

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 Echternach	Omaha Bryan	39-11

Discus

1 Brandy Echternach	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

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