

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	Isabella Wegner	34'10.25	2024	KC Heimann	34'6	Morgan Baumert	33'1.75	Blair Fiala	32'11.5	Isabella Wegner	34'10.25
2	KC Heimann	34'6	2013	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	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	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	16.39	Amy Praest	17.58	Madi Compton	18.09
2	Amy Praest	16.39	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	

	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 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 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				