

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	Isabella Wegner 15'10.5			
3	Isabella Wegner	15'10.5	2024	Haley Kampschnieder 15'7.75	Taylor Steffensmeier 15'4.5	Blair Fiala 15'6.5	Jill Grovijohn 14'11.75			
4	Jill Rocheford	15'10.25	2013	Jill Rocheford 15'6	Blair Fiala 15'1.5	Kalli Brester 15'0.75	Taylor Steffensmeier 14'7			
5	Blair Fiala	15'10	2023	Morgan Baumert 15'0	Macey Kulhanek 14'4.75	Jillian Grovijohn 14'11.5	Grace Kreikemeier 14'4			
Triple Jump										
1	KC Heimann	34'6	2013	KC Heimann 34'6	Morgan Baumert 33'1.75	Blair Fiala 32'11.5	Isabella Wegner 33'11			
2	Isabella Wegner	33'11	2024	Blair Fiala 33'7.5	Blair Fiala 32'11.5	Morgan Baumert 31'8	Kylie Brichacek 33'4			
3	Blair Fiala	33'7.5	2023	Haley Kampschnieder 33'5.75	Jill Rocheford 32'9.25	Jillian Grovijohn 28'5	Tonya Brester 30'2			
4	Haley Kampschnieder	33'5.75	2013	Jill Rocheford 32'3	Tonya Brester 30'6		Erin Prusa 29'10			
5	Kylie Brichacek	33'4	2024	Morgan Baumert 31'3.25			Jill Grovijohn 29'5.5			
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	Kylie Brichacek 4'8			
3	Emily Brichacek	4'10	2013	Emily Brichacek 4'8	Emily Brichacek 4'10	Hailey Knapp 4'4	Grace Kreikemeier 4'8			
4	Kylie Brichacek	4'8	2024				Erin Prusa 4'6			
5	Erin Prusa	4'6	2016							
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	Peyten Becker 28'9.75			
Discus										
1	Erin Prusa	137'9	2019	Erin Prusa 137'9	Erin Prusa 121'11	Madyson Cech 114'9	Peyten Becker 98'1			
2	Sasha Perrin	131'9	2022	Sasha Perrin 131'9	Sasha Perrin 117'11	Erin Prusa 113'5	Madyson Cech 98'1			
3	Sophie Dvorak	115'4	2023	Sophie Dvorak 115'4	Sophie Dvorak 105'2	Sophie Dvorak 109'5	Alyssa Coufal 81'1			
4	Madyson Cech	114'9	2018	Emily Brichacek 114'3	Emily Brichacek 94'6	Alyssa Coufal 89'8	Ava Noyd 75'2			
5	Emily Brichacek	114'3	2014	Makenzie Polacek 113'5	Abby Coday 87'9	Lexie Brester 84'1	Lindsey Pickhinke 72'11			
100 HH										
1	KC Heimann	15.94*	2013	KC Heimann 15.94*	Amy Praest 16.58	Amy Praest 17.58	Madi Compton 18.09			
2	Amy Praest	16.58	2024	Lilly Praest 17.29	Lilly Praest 17.32	Alyssa Cappellano 18.27	Amy Praest 18.19			
3	Lilly Praest	17.29	2022	Faith Molacek 17.54*	Faith Molacek 17.94*					
4	Faith Molacek	17.54*	2015	Leah Grovijohn 19.54*	Alyssa Cappellano 18.05					
5	Alyssa Cappellano	18.05	2019							
300 LH										
1	KC Heimann	48.94*	2013	KC Heimann 48.94*	Amy Praest 50.87	Amy Praest 52.18	Madi Compton 53.00			
2	Amy Praest	50.87	2024	Faith Molacek 51.64*	Faith Molacek 51.64*	Alyssa Cappellano 52.82	Amy Praest 53.83			
3	Faith Molacek	51.64*	2014	Lilly Praest 55.32	Macey Kulhanek 51.84*	Tami Dostal 59.44*	Shelby Risch 57.69			
4	Macey Kulhanek	51.84*	2017	Tami Dostal 57.34*	Alyssa Cappellano 53.45		Janessa Schmidt 68.49			
5	Alyssa Cappellano	52.82	2018	Leah Grovijohn 59.54*	Lilly Praest 54.16					
			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	Maura Cada 8.79	Amy Praest 11.11			
3				Sam Brester 8.21	Leah Grovijohn 10.95	Hailey Knapp 8.80	Madi Compton 11.40			
4	* = .24 added from hand-held time			Macey Kulhanek 8.27		Amy Praest 8.90				
5	* = .14 added for races over 300 M			Jill Rocheford 8.38		Taylor Steffensmeier 9.32				

	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	Maura Cada	13.53
3	Kalli Brester	13.44*	2016	Morgan Baumert	13.54*	Amy Praest	13.63	Nessa Krupka	13.55	Isabella Wegner	13.88
4	Maura Cada	13.53	2024	Tessa Brester	14.24*	Hailey Knapp	13.71	Kalli Brester	13.64*	Hailey Knapp	13.92
5	Morgan Baumert	13.54*	2015	Leah Grovijohn	15.34*	McKenna Klosen	14.34*	Hailey Knapp	13.87	Sam Brester	13.94*
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	Kiearra Harper	33.54	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*	Autumn Slaughter	28.97
5	Hailey Knapp	28.65	2024			Hailey Knapp	28.65	Nessa Krupka	29.47	Kylie Brichacek	29.36
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*	Autumn Slaughter	68.21
4	Tessa Brester	66.54*	2014	Kiearra Harper	76.03	Jessi Brester	67.01	Tessa Brester	68.45	McKenna Klosen	68.34*
5	Jessi Brester	67.01	2018			Jaedyn Ratzlaff	67.53	Jillian Grovijohn	68.89	Jessi Brester	68.54*
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	Kiearra Harper	3:18.16			Kelsie Harper	3:33.39	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	Madi Compton	67.9
4	Macey Kulhanek	64.3	2017	Anna Grovijohn	64.9	Macey Kulhanek	64.3	Haley Eikmeier	66.8	Jaedyn Ratzlaff	70.1
5	Haley Eikmeier	64.4	2016	Haley Kampschnieder	67.6	Haley Eikmeier	64.4	Faith Molacek	67.7	Riley Pokorny	70.1
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	Madi Compton	2:41.4
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		