

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

Date	Event	Place	Score	Location
April 3	@ North Central College Quadrangular	2nd/4 teams	216.00 pts.	Naperville, Ill.
April 10	@ Wartburg Select Meet	2nd/8 teams	191.50 pts.	Waverly, Iowa
April 15-17	@ Kansas Relays	11th/18 teams	9.00 pts.	Lawrence, Kan.
April 24	UW-La Crosse Classic	1st/8 teams	207.50 pts.	La Crosse, Wis.
April 30	WIAC Qualifier	No Team Scores	- - -	La Crosse, Wis.
May 7-8	@ WIAC Championships	2nd/9 teams	195.00 pts.	Eau Claire, Wis.
May 21	NCAA III Qualifier	No Team Scores	- - -	La Crosse, Wis.
May 27-29	@ NCAA III Outdoor Championships	10th/76 teams	27.00 pts.	Decatur, Ill.

Italics=School Record

Bold=Team Season-High

%=National Champion

	North Central Quadrangular	Wartburg Select	Kansas Relays	UW-L Classic	WIAC Qualifier	WIAC Champ.	NCAA Qualifier	NCAA III Champ.
Long Jump								
Katie Nachreiner	16-9 3/4	---	---	16-3 3/4	15-6 1/4	16-4 1/2	---	---
Kelly Runkle	16-1 1/2	14-11 1/2	---	15-6 3/4	---	16-1 3/4	---	---
Heather Johnson	15-8 3/4	15-1 1/4	---	15-6	15-1 1/2	15-9 1/2	---	---
Mandy Rue	---	16-1 3/4	---	15-1 1/4	15-4 3/4	15-4 1/4	---	---
Stephanie Souvenir	---	---	---	13-8 3/4	---	---	---	---
Katie Wagner	---	---	---	---	16-3 1/4	---	---	---
Triple Jump								
Emily Lemke	34-0	32-8 1/4	---	32-3 1/2	---	33-4 1/2	---	---
Heather Johnson	33-3 1/4	33-11 1/2	---	32-10 1/4	33-8	33-9 1/2	---	---
Tracy Verdegan	---	34-2	---	34-7 1/2	34-4	---	---	---
High Jump								
Alyssa Leonard	5-4 1/2	5-2 1/2	5-2 1/4	5-3 3/4	5-3 1/4	5-3 3/4	5-1 3/4	---
Stephanie Souvenir	4-10 1/2	---	---	4-11 3/4	4-11 1/2	4-9 3/4	---	---
Carrie Simonson	---	5-0 1/2	---	4-11 3/4	4-11 1/2	4-11 3/4	---	---
Katie Wagner	---	---	---	4-7 3/4	---	---	---	---
Shot Put								
Sonja Peterson	42-6	39-9 3/4	---	41-2 1/4	37-7 3/4	37-1 3/4	42-1 1/2	---
Christy Birkholz	35-7 3/4	38-5	---	37-0 1/4	39-5 1/4	37-3 1/4	---	---
Hammer Throw								
Sonja Peterson	155-5	142-6	150-2	148-7	160-2	160-8	154-1	149-3
Kimi Peterson	128-1 1/2	120-8	---	129-5	126-4	129-1	---	---
Julianne Klumb	126-3	124-3	---	118-3	127-2	133-7	---	---
Christy Birkholz	102-6 1/2	138-1	---	114-11	---	142-0	---	---
Pole Vault								
Angela Hilgers	12-4	12-0	12-3 1/2	12-0	12-11 1/2	12-4 1/2	---	NH
Bethany Renner	10-10	---	11-3 3/4	---	---	10-10 3/4	11-0 3/4	11-8 1/2
Carissa Colbeth	9-10	9-0 1/4	---	9-6	8-6 1/4	9-5	10-0 3/4	---
Sarah Melton	8-10	9-6 1/4	---	---	9-0 1/4	---	---	---
Lisa Trybom	---	10-6	---	10-0	11-5 3/4 #	11-4 1/2	---	---
Sheena Berkley	---	8-6	---	10-0	9-0 1/4	---	---	---
Ann Gummow	---	---	---	10-0	10-6	10-10 3/4 #	---	---
Javelin								
Katie Wagner	99-10	---	---	113-8	---	97-0	---	---
Julianne Klumb	95-2	96-7	---	94-10	99-4	90-9	---	---
Jenny Jaeger	90-5	88-8	---	97-2	---	82-6	---	---
Courtney Poziombke	89-9	93-3	---	112-2	106-11	109-7	---	---
Kimi Peterson	86-9	90-7	---	101-6	92-8	100-8	---	---
Talia Williams	83-5	83-8	---	---	86-9	87-5	---	---
Stephanie Souvenir	75-6 1/4	---	---	---	---	---	---	---
Mary Swenson	69-4 1/4	74-2	---	81-10 1/4	79-8	---	---	---
Angela Smurawa	66-5 3/4	---	---	69-8 1/4	---	---	---	---
Kim Henderson	66-5	66-6	---	66-2 1/2	---	---	---	---
Annie Seep	---	103-11	---	84-2	98-3	92-11	---	---
LuAnn Ludke	---	86-2	---	87-6	88-5	---	---	---
Sonja Peterson	---	---	---	115-7	---	102-0	---	---

	North Central Quadrangular	Wartburg Select	Kansas Relays	UW-L Classic	WIAC Qualifier	WIAC Champ.	NCAA Qualifier	NCAA III Champ.
Discus								
Christy Birkholz	114-5 1/2	121-8	---	123-3	111-5	106-6	---	---
Kimi Peterson	99-8	89-0	---	99-4	---	---	---	---
Angela Smurawa	81-0 1/2	---	---	95-6	101-11	93-0	---	---
Julianne Klumb	---	---	---	---	112-1	113-10	---	---
100 Dash								
Angela Klatt	12.15	---	12.18	12.35	---	12.14	---	12.16
Talia Williams	12.45	---	---	---	12.88	12.75	---	---
Shelli Gotto	12.67	---	12.52	12.70	12.66	12.49	---	---
Katie Nachreiner	12.88	---	---	12.86	---	12.73	---	---
Brooke Whitcher	13.11	---	---	---	12.82	---	---	---
Mary Swenson	13.26	---	---	---	13.36	13.27	---	---
Mandy Rue	---	12.87	---	12.88	---	13.08	---	---
Kelly Runkle	---	12.91	---	---	12.70	12.72	---	---
Courtney Poziombke	---	---	---	12.97	---	13.02	---	---
200 Dash								
Angela Klatt	25.22	---	---	24.98	---	24.94	24.68	24.41
Kelly Runkle	26.31	---	---	25.64	---	25.89	---	---
Melissa Marvin	26.33	---	---	---	26.48	---	---	---
Courtney Poziombke	26.71	26.89	---	---	26.12	26.13	---	---
Stephanie Souvenir	27.71	---	---	---	27.63	---	---	---
Mary Swenson	28.36	27.36	---	27.40	28.18	27.34	---	---
Katie Nachreiner	---	26.30	---	---	26.65	26.06	---	---
Shelli Gotto	---	26.67	---	25.98	---	25.83	---	---
Talia Williams	---	26.76	---	26.16	---	26.19	---	---
Brooke Whitcher	---	---	---	---	26.30	---	25.85	---
Mandy Rue	---	---	---	---	26.78	26.68	---	---
LuAnn Luedtke	---	---	---	---	27.68	---	---	---
400 Dash								
Jennifer Connors	1:08.11	---	---	---	---	---	---	---
Melissa Marvin	---	59.47	---	58.97	---	57.15	---	58.48
Brooke Whitcher	---	1:03.05	---	1:00.22	---	59.91	---	---
LuAnne Ludke	---	1:05.52	---	1:03.39	---	1:01.78	---	---
800 Run								
Meagan Herlache	2:25.30	---	---	2:19.27	---	---	---	---
Melaine Orear	2:35.30	---	---	---	---	---	---	---
Kristen Painter	---	2:22.78	2:22.08	---	2:19.26	2:17.83	2:17.72	---
Jennifer Connors	---	2:30.83	---	2:28.64	2:27.66	---	---	---
April Remus	---	---	---	2:22.16	---	2:19.95	2:23.16	---
Nikki Cahen	---	---	---	2:35.14	2:36.67	---	---	---
Erin Farley	---	---	---	---	2:25.42	2:29.01	---	---
1500 Run								
Kristen Painter	5:04.80	---	---	4:49.24	---	---	---	---
April Remus	5:19.60	---	---	---	5:05.27	---	---	---
Meagan Herlache	---	4:54.55	---	---	4:46.44	4:40.57	4:46.20	---
Ariel Perkins	---	5:08.02	---	---	---	---	---	---
Emily Burns	---	5:09.37	---	---	4:59.68	---	---	---
Melanie Orear	---	5:15.97	---	5:08.71	5:05.86	---	---	---
Erin Farley	---	---	---	5:08.05	---	---	---	---
Valerie Vradenburg	---	---	---	---	5:05.87	---	---	---
Brenna Anderson	---	---	---	---	5:10.65	---	---	---
5,000 Run								
Amy Belleba	18:58.8	---	---	18:31.68	---	18:45.93	---	---
Emily Burns	19:01.2	---	---	18:53.25	---	18:12.55	---	---
Valerie Vradenburg	19:47.0	---	---	19:10.08	---	18:56.91	---	---
Beth Medinger	19:52.3	---	---	---	---	18:24.77	---	---
Julia Rudd	---	17:56.85	---	---	---	17:31.72	---	17:29.82
Meghan Macardy	---	19:41.68	---	---	---	---	---	---
Brenna Anderson	---	19:57.30	---	19:27.28	---	19:36.67	---	---
Ariel Perkins	---	---	---	---	18:59.23	19:06.42	---	---

	North Central Quadrangular	Wartburg Select	Kansas Relays	UW-L Classic	WIAC Qualifier	WIAC Champ.	NCAA Qualifier	NCAA III Champ.
10,000 Run								
Cassie Scallon	40:36.1	---	---	---	---	41:18.70	---	---
Ariel Perkins	42:08.0	---	41:48.54	---	---	40:16.77	---	---
Amy Belleba	---	---	---	---	---	39:35.43	---	---
Meghan Macardy	---	---	---	---	---	39:47.72	---	---

100 Hurdles

Sheena Berkley	15.47	15.39	15.11	---	15.37	15.30	15.22	---
Jenny Johnson	16.45	---	---	17.55	16.27	16.37	---	---
Katie Wagner	16.62	---	---	---	16.30	---	16.09	---
Alyssa Leonard	16.73	17.83	---	---	19.15	17.22	---	---
Kim Henderson	17.41	17.76	---	17.29	17.49	17.12	---	---
Jenny Jaeger	21.15	15.67	15.22	15.26	22.00	16.51	---	---
Emily Lemke	26.12	17.06	---	21.82	---	16.87	---	---
Julie Jahn	---	15.36	---	---	15.83	16.01	15.52	---
Megan Drake	---	---	---	17.53	---	17.92	---	---
Stephanie Souvenir	---	---	---	18.24	---	---	---	---

400 Hurdles

Julie Jahn	1:08.88	1:09.13	1:08.26	---	1:08.73	1:07.23	1:09.27	---
Katie Wagner	1:09.76	---	1:06.20	---	1:06.57	1:07.01	1:04.93	---
Megan Drake	---	1:18.14	---	1:13.61	1:12.58	1:14.54	---	---
Paige Brown	---	---	---	---	1:22.79	---	---	---
Julia Rudd	---	---	---	---	---	---	1:14.26	---

3000 Steeplechase

Julia Rudd	11:04.0	---	11:08.47	---	10:35.30	10:40.57	---	10:26.56 %
Beth Medinger	---	11:58.82	---	11:42.88	11:26.04	11:49.74	11:40.17	---

Relays

4 x 100 Relay	48.70	49.18	47.99	47.83	48.22	47.86	48.37	48.23
4 x 200 Relay	---	---	1:44.07	---	---	---	---	---
4 x 400 Relay	4:13.5	---	3:58.19	4:03.37	3:52.94	3:53.09	---	3:49.40
4 x 800 Relay	---	---	---	---	---	9:43.19	---	---
4 x 1600 Relay	---	---	---	---	---	---	---	---
Distance Medley Relay	---	---	12:47.28	---	---	---	---	---
4 Mile Relay	---	---	22:00.54	---	---	---	---	---
1,600 Sprint Medley	---	---	4:21.00	---	---	---	---	---
4 x 880 Yard Relay	---	---	9:44.23	---	---	---	---	---

Heptathlon

Wartburg Select								
Katie Wagner	Long Jump	15-8 1/4						
	Javelin	102-6						
	800 Meter Run	2:26.40						
Stephanie Souvenir	Long Jump	13-11 1/2						
	Javelin	63-3						
	800 Meter Run	3:11.38						

Katie Wagner - WIAC Championships - **4,270 points**

Stephanie Souvenir - WIAC Championships - 3,413 points