

**Mississippi Valley Conference Meet**  
**UW-La Crosse - Veterans Memorial Complex**  
**La Crosse, WI - 5/14/2016**  
**Results**

**Girls 100 Meter Dash****10 Advance: Top 1 Each Heat plus Next 8 Best Times**

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 Meet Record: \* 12.35 2012 Amber Anderson, Logan

Name	Year	School	Prelims	H#
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## Preliminaries

1	Cortney Christnovich	11	Holmen	12.99Q	2
2	Kaylin Luck	10	Onalaska	13.25Q	1
3	Tiyana Harter	10	La Crosse Central	13.11q	2
4	Kaitlyn Lee	12	La Crosse Central	13.38q	1
5	Megan Dittmer	12	La Crosse Logan	13.41q	1
6	Makayla Radtke	09	Holmen	13.44q	2
7	Daphne Clemens	09	Sparta	13.53q	1
8	Bailey Morphey	12	Tomah	13.57q	2
9	Natalie Mutch	12	Onalaska	13.65q	2
10	Kimme Schmitz	10	Aquinas	13.67q	2
11	Kalie Lambert	11	Tomah	13.79	1
12	Tyanna Washa	11	La Crosse Logan	13.82	2
13	Rachel Ellis	11	Aquinas	13.83	1
14	Kirsten Olson	12	Holmen	13.84	1
15	Abigail Johnson	10	Tomah	14.36	1
16	Megan Watt	09	Aquinas	14.43	2

**Girls 100 Meter Dash**

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 Meet Record: \* 12.35 2012 Amber Anderson, Logan

Name	Year	School	Finals	Points
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## Finals

1	Cortney Christnovich	11	Holmen	12.81	10
2	Tiyana Harter	10	La Crosse Central	13.07	8
3	Kaylin Luck	10	Onalaska	13.15	6
4	Kaitlyn Lee	12	La Crosse Central	13.33	5
5	Megan Dittmer	12	La Crosse Logan	13.34	4
6	Daphne Clemens	09	Sparta	13.50	3
7	Makayla Radtke	09	Holmen	13.66	2
8	Kimme Schmitz	10	Aquinas	13.67	1
9	Bailey Morphey	12	Tomah	13.82	
10	Natalie Mutch	12	Onalaska	14.16	

**Girls 200 Meter Dash**

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 Meet Record: \* 25.36 2004 Joanna Schultz, Holmen

Name	Year	School	Finals	H#	Points
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1	Cortney Christnovich	11	Holmen	26.63	2	10
2	Amanda Wiebke	12	Onalaska	26.84	2	8
3	Kemmesha Thomas	12	La Crosse Logan	26.87	2	6
4	Megan Dittmer	12	La Crosse Logan	27.67	2	5
5	Ashley Sprain	12	La Crosse Logan	27.73	2	4

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6 Kaylin Luck	10 Onalaska	27.89	2	3
7 Ahnikah Wichelt	09 La Crosse Central	27.89	2	2
8 Makayla Radtke	09 Holmen	28.24	2	1
9 Jane Pinkowski	09 La Crosse Central	28.26	2	
10 Rachel Ellis	11 Aquinas	28.36	1	
11 Morgan Butterfield	09 Holmen	28.56	1	
12 Haley Bemis	11 Sparta	29.25	1	
13 Amber Koch	11 Aquinas	29.95	1	
14 Abigail Johnson	10 Tomah	30.47	1	
15 Sarah VanKirk	11 Sparta	30.84	1	
16 Caitlyn Brockman	10 Tomah	30.92	1	

**Girls 400 Meter Dash**

Meet Record: * 56.76 2004		Joanna Schultz, Holmen				
Name	Year	School	Finals	H#	Points	
1 Kemmesha Thomas	12	La Crosse Logan	1:00.42	2	10	
2 Cortney Christnovich	11	Holmen	1:00.55	2	8	
3 Amanda Wiebke	12	Onalaska	1:00.68	2	6	
4 Jane Pinkowski	09	La Crosse Central	1:03.31	2	5	
5 Makayla Radtke	09	Holmen	1:04.42	2	4	
6 Grace Gehrke	09	Onalaska	1:05.08	1	3	
7 Kaia Adams	10	La Crosse Central	1:05.62	2	2	
8 Morgan Butterfield	09	Holmen	1:05.91	2	1	
9 Angelyna Talsky	09	Sparta	1:05.93	2		
10 Melissa Wiebke	11	Onalaska	1:06.41	2		
11 Amber Koch	11	Aquinas	1:07.91	1		
12 Amber Krause	12	Tomah	1:08.18	2		
13 Gabrielle Koehne	11	Aquinas	1:08.81	1		
14 Liza Kane	10	Tomah	1:11.90	1		

**Girls 800 Meter Run**

Meet Record: * 2:13.05 2012		Madeline Hauptert, Aquinas				
Name	Year	School	Finals	Points		
1 Mason Kalandar	10	Holmen	2:21.15	10		
2 Lily Nelson	11	La Crosse Central	2:25.49	8		
3 Taylor Winterton	09	Sparta	2:28.59	6		
4 Joie Ross	12	La Crosse Logan	2:31.53	5		
5 Brooke Jorstad	11	La Crosse Logan	2:31.77	4		
6 Sophie Leinfelder	10	La Crosse Central	2:32.36	3		
7 Signe Johnson	11	La Crosse Logan	2:32.65	2		
8 Amber Krause	12	Tomah	2:35.35	1		
9 Angela Ellis	09	Aquinas	2:36.15			
10 Katherine Carlisle	12	Onalaska	2:39.26			
11 Mara Anderson	12	Aquinas	2:39.35			
12 Liza Kane	10	Tomah	2:54.06			

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**Girls 1600 Meter Run**

Meet Record: * 5:00.04 1994 Angi Kujak, Central				
Name	Year	School	Finals	Points
1 Mason Kalander	10	Holmen	5:12.04	10
2 Joie Ross	12	La Crosse Logan	5:28.52	8
3 Sophie Leinfelder	10	La Crosse Central	5:30.49	6
4 Brooke Jorstad	11	La Crosse Logan	5:33.70	5
5 Sara Brekke	11	La Crosse Central	5:38.77	4
6 Mackenzie Davis	12	Onalaska	5:39.76	3
7 Tayler Garves	11	Onalaska	5:55.06	2
8 Hannah Scorsone	10	Tomah	6:41.23	1

**Girls 3200 Meter Run**

Meet Record: * 10:45.54 1994 Angi Kujak, Central				
Name	Year	School	Finals	Points
1 Sara Brekke	11	La Crosse Central	12:14.48	10
2 Hannah Horman	11	Holmen	12:27.64	8
3 Ally Klingelhofer	11	La Crosse Central	12:28.78	6
4 Mackenzie Davis	12	Onalaska	12:29.93	5
5 Emily Wall	09	Holmen	12:31.41	4
6 Devyn Kenworthy	12	Sparta	12:34.50	3
7 Mackenzie Fellenz	09	La Crosse Central	12:50.82	2
8 Libby Miller	09	La Crosse Logan	13:06.60	1

**Girls 100 Meter Hurdles**

Meet Record: * 14.65 2012 Amber Anderson, Logan				
Name	Year	School	Finals	Points
1 Ashley Sprain	12	La Crosse Logan	16.03	10
2 Amanda Wiebke	12	Onalaska	16.05	8
3 Kiley Blank	11	La Crosse Central	16.37	6
4 Kali Goodwin	11	La Crosse Central	17.32	5
5 Laura Kammer	12	La Crosse Logan	17.60	4
6 Hannah Smith	10	Holmen	17.61	3
7 Iris Vang	09	Holmen	17.93	2
8 Erin Markworth	11	Onalaska	18.07	1
9 Sierra Dewald	12	La Crosse Logan	18.27	

**Girls 300 Meter Hurdles**

Meet Record: * 45.41 2012 Amber Anderson, Logan				
Name	Year	School	Finals	Points
1 Kiley Blank	11	La Crosse Central	49.75	10
2 Erin Markworth	11	Onalaska	51.25	8
3 Bennett Wilsey	10	La Crosse Logan	51.28	6

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**....Girls 300 Meter Hurdles**

4	Melissa Wiebke	11	Onalaska	53.52	5
5	Leah Surprenant	09	La Crosse Logan	54.11	4
6	Shelby Thicke	09	Aquinas	54.60	3
7	Kristina Bellacero	10	Onalaska	54.70	2
8	Iris Vang	09	Holmen	56.71	1
9	Katie Wanders	09	Aquinas	57.00	

**Girls 4x100 Meter Relay**

=====  
 Meet Record: \* 50.74 1994 Central  
 Reis, Felix, Schleskie, Schmitz

School	Finals	Points
1 La Crosse Central	51.78	10
1) Kaitlyn Lee 12		
2) Kiley Blank 11		
3) Ahnikah Wichelt 09		
4) Tiyanah Harter 10		
2 Aquinas	52.74	8
1) Rachel Seidel 12		
2) Shannon Paramesh 11		
3) Kristin Iverson 12		
4) Mae Leslie 10		
3 Onalaska	53.05	6
1) Elisa Dabrowski 10		
2) Kate Dabrowski 10		
3) Ruth E. Hallstead 11		
4) Tayla Stuttley 11		
4 Tomah	53.81	5
1) Ashley Atha 11		
2) Abigail Johnson 10		
3) Kalie Lambert 11		
4) Bailey Morphey 12		
5 Sparta	54.87	4
1) Haley Bemis 11		
2) Rebecca Jenkins 10		
3) Daphne Clemens 09		
4) Sarah VanKirk 11		
6 Holmen	55.05	3
1) Hannah Smith 10		
2) Heather Lager 12		
3) Kelsey Koelbl 11		
4) Kelsey Wall 10		
7 La Crosse Logan	55.84	2
1) Megan Bakalars 10		
2) Sierra Dewald 12		
3) Laura Kammer 12		
4) Alexis Mueller 10		

**Girls 4x200 Meter Relay**

=====  
 Meet Record: \* 1:46.55 2004 Onalaska  
 S Meier, S Formanek, R Rislow, A Rentschler

School	Finals	Points
1 Aquinas	1:51.21	10
1) Shannon Paramesh 11		
2) Kristin Iverson 12		
3) Rachel Seidel 12		
4) Shelby Thicke 09		
2 Onalaska	1:52.42	8
1) Kate Dabrowski 10		
2) Kaylin Luck 10		
3) Sarah Villare 09		
4) Emily Hoeft 11		
3 Sparta	1:55.31	6
1) Haley Bemis 11		
2) Daphne Clemens 09		



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

3) Tori Hanson 11	4) Rebecca Jenkins 10		
4 La Crosse Central	1:56.15	5	
1) Kaitlyn Lee 12	2) Hope Sternberg 12		
3) Nikki Goodwin 11	4) Ahnikah Wichelt 09		
5 Holmen	1:56.67	4	
1) Kelsey Wall 10	2) Katlyn Long 12		
3) Hannah Smith 10	4) Kylee Jostad 10		
6 La Crosse Logan	1:56.90	3	
1) Bennett Wilsey 10	2) Makya Kendrick 09		
3) Sierra Dewald 12	4) Alexis Mueller 10		
7 Tomah	2:02.69	2	
1) Ashley Atha 11	2) Caitlyn Brockman 10		
3) Charlotte Luebke 09	4) Bailey Morphey 12		

**Girls 4x400 Meter Relay**

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Meet Record: *	4:02.40	2011	Onalaska
			J Burr, M Hibshman, M Johnson, R Lukas
School		Finals	Points
=====			
1 La Crosse Logan	4:24.16	10	
1) Brooke Jorstad 11	2) Megan Dittmer 12		
3) Joie Ross 12	4) Alexis Mueller 10		
2 La Crosse Central	4:24.41	8	
1) Kaia Adams 10	2) Tiyana Harter 10		
3) Lily Nelson 11	4) Jane Pinkowski 09		
3 Onalaska	4:28.03	6	
1) Sarah Villare 09	2) Grace Gehrke 09		
3) Melissa Wiebke 11	4) Katherine Carlisle 12		
4 Sparta	4:29.34	5	
1) Danielle Fields 10	2) Tori Hanson 11		
3) Angelyna Talsky 09	4) Taylor Winterton 09		
5 Holmen	4:37.84	4	
1) Makinsey Schmidt 12	2) Katlyn Long 12		
3) Jenna Legler 12	4) Kylee Jostad 10		
6 Tomah	5:08.32	3	
1) Tatiana Adler 12	2) Liza Kane 10		
3) Hannah Scorsone 10	4) Amber Krause 12		

**Girls 4x800 Meter Relay**

=====			
Meet Record: *	9:53.14	1992	Sparta
			L Miller, A Finstad, J Newburg, K Davis
School		Finals	Points
=====			
1 La Crosse Central	10:28.33	10	
1) Kaia Adams 10	2) Megan Degenhardt 09		
3) Mackenzie Fellenz 09	4) Violet Nelson 11		
2 Sparta	10:34.68	8	



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**....Girls 4x800 Meter Relay**

1) Danielle Fields 10	2) Angelyna Talsky 09		
3) Taylor Winterton 09	4) Devyn Kenworthy 12		
3 Aquinas		10:36.24	6
1) Mara Anderson 12	2) Maya Walters 12		
3) Gabrielle Koehne 11	4) Angela Ellis 09		
4 Holmen		10:52.30	5
1) Emily Wall 09	2) Kike Feilke 12		
3) Alexis Young 09	4) Hannah Horman 11		
5 La Crosse Logan		11:08.67	4
1) Makya Kendrick 09	2) Ellie Hanewall 12		
3) Charisse Koscal 10	4) Libby Miller 09		
-- Onalaska		DQ	interference
1) Gabby Victor 09	2) Jennifer Laux 11		
3) Emma Guinta 12	4) Katherine Carlisle 12		

**Girls High Jump**

Meet Record: \* 5-06 2004 Amy Rentschler, Onalaska

Name	Year	School	Finals	Points
1 Kemmesha Thomas	12	La Crosse Logan	5-00.00	10
2 Kali Goodwin	11	La Crosse Central	4-10.00	8
3 Alli Christenson	12	Onalaska	J4-10.00	6
4 Kalie Lambert	11	Tomah	4-06.00	5
5 Faith Woodman	09	Sparta	J4-06.00	4
6 Sydnie Adams	09	La Crosse Logan	J4-06.00	3
7 Charlotte Luebke	09	Tomah	4-04.00	0.75
7 Amber Krause	12	Tomah	4-04.00	0.75
7 Betsi Faga	12	La Crosse Central	4-04.00	0.75
7 Nikki Goodwin	11	La Crosse Central	4-04.00	0.75
-- Ceci Miskowski	09	Aquinas	NH	
-- Angela Ellis	09	Aquinas	NH	
-- Regan Kalosis	09	Onalaska	NH	
-- Aiyana Rigelsky	09	Holmen	NH	

**Girls Pole Vault**

Meet Record: \* 10-01 2009 Emily Mitzelfeldt, Onalaska

Name	Year	School	Finals	Points
1 Heather Lager	12	Holmen	8-06.00	10
2 Sierra Dewald	12	La Crosse Logan	8-00.00	8
3 Ashley Sprain	12	La Crosse Logan	7-06.00	5.50
3 Erika Mueller	12	La Crosse Central	7-06.00	5.50
5 Hope Sternberg	12	La Crosse Central	J7-06.00	4
6 Mae Leslie	10	Aquinas	J7-06.00	3
7 Sarah Villare	09	Onalaska	7-00.00	2
8 Makinsey Schmidt	12	Holmen	J7-00.00	1
-- Kayla Krueger	09	Onalaska	NH	



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**Girls Long Jump**

Meet Record: * 18-02 2008 Emily Worden, Logan					
Name	Year	School	Finals	Points	
1 Ashley Sprain	12	La Crosse Logan	16-05.00	10	
2 Morgan Butterfield	09	Holmen	16-03.00	8	
3 Kali Goodwin	11	La Crosse Central	15-09.75	6	
4 Elisa Dabrowski	10	Onalaska	15-09.25	5	
5 Angelyna Talsky	09	Sparta	15-08.50	4	
6 Skyler Dannhoff	11	La Crosse Central	15-06.75	3	
7 Abbey Bettis	10	Aquinas	14-09.75	2	
8 Baylea Wilk	09	Holmen	14-04.75	1	
9 Sarah VanKirk	11	Sparta	13-01.75		
10 Isabella Lown	09	Aquinas	12-02.75		
11 Hannah-Jo Jensen	11	Tomah	11-05.25		
-- Tiyana Harter	10	La Crosse Central	FOUL		
-- Haley Bemis	11	Sparta	FOUL		

**Girls Triple Jump**

Meet Record: * 37-07 2009 Emily Haines, Tomah					
Name	Year	School	Finals	Points	
1 Kemmesha Thomas	12	La Crosse Logan	35-01.00	10	
2 Amanda Wiebke	12	Onalaska	35-00.00	8	
3 Cortney Christnovich	11	Holmen	33-08.25	6	
4 Kiley Blank	11	La Crosse Central	33-02.75	5	
5 Melissa Wiebke	11	Onalaska	32-08.25	4	
6 Abbey Bettis	10	Aquinas	31-11.50	3	
7 Nikki Goodwin	11	La Crosse Central	30-11.75	2	
8 Sarah VanKirk	11	Sparta	30-10.75	1	
9 Tyanna Washa	11	La Crosse Logan	30-09.50		
10 Baylea Wilk	09	Holmen	30-09.00		

**Girls Shot Put**

Meet Record: * 44-06.25 1990 Julie Beck, Tomah					
Name	Year	School	Finals	Points	
1 Abbi Stafslie-Dumale	10	La Crosse Central	34-01.50	10	
2 Tyanna Washa	11	La Crosse Logan	33-10.00	8	
3 Tayla Stuttley	11	Onalaska	33-02.25	6	
4 Ellie Olsen	10	Onalaska	32-08.25	5	
5 Molly Graff	09	Holmen	30-04.25	4	
6 Kylee Jostad	10	Holmen	29-06.75	3	
7 Ashley Atha	11	Tomah	29-04.25	2	
8 Carrissa Thomas	09	La Crosse Logan	29-04.00	1	
9 Libby Hlavacka	09	Aquinas	28-01.50		
10 Tracy Smith	11	La Crosse Logan	27-01.25		
11 Alexis Getter	10	Sparta	25-09.25		

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**Girls Discus Throw**

Meet Record: * 160-10 1990		Julie Beck, Tomah			
Name	Year	School	Finals	Points	
1 Abbi Stafslieen-Dumale	10	La Crosse Central	105-10	10	
2 Ashley Atha	11	Tomah	92-04	8	
3 Kylee Jostad	10	Holmen	91-10	6	
4 Ellie Olsen	10	Onalaska	90-03	5	
5 Molly Graff	09	Holmen	89-07	4	
6 Macie Fredrick	10	Holmen	87-11	3	
7 Tyanna Washa	11	La Crosse Logan	81-04	2	
8 Alexis Getter	10	Sparta	78-01	1	
9 Libby Hlavacka	09	Aquinas	65-05		
10 Charlotte Luebke	09	Tomah	64-09		
11 Tayla Stuttley	11	Onalaska	57-07		
-- Paige Perry	11	Sparta	FOUL		

Women - Team Rankings - 18 Events Scored

1) La Crosse Central	170	2) La Crosse Logan	154.50
3) Holmen	136	4) Onalaska	121
5) Sparta	45	6) Aquinas	36
7) Tomah	28.50		

Men - Team Rankings - 18 Events Scored

1) La Crosse Central	155	2) Holmen	140.50
3) La Crosse Logan	139	4) Onalaska	111
5) Aquinas	72	6) Tomah	43.50
7) Sparta	25		