

## 2007 UW-La Crosse Women's Indoor Track & Field Results (FINAL)

Date	Event	Place	Score	Location
Jan. 19	at Blugold Indoor Open	1st/8 teams	223.0 pts.	Eau Claire, Wis.
Jan. 27	at UW-Stout Invite	No Team Scores	---	Menomonie, Wis.
Feb. 3	at St. Mary's Invite	No Team Scores	---	Winona, Minn.
	at Mankato State Open	No Team Scores	---	Mankato, Minn.
Feb. 9	at UW-Stevens Point Pent.	8th/15 teams	21.0 pts.	Stevens Point, Wis.
Feb. 10	at Warhawk Invite	2nd/10 teams	119.0 pts.	Whitewater, Wis.
<b>Feb. 16</b>	<b>Winona (Minn) State University</b>	<b>1st/2 teams</b>	<b>86.0 pts.</b>	<b>La Crosse, Wis.</b>
	at Wisconsin Open	No Team Scores	---	Madison, Wis.
Feb. 23-24	at WIAC Championships	1st/9 teams	205.0 pts.	Whitewater, Wis.
Mar. 3	at UW-Stevens Point Qualifier	No Team Scores	---	Stevens Point, Wis.
	at Karl Schlender Open	No Team Scores	---	Whitewater, Wis.
Mar. 9-10	at NCAA III Indoor Championships	4th/56 teams	31.0 pts	Terre Haute, Ind.

*Italics*=School Record      **Bold**=Team Season-High

	Blugold Open	UW-Stout Invite	St. Mary's Invite	Mankato State Open	Warhawk Invite	Winona State	Wisconsin Open	WIAC Champ.	UW-SP Qualifier	UW-W Qualifier	NCAA Champ.
<b>Long Jump</b>											
Katie Fondow	18-0 3/4	17-8	---	---	18-8 1/2	---	---	<b>19-0</b>	---	---	18-7
Sammy Kohn	---	13-10 1/4	15-2 3/4	---	---	15-5 1/2	---	---	---	---	---
Krista Kopetsky	17-1 1/2	---	---	18-5 3/4	---	---	18-4 1/4	17-9 1/2	---	---	16-9 1/4
Ashton May	16-5	16-6	---	---	---	---	---	18-3 1/4	---	---	17-5 1/4
Mandy Rue	15-10 1/4	---	16-10 3/4	---	17-4 3/4	17-5 1/4	---	17-9 1/2	---	---	---
Caitlin Schetter	17-4	---	---	18-1 1/2	17-11 3/4	---	---	<b>18-8</b>	---	---	17-11
Lauren Terry	14-8 1/2	---	15-1 1/2	---	---	---	---	---	---	---	---
Jena Durmin	---	---	---	---	17-8 3/4	---	18-1 3/4	18-10 1/2	---	---	17-7 1/2
Jessie Schultz	---	---	---	---	---	16-1 3/4	---	---	---	16-1 3/4	---
Megan Nitka	---	---	---	---	---	13-11 1/2	---	---	---	---	---
<b>Triple Jump</b>											
Katie Fondow	35-10 3/4	ND	---	37-5 1/4	---	---	---	36-5	---	---	35-6
AnnMarie Glejff	---	36-0	---	35-8	---	---	---	35-10	---	---	---
Sammy Kohn	---	30-6	30-10 1/2	---	---	31-6 1/2	---	---	---	---	---
Emily Lemke	32-11	33-9 1/2	---	---	34-6 3/4	---	---	34-6 1/4	---	---	---
Ashton May	35-3	35-2	36-1 3/4	---	---	---	---	<b>37-9 1/4</b>	---	---	35-7 3/4
Caitlin Schetter	35-10 1/2	36-4 1/4	---	37-2 1/2	---	---	---	37-3 1/4	---	37-10	37-3 1/4
Jessie Schulz	33-1 1/4	30-11	33-7 1/2	---	---	33-6	---	34-1 1/4	---	33-6 3/4	---
Kelly Shannon	31-11 1/2	32-2 3/4	33-0 1/2	---	---	---	---	---	---	---	---
<b>High Jump</b>											
Kayla Johnson	4-11 3/4	4-10 1/2	4-10 1/2	---	---	5-1	---	<b>5-1 3/4</b>	---	---	---
Lauren Terry	---	4-8 3/4	4-4 3/4	---	---	4-4 1/4	---	---	---	---	---
Jenna Stark	4-9 3/4	4-10 1/2	4-6 3/4	---	---	---	---	<b>5-1 3/4</b>	---	---	---
Megan Nitka	---	---	4-6 3/4	---	---	---	---	---	---	---	---
AnnMarie Glejff	---	---	---	---	---	4-10 1/4	---	---	---	---	---
<b>Shot Put</b>											
Amy Ableidinger	32-6 1/2	---	35-9 1/4	---	32-2	31-4	---	33-8 3/4	---	---	---
Christy Birkholz	32-8 1/2	34-0 1/4	35-10	---	34-5 1/2	---	---	33-10	36-4	---	---
Christy Bohl	38-4 3/4	41-8	42-0	---	41-8	39-11 1/2	---	41-8	42-0 3/4	---	---
Molly Day	<b>42-0 1/2</b>	41-0 1/2	38-5	---	40-4 1/4	---	---	37-3 3/4	40-7	---	---
Tina Schmidt	34-9 3/4	34-0 3/4	35-9 1/4	---	33-9 1/2	35-2 1/2	---	35-5 3/4	---	---	---
Megan Nitka	---	---	28-4 1/2	---	---	---	---	---	---	---	---
<b>20-lb. Weight Throw</b>											
Christy Birkholz	49-4 1/2	49-0 1/4	48-9 1/2	---	50-2 3/4	---	---	<b>50-4 1/2</b>	49-7 3/4	---	---
Christy Bohl	35-7 3/4	34-11 1/4	32-0 3/4	---	39-3 1/4	33-6 3/4	---	---	---	---	---
Molly Day	40-2 1/4	41-10 1/2	49-5 1/2	---	49-7 1/4	---	---	45-8 1/2	---	---	---
Amanda Kingsbury	37-9 1/4	ND	41-1 1/2	---	42-4	42-3 1/4	---	41-1 1/2	---	---	---
Tina Schmidt	47-6 1/2	44-4	45-5 1/4	---	47-6 1/4	48-11 1/2	---	47-9	47-9 3/4	---	---
<b>Pole Vault</b>											
Chris Clausen	10-10 1/4	10-2	---	---	---	10-8 1/4	---	11-3 3/4	---	---	---
Kaitlin Genthe	10-4 1/4	10-2	10-10	---	10-10 1/4	10-8 1/4	---	11-3 3/4	10-10 3/4	---	---
Tracy Hill	---	8-8 1/4	8-10 1/4	---	---	9-2 1/2	---	---	---	---	---
Kaitlin Joyce	10-4 1/4	10-2	9-10	---	10-10 1/4	10-2 1/2	---	10-10	10-10 3/4	---	---
Lendsav Leech	11-4 1/4	NH	11-9 3/4	---	11-10	---	---	11-9 3/4	11-4 1/2	---	<b>11-11 3/4</b>

	Blugold Open	UW-Stout Invite	St. Mary's Invite	Mankato State Open	Warhawk Invite	Winona State	Wisconsin Open	WIAC Champ.	UW-SP Qualifier	UW-W Qualifier	NCAA Champ.
<b>Pole Vault</b>											
Tiffany Ness	10-10 1/4	10-8	NH	---	10-10 1/4	10-8 1/4	---	---	10-10 3/4	---	---
Jamie Scott	10-10 1/4	11-1 3/4	10-10	---	11-6 1/2	10-2 1/2	---	11-3 3/4	11-10 1/2	---	<b>11-11 3/4</b>
<b>55 Dash</b>											
Jena Durmin	7.21	7.21	---	---	---	---	---	7.14	---	---	<b>7.07</b>
Stepanie Lasko	---	7.71	7.70	---	7.66	---	---	7.59	---	---	---
Krista Kopesky	7.82	7.61	---	---	7.57	---	---	7.50	---	---	---
Whitney Franklin	---	7.85	7.81	---	7.81	---	---	---	---	---	---
Clare Kaufman	---	7.92	7.87	---	7.86	7.70	---	7.76	---	---	---
Jenny Manderfeld	8.12	---	8.05	---	8.02	---	---	---	---	---	---
Mandy Rue	7.84	---	---	---	---	7.97	---	---	---	---	---
Kaitlin Joyce	---	---	7.81	---	---	7.75	---	7.76	---	---	---
Sarah Duchow	---	---	---	---	---	---	---	7.47	---	---	---
<b>60 Meter Dash</b>											
Jena Durmin	---	---	---	<b>7.67</b>	---	---	<b>7.67</b>	---	---	---	---
Sara Duchow	---	---	---	8.13	---	---	8.09	---	---	---	---
Krista Kopesky	---	---	---	---	---	---	8.03	---	---	---	---
<b>200 Meter Dash</b>											
Jena Durmin	26.72	26.37	---	---	---	---	---	<b>26.02</b>	---	---	---
Sarah Duchow	---	26.74	---	26.61	---	---	26.69	26.23	---	---	---
Whitney Franklin	27.69	28.00	27.52	---	---	26.99	---	27.05	---	---	---
Clare Kaufman	---	27.84	27.73	---	27.82	28.24	---	27.70	---	---	---
Stephanie Lasko	27.57	27.77	27.54	---	27.01	27.17	---	26.97	---	---	---
Jenny Manderfeld	28.77	---	28.71	---	28.36	28.41	---	---	---	---	---
Mandy Rue	---	27.83	---	---	---	---	---	---	---	---	---
Katie Steingreber	27.13	---	---	---	---	---	26.20	26.05	---	---	---
Brittini Osuldsen	---	---	27.75	---	---	---	---	---	---	---	---
<b>400 Meter Dash</b>											
Abby Lien	1:03.63	---	---	---	---	---	---	---	---	---	---
Maggie Lyendecker	---	1:01.99	---	---	---	---	---	---	---	---	---
Sara Mowchan	---	1:03.70	1:02.91	---	---	1:03.19	---	---	---	---	---
Samantha Morris	---	1:04.69	---	---	---	---	---	---	---	---	---
Brittini Osuldsen	1:02.96	1:02.22	---	---	<b>1:01.37</b>	1:01.41	---	1:01.51	---	---	---
Caitlin Perra	1:00.91	1:00.57	---	1:00.09	---	---	59.80	1:00.20	---	---	---
Danica Schaefer	1:03.51	1:01.97	---	1:00.84	---	---	1:01.06	1:00.68	---	---	---
Katie Steingreber	---	1:01.19	---	<b>59.54</b>	---	---	---	---	---	---	---
Lauren Terry	1:05.39	---	---	---	---	---	---	---	---	---	---
<b>800 Meter Run</b>											
Stephanie Carney	2:34.99	---	2:27.09	---	2:28.52	2:25.36	---	---	---	---	---
Meagan Herlache	2:22.67	---	---	---	---	---	2:19.74	2:18.78	---	---	---
Michell Horn	---	2:24.09	---	2:23.66	---	---	---	2:22.26	---	---	---
Sarah Kaufman	2:29.66	---	2:32.44	---	2:28.31	2:26.75	---	---	---	---	---
Amy Kempen	2:27.37	---	---	2:26.01	---	2:24.63	---	---	---	---	---
Maggie Leyendecker	2:25.45	---	---	2:23.17	---	---	---	2:20.94	---	---	---
Lauren Moss	---	2:30.76	---	---	---	---	---	---	---	---	---
Beth Richmond	2:24.00	2:25.22	---	2:20.27	---	---	---	<b>2:17.96</b>	---	---	---
Lauren Terry	---	2:31.10	---	---	---	---	---	---	---	---	---
Jessica Goessl	----	----	2:26.52	---	---	2:22.97	---	2:22.26	---	---	---
Megan Johnson	---	---	---	---	2:23.64	---	---	---	---	---	---
<b>Mile Run</b>											
Brenna Anderson	5:37.42	5:35.92	---	---	---	5:31.66	---	---	---	---	---
Emily Burns	5:25.82	5:19.81	---	---	---	---	5:24.20	5:24.81	---	---	---
Jessica Goessl	5:44.64	---	---	---	---	---	---	---	---	---	---
Megan Johnson	---	5:24.91	5:23.74	---	---	5:16.54	---	5:15.34	---	---	---
Amy Kempen	---	5:27.43	---	---	---	---	---	---	---	---	---
Lauren Moss	5:27.70	---	5:23.15	---	---	5:16.90	---	5:18.72	---	---	---
Beth Medinger	---	---	---	---	---	5:18.83	---	---	---	---	---
Kaitlin Grabanski	---	---	5:38.64	---	---	5:35.97	---	---	---	---	---
Kristin Painter	---	---	---	5:06.23	---	---	5:02.18	<b>4:58.70</b>	---	---	5:01.98
Meagan Herlache	---	---	---	5:00.60	---	---	---	5:04.90	---	---	---

	Blugold Open	UW-Stout Invite	St. Mary's Invite	Mankato State Open	Warhawk Invite	Winona State	Wisconsin Open	WIAC Champ.	UW-SP Qualifier	UW-W Qualifier	NCAA Champ.
<b>Mile Run</b>											
Michelle Horn	---	---	---	---	5:20.24	---	---	---	---	---	---
Megan Dugan	---	---	---	---	5:34.60	5:24.92	---	---	---	---	---
Allison Kolinski	---	---	---	---	5:48.76	---	---	---	---	---	---
Katelyn Williams	---	---	---	---	---	5:27.85	---	---	---	---	---
Amanda Kiel	---	---	---	---	---	5:50.33	---	---	---	---	---

<b>3,000 Meters</b>											
Jackie Arendt	---	---	10:58.48	---	---	---	---	---	---	---	---
Brenna Anderson	---	---	11:14.73	---	---	---	---	---	---	---	---
Nikki Cahen	10:28.1	---	---	---	---	---	---	10:16.80	---	---	---
Meghan Dugan	11:45.0	---	11:40.95	---	---	---	---	---	---	---	---
Megan Johnson	11:07.2	---	---	---	---	---	---	---	---	---	---
Amanda Kiel	---	---	11:47.12	---	11:43.45	---	---	---	---	---	---
Kayla La Porte	---	---	11:29.88	---	---	11:18.04	---	---	---	---	---
Emily Lewandowski	---	11:24.48	---	---	---	---	---	---	---	---	---
Beth Medinger	11:39.5	---	---	---	10:51.71	---	---	10:43.65	---	---	---
Whitney Nefstead	11:00.8	11:26.82	---	---	---	11:31.22	---	---	---	---	---
Kristen Painter	<b>10:16.2</b>	---	---	---	---	---	---	<b>9:59.53</b>	---	---	---
Stephanie Perleburg	11:36.3	---	---	---	---	---	---	---	---	---	---
Katelyn Williams	11:17.0	---	---	---	10:49.05	---	---	10:51.63	---	---	---
Jena Gerten	---	---	---	---	10:38.10	---	---	10:54.15	---	---	---
Kristen Howe	---	---	---	---	---	---	---	10:33.66	---	---	---

<b>3,200 Meters</b>											
Kristen Howe	---	---	---	---	---	---	<b>11:33.16</b>	---	---	---	---
Jena Gerten	---	---	---	---	---	---	11:49.33	---	---	---	---

<b>5,000 Meters</b>											
Emily Burns	---	---	---	18:32.41	---	---	---	18:36.97	---	---	---
Jenna Gerten	---	18:45.48	---	18:31.12	---	---	---	18:44.29	---	---	---
Kristen Howe	18:37.86	---	---	18:25.51	---	---	---	18:07.87	---	---	---
Allison Kolinski	19:43.28	---	19:33.54	---	---	19:42.54	---	---	---	---	---
Beth Medinger	---	20:01.58	---	---	---	---	---	---	---	---	---
Stephanie Perleburg	---	19:40.67	---	---	---	---	---	---	---	---	---
Nikki Cahen	---	---	---	---	17:45.82	---	---	<b>17:38.25</b>	18:13.02	---	---
Jackie Arendt	---	---	---	---	18:41.80	---	---	18:26.40	---	---	---
Emily Lewandowski	---	---	---	---	19:18.05	19:27.25	---	19:03.31	---	---	---
Stephanie Perleberg	---	---	---	---	19:30.97	20:26.75	---	---	---	---	---
Whitney Nefstead	---	---	---	---	19:55.46	---	---	---	---	---	---

<b>55 Hurdles</b>											
Chris Clausen	8.76	8.65	---	---	---	8.68	---	<b>8.63</b>	---	---	---
Emily Lemke	9.14	9.04	---	---	---	---	---	8.92	---	---	---
Abby Lien	9.51	---	---	---	---	---	---	---	---	---	---
AnnMarie Glejf	---	8.97	---	---	---	---	---	8.81	---	---	---
Lauren Terry	---	---	10.82	---	---	10.45	---	---	---	---	---
Megan Nitka	---	---	---	---	---	11.01	---	---	---	---	---

<b>60 Hurdles</b>											
Chris Clausen	---	---	---	<b>9.24</b>	---	---	---	---	---	---	---
Emily Lemke	---	---	---	9.65	---	---	9.61	---	---	---	---
AnnMarie Glejf	---	---	---	10.05	---	---	---	---	---	---	---

<b>Relays</b>											
<b>4x200</b>											
---	---	1:48.45	---	---	1:44.21	---	---	<b>1:43.29</b>	---	---	---
<b>4x400</b>											
---	4:09.29	4:08.17	---	4:01.18	3:56.32	4:30.94	4:04.01	4:02.43	3:54.00	---	<b>3:52.86</b>
<b>Distance Medley</b>											
---	---	---	---	---	12:01.73	---	---	12:35.23	11:55.00	---	<b>11:54.33</b>

<b>Pentathlon</b>											
<b>UW-Stevens Point Pentathlon</b>						<b>WIAC Conference Pentathlon</b>					
Ann Marie Glejf	2,932 pts.	Ann Marie Glejf	3,108 pts.								
Lauren Terry	2,507 pts.	Lauren Terry	2,453 pts.								
Megan Nitka	1,950 pts.	Megan Nitka	2,031 pts.								