

## 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	Blair Fiala 15'1.5	Kalli Brester 15'0.75	Taylor Steffensmeier 14'7
4	Haley Kampschnieder	15'7.75	2013	Morgan Baumert 15'0	Macey Kulhanek 14'4.75	Jillian Grovijohn 14'11.5	Grace Kreikemeier 14'4
5	Blair Fiala	15'6.5	2021	Leah Grovijohn 12'7	Kennady Schmidt 13'6	Morgan Baumert 14'4	Hailey Knapp 14'0.5
<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	Blair Fiala 32'11.5	Morgan Baumert 31'8	Erin Prusa 29'10
3	Morgan Baumert	33'1.75	2014	Jill Rocheford 32'3	Jill Rocheford 32'9.25	Jillian Grovijohn 28'5	Jill Grovijohn 29'5.5
4	Blair Fiala	32'11.5	2021	Morgan Baumert 31'3.25	Tonya Brester 30'6		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	Abbey Pieper 5'0	Abbey Pieper 5'0	Tessa Brester 4'8	Tessa Brester 4'9
2	Tessa Brester	4'11	2017	Tessa Brester 4'11	Tessa Brester 4'10	Nessa Krupka 4'4	Erin Prusa 4'6
3	Emily Brichacek	4'10	2013	Emily Brichacek 4'8	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	Sasha Perrin	39'5	2022	Sasha Perrin 39'5	Abby Coday 38'11.75	Madyson Cech 35'7	Brooklyn Macholan 32'0.5
2	Abby Coday	39'1	2015	Abby Coday 39'1	Sophie Dvorak 36'4	Abby Coday 35'5	Lindsey Pickhinke 31'9.5
3	Sophie Dvorak	36'4	2022	Emily Brichacek 34'5	Emily Brichacek 36'1.5	Sophie Dvorak 33'8.5	Madyson Cech 31'6
4	Emily Brichacek	36'1.5	2013	Dana Eikmeier 33'9	Sasha Perrin 36'1	Lexie Brester 32'0	Lexie Brester 30'11.5
5	Madyson Cech	35'7	2018	Lindsey Pickhinke 32'0	Erin Prusa 32'4.5	Lindsey Pickhinke 29'7	Ava Noyd 27'7.25
<b>Discus</b>							
1	Erin Prusa	137'9	2019	Erin Prusa 137'9	Erin Prusa 121'11	Madyson Cech 114'9	Madyson Cech 98'1
2	Sasha Perrin	131'9	2022	Sasha Perrin 131'9	Sasha Perrin 117'11	Erin Prusa 113'5	Alyssa Coufal 81'1
3	Madyson Cech	114'9	2018	Emily Brichacek 114'3	Sophie Dvorak 105'2	Sophie Dvorak 109'5	Ava Noyd 75'2
4	Emily Brichacek	114'3	2014	Makenzie Polacek 113'5	Emily Brichacek 94'6	Alyssa Coufal 89'8	Lindsey Pickhinke 72'11
5	Makenzie Polacek	113'5	2013	Abby Coday 111'11	Abby Coday 87'9	Lexie Brester 84'1	Lexie Brester 71'0
<b>100 HH</b>							
1	KC Heimann	15.7	2013	KC Heimann 15.7	Lilly Praest 17.32	Alyssa Cappellano 18.27	Amy Praest 18.19
2	Lilly Praest	17.29	2022	Lilly Praest 17.29	Faith Molacek 17.7		
3	Faith Molacek	17.3	2015	Faith Molacek 17.3	Alyssa Cappellano 18.05		
4	Alyssa Cappellano	18.05	2019	Leah Grovijohn 19.3			
5	Amy Praest	18.19	2022				
<b>300 LH</b>							
1	KC Heimann	48.8	2013	KC Heimann 48.8	Faith Molacek 51.5	Alyssa Cappellano 52.82	Amy Praest 53.83
2	Faith Molacek	51.5	2014	Faith Molacek 51.5	Macey Kulhanek 51.7	Tami Dostal 59.3	Shelby Risch 57.69
3	Macey Kulhanek	51.7	2017	Lilly Praest 55.32	Alyssa Cappellano 53.45		Janessa Schmidt 68.49
4	Alyssa Cappellano	52.82	2018	Tami Dostal 57.2	Lilly Praest 54.16		
5	Amy Praest	53.83	2022	Leah Grovijohn 59.4	Mallory Rolf 56.0		
<b>55 Meter Dash</b>							
1				Elizabeth Sindelar 7.67	KC Heimann 9.29	Nessa Krupka 8.59	Lilly Praest 10.48
2				Kalli Brester 8.14	Faith Molacek 10.07	Hailey Knapp 9.25	Amy Praest 12.18
3				Sam Brester 8.21	Leah Grovijohn 10.95	Taylor Steffensmeier 9.32	
4				Macey Kulhanek 8.27		Kierra Harper 10.00	
5				Jill Rocheford 8.38			
<b>55 Meter HH</b>							
<b>60 Meter Dash</b>							
<b>60 Meter HH</b>							

	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	Hailey Knapp	13.92
3	Morgan Baumert	13.3	2015	Morgan Baumert	13.3	McKenna Klosen	14.1	Kalli Brester	13.4	Sam Brester	13.7
4	Nessa Krupka	13.55	2021	Tessa Brester	14.0			McKenna Klosen	13.8	McKenna Klosen	13.8
5	Hailey Knapp	13.92	2022	Leah Grovijohn	15.1			Morgan Baumert	14.0	Kara Brichacek	13.9
<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			Blair Fiala	28.83	McKenna Klosen	29.0	McKenna Klosen	29.6
5	Tessa Brester	28.7	2014			Kalli Brester	28.9	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	Blair Fiala	64.26	2022	Madison Novicki	69.3	Blair Fiala	64.26	Jessi Brester	66.9	Tessa Brester	66.4
3	Macey Kulhanek	64.1	2017			Macey Kulhanek	64.1	Faith Molacek	67.8	McKenna Klosen	68.2
4	Tessa Brester	66.4	2014			Jessi Brester	67.01	Tessa Brester	68.45	Jessi Brester	68.4
5	Jessi Brester	67.01	2018			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	Taylor Steffensmeier	70.4
<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      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	2018	10:38.21		
5				2016	54.23	2013	4:34.0	2019	10:44.55		