

Howard Wood Shakes Up Leader Board In Several Events

This is the Press & Dakotan Leader Board for the 2015 season. To qualify, an area athlete must post the mark at a varsity meet.

NOTES: I-posted indoors; R-current record; S-posted at post-season meet; C-Converted from fully-automatic timing

All-time marks are in bold, with the year they were achieved.

Boys Division

100-METER DASH	
Chris Fischer, Yankton, 1994.....	10.44
Austin Hegge, Wausa.....	10.9
Brennan Schmidt, Freeman.....	10.9
Brendan Bares, Bon Homme.....	11.1
C-Ryan Sternhagen, Yankton.....	11.1
Cole Paulson, Freeman.....	11.2
Brady Dam, Dakota Valley.....	11.3
Griffon Kalin, Hartington-Newcastle.....	11.3
Chase Kortan, Bon Homme.....	11.3
C-Lee Rose, Yankton.....	11.3
Hunter Young, Bon Homme.....	11.3

200-METER DASH	
Chris Fischer, Yankton, 1994.....	21.30
C-Austin Hegge, Wausa.....	22.1
Brennan Schmidt, Freeman.....	22.3
Brendan Bares, Bon Homme.....	22.6
Chase Kortan, Bon Homme.....	22.7
Brook Baller, Creighton.....	22.9
C-Ryan Sternhagen, Yankton.....	23.0
Mason Strahl, Yankton.....	23.2
Weslee Dvorak, Ethan-Parkston.....	23.3
C-Lee Rose, Yankton.....	23.3

400-METER DASH	
Brennan Schmidt, Freeman, 2015.....	48.5
R-Brennan Schmidt, Freeman.....	48.5
Lee Rose, Yankton.....	50.1
Ryan Sternhagen, Yankton.....	51.0
C-Brook Baller, Creighton.....	52.0
C-Connor Wilson, Bloomfield.....	52.0
Austin Hegge, Wausa.....	52.4
Tate Wagner, Platte-Geddes.....	52.4
Michael Maas, Andes Cen.-Dak. Chr.....	52.8

800-METER RUN	
Alex Muntefering, Ethan-Parkston, 2009.....	1:52.46
Brennan Schmidt, Freeman.....	2:01.1
Logan Hansen, Viborg-Hurley.....	2:01.4
C-Logan Peterson, Vermillion.....	2:03.0
C-Tanner Fischer, Hartington-Newcastle.....	2:05.4
C-Nick Story, Wausa.....	2:06.5
Luke Burbach, Cedar Catholic.....	2:06.8
Ty Becker, Cedar Catholic.....	2:06.8
C-Logan Megard, Yankton.....	2:08.5
C-Cole Steffen, Crofton.....	2:08.5

1600-METER RUN	
Alex Muntefering, Ethan-Parkston, 2009.....	4:17.59
Hunter Paulsen, Elk Point-Jefferson.....	4:40.0
C-Brian Santiago, Hartington-Newcastle.....	4:44.1
C-Noah Noecker, Cedar Catholic.....	4:44.7
C-Nick Wixon, Centerville.....	4:48.0
C-Ryan Hagerty, Freeman Academy.....	4:51.0
C-Aaron Haahr, Laurel-Concord-Col.....	4:52.4
Alec Alwood, Beresford.....	4:52.9
Sam Jensen, Alcester-Hudson.....	4:53.4

3200-METER RUN	
Matt Althoff, Yankton, 1993.....	9:19.41
C-Hunter Paulsen, Elk Point-Jefferson.....	9:58.2
C-Jaden Janssen, Crofton.....	10:14.0
Brian Stephenson, Hartington-Newcastle.....	10:19.2
C-Alec Alwood, Beresford.....	10:25.9
Aaron Haahr, Laurel-Concord-Col.....	10:41.7
C-Charlie Long, Dakota Valley.....	10:42.7
Zach Pettit, Platte-Geddes.....	10:43.2
C-Noah Noecker, Cedar Catholic.....	10:43.3

110-METER HURDLES	
Josh Hofer, Freeman, 1996.....	14.44
Weslee Dvorak, Ethan-Parkston.....	14.5
Charlie Stephenson, Yankton.....	14.5
Kordell Buoy, Parker.....	16.0
Cole Paulson, Freeman.....	16.2
C.J. Lee, Gayville-Volin.....	16.4
Kyle Kleinschmidt, Wausa.....	16.6
Grant Johnson, Alcester-Hudson.....	16.7
Griffon Kalin, Hartington-Newcastle.....	16.8

300-METER HURDLES	
Alan Fischer, Menno, 1999.....	38.99
C-Weslee Dvorak, Ethan-Parkston.....	39.1
Charlie Stephenson, Yankton.....	40.9
C-Griffon Kalin, Hartington-Newcastle.....	41.0
C-Tim Cross, Yankton.....	42.0
Kyle Kleinschmidt, Wausa.....	42.4
Jared Fustbert, Hartington-Newcastle.....	42.8
Cole Paulson, Freeman.....	43.1
Brian Boese, Allen.....	43.1
Grant Johnson, Alcester-Hudson.....	43.1

400-METER RELAY	
Yankton, 1996.....	43.03
C-Bon Homme.....	43.2
C-Yankton.....	44.0
Freeman.....	44.5



JEREMY HOECK/P&D

Ethan-Parkston's Wes Dvorak, center, pulls away during his heat of the 110-meter hurdles at the Howard Wood Dakota Relays this past weekend. Dvorak is one of many area athletes who improved his or her season marks during the meet, and those marks are reflected in this week's P&D Track & Field Leader Board.

C-Ethan-Parkston.....	45.4
Hartington-Newcastle.....	46.4
Laurel-Concord-Coleridge.....	46.4
C-Gayville-Volin.....	46.6
Michael Maas, Andes Cen.-Dak. Chr.....	46.6

800-METER RELAY	
Yankton, 1994.....	1:28.50
C-Yankton.....	1:30.7
Bon Homme.....	1:32.8
Freeman.....	1:33.5
C-Vermillion.....	1:35.1
Ethan-Parkston.....	1:36.0
C-Elk Point-Jefferson.....	1:36.8
C-Gayville-Volin.....	1:36.9
Platte-Geddes.....	1:39.2

1600-METER RELAY	
Yankton, 1994.....	3:23.01
Yankton.....	3:28.7
C-Cedar Catholic.....	3:32.3
C-Bon Homme.....	3:32.3
Freeman.....	3:33.7
C-Vermillion.....	3:36.7
Ethan-Parkston.....	3:37.4
C-Cedar Catholic.....	3:37.4
C-Hartington-Newcastle.....	3:41.6
C-Elk Point-Jefferson.....	3:41.4

3200-METER RELAY	
Yankton, 2010.....	7:50.6
C-Cedar Catholic.....	8:20.7
C-Bon Homme.....	8:39.5
Hartington-Newcastle.....	8:51.0
Allen.....	8:51.0
C-Freeman Academy.....	8:52.8
Aaron Haahr, Laurel-Concord-Col.....	8:55.6
Crofton.....	8:59.1
Viborg-Hurley.....	9:00.1
Vermillion.....	9:00.1

MEDLEY RELAY	
Parkston, 1996.....	3:36.34
Freeman.....	3:37.3
C-Elk Point-Jefferson.....	3:47.3
C-Vermillion.....	3:47.3
Viborg-Hurley.....	3:49.1
C-Cedar Catholic.....	3:49.2
Platte-Geddes.....	3:51.2
Scotland.....	3:57.9
C-Beresford.....	3:58.0

DISCUS	
Cody Snyder, Andes Central, 2010.....	191.6
Christian Gruschin, Centerville.....	158.8
Seth Lacks, Randolph.....	156.0
Caleb Preszler, Menno.....	155.0
Dan Stibral, Scotland.....	152.1
Bea Schindler, Creighton.....	150.2
Grant Rice, Gayville-Volin.....	148.7
Nick Raab, Yankton.....	144.5
Jacob Knodel, Avon.....	139.4

HIGH JUMP	
Travis Martin, Scotland, 1989.....	7-0.25
Camden Myers, Ethan-Parkston.....	6-7
Joseph Kirkbak, Beresford.....	6-6
Dylan Rice, Beresford.....	6-2
Zack Anderson, Parker.....	6-2
Shaye Bloch, Scotland.....	6-2

200-METER DASH	
Bethany DeLong, Laurel-Concord, 2008.....	24.90
C-Elle Arduser, Laurel-Concord-Coleridge.....	25.8
C-Lexie Eifert, Ponca.....	25.9
Brittany Olson, Parker.....	27.1
C-Alli Walter, Cedar Catholic.....	26.0
Hanna Yoder, Freeman Academy.....	26.9
Sophie Noecker, Hartington-Newcastle.....	27.1
Shelby Jensen, Freeman.....	27.2
Erica Kitchenmaster, Andes Cent./DC.....	27.3
Rachel Sestak, Bon Homme.....	27.3
Andrea Sokolowski, Irene-Wakonda.....	27.3
Lindsey Sullivan, Allen.....	27.3

400-METER DASH	
Alicia Brown, Vermillion, 2006.....	56.00
Cortney Arkfield, Wynot.....	59.8
C-Patience Neshiem, Ethan-Parkston.....	59.8
Morgan Rothschild, Bon Homme.....	1:00.4
Marisa Schulz, Dakota Valley.....	1:00.5
C-Josie Heeren, Elk Point-Jefferson.....	1:01.0
C-Elle Arduser, Laurel-Concord-Coleridge.....	1:00.6
C-Allison Arens, Crofton.....	1:00.9
Sara Bohan, Dakota Valley.....	1:01.6
Calley Roth, Freeman.....	1:01.6

800-METER RUN	
Ashley Storm, Yankton, 2006.....	2:12.98
Calley Roth, Freeman.....	2:19.7
C-Quinn Wragge, Crofton.....	2:22.6
Josie Heeren, Elk Point-Jefferson.....	2:23.0
Marisa Schulz, Dakota Valley.....	2:24.0
Maddie Lavin, Vermillion.....	2:24.9
C-Lauren Graves, Yankton.....	2:25.6
Cortney Arkfield, Wynot.....	2:26.6
Erica Westerman, Yankton.....	2:27.5

1600-METER RUN	
Ramsey Kavan, Yankton, 2005.....	4:46.84
C-Marisa Schulz, Dakota Valley.....	5:16.5
C-Maddie Lavin, Vermillion.....	5:18.6
C-Savannah Woods, Yankton.....	5:19.0
Josie Heeren, Elk Point-Jefferson.....	5:23.1
Laura Nelson, Gayville-Volin.....	5:26.6
C-Sadie Petersen, Laurel-Concord-Col.....	5:26.9
Haley Arens, Crofton.....	5:28.2
I-Madison McClure, Yankton.....	5:28.8

3200-METER RUN	
Ramsey Kavan, Yankton, 2005.....	10:23.78
IC-Madison McClure, Yankton.....	11:09.0
C-Marisa Schulz, Dakota Valley.....	11:12.6
C-Maddie Lavin, Vermillion.....	11:20.2
C-Savannah Woods, Yankton.....	11:29.7
C-Lauren Nelson, Gayville-Volin.....	11:34.2
Ashlynny Alwood, Beresford.....	11:55.0
C-Sadie Petersen, Laurel-Concord-Col.....	11:59.3
C-Cait Sawyer, Beresford.....	12:02.7

100-METER HURDLES	
Bobbi Jo Dykstra, Marion, 2003 (FAT).....	14.73
Lauren-Sokolowski, Irene-Wakonda.....	14.7
Madison Tessier, Yankton.....	15.1
Sara Bohan, Dakota Valley.....	15.5
Danielle Salvator, Yankton.....	15.9
C-Ethan-Parkston.....	16.1
Ashton Vail, Menno.....	16.1
Cortney Reuter, Allen.....	16.5

Amelia Stene, Alcester-Hudson.....	16.5
Savannah Scoville, Hartington-Newcastle.....	16.6

300-METER HURDLES	
Paige Pollard, Newcastle, 2007.....	45.46
C-Morgan Rothschild, Bon Homme.....	46.2
C-Sara Bohan, Dakota Valley.....	47.0
Lauren Sokolowski, Irene-Wakonda.....	48.0
Madison Tessier, Yankton.....	49.1
Savannah Scoville, Hartington-Newcastle.....	49.2
C-Kate Budig, Yankton.....	49.5
Shelby Jensen, Freeman.....	49.5
Cortney Reuter, Allen.....	49.7

400-METER RELAY	
Laurel-Concord, 2010.....	49.6
C-Hartington-Newcastle.....	50.4
I-Yankton.....	50.9
C-Irene-Wakonda.....	51.3
C-Bon Homme.....	52.1
C-Cedar Catholic.....	52.5
Allen.....	52.6
C-Beresford.....	52.7
C-Vermillion.....	52.9

800-METER RELAY	
Yankton, 1998.....	1:44.92
C-Yankton.....	1:47.2
C-Bon Homme.....	1:49.5
Irene-Wakonda.....	1:49.8
Dakota Valley.....	1:50.8
Parker.....	1:51.3
Hannah Nelson, Beresford.....	1:51.7
C-Ethan-Parkston.....	1:52.2
Vermillion.....	1:52.4

1600-METER RELAY	
Yankton, 2008.....	4:01.20
C-Dakota Valley.....	4:06.6
C-Bon Homme.....	4:09.8
C-Crofton.....	4:10.4
C-Yankton.....	4:12.0
Wynot.....	4:12.2
C-Vermillion.....	4:15.4
Freeman.....	4:16.1
Parker.....	4:17.2

3200-METER RELAY	
Yankton, 2006.....	9:12.95
C-Gayville-Volin.....	10:01.2
C-Crofton.....	10:01.8
C-Freeman.....	10:11.2
Yankton.....	10:19.6
C-Cedar Catholic.....	10:26.7
Wynot.....	10:28.0
Beresford.....	10:30.3
Vermillion.....	10:31.2

MEDLEY RELAY	
Yankton, 2005.....	4:04.85
C-Dakota Valley.....	4:17.4
C-Freeman.....	4:20.4
C-Freeman Academy.....	4:22.4
C-Vermillion.....	4:23.8
C-Parker.....	4:24.9
C-Ethan-Parkston.....	4:26.4
C-Yankton.....	4:28.4
Elk Point-Jefferson.....	4:28.9

DISCUS	
Michaela Dendinger, Hartington, 2013.....	151.3
Maria Wortmann, Crofton.....	132.4
Carley Skorepa, Scotland.....	127.0
Kristi Bruening, Wynot.....	120.5
Janae Patterson, Wagner.....	119.4.5
Monica Arens, Crofton.....	116.4
Adrienne Kusek, Yankton.....	112.1
Traia Hubbard, Gayville-Volin.....	111.8
Hallie Hallock, Platte-Geddes.....	111.6

HIGH JUMP	
Amber Hegge, Crofton, 2006.....	5-9
Peyton Johanneson, Andes Cen.-Dak. Chr.....	5-6
Kate Budig, Yankton.....	5-4
Audra Corbi, Laurel-Concord-Coleridge.....	5-4
Andrea Sokolowski, Irene-Wakonda.....	5-3
Gabby Sullivan, Allen.....	5-3
Beulah Blackcloud, Andes Cent.-DC.....	5-2
Camaria Stratman, Hartington-Newcastle.....	5-2
Hannah Herlyn, Parker.....	5-1
Averi Tegethoff, Platte-Geddes.....	5-1

LONG JUMP	
Bethany DeLong, Laurel-Con, 2009.....	19.5
Emma Stewart, Yankton.....	17.5
Sara Bohan, Dakota Valley.....	17.7
Lindsey Hale, Yankton.....	17.1-25
Rebecca Eggerling, Creighton.....	16-9.75
Shelby Jensen, Freeman.....	16-7.75
Camaria Stratman, Hartington-Newcastle.....	16-7.25
Hannah Nelson, Beresford.....	16-4
Elizabeth Watchorn, Ponca.....	16-4

POLE VAULT	
Jessica Koupal, Wagner, 2011.....	11-6
Morgan McAllister, Bon Homme.....	9-9
Rebecca Hybertson, Centerville.....	9-0
I-McKeely Merkwan, Bon Homme.....	9-0
Rachel Sestak, Bon Homme.....	9-0
Bayley Holloway, Laurel-Concord-Coleridge.....	8-8
Kaitlin Sukup, Creighton.....	8-8
Cassie Echols, Yankton.....	8-3
Anna Burbach, Cedar Catholic.....	8-0
I-Lindsay Larson, Yankton.....	8-0

SHOT PUT	
Tressa Thompson, Bloomfield, 1993.....	44-11.5
Maria Wortmann, Crofton.....	41-11.5
Monica Arens, Crofton.....	41-5.75
Dorby Gustafson, Ethan-Parkston.....	38-0
Adrienne Kusek, Yankton.....	38-0
I-Carley Skorepa, Scotland.....	37-10
Hallie Hallock, Platte-Geddes.....	37-8
Val Sunderland, Centerville.....	37-6.5
Tori Clausen, Wausa.....	37-4.5

TRIPLE JUMP	
Amber Hegge, Crofton, 2005.....	39-2.75
I-Elle Arduser, Laurel-Concord-Col.....	36-9.5
Emma Stewart, Yankton.....	36-5
Lindsey Hale, Yankton.....	34-10
Anna Rasmussen, Dakota Valley.....	34-4.75
Rebecca Eggerling, Creighton.....	34-3
Camaria Stratman, Hartington-Newcastle.....	34-1.25
Emily Oswald, Yankton.....	33-9.75
Olivia Ohm, Dakota Valley.....	33-8.25

Regions

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these two regions, Cooney said.

"It's a huge advantage for all of our kids, more so for the ladies," he said. "I can't put a percentage on it, but any time you can get extra rounds on a course, you get extra information to put in your memory banks.

"That's got to be helpful."

Girls' Division

There may have only been five shots that separated the girls' champion and runner-up, but the differences between the two went beyond scores.

Fiscel, who has golfed quite a bit at Hillcrest, carded a 91 for the pre-region title, but said later it was her "worst" round in her high school career.

"My chips were not close enough, and the second shots weren't on the green," Fiscel said. "They were either too short or too long."

In the case of Taylee Indahl of Burke-South Central, she was unfamiliar with the course, and as a seventh-grader, is still learning how to adjust to such obstacles. Indahl, though, went through a practice round at Hillcrest