

S. Dakota Track Qualifying Marks For Classes A & B

GIRLS	Class B		Class A		BOYS	Class B		Class A	
	HAND	FAT	HAND	FAT		HAND	FAT	HAND	FAT
100 METERS	12.9	13.09	12.9	13.10	100 METERS	11.3	11.54	11.2	11.41
200 METERS	27.4	27.58	26.9	27.05	200 METERS	23.6	23.76	23.3	23.45
400 METERS	1:01.8	1:02.02	1:01.6	1:01.76	400 METERS	52.6	52.79	51.6	51.75
800 METERS	2:28.4	2:28.61	2:28.3	2:28.54	800 METERS	2:04.3	2:04.53	2:03.0	2:03.16
1600 METERS	5:36.1	5:36.31	5:34.7	5:34.92	1600 METERS	4:48.2	4:48.37	4:38.1	4:38.28
3200 METERS	12:31.0	12:31.23	12:23.0	12:23.19	3200 METERS	10:31.7	10:31.87	10:20.4	10:20.62
100 HURDLES	16.5	16.68	15.9	16.06	110 HURDLES	16.1	16.28	15.7	15.91
300 HURDLES	49.4	49.57	48.7	48.92	300 HURDLES	42.8	43.01	42.3	42.47
400 RELAY	52.8	53.04	52.3	52.46	400 RELAY	46.0	46.21	45.8	46.02
800 RELAY	1:51.5	1:51.73	1:50.3	1:50.45	800 RELAY	1:35.9	1:36.05	1:34.0	1:34.16
1600 RELAY	4:17.9	4:18.10	4:15.5	4:15.65	1600 RELAY	3:38.0	3:38.19	3:33.4	3:33.55
3200 RELAY	10:21.4	10:21.64	10:14.1	10:14.26	3200 RELAY	8:38.7	8:38.88	8:33.7	8:33.93
MEDLEY RELAY	4:33.0	4:33.15	4:33.8	4:34.00	MEDLEY RELAY	3:51.1	3:51.25	3:48.1	3:48.29
SHOT PUT		35-0		36-7	SHOT PUT		46-5		50-7
DISCUS		111-3		115-7	DISCUS		136-9		152-10
HIGH JUMP		4-10		4-11	HIGH JUMP		5-11		6-1
LONG JUMP		15-9		16-1	LONG JUMP		20-2		20-9
TRIPLE JUMP		33-5		34-1	TRIPLE JUMP		40-8		42-2
POLE VAULT		8-3		8-6	POLE VAULT		11-3		11-3

S.D. GIRLS

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to lead the team. With that strong leadership and nine returning letter-winners, the team should have a successful season. Karina Ortman, who was out last season due to injury, will provide another strong competitor for the team.

"A nucleus of six senior girls should lead our team to some significant performances throughout the season," Koerner said.

Gayville-Volin

HEAD COACH: Tom Rice (3rd year)

ASSISTANTS: Jeremiah Dibley, Larry Buffington

VITALS: Class B, Region 4, Tri-Valley Conference

LAST YEAR: The Gayville-Volin Raiders finished in seventh place in the conference and took a big hit losing a large group of seniors.

RETURNING LETTERWINNERS: Taylor Anderson (Sr.), Stacy Hirsch (Sr.), Kelia Barta (8th)

ALSO RETURNING: Keisha Henson (Fr.), Kourtney Christopherson (Fr.)

NEWCOMERS: Juliane Balk (So.), Crystal Lawersen (Fr.), Nicole Guy (8th), Adisson Bertrand (8th), Morgan Nielson (8th)

ASSESSMENT: The Raiders have a limited number of returning regulars, which will make staying healthy that much more important. Gayville-Volin does have a bright spot with five newcomers on the team to compete for varsity roles.

"We only have one senior and one junior," Rice said. "It will be important for them to set a good example for the young squad."

Irene-Wakonda

HEAD COACH: Brent Mutchelknaus (25th year)

ASSISTANTS: Mike King, Landra Knodel, Bridget Sees

VITALS: Class B, Region 4, Tri-Valley Conference

LAST YEAR: The team took first in both the conference and at regions. Mackenzie Huber, who placed fifth in the pole vault at the state meet, is gone from that squad.

RETURNING LETTERWINNERS: Ann Brockmueller (Sr.), Elizabeth Nutley (Sr.), Pearl Gaidelis (Sr.), Haley Hinseth (Sr.), Morgan Lee (Sr.), Lexy Schenk (Sr.), Trisha Kathel (So.), Rainy Brewer Nysven (Fr.), Lexi Logue (Fr.), Bailey Hinseth (Fr.), Chloe Nielsen (8th), Lauren Sokolowski (8th)

ASSESSMENT: The team has a lot of experience and many girls that have competed at the state level and placed within their respective events. "We have good depth in the sprints and quality athletes in the field events," Mutchelknaus said. "The sprinters and field events will need to lead while the distance runners develop."

Marion

HEAD COACH: Jerry Kippes (2nd year)

ASSISTANTS: Dustin Wolforth, Brian Snyders

VITALS: Class B, Region 4, Cornbelt Conference

LAST YEAR: The team finished second in their conference but lost three runners they will have to replace this season.

RETURNING LETTERWINNERS: Brooke Glanzer (Sr.), Kylie Hughes (So.), Ashley Rosenwald (So.), Josie Schmidt (So.), Erica Schoenwald (Fr.)

ASSESSMENT: The team lacks depth and with so many underclassmen on the squad, Glanzer will need to step up and lead. The girls are hardworkers, but they have a lot to improve on to be successful this season.

Menno

HEAD COACH: Ken Bruckner (19th year)

ASSISTANTS: Cindee Evenson, Megan Smidt, Ryan Liebl

VITALS: Class B, Region 6, Cornbelt Conference

LAST YEAR: The Menno Wolves took five athletes to the state meet and all of them came home with



FREEMAN ACADEMY: Senior Lillie Koerner is the top returning placemaker in the Class B 1600, having finished second a year ago. She was the Class B cross country champion this past fall.

state medals. Katelyn Kotalik placed fourth in the pole vault, while Emily Schnabel, Shelby Huber, Kotalik and Courtney Schaeffer all contributed to an eighth place medal in the medley relay.

RETURNING LETTERWINNERS: Emily Schnabel (Sr.), Katelyn Kotalik (Sr.), Mary Jo Mettler (Sr.), Hannah Wollmann (Sr.), Ashton Diede (Sr.), Brittany Haberman (So.), Shelby Huber (So.), Courtney Schaeffer (So.), Christina Herrboldt (Fr.), Madison Huber (Fr.), Emily Messey (Fr.), Kelsey Walter (Fr.)

NEWCOMERS: Abby Herrboldt (8th), Tara Spencer (7th)

ASSESSMENT: The Wolves should be in good shape to make some noise at the Region 6 meet and possibly the state meet. They return everyone from last season and with a year of experience sights are set high for this season.

"We are hoping to have a much deeper team than last year," Bruckner said. "If we can stay healthy, we will be a much improved team."

"We need some of the young girls to step up and be able to contribute."

Parker

HEAD COACH: Phil Bjorneberg (25th season)

ASSISTANT: Eliza Leloux

VITALS: Class B, Region 4, Big East Conference

LAST YEAR: The girls finished second in their conference and had strong showings at state, placing in five events. The team lost Kiera Kraemer who finished sixth in shot put at the state meet.

RETURNING LETTERWINNERS: Andrea Duncan (Sr.), Haylee Rand (Sr.), Katelyn Schaeffer (Sr.), Erin Harms (Sr.), Anna Leloux (Sr.), Taylor Nugteren (Sr.), Katelynn Getts (So.), Jessica McKenney (So.), Sam Van de Rostyne (So.), Tessa

Weeldreyer (So.), Shanya Burt (Fr.), Morgan Hay (Fr.), Haley Holzwarth (Fr.), Kaitlin Ochs (Fr.), Amie Rand (Fr.), Brittany Olson (8th)

ALSO RETURNING: Tessa Melber (So.), Tricia Pastian (So.), Lindsey Meiers (Fr.), Olivia Melber (Fr.), Lindsey Jones (8th), Catherine Leber (8th), Blair Reynolds (8th), Lacey Thompson (8th), Kristin Van de Rostyne (8th)

NEWCOMERS: Amanda Groth (Fr.), Claire Berens (Fr.), Alex Herding (8th), Kylea Lingen (8th), Dusty Dykstra (7th), Raven Engelbrecht (7th)

ASSESSMENT: The team's strengths lie in hurdle and field events such as shot put and discus. There is a lot of depth in the middle distances and with many girls returning who have state experience, the team is much more confident than last season.

Platte-Geddes

HEAD COACH: Regan Holleman (1st year)

ASSISTANTS: Jessica Lucas, Christa Peterson

VITALS: Class A, Region 7

LAST YEAR: The Black Panthers finished the season last year as Emily Johnson took home a third place medal in the high jump.

RETURNING LETTERWINNERS: Emily Johnson (Sr.), Sammi

Nachtigal (Sr.), Jacy Finney (Sr.), Haley Whalen (Sr.), Kellee Griese (Sr.), Rochelle Wynia (Sr.), Shelby Rabenberg (So.), Brianna Erickson (Fr.), Payton Porter (Fr.)

NEWCOMER: Cheyenne Vandenbos (Sr.)

ASSESSMENT: The Black Panthers have many solid returners back this season to have another successful Platte-Geddes track and field season.

Scotland

HEAD COACH: Gary Pepper (35th year)

ASSISTANT: Mary Ellen Luikens, Ryan Bruns

VITALS: Class B, Region 6B, Little Missouri Valley, Southeast South Dakota and Great Plains Conferences

LAST YEAR: The Highlanders sent two athletes to state, with both returning home with hardware. April Winne, who placed third in the 400 and sixth in the high jump, graduated and is now competing athletically at Mount Marty College. Haley Brunke, who placed eighth in the 3200 for a second consecutive year, returns for Scotland.

RETURNING LETTERWINNERS: Amber Dawn Edwards, Ashley Alvey, Jaymie Barrett, Haley Brunke, Aisha Abbink, Kennedy Asche, Christina Mogck, Carley Skorepa

TOP PROSPECTS: Izzy Binde, Sam Geiman, Katie Cosman, Lindsey Frey, Morgan Frey, Emily Hagge, Shelby Van Driel

ASSESSMENT: The Highlanders have some strong building blocks in Brunke, a junior distance specialist, and Edwards, a senior thrower. But Scotland will need more in order to make a strong post-season run. "In order to compete in meets this year we will need a good team effort from our new runners, as well as some help from our weights," Pepper said.

The Highlanders will celebrate the new season with a new track, and will host their first competition there April 5.

Tripp-Delmont-Armour

HEAD COACH: Ron Weber (3rd year)

ASSISTANT: Barb Dozark

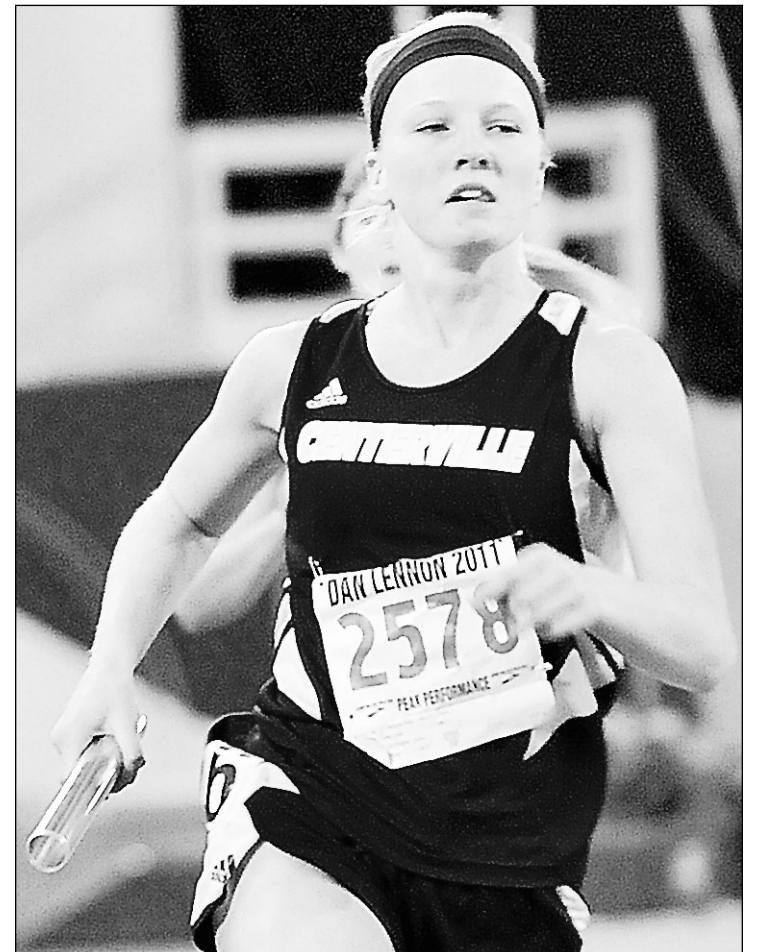
VITALS: Class B, Region 6

LAST YEAR: Tripp-Delmont-Armour had two returning runners place in two relays last year, as Destinee Vogt and Hannah Just will lead the pack of Nighthawks for this upcoming season.

RETURNING LETTERWINNERS: Destinee Vogt (Sr.), Hannah Just (8th), Jessica Sandau (8th)

ALSO RETURNING: Trisha Kaufman (Sr.), Nadine Intrup (Sr.), Kala Meisenhoelder (Sr.)

ASSESSMENT: The Nighthawks have experience coming back, but with the lack of numbers it might be



CENTERVILLE: Senior Becca Steadman is looking to put a fitting end on her solid high school career, which has included a combined five individual state meet medals in the 800 and 1600.

trouble and staying healthy is going to be an important factor.

"We lack numbers and are very young," Weber said. "We hope by region, we can qualify some girls for the state track meet."

Viborg-Hurley

HEAD COACH: Bill Hansen (15th year)

ASSISTANTS: Connie Nyhaug, Tanya Peterson

VITALS: Class A, Region 4, Tri-Valley Conference

LAST YEAR: Hurley was led by Haley Jorgensen's runner-up finish in the high jump at the state meet a year ago. Now, the two schools join together in the Class A ranks.

RETURNING LETTERWINNERS: Jasmyln Hansen (Sr.), Sam Buckstead (Sr.), Terysha Roth (Sr.), Dana Mach (Sr.), Haley Jorgensen (Sr.), Danielle Voss (So.), Jennifer Scott (So.), Katelyn Graber (Fr.), Kayla Anderson (Fr.)

KEY PROSPECTS: Hannah Jorgensen (8th), Angie Lee (8th), Emily Pulscher (8th), Val Sunderland (8th), Sam Boomgard (8th), Miranda Anderson (7th), Zoe Buckstead (7th), Abby Hora (7th), Jaclynn Knutson (7th), Shelby Simonsen (7th), Jacque Verdooom (7th), Cassie Voss (7th), Annie Wirth (7th)

ASSESSMENT: The first-year Cougars boast a roster that includes a heavy dose of veterans as well as a solid group of younger runners. Combined, Viborg-Hurley figures to have a competitive year.

"Moving up to Class A will provide an extra challenge for the Cougars," Coach Hansen said. "Staying healthy and working hard will decide how successful of a year we will have."

Wagner

COACH: John Tyler (9th year)

ASSISTANTS: Matt Slaba, Jason Knebel, Joe Kafka, Chad Peters

VITALS: Class A, Region 5

LAST YEAR: The team tied for third at the state meet, highlighted by Jessica Koupal's individual titles in the 100-meter hurdles and pole vault.

TOP PROSPECTS: Jessica Koupal (Sr.), Ali Sonnenburg (Sr.), Jade Bouza (Sr.), Alaina Cuka (Sr.), Elizabeth Donelan (Sr.), Jennifer Kvigne (Sr.), Mikaela Anderson (Sr.), Jaime Sully (Sr.), LaShawn Medicine Horn (Sr.), Miranda Weber (Sr.), Sydney Breen (So.), Katie Barnett (So.), Kylee Lightenberg (So.), Clarissa Medicine Horn (So.), Nicole Weber (So.), Alexandra Dvorak (So.), Megan Kocer (Fr.), Aiyana Jack (Fr.), Kristlyn Traversie (Fr.), Kim Koupal (Fr.)

ASSESSMENT: The team has a lot of depth on the roster, led by Koupal who will look to repeat as state champ. The returning competitors will have experience and will help the younger teammates improve.

"If we can stay healthy and continually improve throughout the season, we should be competitive at the region and state meets," Tyler said.



BERESFORD Junior Molly Kennedy finished second in the high jump and sixth in the triple jump in Class A in 2010.

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