

**Palmer  
Track & Field Meet Results  
2012  
Girls**

- 1 Palmer 111
- 2 Ne. Christian 96
- 3 High Plains 95
- 4 Cedar Valley 86
- 5 Elba-NLS 40
- 6 Heartland Lutheran 30
- 7 Spalding Academy 26
- 8 Arcadia 22
- 9 Fullerton 18
- 10 St. Edward 2

NMR=new meet record  
TMR=tied meet record

- 11 0
- 12 0
- 13 0
- 14 0
- 15 0
- 16 0

**100M Hurdles**

- 1 Emilie Wolfe PAL 16.7
- 2 Jessie Valasek PAL 18.1
- 3 Stephanie Chandler HL 18.7
- 4 Talia Murphy NC 18.9
- 5 Danielle Shenk HPC 19.4
- 6 Morgan VanHousen HPC 19.9

**300M Hurdles**

- 1 Skyler Erickson CV 52.2
- 2 Jolene Shotkoski FUL 53.6
- 3 Libby Forbes PAL 54.0
- 4 Emilie Wolfe PAL 54.6
- 5 Talia Murphy NC 56.7
- 6 Ashley Glesinger SSA 58.0

**100M Dash**

- 1 Jayden Erickson CV 13.6
- 2 Jessie Valasek PAL 13.7
- 3 Katelyn Shoup HPC 13.7
- 4 Kloreace Pokorny ENLS 13.7
- 5 Jordyn Barnett HL 14.1
- 6 Emily Kuhn HPC 14.4

**200M Dash**

- 1 Kim Wood CV 28.7
- 2 Katelyn Shoup HPC 28.9
- 3 Jayden Erickson CV 29.2
- 4 Jessie Valasek PAL 29.2
- 5 Emily Kuhn HPC 30.1
- 6 Asper Pokorny ENLS 30.3

**400M Dash**

- 1 Kim Wood CV 1:01.6
- 2 Amber Mazankowski NC 1:04.0
- 3 Shayla Trotter ARC 1:06.5
- 4 Libby Forbes PAL 1:06.7
- 5 Shayla Wichmann PAL 1:06.9
- 6 Skyler Erickson CV 1:07.2

**800M Run**

- 1 Kim Wood CV 2:32.3
- 2 Shayla Trotter ARC 2:40.5
- 3 Mikayla Ackles ENLS 2:40.6
- 4 Demi Dorsey ARC 2:43
- 5 Ashlynn Wood CV 2:45.4
- 6 Shayla Wichmann PAL 2:46.5

**1600M Run**

- 1 Mikayla Ackles ENLS 6:10.2
- 2 Tori Swanson NC 6:29.7
- 3 Amber Scherer HPC 6:32.9
- 4 Ashlynn Wood CV 6:34.5
- 5 Amanda Ray SSA 6:35.3
- 6 Hannah Geren SSA 6:39.6

**3200M Run**

- 1 Tori Swanson NC 13:43.4
- 2 Hannah Geren SSA 14:07.8
- 3 Arrinna Poesnecker PAL 14:44.2
- 4 Rachel Geren SSA 14:44.4
- 5 Fee Narhstedt HL 14:59.3
- 6 Rachel McHargue NC 15:11.7

**4x100M Relay**

- 1 NC 53.4
- 2 HPC 54.2
- 3 HL 56.6
- 4 PAL 56.7
- 5 CV 59.7
- 6 FUL 1:00.5

**4x400M Relay**

- 1 CV 4:33.3
- 2 NC 4:35.4
- 3 PAL 4:39.7
- 4 ARC 4:40.2
- 5 ENLS 4:54.2
- 6 HPC 4:58.8

**4x800M Relay**

- 1 PAL 10:51.5
- 2 ENLS 11:48.0
- 3 SSA 12:01.6
- 4 HL 12:33.9
- 5 SE 12:58.4
- 6 -

**Pole Vault**

- 1 Cailyn Ostrand NC 9'
- 2 Jolene Shotkoski FUL 8'
- 3 Emilie Wolfe PAL 7'6"
- 4 MacKenzie Stevens HPC 7'6"
- 5 Chelsea DeNoyer ENLS 7'
- 6 Chelsea Sonderup FUL 7'

**Long Jump**

- 1 Joanna Stuhmer NC 15'0.5"
- 2 Danielle Shenk HPC 14'4.5"
- 3 Sydney Bushhousen PAL 14'1"
- 4 Jessie Valasek PAL 13'10.5"
- 5 Kaitlyn Wood CV 13'6"
- 6 Allie Hogan HPC 12'11.75"

**Shot Put**

- 1 Elizabeth Hayes HPC 34'7"
- 2 Lauren Staehr HL 33'7"
- 3 Savannah Clapper NC 33'4"
- 4 Kloreace Pokorny ENLS 33'2"
- 5 Shala Ostberg HPC 33'
- 6 Shelby Rother CV 32'11"

**High Jump**

- 1 Whitney Valasek PAL 4'8"
- 2 MacKenzie Stevens HPC 4'6"
- 2 Joanna Stuhmer NC 4'6"
- 4 Kara Valasek PAL 4'6"
- 5 Amber Mazankowski NC 4'4"
- 6 Ceara Franke ENLS 4'4"

**Triple Jump**

- 1 Katelyn Shoup HPC 33'2.5"
- 2 Emilie Wolfe PAL 31'1.5"
- 3 Danielle Shenk HPC 30'9.5"
- 4 Megan Berger SSA 29'9.5"
- 5 Chelsea DeNoyer ENLS 27'11.5"
- 6 Carolyn Bergdolt HL 26'9.5"

**Discus**

- 1 Elizabeth Hayes HPC 122'3"
- 2 Shelby Rother CV 105'4"
- 3 Savannah Clapper NC 104'6"
- 4 Bekah Mead NC 97'7"
- 5 Jami Ostberg HPC 95'5"
- 6 Liz Meyer HL 94'6"

- 1 Ne. Christian 130
- 2 Fullerton 86
- 3 Cedar Valley 82
- 4 High Plains 66
- 5 Arcadia 50
- 6 Spalding Academy 28
- 7 Palmer 27
- 8 Elba-NLS 26
- 9 Heartland Lutheran 26
- 10 St. Edward 6

**Palmer  
Track & Field Meet Results  
2012  
Boys**

NMR=new meet record  
TMR=tied meet record

- 11 0
- 12 0
- 13 0
- 14 0
- 15 0
- 16 0

**110M Hurdles**

- 1 Trent Braun CV 16.1
- 2 Josh Buettner CV 17.6
- 3 Matt Kim NC 17.9
- 4 Robbie Ritz ARC 18.4
- 5 Jabe Wurtz HPC 19.1
- 6 Cale Harless HPC 19.5

**300M Hurdles**

- 1 Tanner Fate HPC 43.9
- 2 Robbie Ritz ARC 45.6
- 3 Matt Kim NC 46.2
- 4 Bryan O'Connor CV 47.1
- 5 Michael Hollman HL 48.4
- 6 Alex Bender HPC 49.0

**100M Dash**

- 1 Cameron Charles ARC 11.9
- 2 Isac Splattstoesser HL 12.1
- 3 Trent Braun CV 12.1
- 4 Tommy Safarik ENLS 12.1
- 5 Carson Huenefeld NC 12.2
- 6 Bryce Wichmann PAL 12.3

**200M Dash**

- 1 Cameron Charles ARC 24.9
- 2 Derek Rose NC 25.1
- 3 Tommy Safarik ENLS 25.2
- 4 Trent Braun CV 25.4
- 5 John Pritchard SSA 25.8
- 6 Maurice Scheider ENLS 26.0

**400M Dash**

- 1 Tanner Matthews FUL 55.9
- 2 Seth Wetovick FUL 57.1
- 3 Alex Bender HPC 57.5
- 4 Kordell Glause PAL 57.6
- 5 Alex Putzer ARC 58.5
- 6 Bronc McKay SSA 59.1

**800M Run**

- 1 Curtis Wetovick FUL 2:06.5
- 2 Levi Landrigan NC 2:12.3
- 3 Taylor Pinkermann FUL 2:17.7
- 4 Seth Wetovick FUL 2:17.8
- 5 Jake Williams PAL 2:18.0
- 6 Steele Sullivan ARC 2:18.3

**1600M Run**

- 1 Hans Epp NC 4:45.1
- 2 Curtis Wetovick FUL 4:46.7
- 3 Warren Dexter NC 4:55.2
- 4 Jahn Landrigan NC 5:09.3
- 5 Alex Lorimor FUL 5:22.2
- 6 Harold Meyer FUL 5:25.3

**3200M Run**

- 1 Hans Epp NC 10:20.4 NMR
- 2 Jahn Landrigan NC 10:39.0
- 3 Jake Williams PAL 11:04.3
- 4 Harold Meyer FUL 11:32.5
- 5 Jacob Bauer SSA 12:00.0
- 6 Ichiro Hokazono NC 12:01.4

**4x100M Relay**

- 1 NC 46.2
- 2 CV 46.8
- 3 SSA 47.6
- 4 HPC 47.6
- 5 PAL 48.1
- 6 HL 49.4

**4x400M Relay**

- 1 ARC 3:51.8
- 2 NC 3:57.9
- 3 HPC 4:10.4
- 4 SSA 4:16.7
- 5 SE 4:19.1
- 6 HL 4:48.1

**4x800M Relay**

- 1 FUL 8:50.1
- 2 NC 9:06.8
- 3 HPC 9:20.8
- 4 ARC 10:06.0
- 5 CV 10:22.4
- 6 SSA 10:51.0

**Pole Vault**

- 1 Cale Bolton HPC 10'6"
- 2 Derek Rose NC 10'6"
- 3 Kurtis Knopik FUL 10'6"
- 4 Trey Engel HPC 10'6"
- 5 Alex Lorimor FuL 10'6"
- 6 Ben Dush ENLS 9'6"

**Long Jump**

- 1 Isac Splattstoesser HL 18'11"
- 2 Garrett Sonderup FUL 18'9.75"
- 3 Josh Buettner CV 18'4"
- 4 Kevin Hoshier SE 17'10"
- 5 Bryce Wichmann PAL 17'3.25"
- 6 Derek Martinsen CV 17'3"

**Shot Put**

- 1 Tyler Hellbusch CV 45'3"
- 2 Derek Demers HPC 44'11"
- 3 Kameron Kaelin NC 42'10"
- 4 Isac Splattstoesser HL 40'11"
- 5 Levi Elge NC 39'10"
- 6 Brett Ryan CV 39'8"

**High Jump**

- 1 Josh Buettner CV 5'7"
- 2 Derek Rose NC 5'6"
- 3 Alex Lorimor FUL 5'4"
- 4 Bryan O'Connor CV 5'2"
- 5 Will Carlin SSA 5'
- 6 Turner Bowman NC 5'

**Triple Jump**

- 1 John Pritchard SSA 38'
- 2 Grant Abel ENLS 37'5"
- 3 Trev Sharman PAL 36'8"
- 4 Maurice Scheider ENLS 36'5"
- 5 Riley Racicky CV 36'4"
- 6 Zach Lueck ARC 34'10"

**Discus**

- 1 Kameron Kaelin NC 125'8"
- 2 Logan Fleming HPC 114'6"
- 3 Bryan O'Connor CV 111'6"
- 4 Blake Roepker PAL 110'3"
- 5 Grant Abel ENLS 108'
- 6 Jonathan Stanczyk 99'3"