

2005 UW-La Crosse Women's Indoor Track & Field Results (FINAL)

Date	Event	Place	Score	Location
Jan. 29	at UW-Stout Open	No Team Scores	- - -	Menomonie, Wis.
Feb. 5	at Mankato State Open	No Team Scores	- - -	Mankato, Minn.
Feb. 11	at UW-Stevens Point Pentathlon	No Team Scores	- - -	Stevens Point, Wis.
Feb. 12	at Warhawk Invitational	1st/6 teams	173.00 pts.	Whitewater, Wis.
Feb. 18	Winona State/Augustana, Ill.	1st/3 teams	113.50 pts.	La Crosse, Wis.
Feb. 25	St. Olaf Invitational	No Team Scores	- - -	Northfield, Minn.
Mar. 4-5	at WIAC Championships	1st/9 teams	145.33 pts.	Platteville, Wis.
Mar.11-12	at NCAA III Championships	Tied 18th/60 teams	12.00 pts.	Bloomington, Ill.

Italics=School Record

Bold=Team Season-High

	UW-Stout Open	Mankato Open	Pointer Pentathlon	Warhawk Invite	Winona St./ Augustana	St.Olaf Invite	WIAC Champ.	NCAA III Champ.
Long Jump								
Jena Durmin	15-9	15-8 1/4	- - -	16-9 1/4	16-4 1/4	- - -	16-9 3/4	- - -
Lindsey Doedens	- - -	- - -	15-2	- - -	- - -	- - -	- - -	- - -
AnnMarie Glejff	16-2 1/2	16-7 1/4	- - -	15-6	- - -	- - -	16-0 1/4	- - -
Krista Kopesky	15-9	16-7 1/4	- - -	17-6 3/4	17-3 1/4	- - -	17-6	- - -
Maggie Lach	- - -	ND	13-4 1/4	- - -	- - -	- - -	- - -	- - -
Mandy Rue	15-2 1/4	16-9 1/4	- - -	16-7	16-8 3/4	- - -	17-4 1/4	- - -
Kelly Runkle	16-7 3/4	- - -	- - -	- - -	- - -	- - -	- - -	- - -
Carrie Simonsen	- - -	- - -	14-8	- - -	- - -	- - -	- - -	- - -
Stephanie Souvenir	- - -	- - -	13-11	- - -	14-9 3/4	- - -	- - -	- - -
Katie Wagner	15-5	- - -	13-8 1/4	- - -	15-10 1/2	- - -	- - -	- - -
Triple Jump								
AnnMarie Glejff	34-8 1/2	35-9 1/4	- - -	35-10 3/4	35-10	- - -	37-0 1/2	- - -
Brianna Haenke	30-7	- - -	- - -	32-2	32-5	32-10 1/2	31-11 1/4	- - -
Emily Lemke	30-8 1/2	- - -	- - -	32-7 3/4	31-11 1/4	31-6 1/2	- - -	- - -
Jessie Schultz	33-3	33-4 3/4	- - -	32-6 1/4	32-2	- - -	32-11	- - -
High Jump								
Lindsey Doedens	- - -	- - -	5-0 1/4	- - -	- - -	- - -	- - -	- - -
Kristin Erber	4-10 1/4	5-0	- - -	- - -	4-11 1/2	5-1	4-9 3/4	- - -
Mara Gericke	- - -	- - -	- - -	4-9 1/2	4-9 1/2	4-7	4-7 3/4	- - -
Chelsey Krueger	4-8 1/4	- - -	- - -	4-9 1/2	4-7 1/2	- - -	4-7 3/4	- - -
Maggie Lach	4-6 1/4	- - -	4-4	- - -	- - -	- - -	- - -	- - -
Alyssa Leonard	5-5 1/4	5-4	- - -	5-1 1/4	- - -	5-5	5-3 3/4	- - -
Carrie Simonson	4-8 1/4	- - -	4-8 3/4	- - -	5-1 1/4	- - -	4-11 3/4	- - -
Stephanie Souvenir	4-10 1/4	4-8	4-8 3/4	- - -	- - -	4-9	4-9 3/4	- - -
Mara Gerocke	NH	- - -	- - -	- - -	- - -	- - -	- - -	- - -
Katie Wagner	- - -	4-10	4-9 3/4	- - -	- - -	- - -	- - -	- - -
Shot Put								
Christy Birkholz	37-6	34-8 1/4	- - -	37-11 1/2	38-1 1/2	33-11 1/4	35-3 3/4	- - -
Lindsey Doedens	- - -	- - -	28-1 3/4	- - -	- - -	- - -	- - -	- - -
Megan Gueths	32-11 1/4	- - -	- - -	31-10	30-10 1/2	30-11	- - -	- - -
Amanda Kingsberry	32-3	- - -	- - -	31-7 1/2	33-3 3/4	33-0 1/4	33-9 1/2	- - -
Maggie Lach	- - -	- - -	31-1 1/4	- - -	- - -	- - -	- - -	- - -
Tina Schmidt	35-8 1/4	- - -	- - -	34-4	34-8 1/2	36-4 1/4	36-02 1/4	- - -
Carrie Simonsen	- - -	- - -	22-4 1/2	- - -	- - -	- - -	- - -	- - -
Stephanie Souvenir	- - -	- - -	29-11 1/2	- - -	27-4 3/4	- - -	- - -	- - -
Katie Wagner	- - -	- - -	27-11	- - -	- - -	- - -	- - -	- - -
20-lb. Weight								
Christy Birkholz	45-6 1/4	43-1	- - -	46-5 1/2	44-9 1/2	45-8 1/2	46-8 1/4	- - -
Megan Gueths	33-3	- - -	- - -	34-1 1/2	35-8 1/2	38-5 1/2	38-2 3/4	- - -
Amanda Kingsberry	31-4	- - -	- - -	31-1	34-11	34-8 1/2	34-9 1/2	- - -
Julianne Klumb	43-7 3/4	45-7	- - -	45-1 3/4	44-10 3/4	44-10 1/4	45-11 3/4	- - -
Tina Schmidt	35-10	- - -	- - -	40-9	40-3 1/4	39-8	42-4	- - -

	UW-Stout Open	Mankato Open	Pointer Pentathlon	Warhawk Invite	Winona St./ Augustana	St.Olaf Invite	WIAC Champ.	NCAA III Champ.
Pole Vault								
Carissa Colbeth	NH	---	---	9-0 1/2	9-0 1/4	---	---	---
Lindsey Doedens	10-4	---	---	11-0 1/4	---	11-1 3/4	10-0 1/2	---
Ann Gummow	---	9- 1/4	---	---	9-6 1/4	9-8	9-6 1/2	---
Angela Hilgers	11-9 3/4	11-11 3/4	---	11-6 1/4	NH	11-7 3/4	11-6 1/4	NH
Sarah Melton	NH	9- 1/4	---	9-6 1/2	10-6	10-2	9-6 1/2	---
Kylie Parry	NH	9- 1/4	---	---	9-6 1/4	9-2 1/4	---	---
Bethany Renner	11-3 3/4	10-11 3/4	---	11-0 1/4	10-11 3/4	11-1 3/4	11-6 1/5	10-10
Margo Sendelback	NH	NH	---	10-0 1/2	NH	9-8	9-6 1/2	---

55 Dash

Sheena Berkley	---	---	---	8.03	---	---	---	---
Jena Durmin	7.51	---	---	7.53	7.45	---	7.49	---
Whitney Franklin	---	---	---	---	7.60	7.77	7.67	---
Shelli Gotto	7.49	---	---	7.44	---	7.34	7.37	---
Stephanie Lasko	---	---	---	8.23	7.97	8.00	---	---
LuAnn Ludtke	---	---	---	---	7.77	---	---	---
Melissa Mellum	---	---	---	---	7.83	---	---	---
Mandy Rue	7.70	---	---	---	7.58	7.64	7.56	---
Nikki Sims	7.74	---	---	---	---	---	---	---
Theresa Scharrer	8.00	---	---	---	---	7.88	---	---
Mary Swenson	8.06	---	---	---	---	---	---	---
Brooke Whitcer	---	---	---	---	7.68	---	---	---
Talia Williams	7.67	---	---	7.59	7.52	7.45	7.49	---

60 Dash

Jena Durmin	---	8.27	---	---	---	---	---	---
Shelli Gotto	---	7.99	---	---	---	---	---	---
Stephaine Lasko	---	8.72	---	---	---	---	---	---
Mandy Rue	---	8.30	---	---	---	---	---	---

200 Meter Dash

Whitney Franklin	27.47	---	---	26.93	26.86	---	26.17	---
Shelli Gotto	26.92	26.33	---	---	---	---	25.86	---
Stephanie Lasko	---	---	---	29.27	29.09	28.78	---	---
Katie Nachreiner	---	---	---	---	---	28.01	---	---
Courtney Poziombke	27.69	27.34	---	27.15	27.86	---	26.88	---
Mandy Rue	---	---	---	---	27.16	---	---	---
Theresa Scharrer	28.33	---	---	28.23	27.83	27.36	27.46	---
Stephanie Souvenir	---	28.47	---	---	---	28.18	---	---
Katie Steingreber	---	---	---	27.11	---	27.08	26.79	---
Mary Swenson	29.19	---	---	---	27.73	27.58	---	---
Talia Williams	27.37	---	---	27.12	26.86	---	26.17	---

400 Meter Dash

Sarah Kaufman	1:05.98	---	---	---	1:04.08	1:03.80	---	---
LuAnn Ledke	---	1:01.85	---	---	---	---	DNF	---
Abby Lien	---	1:02.42	---	1:00.66	---	---	1:00.46	---
Melissa Marvin	59.00	58.09	---	---	---	58.37	57.82	57.78
Melissa Palmer	1:04.05	---	---	---	---	---	---	---
Katie Steingreber	1:03.28	1:02.50	---	---	---	---	---	---
Katie Wagner	---	1:01.33	---	---	---	---	---	---
Brooke Witcher	1:01.24	1:01.36	---	---	---	---	58.89	---

600 Meter Run

Amanda Haas	---	1:46.55	---	---	---	---	---	---
Melissa Palmer	---	1:45.80	---	---	---	---	---	---

800 Meter Run

Jennifer Connors	2:36.74	---	---	2:30.41	2:30.50	2:31.30	---	---
Lindsey Doedens	---	---	2:33.39	---	---	---	---	---
Amanda Haas	2:32.57	---	---	2:28.48	---	2:27.33	2:24.91	---
Amanda Kiel	2:34.22	---	---	2:33.17	2:39.21	---	---	---
Maggie Lach	---	---	2:31.41	---	---	---	---	---
Kayla Moses	---	2:31.80	---	---	---	---	---	---

	UW-Stout Open	Mankato Open	Pointer Pentathlon	Warhawk Invite	Winona St./ Augustana	St.Olaf Invite	WIAC Champ.	NCAA III Champ.
800 Meter Run								
Kristen Painter	---	2:20.98	---	2:20.95	---	---	---	---
Melissa Palmer	---	---	---	2:24.16	---	2:24.36	---	---
Carrie Simonsen	---	---	2:46.38	---	---	---	---	---
Stephanie Souvenir	---	---	3:00.86	---	---	---	---	---
April Remus	2:30.09	2:28.92	---	---	2:28.40	2:26.31	2:23.00	---
Emily Watson	2:31.12	2:29.02	---	2:26.93	2:27.65	2:28.87	2:23.06	---
Katie Wagner	---	---	2:28.48	---	---	---	---	---

1,000 Meter Run

Rachel DeDeyn	---	3:08.06	---	---	---	---	---	---
Amanda Kiel	---	3:15.20	---	---	---	---	---	---

Mile Run

Emily Burns	---	---	---	---	---	5:31.68	---	---
Rachel DeDeyn	5:23.59	---	---	5:21.10	---	5:21.27	5:27.08	---
Kristen Howe	---	---	---	---	---	5:30.98	---	---
Beth Medinger	---	---	---	---	---	5:27.82	---	---
Julie Moadlo	5:21.87	---	---	---	---	5:22.16	---	---
Kayla Moses	5:29.66	---	---	5:31.39	---	---	---	---
Melanie Orear	5:55.92	---	---	5:45.60	---	5:35.67	---	---
Kristen Painter	5:16.63	---	---	---	---	5:04.83	5:03.82	---

3,000 Meters

Amy Belleba	11:06.59	---	---	---	10:59.83	---	---	---
Emily Burns	11:02.24	---	---	11:03.86	---	---	---	---
Nikki Cahen	---	---	---	---	11:46.70	---	---	---
Jena Gerten	11:20.52	---	---	---	11:12.05	---	---	---
Jenna Haak	---	11:06.28	---	---	---	---	---	---
Becah Holt	---	---	---	---	12:05.19	---	---	---
Kristen Howe	10:55.95	---	---	---	10:49.36	---	10:50.33	---
Sarah Janecek	11:17.43	---	---	12:07.35	---	---	---	---
Jessie Jewett	11:58.75	11:47.10	---	---	11:32.63	11:29.69	---	---
Emily Lewendowski	---	11:08.67	---	---	10:52.33	---	11:15.80	---
Megan Macardy	11:32.05	---	---	---	---	---	---	---
Beth Medinger	11:00.65	---	---	---	10:47.57	---	11:17.38	---
Julie Moadlo	---	---	---	---	10:28.64	---	10:26.21	---
Ariel Perkins	---	11:00.26	---	---	---	10:46.57	10:47.62	---
Valerie Vradenburg	---	11:27.06	---	---	10:54.82	11:29.69	11:02.72	---

5,000 Meters

Emily Burns	---	19:17.99	---	---	---	---	18:36.00	---
Amy Belleba	---	---	---	18:40.15	---	---	19:28.60	---
Jena Gerten	---	19:26.29	---	---	---	20:00.76	19:58.63	---
Jenna Haak	19:25.74	---	---	19:08.86	---	19:20.29	19:40.54	---
Kristen Howe	---	18:59.98	---	---	---	---	18:57.33	---
Emily Lewendowski	19:31.90	---	---	---	---	19:38.66	---	---
Megan Macardy	19:22.29	---	---	19:09.11	---	19:31.07	---	---
Beth Medinger	---	19:43.41	---	---	---	---	---	---
Ariel Perkins	18:34.36	---	---	18:32.57	---	---	18:41.89	---
Valerie Vradenburg	19:22.01	---	---	---	---	---	---	---

55 Hurdles

Sheena Berkley	8.77	---	---	8.61	8.67	8.97	8.62	---
Megan Drake	10.29	---	---	9.85	9.61	9.79	9.64	---
Lindsay Doedens	10.36	---	10.46	---	---	---	---	---
Maggie Lach	9.08	---	9.13	---	---	---	---	---
Abby Lien	9.08	---	---	8.96	8.80	8.95	9.58	---
Emily Lemke	9.65	---	---	9.13	8.92	---	DQ	---
Carrie Simonson	10.94	---	10.39	---	---	---	---	---
Stephanie Souvenir	10.45	---	10.03	---	---	---	---	---
Katie Wagner	9.56	---	9.25	---	---	---	---	---

	UW-Stout Open	Mankato Open	Pointer Pentathlon	Warhawk Invite	Winona St./ Augustana	St.Olaf Invite	WIAC Champ.	NCAA III Champ.
60 Hurdles								
Sheena Berkley	---	9.62	---	---	---	---	---	---
Maggie Lach	---	9.92	---	---	---	---	---	---
Abby Lien	---	9.89	---	---	---	---	---	---

Relays

4 x 200 Relay	1:48.28	---	---	1:48.15	1:48.28	1:45.33	1:45.68	---
4 x 400 Relay	4:13.92	---	---	3:55.64	---	3:55.97	3:59.25	3:53.60
4 x 800 Relay	---	---	---	---	---	---	---	---
Distance Medley Relay	---	---	---	---	12:23.95	---	12:16.15	---

Pentathlon at WIAC Championships

Katie Wagner **3,091 pts.**

55 Hurdles:	9.07
High Jump:	4-9 1/2
Shot Put:	29-0
Long Jump:	16-1 1/2
800 Meter Run:	2:25.74

Lindsey Doedens **2,546 pts.**

55 Hurdles:	10.65
High Jump:	4-9 1/2
Shot Put:	30-8 1/2
Long Jump:	14-4
800 Meter Run:	2:35.88

Stephanie Souvenir **2,494 pts.**

55 Hurdles:	10.06
High Jump:	4-10 1/2
Shot Put:	27-8 3/4
Long Jump:	14-0 1/4
800 Meter Run:	2:45.39