

Cornell Indoor

55 m hurdles	mariah stines	9.89	4th
	maei reeg	10.59	6th
55 m dash	Anne Noiting	8.00	5th
4x200	Rachel Kilburg Anne Noiting	Carolino Herrig Sarah Lampe	1:57.72 2nd
1500 m	Theresa Koo's	5.26	2nd
	Katherine Herrig	5.47	5th
800	Emily Anderson	2:39	2nd
		meet record	
300 m	Sarah Lampe	43.7	1st
4x400	Theresa Koo's Sarah Lampe	Genesys Jara Maddie Hiland	4:37 2nd
Shot put	Kelsey Jess	27.6"	4th
	Kelsey Hickson	26.4"	6th
High jump	Kaytie Jess	4'2"	6th

Camarachie

Shot	Kelsey Jess	28'0"	5th
Discus	Kelsey Hickson	68'7"	6th
3000m	Erica Drake	14:23.31	6th
4x800	Emily Anderson Theresa Koo's	Katherine Herrig Sarah Lampe	10:32.81 1st
Shuttle Hurdle	mariah stines Genesys Jara	maei reeg Rachel Kilburg	1:19.12 2nd
100 m	Anne Noiting	13.94	4th
Jr 100 m	Kaytie Jess	14.68	1st
Distance medley	Lori Olson Caroline Herrig	Abrianna Pledge Erica Drake	5:43 5th
4x200	Maddie Hiland Anne Noiting	Rachel Kilburg Sarah Lampe	1:58.38 2nd
400 m	Genesys Jara	1:11.25	
100 hurdles	mariah stines	18.97	4th
	maei reeg	19.36	6th
800 m	Emily Anderson	2:38.75	3rd
200 m	Kaytie Jess	30.81	4th
	Lori Olson	32.8	6th
400 hurdles	Genesys Jara	1:25.94	5th
Sprint medley	mariah stines Rachel Kilburg	Anno Noiting Sarah Lampe	2:03.72 3rd

4x100	mariah stines Rachel Kilburg	maei reeg maddie hiland	56.84 2nd
1500 m	Theresa Koo's	5:25.64	2nd
	Katherine Herrig	5:46.38	6th

Clinton Relays

Long jump	Maddie Hiland	13'9 1/2"	5th
3000 m	Erica Drake	13:12.20	5th
4x500	Emily Anderson Theresa Koo's	Katherine Herrig Sarah Lampe	10:50.93 1st
Shuttle Hurdle	mariah stines maei reeg	Genesys Jara Rachel Kilburg	1:18.14 4th
100 m	Anno Noiting	13.54	5th
Distance medley	Rachel Kilburg Sarah Lampe	Emily Anderson Theresa Koo's	4:53.94 4th
400 m	Genesys Jara	1:10.41	4th
Sprint medley	Rachel Kilburg Anne Noiting	Sarah Lampe Emily Anderson	2:01.59 4th
1500	Theresa Koo's	5:27.24	
4x100	mariah stines Rachel Kilburg	Anno Noiting Sarah Lampe	5:58 5th

School record
200m

Tipton Relays

100m	Anne Nolting	14.06	4th
200m	Sarah Lampe	26.66	1st
1500m	Theresa Koos	5:19.66	5th
4x100	Meriah Steines Maddie Hiland Kaytie Jess Maei Reeg	58.03	5th
4x200	Meriah Steines Anne Nolting Emily Anderson Theresa Koos	2:02.63	6th
4x800	Meriah Steines Rachel Killburg Maei Reeg Taylor Damer	10:12.39	1st
Shuttle Hurdle	Meriah Steines Rachel Killburg Anne Nolting Sarah Lampe	1:17.91	4th
Sprint medley	Meriah Steines Rachel Killburg Theresa Koos Emily Anderson	2:02.40	5th
Distance medley	Sarah Lampe Emily Anderson Alicia Urbahn Brenda Anderson	4:40.31	4th
V 4x100	Stef Reed Caroline Henry Maei Reeg Caroline Henry	1:02.67	5th
Jr Sprint medley	Alicia Urbahn Adrienne Ploger Caroline Henry Adrienne Ploger	2:14.42	4th
IV Distance medley	Alicia Urbahn Rikki Santiago	5:02.22	4th

Rebel Relays

High jump	Kaytie Jess	4'2"	6th
Shuttle Hurdle	Meriah Steines Maei Reeg Rachel Killburg	1:20.03	4th
Distance Medley	Maddie Hiland Emily Anderson Adrienne Ploger Rikki Santiago	4:58	5th
JV 4x200	Alicia Urbahn Brenda Anderson Adrienne Ploger	2:16.00	4th
4x200	Rachel Killburg Maei Reeg Maddie Hiland Kaytie Jess	2:03.62	4th
100 hurdles	Meriah Steines	18.84	5th
IV Sprint medley	Alicia Urbahn Brenda Anderson Adrienne Ploger	2:15.69	4th
Sprint medley	Meriah Steines Rachel Killburg Maei Reeg Emily Anderson	2:05.71	3rd
JV 4x100	Alicia Urbahn Brenda Anderson Stef Reed Caroline Henry	1:03.97	4th
4x100	Meriah Steines Maei Reeg Rachel Killburg Kaytie Jess	57.8	4th

200m
School record

Midland

Shot	Kelsey Jess	29'2"	6th
Discus	Kelsey Hickson	83'5"	4th
High jump	Kaytie Jess	4'2"	5th
3000m	Sarah Kendall	15:40.10	4th
4x800	Emily Anderson Theresa Koos Meriah Steines	10:15 4:46 2nd	
Shuttle Hurdle	Meriah Steines Maei Reeg Rachel Killburg	1:16.21	2nd
100m	Anne Nolting	13.21	2nd
	Kaytie Jess	14.58	6th
Distance medley	Maddie Hiland Caroline Henry Rikki Santiago	4:58	4th
400m	Theresa Koos	1:08.34	5th
	Katharine Henry	1:08.44	6th
4x200	Maei Reeg Rachel Killburg Anne Nolting Sarah Lampe	1:54.57	3rd
100 hurdles	Meriah Steines	18.63	3rd
800m	Rikki Santiago	2:45.86	3rd
200m	Sarah Lampe	26.22	1st
Sprint medley	Maei Reeg Rachel Killburg Anne Nolting Emily Anderson	2:02	3rd
1500	Theresa Koos	5:27	1st
	Katharine Henry	5:46	3rd
4x100	Maei Reeg Rachel Killburg Anne Nolting Sarah Lampe	53.8	2nd
4x400	Rikki Santiago Maddie Hiland Caroline Henry	4:51	3rd

School record
200m

Cascade Relays

4x800	Sarah Lampe Katherine Herrig Theresa Koos Rikki Santiago 10.16.711
Shuttle Hurdle	Mariah Steves Genesis Jara 1:18.75 Maei Reeg Rachel Kilburg
100m	Anne Notting 12.94 3rd
400m	Theresa Koos 1:05.46 2nd
JV 4x200	Caroline Herrig Alicia Urbahn Maddie Hilland Kaytze Jessi 2:06.49 6th
4x200	Maei Reeg Rachel Kilburg 1:55.6 4th Anne Notting Sarah Lampe
800m	Rikki Santiago 2:49.08 5th
200m	Sarah Lampe 26.15 1st
Sprint medley	Maei Reeg Rachel Kilburg Anne Notting Sarah Lampe 1:58.18 2nd
1500	Theresa Koos 5:21.57 1st Katherine Herrig 5:41.70 2nd
4x100	Mariah Steves Rachel Kilburg Maei Reeg Anne Notting 56.19 5th
JV 4x400	Kelley Hickson Genesis Jara 5:10.29 Caroline Herrig Maddie Hilland 4th

Conference Record
4x800
200

School record
200

Conference

Shotput	Kelley Hickson 27'6" 6th
4x800	Theresa Koos Rikki Santiago Katherine Herrig Sarah Lampe 10.16.06 1st
Shuttle Hurdle	Mariah Steves Taylor Damer Maei Reeg Rachel Kilburg 1:17.08 2nd
100m	Anne Notting 13.00 3rd Caroline Herrig Adrienne Ploger
Distance medley	Maei Reeg Emily Anderson 4:46.91 4th
400m	Katherine Herrig 1:10.09 5th
4x200	Anne Notting Maddie Hilland Rachel Kilburg Sarah Lampe 1:53.17 6th
100 hurdles	Mariah Steves 18.04 4th Maei Reeg 19.19 6th
200m	Sarah Lampe 25.19 1st Anne Notting Rachel Kilburg
Sprint medley	Mariah Steves Sarah Lampe 1:56.76 Theresa Koos 5:15.27 2nd
1500	Theresa Koos 5:15.27 2nd Katherine Herrig 5:35.99 6th
4x100	Mariah Steves Maei Reeg Rachel Kilburg Anne Notting 54.39 3rd
4x400	Emily Anderson Adrienne Ploger Caroline Herrig Maddie Hilland 4:49.51 5th
800m	Rikki Santiago 2:35.65 4th

School record
200

8th

Maguoketa Relays

4x800	Theresa Koos Rikki Santiago 9:59.82 Katherine Herrig Sarah Lampe 2nd
JV Distance medley	Caroline Herrig Katherine Herrig 4:46.4 Maddie Hilland Emily Anderson 2nd
400m	Theresa Koos 1:06.36 5th
4x200	Anne Notting Maei Reeg Rachel Kilburg Sarah Lampe 1:53.76 5th
200m	Sarah Lampe 25.98 2nd Mariah Steves Caroline Herrig
JV Sprint medley	Taylor Damer Maddie Hilland 2:19.87 2nd
1500	Theresa Koos 5:18.52 4th
4x100	Anne Notting Rachel Kilburg Maei Reeg Sarah Lampe 54.16 4th
100m	Anne Notting 13.58 6th 6th
Distance medley	Caroline Herrig Katherine Herrig 4:46.1 Maddie Hilland Emily Anderson
JV 4x200	Alicia Urbahn Maddie Hilland 2:06.15 Caroline Herrig Kaytze Jessi 3rd

meet record
25.90

3rd

Comet Relays

3000m	Sarah Kendall 16:56.57 2nd
100m	Anne Notting 12.92 3rd
Distance medley	Rachel Kilburg Theresa Koos 4:35.73 Sarah Lampe Emily Anderson 2nd
400m	Katherine Herrig 1:07.96 6th
100 hurdles	Mariah Steves 18.33 6th
800m	Rikki Santiago 2:37.39 7th
200m	Sarah Lampe 25.90 1st
Sprint medley	Anne Notting Rachel Kilburg 2:01 5th Mariah Steves Emily A
1500	Theresa Koos 5:15.73 2nd Katherine Herrig 5:38.74 4th
4x100	Anne Notting Rachel Kilburg Mariah Steves Sarah Lampe 53.37 6th
4x400	Rikki Santiago Adrienne Ploger Caroline Herrig Maddie Hilland 4:49.31 6th
JV Long jump	Stef Reed 113" 5th Alicia Urbahn 10'11" 6th
JV Discus	Allison Kilburg 62'10" 5th
JV 4x100	Stef Reed Alicia Urbahn Brenda Anderson Kelley Hickson

Districts

4x800	Theresa Koos Emily Anderson	Rikki Santiago Sarah Lampe	9:52.56	State 8th
100	Anne Nolting		13.78	7th
4x200	Anne Nolting Rachel Kilburg	Maei Reeg Sarah Lampe	1:52.3	8th
200	Sarah Lampe		26.04	State 10th
Sprint medley	Anne Nolting mariah stines	Rachel Kilburg Sarah Lampe	1:54.8	State 11th
1500	Theresa Koos		5:07.41	State 2nd
4x100	mariah stines Rachel Kilburg	Maei Reeg Anne Nolting	54.67	8th

State

4x800	Theresa Koos Katherine Hrog	Rikki Santiago Sarah Lampe	12:46	10.10.16
Sprint medley	Anne Nolting mariah stines	Rachel Kilburg Sarah Lampe	1:56.21	19th
200	Sarah Lampe		26.38	5th
1500	Theresa Koos		5:05.98	13

School record 200

Best efforts 2012

Shot put	Kelley Hickson	29'10"
Discus	Kelley Hickson	83'5"
Long jump	Maddie Hilland	18'9"
High jump	Katie Jess	4'2"
3000m	Erica Drake	13:12.20
4x800	Theresa Koos Emily Anderson Sarah Lampe	9:52.2
Shuttle Hurdle	mariah stines Maei Reeg	1:16.2
100m	Anne Nolting	12.92
Distance medley	Rachel Kilburg Sarah Lampe Emily Anderson	4:13.5
400m	Theresa Koos	1:05.46
4x100	Anne Nolting Rachel Kilburg	1:52.30
100 hurdles	mariah stines	18.04
800m	Rikki Santiago	2:17.30
200m	Sarah Lampe	25.19
400 hurdles	Genesys Jara	1:25.94
Sprint medley	Anne Nolting mariah stines Rachel Kilburg Sarah Lampe	1:54.80

1500	Theresa Koos	5:05.98
4x100	mariah stines Rachel Kilburg	1:52.30
200	Anne Nolting	25.19
4x400	Sarah Lampe	3:57.28
4x400	Theresa Koos Sarah Lampe	4:37.28
4x400	Genesys Jara	4:37.28
4x400	Maddie Hilland	