

## Republican Plains Activity Conference - 4/29/2016

## RPAC 2016

## Arapahoe High School

## Results

**Girls 100 Meter Dash**

RPAC: 12.44 4/26/2013 Alexa Whipple

Name	School	Finals
<b>Finals</b>		
1 Frederick, Aubrey	Dundy Co Str	13.25
2 Wells, Tiffany	Alma	13.59
3 Mullin, Sydney	Maxwell	13.70
4 Shaner, Kayla	Cambridge	13.76
5 Schmitt-Phillip, Karmen	Bertrand	13.83
6 Scott, Kyleigh	Hitchcock Co	13.90
7 Cox, Colby	Wauneta/Pali	14.02
8 Dewey, Nicole	Southwest	14.18

**Girls 200 Meter Dash**

RPAC: 25.74 4/25/2008 Blair Dixon

Name	School	Finals
<b>Finals</b>		
1 Frederick, Aubrey	Dundy Co Str	27.41
2 Mullin, Sydney	Maxwell	28.56
3 Lennemann, Becca	Southern Val	28.90
4 Wells, Tiffany	Alma	29.07
5 Heckenlively, Jady	Alma	29.18
6 Scott, Kyleigh	Hitchcock Co	29.60
7 Widener, Jayden	Wallace	29.62
8 Shaner, Kayla	Cambridge	29.93

**Girls 400 Meter Run**

RPAC: 59.54 5/1/2009 Blair Dixon

Name	School	Finals
<b>Finals</b>		
1 Frederick, Aubrey	Dundy Co Str	1:01.11
2 Lennemann, Becca	Southern Val	1:02.63
3 Messersmith, Madisen	Wallace	1:04.87
4 McCarthy, Stephanie	Dundy Co Str	1:04.93
5 Jones, Emily	Dundy Co Str	1:05.33
6 May, Maggie	Wallace	1:05.77
7 Moore, Kati	Cambridge	1:06.41
8 Callahan, Tessa	Bertrand	1:06.78
9 Youngquist, Jasmine	Hitchcock Co	1:07.72
10 Almanza, Alejandra	Wauneta/Pali	1:07.96
11 Merrill, Laynee	Hitchcock Co	1:08.32
12 Hagan, Lydia	Hitchcock Co	1:12.77
13 Koubek, Grace	Maywood/Haye	1:14.31
14 Anders, Bridgett	Wallace	1:14.74
15 Evans, Haylee	Medicine Val	1:15.08
16 McDonald, Haylee	Maxwell	1:15.37
17 Cottrell, Ali	Medicine Val	1:18.27
18 Smith, Caitlyn	Southwest	1:19.06
19 Brugh, Maddie	Alma	1:19.12
20 Hanke, Madison	Arapahoe	1:20.56
21 Seybold, Breanna	Wauneta/Pali	1:20.58
22 Ingold, Dakota	Wauneta/Pali	1:20.82
23 Ellis, Kaitlynne	Southwest	1:46.72
--- Kermmoade, Kelsey	Alma	NT

**Girls 800 Meter Run**

RPAC: 2:23.84 4/25/2008 Brooke Harris

Name	School	Finals
<b>Finals</b>		
1 Lambley, Madison	Dundy Co Str	2:32.36
2 Jones, Emily	Dundy Co Str	2:33.87
3 McCarthy, Stephanie	Dundy Co Str	2:35.22
4 Schwarz, Grace	Bertrand	2:38.94
5 Mote, Amanda	Hitchcock Co	2:40.18
6 Youngquist, Jasmine	Hitchcock Co	2:42.38
7 Almanza, Alejandra	Wauneta/Pali	2:42.78
8 Witte, Erin	Cambridge	2:43.13
9 Blume, Tayler	Hitchcock Co	2:45.65
--- Forbes, Sarah	Southern Val	NT
--- Cottrell, Ali	Medicine Val	NT
--- Hansen, Korinne	Medicine Val	NT
--- Empfield, Alyssa	Maxwell	NT
--- McClintock, Chevi	Wallace	NT
--- Evans, Haylee	Medicine Val	NT
--- Einspahr, Adrienne	Arapahoe	NT
--- Miller, Kailee	Southwest	NT
--- Ackerman, Aubree	Bertrand	NT
--- Denny, Audrey	Bertrand	NT
--- Prickett, Hallie	Alma	NT

**Girls 1600 Meter Run**

RPAC: 5:39.74 4/29/2011 Kenzie Kaps

Name	School	Finals
<b>Finals</b>		
1 Lambley, Madison	Dundy Co Str	5:44.73
2 Minary, Kayla	Maywood/Haye	5:58.14
3 Schwarz, Grace	Bertrand	6:04.05
4 Anderson, Kaylee	Bertrand	6:06.38
5 Nelms, Laura	Dundy Co Str	6:24.75
6 Bose, Maggie	Southern Val	6:30.12
7 Denny, Brenna	Bertrand	6:30.56
8 Earhart, Jade	Medicine Val	6:43.12
--- Ochsner, Jamie	Maxwell	NT
--- Breinig, Emily	Maxwell	NT
--- Sis, Olivia	Dundy Co Str	NT
--- Benson, KateLynn	Cambridge	NT
--- Carfield, Sami	Hitchcock Co	NT
--- Sines, Karlie	Cambridge	NT

**Girls 3200 Meter Run**

RPAC: 12:05.44 4/29/2011 Gabby Mullanix

Name	School	Finals
<b>Finals</b>		
1 Lambley, Madison	Dundy Co Str	12:10.23
2 Minary, Kayla	Maywood/Haye	12:54.28
3 Schwarz, Grace	Bertrand	13:05.92
4 Mote, Amanda	Hitchcock Co	13:28.93
5 Robertson, Hannah	Wallace	14:10.74
6 Nelms, Laura	Dundy Co Str	14:11.10

Republican Plains Activity Conference - 4/29/2016

RPAC 2016

Arapahoe High School

Results

Finals ... (Girls 3200 Meter Run)

Name	School	Finals
7 Denny, Audrey	Bertrand	14:12.17
8 Benson, KateLynn	Cambridge	14:36.75
9 Earhart, Jade	Medicine Val	14:47.35
10 Christensen, Sofie	Dundy Co Str	14:50.04
11 Sines, Karlie	Cambridge	15:03.85
12 Philips, Kara	Bertrand	15:21.57

Girls 100 Meter Hurdles

RPAC: 14.84 4/25/2008 Taylor Tacha

Name	School	Finals
1 Quinn, Savana	Southern Val	16.60
2 Berry, Alexa	Bertrand	16.74
3 Simpson, Faith	Wauneta/Pali	17.02
4 Latta, Dawson	Dundy Co Str	18.06
5 Burke, Kelcie	Dundy Co Str	18.17
6 Tomlin, Kaelie	Cambridge	18.34
7 Mullen, Sydney	Maywood/Haye	18.51
--- Dahlgren, Halle	Bertrand	DQ

Girls 300 Meter Hurdles

RPAC: 46.24 5/1/2009 Taylor Tacha

Name	School	Finals
1 Quinn, Savana	Southern Val	50.22
2 Hays, Haley	Alma	50.60
3 Latta, Dawson	Dundy Co Str	51.11
4 Moore, Kati	Cambridge	52.03
5 Anderson, Bailey	Medicine Val	53.06
6 Tomlin, Kaelie	Cambridge	54.20
7 Watson, Mariah	Arapahoe	54.34
8 Mullen, Sydney	Maywood/Haye	55.23
9 Burke, Kelcie	Dundy Co Str	55.62
10 Dahlgren, Halle	Bertrand	55.69
11 Kriha, Callie	Paxton	56.54
12 Miller, Zel	Maxwell	56.76
13 Christensen, Sofie	Dundy Co Str	56.98
14 Callahan, Paula	Southwest	57.58
15 Ryan, Isabella	Southwest	58.39
16 Koubek, Grace	Maywood/Haye	58.86
17 Dike, Haylee	Wauneta/Pali	1:01.55
18 Seybold, Breanna	Wauneta/Pali	1:07.49
--- Kent, Marlana	Cambridge	NT

Girls 4x100 Meter Relay

RPAC: 51.74 4/26/2013 Arapahoe

C Polston, R Wendeland, K Watson, A Whipple

Team	Relay	Finals
1 Bertrand	A	53.45
1) Callahan, Tessa	2) Berry, Alexa	
3) Kaps, Mollie	4) Schmitt-Phillip, Karmen	

2 Alma	A	53.58
1) Hays, Haley	2) Heckenlively, Jady	
3) Hughes, Dakota	4) Wells, Tiffany	
3 Dundy County/Stratton	A	54.39
1) Sanford, Fayelee	2) McCarthy, Stephanie	
3) Burke, Kaylee	4) Burke, Kelcie	
4 Wauneta/Palisade	A	55.69
1) Dike, Haylee	2) Simpson, Faith	
3) Almanza, Alejandra	4) Cox, Colby	
5 Wallace	A	56.33
1) May, Maggie	2) Messersmith, Peyton	
3) Rohde, Abbey	4) Widener, Jayden	
6 Hitchcock County	A	56.34
1) Scott, Brooke	2) Merrill, Laynee	
3) Hoyt, Ally	4) Scott, Kyleigh	
7 Southwest	A	57.05
1) Mastin, Sydney	2) Dewey, Nicole	
3) Springer, Bailee	4) Sughroue, Kayliegh	
8 Maxwell	A	59.66
1) Ochsner, Jamie	2) Woracek, Shayla	
3) Howitt, Nikki	4) Vrbka, Birkleigh	
9 Medicine Valley	A	59.99
1) Kahler, Payton	2) Martin, Elle	
3) Jorgensen, Kassie	4) Heapy, RaeAnn	
--- Cambridge	A	DQ
1) Moore, Kati	2) Kent, Marlana	
3) Shaner, Alea	4) Shaner, Kayla	

Girls 4x400 Meter Relay

RPAC: 4:17.14 5/1/2009 Cambridge

T Keyser, L Malchow, F Petersen, B Soucie

Team	Relay	Finals
1 Dundy County/Stratton	A	4:23.46
1) Jones, Emily	2) Burke, Kaylee	
3) Latta, Dawson	4) Frederick, Aubrey	
2 Wallace	A	4:32.53
1) May, Maggie	2) Widener, Jayden	
3) Messersmith, Peyton	4) Messersmith, Madisen	
3 Southern Valley	A	4:36.04
1) Lennemann, Becca	2) Quinn, Savana	
3) Bose, Maggie	4) Forbes, Sarah	
4 Cambridge	A	4:38.09
1) Witte, Erin	2) Tomlin, Kaelie	
3) Morgan, Hannah	4) Moore, Kati	
5 Bertrand	A	4:39.92
1) Berry, Alexa	2) High, Atlee	
3) Edgren, Kristine	4) Callahan, Tessa	
6 Hitchcock County	A	4:44.32
1) Merrill, Laynee	2) Blume, Tayler	
3) Hagan, Lydia	4) Mote, Amanda	
7 Medicine Valley	A	4:51.21
1) Hansen, Korinne	2) Anderson, Bailey	
3) Ellermeier, Alex	4) Kahler, Payton	

Republican Plains Activity Conference - 4/29/2016

RPAC 2016

Arapahoe High School

Results

Finals ... (Girls 4x400 Meter Relay)

Team	Relay	Finals
8 Maxwell	A	5:00.17
1) Ochsner, Jamie	2) McDonald, Haylee	
3) Vrbka, Birkleigh	4) Mullin, Sydney	
9 Southwest	A	5:05.04
1) Kraglund, Ashley	2) Morosic, Ashlee	
3) Oltmer, Cara	4) Mastin, Sydney	

Girls 4x800 Meter Relay

RPAC: 10:27.94 4/30/2012 Southwest

K May, T Brooks, A Daffer, C McConville

Team	Relay	Finals
1 Hitchcock County	A	10:39.95
1) Blume, Tayler	2) Youngquist, Jasmine	
3) Hoyt, Ally	4) Mote, Amanda	
2 Bertrand	A	10:46.62
1) Berry, Alexa	2) Ackerman, Aubree	
3) Anderson, Kaylee	4) Callahan, Tessa	
3 Dundy County/Stratton	A	10:47.71
1) Jones, Emily	2) McCarthy, Stephanie	
3) Nelms, Laura	4) Haislip, Carli	
4 Medicine Valley	A	11:12.13
1) Hansen, Korinne	2) Ellermeier, Alex	
3) Anderson, Bailey	4) Heapy, RaeAnn	
5 Cambridge	A	11:55.43
1) Benson, KateLynn	2) Morgan, Hannah	
3) Morgan, Hailey	4) Witte, Erin	
6 Arapahoe	A	12:00.39
1) TenBensel, Olivia	2) Watson, Mariah	
3) Hanke, Madison	4) Einspahr, Adrienne	
7 Southwest	A	12:40.80
1) Miller, Kailee	2) Kraglund, Ashley	
3) Oltmer, Cara	4) Wadle, Stevie	
8 Maxwell	A	12:44.63
1) Breinig, Emily	2) Woracek, Shayla	
3) Empfield, Alyssa	4) Ochsner, Jamie	

Girls High Jump

RPAC: 5-04 4/30/2012 Rochelle Wendlend

Name	School	Finals
1 Youngquist, Jasmine	Hitchcock Co	5-01.00
2 Simpson, Faith	Wauneta/Pali	5-00.00
3 TenBensel, Olivia	Arapahoe	4-10.00
4 Heckenlively, Jady	Alma	J4-10.00
5 Schmitt-Phillip, Karmen	Bertrand	4-08.00
6 Shaner, Alea	Cambridge	4-06.00
7 Nelms, Laura	Dundy Co Str	J4-06.00
7 Frederick, Grace	Dundy Co Str	J4-06.00
9 Widener, Jayden	Wallace	J4-06.00
10 Vrbka, Birkleigh	Maxwell	4-04.00
11 Gooden, Monique	Wauneta/Pali	4-02.00
11 Prickett, Hallie	Alma	4-02.00

---	Seybold, Breanna	Wauneta/Pali	NH
---	Hagan, Lydia	Hitchcock Co	NH
---	Smith, Caitlyn	Southwest	NH
---	Mullen, Sydney	Maywood/Haye	NH
---	Morgan, Hannah	Cambridge	NH
---	Hinterkopf, Katrin	Bertrand	NH

Girls Pole Vault

RPAC: 10-06 4/26/2013 K Kaps/J Dannehl 08

Name	School	Finals	
1 Philips, Courtney	Bertrand	9-06.00	
2 Burke, Kaylee	Dundy Co Str	9-00.00	
2 Kaps, Mollie	Bertrand	9-00.00	
4 Tomlin, Kaelie	Cambridge	J9-00.00	
5 Vlach, Alissa	Alma	8-06.00	
6 Schaben, Mirandah	Arapahoe	8-00.00	
7 Sanford, Fayelee	Dundy Co Str	J8-00.00	
8 Scott, Kyleigh	Hitchcock Co	7-06.00	
9 Carfield, Sami	Hitchcock Co	7-00.00	
9 Heapy, RaeAnn	Medicine Val	7-00.00	
9 Ellermeier, Alex	Medicine Val	7-00.00	
12 Hoyt, Ally	Hitchcock Co	6-06.00	
12 Morosic, Ashlee	Southwest	6-06.00	
14 Oltmer, Cara	Southwest	6-00.00	
---	Morgan, Hannah	Cambridge	NH

Girls Long Jump

RPAC: 18-02.25 4/30/2010 Amber Decent

Name	School	Finals
1 Shaner, Alea	Cambridge	15-11.00
2 Cox, Colby	Wauneta/Pali	15-10.25
3 Hays, Haley	Alma	15-09.00
4 Dewey, Nicole	Southwest	15-05.25
5 Kent, Marlana	Cambridge	14-09.50
6 Burke, Kelcie	Dundy Co Str	14-07.00
7 Hardenbrook, Kaylla	Southern Val	14-06.50
8 Schmitt-Phillip, Karmen	Bertrand	14-04.00
9 Dahlgren, Halle	Bertrand	13-11.25
10 Morgan, Hailey	Cambridge	13-00.75
11 Hagan, Lydia	Hitchcock Co	12-11.75
12 Kraglund, Ashley	Southwest	12-06.75
13 Horinek, Amanda	Hitchcock Co	12-06.50
14 Springer, Bailee	Southwest	12-03.00
15 Eddy, Stephanie	Alma	12-02.00
16 Dike, Haylee	Wauneta/Pali	12-00.50
17 Wiese, Ashlyn	Dundy Co Str	10-05.50
18 Bose, Elizabeth	Southern Val	9-01.50
19 Acosta, Stephanie	Wauneta/Pali	8-04.00

Republican Plains Activity Conference - 4/29/2016

RPAC 2016

Arapahoe High School

Results

Girls Triple Jump

RPAC: 35-04.50 4/29/2016 Alea Shaner

RPAC: 35-04.50 4/29/2016 Alea Shaner

Name	School	Finals
<b>Finals</b>		
1 Shaner, Alea	Cambridge	35-04.50
2 Dewey, Nicole	Southwest	32-03.75
3 Hays, Haley	Alma	31-10.25
4 Mullin, Sydney	Maxwell	31-03.00
5 Cox, Colby	Wauneta/Pali	31-01.75
6 Kent, Marlana	Cambridge	31-00.75
7 Morgan, Hailey	Cambridge	30-11.25
8 Messersmith, Peyton	Wallace	30-08.00
9 Schwarz, Grace	Bertrand	30-00.75
10 Horinek, Amanda	Hitchcock Co	28-09.25
11 Scott, Brooke	Hitchcock Co	28-00.75
12 Kraglund, Ashley	Southwest	26-04.00
13 Behlke, Allie	Dundy Co Str	25-06.50
14 Smith, Rylee	Dundy Co Str	25-06.25
15 Kermmoade, Kelsey	Alma	24-07.00
16 Wadle, Stevie	Southwest	21-10.25

Girls Shot Put

RPAC: 41-02.50 5/1/2009 Bailey Soucie

Name	School	Finals
<b>Finals</b>		
1 Holz, Emma	Paxton	40-01.75
2 Edgren, Kristine	Bertrand	38-10.00
3 Zarkowski, Payton	Dundy Co Str	37-11.25
4 Jorgensen, Kassie	Medicine Val	35-05.50
5 Hazen, Ally	Maxwell	34-06.00
6 Woodring, Kylee	Southern Val	34-00.00
7 Sides, Addie	Cambridge	33-00.25
8 Mockry, Anita	Hitchcock Co	32-07.25
9 Brusoe, June	Hitchcock Co	32-05.75
10 Lutz, Citori	Dundy Co Str	31-07.00
11 Skow, Reagan	Wauneta/Pali	30-07.75
12 Schutz, Lindsay	Bertrand	30-07.50
13 Butts, Shelby	Alma	29-06.25
14 Sandoe, Skyler	Medicine Val	29-05.75
15 Howitt, Nikki	Maxwell	29-05.50
16 Taylor, Olivia	Cambridge	29-03.00
17 Norman, Tia	Southern Val	28-08.25
18 Farr, Haley	Cambridge	28-07.50
18 Ryan, Kaitlyn	Bertrand	28-07.50
20 Sonckson, Abby	Maywood/Haye	28-02.75
21 Dietz, Katie	Alma	27-09.50
22 Roggenkamp, Suzanne	Southwest	27-07.50
22 Lee, Ellie	Wauneta/Pali	27-07.50
24 Kent, Nicole	Dundy Co Str	26-10.50
25 Shifflett, Scarlett	Maxwell	26-10.00
26 McCauley, Jo	Hitchcock Co	26-09.75
27 Wood, Paige	Maywood/Haye	25-06.50
28 Ogier, Shelby	Wallace	25-06.00

29 Quinn, Sawyer	Southern Val	25-01.50
30 Schald, Natalie	Southwest	24-10.75
31 Shoemaker, Shelby	Southwest	24-03.00
32 Ingold, Dakota	Wauneta/Pali	23-01.00
33 Brugh, Maddie	Alma	21-06.50

Girls Discus Throw

RPAC: 128-01 5/1/2009 Sadie Waugh

Name	School	Finals
<b>Finals</b>		
1 Simpson, Faith	Wauneta/Pali	127-05
2 Edgren, Kristine	Bertrand	112-00
3 Zarkowski, Payton	Dundy Co Str	105-07
4 Hazen, Ally	Maxwell	103-04
5 Howitt, Nikki	Maxwell	99-05
6 Rohde, Abbey	Wallace	199-05
7 Dietz, Katie	Alma	93-06
8 Ross, Aubri	Cambridge	93-02
9 Skow, Reagan	Wauneta/Pali	89-11
10 Ogier, Shelby	Wallace	88-04
11 Kent, Nicole	Dundy Co Str	87-01
12 Brusoe, June	Hitchcock Co	86-05
13 Lutz, Citori	Dundy Co Str	83-10
14 Sides, Addie	Cambridge	83-09
15 Jorgensen, Kassie	Medicine Val	83-05
16 Sandoe, Skyler	Medicine Val	77-04
17 Taylor, Olivia	Cambridge	76-09
18 Ellermeier, Alex	Medicine Val	74-01
19 Roggenkamp, Suzanne	Southwest	72-09
20 Sonckson, Abby	Maywood/Haye	70-10
21 Schutz, Lindsay	Bertrand	70-06
22 Quinn, Sawyer	Southern Val	69-08
23 Lee, Ellie	Wauneta/Pali	69-02
24 Norman, Tia	Southern Val	65-10
25 Fisher, Anna	Southern Val	65-06
26 Wood, Paige	Maywood/Haye	63-03
27 Butts, Shelby	Alma	63-00
28 McCauley, Jo	Hitchcock Co	61-06
29 Schald, Natalie	Southwest	56-01
30 Pineda, Annie	Maxwell	51-04
31 Nicholson, Bethany	Southwest	48-10
--- Mockry, Anita	Hitchcock Co	ND
--- Holz, Emma	Paxton	ND

Women - Team Rankings - 17 Events Scored

1) Dundy County/Stratton	154
2) Bertrand	99
3) Cambridge	70
4) Alma	56
5) Southern Valley	48
6) Hitchcock County	46
7) Wauneta/Palisade	45
8) Maxwell	35
9) Wallace	31
10) Maywood/Hayes Center	19
11) Southwest	18
12) Medicine Valley	17

**Republican Plains Activity Conference - 4/29/2016**

**RPAC 2016**

**Arapahoe High School**

**Results**

---

13) Arapahoe	14
14) Paxton	10