

2016 Raptor Co-ed Relays - 4/25/2016**Russ Kraai Track****Results - Session 1****Girls 100 Meter Dash**

Name	Year	School	Finals	H#	Points
Finals					
1 Birks, Allison		South Centra	12.94	2	10
2 Paysen, Courtney	11	East Sac County	13.82	2	8
3 Gerke, Erin	11	Newell-Fonda	13.83	2	6
4 DePuma, Grace	10	Alta-Aurelia	14.02	2	4
5 Duhn, Bailey	12	Alta-Aurelia	14.07	2	2
6 Pickhinke, Beth	10	Ridge View	14.27	2	1
7 Phillips, Lexi	10	Ridge View	14.37	2	
8 Veit, Maggie	09	East Sac County	14.53	2	
9 Wedemeyer, Sara		Manson NW Webster	14.69	1	
10 Sippel, Dakota	09	Ridge View JV	14.74	1	
11 Andersen, Courtney		South Centra	14.87	1	
12 Whitson, Andrea	09	Newell-Fonda	14.96	1	
13 Thomsen, Saraya	11	Ar-We-Va	15.34	1	
14 Reicks, Anna		Manson NW Webster	15.47	1	
15 Mumm, Olivia	11	Ar-We-Va	15.76	1	
16 Wiese, Jenna	12	Ridge View JV	16.24	1	

Girls 200 Meter Dash

Name	Year	School	Finals	H#	Points
1 Birks, Allison		South Centra	26.64	2	10
2 Peterson, Lily	10	Alta-Aurelia	26.99	2	8
3 Gerke, Erin	11	Newell-Fonda	28.71	2	6
4 Todd, Paige	10	Ridge View	28.99	2	4
5 Else, Emerson	09	Ridge View	29.33	2	2
6 Danner, Emilee	09	Ar-We-Va	29.74	2	1
7 Kreft, Wylee	09	East Sac County	29.97	2	
8 Kolpin, Rowan	09	Alta-Aurelia	30.46	2	
9 Anderson, Teylor		South Centra	31.23	1	
10 Thomsen, Saraya	11	Ar-We-Va	31.49	1	
11 Morenz, Melanie	10	Newell-Fonda	32.01	1	
12 Najera, Esmeralda	10	Ridge View JV	32.32	1	
13 Falk, Bailey		Manson NW Webster	34.02	1	
14 Wiese, Jenna	12	Ridge View JV	34.10	1	
15 Hammond, Dijay	09	East Sac County	34.63	1	
16 Benavides, Keyla		Manson NW Webster	36.04	1	

Girls 400 Meter Dash

Name	Year	School	Finals	H#	Points
1 Peterson, Lily	10	Alta-Aurelia	59.83	2	10
2 Herrig, Kendal	12	East Sac County	1:05.80	2	8
3 Danner, Emilee	09	Ar-We-Va	1:06.87	2	6
4 Graber, Grayce	09	East Sac County	1:09.15	2	4
5 Pickhinke, Beth	10	Ridge View	1:10.56	2	2
6 Wiederin-Sackfield, Anas		South Centra	1:11.15	2	1
7 Ried, Renee	10	Newell-Fonda	1:11.86	2	
8 Herzberg, Sophie		Manson NW Webster	1:13.87	2	
9 Collison, Kara		South Centra	1:14.18	1	
10 Deck, Sierra	10	Ridge View	1:15.81	1	

2016 Raptor Co-ed Relays - 4/25/2016**Russ Kraai Track****Results - Session 1****....Girls 400 Meter Dash**

11 Whitson, Andrea	09 Newell-Fonda	1:18.17	1
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Girls 800 Meter Run

Name	Year School	Finals	Points
1 Rohwer, Lauren	10 Alta-Aurelia	2:31.55	10
2 Dutler, Kinzey	09 Ridge View	2:41.26	8
3 Mumm, Olivia	11 Ar-We-Va	2:56.81	6
4 Hansen, Abbi	09 Ridge View	2:57.16	4
5 Ukena, Lauren	South Centra	2:57.99	2
6 Houska, Taylor	09 East Sac County	3:00.07	1
7 Wood, Rylee	Manson NW Webster	3:01.22	
8 Dietrich, Meghan	South Centra	3:04.00	
9 Soriano, Louisa	Manson NW Webster	3:07.06	
10 Drenth, Carly	09 Alta-Aurelia	3:07.11	

Girls 1500 Meter Run

Name	Year School	Finals	Points
1 Sifuentes, Kendra	12 Newell-Fonda	5:40.38	10
2 Hardy, Megan	South Centra	5:43.26	8
3 Durbin, Kendra	Manson NW Webster	5:55.27	6
4 Kenny, Rachel	09 Ridge View	6:01.85	4
5 Ruhland, Samantha	Manson NW Webster	6:01.88	2
6 Johnson, Erin	10 Ridge View	6:07.54	1
7 Ried, Renee	10 Newell-Fonda	6:07.90	
8 Beukelman, Emily	11 Alta-Aurelia	6:08.65	
9 Falck, Lauren	11 Alta-Aurelia	6:23.34	
10 Ellis, Aspen	South Centra	6:26.62	
11 Galvin, Jill	09 Ridge View JV	6:38.72	
12 Smith, Kylie	09 Ridge View JV	6:40.16	

Girls 3000 Meter Run

Name	Year School	Finals	Points
1 Hardy, Megan	South Centra	12:39.70	10
2 Kenny, Rachel	09 Ridge View	12:59.23	8
3 Johnson, Erin	10 Ridge View	13:24.02	6
4 Soriano, Louisa	Manson NW Webster	13:30.71	4
5 Williams, Shantell	South Centra	13:45.00	2
6 Falck, Lauren	11 Alta-Aurelia	13:53.12	1

Girls 100 Meter Hurdles

Name	Year School	Finals	H#	Points
1 Drost, Emilee	12 East Sac County	17.37	2	10
2 Flores, DJ	12 Alta-Aurelia	17.39	2	8
3 King, Keagan	South Centra	18.02	2	6
4 Turnquist, Alicia	10 Alta-Aurelia	18.37	2	4
5 Else, Madeline	09 Ridge View	19.03	2	2
6 Michalski, Savannah	Manson NW Webster	19.19	2	1

2016 Raptor Co-ed Relays - 4/25/2016**Russ Kraai Track****Results - Session 1****....Girls 100 Meter Hurdles**

7	Schmitt, Hannah	10	East Sac County	19.43	1
8	Kilpatrick, Courtney		South Centra	19.55	2
9	Scheidegger, Addie	10	Newell-Fonda	20.47	1
10	Foley, Tiffany	11	Newell-Fonda	20.70	1
11	Grady, Ashlee		Manson NW Webster	21.22	1

Girls 400 Meter Hurdles

Name	Year	School	Finals	Points	
1	Herrig, Kendal	12	East Sac County	1:13.19	10
2	Turnquist, Alicia	10	Alta-Aurelia	1:15.22	8
3	Meier, Gracie	10	Alta-Aurelia	1:16.31	6
4	Pieken, Kennedy	12	East Sac County	1:17.58	4
5	Seil, Hannah		South Centra	1:22.57	2
6	Kilpatrick, Courtney		South Centra	1:24.74	1

Girls 4x100 Meter Relay

School	Finals	Points
1 Manson NW Webster 'A'	53.11	10
1) Dolder, Michelle		
2) Condon, Kourtney		
3) Michalski, Savannah		
4) Herzberg, Cloie		
2 South Central Calhou 'A'	53.64	8
1) Birks, Allison		
2) Hicks, Jessica		
3) King, Keagan		
4) Batz, Sydney		
3 Alta-Aurelia 'A'	53.96	6
1) Duhn, Maddy 12		
2) DePuma, Grace 10		
3) Flores, DJ 12		
4) Duhn, Bailey 12		
4 East Sac County 'A'	54.71	4
1) Paysen, Courtney 11		
2) Hammond, Dijana 12		
3) Drost, Emilee 12		
4) Kreft, Wylee 09		
5 Ridge View 'A'	56.39	2
1) Pickhinke, Beth 10		
2) Phillips, Lexi 10		
3) Richard, Kara 09		
4) Najera, Esmeralda 10		
6 Newell-Fonda 'A'	59.92	1
1) Jesse, Grace 10		
2) Archer, Emily 11		
3) Morenz, Melanie 10		
4) Bahena, Crystal 09		

Girls 4x200 Meter Relay

School	Finals	Points
1 South Central Calhou 'A'	1:53.70	10
1) Birks, Allison		
2) Hicks, Jessica		
3) Khommanyvong, Jady		
4) Batz, Sydney		
2 Manson NW Webster 'A'	1:54.59	8
1) Dolder, Michelle		
2) Condon, Kourtney		
3) Herzberg, Gabbie		
4) Herzberg, Cloie		
3 Alta-Aurelia 'A'	1:55.90	6
1) Duhn, Maddy 12		
2) Duhn, Bailey 12		
3) Turnquist, Brittany 09		
4) DePuma, Grace 10		
4 East Sac County 'A'	2:03.02	4
1) Paysen, Courtney 11		
2) Berry, Lexie 12		

2016 Raptor Co-ed Relays - 4/25/2016

**Russ Kraai Track
Results - Session 1**

....Girls 4x200 Meter Relay

3) Schueneman, Caitlin 09	4) Hammond, Dijay 09		
5 Ridge View 'A'		2:06.89	2
1) Phillips, Lexi 10	2) Richard, Kara 09		
3) Sippel, Dakota 09	4) Wiese, Renae 09		
6 Newell-Fonda 'A'		2:07.93	1
1) Archer, Emily 11	2) Jesse, Grace 10		
3) Morenz, Melanie 10	4) Bahena, Crystal 09		

Girls 4x400 Meter Relay

School		Finals	Points
1 Alta-Aurelia 'A'		4:22.95	10
1) Turnquist, Brittany 09	2) Barnes, Mary 10		
3) Rohwer, Lauren 10	4) Peterson, Lily 10		
2 Ridge View 'A'		4:27.46	8
1) Todd, Paige 10	2) Else, Emerson 09		
3) Hansen, Abbi 09	4) Dutler, Kinzey 09		
3 East Sac County 'A'		4:40.03	6
1) Graber, Grayce 09	2) Schmitt, Hannah 10		
3) Veit, Maggie 09	4) Kreft, Wylee 09		
4 Newell-Fonda 'A'		4:43.59	4
1) Morenz, Maddi 12	2) Stewart, Emma 09		
3) Wilken, Peyton 10	4) Emerick, Brenna 09		
5 South Central Calhou 'A'		4:47.69	2
1) Jones, Maddie	2) Wiederin-Sackfield, Anastasia		
3) Anderson, Teylor	4) Batz, Sydney		
6 Manson NW Webster 'A'		4:49.90	1
1) Wubben, Emily	2) Grady, Ashlee		
3) Troshynski, Faith	4) Herzberg, Gabbie		
7 Ridge View JV 'A'		5:03.14	
1) Smith, Kylie 09	2) Deck, Sierra 10		
3) Najera, Esmeralda 10	4) Wiese, Renae 09		

Girls 4x800 Meter Relay

School		Finals	Points
1 Alta-Aurelia 'A'		10:50.07	10
1) Meier, Gracie 10	2) Turnquist, Alicia 10		
3) Barnes, Mary 10	4) Rohwer, Lauren 10		
2 Ridge View 'A'		11:45.66	8
1) Galvin, Jill 09	2) Wiese, Renae 09		
3) Else, Madeline 09	4) Smith, Kylie 09		
3 Manson NW Webster 'A'		11:55.55	6
1) Herzberg, Gabbie	2) Troshynski, Faith		
3) Herzberg, Sophie	4) Wood, Rylee		
4 Newell-Fonda 'A'		12:02.09	4
1) Ried, Renee 10	2) Sifuentes, Kendra 12		
3) Emerick, Brenna 09	4) Garcia, Maribel 12		
5 East Sac County 'A'		12:06.07	2
1) Steinkamp, Sophie 09	2) Nissen, Sam 12		
3) Houska, Taylor 09	4) Scott, Emily 10		
6 South Central Calhou 'A'		12:23.36	1
1) Wiederin-Sackfield, Anastasia	2) Henkenius, Emily		

2016 Raptor Co-ed Relays - 4/25/2016**Russ Kraai Track****Results - Session 1****....Girls 4x800 Meter Relay**

3) Ukena, Lauren

4) Collison, Kara

Girls 800 Sprint Medley

School	Finals	Points
1 Alta-Aurelia 'A'	1:59.75	10
1) Duhn, Maddy 12	2) Duhn, Bailey 12	
3) DePuma, Grace 10	4) Peterson, Lily 10	
2 Manson NW Webster 'A'	2:01.68	8
1) Dolder, Michelle	2) Wubben, Emily	
3) Condon, Kourtney	4) Herzberg, Cloie	
3 South Central Calhou 'A'	2:01.83	6
1) King, Keagan	2) Jones, Maddie	
3) Hicks, Jessica	4) Batz, Sydney	
4 Newell-Fonda 'A'	2:02.55	4
1) Archer, Emily 11	2) Stewart, Emma 09	
3) Morenz, Maddi 12	4) Gerke, Erin 11	
5 Ridge View 'A'	2:04.31	2
1) Pickhinke, Beth 10	2) Phillips, Lexi 10	
3) Dutler, Kinzey 09	4) Else, Madeline 09	
6 East Sac County 'A'	2:10.66	1
1) Graber, Grayce 09	2) Paysen, Courtney 11	
3) Drost, Emilee 12	4) Veit, Maggie 09	

Girls Distance Medley

School	Finals	Points
1 Ridge View 'A'	4:44.84	10
1) Todd, Paige 10	2) Else, Emerson 09	
3) Hansen, Abbi 09	4) Dutler, Kinzey 09	
2 South Central Calhou 'A'	4:52.59	8
1) Hicks, Jessica	2) Khommanyvong, Jady	
3) Jones, Maddie	4) Hardy, Megan	
3 Manson NW Webster 'A'	4:55.90	6
1) Dolder, Michelle	2) Troshynski, Faith	
3) Wubben, Emily	4) Ruhland, Samantha	
4 Newell-Fonda 'A'	5:03.43	4
1) Archer, Emily 11	2) Morenz, Maddi 12	
3) Stewart, Emma 09	4) Wilken, Peyton 10	
5 Alta-Aurelia 'A'	5:06.83	2
1) Kolpin, Rowan 09	2) Westphal, Hanna 11	
3) Barnes, Mary 10	4) Drenth, Carly 09	
6 East Sac County 'A'	5:13.60	1
1) Pieken, Kennedy 12	2) Schmitt, Hannah 10	
3) Kreft, Wylee 09	4) Schueneman, Caitlin 09	

Girls 4x100 Meter Shuttle Hurdle

School	Finals	H#	Points
1 East Sac County 'A'	1:14.70	2	10
1) Drost, Emilee 12	2) Schmitt, Hannah 10		
3) Pieken, Kennedy 12	4) Herrig, Kendal 12		

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Russ Kraai Track

Results - Session 1

...Girls 4x100 Meter Shuttle Hurdle

2 South Central Calhou 'A'	1:16.35	1	8
1) Khommanyvong, Jady	2) Seil, Hannah		
3) Kilpatrick, Courtney	4) King, Keagan		
3 Newell-Fonda 'A'	1:26.89	1	6
1) Scheidegger, Addie 10	2) Wilken, Peyton 10		
3) Foley, Tiffany 11	4) Jesse, Grace 10		
-- Alta-Aurelia 'A'	DNF	2	
1) Barnes, Micah 12	2) Meier, Gracie 10		
3) Turnquist, Alicia 10	4) Flores, DJ 12		
-- Manson NW Webster 'A'	DQ	2	
1) Michalski, Savannah	2) Grady, Ashlee		
3) Condon, Kourtney	4) Herzberg, Cloie		

Girls High Jump

Name	Year School	Finals	Points
1 Hammond, Dijana	12 East Sac County	4-10.00	10
2 Aber, Kayla	Manson NW Webster	J4-10.00	8
3 Barnes, Micah	12 Alta-Aurelia	4-08.00	5
3 Hammond, Dijay	09 East Sac County	4-08.00	5
5 Kolpin, Rowan	09 Alta-Aurelia	4-06.00	2
6 Wedemeyer, Sara	Manson NW Webster	4-04.00	1
-- Hansen, Abbi	09 Ridge View	NH	
-- Deck, Sierra	10 Ridge View	NH	

Girls Long Jump

Name	Year School	Finals	Points
1 Hammond, Dijana	12 East Sac County	16-03.25	10
15-06.50 15-06 15-08.25 16-03.25			
2 Danner, Emilee	09 Ar-We-Va	15-06.00	8
15-06 14-09 15-04.75 13-01			
3 Khommanyvong, Jady	South Centra	15-01.50	6
15-01.50 13-11.25 14-08.25 14-02.25			
4 Veit, Maggie	09 East Sac County	14-00.00	4
14-00 13-08 13-10.50 FOUL			
5 Flores, DJ	12 Alta-Aurelia	13-07.00	2
13-00.25 13-07 FOUL 13-04			
6 Barnes, Micah	12 Alta-Aurelia	13-04.25	1
12-06.75 12-09.75 12-11.75 13-04.25			
7 Else, Madeline	09 Ridge View	13-00.50	
12-09.50 12-09.25 12-11.50 13-00.50			
8 Sippel, Dakota	09 Ridge View JV	12-08.25	
11-11.75 FOUL 12-01.25 12-08.25			
9 Wubben, Emily	Manson NW Webster	12-08.00	
12-08 FOUL 11-10.25 11-09			
10 Foley, Tiffany	11 Newell-Fonda	12-06.75	
11-00.75 10-11.50 11-08.50 12-06.75			
11 Wiederin-Sackfield, Anas	South Centra	11-08.75	
10-09 11-03 11-00.25 11-08.75			
12 Falk, Bailey	Manson NW Webster	11-01.50	
8-09.75 10-10.50 9-10.25 11-01.50			

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Russ Kraai Track

Results - Session 1

Girls Shot Put

Name	Year	School	Finals	Points
1 Krueger, Becca		Manson NW Webster	36-08.00	10
36-08	36-03.50	36-01	36-05	
2 Sievers, Mallory		12 Newell-Fonda	34-03.50	8
33-10	34-03.50	31-01	34-02.50	
3 Wood, Taylor		Manson NW Webster	33-06.50	6
33-04	32-08.50	32-08.50	33-06.50	
4 Wiese, Megan		12 Ridge View	32-06.00	4
FOUL	32-06	30-08	31-05	
5 Luscombe, Kaylynn		12 Ridge View	31-04.50	2
31-04.50	29-09	28-05	30-05	
6 Blankenship, Dez		South Centra	29-06.50	1
28-07.50	29-00	29-04	29-06.50	
7 Steig, Payton		South Centra	27-05.00	
27-05	27-00	26-03	25-07.50	
8 Westphal, Hanna		11 Alta-Aurelia	26-07.00	
26-01	25-01.50	26-07	25-03	
9 Owen, Maddie		09 Ar-We-Va	26-05.50	
26-05.50	26-05	25-10.50	FOUL	
10 Rosener, Stacey		11 Ar-We-Va	25-11.50	
25-11.50	25-07	25-01	23-09	
11 Brinkman, Katie		10 Ridge View JV	25-01.00	
21-03.50	22-04	25-01	23-05.50	
12 Werneburg, Kayla		11 Newell-Fonda	21-06.00	
21-04.50	21-06	20-06	21-03	

Girls Discus Throw

Name	Year	School	Finals	Points
1 Wood, Taylor		Manson NW Webster	112-02	10
FOUL	99-06	112-01	112-02	
2 Wiese, Megan		12 Ridge View	109-11	8
102-00	101-07	95-09	109-11	
3 Krueger, Becca		Manson NW Webster	107-02	6
FOUL	FOUL	107-02	106-02	
4 Luscombe, Kaylynn		12 Ridge View	101-10	4
89-03	88-10	85-11	101-10	
5 Westphal, Hanna		11 Alta-Aurelia	101-01	2
95-05	100-08	101-01	94-09	
6 Hinners, Emily		09 Ar-We-Va	90-11	1
61-11	66-00	87-01	90-11	
7 Berry, Lexie		12 East Sac County	88-11	
FOUL	88-11	83-01	FOUL	
8 Sievers, Mallory		12 Newell-Fonda	86-11	
72-03	86-11	FOUL	FOUL	
9 Blankenship, Dez		South Centra	83-09	
FOUL	FOUL	66-08	83-09	
10 Ukena, Megan		South Centra	80-08	
68-09	72-08	78-07	80-08	
11 Wiese, Jenna		12 Ridge View JV	76-11	
69-11	73-02	75-04	76-11	
12 Kolpin, Rowan		09 Alta-Aurelia	70-09	
51-00	FOUL	63-01	70-09	

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Russ Kraai Track

Results - Session 1

....Girls Discus Throw

13 Owen, Maddie	09 Ar-We-Va	69-03
FOUL FOUL 69-03 60-01		
14 Werneburg, Kayla	11 Newell-Fonda	67-09
64-09 FOUL 67-09 FOUL		
15 Brinkman, Katie	10 Ridge View JV	62-10
FOUL 62-10 FOUL 62-02		

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 Women - Team Rankings - 19 Events Scored
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1) Alta-Aurelia	117	2) East Sac County	102
2) South Central Calhou	102	4) Manson NW Webster	93
5) Ridge View	92	6) Newell-Fonda	54
7) Ar-We-Va	22		

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 Men - Team Rankings - 17 Events Scored
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1) SB-Luton	175	2) Ridge View	127
3) Alta-Aurelia	114	4) Ar-We-Va	36
5) Newell-Fonda	34	6) River Valley	21
7) Ridge View JV	16		

1st Places:

400m-Lily Peterson-59.83

800m-Lauren Rohwer-2:34.85

100m hurdles-DJ Flores-17.08

Distance med-Maddy Duhn, Bailey Duhn, Mary Barnes, Lauren Rohwer-4:35.70

Sprint med-Maddy Duhn, Bailey Duhn, Grace DePuma, Lily Peterson-1:54.38

2nd Places:

100m-Lily Peterson-13.05

200m-Lily Peterson-26.80

400m hurdles-Alicia Turnquist-1:13.73

High Jump-Rowan Kolpin-4'8"

Discus-Hanna Westphal-95'04"

Shuttle Hurdle-Micah Barnes, Gracie Meier, Alicia Turnquist, DJ Flores-1:14.03

4x100-Maddy Duhn, Grace DePuma, DJ Flores, Bailey Duhn-54.11

4x400-Brittany Turnquist, Alicia Turnquist, Gracie Meier, Mary Barnes-4:44.18

3rd Places:

3000m-Lauren Falck-13:52.44

4x200-Brittany Turnquist, Rowan Kolpin, Hanna Westphal, Grace DePuma-1:57.83

High Jump-Micah Barnes-4'8"

4x800-Gracie Meier, Mary Barnes, Carly Drenth, Emily Beukelman-11:26.51