

1990

Northest Inv at Cornell

Sara	Shot put	32'10"	1st
Michelle	" "	29'9"	6th
Holly	High jump	4'6"	6th
Jenny E	Long jump	15'6 1/2"	1st
Bobbi Jo	" "	12'7 1/2"	10th
Y/vac	3000m run	13:21.96	5th
Jenny E	200mdash	28.91	1st
Andi Stones	" "	31.92	13th
Lissa Schneider	55 hurdles	10.43	4th
Bobbi Jo	440 dash	1.09.85	5th
Micole Gibbs	" "	1.12.78	10th
Sheri Helme	880 dash	2.42.53	3rd
H. L. Liversmore T. Hayes	4x800	13.26.60	4th
A. Reed T. Marshall N. Gibbs	4x100	4.57.47	6th
A. Roeder C. Rubel	55 dash	8.6	9th
S. Helme	55 dash	8.19	7th
A. Stones J. Eggers T. Marshall J. Eischied	4x200	2.00.46	2nd

Camanche Inv.

High jump	Holly Liversmore	4'5"	1st
Long jump	Eischied	15'3 1/4"	1st
Shot put	Liversmore	36'0"	3rd
Shuttle hurdle	Sara Tracy Lissa Ring	115.44	2nd
400	Clason	1.09.56	4th
4x200	Tracy Andi Jody Jenny	2.00.62	2nd
100m hurdles	Liversmore	17.16	1st
200	Eischied	28.22	2nd
200	Marshall	30.03	3rd
Sprint medley	Stones Roeder Clason	2:11.61	3rd
4x100	Sara Jody Jenny Tracy	56.57	2nd

Camanche Co-ed

High jump	Holly Liversmore	4'6"	2nd
Long jump	Eischied	15'8 1/2"	1st
	Clason	12'4 1/2"	5th
4x800	10.47.63 Helme Hayes	10.47.63	3rd
Shuttle hurdles	115.52 Stones, Tran, Liversmore, Rubel	115.52	1st
Discus	- Feuerbach	65'5"	4th
Shot put	Liversmore	36'4"	2nd
	Feuerbach	31'5"	3rd
4x200	1:57.44 Marshall, Roeder, Eggers, Eischied	1:57.44	2nd
4x800	Helme, Rubel, Roistoffer, Gilley	12.30.90	2nd
1/2 mile distance med	Stones, Roeder, Gilley, Roistoffer	5:39.7	2nd
1/2 mile med - Co-ed	3rd Marshall, Clason	4:27.28	3rd
Sprint medley	2:05.43 Eggers, Liversmore, Eischied, Helme	2:05.43	2nd
Jr Sprint med	2:09.88 Tran, Roeder, Stones, Clason	2:09.88	1st
Wt Womens 4x100	1:00.90 Keil, Feuerbach, Kilburg, Liversmore	1:00.90	2nd
4x100	Marshall, Eggers, Eischied, Liversmore	55.4	1st
4x400	Hayes, Gilley, Rubel, Clason	5:00.7	3rd

4x400 - and	Clason, Roistoffer, Helme, Magnusson	
4x400 relay	Eggers, Marshall, Eischied, Liversmore	57.29

Belleuve Double Dual

1 mile Run	Squiers	7.44.33	2nd
Shot put	Liversmore	33'10"	1st
	Feuerbach	30'4 1/2"	3rd
Sprint medley	2:16.96	2nd	Stones, Roeder, Gilley
Discus	Feuerbach	88'11"	1st
	Squiers	83'4"	2nd
High jump	Liversmore	4'6"	3rd
220 yd dash	Eischied	30.06	1st
	Eggers	30.90	2nd
Long jump	Eischied	14'7"	1st
	Eggers	13'1 1/2"	4th
440 yd Hurdles	Rubel	1:39.9	1st
	Roistoffer, Hayes		
2 mile	Rubel, Helme	13.29	1st
100m hurdles	Liversmore	17.16	1st
	Squiers, Schneider	18.8	2nd
Shuttle Hurdles	1st Tran	1:20.70	1st
Distance medley	2nd Marshall, Roeder, Gilley, Helme		
100m dash	Kilburg	15.16	3rd
	Feuerbach	15.9	4th
400mdash	Clason	1:13.31	2nd
880y relay	1st Marshall, Roeder, Eggers, Eischied		

Clinton Relays

Shuttle Hurdles	Squires Schneider	Tran Lirimore	1st	1.15.142
Long jump	Eischied		1st	15'8"
High jump	Lirimore		2nd	4'4"
Shot put	Lirimore		1st	34'6"
4x200	Marshall Roeder	Eggers Eischied	2nd	1.57.35
100 m hurdles	Lirimore		2nd	16.91
800 m run	Helmle		4th	2.45.06
200 m dash	Eischied		3rd	28.28
Sprint medley	Stines Kilburg	Gills Clawen	4th	2.10.07
4x100	Marshall Eggers	Eischied Lirimore	2nd	55.239
D.N.E 77				
2) Belleve 604		8) Cal-Whead 37		
3) Prohbstown 49		9) Andrew 33		
Sterling JV 49		Milledgeville 33		
5) Clinton JV 42		11) Mater Dei 14		
Preston 42		12) North Scott JV 12		
7) Newman 38		13) DeWitt JV 8		

Cascade Relays

Shot put	2nd	Sara Lirimore	32'10"
Discus	3rd	Kim Squires	89'3 ¹² "
Long jump	1st	Jenny Eischied	14'11"
Shuttle Hurdles	3rd	Squires Tran	Lirimore Schneider 1.14.9
100 m hurdles	-	Lirimore	16.9
200 m dash	→	Marshall	6th 29.9
800 m run		Helmle	5th 2.40.
4x100	3rd	Marshall, Eggers	55.9
		Eischied, Lirimore	
4x200	4th	Marshall Eggers	Roeder Eischied 1.57.5
4x400	6th	Squires Hayes	Helmle Roeder 5.07.1

Northeast Relays

Shot put	Fewsbach	30'4 ¹² "	5th
High jump	Lirimore	4'6"	4th
Long jump	Eischied	15'4"	1st
4x800	Magnusson Rudie	Hayes Squires	13.05.4
Shuttle Hurdle	Squires Tran	Stines Schneider	1.18.74
4x200	Marshall Eggers	Eischied Roeder	2.04.03
800 run	Helmle		2.46
200 dash	Eischied		29.45
Sprint medley	Tran Kilburg	Gills Clawen	2.15.16
Mile run	Magnusson		6.34.57
4x100	Stines Marshall	Eggers Eischied	57.88

Maguoketa Relays

Shot	2nd	Sara	33'8"
	4th	Michelle	30'8 ¹² "
Discus	Michelle	4th	92'10 ³⁴ "
Long jump	Eischied	1st	15'5"
100 m hurdles	-	Andi Steines	18.47
800 m run	-	Helmle	2.37.97
200 m dash	-	Eischied	28.22

Comet Relays

Shotput	Sara	1 st	33'2"
Discus	Kim	3 rd	83'1"
Long jump	Jenny	1 st	15'3 1/2"
2 mile relay	Rubel, Magnusson, Helme, Hayes	3 rd	12.30.78
Distance medley	Roeder, Clausen, Gibbs, Magnusson	4 th	5.11.38
100m dash	Kilburg	5 th	14.59
440 yd dash	Rehstrotter	2 nd	1.12.59
	Clausen	3 rd	1.12.80
*4x200	Marshall, Roeder, Eggers, Eischied	1 st	2.00.20
100m hurdles	Sara	1 st	17.10
	Lissa	4 th	18.77
880 yd run	Helme	3 rd	2.42.24
*440 yd hurdles	Rubel	3 rd	1.33.01
	DeTran	4 th	1.54.56
*220 yd dash	Eischied	1 st	28.2
	Marshall	2 nd	29.5
*Sprint medley	Stemes, Clausen, Kilburg, Eggers	4 th	2.10.36
mile run	Magnusson	2 nd	6.20.22
*4x100	Eischied, Magnusson, Roeder, Marshall	1 st	57.04
*4x400	Rubel, Helme, Rehstrotter, Hayes	4 th	5.03.05

District Track

Discus	Kim Sgulers	made finals
	Michelle Feuerbach	
Shotput	Sara Livermore	3 rd 34'5"
	Michelle Feuerbach	8 th 31'1 1/2"
Jenny Eischied	Long jump	16'7 1/2" (1 st)
100m hurdles	Sara Livermore	16.7 (6 th)
4x200	6 th - Marshall, Roeder, Eggers, Gibbs	
Shuttle Hurdle	7 th Schnelder, Stemes, Sgulers, Tran	made finals
220	Eischied	3 rd 27.8
880	Helme	6 th 2.33.33

Best efforts 1990

Shotput	Sara	36'4"	Comanche Relays
	Michelle	31'5"	Comanche Relays
High jump	Holly	4'6"	Comanche Relays
Long jump	Eischied	16'7 1/2"	Districts-Tipton (State Qualifier)
Discus	Kim	89'3 1/2"	Cascade Inv.
	Michelle	92'10 3/4"	Magnolia Relay
Shuttle Hurdle	1.14.69		Districts-Tipton Sgulers, Schnelder, Tran, Stemes
200m dash	Eischied	27.84	Districts
	Eggers	30.1	Magnolia
	Marshall	29.9	Cascade
4x800	Rubel, Magnusson, Hayes, Helme	12.30.78	Comet Relay
Distance medley	Roeder, Clausen, Stemes, Magnusson	4.58	Clinton Relays
100m dash	Kilburg	14.59	Comet Relays
440 yd dash	Clausen	1.06.82	Districts
	Rehstrotter	1.11.34	Clinton Relays
4x200	Roeder, Eggers, Marshall, Eischied	1.57.35	Clinton
100m hurdles	Sara	16.70	Districts Tipton
	Lissa	18.2	Northwest
880 yd run	Helme	2.33.33	Districts
440 yd hurdles	Rubel	1.27.8	Clinton
Sprint medley	Stemes, Gibbs, Kilburg, Clausen	2.05	Tipton
mile	Magnusson	6.03	Cascade
4x100	Marshall, Eischied, Eggers, Livermore	55.2	Clinton
4x400	Helme, Rehstrotter, Hayes, Sgulers	5.00.62	Clinton