

Lisa Kincaid

Palmyra-Eagle High School 1993-1996

Coach: Tim Collins

MVP: 1993, 1994, 1995, 1996

School Records

100m Dash, 200m Dash, 300m Low Hurdles, Long Jump,
Triple Jump, 1600m Relay

Conference Records

400m Dash, Long Jump, Triple Jump

Conference Championships

1993-Champion 100m Dash, 200m Dash, Long Jump,
Triple Jump

1994-Champion 200m Dash, 400m Dash, Long Jump, Triple Jump

1995-Champion 200m Dash, 400m Dash, Long Jump, Triple Jump

1996-Champion 400m Dash, Long Jump, Triple Jump; Runner-up
200m Dash

WIAA Regional Meet (Division II)

1993-Champion 100m Dash, 200m Dash, Long Jump

1994-Champion 400m Dash, Long Jump, Triple Jump

1995-Champion 100m Dash, 200m Dash, Long Jump, Triple Jump

1996-Champion 200m Dash, Long Jump, Triple Jump

WIAA Sectional Meet (Division II)

1993-Champion 100m Dash, 200m Dash, Long Jump

1994-Champion 400m Dash, Long Jump, Triple Jump

1995-Champion 200m Dash, Long Jump, Triple Jump

1996-Champion 200m Dash, Long Jump; Runner-up Triple Jump

WIAA State Meet Championships (Division II)

1993-2nd Long Jump (17' 3 3/4"); 5th 100m Dash (13.20);
9th 200m Dash

1994-Champion Long Jump (18' 2 1/4"), Triple Jump (37' 5 1/4");
3rd 400m Dash (59.58)

1995-Champion Long Jump (18' 4 1/2"), Triple Jump (37' 7");

3rd 100m Dash (12.66) & 200m Dash (26.25)

1996-Champion Long Jump (18' 4"); 2nd Triple Jump (36' 5 1/2")

College: University of Wisconsin – Madison

Competed in the 400m Relay, 1600m Relay, DMR, 400m D,
Long Jump, Heptathlon & Pentathlon

Inducted 2005

