

2009 UW-La Crosse Women's Outdoor Track & Field Results (FINAL)

Date	Event	Place	Score	Location
April 3-4	at Wartburg Select	1st/6 teams	195.50 pts.	Waverly, Iowa
April 10	at UW-Platteville Invitational	No Team Scores	---	Platteville, Wis.
April 16-18	at Kansas Relays	No Team Scores	---	Lawrence, Kan.
April 17	Phil Esten Challenge	1st/8 teams	146.33 pts.	Winona, Minn.
April 21	at Wartburg Dual	No Team Scores	---	Waverly, Iowa
April 24-25	at Drake Relays	No Team Scores	---	Des Moines, Iowa
May 1-2	at WIAC Championships	1st/9 teams	211.00 pts.	Oshkosh, Wis.
May 9	at Wisconsin Twilight	No Team Scores	---	Madison, Wis.
May 14	NCAA Qualifier	No Team Scores	---	La Crosse, Wis.
May 14-15	at UW-River Falls Multi Meet	No Team Scores	---	River Falls, Wis.
May 21-23	at NCAA III Championships	3rd/79 teams	48.00 pts.	Marietta, Ohio

Home meets in **bold**

Italics=School Record

Bold=Team Season-High

%=NCAA III Champion

	Wartburg Invite	UW-P Invite	Kansas Relays	Esten Challenge	Wartburg Dual	Drake Relays	WIAC Champ.	Wisconsin Twilight	NCAA Qualifier	UW-RF Multi Meet	NCAA Champ.
Long Jump											
Laurel Beck	---	16-0	---	16-1	---	---	14-3 3/4	---	---	---	---
Kailey Charlton	---	16-0	---	16-1 3/4	15-9	---	16-7	---	---	---	---
Katie Fondow	---	18-4 1/2	18-1 1/2	---	---	---	19-0	18-5 3/4	19-5 1/4	---	19-2 1/2
Amy Jo Garringer	14-9 3/4	---	---	---	---	---	---	---	---	---	---
Kjirsten Jacobson	---	17-2 1/2	---	17-4 1/4	17-2 1/4	---	16-5 3/4	---	16-6 1/2	---	---
Kelsey Katarow	---	---	---	15-9 1/2	---	---	---	---	---	---	---
Ashton May	---	17-9 1/2	---	18-2 1/2	18-10 1/2	---	18-0 1/4	18-1 3/4	19-7	---	18-7 3/4
Megan Nitka	12-1 3/4	---	---	---	---	---	14-3 1/4	---	---	---	---
Leanne Nowicki	15-0 1/2	---	---	---	---	---	16-1 1/2	---	---	---	---
Caitlin Reed	13-9	---	---	14-4	---	---	---	---	---	---	---
Caitlin Schetter	---	---	19-1 1/2	---	---	---	19-0	---	---	---	19-10 1/4 %
Jamie Scott	16-1 3/4	---	---	---	17-4 3/4	---	17-7 1/2	16-6 1/2	---	---	---
Abby Schulz	16-2 1/2	17-1 1/2	---	ND	16-9 1/4	---	16-9 1/4	---	---	---	---
Lauren Terry	---	---	---	---	---	---	15-9 1/2	---	15-3 1/2	---	---
Triple Jump											
Katie Fondow	---	---	36-1 1/2	---	36-7 1/2	---	37-10 3/4	---	38-5	---	39-8
Kjirsten Jacobson	---	---	---	---	33-5 1/4	---	---	---	---	---	---
Ashton May	---	34-1	---	---	37-6	---	36-2 3/4	---	---	---	---
Maggie May	---	34-0	---	---	34-5	---	35-2	---	---	---	---
Caitlin Reed	31-10 1/4	33-0	---	33-3	32-7	---	ND	---	---	---	---
Caitlin Schetter	---	---	37-3 1/4	---	39-1	---	37-7 3/4	---	---	---	39-2 1/4
Abby Schulz	34-8 1/2	35-8	---	35-4 3/4	35-7 3/4	---	36-1 1/4	---	---	---	---
High Jump											
Amy Jo Garringer	4-11	---	---	5-3	---	---	5-3 1/4	4-11 1/2	5-3 1/4	---	---
Jenna Hudziak	4-9	---	---	---	---	---	5-1 1/4	---	---	---	---
Kayla Johnson	4-9	4-11	---	4-9	4-9	---	4-9 1/2	---	5-1	---	---
Sara Mitchell	4-11	5-1	---	4-11	4-11	---	5-1 1/4	---	5-1	---	---
Megan Nitka	4-7 1/2	---	---	---	---	---	4-6	---	---	---	---
Leanne Nowicki	4-11	---	---	4-11	---	---	4-10 1/2	---	---	---	---
Jamie Scott	5-0 1/4	---	---	---	---	---	5-2 1/4	---	---	---	---
Jenna Stark	---	5-1	---	5-1	5-1	---	5-1 1/4	---	---	---	---
Lauren Terry	---	---	---	---	4-9	---	5-1 1/4	---	4-7	---	---
Shot Put											
Christy Bohl	42-6 1/4	42-5 1/4	---	43-4 1/4	40-7 1/2	---	42-9 1/2	43-3 1/4	44-8	---	41-7 3/4
Amy Jo Garringer	24-11 3/4	---	---	---	---	---	---	---	---	---	---
Tacara Lovings	30-8 1/2	---	---	---	---	---	---	---	---	---	---
Megan Nitka	29-1 3/4	---	---	---	---	---	30-8 1/4	---	---	---	---
Leanne Nowicki	25-8	---	---	---	---	---	27-0 1/2	---	---	---	---
Jessica Ramel	39-4 1/2	38-0 1/4	---	37-9 1/2	---	---	38-6 3/4	38-0 1/4	37-4	---	---
Jamie Scott	27-4 1/2	---	---	---	---	---	27-10 3/4	---	---	---	---
Lauren Terry	---	---	---	---	---	---	25-11	---	---	---	---

	Wartburg Invite	UW-P Invite	Kansas Relays	Esten Challenge	Wartburg Dual	Drake Relays	WIAC Champ.	Wisconsin Twilight	NCAA Qualifier	UW-RF Multi Meet	NCAA Champ.
Hammer Throw											
Christy Bohl	141-0	140-10	---	147-1	142-2	---	134-2	---	---	---	---
Amanda Bridleman	107-6	---	---	---	---	---	---	---	---	---	---
Tacara Lovings	106-0	102-3	---	105-4	116-1	---	---	---	106-10	---	---
Morgan Phalen	---	105-7	---	114-5	121-11	---	---	---	112-8	---	---
Jessica Ramel	110-2	114-2	---	124-9	---	---	---	---	117-1	---	---
Discus											
Christy Bohl	130-10	---	---	130-3	135-9	---	132-7	---	---	---	---
Amanda Bridleman	96-11	100-6	---	95-0	102-5	---	---	---	---	---	---
Tacara Lovings	94-9	95-10	---	98-6	ND	---	---	---	85-5	---	---
Morgan Phalen	FOUL	117-1	---	109-4	113-7	---	117-1	---	115-9	---	---
Jessica Ramel	105-4	102-6	---	102-5	---	---	---	---	102-7	---	---
Javelin Throw											
Christy Bohl	107-5	---	---	108-9	107-2	---	114-4	---	---	---	---
Amanda Bridleman	---	65-7	---	79-0 1/2	76-6	---	---	---	---	---	---
Amy Jo Garringer	53-2	---	---	---	---	---	---	---	---	---	---
Kayla Johnson	---	99-11	---	91-5	---	---	FOUL	---	94-5	---	---
Tacara Lovings	---	79-7	---	74-3	73-11	---	---	---	89-9	---	---
Megan Nitka	81-7	---	---	95-11	98-2	---	98-9	---	87-0	---	---
Leanne Nowicki	88-5	---	---	93-7	---	---	89-5	---	---	---	---
Morgan Phalen	---	74-2	---	68-9 3/4	76-11	---	---	---	---	---	---
Jamie Scott	94-11	---	---	91-10	---	---	87-6	---	---	---	---
Lauren Terry	---	---	---	---	---	---	99-4	---	---	---	---
Pole Vault											
Kaitlin Genthe	11-9 3/4	11-6 1/2	---	NH	12-0 3/4	---	NH	12-2 3/4	11-6 1/2	---	11-4 1/2
Kaitlyn Joyce	10-10	10-6 3/4	---	11-2 1/2	11-7	---	11-2 1/2	---	11-0 3/4	---	---
Christy Moses	10-0	10-0 3/4	---	9-9	9-7 1/4	---	10-2 3/4	---	---	---	---
Jamie Scott	---	---	---	NH	NH	---	---	10-9	---	---	---
100 Meter Dash											
Laurel Beck	13.05	---	---	12.82	---	---	---	---	---	---	---
Kailey Charlton	13.25	12.88	---	12.71	12.58	---	12.66	---	---	---	---
Katie Fondow	12.98	---	---	---	12.84	---	12.47	---	---	---	---
Claire Kaufman	---	13.64	---	13.56	---	---	13.06	---	---	---	---
Liz Kramer	13.36	12.82	---	12.76	---	---	12.44	---	12.84	---	---
Ashton May	12.65	---	---	12.56	---	---	12.11	---	12.59	---	12.50
Caitlin Schetter	12.33	---	12.30	---	12.02	---	12.12	---	12.38	---	DQ
Meagan Seabul	13.91	---	---	13.73	---	---	---	---	---	---	---
Kelly Stipetich	13.12	---	---	12.83	---	---	12.90	---	---	---	---
Megan Thiel	13.45	13.21	---	13.25	13.25	---	13.22	---	---	---	---
Kelly Uelman	13.78	13.90	---	13.77	---	---	---	---	---	---	---
200 Meter Dash											
Laurel Beck	---	26.76	---	---	---	---	---	---	---	---	---
Katie Fondow	---	27.05	---	---	---	---	---	---	---	---	---
Amy Jo Garringer	30.14	---	---	---	---	---	---	---	---	---	---
Kelsey Katarow	26.13	---	---	---	---	---	26.75	---	---	---	---
Claire Kaufman	---	27.77	---	27.26	27.27	---	---	---	---	---	---
Liz Kramer	---	---	---	27.40	26.05	---	---	---	---	---	---
Ashton May	---	---	---	---	---	---	24.96	---	---	---	---
Megan Nitka	32.22	---	---	--	---	---	31.92	---	---	---	---
Leann Nowicki	29.24	---	---	--	---	---	28.92	---	---	---	---
Kayla Raduka	---	27.33	---	---	---	---	---	---	---	---	---
Bethany Reel	---	---	---	27.44	---	---	---	---	---	---	---
Danica Schaefer	25.63	---	---	---	---	---	24.95	---	---	---	---
Caitlin Schetter	25.22	---	25.46	---	---	---	24.88	---	---	---	---
Abby Schultz	---	---	---	28.25	---	---	---	---	---	---	---
Jamie Scott	27.33	---	---	---	---	---	28.13	---	---	---	---
Meagan Seabul	---	---	---	27.47	---	---	---	---	---	---	---
Lauren Seidl	---	26.16	---	---	---	---	24.74	---	---	---	---
Lauren Terry	---	---	---	---	---	---	28.37	---	---	---	---
Kelly Stipetich	---	---	---	26.83	---	---	26.93	---	---	---	---
Megan Thiel	---	27.39	---	27.15	27.54	---	27.79	---	---	---	---

	Wartburg Invite	UW-P Invite	Kansas Relays	Esten Challenge	Wartburg Dual	Drake Relays	WIAC Champ.	Wisconsin Twilight	NCAA Qualifier	UW-RF Multi Meet	NCAA Champ.
200 Meter Dash											
Kelly Uelmen	---	---	---	29.39	---	---	---	---	---	---	---
Caitlin Wippermann	---	26.76	---	---	---	---	26.92	---	---	---	---
400 Meter Dash											
Laurel Beck	---	---	---	---	1:10.15	---	1:00.02	---	---	---	---
Kelsey Heinz	---	---	---	---	1:05.94	---	---	---	---	---	---
Kelsey Katarow	---	---	---	58.21	---	---	59.75	---	---	---	---
Maggie Leyendecker	1:02.85	---	---	---	---	---	---	---	---	---	---
Sara Mochan	1:04.19	---	---	---	---	---	---	---	---	---	---
Kayla Raduka	1:01.89	---	---	1:01.93	---	---	1:00.98	---	---	---	---
Bethany Reel	1:03.74	1:03.15	---	1:02.65	1:04.15	---	---	---	---	---	---
Danica Schaefer	---	---	---	58.15	---	---	58.36	---	---	---	---
Lauren Seidl	1:01.62	---	---	1:00.66	---	---	---	---	---	---	---
Caitlin Wippermann	1:01.53	---	---	1:01.40	---	---	---	---	---	---	---
800 Meter Run											
Kelsie Birschbach	2:27.26	2:28.01	---	---	---	---	---	---	---	---	---
Amy Jo Garringer	3:16.24	---	---	---	---	---	---	---	---	---	---
Kelsey Heinz	2:41.82	---	---	---	---	---	2:27.95	---	---	---	---
Megan Knutson	---	2:22.65	---	---	---	---	---	---	---	---	---
Megan Nitka	2:58.60	---	---	---	---	---	2:46.02	---	---	---	---
Leanne Nowicki	2:56.99	---	---	---	---	---	2:44.74	---	---	---	---
Beth Richmond	2:21.83	---	---	---	---	---	2:18.24	---	---	---	---
Courtney Rucker	2:26.82	---	---	---	2:26.28	---	---	---	---	---	---
Jamie Scott	2:38.44	---	---	---	---	---	2:37.04	---	---	---	---
Kriston Siemianowski	2:22.50	---	---	---	---	---	2:19.37	---	---	---	---
Johanna Sumniet	2:39.94	2:36.08	---	---	---	---	---	---	---	---	---
Lauren Terry	---	---	---	---	---	---	2:33.86	---	---	---	---
1,500 Meter Run											
Kelsie Birschbach	---	---	---	---	5:05.66	---	---	---	---	---	---
Megan Dugan	---	4:54.31	---	5:00.44	---	---	5:04.93	---	---	---	---
Kelsey Heinz	---	5:08.93	---	---	---	---	---	---	---	---	---
Michelle Horn	4:56.97	4:51.74	---	---	---	---	4:57.90	---	---	---	---
Allison Kolinski	---	4:53.69	---	4:51.07	---	---	4:52.41	---	---	---	---
Megan Knutson	5:04.17	---	---	---	---	---	---	---	---	---	---
Stephanie Perleberg	---	---	---	---	---	---	---	4:46.26	---	---	---
Nichelle Roessler	---	---	---	---	5:47.27	---	---	---	---	---	---
Courtney Rucker	---	5:03.29	---	---	---	---	---	---	---	---	---
Kriston Siemianowski	---	4:54.89	---	---	---	---	---	---	---	---	---
3,000 Meter Steeplechase											
Michelle Horn	---	---	---	---	---	---	11:31.09	---	11:52.92	---	---
Megan Johnson	11:48.25	11:16.18	---	---	---	---	11:16.04	11:13.85	11:12.00	---	---
Mary Olson	11:54.14	11:39.70	---	11:40.12	---	---	11:29.48	---	---	---	---
Stephanie Perleberg	11:01.02	10:49.15	---	---	---	---	10:35.30	---	---	---	10:22.34 %
5,000 Meter Run											
Rachel Boldt	19:35.25	---	---	---	---	---	19:11.45	---	---	---	---
Leigh-Ann Des Roches	20:19.06	---	---	---	---	---	---	---	---	---	---
Amanda Gresl	21:36.77	21:12.25	---	---	---	---	---	---	---	---	---
Corrina Jones	19:40.60	---	---	---	---	---	---	---	---	---	---
Alison Kolinski	18:31.58	---	---	---	---	---	18:41.19	---	18:11.24	---	---
Ellen Kumm	19:30.82	---	---	---	---	---	---	---	---	---	---
Kayla La Porte	---	---	---	---	---	---	19:18.46	---	19:22.27	---	---
Whitney Nefstead	---	19:03.95	---	---	---	---	19:19.91	---	---	---	---
Nichelle Roessler	20:49.57	---	---	---	---	---	---	---	---	---	---
10,000 Meter Run											
Leigh-Ann Des Roch	---	---	---	42:41.13	---	---	42:51.32	---	---	---	---
Amanda Gresl	---	---	---	45:24.01	---	---	DNF	---	---	---	---
Corrina Jones	---	41:34.47	---	---	---	---	42:24.22	---	---	---	---
Ellen Kumm	---	39:59.40	---	---	---	---	40:13.91	---	---	---	---
Kayla La Porte	---	39:53.91	---	---	---	---	39:41.71	---	---	---	---
Nichelle Roessler	---	44:04.24	---	---	---	---	44:13.74	---	---	---	---

	Wartburg Invite	UW-P Invite	Kansas Relays	Esten Challenge	Wartburg Dual	Drake Relays	WIAC Champ.	Wisconsin Twilight	NCAA Qualifier	UW-RF Multi Meet	NCAA Champ.
100 Meter Hurdles											
Amy Jo Garringer	18.52	---	---	---	---	---	---	---	---	---	---
Maggie May	16.63	16.09	---	15.96	16.34	---	15.30	---	15.48	---	---
Megan Nitka	19.92	---	---	---	---	---	19.02	---	---	---	---
Leanne Nowicki	17.09	---	---	17.15	---	---	16.59	---	---	---	---
Jamie Scott	15.56	---	---	15.41	15.55	---	15.38	---	---	---	---
Lauren Terry	---	---	---	---	---	---	16.90	---	---	---	---
400 Meter Hurdles											
Maggie May	1:08.50	1:07.61	---	1:06.44	---	---	1:05.37	1:05.27	1:05.39	---	---
Megan Johnson	---	---	---	---	---	---	---	---	1:12.57	---	---
Heptathlon											
Jamie Scott	4,115 pts.	---	---	---	---	---	4,223 pts.	---	---	3,910 pts.	---
Leanne Nowicki	3,393 pts.	---	---	---	---	---	3,709 pts.	---	---	---	---
Amy Jo Garringer	2,782 pts.	---	---	---	---	---	---	---	---	---	---
Megan Nitka	2,626 pts.	---	---	---	---	---	3,074 pts.	---	---	---	---
Lauren Terry	---	---	---	---	---	---	3,882 pts.	---	---	---	---
Relays											
4x100	49.57	48.53	---	50.36	49.02	47.58	48.11	---	46.94	---	47.15
4x200	---	---	---	---	---	1:43.33	---	---	---	---	---
4x400	4:07.10	4:13.35	---	4:01.69	---	3:56.96	3:57.43	3:55.13	3:50.61	---	3:50.92
4x800	---	---	---	---	---	9:25.28	9:41.02	---	---	---	---
1,600 Medley	---	---	---	---	---	4:15.47	---	---	---	---	---
Distance Medley	---	---	---	---	---	12:27.42	---	---	---	---	---