

MINIQUE YOST



Minique Yost (SHS Class of 2004). Record Setter. Minique was a multi-sport record setter on the track, the basketball court, and the soccer field. Her athletic career began with a bang and she never let up. Minique started by lettering in all three sports her freshman year. At the State Track Meet, Minique finished 6th in the 200 meter and 4th in the 400 meter races and was a member of the 3rd place 400 meter and the 6th place 1600 meter relay teams. She again lettered in all three sports her sophomore year, and finished 2nd in the 400 meter race and 5th as a member of the 1600 meter relay team at the State Track Meet. During her junior year Minique was 2nd team All-league in both basketball and soccer and was a member of the 5th place 1600 meter relay team at the State Meet. During her senior year, Minique was 2nd team All-league in basketball and 1st team All-league in soccer. She was League Defensive Player of the Year for her efforts on the soccer pitch and was a pivotal part of a soccer team that won Sister High School's first League Title. At the State Track Meet, she finished 2nd in the 400 meter and 4th in the 200 meter races and was a member the 6th place 400 meter relay team. Minique is one of the very few SHS students who were two-time SHS Athletes of the Year. She finished her high school career holding the school records in the 200 meter, 400 meter, and 800 meter races, and as a member of the 400 meter and 1600 meter relay teams. Minique's 200 and 400 meter and team 400 meter records still stand. For her efforts, Minique earned a track scholarship to Montana State University.



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