

Seton High School Regional Performance by Year

| Year | Event | Name | Regional Performance |
|------|-----------------------------------|-------------------------------------|------------------------------------|
| 2007 | 300m hurdles | Meredith Rudolf | 50.14 (14 th place) |
| | Long jump | Meredith Rudolf | 15-11 (11 th place) |
| | Pole vault | Caitlin Wetsch | 9-00 (14 th place) |
| | Total: | 0 individual | 0 relay |
| 2008 | 100m hurdles | Meredith Rudolf | 16.88 (16 th place) |
| | Total: | 0 individual | 0 relay |
| 2009 | High jump | Annie Goettke | 4-10 (t13 th place) |
| | Total: | 0 individual | 0 relay |
| 2010 | 200m dash | Kaitlyn Cappel | 27.16 (16 th place) |
| | 4x200m relay | Hayhow, Niemann, Woeste, Cappel | 1:46.84 (9 th place) |
| | 4x400m relay | Hayhow, Rudolf, Perry, Woeste | 4:13.05 (11 th place) |
| | High jump | Annie Goettke | 4-10 (t12 th place) |
| | Pole vault | Julie Corbett | NH |
| | Total: | 0 individual | 0 relay |
| | | | |
| 2011 | No individual or relay qualifiers | | |
| 2012 | 200m dash | Ashley Niemann | 26.31 (10 th place) |
| | 4x100m relay | Rollison, Kurzhals, Rudolf, Cappel | 50.21 (11 th place) |
| | 4x200m relay | Rollison, Cappel, Kurzhals, Niemann | 1:45.41p (DQ in finals) |
| | 4x400m relay | Rudolf, Heine, Woeste, Niemann | 4:12.46 (13 th place) |
| | 4x800m relay | Heine, Tettenhorst, Henderson, Pace | 9:57.19 (12 th place) |
| | Long jump | Ashley Eversole | 15-07.25 (t14 th place) |
| | Total: | 0 individual | 0 relay |
| 2013 | 100m dash | Kelsey Kurzhals | 13.41 (12 th place) |
| | 300m hurdles | Jessie Woeste | 48.17 (10 th place) |
| | 4x100m relay | Rollison, Schleben, Evans, Kurzhals | 51.06 (13 th place) |
| | 4x400m relay | Heine, Hayhow, Stalets, Woeste | 4:07.41 (12 th place) |
| | High jump | Loretta Blaut | 5-08 (1st place) |
| | Discus | Alyssa Ramstetter | 107-09 (12 th place) |
| | Total: | 1 individual | 0 relay |

| Year | Event | Name | Regional Performance |
|------|-------------------|--|--|
| 2014 | 400m dash | Maria Torok | 1:00.86 (10 th place) |
| | 1600m run | Audrey Laiveling | 5:24.64 (11 th place) |
| | 4x100m relay | Brown, Frey, Lipps, Kurzhals | 51.52 (15 th place) |
| | 4x200m relay | Goodwin, Torok, Frey, Kurzhals | 1:48.90 (14 th place) |
| | High jump | Loretta Blaut | 5-04 (1st place) |
| | Pole vault | Anna Schoster | 10-00 (10 th place) |
| | Discus | Alyssa Ramstetter | 120-01 (3rd place) |
| | Shot put | Alyssa Ramstetter | 34-04.75 (13 th place) |
| | Total: | 2 individual | 0 relay |
| | | | |
| 2015 | 400m dash | Sarah Telscher | 1:01.60 (13 th place) |
| | 400m dash | Maria Torok | 1:01.98 (16 th place) |
| | 3200m run | Erica Schloemer | 11:14.02 (4th place) |
| | 4x800m relay | Henderson, Hirlinger, Schloemer, Telscher | 9:59.46 (11 th place) |
| | Pole vault | Anna Schoster | 11-08 (3rd place) |
| | Discus | Alyssa Ramstetter | 129-06 (2nd place) |
| | Shot put | Alyssa Ramstetter | 33-07 (11 th place) |
| | Total: | 3 individual | 0 relay |
| 2016 | 400m dash | Sarah Telscher | 57.07 (1st place) |
| | Pole vault | Anna Schoster | 11-10 (3rd place) |
| | Shot put | Analise Kandra | NM |
| | Total: | 2 individual | 0 relay |
| 2017 | 400m dash | Sarah Telscher | 57.83 (5 th place) |
| | 300m hurdles | Ellie Flower | DNR |
| | 4x200m relay | Hambleton, Hofmeyer, Meyer, Telscher | 1:47.96 (12 th place) |
| | Pole vault | Logan Whitehead | NH |
| | Discus | Analise Kandra | 110-00 (10 th place) |
| | Shot put | Analise Kandra | 35-04 (5 th place) |
| | Shot put | Maria Striebich | 35-03 (6 th place) |
| | Total: | 0 individual | 0 relay |
| 2018 | 800m run | Jillian Webber | 2:28.99 (13 th place) |
| | Discus | Analise Kandra | 114-11 (9 th place) |
| | Shot put | Annalise Kandra | 38-01 (5 th place) |
| | Shot put | Maria Striebich | 35-01.25 (9 th place) |
| | Total: | 0 individual | 0 relay |

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|------|---------------------------------|---|---------------------------------------|
| 2019 | 200m dash | Jenna Accurso | 27.00 (14 th place) |
| | 4x100m relay | Accurso, Hoeweler, Walker, Hambleton | 51.09 (11 th place) |
| | Shot put | Emma Striebich | 33-11.50 (10 th place) |
| | Shot put | Mary Peters | 32-10.75 (12 th place) |
| | Total: | 0 individual | 0 relay |
| 2020 | Season canceled due to COVID-19 | | |
| 2021 | 800m run | Avery Emerson | 2:38.30 (15 th place) |
| | Shot put | Emma Striebich | 40-11 (2nd place) |
| | Discus | Emma Striebich | 120-01 (2nd place) |
| | Total: | 2 individual | 0 relay |
| 2022 | High jump | Maddie Albright | 4-08 (13 th place) |
| | Shot put | Vern Wellbrock | 32-02.50 (15 th place) |
| | Pole vault | Bella Bass | 9-00 (11 th place) |
| | Total: | 0 individual | 0 relay |
| 2023 | 400m dash | Ava Glahn | 59.98 (10 th place) |
| | 4x100m relay | Meade, Corey Glahn, Heine | 51.50 (15 th place) |
| | High jump | Maddie Albright | 4-10 (t9 th place) |
| | Total: | 0 individual | 0 relay |
| 2024 | 800m run | Heidi Harmeyer | 2:21.62 (9 th place) |
| | 1600m run | Abby Condren | 5:34.99 (9 th place) |
| | 1600m run | Heidi Harmeyer | 5:10.?? (DQ) |
| | 100m hurdles | Kylie Ackerman | 16.65 (14 th place) |
| | 4x100m relay | Helmes, Glahn, Corey, Broxterman | 51.49 (16 th place) |
| | 4x400m relay | Schroth, Massa, Corey, Glahn | 4:07.11 (11 th place) |
| | 4x800m relay | Sims, Harmeyer, Wittich, Condren | 9:47.80 (4th place) |
| | High jump | Maddie Albright | 4-10 (14 th place) |
| | Long jump | Anna Groh | 16-09.5 (12 th place) |
| | Shot put | Brooke Goshorn | 33-07.25 (13 th place) |
| | Discus | Kelli Silbernagel | 96-07 (15 th place) |
| | Total: | 0 individual | 1 relay |

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| 2025 | 400m dash | Lauren Williams | 1:01.20 (14 th place) |
| | 1600m run | Heidi Harmeyer | 4:53.14 (1st place) |
| | 3200m run | Heidi Harmeyer | 10:47.25 (2nd place) |
| | 100m hurdles | Kiley Ackerman | 15.69 (10 th place) |
| | 4x200m relay | Grodi, Williams, Corey, May | 1:50.44 (15 th place) |
| | 4x400m relay | Massa, Williams, Schorsch, Corey | 4:12.03 (14 th place) |
| | 4x800m relay | Sims, Schorsch, Harmeyer, Condren | 9:31.26 (7 th place) |
| | Long jump | Anna Groh | 17-03.75 (6 th place) |
| | Discus | Sophie Wills | 102-03 (12 th place) |
| | Total: | 2 individual | 0 relay |

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| 200m dash | 2010 | Kaitlyn Cappel | 27.16 (16 th place) |
| | 2012 | Ashley Niemann | 26.31 (10 th place) |
| | 2019 | Jenna Accurso | 27.00 (14 th place) |
| 400m dash | 2014 | Maria Torok | 1:00.86 (10 th place) |
| | 2015 | Sarah Telscher | 1:01.60 (13 th place) |
| | 2015 | Maria Torok | 1:01.98 (16 th place) |
| | 2016 | Sarah Telscher | 57.07 (1st place) |
| | 2017 | Sarah Telscher | 57.83 (5 th place) |
| | 2023 | Ava Glahn | 59.98 (10 th place) |
| | 2025 | Lauren Williams | 1:01.20 (14 th place) |
| 800m run | 2018 | Jillian Webber | 2:28.99 (13 th place) |
| | 2021 | Avery Emerson | 2:38.30 (15 th place) |
| | 2024 | Heidi Harmeyer | 2:21.62 (9 th place) |
| 1600m run | 2014 | Audrey Laiveling | 5:24.64 (11 th place) |
| | 2024 | Abby Condren | 5:34.99 (9 th place) |
| | 2024 | Heidi Harmeyer | 5:10.?? (DQ) |
| | 2025 | Heidi Harmeyer | 4:53.14 (1st place) |
| 3200m run | 2015 | Erica Schloemer | 11:14.02 (4th place) |
| | 2025 | Heidi Harmeyer | 10:47.25 (2nd place) |
| 100m hurdles | 2008 | Meredith Rudolf | 16.88 (16 th place) |
| | 2024 | Kylie Ackerman | 16.65 (14 th place) |
| | 2025 | Kiley Ackerman | 15.69 (10 th place) |
| 300m hurdles | 2007 | Meredith Rudolf | 50.14 (14 th place) |
| | 2013 | Jessie Woeste | 48.17 (10 th place) |
| | 2017 | Ellie Flower | DNR |

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| | 2013 | Rollison, Schleben, Evans, Kurzhals | 51.06 (13 th place) |
| | 2014 | Brown, Frey, Lipps, Kurzhals | 51.52 (15 th place) |
| | 2019 | Accurso, Hoeweler, Walker, Hambleton | 51.09 (11 th place) |
| | 2023 | Meade, Corey Glahn, Heine | 51.50 (15 th place) |
| | 2024 | Helmes, Glahn, Corey, Broxterman | 51.49 (16 th place) |
| 4x200m relay | 2010 | Hayhow, Niemann, Woeste, Cappel | 1:46.84 (9 th place) |
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| High jump | 2009 | Annie Goettke | 4-10 (t13 th place) |
| | 2010 | Annie Goettke | 4-10 (t12 th place) |
| | 2013 | Loretta Blaut | 5-08 (1st place) |
| | 2014 | Loretta Blaut | 5-04 (1st place) |
| | 2022 | Maddie Albright | 4-08 (13 th place) |
| | 2023 | Maddie Albright | 4-10 (t9 th place) |
| | 2024 | Maddie Albright | 4-10 (14 th place) |
| Long jump | 2007 | Meredith Rudolf | 15-11 (11 th place) |
| | 2012 | Ashley Eversole | 15-07.25 (t14 th place) |
| | 2024 | Anna Groh | 16-09.5 (12 th place) |
| | 2025 | Anna Groh | 17-03.75 (6 th place) |
| Pole vault | 2007 | Caitlin Wetsch | 9-00 (14 th place) |
| | 2010 | Julie Corbett | NH |
| | 2014 | Anna Schoster | 10-00 (10 th place) |
| | 2015 | Anna Schoster | 11-08 (3rd place) |
| | 2016 | Anna Schoster | 11-10 (3rd place) |
| | 2017 | Logan Whitehead | NH |
| | 2022 | Bella Bass | 9-00 (11 th place) |

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| Discus | 2013 | Alysssa Ramstetter | 107-09 (12 th place) |
| | 2014 | Alyssa Ramstetter | 120-01 (3rd place) |
| | 2015 | Alyssa Ramstetter | 129-06 (2nd place) |
| | 2017 | Analise Kandra | 110-00 (10 th place) |
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| | 2021 | Emma Striebich | 120-01 (2nd place) |
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| | 2025 | Sophie Wills | 102-03 (12 th place) |
| Shot put | 2014 | Alyssa Ramstetter | 34-04.75 (13 th place) |
| | 2015 | Alyssa Ramstetter | 33-07 (11 th place) |
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| | 2017 | Analise Kandra | 35-04 (5 th place) |
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| | 2022 | Vern Wellbrock | 32-02.50 (15 th place) |
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