

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	2019	12.68	Kirah Kessler-Gross
9	1998	12.7	Stacie Manuel
10	1987	12.76	Kathy Damhoff
11	1984	12.76	Shanlee Bahl
12	1996	12.77	Anne Habbena
13	2005	12.82	Mirja Ylimaula
14	2017	12.88	Kimmy White
15	1989	12.9	Lisa Trongaard
200 Meter Dash			
1	2007	25.07	Brianna Fernholz
2	2012	25.30	Rose Jackson
3	2019	25.71	Erica Schramm
4	1995	25.91	Jenny Christianson
5	2003	26	Katie Godbee
6	1993	26	Michelle Barker
7	2019	26.07	Sami Christoffer
8	2017	26.1	Kimmy White
9	2004	26.2	Ali Roberts
10	1996	26.35	Darci Conway
11	2008	26.37	Greta King
12	1983	26.54	Shanlee Bahl
13	1979	26.6	Sonja Welker
14	1987	26.7	Kathy Damhoff
15	2005	26.71	Mirja Ylimaula
400 Meter Dash			
1	2006	58.09	Bri Fernholz
2	2016	58.39	Sophie Schmitz
3	2019	58.52	Erica Schramm
4	2011	58.64	Shelby Schneider
5	2013	59.37	Rose Jackson
6	1982	59.6	Shanlee Bahl
7	1998	59.7	Erin Manuel
8	2002	60.49	Ashley Cronen
9	1985	60.69	Amy Helin
10	2004	61	Dana Guetter
11	1992	61.3	Heather Miller
12	2017	61.35	Lydia Engel
13	2006	61.35	Hannah Okins
14	1980	61.4	Barb Hendrickson
15	2005	61.62	Greta King
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	2019	2:26.04	Amel Dayib
15	2010	2:26.87	Jackie Johnson

1600 Meter Run			
1	2017	5:05.03	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	2019	5:15.4	Heidi Schmitz
9	2015	5:18.38	Serena Monson
10	1991	5:23.60	Sarah Berg
11	2007	5:24.11	Jackie Johnson
12	2018	5:24.17	Leah Hansen
13	2000	5:26.04	Alaina Eckhoff
14	2019	5:27.8	Lyndi Koozman
15	2003	5:27.80	Megan Sykora
3200 Meter Run			
1	2003	11:01.2	Kari Higdem
2	2016	11:09.21	Kayla Rudie
3	2017	11:12.8	Heidi Schmitz
4	1991	11:13.5	Andrea Lents
5	2016	11:15.23	Serena Monson
6	2015	11:15.76	Jessa Hanson
7	1990	11:22.4	Pam Hansen
8	2013	11:28.16	Sam Hanson
9	2018	11:31.81	Leah Hansen
10	2000	11:41.9	Kirsten Higdem
11	1999	11:47.0	Katie Dale
12	2003	11:47.3	Megan Sykora
13	1996	11:50.8	Alaina Eckhoff
14	2019	11:51.39	Nina Dawson
15	2008	11:55.71	Jayne Cole
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	2017	16.56	Taylor Bengston
10	2002	16.59	Angie Pederson
11	1992	16.6	Kara Helin
12	2003	16.8	Chelsey Dykema
13	1997	17.1	Carla Eggimann
14	2007	17.15	Kjerstyn Knutson
15	2004	17.21	Lindsey Saunders
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	Haley Mottinger
7	1986	48.63	Jane Meyer
8	2013	48.77	McKenna Olson
9	1992	48.9	Kara Helin
10	2018	49.1	Jaida Reiman
11	1989	49.3	Kathy Damhoff
12	1994	50.2	Lisa Hodapp
13	2013	50.35	Courtney LanKenau
14	2003	50.27	Chelsey Dykema
15	2016	50.48	Laura Woltjer

Pole Vault			
1	2000	13' 4" *Nat. Re	Stacie Manuel
2	2019	10' 3"	Abby Teisinger
3	2016	10'	Haley Mottinger
4	2008	9'8"	Brooke Feichtinger
5	2002	9'6"	Laura Fujan
6	2009	8'9"	Kara Hallberg
7	2001	8' 7"	Crystal Johnson
8	2018	8'6"	Lexi Tersch
9	2006	8' 6"	Gayle Swanson
10	2013	8'3"	Steph Thompson
11	2008	8'2"	Ashley Delp
12	2009/10	8'0"	Mary Erickson
13	2007	8'0"	Beth Pollack
14	2004	8' 0"	Hannah Stutsk
15	2006	8'0"	Caitlyn Coorman
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	2019	5' 2"	Ava Brogran
8	2005	5' 2"	Mary Sussenguth
9	2006/08/09	5' 2"	Shelby Morton
10	2018	5' 0"	Kacey Knofcynski
11	2012	5'0"	Emily Minnick
12	2012	5'0"	Katie Lippert
13	2000	4' 10"	Nicole Kubicek
14	1990/96	4' 10"	Anne Hennes/MollyGort
15	1979/85/16	4'10"	Margie Lehmann, Paula Erickson, Courtney Hanson
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	2019	17' 4"	Sami Christoffer
6	2007	17'2"	Greta King
7	1994	17' 1"	Michelle Barker
8	1982	17' 0"	Julie Gates
9	1995	16' 9"	Jenny Christianson
10	1988	16' 9"	Kathy Damhoff
11	1983	16' 8"	Shanlee Bahl
12	2000	16' 5 1/2"	Gina Cederstrom
13	2005	16' 5"	Mirja Ylimaula
14	2019	16' 4 1/2"	Kirah Kessler-Gross
15	1985/2015	16'0"	Jodi Rinke Bronwyn Tollefson
Triple Jump			
1	1997	36' 1"	Anne Habbena
2	2017	35' 4 1/4"	Bronwyn Tollefson
3	2018	34' 10 3/4"	Erica Schramm
4	2000	34' 8 1/2"	Lacey Kleist
5	2001	34' 4 1/2"	Gina Cederstrom
6	2010	33' 8 1/2"	Megan Skalla
7	2007	33'6"	Brin Hanson
8	1994	33' 6"	Lisa Hodapp
9	1999	33' 3"	Kristen Haglund
10	2019	33' 1 1/2"	Kacey Knofcynski
11	1993	33' 0"	Emily Cronen
12	2008	32' 11 1/4"	Shelby Morton
13	2004	32' 11"	Kjersten Knutsen
14	2007	32'10"	Tianna Eckhart
15	2001	32' 5 1/2 "	Catie Anderson

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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	2018	49.85	Kim White, Erica Schramm, Sam Christopher, Kirah Kessler-Gross
4	1993	50	Anne Habbena, Tara Reynolds, Michelle Barker, Jenny Christianson
5	1995	50	Anne Habbena, Grete Thomsen, Michelle Barker, Jenny Christianson
6	2007	50.01	Hannah Okins, Bri Fernholz, Chrissy Boros, Gretta King
7	1997	50.11	Anne Habbena, Tara Reynolds, Michelle Barker, Jenny Christianson
8	2005	50.41	Mirja Ylimaula, Brianna Fernholz, Chrissy Boros, Abby Switzer
9	1996	50.5	Anne Habbena, Elle Carlson, Darci Conway, Katie Duinink
10	2016	50.98	Kim White, Erica Schramm, Haylee Mottinger, Kirah Kessler-Gross
11	2019	51.01	Lleyton Rein, Sam Christoffer, Kirah Kessler-Gross, Erica Schramm
12	2019	51.07	Sami Christoffer, Erica Schramm, Keisha Warne, Kirah Kessler-Gross
13	2012	51.1	Rose Jackson, Brit Serbus, Baylee Young, Shelby-Lynn Schneider
14	2019	51.2	Keisha Warne, Lleyton Rein, Sami Christoffer, Kirah Kessler-Gross
15	2003	51.37	Katie Godbee, Katie Seehusen, Kammi Kjolosing, Beth Zimmer
4x200 Relay			
1	2019	1:42.8 SM	Keisha Warne, Erica Schramm, Kirah Kessler-Gross, Sami Christoffer
2	2005	1:44.01	Mirja Ylimaula, Greta King, Brianna Fernholz, Hannah Okins
3	2008	1:44.36	Chrissy Boros, Greta King, Abby Switzer, Bri Fernholz
4	2012	1:45.23	Miranda Roelefs, Shelby-Lyn Schneider, Brit Serbus, Rose Jackson
5	2011	1:45.29	Rose Jackson, Brit Anderson, Sam Bierbaum, Shelby-Lyn Schneider
6	2018	1:45.68	Kim White, Erica Schramm, Jaida Reiman, Kirah Kessler-Gross
7	2007	1:46.1	Bri Fernholz, Gretta King, Hannah Okins, Chrissy Boros
8	2017	1:46.30	Kim White, Bronwyn Tollefson, Erica Schramm, Kirah Kessler-Gross
9	2019	1:46.65	Sam Christoffer, Keisha Warne, Erica Schramm, Jaida Reiman
10	2018	1:46.73	Kim White, Lleyton Rime, Erica Schramm, Kira Kessler-Gross
11	2016	1:46.74	Kim White, Erica Schramm, Haylee Mottinger, Kirah Kessler-Gross
12	2018	1:46.77	Kim White, Erica Schramm, Jaida Reiman, Lleyton Rime
13	2005	1:46.80	Brianna Fernholz, Mirja Ylimaula, Ally Roberts, Greta King
14	2013	1:46.93	Miranda Roelefs, Sami Doering, Rose Jackson, McKenna Olson
15	2006	1:46.94	Bri Fernholz, Gretta King, Ally Roberts, Chrissy Boros
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	2017	4:05.44	Sophie Schmitz, Bronwyn Tollefson, Jaida Reiman, Lydia Engle
10	2006	4:05.94	Bri Fernholz, Dana Guetter, Gretta King, Hannah Okins
11	2005	4:06.09	Dana Guetter, Greta King, Hannah Okins, Chrissy Boros
12	1985	4:06.5	Lynn Fostervold, Jodi Rinke, Beth Berg, Amy Helin
13	2007	4:06.72	Hannah Okins, Sarah Hund, Gretta King, Erin Seehan
14	2014	4:06.75	Sophie Schmitz, Sam Hanson, Miranda Roelofs, Shelby Schneider
15	2017	4:06.98	Sophie Schmitz, Lydia Engle, Bronwyn Tollefson, Erica Schramm
4x800 Relay			
1	2016	9:17.87	Sophie Schmitz, Serena Monson, Kayla Rudie, Jessa Hanson
2	2017	9:25.54	Ali Pollock, Kayla Rudie, Sophie Schmitz, Jessa Hanson
3	2003	9:30.80	Christy Pakola, Dana Guetter, Lindsey Saunders, Kirsten Higdem
4	2015	9:35.42 FAT	Sophie Schmitz, Jessa Hanson, Serean Monson, Sam Hanson
5	2017	9:37.68	Lydia Engle, Kayla Rudie, Jessa Hanson, Sophie Schmitz
6	2014	9:39.29	Kayla Rudie, Sam Hanson, Jessa Hanson, Sophie Schmitz
7	2007	9:40.03	Sarah Hund, Erin Seehan, Jackie Johnson, Ashley Wigton
8	2008	9:43.58	Erin Seehan, Vanessa Engleman, Jayne Cole, Sarah Hund
9	2016	9:43.97	Lydia Engle, Serena Monson, Leah Hansen, Heidi Schmitz
10	2006	9:44.25	Rachel Nelson, Dana Guetter, Sarah Hund, Erin Seehan
11	1994	9:44.30	Sara Negen, Jodene Negen, Tanya Jorgenson, Andrea Lentz
12	2017	9:44.82	Ally Pollock, Nina Dawson, Serena Monson, Kayla Rudie
13	2010	9:48.71	Erin Sheehan, Jackie Johnson, Kait Lawler, Marin Hanson
14	2009	9:49.36	Erin Seehan, Paige Kester, Cass Johnson, Sarah Hund
15	2016	9:50.38	Lydia Engle, Leah Hansen, Savannah Anez, Heidi Schmitz

Shot Put

1	2018	42'9"	Cayle Hovland
2	1988	39' 10 1/2"	Jill Hanson
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	2019	35'6"	Abby Stark
9	2007	34' 9 1/2"	Ashley Hutton
10	2019	34'6"	Madison Linbo
11	1999	34' 4 1/2"	Katie Beyer
12	2018	34'4"	Brooke Wittwer
13	2019	34' 2 3/4"	Madelyn Gregory
14	2015	34' 1"	Alex Holwerda
15	1992	33' 8 1/2"	Shannon Lange
Discus			
1	1988	139' 10"	Jill Hanson
2	2017	139'8"	Cayle Hovland
3	1981	131' 7"	Bonnie Henrickson
4	2013	122'3"	Bailey Hovland
5	2009	120'4"	Mary Erickson
6	2019	119'	Brooke Wittwer
7	2007	117'5"	Sarah Erickson
8	2013	117'2"	Carrie Bell
9	1996	117' 0"	Kristina Huisinga
10	2016	115'10"	Malena Groothuis
11	2003	110' 10 1/2"	Tena Rytel
12	1991	108' 5"	Deb Johnson
13	2019	107' 3"	Abby Stark
14	2019	107' 1"	Josi Miller
15	1995	105' 7"	Heather Grenier

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13th+	2018	4'10"	Abby Teisinger
	2011		Carrie Bell

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Year Performance Name

