

2011

### Big East Indoor

55m hurdles	Lindsay Boyer	19.41	19.35	5th
55m dash	Kelli Herrig	7.38	7.47	1st
	Rachel Killburg	7.9	7.94	6th
4x800	Andrea Frank, Ari Rees, Rikki Santiago, Emily Anderson	10.42	7.9	2nd
4x200	Kelli Herrig, Catey Medinger, Jacquiel Frett, Paige Daugherty	1.53	0.3	1st
1500	Andrea Frank	5.50		4th
3000	Paige Daugherty	45.27		1st
	Catey Medinger	47.71		2nd
200	Jacquiel Frett	28.72		4th
Shot put	Marissa Herrig	29'09"	3/4	3rd
High jump	Brooke Kahl	4'8"		3rd

4x200	Kelli Herrig, Jacquiel Frett, Catey Medinger, Paige Daugherty	1.52.51		2nd
100 hurdles	Lindsay Boyer	19.13		5th
	Mariah Steves	19.84		6th
800m	Rikki Santiago	2.37.10		5th
200m	Brooke Kahl	28.61		5th
	Danielle Bender	30.96		6th
400 hurdles	Anna Lampe	1.13.54		2nd
Sprint medley	Kelli Herrig, Jacquiel Frett, Catey Medinger, Paige Daugherty, Sarah Lampe	1.57.25		1st
1500	Theresa Koos	5.44.24		5th
	Katherine Herrig	5.46.31		6th
4x100	Kelli Herrig, Jacquiel Frett, Andrea Frank, Danielle Bender, Rachel Killburg, Paige Daugherty	54.45		2nd
4x400	Andrea Frank, Catey Medinger, Danielle Bender, Sarah Lampe	4.32.88		3rd

### Camanche Relays

Shot put	Marissa Herrig	30's"		2nd
Discus	Trisha Beckley	82'3"		5th
High jump	Brooke Kahl	4'8"		6th
Jv Shot put	Sara Hankamer	25'6"		1st
	Victoria Classen	25'1"		2nd
Jv Discus	Alison Killburg	57'10"		2nd
3000	Katherine Herrig	12.32.76		5th
	Bree Moore	13.06.58		6th
4x800	Anna Lampe, Rikki Santiago, Theresa Koos, Bree Moore, Lindsay Boyer, Mariah Steves	11.04.31		3rd
Shuttle Hurdle	Taylor Power, Rachel Killburg	1.23.04		3rd
100m	Kelli Herrig	13.27		2nd
	Rachel Killburg	14.30		6th
Jv 100m	Halley Lampe	15.25		3rd
	Lori Olson	15.45		4th
Distance medley	Jacquiel Frett, Paige Daugherty, Brooke Kahl, Andrea Frank	4.33.68		1st
400m	Sarah Lampe	1.01.39		1st
	Danielle Bender	1.09.41		5th

### Clinton Relays

3000m	Katherine Herrig	12.29.06		5th
Shuttle Hurdle	Mariah Steves, Rachel Killburg, Taylor Power, Lindsay Boyer	1.22.4		3rd
400m	Sarah Lampe	1.01.2		1st
4x200	Kelli Herrig, Sarah Lampe, Jacquiel Frett, Paige Daugherty	1.53.7		2nd
100 hurdles	Lindsay Boyer	19.76		4th
200m	Paige Daugherty	28.21		6th
400 hurdles	Anna Lampe	1.16.89		5th
Sprint medley	Kelli Herrig, Paige Daugherty, Jacquiel Frett, Sarah Lampe	1.58.99		1st
1500	Theresa Koos	5.28.56		6th
4x100	Kelli Herrig, Rachel Killburg, Jacquiel Frett, Paige Daugherty	54.19		3rd
Shot put	Marissa Herrig	30'		4th

### Northwest Relay

High jump	- Brooke Kahl	4'6"	3rd
Shot put	Marissa Hennig	38' 2 1/2"	3rd
3000m	Katherine Hennig	12:54.64	4th
4x500	Andrea Frank Theresa Koos Anna Lampe Sarah Lampe	10:46.61	4th
Shuttle Hurdle	Mariah Stokes Rachel Kilburg Anna Lampe Lindsay Boyer	1:19.90	2nd
100m	Kelli Hennig	12.95	2nd
Distance Medley	Kelli Hennig Paige Daugherty Jacquiel Fret Andrea Frank	4:41.06	2nd
400m	Sarah Lampe	1:04.08	2nd
	Ali Reeg	1:09.01	4th
JV 4x200	Rachel Kilburg Michelle Hieb Danielle Bender Brooke Kahl	20.65	1st
100 hurdles	Lindsay Boyer	19.18	4th
	Mariah Stokes	19.84	5th
200m	Sarah Lampe	27.30	2nd
	Paige Daugherty	28.08	6th
400 hurdles	Anna Lampe	1:12.20	1st
Sprint medley	Kelli Hennig Paige Daugherty Jacquiel Fret Sarah Lampe	1:57.89	2nd
1500m	Theresa Koos	5:37.04	3rd
JV 4x100	Mariah Stokes Brooke Kahl Lindsay Boyer Danielle Bender	56.70	2nd

4x100	Kelli Hennig Rachel Kilburg Jacquiel Fret Paige Daugherty	53.10	2nd
4x400	Anna Lampe Michelle Hieb Ali Reeg Danielle B	4:55.55	5th

### Midland Meet

Shot	Marissa Hennig	30'5"	3rd
Discus	Tasha Beckley	79' 6"	3rd
High jump	Brooke Kahl	4'6"	2nd
3000m	Bree Moore	13:54.12	2nd
4x500	Andrea Frank Theresa Koos Paige Daugherty Sarah Lampe	10:59.3	1st
100m	Kelli Hennig	13.0	1st
Shuttle Hurdle	Mariah Stokes Rachel Kilburg Anna Lampe Lindsay Boyer	1:17.9	1st
400m	Anna Lampe	1:08.84	5th
4x200	Kelli Hennig Sarah Lampe Brooke Kahl Paige Daugherty	1:54.4	1st
100 hurdles	Lindsay Boyer	19.16	2nd
	Mariah Stokes	19.27	3rd
500m	Andrea Frank	2:51	5th
	Rikki Santiago	2:52.30	6th
200m	Brooke Kahl	28.97	4th
400 hurdles	Anna Lampe	1:15.43	1st
	Lindsay Boyer	1:26.68	5th
Sprint medley	Kelli Hennig Paige Daugherty Rachel Kilburg Sarah Lampe	2:02.30	1st

4x100	Kelli Hennig Rachel Kilburg Brooke Kahl Paige Daugherty	55.60	1st
1500	Bree Moore	6:29	
	Theresa Koos	5:44.75	3rd
4x400	Katie Waeve	5:05.59	4th
	Rikki Santiago		
	Ali Reeg		
	Danielle Bender		
Distance Med	Katy Jacobs Rachel Kilburg Danielle Bender	5:10.43	3rd
	Rikki Santiago		

### Cascade meet

Discus	Lindsay Boyer	79'10"	8th	
High jump	Brooke Kahl	4'8"	4th	
3000m	Katherine Heng	13:15.50	2nd	
4x500	Theresa Koos Rikki Santiago Anna Lampe Sarah Lampe	10:39.52	1st	
3000m	Bree Moore	13:29.28	5th	
Shuttle Hurdle	Marian Stens Anna Lampe Kelli Heng Jaquiel Frost	Rachel Kilburg Lindsay Boyer Paige Daugherty Andrea Frank	1:14.62	5th
Distance medley	Jacquiel Frost	Andrea Frank	4:41.61	1st
400m	Sarah Lampe	1:07.59	4th	
JV 4x200	Rachel Kilburg Lori Olson	Brooke Kahl Danielle Basher	2:01.04	3rd
400 hurdles	Anna Lampe	1:14.12	2nd	
Sprint medley	Rachel Kilburg Jaquiel Frost	Brooke Kahl Paige Daugherty	1:58.81	1st
1500	Theresa Koos	5:37.76	3rd	
	Bree Moore	6:21.75	6th	
JV 4x100	Haley Lampe Caley Medinger Rachel Kilburg Jaquiel Frost	Marian Stens Madeline Holand Brooke Kahl Paige Daugherty	59.57	5th
4x100			54.52	4th

### Maquettea meet

200m	Paige Daugherty	27.7	5th	
1500m	Theresa Koos	5:26.96	6th	
3000m	Katherine Heng	12:24.12	4th	
400 hurdles	Anna Lampe	1:10.85	2nd	
4x100	Rachel Kilburg Jaquiel Frost	Brooke Kahl Sarah Lampe	53.86	5th
4x200	Brooke Kahl Jaquiel Frost	Sarah Lampe Paige Daugherty	1:50.31	1st
4x500	Andrea Frank Anna Lampe	Theresa Koos Paige Daugherty	10:23.45	4th
Distance medley	Rachel Kilburg Caley Medinger	Danielle Basher Rikki Santiago	4:41.05	6th
Sprint medley	Rachel Kilburg Jaquiel Frost	Paige Daugherty Sarah Lampe	1:56.17	2nd
JV 4x100	Haley Lampe Lindsay Boyer	Marian Stens Kaylee Jess	59.63	5th
JV 4x200	Kelsey Jacobs Caley Medinger	Lori Olson Danielle Basher	2:02.13	4th
JV Sprint medley	Haley Lampe Caley Medinger	Lori Olson Danielle Basher	2:11.60	6th

### Conference

Shot	Mariisa Heng	30'6"	4th	
High jump	Brooke Kahl	4'4"	4th	
3000m	Katherine Heng	12:49.97	4th	
4x500	Andrea Frank Anna Lampe Marian Stens Rachel Kilburg	Theresa Koos Sarah Lampe Lindsay Boyer Anna Lampe	10:30.66	2nd
Shuttle Hurdle	Rachel Kilburg Kelli Heng	Anna Lampe Paige Daugherty	1:17.39	2nd
100m	Kelli Heng	13.09	3rd	
Distance medley	Brooke Kahl Jaquiel Frost	Paige Daugherty Rikki Santiago	4:53.04	1st
400m	Sarah Lampe	1:02.76	3rd	
4x200	Kelli Heng Jaquiel Frost	Sarah Lampe Paige Daugherty	1:48.32	1st
100 hurdles	Anna Lampe	17.59	4th	
200m	Sarah Lampe	26.99	3rd	
800m	Rikki Santiago	2.49	6th	
400 hurdles	Anna Lampe	1:12.25	2nd	
Sprint medley	Kelli Heng Jaquiel Frost	Caley Medinger Paige Daugherty	1:57.05	1st
4x100	Kelli Heng Jaquiel Frost	Rachel Kilburg Paige Daugherty	52.40	2nd
4x400	Caley Medinger Andrea Frank	Danielle Basher Katherine Heng	4.44	6th

### School record

4x200 1:46.73

3rd

### Comet Relays

Shot put	Mariisa Heng	30'8"	5th V	
	Bree Moore	24'10"	3rd JV	
Discus	Lindsay Boyer	72'6"	2nd JV	
3000m	Katherine Heng	12:40.62	3rd	
	Bree Moore	13:27.60	6th	
Shuttle Hurdle	Marian Stens Rachel Kilburg	Lindsay Boyer Anna Lampe	1:15.55	4th
Distance medley	Rachel Kilburg Brooke Kahl	Caley Medinger Andrea Frank	4:41.68	6th
100m	Kelli Heng	13.22	3rd	
JV 4x200	Kelsey Jacobs Lori Olson	Danielle Basher Kaylee Jess	2:01.16	1st
4x200	Kelli Heng Jaquiel Frost	Sarah Lampe Paige Daugherty	1:46.73	1st
100 hurdles	Anna Lampe	17.52	6th	
200m	Brooke Kahl	27.52	6th	
400 hurdles	Anna Lampe	1:10.29	1st	
Sprint medley	Kelli Heng Jaquiel Frost	Paige Daugherty Sarah Lampe	1:54.79	2nd
1500m	Theresa Koos	5:22.18	3rd	
4x100	Kelli Heng Jaquiel Frost	Rachel Kilburg Paige Daugherty	51.72	1st
4x400	Caley Medinger Andrea Frank	Danielle Basher Bree Moore	4:42.43	5th
W+Women	Kelsey Jess Anna Lampe	Bree Moore Shelby Reed	1:03.68	2nd

4x200  
School record  
1:46.48

Districts

100m dash	Kelli Hennig	13.22	5th
200m dash	Sarah Lampe	27.25	5th
400 hurdles	Anna Lampe	1:09.38	4th
Shuttle Hurdles	Mariah Steins Rachel Killburg Lindsay Boyer Anna Lampe	1:15.02	7th
(State) 4x100	Kelli Hennig Jaquiel Frett Rachel Killburg Paige Daugherty	52.14	4th
(State) 4x200	Kelli Hennig Jaquiel Frett Sarah Lampe Paige Daugherty	1:46.48	2nd
(State) 4x800	Andrea Frank Theresa Koos Kelli Hennig Sarah Lampe Jaquiel Frett Paige Daugherty	9:57.82	1st
Sprint medley	Kelli Hennig Sarah Lampe Jaquiel Frett Paige Daugherty	1:52.91	1st

Best Efforts 2011

Shot	marissa Henry	31'6"
Discus	Trisha Beckley	82'3"
High jump	Brook Kahl	4'8"
Long jump	Maddie Huland	12'9"
3000	Katherine Henry	12:24.57
4x800	Andrea Frank Theresa Koos Sarah Lampe Paige Daugherty	9:57.06
100m	Kelli Hennig	12.95
Shuttle Hurdle	Mariah Steins Rachel Killburg Lindsay Boyer Anna Lampe	1:15.29
Distance medley	Brook Kahl Rikki Santiago Jaquiel Frett Paige Daugherty	4:33.44
400m	Sarah Lampe	1:01.20
4x200	Kelli Hennig Jaquiel Frett Sarah Lampe Paige Daugherty	1:46.48
100 hurdles	Anna Lampe	17.52
800m	Rikki Santiago	2:37.10
200m	Sarah Lampe	26.99
400 hurdles	Anna Lampe	1:09.38
Sprint medley	Kelli Hennig Jaquiel Frett Sarah Lampe Paige Daugherty	1:51.37
1500	Theresa Koos	5:22.18
4x100	Kelli Hennig Jaquiel Frett Rachel Killburg Paige Daugherty	51.72

State Track 2011

4x800	Andrea Frank Theresa Koos Paige Daugherty Sarah Lampe	9:57.06
4x100	Kelli Hennig Jaquiel Frett Sarah Lampe Paige Daugherty	1:46.48
4x100	Kelli Hennig Jaquiel Frett Rachel Killburg Paige Daugherty	51.97
Sprint medley	Kelli Hennig Jaquiel Frett Sarah Lampe Paige Daugherty	1:51.37

4x400	Danielle Auler Andrea Frank Caley Medinger Sarah Lampe	4:32.88
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School record