duinick
6	2003	12.62	Kami Kjolsing
7	1993	12.65	Michelle Barker
8	1998	12.7	Stacie Manuel
9	1987	12.76	Kathy Damhoff
10	1984	12.76	Shanlee Bahl
11	1996	12.77	Anne Habbena
12	2005	12.82	Mirja Ylimaula
13	1989	12.9	Lisa Trongaard
14	1988	12.9	Jill Hansen
15	2015/16	12.94	Kirah Kessler-Gross

200 Meter Dash			
1	2007	25.07	Brianna Fernholz
2	2012	25.30	Rose Jackson
3	1995	25.91	Jenny Christianson
4	2003	26	Katie Godbee
5	1993	26	Michelle Barker
6	2004	26.2	Ali Roberts
7	1996	26.35	Darci Conway
8	2008	26.37	Greta King
9	1983	26.54	Shanlee Bahl
10	2016	26.59	Kim White
11	1979	26.6	Sonja Welker
12	1987	26.7	Kathy Damhoff
13	2005	26.71	Mirja Ylimaula
14	1998	26.83	Erin Manuel
15	1994	26.9	Grete Thomsen

400 Meter Dash			
1	2006	58.09	Bri Fernholz
2	2016	58.39	Sophie Schmitz
3	2011	58.64	Shelby Schneider
4	2013	59.37	Rose Jackson
5	1982	59.6	Shanlee Bahl
6	1998	59.7	Erin Manuel
7	2002	60.49	Ashley Cronen
8	1985	60.69	Amy Helin
9	2015	60.88	Erica Schramm
10	2004	61	Dana Guetter
11	1992	61.3	Heather Miller
12	2006	61.35	Hannah Okins
13	1980	61.4	Barb Hendrickson
14	2005	61.62	Greta King
15	2005	61.69	Hannah Okins

800 Meter Run			
1	2016	2:13.94	Sophie Schmitz
2	2016	2:18.50	Jessa Hanson
3	2003	2:18.94	Kirsten Higdem
4	1992	2:19.83	Andrea Lentz
5	2014	2:19.95	Sam Hanson
6	2006	2:21.89	Dana Guetter
7	2007	2:22.03	Sarah Hund
8	2009	2:22.71	Erin Seehan
9	2016	2:22.79	Serena Monson
10	1979	2:23.80	Jill Lewis
11	1998	2:24.91	Jodene Negen
12	2012	2:25.02	Cassandra Johnson
13	2000	2:25.32	Alaina Eckhoff
14	2010	2:26.87	Jackie Johnson
15	2005	2:27.40	Kari Higdem

1600 Meter Run			
1	2016	5:05.92	Jessa Hanson
2	1992	5:08.70	Andrea Lentz
3	2016	5:09.47	Kayla Rudie
4	2004	5:10.88	Kari Higdem
5	2015	5:11.93	Sophie Schmitz
6	2013	5:11.96	Sam Hanson
7	2001	5:12.33	Kirsten Higdem
8	2015	5:18.38	Serena Monson
9	1991	5:23.60	Sarah Berg
10	2007	5:24.11	Jackie Johnson
11	2000	5:26.04	Alaina Eckhoff
12	2016	05:26.2	Leah Hansen
13	2003	5:27.80	Megan Sykora
14	2007	5:29.03	Jayne Cole
15	1990	5:28.50	Pam Hansen

3200 Meter Run			
1	2003	11:01.2	Kari Higdem
2	2016	11:09.21	Kayla Rudie
3	1991	11:13.5	Andrea Lents
4	2016	11:15.23	Serena Monson
5	2015	11:15.76	Jessa Hanson
6	1990	11:22.4	Pam Hansen
7	2013	11:28.16	Sam Hanson
8	2016	11:33.41	Heidi Schmitz
9	2000	11:41.9	Kirsten Higdem
10	2016	11:42.4	Leah Hansen
11	1999	11:47.0	Katie Dale
12	2003	11:47.3	Megan Sykora
13	1996	11:50.8	Alaina Eckhoff
14	2008	11:55.71	Jayne Cole
15	1996	12:03.0	Ella Meyerson

100 Meter Hurdles			
1	2016	14.93	Hailey Mottinger
2	2011	15.84	Baylie Young
3	2008	16.3	Shelby Morton
4	2013	16.38	McKenna Olson
5	1986	16.4	Jane Meyer
6	1989	16.5	Kathy Damhoff
7	1984	16.53	Amy Flick
8	2001	16.54	Amber Schackman
9	2002	16.59	Angie Pederson
10	1992	16.6	Kara Helin
11	2003	16.8	Chelsey Dykema
12	1997	17.1	Carla Eggmann
13	2007	17.15	Kjerstyn Knutson
14	2004	17.21	Lindsey Saunders
15	2013	17.28	Courtney LanKenau

300 Meter Hurdles			
1	2013	46.47	Miranda Roelofs
2	2001	47.77	Amber Schackman
3	2008	47.89	Shelby Morton
4	2004	47.98	Lindsey Saunders
5	2007	48.4	Brin Hanson
6	2016	48.45	Hailey Mottinger
7	1986	48.63	Jane Meyer
8	2013	48.77	McKenna Olson
9	1992	48.9	Kara Helin
10	1989	49.3	Kathy Damhoff
11	1994	50.2	Lisa Hodapp
12	2013	50.35	Courtney LanKenau
13	2003	50.27	Chelsey Dykema
14	2016	50.48	Laura Voltjer
15	2012	50.54	Kennedy Holwerda

Pole Vault			
1	2000	13' 4" *Nat. Re	Stacie Manuel
2	2016	10'	Haley Mottinger
3	2008	9'8"	Brooke Feichtinger
4	2002	9'6"	Laura Fujan
5	2009	8'9"	Kara Hallberg
6	2016	8'8"	Abby Teissenger
7	2001	8' 7"	Crystal Johnson
8	2006	8' 6"	Gayle Swanson
9	2013	8'3	Steph Thompson
10	2008	8'2"	Ashley Delp
11	2009/10	8'0	Mary Erickson
12	2007	8'0"	Beth Pollack
13	2004	8' 0"	Hannah Stutsk
14	2006	8'0	Caitlyn Coorman
15	2013	7'9"	Sami Schelt

High Jump			
1	2002	5' 6"	Lauren Nelson
2	1986	5' 6"	Chimene Swanson
3	2006	5'4"	Bri Fernholz
4	1995	5' 4"	Hether Miller
5	1982	5' 3 1/4"	Kristi Underland
6	1993	5' 3"	Courtney Powers
7	2005	5' 2"	Mary Sussenguth
8	2006/08/09	5' 2"	Shelby Morton
9	2012	5'0"	Emily Minnick
10	2012	5'0"	Katie Lippert
11	2011	4'10"	Carrie Bell
12	2000	4' 10"	Nicole Kubicek
13	1996	4' 10"	Molly Gort
14	1990	4' 10"	ayne Hennes
15	1979/85/16	4'10"	Margie Lehmann,

Long Jump			
1	2013	18'6 1/4"	Rose Jackson
2	2004	17' 9"	Beth Zimmer
3	2011	17'7 3/4"	Rose Jackson
4	1995	17' 5 1/2"	Anne Habbena
5	2007	17'2"	Greta King
6	1994	17' 1"	Michelle Barker
7	1982	17' 0"	Julie Gates
8	1995	16' 9"	Jenny Christianson
9	1988	16' 9"	Kathy Damhoff
10	1983	16' 8"	Shanlee Bahl
11	2000	16' 5 1/2"	Gina Cederstrom
12	2005	16' 5"	Mirja Ylimaula
13	2016	16'4"	Kirah Kessler-Gross
14	2015	16' 0"	Bronwyn Tollefson
15	1985	16'0"	Jodi Rinke

Triple Jump			
1	1997	36' 1"	Anne Habbena
2	2000	34' 8 1/2"	Lacey Kleist
3	2001	34' 4 1/2"	Gina Cederstrom
4	2016	33' 4 1/4"	Bronwyn Tollefson
5	2010	33' 8 1/2"	Megan SKalla
6	2007	33'6"	Brin Hanson
7	1994	33' 6"	Lisa Hodapp
8	1999	33' 3"	Kristen Haglund
9	1993	33' 0"	Emily Cronen
10	2008	32' 11 1/4"	Shelby Morton
11	2004	32' 11"	Kjersten Knutson
12	2007	32'10"	Tianna Eckhart
13	2016	32'7"	Erica Schramm
14	2001	32' 5 1/2 "	Catie Anderson
15	2012	32' 1 1/2"	Emily Minnick

Willmar Girls Track and Field Honor Roll

Year	Performance	Name	
4x100 Relay			
1	2008	49.29	Chrissy Boros, Greta King, Abby Switzer, Bri Fernholz
2	2006	49.58	Ally Robets, Bri Fernholz, Abby Switzer, Gretta King
3	1993	50	Anne Habbena, Tara Reynolds, Michelle Barker, Jenny Christianson
4	1995	50	Anne Habbena, Grete Thomsen, Michelle Barker, Jenny Christianson
5	2007	50.01	Hannah Okins, Bri Fernholz, Chrissy Boros, Gretta King
6	1997	50.11	Anne Habbena, Tara Reynolds, Michelle Barker, Jenny Christianson
7	2005	50.41	Mirja Ylimaula, Brianna Fernholz, Chrissy Boros, Abby Switzer
8	1996	50.5	Anne Habbena, Elle Carlson, Darci Conway, Katie Duinink
9	2016	50.98	Kim White, Erica Schramm, Haylee Mottinger, Kirah Kessler-Gross
10	2012	51.1	Rose Jackson, Brit Serbus, Baylee Young, Shelby-Lynn Schneider
11	2003	51.37	Katie Godbee, Katie Seehusen, Kammi Kjolsing, Beth Zimmer
12			
13			
14			
15			
4x200 Relay			
1	2005	1:44.01	Mirja Ylimaula, Greta King, Brianna Fernholz, Hannah Okins
2	2008	1:44.36	Chrissy Boros, Greta King, Abby Switzer, Bri Fernholz
3	2012	1:45.23	Miranda Roelefs, Shelby-Lyn Schneider, Brit Serbus, Rose Jackson
4	2011	1:45.29	Rose Jackson, Brit Anderson, Sam Bierbaum, Shelby-Lyn Schneider
5	2007	1:46.1	Bri Fernholz, Gretta King, Hannah Okins, Chrissy Boros
6	2005	1:46.80	Brianna Fernholz, Mirja Ylimaula, Ally Roberts, Greta King
7	2013	1:46.93	Miranda Roelefs, Sami Doering, Rose Jackson, McKenna Olson
8	2016	1:46.74	Kim White, Erica Schramm, Haylee Mottinger, Kirah Kessler-Gross
9	2006	1:46.94	Bri Fernholz, Gretta King, Ally Roberts, Chrissy Boros
10	1995	1:47.10	Michelle Barker, Traci Brower, Grete Thomsen, Jenny Christianson
11	2006	1:47.14	Hannah Okins, Gretta King, Ally Roberts, Chrissy Boros
12	1983	1:47.10	Julie Gates, Pam Thorpe, Kelly Swansson, Shanlee Bahl
13	2016	1:47.35	Kim White, Erica Schramm, Bronwyn Tollefoson, Sophie Schmitz
14	1988	1:47.80	Amy Giese, Londa Engeliand, Amy Helin, Kathy Damhoff
15	1989	1:48.1	Michelle Prow, Kim Johnson, Kathy Damhoff, Kris Roesner
4x400 Relay			
1	1997	3:59.71	Anne Habbena, Darci Conway, Jodene Negen, Erin Manuel
2	2013	4:00.08FAT	Miranda Roelefs, Rose Jackson, Sam Hanson, Sophie Schmitz
3	2016	4:03.34	Sophie Schmitz, Lydia Engle, Erica Schramm, Jessa Hanson
4	2004	4:03.67	Lindsey Saunders, Dana Guetter, Bri Fernholz, Ali Roberts
5	2002	4:04.46	Lindsey Saunders, Christy Pakola, Kirsten Higdem, Ashley Cronen
6	2015	4:04.79 FAT	Sophie Schmitz, Jessa Hanson, Sam Hanson, Erica Schramm
7	2010	4:05.30	Erin Sheehan, Miranda Roelofs, Shelby Schneider, Cait Fritz
8	2005	4:05.30	Dana Guetter, Brianna Fernholz, Greta King, Mirja Ylimaula
9	2006	4:05.94	Bri Fernholz, Dana Guetter, Gretta King, Hannah Okins
10	2005	4:06.09	Dana Guetter, Greta King, Hannah Okins, Chrissy Boros
11	1985	4:06.5	Lynn Fosterfold, Jodi Rinke, Beth Berg, Amy Helin
12	2007	4:06.72	Hannah Okins, Sarah Hund, Gretta King, Erin Seehan
13	2014	4:06.75	Sophie Schmitz, Sam Hanson, Miranda Roloefs, Shelby Schneider
14	2013	4:07	Miranda Roelefs, Sam Hanson, Nicole Marshall, Sophie Schmitz
15	2006	4:07.71	Dana Guetter, Gretta King, Hanah Okins, Erin Seehan
4x800 Relay			
1	2016	9:17.87	Sophie Schmitz, Serena Monson, Kayla Rudie, Jessa Hanson
2	2003	9:30.80	Christy Pakola, Dana Guetter, Lindsey Saunders, Kirsten Higdem
3	2015	9:35.42 FAT	Sophie Schmitz, Jessa Hanson, Serean Monson, Sam Hanson
4	2014	9:39.29	Kayla Rudie, Sam Hanson, Jessa Hanson, Sophie Schmitz
5	2007	9:40.03	Sarah Hund, Erin Seehan, Jackie Johnson, Ashley Wigton
6	2008	9:43.58	Erin Seehan, Vanessa Engleman, Jayne Cole, Sarah Hund
7	2016	9:43.97	Lydia Engle, Serena Monson, Leah Hansen, Heidi Schmitz
8	2006	9:44.25	Rachel Nelson, Dana Guetter, Sarah Hund, Erin Seehan
9	1994	9:44.30	Sara Negen, Jodene Negen, Tanya Jorgenson, Andrea Lentz
10	2010	9:48.71	Erin Sheehan, Jackie Johnson, Kait Lawler, Marin Hanson
11	2009	9:49.36	Erin Seehan, Paige Kester, Cass Johnson, Sarah Hund
12	2016	9:50.38	Lydia Engle, Leah Hansen, Savannah Anez, Heidi Schmitz
13	2012	9:51.39	Sam Hanson, Sophie Schmitz, Cass Johnson, Tara Rudie
14	2011	09:52.0	Cass Johnson, Sam Hanson, Liz Marshall, Kaitlyn Lawler
15	2012	9:53.57	Sam Hanson, Cass Johnson, Grace Graves, Sophie Schmitz

Shot Put			
1	1988	39' 10 1/2"	Jill Hanson
2	2016	38' 5"	Cayle Hovland
3	2004	37' 5 3/4"	Beth Zimmer
4	2003	36' 0 1/2"	Emily Swierenga
5	1981	36' 0"	Bonnie Henrickson
6	1995	35' 9"	Heather Grenier
7	2010	35' 10"	Mary Erickson
8	2007	34' 9 1/2"	Ashley Hutton
9	1999	34' 4 1/2"	Katie Beyer
10	2015	34' 1"	Alex Holwerda
11	1992	33' 8 1/2"	Shannon Lange
12	2015	32' 7 1/2"	Anne Haugen
13	2013	31' 9 1/4"	Bailey Hovland
14	1996	31' 5"	Erin Lentz
15	2006	31' 4"	Lisa Bredeson
Discus			
1	1988	139' 10"	Jill Hanson
2	1981	131' 7"	Bonnie Henrickson
3	2016	124' 8"	Cayle Hovland
4	2013	122' 3"	Bailey Hovland
5	2009	120' 4"	Mary Erickson
6	2007	117' 5"	Sarah Erickson
7	2013	117' 2"	Carrie Bell
8	1996	117' 0"	Kristina Huisinga
9	2016	115' 10"	Malena Groothius
10	2003	110' 10 1/2"	Tena Rytel
11	1991	108' 5"	Deb Johnson
12	1995	105' 7"	Heather Grenier
13	2014	105' 4"	Alex Holwerda
14	2006	104' 8"	Lisa Bredeson
15	2009	104' 3"	Ashley Hutton

Willmar Girls Track and Field Honor Roll

Year Performance Name

