

## 1996 Girls Track Class A State Championships

### **Class A Team Scores**

Kearney	51	Norfolk	19	Hastings	8
Omaha Marian	46	Lincoln Pius X	18	Millard West	8
Omaha Burke	39	Bellevue West	17	Papillion-LaVista	6
Fremont	32	Lincoln High	14	Lincoln East	6
Grand Island	32	Columbus	12	Omaha Northwest	4
Millard South	31	Ralston	11	Omaha Westside	2
Bellevue East	30	Omaha Benson	10		
Omaha North	27	Omaha Central	10		
Lincoln Southeast	24	Alliance	10		
Millard North	21	Lincoln Northeast	8		

### **Class A Individual Medalists**

#### **100 Meter Dash**

1 Ja'Nae' Mosley	Bellevue East	:12.17
2 Cheaquetta Bearfield	Omaha Burke	:12.23
3 Kahilya Ellis	Lincoln High	:12.36
4 Yashica Conner	Omaha Northwest	:12.44
5 Karisa Fought	Grand Island	:12.50
6 Darius Grayer	Omaha North	:12.53

#### **200 Meter Dash**

1 Ja'Nae' Mosley	Bellevue East	:25.88
2 Kahilya Ellis	Lincoln High	:26.13
3 Cheaquetta Bearfield	Omaha Burke	:26.18
4 Kim Butts	Omaha North	:26.73
5 Delana Hanes	Bellevue West	:27.14
6 Emma Bradley	Millard South	:27.27

#### **400 Meter Dash**

1 Karisa Fought	Grand Island	:58.58
2 Ja'Nae' Mosley	Bellevue East	:58.59
3 Jennifer Stovall	Papillion-LaVista	:59.64
4 Wendy Antonson	Ralston	:59.90
5 Beth Haley	Lincoln Pius X	1:00.04
6 AJ Sawtelle	Fremont	1:00.19

#### **800 Meter Run**

1 Krissie Spanheimer	Omaha Marian	2:17.01
2 Kendee Koster	Kearney	2:17.65
3 Theresa Ridder	Omaha Marian	2:20.00
4 Mary Ridder	Omaha Marian	2:20.68
5 Mary Dodd	Lincoln Pius X	2:21.00
6 Cara Van Eck	Lincoln Southeast	2:21.78

#### **1600 Meter Run**

1 Amie Finkner	Kearney	5:15.61
2 Cara Van Eck	Lincoln Southeast	5:17.77
3 Krissie Spanheimer	Omaha Marian	5:18.25
4 Theresa Ridder	Omaha Marian	5:21.50
5 Paige Brown	Omaha North	5:21.62
6 Sara Farrand	Grand Island	5:21.66

#### **3200 Meter Run**

1 Amie Finkner	Kearney	11:25.13
2 Paige Brown	Omaha North	11:32.41
3 Krissie Spanheimer	Omaha Marian	11:45.33
4 Cara Van Eck	Lincoln Southeast	11:49.36
5 Sara Farrand	Grand Island	11:52.13
6 Susanne Swanson	Grand Island	11:52.38

#### **100 Meter High Hurdles**

1 Dunina Brown	Omaha Central	:14.94
2 Amy Meisinger	Norfolk	:15.06
3 Missy Dammann	Ralston	:15.19
4 Stacey Sherlock	Grand Island	:15.32
5 Lisa Webster	Lincoln East	:15.45
6 Erin Horeis	Omaha Burke	:15.67

#### **300 Meter Low Hurdles**

1 Amanda Went	Columbus	:46.84
2 Amy Meisinger	Norfolk	:46.93
3 Erin Horeis	Omaha Burke	:47.60
4 Amanda Stahlnecker	Millard West	:47.87
5 Karisa Fought	Grand Island	:48.17
6 Kerry Stenger	Fremont	:48.86

#### **Long Jump**

1 Delana Hanes	Bellevue West
2 Renee Bergmeier	Kearney
3 Roxi Hoegerl	Alliance
4 Cheaquetta Bearfield	Omaha Burke
5 KD Smith	Omaha Westside
6 Annie Oldham	Millard North

#### **High Jump**

1 Kelly Cizek	Millard South	5-8
2 Laura Martin	Fremont	5-7
3 Katie Johnson	Millard North	5-5
4 Lisa Webster	Lincoln East	5-5
5 Lindy Muhle	Columbus	5-5
6 Megan Porter	Bellevue West	5-2

#### **Shot Put**

1 Becky Beachler	Fremont	50-11.75
2 Tina Baxter	Lincoln Northeast	43-09
3 Jill Peterson	Omaha Burke	42-07.25
4 Corinna Osterfoss	Millard South	41-05.5
5 Jenny Redlinger	Norfolk	39-10
6 Alsia Turman	Lincoln Southeast	39-02

#### **Discus**

1 Alsia Turman	Lincoln Southeast	143-02
2 Becky Beachler	Fremont	141-03
3 Beth Abramson	Millard South	139-05
4 Jennifer Cowher	Alliance	125-09
5 Melissa McDermott	Fremont	116-06
6 Sarah Woodman	Bellevue East	115-01

#### **Triple Jump**

1 Sara Cizek	Millard South	36-06.25
2 Anna Trauernicht	Millard North	36-06
3 Annie Oldham	Millard North	36-04.5
4 Rochelle Gordon	Omaha North	36-03.75
5 Steph Schmitt	Grand Island	36-02
6 Renee Bergmeier	Kearney	36-01.75

#### **400 Meter Relay**

1 Omaha Benson		:49.00	(Tashika Gaye, Jamie McAllister
2 Omaha North		:49.08	Jennie Crudup, Andrea Duncan)
3 Omaha Burke		:49.63	
4 Bellevue West		:49.66	
5 Fremont		:50.15	
6 Bellevue East		:50.28	

#### **1600 Meter Relay**

#### **3200 Meter Relay**

1 Lincoln Pius X	4:04.98	(Jill Fosdick, Shelly Kapler)	1 Omaha Marian	9:36.92	(Mary Ridder, Theresa Ridder)
2 Hastings	4:07.26	Mary Dodd, Beth Haley)	2 Kearney	9:42.99	Mandy Groff, Krissie Spanheimer)
3 Kearney	4:07.43		3 Grand Island	9:53.82	
4 Millard West	4:08.21		4 Lincoln Pius X	9:55.44	
5 Grand Island	4:11.41		5 Omaha Burke	9:56.14	
6 Ralston	4:12.03		6 Norfolk	9:58.32	