



February 23-24, 2024
The National Guard Armory,
Sioux Falls, SD

2023 South Dakota High School Girls

TOP TEN

Rich Greeno Honor Roll



HOWARD WOOD
DAKOTA RELAYS
May 3rd & 4th, 2024

100 METER DASH

Jasmyne King – R.C. Central	11.60	2008
Cortney Dowling – Pierre	11.60	2016
Jill Theeler – Mitchell	11.66	1997
Megan Trotter – R.C. Central	11.70	2003
Steph Gebhart – Elkton	11.75	2003
Hannah Young – R.C. Central	11.80h	2016
Cortney Dowling – Pierre	11.80h	2014
Kari Heck – S.F. Washington	11.80	2012
Dawn Koehn – Watertown	11.80	1989
Alexa Duling – Gregory	11.83	2008
Erin Kinney – Harrisburg	11.85a	2019

200 METER DASH

Jasmyne King – R.C. Central	24.16	2008
Cortney Dowling – Pierre	24.27a	2016
Krista Bickley – Brandon Valley	24.27a	2016
Jill Theeler – Mitchell	24.27	1997
Brittany Page – Watertown	24.48	2005
Nyanas Kur – S.F. Washington	24.53a	2021
Ellen Merkle – S.F. Lincoln	24.54a	2021
Erin Kinney – Harrisburg	24.56a	2019
Kari Heck – S.F. Washington	24.70	2010
Jenessa Filler – Tri-Valley	24.70	2005

400 METER DASH

Krista Bickley – Brandon Valley	54.08a	2016
Cortney Dowling – Pierre	54.19a	2016
Berkeley Engelland – Mt. Vernon/Plankinton	54.96a	2023
Caelyn Valandra-Prue – White River	55.23a	2021
Kari Heck – S.F. Washington	55.20	2012
Jasmyne King – R.C. Central	55.20	2008
Jill Theeler – Mitchell	55.25	1997
Brooke Ireland – Sturgis	55.77a	2014
Darian Thompson – Spearfish	56.00	2010
Alicia Brown – Vermillion	56.00	2006

800 METER RUN

Kay Stormo – Watertown	2:07.90	1978
Alea Hardie – S.F. O'Gorman	2:09.64a	2022
Berkeley Engelland – Mt. Vernon/Plankinton	2:10.78a	2023
Allison Eckert – S.F. Roosevelt	2:11.00	2006
Macy Heinz – Ipswich	2:11.19a	2015
Krista Eckert – S.F. Roosevelt	2:11.30	2005
Mia Wentzy – Brandon Valley	2:12.08a	2023
Julie Schwengler – R.C. Stevens	2:12.10	2004
Lisa Darley – R.C. Stevens	2:12.63	1987
Jasmyne Cooper – S.F. Lincoln	2:12.14a	2017

1600 METER RUN

Ramsey Kavan – Yankton	4:43.5	2005
Alea Hardie – S.F. O'Gorman	4:44.25a	2022
Libby Castelli – S.F. O'Gorman	4:51.11a	2023
Krista Eckert – S.F. Roosevelt	4:53.2	2005
Allison Eckert – S.F. Roosevelt	4:53.57	2005
Ali Bainbridge – S.F. Lincoln	4:53.59a	2023
Betsy Bies – Yankton	4:53.77	2007
Ashley Storm – Yankton	4:56.30	2006
Ellie Abraham – Brookings	4:56.32	2018
Brianna Holso – R.C. Stevens	4:57.70a	2023

3200 METER RUN

Alea Hardie – S.F. O'Gorman	10:10.83a	2022
Allison Eckert – S.F. Roosevelt	10:19.50	2006
Ramsey Kavan – Yankton	10:20.06	2005
Betsy Bies – Yankton	10:28.77	2007
Ali Bainbridge – S.F. Lincoln	10:30.25a	2023
Libby Castelli – O'Gorman	10:39.65a	2023
Tamara Gorman – R.C. Stevens	10:42.60h	2014
Heidi Reed – Canton	10:42.60	1992
Melinda Zirbel – Summit	10:46.06	2003
Annie Kruse – Yankton	10:48.50h	2014

100 METER HURDLES

Nevada Sorenson – S.F. Lincoln	13.89	2009
Tessa Gorsuch – R. C. Central	14.10	2011
Shannon Hellman – R. C. Douglas	14.10	2004
Cori Vining – Huron	14.22	2000
Jamie Krautschun – Spearfish	14.24	1997
Brielle Dixon – Brandon Valley	14.29a	2021
Sierra Shepper – R.C. Stevens	14.30	2011
Anna Gaglianno – R.C. Central	14.30	2009
Amanda Davis – Sturgis	14.30	2004
Barb Reimenschneider – R.C. Stevens	14.30	1988

300 INTERMEDIATE HURDLES

Anne Vollmer – R.C. Central	42.66	1993
Shannon Hellman – R. C. Douglas	43.20	2004
Elizabeth Schaefer – R.C. Stevens	43.62a	2019
Emily DeVries – R.C. Stevens	43.70	2007
Nyanas Kur – S.F. Washington	43.73a	2021
Nevada Sorenson – S.F. Lincoln	43.90	2009
Jamie Krautschun – Spearfish	44.00	1997
Steph McGregor – Mitchell	44.33	1998
Rhonda Sheffield – Highmore	44.39	1996
Jeana Hoffman – Mitchell	44.40	2003

PLEASE NOTE:

a = Fully Automatic Time c = Converted from FAT
h = Hand Held Time

IN MEMORY OF RICH GREENO 1928 - 2017



We dedicate our posters to SD Track & Field legend Rich Greeno and his lasting legacy.

4X100 METER RELAY

S.F. Lincoln (L. Merkle, Jerstad, Nesheim, E. Merkle)	47:84a	2021
S.F. Washington (Christopherson, Petterson, Johannsen, Kur)	48:34a	2018
Brandon Valley (Dixon, Thompson, Nuebel, Bickley)	48.38a	2018
R.C. Stevens (Paris, Sawyer, Hartford, Watson)	48:38a	2017
R.C. Central (Young, Sullivan, Sperlich, Young)	48:60a	2017
S.F. Lincoln (Noutsougan, Nesheim, Termaat, Merkle)	48.61a	2023
R.C. Central (Jeffries, Sullivan, Young, Klapperich)	48:64a	2015
R.C. Central (Young, Bagley, Sperlich, Young)	48.64a	2018
R.C. Central (Jackson, Miller, Jasinski, Trotter)	48:65	2003
Harrisburg (Fischer, Halling, Wirth, Kinney)	48.67a	2018
Brandon Valley (Dixon, Rude, Nuebel, Walker)	48.67a	2021

4X200 METER RELAY

Brandon Valley (Rude, Thompson, Nuebel, K. Bickley)	1:40.67a	2019
Watertown (Lauseng, Cox, Hauck, Page)	1:41.05	2006
Brandon Valley (Nuebel, Thompson, Tingle, K. Bickley)	1:41:34a	2017
Brandon Valley (Boomsma, C. Bickley, Tingle, K. Bickley)	1:41:90a	2016
Brandon Valley (Dixon, Rude, Nuebel, Walker)	1:42:24a	2021
Brandon Valley (Vermeer, Thompson, Rude, Nuebel)	1:42.82a	2018
R.C. Central (Jackson, Miller, Murray, Trotter)	1:42.83	2002
R.C. Stevens (Hammerquist, Herrmann, Groseth, Prpich)	1:42.90	2012
R.C. Stevens (Wolf, Bedard, Jansen, Garner)	1:42.90	2006
West Central (Goehring, Berg, Sidel, Thornton)	1:42:91a	2022

SPRINT MEDLEY RELAY

Yankton (Hovland, Johnson, Storm, Kavan)	4:04.70	2005
Brandon Valley (Dixon, Nuebel, Walker, M. Wentzy)	4:05:66a	2021
S.F. Lincoln (Bindert, Auen, Sudbeck, Cooper)	4:05:83a	2016
Brandon Valley (Bergan, Pederson, Scholten, Wentzy)	4:05.96a	2023
O'Gorman (Meyer, Krouse, Abdouch, Castelli)	4:06.06a	2023
Brandon Valley (Weiss, Wallace, Bergan, Scholten)	4:06.78a	2023
S.F. Christian (Beyke, VanDriesen, VanderLeest, Vyn)	4:07.21a	2022
Brandon Valley (Rice, Pederson, Walker, M. Wentzy)	4:08.06a	2023
Yankton (Dimmer, Olson, Rumsey, Serck)	4:08.09a	2023
S.F. Roosevelt (Thune, Johnson, Davidson, K. Eckert)	4:08.10	2005
Watertown (Wicks, Mohror, Kluck, Stormo)	4:08.10	1978

4X400 METER RELAY

Brandon Valley (Hendrick, Waterfall, Tingle, K. Bickley)	3:52.95a	2017
R.C. Stevens (Pagel, DeVries, Jansen, Garner)	3:53.25	2006
Brandon Valley (Presler, Tingle, C. Bickley, K. Bickley)	3:53.35a	2016
Brandon Valley (Hendrick, Tingle, C. Bickley, K. Bickley)	3:53.92a	2015
S.F. Lincoln (Cooper, Mohr, Blindert, Auen)	3:54.83a	2016
Watertown (Hauck, Lauseng, Cox, Page)	3:55.60	2006
S.F. Lincoln (Bindert, Klatt, Sudback, Cooper)	3:56.31a	2017
S.F. Washington (Moore, Fantroy, Ervin, Heck)	3:57.00	2010
Brandon Valley (Tingle, Tingle, Hendrick, C. Bickley)	3:57.32a	2014
Watertown (Brost, Hemiller, Hauck, Page)	3:57.40	2007
Brandon Valley (S. Bergan, Weiss, S. VanDeBerg, M. Wentzy)	3:57.65a	2023

4X800 METER RELAY

Yankton (Storm, Bies, Kuchta, Kavan)	9:01.19	2005
Brandon Valley (Scholten, VanDeBerg, Rude, Wentzy)	9:07.03a	2023
S.F. Roosevelt (Thune, Duba, K.Eckert, A.Eckert)	9:08.40	2005
R.C. Stevens (Blackler, Pagel, Hattervig, Schwengler)	9:09.50	2004
Yankton (Leader, Kuchta, Bies, Storm)	9:12.71	2006
Brandon Valley (Scholten, VanDeBerg, Rude, Wentzy)	9:07.03a	2023
S.F. Roosevelt (Crowley, K.Eckert, Thune, A. Eckert)	9:14.38	2026
Brandon Valley (Scholten, VanDeBerg, Bergan, M. Wentzy)	9:15.93a	2022
S.F. O'Gorman (Pinto, Pardy, Castelli, Hardie)	9:17.24a	2022
S.F. O'Gorman (Castelli, Waage, Pardey, Hardie)	9:18.47a	2021
S.F. Roosevelt (Hargens, K.Eckert, Breems, A. Eckert)	9:19.67	2007

TRIPLE JUMP

Alexis Gannon – Brookings	41'04.50"	2014
Colette Christensen – R.C. Central	40'04.50"	2012
Shayla Howell – Belle Fourche	39'09.25"	2017
Matayah Yellow Mule – R.C. Central	39'09.00"	2022
Ashley Thompson – R. C. Stevens	39'07.50"	2012
Nyariek Kur – S.F. Washington	38'11.00"	2023
Alicia Heiser – Aberdeen Central	38'10.75"	1999
Michelle Mellegaard – Bridgewater	38'09.25"	1995
Sheneca Lloyd – R.C. Douglas	38'07.00"	1992
Madison Pederson – Brandon Valley	38'05.00"	2023

LONG JUMP

Kari Heck – S.F. Washington	20'03.50"	2012
Alexis Gannon – Brookings	19'05.00"	2014
Shayla Howell – Belle Fourche	19'03.25"	2018
Abby Albers – Spearfish	19'03.25"	2010
Matayah Yellow Mule – R.C. Central	18'11.50"	2021
Nyariek Kur – S.F. Washington	18'11.00"	2023
Jasmyne King – R.C. Central	18'10.75"	2008
Tamiko Kopfmann – Huron	18'10.50"	2006
Donesha Adams – S.F. Washington	18'10.25"	2003
Stachia Reuwsaat – St. Thomas More	18'09.50"	2013

HIGH JUMP

Joan Brockhaus – Rosholt	5'10.50"	1977
Mary Wirth – S.F. Lincoln	5'10.00"	2010
Sam Ostarello – Stanley County	5'10.00"	2009
Tina Baum – Huron	5'10.00"	1988
Beth Wahl – Pierre	5'09.25"	1993
Stacy Johnson – Platte	5'09.00"	1985
Alayna Falak – Watertown	5'08.00"	2019
Carly Haring – Mitchell	5'08.00"	2019
Michelle Johnson – R.C. Central	5'08.00"	2017
Janie Sershen – Chester	5'08.00"	2002
Mandy Koupal – Wagner	5'08.00"	1998
Vera Schlosser – Cresbard	5'08.00"	1975

CORRECTIONS OR ADDITIONS SHOULD BE SUBMITTED TO:

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SHOT PUT

Gracelyn Leiseth – Hamlin	52'06.75/51'01.50	2022/23
Kelyn Kortemeyer – Custer	48'10.75	2021
Kris Schaffer – Custer	48'01.50"	2006
Jasmine Greer – S.F. Roosevelt	47'00.75"	2019
Michaela Mayer – S.F. Washington	46'09.50"	2014
Annie Deaver – Sturgis	46'08.50"	1990
Lexie Brady – S.F. O'Gorman	46'08.00"	2021
Jocelyn Dockendorf – Corsica	46'04.50"	2003
Lynnae Fox – Newell	46'03.50"	2005
Lisa Griebel – S.F. Roosevelt	46'00.00"	1996

DISCUS THROW

Gracelyn Leiseth – Hamlin	175'03.00"	2023
Kellyn Kortemeyer – Custer	165'11.00"	2022
Karen McDonald – Pierre	163'00.00"	1979
Susan Sherman – S.F. Roosevelt	159'02.00"	1998
Sarah Stevens – Hot Springs	151'08.00"	2001
Caitlin Way – Mitchell	149'11.00"	2009
Shelby Assmus – Corsica/ Stickney	149'10.00"	2010
Lynnae Fox – Newell	149'07.00"	2005
Jane Swenson – Brandon Valley	149'04.00"	2008
Jenny Murphy – Aberdeen Central	148'09.00"	1997

POLE VAULT

Leslie Brost – Watertown	13'05.25"	2008
Ciana Stiefel – Custer	12'08.00"	2023
Alayna Falak – Watertown	12'07.00"	2019
Mallory Peck – S.F. O'Gorman	12'07.00"	2005
Brittany Stangl – Watertown	12'07.00"	2012
Alli Arampatzis – Aberdeen Central	12'06.00"	2010
Ashley Nord – R.C. Stevens	12'04.00"	2003
Daphne Clausen – O'Gorman	12'01.00"	2021
Alexis Clark – Aberdeen Central	12'00.50"	2013
Klara Lyon – Sturgis	12'00.00"	2014

JAVELIN THROW

Brynn Nelson – R.C. Stevens	136'03.00"	2023
Isabel Carda – S.F. Washington	133'10.00"	2023
Maddy Rhode – Watertown	132'10.00"	2023
Kami Wadsworth – Hamlin	128'11.00"	2023
Kaitlyn Disbrow – Harrisburg	127'10.00"	2022
Logan Smith – Brookings	127'05.00"	2023
Josey Wickersham – Brandon Valley	125'06.00"	2023
Josie Curry – Elk Point/Jefferson	124'00.20"	2023
Kiylae Westra – Centerville	124'00.00"	2023
Maya Shorter – Pierre	122'10.00"	2023

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