

2008 GISH Track & Field Letter Awards

Allison Arnold
Nyapal Chuol
Ali Conklin
Savannah Esquitin
Bria Gatto
Vanessa Gauthier
Bailee Glade
McKayla Gowen
Suzanne Higgins
Sheena Hobbs
Rachel Huston
Alyssa Johnson
Hayley Johnson
Allison Jorgensen
Carissa Kinne
Michaela Knuth
Amber Kunze
Samantha Liebhart
Jessica Marisch
Malorie Meier
Frankie Miller
Brianna Mostek
Tana O'Boyle
Jessica Ostermeier
Kelcee Stubbs
Mackenzie Tomlin
Taryn Trosper
Hayley Watson

Islander Track & Field Awards

Rookie of the Year

The Rookie of the Year Award goes to a freshman athlete or relay team for outstanding performance.

2003 Johnna Jeffries
2004 Ann Armes
2005 Suzanne Higgins
2006 Alex Armes
2007 Jami Evans
2008 3200m Relay Team
Frankie Miller
Sarabeth Swift
Bailee Glade
Taryn Trosper

Islander Track & Field Awards - cont'd

Athlete of the Year

The Athlete of the Year Award goes to a varsity athlete or relay team for outstanding performance.

- 2003 Kelli Roach
- 2004 3200m Relay Team
 - Kristen Fitzgerald
 - Laura Heuermann
 - Melisa Ritchie
 - Anne McGovern
- 2005 Ann Armes
- 2006 400m Relay Team
 - Mollie Myers
 - Johnna Jeffries
 - Ann Armes
 - Jeri Walkowiak
- 1600m Relay Team
 - Ann Armes
 - Mollie Myers
 - Johnna Jeffries
 - Suzanne Higgins
- 2007 Alex Armes
 - Suzanne Higgins
 - Katie Harvey
- 400m Relay Team
 - Suzanne Higgins
 - Allison Jorgensen
 - Ann Armes
 - Jeri Walkowiak
- 1600m Relay Team
 - Ann Armes
 - Allison Jorgensen
 - Alex Armes
 - Suzanne Higgins
- 2008 Suzanne Higgins

Will to Win Award

The Will to Win Award goes to an athlete or relay team for outstanding competitive spirit.

- 2002 Kelli Bunger
 - Brooke DeNoyer
 - Kirsten Ramsey
- 2003 Kelli Bunger
- 2004 Mollie Myers
- 2005 Kristen Fitzgerald
 - Mollie Myers
- 2006 Suzanne Higgins
- 2007 Suzanne Higgins
- 2008 Suzanne Higgins
 - 1600m Relay Team
 - Allison Jorgensen
 - Tana O'Boyle
 - Suzanne Higgins
 - Alex Armes

Central Nebraska Championships

Qualifiers & Medalists (1st, 2nd, 3rd)

Alex Armes	Long Jump - 1st 100m - 1st 200m - 1st 1600m Relay - 1st
Suzanne Higgins	300m Hurdles - 1st 400m - 1st 400m Relay 1600m Relay - 1st
Allison Jorgensen	100m - 3rd 200m - 2nd 400m Relay 1600m Relay - 1st
Bailee Glade	3200m 3200m Relay
McKayla Gowen	Shot Put
Michaela Knuth	Long Jump 400m Relay
Ariel Krolikowski	Long Jump - 2nd High Jump - 3rd
Amber Kunze	Pole Vault
Alecia McMahon	Triple Jump Pole Vault 400m Relay
Frankie Miller	800m 3200m Relay
Tana O'Boyle	Long Jump Triple Jump 300m Hurdles - 2nd 1600m Relay - 1st
Sarabeth Swift	3200m Relay
Taryn Trosper	3200m Relay

GI Independent Outstanding Girls Performer of the Meet Award History

Sandra Lawton	1992
Ann Armes	2005
Suzanne Higgins	2007
Alex Armes	2008

***Heartland Athletic Conference Meet
Champions & Runners-Up***

Alex Armes	Long Jump - Runner-Up 100m - Champion 200m - Champion 1600m Relay - Runner-Up
Suzanne Higgins	300m Hurdles - Runner-Up 400m - Champion 1600m Relay - Runner-Up
Allison Jorgensen	1600m Relay - Runner-Up
Ariel Krolikowski	High Jump - Runner-Up
Malorie Meier	1600m Relay - Runner-Up

***District Meet
Champions & Runners-Up***

Alex Armes	200m - Runner-Up 1600m Relay - Runner-Up
McKayla Gowen	Shot Put - Runner-Up
Suzanne Higgins	300m Hurdles - Runner-Up 400m - Runner-Up 400m Relay - Runner-Up 1600m Relay - Runner-Up
Allison Jorgensen	400m Relay - Runner-Up 1600m Relay - Runner-Up
Michaela Knuth	400m Relay - Runner-Up
Ariel Krolikowski	Long Jump - Champion
Amber Kunze	Pole Vault - Runner-Up Tie
Alecia McMahan	400m Relay - Runner-Up
Tana O'Boyle	Triple Jump - Runner-Up 1600m Relay - Runner-Up

**State Meet
Qualifiers & Medalists**

Alex Armes	100m - 2nd 200m - 1st, All Class Gold 1600m Relay - 3rd
McKayla Gowen	Shot Put - 7th
Suzanne Higgins	300m Hurdles - 3rd 400m - 3rd 400m Relay - 4th 1600m Relay - 3rd
Allison Jorgensen	400m Relay - 4th 1600m Relay - 3rd
Carissa Kinne	Shot Put Discus
Michaela Knuth	Triple Jump 400m Relay - 4th
Ariel Krolikowski	Long Jump - 2nd High Jump - 2nd Tie
Amber Kunze	Pole Vault - 4th
Alecia McMahon	400m Relay - 4th
Tana O'Boyle	Triple Jump 300m Hurdles 1600m Relay - 3rd

Grade Level Top Ten - 2008

Freshmen

Allison Arnold	High Jump - 4th 75m Hurdles - 2nd 100m Hurdles - 4th 300m Hurdles - 4th 400m Relay - 4th, 7th
Stella Baldan	100m - 6th 200m - 4th 400m Relay - 7th, 9th
Ali Conklin	Pole Vault - 4th 100m Hurdles - 9th
Kateri Esch	3200m - 9th 3200m Relay - 9th
Bailee Glade	1600m - 6th 3200m - 3rd 3200m Relay - 1st, 7th
Rachel Huston	Long Jump - 6th 75m Hurdles - 10th 100m Hurdles - 6th 300m Hurdles - 6th 400m Relay - 4th
Hayley Johnson	Shot Put - 2nd
Mekenzie Keenportz	3200m Relay - 7th, 9th
Taylor Knuth	400m Relay - 4th, 9th
Ashley Lilly	400m Relay - 4th, 7th, 9th
Frankie Miller	800m - 5th 1600m Relay - 7th 3200m Relay - 1st
Hannah Obermiller	Triple Jump - 7th
Anna O'Neill	3200m - 7th 3200m Relay - 7th
Allison Rodriguez	3200m Relay - 9th
Sarabeth Swift	800m - 8th 1600m Relay - 7th 3200m Relay - 1st, 7th
Taryn Trosper	400m - 7th 400m Relay - 7th, 9th 1600m Relay - 7th 3200m Relay - 1st

Grade Level Top Ten - 2008 - cont'd

Freshmen - cont'd

Haley Watson	195m Hurdles - 6th 300m Hurdles - 4th 1600m Relay - 7th
Stephanie Williams	3200m - 6th 3200m Relay - 9th

Sophomores

Nyapal Chuol	800m - 7th
Laken Hormann	Pole Vault - 3rd
Casey Leshner	300m Hurdles - 6th
Jessica Ostermeier	Pole Vault - 5th
Jacy Schwieger	Discus - 5th
Mackenzie Tomlin	800m - 9th

Juniors

Alex Armes	Long Jump - 2nd 100m - 3rd 200m - 1st 400m - 3rd
Callie Foltz	200m - 10th
McKayla Gowan	Shot Put - 2nd Discus - 6th
Allison Jorgensen	100m - 1st 200m - 3rd
Carissa Kinne	Shot Put - 6th Discus - 5th 75m Hurdles - 6th Tie
Ariel Krolikowski	Long Jump - 4th High Jump - 1st
Michaela Knuth	Long Jump - 6th Triple Jump - 3rd 100m - 8th
Amber Kunze	Pole Vault - 2nd
Malorie Meier	High Jump - 10th Tie 400m - 8th
Brianna Mostek	Discus - 10th
Sigornie Pfefferle	1600m - 8th

Grade Level Top Ten - 2008 - cont'd

Seniors

Vanessa Gauthier	Discus - 9th Tie
Suzanne Higgins	Long Jump - 3rd 300m Hurdles - 1st 400m - 1st
Samantha Liebhart	Discus - 9th Tie
Alecia McMahan	Triple Jump - 4th Pole Vault - 4th 100m - 5th
Tana O'Boyle	Long Jump - 5th Triple Jump - 3rd 100m Hurdles - 1st 300m Hurdles - 2nd
Laura Steele	1600m - 9th
Leslie Steele	1600m - 8th

Lady Islander Top Ten - 2008*

Alex Armes	Long Jump - 2nd 100m - 2nd 200m - 1st 400m - 8th 400m Relay - 7th, 10th 1600m Relay - 1st, 2nd, 10th
Allison Arnold	75m Hurdles - 2nd Tie
Ali Conklin	Pole Vault - 9th
Bailee Glade	3200m - 10th
McKayla Gowen	Shot Put - 3rd
Suzanne Higgins	Long Jump - 10th 300m Hurdles - 1st 200m - 6th 400m - 2nd 400m Relay - 1st, 3rd, 7th, 10th 1600m Relay - 1st, 2nd, 4th, 5th, 10th
Laken Hormann	Pole Vault - 7th
Rachel Huston	75m Hurdles - 10th
Allison Jorgensen	100m - 3rd Tie 200m - 5th 400m Relay - 1st, 3rd, 7th, 10th 1600m Relay - 1st, 2nd, 4th, 10th
Carissa Kinne	Discus - 9th 75m Hurdles - 6th Tie
Michaela Knuth	Triple Jump - 6th 400m Relay - 3rd, 10th
Ariel Krolikowski	Long Jump - 5th High Jump - 3rd 400m - 9th 1600m Relay - 4th
Amber Kunze	Pole Vault - 3rd
Malorie Meier	1600m Relay - 10th
Alecia McMahan	Triple Jump - 7th Pole Vault - 6th 400m Relay - 3rd
Tana O'Boyle	Triple Jump - 3rd 75m Hurdles - 4th Tie 195m Hurdles - 2nd 100m Hurdles - 8th 300m Hurdles - 7th 1600m Relay, 2nd

Lady Islander Top Ten - 2008* - cont'd

Jessica Ostermeier	Pole Vault - 10th
Haley Watson	195m Hurdles - 6th

*Includes all athletes listed on the Top Ten Chart at the end of the 2008 season

School Records

Suzanne Higgins	300m Hurdles - 45.2
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