

# 1993 Girls Track Class B State Championships

## Class B Team Scores

York	62	West Point	12	Wahoo	4
Central City	56	Cozad	11	McCook	3
Crete	46	Imperial	11	Fairbury	3
Beatrice	40	Columbus Scotus	10	Albion	2
Plattsmouth	37	Milford	8	Nebraska City	2
Columbus Lakeview	16	Lexington	6	Raymond Central	2
Grand Island NW	16	Minden	6	Seward	2
Mitchell	16	Aurora	6	Madison	1
Schuyler	14	Centennial	4	Ainsworth	1
Grand Island CC	13	O'Neill	4	Waverly	1
Gothenburg	12	Chadron	4	Wayne	1
Holdrege	12	Pierce	4	Adams Central	1
Ogallala	12	Sidney	4		

## Class B Individual Medalists

### 100 Meter Dash

1	Keri Stopak	Columbus Scotus	12.38
2	Teresa Otto	Beatrice	12.52
3	Melissa Nootz	Milford	12.62
4	Kim Ritola	Gothenburg	12.75
5	Melissa Welch	York	12.78
6	Lara Burkholder	Cozad	12.89

### 200 Meter Dash

1	Tena Wurdeman	Columbus Lakeview	26.40
2	Teresa Otto	Beatrice	26.54
3	Melissa Welch	York	26.58
4	Denise Sjuts	York	26.91
5	Emily Rehmeier	Nebraska City	27.22
6	Kelly Verjraska	Holdrege	27.78

### 400 Meter Dash

1	Christy Rice	Central City	:58.91
2	Denise Grell	Beatrice	:59.31
3	Melissa Welch	York	:59.72
4	Kelly Derscheid	O'Neill	1:00.04
5	Amy Nielsen	Plattsmouth	1:00.32
6	Brandy Schwenk	Crete	1:00.43

### 800 Meter Run

1	Christy Rice	Central City	2:16.56
2	Brandy Schwenk	Crete	2:18.55
3	Nora Shepherd	York	2:20.52
4	Amy Nielsen	Plattsmouth	2:20.72
5	Carrie Sindelar	Grand Island CC	2:21.52
6	Kathy Dalton	Waverly	2:22.47

### 1600 Meter Run

1	Nora Shepherd	York	5:03.58
2	Christy Rice	Central City	5:15.39
3	Kristen Blehm	Mitchell	5:15.52
4	Carrie Sindelar	Grand Island CC	5:19.30
5	Amy Parsons	Plattsmouth	5:20.64
6	KayCee Muma	Lexington	5:22.99

### 3200 Meter Run

1	Nora Shepherd	York	10:46.86
2	Kristen Blehm	Mitchell	11:34.71
3	Carrie Sindelar	Grand Island CC	11:35.47
4	KayCee Muma	Lexington	11:42.26
5	Johna Speck	Imperial	12:00.79
6	Angie Peglow	Imperial	12:00.89

### 100 Meter High Hurdles

1	Becky Kastrick	Plattsmouth	14.90
2	Nikki Nielsen	Central City	15.44
3	Alison Wimmer	West Point	15.89
4	Noelle Nelson	Holdrege	16.03
5	Amy Koubza	Raymond Central	16.16
6	Karen Fink	Crete	16.35

### 300 Meter Low Hurdles

1	Nikki Nielsen	Central City	46.58
2	Becky Kastrick	Plattsmouth	46.90
3	Sarah Thorson	Aurora	47.33
4	Crystal McBride	Sidney	47.75
5	Brooke Blatny	Fairbury	47.80
6	Jenny Thompson	Wayne	48.00

### Long Jump

1	Lara Burkholder	Cozad	17-09.25
2	Karen Fink	Crete	17-05.75
3	Tena Wurdeman	Columbus Lakeview	17-03.5
4	Jill Sickles	Holdrege	17-00.5
5	Michelle Wolford	Ogallala	17-00.25
6	Jill Laux	Lexington	16-11.25

### High Jump

1	Amanda Saner	Ogallala	5-05
2	Karen Fink	Crete	5-05
3	Tracy Nielsen	Minden	5-05
4 tie	Becky Hein	McCook	5-01
	Tiffany Borden	Holdrege	5-01
6	Emily Hekrdle	Madison	5-01

### Shot Put

1	Teri Steer	Crete	49-06.75
2	Rikki Watson	Grand Island NW	39--09.25
3	Karen Hogel	Schuyler	39-03.25
4	Genni Nichols	Centennial	37-10.75
5	Mel Leibhart	Imperial	37-05
6	Angie Dowd	Grand Island CC	37-02.5

### Discus

1	Teri Steer	Crete	138-07
2	Paula Kroeker	York	124-09
3	Mel Leibhart	Imperial	122-00
4	Dionne Holmquist	Chadron	121-04
5	Robin Henrichs	Albion	121-02
6	Bridget Syfie	Ainsworth	120--09

### 400 Meter Relay

1	York	50.02
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### 1600 Meter Relay

1	Central City	4:04.04
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2	Gothenburg	50.54			2	Grand Island NW	4:05.63	
3	West Point	50.63			3	Beatrice	4:09.55	
4	Beatrice	50.96			4	Pierce	4:10.61	
5	Milford	51.08			5	Seward	4:11.09	
6	Fairbury	51.18			6	Plattsmouth	4:11.98	
	<b>3200 Meter Relay</b>							
1	Plattsmouth	9:37.94						
2	Schuyler	9:47.05						
3	Beatrice	9:48.55						
4	Wahoo	9:50.09						
5	Mitchell	9:53.71						
6	Adams Central	9:55.14						