

## 2004 UW-La Crosse Women's Indoor Track & Field Results (FINAL)

Date	Event	Place	Score	Location
<b>Jan. 23</b>	<b>UW-La Crosse Triangular</b>	<b>1st/3 teams</b>	<b>230.00 pts.</b>	<b>La Crosse, Wis.</b>
Jan. 31	at Pointers Invitational	1st/6 teams	183.00 pts.	Stevens Point, Wis.
Feb. 7	at Warren Bowlus Invitational	1st/7 teams	148.00 pts.	Menomonie, Wis.
Feb. 13	at UW-Stevens Point Pentathlon	10th/11 teams	15.00 pts.	Stevens Point, Wis.
Feb. 14	at Warhawk Classic	1st/6 teams	155.50 pts.	Whitewater, Wis.
Feb. 20	at Blue Devil Open	5th/8 teams	36.00 pts.	Menomonie, Wis.
Feb. 27	at St. Olaf Invitational	No Team Scores	- - -	Northfield, Minn.
March 5-6	at WIAC Championships	1st/9 teams	159.50 pts.	Menomonie, Wis.
March 12-13	at NCAA III Championships	T 23rd/64 teams	8.00 pts.	Whitewater, Wis.

*Italics*=School Record

**Bold**=Team Season-High

	<b>UW-L Triangular</b>	<b>Pointers Invite</b>	<b>Bowlus Invite</b>	<b>Warhawk Classic</b>	<b>Blue Devil Open</b>	<b>St. Olaf Invite</b>	<b>WIAC Champ.</b>	<b>NCAA III Champ.</b>
<b>Long Jump</b>								
Kelly Runkle	16-1 3/4	15-2	---	16-1	---	15-7 3/4	15-0 1/2	---
Mandy Rue	15-9 1/2	15-2 1/4	---	<b>17-1 1/2</b>	---	16-5 3/4	15-2	---
Katie Nachreiner	15-9	---	---	---	---	---	---	---
Heather Johnson	---	14-10 3/4	---	16-3	---	15-2	14-0 1/2	---
Amy Guth	---	13-2 1/4	---	---	---	14-0 1/4	---	---
Lindsay Doedens	---	---	---	---	13-7 1/2	---	---	---
Stephanie Souvenir	---	---	---	---	---	14-4	---	---
Julianne Klumb	---	---	---	---	---	12-5 3/4	---	---
Katie Wagner	---	---	---	---	---	15-9 1/2	---	---

<b>Triple Jump</b>								
Tracy Verdegan	34-5	32-11 3/4	34-0 1/4	33-9 1/2	---	33-11 1/4	<b>34-7 3/4</b>	---
Heather Johnson	33-7 1/2	33-0 1/2	---	33-11 1/2	---	33-4	33-8 3/4	---
Jacquelin Fischer	33-3	34-2 3/4	31-11 1/4	---	---	32-3 1/2	33-2	---

<b>High Jump</b>								
Carrie Simonson	4-11	4-8 1/4	4-11 3/4	4-9 3/4	---	4-11 1/2	4-11 1/2	---
Alyssa Leonard	4-9	5-0 1/4	5-1 3/4	5-1 3/4	---	5-1 1/4	<b>5-3 1/4</b>	---
Sheena Berkley	4-7	4-8 1/4	---	---	---	---	---	---
Amy Guth	4-7	---	---	---	---	---	---	---
Stephanie Souvenir	---	4-10 1/4	4-9 3/4	---	---	4-9 1/2	4-11 1/2	---
Katie Wagner	---	4-6 1/4	---	---	---	---	---	---

<b>Pole Vault</b>								
Bethany Renner	11-1	11-6 1/2	---	---	11-1 3/4	11-10 1/2	<b>12-0</b>	11-11 1/4
Lisa Trybom	10-7	10-6 3/4	---	11-0 1/4	---	10-10 3/4	11-6 1/4	11-5 1/4
Carissa Colbeth	8-1 1/2	8-6	9-2 1/2	9-0 1/2	---	9-10 3/4	9-6 1/2	---
Lindsey Doedens	---	10-6 3/4	10-2 1/2	11-0 1/4	10-2	10-10 3/4	10-6 1/4	---
Sarah Melton	---	9-0 1/4	10-2 1/2	9-6 1/2	---	9-10 3/4	10-6 1/4	---

<b>Shot Put</b>								
Sonja Peterson	38-9 3/4	40-11 3/4	40-9 1/2	40-7 3/4	41-2 1/4	<b>43-10 3/4</b>	43-9 3/4	---
Julianne Klumb	33-7 1/4	---	---	33-0 1/4	---	---	---	---
Christy Birkholz	31-10 3/4	35-0 1/4	36-4 3/4	29-8 3/4	---	33-10	36-6 1/4	---
Jenny Jaeger	---	---	---	32- 3 1/2	---	---	---	---

<b>20-lb. Weight</b>								
Sonja Peterson	48-2	<b>50-10 1/4</b>	49-1 1/2	48-6	49-6 1/2	50-2 3/4	49-7	---
Kimi Peterson	41-9 1/4	45-5	44-8 3/4	42-1 1/2	---	45-5 1/4	44-3 1/4	---
Christy Birkholz	38-6	43-5	39-8 3/4	44-1 1/4	---	42-4 3/4	44-7 1/2	---
Julianne Klumb	---	---	40-6 3/4	41-1	---	40-2	41-7 3/4	---

	UW-L Triangular	Pointers Invite	Bowlus Invite	Warhawk Classic	Blue Devil Open	St. Olaf Invite	WIAC Champ.	NCAA III Champ.
<b>55 Dash</b>								
Angela Klatt	7.38	7.40	---	---	---	---	<b>7.30</b>	<b>7.30</b>
Shelli Gotto	7.49	7.56	7.46	---	---	---	7.40	---
Mandy Rue	7.68	7.74	---	7.60	---	7.68	7.71	---
Kelly Runkle	7.71	---	---	7.77	---	---	---	---
Julie Jahn	7.79	7.85	---	---	---	---	---	---
Mary Swenson	7.79	7.78	---	7.82	---	7.86	7.71	---
Talia Williams	7.87	---	7.87	7.72	---	7.60	7.55	---
LuAnn Luedke	7.90	---	---	---	---	---	---	---
Katie Nachreiner	---	7.67	---	7.66	---	7.67	7.59	---
Kelly Corcoran	---	---	8.22	8.11	---	8.11	---	---
Courtney Poziombke	---	---	---	7.73	---	---	---	---

<b>200 Dash</b>								
Courtney Poziombke	27.50	27.41	---	27.14	---	27.35	26.53	---
Katie Nachreiner	27.87	27.68	---	26.98	---	---	26.70	---
Talia Williams	29.04	---	28.15	27.75	---	---	27.05	---
Angela Klatt	---	25.91	---	---	---	---	<b>25.49</b>	---
Melissa Marvin	---	27.06	---	---	---	---	---	---
Kelly Runkle	---	27.22	27.13	---	---	---	26.58	---
Shelli Gotto	---	---	26.61	---	---	---	26.13	---
Mandy Rue	---	---	27.58	27.35	---	---	---	---
Mary Swenson	---	---	---	27.70	---	27.62	---	---
Julie Jahn	---	---	---	27.85	---	27.51	---	---
Luann Luedke	---	---	---	27.99	---	---	---	---
Kelly Corcoran	---	---	---	30.01	---	29.39	---	---

<b>400 Dash</b>								
Melissa Marvin	1:00.34	---	59.88	---	---	---	<b>58.19</b>	---
Nikki Schade	1:02.72	---	---	---	---	---	---	---
Angela Klatt	---	---	59.55	---	---	58.59	---	---
Julie Jahn	---	---	1:04.95	---	---	---	---	---
Jennifer Conners	---	---	1:07.95	---	---	---	---	---
Luann Luedke	---	---	---	---	---	1:02.54	1:01.72	---

<b>600 Run</b>								
<b>800 Run</b>								
Kristen Painter	2:25.01	2:22.02	---	2:22.89	---	---	<b>2:21.11</b>	---
Jennifer Conners	2:38.94	2:37.14	---	---	---	2:30.26	2:29.14	---
April Remus	---	2:26.25	---	---	---	2:23.90	2:23.33	---
Melanie Orear	---	2:30.33	---	---	---	---	---	---
Nikki Schade	---	---	2:24.99	---	---	---	---	---

<b>1,000 Run</b>								
<b>1,500 Run</b>								
Meagan Herlache	5:10.37	4:59.20	---	---	---	---	4:58.61	---
Melanie Orear	5:11.01	---	5:09.01	---	---	5:03.52	5:07.86	---
Nikki Cahen	5:11.74	---	5:15.48	---	---	---	---	---
April Remus	5:14.19	---	---	---	---	---	---	---
Beth Medinger	---	---	4:55.68	---	---	4:57.10	---	---
Amy Belleba	---	---	4:57.31	---	---	<b>4:54.32</b>	---	---
Emily Burns	---	---	5:01.14	---	---	4:56.05	4:55.24	---
Erin Farley	---	---	5:09.92	---	---	---	---	---

<b>Mile Run</b>								
April Remus	---	---	---	<b>5:32.13</b>	---	---	---	---
Melanie Orear	---	---	---	5:34.76	---	---	---	---
Erin Farley	---	---	---	5:39.60	---	---	---	---

	UW-L Triangular	Pointers Invite	Bowlus Invite	Warhawk Classic	Blue Devil Open	St. Olaf Invite	WIAC Champ.	NCAA III Champ.
<b>3,000 Run</b>								
Julia Rudd	<b>10:14.08</b>	---	---	---	---	---	10:24.07	---
Amy Belleba	10:43.39	---	10:47.79	---	---	---	10:44.59	---
Beth Medinger	11:00.18	---	---	10:31.56	---	---	10:39.65	---
Emily Burns	11:01.10	10:54.01	---	---	---	---	---	---
Ariel Perkins	11:16.85	---	---	---	---	10:59.43	10:54.75	---
Valerie Vandenburg	11:35.36	---	---	11:08.31	---	11:06.72	11:14.24	---
Emily Lewandowski	11:54.00	---	11:28.46	11:14.76	---	---	---	---
Bekah Holt	12:20.43	---	---	---	---	---	---	---
Nikki Cahen	---	11:12.64	---	11:09.96	---	---	---	---
Meagan Herlache	---	---	---	10:57.89	---	---	---	---

<b>5,000 Run</b>								
Julia Rudd	---	17:38.09	---	17:42.12	---	---	17:45.29	<b>17:34.46</b>
Ariel Perkins	---	19:07.75	---	18:53.71	---	---	19:01.96	---
Beth Medinger	---	19:15.25	---	---	---	---	---	---
Valerie Vandenburg	---	20:04.60	---	---	---	---	---	---
Bekah Holt	---	---	21:17.04	20:37.37	---	22:00.62	---	---
Amy Belleba	---	---	---	18:11.54	---	---	18:18.80	---
Emily Burns	---	---	---	18:48.44	---	---	18:29.11	---
Emily Lewandowski	---	---	---	---	---	19:41.60	19:39.00	---
Meghan Macardy	---	---	---	---	---	---	19:33.14	---

<b>55 Hurdles</b>								
Jenny Jaeger	8.61	8.57	---	---	---	8.59	8.71	---
Sheena Berkley	8.78	8.65	8.63	8.49	---	8.51	<b>8.46</b>	8.51
Julie Jahn	8.80	8.82	8.87	8.69	---	8.63	8.57	---
Megan Drake	9.71	9.77	9.82	9.78	---	9.75	---	---
Jenny Johnson	9.74	9.33	---	9.18	---	---	9.25	---
Kim Henderson	9.87	9.76	9.97	9.97	---	9.55	9.51	---
Julianne Klumb	10.41	---	10.12	10.07	---	---	---	---
Amy Guth	---	10.29	9.28	---	---	10.22	---	---
Stephanie Souvenir	---	---	10.54	---	---	---	---	---
Alyssa Leonard	---	---	---	---	---	9.50	9.43	---

<b>Relays</b>								
4 x 200 Relay	1:51.17	---	1:46.64	---	---	1:47.61	<b>1:45.85</b>	---
4 x 400 Relay	4:08.01	4:04.25	4:24.93	3:56.83	---	3:57.39	4:01.11	<b>3:55.15</b>
4 x 800 Relay	<b>10:11.77</b>	---	---	---	---	---	---	---
Distance Medley Relay	---	---	---	---	<b>12:18.74</b>	12:25.53	13:06.02	---

#### Eastbay Pointer Invitational - February 13

##### Pentathlon

Katie Wagner	2,608 pts.
Stephanie Souvenir	2,157 pts.
Amy Guth	1,889 pts.

#### WIAC Championships - March 5-6

##### Pentathlon

Katie Wagner	<b>2,890 pts.</b>
Amy Guth	2,453 pts.
Stephanie Souvenir	2,423 pts.