

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

Date	Event	Place	Score	Location
April 2	at North Central Quad	3rd/4 teams	172.00 pts.	Naperville, Ill.
April 9	at Wartburg Select Meet	8th/15 teams	43.00 pts.	Waverly, Iowa
	at Messersmith Invitational	No Team Scores	- - -	Cedar Falls, Iowa
April 16	at UW-Eau Claire Invitational	1st/10 teams	140.00 pts.	Eau Claire, Wis.
April 22	at Augustana Invitational	3rd/14 teams	107.50 pts.	Rock Island, Ill.
April 29-30	at Drake Relays	No Team Scores	- - -	Des Moines, Iowa
<b>April 30</b>	<b>UW-La Crosse Classic</b>	<b>1st/7 teams</b>	<b>227.50 pts.</b>	<b>La Crosse, Wis.</b>
<b>May 6-7</b>	<b>WIAC Championships</b>	<b>1st/9 teams</b>	<b>177.00 pts.</b>	<b>La Crosse, Wis.</b>
<b>May 20</b>	<b>NCAA III Qualifier</b>	No Team Scores	- - -	<b>La Crosse, Wis.</b>
May 26-28	at NCAA III Championships	16th/76 teams	18.00 pts.	Waverly, Iowa

*Italics*=School Record

**Bold**=Team Season-High

	North Central Quad	Wartburg Select	UNI Invite	UW-Eau Claire Invite	Augustana Invite	Drake Relays	UW-L Classic	WIAC Champ.	NCAA III Qualifier	NCAA III Champ.
<b>Long Jump</b>										
Jena Durnin	---	---	---	17-4	16-11 1/2	---	17-2 1/4	17-0 1/2	---	---
AnnMarie Glejf	---	---	16-9 3/4	---	---	---	16-0 1/4	16-7	---	---
Krista Kopesky	17-11 1/2	---	17-5 1/4	17-6 1/4	---	---	17-5 1/2	18-1 1/2	---	---
Emily Lemke	15-4 3/4	14-11 1/2	---	15-7 1/2	15-7	---	15-9 3/4	---	15-11	---
Kaite Nachreiner	16-8 3/4	16-3 3/4	---	---	---	---	16-5 3/4	16-0 1/4	---	---
Mandy Rue	16-3	---	---	17-2	---	---	16-10 1/2	16-10 1/2	---	---
Kelly Runkle	---	---	---	16-8 3/4	---	---	---	18-0 1/2	---	---
Stephanie Souvenir	---	---	---	---	---	---	14-4 1/2	---	---	---
Sarah Thayer	---	---	17-4	18-3 3/4	---	---	17-4 1/4	17-8	<b>18-5 1/4</b>	17-2 3/4
<b>Triple Jump</b>										
Mara Gericke	---	---	---	30-9 3/4	---	---	---	---	---	---
AnnMarie Glejf	35-6 1/2	---	35-7 3/4	34-9	---	---	34-3 1/2	36-0 1/4	---	---
Brianna Haenke	33-1 3/4	---	---	32-4 3/4	33-7 3/4	---	31-5 1/4	32-7 3/4	---	---
Jessie Schultz	---	---	---	---	31-1 3/4	---	31-6 1/2	---	---	---
Sarah Thayer	<b>36-2 3/4</b>	---	35-11 1/4	35-6	---	---	36-2 1/4	36-1 1/4	---	---
Rena Zimmer	---	---	---	33-1 3/4	---	---	31-6 3/4	---	---	---
<b>High Jump</b>										
Kristen Erber	4-8 3/4	5-0 1/2	---	4-11 3/4	---	---	5-0 1/2	5-0 1/2	---	---
Mara Gericke	---	4-10 1/2	---	4-9 3/4	NH	---	4-10 1/2	---	---	---
Chelsey Krueger	---	4-8 3/4	---	4-7 3/4	4-10 1/2	---	4-8 3/4	4-10 1/2	---	---
Alyssa Leonard	<b>5-4 1/2</b>	---	5-1	---	5-2 1/2	---	5-2 1/2	<b>5-4 1/2</b>	5-2 1/2	---
Carrie Simonson	---	---	5-1	---	4-10 1/2	---	5-0 1/2	5-0 1/2	---	---
Stephanie Souvenir	4-8 3/4	4-8 3/4	---	---	---	---	5-0 1/2	4-10 1/2	---	---
<b>Shot Put</b>										
Christy Birkholz	<b>38-7 1/2</b>	---	---	34-5 1/2	34-4 1/4	---	38-1 1/4	34-9 1/2	---	---
Tina Schmidt	34-4	---	---	29-4 3/4	35-10	---	32-4 1/4	34-3	---	---
<b>Discus Throw</b>										
Christy Birkholz	115-10	---	---	---	121-6 1/2	---	127-5	<b>134-3</b>	110-2	---
Megan Gueths	---	---	---	---	---	---	87-9	---	---	---
Amanda Kingsbury	---	---	---	---	97-9 1/2	---	82-2	91-11	---	---
Julianne Klumb	---	---	---	106-10	114-11 1/2	---	117-4	105-0	118-5	---
Tina Schmidt	94-10	---	---	---	112-0	---	94-8	---	---	---
<b>Hammer Throw</b>										
Christy Birkholz	135-6	---	---	132-8	141-2	---	141-6	144-9	<b>150-11</b>	---
Megan Gueths	---	---	---	116-7	---	---	109-1	---	---	---
Amanda Kingsbury	97-11	---	---	100-10	107-2	---	113-6	119-10	---	---
Julianne Klumb	---	---	---	117-7	121-7	---	133-2	---	120-11	---
Tina Schmidt	108-9	---	---	113-6	124-9	---	108-5	116-9	---	---

	North Central Quad	Wartburg Select	UNI Invite	UW-Eau Claire Invite	Augustana Invite	Drake Relays	UW-L Classic	WIAC Champ.	NCAA III Qualifier	NCAA III Champ.
<b>Javelin Throw</b>										
AnnMarie Glejf	---	---	---	---	---	---	84-9	---	---	---
Julianne Klumb	---	---	---	---	89-11 1/2	---	83-2	91-4	88-1	---
Stephanie Lasko	70-3 1/2	---	---	---	86-6	---	90-1	90-8	---	---
LuAnn Luedke	---	---	---	85-4	92-9	---	---	98-2	---	---
Kristina Meisen	74-7 3/4	---	---	87-8	---	---	86-9	<b>105-7</b>	---	---
Stephanie Souvenir	77-1 3/4	---	---	---	---	---	ND	---	---	---
Katie Steingreber	91-5	---	---	78-10	78-9 1/4	---	86-11	94-7	---	---
Mary Swenson	---	---	---	---	---	---	78-9	---	---	---
Katie Wagner	---	---	---	71-4	---	---	98-9	---	---	---
Talia Williams	---	---	---	92-8	82-5	---	---	98-9	---	---
<b>Pole Vault</b>										
Lindsey Doedens	10-11 3/4	---	10-11 3/4	11-5 3/4	10-8	---	11-1 3/4	NH	11-3	---
Ann Gummow	---	---	---	---	9-8 1/2	---	10-2	10-2	---	---
Angela Hilgers	---	---	10-6	11-11 3/4	11-8	---	12-1 1/2	<b>13-1 1/2</b>	11-3	11-10 1/2
Sarah Melton	9-6 1/4	---	9-0 1/4	---	9-8 1/2	---	9-2 1/4	NH	---	---
Kylie Parry	9-0 1/4	---	9-6 1/4	9-6 1/4	---	---	10-2	9-8	---	---
Bethany Renner	10-11 3/4	---	10-11 3/4	10-11 3/4	11-1 3/4	---	11-7 3/4	12-1 1/2	11-9	12-2 1/2
Margo Sendelback	9-0 1/4	---	---	---	---	---	8-8 1/4	NH	---	---
Rena Zimmer	---	---	---	---	9-2 1/2	---	8-8 1/4	10-8	---	---
<b>100 Meter Dash</b>										
Jena Durin	---	---	---	12.97	12.80	---	12.82	12.64	12.42	---
Whitney Franklin	---	---	12.62	12.91	---	---	---	12.68	---	---
Shelli Gotto	12.74	---	12.56	12.77	---	---	---	12.47	---	---
Stephanie Lasko	13.45	13.42	---	13.51	13.55	---	12.95	13.06	---	---
Katie Nachreiner	13.12	---	---	12.99	---	---	12.80	12.71	---	---
Kelly Runkle	---	---	12.47	12.76	---	---	---	<b>12.32</b>	---	---
Theresa Sharrer	13.41	13.32	---	---	---	---	13.23	13.24	---	---
Mary Swenson	---	---	---	---	13.05	---	---	---	---	---
Talia Williams	---	---	12.64	12.83	---	---	---	12.51	---	---
<b>200 Meter Dash</b>										
Sheena Berkley	29.14	---	---	30.23	---	---	---	---	---	---
Whitney Franklin	26.84	---	---	26.74	26.42	---	---	26.51	---	---
Shelli Gotto	25.82	---	---	26.21	---	---	---	25.75	---	---
Sarah Kaufman	---	---	---	29.02	---	---	---	---	---	---
Stephanie Lasko	28.12	27.30	---	27.74	27.53	---	27.13	---	---	---
Emily Lemke	29.66	---	---	---	---	---	---	---	---	---
Melissa Marvin	26.18	---	---	---	---	---	---	26.09	---	---
Katie Nachreiner	---	27.10	---	27.02	26.37	---	---	26.26	---	---
Melissa Palmer	---	---	---	27.63	---	---	---	---	---	---
Kelly Runkle	---	---	---	---	---	---	---	<b>25.50</b>	---	---
Theresa Scharrer	---	27.10	---	27.52	---	---	27.40	---	---	---
Stephanie Souvenir	28.37	---	---	---	---	---	---	---	---	---
Katie Steingreber	---	26.10	---	---	27.08	---	---	---	26.92	---
Mary Swenson	---	---	---	26.54	26.58	---	26.13	25.97	---	---
Talia Williams	---	---	---	26.33	---	---	---	26.00	26.01	---
<b>400 Meter Dash</b>										
Sarah Kaufman	1:04.28	1:04.90	---	---	---	---	1:06.42	1:03.28	---	---
LuAnn Ludke	---	---	---	---	1:05.30	---	---	---	---	---
Melissa Marvin	---	---	59.00	56.48	---	---	---	56.50	---	<b>56.44</b>
Melissa Palmer	---	1:01.66	---	1:00.93	---	---	1:01.92	1:01.58	---	---
Katie Steingreber	1:01.88	---	---	1:00.84	---	---	1:00.51	1:00.06	59.78	---
Brooke Whitcher	---	---	---	---	---	---	---	1:02.01	---	---

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<b>800 Meter Run</b>										
Amy Belleba	---	---	---	---	---	---	2:28.60	---	---	---
Jen Connors	---	2:29.50	---	2:31.67	---	---	2:26.84	2:24.74	---	---
Rachel DeDyne	2:26.26	---	---	---	2:25.47	---	---	---	---	---
Amanda Haas	---	2:41.86	---	---	---	---	2:27.76	---	---	---
Meagen Herlache	2:26.81	---	---	2:22.49	---	---	2:20.95	2:18.89	---	---
Amanda Kiel	2:32.27	---	---	---	---	---	2:29.06	---	---	---
Melanie Orear	---	2:30.94	---	---	---	---	---	---	---	---
Kristen Painter	---	---	---	2:20.39	---	---	---	<b>2:18.61</b>	---	---
Melissa Palmer	2:29.94	---	---	---	---	---	---	---	---	---
Ariel Perkins	---	---	---	---	---	---	2:25.74	---	---	---
April Remus	2:26.83	---	2:26.44	---	2:23.97	---	2:22.43	2:20.91	---	---
Emily Watson	2:29.11	---	---	2:28.65	---	---	2:25.93	2:23.84	---	---
<b>1,500 Meter Run</b>										
Emily Burns	---	---	---	---	---	---	5:09.39	---	---	---
Nikki Cahen	---	---	---	---	---	---	5:13.02	---	---	---
Jennifer Connors	5:20.79	---	---	---	---	---	---	---	---	---
Rachel DeDeyn	---	5:02.52	---	---	---	---	4:52.58	4:47.78	---	---
Jena Gerten	---	---	---	---	---	---	5:12.19	---	---	---
Meagan Herlache	---	---	5:04.16	---	---	---	---	---	---	---
Kristen Howe	---	---	---	---	---	---	5:04.95	---	---	---
Amanda Kiel	---	5:16.19	---	---	---	---	---	---	---	---
Emily Lewendowski	---	---	---	---	---	---	5:07.56	---	---	---
Melanie Orear	5:16.40	---	---	---	---	---	5:12.15	---	---	---
Kristen Painter	---	---	4:48.32	---	---	---	4:44.91	<b>4:38.30</b>	4:39.08	4:38.48
Emily Watson	---	5:13.90	---	---	---	---	---	---	---	---
Beth Medinger	---	---	---	---	---	---	---	---	5:13.11	---
<b>Mile Run</b>										
Emily Burns	---	---	---	---	5:31.72	---	---	---	---	---
Megan Herlache	---	---	---	---	5:27.29	---	---	---	---	---
Amanda Kiel	---	---	---	---	5:43.10	---	---	---	---	---
Melanie Orear	---	---	---	---	5:39.95	---	---	---	---	---
Kristen Painter	---	---	---	---	<b>5:14.30</b>	---	---	---	---	---
<b>3,000 Meter Run</b>										
Kristen Howe	---	---	<b>11:25.90</b>	---	---	---	---	---	---	---
<b>5,000 Meter Run</b>										
Amy Belleba	19:17.29	19:56.23	---	---	18:44.10	---	---	18:56.21	---	---
Emily Burns	19:10.03	18:58.22	---	---	---	---	---	19:37.74	---	---
Jenna Gerten	19:26.25	19:18.22	---	18:59.01	---	---	---	19:17.84	---	---
Jenna Haack	19:44.40	---	---	---	19:18.24	---	---	---	---	---
Kristen Howe	18:58.08	---	---	18:43.84	---	---	---	19:32.01	---	---
Jessie Jewett	20:13.52	20:07.45	---	---	19:44.95	---	19:29.16	20:14.03	---	---
Emily Lewandowski	---	19:37.76	---	---	---	---	---	---	---	---
Beth Medinger	19:58.01	---	---	---	---	---	---	---	---	---
April Perkins	18:50.92	---	---	---	18:22.33	---	---	18:43.23	---	---
Julia Rudd	17:33.97	---	---	---	---	---	---	<b>17:32.67</b>	---	17:39.62
Valerie Vradenburg	---	---	---	19:13.59	---	---	---	---	---	---
<b>10,000 Meter Run</b>										
Amy Belleba	---	---	---	---	---	---	---	39:26.42	---	---
Jenna Haack	---	41:35.99	---	---	---	---	---	41:42.12	---	---
Emily Lewendowski	---	---	---	40:12.10	---	---	---	40:17.16	---	---
Ariel Perkins	---	<b>39:18.28</b>	---	---	---	---	---	39:26.46	---	---
<b>3,000 Meter Steeplechase</b>										
Julia Rudd	---	---	10:54.39	---	10:40.40	10:36.99	---	<b>10:32.42</b>	DNF	10:41.92
Beth Medinger	---	---	13:07.54	---	12:22.00	---	11:54.92	12:01.43	---	---
Amy Belleba	---	---	---	---	---	---	---	---	12:05.55	---

