

WAUKESHA WEST
WOMENS'
TRACK AND FIELD
2025
HANDBOOK

PAST TEAM HONORS NEXT PAGE

1998 WIAA Sectional Champions	2006 Classic 8 Indoor Champions
1999 WIAA Regional Champions	2006 Classic 8 Outdoor Champions
1999 WIAA Sectional Champions	2006 WIAA Regional Champions
1999 5 th PLACE WIAA STATE MEET	2006 WIAA Sectional Champions
2000 Classic 8 Indoor Champions	2006 WIAA DIVISION I STATE CHAMPIONS
2000 Classic 8 Relay Champions	2007 Classic 8 Indoor Champions
2000 Classic 8 Outdoor Champions	2007 WIAA Regional Champions
2000 WIAA Regional Champions	2007 WIAA Sectional Champions
2000 WIAA Sectional Champions	2013 WIAA DIVISION I STATE RUNNER UP
2000 WIAA DIVISION I STATE CHAMPIONS	2015 5 TH PLACE WIAA STATE MEET
2001 Classic 8 Indoor Champions	2016 5 TH PLACE WIAA STATE MEET
2001 Classic 8 Outdoor Champions	2017 Classic 8 Indoor Champions
2001 WIAA Regional Champions	2017 Classic 8 Relay Champions
2001 WIAA Sectional Champions	2017 Classic 8 Outdoor Champions
2001 4 th PLACE WIAA STATE MEET	2017 WIAA Regional Champions
2002 Classic 8 Indoor Champions	2017 WIAA Sectional Champions
2003 WIAA Regional Champions	2017 WIAA DIVISION I STATE RUNNER UP
2003 WIAA DIVISION I STATE RUNNER UP	2018 Classic 8 Indoor Champions
2004 Classic 8 Indoor Champion	2018 Classic 8 Outdoor Champions
2004 WIAA Regional Champions	2018 WIAA Regional Champions
2004 WIAA Sectional Champions	2018 WIAA Sectional Champions
2004 WIAA DIVISION I STATE CHAMPIONS	2018 WIAA DIVISION I STATE CHAMPIONS
2005 Classic 8 Indoor Champion	2019 Classic 8 Indoor Champions
2005 WIAA Regional Champions	2019 WIAA Regional Champions
2005 WIAA Sectional Champions	2022 WIAA Regionals Champions
2005 WIAA DIVISION I STATE CHAMPIONS	

WAUKESHA WEST WOMEN'S TRACK AND FIELD 2025

2/21/25

MONDAY, MARCH 10 FIRST DAY OF PRACTICE 2:35-5:30

FRIDAY, MARCH 14 PARENT NIGHT/TIME TRIAL 7:00

FRIDAY, MARCH 21 JV VS KETTLE MORAINNE AT WEST 6:30 FIELD 6:45 RUNNING

SATURDAY, MARCH 22 V AT UW-PARKSIDE WISCO INVITATIONAL 9:30

SATURDAY, MARCH 29 V AT UW-PARKSIDE RACINE CASE INVITE 9:00

WEDNESDAY, APRIL 2 JV AT WEST ALLIS CENTRAL 4:15

THURSDAY, APRIL 3 JV AT UW-PARKSIDE RACINE CASE 4:00

FRIDAY, APRIL 4 V AT UW-PARKSIDE RACINE CASE INVITE 4:00

WEDNESDAY, APRIL 9 JV AT OCONOMOWOC CLASSIC 8 INDOOR 4:30

OUTDOOR

TUESDAY, APRIL 15 JV AT RACINE CASE INVITE

SATURDAY, APRIL 19 V AT WEST ALLIS HALE INVITATIONAL 9:00

TUESDAY, APRIL 22 V/JV AT CLASSIC 8 RELAYS AT WAUKESHA NORTH 4:00

FRIDAY, APRIL 25 TEAM PICTURES

SATURDAY, APRIL 26 V AT PEWAUKEE INVITATIONAL 10:00

SATURDAY, MAY 3 V AT MEL HEIMARK INVITE AT WN 9:00

MONDAY, MAY 5 JV AT WAUKESHA NORTH 4:00

WEDNESDAY, MAY 7 V AT WATERFORD 4:30

TUESDAY, MAY 13 JV AT RACINE CASE INVITE

THURSDAY, MAY 15 VARSITY CLASSIC 8 AT ARROWHEAD 4:00

MONDAY, MAY 19 AT MUSKEGO CLASSIC 8 JV 4:30

TUESDAY, MAY 27 AT WIAA REGIONALS BROOKFIELD CENTRAL

FRIDAY, MAY 30 AT WIAA SECTIONALS MENOMONEE FALLS

FRIDAY AND SATURDAY JUNE 6,7 AT STATE UW-LACROSSE

WEDNESDAY, JUNE 11 AWARDS BANQUET CAFETERIA 6:30-8:30pm

WELCOME TO THE 2025 TRACK AND FIELD SEASON

You have started a thirteen week season that demands dedication and a lot of hard work. This is particularly true if you want to put forth your best effort! (why even come out for a sport if you intend to give anything less?) If you train conscientiously for several seasons, you will find that you will have improved greatly not only in track but hopefully you will have found that hard work does pay off in life.

Track and Field is an individual sport; that is, the success of the team depends upon how you compete in your particular event. In an individual sport you have no one to blame but yourself for your shortcomings. You don't have several teammates competing alongside you to come to your aid and cover for your inability. An individual sport thus takes a special kind of courage and desire.

Track offers excellent opportunities to develop your body through physical effort and to enrich your character growth as you participate in regular and persistent training. Athletic teams offer unparalleled opportunities for learning the meaning of sportsmanship by actual participation as well as to provide unforgettable experiences and the chance to develop life-long friendships.

Several other advantages occur to the track and field participant. You will never forget the fun of competition, the joy in being successful, or the deadness of defeat. If you become a good track athlete, you may have a better opportunity to get into the college of your choice, and perhaps you may earn an athletic scholarship.

Interest alone is not enough to make our track team. But if you have the initiative to condition yourself physically and mentally and are willing to sacrifice some material pleasures to compete on our athletic squad at the highest level of your ability, then your coaches can help you and are greatly willing to work with you so that together we can attain our goals.

Every girl wants to be good in an event, particularly the best at their event in the Classic Eight Conference. However, girls from other schools feel the same way. Thus, to be better we will have to train harder than they do. The devoted athlete will also have to do some training on her own. Off season training, running in the morning if the coach advises it, doing special exercises to improve speed and strength through weight training, and putting in a full workout on your own on weekends are all truly marks of a champion.

We, as coaches hope to provide competition for each girl. There is a place on the team for any girl who is willing to work. A fine schedule has been arranged, you have excellent equipment to work with, and your coaches are willing to work long hours with you.

THE REST IS UP TO YOU!!!

BEST OF LUCK FOR A SUCCESSFUL SEASON!

THE 2025 COACHING STAFF

Chris Ramsey – Running

Chris Pearson – Sprints, Hurdles, Triple Jump

Kelsey Jacobi Michalsen - Throws

Allyssa Reeves - Running

Kylie Anderson - Running

Mary Quinn- Hurdles, High Jump, Long Jump

John Soldner- Pole Vault

WHAT WE WANT HERE AT WAUKESHA WEST

1. The best track team that can be developed.
2. Each individual on the team to develop as rapidly, and injury free as possible.
3. Attitude that a team has fun, loves to compete, and works hard.
4. A team that is aggressive, that makes progress every day, and individuals that are continuously striving for perfection and improvement.

WHAT YOU ARE MEASURED BY:

1. Attitude, desire to work hard.
2. How dependable you are.
3. How well you train.
4. How fast you improve.
5. What type of team member you are.

WAUKESHA WEST ATHLETIC CODE

There are certain rules and regulations of conduct that apply to every individual who participates in inter-scholastic athletic programs. These rules and regulations prohibit the athlete's use of drugs, of any smoking paraphernalia, drinking of alcoholic beverages, stealing, misuse of property, and improper conduct. Each girl will be given a copy of the athletic code to read, and will sign a card indicating that both she and her parents have read it. A copy of this code is also included in the student handbook.

DIET: A person involved in strenuous physical exercise will undoubtedly eat more than the non-athlete. Try to eat well-balanced meals and no one single food in excess. Try to maintain regular eating hours and allow your food to digest properly. Avoid experimenting with new foods during the competitive season. Never take water in large quantities, particularly before competing. On meet days eat a good meal without overdoing it. Do not eat within three or four hours before competition. Avoid fried or greasy foods and heavy or starchy foods on meet days. For morning meets, make sure you eat breakfast!!

EQUIPMENT: You will be issued equipment in good repair and it is your responsibility to take care of this equipment. This means you are financially responsible for any lost or stolen equipment. Make a listing of the numbers of the equipment you have and check each day to make sure you have the proper equipment. LOCK your lockers each time you leave the locker room. Be sure to hang your equipment up after practice each day so the perspiration will dry out. Bring clean clothing as needed. For meets, you must wear school issued equipment. Do not be half in and half out of uniform. Tights can only be worn if under our meet shorts and be only one color. Tights must be identical in color and style if you are in relays. DURING THE EARLY SEASON, YOU SHOULD TAKE HATS, GLOVES OR MITTENS, BLANKETS, AND AN EXTRA SWEATSHIRT TO PRACTICES AND MEETS. Before you leave the locker room each day, check and see that equipment is put away. Follow locker room rules. Fooling around will not be tolerated.

INJURIES: As the unconditioned athlete begins to train, she naturally will have small aches and pains. However if you should sustain any injury, be sure to see your coach immediately before seeing a doctor for an injury. One of the biggest problems faced by track athletes is that of blisters, particularly during the early season. A bad blister can cause an athlete to miss up to two weeks of training and competition if not cared for and treated. The main way to overcome blisters is to prevent them in the first place.

SEE YOUR COACH AND THE TRAINER IF YOU ARE INJURED

SPORTSMANSHIP AND GENERAL ATTITUDE:

West has a fine reputation in the state of Wisconsin regarding the sportsmanship of its track team. We intend to maintain our reputation this spring in representing West. You are expected to be courteous and fair with members of opposing teams. We will follow the rules and not complain about decisions against us. Officials and opposing coaches are to be treated with respect. Your coaches here have worked hard in preparing for this season and will help you to improve and perform to the very best of your ability. It is expected that you will show respect for your coaches.

Your relationship with faculty members and your attitude in the classroom should be at a high level. Athletes are looked up to by their classmates, and your actions in the classroom must be such that you are never conducting yourself in a manner unbecoming of an athlete. You are expected to use good manners and act like mature young ladies in public places, especially when traveling as a team.

On bus trips to away meets, you are expected to maintain a serious attitude and to be thinking how you intend to compete, not loudly conversing with others or fooling around. Sit in small groups with others in your particular event. The general tone of athletes on return trips will be dictated by our performance. Finally, you are strongly encouraged to get your parents interested in track and field. Invite them to attend meets and explain to them your daily training procedures. Be sure to keep them, as well as your coach, informed of your academic progress. Let's stay eligible.

ALL ATHLETES ARE REQUIRED TO TRAVEL TO AND FROM AWAY MEETS WITH THE TEAM UNLESS A WRITTEN NOTE SIGNED BY YOUR PARENT EXPLAINING AN UNUSUAL EVENT IS GIVEN TO COACH RAMSEY PRIOR TO THE MEET - ON THE BUS THERE! LET'S KEEP UP TEAM SPIRIT. BUS OR PARENTS ONLY!!

ALL ATHLETES ARE REQUIRED TO COME AN HOUR BEFORE HOME MEETS BEGIN AND ALL GIRLS ARE REQUIRED TO STAY UNTIL THE TEAM COOL DOWN HAS BEEN COMPLETED.

IMPORTANT ITEMS TO REMEMBER

1. Be sure to get adequate sleep, particularly the night before and two nights before competing. Eight hours is a minimum.
2. Athletes are expected to be in school on time the day of a meet and the day after competing.
3. During meets when you are not competing, you are expected to be cheering for your teammates or warming up for your events. You are expected to be with a coach or in the team area.
4. Technique in your particular event is meaningless until you have attained a good general physical condition. We will work on this. Running is important to all events.
5. Always warm up thoroughly before you practice or compete.
6. Report for practice on time! Forget the feeble excuses. Poor excuses don't make champions.
7. Know when your event comes in a meet and be ready to compete. Relay teams should be practicing baton exchanges two to three events ahead of time.
8. Be courteous to our opponents. However, NEVER discuss our team's strengths and weaknesses with anyone from another school. Don't tell them how good you are -SHOW THEM!! ACTIONS SPEAK LOUDER THAN WORDS!!
9. Help out at home meets. Be a courteous host.
10. If you are sick and cannot come to practice or a meet, Call 524-9378 before 2:00 P.M.
11. Maintain high standards in your academic work. Track takes a lot of time, but be sure school work comes first. Consult with your coach if you are having a problem.
12. Indoor meets are experimental meets and people will be put in different events. We are aiming to be at a peak in the month of May!
13. Always think in terms of winning. Set your goals high. If you can't win, make the winner break the record in order to beat you. When you are competing, be sure you can honestly say "I did my best!"
14. Your coach works with you only a few hours each week. How successful you will be depends upon the kind of life you lead the rest of the time - how well you sleep and eat, whether you diligently follow training rules, whether you have conditioned yourself physically and mentally. Coaches don't make champions, they just guide them. Ninety percent of the job is up to you.

DAILY PRACTICE AND ABSENCE POLICIES:

You are expected to attend all practices UNLESS 1. You have communicated with Coach Ramsey the previous day and have a note signed by your parents as to the reason for your absence. 2. If you get sick during the day - leave a note in Coach Ramsey's mailbox. 3) Call Coach Ramsey 524-9378 anytime you miss a practice, there MUST be either phone contact or written communication as to why you were absent. We want to know before, or the same day you miss where you are and the reason for your absence from practice. This is only fair to your coaches and teammates! If you have any questions or want to contact me on the day of absence - Coach Ramsey's home phone number is 524-9378.

These are the consequences if you are unexcused!

1st Unexcused: Make up practice time - will be arranged with your coach.

2nd Unexcused: Drop one level in team competition in following meet. Varsity to JV, JV to exhibition, exhibition to none.

3rd Unexcused: Suspension from one interscholastic contest.

4th Unexcused: Suspension from two interscholastic contests that athlete would have competed in.

5th Unexcused: Suspended from team for rest of season.

BE PROMPT FOR PRACTICES!

You like to know what is going on. Your teammates like to know what is going on. The coaches like to know what is going on and where you are and how you are feeling, so let's COMMUNICATE!!!

SUCCESS is not measured by what a woman accomplishes, but by the opposition she has overcome, and the courage with which she has maintained the struggle against overwhelming odds. Not the distance we have run, but the obstacles we have overcome; the disadvantages under which we ran the race, will decide the prize!

RETURNING LETTER WINNERS:

THE FOLLOWING ARE WOLVERINE TRACK ATHLETES THAT
EARNED A VARSITY LETTER DURING THE 2024 SEASON

Seniors

Addison Brown Lilly Heyer Pechacek Stella Van Andel

Juniors

Ava Dewsnap Evie Mattioli Ellie Newmeister Lily Newmeister Ani Warnes

Sophomore

Lila Lemus

Athletic Award Criteria for earning a Varsity Letter in TRACK - BOYS & GIRLS

WAUKESHA NORTH, SOUTH & WEST HIGH SCHOOLS

ATTENDANCE REQUIREMENTS:

1. Participants must attend promptly all practices and contests unless excused by a coach.
2. Unexcused absences may effect the athletes ability to earn a letter

ATTITUDE / CONDUCT:

All athletes are expected to conduct themselves in such a manner that they follow the rules and regulations set forth by coaches, school district codes, Classic Eight conference rules, and WIAA guidelines. The athlete must display a positive attitude toward the sport, his/her teammates and opponents, and his/her role as a team member.

CONTEST PARTICIPATION AND PERFORMANCE:

- A. Accumulate 30 points at the Varsity level based upon one point per meet plus all points scored in Varsity meets.
- B. Place in the top 8 in a Classic Eight Conference meet individually or a member of a relay team that places 1st or 2nd in a Classic Eight Conference relay event.
- C. Top 4 at a Regional Competition or top two relay teams at Regionals.
- D. Place in the top 4 individually at Sectionals or qualify for the State Meet under any accepted WIAA qualification criteria.

END OF SEASON REQUIREMENTS:

Athlete must check in all equipment or replace/reimburse school for equipment missing or damaged.

COACHES RECOMMENDATION AND SPECIAL CONSIDERATIONS:

Qualify for a letter under the head coach's special consideration. This will be judged by the head coach at the end of the season.

EXAMPLES:

1. Outstanding effort/attitude
2. Team sacrifice/dedication
3. Outstanding team contribution
4. Participation during total high school career
5. Medical injury difficulties
6. Other extenuating circumstances

JUNIOR VARSITY LETTER:

1. Attend all practices on time unless excused by a coach.
 2. Compete in or attend all meets assigned.
 3. Completion of season in good standing, but not enough varsity points to qualify for a Varsity Letter. These will be the people scoring mainly JV points.
- FROSH NUMERALS: to all freshmen out for the team.
-

MOST VALUABLE ATHLETE(S): Earned by the girls on the team who attain more than 200 points in Varsity competition.

PERFORMANCE LOG

To compete effectively, you must train effectively. You must also have a goal. Stop and think, what do you want to get as a result of your training and time? Is it first place in a meet? A Varsity Letter? A conference championship? A State Championship? Or is it a 40 foot shot put, a 12 flat 100 meter dash, a two - twenty 800 meter run? It is not easy to know exactly what your goals should be. They should be difficult and challenging enough to make you work hard, but not so demanding as to be impossible or discouraging. One way to resolve this dilemma is to set minimum and maximum goals for yourself. In the space below, list what goal you might select in your wildest dreams: **NEW athletes should wait a few weeks before setting goals. **

Now write in the least you will be satisfied with at the end of the year.

In the spaces below keep a record of how you perform in each meet. Include remarks about the track, weather, feelings, etc.

Date	Opponents	Event	My efforts
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INDOOR SCHOOL RECORDS

Shot Put	Elizabeth Robe	43'11 ³ / ₄ "	2004
Long Jump	Nevia Levenhagen	17' 7 ³ / ₄ "	2023
Triple Jump	Nevia Levenhagen	36'6"	2024
High Jump	Danielle Carrigan	5'2"	2007
Pole Vault	Danielle Carrigan	10'6"	2008
55 Meter Dash	Shelli Gotto	7.30	2001
55 High Hurdles	Kaitlyn Ulalisa	8.48	2022
60Yd. Dash	Jenna Sitte	7.19	2003
60Yd. Low Hurdles	Kristin Heckel	9.23	2011
200 Meter Dash	Maddie Frey	25.79	2018
200 Low Hurdles	Kaitlyn Ulalisa	29.79	2022
400 Meter Dash	Maddie Frey	58.98	2018
800 Meter Run	Emma Langer	2:14.52	2015
1600 Meter Run	Serena Ramsey	5:03.81	2001
3200 Meter Run	Serena Ramsey	11:16.25	2001
400 Meters Relay	Nicki Castona, Emily Pellman, Shelli Gotto, Amy Dian	52.36	1999
800 Meters Relay	Nicki Castona, Amy Dian, Shelli Gotto, Lindsey McCollow	1:50.33	2001
1600 Meters Relay	Becca Langer, Brooke Studnicki, Bryanna Hanson, Samantha Hanson	4:07.32	2017
3200 Meter Relay	Katie Switalski, Erica Claas, Ashley Vonck, Karlye Wolff	9:56.74	2007
4 Lap Relay	Hannah Rohde, Katie Corrao, Meghann Ameen, Caiti McCormick	1:28.23	2011
6 Lap Relay	Hannah Rohde, Katie Corrao, Halley Ahler, Caiti McCormick	2:21.66	2010

OUTDOOR SCHOOL RECORDS

Shot Put-	Elizabeth Robe	45' 1"	2003
Discus-	Elizabeth Robe	140' 9"	2003
High Jump	Cassidy Kunding	5' 4"	2016
Triple Jump	Nevia Levenhagen	38' $\frac{3}{4}$ "	2023
Long Jump	Nevia Levenhagen	18' 1 $\frac{3}{4}$ "	2024
Pole Vault	Danielle Carrigan	11' 0"	2008
100 Meters	Hannah Rohde	11.97	2012
200 Meters	Hannah Rohde	24.56	2012
400 Meters	Hannah Rohde	54.92	2013
100 Hurdles	Kaitlyn Ulalisa	14.90	2022
300 Hurdles	Teghan Norman	45.79	2015
800 Meters	Emma Langer	2:12.13	2016
1600 Meters	Becca Langer	4:59.48	2017
3200 Meters	Alyssa Beste	11:08.05	2006
400 Relay	Emily Duffy, Halley Ahler, Katie Corrao, Hannah Rohde	48.67	2010
800 Relay	Emily Duffy, Halley Ahler, Katie Corrao, Hannah Rohde	1:41.88	2010
1600 Relay	Maddie Frey, Becca Langer, Emma Langer, Samantha Hanson	3:53.82	2016
3200 Relay	Maddie Frey, Brooke Studnicki, Brooke Lytle, Becca Langer	9:09.54	2018

Waukesha West Womens Cross Country and Track & Field First Team All Conference

1993/94

Cross Country

Jenny Ramsey
Sara Kempen
Carrie Mach

Track

Stephanie Hunnicutt
Jenny Kiciak
Melinda Sharkey
Kris Rasmussen
Jenny Ramsey

1997/98

Cross Country

Serena Ramsey
Renee Pilon

Track

Krista Cummisford
Amy Dian
Katie Ellis
Melissa Foley
Shelli Gotto
Erika Horstmeyer
Amanda Maki
Renee Pilon
Serena Ramsey
Jessie Ray
Beth Watt

1994/95

Cross Country

Sara Kempen
Jenny Kiciak
Carrie Mach

Track

Aimee Riley
Lyndsey Pierce
Krista Cummisford
Melinda Sharkey
Jenny Kiciak
Sara Kempen
Jenny Bangle
Angie Brummond

1998/99

Cross Country

Serena Ramsey
Renee Pilon
Kristin Schulz

Track

Nicki Castona
Andrea Covault
Jenny Grimyser
Kristin Schulz
Maria Stuber
Tiffany Casey
Amy Dian
Shelli Gotto
Lindsey McCollow
Serena Ramsey
Erika Horstmeyer
Sarah Levinson
Melanie Mikecz
Robin Schmidt
Emily Pellmann

1995/96

Cross Country

Barb Dregne
Jenny Bangle

Track

Melissa Foley
Krista Cummisford
Jenny Bangle
Amber Rogge

1999/2000

Cross Country

Serena Ramsey
Kristin Schulz
Maria Stuber

Track

Emily Ramsey
Nicki Castona
Andrea Covault
Jenny Grimyser
Kristin Schulz
Maria Stuber
Amy Dian
Carolyn Flock
Shelli Gotto
Michelle Marchand
Lindsey McCollow
Jen Quade
Serena Ramsey
Erika Horstmeyer
Kristin Igielski
Sarah Levinson
Amanda Maki
Melanie Mikecz

1996/97

Cross Country

Jenny Bangle
Melissa Foley
Lori Brown
Denise Mach

Track

Amanda Maki
Krista Cummisford
Amber Rogge
Jenny Bangle
Melissa Foley
Erika Horstmeyer

2000/2001

Cross Country

Amy Dian
Serena Ramsey
Kristin Schulz
Maria Stuber

Track

Elizabeth Robe
Liz Haumschild
Kristie Lukas
Emily Ramsey
Nicki Castona
Jenny Grimyser
Sarah Kieckhefer
Suly Maffioli
Kristin Schultz
Maria Stuber
Valerie Webster
Amy Dian
Shelli Gotto
Jessica Grau
Michelle Marchand
Lindsey McCollow
Jen Quade
Serena Ramsey

Waukesha West Womens Cross Country and Track & Field First Team All Conferenc

2001/2002

Cross Country

Molly Esche
 Laura Wiedmeyer
 Kristin Schulz
 Maria Stuber

2002/2003

Cross Country

Molly Esche
 Jenny Melville
 Emily Ramsey
 Laura Wiedmeyer

2003/2004

Cross Country

Alyssa Beste
 Karlye Wolff
 Jenny Wiedmeyer
 Molly Esche
 Jenny Melville

2004/2005

Cross Country

Laura Koch
 Karlye Wolff
 Jenny Wiedmeyer
 Alyssa Beste

Track

Andrea Covault
 Molly Esche
 Sarah Kieckhefer
 Kristie Lukas
 Suly Maffioli
 Emily Ramsey
 Elizabeth Robe
 Danica Schaefer
 Kristin Schulz
 Maria Stuber
 Valerie Webster

Track

Olivia Canham
 Meghan Dugan
 Molly Esche
 Katie Maasz
 Keeley McCollow
 Emily Ramsey
 Elizabeth Robe
 Danica Schaefer
 Jenna Sitte
 Carissa Zuercher

Track

Alyssa Beste
 Erica Claas
 Erin Dian
 Meghan Dugan
 Molly Esche
 Andrea Jacobson
 Kayla Kasten
 Nikki Katerinos
 Laura Koch
 Julia LaChance
 Katie Maasz
 Keeley McCollow
 Justine Pellmann
 Elizabeth Robe
 Jenna Sitte
 Ashley Vonck
 Jenny Wiedmeyer
 Karlye Wolff

Track

Alyssa Beste
 Erica Claas
 Courtney Craig
 Erin Dian
 Meghan Dugan
 Stephanie Grant
 Connie Hinojosa
 Kayla Kasten
 Nicole Katerinos
 Laura Koch
 Julia LaChance
 Katie Maasz
 Keeley McCollow
 Danica Schaefer
 Jenna Sitte
 Ashley Vonck
 Jenny Wiedmeyer
 Karlye Wolff

2005/2006

Cross Country

Laura Koch
 Karlye Wolff
 Alyssa Beste
 Ashley Vonck
 Alisha Roland

Track

Alexa Ahler
 Alyssa Beste
 Erica Claas
 Courtney Craig
 Erin Dian
 Meghan Dugan
 Stephanie Grant
 Allie Joost
 Kayla Kasten
 Laura Koch
 Julia LaChance
 Katie Maasz
 Morgan Martin
 Jenna Sitte
 Elizabeth Van Tuinen
 Ashley Vonck
 Karlye Wolff

2006/2007

Cross Country

Alyssa Beste
 Karlye Wolff
 Laura Koch

Track

Alexa Ahler
 Haley Ahler
 Alyssa Beste
 Danielle Carrigan
 Erica Claas
 Courtney Craig
 Erin Dian
 Emily Duffy
 Lauren Grant
 Stephanie Grant
 Allie Joost
 Laura Koch
 Julia LaChance
 Katie Switalski
 Ashley Vonck
 Karlye Wolff

2007/2008

Cross Country

Alexa Ahler
 Mallory Schmidt

Track

Alexa Ahler
 Halley Ahler
 Jaleesa Akuoko
 Danielle Carrigan
 Emily Duffy
 Felicia Gesior
 Lauren Grant
 Stephanie Grant
 Kristin Heckel
 Sara Nesbitt
 Mallory Schmidt
 Kelly Schmitz
 Emily Sowinski
 Elizabeth Van Tuinen
 Ellen Wegner
 Krista White

2008/2009

Cross Country

Kelsey Jaeger
 Mallory Schmidt
 Katie Switalski

Track

Halley Ahler
 Katie Corrao
 Emily Duffy
 Dana Gau
 Felicia Gesior
 Lauren Grant
 Kristin Heckel
 Kelsey Jaeger
 Allie Joost
 Nicole Martens
 Jocelyn Perry
 Mallory Schmidt
 Emily Sowinski
 Katie Switalski
 Rachael Thiede
 Ellen Wegner
 Krista White

2009/2010

Cross Country

Lauren Sigfred

Mallory Schmidt

Track

Hannah Rohde

Meghann Ameen

Alyssa Marks

Jocelyn Perry

Lauren Sigfred

Stephanie Stelpflug

Katie Corrao

Felicia Gesior

Kristin Heckel

Halley Ahler

Malayna Beste

Emily Duffy

Lauren Grant

Nicole Martens

Kristy Roberts

Mallory Schmidt

Krista White

2010/2011

Cross Country

Jocelyn Perry

Kelsey Jaeger

2010/2011

Track

Hannah Rohde

MaKenna Stelpflug

Emily Thiede

Meghann Ameen

Caiti McCormick

Lauren Sigfred

Amanda Bartholf

Katie Corrao

Felicia Gesior

Kristen Heckel

Kelsey Jaeger

2011/2012

Cross Country

Track

Maria Gesior

Libby Horan

Anu Elangovan

Hannah Rohde

Brenna Schobert

Emily Thiede

Meghann Ameen

Caiti McCormick

2012/2013

Cross Country

Maria Gesior

Anu Elangovan

Track

Hannah Rohde

Emily Thiede

Anu Elangovan

Megan Bur

Maria Gesior

Libby Horan

Kelsey Jacobi

Teghan Norman

Carrie Brick

Emma Langer

2013/2014

Cross Country

Anu Elangovan

Samantha Hanson

Track

Anu Elangovan

Megan Bur

Maria Gesior

Libby Horan

Kelsey Jacobi

Teghan Norman

Emma Langer

Samantha Hanson

2014/2015

Cross Country

Emma Langer

Samantha Hanson

Becca Langer

Track

Megan Bur

Maria Gesior

Libby Horan

Kelsey Jacobi

Leah Lloyd

Teghan Norman

Emma Langer

Jaya Tolefree

Bryanna Hanson

Samantha Hanson

Allie Karnuth

Erica Liesen

Maddie Frey

Becca Langer

2015/2016

Cross Country

Emma Langer

Becca Langer

Track

Marie Joannes

Emma Langer

Samantha Hanson

Erica Liesen

Kate Schwerman

Jayde Wollenberg

Maddie Frey

Cassidy Kundinger

Becca Langer

Brooke Lytle

Brooke Studnicki

2016/2017

Cross Country

Kaya Kuokkanen

Brooke Lytle

Track

Bryanna Hanson

Samantha Hanson

Jayde Wollenberg

Mackenzie Bristol

Maddie Frey

Track 2017 Continues

Lindsey Dobyys

Cassidy Kundinger

Becca Langer

Ellie Lemm

Brooke Lytle

Allyssa Reeves

Brooke Studnicki

Kaya Kuokkanen

Kalyn Otzelberger

Tamara Ulalisa

2017/2018

Cross Country

Kaya Kuokkanen

Becca Langer

Brooke Lytle

Track

Mackenzie Bristol

Maddie Frey

Lindsey Dobyys

Cassidy Kundinger

Becca Langer

Allyssa Reeves

Brooke Studnicki

Kaya Kuokkanen

Kalyn Otzelberger

Tamara Ulalisa

Track 2018 Continues

Jayda Chandler

Brynn Oremus

Ellie Richmond

2018/2019

Cross Country

Brooke Lytle

Brooke Studnicki

Track

Brooke Lytle

Allyssa Reeves

Brooke Studnicki

Kaya Kuokkanen

Kalyn Otzelberger

Erin Phelan

Emily Rather

Tamara Ulalisa

Jayda Chandler

Brynn Oremus

Kylie Anderson

2019/2020

Cross Country

Myra Stray

Track COVID

NO SEASON

2021

Track

Jayda Chandler

Kylie Anderson

Berkeley Krell

Isabella Rotfeld

Kaitlyn Ulalisa

Ava Mauhar

2021/2022

Cross Country

Myra Stray

Kylie Anderson

Track

Nevia Levenhagen

Kiley Sereno

Valerie Bratt

Berkeley Krell

Kylie Anderson

Kaitlyn Ulalisa

Myra Stray

Jamila Beard

Nicole Major

Halla Barnes

2022/2023

Cross Country

Myra Stray

Track 2023

Jamila Beard

Kiley Sereno

Myra Stray

Kaitlyn Ulalisa

Valerie Bratt

Nevia Levenhagen

Ellie Newmeister

Lily Newmeister

2023/2024

Cross Country

Lily Newmeister

Valerie Bratt

Track

Valerie Bratt

Nevia Levenhagen

Charley Martindale

Abi Mennenoh

Stella Van Andel

Evie Mattioli

Ellie Newmeister

Lily Newmeister

Lila Lemus

2024/2025

Cross Country

Lily Newmeister

Ani Warnes

Track 2025

ALL STATE CROSS COUNTRY

Jenny Ramsey 1993

Serena Ramsey 1998, 1999, 2000

Renee Pilon 1998

Maria Stuber 1999, 2000

Kristin Schulz 1999

Laura Koch 2004, 2006

Karlye Wolff 2004, 2006

Alyssa Beste 2006

ALL STATE TRACK AND FIELD

Sara Kempen 1994, 1995

Lyndsey Pierce 1994, 1995

Jenny Ramsey 1994

Kris Rasmussen 1994, 1995

Melinda Sharkey 1994

Angie Brummond 1995

Krista Cummisford 1998

Amy Dian 1998, 1999, 2000, 2001

Melissa Foley 1998, 1999

Renee Pilon 1998

Serena Ramsey 1998, 1999, 2000

Nicki Castona 1999, 2000

Andrea Covault 1999

Kristin Schulz 1999, 2001

Shelli Gotto 1999, 2000, 2001

Sarah Levinson 1999, 2000

Melanie Mikecz 1999, 2000

Emily Pellmann 1999

Amanda Maki 2000

Emily Ramsey 2000, 2001

Jenny Grimyser 2000

Jen Quade 2001

Maria Stuber 2002

Elizabeth Robe 2003, 2004

Jenna Sitte 2003, 2004, 2005, 2006

Danica Schaefer 2003, 2004, 2005

Keeley McCollow 2003, 2004

Carissa Zuercher 2003

Erin Dian 2004, 2005, 2006

Alyssa Beste 2004, 2006

Laura Koch 2004, 2005, 2006, 2007

Karlye Wolff 2004, 2005, 2006, 2007

Erica Claas 2004, 2005, 2006, 2007

Julia LaChance 2005, 2006

Katie Maasz 2005, 2006

Meghan Dugan 2005, 2006

Stephanie Grant 2006, 2008

Ashley Vonck 2007

Danielle Carrigan 2008

Ellen Wegner 2008

Jaleesa Akuoko 2008

Lauren Grant 2008, 2010

Allie Joost 2009

Nicole Martens 2009

Felicia Gesior 2009

Mallory Schmidt 2009

ALL STATE TRACK AND FIELD CONTINUES

Halley Ahler 2010

Emily Duffy 2010

Katie Corrao 2010, 2011

Hannah Rohde 2010, 2011, 2012, 2013

Kristin Heckel 2010, 2011

Meghann Ameen 2011, 2012

Caiti McCormick 2011, 2012

Leah Lloyd 2012

Libby Horan 2013

Carrie Brick 2013

Megan Bur 2013, 2015

Emma Langer 2013, 2014, 2015, 2016

Samantha Hanson 2015, 2016, 2017

Maddie Frey 2015, 2016, 2017, 2018

Becca Langer 2015, 2016, 2017, 2018

Brooke Lytle 2016, 2017, 2018, 2019

Allyssa Reeves 2017, 2019

Bryanna Hanson 2017

Brooke Studnicki 2018, 2019

Ellie Richmond 2018

Kylie Anderson 2019, 2022

Berkeley Krell 2022

Kiley Sereno 2022, 2023

Myra Stray 2022, 2023

Valerie Bratt 2023

Nevia Levenhagen 2023

Lily Newmeister 2023