

BIG RIVERS CONFERENCE GIRLS TRACK CONFERENCE CHAMPIONS

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

EVENT	2022-23				2021-22				2020-21			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Brooklyn Sandvig	Chippewa Falls	12	11.80	Brooklyn Sandvig	Chippewa Falls	11	11.63	Brooklyn Sandvig	Chippewa Falls	10	12.14
200 m dash	Brooklyn Sandvig	Chippewa Falls	12	24.30	Brooklyn Sandvig	Chippewa Falls	11	23.97	Brooklyn Sandvig	Chippewa Falls	10	25.07
400 m dash	Brooklyn Sandvig	Chippewa Falls	12	54.62	Brooklyn Sandvig	Chippewa Falls	11	54.59	Brooklyn Sandvig	Chippewa Falls	10	55.70
800 m run	Ceana Dietz	New Richmond	12	2:22.67	Ceana Dietz	New Richmond	11	2:24.43	Lilly Jensen	River Falls	9	2:27.44
1600 m run	Ceana Dietz	New Richmond	12	5:25.61	Isabella Jacobsen	Menomonie	12	5:03.06	Haley Loewe	Hudson	9	5:18.79
3200 m run	Brooklyn Hoff	Menomonie	11	11:46.01	Isabella Jacobsen	Menomonie	12	10:57.47	Isabella Jacobsen	Menomonie	11	11:30.87
100 m hurdles	Adaline Sheplee	Rice Lake	9	15.89	Brianna Strehlau	River Falls	12	16.55	Ellen Somerville	Hudson	11	16.40
300 m hurdles	Adaline Sheplee	Rice Lake	9	47.54	Ella Carstensen	Hudson	10	49.32	Eliana Sheplee	Rice Lake	9	47.14
Shot Putt	Isabelle Schmidt	Rice Lake	12	43-3.00	Saraya Davis	Eau Claire North	12	44-00.00	Audrey Hatfield	Hudson	12	42-04.00
Discus	Isabelle Schmidt	Rice Lake	9	119-02.00	Taylor Schulz	Rice Lake	12	132-00.00	Audrey Hatfield	Hudson	12	119-02.00
Long Jump	Brooklyn Sandvig	Chippewa Falls	12	18-05.50	Brooklyn Sandvig	Chippewa Falls	11	19-05.50	Brooklyn Sandvig	Chippewa Falls	10	17-01.25
High Jump	Adaline Sheplee	Rice Lake	9	5-04.00	Ella Mommsen	Menomonie	12	5-03.00	Laura Mahowald	Hudson	9	5-02.00
Triple Jump	Ava Krista	Chippewa Falls	10	35-02.00	Ella Carstensen	Hudson	10	33-01.00	Molly Kallenbach	Hudson	12	35-06.25
Pole Vault	Kayleigh Volkman	River Falls	12	10-3.00	Alexis Anderson	Menomonie	12	9-03.00	Reilly Bishop	Hudson	11	9-00.00
4 x 100 m relay	Avery Ash	Rice Lake	10	50.40	Becca Fentress	Eau Claire Memo	12	50.78	Kyra Kubera	River Falls	12	51.18
	Adaline Sheplee	Rice Lake	9		Candace Burrell	Eau Claire Memo	12		Brooklyn Silloway	River Falls	10	
	Sophia Knauff	Rice Lake	11		Brianna Fletcher	Eau Claire Memo	11		Elise Frisbie	River Falls	11	
	Madilyn DeLawyer	Rice Lake	10		Grace Hansen	Eau Claire Memo	11		Rebecca Randleman	River Falls	10	
4 x 200 m relay	Abi Banitt	River Falls	12	1:46.20	Elise Frisbie	River Falls	12	1:47.88	Ava Wilber	Hudson	11	1:47.37
	Lilly Jensen	River Falls	11		Abi Banitt	River Falls	11		Mikayla Kallenbach	Hudson	12	
	Brooklyn Silloway	River Falls	12		Allie Humburg	River Falls	12		Carolyn Shumaker	Hudson	12	
	Rebecca Randleman	River Falls	12		Rebecca Randleman	River Falls	11		Molly Kallenbach h	Hudson	12	
4 x 400 m relay	Izzy Jensen	New Richmond	11	4:14.05	Ceana Dietz	New Richmond	11	4:15.24	Alicia Belany	Hudson	12	4:11.11
	Jasmine Altena	New Richmond	10		Lillian Carlson	New Richmond	11		Ellen Somerville	Hudson	11	
	Vivian Roberts	New Richmond	12		Izzy Jensen	New Richmond	10		Manon Field	Hudson	11	
	Ceanna Dietz	New Richmond	12		Dyllan Powers	New Richmond	12		Ruby Mitchell	Hudson	10	
4 x 800 m relay	Ruby Mitchell	Hudson	12	10:07.90	Manon Field	Hudson	11	10:10.21	Manon Field	Hudson	11	10:05.89
	Lyla Vicek	Hudson	10		Alicia Belany	Hudson	12		Alicia Belany	Hudson	12	
	Olivia Thompson	Hudson	9		Ruby Mitchell	Hudson	10		Ruby Mitchell	Hudson	10	
	Rebecca Belany	Hudson	11		Haley Loewe	Hudson	9		Haley Loewe	Hudson	9	

EVENT	2018-19				2017-18				2016-17			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Sofia Naranjo-Mata	River Falls	12	12.43	Kary Petricka	EC North	11		Lexi LeFever	Hudson	11	12.65
200 m dash	Kary Petricka	EC North	12	25.93	Lexi LeFever	Hudson	12		Lexi LeFever	Hudson	11	26.27
400 m dash	Emily Banitt	River Falls	11	1:01.15	Shay Wassman	Hudson	10		Savannah Gray	EC North	12	1:00.75
800 m run	Ella Behling	Chippewa Falls	10	2:21.25	Ella Behling	Chippewa Falls	9		Hannah Roeske	EC Memorial	12	2:19.12
1600 m run	Rachel Ball	Hudson	11	5:21.88	Grace Cole	EC Memorial	12		Hannah Roeske	EC Memorial	12	5:25.47
3200 m run	Rachel Ball	Hudson	11	11:32.41	Rachel Ball	Hudson	10		Rachel Ball	Hudson	9	11:10.51
100 m hurdles	Bailee Derks	Hudson	12	15.11	Bailee Derks	Hudson	11		Bailee Dierks	Hudson	10	14.76
300 m hurdles	Bailee Derks	Hudson	12	46.470	Bailee Derks	Hudson	11		Bailee Dierks	Hudson	10	47.32
Shot Putt	Saraya David	EC North	9	39-06.75	Regan Appleby	EC Memorial	12		Regan Appleby	EC Memorial	11	37-06
Discus	Audrey Hatfield	Hudson	10	115-01.00	Emma Pupungatoa	River Falls	12		Jana Mattison	Chippewa Falls		113-0
Long Jump	Kary Petricka	EC North	12	17-11.25	Kary Petricka	EC North	11		Lily Engel	EC Memorial	12	16-9.75
High Jump	Jasmine Mejnek	Rice Lake	12	5-04.00	Jasmine Mejnek	Rice Lake	11		Lily Engel	EC Memorial	12	5-0
Triple Jump	Sofia Naranjo-Mata	River Falls	12	35-06.50	Tyra Boettcher	Menomonie	12		Kady Kochendorfer	Hudson	11	35-.5
Pole Vault	Maddy Schmidley	Chippewa Falls	12	8-03.00	Samantha Krueger	River Falls	12		Sammy Krueger	River Falls	11	9-9
4 x 100 m relay	Ava Wilber	Hudson	9	50.700	Victoria Harmston	Menomonie	10		Nautica Vaughn	Menomonie	0	50.83
	Molly Kallenbach	Hudson	10		Tyra Boettcher	Menomonie	12		Elle Hemauer	Menomonie	11	
	Amber Robey	Hudson	10		Elle Hemauer	Menomonie	12		Hannah Peterson	Menomonie	12	
	Emma Olson	Hudson	12		Madison Davis	Menomonie	12		Madison Davis	Menomonie	11	
4 x 200 m relay	Ava Wilber	Hudson	9	1:46.52	Anna Wilgren	Hudson	12		Anna Wilgren	Hudson	11	1:44.8
	Molly Kallenbach	Hudson	10		Bailee Derks	Hudson	11		Bailee Dierks	Hudson	10	
	Rose Giblin	Hudson	10		Kady Kochendorfer	Hudson	12		Kady Kochendorfer	Hudson	11	
	Emma Olson	Hudson	12		Lexi LeFever	Hudson	12		Lexi LeFever	Hudson	11	
4 x 400 m relay	Sarah Schneckengerger	River Falls	11	4:10.18	Sarah Schneckengerger	River Falls	10		Alaina Syverson	River Falls		4:05.29
	Sarah Langlois	River Falls	12		Sarah Langlois	River Falls	11		Tessa Rayne	River Falls		
	Rachel Randleman	River Falls	10		Ambrea Kjos	River Falls	9		Sarah Schneckengerger	River Falls	9	
	Morgan Priggle	River Falls	9		Emily Banitt	River Falls	10		Emily Banitt	River Falls	9	
4 x 800 m relay	Hailey Sorensen	EC Memorial	10	10:04.55	Julia Bennett	Hudson	12		Rachel Ball	Hudson	9	9:58.17
	Jillian Heth	EC Memorial	9		Rachel Ball	Hudson	10		Emmy Farago	Hudson	12	
	Rachel Anderson	EC Memorial	10		Lizzy Bond	Hudson	9		Emma Filipiak	Hudson		
	Maddie Weber	EC Memorial	9		Anna Czupryna	Hudson	10		Julia Bennett	Hudson		
100 m dash (WC)	Ally Lehman	Chippewa Falls	12		Ally Lehman	Chippewa Falls	12		Ally Lehman	Chippewa Falls	11	
Shot Put (WC)	Ally Lehman	Chippewa Falls	12		Ally Lehman	Chippewa Falls	12		Ally Lehman	Chippewa Falls	11	
400 m dash (WC)	Ally Lehman	Chippewa Falls	12		Ally Lehman	Chippewa Falls	12		Ally Lehman	Chippewa Falls	11	

EVENT	2015-16				2014-15				2013-14			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Sofia Nananjo-Mata	River Falls	9	12.57	Stephaie Sawicki	Chippewa Falls	12	12.54	Isabel Shafer	River Falls	12	12.94
200 m dash	Lucy Fashingbauer	Hudson	11	26.18	Kady Kochendorfer	Hudson	9	26.64	Isabel Shafer	River Falls	12	26.28
400 m dash	Madison Davis	Menomonie	10	59.88	Elizabeth Daniels	Chippewa Falls	9	58.86	Ali Glassbrenner	EC Memorial	12	58.89
800 m run	Aubrey Roberts	EC Memorial	12	2:21.69	Elena Smith	EC Memorial	12	2:21.15	Miranda Miller	Hudson	10	2:21.34
1600 m run	Aubrey Roberts	EC Memorial	12	5:14.21	Aubrey Roberts	EC Memorial	11	5:00.43	Aubrey Roberts	EC Memorial	10	5:06.33
3200 m run	Aubrey Roberts	EC Memorial	12	11:14.74	Anne Frisbie	River Falls	12	10:47.60	Aubrey Roberts	EC Memorial	10	11:16.34
100 m hurdles	Bailee Derks	Hudson	9	15.36	Anna Achter	Menomonie	11	15.80	Alaina Quaranta	EC North	11	17.37
300 m hurdles	Maddie Helland	Chippewa Falls	9	48.40	Anne Wagner	River Falls	12	47.34	Annie Wagner	River Falls	11	48.18
Shot Putt	Carly Zlabek-Schubel	Rice Lake	11	36-3	Karly Murphy	River Falls	12	40-4.5	Rachel Vind	Menomonie	11	38-0
Discus	Jana Mattison	Chippewa Falls	11	107-09	Karly Murphy	River Falls	12	130-6	Karly Murphy	River Falls	12	115-5
Long Jump	Maddie Nelson	Hudson	12	18-3.5	Maddie Nelson	Hudson	11	17-1	Haley Strouf	Rice Lake	12	17-1.25
High Jump	Lily Engel	EC Memorial	11	5-1	Stephaie Sawicki	Chippewa Falls	12	5-3	Stephanie Sawicki	Chippewa Falls	11	5-1
Triple Jump	Maddie Nelson	Hudson	12	37-8.5	Maddie Nelson	Hudson	11	36-6.25	Annie Wagner	River Falls	11	35-5.75
Pole Vault	Samantha Krueger	River Falls	10	11-0	Miranda Severin	EC Memorial	12	11-0	McKenna Daulton	Hudson	12	10-6
4 x 100 m relay	Anika Kling	Hudson	12	50.38	Maddie Nelson	Hudson	11	50.750		Hudson		51.42
	Kady Kochendorfer	Hudson	10		Jordan Huber	Hudson	12			Hudson		
	Lexi LeFever	Hudson	10		Lexi LeFever	Hudson	9			Hudson		
	Lucy Fashingbauer	Hudson	11		Kady Kochendorfer	Hudson	9			Hudson		
4 x 200 m relay	Maddie Nelson	Hudson	12	1:45.12	Kali Denis	Hudson	9	1:46.72		River Falls		1:49.71
	Kady Kochendorfer	Hudson	10		Julia Douglas	Hudson	11			River Falls		
	Lexi LeFever	Hudson	10		Erikka Haft	Hudson	12			River Falls		
	Lucy Fashingbauer	Hudson	11		Katy Fox	Hudson	11			River Falls		
4 x 400 m relay	Alaina Syverson	River Falls	11	4:08.93	Alaina Syverson	River Falls	10	4:07.92		River Falls		4:07.80
	Rachel Shew	River Falls	12		Rachel Shew	River Falls	11			River Falls		
	Tessa Rayne	River Falls	11		Tessa Rayne	River Falls	10			River Falls		
	Sarah Langlois	River Falls	9		Annie Frisbie	River Falls	12			River Falls		
4 x 800 m relay	Zoe Smith	EC Memorial	11	10:05.39	Zoe Smith	EC Memorial	10	9:57.58		Hudson		9:47.13
	Grace Cole	EC Memorial	10		Chaire Mettler	EC Memorial	10			Hudson		
	Molly Glassbrenner	EC Memorial	9		Sophia Smith	EC Memorial	10			Hudson		
	Claire Mettler	EC Memorial	11		Elena Smith	EC Memorial	12			Hudson		
100 m dash (WC)	Ally Lehman	Chippewa Falls	10	35.52	Ally Lehman	Chippewa Falls	9	45.61				
Shot Put (WC)	Ally Lehman	Chippewa Falls	10	6' 6.25"	Ally Lehman	Chippewa Falls	9	6 -10.25				
400 m dash (WC)					Ally Lehman	Chippewa Falls	9					

EVENT	2012-13				2011-12				2010-11				
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	
100 m dash	Julia Douglas	Hudson	11	12.97	Katie Thielmann	Hudson		13.38	Katie Thielmann	Hudson		13.02	
200 m dash	Amelia Kjos	River Falls	11	27.20	Nicole Gostomski	EC North		27.40	Angela Tipp	Hudson		25.66	
400 m dash	Tyana Loiselle	Chippewa Falls	9	59.44	Nicole Schmidt	Menomonie		1:00.67	Claire Poethke	Rice Lake		1:00.05	
800 m run	Nicole Schmidt	Menomonie	12	2:19.95	Nicole Schmidt	Menomonie		2:26.11	Lauren Novak	EC Memorial		2:21.11	
1600 m run	Aubrey Roberts	EC Memorial	9	5:11.78	Katie Wetzstein	Hudson		5:04.65	Katie Wetzstein	Hudson		5:07.84	
3200 m run	Aubrey Roberts	EC Memorial	9	11:46.00	Katie Wetzstein	Hudson		11:23.77	Katie Wetzstein	Hudson		11:24.00	
100 m hurdles	Haley Strouf	Rice Lake	11	16.32	Grace Brunette	Rice Lake		16.65	Grace Brunette	Rice Lake		16.36	
300 m hurdles	Alaina Quaranta	EC North	10	49.65	Grace Brunette	Rice Lake		48.20	Grace Brunette	Rice Lake		47.80	
Shot Putt	Taylor Steffen	Hudson	12	38-8.5	Taylor Steffen	Hudson		38-7.75	Jamie Lindstrom	Hudson		41-5	
Discus	Karly Murphy	River Falls	9	111-6	Hannah Morrow	River Falls		103-3	Jamie Lindstrom	Hudson		118-3	
Long Jump	Haley Strouf	Rice Lake	11	17-3.75	Karlie Place	River Falls		17-2.25	Taylor Kollross	EC Memorial		16-8.5	
High Jump	Stefani Friedenfels	Menomonie	12	05-01	Stefani Friedenfels	Menomonie		5-3	Ward	EC North		5-4	
Triple Jump	Karlie Place	River Falls	11	37-4	Stefani Friedenfels	Menomonie		36-3.5	Stephanie Freidenfels	Menomonie		35-7	
Pole Vault	Karlie Place	River Falls	11	11-3	Casey Fall	Hudson		11-0	Kayla Rohl	River Falls		9-0	
4 x 100 m relay	Kali Denis	Hudson	9	51.23		Hudson		50.86		Hudson		49.99	
	Julia Douglas	Hudson	11			Hudson				Hudson			
	Erikka Haft	Hudson	12			Hudson				Hudson			
	Jordan Huber	Hudson	10			Hudson				Hudson			
4 x 200 m relay	Kali Denis	Hudson	9	1:48.10		Hudson		1:46.78		Hudson		1:44.85	
	Julia Douglas	Hudson	11			Hudson				Hudson			
	Erikka Haft	Hudson	12			Hudson				Hudson			
	Katy Fox	Hudson	11			Hudson				Hudson			
4 x 400 m relay	Karissa Murphy	River Falls	9	4:11.77		Chippewa Falls		4:13.93		River Falls		4:11.16	
	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				River Falls			
4 x 800 m relay	Rachel Anderson	Hudson	10	9:54.00		Hudson		10:08.64	Heidi Huijck	EC Memorial		10:16.46	
	Patsy Castro	Hudson	12			Hudson				Maria Smith	EC Memorial		
	Mary Knutson	Hudson	10			Hudson				Ali Glassbrenner	EC Memorial		
	Sadie Kroll	Hudson	11			Hudson				Julia Turner	EC Memorial		

EVENT	2009-10				2008-09				2007-08			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Tess Rademaker	Rice Lake		12.92	Yanique Black	River Falls		12.46	Chim Okoroji	EC Memorial		12.77
200 m dash	Angela Tipp	Hudson		25.97	Angela Tipp	Hudson		26.13	Yanique Black	River Falls		26.06
400 m dash	Nicole Schmidt	Menomonie		1:00.60	Ashley Sveum	EC North		1:01.07	Lexi Williams	Rice Lake		1:00.73
800 m run	Nicole Schmidt	Menomonie		2:20.75	Gretchen Bachmeier	EC North		2:28.07	Gretchen Bachmeier	EC North		2:22.71
1600 m run	Lucy Ramquist	River Falls		5:15.55	Jordan Kelch	Menomonie		5:28.32	Katie Cumming	Hudson		5:07.47
3200 m run	Emily Kelly	Chippewa Falls		11:45.24	Natalie Powell	River Falls		12:22.90	Katie Cumming	Hudson		11:12.15
100 m hurdles	Kali Kramolis	River Falls		16.20	Kali Kramolis	River Falls		15.79	Whitney Rawdon	EC North		16.76
300 m hurdles	Rachel Stairs	Menomonie		49.40	Gennis Galfano	EC Memorial		48.02	Sydney Malanaphy	Hudson		47.06
Shot Putt	Tina DeLakis	EC Memorial		45-5	Tina DeLakis	EC Memorial		39-8.5	Tina Delakis	EC Memorial		37-11.5
Discus	Tina DeLakis	EC Memorial		136-3	Alicia Bower	Hudson		116-11	Alicia Bower	Hudson		112-07
Long Jump	Taylor Kollross	EC Memorial		15-10	Hardisha White	Hudson		16-10.5	Bailey Franklin	River Falls		16-07
High Jump	Meagan Ward	EC North		5-4	Kalesha Hazelton	Chippewa Falls		05-02	Kalesha Hazelton	Chippewa Falls		05-03
Triple Jump	Stephanie Frederfels	Menomonie		33-5	Hardisha White	Hudson		35-06	Bailey Franklin	River Falls		34-03
Pole Vault	Caley Fall	Hudson		9-0	Dani Waller	EC Memorial		09-07	Hilary Feyereisen	Hudson		10-00
4 x 100 m relay	Katie Thielmann	Hudson		50.87	Rachael Saathoff	Hudson		51.05	Melissa Nicolai	EC North		51.31
	Danni Krinke	Hudson			Erika Tipp	Hudson			Whitney Rawdon	EC North		
	Erika Tipp	Hudson			Angela Tipp	Hudson			Tressa Retallick	EC North		
	Angela Tipp	Hudson			Danni Krinke	Hudson			Ashley Sveum	EC North		
4 x 200 m relay	Danni Krinke	Hudson		1:46.69	Abbey Berg	River Falls		1:47.14	Sydney Malanaphy	Hudson		1:48.88
	Nicole Bruegger	Hudson			Yanique Black	River Falls			Megan Zais	Hudson		
	Katie Thielmann	Hudson			Kali Kramolis	River Falls			Angela Tipp-Harden	Hudson		
	Erika Tipp	Hudson			Tessa Coggio	River Falls			Erika Tipp-Harden	Hudson		
4 x 400 m relay	Catie Weese	Hudson		4:14.18	Gretchen Bachmeier	EC North		4:11.56	Lexi Williams	Hudson		4:13.14
	Cori Vaought	Hudson			Carlee Gobler	EC North			Bobbi Solum	Hudson		
	Emily Iverson	Hudson			Emmarie Heacox	EC North			Claire Poethke	Hudson		
	Nicole Bruegger	Hudson			Ashley Sveum	EC North			Gina Bernier	Hudson		
4 x 800 m relay	Jordan Kelch	Menomonie		10:13.22	Alana Jenkins	EC Memorial		10:10.13	Katie Cumming	Hudson		9:49.13
	Kiko Wemmer	Menomonie			Hannah Stephens	EC Memorial			Ashley Iverson	Hudson		
	Allison Siler	Menomonie			Julia Turner	EC Memorial			Nicole Bruegger	Hudson		
	Kristin Bischel	Menomonie			Alyssa Harp	EC Memorial			Kaila Fouks	Hudson		

EVENT	2006-07				2005-06				2004-05			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Chim Okoroji	EC Memorial		12.36	Chim Okoroji	ECM		13.12	Aimee Wendt	Menomonie		
200 m dash	Yanique Black	River Falls		26.40	Aimee Wendt	MEN		26.80	Aimee Wendt	Menomonie		
400 m dash	Askey Sveum	EC North		59.13	Sharyn Dahl	HUD		59.51	Traci Pottinger	Rice Lake		
800 m run	Gretchen Bachmeier	EC North		2:23.06	Kristin Petzel	HUD		2:17.82	Tara McCoy	Menomonie		
1600 m run	Katie Cumming	Hudson		5:15.54	Kristin Petzel	HUD		5:10.63	Kristin Petzel	Hudson		
3200 m run	Katie Cumming	Hudson		11:20.88	Katie Cummings	HUD		11:46.86	Carie Steil	EC Memorial		
100 m hurdles	Sharyn Dahl	Hudson		15.37	Sharyn Dahl	HUD		15.70	Sharyn Dahl	Hudson		
300 m hurdles	Sharyn Dahl	Hudson		47.10	Sharyn Dahl	HUD		46.73	Sharyn Dahl	Hudson		
Shot Putt	Caitlin Brendum	River Falls		37-4.5	Caitlin Brendum	RVF		36-4.5	Molly Fletcher	Hudson		
Discus	Caitlin Brendum	River Falls		120-11.5	Nicole Tzanakis	CHF		108-6	Molly Fletcher	Hudson		
Long Jump	Bailey Franklin	River Falls		17-2.25	Rita Rabb	RVF		16-2.5	Traci Pottinger	Rice Lake		
High Jump	Bailey Franklin	River Falls		5-2	Mikaela Terry	MEN		5-1	Traci Pottinger	Rice Lake		
Triple Jump	Bailey Franklin	River Falls		35-4.25	Hannah Smith	RLK		35-9.5	Hannah Smith	Rice Lake		
Pole Vault	Alex Johnson	Hudson		11-0	Alex Johnson	HUD		10-0	Hilary Feyereisen	Hudson		
4 x 100 m relay	Lisa Anderson	EC Memorial		4:11.80	Laura Lovell	HUD		52.21	Sarah Darnold	Hudson		
	Chim Okoroji	EC Memorial			Hope Marek	HUD			Audrey Seibel	Hudson		
	Courtney Clemmons	EC Memorial			Rachel Saathoff	HUD			Katie DeGraff	Hudson		
	Liszy Taylor	EC Memorial			Mariah Snow	HUD			Laura Lovell	Hudson		
4 x 200 m relay	Alex Johnson	Hudson		1:49.00	Alex Johnson	HUD		1:49.68	Kelly McCann	Hudson		
	Rachel Saathoff	Hudson			Laura Lovell	HUD			Audrey Seibel	Hudson		
	Sydney Malanaphy	Hudson			Hope Marek	HUD			Katie DeGraff	Hudson		
	Hannah Spott	Hudson			Rachel Saathoff	HUD			Laura Lovell	Hudson		
4 x 400 m relay	Katlyne Provos	EC North		4:11.80	Whitney Passint	RLK		4:09.84	Kelly McCann	Hudson		
	Gretchen Bachmeier	EC North			Ashleigh Fenske	RLK			Kristin Pelzel	Hudson		
	Ashley Sveum	EC North			Kare Lapcinski	RLK			Katie DeGraff	Hudson		
	Whitney Rawdon	EC North			Lexi Williams	RLK			Sharyn Dahl	Hudson		
4 x 800 m relay	Katie Cumming	Hudson		10:08.94	Katie Cumming	HUD		9:53.30	Jaimie Carlisle	Menomonie		
	Nicole Bruegger	Hudson			Hilary Feyereisen	HUD			Tina Stark	Menomonie		
	Ashley Iverson	Hudson			Ashley Iverson	HUD			Marissa Cassellius	Menomonie		
	Cori Vought	Hudson			Emily Kepulis	HUD			Tara McCoy	Menomonie		

EVENT	2003-04				2002-03				2001-02			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Whitney Franklin	River Falls		12.84	Whitney Franklin	River Falls		13.20	Laura Diers	EC North		12.73
200 m dash	Whitney Franklin	River Falls		26.28	Whitney Franklin	River Falls		26.98	Laura Diers	EC North		26.34
400 m dash	Traci Pottinger	Rice Lake		1:00.40	Traci Pottinger	Rice Lake		1:00.25	Lindsay Vine	EC Memorial		59.55
800 m run	Tara McCoy	Menomonie		2:22.92	Megan Johnson	River Falls		2:27.46	Ayla Mitchell	New Richmond		2:23.67
1600 m run	Carie Steil	EC Memorial		5:13.35	Tara Connolly	River Falls		5:30.77	Ayla Mitchell	New Richmond		5:17.06
3200 m run	Carie Steil	EC Memorial		11:38.59	Tara Connolly	River Falls		11:58.23	Lindsay Boettcher	EC North		11:49.86
100 m hurdles	Sharyn Dahl	Hudson		16.03	Katherine Penton	River Falls		17.05	Kate Simons	River Falls		16.34
300 m hurdles	Sharyn Dahl	Hudson		47.32	Ries	EC Memorial		50.09	Lindi Neiderhauser	Menomonie		49.19
Shot Putt	Anna Moeller	Hudson		39-9.5	Erin Madson	Rice Lake		34-10	Tracy Cernohous	River Falls		37 - .5
Discus	Anna Moeller	Hudson		113-4	Sarah Henry	EC North		33-.25	Amanda Martin	Menomonie		122-3.5
Long Jump	Traci Pottinger	Rice Lake		17-5	Jenna Vine	EC Memorial		16-5.5	Laura Diers	EC North		16-10.25
High Jump	Ashley Huston	River Falls		5-1	Maria Sponholz	EC Memorial		5-1	Holly Johnson	Chippewa Falls		5-2
Triple Jump	Hannah Olson	Rice Lake		33-8.25	Jenna Vine	EC Memorial		34-9	Laura Diers	EC North		34-8
Pole Vault	Jenny Andress	River Falls		9-6	Chelsea Romportl	Rice Lake		10-0	Danielle Ries	EC Memorial		9-6
4 x 100 m relay		Hudson		52.33		River Falls		53.40	Melissa Marlett	Menomonie		52.97
		Hudson				River Falls			Hasselquist	Menomonie		
		Hudson				River Falls			Kari Harmon	Menomonie		
		Hudson				River Falls			Lynch	Menomonie		
4 x 200 m relay		EC Memorial		1:50.79		River Falls		1:51.39	Dusek	River Falls		1:50.69
		EC Memorial				River Falls			McKinnon	River Falls		
		EC Memorial				River Falls			Whitney Franklin	River Falls		
		EC Memorial				River Falls			Watters	River Falls		
4 x 400 m relay		Hudson		4:08.66		River Falls		4:18.68	Katie Anderson	EC Memorial		4:10.36
		Hudson				River Falls			Maggie Herrell	EC Memorial		
		Hudson				River Falls			Johnson	EC Memorial		
		Hudson				River Falls			Danielle Ries	EC Memorial		
4 x 800 m relay		Menomonie		10:03.42		EC Memorial		10:26.06	Demulling	New Richmond		10:03.04
		Menomonie				EC Memorial			Peterson	New Richmond		
		Menomonie				EC Memorial			Sorum	New Richmond		
		Menomonie				EC Memorial			Meyers	New Richmond		

EVENT	2000-01				1999-00				1998-99			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Laura Diers	EC North		12.35	Laura Diers	EC North		12.50	Katie Kolpin	River Falls		12.69
200 m dash	Laura Diers	EC North		25.44	Laura Diers	EC North		26.00	Katie Kolpin	River Falls		26.46
400 m dash	Katie Kolpin	River Falls		58.13	Katie Kolpin	River Falls		59.20	Katie Kolpin	River Falls		59.36
800 m run	Katie Anderson	EC Memorial		2:28.14	Tanya Lien	EC Memorial		2:27.60	Tanya Lien	EC Memorial		2:21.94
1600 m run	Katie Anderson	EC Memorial		5:12.59	Bekka Lundquist	EC Memorial		5:20.20	Sarah Kolpin	River Falls		5:21.12
3200 m run	Chelsea Guettinger	EC Memorial		11:46.17	Michelle Blomquist	EC Memorial		11:44.7	Sarah Kolpin	River Falls		11:50.21
100 m hurdles	Lindsey Rongstad	EC North		15.50	Lindsey Ronstad	EC North		16.50	Trina Peters	Hudson		16.65
300 m hurdles	Lindsey Rongstad	EC North		46.92	Lindsey Ronstad	EC North		48.00	Trina Peters	Hudson		48.47
Shot Putt	Amanda Martin	Menomonie		38-4	Amanda Martin	Menomonie		38-7.5	Jessica Beaulieu	EC North		33-2.25
Discus	Tracy Cernohous	River Falls		113-3	Amanda Martin	Menomonie		119-7	Beth Gust	Menomonie		121-10
Long Jump	Tanya Lien	EC Memorial		16-1.75	Tanya Lien	EC Memorial		16-1	Randi Miller	Hudson		15-6.5
High Jump	Holly Johnson	Chippewa Falls		5-2	Carlye Greene	River Falls		5-1	Carlye Green	River Falls		5-0
Triple Jump	Tanya Lien	EC Memorial		34-1.25	Tanya Lien	EC Memorial		35-1.5	Tanya Lien	EC Memorial		34-7
Pole Vault	Chelsea Romportl	Rice Lake		8-6								
4 x 100 m relay		EC North		51.23		EC North		51.50		EC North		52.98
		EC North				EC North				EC North		
		EC North				EC North				EC North		
		EC North				EC North				EC North		
4 x 200 m relay		Rice Lake		1:52.10		New Richmond		1:50.30		River Falls		1:53.98
		Rice Lake				New Richmond				River Falls		
		Rice Lake				New Richmond				River Falls		
		Rice Lake				New Richmond				River Falls		
4 x 400 m relay		EC Memorial		4:11.76		EC Memorial		4:11.90		EC Memorial		4:13.35
		EC Memorial				EC Memorial				EC Memorial		
		EC Memorial				EC Memorial				EC Memorial		
		EC Memorial				EC Memorial				EC Memorial		
4 x 800 m relay		River Falls		10:20.97		River Falls		10:28.80		New Richmond		10:14.25
		River Falls				River Falls				New Richmond		
		River Falls				River Falls				New Richmond		
		River Falls				River Falls				New Richmond		

EVENT	1997-98				1996-97				1995-96			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Katie Kolpin	River Falls		12.97	Stacie Blaskowski	EC North		13.1	Stacie Blaskowski	EC North		12.70
200 m dash	Katie Kolpin	River Falls		26.40	Stacie Blaskowski	EC North		27.2	Stacie Blaskowski	EC North		26.50
400 m dash	Katie Kolpin	River Falls		57.91	Randi Miller	Hudson		1:02.8	Lecia Lentz	Menomonie		1:03.1
800 m run	Krista Lindau	Rice Lake		2:24.12	Vignali	Hudson		2:26.4	Taryn Peters	Hudson		2:24.5
1600 m run	Rachel Evjen	EC North		5:13.99	Rachel Evjen	EC North		5:17.9	Rachel Evjen	EC North		5:25.3
3200 m run	Sara Enger	Chippewa Falls		11:18.15	Rachel Evjen	EC North		11:43.1	Rachel Evjen	EC North		11:53.5
100 m hurdles	Andrea Ward	EC Memorial		16.82	Katie Herrell	EC Memorial		16.7	Jenny Johnson	Chippewa Falls		16.40
300 m hurdles	Katie Herrell	EC Memorial		48.47	Katie Herrell	EC Memorial		48.1	Katie Herrell	EC Memorial		16.50
Shot Putt	Diane Slinden	Menomonie		41-6.75	Diane Slinden	Menomonie		42-7.25	Lisa Jolicoeur	Chippewa Falls		42-4
Discus	Diane Slinden	Menomonie		155-7	Diane Slinden	Menomonie		156-10	Diane Slinden	Menomonie		123-7
Long Jump	Bekka Lundquist	EC Memorial		15-1.5	Randi Miller	Hudson		17-2.5	Amy Asher	Menomonie		15-9
High Jump	Kady Kleven	River Falls		5-4	Kady Kleven	River Falls		5-2	Darcey Dallman	Chippewa Falls		5-2
Triple Jump	Tanya Lien	EC Memorial		35 - 2.5	Katie Herrell	EC Memorial		36-5	Katie Herrell	EC Memorial		34-4.75
4 x 100 m relay		Menomonie		52.60		Menomonie		52.4		River Falls		52.10
		Menomonie				Menomonie				River Falls		
		Menomonie				Menomonie				River Falls		
		Menomonie				Menomonie				River Falls		
4 x 200 m relay		River Falls		1:50.47		Menomonie		1:51.7		River Falls		1:49.5
		River Falls				Menomonie				River Falls		
		River Falls				Menomonie				River Falls		
		River Falls				Menomonie				River Falls		
4 x 400 m relay		EC Memorial		4:13.68		River Falls		4:17.8		Hudson		4:14.7
		EC Memorial				River Falls				Hudson		
		EC Memorial				River Falls				Hudson		
		EC Memorial				River Falls				Hudson		
4 x 800 m relay		EC Memorial		10:03.23		EC Memorial		9:57.7		Menomonie		10:18.9
		EC Memorial				EC Memorial				Menomonie		
		EC Memorial				EC Memorial				Menomonie		
		EC Memorial				EC Memorial				Menomonie		

EVENT	1994-95				1993-94				1992-93			
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist
100 m dash	Stacie Blaskowski	EC North		12.4	Lechleitner	EC Memorial		12.90	Heidi Gehrmann	EC North		13.27
200 m dash	Stacie Blaskowski	EC North		26.4	Holly Morris	EC North		27.30	Heidi Gehrmann	EC North		27.18
400 m dash	Lisa Hanson	Menomonie		1:02.1	Holly Morris	EC North		1:02.2	Schaefer	Chippewa Falls		1:01.63
800 m run	Taryn Peters	Hudson		2:29.2	Hawkinson	Hudson		2:25.4	Heidi Jarecki	EC North		2:25.82
1600 m run	Kristina Betzold	EC North		5:15.2	Kristina Betzold	EC North		5:13.8	Kristina Betzold	EC North		5:20.33
3200 m run	Kristina Betzold	EC North		11:38.4	Kristina Betzold	EC North		11:24.3	Kristina Betzold	EC North		11:37.09
100 m hurdles	Karl Fanetti	Chippewa Falls		16.3	Nikki Hodgson	Menomonie		15.90	Heather Moss	Menomonie		16.54
300 m hurdles	Katie Herrell	EC Memorial		50.6	Fanetti	Chippewa Falls		48.10	Nikki Hodgson	Menomonie		48.35
Shot Putt	Lisa Jolicoeur	Chippewa Falls		38-4.75	Jolicoeur	Chippewa Falls		36-7	Nesvacil	Chippewa Falls		37-10
Discus	Sarah Kademan	EC Memorial		118-10.5	Melissa Keays	Menomonie		114-5	Jill Berg	EC North		106-4
Long Jump	Jennifer Johnson	Chippewa Falls		16-5.25	Heather Moss	Menomonie		16-10.5	DuMond	River Falls		16-5.5
High Jump	Tracie Jensen	Menomonie		5-0	Nikki Hodgson	Menomonie		5-1	Heather Moss	Menomonie		5-3
Triple Jump	Anna Vaughn	Rice Lake		33-4	Miana	Chippewa Falls		34-10.5	Katrina Hannaford	EC Memorial		37-3.75
4 x 100 m relay		EC North		51.6		EC North		51.90		EC North		52.06
		EC North				EC North				EC North		
		EC North				EC North				EC North		
		EC North				EC North				Heidi Gehrmann	EC North	
4 x 200 m relay		EC North		1:52.1		Chippewa Falls		1:50.8		Chippewa Falls		1:51.04
		EC North				Chippewa Falls				Chippewa Falls		
		EC North				Chippewa Falls				Chippewa Falls		
		EC North				Chippewa Falls				Chippewa Falls		
4 x 400 m relay		Menomonie		4:18.3	Holly Morris	EC North		4:14.1		Chippewa Falls		4:15.82
		Menomonie				EC North				Chippewa Falls		
		Menomonie				EC North				Chippewa Falls		
		Menomonie				EC North				Chippewa Falls		
4 x 800 m relay		EC Memorial		10:17.3		Hudson		10:08.2		Hudson		10:05.16
		EC Memorial				Hudson				Hudson		
		EC Memorial				Hudson				Hudson		
		EC Memorial				Hudson				Hudson		

EVENT	1991-92				1990-91				1989-90				
	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	Name	School	YR	Time/Dist	
100 m dash	Heidi Gehrmann	EC North		12.56	Tiffini Schuebel	Rice Lake		12.6	Tiffini Schuebel	Rice Lake		12.89	
200 m dash	Heidi Gehrmann	EC North		26.57	Tiffini Schuebel	Rice Lake		27.3	Tiffini Schuebel	Rice Lake		28.03	
400 m dash	Brunner	Rice Lake		1:00.33	Kelly Walrath	Chippewa Falls		1:00.5	Kelly Walrath	Chippewa Falls		1:01.05	
800 m run	Sam Walrath	Chippewa Falls		2:27.40	Sam Walrath	Chippewa Falls		2:26.2	Kelly Walrath	Chippewa Falls		2:31.67	
1600 m run	Sam Walrath	Chippewa Falls		5:16.29	Sam Walrath	Chippewa Falls		5:10.1	Sam Walrath	Chippewa Falls		5:23.11	
3200 m run	Beth Schemenauer	Chippewa Falls		12:07.63	Steph Farrell	EC Memorial		11:38.5	Steph Farrell	EC Memorial		12:09.65	
100 m hurdles	Danielson	Hudson		16.85	Markie	Hudson		16.0	Markie	Hudson		16.21	
300 m hurdles	Laura Schrage	EC Memorial		49.96	Ausman	Rice Lake		49.4	Sarah Jasper	Menomonie		49.54	
Shot Putt	Jodi Nesvacil	Chippewa Falls		34-5	Peterson	Rice Lake		33-5.75	Jensen	Rice Lake		34-5.5	
Discus	Peterson	Rice Lake		123-0	Peterson	Rice Lake		114-2	Brenda Dejno	Chippewa Falls		110-8	
Long Jump	Steph DeCesare	EC Memorial		16-2	Tiffini Schuebel	Rice Lake		17-3	Tiffini Schuebel	Rice Lake		17-5	
High Jump	Nina Pagerkopf	Chippewa Falls		5-0	Nina Pagenkopf	Chippewa Falls		5-0	Jarecki	EC North		5-0	
Triple Jump	Katrina Hannaford	EC Memorial		34-0	Katrina Hannaford	EC Memorial		34-2.25	Wendy Schneider	Chippewa Falls		35-5.75	
4 x 100 m relay	Jill Theuring	EC Memorial		52.67		Rice Lake		52.3	Caeeiw Ponto	Menomonie		3.07	
	Katrina Hennafor	EC Memorial				Rice Lake				Trisha Theekle	Menomonie		
	Taren Lechleitner	EC Memorial				Rice Lake				Suzu Anderson	Menomonie		
	Ellen Bounds	EC Memorial				Rice Lake				Breon Nelson	Menomonie		
4 x 200 m relay	Jill Theuring	EC Memorial		1:50.77		Chippewa Falls		1:53.00	Schaefer	Chippewa Falls		1:51.87	
	Katrina Hennafor	EC Memorial				Chippewa Falls				Rowan	Chippewa Falls		
	Taren Lechleitner	EC Memorial				Chippewa Falls				Wendy Schneider	Chippewa Falls		
	Ellen Bounds	EC Memorial				Chippewa Falls				McCreary	Chippewa Falls		
4 x 400 m relay		Rice Lake		4:19.98	Brenda Moraska	Menomonie		4:19.7	Sam Walrath	Chippewa Falls		4:15.47	
		Rice Lake			Clare Barnard	Menomonie				Kelly Walrath	Chippewa Falls		
		Rice Lake			Missy Michaels	Menomonie				Hartsough	Chippewa Falls		
		Rice Lake			Angie Wolbert	Menomonie				Rowan	Chippewa Falls		
4 x 800 m relay	Amy Pritchard	EC Memorial		10:24.24		Rice Lake		10:32.8		River Falls		10:52.35	
	Sara Garber	EC Memorial				Rice Lake				River Falls			
	Kori Kelly	EC Memorial				Rice Lake				River Falls			
	Heidi Stanton	EC Memorial				Rice Lake				River Falls			