

## 1995 GIRLS EDC RESULTS

### 3200 M Relay

1. Jmst 10:01.21
2. RR 10:07.36
3. Shan 10:10.66
4. Graf 10:10.73
5. GFC 10:17.84
6. South 10:23.38

### 300 M Hurdles

1. Kara Deringer Shan 43.91(MEET RECORD)
2. Natalie Lindquist RR 46.63
3. Kelly Eaton RR 47.50
4. Leslie Hendrickson Jmst 48.64
5. Tricia Schilling VD 48.91
6. Kelly Lindenberg Graf 49.62

### Discus

1. Stephanie Wigness RR 163' 2"
2. Cassie Romuld GFC 161' 1"
3. Jackie Myers RR 140' 7
4. Katie Lukens GFC 125' 9
5. Theresa Jakus GFC 123' 10
6. Nicole Nelson Jmst 123' 5

### Long Jump

1. Rhonda Swanson FS 17' 2 ½
2. Katie Volk WF 17' ¼
3. Summer Kleven GFC 16' 11 ¼
4. Rae Peterson Wahp 16' 10 ¼
5. Crystal Cummins FS 16' 10
6. Heather Lee Jmst 16' 7 ¼

### Shot Put

1. Stephanie Wigness RR 42' 7
2. Jen Doherty RR 42' 7
3. Cassie Romuld GFC 41' 10
4. Jennifer Rud WF 38' 8
5. Jackie Myers RR 37' 10
6. Amanda Glas FN 37' 4

### 400 M Dash

1. Kara Deringer Shan 58.76(MEET RECORD)
2. Juanita Phelps GFC 59.21
3. Jolen Vanyo WF 59.82
4. Simone Wahl Jmst 60.20
5. Leta Prochnow Jmst 60.88
6. Kara Bauer FS 61.49

### 100 M Hurdles

1. Kara Deringer Shan 14.6
2. Rhonda Swanson FS 15.30
3. Natalie Lindquist RR 15.38
4. Jill Elliott FN 15.82
5. Zoe Lindquist RR 15.90
6. Crystal Cummins FS 16.13

### 800 M Run

1. Jolene Vanyo WF 2:19.94
2. Leta Prochnow Jmst 2:22.71
3. Jenny Fredreickson Graf 2:26.46
4. Aaron Clark Shan 2:27.97
5. Jackie Hjelden RR 2:28.07
6. Sarah Hilgers Shan 2;28.79

### 1600 M Run

1. Jessica Neva Jmst 5:17.95
2. Kim Fox Jmst 5:23.76
3. Tricia Bednar FS 5:26.16
4. Casey Wanzek Jmst 5:26.96
5. Jessica Schweitzer Jmst 5:33.31
6. Sara Johnson WF 5:38.12

### 100 M Dash

1. Brenda Baldner FS 12.16 (MEET RECORD)
2. Amber Anderson VC 12.69
3. Melissa Stenehem RR 12.76
4. Simone Wahl Jmst 12.80
5. Rhonda Swanson FS 12.81
6. Juanita Phelps GFC 12.86

### 3200 M Run

1. Jessica Neva Jmst 11:25.07
2. Karin Bandi WF 11:45.73
3. Jessica Schweitzer Jmst 11:54.84
4. Christina Fox Jmst 12:01.63
5. Tricia Bednar FS 12:03.92
6. Heather Babcock Jmst 12:04.62

1. North 1:48.80
2. RR 1:50.19
3. WF 1:50.40
4. South 1:50.44
5. Shan 1:52.12
6. Jmst 1:54.46

#### 200 M Dash

1. Kara Deringer Shan 25.70 (MEET RECORD)
2. Brenda BAldner FS 25.95
3. Simone Wahl Jmst 26.03
4. Juanita Phelps GFC 26.36
5. Becki Nyberg RR 26.63
6. Terra Foster GFC 16.80

#### 1600 M Relay

1. Shan 4:10.63
2. RR 4:11.2
3. WF 4:12.21
4. Jmst 4:13.35
5. GFC 4:19.6
6. Graf 4:22.84

#### Javelin

1. Amanda Glas FN 133' 10
2. Laura Fleck WF 125' 2
3. Katie Staton FN 119' 3
4. Charla Evenson RR 118' 2
5. Mandy Enebo WF 108' 7
6. Tiffany Wigen WF 107' 8

#### High Jump

1. Heather Lee Jmst 5'2
2. Jenny Olson FS 5'2
3. Allyson Henke FN 5'2
4. Crystal Cummins 5'2
5. Andre Dobmeier FS 5'2
6. Kelly Eaton RR 5'

#### Triple Jump

1. Crystal Cummins FS 35' 6
2. Summer Kleven GFC 35' 3 ½
3. Amber Anderson VC 35' 3
4. Zoe Lindquist RR 35' 1 ¾
5. Becki Nyberg RR 34' 11 ¾
6. Heather Lee Jmst 34' 10

#### TEAM TOTALS

1. Jmst 133
2. RR 132
3. South 112 1/2
4. WF 70
5. GFC 69 ½
6. Shan 69
7. North 57
8. VC 23
9. Graf 17
10. WF 16
11. DL 3

#### 400 M Relay

1. South 51.10
2. North 51.28
3. Jmst 52.14
4. RR 52.40
5. Wahp 52.75
6. GFC 52.98

UNABLE TO FIND POLE VAULT FOR GIRLS

#### 800 M Relay