

2016 Russ Kraai Relays - 4/11/2016

Holstein, IA

Results

Event 1 Girls High Jump

Name	Yr	School	Finals	Points
Finals				
1 Owens, Dakotah	10	Mmcru	5-00.00	10
2 Tripp, Darma	11	Sioux Ctrl- SR	4-10.00	8
3 Barnes, Micah	12	Alta-Aurelia	4-06.00	6
4 Fluent, Autumn	11	Lawton Bronson	J4-06.00	3
4 Kolpin, Rowan	09	Alta-Aurelia	J4-06.00	3
6 Terry, Coutney	11	West Monona	J4-06.00	1
7 Smith, Camie	11	Sioux Ctrl- SR	4-04.00	
8 Hansen, Abbi	09	Ridge View Girls	J4-04.00	
--- Deck, Sierra	10	Ridge View Girls	NH	

Event 3 Girls Long Jump

Name	Yr	School	Finals	Points
Finals				
1 Keune, Kenzie	12	Sioux Ctrl- SR	15-10.00	10
2 Tripp, Darma	11	Sioux Ctrl- SR	15-04.50	8
3 Jensen, Brianna	10	Mmcru	14-08.25	6
4 Todd, Paige	10	Ridge View Girls	14-06.00	4
5 Schaller, Olivia	10	SL St. Mary's	14-01.50	2
6 Shull, Bella	12	West Monona	13-07.50	1
7 Else, Madeline	09	Ridge View Girls	13-07.00	
8 Miller, Gretchen	09	Lawton Bronson	13-05.00	
9 Flores, DJ	12	Alta-Aurelia	13-03.50	
10 Duhn, Maddy	12	Alta-Aurelia	13-03.00	
11 Klaschen, Hailey	12	River Valley	13-01.50	
12 Todd, Gabby	12	River Valley	13-01.00	
13 Sippel, Dakota	09	Ridge View JV	12-09.50	
14 Harris, Sloane	09	Lawton Bronson	12-03.75	
15 Rotnicke, Ariel	09	West Monona	11-06.50	

Event 5 Girls Discus Throw

Name	Yr	School	Finals	Points
Finals				
1 Wiese, Megan	12	Ridge View Girls	110-04	10
2 Verzani, Ali	12	Lawton Bronson	107-08	8
3 Wagner, Jadin	11	Lawton Bronson	100-01	6
4 Westphal, Hanna	11	Alta-Aurelia	93-07	4
5 Salmeron, Anita	12	Sioux Ctrl- SR	89-02	2
6 Maass, Megan	12	Mmcru	89-01	1
7 Luscombe, Kaylynn	12	Ridge View Girls	84-10	
8 Richard, Kara	09	Ridge View JV	81-10	
9 Sandhoff, Jessica	11	SL St. Mary's	81-08	
10 Turner, Peyton	10	Mmcru	81-06	
11 Kolpin, Rowan	09	Alta-Aurelia	72-01	
12 Wiese, Renae	09	Ridge View JV	58-04	
13 Lenhart, Lizzie	09	SL St. Mary's	53-02	
--- Fahnlander, Jill	12	Sioux Ctrl- SR	FOUL	

2016 Russ Kraai Relays - 4/11/2016

Holstein, IA

Results

Event 7 Girls Shot Put

Name	Yr	School	Finals	Points
Finals				
1 Wagner, Jadin	11	Lawton Bronson	35-01.50	10
2 Wiese, Megan	12	Ridge View Girls	33-07.50	8
3 Verzani, Ali	12	Lawton Bronson	33-07.00	6
4 Luscombe, Kaylynn	12	Ridge View Girls	30-09.00	4
5 Maass, Megan	12	Mmcru	29-02.00	2
6 Salmeron, Anita	12	Sioux Ctrl- SR	28-09.00	1
7 Loutsch, Megan	10	Mmcru	28-08.50	
8 Richard, Kara	09	Ridge View JV	27-05.50	
9 Westphal, Hanna	11	Alta-Aurelia	26-02.50	
10 Kuhlmann, Emily	10	West Monona	26-01.50	
11 Sandhoff, Jessica	11	SL St. Mary's	24-06.50	
12 Wiese, Renae	09	Ridge View JV	23-06.50	
13 Strand, Kimberlee	11	Sioux Ctrl- SR	18-10.00	

Event 9 Girls 3000 Meter Run

Name	Yr	School	Finals	Points
Finals				
1 Kenny, Rachel	09	Ridge View Girls	12:59.73	10
2 Johnson, Erin	10	Ridge View Girls	13:44.88	8
3 Brady, Kayla	12	Mmcru	13:46.79	6
4 Salazar, Leslie	10	Sioux Ctrl- SR	13:48.71	4
5 Gries, Shayna	12	West Monona	13:52.06	2
6 Falck, Lauren	11	Alta-Aurelia	14:04.57	1
7 Frommelt, Abby	11	Lawton Bronson	14:49.95	
8 Smith, Camie	11	Sioux Ctrl- SR	15:05.40	
9 Humrichouse, Amy	12	West Monona	15:14.48	
10 McArthur, Kristin	12	Lawton Bronson	17:31.11	

Event 11 Girls 4x800 Meter Relay

Team	Relay	Finals	Points
Finals			
1 Sioux Ctrl- SR	A	10:54.56	10
1) Scharn, Nicole 12	2) Sievers, Jenny 12	3) Smith, Shera 10	4) Sylvester, Regan 10
2 Alta-Aurelia	A	11:21.92	8
1) Meier, Gracie 10	2) Turnquist, Alicia 10	3) Barnes, Mary 10	4) Rohwer, Lauren 10
5) Falck, Lauren 11	6) Westphal, Hanna 11		
3 Lawton Bronson	A	11:23.72	6
1) Hunwardsen, Brooke 12	2) Horsley, Kylie 11	3) Reinke, Elise 09	4) Ricke, Kaitlyn 09
4 Ridge View Girls	A	11:25.92	4
1) Pickhinke, Beth 10	2) Todd, Paige 10	3) Dutler, Kinzey 09	4) Else, Madeline 09
5 Ridge View JV	A	12:51.55	2
1) Smith, Kylie 09	2) Deck, Sierra 10	3) Sippel, Dakota 09	4) Galvin, Jill 09
6 River Valley	A	14:11.26	1
1) Todd, Gabby 12	2) Zupp, Erin 11	3) Schumacher, Olivia 11	4) Redenius, Courtney 11

Event 14 Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals	Points
Finals			
1 Alta-Aurelia	A	1:16.33	10
1) Barnes, Mary 10	2) Meier, Gracie 10	3) Turnquist, Alicia 10	4) Flores, DJ 12

2016 Russ Kraai Relays - 4/11/2016

Holstein, IA

Results

Finals ... (Event 14 Girls 4x100 Meter Shuttle Hurdle)

Team	Relay	Finals	Points
2 Sioux Ctrl- SR 1) Vanderhoff, Sydney 11	A 2) Anderson, Brandy 12	1:21.72 3) Boettcher, Dannielle 10	8 4) Strohmeyer, Erin 10
3 Lawton Bronson 1) Horsley, Kylie 11	A 2) Miller, Gretchen 09	1:28.28 3) Frommelt, Abby 11	6 4) Fluent, Autumn 11

Event 15 Girls 100 Meter Dash

Name	Yr	School	Finals	H#	Points
Finals					
1 Flammang, Lindsey		11 Lawton Bronson	12.36	2	10
2 Peterson, Lily		10 Alta-Aurelia	12.66	2	8
3 Tripp, Darma		11 Sioux Ctrl- SR	13.32	2	6
4 Duhn, Bailey		12 Alta-Aurelia	13.85	2	4
5 Salmeron, Alyssa		11 Sioux Ctrl- SR	14.09	2	2
6 Schaller, Olivia		10 SL St. Mary's	14.20	2	1
7 Richard, Kara		09 Ridge View Girls	14.27	1	
8 Phillips, Lexi		10 Ridge View Girls	14.32	1	
9 Schumacher, Olivia		11 River Valley	14.84	1	
10 Shull, Bella		12 West Monona	14.90	2	
11 Miller, Allie		12 West Monona	15.42	1	
12 Eggerling, Amy		09 Lawton Bronson	15.58	1	
13 Henderson, Leah		10 Mmcru	15.72	2	
14 Wiese, Jenna		12 Ridge View JV	16.10	1	

Event 17 Girls Distance Medley

Team	Relay	Finals	Points
Finals			
1 Alta-Aurelia 1) Turnquist, Brittany 09 5) Westphal, Hanna 11	A 2) Kolpin, Rowan 09 6) DePuma, Grace 10	5:07.84 3) Barnes, Mary 10	10 4) Meier, Gracie 10
2 Mmcru 1) Henderson, Leah 10	A 2) Robinson, Raquel 10	5:09.26 3) Maass, Megan 12	8 4) Colling, Kaylee 10
3 Ridge View Girls 1) Najera, Esmeralda 10	A 2) Else, Emerson 09	5:10.53 3) Hansen, Abbi 09	6 4) Wunschel, Macy 10
4 Lawton Bronson 1) Miller, Gretchen 09	A 2) Wede, Jenna 11	5:15.81 3) Neal, Ashley 09	4 4) Horsley, Kylie 11
5 Sioux Ctrl- SR 1) Nims, Staci 12	A 2) Hatch, Kennedy 10	5:23.90 3) Sylvester, Madison 09	2 4) Brown, Kaylee 09
6 West Monona 1) Gaukel, Jasmine 09	A 2) Rotnicke, Ariel 09	5:31.92 3) Henchen, Kylie 09	1 4) Gries, Shayna 12

Event 18 Girls 400 Meter Dash

Name	Yr	School	Finals	H#	Points
Finals					
1 Peterson, Lily		10 Alta-Aurelia	1:01.93	2	10
2 Sylvester, Regan		10 Sioux Ctrl- SR	1:03.27	2	8
3 Owens, Dakotah		10 Mmcru	1:04.99	2	6
4 Hunwardsen, Brooke		12 Lawton Bronson	1:05.84	2	4
5 Dutler, Kinzey		09 Ridge View Girls	1:06.05	2	2
6 Sievers, Jenny		12 Sioux Ctrl- SR	1:07.34	2	1
7 Harris, Sloane		09 Lawton Bronson	1:11.04	2	
8 Westphal, Hanna		11 Alta-Aurelia	1:14.57	1	

2016 Russ Kraai Relays - 4/11/2016

Holstein, IA

Results

Finals ... (Event 18 Girls 400 Meter Dash)

Name	Yr	School	Finals	H#	Points
9 Deck, Sierra	10	Ridge View Girls	1:19.71	1	
10 Bellis, Andelin	10	West Monona	1:27.84	1	

Event 20 Girls 4x200 Meter Relay

Team	Relay	Finals	Points
Finals			
1 Mmcru	A	1:55.03	10
1) Dreckman, Sarah 12	2) Jensen, Brianna 10	3) Moser, Emily 11	4) Woodall, Aspen 10
2 Sioux Ctrl- SR	A	1:58.01	8
1) Alyssa, Salmeron 11	2) Tripp, Demi 11	3) Boettcher, Dannielle 10	4) Nims, Makayla 10
3 Alta-Aurelia	A	1:58.09	6
1) Duhn, Maddy 12	2) Duhn, Bailey 12	3) Turnquist, Brittany 09	4) DePuma, Grace 10
5) Kolpin, Rowan 09	6) Peterson, Lily 10		
4 Ridge View Girls	A	2:04.05	4
1) Pickhinke, Beth 10	2) Else, Emerson 09	3) Wunschel, Macy 10	4) Todd, Paige 10
5 Lawton Bronson	A	2:08.46	2
1) Jones, LaAnna 09	2) Verzani, Ali 12	3) Jones, Lyric 11	4) Wede, Jenna 11
6 Ridge View JV	A	2:08.86	1
1) Sippel, Dakota 09	2) Phillips, Lexi 10	3) Najera, Esmeralda 10	4) Wiese, Renae 09
7 West Monona	A	2:09.44	
1) Gaukel, Jasmine 09	2) Rotnicke, Ariel 09	3) Gossage, Ciera 12	4) Shull, Bella 12

Event 22 Girls 100 Meter Hurdles

Name	Yr	School	Finals	H#	Points
Finals					
1 Strohmyer, Erin	10	Sioux Ctrl- SR	16.72	2	10
2 Flores, DJ	12	Alta-Aurelia	17.50	2	8
3 Laven, Mackenzie	12	SL St. Mary's	17.66	2	6
4 Turnquist, Alicia	10	Alta-Aurelia	18.10	2	4
5 Miller, Gretchen	09	Lawton Bronson	18.57	1	2
6 Robinson, Raquel	10	Mmcru	19.46	1	1
7 Klaschen, Hailey	12	River Valley	19.61	1	
8 Fluent, Autumn	11	Lawton Bronson	19.64	2	
9 Else, Madeline	09	Ridge View Girls	19.85	2	

Event 25 Girls 800 Meter Run

Name	Yr	School	Finals	Points
Finals				
1 Hunwardsen, Brooke	12	Lawton Bronson	2:40.40	10
2 Rohwer, Lauren	10	Alta-Aurelia	2:40.96	8
3 Scharn, Nicole	12	Sioux Ctrl- SR	2:43.24	6
4 Colling, Kaylee	10	Mmcru	2:51.97	4
5 Smith, Shera	10	Sioux Ctrl- SR	2:55.73	2
6 Terry, Coutney	11	West Monona	3:02.87	1
7 Johnson, Erin	10	Ridge View Girls	3:06.59	
8 Galvin, Jill	09	Ridge View Girls	3:07.67	
9 Ricke, Kaitlyn	09	Lawton Bronson	3:13.69	
10 Smith, Kylie	09	Ridge View JV	3:13.73	
11 Ramos, Dulce	11	SL St. Mary's	3:14.92	
12 Cave, Alexis	12	Mmcru	3:23.60	
13 Humrichouse, Amy	12	West Monona	3:40.41	

2016 Russ Kraai Relays - 4/11/2016

Holstein, IA

Results

Event 26 Girls 200 Meter Dash

Name	Yr	School	Finals	H#	Points
Finals					
1 Flammang, Lindsey	11	Lawton Bronson	28.02	3	10
2 Dutler, Kinzey	09	Ridge View Girls	28.50	3	8
3 Nims, Makayla	10	Sioux Ctrl- SR	28.86	3	6
4 Woodall, Aspen	10	Mmcru	29.01	3	4
5 Moser, Emily	11	Mmcru	29.71	3	2
6 Jones, LaAnna	09	Lawton Bronson	29.92	2	1
7 Pickhinke, Beth	10	Ridge View Girls	30.31	3	
8 Kolpin, Rowan	09	Alta-Aurelia	30.43	2	
9 Jones, Abby	10	SL St. Mary's	30.87	2	
10 Boettcher, Dannielle	10	Sioux Ctrl- SR	30.89	3	
11 Westphal, Hanna	11	Alta-Aurelia	31.67	2	
12 Zupp, Erin	11	River Valley	32.13	2	
13 Phillips, Lexi	10	Ridge View JV	32.18	2	
14 Luscombe, Kaylynn	12	Ridge View JV	35.06	1	
15 Miller, Allie	12	West Monona	36.74	1	
16 Pitchu, Pie	11	West Monona	37.54	1	

Event 28 Girls 400 Meter Hurdles

Name	Yr	School	Finals	H#	Points
Finals					
1 Robinson, Raquel	10	Mmcru	1:14.75	2	10
2 Turnquist, Alicia	10	Alta-Aurelia	1:17.25	2	8
3 Fluent, Autumn	11	Lawton Bronson	1:18.53	2	6
4 Strohmyer, Erin	10	Sioux Ctrl- SR	1:19.35	2	4
5 Else, Madeline	09	Ridge View Girls	1:20.92	2	2
6 Meier, Gracie	10	Alta-Aurelia	1:22.11	1	1
7 Todd, Gabby	12	River Valley	1:26.14	1	
8 Frommelt, Abby	11	Lawton Bronson	1:32.31	1	

Event 31 Girls 800 Sprint Medley

Team	Relay	Finals	Points
Finals			
1 Alta-Aurelia	A	1:58.07	10
1) Duhn, Maddy 12	2) Duhn, Bailey 12	3) DePuma, Grace 10	4) Peterson, Lily 10
5) Turnquist, Brittany 09	6) Flores, DJ 12		
2 Sioux Ctrl- SR	A	1:59.76	8
1) Alyssa, Salmeron 11	2) Tripp, Demi 11	3) Nims, Makayla 10	4) Sylvester, Regan 10
3 Mmcru	A	2:00.94	6
1) Dreckman, Sarah 12	2) Moser, Emily 11	3) Jensen, Brianna 10	4) Owens, Dakotah 10
4 Ridge View Girls	A	2:08.26	4
1) Sippel, Dakota 09	2) Else, Emerson 09	3) Wunschel, Macy 10	4) Todd, Paige 10
5 Lawton Bronson	A	2:08.27	2
1) Verzani, Ali 12	2) Jones, Lyric 11	3) Flammang, Lindsey 11	4) Harris, Sloane 09
6 SL St. Mary's	A	2:20.29	1
1) Laven, Mackenzie 12	2) Sandhoff, Jessica 11	3) Lenhart, Lizzie 09	4) Jones, Abby 10
7 West Monona	A	2:23.18	
1) Gossage, Ciera 12	2) Rotnicke, Ariel 09	3) Shull, Bella 12	4) Henchen, Kylie 09
8 River Valley	A	2:28.09	
1) Klaschen, Hailey 12	2) Redenius, Courtney 11	3) Schumacher, Olivia 11	4) Zupp, Erin 11

2016 Russ Kraai Relays - 4/11/2016

Holstein, IA

Results

Event 32 Girls 1500 Meter Run

Name	Yr	School	Finals	Points
Finals				
1 Reinke, Elise	09	Lawton Bronson	5:56.86	10
2 Colling, Kaylee	10	Mmcru	5:57.40	8
3 Kenny, Rachel	09	Ridge View Girls	5:58.05	6
4 Beukelman, Emily	11	Alta-Aurelia	6:13.43	4
5 Hansen, Abbi	09	Ridge View Girls	6:21.05	2
6 Brady, Kayla	12	Mmcru	6:26.35	1
7 Gries, Shayna	12	West Monona	6:32.06	
8 Falck, Lauren	11	Alta-Aurelia	6:38.78	
9 Smith, Camie	11	Sioux Ctrl- SR	6:44.55	
10 Ramos, Dulce	11	SL St. Mary's	6:51.94	
11 Struble, Makenzie	11	West Monona	6:56.84	
12 Chavis, Kendra	12	Lawton Bronson	7:00.31	

Event 34 Girls 4x100 Meter Relay

Team	Relay	Finals	Points
Finals			
1 Mmcru	A	54.06	10
1) Dreckman, Sarah 12	2) Jensen, Brianna 10	3) Owens, Dakotah 10	4) Woodall, Aspen 10
2 Alta-Aurelia	A	55.14	8
1) Duhn, Maddy 12	2) Duhn, Bailey 12	3) Flores, DJ 12	4) DePuma, Grace 10
5) Turnquist, Brittany 09	6) Peterson, Lily 10		
3 Sioux Ctrl- SR	A	56.46	6
1) Alyssa, Salmeron 11	2) Tripp, Demi 11	3) Strohmeyer, Erin 10	4) Boettcher, Dannielle 10
4 Lawton Bronson	A	57.26	4
1) Flammang, Lindsey 11	2) Jones, Lyric 11	3) Wede, Jenna 11	4) Hunwardsen, Brooke 12
5 SL St. Mary's	A	58.17	2
1) Schaller, Olivia 10	2) Jones, Abby 10	3) Lenhart, Lizzie 09	4) Laven, Mackenzie 12
6 West Monona	A	58.74	1
1) Gaukel, Jasmine 09	2) Rotnicke, Ariel 09	3) Gossage, Ciera 12	4) Shull, Bella 12
7 River Valley	A	1:00.77	
1) Todd, Gabby 12	2) Zupp, Erin 11	3) Klaschen, Hailey 12	4) Schumacher, Olivia 11
5) Colshan, Hannah 09			
8 Ridge View Girls	A	1:01.57	
1) Phillips, Lexi 10	2) Najera, Esmeralda 10	3) Richard, Kara 09	4) Wiese, Renae 09

Event 37 Girls 4x400 Meter Relay

Team	Relay	Finals	Points
Finals			
1 Mmcru	A	4:24.30	10
1) Dreckman, Sarah 12	2) Robinson, Raquel 10	3) Moser, Emily 11	4) Woodall, Aspen 10
2 Sioux Ctrl- SR	A	4:24.86	8
1) Scharn, Nicole 12	2) Sievers, Jenny 12	3) Smith, Shera 10	4) Keune, Kenzie 12
3 Alta-Aurelia	A	4:28.94	6
1) Turnquist, Brittany 09	2) Rohwer, Lauren 10	3) Barnes, Mary 10	4) Peterson, Lily 10
5) Meier, Gracie 10	6) Turnquist, Alicia 10		
4 Ridge View Girls	A	4:51.53	4
1) Wunschel, Macy 10	2) Pickhinke, Beth 10	3) Else, Emerson 09	4) Dutler, Kinzey 09
5 Lawton Bronson	A	4:59.89	2
1) Neal, Ashley 09	2) Ott, Hannah 12	3) Horsley, Kylie 11	4) Ricke, Kaitlyn 09

2016 Russ Kraai Relays - 4/11/2016**Holstein, IA****Results****Finals ... (Event 37 Girls 4x400 Meter Relay)**

Team	Relay	Finals	Points
6 West Monona	A	5:12.31	1
1) Terry, Coutney 11	2) Henchen, Kylie 09	3) Gossage, Ciera 12	4) Gaukel, Jasmine 09
7 Ridge View JV	A	5:16.58	
1) Galvin, Jill 09	2) Smith, Kylie 09	3) Deck, Sierra 10	4) Hansen, Abbi 09

Women - Team Rankings - 19 Events Scored

1) Sioux Ctrl- SR	128	2) Alta-Aurelia	127
3) Lawton Bronson	112	4) MMCRU	105
5) Ridge View Girls	86	6) SL St. Mary's	12
7) West Monona	8	8) Ridge View JV	3
9) River Valley	1		