

**Mississippi Valley Conference Meet  
 UW-La Crosse - Veterans Memorial Complex  
 La Crosse, Wisconsin - 5/11/2019  
 Results**

**Girls 100 Meter Dash**

**10 Advance: Top 1 Each Heat plus Next 8 Best Times**

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 Meet Record: \* 12.35 2012 Amber Sanderson, Logan

Name	Year	School	Prelims	H#
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Preliminaries

1 Lexi Donarski	11	Aquinas	13.02Q	2
2 Megan Zittlow	11	Holmen	13.80Q	1
3 Andrea White	9	Aquinas	13.18q	2
4 Kamryn McNally	9	Holmen	13.42q	2
5 Anna Whitford-Hawkins	9	La Crosse Central	13.76q	2
6 Makayla Radtke	12	Holmen	13.94q	1
7 Lauren Jarrett	9	La Crosse Logan	13.96q	1
8 Caitlin Zlabek	11	Onalaska	14.06q	1
9 Grace Gyllander	10	Aquinas	14.12q	2
10 Ncaylee Niemann	9	La Crosse Central	14.34q	2
11 Ellie Eswein	11	Tomah	14.51	1
12 Aatlanta Jones	10	Sparta	14.61	2
13 Amanda Valest	10	Tomah	14.72	1
14 Kaylee Streeton	11	La Crosse Central	14.92	1
15 McKayla Simao	10	Sparta	15.14	2
16 Shannon Hoffman	9	Sparta	15.28	1
17 Aly Fleming	10	Tomah	15.55	2

**Girls 100 Meter Dash**

=====  
 Meet Record: \* 12.35 2012 Amber Sanderson, Logan

Name	Year	School	Finals	Points
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Finals

1 Lexi Donarski	11	Aquinas	13.05	10	
2 Andrea White	9	Aquinas	13.32	8	
3 Kamryn McNally	9	Holmen	13.74	6	
4 Lauren Jarrett	9	La Crosse Logan	13.84	5	13.833
5 Megan Zittlow	11	Holmen	13.84	4	13.838
6 Makayla Radtke	12	Holmen	13.86	3	
7 Anna Whitford-Hawkins	9	La Crosse Central	13.92	2	13.914
8 Caitlin Zlabek	11	Onalaska	13.92	1	13.918
9 Grace Gyllander	10	Aquinas	14.43		
10 Ncaylee Niemann	9	La Crosse Central	14.49		

**Girls 100 Meter Dash Wheelchair**

Name	Year	School	Finals
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1 Sevanna Utesch	12	Tomah	41.14
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**Girls 200 Meter Dash**

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Meet Record: * 25.36 2004 Joanna Schultz, Holmen						
Name	Year	School	Finals	H#	Points	
=====						
1 Lexi Donarski	11	Aquinas	26.36	2	10	
2 Avery Trohkimoinen	10	La Crosse Logan	27.08	2	8	
3 Makayla Radtke	12	Holmen	28.14	2	6	
4 Lauren Jarrett	9	La Crosse Logan	28.24	2	5	
5 Kamryn McNally	9	Holmen	28.56	2	4	
6 Grace Gyllander	10	Aquinas	28.66	2	3	
7 Caitlin Zlabek	11	Onalaska	29.09	2	2	
8 Natalie Mumm	9	Onalaska	29.12	2	1	29.114
9 Libby Mickelson	10	La Crosse Central	29.12	1		29.117
10 Ncaylee Niemann	9	La Crosse Central	29.54	1		
11 Kaylee Streeton	11	La Crosse Central	30.21	1		
12 Skylar Audiss	11	Tomah	30.31	1		
13 Hailey Brueggen	9	Holmen	30.42	2		
14 Faith Woodman	12	Sparta	30.61	1		
15 Olivia Blazek	9	Sparta	30.86	1		
16 Ashlynn Benish	9	Tomah	31.16	1		

**Girls 400 Meter Dash**

=====						
Meet Record: * 56.76 2004 Joanna Schultz, Holmen						
Name	Year	School	Finals	H#	Points	
=====						
1 Lydia Malecek	10	Onalaska	1:00.47	2	10	
2 Avery Trohkimoinen	10	La Crosse Logan	1:01.44	2	8	
3 Andrea White	9	Aquinas	1:02.18	2	6	
4 Hailey Brueggen	9	Holmen	1:05.12	2	5	
5 Taylor Winterton	12	Sparta	1:05.55	2	4	
6 Anya Hirsch	12	La Crosse Logan	1:05.78	2	3	
7 Libby Mickelson	10	La Crosse Central	1:05.96	2	2	
8 Jillian Lonning	9	Onalaska	1:06.42	2	1	
9 Julia Poelma	10	La Crosse Central	1:08.15	2		
10 Elyssa Marsolek	9	La Crosse Central	1:10.96	1		
11 Hope Kalland	11	Tomah	1:14.56	1		
12 Amanda Jaeger	9	Sparta	1:14.97	2		
13 Jenna Tracy	10	Tomah	1:17.73	1		

**Girls 800 Meter Run**

=====						
Meet Record: * 2:13.05 2012 Madeline Hauptert, Aquinas						
Name	Year	School	Finals	Points		
=====						
1 Lydia Malecek	10	Onalaska	2:22.69	10		
2 Kora Malecek	10	Onalaska	2:23.41	8		
3 Amalia Malecek	10	Onalaska	2:23.69	6		
4 Karlie Meyer	10	Aquinas	2:27.03	5		
5 Jane Pinkowski	12	La Crosse Central	2:27.07	4		

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**....Girls 800 Meter Run**

6	Greta Trapp	11	La Crosse Logan	2:29.26	3
7	Hannah Wilcox-Borg	10	Tomah	2:31.67	2
8	Ava Wintin	9	La Crosse Central	2:38.89	1
9	Lydia Addison	10	Holmen	2:49.27	
10	Brooke Bakken	10	Tomah	2:56.33	
11	Brielle Harmel	11	Tomah	3:12.30	

**Girls 1600 Meter Run**

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Meet Record: \* 5:00.04 1994 Angi Kujak, Central

Name	Year	School	Finals	Points
1 Kora Malecek	10	Onalaska	4:59.17*	10
2 Amalia Malecek	10	Onalaska	5:06.32	8
3 Aubrey Clements	10	Onalaska	5:24.71	6
4 Greta Trapp	11	La Crosse Logan	5:24.80	5
5 Hannah Wilcox-Borg	10	Tomah	5:34.18	4
6 Angela Ellis	12	Aquinas	5:57.72	3
7 Kacy Eckhardt	10	La Crosse Central	6:04.10	2
8 Eden Winga	10	La Crosse Central	6:18.66	1
9 Giselle Fisher	12	Aquinas	6:21.45	
10 Sophia Hoch	10	Holmen	6:25.85	
11 Hunter Eirschele	12	Tomah	6:37.96	
12 Madeleine Kline	9	Tomah	6:48.64	

**Girls 3200 Meter Run**

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Meet Record: \* 10:45.54 1994 Angi Kujak, Central

Name	Year	School	Finals	Points
1 Kora Malecek	10	Onalaska	11:08.67	10
2 Amalia Malecek	10	Onalaska	11:46.59	8
3 Lydia Malecek	10	Onalaska	12:10.47	6
4 Megan Degenhardt	12	La Crosse Central	12:29.73	5
5 Hannah Wilcox-Borg	10	Tomah	12:33.54	4
6 Ellie Haverland	9	La Crosse Logan	12:44.18	3
7 Kacy Eckhardt	10	La Crosse Central	13:02.93	2
8 Elle Stussy	9	Holmen	13:14.33	1

**Girls 100 Meter Hurdles**

**10 Advance: Top 1 Each Heat plus Next 8 Best Times**

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Meet Record: \* 14.65 2012 Amber Sanderson, Logan

Name	Year	School	Prelims	H#
Preliminaries				
1 Leah Surprenant	12	La Crosse Logan	17.29Q	1
2 Iris Vang	12	Holmen	17.62Q	2
3 Shelby Thicke	12	Aquinas	18.14q	1

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**....Girls 100 Meter Hurdles**

4 Gabriella Geszvain	12 La Crosse Logan	18.17q	2
5 Alliyah Williams	11 Onalaska	18.40q	2
6 Lilly Gyllander	10 Aquinas	18.46q	2
7 Kaylie Lindberg	11 Holmen	18.50q	2
8 Baylea Wilk	12 Holmen	18.52q	1
9 Rebecca Van Hoof	9 Tomah	19.19q	1
10 Lily Schmitz	11 Sparta	19.43q	1
11 Ashley Endrizzi	12 Onalaska	19.63	2
12 Emma Blazek	11 Sparta	19.64	1
13 Jennifer Garves	9 Onalaska	20.21	2

**Girls 100 Meter Hurdles**

=====  
 Meet Record: \* 14.65 2012 Amber Sanderson, Logan  
 Name Year School Finals Points  
 =====

Finals

1 Leah Surprenant	12 La Crosse Logan	17.03	10
2 Iris Vang	12 Holmen	17.25	8
3 Shelby Thicke	12 Aquinas	17.84	6
4 Gabriella Geszvain	12 La Crosse Logan	17.96	5
5 Alliyah Williams	11 Onalaska	18.37	4
6 Lilly Gyllander	10 Aquinas	18.48	3
7 Baylea Wilk	12 Holmen	18.67	2
8 Rebecca Van Hoof	9 Tomah	19.11	1
9 Lily Schmitz	11 Sparta	19.17	
10 Kaylie Lindberg	11 Holmen	20.86	

**Girls 300 Meter Hurdles**

=====  
 Meet Record: \* 45.41 2012 Amber Anderson, Logan  
 Name Year School Finals H# Points  
 =====

1 Shelby Thicke	12 Aquinas	50.21	2	10
2 Kalli Knoble	9 La Crosse Logan	51.37	2	8
3 Leah Surprenant	12 La Crosse Logan	52.71	2	6
4 Lilly Gyllander	10 Aquinas	52.94	2	5
5 Ava Wickstrom	9 Holmen	53.61	2	4
6 Kaylie Lindberg	11 Holmen	54.10	2	3
7 Rebecca Van Hoof	9 Tomah	54.94	2	2
8 Brianna Law	9 Onalaska	55.34	1	1
9 Ellie Eswein	11 Tomah	55.70	2	
10 Lily Schmitz	11 Sparta	55.80	2	
11 Erika Holen	11 Onalaska	57.15	2	
12 Ashley Endrizzi	12 Onalaska	57.53	1	
13 Molly Schultheis	12 La Crosse Central	57.96	1	
14 Emma Blazek	11 Sparta	1:01.78	1	

**Mississippi Valley Conference Meet  
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**Girls 4x100 Meter Relay**

=====			
Meet Record: * 50.61 5/12/2018 Aquinas, Aquinas			
E Burke, K Schmitz, T Theusch, L Donarski			
School		Finals	Points
=====			
1 Holmen		51.70	10
1) Makayla Radtke 12	2) Megan Zittlow 11		
3) Emerson Rhoades 11	4) Kamryn McNally 9		
2 Aquinas		52.08	8
1) Shelby Thicke 12	2) Madison Kratt 9		
3) Grace Gyllander 10	4) Lexi Donarski 11		
3 La Crosse Central		52.80	6
1) Ahnikah Wichelt 12	2) Kaylee Streeton 11		
3) Anna Whitford-Hawkins 9	4) Cleopatra Tillman 10		
4 La Crosse Logan		52.93	5
1) Lauren Boge 10	2) Shelby Klobucar 12		
3) Tamia Brown 9	4) Lauren Jarrett 9		
5 Onalaska		55.84	4
1) Serena Urbanek 9	2) Alliyah Williams 11		
3) Jamia Dillard 9	4) Brooke Visker 11		
6 Sparta		56.22	3
1) McKayla Simao 10	2) Aatlanta Jones 10		
3) Olivia Blazek 9	4) Shannon Hoffman 9		
7 Tomah		56.62	2
1) Ashlynn Benish 9	2) Charlotte Luebke 12		
3) Aly Fleming 10	4) Amanda Valest 10		

**Girls 4x200 Meter Relay**

=====			
Meet Record: * 1:46.55 2004 Onalaska			
S Meier, S Formanek, R Rislow, A Rentschler			
School		Finals	Points
=====			
1 La Crosse Logan		1:52.02	10
1) Lauren Boge 10	2) Shelby Klobucar 12		
3) Elsa Hirsch 9	4) Kalli Knoble 9		
2 Holmen		1:53.12	8
1) Morgan Butterfield 12	2) Emerson Rhoades 11		
3) Eryn DuCharme 10	4) Delaney Gelder 9		
3 La Crosse Central		1:53.43	6
1) Ahnikah Wichelt 12	2) Emma Ehlers 11		
3) Julia Gasper 11	4) Cleopatra Tillman 10		
4 Sparta		1:57.83	5
1) Olivia Blazek 9	2) Aatlanta Jones 10		
3) Faith Woodman 12	4) Kelsey Baker 10		
5 Tomah		2:01.35	4
1) Noelle Adler 9	2) Savannah Blackhawk 10		
3) Ashlynn Benish 9	4) Skylar Audiss 11		
-- Onalaska		DQ	out of ex zone 3-4
1) Alliyah Williams 11	2) Caitlin Caretta 11		



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**....Girls 4x800 Meter Relay**

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|---------------------|----------------------|
| 1) Brooke Bakken 10 | 2) Brielle Harmel 11 |
| 3) Alyssa Alden 9   | 4) Madeleine Kline 9 |

**Girls High Jump**

=====				
Meet Record: * 5-06 2004 Amy Rentschler, Onalaska				
Name	Year	School	Finals	Points
=====				
1 Kalli Knoble	9	La Crosse Logan	5-02.00	10
2 Morgan Butterfield	12	Holmen	5-00.00	8
3 Haley Oliver	12	Sparta	4-10.00	6
4 Faith Woodman	12	Sparta	J4-10.00	4.50
4 Melanie Roberts	10	Holmen	J4-10.00	4.50
6 Natalie Mumm	9	Onalaska	4-08.00	3
7 Callie Ziebell	10	Sparta	J4-08.00	2
8 Elyssa Marsolek	9	La Crosse Central	4-06.00	1
9 Anna Whitford-Hawkins	9	La Crosse Central	J4-06.00	
10 Charlotte Luebke	12	Tomah	4-04.00	
11 Libby Mickelson	10	La Crosse Central	J4-04.00	
12 Madeleine Kline	9	Tomah	J4-04.00	
13 Ella Metza	9	Holmen	4-02.00	

**Girls Pole Vault**

=====				
Meet Record: * 10-01 2009 Emily Mitzelfeldt, Onalaska				
Name	Year	School	Finals	Points
=====				
1 Violette Hanson-Myers	12	La Crosse Logan	9-09.00	10
2 Megan Zittlow	11	Holmen	9-00.00	8
3 Gabriella Geszvain	12	La Crosse Logan	J9-00.00	6
4 Melanie Roberts	10	Holmen	8-06.00	4
4 Kayla Krueger	12	Onalaska	8-06.00	4
4 Elsa Hirsch	9	La Crosse Logan	8-06.00	4
7 Claire Eade	12	Holmen	8-00.00	2
-- Liv Mickschl	11	Onalaska	NH	
-- Emma Ehlers	11	La Crosse Central	NH	

**Girls Long Jump**

=====				
Meet Record: * 18-02 2008 Emily Worden, Logan				
Name	Year	School	Finals	Points
=====				
1 Lexi Donarski	11	Aquinas	18-02.75*	10
2 Kalli Knoble	9	La Crosse Logan	17-00.75	8
3 Iris Vang	12	Holmen	16-08.50	6
4 Amanda Valest	10	Tomah	16-03.50	5
5 Morgan Butterfield	12	Holmen	16-01.75	4
6 Julia Gasper	11	La Crosse Central	15-10.00	3
7 Lauren Jarrett	9	La Crosse Logan	15-06.75	2

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**....Girls Long Jump**

8	Lauren Boge	10	La Crosse Logan	15-04.75	1
9	Anna Whitford-Hawkins	9	La Crosse Central	14-10.50	
10	Natalie Mumm	9	Onalaska	14-00.50	
11	McKayla Simao	10	Sparta	13-09.75	
12	Brielle Harmel	11	Tomah	13-03.75	

**Girls Triple Jump**

=====					
Meet Record: * 37-07 2009 Emily Haines, Tomah					
Name	Year	School	Finals	Points	
=====					
1	Amanda Valest	10	Tomah	33-06.75	10
2	Julia Gasper	11	La Crosse Central	32-06.50	8
3	Leah Surprenant	12	La Crosse Logan	32-04.00	6
4	Baylea Wilk	12	Holmen	J32-04.00	5
5	Anna Koblitz	11	La Crosse Logan	32-02.25	4
6	Iris Vang	12	Holmen	31-09.50	3
7	Lauren Boge	10	La Crosse Logan	30-09.50	2
8	Ellie Eswein	11	Tomah	29-10.50	1

**Girls Shot Put**

=====					
Meet Record: * 44-06.25 1990 Julie Beck, Tomah					
Name	Year	School	Finals	Points	
=====					
1	Aurora Waite	12	La Crosse Logan	39-06.00	10
2	Tori Witcraft	11	La Crosse Logan	34-10.50	8
3	Maddy Glynn	12	Onalaska	34-03.00	6
4	Molly Graff	12	Holmen	33-08.50	5
5	Katarina Lettner	12	La Crosse Logan	32-00.00	4
6	Libby Hlavacka	12	Aquinas	31-02.50	3
7	Jenna Morris	10	La Crosse Central	29-07.00	2
8	Sabin Steinhoff	9	Tomah	29-00.50	1
9	Chloe Skolos	10	Onalaska	28-03.00	
10	Taloe Frazier	11	Sparta	27-05.50	
11	Mari Stafslie-Dumale	11	La Crosse Central	26-00.00	
12	Joy Hilson	9	Tomah	25-06.00	

**Girls Discus Throw**

=====					
Meet Record: * 160-10 1990 Julie Beck, Tomah					
Name	Year	School	Finals	H#	Points
=====					
1	Aurora Waite	12	La Crosse Logan	116-07	2 10
2	Molly Graff	12	Holmen	112-06	2 8
3	Maddy Glynn	12	Onalaska	104-08	2 6
4	Tori Witcraft	11	La Crosse Logan	101-08	1 5
5	Janelle Jarrett	12	La Crosse Logan	96-10	2 4
6	Charlotte Luebke	12	Tomah	90-06	2 3



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**....Girls Discus Throw**

7 Mari Stafslie-Dumale	11 La Crosse Central	88-00	2	2
8 Kortnee Jostad	11 Holmen	86-06	2	1
9 Emma Scott	11 La Crosse Central	85-02	1	
10 Libby Hlavacka	12 Aquinas	84-02	1	
11 Alexis Johnson	10 Onalaska	81-02	2	
12 Aniah Olstad	11 La Crosse Central	79-02	1	
13 Aly Fleming	10 Tomah	78-08	1	
14 Taloa Frazier	11 Sparta	75-03	1	
15 Trinity Nichols	9 Tomah	72-08	1	
16 Ava Mclain	12 Aquinas	60-11	1	

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Women - Team Rankings - 18 Events Scored

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1) La Crosse Logan	194	2) Holmen	132.50
3) Onalaska	127	4) Aquinas	98
5) La Crosse Central	63	6) Tomah	45
7) Sparta	27.50		

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Men - Team Rankings - 17 Events Scored

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1) La Crosse Logan	157	2) Holmen	148
3) Onalaska	99	4) La Crosse Central	93
5) Aquinas	73	6) Tomah	49
7) Sparta	38		