

## 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	Blair Fiala	15'6.5	Jill Grovijohn	14'11.75
3	Jill Rocheford	15'10.25	2013	Jill Rocheford	15'6	Macey Kulhanek	14'4.75	Kalli Brester	15'0.75	Grace Kreikemeier	14'4
4	Haley Kampschnieder	15'7.75	2013	Morgan Baumert	15'0	Kennady Schmidt	13'6	Jillian Grovijohn	14'11.5	Tonya Brester	13'10
5	Blair Fiala	15'6.5	2021	Leah Grovijohn	12'7	Tonya Brester	13'5.5	Morgan Baumert	14'4	Logan Fiala	13'6.5
<b>Triple Jump</b>											
1	KC Heimann	34'6	2013	KC Heimann	34'6	Morgan Baumert	33'1.75	Blair Fiala	32'11.5	Tonya Brester	30'2
2	Haley Kampschnieder	33'5.75	2013	Haley Kampschnieder	33'5.75	Jill Rocheford	32'9.25	Morgan Baumert	31'8	Erin Prusa	29'10
3	Morgan Baumert	33'1.75	2014	Jill Rocheford	32'3	Tonya Brester	30'6	Jillian Grovijohn	28'5	Jill Grovijohn	29'5.5
4	Blair Fiala	32'11.5	2021	Morgan Baumert	31'3.25					Hailey Coufal	28'4.75
5	Jill Rocheford	32'9.25	2013							Brooklyn Macholan	28'2
<b>High Jump</b>											
1	Abbey Pieper	5'0	2021	Tessa Brester	4'11	Abbey Pieper	5'0	Tessa Brester	4'8	Tessa Brester	4'9
2	Tessa Brester	4'11	2017	Emily Brichacek	4'8	Tessa Brester	4'10	Nessa Krupka	4'4	Erin Prusa	4'6
3	Emily Brichacek	4'10	2013			Emily Brichacek	4'10			Grace Kreikemeier	4'4
4	Erin Prusa	4'6	2016								
5	Nessa Krupka	4'4	2021								
<b>Shot Put</b>											
1	Abby Coday	39'1	2015	Abby Coday	39'1	Abby Coday	38'11.75	Madyson Cech	35'7	Brooklyn Macholan	32'0.5
2	Emily Brichacek	36'1.5	2013	Emily Brichacek	34'5	Emily Brichacek	36'1.5	Abby Coday	35'5	Lindsey Pickhinke	31'9.5
3	Sasha Perrin	36'1	2021	Dana Eikmeier	33'9	Sasha Perrin	36'1	Sophie Dvorak	33'8.5	Madyson Cech	31'6
4	Madyson Cech	35'7	2018	Lindsey Pickhinke	32'0	Erin Prusa	32'4.5	Lexie Brester	32'0	Lexie Brester	30'11.5
5	Dana Eikmeier	33'9	2013	Erin Prusa	28'10.5	Lindsey Pickhinke	30'6	Lindsey Pickhinke	29'7	Ellie Sheaks	25'0.5
<b>Discus</b>											
1	Erin Prusa	137'9	2019	Erin Prusa	137'7	Erin Prusa	121'11	Madyson Cech	114'9	Madyson Cech	98'1
2	Sasha Perrin	117'11	2021	Emily Brichacek	114'3	Sasha Perrin	117'11	Erin Prusa	113'5	Alyssa Coufal	81'1
3	Madyson Cech	114'9	2018	Makenzie Polacek	113'5	Emily Brichacek	94'6	Sophie Dvorak	109'5	Lindsey Pickhinke	72'11
4	Emily Brichacek	114'3	2014	Abby Coday	111'11	Abby Coday	87'9	Alyssa Coufal	89'8	Lexie Brester	71'0
5	Makenzie Polacek	113'5	2013	Paige Indra	81'7	Lindsey Pickhinke	74'4	Lexie Brester	84'1	Ellie Sheaks	68'3
<b>100 HH</b>											
1	KC Heimann	15.7	2013	KC Heimann	15.7	Lilly Praest	17.32	Alyssa Cappellano	18.27		
2	Lilly Praest	17.32	2021	Faith Molacek	17.3	Faith Molacek	17.7				
3	Faith Molacek	17.3	2015	Leah Grovijohn	19.3	Alyssa Cappellano	18.05				
4	Alyssa Cappellano	18.05	2019								
5	Leah Grovijohn	19.3	2013								
<b>300 LH</b>											
1	KC Heimann	48.8	2013	KC Heimann	48.8	Faith Molacek	51.5	Alyssa Cappellano	52.82	Shelby Risch	57.69
2	Faith Molacek	51.5	2014	Faith Molacek	51.5	Macey Kulhanek	51.7	Tami Dostal	59.3	Janessa Schmidt	68.49
3	Macey Kulhanek	51.7	2017	Tami Dostal	57.2	Alyssa Cappellano	53.45				
4	Alyssa Cappellano	52.82	2018	Leah Grovijohn	59.4	Lilly Praest	54.16				
5	Lilly Praest	54.16	2021			Mallory Rolf	56.0				
				<b>55 Meter Dash</b>		<b>55 Meter HH</b>		<b>60 Meter Dash</b>		<b>60 Meter HH</b>	
1				Elizabeth Sindelar	7.67	KC Heimann	9.29	Nessa Krupka	8.59		
2				Kalli Brester	8.14	Faith Molacek	10.07				
3				Sam Brester	8.21	Leah Grovijohn	10.95				
4				Macey Kulhanek	8.27						
5				Jill Rocheford	8.38						

	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	Nessa Krupka 13.55	Sam Brester 13.7
3	Morgan Baumert	13.3	2015	Morgan Baumert 13.3	McKenna Klosen 14.1	Kalli Brester 13.4	McKenna Klosen 13.8
4	Nessa Krupka	13.55	2021	Tessa Brester 14.0		McKenna Klosen 13.8	Kara Brichacek 13.9
5	Sam Brester	13.7	2014	Leah Grovijohn 15.1		Morgan Baumert 14.0	Brooklyn Macholan 14.33
<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	Blair Fiala 28.1	Sam Brester 28.0
3	Blair Fiala	28.1	2021		Macey Kulhanek 28.58	Kalli Brester 28.9	Tessa Brester 28.7
4	Macey Kulhanek	28.58	2017		Kalli Brester 28.9	McKenna Klosen 29.0	McKenna Klosen 29.6
5	Tessa Brester	28.7	2014		McKenna Klosen 29.62	Nessa Krupka 29.47	Cassie Pieper 29.89
<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		Jessi Brester 67.01	Faith Molacek 67.8	McKenna Klosen 68.2
4	Jessi Brester	67.01	2018		Faith Molacek 67.3	Tessa Brester 68.45	Jessi Brester 68.4
5	Faith Molacek	67.3	2014		Jaedyn Ratzlaff 67.53	Jillian Grovijohn 68.89	Jaedyn Ratzlaff 70.84
<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	Jessi Brester 2:34.35	Haley Eikmeier 2:30.54	Tessa Brester 2:39.4
3	Jessi Brester	2:34.35	2018	Haley Eikmeier 2:37.5	Jaedyn Ratzlaff 2:38.66	Jessi Brester 2:45.31	Jessi Brester 2:43.5
4	Anna Grovijohn	2:35.3	2013	Jessi Brester 2:47.24	Kennady Schmidt 3:02.26	Lexie Tupaz 3:11.37	Kennady Schmidt 2:48.16
5	Jaedyn Ratzlaff	2:38.66	2021				Jill Grovijohn 2:48.84
<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	Lilly Praest 6:06.11
2	Lilly Praest	6:06.11	2019	Breanne Brester 6:45.5	Jaedyn Ratzlaff 6:13.71	Shayna Henrickson 6:30.2	Tonya Brester 6:28.2
3	Jaedyn Ratzlaff	6:13.71	2021	Kayla Tomasek 7:15.9	Breanne Brester 6:36.3	Mallory Rolf 6:35.0	Kara Cerveny 6:34.0
4	Chelsea Bayer	6:14.6	2015		Shelby Risch 6:39.57	Lexie Tupaz 6:59.9	Taya VanLengen 6:36.9
5	Tonya Brester	6:28.2	2016		Taya VanLengen 6:58.75		Shelby Risch 6:46.62
<b>3200</b>							
1	Shelby Risch	13:47.0	2021		Shelby Risch 13:47.0	Taya VanLengen 14:12.82	Lilly Praest 14:04.4
2	Lilly Praest	14:04.4	2019		Taya VanLengen 14:33.13		Grace Dvorak 14:17.0
3	Taya VanLengen	14:12.82	2018		Breanne Brester 14:34.8		Shelby Risch 14:22.51
4	Grace Dvorak	14:17.0	2016		Tonya Brester 15:11.2		Taya VanLengen 14:30.5
5	Breanne Brester	14:34.8	2013				
<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	Jaedyn Ratzlaff 70.1
4	Macey Kulhanek	64.3	2017	Anna Grovijohn 64.9	Macey Kulhanek 64.3	Haley Eikmeier 66.8	Riley Pokorny 70.1
5	Haley Eikmeier	64.4	2016	Haley Kampschnieder 67.6	Haley Eikmeier 64.4	Faith Molacek 67.7	McKenna Klosen 71.0
<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	Lilly Praest 2:36.3
2	Haley Eikmeier	2:28.6	2016	Anna Grovijohn 2:32.9	Haley Eikmeier 2:28.6	Haley Eikmeier 2:30.1	Jessi Brester 2:36.5
3	Jessi Brester	2:29.8	2018	Tessa Brester 2:32.9	Jessi Brester 2:29.8	Jessi Brester 2:35.2	Jaedyn Ratzlaff 2:36.5
4	Tessa Brester	2:31.9	2016	Haley Eikmeier 2:37.7	Tessa Brester 2:31.9	Blair Fiala 2:37.6	Riley Pokorny 2:39.6
5	Anna Grovijohn	2:32.9	2013	Haley Kampschnieder 2:44.9	Jaedyn Ratzlaff 2:37.6	Tessa Brester 2:37.7	Haley Eikmeier 2:44.5
<b>4 X 100 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	2018 10:38.21	
5				2016 54.23	2013 4:34.0	2019 10:44.55	