

BLAIR GILKYSON, VERMILLION: 6th in 3200, 7th in 1600
KATELYN DICKES, HART CEDAR CATHOLIC: 4th in 300 hurdles
SIERRA SVATOS, ANDES CENTRAL: tied for 4th in high jump
TESSA WEEL DREYER, PARKER: 4th in 400
ASHLEY HEINE, WYNOT: 6th in 400, 8th in 800

KRISTINA NASH, FREEMAN: 6th in 300 hurdles
DANIELLE RIESBERG, CROFTON: 6th in 400
SYDNEY BREEN, WAGNER: 7th in pole vault
TESSA IVES, NIOBRARA-VERDIGRE: 7th in discus
MACKENZIE HUBER, VERMILLION: tied for 8th in pole vault

DOMINIQUE SWANSON, BLOOMFIELD: 8th in pole vault
JUNIOR BOYS
DUANE JONGELING, PARKER: 3rd in 1600, 3rd in 3200
DUSTIN LIVINGSTON, IRENE-WAKONDA: 2nd in pole vault
HENRY WEGEHAUPT, ETHAN-PARKSTON: 6th in pole vault

TYLER GERDES, VIBORG-HURLEY: 7th in triple jump
JAKE VOLLMER, IRENE-WAKONDA: 7th in 3200
SOPHOMORE GIRLS
BREANNA GALLUP, WAUSA: 3rd in 3200, 4th in 800, 4th in 1600
WHITLEE LARSON, YANKTON: 6th in 800, 6th in 1600

SD Girls

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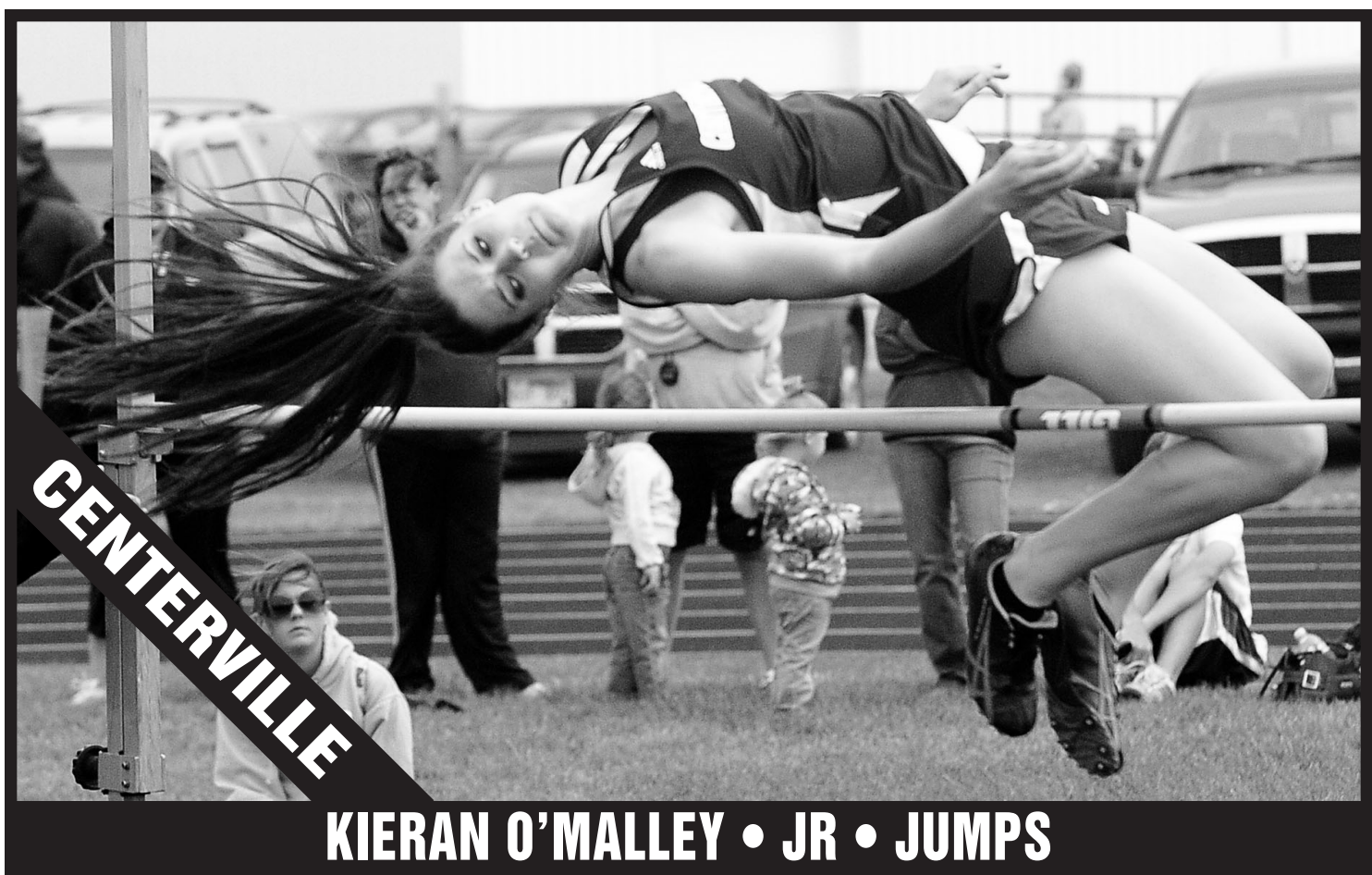
Chytka (Fr.), Rebecca Lehman (Fr.)

Avon

COACH: Beth Dykstra (12th year)
VITALS: Region 6B, Little Missouri Valley Conference, Great Plains Conference
LAST YEAR: The Lady Pirates 4x800 relay team qualified for the state meet. They lost one letterwinner lost to graduation
RETURNING LETTERWINNERS: Lexi Jurrens (Sr.), Caitlyn Meiers (Sr.), Emily Mudder (Jr.), Chloe Van Gerpen (8th)
TOP PROSPECTS: Alyson Roth (Jr.), Bre Berendsen (Fr.), Evie Blaha (Fr.), Heidi Cap (8th), Karisa Markel (8th), Hanna Reeves (7th), Kylen Swanson (7th)

Beresford

COACH: Scott Ebert (2nd year)
ASSISTANTS: Matt Coy, Rob Wilson, Pam Conklin, Mikala Larsen, Dustin Mees
VITALS: Region 4A, Big Sioux Conference
LAST YEAR: The Watchdogs finished as Big Sioux Conference runner-up, Region 4A runner-up, and also won the team championship at the Beresford/Alcester-Hudson Invitational. Alison Klostegaard placed fifth in the triple jump at the Class A state meet as a junior. They lost five letterwinners to graduation.
RETURNING LETTERWINNERS: Alison Klostergaard (Sr.), Jenna Frink (Sr.), Sami Zoss (Sr.), Hannah McKelvey (Jr.), Ashley Ostrem (Jr.), Sophie Doeden (Jr.), Shelby Bickett (So.), Lexy



KIERAN O'MALLEY • JR • JUMPS

Johnsen (Fr.), Morgan Klostergaard (Fr.), Becca Nelson (8th), Rylee Homandberg (8th)
TOP PROSPECTS: Amber Boeden (So.), Alyssa Bogue (So.) Megan Dahlin (So.), Devin Erlandson (So.), Emily Mochel (So.), RAchael Stimes (So.), Jennifer Swanstrom (So.), Hannah Hepner (Fr.), Molly McGinnis (Fr.)

Bon Homme

COACH: Byron Pudwill (22nd year)
ASSISTANTS: Rusty Roland, Troy Goehring, Jason Hein
VITALS: Region 5A, Little Missouri Valley Conference & Southeast South Dakota Conference

LAST YEAR: The Cavaliers won the Little Missouri Valley Conference and Southeast South Dakota Conference team titles. They lost five letterwinners.
RETURNING LETTERWINNERS: Tara Ronke (Sr.), Breeanna Soudrada (Sr.), Karlee Kozak (Jr.), Caitlin McLouth (So.), Kelsey Sutera (So.), Jaclyn Rothschadl (Fr.), Anna Heusinkveld (8th), Jena Rezac (8th), Morgan Rothschadl (8th)

Centerville

COACH: Carrie Rydstrom (5th year)
ASSISTANT: Sheila Gust
VITALS: Region 4B, Tri-Valley

Conference
LAST YEAR: Kieran O'Malley led the Tornados with a fourth place finish at the Class B state meet in both the triple jump and high jump and a sixth place finish in the long jump. Samantha Blake added a fifth place finish in the discus and an eighth place finish in the shot put. They lost two letterwinners to graduation.
RETURNING LETTERWINNERS: Sam Blake (Sr.), Nicole Steadman (Sr.), Brittany Austin (Jr.), Kieran O'Malley (Jr.), Adrienn Peterson (Fr.), McKenzie Goeden (Fr.), Kristina Laska (Fr.), Abby Ostrem (Fr.), Emily Steadman (Fr.), Rebecca Hybertson (8th), Logan O'Tole (8th), Emily Synder (8th), Hailee Matlock (8th)
RETURNING LETTERWINNERS: Lara Bove (Sr.), Kristine Van Heerde (So.), Allie Kaufenberg (So.), Megan Carnes (Fr.), Whitney Knutson (8th), Gabrielle Limoges (7th), Lindsay Kouyate (7th)

Dakota Valley

COACH: Erin Benson (5th year)
ASSISTANTS: Bill Clements, Tammy Lilly, Amber Ross, Vince Tucker
VITALS: Region 4A, Big Sioux Conference
LAST YEAR: The Panthers lost three letterwinners to graduation.
RETURNING LETTERWINNERS: Allison Sexton (So.), Kylie Martin (Jr.), Morganne Pfaffle (So.), Sadie Clements (Sr.), Ellie Bohan (So.)
TOP PROSPECTS: Brooke Olson (Fr.), Crystal Ochoa (Fr.),

Lindsey Smith (Fr.), Emma Tuttle (Fr.), Kendra Windeshausen (So.) Laura Michaelson (Jr.), Nicole McKewon (So.), Tiara Selby (Fr.)

Elk-Point Jefferson

COACH: Justin Clercx (8th year)
ASSISTANTS: Matt Luze, Toni Hall, John Wayne Kalda
VITALS: Region 4A, Big Sioux Conference
LAST YEAR: The Huskies finished fourth at the Big Sioux Conference meet. Josie Hereen placed eighth at the Class A state meet in the 3200-meter run, while Keely Bertram was fifth in the 200-meter dash. They lost seven athletes to graduation, including two state qualifiers.
RETURNING LETTERWINNERS: Jordyn Hudelson (Sr.), Tatum Adema (Jr.), Audrey Truhe (Jr.), Haylee Erickson(Jr.), Caitlin Davis (Jr.), Jessica Minor, Keely Bertram (So.), Jade Rosenbaum (So.), Josie Hereen (8th)

Ethan-Parkston

COACH: Craig Bruening (4th year)
ASSISTANTS: Rob Van Laecken, Shawn Spurrell, Nicole Van Leur, Katrina Jarding
VITALS: Region 5A, Little Missouri Valley Conference, Southeast South Dakota Conference
LAST YEAR: Three state qualifiers return from relay teams for E-P. The squad took a serious hit when two-event placewinner Marie Malloy suffered an injury at the end of basketball season, sidelining her for the season.
RETURNING LETTERWINNERS: Mersadie Dvorak (Jr., re-

lays), Alexis Horstman (Jr., relays), Alexis Neugebauer (Sr., relays), Shelby McBrayer (Sr., throws), Jessica Harvey (So., relays), Katie Murtha (So., distance), Bailey Grenoble (So., relays), Anna Mueller (So., relays)
TOP PROSPECTS: Hannah Wegehaupt (Fr., relays), Sadie Schoenfelder (Fr., relays), Darbi Gustafson (Fr., relays)

Freeman

COACH: Rory Hermesen (20th year)
ASSISTANTS: Aimie Mors, Curt Sage, Chris Maske
VITALS: Region 4B, Cornbelt Conference
LAST YEAR: Cailey Roth won the 800-meter run at the Class B state meet and placed seventh in the 1600-meter run as an eighth grader. Kristina Nash placed sixth in the 300 hurdles at state.
RETURNING LETTERWINNERS: Kristina Nash (Jr., sprints), Carli Lager (Jr., sprints), Dina Soulek (Jr., sprints), Lexi Graber (Jr., jumps), Nicole Saarie (So., jumps), Melissa Eberts (Fr., jumps), Taylor Anderson (So., jumps), Haley Glanzer (Fr., sprints), Shelby Jensen (Fr., distance), Cailey Roth (Fr., distance), Rebecca Eberts (8th, distance), Taylor Hermesen (8th, throws)
TOP PROSPECTS: Vanessa Dowden (Fr., jumps), Christina Hora (Fr., distance), Shelby Miller (Fr., throws), Charlie Muchmore (8th, jumps), Erika Sage (7, mid-distance), Karen Schamber (7, mid-distance)

Freeman Academy

COACH: Suzanne Koerner (4th year)
ASSISTANT: Craig Miller
VITALS: Region 4B, Tri-Valley Conference
LAST YEAR: The Bobcats placed third at the Class B state meet on the strength of a state champion medley relay and mile run. Jaime Tschetter placed seventh at state in the high jump as a junior.
RETURNING LETTERWINNERS: Jaime Tschetter (Sr.), McKayla Epp (Sr.), Clara Koerner (Fr.)
TOP PROSPECT: Ariel Lin (Jr.)

Gayville-Volin

COACH: Jeremiah Dibley (1st year)
ASSISTANT: Abby Mueller
VITALS: Region 4B, Tri-Valley Conference
LAST YEAR: Stacey Hirsch qualified for state in the discus, she is one of two letterwinners lost to graduation.
RETURNING LETTERWINNER: Kelia Barta (Fr., jumps)
TOP PROSPECTS: Rachel Haas (So.), Rachel Pokorney



LAUREN SOKOLOWSKI • FR • HURDLES

Tanagers

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there so we just have to compete hard, score points when we need them, and have some surprises come up. So we're just really looking forward to building on our success from last year," Billberg said.
"We started something and I think we've got the foundation, especially with our girls," she added. "We've got a great core of runners who are all freshmen, sophomores, and juniors so we're going to have that core for a couple more years."
While Billberg is looking forward to building up her young athletes for the future, she also believes a few of them have the potential to make an immediate impact this season.
"We do have some young guns who are going to stand out for us this year. Haley Friedel is going to be a big success for us in the jumps, and Sydney Peters is another young freshman who I think can really make a difference," she said. "We also brought up a couple of eighth graders who I think really can make a difference for us in the mid-distance races where we're not very deep."
But the story of Vermillion's team this year is about the strong group of upperclassmen who will be looked to for not only scoring points, but for leadership and work ethic.
"I have so many kids right now who are willing to sacrifice themselves for the betterment of the team rather than 'it's just about me' and that just spreads. So we're really happy with that," Billberg said. "On the boys' side, I've got great team leadership in Aaron Ruhaak. He's kind of a silent leader, but he never complains, is always there, always working hard, and really makes a

difference for us and his training partners Colin Olson and Austin Krier. They really get out there and train together and push each other, and I think that's going to make a difference as we go throughout the year."
Ruhaak, Olson, and Krier were all key members of several of last year's state placing relays. Although many of them are returning, the loss of Cody Olson, who anchored two of the relays, will be a challenging spot to fill.
"Cody was a big part of most of those relays," Billberg said. "But we are bringing in JT Sorensen who can pull up some of the slack. Cody trained these boys; he was their training partner and our lone senior in the sprint group. He really trained these guys to work hard, and I think that will make a difference in the long run."
On the girls' side, two athletes Billberg expects to step into leadership positions are senior Beth Szymonski and junior Blair Gilkyson, who was the team's only individual place winner last year at state.
"Beth Szymonski is a multi-time state qualifier in the throws. We are looking forward to her really step up, and she is also probably going to jump in some running events since she is such a great three sport athlete. So we are looking forward to some leadership from her," Billberg said.
"[Blair] is looking great. She is

one of those kids who can go out and qualify in the 800m, 1600m, and the 3200m easily, as she did last year. She might run some Medleys for us too. She is looking very strong."
With a tough group of sprinters, throwers, and distance runners to choose from, Billberg predicts her sprint to mid-distance group to be the strongest for the team this year because of their versatility.
"I think our best group is really our 2-4-8 group. I think they are going to be what is going to really stand out for us. What is cool about them is that they can do so much; they can run relays, they can run individual events, and I think once we put it all together, we can run a pretty fast 4x400m on the track. They are going to be solid runners," Billberg said.
"The same is true for our guys. We are looking to better our placing in the relays. We placed second last year in the Sprint Medley at state, and I think we can be a little stronger and a little more confident."
As long as the team is able to improve at the right times, keep working hard, and remain healthy, Billberg is confident it will be another great year for the Tanagers.
"Right now we've got a pretty good outlook for the rest of the year. We've just got to stay healthy, as everybody says, and keep going hard."

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