1995 Girls Track Class C State Championships

Class C Team Scores

Team	Score		Team	Score		Team	Score
Geneva	52		Cambridge	12		Centura	4
Wauneta/Palisade	34		Lyons-Decatur	12		Bayard	4
Wahoo Neumann	31		Bridgeport	11		Harvard	3
Red Cloud/Guide Rock	28		Ravenna	8		Hastings St Cecilia	2
David City	26		Sutton	8		Arlington	2
Kearney Catholic	24		Aquinas	8		Cedar Bluffs	2
Wymore Southern	20		Hemingford	7		Doniphan	2
Battle Creek	19		Silver Lake	7		Elkhorn Valley	2
Nebraska Lutheran	18		West Point CC	7		Culbertson	2
Rushville	18		Leigh	6		Ainsworth	1
Wisner-Pilger	18		St. Paul	6		Newman Grove	1
Sandy Creek	16		Mitchell	5		Randolph	1
Fort Calhoun	14		Grant	4		Blue Hill	1
Burwell	14		Louisville	4		Superior	1

Class C Individual Medalists

100 Meter Dash

	Name	Team	Time
1	Jennifer Einspahr	Wauneta/Palisade	12.57
2	Wendi Rocole	Geneva	12.62
3	Kelly Koziol	Fort Calhoun	12.65
4	Kari Wulf	Red Cloud/Blue Hill	12.73
5	Laci Wilson	Silver Lake	12.86
6	Heather Mundt	Hemingford	12.88

200 Meter Dash

	Name	Team	Time
1	Jennifer Einspahr	Wauneta/Palisade	25.68
2	Kelly Koziol	Fort Calhoun	25.76
3	Wendi Rocole	Geneva	26.14
4	Laci Wilson	Silver Lake	26.29
5	Heather Mundt	Hemingford	26.53
6	Tess Sparks	Bridgeport	26.62

400 Meter Dash

	Name	Team	Time
1	Jodi Dubs	David City	:59.2
2	Tess Sparks	Bridgeport	:59.66
3	Carissa Brauer	Nebraska Lutheran	1:00.17
4	Laurie Kvols	Wisner-Pilger	1:00.55
5	Sandy Derby	Louisville	1:00.62
6	Sarah Kindig	Hastings St Cecilia	1:00.81

800 Meter Run

	Name	Team	Time
1	Jodi Dubs	David City	2:18.02
2	Diane Heffernan	Kearney Catholic	2:20.15
3	Amy Semrad	Wahoo Neumann	2:21.66
4	Amy Glasco	Bayard	2:22.03
5	Johnna Martens	Nebraska Lutheran	2:23.03
6	Sara Menke	Superior	2:25.22

1600 Meter Run

	Name	Team	Time
1	Amber Faibanks	Geneva	5:18.33
2	Diane Heffernan	Kearney Catholic	5:19.23
3	Stephanie Senn	Burwell	5:25.10
4	Elly Hoarty	Geneva	5:27.51
5	Book Seifert	Battle Creek	5:30.30
6	Wendy Hohn	Wahoo Neumann	5:31.18

3200 Meter Run

	Name	Team	Time
1	Amber Faibanks	Geneva	11:33.63
2	Stephanie Senn	Burwell	11:55.41
3	Elly Hoarty	Geneva	11:58.60
4	Anya Trumler	Centura	11:59.58
5	Diane Heffernan	Kearney Catholic	12:02.43
6	Stepahnie Colvin	Harvard	12:03.83

100 Meter High Hurdles

	Name	Team	Time
1	Keri Wulf	Red Cloud/Guide Rock	14.79
2	Pam Shaw	Sandy Creek	15.39
3	Tanya Anderson	Battle Creek	15.68
4	Jamie Whitwer	Wymore Southern	16.01
5	Cheryl Lamprecht	Lyons-Decatur	16.13
6	Marcia McGill	West Point CC	16.15

300 Meter Low Hurdles

	Name	Team	Time
1	Keri Wulf	Red Cloud/Guide Rock	45.51
2	Pam Shaw	Sandy Creek	45.95
3	Marcia McGill	West Point CC	46.02
4	Nicole Kubik	Cambridge	46.75
5	Sandy Derby	Louisville	47.23
6	Sarah Kindig	Hastings St Cecilia	47.24

Long Jump

	Name	Team	Mark
1	Christina Sears	Lyons-Decatur	16-11.25
2	Nicole Kubik	Cambridge	16-10.5
3	Jamie Whitwer	Wymore Southern	16-09.5
4	Kim Nollette	Red Cloud/Guide Rock	16-06.5
5	Krista Bly	Elkhorn Valley	16-03.25
6	Elysha Rehtus	Blue Hill	16-01

High Jump

	Name	Team	Mark
1	Tina Masek	Wahoo Neumann	5-05
2	Kristi Kitt	Wauneta-Palisade	5-03
3	Brandi Gernstein	Leigh	5-03
4	Beth Semin	Aquinas	5-02
5	Roxi Rath	Doniphan	5-02
6	Mandy Poppe	Randolph	5-00

Shot Put

	Name	Team	Mark
1	Holly Timperley	Battle Creek	46-00.5
2	April Kockrow	Rushville	43-10.25
3	Mindy Zeilinger	David City	38-11.75
4	Arlyce Chrisman	Grant	38-05
5	Cindy Cude	Harvard	37-06,25
6	Erin Brittain	Silver Lake	37-04.5

Discus

	Name	Team	Mark
1	April Kockrow	Rushville	144-01
2	Rhonda Wicht	Ravenna	124-07
3	Shannon Schacht	St. Paul	124-02
4	Melissa Peterson	Wahoo Neumann	116-06
5	Shelly Martin	Arlington	116-02
6	Mindy Ponton	Battle Creek	116-02

	Triple Jump					400 Meter Relay		
1	Cathy Craig	Fremont Bergan	35-08.25		1	Wymore Southern	50.76	
2	Kelly Koziol	Fort Calhoun	35-03.75		2	Sutton	50.78	
3	Jamie Whitwer	Wymore Southern	35-03.5		3	Wisner-Pilger	51.59	
4	Kim Nollette	Red Cloud/Guide Rock	34-08.5		4	Hemingford	51.87	
5	Beth Jones	Dundy County	34-08.25		5	Cedar Bluffs	51.99	
6	Roxana Sonntag	Louisville	34-05.25		6	Ainsworth	52.06	
	1600 Meter Relay					3200 Meter Relay		
1	Nebraska Lutheran	4:05.39			1	Wahoo Neumann	9:48.93	
2	Wisner-Pilger	4:06.55			2	Geneva	9:58.67	
3	Wauneta-Palisade	4:10.24			3	Kearney Catholic	9:59.75	
4	Aquinas	4:12.61			4	Mitchell	10:01.57	
5	Bridgeport	4:15.05			5	Culbertson	10:06.15	
6	Mitchell	4:15.26			6	Newman Grove	10:06.72	