

Elkhorn South High School Girls Track and Field
District Champions

2012

Event	Name	Time/Distance
Shot Put	Aaliyah Pete	41-06
100 Meter Hurdles	Brooke Adams	15.84
400 Meter Dash	Kaleigh Heng	59.22
1600 Meter Relay	Brooke Adams Morgan Lee Katie Meeks Kaleigh Heng	4:07.64

2013

Event	Name	Time/Distance
Shot Put	Aaliyah Pete	48-02
200 Meter Dash	Mackenzie Sederburg	26.12
100 Meter Hurdles	Brooke Adams	16.35
1600 Meter Relay	Katie Meeks Mackenzie Sederburg Brooke Adams Morgan Lee	4:12.77

2014

Event	Name	Time/Distance
3200 Meter Relay	Jordan Sieh Taylor Trout Katie Meeks Bethany Emsick	10:13.94

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2016

Event	Name	Time/Distance
Long Jump	Kassie Gibbons	17-02
Pole Vault	Casey Tillisch	10-04

2017

Event	Name	Time/Distance
Long Jump	Kassie Gibbons	17-05
Discus	Sarah Swanson	125-02

2018

Event	Name	Time/Distance
400 Meter Relay	Grace Wolf Carson Ballard Hanna Latham Ana Bellinghausen	50.37
Shot Put	Ellie Akough	40-00.5

2019

Event	Name	Time/Distance
300 Meter Hurdles	Kelsey Zach	50.21
3200m Run	Ally Schilmoeller	12:11.39
Discus	Ellie Akough	146-00
Shot Put	Ellie Akough	39-05

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2021

Event	Name	Time/Distance
3200m Run	Jaci Sievers	11:48.68
4x400m Relay	Brynn Wilczewski Morgan Brady Kyra Garlock Elise Madden	4:06.80
4x800m Relay	Kyra Garlock Emily Tichota Lindsay Neill Elise Madden	9:54.15

2022

Event	Name	Time/Distance
3200m	Jaci Sievers	11:00.65
1600m	Jaci Sievers	5:03.03

2023

3200m	Jaci Sievers	11:01.64
800m	Jaci Sievers	2:18.95
1600m	Jaci Sievers	5:05.23
High Jump	EJ Brown	5-7
4x400m	Alexa Eddie Lillian Koenig Maggie Madsen Morgan Brady	4:03.44

2024

Event	Name	Time/Distance
High Jump	EJ Brown	5-8