

Big East  
Record  
medley



2006

Indoor at Cornell

55m dash	Molly Sieverding	7.45	(2nd)
3200 relay	Cassie McDonald Maggie Kilburg Katie Fliegel Courtney Grutz	10:31.81	(1st)
4x200	Molly Sieverding Abby Fromm Jessica Handke Courtney Shady	1:58.84	(4th)
1500	Maggie Kilburg	6:05.84	(5th)
400m	Jessica Handke	1:03.25	(2nd)
800m	Katie Fliegel	2:40.05	(4th)
medley	Courtney Shady Jessica Handke Courtney Grutz Cassie McDonald	6:00.9	(1st)
200m	Molly Sieverding	28.98	(3rd)

Camanche (cont)

Sprint medley	Molly Sieverding Ashley Reed Jessica Handke Courtney Shady	2:06.99	(1st)
1500	Maggie Kilburg	6:03.7	(5th)
JV 4x100	Melrose Steffen Alex Michaels Stef Hexemer Abby Fromm	1:02	(5th)
4x100	Molly Sieverding Ashley Reed Courtney Shady Jessica Handke	54.77	(1st)
4x400	Cassie McDonald Katie Fliegel Kathie Kilburg Courtney Grutz	4:36.32	(4th)

Camanche

Discus	Chelsea Koss	78'8"	(5th)
3000	Sami Schroeder	1:5.40.4	(6th)
	Maggie Kilburg	13:01.82	(2nd)
4x800	Cassie McDonald Katie Fliegel Tara Plossl Whit Kennedy	Jessica Handke Courtney Grutz Melrose Steffen Kendra Kirk	10:38.93 (1st) (3rd)
Shuttle Hurdle	Alex Michaels Stef Hexemer	Rachel Fess Nicole Sullivan	1:22.38 (2nd)
JV Distance med	Abby Fromm Emily Carpenter	Kathie Kilburg Jessica Schmalzer	5:32 (5th)
Distance medley	Molly Sieverding	12.97	(2nd)
100m	Courtney Shady	13.25	(3rd)
400m	Cassie McDonald	1:06.35	(5th)
4x200	Molly Sieverding Jessica Handke	Ashley Reed Courtney Shady	1:54.32 (1st)
100 hurdles	Tara Plossl	18.7	(6th)
JV 800	Nicole Sullivan	3.07	(1st)
	Jessica Schmalzer	3.08	(3rd)
800	Courtney Grutz	2:34.69	(2nd)
	Katie Fliegel	2:39.20	(3rd)
400 hurdles	Kendra Kirk	1:29.71	(5th)

Wilton

4x100	Molly Sieverding Courtney Shady	Ashley Reed Jessica Handke	54.29	(1st)
4x200	↓	↓	1:57.59	(4th)
4x800	Jessica Schmalzer Maggie Kilburg	Nicole Sullivan Sami Schroeder	12:35.18	(2nd)
100m	Ashley Reed		14.66	(4th)
100 hurdles	Tara Plossl		18.43	(5th)
1500m	Cassie McDonald		5:25.22	(1st)
400m	Courtney Grutz		1:04.9	(3rd)
	Katie Fliegel		1:07.03	(6th)
400 hurdles	Kendra Kirk		1:32.25	(5th)
800 meters	Courtney Grutz		2:33.13	(1st)
	Katie Fliegel		2:42.75	(5th)
Long jump	Molly Sieverding		13'8" 1/2	(3rd)

Clinton (2nd)			
4x800	C McDonald J Handke	C Grutz K Fogel	10.17.78 (1st)
Shuttle	T Plossl M Steffen	K Kirk W Konrady	1.20.48 (5th)
100	Molly Sieverding		13.45 (2nd)
4x200	J Handke C Shady	A Reed M Sieverding	1.53.15 (2nd)
800	Courtney Grutz		2.36.15 (3rd)
	Katie Fogel		2.36.94 (4th)
Sprint	M Sieverding C Shady	A Reed J Handke	1.58.77 (2nd)
1500	C McDonald		5.19.47 (1st)
4x100	J Handke C Shady	A Reed M Sieverding	54.02 (3rd)
Shot put	Koos		27 7 3/4 (6th)
Discus	Koos		87'10 3/4 (4th)

Tipton COED			
JV 4x800	J Smelzer K Kilburg	N Sullivan S Schroeder	12.42.77 (2nd)
4x800	C McDonald K Fogel	J Handke C Grutz	10.17.51 (1st)
Shuttle	T Plossl M Steffen	K Kirk T Ruling	1.19.56 (5th)
100	Molly Sieverding		12.70 (2nd)
	Courtney Shady		13.44 (4th)
Distance	M Sieverding C Shady	J Handke C Grutz	4.32.05 (3rd)
400m	Katie Fogel		1.06.15 (4th)
4x200	M Sieverding A Reed	J Handke C Shady	1.59.41 (4th)
800	Courtney Grutz		2.32.6 (2nd)
	Cassie McDonald		2.33.10 (3rd)
1500	Cassie McDonald		5.14.92 (2nd)
4x100	M Sieverding A Fromm	J Handke C Shady	55.40 (3rd)
JV 4x100	Steffen Sullivan	Fromm Casper	1.03.4 (5th)
JV 4x400	K Kilburg J Schmalzer	N Sullivan R Feil	5.30.51 (3rd)

N.E (2nd)			
4x800	Castle McDonald J Schmalzer	K Fogel K Kilburg	11.04 (2nd)
Shuttle	T Plossl W Konrady	M Steffen K Kirk	1.16.79 (5th)
Distance	M Sieverding C Shady	J Handke C Grutz	4.27.41 (1st)
100	Molly Sieverding		13.09 (2nd)
800	Courtney Grutz		2.35.2 (3rd)
	Katie Fogel		2.37.6 (4th)
200	Jessica Handke		27.65 (1st)
	Courtney Grutz		27.76 (2nd)
Sprint med	M Sieverding C Shady	J Handke C Grutz	1.59.3 (1st)
1500	Cassie McDonald		5.13.31 (2nd)
4x100	M Sieverding M Steffen	C Shady J Handke	55.16 (5th)

Midland			
Shot	Chelsea Koos		(5th)
	Tina Ruling		(6th)
Discus	Chab Sullivan		(6th)
	Chelsea Koos		(4th)
Long jump	Tina Ruling		(4th)
	Chelsea Koos		(6th)
3000	Maggie Kilburg		(2nd)
	Sami Schroeder		(4th)
4x800	C McDonald J Schmalzer	K Fogel K Kilburg	(1st)
Shuttle	T Plossl M Sieverding	M Steffen W Konrady	(3rd)
Distance	M Sieverding C Shady	J Handke C Grutz	(1st)
800m	Katie Fogel		(2nd)
100m	Molly Sieverding		(1st)
	Courtney Shady		(2nd)
400m	Katlin Kilburg		(6th)
4x200	A Fromm A Michals	K Kirk S Dalgner	(6th)
200	Jessica Handke		(1st)
400m	Cassie McDonald		(1st)

Midland (cont)			
400 hurdles	Kendra Kirk		(5th)
Sprint	M Sieverding A Fromm	C Shady J Handke	200 (1st)
Mile	Cassie McDonald		(2nd)
4x100	T Plossl W Konrady	A Fromm M Sieverding	(2nd)
4x400	K Fogel C Shady	C Grutz J Handke	(1st)

## Cascade Meet

3000	Sami Schroeder	15:29.2	(5th)
Shot	Chelsea Koos	28'5 1/2	(3rd)
4x800	C McDonald N Sullivan M Kilburg K Flugel	11.09	(3rd)
Shuttle	T Plessl K Kirk M Steffen W Konrady	1:17.5	(4th)
Distance	M Sieverding J Handke C Shady C Grutz	4:27	(1st)
100m	Molly Sieverding	13.21	(1st)
	Courtney Shady	13.7	(5th)
JV 4x200	S Haxmeier G Sullivan K Kirk N Sullivan	2:18.83	(3rd)
Discus	Chelsea Koos	86'7"	(1st)
Long jump	Tina Roting	12'4"	(8th)
4x200	A Michels M Steffen A Fromm S Dolgner	2:07.4	(4th)
100 hurdles	Whit Konrady	17.85	(5th)
800	Courtney Grutz	2:29.14	(1st)
	Katie Flugel	2:34	(2nd)
200	Stef Haxmeier	32.28	(6th)
400 hurdles	Kendra Kirk	1:27.2	(6th)
JV medley	A Michels M Steffen G Sullivan S Schroeder	2:20.8	(2nd)

## Cascade (cont)

Sprint med	M Sieverding C Shady W Konrady J Handke	1:59.57	(1st)
Mile	Cassie McDonald	5:14.12	(2nd)
	Maggie Kilburg	6:03.9	(4th)
4x400	C Grutz J Handke C Shady K Flugel	4:22.22	(1st)
JV 4x100	A Michels M Steffen S Haxmeier S Dolgner	59.87	(1st)
4x100	M Sieverding T Plessl W Konrady A Fromm	56.18	(2nd)

School 1500 record

(4th)

## Maguokita

4x800	C McDonald J Handke K Flugel C Grutz	16:04.74	(1st)
100m	Molly Sieverding	13:29	(4th)
	Courtney Grutz	2:31.46	(2nd)
800m	Katie Flugel	2:35.34	(1st)
200m	Molly Sieverding	27.94	(4th)
	M Sieverding C Shady W Konrady J Handke	1:58.35	(1st)
Sprint medley			
Mile	Cassie McDonald	5:08.73	(1st)
4x400	K Flugel C Grutz C Shady J Handke	4:22.08	(5th)

School record Distance

(2nd)

## Conference

3000	Maggie Kilburg	13:03.87	(2nd)
4x800	C McDonald K Flugel J Schaefer K Kilburg	10:56.07	(2nd)
Shuttle	T Plessl K Kirk M Steffen W Konrady	1:17.16	(4th)
Distance	M Sieverding J Handke C Shady C Grutz	4:25.11	(1st)
100m	Molly Sieverding	13.12	(2nd)
	Courtney Shady	13.88	(5th)
100 hurdles	Whitney Konrady	17.77	(5th)
800m	Courtney Grutz	2:31.05	(2nd)
	Katie Flugel	2:39.88	(4th)
200m	Molly Sieverding	27.91	(3rd)
	Jessie Handke	27.99	(4th)
Sprint	M Sieverding C Shady W Konrady J Handke	1:57.34	(1st)
1500	Cassie McDonald	5:12.63	(4th)
4x100	T Plessl M Steffen A Fromm A Reed	57.05	(6th)
4x400	C McDonald C Shady C Grutz J Handke	4:22.87	(3rd)

School record Distance medley			
<u>Districts</u>			
100m	Molly Sieverding	12.72	(4th)
4x800	Cassie McDonald, Jessica Huckle, Katie Fogel, Courtney Grutz	10:04.09	(4th)
Distance medley	Molly Sieverding, Courtney Shady, Jessica Huckle, Courtney Grutz	4:24.77	(4th)
800	Courtney Grutz	2:31.27	(4th)
200	Courtney Shady	27.24	(3rd)
Sprint medley	Molly Sieverding, Ashley Reed, Courtney Shady, Jessica Huckle	1:56.19	(5th)
1500	Cassie McDonald	5:09.58	

School record 100 Distance 4x800 Sprint 1500			
<u>State</u>			
100m	Molly Sieverding	12.67	(9th)
4x800	Cassie McDonald, Jessica Huckle, Katie Fogel, Courtney Grutz	9:47.17	(4th)
200	Courtney Shady	27.37	(22nd)
Distance Med	Molly Sieverding, Courtney Shady, Jessica Huckle, Courtney Grutz	4:19.65	(7th)
Sprint med	Molly Sieverding, Ashley Reed, Courtney Shady, Jessica Huckle	1:53.35	(8th)
800	Courtney Grutz	2:27.64	(19th)
1500	Cassie McDonald	5:05.18	(12th)

<u>2006 Efforts</u>			
	Shotput	Chelsea Kous	28'5"
	Discus	Chelsea Kous	7'10 3/4"
	Long jump	Molly Sieverding	13'8"
	3000m	Maggie Kilburg	13:01.82
(12th)	1500m	Cassie McDonald	5:05.16 School record
(19th)	800m	Courtney Grutz	2:27.64
	400m	Jessica Huckle	1:03.25
(22nd)	200m	Courtney Shady	26.77
(9th)	100m	Molly Sieverding	12.67 School record
	100 hurdles	Whitney Karsawch	17.80
	400 hurdles	Kendrea Kirk	1:26.12
(4th)	4x800	Cassie McDonald, Katie Fogel, Jessica Huckle, Courtney Grutz	9:47.17 School record
	4x400	Katie Fogel, Courtney Grutz, Courtney Shady, Jess Huckle	4:22.08
	4x200	Molly Sieverding, Jess Huckle, Ashley Reed, Courtney Shady	1:53.15
	4x100	Molly Sieverding, Jess Huckle, Ashley Reed, Courtney Shady	54.02
	Shuttle	Tara Plossl, Kendrea Kirk, Malorie Steffen, Whitney Karsawch	116.79
	Distance	Molly Sieverding, Courtney Shady, Courtney Grutz	4:19.65 School record
	Sprint	Molly Sieverding, Courtney Shady, Ashley Reed, Jess Huckle	1:53.35