

# APRIL 23 @ LODI

This is our final lineup, and has been submitted to Lodi for Monday's meet. Only a handful of changes have been made to what was posted at the school on Thursday and Friday, due to requests from athletes and the need to cover relay spots due to athletes who will not be participating on Monday.

If you're feeling nervous heading into the meet, or not feeling ready, that's perfectly normal. I promise you that no one from Lodi or Poynette feels ready either, and we're confident that you will all be able to put forth your best effort. However, if you are truly uncomfortable with one of your events because you feel unprepared – particularly field events or hurdles – talk to the coaches. We are never going to force anyone to do something that they are uncomfortable doing.

**REMINDERS:** If you see an "alt." next to your name, that means you are an alternate for that particular relay. You will run only if someone else in the relay cannot – either because they are not at the meet or are unable to run for whatever reason. (It is also possible we may need you to fill in for a foursome other than the one you are listed with.)

The order of names for each event means absolutely nothing. That's just the order the event sign-up cards were in when they were entered. Likewise, the order of names in the relays does not need to be the order you run in. You may set your own order for the relays for this meet.

Also, the order of the events next to your name on the athlete page also does not mean anything. The standard order of events is what matters. Pay attention to that, and try your best to memorize the order of your own events.

# Mt. Horeb Middle School Track & Field

## 7th Grade Girls

@ Lodi w/Poynette

April 23, 2018

100
Jenna Steiner
Brigit Doran
Amara Tweed
Alexis Thorsen
Mandy Rowley
Macy Adrian
Addie Gabel
Sydney Buttner
Lanee Scrivner
Myesha Thompson
Nadja Hastings
Lexi Arneson
Eva Cunningham
Kate Donaldson

200
Brea Connors
Iris Murphy
Mandy Rowley
Grace Nelson
Maddie Conrad
Myesha Thompson
Nadja Hastings
Lexi Arneson
Eva Cunningham
Katie Manchester
Macy Adrian
Lanee Scrivner

400
Megan Stenner
Cely Curtes
Katie Manchester

800
Megan Stenner
Cely Curtes
Megan Van Orsdel
Nadia Tesmer

1600
Megan Van Orsdel

100 Hurdles
Brigit Doran
Alexis Thorsen
Caralyn Felcyn
Chloe Stack
Sydney Buttner
Kate Donaldson

Long Jump
Payton Almquist
Brigit Doran
Amara Tweed
Brea Connors
Alexis Thorsen
Addie Dobereiner
Iris Murphy
Caralyn Felcyn
Nadia Tesmer
Sydney Buttner
Grace Nelson
Myesha Thompson

Triple Jump
Addie Dobereiner

High Jump
Addie Dobereiner
Kate Donaldson
Megan Van Orsdel
Chloe Stack

Order of Events
100m Hurdles
100m Dash
1600m Run
800m Relay (4x200)
400m Dash
400m Relay (4x100)
800m Run
200m Dash
1600m Relay (4x400)
LJ, then TJ: Boys/Girls together
Shot Put: Girls, then Boys
Discus: Boys, then Girls
High Jump: Girls, then Boys

Shot Put

Discus

4x100
Nadja Hastings
Maddie Conrad
Lexi Arneson
Myesha Thompson
Sydney Buttner (alt.)

4x200
Payton Almquist
Amara Tweed
Chloe Stack
Lanee Scrivner
Caralyn Felcyn (alt.)

4x400
Addie Dobereiner
Grace Nelson
Iris Murphy
Caralyn Felcyn
Katie Manchester (alt.)

4x100
Jenna Steiner
Brigit Doran
Brea Connors
Eva Cunningham
Amara Tweed (alt.)

4x200

4x400
Payton Almquist
Jenna Steiner
Kate Donaldson
Nadia Tesmer
Brea Connors (alt.)

4x100
Alexis Thorsen
Macy Adrian
Addie Gabel
Mandy Rowley
Payton Almquist (alt.)

4x400
Maddie Conrad
Megan Stenner
Megan Van Orsdel
Cely Curtes
Chloe Stack (alt.)

# Mt. Horeb Middle School Track & Field

## 8th Grade Girls

@ Lodi w/Poynette

April 23, 2018

100
Shayla Aide
Ingrid Malin
Claire Tranel
Kaitlyn Ayuthia
Charlene Miller
Laurel Statz
Kallie Hellenbrand
Rachel Danz
Lucy Jungels
Tess Purin
Lucy Dahlk
Shayla Allen
Izzy Moore
Kirsten Schriener
Anna Szekeres
Esme Kittoe
Kayla Plautz

200
Shayla Aide
Riley Matz
Blair Hartley
Addy Arrigoni
Leila Aburomia
Grace Vesperman
Tess Purin
Anna Szekeres
Esme Kittoe
Kayla Plautz
Natalie Vorwald
Sydney Stoenner
Myah Northouse

400
Riley Matz
Blair Hartley
Lexie Weier
Grace Vesperman
Savannah Tegel

800
Delaney Mertz
Rhya Brandemuehl

1600

100 Hurdles
Rachel Danz
Hannah Stapelmann
Elaine Clark
Jessie Downey
Sydney Stoenner
Sicilee Strauss

Long Jump
Natalie Vorwald
Kallie Hellenbrand
Rachel Danz
Lexie Weier
Lucy Jungels
Shayla Allen
Margaret Harvey
Mary Harvey
Kirsten Schriener
Sicilee Straus
Myah Northouse
Savannah Tegel
Sydney Stoenner

Triple Jump
Lexie Weier
Margaret Harvey
Elaine Clark

Order of Events
100m Hurdles
100m Dash
1600m Run
800m Relay (4x200)
400m Dash
400m Relay (4x100)
800m Run
200m Dash
1600m Relay (4x400)
LJ, then TJ: Boys/Girls together
Shot Put: Girls, then Boys
Discus: Boys, then Girls
High Jump: Girls, then Boys

High Jump
Liz Donaldson
Hannah Stapelmann
Izzy Moore

Shot Put
Charlene Miller
Lucy Dahlk

Discus
Claire Tranel
Liz Donaldson
Charlene Miller
Tess Purin
Lucy Dahlk

4x100
Shayla Aide
Hannah Stapelmann
Elaine Clark
Shayla Allen
Sicilee Strauss (alt.)

4x100
Ingrid Malin
Delaney Mertz
Claire Tranel
Liz Donaldson
Lucy Jungels (alt.)

4x100
Natalie Vorwald
Mary Harvey
Esme Kittoe
Kayla Plautz
Kallie Hellenbrand (alt.)

4x100
Izzy Moore
Myah Northouse
Kirsten Schriener
Jessie Downey
Charlene Miller (alt.)

4x200
Addy Arrigoni
Mary Harvey
Margaret Harvey
Leila Aburomia
Rhya Brandemuehl (alt.)

4x200
Kaitlyn Ayuthia
Laurel Statz
Kallie Hellenbrand
Lucy Jungels
Izzy Moore (alt.)

4x200
Anna Szekeres
Jessie Downey
Sicilee Strauss
Sydney Stoenner
Kirsten Schriener (alt.)

4x200

4x400
Elaine Clark
Rhya Brandemuehl
Lexie Weier
Grace Vesperman
Shayla Allen (alt.)

4x400
Riley Matz
Mary Harvey
Margaret Harvey
Blair Hartley
Hannah Stapelmann (alt.)

4x400
Delaney Mertz
Ingrid Malin
Kaitlyn Ayuthia
Laurel Statz
Tess Purin (alt.)

4x400
Leila Aburomia
Addy Arrigoni
Savannah Tegel
Liz Donaldson
Hannah Stapelmann (alt.)

# Mt. Horeb Middle School Track & Field

## 7th Grade Boys

@ Lodi w/Poynette

April 23, 2018

<b>100</b>
Sonny Lombardo
Nathan Leszczynski
Owen Whaley
Quentin Rosborough
Garrick Griswold
Mason Weaver
Declan Dahm
Samuel Erickson
Austin Waelchli

<b>200</b>
Sonny Lombardo
Nathan Leszczynski
Owen Whaley
Mason Weaver
Vaughn Dunaway
Samuel Erickson
Austin Waelchli

<b>400</b>
Samuel Erickson

<b>800</b>
Chay Faber
Korey Hart

<b>1600</b>
Zach Peter
Joe Stoddard

<b>100 Hurdles</b>
Declan Dahm
Garrett Waefler

<b>Long Jump</b>
Payton Kirchstein
Mason Weaver

<b>High Jump</b>
Payton Kirchstein
Mason Weaver
Declan Dahm

<b>Order of Events</b>
100m Hurdles
100m Dash
1600m Run
800m Relay (4x200)
400m Dash
400m Relay (4x100)
800m Run
200m Dash
1600m Relay (4x400)
<b>LJ, then TJ: Boys/Girls together</b>
<b>Shot Put: Girls, then Boys</b>
<b>Discus: Boys, then Girls</b>
<b>High Jump: Girls, then Boys</b>

<b>Triple Jump</b>

<b>Shot Put</b>
Alex Gundrum
Garrett Waefler

<b>Discus</b>
Payton Kirchstein
Garrett Waefler
Alex Gundrum

<b>4x100</b>
Zach Peter
Garrick Griswold
Vaughn Dunaway
Sonny Lombardo
Nathan Leszczynski (alt.)

<b>4x200</b>
Korey Hart
Quentin Rosborough
Alex Gundrum
Garrett Waefler
Owen Whaley (alt.)

<b>4x400</b>
Zach Peter
Quentin Rosborough
Korey Hart
Declan Dahm
Garrick Griswold (alt.)

<b>4x100</b>

<b>4x200</b>

<b>4x400</b>
Chay Faber
Austin Waelchli
Garrett Waefler
Joe Stoddard
Payton Kirchstein (alt.)

<b>4x100</b>

<b>4x200</b>

<b>4x400</b>

# Mt. Horeb Middle School Track & Field

## 8th Grade Boys

@ Lodi w/Poynette

April 23, 2018

100
Spencer Runde
Cody Sveum
Kolton Schaller
Gavin Bazala
Nolan LaBorde
Alex Sutter
Grant Haroldson

200
Alex Oglesby
Madden Thome
Garrison Lindley
Grant Haroldson

400
Dylan Baccam

800
Sam Mueller
Alex Vesperman

100 Hurdles
Garrett Richards

Triple Jump
Garrett Richards
Nolan LaBorde

1600
Ray Woller
Sam Mueller
Alex Vesperman

Long Jump
Garrett Richards
Ethan Steinhoff
Griffin Bagstad
Nolan LaBorde

High Jump
Spencer Runde

Order of Events
100m Hurdles
100m Dash
1600m Run
800m Relay (4x200)
400m Dash
400m Relay (4x100)
800m Run
200m Dash
1600m Relay (4x400)
LJ, then TJ: Boys/Girls together
Shot Put: Girls, then Boys
Discus: Boys, then Girls
High Jump: Girls, then Boys

Shot Put
Nick Sailing
Dylan Baccam
Sean Donlin

Discus
Nick Sailing
Dylan Baccam
Garrison Lindley
Kolton Schaller
Sean Donlin
Grant Haroldson

4x100
Cody Sveum
Kolton Schaller
Garrison Lindley
Ethan Steinhoff
Grant Haroldson (alt.)

4x200
Spencer Runde
Garrison Lindley
Cody Sveum
Alex Sutter
Alex Oglesby (alt.)

4x400
Gavin Bazala
Ethan Steinhoff
Garrett Richards
Ray Woller
Cody Sveum (alt.)

4x100
Alex Oglesby
Madden Thome
Alex Sutter
Gavin Bazala
Griffin Bagstad (alt.)

4x200

4x400

# MHMS TRACK & FIELD

*April 23 - @ Lodi w/Poynette*

GRADE	NAME	EVENT#1	EVENT#2	EVENT#3	EVENT#4
8th Girls	Leila Aburomia	200	4x200	4x400	
8th Girls	Sophia Acosta				
8th Girls	Shayla Aide	100	4x100	200	
8th Girls	Shayla Allen	100	Long Jump	4x100	4x400 (alt.)
8th Girls	Addy Arrigoni	200	4x200	4x400	
8th Girls	Kaitlyn Ayuthia	100	4x200	4x400	
8th Girls	Rhya Brandemuehl	800	4x400	4x200 (alt.)	
8th Girls	Elaine Clark	Triple Jump	4x100	100 HH	4x400
8th Girls	Lucy Dahlk	100	Shot Put	Discus	
8th Girls	Rachel Danz	100	Long Jump	100 HH	
8th Girls	Liz Donaldson	4x100	High Jump	Discus	4x400
8th Girls	Jessie Downey	4x100	4x200	100 HH	
8th Girls	Blair Hartley	200	400	4x400	
8th Girls	Margaret Harvey	Long Jump	4x200	4x400	Triple Jump
8th Girls	Mary Harvey	Long Jump	4x200	4x400	4x100
8th Girls	Kallie Hellenbrand	100	Long Jump	4x200	4x100 (alt.)
8th Girls	Lucy Jungels	100	Long Jump	4x200	4x100 (alt.)
8th Girls	Esme Kittoe	100	4x100	200	
8th Girls	Ingrid Malin	100	4x100	4x400	
8th Girls	Riley Matz	200	400	4x400	
8th Girls	Delaney Mertz	800	4x100	4x400	
8th Girls	Charlene Miller	100	Shot Put	Discus	4x100 (alt.)
8th Girls	Izzy Moore	100	High Jump	4x100	4x200 (alt.)
8th Girls	Myah Northouse	4x100	200	Long Jump	
8th Girls	Zoey Parker				
8th Girls	Kayla Plautz	100	4x100	200	
8th Girls	Tess Purin	100	200	Discus	4x400 (alt.)
8th Girls	Kirsten Schriener	100	Long Jump	4x100	4x200 (alt.)
8th Girls	Hannah Stapelmann	4x100	High Jump	100 HH	4x400 (alt.)
8th Girls	Laurel Statz	100	4x200	4x400	
8th Girls	Sydney Stoenner	100 HH	4x200	200	Long Jump
8th Girls	Sicilee Strauss	100 HH	4x200	Long Jump	4x100 (alt.)
8th Girls	Anna Szekeres	100	200	4x200	
8th Girls	Savannah Tegel	Long Jump	400	4x400	
8th Girls	Claire Tranel	100	4x100	Discus	
8th Girls	Grace Vesperman	200	400	4x400	
8th Girls	Natalie Vorwald	Long Jump	4x100	200	4x400 (alt.)
8th Girls	Lexie Weier	Long Jump	400	4x400	Triple Jump
7th Boys	Declan Dahm	100	High Jump	100 HH	4x400
7th Boys	Vaughn Dunaway	4x100	200		
7th Boys	Samuel Erickson	100	400	200	
7th Boys	Chay Faber	800	4x400		
7th Boys	Garrick Griswold	100	4x100	4x400 (alt.)	
7th Boys	Alex Gundrum	Shot Put	4x200	Discus	
7th Boys	Korey Hart	800	4x200	4x400	
7th Boys	Payton Kirchstein	Long Jump	High Jump	Discus	4x400 (alt.)
7th Boys	Nathan Leszczynski	100	200	4x100 (alt.)	
7th Boys	Sonny Lombardo	100	200	4x100	
7th Boys	Zach Peter	4x100	1600	4x400	
7th Boys	Quentin Rosborough	100	4x200	4x400	
7th Boys	Joseph Stoddard	1600	4x400		
7th Boys	Garrett Waefler	Shot Put	Discus	100 HH	4x400
7th Boys	Austin Waelchli	100	200	4x400	
7th Boys	Mason Weaver	100	Long Jump	200	High Jump
7th Boys	Owen Whaley	100	200	4x200 (alt.)	

# MHMS TRACK & FIELD

*April 23 - @ Lodi w/Poynette*

GRADE	NAME	EVENT#1	EVENT#2	EVENT#3	EVENT#4
7th Boys	Ethan Wittmann				
8th Boys	Dylan Baccam	400	Shot Put	Discus	
8th Boys	Griffin Bagstad	Long Jump	4x100 (alt.)		
8th Boys	Gavin Bazala	100	4x100	4x400	
8th Boys	Sean Donlin	Shot Put	Discus		
8th Boys	Grant Haroldson	100	200	Discus	4x100 (alt.)
8th Boys	Blake Hartley				
8th Boys	Owen Haskins				
8th Boys	Sam Husted				
8th Boys	Nolan LaBorde	100	Long Jump	Triple Jump	
8th Boys	Garrison Lindley	200	Discus	4x200	4x100
8th Boys	Sam Mueller	800	1600		
8th Boys	Alex Oglesby	4x100	200	4x200 (alt.)	
8th Boys	Garrett Richards	Long Jump	Triple Jump	100 HH	4x400
8th Boys	Spencer Runde	100	High Jump	4x200	
8th Boys	Nick Sailing	Shot Put	Discus		
8th Boys	Kolton Schaller	100	4x100	Discus	
8th Boys	Ethan Steinhoff	Long Jump	4x100	4x400	
8th Boys	Alex Sutter	100	4x200	4x100	
8th Boys	Cody Sveum	100	4x100	4x200	4x400 (alt.)
8th Boys	Caden Thomas				
8th Boys	Madden Thome	4x100	200		
8th Boys	Alex Vesperman	1600	800		
8th Boys	Ray Woller	1600	4x400		
7th Girls	Macy Adrian	100	4x100	200	
7th Girls	Payton Almquist	Long Jump	4x200	4x400	4x100 (alt.)
7th Girls	Lexi Arneson	100	4x100	200	
7th Girls	Sydney Buttner	100 HH	100	Long Jump	4x100 (alt.)
7th Girls	Brea Connors	Long Jump	4x100	200	4x400 (alt.)
7th Girls	Maddie Conrad	4x100	200	4x400	
7th Girls	Eva Cunningham	4x100	100	200	
7th Girls	Cely Curtes	800	400	4x400	
7th Girls	Addie Dobereiner	Long Jump	High Jump	Triple Jump	4x400
7th Girls	Kate Donaldson	100	High Jump	100 HH	4x400
7th Girls	Brigit Doran	100	Long Jump	4x100	100 HH
7th Girls	Caralyn Felcyn	Long Jump	100 HH	4x400	4x200 (alt.)
7th Girls	Addie Gabel	100	4x100		
7th Girls	Nadja Hastings	100	4x100	200	
7th Girls	Katie Manchester	400	200	4x400 (alt.)	
7th Girls	Addie Morton	MGR	MGR	MGR	MGR
7th Girls	Iris Murphy	Long Jump	200	4x400	
7th Girls	Grace Nelson	Long Jump	200	4x400	
7th Girls	Mandy Rowley	100	4x100	200	
7th Girls	Lanee Scrivner	100	4x200	200	
7th Girls	Chloe Stack	High Jump	4x200	100 HH	4x400 (alt.)
7th Girls	Jenna Steiner	100	4x100	4x400	
7th Girls	Megan Stenner	800	400	4x400	
7th Girls	Nadia Tesmer	800	Long Jump	4x400	
7th Girls	Myesha Thompson	100	Long Jump	4x100	200
7th Girls	Alexis Thorsen	100	Long Jump	4x100	100 HH
7th Girls	Amara Tweed	100	Long Jump	4x200	4x100 (alt.)
7th Girls	Megan Van Orsdel	800	1600	High Jump	4x400