

**SOUTH DAKOTA HIGH SCHOOL
TRACK & FIELD – ALL-STATE – 2013**
(South Dakota Cross Country and Track & Field Coaches Association)

Overall Girls Track & Field All-State “GOLD MEDAL AWARD” – 2013

This honor is awarded each year to the Top Performance in each event (individual & relay) at the State Track & Field Meet, regardless of class.

Stachia Reuwsaat – 12 – St. Thomas More
Cortney Dowling - 9 - Pierre TF Riggs
Brooke Ireland - 11 - Sturgis Brown
Macy Heinz – 8 - Ipswich
Hannah Kastigar - 12 Aberdeen Central
Tamara Gorman - 11 – Rapid City Stevens
Tessa Gorsuch - 12 – Rapid City Central
Valerie Moos – 11 - Sioux Falls Roosevelt
McKinsey Kost - 12 - Rapid City Central
Katrina Mellegard - 12 – Rapid City Central
Alaina Klapperich - 10 – Rapid City Central
Kara Koth – 11 – Sioux Falls Christian
Kristin Stern – 11 – Sioux Falls Christian
Stacy Smidt – 11 – Sioux Falls Christian
Miranda Velgersdyk – 11 – Sioux Falls Christian
Elizabeth Raecke – 12 – Pierre TF Riggs
Kelsey Schmitz – 10 – Pierre TF Riggs
Eileen Leong – 11 – Pierre TF Riggs
Lexi Weisbeck – 10 – Aberdeen Central
Sydney Waterman – 11 – Aberdeen Central
Brynn Flakus – 12 – Aberdeen Central
Emily Haar – 10 – Rapid City Stevens
Sydney Daane – 10 – Rapid City Stevens
McKenzie Wolf – 12 – Rapid City Stevens
Renaë Dykstra – 11 – Rapid City Stevens
Collette Christensen – 11 – Rapid City Central
Alexis Clark – 11 – Aberdeen Central
Alexis Gannon – 11 – Brookings
Danielle Waldner – 12 – Redfield-Doland
Stephanie Gemar – 11 – Mobridge-Pollock

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Nate Gerry - 12 – Sioux Falls Washington
Cam Holmes – 11 – Brandon Valley
Jonah Warwick – 12 – Sioux Falls Washington
Addison DeHaven – 11 – Brookings
Brandon Gildemaster – 12 – Sioux Falls Roosevelt
Jared Thomsen – 12 – Custer
Shay Bratland – 11 – Watertown
Jess Poppen – 11 – Watertown
Joe Foley – 11 – Watertown
Bo Arnold – 12 – Watertown
Jordan Determan – 12 – Sioux Falls Washington
Sam Cooke – 12 – Sioux Falls Washington
Alan Breck – 11 – Sioux Falls Washington
Jacob Green – 11 – Sioux Falls Washington
Patrick Chapin – 12 – Brookings
Justice Lamer – 10 – Brookings
Jimmy Forman – 12 – Brookings
Alex Wiemann – 12 – Brookings
Joe Sebern – 12 – Brookings
Jack Lembcke – 11 – Sioux Falls Roosevelt
Daniel Roberts – 12 – Mobridge-Pollock
Christian Parker – 12 – Sioux Falls Washington
Matt VandeBerg – 12 – Brandon Valley
Ephram Albrecht – 10 – Redfield/Doland
Colton Jordan – 11 – Watertown

**SOUTH DAKOTA HIGH SCHOOL
TRACK & FIELD – ALL-STATE – 2013**
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Class AA - Girls Track & Field All-State – 2013

**This honor is awarded each year to any event winner (individual events & relays)
in the AA division at the State Track & Field Meet.**

Cortney Dowling - 9 - Pierre TF Riggs
Brooke Ireland - 11 - Sturgis Brown
Hannah Kastigar - 12 Aberdeen Central
Tamara Gorman - 11 – Rapid City Stevens
Tessa Gorsuch - 12 – Rapid City Central
Valerie Moos – 11 - Sioux Falls Roosevelt
McKinsey Kost - 12 - Rapid City Central
Katrina Mellegard - 12 – Rapid City Central
Alaina Klapperich - 10 – Rapid City Central
Mearah Miedema – 9 – Soux Falls Washington
Peyton Vandebroke – 11 – Sioux Falls Washington
Hannah Nieman – 11 – Sioux Falls Washington
Ashley Tschappat – 11 – Sioux Falls Washington
Elizabeth Raecke – 12 – Pierre TF Riggs
Kelsey Schmitz – 10 – Pierre TF Riggs
Eileen Leong – 11 – Pierre TF Riggs
Lexi Weisbeck – 10 – Aberdeen Central
Sydney Waterman – 11 – Aberdeen Central
Brynn Flakus – 12 – Aberdeen Central
Emily Haar – 10 – Rapid City Stevens
Sydney Daane – 10 – Rapid City Stevens
McKenzie Wolf – 12 – Rapid City Stevens
Renaey Dykstra – 11 – Rapid City Stevens
Collette Christensen – 11 – Rapid City Central
Alexis Clark – 11 – Aberdeen Central
Alexis Gannon – 11 – Brookings
Michaela Mayer – 11 – Sioux Falls Washington
Allison Koehn – 12 – Brandon Valley

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Class AA - Boys Track & Field All-State – 2013

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in the AA division at the State Track & Field Meet.**

Nate Gerry - 12 – Sioux Falls Washington
Cam Holmes – 11 – Brandon Valley
Jonah Warwick – 12 – Sioux Falls Washington
Addison DeHaven – 11 – Brookings
Brandon Gildemaster – 12 – Sioux Falls Roosevelt
Shay Bratland – 11 – Watertown
Jess Poppen – 11 – Watertown
Joe Foley – 11 – Watertown
Bo Arnold – 12 – Watertown
Jordan Determan – 12 – Sioux Falls Washington
Sam Cooke – 12 – Sioux Falls Washington
Alan Breck – 11 – Sioux Falls Washington
Jacob Green – 11 – Sioux Falls Washington
Patrick Chapin – 12 – Brookings
Justice Lamer – 10 – Brookings
Jimmy Forman – 12 – Brookings
Alex Wiemann – 12 – Brookings
Joe Sebern – 12 – Brookings
Jack Lembcke – 11 – Sioux Falls Roosevelt
Christian Parker – 12 – Sioux Falls Washington
Matt VandeBerg – 12 – Brandon Valley
Colton Jordan – 11 – Watertown

**SOUTH DAKOTA HIGH SCHOOL
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Class A - Girls Track & Field All-State – 2013

**This honor is awarded each year to any event winner (individual events & relays)
in the A division at the State Track & Field Meet.**

Stachia Reuwsaat – 12 – St. Thomas More
Kala McDonald – 12 – Hill City
Tori Glazier – 7 – Custer
Emily Hawkes – 10 - Madison
Haley Bruggeman – 10 - Harrisburg
Corby White – 12 – St. Thomas More
Avery White – 10 – St. Thomas More
Delaney Carlson – 9 – St. Thomas More
Carolyn Eckrich – 8 – St. Thomas More
Kara Koth – 11 – Sioux Falls Christian
Kristin Stern – 11 – Sioux Falls Christian
Stacy Smidt – 11 – Sioux Falls Christian
Miranda Velgersdyk – 11 – Sioux Falls Christian
Jordyn Oostra – 11 – Sioux Falls Christian
Shelby Dittman – 9 - Spearfish
Caitlin Gehner – 11 - Spearfish
Elise Reid – 12 - Spearfish
Savannah Childers – 11 – Spearfish
McKenzie Mennenga – 9 – Dakota Valley
Morganne Pfaffle – 11 – Dakota Valley
Sara Bohan – 9 – Dakota Valley
Madison Gray – 8 – Dakota Valley
Abby Christiansen – 10 – Madison
Allison Brooks – 10 – Sioux Falls Christian
Coley Stoller – 11 - Madison
Danielle Waldner – 12 – Redfield-Doland
Stephanie Gemar – 11 – Mobridge-Pollock

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Logan Koopman – 12 – Tri-Valley
Trevor DeSchepper – 12 – Harrisburg
Riley Knutson – 12 – Tea Area
Brennan Witt – 11 – Custer
Cody Herman – 12 – Custer
Jared Thomsen – 12 – Custer
Travis Dusing – 12 – Dell Rapids
Cole Langer – 12 – Dell Rapids
Riley Schmidt – 10 – Dell Rapids
Zachary Schroeder – 11 – Dell Rapids
Griffin Schroeder – 11 – St. Thomas More
Giles McGillick – 10 – St. Thomas More
Jay Cooper – 12 – St. Thomas More
Aidan Goetzinger – 12 – St. Thomas More
Trevor Rombough – 11 – Spearfish
Mason Kaitfors – 12 – Spearfish
Dylan Reiners – 9 – Spearfish
Luke Wietgreffe – 11 – Spearfish
Israel Parsons – 11 – Custer
Logan Huntington – 12 – Custer
Kenneth Myers – 11 – Custer
Chase Glazier – 11 – Custer
Cody Martins – 12 – Custer
Daniel Roberts – 12 – Mobridge-Pollock
Zach Koosman – 12 – Lennox
Tayler Anderson – 11 – Madison
Spencer Peters – 12 – Wagner
Cole Langer – 12 – Dell Rapids
Ephram Albrecht – 10 – Redfield/Doland

**SOUTH DAKOTA HIGH SCHOOL
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Class B - Girls Track & Field All-State – 2013

**This honor is awarded each year to any event winner (individual events & relays)
in the B division at the State Track & Field Meet.**

Sierra Stotz – 11 – Eureka-Bowdle
Macy Heinz – 8 - Ipswich
Tori Moore – 10 – Ipswich
Lauren Sokolowski – 10 – Irene_Wakonda
BreeAnna Olson – 12 – Oldham-Ramona/Rutland
Bailey Bradford – 9 – Sully Buttes
Carly Jost – 12 – Sully Buttes
Karlea Stahl – 11 – Sully Buttes
Remi Wientjes – 11 – Sully Buttes
Morgan Hay – 11 - Parker
Jenny Smith – 10 - Parker
Brittany Olson – 10 - Parker
Tessa Weeldreyer – 12 - Parker
Maci Gauer – 11 - Ipswich
Taylor Loken – 10 - Ipswich
Daina Wilde – 9 - Castlewood
Brooke Bruinsma – 8 - Castlewood
Haley Strait – 10 - Castlewood
Lindsey Strait – 12 - Castlewood
Jackie Dethlefsen – 11 – Corsica/Stickney
Autumn Pitz – 9 - Ipswich
Kristie Mettler – 12 – Timber Lake
Shekota Myer – 12 – Ipswich
Hannah Phillips – 12 – Harding County

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Class B - Boys Track & Field All-State – 2013

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in the B division at the State Track & Field Meet.**

Eric Thomas – 11 – Faulkner Area
Dustin Livingston – 12 – Irene-Wakonda
Brady Brockel – 12 – Sunshine Bible Academy
Jase Kraft – 11 – Wessington Springs
Duane Jongeling – 12 – Parker
Austin Iverson – 11 – Herreid/Selby Area
Garrett Anderson – 11 – Irene- Wakonda
Kyle Paetow – 12 – Viborg-Hurley
Tyler Gerdes – 12 – Viborg-Hurley
Tyler Novak – 12 – Viborg-Hurley
Trevor Jacobsen – 12 – Viborg-Hurley
Andrew Hora – 12 – Viborg-Hurley
Tristan Ashwell – 11 – Freeman
Shaun Becker – 12 – Freeman
Cody Roth – 10 – Freeman
Brennan Schmidt – 10 – Freeman
Michael Olson – 11 – Parker
Ryan Olson – 11 – Parker
Jake Vollmer – 12 – Parker
Blake Reynolds – 12 – Parker
Tristen Erickson – 11 – Parker
Nathan Palmer – 11 – Northwestern
Dakota Thorstenson – 11 – Herreid/Selby Area
Cooper Schaeftbauer – 10 – Herreid/Selby Area
Adam Bormann – 12 – Corsica/Stickney