

2023 Results Girls WDA**2024 Results Girls WDA****2025 Results Girls WDA****2026 Results Girls WDA****Shot Put****Shot Put****Shot Put****Shot Put**

Katelyn Rath	BHS	40-2	Tayla Andersen	BHS	39-2						
Berlyn Lindbo	LHS	37-6	Ryen Brothers	LHS	39-1						
Jacelyn Arends	DHS	37-5	Berlyn Lindbo	LHS	37-9						
Tayla Andersen	BHS	36-10	Maggie Kleinknecht	MDN	36-11						
Mylie Trahan	CHS	36-9	Katelyn Brown	CHS	36-9						
Aliiya Selensky	LHS	36-5	Addison Marker	JHS	36-1						
Kinley Anderson	JHS	36-1	Mya Williams	BHS	34-8						
Maya Aguilar	MHS	35-10	Josie Rystedt	MNH	34-4						

Discus**Discus****Discus****Discus**

Tayla Andersen	BHS	125-9	Tayla Andersen	BHS	132-9						
Berlyn Lindbo	LHS	125-4	Ryen Brothers	LHS	128-5						
Chloe Wolff	CHS	124-7	Kinley Anderson	JHS	126-						
Katelyn Rath	BHS	122-1	Talea Furcht	LHS	125-11						
Raya Rood	BHS	119-10	Chloe Wolff	CHS	121-1						
Lizzy Kerzman	BHS	116-2	Lizzy Kerzman	BHS	118-7						
Maggie Kleinknecht	MDN	114-	Evy Halverson	DHS	108-6						
Talea Furcht	LHS	112-5	Taylor Mayer	BHS	107-10						

Javelin**Javelin****Javelin****Javelin**

Alexis Gerving	STM	116-9	Cambrie Fischer	BHS	130-5						
Cambrie Fischer	BHS	115-1	Harper Harris	MDN	122-9						
Morgan Johnson-Colbert	BHS	114-10	Morgan Johnson-Colbert	BHS	120-1						
Madysen Schwind	MDN	111-11	Alexis Gerving	STM	118-3						
Addison Marker	JHS	111-	Madysen Schwind	MDN	113-3						
Brenna Curl	STM	110-6	Kendyl Anderson	JHS	110-7						
Harper Harris	MDN	108-7	Journey Oukrop	STM	110-1						
Anna Bendish	MDN	105-6	Aspen Roaldson	BHS	102-						

2018 Results Girls WDA			2019 Results Girls WDA			2021 Results Girls WDA			2022 Results Girls WDA		
Shot Put			Shot Put			Shot Put			Shot Put		
Onna Scheuer	CHS	41-	Anthonett Nabwe	JHS	39-2	Anthonette Nabwe	JHS	48-1	Anthonette Nabwe	JHS	46-2
McKenna Shelkey	BHS	38-2.5	Morgan Ohlhauser	BHS	38-9	Jenna Hardy	MHS	39-10	Katelyn Rath	BHS	36-8
Megan Heick	STM	36-5.5	Jenna Hardy	MHS	38-2	Abby Fletcher	CHS	37-11.5	Abby Fletcher	CHS	36-7
Morgan Ohlhauser	BHS	36-1.5	Alanta Tormaschy	DHS	37-7	Jeanette Perez-Nelson	LHS	37-4	Aliya Selensky	LHS	36-
Alanta Tormaschy	DHS	35-11	Lindey Gullickson	BHS	37-7	Taylor Leingang	MDN	36-11.5	Julia Clements	LHS	35-10
Alexandria Grosz	CHS	35-2.5	Jeanette Perez-Nelson	LHS	37-3	Alician Garcia	WC	36-6	Tayla Andersen	BHS	34-11
Dannie Harrington	BHS	35-	Audrey Rodakowski	DHS	37-	Zoe Dallas	WHS	36-5	Elsie Hardy	MHS	34-1
Abby Becker	BHS	34-8	Jessica Walter	JHS	36-10	Mya Garter	BHS	36-5	Zoe Dallas	WHS	34-
Discus			Discus			Discus			Discus		
Maddyson Bring	LHS	122-8	Jenna Hardy	MHS	118-11	Anthonett Nabwe	JHS	126-4	Anthonett Nabwe	JHS	151-11
Onna Scheuer	CHS	117-7	Bailee Schell	BHS	117-1	Kiera Oukrop	STM	121-8	Katelyn Rath	BHS	118-8
Jenna Hardy	MHS	114-11	Lauren McLean	MHS	113-2	Kaylynn Red Tomahawk	BHS	121-3	Kinley Andeson	JHS	116-2
Julia Red Wing	STM	114-10	Alexandria Grosz	CHS	111-7	Jenna Hardy	MHS	117-	Kaylynn Red Tomahawk	BHS	115-10
Alexandria Grosz	CHS	113-10	Tia McGorman	WC	111-	Elsie Hardy	MHS-	115-	Raya Rood	BHS	111-5
Megan Heick	STM	109-	Kiera Oukrop	STM	108-10	Taylor Leingang	MDN	111-8	Elsie Hardy	MHS	110-4
Brenna Tschetter	MHS	108-7	Alanta Tormaschy	DHS	104-8	Mya Falcon	MHS	110-11	Tayla Andersen	BHS	108-2
Bailee Schell	BHS	107-8	Nicole Perkins	BHS	104-3	Riley Faller	WC	109-1	Maya Aguilar	MHS	105-10
Javelin			Javelin			Javelin			Javelin		
Taylor Leingang	MDN	119-8	Nicole Perkins	BHS	129-	Taylor Leingang	MDN	147-7	Anthonett Nabwe	JHS	130-6
Courtney Olsen	MDN	116-8	Taylor Leingang	MDN	127-4	Anthonett Nabwe	JHS	122-8	Alexis Gerving	STM	119-7
Lexus Mosbrucker	BHS	116-4	Jayln Helstad	WHS	113-9	Morgan Johnson-Colbert	BHS	115-3	Mya Sheldon	MDN	115-3
Breann Sullivan	BHS	106-3	Anthonett Nabwe	JHS	111-2	Anna Bendish	MDN	115-1	Dru Bogden	MHS	115-
Hailey Fletcher	CHS	105-9	Hailey Fletcher	CHS	111-1	Abby Fletcher	CHS	112-7	Cambrie Fischer	BHS	114-8
Onna Scheuer	CHS	102-7	BreAnn Sullivan	BHS	103-4	Brenna Curl	STM	110-5	Anna Bendish	MDN	104-5
Jayln Helstad	WHS	102-3	Jessie Paulson	JHS	102-10	Mya Sheldon	MDN	109-1	Leah Walter	MHS	104-1
Hannah Kipfel	CHS	101-7	Grace Hegerle	JHS	102-3	Kiera Oukrop	STM	108-10	Morgan Johnson-Colbert	BHS	104-

2014 Results Girls WDA			2015 Results Girls WDA			2016 Results Girls WDA			2017 Results Girls WDA		
Shot Put			Shot Put			Shot Put			Shot Put		
Maggie Schwarzkopf	CHS	42-	Maggie Schwarzkopf	CHS	43-7.5	Regan Dennis	CHS	39-8	Regan Dennis	CHS	39-7
Kelsie Hall	CHS	39-8	Whitney Perrin	CHS	40-9.5	Aubrie Malnourie	CHS	37-	Ona Scheuer	CHS	37-1
Whitney Perrin	CHS	39-3	Ali Hasche	CHS	40-5	Leah Grove	DHS	36-6.5	Elizabeth Lucy	MHS	36-10
Aubrey Malnorie	CHS	38-10	Aubrey Malnorie	CHS	40-2	Camari McCarroll	BHS	36-5.5	Morgan Ohlhauser	BHS	36-6
Else Nelson	MHS	36-9	Ariana Herman	BHS	38-4.5	Elizabeth Lucy	MHS	35-7.5	Taylor Miller	BHS	35-7
Ali Hasche	CHS	36-9	Katie Schatz	CHS	36-1	Megan Heick	STM	34-11	Kelsie Fettig	MHS	34-4
Beka Hilgemann	JHS	36-5	Mackenzie Gleason	MHS	36-1	Sierra Vetter	CHS	34-9	Alanta Tormaschy	DHS	34-2
Mackenzie Gleason	MHS	36-	Beka Hilgemann	JHS	35-2	Emily Huerta	DHS	33-9	Danielle Stauffer	WHS	33-7
Discus			Discus			Discus			Discus		
Whitney Perrin	CHS	123-3	Jessica Drady	MHS	141-2	Samantha Moe	MHS	130-5	Regan Dennis	CHS	124-3
Mackenzie Gleason	MHS	119-5	Kelsey Calhoun	DHS	127-	Kelsey Calhoun	DHS	123-6	Samantha Moe	MHS	123-7
Aubrey Malnorie	CHS	114-9	Maggie Schwarzkopf	CHS	122-5	Katie German	BHS	120-9	Elizabeth Lucy	MHS	123-1
Kelsie Hall	CHS	114-6	Mackenzie Gleason	MHS	121-8	Brittany Hawkinson	BHS	120-	Katie German	BHS	120-5
Brittany Hawkinson	BHS	111-9	Whitney Perrin	CHS	121-2	Regan Dennis	CHS	119-4.5	Julia Red Wing	STM	113-5
Maggie Scharzkopf	CHS	110-10	Aubrey Malnorie	CHS	119-1	Kate Little	CHS	114-7	Kate Little	CHS	111-4
Jordyn Jossart	CHS	110-	Brittany Hawkinson	BHS	116-3	Kylie Vandervorste	BHS	109-11	Eden Howery	MHS	109-6
Kylie Vandervorste	BHS	108-5	Katie German	BHS	115-7	Aubrie Malnourie	CHS	109-5	Bailee Schell	BHS	106-
Javelin			Javelin			Javelin			Javelin		
Jenna Stilwell	JHS	118-10	Jenna Stilwell	JHS	127-4	Madi Klein	CHS	121-4	Britta Curl	STM	122-10
Jessica Drady	MHS	113-8	Kelsey Calhoun	DHS	123-7	Regan Dennis	CHS	115-11	Regan Dennis	CHS	117-6
Chelsea Peterson	MDN	112-3	Madi Klein	CHS	120-4	Kelsey Calhoun	DHS	113-2	Maddie Klein	CHS	116-7
Kassidy Lee	CHS	109-3	Lexus Mosbrucker	BHS	116-4	Britta Curl	STM	112-9	Courtney Olson	MDN	115-6
Kelsey Calhoun	DHS	108-7	Mackenzie Gleason	MHS	114-6	Alicia Weiand	MDN	111-4	Lexus Mosbrucker	BHS	114-8
Beka Hilgemann	JHS	106-9	Taylor Schmeichel	JHS	112-6	Camari McCarroll	BHS	107-	Jalyn Helstad	WHS	110-1
Mackenzie Gleason	MHS	106-2	Alicia Weiand	MDN	111-5	Lexus Mosbrucker	BHS	106-	BreAnn Sullivan	BHS	107-3
Amanda Nelson	WHS	102-9	Britta Curl	STM	108-	Sierra Talmadge	LHS	100-5	Sierra Talmadge	LHS	106-3

2010 Results Girls WDA**2011 Results Girls WDA****2012 Results Girls WDA****2013 Results Girls WDA****Shot Put****Shot Put****Shot Put****Shot Put**

Katie Weigel	BHS	41-5.5	Danielle Smith	CHS	39-1	Maggie Schwarzkoph	CHS	39-7	Kelsie Hall	CHS	40-
Danielle Smith	CHS	39-3	Katie Weigel	BHS	37-9	Brianna Bergrud	BHS	38-6	Maggie Scharzkopf	CHS	39-10
Naomi Rust	BHS	38-.5	Naomi Rust	BHS	37-3	Kelsie Hall	CHS	37-6	Whitney Perrin	CHS	37-11
Jessica Dolechek	DHS	37-1	Kelsey Hall	CHS	35-11	Naomi Rust	BHS	37-6	Aubrey Malnorie	CHS	36-8
Kallie Hollmen	MHS	35-9	Sam Engel	MHS	35-2	Ali Hasch	CHS	37-6	Naomi Rust	BHS	36-4
Brianna Bergrud	BHS	35-7	Brianna Bergrud	BHS	34-7	Katie Chase	CHS	37-	Else Nelson	MHS	35-9
Sam Engel	MHS	35-6	Sam Engel	MHS	34-6	Else Neslon	MHS	34-8	Maari Beck	CHS	35-4
Kelsey Urquhart	JHS	35-1	Jessica Dolechek	DHS	34-3	Jayd Eggert	MHS	34-8	MacKenzie Gleason	MHS	33-5

Discus**Discus****Discus****Discus**

Jayd Egert	MHS	121-5	Danielle Clarke	WHS	135-3	Danielle Clarke	WHS	135-3	Kelsie Hall	CHS	120-8
Jess Herauf	DHS	120-9	Katie Weigel	BHS	123-5	Naomi Rust	BHS	126-9	Jessica Drady	MHS	118-
Danielle Clarke	WHS	118-10	Danielle Smith	CHS	122-9	Elizabeth Meyer	MDN	124-9	Whitney Perrin	CHS	115-2
Danielle Smith	CHS	117-10	Jayd Egert	MHS	120-1	Jayd Eggert	MHS	123-10	Naomi Rust	BHS	114-1
Katie Weigel	BHS	116-9	Kelsey Hall	CHS	110-5	A.J. Jacobs	CHS	123-1	Maggie Scharzkopf	CHS	111-4
Kallie Holmen	MHS	113-	Elizabeth Meyer	MDN	105-1	Sierra Ourada	WHS	117-	MacKenzie Gleason	MHS	109-2
Naomi Rust	BHS	110-1	Sam Engel	MHS	103-4	Kelsie Hall	CHS	116-6	Katie Chase	CHS	106-6
Kate Hausauer	BHS	108-7	Kate Roscoe	JHS	102-4	Sassy Schettler	BHS	115-5	Emily Svingen	CHS	106-3

Javelin**Javelin****Javelin****Javelin**

Jess Herauf	DHS	134-8	Jess Herauf	DHS	134-1	Jayd Eggert	MHS	133-5	Rachel Schroeder	DHS	115-
Jayd Eggert	MHS	116-9	Jayd Eggert	MHS	110-4	Elizabeth Meyer	MDN	117-10	Kelsey Calhoun	DHS	114-8
Katie Weigel	BHS	116-4	Elizabeth Meyer	MDN	109-6	Danielle Clarke	WHS	111-2	Jenna Stilwell	JHS	110-10
Amber Riopelle	MDN	114-8	Anna Hruby	BHS	108-4	Jordan Jossart	CHS	104-11	Kassidy Lee	CHS	106-3
Anna Hruby	BHS	107-8	Kate Roscoe	JHS	107-7	Jenna Stilwell	JHS	101-9	Chelsea Peterson	MDN	104-9
Danielle Clarke	WHS	107-5	Katie Weigel	BHS	106-	Naomi Rust	BHS	101-3	Jordyn Jossart	CHS	103-8
Kara Nygaard	JHS	105-8	Danielle Clarke	WHS	103-11	Jessica Drady	MHS	101-	Courtney Haugen	DHS	103-1
Anna Helmers	MDN	102-10	Naomi Rust	BHS	99-6	Rachel Schroeder	DHS	99-2	Beka Hilgemann	JHS	102-

2006 Results Girls WDA			2007 Results Girls WDA			2008 Results Girls WDA			2009 Results Girls WDA		
Shot Put			Shot Put			Shot Put			Shot Put		
Erika Schroeder	CHS	46-9	Eliza Neigum	BHS	40-	Brooke Biederstadt	DHS	40-7	Heather Schulz	BHS	39-4
Eliza Neigum	BHS	41-1	Steph Miller	CHS	39-11	Beth Gordan	CHS	37-6	Katie Weigel	BHS	37-11
Jessica Kielpinski	MDN	40-9	Jill Schlenker	JHS	39-7	Emily Helmers	MDN	35-3.75	Carman Swenson	BHS	37-4.5
Christina Taylor	MDN	38-	Jessica Kielpinski	MDN	37-6	Emily Backman	CHS	35-2.75	Beth Ogden	MHS	37-2.5
Lauren Kringstad	STM	37-11	Brooke Biederstadt	DHS	36-1	Beth Ogden	MHS	34-2	Beth Gordan	CHS	37-1.5
Steph Miller	CHS	37-	Emily Helmers	MDN	35-11	Angie Houser	BHS	34-1	Jess Dolechek	DHS	35-8.25
Alicia Rossau	MHS	36-10	Kristie Backman	CHS	35-7	Hollie Wilz	CHS	34-1	Brianna Kraft	MHS	35-1.75
Annie Rendon	TMCHS	35-4	Nicole Ennon	CHS	35-4	Danielle Smith	CHS	33-8.5	Danielle Smith	CHS	34-9.75
Discus			Discus			Discus			Discus		
Erika Schoeder	CHS	132-1	Nicole Ennon	CHS	135-10	Nicole Ennon	CHS	137-9	Katie Weigel	BHS	126-5
Steph Miller	CHS	131-	Steph Miller	CHS	127-4	Katie Weigel	BHS	136-10	Beth Gordan	CHS	123-
Alicia Rossau	MHS	129-1	Jill Schlenker	JHS	120-	Shannon Schmidt	BHS	135-8	Emily Helmers	MDN	116-8
Dani Roerich	MDN	126-6	Erin Oberchain	MHS	113-	Kelci Feland	MHS	128-	Jess Herauf	DHS	113-8
Shannon Schmidt	BHS	120-1	Hollie Wilz	CHS	112-5	Hollie Wilz	CHS	126-6	Danielle Clarke	WHS	112-7
Nicole Ennon	CHS	117-11	Beth Ogden	MHS	109-	Erin Oberchain	MHS	125-6	Jayd Eggert	MHS	111-7
Beth Gordon	CHS	117-10	Anna Geierman	CHS	106-11	Beth Gordan	MHS	125-	Angie Houser	BHS	110-1
Brienna Gieser	MHS	115-2	Brianna Kraft	MHS	106-3	Emily Helmers	MDN	124-4	Danielle Smith	CHS	110-
Javelin			Javelin			Javelin			Javelin		
Kayla Rogers	MDN	122-4	Britlyn Sturlaugson	BHS	126-1	Kaitlyn Sturlaugson	BHS	121-9	Jess Herauf	DHS	123-10
Amanda Brumfield	DHS	115-4	Sarah Gilbert	MHS	118-11	Lynn Messer	DHS	119-7	Kaitlyn Sturlaugson	BHS	121-5
Lynn Messer	DHS	111-7	Kaitlyn Sturlaugson	BHS	117-4	Shelby Walsh	MHS	113-10	Shelby Walsh	MHS	120-8
Dani Lambrecht	MDN	105-7	Lynn Messer	DHS	114-4	Jess Herauf	DHS	113-6	Kaycee Gustafson	MDN	111-
Kayla Kolling	DHS	103-	Kylie Messer	STM	102-1	Anna Hruby	BHS	110-5	Anna Hruby	BHS	110-9
Kaitlyn Sturlaugson	BHS	102-7	Brianna Kraft	MHS	101-1	Kaycee Gustafson	MDN	110-	Brianna Kraft	MHS	116-3
Kylie Messer	STM	102-3	Skylie Lugar	MDN	100-11	Charlee Walker	MDN	107-7	Amber Reopelle	MDN	102-8
Brooke Biederstedt	DHS	99-7	Joan Selle	DHS	100-10	Heather Cellmore	JHS	107-3	Elizabeth Meyer	MDN	102-3

2002 Results Girls WDA			2003 Results Girls WDA			2004 Results Girls WDA			2005 Results Girls WDA		
Shot Put			Shot Put			Shot Put			Shot Put		
Laura Turner	CHS	39-11	Erika Schroeder	CHS	41-4	Erika Schroeder	CHS	41-11	Abby Effertz	CHS	43-5
Erika Schoeder	CHS	38-9	Miranda Beopple	DHS	39-10.5	Abbey Effertz	CHS	41-9.5	Erika Schroeder	CHS	42-7.5
Christa Hofland	DHS	38-9	Abbey Effertz	CHS	37-7	Whitney Ledger	CHS	37-4	Amanda Solberg	MHS	41-8.5
Miranda Beopple	DHS	35-7	Steph Haugeberg	MHS	36-6	Amanda Solberg	MHS	37-	Whitney Ledger	CHS	39-6.25
Abby Effertz	CHS	35-7	Whitney Ledger	CHS	36-	Elon Eisenbraun	CHS	36-10	Christa Hofland	DHS	39-.5
Sarah Aberle	BHS	35-5	Kat Canjaerts	BHS	35-6	Sarah Aberle	BHS	36-7	Jessica Kielpinski	MDN	36-9.5
Rusti Olsen	MHS	35-	Annie Rendon	TMCHS	35-1	Steph Haugeberg	MHS	36-6	Alicia Rossau	MHS	35-9.5
Kit Wickel	CHS	35-	Elon Eisenbraun	CHS	34-8.5	Jessica Kielpinski	MDN	35-9.5	Steph Miller	CHS	35-9
Discus			Discus			Discus			Discus		
Amanda Solberg	MHS	124-7	Miranda Beopple	DHS	128-6	Erika Schoeder	CHS	140-10	Amanda Solberg	MHS	161-10
Tabitha Haugen	MHS	122-1	Mandy Larson	CHS	125-9	Amanda Solberg	MHS	140-1	Abbey Effertz	CHS	158-11
Miranda Beopple	DHS	118-2	Amanda Solberg	MHS	125-4	Whitley Ledger	CHS	132-9	Erika Schoeder	CHS	157-
Laura Turner	CHS	114-1	Tabitha Haugen	MHS	121-	Christin Jackson	CHS	126-3	Whitney Ledger	CHS	142-8
Mandy Larson	CHS	111-8	Steph Miller	CHS	120-9	Abby Effertz	CHS	120-11	Christine Jackson	CHS	138-4
Erika Schoeder	CHS	111-7	Whitney Ledger	CHS	119-2	Steph Miller	CHS	119-5	Steph Miller	CHS	135-3
Christa Hofland	DHS	110-8	Erika Schroeder	CHS	119-	Christa Hofland	DHS	115-2	Kylie Messer	STM	122-7
Kristine Patch	CHS	106-1	Kristine Patch	CHS	117-7	Heather Ibach	CHS	111-7	Erin Obenchain	MHS	121-7
Javelin			Javelin			Javelin			Javelin		
Alexis Nider	MDN	120-10	Miranda Beopple	DHS	126-4	Amanda Solberg	MHS	128-9	Amanda Solberg	MHS	142-2
Rebecca Ricks	MHS	120-10	Alexis Nider	MDN	122-	Kayla Rogers	WHS	113-9	Kayla Rogers	MDN	131-3
Tessa Fasching	MHS	120-1	Tessa Fasching	MDN	110-7	Mindy Vanderpan	CHS	109-10	Mindy Vanerpan	CHS	126-1
Miranda Beopple	DHS	120-	Amanda Solberg	MHS	110-5	Kellee Black	WHS	102-4	Kellee Black	WHS	111-5
Sarah Ellis	WHS	116-7	Shyessa Grangler	MHS	108-10	Mandy Brumfield	DHS	102-4	Whitney Ledger	CHS	110-4
Courtney Jacobson	STM	102-6.5	Kayla Rogers	WHS	108-2	Ivy Gilbertson	BHS	99-3	Ashly Cain	MHS	109-5
Sarah Kuhn	MDN	101-9	Kristi Wood	DHS	105-2	Kristi Wood	DHS	98-6	Amanda Brumfield	DHS	106-9
Amanda Solberg	MHS	101-6	Ashley Cain	MHS	100-7	Sarah Aberle	BHS	93-6	Skylie Lugar	MDN	101-8

1998 Results Girls WDA**1999 Results Girls WDA****2000 Results Girls WDA****2001 Results Girls WDA****Shot Put****Shot Put****Shot Put****Shot Put**

Carrie Fleck	MDN	45-2	Carrie Fleck	MDN	45-2	Missie Erhardt	CHS	38-	Janelle Gieser	MHS	37-6.5
Scheryl Kottsick	MDN	41-8.5	Scheryl Kottsick	MDN	41-8.5	Sarah Graves	MHS	37-5	Miranda Beopple	DHS	37-5
Liz Brendel	CHS	37-9.5	Liz Brendel	CHS	37-9.5	Michelle Christianson	CHS	35-11.5	Sarah Graves	MHS	36-7.5
Kristi Olander	MDN	35-10	Kristi Olander	MDN	35-10	Kit Wichel	CHS	34-11.5	Rusti Ohlson	MHS	36-6.5
Sarah Graves	MHS	35-9.5	Sarah Graves	MHS	35-9.5	Kayla Bakkan	MHS	34-7	Laura Turner	CHS	36-
Kayla Meidinger	CHS	35-3	Kayla Meidinger	CHS	35-3	Missie Erhardt	CHS	34-6.5	Sarah Christenson	CHS	35-11.5
Missy Erhardt	CHS	34-2	Missy Erhardt	CHS	34-2	Alexis Nider	MDN	34-4	Alexis Nider	MDN	34-11
Courtney Nelson	BHS	34-2				Bridgett Hoff	MDN	33-9	Audra Olson	BHS	32-9

Discus**Discus****Discus****Discus**

Jessie Miller	CHS	133-1	Jessie Miller	CHS	133-1	Sarah Graves	MHS	124-	Sarah Graves	MHS	117-9
Carrie Fleck	MDN	128-9	Carrie Fleck	MDN	128-9	Missie Christianson	CHS	119-5	Sarah Christenson	CHS	115-9
DeAnna Salander	MHS	128-6	DeAnna Salander	MHS	128-6	Mirana Beopple	DHS	115-2.5	Shanna Mazurek	MHS	113-10
Liz Brendel	CHS	127-6	Liz Brendel	CHS	127-6	Caissee Price	MHS	113-7	Laura Turner	CHS	113-8
Scheryl Kottsick	MHS	125-7	Scheryl Kottsick	MHS	125-7	Shanna Mazurek	MHS	108-1.5	Miranda Beopple	DHS	113-
Erin Holenka	DHS	104-2	Erin Holenka	DHS	104-2	Kayla Bakkan	MHS	105-7.5	Kayla Bakkan	MHS	109-8
Lisa Parisian	TMCHS	104-	Lisa Parisian	TMCHS	104-	Laura Turner	CHS	105-	Caissee Price	MHS	104-2
Krista Krogh	MDN	98-9	Krista Krogh	MDN	98-9	Krista Moch	CHS	104-8	Alexis Nider	MDN	102-

Javelin**Javelin****Javelin****Javelin**

Lisa Parisian	TMCHS	119-3	Lisa Parisian	TMCHS	120-7	Sara Ellie	MHS	113-5	Lacy Dewall	BHS	121-5.5
Cassie Felber	MHS	115-6	Jen Voegele	BHS	117-	Jen Voegele	BHS	113-3	Shanna Mazurek	MHS	121-4
Amber McLeod	STM	113-3	Amber McLeod	STM	114-11	Lacy Dewall	BHS	110-	Miranda Beopple	DHS	120-1.5
DeAnna Salander	MHS	106-1	Cassie Felber	MHS	114-	Shanna Mazurek	MHS	103-6	Alexis Nider	MAN	117-1
Jen Voegele	BHS	105-11	Lacy Dewall	BHS	110-3	Miranda Beopple	DHS	100-4	Sarah Ellis	WHS	116-4
Kylie Neustal	MDN	105-9	Lorna Meidinger	CHS	105-10	Alexis Nider	MDN	99-	Tessa Fasching	MDN	110-8.5
Amy Steiner	DHS	104-11	Erin Holenka	DHS	101-8	Erin Holenka	DHS	97-3	Michelle Berube	BHS	110-6
Tessa Goldade	MHS	103-2	Natalie Brunner	BHS	101-2	Kathryn Steve	DHS	97-	Bret Meyer	MHS	108-2.5

1994 Results Girls WDA**1995 Results Girls WDA****1996 Results Girls WDA****1997 Results Girls WDA****Shot Put****Shot Put****Shot Put****Shot Put**

Carrie Fleck	MDN	36-10.5	Carrie Fleck	MDN	41-1.5	Lisa Glasser	STM	39-2	Carrie Fleck	MDN	43-1
Emily Bemmen	DHS	36-6	Janna Olsen	MHS	36-1.5	Carrie Fleck	MDN	38-5	Liz Brendel	CHS	37-7
Jill Wolf	DHS	35-3.5	Emily Bemmen	DHS	34-3	Jessica White	MHS	37-5	Dana Mason	STM	36-6
Janna Olsen	MHS	35-3	Lynn Kostad	MHS	34-.75	Jana Olsen	MHS	37-2.25	Christi Wentz	CHS	36-1
Jessi Lippert	CHS	32-9	Aimee Leingang	MDN	33-	Liz Brendel	CHS	32-9.25	Jessica White	MHS	35-9
Lynn Kostad	MHS	31-9	Jessica White	MHS	34-2.5	Amy Feist	BHS	32-6.25	Kelli Emel	MDN	35-4.5
Pepper Maxon	STM	31-6.5	Roxanne Fredricks	CHS	31-11						
Nancy Wahnoutka	BHS	31-5	Lisa Glasser	STM	31-8						

Discus**Discus****Discus****Discus**

Jen Swenson	BHS	123-4.5	Aimee Leingang	MDN	127-	Jessica White	MHS	122-11	Carrie Fleck	MDN	124-7
Aimee Leingang	MDN	121-2	Carrie Fleck	MDN	117-	Nancy Wahnoutky	BHS	108-	Carrie Conlon	DHS	116-9
Emily Bemman	DHS	120-4	Emily Bemmen	DHS	114-6	Carrie Conlon	DHS	105-7	Jessie Miller	CHS	117-
Jill Wolf	DHS	116-3	Corrie Conlon	DHS	113-5	Scheryl Kottsick	MDN	105-5	Jessica White	MHS	116-1
Pepper Maxon	STM	110-10	Wendy Streitzel	WHS	110-6	Liz Brendel	CHS	101-9	Deanna Salander	MHS	114-
Jody Fjield	MHS	109-6	Stacey Auch	MDN	109-8	Jessie Miller	CHS	99-3	Scheryl Kottsick	MDN	113-4
Erin Hodgson	DHS	108-10	Brenda Saltsman	MHS	105-11						
Kathy Welder	CHS	106-11	Laurel Ebel	WHS	98-5						

Javelin**Javelin****Javelin****Javelin**

Alicia Olson	MHS	121-1	Kasey Kottsick	MDN	120-10	Lisa Glasser	STM	120-8	Cassie Felber	MHS	113-7
Kasey Kottsick	MDN	120-5	Mandy Mosser	MHS	107-6	Molly McDonald	STM	115-	Molly McDonald	STM	112-
Tessa Johnosn	MDN	112-	Roxanne Haff	MDN	105-8	Steph Ness	STM	110-9	Lisa Parisien	TMCHS	110-10
Tierra Arnsen	MHS	110-4	Lisa Glasser	STM	105-2	Kristi Kirschman	BHS	108-5	Deanna Salander	MHS	108-5
Mandy Mosser	MHS	109-	Chrissy Schwengler	BHS	104-2	Jill Hardy	MHS	103-8	Kristi Kirschman	BHS	108-
Misty Fosaaen	DHS	108-2	Jill Hardy	MHS	100-2	Cassie Felber	MHS	99-9	Kelli Emel	MDN	103-
Steph Mess	STM	107-4	Steph Ness	STM	98-4						
Jen Swenson	BHS	105-5	Kristi Kirschman	BHS	98-3						

1990 Results Girls WDA			1991 Results Girls WDA			1992 Results Girls WDA			1993 Results Girls WDA		
Shot Put			Shot Put			Shot Put			Shot Put		
Sarah Olson	MHS	37-7.5	Andrea Charlebois	MHS	38-5.5	Andrea Charlebois	MHS	40-7.5	Andrea Charlebois	MHS	40-9
Rhonda Haff	MDN	36-6.5	Rhonda Haff	MDN	35-7	Monica Hummel	MHS	38-11	Nicole Many Horses	BHS	36-10.5
Andrea Charlebois	MHS	36-3.5	Joy Johnson	BHS	35-6	Nicole Many Horses	BHS	36-5.5	Monica Hummel	MHS	36-6.5
Lynette Keiper	BHS	35-6.5	Natalie Strube	MHS	35-1	Joy Johnson	BHS	35-6	Natalie Bennet	CHS	32-10
Tammy Schaffer	MDN	35-2	Jennifer Wardner	BHS	35-.5	Natalie Bennet	CHS	33-10	Emmily Bemmen	DHS	32-7.25
Cleora Hill	DHS	34-1	Tracy Gillings	MR	34-10	Rachelle Semingson	MHS	33-3.5	Jill Wolf	DHS	31-8.5
Discus			Discus			Discus			Discus		
Erin Peck	CHS	115-7	Tracy Gillings	MR	123-3	Andrea Charlebois	MHS	123-8	Aimee Leingang	MDN	135-
Sandee Scheeler	CHS	113-2	Jennifer Wardner	BHS	119-	Kathy Welder	CHS	110-10	Jill Wolf	DHS	126-
Sara Olson	MHS	109-9	Sandee Scheeler	CHS	117-10	Jen Swenson	BHS	110-5	Andrea Charlebois	MHS	122-3
Debbie Mellburg	DHS	109-2	Andrea Charlebois	MHS	107-1	Nat Strube	MHS	109-1	Jody Fjeld	MHS	119-7
Heidi Burgloff	CHS	107-	Jen Swenson	BHS	104-6	Natalie Bennet	CHS	107-10	Jen Swenson	BHS	115-2
Jennifer Wardner	BHS	105-8	Natalie Strube	MHS	102-7	Krista Feeney	BHS	106-1	Natalie Bennet	CHS	115-7
Javelin			Javelin			Javelin			Javelin		
Jennifer Ledden	MHS	124-5	Jennifer Ledden	MHS	136-8	Alicia Olsn	MHS	132-2	Kara Auch	MHS	123-6
Theresa Berger	STM	117-2	Theresa Berger	STM	126-4.5	Kara Auch	MHS	113-7	Lila Osceola	BHS	120-3
Vi Knight	MHS	116-	Adria Johnson	MDN	123-5	Heidi Stuberg	STM	110-9	Maureen Healy	WHS	118-7
Heidi Stuberg	STM	112-2	Merri Stebbins	MHS	120-8	Rhonda Steiner	DHS	108-7	Teirra Arnsen	MHS	116-9
Adria Johnson	MDN	111-4	Kristen Sorrenson	WHS	117-10.5	Nat Strube	MHS	108-5	Carrie Porter	MDN	116-8
Cathy Weigel	CHS	107-7	Cathy Weigel	CHS	111-8	Maureen Healey	WHS	104-5	Kasey Kottsick	MDN	115-7

1986 Results Boys WDA**1987 Results Girls WDA****1988 Results Boys WDA****1989 Results Girls WDA****Shot Put****Shot Put****Shot Put****Shot Put**

Kandee Schacher	MDN	37-7.5	Shea Smirl	MHS	41-5.5	Jeanette Fox	MDN	37-6.5	Sarah Olson	MHS	38-2.5
Kristi Olthoff	MDN	37-5	Kathy Lynch	CHS	40-5	Dawn Mattern	MHS	36-5	Dawn Mattern	MHS	38-2.5
Londa Germansun	MHS	37-.5	Joann Jenson	MDN	36-11	Sarah Olson	MHS	34-9.5	Jeanette Fox	MDN	36-10
Ann Kerian	MHS	36-4	Ann Kerian	MHS	36-5.5	Sarah Martin	CHS	34-7	Jennifer Lacy	MHS	34-4.25
Joann Jenson	MDN	35-11	Kandee Schacher	MDN	36-3	Tori Kramer	DHS	33-9.5	Jennifer Wardner	BHS	33-1.25
Kathy Lynch	CHS	35-4	Heidi Farstveet	DHS	35-11	Jennifer Leddon	MHS	31-10	Missy Vandal	MHS	32-7

Discus**Discus****Discus****Discus**

Kathy Lynch	CHS	123-1	Kathy Lynch	CHS	131-6	Dawn Mattern	MHS	124-4	Dawn Mattern	MHS	117-10
Joann Jenson	MDN	118-6	Joann Jenson	MAN	128-6	Tori Kramer	DHS	112-8	Jeanette Fox	MDN	112-
Roxanne Hirsch	DHS	114-8	Tori Kramer	MHS	115-8	Jeanette Fox	MDN	110-5	Erin Peck	CHS	109-3
Lisa Treitline	DHS	114-1	Kandee Schacher	MDN	112-	Jennifer Lacy	MHS	106-8	Steph Dietrich	MAS	104-7
Kristi Olthoff	MHS	109-10.5	Heather Rand	MHS	111-7	Sandee Scheeler	CHS	105-11	Sarah Olson	MHS	104-6
Londa Germansun	MHS	108-2	Sarah Markle	MHS	105-4	Leslie Pier	DHS	105-	Sandee Scheeler	CHS	101-

Javelin**Javelin****Javelin****Javelin**

Twila Wolf	BHS	128-10	Twila Wolf	BHS	141-4	Jeanette Fox	MDN	128-4	Jeanette Fox	MDN	122-7
Missy Unterseher	MDN	113-2	Joann Jenson	MDN	130-	Kristi Opp	BHS	122-8	Dana Buffington	CHS	116-4
Parrish Adams	MHS	112-3	Kari Kolsrud	BHS	110-7	Theresa Berger	STM	109-9	Nicki Tucker	MHS	114-6
Mary Ehrmantraut	BHS	101-6	Kristi Opp	BHS	105-6	Nicki Tucker	MHS	109-1	Jennifer Ledden	MHS	113-3
Cindy Larson	BHS	96-6	Tracy Hombok	MHS	104-4	Janelle Koch	THS	105-11	Merri Stebbin	MHS	110-6
Janell Sauvageau	DHS	96-4	Nicky Schwer	STM	101-8	Vi Knight	MHS	105-5	Janette Koch	THS	109-

1982 Results Girls WDA			1983 Results Girls WDA			1984 Results Girls WDA			1985 Results Girls WDA		
Shot Put			Shot Put			Shot Put			Shot Put		
Annette Sabot	CHS	38-	Karyn Szarkowske	STM	40-	Sheila Sauvageau	DHS	38-3.75	Kristi Olthoff	MHS	38-10
Dana Fiedler	MHS	36-8	Dana Feidler	MHS	39-11	Lori Telehey	MHS	37-6	Leslie Olson	WHS	38-2
Dolly Heller	WHS	35-9	Leslie Olson	WHS	36-6	Leslie Olson	WHS	36-2.5	Kandee Schacher	MDN	37-2.5
Shiela Sauvageau	DHS	35-8.25	Sheila Sauvageau	DHS	36-2	Sherry Geiger	MDN	35-5.5	Sherry Geiger	MDN	36-6
Karyn Szarkowski	STM	35-1.5	Lori Telehey	MHS	35-6	Kandee Schacher	MDN	34-7.5	Landa Germansun	MHS	36-2.5
Beth Johnson	MDN	33-5	Nancy Bergley	CHS	35-5	Lisa Frietline	DHS	34-5.5	Karin Vicka	MHS	35-10
Discus			Discus			Discus			Discus		
Korena Lyons	BHS	118-1	Karyn Szarkowske	STM	121-8	Sheila Sauvageau	DHS	119-	Leslie Olson	WHS	127-8
Annette Sabot	CHS	114-	Shiela Sauvageau	DHS	106-	Leslie Olson	WHS	111-11	Heidi Farstveet	DHS	120-1
Karyn Szarkowski	STM	108-1.5	Kristi Kupser	MHS	105-	Sherry Geiger	MDN	105-3	Joann Jenson	MDN	116-4
Shiela Sauvageau	DHS	106-10	Leslie Olson	WHS	101-6	Heidi Farstveet	DHS	105-3	Terri Keller	THS	116-1
Tara O'Niel	MDN	105-4.5	Jamie Nuss	DHS	100-11	Kristi Kupser	MHS	104-	Londa Germansun	MHS	113-
Carol Kosel	BHS	104-6	Crick Reiswig	CHS	100-5	JoAnn Jenson	MDN	102-10	Kathy Lynch	CHS	107-10
Javelin			Javelin			Javelin			Javelin		
Karyn Szarkowske	STM	148-1	Karyn Szarkowske	STM	154-	Barb Walker	MHS	118-4	Twila Wolf	BHS	127-6
Lori Telehey	MHS	118-3.5	Dana Feidler	MHS	126-5	Kathy Kappong	BHS	118-2	Cathy Trouba	WHS	122-1
Siobhan Kane	BHS	117-9	Crick Reiswig	CHS	124-	Lori Telehey	MHS	116-4	Leslie Olson	WHS	120-3
Dana Fiedler	MHS	116-5.5	Lori Telehey	MHS	118-	Pam Huston	MHS	114-11	Pam Huston	MHS	111-2
Crick Reiswig	CHS	115-8	Barb Walker	MHS	114-8	Leslie Olson	WHS	109-1	Missy Unterseher	MDN	109-7
Annette Sabot	CHS	111-3	Kathy Kappong	BHS	111-5	Twila Wolf	BHS	106-6	Steph Belohavek	MDN	102-6

1978 Results Girls WDA			1979 Results Girls WDA			1980 Results Girls WDA			1981 Results Girls WDA		
Shot Put			Shot Put			Shot Put			Shot Put		
Betty Robinson	MHS	41-.5	Karla Monson	BHS	37-2.5	Kelly Owen	CHS	37-10.5	Sally Tellema	MHS	36-9
Rena Stieg	WHS	36-5.25	Lois Mosbrucker	THS	34-7	Karla Monson	BHS	34-10.25	Dana Fiedler	MHS	34-11
Kris Fleck	THS	36-2	Joni Raffetey	DHS	33-9	Denise Fichtner	MHS	33-3	Annette Sabot	CHS	31-10.5
Darcie Ritter	CHS	35-8	Lori Kunze	DHS	33-3.5	Jonie Raffer	DHS	32-10.75	Shelly Zastrow	MHS	31-5
Renee Stewart	BHS	34-8.5	Kelly Owen	CHS	33-3	Sally Telema	MHS	32-10.75	Kim Lample	DHS	31-.5
Teri Ann James	MDN	34-2	Shelly Zastrow	MHS	32-10.5	Michelle Helgeson	MHS	32-6.25	Nancy Bergley	CHS	30-9
Discus			Discus			Discus			Discus		
Kris Fleck	THS	114-3	Terry Eslinger	BHS	112-	Terry Eslinger	BHS	113-1.5	Karyn Szarkowski	STM	117-2
Denise Fitchner	MHS	113-4	Michelle Helgeson	MHS	110-1	Koreena Lyons	BHS	108-8	Denise Fitchne	MHS	113-6
Terry Eslinger	BHS	106-9	Karla Monson	BHS	102-5	Shelly Rastrow	MHS	108-7	Shelly Zastrow	MHS	112-.5
Deb Tooke	MHS	103-3	Mary Hughes	WHS	101-1.5	Karla Monson	BHS	108-5.5	Mary Wilson	WHS	111-2
Colleen Schepper	BHS	100-6	Koreena Lyons	BHS	99-10	Kelly Owens	CHS	102-8.5	Annette Sabot	CHS	108-11.5
Terri Ann James	MDN	99-8	Maria Uhler	THS	96-4	Denise Fichtner	MHS	100-1.5	Sally Tellema	MHS	107-9
Javelin			Javelin			Javelin			Javelin		
Darcie Ritter	CHS	118-7	Kelly Owen	CHS	122-	Karyn Szarkowske	STM	139-2	Karyn Szarkowski	STM	128-4
Kris Fleck	THS	108-2	Becky Sandman	MHS	118-8	Kelly Owens	CHS	129-6.5	Becky Sandmann	MHS	118-
Beth Bleth	DHS	107-1	Anita Novak	MHS	114-9.5	Becky Sandman	MHS	122-8.5	Jill Herreid	WHS	114-8
Shelly Zastrow	MHS	104-2	Sally Tilleman	MHS	111-	Sally Tellema	MHS	117-7	Sally Tillema	MHS	105-10
Michelle Woodard	WHS	102-3	Beth Bleth	DHS	110-5	Siobhan Kane	BHS	115-.5	Corrie Schnell	DHS	103-9
Jill Herreid	WHS	95-11	Michelle Woodward	WHS	110-2.5	Corrie Schnell	DHS	110-2.5	Dana Fiedler	MHS	99-2