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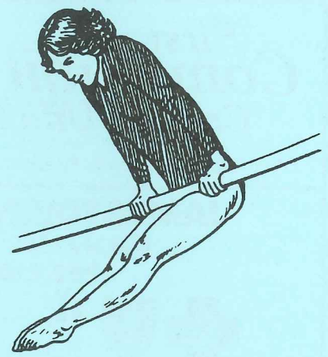

February 23-24, 1996

Jamestown High School

Jamestown, N.D.

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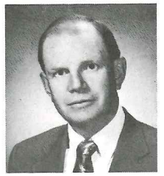

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NDHSAA TOURNAMENT CODE OF CONDUCT

Purpose: To elevate standards of Good Sportsmanship and to encourage the growth of responsible citizenship among the students, member schools and their personnel.

Fundamentals of Good Sportsmanship

1. Know, appreciate and understand the rules of the contest.
2. Show respect for the officials. Good Sportsmanship implies the willingness to accept and abide by the decisions of the officials.
3. Show respect for the opponent at all times. Good Sportsmanship is the Golden Rule in action.
4. Recognize and appreciate the skill of performance regardless of team affiliation.
5. Maintain self-control at all times. Good Sportsmanship is a responsibility of all who are involved in the game.
6. Show a positive attitude in cheering, refraining from intimidation or negative cheering. Good Sportsmanship is cheering your own team "on to victory."

Acts of Misconduct

1. Throwing of any object onto the playing floor or in the stands.
2. Behavior deemed dangerous or which interferes with the rights of others to watch the game.
3. Possessing, consuming or being under the influence of chemicals.
4. Use of obscene, profane or abusive language or gestures, signs, posters or banners which show disrespect for opponent's team, officials, cheerleaders, band or other performing groups.
5. The use of noise makers.
6. Entry onto the playing surface at any time.

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WELCOME TO JAMESTOWN

Good Luck To All Tournament Participants

and

Thank You To All Who Attend And Support Our Tournaments

SCHEDULE OF EVENTS

February 23 - Team Day

2:30	Gym Opens
2:45	Coaches Meeting
3:20	Timed Warm-ups Begin
5:05	Base Score Routines
5:20	Opening Ceremony
5:30	Competition Begins

February 24 - Individual Day

11:00	Gym Opens
11:15	Coaches Meeting
11:50	Timed Warm-ups Begin
1:30	Base Score
1:45	Opening Ceremony
2:00	Competition Begins

Meet Officials

Tournament Manager	Ron Smedshammer
Meet Referee	Jan Adair, Fargo
Vaulting	Fern Pokorny, Dickinson
Vaulting	Karen Dahlseng, Fargo
Vaulting	Lora Fisher, Jamestown
Uneven Bars	Lora Schloss, Fargo
Uneven Bars	Pam Tweten, Minot
Uneven Bars	Julie Winkels, Bismarck
Balance Beam	Lisa Harmon, Bismarck
Balance Beam	Kim Pladson, West Fargo
Balance Beam	Cari Walberg, Jamestown
Floor Exercise	Stacy Ackerman, West Fargo
Floor Exercise	Stacy Ringoen, Minot
Floor Exercise	Linda Grina, Bismarck

Gymnastics Officials

Runners/Timers/Score Averagers	Jamestown Gymnastics Club
Presentation of Awards	Sheryl Solberg
Scorers	Angie Allmer, Tonya Harr, Dawn Zinke, Joyce Heinrich, Cindy Gee, Tammie Coleman
Computer Operator	Jane Norman
Announcer	Trent Barstad
Sports Medicine	Merit Care, Gene Crabtree
Presentation of Colors	Jamestown Boys Choir
Decorations	Dawn Rene
Concessions	Jeanne Tews, Wayne Clemens, Judy Olin
Equipment Moving	Carol Splonskowski, Melida Schwehr
Coaches Meeting Room	Room 108
Judges Meeting Room	Room 105-1/2
Hospitality Room for Coaches & Administrators	Room 105-1/2

DAKOTA STAR SHOW TEAM – MANDAN

Performing at Completion of Individuals Competition About 5:00 p.m. Saturday

Shirley Johs, Director

1995 STATE TEAM CHAMPIONS

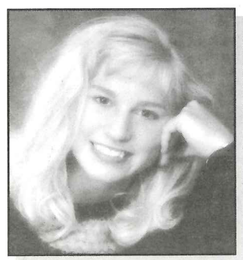
Century High School

Front row, (left to right): Emily Steidler.

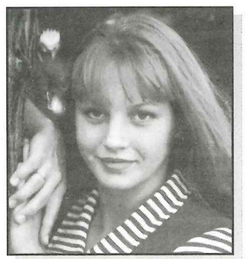
Second row, (left to right): Nicole Ziegler, Kelli Vossler, Juanita Braun, Jodi Schwehr.

Back row, (left to right): Coach Curt Sherbrooke, Molly McDonald, Kim Patzman, Erika Stavn, Coach Rhea Clausnitzer.

1995 STATE INDIVIDUAL CHAMPIONS

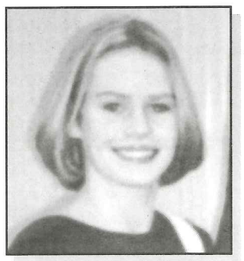


Nicole Ziegler
Bismarck Century
Balance Beam



Jodi Schwehr
Bismarck Century
All Around, Vault, Floor Exercise

Molly McDonald
Bismarck Century
Balance Beam



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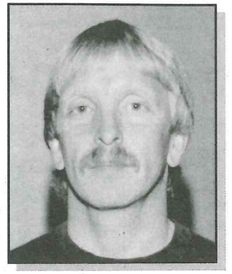
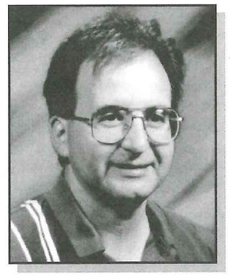
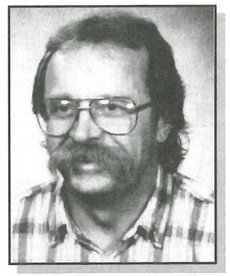


Curt Sherbrooke
Coach
Bismarck Century/Bismarck High



Kent Van Ells
Coach
Dickinson



Dave Tews
Coach
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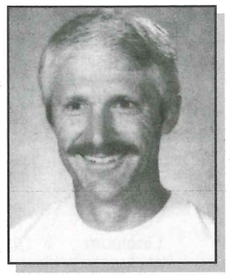

Mike Merritt
Coach
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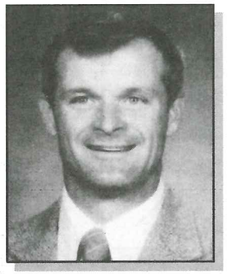

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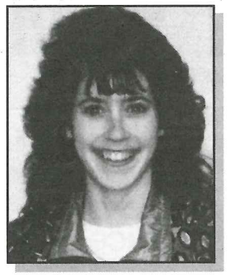
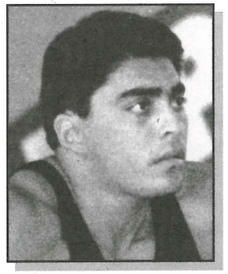
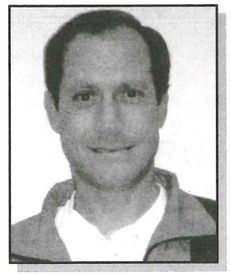


Robbie Werchau
Coach
Minot

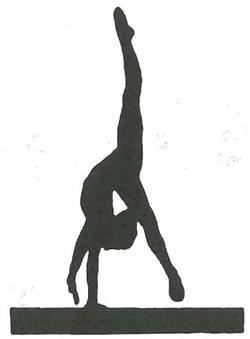


Paul O'Neill
Coach
Mandan



Steven Carver
Coach
Minot

Heather Omlid
Coach
West Fargo



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2	Teri Ann Krefting	Minot
6	Jodi Ackerman	Minot
8	Krista Isakson	Minot
9	Michelle Boyeff	Minot
10	Andrea Albertson	Minot
159	Sarah Olin	Jamestown
164	Andrea Clemens	Jamestown
167	Lesley Splonskowski	Jamestown
177	Kari Erickson	Jamestown
185	Steph Petersen	Jamestown
190	Brandi McLain	Jamestown
203	Gina Lang	Bismarck High
209	Jaclyn Minar	Bismarck High
254	Amber Link	Wahpeton
259	Jessica Viele	Wahpeton
261	Jill Althoff	Wahpeton
262	Abby Zimmerman	Wahpeton
278	Jessica Beyer	Wahpeton
360	Rhanda Laqua	Williston
404	Alyson Saville	Dickinson
407	Erin Keogh	Dickinson
414	Toni Frank	Dickinson
415	Amy Steiner	Dickinson
419	Lisa Call	Dickinson
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503	Jessica Narlock	GF Red River
504	Stephanie Spong	GF Red River
505	Janna Trontvet	GF Red River
506	Becki Nyberg	GF Red River
507	Nikki Tollefson	GF Red River
508	Brittany Johnson	GF Red River
550	Sara Lindman	Mandan
551	Amy Beattie	Mandan
552	Rachelle Giese	Mandan
860	Melissa Jewett	Valley City
862	Tara Feuerherm	Valley City
867	Jill Stites	Valley City
901	Jethe Lowman	Fargo North
952	Heidi Goehring	Bismarck Century
955	Kim Patzman	Bismarck Century
958	Jodi Schwehr	Bismarck Century
959	Juanita Braun	Bismarck Century

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8	Krista Isakson	Minot
9	Michelle Boyeff	Minot
10	Andrea Albertson	Minot
107	Brooke Monson	Jamestown
164	Andrea Clemens	Jamestown
166	Emily Ament	Jamestown
167	Lesley Splonskowski	Jamestown
175	Bobbi Allen	Jamestown
185	Steph Petersen	Jamestown
203	Gina Lang	Bismarck High
254	Amber Link	Wahpeton
259	Jessica Viele	Wahpeton
261	Jill Althoff	Wahpeton
277	Virginia Swan	Wahpeton
278	Jessica Beyer	Wahpeton
401	Amanda Heth	Dickinson
403	Lindsay Volesky	Dickinson
404	Alyson Saville	Dickinson
415	Amy Steiner	Dickinson
418	Lindsey Thompson	Dickinson
502	Maureen Maves	GF Red River
503	Jessica Narlock	GF Red River
504	Stephanie Spong	GF Red River
505	Janna Trontvet	GF Red River
506	Becki Nyberg	GF Red River
507	Nikki Tollefson	GF Red River
508	Brittany Johnson	GF Red River
551	Amy Beattie	Mandan
552	Rachelle Giese	Mandan
862	Tara Feuerherm	Valley City
867	Jill Stites	Valley City
901	Jethe Lowman	Fargo North
902	Erin Tinquist	Fargo North
905	Tiffaney McCoy	Fargo North
907	Angie Senger	Fargo North
952	Heidi Goehring	Bismarck Century
953	Erika Stavn	Bismarck Century
955	Kim Patzman	Bismarck Century
957	Molly McDonald	Bismarck Century
958	Jodi Schwehr	Bismarck Century
959	Juanita Braun	Bismarck Century

BALANCE BEAM

1	Marie Boyeff	Minot
2	Teri Ann Krefting	Minot
3	Melissa Boyeff	Minot
6	Jodi Ackerman	Minot
8	Krista Isakson	Minot
9	Michelle Boyeff	Minot
10	Andrea Albertson	Minot
164	Andrea Clemens	Jamestown
167	Lesley Splonskowski	Jamestown
177	Kari Erickson	Jamestown
179	Kirsten Nyhus	Jamestown
185	Steph Petersen	Jamestown
203	Gina Lang	Bismarck High
254	Amber Link	Wahpeton
259	Jessica Viele	Wahpeton
261	Jill Althoff	Wahpeton
262	Abby Zimmerman	Wahpeton
277	Virginia Swan	Wahpeton
278	Jessica Beyer	Wahpeton
404	Alyson Saville	Dickinson
406	Cathy Polancheck	Dickinson
407	Erin Keogh	Dickinson
415	Amy Steiner	Dickinson
418	Lindsey Thompson	Dickinson
502	Maureen Maves	GF Red River
503	Jessica Narlock	GF Red River
504	Stephanie Spong	GF Red River
505	Janna Trontvet	GF Red River
506	Becki Nyberg	GF Red River
507	Nikki Tollefson	GF Red River
532	Angie Davis	GF Central
551	Amy Beattie	Mandan
552	Rachelle Giese	Mandan
558	Kari House	Mandan
862	Tara Feuerherm	Valley City
867	Jill Stites	Valley City
901	Jethe Lowman	Fargo North
902	Erin Tinquist	Fargo North
903	Amy Rice	Fargo North
907	Angie Senger	Fargo North
952	Heidi Goehring	Bismarck Century
955	Kim Patzman	Bismarck Century
957	Molly McDonald	Bismarck Century
958	Jodi Schwehr	Bismarck Century
959	Juanita Braun	Bismarck Century

FLOOR EXERCISE

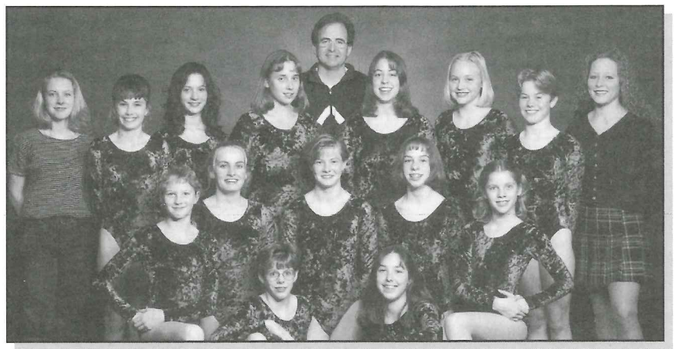
1	Marie Boyeff	Minot
2	Teri Ann Krefting	Minot
6	Jodi Ackerman	Minot
8	Krista Isakson	Minot
9	Michelle Boyeff	Minot
10	Andrea Albertson	Minot
164	Andrea Clemens	Jamestown
166	Emily Ament	Jamestown
167	Lesley Splonskowski	Jamestown
177	Kari Erickson	Jamestown
185	Steph Petersen	Jamestown
203	Gina Lang	Bismarck High
208	Jessica Roehrick	Bismarck High
209	Jaclyn Minar	Bismarck High
254	Amber Link	Wahpeton
259	Jessica Viele	Wahpeton
261	Jill Althoff	Wahpeton
278	Jessica Beyer	Wahpeton
360	Rhanda Laqua	Williston
404	Alyson Saville	Dickinson
406	Cathy Polancheck	Dickinson
407	Erin Keogh	Dickinson
414	Toni Frank	Dickinson
415	Amy Steiner	Dickinson
502	Maureen Maves	GF Red River
503	Jessica Narlock	GF Red River
504	Stephanie Spong	GF Red River
505	Janna Trontvet	GF Red River
506	Becki Nyberg	GF Red River
507	Nikki Tollefson	GF Red River
508	Brittany Johnson	GF Red River
532	Angie Davis	GF Central
551	Amy Beattie	Mandan
552	Rachelle Giese	Mandan
862	Tara Feuerherm	Valley City
865	Lindsay Hooper	Valley City
867	Jill Stites	Valley City
901	Jethe Lowman	Fargo North
905	Tiffaney McCoy	Fargo North
952	Heidi Goehring	Bismarck Century
955	Kim Patzman	Bismarck Century
958	Jodi Schwehr	Bismarck Century
959	Juanita Braun	Bismarck Century

TEAM PARTICIPANTS

Bismarck Century

Front row, l. to r.
Molly McDonald, Emily Steidler, Heidi Goehring, Jodi Schwehr.

Back row, l. to r.
Erika Stavn, Kim Patzman, Juanita Braun, Teran Harmon.

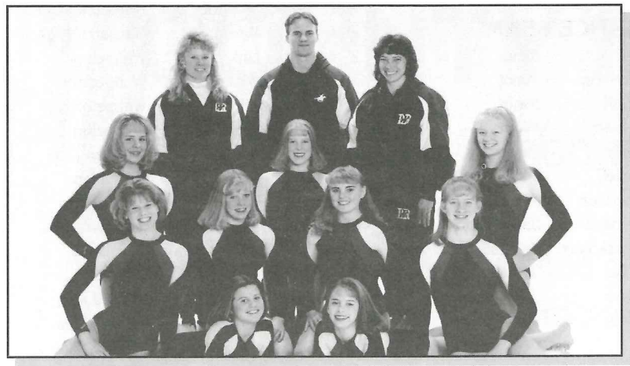


Dickinson

Back row, l. to r.
Amanda Kessel (manager), Cathy Polanchek, Lindsay Volesky, Toni Frank, Kent Van Ells (head coach), Amy Steiner, Erin Keogh, Alyson Saville, Laurie Heidecker.

Middle row, l. to r.
Meredith Stromsborg, Lisa Call, Lindsey Thompson, Erin Pearson, Carrissa Weigel.

Front row, l. to r.
Amanda Heth, Sayde Pachl.



Grand Forks Red River

First row, l. to r.
Jessica Narlock, Brittany Johnson.

Second row, l. to r.
Christy Carlson, Jessica Brown, Maureen Maves, Becki Nyberg.

Third row, l. to r.
Steph Spong, Nikki Tollefson, Janna Trontvet.

Fourth row, l. to r.
Coaches: Kristy Sandbeck, Chad Seidel, Laurie Chase.

Jamestown

Back row, l. to r.
Katie Hemmer, Jocelyn Pogue, Brooke Monson, Natalie Schwehr, Abby Tews, Emily Ament.

Middle row, l. to r.
Brandi McLain, Kirsten Nyhus, Kari Walberg, Andrea Clemens, Lesley Splonskowski, Heather Coleman.

Front row, l. to r.
Steph Peterson, Bobbi Allen, Sarah Olin.

TEAM PARTICIPANTS

Mandan

Left to right.
Sara Lindman, Amy Beattie, Assistant Coach Stacey Herron, Rachelle Giese, Kristie Toman, Kari House, Sarah Smith.

Minot

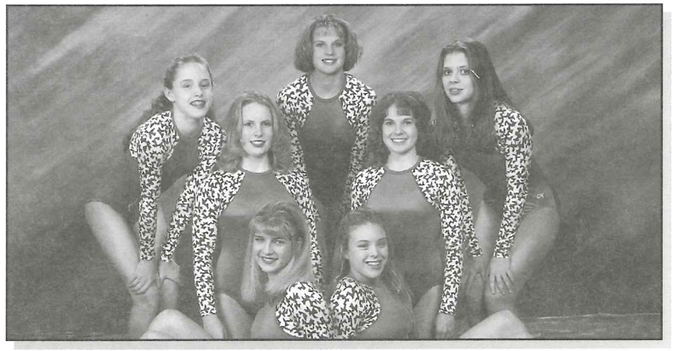
Back row, l. to r.
Teri Ann Krefting, Melissa Boyeff, Jodi Ackerman.

Front row, l. to r.
(Standing) Krista Isakson, Jessica Kettel, Marie Boyeff, Andrea Albertson, Michelle Boyeff (standing).

Valley City

Back row, l. to r.
Andrea North, Coach Lisa Brown, Coach Jackie Olstad, Chelsey Schluter, Mindi Koepplin.

Front row, l. to r.
Erin Skarloken, Moe Jewett, Lindsay Hooper, Kari Winning, Becky Amundson, Tara Feuerherm, Jill Stites.



Wahpeton-Breckenridge

Front row, l. to r.
Trisha Link, Jessica Beyer.

Middle row, l. to r.
Abby Zimmerman, Jill Althoff.

Top row, l. to r.
Jessica Viele, Virginia Swan, Amber Link.

QUALIFYING TEAMS

No.	Name	V	UB	BB	FX	AA
952	Heidi Goehring					
953	Erika Stavn					
955	Kim Patzman					
957	Molly McDonald					
958	Jodi Schwehr					
959	Juanita Braun					
960	Teran Harmon					

BISMARCK CENTURY

Coach: Curt Sherbrooke
Rhea Clausnitzer

Add top 4 scores _____+_____+_____+_____=_____

No.	Name	V	UB	BB	FX	AA
401	Amanda Heth					
403	Lindsay Volesky					
404	Alyson Saville					
406	Cathy Polanchek					
407	Erin Keogh					
414	Toni Frank					
415	Amy Steiner					
418	Lindsey Thompson					
419	Lisa Call					

DICKINSON

Coach: Kent Van Ells

Add top 4 scores _____+_____+_____+_____=_____

No.	Name	V	UB	BB	FX	AA
507	Nikki Tollefson					
508	Brittany Johnson					
502	Maureen Maves					
503	Jessica Narlock					
506	Becki Nyberg					
504	Stephanie Spong					
505	Janna Trontvet					

GRAND FORKS RED RIVER

Coach: Kristy Sandbeck
Laurie Chase
Chad Seidel

Add top 4 scores _____+_____+_____+_____=_____

No.	Name	V	UB	BB	FX	AA
175	Bobbi Allen					
164	Andrea Clemens					
167	Lesley Splonskowski					
177	Kari Erickson					
179	Kirsten Nyhus					
180	Natalie Schwehr					
159	Sarah Olin					
166	Emily Ament					
170	Brooke Monson					
185	Steph Petersen					
190	Brandi McLain					

JAMESTOWN

Coach: Dave Tews
Dawn Rene

Add top 4 scores _____+_____+_____+_____=_____

QUALIFYING TEAMS

No.	Name	V	UB	BB	FX	AA
552	Rachelle Giese					
551	Amy Beattie					
553	Sarah Smith					
558	Kari House					
559	Kristie Toman					
560	Sara Lindman					

MANDAN

Coach: Paul O'Neill
Stacy Herron

Add top 4 scores _____+_____+_____+_____=_____

No.	Name	V	UB	BB	FX	AA
1	Marie Boyeff					
2	Teri Ann Krefting					
3	Melissa Boyeff					
6	Jodi Ackerman					
8	Krista Isakson					
9	Michelle Boyeff					
10	Andrea Albertson					

MINOT

Coach: Steve Carver
Robbie Werchau

Add top 4 scores _____+_____+_____+_____=_____

No.	Name	V	UB	BB	FX	AA
862	Tara Feuerherm					
867	Jill Stites					
866	Mindi Koepplin					
861	Becky Anundson					
864	Andrea North					
865	Lindsay Hooper					
860	Melissa Jewett					
868	Erin Skarloken					
869	Chelsey Schluter					

VALLEY CITY

Coach: Lisa Brown
Jackie Olstad

Add top 4 scores _____+_____+_____+_____=_____

No.	Name	V	UB	BB	FX	AA
261	Jill Althoff					
278	Jessica Beyer					
254	Amber Link					
272	Trisha Link					
277	Virginia Swan					
259	Jessica Viele					
262	Abby Zimmerman					

WAHPETON

Coach: Don Viele

Add top 4 scores _____+_____+_____+_____=_____

ORDER OF INDIVIDUAL COMPETITION

Rotation #1

VAULT			UNEVEN PARALLEL BARS			BALANCE BEAM			FLOOR EXERCISE		
___ 552	Rachelle Giese	Mandan	___ 957	Molly McDonald	Bis. Century	___ 532	Angie Davis	GF Central	___ 164	Andrea Clemens	Jamestown
___ 9	Michelle Boyeff	Minot	___ 401	Amanda Heth	Dickinson	___ 203	Gina Lang	Bis. High	___ 862	Tara Feuerherm	Valley City
___ 404	Alyson Saville	Dickinson	___ 6	Jodi Ackerman	Minot	___ 958	Jodi Schwehr	Bis. Century	___ 507	Nikki Tollefson	GFRR
___ 504	Stephanie Spong	GFRR	___ 185	Steph Petersen	Jamestown	___ 278	Jessica Beyer	Wahpeton	___ 406	Cathy Polancheck	Dickinson
___ 254	Amber Link	Wahpeton	___ 955	Kim Patzman	Bis. Century	___ 505	Janna Trontvet	GFRR	___ 414	Toni Frank	Dickinson
___ 2	Teri Ann Krefting	Minot	___ 8	Krista Isakson	Minot	___ 177	Kari Erickson	Jamestown	___ 407	Erin Keogh	Dickinson
___ 167	Lesley Splonskowski	Jamestown	___ 1	Marie Boyeff	Minot	___ 959	Juanita Braun	Bis. Century	___ 551	Amy Beattie	Mandan
___ 901	Jethe Lowman	Fargo North	___ 905	Tiffaney McCoy	Fargo North	___ 259	Jessica Viele	Wahpeton	___ 502	Maureen Maves	GFRR
___ 209	Jaclyn Minar	Bis. High	___ 508	Brittany Johnson	GFRR	___ 907	Angie Senger	Fargo North	___ 952	Heidi Goehring	Bis. Century
___ 867	Jill Stites	Valley City	___ 506	Becki Nyberg	GFRR	___ 277	Virginia Swan	Wahpeton	___ 261	Jill Althoff	Wahpeton
			___ 503	Jessica Narlock	GFRR	___ 415	Amy Steiner	Dickinson	___ 10	Andrea Albertson	Minot
			___ 3	Melissa Boyeff	Minot						

Rotation #2

VAULT			UNEVEN PARALLEL BARS			BALANCE BEAM			FLOOR EXERCISE		
___ 414	Toni Frank	Dickinson	___ 504	Stephanie Spong	GFRR	___ 185	Steph Petersen	Jamestown	___ 278	Jessica Beyer	Wahpeton
___ 407	Erin Keogh	Dickinson	___ 254	Amber Link	Wahpeton	___ 955	Kim Patzman	Bis. Century	___ 505	Janna Trontvet	GFRR
___ 551	Amy Beattie	Mandan	___ 2	Teri Ann Krefting	Minot	___ 558	Kari House	Mandan	___ 360	Rhanda Laqua	Williston
___ 502	Maureen Maves	GFRR	___ 167	Lesley Splonskowski	Jamestown	___ 8	Krista Isakson	Minot	___ 177	Kari Erickson	Jamestown
___ 952	Heidi Goehring	Bis. Century	___ 901	Jethe Lowman	Fargo North	___ 1	Marie Boyeff	Minot	___ 959	Juanita Braun	Bis. Century
___ 261	Jill Althoff	Wahpeton	___ 170	Brooke Monson	Jamestown	___ 506	Becki Nyberg	GFRR	___ 259	Jessica Viele	Wahpeton
___ 10	Andrea Albertson	Minot	___ 953	Erika Stavn	Bis. Century	___ 503	Jessica Narlock	GFRR	___ 415	Amy Steiner	Dickinson
___ 164	Andrea Clemens	Jamestown	___ 418	Lindsey Thompson	Dickinson	___ 3	Melissa Boyeff	Minot	___ 532	Angie Davis	GF Central
___ 862	Tara Feuerherm	Valley City	___ 867	Jill Stites	Valley City	___ 957	Molly McDonald	Bis. Century	___ 203	Gina Lang	Bis. High
___ 507	Nikki Tollefson	GFRR	___ 552	Rachelle Giese	Mandan	___ 6	Jodi Ackerman	Minot	___ 958	Jodi Schwehr	Bis. Century
			___ 9	Michelle Boyeff	Minot	___ 262	Abby Zimmerman	Wahpeton	___ 865	Lindsay Hooper	Valley City
			___ 166	Emily Ament	Dickinson						

ORDER OF INDIVIDUAL COMPETITION

Rotation #3

VAULT			UNEVEN PARALLEL BARS			BALANCE BEAM			FLOOR EXERCISE		
___ 959	Juanita Braun	Bis. Century	___ 551	Amy Beattie	Mandan	___ 2	Teri Ann Krefting	Minot	___ 8	Krista Isakson	Minot
___ 259	Jessica Viele	Wahpeton	___ 175	Bobbi Allen	Jamestown	___ 167	Lesley Splonskowski	Jamestown	___ 1	Marie Boyeff	Minot
___ 860	Melissa Jewett	Valley City	___ 502	Maureen Maves	GFRR	___ 901	Jethe Lowman	Fargo North	___ 905	Tiffaney McCoy	Fargo North
___ 419	Lisa Call	Dickinson	___ 952	Heidi Goehring	Bis. Century	___ 418	Lindsey Thompson	Dickinson	___ 508	Brittany Johnson	GFRR
___ 159	Sarah Olin	Jamestown	___ 261	Jill Althoff	Wahpeton	___ 867	Jill Stites	Valley City	___ 506	Becki Nyberg	GFRR
___ 415	Amy Steiner	Dickinson	___ 10	Andrea Albertson	Minot	___ 552	Rachelle Giese	Mandan	___ 503	Jessica Narlock	GFRR
___ 203	Gina Lang	Bis. High	___ 164	Andrea Clemens	Jamestown	___ 9	Michelle Boyeff	Minot	___ 6	Jodi Ackerman	Minot
___ 958	Jodi Schwehr	Bis. Century	___ 862	Tara Feuerherm	Valley City	___ 404	Alyson Saville	Dickinson	___ 185	Steph Petersen	Jamestown
___ 278	Jessica Beyer	Wahpeton	___ 902	Erin Tinquist	Fargo North	___ 179	Kirsten Nyhus	Jamestown	___ 955	Kim Patzman	Bis. Century
___ 505	Janna Trontvet	GFRR	___ 507	Nikki Tollefson	GFRR	___ 504	Stephanie Spong	GFRR			
___ 360	Rhanda Laqua	Williston	___ 403	Lindsay Volesky	Dickinson	___ 254	Amber Link	Wahpeton			
___ 177	Kari Erickson	Jamestown									

Rotation #4

VAULT			UNEVEN PARALLEL BARS			BALANCE BEAM			FLOOR EXERCISE		
___ 506	Becki Nyberg	GFRR	___ 277	Virginia Swan	Wahpeton	___ 952	Heidi Goehring	Bis. Century	___ 209	Jaclyn Minar	Bis. High
___ 503	Jessica Narlock	GFRR	___ 415	Amy Steiner	Dickinson	___ 261	Jill Althoff	Wahpeton	___ 867	Jill Stites	Valley City
___ 190	Brandi McLain	Jamestown	___ 203	Gina Lang	Bis. High	___ 10	Andrea Albertson	Minot	___ 552	Rachelle Giese	Mandan
___ 6	Jodi Ackerman	Minot	___ 958	Jodi Schwehr	Bis. Century	___ 903	Amy Rice	Fargo North	___ 9	Michelle Boyeff	Minot
___ 262	Abby Zimmerman	Wahpeton	___ 278	Jessica Beyer	Wahpeton	___ 164	Andrea Clemens	Jamestown	___ 404	Alyson Saville	Dickinson
___ 185	Steph Petersen	Jamestown	___ 505	Janna Trontvet	GFRR	___ 862	Tara Feuerherm	Valley City	___ 166	Emily Ament	Jamestown
___ 955	Kim Patzman	Bis. Century	___ 959	Juanita Braun	Bis. Century	___ 902	Erin Tinquist	Fargo North	___ 504	Stephanie Spong	GFRR
___ 550	Sara Lindman	Mandan	___ 259	Jessica Viele	Wahpeton	___ 507	Nikki Tollefson	GFRR	___ 208	Jessica Roehrick	Bis. High
___ 8	Krista Isakson	Minot	___ 907	Angie Senger	Fargo North	___ 406	Cathy Polancheck	Dickinson	___ 254	Amber Link	Wahpeton
___ 1	Marie Boyeff	Minot				___ 407	Erin Keogh	Dickinson	___ 2	Teri Ann Krefting	Minot
___ 508	Brittany Johnson	GFRR				___ 551	Amy Beattie	Mandan	___ 167	Lesley Splonskowski	Jamestown
						___ 502	Maureen Maves	GFRR	___ 901	Jethe Lowman	Fargo North

WALT SANDERS, INC.

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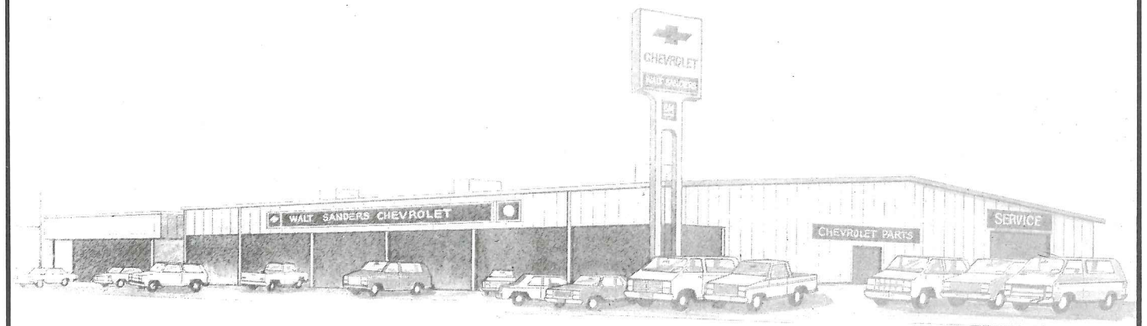

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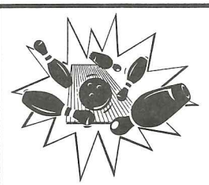
Welcome to Jamestown
BUFFALO LANES LOUNGE & CASINO
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CLASS A & SINGLE CLASS SYSTEM RECORDS

Class A and Single Class System Records (Since 1969)

Year	Champion	Runner Up
1969	Jamestown	Bismarck
		St. Mary's
1970	Jamestown	Fargo South
1971	Fargo South	Jamestown
1972	Fargo South	Dickinson
1973	Fargo South	Dickinson
1974	Dickinson (tie)	Fargo South
1975	Dickinson	Fargo South
1976	Dickinson	Fargo South
1977	Fargo South	Dickinson
1978	Fargo South	Dickinson
1979	Fargo South	Dickinson
1980	Fargo South	Dickinson
1981	Fargo South	Dickinson
1982	Fargo South	Valley City
1983	Fargo South	Dickinson
1984	Minot High	Dickinson
1985	Fargo South	Dickinson
1986	Fargo South	Bismarck
1987	Dickinson	Fargo South
1988	Dickinson	Bismarck
		Century
1989	Fargo South	Minot
1990	Fargo South	Minot
1991	Minot	Fargo South
1992	Minot	Fargo South
1993	Minot	Fargo South
1994	Minot	Fargo South
1995	Bismarck Century	Minot

Best All Time All Around Scores (Since 1981)

38.40	Cassie Osborn	Fargo South	1989
38.40	Kim Sveum	Minot	1993
38.40	Kim Sveum	Minot	1994
38.31	Rachel Johnson	Bismarck	1986
38.20	Cassie Osborn	Fargo South	1990
38.10	Tami Russell	Century	1988
38.09	Jodi Schwehr	Century	1995
38.02	Tami Russell	Century	1986
37.94	Jodi Hansen	Dickinson	1986
37.75	Jenny Nelson	Fargo North	1990
37.75	Kim Sveum	Minot	1992

Most Individual Titles Career

16 Titles	Kim Sveum	Minot
13 Titles	Robin Huebner	Dickinson
11 Titles	Cassie Osborn	Fargo South
10 Titles	Stacey Simle	Fargo South
9 Titles	Cindy Rodlund	Fargo South
7 Titles	Barbara Mitchell	Jamestown
7 Titles	Tracy Gunkelman	Fargo South
6 Titles	Julie Visina	Minot Ryan
6 Titles	Tami Russell	Century
5 Titles	Susie Schraufek	Fargo South
4 Titles	Jodi Schwehr	Bismarck
		Century
3 Titles	Robin Wheeler	Dickinson
3 Titles	Kathy Sullivan	Jamestown
3 Titles	Stacie Lowman	Fargo North
3 Titles	Rachel Johnson	Bismarck

Team Championships All Time

Fargo South	15
Dickinson	5
Minot High	5
Jamestown	2
Bismarck Century	1

Individual Championships All Time

Fargo South	51
Dickinson	24
Minot High	19
Jamestown	14
Bismarck Century	13
Minot Ryan	7
Fargo North	4
Bismarck High	3
West Fargo	2
Devils Lake	1

Best All Time Team Scores (Since 1981)

149.15	Fargo South	1986
148.93	Bismarck Public School	1986
148.92	Dickinson	1986
148.80	Fargo South	1990
148.50	Minot	1994
148.25	Bismarck Century	1995
147.84	Minot	1995

SCORING

1. Scoring
   - Difficulty (D) 3.0
   - Event Requirements (ER) 1.0
   - Composition (C) 1.5
   - Execution and Amplitude (E/A) 4.0
   - Bonus 0.5
   - Total 10.0

A. Difficulty (D) 3.0
   - Value of each medium difficulty 0.3
   - Value of each superior difficulty 0.5
   - Value of the high superior difficulty 0.3

B. Event Requirements (ER) 1.0
   - Lack of an event requirement (each one omitted) 0.1

C. Composition (C) 1.5
   - 1.0.1-0.4 Combinations
   - 0.1 Lack of variety in combining difficulties from different structure groups.
   - 0.1 Low levels of difficulty combinations
   - 0.1 Difficulties not distributed throughout the routine.
   - 0.1 Difficulties not placed progressively throughout routine.
   - 2.0.1-0.3 Connections
   - 0.1 Lack of variety in connections
   - 0.1 Low level of difficulty in connections
   - 0.1 Lack of continuity/flow of routine
   - 3.0.1-0.2 Originality-Lack of new/unusual combinations of skills: uniqueness of the entire routine.
   - 4.0.1-1.2 Rhythm-Lack of varied tempo changes and/or fluid, continuous movement (excluding falls).
   - 5.0.1-0.2 Spacing-Lack of using all directions, levels and space.
   - 6.0.1-0.2 Back to Back Superiors: Lack of 2 or more series of superior/high superior skills directly connected and without interruptions (0.1 for each BBS series).

D. Execution and Amplitude (E/A) 4.0
   1. Faults
      - Small Faults up to 0.1
      - Medium Faults 0.2-0.3
      - Serious Faults 0.4
   2. Execution
      - (a) Flexion of the arms, legs, body; separation of the legs, incorrect position of the head, hands; pointing toes.
      - (b) Loss of balance, heavy landing; movements of the arms, trunk, feet to maintain balance, deep squat/pike.
      - (c) Stops; rhythm abrupt or jerky.
      - (d) Touching the apparatus or the floor.
      - (e) Faults in coming to a support position; alternate placement or delay of the hands.
      - (f) Projection: to be deducted each time (0.1) up to 0.3.
      - (1) Awkwardness of performance including audible or visible signs of strain;
      - (2) poor carriage;
      - (3) lack of elegance;
      - (4) poor appearance.
   3. Amplitude
      - (a) Lack of larger extended and spacious movement
      - (b) Failure to complete movement with the fullest range of extension
      - Isolated movements. 0.1-0.4
      - Combinations 0.1-013

E. Bonus (B) 0.5
   - 1.0.1 For superior/high superior difficulty or a series of superior/high superior difficulties performed to the ultimate in technique with not deductions.
   - 2.0.1 For dynamic routine performed with minimum execution deductions.
   - 3.0.1 For an entire routine performed to the ultimate in both technique and execution.
   - 4.0.1-0.2 For an extra high superior and/or back-to-back superior (0.1 each).

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INDIVIDUAL EVENT CHAMPIONS
Class A and Single Class System

1969
Tumbling: Marilyn Falk, Jamestown
Balance Beam: Heather Snell, Jamestown
Trampoline: Kathy Ohnstad, Fargo South
Uneven Bars: Julie Nelson, Jamestown
Floor Exercise: Barbara Mitchell, Jamestown
All Around: Barbara Mitchell, Jamestown

1970
Beam: Barbara Mitchell, Jamestown
Uneven Bars: Barbara Mitchell, Jamestown
Vault: Tracey Gunkelman, Fargo South
Floor Exercise: Barbara Mitchell, Jamestown
All Around: Barbara Mitchell, Jamestown

1971
Beam: Jo Pavicic, Fargo South
Uneven Bars: Kathy Sullivan, Jamestown
Vault: Margaret Hagen, St. Mary's
Floor Exercise: Melissa Henning, Fargo South
All Around: Jo Pavicic, Fargo South

1972
Beam: Kathy Sullivan, Jamestown
Uneven Bars: Kathy Sullivan, Jamestown
Vault: Tracy Gunkelman, Fargo South
Floor Exercise: Kathy Sullivan, Jamestown
All Around: Melissa Henning, Fargo South

1973
Beam: Linda Basaraba, Dickinson
Uneven Bars: Tracey Gunkelman, Fargo South
Vault: Tracey Gunkelman, Fargo South
Floor Exercise: Linda Basaraba, Dickinson
All Around: Tracy Gunkelman, Fargo South

1974
Beam: Robin Hubner, Dickinson
Uneven Bars: Carcia Urban, Fargo South
Vault: Tracy Gunkelman, Fargo South
Floor Exercise: Robin Hubner, Dickinson
All Around: Robin Hubner, Dickinson

1975
Beam: Robin Hubner, Dickinson
Uneven Bars: Robin Hubner, Dickinson
Vault: Robin Hubner, Dickinson
Floor Exercise: Robin Hubner, Dickinson
All Around: Robin Hubner, Dickinson

1976
Beam: Robin Hubner, Dickinson
Uneven Bars: Robin Hubner, Dickinson
Vault: Robin Hubner, Dickinson
Floor Exercise: Robin Hubner, Dickinson
All Around: Robin Hubner, Dickinson

1977
Beam: Susie Schraufek, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Mo Day, Fargo South
Floor Exercise: Greta Sjursen, Dickinson
All Around: Greta Sjursen, Dickinson

1978
Beam: Susie Schraufek, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Nancy Davis, Dickinson
Floor Exercise: Jane Vanyo, Fargo South
All Around: Stacey Simle, Fargo South

1979
Beam: Susie Schraufek, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Nancy Davis, Dickinson
Floor Exercise: Susie Schraufek, Fargo South
All Around: Susie Schraufek, Fargo South

1980
Beam: Stacey Simle, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Kristi Tyhus, Fargo South
Floor Exercise: Stacey Simle, Fargo South
All Around: Stacey Simle, Fargo South

1981
Beam: Cindy Rodlund, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Kristi Tyhus, Fargo South
Floor Exercise: Stacey Simle, Fargo South
All Around: Cindy Rodlund, Fargo South

1982
Beam: Cindy Rodlund, Fargo South
Uneven Bars: Cindy Rodlund, Fargo South
Vault: Lori Malsom, Minot Ryan
Floor Exercise: Cindy Rodlund, Fargo South
All Around: Cindy Rodlund, Fargo South

1983
Beam: Robin Wheeler, Dickinson
Uneven Bars: Julie Visina, Minot Ryan
Vault: Julie Visina, Minot Ryan
Floor Exercise: Cindy Rodlund, Fargo South
All Around: Julie Visina, Minot Ryan

1984
Beam: Shelby Young, Bismarck Century
Uneven Bars: Julie Visina, Minot Ryan
Vault: Robin Wheeler, Dickinson
Floor Exercise: Cindy Rodlund, Fargo South
All Around: Robin Wheeler, Dickinson

1985
Beam: Stacie Lowman, Devils Lake
Uneven Bars: Julie Visina, Minot Ryan
Vault: Cindy Rodlund, Fargo South
Floor Exercise: Tami Russell, Bismarck Century
All Around: Julie Visina, Minot Ryan

1986
Beam: Jodi Hansen, Dickinson
Uneven Bars: Rachel Johnson, Bismarck
Vault: Rachel Johnson, Bismarck
Floor Exercise: Tami Russell, Bismarck Century
All Around: Rachel Johnson, Bismarck

1987
Beam: (tie) Kristi Dewald, West Fargo
Cassie Osborn, Fargo South
Uneven Bars: Julie Winje, Minot Ryan
Vault: Cassie Osborn, Fargo South
Floor Exercise: Cassie Osborn, Fargo South
All Around: Kristi Dewald, West Fargo

1988
Beam: Tami Russell, Bismarck Century
Uneven Bars: Tami Russell, Bismarck Century
Vault: Cassie Osborn, Fargo South
Floor Exercise: Tami Russell, Bismarck Century
All Around: Tami Russell, Bismarck Century

1989
Beam: Cassie Osborn, Fargo South
Uneven Bars: Teri Zimbelman, Minot
Vault: Stacie Lowman, Fargo North
Floor Exercise: Cassie Osborn, Fargo South
All Around: Cassie Osborn, Fargo South

1990
Beam: Cassie Osborn, Fargo South
Uneven Bars: (tie) Jenny Nelson, Fargo North
Cassie Osborn, Fargo South
Vault: Stacie Lowman, Fargo North
Floor Exercise: Cassie Osborn, Fargo South
All Around: Cassie Osborn, Fargo South

1991
Beam: Tara Lefor, Dickinson
Uneven Bars: Kim Sveum, Minot
Vault: Kim Sveum, Minot
Floor Exercise: Jenny Nelson, Fargo North
All Around: Kim Sveum, Minot 1992

1992
Beam: Nicole Ziegler, Bismarck Century
Uneven Bars: Kim Sveum, Minot
Vault: Kim Sveum, Minot
Floor Exercise: Kim Sveum, Minot
All Around: Kim Sveum, Minot

1993
Beam: Kim Sveum, Minot
Uneven Bars: Kim Sveum, Minot
Vault: Kim Sveum, Minot
Floor Exercise: Kim Sveum, Minot
All Around: Kim Sveum, Minot

1994
Beam: Jodi Schwehr, Bismarck Century
Uneven Bars: Kim Sveum, Minot
Vault: Kim Sveum, Minot
Floor Exercise: Kim Sveum, Minot
All Around: Kim Sveum, Minot

1995
Beam: (tie) Molly McDonald, Bismarck Century
Nicole Ziegler, Bismarck Century
Uneven Bars: Krista Isakson, Minot
Vault: Jodi Schwehr, Bismarck Century
Floor Exercise: Jodi Schwehr, Bismarck Century
All Around: Jodi Schwehr, Bismarck Century

HISTORY OF GIRLS STATE GYMNASTICS CHAMPIONSHIPS

The first State Girls Gymnastics Championships sponsored by the North Dakota High School Activities Association took place in 1969. The competition both Class A and Class B schools and only 10 schools took part in the event. Jamestown High School came away with the first title.

Competition has changed since the first championships. At the first event, competition took place in tumbling, trampoline, balance beam, uneven bars, side-horse, floor exercise and all around. Each event was divided into three levels - novice, intermediate and junior.

The following year, and every year since, the championships have included only five events. The tumbling and trampoline events were eliminated and the side horse became the vault.

The 1974 state meet saw the last novice, intermediate and junior divisions. It was also the year that separate team champions were named in Class A and Class B divisions. In 1975, each class not only received a separate team trophy, but individual champions were also named in both classes.

The number of teams competing in the state championship has also increased since the first meet in 1969. The dedication of the coaches, athletes and officials in the sport has played an important role in the growth of gymnastics in the state. And along with the growth has come a much more intense level of competition.

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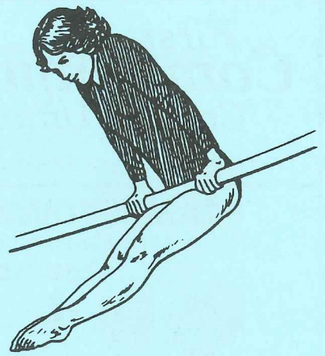

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