

CW GIRLS TRACK HONOR ROLL



State Champions in bold

@ Time recorded at the State Meet. Fully automatic timing/times recorded in hundredths

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*Times converted from English to Metric

Running Events:

100m Dash

Place	Name	Time	Year
1	Kelly Runkle	12.3	2001
	Corey Newman	12.3	1989
3	Amber Lindblad	12.4	1996
4	Heather Madison	12.7	1991
	Elizabeth Fredrickson	12.7	1988
6	Courtney Runkle	12.9	1999
7	Christina Swangim	12.96	2009
8	Kari Wolfe	13.1	1986
9	Kayla Hecimovich	13.20	2010
10	Kiersten Schultz	13.4	2004
10	Melanie Rosser	13.4	2002
10	Deanna Brown	13.4	1995

200m Dash

Place	Name	Time	Year
1	Corey Newman	26.1	1990
2	Amber Lindblad	26.2	1996
3	Kelly Runkle	26.5	2002
4	Liz Frederickson	26.78@	1988
5	Heather Madison	27.2	1992
6	Michelle Hagen	27.5	1989
7	Kiersten Schultz	27.7	2003
8	Kayla Hecimovich	27.81	2010
9	Christy Engebretson	28.0	1987
10	Lindsey Oleskow	28.2	1998

400m Dash

Place	Name	Time	Year
1	Kelly Runkle	58.94@	2001
2	Michelle Hagen	60.7	1989
3	Heather Madison	61.2	1993
4	Stephanie Nichols	63.2	2003
5	Megan Erspamer	63.35@	2006
6	Sandra Hayes	64.1	1996
7	Corey Newman	64.1	1990
8	Lindsey Oleskow	64.2	1998
9	Jodi Erb	64.5	1991
10	Beth Davidge	64.7	1998

800m Run

Place	Name	Time	Year
1	Megan Erspamer	2:21.98	2008
2	Stephaine Nichols	2:22.78@	2002
3	Lindsey Oleskow	2:23.3	1999
4	Michelle Hagen	2:25.5	1990
5	Marnie Rykal	2:27.3	1988
6	Erin Rothenbuehler	2:28.1	1993
7	Jennifer Anderson	2:28.2	1992
8	Shelly Haugestuen	2:29.9	1984
9	Heather Follendorf	2:30.3	1997
10	Shelby Berning	2:31.03	2008

1600m Run

Place	Name	Time	Year
1	Stephanie Nichols	5:21.6	2003
2	Marnie Rykal	5:27.4	1989
3	Megan Erspamer	5:29.39	2008
4	Shelby Berning	5:31.84	2008
5	Lindsey Oleskow	5:32.8	1998
6	Angela Heppner	5:33.5	1998
7	Heather Follendorf	5:35.0	1997
8	Michelle Hagen	5:35.9	1990
9	Lana Blumer	5:37.94	2019
10	Katie Heppner	5:39.3	1999

3200m Run

Place	Name	Time	Year
1	Marnie Rykal	11:46.78@	1988
2	Shelby Berning	11:49.21	2008
3	Lana Blumer	11:57.38#	2019
4	Angela Heppner	12:11.6	1998
5	Tammy Hanson	12:13.4	1985
6	Katie Heppner	12:18.0	1999
7	Stephanie Nichols	12:19.2	2003
8	Elissa Christiansen	12:21.9	1989
9	Kallie Parks	12:31.59	2016
10	Jenny Anderson	12:35.9	1990

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100m High Hurdles

Place	Name	Time	Year
1	Rhonda Hamholm	16.2	1987
2	Jen Jorgenson	16.5	2001
3	Rebecca York	16.75	2021
4	Teresa Nelson	17.0	1992
5	Amy Jorgenson	17.2	1999
6	Shauna Pasanen	17.2	1996
7	Shannon Massie	17.4	1994
8	Callie Tarvis	17.86	2005
9	Deborah Nelson	18.0	1993
10	Julia White	18.1	1988

300m Low Hurdles

Place	Name	Time	Year
1	Megan Erspamer	47.76@	2006
2	Rhonda Hamholm	48.4	1987
3	Jen Jorgenson	48.8	2001
4	Amy Jorgenson	49.3	1999
5	Frances Jacob	50.20	2015
6	Felecia Deering	50.2	1984
7	Shauna Pasanen	50.3	1996
8	Melodee Rockwood	50.7	1991
9	Rebecca York	50.74	2019
10	Teresa Nelson	50.9	1992

Field Events:

High Jump

Place	Name	Height	Year
1	Karen Gustafson	5-05	1986
2	Corey Newman	5-04	1991
3	Joyce Adams	5-01	1982
4	Zoe Nelson	5-00	2024
	Amy Jorgenson	5-00	2001
	Kelly Gillett	5-00	
6	Jane Blomberg	4-10	2013
	Sara Brady	4-10	2012
	Morgan DeWerd	4-10	2005
	Kari Solie	4-10	1995
	Mary Dahlman	4-10	1993
	Erin Rothenbuehler	4-10	1992
	Sarah Robarge	4-10	1994

Pole Vault

Place	Name	Height	Year
1	Kayla Hecimovich	9-03	2010
2	Christina Swangim	9-00	2007
3	Jen Jorgenson	8-06	2002
4	Anastasia Mujwid	8-03	2022
5	Sarah Chuchwar	8-00	2016
	Tracy Uchytel	8-00	2002
	Emily Masters	8-00	2007
8	Rylee Buchman	7-06	2018
	Ally Olson	7-06	2018
	Haley Castle	7-06	2016
	Sarah Chamberlain	7-06	2014
	Heather Lenbom	7-06	2002

Triple Jump

Place	Name	Distance	Year
1	Kari Wolfe	35-03	1985
2	Amy Jorgenson	33-06.5	2001
3	Zoe Nelson	33-04.0	2024
4	Leah Williams	33-03.5	2012
5	Christina Swangim	33-00	2008
6	Chris Rockwood	31-11.5	1985
7	Mary Dahlman	31-11	1993
8	Yonna Grey	31-06	1992
9	Shannon Gilbertson	31-3	1986
10	Tracy Harrison	31-1.5	1987

Long Jump

Place	Name	Distance	Year
1	Christina Swangim	17-06.25	2009
2	Kari Wolfe	17-03@	1985
3	Amber Lindblad	17-02.75	1994
4	Ester Moe	16-10	1973
5	Heather Madison	16-08.5	1991
6	Kelly Runkle	16-07@	2002
7	Megan Erspamer	15-11.75	2007
8	Chris Rockwood	15-11	1985
9	Melodee Rockwood	15-10.75	1991
10	Corey Newman	15-10	1990

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Shot Put

Place	Name	Distance	Year
1	Crissy Black	41-05.5	1988
2	Esther Moe	36-10	1973
3	Heidi Poulson	36-08	1992
4	Erika Gustum	34-08.5	1998
5	Leanna Gustum	34-03.5	2001
6	Jenielle West	33-00	1991
7	Liz Cruse	32-11	1994
8	Andrea Zwadlo	32-06	1983
9	Mindy Rockwood	32-02.25	1998
10	Ashley Robert	31-07	2024

Discus

Place	Name	Distance	Year
1	Crissy Black	120-01	1988
2	Khia Lockbaum	106-05	2009
3	Andrea Zwadlo	105-08	1984
4	Heidi Poulson	104-08	1992
5	Erika Gustum	104-07	1998
6	Yonna Grey	104-01	1990
7	Leanna Gustum	103-00	2001
8	Gina Wood	100-11	2005
9	Cheri Schaaf	100-06	1981
10	Liz Cruse	100-02	1996

Relays:

400m Relay

Place	Names	Time	Year
1	Sara Prorok, Amy Jorgenson, Kelly Runkle, Courtney Runkle	51.30	2000
2	M.Rockwood, M.Dahlman, H.Madison, A.Lindblad	51.48@	1993
3	C.Swangim, A.Masters, M.Erspamer, A.Jones	51.51	2007
4	C.Swangim, A.Masters, M.Erspamer, A.Jones	51.58	2008
5	M.Rockwood, M.Dahlman, H.Madison, C.Newman	51.60	1991
6	S.Prorok, A.Jorgenson, K.Runkle, C.Runkle	51.90	1999
7	L.Fredrickson, C.Engebretson, M.Contreras, K.Wolfe	52.50	1986
8	S.Prorok, S.Hayes, K.Lindblad, C.Runkle	52.70	1997
9	L.Rockwood, M.Dahlman, M.Rockwood, H.Madison	52.87@	1992
10	D.Brown, J.Finseth, T.Thompson, A.Linblad	53.20	1994

800m Relay

Place	Names	Time	Year
1	Liz Fredrickson, Christy Engebretson, Shannon Gilbertson, Corey Newman	1:50.6	1988
2	M. Rockwood, S. Seever, H. Madison, C. Newman	1:51.0	1991
3	L. Fredrickson, C. Engebretson, C. Ohde, J. Rockwood	1:51.9	1986
4	S. Seever, S. Rykal, H. Madison, C. Newman	1:52.2	1990
5	L. Fredrickson, C. Engebretson, C. Ohde, J. Rockwood	1:52.6	1987
6	A.Mujwid, C. Hanson, A. Hanson, T. Whittenberger	1:53.40	2023
7	M.Grover, C.Swangim, M.Erspamer, A.Jones	1:53.9	2006
8	A. Mujwid, Z. Nelson, K. Haas, T. Whittenberger	1:54.30	2022
9	K. Runkle, L. Oleskow, A. Jorgenson, C. Runkle	1:54.4	1999
10	L. Rockwood, M. Rockwood, H. Madison, A. Lindblad	1:54.9	1993

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1600m Relay

Place	Names	Time	Year
1	Amy Jorgenson, Lindsey Oleskow, Stephanie Nichols, Kelly Runkle	4:06.89@	2001
2	C. Engebretson, Y. Grey, C. Newman, M. Hagen	4:08.57@	1989
3	Y. Grey, M. Rykal, C. Newman, M. Hagen	4:09.6	1990
4	J. Jorgenson, A. Jorgenson, S. Nichols, K. Runkle	4:11.62@	2002
5	M. Rykal, Y. Grey, M. Hagen, C. Newman	4:16.1	1988
6	H. Madison, L. Avery, C. Newman, J. Erb	4:17.5	1991
7	A.Mujwid, Z.Nelson, K.Haas, T.Whittenberger	4:17.51	2023
8	L. Wehe, K. Schultz, M. Grover, S. Nichols	4:18.4	2003
9	T. Atwood, L. Fredrickson, C. Engebretson, C. Ohde	4:20.0	1986
10	A. Mujwid, K. Haas, Z. Nelson, T. Whittenberger	4:20.64#	2022

3200m Relay

Place	Names	Time	Year
1	Lindsey Oleskow, Kristen Schoenfuss, Katie Heppner, Stephanie Nichols	10:17.0	2001
2	E.Christensen, S.Dahlman, M.Rykal, M.Hagen	10:22.0	1990
3	K.Erb, J.Waterhouse, B.Davidge, H.Follendorf	12:26.5	1996
4	T.Alger, J.Waterhouse, H.Guertin, J.Christiansen	10:27.1	1994
5	N.Bohl, A.Heppner, B.Davidge, L.Oleskow	10:29.2	1998
6	K.Hayes, B.Bronstad, K.Heppner, L.Oleskow	10:30.2	1999
7	K.Schoenfuss, K.Heppner, S.Nichols, L.Oleskow	10:40.3	2000
8	L.Avery, J.Swanson, S.Dahlman, J.Erb	10:47.9	1991
9	E.Rothenbuehler, S.Dahlman, J.Erb, J.Anderson	10:58.2	1992
10	A.Bauch, S.Berning, C.Swangim, M.Erspamer	11:03.3	2006