

2010 North Boys Cross Country

Name	Time	School
Drew Webster	16:35.80	Ft. Zumwalt East
Kyle Deeken	17:07.59	Ft. Zumwalt North
Jacob Humphries	17:24.26	Ft. Zumwalt South
Sheldon Keence	17:31.77	St. Charles West
Matt Flynn	17:39.88	Ft. Zumwalt North
Chaz Glotta	17:49.96	Ft. Zumwalt North
Eric Bean	17:52.14	Ft. Zumwalt North
Christian Goeke	17:56.39	Duchesne
Nolan Ryan	17:57.04	Ft. Zumwalt East
Steven Blankenship	17:57.16	Ft. Zumwalt South
Cloud Wharton	17:57.88	Warrenton
Dan Lackey	18:03.76	Ft. Zumwalt East
Jonathan Spilker	18:06.92	Ft. Zumwalt South
Bryan Groeper	18:13.14	Warrenton

Full meet results are available with Adobe Acrobat:

Varsity boys | JV boys

Sportsmanship Award

Duchesne	Jon Diehl
Warrenton	Adam Lause
Washington	
St. Charles	
Ft. Zumwalt South	
Ft. Zumwalt North	Kyle Deeken
St. Charles West	Sheldon Keence
Ft. Zumwalt East	

All-Academic Team

Duchesne –

Warrenton – Bryan Groeper, Cloud Wharton, Brett Arnold, Jacob Ruby, Jon Diehl

Washington – Dylan Callaway, Austin Donovan, Alex Holterman, Lucas Jasper, Riley Kirsch, Adam Lause, Ian Smith

St. Charles –

Ft. Zumwalt South –

Ft. Zumwalt North – Brad Banowetz, Eric Bean, Kyle Deeken, Matthew Flynn, Tanner Smith, Brandon Tappmeyer, Cody Vehige, Matthew Wilson

St. Charles West – Orlando Anderson, Sheldon Keence

Ft. Zumwalt East -

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2010 South Boys Cross Country

NAME	TIME	SCHOOL
Trey Berry	16:22.53	Francis Howell
Cameron Bogue	16:38.49	Ft. Zumwalt West
Kenny Cushing	16:46.43	Wentzville Holt
Nick Buss	16:54.05	Francis Howell
Sam Lazechko	16:55.49	Francis Howell
Tyler Percy	16:56.95	Ft. Zumwalt West
Josh McKinley	17:23.71	Francis Howell Central
Eric Rogers	17:26.77	Ft. Zumwalt West
Cody Schoene	17:28.23	Wentzville Holt
Seth Parres	17:29.77	Ft. Zumwalt West
Brennan Riley	17:31.34	Francis Howell
Zach Taylor	17:37.99	Francis Howell Central
Peter Franck	17:41.83	Wentzville Holt
Austin Henson	17:45.55	Francis Howell

Full meet results are available with Adobe Acrobat:

Varsity boys | JV boys

Sportsmanship Award

Francis Howell North	
Ft. Zumwalt West	Christian Bradford
Francis Howell Central	Zach Taylor
Wentzville Timberland	Ian Thompson
Wentzville Holt	Jerome Freeberg
Francis Howell	Cole Campbell & Zeke Kapusciak
Troy Buchanan	Chris Bantz

All-Academic Team

Ft. Zumwalt West – Ryan Arnold, Cameron Bogue, Chrisitan Bradford, Jordan Brewer, Jordan Duggan, Steve Heim, Tyler Percy, Eric Rogers

Wentzville Timberland – Nick Geldrich, Drew Herren, Gunnar Johnson, Mark Reininger, Ian Thompson, Stephen Voss

Francis Howell – Cody Berry, Nick Buss, Cole Campbell, Greg Fletcher, Andy Lamoreaux, Sam Lazeckko, Daniel Milberg, Austin Southmayd

Francis Howell North -

Francis Howell Central – Kevin Becerra, David Evans, Adam Farmer, T. J. Hiegel, Josh McKinley, Ted Noelker, Michael Van Horn

Troy Buchanan – Chris Bantz, Tayler Carter, David Haake, Chad Hollaway, Zachary Ignotz, Brendan Woodall

Wentzville Holt – Nick Bradshaw, Kenny Cushing, Peter Franck, Clayton Ream, Kyle White, Alec Whiting, Tim Younger

2010 North Girls Cross Country

NAME	TIME	SCHOOL
Gloria Westlake	19:55.56	Ft. Zumwalt East
Emily Mauch	20:53.22	Warrenton
Maggie Noble	20:58.80	Duchesne
Molly White	20:59.24	Ft. Zumwalt South
Taylor Thompson	21:03.60	Ft. Zumwalt South
Bridget Stewart	21:17.60	Ft. Zumwalt South

Ashley Garrard	21:24.91	Washington
Heather Adair	21:30.52	St. Charles
Maggie Juengst	21:31.18	Ft. Zumwalt South
Amy Brown	21:43.04	St. Charles West
Sydney O'Brien	21:43.96	Ft. Zumwalt South
Britney Watson	21:44.56	Ft. Zumwalt East
Sarah Jones	21:46.72	Ft. Zumwalt South
Melora Broker	21:52.34	Warrenton

Full meet results are available with Adobe Acrobat:

Varsity girls | JV girls

Sportsmanship Award

Duchesne	
Warrenton	Emily Mauch
Washington	Madeline Marlow
St. Charles	
Timberland	
Ft. Zumwalt North	Bay Lee Smith
St. Charles West	-
Ft. Zumwalt East	

All-Academic Team

Duchesne –

Warrenton – Emily Mauch, Melora Broker

Washington – Anna Bretzke, Jessica Brown, Amanda Feldman, Ashley Garrard, Caroline Green, Madeline Marlow, Hannah Plowman, Kasey Wood

St. Charles –

Ft. Zumwalt South –

Ft. Zumwalt North – Natalie Bryan, Shelby Markum, Ashley Oberdieck,

St. Charles West – Brittany Broder, Emily Brown, Jessica Groff, Shelby Gross, Kathlynn Huber, Abbey Lauer, Melina Malloy, Kayla Radford, Daley Soderberg, Mackenzie White

Ft. Zumwalt East -

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2010 South Girls Cross Country

NAME	TIME	SCHOOL
Rebecca Turney	19:35.65	Francis Howell
Leah Krause	19:44.19	Francis Howell
Haley Delgado	19:47.47	Ft. Zumwalt West
Sydney Voss	20:00.40	Francis Howell Central
Coleen Grone	20:01.37	Francis Howell North
Courtney Coe	20:25.48	Ft. Zumwalt West
Aly Coleman	20:35.68	Ft. Zumwalt West
Erica Grogg	20:46.15	Francis Howell Central
Hannah Lucas	20:47.53	Wentzville Holt
Hailey Porter	20:49.07	Ft. Zumwalt West
Brianna Schroer	20:53.17	Francis Howell North
Sammi Merritt	20:55.76	Ft. Zumwalt West
Emily Grayek	20:58.55	Ft. Zumwalt West
Valeska Halamicek	21:04.46	Francis Howell

Full meet results are available with Adobe Acrobat:

Varsity girls | JV girls

Sportsmanship Award

Francis Howell North	Katie Wright
Ft. Zumwalt West	Erica Grogg
Francis Howell Central	Sydney Emke
Wentzville Timberland	Abby Rowan
Wentzville Holt	

Francis Howell
Troy Buchanan

Amanda Brisso
Sarah Graham

All-Academic Team

Ft. Zumwalt West – Courtney Coe, Alysia Coleman, Haley Delgado, Emily Grayek, Grace Lackner, Samantha Merritt, Hailey Porter, Jenny Retzlaff, Katie Wright

Wentzville Timberland – Sydney Ehmke, Tory Ford, Alexis Holmstedt, Evan Jones, Ruth McClain, Erica Peters, Kristin Pins, Anna Sillman, Ashley Singer

Francis Howell – Erin Biddle, Jacci Guthrie, Valeska Halamicek, Carrie Haupt, Leah Krause, Mikayla Kuntzman, Tiffany Sunderland

Francis Howell North -

Francis Howell Central – Michelle Aiello, Lydia Colvin, Haley Currant, Anna Ferris, Megan Gaglio, Erica Grogg, Alyson Martin, Emily Ortinau, Sydney Voss

Troy Buchanan – Stephanie Barton, Paige Bogert, Riley Fader, Sarah Graham, Nicole Haney, Sabrina Heisse, Yaelie Mashburn

Wentzville Holt – Kaitlyn Bouchat, Chandler Carreon, Meghan Edwards, Ashley Leonard, Kara Lough, Hannah Lucas, Alex Miller, Abigail Piper, Abby Rowan,

2010 North Football

QUARTERBACK

1st Team	Marvin Byrd III	Sr.	Ft. Zumwalt East
	Scott Lathrop	Sr.	Warrenton
2nd Team	Luke Hasenjaeger	So.	Washington
H.M.	Anthony Richardson	Sr.	St. Charles West

RUNNING BACK

1st Team	Christian Brooks	Jr.	Ft. Zumwalt East
	Austin Black	Jr.	Warrenton
2nd Team	Mike Iannicola	Sr.	Ft. Zumwalt North
	Kyle Phipps	Sr.	Washington

H.M.	Ed Barrett	Sr.	St. Charles
	Tony Treadway	Sr.	St. Charles West

ATHLETE

2nd Team	V. J. Fitzpatrick	Jr.	Ft. Zumwalt North
H.M.	Jake Tweet	Sr.	Duchesne

OFFENSIVE LINE

1st Team	J. T. Young	Sr.	Ft. Zumwalt East
	Nick Weisenborn	Jr.	Ft. Zumwalt East
	Chris Lampe	Sr.	Ft. Zumwalt North
	John Jeskey	Sr.	Warrenton
	Justin Fowler	Sr.	Warrenton
2nd Team	Kenny Schroeder	Sr.	Duchesne
	Ricky Cheers	Sr.	Ft. Zumwalt North
	Dustin Wood	So.	Ft. Zumwalt South
	Reese Berry	Sr.	Warrenton
	Trevor Shockley	Jr.	Washington
H.M.	Alex Ritter	Jr.	Duchesne
	Reed Booth	Sr.	Ft. Zumwalt East
	Ron Leach	Sr.	Ft. Zumwalt South
	Alex Tims	Jr.	Warrenton
	Travis Gardner	Sr.	Washington

WIDE RECEIVER

1st Team	Mike Mahoney	Jr.	Ft. Zumwalt East
	Shane Huddleston	Sr.	St. Charles West
	Nick Todd	Jr.	Warrenton
2nd Team	Matt Glanzner	Sr.	St. Charles
	Mike McGilvray	Jr.	Washington
	Jason Bunge	Jr.	Warrenton
H.M.	Joe LLOYD	So.	Duchesne

J. R. Alexander	Sr.	Ft. Zumwalt South
Marc Goebel	Sr.	Washington

KICKER

1st Team	Mike Gesell	Sr.	St. Charles West
2nd Team	Sam Kosark	Sr.	Washington
H.M.	Tanner Trokey	Sr.	Ft. Zumwalt East

DEFENSIVE BACK

1st Team	Khalan King	Sr.	Ft. Zumwalt East
	Brandon Barrett	Jr.	Ft. Zumwalt East
	Devin Roberts	So.	Warrenton
	Clayton Hamai	Jr.	Washington
2nd Team	Jake Tweet	Sr.	Duchesne
	Matt Edler	Sr.	Ft. Zumwalt North
	Nick Todd	Jr.	Warrenton
	Shane Huddleston	Sr.	St. Charles West
H.M.	Shawn Welch	Sr.	Ft. Zumwalt South
	T. J. Short	Sr.	St. Charles
	T. J. Lafaver	So.	Warrenton
	Robert Luck	Sr.	Washington

LINEBACKER

1st Team	Alex Nischbach	Sr.	Ft. Zumwalt East
	Chad Webber	Sr.	Duchesne
	Ben Davidson	Sr.	Ft. Zumwalt North
	Austin Black	Jr.	Warrenton
2nd Team	John Allquist	Sr.	Ft. Zumwalt South
	Ryan Haskell	Sr.	Ft. Zumwalt South
	Austin Rugraff	Jr.	St. Charles West
	Nick Reese	Sr.	Warrenton
H.M.	Jeff Swann	Sr.	Duchesne

Luke Bornhop	Jr.	St. Charles
Casey Bartee	So.	St. Charles West
Derrick Chapman	Sr.	Warrenton

DEFENSIVE LINE

1st Team	J. T. Young	Sr.	Ft. Zumwalt East
	Justin Greene	Sr.	Warrenton
	Conor Vortherms	Sr.	Ft. Zumwalt East
	Joe Hughes	Sr.	Washington
2nd Team	Chris Lampe	Sr.	Ft. Zumwalt North
	John Jeskey	Sr.	Warrenton
	Will Filipek	Sr.	Warrenton
	Joe Collins	Sr.	Washington
H.M.	T. J. Merriott	Sr.	Duchesne
	Michael Deeds	So.	Ft. Zumwalt South
	Tobias Lee	Sr.	St. Charles West
	Tyler Hanneke	Jr.	St. Charles West

PUNTER

1st Team	T. J. Merriott	Sr.	Duchesne
2nd Team	Sam Kosark	Sr.	Washington
H.M.	Marvin Byrd III	Sr.	Ft. Zumwalt East
	Colby Vogt	Sr.	St. Charles West

Sportsmanship Award

Duchesne	Jake Loewenstein
Warrenton	Derrick Chapman
Washington	Jesse Crider
St. Charles	Austin Olendorff
Ft. Zumwalt South	Roan Leach
Ft. Zumwalt North	Devinn Heuermann
Ft. Zumwalt East	Tanner Davis

All-Academic Team

Duchesne - Josh Beezley, Zach Bohr, Jake Busche, Nick Dashner, Mike Deluvia, Adam Dobbs, David Dobbs, Brendan Freeman, Nate Friedel, Alex Grupas, Keenan Kness, Jake Lowenstein, Matt Michalek, Jordan Mueller, Joe Noel, Alex Ritter, Nick Scheddig, Ben Serangeli, Doug Swann, Jeff Swann, Otto Thiele, Jake Tigges, Nick Turnbeaugh, Jake Tweet, Matt Ule, Greg Velders, Chad Webber, Nick Wilder

Warrenton - Kevin Arens, Austin Avery, Reese Berry, Trevor Bradshaw, Jason Bunge, Derrik Chapman, Evan Costello, Travis Doyle, Davis Everman, Lucas Folton, Brett Garrison, Justin Greene, Darren Hackman, John Jeskey, T. J. Lafaver, Jacob Lanham, Devin Ray, Jeff Reeser, Nick Reese, Tyler Romaker, Adam Smith, Alex Tims, Cameron Williams

Washington - Andrew Baker, Dilan Bollmann, Randall Flotte, Travis Gardner, Brandon Garrad, Ben Gratz, Luke Hasenjaeger, Chase Hellebusch, Luke Hoemann, Tyler Jackson, Sam Kosark, Seth Martin, Alex Mueller, John Phinney, Max Phinney, Make Rains, Trevor Shockley, Caleb Summers, Derek Walters

St. Charles - Luke Bornhop, Brandon Howard, Ryan Johnson, Hayden Miller, Austin Olendorff, Robert Velasco

Ft. Zumwalt South - Luke Allison, John Allquist, Jonathan Cook, Chris Craft, Jacob Gottreu, Chris Hood, Ron Leach, Marcus Lemasters, Jon Murphy, Alex Saldana, Brett Simon, Brett Smith, Matthew Smith, Sean Tilley, Gage Walker, Shawn Welsch

Ft. Zumwalt North - Zach Bartlett, Vinnie Bockhoff, Lew Caradonna, Ricky Cheers, Nathan Elmy, V. J. Fitzpatrick, Brad Forir, Nathan Gowan, Devinn Heuermann, Mike Iannicole, Jeremy Merlenbach, Mark Miller, Zach Nelson, Blake Toews

St. Charles West - Casey Barte, Ahren Bohanan, Aaron Burke, Jordan Daugherty, Tanner Davis, Zach Dawson, Alex Dorn, Tyler Hanneke, Shane Huddleston, Greg Illy, Blake Lindblom, Tim Malone, Ryan Meyer, Zach Mudd, Kyle Potter, Anthony Richardson, Ryan Rockow, Austin Rugraff, Charlie Stiegemeier, Alex Swearingen, Trevor Wilson

Ft. Zumwalt East - Reed Booth, Ryan Brennan, Christian Brewer, Christian Brooks, Zach Bumstead, Matt Couch, Sam Feld, Tyler Femmer, Nick Giacalone, Tyler Hamm, Stephen Island, Michael Mahoney, Kirby Mueller, Alex Nischbach, Landon Reading, Nick Weisenborn, Jacob Whitling, Spencer Wolf

2010 South Football

{Asterisk marks a unanimous selection.}

QUARTERBACK

1st Team	Brett Graves	Sr. Francis Howell
2nd Team	Drew Hare	Jr. Ft. Zumwalt West
H.M.	Jordan Smetana	Sr. Wentzville Holt

RUNNING BACK

1st Team	Ray Harris	Jr. Ft. Zumwalt West
	Justin Schuh	Sr. Francis Howell
2nd team	Terrance Tate	Sr. Wentzville Holt
	Haleem Rayford	Sr. Wentzville Timberland
H.M.	Kaleb Cooper	Sr. Francis Howell Central
	Terron Givans	Jr. Francis Howell North

WIDE RECEIVER

1st Team	Kyle Echols	Jr. Ft. Zumwalt West
	Devonte Majors	Sr. Ft. Zumwalt West
	Corey King	Jr. Francis Howell
2nd Team	Steven Raines	Sr. Francis Howell North
	Keith Brown	Sr. Francis Howell
	Ben Steinkamp	Jr. Wentzville Timberland
H.M.	Andre Wooten	Sr. Francis Howell North
	Orlando Jackson	Jr. Wentzville Holt
	Jayden Lumpa	Jr. Francis Howell Central

OFFENSIVE LINE

1st Team	Matt Killian *	Sr. Francis Howell
	Jake Lasater	Sr. Francis Howell
	Jacob Oldcroft	Sr. Ft. Zumwalt West
	Darion Buckner	Sr. Ft. Zumwalt West

	Merritt Metzler	Sr. Wentzville Holt
2nd Team	Ryan Auer	Jr. Francis Howell
	Greg Conley	Sr. Francis Howell North
	Brad Hardin	Sr. Ft. Zumwalt West
	Cody Coleman	Sr. Wentzville Timberland
	Drake Rallo	Sr. Francis Howell Central
H.M.	Dan McGraw	Sr. Francis Howell North
	Stephen Riley	Jr. Wentzville Holt
	Jordan Cockrell	Sr. Troy Buchanan
	Brian Paur	Sr. Francis Howell Central
	Wes Skidmore	Jr. Francis Howell

RETURNER

1st Team	Orlando Jackson	Jr. Wentzville Holt
2nd Team	Keith Brown	Sr. Francis Howell
H.M.	Steve Raines	Sr. Francis Howell North

KICKER

1st Team	Zac Perkins *	So. Francis Howell
2nd Team	Sean Lanham	Sr. Wentzville Holt

DEFENSIVE LINE

1st Team	Nic Branson*	Jr. Francis Howell
	Kyle Hunn	Sr. Francis Howell
2nd Team	David Smith	Sr. Ft. Zumwalt West
	Tony Lipa	Sr. Wentzville Holt
H.M.	Latrell Roberts	Jr. Wentzville Timberland
	Daulton Daies	Jr. Francis Howell Central

DEFENSIVE END

1st Team	Josh Brown*	Jr. Francis Howell
	Tanner Day	Jr. Ft. Zumwalt West
2nd Team	Jake Vaught	Sr. Francis Howell
	Merritt Metzler	Sr. Wentzville Holt
H.M.	Terron Givans	Jr. Francis Howell North
	Jon Langford	Sr. Francis Howell Central

LINEBACKER

1st Team	Wes Kuhn	Sr. Francis Howell
	Tim Thomas	Jr. Francis Howell
	Demetrius Bernard	So. Ft. Zumwalt West
	Nik Jehle	Sr. Wentzville Timberland
2nd Team	Matt Fazio	Jr. Ft. Zumwalt West
	Austin Reed	Sr. Ft. Zumwalt West
	Mark Cushing	So. Wentzville Holt
	Landon Hood	Sr. Troy Buchanan
H.M.	Matt Norton	Sr. Francis Howell
	Andrew Richart	Sr. Francis Howell North
	Tyler Rutherford	Sr. Wentzville Holt
	Brett Davis	jR. Francis Howell Central

DEFENSIVE BACK

1st Team	Jared Hagely	Sr. Francis Howell
	Brett Uhlemeyer	Jr. Ft. Zumwalt West
	T. J. Fine	Jr. Ft. Zumwalt West
	Anthony Price	Sr. Wentzville Holt
2nd Team	Jarrett Strode	Jr. Francis Howell
	Andre wooten	Sr. Francis Howell North
	Tim Woodson	Sr. Wentzville Holt
	Devon Mitchell	Sr. Wentzville Timberland
H.M.	Andy Smith	Sr. Francis Howell
	Steve Raines	Sr. Francis Howell North

Ben Chaney So. Troy Buchanan
Emmanuel Rivera Sr. Francis Howell Central

PUNTER

1st Team Zac Perkins* So. Francis Howell
2nd Team Andrew Richart Sr. Francis Howell North
H.M. Tyler Rutherford Sr. Wentzville Holt

Sportsmanship Award

Ft. Zumwalt West	Caleb Fannon
Francis Howell	Tim Thomas
Francis Howell Central	Eric Zavnut
Francis Howell North	Andrew Richart
Troy Buchanan	Jordan Oakley
Wentzville Holt	Jordan Smetana
Wentzville Timberland	Nik Jehle

All-Academic Team

Ft. Zumwalt West - Christofer Boone, Kenneth Boyer II, Ashton Brown, Alex Burr, Jacob Ellet, Dominic Fanara, Matt Fazio, T. J. Fine, Alan Hall, Brad Hardin, Drew Hare, Devonte Majors, Ryan Milantoni, Dylan Myers, Trey Pflueger, Cody Sturm, Brett Uhlemeyer, Austin Verschoone, Charles Viehmann, Theodore Williamson, Austin Witte, Cameron Yaeger

Wentzville Timberland - Travis Arndt, Cody Ayres, Ryan Bainbridge, Joshua Bergesch, Samuel Bittner, Jacob Brown, Cody Coleman, Austin Combs, Luke Dessain, Patrick Gau, Nicholas Glenn, Austin Grubbs, Jake Hayes, John Hummel, Nik Jehle, Lucas Jordan, Robert Lynn, Chase Malensky, Joshua McDonald, Paxton Miller, Devon Mitchell, Eric Renne, Nicholas Shelton, Zane Smith, Loren Steinkamp, Ben Tedrick

Francis Howell - Chris Beckman, Jacob Behr, AJ Bowman, Nic Branson, Josh Buenemann, Alex Espy, Jarrett Franklin, Brett Graves, Nate Green, Jared Hagely, Jeremy Hagely, Jordan Hespen, Eric Huenke, Kyle Hunn, AJ Jones, Jared Josar, Stephan Kelly, Matt Killian, Corey King, Eric Kinnaw, Wes Kuhn, Jake Lasater, Alex Martin, Michael Martinez, Calvin Munson, Matt Norton, Zach Orlando, Nic Perkins, Zac Perkins, Keegan Ragsdale, Jake Schmitz, Justin Schuh, Eric Siebenshuh, Tim Thomas, Jake Vaught, Cameron White

Francis Howell North - Jason Barth, Dan Boschen, Greg Conley, Kevin Doeren, Jonah Elliot, Justin Galloway, Brady Hawkes, Jake Hurrell, Jared Kaufman, Caleb Lavezzi, Dan McGraw, Andrew Richart, Bryan Ryberg, Jonathan Schwab, Malik Shipley, Andrew Smith, Sam Stewart, Kyle Thompson, Clint Toedtman, Mike Vallero, Alex Walker

Francis Howell Central - Ryan Abate, Justin Adams, Stephen Bayer, Kyle Byrd, Jesse Cates, Kaleb Cooper, Daulton Daies, Patrick Earl, Brett Fifield, Jacob Floyd, Chad Harvey, Jayden Lumpa, Joe McDevitt, Emmanuel Rivera,, Matt Shuford, Joshua Wade, Justin Yates, Eric Zvanut

Troy Buchanan - Andrew Awalt, Austin Boedeker, Neil Branham, Ben Chaney, Justin Chaney, Tim Cox, Kenny Dearing, Brent Debert, D.J. Dunn, Vince Eckert, Ben Eggering, Jeff Fennewald, Alex Gholson, Dalton Gilbert, Landon Hood, Colton Howard, Tim Livingston, Jimmy Marti, Daniel Meyer, K.C. Moorman, Konner Spencer, Sean Springer, David Squires, Dylan Sullivan, Cameron Swarts, Matt Sweeney, Michael Wernli, Dillon Wischmeyer, Jacob Zorn

Wentzville Holt -Brad Annen, Mike Brawner, Carrington Brown, Mark Cushing, Bryan Dotson, Gaige Dunnermann, Erik Erdman, Michael Ferrara, Brian Headrick, Jordan Henry-Smetana, Matt Hruska, Cody Hughes, D. J. Humphrey, Clint Koons, Sean Lanham , Tony Lipa, Ethan Nixon, Sam Peglow, Stephen Riley, Zack Wagster, Nick Wiegand, Tim Woodson

2010 Girls Golf Medallists

Brittney Jostes	82	Francis Howell
Ashley Trautman	84	Francis Howell North
Brandy Jung	85	Francis Howell
Shelbie Soutier	91	Ft. Zumwalt West
Emily Klobe	91	Francis Howell Central
Krista Peasel	91	Troy Buchanan
Reagan Snavelly	95	Wentzville Timberland
Ashlee Schneider	96	Francis Howell North
Alyssa Ringhausen	98	Francis Howell
Abbey Herbst	99	Wentzville Timberland
Amy O'Brien	100	Duchesne
Ashlyn Bockstanz	100	Wentzville Holt

TEAM STANDINGS: Francis Howell [374], Francis Howell North [405], Wentzville
Timberland [405], Troy Buchanan [433], Francis Howell Central [434], Ft. Zumwalt
West [442], Duchesne [457], Wentzville Holt [457], Ft. Zumwalt South [488], Ft.
Zumwalt East [495] and Ft. Zumwalt North [no team score]

SPORTSMANSHIP

Ft. Zumwalt West	
Francis Howell North	
Duchesne	
Francis Howell	Katie Ringhausen
Troy Buchanan	Hilary Braungardt
Francis Howell Central	Emily Klobe
Ft. Zumwalt East	
Wentzville Holt	Amber Heuston
Ft. Zumwalt South	
Ft. Zumwalt North	Taylor Forbis
Wentzville Timberland	Mallory Carlson

All-Academic Team

Ft. Zumwalt West – Ashley Boyle, Jeannie Dailey, Emily Drysdale, Taylor fennessey,
Lindsey Herishen, Deionna Mendez, Lacey Mitchell, Natalie Spies, Ashley Storm

Ft. Zumwalt South –

Francis Howell – Katie Ringhausen, Alyssa Ringhausen, Brittney Jones, Samm
Melton

Francis Howell North –

Francis Howell Central – Emily Klobe, Shelly Hassall, Sydney Conner, Katlyn
Schaefermeier, Emily Carroll, Becca Bates

Troy Buchanan– Jenna Boessen, Tiffany Elliott, Krista Peasel, Alex Suddarth

Wentzville Holt – Nicole Dee, Amber Heuston, Lorin Miller, Sara Ruble

Duchesne -

Wentzville Timberland -Mallory Carlson, Alexandra Glascock, Abbey Herbst

Ft. Zumwalt East -

Ft. Zumwalt North -Elizabeth April, Taylor Forbis, Crystal Hager

2010 North Boys Soccer

FORWARDS

1st Team	Sean Hogan	Sr.	Duchesne
	Jake Woltering	Sr.	Duchesne
	Alex Clark	Jr.	Ft. Zumwalt South
2nd Team	Marc Cline	Jr.	St. Charles West
	Brendan Shields	So.	Ft. Zumwalt East
	Jimmy Tegarden	Sr.	Ft. Zumwalt South
H. M.	Kevin Urbeck	Sr.	Ft. Zumwalt North
	Tyler Schrader	Jr.	Washington
	Jeff Bender	Sr.	Ft. Zumwalt North

MIDFIELDERS

1st Team	Michael Groene	Sr.	Duchesne
	Keith Williams	Sr.	Ft. Zumwalt North
	Austin Andrews	Jr.	Ft. Zumwalt South
	Cody Elmendorf	Jr.	Ft. Zumwalt East
2nd team	Blake Rosner	Sr.	Duchesne
	Tommy Vitale	Sr.	Ft. Zumwalt East
	Mike Morton	Sr.	St. Charles West
	Ryan McCrum	Jr.	St. Charles West
H.M.	Jake Stone	Jr.	Duchesne
	Dylan Donovan	Jr.	Ft. Zumwalt North
	Matt Denton	Sr.	Warrenton
	Alex Tihen	Sr.	Ft. Zumwalt East

DEFENDERS

1st Team	Nick Zahner	Sr.	Duchesne
	Jake Reinsmith	Jr.	Ft. Zumwalt East
	Clayton Meyer	Sr.	Ft. Zumwalt South
2nd Team	Nick Spiess	Jr.	Duchesne
	Adam DeSplinter	Jr.	St. Charles West

	Louis Moretti	Jr.	Ft. Zumwalt East
H.M.	Nathan Spiess	Jr.	Duchesne
	Ryan Howell	So.	Ft. Zumwalt South
	Luke Greenmay	Sr.	Ft. Zumwalt North

KEEPER

1st Team	Alex Leos	Jr.	Duchesne
2nd Team	Eric Biddiecombe	Sr.	Ft. Zumwalt East
H. M.	Alex Patzke	Jr.	Ft. Zumwalt South

PLAYER OF THE YEAR: Sean Hogan, Senior, Duchesne

Sportsmanship Award

Duchesne	Joe Bredeck
Warrenton	
Washington	Jared Sickmann
St. Charles	Phillip Rohan
Ft. Zumwalt South	Cameren Redmond
Ft. Zumwalt North	Jay Sammelmann
St. Charles West	Ian Powers
Ft. Zumwalt East	Ryan Ruzycki

All-Academic Team

Duchesne – Sean Hogan, Joe Bredeck, Bobby Fink, Michael Groene, Ryan Gowert, Jake Woltering

Warrenton –

Washington – Anthony Barnhart, Jacob Spratt, Ben Hoemann, Levi Gildehaus, Jared Sickmann, Tanner Kertz, Patrick Moore, Matt McKeever, Alex Becszlko, Shane Bonnarens, Jacob Reeves, Steven Beerman, Adam Jones, Devon Howell, Calo Pereira

St. Charles – Drew Haber, John Gallion, Cody Steffen, Ross Randazzo, Phillip Rohan, Andrew Deppe, Jackson Gallaher, Harrison Reighard, Anthony farmer, Noah Dankocsik, Eric Bower

Ft. Zumwalt South – Matthew Galvin, Tyler Muehling, Timothy Heimann, Anthony Lafata, Nathan Laramie, Curtis Maloney, Austin Andrews, Alexander Clark, Jacob Hampton, Marcus Lemasters, Jonathan Orf, Jacob Reinsmith, Eric Schwartz, Nathan Stock, Cameren Redmond, Kevin Roach, James Tegarden, Joshua Welsch

Ft. Zumwalt North – Jeff Bender, Jake Brown, Nick Dischbein, Dylan Donovan, Alec Garbs, Casey Leadbetter, Colton Rector, Jay Sammelmann, Evan Stoll, Kenn Vattathara, Lynn Vattathara, Keith Williams

St. Charles West – Brendan Burke, Mark Cline, Stevenson Coleman, Adam DeSplinter, Zachary Kahn, Blaine McCrum, Daniel Meinert, Michael Morton, Michael Nowack, Basil Onyia, Jacob Weinrich

Ft. Zumwalt East - Luke Brandmeyer, Tyler Campbell, Cody Elmendorf, Balpreet Grewal, Layne, Clayton Meyer, Ryan Ruzycki, Brendan Shields, Michael Stahlheber, Michael Stock, Alex Tihen, Tommy Vitale, Luke Wigglesworth

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2010 South Boys Soccer

FORWARDS

1st Team	Jack West	Jr.	Wentzville Timberland	MIDFIELDERS
	Ben Hess Francis	Sr.	Francis Howell	
2nd Team	Brett Hodges	So.	Francis Howell Central	
	Dan Drewel	Sr.	Troy Buchanan	
	Scott Raver	Sr.	Francis Howell North	
H. M.	Ben Lehmkuhl	Jr.	Troy Buchanan	
	Jake Hawes	Sr.	Wentzville Timberland	
1st Team	Derek Hoerman	Sr.	Francis Howell Central	
	Derek Merry	So.	Ft. Zumwalt West	
	Ryan Haas	Sr.	Wentzville Holt	
	Derek Rehagen	Sr.	Wentzville Timberland	
	Samm Worsley	Jr.	Francis Howell North	
2nd Team	Jake Rocco	Sr.	Ft. Zumwalt West	
	Keegan McHugh	Fr.	Francis Howell	
	Zach Carmichael	Sr.	Wentzville Timberland	
	Zack Johnson	Sr.	Francis Howell North	
H.M.	Andrew Lightner	So.	Ft. Zumwalt West	
	Michael Timmerman	So.	Francis Howell	

Stephen Rozycki	Jr.	Francis Howell Central
Brady Williams	Sr.	Wentzville Timberland
Erik Peyton	Jr.	Wentzville Holt

DEFENDERS

1st Team	Zach Hollstrom	Jr.	Ft. Zumwalt West
	Collin Eyster	Sr.	Wentzville Timberland
	Jordan Flack	Sr.	Francis Howell North
2nd Team	Andrew Lightner	Jr.	Ft. Zumwalt West
	Jon Hazelwonder	Jr.	Troy Buchanan
	Alex Boltz	Jr.	Francis Howell North
H.M.	Mitch Morris	So.	Ft. Zumwalt West
	Jeff Nickel	So.	Wentzville Holt
	Sean Fields	Jr.	Wentzville Timberland

KEEPER

1st Team	Collin Nichols	Sr.	Ft. Zumwalt West
2nd Team	Logan Ponche	Sr.	Francis Howell North
H.M.	Adam Leonard	Sr.	Wentzville Timberland

PLAYER OF THE YEAR: Collin Nichols, Senior, Ft. Zumwalt West

Sportsmanship Award

Francis Howell North	Chip Dozier
Ft. Zumwalt West	Jarod Hahn
Francis Howell Central	Cody Craven
Wentzville Timberland	Tyler Lewis
Wentzville Holt	James Luecke
Francis Howell	Corey Huck
Troy Buchanan	Alexander Martin

All-Academic Team

Ft. Zumwalt West – Chris Backs, Steve Beckham, Eric Biernbaum, Trevor Carter, Jarod Hahn, Jeremy Harrington, Zach Hollstrom, Alex Kluaen, Steven Kline, Adam Lightner, Andrew Lightner, Derek Merry, Mitch Morris, Collin Nichols, Dylan Pashia, Pete Rackovan, Jacob Rocco, Rick Vincenc, Jake Wascisin

Wentzville Timberland – Brendan Barteau, Zachary Carmichael, Colin Eyster, Sean Fields, Jacob Hawes, Jonathan Herberger, Tyler Lewis, Josh Pins, Derek Rehagen, Matt Schulte, Hector Toledo, (Jack) West, Brady Williams

Francis Howell – Matt Barklage, Zachary Bayer, Jacob Beger, Benjamin Boyd, Brendon Flanigan, Kevin Flynn, Jeremy Gear, Josh Gwaltney, Jacob Hudzinzki, Jordan Kerns, Jake Myers, Brian Porter, Jacob Rhodes, Michael Timmerman, Michael Wootten

Francis Howell North - Ben Hess, Brendan Grayek, Nathen Terry, Taylor Bell, Zack Johnson, Jon Kamp, Chip Dozier, Alex Bolte, Logan Ponche, Shane Baechle, Josh Lemaster, Scott Raver, Ryan Gannon, Brendan Harney, Jordan Flack

Francis Howell Central – Levi Morris, Tyler Keane, Tim McCormack, Stephen Rozycki, Cody Craven, Derek Hoerman, Jacob Griessel, Michael Caldwell, Gabe Remolina, Legesse Muche, Dan Rozycki

Troy Buchanan– Tim Burton, Zane Freeman, Greg Frias, Jon Hazelwonder, Ben Lehmkuhl, Brian Murphy, Mike Naughton, Brendan Nebel, Brett Wilga, Alex Williams

Wentzville Holt – Brett Beckmann, Mike Cross, Brad Fahs, Ryan Haas, James Luecke, Jacob Main, Jeff Nickel, Jacob Ostby, Justin Peters, Erik Peyton, Tanner Pray

2010 North Softball

PITCHERS

1st Team	Lexy Moore	Ft. Zumwalt South
	Chelsea Smith	Ft. Zumwalt East
2nd Team	Abby Hlavaty	Ft. Zumwalt North
	Wendy Macias	Duchesne
H.M.	Brooke Carmenzind	St. Charles West
	Sarah Westhoff	Washington

CATCHERS

1st Team	Autumn Olendorff	St. Charles
2nd Team	Anna Bowden	Ft. Zumwalt East
H.M.	Dani Kamm	St. Charles West

UTILITY PLAYER

1st Team	Abby Job	Warrenton
	Mackenzie McInturff	St. Charles
2nd Team	Lauren Meyar	Duchesne
	Alexa Meyar	Duchesne
H.M.	Brooke Richards	Ft. Zumwalt East
	Ariel Schlenther	Warrenton

INFIELDERS

1st Team	Christina Young	Ft. Zumwalt East
	Brittany Gotthardt	Ft. Zumwalt East
	Cate Simon	Ft. Zumwalt South
	Kacey Scharnhorst	Ft. Zumwalt South
	Alexis Theis	Ft. Zumwalt North
2nd Team	Jill Sullentrop	Ft. Zumwalt East
	Taylor Reiner	St. Charles
	Kayla Lockwood	Ft. Zumwalt South
	Emily Zull	St. Charles West
	Priscilla Steimel	Duchesne
H.M.	Lexie Gambino	Ft. Zumwalt South
	Kaitlin Evans	Washington
	Abby Tillotson	Ft. Zumwalt North
	MC Landolt	Washington
	Emily Love	Warrenton

OUTFIELDERS

1st Team	Lindsay Mauck	Warrenton
	Mackenzie Peter	Ft. Zumwalt South
	Lindsey McDaniel	Ft. Zumwalt East
	Nikki Taylor	Ft. Zumwalt East
2nd Team	Taylor Addelsberger	Ft. Zumwalt South
	Brittany Edelen	Ft. Zumwalt South
	Katelyn Pettit	Ft. Zumwalt North

	Sara Sebestyen	Ft. Zumwalt North
H.M.	Erika Teson	St. Charles
	Ali Weber	Duchesne
	Shannon McNamee	St. Charles West
	Kaelie Smith	Washington

COACH OF THE YEAR - Christy Pohlman [Ft. Zumwalt South]

PLAYER OF THE YEAR - Lexy Moore [Ft. Zumwalt South]

Sportsmanship Award

Duchesne	Shelby Rhoades
Warrenton	Jessica Copling
Washington	Alaina Arnold
St. Charles	Hannah Slater
Ft. Zumwalt South	Catie Connoley
Ft. Zumwalt North	Abbey Bender
St. Charles West	Holly Eberhard
Ft. Zumwalt East	Jill Sullentrop

All-Academic Team

Duchesne – Theresa Decosty, Wendy Macias, Lauren Meyer, Shelby Rhoades, Katherine Shatro, Priscilla Steimel, Alison Weber, Allison Wilcox

Warrenton – Alyssa Duren, Ariel Schlenther, Emily Love, Jessica Copling, Lindsay Mauch, Abby Job, Jamie Peper, Nicole Parish, Keri Kassing, Melaine Raterman, Danye Dieckman, Jennah Garrison

Washington – Taylor Hamrick, Alaina Arnold, MC Landolt, Stephanie Sherman, Heather Aubuchon, Courtney Kedroski, Kaelie Smith, Sarah Westhoff, Kaitlin Evans

St. Charles – Taylor Dooley, Sammi Jo Gray, Katelyn Kuhn, Kelsey Kuhn, McKenzie McInturff, Autumn Olendorff, Taylor Riner, Hannah Slater, Erika Teson, Abby Zimpfer

Ft. Zumwalt South– Teylar Adelsberger, Catherine Connoley, Brittany Edelen, Alexandra Gambino, Daniell Kahn, Kayla Lockwood, Alexis Moore, Mackenzie Peter, Kayla Ratliff, Kacey Scharnhorst, Caitlin Simon

Ft. Zumwalt North – Abbey Bender, Kandyce Branham, Rachel Craig, Abby Garcia, Abby Hlavaty, Emily Knopf, Sophie Mueller, Katelyn Pettit, Sarah Sebestyen, Anna Sherry, Alexis Theis

St. Charles West – Sara Berjer, Brooke Camenzind, Kelsey Denker, Blake French, Sarah Lindsie Heifner, Danielle Kamm, Shannon McNamee, Amanda Pavlacic, Taylor Staggemeier

Ft. Zumwalt East - Kate Eberhard, Kailey Hensala, Lindsey McDaniels, Angie Meyer, Stephanie Mues, Chelsea Smith, Jill Sullentrop, Nikki Taylor

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2010 South Softball

PITCHERS

1st Team	Elizabeth Wiegand Amber Boehme	Troy Buchanan Wentzville Holt
2nd Team	Sarah Williams Kayla Ladwehrmier	Wentzville Timberland Francis Howell
H.M.	Alyson Hahn Rachel Snyder	Ft. Zumwalt West Francis Howell North
1st Team	Shea Dean	Francis Howell
2nd Team	Kaylee Brueggeman	Francis Howell
H.M.	Lori Badalamenti	Wentzville Timberland

CATCHER S

UTILITY PLAYER

1st Team	Alexis Stankovich Tiffany Martin	Wentzville Holt Francis Howell Central
2nd Team	Hailey Benoist Savannah Price	Ft. Zumwalt West Wentzville Timberland
H.M.	Courtney Kitson Kayla Walters	Wentzville Holt Francis Howell Central

INFIELDERS

1st Team	Deanna Price Bransi Kiel Lauren Geringer Elizabeth Leath	Troy Buchanan Francis Howell North Ft. Zumwalt West Francis Howell Central
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	Lindsay Dawson	Wentzville Holt
2nd Team	Jordyn Piel	Wentzville Holt
	Savana Grover	Troy Buchanan
	Whitney Richardson	Troy Buchanan
	Jordie Retzlaff	Ft. Zumwalt West
	Desi Drury	Wentzville Timberland
H.M.	Morgan Loraine	Ft. Zumwalt West
	Mackenzie Friedly	Francis Howell
	Melanie Hunt	Francis Howell
	Alex Adelsberger	Wentzville Timberland
	Paige Boehmer	Francis Howell Central

OUTFIELDERS

1st Team	Emily Crane	Troy Buchanan
	Kelsey Dixon	Ft. Zumwalt West
	Breanna Fleschner	Francis Howell
	Rachel Pauley	Francis Howell North
2nd Team	Jaime Tierney	Ft. Zumwalt West
	Mackenzie Adams	Ft. Zumwalt West
	Summer pauley	Francis Howell North
	Kaley Hansen	Wentzville Holt
H.M.	Elaine Schoenberger	Wentzville Timberland
	Jenny ferguson	Wentzville Timberland
	Abi Corbett	Wentzville Holt
	Allison Berck	Francis Howell Central

COACH OF THE YEAR - Lance Richardson [Troy Buchanan]

PLAYER OF THE YEAR - Emily Crane [Troy Buchanan]

Sportsmanship Award

Ft. Zumwalt West	Jenny Boring
Wentzville Timberland	Lori Badalamenti
Francis Howell	Sammy Herweck
Francis Howell North	Kristina Freund

Francis Howell Central
Troy Buchanan
Wentzville Holt

Kara Heaton
Tiffany Hazelwonder
Alexis Stankovich

All-Academic Team

Ft. Zumwalt West – Hailey Benoist, Jenny Boring, Madison Copeland, Kelsey Dixon, Lauren Geringer, Julie Green, Alyson Hahn, Maggie Mikecin, Jordie Retzlaff, Jaime Tierney

Wentzville Timberland– Katlyn Thomas, Paige Bennett, Amber Hageman, Brittney Gerber, Jennifer Ferguson, Desiree Drury, Shelby Zytka, Alex Adelsberger, Lori Badalamenti, Devan Meyer, Samantha Smith, Elaine Schoenberger

Francis Howell – Samantha Ackerman, Morgan Brown, Breanna Fleschner, Makenzie Friedly, Sammy Herweck, Jaime Hostetler, Melanie Hunt, Kayla Landwehrmier, Kaitlin Margerum, Rachel Ratliff, Kaitlyn Snider

Francis Howell North – Rachel Snyder, Rachel Pauley, Brittney Kelly, Taylor Whiteside, Kristina Freund, Barbi Bateman, Megan Burleigh, Lindsey Harms, Brandi Kiel, Jessica Mocerì

Francis Howell Central – Paige Boehmer, Elizabeth Leath, Kayla Walters, Aubri Hodge, Alison Schreyer, Katie Janis, Jenna Bachowski, Kara Heaton, Brittany Stocker

Troy Buchanan– Emily Orf, Brittini Wren, Deanna Price, Whitney Richardson, Callie Colbert, Emily Crane, Erin Mennemeyer, Tiffany Hazelwonder, Lisa Verity, Elizabeth Wiegand, Savana Grover, Morgan Oliver, Ashley Murphy, Rachel Sullivan

Wentzville Holt – Kaylee Brueggeman, Abi Corbett, Lindsey Dawson, Kaley Hansen, Amber Harmon, Courtney Kitson, Alexis Stankovich, Sydney Weatherred

2010 BOYS SWIMMING CHAMPIONS

200 yard Medley Relay [Record: 1:39.10, FZS, 2009]

1st	Zach Rogers Andrew Smith Ryan Macy Jeremy Cabu	Francis Howell Central	1:43.80
2nd		Ft. Zumwalt West	1:44.21
3rd		Francis Howell North	1:45.21

200 yard Freestyle [Record: 1:46.30, Cody Friedhoff, FZS, 2008]

1st	Zach Rogers	Francis Howell Central	1:47.05
2nd	Nate weiss	Francis Howell North	1:47.32
3rd	Justin Marler	Wentzville Timberland	1:50.84

200 yard Individual Medley [Record: 1:56.29, Chris McCrary, FZS, 2000]

1st	Ryan Baker	Francis Howell	1:59.94
2nd	Patrick Fountain	Francis Howell North	2:01.31
3rd	Andrew Smith	Francis Howell Central	2:06.57

50 yard Freestyle [Record: 21.30, Andrew Sansoucie, WT, 2010]

1st	Andrew Sansoucie	Wentzville Timberland	21.30
2nd	Wes Clark	Ft. Zumwalt West	22.11
3rd	Shawn Farrar	Ft. Zumwalt North	22.52

1 meter Springboard Diving [Record: 402.60, Scott Annen, FZW, 2000]

1st	Michael Bauer	Francis Howell	349.35
2nd	Brendan Brause	Francis Howell Central	348.3
3rd	Austin Anderson	Francis Howell North	316.20

100 yard Butterfly [Record: 50.28, Chris McCrary, FZS, 2006]

1st	Andrew Sansoucie	Wentzville Timberland	50.60
2nd	Tanner Curvey	Ft. Zumwalt South	56.87
3rd	Jake Livingston	Ft. Zumwalt West	56.97

100 yard Freestyle [Record: 47.44, Chris McCrary, FZS, 2000]

1st	Wes Clark	Ft. Zumwalt West	48.81
2nd	Zach Rogers	Francis Howell Central	49.25
3rd	Stephen Pyle	Wentzville Holt	50.43

500 yard Freestyle [Record: 4:44.00, Jerod Simek, FZW, 2008]

1st	Ryan Baker	Francis Howell	4:49.10
2nd	Mitch Kraus	Ft. Zumwalt West	5:15.28
3rd	Mitchell Smith	Ft. Zumwalt South	5:16.35

200 yard Freestyle Relay [Record: 1:31.64, Holt, 2009]

1st	Zach Lambert Austin Flynn Gregg Hagen Stephen Pyle	Wentzville Holt	1:33.77
2nd		Ft. Zumwalt North	1:34.29

3rd Ft. Zumwalt South 1:35.46
Matt Clutterbuck
Jeff West
Justin Marler

100 yard Backstroke [Record: 53.07, Kevin Velleca, FZS, 2000]

1st Nate Weiss Francis Howell North 54.32
2nd Justin Marler Wentzville Timberland 56.24
3rd Jeremy Cabu Francis Howell Central 57.85

100 yard Breaststroke [Record: :59.11, Trace Curvey, FZS, 2009]

1st Patrick Fountain Francis Howell North 1:01.53
2nd Jake Livingston Ft. Zumwalt West 1:02.82
3rd Andrew Smith Francis Howell Central 1:04.10

400 yard Freestyle Relay [Record: 3:16.82, FZS, 2009]

1st Jeremy Cabu Francis Howell Central 3:24.72
Derek Mielke
Ryan Macy
Zach Rogers
2nd Ft. Zumwalt West 3:27.27
3rd Francis Howell 3:31.75

TEAM SCORES:

Ft. Zumwalt West [357]; Francis Howell Central [346]; Francis Howell [294]; Ft. Zumwalt South [237]; Francis Howell North [227]; Wentzville Holt [211]; Wentzville Timberland [184]; Ft. Zumwalt East [145]; Ft. Zumwalt North [134]

All-Academic Team

Ft. Zumwalt South -

Francis Howell North -

Ft. Zumwalt North - Ian Ayala, Joshua Herman, Zach Koester, Collin Reagan, Adam Schulte, Alex Wahlgren

Ft. Zumwalt West - Kyle Armstrong, Zach Atchison, Edbert Cheng, Austin Corwin, Brian Dake, Isaac Edler, Jack Fleming, Davy Jia, Mitchell Kraus, Hunter Lafeber, Zach McLaughlin, Jailon Muex, Michael Newton, Todd Scheele, Lars Tuveson, Dominic Wille

Wentzville Timberland - Jordan Carlton, John Dozier, Andrew Griese, Jacob Light, Jake McDermott, Alex Meinkoth, Collin Rethmeier, Andrew Sansoucie, Aaron Steimel, Andrew Vuong

Wentzville Holt - Michael Boll, Blake Brinkley, Franco Burzio-Roca, Max Cameron, Austin Flynn, Grady Stephen, Gregg Hagen, Nicholas Jennings, Richard Oman, Stephe Pyle

Sportsmanship Team

Ft. Zumwalt West -

Wentzville Timberland - Wesley Dozier

Ft. Zumwalt North - Zach Sheward

Francis Howell - Michael Bauer

Wentzville Holt - Jason Wiese

2010 Girls Tennis

#1 SINGLES

1st

2nd

3rd

#2 SINGLES

1st

2nd

3rd

#3 SINGLES

1st

2nd

3rd

#4 SINGLES

1st

2nd

3rd

#1 DOUBLES

1st

2nd

3rd

#2 DOUBLES

1st

2nd

3rd

#3 DOUBLES

1st

2nd

3rd

SPORTSMANSHIP

Duchesne

Ft. Zumwalt West

Francis Howell North

Troy Buchanan

Wentzville Timberland

Anna Kate Albright

Madison Turner

Savannah Drew

All-Academic Team

Duchesne –

Francis Howell –

Wentzville Holt– missing

Wentzville Timberland – Savannah Drew, Jordan Kilz, Sicong Li, Zoey Palitzsch, Lauren Parr, Emily Schmuck, Samantha Schoonover

Troy Buchanan – Kaitlyn Dorrell, Toni Firoved, Andi Graviett, Kayla Hoelting, Ally Lacy, Taylor Lawson, Dana McCord, Jenn McCord, Kelli Portwood, Nicole Williams, Lexi Ziemann

Ft. Zumwalt West – Shelby Britt, Brittini Caldwell, Julie Chen, Krista Davidson, Emilee Johnson, Katlyn Kruggel, Mollie Precht, Katarina Schmidt, Evelyn Suter, Lindsey Wolf

Francis Howell North –

Francis Howell Central - missing

Ft. Zumwalt North -

2010 North Girls Volleyball

1st Team	Alisha Skaggs	Washington
	Dani Eschweiler	St. Charles West
	Jenny Howard	Duchesne
	Brandy Young	Ft. Zumwalt East
	Andrea Dwigins	St. Charles
	Talia Fields	Duchesne
	Lauren Rodewald	Ft. Zumwalt South
	Lindsay Meyer	Washington
2nd Team	Kara Blakely	Washington
	Allyssa Morse	St. Charles West
	Abby O'Mara	Duchesne
	Madeleine Finnern	Warrenton
	Chelsea Orf	Ft. Zumwalt East
	Morgan Wootten	St. Charles
	Marissa Nadler	Washington
	Marissa Love	Ft. Zumwalt North
H.M.	Sarah Goetges	Duchesne
	Emily Svoboda	St. Charles West
	Paige Spillman	Ft. Zumwalt South

Sarah Schwentker	Washington
Shannon Wittich	St. Charles West
Hannah Seitter	Washington
Marissa Schroeter	Warrenton

Sportsmanship Award

Duchesne	Rachel Mollison
Warrenton	Madeleine Finnern
Washington	Danielle Gratza
St. Charles	Jenna Budde
Ft. Zumwalt South	Kaitlin Bean
Ft. Zumwalt North	Shayla Hanneke
St. Charles West	Amanda Koenigsfeld
Ft. Zumwalt East	Taylor Edwards

All-Academic Team

Duchesne – Jenny Howard, Talia Fields, Abbie O'Mara, Emily Boillot, Angie Durham, Sarah Goetges, Abby Smegner, Rachel Mollison

Warrenton – Marissa Schroeder, Ashley Schroeder, Ashley Bauer, Madeleine Finnern, Erica Parks, Sarah Cunningham, Amy Raterman

Washington – Kirstie Leslie, Danielle Gratza, Sarah Schwentker, Nora Hackmann, Marissa Nadler, Lindsay Meyer, Hannah Seitter, Kara Blakley, Rachel Jackson, Hannah Leslie

St. Charles – Andrea Haake, Andrea Dwiggin, Ashley Schefer, Ashley Sudbrock, Kylie Fenemore, Morgan Wootten, Jenna Budde, Helena Gillette, Bailey Kohrs

Ft. Zumwalt South – Marissa Gannon, Kaitlin Bean, Paige Spillman, Hannah Pech, Lauren Rodewald, Morgan Laffleur, Amanda George, Julia Garza, Ali Moran, Emily Wolfrum

Ft. Zumwalt North – Clara Batzer, Alex Cicerelli, Shayla Hanneke, Lynette Hirtz, Maggie Jackman, Marissa Love, Melaney Moore, Abigail Toppmeyer, Amanda Yore

St. Charles West – Jordan Baumgartner, Lindsey Burkemper, Dani Eschweiler, Amanda Koenigsfeld, Allyssa Morse, Chrisitna Naumann, Emily Svoboda, Allyson Wilmes, Shannon Wittich, Maranda Smith

Ft. Zumwalt East - Taylor Edwards, Nicole Kinzie, Brittany Maurer, Jenifer McKenzie, Chelsea Orf, Alex Schmidt, Brandy Young

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2010 South Girls Volleyball

1st Team	Danielle Rygelski	Francis Howell
	Kelsey Fankhauser	Francis Howell
	Taylor Dietz	Troy Buchanan
	Nicole yuede	Francis Howell North
	Javoni Faucette	Francis Howell
	Mandy Svoboda	Francis Howell Central
	Mallory Dillon	Francis Howell Central
2nd Team	Maggie Mueller	Francis Howell Central
	Chelsey Jackson	Ft. Zumwalt West
	Ellen Wilmes	Troy Buchanan
	Alex Oppenborn	Francis Howell North
	Nikki Larson	Troy Buchanan
	Bailey Sparkman	Francis Howell
	Danielle Althage	Ft. Zumwalt West
H. M.	Sydney Miller	Francis Howell Central
	Katie Sacco	Francis Howell
	Jordan Duran	Ft. Zumwalt West
	Maddie Eifert	Francis Howell North
	Sarah Sanchez	Wentzville Holt
	Kaylyn Hruska	Wentzville Holt
	Alayna Flynn	Wentzville Holt

Sportsmanship Award

Wentzville Timberland	Taylor Willer
Ft. Zumwalt West	Alexis Fetsch
Francis Howell	Shelby Vines
Francis Howell Central	Caitlin Geringer
Francis Howell North	Kelsey Warden
Troy Buchanan	Ellen Wilmes

All-Academic Team

Ft. Zumwalt West – Danielle Althage, Jordan Duran, Kylie Ellison, Alexis Fetsch, Megan Gebhardt, Nicole Hegger, Chelsey Jackson, Kelly Morris, Emily Wunnenberg

Wentzville Timberland – Appiah Bernice, Katherine Beardslee, Anna McCuskey, Meaghan Murphy, Lyn Nasi, Lauren Rothwell, Andrea Travers, Taylor Willer

Francis Howell – Javoni Faucette, Bailey Sparkman, Danielle Rygelski, Mandi Glon, Hannah Sawchak, Kristen Kelly, Shelby Vines, Katie Sacco

Francis Howell North – Maddie Eifert, Nicole Yuede, Erin Powleson, Alex Oppenborn, Megan Doerhoff, Katie Dozier, Maggie Curran, Kaylyn Shinault, Courtney Smith, Kelsey Warden, Sarah Peth, Lauren Jacobson

Francis Howell Central – Mandy Svoboda, Maggie Mueller, Sydney Miller, Caitlin Geringer, Kayla Allsman, Mallory Dillon

Troy Buchanan – Courtney Boyd, Baylie Carroll, Taylor Dietz, Ashley Harrison, Samantha Hogan, Courtney Huff, Nikki Larson, Ashley Nichols, Jamie Pieper, Ellen Wilmes

Wentzville Holt – Kelsey Bopp, Kaylyn Hruska, Paige Mueller, Danielle Rolwes, Christina Runyon, Sarah Sanchez, Katelyn Sieve

2010 FALL CONFERENCE CHAMPIONS

SPORT

Boys Cross Country

Girls Cross Country

Football

Boys Soccer

Softball

Girls Volleyball

North Division

Ft. Zumwalt North

Ft. Zumwalt South

Ft. Zumwalt East

Ft. Zumwalt South

Ft. Zumwalt South

Washington

South Division

Francis Howell

Ft. Zumwalt West

Francis Howell

Francis Howell North

Troy Buchanan

Francis Howell Central

SPORT

Girls Golf

Boys Swimming

Girls Tennis

Conference Champion

Francis Howell

Ft. Zumwalt West

Francis Howell

2011 North Baseball

PITCHERS

1st Team	Gerrion Grim	Jr.	Ft. Zumwalt South
	Tanner Trokey	Sr.	Ft. Zumwalt East
2nd Team	Tyler McKenna	Jr.	Ft. Zumwalt North
	Austin Olendorff	Sr.	St. Charles
H.M.	Blake Hetelle	Sr.	Ft. Zumwalt South
	Alex Grupas	So.	Duchesne
	Sam Melliere	Jr.	St. Charles West

CATCHERS

1st Team	Eric Keling	Sr.	Ft. Zumwalt East
2nd Team	Jeff Smugala	So.	Ft. Zumwalt South
H.M.	Adam Ricks	Jr.	St. Charles West
	Jake Bothe	Sr.	St. Charles

UTILITY PLAYER

1st Team	Ryan March	So.	Ft. Zumwalt East
2nd Team	Rick Sullivan	Jr.	Ft. Zumwalt North
H.M.	Courtland Pennock	Sr.	Washington

INFIELDERS

1st Team	Joey Siegler	Sr.	Ft. Zumwalt North
	Brandon Sugar	Sr.	Ft. Zumwalt East
	Ryan Light	Sr.	Ft. Zumwalt South

	Dan Seddon	Sr.	Ft. Zumwalt South
	Max Bigford	Sr.	Washington
2nd Team	Clayton Meyer	Sr.	Ft. Zumwalt East
	Matt Mitchell	Sr.	St. Charles
	Connor Brett	Sr.	St. Charles
	Chad Berrey	Jr.	Warrenton
	Brett Backhaus	Sr.	Washington
H.M.	Zach Hefner	Sr.	Ft. Zumwalt East
	Nick Shough	Sr.	Warrenton
	J. J. Kinnevan	Sr.	St. Charles West
	Chad Gremminger	Sr.	Ft. Zumwalt North
	Josh Bunch	Sr.	St. Charles
	Anthony Dewey	Jr.	Warrenton

OUTFIELDERS

1st Team	Wade Rothermich	Sr.	Ft. Zumwalt North
	Brad Chapman	Sr.	Ft. Zumwalt East
	Zach Bohr	Sr.	Duchesne
	Matt Glanzner	Sr.	St. Charles
2nd Team	Jamie Graeser	Sr.	Ft. Zumwalt North
	David Gambino	Jr.	Ft. Zumwalt South
	Marvin Byrd	Sr.	Ft. Zumwalt East
	Sam Chambers	Jr.	Duchesne
H.M.	Dustin Howard	Jr.	Washington
	Mike Iannicola	Sr.	Ft. Zumwalt North
	Justin Pham	Jr.	Ft. Zumwalt East

DESIGNATED HITTER

1st Team	Dre Gleason	So.	Ft. Zumwalt North
2nd Team	Kyle Anders	Fr.	St. Charles West
H.M.	Michael Pundman	Jr.	Duchesne

PLAYER OF THE YEAR - *Joey Siegler - Senior - Ft. Zumwalt North*

COACH OF THE YEAR - *Russ Hill of Ft. Zumwalt East*

Sportsmanship Award

Duchesne	Ryan Goewert
Warrenton	Matt Denton
Washington	Anthony Barnhart
St. Charles	Austin Olendorff
Ft. Zumwalt South	Andrew Parks
Ft. Zumwalt North	Ben Schulte
St. Charles West	Tanner Davis
Ft. Zumwalt East	Chris Sexauer

All-Academic Team

Duchesne – Zakh Bohr, Sam Chambers, Ryan Goewert, Alex Grupas, Trevor Korba, William Linck IV, Michael Pundmann, Paul Rothermick, Jason Schmied, Zach Sifford

Warrenton – Jake Shough, Nick Shough, Matt Denton, Scott Weir, Darren Hackmann, Anthony Dewey, Jake Junker, Chad Berrey, Brett Eubanks, Jason Bunge

Washington – Brett Backhaus, Max Bigford, Zack Omer, Luke Hasenjaeger, Dilan Bollmann, Jacob Spratt, Anthony Barnhart, Zack Pointer, Ryan Barnoski, Tim Zumsteg, Carter Montgomery

St. Charles – Connor Brett, Jack Gallagher, Hayden Miller, Trevor Miller, Matt Mitchell, Jacob Oberkrom, Zach Ohlms, Austin Olendorff, Phil Rohan

Ft. Zumwalt South – Caleb Brittingham, Tyler Davis, Ryan Fleming, David Gambino, Samuel Gambino, Blake Hetelle, Justin Hugge, Jeremy Light, Ryan Light, Thomas Moran, Tyler Muehling, Andrew Parks, Tyler Price, Andrew Quinones, Daniel Seddon, Cody Spotanski, Hayden Vaughn

Ft. Zumwalt East - Brad Chapman, Matt Couch, Zach Hefner, Jacob Holtgraewe, Eric Keling, Clayton Meyer, Justin Pham, Chris Sexauer, John Starr, Branden Sugar

Ft. Zumwalt North – Lewis Caradonna, Dylan Donovan, James Graesser, Michael Iannicola, Tyler McKenna, Alec Neely, Greg Rothermich, Wade Rothermich, Ben Schulte, Joe Siegler, Rick Sullivan, Steven Vogt

St. Charles West – Kyle Anders, Justin Bruno, Aaron Burke, Mark Cline, Tanner Davis, Ryan Finders, JJ Kinnevan, Auggie Loschen, Sam Melliere, Ryan Orio, Alex Rael, Brent Ricketts, Adam Ricks, Travis Weidenbenner

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2011 South Baseball

PITCHERS

1st Team	Brett Graves	Sr.	Francis Howell
	Chris Volpo	Sr.	Francis Howell North
2nd Team	Alex Erb	Jr.	Francis Howell Central
	Brannon Callaway	Sr.	Francis Howell
H.M.	Tyler Kummer	Sr.	Ft. Zumwalt West
	Aaron Dunkley	Sr.	Francis Howell
	Scott Huesmann	Jr.	Francis Howell Central
	Adam Bainbridge	Sr.	Wentzville Timberland
1st Team	Jake Henson	Jr.	Francis Howell Central
	Mike Wilson	Sr.	Francis Howell North
2nd Team	Gordie Gundaker	Sr.	Francis Howell

CATCHERS

UTILITY PLAYER

1st Team	Ben Snarr	Jr.	Wentzville Holt
2nd Team	Anthony Baker	Jr.	Ft. Zumwalt West

INFIELDERS

1st Team	Case Munson	Sr.	Francis Howell
	David Masters	Sr.	Wentzville Timberland
	Braxton Martinez	Jr.	Francis Howell North
	Nolan Fisher	Sr.	Wentzville Holt
	Brett Peel	Sr.	Francis Howell
2nd Team	Dylan Schindler	Sr.	Francis Howell Central
	Colotn Howell	Jr.	Ft. Zumwalt West
	Ryan Howard	So.	Francis Howell Central
	Dean Ballenger	Jr.	Francis Howell Central
	Shane Cooper	So.	Wentzville Timberland
H.M.	Kyle Schicore	Jr.	Francis Howell North
	Zac Perkins	So.	Francis Howell
	Dylan Skinner	Jr.	Wentzville Holt
	Austin Boden	Jr.	Francis Howell Central
	Bryan Webb	Sr.	Francis Howell Central
	Ryan Bainbridge	So.	Wentzville Timberland
	Adam Bainbridge	So.	Wentzville Timberland

OUTFIELDERS

1st Team	Jake Ivory	Sr.	Francis Howell
	Tyler Thwing	Jr.	Troy Buchanan
	Connor Hales	Sr.	Wentzville Holt
	Dan Define	Sr.	Francis Howell North
	Jayden Lumpa	Jr.	Francis Howell Central
2nd Team	Brendan Allen	Jr.	Troy Buchanan
	Jarod Hahn	Sr.	Ft. Zumwalt West
	Jacob Rhodes	Sr.	Francis Howell
	Nate Geissmann	Jr.	Wentzville Holt
H.M.	Bryan Ryberg	Jr.	Francis Howell North
	Jared Hagely	Sr.	Francis Howell
	Cody Bishop	Sr.	Wentzville Holt
	Dominic Faron	Sr.	Francis Howell Central
	Zach Isham	Jr.	Francis Howell Central
	Devin Johnson	Sr.	Wentzville Timberland

DESIGNATED HITTER

1st Team	Tommy Hager	Jr.	Ft. Zumwalt West
2nd Team	Kyle Nuetzel	Jr.	Francis Howell
H.M.	Tyler Ehlmann	Jr.	Francis Howell Central

PLAYER OF THE YEAR - *Brett Graves - Senior - Francis Howell*

COACH OF THE YEAR - *Tony Perkins of Francis Howell*

Sportsmanship Award

Ft. Zumwalt West	Jarod Hahn
Wentzville Timberland	Paul Semore
Francis Howell	Jacob Rhodes
Francis Howell North	Brett Sloan
Francis Howell Central	David Evans
Troy Buchanan	Derringer Huff
Wentzville Holt	Eddie Harris

All-Academic Team

Ft. Zumwalt West – Anthony Baker, Eric Biernbaum, Alex Crews, Dan Gabler, Tommy Hager, Jarod Hahn, Colton Howell, Logan Huelsmann, Tyler Kummer, Andrew Madison, Zach Malach, Matt Mosley, Nick Mundy, Sam Myers, Austin Verschoore, Rob Vetter, Mike Wilkinson

Francis Howell – Jacob Rhodes, Tyler Reeves, Brett Graves, Wes Kuhn, Zac Perkins, Jared Hagely, Eric Huenke, Nic Perkins, Calvin Munson, Jake Ivory, Kyle Nelson, Chris Beckmann, Josh Gwaltney, Matt Norton, Aaron Dunkley, Johnny Koch, Brannon Callaway

Francis Howell North – Mike Wilson, Kyle Schikore, Jon Willie, Bryan Ryberg, Chris Volpo, Cale Laughlin, Brett Sloan, Dan Define, Nick Ganousis, Luke Kemp, Jacob Schwarz, Justin Watkins

Francis Howell Central – Dylan Schindler, Ryan Howard, Travis Vaught, Alex Erb, Jarrett Cruise, Dean Ballenger, Kyle Gruver, Josh Wade, Jake Henson, Jayden Lumpa, Cody Craven, Zach Isham, Austin Bosecker, Clayton Luley, Austin Boden, Scott Heusemann,

Troy Buchanan– Brendon Allen, Christopher Bantz, Benjamin Chaney, Derringer Huff, Timothy Livingston, Eric Myers, Tyler Schulte, Cody Shilharvey, Tyler Thwing, Joseph Virgin

Wentzville Holt – Nolan Fisher, Wyatt Fones, Brennan Nabholz, Dylan Skinner

Wentzville Timberland - Adam Bainbridge, Ryan Bainbridge, Kyle Fletcher, Zachary Gonzales, Devin Johnson, James Ramage, Jake Rice, Paul Semore

2011 GAC North Golf Medallists

Chris Percy	76	St. Charles West
Mark Stulhuth	76	Washington
Mitch Brauer	76	Washington
Chris Pestka	76	Duchesne
Patrick Koch	77	Warrenton
Brad Carpenter	77	Washington
Eric Schwartz	78	Ft. Zumwalt South
Mikal Harpster	78	Warrenton
Hunter Parrish	78	Washington
Ethan Luecke	79	Warrenton

Bryan Beiter 80 Ft. Zumwalt East
Adam Rhoads 82 Washington

TEAM SCORES: Washington [307], Warrenton [323], St. Charles West [339], Duchesne [340], Ft. Zumwalt South [341], Ft. Zumwalt East [348], St. Charles [359], Ft. Zumwalt North [380]

SPORTSMANSHIP

Washington - Hunter Parrish

Wentzville Timberland -

All-Academic Team

Ft. Zumwalt East –

St. Charles West –

St. Charles –

Ft. Zumwalt North – Zach Bain, Brendan David, Brad Forir, Jacob McGilvray, Matthew Miller

Wentzville Timberland –

Duchesne –

Warrenton –

Washington - Hunter Parrish, Mitch Brauer, Adam Rhoads, Jacy Kackson, David Lieber, Jordan Stapp, Mark Stahlhuth

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2011 All-GAC South Golf Medallists

Taylor Hutson	77	Troy Buchanan
Joe Orf	79	Troy Buchanan
Alex Stear	79	Francis Howell
Clint Toedtman	80	Francis Howell North
T. J. Lyons	81	Francis Howell
Mike Wootten	82	Francis Howell

Josh O'Hearn	82	Wentzville Timberland
Erik Peyton	82	Wentzville Holt
Dylan Clay	82	Wentzville Holt
Cody Whiston	84	Troy Buchanan
Ryan Staggemeier	84	Francis Howell
Jackson Lane	84	Wentzville Timberland
Casey Robertson	84	Wentzville Holt
Jon Alexander	84	Wentzville Holt
Ricky Barret	84	Francis Howell Central

TEAM SCORES: Troy Buchanan [126], Francis Howell [120], Wentzville Timberland [79.5], Wentzville Holt [77.5], Francis Howell North [54.5], Ft. Zumwalt West [37.5], Francis Howell Central [16]

SPORTSMANSHIP

Troy Buchanan -

Wentzville Timberland - Zach Cutler

Wentzville Holt - Jon Alexander

All-Academic Team

Ft. Zumwalt West – Zach Berns, Connor Brady, Andrew Campbell, D. J. LaGarce, Zach Miller, Mitch Null, Corey Papciak, Jared Wooten

Ft. Zumwalt South –

Francis Howell –

Francis Howell North –

Francis Howell Central –

Troy Buchanan –

Wentzville Holt – Jon Alexander, Hunter Butler, Drew McGrory, Erik Peyton, Corey Robertson, Jacob Spiegel

Wentzville Timberland - Jackson Lane, Zach Cutler, Josh O'Hearn, Tyler Shumacker, Brock Hanson, Travis Long

2011 North Girls Soccer

FORWARDS

1st Team	Aleesa Mays	Jr.	St. Charles West
	Kayla Nurnberger	Sr.	Washington
	Amanda Wiechens	Jr.	Ft. Zumwalt North
2nd Team	Hailey Rodgers	Sr.	Ft. Zumwalt East
	Erika Teson	Jr.	St. Charles
	Bridget Stewart	Fr.	Ft. Zumwalt South
H.M.	Kristen Montgomery	Sr.	Duchesne
	Autumn Olendorff	So.	St. Charles
	Emily Svoboda	Sr.	St. Charles West

MIDFIELDERS

1st Team	Jessica Seiler	Jr.	Ft. Zumwalt East
	Abby Lauer	Jr.	St. Charles West
	Lauren Josten	Jr.	Duchesne
	Abby Wootten	So.	St. Charles
2nd Team	Paige Jones	Sr.	Ft. Zumwalt North
	Kendra Clamors	Sr.	Ft. Zumwalt South
	Janie Booth	So.	Ft. Zumwalt East
	Taylor Andrzejewski	Jr.	St. Charles West
H.M.	Ashley Riley	Sr.	Duchesne
	Jessica Mincher	Jr.	Ft. Zumwalt East
	Ellen Weaver	Fr.	St. Charles
	Halee Nurnberger	Fr.	Washington

DEFENDERS

1st Team	Sydney Frauen	Jr.	St. Charles West
	Brianna Andert	Jr.	Ft. Zumwalt East
	Kelsey Mitchell	Sr.	Washington
2nd Team	Lyndee Rodamaker	Sr.	Ft. Zumwalt North
	Megan Reis	Jr.	Ft. Zumwalt East
	Emily White	Jr.	St. Charles
H.M.	Lauren King	Jr.	Ft. Zumwalt South

Taylor Staggemeier Sr. St. Charles West
Hannah Overschmidt Jr. Washington

KEEPER

1st Team Jordan Gnolfo Jr. Ft. Zumwalt East
2nd Team Miranda Pierce Fr. St. Charles West
H.M. Sarah Foran Sr. Warrenton

Sportsmanship Award

Duchesne	Amber Riley
Warrenton	Sam Swoboda
Washington	Claire Diester
St. Charles	Ashley Sudbrock
Ft. Zumwalt South	Lauren Breshears
Ft. Zumwalt North	Emily Beins
St. Charles West	Blake French
Ft. Zumwalt East	Katie Harris

All-Academic Team

Duchesne –

Warrenton –

Washington – Kelsey Mitchell, Julia Burns, Ashley Schiermeier, Clare Diester, Sarah Diester, Kristen Pruser, Hannah Overschmidt, Brittany Monroig, Anneliese Baer, Andrea Bourne, Hannah Plowman, Elizabeth Brinkmann, Arika Elliott, Halee Nurnberger, Brianna Pagan, Salena Pottebaum

St. Charles –

Ft. Zumwalt South –

Ft. Zumwalt North – Emily Beins, Kylie Bixby, Sydney Gooch, Katie Helm, Paige Jones, Kelsey Kalish, Meghan Kiely, Megan Klees, Marissa Martin, Sadie Naumann, Lyndee Rodamaker, Kalyn Sanders, Anna Sherry, Ellen Vehige, Heather Vehige, Amanda Wiechens

St. Charles West –

Ft. Zumwalt East -

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2011 South Girls Soccer

FORWARDS

1st Team	Emily Crane	Jr.	Troy Buchanan
	Julie Mooney	Sr.	Francis Howell
	Kelsey Fouch	Sr.	Francis Howell North
2nd Team	Jordan Catalano	Fr.	Francis Howell
	Kelsey Vanzant	Sr.	Troy Buchanan
H.M.	Maggie Richard	So.	Ft. Zumwalt West
1st Team	Hunter Wagoner	Jr.	Troy Buchanan
	Melanie Hunt	Sr.	Francis Howell
	Meghan Frkovic	Jr.	Francis Howell North
	Ally Rodriguez	Sr.	Francis Howell
2nd Team	Janey Marion	Jr.	Ft. Zumwalt West
	Karley Thomas	Jr.	Ft. Zumwalt West
	Julie Ireland	Jr.	Wentzville Holt
	Sarah Peth	Jr.	Francis Howell North
H.M.	Jackie Lindner	So.	Ft. Zumwalt West
	Lindsey Neuwirth	Jr.	Francis Howell Central
	Emily Rodriguez	Jr.	Francis Howell
	Jade Shinn	Jr.	Francis Howell North
	Chelsie Jakuboski	Jr.	Troy Buchanan

MIDFIELDERS

DEFENDERS

1st Team	Paige Westbrook	Jr.	Ft. Zumwalt West
	Sarah Krispin	Sr.	Ft. Zumwalt West
	Stephanie Blanchard	Sr.	Francis Howell North
2nd Team	Clarissa Brown	Sr.	Troy Buchanan
	Kayla Welch	So.	Francis Howell North
	Jordie Retzlaff	Jr.	Ft. Zumwalt West
	Meghan Potthoff	Jr.	Wentzville Holt
H.M.	Chloe Lake	Jr.	Ft. Zumwalt West
	Ashley Harris	Sr.	Francis Howell Central

Hali Long
Erika Peters

So. Francis Howell North
Sr. Wentzville Timberland

KEEPER

1st Team	Emily Johnson	St.	Ft. Zumwalt West
2nd Team	Erica Wind	Jr.	Francis Howell North
H.M.	Jennifer Pelley	Jr.	Francis Howell

PLAYER OF THE YEAR: Kelsey Fouch and Julie Mooney

Sportsmanship Award

Francis Howell North	
Ft. Zumwalt West	Sarah Krispin
Francis Howell Central	
Wentzville Timberland	Erica Peters
Wentzville Holt	Holly Smothers
Francis Howell	
Troy Buchanan	

All-Academic Team

Ft. Zumwalt West – Alyssa Bell, Kayla Gajewski, Gabby Gragnani, Emilee Johnson, Sarah Krispin, Chloe Lake, Jackie Lindner, Janey Marion, Kerri Morris, Hailey Porter, Jenny Retzlaff, Jordie Retzlaff, Maggie Richard, Lauren Smith, Karley Thomas, Gracynn Vaughn, Paige Westbrook

Wentzville Timberland – Erica Boyd, Jordan Brown, Mallory Carlson, Sarah Darabcsek, Larissa Ehlert, Larissa Huck, Kourtney Krulik, Katelyn Lapak, Allison Lockett, Megan Muehling, Morgan Mueller, Erica Peters, Sarah Reed, Lynsey Riemann, Lauren Rothwell, Crista Thompson

Francis Howell –

Francis Howell North -

Francis Howell Central –

Troy Buchanan–

Wentzville Holt – Olivia Bogolin, Kelsey Buford, Liz Friedman, Taylor Goddard, Julie Ireland, Alex Miller, Leah Miller, Paige Mueller, Taylor Park, Gabi Prozenski, Meghan Potthoff, Abby Rowan, Holly Smothers, Jessica Steihr, Madyson Weaver

2011 North Boys Tennis

North not updated as of June 12, 2011

#1 SINGLES

1st	Merkle	Duchesne
2nd	Jordan	Ft. Zumwalt East
3rd	Berich	Ft. Zumwalt North

#2 SINGLES

1st	Hepler	Duchesne
2nd	Gibler	Ft. Zumwalt East
3rd	Sternberg	St. Charles West

#3 SINGLES

1st	Phillips	Duchesne
2nd	Heien	St. Charles West
3rd	Ellis	Ft. Zumwalt North

#4 SINGLES

1st	Farrell	Duchesne
2nd	Karbowski	Ft. Zumwalt East
3rd	Balotti	St. Charles West

#1 DOUBLES

1st	Lionberger-Keethler	Wentzville Timberland
2nd	Thurmer-Wapplehorst	Duchesne
3rd	Wiechens-Batzer	Ft. Zumwalt North

#2 DOUBLES

1st	Davis-Moellering	Duchesne
2nd	Rootz-Presswood	Ft. Zumwalt East
3rd	Buse-Newman	St. Charles

#3 DOUBLES

1st	Angly-Boly	Wentzville Timberland
2nd	Friscella-Park	Duchesne
3rd	Marsh-Ritter	Ft. Zumwalt North

TEAM SCORES: Duchesne [41.5], Wentzville Timberland [19.5], Ft. Zumwalt East [19.5], Ft. Zumwalt North [19], St. Charles West [14.5], St. Charles [4]

SPORTSMANSHIP TEAM

All-Academic Team

Duchesne – missing

Ft. Zumwalt South –

Ft. Zumwalt East –

St. Charles – missing

St. Charles West –

Ft. Zumwalt North – Travis Emerson, Brandon Fatheree, John Graf, Ethan Hawkins, Alden Kluesner, Justin Marsh, Anthony Ritter, Alex Schlemeier

2011 South Boys Tennis

#1 SINGLES

1st	Nicolli	Francis Howell North	6-4, 7-5
2nd	Bunch	Wentzville Holt	
3rd	Nanney	Francis Howell Central	6-2, 6-2
4th	Hayes	Francis Howell	

#2 SINGLES

1st	Dallas	Francis Howell	7-5, 6-4
2nd	Ashley	Wentzville Holt	
3rd	Bell	Francis Howell North	6-0, 6-2
4th	D. Hentage	Wentzville Timberland	

#3 SINGLES

1st	Otsby	Wentzville Holt	6-2, 1-6, 10-4
2nd	Joyce	Francis Howell	
3rd	Santer	Ft. Zumwalt West	2-6, 6-2, 10-2
4th	A. Brodnik	Francis Howell North	

#4 SINGLES

1st	Hess	Francis Howell North	6-2, 7-6 (7-3)
2nd	Hoerman	Francis Howell Central	
3rd	Wadsworth	Wentzville Holt	6-1, 6-4
4th	Turner	Wentzville Timberland	

#5 SINGLES

1st	Kothari	Francis Howell Central	6-2, 3-6, 10-2
2nd	Clynes	Wentzville Timberland	
3rd	D. Brodnik	Francis Howell North	2-6, 6-1, 10-6
4th	Hundzinski	Francis Howell	

#6 SINGLES

1st	Borengasser	Wentzville Holt	7-5, 6-7 (4-7), 10-7
2nd	Power	Francis Howell	
3rd	Rover	Francis Howell North	6-1, 6-2
4th	Small	Ft. Zumwalt West	

#7 SINGLES

1st	Cole	Francis Howell North	8-4
2nd	Flynn	Wentzville Holt	
3rd	Pickett	Francis Howell	8-7

4th Ramakrishna Ft. Zumwalt West

#8 SINGLES

1st	Gannon	Francis Howell North	8-6
2nd	Thompson	Francis Howell	
3rd	Lingle	Wentzville Holt	8-6
4th	Rooks	Francis Howell Central	

#1 DOUBLES

1st	Bunch-Ashley	Wentzville Holt	8-3
2nd	Nicolli-Bell	Francis Howell North	
3rd	Nanney-Arndt	Francis Howell Central	8-4
4th	Flemming-Vennemen	Ft. Zumwalt West	

#2 DOUBLES

1st	Dallas-Hudzinski	Francis Howell	8-3
2nd	Otsby-Reed	Wentzville Holt	
3rd	Pham-Hoerman	Francis Howell Central	Forf.
4th	D. Brodnik-Hess	Francis Howell North	

#3 DOUBLES

1st	Wadsworth-Boregasser	Wentzville Holt	8-5
2nd	Clynes-Turner	Wentzville Timberland	
3rd	Hayes-Power	Francis Howell	Forf.
4th	A. Brodnik-Rover	Francis Howell North	

#4 DOUBLES

1st	Nuzum-Sanchez	Wentzville Holt	8-6
2nd	Gear-Ess	Francis Howell	
3rd	Hunsell-Rodell	Francis Howell Central	8-6
4th	Cattrron-Ksiazek	Francis Howell North	

#5 DOUBLES

1st	Lowery-Seiker	Francis Howell	8-4
2nd	Venezia-Dolan	Wentzville Holt	
3rd	House-Chi	Francis Howell North	8-0
4th	Mullins-Shipley	Francis Howell Central	

TEAM SCORES: Wentzville Holt [53.5], Francis Howell North [42.75], Francis Howell [38.5], Francis Howell Central [25.75], Wentzville Timberland [13], Ft. Zumwalt West [8.5], Troy Buchanan [0]

SPORTSMANSHIP

Francis Howell North -

Troy Buchanan -

Wentzville Timberland - Chris Schindler

Wentzville Holt - Gaetano Venezia

Ft. Zumwalt West - Connor Schmidt

All-Academic Team

Francis Howell –

Wentzville Holt– Conner Bunch, Zach Dolan, Austin Flynn, Jacob Ostby, Michael Sanchez, Guy Venezia, Sam Wadsworth

Wentzville Timberland – Zane Chism, Anthony Clynes, Kameron Dennis, Alex Dykstra, Brendan Glaeser, David Heritage, William Heritage, Austin Lionberger, Sean McGuire, Chris Schindler, Clayton Turner

Troy Buchanan –

Ft. Zumwalt West – Amer Avdagic, Kyle Bruer, Jordan Farhat, Jack Fleming, Jed Flemming, Matt Liberson, Aswin Ramakrishnan, Justin Sauter, Connor Schmidt, Kaelen Small, Adam Venneman

Francis Howell North –

Francis Howell Central -

2011 North Boys Track

Complete boys and girls results can be found at:

http://www.trxctiming.com/GAC_North_tf/2011_results.htm

4 x 800 meter Relay

1st	Warrenton		8:25.61
	David Everman	11	
	Justin Greene	12	
	Bryan Groeper	12	
	Adam Smith	12	
2nd	Ft. Zumwalt North		8:38.87
	Kyle Deeken	12	
	Michael Martin	10	
	Eric Bean	12	
	Brandon Tappmeyer	12	
3rd	Ft. Zumwalt South		8:41.57
	Dominic Fitzgerald	11	
	Jacob Humphries	10	
	Seth Kitchen	9	
	Brennan Loveless	9	

110 meter High Hurdles

1st	Mike Mahoney	Ft. Zumwalt East	15.39
2nd	Brad Banowetz	Ft. Zumwalt North	15.81
3rd	Brenden Leslie	Washington	15.88

100 meter Dash

1st	Trent Robinson	Ft. Zumwalt South	11.30
2nd	D'Andre Campbell	Ft. Zumwalt East	11.48
3rd	V. J. Fitzpatrick	Ft. Zumwalt North	11.67

4 x 200 meter Relay

1st	Ft. Zumwalt South	1:31.28
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	Trent Robinson	12	
	Wesley King	12	
	Nate Jackson	12	
	Chase Abbington	10	
2nd	Ft. Zumwalt North		1:33.78
	Brad Banowetz	12	
	Nathan Elmy	12	
	V. J. Fitzpatrick	11	
	Michael Martin	10	
3rd	Ft. Zumwalt East		1:33.92
	Christian Brooks	11	
	D'Andre Campbell	9	
	Mason Burnett	10	
	Mike Mahoney	11	

1600 meter Run

1st	Drew Webster	Ft. Zumwalt East	4:29.24
2nd	Kyle Deeken	Ft. Zumwalt North	4:33.01
3rd	Jacob Humphries	Ft. Zumwalt South	4:51.68

4 x 100 meter Relay

1st	Ft. Zumwalt South		43.84
	Trent Robinson	12	
	Wesley King	12	
	Nate Jackson	12	
	Chase Abbington	10	
2nd	Ft. Zumwalt North		44.49
	Brad Banowetz	12	
	Nathan Elmy	12	
	Vincent Bockhoff	11	
	V. J. Fitzpatrick	11	
3rd	Ft. Zumwalt East		44.61
	Christian Brooks	11	
	D'Andre campbell	9	
	Stephen Island	12	
	Zach Wenger	10	

400 meter Dash

1st	Mason Burnett	Ft. Zumwalt East	51.48
2nd	Demarcou Simpson	St. Charles	51.89
3rd	Jake Busche	Duchesne	51.92

300 meter Intermediate Hurdles

1st	Brad Banowetz	Ft. Zumwalt North	41.00
2nd	Mike Mahoney	Ft. Zumwalt East	41.53
3rd	Brenden Leslie	Washington	41.96

800 meter Run

1st	Bryan Groeper	Warrenton	2:02.95
2nd	Justin Greene	Warrenton	2:04.04
3rd	Adam DeSplinter	St. Charles West	2:04.49

200 meter Dash

1st	Chase Abbington	Ft. Zumwalt South	22.80
2nd	Trent Robinson	Ft. Zumwalt South	22.85
3rd	Mason Burnett	Ft. Zumwalt east	23.00

3200 meter Run

1st	Kyle Deeken	Ft. Zumwalt North	9:54.52
2nd	Drew Webster	Ft. Zumwalt East	10:20.48
3rd	Nolan Ryan	Ft. Zumwalt East	10:47.49

4 x 400 meter Relay

1st	Ft. Zumwalt East		3:34.13
	Christian Brooks	11	
	Mason Burnett	10	
	Cody Elmendorf	11	
	Mike Mahoney	11	
2nd	Washington		3:36.82

	Clayton Bunkley	11	
	Adam Mulkey	11	
	Adam Jones	11	
	Taylor Juergens	10	
3rd	Warrenton		3:38.54
	Zach Banze	12	
	Justin Greene	12	
	Bryan Groeper	12	
	Justin Rivet	10	

Discus

1st	Reece Berry	Warrenton	143' 1
2nd	Trevor Shockley	Washington	138' 4
3rd	Alex Nischbach	Ft. Zumwalt East	134' 9

Shot Put

1st	Reece Berry	Warrenton	49' 1
2nd	Ron Leach	Ft. Zumwalt South	42' 6
3rd	Travis Gardner	Washington	40' 4.5

High Jump

1st	Shane Huddleston	St. Charles West	6' 6
2nd	Mike Mahoney	Ft. Zumwalt east	5' 10
3rd	Justin Greene	Warrenton	5' 10

Long Jump

1st	D'Andre Campbell	Ft. Zumwalt East	20' 3.5
2nd	Nathan Elmy	Ft. Zumwalt North	20' 2
3rd	Marcus Taylor	St. Charles West	19' 8

Triple Jump

1st	Alec Gerke	Ft. Zumwalt East	39' 3.5
2nd	Marcus Taylor	St. Charles West	39' 3

3rd Jonathan Cook Ft. Zumwalt South 38' 5.5

Pole Vault

1st David Jones-Richerson Duchesne 13' 6
2nd Kyle Potter St. Charles West 13' 6
3rd V. J. Fitzpatrick Ft. Zumwalt North 12' 6

TEAM SCORES:

Ft. Zumwalt East [169], Ft. Zumwalt South [134], Ft. Zumwalt North [95], Warrenton [90], St. Charles West[77], Washington [67], St. Charles[40], Duchesne [16]

SPORTSMANSHIP

Washington - Travis Gardner

St. Charles - Demarcou Simpson

Warrenton - Zach Banze

St. Charles West -Sam Mosley

All-Academic Team

Duchesne –

St. Charles –

Ft. Zumwalt South -

Ft. Zumwalt East –

Warrenton – Mikal Harpster, Patrick Koch, Charlie Schneider, Conner Brannock, Michael Dalton, Tyler Romaker, T. J. LaFaver

Ft. Zumwalt North – Brad Banowetz, Eric Bean, Vincent Bockhoff, Kyle Deeken, Nathan Elmy, Vincent Fitzpatrick, Andrew Jetton, Michael Martin, Jeremy Merlenbach, Kory Morton, Dominick Riley, Brandon Tappmeyer, Blake Toews, Josh Whitley

Washington – Austin Beers, Caleb Curran, Austin Subke, Collin Anderson, Riley Kirsch, Max Phinney, Braden Roberts, Ian Smith, David Tutt, Leo Becker, Clayton

Bunkley, Austin Donovan, Chase Hellebusch, Alex Holtermann, Dusty Jarvis, Lucas Jasper, Adam Jones, Alex Mueller, Adam Mulkey, Trevor Shockley, Travis Gardner

St. Charles West - Ahren Bohanan, Adam Desplinter, Eric Holm, Shane Huddleston, Greg Illy, Lucas Johnson, Sheldon Keence, Blake Lindblom, Marlon Lockett, Ryan McCrum, Zach Morrow, Zach Mudd, Mike Nowack, Basil Onyia, Kyle Potter, Alex Searingen

Warrenton - Jorgen Angell, Zach Banze, Reece Berry, Tristan Cullom, Jon Diehl, David Everman, Justin Greene, Bryan Groeper, John Jeskey, Brian Lanigan, Corey Lovelace, Justin Rivet, Devin Ray, Jacob Ruby, Chris Schall, Logan Shay, Nick Wallace, Adam Smith

2011 South Boys Track

Complete results of both boys and girls can be found at :

http://www.trxctiming.com/GAC_South_tf/2011_results.htm

4 x 800 meter Relay

1st	Ft. Zumwalt West		8:29.00
	Danny Barger	12	
	Eric Rogers	10	
	Jordan Duggan	12	
	Jason Matthews	10	
2nd	Wentzville Holt		8:32.00
	Peter Francis	11	
	Jerome Freeberg	9	
	Kyle White	11	
	Kenny Cushing	12	
3rd	Francis Howell		8:43.00
	Nick Buss	12	
	Zachary Nicewarner	10	
	Ian Powers	11	
	Trey Berry	12	

110 meter High Hurdles

1st	Jared Boyd	Ft. Zumwalt West	15.63
2nd	Chad Holloway	Troy Buchanan	15.79

3rd Jon Schwab Francis Howell North 15.97

100 meter Dash

1st Terrence Tate Wentzville Holt 11.41
2nd Tre Vaughn Wentzville Holt 11.59
3rd Jared Boyd Ft. Zumwalt West 11.66

4 x 200 meter Relay

1st Wentzville Holt 1:30.94
Darian Jones 12
Jeff Hicks 12
Anthony Price 12
Tre Vaughn 11
2nd Troy Buchanan 1:31.20
Keith Craig 11
Josh Jones 12
Ben Lehmkuhl 11
Shomari Streeter-Robinson 12
3rd Francis Howell 1:33.88
Corey King 11
Alex Martin 9
Alex Strong 11
Paul Steward 11

1600 meter Run

1st Kenny Cushing Wentzville Holt 4:26.03
2nd Tyler Percy Ft. Zumwalt West 4:28.90
3rd Josh McKinley Francis Howell Central 4:33.70

4 x 100 meter Relay

1st Wentzville Holt 43.80
Terrence Tate 12
Jerome Wilson 12
Tre Vaughn 11

	Trey Mitchell	10	
2nd	Francis Howell		44.16
	Corey King	11	
	Alex Martin	9	
	Alex Strong	11	
	Paul Steward	11	
3rd	Wentzville Timberland		44.93
	Alex Scott	12	
	Austin Dixon	12	
	Ben Tedrick	12	
	Brady Williams	12	

400 meter Dash

1st	Chris Campbell	Wentzville Holt	49.41
2nd	Anthony price	Wentzville Holt	51.52
3rd	Jordan Summers	Francis Howell North	51.59

300 meter Intermediate Hurdles

1st	Jared Boyd	Ft. Zumwalt West	41.20
2nd	Chad Holloway	Troy Buchanan	41.43
3rd	Jon Schwab	Francis Howell North	41.55

800 meter Run

1st	Kenny Cushing	Wentzville Holt	1:55.30
2nd	Zach Taylor	Francis Howell Central	1:58.77
3rd	Nick Buss	Francis Howell	1:59.89

200 meter Dash

1st	Chris Campbell	Wentzville Holt	22.44
2nd	Anthony Price	Wentzville Holt	23.00
3rd	Devon Mitchell	Wentzville Timberland	23.04

3200 meter Run

1st	Sam Lazechko	Francis Howell	9:59.07
2nd	Trey Berry	Francis Howell	10:03.92
3rd	Peter Franck	Wentzville Holt	10:16.41

4 x 400 meter Relay

1st	Wentzville Holt		3:22.21
	Darian Jones	12	
	Anthony Price	12	
	Kenny Cushing	12	
	Chris Campbell	12	
2nd	Ft. Zumwalt West		3:29.45
	Kyle Harris	10	
	Tyler Percy	10	
	Eric Rogers	10	
	Tyler Diederich	11	
3rd	Wentzville Timberland		3:30.43
	Devon Mitchell	12	
	Brady Williams	12	
	Jordan Pouppaneau	12	
	Ellis Maise	12	

Discus

1st	Kenneth Boyer	Ft. Zumwalt West	159' 10
2nd	Dustin Heller	Ft. Zumwalt West	147' 07
3rd	Josh McDonald	Wentzville Timberland	147' 04

Shot Put

1st	Demetrius Bernard	Ft. Zumwalt West	51' 10
2nd	Josh McDonald	Wentzville Timberland	49' 10.25
3rd	Brad Hardin	Ft. Zumwalt West	45' 11.5

High Jump

1st	Josh Jones	Troy Buchanan	6' 6
2nd	James Reed	Wentzville Holt	6' 0

3rd Josh Budiselich Troy Buchanan 5' 10

Long Jump

1st Tre Vaughn Wentzville Holt 21' 1
2nd Austin Dixon Wentzville Timberland 20' 9.75
3rd James Luecke Wentzville Holt 19' 11.25

Triple Jump

1st Ben Lehmkuhl Troy Buchanan 40' 10.25
2nd Brady Williams Wentzville Timberland 40' 3.75
3rd Shoma Streeter-Robinson Troy Buchanan 38' 4.5

Pole Vault

1st Ben Tedrick Wentzville Timberland 11' 6
2nd Alex Foley Wentzville Holt 11' 6
3rd Nathan Viehmann Francis Howell North 11' 6

TEAM SCORES:

**Wentzville Holt [204], Ft. Zumwalt West [141], Troy Buchan [94],
Wentzville Timberland [79], Francis Howell [72], Francis Howell
North [61], Francis Howell Central [40]**

SPORTSMANSHIP

Troy Buchanan -

Wentzville Timberland -Devon Mitchell

Wentzville Holt -Chris Campbell

Ft. Zumwalt West - Kenny Boyer

All-Academic Team

Francis Howell –

Wentzville Holt– Andrew Aubuchon, Michael Boll, Nick Bradshaw, Kenny Cushing, Bryan Dotson, Alex Foley, Peter Franck, Matt Hruska, Bruce Lockhart, James Luecke, Ethan Nixon, Cameron Shaw, Kyle White, Alec Whiting, Nick Wiegand

Wentzville Timberland– Samuel Bittner, Cody Coleman, Ian Coleman, Austin Combs, Luke Dessain, John Hummel, Lucas Jordan, Chance Koch, Adam Marroquin, Joshua McDonald, Devon Mitchell, Kyle Swanton, Benjamin Tedrick, Ian Thompson, Conor Ward, Brady Williams

Troy Buchanan –

Ft. Zumwalt West – Ryan Arnold, Demetrius Bernard, Cameron Bogue, Jared Boyd, Kenny Boyer, Jeremiah Bunch, Alex Burr, Jordan Duggan, Greg Halligan, Brad Hardin, Steve Heim, Tyler Percy, Eric Rogers, Teddy Williamson

Francis Howell North –

Francis Howell Central -

2011 North Girls Track

Complete boys and girls results can be found at:

http://www.trxctiming.com/GAC_North_tf/2011_results.htm

4 x 800 meter Relay

1st	Warrenton	10:09.94
	Melora Broker	10
	Dana Heggemann	11
	Emily Mauch	11
	Hannah Keene	10
2nd	Ft. Zumwalt East	10:18.18
	Michaela Hysten	9
	Lauren Lamzik	11
	Bri Watson	10
	Gloria Westlake	12
3rd	Washington	10:36.41
	Ashley Garrard	10
	Anna Bretzke	11

Alex Ready	9
Hannah Leslie	10

100 meter High Hurdles

1st	Haley Ulsas	Washington	16.24
2nd	Abigail Brown	Washington	17.90
3rd	Katie Lee Kitchen	Ft. Zumwalt South	18.26

100 meter Dash

1st	M. C. Landolt	Washington	13.20
2nd	Julia Avery	St. Charles West	13.39
3rd	Chelsea Meracle	Ft. Zumwalt North	13.61

4 x 200 meter Relay

1st	Ft. Zumwalt North		1:50.12
	Sydney Boxell	10	
	Chelsea Meracle	12	
	Ashley Oberdieck	11	
	Christelle Rockette	12	
2nd	Ft. Zumwalt South		1:52.59
	Jasmine Jones	11	
	Megan Carroll	11	
	Sydney Perry	10	
	Cassandra Zeier	11	
3rd	St. Charles		1:54.00
	Dryesha Jones	10	
	Bailey Kohrs	12	
	Jamaya Phillips	9	
	Lauren Willis	10	

1600 meter Run

1st	Gloria Westlake	Ft. Zumwalt East	5:30.05
2nd	Michaela Hysten	Ft. Zumwalt East	5:31.11
3rd	Emily Mauch	Warrenton	5:33.58

4 x 100 meter Relay

1st	Ft. Zumwalt South		52.58
	Megan Carroll	11	
	Sydney Perry	10	
	Cassandra Zeier	11	
	Jasmine Jones	11	
2nd	St. Charles		53.08
	Kylie Fenemor	12	
	Dyresha Jones	10	
	Bailey Kohrs	12	
	Lauren Willis	10	
3rd	Ft. Zumwalt North		53.99
	Megan Herren	12	
	Jamie Langford	11	
	Chelsea Meracle	12	
	Kendal Overkamp	10	

400 meter Dash

1st	Ashley Oberdieck	Ft. Zumwalt North	1:00.24
2nd	Anna Schmidt	Duchesne	1:02.48
3rd	Lindsey McDaniels	Ft. Zumwalt East	1:02.66

300 meter Low Hurdles

1st	Haley Ulsas	Washington	46.44
2nd	Abigail Brown	Washington	48.65
3rd	Jasmine Jones	Ft. Zumwalt South	48.80

800 meter Run

1st	Abigail Brown	Washington	2:26.18
2nd	Melora Broker	Warrenton	2:27.08
3rd	Anna Schmidt	Duchesne	2:27.43

200 meter Dash

1st	Ashley Oberdieck	Ft. Zumwalt North	26.33
2nd	Christelle Rockette	Ft. Zumwalt North	26.34
3rd	Lindsey McDaniels	Ft. Zumwalt East	27.50

3200 meter Run

1st	Gloria Westlake	Ft. Zumwalt east	11:34.98
2nd	Emily Mauch	Warrenton	12:05.60
3rd	Maggie Noble	Duchesne	12:28.22

4 x 400 meter Relay

1st	Ft. Zumwalt North		4:12.06
	Sydney boxell	10	
	Ashley Oberdieck	11	
	Christelle Rockette	12	
	Haley Fink	10	
2nd	St. Charles		4:21.36
	Paige Cannon	11	
	Andrea Hake	11	
	Dryesha Jones	10	
	Bailey Kohrs	12	
3rd	St. Charles West		4:24.87
	Jessica Goff	12	
	Daley Soderberg	12	
	Zuheerah Thurman	9	
	Makenzie White	10	

Discus

1st	Melanie Raterman	Warrenton	120' 8
2nd	Totyana Taylor	Ft. Zumwalt South	104' 2
3rd	Yazmene Thurman	St. Charles West	100' 4

Shot Put

1st	Kylie Fenemor	St. Charles	31' 5.5
2nd	Aliyah Byron	St. Charles West	29' 4.5

3rd Sammi Jo Gray St. Charles 28' 3.5

High Jump

1st Kirstie leslie Washington 4' 10
2nd Kaitlyn Randolph Washington 4' 10
3rd Dana Heggemann Warrenton 4' 10

Long Jump

1st Kirstie Leslie Washington 16' 5
2nd Haley Ulsas Washington 15' 1.5
3rd Jasmine Jones Ft. Zumwalt South 14' 10.5

Triple Jump

1st Kirstie Leslie Washington 36' 3.5
2nd Cassondra Zeier Ft. Zumwalt South 31' 8.5
3rd Abigail Brown Washington 31' 2

Pole Vault

1st Shelby Markum Ft. Zumwalt North 11' 0
2nd Mikki Mertz St. Charles 9' 0
3rd haley Fink Ft. Zumwalt North 8' 6

TEAM SCORES:

Washington [145], Ft. Zumwalt South [112], St. Charles [93], Ft. Zumwalt North [88], Ft. Zumwalt East [79], Warrenton [59], St. Charles West [49], Duchesne [23],

SPORTSMANSHIP

Ft. Zumwalt South -

St. Charles - Bailey Kohrs

All-Academic Team

Duchesne –

St. Charles –

Ft. Zumwalt South –

Ft. Zumwalt North – Sydney Boxell, Lauren Delaney, Haley Fink, Kenisha Fullerton, Kairsti Goodrich, Megan Herren, Emily Knopf, Jamie Langford, Shelby Markum, Ashley Oberdieck, Kendall Oberdieck, Katelyn Pettit, Keri Petty, Chrsitelle Rockette, Christina Rombotis, Kenidi Vogelsang

St. Charles West –

Ft. Zumwalt East –

Washington –

Warrenton -

2011 South Girls Track

Complete results of both boys and girls can be found at :

http://www.trxctiming.com/GAC_South_tf/2011_results.htm

4 x 800 meter Relay

1st	Francis Howell	10:03.96
	Leah Krause	11
	Jacci Guthrie	12
	Jessica Marx	12
	Valeska Halamieck	10
2nd	Ft. Zumwalt West	10:09.26
	Courtney Coe	10
	Aly Coleman	11
	Haley Delgado	11
	Sarah Fogarty	10
3rd	Francis Howell North	10:18.07
	Coleen Grone	12
	Alexis Happe	9
	Brooke Lucas	11
	Brianna Schroer	11

100 meter High Hurdles

1st	Sydney Weathered	Wentzville Holt	17.08
2nd	Alex Surgeon	Francis Howell	17.64
3rd	Alison Barker	francis Howell	17.29

100 meter Dash

1st	Nataliyah Friar	Wentzville Holt	12.98
2nd	Whitney Adams	Francis Howell	13.04
3rd	A'Lanesha McFarland	Francis Howell Central	13.45

4 x 200 meter Relay

1st	Troy Buchanan		1:48.98
	Rachel Sullivan	9	
	Tia Jones	10	
	Tanara Jones	10	
	Jesse Hollenbeck	9	
2nd	Francis Howell Central		1:49.83
	A'Lanesha McFarland	11	
	Kristen Warncke	10	
	Destinee Coorigan	10	
	Kaela Henry	10	
3rd	Francis Howell North		1:50.16
	Alyssa Miller	11	
	Camisha Oliver	11	
	Arianna Watts	10	
	Amanda Edminston	10	

1600 meter Run

1st	Leah Kraus	Francis Howell	5:22.70
2nd	Alexis happe	Francis Howell North	5:28.01
3rd	Valeska Halmicek	Francis Howell	5:30.70

4 x 100 meter Relay

1st	Francis Howell Central	51.31
	A'Laneshia McFarland	11
	Kristen Warncke	10
	Destinee Corrigan	10
	Kaela Henry	10
2nd	Wentzville Timberland	51.41
	Mariah Chappel	10
	Jennt Ferguson	11
	Courtney Ferguson	9
	Brittany Gerber	12
3rd	Wentzville Holt	51.70
	Casherel Thirdkill	11
	Abigail Corbett	9
	Taylor Smentana	10
	Courtney Jones	10

400 meter Dash

1st	Whitney Adams	Francis Howell	59.86
2nd	Jenny Ferguson	Wentzville Timberland	1:01.20
3rd	Alicia Reed	Ft. Zumwalt West	1:01.62

300 meter Low Hurdles

1st	Alison Barker	Francis Howell	48.41
2nd	Neilisha Williams	Ft. Zumwalt West	50.29
3rd	Rachel franck	Troy Buchanan	50.40

800 meter Run

1st	Valeska Halmicek	Francis Howell	2:24.23
2nd	Leah Krause	Francis Howell	2:28.46
3rd	Sammi Merritt	Ft. Zumwalt West	2:29.76

200 meter Dash

1st	Whitney Adams	Francis Howell	26.87
2nd	A'Laneshia McFarland	Francis Howell Central	27.22

3rd Casherel Thirdkill Wentzville Holt 27.57

3200 meter Run

1st Coleen Grone Francis Howell North 11:43.73
2nd Leah Krause Francis Howell 11:48.36
3rd Hannah Lucas Wentzville Holt 11:53.47

4 x 400 meter Relay

1st Francis Howell 4:12.20
Valeska Halamicek 10
Alison Barker 11
Taylor Knoche 9
Sara Shell 12
2nd Troy Buchanan 4:14.38
Rachel Franck 11
Kristen Hartwig 9
Paige Bogert 11
Rachel Sullivan 9
3rd Ft. Zumwalt West 4:15.53
Sarah Fogarty 10
Sammi Merritt 12
Alicia Reed 9
Brianna Tucker 9

Discus

1st Dahlia Dyson Ft. Zumwalt West 139' 00
2nd Alyshia McRoberts Wentzville Timberland 117' 10
3rd Leah Colbert Troy Buchanan 114' 07

Shot Put

1st Dahlia Dyson Ft. Zumwalt West 42' 6.5
2nd Leah Colbert Troy Buchanan 37' 07
3rd Madeline Middlebrooks Ft. Zumwalt West 35' 9.5

High Jump

1st	Kylie Ellison	Ft. Zumwalt West	5' 4
2nd	Whitney Adams	Francis Howell	5' 2
3rd	Lexi Tenny	Wentzville Timberland	5' 2

Long Jump

1st	Nataliyah Friar	Wentzville Holt	17' 5.25
2nd	Madeline Burnette	Wentzville Timberland	16' 6.5
3rd	Rachel goodwin	Francis Howell	16' 2.25

Triple Jump

1st	Nataliyah Friar	Wentzville Holt	39' 6.75
2nd	Lexi Tenny	Wentzville Timberland	35' 4.75
3rd	Rachel Goodwin	Francis Howell	33' 9.5

Pole Vault

1st	Danielle Meyer	Francis Howell North	9' 6
2nd	Brittney Gerber	Wentzville Timberland	9' 0
3rd	Haley Decker	Francis Howell Central	8' 0

TEAM SCORES:

Francis Howell [169], Ft. Zumwalt West [129], Wentzville Holt [99.5], Wentzville Timberland [91], Francis Howell North [70.5], Troy Buchanan [69], Francis Howell Central [65]

SPORTSMANSHIP

Wentzville Timberland - Lexi Tenney

Wentzville Holt - Ashley Leonard

Ft. Zumwalt West - Grace Lackner

All-Academic Team

Francis Howell –

Wentzville Holt– Chandler Carreon, Beth Copeland, Abi Corbett, Nataliyzh, Tia Harper, Allison Hellebusch, Sarah Hicks, Courtney Jones, Ashley Leonard, Kara Lough, Mandy Moore, Abby Piper, Megan Plevel

Wentzville Timberland – Morgan Bond, Madeline Burnette, Laura Burton, Julia Degise, Sydney Ehmke, Courtney Ferguson, Jennifer Ferguson, Brittney Gerber, Taliesha Hart, Katherine Hazel, Evan Jones, Kayleigh Martinez, Alyshia McRoberts, Kayla Nedved, AutumnRivera, Rachel Steinkamp, Alexandra Tenney, Brittany Thornell, Taylor Willer

Troy Buchanan –

Ft. Zumwalt West – Danielle Althage, Jenny Boring, Sarah Cayce, Courtney Coe, Alys Coleman, Haley Delgado, Kelsey Dison, Dahlia Dyson, Kylie Ellison, Sarah Fogarty, Emily Grayek, Grace Lackner, Lianne Marquez, Sammi Merritt, Madeline Middlebrooks, Alicia Reed, Kiana Rowan, Brianna Tucker, Katie Wright

Francis Howell North –

Francis Howell Central -

2011 Boys Volleyball Champions

1st Team	Logan Jarus <i>MVP</i>	Francis Howell Central
	Brian Rogan	Francis Howell North
	Joel Durci	Francis Howell
	Leo Speno	Ft. Zumwalt South
	Ethan Bohnert	Francis Howell North
	Jack Gamache	Francis Howell Central
	Jimmy Pace	Ft. Zumwalt West
2nd Team	Kevin Huck	Ft. Zumwalt South
	Matt Howard	Duchesne
	Zack Bumstead	Ft. Zumwalt East
	Dan Zust	Francis Howell
	Justin Winkleman	Ft. Zumwalt North
	Dillon Herrman	Ft. Zumwalt West
	Nick Lynch	Francis Howell
H.M.	Dillon Holmes	Francis Howell Central

Andrew Darst
Phil Hicks
Alex Navatto
Alex Cybularz
Anthony Orlando

Ft. Zumwalt West
Ft. Zumwalt South
Ft. Zumwalt North
Francis Howell
Francis Howell North

Sportsmanship Award

Duchesne
Ft. Zumwalt South
Ft. Zumwalt West
Francis Howell
Francis Howell Central
Francis Howell North

Dylan Herrman
Jack Gamache

All-Academic Team

Duchesne –

Ft. Zumwalt South –

Ft. Zumwalt West – Andrew Darst, Jereme Harry, Chris Kelley, Stuart Krull, Nick Miller, Jimmy Pace, Zach Rule, Kory Tennant

Francis Howell –

Francis Howell Central – Jordan Alsobrook, Andrew Teddler, Dillon Holmes, Logan Jarus, Chris Guyot, Andrew Donahue, Jake Heskin

Francis Howell North –

Ft. Zumwalt North - Eric Byers, William Gilbert, Andrew Hanneke, Devin Heuermann, Alex Navaatto, Kunai Singh, Justin Winkleman,

Ft. Zumwalt East -

GAC Swimming & Diving Championships 2011 - 2/4/2011 to 2/10/2011
Team Rankings - Through Event 12
Women - Team Scores
Place School Points

- 1 Fort Zumwalt West 452
- 2 Wentzville Holt 353
- 3 Francis Howell 305. 50
- 4 Fort Zumwalt South 217
- 5 Wentzville Timberland 166
- 6 Fort Zumwalt East 140. 50
- 7 Fort Zumwalt North 135
- 8 Francis Howell Central 131
- 8 Francis Howell North 131
- 10 St. Charles West 87
- 11 Duchesne High School 57
- 12 St. Charles 48

GAC Swimming & Diving Championships 2011 - 2/4/2011 to 2/10/2011

Results - Diving

Event 5 Women 1 mtr Diving

GAC Record: 480.15 ! 2006 Anna Larson Howell

Name	Yr	School	Finals Score	Points
1 Canedy, Crystal	JR	Timberland NT	352.10	20
2 Larkin, Katie	SR	Holt NT	348.90	17
3 Markum, Shelby	SR	Fort Zumwalt North NT	319.65	16
4 Colombatto, Rachel	JR	Duchesne High School NT	281.95	15
5 Schroeder, Michelle	SO	Francis Howell NT	281.80	14
6 Klobe, Jenn	SO	Fort Zumwalt West NT	273.25	13
7 Choinka, Catie	JR	Duchesne High School NT	265.70	12
8 Brady, Samantha	JR	Fort Zumwalt East NT	245.75	11
9 Fink, Hailey	SO	Fort Zumwalt North NT	237.85	9
10 Bayerl, Kimberly	FR	Fort Zumwalt West NT	231.30	7
11 Glaenzer, Cheyenne	SR	Francis Howell Central NT	223.55	6
12 Scheele, Paige	SR	Fort Zumwalt West NT	220.75	5
13 Toland, Stephanie	SR	Fort Zumwalt South NT	213.10	4
14 Gerard, Katherine	FR	Francis Howell NT	202.50	3
15 Seeba, Erika	FR	Francis Howell Central NT	189.30	2
16 Selvaggi, Madelyn	SO	Fort Zumwalt South NT	179.85	1
17 Wiegand, Kami	SO	Timberland NT	108.00	0

GAC Swimming & Diving Championships 2011 - 2/4/2011 to 2/10/2011

Results - Swimming Finals

Event 1 Women 200 Yard Medley Relay

GAC Record: 1:52.10 ! 2007 Timberland

T. Wohrley, Masters, A. Wohrley, Hladky

State Qual: 2:00.99 *

Team Relay Prelim Time Finals Time Points

A - Final

1 Fort Zumwalt West A 1:55.37 1:53.01* 40

1) Spencer, Eryn JR 2) Coleman, Aly JR 3) Coe, Courtney SO 4) Tipton, Michelle SR
28.76 1:00.47 (31.71) 1:27.52 (27.05) 1:53.01 (25.49)

2 Francis Howell A 1:59.06 1:56.48* 34

1) Paull, MacKenzie JR 2) Hempen, Abby SR 3) Schroeder, Maria FR 4) Catalano, Madison SR
31.66 1:02.34 (30.68) 1:29.08 (26.74) 1:56.48 (27.40)

3 Fort Zumwalt South A 2:02.69 2:00.73* 32

1) Graves, Rachel SR 2) Blessing, Bailey FR 3) Kolisch, Jessie SR 4) Stone, Olivia JR
31.88 1:08.31 (36.43) 1:33.10 (24.79) 2:00.73 (27.63)

4 Timberland A 2:05.39 2:03.80 30

1) Canedy, Crystal JR 2) Hockman, Emily FR 3) King, Taylor SO 4) Hanneken, Katie JR
41.75 1:07.73 (25.98) 1:36.33 (28.60) 2:03.80 (27.47)

5 Fort Zumwalt East A 2:07.38 2:08.88 28

1) Lamzik, Sophie SO 2) Westlake, Gloria SR 3) Musser, Cayla JR 4) Peterson, Libby FR
35.43 1:07.79 (32.36) 1:40.17 (32.38) 2:08.88 (28.71)

6 Francis Howell North A 2:09.74 2:09.51 26

1) Hampson, Megan FR 2) Meyer, Danielle JR 3) Christo, Alexis SO 4) Iborg, Amanda JR
33.30 1:12.87 (39.57) 1:40.42 (27.55) 2:09.51 (29.09)

7 Fort Zumwalt North A 2:14.78 2:13.27 24

1) Schrand, Kara SO 2) Ritter, Mickala SO 3) DeAvilla, Katie JR 4) Oberdieck, Ashley JR
8 St. Charles West A 2:18.55 2:18.89 22

1) Martin, Maddy FR 2) Sullivan, Lauren JR 3) Duncan, Sarah SO 4) Friem, Julie SR
36.33 1:18.03 (41.70) 1:49.13 (31.10) 2:18.89 (29.76)

B - Final

9 Francis Howell Central A 2:25.65 2:24.17 18

1) Johnson, Hannah SO 2) Wagner, Madi FR 3) Ortinau, Emily SO 4) Ferris, Anna SR
38.92 1:19.35 (40.43) 1:54.53 (35.18) 2:24.17 (29.64)

10 St. Charles A 2:35.01 2:34.88 14

1) Creley, Kaelyn FR 2) Roseman, Erin JR 3) Brown, Savannah FR 4) Plummer, Mickie SO
39.03 1:18.96 (39.93) 2:00.31 (41.35) 2:34.88 (34.57)

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GAC Swimming & Diving Championships 2011 - 2/4/2011 to 2/10/2011

Results - Swimming Finals

Event 2 Women 200 Yard Freestyle

GAC Record: 1:53.41 ! 2009 Taylor Wohrley Timberland

State Qual: 2:04.59 *

Name Yr School Prelim Time Finals Time Points

A - Final

1 Tipton, Michelle SR Fort Zumwalt West 1:58.26 1:56.24* 20
26.47 55.39 (28.92) 1:26.07 (30.68) 1:56.24 (30.17)

2 Hampson, Megan FR Francis Howell North 2:08.66 2:10.77 17
28.67 1:00.28 (31.61) 1:34.36 (34.08) 2:10.77 (36.41)

3 Tracy, Emma SR Francis Howell 2:09.75 2:10.92 16
28.24 1:00.38 (32.14) 1:35.64 (35.26) 2:10.92 (35.28)

4 Kessler, Megan JR Fort Zumwalt West 2:14.85 2:12.60 15
28.88 1:36.52 () 2:12.60 (36.08)

5 Heuston, Amber FR Holt 2:17.38 2:15.69 14
30.46 1:04.61 (34.15) 1:40.17 (35.56) 2:15.69 (35.52)

6 Galluzzo, Victoria FR Francis Howell 2:20.77 2:17.89 13
31.28 1:05.92 (34.64) 1:42.65 (36.73) 2:17.89 (35.24)

7 Johansson, Carley FR St. Charles 2:22.01 2:19.92 12
31.37 1:06.76 (35.39) 1:44.01 (37.25) 2:19.92 (35.91)

8 Kelting, Jessilyn SO Holt 2:20.78 2:22.24 11
31.74 1:43.64 () 2:22.24 (38.60)

B - Final

9 Smith, Molly SO Holt 2:22.66 2:16.86 9
30.65 1:04.54 (33.89) 1:40.56 (36.02) 2:16.86 (36.30)
10 McDonald, Allie JR Holt 2:23.33 2:17.43 7
30.91 1:05.53 (34.62) 1:41.34 (35.81) 2:17.43 (36.09)
11 Hockman, Emily FR Timberland 2:23.38 2:22.57 6
30.94 1:07.15 (36.21) 1:46.02 (38.87) 2:22.57 (36.55)
12 Wilp, Kellie SR Fort Zumwalt North 2:25.59 2:24.21 5
31.45 1:07.01 (35.56) 1:45.50 (38.49) 2:24.21 (38.71)
13 Cassimatis, Emily JR Fort Zumwalt South 2:25.63 2:24.44 4
32.94 1:09.12 (36.18) 1:47.19 (38.07) 2:24.44 (37.25)
14 VonHartzsch, Ashley FR Fort Zumwalt North 2:22.55 2:25.15 3
31.28 1:06.74 (35.46) 1:45.36 (38.62) 2:25.15 (39.79)
15 Jones, Kayln JR Francis Howell North 2:26.96 2:25.33 2
32.80 1:09.35 (36.55) 1:47.54 (38.19) 2:25.33 (37.79)
16 Smyth, Moira SR Duchesne High School 2:26.41 2:26.55 1
33.22 1:47.30 () 2:26.55 (39.25)

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GAC Swimming & Diving Championships 2011 - 2/4/2011 to 2/10/2011

Results - Swimming Finals

Event 3 Women 200 Yard IM

GAC Record: 2:03.88 ! 2007 Haley Spencer Zumwalt West

State Qual: 2:20.89 *

Name Yr School Prelim Time Finals Time Points

A - Final

1 Hempen, Abby SR Francis Howell 2:13.64 2:11.35* 20
28.83 1:03.63 (34.80) 1:40.13 (36.50) 2:11.35 (31.22)
2 Webb, Lexi SR Fort Zumwalt West 2:17.49 2:15.62* 17
29.38 1:03.60 (34.22) 1:43.21 (39.61) 2:15.62 (32.41)
3 Grimm, Kayla SO Fort Zumwalt West 2:24.64 2:16.37* 16
30.10 1:03.41 (33.31) 1:44.33 (40.92) 2:16.37 (32.04)
4 Christo, Alexis SO Francis Howell North 2:25.39 2:26.01 15
29.83 1:05.89 (36.06) 1:51.17 (45.28) 2:26.01 (34.84)
5 Graves, Rachel SR Fort Zumwalt South 2:32.98 2:28.62 14
32.61 1:10.06 (37.45) 1:54.41 (44.35) 2:28.62 (34.21)
6 Lyons, Lauren JR Holt 2:31.96 2:29.12 13
33.06 1:12.11 (39.05) 1:55.27 (43.16) 2:29.12 (33.85)
7 Holliday, Becca SR Holt 2:32.99 2:29.33 12
32.84 1:09.99 (37.15) 1:54.85 (44.86) 2:29.33 (34.48)
8 Junker, Caroline JR Holt 2:32.77 2:31.71 11
32.53 1:14.18 (41.65) 1:55.16 (40.98) 2:31.71 (36.55)

B - Final

9 Stones, Bethany SO Holt 2:34.62 2:31.47 9
31.73 1:11.66 (39.93) 1:56.72 (45.06) 2:31.47 (34.75)
10 Brabham, Lauren FR Francis Howell 2:36.26 2:31.87 7
33.01 1:12.38 (39.37) 1:58.27 (45.89) 2:31.87 (33.60)
11 Crawford, Alyssa JR Francis Howell 2:37.00 2:36.32 6
31.92 1:11.60 (39.68) 1:58.29 (46.69) 2:36.32 (38.03)
12 Hilliard, Katie SO Fort Zumwalt South 2:36.38 2:37.50 5

34.00 1:15.35 (41.35) 2:00.84 (45.49) 2:37.50 (36.66)
13 Kinzer, Natalie SO Francis Howell Central 2:40.18 2:38.36 4
34.17 1:15.36 (41.19) 2:01.10 (45.74) 2:38.36 (37.26)
14 Lanctot, Jessica SO Fort Zumwalt East 2:36.60 2:38.37 3
34.84 1:18.28 (43.44) 2:02.25 (43.97) 2:38.37 (36.12)
15 Breshears, Lauren FR Fort Zumwalt South 2:37.81 2:38.78 2
34.78 1:16.59 (41.81) 2:01.42 (44.83) 2:38.78 (37.36)
16 Boyle, Ashley JR Fort Zumwalt West 2:43.15 2:41.09 1
35.54 1:15.06 (39.52) 2:04.78 (49.72) 2:41.09 (36.31)
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GAC Swimming & Diving Championships 2011 - 2/4/2011 to 2/10/2011

Results - Swimming Finals

Event 4 Women 50 Yard Freestyle

GAC Record: 24.22 ! 2006 Taylor Wohrley Timberland

State Qual: 25.99 *

Name Yr School Prelim Time Finals Time Points

A - Final

1 Schroeder, Maria FR Francis Howell 25.27 24.49* 20
2 Strickler, Alison SO Francis Howell Central 25.45 24.59* 17
3 Spencer, Evyn JR Fort Zumwalt West 26.06 25.31* 16
4 Lay, Liz FR Fort Zumwalt West 27.00 26.20 15
5 Bolton, Jamie JR Holt 26.93 26.55 14
6 Schuette, Jessica SO Holt 27.36 27.25 13
7 Bopp, Kelsey SR Holt 27.37 27.31 12
8 Kolisch, Jessie SR Fort Zumwalt South 27.67 27.37 11

B - Final

9 Oberdieck, Ashley JR Fort Zumwalt North 28.39 27.44 9
10 Hanneken, Katie JR Timberland 27.69 27.75 7
11 Cummings, Jamie SR Holt 27.90 27.90 6
12 Stone, Olivia JR Fort Zumwalt South 28.23 27.99 5
*13 Musser, Cayla JR Fort Zumwalt East 28.29 28.17 3 .50
*13 Kleekamp, Courtney JR Francis Howell 28.72 28.17 3 .50
15 Peterson, Libby FR Fort Zumwalt East 28.46 28.22 2
16 Apperson, Olivia FR Francis Howell 28.33 28.32 1

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GAC Swimming & Diving Championships 2011 - 2/4/2011 to 2/10/2011

Results - Swimming Finals

Event 6 Women 100 Yard Butterfly

GAC Record: 58.46 ! 2008 Taylor Wohrley Timberland

State Qual: 1:04.49 *

Name Yr School Prelim Time Finals Time Points

A - Final

1 Schroeder, Maria FR Francis Howell 1:01.18 58.46 ! 20
27.31 58.46 (31.15)
2 Coe, Courtney SO Fort Zumwalt West 1:02.32 58.95* 17
27.77 58.95 (31.18)
3 Grimm, Kayla SO Fort Zumwalt West 1:09.92 1:05.28 16
31.02 1:05.28 (34.26)
4 King, Taylor SO Timberland 1:05.34 1:05.71 15
29.57 1:05.71 (36.14)
5 Bolton, Jamie JR Holt 1:08.65 1:06.87 14

30.87 1:06.87 (36.00)
6 Kolisch, Jessie SR Fort Zumwalt South 1:07.43 1:07.09 13
30.29 1:07.09 (36.80)
7 Duncan, Sarah SO St. Charles West 1:08.25 1:07.48 12
31.73 1:07.48 (35.75)
8 Stones, Bethany SO Holt 1:09.53 1:09.46 11
32.24 1:09.46 (37.22)

B - Final

9 Borgstede, Amy FR Francis Howell 1:12.99 1:08.76 9
31.29 1:08.76 (37.47)
10 Brabham, Lauren FR Francis Howell 1:14.20 1:09.95 7
33.60 1:09.95 (36.35)
11 Musser, Cayla JR Fort Zumwalt East 1:17.11 1:14.37 6
33.42 1:14.37 (40.95)
12 DeAvilla, Katie JR Fort Zumwalt North 1:14.82 1:15.48 5
33.00 1:15.48 (42.48)
13 Zagaja, Julia SR Holt 1:15.08 1:16.07 4
34.15 1:16.07 (41.92)
14 Donato, Elyssa SR Fort Zumwalt West 1:17.30 1:16.17 3
33.27 1:16.17 (42.90)
15 Ferris, Anna SR Francis Howell Central 1:17.00 1:16.31 2
33.79 1:16.31 (42.52)
16 Cox, Caitlyn FR Fort Zumwalt West 1:15.68 1:17.10 1
34.54 1:17.10 (42.56)

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GAC Swimming & Diving Championships 2011 - 2/4/2011 to 2/10/2011

Results - Swimming Finals

Event 7 Women 100 Yard Freestyle

GAC Record: 52.30 ! 2006 Taylor Wohrley Timberland

State Qual: 56.99 *

Name Yr School Prelim Time Finals Time Points

A - Final

1 Spencer, Evyn JR Fort Zumwalt West 57.38 54.04* 20
26.10 54.04 (27.94)
2 Strickler, Alison SO Francis Howell Central 56.34 54.06* 17
25.99 54.06 (28.07)
3 Lay, Liz FR Fort Zumwalt West 58.49 57.32 16
27.58 57.32 (29.74)
4 Blessing, Bailey FR Fort Zumwalt South 59.22 58.60 15
28.16 58.60 (30.44)
5 Graves, Rachel SR Fort Zumwalt South 1:00.39 58.69 14
28.18 58.69 (30.51)
6 Schuette, Jessica SO Holt 59.31 59.12 13
28.18 59.12 (30.94)
7 Clark, Sophia SO Fort Zumwalt West 59.86 1:00.67 12
28.41 1:00.67 (32.26)
8 Hanneken, Katie JR Timberland 1:01.35 1:01.54 11
28.82 1:01.54 (32.72)

B - Final

9 Catalano, Madison SR Francis Howell 1:01.56 1:00.13 9
28.96 1:00.13 (31.17)

10 Thurwachter, Kristin FR Holt 1:02.38 1:00.83 7
28.99 1:00.83 (31.84)
11 Cummings, Jamie SR Holt 1:02.14 1:01.21 6
28.94 1:01.21 (32.27)
12 Oberdieck, Ashley JR Fort Zumwalt North 1:02.30 1:01.28 5
29.49 1:01.28 (31.79)
13 Bopp, Kelsey SR Holt 1:02.28 1:01.53 4
29.24 1:01.53 (32.29)
14 Crawford, Alyssa JR Francis Howell 1:02.29 1:01.59 3
29.13 1:01.59 (32.46)
15 Peterson, Libby FR Fort Zumwalt East 1:02.85 1:02.50 2
30.40 1:02.50 (32.10)
16 Apperson, Olivia FR Francis Howell 1:03.34 1:03.07 1
29.30 1:03.07 (33.77)

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GAC Swimming & Diving Championships 2011 - 2/4/2011 to 2/10/2011

Results - Swimming Finals

Event 8 Women 500 Yard Freestyle

GAC Record: 5:09.80 ! 2/5/2011 Michelle Tipton Zumwalt West

State Qual: 5:39.59 *

Name Yr School Prelim Time Finals Time Points

A - Final

1 Tipton, Michelle SR Fort Zumwalt West 5:09.80 5:09.57 ! 20
27.89 58.20 (30.31) 1:29.18 (30.98) 2:00.42 (31.24)
2:31.45 (31.03) 3:02.91 (31.46) 3:34.64 (31.73) 4:06.61 (31.97)
4:38.81 (32.20) 5:09.57 (30.76)
2 Westlake, Gloria SR Fort Zumwalt East 5:29.80 5:17.01* 17
27.82 57.88 (30.06) 1:29.49 (31.61) 2:01.08 (31.59)
2:33.17 (32.09) 3:05.86 (32.69) 3:38.79 (32.93) 4:12.11 (33.32)
4:45.24 (33.13) 5:17.01 (31.77)
3 Coleman, Aly JR Fort Zumwalt West 5:35.02 5:36.04* 16
29.45 1:02.07 (32.62) 1:35.92 (33.85) 2:10.27 (34.35)
2:44.34 (34.07) 3:18.64 (34.30) 3:53.01 (34.37) 4:27.52 (34.51)
5:02.46 (34.94) 5:36.04 (33.58)
4 Paull, MacKenzie JR Francis Howell 6:24.19 6:10.18 15
30.40 1:05.14 (34.74) 1:41.76 (36.62) 2:19.61 (37.85)
2:57.49 (37.88) 3:36.06 (38.57) 4:15.03 (38.97) 4:54.10 (39.07)
5:33.29 (39.19) 6:10.18 (36.89)
5 Heuston, Amber FR Holt 6:20.72 6:22.89 14
32.41 1:09.28 (36.87) 1:47.29 (38.01) 2:25.16 (37.87)
3:03.77 (38.61) 3:42.97 (39.20) 4:22.45 (39.48) 5:02.90 (40.45)
5:43.42 (40.52) 6:22.89 (39.47)
6 Kelting, Jessilyn SO Holt 6:24.70 6:34.53 13
33.61 1:11.14 (37.53) 1:50.15 (39.01) 2:29.82 (39.67)
3:10.36 (40.54) 3:51.62 (41.26) 4:33.77 (42.15) 5:15.30 (41.53)
5:55.84 (40.54) 6:34.53 (38.69)
7 Donato, Elyssa SR Fort Zumwalt West 6:28.34 6:35.94 12
32.03 1:08.44 (36.41) 1:47.47 (39.03) 2:27.32 (39.85)
3:08.18 (40.86) 3:49.38 (41.20) 4:31.16 (41.78) 5:12.85 (41.69)
5:55.05 (42.20) 6:35.94 (40.89)
8 VonHartztsch, Ashley FR Fort Zumwalt North 6:29.73 6:40.17 11
34.28 1:12.90 (38.62) 1:53.10 (40.20) 2:33.49 (40.39)

3:14.47 (40.98) 3:56.09 (41.62) 4:37.97 (41.88) 5:20.17 (42.20)
6:00.31 (40.14) 6:40.17 (39.86)

B - Final

9 Galluzzo, Victoria FR Francis Howell 6:30.07 6:22.03 9
32.92 1:10.50 (37.58) 1:50.25 (39.75) 2:30.26 (40.01)
3:10.20 (39.94) 3:51.08 (40.88) 4:31.28 (40.20) 5:10.90 (39.62)
5:47.89 (36.99) 6:22.03 (34.14)

10 Smith, Molly SO Holt 6:41.46 6:29.31 7
33.38 1:09.82 (36.44) 1:46.93 (37.11) 2:25.99 (39.06)
3:06.44 (40.45) 3:46.38 (39.94) 4:27.79 (41.41) 5:08.83 (41.04)
5:49.59 (40.76) 6:29.31 (39.72)

11 Smith, Julie SR St. Charles West 6:29.77 6:30.53 6
32.47 1:10.02 (37.55) 1:49.34 (39.32) 2:29.27 (39.93)
3:09.50 (40.23) 3:50.23 (40.73) 4:30.73 (40.50) 5:11.25 (40.52)
5:51.21 (39.96) 6:30.53 (39.32)

12 Cassimatis, Emily JR Fort Zumwalt South 6:32.65 6:30.71 5
33.47 1:10.93 (37.46) 1:49.89 (38.96) 2:29.51 (39.62)
3:09.80 (40.29) 3:50.33 (40.53) 4:31.38 (41.05) 5:12.52 (41.14)
5:52.70 (40.18) 6:30.71 (38.01)

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GAC Swimming & Diving Championships 2011 - 2/4/2011 to 2/10/2011

Results - Swimming Finals

B - Final ... (Event 8 Women 500 Yard Freestyle)

Name Yr School Prelim Time Finals Time Points

13 Ortinau, Emily SO Francis Howell Central 6:47.14 6:31.75 4
32.97 1:09.38 (36.41) 1:47.96 (38.58) 2:27.49 (39.53)
3:08.56 (41.07) 3:49.34 (40.78) 4:30.97 (41.63) 5:12.17 (41.20)
5:52.35 (40.18) 6:31.75 (39.40)

14 Jones, Kayln JR Francis Howell North 6:36.93 6:36.11 3
33.34 1:11.01 (37.67) 1:50.56 (39.55) 2:30.85 (40.29)
3:11.42 (40.57) 3:51.92 (40.50) 4:33.21 (41.29) 5:14.52 (41.31)
5:56.00 (41.48) 6:36.11 (40.11)

15 Gerard, Heather SO Francis Howell 6:45.44 6:41.59 2
32.33 1:10.30 (37.97) 1:50.78 (40.48) 2:32.12 (41.34)
3:13.57 (41.45) 3:56.01 (42.44) 4:38.61 (42.60) 5:21.66 (43.05)
6:03.41 (41.75) 6:41.59 (38.18)

16 Hoyt, Marlie FR Fort Zumwalt West 6:47.77 6:42.82 1
33.94 1:11.77 (37.83) 1:51.48 (39.71) 2:32.71 (41.23)
3:15.06 (42.35) 3:56.59 (41.53) 4:39.68 (43.09) 5:22.58 (42.90)
6:04.72 (42.14) 6:42.82 (38.10)

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GAC Swimming & Diving Championships 2011 - 2/4/2011 to 2/10/2011

Results - Swimming Finals

Event 9 Women 200 Yard Freestyle Relay

GAC Record: 1:41.59 ! 2007 Timberland

T. Wohrley, Bussey, A. Wohrley, Hladky

State Qual: 1:47.99 *

Team Relay Prelim Time Finals Time Points

A - Final

1 Fort Zumwalt West A 1:46.89 1:44.58* 40

1) Spencer, Evyn JR 2) Lay, Liz FR 3) Webb, Lexi SR 4) Tipton, Michelle SR
26.05 52.34 (26.29) 1:18.79 (26.45) 1:44.58 (25.79)

2 Holt A 1:48.67 1:47.94* 34

1) Bolton, Jamie JR 2) Bopp, Kelsey SR 3) Lyons, Lauren JR 4) Schuette, Jessica SO
28.25 54.40 (26.15) 1:21.28 (26.88) 1:47.94 (26.66)

3 Fort Zumwalt South A 1:50.53 1:49.01 32

1) Kolisch, Jessie SR 2) Stone, Olivia JR 3) Blessing, Bailey FR 4) Graves, Rachel SR
27.51 55.53 (28.02) 1:22.17 (26.64) 1:49.01 (26.84)

4 Timberland A 1:51.45 1:50.72 30

1) King, Taylor SO 2) Hockman, Emily FR 3) Kershman, Crysta JR 4) Hanneken, Katie FR
26.23 54.25 (28.02) 1:24.69 (30.44) 1:50.72 (26.03)

5 Francis Howell Central A 1:54.82 1:51.89 28

1) Kinzer, Natalie SO 2) Lander, Lisa SR 3) Ferris, Anna SR 4) Strickler, Alison SO
28.80 57.98 (29.18) 1:26.73 (28.75) 1:51.89 (25.16)

6 Fort Zumwalt East A 1:53.33 1:53.88 26

1) Musser, Cayla JR 2) Peterson, Libby FR 3) Lanctot, Jessica SO 4) Westlake, Gloria SR
28.03 56.52 (28.49) 1:27.03 (30.51) 1:53.88 (26.85)

7 Fort Zumwalt North A 2:01.24 1:58.33 24

1) Wilp, Kellie SR 2) DeAvilla, Katie JR 3) Ritter, Mickala SO 4) Schrand, Kara SO
29.14 59.30 (30.16) 1:28.86 (29.56) 1:58.33 (29.47)

8 St. Charles A 2:00.71 2:11.11 22

1) Plummer, Mickie SO 2) Johansson, Carley FR 3) Hart, Victoria SR 4) Creley, Kaelyn FR
34.91 1:40.04 () 2:11.11 (31.07)

B - Final

9 St. Charles West A 2:09.98 2:05.49 18

1) Ermling, Chelsea JR 2) Sullivan, Lauren JR 3) Casagrande, Hannah FR 4) Goellner, Paige SR
30.83 1:02.31 (31.48) 1:35.61 (33.30) 2:05.49 (29.88)

10 Duchesne High School A 2:09.48 2:06.72 14

1) Hollandsworth, Brianne FR 2) Jost, Tabi SO 3) Wappelhorst, Sarah SO 4) Heeger, Madeiline FR
31.76 1:05.06 (33.30) 1:37.08 (32.02) 2:06.72 (29.64)

11 Francis Howell North A 2:31.72 2:13.35 12

1) Lapse, Ashlynn SO 2) Powers, Linsley SO 3) Price, Samantha FR 4) Miller, Olivia FR
36.97 1:08.75 (31.78) 1:43.92 (35.17) 2:13.35 (29.43)

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GAC Swimming & Diving Championships 2011 - 2/4/2011 to 2/10/2011

Results - Swimming Finals

Event 10 Women 100 Yard Backstroke

GAC Record: 57.72 ! 2006 Taylor Wohrley Timberland

State Qual: 1:05.79 *

Name Yr School Prelim Time Finals Time Points

A - Final

1 Webb, Lexi SR Fort Zumwalt West 1:02.92 1:02.24* 20
30.56 1:02.24 (31.68)

2 Coe, Courtney SO Fort Zumwalt West 1:06.02 1:03.67* 17
30.39 1:03.67 (33.28)

3 Tracy, Emma SR Francis Howell 1:07.86 1:05.87 16
31.61 1:05.87 (34.26)

4 King, Taylor SO Timberland 1:06.88 1:06.03 15
31.54 1:06.03 (34.49)

5 Christo, Alexis SO Francis Howell North 1:06.36 1:06.34 14
31.60 1:06.34 (34.74)

6 Paull, MacKenzie JR Francis Howell 1:08.91 1:07.71 13
32.78 1:07.71 (34.93)

7 Hampson, Megan FR Francis Howell North 1:09.22 1:08.53 12

33.40 1:08.53 (35.13)
8 Clark, Sophia SO Fort Zumwalt West 1:09.33 1:09.70 11
32.99 1:09.70 (36.71)

B - Final

9 Holliday, Becca SR Holt 1:10.12 1:09.81 9
1:08.10 1:09.81 (1.71)
10 Duncan, Sarah SO St. Charles West 1:10.84 1:10.64 7
11 Thurwachter, Kristin FR Holt 1:10.90 1:10.65 6
12 McDonald, Allie JR Holt 1:13.83 1:11.09 5
1:10.14 1:11.09 (0.95)
13 Boyle, Ashley JR Fort Zumwalt West 1:13.01 1:12.80 4
14 Smyth, Moira SR Duchesne High School 1:14.72 1:14.35 3
15 Zagaja, Julia SR Holt 1:14.77 1:15.89 2

16 Arevalo, Jenna SO Fort Zumwalt South 1:14.84 1:15.98 1

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GAC Swimming & Diving Championships 2011 - 2/4/2011 to 2/10/2011

Results - Swimming Finals

Event 11 Women 100 Yard Breaststroke

GAC Record: 1:02.52 ! 2009 Haley Spencer Zumwalt West

State Qual: 1:13.69 *

Name Yr School Prelim Time Finals Time Points

A - Final

1 Hempen, Abby SR Francis Howell 1:07.91 1:06.38* 20
30.98 1:06.38 (35.40)
2 Coleman, Aly JR Fort Zumwalt West 1:09.39 1:08.92* 17
32.22 1:08.92 (36.70)
3 Westlake, Gloria SR Fort Zumwalt East 1:11.83 1:09.92* 16
32.72 1:09.92 (37.20)
4 Blessing, Bailey FR Fort Zumwalt South 1:11.97 1:12.93* 15
34.05 1:12.93 (38.88)
5 Hockman, Emily FR Timberland 1:14.68 1:14.29 14
34.55 1:14.29 (39.74)
6 Junker, Caroline JR Holt 1:15.80 1:16.18 13
35.74 1:16.18 (40.44)
7 Lanctot, Jessica SO Fort Zumwalt East 1:15.90 1:16.23 12
36.18 1:16.23 (40.05)
8 Lyons, Lauren JR Holt 1:17.40 1:17.22 11
36.93 1:17.22 (40.29)

B - Final

9 Breshears, Lauren FR Fort Zumwalt South 1:18.40 1:18.64 9
35.98 1:18.64 (42.66)
10 Hilliard, Katie SO Fort Zumwalt South 1:18.68 1:19.58 7
36.62 1:19.58 (42.96)
11 Kessler, Megan JR Fort Zumwalt West 1:20.43 1:19.63 6
37.21 1:19.63 (42.42)
12 Kinzer, Natalie SO Francis Howell Central 1:23.68 1:20.26 5
37.57 1:20.26 (42.69)
13 Catalano, Madison SR Francis Howell 1:20.26 1:20.41 4
38.35 1:20.41 (42.06)
14 Rodgers, Laura SR Fort Zumwalt West 1:22.53 1:21.59 3
39.20 1:21.59 (42.39)

15 Cochran, Nicole JR Fort Zumwalt South 1:23.59 1:23.22 2
39.81 1:23.22 (43.41)

16 Bayerl, Kelsey SR Fort Zumwalt West 1:24.16 1:23.93 1
38.05 1:23.93 (45.88)

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GAC Swimming & Diving Championships 2011 - 2/4/2011 to 2/10/2011

Results - Swimming Finals

Event 12 Women 400 Yard Freestyle Relay

GAC Record: 3:40.51 ! 2008 Timberland

A. Wohrley, Bussey, Masters, T. Wohrley

State Qual: 3:57.99 *

Team Relay Prelim Time Finals Time Points

A - Final

1 Francis Howell A 3:54.33 3:47.55* 40

1) Schroeder, Maria FR 2) Tracy, Emma SR 3) Catalano, Madison SR 4) Hemen, Abby SR
25.43 53.72 (53.72) 1:21.13 (27.41) 1:52.50 (58.78)
2:21.67 (29.17) 2:53.38 (1:00.88) 3:19.15 (25.77) 3:47.55 (54.17)

2 Fort Zumwalt West A 3:59.50 3:48.33* 34

1) Coe, Courtney SO 2) Coleman, Aly JR 3) Grimm, Kayla SO 4) Webb, Lexi SR
26.75 56.48 (56.48) 1:24.39 (27.91) 1:54.54 (58.06)
2:22.15 (27.61) 2:51.94 (57.40) 3:19.45 (27.51) 3:48.33 (56.39)

3 Holt A 4:07.26 4:03.06 32

1) Schuette, Jessica SO 2) Stones, Bethany SO 3) Cummings, Jamie SR 4) Holliday, Becca SR
28.78 1:00.15 (1:00.15) 1:29.48 (29.33) 2:02.82 (1:02.67)
2:31.48 (28.66) 3:04.40 (1:01.58) 3:32.50 (28.10) 4:03.06 (58.66)

4 Francis Howell North A 4:19.83 4:12.42 30

1) Hampson, Megan FR 2) Jones, Kayln JR 3) Christo, Alexis SO 4) Iborg, Amanda JR
29.29 1:00.56 (1:00.56) 1:32.42 (31.86) 2:08.88 (1:08.32)
2:37.98 (29.10) 3:12.94 (1:04.06) 3:40.47 (27.53) 4:12.42 (59.48)

5 Francis Howell Central A 4:22.79 4:12.62 28

1) Lander, Lisa SR 2) Ortinau, Emily SO 3) Kinzer, Natalie SO 4) Strickler, Alison SO
30.63 1:06.88 (1:06.88) 1:37.88 (31.00) 2:12.39 (1:05.51)
2:42.38 (29.99) 3:15.56 (1:03.17) 3:31.07 (15.51) 4:12.62 (57.06)

6 Fort Zumwalt South A 4:27.51 4:16.91 26

1) Niehoff, Kalyn SO 2) Wang, Lucy FR 3) Breshears, Lauren FR 4) Hilliard, Katie SO
31.03 1:04.46 (1:04.46) 1:34.58 (30.12) 2:08.36 (1:03.90)
2:39.02 (30.66) 3:13.47 (1:05.11) 3:43.08 (29.61) 4:16.91 (1:03.44)

7 Fort Zumwalt North A 4:26.21 4:17.69 24

1) VonHartitzsch, Ashley FR 2) Schrand, Kara SO 3) Wilp, Kellie SR 4) Oberdieck, Ashley JR

8 St. Charles West A 4:24.96 4:20.93 22

1) Smith, Julie SR 2) Martin, Maddy FR 3) Friem, Julie SR 4) Duncan, Sarah SO
31.43 1:06.29 (1:06.29) 1:38.18 (31.89) 2:13.71 (1:07.42)
2:45.05 (31.34) 3:20.15 (1:06.44) 3:49.52 (29.37) 4:20.93 (1:00.78)

B - Final

9 Timberland A 4:47.62 4:35.02 18

1) Kershman, Crysta JR 2) Roe, Brittany JR 3) Pemberton, Megan SO 4) Samter, Victoria SO
31.60 1:06.67 (1:06.67) 1:40.24 (33.57) 2:20.85 (1:14.18)
2:50.40 (29.55) 3:28.82 (1:07.97) 3:59.85 (31.03) 4:35.02 (1:06.20)

10 Fort Zumwalt East A 4:46.73 4:39.33 14

1) Lamzik, Sophie SO 2) Tihen, Lauren FR 3) Fowler, Amelia JR 4) Lanctot, Jessica SO
1:08.54 (1:08.54) 1:42.11 (33.57) 2:19.19 (1:10.65)
2:52.66 (33.47) 3:39.11 (1:19.92) 4:03.58 (24.47) 4:39.33 (1:00.22)

11 Duchesne High School A 4:47.54 4:41.89 12

1) Hollandsworth, Brianne FR 2) Schroeder, Alyson SO 3) Jackson, Sarah JR 4) Smyth, Moira SR
34.44 1:16.48 (1:16.48) 1:48.71 (32.23) 2:25.99 (1:09.51)

2:58.01 (32.02) 3:35.88 (1:09.89) 4:07.67 (31.79) 4:41.89 (1:06.01)

--- St. Charles A 6:21.77 DQ

Stroke Infraction swimmer #1

1) Plummer, Mickie SO 2) Adair, Jenn FR 3) Hart, Victoria SR 4) Creley, Kaelyn FR
43.40 1:39.03 (1:39.03) 2:16.94 (37.91) 3:05.69 (1:26.66)

3:44.95 (39.26) 4:31.43 (1:25.74) 5:15.52 (44.09) DQ (1:42.42)