

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 Biltft | Nelson | 2:28.03 |

1600 Meter Run

| | | |
|--------------------|------------|---------|
| 1 Darcy Stracke | Chambers | 5:16.92 |
| 2 Melinda Mohr | Winside | 5:23.50 |
| 3 Brande Johnson | Brady | 5:25.05 |
| 4 Catherine Palmer | Keya Paha | 5:26.99 |
| 5 Tara Biltft | 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 Biltft | Nelson | 11:52.52 |
| 4 Brande 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 Pfiefer | 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 | Fall 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 Bargen | 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 | |