

1990 Girls Track Class C State Championships

Class C Team Scores

Lincoln Christian	57	Hartington CC	8	Nebraska Christian	3
Ansley	40	Centennial	8	Cambridge	3
Oakland-Craig	431	Lyons-Decatur	8	Overton	2
Oxford	26	Mullen	8	Battle Creek	2
Imperial	24	Dorchester	8	Malcolm	2
Plainview	22	North Bend	7	Bayard	2
Sutton	22	Chappell	6	Osmond	2
Emerson-Hubbard	20	Silver Lake	6	Dundy County	1
Bloomfield	18	David City Aquinas	6	East Butler	1
Sandy Creek	14	Hebron	6	Milford	1
Geneva	14	Yutan	6	Atkinson West Holt	1
Hastings St Cecilia	13	Stanton	4	Alma	1
Bennington	12	Sutherland	4	Wakefield	1
Deshler	12	Newcastle	4	Johnson-Brock	1
Wymore Southern	10	Oshkosh	4	Crofton	1
Howells-Dodge	9	Mitchell	4		

Class C Individual Medalists

100 Meter Dash

1	Kathy Travis	Lincoln Christian	12.16
2	Kimmy Sebade	Emerson -Hubbard	12.75
3	Jean Monteforte	Geneva	12.81
4	Vicki Riege	Plainview	12.92
5	Cathy Raver	Oakland-Craig	12.97
6	Amber Taylor	Bennington	13.00

200 Meter Dash

1	Kathy Travis	Lincoln Christian	24.65
2	Vicki Riege	Plainview	25.95
3	Kimmy Sebade	Emerson -Hubbard	26.05
4	Shana Hamburger	Mitchell	26.48
5	Jean Monteforte	Geneva	26.49
6	Cathy Raver	Oakland-Craig	26.51

400 Meter Dash

1	Kathy Travis	Lincoln Christian	:55.99
2	Kim Bennett	Lincoln Christian	:59.41
3	Kimmy Sebade	Emerson -Hubbard	:59.92
4	Amy Ochsner	Sutton	1:00.68
5	Val Peterson	Oxford	1:01.85
6	Lisa Pusley	Benkelman	1:02.16

800 Meter Run

1	Amy Ochsner	Sutton	2:20.61
2	Laurie Herbek	Sandy Creek	2:22.52
3	Laura Hemberger	Silver Lake	2:24.01
4	Sheri Albee	Oshkosh	2:25.12
5	Stacey Schroer	Hastings St Cecilia	2:25.15
6	Kim Bennett	Lincoln Christian	2:26.21

1600 Meter Run

1	Leisha Stineman	Oxford	5:23.84
2	Angie Peglow	Imperial	5:28.47
3	Renee Birkel	David City Aquinas	5:34.48
4	Susan Schmidt	Bennington	5:36.48
5	Crystal Whitehead	Wymore Southern	5:37.19
6	Laurie Plendl	Wakefield	5:37.79

3200 Meter Run

1	Leisha Stineman	Oxford	11:53.21
2	Angie Peglow	Imperial	12:11.69
3	Janelle Hayes	Imperial	12:18.30
4	Kim Kloke	North Bend	12:19.05
5	Michelle Wilken	Malcolm	12:19.36
6	Susan Schmidt	Bennington	12:27.90

100 Meter High Hurdles

1	Michelle Shoemaker	Ansley	15.52
2	Sheri Smeal	Howells-Dodge	15.88
3	Angie Schoof	Deshler	15.90
4	Tami Thompson	Sutherland	16.02
5	Kris Flohr	Chappell	16.27
6	Margo Kubik	Cambridge	16.45

300 Meter Low Hurdles

1	Michelle Shoemaker	Ansley	46.56
2	Jeri Marsh	Mullen	47.33
3	Angie Schoof	Deshler	48.39
4	Kierstin Holste	Oxford	48.59
5	Margo Kubik	Cambridge	48.85
6	Deb Hawley	Alma	49.00

Long Jump

1	Michelle Shoemaker	Ansley	18-08
2	Cathy Raver	Oakland-Craig	18-02.75
3	Laurie Herbek	Sandy Creek	17-00.75
4	Kris Flohr	Chappell	17-00
5	Kathy Peterson	Overton	16-10.25
6	Sandy Blinde	Johnson-Brock	16-08.5

High Jump

1	Michelle Shoemaker	Ansley	5-06
2	julie Kohtz	Centennial	5-03
3	Kandi Ober	Bloomfield	5-03
4 tie	Julie Kremer	Nebraska Christian	5-01
	Kendra Voss	North Bend	5-01
6	Holly Vrooman	Howells-Dodge	5-01

Shot Put

1	Amy Paulsen	Oakland-Craig	47-00.25
2	Tressa Thompson	Bloomfield	40-09.5
3	Tiff Fada	Lyons-Decatur	39-10.5
4	Teresa Andersen	Stanton	39-00.25
5	Michelle Fiscus	Bayard	38-03.25

Discus

1	Amy Paulsen	Oakland-Craig	154-01
2	Janet Uher	Dorchester	138-11
3	Kris Kugel	Hebron	137-11
4	Angie Boehmer	Newcastle	136-11
5	Tiff Fada	Lyons-Decatur	133-07

6	Trisha Ragland	Atkinson West Holt	37-10		6	Audra Semin	East Butler	133-06
400 Meter Relay					1600 Meter Relay			
1	Plainview	51.11			1	Lincoln Christian	4:06.02	
2	Lincoln Christian	51.60			2	Hartington CC	4:10.85	
3	Geneva	51.69			3	Yutan	4:14.00	
4	Bloomfield	52.04			4	Sutton	4:15.25	
5	Osmond	52.11			5	Battle Creek	4:16.34	
6	Milford	52.17			6	Hastings St Cecilia	4:17.28	
3200 Meter Relay								
1	Hastings St Cecilia	9:51.75						
2	Wymore Southern	9:58.48						
3	Bennington	10:01.50						
4	Sutton	10:03.25						
5	Imperial	10:07.43						
6	Crofton	10:13.22						