

1980 Girls Track Class A State Championships

Class A Team Scores

Omaha Central	62	Lincoln Northeast	20	Omaha Northwest	8
Millard	52	Omaha North	18	Omaha Technical	8
Lincoln East	45	Bellevue West	17	Grand Island	7
Omaha Bryan	33	Omaha Marian	14	Hastings	6
Scottsbluff	27	Ralston	13	Fremont	3
Columbus	22	Lincoln High	12	Omaha Westside	2
North Platte	22	Papillion	10	Kearney	2
Beatrice	20	Bellevue East	8		

Class A Individual Medalists

100 Meter Dash

1	Donna King	Omaha Bryan	12.2
2	Becky Wilson	Columbus	12.4
3	Wanda Hartso	Omaha Central	12.5
4	Sheila Harrison	Omaha Central	12.5
5	Janie Majeski	Millard	12.6
6	Trish Teel	Lincoln East	12.7

200 Meter Dash

1	Donna King	Omaha Bryan	25.2
2	Cheryl Venable	Omaha North	25.7
3	Becky Wilson	Columbus	25.8
4	Sheila Harrison	Omaha Central	26.0
5	Deb Cross	Fremont	26.1
6	Janie Majeski	Millard	26.2

400 Meter Dash

1	Cheryl Venable	Omaha North	:57.3
2	Wanda Hartso	Omaha Central	:57.3
3	Jana Pulliam	Omaha Central	1:00.0
4	Sallye Ramsey	Omaha Northwest	1:00.3
5	Sue Killman	Beatrice	1:00.4
6	Kim Zietlow	Lincoln East	1:00.5

800 Meter Run

1	Ann Edmunds	Lincoln East	2:17.4
2	Wanda Hartso	Omaha Central	2:18.0
3	Lynn Mack	Millard	2:20.2
4	Mary Amen	Lincoln East	2:20.9
5	Holly Yencer	Grand Island	2:22.7
6	Angie Reid	Bellevue West	2:24.8

1600 Meter Run

1	Ann Edmunds	Lincoln East	5:13.4
2	Linda Elsasser	Millard	5:16.6
3	Carol Goracke	Beatrice	5:19.2
4	Lynn Mack	Millard	5:28.5
5	Mary Amen	Lincoln East	5:28.7
6	Holly Yencer	Grand Island	5:30.1

3200 Meter Run

1	Linda Elsasser	Millard	11:24.1
2	Ann Edmunds	Lincoln East	11:36.9
3	Carol Goracke	Beatrice	11:43.2
4	Bonnie Niebauer	North Platte	11:49.7
5	Holly Yencer	Grand Island	11:57.8
6	Terri Garner	Millard	12:05.1

100 Meter Low Hurdles				Long Jump			
1	Rhonda Cooper	Omaha Bryan	15.0	1	Kelly Brandt	Papillion	17-03.75
2	Sherry Sommers	North Platte	15.1	2	Linda Svoboda	Columbus	17-03.5
3	Enid Schonewise	Beatrice	15.2	3	Denise Hart	Omaha Central	17-00.5
4	Shari Russell	Scottsbluff	15.4	4	Shari Russell	Scottsbluff	16-11
5	Susan McDonald	Bellevue East	15.5	5	Brenda Ward	Kearney	16-07.25
6	JoAnn Wetterburg	Omaha Westside	15.6	6	Lisa Edwards	Lincoln High	16-06
High Jump				Shot Put			
1	Deb Freeman	Lincoln Northeast	5-07	1	Leslie Johnson	Ralston	41-11.25
2	Julie Gullett	Bellevue West	5-05	2	Annie Vaughn	Omaha Technical	40-04
3	Sharon Hemberger	Hastings	5-04	3	Ronda Motykowski	Omaha Marian	39-08.5
4	Kriss Griffith	North Platte	5-02	4	Cyndee Wooden	Scottsbluff	39-05.75
5	Kellie Benson	Grand Island	5-02	5	Linda Koch	Scottsbluff	38-11.25
6	Laura Hopkins	Ralston	5-02	6	Deb Schmalken	Lincoln High	38-02
Discus				400 Meter Relay			
1	Deb Schmalken	Lincoln High	127-05	1	Omaha Central		49.9
2	Ronda Motykowski	Omaha Marian	125-07	2	Bellevue West		50.0
3	Gail Raddatz	Linclon Northeast	123-09	3	Scottsbluff		50.7
4	Barb Slogr	Omaha Northwest	117-01	4	Omaha Bryan		50.7
5	Kelli Smith	Omaha Bryan	113-11	5	Millard		51.2
6	Julie Cook	Scottsbluff	112-01	6	Fremont		51.3
1600 Meter Relay				3200 Meter Relay			
1	Omaha Central		4:05.4	1	Millard		9:37.3
2	Millard		4:05.9	2	Lincoln East		9:41.2
3	Bellevue East		4:09.3	3	Scottsbluff		10:02.5
4	North Platte		4:10.7	4	Lincoln Northeast		10:02.5
5	Ralston		4:10.8	5	North Platte		10:20.2
6	Lincoln East		4:11.8	6	Omaha Westside		10:21.3

1981 Girls Track Class A State Championships

Class A Team Scores

Omaha Central	69	Grand Island	20	Lincoln High	9
Lincoln East	60	Omaha Bryan	19	Hastings	6
Scottsbluff	29	Millard	15	Bellevue West	6
Lincoln Southeast	28	Bellevue East	14	South Sioux City	6
Papillion	27	Omaha North	12	Ralston	5
Norfolk	24	Beatrice	12	Omaha Burke	4
North Platte	22	Lincoln Northeast	12	Columbus	2
Fremont	22	Omaha Westside	10	Omaha Northwest	1

Class A Individual Medalists

100 Meter Dash

1	Donna King	Omaha Bryan	12.09
2	Teresa Thompson	Papillion	12.11
3	Crystal Hicks	Omaha Central	12.15
4	Wanda Hartso	Omaha Central	12.40
5	Joni Schnaub	Scottsbluff	12.45
6	Becky Wilson	Columbus	12.65

200 Meter Dash

1	Crystal Hicks	Omaha Central	24.70
2	Donna King	Omaha Bryan	24.71
3	Teresa Thompson	Papillion	25.51
4	Deb Cross	Fremont	25.76
5	Cheryl Venable	Omaha North	25.87
6	Stacy Green	Omaha Northwest	26.07

400 Meter Dash

1	Wanda Hartso	Omaha Central	56.30
2	Cheryl Venable	Omaha North	57.42
3	Teri Smith	Hastings	57.48
4	Deb Cross	Fremont	57.95
5	Sue Killman	Beatrice	58.30
6	Kim Zietlow	Lincoln East	59.31

800 Meter Run

1	Wanda Hartso	Omaha Central	2:13.36
2	Jenny Stricker	Lincoln Southeast	2:14.99
3	Ann Edmunds	Lincoln East	2:18.41
4	Holly Yencer	Grand Island	2:19.73
5	Mary Amen	Lincoln East	2:20.47
6	Sherry Crist	Lincoln East	2:21.42

1600 Meter Run

1	Jenny Stricker	Lincoln Southeast	5:00.23
2	Holly Yencer	Grand Island	5:18.98
3	Ann Edmunds	Lincoln East	5:22.33
4	Sherry Crist	Lincoln East	5:24.36
5	Mary Amen	Lincoln East	5:26.10
6	Linda Elsasser	Millard	5:29.32

3200 Meter Run

1	Jenny Stricker	Lincoln Southeast	11:02.03
2	Holly Yencer	Grand Island	11:35.52
3	Gina Smith	Lincoln Northeast	11:45.85
4	Bonnie Niebauer	North Platte	11:49.31
5	Mary Amen	Lincoln East	11:54.77
6	Meg Thompson	Bellevue West	12:02.78

100 Meter Low Hurdles		Long Jump	
1	Enid Schonewise	Beatrice	15.20
2	Lyn Fix	Lincoln East	15.67
3	Michelle Maxey	Lincoln High	15.78
4	Lynn Alexander	Ralston	15.85
5	Della Wenimont	Millard	15.86
6	Shelly Melton	Omaha Central	15.87
High Jump		Shot Put	
1	Kristi Newcomb	Omaha Westside	5-04
2	Shari Russell	Scottsbluff	5-03
3	Leslie Hirschback	South Sioux City	5-03
4 tie	Chris Pilgrim	Bellevue West	5-02
	Charlotte Harrington	Lincoln High	5-02
6	Ann Trumbull	Scottsbluff	5-00
Discus		400 Meter Relay	
1	Karen Oerter	North Platte	125-04
2	Julie Cook	Scottsbluff	122-05
3	Shisha Van Horne	Lincoln East	122-04
4	Linda Shepard	Lincoln Northeast	122-01
5	Jennifer Nelson	Lincoln East	119-01
6	Shelly Moren	Ralston	118-05
1600 Meter Relay		3200 Meter Relay	
1	Omaha Central	4:01.95	
2	Bellevue East	4:04.41	
3	Norfolk	4:04.52	
4	Fremont	4:04.81	
5	Lincoln East	4:04.88	
6	Columbus	4:05.95	
		1 Lincoln East	9:35.93
		2 Millard	9:45.68
		3 Omaha Central	9:46.36
		4 Omaha Burke	9:54.57
		5 North Platte	9:56.93
		6 Lincoln Northeast	9:59.08

1982 Girls Track Class A State Championships						
Class A Team Scores						
Lincoln High	67	Fremont	24.33	Ralston	7	
Omaha Central	63	Hastings	24	Lincoln Northeast	6	
Scottsbluff	41	North Platte	20	Grand Island	4.3	
Papillion-LaVista	39	Millard North	15	Omaha Burke	3	
Lincoln East	33	Omaha Technical	10	Omaha Westside	1	
Bellevue West	30.33	Bellevue East	10			
Omaha Bryan	26	Kearney	10			
Class A Individual Medalists						
100 Meter Dash		200 Meter Dash				
1 Donna King	Omaha Bryan	12.03	1 Donna King	Omaha Bryan	24.88	
2 Kathy Harris	Omaha Central	12.32	2 Michelle Maxey	Lincoln High	25.72	
3 Teresa Thompson	Papillion-LaVista	12.36	3 Joni Schaub	Scottsbluff	25.77	
4 Terri Smith	Hastings	12.40	4 Terri Smith	Hastings	25.87	
5 Trish Teel	Lincoln East	12.49	5 Kathy Harris	Omaha Central	26.22	
6 Joni Schaub	Scottsbluff	12.51	6 Vallery Brown	Lincoln High	26.44	
400 Meter Dash		800 Meter Run				
1 Terri Smith	Hastings	:57.77	1 Carol Nunnally	Lincoln High	2:15.51	
2 Michelle Maxey	Lincoln High	:58.98	2 Zel Fowler	Bellevue West	2:17.75	
3 Jana Pulliam	Omaha Central	:59.56	3 Lorie Fleming	Papillion-LaVista	2:19.41	
4 Maurice Ivy	Omaha Central	:59.61	4 Andrea Schwartz	Scottsbluff	2:21.80	
5 Vallery Brown	Lincoln High	1:00.16	5 Carita Kordik	Lincoln Northeast	2:22.64	
6 Lisa Mayhue	Omaha Central	1:00.32	6 JoJo Mayhue	Omaha Central	2:23.03	
1600 Meter Run		3200 Meter Run				
1 Carol Nunnally	Lincoln High	5:06.08	1 Carol Nunnally	Lincoln High	10:45.89	
2 Lorie Fleming	Papillion-LaVista	5:13.25	2 Mary Amen	Lincoln East	10:59.21	
3 Linda Elsasser	Millard North	5:17.82	3 Bonnie Niebauer	North Platte	11:21.71	
4 Carita Kordik	Lincoln Northeast	5:18.27	4 Linda Elsasser	Millard North	11:25.35	
5 Julie Nolan	Papillion-LaVista	5:19.37	5 Meg Thompson	Bellevue West	11:25.66	
6 Andrea Tkach	Omaha Central	5:21.67	6 Rhonda Caruso	Omaha Westside	11:41.04	
100 Meter Low Hurdles		Long Jump				
1 Michelle Maxey	Lincoln High	14.62	1 Julie Johnson	Fremont	17-09.25	
2 Shelly Melton	Omaha Central	14.94	2 Andrea Schwartz	Scottsbluff	17-09	
3 Carmen Ivory	Bellevue West	14.99	3 Denise Hart	Omaha Central	17-06	
4 Lyn Fix	Lincoln East	15.07	4 Lori Rieken	Grand Island	17-02.25	
5 Jena Wight	Papillion-LaVista	15.40	5 Brenda Ward	Kearney	17-00.25	
6 Lynn Alexander	Ralston	15.69	6 Sherilyn McWhorter	Omaha Burke	16-11	
High Jump		Shot Put				
1 Kris Pilgrim	Bellevue West	5-05	1 Annie Vaughn	Omaha Technical	45-04.5	
2 Tammy Thurman	Fremont	5-04	2 Sarita Miller	Bellevue East	40-00.75	
3 Kris Griffith	North Platte	5-04	3 Michelle Martinez	Scottsbluff	39-08	
4 Brenda Ward	Kearney	5-02	4 Cecilia Medlin	Papillion-LaVista	39-00.75	
5 Suzi Koken	Scottsbluff	5-00	5 Karin Mussman	Fremont	38-10.75	
6 tie Lori Rieken	Grand Island	5-00	6 Susan Steen	Lincoln East	38-04.75	
Paula Brown	Fremont	5-00				
Carmen Ivory	Bellevue West	5-00				
Discus		400 Meter Relay				
1 Julie Cook	Scottsbluff	124-02	1 Omaha Central		48.76	
2 Karen Oerter	North Platte	121-04	2 Lincoln East		49.59	
3 Dawn Crinklaw	Ralston	119-06	3 Omaha Bryan		49.69	
4 Angel Zerwas	Millard North	115-02	4 Bellevue West		50.32	
5 Cecilia Medlin	Papillion-LaVista	113-01	5 Scottsbluff		50.86	
6 Mary Beth Pluta	Millard North	112-01	6 Papillion-LaVista		51.00	
1600 Meter Relay		3200 Meter Relay				
1 Omaha Central	3:57.56		1 Lincoln East		9:43.59	
2 Lincoln High	4:00.80		2 Papillion-LaVista		4:47.34	
3 Hastings	4:04.81		3 Omaha Central		9:49.80	

4 Fremont	4:06.35			4 Kearney	9:55.64	
5 Bellevue East	4:06.71			5 Omaha Burke	9:55.65	
6 Scottsbluff	4:08.80			6 Scottsbluff	9:57.64	

1983 Girls Track Class A State Championships					
Class A Team Scores					
Omaha Central	75		Omaha Northwest	22	Grand Island
Lincoln East	49		Lincoln Southeast	19	Ralston
Scottsbluff	43		Omaha Westside	18	Kearney
Lincoln High	38		Omaha Bryan	12	Millard North
Bellevue West	37		Beatrice	12	Lincoln Northeast
Fremont	30		North Platte	12	
Omaha Burke	24		Omaha Technical	10	
Class A Individual Medalists					
100 Meter Dash		200 Meter Dash		400 Meter Dash	
1 Kathy Harris	Omaha Central	12.42	1 Kathy Harris	Omaha Central	25.62
2 Roxanne Reynolds	Omaha Bryan	12.64	2 Maurice Ivy	Omaha Central	25.79
3 Monica Baker	Omaha Central	12.69	3 Jessica Haynes	Omaha Central	26.17
4 Shelly Brunt	Omaha Northwest	12.70	4 Roxanne Reynolds	Omaha Bryan	26.42
5 Annette Tworek	Omaha Northwest	12.80	5 Annette Tworek	Omaha Northwest	26.58
6 Calania Dightman	Lincoln Northeast	12.88	6 Kristin Nelson	Fremont	26.60
400 Meter Dash		800 Meter Run		1600 Meter Run	
1 Maurice Ivy	Omaha Central	:57.26	1 Zel Fowler	Bellevue West	2:14.99
2 Vallery Brown	Lincoln High	:58.36	2 Carol Nunnally	Lincoln High	2:17.78
3 Zel Fowler	Bellevue West	:58.99	3 Andrea Schwartz	Scottsbluff	2:18.70
4 Andrea Schwartz	Scottsbluff	:59.53	4 Sherry Crist	Lincoln East	2:19.33
5 Cathy Thompson	North Platte	:59.75	5 Jodie Parnell	Omaha Burke	2:21.90
6 Laurinda Stauffer	Scottsbluff	1:00.19	6 Tracy Winder	Beatrice	2:22.13
1600 Meter Run		3200 Meter Run		100 Meter Low Hurdles	
1 Carol Nunnally	Lincoln High	5:00.61	1 Carol Nunnally	Lincoln High	10:50.44
2 Pam Willey	Lincoln East	5:18.45	2 Pam Willey	Lincoln East	11:26.03
3 Sherry Crist	Lincoln East	5:19.57	3 Sherry Crist	Lincoln East	11:32.03
4 Kim Stevens	Lincoln Southeast	5:23.55	4 Kim Stevens	Lincoln Southeast	11:42.85
5 Dina McCoy	Omaha Burke	5:29.05	5 Meg Thompson	Bellevue West	11:49.65
6 Tricia Findley	Grand Island	5:30.84	6 Susie Howard	Lincoln Southeast	11:53.68
100 Meter Low Hurdles		Long Jump		High Jump	
1 Enid Schonewise	Beatrice	14.79	1 Andrea Schwartz	Scottsbluff	17-07.25
2 Lisa Scobie	Grand Island	14.90	2 Sheri McWhorter	Omaha Burke	17-06.25
3 Melody Anderson	Lincoln Southeast	15.14	3 Robin Hanson	Omaha Westside	17-06.25
4 Carmen Ivory	Bellevue West	15.48	4 Lisa Lyons	Omaha Northwest	17-02
5 Della Wernimont	Millard North	15.68	5 Shelly Brunt	Omaha Northwest	17-01.25
6 Tabby Whitmon	Omaha Central	15.69	6 Pam Copes	Beatrice	17-01
High Jump		Shot Put		Discus	
1 Tammy Thurman	Fremont	5-09	1 Anne Vaughn	Omaha Technical	45-02
2 Kris Pilgrim	Bellevue West	5-06	2 Stacy Imming	Kearney	40-11.5
3 Suzie Koken	Scottsbluff	5-06	3 Karin Mussman	Fremont	40-02.5
4 tie Paula Brown	Fremont	5-04	4 Zoe Custer	Lincoln Southeast	36-04
	Robyn Elefsrud	Lincoln East	5 Linda Kohl	Fremont	36-03.25
6 Lisa Scobie	Grand Island	5-02	6 Michelle Martinez	Scottsbluff	36-02.25
Discus		400 Meter Relay		1600 Meter Relay	
1 Karen Oerter	North Platte	131-11	1 Omaha Central		48.57
2 Dawn Crinklaw	Ralston	130-08	2 Omaha Northwest		49.09
3 Karin Mussman	Fremont	123-06	3 Omaha Westside		49.96
4 Susie Strong	Scottsbluff	121-01	4 Lincoln East		50.26
5 Michelle Thayer	Fremont	117-09	5 Ralston		50.27
6 Della Keeter	Scottsbluff	117-08	6 Lincoln High		50.75
1600 Meter Relay		3200 Meter Relay			
1 Omaha Central	4:00.25	1 Lincoln East		9:40.00	
2 Scottsbluff	4:02.29	2 Omaha Burke		9:41.88	
3 Omaha Westside	4:10.22	3 Bellevue West		9:46.87	
4 Omaha Burke	4:10.40	4 Omaha Central		9:51.52	
5 Kearney	4:11.55	5 Scottsbluff		9:55.32	

6 Bellevue West	4:14.37			6 Lincoln High	10:01.00	
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1984 Girls Track Class A State Championships

Class A Team Scores

Omaha Central	56.5	Lincoln High	21	Lincoln Northeast	8
Fremont	53	Lincoln East	20	North Platte	8
Lincoln Southeast	51.5	Omaha Bryan	20	Millard North	7
Hastings	41	Columbus	20	Millard South	2
Scottsbluff	34	Omaha Burke	18	Papillion-LaVista	2
Omaha Northwest	25	Grand Island	14	Kearney	2
Ralston	22	Norfolk	10		

Class A Individual Medalists

100 Meter Dash

1	Roxanne Reynolds	Omaha Bryan	12.31
2	Lynn Jackson	Omaha Central	12.48
3	Leeanna Miles	North Platte	12.50
4	Maurtice Ivy	Omaha Central	12.61
5	Lisa Bonk	Columbus	12.62
6	Annette Tworek	Omaha Northwest	12.73

200 Meter Dash

1	Roxanne Reynolds	Omaha Bryan	25.71
2	Lisa Bonk	Columbus	25.96
3	Jessica Haynes	Omaha Central	25.99
4	Kirstin Nelson	Fremont	26.33
5	Lisa Lyons	Omaha Northwest	26.39
6	Vallery Brown	Lincoln High	26.42

400 Meter Dash

1	Vallery Brown	Lincoln High	:58.44
2	Maurtice Ivy	Omaha Central	:59.09
3	Tammy Thurman	Fremont	:59.78
4	Linda Gdowski	Fremont	1:00.93
5	Kim Schneider	Ralston	1:01.61
6	Amy Pohlman	Millard North	1:01.62

800 Meter Run

1	Shona Jones	Hastings	2:17.63
2	Kim Stevens	Lincoln Southeast	2:21.78
3	Andrea Schwatz	Scottsbluff	2:25.14
4	Ann Geiger	Hastings	2:24.07
5	Gretchen Wood	Lincoln East	2:25.08
6	Heidi McGee	Omaha Central	2:26.45

1600 Meter Run

1	Pam Willey	Lincoln East	4:59.54
2	Shona Jones	Hastings	4:59.60
3	Kim Stevens	Lincoln Southeast	5:15.26
4	Mari Klcess	Lincoln Southeast	5:24.55
5	Stacy McKinster	Grand Island	5:24.67

3200 Meter Run

1	Shona Jones	Hastings	10:46.60
2	Kim Stevens	Lincoln Southeast	11:11.93
3	Pam Willey	Lincoln East	11:20.60
4	Tricia Findley	Grand Island	11:44.74
5	Allison Benorden	Lincoln High	11:51.72

6	Betsy Rall	Kearney	5:25.33		6	Shelly Hansen	Hastings	11:54.49
100 Meter Low Hurdles								
1	Karmin Dulaney	Ralston	15.09		1	Lisa Lyons	Omaha Northwest	18-00
2	Kim Oden	Grand Island	15.21		2	Jessica Haynes	Omaha Central	17-08.25
3	Shireen Stinson	Omaha Burke	15.47		3	Sheril McWhorter	Omaha Burke	17-05.5
4	Kim Mitchell	Omaha Northwest	15.50		4	Andrea Schwartz	Scottsbluff	17-02.5
5	Cathy Wieger	Millard South	15.63		5	Lisa Bonk	Columbus	17-02.5
6	Ann Trumbull	Scottsbluff	16.27		6	Diane Humphrey	Fremont	16-11.75
High Jump								
1	Paula Brown	Fremont	5-07		1	Michelle Martinez	Scottsbluff	40-10.5
2	Tammy Thurman	Fremont	5-04		2	Lynda Holt	Lincoln Northeast	39-11
3 tie	Sheri Pickard	Lincoln Southeast	5-02		3	Kris Grof	Fremont	38-11
	Kathy Meyer	Norfolk	5-02		4	Wanda Brown	Norfolk	38-11
5 tie	Kim McPherson	Lincoln Southeast	5-02		5	Kim Pettegrew	Omaha Burke	38-10
	Tabby Whitemon	Omaha Central	5-02		6	Leah Canell	Scottsbluff	38-06.5
Discus								
1	Dawn Crinklaw	Ralston	140-11		1	Omaha Central		48.89
2	Zoe Custer	Lincoln Southeast	131-10		2	Omaha Northwest		50.23
3	Joni Smith	Millard North	126-05		3	Lincoln High		50.79
4	Kim Pettegrew	Omaha Burke	121-08		4	Fremont		51.59
5	Susie Strong	Scottsbluff	120-03		5	North Platte		51.73
6	Terri Mickelson	Norfolk	119-03		6	Lincoln East		52.13
1600 Meter Relay								
1	Omaha Central		4:01.63		1	Lincoln Southeast		9:39.22
2	Columbus		4:07.70		2	Hastings		9:43.62
3	Fremont		4:08.41		3	Scottsbluff		9:50.21
4	Lincoln High		4:08.53		4	Fremont		9:53.72
5	Lincoln High		4:08.93		5	Papillion-LaVista		9:54.55
6	Lincoln Southeast		4:11.85		6	Lincoln East		9:56.70
Long Jump								
1	Lisa Lyons				1	Lynda Holt		
2	Jessica Haynes				2	Kris Grof		
3	Sheril McWhorter				3	Wanda Brown		
4	Andrea Schwartz				4	Kim Pettegrew		
5	Lisa Bonk				5	Leah Canell		
6	Diane Humphrey				6	Lincoln East		
Shot Put								
1	Michelle Martinez				1	Omaha Central		
2	Lynda Holt				2	Omaha Northwest		
3	Kris Grof				3	Lincoln High		
4	Wanda Brown				4	Fremont		
5	Kim Pettegrew				5	North Platte		
6	Leah Canell				6	Lincoln East		
400 Meter Relay								
1	Omaha Central				1	Lincoln Southeast		
2	Omaha Northwest				2	Hastings		
3	Lincoln High				3	Scottsbluff		
4	Fremont				4	Fremont		
5	North Platte				5	Papillion-LaVista		
6	Lincoln East				6	Lincoln East		
3200 Meter Relay								
1	Lincoln Southeast				1	Lincoln Southeast		
2	Hastings				2	Hastings		
3	Scottsbluff				3	Scottsbluff		
4	Fremont				4	Fremont		
5	Papillion-LaVista				5	Papillion-LaVista		
6	Lincoln East				6	Lincoln East		

1985 Girls Track Class A State Championships						
Class A Team Scores						
Lincoln Southeast	69	Ralston	16	Omaha Northwest	6	
Fremont	57	Millard South	15	Scottsbluff	6	
Omaha Central	53	Bellevue West	12	Omaha Marian	5	
Columbus	38	Omaha Burke	12	Beatrice	4	
Lincoln High	36	Omaha Westside	8	Papillion-LaVista	4	
Hastings	25	Norfolk	8	Omaha Bryan	4	
Grand Island	20	Millard North	7	Lincoln East	4	
Lincoln Northeast	18	North Platte	6	Omaha Benson	1	
Class A Individual Medalists						
100 Meter Dash					200 Meter Dash	
1 Mallery Ivy	Omaha Central	12.11	1 Mallery Ivy	Omaha Central	25.18	
2 Lisa Bonk	Columbus	12.18	2 Lisa Bonk	Columbus	25.50	
3 Lynn Jackson	Omaha Central	12.22	3 Lynn Jackson	Omaha Central	25.83	
4 Kristin Nelson	Fremont	12.54	4 Kristin Nelson	Fremont	26.30	
5 Denise Lucas	Omaha Bryan	12.69	5 Dee Dee Heese	Omaha Westside	26.40	
6 Vicki Domina	Lincoln East	12.73	6 Vicki Domina	Lincoln East	26.93	
400 Meter Dash					800 Meter Run	
1 Linda Gdowski	Fremont	:57.69	1 Jodi Stineman	Lincoln Southeast	2:17.61	
2 Linda Brown	Lincoln High	:58.90	2 Kim Stevens	Lincoln Southeast	2:17.81	
3 Kim Schneider	Ralston	:59.39	3 Amy Pohlman	Millard North	2:21.55	
4 Amy Killman	Beatrice	:59.98	4 Shelley Scherer	Lincoln Southeast	2:21.75	
5 Jodi Stineman	Lincoln Southeast	1:00.08	5 Katie Behmer	Fremont	2:22.28	
6 Amy Pohlman	Millard North	1:00.35	6 Anne Geiger	Hastings	2:22.50	
1600 Meter Run					3200 Meter Run	
1 Shona Jones	Hastings	5:05.59	1 Kim Stevens	Lincoln Southeast	10:31.13	
2 Kim Stevens	Lincoln Southeast	5:11.79	2 Shona Jones	Hastings	11:01.66	
3 Shelley Scherer	Lincoln Southeast	5:12.39	3 Shelley Scherer	Lincoln Southeast	11:09.86	
4 Heidi Tussing	Lincoln High	5:14.15	4 Heidi Tussing	Lincoln High	11:13.86	
5 Katie Behmer	Fremont	5:23.12	5 Mari Kloess	Lincoln Southeast	11:47.75	
6 Mari Kloess	Lincoln Southeast	5:26.58	6 Yvonne Mounce	Omaha Benson	11:49.57	
100 Meter Low Hurdles					Long Jump	
1 Anika Patterson	Omaha Central	14.82	1 Lisa Bonk	Columbus	18-01.5	
2 Kim Oden	Grand Island	14.84	2 Diane Smith	Lincoln Northeast	18-00.5	
3 Kim Mitchell	Omaha Northwest	15.05	3 Amy Spencer	Millard South	17-07.25	
4 Jami Duranski	Columbus	15.11	4 Diane Humphrey	Fremont	17-06.25	
5 Dee Kuskie	Fremont	15.58	5 Marci Baul	Bellevue West	17-05.5	
6 Emmy Brock	Omaha Marian	15.74	6 Anika Patterson	Omaha Central	17-02.25	
High Jump					Shot Put	
1 Meredy Porter	Bellevue West	5-09	1 Lynda Holt	Lincoln Northeast	41-01.75	
2 Amy Spencer	Millard South	5-06	2 Wanda Brown	Norfolk	39-09.25	
3 Kim Oden	Grand Island	5-05	3 Connie Meyer	Fremont	38-09.75	
4 Kim Muma	Papillion-LaVista	5-04	4 Kim Pettegrew	Omaha Burke	38-08.25	
5 Robyn Elerfsrud	Lincoln East	5-04	5 Kris Grof	Fremont	38-04	
6 Kim McPherson	Lincoln Southeast	5-02	6 Sue Burton	Omaha Bryan	37-09	
Discus					400 Meter Relay	
1 Dawn Crinklaw	Ralston	136-00	1 Fremont		49.6	
2 Kim Pettegrew	Omaha Burke	128-08	2 Columbus		49.7	
3 Kim McKenzie	Fremont	124-03	3 North Platte		50.3	
4 Susie Strong	Scottsbluff	120-07	4 Lincoln High		50.4	
5 Connie Meyer	Fremont	118-11	5 Omaha Westside		50.9	
6 Kris Grof	Fremont	118-03	6 Omaha Bryan		51.5	
1600 Meter Relay					3200 Meter Relay	
1 Omaha Central		4:02.81	1 Lincoln Southeast		9:44.61	
2 Lincoln High		4:03.97	2 Lincoln High		9:53.65	
3 Grand Island		4:08.18	3 Hastings		9:59.59	
4 Omaha Westside		4:09.04	4 Omaha Marian		10:01.25	

5 Fremont	4:10.21			5 Scottsbluff	10:04.95	
6 Lincoln Southeast	4:10.40			6 Millard South	10:06.70	

1986 Girls Track Class A State Championships					
Class A Team Scores					
Omaha Central	71		Lincoln Southeast	23	Omaha South
Lincoln High	56		Omaha Bryan	18	Papillion
Omaha Burke	51		Bellevue West	17	Ralston
Omaha Northwest	42		Grand Island	15	Beatrice
Columbus	39		Kearney	12	Norfolk
Fremont	31		Lincoln Northeast	10	Omaha Benson
Scottsbluff	30		Millard North	7	
Hastings	24		Millard South	6	
Class A Individual Medalists					
100 Meter Dash		200 Meter Dash			
1 Mallery Ivy	Omaha Central	12.09	1 Mallery Ivy	Omaha Central	24.78
2 Denise Lucas	Omaha Bryan	12.46	2 Denise Lucas	Omaha Bryan	25.58
3 Lynn Jackson	Omaha Central	12.52	3 Stephanie Sherman	Omaha Northwest	25.83
4 Stephanie Sherman	Omaha Northwest	12.53	4 Tina Tibbs	Omaha Burke	26.01
5 Tina Tibbs	Omaha Burke	12.81	5 Linda Gdowski	Fremont	26.10
6 Cheri Kirk	Bellevue West	13.07	6 Lynn Jackson	Omaha Central	26.22
400 Meter Dash		800 Meter Run			
1 Mallery Ivy	Omaha Central	56.40	1 Crystal Roberson	Omaha Burke	2:17.62
2 Linda Gdowski	Fremont	57.37	2 Jodi Stineman	Lincoln Southeast	2:17.68
3 Tina Tibbs	Omaha Burke	58.07	3 Tara Went	Columbus	2:17.99
4 Linda Brown	Lincoln High	58.60	4 Shona Jones	Hastings	2:18.19
5 Chelsea Harrison	Lincoln High	58.98	5 Christie Heimes	Scottsbluff	2:18.25
6 Kelli Tibbs	Omaha Burke	59.22	6 Amy Pohlman	Millard North	2:20.50
1600 Meter Run		3200 Meter Run			
1 Shona Jones	Hastings	5:07.38	1 Shona Jones	Hastings	10:55.99
2 Christie Heimes	Scottsbluff	5:15.85	2 Heidi Tussing	Lincoln High	10:56.10
3 Heidi Tussing	Lincoln High	5:16.54	3 Christie Heimes	Scottsbluff	11:33.90
4 Jodi Stineman	Lincoln Southeast	5:26.75	4 Natalie Hulvey	Lincoln High	11:49.09
5 Crystal Roberson	Omaha Burke	5:27.63	5 Laurie Armbrust	Millard South	11:49.75
6 Jody Travis	Kearney	5:28.11	6 Yvonne Hollman	Omaha Benson	11:56.55
100 Meter High Hurdles			300 Meter Low Hurdles		
1 Kim Mitchell	Omaha Northwest	15.27	1 Jami Duranski	Columbus	45.64
2 Jami Duranski	Columbus	15.87	2 Kim Mitchell	Omaha Northwest	45.73
3 Jenny Basak	Columbus	15.93	3 Kristin Koenig	Scottsbluff	46.64
4 Kim Oden	Grand Island	16.02	4 Linda Carlson	Lincoln Northeast	46.66
5 Dee Kuskie	Fremont	16.29	5 Kaylene Carlson	Omaha Northwest	47.83
6 Kim Grudzinski	Grand Island	16.57	6 Danielle Wade	Ralston	47.97
Long Jump			High Jump		
1 Anika Patterson	Omaha Central	17-05	1 Kim Oden	Grand Island	5-07
2 Andrea Lewis	Omaha Central	17-03.5	2 Meredy Porter	Bellevue West	5-07
3 Diane Smith	Lincoln Northeast	17-02.25	3 Tara Geiger	Kearney	5-03
4 Mindy Volk	Kearney	17-00.75	4 Stephanie Johnson	Omaha South	5-02
5 Marci Baul	Bellevue West	16-09.75	5 Kim Muma	Papillion	5-02
6 Michelle Wilsey	Columbus	16-04.25	6 tie Kim McPherson	Lincoln Southeast	5-00
			Monica Maguire	Lincoln Southeast	5-00
Shot Put			Discus		
1 Connie Meyer	Fremont	45-00	1 Dee McCall	Lincoln High	127-00
2 Kim Pettigrew	Omaha Burke	41-01.25	2 Kim Pettigrew	Omaha Burke	122-04
3 Dee McCall	Lincoln High	40-01.25	3 Connie Meyer	Fremont	121-05
4 Kim McKenzie	Lincoln Southeast	40-01	4 Kim McKenzie	Lincoln Southeast	120-09
5 Idelle Murphy	Omaha Bryanf	39-10.75	5 Kim Berke	Beatrice	120-08
6 Stacey Dieckman	Norfolk	39-08.75	6 Teresa Johnson	Ralston	118-11
400 Meter Relay			1600 Meter Relay		
1 Omaha Northwest		49.22	1 Omaha Burke		3:56.35
2 Omaha Central		49.96	2 Omaha Central		3:59.96
3 Bellevue West		50.33	3 Lincoln High		4:03.89

4 Columbus	50.51		4 Millard South	4:04.52	
5 Fremont	50.52		5 Omaha Northwest	4:05.41	
6 Kearney	50.53		6 Fremont	4:05.42	
3200 Meter Relay					
1 Lincoln High	9:32.59				
2 Scottsbluff	9:43.88				
3 Millard North	9:50.05				
4 Columbus	9:53.67				
5 Lincoln Southeast	9:58.69				
6 Papillion	9:59.28				

1987 Girls Track Class A State Championships					
Class A Team Scores					
Omaha Central	82	Bellevue West	20	Bellevue East	4
Lincoln High	54	Millard South	19	Papillion-LaVista	4
Fremont	50	Lincoln Southeast	19	Beatrice	4
Scottsbluff	41	Omaha Bryan	17	Kearney	3
Norfolk	34	Millard North	10	South Sioux City	3
Columbus	31	Omaha Benson	8	Grand Island	2
Omaha Burke	27	Alliance	6	North Platte	2
Omaha Northwest	20	Hastings	5	Ralston	1
Class A Individual Medalists					
100 Meter Dash		200 Meter Dash			
1 Mallery Ivy	Omaha Central	12.04	1 Mallery Ivy	Omaha Central	25.10
2 Denise Lucas	Omah Bryan	12.23.	2 Denise Lucas	Omah Bryan	25.37
3 Lynn Jackson	Omaha Central	12.43	3 Linda Gdowski	Fremont	25.71
4 Donna Curry	Omaha Benson	12.53	4 Angie Green	Omaha Central	26.12
5 Kaylene Sudrla	South Sioux City	12.77	5 Donna Curry	Omaha Benson	26.19
6 April James	Omaha Benson	12.79	6 April James	Omaha Benson	26.31
400 Meter Dash		800 Meter Run			
1 Mallery Ivy	Omaha Central	:56.51	1 Jodi Stineman	Lincoln Southeast	2:16.96
2 Linda Gdowski	Fremont	:57.48	2 Crystal Roberson	Omaha Burke	2:18.58
3 Niki Carriger	Bellevue West	:59.37	3 Christie Heimes	Scottsbluff	2:18.71
4 Linda Brown	Lincon High	1:00.67	4 Anna Behrens	Hastings	2:21.53
5 Shelly Krell	Kearney	1:0098	5 Linda Brown	Lincoln High	2:21.94
6 Teresa Siezak	Millard South	1:01.03	6 Barb English	Ralston	2:23.48
1600 Meter Run		3200 Meter Run			
1 Christie Heimes	Scottsbluff	5:10.69	1 Kelly Loos	Lincoln High	11:03.04
2 Kelly Loos	Lincoln High	5:12.80	2 Christie Heimes	Scottsbluff	11:26.01
3 Natalie Halvey	Lincoln High	5:23.47	3 Nancy DeVogd	Lincoln Southeast	11:37.07
4 Crystal Roberson	Omaha Burke	5:24.39	4 Liz Scanlon	Bellevue West	11:38.01
5 Amy Tussing	Lincoln High	5:24.48	5 Natalie Halvey	Lincoln High	11:41.07
6 Michelle Montagne	South Sioux City	5:25.20	6 Dori Hunt	Kearney	11:46.05
100 Meter High Hurdles		300 Meter Low Hurdles			
1 Anika Patterson	Omaha Central	15.44	1 Jenny Bosak	Columbus	45.70
2 Heather Jones	Omaha Central	15.59	2 Jami Duranski	Columbus	45.90
3 Kristin Koenig	Scottsbluff	15.77	3 Dee Kuskie	Fremont	45.97
4 Jenny Bosak	Columbus	15.90	4 Kristin Koenig	Scottsbluff	47.38
5 Dee Kuskie	Fremont	15.92	5 Tara Went	Columbus	47.64
6 Jami Duranski	Columbus	16.02	6 Lee Kiechel	Lincoln Southeast	47.71
Long Jump		High Jump			
1 Stephanie Sherman	Omaha Northwest	17-10.5	1 Meredy Porter	Bellevue West	5-11
2 Amy Spencer	Millard South	17-10.5	2 Brenda Wattier	Norfolk	5-05
3 Shanta McGlothan	Omaha Burke	17-07.75	3 Amy Spencer	Millard South	5-04
4 Andrea Lewis	Omaha Central	17-01.5	4 Kim Muma	Papillion- LaVista	5-03
5 Anika Patterson	Omaha Central	17-01	5 Monica Maguire	Lincoln Southeast	5-03
6 Susan Gerhard	Scottsbluff	17-00.5	6 Shanta McGlothan	Omaha Burke	5-02
Shot Put		Discus			
1 Connie Meyer	Fremont	44-05.25	1 Amy Paulsen	Norfolk	136-08
2 Amy Paulsen	Norfolk	43-04.25	2 Connie Meyer	Fremont	134-09
3 Stacy Dieckman	Norfolk	42-05.25	3 Dawn Brammer	Alliance	130-10
4 Kelli Valentine	Bellevue East	38-10.75	4 Kim Berke	Beatrice	129-07
5 Sheila Moore	Millard South	38-09.5	5 Stacy Dieckman	Norfolk	124-08
6 Kim Mehl	North Platte	38-00.25	6 Sheila Moore	Millard South	122-04
400 Meter Relay		1600 Meter Relay			
1 Omaha Northwest		49.05	1 Omaha Central		3:57.89
2 Omaha Central		49.52	2 Lincoln High		4:00.86
3 Columbus		50.48	3 Millard North		4:04.11
4 Fremont		50.50	4 Fremont		4:04.30

5	Lincoln High	50.79			5	Grand Island	4:04.31	
6	Millard North	51.15			6	Omaha Bryan	4:07.09	
3200 Meter Relay								
1	Lincoln High	9:50.57						
2	Omaha Burke	9:59.60						
3	Scottsbluff	10:03.45						
4	Millard North	10:05.98						
5	Fremont	10:11.43						
6	Hastings	10:13.49						

1988 Girls Track Class A State Championships					
Class A Team Scores					
Omaha Central	95		Omaha Bryan	15	Kearney
Lincoln High	44		Omaha Burke	14	South Sioux City
Columbus	38		Bellevue West	11	Omaha Westside
Scottsbluff	36		Beatrice	10	Omaha South
Lincoln Southeast	33		Lincoln Northeast	10	Papillion-LaVista
Norfolk	32		Bellevue East	9	Grand Island
Omaha Northwest	26		Ralston	8	North Platte
Fremont	23.33		Millard North	8	Omaha Gross
Omaha Benson	19		Gering	7.33	0.33
Class A Individual Medalists					
100 Meter Dash		200 Meter Dash			
1 Mallery Ivy	Omaha Central	12.02	1 Mallery Ivy	Omaha Central	25.42
2 Denise Lucas	Omaha Bryan	12.12	2 Leanna James	Omaha Benson	26.42
3 Lynn Walker	Omaha Northwest	12.26	3 Lynn Walker	Omaha Northwest	26.78
4 Tresa Watson	Omaha Central	12.69	4 Shelly Tucker	Omaha Northwest	27.07
5 Leanna James	Omaha Benson	12.75	5 Amy Miller	Norfolk	27.19
6 Donna Curry	Omaha Benson	12.85	6 Teresa Hessler	Gering	27.20
400 Meter Dash		800 Meter Run			
1 Mallery Ivy	Omaha Central	:56.35	1 Jodi Stineman	Lincoln Southeast	2:19.75
2 Angie Green	Omaha Central	:56.50	2 Linda Brown	Lincoln High	2:19.86
3 Linda Brown	Lincoln High	:58.64	3 Tina Dickmeyer	Fremont	2:21.14
4 Jenny Johnson	Omaha Westside	:59.11	4 Angie Wiebe	Beatrice	2:21.45
5 Karen Washington	Grand Island	:59.80	5 Kari Foral	Omaha South	2:22.85
6 Cathy McInerney	Bellevue West	1:00.10	6 Barb English	Ralston	2:23.20
1600 Meter Run		3200 Meter Run			
1 Tanya Vaughn	Scottsbluff	5:21.00	1 Tanya Vaughn	Scottsbluff	11:37.90
2 Nancy DeVoogd	Lincoln Southeast	5:23.30	2 Julie Bible	Lincoln High	11:44.80
3 Cindy Andrew	Omaha Burke	5:24.40	3 Natalie Hulvey	Lincoln High	11:54.10
4 Christie Heimes	Scottsbluff	5:28.80	4 Liz Scanlon	Bellevue West	11:57.70
5 Kari Foral	Omaha South	5:28.90	5 Cindy Andrew	Omaha Burke	12:04.70
6 Michelle Montagne	South Sioux City	5:30.30	6 Elizabeth Wallace	Fremont	12:17.60
100 Meter High Hurdles			300 Meter Low Hurdles		
1 Heather Jones	Omaha Central	14.88	1 Tara Went	Columbus	45.74
2 Jennuy Bosak	Columbus	14.97	2 Jenny Bosak	Columbus	46.13
3 Kim Osler	Omaha Central	15.27	3 Danielle Wade	Ralston	46.91
4 Kristin Koenig	Scottsbluff	15.75	4 Rachel Zimmerman	Omaha Burke	47.36
5 Rayna Dixon	Omaha Burke	16.06	5 Kristin Koenig	Scottsbluff	47.47
6 Doris Williams	Omaha Central	16.07	6 Lee Kiechel	Lincoln Southeast	47.58
Long Jump		High Jump			
1 Shelly Tucker	Omaha Northwest	18-01.25	1 Brenda Wattier	Norfolk	5-08
2 Lisa Pilakowski	Columbus	17-11.25	2 Theresa Hanus	Millard North	5-05
3 Carla Dailey	Omaha Central	17-02.25	3 Monica McGuire	Lincoln Southeast	5-04
4 Stacy Wilson	Gering	17-02	4 Amy Voss	South Sioux City	5-04
5 Amy Nance	Papillion-LaVista	16-09	5 Dana Humphrey	Fremont	5-02
6 Tammie Ourada	Kearney	16-08.25	6 tie Heidi Herzberg	Fremont	5-00
			Sandy Skradski	Omaha Gross	5-00
			Lori Hoffbauer	Gering	5-00
Shot Put		Discus			
1 Amy Paulsen	Norfolk	43-05	1 Amy Paulsen	Norfolk	148-08
2 Kelli Valentine	Bellevue East	41-06.75	2 Kim Grosshans	Lincoln Northeast	128-09
3 Jeanne Fox	Kearney	40-03.5	3 Jodi Stineman	Lincoln Southeast	126-10
4 April Morris	Omaha Central	40-00.25	4 Kim Berke	Beatrice	125-05
5 Kim Grosshans	Lincoln Northeast	38-04.5	5 April Morris	Omaha Central	118-04
6 Kim Mehl	North Platte	37-05	6 Kelli Valentine	Bellevue East	118-04
400 Meter Relay		1600 Meter Relay			
1 Omaha Central	48.42		1 Omaha Central	4:05.15	

2 Omaha Benson	49.51			2 Lincoln High	4:07.98	
3 Omaha Bryan	50.24			3 Bellevue West	4:08.12	
4 Columbus	50.52			4 Fremont	4:10.99	
5 Gering	50.64			5 Lincoln Southeast	4:12.73	
6 Omaha Westside	50.66			6 Omaha Bryan	4:12.77	

3200 Meter Relay

1 Fremont	9:40.45
2 Lincoln High	9:41.94
3 Scottsbluff	9:47.81
4 Omaha Central	9:58.22
5 Beatrice	10:06.81
6 Ralston	10:09.46

1989 Girls Track Class A State Championships						
Class A Team Scores						
Omaha Central	67	Grand Island	16	Omaha Bryan	6	
Millard South	60	Omaha Gross	15.5	Gering	5	
Columbus	40	Lincoln Southeast	15	North Platte	5	
Fremont	38	Hastings	14	Omaha Benson	4	
Kearney	30	Omaha Burke	12	Omaha North	3	
Millard North	28	Omaha Northwest	11	Alliance	2	
Ralston	28	Bellevue West	10	Lincoln East	1.5	
Omaha Westside	18	Omaha South	10			
Lincoln High	18	Bellevue East	8			
Class A Individual Medalists						
100 Meter Dash		200 Meter Dash				
1 Tresa Watson	Omaha Central	12.48	1 Stephanie Kurz	Millard South	25.91	
2 Stephanie Kurz	Millard South	12.53	2 Jill Jackes	Millard North	25.98	
3 Jill Jackes	Millard North	12.72	3 Tresa Watson	Omaha Central	26.03	
4 Donna Curry	Omaha Benson	12.73	4 Jenny Bramer	Millard South	26.49	
5 Felicia Jones	Omaha North	12.74	5 Shawnta Phillip	Omaha Burke	26.50	
6 Shawnta Phillip	Omaha Burke	12.75	6 Shelly Tucker	Omaha Northwest	26.54	
400 Meter Dash		800 Meter Run				
1 Jenny Johnson	Omaha Westside	56.79	1 Tina Dickmeyer	Fremont	2:19.31	
2 Karen Washington	Grand Island	58.17	2 Kelly Mendenhall	Fremont	2:20.00	
3 Marcie Reed	Omaha Central	58.32	3 Anna Behrens	Hastings	2:20.17	
4 Teresa Slezak	Millard South	58.33	4 Kari Foral	Omaha South	2:21.53	
5 Johanna Ertl	Lincoln High	58.89	5 Tracy Kelly	Alliance	2:22.91	
6 Deyonne Ward	Omaha Burke	59.26	6 Nancy DeVoogd	Lincoln Southeast	2:23.25	
1600 Meter Run		3200 Meter Run				
1 Kelly Mendenhall	Fremont	5:19.84	1 Dori Hunt	Kearney	11:39.34	
2 Nancy DeVoogd	Lincoln Southeast	5:20.15	2 Kris Winbinger	Omaha Gross	12:01.35	
3 Dori Hunt	Kearney	5:21.36	3 Angie Tussing	Lincoln High	12:09.76	
4 Kari Foral	Omaha South	5:23.38	4 Angie Hudson	Lincoln High	12:10.56	
5 Angie Tussing	Lincoln High	5:24.88	5 Tammy Shank	Omaha South	12:21.16	
6 Kris Winbinger	Omaha Gross	5:25.07	6 Stacie Guenzel	Lincoln Southeast	12:26.29	
100 Meter High Hurdles		300 Meter Low Hurdles				
1 Jenny Bosak	Columbus	14.92	1 Jenny Bosak	Columbus	44.73	
2 Amy Albertson	Omaha Central	15.60	2 Lisa Littlejohn	Omaha Central	45.65	
3 Lisa Pilakowski	Columbus	16.11	3 Nikki Schulte	Omaha Gross	46.79	
4 Cathy Koros	Gering	16.21	4 Jenny Helms	Grand Island	47.41	
5 Jenny Helms	Grand Island	16.22	5 Angie Brunkow	Omaha Burke	48.11	
6 Doris Williams	Omaha Central	16.37	6 Cathy Koros	Gering	48.20	
Long Jump		High Jump				
1 Shelly Tucker	Omaha Northwest	18-08.5	1 Jenny Bramer	Millard South	5-07	
2 Jill Jackes	Millard North	17-10.5	2 Heather Cronk	Bellevue East	5-05	
3 Lisa Pilakowski	Columbus	17-04.75	3 Theresa Hanus	Millard North	5-04	
4 Sheri Cross	North Platte	16-10.75	4 Stephanie Burkard	Bellevue West	5-01	
5 Kaylee Wiggins	Millard South	16-08.75	5 Tiffany Teply	Bellevue West	5-01	
6 Kleashua Nelson	Omaha North	16-08.75	6 tie Sandy Skradski	Omaha Gross	5-01	
				Debbie Hunter	Lincoln East	5-01
Shot Put		Discus				
1 Amy Paulsen	Ralston	46-03.25	1 Amy Paulsen	Ralston	155-00	
2 April Morris	Omaha Central	40-06	2 Jess Wettiver	Ralston	124-08	
3 Jeanne Fox	Kearney	40-03.5	3 Esther Tucker	Omaha Bryan	120-00	
4 Letha Pugh	Omaha Central	39-05	4 Lisa Crinklaw	Millard South	119-08	
5 Kristy Otopual	Lincoln Southeast	38-06	5 Jeanne Fox	Kearney	118-02	
6 Kim Mehl	North Platte	38-01	6 Julie McKenzie	Lincoln Southeast	118-00	
400 Meter Relay		1600 Meter Relay				
1 Omaha Central	49.12		1 Millard South	4:00.49		

2	Millard South	49.36			2	Omaha Westside	4:01.69	
3	Omaha Burke	49.70			3	Omaha Central	4:02.00	
4	Columbus	49.74			4	Columbus	4:04.21	
5	Bellevue West	49.86			5	Bellevue West	4:05.34	
6	Grand Island	50.39			6	Grand Island	4:05.61	

3200 Meter Relay

1	Fremont	9:35.54
2	Hastings	9:44.89
3	Kearney	9:48.14
4	Lincoln High	10:01.75
5	Lincoln Southeast	10:02.89
6	Lincoln East	10:06.89