

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	1989/2001/01	13.1	Kris Roesner, Kami Kjolsing, Beth Zimmer
200 Meter Dash			
1	2007	25.07	Brianna Fernholz
2	2112	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	1979	26.6	Sonja Welker
11	1987	26.7	Kathy Damhoff
12	2005	26.71	Mirja Ylimaula
13	1998	26.83	Erin Manuel
14	1994	26.9	Grete Thomsen
15	1999	27.01	Sara Negen
400 Meter Dash			
1	2006	58.09	Bri Fernholz
2	2011	58.64	Shelby Schneider
3	2013	59.37	Rose Jackson
4	1982	59.6	Shanlee Bahl
5	1998	59.7	Erin Manuel
6	2002	60.49	Ashley Cronen
7	1985	60.69	Amy Helin
8	2004	61	Dana Guetter
9	1992	61.3	Heather Miller
10	2006	61.35	Hannah Okins
11	1980	61.4	Barb Hendrickson
12	2013	61.5	Sophie Schmitz
13	2005	61.62	Greta King
14	2005	61.69	Hannah Okins
15	1992	62.0	Andrea Lentz
800 Meter Run			
1	2003	2:18.94	Kirsten Higdem
2	1992	2:19.83	Andrea Lentz
3	2013	2:20.31	Sam Hanson
4	2006	2:21.89	Dana Guetter
5	2007	2:22.03	Sarah Hund
6	2009	2:22.71	Erin Seehan
7	1979	2:23.80	Jill Lewis
8	1998	2:24.91	Jodene Negen
9	2012	2:25.02	Cassandra Johnson
10	2000	2:25.32	Alaina Eckhoff
11	2010	2:26.87	Jackie Johnson
12	2005	2:27.40	Kari Higdem
13	2011	2:27.81	Shelby Schneider
14	2003	2:27.81	Lindsey Saunders
15	2003	2:30.21	Mari Thibault

1600 Meter Run			
1	1992	5:08.70	Andrea Lentz
2	2004	5:10.88	Kari Higdem
3	2013	5:11.96	Sam Hanson
4	2001	5:12.33	Kirsten Higdem
5	1991	5:23.60	Sarah Berg
6	2007	5:24.11	Jackie Johnson
7	2000	5:26.04	Alaina Eckhoff
8	2013	5:27.77	Jessa Hanson
9	2003	5:27.80	Megan Sykora
10	2007	5:29.03	Jayne Cole
11	1990	5:28.50	Pam Hansen
12	2008	5:30.42	Vanessa Engleman
13	2013	5:31.13	Sophie Schmitz
14	2013	5:31.81	Cass Johnson
15	2012	5:33.13	Grace Graves
3200 Meter Run			
1	2003	11:01.2	Kari Higdem
2	1991	11:13.5	Andrea Lents
3	1990	11:22.4	Pam Hansen
4	2013	11:28.16	Sam Hanson
5	2000	11:41.9	Kirsten Higdem
6	1999	11:47.0	Katie Dale
7	2003	11:47.3	Megan Sykora
8	1996	11:50.8	Alaina Eckhoff
9	2013	11:54.51	Jessa Hanson
10	2008	11:55.71	Jayne Cole
11	2013	12:02.26	Kayla Rudie
12	1996	12:03.0	Ella Meyerson
13	2003	12:05.08	Angie Kveene
14	1993	12:08.3	Jenny Melrose
15	2013	12:08.56	Savannah Anez
100 Meter Hurdles			
1	2013	15.56	Hailey Motinger
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 Eggimann
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 Roelfs
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	1986	48.63	Jane Meyer
7	2013	48.77	McKenna Olson
8	1992	48.9	Kara Helin
9	1989	49.3	Kathy Damhoff
10	2011	49.86	McKenna Olson
11	1994	50.2	Lisa Hodapp
12	2013	50.35	Courtney LanKenau
13	2003	50.27	Chelsey Dykema
14	2012	50.54	Kennedy Holwerda
15	1996	50.6	Carrie Eggimann

Pole Vault			
1	2000	13' 4" *Nat. Re	Stacie Manuel
2	2008	9'8"	Brooke Feichtinger
3	2013	9'6"	Hailey Motinger
4	2002	9'6"	Laura Fujan
5	2009	8'9"	Kara Hallberg
6	2001	8' 7"	Crystal Johnson
7	2006	8' 6"	Gayle Swanson
8	2013	8'3"	Steph Thompson
9	2008	8'2"	Ashley Delp
10	2009/10	8'0"	Mary Erickson
11	2007	8'0"	Beth Pollack
12	2004	8' 0"	Hannah Stutsk
13	2006	8'0"	Caitlyn Coorman
14	2013	7'9"	Sami Schelt
15	03/09/05/12/13	7'6"	Jessica Rice/Mel Juetten, Gabby Gesh
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"	Anne Hennes
15	1979/85	4'10"	Margie Lehmann, Paula Erickson
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	1985	16'0"	Jodi Rinke
14	1999	15'9 1/2"	Kristen Haglund
15	1979	15'8 1/4"	Jill Lewis
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	2010	33' 8 1/2"	Megan SKalla
5	2007	33'6"	Brin Hanson
6	1994	33' 6"	Lisa Hodapp
7	1999	33' 3"	Kristen Haglund
8	1993	33' 0"	Emily Cronen
9	2008	32' 11 1/4"	Shelby Morton
10	2004	32' 11"	Kjersten Knutson
11	2007	32'10"	Tianna Eckhart
12	2001	32' 5 1/2 "	Catie Anderson
13	2012	32' 1 1/2"	Emily Minnick
14	1993	32'1"	Michelle Barker
15	2012	31' 11 1/4"	Kennedy Holwerda

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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	2012	51.1	Rose Jackson, Brit Serbus, Baylee Young, Shelby-Lynn Schneider
10	2003	51.37	Katie Godbee, Katie Seehusen, Kammi Kjolsing, Beth Zimmer

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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	2006	1:46.94	Bri Fernholz, Gretta King, Ally Roberts, Chrissy Boros
9	1995	1:47.10	Michelle Barker, Traci Brower, Grete Thomsen, Jenny Christianson
10	2006	1:47.14	Hannah Okins, Gretta King, Ally Roberts, Chrissy Boros
11	1983	1:47.10	Julie Gates, Pam Thorpe, Kelly Swansson, Shanlee Bahl
12	1988	1:47.80	Amy Giese, Londa Engeliand, Amy Helin, Kathy Damhoff
13	1989	1:48.1	Michelle Prow, Kim Johnson, Kathy Damhoff, Kris Roesner
14	1994	1:48.36	Elle Carlson, Jullie Tebban, Grete Thomsen, Jenny Christianson

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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	2004	4:03.67	Lindsey Saunders, Dana Guetter, Bria Fernholz, Ali Roberts
4	2002	4:04.46	Lindsey Saunders, Christy Pakola, Kirsten Higdem, Ashley Cronen
5	2010	4:05.30	Erin Sheehan, Miranda Roelofs, Shelby Schneider, Cait Fritz
6	2005	4:05.30	Dana Guetter, Brianna Fernholz, Greta King, Mirja Ylimaula
7	2006	4:05.94	Bri Fernholz, Dana Guetter, Gretta King, Hannah Okins
8	2005	4:06.09	Dana Guetter, Gretta King, Hannah Okins, Chrissy Boros
9	1985	4:06.5	Lynn Fostervold, Jodi Rinke, Beth Berg, Amy Helin
10	2007	4:06.72	Hannah Okins, Sarah Hund, Gretta King, Erin Seehan
11	2013	4:07	Miranda Roelefs, Sam Hanson, Nicole Marshall, Sophie Schmitz
12	2006	4:07.71	Dana Guetter, Gretta King, Hanah Okins, Erin Seehan
13	2003	4:07.87	Christy Pakola, Dana Guetter, Lindsey Saunders, Kirsten Higdem

14

15

4x800 Relay

1	2003	9:30.80	Christy Pakola, Dana Guetter, Lindsey Saunders, Kirsten Higdem
2	2007	9:40.03	Sarah Hund, Erin Seehan, Jackie Johnson, Ashley Wigton
3	2008	9:43.58	Erin Seehan, Vanessa Engleman, Jayne Cole, Sarah Hund
4	2006	9:44.25	Rachel Nelson, Dana Guetter, Sarah Hund, Erin Seehan
5	1994	9:44.30	Sara Negen, Jodene Negen, Tanya Jorgenson, Andrea Lentz
6	2010	9:48.71	Erin Sheehan, Jackie Johnson, Kait Lawler, Marin Hanson
7	2009	9:49.36	Erin Seehan, Paige Kester, Cass Johnson, Sarah Hund
8	2012	9:51.39	Sam Hanson, Sophie Schmitz, Cass Johnson, Tara Rudie
9	2011	09:52.0	Cass Johnson, Sam Hanson, Liz Marshall, Kaitlyn Lawler
10	2012	9:53.57	Sam Hanson, Cass Johnson, Grace Graves, Sophie Schmitz
11	2003	9:56.50	Dana Guetter, Kari Higdem, Kirsten Higdem, Lindsey Saunders
12	1998	9:57.20	Alaina Eckhoff, Sara Negen, Jodene Negen, Katie Dale
13	2013	9:57.93	Sam Hanson, Cass Johnson, Soph Schmitz, Jessa Hanson
14	2012	9:58.15	Cass Johnson, Grace Graves, Soph Schmitz, Savannah Anez
15	2009	9:58.95	Erin Seehan, Paige Kester, Jayne Cole, Sarah Hund

Shot Put

1	1988	39' 10 1/2"	Jill Hanson
2	2004	37' 5 3/4"	Beth Zimmer
3	2003	36' 0 1/2"	Emily Swierenga
4	1981	36' 0"	Bonnie Henrickson
5	1995	35' 9"	Heather Grenier
6	2010	35'10"	Mary Erickson
7	2007	34'9 1/2"	Ashley Hutton
8	1999	34' 4 1/2"	Katie Beyer
9	1992	33' 8 1/2"	Shannon Lange
10	2013	31'9"	Bailey Hovland
11	1996	31' 5"	Erin Lentz
12	2006	31' 4"	Lisa Bredeson
13	2012	31' 1 1/4"	Carrie Bell
14	2013	30' 11 3/4"	Alex Holwerda
15	2003	30'9"	Tena Rytel

Discus

1	1988	139' 10"	Jill Hanson
2	1981	131' 7"	Bonnie Henrickson
3	2013	122'3"	Bailey Hovland
4	2009	120'4"	Mary Erickson
5	2007	117'5"	Sarah Erickson
6	2013	117'2"	Carrie Bell
7	1996	117' 0"	Kristina Huisinga
8	2003	110' 10 1/2"	Tena Rytel
9	1991	108' 5"	Deb Johnson
10	1995	105' 7"	Heather Grenier
11	2013	105'6"	Cayle Hovland
12	2006	104' 8"	Lisa Bredeson
13	2009	104'3"	Ashley Hutton
14	1993	101' 7"	Shannon Lange
15	2011	100'3"	Sara Kalhoff

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