

2010

Cornell Indoor

55 hurdles	Chelsea Kozelka	9.56	4th
55 dash	Kelli Herry	7.44	1st
	Becca Roth	7.81	5th
4x800	Andrea Frank, Madeline Schroeder, Anna Lampe, Sarah Lampe, Katharine Herry, Lexee Sullivan, Theresa Koos, Bree Moore	10:39.69	1st
4x200	Kelli Herry, Kelsey Ernst, Becca Roth, Paige Daugherty	1:52.81	1st
400m	Sarah Lampe	1:03.20	2nd
800m	Madeline Schroeder	2:52.92	6th
300m	Paige Daugherty	44.73	1st
200m	Kelli Herry	28.03	2nd
	Becca Roth	28.81	4th
4x400	Andrea Frank, Theresa Koos, Anna Lampe, Sarah Lampe	4:33.33	2nd
Shot	Marissa Herry	28'6"	3rd
High jump	Anna Friberg	4'6"	4th

Camanche Relays

3000m	Breanna Till	13:20.07	4th
	Bree Moore	13:41.70	6th
4x800	Andrea Frank, Madeline Schroeder, Sarah Lampe, Katharine Herry, Sarah Hammond, Theresa Koos, Kelsey Medjger, Anna Lampe	10:46.71	2nd
Distance med	Becca Roth	13.53	5th
100m	Kelli Herry	13.56	6th
400m	Sarah Lampe	1:02.27	1st
4x200	Kelli Herry, Kelsey Ernst, Becca Roth, Paige Daugherty	1:52.66	2nd
100 hurdles	Chelsea Kozelka	17.26	4th
800	Andrea Frank	2:44.34	3rd
	Madeline Schroeder	2:50.52	5th
200m	Paige Daugherty	27.91	3rd
400 hurdles	Anna Lampe	1:13.34	1st
Sprint medley	Kelli Herry, Sarah Lampe, Becca Roth, Paige Daugherty	1:57.40	1st
1500	Katharine Herry	5:44.18	5th
4x100	Kelli Herry, Kelsey Medjger, Becca Roth, Paige Daugherty	53.98	2nd
4x400	Andrea Frank, Kelsey Ernst, Theresa Koos, Sarah Lampe	4:29.65	2nd
Shot	Marissa Herry	29'2 1/2"	4th
	Alouha Ries	28'8"	6th

Clinton

windy

Shuttle Hurdle	Anna Friberg, Lindsay Boyer, Rachel Wilbars, Chelsea Kozelka	1:20.51	3rd
100 dash	Kelli Herry	13.46	4th
4x200	Kelli Herry, Kelsey Medjger, Becca Roth, Paige Daugherty	1:52.35	2nd
800	Andrea Frank	2:41.43	6th
400 hurdles	Anna Lampe	1:13.92	2nd
4x400	Kelsey Ernst, Andrea Frank, Theresa Koos, Sarah Lampe	4:33.46	3rd
4x500	Andrea Frank, Madeline Schroeder, Anna Lampe, Sarah Lampe	10:35.34	1st
Distance med	Carra Wagner, Leah Witt, Sarah Hammond, Theresa Koos	4:54.26	3rd
400m	Sarah Lampe	1:00.73	2nd
100 hurdles	Chelsea Kozelka	17.81	4th
200m	Paige Daugherty	27.59	3rd
Sprint medley	Kelli Herry, Sarah Lampe, Becca Roth, Paige Daugherty	1:56.23	2nd
4x100	Kelli Herry, Kelsey Medjger, Becca Roth, Paige Daugherty	54.05	2nd
400m	Kelsey Ernst	1:05.51	5th

Tipton Relays

3000	Katharine Herry	12:13.28	3rd
	Bree Moore	13:07.27	6th
4x800	Andrea Frank, Madeline Schroeder, Theresa Koos, Sarah Lampe, Anna Friberg, Taylor Dour, Lindsay Boyer, Chelsea Kozelka	10:30.09	3rd
Shuttle hurdle	Lindsay Boyer, Chelsea Kozelka	1:21.76	5th
100m	Kelli Herry	13.17	4th
	Becca Roth	13.28	4th
Distance med	Carra Wagner, Leah Witt, Kelsey Medjger, Lexee Sullivan	4:51.17	5th
400m	Sarah Lampe	1:00.55	1st
4x200	Kelsey Ernst, Kelli Herry, Sarah Lampe, Becca Roth, Paige Daugherty	1:56.12	4th
100 hurdles	Chelsea Kozelka	17.23	4th
Sprint medley	Kelli Herry, Sarah Lampe, Becca Roth, Paige Daugherty	1:55.11	2nd
1500	Katharine Herry	5:37.06	5th
JV 4x100	Carla Wagner, Trisha Ahtala, Lindsay Boyer, Amanda Tompkins	59.27	3rd
4x100	Kelli Herry, Kelsey Medjger, Becca Roth, Paige Daugherty	53.05	3rd
JV 4x400	Leah Witt, Lorissa	5:18.00	3rd
4x400	Kennedy Mitchell, Kelsey Ernst, Theresa Koos, Paige Daugherty, Andrea Frank	4:32.61	4th

Rebel Relays windy

Shotput	Marissa Hering	29'11"	5th
3000	Katherine Hering	12:20.22	6th
4x800	Andrea Frank Theresa Koos Bree Moore Sarah Lampe	10:54.18	4th
100m	Kelli Hering	13.29	4th
400m	Sarah Lampe	1:02.17	3rd
	Kelsey Ernst	1:06.30	5th
Jr 4x200	Clara Wagner Rachel Wilbers Shianne Junk Trista Patarka	2:09.05	5th
4x200	Kelli Hering Caley Mediger Becca Roth Paige Dougherty	1:53.08	1st
100 hurdles	Chelsea Kozelka	1:16.76	3rd
800m	Andrea Frank	2:43.63	3rd
200m	Paige Dougherty	27.47	1st
400 hurdles	Anna Lampe	1:15.34	4th
JV Sprint	Tessa Fahy Shianne Junk Trista Patarka Lori Olson	2:18.45	5th
Sprint med	Kelli Hering Sarah Lampe Becca Roth Paige Dougherty	1:57.70	1st
1500	Katherine Hering	5:45.36	6th
4x100	Kelli Hering Caley Mediger Becca Roth Paige Dougherty	5:45.39	1st
4x400	Kelsey Ernst Andrea Frank Theresa Koos Sarah Lampe	4:43.96	2nd
Long jump	Brianna Reed	12'11"	5th

Cascade Relays
Kelsey Ernst Theresa Koos
Andrea Frank Anna Lampe 4:33.21 5th

3000m	Katherine Hering	12:12.18	3rd
	Bree Moore	13:50.43	5th
4x800	Andrea Frank Theresa Koos Anna Lampe Sarah Lampe	10:39.93	2nd
Shuttle Hurdle	Anna Frickberg Rachel Wilbers Taylor Damer Chelsea Kozelka	1:21.18	5th
100m	Kelli Hering	13.54	4th
Distance med	Clara Wagner Kelsey Ernst Lindsay Boyer Madeline Schneider	4:58.30	4th
400m	Sarah Lampe	1:00.39	1st
JV 4x200	Shianne Junk Lindsay Boyer Trista Patarka Kelsey Ernst	2:03.99	5th
4x200	Kelli Hering Sarah Lampe Becca Roth Paige Dougherty	1:49.15	3rd
100 hurdles	Chelsea Kozelka	17.19	1st
800m	Andrea Frank	2:36.62	5th
200m	Paige Dougherty	27.53	2nd
400 hurdles	Anna Lampe	1:11.53	2nd
Sprint med	Kelli Hering Sarah Lampe Becca Roth Paige Dougherty	1:56.55	1st
1500	Katherine Hering	5:36.91	6th
4x100	Kelli Hering Chelsea Kozelka Becca Roth Paige Dougherty	5:30.09	3rd
JV 4x400	Lore Sullivan Paige Dougherty Lori Olson Kennedy Mitchell	5:20.55	4th

Midland meet

Shot	marissa Hering	29'3"	6th
Discus	Trisha Beckley	77'1"	6th
Long jump	Brianna Reed	13'11 1/2	5th
High jump	Anna Frickberg	4'4"	4th
3000	Katherine Hering	12:09.25	3rd
	Breanna Till	12:46.22	6th
4x800	Andrea Frank madeline Schneider Theresa Koos Sarah Lampe	10:13.41	1st
Shuttle Hurdle	Anna Frickberg Rachel Wilbers Taylor Damer Chelsea Kozelka	1:19.25	1st
100m	Kelli Hering	13.44	3rd
Distance Med	Clara Wagner Leah Witt Caley Mediger Anna Lampe	4:45.56	4th
400	Kelsey Ernst	1:05.25	4th
4x200	Kelli Hering Sarah Lampe Becca Roth Paige Dougherty	1:50.10	1st
100 hurdles	Chelsea Kozelka	17.40	2nd
	Anna Frickberg	19.12	4th
800	Madeline Schneider	2:44.13	6th
200m	Paige Dougherty	27.5	2nd
400 hurdles	Anna Lampe	1:12.41	1st

Sprint medley	Kelli Hering Paige Dougherty Becca Roth Sarah Lampe	1:55.4	1st
1500	Katherine Hering	5:38.41	4th
4x100	Kelli Hering Caley Mediger Becca Roth Paige Dougherty	5:33.2	1st
4x400	Leah Witt Kelsey Ernst Theresa Koos Andrea Frank	4:38.04	4th

Magical Ketca

100m	Kelli Herry	13.66	5th
200m	Paige Daugherty	27.79	3rd
400m	Sarah Lampe	1:02.27	2nd
800m	Katherine Herry	2:21.27	3rd
	Breanna Till	2:55.25	6th
100 hurdles	Chelsea Kozelka	17.58	6th
400 hurdles	Anna Lampe	1:13.59	3rd
4x100	Kelli Herry, Chelsea Kozelka, Becca Roth, Paige Daugherty	52.85	2nd
4x800	Andrea Frank, Theresa Kios, Madeline Schroeder, Sarah Lampe	10:41.33	3rd
Sprint med	Kelli Herry, Paige Daugherty, Becca Roth, Sarah Lampe	1:54.16	2nd
Shot	Merissa Herry	31'6 1/2"	6th
Discus	Trisha Beckley	93'3"	6th
Jr 200	Shianne Junk	31.43	4th
Jr 400	Lexee Sullivan	1:11.44	3rd
Jr 800	Madeline Schroeder	2:49.12	2nd
Jr 4x200	Shianne Junk, Lindsay Boyer, Trisha Beckley, Leah Witt	2:05.45	4th
Jr Sprint	Kelsey Ernst, Lexee Sullivan, Brianna Reed, Leah Witt	2:09.02	2nd

2nd

Conference

low short wind

3000m	Katherine Herry		6th
Long jump	Brianna Reed	13'10 1/4"	5th
High jump	Kelsey Ernst	4'8"	2nd
	Anna Frieburg	4'4"	6th
Shot	Merissa Herry	30'8"	3rd
4x800	Andrea Frank, Theresa Kios, Anna Lampe, Sarah Lampe	1:17.96	1st
Shuttle Hurdle	Anna Frieburg, Rachel Wilbers, Cayli Dorn, Chelsea Kozelka	1:19.91	2nd
Distance med	Lindsay Boyer, Leah Witt, Caley Medinger, Madeline S	5:01.91	4th
100	Sarah Lampe	59.7	1st
4x200	Kelli Herry, Sarah Lampe, Becca Roth, Paige Daugherty	1:50.94	1st
100 hurdles	Chelsea Kozelka	16.92	4th
	Anna Frieburg	15.77	6th
Discus	Trisha Beckley	80'5"	6th
100m	Kelli Herry	13.34	3rd
200m	Paige Daugherty	27.12	3rd
800m	Andrea Frank	2:40.56	4th
400 hurdles	Anna Lampe	1:12.56	2nd

Sprint med	Kelli Herry, Becca Roth, Paige Daugherty, Sarah Lampe	1:53.89	1st
			Most record
1500	Katherine Herry	5:55.91	6th
4x100	Kelli Herry, Becca Roth, Chelsea Kozelka, Paige Daugherty	52.40	2nd
4x400	Kelsey Ernst, Theresa Kios, Andrea Frank, Leah Witt	4:35.90	5th

Connet Returns

Shot put	Merissa Herry	31'5 1/2"	5th
Long jump	Brianna Reed	13'10 1/4"	5th
High jump	Kelsey Ernst	4'4"	6th
3000	Madeline Schroeder	13:02.43	5th
	Breanna Till	12:34.06	4th
4x800	Anna Lampe, Sarah Lampe, Anna Frieburg, Lindsay Boyer	10:14.49	1st
Shuttle Hurdle	Rachel Wilbers, Lindsay Boyer, Caley Medinger, Leah Witt	1:26.54	5th
Distance med	Kelsey Ernst, Katherine Herry	4:49.77	5th
100	Kelli Herry	13.07	2nd
	Becca Roth	13.35	6th
400m	Lexee Sullivan	1:11.97	6th
JV 4x200	Shianne Junk, Trisha Beckley, Tessa Fahy, Leah Witt	2:07.38	2nd
4x200	Kelli Herry, Sarah Lampe, Becca Roth, Paige Daugherty	1:49.02	2nd
800m	Andrea Frank	2:45.10	4th
400 hurdles	Anna Lampe	1:12.82	2nd
Sprint med	Kelli Herry, Paige Daugherty, Becca Roth, Sarah Lampe	1:54.83	5th

1500m	Katherine Herry	5:24.50	5th
JV 4x200	Brianna Reed, Leah Witt, Trisha Beckley, Annelisa Tompkins	1:00.19	4th
4x100	Kelli Herry, Chelsea Kozelka, Becca Roth, Paige Daugherty	53.7	3rd
JV 4x400	Lexee Sullivan, Laura Trons, Lovi Olson, Kennedy Melicki	5:10.25	4th
Wt Women	Bree Moore, Sara Stankiewicz, Trisha Beckley, Heather Fitz	1:09.15	4th

School record
Sprint medley

Districts - Monticello

3000m state qualifier 4x800	Katherine Henry 11:35.19 2 nd Andrea Frank Theresa Koos Anna Lampe Sarah Lampe 10.08.81 5 th Anna Froberg Taylor Damer 1.17.49 6 th Lindsay Boyer Chelsea Kozelka
Shuttle Hurdle state qualifier 100m	Kelli Henry 12.95 6 th Becca Roth 13.31 5 th Cathy Medinger Kelley Ernst Leah Witt Andrea Frank 4.44.28 6 th
Distance medley 400m state qualifier	Sarah Lampe 58.89 1 st Lexie Sullivan 1:11.59 Kelli Henry Sarah Lampe Becca Roth Paige Daugherty 1:50.58 4 th
100 hurdles state qualifier 800m 200m	Chelsea Kozelka 16.63 4 th Paige Daugherty 27.04 6 th Anna Lampe 1:10.43 3 rd Chelsea Kozelka Paige Daugherty 1:53.10 Becca Roth Sarah Lampe 2 nd
state qualifier 400 hurdles state qualifier Sprint medley 800m	Kelli Henry Becca Roth Andrea Frank Kelley Ernst Chelsea Kozelka Paige Daugherty Theresa Koos Anna Lampe
state qualifier 4x100	52.47 4 th
4x400	4:32.87 8 th

2010 Best Efforts

Shot put	Manna Henry 31' 6 1/2"
Discus	Tasha Beckley 93' 3"
Long jump	Brianna Reeb 14' 5 1/2"
High jump	Kelley Ernst 4' 8"
3000m	Katherine Henry 11:35.19
100m	Kelli Henry 12.95 - state
400m	Sarah Lampe 58.89 state
200m	Paige Daugherty 26.93 state
800m	Andrea Frank 2:36.61
1500m	Katherine Henry 5:16.43
100 hurdles	Chelsea Kozelka 16.63
400 hurdles	Anna Lampe 1:10.43 state
4x800	Andrea Frank Anna Lampe Theresa Koos Sarah Lampe 10.08.81 state
Shuttle	Anna Froberg Taylor Damer Lindsay Boyer Chelsea Kozelka 1:17.49
4x200	Kelli Henry Sarah Lampe Becca Roth Paige Daugherty 1:49.02 state
4x400	Andrea Frank Kelley Ernst Theresa Koos Sarah Lampe 4:28.50

Sprint medley record

State Track

100m	Kelli Henry 13.54 21 st
200m	Paige Daugherty 26.93 14 th
400m	Sarah Lampe 59.31 5 th
400 hurdles	Anna Lampe 1:10.68 21 st
4x800	Andrea Frank Theresa Koos Anna Lampe Sarah Lampe 10:26.12 18 th
4x200	Kelli Henry Paige Daugherty Becca Roth Sarah Lampe 1:49.05 18 th
4x100	Kelli Henry Chelsea Kozelka Becca Roth Paige Daugherty 52.23 19 th
Sprint medley	Kelli Henry Paige Daugherty Becca Roth Sarah Lampe 1:52.49 7 th School record

4x100	Kelli Henry Chelsea Kozelka Becca Roth Paige Daugherty 52.23 state
Sprint medley	Kelli Henry Paige Daugherty Becca Roth Sarah Lampe 1:52.49 state school record
Distance medley	Cathy Medinger Leah Witt Kelley Ernst Andrea Frank 4:44.28