

Mississippi Valley Conf Championship Meet
UW-La Crosse - Veterans Memorial Complex
La Crosse, WI - 5/17/2014

Results**Girls 100 Meter Dash**

Meet Record: 12.35 * 2012 Amber Anderson

Name	Yr	School	Prelims
Preliminaries			
1 Tore Washa	11	La Crosse Lo	12.75Q
2 Chloe Malin	11	La Crosse Lo	12.98Q
3 Luwonna McCloud	09	La Crosse Ce	13.05q
4 Katie Hanson	12	La Crosse Ce	13.12q
5 Kirsten Olson	10	Holmen	13.20q
6 Sarah Brown	12	Aquinas	13.21q
7 Kemmesha Thomas	10	La Crosse Lo	13.49q
8 McKenzie Ellis	12	Holmen	13.51q
9 Laney McCartney	11	Aquinas	13.98q
10 Shannon Paramesh	09	Aquinas	13.99q
11 Tayla Stuttley	09	Onalaska	14.13
12 Janessa Peterson	11	Sparta	14.69

Girls 100 Meter Dash

Meet Record: 12.35 * 2012 Amber Anderson

Name	Yr	School	Finals
Finals			
1 Tore Washa	11	La Crosse Lo	12.66 10
2 Chloe Malin	11	La Crosse Lo	12.88 8
3 Luwonna McCloud	09	La Crosse Ce	12.89 6
4 Katie Hanson	12	La Crosse Ce	12.99 5
5 Sarah Brown	12	Aquinas	13.21 4
6 Kemmesha Thomas	10	La Crosse Lo	13.35 3
7 Kirsten Olson	10	Holmen	13.38 2
8 McKenzie Ellis	12	Holmen	13.50 1
9 Laney McCartney	11	Aquinas	13.93
10 Shannon Paramesh	09	Aquinas	13.99

Girls 200 Meter Dash

Meet Record: 25.36 * 2004 Joanna Schultz

Name	Yr	School	Finals
Finals			
1 Tore Washa	11	La Crosse Lo	26.25 10
2 Chloe Malin	11	La Crosse Lo	26.80 8
3 Kirsten Olson	10	Holmen	27.06 6
4 Kemmesha Thomas	10	La Crosse Lo	27.21 5
5 Katie Hanson	12	La Crosse Ce	27.27 4
6 Danielle Kohlwey	11	Holmen	27.35 3
7 Luwonna McCloud	09	La Crosse Ce	27.38 2
8 Amanda Wiebke	10	Onalaska	27.49 1
9 Olivia Woyak	12	Onalaska	27.85
10 Kayla Rogers		Sparta	28.07
11 Kristin Iverson	10	Aquinas	28.23
12 Grace Riley	12	Aquinas	28.89
13 Natalie Mutch	12	Onalaska	28.90

14 Janessa Peterson	11	Sparta	31.44
15 Madeline Neve	11	Tomah	32.65
16 Hannah-Jo Jensen	09	Tomah	33.59

Girls 400 Meter Dash

Meet Record: 56.76 * 2004 Joanna Schultz

Name	Yr	School	Finals
Finals			
1 Tore Washa	11	La Crosse Lo	59.19 10
2 Olivia Woyak	12	Onalaska	1:00.44 8
3 Kemmesha Thomas	10	La Crosse Lo	1:01.12 6
4 Amanda Wiebke	10	Onalaska	1:01.47 5
5 Katie Hanson	12	La Crosse Ce	1:01.80 4
6 Tori Hanson	09	Sparta	1:03.98 3
7 Haley Swanson	12	Sparta	1:04.12 2
8 Sophie Cieslicki	11	Holmen	1:05.55 1
9 Cortney Christnovich	09	Holmen	1:05.60

Girls 800 Meter Run

Meet Record: 2:13.05 * 2012 Madeline Hauptert

Name	Yr	School	Finals
Finals			
1 Grace Weber	12	La Crosse Ce	2:24.38 10
2 Kendal Miller	11	La Crosse Lo	2:24.85 8
3 Monica Delgado	12	Onalaska	2:25.65 6
4 Sadie Ottow	12	La Crosse Ce	2:27.21 5
5 Sierra Rabe	11	Holmen	2:28.14 4
6 Haley Swanson	12	Sparta	2:30.51 3
7 Natalie Ahern	12	La Crosse Ce	2:32.06 2
8 Mara Wiebke	12	Onalaska	2:37.02 1
9 Amber Krause	10	Tomah	2:38.50
10 Anne Peterson	12	Tomah	2:43.06
11 Grace Langeberg	09	Aquinas	2:58.28

Girls 1600 Meter Run

Meet Record: 5:00.04 * 1994 Angi Kujak

Name	Yr	School	Finals
Finals			
1 Bailey Oettel	12	La Crosse Lo	5:14.50 10
2 Monica Delgado	12	Onalaska	5:18.66 8
3 Joie Ross	10	La Crosse Lo	5:25.47 6
4 Kellyn Lamore	11	Holmen	5:28.67 5
5 Mackenzie Davis	10	Onalaska	5:37.43 4
6 Jennifer Lichter	11	Aquinas	5:40.40 3
7 Lizzy Schmida	11	La Crosse Lo	5:44.67 2
8 Violet Nelson	09	La Crosse Ce	5:58.62 1
9 Hillary Swanson	11	Sparta	6:10.81
10 Jynna Ambrosia-Brown	11	Tomah	7:11.06

Mississippi Valley Conf Championship Meet
UW-La Crosse - Veterans Memorial Complex
La Crosse, WI - 5/17/2014

Results

Girls 3200 Meter Run

Meet Record: 10:45.54 * 1994 Angi Kujak

Name	Yr	School	Finals
Finals			
1 Bailey Oettel	12	La Crosse Lo	11:28.33 10
2 Sara Brekke	09	La Crosse Ce	11:45.79 8
3 Mackenzie Davis	10	Onalaska	12:22.64 6
4 Joie Ross	10	La Crosse Lo	12:35.36 5
5 Kathleen Becker	12	La Crosse Ce	12:41.87 4
6 Lizzy Schmida	11	La Crosse Lo	12:43.29 3
7 Emily Schwabenbauer	10	Holmen	14:12.98 2
8 Jynna Ambrosia-Brown	11	Tomah	15:53.36 1

Girls 100 Meter Hurdles

Meet Record: 14.65 * 2012 Amber Anderson

Name	Yr	School	Prelims
Preliminaries			
1 Danielle Kohlwey	11	Holmen	15.30Q
2 Ashley Sprain	10	La Crosse Lo	16.40Q
3 Alyssa Matl	12	Holmen	16.79q
4 Abbi Klos	11	La Crosse Ce	17.02q
5 Pamela Fuchsel	11	Aquinas	17.06q
6 Kiley Blank	09	La Crosse Ce	17.32q
7 Lexi Marcon	09	Onalaska	17.45q
8 Rachel Ellis	09	Aquinas	17.46q
9 Lexi Carl	12	Onalaska	18.00q
10 Kaitlyn Lee	10	La Crosse Ce	18.00q
11 Julia Rabe	12	Tomah	19.68
12 Hailley Steines	11	Tomah	21.49

Girls 100 Meter Hurdles

Meet Record: 14.65 * 2012 Amber Anderson

Name	Yr	School	Finals
Finals			
1 Danielle Kohlwey	11	Holmen	15.33 10
2 Ashley Sprain	10	La Crosse Lo	16.14 8
3 Alyssa Matl	12	Holmen	16.71 6
4 Abbi Klos	11	La Crosse Ce	16.93 5
5 Kiley Blank	09	La Crosse Ce	17.06 4
6 Pamela Fuchsel	11	Aquinas	17.07 3
7 Rachel Ellis	09	Aquinas	17.78 2
8 Kaitlyn Lee	10	La Crosse Ce	17.82 1
9 Lexi Marcon	09	Onalaska	17.87
10 Lexi Carl	12	Onalaska	18.27

Girls 300 Meter Hurdles

Meet Record: 45.41 * 2012 Amber Anderson

Name	Yr	School	Finals
Finals			
1 Danielle Kohlwey	11	Holmen	47.17 10
2 Pamela Fuchsel	11	Aquinas	47.23 8
3 Abbi Klos	11	La Crosse Ce	48.50 6
4 Casey Kriewald	11	Onalaska	49.01 5
5 Alyssa Matl	12	Holmen	51.50 4
6 Rachel Ellis	09	Aquinas	52.63 3
7 Erin Markworth	09	Onalaska	52.71 2
8 Kiley Blank	09	La Crosse Ce	52.85 1
9 Kelsey Farmer	12	Tomah	53.74
10 Carly Danforth	10	Tomah	1:04.09

Girls 4x100 Meter Relay

Meet Record: 50.74 * 1994 Central

Reis, Felix, Schleskie, Schmitz

Team	Relay	Finals
Finals		
1 La Crosse Central		51.33 10
1) Kiley Blank 09	2) Tessa Erickson 12	
3) Luwonna McCloud 09	4) Kaitlyn Lee 10	
2 La Crosse Logan		52.25 8
1) Ashley Sprain 10	2) Caitlin Barth 11	
3) Andrea Happel 11	4) Alexis Stika 12	
3 Aquinas		52.55 6
1) Rachel Seidel 10	2) Shannon Paramesh 09	
3) Kristin Iverson 10	4) Sarah Brown 12	
4 Holmen		53.03 5
1) Alyssa Matl 12	2) Kirsten Olson 10	
3) Kelsey Koelbl 09	4) McKenzee Ellis 12	
5 Sparta		55.86 4
1) Haley Bemis 09	2) Kayla Rodgers 12	
3) Jackie Page 10	4) Sadie Brooks 11	
6 Tomah		59.99 3
1) Ashley Atha 09	2) Alexa Byrum 12	
3) Kelsey Farmer 12	4) Janae Conley 12	
--- Onalaska		DQ
1) Ruth E. Halstead 09	2) Natalie Mutch 12	
3) Lucee Laursen 11	4) Tayla Stuttley 09	

Girls 4x200 Meter Relay

Meet Record: 1:46.55 * 2004 Onalaska

S Meier, S Formanek, R Rislow, A Rentschler

Team	Relay	Finals
Finals		
1 La Crosse Logan		1:48.18 10
1) Ashley Sprain 10	2) Caitlin Barth 11	
3) Andrea Happel 11	4) Chloe Malin 11	

Mississippi Valley Conf Championship Meet
UW-La Crosse - Veterans Memorial Complex
La Crosse, WI - 5/17/2014

Results

Finals ... (Girls 4x200 Meter Relay)

Team	Relay	Finals
2 Holmen		1:52.44 8
1) Sophie Cieslicki 11	2) Cortney Christnovich 09	
3) Maia Heineck 11	4) Kelsey Koelbl 09	
3 La Crosse Central		1:52.53 6
1) Erynn McNeill 11	2) Jennifer Thorson 12	
3) Kaitlyn Lee 10	4) Tessa Erickson 12	
4 Onalaska		1:53.14 5
1) Casey Kriewald 11	2) Natalie Mutch 12	
3) Erin Markworth 09	4) Lexi Marcon 09	
5 Sparta		1:58.86 4
1) Haley Bemis 09	2) Tori Hanson 09	
3) Page Perry 09	4) Jaden Roddick 12	
6 Tomah		2:08.04 3
1) Ryan Fisher 09	2) Taylor Smith 09	
3) Carly Danforth 10	4) Hannah-Jo Jensen 09	
--- Aquinas		DQ
1) Rachel Seidel 10	2) Morgan Merfeld 09	
3) Laney McCartney 11	4) Grace Riley 12	

Girls 4x400 Meter Relay

Meet Record: 4:02.40 * 2011 Onalaska
J Burr, M Hibshman, M Johnson, R Lukas

Team	Relay	Finals
1 Holmen		4:15.35 10
1) Sierra Rabe 11	2) Sophie Cieslicki 11	
3) Maia Heineck 11	4) Kellyn Lamore 11	
2 La Crosse Logan		4:15.82 8
1) Kendal Miller 11	2) Shanelle Kendrick 11	
3) Caitlin Barth 11	4) Andrea Happel 11	
3 La Crosse Central		4:19.63 6
1) Abbi Klos 11	2) Sadie Ottow 12	
3) Hope Sternberg 10	4) Grace Weber 12	
4 Sparta		4:20.71 5
1) Aubrey Aspen 11	2) Tori Hanson 09	
3) Haley Swanson 12	4) Hillary Swanson 11	
5 Aquinas		4:22.25 4
1) Mara Anderson 10	2) Gabrielle Koehne 09	
3) Pamela Fuchsel 11	4) Rachel Ellis 09	
6 Onalaska		4:22.90 3
1) Casey Kriewald 11	2) Olivia Woyak 12	
3) Courtney Meyer 12	4) Sierra Dygert 10	
7 Tomah		4:45.25 2
1) Anne Peterson 12	2) Amber Krause 10	
3) Taylor Smith 09	4) Kelsey Farmer 12	

Girls 4x800 Meter Relay

Meet Record: 9:53.14 * 1992 Sparta
L Miller, A Finstad, J Newburg, K Davis

Team	Relay	Finals
1 La Crosse Central		10:13.28 10
1) Natalie Ahern 12	2) Jayna Priuer 10	
3) Amanda Ruetten 12	4) Dani Sorenson 12	
2 La Crosse Logan		10:25.49 8
1) Brooke Jorstad 09	2) Signe Johnson 09	
3) Ellie Hanewall 10	4) Morgan Allen 12	
3 Onalaska		10:42.64 6
1) Courtney Meyer 12	2) Mara Wiebke 12	
3) Jennifer Laux 09	4) Sierra Dygert 10	
4 Aquinas		10:47.91 5
1) Mara Anderson 10	2) Gabrielle Koehne 09	
3) Jacey Korth 09	4) Maya Walters 10	
5 Tomah		10:56.03 4
1) Anne Peterson 12	2) Amber Krause 10	
3) Shania Gudgeon 12	4) Taylor Smith 09	
6 Holmen		11:04.38 3
1) Emily Schwabenbauer 10	2) Tabitha Wisted 10	
3) Marlee Pronschinske 11	4) Kaylee Duxbury 10	

Girls High Jump

Meet Record: 5-06 * 2004 Amy Rentschler

Name	Yr	School	Finals
1 Carly Morris	11	La Crosse Lo	5-03.00 10
2 Sarah Brown	12	Aquinas	5-00.00 8
3 Tessa Erickson	12	La Crosse Ce	4-10.00 6
4 Alexis Stika	12	La Crosse Lo	J4-10.00 5
5 Aubrey Aspen	11	Sparta	4-08.00 4
6 Amanda Wiebke	10	Onalaska	4-06.00 2
6 Erynn McNeill	11	La Crosse Ce	4-06.00 2
6 Betsi Faga	10	La Crosse Ce	4-06.00 2
9 Hailley Steines	11	Tomah	4-04.00
9 Alexa Byrum	12	Tomah	4-04.00

Girls Pole Vault

Meet Record: 10-01 * 2009 Emily Mitzelfeldt

Name	Yr	School	Finals
1 Kaitlyn Ganrude	11	La Crosse Lo	9-00.00 10
2 Heather Lager	10	Holmen	J9-00.00 8
3 Lucee Laursen	11	Onalaska	8-06.00 6
4 Julia Rabe	12	Tomah	8-00.00 5
5 Hope Sternberg	10	La Crosse Ce	7-06.00 4
6 Alexa Hosch	09	Onalaska	J7-06.00 3
7 Erika Mueller	10	La Crosse Ce	7-00.00 1.5

Mississippi Valley Conf Championship Meet
UW-La Crosse - Veterans Memorial Complex
La Crosse, WI - 5/17/2014

Results

Finals ... (Girls Pole Vault)

Name	Yr	School	Finals
7 Kelsie Jarzemski	12	Holmen	7-00.00 1.5
9 Shania Gudgeon	12	Tomah	6-00.00

Girls Long Jump

Meet Record: **18-02 * 2008** **Emily Worden**

Name	Yr	School	Finals
Finals			
1 Kaitlyn Ganrude	11	La Crosse Lo	17-02.50 10
2 McKenzie Ellis	12	Holmen	16-09.75 8
3 Alexis Stika	12	La Crosse Lo	16-08.00 6
4 Danielle Kohlwey	11	Holmen	16-07.00 5
5 Luwonna McCloud	09	La Crosse Ce	16-05.00 4
6 Chloe Malin	11	La Crosse Lo	16-04.00 3
7 Laney McCartney	11	Aquinas	15-09.00 2
8 Kristin Iverson	10	Aquinas	15-04.25 1
9 Morgan Merfeld	09	Aquinas	15-00.25
10 Kelsey Farmer	12	Tomah	14-11.50
11 Tori Hanson	09	Sparta	14-04.75
12 Jennifer Thorson	12	La Crosse Ce	14-04.00
13 Lucee Laursen	11	Onalaska	13-10.00
14 Alexa Byrum	12	Tomah	13-07.00
15 Hailley Steines	11	Tomah	11-09.25
--- Janessa Peterson	11	Sparta	FOUL
--- Cortney Christnovich	09	Holmen	FOUL

Girls Triple Jump

Meet Record: **37-07 * 2009** **Emily Haines**

Name	Yr	School	Finals
Finals			
1 Amanda Wiebke	10	Onalaska	34-08.25 10
2 Kiley Blank	09	La Crosse Ce	33-11.50 8
3 Erin Markworth	09	Onalaska	33-07.75 6
4 Kemmesha Thomas	10	La Crosse Lo	33-01.75 5
5 Cortney Christnovich	09	Holmen	32-08.00 4
6 Sophie Cieslicki	11	Holmen	30-11.75 3
7 Sadie Brooks	11	Sparta	30-00.50 2
8 Alexa Byrum	12	Tomah	29-09.75 1
9 Jennifer Thorson	12	La Crosse Ce	28-08.00
10 Hailley Steines	11	Tomah	28-06.75
--- Alexis Stika	12	La Crosse Lo	FOUL

Girls Shot Put

Meet Record: **44-06.25 * 1990** **Julie Beck**

Name	Yr	School	Finals
Finals			
1 Kassera Hansen	11	La Crosse Lo	34-07.00 10
2 Stacia Munson	11	La Crosse Lo	34-06.50 8
3 Kaliegh Gosa	11	La Crosse Lo	31-11.00 6
4 Tayla Stuttley	09	Onalaska	30-09.50 5

5 Caitlin Krueger	12	La Crosse Ce	30-02.00 4
6 MacKayla Harding	12	Onalaska	29-09.50 3
7 Nicolette Smith	12	Sparta	29-05.00 2
8 Olyvia Stromberg	09	Holmen	29-02.00 1
9 Ashley Atha	09	Tomah	28-04.50
10 Madeline Neve	11	Tomah	26-04.00
11 Jaden Maas	11	Tomah	24-09.00

Girls Discus Throw

Meet Record: **160-10 * 1990** **Julie Beck**

Name	Yr	School	Finals
Finals			
1 Maia Heineck	11	Holmen	101-01 10
2 Caitlin Krueger	12	La Crosse Ce	99-00 8
3 Macy Hembd	12	La Crosse Lo	96-01 6
4 Annmarie Flatten	12	Onalaska	95-05 5
5 Nicolette Smith	12	Sparta	89-02 4
6 Karyssa Symons	12	Holmen	87-09 3
7 Tayla Stuttley	09	Onalaska	87-01 2
8 Nicole Sweeney	10	Tomah	82-06 1
9 Jaden Maas	11	Tomah	78-07
10 Ashley Atha	09	Tomah	77-09
11 MacKayla Harding	12	Onalaska	69-02

Boys 100 Meter Dash

Meet Record: **10.82 * 2013** **Byron Neal**

Name	Yr	School	Prelims
Preliminaries			
1 Dillon Martinez	12	Holmen	11.29Q
2 Seth Wilson	09	Holmen	11.36Q
3 Rae Tillman	12	La Crosse Lo	11.30q
4 William Moe	11	La Crosse Ce	11.31q
5 Lamont Murphy	12	La Crosse Ce	11.41q
6 Aaron Zmolek	10	Holmen	11.64q
7 Jasiah Scott	09	Sparta	11.90q
8 Aaron Dobbs	11	La Crosse Lo	11.90q
9 Alex Gumz	11	Onalaska	12.03q
10 Nate Sweeney	11	Onalaska	12.06q
11 Ty Washington	11	Aquinas	12.09
12 Brody Christopherson	12	Sparta	12.25
13 Efer Christopherson	10	Aquinas	12.46
14 Justin Lund	11	Aquinas	12.47

Boys 100 Meter Dash

Meet Record: **10.82 * 2013** **Byron Neal**

Name	Yr	School	Finals
Finals			
1 Lamont Murphy	12	La Crosse Ce	11.03 10
2 Seth Wilson	09	Holmen	11.15 8
3 Rae Tillman	12	La Crosse Lo	11.17 6

Mississippi Valley Conf Championship Meet
UW-La Crosse - Veterans Memorial Complex
La Crosse, WI - 5/17/2014

Results**Finals ... (Boys 100 Meter Dash)**

Name	Yr	School	Finals
4 Dillon Martinez	12	Holmen	11.27 5
5 William Moe	11	La Crosse Ce	11.30 4
6 Aaron Zmolek	10	Holmen	11.56 3
7 Nate Sweeney	11	Onalaska	11.76 2
8 Aaron Dobbs	11	La Crosse Lo	11.81 1
9 Jasiah Scott	09	Sparta	11.85
10 Alex Gumz	11	Onalaska	11.92

Boys 200 Meter Dash

Meet Record: 21.87 * 2013 **Byron Neal**

Name	Yr	School	Finals
1 Ross Kinderman	12	Holmen	22.58 10
2 Lamont Murphy	12	La Crosse Ce	23.00 8
3 Rae Tillman	12	La Crosse Lo	23.16 6
4 William Moe	11	La Crosse Ce	23.27 5
5 Aric Elmore	11	La Crosse Lo	23.33 4
6 Dillon Martinez	12	Holmen	23.39 3
7 Sam Rinartz	12	Onalaska	23.58 2
8 Collin Meyer	11	Aquinas	23.73 1
9 Seth Holden	09	Holmen	23.74
10 Collin Eswein	11	Tomah	23.82
11 Mitchell Schaller	10	Onalaska	23.90
12 Reggie Rabb	12	Aquinas	24.01
13 Anton Oestby	12	La Crosse Lo	24.32
14 Ty Washington	11	Aquinas	24.81
15 Andy Thorson	11	Onalaska	25.22
16 Jacob Edwards	09	Sparta	26.07
17 Zach Holcomb	10	Sparta	26.29
18 Chris Schaffer	11	Sparta	26.47

Boys 400 Meter Dash

Meet Record: 49.44 * 1997 **Ken Mack**

Name	Yr	School	Finals
1 Collin Meyer	11	Aquinas	50.79 10
2 Christian Strauss	11	Holmen	51.27 8
3 Reggie Rabb	12	Aquinas	51.76 6
4 Todor Andonov	11	La Crosse Ce	52.23 5
5 Mitchell Schaller	10	Onalaska	52.50 4
6 Josh Stevens	11	La Crosse Lo	52.76 3
7 Brandon Christinovich	11	Holmen	52.76 2
8 Seth Holden	09	Holmen	53.53 1
9 Mason Guild	11	La Crosse Ce	54.27
10 Joe Bond		La Crosse Lo	54.66
11 Austin Maholovic	11	Onalaska	55.87
12 Andrew Tomko	12	Tomah	58.03

Boys 800 Meter Run

Meet Record: 1:55.21 * 2011 **Derek Finsterwalder**

Name	Yr	School	Finals
1 Blake Reynolds	12	Onalaska	1:57.62 10
2 Hunter Stinson	11	La Crosse Ce	2:00.42 8
3 Keaton Misch-Mattison	12	La Crosse Ce	2:00.93 6
4 Chris Ganrude	12	La Crosse Lo	2:03.78 5
5 Dylan Cooper	11	Holmen	2:05.40 4
6 Spencer Runde	10	Onalaska	2:06.53 3
7 Tyler Grade	11	Holmen	2:06.79 2
8 Josh Baumgartner	12	La Crosse Ce	2:09.10 1
9 Alex Boruch	12	Aquinas	2:11.45
10 Max Engh	09	Sparta	2:16.79
11 Katan Moser	11	Tomah	2:17.53
12 Brock Polhamus	11	Sparta	2:17.75
13 Grant Joslyn	10	Aquinas	2:21.45

Boys 1600 Meter Run

Meet Record: 4:16.64 * 2008 **Zach Wilhelmly**

Name	Yr	School	Finals
1 Blake Reynolds	12	Onalaska	4:32.69 10
2 Chris Ganrude	12	La Crosse Lo	4:35.90 8
3 Josh Baumgartner	12	La Crosse Ce	4:38.22 6
4 Nate Simon	10	Onalaska	4:38.38 5
5 Alex Egbert	11	Aquinas	4:39.33 4
6 Zachary Phillips	10	Aquinas	4:41.42 3
7 Paul Schmitt	11	La Crosse Ce	4:42.68 2
8 Sam Heiden	12	Holmen	4:50.05 1
9 Devin Johnson	12	Holmen	4:55.12
10 Austin Feltner	12	Sparta	4:58.41
11 Henry Sayner	12	Aquinas	5:01.03

Boys 3200 Meter Run

Meet Record: 9:27.82 * 2011 **Paul Escher**

Name	Yr	School	Finals
1 Henry Meger	11	La Crosse Lo	9:54.95 10
2 Soren Johnson	12	La Crosse Lo	10:02.37 8
3 John Roddick	11	Sparta	10:14.76 6
4 Sam Pinkowski	09	La Crosse Ce	10:15.07 5
5 Nate Simon	10	Onalaska	10:23.36 4
6 Ryan Holman	11	Holmen	10:24.88 3
7 Matt Amman	12	La Crosse Ce	10:34.83 2
8 Andrew Olson	11	La Crosse Lo	10:44.36 1
9 Alex Jaffery	12	Onalaska	10:54.29

Mississippi Valley Conf Championship Meet
UW-La Crosse - Veterans Memorial Complex
La Crosse, WI - 5/17/2014

Results

Boys 110 Meter Hurdles

Meet Record: 14.64 * 1995 **Scott Crothers**

Name	Yr	School	Finals
Finals			
1 Ross Kinderman	12	Holmen	15.12 10
2 Evan Kyte	12	La Crosse Lo	16.26 8
3 Sirrus Bier	09	Sparta	16.75 6
4 Max Hether	12	La Crosse Ce	16.83 5
5 Erik Kernozeck	12	La Crosse Ce	16.84 4
6 Patrick Garitty	12	Onalaska	16.94 3
7 Connor Haag	10	Aquinas	17.46 2
8 Brayden Friant	10	Tomah	18.24 1
--- Isiah Brown	10	Aquinas	DQ

Boys 300 Meter Hurdles

Meet Record: 39.07 * 2012 **Aron Klos**

Name	Yr	School	Finals
Finals			
1 Ross Kinderman	12	Holmen	40.57 10
2 Evan Kyte	12	La Crosse Lo	42.35 8
3 Erik Kernozeck	12	La Crosse Ce	43.88 6
4 Patrick Garitty	12	Onalaska	44.51 5
5 Connor Haag	10	Aquinas	44.57 4
6 Max Hether	12	La Crosse Ce	45.10 3
7 Dion Smith	09	La Crosse Lo	45.48 2
8 Brayden Friant	10	Tomah	46.65 1

Boys 4x100 Meter Relay

Meet Record: 43.32 * 2012 **Holmen**

D Martinez, G Sua, DJ Meagher, M Jessesski

Team	Relay	Finals
Finals		
1 Holmen		44.03 10
1) Seth Wilson 09	2) Aaron Zmolek 10	
3) Adam Johnson 10	4) Dillon Martinez 12	
2 Onalaska		44.80 8
1) Sam Rinartz 12	2) Brandon Dawson 12	
3) Alex Gumz 11	4) Nate Sweeney 11	
3 La Crosse Central		44.83 6
1) William Moe 11	2) Noah Stinson 11	
3) Mitch Johnson 12	4) Ted Silha 12	
4 La Crosse Logan		45.33 5
	2) Max Harter 12	
	4) Nhia Thao 09	
5 Sparta		47.18 4
1) Brody Christopherson 12	2) Ryan Wisniewski 09	
3) Sirrus Bier 09	4) Jasiah Scott 09	
6 Aquinas		47.39 3
1) Ty Washington 11	2) Efer Christopherson 10	
3) Ethan Reid 10	4) Michael Zernia 09	

7 Tomah	48.26 2
1) Eddie Wagner 09	2) Anthony Adams 09
3) Bishop King 11	4) Dan Dzamba 12

Boys 4x200 Meter Relay

Meet Record: 1:31.49 * 2010 **Logan**

M Orcutt, D Hellerud, K Winslow, D LaRoche

Team	Relay	Finals
Finals		
1 Holmen		1:32.13 10
1) Seth Wilson 09	2) Chris Magnuson 11	
3) Sam Houilhan 12	4) Adam Johnson 10	
2 La Crosse Logan		1:32.94 8
	2) Anton Oestby 12	
	4) Dakota Horton 11	
3) Max Harter 12		
3 La Crosse Central		1:33.63 6
1) Mitch Johnson 12	2) Ted Silha 12	
3) Erik Kernozeck 12	4) Noah Stinson 11	
4 Onalaska		1:34.21 5
1) Sam Rinartz 12	2) Bill Keane 12	
3) Bjarki Sigurdarson 11	4) Jake Shipiro 11	
5 Tomah		1:35.51 4
1) Eddie Wagner 09	2) Brayden Friant 10	
3) Collin Eswein 11	4) Dan Dzamba 12	
6 Sparta		1:38.87 3
1) Ryan Wisniewski 09	2) Brody Christopherson 12	
3) Sirrus Bier 09	4) Chris Schaffer 11	

Boys 4x400 Meter Relay

Meet Record: 3:25.87 * 2008 **Logan**

K Winslow, J Mills, J Bottcher, J Losby

Team	Relay	Finals
Finals		
1 La Crosse Central		3:28.75 10
1) Hunter Stinson 11	2) Lamont Murphy 12	
3) Keaton Misch-Mattison 12	4) Todor Andonov 11	
2 Holmen		3:29.72 8
1) Christian Strauss 11	2) Brandon Christinovich 11	
3) Dylan Cooper 11	4) Aaron Zmolek 10	
3 La Crosse Logan		3:38.78 6
1) Jarrod Besl 11	2) Max Harter 12	
3) Dakota Horton 11	4) Chris Ganrude 12	
4 Onalaska		3:41.61 5
1) Mitchell Schaller 10	2) Adam Pfaff 11	
3) Nate Simon 10	4) Austin Mihalovic 11	
5 Tomah		3:57.74 4
1) Andrew Tomko 12	2) Anthony Adams 09	
3) Eddie Wagner 09	4) Dan Dzamba 12	

**Mississippi Valley Conf Championship Meet
UW-La Crosse - Veterans Memorial Complex
La Crosse, WI - 5/17/2014**

Results

Boys 4x800 Meter Relay

Meet Record: 8:15.44 * 1995 Tomah

Zupancich, Eckelberg, Nicol, ?

Team	Relay	Finals
Finals		
1 Holmen		8:32.77 10
1) Tyler Grade 11	2) Sam Heiden 12	
3) Dylan Cooper 11	4) Devin Johnson 12	
2 La Crosse Central		8:35.24 8
1) Johnathon Edwards 12	2) Matt Amman 12	
3) Sam Pinkowski 09	4) Mason Guild 11	
3 Onalaska		8:43.79 6
1) Spencer Runde 10	2) Andy Achenreiner 12	
3) Garrick Birdsong 12	4) Brady Barth 11	
4 La Crosse Logan		8:50.61 5
1) Ian Rumball 11	2) Jacob Croteau 11	
3) Ben Pierce 09	4) Colton Everts 10	
5 Sparta		8:52.05 4
1) Austin Feltner 12	2) John Roddick 11	
3) Brock Polhamus 11	4) Max Engh 09	
6 Tomah		9:13.17 3
1) Alan Atha 11	2) Katan Moser 11	
3) Ryan Wildes 09	4) Andrew Tomko 12	
7 Aquinas		9:20.27 2
1) Alex Boruch 12	2) John Divney 12	
3) Grant Joslyn 10	4) Matthew Thill 10	

Boys High Jump

Meet Record: 6-06 * 2013 Joe Gasper

Name	Yr	School	Finals
Finals			
1 Dillon Martinez	12	Holmen	6-02.00 10
2 Dylan Cooper	11	Holmen	6-00.00 8
3 Dakota Horton	11	La Crosse Lo	J6-00.00 6
4 Aric Elmore	11	La Crosse Lo	5-10.00 5
5 Isiah Brown	10	Aquinas	5-08.00 3.5
5 Grant Geier	11	La Crosse Ce	5-08.00 3.5
7 Sirrus Bier	09	Sparta	J5-08.00 2
8 Zach Holcomb	10	Sparta	5-06.00 1

Boys Pole Vault

Meet Record: 15-00 * 1995 Craig Jeranek

Name	Yr	School	Finals
Finals			
1 Levi Kotek	12	La Crosse Lo	11-06.00 10
2 Cole Woods	12	La Crosse Ce	J11-06.00 8
3 RJ Hackett	12	La Crosse Ce	11-00.00 6
4 Justin Lund	11	Aquinas	J11-00.00 5
5 David Rodriguez	11	La Crosse Lo	10-06.00 4
6 Issac Locke	09	Onalaska	J10-06.00 3

7 Jesse Schmidt	09	Tomah	10-00.00 2
8 John Visgar	10	Tomah	J10-00.00 1
9 Thomas Hanson	11	Onalaska	J10-00.00
10 Michael Zernia	09	Aquinas	9-06.00

Boys Long Jump

Meet Record: 23-04.50 * 2005 Andy Johnson

Name	Yr	School	Finals
Finals			
1 Aric Elmore	11	La Crosse Lo	22-09.00 10
2 Lamont Murphy	12	La Crosse Ce	21-04.50 8
3 Aaron Zmolek	10	Holmen	21-03.00 6
4 Brandon Dawson	12	Onalaska	20-09.50 5
5 Rae Tillman	12	La Crosse Lo	20-01.25 4
6 Ben Richmond	09	La Crosse Ce	19-09.50 3
7 Dakota Horton	11	La Crosse Lo	19-06.00 2
8 Nate Sweeney	11	Onalaska	19-00.00 1
9 Isiah Brown	10	Aquinas	18-09.50
10 Adam Johnson	10	Holmen	18-06.50
11 Paul Skalicky	12	Holmen	18-04.50
12 Collin Eswein	11	Tomah	18-02.00
13 Jacob Edwards	09	Sparta	17-06.25
14 Efer Christopherson	10	Aquinas	16-05.00

Boys Triple Jump

Meet Record: 47-08.50 * 1992 Travis Horstman

Name	Yr	School	Finals
Finals			
1 Aric Elmore	11	La Crosse Lo	45-02.75 10
2 Ross Kinderman	12	Holmen	44-01.50 8
3 Rae Tillman	12	La Crosse Lo	42-09.50 6
4 Brandon Christinovich	11	Holmen	41-10.75 5
5 Collin Eswein	11	Tomah	41-06.25 4
6 Quincy Drane	12	La Crosse Lo	41-02.00 3
7 Brandon Dawson	12	Onalaska	40-05.75 2
8 Ben Richmond	09	La Crosse Ce	40-03.75 1
9 Ted Silha	12	La Crosse Ce	40-02.00
10 Paul Skalicky	12	Holmen	39-09.75
--- Chris Schaffer	11	Sparta	FOUL

Boys Shot Put

Meet Record: 63-03 * 2000 Jim Nelson

Name	Yr	School	Finals
Finals			
1 Parker Weber	12	Aquinas	49-05.50 10
2 Calvin Wright	12	La Crosse Lo	49-04.00 8
3 Charles Serauskas	11	Holmen	48-05.00 6
4 Cody Marquardt	12	Onalaska	47-09.50 5
5 Sam Scheidt	12	Aquinas	46-02.50 4
6 Joey Segner	11	La Crosse Ce	46-00.50 3
7 Michael Flock	12	La Crosse Ce	45-05.00 2

Mississippi Valley Conf Championship Meet
UW-La Crosse - Veterans Memorial Complex
La Crosse, WI - 5/17/2014

Results

Finals ... (Boys Shot Put)

	Name	Yr	School	Finals	
8	Hunter Clark	12	Onalaska	44-01.00	1
9	Austin Glynn	09	Onalaska	43-03.00	
10	Jared Banks	10	Holmen	40-03.00	
11	Collin Rice	11	Tomah	38-08.50	
12	Devon Smith	09	Sparta	37-00.00	
13	Ben Stidham	10	Sparta	34-09.50	
14	Kody Smith	10	Sparta	31-00.25	

Boys Discus Throw

Meet Record: 166-10 * 2011 Andrew Brekke

	Name	Yr	School	Finals	
Finals					
1	Cody Marquardt	12	Onalaska	140-11	10
2	Charles Serauskas	11	Holmen	140-00	8
3	Calvin Wright	12	La Crosse Lo	133-05	6
4	Hunter Clark	12	Onalaska	130-07	5
5	Austin Glynn	09	Onalaska	127-01	4
6	Erik Kernozeck	12	La Crosse Ce	126-01	3
7	Jared Banks	10	Holmen	119-02	2
8	Christian Breckner	11	La Crosse Lo	119-00	1
9	Joey Segner	11	La Crosse Ce	116-06	
10	Ryan Wisniewski	09	Sparta	91-05	
11	Alan Atha	11	Tomah	82-11	
---	Kody Smith	10	Sparta	FOUL	
---	Ben Stidham	10	Sparta	FOUL	

Women - Team Rankings - 18 Events Scored

1)	La Crosse Logan	225
2)	La Crosse Central	139.5
3)	Holmen	123.5
4)	Onalaska	102
5)	Aquinas	49
6)	Sparta	33
7)	Tomah	20

Men - Team Rankings - 18 Events Scored

1)	La Crosse Logan	169
2)	Holmen	161
3)	La Crosse Central	147.5
4)	Onalaska	108
5)	Aquinas	57.5
6)	Sparta	26
7)	Tomah	22