

Track and Field News Top 25 High School Performances of 2022

MILE

3:56.24	Colin Sahlman	Newbury Park, CA
3:57.89	Gary Martin	Wood, Warminster, PA
3:58.83	Connor Burns	South. Boone, Ashland MO
3:59.33	Rheinhardt Harrison	Nease, Ponte Vedra Beach, FL
3:59.51	Simeon Birnbaum	Stevens, Rapid City, SD
4:00.48	Zane Bergen	Niwot, CO
4:00.64	Devan Kipyego	St; Raphael, Pawtucket, RI
4:00.76	Rocky Hansen	Christ, Arden, NC
4:00.77	Leo Young	Newbury Park, CA
4:01.34	Aaron Sahlman	Newury Park, CA



In a vintage year for milers, Simeon Birnbaum's 3:59.51 made him one of the year's 5 sub-4:00 performers. (Kirby Lee, Image of Sport).

SPRINT MEDLEY

3:19.87	Summer Creek, Houston, TX
3:23.08	West, Springfield, VA
3:23.51	Union Catholic, Scotch Plains, NJ
3:23.96	Judson, Converse, TX
3:23.05	Poly, Long Beach, CA
3:25.12	Stevens, Rapid City, SD
3:25.24	Union, NJ
3:25.32	Westfield, NJ
3:25.42	Wilson, Long Beach, CA
3:26.53	DeSoto, TX



Rapid City Stevens' Simeon Birnbaum (left), Tanner Lunders, Justin Juniel and Alex Otten pose for a picture after setting the school record in the 1600-meter sprint medley relay May 17 at O'Harra Stadium. The foursome won the Nike Outdoor Nationals in June in Eugene, OR. Courtesy photo.



Gracelyn Leiseth



Kellyn Kortemeyer

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SHOT PUT

52-8 3/4	Mensi Stiff	Academy, Brentwood, TX
52-6 3/4	Gracelyn Leiseth	Hamlin, Hayti, SD
51-1 3/4	Carlie Weiser	Giddings, TX
50-10 3/4	Emma Callahan	Snenango, New Castle, PA
50-4	Trinity Franklin	Bullis, Potomac, MD
49-10	Anthonett Nabwe	Jamestown, ND
49-6	Hadley Lucas	North, Bloomington, IN
49-1	Damoni Kelly	Mandarin, Jacksonville, FL
48-6 1/4	Melanie Duron	Martiin, Laredo, TX
48-3 1/2	Faith Mitchell	St. Agnes, Houston, TX
<i>No. 21 on Top 25 List</i>		
46-11	Kellyn Kortemeyer	Custer, SD

DISCUS

185-0	Emma Sralla	Marcus, Flower Mound, TX
179-7	Madeleine Fey	Midlothian, TX
173-5	Giavonna Meeks	Northfield, Denver, CO
167-3	Maggie Bookout	Home, Oklahoma City, OK
165-11	Kellyn Kortemeyer	Custer, SD
163-9	Elizabeth Tapper	Hempfield, Greensburg, PA
163-8	Hadley Lucas	North, Bloomington, IN
162-10	Mensi Stiff	Academy, Brentwood, TN
162-7	Skylar Bohlman	Hebron, Carrollton, TX
162-7	Nailea Fields	Caruthers, CA
161-7	Reghan Grimes	Ravenwood, Brentwood, TN
160-11	Gracelyn Leiseth	Hamlin, Hayti, SD

Dyestat Top 100 Cross Country Rankings of 2022

GIRLS

- 42. Ali Bainbridge, SR., Sioux Falls Lincoln, SD
- 100. Brionna Holso,, SR., Rapid City Stevens, SD

- NXR Heartland sixth place, NXN Nationals 22nd place.
- NXR Heartland seventh place.

BOYS

- 7. Simeon Birnbaum, SR., Rapid City Stevens, SD

- NXR Heartland second place, Champs Sports Midwest Regional seventh place, NXN Nationals sixth place, Champs Sports Nationals fourth place.



Ali Bainbridge



Brionna Holso