

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

Date	Event	Place	Score	Location
April 1-2	at Wartburg Select	4th/9 teams	85.0 pts.	Waverly, Iowa
April 10	at UW-Platteville Invitational	No Team Scores	---	Platteville, Wis.
April 16	Esten Challenge	2nd/8 teams	187.5 pts.	La Crosse, Wis.
April 23-24	at Drake Relays	No Team Scores	---	Des Moines, Iowa
April 24	at St. Mary's Invitational	No Team Scores	---	Winona, Minn.
May 1	at Winona State Invitational	4th/11 teams	98.0 pts.	Oshkosh, Wis.
May 7-8	at WIAC Championships	1st/9 teams	189.0 pts.	River Falls, Wis.
May 14	UW-L Invitational	No Team Scores	---	La Crosse, Wis.
May 20	UW-L National Qualifier	No Team Scores	---	La Crosse, Wis.
May 27-29	at NCAA III Championships	7th/77 teams	30.0 pts.	Berea, Ohio

Home meets in **bold**

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

	Wartburg Select	UW-P Invite	Esten Challenge	Drake Relays	St. Mary's Invite	Winona State Invite	WIAC Champ.	UW-L Invite	UW-L Qualifier	NCAA Champ.
Long Jump										
Kailey Charlton	---	16-10 3/4 (5.15)	15-10 1/2 (4.84)	---	---	---	16-5 1/4 (5.15)	---	---	---
Amy Jo Garinger	---	---	16-10 3/4 (5.15)	---	15-7 (4.75)	16-2 1/4 (4.93)	15-9 1/2 (4.81)	15-9 3/4 (4.82)	---	---
Ashton May	---	18-9 1/4 (5.72)	---	19-1 1/2 (5.83)	---	---	18-3 (5.56)	---	19-2 1/2 (5.85)	19-2 (5.84)
Hannah Mueller	---	---	---	---	15-2 1/2 (4.64)	14-9 3/4 (4.51)	---	---	---	---
Leeanne Nowicki	---	---	16-0 (4.88)	---	15-10 (4.85)	15-9 3/4 (4.82)	15-11 (4.85)	---	---	---
Sheila Opelt	16-10 (5.13)	17-5 1/2 (5.32)	17-9 3/4 (5.43)	---	16-6 3/4 (5.05)	16-10 1/2 (5.14)	17-6 (5.33)	---	---	---
Monica Rasmussen	14-1 3/4 (4.31)	15-3 1/2 (4.66)	15-1 3/4 (4.62)	---	14-2 3/4 (4.34)	14-3 3/4 (4.36)	---	---	---	---
Jenna Starck	14-11 1/2 (4.56)	---	15-1 3/4 (4.62)	---	---	11-9 1/2 (3.59)	13-7 (4.14)	16-1 1/2 (4.91)	---	---
Jena Weigel	15-0 3/4 (4.59)	---	---	---	---	14-9 3/4 (4.51)	15-6 3/4 (4.74)	---	---	---
Sarah Zurowski	---	16-9 3/4 (5.12)	16-3 1/2 (4.97)	---	14-1 1/4 (4.30)	16-1 (4.9)	16-0 1/2 (5.01)	---	---	---
Triple Jump										
Ashton May	---	37-05 3/4 (11.42)	37-11 3/4 (11.56)	---	---	39-1 (11.91)	38-9 (11.81)	---	39-6 1/2 (12.05)	39-7 1/4 (12.07)
Hannah Mueller	34-7 1/2 (10.55)	34-5 3/4 (10.51)	33-11 3/4 (10.36)	---	32-8 1/2 (9.97)	34-9 1/2 (10.60)	33-6 3/4 (10.23)	---	---	---
Caitlin Reed	33-7 1/2 (10.25)	33-8 3/4 (10.28)	---	---	33-10 3/4 (10.33)	---	33-2 (10.11)	---	---	---
Sarah Zurowski	---	34-4 (10.46)	36-2 1/4 (11.03)	---	33-11 (10.34)	---	36-3 (11.05)	---	---	---
High Jump										
Arica Bartz	---	---	---	---	---	4-9 3/4 (1.47)	4-10 1/4 (1.48)	---	---	---
Amy Jo Garringer	5-1 (1.55)	4-9 3/4 (1.47)	5-1 3/4 (1.57)	---	---	4-11 3/4 (1.52)	5-0 1/4 (1.53)	5-0 1/4 (1.53)	---	---
Kayla Johnson	4-9 (1.45)	---	4-11 3/4 (1.52)	---	---	---	4-10 1/4 (1.48)	5-0 1/4 (1.53)	---	---
Megan Marfilius	5-1 (1.55)	4-11 3/4 (1.52)	5-1 3/4 (1.57)	---	---	4-11 3/4 (1.52)	5-2 1/4 (1.58)	5-2 1/4 (1.58)	---	---
Sarah Mitchell	---	4-11 3/4 (1.52)	4-11 3/4 (1.52)	---	---	---	---	---	---	---
Leeanne Nowicki	---	5-1 3/4 (1.57)	4-11 3/4 (1.52)	---	5-0 1/4 (1.53)	5-1 3/4 (1.57)	5-1 1/4 (1.56)	---	---	---
Jenna Starck	5-4 1/2 (1.64)	5-1 3/4 (1.57)	---	---	---	4-11 3/4 (1.52)	5-1 1/4 (1.56)	---	---	---
Jena Weigel	4-6 (1.37)	---	---	---	4-8 1/4 (1.43)	---	4-7 1/2 (1.41)	---	---	---
Shot Put										
Kat Barkhahn	---	34-1 1/4 (10.39)	32-5 (9.88)	---	32-10 1/2 (10.02)	32-0 3/4 (9.77)	---	---	---	---
Leeanne Nowicki	---	---	---	---	---	---	25-6 1/4 (7.78)	---	---	---
Jessica Ramel	---	37-1 1/4 (11.31)	37-7 1/4 (11.46)	---	37-8 3/4 (11.50)	36-3 1/2 (11.06)	35-4 1/2 (10.78)	---	---	---
Jenna Starck	28-2 3/4 (8.60)	---	---	---	---	---	28-9 1/4 (8.77)	---	---	---
Jena Weigel	27-2 3/4 (8.30)	---	---	---	---	---	26-8 1/2 (8.14)	---	---	---
Hammer Throw										
Amanda Bridleman	---	91-4 (27.85)	78-11 1/4 (24.06)	---	---	---	---	---	---	---
Tacara Lovings	---	130-3 (39.70)	115-1 (35.08)	---	---	116-11 (35.65)	123-5 (37.61)	118-4 (36.06)	FOUL	---
Morgan Phalen	---	120-10 (36.84)	119-3 1/2 (36.36)	---	124-1 1/4 (37.83)	128-5 (37.89)	---	---	---	---
Jessica Ramel	---	127-3 (38.78)	116-3 1/4 (35.44)	---	116-3 1/4 (35.44)	129-2 (39.38)	109-0 (33.22)	---	---	---
Nicole Roeder	---	83-6 (25.46)	95-8 1/2 (29.17)	---	103-9 (31.62)	108-11 (33.21)	---	102-9 (31.31)	---	---
Discus										
Kat Barkhahn	---	FOUL	86-5 (26.34)	---	98-9 (30.10)	88-5 (26.94)	---	---	---	---
Amanda Bridleman	---	100-0 (30.47)	99-10 (30.43)	---	104-0 (31.70)	---	---	---	---	---
Tacara Lovings	---	85-8 (26.12)	---	---	---	---	---	---	---	---
Morgan Phalen	---	117-8 (35.88)	109-11 (33.48)	---	121-4 3/4 (37.05)	---	119-2 (36.32)	---	---	---
Nicole Roeder	---	103-6 (31.55)	106-7 1/2 (32.50)	---	101-10 1/2 (31.05)	105-7 (32.18)	96-2 (29.31)	108-11 (33.19)	---	---
Kayla Johnson	---	---	---	---	94-2 (28.70)	---	---	88-10 (27.08)	---	---

	Wartburg Select	UW-P Invite	Esten Challenge	Drake Relays	St. Mary's Invite	Winona State Invite	WIAC Champ.	UW-L Invite	UW-L Qualifier	NCAA Champ.
Javelin Throw										
Kat Barkhahn	---	83-2 (24.45)	82-8 3/4 (25.22)	---	85-10 1/4 (26.17)	80-9 (24.62)	---	---	---	---
Amanda Bridleman	---	91-4 (27.85)	90-3 (27.51)	---	95-4 3/4 (29.08)	---	78-2 (23.82)	---	---	---
Amy Jo Garinger	---	---	---	---	---	---	---	91-1 (27.77)	---	---
Kayla Johnson	---	---	111-2 1/2 (33.90)	---	116-8 (35.56)	---	105-1 (32.02)	99-2 (30.23)	---	---
Tacara Lovings	---	78-1 (23.79)	58-8 (17.88)	---	---	75-9 (23.08)	---	80-1 (24.41)	---	---
Leeanne Nowicki	---	---	---	---	---	---	85-9 (26.15)	---	---	---
Morgan Phalen	---	88-11 (27.11)	---	---	80-10 3/4 (24.66)	83-6 (25.45)	---	---	---	---
Nicole Roeder	---	---	---	---	---	---	---	72-2 (21.99)	---	---
Caitlin Reed	---	99-8 (30.38)	90-1 1/2 (27.47)	---	101-3 3/4 (30.88)	92-11 (28.33)	90-7 (27.60)	---	---	---
Jenna Starck	94-0 (28.67)	89-1 (27.15)	99-10 3/4 (30.45)	---	---	---	99-4 (30.27)	---	---	---
Jena Weigel	75-10 (23.11)	---	75-0 1/4 (22.87)	---	64-10 3/4 (19.78)	---	84-3 (25.68)	---	---	---

Pole Vault										
Tia Anderson	8-8 1/4 (2.65)	8-8 3/4 (2.66)	8-2 1/2 (2.5)	---	9-2 1/2 (2.81)	8-8 1/4 (2.65)	NH	---	---	---
Andrea Fresen	---	NH	NH	---	9-8 1/2 (2.96)	9-2 1/4 (2.80)	NH	NH	---	---
Amy Jo Garinger	---	NH	NH	---	---	---	---	---	---	---
Kaitlyn Joyce	10-8 (3.25)	10-8 1/4 (3.26)	11-1 3/4 (3.40)	---	11-2 1/4 (3.41)	11-1 3/4 (3.40)	11-2 1/4 (3.41)	11-2 1/4 (3.41)	11-8 (3.56)	---
Christy Moses	NH	10-2 1/2 (3.11)	10-8 (3.25)	---	10-2 1/2 (3.11)	10-2 (3.10)	10-2 1/2 (3.11)	10-2 1/2 (3.11)	---	---
Stephanie Peters	---	10-8 1/4 (3.26)	10-8 (3.25)	---	10-2 1/4 (3.11)	10-2 (3.10)	11-2 1/4 (3.41)	10-8 1/4 (3.26)	10-8 1/4 (3.26)	---
Ashley Tollefson	8-8 1/4 (2.65)	9-2 1/2 (2.81)	8-8 1/4 (2.65)	---	9-2 1/2 (2.81)	NH	NH	NH	---	---

100 Meter Dash										
Laurel Beck	---	---	---	---	---	---	---	---	12.53	---
Kailey Charlton	12.46	12.24	12.24	---	---	12.10	12.12	12.27	12.28	12.24
Kelsey Katarow	13.50	---	---	---	---	---	---	---	---	---
Claire Kaufman	---	---	---	---	13.53	---	---	---	---	---
Ashton May	12.57	12.22	---	---	---	12.08	12.22	12.23	---	12.19
Maggie May	---	---	---	---	---	---	---	---	12.67	---
Hannah Mueller	---	---	---	---	13.08	12.95	13.19	---	---	---
Kelli Rengo	13.63	---	---	---	---	---	---	---	---	---
Kelly Stipetich	---	13.21	13.12	---	13.43	12.87	13.16	---	---	---
Megan Thiel	13.39	12.95	12.74	---	---	12.79	12.72	---	---	---

200 Meter Dash										
Kailey Charlton	---	25.72	---	---	---	25.05	26.40	---	---	---
Kelsey Katarow	26.52	---	26.38	---	---	25.51	25.98	---	---	---
Claire Kaufman	---	---	---	---	26.73	26.66	26.87	---	---	---
Megan Knutson	---	---	---	---	---	---	---	28.82	---	---
Alison Kolinski	---	---	---	---	---	---	---	29.24	---	---
Kristin Lillie	---	---	---	---	---	---	---	28.62	---	---
Ashton May	26.78	---	25.91	---	---	---	25.90	---	---	---
Maggie May	---	---	---	---	---	---	---	26.84	---	---
Leanne Nowicki	---	---	28.74	---	---	---	---	---	---	---
Kayla Raduka	---	---	---	---	---	26.10	26.59	---	---	---
Monica Rasmussen	---	28.66	---	---	28.17	28.17	---	---	---	---
Bethany Reel	29.23	---	---	---	---	---	---	---	---	---
Rebecca Sheuermann	27.82	---	---	---	---	---	---	---	---	---
Lauren Seidl	---	---	26.66	---	---	25.93	26.17	---	---	---
Kriston Siemianowski	---	---	---	---	---	---	---	28.26	---	---
Jenna Starck	27.32	---	---	---	---	---	27.13	---	---	---
Kelly Stipetich	---	26.97	27.59	---	---	26.32	26.78	---	---	---
Megan Thiel	27.32	26.59	26.50	---	---	26.05	26.21	---	---	---
Jena Weigel	29.44	---	---	---	---	28.23	28.61	---	---	---

400 Meter Dash										
Laurel Beck	59.79	59.36	---	---	---	59.79	58.41	---	---	---
Katie Duggleby	---	1:01.27	---	---	---	---	---	---	---	---
Kelsey Katarow	---	1:00.70	---	---	---	---	---	---	---	---
Megan Knutson	---	---	---	---	---	1:01.77	---	---	---	---
Jamie Montgomery	---	---	---	---	---	1:03.86	---	---	---	---
Monica Rasmussen	1:06.54	---	1:06.33	---	---	---	---	---	---	---
Kayla Raduka	---	---	1:03.88	---	1:01.86	---	---	---	---	---
Bethany Reel	---	---	1:05.80	---	1:04.73	1:05.11	---	---	---	---
Kelli Rengo	---	---	1:02.41	---	---	1:00.74	59.47	---	---	---
Rebecca Scheuermann	---	1:00.66	1:00.94	---	---	1:00.21	58.88	---	---	---

	Wartburg Select	UW-P Invite	Esten Challenge	Drake Relays	St. Mary's Invite	Winona State Invite	WIAC Champ.	UW-L Invite	UW-L Qualifier	NCAA Champ.
800 Meter Run										
Abby Gustafson	---	2:24.64	---	---	2:23.24	---	---	---	---	---
Danielle Irvin	2:43.70	---	---	---	---	---	---	---	---	---
Megan Knutson	---	2:21.23	2:22.09	---	---	---	2:20.13	---	---	---
Kristin Lillie	---	---	2:25.53	---	---	2:19.62	2:19.74	---	---	---
Leeanne Nowicki	---	---	---	---	---	---	2:41.49	---	---	---
Macy Olson	---	2:26.11	2:26.73	---	---	2:24.11	---	---	---	---
Kriston Siemanowski	---	2:22.60	---	---	---	---	2:19.32	---	---	---
Jenna Starck	2:39.71	---	---	---	---	---	2:37.30	---	---	---
Megan Stats	---	2:20.87	2:22.02	---	---	---	2:20.31	---	---	---
Jena Weigel	2:53.06	---	---	---	---	---	2:42.72	---	---	---
1,500 Meter Run										
Kelsey Heinz	5:07.08	---	---	---	---	---	---	---	---	---
Courtney Rucker	---	---	---	---	---	---	---	---	---	---
Megan Dugan	---	5:03.76	---	---	---	---	---	---	---	---
Kristin Siemanowski	---	---	4:57.61	---	---	4:57.96	---	---	---	---
Danielle Irvin	---	---	5:46.27	---	5:40.55	---	---	---	---	---
Amanda Batterman	---	---	---	---	5:08.02	---	---	---	---	---
Megan Stats	---	---	---	---	---	4:53.09	4:47.01	---	---	---
Abby Gustafson	---	---	---	---	---	5:04.49	---	---	---	---
Corrina Jones	---	---	---	---	---	5:05.88	---	---	---	---
Stephanie Perleberg	---	---	---	---	---	---	4:41.50	---	---	---
3,000 Meter Steeplechase										
Arica Bartz	---	13:25.5	---	---	---	---	---	---	---	---
Abby Gustafson	---	---	12:08.33	---	---	---	---	12:03.35	---	---
Kelsey Heinz	---	12:01.9	11:46.88	---	11:45.10	---	11:47.19	11:58.63	---	---
Megan Johnson	---	11:34.3	---	---	---	11:46.22	11:15.20	11:34.39	---	---
Corrina Jones	---	12:38.2	---	---	12:26.64	---	12:07.33	---	---	---
Mary Olson	---	12:04.0	11:50.45	---	11:55.15	---	11:52.91	---	---	---
Stephanie Perleberg	---	10:35.1	---	---	---	---	10:41.90	---	---	10:32.64
Perleberg also competed at the Mt. SAC Relays (April 15) - 10:21.87										
5,000 Meter Run										
Amanda Batterman	---	19:44.78	19:11.21	---	---	19:14.94	18:52.58	---	---	---
Rachel Boldt	---	---	---	---	---	---	18:27.83	18:55.78	---	---
Megan Dugan	---	---	---	---	---	19:56.73	---	---	---	---
Megan Johnson	---	---	18:26.16	---	---	---	18:07.54	---	---	---
Corrina Jones	---	---	19:20.64	---	---	---	---	---	---	---
Megan Knutson	---	---	---	---	---	---	---	20:03.11	---	---
Alison Kolinski	---	---	---	---	---	---	18:51.61	---	---	---
Kayla La Porte	---	---	---	---	---	19:11.86	---	---	---	---
Kristin Lillie	---	---	---	---	---	---	---	20:49.06	---	---
Stephanie Perleberg	17:57.00	---	---	---	---	---	17:26.35	16:43.38	---	17:28.39
Kriston Siemanowski	---	---	---	---	---	---	---	20:49.02	---	---
Katelynn Williams	---	17:39.83	---	---	---	---	18:00.59	---	---	---
10,000 Meter Run										
Rachel Boldt	---	---	38:51.22	---	---	---	38:31.55	---	---	---
Leigh-Ann Des Roches	---	---	41:13.12	---	---	---	41:04.73	---	---	---
Meghan Dugan	---	---	39:46.16	---	---	---	39:09.84	---	---	---
Ellen Kumm	---	---	39:38.75	---	---	---	39:17.81	---	---	---
Kayla La Porte	---	---	41:13.12	---	---	---	40:02.58	---	---	---
Katelynn Williams	---	---	37:24.07	---	---	---	38:22.76	---	---	---
100 Meter Hurdles										
Tia Anderson	---	---	---	---	---	17.71	---	---	---	---
Jamie Montgomery	---	17.05	---	---	---	---	---	---	---	---
Leeanne Nowicki	---	15.82	15.65	---	---	15.57	16.35	---	---	---
Sheila Opelt	---	---	---	---	16.25	15.55	15.39	---	---	---
Jenna Starck	15.97	16.83	---	---	---	---	16.40	15.46	---	---
Jena Weigel	18.17	---	---	---	---	---	17.64	---	---	---

	Wartburg Select	UW-P Invite	Esten Challenge	Drake Relays	St. Mary's Invite	Winona State Invite	WIAC Champ.	UW-L Invite	UW-L Qualifier	NCAA Champ.
400 Meter Hurdles										
Maggie May	---	---	1:13.83	---	---	1:06.83	1:07.42	---	---	---
Jamie Montgomery	1:14.49	1:10.56	1:12.93	---	1:10.99	---	1:07.92	---	---	---

Relays

4x100	48.44	50.19	48.17	49.32	---	47.45	48.12	46.94	46.75	46.55
4x200	---	---	---	1:42.16	---	---	---	---	---	---
4x400	---	3:58.24	4:01.83	3:55.58	---	4:07.33	3:56.80	3:54.73	3:54.75	---
4x800	---	---	---	9:25.44	---	---	9:31.85	---	---	---
Sprint Medley	---	---	---	4:08.24	---	---	---	---	---	---
Distance Medley	---	---	---	12:24.32	---	---	---	---	---	---

Heptathlon

Wartburg Select

Jenna Starck	4,094 pts.
Jena Weigel	3,123 pts.

WIAC Championships

Jenna Starck	3,931 pts.
Leeanne Nowicki	3,875 pts.
Jena Weigel	3,468 pts.

NCCA Division III Championships

Jenna Starck	4,572 pts.
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