

- 1 Ne. Christian 138.5
- 2 Palmer 137
- 3 Cedar Valley 79
- 4 Humphrey 73.5
- 5 Fullerton 71
- 6 St. Edward 15
- 7 Spalding Academy 6
- 8 0
- 9 0
- 10 0
- 11 0
- 12 0
- 13 0
- 14 0
- 15 0
- 16 0

Palmer
Track & Field Meet Results
2013
Girls

NMR=new meet record
TMR=tied meet record

Outstanding Female Athlete
Alyssa Frauendorfer HUM

100M Hurdles

- 1 Emilie Wolfe PAL 16.3
- 2 Skyler Erickson CV 16.4
- 3 Jolene Shotkoski FUL 16.9
- 4 Hope Baldwin NC 17.1
- 5 Tara Murphy NC 17.2
- 6 Jade Hake HUM 17.6

300M Hurdles

- 1 Skyler Erickson CV 49.2
- 2 Jolene Shotkoski FUL 49.8
- 3 Tori Ostrander FUL 51.1
- 4 Tara Murphy NC 51.7
- 5 Hope Baldwin NC 52.5
- 6 Jade Hake HUM 55.3

100M Dash

- 1 Macy Peregrine FUL 13.0
- 2 Jessie Valasek PAL 13.3
- 3 Jayden Erickson CV 13.4
- 4 Kaitlyn Wood CV 13.7
- 5 Shylee Willard FUL 13.7
- 6 Shelby Veik HUM 13.9

200M Dash

- 1 Alyssa Frauendorfer HUM 26.1
- 2 Macy Peregrine FUL 27.1
- 3 Jayden Erickson CV 28.2
- 4 Jessie Valasek PAL 28.3
- 5 Sara Baustert SE 29.9
- 6 Ashley Frenzen FUL 31.2

400M Dash

- 1 Brooke Behnk CV 1:05.2
- 2 Rubi McHargue NC 1:05.8
- 3 Amber Mazankowski NC 1:06.5
- 4 Tarrin Beller HUM 1:08.3
- 5 Cheyenne Ostrander FUL 1:09.7
- 6 Madison Tibbetts PAL 1:10.6

800M Run

- 1 Amber Mazankowski NC 2:39.7
- 2 Libby Forbes PAL 2:43.9
- 3 Madison Tibbetts PAL 2:50.2
- 4 Kelly Steenson FUL 2:51.8
- 5 Alexis Hower NC 2:56.3
- 6 Madison Fuerher NC 3:02.5

1600M Run

- 1 Katie Cumpston NC 6:04.2
- 2 Shayla Wichmann PAL 6:50.2
- 3 Arrinna Poesnecker PAL 7:01.5
- 4 Tori Swanson NC 7:27.5
- 5 Rachel McHargue NC 8:03.7
- 6 0

3200M Run

- 1 Tori Swanson NC 14:57.5
- 2 Arrinna Poesnecker PAL 15:01.
- 3 Ashlynn Wood CV 15:59.0
- 4 Kelsey Schumacher SE 16:21.6
- 5 Kellie Klassen HUM 16:31.6
- 6 0

4x100M Relay

- 1 HUM 53.3
- 2 CV 53.4
- 3 FUL 54.1
- 4 NC 54.6
- 5 PAL 54.9
- 6 0

4x400M Relay

- 1 NC 4:27.6
- 2 CV 4:33.9
- 3 PAL 4:37.1
- 4 FUL 4:39.7
- 5 HUM 5:22.9
- 6 0

4x800M Relay

- 1 PAL 11:14.3
- 2 NC 11:24.1
- 3 FUL 11:46.8
- 4 CV 13:12.0
- 5 0
- 6 0

Pole Vault

- 1 Cailyn Ostrand NC 8'6"
- 2 Emilie Wolfe PAL 8'
- 3 Jolene Shotkoski FUL 7'
- 4 Hope Baldwin NC 6'6"
- 5 Cheyenne Ostrander FUL 6'6"
- 6 Bailey Simonson PAL 6'

Long Jump

- 1 Alyssa Frauendorfer HUM 16'0.2
- 2 Kaitlyn Wood CV 15'0.25"
- 3 Tarrin Beller HUM 14'9.75"
- 4 Kelsie Leslie SSA 14'5.25"
- 5 Shayla Tibbetts PAL 13'11.25"
- 6 Jessie Valasek PAL 13'9.75"

Shot Put

- 1 Kara Valasek PAL 36'3"
- 2 Ashley Mazankowski NC 31'2"
- 3 Mikayla Wemhoff HUM 29'7.5"
- 4 Cortney Wichmann PAL 29'
- 5 Rebecca Brauner SE 27'9"
- 6 Devon Ramussen SE 26'5.5"

High Jump

- 1 Cassidy Ostrand NC 4'8"
- 2 Whitney Valaske PAL 4'6"
- 3 Kara Valasek PAL 4'6"
- 4 Tara Murphy NC 4'4"
- 5 Abbie Brandl HUM 4'
- 5 Taylor VanPelt NC 4'

Triple Jump

- 1 Alyssa Frauendorfer HUM 34'11'
- 2 Tarrin Beller HUM 32'2.5"
- 3 Emilie Wolfe PAL 29'11"
- 4 Cassidy Ostrand NC 29'10.5"
- 5 Kelsie Leslie SSA 28'9"
- 6 Kaitlyn Wood CV 26'8"

Discus

- 1 Kara Valasek PAL 108'4"
- 2 Bekah Mead NC 101'2"
- 3 Devon Ramussen SE 92'2"
- 4 Cortney Wichmann PAL 88'4.5"
- 5 Ashley Mazankowski NC 88'1"
- 6 Mikayla Wemhoff HUM 82'5"

girls

- 1 Ne. Christian 176
- 2 Cedar Valley 101
- 3 Fullerton 89
- 4 Palmer 68
- 5 Humphrey 55
- 6 Spalding Academy 18
- 7 St. Edward 7
- 8 0
- 9 0
- 10 0
- 11 0
- 12 0
- 13 0
- 14 0
- 15 0
- 16 0

Palmer
Track & Field Meet Results
2013
Boys

NMR=new meet record
TMR=tied meet record

Outstanding Male Athlete
Trent Braun CV

110M Hurdles

- 1 Trent Braun CV 15.6
- 2 Matt Kim NC 16.6
- 3 Josh Buettner CV 16.9
- 4 Logan Faeh NC 17.4
- 5 Jonathan Tilson FUL 18.3
- 6 Myles Wheeler NC 18.4

300M Hurdles

- 1 Matt Kim NC 45.6
- 2 Logan Faeh NC 46.1
- 3 Robby Jeessacker HUM 46.2
- 4 Jonathan Tilson FUL 46.4
- 5 Myles Wheeler NC 48.7
- 6 Ryley Dugan CV 49.3

100M Dash

- 1 Trent Braun CV 11.2
- 2 Carson Huenefeld NC 11.2
- 3 Garrett Sonderup FUL 11.6
- 4 Mitchell Glause PAL 11.8
- 5 Kordell Glause PAL 11.9
- 6 Sam Groenke HUM 12.3

200M Dash

- 1 Carson Huenefeld NC 23.5
- 2 Garrett Sonderup FUL 24.1
- 3 Kordell Glause PAL 24.3
- 4 Noah Micek SE 25.7
- 5 Bryce Veik HUM 25.7
- 6 Trevor Swanson NC 26.3

400M Dash

- 1 Seth Wetovick FUL 55.9
- 2 Kordell Glause PAL 56.0
- 3 Josh Valasek PAL 56.0
- 4 Bronc McKay SSA 58.8
- 5 Danny Stevens NC 1:01.5
- 6 Brandon Miller SE 1:01.8

800M Run

- 1 Hans Epp NC 2:02.6 NMR
- 2 Seth Wetovick FUL 2:10.2
- 3 Josh Valasek PAL 2:13.2
- 4 Keagan Jewell NC 2:18.3
- 5 Garrett Moravec HUM 2:22.1
- 6 Nathan Goering HUM 2:24.9

1600M Run

- 1 Hans Epp NC 4:57.5
- 2 Jahn Landrigan NC 4:59.7
- 3 Bryan O'Connor CV 5:19.8
- 4 Adrian Epp NC 5:36.9
- 5 Devon Groenthal HUM 5:56.6
- 6 Kenny Brandl HUM 6:02.8

3200M Run

- 1 Jahn Landrigan NC 10:26.0
- 2 Jacob Bauer SSA 11:20.8
- 3 Adrian Epp NC 11:25.2
- 4 Zac Dockweiler NC 11:59.4
- 5 Trey Nekolizcak CV 12:00.3
- 6 Micky Osten HUM 12:42.4

4x100M Relay

- 1 NC 47.4
- 2 PAL 47.4
- 3 CV 48.3
- 4 FUL 51.9
- 5
- 6

4x400M Relay

- 1 NC 3:55.4
- 2 HUM 4:08.8
- 3 FUL 4:16.9
- 4 CV 5:04.0
- 5
- 6

4x800M Relay

- 1 NC 9:36.9
- 2 HUM 9:37.6
- 3 CV 10:30.9
- 4 FUL 11:35.5
- 5
- 6

Pole Vault

- 1 Derek Rose NC 10'6"
- 2 Danny Stevens NC 10'
- 3 Jaden Friend FUL 9'
- 4 Trevor Swanson 8'
- 5
- 6

Long Jump

- 1 Garrett Sonderup FUL 19'4.5"
- 2 Mitchell Glause PAL 17'11"
- 3 Sam Groenke HUM 17'2"
- 4 Dan Bauer SSA 16'2"
- 5 Colton Wells PAL 16'0.5"
- 6 Charlie Ballestrous HUM 15'10"

Shot Put

- 1 Heath McClellan PAL 43'6.5"
- 2 Jaden Meyer FUL 40'10"
- 3 Trent Braun CV 40'4"
- 4 Dillon Rose NC 39'10.5"
- 5 Mark Kallweit HUM 39'6.5"
- 6 Josh Osantowski SE 34'8"

High Jump

- 1 Cynan Wetovick FUL 5'10"
- 2 Josh Buettner CV 5'10"
- 3 Chase Nordhues CV 5'6"
- 4 Derek Rose NC 5'4"
- 5 Bronc McKay SSA 5'2"
- 6

Triple Jump

- 1 Derek Martinsen CV 37'1"
- 2 Sam Groenke HUM 37'1"
- 3 Chase Nordhues CV 34'1.5"
- 4 Joel Scot CV 34'1.5"
- 5 Charlie Ballestrous HUM 32'9.5"
- 6 Jaden Friend FUL 32'8"

Discus

- 1 Bryan O'Connor CV 119'9.5"
- 2 Heath McClellan PAL 116'3.5"
- 3 Dillon Rose NC 111'11.5"
- 4 Mark Kallweit HUM 102'10"
- 5 Jaden Meyer FUL 90'7.5"
- 6 Josh Osantowski SE 86'3.5"

boys

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