



Dakota Cougars Track & Field Invitational 2005 Girls Results

High Hurdles

Semifinal # 1

1	Lisa LaPerriere	DHS	16.7
2	Michelle O'Donnoghue	GPS	17.7
3	Stephanie Kosovich	Utica	17.9
4	Katie Thoenes	Troy	18.1
5	Jessica MacMurtrie	Mott	18.2
6	Rachel Sullivan	CV	18.5
7	Amanda Kelmer	LC	19.1

Semifinal # 2

1	Melissa Pelky	CV	17.5
2	Julie Zaranek	GPS	17.6
3	Kelly O'Connel	Troy	18.2
4	Lauren Kelly	Utica	18.5
5	Shannon Murray	DHS	18.7
6	Beth Gerber	LC	19.0

Final

1	Lisa Laperriere	DHS	16.8
2	Michele O'Donnoghue	GPS	17.6
3	Melissa Pelky	CV	17.9
4	Lauren Kelly	Utica	18.1
5	Stephanie Kosovich	Utica	18.2
6	Julie Zaranek	GPS	18.5
7	Kelly O'Connel	Troy	18.5
8	Katie Thoenes	Troy	19.1

300 Meter Hurdles

Heat #1

1	Megan Wiggins	LC	58.6
2	Sarah Kulman	DHS	1:01.9

Heat #2

1	Katie Gerow	GPS	52.2 6 th
2	Jessica MacMurtric	WM	52.8
3	Ashley Zappiteil	Utica	53.2
4	Sam Sokalski	CV	53.6
5	Beth Geerer	LC	54.0
6	Lauren Kelly	Utica	57.7
7	Hayley Sanders	DHS	58.6
8	Jillian Hobig	LC	59.0

Heat #3

1	Breanna Peabody	Utica	46.8 1 st	SR
2	Amber Siegle	LN	49.2 2 nd	
3	Julie Zaranek	GPS	49.6 3 rd	
4	Alysson Bodenbach	CV	49.9 4 th	
5	Emily Franchett	GPS	50.9 5 th	
6	Shannon Murray	DHS	53.0	
7	Joanna Kitlinski	CV	54.3	

3200 Meter Run

1	Jillian McLaughlin	GPS	11:39.7
2	Megan Pines	Troy	11:52.0
3	Natalie Humphrey	GPS	12:01.5
4	Beth Hill	Troy	12:07.5
5	Teresa Semaan	LC	12:10.2
6	Angie Giordimaina	DHS	12:31.5
7	Haley Knoll	WM	12:34.2
8	Alex Kotch	Utica	12:43.5

100 Meter Dash

Semifinal # 1

1	Tanisha Johnson	DHS	13.2
2	Megan DeBoer	GPS	13.4
3	Whitney McMillan	LC	13.7
4	Samantha Sokalski	CVHS	14.2
5	Staci Cox	Troy	14.2
6	Lia Poltonail	Mott	15.0
7	Kalisha Young	Utica	15.0

Semifinal # 2

1	Mandy Prechowski	Utica	13.3
2	Alexis Zmudczynski	DHS	13.6
3	Kelly Plummer	Mott	14.1
4	Lisa Repicky	GPS	14.1
5	Audia Cook	LC	14.7
6	Reva Sorisho	Troy	15.0
7	Erika Grzech	CV	16.0

Final

1	Tanisha Johnson	DHS	13.0
2	Mandy Prechowski	Utica	13.1
3	Megan Oeboer	GPS	13.4
4	Alexis Zmudczynski	DHS	13.5
5	Kelly Plummer	WM	13.7
6	Lisa Pepicky	GPS	13.9
7	Whitney McMillan	LC	14.0
8	Samantha Sokalski	CV	14.0

200 Meter Dash

Semifinal # 1

1	Alysson Bodenbach	CV	27.9
2	Alexis Zmudczynski	DHS	28.0
3	Carly Baltentire	Utica	28.6
4	Leung Kayee	Troy	29.6
5	Paris Johnson	LC	29.7
6	Gracie Turin	GPS	30.3
7	Jamie Sollars	WM	31.0

Semifinal # 2

1	Andrea de la Garza	DHS	27.8
2	Whitney McMillan	LC	28.2
3	Kim Grambo	GPS	29.0
4	Lauren Manzano	Troy	29.5
5	Tanisha Dixon	WM	29.6
6	Joanna Kitlinski	CV	30.0
7	Marcie Scott	Utica	30.9

Final

1	Alysson Bodenbach	CV	28.1
2	Andrea de la Garza	DHS	28.1
3	Carly Baltentire	Utica	28.9
4	Alexis Zmudczynski	DHS	29.0
5	Whitney McMillan	LC	29.0
6	Kim Grambo	GPS	29.2
7	Kayee Leung	Troy	30.0
8	Lauren Manzano	Troy	30.0



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400 Meter Dash

Heat #1

1	Taylor Kempisty	CV	1:07.0
2	Lauren Johnson	Troy	1:07.7
3	Kellyn Jackson	DHS	1:09.0
4	Meghan Stenzel	LC	1:10.3
5	Erika Grzech	CV	1:10.7

Heat #2

1	Jillian Conley	LC	1:01.1	SR
2	Olivia Dunn	DHS	1:01.1	
3	Jessica Lawrence	Utica	1:01.1	
4	Alycia Wright	LN	1:01.1	
5	Jenny Friday	Troy	1:05.7	
6	Nichole Wojciechowski	Utica	1:05.9	
7	Amy Bourbeau	WM	1:07.1	

800 Meter Run

JV

1	Jessica Russell	Troy	2:33.8
2	Dennehy	GPS	2:39.6
3	Stephanie Skowneski	CV	2:39.8
4	Getz	GPS	2:40.6
5	Alyssa Walsh	CV	2:42.3
6	Hauck	GPS	2:43.3
7	Amanda Elskens	GPS	2:45.7
8	Gilpin	GPS	2:46.4

Varsity

1	Erica D'Angelo	CV	2:29.4
2	Danyell Mitchel	WM	2:31.4
3	Michelle Russel	Troy	2:32.0
4	Rachel Harrison	LC	2:32.5
5	Christine Nelson	GPS	2:36.3
6	Ashli Hogan	Utica	2:36.9
7	Sarah Pettit	GPS	2:39.2
8	Celeste Klaus	CV	2:46.2

1600 Meter Run

JV

1	Kat Carmody	GPS	5:53.0
2	Lauren Bul	Utica	6:01.4
3	Jean Hollerbach	GPS	6:03.0
4	Alyssa Kessler	Utica	6:04.7
5	Sandy Chu	GPS	6:06.0
6	Jennifer Yee	Troy	6:13.8
7	Lauren Fahy	CV	6:14.7
8	Melanie Duzyj	Mott	6:22.8

Varsity

1	Maggie Collison	GPS	5:20.7	SR
2	Erica D'Angelo	CV	5:31.3	
3	Carissa Hudson	LN	5:34.0	
4	Angie Giordimaina	DHS	5:39.2	
5	Andrea Carabell	LN	5:39.7	
6	Sam Hsieh	Troy	5:46.0	
7	Renee Baril	Utica	5:48.0	
8	Courtney Briggs	LC	5:57.1	

3200 Meter Relay

1	Grosse Pointe South (McLaughin, Mackenzie, Petit, Collison)	10:05.4
2	Troy	10:06.5
3	Lutheran North	10:21.6
4	Chippewa Valley	10:32.5
5	L'anse Creuse	10:34.8
6	Warren Mott	10:40.1
7	Utica	10:45.4
8	Dakota	10:57.0

1600 Meter Relay

JV Heat #1

1	Dakota "A" (Pittoors, Magnotte, Neate, Sa. LaFrance)	5:02.5
2	L'anse Creuse	5:13.8
3	Utica	5:23.4
4	Dakota "B"	5:24.5

Varsity

1	Utica (Hodge, Lawrence, Baril, Zappetel)	4:29.7
2	Dakota	4:33.6
3	L'anse Creuse	4:34.2
4	Chippewa Valley	4:40.1

800 Meter Relay

JV Heat #1

1	Grosse Pointe South (Turin, Ulrich, Alao, Nelskamp)	1:56.8 1 st
2	Chippewa Valley	2:05.6 2 nd
3	Dakota "A"	2:06.8 4 th
4	L'anse Creuse	2:07.0
	Troy	DQ
	Utica	DQ

JV Heat #2

1	Troy	2:05.6 3 rd
2	Dakota "B"	2:14.4
3	Utica "A"	2:17.9
4	Utica "B"	2:26.5

Varsity

1	Dakota (Johnson, de la Garza, Zmudczynski, Murray)	1:51.3
2	Grosse Pointe South	1:53.8
3	Utica	1:54.4
4	Troy	1:56.0
5	L'anse Creuse	1:56.7
6	Chippewa Valley	1:58.9
7	Mott	1:59.7



Dakota Cougars Track & Field Invitational 2005 Girls Results

400 Meter Relay

1	Dakota (LaPerriere, de la Garza, Hindman, Zmudzynski)	52.8
2	Grosse Pointe South	53.3
3	Utica	55.2
4	Warren Mott	55.6
5	Troy	55.8

Discus

1	Chrissy Brinkman	Troy	119' 4"	SR
2	Ashley Lawrence	Troy	114' 7"	
3	Audrey Waggoner	LC	105' 9"	
4	Kolleen Roberts	CV	103' 5"	
5	Nyya Kinsey	CV	103' 5"	
6	Megan Felcyn	DHS	101' 3"	
7	Alicia Borna	LN	91' 2"	
8	Marcy Scott	U	90' 0"	
9	Monique White	DHS	89' 1"	
10	Katie Elliott	LC	88' 10"	
11	Whitney Brown	WM	87' 10"	
12	Mackenzie Whims	GPS	87' 7"	
13	Leslie Gilbert	WM	87' 0"	
14	Amanda Rieser	DHS	86' 9"	
15	Sarah Zimmerman	U	84' 9"	
16	Brittany Dallas	WM	83' 5"	
17	Rose Kothstein	CV	82' 7"	
18	Leah Wedenoja	GPS	77' 11"	
19	Stephanie Graves	Troy	75' 7"	
20	Amanda Sullivan	U	73' 4"	
21	Katie Schehr	LC	73' 2"	

Shot Put

1	Ashley Laweience	Troy	40' 1.5"
2	Inyya Kinsey	CV	37' 6.5"
3	Chrissy Brinkman	Troy	34' 1"
4	Monique White	DHS	32' 9.5"
5	Katie Elliott	LC	32' 7"
6	Kollen Roberts	CV	31' 8"
7	Christina Renshaw	Utica	30' 11"
8	Alyssa Carr	GPS	30' 1.5"
9	Allica Borna	LN	29' 4.5"
10	Megan Felcyn	DHS	28' 11.5"
11	Alaina Matteson	U	28' 9"
12	Shelley Hoover	U	28' 2"
13	Whitney Brown	WM	28' 1.5"
14	Rose Kothstein	CV	28' 1"
15	Mayiwa Akinyode	LC	27' 10"
16	Brittany Dallas	WM	26' 10"
17	Sarah Hansen	GPS	26' 4"
18	Stephanie Dediecker	WM	26' 0"
19	Ashley Anderson	Troy	25' 10"
20	Amanda Rieser	DHS	25' 2"
21	Katie Schehr	LC	23' 6"

Long Jump

1	Tanisha Johnson	DHS	16' 8.75"	SR
2	Breanna Peabody	U	16' 6"	
3	Andrea de la Garza	DHS	16' 4.25"	
4	Ashley Manzano	Troy	15' 5.5"	
5	Lena Ulrich	GPS	15' 3"	
6	Whitney McMillan	LC	14' 9.5"	
7	Colleen Roberts	CV	14' 8"	
8	Lisa LaPerriere	DHS	14' 4.5"	
9	Liz Trexler	GPS	14' 1"	
10	Staci Cox	Troy	14' 0"	
11	Lauren Manzano	Troy	13' 11.5"	
12	Lisa Repicky	GPS	13' 6"	
13	Alycia Wright	LN	13' 3"	
14	Rachel Sullivan	CV	12' 10.5"	
15	Stephanie Kosovich	U	12' 10"	
16	Hana Kaimovic	LC	12' 2"	
17	Kelly Plummer	WM	11' 11"	
18	Lindsay Machak	U	11' 10"	

High Jump

1	Tanisha Johnson	DHS	5' 0"
2	Carly Czajka	GPS	4' 10"
2	Sam Mackenzie	GPS	4' 10"
2	Amber Siegle	LN	4' 10"
2	Nikki Salgot	Troy	4' 10"
6	Racheal Sullivan	CV	4' 10"
7	Alycia Wright	LN	4' 7"
8	Andrea Carabell	LN	4' 7"
9	Allison Bodenbach	CV	4' 4"
9	Hana Kaimovic	LC	4' 4"
9	Alysha Forlini	LC	4' 4"
9	Meredith Rogan	U	4' 4"

Pole Vault

1	Cassie Chetosky	Utica	8' 9"
2	Amanda McCarty	WM	8' 9"
3	Sarah Jenzen	GPS	8' 6"
4	Amanda Hindman	DHS	8' 0"
5	Sam John	GPS	8' 0"
6	Kellyn Jackson	DHS	7' 6"
7	Ashli Hogan	Utica	7' 6"
8	Lisa LaPerriere	DHS	7' 6"
9	Meghan Stenzel	LC	7' 6"
10	Alysha Forlini	LC	7' 0"

SR=Stadium Record