



Minnesota College  
Athletic Conference

**Women's Golf – Region XIII & MCAC 2009-2010 – One Day Event**

**Region XIII Champion:** Central Lakes College 379

**Region XIII Runner-Up:** Bismark State College 391

**State Champion –** Central Lakes College 276

**Runner-Up –** MN West Community College 285

**Regional & MCAC Coach of the Year –** Jim Russell – Central Lakes College

**Top Five Finishers: State & Regional – All-MCAC**

1.	Jessica Sheldon	Hibbing Community College	87
2.	Kaia Nowatzki	MN West	89
3.	Tracy Gustafson	Central Lakes College	90
4.	Caitie Kavanaugh	Central Lakes College	91
5.	Melissa Welshons	Central Lakes College	95

**On The Way To Nationals:** 1 Team  
5 Individuals

**Team:** Central Lakes College

**Individuals:**

1.	Jessica Sheldon	Hibbing Community College	87
2.	Kaia Nowatzki	MN West	89
3.	Larissa Unruh	Bismark Community College	96
4.	Jordan Thompson	Bismark Community College	97
5.	Breanna Rients	MN West	97
6.	Kourtney Kramer	Bismark Community College	98
7.	Kendall Spartz	MN West	99
8.	Skylie Luger	Bismark Community College	100
9.	Kylie Boe	MSCTC – Fergus Falls	101
10.	Ashley O'Brien	Century Community College	102

**Alternates for Nationals:**

1.	Jess Wold	Ridgewater Community College	105
2.	Alissa Rincken	RCTC	108
3.	April Buhler	Minnesota West C.T.C	109
4.	Lauren Heeter	MSCTC – Fergus Falls	114
5.	Lacey Peterson	Bismark State College	124