



Big East Indoor

4x800	Kayla Grutz Courtney Grutz Abbey Herrig	Michele East	10:47.17	1st
4x200	Katie Kilburg Jessica Handke	Kate Swift All DeVries	1:59.65	2nd
1500	Maggie Kilburg		5:49.21	3rd
400	Emilie Ambrosy		1:06.93	3rd
800	Kayla Grutz		2:48.40	3rd
Medley	Jessica Handke All DeVries	Courtney Grutz Abbey Herrig	6:13.6	1st
200	Kate Swift		28.21	1st
High jump	Jessica Handke		4'8"	6th

Wilton Relays

Shot put	Heather Ries		26'0	5th
Discus	Kayla Grutz		74'	4th
High jump	Jessica Handke		4'10"	3rd
4x800	Kayla Grutz Courtney Grutz Maggie Kilburg	Abbey Herrig	10:50.7	1st
Shuttle hurdle	Kristina Fell Kayla Hobbs	Tana Plessl Tina Rilling	1:20.65	4th
Distance med	Ashley Ernst Angela Rabotnik	Caite McDonald Michele East	5:04.51	4th
100m	All DeVries		14.7	6th
400m	Emilie Ambrosy		1:07.7	4th
4x200	Katie Kilburg Jessica Handke	Kate Swift All DeVries	1:56.3	1st
JV 4x200	Abby Fromm Chelsea Kous	Whitney Kennedy Kirsty Wells	2:03.9	1st
100 hurdles	Kristina Fell		18.5	5th
800	Courtney Grutz		2:36.5	3rd
	Abbey Herrig		2:36.8	4th
400 hurdles	Becky Carton		1:25.48	4th
Sprint medley	Katie Kilburg Jessica Handke	Kate Swift Emilie Ambrosy	2:04.9	2nd
mile	Kayla Grutz Maggie Kilburg		5:44	6th
JV 4x100	Whitney Kennedy Kirsty Wells	Tana Plessl Abby Fromm	5:17	2nd
4x100	Ashley Ernst Katie Kilburg	Jessica Handke Kate Swift	55.94	3rd

Camanche Relays

Shot put	Heather Ries		25'9 1/2"	6th
Discus	Bobby McInerney		83'9"	5th
Long jump	Kris Swift		12'7"	6th
High jump	Jessica Handke		4'8"	3rd
3000	Kayla Grutz		12:52	2nd
4x200	Maggie Kilburg Emilie Capesius	Becky Carton Rachel Fell	12:10.91	3rd
Shuttle hurdle	Kristina Fell Tana Plessl	Kayla Hobbs Tana Rilling	1:25.89	2nd
Distance med	Jessica Handke Kate Swift	Courtney Grutz Abbey Herrig	4:39.69	2nd
400m	Emilie Ambrosy		1:06.45	6th
4x200	Katie Kilburg Angela Rabotnik	Whitney Kennedy All DeVries	2:01.74	3rd
JV 100 hurdles	Tana Plessl Kayla Hobbs		20.9	2nd
100 hurdles	Kristina Fell		19.47	6th
800 meters	Courtney Grutz		2:32.32	4th
JV 200	Kristy Wells Abby Fromm		31.0	2nd
200	Kate Swift Jessica Handke		27.69	4th
Sprint med	Ashley Ernst Whitney Kennedy Kayla Grutz	Angela Rabotnik Emilie Ambrosy	5:58	5th
1500	Maggie Kilburg		5:45	4th
JV 4x100	Ashley Ernst Angela Rabotnik	Abby Fromm Kirsty Wells	5:58	2nd
4x100	Whitney Kennedy Katie Kilburg			2nd
4x100	Jessica Handke Kate Swift		54.70	
4x100	Caite McDonald Emilie Ambrosy Courtney Grutz		4:34	
4x100	All DeVries			4th

### Clinton Relays 3rd

4x800	Abbey Herrig Nicole Roth Kayla Grutz Courtney Grutz	10.41.51	1st
Shuttle Hurdle	Kristina Feil Tana Plouss Tina Kolby Becky Carter	1:19.76	3rd
Distance medley	Whitney Konrady Cassie McDonald Angela Reistruffer Maggie Kilburg	5:01.57	5th
Long jump	Kris Swift	14'3 3/4"	5th
400 m	Emily Ambrosy	1:07.53	5th
4x200	Courtney Shady Kate Swift Jessica Handke Ali DeVries	1:52.19	1st
High jump	Jessica Handke	4'8"	4th
800	Courtney Grutz	2:33.54	2nd
	Abbey Herrig	2:37.97	3rd
200	Kate Swift	27.42	3rd
	Jessica Handke	27.89	4th
4x100	Courtney Shady Kate Swift Jessica Handke Ali DeVries	53.8	2nd

### Clinton Relays 3rd

4x800	Abbey Herrig Nicole Roth Kayla Grutz Courtney Grutz	10.41.51	1st
Shuttle Hurdle	Kristina Feil Tana Plouss Tina Kolby Becky Carter	1:19.76	3rd
Distance medley	Whitney Konrady Cassie McDonald Angela Reistruffer Maggie Kilburg	5:01.57	5th
Long jump	Kris Swift	14'3 3/4"	5th
400 m	Emily Ambrosy	1:07.53	5th
4x200	Courtney Shady Kate Swift Jessica Handke Ali DeVries	1:52.19	1st
High jump	Jessica Handke	4'8"	4th
800	Courtney Grutz	2:33.54	2nd
	Abbey Herrig	2:37.97	3rd
200	Kate Swift	27.42	3rd
	Jessica Handke	27.89	4th
4x100	Courtney Shady Kate Swift Jessica Handke Ali DeVries	53.8	2nd

### Northeast 3rd

3000	Kayla Grutz	12:38.31	3rd
4x800	Nicole Roth Maggie Kilburg Cassie McDonald Sami Schroeder	11:09.95	2nd
Shuttle	Kristina Feil Tina Kolby Tana Plouss Kayla Grutz	1:19.73	2nd
Distance	Katie Kilburg Abbey Herrig Ali DeVries Courtney Grutz	4:33.64	2nd
100	Courtney Shady	13.14	2nd
400	Emily Ambrosy	1:06.48	5th
JV 4x200	Whitney Konrady Angela Reistruffer Krisly Weiss Abby Fromm	2:01.18	1st
4x200	Courtney Shady Ali DeVries Jessica Handke Kate Swift	1:51.6	1st
100 hurdles	Kristina Feil	18.15	5th
800 meters	Courtney Grutz	2:30.5	3rd
	Abbey Herrig	2:33.68	4th
Long jump	Kris Swift	13'10 1/4"	4th
High jump	Courtney Grutz	4'6"	3rd
	Jessica Handke	4'6"	5th
200 meters	Kate Swift	27.2	2nd
		School record	
	Jessica Handke	27.56	3rd

JV Sprint	Whitney Konrady Angela Reistruffer Abby Fromm Emily Caporuso	2:15.58	1st
Sprint medley	Ashley Ernst Katie Kilburg Angela Reistruffer Courtney Grutz	2:04.83	6th
1500	Maggie Kilburg	5:44.98	3rd
JV 4x100	Ashley Ernst Katie Kilburg Whitney Konrady Krisly Weiss	57.10	1st
4x400	Emily Ambrosy Rachel Feil Emily Caporuso Cassie McDonald	4:51.8	5th

2006



Midland meet 1st

Shotput Heather Rles 25'8" 2nd

Balley wels 22'2 5th

Discus Kayla Grutz 78'6" 2nd

Chelsea Kous 58'10" 4th

Long jump Kris Swift 14'4" 4th

Tina Roling 13'2" 6th

High jump Jessica Handke 4'10" 3rd

Courtney Grutz 4'4 4th

3000 Kayla Grutz 12.46 2nd

4x800 Nicole Rom Katie Kilburg Maggie Kilburg Sami Schroeder 16:32 2nd

Shuttle Hurdle Kristina Fell Kayla Hobbs Tina Roling Tana Plessl 1:19.4 3rd

Distance medley Jessica Handke Abbey Herrig Kate Swift Courtney Grutz 4:35.08 1st

100 meters Courtney Shady 12.99 1st

Kristy Wells 14.18 School record 5th

400 meters Emily Ambrosy 1:05.32 2nd

Castle McDonald 1:08.12 4th

4x200 Courtney Shady Ali DeVries Jess Handke Kate Swift 1:52 1st

100 hurdles Kristina Fell 18.54 3rd

800 meters Abbey Herrig 2:35 2nd

Nicole Rom 2:49 3rd

200 meters Kate Swift 27.81 1st

400 meters hurdles Becky Carter 1:28.59 3rd

Sprint Medley Katie Kilburg Tana Plessl Whitney Kennedy Courtney Shady 2:02 1st

1500 Maggie Kilburg 5:52 1st

Kayla Grutz 5:57 3rd

4x100 Katie Kilburg Angela R Whitney Kennedy Ali DeVries 56.58 4th

4x400 Emily Ambrosy Cassie McDonald Abbey Herrig Courtney Grutz 4:29.7 1st

200 meters Angela Raltruffer 36.06 6th

Cascade meet

High jump Courtney Grutz 4'6 6th

Jessica Handke 4'10" 2nd

4x800 Abbey Herrig Kayla Grutz Cassie McDonald Courtney Grutz 10:24.36 School record

Shuttle Hurdle Kristina Fell Kris Swift 1:18.46 3rd

Distance medley Katie Kilburg Maggie Kilburg Ali DeVries Nicole Rom 4:55.9 3rd

100 meters Chelsea Kous 15.05 6th

400 meters Emily Ambrosy 1:06.6 3rd

4x200 Courtney Shady Ali DeVries Jessica Handke Kate Swift 1:49.9 1st

JV 4x200 Katie Kilburg Abby Fromm Whitney Kennedy Kris Swift 2:00 2nd

100 hurdles Kristina Fell 18.5 4th

800 meters Abbey Herrig 2:32.96 1st

Sami Schroeder 2:50 6th

JV Sprint Ashley Ernst Angelahorn Abby Fromm Emily Ambrosy 2:09 1st

Sprint medley Courtney Shady Kate Swift Jessica Handke Courtney Grutz 1:57.76 2nd

1500 Maggie Kilburg 5:41 3rd

JV 4x100 Ashley Ernst Whitney K Katie Kilburg Kristina Fell 57.8 2nd

4x100 Courtney Shady Jessica Handke Ali DeVries Kate Swift 52.85 2nd

4x400 Emily Ambrosy Abbey Herrig Castle McDonald Courtney Grutz 4:25.88 School record

Montice Illo (12<sup>th</sup>)

800m Abbey Herrig 2.29.4 (2<sup>nd</sup>)

School record

Sprint medley Courtney Shady Kate Swift  
Jess Hankke Courtney Grutz 1.56.57 (5<sup>th</sup>)

4x800 Abbey Herrig Kayla Grutz  
Cassie McDonald Courtney Grutz 10.20.42

School record

400m Emily Ambrosy 1.05.2 (6<sup>th</sup>)

4x200 Courtney Shady Ali Dimes  
Jess Hankke Kate Swift 1.49.9 (4<sup>th</sup>)

High jump Jessica Hankke 5'0 (4<sup>th</sup>)

JV Shuttle Hurdle Tina Rufino Kayla Hobbs 1.23.52  
Ashley Ernst Kris Swift 1.28.00 (3<sup>rd</sup>)

FV 4x100 Nikola Burns Emily Capulis  
Maggie Kilburg Sami Schröder 1.44 (4<sup>th</sup>)

IV 4x200 Katie Kilburg Abby Fromm 2.02.16  
Whitney Kennedy Kristy Weiss (4<sup>th</sup>)

V 4x400 Emily Ambrosy Rachel Felt 4.47  
Cassie McDonald Sami Schröder (4<sup>th</sup>)

Conference (3<sup>rd</sup>)

High jump Jessica Hankke 4'10" (4<sup>th</sup>)

3000m Maggie Kilburg 12.22.47 (2<sup>nd</sup>)

Sami Schröder 14.00.9 (6<sup>th</sup>)

4x800 Kayla Grutz Nikola Burns  
Cassie McDonald Courtney Grutz 10.33 (4<sup>th</sup>)

Shuttle Hurdle Tina Plessl Whitney Kennedy  
Kris Swift Becky Carter 1.16.3 (5<sup>th</sup>)

Distance medley Katie Kilburg Emily Ambrosy  
Kristy Weiss Abbey Herrig 4.43.04 (3<sup>rd</sup>)

100m Courtney Shady 12.8.5 (2<sup>nd</sup>)

400m Cassie McDonald 1.08.45 (6<sup>th</sup>)

4x200 Courtney Shady Ali Dimes  
Jessica Hankke Kate Swift 1.48.16 (2<sup>nd</sup>)

800 Courtney Grutz 2.29.33 (4<sup>th</sup>)

Abbey Herrig 2.34.98 (6<sup>th</sup>)

200m Kate Swift 26.7 (3<sup>rd</sup>)

Jessica Hankke 27.10 (4<sup>th</sup>)

1500 Maggie Kilburg 5.38.38 (3<sup>rd</sup>)

School record Kayla Grutz 5.53.01 (4<sup>th</sup>)

4x100 Courtney Shady Ali Dimes  
Jess Hankke Kate Swift 52.3 (2<sup>nd</sup>)

School record 4x400 Emily Ambrosy Cassie McDonald  
Abbey Herrig Courtney Grutz 4.24.69 (3<sup>rd</sup>)