

*Bergan
Lady Knights
Cross Country*

2012

2012 Bergen Lady Knights Cross Country

<u>Bergen Score</u>	<u>Opponent/Meet</u>	<u>Place/Opponent Score</u>
—	Wisner-Pilger Invite	Incomplete
—	Bergen Invite	Incomplete
—	Yutan Invite	Incomplete
—	Bennington Invite	Incomplete
—	Ft. Calhoun Invite	Incomplete
—	Lincoln Lutheran Invite	Incomplete
—	Centennial Conference	Incomplete
—	District Meet	Incomplete

Squad Members

<u>Grade</u>	<u>Runner</u>	<u>Points</u>
10 th	Blanca Sanchez	40
12 th	Molly Heiman	20

Coach: Joe Wojtkiewicz

Most Valuable - Blanca Sanchez
 Most Improved - Molly Heiman/ Blanca Sanchez
 Hardest Worker - Blanca Sanchez
 Rookie of the Year - Blanca Sanchez
 Academic All-State -

Camp Calvin Crest

Course Records - New Course 2010

<u>Record</u>	<u>Runner</u>	<u>Time</u>	<u>Year</u>
School	Jackie Dam	17:31	2010
Senior	Molly Heiman	27:38	2012
Junior			
Sophomore	Blanca Sanchez	24:28	2012
Freshman	Jackie Dam	17:31	2010

Bergan Lady Knights

District Meet Team Placings

1984	C District	5 th of 7
1985	C District	3 rd of 4 *
1986	C District	2 nd of 5 *
1987	C District	Incomplete
1988	C District	3 rd of 5 *
1989	C District	Incomplete
1990	C District	Incomplete
1991	C District	Incomplete
1992	C District	Incomplete
1993	C District	Incomplete
1994	D District	Incomplete
1995	D District	Incomplete
1996	D District	Incomplete
1997	D District	Incomplete
1998	D District	Incomplete
1999	D District	11 th of 11
2000	D District	8 th of 11
2001	D District	8 th of 12
2002	D District	9 th of 11
2003	D District	14 th of 14
2004	D District	6 th of 12
2005	D District	6 th of 19
2006	D District	Incomplete
2007	D District	Incomplete
2008	D District	Incomplete
2009	D District	Incomplete
2010	D District	Incomplete
2011	D District	Incomplete
2012	D District	Incomplete

* Indicates State qualifying team

All Time Season Meet Points

<u>Record</u>	<u>Runner</u>	<u>Points</u>	<u>Year</u>
School	Jennifer Grote	60	1993
Senior	Janelle Havranek	55	1990
Junior	Alicia Smeal	50	2004
Sophomore	Jennifer Grote	60	1993
Freshman	Maria Manes	59	1988

Career Points

<u>Place</u>	<u>Runner</u>	<u>Points</u>	<u>Years</u>
1 st	Katie Mullen	157	1994-97
2 nd	Amy Nicola	139	2000-03
3 rd	Janelle Havranek	130	1988-90
4 th	Alicia Smeal	121	2003-05
5 th	Jennifer Grote	120	1992-94
6 th	Krystal Ahrens	110	2001-04
7 th	Jeni Recker	102	1984-86
8 th	Maria Manes	97	1988-89
9 th	Sheri Rump	96	1984-87
10 th	Rachel Cooper	85	2000-01

Conference Medalists

All Conference

3 rd	Jackie Dam	2010
5 th	Maria Manes	1988
8 th	Alicia Smeal	2004
10 th	Sheri Rump	1984
12 th	Jeni Recker	1986
12 th	Jennifer Grote	1992
14 th	Pam Turner	1987
15 th	Jenny Cerny	1984

District Medalists

2 nd	Jackie Dam	2010
5 th	Jeni Recker	1985
5 th	María Manes	1988
6 th	Jeni Recker	1986
7 th	Lynn Carson	1986
7 th	Janelle Havranek	1988
7 th	Alicia Smeal	2004
10 th	Jennifer Grote	1993

State Medalists

5 th	Jackie Dam	2010
9 th	Janelle Havranek	1988

State Finishes - Team

1988	7 th	12 teams	117 points
Janelle Havranek, María Manes, Pam Turner, Carric Oligmueller, Julie Starman			
1986	10 th	12 teams	148 points
Jeni Recker, Lynn Carson, Tina Heinrich, Michelle Schott, Jenny Cerny			
1984	11 th	17 teams	174 points
Jeni Recker, Jenny Cerny, Sheri Rump, Ann Brabec, Annette Oligmueller			
1985	11 th	19 teams	174 points
Jeni Recker, Jenny Cerny, Sheri Rump, Ann Brabec, Annette Oligueller			

State Finishes - Individuals

5 th	Jackie Dam	2010
9 th	Janelle Havranek	1988
16 th	Jeni Recker	1986
19 th	Maria Manes	1988
19 th	Jeni Recker	1985
22 nd	Alicia Smeal	2004
26 th	Janelle Havranek	1989
32 nd	Jeni Recker	1984
35 th	Sheri Rump	1984
37 th	Maria Manes	1989
38 th	Jenny Cerny	1985
43 rd	Lynn Carson	1986
45 th	Tina Heinrich	1986
46 th	Jennifer Grote	1993
56 th	Sheri Rump	1985
56 th	Michelle Schott	1986
59 th	Jenny Cerny	1986
62 nd	Pam Turner	1988
63 rd	Carrie Oligmueller	1988
64 th	Jenny Cerny	1984
69 th	Annette Oligmueller	1985
69 th	Julie Starman	1988
71 st	Ann Brabec	1984
72 nd	Ann Brabec	1985
74 th	Annette Oligmueller	1984

State Meet Times

4000 Meters

15:46	Jackie Dam	2010
17:07	Janelle Havranek	1988
17:35	Maria Manes	1988
17:38	Alicia Smeal	2004

17:54	Jení Recker	1986
17:54	Janelle Havranek	1989
18:16	María Manes	1989
18:18	Jení Recker	1985
18:22	Jennifer Grote	1993
19:10	Jení Recker	1984
19:13	Lynn Carson	1986
19:15	Jenny Cerny	1985
19:16	Sheri Rump	1984
19:22	Tina Heinrich	1986
20:11	Sheri Rump	1985
20:25	Jenny Cerny	1984
20:28	Michelle Schott	1986
20:31	Pam Turner	1988
20:36	Carrie Oligmueller	1988
20:46	Ann Brabec	1984
20:49	Jenny Cerny	1986
20:59	Annette Oligmueller	1984
21:08	Annette Oligmueller	1985
21:31	Ann Brabec	1985
23:30	Julie Starman	1988

Bergan Lady Knights Cross Country
Top Twenty-five ~ Wisner-Pilger Invite

1 st	Jackie Dam	16:29	2010
2 nd	Rachel Cooper	18:39	2000
3 rd	María Manes	18:46	1988
4 th	Pam Turner	18:57	1988
	Janelle Havranek	18:57	1990
5 th	Jennifer Grote	18:58	1993
6 th	Jennifer Grote	19:03	1992
7 th	Alicia Smeal	19:04	2005
8 th	Pam Turner	19:19	1987
9 th	Katie Kinney	19:30	2005
10 th	Jeni Recker	19:35	1986
	Katie Kinney	19:35	2004
11 th	Alicia Smeal	19:44	2003
12 th	Rachel Cooper	19:48	2001
13 th	Alyssa Andrews	19:50	1992
	Katie Mullen	19:50	1997
14 th	María Manes	20:04	1989
15 th	Molly Colgan	20:05	2005
16 th	Connie Boesch	20:08	2006
17 th	Connie Boesch	20:13	2005
18 th	Lynn Carson	20:26	1986
19 th	Janelle Havranek	20:38	1988
20 th	Sheri Rump	20:43	1986
21 st	Jeni Recker	20:55	1985
22 nd	Mary Von Seggeren	21:03	2003
23 rd	Amy Nicola	21:04	2001
24 th	Krystal Ahrens	21:08	2003
25 th	Becky Janovsky	21:09	1996

School & Class Records

School	Jackie Dam	16:29	2010
Senior	Janelle Havranek	18:57	1990
Junior	Katie Kinney	19:30	2005
Sophomore	Rachel Cooper	18:39	2000
Freshman	Jackie Dam	16:29	2010

Bergan Lady Knights Cross Country

Top Twenty-five at Camp Calvin Crest

1 st	Alicia Smeal	19:27	2004
2 nd	Alicia Smeal	19:54	2003
3 rd	Rachel Cooper	20:01	2000
4 th	Rachel Cooper	20:25	2001
5 th	Alicia Smeal	20:34	2003
6 th	Mary Von Seggern	20:50	2003
7 th	Alicia Smeal	20:52	2005
	Connie Boesch	20:52	2006
8 th	Amy Nicola	21:13	2001
9 th	Katie Kinney	21:20	2005
10 th	Connie Boesch	21:26	2005
11 th	Amy Nicola	21:41	2002
	Katie Kinney	21:41	2004
12 th	Katie Probst	21:46	1998
13 th	Mary Von Seggern	21:51	2003
	Katie Kinney	21:51	2006
14 th	Amy Nicola	22:10	2003
15 th	Debbie Moore	22:17	2001
16 th	Molly Colgan	22:26	2005
17 th	Krystal Ahrens	22:30	2001
18 th	Megan Heller	22:45	1999
19 th	Krystal Ahrens	22:48	2003
20 th	Jessica Rump	23:01	1998
21 st	Krystal Ahrens	23:02	2002
22 nd	Krystal Ahrens	23:18	2003
23 rd	Amy Nicola	23:28	2003
24 th	Sarah Coday	23:43	2005
25 th	Amy Nicola	23:50	2000

School and Class Records

School	Alicia Smeal	19:27	2004
Senior	Mary Von Seggern	20:50	2003
Junior	Alicia Smeal	19:27	2004
Sophomore	Alicia Smeal	19:54	2003
Freshman	Katie Probst	20:56	1998

Bergan Lady Knights Cross Country

Top Ten at Camp David - Yutan

1 st	Jackie Dam	16:30	2010
2 nd	Connie Boesch	18:23	2006
3 rd	Alicia Smeal	19:03	2005
4 th	Katie Kinney	19:29	2005
5 th	Molly Colgan	20:17	2005
6 th	Connie Boesch	20:58	2005
7 th	Sarah Coday	20:59	2005
8 th	Courtney Fenner	21:52	2007
9 th	Molly Colgan	22:30	2006
10 th	Anna Nilsson	22:53	2006

School and Class Records

School	Jackie Dam	16:30	2010
Senior	Connie Boesch	18:23	2006
Junior	Katie Kinney	19:29	2005
Sophomore			
Freshman	Jackie Dam	16:30	2010

Bergan Lady Knights Cross Country
Top Ten at Bennington

1 st	Jackie Dam	17:07	2010
2 nd	Connie Boesch	20:12	2006
3 rd	Alicia Smeal	20:40	2006
4 th	Katie Kinney	21:01	2006
5 th	Molly Colgan	21:15	2006
6 th	Blanca Sanchez	22:11	2012
7 th	Courtney Fenner	22:13	2007
8 th	Sarah Coday	22:20	2005
9 th	Connie Boesch	22:32	2005
10 th	Anna Nilsson	24:04	2005

School and Class Records

School	Jackie Dam	17:07	2010
Senior	Connie Boesch	20:12	2006
Junior	Katie Kinney	21:01	2005
Sophomore	Blanca Sanchez	22:11	2012
Freshman	Jackie Dam	17:07	2010

Bergen Lady Knights Cross Country

Top Twenty-five at Ft. Atkinson

1 st	Jackie Dam	16:02	2010
2 nd	Alicia Smeal	17:35	2004
3 rd	Alicia Smeal	17:58	2005
4 th	Katie Kinney	18:16	2005
5 th	Connie Boesch	18:41	2005
6 th	Connie Boesch	18:59	2006
7 th	Katie Kinney	19:07	2004
8 th	Mary VonSeggern	19:20	2003
9 th	Amy Nicola	19:32	2002
10 th	Amy Nicola	19:41	2002
	Krystal Ahrens	19:41	2002
11 th	Megan Heller	19:55	1999
12 th	Amy Nicola	20:00	2003
13 th	Krystal Ahrens	20:08	2002
14 th	Nicole Smith	20:16	2002
15 th	Katie Mullen	20:19	1996
16 th	Krystal Ahrens	20:20	2004
17 th	Sarah Coday	20:23	2005
18 th	Krystal Ahrens	20:24	2003
19 th	Anna Nilsson	20:26	2005
20 th	Debbie Moore	20:35	1999
21 st	Blanca Snachez	20:46	2012
24 th	Jamie Bentley	21:10	2004
25 th	Ashley Sawtelle	21:34	1999

Class Records

School	Jackie Dam	16:02	2010
Senior	Alicia Smeal	17:58	2005
Junior	Alicia Smeal	17:35	2004
Sophomore	Katie Kinney	19:07	2004
Freshman	Jackie Dam	16:02	2010

Bergan Lady Knights Cross Country
Top Twenty-five at Pioneers Park

1 st	Jackie Dam	15:46	2010
2 nd	Alicia Smeal	17:19	2004
3 rd	Katie Kinney	17:51	2005
4 th	Alicia Smeal	18:00	2005
5 th	Katie Kinney	18:22	2005
6 th	Connie Boesch	18:25	2005
7 th	Alicia Smeal	18:26	2005
8 th	Rachel Cooper	18:42	2001
9 th	Connie Boesch	18:56	2006
10 th	Molly Colgan	19:00	2005
11 th	Connie Boesch	19:01	2005
12 th	Molly Colgan	19:14	2005
	Katie Kinney	19:14	2006
13 th	Connie Boesch	19:19	2006
14 th	Amy Nicola	19:24	2001
15 th	Amy Nicola	19:39	2002
16 th	Krystal Ahrens	19:45	2002
17 th	Krystal Ahrens	19:46	2004
18 th	Katie Kinney	19:53	2006
19 th	Sarah Coday	20:03	2005
20 th	Amy Nicola	20:25	2003
21 st	Blanca Sanchez	20:26	2012
22 nd	Krystal Ahrens	20:37	2003
23 rd	Nicole Smith	20:41	2002
24 th	Megan Heller	20:42	2001
	Blanca Snachez	20:42	2012
25 th	Nicole Smith	20:56	2001

Class Records

School	Jackie Dam	15:46	2010
Senior	Alicia Smeal	18:00	2005
Junior	Alicia Smeal	17:19	2004
Sophomore	Amy Nicola	19:24	2001
Freshman	Jackie Dam	15:46	2010

4576

22:20

18:47

2012
HIGH
SCHOOL
GIRLS

MOLLY
HEIMAN

BLANCH
SANDHEZ

WISHER
PIGHER
NO.

BERG
AN
NO.

YUTAN
NO.

BENNINGTON
NO.

FT. CALHOUN
NO.

LYNN
LUTHERAN
NO.

CENTENNIAL
CONF.

DISTRICT

STATE

POINTS

4

4

1

4

1

4

1

4

5

5

5

5

5

5

5

5

20

40

