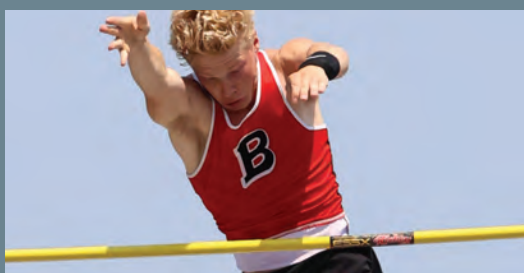




2023 SPECIAL EDITION WIAA STATE TRACK AND FIELD



Sam Crenshaw, Bangor
Division 3 Pole Vault
STATE CHAMPION



Elijah Brown
Division 1 100 Meter Dash
STATE CHAMPION



Braylee Hyatt, Cashton
Division 3 200 Meter Dash
STATE CHAMPION

2023 STATE TRACK AND FIELD AREA ROUNDUP

Aquinas' Conzemius repeats twice, Westby's Gluch wins again; Arcadia's Pehler takes pole vault

By NATE BEIER
Sports Writer

It was one of the quieter years for the Coulee Region in terms at the WIAA track and field championships in terms of champions.

Aside from the three local winners, Bangor's Sam Crenshaw, Cashton's Braylee Hyatt and Tomah's Eli Brown, only a handful of others were crowned champions from the Coulee Region.

COULEE CONFERENCE
The Coulee Conference boasted a pair of individual state champions by the end of this year's state meet.

Arcadia's Casidi Pehler won the Division 2 pole vault title Friday, June 2 after clearing 11-06. Pehler missed twice at one height in the early goings of the event, but eventually cleared the mark and went on to hold seed as the top vaulter in the meet.

The following day Westby's Erin Gluch repeated as high jump champion - this time in Division 3. Gluch set a personal record of 5-08 in the event on her way back to the top of the podium.

Westby's Meghan Nelson was third in pole vault and fourth in the 300 hurdles.

West Salem's Carter Walter was sixth in the D2 200.

Luther's Jack Schmeling was fourth in the D3 triple jump and sixth in high jump.

MISSISSIPPI VALLEY CONFERENCE

Aquinas sprinter, Collin Conzemius won the Division 2 100 and 200 dashes for a second-straight year.

The senior shaved off two tenths of a second from prelims to finals for the 100 meter dash win in a time of 10.72. Conzemius knocked off a half second on his 200 time for a winning time of 21.39.

Conzemius helped the 800 meter relay team to a third place finish also.

Also in D2, Logan's Avin Smith was third in the 300 hurdles. Logan's boys 3200 meter relay was third.

In D1 competition, La Crosse Central's Bennett Fried was second in the 200 and third in both the long and triple jumps.

Aaron Polema was fourth in the 300 hurdles. The Onalaska 800 relay was sixth.

For the girls, Holmen's Lydia Lazarescu was third in the open 100. Jady Roden was fifth in discus.

Onalaska's Alli Thomas was fourth in the 300 hurdles. The Hilltoppers' 800 and 1600 meter relays were both third.

RIDGE AND VALLEY CONFERENCE

Wauzeka-Steuben's Lucius Cooley finished up with a pair of silver medals in the Division 3 110 and 300 hurdles and was fourth in the high jump. Teammate Seth Bunders was the runner-up in the 400 meter dash.

Kickapoo/La Farge freshman Aidric Egge was fourth in the boys long jump. Jayla Nagel was fifth in girls discus throw.

Ithaca/Weston's Kaylee Peterson was fifth in the 800.

DAIRYLAND CONFERENCE

Cochrane-Fountain City's Westley Pronschinke was second in the 3200 and sixth in the 1600 to cap a career that also included a cross country title this past fall.

Addy Duellman, the individual champion cross country runner, was fourth in the mile.

Immanuel Lutheran's Audrey Arndt was fourth in the 100.

SOUTH CENTRAL CONFERENCE

Mauston's Eli Boppart was fourth in the 1600 and 3200 meter runs.

Eli Hallwood was third in pole vault. Brie Eckerman was fourth in the girls 100 meter hurdle final.

2023 STATE TRACK AND FIELD WHEELCHAIR ARIANA RODERICK, SPARTA



Cashton's Katie Leis waits for the ball to reach her glove as Luther's Jolene Jordahl lunges for first on a play in Tuesday's regional contest. Herald photo by Nate Beier/GX3 Media.

Runner-up trophy accentuates finale for Spartan senior wheeler

By ZACH RASTALL
Sports Writer

Sparta's Ariana Roderick is no stranger to the state track stage. As a senior, she made the trip to La Crosse to represent the Spartans at state for a third and final time. Her efforts in that last appearance were enough to bring home a sizable piece of hardware.

Roderick competed in four events and accrued 24 total team points, giving Sparta the runner-up trophy following a second-place finish in the girls' wheelchair standings. The 2023 WIAA State Track & Field Championships were held Friday, June 2 and Saturday, June 3 at Veterans Memorial Stadium on the campus of the University of Wisconsin-La Crosse. It was a packed state

weekend in the wheelchair events for Roderick, who placed second among the girls in the 800-meter run with a time of 4 minutes, 20.70 seconds, third in the 100-meter dash with a time of 28.68 seconds, third in the 400-meter dash with a time of 2 minutes, 5.18 seconds and fifth in the shot put with a throw of 9 feet, 6.75 inches.

"It's been an honor and a privilege to be her coach for the last three years," said Sparta head coach Mike Jones. "She's put in a lot of work, a lot of ups and downs and fought through adversity, and now that hard work is paying off."

This past weekend's culmination was the culmination of all the hard work Roderick put in during her high school career. As

a sophomore in 2021, she competed in the 100-meter dash and the shot put. The following year, she added the 400-meter dash.

Her senior season saw the addition of the 800-meter run, giving her the opportunity to compete in enough events at state to make a points splash and secure Sparta a trophy that will continue on as a commemoration of all the progress she made.

"Her first year, she only had two events and each year until now we've added an event, so we have four events today," Jones said. "Really proud of her progress and happy to do this for Sparta. We don't get this opportunity very often, and you've got to take advantage of it."

THE HARDWARE

- 2021**
4th - 100 meter dash (30.93)
4th shot put (9-03.75)
- 2022**
6th - 100 meter dash (34.73)
6th - 400 meter dash (2:14.69)
5th - shot put (10-00.5)
- 2023**
3rd - 100 meter dash (28.68)
3rd - 400 meter dash (2:05.18)
2nd - 800 meter dash (4:20.7)
5th - shot put (9-06.75)

2023 CASHTON TRACK & FIELD STATE QUALIFIERS



- 100 METER DASH**
BRAYLEE HYATT
- 200 METER DASH**
BRAYLEE HYATT
- 100 METER HURDLES**
MAKAYLA GOOSELAW
- 800 METER RELAY**
MAKAYLA GOOSELAW
GABBY HYATT
ADRIANNA BIEVER
BRAYLEE HYATT
- LONG JUMP**
BRAYLEE HYATT
- 1600 METER RELAY**
BRADY HEMMERSBACH
JAKE WALL
JACK SCHLESNER
BRETT HEMMERSBACH
- LONG JUMP**
EMMANUEL HARTER
- HIGH JUMP**
JACK SCHLESNER
- SHOT PUT**
RILEY VERKEN
- SHOT PUT**
MICHAEL SUEPPEL

BANK OF CASHTON
724 Front St
Cashton, WI 54619
608-654-5121

Torkelson
Tomah, Sparta, Cashton
608-372-0679

LINDS HOME CENTER
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Cashton, WI 54619
608-654-7844

VON RUDEN MEAT PROCESSING, LLC
8933 Odessa Ave
Cashton, WI 54619
608-654-7941

SIMONSON REAL ESTATE & AUCTION SERVICE, LLC
612 Broadway St
Cashton, WI 54619
608-654-5162

CASHTON Central Express DELI
633 Front St
Cashton, WI 54619
608-654-7784

Cashton Building Supply
523 Broadway St
Cashton, WI 54619
608-654-7871

MDS MISNA DAIRY SUPPLY, INC.
1126 Front St
Cashton, WI 54619
608-654-5106

Scenic Bluffs COMMUNITY HEALTH CENTERS
238 Front St
Cashton, WI 54619
608-377-4296

WCCU CREDIT UNION
105 Randy Rd
Cashton, WI 54619
608-654-7580

2023 DIVISION 3 200 METER DASH STATE CHAMPION **BRAYLEE HYATT, CASHTON**



Cashton senior saves best performance for last in state track finale

At the end of a jampacked day in the sweltering heat, Cashton senior Braylee Hyatt had one final event left in her high school athletics career. One last chance to claim a gold medal on the state track stage with which she became so familiar. With however much Hyatt had left in the tank, she dug deep and made her first-place dream a reality.

Hyatt gave her Cashton career the ultimate curtain call by placing first in the Division 3 girls' 200-meter dash with a winning time of 25.44 seconds — a mere five hundredths of a second ahead of Wisconsin Rapids Assumption freshman Bella Thomas in second.

The 200-meter dash was the final of four events that Hyatt competed in at the 2023 WIAA State Track and Field Championships held Friday, June 2 and Saturday, June 3 at Veterans Memorial Stadium on the campus of the University of Wisconsin—La Crosse.

In a pair of preliminary races on Friday, Hyatt matched her seeding positions coming in by finishing in first in the 200-meter dash (25.75) and second in the 100-meter dash (12.66) to advance to Saturday's finals.

On top of that, she was part of a relay team with sophomore Makayla Gooselaw, freshman Gabby Hyatt and sophomore Adrianna Biever that posted a time of 1 minute, 46.95 seconds to finish fifth in the prelims of the 800-meter relay and secure their spot in the finals.

That all set the stage for a busy Saturday where Hyatt would compete in four events.

Everything went fairly well for Hyatt through her first three events as she found her way onto the medalist podium in each one. She placed second in the 100-meter dash with a time of 12.50 seconds, with only Assumption's Bella Thomas (12.39) ahead of her in first.

Hyatt notched a sixth-place showing in the long jump with a top leap of 17 feet, 3.25 inches and her 800-meter relay team placed fifth with a time of 1 minute, 46.59



Story By **ZACH RASTALL**
Photos and Layout By
NATE BEIER and LOGAN EVERSON

none of her nine competitors could match.

"I don't even know how to describe it. It's so many emotions. My last race — it feels so good to be on the top of that podium. It's just amazing. All the hard work has paid off." Hyatt said after getting her gold medal Saturday. "I kept telling myself 'it's my last one. I have to do this.' I wanted to leave everything on the track. No regrets. I fought."

On a weekend as hot and sunny as it was in La Crosse for this year's state meet, it's more imperative than ever to do all the right things to keep you prepared physically and mentally for the task ahead. Hyatt took that to heart — kicking her legs up whenever she could, staying out of the sun when possible, frequently hydrating, eating right and getting good sleep.

"She really did a nice job getting off her legs when she could. She drank plenty of water, stayed hydrated and did all the things she needed to do," said Cashton head coach Beth Lee. "I was a little worried coming into this last event wondering how everything else that had happened today would affect her, but she did well."

Hyatt is the sort of athlete that Cashton athletics won't soon forget, and a storybook ending in La Crosse only adds to that legacy. It also provided a bit of a familial bookend for the Hyatts. Early in her career, Braylee was part of an 800-meter relay team alongside Jaiden Hansbery, Annie Schreier and older sister Adelynn that set the school record in the event — a record now broken by Braylee, Gooselaw, Biever and Braylee's younger sister Gabby.

In her first two state appearances, Hyatt competed in four total events and earned one medal. With her four events at state as a senior, she quintupled her career medal total and, in her very last opportunity, permanently etched her name into the record books as a state champion.

"It's such a sweet way to end," Hyatt said. "My sister (Gabby) was on the 4x200 with me, and we broke our school record, which I had with my other sister (Adelynn) a couple years ago. It's just amazing."

I kept telling myself 'it's my last one. I have to do this.' I wanted to leave everything on the track. No regrets. I fought.

- **Braylee Hyatt,**
Cashton sprinter

seconds that broke the school record in the event.

All was going to plan heading into the 200-meter dash, an event where she came into the weekend seeded first and backed that up in Friday's prelims. It certainly was no guarantee Hyatt would post her best effort, especially on a sun-splashed day where the temperature hit 90 and she'd been in three events already.

But with only one more race to run as a Cashton Eagle, Hyatt gave it all she had and posted a personal best that



2023 BANGOR TRACK & FIELD STATE QUALIFIERS



400 METER RELAY
MEGAN MARR
AUBREY LANGREHR
JOERYN FREIT
BLISS KNOX

400 METER DASH
TRAEVON DELANEY

400 METER RELAY
LUCAS REED
LUCAS HORMAN
SAM CRENSHAW
BRANDON GILBERTSON

POLE VAULT
SAM CRENSHAW



AUGIE'S
BAR & GRILL
BANGOR, WI

1614 Commercial St.
Bangor, WI 54614
608-486-1162

Pfaff
Excavating
LLC

Bangor, WI
608-486-4075

TURNMIRE AUTO
REPAIR
(608) 486-1420

W1710 State Highway 16
Bangor, WI 54614
608-486-1420

Village Inn

1601 Bangor St.
Bangor, WI 54614
608-486-2741

Patti Evans
REAL ESTATE

1524 Commercial St.
Bangor, WI 54614
608-792-3664

Rockland
Stop & Go

104 N. Commercial St.
Rockland, WI 54653
608-486-2500

Hansen's
Market IGA

1800 Commercial St.
Bangor, WI 54614
608-486-2626

ARNDT
BUSWELL
& THORN S.C.

1530 Commercial St.
Bangor, WI 54614
608-486-2324

FIRST NATIONAL BANK
Bangor • West Salem • Holmen • Mindoro • St. Joseph Ridge

1798 Commercial St.
Bangor, WI 54614
608-486-2386

House Warmings LLC
Vintage Décor, Crafted & New

1522 Commercial St.
Bangor, WI 54614
608-486-4046

2023 BROOKWOOD TRACK & FIELD STATE QUALIFIERS



3200 METER RUN
MARGARITA SILVA

3200 METER RELAY
AMELIA MUELLENBERG
MARGARITA SILVA
RUBY MUEHLENKAMP
KATIE GRUEN

3200 METER RUN
DYLAN POWELL

3200 METER RELAY
WYATT MAURHOFF
OWEN RADLOFF
DYLAN POWELL
MARSHALL DOLL



1ST COMMUNITY
CREDIT UNION

Sparta, West Salem, Tomah
888-706-1228

Torkelson

Tomah, Sparta, Cashton
608-372-0679

Dorset Valley
Schoolhouse
Restaurant

26147 WI-71
Wilton, WI 54670
608-343-5889



Norwalk Lions Club
Norwalk, WI

WILTON
HARDWARE
HANK

411 Main St
Wilton, WI 54670
608-435-6616

Bank of
Ontario

315 Main St.
Ontario, WI 54651
608-337-4406

Degenhardt
Tire

18933 WI-71
Norwalk, WI 54648
608-823-7521

HITCHIN'
POST

412 Main St
Wilton, WI 54670
608-435-6699

Village
of Wilton

400 East St., Ste. 103
Wilton, WI 54670
608-435-6666

THE PLACE
BAR & GRILL

104 Main St.
Norwalk, WI 54648
608-823-7515

2023 DIVISION 3 POLE VAULT STATE CHAMPION **SAM CRENSHAW, BANGOR**



Crenshaw vaults into Bangor history with state championship

Bangor junior Sam Crenshaw's progression in the pole vault throughout his high school track and field career has moved on a steady upward trajectory from year to year.

It started with laying the groundwork and navigating through some inevitable growing pains as a freshman. That helped build toward his first state appearance and a spot on the medalist podium as a sophomore. Crenshaw's journey hit a new peak to conclude his junior season with a state championship — but one still left him with something to shoot for in 2024.

Crenshaw secured his place in the pantheon of state champions by placing first overall in the Division 3 boys' pole vault at the 2023 WIAA State Track and Field Championships Saturday, June 3 in La Crosse.

Crenshaw set a strong standard by clearing the bar at 15 feet — a full foot better than what Weyauwega-Fremont senior Isiah Schuh posted in second place. It was an impeccable performance for Crenshaw, as he successfully cleared the bar on his first five attempts, despite a lengthy wait to start vaulting as the rest of the field cycled through at the lower heights. Crenshaw cleared marks at 12 feet, 13 feet, 13.5 feet, 14 feet and 15 feet to put up a number that proved to be out of reach for the rest of his competition.

"Coming in, I felt really strong with warmups," Crenshaw said. "Throughout my vaults I was clearing them and wasn't missing anything."

Reaching the top of the podium was just the next step in a journey that saw Crenshaw make his state debut in 2022. On that occasion, Crenshaw's best vault came at 12 feet, 6 inches to place fifth overall and earn a medal.

He further solidified his status as one of the best pole vaulters in Wisconsin throughout this spring and came into state seeded No. 1 overall among the Division 3 boys' field thanks to hitting a mark of 14 feet at the Division 3 sectional in Lancaster on May 23.

Naturally there is a certain pressure that comes with that sort of expectation, but it did not faze Crenshaw.



Story By **ZACH RASTALL**
Photos and Layout By **NATE BEIER**

...sure there's a little pressure on you being (seeded) number one, but I can honestly say it's better being number one than being number seven when you come in here.

I think that confidence level has been with (Sam) all year and he's provided what he's needed to do

- **Kevin Kravik,**
Bangor track and field head coach

"It's always nice to win the state title, but I like to see kids enjoy the moment and that's what Sam did," said Bangor head coach Kevin Kravik. "You come in here and it's a big stage and everything — sure there's a little pressure on you being (seeded) number one, but I can honestly say it's better being number one than being number seven when you come in here. I think that confidence level has been with him all year and he's provided what he's needed to do."

Kravik and Bangor's coaches stress to their athletes to "trust the process" with the understanding that it will pay off in the long run. Kravik has seen it work in his own family. His son, Kellen, was a standout star for the Cardinals in the pole vault as well.

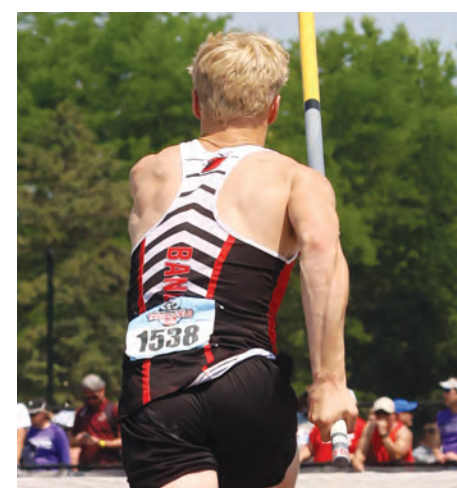
Kellen placed seventh in his state debut as a sophomore in 2014, won the state title in his last two years of high school in 2015 and 2016 and then continued his track career in college at Illinois State. Crenshaw is following a similarly successful trajectory thus far, and he still knows there's more out there for him to accomplish.

The Division 3 boys' state meet record in the pole vault was set by Spencer's Noah Zastrow when he cleared the bar at 15 feet, 4 inches in 2017. Crenshaw set several personal bests this year, culminating in a 15 feet, 6 inch performance, which he achieved this spring at the Willard Hanson Invitational hosted by La Crosse Central on May 4.

Crenshaw wasn't able to replicate that at state this time around — coming up short on his three attempts at 15 feet, 6 inches after securing first place — but it's already given the newly-crowned state champion something to strive for in his senior season.

"I'm a little disappointed not to get that state record, but it will come next year," Crenshaw said. "That'll be my big motivation for next year."

"You've always got to set your goals high. When you reach (a state title), you're not done. You just keep going," Kravik said. "He's a state champion. Now, he wants to be a state champion with a state record."



2023 TOMAH TRACK & FIELD STATE QUALIFIERS



300 METER HURDLES
LILY JOYCE

100 METER DASH
ELIJAH BROWN

200 METER DASH
ELIJAH BROWN

DISCUS THROW
ATLIN STEINHOFF

All American Do it Center

Sparta & Tomah
608-269-5028
608-374-4200



Tomah, Sparta, Cashton
608-372-0679



909 Townline Rd.
Tomah, WI 54660
608-372-4178



SPARTA, WI 269-4300 TOMAH, WI 372-7897
Sparta, Tomah,
Black River Falls
608-269-4300



15341 WI-131
Tomah, WI 54660
608-372-4203



215 E Madison St.
Hillsboro, WI 54634
608-489-4000



111 N Superior Ave.
Tomah, WI 54660
608-372-2111



601 N Superior Ave. #8
Tomah, WI 54660
608-372-2475



201 Helen Walton St. Ste. 1
Tomah, WI 54660
608-372-4000



1231 N Superior Ave.
Tomah, WI 54660
608-374-3493

2023 SPARTA TRACK & FIELD STATE QUALIFIERS



1600 METER RUN
VANESSA GAVILAN

100 METER WHEELCHAIR
ARIANA RODERICK

400 METER WHEELCHAIR
ARIANA RODERICK

800 METER WHEELCHAIR
ARIANA RODERICK

SHOT PUT WHEELCHAIR
ARIANA RODERICK



Sparta, West Salem, Tomah
888-706-1228



834 W Wisconsin St
Sparta, WI 54656
608-269-6752



Sparta & Tomah
608-374-3019



20548 WI-27
Sparta, WI 54656
608-269-5366



405 W Wisconsin St
Sparta, WI 54656
608-269-8497



741 Avon Rd
Sparta, WI 54656
608-269-3500



1501 W. Wisconsin St
Sparta, WI 54656
608-269-4289



325 W Wisconsin St
Sparta, WI 54656
608-269-6456



1003 W Wisconsin St
Sparta, WI 54656
608-269-9005



Sparta & Tomah
608-269-5028
608-374-4200

2023 DIVISION 1 100 METER DASH STATE CHAMPION **ELIJAH BROWN, TOMAH**



Final step puts Tomah's top speedster atop the state podium

One one-hundredth of a second. That tiny fraction of time can seem so insignificant. Think of how many of them passed just reading these past few sentences. But for Tomah junior Elijah Brown, that minuscule moment is all the difference it took to make him a state champion.

Brown placed first in the Division 1 boys' 100-meter dash at this year's state track meet, his winning time of 10.77 seconds just barely edging out Green Bay Southwest senior Lyndon Hemmrich-Hartman's second-place mark of 10.78 seconds. Hemmrich-Hartman was the defending state champion in the event, winning it in 2022 while representing Oshkosh North.

As one would expect given the razor-thin margin of victory, it wasn't immediately clear who had won when the pack of competitors hit the finish line. After a few seconds, Brown's name popped up in first on the board at Roger Harring Stadium.

Brown's celebration was a simple and subdued one: a quick point to the sky in gratitude.

"I just felt so thankful because I worked really hard for it," Brown said. "I honestly thought Lyndon had it. I really did think he had it. But I guess not. It was really close."

That dramatic win marked the greatest moment yet for Brown in what's been a meteoric rise during his high school track career. In his second appearance at state, he went from being eliminated in the prelims to winning a gold medal in the span of a year.

Brown was a member of the Tomah track team right from the start as a freshman but ended that first season unsatisfied with where he was at with his sprints. He put in work over the summer of 2021 to improve his form and it helped pave the way for him qualifying for state as a sophomore in 2022 in both the 100- and 200-meter dashes.

Brown's state debut didn't quite go as he hoped. He finished 15th in the 100-meter dash prelims and 18th in the 200-meter dash prelims, eliminating him from both fields and causing Brown to miss out on the opportunity to run in the finals the following day.



Story By **ZACH RASTALL**
Photos and Layout By **NATE BEIER**

However, simply being at state and experiencing what it's all about the first time better prepared him for the environment the next time around.

"Honestly, I just knew what to expect," Brown said of his second time running at state. "Last year, I had no idea what it was like going into it."

Brown's work on honing in his skills continued on into the summer following his sophomore year. He noted that he did more track-specific leg workouts that were focused on increasing his flexibility rather than just strength.

Additionally, sophomore Alex Boyko (who suffered a hamstring injury at sectionals that robbed him of a chance to qualify for state) joined the Timberwolves for the 2023 track season and was able to push Brown in his sprints — a factor that Brown was quick to point out as being key in his continued progression.

That all helped raise his level further during his junior season, but that's not to say everything went smoothly this spring. Some hamstring issues cropped up for Brown in early May that hampered him and caused a 10th-place finish in the 100-meter dash (12.74 seconds) at the Mississippi Valley Conference meet on May 13.

However, Brown recovered well enough to place first in the 100-meter dash and second in the 200-meter dash at both regionals and sectionals.

"For him to kinda bounce back throughout regionals and sectionals and to continue to get faster was really impressive to watch," said Tomah head coach Collin Eswein. "The times that he was posting with a hammy that I know, and I think he knows, isn't 100 percent was tremendous."

That set the stage for Brown to compete at the 2023 WIAA State Track & Field Championships, held Friday, June 2 and Saturday, June 3 at Veterans Memorial Stadium Complex in La Crosse.

Due to a pair of weather delays on Friday, Brown had to wait until about 9:45 p.m. to run in the 100-meter prelims and around midnight for the 200-meter prelims. Under the cover of darkness, he won both his heats and was second overall in each event's prelims with times of 10.84 and 21.57 seconds.

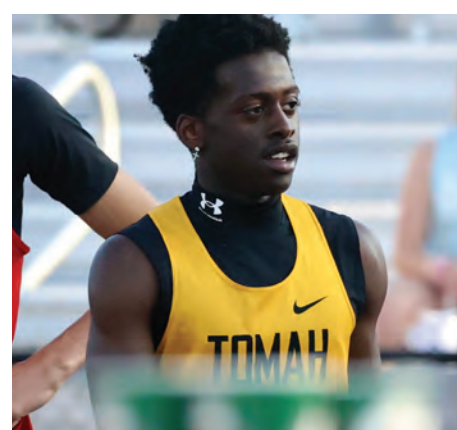
Brown came into state seeded sixth in the 100-meter dash and ninth in the 200-meter dash based on sectional times, but his preliminary race performances made it clear he was gunning for a spot at or near the top of the medalist podium in both.

Brown lived up to that potential on Saturday, earning his first-place finish in the 100 and posting a time of 21.66 seconds in the 200-meter dash to place third overall in that race.

"It makes me want to improve more and makes me not satisfied," Brown said of his third-place performance in the 200. "I want to win state in the 100 and 200 (as a senior) and at least win a meet in the 400 — I want to improve myself in that aspect. And then I want to try to make it to state in the long jump as well."

Brown knows there's still more out there for him to accomplish during his senior season in 2024. But regardless of what happens next, he's already ensured his place in the record books among that exclusive club of state champions.

That's just how much a single hundredth of a second can truly mean.



WIAA STATE TRACK AND FIELD AREA RESULTS

Cashton's Schlesner leads area athletes with runner-up finish in high jump

By ZACH RASTALL
Sports Writer

With each successive state appearance, Cashton junior Jack Schlesner just keeps getting better and better his high jump marks. His latest performance placed him near the top of the medalist podium and will have him eyeing the gold in his senior season.

Schlesner matched a personal best — and a Cashton school record — by clearing the bar at 6 feet, 5 inches to place second in the Division 3 boys' high jump at the 2023 WIAA State Track and Field Championships. This year's state meet was held Friday, June 2 and Saturday, June 3 at Veterans Memorial Stadium in La Crosse.

This marked Schlesner's third state appearance in the high jump in as many years during his high school track career. He finished in 13th in the event in 2021 and improved to sixth and earned a medal last year.

This time around, only Gresham-Bowler senior Emmitt Kietlinski and his mark of 6 feet, 6 inches denied Schlesner the top spot on the WIAA state podium.

"I knew how the environment was here and it just made



Cashton's Jacob Huntzicker catches Westby's Gavin Larson leading off second and forces an out during Tuesday's game. Herald photo by Jenny Schendel.

me feel relaxed," Schlesner said. "I wanted to make top three for sure and I was happy I was able to do it this year."

Cashton senior Riley Verken unleashed a top throw of 50 feet, four inches to grab the last spot on the podium with a

sixth-place finish in the boys' shot put. Sophomore Makayla Gooselaw came in eighth in the girls' 100-meter hurdles with a time of 16.19 seconds in her state debut for the Eagles.

Brookwood's lone medal

at state this season came in the boys' 3,200-meter relay, where the team of junior Wyatt Maurhoff, junior Owen Radloff, senior Dylan Powell and sophomore Marshall Doll came in sixth with a time of 8 minutes, 14.72 seconds.

STATE TRACK AND FIELD RESULTS

BANGOR

GIRLS

Relays.....
400M Relay: 400M Relay: 16 Megan Marr, Aubrey Langrehr, Joeryn Freit, Bliss Knox 54.08"
BOYS

Track.....
400M: 14 Traevon Delaney 52.64"
Relays.....
400M Relay: 400M Relay: 9 Lucas Reed, Lucas Horman, Sam Crenshaw, Brandon Gilbertson 44.52"
Field.....
Pole Vault: Pole Vault: 1 Sam Crenshaw 15-00
*prelims

CASHTON

GIRLS

Track.....
100M: 2 Braylee Hyatt 12.50
200M: 1 Braylee Hyatt 25.44
100M Hurdles: 8 Makayla Gooselaw 16.19
Relays.....
800M Relay: 5 Makayla Gooselaw, Gabby Hyatt, Arianna Bieber, Braylee Hyatt 1:46.59
Field.....
Long Jump: 6 Braylee Hyatt 17-3.25
BOYS

Relays.....
1600M Relay: 13 Brady Hemmersbach, Jake Wall, Jack Schlienser, Brett Hemmersbach 3:35.87"
3200M Relay:
Field.....
High Jump: 2 Jack Schlesner 6-5
Long Jump: 11 Emmanuel Harter 20-1.75
Shot Put: 6 Riley Verken 50-4, 10 Michael Suetpell 46-10.75
*prelims

BROOKWOOD

GIRLS

Track.....
3200M: 3200M: 14 Margarita Silva 12:26.77
Relays.....
3200M Relay: 3200M Relay: 11 Amelia Muellenberg, Margarita Silva, Ruby Muehlenkamp, Katie Gruen 10:03.80
BOYS

Track.....
3200M: 11 Dylan Powell 10:19.71
Relays.....
3200M Relay: 3200M Relay: 6 Wyatt Maurhoff, Owen Radloff, Dylan Powell, Marshall Doll 8:14.72

TOMAH

GIRLS

Track.....
100M Hurdles: 11 Lily Joyce 15.39"
300M Hurdles: 10 Lily Joyce 46.19
BOYS

Track.....
100M: 1 Elijah Brown 10.77
200M: 2 Elijah Brown 21.66
Field.....
Discus Throw: 11 Atlin Steinhoff 150-06
*prelims

FOR COMPLETE RESULTS VISIT WIAAWI.ORG

SPARTA

GIRLS

Track.....
1600M: 23 Vanessa Gavilan 5:32.18
Wheelchair.....
100M: 3 Ariana Roderick 28.68
400M: 3 Ariana Roderick 2:05.18
800M: 2 Ariana Roderick 4:20.7
Shot Put: 5 Ariana Roderick 9-06.75

WIAA STATE TRACK AND FIELD IN PHOTOS



Cashton's 800 meter relay (Gabby Hyatt, Braylee Hyatt, Makayla Gooselaw, Arianna Bieber) celebrate their fifth place finish at the WIAA state track and field championships. Herald photo by Nate Beier/GX3 Media.



ABOVE Bangor's Lucas Reed rounds the first turn in the 400 meter relay final on Saturday



ABOVE Brookwood's Owen Radloff takes the baton from Wyatt Maurhoff to start the second leg of the 3200 meter relay.



LEFT Tomah's Lily Joyce clears one of the final hurdles during the 300 meter final Saturday

1. Bangor's Traevon Delaney lines up in the blocks for the 400 meter dash prelim
2. Cashton's Emmanuel Harter makes a splash in the sand during the long jump event.
3. Bangor's Joeryn Freit pauses and reflects prior to the 400 meter relay

Herald photo by Nate Beier and Logan Everson



BELOW Brookwood's Margarita Silva races along the back straightaway in the 3200 meter run.

