

**MVC / Coulee Invitational**  
**Holmen High School**  
**Holmen, WI - 4/12/2016**  
**Results**

**Girls 100 Meter Dash**

Name	Year	School	Finals	H#	Points
<b>Finals</b>					
1 Cortney Christnovich	11	Holmen	13.48	6	10
2 Abby Ross	09	Black River Falls	13.54	6	8
3 Kemmesha Thomas	12	La Crosse Logan	13.82	5	6
4 Kelsey Daines	12	Westby	13.92	5	5
5 Kaitlyn Lee	12	La Crosse Central	14.11	4	4
6 Megan Dittmer	12	La Crosse Logan	14.15	3	3
7 Tayla Stuttley	11	Onalaska	14.16	6	2
8 Whitney Nichols	12	Gale-Ettrick	14.17	5	1
9 Tiwana Harter	10	La Crosse Central	14.22	5	
10 Shannon Paramesh	11	Aquinas	14.28	6	
11 Ahnikah Wichelt	09	La Crosse Central	14.30	5	
12 Morgan Butterfield	09	Holmen	14.32	6	
13 Rachel Seidel	12	Aquinas	14.52	6	
14 Evelyn Gimurtu	09	Viroqua	14.54	2	
15 Samantha Clark	10	Viroqua	14.55	2	
16 Makayla Radtke	09	Holmen	14.59	5	
17 Miranda Delmedico	10	Westby	14.61	5	
18 Carla Maas	11	West Salem	14.62	3	
19 Brianna Ties	11	Gale-Ettrick	14.64	2	
20 Ella Brown	09	Black River Falls	14.66	5	
21 Ellen Mills	10	Gale-Ettrick	14.69	4	
22 Abigail Johnson	10	Tomah	14.72	3	
23 Caitlyn Brockman	10	Tomah	14.77	3	
24 Ireland Andre	11	Arcadia	14.79	4	
25 Kelsey Conway	11	Onalaska	14.83	5	
26 Ruth E. Hallstead	11	Onalaska	14.88	6	
27 Kim Rushlow	09	Luther	14.98	2	
27 Rebecca Jenkins	10	Sparta	14.98	1	
29 Sarah VanKirk	11	Sparta	15.01	4	
30 Kim Leadholm	11	Black River Falls	15.06	3	
31 Katlyn Long	12	Holmen	15.08	4	
32 Elizabeth Mauel	09	Holmen	15.12	4	
33 Jenna Legler	12	Holmen	15.13	4	
34 Cherie Lun	11	West Salem	15.20	3	
35 Morgan Appel	10	Sparta	15.25	3	
36 Anna Tanke	09	West Salem	15.27	3	
37 Baylea Wilk	09	Holmen	15.40	4	
38 Mikala Pronschinske	10	Arcadia	15.42	3	
39 Cianna Hoppe	09	Luther	15.46	2	
40 Kennedy Radke	09	Westby	15.55	2	
41 Emme Rogers	10	Luther	15.64	2	
42 Kelsey Koelbl	11	Holmen	15.68	6	
43 Emma O'Flaherty	10	Aquinas	15.85	6	
44 Shyanne Thomas	10	Holmen	16.30	4	
45 Keira Abbs	11	Tomah	16.65	1	
46 Armandina Valdespina	09	Arcadia	16.67	2	

**MVC / Coulee Invitational**  
**Holmen High School**  
**Holmen, WI - 4/12/2016**  
**Results**

**....Girls 100 Meter Dash**

47 Kaitlen Gross                      11 Viroqua                      17.80      1

**Girls 200 Meter Dash**

Name	Year	School	Finals	H#	Points
1 Abbey Zastrow	11	Arcadia	27.03	5	10
2 Kemmesha Thomas	12	La Crosse Logan	27.71	5	8
3 Abby Ross	09	Black River Falls	27.72	5	6
4 Megan Dittmer	12	La Crosse Logan	28.52	5	5
5 Tyanna Washa	11	La Crosse Logan	28.60	5	4
6 Ahnikah Wichelt	09	La Crosse Central	28.91	5	3
7 Madelyn Anderson	10	Viroqua	29.26	4	2
8 Kristin Iverson	12	Aquinas	29.30	5	1
9 Makayla Radtke	09	Holmen	29.35	3	
10 Rachel Ellis	11	Aquinas	29.55	4	
11 Emily Hoeft	11	Onalaska	29.73	5	
12 Elisa Dabrowski	10	Onalaska	29.75	5	
13 Anna Gorski	09	West Salem	29.80	3	
14 Natalie Mutch	12	Onalaska	29.91	4	
15 Carla Maas	11	West Salem	30.15	4	
16 Hope Sternberg	12	La Crosse Central	30.20	3	
17 Haley Bemis	11	Sparta	30.25	4	
18 Brook Doenier	09	Arcadia	30.32	2	
19 Ireland Andre	11	Arcadia	30.44	4	
20 Makinsey Schmidt	12	Holmen	30.47	4	
21 Emily Byrns	11	Black River Falls	30.53	3	
22 Cherie Lun	11	West Salem	30.88	2	
23 Michaela Grabowski	10	Westby	30.90	4	
24 Heaven Saunders	10	Westby	30.99	2	
25 Sarah VanKirk	11	Sparta	31.61	3	
26 Kate Kulas	09	Gale-Ettrick	31.62	3	
27 Nikki Goodwin	11	La Crosse Central	31.84	3	
28 Kali Olson	11	Holmen	31.88	2	
29 Cianna Hoppe	09	Luther	32.08	2	
30 Jenna Harless	09	Viroqua	32.16	3	
31 Nicole Heller	10	Westby	32.63	2	
32 Emme Rogers	10	Luther	32.65	2	
33 Katie Leadholm	11	Black River Falls	33.11	2	
34 Chesea Chen	10	Luther	35.53	1	
35 Kaylee Salzwedel	10	Tomah	35.80	1	
36 Hannah-Jo Jensen	11	Tomah	35.81	1	
37 Brielle Lueck	09	Tomah	36.69	1	
38 Maya Kimble	09	Viroqua	37.03	2	

**MVC / Coulee Invitational**  
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**Holmen, WI - 4/12/2016**  
**Results**

**Girls 400 Meter Dash**

Name	Year	School	Finals	H#	Points
1 Abbey Zastrow	11	Arcadia	1:00.64	5	10
2 Madelyn Anderson	10	Viroqua	1:03.02	5	8
3 Sydney Sherry	10	Westby	1:05.70	5	6
4 Sierra Cade	09	Westby	1:06.45	5	5
5 Alexis Mueller	10	La Crosse Logan	1:07.11	5	4
6 Jessie Maedke	10	Luther	1:07.16	3	3
7 McKenzie Fitzpatrick	11	West Salem	1:07.47	5	2
8 Danielle Fields	10	Sparta	1:07.51	5	1
9 Kate Kulas	09	Gale-Ettrick	1:07.81	3	
10 Summer Fisher	10	La Crosse Logan	1:07.88	3	
11 Kacey Koenigs	12	Black River Falls	1:08.41	4	
12 Megan Degenhardt	09	La Crosse Central	1:08.61	3	
13 Alison Kolek	11	Holmen	1:08.77	2	
14 Morgan Weber	12	West Salem	1:08.87	4	
15 Makinsey Schmidt	12	Holmen	1:09.04	4	
16 Shelby Thicke	09	Aquinas	1:09.06	3	
17 Emma Bible	09	Black River Falls	1:09.31	3	
18 Mackenzie Fellenz	09	La Crosse Central	1:09.60	4	
19 Amber Koch	11	Aquinas	1:09.81	5	
20 Katlyn Long	12	Holmen	1:10.12	4	
21 Samantha Blackdeer	09	Black River Falls	1:10.45	2	
22 Kike Feilke	12	Holmen	1:10.84	2	
23 Abbey Bettis	10	Aquinas	1:11.44	4	
24 Kali Olson	11	Holmen	1:11.90	4	
25 Morgan Appel	10	Sparta	1:11.99	4	
26 Emma Lee	11	Westby	1:12.13	3	
27 Gabby Victor	09	Onalaska	1:13.47	4	
28 Liza Kane	10	Tomah	1:13.56	1	
29 Gretchen Cortez	09	Luther	1:14.39	1	
30 Kathryn Sobotta	10	Arcadia	1:15.74	2	
31 Regan Kalosis	09	Onalaska	1:16.99	3	
32 Shaila Swenson	10	Viroqua	1:17.29	2	
33 McKenzie MacEwen	09	Onalaska	1:19.21	3	

**Girls 800 Meter Run**

Name	Year	School	Finals	H#	Points
1 Jillian Weston	09	Viroqua	2:24.23	3	10
2 Lily Nelson	11	La Crosse Central	2:26.16	3	8
3 Sophie Leinfelder	10	La Crosse Central	2:27.99	3	6
4 Elena Schmidt	10	Westby	2:28.76	3	5
5 Sarah Novak	11	West Salem	2:31.69	3	4
6 Jane Pinkowski	09	La Crosse Central	2:32.78	3	3
7 Taylor Winterton	09	Sparta	2:33.34	3	2
8 Brooklynn Golden	09	Arcadia	2:34.90	3	1
9 Alivia Fuhrman	12	Luther	2:35.30	3	

**MVC / Coulee Invitational  
Holmen High School  
Holmen, WI - 4/12/2016  
Results**

**....Girls 800 Meter Run**

10 Amber Krause	12 Tomah	2:36.02	3
11 Dani Faas	12 West Salem	2:38.43	3
12 Hannah Horman	11 Holmen	2:44.11	2
13 Naomi Schroeder	10 Viroqua	2:47.39	2
14 Emma Guinta	12 Onalaska	2:47.61	2
15 Kelsie Helgerson	09 Westby	2:49.35	2
16 Maggie Rouo	09 Black River Falls	2:49.92	2
17 Kylie Wright	09 West Salem	2:50.12	2
18 Violette Hanson-Myers	09 La Crosse Logan	2:51.50	2
19 Hannah VonRuden	11 La Crosse Logan	2:51.97	2
20 Jennifer Laux	11 Onalaska	2:53.00	2
21 Sarah Guenther	09 Black River Falls	2:54.52	1
22 Alexis Young	09 Holmen	2:55.34	1
23 Lauren Carlisle	09 Onalaska	2:55.89	2
24 Kyla Rave	12 Black River Falls	2:56.53	1
25 Liza Kane	10 Tomah	2:57.31	1
26 Jessalyn Pett	11 Gale-Ettrick	2:59.39	1
27 Jade Zeches	10 Luther	2:59.42	1
28 Madison Brenengen	10 Gale-Ettrick	3:00.16	2
29 Kaitlyn Stratman	09 Luther	3:02.25	1
30 Haley Lallemon	09 Arcadia	3:14.68	1
31 Armandina Valdespina	09 Arcadia	3:16.37	1
32 Tatiana Adler	12 Tomah	3:32.25	1

**Girls 1600 Meter Run**

Name	Year School	Finals	H#	Points
1 Jillian Weston	09 Viroqua	5:21.32	2	10
2 Elena Schmidt	10 Westby	5:24.12	2	8
3 Taylor Winterton	09 Sparta	5:31.15	2	6
4 Sarah Novak	11 West Salem	5:41.43	2	5
5 Violet Nelson	11 La Crosse Central	5:47.70	2	4
6 Emma Kolden	10 Viroqua	5:47.74	2	3
7 Mara Anderson	12 Aquinas	5:49.08	2	2
8 Lauren Brendel	09 Viroqua	5:50.75	2	1
9 Abbey Wedwick	10 Westby	5:53.95	2	
10 Amber Krause	12 Tomah	5:58.97	2	
11 Devyn Kenworthy	12 Sparta	6:00.27	2	
12 Katherine Carlisle	12 Onalaska	6:01.43	2	
13 Melissa Wiebke	11 Onalaska	6:01.48	2	
14 Isabel Myers	09 Arcadia	6:06.58	1	
15 Maya Walters	12 Aquinas	6:06.65	1	
16 Libby Miller	09 La Crosse Logan	6:09.63	2	
17 Karissa Harmel	11 La Crosse Central	6:16.81	1	
18 Ellie Hanewall	12 La Crosse Logan	6:20.26	2	
19 Kylie Wright	09 West Salem	6:28.83	1	
20 Karli Hudson	09 Black River Falls	6:35.17	1	
21 Ella Nicola	09 Onalaska	6:36.48	1	

**MVC / Coulee Invitational**  
**Holmen High School**  
**Holmen, WI - 4/12/2016**  
**Results**

**....Girls 1600 Meter Run**

22	Natalie Harron	10	Aquinas	6:55.19	1
23	Maria Martell	10	La Crosse Central	7:04.79	1
24	Natalie Gawron	12	Black River Falls	7:09.58	1
25	Hannah Gruen	10	Holmen	7:14.26	1
26	Michaela Harbach	10	Luther	7:20.26	1
27	Carley Gerdes	11	Luther	7:22.71	1
28	Jamyn Thundercloud	11	Black River Falls	7:23.64	1
29	Chelsea Bruemmer	09	Luther	7:28.25	1
30	Alicia Vlasek	12	Tomah	9:07.63	1

**Girls 3200 Meter Run**

Name	Year	School	Finals	Points	
1	Dana Feyen	09	Gale-Ettrick	10:59.66	10
2	Mason Kalander	10	Holmen	11:18.90	8
3	Sara Brekke	11	La Crosse Central	11:45.55	6
4	Ally Klingelhofer	11	La Crosse Central	12:42.09	5
5	Taylor Garves	11	Onalaska	12:56.55	4
6	Emily Wall	09	Holmen	12:58.08	3
7	Mickealla Stenulson	12	Black River Falls	12:59.60	2
8	Abbey Wedwick	10	Westby	13:00.92	1
9	Julianne Call	10	Westby	13:08.70	
10	Abby Guinta	09	Onalaska	13:41.53	
11	Jonica Rider	10	Viroqua	13:41.84	
12	Sydney Fitzpatrick	09	West Salem	13:43.84	
13	Nikki Kilmer	12	Luther	13:49.98	
14	Morgan Bremer	09	Arcadia	13:52.32	
15	Madison Markee	11	Black River Falls	14:00.70	
16	Aleshia Furlano	10	West Salem	14:33.48	
17	Elissa Nott	10	Aquinas	14:39.34	

**Girls 100 Meter Hurdles**

Name	Year	School	Finals	H#	Points	
1	Kiley Blank	11	La Crosse Central	17.07	4	10
2	Haley Beams	12	Black River Falls	17.27	4	8
3	Lydia Noble	10	Viroqua	17.57	4	6
4	Xana Leum	09	Viroqua	17.59	4	5
5	Lexi Marcon	11	Onalaska	17.71	4	4
6	Hannah Smith	10	Holmen	17.93	3	3
7	Isabelle Kick	12	Luther	18.09	4	2
8	Stephanie Brauner	11	Black River Falls	18.28	3	1
9	Kali Goodwin	11	La Crosse Central	18.79	4	
10	Emily Olson	10	Westby	19.29	4	
11	Abbie Niemeier	10	West Salem	19.81	3	
12	Bekah Dwyer	09	Westby	20.28	3	
13	Gabby Victor	09	Onalaska	20.45	1	

**MVC / Coulee Invitational  
Holmen High School  
Holmen, WI - 4/12/2016  
Results**

**....Girls 100 Meter Hurdles**

14	Madison Appel	10	Sparta	20.61	3
15	Iris Vang	09	Holmen	20.68	3
16	Kaitlyn Kennedy	09	Luther	20.98	4
17	Kristina Bellacero	10	Onalaska	21.05	1
18	Rebecca Stohr	09	Viroqua	21.13	3
19	Sarah Weninger	09	Westby	21.21	3
19	Anna Goyette	09	Holmen	21.21	3
21	Becky Bisek	12	Arcadia	21.27	2
22	McKayla Rasmussen	09	Holmen	21.70	2
23	Faith Woodman	09	Sparta	22.05	1
24	Macy Williams	11	Gale-Ettrick	22.49	2
25	Charlie Halvorsen	09	Arcadia	23.07	2
26	Abigail Peterson	09	Holmen	23.45	2
27	Charlotte Luebke	09	Tomah	25.07	2

**Girls 300 Meter Hurdles Low**

Name	Year	School	Finals	H#	Points	
1	Stephanie Brauner	11	Black River Falls	51.15	4	10
2	Abbie Niemeier	10	West Salem	51.56	3	8
3	Kiley Blank	11	La Crosse Central	51.60	4	6
4	Erin Markworth	11	Onalaska	51.83	4	5
5	Xana Leum	09	Viroqua	52.66	3	4
6	Lydia Noble	10	Viroqua	52.96	4	3
7	Tori Hanson	11	Sparta	53.91	4	2
8	Kaitlyn Kennedy	09	Luther	53.99	2	1
9	Cassie Bell	12	Luther	54.29	3	
10	Bailey Zastrow	09	Arcadia	54.61	3	
11	Emily Olson	10	Westby	55.00	4	
12	Elsa Luebke	09	Westby	55.38	2	
13	Hannah Smith	10	Holmen	55.56	4	
14	Kali Goodwin	11	La Crosse Central	55.71	4	
15	Rebecca Stohr	09	Viroqua	56.16	2	
16	Iris Vang	09	Holmen	56.72	3	
17	Kristina Bellacero	10	Onalaska	57.63	2	
18	Madison Appel	10	Sparta	58.46	3	
19	Ellen Mills	10	Gale-Ettrick	58.73	3	
20	Tiyana Harter	10	La Crosse Central	59.05	4	
21	Bekah Dwyer	09	Westby	1:00.07	3	
22	McKayla Rasmussen	09	Holmen	1:00.38	1	
23	Becky Bisek	12	Arcadia	1:00.70	2	
24	Anna Goyette	09	Holmen	1:01.24	3	
25	Charlie Halvorsen	09	Arcadia	1:03.26	2	
26	Abigail Peterson	09	Holmen	1:04.33	1	
27	Bridget Stankey	11	Gale-Ettrick	1:08.16	2	

**MVC / Coulee Invitational**  
**Holmen High School**  
**Holmen, WI - 4/12/2016**  
**Results**

**Girls 4x100 Meter Relay**

School	Finals	H#	Points
1 La Crosse Central	53.36	2	10
1) Kaitlyn Lee 12	2) Kiley Blank 11		
3) Ahnikah Wichelt 09	4) Tiyana Harter 10		
2 Luther	54.70	2	8
1) Isabelle Kick 12	2) Alexa Kasten 11		
3) Kim Rushlow 09	4) Erin Svendsen 12		
3 Tomah	54.81	2	6
1) Abigail Johnson 10	2) Caitlyn Brockman 10		
3) Kalie Lambert 11	4) Bailey Morphey 12		
4 Gale-Ettrick-Trempealeau	55.27	2	5
1) Whitney Nichols 12	2) Ellen Mills 10		
3) McKenzie Feyen 11	4) Brianna Ties 11		
5 Westby	55.36	2	4
1) Kelsey Daines 12	2) Michaela Grabowski 10		
3) Lexi Crume 10	4) Miranda Delmedico 10		
6 West Salem	56.00	2	3
1) Anna Tanke 09	2) Brittney Niebuhr 10		
3) Cherie Lun 11	4) Alexa Marchbanks 12		
7 Black River Falls	56.70	1	2
1) Ella Brown 09	2) Marin Stowe 09		
3) Emily Byrns 11	4) Lauren Helstad 12		
8 Viroqua	56.74	1	1
1) Evelyn Gimurtu 09	2) Morgan Inman 09		
3) Ashlee Gander 09	4) Jenna Harless 09		
9 Onalaska	58.12	2	
1) Kaycie Turk 09	2) Regan Wied 09		
3) Kaylee Kutil 09	4) Grace Gehrke 09		
10 Sparta	58.34	2	
1) Haley Bemis 11	2) Daphne Clemons 09		
3) Angelyna Talsky 09	4) Rebecca Jenkins 10		
11 Holmen	58.84	2	
1) Anna Goyette 09	2) Abigail Peterson 09		
3) McKayla Rasmussen 09	4) Iris Vang 09		
12 Arcadia	1:04.21	1	
1) Mikala Pronschinske 10	2) Haley Lallemon 09		
3) Michelle Chavez 09	4) Hanna Hoesley 12		

**Girls 4x200 Meter Relay**

School	Finals	H#	Points
1 Black River Falls	1:52.41	2	10
1) Haley Beams 12	2) Stephanie Brauner 11		
3) Abby Ross 09	4) Lauren Helstad 12		
2 Aquinas	1:54.54	2	8
1) Rachel Seidel 12	2) Shannon Paramesh 11		
3) Rachel Ellis 11	4) Kristin Iverson 12		

**MVC / Coulee Invitational  
Holmen High School  
Holmen, WI - 4/12/2016  
Results**

**....Girls 4x200 Meter Relay**

3 Sparta	1:55.48	2	6
1) Haley Bemis 11	2) Angelyna Talsky 09		
3) Danielle Fields 10	4) Daphne Clemons 09		
4 West Salem	1:56.64	2	5
1) Anna Gorski 09	2) Brittney Niebuhr 10		
3) Carla Maas 11	4) Alexa Marchbanks 12		
5 Luther	1:56.94	2	4
1) Erin Svendsen 12	2) Cassie Bell 12		
3) Kim Rushlow 09	4) Alexa Kasten 11		
6 Viroqua	1:59.28	2	3
1) Ally Stilwell 11	2) Evelyn Gimurtu 09		
3) Annika Kupczak 09	4) Samantha Clark 10		
7 La Crosse Central	1:59.86	2	2
1) Nikki Goodwin 11	2) Kaitlyn Lee 12		
3) Jada Blokhuis 12	4) Hope Sternberg 12		
8 Tomah	2:00.15	1	1
1) Abigail Johnson 10	2) Jheri Fushianes 10		
3) Caitlyn Brockman 10	4) Kalie Lambert 11		
9 Westby	2:00.99	2	
1) Emily Olson 10	2) Michaela Grabowski 10		
3) Kiarra Keenlance 10	4) Lexi Crume 10		
10 Onalaska	2:01.53	2	
1) Anna Pretasky 11	2) Anna Clements 10		
3) Ashley Copus 09	4) Kaylin Luck 10		
11 Arcadia	2:03.99	1	
1) Ireland Andre 11	2) Mikala Pronschinske 10		
3) Brook Doenier 09	4) Hanna Hoesley 12		
12 Holmen	2:10.01	1	
1) Claire Eade 09	2) Shyanne Thomas 10		
3) Leah Nantz 10	4) Elizabeth Mael 09		

**Girls 4x400 Meter Relay**

School	Finals	H#	Points
1 La Crosse Central	4:25.79	2	10
1) Kaia Adams 10	2) Sophie Leinfelder 10		
3) Lily Nelson 11	4) Violet Nelson 11		
2 Westby	4:26.81	2	8
1) Lexi Crume 10	2) Sydney Sherry 10		
3) Sierra Cade 09	4) Elena Schmidt 10		
3 West Salem	4:29.57	2	6
1) Abbie Niemeier 10	2) McKenzie Fitzpatrick 11		
3) Dani Faas 12	4) Morgan Weber 12		
4 Luther	4:31.12	2	5
1) Alivia Fuhrman 12	2) Erin Svendsen 12		
3) Jessie Maedke 10	4) Cassie Bell 12		
5 Sparta	4:37.43	2	4
1) Angelyna Talsky 09	2) Danielle Fields 10		



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 Holmen High School  
 Holmen, WI - 4/12/2016  
 Results**

**....Girls 4x400 Meter Relay**

3) Devyn Kenworthy 12	4) Tori Hanson 11		
6 Arcadia	4:44.76	2	3
1) Bailey Zastrow 09	2) Kathryn Sobotta 10		
3) Deanna Kupietz 12	4) Brooklynn Golden 09		
7 La Crosse Logan	4:44.90	1	2
1) Summer Fisher 10	2) Violette Hanson-Myers 09		
3) Hannah VonRuden 11	4) Alexis Mueller 10		
8 Holmen	4:45.37	2	1
1) Hannah Horman 11	2) Kylee Jostad 10		
3) Alison Kolek 11	4) Jenna Legler 12		
9 Viroqua	4:45.85	2	
1) Lauren Brendel 09	2) Naomi Schroeder 10		
3) Annika Kupczak 09	4) Ally Stilwell 11		
10 Black River Falls	4:57.22	1	
1) Emma Bible 09	2) Kacey Koenigs 12		
3) Kyla Rave 12	4) Maggie Roo 09		
11 Onalaska	5:04.30	1	
1) Ashley Soderberg 09	2) Ally Robinson 10		
3) Sonja Kleven 09	4) Olivia Foehner 09		

**Girls 4x800 Meter Relay**

School	Finals	Points
1 Westby	10:32.34	10
1) Sydney Sherry 10	2) Sierra Cade 09	
3) Julianne Call 10	4) Ryla Vatland 10	
2 La Crosse Central	10:51.05	8
1) Kaia Adams 10	2) Megan Degenhardt 09	
3) Mackenzie Fellenz 09	4) Emma Hannum 09	
3 Arcadia	10:51.41	6
1) Abbey Zastrow 11	2) Bailey Zastrow 09	
3) Morgan Bremer 09	4) Deanna Kupietz 12	
4 West Salem	10:51.45	5
1) Brittany Kothari 10	2) Aleshia Furlano 10	
3) Sydney Fitzpatrick 09	4) Dani Faas 12	
5 Onalaska	11:10.54	4
1) Mackenzie Davis 12	2) Jennifer Laux 11	
3) Emma Guinta 12	4) Abby Guinta 09	
6 Black River Falls	11:38.96	3
1) Karli Hudson 09	2) Maggie Roo 09	
3) Kyla Rave 12	4) Mickealla Stenulson 12	
7 Luther	11:52.54	2
1) Alivia Fuhrman 12	2) Jessie Maedke 10	
3) Skylar Kasten 09	4) Nikki Kilmer 12	



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**Results**

**Girls High Jump**

Name	Year	School	Finals	Points
1 Rachel Nigh	11	Viroqua	4-10.00	10
2 Kalie Lambert	11	Tomah	4-08.00	8
3 McKenzie Feyen	11	Gale-Ettrick	J4-08.00	5.50
3 Kali Goodwin	11	La Crosse Central	J4-08.00	5.50
5 Isabelle Kick	12	Luther	4-06.00	4
6 Kemmesha Thomas	12	La Crosse Logan	J4-06.00	3
7 Elisa Dabrowski	10	Onalaska	J4-06.00	2
8 Jillian Weston	09	Viroqua	J4-06.00	1
9 Emma Bible	09	Black River Falls	J4-06.00	
9 Nikki Goodwin	11	La Crosse Central	J4-06.00	
11 Faith Woodman	09	Sparta	4-04.00	
11 Charlotte Luebke	09	Tomah	4-04.00	
11 Lexi Crume	10	Westby	4-04.00	
11 Trevonna Rave	11	Black River Falls	4-04.00	
11 Michaela Grabowski	10	Westby	4-04.00	
11 Macy Williams	11	Gale-Ettrick	4-04.00	
17 Miranda Delmedico	10	Westby	4-02.00	
17 Abbie Niemeier	10	West Salem	4-02.00	
17 Kaitlyn Kennedy	09	Luther	4-02.00	
17 Jada Blokhuis	12	La Crosse Central	4-02.00	
17 Anna Pretasky	11	Onalaska	4-02.00	
17 Charlie Halvorsen	09	Arcadia	4-02.00	
23 Haley Lallemon	09	Arcadia	4-00.00	
23 Lauren Carlisle	09	Onalaska	4-00.00	
23 Alison Kolek	11	Holmen	4-00.00	

**Girls Pole Vault**

Name	Year	School	Finals	Points
1 Linse Wilbur	11	Westby	10-00.00	10
2 Rachel Nigh	11	Viroqua	8-06.00	8
3 Heather Lager	12	Holmen	J8-06.00	6
4 Ellen Mills	10	Gale-Ettrick	8-00.00	5
5 Mae Leslie	10	Aquinas	7-06.00	4
6 Hope Sternberg	12	La Crosse Central	J7-06.00	3
7 Erika Mueller	12	La Crosse Central	7-00.00	2
8 Bailey Zastrow	09	Arcadia	J7-00.00	0.50
8 Cherie Lun	11	West Salem	J7-00.00	0.50
-- Josie Wiltrout	12	Viroqua	NH	
-- Kayla Krueger	09	Onalaska	NH	
-- Bekah Dwyer	09	Westby	NH	
-- Sarah Novak	11	West Salem	NH	
-- Brook Doenier	09	Arcadia	NH	
-- Claire Eade	09	Holmen	NH	
-- Emily Byrns	11	Black River Falls	NH	
-- Makayla Radtke	09	Holmen	NH	

**MVC / Coulee Invitational**  
**Holmen High School**  
**Holmen, WI - 4/12/2016**  
**Results**

**....Girls Pole Vault**

-- Marin Stowe	09 Black River Falls	NH
-- Jessie Maedke	10 Luther	NH
-- Kaylin Luck	10 Onalaska	NH
-- Jolene Las	09 Luther	NH

**Girls Long Jump**

Name	Year	School	Finals	Points
1 Kelsey Daines	12	Westby	15-04.50	10
2 Haley Bemis	11	Sparta	14-11.25	8
3 Ti yana Harter	10	La Crosse Central	14-09.75	6
4 Emily Hoeft	11	Onalaska	14-05.50	5
5 Angelyna Talsky	09	Sparta	14-05.25	4
6 Skyler Dannhoff	11	La Crosse Central	14-03.75	3
7 Whitney Nichols	12	Gale-Ettrick	14-01.75	2
8 Carla Maas	11	West Salem	14-01.00	1
9 Daphne Clemons	09	Sparta	14-00.75	
10 Macy Williams	11	Gale-Ettrick	13-11.00	
11 Lauren Helstad	12	Black River Falls	13-07.75	
12 Abby Ross	09	Black River Falls	13-07.00	
13 Kiarra Keenlance	10	Westby	13-06.25	
14 Erin Markworth	11	Onalaska	13-05.00	
15 Julia Hoffe	11	Luther	13-01.75	
16 Anna Tanke	09	West Salem	13-01.00	
17 Samantha Clark	10	Viroqua	12-09.75	
18 Samantha Blackdeer	09	Black River Falls	12-09.25	
18 Brittney Niebuhr	10	West Salem	12-09.25	
20 Ruth E. Hallstead	11	Onalaska	12-08.75	
21 Baylea Wilk	09	Holmen	12-02.00	
22 Hannah Horman	11	Holmen	11-09.50	
23 Hannah-Jo Jensen	11	Tomah	11-06.25	

**Girls Triple Jump**

Name	Year	School	Finals	Points
1 Xana Leum	09	Viroqua	31-08.25	10
2 Kelsey Daines	12	Westby	31-07.50	8
3 Abbey Zastrow	11	Arcadia	31-04.25	6
4 Kiley Blank	11	La Crosse Central	30-08.50	5
5 Whitney Nichols	12	Gale-Ettrick	30-06.50	4
6 Kacey Koenigs	12	Black River Falls	30-04.25	3
7 Macy Williams	11	Gale-Ettrick	30-03.25	2
8 Rachel Nigh	11	Viroqua	30-00.75	1
9 Katie Leadholm	11	Black River Falls	29-09.75	
9 Kim Leadholm	11	Black River Falls	29-09.75	
11 Skyler Dannhoff	11	La Crosse Central	29-07.50	
12 Baylea Wilk	09	Holmen	29-06.00	

**MVC / Coulee Invitational**  
**Holmen High School**  
**Holmen, WI - 4/12/2016**  
**Results**

**....Girls Triple Jump**

13 Kiarra Keenlance	10 Westby	29-02.00
14 Julia Hoffe	11 Luther	28-10.75
15 Madelyn Anderson	10 Viroqua	28-03.25
16 Sarah VanKirk	11 Sparta	28-01.00
17 Hannah Smith	10 Holmen	28-00.50
18 Rebecca Jenkins	10 Sparta	27-02.50
19 Ruth E. Hallstead	11 Onalaska	26-11.00
19 Heather Lager	12 Holmen	26-11.00
21 Becky Bisek	12 Arcadia	26-09.50
22 Anna Gorski	09 West Salem	26-08.50
23 Lauren Kick	10 Luther	26-02.50
24 Lily Shea	09 Westby	25-00.50
-- Morgan Bremer	09 Arcadia	ND
-- Olivia Foehner	09 Onalaska	ND

**Girls Shot Put**

Name	Year School	Finals	Points
1 Haley Dutton	12 West Salem	37-00.75	10
2 Tyanna Washa	11 La Crosse Logan	34-09.00	8
3 Abbi Stafslie-Dumale	10 La Crosse Central	33-10.50	6
4 Tayla Stuttley	11 Onalaska	33-06.25	5
5 Brianna Hall	12 Westby	33-05.00	4
6 Katelin Berklund	11 Westby	32-11.00	3
7 Trevonna Rave	11 Black River Falls	32-09.75	2
8 Tracy Smith	11 La Crosse Logan	29-11.00	1
9 Katelyn Raddatz	12 Luther	29-10.75	
10 Jessica Schmidt	12 Viroqua	29-03.00	
11 Ellie Olsen	10 Onalaska	29-02.00	
12 Kylee Jostad	10 Holmen	29-01.00	
13 Claire Hawthorne	11 Westby	29-00.50	
14 Scout Zinniel	10 La Crosse Central	28-09.25	
15 Molly Graff	09 Holmen	28-08.75	
16 Anna Jacobson	11 West Salem	28-04.75	
17 Ashley Atha	11 Tomah	28-00.25	
18 Kristina Hitchler	11 Onalaska	27-08.00	
19 Dorisa Duellman	10 Arcadia	27-02.50	
19 Alexa Marchbanks	12 West Salem	27-02.50	
21 Brianna Stankey	12 Gale-Ettrick	26-11.00	
22 Skylar Kasten	09 Luther	26-09.00	
22 Haley Cone	12 Holmen	26-09.00	
24 Aurora Waite	09 La Crosse Logan	26-06.50	
25 Ally Stilwell	11 Viroqua	26-02.50	
26 Julia Schibbelhut	12 Luther	25-04.50	
27 Josie Wiltrout	12 Viroqua	25-00.25	
28 Floria Greengrass	10 Black River Falls	24-11.25	
29 Thea Kjos	10 La Crosse Central	24-00.50	
30 Kierra Millis-Jordan	10 Black River Falls	23-06.50	

**MVC / Coulee Invitational**  
**Holmen High School**  
**Holmen, WI - 4/12/2016**  
**Results**

**....Girls Shot Put**

31 Allison Hunter	11 Gale-Ettrick	23-05.50
32 Alexis Getter	10 Sparta	22-10.50
33 Michelle Chavez	09 Arcadia	20-02.25
34 Becky Bisek	12 Arcadia	20-00.00
35 Alexi Hunter	09 Gale-Ettrick	19-06.25
36 Brittany Gowin	11 Tomah	18-05.00
37 Armalyn Hedrick	09 Sparta	14-11.00

**Girls Discus Throw**

Name	Year School	Finals	Points
1 Haley Dutton	12 West Salem	118-07	10
2 Jessica Schmidt	12 Viroqua	115-06	8
3 Brianna Hall	12 Westby	109-10	6
4 Hailey Collins	12 Black River Falls	106-01	5
5 Abbi Stafslie-Dumale	10 La Crosse Central	100-04	4
6 Brianna Stankey	12 Gale-Ettrick	99-03	3
7 Tayla Stuttley	11 Onalaska	95-05	2
8 Molly Graff	09 Holmen	91-10	1
9 Alexa Kasten	11 Luther	91-08	
10 Allison Hunter	11 Gale-Ettrick	91-02	
11 Macie Fredrick	10 Holmen	88-08	
12 Tyanna Washa	11 La Crosse Logan	87-01	
13 Katelyn Raddatz	12 Luther	83-04	
14 Tracy Smith	11 La Crosse Logan	82-09	
15 Krista Hall	11 Westby	81-09	
16 Kylee Jostad	10 Holmen	81-07	
17 Trevonna Rave	11 Black River Falls	81-00	
18 Alexa Marchbanks	12 West Salem	75-08	
19 Ellie Olsen	10 Onalaska	75-04	
20 Thea Kjos	10 La Crosse Central	74-05	
21 Katelin Berklund	11 Westby	74-04	
22 Scout Zinniel	10 La Crosse Central	73-05	
23 Kristina Hitchler	11 Onalaska	72-09	
24 Dorisa Duellman	10 Arcadia	70-04	
25 Paula Fanta	11 Viroqua	69-04	
26 Aurora Waite	09 La Crosse Logan	68-06	
27 Anna Jacobson	11 West Salem	67-08	
28 Alexis Getter	10 Sparta	67-05	
29 Ashley Atha	11 Tomah	67-02	
30 Haley Cone	12 Holmen	63-02	
31 Haley Lallemond	09 Arcadia	60-03	
32 Stormie Brown	11 Black River Falls	59-11	
33 Bekka Bast	09 Viroqua	52-00	
34 Skylar Kasten	09 Luther	51-07	
35 Charlotte Luebke	09 Tomah	49-04	
36 Ciera Maliszewski	09 Gale-Ettrick	48-10	
37 Michelle Chavez	09 Arcadia	42-08	

**MVC / Coulee Invitational  
 Holmen High School  
 Holmen, WI - 4/12/2016  
 Results**

**....Girls Discus Throw**

38 Armalyn Hedrick	09 Sparta	40-05
39 Faith Woodman	09 Sparta	36-07

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Women - Team Rankings - 18 Events Scored

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1) La Crosse Central	119.50	2) Viroqua	94
3) Westby	93	4) Black River Falls	60
5) West Salem	59.50	6) La Crosse Logan	44
7) Gale-Ettrick-Trempealeau	37.50	8) Arcadia	36.50
9) Onalaska	33	9) Sparta	33
11) Holmen	32	12) Luther	29
13) Tomah	15	13) Aquinas	15

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Men - Team Rankings - 18 Events Scored

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1) La Crosse Central	101	2) Westby	94
3) Holmen	83.50	4) Arcadia	71
5) West Salem	69	6) Onalaska	48.50
7) Aquinas	48	8) Black River Falls	46
9) Sparta	35	10) Gale-Ettrick-Trempealeau	29
11) Luther	27	12) La Crosse Logan	20
13) Tomah	18	14) Viroqua	12