

St. Joseph County All-Star Track and Field Meet

Past Winners

Girls Shot Put

Year	Name	School	Performance
2025	Brianna Heitkamp	Mendon	36' 1"
2024	Brianna Heitkamp	Mendon	32' 8"
2023	Keyara Szymanski	Mendon	35' 10"
2022	Keyara Szymanski	Mendon	34' 5"
2021	Keyara Szymanski	Mendon	32' 3"
2020	Canceled due to Covid		
2019	Lily Stears	Constantine	32' 10.75"
2018	Izabella Taylor	Three Rivers	38' 1.75"
2017	Izabella Taylor	Three Rivers	39'0.5"
2016	Nicolette Nelson	Sturgis	33' 2"
2015	Nicolette Nelson	Sturgis	34'
2014	Nicolette Nelson	Sturgis	33' 2"
2013	Heavin King	Constantine	32' 1"
2012	Vicky Thurman	Three Rivers	31' 9"
2011	Alex Thulin	Colon	29' 10"
2010	Haley Ubank	Sturgis	33' 2"
2009	Bridgette Casselman	Constantine	34' 6"
2008	Tiffany Calhoun	White Pigeon	36' 3"
2007	Tiffany Calhoun	White Pigeon	38' 2"
2006	Dwana Jones	Sturgis	38' 4.75"
2005	Kasey Willis	Constantine	34' 7.5"
2004	Dwana Jones	Sturgis	37' 1.25"
2003	Kim Hall	Three Rivers	33' 4"
2002	Kim Hall	Three Rivers	35' 3.25"

2001	Trisha Cooley	Colon	32' 9"
2000	Shannon Roach	Colon	36' 5"
1999	Sarah Chobot	Mendon	39' 11.5"
1998	Sarah Chobot	Mendon	39' 0.75"
1997	Sherry Brown	Three Rivers	40' 6"
1996	Sherry Brown	Three Rivers	39' 10"
1995	Lindsey Sanders	White Pigeon	34' 0.5"
1994	Tonya Broadway	Constantine	31' 11.5"
1993	Laura Roberts	Three Rivers	33' 2"
1992	Megan Miholder	Three Rivers	36' 2.75"
1991	Megan Miholder	Three Rivers	34' 7"
1990	Teresa Green	Colon	40' 3"
1989	Teresa Green	Colon	38' 2"
1988	Teresa Green	Colon	38' 0.5"
1987	Teresa Green	Colon	34' 4.5"
1986	DeeDee Grant	Sturgis	33' 7"
1985	DeeDee Grant	Sturgis	32' 8.75"

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Girls Discus

Year	Name	School	Performance
2025	Eleena Kelley	Sturgis	133' 5"
2024	Eleena Kelley	Sturgis	108' 9"
2023	Keyara Szymanski	Mendon	106' 2"
2022	Lilly Stears	Constantine	101' 6"
2021	Keyara Szymanski	Mendon	95' 6"
2020	Canceled due to Covid		
2019	Holly Ellingson	Sturgis	94' 4"
2018	Izabella Taylor	Three Rivers	108' 1"
2017	Janella Garcia	Sturgis	96'10"
2016	Nicolette Nelson	Sturgis	129' 2"
2015	Nicolette Nelson	Sturgis	110' 6"
2014	Nicolette Nelson	Sturgis	115' 2"
2013	Nicolette Nelson	Sturgis	106' 4"
2012	Sage Pence	Centreville	99' 3"
2011	Alex Thulin	Colon	96' 10"
2010	Alex Thulin	Colon	99' 6"
2009	Hayle Ubank	Sturgis	99' 2"
2008	Tiffany Calhoun	White Pigeon	114' 8"
2007	Rachel Denison	Sturgis	109' 9"
2006	Tiffany Calhoun	White Pigeon	107' 6"
2005	Rachel Denison	Sturgis	104' 2"
2004	Trisha Cooley	Colon	116' 2"
2003	Kim Hall	Three Rivers	111' 5"
2002	Brandi Granger	Constantine	121' 9"

2001	Stephanie Teeple	Sturgis	105' 10"
2000	Brandi Granger	Constantine	111' 8"
1999	Sarah Chobot	Mendon	101' 9"
1998	Jessica Shaw	Three Rivers	99' 2"
1997	Kelli Rexford	Colon	103' 9"
1996	Kelli Rexford	Colon	103' 3"
1995	Kelli Rexford	Colon	108'
1994	Melissa Stears	Constantine	102' 3"
1993	Laura Roberts	Three Rivers	98'
1992	Megan Miholder	Three Rivers	111' 8"
1991	Heather Salisbury	White Pigeon	108' 11"
1990	Heather Salisbury	White Pigeon	111' 9"
1989	Beth Myers	Sturgis	115' 7"
1988	Kim Moe	Constantine	112' 6"
1987	Cathy Riley	Mendon	105' 1"
1986	Cathy Riley	Mendon	93'
1985	Sandy Cook	Mendon	123'

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Past Winners

Girls Long Jump

Year	Name	School	Performance
2025	Angela Cary	Sturgis	16' 10"
2024	Ellie Miller	Centreville	15' 9.25"
2023	Zoe Miller	Centreville	15' 5"
2022	Korwin Whitcomb	Sturgis	15' 6"
2021	Danielle Stauffer	Centreville	15' 5.5"
2020	Canceled due to Covid		
2019	Danielle Stauffer	Centreville	15' 8"
2018	Shelby Krawczak	Three Rivers	16' 4.75"
2017	Shelby Krawczak	Three Rivers	15' 5"
2016	Riley Phelps	White Pigeon	16' 2"
2015	Nellie Pence	Centreville	15' 5.5"
2014	Nellie Pence	Centreville	15' 7.5"
2013	Nellie Pence	Centreville	15' 9"
2012	Alonda Williams	Centreville	16' 7.5"
2011	Devonna McCarthy	Sturgis	16' 8.25"
2010	Devonna McCarthy	Sturgis	15' 8"
2009	Allysa Owen	Three Rivers	14' 5.5"
2008	Allysa Owen	Three Rivers	15' 9"
2007	Cassandra Babcock	Mendon	16' 8"
2006	Erika Schroll	Three Rivers	16' 11"
2005	Holly Pueschel	Sturgis	16' 4"
2004	Alesia Klaus	Constantine	15' 3"
2003	Jill Peterson	Centreville	15' 5"

2002	Alli Hill	Constantine	15' 2"
2001	Becca Cline	Three Rivers	16' 1.25"
2000	Shemika Stanford	Three Rivers	16' 7"
1999	Sarah Chobot	Mendon	15' 1.5"
1998	Stephanie Teeple	Sturgis	15' 7"
1997	Tomi Stieglitz	Constantine	15' 1.5"
1996	Tomi Stieglitz	Constantine	16' 9.75"
1995	Sarah Pieh	Sturgis	15' 11"
1994	Liz Vanderheyden	Constantine	15' 5.5"
1993	Jenny King	Constantine	15' 8"
1992	Liz Vanderheyden	Constantine	15' 4"
1991	Angela Gibson	Sturgis	16' 3.75"
1990	Tammy Whitten	Three Rivers	15' 9"
1989	Linda Hamilton	Sturgis	15' 11.5"
1988	Angel Loudenslager	Colon	15' 7.5"
1987	Karen Walker	Constantine	15' 7.5"
1986	Shannon Wonnocott	Mendon	15' 8.5"
1985	Jill Ream	Sturgis	16' 3.75"

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Past Winners

Girls High Jump

Year	Name	School	Performance
2025	Angela Cary	Sturgis	5' 3"
2024	Macey Burgess	Colon	5' 0"
2023	Hailey Miller	Centreville	4' 10"
2022	Korin Whitcomb	Sturgis	5' 0'
2021	Korin Whitcomb	Sturgis	5' 2"
2020	Canceled due to Covid		
2019	Hadley Miller	Three Rivers	5' 1"
2018	Hadley Miller	Three Rivers	5' 2"
2017	Mackenzi Dobosiewicz	Constantine	5' 0"
2016	Hannah Marchand	Centreville	4' 8"
2015	Tallison Wilson	Colon	4' 11"
2014	Tallison Wilson	Colon	4' 10"
2013	Amanda Lovell	Mendon	5' 3"
2012	Amanda Lovell	Mendon	5' 4"
2011	Amanda Lovell	Mendon	5' 2"
2010	Amanda Lovell	Mendon	5' 1"
2009	Cierra Gest	Sturgis	4' 9"
2008	Jen Fuller	Sturgis	5'
2007	Jen Fuller	Sturgis	5' 5"
2006	Erika Schroll	Three Rivers	5' 4"
2005	Erika Schroll	Three Rivers	5' 6"
2004	Erika Schroll	Three Rivers	5' 2"
2003	Mary Leverentz	Three Rivers	5'

2002	Mary Leverentz	Three Rivers	5' 2"
2001	Mary Leverentz	Three Rivers	4' 10"
2000	Alison Baker	Sturgis	5' 1"
1999	Sarah Chobot	Mendon	5'
1998	Stanford	Three Rivers	4' 10"
1997	Alanna Mestelle	White Pigeon	5'
1996	Kristin Allen	Sturgis	4' 10"
1995	Kristin Allen	Sturgis	5'
1994	Becky Edinger	Sturgis	5'
1993	Sheril Rolfe	Three Rivers	4' 10"
1992	Tracy Harmon	Mendon	4' 10"
1991	Angela Gibson	Sturgis	5'
1990	Heather Hudgins	Sturgis	5'
1989	Gina Switalski	Mendon	4' 10"
1988	Julie Edinger	Sturgis	5' 3"
1987	Julie Edinger	Sturgis	5'
1986	Teresa Wood	Sturgis	5' 4"
1985	Kim Bowlby	Mendon	5'

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Past Winners

Girls Pole Vault

Year	Name	School	Performance
2025	Olivia Wenzel	Three Rivers	9' 10"
2024	Kenzy Triezenberg	Sturgis	8' 6"
2023	Kenzy Triezenberg	Sturgis	8' 6"
2022	Kimberly Duran	Sturgis	8' 0"
2021	Ellana Haifley	Three Rivers	9' 3"
2020	Canceled due to Covid		
2019	Ellana Haifley	Three Rivers	9' 6.5"
2018	Leah Dumm	Constantine	8' 6"
2017	Campbell Haradine	Three Rivers	9'
2016	Anessa Broker	Colon	9'
2015	Tallison Wilson	Colon	10'
2014	Tallison Wilson	Colon	10' 3"
2013	Tallison Wilson	Colon	9'
2012	Paige Kindig	Centreville	9' 6"
2011	Molly Marshall	Sturgis	8' 6"
2010	Molly Marshall	Sturgis	8' 6"
2009	Katlin Abbs	Sturgis	9'
2008	Katlin Abbs	Sturgis	10'
2007	Lorin Padgurskis	Sturgis	8' 6"
2006	Krystal Broson	White Pigeon	8'
2005	Holly Pueschel	Sturgis	9'
2004	Bridget Holtz	Constantine	9' 6"
2003	Amber Lanning	White Pigeon	8' 4"

2002	Emily Franks	Sturgis	10' 6"
2001	Stephanie Teeple	Sturgis	11' 6"
2000	Stephanie Teeple	Sturgis	12' 4"
1999	Stephanie Teeple	Sturgis	10'
1998	Stephanie Teeple	Sturgis	10'