

Mississippi Valley Conference Meet
UW- La Crosse
La Crosse, Wisconsin - 5/13/2023
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

1	Lydia Lazarescu	9	Holmen	* 12.30Q	1
2	Julie Yang	11	La Crosse Logan	12.60Q	2
3	Taylor Molling	12	Onalaska	12.64q	1
4	Carmen Roraff	12	Onalaska	12.79q	2
5	Makena McGarry	9	Onalaska	13.11q	1
6	Chaigoziem Nduka	10	La Crosse Central	13.13q	1
7	Maddy Cornett	12	La Crosse Logan	13.23q	2
8	Alaina Elias	9	Aquinas	13.39q	1
9	Ava Herlitzke	12	La Crosse Central	13.48q	1
10	Sara Gyllander	12	Aquinas	13.53q	2
11	Maddie Murphy	11	Aquinas	13.60	1
12	Zandrea Mason	11	Tomah	13.71	2
13	Lily Christopherson	9	La Crosse Central	13.72	1
14	Louisa Stromenger	12	Sparta	13.96	2
15	Lily Gronemus	10	Sparta	14.17	2

Girls 100 Meter Dash

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Meet Record: * 12.35 2012 Amber Sanderson, Logan

Name Year School Finals Points

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Finals

1	Lydia Lazarescu	9	Holmen	12.17*	10
2	Taylor Molling	12	Onalaska	12.46	8
3	Julie Yang	11	La Crosse Logan	12.57	6
4	Carmen Roraff	12	Onalaska	12.82	5
5	Chaigoziem Nduka	10	La Crosse Central	12.98	4
6	Maddy Cornett	12	La Crosse Logan	13.01	3
7	Makena McGarry	9	Onalaska	13.02	2
8	Alaina Elias	9	Aquinas	13.03	1
9	Ava Herlitzke	12	La Crosse Central	13.50	13.499
10	Sara Gyllander	12	Aquinas	13.50	13.500

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	Lydia Lazarescu	9	Holmen	25.54	2	10
2	Taylor Molling	12	Onalaska	25.71	2	8
3	Alli Thomas	12	Onalaska	26.12	2	6
4	Julie Yang	11	La Crosse Logan	26.18	2	5
5	Lily Joyce	11	Tomah	26.31	2	4
6	Carmen Roraff	12	Onalaska	26.46	2	3

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....Girls 200 Meter Dash

7 Alexa Myre	9 Aquinas	26.92	2	2
8 Maddy Cornett	12 La Crosse Logan	28.34	2	1
9 Rosa Schwinn-Weaver	10 Aquinas	29.25	1	
10 Aysha Hibbler	10 Sparta	29.95	1	
11 Britney Janiszewski	12 Tomah	30.38	2	
12 Madeline Leigl	9 Sparta	30.40	1	
13 Kate Gilbertson	11 Sparta	30.64	1	
14 Grace Ivens	12 La Crosse Central	31.11	1	
15 Leyna Sonnenfeld	10 La Crosse Central	31.79	1	

Girls 400 Meter Dash

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Meet Record: * 56.76 2004 Joanna Schultz, Holmen

Name	Year	School	Finals	H#	Points
1 Isabella Malecek	9	Onalaska	1:00.47	2	10
2 Makayla Carkhuff	12	Onalaska	1:01.86	2	8
3 Eva Dryer	10	Onalaska	1:04.67	2	6
4 Maya Amundson	11	Holmen	1:05.24	2	5
5 Evelyn Mueller	9	La Crosse Logan	1:05.40	2	4
6 Mary Niegelsen	11	Aquinas	1:06.76	2	3
7 MaKayla Ueek	11	Tomah	1:07.05	1	2
8 Ameerah Herdina	11	La Crosse Logan	1:07.17	2	1
9 Zandrea Mason	11	Tomah	1:08.28	2	
10 Gracie Mueller	9	Aquinas	1:10.08	1	
11 Leyna Sonnenfeld	10	La Crosse Central	1:16.25	1	

Girls 800 Meter Run

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

Name	Year	School	Finals	Points
1 Isabela Gutierrez	10	Onalaska	2:25.85	10
2 Bailey Sommerville	10	Holmen	2:26.12	8
3 Sabrina Lechnir	9	Holmen	2:28.47	6
4 Makayla Carkhuff	12	Onalaska	2:29.42	5
5 Isabella Malecek	9	Onalaska	2:29.84	4
6 Taryn Winga	12	La Crosse Central	2:34.45	3
7 Ava Werner	11	Holmen	2:39.14	2
8 Leah Modjeski	10	Sparta	2:40.56	1
9 Maria Ruiz	11	Tomah	2:42.73	
10 Abigayle Gilbertson	9	Sparta	2:42.95	
11 Rosa Myers	11	La Crosse Logan	2:43.99	
12 Alyssa Marth	10	Tomah	2:45.08	
13 Tenny Makepeace	9	Aquinas	2:51.39	
14 Serena Swanson	11	Sparta	2:57.75	



**Mississippi Valley Conference Meet
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Girls 1600 Meter Run

=====				
Meet Record: * 5:00.04 1994 Angi Kujak, Central				
Name	Year	School	Finals	Points
=====				
1	Alli Thomas	12 Onalaska	5:18.79	10
2	Sabrina Lechnir	9 Holmen	5:24.00	8
3	Vanessa Galvilan	12 Sparta	5:25.44	6
4	Anabella Filips	11 Holmen	5:30.56	5
5	Sydney Valiska	11 Holmen	5:40.96	4
6	Isabella Gutierrez	10 Onalaska	5:55.85	3
7	Avery Farmer	12 La Crosse Logan	6:00.40	2
8	Leah Modjeski	10 Sparta	6:08.68	1
9	Josie Bailey	11 Tomah	6:09.21	
10	Makenna Klingelhofer	10 La Crosse Central	6:18.65	
11	Emilia Veum	12 La Crosse Central	6:18.80	
12	Kaylee Miller	12 Tomah	6:33.20	
13	Chloe Wynn	9 La Crosse Central	6:34.98	
14	Lydia Boettcher	11 Tomah	6:53.99	

Girls 3200 Meter Run

=====				
Meet Record: * 10:45.54 1994 Angi Kujak, Central				
Name	Year	School	Finals	Points
=====				
1	Anabella Filips	11 Holmen	12:01.87	10
2	Vanessa Galvilan	12 Sparta	12:10.80	8
3	Sydney Valiska	11 Holmen	12:46.24	6
4	Sabrina Lechnir	9 Holmen	12:51.06	5
5	Avery Farmer	12 La Crosse Logan	13:27.12	4
6	Josie Bailey	11 Tomah	13:53.69	3
7	Ava Howard	9 La Crosse Logan	14:37.51	2
8	Chloe Wynn	9 La Crosse Central	14:49.32	1
9	Kaylee Miller	12 Tomah	14:56.61	
--	Eva Dryer	10 Onalaska	DNF	

Girls 100 Meter Hurdles

10 Advance: Top 1 Each Heat plus Next 8 Best Times

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Meet Record: * 14.65 2012 Amber Sanderson, Logan				
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	Lily Joyce	11 Tomah	15.04Q	2
2	Josie Blum	12 Onalaska	16.56Q	1
3	Ella Stevens	10 Onalaska	16.71q	1
4	Ally LeClaire	12 Holmen	17.48q	2
5	Emma Rudie	11 Onalaska	17.62q	1
6	Laurel Erickson	10 La Crosse Central	17.67q	2
7	Macy Keim	10 Holmen	18.59q	2
8	Josephine Lawton	10 Aquinas	18.73q	2

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....Girls 100 Meter Hurdles

9 Caylan Adams	11 La Crosse Logan	19.50q	1
10 Alexa Moore	9 Tomah	19.61q	2
11 Alivia Wickstrom	9 Holmen	20.65	1
12 Rebecca Gann	12 Sparta	20.83	2

Girls 100 Meter Hurdles

=====
 Meet Record: * 14.65 2012 Amber Sanderson, Logan
 Name Year School Finals Points
 =====

Finals

1 Lily Joyce	11 Tomah	15.16	10
2 Josie Blum	12 Onalaska	16.12	8
3 Ella Stevens	10 Onalaska	16.13	6
4 Ally LeClaire	12 Holmen	17.12	5
5 Emma Rudie	11 Onalaska	17.17	4
6 Laurel Erickson	10 La Crosse Central	18.26	3
7 Macy Keim	10 Holmen	18.32	2
8 Josephine Lawton	10 Aquinas	18.74	1
9 Caylan Adams	11 La Crosse Logan	18.80	
10 Alexa Moore	9 Tomah	19.44	

Girls 300 Meter Hurdles

=====
 Meet Record: * 45.41 2012 Amber Anderson, Logan
 Name Year School Finals H# Points
 =====

1 Alli Thomas	12 Onalaska	46.21	2	10
2 Lily Joyce	11 Tomah	46.73	2	8
3 Josie Blum	12 Onalaska	49.06	2	6
4 Alivia Wickstrom	9 Holmen	49.50	2	5
5 Ella Stevens	10 Onalaska	49.74	2	4
6 Ally LeClaire	12 Holmen	51.91	2	3
7 Melissa Hoff	11 Holmen	52.33	2	2
8 Caleesa Adams	9 La Crosse Logan	53.02	2	1
9 Josephine Lawton	10 Aquinas	55.72	1	
10 Alexa Moore	9 Tomah	56.27	1	
11 Laurel Erickson	10 La Crosse Central	59.00	1	

Girls 4x100 Meter Relay

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

1 Onalaska	50.37*	10
1) Carmen Roraff 12	2) Taylor Molling 12	
3) Jenna Richgels 11	4) Makena McGarry 9	
2 Holmen	51.49	8



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....Girls 4x100 Meter Relay

1) Rayna McArdle 11	2) Abry Bloyer 9		
3) Josie Alesch 11	4) Lydia Lazarescu 9		
3 La Crosse Logan		52.17	6
1) Julie Yang 11	2) Liberty Sprain 11		
3) Aaliyah Hamilton 11	4) Maddy Cornett 12		
4 Aquinas		52.22	5
1) Alaina Elias 9	2) Sara Gyllander 12		
3) Autumn Passehl 12	4) Maddie Murphy 11		
5 Sparta		55.36	4
1) Aysha Hibbler 10	2) Louisa Stromenger 12		
3) Madeline Leigl 9	4) Lily Gronemus 10		
6 Tomah		55.44	3
1) Aisha Fritsche 11	2) Britney Janiszewski 12		
3) Ruby Joyce 9	4) Isabella Arne 10		
7 La Crosse Central		56.78	2
1) Ava Herlitzke 12	2) Brittney Mislivecek 12		
3) Sierra Fried 10	4) Chaigoziem Nduka 10		

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	1:48.87	10
1) Alaina Elias 9	2) Alexa Myre 9	
3) Autumn Passehl 12	4) Maddie Murphy 11	
2 La Crosse Logan	1:50.98	8
1) Mai See Xiong 12	2) Liberty Sprain 11	
3) Aaliyah Hamilton 11	4) Caleesa Adams 9	
3 Onalaska	1:51.66	6
1) Jenna Richgels 11	2) Makena McGarry 9	
3) Kateley Schlicht 11	4) Rickie Tillotson 9	
4 Holmen	1:54.38	5
1) Kyla Christnovich 12	2) Abry Bloyer 9	
3) Josie Alesch 11	4) Rayna McArdle 11	
5 La Crosse Central	1:55.05	4
1) Laurel Erickson 10	2) Chaigoziem Nduka 10	
3) Sierra Fried 10	4) Lily Christopherson 9	
6 Sparta	1:57.78	3
1) Abigail Schell 12	2) Rylee Geier 11	
3) Louisa Stromenger 12	4) Lily Gronemus 10	
-- Tomah		DQ
1) Isabella Arne 10	2) Aisha Fritsche 11	
3) Britney Janiszewski 12	4) Ruby Joyce 9	



**Mississippi Valley Conference Meet
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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	Holmen	4:27.38	10
	1) Alivia Wickstrom 9	2) Bailey Sommerville 10	
	3) Rayna McArdle 11	4) Maya Amundson 11	
2	Onalaska	4:30.07	8
	1) Ella Stevens 10	2) Makayla Carkhuff 12	
	3) Kendall Luebker 10	4) Alli Neilson 11	
3	La Crosse Logan	4:36.06	6
	1) Camille Johnson 10	2) Ava Dettwiler 11	
	3) Rosa Myers 11	4) Ameerah Herdina 11	
4	Tomah	4:40.09	5
	1) MaKayla Ueeck 11	2) Maria Ruiz 11	
	3) Zandrea Mason 11	4) Ruby Joyce 9	
5	La Crosse Central	5:03.77	4
	1) Makenna Klingelhofer 10	2) Ella Madsen 10	
	3) Emilia Veum 12	4) Taryn Winga 12	

Girls 4x800 Meter Relay

=====			
Meet Record: * 9:53.14 1992 Sparta			
L Miller, A Finstad, J Newburg, K Davis			
School		Finals	Points
=====			
1	Holmen	10:29.50	10
	1) Sheryl Wang 11	2) Ava Werner 11	
	3) Naomi Wedan 9	4) Bailey Sommerville 10	
2	La Crosse Logan	10:51.66	8
	1) Ameerah Herdina 11	2) Rosa Myers 11	
	3) Ava Howard 9	4) Evelyn Mueller 9	
3	Sparta	10:54.67	6
	1) Serena Swanson 11	2) Leah Modjeski 10	
	3) Abigail Schell 12	4) Abigayle Gilbertson 9	
4	Onalaska	10:57.08	5
	1) Eva Dryer 10	2) Alli Neilson 11	
	3) Alara Running 10	4) Keagan Anderson 11	
5	Tomah	11:00.14	4
	1) Josie Bailey 11	2) Alyssa Marth 10	
	3) Kaylee Miller 12	4) Maria Ruiz 11	
6	Aquinas	11:06.76	3
	1) Elizabeth Bagniefski 12	2) Bethany Hale 9	
	3) Naomi Koch 12	4) Maria Schwinn 12	



Mississippi Valley Conference Meet
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Girls High Jump

Meet Record: * 5-06 2004 Amy Rentschler, Onalaska				
Name	Year	School	Finals	Points
1 Alexa Szak	10	Holmen	J5-00.00	10
2 Rylee Geier	11	Sparta	J5-00.00	8
3 Aaliyah Hamilton	11	La Crosse Logan	J5-00.00	5.50
3 Isabella Malecek	9	Onalaska	J5-00.00	5.50
5 Gretta Gyllander	12	Aquinas	J4-10.00	4
6 Lauren Schindler	9	Holmen	J4-10.00	3
7 MaKayla Ueek	11	Tomah	J4-08.00	2
8 Kate Gilbertson	11	Sparta	J4-08.00	1
9 Chaigoziem Nduka	10	La Crosse Central	J4-08.00	
10 Caylan Adams	11	La Crosse Logan	J4-06.00	
11 Laurel Erickson	10	La Crosse Central	J4-06.00	
12 Ava Herlitzke	12	La Crosse Central	4-02.00	

Girls Pole Vault

Meet Record: * 11-06 5/14/2022 Kamryn McNally, Holmen				
Name	Year	School	Finals	Points
1 Lauren Rendler	12	La Crosse Logan	J8-06.00	10
2 Josie Anderson	12	Onalaska	J8-06.00	8
3 Julie Yang	11	La Crosse Logan	J8-06.00	6
4 Mai See Xiong	12	La Crosse Logan	8-00.00	5
5 Lexi Torgerson	11	Holmen	J7-06.00	3.50
5 Kendall Kozlowski	9	Holmen	J7-06.00	3.50
7 Josie Bailey	11	Tomah	J7-06.00	2
8 Jenna Bakken	12	Tomah	J7-06.00	1
9 Morgan Lawrence	12	La Crosse Central	J7-00.00	
10 Raven Wegman	9	Tomah	J7-00.00	

Girls Long Jump

Meet Record: * 18-02 2008 Emily Worden, Logan				
Name	Year	School	Finals	Points
1 Makena McGarry	9	Onalaska	16-09.50	10
2 Lydia Lazarescu	9	Holmen	16-06.00	8
3 Brittney Mislivecek	12	La Crosse Central	16-02.50	6
4 Gretta Gyllander	12	Aquinas	16-01.50	5
5 Josie Blum	12	Onalaska	15-10.00	4
6 Maya Amundson	11	Holmen	15-08.00	3
7 Aaliyah Hamilton	11	La Crosse Logan	15-07.00	2
8 Lily Joyce	11	Tomah	15-05.50	1
9 Sierra Fried	10	La Crosse Central	15-01.50	
10 Zandrea Mason	11	Tomah	15-00.00	
11 Amy Hein	11	Aquinas	13-09.00	
12 Veronica Wilson	9	La Crosse Logan	13-04.25	

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Girls Triple Jump

Meet Record: * 37-07 2009 Emily Haines, Tomah				
Name	Year	School	Finals	Points
1 Maya Amundson	11	Holmen	36-03.25	10
2 Josie Blum	12	Onalaska	35-08.25	8
3 Brittney Mislivecek	12	La Crosse Central	J33-03.50	6
4 Sierra Fried	10	La Crosse Central	J33-03.50	5
5 Emma Rudie	11	Onalaska	32-01.75	4
6 Lauren Rendler	12	La Crosse Logan	31-08.75	3
7 Ruby Joyce	9	Tomah	31-04.50	2
8 Ava Dettwiler	11	La Crosse Logan	31-00.75	1
9 Amy Hein	11	Aquinas	30-11.00	
10 Maggie Herath	10	La Crosse Logan	30-05.25	
11 Raven Wegman	9	Tomah	27-06.50	
12 Leah Waller	9	Aquinas	26-05.75	

Girls Shot Put

Meet Record: * 44-06.25 1990 Julie Beck, Tomah					
Name	Year	School	Finals	H#	Points
1 Jadyn Roden	11	Holmen	38-00.00	2	10
2 Abby Rudrud	12	Onalaska	33-00.75	2	8
3 Liberty Sprain	11	La Crosse Logan	32-08.75	2	6
4 Camren Hericks	12	Tomah	32-08.00	2	5
5 Brenna Schmidt	9	Holmen	32-03.50	2	4
6 Skylar Olson	12	La Crosse Logan	32-03.00	2	3
7 Felicity Bell	10	Aquinas	30-07.00	1	2
8 Hayden Wihlm	12	La Crosse Central	29-08.75	2	1
9 Abby Schelfhout	12	Aquinas	29-02.75	1	
10 Erin Perry	12	Tomah	29-01.50	1	
11 Ella Boge	11	La Crosse Logan	28-06.75	1	
12 Aliyah Schieldt	10	La Crosse Central	28-02.00	2	
13 Alexa Komay	12	Aquinas	25-06.75	1	
14 Donna Schwabe	12	La Crosse Central	23-08.25	1	
15 Rebecca Gann	12	Sparta	22-09.00	1	

Girls Discus Throw

Meet Record: * 160-10 1990 Julie Beck, Tomah				
Name	Year	School	Finals	Points
1 Jadyn Roden	11	Holmen	121-05	10
2 Liberty Sprain	11	La Crosse Logan	116-00	8
3 Hayden Wihlm	12	La Crosse Central	108-02	6
4 Aliyah Schieldt	10	La Crosse Central	102-02	5
5 Felicity Bell	10	Aquinas	98-08	4
6 Alexa Komay	12	Aquinas	95-03	3
7 Sadie Graves	12	La Crosse Logan	93-11	2

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....Girls Discus Throw

8 Greta Vianden	11 La Crosse Logan	92-08	1
9 Abby Schelfhout	12 Aquinas	90-07	
10 Camren Hericks	12 Tomah	86-03	
11 Rebecca Gann	12 Sparta	76-01	
12 Erin Perry	12 Tomah	68-10	
13 Shae Scott	10 La Crosse Central	65-00	

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Women - Team Rankings - 18 Events Scored

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1) Onalaska	202.50	2) Holmen	194
3) La Crosse Logan	109.50	4) Tomah	52
5) La Crosse Central	50	6) Aquinas	43
7) Sparta	38		

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Men - Team Rankings - 18 Events Scored

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1) La Crosse Logan	144	2) Onalaska	143.50
3) La Crosse Central	129	4) Tomah	90.50
5) Holmen	89	6) Aquinas	59
7) Sparta	39		