

Howells-Dodge Jaguars Track & Field GIRLS - Top 5 performances since 2013	
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	Overall		Year	Seniors		Juniors		Sophomores		Freshmen	
Long Jump											
1	Elizabeth Sindelar	16'11	2014	Heather Muller	16'3	Jill Rocheford	15'10.25	Isabella Wegner	16'7	Elizabeth Sindelar	16'11
2	Isabella Wegner	16'7	2025	Blair Fiala	15'10	Morgan Baumert	15'6.25	Elizabeth Sindelar	15'10.25	Isabella Wegner	15'10.5
3	Heather Muller	16'3	2013	Haley Kampschnieder	15'7.75	Taylor Steffensmeier	15'4.5	Maura Cada	15'9.5	Jill Grovijohn	14'11.75
4	Jill Rocheford	15'10.25	2013	Jill Rocheford	15'6	Blair Fiala	15'1.5	Taylor Steffensmeier	15'8	Taylor Steffensmeier	14'7
5	Blair Fiala	15'10	2023	Morgan Baumert	15'0	Macey Kulhanek	14'4.75	Blair Fiala	15'6.5	Grace Kreikemeier	14'4
Triple Jump											
1	Isabella Wegner	35'4.75	2025	KC Heimann	34'6	Morgan Baumert	33'1.75	Isabella Wegner	35'4.75	Isabella Wegner	34'10.25
2	Kylie Brichacek	35'3.75	2025	Blair Fiala	33'7.5	Blair Fiala	32'11.5	Kylie Brichacek	35'3.75	Kylie Brichacek	33'4
3	KC Heimann	34'6	2013	Haley Kampschnieder	33'5.75	Jill Rocheford	32'9.25	Blair Fiala	32'11.5	Tonya Brester	30'2
4	Blair Fiala	33'7.5	2023	Jill Rocheford	32'3	Tonya Brester	30'6	Morgan Baumert	31'8	Erin Prusa	29'10
5	Haley Kampschnieder	33'5.75	2013	Morgan Baumert	31'3.25			Jillian Grovijohn	28'5	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	Madysen 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	Madysen 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	Madysen 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	Madysen 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	Madysen 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	Madysen Cech	114'9	2018	Emily Brichacek	114'3	Emily Brichacek	94'6	Kylie Brichacek	106'0	Ava Noyd	75'2
5	Emily Brichacek	114'3	2014	Makenzie Polacek	113'5	Abby Coday	87'9	Peyten Becker	98'3	Lindsey Pickhinke	72'11
100 HH											
1	KC Heimann	15.94*	2013	KC Heimann	15.94*	Amy Praest	16.39	Amy Praest	17.58	Audrey Praest	16.93
2	Amy Praest	16.01	2025	Amy Praest	16.01	Lilly Praest	17.32	Madi Compton	18.15	Madi Compton	18.09
3	Audrey Praest	16.93	2025	Lilly Praest	17.29	Faith Molacek	17.94*	Alyssa Cappellano	18.27	Amy Praest	18.19
4	Lilly Praest	17.29	2022	Faith Molacek	17.54*	Alyssa Cappellano	18.05			Shayla Gall	23.54
5	Faith Molacek	17.54*	2015	Leah Grovijohn	19.54*						
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	50.55	2025	Amy Praest	50.55	Faith Molacek	51.64*	Alyssa Cappellano	52.82	Audrey Praest	53.51
3	Faith Molacek	51.64*	2014	Faith Molacek	51.64*	Macey Kulhanek	51.84*	Madi Compton	55.16	Amy Praest	53.83
4	Macey Kulhanek	51.84*	2017	Lilly Praest	55.32	Alyssa Cappellano	53.45	Tami Dostal	59.44*	Shelby Risch	57.69
5	Alyssa Cappellano	52.82	2018	Tami Dostal	57.34*	Lilly Praest	54.16			Janessa Schmidt	68.49
				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	8.63	Audrey Praest	10.99
3				Sam Brester	8.21	Leah Grovijohn	10.95	Kylie Brichacek	8.76	Amy Praest	11.11
4	* = .24 added from hand-held time			Macey Kulhanek	8.27			Hailey Knapp	8.80	Madi Compton	11.40
5	* = .14 added for races over 300 M			Jill Rocheford	8.38			Amy Praest	8.90	Shayla Gall	14.64

	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	Maura Cada	13.06	2025	Kalli Brester	13.54*	Kalli Brester	13.44*	Maura Cada	13.06	Maura Cada	13.53
3	Isabella Wegner	13.15	2025	Morgan Baumert	13.54*	Amy Praest	13.63	Isabella Wegner	13.15	Isabella Wegner	13.88
4	Amy Praest	13.27	2023	Amy Praest	13.95	Hailey Knapp	13.71	Amy Praest	13.27	Hailey Knapp	13.92
5	Kalli Brester	13.44*	2016	Tessa Brester	14.24*	McKenna Klosen	14.34*	Nessa Krupka	13.55	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	Autumn Slaughter	28.14	Sam Brester	28.24*
3	Autumn Slaughter	28.14	2025	Taylor Steffensmeier	30.30	Sam Brester	28.54*	Blair Fiala	28.34*	Tessa Brester	28.94*
4	Sam Brester	28.24*	2014	Kiearra Harper	33.54	Macey Kulhanek	28.58	Maura Cada	28.98	Autumn Slaughter	28.97
5	Macey Kulhanek	28.58	2017			Hailey Knapp	28.65	Kalli Brester	29.14*	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	Madi Compton	66.93	Tessa Brester	66.54*
3	Macey Kulhanek	64.24*	2017	Madison Novicki	69.44*	Macey Kulhanek	64.24*	Jessi Brester	67.04*	Autumn Slaughter	68.21
4	Tessa Brester	66.54*	2014	Kiearra Harper	76.03	Jessi Brester	67.01	Autumn Slaughtert	67.47	McKenna Klosen	68.34*
5	Madi Compton	66.93	2025			Jaedyn Ratzlaff	67.53	Faith Molacek	67.94*	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	Madi Compton	2:32.81	2025	Haley Eikmeier	2:37.64*	Jaedyn Ratzlaff	2:38.66	Madi Compton	2:32.81	Jessi Brester	2:43.64*
4	Jessi Brester	2:34.35	2018	Jessi Brester	2:47.24	Kennady Schmidt	3:02.26	Jessi Brester	2:45.31	Kennady Schmidt	2:48.16
5	Anna Grovijohn	2:35.44*	2013	Kiearra Harper	3:18.16	Kelsie Coufal	3:19.61	Peyten Becker	3:08.30	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 Henricksor	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 Cervený	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	Madi Compton	2:35.6	Riley Pokorny	2:39.6
5	Anna Grovijohn	2:32.9	2013	Haley Kampschnieder	2:44.9	Jaedyn Ratzlaff	2:37.6	Blair Fiala	2:37.6	Madi Compton	2:41.4
4 X 100 Relay 4 X 400 Relay 4 X 800 Relay											
1				2025	52.80	2016	4:13.50	2017	10:10.61		
2				2014	53.14*	2017	4:13.91	2016	10:14.94*		
3				2015	53.16	2015	4:17.32	2015	10:15.46		
4	* = .24 added from hand-held time			2013	53.94*	2014	4:23.04	2018	10:38.21		
5	* = .14 added for races over 300 M			2017	54.14*	2013	4:34.14*	2019	10:44.55		