

1995 Girls Track Class D State Championships

Class D Team Scores

Dodge	54	North Loup-Scotia	10	Arcadia	6
Chambers	40	Odell	9	Bruning	5
Newcastle	38	Chappell	8	Exeter	4
Falls City SH	35	Clarkson	8	St. Edward	4
Nelson	26	Howells	8	Pleasanton	3
Winside	24	NE City Lourdes	8	Clay Center	2
Deshler	20	Wilcox	8	SE Consolidated	2
Polk-Hordville	18	Greeley	7	Spencer-Naper	2
Wausa	18	McCool Junction	7	Hyannis	1
Amherst	17	Wallace	7	Allen	1
Callaway	15	Chester H-B	6	Potter-Dix	1
Stapleton	15	Lodgepole	6	Stratton	1
Keya Paha	12	Maywood	6	Wheeler Central	1
Brady	10	Pawnee City	6	Paxton	0.5
Lindsay Holy Family	10	Beemer	6	Twin Valley	0.5

Class D Individual Medalists

100 Meter Dash

1	Julie Harms	Dodge	12.70
2	Kristy Stoklasa	Clarkson	13.00
3	Kodi Kramer	Stapleton	13.02
4	Cyndee Ruegge	Pawnee City	13.07
5	Molly Reynolds	McCool Junction	13.08
6	Heather Wendell	Wallace	13.10

200 Meter Dash

1	Julie Harms	Dodge	26.08
2	Shanna Jorgenson	Callaway	26.57
3	Heather Wendell	Wallace	26.73
4	Molly Reynolds	McCool Junction	26.74
5	Kim Pruess	Lindsay Holy Family	26.96
6	Nancy Lindersmith	Bruning	26.97

400 Meter Dash

1	Candace Bloomquist	Wausa	:58.81
2	Brianne Schramm	Odell	1:00.33
3	Colleen Gorman	Lodgepole	1:00.77
4	Tracy Eitzmann	Chester H-B	1:01.10
5	Mindi Sealey	Polk-Hordville	1:01.27
6	Erin Gillespie	Amherst	1:01.69

800 Meter Run

1	Darcy Stracke	Chambers	2:19.71
2	Catherine Palmer	Keya Paha	2:20.74
3	Erin Gillespie	Amherst	2:23.05
4	Mindi Sealey	Polk-Hordville	2:23.22
5	Melinda Mohr	Winside	2:25.12
6	Tara Biltoft	Nelson	2:28.03

1600 Meter Run

1	Darcy Stracke	Chambers	5:16.92
2	Melinda Mohr	Winside	5:23.50
3	Brandee Johnson	Brady	5:25.05
4	Catherine Palmer	Keya Paha	5:26.99
5	Tara Biltoft	Nelson	5:28.56
6	Jodi Riessland	Pleasanton	5:33.81

3200 Meter Run

1	Darcy Stracke	Chambers	11:22.78
2	Melinda Mohr	Winside	11:38.89
3	Tara Biltoft	Nelson	11:52.52
4	Brandee Johnson	Brady	11:55.72
5	Jodi Riessland	Pleasanton	12:11.31
6	Trisha Kasten	Potter-Dix	12:13.21

100 Meter High Hurdles

1	Tonya Kneifl	Newcastle	15.27
2	Melanie Wessel	Falls City SH	15.66
3	Jamie Sopoci	Falls City SH	15.77
4	Susan Klitz	Dodge	15.98
5	Alesha Schoof	Deshler	16.08
6	Sara Pfeifer	Wheeler Central	16.27

300 Meter Low Hurdles

1	Susan Klitz	Dodge	46.34
2	Candace Bloomquist	Wausa	46.46
3	Faith Mullen	Maywood	47.86
4	Randee Sopoci	Falls City SH	47.89
5	Amy Oberhauser	Lindsay Holy Family	48.20
6	Lori Pandorf	Callaway	48.31

Long Jump

1	Alesha Schoof	Deshler	17-08
2	Tonya Kneifl	Newcastle	17-06.5
3	Beth Kiekhaefer	Falls City SH	17-02
4	Alexis Sherman	Chappell	16-09.75
5	Lori Pandorf	Callaway	16-08
6	Molly Reynolds	McCool Junction	16-05.75

High Jump

1	Tonya Kneifl	Newcastle	5-04
2 tie	Julie Jochum	Greeley	5-03
	Julie Barga	Nelson	5-03
4	Celeste Nolte	Falls City SH	5-02
5	Kari Wassom	Chester H-B	5-02
6 tie	Julie Wilson	Twin Valley	5-00
	Erin Davison	Paxton	5-00

Shot Put

1	Janet Pokorny	North Loup-Scotia	40-11.5
2	Jill Eppenbaugh	NE City Lourdes	40-11.5
3	Korie Hagemeier	Arcadia	40-04.75
4	Jenny Ekeler	Exeter	39-08.75
5	Janene Hill	Wilcox	39-05.5
6	Tanya Plueger	Allen	38-00.5

Discus

1	Jami Hadwiger	Amherst	134-10
2	Carie Jones	Nelson	130-03
3	Heather Swanson	Wilcox	127-06
4	Jacie Victor	St. Edward	127-00
5	Lisa Mimick	Spencer-Naper	119-06
6	Jami Brennemann	Hyannis	119-05

	Triple Jump					400 Meter Relay		
1	Tonya Kneifl	Newcastle	35-11.5			1 Dodge	51.63	
2	Alesha Schoof	Deshler	35-08.5			2 Stapleton	51.83	
3	Celeste Nolte	Falls City SH	35-02.75			3 Beemer	51.96	
4	Alexis Sherman	Chappell	34-10			4 Bruning	52.37	
5	Janelle Findlay	SE Consolidated	34-03			5 Clay Center	52.46	
6	Serina Ewoldt	Stapleton	34-01			6 Stratton	52.59	
	1600 Meter Relay					3200 Meter Relay		
1	Dodge	4:05.80				1 Chambers	9:59.35	
2	Polk-Hordville	4:08.71				2 Howells	10:11.97	
3	Lindsay Holy Family	4:09.96				3 Winside	10:16.41	
4	Callaway	4:12.85				4 Polk-Hordville	10:16.70	
5	Pawnee City	4:14.69				5 Nelson	10:18.92	
6	Odell	4:15.65				6 Falls City SH	10:25.04	