

2017 North Star Athletic Association Outdoor Track and Field Championships  
May 11-12, Jamestown, N.D.

10000 Meter Run

1 Amber Posner, So, Jamestown	41:44.48
2 Jade Sheffield, Fr, Dickinson St.	43:08.17
3 Brittney Grove, So, Dickinson St.	44:32.09
4 Allison Foster, So, Jamestown	45:16.02
5 Austyn Copp, Jr, Dickinson St.	48:34.23
6 Paola Silvestre, Sr, Dickinson St.	48:57.10
7 Geneva Espinoza, Fr, Valley City State	49:24.55

4x800 Meter Relay

1 Dickinson St. (Amanda Wolff, Jacey Wilson, Lisa Townsend, Paitton Herbst)	9:41.66
2 Jamestown (Lindi Chadwick, Hannah Christenson, Christa Lysne, Rachel Heuchert)	10:21.69
3 Viterbo (Kateri Hansen, Haley Swanson, Makala Teske, Karen Dascent)	12:03.94
4 Waldorf (Marissa Kuik, Charley Buddenhagen, Bailey Matthaides, Danielle Holt)	12:39.30

3000m Steeplechase

1 Paitton Herbst, Fr, Dickinson St.	11:45.28
2 Paola Silvestre, Sr, Dickinson St.	12:51.83
3 Lindi Chadwick, Fr, Jamestown	12:57.00
4 Bailey Matthaides, Jr, Waldorf	14:56.25
5 Hannah Conroy, Jr, Viterbo	16:28.23

4x100 Meter Relay

1 Dickinson St. (Danna Hanks, Abby Honeyman, Shelbi McGee, Lorna Shepherd)	49.60
2 Jamestown (Sophia Bruckner, Julia Johnson, Madelaine Rue, Kylee Voigt)	50.37
3 Waldorf (Kaila Jackson, Taylor Navartil, Morgan Straight, Markai Wotoe)	51.03
4 Viterbo (Alile Browne, Molly Jump, Kayla King, Makala Teske)	51.07
5 Valley City State (Macy Dimler, Geneva Espinoza, Seri Geisler, Keauna Hansen)	56.28

1500 Meter Run

1 Christa Lysne, Jr, Jamestown	4:54.85
2 Amanda Wolff, So, Dickinson St.	4:56.09
3 Jacey Wilson, So, Dickinson St.	5:01.87
4 Lisa Townsend, Fr, Dickinson St.	5:18.78
5 Cassidy Peterson, Jr, Jamestown	5:33.33
6 Austyn Copp, Jr, Dickinson St.	5:38.91
7 Marissa Kuik, Fr, Waldorf	5:46.55
8 Kateri Hansen, So, Viterbo	5:50.43
9 Mercedes Jochims, Jr, Dakota State	6:29.44
Amber Posner, So, Jamestown	DNF

100 Meter Hurdles

Final

1 Abby Honeyman, So, Dickinson St.	14.98
2 Kaiann Arellano, Fr, Jamestown	15.00
3 Macy Dimler, Fr, Valley City State	15.69
4 Morgan Straight, Fr, Waldorf	15.92
5 Danna Hanks, Fr, Dickinson St.	16.14
6 Madelaine Rue, Fr, Jamestown	16.46
7 Eliana Luke, So, Viterbo	16.55

8 Danielle Holt, Jr, Waldorf 16.88

400 Meter Dash

1	Lorna Shepherd, So, Dickinson St.	59.23	H2
2	Kylee Voigt, Fr, Jamestown	59.31	H2
3	Hannah Christenson, Fr, Jamestown	59.62	H2
4	Keauna Hansen, So, Valley City State	61.18	H2
5	Markai Wotoe, Fr, Waldorf	61.38	H2
6	Makala Teske, So, Viterbo	62.01	H1
7	Allison Hert, So, Dickinson St.	66.79	H2
8	Taylor Navartil, Fr, Waldorf	67.00	H1
9	Charley Buddenhagen, Fr, Waldorf	76.27	H1
10	Katelin Clements, Jr, Viterbo	85.42	H1

100 Meter Dash

Final

1	Shelbi McGee, So, Dickinson St.	12.820
2	Sophia Bruckner, Fr, Jamestown	12.830
3	Abby Honeyman, So, Dickinson St.	12.84
4	Kayla King, So, Viterbo	12.85
5	Alile Browne, Sr, Viterbo	13.00
6	BreeAna Olson, Fr, Dakota State	13.02
7	Emily Stier, Fr, Jamestown	13.20
8	Lorna Shepherd, So, Dickinson St.	13.30

800 Meter Run

1	Rachel Heuchert, Sr, Jamestown	2:21.29
2	Paitton Herbst, Fr, Dickinson St.	2:22.24
3	Christa Lysne, Jr, Jamestown	2:26.38
4	Jacey Wilson, So, Dickinson St.	2:31.25
5	Shayna Tonderum, Sr, Dickinson St.	2:36.47
6	Victoria Sopko, Sr, Dakota State	2:40.78
7	Tyra Laws, Jr, Dakota State	2:50.21

400 Meter Hurdles

1	Eliana Luke, So, Viterbo	65.37
2	Kaiann Arellano, Fr, Jamestown	67.34
3	Danna Hanks, Fr, Dickinson St.	68.68
4	Morgan Straight, Fr, Waldorf	68.72
5	Madelaine Rue, Fr, Jamestown	71.57
6	Macy Dimler, Fr, Valley City State	71.59
7	Karen Dascent, So, Viterbo	75.90
8	Lindi Chadwick, Fr, Jamestown	78.35

200 Meter Dash

1	Shelbi McGee, So, Dickinson St.	25.99	H2
2	Abby Honeyman, So, Dickinson St.	26.13	H2
3	Sophia Bruckner, Fr, Jamestown	26.20	H2
4	Kylee Voigt, Fr, Jamestown	26.22	H2
5	Hannah Christenson, Fr, Jamestown	26.80	H2
6	Alile Browne, Sr, Viterbo	26.84	H1
7	BreeAna Olson, Fr, Dakota State	26.88	H2
8	Lorna Shepherd, So, Dickinson St.	26.89	H2
9	Emily Stier, Fr, Jamestown	27.31	H1
10	Keauna Hansen, So, Valley City State	27.35	H1
11	Breanna Adsit, Sr, Dakota State	29.15	H1

## 5000 Meter Run

1	Amanda Wolff, So, Dickinson St.	19:51.91
2	Christa Lysne, Jr, Jamestown	20:02.89
3	Jade Sheffield, Fr, Dickinson St.	20:26.88
4	Allison Foster, So, Jamestown	20:39.27
5	Brittney Grove, So, Dickinson St.	20:55.00
6	Cassidy Peterson, Jr, Jamestown	22:00.45

## 4x400 Meter Relay

1	Jamestown (Kylee Voigt, Kaiann Arellano, Hannah Christenson, Rachel Heuchert)	4:08.30
2	Viterbo (Eliana Luke, Makala Teske, Karen Dascent, Shania Pokorny)	4:15.49
3	Dickinson St. (Shelbi McGee, Lorna Shepherd, Danna Hanks, Paitton Herbst)	4:17.03
4	Dakota State (Megan Schrempp, BreeAna Olson, Breanna Adsit, Tyra Laws)	4:30.69

## Pole Vault

1	Lexee Craig, Fr, Dickinson St.	10-0 (3.05m)
	(2.60, 2.75, 2.90[3], 3.05)	
2	Jade Derby, Fr, Dickinson St.	9-6 1/4 (2.90m)
	(2.60, 2.75, 2.90)	
3	Makala Teske, So, Viterbo	9-6 1/4 (2.90m)
	(2.00, 2.30, 2.45, 2.60, 2.75, 2.90[2])	
4	Molly Jump, So, Viterbo	6-6 3/4 (2.00m)
	(2.00)	
5	Natalie Semrad, Sr, Viterbo	6-6 3/4 (2.00m)

## Javelin Throw

## Final

1	Seri Geisler, Jr, Valley City State	151-10 (46.28m)
	(46.28, F, F, F, F, F)	
2	Peyton Russell, Sr, Waldorf	125-3 (38.19m)
	(34.80, F, 35.65, F, 37.26, 38.19)	
3	Paitton Herbst, Fr, Dickinson St.	117-11 (35.95m)
	(35.67, 35.95, F, 34.32, 35.33, 34.69)	
4	Krista Thielges, Sr, Jamestown	114-2 (34.81m)
	(32.77, 34.81, F, F, F, 33.09)	
5	Adele Keller, Fr, Jamestown	111-5 (33.96m)
	(33.96, 30.01, 29.47, 31.81, 31.73, 31.27)	
6	Shania Pokorny, Jr, Viterbo	104-3 (31.79m)
	(30.89, 27.60, 30.06, 31.79, 30.48, 28.10)	
7	Alicia Weiland, Fr, Jamestown	100-3 (30.56m)
	(30.56, 29.79, 27.72, 27.83, 29.54, 30.05)	
8	Whitney Leuenberger, Sr, Dickinson St.	98-1 (29.91m)
	(28.36, 29.91, F, F, F, 23.34)	

## Hammer Throw

## Final

1	Samantha Reilly, Jr, Viterbo	160-9 (49.01m)
	(49.01, 44.20, 44.40, 45.71, 46.45, 47.47)	
2	Kylie Martin, Sr, Dakota State	158-8 (48.36m)
	(46.43, 48.36, 47.50, 46.92, F, F)	
3	Paulina Haak, So, Jamestown	152-3 (46.40m)
	(F, 39.57, 42.58, 44.07, 46.40, 45.76)	
4	Whitney Leuenberger, Sr, Dickinson St.	145-5 (44.33m)
	(39.97, 43.86, 44.33, F, 43.16, 43.32)	
5	Marilyn Quintero, Jr, Valley City State	133-10 (40.79m)
	(40.79, F, F, F, F, F)	

6	Rebecca Nord, Jr, Jamestown	132-7	(40.41m)
	(36.15, 36.74, F, F, 40.41, 38.45)		
7	Seri Geisler, Jr, Valley City State	127-8	(38.92m)
	(36.34, 38.92, 38.86, F, 36.24, 35.87)		
8	Jobi McCreary, Fr, Dakota State	115-10	(35.32m)
	(32.51, 32.48, 35.32, 34.66, 32.43, 34.44)		

### Triple Jump

#### Final

1	Shania Pokorny, Jr, Viterbo	35-6 1/2	(10.83m)
	(10.47, F, 10.71, 10.17, 10.57, 10.83)		
2	Kaitlin Connor, So, Valley City State	34-3	(10.44m)
	(F, 10.27, 10.17, 10.44, F, 10.32)		
3	Jordan Thomas , Fr, Jamestown	33-9 1/2	(10.30m)
	(10.26, 10.13, 10.10, 10.15, 10.30, 10.26)		
4	Shelby Gustafson, So, Dickinson St.	33-8	(10.26m)
	(9.97, 10.26, F, 10.17, F, 10.02)		
5	Julia Johnson, Fr, Jamestown	33-6	(10.21m)
	(F, 10.18, F, F, 10.21, F)		
6	Megan Dailey, Jr, Dickinson St.	33-0 1/2	(10.07m)
	(9.88, 9.92, F, 9.94, 9.87, 10.07)		
7	Lindsey Martin, Fr, Viterbo	32-11 3/4	(10.05m)
	(9.84, 9.72, 9.79, 9.99, 9.85, 10.05)		
8	Kaiann Arellano, Fr, Jamestown	32-8 1/2	(9.97m)
	(9.81, 9.41, 9.76, F, 9.62, 9.97)		

### High Jump

1	Kaiann Arellano, Fr, Jamestown	5-3	(1.60m)
	(1.45, 1.50, 1.55, 1.60)		
2	Shelby Gustafson, So, Dickinson St.	5-3	(1.60m)
	(1.45, 1.50, 1.55[2], 1.60)		
3	Aubrey Aspen, So, Viterbo	5-1	(1.55m)
	(1.45[2], 1.50, 1.55[3])		
4	Alile Browne, Sr, Viterbo	4-11	(1.50m)
	(1.40, 1.45[3], 1.50[2])		
5	Megan Dailey, Jr, Dickinson St.	4-9	(1.45m)
	(1.40, 1.45)		

### Discus Throw

#### Final

1	Whitney Leuenberger, Sr, Dickinson St.	130-8	(39.83m)
	(37.47, 39.83, F, 37.54, F, F)		
2	Mackenzie Huber, Fr, Valley City State	126-5	(38.53m)
	(F, 33.73, F, 37.58, 38.53, 35.38)		
3	Marilyn Quintero, Jr, Valley City State	125-2	(38.16m)
	(30.53, F, F, 38.16, 37.27, 35.63)		
4	Kylie Martin, Sr, Dakota State	124-0	(37.80m)
	(37.80, F, F, F, 34.66, 33.75)		
5	Samantha Reilly, Jr, Viterbo	110-5	(33.66m)
	(F, 26.38, 33.04, F, 33.66, 32.89)		
6	Rebekah Hilgemann, So, Jamestown	106-2	(32.36m)
	(31.00, F, 30.34, 31.89, 32.36, 32.29)		
7	Jobi McCreary, Fr, Dakota State	103-2	(31.45m)
	(31.45, F, F, F, F, 29.32)		
8	Jennifer Plancarte, Fr, Waldorf	101-1	(30.82m)
	(27.38, 29.52, 30.82, F, 28.40, F)		

### Long Jump

#### Final

1	Markai Wotoe, Fr, Waldorf	18-1 1/2	(5.52m)
	(5.52, 5.41, 5.42, 5.04, 5.45, 5.30)		
2	Jordan Thomas , Fr, Jamestown	16-1 3/4	(4.92m)

	(F, F, 4.69, 4.90, 4.92, 4.87)	
3 Kaitlin Connor, So, Valley City State	16-0 1/2	(4.89m)
	(F, 4.75, F, 4.87, 4.70, 4.89)	
4 Lindsey Martin, Fr, Viterbo	15-10 3/4	(4.84m)
	(4.60, 4.73, 4.69, 4.84, 4.77, 4.39)	
5 Emily Stier, Fr, Jamestown	15-9 3/4	(4.82m)
	(F, 4.82, F, F, 4.78, F)	
6 Shania Pokorny, Jr, Viterbo	15-5 1/2	(4.71m)
	(F, F, 4.65, F, 4.71, 4.53)	
7 Kaiann Arellano, Fr, Jamestown	15-4 1/4	(4.68m)
	(F, 4.68, 4.63, 4.52, F, F)	
8 Jade Derby, Fr, Dickinson St.	15-4	(4.67m)
	(4.67, 4.51, 4.66, 4.48, 4.43, 4.67)	

#### Shot Put

##### Final

1 Seri Geisler, Jr, Valley City State	43-10	(13.36m)
	(12.29, 12.61, 11.97, 13.32, 13.36, 12.36)	
2 Mackenzie Huber, Fr, Valley City State	42-5 1/4	(12.93m)
	(12.62, F, 12.77, 12.41, F, 12.93)	
3 Whitney Leuenberger, Sr, Dickinson St.	41-1 3/4	(12.54m)
	(12.28, 12.46, 12.54, 11.79, F, F)	
4 Kylie Martin, Sr, Dakota State	40-5	(12.32m)
	(12.22, F, 12.16, 12.32, 12.30, F)	
5 Samantha Reilly, Jr, Viterbo	37-3 3/4	(11.37m)
	(10.66, F, 10.30, 11.37, F, 11.30)	
6 Jobi McCreary, Fr, Dakota State	36-2	(11.02m)
	(10.69, 11.02, 10.00, F, F, F)	
7 Paulina Haak, So, Jamestown	34-7 3/4	(10.56m)
	(10.47, 10.30, 10.27, 10.29, 10.27, 10.56)	
8 Moira McNally, Fr, Jamestown	34-1 1/2	(10.40m)
	(9.97, 10.16, 10.26, 10.40, 10.30, 10.33)	

#### TEAM SCORES

Scored 10-8-6-4-2-1

1 Dickinson St.	241.0
2 Jamestown	192.0
3 Viterbo	96.0
4 Valley City State	71.0
5 Waldorf	42.0
6 Dakota State	23.0

NSAA Men's Coach of the Year: Nick Walker, Dickinson State

NSAA Women's Coach of the Year: Nick Walker, Dickinson State

NSAA Women's Track Athlete of the Meet: Abby Honeyman, Dickinson State

NSAA Women's Field Athlete of the Meet: Kaiann Arellano, Jamestown

NSAA Men's Track Athlete of the Meet: Cain Boschee, Dickinson State

NSAA Men's Field Athlete of the Meet: Ty Malone, Dickinson State