

Big East Indoor 2003

Long jump	Jena Kilburg	13'11"	(4th)
High jump	Kate Swift	5'0"	(2nd)
	Jessica Handke	4'10"	(4th)
4x800	Nicole Roth, Kayla Grutz, Sarah Flugel, Abbey Herrig	11:03.83	(2nd)
4x200(A)	Kate Daugherty, Kate Swift, Tabitha Blake, Jena Kilburg	1:53.36	(2nd)
4x200(B)	Ashley Ernst, Kelly Roth, Tory Medinger, Chelsea Carter	2:03.86	(6th)
1500	Abby Engelman	5:48.44	(2nd)
	Fran Va Klin	5:53.96	(5th)
400m	Jessica Handke	1:07.65	(3rd)
	Katie Kilburg	1:08.71	(6th)
800m	Kayla Grutz	2:45.44	(3rd)
300m	Angela Relstoffer	50.92	(4th)
2,4,6,8 Medley	Kate Daugherty, Kate Kilburg, Jena Kilburg, Abbey Herrig	6:11.3	(1st)
200	Kate Swift	28.3	(1st)
	Tabitha Blake	29.7	(4th)
4x400	Christina Ruling, Bobye McInerney, Jessica Handke, Kris Swift	4:55.41	(6th)

Clinton Relays

4x800	Sarah Flugel, Kayla Grutz, Nicole Roth, Abby Engelman	11:11.83	(3rd)
Shuttle Hurdle	Christina Ruling, Tara Pleasant, Becky Carter, Kristina Fell	1:24.05	(5th)
Distance medley	Molly Myers, Katie Kilburg, Angela Relstoffer, Fran Va Klin	5:04.75	(5th)
High jump	Kate Swift	4'10"	(4th)
	Jessica Handke	4'8"	(6th)
Long jump	Kelly Roth	15'6"	(5th)
400m	Jessica Handke	1:06.51	(5th)
4x200	Kate Daugherty, Kate Swift, Tabitha Blake, Jena Kilburg	1:52.86	(2nd)
200	Kate Swift	28.27	(2nd)
Sprint medley	Ashley Ernst, Kelly Roth, Tory Medinger, Kris Swift	2:06.79	(4th)
1500	Kayla Grutz	5:39.54	(4th)
	Abby Engelman	5:48.8	(5th)
4x100	Kate Daugherty, Kate Swift, Tabitha Blake, Jena Kilburg	54.16	(1st)

Camanche Relays

Shot	Heather Ries	21'9 1/2"	(5th)
	Bulley Wells	20'11"	(6th)
Long jump	Kelly Roth	13'7"	(5th)
High jump	Jessica Handke	4'8"	(3rd)
	Angela Horan	4'2"	(4th)
3000m	Kayla Grutz	12:34	(2nd)
4x800	Sarah Flugel, Nicole Roth, Alula Schwager, Abbey Herrig	11:28.48	(1st)
Shuttle Hurdle	Becky Carter, Christina Ruling, Tara Pleasant, Kristina Fell	1:25.35	(3rd)
Distance medley	Kate Daugherty, Katie Kilburg, Jena Kilburg, Fran Va Klin	4:49.23	(4th)
100m	Tabitha Blake	13.55	(2nd)
	Molly Myers	14.27	(5th)
400m	Jessica Handke	1:05.11	(3rd)
4x200	Kate Daugherty, Kate Swift, Tabitha Blake, Jena Kilburg	1:52.64	(2nd)
100 hurdles	Kristina Fell	19.96	(6th)
200m	Angela Relstoffer	31.2	(4th)
Sprint medley	Ashley Ernst, Kelly Roth, Tory Medinger, Katie Kilburg	2:08.81	(3rd)
4x400	Nicole Roth, Kris Swift, Jessica Handke, Bobye McInerney	4:52.1	(4th)
1500	Kayla Grutz	5:47.5	(2nd)
	Sarah Flugel	6:10.2	(4th)

Tipton Relays

High jump	Angela Horan	4'10"	(6th)
3000m	Abby Engelman	13:02.50	(6th)
4x800	Sarah Flugel, Fran Va Klin, Nicole Roth, Kayla Grutz	11:03.74	(5th)
Distance medley	Kate Daugherty, Jena Kilburg, Kate Swift, Kayla Grutz	2:45.6	(6th)
4x200	Kate Daugherty, Kate Swift, Tabitha Blake, Jena Kilburg	1:53.21	(2nd)
800	Abbey Herrig	2:33.44	(4th)
Sprint medley	Ashley Ernst, Katie Kilburg, Tory Medinger, Jessica Handke	2:05.50	(5th)
1500	Fran Va Klin	5:47.3	(6th)
4x100	Kate Daugherty, Kate Swift, Tabitha Blake, Jena Kilburg	54.29	(2nd)
4x400	Katie Kilburg, Jessica Handke, Kris Swift, Abbey Herrig	4:37.48	(6th)

Northeast Relays (2nd)		
3000m	Kayla Grutz	12.50.82 (2nd)
	Abby Engelman	13.42.64 (3rd)
High jump	Kate Swift	4'8" (2nd)
	Jessica Handke	4'6" (5th)
4x800	Alicia Schwager Sami Schroeder Sarah Fliegel Nicole Roth	12.11.58 (4th)
Shuttle Hurdle	Becky Carlton Christina Kelly Tara Ploessl Kristina Fell	1.26.4 (2nd)
Distance medley	Tory Medinger Kris Swift Kelly Roth Abbey Herrig	4.50.08 (4th)
100m	Molly Myers	14.87 (4th)
	Whitney Konrardy	15.64 (6th)
Long jump	Kelly Roth	13'1 1/2" (5th)
400m	Jessica Handke	1.07.71 (3rd)
	Alicia Schwager	1.15.22 (5th)
4x200	Kate Daugherty Kate Swift Tabitha Blake Jena Kilburg	1.55.55 (2nd)
100 hurdles	Kristina Fell	19.57 (5th)
	Tara Ploessl	20.63 (6th)
800m	Kayla Grutz	2.49.33 (2nd)
	Sarah Fliegel	2.51.47 (3rd)

Northwest (cont)		
200	Kate Swift	28.01 (2nd)
	Jessica Handke	29.43 (4th)
Sprint medley	Kate Daugherty Jena Kilburg Tabitha Blake Abbey Herrig	2.03.45 (1st)
1500m	Kayla Grutz	5.55.63 (3rd)
4x100	Kate Daugherty Kate Swift Tabitha Blake Jena Kilburg	55.21 (2nd)
4x400	Nicole Roth Jessica Handke Kris Swift Abbey Herrig	4.14.48 (4th)
JV 4x200	Ashley Ernst Chelsey Carter Tory Medinger Angela Relstoffer	2.07 (2nd)
JV Sprint	Whitney Konrardy Abby McInerney Molly Myers Angela Relstoffer	2.26.4 (2nd)
Handicapped 4x100	Shelly Polgner Steph Schroeder Abby McInerney Tara Ploessl	1.04.16 (2nd)
JV 4x100	Ashley Ernst Kelly Roth Tory Medinger Chelsey Carter	58.4 (4th)

Midland (2nd)		
Discus	Kayla Grutz	68'11" (5th)
Long jump	Jena Kilburg	13'11" (2nd)
	Kris Swift	13'3 1/2" (5th)
High jump	Kate Swift	5'2" (1st)
	Jessica Handke	4'10" (4th)
	Angela Horan	4'8" (5th)
3000m	Sarah Fliegel	12.31.4 (1st)
4x800	Nicole Roth Kayla Grutz Frankie Kin Abby Engelman	10.42.8 (1st)
Shuttle Hurdle	Becky Carlton Christina Kelly Tara Ploessl Kristina Fell	1.22.9 (3rd)
Distance medley	Kate Daugherty Jena Kilburg Tabitha Blake Abbey Herrig	4.31.4 (1st)
100m	Chelsey Carter	14.11 (5th)
	Ashley Ernst	14.6 (6th)
400m	Kris Swift	1.08.3 (2nd)
	Kate Kilburg	1.08.46 (3rd)
	Alicia Schwager	1.12 (5th)
4x200	Kate Daugherty Kate Swift Tabitha Blake Jena Kilburg	1.53.8 (1st)
100 hurdles	Kristina Fell	19.69 (4th)
	Tara Ploessl	19.84 (5th)

Midland (cont)		
800m	Kayla Grutz	2.46 (3rd)
	Nicole Roth	2.48.37 (4th)
200m	Jena Kilburg	28.31 (1st)
	Jessica Handke	29.54 (4th)
Sprint medley	Kate Daugherty Tabitha Blake Kate Swift Abbey Herrig	2.01 (1st)
1500	Abby Engelman	5.46.1 (1st)
	Fran Yakin	5.50.2 (2nd)
	Kayla Grutz	5.58.36 (4th)
4x100	Ashley Ernst Whitney Konrardy Tory Medinger Chelsey Carter	57.7 (2nd)
4x400	Kate Kilburg Kris Swift Alicia Schwager Jessica Handke	4.42.6 (3rd)

Cascade

(4th)

Long jump	Kelly Ruth	14'8"	(6th)
High jump	Angela Horan	4'10"	(4th)
	Jessica Handke	4'8"	(5th)
4x800	Nicola Roth Kayla Grutz Abby Engelman Abbey Herrig	10:36.2	(3rd)
		School record	
Shuttle Hurdle	Becky Carton christina Railing Tara Plossl Kristina Feil	1:20.06	(2nd)
Distance medley	Angela Reibstoffer Kati Swift Kelly Ruth Fran Kuklin	4:49	(6th)
100m	Chelsey Carter	14.1	(4th)
400m	Jessica Handke	1:06.7	(2nd)
	Allela Schwager	1:09	(5th)
JV 4x200	Ashley Ernst Kati Kilburg Tony Medinger Chelsey Carter	1:52.88	(1st)
4x200	Kate Daugherty Kate Swift Tabitha Blake Jana Kilburg	1:52.6	(2nd)
100 hurdles	Kristina Feil	18.3	(4th)
800m	Sarah Fiegel	2:41	(4th)
	Kayla Grutz	2:46	(5th)
200m	Jessica Handke	28.4	(3rd)
	Angela Reibstoffer	29.24	(4th)

JV Sprint medley	Whitney Karsenty Angela Horan molly myers Allela Schwager	2:08.8	(1st)
Sprint medley	Kate Daugherty Kate Swift Tabitha Blake Jana Kilburg	1:57.1	(2nd)
Mile	Abby Engelman	5:47	(5th)
JV 4x100	Ashley Ernst Kelly Ruth Tony Medinger Chelsey Carter	56.59	(1st)
4x100	Kate Daugherty Tabitha Blake Kate Swift Jana Kilburg	53.3	(3rd)
4x400	Kati Swift Kayla Grutz Katie Kilburg Jessica Handke	4:36.3	(5th)

Durant

(2nd)

Long jump	Jana Kilburg	14'10"	(4th)
High jump	Angela Horan	4'10"	(3rd)
	Jessica Handke	4'8"	(4th)
4x500	Sarah Fiegel Abby Engelman Kayla Grutz Abbey Herrig	10:46.75	(2nd)
Shuttle Hurdle	Becky Carton christina Railing Tara Plossl Kristina Feil	1:21.14	(3rd)
JV Distance med	Ashley Ernst Allela Schwager Tony Medinger Abby Engelman	5:35.80	(1st)
DWance medley	Angela Reibstoffer Kati Kilburg Kelly Ruth Nicola Roth	4:56.28	(4th)
100m	Chelsey Carter	14.2	(6th)
400m	Jessica Handke	1:05.97	(2nd)
	Kati Swift	1:08.23	(6th)
4x200	Kate Daugherty Kate Swift Tabitha Blake Jana Kilburg	1:55.6	(1st)
100 hurdles	Kristina Feil	17.82	(3rd)
	Christina Railing	18.5	(5th)
800m	Abbey Herrig	2:31.34	(1st)
	Kayla Grutz	2:45.8	(School record)
200m	Jessica Handke	28.52	(2nd)
	Kelly Ruth	28.83	(4th)

400 hurdles	Becky Carton	1:29.43	(4th)
JV Sprint medley	mollymyers Angela Horan Tony Medinger Allela Schwager	2:15.66	(1st)
Sprint medley	Kate Daugherty Kate Swift Tabitha Blake Jana Kilburg	1:58.21	(1st)
1500	Sarah Fiegel	5:45.96	(3rd)
	Abby Engelman	5:49.97	(5th)
JV 4x100	Ashley Ernst Chelsey Carter Tony Medinger Tony Medinger	56.75	(1st)
4x100	Kate Daugherty Kate Swift Tabitha Blake Jana Kilburg	55.56	(3rd)
4x400	Kati Swift Jessica Handke Katie Kilburg Abbey Herrig	4:33.41	(3rd)

Conference

(2nd)

High jump	Kate Swift	4'10"	(4th)
Long jump	Kelly Roth	14'10"	(5th)
4x800	Nicole Roth, Abby Engelman, Sarah Fligel, Kayla Grutz	10.54	(2nd)
Shuttle hurdle	Christina Rolling, Becky Coston, Jana Plossl, Kristina Fell	1.19.2	(3rd)
Distance medley	Jessica Handke, Jenna Kilburg, Kate Swift, Abbey Herrig	4:27.47	(1st) School record
400m	Kris Swift	1:07.6	(5th)
4x200	Jessica Handke, Kate Swift, Tabitha Blake, Jenna Kilburg	1:51.2	(1st)
100 hurdles	Kristina Fell	17.25	(5th) School record
800m	Abbey Herrig	2:30.93	(2nd)
	Kayla Grutz	2:42	(4th)
200m	Kelly Roth	29.2	(6th)
Sprint medley	Kate Daugherty, Jenna Kilburg, Tabitha Blake, Kate Swift	1:59	(2nd)

High jump	Kate Swift	5'0"	(5th)
Shuttle Hurdle	Christina Rolling, Becky Coston, Jana Plossl, Kristina Fell	1:20.44	(4th)
100m	Chelsey Carter	13.86	(8th)
4x100	Kate Daugherty, Kate Swift, Tabitha Blake, Jenna Kilburg	53.2	(5th)
4x800	Sarah Fligel, Kayla Grutz, Abby Engelman, Abbey Herrig	10:36.55	(4th)
Distance medley	Jessica Handke, Jenna Kilburg, Kate Swift, Abbey Herrig	4:25.92	(2nd) School record
4x200	Jessica Handke, Tabitha Blake, Kate Swift, Jenna Kilburg	1:50.02	(state qual'ifier)

Best Efforts 2003

Shot	Steph Schneider	24'7"	
Discus	Kayla Grutz	77'5"	
Long jump	Kelly Roth	15'6"	
High jump	Kate Swift	5'2"	
3000	Sarah Fligel	12:31.4	(School record)
4x800	Nicole Roth, Abby Engelman, Kayla Grutz, Abbey Herrig	10:36.24	
Shuttle Hurdle	Christina Rolling, Becky Coston, Jana Plossl, Kristina Fell	1:19.2	(record)
Distance Medley	Jessica Handke, Jenna Kilburg, Kate Swift, Abbey Herrig	4:25.9	
100m	Tabitha Blake	13.55	
400m	Jessica Handke	1:05.11	(state)
4x200	Jessica Handke, Kate Swift, Tabitha Blake, Jenna Kilburg	1:50.02	
100 hurdles	Kristina Fell	17.82	
800m	Abbey Herrig	2:30.98	(School record)
200m	Kate Swift	28.01	
Sprint Medley	Kate Daugherty, Kate Swift, Tabitha Blake, Jenna Kilburg	1:57.1	
1500	Fran Yakin	5:36.5	
4x100	Kate Daugherty, Kate Swift, Tabitha Blake, Jenna Kilburg	53.2	
4x400	Kris Swift, Kate Kilburg, Jessica Handke, Abbey Herrig	4:33.41	