

2010 UW-La Crosse Women's Indoor Track & Field Results (FINAL)

Date	Event	Place	Score	Location
Jan. 15	at UW-Eau Claire Invitational	2nd/4 teams	201.0 pts.	Eau Claire, Wis.
Jan. 23	at UW-Stout Open	No Team Scores	-----	Menomonie, Wis.
Jan. 30	at Minnesota State Mankato Open	No Team Scores	-----	Mankato, Minn.
	at Warren Bowlus Open	No Team Scores	-----	Menomonie, Wis.
Feb. 6	at Wartburg Invitational	2nd/4 teams	210.0 pts.	Waverly, Iowa
Feb. 12	at St. Mary's Cardinal Open	No Team Scores	-----	Winona, Minn.
Feb. 19	Winona State/Augustana (Ill.)	1st/3 teams	144.0 pts.	La Crosse, Wis.
Feb. 26-27	at WIAC Championships	1st/8 teams	166.5 pts.	Platteville, Wis.
Mar. 6	at Pointer Qualifier	No Team Scores	-----	Stevens Point, Wis.
Mar. 12-13	at NCAA III Championships	Tied 6th/61 teams	20.0 pts.	Greencastle, Ind.

Italics=School Record

Bold=Team Season-High

	UW-EC Invite	UW-Stout Open	Minn. State Open	Bowlus Open	Wartburg Invite	St. Mary's Open	WSU/Augie Meet	WIAC Champ.	Pointer Qualifier	NCAA Champ.
Long Jump										
Kat Barkhahn	---	---	---	---	13-4 (4.06)	---	---	---	---	---
Kailey Charlton	15-4 (4.67)	---	16-5 1/4 (5.01)	---	15-10 1/2 (4.84)	17-10 1/4 (5.44)	16-11 1/4 (5.16)	16-8 1/2 (5.09)	16-6 1/2 (5.04)	---
Ashton May	17-1 1/4 (5.21)	17-7 (5.36)	18-7 1/4 (5.67)	---	---	18-8 1/2 (5.70)	18-7 3/4 (5.68)	18-2 1/4 (5.54)	19-5 1/2 (5.93)	18-8 (5.69)
Maggie May	14-11 1/4 (4.55)	---	---	---	15-2 (4.62)	---	15-11 (4.85)	---	---	---
Megan Nitka	---	12-9 1/4 (3.89)	---	---	13-5 1/2 (4.10)	---	14-3 1/4 (4.35)	---	---	---
Leeanne Nowicki	---	15-7 3/4 (4.77)	---	---	15-6 3/4 (4.74)	---	16-10 1/2 (5.14)	---	---	---
Monica Rasmussen	14-8 3/4 (4.49)	14-3 1/4 (4.35)	---	---	---	14-10 3/4 (4.54)	14-4 1/2 (4.38)	---	---	---
Abby Schulz	---	15-11 1/2 (4.86)	---	---	---	---	---	---	---	---
Jena Weigel	---	---	---	---	15-0 (4.57)	---	16-1 1/2 (4.91)	15-1 1/4 (4.60)	---	---
Sarah Zurowski	---	---	---	---	---	16-1 1/2 (4.91)	15-11 1/2 (4.85)	16-7 3/4 (5.07)	---	---
Triple Jump										
Ashton May	34-8 1/2 (10.46)	---	37-8 (11.48)	---	35-10 (10.92)	38-2 1/4 (11.64)	---	38-7 3/4 (11.78)	---	38-4 (11.68)
Maggie May	---	---	---	---	32-7 1/2 (9.94)	34-3 (10.44)	---	---	---	---
Caitlin Reed	35-1 (10.69)	---	35-6 3/4 (10.84)	---	---	---	34-6 1/4 (10.52)	33-8 1/2 (10.27)	---	---
Sarah Zurowski	---	---	---	---	---	---	35-7 1/4 (10.85)	35-10 3/4 (10.94)	35-6 1/2 (10.83)	---
High Jump										
Kat Barkhahn	---	4-3 1/2 (1.31)	---	4-1 1/2 (1.26)	4-1 1/4 (1.25)	---	4-4 (1.32)	---	---	---
Arica Bartz	---	4-9 1/2 (1.46)	---	4-11 1/2 (1.51)	---	4-10 1/4 (1.48)	4-9 3/4 (1.47)	---	---	---
Amy Jo Garinger	---	---	---	4-11 1/2 (1.51)	4-11 1/2 (1.51)	---	4-9 3/4 (1.47)	5-1 3/4 (1.57)	---	---
Kayla Johnson	---	---	---	4-7 1/2 (1.41)	4-11 1/2 (1.51)	---	4-9 3/4 (1.47)	5-1 3/4 (1.57)	---	---
Megan Marfilius	4-9 3/4 (1.47)	4-9 1/2 (1.46)	---	5-1 1/4 (1.56)	---	5-0 1/4 (1.53)	4-11 3/4 (1.52)	4-9 3/4 (1.47)	---	---
Maggie May	---	---	---	---	4-6 (1.37)	---	---	---	---	---
Sara Mitchell	5-1 3/4 (1.57)	4-11 1/2 (1.51)	---	---	5-3 1/4 (1.61)	---	4-11 3/4 (1.52)	5-1 3/4 (1.57)	---	---
Leeanne Nowicki	4-11 3/4 (1.52)	---	5-5 (1.65)	---	4-9 1/2 (1.46)	---	5-3 3/4 (1.62)	5-7 (1.70)	---	5-3 1/4 (1.61)
Megan Nitka	4-6 (1.37)	---	---	4-7 1/2 (1.41)	4-7 (1.40)	---	---	---	---	---
Jenna Starck	5-1 3/4 (1.57)	5-5 1/4 (1.66)	---	---	5-1 1/4 (1.56)	---	5-3 3/4 (1.62)	5-3 3/4 (1.62)	5-1 3/4 (1.57)	---
Jena Weigel	---	4-9 1/2 (1.46)	---	4-7 1/2 (1.41)	4-7 (1.40)	---	---	---	---	---
Shot Put										
Kat Barkhahn	37-8 (11.48)	36-9 3/4 (11.22)	---	34-9 3/4 (10.61)	37-3 (11.35)	---	38-2 3/4 (11.65)	35-0 1/4 (10.67)	---	---
Christy Bohl	42-2 (12.85)	42-4 1/4 (12.91)	---	41-4 1/2 (12.61)	42-5 1/2 (12.94)	41-8 (12.70)	42-7 1/2 (12.99)	43-1 1/2 (13.14)	45-1 1/2 (13.75)	43-4 1/2 (13.22)
Amanda Bridleman	---	---	---	34-7 (10.54)	---	32-5 1/2 (9.89)	33-0 1/4 (10.06)	---	---	---
Maggie May	---	---	---	---	26-3 (8.00)	---	---	---	---	---
Megan Nitka	---	---	---	31-2 1/2 (9.51)	33-6 1/2 (10.22)	---	---	---	---	---
Leanne Nowicki	---	---	---	---	26-6 1/4 (8.08)	---	---	---	---	---
Jessica Ramel	39-3 3/4 (11.98)	42-0 3/4 (12.82)	---	40-5 1/2 (12.33)	38-6 1/4 (11.74)	---	39-5 1/4	36-7 3/4 (11.17)	---	---
Jena Weigel	---	---	---	---	21-6 (6.55)	---	---	---	---	---
20-lb. Weight Throw										
Christy Bohl	51-5 1/2 (15.68)	52-6 (16.00)	---	52-11 1/2 (16.14)	50-2 1/2 (15.30)	50-0 3/4 (15.26)	48-6 3/4 (14.8)	52-0 3/4 (15.94)	53-4 1/2 (16.27)	51-8 1/4 (15.75)
Tacara Lovings	43-1 3/4 (13.15)	45-7 (13.89)	---	44-2 (13.46)	45-6 1/2 (13.88)	43-4 1/4 (13.21)	45-1 3/4 (13.76)	43-7 3/4 (13.30)	---	---
Morgan Phalen	---	---	---	41-9 3/4 (12.74)	42-0 3/4 (12.82)	41-9 1/4 (12.73)	42-9 1/2 (13.04)	41-11 1/2 (12.79)	---	---
Jessica Ramel	30-5 1/2 (9.28)	40-1 1/2 (12.23)	---	40-9 (12.42)	44-3 1/4 (13.49)	---	46-2 1/2 (14.08)	46-7 1/2 (14.21)	---	---
Amanda Bridleman	---	---	---	---	---	38-7 1/2 (11.77)	39-3 3/4 (11.98)	---	---	---
Pole Vault										
Tia Anderson	NH	9-0 1/4 (2.75)	---	9-0 1/4 (2.75)	---	9-0 1/4 (2.75)	9-5 (2.87)	---	---	---
Andrea Fresen	8-11 3/4 (2.74)	9-0 1/4 (2.75)	---	9-0 1/4 (2.75)	9-6 1/4 (2.90)	9-6 1/4 (2.90)	9-10 3/4 (3.02)	9-9 1/4 (2.98)	---	---
Kaitlyn Joyce	NH	10-6 (3.20)	---	10-11 3/4 (3.35)	10-11 3/4 (3.35)	11-5 3/4 (3.50)	10-4 3/4 (3.17)	11-3 (3.43)	---	---
Christy Moses	NH	9-6 1/4 (2.90)	---	10-0 (3.05)	---	10-6 (3.20)	9-10 3/4 (3.02)	10-9 (3.28)	10-4 (3.15)	---
Stephanie Peters	9-5 3/4 (2.89)	10-0 (3.05)	---	10-0 (3.05)	---	10-0 (3.05)	10-10 3/4 (3.32)	10-9 (3.28)	10-4 (3.15)	---
Ashley Tollefson	8-11 3/4 (2.74)	9-0 1/4 (2.75)	---	9-0 1/4 (2.75)	---	8-6 1/4 (2.60)	8-5 1/4 (2.57)	---	---	---
Amy Jo Garinger	---	---	---	---	---	---	8-5 1/4 (2.57)	---	---	---

	UW-EC Invite	UW-Stout Open	Minn. State Open	Bowlus Open	Wartburg Invite	St. Mary's Open	WSU/Augie Meet	WIAC Champ.	Pointer Qualifier	NCAA Champ.
55 Meter Dash										
Laurel Beck	7.45	---	---	---	7.46	---	7.38	---	---	---
Kailey Charlton	---	7.44	---	---	7.30	7.20	7.20	7.15	7.24	7.15
Laura Jacobson	---	---	---	8.20	---	---	---	---	---	---
Clare Kaufman	7.74	---	---	---	7.80	---	---	---	---	---
Kelsey Katarow	---	---	---	---	---	---	7.46	---	---	---
Ashton May	---	7.53	---	---	7.42	---	7.32	7.30	7.25	---
Maggie May	---	---	---	---	---	---	7.48	---	---	---
Kelli Rengo	7.77	---	---	---	---	---	---	---	---	---
Rebecca Scheurmann	---	---	---	---	---	---	7.92	---	---	---
Lauren Seidl	---	---	---	---	---	---	7.63	---	---	---
Kelli Stipetich	---	7.85	---	7.88	7.77	7.64	7.64	7.62	---	---
Megan Thiel	7.88	7.87	---	7.81	7.81	7.74	7.61	7.70	---	---
Kelly Uelman	---	8.25	---	---	---	---	---	---	---	---
60 Meter Dash										
Kailey Charlton	---	---	7.93	---	---	---	---	---	---	---
Ashton May	---	---	8.05	---	---	---	---	---	---	---
200 Meter Dash										
Laurel Beck	26.69	26.46	26.95	---	---	---	---	---	---	---
Kailey Charlton	---	---	---	---	---	26.63	---	26.45	---	---
Katie Duggleby	---	---	---	28.36	---	---	---	---	---	---
Laura Jacobson	---	29.45	---	29.03	---	28.99	29.01	---	---	---
Kaitlyn Joyce	---	---	---	28.25	---	---	---	---	---	---
Kelsey Katarow	26.88	---	27.01	---	---	---	---	---	---	---
Clare Kaufman	27.08	27.53	27.07	---	---	---	---	26.95	---	---
Jaime Montgomery	---	---	---	27.81	---	---	---	---	---	---
Leeanne Nowicki	---	28.16	---	---	---	---	---	---	---	---
Kayla Raduka	27.25	---	---	---	---	---	26.98	---	---	---
Monica Rasmussen	---	---	---	28.83	---	28.78	---	---	---	---
Bethany Reel	---	---	---	---	---	28.53	---	---	---	---
Kelli Rengo	---	27.95	---	---	---	---	---	---	---	---
Rebecca Scheurmann	---	---	---	28.18	---	---	---	---	---	---
Laur- - en Seidl	26.82	---	26.45	---	---	---	---	26.60	---	---
Jenna Stark	---	27.72	---	---	---	27.47	27.44	---	---	---
Kelly Stipetich	---	---	---	28.06	27.58	27.30	27.68	27.40	---	---
Megan Thiel	28.41	---	---	27.54	27.46	27.26	27.12	27.05	---	---
400 Meter Dash										
Laurel Beck	---	---	59.91	---	---	59.28	---	58.34	---	---
Katie Duggleby	---	---	---	---	---	1:02.97	1:02.78	---	---	---
Clare Kaufman	---	---	---	---	---	DNF	1:02.12	---	---	---
Kelsey Katarow	---	1:00.79	1:00.40	---	---	59.83	---	59.93	---	---
Kristin Lillie	---	1:02.42	---	---	---	---	---	---	---	---
Kayla Raduka	---	---	---	1:02.80	---	1:01.34	---	1:01.15	---	---
Monica Rasmussen	1:06.30	1:06.75	---	---	---	---	1:06.35	---	---	---
Rebecca Scheurmann	1:02.83	1:01.95	---	---	---	1:00.59	---	1:00.15	---	---
Lauren Seidl	---	1:03.35	---	---	---	1:00.88	---	---	---	---
Bethany Reel	---	---	---	---	---	---	1:06.64	---	---	---
800 Meter Run										
Kat Barkhahn	---	---	---	---	2:53.52	---	---	---	---	---
Leigh-Ann DesRoches	---	2:31.21	---	---	---	---	---	---	---	---
Abby Gustafson	---	2:30.81	---	2:29.16	---	2:25.97	2:24.07	2:24.68	---	---
Kelsey Heinz	2:28.55	---	2:28.57	---	2:33.15	---	---	---	---	---
Danielle Irvin	---	2:44.81	---	2:40.62	---	---	2:36.71	---	---	---
Megan Knutson	---	2:23.41	2:22.23	---	2:22.06	---	2:21.26	2:19.04	---	---
Azija Kjos	---	---	---	2:39.96	---	---	---	---	---	---
Kristin Lillie	2:26.50	---	2:24.18	---	2:26.07	---	2:22.15	2:22.11	---	---
Maggie May	---	---	---	---	2:44.20	---	---	---	---	---
Megan Nitka	---	---	---	---	2:50.15	---	---	---	---	---
Leanne Nowicki	---	---	---	---	2:41.75	---	---	---	---	---
Macy Olson	---	2:26.83	2:25.48	---	---	---	2:24.99	2:26.89	---	---
Courtney Rucker	---	2:30.35	---	---	---	---	---	---	---	---
Kriston Siemianowski	2:26.04	---	2:23.06	---	2:24.73	---	2:21.21	2:19.76	---	---
Megan Stats	---	---	2:24.48	---	2:26.36	---	2:21.22	2:20.28	---	---
Jena Weigel	---	---	---	---	2:50.05	---	---	---	---	---
Stephanie Woods	---	---	---	2:33.91	---	---	---	---	---	---

	UW-EC Invite	UW-Stout Open	Minn. State Open	Bowlus Open	Wartburg Invite	St. Mary's Open	WSU/Augie Meet	WIAC Champ.	Pointer Qualifier	NCAA Champ.
1000 Meter Run										
Azija Kjos	---	---	---	---	---	3:30.68	---	---	---	---
Courtney Rucker	---	---	---	---	---	3:12.59	---	---	---	---
Megan Stats	---	---	---	---	---	3:10.17	---	---	---	---

Mile Run										
Leigh-Ann DesRoches	---	---	---	5:37.89	---	5:36.88	---	---	---	---
Meghan Dugan	---	---	---	5:24.06	5:34.76	5:18.21	---	5:27.01	---	---
Kelsey Heinz	---	5:48.26	---	---	---	5:24.79	5:30.04	5:44.97	---	---
Megan Johnson	---	---	---	5:15.78	---	---	5:07.04	5:16.17	---	---
Corrina Jones	5:33.62	5:33.32	---	---	---	---	5:21.85	5:33.40	---	---
Emily Keepman	5:43.45	---	---	---	---	---	---	---	---	---
Megan Knutson	5:30.18	---	---	---	---	---	---	---	---	---
Alison Kolinski	---	---	---	5:13.90	---	---	5:12.09	---	---	---
Mary Olson	---	---	---	5:40.42	---	---	---	---	---	---
Courtney Rucker	---	---	---	5:28.85	5:30.23	---	5:27.75	---	---	---
Kriston Siemianowski	---	5:38.47	---	---	---	---	---	---	---	---
Johanna Sumnicht	---	---	---	---	---	---	2:30.75	---	---	---
Kayla La Porte	---	---	---	---	---	---	5:32.46	---	---	---

3,000 Meters										
Amanda Battermann	---	11:19.48	---	---	---	---	---	---	---	---
Rachel Boldt	---	10:58.90	---	---	---	11:05.09	---	---	---	---
Leigh-Ann DesRoches	---	11:38.42	---	---	---	---	---	---	---	---
Meghan Dugan	---	11:04.09	---	---	---	---	---	---	---	---
Megan Johnson	---	10:44.94	---	---	---	---	---	10:38.83	---	---
Corrina Jones	---	---	---	10:57.73	---	10:53.08	---	11:10.38	---	---
Emily Keepman	---	---	---	11:29.38	11:27.60	---	11:30.11	---	---	---
Alison Kolinski	---	10:38.18	---	---	---	---	---	---	---	---
Ellen Kumm	---	---	---	---	11:10.50	11:05.28	---	---	---	---
Kayla La Porte	---	---	---	11:05.70	---	10:54.19	---	---	---	---
Mary Olson	---	11:25.44	---	---	---	11:15.39	---	---	---	---
Courtney Rucker	11:33.15	---	---	---	---	---	---	---	---	---
Nichelle Roessler	---	---	---	11:45.79	---	11:32.94	---	---	---	---
Johanna Sumnicht	---	---	---	11:32.41	11:15.83	---	---	---	---	---
Katelynn Williams	---	---	---	---	---	---	10:26.41	10:37.06	---	---

5,000 Meters										
Amanda Battermann	---	---	---	18:04.99	---	---	19:36.30	---	---	---
Rachel Boldt	---	---	---	18:47.38	---	---	---	19:13.85	---	---
Megan Johnson	---	---	---	---	18:16.41	---	---	---	---	---
Alison Kolinski	---	---	---	---	17:53.61	---	---	17:53.13	---	---
Ellen Kumm	---	---	---	19:23.20	---	---	---	19:13.52	---	---
Kayla La Porte	19:27.00	---	---	---	---	---	---	---	---	---
Mary Olson	19:33.76	---	---	---	---	---	---	---	---	---
Katelynn Williams	---	---	---	---	17:53.38	---	---	17:45.64	---	---
Leigh Des Roches	---	---	---	---	---	---	19:58.66	---	---	---
Nichelle Roessler	---	---	---	---	---	---	20:00.45	---	---	---

55 Hurdles										
Kat Barkhahn	10.22	10.78	---	10.48	10.33	---	---	---	---	---
Maggie May	8.88	---	---	---	9.02	8.78	8.76	8.76	---	---
Jamie Montgomery	9.53	9.23	---	9.23	9.34	9.41	9.09	9.20	---	---
Megan Nitka	10.77	---	---	10.64	10.50	---	10.27	---	---	---
Leeanne Nowicki	8.91	8.93	---	---	9.03	---	8.81	8.94	---	---
Kristin Schuster	---	---	---	---	---	9.72	9.58	---	---	---
Jena Weigel	---	10.49	---	10.09	10.43	---	9.49	---	---	---

60 Hurdles										
Maggie May	---	---	9.67	---	---	---	---	---	---	---
Leeanne Nowicki	---	---	9.59	---	---	---	---	---	---	---

Relays										
4x200	---	1:45.98	---	1:50.63	1:45.00	---	1:48.58	1:42.85	---	---
4x400	4:04.74	4:15.49	---	4:28.70	3:58.43	4:13.29	3:57.84	4:02.51	3:55.05	3:56.90
Distance Medley	---	---	---	---	---	---	---	12:42.97	12:15.20	---

Pentathlon				
Wartburg Select		WIAC Championships		
Leanne Nowicki	2,904 pts.	Leanne Nowicki	3,070 pts.	
Maggie May	2,615 pts.	Maggie May	2,850 pts.	
Megan Nitka	2,339 pts.	Jena Weigel	2,760 pts.	
Kat Barkhahn	2,246 pts.	Megan Nitka	2,558 pts.	
Jena Weigel	2,228 pts.	Kat Barkhahn	2,353 pts.	