

UW-Stout 2004 Indoor Women' s Track & Field Individual Results • Final

Event/ Name	@CSB Dual 1/24	Stout Open 1/31 2nd/9	Stout Pent 2/6 1st/4	Warren Bowlus Open 2/7 6th/7	@Border Battle St. Olaf 2/14 non-scored	Blue Devil Open 2/20 2nd/8	@St. Olaf Invite 2/28 non-scored	WIAC Champs 3/5-6 6th/9	NCAA DIII 3/12-13 5th
55- meter dash									
Lindsay Kjolsing	7.78	7.74	x	x	7.59	x	7.50	7.50	
Ashley Juleff	8.29	7.94	7.96	8.06	7.95	8.05	7.90	7.88	
Sara Manion	8.20	8.43	8.35	x	x	x	8.21	x	
Kristin Becker	8.50	8.57	8.58	x	8.67	x	x	x	
Kristin King	x	8.40	8.44	x	x	8.39	8.38	x	
Ramona Vann	x	8.26	x	x	8.27	x	x	x	
200-meter dash									
Lindsay Kjolsing	27.80	27.78	x	x	27.30	27.18*	26.96*	26.77*	
Sara Manion	30.60	x	x	x	x	30.82	x	x	
Kristin Becker	31.70	31.31	31.11	31.02	30.91	30.82	30.78	x	
Ashley Juleff	x	29.13	28.64	x	28.37	29.03	28.22	x	
Kristen King	x	30.61	x	x	30.10	x	x	x	
Attalia Young	x	31.63	x	x	32.19	x	31.80	x	
400-meter dash									
Shelby Tabery	1:10.30	x	x	x	1:10.59	x	x	x	
Sam Strunk	x	x	x	x	1:04.79	1:06.75	x	x	
Lindsay Kjolsing	x	x	x	x	x	1:03.29	x	x	
600-meter run									
Christine Enger	x	x	x	x	1:57.75	x	x	x	
Leah Karaliunas	x	x	x	x	1:57.82	x	x	x	
800-meter run									
Lindsay Enger	2:34.98	2:30.15	2:30.53	x	2:29.65	x	2:25.82	x	
Stephanie Nichols	2:37.85	2:33.49	2:32.77	x	2:29.80	2:29.46	2:26.37	x	
Alison Weis	2:39.30	2:34.21	2:35.19	x	x	2:33.90	2:35.07	x	
Laura Eysnogle	x	x	x	2:36.23	x	2:33.56	2:26.66	2:26.04	
Amanda Rau	x	x	x	2:43.40	x	x	x	x	
1000-meter run									
Amanda Rau	x	x	x	x	3:30.32	x	x	x	
1500-meter run									
Tracy Oostdyk	5:07.00	x	x	4:59.73	4:59.06	4:58.67	4:54.89	5:00.47	
Laura Eysnogle	x	5:31.90	5:25.24	x	5:30.60	5:20.44	x	x	
Mara Anderson	x	5:38.54	5:42.24	x	x	x	x	x	
Katie Heard	x	5:41.23	5:35.63	x	5:42.50	5:43.03	5:40.06	x	
Amanda Rau	x	5:55.03	x	x	x	x	x	x	
Jodi Welhoefer	x	5:56.71	x	x	x	x	x	x	
Heather Sassman	x	5:59.42	5:59.56	x	x	x	5:59.97		
Krista Jahimiak	x	x	5:17.98	5:10.64	x	x	x	x	
Terra Dahlheimer	x	x	5:25.87	x	5:28.31	x	x	x	
Carly Mann	x	x	5:41.76	5:41.04	x	x	x	x	
Stephanie Nichols	x	x	x	5:15.78	x	x	x	x	
Leah Karaliunas	x	x	x	5:26.72	x	x	x	x	
Alison Weis	x	x	x	5:34.71	x	x	x	x	
Becky Werner	x	x	x	x	x	5:52.33	x	x	
3000-meter run									
Krista Jahimiak	11:36.80	x	x	x	11:21.70	x	x	x	
Christine Enger	12:06.45	x	11:53.43	x	x	x	x	x	
Leah Karaliunas	12:06.53	x	11:50.00	x	x	x	x	x	
Tracy Oostdyk	x	10:49.31	x	11:01.19	x	11:20.38	x	x	
Jennifer Hopps	x	12:13.50	12:23.83	x	x	x	x	x	
Carly Mann	x	12:40.17	x	x	x	x	13:26.91	x	
Amanda Rau	x	x	12:04.89	x	x	12:00.72	12:08.52	x	
Jodi Welhoefer	x	x	12:54.23	x	12:47.45	13:10.52	12:42.72	x	
Becky Werner	x	x	13:07.50	x	13:00.02	x	12:35.02	x	
Terra Dahlheimer	x	x	x	x	11:49.27	x	x	x	
5000-meter run									
Krista Jahimiak	x	19:48.01	x	x	x	19:16.74	x	19:53.86	
Leah Karaliunas	x	20:29.62	x	x	20:18.41	20:16.43	20:15.55	x	
Christine Enger	x	20:44.95	x	x	20:44.35	x	20:13.60	x	
Terra Dahlheimer	x	21:02.63	x	20:28.75	x	20:03.95	20:15.93	19:59.13	

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55-meter hurdles									
Attalia Young	10.55	10.14	x	10.48	10.39	10.16	10.37	10.14	
4x200-meter relay									
Stout	x	1:58.23	1:57.45	1:57.79	1:58.34	DQ	1:57.71	1:56.82	
4x400-meter relay									
Stout	x	4:33.08	4:33.90	x	x	4:29.39	4:28.39	4:21.26	
Stout C	x	4:45.57	x	x	x	x	x		
Distance medley relay									
Stout	x	x	x	x	x	x	x	12:37.35*	
High jump									
Carrie Petersen	4-9.50	5-2.50	4-10.25	4-11.75	5-0.25	4-9.50	4-11.50	4-9.50	
Camelle Meyer	4-7.50	5-0.25	4-10.25	4-9.75	4-8.25	4-7.50	4-9.50	4-9.50	
Becky Monyhan	4-5.50	4-8.25	4-8.25	4-7.75	4-10.25	4-9.50	4-9.50	x	
Pole vault									
Liana Frisch	9-6.50*	10-0.75*	9-1	10-2.50*	9-7	9-8	9-10.75	10-0.50	
Katie Ploog	7-7	8-7	7-7.25	8-8.75	8-7	8-8.25	8-11	x	
Long jump									
Ramona Vann	14-5.75	14-10	x	x	13-6.25	14-7.75	14-7.75	x	
Sam Strunk	13-6.75	13-1.75	14-0	x	14-3	14-11.50	14-6	x	
Kristen King	x	x	12-6.25	x	13-8.35	12-8.50	13-1.25	x	
Laura Verdegan	x	x	x	x	x	x	17-9.50p	17-6.25p	18-1, 4th
Triple jump									
Ramona Vann	31-3	31-0	x	x	32-5.50	32-7.50	32-11.75	32-0.25	
Sam Strunk	29-2.50	31-8.50	31-2	x	32-1	32-1	x	32-5	
Camelle Meyer	x	31-8.50	31-6	x	30-8.25	31-7.25	x	31-6	
Laura Verdegan	x	x	x	x	x	x	37-7.25p	39-3	39-7, 1st
Shot put									
Ann Schachtner	40-11	39-6	41-10.50p	41-3	41-5.25	44-9p	42-11	44-9.50p	41-6, 14th
Bonnie Nutt	37-2.50	35-11.50	38-11.75	37-0.25	37-6.50	39-5.75	39-6	38-8.75	
Marci Schachtner	36-7	36-6.25	34-2	x	36-5.75	x	x	37-11.50	
Kim Randt	29-1.75	30-3.75	28-7.50	x	28-10.25	x	x	x	
Weight throw									
Marci Schachtner	52-11.50*p	53-3*p	54-3.75*	52-1.25p	53-10.25p	56-11.25*	57-8.50*	56-11.25p	57-5.5, 3rd
Ann Schachtner	38-9.50	42-11	44-6.25	42-10.50	40-7	41-10.75	39-8	40-7	
Bonnie Nutt	36-1.40	x	41-6	43-7.75	46-4	40-10.50	x	46-2	
Kim Randt	31-6.50	36-7.75	37-2.50	35-8	35-9.50	38-6	37-7.75	x	

* = school record p = NCAA Division III provisional qualifying mark a = NCAA Division III automatic qualifying mark