

# 1995 Girls Track Class A State Championships

## Class A Team Scores

Kearney	56	Scottsbluff	18	Lincoln Pius X	10
Millard South	55	South Sioux City	18	Columbus	9.5
Lincoln Southeast	34	Bellevue West	14	Omaha Burke	8
Ralston	34	Omaha Westside	13	Papillion-LaVista	8
Gering	32	Hastings	12	Omaha Marian	6
Grand Island	32	Norfolk	12	Omaha South	6
Omaha Benson	30	Omaha Central	12	Omaha North	5
Millard North	25.5	Omaha Northwest	12	Lincoln Northeast	4
Fremont	18	Omaha Bryan	11	Lincoln High	1

## Class A Individual Medalists

### 100 Meter Dash

1	Jamie McAllister	Omaha Benson	12.35
2	Stephanie Sharp	Gering	12.39
3	Dunina Brown	Omaha Central	12.52
4	Sandra Lawton	Grand Island	12.63
5	KD Smith	Omaha Westside	12.67
6	Nicole Butts	Omaha North	12.78

### 200 Meter Dash

1	Jamie McAllister	Omaha Benson	25.34
2	Stephanie Sharp	Gering	25.71
3	Sandra Lawton	Grand Island	26.21
4	Kelly Danek	Lincoln Northeast	26.22
5	Delana Hanes	Bellevue West	26.24
6	KD Smith	Omaha Westside	26.25

### 400 Meter Dash

1	Karisa Foight	Grand Island	:59.32
2	Kelly Everett	South Sioux City	:59.87
3	Nicole Johnson	Hastings	1:00.29
4	Candice Ross	Bellevue West	1:00.41
5	Amanda Went	Columbus	1:00.76
6	Shannon Williams	Millard South	1:01.09

### 800 Meter Run

1	Kendee Koster	Kearney	2:16.62
2	Amie Finkner	Kearney	2:16.64
3	Krissie Spanheimer	Omaha Marian	2:19.27
4	Denise Koziol	Norfolk	2:19.87
5	Gina Ivory	Lincoln Southeast	2:20.20
6	Elisa Koch	Millard North	2:21.27

### 1600 Meter Run

1	Melissa Wilson	Scottsbluff	5:06.44
2	Amie Finkner	Kearney	5:11.78
3	Gina Ivory	Lincoln Southeast	5:15.11
4	Leesa Bahr	South Sioux City	5:19.92
5	Emily Anderson	Lincoln Southeast	5:19.98
6	Jessica Sefzik	Millard South	5:20.05

### 3200 Meter Run

1	Jessica Sefzik	Millard South	11:17.34
2	Gina Ivory	Lincoln Southeast	11:28.63
3	Becky Stull	Omaha South	11:30.86
4	Melissa Wilson	Scottsbluff	11:31.18
5	Emily Anderson	Lincoln Southeast	11:35.72
6	Monica Kepler	Lincoln High	11:37.05

### 100 Meter High Hurdles

1	Missy Dammann	Ralston	15.16
2	Kelly Cizek	Millard South	15.23
3	Dunina Brown	Omaha Central	15.37
4	Becky Mohatt	Omaha Burke	16.03
5	Lisa Jensen	Millard South	16.07
6	Amy Meisinger	Norfolk	16.11

### 300 Meter Low Hurdles

1	Missy Dammann	Ralston	45.72
2	Karisa Foight	Grand Island	45.78
3	Amy Meisinger	Norfolk	46.75
4	Amanda Went	Columbus	47.17
5	Anne Kozal	Scottsbluff	47.20
6	Mariah Ohlsen	Millard North	47.69

### Long Jump

1	KD Smith	Omaha Westside	18-04.75
2	Delana Hanes	Bellevue West	18-01
3	Jessica Draemel	Millard South	17-11.5
4	Anna Trauernicht	Millard North	17-08.5
5	Laura Martin	Fremont	17-06/75
6	Amanda Prascher	Kearney	17-03

### High Jump

1	Kelly Cizek	Millard South	5-08
2	Brooke Schwartz	Gering	5-04
3	Laura Martin	Fremont	5-04
4	Kim Stewart	Kearney	5-02
5	Katie Johnson	Millard North	5-02
6	Lindy Muhle	Columbus	5-02

### Shot Put

1	Becky Beachler	Fremont	44-05.5
2	Jamie Heydenreich	Papillion-LaVista	43-01.5
3	Beth Abramson	Ralston	42-04.5
4	Jill Peterson	Omaha Burke	40-06.5
5	Corinna Osterfoss	Millard South	39-11.25
6	Brandy Echernach	Omaha Bryan	39-11

### Discus

1	Brandy Echernach	Omaha Bryan	148-01
2	Beth Abramson	Ralston	142-06
3	Alisa Turman	Lincoln Southeast	137-09
4	Lindsay Peterson	Omaha Northwest	130-00
5	Hilary Wilke	Gering	124-04
6	Stacy Vergil	Scottsbluff	121-03

<b>Triple Jump</b>				<b>400 Meter Relay</b>			
1	Anna Trauernicht	Millard North	37-01.25		1	Omaha Benson	49.73
2	Jessica Draemel	Millard South	37-00.25		2	Omaha Northwest	49.96
3	Jenny Cadmus	Millard North	36-05.75		3	Gering	50.22
4	Renee Bergmeier	Kearney	35-05.75		4	Omaha North	50.66
5	Lisa Jensen	Millard South	35-03		5	Kearney	50.70
6	Emily Bell	Kearney	34-02.5		6	Millard South	51.01
<b>1600 Meter Relay</b>				<b>3200 Meter Relay</b>			
1	Lincoln Pius X		4:00.46		1	Kearney	9:26.46
2	Kearney		4:02.27		2	Lincoln Southeast	9:36.40
3	Hastings		4:04.06		3	South Sioux City	9:38.92
4	Grand Island		4:05.89		4	Millard South	9:40.88
5	Columbus		4:06.87		5	Millard North	9:44.43
6	Scottsbluff		4:08.58		6	Norfolk	9:53.28