

## 2006 UW-La Crosse Women's Outdoor Track & Field Results (FINAL)

Date	Event	Place	Score	Location
Apr. 8	at Wartburg Invitational	2nd/11 teams	170.5 pts.	Waverly, Iowa
Apr. 15	at Red-White Invitational	2nd/8 teams	174.0 pts.	Naperville, Ill.
<b>Apr. 21</b>	<b>Phil Esten Challenge</b>	<b>1st/6 teams</b>	<b>328.70 pts.</b>	<b>La Crosse, Wis.</b>
Apr. 28-29	at Drake Relays	No Team Scores	---	Des Moines, Iowa
Apr. 29	at Loras Invitational	No Team Scores	---	Dubuque, Iowa
May 5-6	at WIAC Championships	2nd/9 teams	195.0 pts.	Oshkosh, Wis.
May 15	at UW-Oshkosh Last Chance Meet	No Team Scores	---	Oshkosh, Wis.
<b>May 18</b>	<b>NCAA Qualifier</b>	No Team Scores	---	<b>La Crosse, Wis.</b>
May 25-27	at NCAA III Outdoor Championship	8th/75 teams	23.0 pts.	Lisle, Ill.

*Italics*=School Record

**Bold**=Team Season-High

	Wartburg Invite	Red-White Invite	Phil Esten Challenge	Drake Relays	Loras Invite	WIAC Champ.	UW-O Last Chance	NCAA Qualifier	NCAA III Champ.
<b>Long Jump</b>									
Jena Durmin	17-9 3/4	---	17-9	---	---	18-0 1/4	17-8	---	---
Katie Fondow	---	17-9 1/2	18-0 1/2	---	---	18-4 1/4	17-2 3/4	18-4 1/4	---
Krista Kopetsky	---	17-5 1/2	16-5 3/4	---	17-2	18-2 1/4	17-2 3/4	16-11 1/2	---
Lindsay Leech	---	---	---	---	---	---	---	16-2 1/4	---
Mandy Rue	---	---	15-6 3/4	---	16-1 3/4	17-0	---	---	---
Caitlin Schetter	---	17-1 1/2	17-5 1/2	---	17-10 1/4	18-2 1/2	17-10 3/4	17-8 1/4	---
Jessie Schulz	---	---	15-02	---	15-3 1/4	---	---	---	---
Stephanie Souvenir	---	15-2 1/4	---	---	---	---	---	---	---
Sarah Thayer	---	18-2 1/4	18-1	---	18-3 3/4	FOUL	<b>19-0</b>	---	18-5
Katie Wagner	---	---	15-10 1/2	---	---	---	---	---	---
<b>Triple Jump</b>									
Katie Fondow	36-7 1/2	---	36-2 1/4	---	---	34-4 3/4	---	34-4 3/4	---
AnnMarie Glejff	---	---	---	---	---	34-2	---	---	---
Krista Kopesky	---	---	31-11 1/4	---	---	---	---	---	---
Emily Lemke	34-1 1/2	34-5 1/2	33-3	---	---	35-1 1/4	---	34-4 3/4	---
Mandy Rue	---	32-3 3/4	30-10 1/4	---	31-1 1/4	---	---	---	---
Caitlin Schetter	36-10 1/2	---	37-5	---	36-10 1/4	37-1	37-10 1/2	4-11 1/4	---
Jessica Schulz	---	32-11 3/4	32-1	---	32-2 3/4	34-0 3/4	---	---	---
Kelly Shannon	---	32-10 1/4	33-1 1/4	---	ND	34-11 3/4	---	---	---
Sarah Thayer	37-3	---	38-2 1/4	---	---	<b>39-2 1/4</b>	---	---	38-8 3/4
<b>High Jump</b>									
Danielle Anton	---	---	---	---	4-9	---	---	---	---
Kristin Erber	---	---	4-10 1/2	---	4-9	<b>5-1</b>	---	---	---
Chelsey Krueger	---	4-9	4-10 1/2	---	4-7	4-11	---	---	---
Anna McLaughlin	---	4-11	4-6 3/4	---	---	4-11	---	---	---
Noel Meyers	4-9	---	4-10 1/2	---	4-9	<b>5-1</b>	---	---	---
Carrie Simonson	4-11	---	4-9	---	4-9	<b>5-1</b>	---	5-0 1/4	---
Stephanie Souvenir	---	---	4-9	---	4-9	---	---	---	---
<b>Shot Put</b>									
Christy Birkholz	35-8 3/4	37-6	<b>38-1 1/4</b>	---	35-7 1/4	37-5 3/4	---	---	---
Christy Bohl	---	37-3 3/4	34-9 3/7	---	36-9	37-8 1/2	---	---	---
Tina Schmidt	34-5 3/4	35-8 3/4	33-10	---	---	33-1 3/4	---	---	---
Stephanie Souvenir	---	25-5 1/2	---	---	---	---	---	---	---
<b>Discus Throw</b>									
Christy Birkholz	121-10	123-0	123-5	---	120-6	118-1	---	107-10	---
Christy Bohl	---	114-3	124-3	---	106-7	<b>129-7</b>	---	---	---
Amanda Kingsbury	101-6	103-1	102-7	---	84-7	---	---	---	---
Cori Safe	101-2	100-0	103-3	---	---	---	---	---	---
Tina Schmidt	110-2	86-3	111-3	---	---	85-9	---	---	---
Nicole Zimmerman	---	---	89-9	---	---	---	---	---	---
Kristen Zwirgedas	---	109-11	106-11	---	101-0	97-8	---	---	---
<b>Hammer Throw</b>									
Christy Birkholz	142-1	137-11	152-7	---	146-5	148-7	152-3	<b>156-5</b>	---
Christy Bohl	---	FOUL	86-8	---	---	---	---	---	---
Krista Carlson-Wolff	---	---	81-1	---	74-9	---	---	---	---
Amanda Kingsbury	103-4	112-7	122-2	---	112-9	126-10	---	---	---
Cori Safe	99-10	102-0	---	---	97-6	110-8	---	106-0	---

	Wartburg Invite	Red-White Invite	Phil Esten Challenge	Drake Relays	Loras Invite	WIAC Champ.	UW-O Last Chance	NCAA Qualifier	NCAA III Champ.
<b>Hammer Throw</b>									
Tina Schmidt	126-2	126-8	133-11	---	---	127-2	---	---	---
Nicole Zimmerman	---	---	74-2	---	---	---	---	---	---
Kristen Zwirgedas	---	91-6	99-10	---	99-6	101-4	---	---	---
<b>Javelin Throw</b>									
Danielle Anton	---	---	73-11	---	---	---	---	---	---
Carissa Colbeth	FOUL	85-0	68-3	---	FOUL	---	---	---	---
Stephanie Lasko	75-2	64-5	90-8	---	74-4	---	---	---	---
Jenny Manderfeld	---	74-10	ND	---	67-0	---	---	---	---
Kristena Meissen	97-2	104-11	93-2	---	---	98-10	---	---	---
Courtney Poziombke	<b>116-9</b>	111-6	98-2	---	104-6	97-3	---	103-9	---
Stephanie Souvenir	---	---	ND	---	---	---	---	---	---
Katie Steingreber	95-9	---	ND	---	FOUL	71-6	---	---	---
Lauren Terry	73-1	---	76	---	FOUL	---	---	---	---
Talia Williams	---	96-3	101-9	---	---	100-2	---	108-0	---
Katie Wagner	---	86-0	75-1	---	---	---	---	---	---
<b>Pole Vault</b>									
Chris Clausen	---	9-9 1/4	10-2	---	9-9 1/4	9-3 1/4	---	10-10	---
Carissa Colbeth	---	---	---	---	8-9 1/2	---	---	---	---
Erin Dengelman	9-8	---	---	---	---	---	---	---	---
Ann Gummow	10-8	10-3 1/4	10-8	---	10-3 1/4	10-3 1/4	---	<b>11-3 3/4</b>	---
Lindsay Leech	---	---	10-8	---	10-9	9-3 1/4	---	---	---
Sarah Melton	---	---	---	---	9-3 1/4	9-3 1/4	---	---	---
Tiffany Ness	9-8	7-5 3/4	NH	---	<b>10-9</b>	<b>10-9</b>	---	10-10	---
<b>100 Meter Dash</b>									
Jena Durmin	12.19	12.11	---	---	---	12.02	---	<b>11.99</b>	<b>11.99</b>
Collette Francis	13.14	12.83	---	---	---	13.06	---	---	---
Whitney Franklin	13.41	13.22	13.38	---	---	13.39	---	---	---
Stephanie Lasko	13.14	---	12.99	---	12.94	12.85	---	---	---
Lindsay Leech	---	---	---	---	---	---	---	13.73	---
Krista Kopetsky	---	13.21	---	---	13.11	---	---	---	---
Jenny Manderfeld	---	13.46	13.75	---	13.64	---	---	---	---
Keely McCollow	---	13.59	13.68	---	13.69	---	---	---	---
Courtney Poziombke	13.13	---	---	---	---	---	---	---	---
Kelly Runkle	12.92	---	---	---	---	---	---	---	---
Sarah Thayer	---	12.72	---	---	---	---	---	---	---
Talia Williams	12.93	---	12.73	---	---	12.59	---	---	---
<b>200 Meter Dash</b>									
Danielle Anton	---	---	---	---	28.91	---	---	---	---
Jena Durmin	---	---	25.96	---	---	<b>25.43</b>	---	---	---
Collette Francis	26.36	---	26.32	---	---	26.21	---	---	---
Whitney Franklin	27.37	---	---	---	---	---	---	---	---
Stephanie Lasko	---	26.83	26.68	---	27.29	26.83	---	---	---
Jenny Manderfeld	---	27.62	---	---	29.26	---	---	---	---
Keely McCollow	---	28.37	28.22	---	28.27	---	---	---	---
Melissa Palmer	---	---	---	---	27.45	---	---	---	---
Courtney Poziombke	26.87	---	26.45	---	27.63	26.03	---	26.47	---
Danica Schaefer	---	---	---	---	28.02	---	---	---	---
Stephanie Souvenir	---	27.81	---	---	28.64	---	---	---	---
Katie Steingreber	---	---	---	---	26.80	---	---	---	---
Talia Williams	---	26.35	---	---	---	25.81	---	25.62	---
Brooke Witcher	---	---	26.12	---	---	26.00	---	---	---
<b>400 Meter Dash</b>									
Kristin Hodge	---	---	1:09.11	---	1:08.95	---	---	---	---
Stephanie Lasko	---	---	---	---	---	---	---	1:01.68	---
Nicole Logan	---	1:05.36	1:04.63	---	1:06.22	---	---	---	---
Melissa Palmer	1:02.23	---	1:02.42	---	---	1:08.79	---	---	---
Caitlin Perra	---	---	---	---	1:02.13	1:03.03	---	---	---
Danica Schaefer	1:01.20	---	1:02.22	---	---	---	---	---	---
Katie Steingreber	1:00.88	59.62	1:00.26	---	---	59.48	---	---	---
Lauren Terry	1:06.31	1:04.76	1:03.38	---	1:03.73	1:03.04	---	---	---

	Wartburg Invite	Red-White Invite	Phil Esten Challenge	Drake Relays	Loras Invite	WIAC Champ.	UW-O Last Chance	NCAA Qualifier	NCAA III Champ.
<b>400 Meter Dash</b>									
Brooke Whitcher	1:00.03	59.64	---	---	---	<b>59.30</b>	---	---	---
<b>800 Meter Run</b>									
Nikki Cahen	---	---	---	---	---	---	---	2:26.72	---
Meagan Herlache	---	2:18.92	---	---	---	2:17.75	---	<b>2:14.22</b>	---
Sarah Kaufman	2:29.53	---	2:26.42	---	2:28.64	---	---	---	---
Amy Kempen	---	---	2:24.80	---	2:25.84	2:24.02	---	---	---
Maggie Lyendecker	2:26.09	---	2:22.64	---	2:24.69	2:24.08	---	---	---
Lauren Moss	---	2:20.90	---	---	---	---	---	---	---
Kristen Painter	2:18.27	---	---	---	---	2:19.54	---	2:15.36	---
Katie Porter	---	---	2:37.97	---	2:36.59	---	---	---	---
Beth Richmond	2:23.83	---	2:21.85	---	---	2:21.24	---	---	---
Theresa Scharrer	2:35.32	---	2:30.85	---	2:35.44	---	---	---	---
<b>1,500 Meter Run</b>									
Nikki Cahen	---	5:03.32	5:05.03	---	5:04.53	---	---	---	---
Rachel DeDeyn	4:52.15	---	4:52.05	---	4:56.71	4:52.14	---	---	---
Meagen Herlache	4:42.71	---	4:40.32	---	---	4:35.87	---	---	4:35.48
Lauren Moss	4:53.65	---	4:49.70	---	---	4:46.27	---	---	---
Kristen Painter	---	4:37.25	4:38.68	---	---	4:35.10	---	---	<b>4:32.08</b>
Julia Rudd	---	---	4:41.98	---	---	---	---	---	---
<b>5,000 Meters</b>									
Brenna Anderson	---	20:04.95	---	---	19:38.98	---	---	---	---
Emily Burns	19:02.18	---	18:53.13	---	---	19:25.74	---	---	---
Jenna Gerten	18:47.61	---	---	---	---	19:21.82	---	---	---
Caitlin Helgeson	19:07.73	---	---	---	---	---	---	---	---
Beth Medinger	---	19:32.82	---	---	---	---	---	---	---
Ariel Perkins	18:51.75	---	---	---	18:55.61	18:55.77	---	---	---
Julia Rudd	---	17:26.77	---	---	---	<b>17:08.69</b>	---	---	17:24.66
<b>10,000 Meters</b>									
Jenna Gerten	---	---	39:15.10	---	---	<b>38:26.86</b>	---	---	---
Caitlin Helgesen	---	---	39:30.80	---	---	39:34.21	---	---	---
Ariel Perkins	---	38:53.40	---	---	---	40:05.16	---	---	---
<b>3,000 Meter Steeplechase</b>									
Brenna Anderson	---	---	12:42.25	---	---	12:39.09	---	---	---
Beth Medinger	11:45.40	---	11:33.49	---	---	11:30.48	---	11:43.03	---
Stephanie Perleberg	---	12:12.97	11:54.01	---	---	12:09.89	---	---	---
Julia Rudd	10:38.66	---	---	<b>10:22.45</b>	---	10:37.77	---	---	10:33.22
Emily Watson	12:17.39	---	---	---	12:20.91	12:35.33	---	---	---
<b>100 Meter Hurdles</b>									
Danielle Anton	---	---	17.04	---	16.97	---	---	---	---
Chris Clausen	15.54	15.83	15.43	---	15.56	<b>15.14</b>	---	15.43	---
Emily Lemke	---	16.87	16.64	---	17.62	16.49	---	---	---
Abby Lien	16.01	---	15.80	---	---	16.01	---	---	---
Stephanie Souvenir	---	---	18.54	---	18.38	---	---	---	---
Katie Wagner	---	16.95	16.06	---	---	---	---	15.65	---
<b>400 Meter Hurdles</b>									
Shandra LaValle	1:10.28	---	1:09.17	---	1:10.20	1:07.90	---	---	---
Abby Lien	1:05.08	---	1:03.97	---	1:05.00	1:03.16	---	<b>1:02.90</b>	1:03.03
Katie Wagner	---	---	1:06.42	---	---	1:06.17	---	---	---
<b>Relays</b>									
<b>4 x 100 Relay</b>	---	47.87	47.73	48.30	---	47.77	---	47.62	<b>47.28</b>
<b>4 x 200 Relay</b>	---	---	---	DQ	---	---	---	---	---
<b>4 x 400 Relay</b>	4:02.46	3:57.06	3:58.30	---	---	3:57.61	3:54.23	3:52.60	<b>3:51.35</b>
<b>4 x 800 Relay</b>	---	---	---	9:32.57	---	<b>9:29.83</b>	---	---	---
<b>Distance Medley</b>	---	---	---	<b>12:03.59</b>	---	---	---	---	---
<b>1,600 Meter Sprint Medley</b>	---	---	---	<b>4:15.22</b>	---	---	---	---	---

