

Rachael Anderson

Mt. Horeb High School 1993-1996

Coaches: Mich Wollin and Al Jackson

Captain Two Years

MVP Three Years

School Records

**300m Low Hurdles (44.85), 800m Relay (1:46.3),
3200m Relay (9:29.32)**

Capitol Conference Highlights

Team Champions 1993, 1994, 1995, 1996

1993 – Champion 100m HH, 300m LH, 1600m Relay

1994 – Champion 100m HH, 300m LH, 1600m Relay

1995 – Champion 300m Low Hurdles, 1600m Relay, 3200m Relay

1996 – Champion 300m Low Hurdles, 1600m Relay, 3200m Relay

Records – 100m HH (15.5), 300m LH (45.3), 3200m Relay (10:09)

WIAA State Meet Record Set (Division II)

1995 – 3200m Relay (9:29.32)

WIAA Regional Meet (Division II)

11 Individual Championships

WIAA Sectional Meet (Division II)

8 Individual Championships

WIAA State Meet Championships (Division II)

1993 – Champion 300m LH (45.23), 800m Relay (1:46.30)

Runner-up Team Championship

1994 – Champion 3200m Relay (9:35.66)

**1995 – Champion 300m LH (45.79), 1600m Relay (4:03.00),
3200m Relay (9:29.32); Runner-up Team Championship**

1996 – Champion 300m LH (45.46), 3200m Relay (9:33.86)

Team Champions

College: University of Wisconsin – Madison

1997 – Scored in Big Ten Conference Meet; 400m Hurdles

Inducted 2003

