

1994 Girls Track Class A State Championships					
Class A Team Scores					
Millard South	50	Scottsbluff	22	Omaha Bryan	3
Millard North	49.5	Lincoln Southeast	19	Columbus	2
Lincoln High	42	Grand Island	17	Omaha Burke	1
Gering	38	Omaha Westside	14	Omaha Central	1
Kearney	37.5	Papillion-LaVista	14	Omaha Marian	1
Norfolk	33	Omaha Northwest	12		
Bellevue East	32	Lincoln Pius X	10		
Ralston	27	Omaha South	8		
Fremont	24	Alliance	8		
Class A Individual Medalists					
100 Meter Dash		200 Meter Dash			
1 Tina Ellis	Bellevue East	12.23	1 Tina Ellis	Bellevue East	25.89
2 Stephanie Sharp	Gering	12.31	2 Stephanie Sharp	Gering	26.04
3 Melanie Kroeger	Norfolk	12.38	3 KD Smith	Omaha Westside	26.28
4 Sandra Lawton	Grand Island	12.51	4 Kahilya Ellis	Lincoln High	26.46
5 Cathy Pollard	Omaha Bryan	12.58	5 Melanie Kroeger	Norfolk	26.54
6 Brenda Worden	Norfolk	12.63	6 Sandra Lawton	Grand Island	26.67
400 Meter Dash		800 Meter Run			
1 Amanda Jurgenson	Fremont	1:00.25	1 Elisa Koch	Millard North	2:18.90
2 Carri Butler	Omaha Northwest	1:00.90	2 Denise Koziol	Norfolk	2:19.51
3 Kahilya Ellis	Lincoln High	1:00.92	3 Kendee Koster	Kearney	2:20.84
4 Melissa Buechler	Papillion-LaVista	1:01.14	4 Kristi Thompson	Millard South	2:21.78
5 Dove Robinson	Kearney	1:01.45	5 Kelly Alsup	Millard North	2:21.96
6 Karisa Fought	Grand Island	1:01.62	6 Dove Robinson	Kearney	2:21.96
1600 Meter Run		3200 Meter Run			
1 Carla Sudbeck	Millard South	5:08.97	1 Carla Sudbeck	Millard South	11:16.40
2 Melissa Wilson	Scottsbluff	5:14.23	2 Melissa Wilson	Scottsbluff	11:40.88
3 Kristi Thompson	Millard South	5:16.63	3 Kelly Alsup	Millard North	11:44.00
4 Gina Ivory	Lincoln Southeast	5:17.02	4 Gina Ivory	Lincoln Southeast	11:46.85
5 Kathy Kearns	Millard North	5:18.65	5 Jessica Sefzik	Millard South	11:51.48
6 Kelly Alsup	Millard North	5:27.98	6 Katherine Shaner	Lincoln Southeast	11:51.90
100 Meter High Hurdles		300 Meter Low Hurdles			
1 Jaime Erkes	Millard South	15.11	1 Missy Dammann	Ralston	46.67
2 Kelly Cizek	Ralston	15.49	2 Robyn Ramey	Kearney	48.68
3 Mandy Dietrich	Alliance	16.01	3 Amy Meisinger	Norfolk	48.77
4 Jessica Thaller	Lincoln High	16.06	4 Michelle Jensen	Bellevue East	48.89
5 Amy Meisinger	Norfolk	16.21	5 Anne Kozal	Scottsbluff	49.02
6 Dunina Brown	Omaha Central	16.28	6 Erin Horeis	Omaha Burke	49.05
Long Jump		High Jump			
1 Charmaine Galloway	Grand Island	18-03	1 Laura Martin	Fremont	5-07
2 KD Smith	Omaha Westside	18-00.75	2 Kelly Cizek	Ralston	5-07
3 Sarah Grotelueschen	Gering	18-00.5	3 Brooke Schwartz	Gering	5-04
4 Melanie Markus	Papillion-LaVista	17-06.75	4 Kim Stewart	Kearney	5-04
5 Anna Traernicht	Millard North	17-00.25	5 Lindy Muhle	Columbus	5-02
6 Jenny Cadmus	Millard North	16-11	6 Heather Harding	Ralston	5-02
Shot Put		Discus			
1 Stephanie Schilke	Lincoln High	41-09.25	1 Stephanie Schilke	Lincoln High	147-03
2 Theresa Williams	Omaha South	40-07.5	2 Marcie Scharton	Lincoln High	144-05
3 Michelle Soucie	Millard North	40-05.5	3 Alisa Turman	Lincoln Southeast	142-07
4 Andrea Dodge	Fremont	40-02.5	4 Michelle Soucie	Millard North	133-08
5 Kerri Murray	Alliance	40-02.25	5 Lisa Cole	Scottsbluff	131-04
6 Kristi Burmood	Grand Island	39-09.5	6 Brandy Echternach	Omaha Bryan	130-11
400 Meter Relay		1600 Meter Relay			
1 Gering	49.76		1 Lincoln Pius X	4:01.35	
2 Bellevue East	49.97		2 Kearney	4:04.01	
3 Norfolk	50.12		3 Millard North	4:05.90	

4 Omaha Northwest	50.17			4 Papillion-LaVista	4:07.16	
5 Papillion-LaVista	50.20			5 Norfolk	4:08.41	
6 Millard South	50.29			6 Millard South	4:08.42	
3200 Meter Relay						
1 Millard North	9:37.91					
2 Kearney	9:41.64					
3 Millard South	9:44.63					
4 Lincoln Southeast	9:44.79					
5 Scottsbluff	9:46.91					
6 Omaha Marian	9:52.75					