

State Indoor 2009

4x200	Molly Sieverding Becca Roth Caley Medinger Paige Daugherty	1:56.56 34 out 90
4x800	Andrea Frank Anna Lampe Madeline Schroeder Katie Fogel	10:44.37 27 out 63
60 dash	Molly Sieverding	8.42 <sup>30</sup> out 177

Big East Indoor

Long jump	Brianna Reed	13' 1/2 (6th)
55 meter dash	Molly Sieverding Becca Roth	7.45 (2nd) 7.88 (6th)
Shot put	Marissa Henry	27' 1" (6th)
4x800	Andrea Frank Katie Fogel	Leah Witt Kortni Sieverding 11:18.77 (3rd)
4x200	Molly Sieverding Becca Roth	Caley Medinger Paige Daugherty 1:55.38 (3rd)
1500	Andrea Frank	5:51.63 (3rd)
800	Katie Fogel	2:36.44 (2nd)
300	Paige Daugherty Caley Medinger	44.57 (1st) 46.81 (2nd)
200	Molly Sieverding Becca Roth	28.16 (3rd) 29.37 (6th)

Camanche

Long jump	Brianna Reed	13' 4" (4th)
3000m	Bree Moore	12:54.18 (4th)
4x800	Andrea Frank Anna Lampe	Madeline Schroeder Katie Fogel 10:54.98 (1st)
Shuttle	Sarah Blamund Chelsea Kozelka	Anna Frieberg Rachel Wilborn 5:34.62 (5th)
100	Molly Sieverding Becca Roth	12.69 (2nd) 13.31 (4th)
400	Katie Fogel	1:06.2 (2nd)
4x200	Molly Sieverding Becca Roth	Caley Medinger Paige Daugherty 1:55.39 (2nd)
100 hurdles	Chelsea Kozelka Anna Lampe	18.06 (4th) 18.43 (6th)
800	Andrea Frank	2:50.06 (3rd)
200	Paige Daugherty	27.4 (3rd)
400 hurdles	Anna Lampe	1:14.13 (2nd)
Sprint med	Molly Sieverding Paige Daugherty	Becca Roth Caley Medinger 2:00.22 (1st)
1500	Katie Fogel	5:36.22 (3rd)
4x400	Molly Becca	Caley Paige 52.97 (2nd)
4x400	Kaitlin Kilburg Michelle Sullivan	Bree Moore Amanda Tompkins 5:34.22 (4th)
Shot	Marissa Henry	28' 3" (6th)
Downs	Trisha Beckley Kayla Toft	73' 7" (5th) 74' 2" (4th)

Clinton Meet

4x800	Andrea Frank Anna Lampe	Madeline Schroeder Katie Fogel 10:33.77 (1st)
100m	Molly Sieverding	13.19 (4th)
Shuttle Hurdle	Sarah Blamund Bett Till	Anna Frieberg Chelsea Kozelka 1:33.97 (6th)
Distance med	Lindsay Boyer Rachel Wilborn	Br. Reed Leah Witt 5:19.08 (6th)
400m	Anna Lampe Katie Fogel	1:04.74 (3rd) 1:06.02 (4th)
4x200	Molly Sieverding Becca Roth	Caley Medinger Paige Daugherty 1:54.64 (2nd)
200m	Paige Daugherty	28.13 (2nd)
400 hurdles	Anna Lampe	1:14.70 (3rd)
Sprint medley	Molly Sieverding Becca Roth	Caley Medinger Paige Daugherty 1:57.88 (2nd)
1500	Katie Fogel	5:22.44 (5th)
4x100	Molly Sieverding Becca Roth	Caley Medinger Paige Daugherty 53.20 (2nd)
Long jump	Brianna Reed	14' 6" (5th)

Tie school record 200m Paige

Northeast

3rd

Shot	Manissa Herrig	28'10 <sup>1/2</sup> "	5th
Discus	Trisha Beckley	78'1 <sup>1/2</sup> "	4th
Long jump	Brianna Reed	13'4 <sup>1/4</sup> "	5th
4x800	Andrea Frank, Annalampa, Makie Schroeder, Katie Fogel	10:55.46	1st
Shuttle	Rachel Wilbers, Anna Frieberg, Denahi Bertel, Chelsea Kozelka	1:26.63	4th
100	Molly Sieverding	12.67	3rd
	Becca Roth	13.22	6th
400	Katie Fogel	1:05.44	3rd
	Anna Lampe	1:05.59	4th
JV 4x200	Brittany Till, Rachel Wilbers, Brianna Reed, Lori Olson	2:17.81	6th
4x200	Molly, Becca, Caley, Paige	1:53.71	1st
100 hurdles	Chelsea Kozelka	17.62	5th
200m	Paige Daugherty	26.70	4th
100 hurdles	Anna Lampe	1:14.16	4th
Sprint med	Molly, Becca, Caley, Paige	1:58.24	1st
1500m	Katie Fogel	5:24.61	2nd
JV 4x100	Brianna Reed, Trisha Pataska, Anna Frieberg, Chelsea Kozelka	58.92	2nd
4x100	Molly, Becca, Caley, Paige	53.35	1st

Midland

1st

Shot	Manissa Herrig	28'4"	1st
	Kayla Tott	25'11"	8th
Discus	Trisha Beckley	80'5 <sup>3/4</sup> "	3rd
LJ	Brianna Reed	13'1 <sup>1/2</sup> "	5th
3000	Bree Moore	13:01.9	8th
4x800	Madeline Schroeder, Kaitlin Killburg, Nicole Sullivan, Amanda Temp.	12:00.25	4th
Shuttle	Sarah Hammond, Rachel Wilbers, Denahi Bertel, Chelsea Kozelka	1:23.03	2nd
100m	Molly Sieverding	13.32	2nd
Distance	Becca Roth, Annalampa, Paige Daugherty, Katie Fogel	4:36.81	1st
400	Leah Witt	1:09.64	4th
4x200	Brianna Reed, Rachel Wilbers, Lindsay Boyer, Trisha Pataska	2:07.56	5th
100 hurdles	Chelsea Kozelka	18.09	2nd
800m	Andrea Frank	2:41.68	4th
200	Paige Daugherty	27.76	2nd
	Lindsay Boyer	29.32	7th
400 hurdles	Anna Lampe	1:11.56	2nd
Sprint med	Molly Sieverding, Sarah Hammond, Becca Roth, Paige Daugherty	1:59.53	1st
1500	Katie Fogel	5:16.52	1st
	Madeline Schroeder	5:42.80	5th
4x100	Molly Sieverding, Chelsea Kozelka, Becca Roth, Paige Daugherty	53.85	2nd

Cascade

4th

3000m	Bree Moore	13:04.40	3rd
	Kaitlin Killburg	13:43.27	6th
4x800	Andrea Frank, Madeline Schroeder, Anna Lampe, Katie Fogel	10:16.40	2nd
100m	Molly Sieverding	12.90	3rd
400	Anna Lampe	1:05.78	4th
	Leah Witt	1:08.12	8th
JV 4x200	Brittany Till, Lindsay Boyer, Sarah Hammond, Anna Frieberg	2:03.65	2nd
4x200	Molly Sieverding, Brianna Reed, Becca Roth, Paige Daugherty	1:59.43	5th
200	Paige Daugherty	27.63	4th
400 hurdles	Anna Lampe	1:11.47	1st
Sprint med	Molly Sieverding, Sarah Hammond, Becca Roth, Paige Daugherty	1:58.48	1st
1500	Katie Fogel	5:26.67	4th
JV 4x100	Brianna Reed, Lindsay Boyer, Trisha Pataska, Anna Frieberg	59.15	5th
4x100	Molly Sieverding, Sarah Hammond, Becca Roth, Paige Daugherty	53.38	1st
JV 4x400	Brianna Reed, Laura Thoms, Leah Witt, Lori Olson	5:05.80	3rd

# School record

# Maryoketa

7th

100m	Molly Steverding	12.94	2nd
200m	Paige Daugherty	27.16	4th
1500m	Katie Fogel	5:20.21	5th
400 hurdles	Anna Lampe	1:09.69	3rd

school record

4x100	Molly Steverding Chelsea Kozelka	53.43	4th
4x200	Bella Roth Paige Daugherty	1:52.02	3rd
4x800	Molly Steverding Sarah Hammond	11:25.60	6th
Sprint med	Anna Lampe	1:56.52	4th
Distance med	Katie Fogel	4:32.07	6th

JV 400	Laura Thomas	1:14.22	4th
JV 4x200	Lori Olson	1:16.95	5th

JV 4x200	Emily Boyer Brianna Reed	2:03.76	6th
JV Sprint med	Anna Lampe	2:09.06	4th
JV 4x100	Anna Lampe	57.99	3rd

## Conference

4th

DDCW	Trisha Beckley	86'5"	6th
Shot	Marissa Herrig	30'5"	5th
LF	Brianna Reed	14'5 1/2"	6th
3000	Bree Moore	12:37.96	5th
4x800	Anna Lampe Katie Fogel	10:26.71	1st
Shuttle	Anna Lampe	1:25.69	2nd
100	Molly Steverding	13.12	5th
Distance med	Anna Lampe	4:30.46	3rd
400	Leah Witt	1:09.13	6th
4x200	Molly Steverding Sarah Hammond	1:51.11	4th
100 hurdles	Chelsea Kozelka	17.54	4th
200m	Paige Daugherty	27.22	5th
400m hurdles	Anna Lampe	1:12.70	2nd
Sprint med	Anna Lampe	1:56.79	1st
1500	Katie Fogel	5:18.90	3rd
4x100	Anna Lampe	52.64	3rd

4x400  
Brianna Reed Leah Witt  
Bree Moore Laura Thomas  
5:10.67 6th

## Comet Relays

3rd

JV Shot	Kayla Tott	26'7"	3rd
Long jump	Brianna Reed	13'8"	6th
JV Long jump	Brittany Till	12'5"	1st
3000	Bree Moore	12:58.96	3rd
4x500	Katie Fogel	13:37.52	6th
Shuttle	Anna Lampe	10:30.76	1st
Distance med	Anna Lampe	1:25.53	5th
100m	Molly Steverding	12.94	2nd
400m	Leah Witt	1:06.91	5th
JV 4x200	Anna Lampe	2:09.38	5th
4x200	Molly Steverding	1:52.04	2nd
100 hurdles	Chelsea Kozelka	17.65	3rd
400 hurdles	Anna Lampe	1:12.25	2nd
JV Sprint med	Anna Lampe	2:22.14	5th
1500	Katie Fogel	5:11.77	2nd
JV 4x100	Anna Lampe	57.61	1st

School record  
400 hurdles

## Districts

Shot put	Marissa Herrig	30'2"	8th
Discus	Trisha Beckley	80'2"	8th
4x800	Anna Lampe	10:33.28	3rd
Shuttle	Anna Lampe	1:25.65	6th
100m	Molly Steverding	12.90	4th
Distance med	Anna Lampe	4:35.07	7th
4x200	Molly Steverding	1:50.33	4th
200m	Paige Daugherty	27.78	8th
400 hurdles	Anna Lampe	1:09.45	3rd
Sprint med	Anna Lampe	1:57.87	3rd
1500	Katie Fogel	5:13.91	4th
4x100	Anna Lampe	53.14	5th

School record  
400 hurdles  
1500 State



100m dash Molly Steverding 12.82, 13.04 (8th)

400 hurdles Anna Lampe 1.09.01 (15th)

1500m Katie Fogel 5.01.91 (11th)

4x200 Molly Steverding  
Becca Roth  
Caley Medinger  
Paige Daugherty 1.49.30 (14th)

Sprint medley Molly Steverding  
Becca Roth 1.54.77  
Caley Medinger  
Paige Daugherty (16th)

