

UD Indoor

55m dash	Anne Volting	Prelims 7.68	Final 7.74	5th
	Allison Lawrence	8.21		30th
	Gabby Tatin	8.38		35th
400m	Annika Koos	1:11.89		20th
800m	Annika Frank	2:37.87		8th
	Kristina Koos	2:59.34		29th
	Molly Stewarding	3:11.37		32nd
55m hurdles	Anna Ambrosy	Prelims 9.48	Final 9.13	
	Marissa Schroeder	9.90		11th 2nd
4x200	Anna Ambrosy, Allison Lawrence, Marissa Schroeder, Anne Volting	1:56.95		10th
4x800	Cam Reeg, Molly Stewarding, Kristina Koos, Annika Frank	10:31		6th
Shot put (U)	Gabby Tatin	30'7"		11th
55m JV	Alyssa Kremer	8.42		7th
	Ashley Koos	8.53		15th
	Annika Koos	8.72		20th
1500 (U)	Cam Reeg	5:24.27		8th
(JV)	Alyssa Pull	6:48.67		16th
4x200 (JV)	Alyssa Kremer, Molly Hexmeter, Holly Henry, Ashley Koos	2:02.37		5th
Long jump JV	Nicky Hexmeter	14'1 1/4"		3rd
	Holly Henry	12'8"		8th
	Alyssa Pull	9'10"		21st
Shot put (JV)	Syanna Hoyer	23' 1/2"		16th
	Lydia Murtz	20' 3"		22nd

River Valley Conference Indoor

Shot put (U)	Gabby Tatin	33'8 1/2"		5th
	Marissa Schroeder	26'7"		21st
	Lydia Murtz	19'7"		32nd
Long jump	Alyssa Pull	10'		21st
High jump	Rebecca Schroeder	4'10"		15th
4x800	Annika Frank, Kristina Koos, Alyssa Pull, Bella Penniston	11:39.02		8th
55 meters	Anne Volting	7.63		15th
	Allison Lawrence	8.31		9th
800	Annika Frank	2:39.04		4th
	Molly Stewarding	2:58.31		13th
4x400	Alyssa Kremer, Grace Whit, Ashley Koos, Holly Schites	4:40.67		13th
55 hurdles	Becca Schroeder	10.74		9th
	Anna Ambrosy	10:21		3rd
	Marissa Schroeder	10.75		10th
4x200	Alyssa Kremer, Allison Lawrence, Ashley Koos, Anne Volting	1:58.43		6th
1500 (over)	Cam Reeg	5:18.15		3rd
200 (U)	Rebecca Schroeder	29.72		5th
	Annika Koos	31.38		14th
JV 4x200	Annika Koos, Lydia Murtz, Holly Henry, Grace Whit	2:05.97		14th

Cam 3000
10.17.07

3rd

Clinton Relay s

3000 m	Cam Reeg	11.16.83	1st
Shuttle Hurdle	Becca Schroeder Holly Henry Marissa Schroeder Anna Ambrosy	1.13.50	1st
100 m	Anne Nolting	13.10	2nd
4x200	Ashley Koos Allison Lawrence Nicky Haxmiller Anne Nolting	1:54.40	2nd
800 m	Annika Frank	2:38.84	6th
1500 m	Cam Reeg	5:20.02	1st
4x400	Alyssa Kremer Ashley Koos Nicky Haxmiller Annika Frank	4:36.09	5th
Shot	Gabby Tatu	31'8"	6th
High jump	Becca Schroeder	4'8"	4th
4x800	Kristina Koos Grace Witt Holly Henry Alyssa Poll	11:41.26	5th
D-med	Ashley Koos Alyssa Kremer Nicky Haxmiller Annika Frank	4:41.90	4th
100 hurdles	Marissa Schroeder	17.42	5th
	Anna Ambrosy	17.45	6th

200 m	Becca Schroeder	29.1	8th
Sprint med	Anna Ambrosy Anne Nolting Allison Lawrence Alyssa Kremer	1:59.46	2nd
4x100	Anna Ambrosy Allison Lawrence Marissa Schroeder Anne Nolting	5:22.00	5th
Long jump	Nicky Haxmiller	15-8"	2nd

Tipton Coed

100 m	Anne Nolting	12.89	2nd
	Allison Lawrence	13.94	6th
200 m	Ashley Koos	29.73	4th
	Alyssa Kremer	29.87	5th
400 m	Amanda Koos	1:12.13	6th
800 m	Annika Frank	2:48.27	4th
100 hurdles	Marissa Schroeder	17.53	4th
1500 m	Alyssa Poll	6:33.69	6th
Discus	Gabby Tatu	84-08	4th
	Shyanne Hayes	69-11	6th
HJump	Becca Schroeder	4-8.2	3rd
LJong	Nicky Haxmiller	15-10	2nd
	Holly Henry	14-6	3rd
Shot put	Gabby Tatu	31'6"	4th
4x100	Anna Ambrosy Allison Lawrence Marissa Schroeder Anne Nolting	53.16	2nd
4x200	Becca Schroeder Allison Lawrence Nicky Haxmiller Anne Nolting	1:56.33	2nd
4x400	Alyssa Kremer Annika Frank Nicky Haxmiller Ashley Koos	4:36.86	2nd

4x500	Kristina Koos Holly Scholtz Grace Witt Alyssa Poll	11:52.30	4th
Shuttle	Becca Schroeder Marissa Schroeder Holly Henry Anna Ambrosy	1:14.82	2nd
Sprint	Anna Ambrosy Anne Nolting Allison Lawrence Annika Frank	2:00.10	1st
D-med	Ashley Koos Alyssa Kremer Nicky Haxmiller Annika Frank	4:50.01	5th
JV 4x100	Kayla Griebel Taylor Schwegler Hannah Putnam Lydell Meatz	1:02.29	3rd
JV Sprint med	Becca Schroeder Holly Henry Kylie Bredemann Grace Witt	2:11.17	2nd

Northeast Co-Ed

100 m	Anne Nolting	13.16	2nd
	Allison Lawrence	14.15	4th
200 m	Anne Nolting	27.31	2nd
	Nicky Haxmiller	29.42	4th
800	Kristina Koos	2:48.06	8th
1500	Camryn Reeg	5:14.54	1st
100 hurdles	Anna Ambrosy	17.02	2nd
	Marissa Schroeder	17.56	3rd
4x100	Anna Ambrosy Allison Lawrence Marissa Schroeder Anne Nolting	52.72	2nd
4x400	Nicky Haxmiller Holly Scholtz Alyssa Kremer Annika Frank	4:25.76	2nd
4x800	Kristina Koos Holly Scholtz Grace Witt Alyssa Poll	11:23.34	3rd
Sprint med	Anna Ambrosy Anne Nolting Allison Lawrence Annika Frank	1:57.09	1st
D-med	Ashley Koos Annika Frank Nicky Haxmiller Cam Reeg	4:36.75	2nd
Shuttle	Anna Ambrosy Marissa Schroeder Holly Henry Becca Schroeder	1:12.24	1st
H jump	Becca Schroeder	4-10	1st
Long jump	Nicky Haxmiller	16'2"	2nd
	Holly Henry	14-3	8th
Shot	Gabby Tatu	31'3 1/2"	7th
Discus	Gabby Tatu	91'5"	4th
JV 4x100	Kayla Griebel Hannah Putnam Taylor Schwegler Lydell Meatz	1:02.29	1st
JV Sprint	Becca Schroeder Holly Henry Kylie Bredemann Grace Witt	2:09.16	2nd

Cascade Co-ed

100m	Anne Nolting	13.08	2nd
	Allison Lawrence	14.03	5th
200m	Anne Nolting	27.61	2nd
800m	Kristina Koos	2:54.14	7th
	Hailey Scholtz	2:55.86	8th
3000	Camryn Reeg	11:11.58	2nd
100 hurdles	Anna Ambrosy	16.89	3rd
	Becca Schroeder	17.52	6th
4x100	Anna Ambrosy Allison Lawrence Becca Schroeder Anne Nolting	52.67	3rd
4x200	Ashley Koos Allison Lawrence Nicky Heximer Alyssa Kremer	1:55.61	3rd
4x400	Nicky Heximer Camryn Reeg Alyssa Kremer Annika Frank	4:30.42	6th
4x800	Kristina Koos Grace Wirt Hailey Scholtz Alyssa Poll	11:35.92	4th
Sprint	Anna Ambrosy Anne Nolting Allison Lawrence Annika Frank	1:58.49	3rd
D-med	Alyssa Kremer Annika Frank Nicky Heximer Cam Reeg	4:38.89	4th
High jump	Rebecca Schroeder	4'10"	3rd
Long jump	Nicky Heximer	16'	4th
Shot put	Gabby Tatz	31'3"	8th
Discus	Gabby Tatz	85'0	6th

Magnus Keta

100m	Anne Nolting	13.06	2nd
1500	Camryn Reeg	5:09.73	1st
4x100	Anna Ambrosy Allison Lawrence Becca Schroeder Anne Nolting	51.53	2nd
JV 4x100	Kay LaGriebel Shyanne Hayes Taylor Schuager Izella Maatz	1:46.6	6th
4x200	Ashley Koos Amanda Koos Holly Henry Nicky Heximer	1:57.40	3rd
JV 4x400	Kristina Koos Ashley Koos Hailey Scholtz Amanda Koos	4:51.15	5th
4x500	Kristina Koos Grace Wirt Hailey Scholtz Alyssa Poll	11:43.17	7th
Sprint med	Anna Ambrosy Anne Nolting Allison Lawrence Annika Frank	1:57.82	2nd
JV Sprint med	Ashley Koos Alyssa Kremer Marissa Schroeder Grace Wirt	2:05.19	2nd
Shuttle Hurdle	Anna Ambrosy Becca Schroeder Holly Henry Marissa Schroeder	1:11.86	4th
HJ	Becca Schroeder	4'10"	3rd
LJ	Nicky Heximer	15'7 1/4	3rd

Conference Track

Shot	Gabby Tatz	32'11"	8th
High jump	Becca Schroeder	4'8"	5th
Discus	Gabby Tatz	88'24"	7th
3000m	Cam Reeg	11:08.46	5th
Shuttle	Anna Ambrosy Holly Henry Marissa Schroeder Becca Schroeder	1:16.44	4th
100m	Anne Nolting	13.16	2nd
D med	Marissa Kremer Annika Frank Nicky Heximer Cam Reeg	4:38.42	6th
100 hurdles	Anna Ambrosy	16.70	4th
200 meters	Anne Nolting	27.37	3rd
Sprint medley	Anna Ambrosy Becca Schroeder Allison Lawrence Annika Frank	1:59.44	4th
800	Cam Reeg	5:15	6th
4x100	Anna Ambrosy Allison Lawrence Marissa Schroeder Anne Nolting	53.03	3rd

Comet Relays

Discus	Gabby Tatz	100'2"	21st
Shot	Shyanne Hayes	78'9"	5th
Shot	Gabby Tatz	31'11"	4th
High jump	Becca Schroeder	4'6"	3rd
Long jump	Nicky Heximer	15'1 1/2	3rd
4x500	Kristina Koos Grace Wirt Hailey Scholtz Alyssa Poll	12:03.65	3rd
Shuttle	Anna Ambrosy Marissa Schroeder Holly Henry Becca Schroeder	1:12.41	5th
100m	Anne Nolting	12.75	1st
	Allison Lawrence	13.77	2nd
400m	Annika Frank	1:06.10	4th
4x200	Ashley Koos Allison Lawrence Nicky Heximer Alyssa Kremer	1:57.60	4th
100 hurdles	Marissa Schroeder	17.16	1st
200m	Amanda Koos	31.68	4th
Sprint med	Anna Ambrosy Anne Nolting Allison Lawrence Annika Frank	1:57.53	3rd
1500	Cam Reeg	5:13.66	1st
	Alyssa Poll	6:32	3rd
4x400	Kristina Koos Hailey Scholtz Alyssa Kremer Amanda Koos	4:54.8	4th
JV Long jump	Alyssa Poll	10'3"	1st
JV 100	Gabby Tatz	17.94	1st
	Lidia Maatz	15.63	3rd

2nd/3rd Term

JV Sprint	Ashley Koos Holly Henry Marissa Schroeder Grace Wirt	2:04.78	1st
JV Sprint	Hannah Nelson Taylor Schuager Izella Maatz Kayla Griebel	1:41.93	5th
WT Workout	Anna Ambrosy Shyanne Hayes Gabby Tatz Kayla Griebel	1:04.45	1st

School record
16.12
100 hurdles

Districts

100m	Anne Nolting	13.01	5th	state
200m	Anne Nolting	29.80	6th	
400m	Annika Frank	1:04.08	5th	state
800	Cam Reeg	5:12.60	7th	
3000	Cam Reeg	11:16.63	4th	state
100 hurdles	Anna Ambrosy	16.12		state 2nd state
4x100	Anna Ambrosy Becca Schroeder Allison Lawrence Anne Nolting	5:28		2nd state
4x200	Ashley Koos Nicky Haymiller Allison Lawrence Alyssa Kremer	1:54.81	7th	
4x400	Nicky Haymiller Alyssa Kremer Kirsten Koos Annika Frank	4:30.20	5th	
4x800	Kristen Koos Ashley Scholtes Grace Witt Alyssa Poll	11:51.51	7th	
Sprint	Anna Ambrosy Allison Lawrence Anne Nolting Annika Frank	1:59.60	6th	
Shuttle	Anna Ambrosy Holly Herry Marissa Schroeder Becca Schroeder	1:10.07		state 3rd
HJ	Becca Schroeder	4'10"	4th	
Shot	Gabby Tahn	33'1"	3rd	
Discus	Gabby Tahn	88'8"	8th	

State		school record	
4x100	Anna Ambrosy Becca Schroeder Allison Lawrence Anne Nolting	5:22	prelims 6th
		5:16.3	finals 7th
3000	Cam Reeg	10:51.96	8th
100 hurdles	Anna Ambrosy	16.03	10th
Shuttle hurdle	Anna Ambrosy Holly Herry Becca Schroeder Marissa Schroeder	1:10.51	12th
100m	Anne Nolting	13.14	19th
400m	Annika Frank	1:04.93	24th