

UW-Stout 2004 Outdoor Women's Track & Field Individual Results

Event/ name	@Wash University 4/3 no scores	@Gustavus Invite 4/9 no scores	@St. Olaf Invite 4/17 no scores	@La Crosse Classic 4/24 5th/9	@WIAC Qualifier 4/30 no scores	@WIAC Champs 5/7-8 5th/9	@St. Olaf LastChance 5/15 no scores	@La Crosse Last Chance 5/21 no scores	@NCAA Nat'ls 5/27-29 21st/77 (11 pts)
100-dash									
Lindsay Kjolsing	12.90	13.28	13.24	12.94	12.70	12.70	x	x	
Ashley Juleff	13.27	13.92	13.69	13.58	13.50	13.74	x	x	
Kristen King	13.84	14.32	x	x	14.20	14.39	x	x	
Kristen Becker	14.58	x	x	x	x	x	x	x	
Sara Manion	x	14.69	x	14.10	x	x	x	x	
200-dash									
Lindsay Kjolsing	26.63	26.61	26.92	26.40	26.58	26.39	26.14	x	
Ashley Juleff	27.81	28.32	28.44	27.83	28.09	x	x	x	
Kristen King	28.66	29.66	x	29.37	29.51	x	x	x	
Sara Manion	29.48	x	29.83	x	x	x	x	x	
Kristin Becker	30.38	x	x	31.23	30.47	30.61	x	x	
400-dash									
Ramona Vann	1:09.76	x	x	x	x	x	x	x	
Shelby Tabery	x	x	1:11.18	1:09.45	1:09.13	x	x	x	
Sam Strunk	x	x	x	1:04.75	x	x	x	x	
Sara Manion	x	x	x	1:08.34	1:08.68	x	x	x	
Kristin Becker	x	x	x	1:09.82	1:09.97	x	x	x	
800-run									
Laura Eysnogle	2:27.10	x	2:28.60	2:27.55	x	x	x	x	
Lindsay Enger	2:28.21	2:29.71	2:24.42	x	2:22.06	x	x	x	
Stephanie Nichols	2:28.30	2:27.52	2:24.42	2:26.74	2:23.52	2:23.41	x	x	
Tracy Oostdyk	x	2:32.39	x	2:35.41	x	x	x	x	
Leah Karaliunas	x	2:41.37	x	x	x	x	x	x	
Amanda Rau	x	2:50.81	2:46.32	x	2:38.51	x	x	x	
Jodi Welhoefer	x	3:01.67	x	x	x	x	x	x	
1500-run									
Amanda Rau	5:32.98	5:41.73	5:30.12	5:30.22	x	x	x	x	
Tracy Oostdyk	x	x	4:58.66	x	x	5:04.92	x	x	
Katie Heard	5:41.11	5:36.24	x	5:39.04	5:30.41	x	x	x	
Heather Sassman	5:57.69	x	x	6:03.03	6:04.13	x	x	x	
Stephanie Nichols	x	5:06.26	x	5:03.04	x	x	x	x	
Leah Karaliunas	x	5:27.48	x	x	5:23.27	x	x	x	
Jodi Welhoefer	x	5:56.79	x	x	x	x	x	x	
Lindsay Enger	x	x	x	5:06.50	x	x	x	x	
Becky Werner	x	x	x	5:46.16	5:49.64	x	x	x	
5000-run									
Leah Karaliunas	20:40.31	x	x	19:52.72	x	x	x	x	
Jodi Welhoefer	22:10.61	x	22:21.60	21:40.25	21:39.00	x	x	x	
Christine Enger	x	20:30.48	x	20:03.71	x	x	x	x	
Becky Werner	x	22:16.23	x	x	x	x	x	x	
Krista Jahimiak	x	x	x	21:00.89	x	x	x	x	
Terra Dahlheimer	x	x	x	x	20:05.82	x	x	x	
10,000-run									
Terra Dahlheimer	x	x	41:54.17	x	x	41:44.21	x	x	
Christine Enger	x	x	42:45.00	x	x	x	x	x	
Leah Karaliunas	x	x	43:10.70	x	x	42:21.99	x	x	
3000-steeplechase									
Tracy Oostdyk	11:49.49*	11:32.30*	x	11:39.52	x	11:24.09*	x	x	
Terra Dahlheimer	12:50.48	12:38.30	x	12:48.74	x	x	x	x	
Carly Mann	x	14:07.20	x	13:36.37	13:18.12	13:32.70	x	x	
100-hurdles									
Attalia Young	18.56	18.76	18.84	18.54	18.40	18.09	x	x	
Laura Verdegan	x	x	x	x	x	x	16.47	x	
400-hurdles									
Laura Verdegan	1:04.83	1:05.29	1:05.19	1:04.80	1:04.82	1:01.71*a	x	1:03.46p	1:03.69, 13th
Attalia Young	1:22.78	1:21.59	1:20.48	1:20.54	1:18.09	1:19.59	x	x	
Tracy Oostdyk	x	x	x	x	1:13.40	x	x	x	
4X100-relay									
Stout "A"	50.97	50.95	50.17	50.18	49.95	49.77	50.01	x	
4x400-relay									
Stout "A"	4:25.15	x	4:21.14	x	x	4:04.82	x	x	
4x800-relay									
Stout "A"	x	x	x	x	x	10:08.43	x	x	

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High Jump									
Camelle Meyer	4-9	4-8.25	4-8.25	4-7.75	4-9.50	4-11.75	x	x	
Carrie Petersen	4-9	5-00.25	4-10.25	4-9.75	4-11.50	5-1.75	x	x	
Becky Moynahan	4-7	4-8.25	4-10.25	4-7.75	4-9.50	4-7.75	x	x	
Laura Verdegan	x	5-00.25	x	x	5-1.25	x	x	x	
Pole Vault									
Liana Frisch	9-6.25*	9-9.25*	10-6*	10-6*	x	10-4.75	x	x	
Molly Klinger	8-0	8-3.50	8-6.25	8-6	8-6.25	x	x	x	
Long Jump									
Laura Verdegan	18-6.50*p	17-8.75	18-1.50p	17-3.50	x	17-5.25	17-1.25	x	17-3.25, 19th
Ramona Vann	15-1.75	x	x	x	15-1.50	14-11.75	x	x	
Sam Strunk	14-6.75	x	14-0.25	x	x	x	x	x	
Triple Jump									
Laura Verdegan	38-9.75p	37-6.75p	38-8.75p	38-3.50	38-7.75p	38-3.50p	37-10.75p	38-6p	40-5*, 4th
Sam Strunk	32-9.75	x	x	x	33-2.50	33-6	x	x	
Ramona Vann	x	x	x	32-8.50	32-7	x	x	x	
Shot put									
Ann Schachtner	42-8	x	43-0.50p	41-5	42-8	45-6.25p	40-8.25	47-5.25*a	44-7.5-0, 8th
Bonnie Nutt	36-6.75	x	35-7.25	38-8.75	36-10.50	38-1.25	x	x	
Discus									
Ann Schachtner	115-9	x	100-1	112-3	115-8	117-8	x	x	
Kim Randt	106-3	x	106-2	x	108-3	107-10	x	x	
Bonnie Nutt	103-3	x	x	x	112-7	x	x	x	
Marci Schachtner	x	x	110-0	121-4	130-0	138-11p	133-8	133-6	138-5, 8th
Hammer Throw									
Marci Schachtner	161-3*p	x	167-9*p	162-5p	140-5	164-6p	170-7*p	161-7p	173-6*, 5th
Bonnie Nutt	123-1	x	x	104-5	106-2	107-0.50	x	x	
Kim Randt	119-6	x	116-3	x	121-9	x	x	x	
Javelin									
Camelle Meyer	x	x	x	98-1	110-8	110-3	x	x	
Sam Strunk	x	x	102-1	61-4.75	x	77-10.50	x	x	
Ramona Vann	x	x	x	71-2.50	x	x	x	x	

a = NCAA Division III automatic qualifier p = NCAA Division III provisional qualifier * school record

Laura Verdegan set a school record in the heptathlon at a meet at North Central College in Naperville, Ill, on May 19
4526 pts (school record, provisional qualifier)
100-hurdles 15.50
High jump 5-1
Shot put 29-3.75
200 26.84
Long jump 18-0.25p
Javelin 91-1
800 2:25.11