

Howells-Dodge Jaguars Track & Field

GIRLS - Top 5 performances since 2013

	Overall	Year	Seniors	Juniors	Sophomores	Freshmen				
Long Jump										
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	Blair Fiala 15'10	Morgan Baumert 15'6.25	Taylor Steffensmeier 15'8	Jill Grovijohn 14'11.75			
3	Jill Rocheford	15'10.25	2013	Haley Kampschnieder 15'7.75	Blair Fiala 15'1.5	Blair Fiala 15'6.5	Taylor Steffensmeier 14'7			
4	Blair Fiala	15'10	2023	Jill Rocheford 15'6	Macey Kulhanek 14'4.75	Kalli Brester 15'0.75	Grace Kreikemeier 14'4			
5	Taylor Steffensmeier	15'8	2023	Morgan Baumert 15'0	Kennady Schmidt 13'6	Jillian Grovijohn 14'11.5	Hailey Knapp 14'0.5			
Triple Jump										
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	Blair Fiala	33'7.5	2023	Blair Fiala 33'7.5	Blair Fiala 32'11.5	Morgan Baumert 31'8	Erin Prusa 29'10			
3	Haley Kampschnieder	33'5.75	2013	Haley Kampschnieder 33'5.75	Jill Rocheford 32'9.25	Jillian Grovijohn 28'5	Jill Grovijohn 29'5.5			
4	Morgan Baumert	33'1.75	2014	Jill Rocheford 32'3	Tonya Brester 30'6		Hailey Coufal 28'4.75			
5	Jill Rocheford	32'9.25	2013	Morgan Baumert 31'3.25			Brooklyn Macholan 28'2			
High Jump										
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	Hailey Knapp 4'4	Grace Kreikemeier 4'4			
4	Erin Prusa	4'6	2016							
5	Nessa Krupka	4'4	2021							
Shot Put										
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	37'4.25	2023	Sophie Dvorak 37'4.25	Emily Brichacek 36'1.5	Sophie Dvorak 33'8.5	Madyson Cech 31'6			
4	Emily Brichacek	36'1.5	2013	Emily Brichacek 34'5	Sasha Perrin 36'1	Lexie Brester 32'0	Lexie Brester 30'11.5			
5	Madyson Cech	35'7	2018	Dana Eikmeier 33'9	Erin Prusa 32'4.5	Ava Noyd 30'1	Ava Noyd 27'7.25			
Discus										
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	Sophie Dvorak	115'4	2023	Sophie Dvorak 115'4	Sophie Dvorak 105'2	Sophie Dvorak 109'5	Ava Noyd 75'2			
4	Madyson Cech	114'9	2018	Emily Brichacek 114'3	Emily Brichacek 94'6	Alyssa Coufal 89'8	Lindsey Pickhinke 72'11			
5	Emily Brichacek	114'3	2014	Makenzie Polacek 113'5	Abby Coday 87'9	Lexie Brester 84'1	Lexie Brester 71'0			
100 HH										
1	KC Heimann	15.94*	2013	KC Heimann 15.94*	Lilly Praest 17.32	Amy Praest 17.58	Amy Praest 18.19			
2	Lilly Praest	17.29	2022	Lilly Praest 17.29	Faith Molacek 17.94*	Alyssa Cappellano 18.27				
3	Faith Molacek	17.54*	2015	Faith Molacek 17.54*	Alyssa Cappellano 18.05					
4	Amy Praest	17.58	2023	Leah Grovijohn 19.54*						
5	Alyssa Cappellano	18.05	2019							
300 LH										
1	KC Heimann	48.94*	2013	KC Heimann 48.94*	Faith Molacek 51.64*	Amy Praest 52.18	Amy Praest 53.83			
2	Faith Molacek	51.64*	2014	Faith Molacek 51.64*	Macey Kulhanek 51.84*	Alyssa Cappellano 52.82	Shelby Risch 57.69			
3	Macey Kulhanek	51.84*	2017	Lilly Praest 55.32	Alyssa Cappellano 53.45	Tami Dostal 59.44*	Janessa Schmidt 68.49			
4	Amy Praest	52.18	2023	Tami Dostal 57.34*	Lilly Praest 54.16					
5	Alyssa Cappellano	52.82	2018	Leah Grovijohn 59.54*	Mallory Rolf 56.14*					
			55 Meter Dash		55 Meter HH		60 Meter Dash		60 Meter HH	
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 9.11	Amy Praest 12.04			
3				Sam Brester 8.21	Leah Grovijohn 10.95	Taylor Steffensmeier 9.32				
4	* = .24 added from hand-held time			Macey Kulhanek 8.27		Kierra Harper 9.80				
5	* = .14 added for races over 300 M			Jill Rocheford 8.38		Kelsie Coufal 10.24				

	Overall	Year	Seniors	Juniors	Sophomores	Freshmen	
100							
1	Elizabeth Sindelar	12.74*	2014	Elizabeth Sindelar 13.14*	Elizabeth Sindelar 13.34*	Elizabeth Sindelar 12.94*	Elizabeth Sindelar 12.74*
2	Amy Praest	13.27	2023	Kalli Brester 13.54*	Kalli Brester 13.44*	Amy Praest 13.27	Hailey Knapp 13.92
3	Kalli Brester	13.44*	2016	Morgan Baumert 13.54*	McKenna Klosen 14.34*	Nessa Krupka 13.55	Sam Brester 13.94*
4	Morgan Baumert	13.54*	2015	Tessa Brester 14.24*		Kalli Brester 13.64*	McKenna Klosen 14.04*
5	Nessa Krupka	13.55	2021	Leah Grovijohn 15.34*		Hailey Knapp 13.87	Kara Brichacek 14.14*
200							
1	Elizabeth Sindelar	26.14*	2014	Elizabeth Sindelar 27.14*	Elizabeth Sindelar 27.74*	Elizabeth Sindelar 26.54*	Elizabeth Sindelar 26.14*
2	Blair Fiala	27.96	2023	Blair Fiala 27.96	Blair Fiala 28.37	Blair Fiala 28.34*	Sam Brester 28.24*
3	Sam Brester	28.24*	2014		Sam Brester 28.54*	Kalli Brester 29.14*	Tessa Brester 28.94*
4	Macey Kulhanek	28.58	2017		Macey Kulhanek 28.58	McKenna Klosen 29.24*	McKenna Klosen 29.84*
5	Tessa Brester	28.94*	2014		Kalli Brester 29.14*	Nessa Krupka 29.47	Cassie Pieper 29.89
400							
1	Sam Brester	61.83	2015	Sam Brester 62.28	Sam Brester 62.84*	Sam Brester 61.83	Sam Brester 63.34*
2	Blair Fiala	63.93	2022	Blair Fiala 63.93	Blair Fiala 64.26	Jessi Brester 67.04*	Tessa Brester 66.54*
3	Macey Kulhanek	64.24*	2017	Madison Novicki 69.44*	Macey Kulhanek 64.24*	Faith Molacek 67.94*	McKenna Klosen 66.34*
4	Tessa Brester	66.54*	2014		Jessi Brester 67.01	Tessa Brester 68.45	Jessi Brester 68.54*
5	Jessi Brester	67.01	2018		Jaedyn Ratzlaff 67.53	Jillian Grovijohn 68.89	Jaedyn Ratzlaff 70.84
800							
1	Sam Brester	2:29.82	2015	Anna Grovijohn 2:35.14*	Haley Eikmeier 2:30.64*	Sam Brester 2:29.82	Haley Eikmeier 2:36.84*
2	Haley Eikmeier	2:30.54	2015	Sam Brester 2:37.11	Jessi Brester 2:34.35	Haley Eikmeier 2:30.54	Tessa Brester 2:39.54*
3	Jessi Brester	2:34.35	2018	Haley Eikmeier 2:37.64*	Jaedyn Ratzlaff 2:38.66	Jessi Brester 2:45.31	Jessi Brester 2:43.64*
4	Anna Grovijohn	2:35.44*	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
1600							
1	Sam Brester	6:04.94*	2016	Haley Eikmeier 6:42.14*	Sam Brester 6:04.94*	Chelsea Bayer 6:14.74*	Lilly Praest 6:06.11
2	Lilly Praest	6:06.11	2019	Breanne Brester 6:45.64*	Jaedyn Ratzlaff 6:13.71	Shayna Henrickson 6:30.34*	Tonya Brester 6:28.34*
3	Jaedyn Ratzlaff	6:13.71	2021	Kayla Tomasek 7:16.04*	Breanne Brester 6:36.44*	Mallory Rolf 6:35.14*	Kara Cerveny 6:34.14*
4	Chelsea Bayer	6:14.74*	2015		Shelby Risch 6:39.57	Lexie Tupaz 6:59.94*	Taya VanLengen 6:36.94*
5	Tonya Brester	6:28.34*	2016		Taya VanLengen 6:58.75		Shelby Risch 6:46.62
3200							
1	Shelby Risch	13:47.14*	2021		Shelby Risch 13:47.14*	Taya VanLengen 14:12.82	Lilly Praest 14:04.54*
2	Lilly Praest	14:04.54*	2019		Taya VanLengen 14:33.13		Grace Dvorak 14:17.14*
3	Taya VanLengen	14:12.82	2018		Breanne Brester 14:34.94*		Shelby Risch 14:22.51
4	Grace Dvorak	14:17.14*	2016		Tonya Brester 15:11.34*		Taya VanLengen 14:30.64*
5	Breanne Brester	14:34.94*	2013				
4 X 400 Relay Split							
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
4 X 800 Relay Split							
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
4 X 100 Relay 4 X 400 Relay 4 X 800 Relay							
1				2014 53.14*	2016 4:13.50	2017 10:10.61	
2				2015 53.16	2017 4:13.91	2016 10:14.94*	
3				2013 53.94*	2015 4:17.32	2015 10:15.46	
4	* = .24 added from hand-held time			2017 54.14*	2014 4:23.04	2018 10:38.21	
5	* = .14 added for races over 300 M			2016 54.23	2013 4:34.14*	2019 10:44.55	