

Indoor Meet

55 hurdles	Kristina Feil	9.96	4th
55 dash	Courtney Shady	7.53	2nd
4x800	Abbey Herrig Cassie McDonald Courtney Grutz Maggie Kilburg	10:36.41	1st
4x200	Courtney Shady Alli DeVries Lindsey Hoxmeier Jess Handke	1:56.4	2nd
400	Emily Ambrosy	1:07.81	5th
300	Jess Handke	44.84	2nd
Medley	Brittany Mueller Kristina Feil Brittany Ries Maggie Kilburg	6:43	6th
4x400	Abbey Herrig Cassie McDonald Courtney Grutz Emily Ambrosy	4:28	3rd
High jump	Jess Handke	4'11"	1st

Clinton

High jump	Jessica Handke	4'8"	2nd
4x800	A. Herrig C. McDonald M. Kilburg C. Grutz	10:39.51	1st
Shuttle Hurdle	B. Mueller W. Konarsky K. Kirk K. Feil	1:26.72	5th
Distance medley	L. Hoxmeier K. Weiss A. Ries R. Feil	3:10	6th
100m	Courtney Shady	13.24	5th
400m	Emily Ambrosy	1:07.59	3rd
4x200	C. Shady C. Grutz A. DeVries J. Handke	1:54.2	2nd
800	Abbey Herrig	2:35.81	3rd
	Cassie McDonald	2:35.38	4th
JV Sprint medley	A. Fromm K. Weiss W. Konarsky B. Ries	2:13.46	3rd
Sprint medley	C. Shady A. Reed A. DeVries J. Handke	1:59.9	3rd
4x100	C. Shady L. Hoxmeier A. DeVries J. Handke	55.92	3rd
JV 4x100	A. Reed W. Konarsky A. Fromm K. Weiss	57.93	4th
4x400	A. Herrig C. McDonald E. Ambrosy C. Grutz	4:34	3rd

Comanche

3000	Maggie Kilburg	13:03.62	3rd
4x800	Abbey Herrig Courtney Grutz Cassie McDonald Emily Ambrosy	10:34.37	1st
Shuttle Hurdle	Brittany Mueller Kendra Kirk Whitney Konarsky Kristina Feil	1:19.45	4th
Distance medley	Kristy Weiss Kristina Feil Becky Carton Christy Ruppberg	5:33.04	5th
100m dash	Courtney Shady	13.63	4th
400m dash	Cassie McDonald	1:06.3	5th
4x200	Courtney Shady Lindsey Hoxmeier Alli DeVries Courtney Shady	1:55.07	1st
800	Courtney Grutz	2:30.45	2nd
	Abbey Herrig	2:30.74	3rd
200	Jessica Handke	27.98	4th
400 hurdles	Becky Carton	1:25.67	5th
Sprint medley	Courtney Shady Ashley Reed Alli DeVries Emily Ambrosy	2:23.34	4th
1500	Maggie Kilburg	5:49.77	3rd
4x100	Courtney Shady Lindsey Hoxmeier Ashley Reed Jess Handke	56.19	2nd
4x400	Abbey Herrig Cassie McDonald Courtney Grutz	4:18.34	2nd
Discus	Chelsea Kouss	82'9.12"	6th
Long jump	Tina Poling	12'8.62"	5th
High jump	Lindsey Hoxmeier	4'8"	1st

School records

4x800  
800  
4x400

Beckman

1st

High jump	Jessica Handke	4'10"	1st
Long jump	Lindsey Hoxmeier	14'9"	1st
3000m	Maggie Kilburg	12:29.11	2nd
	Sami Schroeder	14:41.62	4th
4x800	Abbey Herrig Emily Ambrosy Cassie McDonald Courtney Grutz	10:18.03	1st
Shuttle Hurdle	Kristina Feil Becky Carton Whitney Konarsky Tana Plesil	1:11.41	1st
100m	Courtney Shady	13.42	1st
	Ashley Reed	14.18	3rd
Distance medley	Abby Fromm Alli DeVries Brittany Ries Maggie Kilburg	5:00.03	3rd
JV Distance	Kristy Weiss Kendra Kirk Rachel Feil Jessica S	5:15.80	4th
400m	Emily Ambrosy	1:05.37	3rd
	Cassie McDonald	1:05.34	2nd
4x200	Courtney Shady Lindsey Hoxmeier Jessica Handke	1:53.08	2nd
JV 4x200	Abby Fromm Kendra Kirk Emily Capelus Whitney Konarsky	2:04.48	5th
800m	Courtney Grutz	2:28.63	1st
	Abbey Herrig	2:31.60	2nd
100 hurdles	Kristina Feil	17.77	4th

### Beckman (cont)

400m hurdles	Kendra Kirk	1:19.81	(5th)
	Becky Canton	1:22.78	(6th)
200m	Jessica Handke	27.43	(1st)
200m	Lyndsey Haxmeyer	29.67	(4th)
200m	Courtney Shady	Ali DeVries	(1st)
Sprint medley	Ashley Reed	Emily Ambrosy	
1500m	Maggie Kilburg	5:53.08	(2nd)
	Samuel Schroeder	6:54.63	(6th)
	Christy Ruggenberg	6:20.71	(4th)
4x100	Ashley Reed	Ali DeVries	56.18
	Lyndsey Haxmeyer	Courtney S	(3rd)
JV 4x400	B. Ritz	J. Schmelzer	5:03.64
	E. Capelius	R. Fell	(5th)
4x400	A. Herrig	J. Handke	4:24.82
	C. McDonald	C. Grutz	(1st)

800

### Tipton Relays

High jump	Jessica Handke	(4th)	4'6"
3000m	Maggie Kilburg	12:36.6	(4th)
4x800	Abbey Herrig	Emily Ambrosy	(2nd)
	Castle McDonald	Courtney Grutz	10:20.51
100m	Courtney Shady	13.46	(3rd)
400m	Emily Ambrosy	1:06.75	(5th)
	Abbey Herrig	1:03.23	(2nd)
4x200	Courtney Shady	Ali DeVries	(3rd)
	Lyndsey Haxmeyer	Jessica Handke	1:53.16
Shuttle Hurdle	Brittany Mueller	Tara Plessl	(4th)
	Whitney Kowarsky	Kristina Fell	1:14.5
800m	Courtney Grutz	2:26.59	(3rd)
	Castle McDonald	2:30.96	(4th)
200m	Jessica Handke	27.7	(3rd)
4x100	Ashley Reed	Ali DeVries	54.7
	Lyndsey Haxmeyer	Courtney Shady	(4th)
4x400	Abbey Herrig	Courtney Grutz	(3rd)
	Castle McDonald	Jessica Handke	4:18.28

### NE Relays

High jump	Jessica Handke	4'10"	(2nd)
4x800	Abbey Herrig	Emily Ambrosy	10:35.30
	Castle McDonald	Courtney Grutz	(1st)
Shuttle Hurdle	Kristina Fell	Kendra Kirk	(4th)
	Whitney Kowarsky	Tara Plessl	1:18.9
100m	Courtney Shady	12.94	(2nd)
400m	Castle McDonald	1:06.3	(4th)
	Emily Ambrosy	1:08.02	(6th)
JV 4x200	Abby Fromm	Kendra Kirk	2:06
	Kristy Weiss	Emily Capelius	(2nd)
4x200	Courtney Shady	Ali DeVries	1:55.09
	Lyndsey H	Jessica Handke	(3rd)
800m	Courtney Grutz	2:30.10	(4th)
	Abbey Herrig	2:37.51	(6th)
100 hurdles	Kristina Fell	17.31	(3rd)
200m	Jessica Handke	28.14	(3rd)
400 hurdles	Kendra Kirk	1:19.91	(4th)
JV sprint med	Abby Fromm	Emily Capelius	2:11.71
	Kristy Weiss	Brittany Ries	(4th)
JV 4x100	Abby Fromm	Chloe Koos	59.18
	K. Weiss	E. Capelius	(3rd)
4x100	C. Shady	L. Haxmeyer	55.37
	A. Reed	A. DeVries	(6th)
4x400	Castle McDonald	C. Grutz	4:21.41
	A. Herrig	J. Handke	(2nd)

### Midland meet

Shot put	Chelsea Koos	28'9 1/2	(3rd)
High jump	Jessica Handke	4'10"	(1st)
3000m	Maggie Kilburg	12:22.62	(3rd)
	Sami Schroeder	14:30	(5th)
4x800	Emily Ambrosy	Christy Ruggenberg	(1st)
	Jessica Schmelzer	Rachel Fell	12:38.71
Shuttle Hurdle	Kristina Fell	Whitney Kowarsky	(2nd)
	Brittany Mueller	Tara Plessl	1:18.81
Distance med	Courtney Shady	Jessica Handke	4:38.49
	Ali DeVries	Abbey Herrig	(1st)
100m	Courtney Shady	13.00	(1st)
	Ashley Reed	13.71	(6th)
400m	Castle McDonald	1:06.26	(2nd)
4x200	Abby Fromm	Brittany Ries	2:03.56
	Kristy Weiss	Lyndsey Haxmeyer	(2nd)
100 hurdles	Kristina Fell	17.35	(2nd)
800m	Abbey Herrig	2:35.30	(3rd)
	Courtney Grutz	2:30.37	(2nd)
	Jessica Schmelzer	2:56.4	(4th)
200m	Jessica Handke	27.87	(1st)
400 hurdles	Kendra Kirk	1:18.8	(1st)

Midland (cont)

Sprint medley Ashley Reed Ali DeVries 2:16.43  
 Lynsley Haas Emily Ambrosy, 3rd

1500 Maggie Kilburg 5:55.47 1st  
 Christy Ruggenberg 6:40.4 4th  
 Sami Schroeder 6:51 5th

4x100 Ashley Reed Ali DeVries  
 Lynsley Haas Courtney Shady 56.6

4x400 Abbey Herrig Courtney Grutz  
 Cassie McDonald Jessi Handke  
 4:27.33 1st

Cascade meet

Shot Chelsea Koos 28'8" 6th

High jump Jessica Handke 4'10" 2nd

3000m Maggie Kilburg 12:20.8 3rd  
 Sami Schroeder 14:14.87 5th

4x800 Cassie McDonald Jessica Schmelzer 10:40.43  
 Emily Ambrosy Courtney Grutz 1st

Shuttle Hurdles Kristina Feil Whitney Koberly 1:13.68  
 Tamea Plessl Brittany Mueller 3rd

Distance medley Courtney Grutz Jess Handke  
 Ali DeVries Abbey Herrig 4:08.84 1st

100m Courtney Shady 13.12 1st  
 Ashley Reed 14.09 6th

400m Emily Ambrosy 1:07.2 5th  
 Cassie McDonald 1:05.13 3rd

JV 4x200 Kristy Weiss Emily Caposius  
 Brittany Plesl Kendra Kirk 2:05.07 2nd

4x200 Abby Fromm Ali DeVries  
 Lynsley Haas Courtney Shady 1:58.01 3rd

100 hurdles Kristina Feil 17.26 3rd

800m Courtney Grutz 2:30.37 1st  
 Jess Handke 2:33.90 2nd

400 hurdles Kendra Kirk 1:20.01 5th

Cascade (cont)

1500 Maggie Kilburg 5:46.54 3rd  
 Christy Ruggenberg 6:46.44 6th

JV Sprint Abby Fromm Brittany Plesl 2:21.72  
 Kristy Weiss Rachel Feil 2nd

Sprint medley Ashley Reed Ali DeVries 2:09.10  
 Lynsley Haas Emily Ambrosy 6th

JV 4x100 Abby Fromm Brittany Mueller  
 Kristy Weiss Rachel Feil 59.88 2nd

4x100 Ashley Reed Ali DeVries 55.78  
 Lynsley Haas Courtney Shady 4th

4x400 Abbey Herrig Courtney Grutz  
 Cassie McDonald Jessi Handke 4:21.47 1st

Montello

High jump Jessica Handke 4'8" 5th

100m Courtney Shady 12.92, 13.2 5th

3000m Maggie Kilburg 12:06.43 5th

4x800 Abbey Herrig Courtney Grutz 10:07.68  
 Cassie McDonald Jess Handke 2nd  
 Schmelzer record

400m Jessica Handke 1:02.57 5th

800m Courtney Grutz 2:27.52 2nd

4x400 Abbey Herrig Courtney Grutz  
 Cassie McDonald Jess Handke 4:21.13 2nd

Conference

100m Courtney Shady 12.94 2nd

400m Jessica Handke 1:02.46 3rd  
 Abbey Herrig 1:04.94 6th

4x200 Kristy Weiss Ali DeVries  
 Lynsley Haas Courtney Shady 1:58.01 4th

100 hurdles Kristina Feil 17.43 6th

800 Courtney Grutz 2:28.87 3rd  
 Cassie McDonald 2:30.64 4th

200 Courtney Shady 27.18 2nd  
 Jessica Handke 27.82 5th

1500 Maggie Kilburg 5:47.28 6th

3000 Maggie Kilburg 12:21.42 3rd

4x800 Abbey Herrig Jessica Schmelzer  
 Cassie McDonald Courtney Grutz 10:28.11 1st

Shuttle Hurdles Kristina Feil Whitney Koberly 1:13.68  
 Tamea Plessl Brittany Mueller 1st

4x100 Ashley Reed Ali DeVries  
 Lynsley Haas Courtney Shady 54.64 4th

4x400 Abbey Herrig Jess Handke  
 Cassie McDonald Courtney Grutz 4:17.59 3rd

# NE Practice Meet

Discus	Chelsea Koos	93'11"	(5th)
High jump	Jessica Handke	4'10"	(2nd)
3000	Maggie Kilburg	12:28.49	(4th)
4x800	Jessica Schwelzer, Emily Capelus, Emily Ambrosy, Rachel Feil	11:53.54	(2nd)
Shuttle Hurdle	Kristina Feil, Tara Ploessl, Whitney Kowardy, Kristina Mueller	1:14.91	(2nd)
Distance medley	Courtney Shady, Jess Handke, Ali DeVries, Abbey Herrig	4:30.28	(2nd)
100m	Courtney Shady	13.26	(2nd)
	Ashley Reed	14.23	(5th)
4x200	Kristy West, Lynsey Haxmeyer, Abby Furman, Whitney Kowardy	2:01.69	(4th)
100 hurdles	Kristina Feil	17.52	(3rd)
800m	Courtney Grutz	2:28.82	(2nd)
	Cassie McDonald	2:39.44	(3rd)
200m	Courtney Shady	27.63	(1st)
400 hurdles	Becky Carter	1:24.91	(5th)
Sprint medley	Ashley Reed, Abby Furman, Lynsey Hax, Emily Ambrosy	2:07.35	(5th)
1500	Maggie Kilburg	5:52.19	(3rd)
4x100	Ashley Reed, Ali DeVries, Lynsey Hax, Courtney Shady	5:46.71	(2nd)
4x400	Abbey Herrig, Jess Handke, Courtney Shady, Cassie McDonald	4:18.31	(1st)

# State

8th	4x800	Abbey Herrig, Cassie McDonald, Jessica Handke, Courtney Grutz	9:48.8
21st	4x400	Abbey Herrig, Courtney Grutz, Cassie McDonald, Jess Handke	4:14.71
14th	100	Courtney Shady	13.26
17th	200	Courtney Shady	27.32
	800		
9th		Courtney Grutz	2:25.24
24th		Cassie McDonald	2:34.29

# Best Efforts 2005

100m	Courtney Shady	12.82	-school record
100m hurdles	Kristina Feil	16.73	
200m	Courtney Shady	26.88	
400m	Jessica Handke	1:02.46	
800m	Courtney Grutz	2:25.24	-school record
400m hurdles	Kendra Kirk	1:18.2	
1500m	Maggie Kilburg	5:33.08	
3000m	Maggie Kilburg	12:06.13	
4x100	A. Reed, A. DeVries, L. Haxmeyer, C. Shady	5:46.4	
4x200	C. Shady, A. DeVries, L. Haxmeyer, J. Handke	1:53.08	
4x400	A. Herrig, C. Grutz, C. McDonald, J. Handke	4:14.71	school record
4x800	A. Herrig, J. Handke, C. McDonald, C. Grutz	9:48.8	←
Sprint medley	C. Shady, A. DeVries, A. Reed, J. Handke	1:59.9	
Distance medley	C. Shady, J. Handke, A. DeVries, A. Herrig	4:30.28	
Shuttle Hurdle	K. Feil, W. Kowardy, T. Ploessl, B. Mueller	1:13.47	
Shot	Chelsea Koos	28'9 1/2"	
Discus	Chelsea Koos	93'11"	
High jump	Jessica Handke	4'11"	
Long jump	Lynsey Haxmeyer	14'9"	

State qualifiers  
100, 200, 800, 500  
4x400, 4x800



School records  
4x800  
100

# Districts

100m	Courtney Shady	12.82	(2nd)
200m	Courtney Shady	26.88	(6th)
4x800	Abbey Herrig, Courtney Grutz, Cassie McDonald, Jess Handke	9:59.20	(4th)
4x400		4:24.68	(4th)
Shuttle Hurdle	Kristina Feil, Kendra Kirk, Tara Ploessl, Britney Mueller	1:15.10	(4th)
Long jump	Lynsey Haxmeyer	14'6"	(3rd)
800m	Courtney Grutz	2:31.36	(4th)
	Cassie McDonald	2:33.65	
Distance medley	Courtney Shady, Jess Handke, Ali DeVries, Abbey Herrig	4:44.4	(6th)