



Dakota Cougars Track & Field Invitational 2007

Girls Results

Shot Put

1	Joy Rolfe	FRA	40' 3"
2	Joslyn Jones	FRA	38' 6"
3	Krystle Beselar	CL	38' 1"
4	Tiffany Barr	CV	33' 9"
5	Mary McDonald	COU	33' 6"
6	Ariel Clay	COU	32' 7"
7	Megan Felcyn	DHS	32' 5"
8	Candace Hurt	REG	32' 2 1/2 "
9	Chelsea Gilbert	GPS	32' 5 1/2 "
10	Brittney Dallas	WM	30' 11"
11	Shelly Payne	REG	30' 10 1/2 "
12	Sarah Hansen	GPS	29' 10"
13	Emily Belarski	COU	29' 8 1/4 "
14	Breanna James	REG	29' 6 1/4 "
15	Kathy Hansen	WAY	29' 3 1/2 "
16	Adrian Nelson	DHS	29' 2"
17	Elpida Katakis	IKE	28' 3"
18	Melissa Rospieski	LCN	28' 1 1/2 "
19	Lindsey Jones	IKE	26' 9"
20	D. Murdock	FRA	26' 9"
21	Kirsten Pinsilley	IKE	25' 9"
22	Crystal King	TROY	25' 4 1/2 "
23	Kristine Zech	AB	25' 3 1/2 "
24	Chelsea Miller	WAY	23' 9"
25	Brittanie Askin	WAY	23' 7"
26	Ashley Henry	CV	23' 0"
27	April Houghton	DHS	22' 1"
28	Michelle Lackey	TROY	22' 1"
29	Maria Lantrill	WM	21' 9 1/4 "
30	Chelsea Maddlin	WM	21' 7 1/2 "
31	Emily Zogas	UT	21' 6"
32	Martin	AB	20' 7"
33	Emily Colling	TROY	19' 1 1/2 "
34	Krystal Ankawi	UT	17' 8 1/4 "

Long Jump

1	Cassie Chetosky	UT	15' 6 1/2 "
2	Alysson Bodenbach	CV	15' 5 3/4 "
3	Katie Steen	GPS	15' 4 1/2 "
4	Meaghan Ogonowski	REG	14' 9 1/4 "
5	Jenell Nadolski	REG	14' 6"
6	KeYonna Jones	GPN	14' 5 3/4 "
7	Shantelle Herring	DHS	14' 4"
8	Haley Abessino	GPN	14' 4"
9	Casey Benedetti	LCN	14' 3 1/2 "
10	Faretha Razier	GPS	15' 4 1/2 "
11	Amanda Gachewicz	IKE	14' 1 1/2 "
12	Larissa Petrovic	GPS	13' 8 3/4 "
13	Sara Webber	WM	13' 6"
14	Kelly Plummer	WM	13' 6"
15	Megan Coltman	IKE	13' 4 1/4 "
16	Val de la Garza	DHS	13' 2 3/4 "
17	Vallier	FRA	12' 9 1/2 "
18	Sarah Alvia	COU	12' 4 1/2 "
19	Chelsea Piper	DHS	12' 3/4 "
20	Kellie Snyder	TROY	12' 0"
21	Healy	AB	11' 6 3/4 "
22	Broderick	FRA	11' 4 3/4 "
23	Alethia Bornwell	TROY	10' 3 1/4 "
24	Hensely	AB	9' 7 1/2 "

Discus

1	Lauren Flanagan	GPN	110' 9"
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2	D., Murdock	FRA	108' 1"
3	Mary McDonald	COU	107' 9"
4	Megan Felcyn	DHS	106' 8"
5	Krystle Beselar	CL	104' 4"
6	Breanna James	REG	104' 3"
7	Melissa Rospieski	LC	101' 7"
8	Elpida Katakis	IKE	98' 9"
9	Lindsey Jones	IKE	95' 0"
10	Summer Machleit	REG	90' 8"
11	Tiffany Barr	CV	89' 10"
12	Alex Lalonde	AB	84' 9"
13	Adrian Nelson	DHS	79' 7"
14	Joslyn Jones	FRA	79' 6"
15	Crystal King	Troy	78' 9"
16	Kathy Hensen	WAY	77' 11"
17	Emily Belarski	COU	77' 3"
18	Jennifer Barrett	COU	76' 10"
19	Emily Zogas	UT	75' 9"
20	Candace Hurt	REG	75' 3"
21	Brittany Dallas	WM	73' 10"
22	Kirsten Pinsilley	IKE	73' 8"
23	Sarah Hansen	GPS	71' 6"
24	Kristine Zech	AB	69' 1"
25	Chelsea Gilbert	GPS	68' 8"
26	Kristen Langlois	UT	61' 2"
27	Michelle Lokoy	TROY	58' 1"
28	Chelsea Miller	WAY	57' 11"
29	Chelsea Madden	WM	57' 6"
30	Ashley Henry	CV	56' 7"
31	April Houghton	DHS	56' 3"
32	Brittanie Askin	WAY	55' 4"
33	Maria Cantrell	WM	51' 6"
34	Megon Boyz	TROY	47' 2"

Pole Vault

1	Cassie Chetosky	UT	10' 4" MR
2	Kelsey Hinz	DHS	10' 0"
3	Jessica Pizzini	DHS	9' 4"
4	Ashli Hogan	UT	8' 8"
5	Sarah Kaptor	IKE	7' 8"
6	Sarah Jenzen	GPS	7' 8"
6	Jenn Trainor	UT	7' 8"
8	Coleen Menardo	GPS	7' 8"
9	Brittany Pray	AB	7' 2"
9	Kyla Moran	GPS	7' 2"
9	Lauren Flanagan	GPN	7' 2"
9	Erin Schultz	GPN	7' 2"
13	Sharon Messina	COU	7' 2"
14	Erin Oloff	COU	7' 2"
15	Krystal Nichols	WAY	7' 2"
16	Katie Hozelton	AB	6' 8"
	Lorina Accetta	IKE	NH

100 Meter Dash(FAT)

Prelim #1

1	Alysson Bodenbach	CV	12.80
2	Demetria Melton	FRA	12.98
3	Ashley McLauren	COU	13.22
4	Sarah Ferdig	LCN	13.53
5	Nicole Provencher	DHS	13.62
6	Jessie Ballentine	UT	15.30



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7 Nicole Vitale TROY 15.42

Prelim #2

1 Lauren Lambert IKE 13.37
 2 Nastassia Goines WAY 13.40
 3 Katherine Bowman GPS 13.68
 4 Cece Pope AB 14.33
 5 Shonitia Thomas TROY 14.87
 6 Angela Bailey UT 16.35
 Stephanie Cuniberti DHS DQ

Prelim #3

1 Katie Raymond GPN 13.30
 2 Brooke Bielaniec IKE 13.35
 3 Kelly Plummer WM 13.45
 4 Monica Staley FRA 13.82
 5 Lucia Ortega TROY 14.66
 6 Bronte Greene AB 15.26

Prelim #4

1 Megan DeBoer GPS 13.35
 2 Marshan Daniels GPN 13.37
 3 Jackie Larsh LCN 13.47
 4 Candace Williams WAY 13.72
 5 Tina Runyon REG 14.13
 6 Kim Barba REG 14.40

Semifinal #1

1 Alysson Bodenbach CV
 2 Marshan Daniels GPN
 3 Kelly Plummer WM
 4 Katie Raymond GPN
 5 Brooke Bielaniec IKE
 6 Jackie Larsh LCN
 7 Katherine Bowman GPS
 8 Monica Staley FRA

Semifinal #2

1 Demetria Melton FRA 13.27
 2 Lauren Lambert IKE 13.42
 3 Megan DeBoer GPS 13.53
 4 Ashley McLauren COU 13.70
 5 Candace Williams WAY 13.80
 6 Sarah Ferdig LCN 13.92
 7 Nicole Provencher DHS 14.20

FINALS

1 Alysson Bodenbach CV 12.67 MR
 2 Lauren Lambert IKE 13.22
 3 Demetria Melton FRA 13.29
 4 Marshan Daniels GPN 13.59
 5 Megan DeBoer GPS 13.57
 6 Ashley McLauren COU 13.74
 7 Kelly Plumber WM 13.94
 Katie Raymond GPN DNF

2 Jasmine Selby AB 28.37
 3 Lauren Doherty DHS 28.43
 4 Rebecca DeWitt REG 28.45
 5 Majorie Gatson CV 28.47
 6 Ayanna Fleming WAY 29.05
 7 Adria Piwonski IKE 30.04
 8 Piper Doniel TROY 35.41

Prelim #3

1 Adrienne Woodall LCN 26.99
 2 Natassia Goines WAY 27.55
 3 Shantelle Herring DHS 27.89
 4 Kayla Womack GPN 27.94
 5 Jackie Cobb WM 29.40
 6 Amber French AB 29.55
 7 Cindy Wu TROY 31.49

Semifinal #1

1 Kayla Woodall LCN 26.87
 2 Shantelle Herring DHS 27.73
 3 Rebecca DeWitt REG 28.07
 4 Tina Runyon REG 28.45
 5 Jasmine Selby AB 28.94
 6 Jackie Cobb WM 29.84
 7 Paige Davis TROY 31.62
 8 Natassia Goines WAY DNF

Semifinal #2

1 Demetria Melton FRA 27.25
 2 Alysson Bodenbach CV 27.27
 3 Majorie Gatson CV 28.02
 4 Kayla Womack GPN 28.29
 5 Christina Embree GPN 28.80
 6 Ayanna Fleming WAY 28.89
 7 Kyla Applewhite UT 31.55
 8 Lauren Doherty DHS DNF

FINALS

1 Alysson Bodenbach CV 25.63
 2 Kayla Woodall LCN 26.89
 3 Shantelle Herring DHS 27.87
 4 Demetria Melton FRA 27.91
 5 Rebecca DeWitt REG 28.44
 6 Kayla Womack GPN 28.55
 7 Majorie Gatson CV 28.56
 8 Tina Runyon REG 29.05

200 Meter Dash(FAT)

Prelim #1

1 Alysson Bodenbach CV 27.65
 2 Tina Runyon REG 28.57
 3 Christina Embree GPN 29.42
 4 Paige Davis TROY 31.32
 5 Kyla Applewhite UT 32.09

Prelim #2

1 Demetria Melton FRA 27.47



Dakota Cougars Track & Field Invitational 2007

Girls Results

1600 Meter Run

Varsity

1	Betsey Graney	GPN	5:21.8
2	Haley Knoll	WM	5:22.8
3	Gina Valgoi	REG	5:35.5
4	Jen Rock	IKE	5:44.2
5	Emily Birch	CV	5:47.9
6	Beth Ponkowski	REG	5:49.1
7	Jean Hollerbach	GPS	5:49.3
8	Janell Herrick	DHS	5:51.6

3200 Meter Run

1	Haley Knoll	WM	11:54.1
2	Gina Valgoi	REG	12:20.3
3	Jen Rock	IKE	12:23.3
4	Michelle Morrisette	TROY	12:30.7
5	Renee Cholyway	REG	13:01.2
6	Anne Marie Beindit	AB	13:27.9
7	Katie Madinsky	DHS	13:34.6
8	Marisa Pacella	IKE	13:35.8

400 Meter Dash

Final Results

1	Emily Cizmas	CV	1:00.9	MR/SR
2	D. Vallier	FRA	1:02.5	
3	Sara Webber	WM	1:03.7	
4	Chelsea Piper	DHS	1:05.1	
5	LaQwana Dockery	DHS	1:05.8	
6	Miranda Bauer	LCN	1:06.1	
7	Majorie Gatson	CV	1:06.1	
8	Amanda Bay	GPS	1:07.0	
9	Asia Body	COU	1:07.1	
10	Meaghan Ogonowski	REG	1:07.3	
11	Blair Mesyn	FRA	1:07.7	
12	Emily Fisher	TROY	1:07.8	
13	Cami Pearcy	LCN	1:08.7	
14	Miranda Szulborski	IKE	1:09.0	
15	Paula Blant	REG	1:09.3	
16	Ashley Novak	COU	1:09.5	

800 Meter Run

JV

1	Emily Cizmas	CV	2:33.9
2	Kamille Hamzey	GPN	2:40.1
3	Emily Birch	CV	2:41.8
4	Rene Kefe	REG	2:45.3
5	Carlee Roeber	IKE	2:48.6
6	Rebecca Gilbert	LCN	2:51.4
7	Mary Chase	REG	2:51.9
8	Marisa Pacella	IKE	2:52.1

Varsity

1	Kaitlin Kreger	LCN	2:28.6
2	Autumn Cleverly	AB	2:31.3
3	Taylor Knoll	WM	2:33.9
4	Rachel Thull	COU	2:35.5
5	Katie Graves	GPN	2:36.2
6	Amanda Finn	CV	2:36.5
7	Anna Maria Paruk	REG	2:37.0
8	A. Murray	FRA	2:38.2

1600 Meter Run

JV Heat #1

1	Rebecca Gilbert	LCN	6:24.1
2	Katie Bjorgaard	DHS	6:30.8
3	Elena Elskens	GPS	6:32.5
4	Ashley Supinsky	UT	6:34.4
5	Megan McMahon	DHS	6:36.0
6	Erica Mencal	GPS	6:37.8
7	Samantha Milana	DHS	6:39.5
8	Ally Polzien	UT	6:46.8

JV Heat # 2

1	Becca Gimpert	GPN	6:02.2
2	Bethany Cavanagh	GPS	6:07.2
3	Katherine Steen	GPS	6:08.2
4	Carlee Roeber	IKE	6:08.7
5	Nora Premack	GPN	6:10.4
6	Renee Keefe	REG	6:11.0
7	Marina Metes	GPN	6:12.6
8	Elizabeth Kunjummen	TROY	6:19.0

High Jump

1	Julie Diegel	IKE	5'1" MR
2	E. Stone	REG	5'1" MR
3	A. Novak	COU	4'8"
3	S. Mackenzie	GPS	4'8"
5	Stephanie Cuniberti	DHS	4'8"
5	S. Buhl	REG	4'8"
7	K. Kirkpatrick	GPS	4'8"
8	Jessica Schram	DHS	4'8"
9	Asia Body	COU	4'5"
10	LaQwana Dockery	DHS	4'5"
11	A. Lalonde	AB	4'2"
11	G. Keller	GPS	4'2"
11	L. Accetta	IKE	4'2"
11	A. Gibson	LCN	4'2"
11	K. Kosinski	GPS	4'2"
16	Healy	AB	4'2"
16	S. Pearsall	WM	4'2"
16	C. Wise	WM	4'2"
	D. Kwiatkowski	WM	NH
	K. Hess	GPN	NH
	E. Twigg	REG	NH
	A. Bornwell	TROY	NH
	S. Kunjumen	TROY	NH



Dakota Cougars Track & Field Invitational 2007

Girls Results

300 Meter Hurdles

High Hurdles(FAT)

Prelim #1

1	Shakira Harrington	IKE	17.03
2	Ashlee Sokalski	LCN	17.61
3	Katrina Suchoski	UT	18.00
4	Kelly Brosky	REG	18.26
5	Kellie Snyder	Troy	18.27
6	R. Broderick	FRA	19.41
7	Sarah Kulman	DHS	20.20

Prelim #2

1	Breanna Peabody	UT	16.50
2	Asia Body	COU	18.22
3	Katherine Zurek	GPS	18.37
4	Megan Coltman	IKE	18.84
5	Shwan Kalles	CV	20.36
6	Crystal Lapain	FRA	20.76
7	Alexandra LaLonde	AB	23.66

Prelim #3

1	Kiyonna Jones	GPN	17.78
2	Katie Baumgartner	WM	17.87
3	Tina Hollowell	CV	17.92
4	Haley Sanders	DHS	19.10
5	Rachel Schick	AB	19.65
6	Alethia Barnwell	TROY	22.21

Prelim #4

1	Missy Denys	REG	17.56
2	Alicia Johnson	LCN	18.01
3	Avida Johnson	GPN	18.44
4	Jamie Potter	COU	18.47

Semifinal # 1

1	Shakira Harrington	IKE	17.10
2	Alicia Johnson	LCN	17.45
3	Kiyonna Jones	GPN	17.56
4	Katie Baumgartner	WM	17.92
5	Avida Johnson	GPN	18.36
6	Katherine Zurek	GPS	18.64
7	Tina Hollowell	CV	18.74
	Haley Sanders	DHS	DNF

Semifinal # 2

1	Ashlee Sokalski	LCN	17.48
2	Missy Denys	REG	17.69
3	Breanna Peabody	UT	17.71
4	Megan Coltman	IKE	17.73
5	Katrina Suchoski	UT	17.81
6	Kelly Brosky	REG	17.98
7	Asia Body	COU	18.36
8	Jamie Potter	COU	18.96

FINALS

1	Breanna Peabody	UT	15.81 MR/SR
2	Shakira Harrington	IKE	17.08
3	Kiyonna Jones	GPN	17.27
4	Ashlee Sokalski	LCN	17.38
5	Missy Denys	REG	17.42
6	Katie Baumgartner	WM	17.45
7	Megan Coltman	IKE	17.50
8	Alicia Johnson	LCN	17.63

Heat #1

17	Shamira Anderson	WM	56.2
18	Alexandra LaLonde	AB	57.3
19	Crystal Lapain	FRA	1:00.6
20	Megan Vismara	REG	1:04.1
21	Megan Kulman	DHS	1:10.0

Heat #2

5	Beka Stork	TROY	52.0
11	Alicia Johnson	LCN	53.6
14	Kelly Kirkpatrick	LCN	54.7
16	Missy Denys	REG	55.0

Heat #3

6	Sarah Youngblood	GPS	52.4
7	Ashelee Sokalski	LCN	52.6
8	Katie Baumgartner	WM	52.6
9	Kelly Brosley	REG	52.9
10	Janee Mica	GPN	53.4
11	R. Broderick	FRA	53.6
13	Megan Coltman	IKE	54.3
14	Avida Johnson	GPN	54.7

Heat #4

1	Crystal Bush	GPN	49.4
2	Jessica MacMutrie	WM	50.0
3	Brooke Belanec	IKE	50.2
4	Shakira Harrington	IKE	51.3



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Girls Results

400 Meter Relay

1	Grosse Pointe North (Peoples, Defauw, Abessino, Daniels)	52.4
2	Eisenhower	53.4
3	Grosse Pointe South	53.9
4	Regina	54.4
5	Wayne Memorial	55.2
6	Dakota	55.4
7	Fraser	55.6
8	L'anse Creuse North	56.0
9	Anchor Bay	1:00.4
10	Troy	1:00.6
11	Utica	1:03.1

800 Meter Relay

JV

1	Grosse Pointe North A (Embree, Hanzey, Micou, Daniels)	1:56.4 MR
2	L'anse Creuse North	1:58.4
3	Grosse Pointe North B	1:58.7
4	Grosse Pointe South A	2:00.0
5	Dakota A	2:00.9
6	Eisenhower	2:01.3
7	Grosse Pointe South B	2:04.8
8	Cousino	2:05.3
9	Dakota B	2:05.6
10	Anchor Bay	2:11.0
11	Regina A	2:11.6
12	Regina B	2:14.1
13	Troy	2:16.0
14	Dakota C	2:16.4

Varsity

1	Grosse Pointe North (Peoples, DeFauw, Abesinio, Raymond)	1:49.5
2	L'anse Creuse North	1:51.3
3	Grosse Pointe South	1:51.9
4	Eisenhower	1:52.2
5	Regina	1:52.4
6	Dakota	1:52.5
7	Wayne Memorial	1:55.6
8	Anchor Bay	1:56.0
9	Fraser	1:57.0
10	Warren Mott	1:59.3
11	Troy	2:03.6

2	Eisenhower	4:57.6
3	Regina	5:01.2
4	Dakota B	5:06.8
5	Anchor Bay A	5:27.4
6	Anchor Bay B	5:31.7
7	Dakota C	5:36.7
8	Centerline	5:39.3

Varsity

1	Chippewa Valley (Gatson, Finn, Bodenbach, Cizmas)	4:23.1
2	Regina	4:29.7
3	Fraser	4:30.8
4	Dakota	4:36.1
5	L'anse Creuse North	4:40.4
6	Grosse Pointe North	4:40.8
7	Warren Mott	4:42.8
8	Troy	4:51.5

3200 Meter Relay

1	Regina (Snedden, Parlik, Ponkowski, Valgoi)	10:17.4
2	Eisenhower	10:32.6
3	Fraser	10:36.4
4	Troy	10:51.5
5	Grosse Pointe South	11:03.7
6	Warren Mott	11:13.7
7	Anchor Bay	11:51.5
8	Dakota	12:07.3

MR=Meet Record

SR=Stadium Record

1600 Meter Relay

JV

1	Dakota A (Knudson, Magnotte, Stabile, Kozicki)	4:48.3
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