

Coulee Conference Championships - 5/13/2017

Black River Falls High School

Results

Girls 100 Meter Dash

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Meet Record:	12.41	2010	Maya Vazquez (FAT), Arcadia
Name		Year School	Prelims H#

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Preliminaries

1	Clark, Samantha	JR Viroqua	13.32Q	1
2	Zastrow, Abbey	SR Arcadia	13.38Q	2
3	Delmedico, Miranda	JR Westby	13.43q	2
4	Stilwell, Ally	SR Viroqua	13.58q	2
5	Crume, Lexi	JR Westby	13.84q	1
6	Millis, Karyn	FR Black River	13.86q	2
7	Andre, Ireland	SR Arcadia	13.92q	2
8	Bilitz, Annika	FR Luther	14.17q	1
9	Mills, Ellen	JR Gale-Etrick	14.31	1
10	Lun, Cherie	SR West Salem	14.49	1
11	Las, Jolene	S0 Luther	14.52	1
12	Rushlow, Kimberly	S0 Luther	14.70	2
13	Lanzel, Emma	FR Gale-Etrick	14.84	1
14	Redsten, Allison	FR Gale-Etrick	15.45	2
--	Ross, Abby	S0 Black River	FS	1

Girls 100 Meter Dash

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Meet Record:	12.41	2010	Maya Vazquez (FAT), Arcadia
Name		Year School	Finals

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Finals

1	Zastrow, Abbey	SR Arcadia	12.47
2	Clark, Samantha	JR Viroqua	13.05
3	Delmedico, Miranda	JR Westby	13.15
4	Stilwell, Ally	SR Viroqua	13.53
5	Millis, Karyn	FR Black River	13.63
6	Andre, Ireland	SR Arcadia	13.67

7 Crume, Lexi	JR Westby	13.69
8 Bilitz, Annika	FR Luther	13.99

Girls 400 Meter Dash

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 Meet Record: 56.61 5/13/2017 Abbey Zastrow, Arcadia

Name	Year School	Finals	H#
1 Zastrow, Abbey	SR Arcadia	56.61	2
2 Gimurtu, Evelyn	S0 Viroqua	1:00.53	2
3 Sherry, Sydney	JR Westby	1:02.02	2
4 Novak, Sarah	SR West Salem	1:02.06	2
5 Dobbs, Josie	FR Viroqua	1:03.57	2
6 Cade, Sierra	S0 Westby	1:03.67	2
7 Crume, Lexi	JR Westby	1:05.96	2
8 Ties, Brianna	SR Gale-Ettrick	1:06.22	1
9 Karr, Ali	FR Luther	1:06.89	2
10 Hein, Jordan	FR Gale-Ettrick	1:07.42	1
11 Brueggeman, Emily	S0 West Salem	1:09.48	1
12 Bible, Emma	S0 Black River	1:10.23	1
13 Wagner, Yuliia	S0 Gale-Ettrick	1:24.68	1

Girls 200 Meter Run

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 Meet Record: 25.11 5/10/2008 Maya Vazquez, Arcadia

Name	Year School	Finals	H#
1 Zastrow, Abbey	SR Arcadia	25.32	2
2 Gimurtu, Evelyn	S0 Viroqua	26.72	2
3 Ross, Abby	S0 Black River	26.73	2
4 Vance, Delilah	JR Viroqua	26.91	2
5 Anderson, Madelyn	JR Viroqua	27.66	2
6 Fitzpatrick, McKenzie	SR West Salem	27.71	1
7 Brown, Ella	S0 Black River	28.14	1
8 Crume, Lexi	JR Westby	28.32	2
9 Maedke, Jessie	JR Luther	28.83	2
10 Ties, Brianna	SR Gale-Ettrick	28.99	1
11 Gorski, Anna	S0 West Salem	29.67	1
12 Hentsch, Whitney	FR Black River	30.16	1

Girls 800 Meter Run

Meet Record: 2:19.60 1993 Lisa Johnson, LaC, La Crescent

Name	Year	School	Finals
1 Weston, Jillian	S0	Viroqua	2:21.75
2 Sherry, Sydney	JR	Westby	2:29.53
3 Wintrone, Emily	FR	Luther	2:30.03
4 Cade, Sierra	S0	Westby	2:31.92
5 Myers, Isabel	S0	Arcadia	2:35.82
6 Brendel, Lauren	S0	Viroqua	2:36.37
7 Maisenbacher, Mia	JR	West Salem	2:40.66
8 Hoppe, Cianna	S0	Luther	2:43.23
9 Furlano, Aleshia	JR	West Salem	2:43.78
10 Stuebs, Lauren	JR	Luther	2:55.75

Girls 1600 Meter Run

Meet Record: 5:02.26 5/13/2017 Jillian Weston, Viroqua

Name	Year	School	Finals
1 Weston, Jillian	S0	Viroqua	5:02.26
2 Feyen, Dana	S0	Gale-Ettrick	5:06.27
3 Brendel, Lauren	S0	Viroqua	5:45.33
4 Wedwick, Abbey	JR	Westby	5:46.88
5 Franks, Justice	S0	Westby	5:47.33
6 Golden, Brooklynn	S0	Arcadia	5:56.80
7 Markee, Madison	SR	Black River	6:17.96
8 Wright, Kylie	S0	West Salem	6:20.45
9 Las, Abbigayle	FR	Luther	6:33.77
10 Thundercloud, Jamyn	SR	Black River	6:35.48
11 Giblin, Lexi	FR	West Salem	6:38.35
12 Chen, Chelsea	JR	Luther	7:07.32
13 Harbach, Michaela	JR	Luther	7:54.70

Girls 3200 Meter Run

Meet Record: 11:21.26 5/14/2016 Dana Feyen, GET, Gale-Ettrick-Tremp.

Name	Year	School	Finals
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1 Feyen, Dana	SO Gale-Ettrick	11:21.68
2 Weston, Jillian	SO Viroqua	11:58.57
3 Schroeder, Kate	JR West Salem	11:58.63
4 Wedwick, Abbey	JR Westby	12:38.84
5 Franks, Justice	SO Westby	12:47.18
6 Kolden, Emma	JR Viroqua	13:30.73
7 Call, Julianne	JR Westby	13:47.53
8 Markee, Madison	SR Black River	13:59.06
9 Deloney, Zyanna	FR Black River	14:06.58
10 Wright, Kylie	SO West Salem	14:06.59
11 Las, Abbigayle	FR Luther	15:15.62
12 Bremer, Morgan	SO Arcadia	15:25.45

Girls 100 Meter Hurdles

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 Meet Record: 15.07 5/13/2017 Stephanie Brauner, Black River
 Name Year School Prelims H#
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Preliminaries

1 Brauner, Stephanie	JR Black River	15.89Q	2
2 Noble, Lydia	JR Viroqua	16.52Q	1
3 Leum, Xana	SO Viroqua	16.94q	1
4 Olson, Emily	JR Westby	17.38q	2
5 Stackhouse, Mady	JR Viroqua	17.78q	1
6 Luebke, Elsa	SO Westby	17.79q	2
7 Weninger, Sarah	SO Westby	17.87q	1
8 Halvorsen, Charlie	SO Arcadia	19.82q	2
9 Stankey, Bridget	SR Gale-Ettrick	21.70	1

Girls 100 Meter Hurdles

=====
 Meet Record: 15.07 5/13/2017 Stephanie Brauner, Black River
 Name Year School Finals
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Finals

1 Brauner, Stephanie	JR Black River	15.07
2 Leum, Xana	SO Viroqua	16.31
3 Noble, Lydia	JR Viroqua	16.64
4 Olson, Emily	JR Westby	17.10
5 Stackhouse, Mady	JR Viroqua	17.67

6 Luebke, Elsa	S0 Westby	17.70
7 Weninger, Sarah	S0 Westby	18.19
8 Halvorsen, Charlie	S0 Arcadia	18.54

Girls 300 Meter Hurdles

Meet Record: 46.36 1989 Shari Kowalski, ARC, Arcadia

Name	Year School	Finals	H#
1 Anderson, Madelyn	JR Viroqua	48.83	2
2 Brauner, Stephanie	JR Black River	48.95	2
3 Stackhouse, Mady	JR Viroqua	50.59	2
4 Halvorsen, Charlie	S0 Arcadia	50.81	2
5 Dobberstein, Emily	JR Luther	51.83	2
6 Olson, Emily	JR Westby	52.02	2
7 Noble, Lydia	JR Viroqua	52.85	2
8 Luebke, Elsa	S0 Westby	54.15	2
9 Stankey, Bridget	SR Gale-Ettrick	57.08	1
10 Johnson, Zoe	FR West Salem	58.60	1
11 Bolstad, Natalie	FR Luther	58.93	1

Girls 4x100 Meter Relay

Meet Record: 51.50 1988 Viroqua, Viroqua

L Call, K Solverson, B Swanson, B Stalsberg

School Finals

1 Westby	53.35
1) Saunders, Heaven JR	2) Grabowski, Michaela JR
3) Keenlance, Kiarra JR	4) Delmedico, Miranda JR
2 Arcadia	53.60
1) Pronschinske, Wendy FR	2) Doenier, Brook S0
3) Andre, Ireland SR	4) Zastrow, Bailey S0
3 Black River Falls	54.55
1) Byrns, Emily SR	2) Millis, Karyn FR
3) Smart, Caitlyn JR	4) Brown, Ella S0
4 Luther	54.92
1) Rushlow, Kimberly S0	2) Kasten, Skylar S0
3) Bilitz, Annika FR	4) Kennedy, Kaitlyn S0
5 Gale-Ettrick-Trempea	55.92

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|-------------------------|-----------------------|
| 1) Mills, Ellen JR | 2) Chapman, Taylor JR |
| 3) Rolbiecki, Brooke FR | 4) Feyen, McKenzie SR |
| 6 West Salem | 56.54 |
| 1) Lun, Cherie SR | 2) Maas, Carla SR |
| 3) Howe, Desjah JR | 4) Gorski, Anna SO |
| -- Viroqua | DQ |
| 1) Dehlin, Coriander SR | 2) Stilwell, Ally SR |
| 3) Vance, Delilah JR | 4) Blake, Alice JR |

Girls 4x200 Meter Relay

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 Meet Record: 1:48.30 1981 Holmen, Holmen
 J Rochester, J Rochester, K Rochester, K Granum,
 School Finals
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|---------------------------|-----------------------------|
| 1 Black River Falls | 1:50.29 |
| 1) Byrns, Emily SR | 2) Brown, Ella SO |
| 3) Brauner, Stephanie JR | 4) Ross, Abby SO |
| 2 Viroqua | 1:51.81 |
| 1) Stilwell, Ally SR | 2) Noble, Lydia JR |
| 3) Stackhouse, Mady JR | 4) Dehlin, Coriander SR |
| 3 Arcadia | 1:52.74 |
| 1) Pronschinske, Wendy FR | 2) Doenier, Brook SO |
| 3) Andre, Ireland SR | 4) Zastrow, Bailey SO |
| 4 Luther | 1:54.22 |
| 1) Rushlow, Kimberly SO | 2) Maedke, Jessie JR |
| 3) Dobberstein, Emily JR | 4) Kennedy, Kaitlyn SO |
| 5 Westby | 1:54.49 |
| 1) Saunders, Heaven JR | 2) Olson, Emily JR |
| 3) Keenlance, Kiarra JR | 4) Delmedico, Miranda JR |
| 6 West Salem | 1:55.10 |
| 1) Gorski, Anna SO | 2) Lun, Cherie SR |
| 3) Maas, Carla SR | 4) Fitzpatrick, McKenzie SR |
| 7 Gale-Ettrick-Trempea | 2:02.70 |
| 1) Mills, Ellen JR | 2) Rolbiecki, Brooke FR |
| 3) Chapman, Taylor JR | 4) Williams, Macy SR |

Girls 4x400 Meter Relay

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 Meet Record: 4:08.23 5/10/2008 Arcadia, Arcadia

School

Finals

1 Viroqua	4:18.56
1) Anderson, Madelyn JR	2) Weston, Andrea SR
3) Clark, Samantha JR	4) Dobbs, Josie FR
2 Luther	4:22.43
1) Hoppe, Cianna SO	2) Kennedy, Kaitlyn SO
3) Maedke, Jessie JR	4) Dobberstein, Emily JR
3 West Salem	4:23.87
1) Novak, Sarah SR	2) Fitzpatrick, Sydney SO
3) Brueggeman, Emily SO	4) Fitzpatrick, McKenzie SR
4 Arcadia	4:27.61
1) Myers, Isabel SO	2) Halvorsen, Charlie SO
3) Hoesley, Ellie FR	4) Golden, Brooklynn SO
5 Westby	4:33.85
1) Cade, Sierra SO	2) Larrington, Abbie FR
3) Saunders, Heaven JR	4) Sherry, Sydney JR
6 Gale-Ettrick-Trempea	4:40.04
1) Hein, Jordan FR	2) Rolbiecki, Brooke FR
3) Feyen, Dana SO	4) Ties, Brianna SR
7 Black River Falls	4:50.85
1) Bible, Emma SO	2) VanAuken, Sonja JR
3) Roou, Maggie SO	4) Karau, Adaylya FR

Girls 4x800 Meter Relay

Meet Record: 9:39.52 2007 West Salem, West Salem
C Oldenburg, R Davis, K Stockheimer, C Rucker

School

Finals

1 Viroqua	10:11.01
1) Weston, Andrea SR	2) Dobbs, Josie FR
3) Fox, Caitlin FR	4) Kolden, Emma JR
2 West Salem	10:24.25
1) Furlano, Aleshia JR	2) Schroeder, Kate JR
3) Fitzpatrick, Sydney SO	4) Novak, Sarah SR
3 Westby	10:27.66
1) Franks, Justice SO	2) Call, Julianne JR
3) Larrington, Abbie FR	4) Wedwick, Abbey JR

4 Luther	10:54.78
1) Hoppe, Cianna SO	2) Stratman, Kaitlyn SO
3) Stuebs, Lauren JR	4) Wintrone, Emily FR
5 Black River Falls	11:15.33
1) Roou, Maggie SO	2) Dolesy, Ellie FR
3) Karau, Adaylya FR	4) Deloney, Zyanna FR
6 Arcadia	11:34.53
1) Myers, Isabel SO	2) Schlessler, Olivia SO
3) Madden, Nicole SO	4) Bremer, Morgan SO

Girls High Jump

Meet Record: 5-06 2011 Jessie Welch, WS, West Salem

Name	Year School	Finals
1 Halvorsen, Charlie	SO Arcadia	5-00.00
2 Nigh, Rachel	SR Viroqua	5-00.00
3 Pronschinske, Wendy	FR Arcadia	5-00.00
4 Feyen, McKenzie	SR Gale-Ettrick	4-10.00
5 Kennedy, Kaitlyn	SO Luther	4-08.00
6 Crume, Lexi	JR Westby	4-06.00
7 Williams, Macy	SR Gale-Ettrick	4-06.00
8 Fox, Caitlin	FR Viroqua	4-04.00
8 Weston, Jillian	SO Viroqua	4-04.00
10 Hoesley, Ellie	FR Arcadia	4-04.00
10 Hein, Jordan	FR Gale-Ettrick	4-04.00
-- Johnson, Zoe	FR West Salem	NH
-- Dobberstein, Emily	JR Luther	NH
-- VanAuken, Sonja	JR Black River	NH
-- Guenther, Sarah	SO Black River	NH

Girls Pole Vault

Meet Record: 10-10 5/13/2017 Linse Wilbur, Westby

Name	Year School	Finals
1 Wilbur, Linse	SR Westby	10-10.00
2 Novak, Sarah	SR West Salem	9-06.00
3 Nigh, Rachel	SR Viroqua	9-00.00
4 Mills, Ellen	JR Gale-Ettrick	9-00.00

5 Dwyer, Bekah	SO Westby	8-06.00
6 Maedke, Jessie	JR Luther	8-06.00
7 Vance, Delilah	JR Viroqua	7-06.00
7 Lun, Cherie	SR West Salem	7-06.00
9 Myers, Isabel	SO Arcadia	7-06.00
10 Luebke, Elsa	SO Westby	7-06.00
11 Stowe, Marin	SO Black River	7-00.00
11 Brueggeman, Emily	SO West Salem	7-00.00
11 Ulness, Kora	FR Black River	7-00.00
11 Doenier, Brook	SO Arcadia	7-00.00
-- Bolstad, Natalie	FR Luther	NH
-- Las, Jolene	SO Luther	NH
-- Kowalewski, Cahtayah	FR Gale-Ettrick	NH

Girls Long Jump

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 Meet Record: 18-02 5/10/2008 Maya Vazquez, ARC, Arcadia

Name	Year School	Finals
1 Zastrow, Abbey	SR Arcadia	16-11.00
2 Brauner, Stephanie	JR Black River	16-05.75
3 Feyen, McKenzie	SR Gale-Ettrick	16-02.75
4 Vance, Delilah	JR Viroqua	16-00.25
5 Ross, Abby	SO Black River	15-10.00
6 Williams, Macy	SR Gale-Ettrick	15-09.50
7 Clark, Samantha	JR Viroqua	15-01.75
8 Zastrow, Bailey	SO Arcadia	15-01.50
9 Maas, Carla	SR West Salem	14-06.00
10 Bilitz, Annika	FR Luther	13-08.00
11 Karr, Ali	FR Luther	13-03.25
12 Las, Jolene	SO Luther	12-10.00
13 Howe, Desjah	JR West Salem	12-07.50

Girls Triple Jump

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 Meet Record: 36-05 5/16/2009 Erika Suchla, ARC, Arcadia

Name	Year School	Finals
1 Williams, Macy	SR Gale-Ettrick	33-08.50
2 Leum, Xana	SO Viroqua	33-04.75

3 Keenlance, Kiarra	JR Westby	32-10.50
4 Leadholm, Kim	JR Black River	32-07.50
5 Feyen, McKenzie	SR Gale-Ettrick	32-04.00
6 Nigh, Rachel	SR Viroqua	31-09.00
7 Leadholm, Katie	JR Black River	29-11.75
8 Bunnell, Cassidy	FR Black River	29-03.25
9 Kick, Lauren	JR Luther	27-07.50

Girls Shot Put

Meet Record: 41-10.25 5/12/2012 LeAnna Bender, GET, Gale-Ettrick-Tremp.

Name	Year School	Finals
1 Berklund, Katelin	SR Westby	36-04.50
2 Jacobson, Mya	FR West Salem	33-10.75
3 Rave, Trevonna	JR Black River	32-09.50
4 Hawthorne, Claire	SR Westby	32-04.00
5 Duellman, Dorisa	JR Arcadia	30-11.00
6 Hall, Krista	SR Westby	29-09.75
7 Sipahioglu, Alice	SR Black River	27-03.00
8 Kiedrowski, Lexie	FR Gale-Ettrick	27-00.50
9 Krause, Kasaya	FR West Salem	27-00.00
10 Hunter, Allison	SR Gale-Ettrick	26-06.00
11 Kern, Hannah	SR Gale-Ettrick	26-03.00
12 Kasten, Skylar	S0 Luther	25-10.00
13 Brenengen, Hannah	FR West Salem	24-07.75
14 Chavez, Michelle	S0 Arcadia	24-01.50
15 Meyer, Allison	SR Luther	23-11.00
16 Bolstad, Natalie	FR Luther	23-05.25

Girls Discus Throw

Meet Record: 135-07 5/17/2014 Annalese Lamke, GET, Gale-Ettrick-Tremp.

Name	Year School	Finals
1 Rave, Trevonna	JR Black River	127-10
2 Berklund, Katelin	SR Westby	106-07
3 Jacobson, Mya	FR West Salem	102-04
4 Duellman, Dorisa	JR Arcadia	87-06
5 Hunter, Allison	SR Gale-Ettrick	84-11

6 Kern, Hannah	SR Gale-Ettrick	82-11
7 Kasten, Skylar	S0 Luther	79-06
8 Brown, Stormie	JR Black River	72-08
9 Potter, Jaymie	SR Black River	69-06
10 Deal, Emma	FR West Salem	68-07
11 Chavez, Michelle	S0 Arcadia	67-07
12 Fechner, MiKayla	S0 West Salem	64-00
13 Meyer, Allison	SR Luther	57-03
14 Kiedrowski, Lexie	FR Gale-Ettrick	56-04

Boys 100 Meter Dash

=====
 Meet Record: 10.89 5/11/2013 Jordan Millis, Black River Falls
 Name Year School Prelims H#
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Preliminaries

1 Heilman, Brent	SR West Salem	11.30Q	2
2 Sigler, Corbin	JR Black River	11.58Q	1
3 Goodbear, Collin	S0 Black River	11.60q	2
4 Eversum, Kyle	JR Black River	11.75q	1
5 Holt, Brendan	S0 West Salem	11.78q	1
6 Zimmerman, Marcus	SR Gale-Ettrick	11.80q	1
7 Walsh, Daniel	SR Luther	12.04q	2
8 Wopat, Joe	S0 West Salem	12.11q	1
9 Riley, Ben	S0 Luther	12.12	2
10 Fernando, Raul	S0 Arcadia	12.30	2
11 Peterson, Stefan	FR Viroqua	12.41	2
12 Yarrington, Chance	SR Arcadia	12.59	1
13 Felton, Sawyer	S0 Viroqua	13.14	1
14 Nelson, Ari	FR Viroqua	13.17	2
15 Miller, Jackson	S0 Arcadia	14.39	1

Boys 100 Meter Dash

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 Meet Record: 10.89 5/11/2013 Jordan Millis, Black River Falls
 Name Year School Finals
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Finals

1 Heilman, Brent	SR West Salem	10.97
2 Sigler, Corbin	JR Black River	11.07

3	Goodbear, Collin	SO Black River	11.39
4	Eversum, Kyle	JR Black River	11.56
5	Zimmerman, Marcus	SR Gale-Ettrick	11.84
6	Holt, Brendan	SO West Salem	11.90
7	Wopat, Joe	SO West Salem	12.22
8	Walsh, Daniel	SR Luther	12.60

Boys 400 Meter Dash

=====
 Meet Record: 49.71 5/17/2014 Bryce Koval, Vir, Arcadia

Name	Year	School	Finals	H#
1	Sigler, Corbin	JR Black River	52.07	2
2	Timm, Ian	SR Luther	52.80	2
3	Lisowski, Kaden	FR Arcadia	53.65	2
4	Jumbeck, Jake	SO Gale-Ettrick	54.44	2
5	Stockheimer, Noah	SR West Salem	55.16	2
6	Jorgenson, Erik	SO Westby	55.36	2
7	Leum, Elliot	SR Viroqua	56.33	2
8	Ledoux, Grant	SO West Salem	56.78	1
9	Clemmensen, Beau	SR Luther	56.79	2
10	Sjoquist, Liam	FR West Salem	59.36	1
11	Weltzien, Nick	SO Arcadia	1:03.59	1
12	Miller, Jackson	SO Arcadia	1:04.26	1

Boys 200 Meter Run

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 Meet Record: 22.53 5/13/2017 Corbin Sigler, Black River

Name	Year	School	Finals	H#
1	Sigler, Corbin	JR Black River	22.53	3
2	Dunn, Conner	SR West Salem	23.34	3
3	Goodbear, Collin	SO Black River	23.67	3
4	Holt, Brendan	SO West Salem	24.25	3
5	Skaaland, Lucas	SR Westby	24.36	3
6	Yarrington, Chance	SR Arcadia	24.72	2
7	Ledoux, Grant	SO West Salem	25.01	2
8	Simonson, Carter	FR Viroqua	25.23	2
9	Mathison, Haakon	SO Westby	25.27	3
10	Miller, Josh	JR Luther	25.65	1

11	Smith, Isaiah	SR	Black River	26.36	2
12	Ellefson, Brendan	JR	Viroqua	26.37	1
13	Jorgenson, Erik	S0	Westby	26.63	3

Boys 800 Meter Run

Meet Record: 1:57.29 1990 Pete Jaeger, WB, Westby

Name	Year	School	Finals	
1	Romero, Ramon	JR	Arcadia	2:00.47
2	Vannucchi, David	S0	Luther	2:04.21
3	Nelson, Bailey	SR	Viroqua	2:05.10
4	Peterson, Drew	JR	West Salem	2:06.61
5	Wintrone, Jacob	SR	Luther	2:09.32
6	Johnson, Blake	S0	Gale-Ettrick	2:09.94
7	Jumbeck, Jake	S0	Gale-Ettrick	2:11.35
8	Koepnick, Connor	SR	West Salem	2:12.05
9	Nelson, Marshall	S0	Arcadia	2:13.47
10	Howe, Trevor	S0	Viroqua	2:15.74
11	Smith, Eli	SR	Black River	2:21.06
12	Ziegeweid, James	FR	Arcadia	2:21.17
13	Kramer, John	FR	Black River	2:26.89
14	Buros, Brendan	S0	Westby	2:29.03

Boys 1600 Meter Run

Meet Record: 4:24.20 1983 Dean Junk, LaC, La Crescent

Name	Year	School	Finals	
1	Fredrickson, Hayden	JR	Westby	4:28.21
2	Romero, Ramon	JR	Arcadia	4:29.49
3	Nelson, Bailey	SR	Viroqua	4:34.67
4	Vannucchi, David	S0	Luther	4:36.75
5	Wiesender, Adam	S0	Black River	4:42.98
6	Nelson, Marshall	S0	Arcadia	4:46.84
7	Sells, Erick	SR	West Salem	4:56.73
8	Johnson, Blake	S0	Gale-Ettrick	4:58.77
9	Feyen, Doug	S0	Gale-Ettrick	4:59.44
10	Larson, Sam	S0	Luther	5:00.91
11	Redbird, Stephen	JR	Black River	5:15.60

12	Buros, Brendan	SO	Westby	5:17.27
13	Saner, Sam	SO	Viroqua	5:21.33
14	McClelland, Jansen	SO	Viroqua	5:31.72
15	Gjerseth, Zachiah	FR	Black River	5:52.28

Boys 3200 Meter Run

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 Meet Record: 9:42.20 1986 Tony Meyers, ARC, Arcadia
 Name Year School Finals
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1	Vannucchi, David	SO	Luther	9:55.41
2	Fredrickson, Hayden	JR	Westby	10:04.70
3	Wiesender, Adam	SO	Black River	10:33.57
4	Feyen, Doug	SO	Gale-Ettrick	10:43.39
5	Larson, Sam	SO	Luther	10:52.96
6	Sherry, Kade	SO	Westby	11:00.35
7	Murphy, Andrew	SO	West Salem	11:07.13
8	Jumbeck, Joshua	SO	Gale-Ettrick	11:10.17
9	Firebaugh, Ray	SR	Viroqua	11:55.00
10	Motszko, Kyle	JR	Arcadia	12:02.10
11	Handy, Quaid	SO	Luther	12:10.43
12	Maracek, Caleb	JR	Black River	12:37.13
13	Bernabei-Grassi, Roberto	SR	Black River	13:18.33

Boys 110 Meter Hurdles

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 Meet Record: 14.58 2003 Steve Teeples, Black River Falls
 Name Year School Prelims H#
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Preliminaries

1	Wenthe, Davis	FR	Gale-Ettrick	15.61Q	1
2	Skaaland, Lucas	SR	Westby	15.76Q	2
3	Schroeder, Cameron	JR	Luther	15.65q	1
4	Gluch, Owen	SR	Westby	16.57q	2
5	Vollmar, Nick	SO	West Salem	18.41q	2
6	Lohr, Zach	FR	Viroqua	18.52q	1
7	Ziegler, Cole	SO	Gale-Ettrick	19.42q	2
8	Normann, Nathan	SR	Viroqua	20.97q	2

Boys 110 Meter Hurdles

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Meet Record: 14.58 2003 Steve Teeples, Black River Falls
Name Year School Finals
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Finals

1	Skaaland, Lucas	SR Westby	15.27
2	Wenthe, Davis	FR Gale-Ettrick	15.56
3	Gluch, Owen	SR Westby	16.26
4	Schroeder, Cameron	JR Luther	16.41
5	Vollmar, Nick	S0 West Salem	18.10
6	Lohr, Zach	FR Viroqua	18.82
7	Ziegler, Cole	S0 Gale-Ettrick	19.18
8	Normann, Nathan	SR Viroqua	21.08

Boys 300 Meter Hurdles

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Meet Record: 39.24 5/16/2015 Jim Hoesley,ARC, Arcadia
Name Year School Finals H#
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1	Wenthe, Davis	FR Gale-Ettrick	41.77	2
2	Schroeder, Cameron	JR Luther	41.77	2
3	Skaaland, Lucas	SR Westby	42.74	2
4	Gluch, Owen	SR Westby	43.69	2
5	Engebretson, Ryan	JR Black River	44.68	2
6	Thompson, Ben	S0 Gale-Ettrick	45.00	2
7	Lohr, Zach	FR Viroqua	45.08	1
8	Walsh, Thomas	S0 Luther	45.47	2
9	Ziegler, Cole	S0 Gale-Ettrick	45.80	2
10	Bucek, Benett	JR Black River	46.93	1
11	Mastin, Cameron	SR Viroqua	48.69	1
12	Vollmar, Nick	S0 West Salem	50.39	1
13	Knudson, Ian	S0 West Salem	51.14	1

Boys 4x100 Meter Relay

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Meet Record: 43.88 5/17/2014 Black River Falls, Black River Falls
J Gerzsik, N Greenlaw, M McLinn, G Gjerseth
School Finals
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1	West Salem	45.26
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1) Ledoux, Tyler SR	2) Heilman, Brent SR
3) Wopat, Joe SO	4) Dunn, Conner SR
2 Black River Falls	46.18
1) Bible, Ethan SO	2) Eversum, Kyle JR
3) Osley, Ethan JR	4) Goodbear, Collin SO
3 Luther	47.43
1) Riley, Ben SO	2) Kish, Alex JR
3) Walsh, Thomas SO	4) Walsh, Daniel SR
4 Gale-Ettrick-Trempea	47.98
1) Behan, Ben JR	2) Dahl, Aaron SR
3) Truax, Nathan JR	4) Thompson, Chris JR
5 Westby	49.34
1) Nelson, Cameron SO	2) Engh, Gabe FR
3) Green, Dan SO	4) Mathison, Haakon SO
6 Viroqua	49.78
1) Ellefson, Brendan JR	2) Wildingway, Evergreen SO
3) Abt, Jonah FR	4) Nelson, Ari FR
7 Arcadia	50.85
1) Boberg, Damien JR	2) Olson, Sam SO
3) Pronchinske, Randy SO	4) Weltzien, Nick SO

Boys 4x200 Meter Relay

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 Meet Record: 1:32.12 5/12/2012 Gale-Ettrick-Trempealeau, Gale-Ettrick-Tre
 C Buening, M McGinnis, G Yang, E Van Vleet

School

Finals

1 West Salem	1:32.99
1) Ledoux, Tyler SR	2) Dunn, Conner SR
3) Holt, Brendan SO	4) Heilman, Brent SR
2 Gale-Ettrick-Trempea	1:37.83
1) Zimmerman, Marcus SR	2) Dahl, Aaron SR
3) Thompson, Ben SO	4) Thompson, Chris JR
3 Luther	1:39.22
1) Riley, Ben SO	2) Kish, Alex JR
3) Schroeder, Cameron JR	4) Walsh, Daniel SR
4 Viroqua	1:41.21
1) Peterson, Stefan FR	2) Abt, Jonah FR
3) Ellefson, Brendan JR	4) Simonson, Carter FR
5 Black River Falls	1:41.51

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|-----------------------|------------------------|
| 1) Bible, Ethan SO | 2) Ulness, Nicholas SO |
| 3) Osley, Ethan JR | 4) Eversum, Kyle JR |
| 6 Westby | 1:41.52 |
| 1) Nelson, Cameron SO | 2) Engh, Gabe FR |
| 3) Green, Dan SO | 4) Mathison, Haakon SO |

Boys 4x400 Meter Relay

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 Meet Record: 3:26.20 5/17/2014 Arcadia, Arcadia
 J Hoesley, B Lettner, D White, B Koval

School Finals

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|-------------------------|--------------------------|
| 1 Gale-Ettrick-Trempea | 3:34.83 |
| 1) Hanson, Cameron JR | 2) Thompson, Ben SO |
| 3) Zimmerman, Marcus SR | 4) Wenthe, Davis FR |
| 2 Luther | 3:37.16 |
| 1) Walsh, Thomas SO | 2) Wintrone, Jacob SR |
| 3) Clemmensen, Beau SR | 4) Timm, Ian SR |
| 3 Arcadia | 3:40.45 |
| 1) Fernando, Raul SO | 2) Lisowski, Kaden FR |
| 3) Romero, Ramon JR | 4) Yarrington, Chance SR |
| 4 West Salem | 3:44.67 |
| 1) Peterson, Drew JR | 2) Stockheimer, Noah SR |
| 3) Ledoux, Tyler SR | 4) Wopat, Joe SO |
| 5 Black River Falls | 3:52.17 |
| 1) Bucek, Benett JR | 2) Bible, Ethan SO |
| 3) Engebretson, Ryan JR | 4) Redbird, Stephen JR |
| -- Viroqua | DQ |
| 1) Veres, Evan SR | 2) Leum, Elliot SR |
| 3) Lohr, Zach FR | 4) Nelson, Bailey SR |

Boys 4x800 Meter Relay

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 Meet Record: 8:13.70 2005 La Crescent, La Crescent
 J Bjerke, W Ekstrom, A Schaitel, D Summerfield

School Finals

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|------------------------|-------------------------|
| 1 West Salem | 8:33.54 |
| 1) Koepnick, Connor SR | 2) Peterson, Drew JR |
| 3) Murphy, Andrew SO | 4) Stockheimer, Noah SR |

2 Luther	8:38.50
1) Wintrone, Jacob SR	2) Clemmensen, Beau SR
3) Hackbarth, Jesse SR	4) Handy, Quaid SO
3 Gale-Ettrick-Trempea	8:39.15
1) Campbell, Jayden FR	2) Jumbeck, Jake SO
3) Jumbeck, Joshua SO	4) Johnson, Blake SO
4 Black River Falls	9:05.05
1) Wiesender, Adam SO	2) Smith, Eli SR
3) Bucek, Benett JR	4) Bernabei-Grassi, Roberto SR
5 Viroqua	9:11.25
1) Veres, Evan SR	2) Howe, Trevor SO
3) McClelland, Jansen SO	4) Leum, Elliot SR
6 Arcadia	9:36.07
1) Motszko, Kyle JR	2) Ziegeweid, James FR
3) Weltzien, Nick SO	4) Pronchinske, Randy SO

Boys High Jump

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Meet Record: 6-05.50 5/17/2014 Brett Thompson, WS, West Salem

Name	Year School	Finals
1 Wenthe, Davis	FR Gale-Ettrick	6-00.00
2 Hanson, Cameron	JR Gale-Ettrick	6-00.00
3 Thompson, Chris	JR Gale-Ettrick	5-10.00
4 Schroeder, Cameron	JR Luther	5-10.00
5 Mathison, Haakon	SO Westby	5-04.00
5 Ulness, Nicholas	SO Black River	5-04.00
7 Nelson, Cameron	SO Westby	5-02.00
8 Lohr, Zach	FR Viroqua	5-02.00

Boys Pole Vault

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Meet Record: 13-10 5/13/2017 Owen Gluch, Westby

Name	Year School	Finals
1 Gluch, Owen	SR Westby	13-10.00
2 Veres, Evan	SR Viroqua	12-00.00
3 Mastin, Cameron	SR Viroqua	11-06.00
4 Nelson, Cameron	SO Westby	11-06.00
5 Marley, Jack	JR Gale-Ettrick	10-06.00

6	Pronchinske, Randy	S0 Arcadia	10-00.00
7	Ulness, Nicholas	S0 Black River	9-06.00
8	Byars, Jeremy	S0 Black River	9-00.00
9	Vollmar, Nick	S0 West Salem	8-00.00
--	Firebaugh, Ray	SR Viroqua	NH

Boys Long Jump

Meet Record: 22-00.50 1978 Bob Wetstean, ONA, Onalaska

Name	Year	School	Finals
1	Zimmerman, Marcus	SR Gale-Etrick	21-02.00
2	Hanson, Cameron	JR Gale-Etrick	20-10.00
3	Heilman, Brent	SR West Salem	20-08.75
4	Sigler, Corbin	JR Black River	20-07.25
5	Engebretson, Ryan	JR Black River	19-05.00
6	Ziegler, Cole	S0 Gale-Etrick	18-11.50
7	Holt, Brendan	S0 West Salem	18-10.75
8	Walsh, Thomas	S0 Luther	18-10.25
9	Walsh, Daniel	SR Luther	17-10.25
10	Mahnke, Ben	SR Luther	17-01.00
11	Lisowski, Kaden	FR Arcadia	16-09.00
12	Suchla, Ben	S0 Arcadia	16-05.25
13	Simonson, Carter	FR Viroqua	10-08.50

Boys Triple Jump

Meet Record: 44-09.50 5/10/2008 Jacob Welch, WS, West Salem

Name	Year	School	Finals
1	Skaaland, Lucas	SR Westby	42-09.25
2	Hanson, Cameron	JR Gale-Etrick	41-01.75
3	Truax, Nathan	JR Gale-Etrick	40-07.50
4	Gluch, Owen	SR Westby	40-07.25
5	Ziegler, Cole	S0 Gale-Etrick	40-07.00
6	Engebretson, Ryan	JR Black River	39-09.50
7	Riley, Ben	S0 Luther	38-03.50
8	Ledoux, Tyler	SR West Salem	37-11.75
9	Bible, Ethan	S0 Black River	37-09.50
10	Wopat, Joe	S0 West Salem	36-05.50

11 Wildingway, Evergreen	S0 Viroqua	34-01.50
12 Clemmensen, Beau	SR Luther	33-08.50

Boys Shot Put

Meet Record: 58-00 5/11/2013 Brad Walski, GET, Gale-Ettrick-Tremp.

Name	Year School	Finals
1 Lampman, Michael	SR Viroqua	48-02.75
2 Goodbear, Collin	S0 Black River	44-01.75
3 Diehl, Steve	JR Viroqua	41-11.00
4 Johnson, Cole	JR Gale-Ettrick	41-06.50
5 Glassmaker, John	JR West Salem	41-01.50
6 Riehle, Nathan	JR Gale-Ettrick	40-03.50
7 Weilandt, Tony	JR West Salem	39-08.50
8 Osley, Ethan	JR Black River	37-05.00
9 Behan, Ben	JR Gale-Ettrick	37-03.75
10 Sweeney, Gabe	SR West Salem	36-10.50
11 Boberg, Damien	JR Arcadia	36-00.50
12 Eggert, Blake	SR Luther	35-10.50
13 Olson, Sam	S0 Arcadia	33-07.25
14 Larson, Josh	FR Luther	33-03.00

Boys Discus Throw

Meet Record: 174-05 1997 Andy Kiedrowski, GET, Gale-Ettrick-Tremp.

Name	Year School	Finals
1 Lampman, Michael	SR Viroqua	156-01
2 Weilandt, Tony	JR West Salem	130-02
3 Riehle, Nathan	JR Gale-Ettrick	126-06
4 Boberg, Damien	JR Arcadia	125-05
5 Diehl, Steve	JR Viroqua	123-10
6 Murray, Cole	SR West Salem	113-07
7 Pronchinske, Randy	S0 Arcadia	111-04
8 Kish, Alex	JR Luther	108-04
9 Inglett, Ronnie	S0 Westby	106-00
10 Bolstad, Alex	JR Luther	100-06
11 Olson, Sam	S0 Arcadia	91-06

Women - Team Rankings - 18 Events Scored

1) Viroqua	180.50	2) Westby	136
3) Arcadia	101	4) Black River Falls	90
5) Gale-Ettrick-Trempea	65	6) West Salem	
56.50			
7) Luther	41		

Men - Team Rankings - 18 Events Scored

1) Gale-Ettrick-Trempea	153	2) West Salem	109
3) Black River Falls	102.50	4) Westby	
93.50			
5) Luther	91	6) Viroqua	73
7) Arcadia	47		