

1994 Girls Track Class A State Championships

Class A Team Scores

Millard South	50	Scottsbluff	22	Omaha Bryan	3
Millard North	49.5	Lincoln Southeast	19	Columbus	2
Lincoln High	42	Grand Island	17	Omaha Burke	1
Gering	38	Omaha Westside	14	Omaha Central	1
Kearney	37.5	Papillion-LaVista	14	Omaha Marian	1
Norfolk	33	Omaha Northwest	12		
Bellevue East	32	Lincoln Pius X	10		
Ralston	27	Omaha South	8		
Fremont	24	Alliance	8		

Class A Individual Medalists

100 Meter Dash

1	Tina Ellis	Bellevue East	12.23
2	Stephanie Sharp	Gering	12.31
3	Melanie Kroeger	Norfolk	12.38
4	Sandra Lawton	Grand Island	12.51
5	Cathy Pollard	Omaha Bryan	12.58
6	Brenda Worden	Norfolk	12.63

200 Meter Dash

1	Tina Ellis	Bellevue East	25.89
2	Stephanie Sharp	Gering	26.04
3	KD Smith	Omaha Westside	26.28
4	Kahilya Ellis	Lincoln High	26.46
5	Melanie Kroeger	Norfolk	26.54
6	Sandra Lawton	Grand Island	26.67

400 Meter Dash

1	Amanda Jurgenson	Fremont	1:00.25
2	Carri Butler	Omaha Northwest	1:00.90
3	Kahilya Ellis	Lincoln High	1:00.92
4	Melissa Buechler	Papillion-LaVista	1:01.14
5	Dove Robinson	Kearney	1:01.45
6	Karisa Foight	Grand Island	1:01.62

800 Meter Run

1	Elisa Koch	Millard North	2:18.90
2	Denise Koziol	Norfolk	2:19.51
3	Kendee Koster	Kearney	2:20.84
4	Kristi Thompson	Millard South	2:21.78
5	Kelly Alsup	Millard North	2:21.96
6	Dove Robinson	Kearney	2:21.96

1600 Meter Run

1	Carla Sudbeck	Millard South	5:08.97
2	Melissa Wilson	Scottsbluff	5:14.23
3	Kristi Thompson	Millard South	5:16.63
4	Gina Ivory	Lincoln Southeast	5:17.02
5	Kathy Kearns	Millard North	5:18.65
6	Kelly Alsup	Millard North	5:27.98

3200 Meter Run

1	Carla Sudbeck	Millard South	11:16.40
2	Melissa Wilson	Scottsbluff	11:40.88
3	Kelly Alsup	Millard North	11:44.00
4	Gina Ivory	Lincoln Southeast	11:46.85
5	Jessica Sefzik	Millard South	11:51.48
6	Katherine Shaner	Lincoln Southeast	11:51.90

100 Meter High Hurdles

1	Jaime Erkes	Millard South	15.11
2	Kelly Cizek	Ralston	15.49
3	Mandy Dietrich	Alliance	16.01
4	Jessica Thaller	Lincoln High	16.06
5	Amy Meisinger	Norfolk	16.21
6	Dunina Brown	Omaha Central	16.28

300 Meter Low Hurdles

1	Missy Dammann	Ralston	46.67
2	Robyn Ramey	Kearney	48.68
3	Amy Meisinger	Norfolk	48.77
4	Michelle Jensen	Bellevue East	48.89
5	Anne Kozal	Scottsbluff	49.02
6	Erin Horeis	Omaha Burke	49.05

Long Jump

1	Charmaine Galloway	Grand Island	18-03
2	KD Smith	Omaha Westside	18-00.75
3	Sarah Grotelueschen	Gering	18-00.5
4	Melanie Markus	Papillion-LaVista	17-06.75
5	Anna Traernicht	Millard North	17-00.25
6	Jenny Cadmus	Millard North	16-11

High Jump

1	Laura Martin	Fremont	5-07
2	Kelly Cizek	Ralston	5-07
3	Brooke Schwartz	Gering	5-04
4	Kim Stewart	Kearney	5-04
5	Lindy Muhle	Columbus	5-02
6	Heather Harding	Ralston	5-02

Shot Put

1	Stephanie Schilke	Lincoln High	41-09.25
2	Theresa Williams	Omaha South	40-07.5
3	Michelle Soucie	Millard North	40-05.5
4	Andrea Dodge	Fremont	40-02.5
5	Kerri Murray	Alliance	40-02.25
6	Kristi Burmood	Grand Island	39-09.5

Discus

1	Stephanie Schilke	Lincoln High	147-03
2	Marcie Scharton	Lincoln High	144-05
3	Alisa Turman	Lincoln Southeast	142-07
4	Michelle Soucie	Millard North	133-08
5	Lisa Cole	Scottsbluff	131-04
6	Brandy Echnernach	Omaha Bryan	130-11

400 Meter Relay

1	Gering	49.76
2	Bellevue East	49.97
3	Norfolk	50.12

1600 Meter Relay

1	Lincoln Pius X	4:01.35
2	Kearney	4:04.01
3	Millard North	4:05.90

4	Omaha Northwest	50.17			4	Papillion-LaVista	4:07.16	
5	Papillion-LaVista	50.20			5	Norfolk	4:08.41	
6	Millard South	50.29			6	Millard South	4:08.42	
3200 Meter Relay								
1	Millard North	9:37.91						
2	Kearney	9:41.64						
3	Millard South	9:44.63						
4	Lincoln Southeast	9:44.79						
5	Scottsbluff	9:46.91						
6	Omaha Marian	9:52.75						