

## Jennifer (Paynter) Nyquist

**Whitewater High School 1988-1991**

**Coaches: Dirk Seibold and Wendall Bean**

**Team Captain: 1990 & 1991**

**School Records**

**100m High Hurdles (14.5), 200m Dash (25.4) &  
1600m Relay (4:03.15)**

**Southern Lakes Conference Team Champions**

**1988, 1989 & 1991**

**Southern Lakes Conference Records Set**

**100m High Hurdles (14.7) & 200m Dash (25.8)**

**WIAA State Team Championships (Class B/Division II)**

**1988, 1989 & 1991**

**WIAA State Team Runner-Up (Class B)**

**1990**

**WIAA State Meet Championships (Class B/Division II)**

**1988 – Champion 800m Rel (1:45.72), 1600m Rel (4:03.15);  
4th 100m HH (15.96)**

**1989 – Champion 100m HH (15.23), 800m Relay (1:47.20) &  
1600m Relay (4:06.88)**

**1990 – Champion 100m HH (16.25); 2nd 200m Dash (27.51)**

**1991 – Champion 100m HH (14.97);**

**2nd 1600m Relay (4:07.77); 3rd 200m D (26.38)**

**College: University of Wisconsin - Madison**

**Ran 100m High Hurdles, 400m Hurdles and Relays**

**1995 – NCAA Division I All-American**

**Inducted 2003**

