

South Dakota Girls' Track & Field Top 10 Lists July 23, 2023

Girls Javelin

Brynn Nelson	Rapid City Stevens	136'3"	2023
Isabel Carda	Sioux Falls Washington	133'10"	2023
Maddy Rohde	Watertown	132'10"	2023
Kaitlyn Disbrow	Harrisburg	127'10"	2022
Logan Smidt	Brookings	127'5"	2023
Josey Wickersham	Brandon Valley	125'6"	2023
Maya Shorter	Pierre	122'10"	2023
Grace Kuch	Aberdeen Central	121'7"	2023
Jaida Young	Watertown	118'8"	2022
Avery Allenstein	Sioux Falls Roosevelt	115'11"	2023

Girls Shot Put

Gracelyn Leiseth	Hamlin	52'6.75"	2022
Kelyn Kortemeyer	Custer	48'10.75"	2021
Kris Schaffer	Custer	48'1.5"	2006
Jasmine Greer	Sioux Falls Roosevelt	47'0.75"	2019
Michaela Mayer	Sioux Falls Washington	46'9.5"	2014
Annie Deaver	Sturgis	46'8.5"	1990
Lexie Brady	O'Gorman	46'8"	2021
Jocelynn Dockendorf	Corsica	46'4.5"	2003
Lynnae Fox	Newell	46'3.5"	2005
Lisa Griebel	Sioux Falls Roosevelt	46'0"	1996

Girls Discus

Gracelyn Leiseth	Hamlin	175'3"	2023
Kellyn Kortemeyer	Custer	165'11"	2022
Karen McDonald	Pierre	163'0"	1979
Susan Sherman	Sioux Falls Roosevelt	159'2"	1998
Sarah Stevens	Hot Springs	151'8"	2001
Caitlin Way	Mitchell	149'11"	2009
Shelby Assmus	Corsica/Stickney	149'10"	2010
Lynnae Fox	Newell	149'7"	2005
Jane Swenson	Brandon Valley	149'4"	2008
Jenny Murphy	Aberdeen Central	148'9"	1997

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Girls Long Jump

Kari Heck	Sioux Falls Washington	20'3.5"	2012
Alexis Gannon	Brookings	19'5"	2014
Shayla Howell	Belle Fourche	19'3.25"	2018
Abby Albers	Spearfish	19'3.25"	2010
Matayah Yellow Mule	Rapid City Central	18'11.5"	2021
<i>Nyariek Kur</i>	<i>Sioux Falls Washington</i>	<i>18'11"</i>	<i>2023</i>
Jasmyne King	Rapid City Central	18'10.75"	2008
Tamiko Kopfmann	Huron	18'10.5"	2006
Donesha Adams	Sioux Falls Washington	18'10.25"	2003
Stachia Ruewsaat	St. Thomas More	18'9.5"	2013

Girls Triple Jump

Alexis Gannon	Brookings	41'4.5"	2014
Collette Christensen	Rapid City Central	40'4.5"	2012
Shayla Howell	Belle Fourche	39'9.25"	2017
Matayah Yellow Mule	Rapid City Central	39'9"	2022
Ashley Thompson	Rapid City Stevens	39'7.5"	2012
<i>Nyariek Kur</i>	<i>Sioux Falls Washington</i>	<i>38'11"</i>	<i>2023</i>
Alicia Heiser	Aberdeen Central	38'10.75"	1999
Michelle Mellegaard	Bridgewater	38'9.25"	1995
Shanecca Lloyd	Douglas	38'7"	1992
<i>Madison Pederson</i>	<i>Brandon Valley</i>	<i>38'5"</i>	<i>2023</i>

Girls High Jump

Joan Brockhaus	Rosholt	5'10.5"	1977
Mary Wirth	Sioux Falls Lincoln	5'10"	2010
Sam Ostrarello	Stanley County	5'10"	2009
Tina Baum	Huron	5'10"	1988
Beth Wahl	Pierre	5'9.25"	1993
Stacy Johnson	Platte	5'9"	1985
Alayna Falak	Watertown	5'8"	2019
Carly Haring	Mitchell	5'8"	2019
Michelle Johnson	Rapid City Central	5'8"	2017
Janie Serphen	Chester	5'8"	2002
Mandy Koupal	Wagner	5'8"	1998
Vera Schlosser	Cresbard	5'8"	1975

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Girls Pole Vault

Leslie Brost	Watertown	13'5.25"	2008
<i>Ciana Stiefel</i>	<i>Custer</i>	<i>12'8"</i>	<i>2023</i>
Alayna Falak	Watertown	12'7"	2019
Mallory Peck	O'Gorman	12'7"	2005
Brittany Stangl	Watertown	12'7"	2012
Alli Arampatzis	Aberdeen Central	12'6"	2010
Ashley Nord	Rapid City Stevens	12'4"	2003
Daphne Clausen	O'Gorman	12'1"	2021
Alexis Clark	Aberdeen Central	12'0.5"	2013
Klara Lyon	Sturgis	12'0"	2014

Girls 100M Dash

Jasmyne King	Rapid City Central	11.60	2008
Cortney Dowling	Pierre	11.60	2016
Jill Theeler	Mitchell	11.66	1997
Megan Trotter	Rapid City Central	11.70	2003
Steph Gebhart	Elkton	11.75	2003
Hannah Young	Rapid City Central	11.80	2016
Kari Heck	Sioux Falls Washington	11.80	2012
Dawn Koehn	Watertown	11.80	1989
Alexa Duling	Gregory	11.83	2008
Erin Kinney	Harrisburg	11.85	2019

Girls 200M Dash

Jasmyne King	Rapid City Central	24.16	2008
Cortney Dowling	Pierre	24.27	2016
Krista Bickley	Brandon Valley	24.27	2016
Jill Theeler	Mitchell	24.27	1997
Brittany Page	Watertown	24.48	2005
Nyanas Kur	Sioux Falls Washington	24.53	2021
Ellen Merkley	Sioux Falls Lincoln	24.54	2021
Erin Kinney	Harrisburg	24.56	2019
Kari Heck	Sioux Falls Washington	24.70	2010
Jenessa Fuller	Tri-Valley	24.70	2005

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Girls 400M Dash

Krista Bickley	Brandon Valley	54.08	2016
Cortney Dowling	Pierre	54.19	2016
Berkeley Engelland	Mt. Vernon/Plankinton	54.96	2023
Caelyn Valandra-Prue	White River	55.23	2021
Kari Heck	Sioux Falls Washington	55.20	2012
Jasmyne King	Rapid City Central	55.20	2008
Jill Theeler	Mitchell	55.25	1997
Brooke Ireland	Sturgis	55.77	2014
Darian Thompson	Spearfish	56.00	2010
Alicia Brown	Vermillion	56.00	2006

Girls 800M Run

Kay Stormo	Watertown	2:07.90	1978
Alea Hardie	O'Gorman	2:09.64	2022
Berkeley Engelland	Mt. Vernon/Plankinton	2:10.42*	2023
Allison Eckert	Sioux Falls Roosevelt	2:11.00	2006
Macy Heinz	Ipswich	2:11.19	2015
Krista Eckert	Sioux Falls Roosevelt	2:11.30	2005
Mia Wentzy	Brandon Valley	2:12.08	2023
Julie Schwengler	Rapid City Stevens	2:12.10	1987
Jasmyne Cooper	Sioux Falls Lincoln	2:12.14	2017
Libby Castelli	O'Gorman	2:12.44	2023

**Mark achieved after the completion of the 2023 season*

Girls 1600M Run

Ramsey Kavan	Yankton	4:43.50	2005
Alea Hardie	O'Gorman	4:44.25	2022
Libby Castelli	O'Gorman	4:51.11	2023
Krista Eckert	Sioux Falls Roosevelt	4:53.20	2005
Allison Eckert	Sioux Falls Roosevelt	4:53.57	2005
Ali Bainbridge	Sioux Falls Lincoln	4:53.59	2023
Betsy Bies	Yankton	4:53.77	2007
Ashley Storm	Yankton	4:56.30	2006
Ellie Abraham	Brookings	4:56.32	2018
Brionna Holso	Rapid City Stevens	4:57.70	2023

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Girls 3200M Run

Alea Hardie	O'Gorman	10:10.83	2022
Allison Eckert	Sioux Falls Roosevelt	10:19.50	2006
Ramsey Kavan	Yankton	10:20.06	2005
Betsy Bies	Yankton	10:28.77	2007
Ali Bainbridge	Sioux Falls Lincoln	10:30.25	2023
Libby Castelli	O'Gorman	10:39.65	2023
Tamara Gorman	Rapid City Stevens	10:42.60	2014
Hiedi Reed	Canton	10:42.60	1992
Melinda Zirbel	Summit	10:46.06	2003
Annie Kruse	Yankton	10:48.50	2014

Girls 100M Hurdles

Nevada Sorenson	Sioux Falls Lincoln	13.89	2009
Tessa Gorsuch	Rapid City Central	14.10	2011
Shannon Hellman	Douglas	14.10	2004
Cori Vining	Huron	14.22	2000
Jamie Krautschun	Spearfish	14.24	1997
Brielle Dixon	Brandon Valley	14.29	2021
Sierra Shepper	Rapid City Stevens	14.30	2011
Anna Gaglianno	Rapid City Central	14.30	2009
Amanda Davis	Sturgis	14.30	2004
Barb Reimenschneider	Rapid City Stevens	14.30	1988

Girls 300M Hurdles

Anne Vollmer	Rapid City Central	42.66	1993
Shannon Hellman	Douglas	43.20	2004
Elizabeth Schaefer	Rapid City Stevens	43.62	2019
Emily DeVries	Rapid City Stevens	43.70	2007
Nyanas Kur	Sioux Falls Washington	43.73	2021
Nevada Sorenson	Sioux Falls Lincoln	43.90	2009
Jamie Krautschun	Spearfish	44.00	1997
Steph McGregor	Mitchell	44.33	1998
Rhonda Sheffield	Highmore	44.39	1996
Jenna Hoffman	Mitchell	44.40	2003

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Girls 4x100M Relay

Sioux Falls Lincoln	L.Merkley, Jerstad,Nesheim,E.Merkley	47.84	2021
Sioux Falls Washington	Christopherson,Petterson,Johanssen,Kur	48.34	2018
Brandon Valley	Dixon,Thompson,Nuebel,Bickley	48.38	2018
Rapid City Stevens	Paris,Sawyer,Hartford,Watson	48.38	2017
Rapid City Central	Young,Sullivan,Sperlich,Young	48.60	2017
Sioux Falls Lincoln	Noutsougan,Nesheim,Termaat,Merkley	48.61	2023
Rapid City Central	Jeffries,Sullivan,Young,Klapperich	48.64	2015
Rapid City Central	Young,Bagley,Sperlich,Young	48.64	2018
Rapid City Central	Jackson,Miller,Jasinski,Trotter	48.65	2003
Harrisburg	Fischer,Halling,Wirth,Walker	48.67	2021
Brandon Valley	Dixon,Rude,Nuebel,Walker	48.67	2021

Girls 4x200M Relay

Brandon Valley	Rude,Thompson,Nuebel,K.Bickley	1:40.67	2019
Watertown	Lauseng,Cox,Hauck,Page	1:41.05	2006
Brandon Valley	Nuebel,Thompson,Tingle,K.Bickley	1:41.34	2017
Brandon Valley	Boomsma,C.Bickley,Tingle,K.Bickley	1:41.90	2016
Brandon Valley	Dixon,Rude,Nuebel,Walker	1:42.24	2021
Brandon Valley	Vermeer,Thompson,Rude,Nuebel	1:42.82	2018
Rapid City Central	Jackson,Miller,Murray,Trotter	1:42.83	2002
Rapid City Stevens	Hammerquist,Herrmann,Groseth,Prpich	1:42.90	2012
Rapid City Stevens	Wolf,Bedard,Janses,Garner	1:42.90	2006
West Central	Goehring,Berg,Sidel,Thornton	1:42.91	2022

Girls 4x400M Relay

Brandon Valley	Hendrick,Waterfall,Tingle,K.Bickley	3:52.95	2017
Brandon Valley	Presler,Tingle,C.Bickley,K.Bickley	3:53.35	2016
Rapid City Stevens	Page,DeVries,Jansen,Garner	3:53.49	2006
Brandon Valley	Hendrick,Tingle,C.Bickley,K.Bickley	3:53.92	2015
Sioux Falls Lincoln	Cooper,Mohr,Blindert,Auen	3:54.83	2016
Watertown	Hauck,Lauseng,Cox,Page	3:55.60	2006
Sioux Falls Lincoln	Bindert,Klatt,Sudbeck,Cooper	3:56.31	2017
Sioux Falls Washington	Moore,Fantroy,Ervin,Heck	3:57.00	2010
Brandon Valley	Tingle,Tingle,Hendrick,C.Bickley	3:57.32	2014
Watertown	Brost,Hemiller,Hauck,Page	3:57.40	2007

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Girls Medley Relay

Yankton	Hovland,Johnson,Storm,Kavan	4:04.70	2005
Brandon Valley	Dixon,Nuebel,Walker,M.Wentzy	4:05.66	2021
Sioux Falls Lincoln	Bindert,Auen,Sudbeck,Cooper	4:05.83	2016
Brandon Valley	Bergan,Pederson,Scholten,Wentzy	4:05.96	2023
O'Gorman	Meyer,Krouse,Abdouch,Castelli	4:06.06	2023
Brandon Valley	Weiss,Wallace,Bergan,Scholten	4:06.78	2023
Sioux Falls Christian	Beyke,VanDriesen,VanderLeest,Vyn	4:07.21	2023
Brandon Valley	Rice,Pederson,Walker,M.Wentzy	4:08.06	2022
Yankton	Dimmer,Olson,Rumsey,Serck	4:08.09	2023
Sioux Falls Roosevelt	Thune,Johnson,Davidson,K.Eckert	4:08.10	2005
Watertown	Wicks,Mohror,Kluck,Stormo	4:08.10	1978

Girls 4x800M Relay

Yankton	Storm,Bies,Kuchta,Kavan	9:01.19	2005
Brandon Valley	Scholten,VanDeBerg,Rude,Wentzy	9:07.03	2023
Sioux Falls Roosevelt	Thune,Duba,K.Eckert,A.Eckert	9:08.40	2005
Rapid City Stevens	Blackler,Pagel,Hattervig,Schwenger	9:09.73	2004
Yankton	Leader,Kuchta,Bies,Storm	9:12.71	2006
Brandon Valley	Scholten,VanDeBerg,Bergan,Wentzy	9:12.97	2023
Sioux Falls Roosevelt	Crowley,K.Eckert,Thune,A.Eckert	9:14.38	2006
Brandon Valley	Scholten,VanDeBerg,Bergan,M.Wentzy	9:15.93	2022
O'Gorman	Pinto,Parady,Castelli,Hardie	9:17.24	2022
O'Gorman	Castelli,Waage,Parady,Hardie	9:18.47	2021
Sioux Falls Roosevelt	Hargens,K.Eckert,Breems,A.Eckert	9:19.67	2007