

From the Desk of the Athletic Director

by Brent Heusman

Spring activities have concluded with 16 students representing Sterling High School at the State track meet. The boys track team brought home the Class D Runner-Up trophy. Jordan Lempka ended her athletic career at Sterling as a repeat champion in the discus and also breaking the school record she set last year with her first place throw. Other school track records were broken throughout both the junior high and high school track seasons. Look for updates to the track record boards located in the gym lobby. All students should be commended on another great year of representing Sterling High School activities and athletics.

Pioneer Indoor

Girls – 3rd Place

Taylor Cockerill – 2nd 800M run 2:45.1; 1st High Jump 4'10"
Wendy Sterkel – 2nd 3200M run 14:10.3
Rachel Frerichs-Shea – 6th 3200M run 15:29.3
Tara Hestermann – 5th 60M Hurdles 10.5
Jordan Lempka – 2nd Shot Put 34'2"
Jazzy Eickhoff – 3rd Shot Put 33'9.5"
5th – 4 x 400M Relay 4:48.8
1st – 4 x 800M Relay 10:52.2

Turkey Creek Relays

Girls – 4th Place

3rd 4x400M Relay 4:45.8 (T. Hestermann, Nielsen, Sterkel, Cockerill)
2nd 4x800M Relay 11:04.6 (T. Hestermann, Nielsen, Sterkel, Cockerill)
1st 4x1200M Relay 19:10.2 (Sterkel, Nielsen, Cockerill, T. Hestermann)
1st Shot Put 68'8.75" (Lempka, Eickhoff)
4th Shot Put 60'10" (Keim, Williams)
1st Discus 209'6" (Lempka, Eickhoff)

MUDECAS

Girls – 2nd Place B Division

Bailey Kahler – 5th 100M dash 14.5
Erika Goracke – 4th 200M dash 30.5; 6th 400M dash 1:10.5
Sydney Goracke – 6th 200M dash 31.8; 6th Long Jump 12'4.75"
Taylor Cockerill – 3rd 400M dash 1:08.0; 1st 800M run 2:39.6; 1st 1600M run 6:11.1; 1st High Jump 4'8"
Tara Hestermann – 4th 800M run 2:43.8; 3rd 100M Hurdles 17.5
Wendy Sterkel – 1st 3200M run 13:57.2
Stasia Nielsen – 3rd 300M Hurdles 55.6
Jordan Lempka – 1st Shot Put 36'10"; 1st Discus 124'1"
Jazzy Eickhoff – 2nd Shot Put 36'7.5"; 2nd Discus 97'10"
Becky Williams – 3rd Shot Put 33'6"
4th – 4x100M Relay 58.1 (Nielsen, S. Goracke, Kahler, E. Goracke)
2nd – 4 x 400M Relay 4:44.8 (Nielsen, E. Goracke, Kahler, T. Hestermann)
1st – 4 x 800M Relay 11:03.2 (Nielsen, Frerichs-Shea, Kahler, Sterkel)

Boys – 2nd Place

Jesse Phillips – 2nd 200M dash 24.6; 4th 400M dash 56.2
Trey Trauernicht – 1st 800M run 2:08.9; 1st 1600M run 5:02.4
Rhet Dirks – 2nd 800M run 2:10.6; 2nd 1600M run 5:12.2
Dylan Benson – 2nd 3200M run 12:14.3
Josh Masur – 4th 3200M run 12:26.5
Chris Wenzl – 2nd 60M Hurdles 9.2; 2nd Shot Put 50'3"
Tanner Shea – 3rd Triple Jump 37'5"
Matt Wirthele – 6th Shot Put 40'3"
2nd – 4 x 400M Relay 3:49.9
1st – 4 x 800 M Relay 9:08.9

Boys – 1st Place

4th 4x100M Relay 51.21 (Masur, Dolbow, J. Wenzl, Bessey)
2nd 4x200M Relay 1:42.1 (Dolbow, Buss, C. Wenzl, Phillips)
1st 4x400M Relay 3:43.0 (C. Wenzl, Dirks, Phillips, Trauernicht)
1st 4x800M Relay 9:20.8 (Dirks, Phillips, Harms, Trauernicht)
1st 4x1200M Relay 15:43.4 (Harms, Dirks, D. Benson, Trauernicht)
3rd 1600M Sprint Medley 4:21.2 (Buss, Julian, Bessey, D. Benson)
1st Distance Medley 9:18.2 (Dirks, Harms, Masur, Trauernicht)
3rd Triple Jump 70' (Shea, Julian)
2nd Shot Put 89'0.5" (C. Wenzl, Wirthele)
3rd Discus 214'5" (Wirthele, Phillips)

Boys – 2nd Place B Division

Jesse Phillips – 4th 200M dash 24.0, 3rd Discus 129'3"
Trey Trauernicht – 1st 800M run 2:04.4; 1st 1600M run 4:58.1; 1st 3200M run 11:59.0
Rhet Dirks – 3rd 800M run 2:16.9; 2nd 1600M run 5:05.1
Seth Harms – 4th 800M run 2:19.2; 3rd 1600M run 5:14.1
Dylan Benson – 2nd 3200M run 12:06.3
Josh Masur – 4th 3200M run 12:24.8
Chris Wenzl – 3rd 110M Hurdles 16.9; 1st 300M Hurdles 42.4; 1st Shot Put 52'11"*
Matt Wirthele – 4th Shot Put 43'3.5"
6th – 4x100M Relay 52.0 (Masur, Dolbow, J. Wenzl, Bessey)
2nd – 4x400M Relay 3:44.9 (C. Wenzl, Phillips, Dirks, Trauernicht)
1st – 4x800M Relay 9:37.4 (Harms, Phillips, D. Benson, Dirks)
**new school record*

Mustang Invite

Girls – 1st Place

Taylor Cockerill – 1st 800M Run 2:34.8; 2nd High Jump 4'10"; 3rd 1600M Run 6:05.4
Wendy Sterkel – 1st 3200M Run 13:56.3
Tara Hestermann – 2nd 100M Hurdles 17.2; 4th 1600M Run 6:10.8
Jordan Lempka – 2nd Shot Put 35'11"; 1st Discus 110'10"
Jazzy Eickhoff – 3rd Shot Put 34'8.5"
Becky Williams – 4th Shot Put 34'2"
3rd – 4x400M Relay 4:38.3 (Sterkel, E. Goracke, Kahler, T. Hestermann)
2nd – 4x800M Relay 11:10.3 (Nielsen, T. Hestermann, Sterkel, Cockerill)

Lewiston Invite

Girls – 2nd Place

Taylor Cockerill – 2nd 800M run 2:35.8; 3rd 1600M 6:14.8; 3rd High Jump 4'9"
Tara Hestermann – 2nd 1600M run 6:09.7; 2nd 100M Hurdles 17.3
Wendy Sterkel – 3rd 3200M run 13:40.8
Stasia Nielsen – 5th 300M Hurdles 56.1
Jordan Lempka – 1st Shot Put 38'4.5"; 1st Discus 125'3"
Jazzy Eickhoff – 2nd Shot Put 37'2.5"; 3rd Discus 101'5"
Becky Williams – 6th Shot Put 35'1"
4th – 4x400M Relay 4:44.6 (Sterkel, E. Goracke, Kahler, T. Hestermann)
2nd – 4x800M Relay 10:51.5 (T. Hestermann, Sterkel, Kahler, Cockerill)

Irish Invite

Girls – 3rd Place

Taylor Cockerill – 2nd 800M run 2:28.5; 1st 1600M run 5:45.5; 4th High Jump 4'8"
Wendy Sterkel – 3rd 3200M run 13:39.9
Jordan Lempka – 1st Shot Put 37'11"; 1st Discus 119'9.5"
Jazzy Eickhoff – 2nd Shot Put 35'10"; 6th Discus 101'4.5"
Becky Williams – 6th Shot Put 33'1"
6th – 4x400M Relay 4:48.3 (Fisher, E. Goracke, Kahler, Sterkel)
1st – 4x800M Relay 10:48.1 (T. Hestermann, Sterkel, Kahler, Cockerill)

Pioneer Conference

Girls – 3rd Place

Stasia Nielsen – 4th 400M dash 1:06.5
Taylor Cockerill – 2nd 800M run 2:26.6; 2nd 1600M run 5:59.8; 2nd High Jump 5'
Tara Hestermann – 3rd 800M run 2:38.7; 5th 1600M run 6:09.9
Wendy Sterkel – 2nd 3200M run 13:33.9
Jazzy Eickhoff – 1st Shot Put 37'; 4th Discus 107'1"
Jordan Lempka – 2nd Shot Put 36'7.5"; 1st Discus 132'10"
5th – 4x100M Relay 58.3 (E. Goracke, Kahler, S. Goracke, Nielsen)
4th – 4x400M Relay 4:40.7 (Sterkel, E. Goracke, Nielsen, T. Hestermann)
2nd – 4x800M Relay 10:42.0 (T. Hestermann, Sterkel, Kahler, Cockerill)

Boys – 1st Place

Jesse Phillips – 2nd 200M dash 23.2, 2nd Discus 127'11"
Trey Trauernicht – 1st 800M run 2:02.7, 1st 1600M run 4:59.4, 1st 3200M run 10:59.2
Rhet Dirks – 2nd 800M run 2:07.1; 2nd 1600M run 4:59.6
Seth Harms – 4th 800M run 2:09.7; 4th 1600M run 5:11.3
Dylan Benson – 5th 3200M run 11:50.0
Chris Wenzl – 4th 110M Hurdles 16.8; 2nd 300M Hurdles 42.9; 1st Shot Put 48'9"
Matt Wirthele – 6th Shot Put 39'6.5"
1st – 4x400M Relay 3:38.7 (C. Wenzl, Phillips, Dirks, Trauernicht)
1st – 4x800M Relay 8:57.9 (Harms, Phillips, D. Benson, Dirks)

Boys – 3rd Place

Jesse Phillips – 4th 200M dash 23.6; 4th Discus 125'10"
Rhet Dirks – 4th 400M dash 55.1; 5th (tie) 300M Hurdles 44.6
Trey Trauernicht – 1st 800M run 2:03.7; 1st 1600M run 4:58.7
Seth Harms – 5th 800M run 2:15.2
Dylan Benson – 2nd 3200M run 11:28.9
Chris Wenzl – 4th 110M Hurdles 16.9; 3rd 300M Hurdles 42.0; 1st Shot Put 50'10"
Tanner Shea – 6th Triple Jump 38'5.25"
3rd – 4x400M Relay 3:43.5 (C. Wenzl, Phillips, Dirks, Trauernicht)
1st – 4x800M Relay 8:41.7 (Dirks, Harms, D. Benson, Trauernicht)

Boys – 3rd Place

Jesse Phillips – 5th 200M dash 24.4
Rhet Dirks – 3rd 400M dash 53.5; 3rd 300M Hurdles 43.8
Chris Wenzl – 6th 400M dash 55.9; 2nd 300M Hurdles 42.8; 2nd Shot Put 48'11"
Trey Trauernicht – 1st 800M run 2:00.7; 1st 1600M run 4:48.2
Seth Harms – 4th 3200M run 11:02.1
Dylan Benson – 6th 3200M run 11:17.9
Kody Benson – 3rd Shot Put 48'1.5"
3rd – 4x400M Relay 3:51.0 (C. Wenzl, Phillips, Buss, Dirks)
2nd – 4x800M Relay 9:14.4 (Phillips, Harms, D. Benson, Dirks)

Boys – 2nd Place

Jesse Phillips – 6th 200M 24.9; 2nd Discus 139'1"
Rhet Dirks – 3rd 400M dash 54.0;
Chris Wenzl – 5th 400M dash 55.6; 1st 300M Hurdles 42.0, 3rd Shot Put 49'7.25"
Trey Trauernicht – 1st 800M run 2:01.1; 1st 1600M run 5:01.3
Rhet Dirks – 3rd 800M run 2:05.8; 3rd 1600M run 5:08.5
Seth Harms – 5th 800M run 2:23.5; 3rd 3200M run 11:14.0
Josh Masur – 6th 1600M run 5:22.6
Dylan Benson – 2nd 3200M run 11:08.9
Jordan Wenzl – 6th 300M Hurdles 46.0
Tanner Shea – 5th Triple Jump 37'10.75"
Kody Benson – 2nd Shot Put 50'3.5"; 4th Discus 128'3"
3rd – 4x100M Relay 49.8 (Masur, Dolbow, J. Wenzl, Bessey)
3rd – 4x400M Relay 3:51.3 (C. Wenzl, Phillips, Dirks, Trauernicht)
1st – 4x800M Relay 9:13.7 (Harms, Phillips, D. Benson, Dirks)

Freeman Invite

Girls – 2nd Place

Taylor Cockerill – 4th 400M dash 1:04.7; 3rd 800M run 2:37.4;
2nd 1600M run 6:01.2; 2nd High Jump 4'8"
Tara Hestermann – 5th 1600M run 6:08.7
Wendy Sterkel – 3rd 3200M run 13:40.0
Jordan Lempka – 1st Shot Put 37'6.25"; 1st Discus 121'4"
Jazzy Eickhoff – 2nd Shot Put 36'9.25"; 3rd Discus 100'4"
Becky Williams – 4th Shot Put 35'8"
4th – 4x400M Relay 4:39.8 (Sterkel, E. Goracke, Nielsen, T.
Hestermann)
2nd – 4x800M Relay 10:40.3 (Sterkel, Nielsen, Kahler, T.
Hestermann)

Districts

Girls – Runner Up

Taylor Cockerill – 1st 800M Run 2:29.8*; 1st 1600M Run 5:53.4*;
4th High Jump 4'6"
Tara Hestermann – 3rd 800M Run 2:38.9; 3rd 1600M Run 6:14.6
Wendy Sterkel – 2nd 3200M Run 13:21.3*
Sydney Goracke – 6th 300M Hurdles 1:00.1
Jordan Lempka – 1st Shot Put 39'0.25"*; 1st Discus 134'3"*
Jazzy Eickhoff – 2nd Shot Put 38'1.5"*; 4th Discus 104'8"
Becky Williams – 5th Shot Put 34'8.5"
6th – 4x100M Relay 58.0 (E. Goracke, Kahler, S. Goracke,
Nielsen)
2nd – 4x400M Relay 4:30.3 (Sterkel, Nielsen, E. Goracke, T.
Hestermann)
1st – 4x800M Relay 10:39.5* (T. Hestermann, Kahler, Sterkel,
Cockerill)
**State Qualifiers*

State

Girls – 9th Place

Jordan Lempka – Class D State Champion Discus 136'11"*
Jazzy Eickhoff – 7th Shot Put 37'3"
Taylor Cockerill – 8th 800M Run 2:28.2; 3rd 1600M Run 5:33.42*
4th – 4x800M Relay 10:23.24 (T. Hestermann, Sterkel, Kahler,
Cockerill)
**new school record*



Boys – 1st Place

Jesse Phillips – 4th 200M dash 23.9; 3rd Discus 133'5"
Trey Trauernicht – 1st 800M run 2:01.2; 6th 1600M run 5:17.3
Rhet Dirks – 2nd 800M run 2:05.1; 4th 1600M run 5:16.0
Dylan Benson – 5th 3200M run 11:36.0
Chris Wenzl – 2nd 110M Hurdles 16.7; 1st 300M Hurdles 42.4; 1st
Shot Put 50'9"
Jordan Wenzl – 3rd 300M Hurdles 46.2
Kody Benson – 2nd Shot Put 47'5.5"; 2nd Discus 134'9"
2nd – 4x400M Relay 3:44.1 (C. Wenzl, Phillips, Dirks,
Trauernicht)
2nd – 4x800M Relay 9:00.1 (D. Benson, Phillips, Dirks
Trauernicht)

Boys – Runner-Up

Jesse Phillips – 4th 200M dash 24.2; 3rd Discus 134'3"
Austin Buss – 4th 400M dash 55.1
Trey Trauernicht – 1st 800M Run 2:01.7*; 1st 1600M Run
5:02.6*
Rhet Dirks – 2nd 800M Run 2:02.5*; 2nd 1600M Run 5:06.2*
Seth Harms – 2nd 3200M Run 10:57.6*
Dylan Benson – 3rd 3200M Run 11:02.1*
Chris Wenzl – 3rd 110M Hurdles 16.6; 2nd 300M Hurdles 42.4*;
3rd Shot Put 50'5"*
Tanner Shea – 6th Long Jump 18'11.5"; 5th Triple Jump 38'1"
Kody Benson – 2nd Shot Put 51'1.5"*; 2nd Discus 136'8"*
6th – 4x100M Relay 49.8 (Masur, Dolbow, J. Wenzl, Bessey)
3rd – 4x400M Relay 3:38.6* (C. Wenzl, Phillips, Dirks,
Trauernicht)
1st – 4x800M Relay 9:24.8* (Harms, Dirks, D. Benson,
Trauernicht)
**State Qualifiers*

Boys – Class D State Runner Up

Kody Benson – 3rd Shot Put 51'7¾"; 6th Discus 137'7"
Chris Wenzl – 4th Shot Put 50'9¼"
Trey Trauernicht – 4th 800M Run 1:59.55; 2nd 1600M Run
4:33.32
Rhet Dirks – 6th 800M Run 2:01.6
2nd – 4x800M Relay 8:24.43 (D. Benson, Harms, Dirks,
Trauernicht)
3rd – 4x400M Relay 3:34.1 (C. Wenzl, Phillips, Dirks,
Trauernicht)



Junior High

Pawnee City Invite

Girls – 6th Place

Sydney Huls – 5th 200M Dash 31.2; 5th 400M Dash 1:11.0; 5th 1600M Run 6:33.9

Carly Wenzl – 6th 800M Run 2:59.1

Makaela Fendrick – 3rd 1600M Run 6:19.4

Nicole Harms – 2nd 100M Hurdles 19.0; 2nd 300M Hurdles 57.2

Heidi Eckhardt – 2nd Discus 73'2"

2nd – 4x400M Relay 5:06.8

Boys – 2nd Place

Ben Hier – 5th 200M Dash 27.0; 2nd 300M Hurdles 50.4; 1st High Jump 5'2"; 1st Long Jump 17'10.5"

Tristen Dirks – 4th 400M Dash 1:02.4; 2nd 800M Run 2:25.4; 2nd 1600M Run 5:24.6

Spencer McClellan – 4th 800M Run 2:28.9; 6th 1600M Run 5:42.5

Logan Jasa – 4th 1600M Run 5:31.0

Cameron VanGronigen – 1st 110M Hurdles 19.0; 1st Triple Jump 37'4"*

Kaleb Williams – 6th Discus 99'6"

4th – 4x100M Relay 1:00.3

2nd – 4x200M Relay 1:56.9

1st – 4x400M Relay 4:23.4

*new school record

MUDECAS

Girls – 2nd Place B Division

Morgan Haner – 3rd 100M Dash 14.1; 3rd 200M Dash 30.7

Nicole Harms – 5th 100M Dash 14.8; 3rd 100M Hurdles 17.8; 3rd 300M Hurdles 58.7

Sydney Huls – 2nd 200M Dash 30.6; 2nd 400M Dash 1:10.6

Malayna Wingert – 4th 400M Dash 1:13.0

Mikaela Fendrick – 1st 800M Run 2:53.0; 1st 1600M Run 6:19.1

Carly Wenzl – 5th 800M Run 3:01.4; 5th 1600M Run 7:09.4

Sheanna Stolz – 6th 800M Run 3:01.5

Heidi Eckhardt – 1st Discus 83'11"

4th – 4x100M Relay 1:03.2

2nd – 4x200M Relay 2:08.4

1st – 4x400M Relay 5:06.3

Boys – 3rd Place B Division

Trace Dirks – 3rd 200M Dash 27.8

Tristen Dirks – 2nd 400M Dash 1:01.2; 2nd 800M Run 2:27.0; 1st 1600M Run 5:39.9

Spencer McClellan – 4th 400M Dash 1:04.1; 3rd 800M Run 2:31.2; 2nd 1600M Run 5:42.0

Logan Jasa – 5th 800M Run 2:32.9; 3rd 1600M Run 5:48.6

Ben Hier – 2nd 300M Hurdles 51.0; 2nd High Jump 5'1"; 1st Long Jump 17'10"

Caleb Dolbow – 6th High Jump 4'2"

Kaleb Williams – 3rd Discus 103'1"

5th – 4x100M Relay 1:01.3

1st – 4x200M Relay 1:54.7

6th – 4x400M Relay 5:18.9



JCC Invite

Girls – 5th Place

Morgan Haner – 6th 100M Dash 14.7; 3rd 200M Dash 30.2

Sydney Huls – 5th 200M Dash 30.9; 4th 400M Dash 1:11.9

Mikaela Fendrick – 5th 800M Run 2:55.5; 2nd 1600M Run 6:14.7

Nicole Harms – 2nd 110M Hurdles 18.3

Mae Stark – 5th Triple Jump 24'8.25"

Heidi Eckhardt – 1st Discus 78'2"

4th – 4x100M Relay 1:02.2

3rd – 4x400M Relay 5:02.5

Boys – 2nd Place

Tristen Dirks – 2nd 400M Dash 1:00.2; 4th 1600M Run 5:43.6

Trace Dirks – 6th 400M Dash 1:05.5

Spencer McClellan – 1st 800M Run 2:26.2; 2nd 1600M Run 5:26.5

Logan Jasa – 3rd 1600M Run 5:37.9

Ben Hier – 5th 110M Hurdles 21.4; 1st High Jump 5'2"; 1st Long Jump 17'6.25"

Kaleb Williams – 6th Shot Put 34'11.5"; 4th Discus 104'4"

4th – 4x100M Relay 55.5

1st – 4x400M Relay 4:15.8

Pioneer Conference

Girls – 6th Place

Morgan Haner – 6th 100M Dash 14.6

Mikaela Fendrick – 4th 1600M Run 6:09.9

Carly Wenzl – 5th 1600M Run 6:46.0

Nicole Harms – 1st 100M Hurdles 18.3; 3rd 300M Hurdles 58.4

Heidi Eckhardt – 2nd Discus 86'

4th – 4x200M Relay 2:06.4

4th – 4x400M Relay 4:57.2

Boys – 3rd Place

Trace Dirks – 6th 200M Dash 28.5

Ben Hier – 3rd 400M Dash 59.9; 6th 300M Hurdles 51.2; 1st High Jump 5'3"; 1st Long Jump 18'5"*

Spencer McClellan – 4th 800M Run 2:30.7; 3rd 1600M Run 5:49.8

Logan Jasa – 5th 800M Run 2:36.0; 1st 1600M Run 5:24.9

Kaleb Williams – 5th Discus 109'7"

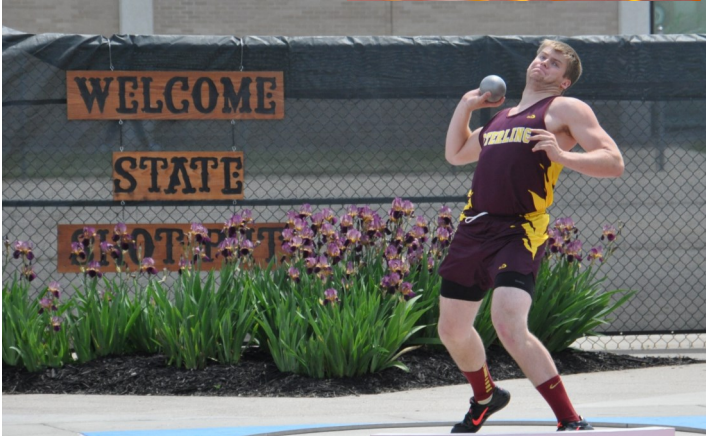
4th – 4x100M Relay 59.4

4th – 4x200M Relay 1:51.4

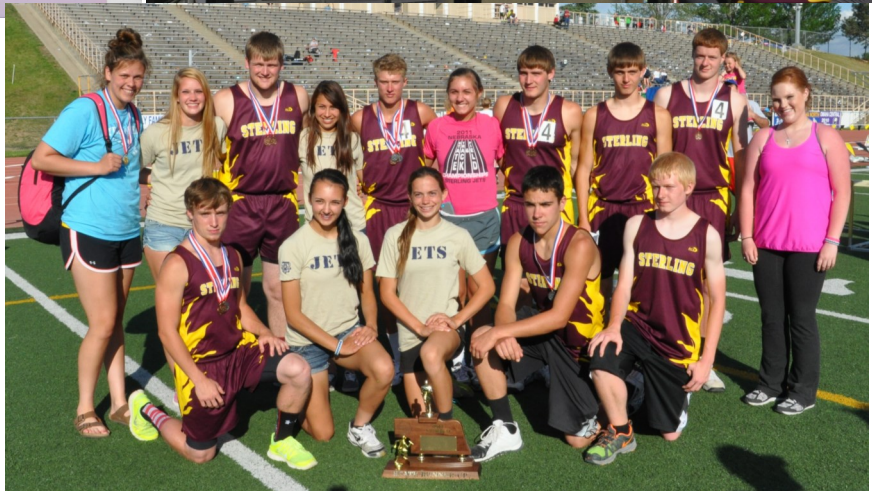
3rd – 4x400M Relay 4:26.3

*new school record





2014



Thank You

Thank you to the Bob & Karen Nielsen Family and the Mike & Jill McAuliffe Family for their support and donation of the Sterling Track Tent.