USA TRACK & FIELD NEBRASKA ASSOCIATION
2005 SEASON AWARD WINNERS

JIM KINDIG JUNIOR OLYMPIC
CROSS COUNTRY ATHLETES OF THE YEAR

Girl
Emily Sisson, Omaha
1st place, Youth Girls

Boy
Mick Prather, Papillion
8th place, Bantam Boys

NATIONAL JUNIOR OLYMPIC CROSS COUNTRY TEAM MEDALISTS

Youth Girls, 2nd place – Cornhusker Flyers Track Club, Omaha: Kelli Budd, Kristen Conahan, Monique Eberline, Eliza Kolbo, Megan Oddo, Chelsey Poole, Emily Sisson

ALL-NEBRASKA CROSS COUNTRY TEAM

Bantam Girls
Alexis Todorovich, Papillion
Rebekah Topham, Griswold, Iowa

Bantam Boys
Coleman Cogswell, McCool Junction
Bailey Roth, Hickman

Midget Girls
Sydney Gress, Bellevue
Lauren Sutherland, Omaha

Midget Boys
Marshall Anderson, Papillion

Youth Girls
Megan Oddo, Omaha

Youth Boys
Matthew Holcomb, Ralston
Jared Kenney, Omaha

Intermediate Girls
Brittany Poole, Omaha

Intermediate Boys
Peter Falcon, Bellevue

Young Women
Ashley Schnell, Lincoln

Young Men
Eric Noel, Lincoln

PAN AMERICAN JUNIOR TRACK & FIELD TEAM ATHLETE

Robert Rands, Bellevue
WORLD YOUTH TRACK & FIELD TEAM ATHLETE

Jenny Svoboda, Howells

NEW ASSOCIATION RECORD HOLDERS
(old record in parentheses)

Bantam Boys
1500 meter run – 5:07.54, Bailey Roth, Hickman (5:07.8, Trent Neemann, Lincoln, 1997)
Shot put – 32’ 10½”, Jerald Foster, Lincoln (31’ 5½”, Noland Urban, Osceola, 1988)

Midget Girls
Long jump – 15’ 8¼”, Alexandria Gochenour, Missouri Valley, Iowa (ties Robin Hanson, Omaha, 1977)

Midget Boys
Mini-javelin throw – 154’ 6”, Jon Williams, Glenwood, Iowa (130’ 3”, Will Scheideler, Lincoln, 2002)

Youth Girls
800 meter run – 2:18.86, Emily Sisson, Omaha (2:19.7, Linda Gdowski, Fremont, 1983)
1500 meter run – 4:40.40, Emily Sisson, Omaha (4:44.83, Emily Sisson, Omaha, 2004)

Youth Boys
Pentathlon – 3,057 points, Thomas Filer, Bellevue (3,040 points, Zak Tempelmeyer, Syracuse, 1989)

Intermediate Girls
400 meter hurdles – 1:02.84, Sarah Pierson, Omaha (1:02.91, Ashley Selig, Lincoln, 2000)
2000 meter steeplechase – 7:51.53, Brittany Poole, Omaha (7:54.12, Jordan Williams, Glenwood, Iowa, 2004)

Intermediate Boys
110 meter hurdles – 14.91, Niles Paul, Omaha (14.95, Danny Marousek, Omaha, 1992)
Hammer throw – 125’ 5”, Ryan Hawley, Omaha (99’ 1”, Max McShane, Elkhorn, 2004)

Young Men
400 meter dash – 47.76, Lukas Hulett, Bellevue (48.23, Lionel McPhaull, Omaha, 1993)

KIP McEWEN JUNIOR OLYMPIC
RACE WALK ATHLETE OF THE YEAR

Justin Liedke, Bellevue
5th place, Bantam Boys 1500 meter race walk
## RUSS WHITE JUNIOR OLYMPIC
### COMBINED EVENT ATHLETES OF THE YEAR

<table>
<thead>
<tr>
<th>Girl</th>
<th>Boy</th>
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<tbody>
<tr>
<td>Alexandria Gochenour, Missouri Valley, Iowa</td>
<td>Thomas Filer, Bellevue</td>
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<tr>
<td>4th place, Midget Girls pentathlon</td>
<td>4th place, Youth Boys pentathlon</td>
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## JUNIOR OLYMPIC TRACK & FIELD ATHLETES OF THE YEAR

<table>
<thead>
<tr>
<th>Bantam Girls</th>
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<tbody>
<tr>
<td>Leanna Willer, Elkhorn</td>
<td>Jerald Foster, Lincoln</td>
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<tr>
<td>8th place, Long jump</td>
<td>1st place, Shot put</td>
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<tr>
<th>Midget Girls</th>
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<tr>
<td>Avrie Welton, Ralston</td>
<td>Jon Williams, Glenwood, Iowa</td>
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<tr>
<td>2nd place, High jump</td>
<td>7th place, Mini-javelin throw</td>
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<tr>
<th>Youth Girls</th>
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<tr>
<td>Emily Sisson, Omaha</td>
<td>Brad Higgins, Norfolk</td>
</tr>
<tr>
<td>2nd place, 1500 meter run</td>
<td>5th place, High jump</td>
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<tr>
<td>2nd place, 3000 meter run</td>
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<tr>
<td>Natalie Willer, Elkhorn</td>
<td>Austin Muench, Omaha</td>
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<tr>
<td>5th place, Pole vault</td>
<td>5th place, Javelin throw</td>
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<tr>
<td>Jenny Svoboda, Howells</td>
<td>Lukas Hulett, Bellevue</td>
</tr>
<tr>
<td>3rd place, Shot put</td>
<td>7th place, 400 meter dash</td>
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## ALL-NEBRASKA TRACK & FIELD TEAM

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<tr>
<td>Nadia Donovan, Omaha</td>
<td>Kenzo Cotton, Lincoln</td>
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<tr>
<td>Morgan Liedke, Bellevue</td>
<td>Kyle Danielson, Lincoln</td>
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<tr>
<td>Al’Driequa Stewart, Omaha</td>
<td>Mitchell Harling, Falls City</td>
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### Midget Girls
- Heather Bates, Bellevue
- Sydney Gress, Bellevue
- Naomi Jones, Bellevue
- Amber Long, Bellevue
- Charlsie Morris, Beatrice
- Lauren Sutherland, Omaha

### Midget Boys
- Marshall Anderson, Papillion
- P.J. Anderson, Papillion
- Alex Beideck, Omaha
- Dustin Donlin, Omaha
- Oliver Emsick, Lincoln
- Trevor Harling, Falls City
- Jacob Peitzmeier, Omaha
- Josuf Robinson, Omaha
- Christian Sanderfer, Lincoln

### Youth Girls
- Kaylee Gress, Bellevue
- Ariel Krolikowski, Alda
- Paris LaBat, Omaha
- Madison MacLean, Lincoln
- Emily Rath, Schuyler

### Youth Boys
- Kendall Anderson, Omaha
- Kyle Bates, Bellevue
- Asa Bryant, Panama
- Joe Castillo, Lincoln
- Brandon Fitzsimmons, Lincoln
- Bryant Giles, Omaha
- Matthew Holcomb, Ralston
- Josh Kage, La Vista
- Jared Kenney, Omaha
- Jon Sucha, La Vista
- Jordan Sutherland, Omaha
- Stephon Washington, Omaha

### Intermediate Girls
- Aiyda Ghahramani, Omaha
- Ali Gress, Bellevue
- Amber Hansel, Fairbury
- Kate Humphreys, Omaha
- Bianca Mata, Omaha
- Sarah Pierson, Omaha
- Brittany Poole, Omaha
- Julia Warnke, Omaha
- Jordan Williams, Glenwood, Iowa
- LaShawntae Williams, Omaha

### Intermediate Boys
- Levi Baker, Bellevue
- Matt Conahan, Omaha
- Peter Falcon, Bellevue
- Jake Hanley, Omaha
- Ryan Hawley, Omaha
- Seth Sejkora, Burchard
- Chris Vacanti, Omaha
- Jacob Wilson, Papillion

### Young Women
- Kacie Beachler, Oakland
- Jordan Bieranowski, Omaha
- Merritt Dietz, Omaha
- Sarah Lyons, Omaha
- Samantha Musil, DuBois
- Cassie Styers, Omaha
- Janelle Weber, Dorchester

### Young Men
- Mike Callahan, Elkhorn
- Brad Kuxhausen, Glenwood, Iowa
- Max McShane, Elkhorn
- Max Milder, Council Bluffs, Iowa
- Robert Rands, Bellevue
- James Robinson, Council Bluffs, Iowa
- Scott Robinson, Elkhorn
- Jared Schuurmans, Norfolk
- Kyle Sempek, Omaha
- Avery Walker, Bellevue
AWARD SELECTION CRITERIA

JIM KINDIG JUNIOR OLYMPIC CROSS COUNTRY ATHLETES OF THE YEAR

The highest-placing male and female medalists at the USATF National Junior Olympic Cross Country Championships, regardless of age division. If there is not a male or female medalist in any age division, then no award will be given.

NATIONAL JUNIOR OLYMPIC CROSS COUNTRY TEAM MEDALISTS

All members of a cross country team that place in the top three at the USATF National Junior Olympic Cross Country Championships will be recognized.

ALL-NEBRASKA CROSS COUNTRY TEAM

1. The athlete must not have already been selected as a Junior Olympic Cross Country Athlete Of The Year.

2. The athlete must have achieved at least one of the following during the 2005 USATF cross country season:
   a. National Junior Olympics medalist
   b. Regional or Association Junior Olympics champion

KIP McEWEN JUNIOR OLYMPIC RACE WALK ATHLETE OF THE YEAR

The highest-placing male or female medalist in a race walk event at the USATF National Junior Olympic Track & Field Championships, regardless of age division. If there is not a male or female medalist in any age division, then no award will be given.

RUSS WHITE JUNIOR OLYMPIC COMBINED EVENT ATHLETES OF THE YEAR

The highest-placing male and female medalists in a combined event at the USATF National Junior Olympic Track & Field Championships, regardless of age division. If there is not a male or female medalist in any age division, then no award will be given.
**JUNIOR OLYMPIC TRACK & FIELD ATHLETES OF THE YEAR**

The highest-placing medalist in an individual event at the USATF National Junior Olympic Track & Field Championships in each age division. If more than one athlete in an age division tie for the highest place, each will receive an award. If there is not a medalist in a particular age division, then no award will be given in that age division.

**NATIONAL JUNIOR OLYMPIC TRACK & FIELD RELAY MEDALISTS**

All members of a relay team that place in the top eight at the USATF National Junior Olympic Track & Field Championships will be recognized.

**ALL-NEBRASKA TRACK & FIELD TEAM**

1. The athlete must not have already been selected as a Junior Olympic Track & Field, Junior Olympic Combined Event, or Junior Olympic Race Walk Athlete Of The Year.

2. The Bantam, Midget, or Youth athlete must have participated in at least two (2) USATF-sanctioned non-Junior Olympic meets. The Intermediate or Young Men/Women athlete must have participated in at least one (1) USATF-sanctioned non-Junior Olympic meet.

3. The athlete must have achieved at least one of the following during the 2005 USATF track & field season:
   a. Broke an existing Nebraska Association record
   b. National Junior Olympics (Indianapolis) medalist
   c. National Youth Outdoor (Knoxville) medalist
   d. Regional Junior Olympics (Madison) champion
   e. Association Junior Olympics (Burke or Crete) champion

   Note: Only the athlete’s individual-event (i.e. track, field, race walk, combined event) performances are considered for eligibility criteria. Relay-event performances are not considered.

4. Must have a completed athlete nomination form submitted to the awards committee by the deadline established by the Association.