

# South Central District Junior Girls Champions

## 80-m Hurdles

2009 Amy Van den Hooven	Peacock	12.90
2008 Kelsey Konihowski	Central	14.50
2007 Stephanie Mitchell	Caronport	14.90
2006 Devon Wilson	Caronport	13.95
2005 Kelsey Hutchinson	Assiniboia	14.09
2004 Bailee Switzer	Kincaid	14.00
2003 Alea Benson	Central Butte	14.59
2002 Dani Froese	Caronport	12.70
2001 Kimberly Craven	Bengough	13.52
2000 Kimberly Craven	Bengough	15.00
1999 Tammy Seibel	Herbert	13.28
1998 Tammy Seibel	Herbert	14.09
1997 Andrea Guenther	Hodgeville	13.82
1996 Valerie Schultz	Caronport	13.14
1995 Kim Lewis	Coronach	13.82
1994 Jamie Fast	Herbert	13.10
1993 Shella Carlson	Mossbank	12.76
1992 Lana Hartley	Ogema	14.62
1991 Christi Bjolverud	Central Butte	14.80
1990 Rita Daradics	Notre Dame	14.20
1989 Kirsten Peter	Caronport	12.62

## 100m

Jina Barker	Central	13.20
Kristina Segall	Peacock	13.70
Samantha Mamer	Coronach	13.20
Tori Anderson	Glentworth	13.71
Cassandra Flanagan	Notre Dame	12.82
Ashton Beitel	Briercrest	13.34
Robyn Bauck	Chaplin	13.06
Jeneen Ewen	Central Butte	13.03
Kimberly Craven	Bengough	13.36
Carlyn Fisher	Bengough	13.56
Carlyn Fisher	Bengough	13.20
Deana Clarke	Rouleau	13.05
Andrea Guenther	Hodgeville	12.75
Andrea Guenther	Hodgeville	12.92
Andrea Guenther	Hodgeville	12.68
Kassandra Metayer	Notre Dame	12.67
Kassandra Metayer	Notre Dame	13.25
Kassandra Metayer	Notre Dame	13.27
Linda Vanstone	Lang	13.09
Rita Daradics	Notre Dame	14.34
Kirsten Peter	Caronport	13.07

## 200m

Jina Barker	Central	27.20
Kristina Segall	Peacock	28.20
Samantha Mamer	Coronach	27.60
Orrie Lemieux	Willow Bunch	29.48
Cassandra Flanagan	Notre Dame	26.46
Ashley Getzlaf	Avonlea	28.25
Robyn Bauck	Chaplin	27.19
Jeneen Ewen	Central Butte	28.06
Shannon Warken	Avonlea	28.88
Carlyn Fisher	Bengough	28.65
Carlyn Fisher	Bengough	28.85
Deana Clarke	Rouleau	27.92
Andrea Guenther	Hodgeville	27.12
Andrea Guenther	Hodgeville	26.70
Andrea Guenther	Hodgeville	28.10
Kassandra Metayer	Notre Dame	26.62
Kassandra Metayer	Notre Dame	27.11
Kassandra Metayer	Notre Dame	27.41
Kerri Lynne Hanson	Mossbank	29.56
Corri Glass	Chaplin	31.21
Kirsten Peter	Caronport	27.40

## 400m

2009 Mahri Macfarlane	Caronport	1:09.40
2008 Kristina Segall	Peacock	1:07.00
2007 Rejoice Musa Buba	Central	1:01.70
2006 Randi Mattus	Chaplin	1:11.93
2005 Daris Tandler	Notre Dame	1:13.19
2004 Amanda Moon	Milestone	1:08.12
2003 Chantel Morrison	Notre Dame	1:08.37
2002 Jeneen Ewen	Central Butte	1:06.45
2001 Kristin Karasinski	Limerick	1:09.07
2000 Megan Warken	Bengough	1:06.73
1999 Rebecca Roth	Caronport	1:08.39
1998 Deana Clarke	Rouleau	1:01.30
1997 Deana Clarke	Rouleau	1:07.61
1996 Jill Pain	Notre Dame	1:06.70
1995 Megan Knelson	Hodgeville	1:07.82
1994 Kassandra Metayer	Notre Dame	1:01.30
1993 Kassandra Metayer	Notre Dame	1:03.00
1992 Jenny Warken	Bengough	1:07.05
1991 Jenny Warken	Bengough	1:07.66
1990 Corri Glass	Chaplin	1:09.50
1989 Kirsten Peter	Caronport	1:04.11

## 800m

Linnea Smith	Vanier	2:40.90
Lauren Haffner	Caronport	2:48.10
Rejoice Musa Buba	Central	2:29.50
Stacey Therrien	Willow Bunch	2:51.96
Jamie Lawrence	Mossbank	2:47.31
Hannah Erb	Herbert	2:39.55
Dixie Nidesh	Caronport	2:52.05
Trisha Doyle	Morse	2:33.50
Christy Roberts	Caronport	2:52.33
Jen Jonsson	Notre Dame	2:45.40
Megan Warken	Bengough	2:52.30
Kristen Marshall	Yellowgrass	2:45.97
Sara Thiessen	Caronport	2:38.27
Sara Thiessen	Caronport	2:36.24
Sara Thiessen	Caronport	2:43.00
Megan Dickens	Notre Dame	2:42.50
Jennifer Spencer	Milestone	2:41.98
Jennifer Spencer	Milestone	2:46.03
Sara Hicks	Lafleche	2:41.50
Jenny Warken	Bengough	2:43.85
Sara Hicks	Lafleche	2:39.69

## 1500m

Jessica Williams	Peacock	5:46.70
Lauren Haffner	Peacock	5:40.00
Amberly Doucette	Ecole Ducharme	5:30.00
Sarah Watamanuk	Crane Valley	6:00.84
Taylor Sheven	Mankota	5:57.90
Hannah Erb	Herbert	5:49.03
Jenna Klaassen	Herbert	6:24.50
Trisha Doyle	Morse	5:47.57
Lisa Eger	Coronach	5:57.12
Jen Jonsson	Notre Dame	5:57.67
Marcy Wasylenka	Caronport	5:46.94
Kim Mondor	Willow Bunch	5:46.65
Sara Thiessen	Caronport	5:33.02
Sara Thiessen	Caronport	5:37.00
Sara Thiessen	Caronport	5:36.12
Sara Thiessen	Caronport	5:37.01
Jamie Enns	Caronport	5:48.99
Jenny Warken	Bengough	5:28.16
Sara Hicks	Lafleche	5:48.37
Sara Hicks	Lafleche	5:34.34
Sue Gray	Prairie View	5:40.01

**3000m**

2009 Linnea Smith	Vanier	12:27.00
2008 Lauren Haffner	Central	12:29.00
2007 Amberly Doucette	Ecole Ducharme	12.36.50
2006 Sarah Watamanuk	Crane Valley	13.09.87
2005 Taylor Sherven	Mankota	12.44.50
2004 Hannah Erb	Herbert	12.33.80
2003 Natalie Oram	Central Butte	14.45.84
2002 Trisha Doyle	Morse	12.05.08
2001 Lisa Eger	Coronach	13.06.59
2000 Tenille Ostrander	Morse	13.23.11
1999 Mary Wasylenka	Caronport	13.04.52
1998 Kim Mondor	Willow Bunch	12.47.19
1997 Sara Thiessen	Caronport	11.39.60
1996 Sara Thiessen	Caronport	12.21.69
1995 Sara Thiessen	Caronport	12.16.72
1994 Sara Thiessen	Caronport	12.59.83
1993 Alison Gerber	Caronport	13.14.24
1992 Naomi Martens	Herbert	12.39.70
1991 Jill Hamm	Herbert	17.35.62
1990 Christa Morhart	Briercrest	13.50.46
1989 No Results		

**Shot Put**

Danika Wolfe	Central	9.53
Emma Dyck	Coronach	8.77
Caroline Beck	Rouleau	10.34
Leah Hesterman	Crane Valley	8.69
Brittany Polley	Chaplin	9.79
Mandy Schwartz	Notre Dame	9.46
Christina Beck	Rouleau	10.62
Adrienne Ray	Crane Valley	8.11
Megan Jordison	Crane Valley	10.43
Megan Jordison	Crane Valley	10.04
Michelle Perkin	Rouleau	8.96
Michelle Perkin	Rouleau	9.21
Lana Stevens	Mankota	9.94
Lana Stevens	Mankota	9.79
Miranda Kaiswahn	Notre Dame	8.56
Miranda Kaiswahn	Notre Dame	9.03
Jill Hannah	Notre Dame	8.52
Heidi Starr	Caronport	8.72
Sarah Howald	Notre Dame	9.79
Krista Seibert	Milestone	9.17
Erin Huck	Notre Dame	9.44

**Discus**

Danika Wolfe	Central	25.84
Emma Dyck	Coronach	28.75
Caroline Beck	Rouleau	27.50
Brooke Ellis	Rockglen	30.63
Laura Froehlich	Chaplin	27.92
Sarah Willet	College Mathieu	25.75
Christina Beck	Rouleau	35.09
Brianne Weisgerber	Rockglen	24.96
Carmen Goetz	Caronport	23.76
Megan Jordison	Crane Valley	26.78
Amy Hutton	Glentworth	26.00
Jaclyn Mann	Rouleau	27.23
Tanya Reisner	Limerick	25.20
Kristen McDonnel	Notre Dame	24.64
Angie Andrews	Chaplin	29.41
Angie Andrews	Chaplin	32.98
Leisa Johnson	Briercrest	27.37
Niki Johnston	Bengough	25.59
Sarah Howald	Notre Dame	33.02
Shelley Wilson	Morse	26.45
Carla Hruska	Morse	25.95

**Javelin**

2009 Danika Wolfe	Central	27.79
2008 Kendal Dombowsky	Avonlea	27.98
2007 Alysse Papic	Central	27.98
2006 Heidi Conner	Notre Dame	28.05
2005 Natasha Perkins	Notre Dame	24.68
2004 Laura Connor	Notre Dame	27.52
2003 Bobbi Ross	Assiniboia	32.46
2002 Carmen Lizée	Notre Dame	27.75
2001 Kassi Myren	Ogema	24.92
2000 Hailey Eckstrand	Notre Dame	25.80
1999 Keri Seibert	Herbert	24.31
1998 Coralee Kirby	Coronach	25.66
1997 Rhonda Strayer	Rouleau	26.36
1996 Jill Pain	Notre Dame	29.64
1995 Chr. Marcinkoski	Coronach	27.72
1994 Leah Rasmussen	Rouleau	28.25
1993 Danielle Lalond	College Mathieu	24.92
1992 Natasha Haubrich	Hodgeville	31.57
1991 Sarah Howald	Notre Dame	28.74
1990 Krista Seibert	Milestone	28.76
1989 Rachel Coulter	Briercrest	31.49

**Long Jump**

Jessica Lariviere	Cornerstone	4.87
Kristina Segall	Peacock	4.60
Ashley Kirkpatrick	Avonlea	4.57
Heather Batty	Assiniboia	4.25
Jessica McIntosh	Caronport	4.45
Ashley Getzlaf	Avonlea	4.42
Robyn Bauck	Chaplin	4.57
Krista Hallborg	Chaplin	4.65
Kristina Block	Coronach	4.38
Jen Hoffart	Notre Dame	4.49
Toni Bocek	Hodgeville	4.41
Tricia Hallborg	Chaplin	4.52
Candice Hepworth	Assiniboia	4.74
Valerie Schultz	Caronport	5.13
Valerie Schultz	Caronport	4.67
Shella Carlson	Mossbank	4.86
Brandy Neuels	Ogema	4.64
Brandy Neuels	Ogema	4.62
Christine Weppler	Morse	4.71
Shelley Wilson	Morse	4.60
Julie Nagel	Mossbank	4.65

**Triple Jump**

Jina Barker	Central	11.27
Kelsey Konihowski	Central	9.03
Ashley Kirkpatrick	Avonlea	9.65
Tori Anderson	Glentworth	9.40
Sabrina Heywood	Rouleau	9.83
Ashley Getzlaf	Avonlea	9.79
Robyn Bauck	Chaplin	10.58
Krista Hallborg	Chaplin	9.72
Kimberly Craven	Bengough	9.29
Erin Fischer	Hodgeville	9.73
Toni Bocek	Hodgeville	10.07
Erin Gleim	Chaplin	9.69
Erin Gleim	Chaplin	10.44
Valerie Schultz	Caronport	10.55
Valerie Schultz	Caronport	9.87
Jana Epp	Herbert	9.25
Brandy Neuels	Ogema	9.70
Brandy Neuels	Ogema	9.81
Brandy Neuels	Ogema	9.49
Shelley Wilson	Morse	9.34
Teresa Underwood	Milestone	9.77

**High Jump**

2009	Jessica Lariviere	Cornerstone	1.61	Moose Jaw	55.40
2008	Alanna Mitchell	Caronport	1.55	Moose Jaw	55.60
2007	Shelby Mackey	Central	1.25	South East	55.90
2006	Brooke Ellis	Rockglen	1.42	Golden Plains	56.78
2005	Liz Richards	Assiniboia	1.35	No Event Held	
2004	Ashton Beitel	Briercrest	1.45	No Event Held	
2003	Angela Metke	Pangman	1.40	Prairie View	56.53
2002	Brittany Baxter	Morse	1.43	Herbert	55.80
2001	Mary Crooks	Rockglen	1.40	Borderland	58.06
2000	Erin Fischer	Hodgeville	1.44	Borderland	55.80
1999	Toni Bocek	Hodgeville	1.55	Herbert	56.45
1998	Falin Schaefer	Yellowgrass	1.47	Herbert	55.89
1997	Falin Schaefer	Yellowgrass	1.60	Herbert	54.55
1996	Andrea Guenther	Hodgeville	1.50	Herbert	53.79
1995	Andrea Guenther	Hodgeville	1.53	Herbert	54.98
1994	Jamie Fast	Herbert	1.52	Wood River	56.03
1993	Jamie Fast	Herbert	1.51	Prairie View	54.84
1992	Christina Thiele	Briercrest	1.50	Prairie View	54.02
1991	Linda Vanstone	Lang	1.50	Prairie View	54.99
1990	Christine Wepler	Morse	1.50	Wood River	57.16
1989	Angela Ardette	Milestone	1.50	Prairie View	55.66

**4 X 100 Relay**