

Coulee Conference Meet
Luther High School
Onalaska, Wisconsin - 5/11/2019
Results

Girls 100 Meter Dash**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

Name	Year	School	Prelims	H#
Preliminaries				
1 Grace Hebel	10	Westby	13.38Q	2
2 Katrina Koppa	10	Viroqua	13.73Q	1
3 Caden Miralles	10	Gale-Ettrick	13.75q	1
4 Wendy Pronschinske	11	Arcadia	13.98q	1 13.974
5 Avery Yaeger	9	Black River Falls	13.98q	2 13.976
6 Abby Ross	12	Black River Falls	13.98q	2 13.980
7 Bailey Zastrow	12	Arcadia	14.18q	1
8 Jessica Kupka	10	Arcadia	14.27q	1 14.261
9 Dani Johnson	10	Black River Falls	14.27	2 14.269
10 Allison Weninger	10	Westby	14.31	1
11 Maddy Wopat	10	West Salem	14.60	2
12 Amber Levendoski	10	Westby	14.83	1
13 Kim Rushlow	12	Luther	14.86	1
14 Brianna Zenke	9	Luther	15.01	2
15 Machaela Antony	9	West Salem	15.94	2

Girls 100 Meter Dash

Name	Year	School	Finals	Points
Finals				
1 Grace Hebel	10	Westby	13.03	10
2 Katrina Koppa	10	Viroqua	13.71	8
3 Caden Miralles	10	Gale-Ettrick	13.83	6
4 Abby Ross	12	Black River Falls	14.02	5
5 Avery Yaeger	9	Black River Falls	14.03	4
6 Wendy Pronschinske	11	Arcadia	14.06	3
7 Bailey Zastrow	12	Arcadia	14.24	2
8 Jessica Kupka	10	Arcadia	14.34	1

Girls 200 Meter Dash

Name	Year	School	Finals	H#	Points
1 Grace Hebel	10	Westby	26.63	2	10
2 Caden Miralles	10	Gale-Ettrick	27.67	2	8
3 Abby Ross	12	Black River Falls	28.02	2	6
4 Avery Yaeger	9	Black River Falls	28.19	2	5
5 Wendy Pronschinske	11	Arcadia	28.51	1	4
6 Brooklynn Golden	12	Arcadia	28.64	2	3
7 Bri Carman	11	Viroqua	28.76	2	2
8 Evelyn Gimurtu	12	Westby	28.82	2	1
9 Sydney Fitzpatrick	12	West Salem	29.02	2	
10 Bailey Zastrow	12	Arcadia	29.05	1	
11 Kyler Ernst	10	Luther	29.67	1	

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12	Serena Fincher	10	West Salem	29.87	1
13	Kim Rushlow	12	Luther	29.91	1
14	Hannah Pedretti	9	Westby	31.34	1

Girls 400 Meter Dash

Name	Year	School	Finals	H#	Points
1 Rachel Amoth	10	Gale-Ettrick	1:01.60	2	10
2 Brooklynn Golden	12	Arcadia	1:01.85	2	8
3 Evelyn Gimurtu	12	Westby	1:03.65	2	6
4 Sierra Cade	12	Westby	1:04.72	2	5
5 Josie Dobbs	11	Viroqua	1:05.05	2	4
6 Serena Fincher	10	West Salem	1:05.25	2	3
7 Avali Bratberg	9	Gale-Ettrick	1:07.08	1	2
8 Jordyn Briggs	9	Black River Falls	1:09.06	2	1
9 Anna Dunnum	9	Westby	1:10.35	1	
10 Sarah Guenther	12	Black River Falls	1:12.00	1	

Girls 800 Meter Run

Name	Year	School	Finals	H#	Points
1 Jillian Weston	12	Viroqua	2:21.84	2	10
2 Dana Feyen	12	Gale-Ettrick	2:22.94	2	8
3 Cianna Hoppe	12	Luther	2:27.00	2	6
4 Avrie Marsolek	10	Arcadia	2:33.74	2	5
5 Cassie Warren	10	Luther	2:36.19	2	4
6 Josie Dobbs	11	Viroqua	2:40.12	2	3
7 Anna Dlugi	10	Viroqua	2:42.12	2	2
8 Tessa Matousek	10	Black River Falls	2:43.45	1	1
9 Jordyn Briggs	9	Black River Falls	2:43.51	1	
10 Sierra Cade	12	Westby	2:45.52	2	
11 Gretchen Cortez	12	Luther	2:46.92	1	
12 Abby Brueggeman	10	West Salem	2:47.76	1	
13 Abbie Larrington	11	Westby	2:51.78	1	
14 Hannah Siegler	9	Gale-Ettrick	2:53.26	1	
15 Elsa Mitchell	9	West Salem	2:57.14	1	

Girls 1600 Meter Run

Name	Year	School	Finals	Points
1 Dana Feyen	12	Gale-Ettrick	5:02.88	10
2 Jillian Weston	12	Viroqua	5:08.55	8
3 Mercedes Romo	10	Arcadia	5:26.14	6
4 Emily Wintrone	11	Luther	5:42.89	5
5 Lauren Brendel	12	Viroqua	5:46.07	4
6 Kianna Suchla	9	Arcadia	5:54.54	3

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....Girls 1600 Meter Run

7 Isabel Myers	12 Arcadia	5:55.34	2
8 Lizzie Stuebs	11 Luther	6:00.25	1
9 Elizabeth Korn	12 West Salem	6:18.70	
10 Daina Clemmensen	9 Luther	6:27.14	
11 Emily Brueggeman	12 West Salem	6:28.88	
12 Megan Wiesender	10 Black River Falls	7:29.25	
-- Aleah Hunter	9 Gale-Ettrick	DNF	

Girls 3200 Meter Run

Name	Year School	Finals	Points
1 Dana Feyen	12 Gale-Ettrick	11:19.15	10
2 Mercedes Romo	10 Arcadia	12:12.89	8
3 Jillian Weston	12 Viroqua	12:13.00	6
4 Lauren Brendel	12 Viroqua	12:35.48	5
5 Breann Harris	9 Gale-Ettrick	12:50.78	4
6 Lizzie Stuebs	11 Luther	13:05.68	3
7 Kianna Suchla	9 Arcadia	13:14.74	2
8 Ellen Johnson	10 Westby	13:17.36	1
9 Kylie Wright	12 West Salem	13:23.32	
10 Rylee Kolstad	10 Arcadia	13:33.87	
11 Lexi Giblin	11 West Salem	13:54.80	
12 Chelsea Bruemmer	12 Luther	14:22.85	

Girls 100 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 6 Best Times

Name	Year School	Prelims	H#
Preliminaries			
1 Xana Leum	12 Viroqua	16.56Q	2
2 Charlie Halvorsen	12 Arcadia	17.51Q	1
3 Emma Ries	10 Luther	17.82q	2
4 Teagan Rooney	10 Westby	17.87q	2
5 Ellie Wirtz	10 Black River Falls	19.08q	1
6 Ava JaDoul	9 Gale-Ettrick	19.71q	1
7 Becca Hudson	9 Black River Falls	19.84q	2
8 Brenda Berg	9 Westby	20.91q	1
9 Jenna Crick	9 Luther	21.28	2
10 Leah Schilling	10 Luther	21.86	1

Girls 100 Meter Hurdles

Name	Year School	Finals	Points
Finals			
1 Charlie Halvorsen	12 Arcadia	17.14	10
2 Xana Leum	12 Viroqua	17.15	8

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....Girls 100 Meter Hurdles

3	Emma Ries	10	Luther	17.82	6
4	Teagan Rooney	10	Westby	18.15	5
5	Ava JaDoul	9	Gale-Ettrick	19.03	4
6	Ellie Wirtz	10	Black River Falls	19.10	3
7	Becca Hudson	9	Black River Falls	19.81	2
8	Brenda Berg	9	Westby	21.01	1

Girls 300 Meter Hurdles

Name	Year	School	Finals	H#	Points
1 Xana Leum	12	Viroqua	49.27	2	10
2 Quinn Wenthe	9	Gale-Ettrick	49.71	2	8
3 Katrina Koppa	10	Viroqua	49.75	2	6
4 Charlie Halvorsen	12	Arcadia	49.84	2	5
5 Maddy Wopat	10	West Salem	49.94	2	4
6 Teagan Rooney	10	Westby	51.96	2	3
7 Ava JaDoul	9	Gale-Ettrick	52.54	2	2
8 Ellie Wirtz	10	Black River Falls	55.42	2	1
9 Madison Kruschel	10	Luther	56.03	1	
10 Chloe Erdmann	9	Luther	56.99	1	
11 Becca Hudson	9	Black River Falls	57.57	1	
12 Brenda Berg	9	Westby	58.28	1	

Girls 4x100 Meter Relay

School	Finals	Points
1 Arcadia	54.30	10
1) Maddie Reichwein 12		
2) Jessica Kupka 10		
3) Emily Kupka 12		
4) Taylor Ely 9		
2 Luther	55.19	8
1) Emma Ries 10		
2) Kyler Ernst 10		
3) Grace Komay 10		
4) Kaitlyn Kennedy 12		
3 Viroqua	55.60	6
1) Jessica Anderson 9		
2) Jenna Harless 12		
3) Gracie Wagemester 9		
4) Abby Koch 9		
4 Black River Falls	55.65	4
1) Gabbi Pardoe 9		
2) Karyn Millis 11		
3) Maddie Diehn 10		
4) Dani Johnson 10		
5 Gale-Ettrick-Trempealeau	55.96	2
1) Grace Shanley 9		
2) Kayli Bratberg 9		
3) Kylie Schmitz 9		
4) Jordan Hein 11		
6 Westby	57.27	1
1) Hannah Pedretti 9		
2) Natalie Benish 9		
3) Gretchen Frydenlund 9		
4) Amber Levendoski 10		
7 West Salem	57.71	
1) Allie Cruz-Lambert 9		
2) Emily Gautsch 10		
3) Emma Clements 10		
4) Tessa Deal 9		

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Results**

Girls 4x200 Meter Relay

School	Finals	Points
1 Black River Falls	1:55.03	10
1) Avery Yaeger 9	2) Ellie Wirtz 10	
3) Karyn Millis 11	4) Abby Ross 12	
2 Luther	1:55.46	8
1) Emma Ries 10	2) Kyler Ernst 10	
3) Grace Komay 10	4) Kaitlyn Kennedy 12	
3 Arcadia	1:56.35	6
1) Maddie Reichwein 12	2) Sky Reit 9	
3) Emily Kupka 12	4) Taylor Ely 9	
4 Viroqua	1:57.10	4
1) Jessica Anderson 9	2) Abby Koch 9	
3) Lexi Christianson 9	4) Bri Carman 11	
5 Gale-Ettrick-Trempealeau	1:57.42	2
1) Grace Shanley 9	2) Kayli Bratberg 9	
3) Kylie Schmitz 9	4) Jordan Hein 11	
6 West Salem	2:01.80	1
1) Allie Cruz-Lambert 9	2) Emily Gautsch 10	
3) Emma Clements 10	4) Molly Roberts 9	
-- Westby	DQ	
1) Amber Levendoski 10	2) Molly Forgues 9	
3) Sarah Gimurtu 11	4) Allison Weninger 10	

Girls 4x400 Meter Relay

School	Finals	Points
1 Gale-Ettrick-Trempealeau	4:22.61	10
1) Kylie Schmitz 9	2) Jordan Hein 11	
3) Caden Miralles 10	4) Quinn Wenthe 9	
2 Westby	4:22.81	8
1) Evelyn Gimurtu 12	2) Sierra Cade 12	
3) Molly Forgues 9	4) Allison Weninger 10	
3 Arcadia	4:27.28	6
1) Isabel Myers 12	2) Charlie Halvorsen 12	
3) Maddie Reichwein 12	4) Emily Kupka 12	
4 Luther	4:27.31	4
1) Emily Wintrone 11	2) Kaitlyn Kennedy 12	
3) Cassie Warren 10	4) Cianna Hoppe 12	
5 West Salem	4:34.56	2
1) Molly Roberts 9	2) Sydney Fitzpatrick 12	
3) Serena Fincher 10	4) Elizabeth Korn 12	
6 Viroqua	4:39.95	1
1) Lexi Christianson 9	2) Anna Dlugi 10	
3) Erika Brendel 9	4) Bri Carman 11	
7 Black River Falls	4:52.02	
1) Vlada Flerchuk 12	2) Maddie Diehn 10	
3) Becca Hudson 9	4) Sarah Guenther 12	

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Results**

Girls 4x800 Meter Relay

School	Finals	Points
1 Luther	10:23.17	10
1) Daina Clemmensen 9	2) Cassie Warren 10	
3) Emily Wintrone 11	4) Cianna Hoppe 12	
2 Viroqua	10:37.83	8
1) Lauren Brendel 12	2) Anna Dlugi 10	
3) Celia Amrhein 9	4) Josie Dobbs 11	
3 Gale-Ettrick-Trempealeau	10:58.46	6
1) Aleah Hunter 9	2) Avali Bratberg 9	
3) Breann Harris 9	4) Quinn Wenthe 9	
4 Westby	11:10.61	4
1) Molly Forgues 9	2) Gretchen Frydenlund 9	
3) Abbie Larrington 11	4) Ellen Johnson 10	
5 Black River Falls	11:19.31	2
1) Jordyn Briggs 9	2) Tessa Matousek 10	
3) Vlada Flerchuk 12	4) Sarah Guenther 12	
6 West Salem	11:22.75	1
1) Molly Roberts 9	2) Sydney Fitzpatrick 12	
3) Lexi Giblin 11	4) Abby Brueggeman 10	
7 Arcadia	11:58.79	
1) Nicole Madden 12	2) Olivia Schlessler 12	
3) Rylee Kolstad 10	4) Morgan Bremer 12	

Girls High Jump

Name	Year School	Finals	Points
1 Charlie Halvorsen	12 Arcadia	5-04.00	10
2 Rachel Amoth	10 Gale-Ettrick	5-02.00	8
3 Natalie Jeranek	10 West Salem	5-00.00	6
4 Jillian Weston	12 Viroqua	4-11.00	5
5 Anna Dunnum	9 Westby	4-10.00	4
6 Sky Reit	9 Arcadia	4-06.00	1.50
6 Emma Ries	10 Luther	4-06.00	1.50
6 Gabbi Pardoe	9 Black River Falls	4-06.00	1.50
6 Quinn Wenthe	9 Gale-Ettrick	4-06.00	1.50
10 Emma Bible	12 Black River Falls	J4-06.00	
11 Vivi Miller	9 Black River Falls	J4-06.00	
12 Wendy Pronschinske	11 Arcadia	J4-06.00	
12 Jordan Hein	11 Gale-Ettrick	J4-06.00	

Girls Pole Vault

Name	Year School	Finals	Points
1 Jessica Anderson	9 Viroqua	8-06.00	10
2 Sarah Gimurtu	11 Westby	8-03.00	8
3 Elsa Luebke	12 Westby	8-00.00	6

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....Girls Pole Vault

4	Emily Kupka	12	Arcadia	7-06.00	5
5	Isabel Myers	12	Arcadia	J7-06.00	4
6	Natalie Bolstad	11	Luther	J7-06.00	2.50
6	Kora Ulness	11	Black River Falls	J7-06.00	2.50
8	Emily Brueggeman	12	West Salem	7-00.00	0.33
8	Emma Clements	10	West Salem	7-00.00	0.33
8	Daina Clemmensen	9	Luther	7-00.00	0.33
11	Tessa Deal	9	West Salem	J7-00.00	
12	Julia Tropper	12	Viroqua	J7-00.00	
13	Michelle Chavez	12	Arcadia	J7-00.00	
14	Dani Johnson	10	Black River Falls	6-06.00	
15	Megan Wiesender	10	Black River Falls	6-00.00	

Girls Long Jump

Name	Year	School	Finals	Points	
1	Grace Hebel	10	Westby	17-08.25	10
2	Xana Leum	12	Viroqua	17-03.25	8
3	Rachel Amoth	10	Gale-Ettrick	16-00.00	6
4	Katrina Koppa	10	Viroqua	15-08.50	5
5	Natalie Jeranek	10	West Salem	15-08.25	4
6	Abby Ross	12	Black River Falls	14-10.75	3
7	Jessica Kupka	10	Arcadia	14-10.25	2
8	Maddy Wopat	10	West Salem	14-07.50	1
9	Jolene Las	12	Luther	14-02.25	
10	Emily Gautsch	10	West Salem	14-01.00	
11	Molly Forgues	9	Westby	13-05.00	
12	Kyler Ernst	10	Luther	13-04.50	
13	Bailey Zastrow	12	Arcadia	13-04.25	
14	Avery Yaeger	9	Black River Falls	13-03.50	
15	Tauna Jansen	9	Gale-Ettrick	13-00.25	
16	Grace Shanley	9	Gale-Ettrick	12-08.50	
17	Brianna Zenke	9	Luther	12-05.25	
--	Ellie Wirtz	10	Black River Falls	FOUL	

Girls Triple Jump

Name	Year	School	Finals	Points	
1	Xana Leum	12	Viroqua	36-07.50	10
2	Grace Hebel	10	Westby	36-02.00	8
3	Katrina Koppa	10	Viroqua	34-11.25	6
4	Rachel Amoth	10	Gale-Ettrick	33-04.00	5
5	Caden Miralles	10	Gale-Ettrick	31-07.00	4
6	Maddy Wopat	10	West Salem	30-03.00	3
7	Karyn Millis	11	Black River Falls	30-02.50	2
8	Tauna Jansen	9	Gale-Ettrick	29-02.75	1
9	Gracie Wagemester	9	Viroqua	28-02.50	

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....Girls Triple Jump

10 Emma Clements	10 West Salem	27-02.25
11 Zoe Johnson	11 West Salem	27-01.50

Girls Shot Put

Name	Year	School	Finals	H#	Points
1 Asia Rave	10	Black River Falls	40-00.75	2	10
2 Mikayla Wright	10	Gale-Ettrick	32-06.75	2	8
3 Jordynn Bahr	11	Viroqua	32-06.50	2	6
4 Amy Losinski	10	Arcadia	30-07.50	2	5
5 Emma Drazkowski	11	Gale-Ettrick	30-03.25	2	4
6 Jenna Harless	12	Viroqua	30-00.50	2	3
7 Skylar Kasten	12	Luther	30-00.00	2	2
8 Martha West	12	West Salem	29-05.50	1	1
9 Kendra Tausch	9	West Salem	29-04.25	1	
10 Vanessa Lohr	9	Viroqua	29-01.75	1	
11 Natalie Jeranek	10	West Salem	28-06.25	1	
12 Natalie Bolstad	11	Luther	28-02.75	1	
13 Jaelyn Cloud	10	Black River Falls	28-02.50	2	
14 Lexie Kiedrowski	11	Gale-Ettrick	27-03.25	1	

Girls Discus Throw

Name	Year	School	Finals	H#	Points
1 Asia Rave	10	Black River Falls	111-06	2	10
2 Kylie Schmitz	9	Gale-Ettrick	97-03	2	8
3 Mikayla Wright	10	Gale-Ettrick	95-10	2	6
4 Jenna Harless	12	Viroqua	93-00	2	5
5 Emma Drazkowski	11	Gale-Ettrick	91-05	2	4
6 Mercedes Romo	10	Arcadia	89-11	2	3
7 Michelle Chavez	12	Arcadia	87-09	1	2
8 Kamryn Davey	11	Westby	85-08	1	1
9 Skylar Kasten	12	Luther	83-11	2	
10 MiKayla Fechner	12	West Salem	82-09	1	
11 Emily Komay	11	Luther	82-08	1	
12 Natalie Bolstad	11	Luther	78-10	1	
13 Kerbie Brose	12	Viroqua	74-11	2	
14 Zoe Johnson	11	West Salem	73-07	1	
15 Alena Corneleus	10	Black River Falls	72-06	1	
16 Abbie Larrington	11	Westby	57-10	1	
-- Amy Losinski	10	Arcadia	FOUL	2	
-- Jordynn Bahr	11	Viroqua	FOUL	2	

Women - Team Rankings - 18 Events Scored

1) Viroqua	153	2) Gale-Ettrick-Trempealeau	147.50
3) Arcadia	116.50	4) Westby	92

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....Girls Discus Throw

5) Black River Falls	73	6) Luther	61.33
7) West Salem	26.66		

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 Men - Team Rankings - 18 Events Scored
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1) Gale-Ettrick-Trempealeau	169	2) West Salem	135
3) Westby	120	4) Arcadia	99
5) Luther	56	6) Black River Falls	45
6) Viroqua	45		