

1980 Girls Track Class A State Championships

Class A Team Scores

Omaha Central	62	Lincoln Northeast	20	Omaha Northwest	8
Millard	52	Omaha North	18	Omaha Technical	8
Lincoln East	45	Bellevue West	17	Grand Island	7
Omaha Bryan	33	Omaha Marian	14	Hastings	6
Scottsbluff	27	Ralston	13	Fremont	3
Columbus	22	Lincoln High	12	Omaha Westside	2
North Platte	22	Papillion	10	Kearney	2
Beatrice	20	Bellevue East	8		

Class A Individual Medalists

100 Meter Dash

1	Donna King	Omaha Bryan	12.2
2	Becky Wilson	Columbus	12.4
3	Wanda Hartso	Omaha Central	12.5
4	Sheila Harrison	Omaha Central	12.5
5	Janie Majeski	Millard	12.6
6	Trish Teel	Lincoln East	12.7

200 Meter Dash

1	Donna King	Omaha Bryan	25.2
2	Cheryl Venable	Omaha North	25.7
3	Becky Wilson	Columbus	25.8
4	Sheila Harrison	Omaha Central	26.0
5	Deb Cross	Fremont	26.1
6	Janie Majeski	Millard	26.2

400 Meter Dash

1	Cheryl Venable	Omaha North	:57.3
2	Wanda Hartso	Omaha Central	:57.3
3	Jana Pulliam	Omaha Central	1:00.0
4	Sallye Ramsey	Omaha Northwest	1:00.3
5	Sue Killman	Beatrice	1:00.4
6	Kim Zietlow	Lincoln East	1:00.5

800 Meter Run

1	Ann Edmunds	Lincoln East	2:17.4
2	Wanda Hartso	Omaha Central	2:18.0
3	Lynn Mack	Millard	2:20.2
4	Mary Amen	Lincoln East	2:20.9
5	Holly Yencer	Grand Island	2:22.7
6	Angie Reid	Bellevue West	2:24.8

1600 Meter Run

1	Ann Edmunds	Lincoln East	5:13.4
2	Linda Elsasser	Millard	5:16.6
3	Carol Goracke	Beatrice	5:19.2
4	Lynn Mack	Millard	5:28.5
5	Mary Amen	Lincoln East	5:28.7
6	Holly Yencer	Grand Island	5:30.1

3200 Meter Run

1	Linda Elsasser	Millard	11:24.1
2	Ann Edmunds	Lincoln East	11:36.9
3	Carol Goracke	Beatrice	11:43.2
4	Bonnie Niebauer	North Platte	11:49.7
5	Holly Yencer	Grand Island	11:57.8
6	Terri Garner	Millard	12:05.1

100 Meter Low Hurdles			Long Jump				
1	Rhonda Cooper	Omaha Bryan	15.0	1	Kelly Brandt	Papillion	17-03.75
2	Sherry Sommers	North Platte	15.1	2	Linda Svoboda	Columbus	17-03.5
3	Enid Schonewise	Beatrice	15.2	3	Denise Hart	Omaha Central	17-00.5
4	Shari Russell	Scottsbluff	15.4	4	Shari Russell	Scottsbluff	16-11
5	Susan McDonald	Bellevue East	15.5	5	Brenda Ward	Kearney	16-07.25
6	JoAnn Wetterburg	Omaha Westside	15.6	6	Lisa Edwards	Lincoln High	16-06
High Jump			Shot Put				
1	Deb Freeman	Lincoln Northeast	5-07	1	Leslie Johnson	Ralston	41-11.25
2	Julie Gullett	Bellevue West	5-05	2	Annie Vaughn	Omaha Technical	40-04
3	Sharon Hemberger	Hastings	5-04	3	Ronda Motykowski	Omaha Marian	39-08.5
4	Kriss Griffith	North Platte	5-02	4	Cyndee Wooden	Scottsbluff	39-05.75
5	Kellie Benson	Grand Island	5-02	5	Linda Koch	Scottsbluff	38-11.25
6	Laura Hopkins	Ralston	5-02	6	Deb Schmalken	Lincoln High	38-02
Discus			400 Meter Relay				
1	Deb Schmalken	Lincoln High	127-05	1	Omaha Central	49.9	
2	Ronda Motykowski	Omaha Marian	125-07	2	Bellevue West	50.0	
3	Gail Raddatz	Lincoln Northeast	123-09	3	Scottsbluff	50.7	
4	Barb Slogr	Omaha Northwest	117-01	4	Omaha Bryan	50.7	
5	Kelli Smith	Omaha Bryan	113-11	5	Millard	51.2	
6	Julie Cook	Scottsbluff	112-01	6	Fremont	51.3	
1600 Meter Relay			3200 Meter Relay				
1	Omaha Central	4:05.4		1	Millard	9:37.3	
2	Millard	4:05.9		2	Lincoln East	9:41.2	
3	Bellevue East	4:09.3		3	Scottsbluff	10:02.5	
4	North Platte	4:10.7		4	Lincoln Northeast	10:02.5	
5	Ralston	4:10.8		5	North Platte	10:20.2	
6	Lincoln East	4:11.8		6	Omaha Westside	10:21.3	

1981 Girls Track Class A State Championships

Class A Team Scores

Omaha Central	69	Grand Island	20	Lincoln High	9
Lincoln East	60	Omaha Bryan	19	Hastings	6
Scottsbluff	29	Millard	15	Bellevue West	6
Lincoln Southeast	28	Bellevue East	14	South Sioux City	6
Papillion	27	Omaha North	12	Ralston	5
Norfolk	24	Beatrice	12	Omaha Burke	4
North Platte	22	Lincoln Northeast	12	Columbus	2
Fremont	22	Omaha Westside	10	Omaha Northwest	1

Class A Individual Medalists

100 Meter Dash

1	Donna King	Omaha Bryan	12.09
2	Teresa Thompson	Papillion	12.11
3	Crystal Hicks	Omaha Central	12.15
4	Wanda Hartso	Omaha Central	12.40
5	Joni Schnaub	Scottsbluff	12.45
6	Becky Wilson	Columbus	12.65

200 Meter Dash

1	Crystal Hicks	Omaha Central	24.70
2	Donna King	Omaha Bryan	24.71
3	Teresa Thompson	Papillion	25.51
4	Deb Cross	Fremont	25.76
5	Cheryl Venable	Omaha North	25.87
6	Stacy Green	Omaha Northwest	26.07

400 Meter Dash

1	Wanda Hartso	Omaha Central	56.30
2	Cheryl Venable	Omaha North	57.42
3	Teri Smith	Hastings	57.48
4	Deb Cross	Fremont	57.95
5	Sue Killman	Beatrice	58.30
6	Kim Zietlow	Lincoln East	59.31

800 Meter Run

1	Wanda Hartso	Omaha Central	2:13.36
2	Jenny Stricker	Lincoln Southeast	2:14.99
3	Ann Edmunds	Lincoln East	2:18.41
4	Holly Yencer	Grand Island	2:19.73
5	Mary Amen	Lincoln East	2:20.47
6	Sherry Crist	Lincoln East	2:21.42

1600 Meter Run

1	Jenny Stricker	Lincoln Southeast	5:00.23
2	Holly Yencer	Grand Island	5:18.98
3	Ann Edmunds	Lincoln East	5:22.33
4	Sherry Crist	Lincoln East	5:24.36
5	Mary Amen	Lincoln East	5:26.10
6	Linda Elsasser	Millard	5:29.32

3200 Meter Run

1	Jenny Stricker	Lincoln Southeast	11:02.03
2	Holly Yencer	Grand Island	11:35.52
3	Gina Smith	Lincoln Northeast	11:45.85
4	Bonnie Niebauer	North Platte	11:49.31
5	Mary Amen	Lincoln East	11:54.77
6	Meg Thompson	Bellevue West	12:02.78

100 Meter Low Hurdles			Long Jump				
1	Enid Schonewise	Beatrice	15.20	1	Julie Johnson	Fremont	17-10.25
2	Lyn Fix	Lincoln East	15.67	2	Shari Schwede	Norfolk	17-07.25
3	Michelle Maxey	Lincoln High	15.78	3	Michelle Miller	North Platte	17-06.25
4	Lynn Alexander	Ralston	15.85	4	Shari Russell	Scottsbluff	17-03.5
5	Della Wenimont	Millard	15.86	5	Joi Pulliam	Omaha Central	17-02
6	Shelly Melton	Omaha Central	15.87	6	Kelly Brandt	Papillion	17-01.25
High Jump			Shot Put				
1	Kristi Newcomb	Omaha Westside	5-04	1	Denise Louthan	Norfolk	41-03.75
2	Shari Russell	Scottsbluff	5-03	2	Cecillia Medlin	Papillion	38-04.75
3	Leslie Hirschback	South Sioux City	5-03	3	Sarita Miller	Bellevue East	38-02.25
4 tie	Chris Pilgrim	Bellevue West	5-02	4	Tracy Fricke	Millard	37-07.75
	Charlotte Harrington	Lincoln High	5-02	5	Sue Brayton	Bellevue West	37-05.25
6	Ann Trumbull	Scottsbluff	5-00	6	Kelli Smith	Omaha Bryan	37-01.5
Discus			400 Meter Relay				
1	Karen Oerter	North Platte	125-04	1	Omaha Central	48.55	
2	Julie Cook	Scottsbluff	122-05	2	Lincoln East	49.11	
3	Shisha Van Horne	Lincoln East	122-04	3	Scottsbluff	49.92	
4	Linda Shepard	Lincoln Northeast	122-01	4	Papillion	50.28	
5	Jennifer Nelson	Lincoln East	119-01	5	Omaha North	50.36	
6	Shelly Moren	Ralston	118-05	6	Lincoln Northeast	50.58	
1600 Meter Relay			3200 Meter Relay				
1	Omaha Central	4:01.95		1	Lincoln East	9:35.93	
2	Bellevue East	4:04.41		2	Millard	9:45.68	
3	Norfolk	4:04.52		3	Omaha Central	9:46.36	
4	Fremont	4:04.81		4	Omaha Burke	9:54.57	
5	Lincoln East	4:04.88		5	North Platte	9:56.93	
6	Columbus	4:05.95		6	Lincoln Northeast	9:59.08	

1982 Girls Track Class A State Championships

Class A Team Scores

Lincoln High	67	Fremont	24.33	Ralston	7
Omaha Central	63	Hastings	24	Lincoln Northeast	6
Scottsbluff	41	North Platte	20	Grand Island	4.3
Papillion-LaVista	39	Millard North	15	Omaha Burke	3
Lincoln East	33	Omaha Technical	10	Omaha Westside	1
Bellevue West	30.33	Bellevue East	10		
Omaha Bryan	26	Kearney	10		

Class A Individual Medalists

100 Meter Dash

1	Donna King	Omaha Bryan	12.03
2	Kathy Harris	Omaha Central	12.32
3	Teresa Thompson	Papillion-LaVista	12.36
4	Terri Smith	Hastings	12.40
5	Trish Teel	Lincoln East	12.49
6	Joni Schaub	Scottsbluff	12.51

200 Meter Dash

1	Donna King	Omaha Bryan	24.88
2	Michelle Maxey	Lincoln High	25.72
3	Joni Schaub	Scottsbluff	25.77
4	Terri Smith	Hastings	25.87
5	Kathy Harris	Omaha Central	26.22
6	Vallery Brown	Lincoln High	26.44

400 Meter Dash

1	Terri Smith	Hastings	:57.77
2	Michelle Maxey	Lincoln High	:58.98
3	Jana Pulliam	Omaha Central	:59.56
4	Maurtice Ivy	Omaha Central	:59.61
5	Vallery Brown	Lincoln High	1:00.16
6	Lisa Mayhue	Omaha Central	1:00.32

800 Meter Run

1	Carol Nunnally	Lincoln High	2:15.51
2	Zel Fowler	Bellevue West	2:17.75
3	Lorie Fleming	Papillion-LaVista	2:19.41
4	Andrea Schwartz	Scottsbluff	2:21.80
5	Carita Kordik	Lincoln Northeast	2:22.64
6	JoJo Mayhue	Omaha Central	2:23.03

1600 Meter Run

1	Carol Nunnally	Lincoln High	5:06.08
2	Lorie Fleming	Papillion-LaVista	5:13.25
3	Linda Elsasser	Millard North	5:17.82
4	Carita Kordik	Lincoln Northeast	5:18.27
5	Julie Nolan	Papillion-LaVista	5:19.37
6	Andrea Tkach	Omaha Central	5:21.67

3200 Meter Run

1	Carol Nunnally	Lincoln High	10:45.89
2	Mary Amen	Lincoln East	10:59.21
3	Bonnie Niebauer	North Platte	11:21.71
4	Linda Elsasser	Millard North	11:25.35
5	Meg Thompson	Bellevue West	11:25.66
6	Rhonda Caruso	Omaha Westside	11:41.04

100 Meter Low Hurdles

1	Michelle Maxey	Lincoln High	14.62
2	Shelly Melton	Omaha Central	14.94
3	Carmen Ivory	Bellevue West	14.99
4	Lyn Fix	Lincoln East	15.07
5	Jena Wight	Papillion-LaVista	15.40
6	Lynn Alexander	Ralston	15.69

Long Jump

1	Julie Johnson	Fremont	17-09.25
2	Andrea Schwartz	Scottsbluff	17-09
3	Denise Hart	Omaha Central	17-06
4	Lori Rieken	Grand Island	17-02.25
5	Brenda Ward	Kearney	17-00.25
6	Sherilyn McWhorter	Omaha Burke	16-11

High Jump

1	Kris Pilgrim	Bellevue West	5-05
2	Tammy Thurman	Fremont	5-04
3	Kris Griffith	North Platte	5-04
4	Brenda Ward	Kearney	5-02
5	Suzi Koken	Scottsbluff	5-00
6 tie	Lori Rieken	Grand Island	5-00
	Paula Brown	Fremont	5-00
	Carmen Ivory	Bellevue West	5-00

Shot Put

1	Annie Vaughn	Omaha Technical	45-04.5
2	Sarita Miller	Bellevue East	40-00.75
3	Michelle Martinez	Scottsbluff	39-08
4	Cecilia Medlin	Papillion-LaVista	39-00.75
5	Karin Mussman	Fremont	38-10.75
6	Susan Steen	Lincoln East	38-04.75

Discus

1	Julie Cook	Scottsbluff	124-02
2	Karen Oerter	North Platte	121-04
3	Dawn Crinklaw	Ralston	119-06
4	Angel Zerwas	Millard North	115-02
5	Cecilia Medlin	Papillion-LaVista	113-01
6	Mary Beth Pluta	Millard North	112-01

400 Meter Relay

1	Omaha Central	48.76
2	Lincoln East	49.59
3	Omaha Bryan	49.69
4	Bellevue West	50.32
5	Scottsbluff	50.86
6	Papillion-LaVista	51.00

1600 Meter Relay

1	Omaha Central	3:57.56
2	Lincoln High	4:00.80
3	Hastings	4:04.81

3200 Meter Relay

1	Lincoln East	9:43.59
2	Papillion-LaVista	4:47.34
3	Omaha Central	9:49.80

4 Fremont	4:06.35			4 Kearney	9:55.64	
5 Bellevue East	4:06.71			5 Omaha Burke	9:55.65	
6 Scottsbluff	4:08.80			6 Scottsbluff	9:57.64	

1983 Girls Track Class A State Championships

Class A Team Scores

Omaha Central	75	Omaha Northwest	22	Grand Island	10
Lincoln East	49	Lincoln Southeast	19	Ralston	10
Scottsbluff	43	Omaha Westside	18	Kearney	10
Lincoln High	38	Omaha Bryan	12	Millard North	2
Bellevue West	37	Beatrice	12	Lincoln Northeast	1
Fremont	30	North Platte	12		
Omaha Burke	24	Omaha Technical	10		

Class A Individual Medalists

100 Meter Dash

1	Kathy Harris	Omaha Central	12.42
2	Roxanne Reynolds	Omaha Bryan	12.64
3	Monica Baker	Omaha Central	12.69
4	Shelly Brunt	Omaha Northwest	12.70
5	Annette Tworek	Omaha Northwest	12.80
6	Calania Dightman	Lincoln Northeast	12.88

200 Meter Dash

1	Kathy Harris	Omaha Central	25.62
2	Maurtice Ivy	Omaha Central	25.79
3	Jessica Haynes	Omaha Central	26.17
4	Roxanne Reynolds	Omaha Bryan	26.42
5	Annette Tworek	Omaha Northwest	26.58
6	Kristin Nelson	Fremont	26.60

400 Meter Dash

1	Maurtice Ivy	Omaha Central	:57.26
2	Vallery Brown	Lincoln High	:58.36
3	Zel Fowler	Bellevue West	:58.99
4	Andrea Schwartz	Scottsbluff	:59.53
5	Cathy Thompson	North Platte	:59.75
6	Laurinda Stauffer	Scottsbluff	1:00.19

800 Meter Run

1	Zel Fowler	Bellevue West	2:14.99
2	Carol Nunnally	Lincoln High	2:17.78
3	Andrea Schwartz	Scottsbluff	2:18.70
4	Sherry Crist	Lincoln East	2:19.33
5	Jodie Parnell	Omaha Burke	2:21.90
6	Tracy Winder	Beatrice	2:22.13

1600 Meter Run

1	Carol Nunnally	Lincoln High	5:00.61
2	Pam Willey	Lincoln East	5:18.45
3	Sherry Crist	Lincoln East	5:19.57
4	Kim Stevens	Lincoln Southeast	5:23.55
5	Dina McCoy	Omaha Burke	5:29.05
6	Tricia Findley	Grand Island	5:30.84

3200 Meter Run

1	Carol Nunnally	Lincoln High	10:50.44
2	Pam Willey	Lincoln East	11:26.03
3	Sherry Crist	Lincoln East	11:32.03
4	Kim Stevens	Lincoln Southeast	11:42.85
5	Meg Thompson	Bellevue West	11:49.65
6	Susie Howard	Lincoln Southeast	11:53.68

100 Meter Low Hurdles

1	Enid Schonewise	Beatrice	14.79
2	Lisa Scobie	Grand Island	14.90
3	Melody Anderson	Lincoln Southeast	15.14
4	Carmen Ivory	Bellevue West	15.48
5	Della Wernimont	Millard North	15.68
6	Tabby Whitmon	Omaha Central	15.69

Long Jump

1	Andrea Schwartz	Scottsbluff	17-07.25
2	Sheri McWhorter	Omaha Burke	17-06.25
3	Robin Hanson	Omaha Westside	17-06.25
4	Lisa Lyons	Omaha Northwest	17-02
5	Shelly Brunt	Omaha Northwest	17-01.25
6	Pam Copes	Beatrice	17-01

High Jump

1	Tammy Thurman	Fremont	5-09
2	Kris Pilgrim	Bellevue West	5-06
3	Suzie Koken	Scottsbluff	5-06
4 tie	Paula Brown	Fremont	5-04
	Robyn Elefsrud	Lincoln East	5-04
6	Lisa Scobie	Grand Island	5-02

Shot Put

1	Anne Vaughn	Omaha Technical	45-02
2	Stacy Imming	Kearney	40-11.5
3	Karin Mussman	Fremont	40-02.5
4	Zoe Custer	Lincoln Southeast	36-04
5	Linda Kohl	Fremont	36-03.25
6	Michelle Martinez	Scottsbluff	36-02.25

Discus

1	Karen Oerter	North Platte	131-11
2	Dawn Crinklaw	Ralston	130-08
3	Karin Mussman	Fremont	123-06
4	Susie Strong	Scottsbluff	121-01
5	Michelle Thayer	Fremont	117-09
6	Della Keeter	Scottsbluff	117-08

400 Meter Relay

1	Omaha Central	48.57
2	Omaha Northwest	49.09
3	Omaha Westside	49.96
4	Lincoln East	50.26
5	Ralston	50.27
6	Lincoln High	50.75

1600 Meter Relay

1	Omaha Central	4:00.25
2	Scottsbluff	4:02.29
3	Omaha Westside	4:10.22
4	Omaha Burke	4:10.40
5	Kearney	4:11.55

3200 Meter Relay

1	Lincoln East	9:40.00
2	Omaha Burke	9:41.88
3	Bellevue West	9:46.87
4	Omaha Central	9:51.52
5	Scottsbluff	9:55.32

6 Bellevue West	4:14.37			6 Lincoln High	10:01.00	
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1984 Girls Track Class A State Championships

Class A Team Scores

Omaha Central	56.5	Lincoln High	21	Lincoln Northeast	8
Fremont	53	Lincoln East	20	North Platte	8
Lincoln Southeast	51.5	Omaha Bryan	20	Millard North	7
Hastings	41	Columbus	20	Millard South	2
Scottsbluff	34	Omaha Burke	18	Papillion-LaVista	2
Omaha Northwest	25	Grand Island	14	Kearney	2
Ralston	22	Norfolk	10		

Class A Individual Medalists

100 Meter Dash

1	Roxanne Reynolds	Omaha Bryan	12.31
2	Lynn Jackson	Omaha Central	12.48
3	Leeanna Miles	North Platte	12.50
4	Maurtice Ivy	Omaha Central	12.61
5	Lisa Bonk	Columbus	12.62
6	Annette Tworek	Omaha Northwest	12.73

200 Meter Dash

1	Roxanne Reynolds	Omaha Bryan	25.71
2	Lisa Bonk	Columbus	25.96
3	Jessica Haynes	Omaha Central	25.99
4	Kirstin Nelson	Fremont	26.33
5	Lisa Lyons	Omaha Northwest	26.39
6	Vallery Brown	Lincoln High	26.42

400 Meter Dash

1	Vallery Brown	Lincoln High	:58.44
2	Maurtice Ivy	Omaha Central	:59.09
3	Tammy Thurman	Fremont	:59.78
4	Linda Gdowski	Fremont	1:00.93
5	Kim Schneider	Ralston	1:01.61
6	Amy Pohlman	Millard North	1:01.62

800 Meter Run

1	Shona Jones	Hastings	2:17.63
2	Kim Stevens	Lincoln Southeast	2:21.78
3	Andrea Schwatz	Scottsbluff	2:25.14
4	Ann Geiger	Hastings	2:24.07
5	Gretchen Wood	Lincoln East	2:25.08
6	Heidi McGee	Omaha Central	2:26.45

1600 Meter Run

1	Pam Willey	Lincoln East	4:59.54
2	Shona Jones	Hastings	4:59.60
3	Kim Stevens	Lincoln Southeast	5:15.26
4	Mari Klcess	Lincoln Southeast	5:24.55
5	Stacy McKinster	Grand Island	5:24.67

3200 Meter Run

1	Shona Jones	Hastings	10:46.60
2	Kim Stevens	Lincoln Southeast	11:11.93
3	Pam Willey	Lincoln East	11:20.60
4	Tricia Findley	Grand Island	11:44.74
5	Allison Benorden	Lincoln High	11:51.72

6	Betsy Rall	Kearney	5:25.33		6	Shelly Hansen	Hastings	11:54.49
100 Meter Low Hurdles					Long Jump			
1	Karmin Dulaney	Ralston	15.09		1	Lisa Lyons	Omaha Northwest	18-00
2	Kim Oden	Grand Island	15.21		2	Jessica Haynes	Omaha Central	17-08.25
3	Shireen Stinson	Omaha Burke	15.47		3	Sheril McWhorter	Omaha Burke	17-05.5
4	Kim Mitchell	Omaha Northwest	15.50		4	Andrea Schwartz	Scottsbluff	17-02.5
5	Cathy Wieger	Millard South	15.63		5	Lisa Bonk	Columbus	17-02.5
6	Ann Trumbull	Scottsbluff	16.27		6	Diane Humphrey	Fremont	16-11.75
High Jump					Shot Put			
1	Paula Brown	Fremont	5-07		1	Michelle Martinez	Scottsbluff	40-10.5
2	Tammy Thurman	Fremont	5-04		2	Lynda Holt	Lincoln Northeast	39-11
3 tie	Sheri Pickard	Lincoln Southeast	5-02		3	Kris Grof	Fremont	38-11
	Kathy Meyer	Norfolk	5-02		4	Wanda Brown	Norfolk	38-11
5 tie	Kim McPherson	Lincoln Southeast	5-02		5	Kim Pettegrew	Omaha Burke	38-10
	Tabby Whitemon	Omaha Central	5-02		6	Leah Canell	Scottsbluff	38-06.5
Discus					400 Meter Relay			
1	Dawn Crinklaw	Ralston	140-11		1	Omaha Central	48.89	
2	Zoe Custer	Lincoln Southeast	131-10		2	Omaha Northwest	50.23	
3	Joni Smith	Millard North	126-05		3	Lincoln High	50.79	
4	Kim Pettegrew	Omaha Burke	121-08		4	Fremont	51.59	
5	Susie Strong	Scottsbluff	120-03		5	North Platte	51.73	
6	Terri Mickelson	Norfolk	119-03		6	Lincoln East	52.13	
1600 Meter Relay					3200 Meter Relay			
1	Omaha Central	4:01.63			1	Lincoln Southeast	9:39.22	
2	Columbus	4:07.70			2	Hastings	9:43.62	
3	Fremont	4:08.41			3	Scottsbluff	9:50.21	
4	Lincoln High	4:08.53			4	Fremont	9:53.72	
5	Lincoln High	4:08.93			5	Papillion-LaVista	9:54.55	
6	Lincoln Southeast	4:11.85			6	Lincoln East	9:56.70	

1985 Girls Track Class A State Championships

Class A Team Scores

Lincoln Southeast	69	Ralston	16	Omaha Northwest	6
Fremont	57	Millard South	15	Scottsbluff	6
Omaha Central	53	Bellevue West	12	Omaha Marian	5
Columbus	38	Omaha Burke	12	Beatrice	4
Lincoln High	36	Omaha Westside	8	Papillion-LaVista	4
Hastings	25	Norfolk	8	Omaha Bryan	4
Grand Island	20	Millard North	7	Lincoln East	4
Lincoln Northeast	18	North Platte	6	Omaha Benson	1

Class A Individual Medalists

100 Meter Dash

1	Mallery Ivy	Omaha Central	12.11
2	Lisa Bonk	Columbus	12.18
3	Lynn Jackson	Omaha Central	12.22
4	Kristin Nelson	Fremont	12.54
5	Denise Lucas	Omaha Bryan	12.69
6	Vicki Domina	Lincoln East	12.73

200 Meter Dash

1	Mallery Ivy	Omaha Central	25.18
2	Lisa Bonk	Columbus	25.50
3	Lynn Jackson	Omaha Central	25.83
4	Kristin Nelson	Fremont	26.30
5	Dee Dee Heese	Omaha Westside	26.40
6	Vicki Domina	Lincoln East	26.93

400 Meter Dash

1	Linda Gdowski	Fremont	:57.69
2	Linda Brown	Lincoln High	:58.90
3	Kim Schneider	Ralston	:59.39
4	Amy Killman	Beatrice	:59.98
5	Jodi Stineman	Lincoln Southeast	1:00.08
6	Amy Pohlman	Millard North	1:00.35

800 Meter Run

1	Jodi Stineman	Lincoln Southeast	2:17.61
2	Kim Stevens	Lincoln Southeast	2:17.81
3	Amy Pohlman	Millard North	2:21.55
4	Shelley Scherer	Lincoln Southeast	2:21.75
5	Katie Behmer	Fremont	2:22.28
6	Anne Geiger	Hastings	2:22.50

1600 Meter Run

1	Shona Jones	Hastings	5:05.59
2	Kim Stevens	Lincoln Southeast	5:11.79
3	Shelley Scherer	Lincoln Southeast	5:12.39
4	Heidi Tussing	Lincoln High	5:14.15
5	Katie Behmer	Fremont	5:23.12
6	Mari Kloess	Lincoln Southeast	5:26.58

3200 Meter Run

1	Kim Stevens	Lincoln Southeast	10:31.13
2	Shona Jones	Hastings	11:01.66
3	Shelley Scherer	Lincoln Southeast	11:09.86
4	Heidi Tussing	Lincoln High	11:13.86
5	Mari Kloess	Lincoln Southeast	11:47.75
6	Yvonne Mounce	Omaha Benson	11:49.57

100 Meter Low Hurdles

1	Anika Patterson	Omaha Central	14.82
2	Kim Oden	Grand Island	14.84
3	Kim Mitchell	Omaha Northwest	15.05
4	Jami Duranski	Columbus	15.11
5	Dee Kuskie	Fremont	15.58
6	Emmy Brock	Omaha Marian	15.74

Long Jump

1	Lisa Bonk	Columbus	18-01.5
2	Diane Smith	Lincoln Northeast	18-00.5
3	Amy Spencer	Millard South	17-07.25
4	Diane Humphrey	Fremont	17-06.25
5	Marci Baul	Bellevue West	17-05.5
6	Anika Patterson	Omaha Central	17-02.25

High Jump

1	Meredy Porter	Bellevue West	5-09
2	Amy Spencer	Millard South	5-06
3	Kim Oden	Grand Island	5-05
4	Kim Muma	Papillion-LaVista	5-04
5	Robyn Elerfsrud	Lincoln East	5-04
6	Kim McPherson	Lincoln Southeast	5-02

Shot Put

1	Lynda Holt	Lincoln Northeast	41-01.75
2	Wanda Brown	Norfolk	39-09.25
3	Connie Meyer	Fremont	38-09.75
4	Kim Pettegrew	Omaha Burke	38-08.25
5	Kris Grof	Fremont	38-04
6	Sue Burton	Omaha Bryan	37-09

Discus

1	Dawn Crinklaw	Ralston	136-00
2	Kim Pettegrew	Omaha Burke	128-08
3	Kim McKenzie	Fremont	124-03
4	Susie Strong	Scottsbluff	120-07
5	Connie Meyer	Fremont	118-11
6	Kris Grof	Fremont	118-03

400 Meter Relay

1	Fremont	49.6
2	Columbus	49.7
3	North Platte	50.3
4	Lincoln High	50.4
5	Omaha Westside	50.9
6	Omaha Bryan	51.5

1600 Meter Relay

1	Omaha Central	4:02.81
2	Lincoln High	4:03.97
3	Grand Island	4:08.18
4	Omaha Westside	4:09.04

3200 Meter Relay

1	Lincoln Southeast	9:44.61
2	Lincoln High	9:53.65
3	Hastings	9:59.59
4	Omaha Marian	10:01.25

5	Fremont	4:10.21			5	Scottsbluff	10:04.95	
6	Lincoln Southeast	4:10.40			6	Millard South	10:06.70	

1986 Girls Track Class A State Championships

Class A Team Scores

Omaha Central	71	Lincoln Southeast	23	Omaha South	4
Lincoln High	56	Omaha Bryan	18	Papillion	3
Omaha Burke	51	Bellevue West	17	Ralston	2
Omaha Northwest	42	Grand Island	15	Beatrice	2
Columbus	39	Kearney	12	Norfolk	1
Fremont	31	Lincoln Northeast	10	Omaha Benson	1
Scottsbluff	30	Millard North	7		
Hastings	24	Millard South	6		

Class A Individual Medalists

100 Meter Dash

1	Mallery Ivy	Omaha Central	12.09
2	Denise Lucas	Omaha Bryan	12.46
3	Lynn Jackson	Omaha Central	12.52
4	Stephanie Sherman	Omaha Northwest	12.53
5	Tina Tibbs	Omaha Burke	12.81
6	Cheri Kirk	Bellevue West	13.07

200 Meter Dash

1	Mallery Ivy	Omaha Central	24.78
2	Denise Lucas	Omaha Bryan	25.58
3	Stephanie Sherman	Omaha Northwest	25.83
4	Tina Tibbs	Omaha Burke	26.01
5	Linda Gdowski	Fremont	26.10
6	Lynn Jackson	Omaha Central	26.22

400 Meter Dash

1	Mallery Ivy	Omaha Central	56.40
2	Linda Gdowski	Fremont	57.37
3	Tina Tibbs	Omaha Burke	58.07
4	Linda Brown	Lincoln High	58.60
5	Chelsea Harrison	Lincoln High	58.98
6	Kelli Tibbs	Omaha Burke	59.22

800 Meter Run

1	Crystal Roberson	Omaha Burke	2:17.62
2	Jodi Stineman	Lincoln Southeast	2:17.68
3	Tara Went	Columbus	2:17.99
4	Shona Jones	Hastings	2:18.19
5	Christie Heimes	Scottsbluff	2:18.25
6	Amy Pohlman	Millard North	2:20.50

1600 Meter Run

1	Shona Jones	Hastings	5:07.38
2	Christie Heimes	Scottsbluff	5:15.85
3	Heidi Tussing	Lincoln High	5:16.54
4	Jodi Stineman	Lincoln Southeast	5:26.75
5	Crystal Roberson	Omaha Burke	5:27.63
6	Jody Travis	Kearney	5:28.11

3200 Meter Run

1	Shona Jones	Hastings	10:55.99
2	Heidi Tussing	Lincoln High	10:56.10
3	Christie Heimes	Scottsbluff	11:33.90
4	Natalie Hulvey	Lincoln High	11:49.09
5	Laurie Armbrust	Millard South	11:49.75
6	Yvonne Hollman	Omaha Benson	11:56.55

100 Meter High Hurdles

1	Kim Mitchell	Omaha Northwest	15.27
2	Jami Duranski	Columbus	15.87
3	Jenny Basak	Columbus	15.93
4	Kim Oden	Grand Island	16.02
5	Dee Kuskie	Fremont	16.29
6	Kim Grudzinski	Grand Island	16.57

300 Meter Low Hurdles

1	Jami Duranski	Columbus	45.64
2	Kim Mitchell	Omaha Northwest	45.73
3	Kristin Koenig	Scottsbluff	46.64
4	Linda Carlson	Lincoln Northeast	46.66
5	Kaylene Carlson	Omaha Northwest	47.83
6	Danielle Wade	Ralston	47.97

Long Jump

1	Anika Patterson	Omaha Central	17-05
2	Andrea Lewis	Omaha Central	17-03.5
3	Diane Smith	Lincoln Northeast	17-02.25
4	Mindy Volk	Kearney	17-00.75
5	Marci Baul	Bellevue West	16-09.75
6	Michelle Wilsey	Columbus	16-04.25

High Jump

1	Kim Oden	Grand Island	5-07
2	Meredy Porter	Bellevue West	5-07
3	Tara Geiger	Kearney	5-03
4	Stephanie Johnson	Omaha South	5-02
5	Kim Muma	Papillion	5-02
6 tie	Kim McPherson	Lincoln Southeast	5-00
	Monica Maguire	Lincoln Southeast	5-00

Shot Put

1	Connie Meyer	Fremont	45-00
2	Kim Pettigrew	Omaha Burke	41-01.25
3	Dee McCall	Lincoln High	40-01.25
4	Kim McKenzie	Lincoln Southeast	40-01
5	Idelle Murphy	Omaha Bryan	39-10.75
6	Stacey Dieckman	Norfolk	39-08.75

Discus

1	Dee McCall	Lincoln High	127-00
2	Kim Pettigrew	Omaha Burke	122-04
3	Connie Meyer	Fremont	121-05
4	Kim McKenzie	Lincoln Southeast	120-09
5	Kim Berke	Beatrice	120-08
6	Teresa Johnson	Ralston	118-11

400 Meter Relay

1	Omaha Northwest	49.22
2	Omaha Central	49.96
3	Bellevue West	50.33

1600 Meter Relay

1	Omaha Burke	3:56.35
2	Omaha Central	3:59.96
3	Lincoln High	4:03.89

4	Columbus	50.51			4	Millard South	4:04.52	
5	Fremont	50.52			5	Omaha Northwest	4:05.41	
6	Kearney	50.53			6	Fremont	4:05.42	
3200 Meter Relay								
1	Lincoln High	9:32.59						
2	Scottsbluff	9:43.88						
3	Millard North	9:50.05						
4	Columbus	9:53.67						
5	Lincoln Southeast	9:58.69						
6	Papillion	9:59.28						

1987 Girls Track Class A State Championships

Class A Team Scores

Omaha Central	82	Bellevue West	20	Bellevue East	4
Lincoln High	54	Millard South	19	Papillion-LaVista	4
Fremont	50	Lincoln Southeast	19	Beatrice	4
Scottsbluff	41	Omaha Bryan	17	Kearney	3
Norfolk	34	Millard North	10	South Sioux City	3
Columbus	31	Omaha Benson	8	Grand Island	2
Omaha Burke	27	Alliance	6	North Platte	2
Omaha Northwest	20	Hastings	5	Ralston	1

Class A Individual Medalists

100 Meter Dash

1	Mallery Ivy	Omaha Central	12.04
2	Denise Lucas	Omaha Bryan	12.23
3	Lynn Jackson	Omaha Central	12.43
4	Donna Curry	Omaha Benson	12.53
5	Kaylene Sudrila	South Sioux City	12.77
6	April James	Omaha Benson	12.79

200 Meter Dash

1	Mallery Ivy	Omaha Central	25.10
2	Denise Lucas	Omaha Bryan	25.37
3	Linda Gdowski	Fremont	25.71
4	Angie Green	Omaha Central	26.12
5	Donna Curry	Omaha Benson	26.19
6	April James	Omaha Benson	26.31

400 Meter Dash

1	Mallery Ivy	Omaha Central	:56.51
2	Linda Gdowski	Fremont	:57.48
3	Niki Carriger	Bellevue West	:59.37
4	Linda Brown	Lincoln High	1:00.67
5	Shelly Krell	Kearney	1:00.98
6	Teresa Siezak	Millard South	1:01.03

800 Meter Run

1	Jodi Stineman	Lincoln Southeast	2:16.96
2	Crystal Roberson	Omaha Burke	2:18.58
3	Christie Heimes	Scottsbluff	2:18.71
4	Anna Behrens	Hastings	2:21.53
5	Linda Brown	Lincoln High	2:21.94
6	Barb English	Ralston	2:23.48

1600 Meter Run

1	Christie Heimes	Scottsbluff	5:10.69
2	Kelly Loos	Lincoln High	5:12.80
3	Natalie Halvey	Lincoln High	5:23.47
4	Crystal Roberson	Omaha Burke	5:24.39
5	Amy Tussing	Lincoln High	5:24.48
6	Michelle Montagne	South Sioux City	5:25.20

3200 Meter Run

1	Kelly Loos	Lincoln High	11:03.04
2	Christie Heimes	Scottsbluff	11:26.01
3	Nancy DeVoogd	Lincoln Southeast	11:37.07
4	Liz Scanlon	Bellevue West	11:38.01
5	Natalie Halvey	Lincoln High	11:41.07
6	Dori Hunt	Kearney	11:46.05

100 Meter High Hurdles

1	Anika Patterson	Omaha Central	15.44
2	Heather Jones	Omaha Central	15.59
3	Kristin Koenig	Scottsbluff	15.77
4	Jenny Bosak	Columbus	15.90
5	Dee Kuskie	Fremont	15.92
6	Jami Duranski	Columbus	16.02

300 Meter Low Hurdles

1	Jenny Bosak	Columbus	45.70
2	Jami Duranski	Columbus	45.90
3	Dee Kuskie	Fremont	45.97
4	Kristin Koenig	Scottsbluff	47.38
5	Tara Went	Columbus	47.64
6	Lee Kiechel	Lincoln Southeast	47.71

Long Jump

1	Stephanie Sherman	Omaha Northwest	17-10.5
2	Amy Spencer	Millard South	17-10.5
3	Shanta McGlothan	Omaha Burke	17-07.75
4	Andrea Lewis	Omaha Central	17-01.5
5	Anika Patterson	Omaha Central	17-01
6	Susan Gerhard	Scottsbluff	17-00.5

High Jump

1	Meredy Porter	Bellevue West	5-11
2	Brenda Wattier	Norfolk	5-05
3	Amy Spencer	Millard South	5-04
4	Kim Muma	Papillion- LaVista	5-03
5	Monica Maguire	Lincoln Southeast	5-03
6	Shanta McGlothan	Omaha Burke	5-02

Shot Put

1	Connie Meyer	Fremont	44-05.25
2	Amy Paulsen	Norfolk	43-04.25
3	Stacy Dieckman	Norfolk	42-05.25
4	Kelli Valentine	Bellevue East	38-10.75
5	Sheila Moore	Millard South	38-09.5
6	Kim Mehl	North Platte	38-00.25

Discus

1	Amy Paulsen	Norfolk	136-08
2	Connie Meyer	Fremont	134-09
3	Dawn Brammer	Alliance	130-10
4	Kim Berke	Beatrice	129-07
5	Stacy Dieckman	Norfolk	124-08
6	Sheila Moore	Millard South	122-04

400 Meter Relay

1	Omaha Northwest	49.05
2	Omaha Central	49.52
3	Columbus	50.48
4	Fremont	50.50

1600 Meter Relay

1	Omaha Central	3:57.89
2	Lincoln High	4:00.86
3	Millard North	4:04.11
4	Fremont	4:04.30

5	Lincoln High	50.79			5	Grand Island	4:04.31	
6	Millard North	51.15			6	Omaha Bryan	4:07.09	
3200 Meter Relay								
1	Lincoln High	9:50.57						
2	Omaha Burke	9:59.60						
3	Scottsbluff	10:03.45						
4	Millard North	10:05.98						
5	Fremont	10:11.43						
6	Hastings	10:13.49						

1988 Girls Track Class A State Championships

Class A Team Scores

Omaha Central	95	Omaha Bryan	15	Kearney	7
Lincoln High	44	Omaha Burke	14	South Sioux City	5
Columbus	38	Bellevue West	11	Omaha Westside	5
Scottsbluff	36	Beatrice	10	Omaha South	4
Lincoln Southeast	33	Lincoln Northeast	10	Papillion-LaVista	2
Norfolk	32	Bellevue East	9	Grand Island	2
Omaha Northwest	26	Ralston	8	North Platte	1
Fremont	23.33	Millard North	8	Omaha Gross	0.33
Omaha Benson	19	Gering	7.33		

Class A Individual Medalists

100 Meter Dash

1	Mallery Ivy	Omaha Central	12.02
2	Denise Lucas	Omaha Bryan	12.12
3	Lynn Walker	Omaha Northwest	12.26
4	Tresa Watson	Omaha Central	12.69
5	Leanna James	Omaha Benson	12.75
6	Donna Curry	Omaha Benson	12.85

200 Meter Dash

1	Mallery Ivy	Omaha Central	25.42
2	Leanna James	Omaha Benson	26.42
3	Lynn Walker	Omaha Northwest	26.78
4	Shelly Tucker	Omaha Northwest	27.07
5	Amy Miller	Norfolk	27.19
6	Teresa Hessler	Gering	27.20

400 Meter Dash

1	Mallery Ivy	Omaha Central	:56.35
2	Angie Green	Omaha Central	:56.50
3	Linda Brown	Lincoln High	:58.64
4	Jenny Johnson	Omaha Westside	:59.11
5	Karen Washington	Grand Island	:59.80
6	Cathy McInerney	Bellevue West	1:00.10

800 Meter Run

1	Jodi Stineman	Lincoln Southeast	2:19.75
2	Linda Brown	Lincoln High	2:19.86
3	Tina Dickmeyer	Fremont	2:21.14
4	Angie Wiebe	Beatrice	2:21.45
5	Kari Foral	Omaha South	2:22.85
6	Barb English	Ralston	2:23.20

1600 Meter Run

1	Tanya Vaughn	Scottsbluff	5:21.00
2	Nancy DeVoogd	Lincoln Southeast	5:23.30
3	Cindy Andrew	Omaha Burke	5:24.40
4	Christie Heimes	Scottsbluff	5:28.80
5	Kari Foral	Omaha South	5:28.90
6	Michelle Montagne	South Sioux City	5:30.30

3200 Meter Run

1	Tanya Vaughn	Scottsbluff	11:37.90
2	Julie Bible	Lincoln High	11:44.80
3	Natalie Hulvey	Lincoln High	11:54.10
4	Liz Scanlon	Bellevue West	11:57.70
5	Cindy Andrew	Omaha Burke	12:04.70
6	Elizabeth Wallace	Fremont	12:17.60

100 Meter High Hurdles

1	Heather Jones	Omaha Central	14.88
2	Jennuy Bosak	Columbus	14.97
3	Kim Osler	Omaha Central	15.27
4	Kristin Koenig	Scottsbluff	15.75
5	Rayna Dixon	Omaha Burke	16.06
6	Doris Williams	Omaha Central	16.07

300 Meter Low Hurdles

1	Tara Went	Columbus	45.74
2	Jenny Bosak	Columbus	46.13
3	Danielle Wade	Ralston	46.91
4	Rachel Zimmerman	Omaha Burke	47.36
5	Kristin Koenig	Scottsbluff	47.47
6	Lee Kiechel	Lincoln Southeast	47.58

Long Jump

1	Shelly Tucker	Omaha Northwest	18-01.25
2	Lisa Pilakowski	Columbus	17-11.25
3	Carla Dailey	Omaha Central	17-02.25
4	Stacy Wilson	Gering	17-02
5	Amy Nance	Papillion-LaVista	16-09
6	Tammie Ourada	Kearney	16-08.25

High Jump

1	Brenda Wattier	Norfolk	5-08
2	Theresa Hanus	Millard North	5-05
3	Monica McGuire	Lincoln Southeast	5-04
4	Amy Voss	South Sioux City	5-04
5	Dana Humphrey	Fremont	5-02
6 tie	Heidi Herzberg	Fremont	5-00
	Sandy Skradski	Omaha Gross	5-00
	Lori Hoffbauer	Gering	5-00

Shot Put

1	Amy Paulsen	Norfolk	43-05
2	Kelli Valentine	Bellevue East	41-06.75
3	Jeanne Fox	Kearney	40-03.5
4	April Morris	Omaha Central	40-00.25
5	Kim Grosshans	Lincoln Northeast	38-04.5
6	Kim Mehl	North Platte	37-05

Discus

1	Amy Paulsen	Norfolk	148-08
2	Kim Grosshans	Lincoln Northeast	128-09
3	Jodi Stineman	Lincoln Southeast	126-10
4	Kim Berke	Beatrice	125-05
5	April Morris	Omaha Central	118-04
6	Kelli Valentine	Bellevue East	118-04

400 Meter Relay

1	Omaha Central	48.42
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1600 Meter Relay

1	Omaha Central	4:05.15
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2	Omaha Benson	49.51			2	Lincoln High	4:07.98	
3	Omaha Bryan	50.24			3	Bellevue West	4:08.12	
4	Columbus	50.52			4	Fremont	4:10.99	
5	Gering	50.64			5	Lincoln Southeast	4:12.73	
6	Omaha Westside	50.66			6	Omaha Bryan	4:12.77	
	3200 Meter Relay							
1	Fremont	9:40.45						
2	Lincoln High	9:41.94						
3	Scottsbluff	9:47.81						
4	Omaha Central	9:58.22						
5	Beatrice	10:06.81						
6	Ralston	10:09.46						

1989 Girls Track Class A State Championships

Class A Team Scores

Omaha Central	67	Grand Island	16	Omaha Bryan	6
Millard South	60	Omaha Gross	15.5	Gering	5
Columbus	40	Lincoln Southeast	15	North Platte	5
Fremont	38	Hastings	14	Omaha Benson	4
Kearney	30	Omaha Burke	12	Omaha North	3
Millard North	28	Omaha Northwest	11	Alliance	2
Ralston	28	Bellevue West	10	Lincoln East	1.5
Omaha Westside	18	Omaha South	10		
Lincoln High	18	Bellevue East	8		

Class A Individual Medalists

100 Meter Dash

1	Tresa Watson	Omaha Central	12.48
2	Stephanie Kurz	Millard South	12.53
3	Jill Jackes	Millard North	12.72
4	Donna Curry	Omaha Benson	12.73
5	Felicia Jones	Omaha North	12.74
6	Shawnta Phillip	Omaha Burke	12.75

200 Meter Dash

1	Stephanie Kurz	Millard South	25.91
2	Jill Jackes	Millard North	25.98
3	Tresa Watson	Omaha Central	26.03
4	Jenny Bramer	Millard South	26.49
5	Shawnta Phillip	Omaha Burke	26.50
6	Shelly Tucker	Omaha Northwest	26.54

400 Meter Dash

1	Jenny Johnson	Omaha Westside	56.79
2	Karen Washington	Grand Island	58.17
3	Marcie Reed	Omaha Central	58.32
4	Teresa Slezak	Millard South	58.33
5	Johanna Ertl	Lincoln High	58.89
6	Deyonne Ward	Omaha Burke	59.26

800 Meter Run

1	Tina Dickmeyer	Fremont	2:19.31
2	Kelly Mendenhall	Fremont	2:20.00
3	Anna Behrens	Hastings	2:20.17
4	Kari Foral	Omaha South	2:21.53
5	Tracy Kelly	Alliance	2:22.91
6	Nancy DeVoogd	Lincoln Southeast	2:23.25

1600 Meter Run

1	Kelly Mendenhall	Fremont	5:19.84
2	Nancy DeVoogd	Lincoln Southeast	5:20.15
3	Dori Hunt	Kearney	5:21.36
4	Kari Foral	Omaha South	5:23.38
5	Angie Tussing	Lincoln High	5:24.88
6	Kris Winbinger	Omaha Gross	5:25.07

3200 Meter Run

1	Dori Hunt	Kearney	11:39.34
2	Kris Winbinger	Omaha Gross	12:01.35
3	Angie Tussing	Lincoln High	12:09.76
4	Angie Hudson	Lincoln High	12:10.56
5	Tammy Shank	Omaha South	12:21.16
6	Stacie Guenzel	Lincoln Southeast	12:26.29

100 Meter High Hurdles

1	Jenny Bosak	Columbus	14.92
2	Amy Albertson	Omaha Central	15.60
3	Lisa Pilakowski	Columbus	16.11
4	Cathy Koros	Gering	16.21
5	Jenny Helms	Grand Island	16.22
6	Doris Williams	Omaha Central	16.37

300 Meter Low Hurdles

1	Jenny Bosak	Columbus	44.73
2	Lisa Littlejohn	Omaha Central	45.65
3	Nikki Schulte	Omaha Gross	46.79
4	Jenny Helms	Grand Island	47.41
5	Angie Brunkow	Omaha Burke	48.11
6	Cathy Koros	Gering	48.20

Long Jump

1	Shelly Tucker	Omaha Northwest	18-08.5
2	Jill Jackes	Millard North	17-10.5
3	Lisa Pilakowski	Columbus	17-04.75
4	Sheri Cross	North Platte	16-10.75
5	Kaylee Wiggins	Millard South	16-08.75
6	Kleashua Nelson	Omaha North	16-08.75

High Jump

1	Jenny Bramer	Millard South	5-07
2	Heather Cronk	Bellevue East	5-05
3	Theresa Hanus	Millard North	5-04
4	Stephanie Burkard	Bellevue West	5-01
5	Tiffany Teply	Bellevue West	5-01
6 tie	Sandy Skradski	Omaha Gross	5-01
	Debbie Hunter	Lincoln East	5-01

Shot Put

1	Amy Paulsen	Ralston	46-03.25
2	April Morris	Omaha Central	40-06
3	Jeanne Fox	Kearney	40-03.5
4	Letha Pugh	Omaha Central	39-05
5	Kristy Otoupal	Lincoln Southeast	38-06
6	Kim Mehl	North Platte	38-01

Discus

1	Amy Paulsen	Ralston	155-00
2	Jess Wettiver	Ralston	124-08
3	Esther Tucker	Omaha Bryan	120-00
4	Lisa Crinklaw	Millard South	119-08
5	Jeanne Fox	Kearney	118-02
6	Julie McKenzie	Lincoln Southeast	118-00

400 Meter Relay

1	Omaha Central	49.12
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1600 Meter Relay

1	Millard South	4:00.49
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2	Millard South	49.36			2	Omaha Westside	4:01.69	
3	Omaha Burke	49.70			3	Omaha Central	4:02.00	
4	Columbus	49.74			4	Columbus	4:04.21	
5	Bellevue West	49.86			5	Bellevue West	4:05.34	
6	Grand Island	50.39			6	Grand Island	4:05.61	
3200 Meter Relay								
1	Fremont	9:35.54						
2	Hastings	9:44.89						
3	Kearney	9:48.14						
4	Lincoln High	10:01.75						
5	Lincoln Southeast	10:02.89						
6	Lincoln East	10:06.89						