

Mississippi Valley Conference Meet
UW-La Crosse - Veterans Memorial Complex
La Crosse, WI - 5/16/2015

Results**Girls 100 Meter Dash**

Meet Record: 12.35 * 2012 Amber Anderson

Name	Yr	School	Prelims
Preliminaries			
1	Tore Washa	12 La Crosse Lo	12.88Q
2	Abbi Klos	12 La Crosse Ce	13.23Q
3	Cortney Christnovich	10 Holmen	13.28q
4	Kirsten Olson	11 Holmen	13.36q
5	Tiyana Harter	09 La Crosse Ce	13.47q
6	Kelsey Koelbl	10 Holmen	13.56q
7	Kaitlyn Lee	11 La Crosse Ce	13.57q
8	Rachel Seidel	11 Aquinas	13.90q
9	Natalie Mutch	12 Onalaska	13.92q
10	Mae Leslie	09 Aquinas	13.96q
11	Vida Vetterkind	12 Sparta	14.03
12	Kelsey Conway	10 Onalaska	14.09
13	Ruth E. Hallstead	10 Onalaska	14.28
14	Abigail Johnson	09 Tomah	14.31
15	Caitlyn Brockman	09 Tomah	14.44
16	Emma O'Flaherty	09 Aquinas	14.51

Girls 100 Meter Dash

Meet Record: 12.35 * 2012 Amber Anderson

Name	Yr	School	Finals
Finals			
1	Tore Washa	12 La Crosse Lo	12.78 10
2	Kirsten Olson	11 Holmen	13.34 8
3	Abbi Klos	12 La Crosse Ce	13.39 6
4	Cortney Christnovich	10 Holmen	13.48 5
5	Kelsey Koelbl	10 Holmen	13.60 4
6	Tiyana Harter	09 La Crosse Ce	13.61 3
7	Kaitlyn Lee	11 La Crosse Ce	13.73 2
8	Mae Leslie	09 Aquinas	13.99 1
9	Natalie Mutch	12 Onalaska	14.05
10	Rachel Seidel	11 Aquinas	14.10

Girls 200 Meter Dash

Meet Record: 25.36 * 2004 Joanna Schultz

Name	Yr	School	Finals
Finals			
1	Tore Washa	12 La Crosse Lo	25.63 10
2	Danielle Kohlwey	12 Holmen	26.55 8
3	Kirsten Olson	11 Holmen	27.18 6
4	Amanda Wiebke	11 Onalaska	27.32 5
5	Chloe Malin	12 La Crosse Lo	28.03 4
6	Kelsey Koelbl	10 Holmen	28.10 3
7	Tiyana Harter	09 La Crosse Ce	28.51 2
8	Emily Hoefl	10 Onalaska	28.67 1
9	Natalie Mutch	12 Onalaska	29.05
10	Haley Bemis	10 Sparta	29.07

11	Sarah Anderson	09 Sparta	29.27
12	Vida Vetterkind	12 Sparta	29.99
13	Elena Ruff	12 Aquinas	30.96
14	Amber Koch	10 Aquinas	30.97
15	Madeline Neve	12 Tomah	33.14

Girls 400 Meter Dash

Meet Record: 56.76 * 2004 Joanna Schultz

Name	Yr	School	Finals
Finals			
1	Tore Washa	12 La Crosse Lo	58.95 10
2	Amanda Wiebke	11 Onalaska	1:01.10 8
3	Andrea Happel	12 La Crosse Lo	1:03.62 6
4	Sophie Cieslicki	12 Holmen	1:04.01 5
5	Kelsey Koelbl	10 Holmen	1:04.30 4
6	Tiyana Harter	09 La Crosse Ce	1:05.19 3
7	Alexis Mueller	09 La Crosse Lo	1:05.71 2
8	Danielle Fields	09 Sparta	1:06.09 1
9	Amber Krause	11 Tomah	1:06.18
10	Katherine Carlisle	11 Onalaska	1:06.41
11	Aubrey Aspen	12 Sparta	1:06.97
12	Kali Olson	10 Holmen	1:07.28
13	Morgan Appel	09 Sparta	1:08.78
14	Abbey Bettis	09 Aquinas	1:09.97
15	Liza Kane	09 Tomah	1:11.39
16	Ryan Fisher	10 Tomah	1:13.57

Girls 800 Meter Run

Meet Record: 2:13.05 * 2012 Madeline Hauptert

Name	Yr	School	Finals
Finals			
1	Sierra Rabe	12 Holmen	2:21.06 10
2	Lizzy Schmida	12 La Crosse Lo	2:25.99 8
3	Joie Ross	11 La Crosse Lo	2:27.49 6
4	Lily Nelson	10 La Crosse Ce	2:31.03 5
5	Kellyn Lamore	12 Holmen	2:32.14 4
6	Violet Nelson	10 La Crosse Ce	2:35.18 3
7	Amber Krause	11 Tomah	2:36.16 2
8	Brooke Jorstad	10 La Crosse Lo	2:37.83 1
9	Mara Anderson	11 Aquinas	2:38.13
10	Taylor Garves	10 Onalaska	2:42.23
11	Maya Walters	11 Aquinas	2:45.57
12	Mary Knothe	12 Aquinas	2:53.99
13	Liza Kane	09 Tomah	3:03.79
14	Hannah Zaehler	12 Tomah	3:23.30

Girls 1600 Meter Run

Meet Record: 5:00.04 * 1994 Angi Kujak

Name	Yr	School	Finals
Finals			
1	Mason Kalander	09 Holmen	5:09.53 10
2	Jennifer Lichter	12 Aquinas	5:11.30 8

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Results

Finals ... (Girls 1600 Meter Run)

Name	Yr	School	Finals
3 Sierra Rabe	12	Holmen	5:13.92 6
4 Lizzy Schmida	12	La Crosse Lo	5:22.54 5
5 Sara Brekke	10	La Crosse Ce	5:23.79 4
6 Joie Ross	11	La Crosse Lo	5:35.80 3
7 Sophie Leinfelder	09	La Crosse Ce	5:36.49 2
8 Tayler Garves	10	Onalaska	5:51.87 1
9 Jennifer Zimmer	11	Onalaska	6:04.66
10 Shania Gudgeon	12	Tomah	6:32.73
11 Hannah Scorson	09	Tomah	6:33.30
12 Jynna Ambrosia-Brown	12	Tomah	6:49.41

Girls 3200 Meter Run

Meet Record: 10:45.54 * 1994 Angi Kujak

Name	Yr	School	Finals
1 Jennifer Lichter	12	Aquinas	11:24.58 10
2 Mason Kalander	09	Holmen	11:35.17 8
3 Sara Brekke	10	La Crosse Ce	11:35.79 6
4 Sophie Leinfelder	09	La Crosse Ce	12:20.81 5
5 Mackenzie Davis	11	Onalaska	12:41.98 4
6 Ally Klingelhofer	10	La Crosse Ce	13:24.71 3
7 Mollie Lelonek	09	Tomah	13:30.81 2
8 Signe Johnson	10	La Crosse Lo	14:03.24 1
9 Jynna Ambrosia-Brown	12	Tomah	15:16.10

Girls 100 Meter Hurdles

Meet Record: 14.65 * 2012 Amber Anderson

Name	Yr	School	Finals
1 Danielle Kohlwey	12	Holmen	15.02 10
2 Ashley Sprain	11	La Crosse Lo	16.06 8
3 Kaitlyn Ganrude	12	La Crosse Lo	16.77 6
4 Kali Goodwin	10	La Crosse Ce	16.79 5
5 Kiley Blank	10	La Crosse Ce	17.14 4
6 Lexi Marcon	10	Onalaska	17.74 3
7 Hannah Smith	09	Holmen	18.13 2

Girls 300 Meter Hurdles

Meet Record: 45.41 * 2012 Amber Anderson

Name	Yr	School	Finals
1 Danielle Kohlwey	12	Holmen	46.01 10
2 Abbi Klos	12	La Crosse Ce	47.24 8
3 Tori Hanson	10	Sparta	50.13 6
4 Cortney Christnovich	10	Holmen	50.14 5
5 Casey Kriewald	12	Onalaska	50.82 4
6 Kiley Blank	10	La Crosse Ce	50.83 3
7 Erin Markworth	10	Onalaska	51.71 2
8 Kali Goodwin	10	La Crosse Ce	51.98 1
9 Hannah Smith	09	Holmen	53.09

Girls 4x100 Meter Relay

Meet Record: 50.74 * 1994 Central

Reis, Felix, Schleskie, Schmitz

Team	Relay	Finals
1 Holmen		51.99 10
1) Kelsey Wall 09	2) Brooke Holden 12	
3) Katlyn Long 11	4) Kirsten Olson 11	
2 La Crosse Logan		52.06 8
1) Kemmesha Thomas 11	2) Megan Dittmer 11	
3) Shanelle Kendrick 12	4) Tyanna Washa 10	
3 Onalaska		52.99 6
1) Lexi Marcon 10	2) Kate Dabrowski 09	
3) Elisa Dabrowski 09	4) Kelsey Conway 10	
4 La Crosse Central		53.01 5
1) Kaitlyn Lee 11	2) Hope Sternberg 11	
3) Valerie Hilby 09	4) Kiley Blank 10	
5 Aquinas		53.43 4
1) Rachel Seidel 11	2) Shannon Paramesh 10	
3) Kristin Iverson 11	4) Emma O'Flaherty 09	
6 Sparta		53.68 3
1) Haley Bemis 10	2) Rebecca Jenkins 09	
3) Sarah Anderson 09	4) Vida Vetterkind 12	
7 Tomah		55.50 2
1) Ashley Atha 10	2) Hailley Steines 12	
3) Abigail Johnson 09	4) Caitlyn Brockman 09	

Girls 4x200 Meter Relay

Meet Record: 1:46.55 * 2004 Onalaska

S Meier, S Formanek, R Rislow, A Rentschler

Team	Relay	Finals
1 Onalaska		1:49.77 10
1) Natalie Mutch 12	2) Kate Dabrowski 09	
3) Elisa Dabrowski 09	4) Erin Markworth 10	
2 La Crosse Logan		1:50.02 8
1) Kemmesha Thomas 11	2) Shanelle Kendrick 12	
3) Megan Dittmer 11	4) Tyanna Washa 10	
3 Holmen		1:52.51 6
1) Kelsey Wall 09	2) Brooke Holden 12	
3) Katlyn Long 11	4) Maia Heineck 12	
4 Sparta		1:53.05 5
1) Sarah Anderson 09	2) Haley Bemis 10	
3) Vida Vetterkind 12	4) Rebecca Jenkins 09	
5 Aquinas		1:55.71 4
1) Pamela Fuchsel 12	2) Rachel Seidel 11	
3) Kristin Iverson 11	4) Rachel Ellis 10	
6 Tomah		1:59.53 3
1) Ashley Atha 10	2) Hailley Steines 12	
3) Abigail Johnson 09	4) Caitlyn Brockman 09	

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Finals ... (Girls 4x200 Meter Relay)

Team	Relay	Finals
---	La Crosse Central	DQ
	1) Hope Sternberg 11	2) Nikki Goodwin 10
	3) Valerie Hilby 09	4) Kaitlyn Lee 11

Girls 4x400 Meter Relay

Meet Record: 4:02.40 * 2011 Onalaska

J Burr, M Hibshman, M Johnson, R Lukas

Team	Relay	Finals
Finals		
1	Holmen	4:11.08 10
	1) Sophie Cieslicki 12	2) Kellyn Lamore 12
	3) Maia Heineck 12	4) Sierra Rabe 12
2	La Crosse Logan	4:15.21 8
	1) Andrea Happel 12	2) Shanelle Kendrick 12
	3) Lizzy Schmida 12	4) Joie Ross 11
3	La Crosse Central	4:24.56 6
	1) Abbi Klos 12	2) Violet Nelson 10
	3) Kaia Adams 09	4) Hope Sternberg 11
4	Onalaska	4:25.08 5
	1) Elisa Dabrowski 09	2) Kate Dabrowski 09
	3) Emily Hoeft 10	4) Casey Kriewald 12
5	Sparta	4:26.44 4
	1) Aubrey Aspen 12	2) Danielle Fields 09
	3) Tori Hanson 10	4) Rebecca Jenkins 09

Girls 4x800 Meter Relay

Meet Record: 9:53.14 * 1992 Sparta

L Miller, A Finstad, J Newburg, K Davis

Team	Relay	Finals
Finals		
1	La Crosse Central	10:16.77 10
	1) Kaia Adams 09	2) Ally Klingelhofer 10
	3) Violet Nelson 10	4) Lily Nelson 10
2	La Crosse Logan	10:38.19 8
	1) Brooke Jorstad 10	2) Signe Johnson 10
	3) Hannah VonRuden 10	4) Ellie Hanewall 11
3	Aquinas	10:40.67 6
	1) Mara Anderson 11	2) Mary Knothe 12
	3) Maya Walters 11	4) Jacey Korth 10
4	Onalaska	11:01.36 5
	1) Jennifer Laux 10	2) Katherine Carlisle 11
	3) Sierra Dygert 11	4) Mackenzie Davis 11
5	Tomah	11:03.58 4
	1) Amber Krause 11	2) Shania Gudgeon 12
	3) Liza Kane 09	4) Hannah Scorsone 09
6	Holmen	11:31.14 3
	1) Kaylee Duxbury 11	2) Kala Sader 09
	3) McKenna Pedretti 09	4) Tabitha Wisted 11

Girls High Jump

Meet Record: 5-06 * 2004 Amy Rentschler

Name	Yr	School	Finals
Finals			
1	Carly Morris	12 La Crosse Lo	5-02.00 10
2	Kali Goodwin	10 La Crosse Ce	4-10.00 8
3	Ashley Sprain	11 La Crosse Lo	4-08.00 5.5
3	Aubrey Aspen	12 Sparta	4-08.00 5.5
5	Hailley Steines	12 Tomah	J4-08.00 4
6	Elisa Dabrowski	09 Onalaska	J4-08.00 3
7	Alli Christenson	11 Onalaska	J4-08.00 2
8	Milena Moit	09 Holmen	4-06.00 1
9	Betsi Faga	11 La Crosse Ce	J4-06.00
10	Ryan Fisher	10 Tomah	4-02.00
---	Ashley Atha	10 Tomah	NH

Girls Pole Vault

Meet Record: 10-01 * 2009 Emily Mitzelfeldt

Name	Yr	School	Finals
Finals			
1	Kaitlyn Ganrude	12 La Crosse Lo	10-00.00 10
2	Lucee Laursen	12 Onalaska	8-06.00 8
3	Ashley Sprain	11 La Crosse Lo	8-00.00 6
4	Erika Mueller	11 La Crosse Ce	7-06.00 5
5	Alexa Hosch	10 Onalaska	J7-06.00 4
6	Hope Sternberg	11 La Crosse Ce	7-00.00 2.5
6	Mae Leslie	09 Aquinas	7-00.00 2.5
8	Melissa Wiebke	10 Onalaska	J7-00.00 1
9	Shania Gudgeon	12 Tomah	5-06.00

Girls Long Jump

Meet Record: 18-02 * 2008 Emily Worden

Name	Yr	School	Finals
Finals			
1	Danielle Kohlwey	12 Holmen	18-00.50 10
2	Kaitlyn Ganrude	12 La Crosse Lo	17-05.25 8
3	Ashley Sprain	11 La Crosse Lo	16-06.25 6
4	Tore Washa	12 La Crosse Lo	16-05.25 5
5	Kali Goodwin	10 La Crosse Ce	16-03.50 4
6	Ivy Gierszewski	12 Aquinas	16-01.25 3
7	Tiyana Harter	09 La Crosse Ce	16-00.25 2
8	Laney McCartney	12 Aquinas	15-05.50 1
9	Amanda Wiebke	11 Onalaska	15-05.25
10	Lucee Laursen	12 Onalaska	15-05.00
11	Haley Bemis	10 Sparta	15-00.25
12	Tori Hanson	10 Sparta	14-05.50
13	Alli Christenson	11 Onalaska	13-11.25
14	Hailley Steines	12 Tomah	12-06.75

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Results**Girls Triple Jump**

Meet Record: 37-07 * 2009 Emily Haines

Name	Yr	School	Finals
Finals			
1 Amanda Wiebke	11	Onalaska	36-07.50 10
2 Kaitlyn Ganrude	12	La Crosse Lo	35-11.25 8
3 Kiley Blank	10	La Crosse Ce	34-07.75 6
4 Cortney Christnovich	10	Holmen	34-05.00 5
5 Carly Morris	12	La Crosse Lo	33-05.50 4
6 Erin Markworth	10	Onalaska	32-11.00 3
7 Kelsey Koelbl	10	Holmen	32-05.00 2
8 Melissa Wiebke	10	Onalaska	31-00.75 1
9 Hannah Smith	09	Holmen	29-10.50
10 Nikki Goodwin	10	La Crosse Ce	28-11.75
11 Rebecca Jenkins	09	Sparta	27-08.25

Girls Shot Put

Meet Record: 44-06.25 * 1990 Julie Beck

Name	Yr	School	Finals
Finals			
1 Megan Gunderson	12	Aquinas	37-04.25 10
2 Stacia Munson	12	La Crosse Lo	37-02.50 8
3 Kassera Hansen	12	La Crosse Lo	35-10.50 6
4 Abbi Stafslie-Dumale	09	La Crosse Ce	35-05.25 5
5 Tayla Stuttley	10	Onalaska	31-07.50 4
6 Kaliegh Gosa	12	La Crosse Lo	30-09.50 3
7 Kylee Jostad	09	Holmen	28-07.00 2
8 Madeline Neve	12	Tomah	28-05.00 1
9 Jaden Maas	12	Tomah	27-05.00
10 Analee Jaekel	09	Holmen	27-03.25
11 Ashley Atha	10	Tomah	26-02.25

Girls Discus Throw

Meet Record: 160-10 * 1990 Julie Beck

Name	Yr	School	Finals
Finals			
1 Megan Gunderson	12	Aquinas	109-11 10
2 Maia Heineck	12	Holmen	106-09 8
3 Tayla Stuttley	10	Onalaska	100-09 6
4 Stacia Munson	12	La Crosse Lo	97-01 5
5 Abbi Stafslie-Dumale	09	La Crosse Ce	95-06 4
6 Allie Olson	10	La Crosse Ce	93-09 3
7 Kylee Jostad	09	Holmen	90-02 2
8 Madeline Neve	12	Tomah	88-09 1
9 Kassera Hansen	12	La Crosse Lo	J88-09
10 Jaden Maas	12	Tomah	86-05
--- Nicole Sweeney	11	Tomah	FOUL

Boys 100 Meter Dash

Meet Record: 10.82 * 2013 Byron Neal

Name	Yr	School	Prelims
Preliminaries			
1 Seth Holden	10	Holmen	11.29Q
2 Collin Eswein	12	Tomah	11.53Q
3 William Moe	12	La Crosse Ce	11.50q
4 Adam Johnson	11	Holmen	11.66q
5 Josh Stevens	12	La Crosse Lo	11.74q
6 Wally Barros	09	Sparta	11.93q
7 Andy Thorsen	12	Onalaska	11.94q
8 Queto Weber	10	La Crosse Ce	11.95q
9 DaJon Ledet	10	La Crosse Ce	12.01q
10 Justin Lund	12	Aquinas	12.05q
11 Eddie Wagner	10	Tomah	12.12
12 Nate Sweeney	12	Onalaska	12.14
13 Jacob Edwards	10	Sparta	12.33
14 Ty Washington	12	Aquinas	12.53
--- Brandon Christinovich	12	Holmen	FS

Boys 100 Meter Dash

Meet Record: 10.82 * 2013 Byron Neal

Name	Yr	School	Finals
Finals			
1 Seth Holden	10	Holmen	11.28 10
2 William Moe	12	La Crosse Ce	11.57 8
3 Collin Eswein	12	Tomah	11.58 6
4 Adam Johnson	11	Holmen	11.63 5
5 Josh Stevens	12	La Crosse Lo	11.74 4
6 Andy Thorsen	12	Onalaska	11.82 3
7 DaJon Ledet	10	La Crosse Ce	11.88 2
8 Justin Lund	12	Aquinas	12.18 1
9 Queto Weber	10	La Crosse Ce	12.23
10 Wally Barros	09	Sparta	12.28

Boys 200 Meter Dash

Meet Record: 21.87 * 2013 Byron Neal

Name	Yr	School	Finals
Finals			
1 Brandon Christinovich	12	Holmen	22.47 10
2 Seth Holden	10	Holmen	23.02 8
3 Collin Eswein	12	Tomah	23.54 6
4 William Moe	12	La Crosse Ce	23.61 5
5 Aric Elmore	12	La Crosse Lo	23.77 4
6 Jasiah Scott	10	Sparta	23.78 3
7 Josh Stevens	12	La Crosse Lo	J23.78 2
8 Adam Johnson	11	Holmen	23.82 1
9 Andy Thorsen	12	Onalaska	24.05
10 Noah Stinson	12	La Crosse Ce	24.16
11 Mitchell Schaller	11	Onalaska	24.47

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Results**Finals ... (Boys 200 Meter Dash)**

Name	Yr	School	Finals
12 Dante Mills	10	Tomah	24.59
13 Mike Bartley	11	Aquinas	24.85

Boys 400 Meter Dash

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

Name	Yr	School	Finals
Finals			
1 Brandon Christinovich	12	Holmen	49.02* 10
2 Seth Holden	10	Holmen	49.82 8
3 Collin Meyer	12	Aquinas	49.95 6
4 Josh Stevens	12	La Crosse Lo	51.15 5
5 Mitchell Schaller	11	Onalaska	52.07 4
6 Queto Weber	10	La Crosse Ce	52.65 3
7 Connor Haag	11	Aquinas	53.44 2
8 Austin Brown	11	Onalaska	54.03 1
9 Christian Strauss	12	Holmen	55.10
10 Alex Bitter	11	Tomah	55.67
11 Dalton Brown	09	Tomah	56.96

Boys 800 Meter Run

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

Name	Yr	School	Finals
Finals			
1 Hunter Stinson	12	La Crosse Ce	2:00.50 10
2 Nate Simon	11	Onalaska	2:02.01 8
3 Jacob Croteau	12	La Crosse Lo	2:02.27 6
4 Spencer Runde	11	Onalaska	2:03.33 5
5 Jett Mickelson	09	La Crosse Ce	2:04.09 4
6 Tyler Grade	12	Holmen	2:05.15 3
7 Alex Egbert	12	Aquinas	2:05.56 2
8 Adam Scott	12	La Crosse Ce	2:05.60 1
9 Caleb Pokorny	10	Sparta	2:08.02
10 Ian Rumball	12	La Crosse Lo	2:08.97
11 Katan Moser	12	Tomah	2:20.53

Boys 1600 Meter Run

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

Name	Yr	School	Finals
Finals			
1 Hunter Stinson	12	La Crosse Ce	4:29.67 10
2 Sam Pinkowski	10	La Crosse Ce	4:30.47 8
3 Nate Simon	11	Onalaska	4:35.48 6
4 Evan Schultz	09	La Crosse Lo	4:41.78 5
5 Zachary Phillips	11	Aquinas	4:51.09 4
6 Isaiah Sample	11	Onalaska	4:53.36 3
7 Alex Wick	11	Holmen	4:57.59 2
8 Max Engh	10	Sparta	4:59.22 1
9 Trevin Nelson	09	Tomah	5:12.50
10 Jeremiah DeGroot	09	Aquinas	5:12.80
11 Katan Moser	12	Tomah	5:13.72

12 Garrett Lydon 09 Sparta 5:26.71

Boys 3200 Meter Run

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

Name	Yr	School	Finals
Finals			
1 Sam Pinkowski	10	La Crosse Ce	10:04.57 10
2 Ben Pierce	10	La Crosse Lo	10:08.30 8
3 Henry Meger	12	La Crosse Lo	10:27.00 6
4 Jackson Clements	10	Onalaska	10:42.83 5
5 Ryan Holman	12	Holmen	10:51.51 4
6 John Roddick	12	Sparta	11:03.35 3
7 Ben Patschull	10	La Crosse Ce	11:13.13 2
8 Alan Ella	10	Tomah	11:15.47 1
9 Chad Richter	09	La Crosse Ce	11:25.28
10 Trevin Nelson	09	Tomah	11:36.70
11 Kade Steinbrecher	09	Holmen	11:53.47

Boys 110 Meter Hurdles

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

Name	Yr	School	Finals
Finals			
1 Dylan Cooper	12	Holmen	15.56 10
2 Dion Smith	10	La Crosse Lo	15.64 8
3 Isiah Brown	11	Aquinas	16.00 6
4 Sirrus Bier	10	Sparta	16.57 5
5 Tyler Hinytzke	11	Onalaska	17.05 4
6 Austin Collins-Martin	10	La Crosse Ce	17.15 3
7 Joe Bond	10	La Crosse Lo	17.29 2
8 Matt Kosin	11	Holmen	17.58 1
9 Brayden Friant	11	Tomah	17.85
10 Corey Thompson	10	Sparta	18.74

Boys 300 Meter Hurdles

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

Name	Yr	School	Finals
Finals			
1 Dylan Cooper	12	Holmen	40.56 10
2 Dion Smith	10	La Crosse Lo	41.47 8
3 Joe Bond	10	La Crosse Lo	42.47 6
4 Brayden Friant	11	Tomah	43.30 5
5 Tyler Hinytzke	11	Onalaska	44.33 4
6 Zylan Mageria-Kmiecek	10	Onalaska	44.45 3
7 Corey Thompson	10	Sparta	46.22 2
8 Austin Collins-Martin	10	La Crosse Ce	46.86 1
9 Joe Georgeson	10	Tomah	47.17

**Mississippi Valley Conference Meet
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Results

Boys 4x100 Meter Relay

Meet Record: 43.32 * 2012 Holmen

D Martinez, G Sua, DJ Meagher, M Jesseski

Team	Relay	Finals
Finals		
1 La Crosse Central		44.44 10
1) DaJon Ledet 10	2) Elliot Mitby-Strand 10	
3) Noah Stinson 12	4) William Moe 12	
2 Onalaska		44.62 8
1) Jake Shipiro 12	2) Nate Sweeney 12	
3) Alex Gumz 12	4) Austin Mihalovic 12	
3 La Crosse Logan		44.68 6
1) Jarrod Besl 12	2) Nhia Thao 10	
3) Aaron Dobbs 12	4) Caleb Hawkins 10	
4 Tomah		44.73 5
1) Eddie Wagner 10	2) Dante Mills 10	
3) Brayden Friant 11	4) Collin Eswein 12	
5 Sparta		45.21 4
1) Wally Barros 09	2) Sirrus Bier 10	
3) Jasiah Scott 10	4) Ryan Wisniewski 10	
6 Aquinas		46.33 3
1) Mike Bartley 11	2) Tommy Kratt 09	
3) Alec Pham 09	4) Conley Malone 09	
7 Holmen		46.81 2
1) Colton LeClaire 10	2) Adam Johnson 11	
3) Kyle Gamoke 12	4) Solomon Stoeckley 10	

Boys 4x200 Meter Relay

Meet Record: 1:31.49 * 2010 Logan

M Orcutt, D Hellerud, K Winslow, D LaRoche

Team	Relay	Finals
Finals		
1 Onalaska		1:33.44 10
1) Austin Mihalovic 12	2) Alex Gumz 12	
3) Andy Thorson 12	4) Issac Locke 10	
2 La Crosse Logan		1:33.83 8
1) Aaron Dobbs 12	2) Nhia Thao 10	
3) CJ Siegel 09	4) Caleb Hawkins 10	
3 Sparta		1:35.06 6
1) Sirrus Bier 10	2) Jacob Edwards 10	
3) Jasiah Scott 10	4) Ryan Wisniewski 10	
4 Tomah		1:35.38 5
1) Eddie Wagner 10	2) Dante Mills 10	
3) Alan Atha 12	4) Anthony Adams 10	
5 La Crosse Central		1:36.64 4
1) DaJon Ledet 10	2) Elliot Mitby-Strand 10	
3) James Baumler 11	4) Ben Richmond 10	
6 Aquinas		1:37.56 3
1) Mike Bartley 11	2) Tommy Kratt 09	
3) Ty Washington 12	4) Isiah Brown 11	

7 Holmen	1:37.69 2
1) Austin George 11	2) Nick Shupe 10
3) Colton LeClaire 10	4) Solomon Stoeckley 10

Boys 4x400 Meter Relay

Meet Record: 3:25.87 * 2008 Logan

K Winslow, J Mills, J Bottcher, J Losby

Team	Relay	Finals
Finals		
1 Aquinas		3:29.29 10
1) Alex Egbert 12	2) Connor Haag 11	
3) Rory Campbell 09	4) Collin Meyer 12	
2 La Crosse Logan		3:30.51 8
1) Jacob Croteau 12	2) Dion Smith 10	
3) Jarrod Besl 12	4) Joe Bond 10	
3 La Crosse Central		3:31.61 6
1) Queto Weber 10	2) Noah Stinson 12	
3) Drew Stinson 09	4) Hunter Stinson 12	
4 Holmen		3:32.84 5
1) Christian Strauss 12	2) Colton LeClaire 10	
3) Dylan Cooper 12	4) Tyler Grade 12	
5 Onalaska		3:35.67 4
1) Mitchell Schaller 11	2) Austin Brown 11	
3) Nate Simon 11	4) Issac Locke 10	
6 Tomah		3:37.13 3
1) Dalton Brown 09	2) Alex Bitter 11	
3) Alan Atha 12	4) Anthony Adams 10	

Boys 4x800 Meter Relay

Meet Record: 8:15.44 * 1995 Tomah

Zupancich, Eckelberg, Nicol, ?

Team	Relay	Finals
Finals		
1 Aquinas		8:22.47 10
1) Rory Campbell 09	2) Jeremiah DeGroot 09	
3) Alex Egbert 12	4) Zachary Phillips 11	
2 La Crosse Central		8:28.78 8
1) Jett Mickelson 09	2) Chad Richter 09	
3) Jack Richter 09	4) Todor Andonov 12	
3 La Crosse Logan		8:37.16 6
1) Jack Blomberg 09	2) Dylan Johnston 10	
3) Braxton Haines 10	4) Michael Felix 10	
4 Holmen		8:39.32 5
1) Kade Steinbrecher 09	2) Adam Novak 11	
3) Alex Wick 11	4) Ryan Holman 12	
5 Tomah		8:49.97 4
1) Ryan Wildes 10	2) Alex Bitter 11	
3) Alan Atha 12	4) Katan Moser 12	
6 Sparta		8:53.14 3
1) Max Engh 10	2) Garrett Lydon 09	
3) Caleb Pokorny 10	4) John Roddick 12	

Mississippi Valley Conference Meet
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Results**Finals ... (Boys 4x800 Meter Relay)**

Team	Relay	Finals
7 Onalaska		9:12.20 2
1) Brady Barth 12	2) Garrick Birdsong 12	
3) Ben Pietrick 11	4) Isaac Burnette 09	

Boys High Jump

Meet Record: **6-06 * 2013** Joe Gasper

Name	Yr	School	Finals
Finals			
1 Dylan Cooper	12	Holmen	6-00.00 10
2 Grant Geier	12	La Crosse Ce	J6-00.00 8
3 Brandon Sumlar	12	La Crosse Lo	J6-00.00 6
4 Dakota Horton	12	La Crosse Lo	5-10.00 5
5 Tim Schwantes	09	Onalaska	J5-10.00 4
6 Sirrus Bier	10	Sparta	J5-10.00 2.5
6 Aric Elmore	12	La Crosse Lo	J5-10.00 2.5
8 Lamone Tolliver	09	Sparta	5-04.00 0.3
8 Jordan Miller	12	Tomah	5-04.00 0.3
8 Drew Stinson	09	La Crosse Ce	5-04.00 0.3
8 Zach Holcomb	11	Sparta	5-04.00 0.3
12 Joe Georgeson	10	Tomah	J5-04.00

Boys Pole Vault

Meet Record: **15-00 * 1995** Craig Jeranek

Name	Yr	School	Finals
Finals			
1 Thomas Hanson	12	Onalaska	12-06.00 10
2 Malachi Kemp	12	La Crosse Lo	11-06.00 8
3 David Rodriguez	12	La Crosse Lo	J11-06.00 6
4 Jesse Schmidt	10	Tomah	10-06.00 5
5 James Baumler	11	La Crosse Ce	10-00.00 4
6 Rangsiman Leslie	12	Aquinas	J10-00.00 3
7 Jordan Miller	12	Tomah	J10-00.00 2
8 Mike Bartley	11	Aquinas	9-06.00 1
--- Kyle Gamoke	12	Holmen	NH
--- Issac Locke	10	Onalaska	NH

Boys Long Jump

Meet Record: **23-04.50 * 2005** Andy Johnson

Name	Yr	School	Finals
Finals			
1 Aric Elmore	12	La Crosse Lo	22-06.25 10
2 Jarrod Besl	12	La Crosse Lo	22-03.00 8
3 Aaron Zmolek	11	Holmen	21-03.75 6
4 Dakota Horton	12	La Crosse Lo	21-03.00 5
5 William Moe	12	La Crosse Ce	20-07.50 4
6 Adam Johnson	11	Holmen	20-06.00 3
7 Alex Gumz	12	Onalaska	20-03.00 2
8 Isiah Brown	11	Aquinas	20-02.25 1
9 Ben Richmond	10	La Crosse Ce	20-00.75
10 Justin Lund	12	Aquinas	19-10.75

11 Jacob Edwards	10	Sparta	19-07.50
12 Lamone Tolliver	09	Sparta	19-00.50
13 Nate Sweeney	12	Onalaska	19-00.00
14 Wally Barros	09	Sparta	18-10.50
15 Eddie Wagner	10	Tomah	18-09.00
16 Kyle Gamoke	12	Holmen	18-05.50
17 Dante Mills	10	Tomah	18-01.50
18 Tim Schwantes	09	Onalaska	17-04.25
--- Brayden Friant	11	Tomah	FOUL

Boys Triple Jump

Meet Record: **47-08.50 * 1992** Travis Horstman

Name	Yr	School	Finals
Finals			
1 Aric Elmore	12	La Crosse Lo	46-03.75 10
2 Collin Eswein	12	Tomah	45-02.00 8
3 Brandon Christinovich	12	Holmen	42-10.00 6
4 Dakota Horton	12	La Crosse Lo	42-02.00 5
5 Ryan Wisniewski	10	Sparta	41-09.75 4
6 Grant Geier	12	La Crosse Ce	41-09.00 3
7 Ben Richmond	10	La Crosse Ce	41-01.50 2
8 CJ Siegel	09	La Crosse Lo	40-11.00 1
9 Nate Sweeney	12	Onalaska	40-06.00
10 Tim Schwantes	09	Onalaska	38-02.50
11 Kyle Gamoke	12	Holmen	37-09.25
12 Dalton Brown	09	Tomah	36-00.00

Boys Shot Put

Meet Record: **63-03 * 2000** Jim Nelson

Name	Yr	School	Finals
Finals			
1 Jared Banks	11	Holmen	48-04.00 10
2 Charles Serauskas	12	Holmen	47-09.00 8
3 Austin Glynn	10	Onalaska	45-07.50 6
4 Manny Buckhanan	11	La Crosse Lo	45-03.50 5
5 Konrad Ernst	11	Onalaska	44-04.50 4
6 Joey Segner	12	La Crosse Ce	43-06.00 3
7 Jake Woods	11	La Crosse Ce	43-00.50 2
8 Christian Breckner	12	La Crosse Lo	42-06.00 1
9 Collin Rice	12	Tomah	41-01.00
10 Allan Bonner	11	Onalaska	39-05.00
11 Kody Smith	11	Sparta	37-00.00
12 Derek Stafslie-Dumali	11	La Crosse Ce	36-11.00
--- Tyler Moseley	12	Tomah	FOUL

Boys Discus Throw

Meet Record: **166-10 * 2011** Andrew Brekke

Name	Yr	School	Finals
Finals			
1 Austin Glynn	10	Onalaska	157-05 10
2 Jared Banks	11	Holmen	139-07 8
3 Charles Serauskas	12	Holmen	137-05 6

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Results

Finals ... (Boys Discus Throw)

	Name	Yr	School	Finals
4	Konrad Ernst	11	Onalaska	134-02 5
5	Derek Stafslie-Dumali	11	La Crosse Ce	131-07 4
6	Christian Breckner	12	La Crosse Lo	129-04 3
7	Grant Sanger	10	La Crosse Ce	121-02 2
8	John Chase	12	La Crosse Lo	116-02 1
9	Ryan Wisniewski	10	Sparta	112-02
10	Jack Westcot	09	Holmen	111-10
11	Kody Smith	11	Sparta	104-01
12	Tyler Moseley	12	Tomah	103-01
13	Derek Millard	09	Tomah	92-03
---	Michael Cummings	10	Tomah	FOUL

Women - Team Rankings - 18 Events Scored

1)	La Crosse Logan	196.5
2)	Holmen	167
3)	La Crosse Central	125.5
4)	Onalaska	96
5)	Aquinas	59.5
6)	Sparta	24.5
7)	Tomah	19

Men - Team Rankings - 18 Events Scored

1)	La Crosse Logan	168.5
2)	Holmen	153
3)	La Crosse Central	127.25
4)	Onalaska	111
5)	Aquinas	52
6)	Tomah	50.25
7)	Sparta	34