

## Jamie Vandenberg

Niagara High School 2006 – 2009

High School Coaches: Anne Pucci, Dan Nett  
& Gary Vandenberg

Team MVP: 2007, 2008, 2009

Marinette & Oconto Conference Meet

Highlights

10 Individual Conference, 2 Relay  
Championships & 1 Individual Runner-up

2006 – 1st 400m, 800m & 1600m Relay

2007 – 1st 400m, 800m & 1600m Relay

2008 – 1st 400m, 800m & 1600m;

Team Conference Championship

2009 – 1st 400m, 800m & 1600m; 2nd HJ

Overall Bests by an M & O Conference Athlete

400m (56.15) & 800m (2:13.29)

High School Event Bests (all School Records)

200m (26.1), 400m (56.15), 800m (2:13.29),

1600m (5:14.04), 3200m (12:11.18),

1600m Relay (4:05.08)

2 WIAA State Meet Records Set (Division III)

2008 – 400m (56.15; Record still stands),

800m (2:13.29)

WIAA State Meet Championships (Division III)

[\* - State Meet Records]

2006 – 1st 400m (57.43); 9th 800m (2:24.33)

2007 – 1st 400m (58.61); 5th 800m (2:18.69);

Qualifier 1600m Relay (4:15.43)

2008 – 1st 400m (\*56.15), 800m (\*2:13.29);

Qualifier 1600m Relay

2009 – 1st 800m (2:14.63); 2nd 400m

(57.96); 5th 1600m Relay (4:10:15)

College: University of Minnesota

Competed in Cross Country and Track & Field

2009 – 2014

Cross Country Team Captain

2012 & 2013

Other Accolades

2009 – WIAA Scholar Athlete

2008 & 2009 – M & O Conference Athlete of  
the Year

4-time WISTCA All-State

400m – 2006, 2008

800m – 2008, 2009

## Inducted 2017

