

## 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	Isabella Wegner 16'4.5	Isabella Wegner 16'7	Elizabeth Sindelar 16'11
2	Brynn Throener	16'9.75	2026	Blair Fiala 15'10	Jill Rocheford 15'10.25	Elizabeth Sindelar 15'10.25	Brynn Throener 16'9.75
3	Isabella Wegner	16'7	2025	Haley Kampschnieder 15'7.75	Morgan Baumert 15'6.25	Maura Cada 15'9.5	Reagan Bayer 16'0.5
4	Heather Muller	16'3	2013	Jill Rocheford 15'6	Taylor Steffensmeier 15'4.5	Taylor Steffensmeier 15'8	Isabella Wegner 15'10.5
5	Reagan Bayer	16'0.5	2026	Morgan Baumert 15'0	Blair Fiala 15'1.5	Blair Fiala 15'6.5	Jill Grovijohn 14'11.75
<b>Triple Jump</b>							
1	Isabella Wegner	35'6.75	2026	KC Heimann 34'6	Isabella Wegner 35'6.75	Isabella Wegner 35'4.75	Isabella Wegner 34'10.25
2	Kylie Brichacek	35'3.75	2025	Blair Fiala 33'7.5	Kylie Brichacek 35'3.25	Kylie Brichacek 35'3.75	Kylie Brichacek 33'4
3	KC Heimann	34'6	2013	Haley Kampschnieder 33'5.75	Morgan Baumert 33'1.75	Blair Fiala 32'11.5	Avery Bayer 31'2.75
4	Blair Fiala	33'7.5	2023	Jill Rocheford 32'3	Blair Fiala 32'11.5	Morgan Baumert 31'8	Norah Noyd 31'1.5
5	Haley Kampschnieder	33'5.75	2013	Morgan Baumert 31'3.25	Jill Rocheford 32'9.25	Jillian Grovijohn 28'5	Tonya Brester 30'2
<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	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			Audrey Praest 4'0	Erin Prusa 4'6
5	Erin Prusa	4'6	2016				
<b>Shot Put</b>							
1	Sasha Perrin	39'5	2022	Sasha Perrin 39'5	Abby Coday 38'11.75	Madyson Cech 35'7	Tenley Ernst 34'7
2	Abby Coday	39'1	2015	Abby Coday 39'1	Sophie Dvorak 36'4	Abby Coday 35'5	Brooklyn Macholan 32'0.5
3	Sophie Dvorak	37'4.25	2023	Sophie Dvorak 37'4.25	Emily Brichacek 36'1.5	Sophie Dvorak 33'8.5	Lindsey Pickhinke 31'9.5
4	Emily Brichacek	36'1.5	2013	Emily Brichacek 34'5	Sasha Perrin 36'1	Lexie Brester 32'0	Madyson Cech 31'6
5	Madyson Cech	35'7	2018	Dana Eikmeier 33'9	Erin Prusa 32'4.5	Ava Noyd 30'1	Lexie Brester 30'11.5
<b>Discus</b>							
1	Erin Prusa	137'9	2019	Erin Prusa 137'9	Kylie Brichacek 125'9	Madyson Cech 114'9	Tenley Ernst 103'0
2	Sasha Perrin	131'9	2022	Sasha Perrin 131'9	Erin Prusa 121'11	Erin Prusa 113'5	Peyten Becker 98'1
3	Kylie Brichacek	125'9	2026	Sophie Dvorak 115'4	Sasha Perrin 117'11	Sophie Dvorak 109'5	Madyson Cech 98'1
4	Sophie Dvorak	115'4	2023	Emily Brichacek 114'3	Peyten Becker 113'2	Kylie Brichacek 106'0	Alyssa Coufal 81'1
5	Madyson Cech	114'9	2018	Makenzie Polacek 113'5	Sophie Dvorak 105'2	Peyten Becker 98'3	Ava Noyd 75'2
<b>100 HH</b>							
1	KC Heimann	15.94*	2013	KC Heimann 15.94*	Amy Praest 16.39	Audrey Praest 16.32	Audrey Praest 16.93
2	Amy Praest	16.01	2025	Amy Praest 16.01	Lilly Praest 17.32	Amy Praest 17.58	Jordyn Hamata 17.99
3	Audrey Praest	16.32	2026	Lilly Praest 17.29	Faith Molacek 17.94*	Madi Compton 18.15	Avery Bayer 18.09
4	Lilly Praest	17.29	2022	Faith Molacek 17.54*	Alyssa Cappellano 18.05	Alyssa Cappellano 18.27	Madi Compton 18.09
5	Faith Molacek	17.54*	2015	Leah Grovijohn 19.54*			Amy Praest 18.19
<b>300 LH</b>							
1	KC Heimann	48.94*	2013	KC Heimann 48.94*	Amy Praest 50.87	Audrey Praest 51.28	Avery Bayer 52.61
2	Amy Praest	50.55	2025	Amy Praest 50.55	Faith Molacek 51.64*	Amy Praest 52.18	Madi Compton 53.00
3	Audrey Praest	51.28	2026	Faith Molacek 51.64*	Macey Kulhanek 51.84*	Alyssa Cappellano 52.82	Audrey Praest 53.51
4	Faith Molacek	51.64*	2014	Lilly Praest 55.32	Alyssa Cappellano 53.45	Madi Compton 55.16	Amy Praest 53.83
5	Macey Kulhanek	51.84*	2017	Tami Dostal 57.34*	Lilly Praest 54.16	Tami Dostal 59.44*	Shelby Risch 57.69
<b>55 Meter Dash</b>							
1				Elizabeth Sindelar 7.67	KC Heimann 9.29	Maura Cada 8.53	Audrey Praest 10.23
2				Kalli Brester 8.14	Faith Molacek 10.07	Audrey Praest 8.58	Lilly Praest 10.48
3				Sam Brester 8.21	Leah Grovijohn 10.95	Nessa Krupka 8.59	Jordyn Hamata 11.01
4	* = .24 added from hand-held time			Macey Kulhanek 8.27		Kylie Brichacek 8.76	Amy Praest 11.11
5	* = .14 added for races over 300 M			Jill Rocheford 8.38		Hailey Knapp 8.80	Madi Compton 11.40

	Overall	Year	Seniors	Juniors	Sophomores	Freshmen	
<b>100</b>							
1	Elizabeth Sindelar	12.74*	2014	Elizabeth Sindelar 13.14*	Maura Cada 13.22	Elizabeth Sindelar 12.94*	Elizabeth Sindelar 12.74*
2	Maura Cada	13.06	2025	Kalli Brester 13.54*	Elizabeth Sindelar 13.34*	Maura Cada 13.06	Maura Cada 13.53
3	Isabella Wegner	13.15	2025	Morgan Baumert 13.54*	Isabella Wegner 13.35	Isabella Wegner 13.15	Isabella Wegner 13.88
4	Amy Praest	13.27	2023	Amy Praest 13.95	Kalli Brester 13.44*	Amy Praest 13.27	Hailey Knapp 13.92
5	Kalli Brester	13.44*	2016	Tessa Brester 14.24*	Amy Praest 13.63	Nessa Krupka 13.55	Sam Brester 13.94*
<b>200</b>							
1	Elizabeth Sindelar	26.14*	2014	Elizabeth Sindelar 27.14*	Elizabeth Sindelar 27.74*	Elizabeth Sindelar 26.54*	Elizabeth Sindelar 26.14*
2	Brynn Throener	27.85	2026	Blair Fiala 27.96	Blair Fiala 28.37	Autumn Slaughter 28.14	Brynn Throener 27.85
3	Blair Fiala	27.96	2023	Taylor Steffensmeier 30.30	Sam Brester 28.54*	Blair Fiala 28.34*	Sam Brester 28.24*
4	Autumn Slaughter	28.14	2025	Kiearra Harper 33.54	Maura Cada 28.54*	Maura Cada 28.98	Tessa Brester 28.94*
5	Sam Brester	28.24*	2014		Macey Kulhanek 28.58	Kalli Brester 29.14*	Autumn Slaughter 28.97
<b>400</b>							
1	Brynn Throener	60.98	2026	Sam Brester 62.28	Sam Brester 62.84*	Sam Brester 61.83	Brynn Throener 60.98
2	Sam Brester	61.83	2025	Blair Fiala 63.93	Blair Fiala 64.26	Madi Compton 66.93	Sam Brester 63.34*
3	Blair Fiala	63.93	2012	Madison Novicki 69.44*	Macey Kulhanek 64.24*	Jessi Brester 67.04*	Tessa Brester 66.54*
4	Macey Kulhanek	64.24*	2017	Kiearra Harper 76.03	Jessi Brester 67.01	Autumn Slaughter 67.47	Reagan Bayer 67.81
5	Tessa Brester	66.54*	2014		Jaedyn Ratzlaff 67.53	Faith Molacek 67.94*	Autumn Slaughter 68.21
<b>800</b>							
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	Jerzie Haferland 2:55.80	Jessi Brester 2:45.31	Brynn Throener 2:44.99
5	Anna Grovijohn	2:35.44*	2013	Kiearra Harper 3:18.16	Kennady Schmidt 3:02.26	Shayla Gall 2:57.37	Kennady Schmidt 2:48.16
<b>1600</b>							
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
<b>3200</b>							
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				
<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	Brynn Throener 60.9
2	Brynn Throener	60.9	2026	Kalli Brester 62.6	Tessa Brester 63.3	Kalli Brester 65.9	Reagan Bayer 63.5
3	Tessa Brester	62.4	2017	Sam Brester 63.1	Kalli Brester 63.6	Tessa Brester 66.4	Avery Bayer 64.8
4	Kalli Brester	62.6	2017	Anna Grovijohn 64.9	Macey Kulhanek 64.3	Haley Eikmeier 66.8	Sam Brester 66.7
5	Reagan Bayer	63.5	2026	Kylie Brichacek 65.4	Haley Eikmeier 64.4	Faith Molacek 67.7	Tessa Brester 67.0
<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	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
<b>4 X 100 Relay</b>							
1				2026 51.18	2016 4:13.50	2017 10:10.61	
2				2025 52.80	2017 4:13.91	2016 10:14.94*	
3				2014 53.14*	2026 4:15.49	2015 10:15.46	
4	* = .24 added from hand-held time			2015 53.16	2015 4:17.32	2018 10:38.21	
5	* = .14 added for races over 300 M			2013 53.94*	2014 4:23.04	2019 10:44.55	