

**Mississippi Valley Conference Meet
Holmen High School
Holmen, Wisconsin - 6/4/2021
Results**

Girls 100 Meter Dash

9 Advance: Top 1 Each Heat plus Next 7 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	Avery Trohkimoinen	12	La Crosse Logan	13.18Q	1
2	Andrea White	11	Aquinas	13.40Q	2
3	Kamryn McNally	11	Holmen	13.43q	2
4	Julie Yang	9	La Crosse Logan	13.46q	1
5	Hailey Brueggen	11	Holmen	13.51q	2
6	Taylor Molling	10	Onalaska	13.58q	1
7	Kya Smith	9	La Crosse Central	13.76q	1
8	Britney Janiszewski	10	Tomah	13.90q	2
9	Maddie Murphy	9	Aquinas	14.18q	1
10	Akeara Steiner	12	Aquinas	14.33	2
11	Carmen Roraff	10	Onalaska	14.47	2
12	Ncaylee Niemann	11	La Crosse Central	14.53	2
13	Shannon Hoffman	11	Sparta	14.63	2
14	Elaina McTaggart	9	Sparta	14.69	1
15	Elizabeth Dahl	10	Tomah	14.89	1
16	Mckayla Simao	12	Sparta	15.28	1

Girls 100 Meter Dash

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Meet Record: * 12.35 2012 Amber Sanderson, Logan

Name	Year	School	Finals	Points
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Finals

1	Avery Trohkimoinen	12	La Crosse Logan	13.01	10	
2	Andrea White	11	Aquinas	13.28	8	
3	Taylor Molling	10	Onalaska	13.36	6	13.355
4	Julie Yang	9	La Crosse Logan	13.36	5	13.360
5	Kamryn McNally	11	Holmen	13.48	4	
6	Hailey Brueggen	11	Holmen	13.57	3	
7	Kya Smith	9	La Crosse Central	13.64	2	
8	Britney Janiszewski	10	Tomah	13.85	1	
9	Maddie Murphy	9	Aquinas	14.08		

Girls 100 Meter Dash Wheelchair

Name	Year	School	Finals
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1	Araina Roderick	10	Sparta	35.55
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Girls 200 Meter Dash

=====						
Meet Record: * 25.36 2004 Joanna Schultz, Holmen						
Name	Year	School	Finals	H#	Points	
=====						
1 Avery Trohkimoinen	12	La Crosse Logan	27.12	2	10	
2 Julie Yang	9	La Crosse Logan	27.44	2	8	
3 Taylor Molling	10	Onalaska	27.91	2	6	
4 Kya Smith	9	La Crosse Central	28.30	2	5	
5 Hailey Brueggen	11	Holmen	28.32	2	4	
6 Jenna Richgels	9	Onalaska	29.05	1	3	
7 Britney Janiszewski	10	Tomah	29.12	2	2	
8 Maddie Murphy	9	Aquinas	29.44	1	1	
9 Ashlynn Benish	11	Tomah	29.54	1		
10 Akeara Steiner	12	Aquinas	29.55	1		
11 Talia Davis-Wilson	11	Tomah	29.83	2		
12 Shannon Hoffman	11	Sparta	30.27	1		
13 Adeline Marcou-Smart	9	La Crosse Central	30.32	1		
14 Ncaylee Niemann	11	La Crosse Central	30.41	2		

Girls 400 Meter Dash

=====						
Meet Record: * 56.76 2004 Joanna Schultz, Holmen						
Name	Year	School	Finals	H#	Points	
=====						
1 Avery Trohkimoinen	12	La Crosse Logan	1:00.30	2	10	
2 Jillian Lonning	11	Onalaska	1:00.80	2	8	
3 Sara Gyllander	10	Aquinas	1:05.22	2	6	
4 Britney Janiszewski	10	Tomah	1:05.98	2	5	
5 MaKayla Ueek	9	Tomah	1:06.36	2	4	
6 Hailey Brueggen	11	Holmen	1:07.69	2	3	
7 River Fife	10	La Crosse Central	1:08.09	2	2	
8 Josie Edwards	10	Sparta	1:08.65	2	1	
9 Jade Saunders	9	Sparta	1:09.81	1		
10 Aubrey Strittmater	12	La Crosse Central	1:10.99	1		
11 Hennessy LaMere	9	Holmen	1:12.34	1		

Girls 800 Meter Run

=====					
Meet Record: * 2:13.05 2012 Madeline Hauptert, Aquinas					
Name	Year	School	Finals	Points	
=====					
1 Lydia Malecek	12	Onalaska	2:19.15	10	
2 Kora Malecek	12	Onalaska	2:19.48	8	
3 Amalia Malecek	12	Onalaska	2:20.72	6	
4 Karlie Meyer	12	Aquinas	2:28.06	5	
5 Hannah Wilcox-borg	12	Tomah	2:29.40	4	
6 Sophia Hoch	12	Holmen	2:37.80	3	
7 Jenna Hutschenreuter	10	La Crosse Central	2:41.99	2	
8 Ashley Janisch	11	La Crosse Logan	2:42.29	1	
9 Anabella Filips	9	Holmen	2:44.43		

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....Girls 800 Meter Run

10	Julia Poelma	12	La Crosse Central	2:46.06
11	Taryn Winga	10	La Crosse Central	2:49.10
12	Brooke Bakken	12	Tomah	2:53.39
13	Serena Swanson	9	Sparta	2:59.43
14	Amanda Jaeger	11	Sparta	3:08.25

Girls 1600 Meter Run

=====				
Meet Record: * 5:00.04 1994 Angi Kujak, Central				
Name	Year	School	Finals	Points
=====				
1	Amalia Malecek	12	Onalaska	5:06.27 10
2	Lydia Malecek	12	Onalaska	5:06.51 8
3	Kora Malecek	12	Onalaska	5:06.82 6
4	Karlie Meyer	12	Aquinas	5:34.63 5
5	Hannah Wilcox-borg	12	Tomah	5:34.66 4
6	Anabella Filips	9	Holmen	5:34.72 3
7	Sophia Hoch	12	Holmen	5:49.94 2
8	Brooke Bakken	12	Tomah	6:21.71 1
9	Emilia Veum	10	La Crosse Central	6:32.52
10	Serena Swanson	9	Sparta	6:47.12
11	Madeleine Kline	11	Tomah	6:48.12
12	Eden Winga	12	La Crosse Central	6:51.88

Girls 3200 Meter Run

=====				
Meet Record: * 10:45.54 1994 Angi Kujak, Central				
Name	Year	School	Finals	Points
=====				
1	Kora Malecek	12	Onalaska	11:17.79 10
2	Amalia Malecek	12	Onalaska	12:07.54 8
3	Lydia Malecek	12	Onalaska	12:07.93 6
4	Ellie Haverland	11	La Crosse Logan	13:05.65 5
5	Elle Stussy	11	Holmen	13:10.08 4
6	Audra Newman	9	Holmen	13:30.78 3
7	Katie Christensen	10	La Crosse Central	13:31.28 2
8	Molly Twitchell	10	Holmen	14:03.57 1
9	Ashley Janisch	11	La Crosse Logan	14:21.47
10	Allison Geszvain	12	La Crosse Logan	15:56.95

Girls 100 Meter Hurdles

=====				
Meet Record: * 14.65 2012 Amber Sanderson, Logan				
Name	Year	School	Finals	Points
=====				
1	Lilly Gyllander	12	Aquinas	17.09 10
2	Kalli Knoble	11	La Crosse Logan	17.16 8
3	Madison Mazur	12	Tomah	18.59 6
4	Brianna Chouinard	10	Onalaska	18.85 5

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....Girls 100 Meter Hurdles

5 Lily Joyce	9 Tomah	18.88	4
6 Emma Rudie	9 Onalaska	19.64	3
7 Ava Wickstrom	11 Holmen	21.96	2

Girls 300 Meter Hurdles

=====				
Meet Record: *	45.41	2012	Amber Anderson, Logan	
Name	Year	School	Finals	Points
=====				
1 Ali Thomas	10	Onalaska	48.33	10
2 Kalli Knoble	11	La Crosse Logan	49.38	8
3 Josie Blum	10	Onalaska	51.66	6
4 Talia Davis-Wilson	11	Tomah	54.31	5
5 Ava Wickstrom	11	Holmen	54.76	4
6 Ava Dettwiler	9	La Crosse Logan	55.68	3
7 Madison Mazur	12	Tomah	55.98	2
8 Lily Joyce	9	Tomah	56.09	1

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 La Crosse Logan			52.77	10
1) Julie Yang 9		2) Liberty Sprain 9		
3) Lauren Boge 12		4) Aaliyah Hamilton 9		
2 Sparta			55.06	8
1) Olivia Blazek 11		2) Abigail Schell 10		
3) Elaina McTaggart 9		4) Mckayla Simao 12		
3 Holmen			55.14	6
1) Abigail Molstad 12		2) Berit Gilbertson 9		
3) Josie Alesch 9		4) McKenzie Zielke 11		
4 Onalaska			55.74	5
1) Carmen Roraff 10		2) Jenna Richgels 9		
3) Payton Mickschl 9		4) Jennifer Garves 11		
5 Tomah			55.81	4
1) Hailey Kramlich 10		2) Zandrea Mason 9		
3) Aly Fleming 12		4) Ashlynn Benish 11		
6 Aquinas			57.59	3
1) Macy Donarski 10		2) Andrea White 11		
3) Maddie Murphy 9		4) Grace Gyllander 12		
7 La Crosse Central			58.18	2
1) Kari Wynos 11		2) Haley Edwards 11		
3) Ava Blegen 11		4) Kelechi Nduka 10		

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Girls 4x200 Meter Relay

=====			
Meet Record: * 1:46.55 2004 Onalaska			
S Meier, S Formanek, R Rislow, A Rentschler			
School		Finals	Points
=====			
1 Aquinas		1:51.39	10
1) Macy Donarski 10	2) Gretta Gyllander 10		
3) Grace Gyllander 12	4) Andrea White 11		
2 La Crosse Central		1:53.04	8
1) Kya Smith 9	2) Adeline Marcou-Smart 9		
3) Libby Mickelson 12	4) Ncaylee Niemann 11		
3 Onalaska		1:54.83	6
1) Taylor Molling 10	2) Carmen Roraff 10		
3) Jenna Richgels 9	4) Emma Rudie 9		
4 La Crosse Logan		1:54.90	5
1) Elsa Hirsch 11	2) Mai See Xiong 10		
3) Aaliyah Hamilton 9	4) Ava Dettwiler 9		
5 Sparta		1:55.15	4
1) Olivia Blazek 11	2) Josie Edwards 10		
3) Evelyn Tripp 9	4) Shannon Hoffman 11		
6 Holmen		1:58.47	3
1) Abigail Molstad 12	2) Berit Gilbertson 9		
3) Josie Alesch 9	4) McKenzie Zielke 11		
7 Tomah		2:01.65	2
1) Hailey Kramlich 10	2) Zandrea Mason 9		
3) Josie Bailey 9	4) Ashlynn Benish 11		

Girls 4x400 Meter Relay

=====			
Meet Record: * 4:02.40 2011 Onalaska			
J Burr, M Hibshman, M Johnson, R Lukas			
School		Finals	Points
=====			
1 Onalaska		4:21.21	10
1) Thomas Alli 10	2) Aubrey Clements 12		
3) Keagan Anderson 9	4) Jillian Lonning 11		
2 Holmen		4:37.85	8
1) Sophia Hoch 12	2) Anabella Filips 9		
3) Kaleigh Kunkel 11	4) Grace Filips 11		
3 La Crosse Central		4:39.55	6
1) River Fife 10	2) Adeline Marcou-Smart 9		
3) Libby Mickelson 12	4) Ncaylee Niemann 11		
4 Sparta		4:41.07	5
1) Evelyn Tripp 9	2) Jade Saunders 9		
3) Josie Edwards 10	4) Abigail Schell 10		
5 La Crosse Logan		4:41.91	4
1) Lauren Rendler 10	2) Ashley Janisch 11		
3) Mai See Xiong 10	4) Allison Geszvain 12		
6 Tomah		4:46.72	3
1) Talia Davis-Wilson 11	2) MaKayla Ueeck 9		



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....Girls 4x400 Meter Relay

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|-----------------|---------------------|
| 3) Lily Joyce 9 | 4) Brooke Bakken 12 |
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Girls 4x800 Meter Relay

Meet Record:	*	9:53.14	1992	Sparta		
School				L Miller, A Finstad, J Newburg, K Davis	Finals	Points
1	Onalaska				10:44.70	10
	1) Carolyn Kearns 12			2) Keagan Anderson 9		
	3) Rachel Hosch 12			4) Aubrey Clements 12		
2	La Crosse Central				11:00.07	8
	1) Katie Christensen 10			2) Julia Poelma 12		
	3) Jenna Hutschenreuter 10			4) Ava Wintin 11		
3	Holmen				11:06.72	6
	1) Audra Newman 9			2) Grace Filips 11		
	3) Sheryl Wang 9			4) Molly Twitchell 10		
4	La Crosse Logan				11:40.99	5
	1) Ellie Haverland 11			2) Lauren Rendler 10		
	3) Allison Geszvain 12			4) Greta Vianden 9		
5	Tomah				13:04.39	4
	1) Madeleine Kline 11			2) Alyssa Alden 11		
	3) Aisha Hughart Topygal 10			4) Mandy Dodsworth 10		

Girls High Jump

Meet Record:	*	5-06	2004	Amy Rentschler, Onalaska		
Name		Year	School		Finals	Points
1	Kalli Knoble	11	La Crosse Logan		5-02.00	10
2	Aaliyah Hamilton	9	La Crosse Logan		5-00.00	8
3	MaKayla Ueek	9	Tomah		J4-08.00	5.50
3	Jennifer Garves	11	Onalaska		J4-08.00	5.50
5	Melanie Roberts	12	Holmen		J4-06.00	3
5	Adeline Marcou-Smart	9	La Crosse Central		J4-06.00	3
5	Josie Edwards	10	Sparta		J4-06.00	3
8	Gretta Gyllander	10	Aquinas		J4-06.00	1
9	Ava Werner	9	Holmen		4-04.00	
9	Elyssa Marsolek	11	La Crosse Central		4-04.00	
11	Akeara Steiner	12	Aquinas		4-02.00	
11	Callie Ziebell	12	Sparta		4-02.00	
11	Libby Mickelson	12	La Crosse Central		4-02.00	
--	Ava Dettwiler	9	La Crosse Logan		NH	
--	Abigail Molstad	12	Holmen		NH	
--	Abigail Schell	10	Sparta		NH	

**Mississippi Valley Conference Meet
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Girls Pole Vault

Meet Record: * 10-01 2009 Emily Mitzelfeldt, Onalaska				
Name	Year	School	Finals	Points
1 Kamryn McNally	11	Holmen	9-00.00	10
2 Elsa Hirsch	11	La Crosse Logan	8-06.00	8
3 Melanie Roberts	12	Holmen	8-00.00	6
4 Josie Anderson	10	Onalaska	J7-00.00	5
5 Mai See Xiong	10	La Crosse Logan	J7-00.00	4
6 Elizabeth Dahl	10	Tomah	J6-06.00	3
7 Josie Bailey	9	Tomah	J6-06.00	1.50
7 Savannah Nicolai	9	Onalaska	J6-06.00	1.50
9 Hadley Thurston	10	Sparta	6-00.00	

Girls Long Jump

Meet Record: * 18-02 2008 Emily Worden, Logan				
Name	Year	School	Finals	Points
1 Kalli Knoble	11	La Crosse Logan	16-10.00	10
2 Grace Gyllander	12	Aquinas	16-05.75	8
3 Brittney Mislivecek	10	La Crosse Central	16-02.25	6
4 Josie Blum	10	Onalaska	15-07.50	5
5 Lauren Boge	12	La Crosse Logan	15-05.50	4
6 Kya Smith	9	La Crosse Central	15-03.50	3
7 Kamryn McNally	11	Holmen	15-03.00	2
8 Carmen Roraff	10	Onalaska	14-08.00	1
9 Aaliyah Hamilton	9	La Crosse Logan	14-06.00	
10 Macy Donarski	10	Aquinas	14-05.25	
11 Lily Joyce	9	Tomah	14-05.00	
12 Jenna Richgels	9	Onalaska	14-04.25	
13 Amanda Valest	12	Tomah	13-11.00	
14 Hailey Kramlich	10	Tomah	13-09.00	
15 Mckayla Simao	12	Sparta	13-04.00	
16 Kari Wynos	11	La Crosse Central	12-04.50	

Girls Triple Jump

Meet Record: * 37-07 2009 Emily Haines, Tomah				
Name	Year	School	Finals	Points
1 Josie Blum	10	Onalaska	33-05.00	10
2 Abigail Molstad	12	Holmen	33-00.75	8
3 Brittney Mislivecek	10	La Crosse Central	32-10.25	6
4 Grace Gyllander	12	Aquinas	32-09.25	5
5 Lauren Boge	12	La Crosse Logan	31-10.50	4
6 Emma Rudie	9	Onalaska	31-08.00	3
7 Evelyn Tripp	9	Sparta	30-10.50	2
8 Ava Dettwiler	9	La Crosse Logan	J30-08.00	1
9 Elizabeth Bagniefski	10	Aquinas	J30-08.00	

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....Girls Triple Jump

10 Kari Wynos	11 La Crosse Central	29-08.50
11 Taya Schraith	10 La Crosse Central	27-05.50
12 Hadley Thurston	10 Sparta	26-00.50

Girls Shot Put Wheelchair

Name	Year School	Finals
1 Araina Roderick	10 Sparta	8-10.50

Girls Shot Put

Meet Record: * 44-06.25 1990 Julie Beck, Tomah

Name	Year School	Finals	H#	Points
1 Rayna Baumgarn	12 Holmen	34-03.00	2	10
2 Jenna Morris	12 La Crosse Central	32-00.00	2	8
3 Natalie Graff	12 Holmen	31-04.00	2	6
4 Liberty Sprain	9 La Crosse Logan	31-02.00	1	5
5 Lauren Boge	12 La Crosse Logan	30-09.50	2	4
6 Taylor Squires	10 Tomah	30-03.00	1	3
7 Sabin Steinhoff	11 Tomah	29-01.00	1	2
8 Callahan Ziebell	12 Sparta	29-00.00	2	1
9 Skylar Olson	10 La Crosse Logan	28-08.00	2	
10 Sydney Layland	11 Holmen	27-00.00	2	
11 Caroline Olson	12 Sparta	24-03.00	1	
12 Alexa Komay	10 Aquinas	23-11.00	1	
13 Kaitlyn Klich	10 La Crosse Central	23-08.00	1	
14 Kendra Arendt	12 La Crosse Central	23-02.00	1	

Girls Discus Throw

Meet Record: * 160-10 1990 Julie Beck, Tomah

Name	Year School	Finals	H#	Points
1 Rayna Baumgarn	12 Holmen	108-09	2	10
2 Natalie Graff	12 Holmen	100-11	2	8
3 Alexis Johnson	12 Onalaska	98-01	2	6
4 Jady Roden	9 Holmen	94-09	2	5
5 Sabin Steinhoff	11 Tomah	90-06	2	4
6 Trinity Nichols	11 Tomah	89-09	2	3
7 Aly Fleming	12 Tomah	89-05	2	2
8 Liberty Sprain	9 La Crosse Logan	89-03	2	1
9 Isabella Vang	12 La Crosse Logan	78-05	1	
10 Callie Ziebell	12 Sparta	76-05	1	
11 Jenna Morris	12 La Crosse Central	75-02	2	
12 Alexa Komay	10 Aquinas	73-02	1	
13 Ella Boge	9 La Crosse Logan	71-06	1	
14 Abby Schelfhout	10 Aquinas	65-01	1	

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....Girls Discus Throw

15 Kelsey Baker	12 Sparta	58-09	1
16 Caroline Olson	12 Sparta	57-08	1
17 Bella Giese	10 La Crosse Central	52-02	1
18 Donna Schwabe	10 La Crosse Central	50-01	1

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Women - Team Rankings - 18 Events Scored

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1) Onalaska	187	2) La Crosse Logan	151
3) Holmen	127	4) Tomah	76
5) La Crosse Central	63	6) Aquinas	62
7) Sparta	24		

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Men - Team Rankings - 18 Events Scored

=====

1) Onalaska	164.50	2) La Crosse Logan	139.50
3) Holmen	124.50	4) La Crosse Central	90.50
5) Aquinas	82.50	6) Tomah	68
7) Sparta	12.50		