

1993 Girls Track Class B State Championships					
Class B Team Scores					
York	62	West Point	12	Wahoo	4
Central City	56	Cozad	11	McCook	3
Crete	46	Imperial	11	Fairbury	3
Beatrice	40	Columbus Scotus	10	Albion	2
Plattsmouth	37	Milford	8	Nebraska City	2
Columbus Lakeview	16	Lexington	6	Raymond Central	2
Grand Island NW	16	Minden	6	Seward	2
Mitchell	16	Aurora	6	Madison	1
Schuyler	14	Centennial	4	Ainsworth	1
Grand Island CC	13	O'Neill	4	Waverly	1
Gothenburg	12	Chadron	4	Wayne	1
Holdrege	12	Pierce	4	Adams Central	1
Ogallala	12	Sidney	4		
Class B Individual Medalists					
100 Meter Dash		200 Meter Dash		800 Meter Run	
1 Keri Stopak	Columbus Scotus	12.38	1 Tena Wurdeman	Columbus Lakeview	26.40
2 Teresa Otto	Beatrice	12.52	2 Teresa Otto	Beatrice	26.54
3 Melissa Nootz	Milford	12.62	3 Melissa Welch	York	26.58
4 Kim Ritola	Gothenburg	12.75	4 Denise Sjuts	York	26.91
5 Melissa Welch	York	12.78	5 Emily Rehmeier	Nebraska City	27.22
6 Lara Burkholder	Cozad	12.89	6 Kelly Verjraska	Holdrege	27.78
400 Meter Dash		3200 Meter Run		300 Meter Low Hurdles	
1 Christy Rice	Central City	:58.91	1 Christy Rice	Central City	2:16.56
2 Denise Grell	Beatrice	:59.31	2 Brandy Schwenk	Crete	2:18.55
3 Melissa Welch	York	:59.72	3 Nora Shepherd	York	2:20.52
4 Kelly Derscheid	O'Neill	1:00.04	4 Amy Nielsen	Plattsmouth	2:20.72
5 Amy Nielsen	Plattsmouth	1:00.32	5 Carrie Sindelar	Grand Island CC	2:21.52
6 Brandy Schwenk	Crete	1:00.43	6 Kathy Dalton	Waverly	2:22.47
1600 Meter Run		3200 Meter Run		300 Meter Low Hurdles	
1 Nora Shepherd	York	5:03.58	1 Nora Shepherd	York	10:46.86
2 Christy Rice	Central City	5:15.39	2 Kristen Blehm	Mitchell	11:34.71
3 Kristen Blehm	Mitchell	5:15.52	3 Carrie Sindelar	Grand Island CC	11:35.47
4 Carrie Sindelar	Grand Island CC	5:19.30	4 KayCee Muma	Lexington	11:42.26
5 Amy Parsons	Plattsmouth	5:20.64	5 Johna Speck	Imperial	12:00.79
6 KayCee Muma	Lexington	5:22.99	6 Angie Peglow	Imperial	12:00.89
100 Meter High Hurdles		300 Meter Low Hurdles		High Jump	
1 Becky Kastrick	Plattsmouth	14.90	1 Nikki Nielsen	Central City	46.58
2 Nikki Nielsen	Central City	15.44	2 Becky Kastrick	Plattsmouth	46.90
3 Alison Wimmer	West Point	15.89	3 Sarah Thorson	Aurora	47.33
4 Noelle Nelson	Holdrege	16.03	4 Crystal McBride	Sidney	47.75
5 Amy Koubza	Raymond Central	16.16	5 Brooke Blatny	Fairbury	47.80
6 Karen Fink	Crete	16.35	6 Jenny Thompson	Wayne	48.00
Long Jump		High Jump		Discus	
1 Lara Burkholder	Cozad	17-09.25	1 Amanda Saner	Ogallala	5-05
2 Karen Fink	Crete	17-05.75	2 Karen Fink	Crete	5-05
3 Tena Wurdeman	Columbus Lakeview	17-03.5	3 Tracy Nielsen	Minden	5-05
4 Jill Sickles	Holdrege	17-00.5	4 tie Becky Hein	McCook	5-01
5 Michelle Wolford	Ogallala	17-00.25	Tiffany Borden	Holdrege	5-01
6 Jill Laux	Lexington	16-11.25	6 Emily Hekrdle	Madison	5-01
Shot Put		Discus		1600 Meter Relay	
1 Teri Steer	Crete	49-06.75	1 Teri Steer	Crete	138-07
2 Rikki Watson	Grand Island NW	39-09.25	2 Paula Kroeker	York	124-09
3 Karen Hogel	Schuyler	39-03.25	3 Mel Leibhart	Imperial	122-00
4 Genni Nichols	Centennial	37-10.75	4 Dionne Holmquist	Chadron	121-04
5 Mel Leibhart	Imperial	37-05	5 Robin Henrichs	Albion	121-02
6 Angie Dowd	Grand Island CC	37-02.5	6 Bridget Syfie	Ainsworth	120-09
400 Meter Relay		1600 Meter Relay			
1 York	50.02	1 Central City	4:04.04		

2	Gothenburg	50.54			2	Grand Island NW	4:05.63	
3	West Point	50.63			3	Beatrice	4:09.55	
4	Beatrice	50.96			4	Pierce	4:10.61	
5	Milford	51.08			5	Seward	4:11.09	
6	Fairbury	51.18			6	Plattsmouth	4:11.98	
3200 Meter Relay								
1	Plattsmouth	9:37.94						
2	Schuyler	9:47.05						
3	Beatrice	9:48.55						
4	Wahoo	9:50.09						
5	Mitchell	9:53.71						
6	Adams Central	9:55.14						