

Mississippi Valley Conference Meet
UW- La Crosse
La Crosse, Wisconsin - 5/14/2022
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 Sanderson, Logan
 Name Year School Prelims H#
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Preliminaries

Name	Year	School	Prelims	H#
1 Lauren Jarrett	12	La Crosse Logan	12.86Q	2
2 Kamryn McNally	12	Holmen	13.09Q	1
3 Julie Yang	10	La Crosse Logan	13.10q	1
4 Taylor Molling	11	Onalaska	13.18q	2
5 Jenna Richgels	10	Onalaska	13.66q	1
6 Chaigoziem Nduka	9	La Crosse Central	13.77q	2
7 Britney Janiszewski	11	Tomah	13.86q	1 13.854
8 Carmen Roraff	11	Onalaska	13.86q	2 13.860
9 Kate Fortney	8	Aquinas	14.28q	1
10 Hadley Thurston	11	Sparta	14.72q	2
11 Rosa Schwinn-Weaver	8	Aquinas	14.74	2
12 Elaina McTaggart	10	Sparta	14.79	1
13 Lily Gronemus	9	Sparta	14.93	1
14 Kelechi Nduka	10	La Crosse Central	15.32	1

Girls 100 Meter Dash

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 Meet Record: * 12.35 2012 Amber Sanderson, Logan
 Name Year School Finals Points
 =====

Finals

Name	Year	School	Finals	Points
1 Lauren Jarrett	12	La Crosse Logan	12.84	10
2 Julie Yang	10	La Crosse Logan	13.12	8
3 Kamryn McNally	12	Holmen	13.17	6
4 Taylor Molling	11	Onalaska	13.26	5
5 Chaigoziem Nduka	9	La Crosse Central	13.74	4
6 Jenna Richgels	10	Onalaska	13.84	3
7 Britney Janiszewski	11	Tomah	14.04	2
8 Carmen Roraff	11	Onalaska	14.26	1
9 Kate Fortney	8	Aquinas	14.41	
10 Hadley Thurston	11	Sparta	14.74	

Girls 100 Meter Dash Wheelchair

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 Name Year School Finals
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1 Araina Roderick	11	Sparta	35.96
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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 Julie Yang	10	La Crosse Logan	26.74	2	10
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....Girls 200 Meter Dash

2	Taylor Molling	11	Onalaska	27.03	2	8
3	Lauren Jarrett	12	La Crosse Logan	27.12	2	6
4	Kya Smith	10	La Crosse Central	27.62	2	5
5	Jenna Richgels	10	Onalaska	28.18	2	4
6	Carmen Roraff	11	Onalaska	29.11	2	3
7	Britney Janiszewski	11	Tomah	29.23	2	2
8	Kate Eubanks	11	La Crosse Central	29.79	2	1
9	Shannon Hoffman	12	Sparta	29.81	1	
10	Hailey Kramlich	11	Tomah	30.01	2	
11	Jacy Weisbrod	12	Aquinas	30.05	1	
12	Ashlynn Benish	12	Tomah	30.31	1	
13	Evelyn Tripp	10	Sparta	30.50	2	
14	Rylee Geier	10	Sparta	31.12	1	
15	Natalie Peterson	10	Aquinas	33.01	1	

Girls 400 Meter Dash Wheelchair

Name	Year	School	Finals
1 Araina Roderick	11	Sparta	2:17.39

Girls 400 Meter Dash

Meet Record: * 56.76 2004 Joanna Schultz, Holmen

Name	Year	School	Finals	Points
1 Kya Smith	10	La Crosse Central	1:00.69	10
2 Isabela Gutierrez	9	Onalaska	1:01.00	8
3 Elsa Hirsch	12	La Crosse Logan	1:02.18	6
4 Evelyn Tripp	10	Sparta	1:02.55	5
5 Julie Yang	10	La Crosse Logan	1:02.70	4
6 Kate Eubanks	11	La Crosse Central	1:04.96	3
7 MaKayla Ueek	10	Tomah	1:05.11	2
8 Keagan Anderson	10	Onalaska	1:06.21	1
9 Rylee Geier	10	Sparta	1:06.99	

Girls 800 Meter Run

Meet Record: * 2:13.05 2012 Madeline Hauptert, Aquinas

Name	Year	School	Finals	Points
1 Jillian Lonning	12	Onalaska	2:33.54	10
2 Isabela Gutierrez	9	Onalaska	2:34.35	8
3 Audra Newman	10	Holmen	2:37.11	6
4 Bailey Sommerville	9	Holmen	2:37.39	5
5 Josie Edwards	11	Sparta	2:38.25	4
6 Molly Twitchell	11	Holmen	2:41.37	3
7 Jenna Hutschenreuter	11	La Crosse Central	2:41.49	2
8 Ashley Janisch	12	La Crosse Logan	2:43.08	1

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....Girls 800 Meter Run

9 Mary Niegelsen	10 Aquinas	2:44.74
10 Josie Bailey	10 Tomah	2:45.59
11 River Fife	11 La Crosse Central	2:58.05
12 Maya Weinberger	10 Aquinas	3:01.05
13 Alyssa Marth	9 Tomah	3:08.81
14 Alyssa Alden	12 Tomah	3:25.49

Girls 1600 Meter Run

=====				
Meet Record: * 5:00.04 1994 Angi Kujak, Central				
Name	Year	School	Finals	Points
=====				
1 Anabella Filips	10	Holmen	5:29.12	10
2 Alli Thomas	11	Onalaska	5:29.49	8
3 Jillian Lonning	12	Onalaska	5:38.10	6
4 Sydney Valiska	10	Holmen	5:43.62	5
5 Bailey Sommerville	9	Holmen	5:54.91	4
6 Trista Szafran	12	La Crosse Logan	6:01.73	3
7 Ashley Janisch	12	La Crosse Logan	6:08.23	2
8 Tenny Makepeace	8	Aquinas	6:31.01	1
9 Emilia Veum	11	La Crosse Central	6:34.87	
10 Serena Swanson	10	Sparta	6:36.13	
11 Taryn Winga	11	La Crosse Central	6:43.94	
12 Madeleine Kline	12	Tomah	6:57.94	

Girls 3200 Meter Run

=====				
Meet Record: * 10:45.54 1994 Angi Kujak, Central				
Name	Year	School	Finals	Points
=====				
1 Anabella Filips	10	Holmen	12:32.33	10
2 Sydney Valiska	10	Holmen	13:15.77	8
3 Elle Stussy	12	Holmen	13:21.55	6
4 Trista Szafran	12	La Crosse Logan	13:24.68	5
5 Alli Thomas	11	Onalaska	13:35.24	4
6 Aisha Hughart Topygal	11	Tomah	13:50.09	3
7 Leah Modjeski	9	Sparta	14:18.03	2
8 Makenna Klingelhofer	9	La Crosse Central	14:19.35	1
9 Kaylee Miller	11	Tomah	14:57.38	
10 Ella Madsen	9	La Crosse Central	15:47.20	
11 Eden Devine	9	La Crosse Logan	15:58.49	
12 Lydia Boettcher	10	Tomah	17:02.17	

Girls 100 Meter Hurdles

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Meet Record: * 14.65 2012 Amber Sanderson, Logan				
Name	Year	School	Finals	Points
=====				
1 Lily Joyce	10	Tomah	16.62	10

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....Girls 100 Meter Hurdles

2	Josie Blum	11	Onalaska	17.25	8
3	Kalli Knoble	12	La Crosse Logan	17.27	6
4	Makalyn Butterfield	12	Holmen	17.91	5
5	Josephine Lawton	8	Aquinas	18.11	4
6	Ava Wickstrom	12	Holmen	18.38	3
7	Morgan Lawrence	11	La Crosse Central	18.85	2
8	Laurel Erickson	9	La Crosse Central	18.98	1
9	Emma Rudie	10	Onalaska	19.07	
10	Rebecca Van Hoof	12	Tomah	19.09	

Girls 300 Meter Hurdles

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Meet Record: * 45.41 2012 Amber Anderson, Logan

Name	Year	School	Finals	H#	Points
1	Alli Thomas	11	Onalaska	49.56	2 10
2	Josie Blum	11	Onalaska	50.63	2 8
3	Lily Joyce	10	Tomah	50.87	2 6
4	Ella Stevens	9	Onalaska	52.47	2 5
5	Makalyn Butterfield	12	Holmen	54.13	2 4
6	Laurel Erickson	9	La Crosse Central	55.28	2 3
7	Paige Williams	9	Sparta	55.76	2 2
8	Rebecca Van Hoof	12	Tomah	56.19	2 1
9	Josephine Lawton	8	Aquinas	56.82	1
10	Morgan Lawrence	11	La Crosse Central	58.81	1
11	Lily Gronemus	9	Sparta	1:00.84	1
--	Ava Wickstrom	12	Holmen	FS	2

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Girls 4x100 Meter Relay

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Meet Record: * 50.61 5/12/2018 Aquinas, Aquinas
E Burke, K Schmitz, T Theusch, L Donarski

School	Finals	Points
1	La Crosse Logan	51.58 10
	1) Aaliyah Hamilton 10	2) Ava Dettwiler 10
	3) Liberty Sprain 10	4) Lauren Jarrett 12
2	Aquinas	53.05 8
	1) Macy Donarski 11	2) Sara Gyllander 11
	3) Autumn Passehl 11	4) Maddie Murphy 10
3	Onalaska	53.14 6
	1) Taylor Molling 11	2) Carmen Roraff 11
	3) Jenna Richgels 10	4) Emma Rudie 10
4	La Crosse Central	53.59 5
	1) Sierra Fried 9	2) Adeline Marcou-Smart 10
	3) Brittney Mislivecek 11	4) Chaigoziem Nduka 9
5	Holmen	53.61 4
	1) Katie Lange 9	2) Hailey Brueggen 12
	3) Josie Alesch 10	4) Maya Amundson 10

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....Girls 4x100 Meter Relay

6 Tomah	53.78	3
1) Hailey Kramlich 11	2) Zandrea Mason 10	
3) Ashlynn Benish 12	4) Britney Janiszewski 11	
7 Sparta	55.14	2
1) Hadley Thurston 11	2) Elaina McTaggart 10	
3) Abigail Schell 11	4) Shannon Hoffman 12	

Girls 4x200 Meter Relay

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Meet Record: *	1:46.55	2004	Onalaska
			S Meier, S Formanek, R Rislow, A Rentschler
School		Finals	Points
=====			
1 Aquinas	1:51.80	10	
1) Macy Donarski 11	2) Gretta Gyllander 11		
3) Sara Gyllander 11	4) Maddie Murphy 10		
2 La Crosse Logan	1:53.11	8	
1) Aaliyah Hamiliton 10	2) Ava Dettwiler 10		
3) Hennasy Schaffer 10	4) Liberty Sprain 10		
3 Tomah	1:53.89	6	
1) Hailey Kramlich 11	2) Zandrea Mason 10		
3) Lily Joyce 10	4) Ashlynn Benish 12		
4 La Crosse Central	1:53.93	5	
1) Sierra Fried 9	2) Adeline Marcou-Smart 10		
3) Brittney Mislivecek 11	4) Chaigoziem Nduka 9		
5 Sparta	1:56.66	4	
1) Shannon Hoffman 12	2) Abigail Schell 11		
3) Paige Williams 9	4) Josie Edwards 11		
6 Onalaska	1:56.70	3	
1) Rachel Young 9	2) Ella Stevens 9		
3) Kateley Schlicht 10	4) Eva Dryer 9		
7 Holmen	1:56.77	2	
1) Katie Lange 9	2) Hailey Brueggen 12		
3) Josie Alesch 10	4) Ally LeClaire 11		

Girls 4x400 Meter Relay

=====			
Meet Record: *	4:02.40	2011	Onalaska
			J Burr, M Hibshman, M Johnson, R Lukas
School		Finals	Points
=====			
1 Onalaska	4:24.44	10	
1) Isabela Gutierrez 9	2) Jillian Lonning 12		
3) Eva Dryer 9	4) Keagan Anderson 10		
2 La Crosse Logan	4:33.06	8	
1) Elsa Hirsch 12	2) Hennasy Schaffer 10		
3) Tabitha Sward 9	4) Ashley Janisch 12		
3 Holmen	4:36.94	6	
1) Maya Amundson 10	2) Audra Newman 10		



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....Girls 4x400 Meter Relay

3) Bailey Sommerville 9	4) Molly Twitchell 11		
4 Tomah	4:50.63	5	
1) Zandrea Mason 10	2) MaKayla Ueek 10		
3) Josie Bailey 10	4) Jenna Bakken 11		
-- La Crosse Central	DQ		cut in too soon
1) Kate Eubanks 11	2) Mallory Flamm 9		
3) Morgan Lawrence 11	4) Taryn Winga 11		
-- Sparta	DQ		cut in too soon
1) Josie Edwards 11	2) Abigail Schell 11		
3) Leah Modjeski 9	4) Evelyn Tripp 10		

Girls 4x800 Meter Relay

=====
 Meet Record: * 9:53.14 1992 Sparta
 L Miller, A Finstad, J Newburg, K Davis
 School Finals Points
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1 Holmen	10:44.56	10
1) Grace Filips 12	2) Audra Newman 10	
3) Ava Werner 10	4) Molly Twitchell 11	
2 Onalaska	11:01.93	8
1) Keagan Anderson 10	2) Kendall Luebker 9	
3) Alara Running 9	4) Alli Neilson 11	
3 La Crosse Central	11:21.92	6
1) Makenna Klingelhofer 9	2) Taryn Winga 11	
3) Emilia Veum 11	4) Jenna Hutschenreuter 11	
4 La Crosse Logan	12:05.20	5
1) Tabitha Sward 9	2) Eden Devine 9	
3) Ella Barth 9	4) Trista Szafran 12	
5 Tomah	12:38.27	4
1) Lydia Boettcher 10	2) Alyssa Marth 9	
3) Alyssa Alden 12	4) Kaylee Miller 11	

Girls High Jump

=====
 Meet Record: * 5-06 2004 Amy Rentschler, Onalaska
 Name Year School Finals Points
 =====

1 Kalli Knoble	12 La Crosse Logan	5-02.00	10
2 MaKayla Ueek	10 Tomah	5-00.00	8
3 Kamryn McNally	12 Holmen	4-10.00	6
4 Ella Stevens	9 Onalaska	J4-10.00	5
5 Mary-Catherine Clatworth	10 Onalaska	J4-08.00	4
6 Chaigoziem Nduka	9 La Crosse Central	J4-08.00	3
7 Josie Edwards	11 Sparta	J4-08.00	2
8 Gretta Gyllander	11 Aquinas	4-06.00	0.50
8 Rylee Geier	10 Sparta	4-06.00	0.50
10 Jenna Richgels	10 Onalaska	J4-06.00	
-- Adeline Marcou-Smart	10 La Crosse Central	NH	



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....Girls High Jump

-- Aaliyah Hamilton 10 La Crosse Logan NH

Girls Pole Vault

=====				
Meet Record: *	10-01	2009	Emily Mitzelfeldt, Onalaska	
Name	Year	School	Finals	Points
=====				
1 Kamryn McNally	12	Holmen	11-06.00*	10
2 Elsa Hirsch	12	La Crosse Logan	9-00.00	8
3 Josie Anderson	11	Onalaska	8-00.00	5.50
3 Savannah Nicolai	10	Onalaska	8-00.00	5.50
5 Lexi Torgerson	10	Holmen	J8-00.00	4
6 Julie Yang	10	La Crosse Logan	7-06.00	3
7 Jenna Bakken	11	Tomah	J7-06.00	2
8 Hadley Thurston	11	Sparta	7-00.00	0.50
8 Lauren Rendler	11	La Crosse Logan	7-00.00	0.50
10 Josie Bailey	10	Tomah	J7-00.00	
-- Elaina McTaggart	10	Sparta		NH

Girls Long Jump

=====				
Meet Record: *	18-02	2008	Emily Worden, Logan	
Name	Year	School	Finals	Points
=====				
1 Kalli Knoble	12	La Crosse Logan	17-09.75	10
2 Josie Blum	11	Onalaska	17-06.50	8
3 Kamryn McNally	12	Holmen	17-03.00	6
4 Carmen Roraff	11	Onalaska	15-10.00	5
5 Maya Amundson	10	Holmen	15-09.00	4
6 Brittney Mislivecek	11	La Crosse Central	15-08.25	3
7 Kya Smith	10	La Crosse Central	15-08.00	2
8 Aaliyah Hamilton	10	La Crosse Logan	15-07.75	1
9 Lily Joyce	10	Tomah	15-06.50	
10 Jenna Bakken	11	Tomah	14-11.25	
11 Hadley Thurston	11	Sparta	14-00.50	

Girls Triple Jump

=====				
Meet Record: *	37-07	2009	Emily Haines, Tomah	
Name	Year	School	Finals	Points
=====				
1 Josie Blum	11	Onalaska	35-02.50	10
2 Maya Amundson	10	Holmen	34-06.00	8
3 Brittney Mislivecek	11	La Crosse Central	34-00.75	6
4 Emma Rudie	10	Onalaska	33-00.50	5
5 Lauren Rendler	11	La Crosse Logan	32-03.25	4
6 Evelyn Tripp	10	Sparta	32-03.00	3
7 Sierra Fried	9	La Crosse Central	31-06.50	2
8 Ava Dettwiler	10	La Crosse Logan	31-05.75	1

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....Girls Triple Jump

9	Hennessy LaMere	10	Holmen	30-09.75
10	MaKayla Ueeck	10	Tomah	29-03.50
11	Britney Janiszewski	11	Tomah	28-11.00
12	Taya Schraith	11	La Crosse Central	28-04.50
--	Kalli Knoble	12	La Crosse Logan	FOUL

Girls Shot Put Wheelchair

Name	Year	School	Finals
1 Araina Roderick	11	Sparta	10-01.00

Girls Shot Put

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

Name	Year	School	Finals	H#	Points
1 Jacy Weisbrod	12	Aquinas	34-03.75	2	10
2 Abby Rudrud	11	Onalaska	32-03.50	2	8
3 Liberty Sprain	10	La Crosse Logan	32-02.75	2	6
4 Jadyn Roden	10	Holmen	32-02.00	2	5
5 Skylar Olson	11	La Crosse Logan	32-01.25	2	4
6 Sydney Layland	12	Holmen	30-04.50	2	3
7 Felicity Bell	8	Aquinas	30-03.00	1	2
8 Lilyann Gunderson	12	Holmen	30-02.25	2	1
9 Ella Boge	10	La Crosse Logan	29-05.75	2	
10 Hayden Wihlm	11	La Crosse Central	28-01.75	1	
11 Sabin Steinhoff	12	Tomah	27-00.75	2	
12 Nadia Laufenberg	12	Sparta	26-11.50	1	
13 Erin Perry	11	Tomah	26-03.00	1	
14 Trinity Nichols	12	Tomah	23-10.75	1	
15 Kaitlyn Klich	11	La Crosse Central	22-07.00	1	
16 Rebecca Gann	11	Sparta	22-03.25	1	
17 Jeannette O'Dell	9	Sparta	21-11.25	1	

Girls Discus Throw

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

Name	Year	School	Finals	H#	Points
1 Jadyn Roden	10	Holmen	110-05	2	10
2 Liberty Sprain	10	La Crosse Logan	107-03	2	8
3 Greta Vianden	10	La Crosse Logan	98-10	1	6
4 Lilyann Gunderson	12	Holmen	92-08	1	5
5 Sabin Steinhoff	12	Tomah	91-01	2	4
6 Trinity Nichols	12	Tomah	89-01	2	3
7 Nadia Laufenberg	12	Sparta	82-09	2	2
8 Alexa Komay	11	Aquinas	82-08	1	1
9 Sydney Layland	12	Holmen	80-01	2	

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....Girls Discus Throw

10 Sadie Graves	11 La Crosse Logan	75-09	2
11 Felicity Bell	8 Aquinas	75-04	2
12 Jacy Weisbrod	12 Aquinas	74-10	1
13 Jeannette O'Dell	9 Sparta	66-09	1
14 Hayden Wihlm	11 La Crosse Central	64-05	1
15 Rebecca Gann	11 Sparta	59-06	1
16 Donna Schwabe	11 La Crosse Central	51-01	1

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Women - Team Rankings - 18 Events Scored

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1) Onalaska	183	2) Holmen	159
3) La Crosse Logan	153.50	4) La Crosse Central	64
5) Tomah	61	6) Aquinas	36.50
7) Sparta	27		

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Men - Team Rankings - 18 Events Scored

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1) Onalaska	164.50	2) La Crosse Central	152.33
3) La Crosse Logan	135	4) Holmen	116.83
5) Aquinas	50.33	6) Tomah	48
7) Sparta	25		