



Horizon Central Athletic Association (HCAA)

HCAA Provincial Medalists 2008-2009

A. Individual Sports

Sand Greens Golf	Silver	Jordan Hegglin (Strasbourg)
Cross Country (Junior Boys)	Gold	Brynn Achtymichuk (Wadena)
Girls Doubles Badminton	Gold	Lani Pohler & Cindy Pohler (Englefeld)
Midget Girls Shot Put	Silver	Paige Crozon (Humboldt)
Midget Girls High Jump	Silver	Paige Crozon (Humboldt)
Midget Girls 100m	Silver	Kelly Zimmerman (Englefeld)
Junior Girls Pole Vault	Silver	Courtney Erickson (Quill Lake)
Senior Girls 400m	Gold	Meghan Flavel (Humboldt)
Senior Girls 800m	Silver	Meghan Flavel (Humboldt)
Senior Girls Javelin	Silver	Allysia Doratti (Kelvington)
Midget Boys 3000m	Bronze	Taryn Heidecker (Middle Lake)
Junior Boys 100m	Gold	Ryan Graf (Humboldt)
Junior Boys 200m	Gold	Ryan Graf (Humboldt)
Junior Boys 100m Hurdles	Silver	Ryan Graf (Humboldt)
Junior Boys Discus	Gold	Cody Thiel (Bruno)
Junior Boys Triple Jump	Bronze	Simon Hauser (Middle Lake)
Senior Boys High Jump	Gold	Gerad Dyck (Humboldt)
Senior Boys Discus	Silver	Justin Smart (Cudworth)
Senior Boys Javelin	Silver	Cole Bentz (Raymore)
Senior Boys 100m Hurdles	Bronze	Ian McLellan (Holdfast)
Senior Boys 200m	Bronze	Ian McLellan (Holdfast)
Senior Boys Shot Put	Bronze	Brendan Lang (Raymore)
Senior Boys 100m	Bronze	Andrew Breker (Muenster)
Midget Girls 4x100m Relay	Silver	Kelly Zimmerman (Englefeld) Holly Kelly (Young) Carmen Frey (Cudworth) Caitlyn Graf (Humboldt)
Senior Girls 4x100m Relay	Bronze	Mahlana Nosbush (Lake Lenore) Kirsten Prayda (Ituna) Jessica Miskolzi (Englefeld) Breanne Kohle (Cudworth)
Midget Boys 4x100m Relay	Gold	Josh Giddings (Humboldt) Jeffrey Ness (Humboldt) Terran Bernhard (Muenster) Levi Rusnell (Kelvington)
Junior Boys 4x100m Relay	Bronze	Ryan Graf (Humboldt) Brendan Ekstrom (Lanigan) Ryan Bernhard (Muenster) Brett Theisen (Quill Lake)
Senior Boys 4x100m Relay	Silver	Andrew Breker (Muenster) Mason Nedjelski (Kelvington) Ian McLellan (Holdfast) Ivan Griller (Quill Lake)
Girls 4x400m Relay	Bronze	Meghan Flavel (Humboldt) Linaya Schroeder (Holdfast) Kelly Zimmerman (Englefeld) Caitlyn Graf (Humboldt)



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B. Team Sports

Sand Greens Golf	Bronze	Strasbourg
1A Cross Country	Gold	Middle Lake
1A Girls Soccer	Gold	Muenster
1A Boys Soccer	Silver	Lake Lenore
Nine-Man Football	Gold	Humboldt
Nine-Man Football	Silver	Foam Lake
1A Girls Volleyball	Gold	Holdfast
2A Girls Volleyball	Gold	Wakaw
3A Girls Volleyball	Gold	Kelvington
1A Boys Volleyball	Bronze	Annaheim
4A Boys Volleyball	Gold	Kelvington
Girls Curling	Silver	Watrous
1A Boys Basketball	Silver	Middle Lake