

# FRCC Indoor Conference HS

OFFICIAL i Thu, Apr 4, 2013 **Q** JFK Fieldhouse, WI US

# Mens Results

#### 55 Meter Dash Varsity - Finals

<b>1.</b> 12	Jake Wallenfang	6.64a PR	Green Bay Preble
<b>2.</b> 11	Cory Cegelski	6.75a sr	Green Bay Preble
3. 11	Mitchel Rathsack	6.86a	Manitowoc Lincoln
4. 11	Will Daniels	6.88a sr	Green Bay Preble
5. 11	Tyler Griessmeyer	7.00a sr	Sheboygan North
<b>6.</b> 11	Emerson Dolphus	7.09a sr	Sheboygan North

#### 55 Meter Dash Varsity - Prelims

1.	12	Jake Wallenfang	6.66a	Green Bay Preble
2.	11	Cory Cegelski	6.80a	Green Bay Preble
З.	11	Mitchel Rathsack	6.80a PR	Manitowoc Lincoln
4.	11	Will Daniels	6.88a	Green Bay Preble
5.	11	Tyler Griessmeyer	7.00a	Sheboygan North
6.	11	Emerson Dolphus	7.09a	Sheboygan North
7.	12	William Werner	7.15a pr	Sheboygan North
8.	9	Bailey Seidl	7.19a sr	Manitowoc Lincoln
9.	12	Nico Mezel	7.24a PR	Sheboygan South
10.	10	Blair Griffith	7.27a SR	De Pere
11.	10	Brock Carlson	7.36a PR	De Pere
12.	12	Jacob Battle	7.39a pr	Green Bay East
13.	10	Boris Ristivojevic	7.44a sr	Sheboygan South
14.	12	Klayton Zipperer	7.45a pr	Green Bay East
15.	12	Tucker Kielsmeier	7.49a pr	Manitowoc Lincoln
16.	10	Noah Delzer	7.67a PR	Green Bay East
17.	-	lan Dalebrouk	7.73a PR	De Pere

#### 200 Meters Varsity - Finals

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1.	12	Matt Pratt	24.69a PR	Green Bay Preble
2.	12	Quenton Taylor	24.87a PR	Manitowoc Lincoln
З.	11	Tyler Griessmeyer	25.22a PR	Sheboygan North
4.	11	Alberto Orozco	25.35a PR	Green Bay Preble
5.	11	Calian Schrader	25.42a PR	Sheboygan North
6.	9	Bailey Seidl	25.67a sr	Manitowoc Lincoln
7.	12	Jacob Battle	26.14a PR	Green Bay East
8.	12	Nico Mezel	26.16a PR	Sheboygan South
9.	10	Michael Piette	26.43a PR	De Pere
10.	11	Emerson Dolphus	26.44a PR	Sheboygan North
11.	12	Eddie Kispert	26.54a PR	Green Bay East
12.	9	Austin Burkel	27.09a sr	Green Bay East
13.	10	Sam Selk	27.31a SR	Sheboygan South
14.	12	Tucker Kielsmeier	27.61a PR	Manitowoc Lincoln
15.	10	Vincent Drage	27.74a SR	De Pere
16.	-	lan Dalebrouk	28.00a PR	De Pere
	11	Kyle Cady	DNS	Sheboygan South
	11	Nick Vollrath	DNS	De Pere

# A Womens Results

# 55 Meter Dash Varsity - Finals

<b>1</b> . 11	Amber Jackson	7.82a SR	De Pere
2. 9	Sara Risseeuw	7.93a	Sheboygan North
3. 9	Kylie Swiekatowski	7.94a	<u>De Pere</u>
<b>4.</b> 12	Brittany Kidd	7.94a pr	Green Bay East
5. 11	Brooke Porath	8.04a	Green Bay Preble
<b>6.</b> 12	Brooke Olson	8.06a	Sheboygan South

#### 55 Meter Dash Varsity - Prelims

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1.	11	Amber Jackson	7.85a	De Pere
2.	11	Brooke Porath	7.86a PR	Green Bay Preble
3.	9	Kylie Swiekatowski	7.89a pr	De Pere
4.	9	Sara Risseeuw	7.89a	Sheboygan North
5.	12	Brittany Kidd	7.99a	Green Bay East
6.	12	Brooke Olson	8.03a PR	Sheboygan South
7.	9	Kaylee Sinclair	8.05a sr	Green Bay Preble
8.	10	Sloan Tackett	8.18a PR	Manitowoc Lincoln
9.	12	Colleen Sauvey	8.37a PR	De Pere
10.	10	Amber Prunick	8.46a sr	Sheboygan South
11.	11	Liz Winter	8.55a PR	Sheboygan North
12.	11	Danielle Carle	8.62a SR	Manitowoc Lincoln
13.	9	Jasmine Douangmala	8.71a PR	Green Bay East
14.	10	April Brunner	8.79a PR	Manitowoc Lincoln
15.	10	Krystal DeLorme	8.97a PR	Sheboygan South
16.	9	Danielle Burroughs	8.97a PR	Green Bay East

#### 200 Meters Varsity - Finals

1.	12	Kali Hackmann	28.33a PR	Manitowoc Lincoln
2.	12	Brittany Kidd	28.88a PR	Green Bay East
3.	11	Sarah Heesacker	28.99a PR	Green Bay Preble
4.	12	Molly Burkard	30.04a PR	Sheboygan South
5.	9	Kylie Swiekatowski	30.26a sr	De Pere
6.	12	Simone Gerards	31.03a pr	Sheboygan South
7.	11	Mariah Bennin	31.31a PR	Sheboygan North
8.	10	Nicole Barth	31.52a sr	Sheboygan North
9.	12	Nicole Fraser	31.59a PR	De Pere
10.	9	Brianna Ruffalo	32.44a PR	Manitowoc Lincoln
11.	9	Sarah Greene	32.56a PR	Manitowoc Lincoln
12.	10	Carrisa Gregory	33.16a PR	Sheboygan South
13.	9	Nicki Barber	34.48a PR	Green Bay East

#### 400 Meters Varsity - Finals

1.	12 Kali Hackmann	1:02.75a pr	Manitowoc Lincoln
2.	10 Monique Felix	1:07.48a	Sheboygan North
3.	9 Kylie Arett	1:07.82a sr	De Pere
4.	11 Delaney Schurer	1:08.66a PR	De Pere
5.	10 Nicole Barth	1:09.06a PR	Sheboygan North

#### 400 Meters Varsity - Finals

			1 million o	
1.	12	Hakeem Brooks	55.34a PR	Green Bay Preble
2.	10	Logan Strysick	56.01a PR	Sheboygan North
3.	12	Dylan Markelz	56.83a PR	Sheboygan South
4.	11	Alberto Orozco	57.08a PR	Green Bay Preble
5.	12	Shawn O'Donnell	58.03a PR	Green Bay Preble
6.	12	Mitchell Wild	58.17a pr	Sheboygan North
7.	11	Spencer Julian	1:01.12a PR	De Pere
8.	11	Kyle Cady	1:01.22a PR	Sheboygan South
9.	11	Logan Lackershire	1:04.87a PR	Manitowoc Lincoln
10.	9	Kaleb Shaw	1:06.62a PR	Green Bay East
11.	11	Arturo Vazquez	1:07.68a SR	Green Bay East
12.	10	Jordan Gilliame	1:09.99a PR	Green Bay East

#### 800 Meters Varsity - Finals

1.	12 Armando Torres	2:05.07a pr	Green Bay East
2.	11 Andrew Ibibo	2:05.15a sr	Green Bay East
3.	11 Daniel Massey	2:10.01a sr	Green Bay Preble
4.	10 Zachary Klokow	2:12.53a sr	Sheboygan South
5.	11 Brandon Carvajal-He	2:18.50a pr	Green Bay Preble
6.	10 Nick Haagen	2:21.75a sr	De Pere
7.	12 Andrew Ziolkowski	2:22.01a PR	Manitowoc Lincoln
8.	9 Thomas Lang	2:22.82a PR	Sheboygan North
9.	10 Michael Wichlacz	2:24.71a PR	Green Bay East
10.	10 Lucas Wyrembeck	2:31.75a pr	Sheboygan North
	12 Trevor Champ	DNS	De Pere
	10 Derek Muck	DNS	Manitowoc Lincoln
	12 Lorenzo Backhaus	DNS	Sheboygan South

## 1600 Meters Varsity - Finals

1.	12	Armando Torres	4:31.05a pr	Green Bay East
2.	12	McKena Ramos	4:39.09a PR	Sheboygan South
3.	10	Daniel Laluzerne	4:41.68a sr	Green Bay Preble
4.	12	Austin Gokey	4:52.34a PR	De Pere
5.	10	Amari Bauer	4:52.36a sr	Manitowoc Lincoln
6.	11	Eduardo Navarro	4:54.26a sr	Green Bay East
7.	10	Alex Ziebell	4:56.21a PR	De Pere
8.	9	Dan Vopal	5:07.37a PR	De Pere
9.	9	Thomas Lang	5:08.21a sr	Sheboygan North
10.	9	Victor Amador	5:15.83a pr	Sheboygan South
11.	12	Gage Meyer	5:19.86a pr	Green Bay Preble
12.	10	Lucas Wyrembeck	5:35.32a PR	Sheboygan North
13.	10	Logan Maedke	5:36.85a sr	Manitowoc Lincoln

#### 3200 Meters Varsity - Finals

1.	11 Nick Freitag	10:21.15a PR	Green Bay Preble
2.	11 Trevor Damkot	10:21.16a pr	Sheboygan North
3.	10 Shamus Zenk	10:34.44a sr	Sheboygan North
4.	12 Matthew Norman	10:37.62a PR	Sheboygan North
5.	11 Michael Thompson	10:46.19a PR	Manitowoc Lincoln
6.	10 Luis Puente-Krummey	10:46.20a PR	Green Bay East
7.	11 Bennett Krueger	10:48.47a sr	Green Bay Preble
8.	10 Francisco Carranza	10:48.91a PR	Green Bay East
9.	10 Fabian Salinas	11:17.57a sr	Green Bay East
10.	12 Max Tweedale	11:29.77a pr	De Pere
11.	12 Eamon Shannon	11:40.86a PR	De Pere
12.	10 Nathan Kittel	12:25.95a sr	Sheboygan South
13.	12 Tony Winslow	12:43.47a PR	De Pere

https://www.athletic.net/TrackAndField/meet/172796/results/all

#### FRCC Indoor Conference - Results - Track & Field Meet

6.	12	Abbie Peters	1:09.29a	Green Bay Preble
	9	Ariana Orozco	1:10.71a sr	Green Bay Preble
7.	9	Jessica McNellis	1:11.73a PR	Sheboygan South
8.	9	Alissa Stone	1:11.75a sr	Sheboygan South
9.	10	Krystal DeLorme	1:11.82a PR	Sheboygan South
10.	9	Brooke Freitag	1:12.15a sr	Green Bay Preble
11.	9	Sam Schuetze	1:12.94a PR	Manitowoc Lincoln
12.	10	Olga Larson	1:13.21a PR	Green Bay East
13.	11	Melissa Martinez	1:15.36a PR	Green Bay East
14.	12	Alyssa Wigand	1:17.88a PR	Manitowoc Lincoln
15.	12	Libby Collier	1:24.38a PR	Green Bay East

## 800 Meters Varsity - Finals

1.	12 Annie Robertson	2:28.46a	Green Bay Preble
2.	11 Rose Hoffman	2:30.84a PR	Green Bay Preble
3.	11 Emily McCoy	2:37.44a PR	Green Bay East
4.	11 Lauren Dorsey	2:38.71a PR	Green Bay East
5.	9 Macie Peters	2:41.40a sr	Green Bay Preble
6.	11 Karly Rosinsky	2:42.87a PR	Manitowoc Lincoln
7.	10 Margaret Miller	2:47.73a sr	De Pere
8.	11 Ayanna Stewart	2:51.14a PR	Sheboygan North
9.	12 Maria Larson	2:51.85a pr	Green Bay East
10.	10 Kayla Young	2:53.77a pr	De Pere
11.	9 Annabelle Damkot	2:57.59a pr	Sheboygan North
12.	9 Samantha Melendez	2:59.49a PR	Sheboygan South
13.	9 Ariana Vorpahl	3:07.76a sr	Sheboygan South
14.	9 Lillian Stenz	3:10.35a sr	Sheboygan South

## 1600 Meters Varsity - Finals

			· ·	
1.	11	Emily McCoy	5:39.44a PR	Green Bay East
2.	12	Taylor Albright	6:00.20a sr	Manitowoc Lincoln
3.	11	Kara Barber	6:07.80a PR	De Pere
4.	10	Wednesday Saldana	6:08.81a PR	Green Bay East
5.	10	Kayla Young	6:10.91a PR	De Pere
6.	12	Brittany Fahres	6:14.11a sr	Green Bay Preble
7.	10	Kalli Larson	6:14.68a PR	De Pere
8.	9	Annabelle Damkot	6:14.71a PR	Sheboygan North
9.	11	Ayanna Stewart	6:17.54a PR	Sheboygan North
10.	10	Brooke Wimberly	6:27.56a PR	Green Bay Preble
11.	11	Emily Whitstone	6:36.56a sr	Green Bay East
12.	11	Kailya Nachtwey	6:42.91a SR	Sheboygan South
13.	9	Maddy Hoffman	6:42.95a PR	Green Bay Preble
14.	10	Adriana Vargas	7:13.95a sr	Sheboygan South

#### 3200 Meters Varsity - Finals

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1. 12 Jill Englebert	11:48.50a PR	Green Bay Preble
2. 10 Morgan Jindra	12:46.55a PR	Green Bay Preble
3. 10 Miranda Gove	12:56.75a sr	Manitowoc Lincoln
4. 9 Katie Reinemann	13:13.97a sr	Sheboygan North
5. 11 Kara Barber	13:27.73a PR	De Pere
6. 12 Annemarie Hitch	13:56.04a PR	Green Bay East
7. 10 Molly Connell	14:39.12a PR	De Pere
8. 11 Taylor Ruppel	14:39.35a PR	Sheboygan South

# 55m Hurdles - 33" Varsity - Finals

1.	11	Meagan Hilla
2.	12	Morgan Stokes

3. 10 Megan Zamzow

9.34a Green Bay Preble 9.68a sr Manitowoc Lincoln 10.16a sr Green Bay East

1/6/25, 7:53 PM		FRCC Indoc	or Conference - Results - Track & Field Meet
12 Austin Gokey	DNS	De Pere	4. 10 Monique Felix 10.20a SR Sheboygan North
			5. 9 Sydney Otto 10.39a sr De Pere
55m Hurdles - 39	" Varsity - F	inals	6. 10 Emilee Jocewicz 10.51a PR De Pere
1. 12 Taylor Gregory	8.02a pr	Sheboygan South	7. 11 Charity Salchert 10.71a PR Sheboygan North
2. 10 Tommy Thammavong	8.73a PR	Manitowoc Lincoln	8. 11 Abigail March 10.76a SR De Pere
3. 10 Colin Wanek	8.78a sr	Green Bay Preble	9. 11 Stephanie Wagner 10.79a PR Sheboygan North
4. 11 Nicholas Cook	8.78a sr	Sheboygan North	10. 12 Alyssa Krajnik 10.80a sr Manitowoc Lincoln
5. 11 Marcel Harris	8.85a PR	Sheboygan North	11. 10 Paige Orfield 10.87a PR Green Bay Preble
6. 12 Dylan Markelz	9.10a PR	Sheboygan South	
7. 11 Logan Brice	9.27a sr	Green Bay East	4x160 Relay Varsity - Finals
8. 9 Logan Michalek	9.97a PR	Manitowoc Lincoln	1. 10 Izzy Samuels 1:33.25a () Green Bay Preble
9. 9 Alec Seguin	10.02a PR	Manitowoc Lincoln	11 Sarah Heesacker
12 Zach Wallenfang	DNS	Green Bay Preble	11 Brooke Porath
	2.10	0.000.000	9 Kaylee Sinclair
4x160 Deley () (and			2. 11 Amber Jackson 1:33.40a () De Pere
4x160 Relay Varsity			12 Nicole Fraser
1. 11 Cory Cegelski	1:16.92a ()	Green Bay Preble	3. 11 Danielle Carle 1:35.43a () Manitowoc Lincoln
11 Will Daniels			10 Sloan Tackett
12 Matt Pratt			9 Taylor Tice
12 Jake Wallenfang			4. 9 Sara Risseeuw 1:37.66a () Sheboygan North
2. 11 Emerson Dolphus	1:20.60a ()	Sheboygan North	11 Sara Leibham
11 Tyler Griessmeyer			5. 9 Nicki Barber 1:38.97a () Green Bay East
11 Marcel Harris			9 Jasmine Douangmala
11 Calian Schrader			10 Megan Zamzow
3. 10 Michael Piette	1:22.48a ()	De Pere	6. 10 Amber Prunick 1:40.75a () Sheboygan South
10 Vincent Drage			10 Carrisa Gregory
10 Brock Carlson			10 Krystal DeLorme
10 Blair Griffith			
4. 12 Travis Bonk	1:22.98a ()	Manitavusalinasla	
	1.22.304 ()	Manitowoc Lincoln	
9 Logan Michalek	1.22.904 ()	Manitowoc Lincoln	ADVERTISEMENT
<ul><li>9 Logan Michalek</li><li>10 Tommy Thammavong</li></ul>	v		ADVERTISEMENT
<ul><li>9 Logan Michalek</li><li>10 Tommy Thammavong</li><li>5. 10 Noah Delzer</li></ul>	1:24.01a ()	Green Bay East	
<ul><li>9 Logan Michalek</li><li>10 Tommy Thammavong</li><li>5. 10 Noah Delzer</li><li>10 Morgan Drown</li></ul>	1:24.01a ()	Green Bay East	4x200 Relay Varsity - Finals
<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> </ul>	v		<b>4x200 Relay Varsity - Finals</b> 1. 10 Izzy Samuels2:26.28a () Green Bay Preble
<ul><li>9 Logan Michalek</li><li>10 Tommy Thammavong</li><li>5. 10 Noah Delzer</li><li>10 Morgan Drown</li></ul>	1:24.01a ()	Green Bay East	<b>4x200 Relay Varsity - Finals</b> 1. 10 Izzy Samuels2:26.28a () Green Bay Preble11 Sarah Heesacker
<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul>	1:24.01a () 1:42.27a ()	Green Bay East	<b>4x200 Relay Varsity - Finals</b> 1. 10 Izzy Samuels 2:26.28a () Green Bay Preble 11 Sarah Heesacker 11 Brooke Porath
<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul> 4x200 Relay Varsity	1:24.01a () 1:42.27a ()	Green Bay East	<ul> <li>4x200 Relay Varsity - Finals</li> <li>1. 10 Izzy Samuels 2:26.28a () Green Bay Preble</li> <li>11 Sarah Heesacker</li> <li>11 Brooke Porath</li> <li>9 Kaylee Sinclair</li> </ul>
<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul>	1:24.01a () 1:42.27a ()	Green Bay East	<b>4x200 Relay Varsity - Finals</b> 1. 10Izzy Samuels2:26.28a () Green Bay Preble11Sarah Heesacker11Brooke Porath9Kaylee Sinclair11Amber Jackson2:29.01a () De Pere
<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul> 4x200 Relay Varsity	1:24.01a () 1:42.27a () <b>y - Finals</b>	Green Bay East Sheboygan South	<b>4x200 Relay Varsity - Finals</b> 1. 10 Izzy Samuels2:26.28a () Green Bay Preble11 Sarah Heesacker1111 Brooke Porath99 Kaylee Sinclair2:29.01a () De Pere11 Amber Jackson2:29.01a () De Pere12 Nicole Fraser
<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul> <b>4x200 Relay Varsity</b> <ol> <li>11 Will Daniels</li> </ol>	1:24.01a () 1:42.27a () <b>y - Finals</b>	Green Bay East Sheboygan South	<b>4x200 Relay Varsity - Finals</b> 1. 10 Izzy Samuels2:26.28a () Green Bay Preble11 Sarah Heesacker111 Brooke Porath99 Kaylee Sinclair2:29.01a () De Pere11 Amber Jackson2:29.01a () De Pere12 Nicole Fraser2:30.24a () Sheboygan South
<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul> <b>4x200 Relay Varsity</b> <ol> <li>11 Will Daniels</li> <li>12 Matt Pratt</li> </ol>	1:24.01a () 1:42.27a () <b>y - Finals</b> 2:03.69a ()	Green Bay East Sheboygan South Green Bay Preble	<b>4x200 Relay Varsity - Finals</b> 1. 10Izzy Samuels2:26.28a () Green Bay Preble11Sarah Heesacker111Brooke Porath99Kaylee Sinclair2:29.01a () De Pere11Amber Jackson2:29.01a () De Pere12Nicole Fraser2:30.24a () Sheboygan South12Brooke Olson2:30.24a () Sheboygan South
<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul> <b>4x200 Relay Varsity</b> <ol> <li>11 Will Daniels</li> <li>12 Matt Pratt</li> <li>9 Bailey Seidl</li> </ol>	1:24.01a () 1:42.27a () <b>y - Finals</b> 2:03.69a ()	Green Bay East Sheboygan South Green Bay Preble	<b>4x200 Relay Varsity - Finals</b> 1. 10Izzy Samuels2:26.28a () Green Bay Preble11Sarah Heesacker2:26.28a () Green Bay Preble11Sarah Heesacker2:26.28a () Green Bay Preble11Brooke Porath2:20.01a () De Pere12Molly Burkard2:20.01a () De Pere12Molly Burkard2:30.24a () Sheboygan South12Brooke Olson99Alissa Stone
<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul> <b>4x200 Relay Varsity</b> <ol> <li>11 Will Daniels</li> <li>12 Matt Pratt</li> <li>9 Bailey Seidl</li> <li>12 Quenton Taylor</li> </ol>	1:24.01a () 1:42.27a () <b>y - Finals</b> 2:03.69a ()	Green Bay East Sheboygan South Green Bay Preble	<b>4x200 Relay Varsity - Finals</b> 1. 10 Izzy Samuels2:26.28a () Green Bay Preble11 Sarah Heesacker1111 Brooke Porath99 Kaylee Sinclair2:29.01a () De Pere11 Amber Jackson2:29.01a () De Pere12 Nicole Fraser2:30.24a () Sheboygan South12 Brooke Olson99 Alissa Stone2:30.00000000000000000000000000000000000
<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul> <b>4x200 Relay Varsity</b> <ol> <li>11 Will Daniels</li> <li>12 Matt Pratt</li> <li>9 Bailey Seidl</li> <li>12 Quenton Taylor</li> <li>11 Mitchel Rathsack</li> </ol>	1:24.01a () 1:42.27a () <b>y - Finals</b> 2:03.69a () 2:04.28a ()	Green Bay East Sheboygan South Green Bay Preble Manitowoc Lincoln	<b>4x200 Relay Varsity - Finals</b> 1. 10 Izzy Samuels2:26.28a () Green Bay Preble11 Sarah Heesacker2:26.28a () Green Bay Preble11 Sarah Heesacker111 Brooke Porath99 Kaylee Sinclair2:29.01a () De Pere11 Amber Jackson2:29.01a () De Pere12 Nicole Fraser2:30.24a () Sheboygan South12 Brooke Olson99 Alissa Stone2:34.04a () Manitowoc Lincoln12 Simone Gerards3.
<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul> <b>4x200 Relay Varsity</b> <ol> <li>11 Will Daniels</li> <li>12 Matt Pratt</li> <li>9 Bailey Seidl</li> <li>12 Quenton Taylor</li> <li>11 Mitchel Rathsack</li> <li>3. 11 Tyler Van Lanen</li> </ol>	1:24.01a () 1:42.27a () <b>y - Finals</b> 2:03.69a () 2:04.28a ()	Green Bay East Sheboygan South Green Bay Preble Manitowoc Lincoln	<b>4x200 Relay Varsity - Finals</b> 1. 10Izzy Samuels2:26.28a () Green Bay Preble11Sarah Heesacker2:26.28a () Green Bay Preble11Sarah Heesacker2:26.28a () Green Bay Preble11Brooke Porath2:29.01a () De Pere12Amber Jackson2:29.01a () De Pere12Nicole Fraser2:30.24a () Sheboygan South12Brooke Olson2:30.24a () Sheboygan South12Simone Gerards2:34.04a () Manitowoc Lincoln3.Stephanie France Paige Heinzen2:34.04a () Manitowoc Lincoln
<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul> <b>4x200 Relay Varsity</b> <ol> <li>11 Will Daniels</li> <li>12 Matt Pratt</li> <li>2 9 Bailey Seidl</li> <li>12 Quenton Taylor</li> <li>11 Mitchel Rathsack</li> </ol> 3. 11 Tyler Van Lanen <ol> <li>10 Blair Griffith</li> </ol>	1:24.01a () 1:42.27a () <b>y - Finals</b> 2:03.69a () 2:04.28a ()	Green Bay East Sheboygan South Green Bay Preble Manitowoc Lincoln	<b>4x200 Relay Varsity - Finals</b> 1. 10Izzy Samuels2:26.28a () Green Bay Preble11Sarah Heesacker2:26.28a () Green Bay Preble11Sarah Heesacker2:26.28a () Green Bay Preble11Brooke Porath2:29.01a () De Pere12Molly Burkard2:30.24a () Sheboygan South12Brooke Olson2:30.24a () Sheboygan South12Simone Gerards2:34.04a () Manitowoc Lincoln13Stephanie France2:34.04a () Manitowoc Lincoln
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<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul> <b>4x200 Relay Varsity</b> <ol> <li>11 Will Daniels</li> <li>12 Matt Pratt</li> <li>9 Bailey Seidl</li> <li>12 Quenton Taylor</li> <li>11 Mitchel Rathsack</li> </ol> 3. 11 Tyler Van Lanen <ol> <li>10 Blair Griffith</li> <li>10 Michael Piette</li> <li>10 Brock Carlson</li> </ol>	1:24.01a () 1:42.27a () <b>y - Finals</b> 2:03.69a () 2:04.28a () 2:08.93a ()	Green Bay East Sheboygan South Green Bay Preble Manitowoc Lincoln De Pere	<b>4x200 Relay Varsity - Finals</b> 1. 10Izzy Samuels2:26.28a () Green Bay Preble11Sarah Heesacker2:26.28a () Green Bay Preble11Sarah Heesacker111Brooke Porath2:29.01a () De Pere12Nicole Fraser2:30.24a () Sheboygan South12Brooke Olson2:30.24a () Sheboygan South12Brooke Olson2:34.04a () Manitowoc Lincoln9Alissa Stone2:34.04a () Manitowoc Lincoln12Simone Gerards2:34.04a () Manitowoc Lincoln3.Stephanie France2:34.04a () Manitowoc LincolnPaige HeinzenCassidy Mrotek2:37.70a () Green Bay East
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<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul> <b>4x200 Relay Varsity</b> <ol> <li>11 Will Daniels</li> <li>12 Matt Pratt</li> <li>9 Bailey Seidl</li> <li>12 Quenton Taylor</li> <li>11 Mitchel Rathsack</li> </ol> 3. 11 Tyler Van Lanen <ol> <li>10 Blair Griffith</li> <li>10 Michael Piette</li> <li>10 Brock Carlson</li> </ol> 4. 11 Kyle Cady <ol> <li>10 Sam Selk</li> </ol>	1:24.01a () 1:42.27a () <b>y - Finals</b> 2:03.69a () 2:04.28a () 2:08.93a ()	Green Bay East Sheboygan South Green Bay Preble Manitowoc Lincoln De Pere	<b>4x200 Relay Varsity - Finals</b> 1. 10Izzy Samuels2:26.28a () Green Bay Preble11Sarah Heesacker1111Brooke Porath99Kaylee Sinclair1111Amber Jackson2:29.01a () De Pere12Nicole Fraser2:30.24a () Sheboygan South12Brooke Olson99Alissa Stone2:34.04a () Manitowoc Lincoln12Simone Gerards2:34.04a () Manitowoc Lincoln9Jasmine Douangmala2:37.70a () Green Bay East9Danielle Burroughs
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<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul> <b>4x200 Relay Varsity</b> <ol> <li>11 Will Daniels</li> <li>12 Matt Pratt</li> <li>2 9 Bailey Seidl</li> <li>12 Quenton Taylor</li> <li>11 Mitchel Rathsack</li> </ol> 3. 11 Tyler Van Lanen <ol> <li>10 Blair Griffith</li> <li>10 Michael Piette</li> <li>10 Brock Carlson</li> </ol> 4. 11 Kyle Cady <ol> <li>10 Sam Selk</li> </ol> 11 Tristan Schmidt 5. 10 Jesse Van Pay	1:24.01a () 1:42.27a () <b>y - Finals</b> 2:03.69a () 2:04.28a () 2:08.93a () 2:09.09a ()	Green Bay East Sheboygan South Green Bay Preble Manitowoc Lincoln De Pere Sheboygan South	<b>4x200 Relay Varsity - Finals</b> 1. 10Izzy Samuels2:26.28a () Green Bay Preble11Sarah Heesacker1111Brooke Porath99Kaylee Sinclair1111Amber Jackson2:29.01a () De Pere12Nicole Fraser2:30.24a () Sheboygan South12Brooke Olson99Alissa Stone2:34.04a () Manitowoc Lincoln12Simone Gerards2:34.04a () Manitowoc Lincoln9Jasmine Douangmala2:37.70a () Green Bay East9Danielle Burroughs
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<ul> <li>9 Logan Michalek</li> <li>10 Tommy Thammavong</li> <li>5. 10 Noah Delzer</li> <li>10 Morgan Drown</li> <li>6. 12 Nico Mezel</li> <li>10 Sam Selk</li> </ul> <b>4x200 Relay Varsity</b> <ol> <li>11 Will Daniels</li> <li>12 Matt Pratt</li> <li>2. 9 Bailey Seidl</li> <li>12 Quenton Taylor</li> <li>11 Mitchel Rathsack</li> </ol> 3. 11 Tyler Van Lanen <ol> <li>10 Blair Griffith</li> <li>10 Michael Piette</li> <li>10 Brock Carlson</li> </ol> 4. 11 Kyle Cady <ol> <li>10 Sam Selk</li> </ol> 11 Tristan Schmidt 5. 10 Jesse Van Pay <ol> <li>12 Eddie Kispert</li> <li>12 Klayton Zipperer</li> <li>12 William Werner</li> </ol>	1:24.01a () 1:42.27a () <b>y - Finals</b> 2:03.69a () 2:04.28a () 2:08.93a () 2:09.09a () 2:12.66a ()	Green Bay East Sheboygan South Green Bay Preble Manitowoc Lincoln De Pere Sheboygan South Green Bay East	<b>4x200 Relay Varsity - Finals</b> 1. 10 Izzy Samuels2:26.28a () Green Bay Preble11 Sarah Heesacker1111 Brooke Porath99 Kaylee Sinclair1111 Amber Jackson2:29.01a () De Pere12 Nicole Fraser2:30.24a () Sheboygan South12 Brooke Olson99 Alissa Stone1212 Simone Gerards2:34.04a () Manitowoc Lincoln9 Aige Heinzen2:37.70a () Green Bay East9 Nicki Barber99 Danielle Burroughs1010 Megan Zamzow2:42.83a () Sheboygan North
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2. 11 Lauren Dorsey

10 Wednesday Saldana

## 4x400 Relay Varsity - Finals

1. 12 Zach Wallenfang 3:47.98a () Green Bay Preble

https://www.athletic.net/TrackAndField/meet/172796/results/all

4:36.53a () Green Bay East

1/6/25, 7:53 PM FRCC Indoor Conference - Results - Track & Field Meet 12 Shawn O'Donnell 11 Felicity Hughes 12 Hakeem Brooks 12 Brittany Kidd 2. 11 Andrew Ibibo Sheridan Michaud 3:50.95a () Green Bay East 3.9 4:42.04a () Green Bay Preble 3. 11 Nicholas Cook 3:52.07a () Sheboygan North 9 Brooke Freitag Ariana Orozco 11 Marcel Harris 9 10 Logan Strysick 12 Abbie Peters 12 Mitchell Wild 4. 11 Kailya Nachtwey 4:44.79a () Sheboygan South 4. 12 Trevor Champ 9 Alissa Stone 3:59.87a () De Pere Spencer Julian 9 Jessica McNellis 11 11 Tyler Van Lanen 5. 11 Mariah Bennin 4:53.44a () Sheboygan North 5. 12 McKena Ramos 4:01.03a () Sheboygan South 11 Sara Leibham 12 Kate Wintheiser 11 Kyle Cady 10 Zachary Klokow 10 Nicole Barth 11 Tristan Schmidt 6. 10 Alicia Zewicki 4:59.08a () Manitowoc Lincoln 6. 10 Paul Beyer 4:01.43a () Manitowoc Lincoln 10 Austin Haupt 4x800 Relay Varsity - Finals

1. 9

2.9

5.9

9

Annabelle Damkot

10 Monique Felix

12 Kate Wintheiser 11 Sara Leibham

Macie Peters

12 Annemarie Hitch 10 Olga Larson

Lillian Stenz 11 Taylor Ruppel

3. 10 Margaret Miller

10 Kalli Larson 10 Molly Connell 4. 12 Maria Larson

10:59.83a () Sheboygan North

10:59.88a () Green Bay Preble

11:33.29a () Green Bay East

11:30.44a () De Pere

Samantha Melendez 12:42.07a () Sheboygan South

#### 4x800 Relay Varsity - Finals

Logan Michalek

9

1.	11	Brandon Carvajal-Hernandez	8:59.78a () Green Bay Preble
	11	Daniel Massey	
	11	Bennett Krueger	
2.	11	Trevor Damkot	9:09.48a () Sheboygan North
	12	Matthew Norman	
	10	Logan Strysick	
	10	Shamus Zenk	
3.	12	Lorenzo Backhaus	9:24.87a () Sheboygan South
	10	Zachary Klokow	
4.	10	Nick Haagen	9:29.48a () De Pere
	11	Spencer Julian	
5.	10	Derek Muck	9:35.61a () Manitowoc Lincoln
	12	Andrew Ziolkowski	
6.	10	Michael Wichlacz	9:41.62a () Green Bay East
	11	Arturo Vazquez	

#### Shot Put - 12lb Varsity - Finals

1.	12	Jacob Guenther	48-09.25 PR	Green Bay Preble
2.	12	Alex Heimermann	42-10.50 PR	Green Bay Preble
3.	12	Austin Bown	42-10.00 PR	Manitowoc Lincoln
4.	12	Alex Van Lanen	42-09.50 SR	De Pere
5.	10	Marcelino Ramirez	40-09.50 SR	Green Bay East
6.	10	Joshua Teegardin	39-02.00 PR	Sheboygan South
7.	11	Eric Bergschultz	39-00.00 SR	Sheboygan South
8.	11	Al Jelinski	38-08.50 PR	Green Bay East
9.	12	Jacob Reindl	38-05.25 PR	Manitowoc Lincoln
10.	12	Tyler Chamberlain	38-02.25 PR	Green Bay Preble
11.	11	Jamal Jackson	38-01.50 PR	Sheboygan South
12.	9	Charlie Lavin	37-07.50 SR	De Pere
13.	11	Collin Saubert	36-09.50 SR	Manitowoc Lincoln
14.	10	Brian Nies	36-04.00 SR	De Pere
15.	11	Andrew Grunow	30-11.75 PR	Sheboygan North

#### **High Jump Varsity - Finals**

1.	11	Robert Starnes	6-06.00 PR	Green Bay Preble
2.	12	Jose Perez	5-10.00 PR	Green Bay Preble
З.	11	Noah Stengel	5-08.00 SR	Sheboygan North
4.	11	Alex Walschinski	5-06.00 SR	Green Bay Preble
4.	11	Jordan Jackson	5-06.00 PR	Sheboygan South

https://www.athletic.net/TrackAndField/meet/172796/results/all

#### 1. 12 Alyssa Smollar 36-08.00 PR Green Bay East 11 1 ויזם

Shot Put - 4kg Varsity - Finals

2.	11	Lauren Pfile	35-10.25 sr	Sheboygan South
3.	10	Izzy Samuels	35-09.50	Green Bay Preble
4.	10	Meg Wolowicz	34-06.00 SR	Manitowoc Lincoln
5.	10	Argentina Chaney	32-11.50 SR	Green Bay East
6.	11	Priyanka Navani	31-03.50 PR	Green Bay Preble
7.	11	Kaytlin Lampe	30-11.00 PR	Sheboygan South
8.	11	Chantelle Tolbert	29-01.50 SR	Green Bay Preble
9.	12	Marie Vega	28-08.00 PR	Green Bay East
10.	12	Anna Miller	28-07.00 PR	Sheboygan North
11.	10	Faith Senkbeil	27-05.75 PR	Sheboygan North
12.	12	Karlie Weimann	26-06.50 PR	Sheboygan South
13.	10	Emily Kretsch	25-11.00 PR	Manitowoc Lincoln

#### **High Jump Varsity - Finals**

1.	11	Meagan Hilla	5-00.00	Green Bay Preble
2.	12	Molly Burkard	4-10.00 SR	Sheboygan South
3.	11	Lydia Snyder	4-10.00 PR	Manitowoc Lincoln
4.	12	Morgan Stokes	4-08.00 SR	Manitowoc Lincoln
4.	12	Brooke Olson	4-08.00 PR	Sheboygan South
6.	9	Sydney Otto	4-06.00 PR	De Pere
7.	9	Taylor Tice	4-06.00 PR	Manitowoc Lincoln
8.	9	Hayley Winzenried	4-06.00	Green Bay Preble
9.	9	Olivia Zegers	4-04.00 SR	De Pere
9.	9	Sheridan Michaud	4-04.00 SR	Green Bay Preble
9.	11	Laura Wintheiser	4-04.00 PR	Sheboygan North

1/6/25, 7:53 PM

FRCC Indoor Conference	- Results - T	Frack &	Field Meet
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e	10	Niek Dudelph		Chabourgen North
ю.	10	Nick Rudolph	5-04.00 PR	Sheboygan North
7.	11	Tristan Schmidt	5-04.00 PR	Sheboygan South
8.	10	Brian Nies	5-04.00 PR	De Pere
9.	10	Alec Palmer	5-02.00 SR	Green Bay East

#### Pole Vault Varsity - Finals

<b>1.</b> 12	Jake Wallenfang	14-06.00 PR	Green Bay Preble
<b>2.</b> 12	Cole Meller	11-06.00 PR	Sheboygan North
<b>3.</b> 12	Jacob Laufenberg	11-00.00 PR	Green Bay Preble
4. 10	George Hermann	11-00.00 SR	Sheboygan North
<b>5.</b> 10	Daniel Becker	9-06.00 SR	Sheboygan North
6.9	Nick Cooper	9-00.00 SR	Sheboygan South
<b>7.</b> 10	Paul Beyer	9-00.00 PR	Manitowoc Lincoln
<b>8.</b> 12	Andrew Ziolkowski	8-00.00 PR	Manitowoc Lincoln
12	Nathan Belongey	NH	Green Bay East
10	Chris Dimoff	NH	Sheboygan South

#### Long Jump Varsity - Finals

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1.	11	Robert Starnes	22-02.75 SR	Green Bay Preble
2.	11	Cory Cegelski	21-10.25 SR	Green Bay Preble
3.	12	Quenton Taylor	20-05.75 PR	Manitowoc Lincoln
4.	12	Taylor Gregory	19-02.25 sr	Sheboygan South
5.	10	Jesse Van Pay	18-06.75 SR	Green Bay East
6.	10	Morgan Drown	17-11.75 PR	Green Bay East
7.	12	Travis Bonk	17-05.50 PR	Manitowoc Lincoln
8.	10	Austin Haupt	17-05.00 SR	Manitowoc Lincoln
9.	12	Matthew Norman	17-03.50 PR	Sheboygan North
10.	11	Tyler Van Lanen	17-01.75 sr	De Pere
11.	10	Doug Williams	17-01.50 SR	Sheboygan South
12.	9	Brennan Hutjens	15-11.50 PR	De Pere
13.	9	Jimmel Arneson	15-05.50 PR	Sheboygan North
	10	Karel Wardlow	ND	Green Bay East
	10	Nick Rudolph	ND	Sheboygan North
	10	Boris Ristivojevic	ND	Sheboygan South

## Triple Jump Varsity - Finals

1.	12	Taylor Gregory	42-08.75 PR	Sheboygan South
2.	11	Robert Starnes	41-08.50 PR	Green Bay Preble
З.	11	Nicholas Cook	39-06.50 PR	Sheboygan North
4.	11	Jordan Jackson	38-02.75 PR	Sheboygan South
5.	10	Noah Delzer	37-06.75 SR	Green Bay East
6.	12	Jacob Battle	36-11.25 PR	Green Bay East
6.	10	Randy Bialcik	36-11.25 SR	Green Bay Preble
8.	12	Nico Mezel	36-09.50 PR	Sheboygan South
9.	10	Chris Frelich	34-07.25 PR	Green Bay East
10.	11	Tyler Van Lanen	33-03.50 PR	De Pere
	10	Nick Rudolph	ND	Sheboygan North

9. 12 Simone Gerards	4-04.00 PR	Sheboygan South
10 Megan Sopper	NH	Sheboygan North

## Pole Vault Varsity - Finals

1.	9	Kylie Swiekatowski	10-01.00	De Pere
2.	12	Randi Levendusky	9-00.00 PR	Manitowoc Lincoln
3.	11	Mariah Bennin	8-06.00	Sheboygan North
4.	12	Kate Wintheiser	8-06.00 PR	Sheboygan North
5.	12	Colleen Sauvey	8-00.00 PR	De Pere
6.	9	Sheridan Michaud	6-06.00 SR	Green Bay Preble
7.	10	Olivia Post	6-00.00 SR	Sheboygan South
	10	Abbey Schmitt	NH	Sheboygan South
	12	Jen LeCaptain	NH	Manitowoc Lincoln
	9	Sarah Greene	NH	Manitowoc Lincoln

#### Long Jump Varsity - Finals

1.	11	Lydia Snyder	15-09.25 SR	Manitowoc Lincoln
2.	11	Kailya Nachtwey	14-03.00 SR	Sheboygan South
3.	9	Sydney Otto	14-00.75 SR	De Pere
4.	10	April Brunner	13-05.25 SR	Manitowoc Lincoln
5.	11	Stephanie Wagner	13-05.25 PR	Sheboygan North
6.	9	Hannah Kraft	13-05.00 SR	De Pere
7.	10	Paige Orfield	13-01.00 PR	Green Bay Preble
8.	11	Charity Salchert	12-10.25 PR	Sheboygan North
9.	10	Amber Prunick	12-07.00 SR	Sheboygan South
10.	9	Gabby Hackmann	11-08.00 PR	Manitowoc Lincoln
11.	10	Carrisa Gregory	11-04.75 SR	Sheboygan South

# Triple Jump Varsity - Finals

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1.	11	Meagan Hilla	33-10.25	Green Bay Preble
2.	10	Monique Felix	31-11.25	Sheboygan North
3.	11	Sarah Heesacker	31-10.00 PR	Green Bay Preble
4.	12	Molly Burkard	31-00.00 PR	Sheboygan South
5.	12	Katherine Wolowicz	29-06.00 SR	Manitowoc Lincoln
6.	10	Megan Zamzow	29-00.75 SR	Green Bay East
7.	12	Alyssa Krajnik	28-09.50 SR	Manitowoc Lincoln
8.	9	Hannah Kraft	28-07.50 SR	De Pere
9.	11	Liz Winter	28-06.00 PR	Sheboygan North
10.	10	Emilee Jocewicz	28-03.75 PR	De Pere
11.	11	Abigail March	28-02.50 PR	De Pere
12.	10	Alicia Zewicki	27-07.00 SR	Manitowoc Lincoln
13.	11	Felicity Hughes	27-02.25 PR	Green Bay East

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