

BIG RIVERS CONFERENCE GIRLS TRACK CONFERENCE CHAMPIONS

(Email any additions/corrections to brathletics2021@gmail.com)

EVENT	2023-24				2022-23				2021-22			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Eliana Sheplee	Rice Lake	12	12.70	Brooklyn Sandvig	Chippewa Falls	12	11.80	Brooklyn Sandvig	Chippewa Falls	11	11.63
200 m dash	Eliana Sheplee	Rice Lake	12	25.86	Brooklyn Sandvig	Chippewa Falls	12	24.30	Brooklyn Sandvig	Chippewa Falls	11	23.97
400 m dash	Eliana Sheplee	Rice Lake	12	57.00	Brooklyn Sandvig	Chippewa Falls	12	54.62	Brooklyn Sandvig	Chippewa Falls	11	54.59
800 m run	Lauren McCalla	Menomonie	10	2:21.21	Ceana Dietz	New Richmond	12	2:22.67	Ceana Dietz	New Richmond	11	2:24.43
1600 m run	Lauren McCalla	Menomonie	10	5:13.02	Ceana Dietz	New Richmond	12	5:25.61	Isabella Jacobsen	Menomonie	12	5:03.06
3200 m run	Olive Halvorson	River Falls	10	12:03.07	Brooklyn Hoff	Menomonie	11	11:46.01	Isabella Jacobsen	Menomonie	12	10:57.47
100 m hurdles	Allison Widiker	Chippewa Falls	10	17.14	Adaline Sheplee	Rice Lake	9	15.89	Brianna Strehlau	River Falls	12	16.55
300 m hurdles	Ella Carstensen	Hudson	12	48.74	Adaline Sheplee	Rice Lake	9	47.54	Ella Carstensen	Hudson	10	49.32
Shot Putt	Addison Schmidt	Rice Lake	9	38-05.50	Isabelle Schmidt	Rice Lake	12	43-3.00	Saraya Davis	Eau Claire North	12	44-00.00
Discus	Bernie Barnhardt	Eau Claire North	12	122-00.00	Isabelle Schmidt	Rice Lake	9	119-02.00	Taylor Schulz	Rice Lake	12	132-00.00
Long Jump	Ava Krista	Chippewa Falls	11	17-04.00	Brooklyn Sandvig	Chippewa Falls	12	18-05.50	Brooklyn Sandvig	Chippewa Falls	11	19-05.50
High Jump	Ava Krista	Chippewa Falls	11	5-00.00	Adaline Sheplee	Rice Lake	9	5-04.00	Ella Mommsen	Menomonie	12	5-03.00
Triple Jump	Ava Krista	Chippewa Falls	11	36-10.25	Ava Krista	Chippewa Falls	10	35-02.00	Ella Carstensen	Hudson	10	33-01.00
Pole Vault	Zoe Myers	Eau Claire Mem	11	9-09.00	Kayleigh Volkman	River Falls	12	10-3.00	Alexis Anderson	Menomonie	12	9-03.00
4 x 100 m relay	Nadia Unruh	New Richmond	10	50.91	Avery Ash	Rice Lake	10	50.40	Becca Fentress	Eau Claire Memo	12	50.78
	Autumn Foote	New Richmond	10		Adaline Sheplee	Rice Lake	9		Candace Burrell	Eau Claire Memo	12	
	Etta Carlson	New Richmond	10		Sophia Knauff	Rice Lake	11		Brianna Fletcher	Eau Claire Memo	11	
	Katelyn Doehmann	New Richmond	12		Madilyn DeLawyer	Rice Lake	10		Grace Hansen	Eau Claire Memo	11	
4 x 200 m relay	Jayla Johnson	River Falls	9	1:46.88	Abi Banitt	River Falls	12	1:46.20	Elise Frisbie	River Falls	12	1:47.88
	Tirfe L'Allier	River Falls	9		Lilly Jensen	River Falls	11		Abi Banitt	River Falls	11	
	Isabelle Russell	River Falls	10		Brooklyn Silloway	River Falls	12		Allie Humburg	River Falls	12	
	Brooke Dusek	River Falls	9		Rebecca Randleman	River Falls	12		Rebecca Randleman	River Falls	11	
4 x 400 m relay	Gracie Berglund	Eau Claire Mem	11	4:09.80	Izzy Jensen	New Richmond	11	4:14.05	Ceana Dietz	New Richmond	11	4:15.24
	Morgan Dewey	Eau Claire Mem	10		Jasmine Altena	New Richmond	10		Lillian Carlson	New Richmond	11	
	Alexa Pluth	New Richmond	9		Vivian Roberts	New Richmond	12		Izzy Jensen	New Richmond	10	
	Raya Shaw	New Richmond	10		Ceanna Dietz	New Richmond	12		Dyllan Powers	New Richmond	12	
4 x 800 m relay	Bella Drake	Menomonie	9	9:39:30	Ruby Mitchell	Hudson	12	10:07.90	Manon Field	Hudson	11	10:10.21
	Brooklyn Hoff	Menomonie	12		Lyla Vicek	Hudson	10		Alicia Belany	Hudson	12	
	Madison Lehman	Menomonie	12		Olivia Thompson	Hudson	9		Ruby Mitchell	Hudson	10	
	Lauren McCalla	Menomonie	10		Rebecca Belany	Hudson	11		Haley Loewe	Hudson	9	
100 m dash (WC)	Emma Lynch	Eau Claire North	10	39.03								
Shot Put (WC)	Emma Lynch	Eau Claire North	10	7-05.50								

EVENT	2020-21				2018-19				2017-18			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Brooklyn Sandvig	Chippewa Falls	10	12.14	Sofia Naranjo-Mata	River Falls	12	12.43	Kary Petricka	EC North	11	
200 m dash	Brooklyn Sandvig	Chippewa Falls	10	25.07	Kary Petricka	EC North	12	25.93	Lexi LeFever	Hudson	12	
400 m dash	Brooklyn Sandvig	Chippewa Falls	10	55.70	Emily Banitt	River Falls	11	1:01.15	Shay Wassman	Hudson	10	
800 m run	Lilly Jensen	River Falls	9	2:27.44	Ella Behling	Chippewa Falls	10	2:21.25	Ella Behling	Chippewa Falls	9	
1600 m run	Haley Loewe	Hudson	9	5:18.79	Rachel Ball	Hudson	11	5:21.88	Grace Cole	EC Memorial	12	
3200 m run	Isabella Jacobsen	Menomonie	11	11:30.87	Rachel Ball	Hudson	11	11:32.41	Rachel Ball	Hudson	10	
100 m hurdles	Ellen Somerville	Hudson	11	16.40	Bailee Derks	Hudson	12	15.110	Bailee Derks	Hudson	11	
300 m hurdles	Eliana Sheplee	Rice Lake	9	47.14	Bailee Derks	Hudson	12	46.470	Bailee Derks	Hudson	11	
Shot Putt	Audrey Hatfield	Hudson	12	42-04.00	Saraya David	EC North	9	39-06.75	Regan Appleby	EC Memorial	12	
Discus	Audrey Hatfield	Hudson	12	119-02.00	Audrey Hatfield	Hudson	10	115-01.00	Emma Pupungatoa	River Falls	12	
Long Jump	Brooklyn Sandvig	Chippewa Falls	10	17-01.25	Kary Petricka	EC North	12	17-11.25	Kary Petricka	EC North	11	
High Jump	Laura Mahowald	Hudson	9	5-02.00	Jasmine Mlejnek	Rice Lake	12	5-04.00	Jasmine Mlejnek	Rice Lake	11	
Triple Jump	Molly Kallenbach	Hudson	12	35-06.25	Sofia Naranjo-Mata	River Falls	12	35-06.50	Tyra Boettcher	Menomonie	12	
Pole Vault	Reilly Bishop	Hudson	11	9-00.00	Maddy Schmidley	Chippewa Falls	12	8-03.00	Samantha Krueger	River Falls	12	
4 x 100 m relay	Kyra Kubera	River Falls	12	51.18	Ava Wilber	Hudson	9	50.70	Victoria Harmston	Menomonie	10	
	Brooklyn Silloway	River Falls	10		Molly Kallenbach	Hudson	10		Tyra Boettcher	Menomonie	12	
	Elise Frisbie	River Falls	11		Amber Robey	Hudson	10		Elle Hemauer	Menomonie	12	
	Rebecca Randleman	River Falls	10		Emma Olson	Hudson	12		Madison Davis	Menomonie	12	
4 x 200 m relay	Ava Wilber	Hudson	11	1:47.37	Ava Wilber	Hudson	9	1:46.52	Anna Wlgrren	Hudson	12	
	Mikayla Kallenbach	Hudson	12		Molly Kallenbach	Hudson	10		Bailee Derks	Hudson	11	
	Carolyn Shumaker	Hudson	12		Rose Giblin	Hudson	10		Kady Kochendorfer	Hudson	12	
	Molly Kallenbach h	Hudson	12		Emma Olson	Hudson	12		Lexi LeFever	Hudson	12	
4 x 400 m relay	Alicia Belany	Hudson	12	4:11.11	Sarah Schneckenberger	River Falls	11	4:10.18	Sarah Schneckenberger	River Falls	10	
	Ellen Somerville	Hudson	11		Sarah Langlois	River Falls	12		Sarah Langlois	River Falls	11	
	Manon Field	Hudson	11		Rachel Randleman	River Falls	10		Ambrea Kjos	River Falls	9	
	Ruby Mitchell	Hudson	10		Morgan Prigge	River Falls	9		Emily Banitt	River Falls	10	
4 x 800 m relay	Manon Field	Hudson	11	10:05.89	Hailey Sorensen	EC Memorial	10	10:04.55	Julia Bennett	Hudson	12	
	Alicia Belany	Hudson	12		Jillian Heth	EC Memorial	9		Rachel Ball	Hudson	10	
	Ruby Mitchell	Hudson	10		Rachel Anderson	EC Memorial	10		Lizzy Bond	Hudson	9	
	Haley Loewe	Hudson	9		Maddie Weber	EC Memorial	9		Anna Czupryna	Hudson	10	
100 m dash (WC)					Ally Lehman	Chippewa Falls	12		Ally Lehman	Chippewa Falls	12	
Shot Put (WC)					Ally Lehman	Chippewa Falls	12		Ally Lehman	Chippewa Falls	12	
400 m dash (WC)					Ally Lehman	Chippewa Falls	12		Ally Lehman	Chippewa Falls	12	

EVENT	2016-17				2015-16				2014-15			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Lexi LeFever	Hudson	11	12.65	Sofia Nananjo-Mata	River Falls	9	12.57	Stephaie Sawicki	Chippewa Falls	12	12.54
200 m dash	Lexi LeFever	Hudson	11	26.27	Lucy Fashingbauer	Hudson	11	26.18	Kady Kochendorfer	Hudson	9	26.64
400 m dash	Savannah Gray	EC North	12	1:00.75	Madison Davis	Menomonie	10	59.88	Elizabeth Daniels	Chippewa Falls	9	58.86
800 m run	Hannah Roeske	EC Memorial	12	2:19.12	Aubrey Roberts	EC Memorial	12	2:21.69	Elena Smith	EC Memorial	12	2:21.15
1600 m run	Hannah Roeske	EC Memorial	12	5:25.47	Aubrey Roberts	EC Memorial	12	5:14.21	Aubrey Roberts	EC Memorial	11	5:00.43
3200 m run	Rachel Ball	Hudson	9	11:10.51	Aubrey Roberts	EC Memorial	12	11:14.74	Anne Frisbie	River Falls	12	10:47.60
100 m hurdles	Bailee Dierks	Hudson	10	14.76	Bailee Derks	Hudson	9	15.36	Anna Achter	Menomonie	11	15.80
300 m hurdles	Bailee Dierks	Hudson	10	47.32	Maddie Helland	Chippewa Falls	9	48.40	Anne Wagner	River Falls	12	47.34
Shot Putt	Regan Appleby	EC Memorial	11	37.06	Carly Zlabek-Schubel	Rice Lake	11	36-3	Karly Murphy	River Falls	12	40-4.5
Discus	Jana Mattison	Chippewa Falls		113-0	Jana Mattison	Chippewa Falls	11	107-09	Karly Murphy	River Falls	12	130-6
Long Jump	Lily Engel	EC Memorial	12	16-9.75	Maddie Nelson	Hudson	12	18-3.5	Maddie Nelson	Hudson	11	17-1
High Jump	Lily Engel	EC Memorial	12	5-0	Lily Engel	EC Memorial	11	5-1	Stephaie Sawicki	Chippewa Falls	12	5-3
Triple Jump	Kady Kochendorfer	Hudson	11	35-5	Maddie Nelson	Hudson	12	37-8.5	Maddie Nelson	Hudson	11	36-6.25
Pole Vault	Sammy Krueger	River Falls	11	9-9	Samantha Krueger	River Falls	10	11-0	Miranda Severin	EC Memorial	12	11-0
4 x 100 m relay	Nautica Vaughn	Menomonie	0	50.83	Anika Kling	Hudson	12	50.38	Maddie Nelson	Hudson	11	50.750
	Elle Hemauer	Menomonie	11		Kady Kochendorfer	Hudson	10		Jordan Huber	Hudson	12	
	Hannah Peterson	Menomonie	12		Lexi LeFever	Hudson	10		Lexi LeFever	Hudson	9	
	Madison Davis	Menomonie	11		Lucy Fashingbauer	Hudson	11		Kady Kochendorfer	Hudson	9	
4 x 200 m relay	Anna Wilgren	Hudson	11	1:44.8	Maddie Nelson	Hudson	12	1:45.12	Kali Denis	Hudson	9	1:46.72
	Bailee Dierks	Hudson	10		Kady Kochendorfer	Hudson	10		Julia Douglas	Hudson	11	
	Kady Kochendorfer	Hudson	11		Lexi LeFever	Hudson	10		Erikka Haft	Hudson	12	
	Lexi LeFever	Hudson	11		Lucy Fashingbauer	Hudson	11		Katy Fox	Hudson	11	
4 x 400 m relay	Alaina Syverson	River Falls		4:05.29	Alaina Syverson	River Falls	11	4:08.93	Alaina Syverson	River Falls	10	4:07.92
	Tessa Rayne	River Falls			Rachel Shew	River Falls	12		Rachel Shew	River Falls	11	
	Sarah Schneckengerber	River Falls	9		Tessa Rayne	River Falls	11		Tessa Rayne	River Falls	10	
	Emily Banitt	River Falls	9		Sarah Langlois	River Falls	9		Annie Frisbie	River Falls	12	
4 x 800 m relay	Rachel Ball	Hudson	9	9:58.17	Zoe Smith	EC Memorial	11	10:05.39	Zoe Smith	EC Memorial	10	9:57.58
	Emmy Farago	Hudson	12		Grace Cole	EC Memorial	10		Chaire Mettler	EC Memorial	10	
	Emma Filipiak	Hudson			Molly Glassbrenner	EC Memorial	9		Sophia Smith	EC Memorial	10	
	Julia Bennett	Hudson			Claire Mettler	EC Memorial	11		Elena Smith	EC Memorial	12	
100 m dash (WC)	Ally Lehman	Chippewa Falls	11		Ally Lehman	Chippewa Falls	10	35.52	Ally Lehman	Chippewa Falls	9	45.61
Shot Put (WC)	Ally Lehman	Chippewa Falls	11		Ally Lehman	Chippewa Falls	10	6' 6.25"	Ally Lehman	Chippewa Falls	9	6 -10.25
400 m dash (WC)	Ally Lehman	Chippewa Falls	11						Ally Lehman	Chippewa Falls	9	

EVENT	2013-14				2012-13				2011-12			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Isabel Shafer	River Falls	12	12.94	Julia Douglas	Hudson	11	12.97	Katie Thielmann	Hudson	12	13.38
200 m dash	Isabel Shafer	River Falls	12	26.28	Amelia Kjos	River Falls	11	27.20	Nicole Gostomski	EC North	12	27.40
400 m dash	Ali Glassbrenner	EC Memorial	12	58.89	Tyana Loieselle	Chippewa Falls	9	59.44	Nicole Schmidt	Menomonie	11	1:00.67
800 m run	Miranda Miller	Hudson	10	2:21.34	Nicole Schmidt	Menomonie	12	2:19.95	Nicole Schmidt	Menomonie	11	2:26.11
1600 m run	Aubrey Roberts	EC Memorial	10	5:06.33	Aubrey Roberts	EC Memorial	9	5:11.78	Katie Wetzstein	Hudson	12	5:04.65
3200 m run	Aubrey Roberts	EC Memorial	10	11:16.34	Aubrey Roberts	EC Memorial	9	11:46.00	Katie Wetzstein	Hudson	12	11:23.77
100 m hurdles	Alaina Quaranta	EC North	11	17.37	Haley Strouf	Rice Lake	11	16.32	Grace Brunette	Rice Lake	12	16.65
300 m hurdles	Annie Wagner	River Falls	11	48.18	Alaina Quaranta	EC North	10	49.65	Grace Brunette	Rice Lake	12	48.20
Shot Putt	Rachel Vind	Menomonie	11	38-0	Taylor Steffen	Hudson	12	38-8.5	Taylor Steffen	Hudson	11	38-7.75
Discus	Karly Murphy	River Falls	12	115-5	Karly Murphy	River Falls	9	111-6	Hannah Morrow	River Falls	12	103-3
Long Jump	Haley Strouf	Rice Lake	12	17-1.25	Haley Strouf	Rice Lake	11	17-3.75	Karlie Place	River Falls	10	17-2.25
High Jump	Stephanie Sawicki	Chippewa Falls	11	5-1	Stefani Friedenfels	Menomonie	12	05-01	Stefani Friedenfels	Menomonie	11	5-3
Triple Jump	Annie Wagner	River Falls	11	35-5.75	Karlie Place	River Falls	11	37-4	Stefani Friedenfels	Menomonie	11	36-3.5
Pole Vault	McKenna Daulton	Hudson	12	10-6	Karlie Place	River Falls	11	11-3	Casey Fall	Hudson	12	11-0
4 x 100 m relay		Hudson		51.42	Kali Denis	Hudson	9	51.23		Hudson		50.86
		Hudson			Julia Douglas	Hudson	11			Hudson		
		Hudson			Erikka Haft	Hudson	12			Hudson		
		Hudson			Jordan Huber	Hudson	10			Hudson		
4 x 200 m relay		River Falls		1:49.71	Kali Denis	Hudson	9	1:48.10		Hudson		1:46.78
		River Falls			Julia Douglas	Hudson	11			Hudson		
		River Falls			Erikka Haft	Hudson	12			Hudson		
		River Falls			Katy Fox	Hudson	11			Hudson		
4 x 400 m relay		River Falls		4:07.80	Karissa Murphy	River Falls	9	4:11.77		Chippewa Falls		4:13.93
		River Falls			Rachel Shew	River Falls	9			Chippewa Falls		
		River Falls			Angie Wager	River Falls	10			Chippewa Falls		
		River Falls			Amelia Kjos	River Falls	11			Chippewa Falls		
4 x 800 m relay		Hudson		9:47.13	Rachel Anderson	Hudson	10	9:54.00		Hudson		10:08.64
		Hudson			Patsy Castro	Hudson	12			Hudson		
		Hudson			Mary Knutson	Hudson	10			Hudson		
		Hudson			Sadie Kroll	Hudson	11			Hudson		

EVENT	2010-11				2009-10				2008-09			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Katie Thielmann	Hudson	11	13.02	Tess Rademaker	Rice Lake	11	12.92	Yanique Black	River Falls	12	12.46
200 m dash	Angela Tipp	Hudson	12	25.66	Angela Tipp	Hudson	11	25.97	Angela Tipp	Hudson	10	26.13
400 m dash	Claire Poethke	Rice Lake	12	1:00.05	Nicole Schmidt	Menomonie	9	1:00.60	Ashley Sveum	EC North	12	1:01.07
800 m run	Lauren Novak	EC Memorial		2:21.11	Nicole Schmidt	Menomonie	9	2:20.75	Gretchen Bachmeier	EC North	12	2:28.07
1600 m run	Katie Wetzstein	Hudson	11	5:07.84	Lucy Ramquist	River Falls	11	5:15.55	Jordan Kelch	Menomonie	11	5:28.32
3200 m run	Katie Wetzstein	Hudson	11	11:24.00	Emily Kelly	Chippewa Falls	10	11:45.24	Natalie Powell	River Falls	9	12:22.90
100 m hurdles	Grace Brunette	Rice Lake	11	16.36	Kali Kramolis	River Falls	12	16.20	Kali Kramolis	River Falls	11	15.79
300 m hurdles	Grace Brunette	Rice Lake	11	47.80	Rachel Stairs	Menomonie	10	49.40	Gennis Galfano	EC Memorial	12	48.02
Shot Putt	Jamie Lindstrom	Hudson	12	41-5	Tina DeLakis	EC Memorial	12	45-5	Tina DeLakis	EC Memorial	11	39-8.5
Discus	Jamie Lindstrom	Hudson	12	118-3	Tina DeLakis	EC Memorial	12	136-3	Alicia Bower	Hudson	12	116-11
Long Jump	Taylor Kollross	EC Memorial	12	16-8.5	Taylor Kollross	EC Memorial	11	15-10	Hardisha White	Hudson	12	16-10.5
High Jump	Meagan Ward	EC North	12	5-4	Meagan Ward	EC North	11	5-4	Kalesha Hazelton	Chippewa Falls	11	05-02
Triple Jump	Stephanie Freidenfels	Menomonie	10	35-7	Stephanie Freidenfels	Menomonie	9	33-5	Hardisha White	Hudson	12	35-06
Pole Vault	Kayla Rohl	River Falls	12	9-0	Caley Fall	Hudson	10	9-0	Dani Waller	EC Memorial	11	09-07
4 x 100 m relay		Hudson		49.99	Katie Thielmann	Hudson	10	50.87	Rachael Saathoff	Hudson	12	51.05
		Hudson			Danni Krinke	Hudson	12		Erika Tipp	Hudson	10	
		Hudson			Erika Tipp	Hudson	11		Angela Tipp	Hudson	10	
		Hudson			Angela Tipp	Hudson	11		Danni Krinke	Hudson	11	
4 x 200 m relay		Hudson		1:44.85	Danni Krinke	Hudson	12	1:46.69	Abbey Berg	River Falls	12	1:47.14
		Hudson			Nicole Bruegger	Hudson	12		Yanique Black	River Falls	12	
		Hudson			Katie Thielmann	Hudson	10		Kali Kramolis	River Falls	11	
		Hudson			Erika Tipp	Hudson	11		Tessa Coggio	River Falls	10	
4 x 400 m relay		River Falls		4:11.16	Catie Weese	Hudson	10	4:14.18	Gretchen Bachmeier	EC North	12	4:11.56
		River Falls			Cori Vaought	Hudson	12		Carlee Gobler	EC North	10	
		River Falls			Emily Iverson	Hudson	11		Emmarie Heacox	EC North		
		River Falls			Nicole Bruegger	Hudson	12		Ashley Sveum	EC North	12	
4 x 800 m relay	Heidi Hujik	EC Memorial		10:16.46	Jordan Kelch	Menomonie	12	10:13.22	Alana Jenkins	EC Memorial	11	10:10.13
	Maria Smith	EC Memorial	10		Kiko Wemmer	Menomonie	12		Hannah Stephens	EC Memorial	11	
	Ali Glassbrenner	EC Memorial			Allison Siler	Menomonie	10		Julia Turner	EC Memorial	10	
	Julia Turner	EC Memorial	12		Kristin Bischel	Menomonie	9		Alyssa Harp	EC Memorial		

EVENT	2007-08				2006-07				2005-06			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Chim Okoroji	EC Memorial	12	12.77	Chim Okoroji	EC Memorial	11	12.36	Chim Okoroji	ECM	10	13.12
200 m dash	Yanique Black	River Falls	11	26.06	Yanique Black	River Falls	10	26.40	Aimee Wendt	MEN		26.80
400 m dash	Lexi Williams	Rice Lake	12	1:00.73	Askey Sveum	EC North	10	59.13	Sharyn Dahl	HUD	11	59.51
800 m run	Gretchen Bachmeier	EC North	11	2:22.71	Gretchen Bachmeier	EC North	10	2:23.06	Kristin Petzel	HUD		2:17.82
1600 m run	Katie Cumming	Hudson	12	5:07.47	Katie Cumming	Hudson	11	5:15.54	Kristin Petzel	HUD		5:10.63
3200 m run	Katie Cumming	Hudson	12	11:12.15	Katie Cumming	Hudson	11	11:20.88	Katie Cummings	HUD	10	11:46.86
100 m hurdles	Whitney Rawdon	EC North	11	16.76	Sharyn Dahl	Hudson	12	15.37	Sharyn Dahl	HUD	11	15.70
300 m hurdles	Sydney Malanaphy	Hudson	12	47.06	Sharyn Dahl	Hudson	12	47.10	Sharyn Dahl	HUD	11	46.73
Shot Putt	Tina Delakis	EC Memorial	10	37-11.5	Caitlin Brendum	River Falls	12	37-4.5	Caitlin Brendum	RVF	11	36-4.5
Discus	Alicia Bower	Hudson	11	112-07	Caitlin Brendum	River Falls	12	120-11.5	Nicole Tzanakis	CHF		108-6
Long Jump	Bailey Franklin	River Falls	12	16-07	Bailey Franklin	River Falls	11	17-2.25	Rita Rabb	RVF	9	16-2.5
High Jump	Kalesha Hazelton	Chippewa Falls	10	05-03	Bailey Franklin	River Falls	11	5-2	Mikaela Terry	MEN		5-1
Triple Jump	Bailey Franklin	River Falls	12	34-03	Bailey Franklin	River Falls	11	35-4.25	Hannah Smith	RLK		35-9.5
Pole Vault	Hilary Feyereisen	Hudson	12	10-00	Alex Johnson	Hudson	12	11-0	Alex Johnson	HUD	11	10-0
4 x 100 m relay	Melissa Nicolai	EC North	11	51.31	Lisa Anderson	EC Memorial	12	4:11.80	Laura Lovell	HUD		52.21
	Whitney Rawdon	EC North	11		Chim Okoroji	EC Memorial	11		Hope Marek	HUD		
	Tressa Retailick	EC North	10		Courtney Clemmons	EC Memorial	10		Rachel Saathoff	HUD	11	
	Ashley Sveum	EC North	11		Lizzy Taylor	EC Memorial	12		Mariah Snow	HUD		
4 x 200 m relay	Sydney Malanaphy	Hudson	11	1:48.88	Alex Johnson	Hudson	12	1:49.00	Alex Johnson	HUD	11	1:49.68
	Megan Zais	Hudson	11		Rachel Saathoff	Hudson	10		Laura Lovell	HUD		
	Angela Tipp-Harden	Hudson	9		Sydney Malanaphy	Hudson	11		Hope Marek	HUD		
	Erika Tipp-Harden	Hudson	9		Hannah Spott	Hudson	11		Rachel Saathoff	HUD	9	
4 x 400 m relay	Lexi Williams	Hudson	12	4:13.14	Katlyne Provos	EC North	11	4:11.80	Whitney Passint	RLK		4:09.84
	Bobbi Solum	Hudson			Gretchen Bachmeier	EC North	10		Ashleigh Fenske	RLK		
	Claire Poethke	Hudson			Ashley Sveum	EC North	10		Kare Lapcinski	RLK	11	
	Gina Bernier	Hudson			Whitney Rawdon	EC North	10		Lexi Williams	RLK	10	
4 x 800 m relay	Katie Cumming	Hudson	12	9:49.13	Katie Cumming	Hudson	11	10:08.94	Katie Cumming	HUD	10	9:53.30
	Ashley Iverson	Hudson	11		Nicole Bruegger	Hudson	9		Hilary Feyereisen	HUD		
	Nicole Bruegger	Hudson	10		Ashley Iverson	Hudson	10		Ashley Iverson	HUD	9	
	Kaila Fouks	Hudson			Cori Vought	Hudson	9		Emily Kepulis	HUD		

EVENT	2004-05				2003-04				2002-03			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Aimee Wendt	Menomonie			Whitney Franklin	River Falls		12.84	Whitney Franklin	River Falls		13.20
200 m dash	Aimee Wendt	Menomonie			Whitney Franklin	River Falls		26.28	Whitney Franklin	River Falls		26.98
400 m dash	Traci Pottinger	Rice Lake			Traci Pottinger	Rice Lake		1:00.40	Traci Pottinger	Rice Lake		1:00.25
800 m run	Tara McCoy	Menomonie			Tara McCoy	Menomonie		2:22.92	Megan Johnson	River Falls		2:27.46
1600 m run	Kristin Pelzel	Hudson			Carie Steil	EC Memorial		5:13.35	Tara Connolly	River Falls		5:30.77
3200 m run	Carie Steil	EC Memorial			Carie Steil	EC Memorial		11:38.59	Tara Connolly	River Falls		11:58.23
100 m hurdles	Sharyn Dahl	Hudson	10		Sharyn Dahl	Hudson	9	16.03	Katherine Penton	River Falls		17.05
300 m hurdles	Sharyn Dahl	Hudson	10		Sharyn Dahl	Hudson	9	47.32	Ries	EC Memorial		50.09
Shot Putt	Molly Fletcher	Hudson			Anna Moeller	Hudson		39-9.5	Erin Madson	Rice Lake		34-10
Discus	Molly Fletcher	Hudson			Anna Moeller	Hudson		113-4	Sarah Henry	EC North		33-25
Long Jump	Traci Pottinger	Rice Lake			Traci Pottinger	Rice Lake		17-5	Jenna Vine	EC Memorial		16-5.5
High Jump	Traci Pottinger	Rice Lake			Ashley Huston	River Falls		5-1	Maria Sponholz	EC Memorial		5-1
Triple Jump	Hannah Smith	Rice Lake			Hannah Olson	Rice Lake		33-8.25	Jenna Vine	EC Memorial		34-9
Pole Vault	Hilary Feyereisen	Hudson			Jenny Andress	River Falls		9-6	Chelsea Romportl	Rice Lake		10-0
4 x 100 m relay	Sarah Darnold	Hudson				Hudson		52.33		River Falls		53.40
	Audrey Seibel	Hudson				Hudson				River Falls		
	Katie DeGraff	Hudson				Hudson				River Falls		
	Laura Lovell	Hudson				Hudson				River Falls		
4 x 200 m relay	Kelly McCann	Hudson				EC Memorial		1:50.79		River Falls		1:51.39
	Audrey Seibel	Hudson				EC Memorial				River Falls		
	Katie DeGraff	Hudson				EC Memorial				River Falls		
	Laura Lovell	Hudson				EC Memorial				River Falls		
4 x 400 m relay	Kelly McCann	Hudson				Hudson		4:08.66		River Falls		4:18.68
	Kristin Pelzel	Hudson				Hudson				River Falls		
	Katie DeGraff	Hudson				Hudson				River Falls		
	Sharyn Dahl	Hudson				Hudson				River Falls		
4 x 800 m relay	Jaimie Carlisle	Menomonie				Menomonie		10:03.42		EC Memorial		10:26.06
	Tina Stark	Menomonie				Menomonie				EC Memorial		
	Marissa Cassellius	Menomonie				Menomonie				EC Memorial		
	Tara McCoy	Menomonie				Menomonie				EC Memorial		

EVENT	2001-02				2000-01				1999-00			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Laura Diers	EC North	12	12.73	Laura Diers	EC North	11	12.35	Laura Diers	EC North	10	12.50
200 m dash	Laura Diers	EC North	12	26.34	Laura Diers	EC North	11	25.44	Laura Diers	EC North	10	26.00
400 m dash	Lindsay Vine	EC Memorial		59.55	Katie Kolpin	River Falls	12	58.13	Katie Kolpin	River Falls	11	59.20
800 m run	Ayla Mitchell	New Richmond		2:23.67	Katie Anderson	EC Memorial		2:28.14	Tanya Lien	EC Memorial	11	2:27.60
1600 m run	Ayla Mitchell	New Richmond		5:17.06	Katie Anderson	EC Memorial		5:12.59	Bekka Lundquist	EC Memorial		5:20.20
3200 m run	Lindsay Boettcher	EC North		11:49.86	Chelsea Guettinger	EC Memorial		11:46.17	Michelle Blomquist	EC Memorial	10	11:44.7
100 m hurdles	Kate Simons	River Falls		16.34	Lindsey Rongstad	EC North		15.50	Lindsey Ronstad	EC North		16.50
300 m hurdles	Lindi Neiderhauser	Menomonie		49.19	Lindsey Rongstad	EC North		46.92	Lindsey Ronstad	EC North		48.00
Shot Putt	Tracy Cernohous	River Falls		37 - .5	Amanda Martin	Menomonie		38-4	Amanda Martin	Menomonie		38-7.5
Discus	Amanda Martin	Menomonie		122-3.5	Tracy Cernohous	River Falls		113-3	Amanda Martin	Menomonie		119-7
Long Jump	Laura Diers	EC North	12	16-10.25	Tanya Lien	EC Memorial	12	16-1.75	Tanya Lien	EC Memorial	11	16-1
High Jump	Holly Johnson	Chippewa Falls		5-2	Holly Johnson	Chippewa Falls		5-2	Carlye Greene	River Falls		5-1
Triple Jump	Laura Diers	EC North	12	34-8	Tanya Lien	EC Memorial	12	34-1.25	Tanya Lien	EC Memorial	11	35-1.5
Pole Vault	Danielle Ries	EC Memorial		9-6	Chelsea Romportl	Rice Lake		8-6				
4 x 100 m relay	Melissa Mariett	Menomonie		52.97		EC North		51.23		EC North		51.50
	Hasselquist	Menomonie				EC North				EC North		
	Kari Harmon	Menomonie				EC North				EC North		
	Lynch	Menomonie				EC North				EC North		
4 x 200 m relay	Dusek	River Falls		1:50.69		Rice Lake		1:52.10		New Richmond		1:50.30
	McKinnon	River Falls				Rice Lake				New Richmond		
	Whitney Franklin	River Falls				Rice Lake				New Richmond		
	Watters	River Falls				Rice Lake				New Richmond		
4 x 400 m relay	Katie Anderson	EC Memorial		4:10.36		EC Memorial		4:11.76		EC Memorial		4:11.90
	Maggie Herrell	EC Memorial				EC Memorial				EC Memorial		
	Johnson	EC Memorial				EC Memorial				EC Memorial		
	Danielle Ries	EC Memorial				EC Memorial				EC Memorial		
4 x 800 m relay	Demulling	New Richmond		10:03.04		River Falls		10:20.97		River Falls		10:28.80
	Peterson	New Richmond				River Falls				River Falls		
	Sorum	New Richmond				River Falls				River Falls		
	Meyers	New Richmond				River Falls				River Falls		

EVENT	1998-99				1997-98				1996-97			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Katie Kolpin	River Falls	10	12.69	Katie Kolpin	River Falls	9	12.97	Stacie Blaskowski	EC North		13.1
200 m dash	Katie Kolpin	River Falls	10	26.46	Katie Kolpin	River Falls	9	26.40	Stacie Blaskowski	EC North		27.2
400 m dash	Katie Kolpin	River Falls	10	59.36	Katie Kolpin	River Falls	9	57.91	Randi Miller	Hudson		1:02.8
800 m run	Tanya Lien	EC Memorial	10	2:21.94	Krista Lindau	Rice Lake		2:24.12	Vignali	Hudson		2:26.4
1600 m run	Sarah Kolpin	River Falls	12	5:21.12	Rachel Evjen	EC North	11	5:13.99	Rachel Evjen	EC North	10	5:17.9
3200 m run	Sarah Kolpin	River Falls	12	11:50.21	Sara Enger	Chippewa Falls	12	11:18.15	Rachel Evjen	EC North	10	11:43.1
100 m hurdles	Trina Peters	Hudson	12	16.65	Andrea Ward	EC Memorial		16.82	Katie Herrell	EC Memorial		16.7
300 m hurdles	Trina Peters	Hudson	12	48.47	Katie Herrell	EC Memorial		48.47	Katie Herrell	EC Memorial		48.1
Shot Putt	Jessica Beaulieu	EC North	11	33-2.25	Diane Slinden	Menomonie	12	41-6.75	Diane Slinden	Menomonie	11	42-7.25
Discus	Beth Gust	Menomonie	11	121-10	Diane Slinden	Menomonie	12	155-7	Diane Slinden	Menomonie	11	156-10
Long Jump	Randi Miller	Hudson	12	15-6.5	Bekka Lundquist	EC Memorial		15-1.5	Randi Miller	Hudson		17-2.5
High Jump	Carlye Green	River Falls	11	5-0	Kady Kleven	River Falls	12	5-4	Kady Kleven	River Falls	12	5-2
Triple Jump	Tanya Lien	EC Memorial	10	34-7	Tanya Lien	EC Memorial	9	35 - 2.5	Katie Herrell	EC Memorial		36-5
4 x 100 m relay		EC North		52.98		Menomonie		52.60		Menomonie		52.4
		EC North				Menomonie				Menomonie		
		EC North				Menomonie				Menomonie		
		EC North				Menomonie				Menomonie		
4 x 200 m relay		River Falls		1:53.98		River Falls		1:50.47		Menomonie		1:51.7
		River Falls				River Falls				Menomonie		
		River Falls				River Falls				Menomonie		
		River Falls				River Falls				Menomonie		
4 x 400 m relay		EC Memorial		4:13.35		EC Memorial		4:13.68		River Falls		4:17.8
		EC Memorial				EC Memorial				River Falls		
		EC Memorial				EC Memorial				River Falls		
		EC Memorial				EC Memorial				River Falls		
4 x 800 m relay		New Richmond		10:14.25		EC Memorial		10:03.23		EC Memorial		9:57.7
		New Richmond				EC Memorial				EC Memorial		
		New Richmond				EC Memorial				EC Memorial		
		New Richmond				EC Memorial				EC Memorial		

EVENT	1995-96				1994-95				1993-94			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Stacie Blaskowski	EC North		12.70	Stacie Blaskowski	EC North		12.4	Lechieitner	EC Memorial		12.90
200 m dash	Stacie Blaskowski	EC North		26.50	Stacie Blaskowski	EC North		26.4	Holly Morris	EC North		27.30
400 m dash	Lecia Lentz	Menomonie		1:03.1	Lisa Hanson	Menomonie		1:02.1	Holly Morris	EC North		1:02.2
800 m run	Taryn Peters	Hudson		2:24.5	Taryn Peters	Hudson		2:29.2	Hawkinson	Hudson		2:25.4
1600 m run	Rachel Evjen	EC North	9	5:25.3	Kristina Betzold	EC North		5:15.2	Kristina Betzold	EC North		5:13.8
3200 m run	Rachel Evjen	EC North	9	11:53.5	Kristina Betzold	EC North		11:38.4	Kristina Betzold	EC North		11:24.3
100 m hurdles	Jenny Johnson	Chippewa Falls		16.40	Karl Fanetti	Chippewa Falls		16.3	Nikki Hodgson	Menomonie		15.90
300 m hurdles	Katie Herrell	EC Memorial		16.50	Katie Herrell	EC Memorial		50.6	Fanetti	Chippewa Falls		48.10
Shot Putt	Lisa Jolicoeur	Chippewa Falls		42-4	Lisa Jolicoeur	Chippewa Falls		38-4.75	Jolicoeur	Chippewa Falls		36-7
Discus	Diane Slinden	Menomonie	10	123-7	Sarah Kademan	EC Memorial		118-10.5	Melissa Keays	Menomonie		114-5
Long Jump	Amy Asher	Menomonie		15-9	Jennifer Johnson	Chippewa Falls		16-5.25	Heather Moss	Menomonie		16-10.5
High Jump	Darcey Dallman	Chippewa Falls		5-2	Tracie Jensen	Menomonie		5-0	Nikki Hodgson	Menomonie		5-1
Triple Jump	Katie Herrell	EC Memorial		34-4.75	Anna Vaughn	Rice Lake		33-4	Mlana	Chippewa Falls		34-10.5
4 x 100 m relay		River Falls		52.10		EC North		51.6		EC North		51.90
		River Falls				EC North				EC North		
		River Falls				EC North				EC North		
		River Falls				EC North				EC North		
4 x 200 m relay		River Falls		1:49.5		EC North		1:52.1		Chippewa Falls		1:50.8
		River Falls				EC North				Chippewa Falls		
		River Falls				EC North				Chippewa Falls		
		River Falls				EC North				Chippewa Falls		
4 x 400 m relay		Hudson		4:14.7		Menomonie		4:18.3		Holly Morris		4:14.1
		Hudson				Menomonie				EC North		
		Hudson				Menomonie				EC North		
		Hudson				Menomonie				EC North		
4 x 800 m relay		Menomonie		10:18.9		EC Memorial		10:17.3		Hudson		10:08.2
		Menomonie				EC Memorial				Hudson		
		Menomonie				EC Memorial				Hudson		
		Menomonie				EC Memorial				Hudson		

EVENT	1992-93				1991-92				1990-91				
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	
100 m dash	Heidi Gehrmann	EC North	12	13.27	Heidi Gehrmann	EC North	11	12.56	Tiffini Schuebel	Rice Lake		12.6	
200 m dash	Heidi Gehrmann	EC North	12	27.18	Heidi Gehrmann	EC North	11	26.57	Tiffini Schuebel	Rice Lake		27.3	
400 m dash	Becky Schaefer	Chippewa Falls	12	1:01.63	Alexis Brunner	Rice Lake	12	1:00.33	Kelly Walrath	Chippewa Falls		1:00.5	
800 m run	Heidi Jarecki	EC North	12	2:25.82	Sam Walrath	Chippewa Falls	12	2:27.40	Sam Walrath	Chippewa Falls		2:26.2	
1600 m run	Kristina Betzold	EC North		5:20.33	Sam Walrath	Chippewa Falls	12	5:16.29	Sam Walrath	Chippewa Falls		5:10.1	
3200 m run	Kristina Betzold	EC North		11:37.09	Beth Schemenauer	Chippewa Falls	10	12:07.63	Steph Farrell	EC Memorial		11:38.5	
100 m hurdles	Heather Moss	Menomonie	11	16.54	Tracey Danielson	Hudson	12	16.85	Markie	Hudson		16.0	
300 m hurdles	Nikki Hodgson	Menomonie		48.35	Laura Schrage	EC Memorial	9	49.96	Ausman	Rice Lake		49.4	
Shot Putt	Jodi Nesvacil	Chippewa Falls	12	37-10	Jodi Nesvacil	Chippewa Falls	11	34-5	Peterson	Rice Lake		33-5.75	
Discus	Jill Berg	EC North	12	106-4	Ingrid Peterson	Rice Lake	12	123-0	Peterson	Rice Lake		114-2	
Long Jump	S. DuMond	River Falls		16-5.5	Steph DeCesare	EC Memorial	12	16-2	Tiffini Schuebel	Rice Lake		17-3	
High Jump	Heather Moss	Menomonie	11	5-3	Nina Pagerkopf	Chippewa Falls	12	5-0	Nina Pagenkopf	Chippewa Falls		5-0	
Triple Jump	Katrina Hannaford	EC Memorial	12	37-3.75	Katrina Hannaford	EC Memorial	11	34-0	Katrina Hannaford	EC Memorial		34-2.25	
4 x 100 m relay		EC North		52.06	Jill Theuring	EC Memorial		52.67		Rice Lake		52.3	
		EC North			Katrina Hennafor	EC Memorial				Rice Lake			
		EC North			Taren Lechleitner	EC Memorial				Rice Lake			
		Heidi Gehrmann	EC North			Ellen Bounds	EC Memorial				Rice Lake		
4 x 200 m relay		Chippewa Falls		1:51.04	Jill Theuring	EC Memorial		1:50.77		Chippewa Falls		1:53.00	
		Chippewa Falls			Katrina Hennafor	EC Memorial				Chippewa Falls			
		Chippewa Falls			Taren Lechleitner	EC Memorial				Chippewa Falls			
		Chippewa Falls			Ellen Bounds	EC Memorial				Chippewa Falls			
4 x 400 m relay		Chippewa Falls		4:15.82		Rice Lake		4:19.98	Brenda Moraska	Menomonie		4:19.7	
		Chippewa Falls				Rice Lake				Clare Barnard	Menomonie		
		Chippewa Falls				Rice Lake				Missy Michaels	Menomonie		
		Chippewa Falls				Rice Lake				Angie Wolbert	Menomonie		
4 x 800 m relay		Hudson		10:05.16	Amy Pritchard	EC Memorial		10:24.24		Rice Lake		10:32.8	
		Hudson			Sara Garber	EC Memorial				Rice Lake			
		Hudson			Kori Kelly	EC Memorial				Rice Lake			
		Hudson			Heidi Stanton	EC Memorial				Rice Lake			

EVENT	1989-90			
	Name	School	YR	Time/Dist
100 m dash	Tiffini Schuebel	Rice Lake		12.89
200 m dash	Tiffini Schuebel	Rice Lake		28.03
400 m dash	Kelly Walrath	Chippewa Falls		1:01.05
800 m run	Kelly Walrath	Chippewa Falls		2:31.67
1600 m run	Sam Walrath	Chippewa Falls		5:23.11
3200 m run	Steph Farrell	EC Memorial		12:09.65
100 m hurdles	M. Markie	Hudson		16.21
300 m hurdles	Sarah Jasper	Menomonie		49.54
Shot Putt	Cindy Jensen	Rice Lake		34-5.5
Discus	Brenda Dejno	Chippewa Falls		110-8
Long Jump	Tiffini Schuebel	Rice Lake		17-5
High Jump	A. Jarecki	EC North		5-0
Triple Jump	Wendy Schneider	Chippewa Falls		35-5.75
4 x 100 m relay	Caeiw Ponto	Menomonie		3.07
	Trisha Theekle	Menomonie		
	Suzy Anderson	Menomonie		
	Breon Nelson	Menomonie		
4 x 200 m relay	Schaefer	Chippewa Falls		1:51.87
	Rowan	Chippewa Falls		
	Wendy Schneider	Chippewa Falls		
	McCreary	Chippewa Falls		
4 x 400 m relay	Sam Walrath	Chippewa Falls		4:15.47
	Kelly Walrath	Chippewa Falls		
	Hartsough	Chippewa Falls		
	Rowan	Chippewa Falls		
4 x 800 m relay		River Falls		10:52.35
		River Falls		
		River Falls		
		River Falls		