

# South Central District Senior Girls Champions

<b>80-m Hurdles</b>			<b>100m</b>			<b>200m</b>		
2009 Brooke Olmstead	Caronport	12.90	Jaime Bromley	Central	13.40	Kelsey Konihowski	Central	27.90
2008 Heather Batty	Assiniboia	13.80	Jillian Heatcoat	Assiniboia	13.50	Heather Batty	Assiniboia	28.20
2007 Sarah Bauck	Chaplin	13.90	Lacey Smith	Vanier	13.50	Anne Bjorge	Central	29.20
2006 Sarah Bauck	Chaplin	14.25	Cassandra Flanigan	Notre Dame	12.93	Cassandra Flanigan	Notre Dame	27.35
2005 Alea Benson	Central Butte	14.16	Robyn Bauck	Chaplin	12.81	Jaelyn Wolverton	Caronport	28.06
2004 Renee Froese	Caronport	13.33	Robyn Bauck	Chaplin	13.35	Jaelyn Wolverton	Caronport	27.50
2003 Dani Froese	Caronport	13.15	Kimberly Craven	Bengough	13.50	Jeneen Ewen	Central Butte	28.59
2002 Kimberly Craven	Bengough	13.00	Kimberly Craven	Bengough	13.00	Shannon Warken	Avonlea	28.25
2001 Tammy Seibel	Herbert	14.06	Carlyn Fisher	Bengough	13.12	Carlyn Fisher	Bengough	28.50
2000 Tammy Seibel	Herbert	13.71	Tricia Hallborg	Chaplin	13.60	Jeneen Ewen	Central Butte	28.75
1999 Kristin Watkinson	Central Butte	13.99	Karen Madigan	Ogema	13.35	Mikyla Conway	Notre Dame	28.55
1998 Cortney Ebel	Hodgeville	14.17	Andrea Guenther	Hodgeville	12.92	Bre Deobald	Hodgeville	27.87
1997 Valerie Schultz	Caronport	13.27	Bre Deobald	Hodgeville	13.08	Bre Deobald	Hodgeville	27.46
1996 Amy Wesylenka	Caronport	14.44	Kim Lewis	Coronach	13.00	Amy Bean	Rouleau	28.18
1995 Jamie Fast	Herbert	13.51	Jamie Fast	Herbert	11.90	Kassandra Metayer	Notre Dame	26.71
1994 Adrienne Wiebe	Herbert	13.34	Lana Hartley	Ogema	13.60	Linda Vanstone	Milestone	28.35
1993 Adrienne Wiebe	Herbert	13.37	Linda Vanstone	Milestone	14.22	Linda Vanstone	Milestone	28.52
1992 Jennifer Gilchrist	Caronport	14.60	Shannon Clarke	Rouleau	13.66	Shannon Clarke	Rouleau	29.28
1991 Kirsten Peter	Caronport	13.11	Kirsten Peter	Caronport	13.23	Kirsten Peter	Caronport	28.48
1990 Kirsten Peter	Caronport	12.83	Jodi Quinney	Notre Dame	13.23	Jodi Quinney	Notre Dame	27.19
1989 Jennifer Walls	Herbert	15.00	Nicole Crawford	Thundercreek	12.63	Nicole Crawford	Thundercreek	27.76
<b>400m</b>			<b>800m</b>			<b>1500m</b>		
2009 Shelby Saylor	Central	1:11.40	Lauren Haffner	Caronport	2:39.10	Lauren Haffner	Caronport	5:33.00
2008 Rejoice Musa	Central	1:03.50	Rejoice Musa	Central	2:25.00	Rejoice Musa	Central	5:21.70
2007 Michelle Sharpe	Central	1:06.10	Anne Kowalchuk	Caronport	2:42.60	Anne Kowalchuk	Caronport	5:43.30
2006 Cassandra Flanigan	Notre Dame	1:03.41	Mandy Schwartz	Notre Dame	2:35.75	Mandy Schwartz	Notre Dame	5:46.13
2005 Chantel Morrison	Notre Dame	1:07.45	Dixie Nidesh	Caronport	2:52.79	Brodie Macdonald	Notre Dame	5:59.09
2004 Renee Froese	Caronport	1:04.06	Trisha Doyle	Morse	2:24.50	Trisha Doyle	Morse	5:00.30
2003 Renee Froese	Caronport	1:03.46	Trisha Doyle	Morse	2:31.78	Trisha Doyle	Morse	5:19.85
2002 Krista Sherven	Mankota	1:06.92	Jen Jonsson	Notre Dame	2:43.13	Jen Jonsson	Notre Dame	5:59.16
2001 Megan Warken	Bengough	1:06.28	Jen Jonsson	Notre Dame	2:45.62	Jen Jonsson	Notre Dame	5:52.38
2000 Ashley Davidson	Notre Dame	1:07.79	Kristen Marshall	Yellowgrass	2:48.60	Melissa Noble	Coronach	6:15.60
1999 Mikyla Conway	Notre Dame	1:04.42	Natalie Voth	Herbert	2:42.60	Sandra Gregory	Notre Dame	5:45.56
1998 Mikyla Conway	Notre Dame	1:05.86	Jodi Magee	Caronport	2:39.50	Jodi Magee	Caronport	5:39.06
1997 Erica Anderson	Caronport	1:03.16	Sarah MacLellan	Caronport	2:37.32	Sarah MacLellan	Caronport	5:37.40
1996 Amy Bean	Rouleau	1:03.45	Sarah MacLellan	Caronport	2:41.75	Sarah MacLellan	Caronport	5:45.14
1995 Kassandra Metayer	Notre Dame	1:00.85	Megan Dickens	Notre Dame	2:40.11	Megan Dickens	Notre Dame	5:35.05
1994 Cathy Vincent	Caronport	1:06.91	Naomi Martens	Herbert	2:48.04	Christina Voison	Mossbank	6:00.75
1993 Jenny Warken	Bengough	1:05.65	Candace Odgers	Notre Dame	2:31.40	Candace Odgers	Notre Dame	5:28.11
1992 Jeni Mayo	Kincaid	1:07.46	Jane Wigmore	Caronport	2:39.55	Jane Wigmore	Caronport	5:32.40
1991 Kirsten Peter	Caronport	1:05.98	Erin Schmaltz	Notre Dame	2:46.10	Shenandoah Martens	Herbert	6:31.67
1990 Denise Schmidt	Hodgeville	1:02.05	Andy Schmaltz	Notre Dame	2:50.09	Kathy Dasiuk	Caronport	6:04.77
1989 Nicole Akins	Briercrest	1:06.41	Judy Krajczyk	Thundercreek	2:47.17	Shelley Taylor	Thundercreek	6:11.53

**3000m**

2009	Lauren Haffner	Caronport	11:47.80
2008	Amberly Doucette	Ecole Ducharme	12:13.20
2007	Anne Kowalchuk	Caronport	12:36.20
2006	Anne Kowalchuk	Caronport	13:02.23
2005	Hannah Erb	Herbert	12:33.84
2004	Trisha Doyle	Morse	10:35.50
2003	Trisha Doyle	Morse	11:21.00
2002	Jen Jonsson	Notre Dame	13:33.99
2001	Jen Jonsson	Notre Dame	13:25.96
2000	Melissa Noble	Coronach	13:45.42
1999	Sandra Gregory	Notre Dame	13:02.81
1998	Jenna Layden	Notre Dame	13:12.29
1997	Sarah MacLellan	Caronport	12:19.10
1996	Sarah MacLellan	Caronport	12:28.64
1995	Megan Dickens	Notre Dame	12:04.03
1994	Jamie Enns	Caronport	13:13.16
1993	Heidi Regier	Caronport	13:27.94
1992	Jane Wigmore	Caronport	12:06.12
1991	Shenandoah Martens	Herbert	13:37.44
1990	Andy Sanderson	Notre Dame	13:09.40
1989	No Results		

**Javelin**

2009	Alysse Papis	Central	30.02
2008	Ashley Lawrence	Mossbank	28.54
2007	Krysta Wickenhauser	Peacock	27.03
2006	Laura Connor	Notre Dame	28.84
2005	Jaclyn Wolverton	Caronport	39.06
2004	Jaclyn Wolverton	Caronport	35.33
2003	Amanda McNutt	Crane Valley	27.57
2002	Jessi Livingston	Caronport	34.96
2001	Andria Jones	Central Butte	30.56
2000	Keri Siebert	Herbert	30.23
1999	Lana Stevens	Assiniboia	32.77
1998	Tricia Crowther	Chaplin	25.50
1997	Jill Pain	Notre Dame	31.82
1996	Carolyn Hall	Notre Dame	27.68
1995	Miranda Callingbull	Notre Dame	32.71
1994	Natasha Haubrich	Hodgeville	32.25
1993	Natasha Haubrich	Hodgeville	29.64
1992	Sarah Howald	Notre Dame	34.07
1991	Donna MacQuarrie	Briercrest	25.84
1990	Rachel Coulter	Briercrest	29.77
1989	Lisa Coward	Herbert	26.74

**Shot Put**

Emma Dyck	Coronach	10.02
Jillian Heatcoat	Assiniboia	9.89
Jillian Heatcoat	Assiniboia	9.71
Margo Rioux	Notre Dame	10.27
Allison Leedholm	Caronport	8.63
Christina Beck	Rouleau	10.64
Megan Jordison	Crane Valley	11.30
Megan Jordison	Crane Valley	10.91
Carly Borgerson	Rockglen	9.24
Tricia Guest	Notre Dame	9.81
Lana Stevens	Assiniboia	11.18
Lana Stevens	Mankota	11.51
Andrea Mainil	Notre Dame	9.56
Jamie Houser	Caronport	8.80
Miranda Callingbull	Notre Dame	9.09
Natasha Haubrich	Hodgeville	10.20
Natasha Haubrich	Hodgeville	9.11
Krista Seibert	Milestone	10.79
Krista Seibert	Milestone	9.37
Sonya Kirby	Avonlea	9.96
Laurie Miller	Gravelbourg	9.13

**Long Jump**

Jessica Lariviere	Cornerstone	4.87
Jillian Heatcoat	Assiniboia	4.73
Anne Bjorge	Central	4.41
Ashley Getzlaf	Avonlea	4.55
Ashley Getzlaf	Avonlea	4.81
Robyn Bauck	Chaplin	4.69
Krista Hallborg	Chaplin	4.43
Genevieve Tardif	Caronport	4.64
Genevieve Tardif	Caronport	4.59
Tricia Hallborg	Chaplin	4.56
Kristin Watkinson	Central Butte	4.50
Shannan Martindale	Ogema	4.52
Valerie Schultz	Caronport	4.81
Carolyn Hall	Notre Dame	4.57
Carol Schiebel	Notre Dame	4.93
Brandy Neuls	Ogema	4.91
Rita Daradics	Notre Dame	4.66
Sara Hicks	Lafleche	4.55
Krystal Piche	Rouleau	4.96
Krystal Piche	Rouleau	4.93
Tracy McGuire	Prairie View	4.75

**Discus**

Emma Dyck	Coronach	33.40
Jillian Heatcoat	Assiniboia	34.01
Jillian Heatcoat	Assiniboia	34.47
Jalene Schmidt	Glentworth	27.53
Jessica Kolopenuk	Notre Dame	27.16
Christina Beck	Rouleau	34.14
Megan Jordison	Crane Valley	30.72
Megan Jordison	Crane Valley	30.85
Nicola Falloon	Notre Dame	27.30
Tricia Guest	Notre Dame	27.71
Tricia Guest	Notre Dame	27.98
Katrina Warken	Bengough	27.21
Carly Weinbender	Morse	25.16
Angie Andrews	Chaplin	27.44
Miranda Callingbull	Notre Dame	30.56
Ruth Teruel	Caronport	28.65
Christine Weppler	Morse	28.54
Sarah Howald	Notre Dame	31.45
Krista Seibert	Milestone	27.36
Rachelle Sandor	Glentworth	25.57
Lynn Paterson	Thundercreek	26.47

**Triple Jump**

Kelsey Konihowski	Central	10.30
Randi Mattus	Chaplin	9.89
Ashley Buekert	Avonlea	9.70
Ashley Getzlaf	Avonlea	10.16
Robyn Bauck	Chaplin	10.42
Robyn Bauck	Chaplin	10.00
Tanielle Hilderman	Notre Dame	9.65
Genevieve Tardif	Caronport	10.31
Genevieve Tardif	Caronport	9.96
Tricia Hallborg	Chaplin	9.82
Erin Gleim	Chaplin	10.10
Carolyn Hall	Notre Dame	9.84
Valerie Schultz	Caronport	10.56
Carolyn Hall	Notre Dame	10.01
Janna Epp	Herbert	9.66
Brandy Neuls	Ogema	10.03
Christina Thiele	Briercrest	9.40
Kim Sandbeck	Mossbank	9.30
Krystal Piche	Rouleau	10.45
Krystal Piche	Rouleau	10.11
Nicole Crawford	Thundercreek	9.81

<b>High Jump</b>			<b>4 X 100 Relay</b>			<b>4 X 400 Relay</b>		
2009	Alana Mitchell	Caronport	1.50	Moose Jaw	54.10	North		4:31.00
2008	Kyla McLean	Glentworth	1.45	South East	55.70	Moose Jaw		4:32.20
2007	Brooke Ellis	Rockglen	1.50	North	56.60	Moose Jaw		4:25.50
2006	Melanie Flegel	Briercrest	1.35	Thundercreek	54.94	Thundercreek		4:41.62
2005	Amanda Collins	Glentworth	1.48	Thundercreek	54.94	Thundercreek		4:36.34
2004	Jaclyn Wolverson	Caronport	1.45	No Event Held		No Event Held		
2003	Krista Sherven	Notre Dame	1.40	Herbert	55.80	Thundercreek		4:35.39
2002	Sarah Crooks	Rockglen	1.56	Prairie View	55.31	Thundercreek		4:39.87
2001	Sarah Crooks	Rockglen	1.56	Borderland	56.44	Thundercreek		4:40.27
2000	Kristen Cole	Milestone	1.49	Herbert	55.71	Prairie View		4:40.76
1999	Falin Schaefer	Yellowgrass	1.55	Prairie View	55.29	Thundercreek		4:40.56
1998	Sophie Agushi	Morse	1.47	Herbert	55.85	Prairie View		4:38.75
1997	Michelle Piche	Rouleau	1.52	Thundercreek	55.48	Thundercreek		4:36.76
1996	Michelle Piche	Rouleau	1.52	Herbert	57.31	Thundercreek		4:38.00
1995	Jamie Fast	Herbert	1.48	Thundercreek	55.69	Thundercreek		4:39.18
1994	Linda Vanstone	Milestone	1.45	Prairie View	54.27	No Results		
1993	Christina Thiele	Briercrest	1.49	Prairie View	55.28	Thundercreek		4:44.23
1992	Angie Reed	Gravelbourg	1.50	Wood River	56.99	Prairie View		4:48.32
1991	Krystal Piche	Rouleau	1.57	Prairie View	56.34	Thundercreek		4:40.29
1990	Krystal Piche	Rouleau	1.55	Prairie View	53.30	Prairie View		4:43.77
1989	Glenn Kreiser	Borderland	1.45	Thundercreek	55.79	No Results		