

Howells-Dodge Jaguars Track & Field

GIRLS - Top 5 performances since 2013

	Overall	Year	Seniors	Juniors	Sophomores	Freshmen	
Long Jump							
1	Elizabeth Sindelar	16'11	2014	Heather Muller 16'3	Jill Rocheford 15'10.25	Elizabeth Sindelar 15'10.25	Elizabeth Sindelar 16'11
2	Heather Muller	16'3	2013	Haley Kampschnieder 15'7.75	Morgan Baumert 15'6.25	Kalli Brester 15'0.75	Jill Grovijohn 14'11.75
3	Jill Rocheford	15'10.25	2013	Jill Rocheford 15'6	Macey Kulhanek 14'4.75	Jillian Grovijohn 14'11.5	Grace Kreikemeier 14'4
4	Haley Kampschnieder	15'7.75	2013	Morgan Baumert 15'0	Tonya Brester 13'5.5	Morgan Baumert 14'4	Tonya Brester 13'10
5	Morgan Baumert	15'6.25	2014	Leah Grovijohn 12'7		Alyssa Cappellano 14'0	Logan Fiala 13'6.5
Triple Jump							
1	KC Heimann	34'6	2013	KC Heimann 34'6	Morgan Baumert 33'1.75	Morgan Baumert 31'8	Tonya Brester 30'2
2	Haley Kampschnieder	33'5.75	2013	Haley Kampschnieder 33'5.75	Jill Rocheford 32'9.25	Jillian Grovijohn 28'5	Erin Prusa 29'10
3	Morgan Baumert	33'1.75	2014	Jill Rocheford 32'3	Tonya Brester 30'6		Jill Grovijohn 29'5.5
4	Jill Rocheford	32'9.25	2013	Morgan Baumert 31'3.25			Hailey Coufal 28'4.75
5	Tonya Brester	30'6	2018				Brooklyn Macholan 28'2
High Jump							
1	Tessa Brester	4'11	2017	Tessa Brester 4'11	Tessa Brester 4'10	Tessa Brester 4'8	Tessa Brester 4'9
2	Emily Brichacek	4'10	2013	Emily Brichacek 4'8	Emily Brichacek 4'10		Erin Prusa 4'6
3	Erin Prusa	4'6	2016				Grace Kreikemeier 4'4
4	Grace Kreikemeier	4'4	2017				
5							
Shot Put							
1	Abby Coday	39'1	2015	Abby Coday 39'1	Abby Coday 38'11.75	Madyson Cech 35'7	Brooklyn Macholan 32'0.5
2	Emily Brichacek	36'1.5	2013	Emily Brichacek 34'5	Emily Brichacek 36'1.5	Abby Coday 35'5	Lindsey Pickhinke 31'9.5
3	Madyson Cech	35'7	2018	Dana Eikmeier 33'9	Erin Prusa 32'4.5	Lexie Brester 32'0	Madyson Cech 31'6
4	Dana Eikmeier	33'9	2013	Lindsey Pickhinke 32'0	Lindsey Pickhinke 30'6	Lindsey Pickhinke 29'7	Lexie Brester 30'11.5
5	Erin Prusa	32'4.5	2018	Erin Prusa 28'10.5	Sam Brester 27'2	Kelly Cech 29'1.5	Ellie Sheaks 25'0.5
Discus							
1	Erin Prusa	137'9	2019	Erin Prusa 137'7	Erin Prusa 121'11	Madyson Cech 114'9	Madyson Cech 98'1
2	Madyson Cech	114'9	2018	Emily Brichacek 114'3	Emily Brichacek 94'6	Erin Prusa 113'5	Alyssa Coufal 81'1
3	Emily Brichacek	114'3	2014	Makenzie Polacek 113'5	Abby Coday 87'9	Alyssa Coufal 89'8	Lindsey Pickhinke 72'11
4	Makenzie Polacek	113'5	2013	Abby Coday 111'11	Lindsey Pickhinke 74'4	Lexie Brester 84'1	Lexie Brester 71'0
5	Abby Coday	111'11	2015	Paige Indra 81'7	Casey Smith 73'11	Perla Delgado 79'7	Ellie Sheaks 68'3
100 HH							
1	KC Heimann	15.7	2013	KC Heimann 15.7	Faith Molacek 17.7	Alyssa Cappellano 18.27	
2	Faith Molacek	17.3	2015	Faith Molacek 17.3	Alyssa Cappellano 18.05		
3	Alyssa Cappellano	18.05	2019	Leah Grovijohn 19.3			
4	Leah Grovijohn	19.3	2013				
5							
300 LH							
1	KC Heimann	48.8	2013	KC Heimann 48.8	Faith Molacek 51.5	Alyssa Cappellano 52.82	Shelby Risch 57.69
2	Faith Molacek	51.5	2014	Faith Molacek 51.5	Macey Kulhanek 51.7	Tami Dostal 59.3	Janessa Schmidt 68.49
3	Macey Kulhanek	51.7	2017	Tami Dostal 57.2	Alyssa Cappellano 53.45		
4	Alyssa Cappellano	52.82	2018	Leah Grovijohn 59.4	Mallory Rolf 56.0		
5	Mallory Rolf	56.0	2015		Tami Dostal 57.3		
55 Meter Dash							
1				Elizabeth Sindelar 7.67	KC Heimann 9.29	2015	1:32.35
2				Kalli Brester 8.14	Faith Molacek 10.07	2017	1:32.96
3				Sam Brester 8.21	Leah Grovijohn 10.95	2014	1:35.17
4				Macey Kulhanek 8.27		2016	1:37.97
5				Jill Rocheford 8.38		2013	1:38.32
55 Meter HH							
4 X 1 Lap Relay							

	Overall	Year	Seniors	Juniors	Sophomores	Freshmen	
100							
1	Elizabeth Sindelar	12.5	2014	Elizabeth Sindelar 12.9	Elizabeth Sindelar 13.1	Elizabeth Sindelar 12.7	Elizabeth Sindelar 12.5
2	Kalli Brester	13.2	2016	Kalli Brester 13.3	Kalli Brester 13.2	Kalli Brester 13.4	Sam Brester 13.7
3	Morgan Baumert	13.3	2015	Morgan Baumert 13.3	McKenna Klosen 14.1	McKenna Klosen 13.8	McKenna Klosen 13.8
4	Sam Brester	13.7	2014	Tessa Brester 14.0		Morgan Baumert 14.0	Kara Brichacek 13.9
5	McKenna Klosen	13.8	16/17	Leah Grovijohn 15.1		Riley Pokorny 14.73	Brooklyn Macholan 14.33
200							
1	Elizabeth Sindelar	25.9	2014	Elizabeth Sindelar 26.9	Elizabeth Sindelar 27.5	Elizabeth Sindelar 26.3	Elizabeth Sindelar 25.9
2	Sam Brester	28.0	2014		Sam Brester 28.3	Kalli Brester 28.9	Sam Brester 28.0
3	Macey Kulhanek	28.58	2017		Macey Kulhanek 28.58	McKenna Klosen 29.0	Tessa Brester 28.7
4	Tessa Brester	28.7	2014		Kalli Brester 28.9	Morgan Baumert 29.4	McKenna Klosen 29.6
5	Kalli Brester	28.9	2015		McKenna Klosen 29.62	Kara Brichacek 29.9	Cassie Pieper 29.89
400							
1	Sam Brester	61.83	2015	Sam Brester 62.28	Sam Brester 62.7	Sam Brester 61.83	Sam Brester 63.2
2	Macey Kulhanek	64.1	2017	Madison Novicki 69.3	Macey Kulhanek 64.1	Jessi Brester 66.9	Tessa Brester 66.4
3	Tessa Brester	66.4	2014		Jessi Brester 67.01	Faith Molacek 67.8	McKenna Klosen 68.2
4	Jessi Brester	67.01	2018		Faith Molacek 67.3	Tessa Brester 68.45	Jessi Brester 68.4
5	Faith Molacek	67.3	2014		Tessa Brester 67.7	Jillian Grovijohn 68.89	Jaedyn Ratzlaff 70.84
800							
1	Sam Brester	2:29.82	2015	Anna Grovijohn 2:35.0	Haley Eikmeier 2:30.5	Sam Brester 2:29.82	Haley Eikmeier 2:36.7
2	Haley Eikmeier	2:30.54	2015	Sam Brester 2:37.11	Jessi Brester 2:34.35	Haley Eikmeier 2:30.54	Tessa Brester 2:39.4
3	Jessi Brester	2:34.35	2018	Haley Eikmeier 2:37.5		Jessi Brester 2:45.31	Jessi Brester 2:43.5
4	Anna Grovijohn	2:35.3	2013	Jessi Brester 2:47.24		Lexie Tupaz 3:11.37	Kennady Schmidt 2:48.16
5	Tessa Brester	2:39.4	2014				Jill Grovijohn 2:48.84
1600							
1	Sam Brester	6:04.8	2016	Haley Eikmeier 6:42.0	Sam Brester 6:04.8	Chelsea Bayer 6:14.6	Lilly Praest 6:06.11
2	Lilly Praest	6:06.11	2019	Breanne Brester 6:45.5	Breanne Brester 6:36.3	Shayna Henrickson 6:30.2	Tonya Brester 6:28.2
3	Chelsea Bayer	6:14.6	2015	Kayla Tomasek 7:15.9	Taya VanLengen 6:58.75	Mallory Rolf 6:35.0	Taya VanLengen 6:36.9
4	Tonya Brester	6:28.2	2016			Lexie Tupaz 6:59.9	Shelby Risch 6:46.62
5	Shayna Henrickson	6:30.2	2013				Grace Dvorak 6:49.57
3200							
1	Lilly Praest	14:04.4	2019		Taya VanLengen 14:33.13	Taya VanLengen 14:12.82	Lilly Praest 14:04.4
2	Taya VanLengen	14:12.82	2018		Breanne Brester 14:34.8		Grace Dvorak 14:17.0
3	Grace Dvorak	14:17.0	2016		Tonya Brester 15:11.2		Shelby Risch 14:22.51
4	Shelby Risch	14:22.51	2019				Taya VanLengen 14:30.5
5	Breanne Brester	14:34.8	2013				
4 X 400 Relay Split							
1	Sam Brester	60.7	2016	Tessa Brester 62.4	Sam Brester 60.7	Sam Brester 62.3	Sam Brester 66.7
2	Tessa Brester	62.4	2017	Kalli Brester 62.6	Tessa Brester 63.3	Kalli Brester 65.9	Tessa Brester 67.0
3	Kalli Brester	62.6	2017	Sam Brester 63.1	Kalli Brester 63.6	Tessa Brester 66.4	Jaedyn Ratzlaff 70.1
4	Macey Kulhanek	64.3	2017	Anna Grovijohn 64.9	Macey Kulhanek 64.3	Haley Eikmeier 66.8	Riley Pokorny 70.1
5	Haley Eikmeier	64.4	2016	Haley Kampschnieder 67.6	Haley Eikmeier 64.4	Faith Molacek 67.7	McKenna Klosen 71.0
4 X 800 Relay Split							
1	Sam Brester	2:26.6	2015	Sam Brester 2:27.9	Sam Brester 2:28.1	Sam Brester 2:26.6	Lilly Praest 2:36.3
2	Haley Eikmeier	2:28.6	2016	Anna Grovijohn 2:32.9	Haley Eikmeier 2:28.6	Haley Eikmeier 2:30.1	Jessi Brester 2:36.5
3	Jessi Brester	2:29.8	2018	Tessa Brester 2:32.9	Jessi Brester 2:29.8	Jessi Brester 2:35.2	Jaedyn Ratzlaff 2:36.5
4	Tessa Brester	2:31.9	2016	Haley Eikmeier 2:37.7	Tessa Brester 2:31.9	Tessa Brester 2:37.7	Riley Pokorny 2:39.6
5	Anna Grovijohn	2:32.9	2013	Haley Kampschnieder 2:44.9	Tonya Brester 2:40.3	Riley Pokorny 2:40.9	Haley Eikmeier 2:44.5
4 X 100 Relay							
1				2014 52.9	2016 4:13.50	2017 10:10.61	
2				2015 53.16	2017 4:13.91	2016 10:14.8	
3				2013 53.7	2015 4:17.32	2015 10:15.46	
4				2017 53.9	2014 4:23.04	2018 10:38.21	
5				2016 54.23	2013 4:34.0	2019 10:44.55	