

## South Central District Senior Girls Champions

<b>80-m Hurdles</b>			<b>100m</b>			<b>200m</b>		
2011 Ashley Promhouse	Kincaid	13.40	Ashley Promhouse	Kincaid	13.50	Jessica Williams	Peacock	28.50
2010 Amy van den Hooven	Peacock	12.80	Jina Barker	Central	13.30	Jina Barker	Central	27.40
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	Jaclyn Wolverton	Caronport	28.06
2004 Renee Froese	Caronport	13.33	Robyn Bauck	Chaplin	13.35	Jaclyn 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>		
2011 Tye Buettner	Peacock	1:06.00	Tye Buettner	Peacock	2:36.40	Tye Buettner	Peacock	5:28.50
2010 Amy van den Hooven	Peacock	1:04.30	Chloe Froehlich	Vanier	2:30.80	Linnea Smith	Vanier	5:41.50
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**

2011 Tye Buettner	Peacock	11:19.60
2010 Linnea Smith	Vanier	12:24.00
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		

**Shot Put**

Kristina Disney	Rockglen	8.47
Danika Wolfe	Central	10.00
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

**Discus**

Laura Archer	Mossbank	29.98
Danika Wolfe	Central	31.75
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

**Javelin**

2011 Laura Archer	Mossbank	24.13
2010 Callie Gibson	Glentworth	31.10
2009 Alysse Papic	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

**Long Jump**

Jessica Williams	Peacock	4.43
Jina Barker	Central	5.02
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

**Triple Jump**

Ashley Promhouse	Kincaid	9.72
Jina Barker	Central	11.25
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

**High Jump**

2011 Jessica Paradon  
 2010 Jessica Paradon  
 2009 Alana Mitchell  
 2008 Kyla McLean  
 2007 Brooke Ellis  
 2006 Melanie Flegel  
 2005 Amanda Collins  
 2004 Jaclyn Wolverton  
 2003 Krista Sherven  
 2002 Sarah Crooks  
 2001 Sarah Crooks  
 2000 Kristen Cole  
 1999 Falin Schaefer  
 1998 Sophie Agushi  
 1997 Michelle Piche  
 1996 Michelle Piche  
 1995 Jamie Fast  
 1994 Linda Vanstone  
 1993 Christina Thiele  
 1992 Angie Reed  
 1991 Krystal Piche  
 1990 Krystal Piche  
 1989 Glenn Kreiser

Assiniboia  
 Assiniboia  
 Caronport  
 Glentworth  
 Rockglen  
 Briercrest  
 Glentworth  
 Caronport  
 Notre Dame  
 Rockglen  
 Rockglen  
 Milestone  
 Yellowgrass  
 Morse  
 Rouleau  
 Rouleau  
 Herbert  
 Milestone  
 Briercrest  
 Gravelbourg  
 Rouleau  
 Rouleau  
 Borderland

1.30 No Event Held  
 1.40 Moose Jaw  
 1.50 Moose Jaw  
 1.45 South East  
 1.50 North  
 1.35 Thundercreek  
 1.48 Thundercreek  
 1.45 No Event Held  
 1.40 Herbert  
 1.56 Prairie View  
 1.56 Borderland  
 1.49 Herbert  
 1.55 Prairie View  
 1.47 Herbert  
 1.52 Thundercreek  
 1.52 Herbert  
 1.48 Thundercreek  
 1.45 Prairie View  
 1.49 Prairie View  
 1.50 Wood River  
 1.57 Prairie View  
 1.55 Prairie View  
 1.45 Thundercreek

**4 X 100 Relay****4 X 400 Relay**

No Event Held  
 55.20 Moose Jaw  
 54.10 North  
 55.70 Moose Jaw  
 56.60 Moose Jaw  
 54.94 Thundercreek  
 54.94 Thundercreek  
 No Event Held  
 55.80 Thundercreek  
 55.31 Thundercreek  
 56.44 Thundercreek  
 55.71 Prairie View  
 55.29 Thundercreek  
 55.85 Prairie View  
 55.48 Thundercreek  
 57.31 Thundercreek  
 55.69 Thundercreek  
 54.27 No Results  
 55.28 Thundercreek  
 56.99 Prairie View  
 56.34 Thundercreek  
 53.30 Prairie View  
 55.79 No Results

4:25.70  
 4:31.00  
 4:32.20  
 4:25.50  
 4:41.62  
 4:36.34  
 4:35.39  
 4:39.87  
 4:40.27  
 4:40.76  
 4:40.56  
 4:38.75  
 4:36.76  
 4:38.00  
 4:39.18  
 4:44.23  
 4:48.32  
 4:40.29  
 4:43.77

**Quadathlon**

2011 Kendra Froehlich

Central

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