

- 1 Ne. Christian 124
- 2 Arcadia-Loup City 107
- 3 Fullerton 102
- 4 Heartland Lutheran 43
- 5 Palmer 39
- 6 High Plains Comm 37
- 7 Spalding Academy 34
- 8 St. Edward 21
- 9 Central Valley 20
- 10 Elba 0
- 11 0
- 12 0
- 13 0
- 14 0
- 15 0
- 16 0

**Palmer  
Track & Field Meet Results  
2015  
Girls**

NMR=new meet record

TMR=tied meet record

**Outstanding Female Athlete**

**Michaela Cunningham-FUL**

100M Hurdles

- 1 Hope Baldwin-NC 16.7
- 2 Taylor Griffith-ALC 17.4
- 3 Sarah Lueck-ALC 17.5
- 4 Megan Carraher-SA 17.6
- 5 Jessie Valasek-PAL 18.1
- 6 Kayla Rother-CV 18.2

300M Hurdles

- 1 Hope Baldwin-NC 49.5
- 2 Megan Carraher-SA 50.3
- 3 Taylor Griffith-ALC 52.5
- 4 Sara Baustert-SE 53.4
- 5 Kate Hartley-SA 53.5
- 6 Taylor Zehender-HL 59.0

100M Dash

- 1 Macy Peregrine-FUL 13.4
- 2 Kayla Rother-CV 13.5
- 3 Juliana Hovie-ALC 13.6
- 4 Sara Baustert-SE 13.7
- 5 Becca Dubas-FUL 13.9
- 6 Rachel Proehl-Thompson-PAL 14.0

200M Dash

- 1 Michaela Cunningham-FUL 26.9
- 2 Macy Peregrine-FUL 27.4
- 3 Kayla Rother-CV 27.7
- 4 Kenna Swertzic-FUL 27.8
- 5 Briana McKay-SA 27.8
- 6 Jayden Erickson-CV 28.7

400M Dash

- 1 Michaela Cunningham-FUL 1:01.9
- 2 Amber Mazankowski-NC 1:04.2
- 3 Briana McKay-SA 1:04.3
- 4 Cheyenne Ostrander-FUL 1:05.5
- 5 Emily Wiegert-HL 1:06.0
- 6 Sydney Harrington-ALC 1:06.4

800M Run

- 1 Katie Cumpston-NC 2:31.2
- 2 Jessica Eureka-ALC 2:32.8
- 3 Emily Wiegert-HL 2:36.6
- 4 Cassidy Ostrand-NC 2:37.6
- 5 Kennedy Lewandowski-ALC 2:39.7
- 6 Rachel Epp-NC 2:41.1

1600M Run

- 1 Katie Cumpston-NC 5:50.7
- 2 Alyssa Prettyman-NC 5:52.7
- 3 Kennedy Demuth-FUL 6:01.7
- 4 Elizabeth Bergdolt-HL 6:20.0
- 5 Kara Wiegert-HL 6:31.9
- 6 Emily McNaught-HPC 6:35.2

3200M Run

- 1 Katie Cumpston-NC 12:16.7
- 2 Alyssa Prettyman-NC 12:58.7
- 3 Elizabeth Bergdolt-HL 13:31.0
- 4 Kaitlyn Conway-FUL 13:48.6
- 5 Kara Wiegert-HL 14:21.2
- 6 Kaitlyn Carraher-SA 14:28.1

4x100M Relay

- 1 NC 53.8
- 2 PAL 55.3
- 3 ALC 55.4
- 4 HPC 56.0
- 5 SA 58.5
- 6 CV 59.8

4x400M Relay

- 1 FUL 4:14.1 NMR
- 2 ALC 4:19.9
- 3 SA 4:27.4
- 4 NC 4:33.0
- 5 CV 4:34.6
- 6 PAL 4:44.6

4x800M Relay

- 1 ALC 10:26.8
- 2 FUL 10:53.1
- 3 HPC 11:17.2
- 4 HL 11:19.4
- 5 PAL 11:31.4
- 6 CV 11:48.6

Pole Vault

- 1 Abby Collingham-HPC 10'
- 2 Cheyenne Ostrander-FUL 9'
- 3 Hope Baldwin-NC 8'
- 3 KyLee Rice-PAL 8'
- 5 Claire Ostrand-NC 7'6"
- 6 Tana Engel-HPC 7'

Long Jump

- 1 Michaela Cunningham-FUL 15'0.25
- 2 Jessie Valasek-PAL 14'10.25
- 3 Shayla Tibbetts-PAL 14'10.25
- 4 Danielle Shenk-HPC 14'8.25
- 5 Brook Bushousen-PAL 14'5.75
- 6 Katie Entz-NC 14'3.75

Shot Put

- 1 Addison Henry-ALC 38'11"
- 2 Montana Markus-ALC 37'
- 3 Hannah Sugita-HL 35'7.75
- 4 MaKenzie Peters-HL 32'11"
- 5 Heather Klassen-HPC 32'6.25
- 6 Madison Dodson-ALC 32'4.75

High Jump

- 1 Claire Ostrand-NC 4'11"
- 2 Cassidy Ostrand-NC 4'11"
- 3 Maddie Esch-SA 4'10"
- 4 MiKayla Rieken-PAL 4'10"
- 5 Catelyn Beed-FUL 4'6"
- 6 Callie Dethlefs-ALC 4'6"

Triple Jump

- 1 Briana McKay-SA 32'5"
- 2 Danielle Shenk-HPC 32'4.5"
- 3 Halle Plumbtree-FUL 31'9.5"
- 4 Claire Ostrand-NC 30'11"
- 5 Callie Dethlefs-ALC 30'6"
- 6 Katie Entz-NC 30'4.5"

Discus

- 1 Addison Henry-ALC 116'7"
- 2 Montana Markus-ALC 112'8"
- 3 Madison Dodson-ALC 97'1"
- 4 MaKenzie Peters-HL 92'11"
- 5 Hannah Sugita-HL 86'5"
- 6 Cara DeMers-HPC 85'5"

Girls

- 1 Ne. Christian 161
- 2 High Plains Comm 118.5
- 3 Fullerton 52
- 4 Heartland Lutheran 52
- 5 Arcadia-Loup City 45
- 6 St. Edward 45
- 7 Central Valley 17
- 8 Spalding Academy 16
- 9 Elba 12
- 10 Palmer 8.5
- 11 0
- 12 0
- 13 0
- 14 0
- 15 0
- 16 0

**Palmer  
Track & Field Meet Results  
2015  
Boys**

NMR=new meet record

TMR=tied meet record

**Outstanding Male Athlete**

**Warren Dexter-NC**

**110M Hurdles**

- 1 Logan Faeh NC 15.9
- 2 Cale Harless-HPC 16.4
- 3 Payton Stevens-HPC 16.5
- 4 Ben Dush-ELBA 16.9
- 5 Jordan Manhold-CV 17.0
- 6 Kyle Stevens-HPC 17.7

**300M Hurdles**

- 1 Logan Faeh-NC 42.8
- 2 Cale Harless-HPC 43.3
- 3 Kyle Stevens-HPC 45.1
- 4 Keenan Rasmussen-SE 46.3
- 5 Ryley Dugan-CV 47.1
- 6 Tatasya Yanese-SA 47.5

**100M Dash**

- 1 Carson Huenefeld-NC 11.3
- 2 Drake Shanle-SE 11.6
- 3 Trey Engel-HPC 11.7
- 4 Garrett Sonderup-FUL 11.7
- 5 Jon Simonson-HL 11.9
- 6 Braydon Pokorney-HL 11.9

**200M Dash**

- 1 Carson Huenefeld-NC 22.7
- 2 Garrett Sonderup-FUL 23.6
- 3 Andrew Winsterman-NC 24.0
- 4 Jeremiah Reeser-HL 24.3
- 5 Drake Shanle-SE 24.7
- 6 Josh Demers-HPC 26.0

**400M Dash**

- 1 Jonah Micek-SE 52.9
- 2 Jacob Robinson-FUL 54.2
- 3 Hunter Glup-FUL 54.3
- 4 Kyler VanHousen-HPC 57.2
- 5 Josh Demers-HPC 56.9
- 6 Bas Bartels-PAL 57.3

**800M Run**

- 1 Warren Dexter-NC 2:04.3
- 2 Seth Wetovick-FUL 2:07.5
- 3 Brennan Nokelby-NC 2:11.3
- 4 Josh Wetovick-FUL 2:12.7
- 5 Jerod Prettyman-NC 2:12.8
- 6 Brayden Olson-SE 2:14.6

**1600M Run**

- 1 Warren Dexter-NC 4:52.8
- 2 Brennan Nokelby-NC 4:53.6
- 3 Jacob Bauer-SA 4:55.9
- 4 Caleb Staehr-HL 5:00.9
- 5 Adrian Epp-NC 5:05.6
- 6 Rusty Hermsmeyer-CV 5:14.0

**3200M Run**

- 1 Adrian Epp-NC 10:52.9
- 2 Rusty Hermsmeyer-CV 11:03.1
- 3 Nolan Kohmetscher-NC 11:12.0
- 4 Dylan Espinoza-HL 11:27.9
- 5 Jacob Paczosa-ELBA 11:31.8
- 6 Cameron Langemeier-NC 11:37.4

**4x100M Relay**

- 1 NC 46.0
- 2 HL 46.5
- 3 SE 46.9
- 4 HPC 47.5
- 5 PAL 48.7
- 6 ALC 49.0

**4x400M Relay**

- 1 NC 3:40.2
- 2 FUL 3:42.9
- 3 HPC 3:52.5
- 4 ALC 3:56.1
- 5 SE 3:56.8
- 6 SA 3:59.5

**4x800M Relay**

- 1 NC 8:51.6
- 2 HPC 9:01.3
- 3 FUL 9:08.4
- 4 CV 9:10.3
- 5 ALC 9:11.0
- 6 HL 9:28.9

**Pole Vault**

- 1 Trey Engel-HPC 13' NMR
- 2 Cole Klingsporn-HPC 12'
- 3 Ben Dush-ELBA 11'
- 4 Jon Simonson-HL 11'
- 5 Michael Wolfe-PAL 10'6
- 5 Trevor Swanson-NC 10'6

**Long Jump**

- 1 Brandon Miller-SE 19'8.25
- 2 Jon Simonson-HL 19'4.5
- 3 Braydon Pokorney-HL 18'8.5
- 4 Nolan Baker-ALC 18'4.5
- 5 Jeremiah Reeser-HL 18'4
- 6 Andrew Winsterman-HL 18'2

**Shot Put**

- 1 Matthew Pekarek-HPC 46'8.25
- 2 Andrew Schuller-HPC 42'2.5
- 3 Levi Elge-NC 42'
- 4 Dillon Rose-NC 41'8.75
- 5 Lane Hruby-ALC 41'8.25
- 6 Benny Stevens-NC 40'9.75

0

**High Jump**

- 1 Steven Burk-ALC 5'8
- 2 Isaiah Zapata-HL 5'8
- 3 Payton Stevens-HPC 5'6
- 4 Logan Faeh-NC 5'4
- 5 Colton Wells-PAL 5'4
- 6 Drake Shanle-SE 5'2
- 0
- 0

**Triple Jump**

- 1 Nolan Baker-ALC 38'6.75
- 2 Zoe Saiz-Liano-SA 38'3.25
- 3 Dillon Rose-NC 37'7
- 4 Garrett Lesiak-HPC 37'6
- 5 Kaden Reimers-PAL 37'2.5
- 6 Brandon Miller-SE 36'5.5
- 0
- 0

**Discus**

- 1 Matthew Pekarek-HPC 136'7
- 2 Zachary Stieb-ALC 123'4
- 3 Dillon Rose-NC 122'9
- 4 Trey Lewandowski-ALC 117'9
- 5 Levi Elge-NC 133'9
- 6 Andrew Schuller-HPC 113'