

West Salem Open
West Salem High School
West Salem, Wisconsin - 4/14/2023
Results

Girls 100 Meter Dash

Name	Year	School	Finals	H#	Points
Finals					
1 Maddy Cornett	9	La Crosse Logan	14.08	5	6
2 Alaina Elias	9	Aquinas	14.22	5	4
3 Alexa Myre	9	Aquinas	14.30	4	3
4 Maddie Murphy	11	Aquinas	14.35	5	2
5 Maria Cannon	11	West Salem	14.38	5	1
6 Rylan Riste	11	West Salem	14.55	5	
7 Sara Gyllander	12	Aquinas	14.61	5	
8 Grace Wenthold	10	Bangor	14.62	5	
9 Maia Hutchens	9	West Salem	14.79	3	
10 Veronica Wilson	9	La Crosse Logan	14.86	4	
11 Haley Wenthold	12	Bangor	14.95	4	
12 Rosa Schwinn-Weaver	10	Aquinas	15.10	4	
13 Emily Fechner	11	West Salem	15.12	4	
14 Hayden Rohde	9	West Salem	15.21	3	
15 Francisca Castillo	11	Bangor	15.30	5	
16 Samantha Groth	10	La Crosse Logan	15.33	4	
17 Dillan Riste	9	West Salem	15.34	3	
18 Katie Larkin	11	Bangor	15.37	4	
19 Karlei Brennan	11	Bangor	15.66	4	
20 Alivia Anderson	9	Bangor	15.85	3	
21 Madison Misch	10	La Crosse Logan	16.08	3	
22 Ayla Miller	9	La Crosse Logan	16.11	3	
23 Kayla Rasmussen	9	West Salem	16.14	2	
24 Alexa Heitkamp	10	Bangor	16.39	3	
25 Violet Hundt	9	Bangor	16.51	2	
26 Makirah Sheard	10	La Crosse Logan	16.65	2	
27 McKenna Keuler	9	Bangor	16.68	2	
28 Nora Sciammas	9	La Crosse Logan	16.72	1	
29 Niya Wingert	9	Bangor	16.97	2	
30 Rachel Greany	10	La Crosse Logan	17.05	2	
31 Sirena Alvarado	9	Aquinas	17.22	2	
32 Mya Koudelka	11	West Salem	17.26	1	
33 Mya Perkins	11	West Salem	17.84	3	

Girls 200 Meter Dash

Name	Year	School	Finals	H#	Points
1 Julie Yang	11	La Crosse Logan	27.10	3	6
2 Alexa Myre	9	Aquinas	27.98	3	4
3 Alaina Elias	9	Aquinas	28.59	3	3
4 Ameerah Herdina	11	La Crosse Logan	29.42	3	2
5 Gretta Gyllander	12	Aquinas	29.99	3	1
6 Haley Wenthold	12	Bangor	30.34	3	
7 Niya Wingert	9	Bangor	30.65	2	
8 Taylor Burch	11	West Salem	30.88	2	

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9	Rosa Schwinn-Weaver	10	Aquinas	30.91	3
10	Josephine Lawton	10	Aquinas	31.40	3
11	Emily Sanwick	11	West Salem	31.88	2
12	Madison Misch	10	La Crosse Logan	32.13	2
13	Ayla Miller	9	La Crosse Logan	32.27	1
14	Veronica Wilson	9	La Crosse Logan	32.59	2
15	Alivia Anderson	9	Bangor	33.19	2
16	Makirah Sheard	10	La Crosse Logan	33.76	1
17	Violet Hundt	9	Bangor	34.01	1
18	Kayla Rasmussen	9	West Salem	34.29	2
19	Alexa Heitkamp	10	Bangor	34.39	1
20	Grace Wenthold	10	Bangor	34.43	1
21	Nora Sciammas	9	La Crosse Logan	34.56	1
22	McKenna Keuler	9	Bangor	35.06	1

Girls 400 Meter Dash

Name	Year	School	Finals	H#	Points
1	Rosa Myers	11	La Crosse Logan	1:08.50	2 6
2	Mary Niegelsen	11	Aquinas	1:09.22	2 4
3	Camille Johnson	10	La Crosse Logan	1:09.85	2 3
4	Mallory Long	10	West Salem	1:10.24	2 2
5	Isabel Krueger	9	West Salem	1:10.60	2 1
6	Celia Mitchell	11	West Salem	1:15.16	2
7	Victoria Lynse	10	West Salem	1:19.97	1
8	Gretchen Lysne	11	West Salem	1:20.53	1
9	Caitlyn Crenshaw	9	Bangor	1:23.81	2
10	Mya Perkins	11	West Salem	1:24.88	1

Girls 800 Meter Run

Name	Year	School	Finals	Points
1	Alena Donahue	12	West Salem	2:40.50 6
2	Payton Greer	11	West Salem	2:42.90 4
3	Kennedy Garbers	10	West Salem	2:44.69 3
4	Faith Minard	10	West Salem	2:48.90 2
5	Naomi Koch	12	Aquinas	2:50.82 1
6	Marissa Eckland	10	Bangor	2:55.36
7	Eden Devine	10	La Crosse Logan	2:58.11
8	Elizabeth Bagniefski	12	Aquinas	2:59.97
9	Tabitha Sward	10	La Crosse Logan	3:04.02
10	Ella Barth	10	La Crosse Logan	3:05.47
11	Ella Hansen	11	Bangor	3:12.31
12	Madison MacRogers	12	West Salem	3:21.79
13	Victoria Lynse	10	West Salem	3:36.00

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Girls 1600 Meter Run

Name	Year School	Finals	Points
1 Marissa Eckland	10 Bangor	6:12.20	6

Girls 100 Meter Hurdles

Name	Year School	Finals	Points
1 Joeryn Freit	12 Bangor	18.20	6
2 Josephine Lawton	10 Aquinas	18.87	4
3 Morgan Kammel	12 West Salem	19.30	3
4 Phuong Quynh Vu	11 La Crosse Logan	21.60	2
5 Zaliana Stanton	9 La Crosse Logan	22.59	1

Girls 300 Meter Hurdles

Name	Year School	Finals	Points
1 Olivia Maki	9 West Salem	53.98	6
2 Caleesa Adams	9 La Crosse Logan	54.62	4
3 Morgan Kammel	12 West Salem	55.44	3
4 Hayden Rohde	9 West Salem	55.79	2
5 Caylan Adams	11 La Crosse Logan	1:00.70	1
6 Zaliana Stanton	9 La Crosse Logan	1:04.63	

Girls 4x100 Meter Relay

School	Finals	Points
1 La Crosse Logan	52.36	6
1) Maddy Cornett 9		
2) Aaliyah Hamilton 11		
3) Julie Yang 11		
4) Mai See Xiong 12		
2 Aquinas	53.73	4
1) Macy Donarski 12		
2) Maddie Murphy 11		
3) Autumn Passehl 12		
4) Sara Gyllander 12		
3 Bangor	54.26	2
1) Megan Marr 12		
2) Bliss Knox 10		
3) Joeryn Freit 12		
4) Aubrey Langrehr 10		
4 West Salem	56.44	
1) Emily Fechner 11		
2) Maia Hutchens 9		
3) Dillan Riste 9		
4) Rylan Riste 11		
5 La Crosse Logan 'B'	x56.47	
1) Lauren Rendler 12		
2) Nora Hofland 12		
3) Veronica Wilson 9		
4) Uma Lillejord 9		
6 Bangor 'B'	x1:00.64	
1) Francisca Castillo 11		
2) Alivia Anderson 9		
3) Alexa Heitkamp 10		
4) Niya Wingert 9		
7 West Salem 'B'	x1:01.05	
1) Mya Koudelka 11		
2) Kayla Rasmussen 9		

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....Girls 4x100 Meter Relay

- 3) Reice Kammel 11
- 4) Taylor Burch 11

Girls 4x200 Meter Relay

School	Finals	Points
1 Aquinas	1:53.69	6
1) Macy Donarski 12	2) Sara Gyllander 12	
3) Autumn Passehl 12	4) Maddie Murphy 11	
2 La Crosse Logan	1:54.26	4
1) Maddy Cornett 9	2) Ameerah Herdina 11	
3) Liberty Sprain 11	4) Mai See Xiong 12	
3 Bangor	1:56.82	2
1) Grace Wenthold 10	2) Aubrey Langrehr 10	
3) Megan Marr 12	4) Bliss Knox 10	
4 West Salem	1:57.42	
1) Maia Hutchens 9	2) Emily Sanwick 11	
3) Rylan Riste 11	4) Olivia Maki 9	
5 La Crosse Logan 'B'	x2:00.12	
1) Lauren Rendler 12	2) Nora Hofland 12	
3) Hennasy Schaffer 11	4) Ava Dettwiler 11	
6 Bangor 'B'	x2:04.46	
1) Francisca Castillo 11	2) Haley Wenthold 12	
3) Katie Larkin 11	4) Karlei Brennan 11	

Girls 4x400 Meter Relay

School	Finals	Points
1 La Crosse Logan	4:40.91	6
1) Camille Johnson 10	2) Ava Dettwiler 11	
3) Rosa Myers 11	4) Hennasy Schaffer 11	
2 West Salem 'B'	4:42.27	4
1) Maria Cannon 11	2) Taylor Burch 11	
3) Celia Mitchell 11	4) Emily Sanwick 11	
3 West Salem	x4:45.37	
1) Payton Greer 11	2) Alena Donahue 12	
3) Kennedy Garbers 10	4) Faith Minard 10	
4 La Crosse Logan 'B'	x5:06.52	
1) Ella Barth 10	2) Tabitha Sward 10	
3) Rachel Greany 10	4) Jalesheah Simpson 11	

Girls 4x800 Meter Relay

School	Finals	Points
1 West Salem 'B'	11:17.96	6
1) Isabel Krueger 9	2) Kennedy Garbers 10	
3) Madison MacRogers 12	4) Faith Minard 10	



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2 West Salem		x11:22.20	
1) Payton Greer 11	2) Mallory Long 10		
3) Gretchen Lysne 11	4) Alena Donahue 12		
3 Aquinas		11:59.15	4
1) Elizabeth Bagniefski 12	2) Bethany Hale 9		
3) Naomi Koch 12	4) Maria Schwinn 12		

Girls High Jump

Name	Year School	Finals	Points
1 Aaliyah Hamilton	11 La Crosse Logan	5-02.00	6
2 Morgan Kammel	12 West Salem	4-06.00	4
3 Caitlyn Crenshaw	9 Bangor	J4-04.00	3
4 Caylan Adams	11 La Crosse Logan	J4-04.00	2
5 Caleesa Adams	9 La Crosse Logan	J4-04.00	1
6 Emily Sanwick	11 West Salem	4-00.00	
6 Jalesheah Simpson	11 La Crosse Logan	4-00.00	

Girls Pole Vault

Name	Year School	Finals	Points
1 Macey Tauscher	12 West Salem	9-06.00	6
2 Emily Fechner	11 West Salem	J8-00.00	4
3 Samantha Groth	10 La Crosse Logan	J8-00.00	3
4 Olivia Maki	9 West Salem	J7-00.00	2
5 Maria Cannon	11 West Salem	J7-00.00	1
6 Hayden Rohde	9 West Salem	6-00.00	
6 Maia Hutchens	9 West Salem	6-00.00	
6 Caleesa Adams	9 La Crosse Logan	6-00.00	
6 Phuong Quynh Vu	11 La Crosse Logan	6-00.00	

Girls Long Jump

Name	Year School	Finals	Points
1 Olivia Maki	9 West Salem	14-09.00	6
2 Aubrey Langrehr	10 Bangor	14-01.50	4
3 Bliss Knox	10 Bangor	J14-01.00	3
4 Gretta Gyllander	12 Aquinas	J14-01.00	2
5 Celia Mitchell	11 West Salem	13-11.50	1
6 Elizabeth Stavlo	11 West Salem	13-09.50	
7 Amy Hein	11 Aquinas	13-08.00	
8 Grace Wenthold	10 Bangor	13-06.00	
8 Megan Marr	12 Bangor	13-06.00	
10 Sirena Alvarado	9 Aquinas	11-05.50	
11 Mya Koudelka	11 West Salem	9-09.50	
12 Mya Perkins	11 West Salem	9-08.50	

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Girls Triple Jump

Name	Year	School	Finals	Points
1 Celia Mitchell	11	West Salem	30-03.50	6
2 Elizabeth Stavlo	11	West Salem	29-08.50	4
3 Taylor Burch	11	West Salem	28-05.50	3
4 Hayden Rohde	9	West Salem	27-06.50	2
5 Reice Kammel	11	West Salem	25-07.50	1

Girls Shot Put

Name	Year	School	Finals	H#	Points
1 Jaden Hammes	12	West Salem	36-05.00	2	6
2 Anna McConkey	12	West Salem	31-11.50	2	4
3 Liberty Sprain	11	La Crosse Logan	31-10.00	2	3
4 Abby Schelfhout	12	Aquinas	30-07.00	1	2
5 Skylar Olson	12	La Crosse Logan	30-01.00	2	1
6 Ella Boge	11	La Crosse Logan	28-11.00	2	
7 Sophie Clements	11	West Salem	28-06.00	1	
8 Greta Vianden	11	La Crosse Logan	26-10.00	2	
9 Felicity Bell	10	Aquinas	26-09.00	2	
10 Ella Hansen	11	Bangor	26-08.50	2	
11 Lola Xiong	9	La Crosse Logan	26-07.00	2	
12 Sadie Graves	12	La Crosse Logan	26-03.00	2	
13 Kate Fechner	11	West Salem	26-01.50	2	
14 Jordan Sackmaster	9	Bangor	25-08.00	2	
15 Elizabeth Hesse	11	West Salem	25-04.50	1	
16 Madison Kaiser	9	West Salem	25-00.00	1	
17 Alexa Komay	12	Aquinas	24-05.50	2	
18 Ashlyn Rogge	12	West Salem	24-05.00	1	
19 Maya Weinberger	11	Aquinas	23-04.00	1	
20 MaKenna Olson	10	West Salem	22-11.00	1	
21 Kelee Baca	10	La Crosse Logan	20-06.00	1	
22 Vanessa Rossa	12	Bangor	17-09.00	1	
23 Alexis Sprawls	9	La Crosse Logan	17-04.00	1	
24 Madison Bass	9	Bangor	15-10.00	1	
25 Julia Jakes	9	Aquinas	13-02.00	1	

Girls Discus Throw

Name	Year	School	Finals	H#	Points
1 Liberty Sprain	11	La Crosse Logan	112-06.50	2	6
2 Anna McConkey	12	West Salem	101-04.50	2	4
3 Ella Boge	11	La Crosse Logan	98-07	2	3
4 Greta Vianden	11	La Crosse Logan	95-11	2	2
5 Alexa Komay	12	Aquinas	94-09	2	1
6 Felicity Bell	10	Aquinas	92-10	2	
7 Joeryn Freit	12	Bangor	91-02.50	2	

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....Girls Discus Throw

8	Jaden Hammes	12 West Salem	87-10.50	2
9	Sadie Graves	12 La Crosse Logan	85-09.50	2
10	Abby Schelfhout	12 Aquinas	78-05	2
11	Madison Kaiser	9 West Salem	76-09.50	1
12	Lola Xiong	9 La Crosse Logan	76-09	2
13	Ella Hansen	11 Bangor	74-10	1
14	Isabel Krueger	9 West Salem	73-03.50	2
15	Kate Fechner	11 West Salem	70-02.50	2
16	Elizabeth Hesse	11 West Salem	68-02	1
17	Jordan Sackmaster	9 Bangor	66-09.50	1
18	Ashlyn Rogge	12 West Salem	66-07	2
19	MaKenna Olson	10 West Salem	66-00	1
20	Sophie Clements	11 West Salem	63-10.50	1
21	Maya Weinberger	11 Aquinas	59-01	1
22	Clarie Erickson	11 Aquinas	56-05.50	1
23	Alexis Sprawls	9 La Crosse Logan	44-09.50	1
24	Madison Bass	9 Bangor	43-11.50	1
25	Kelee Baca	10 La Crosse Logan	43-09	1
26	Vanessa Rossa	12 Bangor	42-07	1
27	Julia Jakes	9 Aquinas	33-10.50	1

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Women - Team Rankings - 17 Events Scored

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1) West Salem	97	2) La Crosse Logan	74
3) Aquinas	45	4) Bangor	26

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Men - Team Rankings - 17 Events Scored

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1) La Crosse Logan	83.90	2) West Salem	75.10
3) Aquinas	59	4) Bangor	32