

## 1990 Girls Track Class C State Championships

### Class C Team Scores

Lincoln Christian	57	Hartington CC	8	Nebraska Christian	3
Ansley	40	Centennial	8	Cambridge	3
Oakland-Craig	431	Lyons-Decatur	8	Overton	2
Oxford	26	Mullen	8	Battle Creek	2
Imperial	24	Dorchester	8	Malcolm	2
Plainview	22	North Bend	7	Bayard	2
Sutton	22	Chappell	6	Osmond	2
Emerson-Hubbard	20	Silver Lake	6	Dundy County	1
Bloomfield	18	David City Aquinas	6	East Butler	1
Sandy Creek	14	Hebron	6	Milford	1
Geneva	14	Yutan	6	Atkinson West Holt	1
Hastings St Cecilia	13	Stanton	4	Alma	1
Bennington	12	Sutherland	4	Wakefield	1
Deshler	12	Newcastle	4	Johnson-Brock	1
Wymore Southern	10	Oshkosh	4	Crofton	1
Howells-Dodge	9	Mitchell	4		

### Class C Individual Medalists

#### 100 Meter Dash

1 Kathy Travis	Lincoln Christian	12.16
2 Kimmy Sebade	Emerson -Hubbard	12.75
3 Jean Monteforte	Geneva	12.81
4 Vicki Riege	Plainview	12.92
5 Cathy Raver	Oakland-Craig	12.97
6 Amber Taylor	Bennington	13.00

#### 200 Meter Dash

1 Kathy Travis	Lincoln Christian	24.65
2 Vicki Riege	Plainview	25.95
3 Kimmy Sebade	Emerson -Hubbard	26.05
4 Shana Hamburger	Mitchell	26.48
5 Jean Monteforte	Geneva	26.49
6 Cathy Raver	Oakland-Craig	26.51

#### 400 Meter Dash

1 Kathy Travis	Lincoln Christian	:55.99
2 Kim Bennett	Lincoln Christian	:59.41
3 Kimmy Sebade	Emerson -Hubbard	:59.92
4 Amy Ochsner	Sutton	1:00.68
5 Val Peterson	Oxford	1:01.85
6 Lisa Pusley	Benkelman	1:02.16

#### 800 Meter Run

1 Amy Ochsner	Sutton	2:20.61
2 Laurie Herbek	Sandy Creek	2:22.52
3 Laura Hemberger	Silver Lake	2:24.01
4 Sheri Albee	Oshkosh	2:25.12
5 Stacey Schroer	Hastings St Cecilia	2:25.15
6 Kim Bennett	Lincoln Christian	2:26.21

#### 1600 Meter Run

1 Leisha Stineman	Oxford	5:23.84
2 Angie Peglow	Imperial	5:28.47
3 Renee Birkel	David City Aquinas	5:34.48
4 Susan Schmidt	Bennington	5:36.48
5 Crystal Whitehead	Wymore Southern	5:37.19
6 Laurie Plendl	Wakefield	5:37.79

#### 3200 Meter Run

1 Leisha Stineman	Oxford	11:53.21
2 Angie Peglow	Imperial	12:11.69
3 Janelle Hayes	Imperial	12:18.30
4 Kim Kloke	North Bend	12:19.05
5 Michelle Wilken	Malcolm	12:19.36
6 Susan Schmidt	Bennington	12:27.90

#### 100 Meter High Hurdles

1 Michelle Shoemaker	Ansley	15.52
2 Sheri Smeal	Howells-Dodge	15.88
3 Angie Schoof	Deshler	15.90
4 Tami Thompson	Sutherland	16.02
5 Kris Flohr	Chappell	16.27
6 Margo Kubik	Cambridge	16.45

#### 300 Meter Low Hurdles

1 Michelle Shoemaker	Ansley	46.56
2 Jeri Marsh	Mullen	47.33
3 Angie Schoof	Deshler	48.39
4 Kierstin Holste	Oxford	48.59
5 Margo Kubik	Cambridge	48.85
6 Deb Hawley	Alma	49.00

#### Long Jump

1 Michelle Shoemaker	Ansley	18-08
2 Cathy Raver	Oakland-Craig	18-02.75
3 Laurie Herbek	Sandy Creek	17-00.75
4 Kris Flohr	Chappell	17-00
5 Kathy Peterson	Overton	16-10.25
6 Sandy Blinde	Johnson-Brock	16-08.5

#### High Jump

1 Michelle Shoemaker	Ansley	5-06
2 Julie Kohtz	Centennial	5-03
3 Kandi Ober	Bloomfield	5-03
4 tie Julie Kremer	Nebraska Christian	5-01
Kendra Voss	North Bend	5-01
6 Holly Vrooman	Howells-Dodge	5-01

#### Shot Put

1 Amy Paulsen	Oakland-Craig	47-00.25
2 Tressa Thompson	Bloomfield	40-09.5
3 Tiff Fada	Lyons-Decatur	39-10.5
4 Teresa Andersen	Stanton	39-00.25
5 Michelle Fiscus	Bayard	38-03.25

#### Discus

1 Amy Paulsen	Oakland-Craig	154-01
2 Janet Uher	Dorchester	138-11
3 Kris Kugel	Hebron	137-11
4 Angie Boehmer	Newcastle	136-11
5 Tiff Fada	Lyons-Decatur	133-07

6	Trisha Ragland	Atkinson West Holt	37-10		6	Audra Semin	East Butler	133-06
	<b>400 Meter Relay</b>					<b>1600 Meter Relay</b>		
1	Plainview	51.11			1	Lincoln Christian	4:06.02	
2	Lincoln Christian	51.60			2	Hartington CC	4:10.85	
3	Geneva	51.69			3	Yutan	4:14.00	
4	Bloomfield	52.04			4	Sutton	4:15.25	
5	Osmond	52.11			5	Battle Creek	4:16.34	
6	Milford	52.17			6	Hastings St Cecilia	4:17.28	
	<b>3200 Meter Relay</b>							
1	Hastings St Cecilia	9:51.75						
2	Wymore Southern	9:58.48						
3	Bennington	10:01.50						
4	Sutton	10:03.25						
5	Imperial	10:07.43						
6	Crofton	10:13.22						