

1995

Conference Indoor meet

High jump	Missy Sheehy	4'6 5th (114)	
	Aimee Bretfelder	4'6 6th (112)	
55 m hurdles	Julanna Brooks	9.87 5th (2)	
4x200	Lisa Scheckel Angie Koenig	Sara Kubik Tara Stemes	2:04.49 5th (2)

7PB

Clinton Relays

Discus	Amanda Junk	81'1/2 5th
Long jump	Tara Stemes	13'4 6th
Shuttle Hurdle	Kelley Michels Aimee Bretfelder	1:18.14 4th
Distance medley	Erin Huss Crystal Crum	5:26.9 5th

Northeast

High jump	Aimee Bretfelder	4'4 5th	
	Missy Sheehy	4'2 6th	
Discus	Amanda Junk	83'7" 6th	
Shuttle Hurdle	Kelley Michels Julanna Brooks	Missy Sheehy Jody Heier	1:16.04 1st
4x200	Lisa Scheckel Angie Koenig	Lindsay Gibbs Tara Stemes	2:05.2 4th
1 100 m hurdles	Jody Heier	18.08 3rd	
2	Julanna Brooks	18.16 5th	
2 200 m dash	Angie Koenig	30.77 5th	
2 4x100	Lisa Scheckel Sara Kubik	Missy Sheehy Tara Stemes	59.8 5th

Midland

Shot put	Amanda Junk	4th	
Discus	Amanda Junk	85' 3rd	
	Amanda Alvar	57'4" 6th	
Long jump	Erin Huss	12'7" 6th	
High jump	Aimee Bretfelder	4'4" 3rd	
	Trisha Michels	4'2" 4th	
2 mile run	Erin Huss	15:40.32 4th	
4x800	Allison Fell Jenni Kuter	Amanda Alvar Dawn Price	13:54.66 4th
Shuttle Hurdle	Kelley Michels Aimee Bretfelder	Julanna Brooks Jody Heier	1:16.66 2nd
Distance medley	Sheila Bonitas Erin Huss	Missy Kubik Crystal Crum	5:23.6 3rd
100 m dash	Sara Kubik	15.58 6th	
400 m dash	Michelle Claus	1:17.03 5th	
4x200	Lisa Scheckel Angie Koenig	Lindsay Gibbs Tara Stemes	2:05.7 1st
100 m hurdles	Julanna Brooks	Jody Heier	18.05 2nd
	Jody Heier	18.16 3rd	
200 m dash	Lindsay Gibbs	Michelle Claus	32.9 1st
	Michelle Claus	31.93 1st	
300 hurdles	Kelley Michels	Erin Huss	58.9 2nd
	Erin Huss	1:09.17 1st	

Sprint medley	Lisa Scheckel Sara Kubik	Angie Koenig Tara Stemes	2:14.13
1 mile	Crystal Crum	6:42.95 5th	
4x100	Lisa Scheckel Sara Kubik	Angie Koenig Tara Stemes	1:01.2 2nd
4x400	Aimee Bretfelder Wendy Claus	Kelley Michels Erin Huss	5:13

Cascade

(7/10) Shuttle Hurdle	Erin Huss	Sheila Bonitas	5th	
4x200	Lisa Scheckel Angie Koenig	Amanda Junk Lindsay Gibbs	Jenni Kuter Tara Stemes	2:01.7 4th
Discus	Amanda Junk			
Shuttle Hurdle	Kelley Michels Aimee Bretfelder	Julanna Brooks Jody Heier	2nd	
High jump	Aimee Bretfelder	4'6" 4th		
100 m hurdles	Jody Heier	17.88 4th		

Maquoketa

High jump	Aimee Breitfelder	4'6"	6th
Shuttle Hurdle	Kelley Michels	missy Sheehy	1:12.65 4th
	Jody Helar	Juliana Brooks	4th
4x200	Lisa Schaeckel	Tara Steves	1:59.76 5th
	Angie Koenig	Lindsay Gibbs	
Sprint medley	Lisa Schaeckel	Angie Koenig	2:05.65 6th
	Tara Steves	Aimee Breitfelder	
4x100	Lisa Schaeckel	Missy Sheehy	57.6 6th
	Tara Steves	Sara Kubik	

Conference

Discus	Amanda Junk	78'4"	5th
High jump	Missy Sheehy	4'4"	3rd
100m hurdles	Missy Sheehy	17.99	3rd
Shuttle Hurdle	Kelley Michels	Juliana Brooks	1:19.0 4th
	Missy Sheehy	Jody Helar	
Sprint medley	Lisa Schaeckel	Angie Koenig	2:06.3 5th
	Sara Kubik	Tara Steves	
4x100	Lisa Schaeckel	Angie Koenig	57.43 4th
	Tara Steves	Missy Sheehy	
4x400	Michelle Claus	Wendy Classen	5:19.6 6th
	Amanda Junk	Crystal Cram	

Comet Relays

Discus	Amanda Junk	Discus	100'5"
Long jump	Erin Huss	Long jump	12'6 1/4"
High jump	Aimee Breitfelder	4'4"	3rd
	Missy Sheehy	4'6"	2nd
2 mile run	Gina Lynch	15:55.29	5th
	Allison Feil	15:19.83	3rd
4x800	Michelle Claus	Amanda Junk	13:49.75 5th
	Wendy Classen	Dawn Price	
Distance medley	Shila Bonks	Missy Sheehy	5:12.25 4th
	Erin Huss	Crystal Cram	
100m dash	Sara Kubik	15.17	4th
	Wendy Classen	15.26	5th
400m dash	Aimee Breitfelder	1:11.64	2nd
	Michelle Claus	1:14.50	4th
4x200	Lisa Schaeckel	Lindsay Gibbs	2:00.38 3rd
	Angie Koenig	Tara Steves	
100m hurdles	Missy Sheehy	18.19	3rd
	Jody Helar	17.43	2nd
400 hurdles	Kelley Michels	1:20.5	4th
200 dash	Angie Koenig	30.61	3rd
	Lindsay Gibbs	31.15	4th
Sprint medley	Lisa Schaeckel	Sara Kubik	2:09.2
	Tara Steves	Aimee Breitfelder	

Mile	Crystal Cram	2nd	
	Allison Feil	4th	
4x100	Lisa Schaeckel	Missy Sheehy	58.86 1st
	Lindsay Gibbs	Tara Steves	
4x400	Michelle Claus	Wendy Classen	5:22.31 4th
	Missy Sheehy	Aimee Breitfelder	

District

Shuttle Hurdle	Kelley Michels	Missy Sheehy	1:13.55 5th
	Juliana Brooks	Jody Helar	
100m hurdles	Jody Helar	17.80	6th
4x200	Lisa Schaeckel	Lindsay Gibbs	1:59.85 5th
	Angie Koenig	Tara Steves	
Sprint medley	Lisa Schaeckel	Angie Koenig	2:05.07 5th
	Tara Steves	Aimee Breitfelder	
4x100	Lisa Schaeckel	Angie Koenig	56.50 5th
	Tara Steves	Missy Sheehy	

Lincoln

High jump	Aimee Breitfelder	4'4"	5th
100m hurdles	Kelley Michels	17.80	3rd
	Jody Helar	17.94	4th
Shuttle Hurdle	Kelley Michels	Juliana Brooks	1:14.61 2nd
	Jody Helar	Missy Sheehy	
400 hurdles	Aimee Breitfelder	1:19.89	5th

Best Efforts

Shot put	Amanda Junk	30'5"	Belleuve
Discus	Amanda Junk	100'5"	Belleuve
Long jump	Erin Huss	13'8"	Maquoketa
High jump	Aimee Breitfelder	4'6"	Cornell
	Missy Sheehy	4'6"	Cornell
2 mile run	Allison Feil	15:19.83	Belleuve
400m dash	Kelley Michels	1:07.58	Cornell
400m hurdles	Aimee Breitfelder	1:19.89	Stanwa
100m dash	Sara Kubik	14.5	Clinton
100m hurdles	Jody Helar	17.37	Dewitt
200m dash	Angie Koenig	29.45	Belleuve
Mile run	Crystal Cram	6.33	Cornell
800m run	Crystal Cram	2:55.24	Belleuve
4x800	Michelle Claus	Amanda Junk	13:49.75 B
	Wendy Classen	Dawn Price	
Shuttle Hurdle	Kelley Michels	Jody Helar	1:12.65 Mag
	Juliana Brooks	Missy Sheehy	
Distance medley	Shila Bonks	Crystal Cram	5:05.8 Stanwa
	Erin Huss	Aimee Breitfelder	
4x200	Lisa Schaeckel	Lindsay Gibbs	1:59.76 Mag
	Angie Koenig	Tara Steves	
Sprint medley	Lisa Schaeckel	Angie Koenig	2:05.64 Mag
	Tara Steves	Aimee Breitfelder	
4x100	Lisa Schaeckel	Lindsay Gibbs	56.3 Dew
	Angie Koenig	Tara Steves	
4x400	Aimee Breitfelder	Sara Kubik	4:54.8 Corro
	Molly Junk	Angie Koenig	