

# 1996 Girls Track Class A State Championships

## Class A Team Scores

Kearney	51	Norfolk	19	Hastings	8
Omaha Marian	46	Lincoln Pius X	18	Millard West	8
Omaha Burke	39	Bellevue West	17	Papillion-LaVista	6
Fremont	32	Lincoln High	14	Lincoln East	6
Grand Island	32	Columbus	12	Omaha Northwest	4
Millard South	31	Ralston	11	Omaha Westside	2
Bellevue East	30	Omaha Benson	10		
Omaha North	27	Omaha Central	10		
Lincoln Southeast	24	Alliance	10		
Millard North	21	Lincoln Northeast	8		

## Class A Individual Medalists

### 100 Meter Dash

1	Ja'Nae' Mosley	Bellevue East	:12.17
2	Cheaquetta Bearfield	Omaha Burke	:12.23
3	Kahilya Ellis	Lincoln High	:12.36
4	Yashica Conner	Omaha Northwest	:12.44
5	Karisa Foight	Grand Island	:12.50
6	Darius Grayer	Omaha North	:12.53

### 200 Meter Dash

1	Ja'Nae' Mosley	Bellevue East	:25.88
2	Kahilya Ellis	Lincoln High	:26.13
3	Cheaquetta Bearfield	Omaha Burke	:26.18
4	Kim Butts	Omaha North	:26.73
5	Delana Hanes	Bellevue West	:27.14
6	Emma Bradley	Millard South	:27.27

### 400 Meter Dash

1	Karisa Foight	Grand Island	:58.58
2	Ja'Nae' Mosley	Bellevue East	:58.59
3	Jennifer Stovall	Papillion-LaVista	:59.64
4	Wendy Antonson	Ralston	:59.90
5	Beth Haley	Lincoln Pius X	1:00.04
6	AJ Sawtelle	Fremont	1:00.19

### 800 Meter Run

1	Krissie Spanheimer	Omaha Marian	2:17.01
2	Kendee Koster	Kearney	2:17.65
3	Theresa Ridder	Omaha Marian	2:20.00
4	Mary Ridder	Omaha Marian	2:20.68
5	Mary Dodd	Lincoln Pius X	2:21.00
6	Cara Van Eck	Lincoln Southeast	2:21.78

### 1600 Meter Run

1	Amie Finkner	Kearney	5:15.61
2	Cara Van Eck	Lincoln Southeast	5:17.77
3	Krissie Spanheimer	Omaha Marian	5:18.25
4	Theresa Ridder	Omaha Marian	5:21.50
5	Paige Brown	Omaha North	5:21.62
6	Sara Farrand	Grand Island	5:21.66

### 3200 Meter Run

1	Amie Finkner	Kearney	11:25.13
2	Paige Brown	Omaha North	11:32.41
3	Krissie Spanheimer	Omaha Marian	11:45.33
4	Cara Van Eck	Lincoln Southeast	11:49.36
5	Sara Farrand	Grand Island	11:52.13
6	Susanne Swanson	Grand Island	11:52.38

### 100 Meter High Hurdles

1	Dunina Brown	Omaha Central	:14.94
2	Amy Meisinger	Norfolk	:15.06
3	Missy Dammann	Ralston	:15.19
4	Stacey Sherlock	Grand Island	:15.32
5	Lisa Webster	Lincoln East	:15.45
6	Erin Horeis	Omaha Burke	:15.67

### 300 Meter Low Hurdles

1	Amanda Went	Columbus	:46.84
2	Amy Meisinger	Norfolk	:46.93
3	Erin Horeis	Omaha Burke	:47.60
4	Amanda Stahlnecker	Millard West	:47.87
5	Karisa Foight	Grand Island	:48.17
6	Kerry Stenger	Fremont	:48.86

### Long Jump

1	Delana Hanes	Bellevue West
2	Renee Bergmeier	Kearney
3	Roxi Hoegerl	Alliance
4	Cheaquetta Bearfield	Omaha Burke
5	KD Smith	Omaha Westside
6	Annie Oldham	Millard North

### High Jump

1	Kelly Cizek	Millard South	5-8
2	Laura Martin	Fremont	5-7
3	Katie Johnson	Millard North	5-5
4	Lisa Webster	Lincoln East	5-5
5	Lindy Muhle	Columbus	5-5
6	Megan Porter	Bellevue West	5-2

### Shot Put

1	Becky Beachler	Fremont	50-11.75
2	Tina Baxter	Lincoln Northeast	43-09
3	Jill Peterson	Omaha Burke	42-07.25
4	Corinna Osterfoss	Millard South	41-05.5
5	Jenny Redlinger	Norfolk	39-10
6	Alesia Turman	Lincoln Southeast	39-02

### Discus

1	Alesia Turman	Lincoln Southeast	143-02
2	Becky Beachler	Fremont	141-03
3	Beth Abramson	Millard South	139-05
4	Jennifer Cowher	Alliance	125-09
5	Melissa McDermott	Fremont	116-06
6	Sarah Woodman	Bellevue East	115-01

### Triple Jump

1	Sara Cizek	Millard South	36-06.25
2	Anna Trauernicht	Millard North	36-06
3	Annie Oldham	Millard North	36-04.5
4	Rochelle Gordon	Omaha North	36-03.75
5	Steph Schmitt	Grand Island	36-02
6	Renee Bergmeier	Kearney	36-01.75

### 400 Meter Relay

1	Omaha Benson	:49.00	(Tashika Gaye, Jamie McAllister)
2	Omaha North	:49.08	Jennie Crudup, Andrea Duncan)
3	Omaha Burke	:49.63	
4	Bellevue West	:49.66	
5	Fremont	:50.15	
6	Bellevue East	:50.28	

### 1600 Meter Relay

### 3200 Meter Relay

1	Lincoln Pius X	4:04.98	(Jill Fosdick, Shelly Kapler	1	Omaha Marian	9:36.92	(Mary Ridder, Theresa Ridder
2	Hastings	4:07.26	Mary Dodd, Beth Haley)	2	Kearney	9:42.99	Mandy Groff, Krissie Spanheimer)
3	Kearney	4:07.43		3	Grand Island	9:53.82	
4	Millard West	4:08.21		4	Lincoln Pius X	9:55.44	
5	Grand Island	4:11.41		5	Omaha Burke	9:56.14	
6	Ralston	4:12.03		6	Norfolk	9:58.32	