

## Howells-Dodge Jaguars Track & Field

### GIRLS - Top 5 performances since 2013

Overall	Year	Seniors	Juniors	Sophomores	Freshmen		
<b>Long Jump</b>							
1	Elizabeth Sindelar	16'11 2014	Heather Muller 16'3	Jill Rocheford 15'10.25	Elizabeth Sindelar 15'10.25	Elizabeth Sindelar 16'11	
2	Heather Muller	16'3 2013	Haley Kampschnieder 15'7.75	Morgan Baumert 15'6.25	Kalli Brester 15'0.75	Grace Kreikemeier 14'4	
3	Jill Rocheford	15'10.25 2013	Jill Rocheford 15'6	Macey Kulhanek 14'4.75	Morgan Baumert 14'4	Tonya Brester 13'10	
4	Haley Kampschnied	15'7.75 2013	Morgan Baumert 15'0			Holly Tomcak 13'2	
5	Morgan Baumert	15'6.25 2014	Leah Grovijohn 12'7			Grace Dvorak 12'1	
<b>Triple Jump</b>							
1	KC Heimann	34'6 2013	KC Heimann 34'6	Morgan Baumert 33'1.75	Morgan Baumert 31'8	Tonya Brester 30'2	
2	Haley Kampschnied	33'5.75 2013	Haley Kampschnieder 33'5.75	Jill Rocheford 32'9.25		Erin Prusa 29'10	
3	Morgan Baumert	33'1.75 2014	Jill Rocheford 32'3			Hailey Coufal 28'4.75	
4	Jill Rocheford	32'9.25 2013	Morgan Baumert 31'3.25				
5	Tonya Brester	30'2 2016					
<b>High Jump</b>							
1	Tessa Brester	4'11 2017	Tessa Brester 4'11	Tessa Brester 4'10	Tessa Brester 4'8	Tessa Brester 4'9	
2	Emily Brichacek	4'10 2013	Emily Brichacek 4'8	Emily Brichacek 4'10		Erin Prusa 4'6	
3	Erin Prusa	4'6 2016				Grace Kreikemeier 4'4	
4	Grace Kreikemeier	4'4 2017					
5							
<b>Shot Put</b>							
1	Abby Coday	39'1 2015	Abby Coday 39'1	Abby Coday 38'11.75	Abby Coday 35'5	Lindsey Pickhinke 31'9.5	
2	Emily Brichacek	36'1.5 2013	Emily Brichacek 34'5	Emily Brichacek 36'1.5	Kelly Cech 29'1.5	Madyson Cech 31'6	
3	Dana Eikmeier	33'9 2013	Dana Eikmeier 33'9	Lindsey Pickhinke 30'6	Lindsey Pickhinke 29'7	Ellie Sheaks 25'0.5	
4	Lindsey Pickhinke	31'9 2015		Sam Brester 27'2	Erin Prusa 24'0.5	Alyssa Coufal 22'1	
5	Madyson Cech	31'6 2017			Perla Delgado 23'9		
<b>Discus</b>							
1	Emily Brichacek	114'3 2014	Emily Brichacek 114'3	Emily Brichacek 94'6	Erin Prusa 113'5	Madyson Cech 98'1	
2	Erin Prusa	113'5 2017	Makenzie Polacek 113'5	Abby Coday 87'9	Perla Delgado 79'7	Alyssa Coufal 81'1	
3	Makenzie Polacek	113'5 2013	Abby Coday 111'11	Lindsey Pickhinke 74'4	Lindsey Pickhinke 78'0	Lindsey Pickhinke 72'11	
4	Abby Coday	111'11 2015	Paige Indra 81'7	Casey Smith 73'11	Chloe' Pieper 58'0	Ellie Sheaks 68'3	
5	Madyson Cech	98'1 2017				Erin Prusa 65'0	
<b>100 HH</b>							
1	KC Heimann	15.7 2013	KC Heimann 15.7	Faith Molacek 17.7			
2	Faith Molacek	17.3 2015	Faith Molacek 17.3				
3	Leah Grovijohn	19.3 2013	Leah Grovijohn 19.3				
4							
5							
<b>300 LH</b>							
1	KC Heimann	48.8 2013	KC Heimann 48.8	Faith Molacek 51.5	Tami Dostal 59.3		
2	Faith Molacek	51.5 2014	Faith Molacek 51.5	Macey Kulhanek 51.7			
3	Macey Kulhanek	51.7 2017	Tami Dostal 57.2	Mallory Rolf 56.0			
4	Mallory Rolf	56.0 2015	Leah Grovijohn 59.4	Tami Dostal 57.3			
5	Tami Dostal	57.2 2015		Leah Grovijohn 58.9			
		<b>55 Meter Dash</b>		<b>55 Meter HH</b>		<b>4 X 1 Lap Relay</b>	
1		Elizabeth Sindelar	7.67	KC Heimann	9.29	2015	1:32.35
2		Kalli Brester	8.14	Faith Molacek	10.07	2017	1:32.96
3		Sam Brester	8.21	Leah Grovijohn	10.95	2014	1:35.17
4		Macey Kulhanek	8.27			2016	1:37.97
5		Jill Rocheford	8.38			2013	1:38.32

Overall	Year	Seniors	Juniors	Sophomores	Freshmen		
<b>100</b>							
1	Elizabeth Sindelar	12.5 2014	Elizabeth Sindelar 12.9	Elizabeth Sindelar 13.1	Elizabeth Sindelar 12.7	Elizabeth Sindelar 12.5	
2	Kalli Brester	13.2 2016	Kalli Brester 13.3	Kalli Brester 13.2	Kalli Brester 13.4	Sam Brester 13.7	
3	Morgan Baumert	13.3 2015	Morgan Baumert 13.3		McKenna Klosen 13.8	McKenna Klosen 13.8	
4	Sam Brester	13.7 2014	Tessa Brester 14.0		Morgan Baumert 14.0	Kara Brichacek 13.9	
5	McKenna Klosen	13.8 16/17	Leah Grovijohn 15.1		Vanessa Hegemann 16.4	Tessa Brester 14.4	
<b>200</b>							
1	Elizabeth Sindelar	25.9 2014	Elizabeth Sindelar 26.9	Elizabeth Sindelar 27.5	Elizabeth Sindelar 26.3	Elizabeth Sindelar 25.9	
2	Sam Brester	28.0 2014		Sam Brester 28.3	Kalli Brester 28.9	Sam Brester 28.0	
3	Macey Kulhanek	28.58 2017		Macey Kulhanek 28.58	McKenna Klosen 29.0	Tessa Brester 28.7	
4	Tessa Brester	28.7 2014		Kalli Brester 28.9	Morgan Baumert 29.4	McKenna Klosen 29.6	
5	Kalli Brester	28.9 2015		Jill Rocheford 29.6	Kara Brichacek 29.9	Kara Brichacek 29.9	
<b>400</b>							
1	Sam Brester	61.83 2015	Sam Brester 62.28	Sam Brester 62.7	Sam Brester 61.83	Sam Brester 63.2	
2	Macey Kulhanek	64.1 2017	Madison Novicki 69.3	Macey Kulhanek 64.1	Jessi Brester 66.9	Tessa Brester 66.4	
3	Tessa Brester	66.4 2014		Faith Molacek 67.3	Faith Molacek 67.8	McKenna Klosen 68.2	
4	Jessi Brester	66.9 2017		Tessa Brester 67.7	Tessa Brester 68.45	Jessi Brester 68.4	
5	Faith Molacek	67.3 2014		Haley Eikmeier 69.6	Kara Brichacek 69.2	Grace Kreikemeier 78.6	
<b>800</b>							
1	Sam Brester	2:29.82 2015	Anna Grovijohn 2:35.0	Haley Eikmeier 2:30.5	Sam Brester 2:29.82	Haley Eikmeier 2:36.7	
2	Haley Eikmeier	2:30.54 2015	Sam Brester 2:37.11		Haley Eikmeier 2:30.54	Tessa Brester 2:39.4	
3	Anna Grovijohn	2:35.3 2013	Haley Eikmeier 2:37.5		Jessi Brester 2:45.31	Jessi Brester 2:43.5	
4	Tessa Brester	2:39.4 2014				Taya VanLengen 2:53.5	
5	Jessi Brester	2:43.5 2016				Grace Dvorak 2:59.4	
<b>1600</b>							
1	Sam Brester	6:04.8 2016	Haley Eikmeier 6:42.0	Sam Brester 6:04.8	Chelsea Bayer 6:14.6	Tonya Brester 6:28.2	
2	Chelsea Brester	6:14.6 2015	Breanne Brester 6:45.5	Breanne Brester 6:36.3	Shayna Henrickson 6:30.2	Taya VanLengen 6:36.9	
3	Tonya Brester	6:28.2 2016	Kayla Tomasek 7:15.9		Mallory Rolf 6:35.0	Grace Dvorak 6:49.57	
4	Shayna Henrickson	6:30.2 2013					
5	Mallory Rolf	6:35.0 2014					
<b>3200</b>							
1	Grace Dvorak	14:17.0 2016		Breanne Brester 14:34.8		Grace Dvorak 14:17.0	
2	Taya VanLengen	14:30.5 2017				Taya VanLengen 14:30.5	
3	Breanne Brester	14:34.8 2013					
4							
5							
<b>4 X 400 Relay Split</b>							
1	Sam Brester	60.7 2016	Tessa Brester 62.4	Sam Brester 60.7	Sam Brester 62.3	Sam Brester 66.7	
2	Tessa Brester	62.4 2017	Kalli Brester 62.6	Tessa Brester 63.3	Kalli Brester 65.9	Tessa Brester 67.0	
3	Kalli Brester	62.6 2017	Sam Brester 63.1	Kalli Brester 63.6	Tessa Brester 66.4	McKenna Klosen 71.0	
4	Macey Kulhanek	64.3 2017	Anna Grovijohn 64.9	Macey Kulhanek 64.3	Haley Eikmeier 66.8	Jessi Brester 72.6	
5	Haley Eikmeier	64.4 2016	Haley Kampschnieder 67.6	Haley Eikmeier 64.4	Faith Molacek 67.7	Haley Eikmeier 72.6	
<b>4 X 800 Relay Split</b>							
1	Sam Brester	2:26.6 2015	Sam Brester 2:27.9	Sam Brester 2:28.1	Sam Brester 2:26.6	Jessi Brester 2:36.5	
2	Haley Eikmeier	2:28.6 2016	Anna Grovijohn 2:32.9	Haley Eikmeier 2:28.6	Haley Eikmeier 2:30.1	Haley Eikmeier 2:44.5	
3	Tessa Brester	2:31.9 2016	Tessa Brester 2:32.9	Tessa Brester 2:31.9	Jessi Brester 2:35.2	Grace Dvorak 2:45.6	
4	Anna Grovijohn	2:32.9 2013	Haley Eikmeier 2:37.7	Kara Brichacek 3:08.3	Tessa Brester 2:37.7	McKenna Klosen 2:52.6	
5	Jessi Brester	2:35.2 2016	Haley Kampschnieder 2:44.9		Chelsea Bayer 2:41.0	Taya VanLengen 2:55.7	
<b>4 X 100 Relay      4 X 400 Relay      4 X 800 Relay</b>							
1		2014	52.9	2016	4:13.50	2017	10:10.61
2		2015	53.16	2017	4:13.91	2016	10:14.8
3		2013	53.7	2015	4:17.32	2015	10:15.46
4		2017	53.9	2014	4:23.04	2013	10:52.7
5		2016	54.23	2013	4:34.0	2014	11:48.9