

# 1980 Girls Track Class C State Championships

## Class C Team Scores

Hastings St. Cecilia	57	Ansley	8	Wakefield	4
Omaha Cathedral	42	Ponca	8	Bertrand	4
Laurel	24	Elm Creek	8	Arapahoe	4
Elkhorn Valley	24	Elgin Pope John	8	Oshkosh	4
Randolph	20	Bennington	8	Gibbon	2
Fremont Bergan	20	Pawnee City	7	Waterloo	2
Imperial	18	Morrill	7	Pender	2
Omaha Holy Name	18	North Bend	6	Blue Hill	1
Hebron	17	Hershey	6	Sutton	1
Harvard	16	Centura	6	Meridian	1
Hay Springs	13	Conestoga	6	East Butler	1
Shelton	10.5	Minatare	6	Verdigre	1
Burwell	10	Centennial	5	Friend	1
Howells	10	Cedar Bluff	5	Atkinson West Holt	0.5
Wauneta	8	Grand Island CC	4	Emerson	0

## Class C Individual Medalists

### 100 Meter Dash

1	Crystal Hicks	Omaha Cathedral	12.8
2	Mindy Nordhausen	Wauneta	13.0
3	Susan Stencel	Hershey	13.0
4	Alice Wattier	Randolph	13.1
5	Cammy Weyers	Hay Springs	13.1
6	Teresa Oschner	Sutton	13.1

### 200 Meter Dash

1	Crystal Hicks	Omaha Cathedral	25.7
2	Kelli Holton	Elkhorn Valley	25.7
3	Barb Kindig	Hastings St. Cecilia	26.3
4	Paula Chace	Laurel	26.5
5	Robin Beavers	Gibbon	26.6
6	Cammy Weyers	Hay Springs	26.8

### 400 Meter Dash

1	Kelli Holton	Elkhorn Valley	:57.6
2	Paula Chace	Laurel	:59.2
3	Marci Wattier	Randolph	:59.3
4	Crystal Hicks	Omaha Cathedral	:59.6
5	Teri Buchanan	Waterloo	1:00.7
6	Cindy Bostock	Blue Hill	1:01.2

### 800 Meter Run

1	Paula Chace	Laurel	2:21.4
2	Marci Wattier	Randolph	2:23.0
3	Tina Resh	Shelton	2:23.1
4	Jolene Smith	Ponca	2:24.4
5	Deb Josoff	Cedar Bluffs	2:25.8
6	Janet Cook	Verdigre	2:26.4

<b>1600 Meter Run</b>					<b>3200 Meter Run</b>			
1	Teri John	Burwell	5:23.8		1	Patty Drey	Omaha Holy Name	11:42.5
2	Patty Drey	Omaha Holy Name	5:27.2		2	Jane Ortmeier	Fremont Bergan	12:00.3
3	Dawn Steffensmeier	Minatare	5:29.6		3	Janelle Weilage	Pawnee City	12:03.3
4	Tina Resh	Shelton	5:43.3		4	Karen Osada	Ponca	12:04.7
5	Deb Josoff	Cedar Bluffs	5:36.1		5	Diann Austin	Imperial	12:07.9
6	Janelle Weilage	Pawnee City	5:39.7		6	Jean Drees	Meridian	12:18.1
<b>100 Meter Low Hurdles</b>					<b>Long Jump</b>			
1	Barb Kindig	Hastings St. Cecilia	14.6		1	Cammy Weyers	Hay Springs	17-02
2	Mary McCarty	Elgin Pope John	15.2		2	Tami Keller	Havard	16-10
3	Kelly Peterson	Conestoga	15.4		3	Donna Chvatal	North Bend	16-09.5
4	Karen Dahlgren	Bertrand	15.7		4	Linda Polston	Arapahoe	16-09
5	Lori Brown	Hastings St. Cecilia	15.8		5	Paula Chace	Laurel	16-05.75
6	Judy Stastny	East Butler	15.9		6	Lori Brown	Hastings St. Cecilia	16-05
<b>High Jump</b>					<b>Shot Put</b>			
1	Stacy Jakubowski	Howells	5-04		1	Jan Frosh	Imperial	42-06.25
2	Tami Keller	Harvard	5-03		2	Karen Gerdes	Hebron	42-03.25
3	Ginny Smith	Elm Creek	5-02		3	Julie Parr	Hastings St. Cecilia	40-03.5
4	Kare Richters	Centennial	5-02		4	Carol Derr	Morrill	38-05
5	Lori Brown	Hastings St. Cecilia	5-00		5	Linda Mabie	Pender	38-01
6 tie	Darla Butterfield	Atkinson West Holt	5-00		6	Shelly Schoolcraft	Morrill	38-00
	Sue Mueller	Shelton	5-00					
<b>Discus</b>					<b>400 Meter Relay</b>			
1	Julie Parr	Hastings St. Cecilia	123-05		1	Hastings St. Cecilia	50.9	
2	Karen Gerdes	Hebron	121-07		2	Fremont Bergan	51.4	
3	Jan Frosh	Imperial	118-01		3	Ansley	52.0	
4	Jan Glissman	Oshkosh	112-11		4	Wakefield	52.4	
5	Shelly McKee	Elm Creek	111-00		5	Randolph	52.4	
6	LuAnn Soderling	Cedar Bluffs	109-11		6	Centennial	52.4	
<b>1600 Meter Relay</b>					<b>3200 Meter Relay</b>			
1	Hastings St. Cecilia	4:09.6			1	Omaha Cathedral	10:03.6	
2	Omaha Cathedral	4:12.7			2	Benington	10:07.9	
3	Elkhorn Valley	4:12.9			3	Centura	10:10.0	
4	Grand Island CC	4:14.0			4	Fremont Bergan	10:15.4	

5	Ansley	4:14.8			5	Morrill	10:15.5	
6	Friend	4:15.0			6	Hebron	10:17.5	

# 1981 Girls Track Class C State Championships

## Class C Team Scores

David City Aquinas	46	Burwell	12	North Bend	2
Hastings St. Cecilia	44	Gibbon	12	Elm Creek	2
Geneva	29	Bertrand	11	Leyton	2
Harvard	28	Arapahoe	11	Shelton	2
Pawnee City	24	Howells	10	Neligh	2
Hebron	22	Logan View	10	Wahool Neumann	2
Elkhorn Valley	22	Friend	8	Weeping Water	2
Randolph	20	Clarkson	8	Imperial	1
Hartington	16	Omaha Cathedral	8	Ponca	1
Fremont Bergan	15	Stanton	6	Bloomfield	1
Omaha Holy Name	15	Plainview	4	Wausa	1
Morrill	13	Palmyra	4	Sargent	1
Centennial	13	Conestoga	4		

## Class C Individual Medalists

### 100 Meter Dash

1	Ann Polak	David City Aquinas	12.42
2	Sarah Reed	Gibbon	12.90
3	Diane Wiesen	Fremont Bergan	12.91
4	Monica Sayers	Conestoga	13.06
5	Kim Pohlman	Stanton	13.11
6	Dawn Downie	Bloomfield	13.13

### 200 Meter Dash

1	Ann Polak	David City Aquinas	25.53
2	Vicky Johnson	Geneva	25.99
3	Kelli Holton	Elkhorn Valley	26.43
4	Sarah Reed	Gibbon	26.67
5	Karla Niewedde	Centennial	26.82
6	Diane Wiesen	Fremont Bergan	26.96

### 400 Meter Dash

1	Vicky Johnson	Geneva	:57.96
2	Kelli Holton	Elkhorn Valley	:58.55
3	Beth Wilson	Harvard	:58.91
4	Kim Thomsen	Stanton	:59.30
5	Cheryl Hughes	Neligh	1:00.18
6	Karen Dahlgren	Bertrand	1:00.28

### 800 Meter Run

1	Beth Wilson	Harvard	2:21.04
2	Christy Shutts	Friend	2:22.11
3	Regan tenBensel	Arapahoe	2:22.78
4	Julie Dennis	Palmyra	2:23.34
5	Sheila Brown	Hastings St. Cecilia	2:24.23
6	Lori Humphreys	Imperial	2:24.25

### 1600 Meter Run

### 3200 Meter Run

1	Janelle Weilage	Pawnee City	5:18.02		1	Janelle Weilage	Pawnee City	11:41.90
2	Pat Stodola	Clarkson	5:19.84		2	Patty Drey	Omaha Holy Name	11:50.05
3	Patty Drey	Omaha Holy Name	5:19.89		3	Jane Ortmeier	Fremont Bergan	12:01.82
4	Terri John	Burwell	5:25.71		4	Terri John	Burwell	12:03.70
5	Tina Resh	Shelton	5:31.45		5	Colleen Hotovy	David City Aquinas	12:10.32
6	Donna Drey	Omaha Holy Name	5:32.97		6	Karen Osada	Ponca	12:11.54
<b>100 Meter Low Hurdles</b>					<b>Long Jump</b>			
1	Karen Dahlgren	Bertrand	15.01		1	Vicky Johnson	Geneva	17-10.5
2	Carol Derr	Morrill	15.17		2	Lori Brown	Hastings St. Cecilia	17-04
3	Barb Kindig	Hastings St. Cecilia	15.25		3	Tami Keller	Harvard	17-02.25
4	Tonda Bessmer	Plainview	15.71		4	Linda Polston	Arapahoe	16-10.75
5	Laurie Martin	Wahoo Neumann	15.74		5	Deb Schmidt	Fremont Bergan	16-07.75
6	Julie Begley	Morrill	15.89		6	Cari Poland	Sargent	16-04.25
<b>High Jump</b>					<b>Shot Put</b>			
1	Stacy Jakubowski	Howells	5-06		1	Inga Broderson	Randolph	40-11.75
2	Kare Richters	Centennial	5-06		2	Karen Gerdes	Hebron	40-07.75
3	Tami Keller	Harvard	5-05		3	Tami Bargstadt	Hartington	39-03.75
4	Martha Crull	Logan View	5-02		4	Carol Derr	Morrill	38-11.25
5	Janice Russell	Leyton	5-02		5	Shelly McKee	Elm Creek	38-00.5
6	Vicki Wamberg	Wausa	5-02		6	Cami Colbert	Weeping Water	37-04
<b>Discus</b>					<b>400 Meter Relay</b>			
1	Tami Bargstadt	Hartington	122-08		1	David City Aquinas	50.19	
2	Cindy Parr	Hastings St. Cecilia	121-09		2	Hastings St. Cecilia	50.72	
3	Inga Broderson	Randolph	121-03		3	Logan View	50.96	
4	Karen Gerdes	Hebron	121-02		4	Randolph	50.99	
5	Jolynn Krepel	North Bend	120-04		5	Centennial	51.36	
6	Cami Colbert	Weeping Water	119-04		6	Geneva	51.38	
<b>1600 Meter Relay</b>					<b>3200 Meter Relay</b>			
1	Hastings St. Cecilia	4:09.06			1	Hebron	9:58.40	
2	Elkhorn Valley	4:10.01			2	David City Aquinas	10:01.19	
3	David City Aquinas	4:10.55			3	Omaha Cathedral	10:08.44	
4	Pawnee City	4:11.87			4	Burwell	10:08.62	
5	Omaha Cathedral	4:12.99			5	Hastings St. Cecilia	10:09.36	
6	Centennial	4:13.47			6	Arapahoe	10:09.45	

# 1982 Girls Track Class C State Championships

## Class C Team Scores

David City Aquinas	46	Centennial	11	West Point CC	4
Geneva	44	Franklin	10	Elgin	2
Plainview	29	Hebron	10	Bayard	2
Pawnee City	28	Ponca	8	Omaha Cathedral	2
Arapahoe	28	Bennington	8	Tri County	2
Hastings St. Cecilia	26	Palmyra	8	Creighton	2
Shelton	22	Howells	7	Ravenna	1
Louisville	18	Elm Creek	6	Fort Calhoun	1
Randolph	18	Crofton	6	Minatare	1
Imperial	18	Neligh	6	Morril	1
Ewing	17	Sandy Creek	4	Kenesaw	1
Harvard	16	Humphrey SF	4	Logan View	1
Elkhorn Valley	12	Sutherland	4		

## Class C Individual Medalists

### 100 Meter Dash

1	Ann Polack	David City Aquinas	12.01
2	Kris Uffelman	Geneva	12.43
3	Tonda Bessmer	Plainview	12.43
4	Kelly Fuxa	Louisville	12.63
5	Lisa Jensen	Ponca	12.64
6	Karla Nieweddle	Centennial	12.65

### 200 Meter Dash

1	Theresa Siefkes	Waverly	25.50
2	Vicky Johnson	Geneva	25.82
3	Kris Uffelman	Geneva	26.22
4	Kelli Holton	Elkhorn Valley	26.32
5	Kim Huck	Bayard	26.81
6	Tonda Bessmer	Plainview	26.92

### 400 Meter Dash

1	Vicky Johnson	Geneva	:58.73
2	Kelli Holton	Elkhorn Valley	:58.90
3	Mary Spitser	Pawnee City	1:00.14
4	Beth Wilson	Harvard	1:00.16
5	Lori Humphreys	Imperial	1:00.43
6	Shelia Brown	Hastings St. Cecilia	1:00.68

### 800 Meter Run

1	Shelia Brown	Hastings St. Cecilia	2:18.79
2	Mary Spitser	Pawnee City	2:18.87
3	Beth Wilson	Harvard	2:18.97
4	Lori Humphreys	Imperial	2:22.86
5	Regan tenBensel	Arapahoe	2:23.16
6	Ann Geiger	Hastings St. Cecilia	2:23.27

### 1600 Meter Run

### 3200 Meter Run

1	Sammie Resh	Shelton	5:20.04		1	Sammie Resh	Shelton	11:20.97
2	Julie Dennis	Palmyra	5:20.34		2	Janelle Weilage	Pawnee City	11:24.23
3	Janelle Weilage	Pawnee City	5:22.32		3	Jenny Sheldon	Crofton	11:54.01
4	Cheryl Woodford	Ponca	5:32.88		4	Diane Austin	Imperial	11:58.14
5	Deb Wright	Ewing	5:33.89		5	Karen Osada	Ponca	12:01.28
6	Pat Wright	Ewing	5:36.39		6	Kathy Nichols	Minatare	
<b>100 Meter Low Hurdles</b>					<b>Long Jump</b>			
1	Tonda Bessmer	Plainview	14.76		1	Linda Polston	Arapahoe	16-10
2	Vicky Johnson	Geneva	14.83		2	Coleen Regan	Ewing	16-09.75
3	Colleen Regan	Ewing	14.96		3	Robin Wells	Neligh	16-08.75
4	Renee Sandberg	Sutherland	15.35		4	Michelle Wakefield	Bennington	16-05.75
5	Monica Demerath	Plainview	15.60		5	Mary Stokebrand	Tri County	16-03.5
6	Biance Filbin	Kenesaw	15.88		6	Mary Fitzgerald	Fort Calhoun	16-02.5
<b>High Jump</b>					<b>Shot Put</b>			
1	Kristi Fries	Franklin	5-04		1	Inga Broderson	Randolph	42-03.75
2	Beth Fiala	David City Aquinas	5-03		2	Kathy Gottberg	Louisville	40-08.25
3	Tami Keller	Harvard	5-02		3	Kaylene Braddy	Elm Creek	37-06.5
4	Jeanne Ridder	West Point CC	5-01		4	Cheryl Shaw	Sandy Creek	37-06
5	Lisa Wildman	Elgin	5-01		5	Letha Kruger	Shelton	35-09
6	Becky Chramosta	Ravenna	5-01		6	Monic Ream	Morrill	35-07
<b>Discus</b>					<b>400 Meter Relay</b>			
1	Jean Monter	Arapahoe	127-03		1	Plainview	51.53	
2	Inga Broderson	Randolph	126-10		2	Centennial	51.77	
3	Kathy Gottberg	Louisville	125-11		3	David City Aquinas	52.00	
4	Joy Cohrs	Bennington	124-11		4	Geneva	52.01	
5	Cindy Parr	Hastings St. Cecilia	122-02		5	Hastings St. Cecilia	52.03	
6	Juli Wostrel	Creighton	114-09		6	Logan View	52.52	
<b>1600 Meter Relay</b>					<b>3200 Meter Relay</b>			
1	Hastings St. Cecilia	4:04.95			1	Hebron	10:03.42	
2	David City Aquinas	4:11.00			2	Imperial	10:10.99	
3	Howells	4:11.83			3	Arapahoe	10:12.41	
4	Humphrey SF	4:12.22			4	David City Aquinas	10:16.11	
5	Centennial	4:12.43			5	Omaha Cathedral	10:18.58	
6	Creighton	4:16.39			6	Howells	No Time	

## 1983 Girls Track Class C State Championships

### Class C Team Scores

Geneva	66	Ewing	10	Pawnee City	4
Wahoo	26	Bennington	9	Wilber-Clatonia	4
Hastings St Cecilia	22	Neligh	8	Humphrey SF	2
Shelton	20	Sutherland	8	Morrill	2
Crofton	20	Tri County	8	Centura	2
Randolph	18	Alma	8	Crawford	2
Centennial	18	Plainview	7	Omaha Cathedral	2
Louisville	18	Sandy Creek	6	Omaha Holy Name	2
Battle Creek	15	Franklin	6	Norfolk Catholic	1
Stromsburg	14	Clarkson	6	Howells	1
Grant	14	Elm Creek	5	Wahoo Neumann	1
Hyannis	12	Pierce	5	West Point CC	1
Harvard	12	Hebron	4	David City Aquinas	1
Ansley	12	Doniphan	4	Tekamah-Herman	0
Madison	10	Ponca	4	Burwell	0
North Platte SP	10	Bayard	4		

### Class C Individual Medalists

#### 100 Meter Dash

1	Kris Uffelman	Geneva	12.62
2	Karla Niewedde	Centennial	12.96
3	Tracy Brownlow	Hyannis	13.04
4	Rita Goc	Doniphan	13.07
5	Lisa Jensen	Ponca	13.11
6	Tonda Bessmer	Plainview	13.17

#### 200 Meter Dash

1	Vicky Johnson	Geneva	26.15
2	Kris Uffelman	Geneva	26.20
3	Tracy Brownlow	Hyannis	26.56
4	Kim Huck	Bayard	26.71
5	Ann Eisenmenger	Humphrey SF	27.14
6	Jill Timmer	Norfolk Catholic	27.19

#### 400 Meter Dash

1	Vicky Johnson	Geneva	:57.53
2	Kris Uffelman	Geneva	:58.46
3	Beth Wilson	Harvard	:59.05
4	Lisa Frisch	Madison	:59.97
5	Ruth Evans	Omaha Holy Name	1:00.18
6	Sheila Brown	Hastings St Cecilia	1:00.25

#### 800 Meter Run

1	Karla Christensen	Wahoo	2:20.00
2	Pam Sis	Grant	2:21.00
3	Patty Stodola	Clarkson	2:22.25
4	Ina Rochelle	Wilber-Clatonia	2:22.41
5	Laurie Forrest	Hebron	2:22.54
6	Susan Meiergerd	West Point CC	2:23.58

#### 1600 Meter Run

1	Tamala Resh	Shelton	5:11.32
2	Karla Christensen	Wahoo	5:13.32
3	Karla Kube	Crofton	5:15.65
4	Debbie Wright	Ewing	5:18.25
5	Janelle Weilage	Pawnee City	5:19.13
6	Karen Osada	Ponca	5:22.45

#### 3200 Meter Run

1	Tamala Resh	Shelton	10:59.05
2	Karla Christensen	Wahoo	11:01.36
3	Karla Kube	Crofton	11:13.54
4	Debbie Wright	Ewing	11:31.01
5	Janelle Weilage	Pawnee City	11:41.76
6	Karen Osada	Ponca	11:44.11

#### 100 Meter Low Hurdles

1	Vicky Johnson	Geneva	14.48
2	Renee Sandburg	Sutherland	15.20
3	Kelly Rouzee	North Platte SP	15.33
4	Tonda Bessmer	Plainview	15.48
5	Colleen Regan	Ewing	15.49
6	Jeanne Noonan	Wahoo Neumann	15.61

#### Long Jump

1	Vicky Johnson	Geneva	17-10.75
2	Denise Walz	Battle Creek	17-09.25
3	Linda Schnitzler	Battle Creek	17-05.5
4	Robin Wells	Neligh	16-10
5	Tricia Smith	Crawford	16-09.25
6	Michelle Wakefield	Bennington	16-07.75

#### High Jump

1	Dawn Bernt	Stromsburg	5-04
2	Leinesa Thompson	Alma	5-04
3	Kristi Fries	Franklin	5-02
4	Coleen Baker	Stromsburg	5-02
5	Sindee Breeding	Randolph	5-02
6	Jue Janovy	Pierce	5-00

#### Shot Put

1	Inga Broderson	Randolph	43-06
2	Kathy Gottberg	Louisville	43-04.5
3	Cheryl Shaw	Sandy Creek	39-00.5
4	Sally Hircock	Ansley	37-11.5
5	Monica Ream	Morrill	37-10
6	Kaylene Brady	Elm Creek	36-11

#### Discus

1	Kathy Gottberg	Louisville	138-04
2	Joy Cohrs	Bennington	129-04
3	Inga Broderson	Randolph	127-10
4	Kaylene Brady	Elm Creek	125-11

#### 400 Meter Relay

1	Centennial	51.06
2	Tri County	51.27
3	Harvard	51.60
4	North Platte St Pat	51.72



5	Ann O'Callaghan	Omaha Cathedral	123-08		5	Plainview	51.86	
6	Cindy Parr	Hastings St Cecilia	114-06		6	Battle Creek	51.98	
<b>1600 Meter Relay</b>					<b>3200 Meter Relay</b>			
1	Hastings St Cecilia	4:10.75			1	Hastings St Cecilia	9:45.75	
2	Ansley	4:11.07			2	Crofton	9:53.74	
3	Grant	4:11.30			3	Madison	9:56.56	
4	Neligh	4:11.33			4	Pierce	10:01.00	
5	Centura	4:11.84			5	Hebron	10:02.04	
6	Howells	4:12.80			6	David Ciy Aquinas	10:05.02	

# 1984 Girls Track Class C State Championships

## Class C Team Scores

Geneva	59	Wahoo	8	Weeping Water	4
Louisville	36	North Platte SP	7	Arlington	3
Madison	36	Nebraska Christian	6	Omaha Cathedral	2
Hastings St Cecilia	33	Howells	6	Nebraska Lutheran	2
Ansley	30	Humphrey	6	Deshler	2
Centennial	22	Humphrey SF	6	Kearney Catholic	2
Hebron	18	Doniphan	6	Bayard	1
Crofton	18	Hershey	6	Wahoo Neumann	1
Grant	15	Wakefield	6	Stromsburg	1
Pope John	12	Pawnee City	5	Bertrand	1
Battle Creek	11	Fullerton	4	Wisner-Pilger	0
Tri County	10	Hartington	4	Nemaha Valley	0
Cedar Bluffs	8	Burwell	4	Morrill	0

## Class C Individual Medalists

### 100 Meter Dash

1	Kris Uffelman	Geneva	12.76
2	Kelly Fuxa	Louisville	12.79
3	Amy Dobesh	Ansley	12.85
4	Jenae Schroeder	Tri County	12.98
5	Rita Goc	Doniphan	13.00
6	Karoline Maaske	Arlington	13.06

### 200 Meter Dash

1	Vicky Johnson	Geneva	25.87
2	Kelly Fuxa	Louisville	26.09
3	Amy Dobesh	Ansley	26.30
4	Rita Goc	Doniphan	26.40
5	Stassi Spencer	Omaha Cathedral	26.57
6	Kris Uffelman	Geneva	26.62

### 400 Meter Dash

1	Vicky Johnson	Geneva	:57.85
2	Lisa Frisch	Madison	:58.00
3	Ann Eisenmenger	Humphrey SF	:59.64
4	Kris Uffelman	Geneva	:59.96
5	Suzanne Stelling	Wakefield	1:00.21
6	Sheila Brown	Hastings St Cecilia	1:00.68

### 800 Meter Run

1	Pam Sis	Grant	2:20.60
2	Sheila Brown	Hastings St Cecilia	2:21.28
3	Lisa Trausch	Hastings St Cecilia	2:21.39
4	Laurie Forrest	Hebron	2:21.67
5	Sammie Resh	Shelton	2:22.34
6	Ina Rochelle	Wilber-Clatonia	2:22.60

### 1600 Meter Run

1	Sammie Resh	Shelton	5:18.28
2	Karla Kube	Crofton	5:21.16
3	Deb Kathol	Pope John	5:23.85
4	Rochelle Weilage	Pawnee City	5:25.40
5	Sandi Rof	Fullerton	5:27.48
6	Paula West	Shelton	5:30.48

### 3200 Meter Run

1	Sammie Resh	Shelton	11:30.40
2	Karla Kube	Crofton	11:41.20
3	Deb Kathol	Pope John	11:43.08
4	Holly Boucher	Burwell	11:46.56
5	Joy Malchow	Nebraska Lutheran	11:46.75
6	Rochelle Weilage	Pawnee City	11:56.10

### 100 Meter Low Hurdles

1	Vicky Johnson	Geneva	14.78
2	Darcy Siebels	Cedar Bluffs	15.05
3	Virginia Stahr	Centennial	15.48
4	Kelly Rouzee	North Platte SP	15.75
5	Linda Schnitzler	Battle Creek	15.82
6	Jeannie Noonan	Wahoo Neumann	15.90

### Long Jump

1	Vicky Johnson	Geneva	18-01
2	Linda Schnitzler	Battle Creek	17-09.25
3	Virginia Stahr	Centennial	17-00
4	Kris Uffelman	Geneva	16-11
5	Deb Cunningham	Fullerton	16-08.5
6	Kendra King	Stromsburg	16-06.75

### High Jump

1	Virginia Stahr	Centennial	5-03
2	Kris Behring	Hebron	5-03
3	Diane Hamling	Humphrey	5-02
4 tie	Suzanne Stelling	Wakefield	5-00
	Lisa Standage	Kearney Catholic	5-00
	Sma Holoway	Grant	5-00

### Shot Put

1	Kathy Gottberg	Louisville	44-10
2	Sally Hircock	Ansley	41-01
3	Deb Larsen	Nebraska Christian	39-08.5
4	Michelle Fisher	Hartington	37-03.5
5	Shannon Fisher	North Platte SP	37-03
6	Teresa Emory	Creighton	36-10.5

### Discus

1	Kathy Gottberg	Louisville	139-06
2	Sally Hircock	Ansley	123-01
3	Crystal Dike	Hershey	115-08
4	Julie Wostrel	Creighton	114-03
5	Theresa Thieman	Deshler	113-02
6	Tammy Bierman	Battle Creek	111-05

### 400 Meter Relay

1	Madison	50.96
2	Wahoo	51.53
3	Tri County	51.59
4	Weeping Water	52.00
5	Arlington	52.14
6	North Platte SP	52.38

### 1600 Meter Relay

### 3200 Meter Relay

1	Madison	4:07.07			1	Hastings St Cecilia	9:36.41	
2	Hastings St Cecilia	4:06.18			2	Madison	9:55.90	
3	Howells	5:08.61			3	Hebron	9:57.60	
4	Grant	4:08.63			4	Shelton	10:06.95	
5	Ansley	4:11.90			5	Crofton	10:10.72	
6	Bertrand	4:12.09			6	Bayard	10:15.79	

# 1985 Girls Track Class C State Championships

## Class C Team Scores

Howells	38	Fremont Began	8	Tri County	4
Louisville	36	Hebron	8	Milford	4
Shelton	34	Nebraska Christian	8	Alma	4
Ansley	30	North Platte SP	8	Arlington	4
Battle Creek	22	Wisner-Pilger	8	Burwell	3
Hyannis	20	Morrill	7	Bloomfield	2
Cedar Bluffs	19	Omaha Cathedral	6	Osmond	2
Arapahoe	16	Pope John	6	Centennial	2
Wahoo	16	Rushville	6	Sutton	2
Madison	13	Creighton	6	Osceola	1
Elm Creek	12	Crofton	6	Fullerton	1
Grant	12	Centura	6	Wahoo Neumann	1
Wakefield	12	Clarkson	6	Pawnee City	1
Stromsburg	11	Kenesaw	6	Wilber-Clatonia	1
Albion	10	Gibbon	5	Bertrand	1

## Class C Individual Medalists

### 100 Meter Dash

1	Tracey Brownlow	Hyannis	12.47
2	Kelly Fuxa	Louisville	12.53
3	Tammy Holtz	Kenesaw	12.73
4	Karoline Maaske	Arlington	12.79
5	Lisa Wieman	Howells	12.84
6	Jami Schott	Osceola	12.86

### 200 Meter Dash

1	Tracey Brownlow	Hyannis	25.82
2	Kelly Fuxa	Louisville	26.20
3	Stassi Spence	Omaha Cathedral	26.47
4	Suzanne Stelling	Wakefield	26.65
5	Amy Dobesh	Ansley	26.68
6	Darcy Siebels	Cedar Bluffs	26.71

### 400 Meter Dash

1	Sue Tomka	Howells	58.24
2	Sheri Rump	Fremont Bergan	58.72
3	Rhonda Prochaska	Creighton	59.04
4	Jenni Tejral	Wahoo	59.57
5	Shawna Sinnen	Sutton	59.65
6	Stephanie DeBoer	Bertrand	59.86

### 800 Meter Run

1	Fran tenBensel	Arapahoe	2:18.30
2	Pam Sis	Grant	2:20.09
3	Deb Kathol	Pope John	2:20.71
4	Tamala Resh	Shelton	2:20.72
5	Pat Wordell	Osmond	2:21.90
6	Kari Vrooman	Howells	2:21.91

### 1600 Meter Run

1	Tamala Resh	Shelton	5:06.82
2	Kari Vrooman	Howells	5:15.76
3	Fran tenBensel	Arapahoe	5:21.15
4	Paula West	Shelton	5:24.10
5	Mary Schnitzler	Battle Creek	5:27.68
6	Dawn Yeager	Wilber-Clatonia	5:29.12

### 3200 Meter Run

1	Tamala Resh	Shelton	11:00.0
2	Kari Vrooman	Howells	11:28.1
3	Karla Kube	Crofton	11:50.4
4	Becky Keller	Gibbon	11:55.6
5	Holly Boucher	Burwell	11:56.5
6	Rochelle Weilage	Pawnee City	11:57.1

### 100 Meter Low Hurdles

1	Darcy Siebels	Cedar Bluffs	14.38
2	Kari McCallum	Madison	15.07
3	Kelly Rouzee	North Platte SP	15.14
4	Linda Schnitzler	Battle Creek	15.37
5	Kristen Braun	Wahoo	15.48
6	Sue Tompka	Howells	15.49

### Long Jump

1	Linda Schnitzler	Battle Creek	17-10.5
2	Darcy Siebels	Cedar Bluffs	17-05.5
3	Leslie Gottier	Rushville	17-05.5
4	Traci Siebels	Alma	17-04.25
5	Carrie Power	Geneva	17-03.75
6	Deb Cunningham	Fullerton	17-02

### High Jump

1	Karla Slingsby	Ansley	5-04
2	Suzanne Stelling	Wakefield	5-04
3	Roxanne Brabec	Clarkson	5-03
4	Jodi Bergmeier	Tri County	5-03
5 tie	Virginia Stahr	Centennial	5-02
	Colleen Baker	Stromsburg	5-02

### Shot Put

1	Kathy Gottberg	Louisville	43-02.5
2	Deb Larsen	Nebraska Christian	40-01.5
3	Monice Ream	Morrill	39-05
4	Tina Reichert	Elm Creek	38-00.75
5	Shannon Fisher	North Platte SP	37-10
6	Becki Bolli	Burwell	37-01.75

### Discus

1	Kathy Gottberg	Louisville	135-05
2	Kris Pestel	Wisner-Pilger	130-09
3	Johanna Kness	Milford	116-09
4	Tina Reichert	Elm Creek	116-05
5	Angie Schroeder	Elm Creek	115-07
6	Meg Derr	Morrill	112-10

### 400 Meter Relay

1	Stromsburg	50.88
2	Ansley	51.09
3	Battle Creek	51.26
4	Centura	51.46
5	Howells	51.62
6	Wahoo Neumann	51.82

<b>1600 Meter Relay</b>			<b>3200 Meter Relay</b>		
1	Ansley	4:05.96	1	Albion	10:08.45
2	Wahoo	4:06.14	2	Hebron	10:10.24
3	Howells	4:08.94	3	Shelton	10:11.69
4	Grant	4:11.19	4	Madison	10:15.15
5	Centura	4:11.60	5	Wahoo	10:15.76
6	Madison	4:11.72	6	Gibbon	10:16.90

# 1986 Girls Track Class C State Championships

## Class C Team Scores

Howells	46	Hebron	11	Humboldt	4
Arapahoe	25	Geneva	10	Burwell	4
Centura	22	North Platte SP	10	Crofton	4
Elm Creek	20	Yutan	10	Weeping Water	2
Plainview	20	Hartington	9	Wymore Southern	2
Ponca	20	Wakefield	9	Shelton	2
Wahoo	20	Republican Valley	9	Pope John	1
Doniphan	18	Ansley	8	Milford	1
Osceola	17	Bloomfield	8	Shelby	1
Benkelman	17	Kenesaw	8	Anselmo-Merna	1
Wahoo Neumann	15	Atkinson West Holt	8	Wilber-Clatonia	1
Sutton	14	Norfolk Catholic	6	Kearney Catholic	1
Bertrand	14	Tri County	6	Madison	1
Grant	14	Lincoln Christianf	6	Tekamah-Herman	0
Cedar Bluffs	12	Pierce	4	Homer	0
Battle Creek	12	Bridgeport	4	Bayard	0

## Class C Individual Medalists

### 100 Meter Dash

1	Kathy Janicke	Benkelman	12.69
2	Lisa Wieman	Howells	12.73
3	Jami Schott	Osceola	12.81
4	Tammi Miller	Plainview	12.82
5	Deanne Liess	Republican Valley	12.84
6	Sue Ahrens	Wahoo Neumann	12.98

### 200 Meter Dash

1	Tammi Miller	Plainview	25.67
2	Rita Goc	Doniphan	25.75
3	Sue Ahrens	Wahoo Neumann	26.16
4	Lisa Wieman	Howells	26.24
5	Kathy Janicke	Benkelman	26.43
6	Deanne Liess	Republican Valley	26.61

### 400 Meter Dash

1	Rita Goc	Doniphan	:58.32
2	Susie McQuistan	Wakefield	:58.37
3	Deanne Liess	Republican Valley	:58.88
4	Fran tenBensel	Arapahoe	:59.03
5	Shawna Sinnen	Sutton	:59.06
6	Michelle Williamson	Shelby	:59.72

### 800 Meter Run

1	Fran tenBensel	Arapahoe	2:16.13
2	Jennie Johnson	Ponca	2:20.90
3	Sheryl Anderson	Lincoln Christian	2:21.79
4	Renee Scheierman	Sutton	2:21.94
5	Jenny Tejral	Wahoo	2:22.87
6	Jane Fraser	Hebron	2:22.88

### 1600 Meter Run

1	Fran tenBensel	Arapahoe	5:16.56
2	Kari Vrooman	Howells	5:21.93
3	Mary Schnitzler	Battle Creek	5:21.94
4	Dana McDonald	Benkelman	5:29.85
5	Carrie Bennett	Bertrand	5:31.38
6	Ina Rochelle	Wilber-Clatonia	5:32.45

### 3200 Meter Run

1	Kari Vrooman	Howells	11:51.23
2	Carrie Bennett	Bertrand	11:58.14
3	Amy Brosius	North Platte SP	11:59.03
4	Karla Kube	Crofton	11:59.17
5	Cheryl Bailey	Sutton	12:02.05
6	Lisa Flatt	Osceola	12:02.73

### 100 Meter High Hurdles

1	Darcy Siebels	Cedar Bluffs	15.13
2	Michelle Kush	Grant	16.01
3	Kris Braun	Wahoo	16.31
4	Ann Railsback	Humboldt	16.52
5	Laurie Young	Weeping Water	16.54
6	Lisa Markus	Arapahoe	16.87

### 300 Meter Low Hurdles

1	Jami Schott	Osceola	47.19
2	Amy Wattier	Osmond	47.28
3	Michelle Kush	Grant	47.75
4	Lisa Wacker	Battle Creek	48.38
5	Cyndi Savage	Shelton	48.43
6	Karen Weiss	Madison	49.18

### Long Jump

1	Carrie Power	Geneva	17-08.25
2	Denis Trumier	Centura	17-00.5
3	Tammi Miller	Plainview	17-00.25
4	Jodi Bergmeier	Tri County	16-11.75
5	Darcy Siebels	Cedar Bluffs	16-11.75
6	Tiffani Jensen	Hartington	16-09.75

### High Jump

1 tie	Jana Hochsteler	Centura	5-05
	Karla Slingsby	Ansley	5-05
3 tie	Renee Scheierman	Sutton	5-02
	Jeanine Lund	Ponca	5-02
	Colleen McDougal	Tri County	5-02
	Jennifer Edelman	Anselmo-Merna	5-02

### Shot Put

1	Tina Reichert	Elm Creek	42-02.75
2	Michelle Fischer	Hartington	41-10.75
3	Sara Henning	Atkinson West Holt	39-00.5
4	Jackie Dobrinski	Bridgeport	38-11
5	Becky Bolli	Burwell	37-06
6	Theresa Covert	Kearney Catholic	37-04.5

### Discus

1	Tina Reichert	Elm Creek	131-02
2	Lisa Fehringer	Bloomfield	121-02
3	Eric Crowley	Norfolk Catholica	119-11
4	Shannon Fisher	North Platte SP	118-11
5	Sarah Henning	Atkinson West Holt	118-02
6	Mary Kathol	Pope John	113-07

	<b>400 Meter Relay</b>					<b>1600 Meter Relay</b>	
1	Yutan	51.00				1 Howells	4:08.48
2	Kenesaw	51.18				2 Ponca	4:09.50
3	Howells	51.21				3 Wahoo	4:10.88
4	Centura	51.38				4 Bertrand	4:11.32
5	Battle Creek	51.61				5 Burwell	4:12.41
6	Milford	52.14				6 Wakefield	4:12.47
	<b>3200 Meter Relay</b>						
1	Hebron	9:49.11					
2	Wahoo Neumann	9:57.05					
3	Wahoo	10:04.05					
4	Pierce	10:04.62					
5	Wymore Southern	10:07.05					
6	Benkelman	10:11.05					

# 1987 Girls Track Class C State Championships

## Class C Team Scores

Wahoo Neumann	34	Burwell	10	Bertrand	4
Arapahoe	31	North Platte St Patrick	9	O'Neill St. Mary	4
Wakefield	29	Neligh	8	Atkinson West Holt	4
Howells	27	Humboldt	8	Waterloo	3
Cedar Bluffs	26	Crofton	8	Bayard	2
Benkelman	22	Milford	8	East Butler	2
Centura	21	Hebron	6	Fremont Bergan	2
Wymore Southern	20	Harvard	6	Crawford	2
Shelby	18	Hartington	6	Omaha Cathedral	1
Silver Lake	16	Lincoln Christian	6	Doniphan	1
Chappell	16	Osceola	6	Wahoo	1
Lyons-Decatur NE	16	Wisner-Pilger	6	Bloomfield	1
Hastings St Cecilia	15	Pierce	6	Morrill	0
Ponca	14	Oakland-Craig	5		
Battle Creek	14	Osmond	5		

## Class C Individual Medalists

### 100 Meter Dash

1	Lisa Wieman	Howells	12.85
2	Sue Ahrens	Wahoo Neumann	12.86
3	Bobbi Spieker	Neligh	12.87
4	Kathy Janicke	Benkelman	12.88
5	Ann Trausch	Hastings St Cecilia	12.96
6	Traci Theisen	Osmond	13.03

### 200 Meter Dash

1	Sue Ahrens	Wahoo Neumann	26.36
2	Kathy Janicke	Benkelman	26.51
3	Darcy Siebels	Cedar Bluffs	26.64
4	Ann Trausch	Hastings St Cecilia	26.85
5	Bobbi Spieker	Neligh	26.86
6	Sheri Rump	Fremont Bergan	27.03

### 400 Meter Dash

1	Sue Ahrens	Wahoo Neumann	:58.32
2	Michelle Williamson	Shelby	:59.50
3	Fran tenBensel	Arapahoe	:59.84
4	Sandy Mayo	Humboldt	1:00.42
5	Crystal Whitehead	Wymore Southern	1:00.51
6	Ann Trausch	Hastings St Cecilia	1:01.09

### 800 Meter Run

1	Fran tenBensel	Arapahoe	2:15.46
2	Crystal Whitehead	Wymore Southern	2:19.90
3	Sheryl Anderson	Lincoln Christian	2:21.18
4	Theresa Stelling	Wakefield	2:21.38
5	Becki Parr	Silver Lake	2:24.60
6	Debbie Pinkelman	Bloomfield	2:24.63

### 1600 Meter Run

1	Theresa Stelling	Wakefield	5:05.98
2	Fran tenBensel	Arapahoe	5:14.61
3	Mary Schnitzler	Battle Creek	5:24.68
4	Kari Vrooman	Howells	5:24.85
5	Shelly Luther	O'Neill St Mary	5:26.48
6	Lauri Plendl	Wakefield	5:28.14

### 3200 Meter Run

1	Theresa Stelling	Wakefield	11:17.67
2	Nancy Farmer	Hastings St Cecilia	11:46.88
3	Mary Schnitzler	Battle Creek	11:49.36
4	Becki Parr	Silver Lake	11:49.60
5	Shelly Luther	O'Neill St Mary	11:50.86
6	Lesha Stineman	Arapahoe	11:53.44

### 100 Meter High Hurdles

1	Darcy Siebels	Cedar Bluffs	15.10
2	Michelle Kush	Grant	15.69
3	Lisa Chvatal	Wahoo Neumann	16.24
4	Ann Railsback	Humboldt	17.09
5	Donna Dukesherer	Bayard	17.37
6	Lisa Wacker	Battle Creek	17.42

### 300 Meter Low Hurdles

1	Darcy Siebels	Cedar Bluffs	44.47
2	Michelle Kush	Grant	45.86
3	Jami Schott	Osceola	456.52
4	Kris Nelson	Atkinson West Holt	47.38
5	Amy Wattier	Osmond	47.69
6	Lisa Wacker	Battle Creek	48.19

### Long Jump

1	Kathy Janicke	Benkelman	17-08.25
2	Denise Trumler	Centura	17-05.5
3	Jill Herbolzheimer	Hartington	17-00.25
4	Cathy Raver	Oakland-Craig	16-11.75
5	Tracua tenBensel	Arapahoe	16-11
6	Sheri Rump	Fremont Bergan	16-10.75

### High Jump

1	Jeanine Lund	Ponca	5-04
2	Kris Flohr	Chappell	5-03
3	Leslie Grote	Harvard	5-03
4 tie	Tammie Andrews	Waterloo	5-00
	Jana Hochstetler	Centura	5-00
6	Chris Mummy	Omaha Cathedral	5-00

### Shot Put

1	Becky Bolli	Burwell	40-03.75
2	Denise Wiberg	Chappell	40-00.75
3	Kim Hayes	Lyons	39-00.5
4	Dana DeVries	Arapahoe	39-00.5
5	Tina Hergott	Hebron	38-08.25
6	Shannon Fisher	North Platte SP	37-10.25

### Discus

1	Kim Hayes	Lyons	138-04
2	Shannon Fisher	North Platte SP	125-00
3	Marci Hass	Wisner-Pilger	123-03
4	Tina Hergott	Hebron	119-05
5	Marie Mitchell	Crawford	116-07
6	Sherri Dreesen	Doniphan	116-06



<b>400 Meter Relay</b>					<b>1600 Meter Relay</b>		
1	Centura	51.65			1	Shelby	4:08.67
2	Milford	51.67			2	Silver Lake	4:11.21
3	Howells	51.72			3	Howells	4:11.21
4	Bertrand	51.84			4	Ponca	4:11.69
5	East Butler	51.88			5	Osmond	4:12.27
6	Oakland-Craig	51.98			6	Wahoo	4:12.99
<b>3200 Meter Relay</b>							
1	Wymore Southern	10:05.37					
2	Crofton	10:07.97					
3	Pierce	10:14.05					
4	Wakefield	10:17.53					
5	Silver Lake	10:21.09					
6	Howells	10:27.55					

# 1988 Girls Track Class C State Championships

## Class C Team Scores

Wahoo Neumann	51	Oakland-Craig	10	Shelton	4
Lincoln Christian	46	Wood River	9	Albion	4
Wakefield	32	David City Aquinas	8	Chappell	4
Wymore Southern	31.5	Deshler	8	Hastings St Cecilia	2
Lyons-Decatur NE	28	Creighton	8	Fremont Bergan	2
Hebron	26	Ponca	8	Curtis Medicine Valley	2
Arapahoe	24	Rushville	8	Bertrand	2
Leigh	22	Centura	6	Howells	1.5
Dundy County	22	Sandy Creek	6	Shelby	1
Battle Creek	19	Silver Lake	6	Genoa	1
Verdigre	18	Crofton	6	Kearney Catholic	1
Gibbon	18	Doniphan	5	Bridgeport	1
Neligh	10	Osmond	4		

## Class C Individual Medalists

### 100 Meter Dash

1	Kathy Travis	Lincoln Christian	12.52
2	Sue Ahrens	Wahoo Neumann	12.73
3	Lynn Kurpgeweit	Leigh	12.93
4	Cathy Raver	Oakland	12.94
5	Nicky Bryan	Sandy Creek	13.02
6	Ann Trausch	Hastings St Cecilia	13.15

### 200 Meter Dash

1	Kathy Travis	Lincoln Christian	26.13
2	Sue Ahrens	Wahoo Neumann	26.40
3	Kathy Janicke	Dundy County	26.95
4	Lynn Kurpgeweit	Leigh	27.24
5	Bobbi Spieker	Neligh	27.66
6	Sheri Rump	Fremont Bergan	27.89

### 400 Meter Dash

1	Sue Ahrens	Wahoo Neumann	:58.24
2	Barb Beguin	Rushville	:59.69
3	Kim Bennett	Lincoln Christian	1:00.01
4	Laurie Herbek	Sandy Creek	1:00.53
5	Nicole Kramer	Crofton	1:01.52
6	Jennie Johnson	Ponca	1:02.04

### 800 Meter Run

1	Fran tenBensel	Arapahoe	2:18.07
2	Crystal Whitehead	Wymore Southern	2:20.84
3	Jennie Johnson	Ponca	2:22.87
4	Beckie Gilliland	Wymore Southern	2:23.15
5	Theresa Stelling	Wakefield	2:25.40
6	Mary Schnitzler	Battle Creek	2:25.45

### 1600 Meter Run

1	Theresa Stelling	Wakefield	5:14.40
2	Fran tenBensel	Arapahoe	5:20.30
3	Jane Fraser	Hebron	5:34.70
4	Crystal Whitehead	Wymore Southern	5:36.30
5	Mary Schnitzler	Battle Creek	5:37.90
6	Linda Specht	Wahoo Neumann	5:38.10

### 3200 Meter Run

1	Theresa Stelling	Wakefield	11:20.04
2	Jill Anderson	David City Aquinas	12:03.66
3	Crystal Whitehead	Wymore Southern	12:06.87
4	Tami Wiese	Doniphan	12:06.98
5	Lesha Stineman	Arapahoe	12:13.19
6	Renee Hawley	Wood River	12:23.76

### 100 Meter High Hurdles

1	Michelle Kush	Gibbon	15.66
2	Lisa Chvatal	Wahoo Neumann	15.90
3	Kelly Fujan	Wahoo Neumann	16.45
4	Lisa Wacker	Battle Creek	16.55
5	Amy Ehlers	Hebron	16.72
6	Jenny Schwanebeck	Genoa	16.82

### 300 Meter Low Hurdles

1	Kelley Dworak	Lincoln Christian	46.65
2	Michelle Kush	Gibbon	46.66
3	Lisa Wacker	Battle Creek	47.29
4	Sandra Connealy	Lyons-Decatur	47.62
5	Lynn Kurpgeweit	Leigh	48.38
6	Kristi Wellenstein	Ponca	48.76

### Long Jump

1	Kathy Janicke	Dundy County	18-07
2	Pam Largen	Creighton	18-01
3	Cathy Raver	Oakland-Craig	17-09.25
4	Kris Flohr	Chappell	17-02.75
5	Tracia tenBensel	Arapahoe	16-11.75
6	Shawn Boersma	Kearney Catholic	16-08.75

### High Jump

1	Patty Cook	Verdigre	5-06
2	Penny Cook	Verdigre	5-06
3	Jana Hochstetler	Centura	5-05
4	Kelly Fujan	Wahoo Neumann	5-04
5 tie	Holly Vrooman	Howells	5-02
	Sara Eltiste	Wymore Southern	5-02

### Shot Put

1	Tina Hergott	Hebron	42-04.75
2	Sherri Peters	Wood River	40-11.75
3	Kim Hayes	Lyons-Decatur	40-05.5
4	Cyndi Savage	Shelton	39-10
5	Tiff Fada	Lyons-Decatur	39-01
6	Landa Vasquez	Bridgeport	37-02.25

### Discus

1	Kim Hayes	Lyons-Decatur	143-00
2	Tina Hergott	Hebron	124-10
3	Tiff Fada	Lyons-Decatur	123-06
4	Lisa Howard	Albion	118-08
5	Dand Lashley	Curtis Medicine Valley	118-03
6	Sherri Dreeson	Doniphan	116-08

### 400 Meter Relay

1	Leigh	50.86
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### 1600 Meter Relay

1	Lincoln Christian	4:11.96
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2	Deshler	51.65			2	Neligh	4:12.98	
3	Dundy County	52.21			3	Wahoo Neumann	4:13.02	
4	Battle Creek	52.22			4	Osmond	4:15.80	
5	Bertrand	52.41			5	Battle Creek	4:16.54	
6	Fremont Bergan	52.52			6	Shelby	4:17.01	
	<b>3200 Meter Relay</b>							
1	Wakefield	9:41.14						
2	Wymore Southern	9:45.43						
3	Silver Lake	9:46.04						
4	Crofton	9:52.52						
5	Arapahoe	9:56.52						
6	Hastings St Cecilia	10:00.61						

# 1989 Girls Track Class C State Championships

## Class C Team Scores

Lincoln Christian	48	Sutton	10	Ponca	6
Hastings St Cecilia	44	Wahoo Neumann	10	Leigh	5
Wymore Southern	36	Bridgeport	10	Crofton	5
Oxford	26	Centura	10	Howells	5
Gibbon	26	Osmond	9	Kenesaw	4
Hebron	25	Bloomfield	9	O'Neill St Mary	3
Oakland-Craig	22	Silver Lake	8	Alma	2
Dundy County	18	Sutherland	8	Bayard	2
Lyons-Decatur	17	Geneva	8	Tecumseh	2
Elmwood-Murdock	17	Nebraska Christian	7	Emerson-Hubbard	2
Bertrand	15	Medicine Valley	7	Allen	2
Wakefield	12	Cambridge	6	Dorchester	2
Chappell	10	Albion	6	Ravenna	1

## Class C Individual Medalists

### 100 Meter Dash

1	Kathy Travis	Lincoln Christian	12.28
2	Ann Trausch	Hastings St Cecilia	12.53
3	Cathy Raver	Oakland-Craig	12.54
4	Jean Monteforte	Geneva	12.70
5	Kathy Janicke	Dundy County	12.73
6	Traci Theisen	Osmond	12.93

### 200 Meter Dash

1	Kathy Travis	Lincoln Christian	25.03
2	Cathy Raver	Oakland-Craig	25.92
3	Kathy Janicke	Dundy County	26.16
4	Jean Monteforte	Geneva	26.37
5	Kim Bennett	Lincoln Christian	26.45
6	Sarah Nuttelman	Dundy County	26.46

### 400 Meter Dash

1	Kathy Travis	Lincoln Christian	55.78
2	Kim Bennett	Lincoln Christian	58.04
3	Amy Ochsner	Sutton	58.48
4	Ann Trausch	Hastings St Cecilia	58.56
5	Kimmy Sebade	Emerson-Hubbard	59.40
6	Michelle Armes	Elmwood-Murdock	59.44

### 800 Meter Run

1	Michelle Armes	Elmwood-Murdock	2:16.97
2	Crystal Whitehead	Wymore Southern	2:18.63
3	Jennie Johnson	Ponca	2:19.59
4	Chastity Wilson	Bertrand	2:19.63
5	Stacey Schroer	Hastings St Cecilia	2:21.72
6	Shelly Luther	O'Neill St. Mary	2:21.88

### 1600 Meter Run

1	Lessa Stineman	Oxford	5:17.54
2	Laurie Plendl	Wakefield	5:19.90
3	Crystal Whitehead	Wymore Southern	5:27.04
4	Becky Gilliland	Wymore Southern	5:30.40
5	Kim Krentz	Bridgeport	5:32.55
6	Shelly Luther	O'Neill St. Mary	5:34.89

### 3200 Meter Run

1	Lessa Stineman	Oxford	11:43.62
2	Kim Krentz	Bridgeport	11:57.37
3	Crystal Whitehead	Wymore Southern	12:02.92
4	Laurie Plendl	Wakefield	12:12.27
5	Kristi Bennett	Bertrand	12:15.25
6	Kami Reinwald	Hebron	12:18.12

### 100 Meter High Hurdles

1	Michelle Kush	Gibbon	15.62
2	Tami Thompson	Sutherland	15.81
3	Kelly Fujan	Wahoo Neumann	16.09
4	Amy Ehlers	Hebron	16.38
5	Kris Flohr	Chappell	16.43
6	Sheri Smeal	Howells	16.61

### 300 Meter Low Hurdles

1	Michelle Kush	Gibbon	46.76
2	Tracy Kumm	Osmond	47.20
3	Andrea Reusink	Oxford	47.76
4	Keri Arehart	Bertrand	48.02
5	Margo Kubik	Cambridge	48.16
6	Kris Flohr	Chappell	48.44

### Long Jump

1	Kathy Janicke	Dundy County	18-11
2	Cathy Raver	Oakland-Craig	17-03.5
3	Kris Flohr	Chappell	17-02.5
4	Shelly Hansen	Kenesaw	16-11
5	Deb Hawley	Alma	16-06.75
6	Kandi Ober	Bloomfield	16-03.5

### High Jump

1	Jana Hochstetler	Centura	5-09
2 tie	Stacie Strawn	Medicine Valley	5-03
	Julie Kremer	Nebraska Christian	5-03
4	Kelly Fujan	Wahoo Neumann	5-03
5	Connie Weible	Tecumseh	5-03
6	Kris Flohr	Chappell	5-03

### Shot Put

1	Tina Hergott	Hebron	45-07.25
2	Tiff Fada	Lyons-Decatur	38-09.5
3	Brenda Kiene	Wymore Southern	37-11.5
4	Staci Machmueller	Leigh	37-02.25
5	Michelle Fiscus	Bayard	37-00.25
6	Kate Chramosta	Ravenna	36-11

### Discus

1	Tina Hergott	Hebron	133-06
2	Tiff Fada	Lyons-Decatur	124-11
3	Lisa Howard	Albion	124-06
4	Mari Lyn DeVries	Cambridge	121-05
5	Janet Uher	Dorchester	118-05
6	Staci Machmueller	Leigh	118-05

### 400 Meter Relay

### 1600 Meter Relay

1	Hastings St Cecilia	50.57			1	Hastings St Cecilia	4:04.39	
2	Bloomfield	51.07			2	Lincoln Christian	4:06.53	
3	Gibbon	51.40			3	Elmwood-Murdock	4:07.84	
4	Howells	51.60			4	Bertrand	4:08.74	
5	Allen	51.63			5	Sutton	4:10.60	
6	Lyons-Decatur	51.69			6	Crofton	4:11.80	
	<b>3200 Meter Relay</b>							
1	Hastings St Cecilia	9:47.52						
2	Silver Lake	9:51.40						
3	Wymore Southern	9:51.50						
4	Crofton	9:55.40						
5	Sutton	10:03.10						
6	O'Neill St. Mary	10:06.80						