

# Prairie Conference Championships Boys - Miles Track, Saint John's - May 15, 2019

## TEAM SCORES Scored 10-8-6-4-2-1

1	Osakis	197.0
2	LongPrairie-GreyEagle	123.0
3	Upsala/Swanville	75.0
4	St John's Prep	72.0
5	Royalton	37.0
6	Browerville	13.0

## 100 Meter Dash

1	Megan Och, 11, LongPrairie-GreyEagle	13.03	H3
	Honor roll qualifier		
2	Tianna Stanek, 12, Osakis	13.04	H3
	Honor roll qualifier		
3	Tessa Stanek, 9, Osakis	13.45	H3
4	Kaitlyn Proell, 12, LongPrairie-GreyEagle	13.69	H3
5	Peyton Guthrie, 11, Upsala/Swanville	13.71	H3
6	Claire Prokott, 7, Royalton	13.86	H3
7	Zavanna Holmquist, 7, Upsala/Swanville	14.19	H3
8	Olivia Peterson, 10, Upsala/Swanville	14.29	H2
9	Katelyn Payne, 9, LongPrairie-GreyEagle	14.43	H2
10	Baley Bueckers, 7, Royalton	15.01	H1
11	Mackenzie Uhlenkamp, 8, Browerville	15.14	H2
12	Margaux Wenner, 9, St John's Prep	15.34	H2
13	Bella Dardon, 10, St John's Prep	15.35	H2
14	Brooklyn Wolf, 7, Browerville	15.42	H1
15	Julianna Collins, 10, Osakis	15.65	H2
16	Cassie Zeng, 10, St John's Prep	15.82	H1
17	Kendel Hagen, 8, Royalton	16.42	H1
	Valentina Souza, 11, Browerville	DNC	H1

## 200 Meter Dash

1	Tianna Stanek, 12, Osakis	26.76	H3
	Honor roll qualifier		
2	Megan Och, 11, LongPrairie-GreyEagle	27.40	H3
	Honor roll qualifier		
3	Tessa Stanek, 9, Osakis	27.62	H3
4	Kaitlyn Proell, 12, LongPrairie-GreyEagle	28.11	H3
5	Peyton Guthrie, 11, Upsala/Swanville	28.84	H3
6	Olivia Peterson, 10, Upsala/Swanville	29.11	H3
7	Zavanna Holmquist, 7, Upsala/Swanville	29.53	H3
8	Claire Prokott, 7, Royalton	30.056	H2
9	Katelyn Payne, 9, LongPrairie-GreyEagle	30.064	H2
10	Addison Wildman, 7, Osakis	30.90	H2
11	Baley Bueckers, 7, Royalton	31.84	H2
12	Annika Fines, 10, St John's Prep	32.19	H1
13	Faith Robak, 9, St John's Prep	33.17	H1
14	Brooklyn Wolf, 7, Browerville	33.23	H2
15	Dakota Callahan, 9, Browerville	33.29	H2
16	Amy Raudales, 7, Browerville	34.31	H2
17	Maria Gomez, 10, St John's Prep	34.77	H1
18	Kendel Hagen, 8, Royalton	35.29	H1

## 400 Meter Dash

1	Megan Och, 11, LongPrairie-GreyEagle	63.92	H2
2	Kianan Kendall, 7, Osakis	66.41	H2
3	Sylvia Johnson, 9, St John's Prep	67.38	H2
4	Hatti Schmidtbauer, 9, Osakis	67.96	H2
5	Natalie Schlosser, 11, Osakis	70.06	H2
6	Annika Fines, 10, St John's Prep	73.71	H1
7	Aurora Hinson, 10, LongPrairie-GreyEagle	77.18	H1

8	Madi Gutzkow, 11, Royalton	82.44	H1
9	Arianne Norberg, 7, Royalton	83.48	H1
10	Reid Nydeen, 12, St John's Prep	86.66	H1
	Hadassa Morazan, 7, Browerville	DNC	H1

#### 800 Meter Run

1	Rebekah Muhlenkamp, 10, Upsala/Swanville	2:30.16	
	Honor roll qualifier		
2	Daniela Cevantes, 11, Browerville	2:34.23	
3	Caroline Kuehne, 7, LongPrairie-GreyEagle	2:39.01	
4	Lexi Spychalla, 9, Osakis	2:44.03	
5	Claire Westling, 7, St John's Prep	2:45.26	
6	Kaitlyn Cebulla, 10, LongPrairie-GreyEagle	2:47.30	
7	Lauren Anderson, 7, Osakis	2:47.41	
8	Madison Nystom, 10, Osakis	2:52.61	
9	Zara Kowalczyk, 9, Royalton	2:58.81	
10	Faith Zigan, 9, Browerville	3:02.53	
11	Adrienne Gefre, 9, St John's Prep	3:08.57	
12	Arianne Norberg, 7, Royalton	3:17.90	
13	Cambel Shepherd, 8, St John's Prep	3:19.14	
14	Haley Opatz, 11, Upsala/Swanville	3:28.73	

#### 1600 Meter Run

1	Rebekah Muhlenkamp, 10, Upsala/Swanville	5:43.46	
2	Caroline Kuehne, 7, LongPrairie-GreyEagle	5:49.01	
3	Erin Borash, 9, Royalton	5:52.35	
4	Lexi Spychalla, 9, Osakis	6:05.83	
5	Destiny Dorman, 10, Osakis	6:13.30	
6	Trina Schultz, 7, Browerville	6:29.25	
7	Alexa Lien, 11, Osakis	6:37.33	
8	Rebeka Daniel, 12, Royalton	6:41.13	
9	Cari Simon, 11, Royalton	6:44.42	
10	Adrienne Gefre, 9, St John's Prep	6:52.50	
11	Katie John, 12, St John's Prep	7:13.70	

#### 3200 Meter Run

1	Erin Borash, 9, Royalton	13:07.37	
2	Olivia Pauly, 7, St John's Prep	13:21.30	
3	Destiny Dorman, 10, Osakis	13:44.93	
4	Kaitlyn Cebulla, 10, LongPrairie-GreyEagle	14:15.02	
5	Grace Neutz, 10, Royalton	14:32.51	
6	Larissa Hoffarth, 8, Osakis	14:43.08	
	Maria Ambriz, 12, LongPrairie-GreyEagle	DNC	

#### 100 Meter Hurdles

1	Rebecca Berscheit, 9, LongPrairie-GreyEagle	18.70	
2	Sophie Hwang, 9, St John's Prep	19.00	
3	Mara VanNyhuis, 9, Osakis	19.15	
4	Kaylee Thompson, 10, Osakis	19.30	
5	Bria Hoffarth, 7, Osakis	20.24	
6	Bella Dardon, 10, St John's Prep	21.01	
7	Angelina Qiu, 10, St John's Prep	23.05	
8	Lizzie Bitz, 7, LongPrairie-GreyEagle	25.88	

#### 300 Meter Hurdles

1	Meyer Justine, 11, St John's Prep	51.28	
2	Brianna Young, 12, LongPrairie-GreyEagle	53.92	
3	Rebecca Berscheit, 9, LongPrairie-GreyEagle	56.50	
4	Bria Hoffarth, 7, Osakis	56.59	
5	Mara VanNyhuis, 9, Osakis	57.48	
6	Sophie Hwang, 9, St John's Prep	57.93	
7	Kaylee Thompson, 10, Osakis	61.09	
8	Holly Hansen, 9, St John's Prep	67.38	

4x100 Meter Relay		
1 Osakis		52.62
	Honor roll qualifier	
2 LongPrairie-GreyEagle		54.45
3 Royalton		59.81
4 Browerville		60.55
5 St John's Prep		62.26

800 Meter Relay		
1 Osakis		1:54.90
2 Upsala/Swanville		1:56.20
3 LongPrairie-GreyEagle		1:56.73
4 St John's Prep		2:07.41
Royalton		DNC

4x400 Meter Relay		
1 Osakis		4:40.01
2 St John's Prep		4:43.00
3 LongPrairie-GreyEagle		5:09.81
4 Royalton		5:39.40

4x800 Meter Relay		
1 St John's Prep		11:21.11
2 Osakis		11:22.80
3 Royalton		12:07.77
4 LongPrairie-GreyEagle		13:52.78

#### Long Jump

Round 1, Flight 1		
1 Ava Determan, 7, LongPrairie-GreyEagle		13-1q
2 Mackenzie Uhlenkamp, 8, Browerville		12-9
3 Dakota Callahan, 9, Browerville		12-2 1/2
4 Faith Robak, 9, St John's Prep		11-8
5 Reid Nydeen, 12, St John's Prep		11-6
6 Baley Bueckers, 7, Royalton		10-11
7 Valentina Souza, 11, Browerville		10-3
8 Kendel Hagen, 8, Royalton		9-11

Round 1, Flight 2		
1 Tessa Stanek, 9, Osakis		16-0q
	Honor roll qualifier	
2 Megan Och, 11, LongPrairie-GreyEagle		14-9q
3 Peyton Guthrie, 11, Upsala/Swanville		14-8 1/2q
4 Rebekah Muhlenkamp, 10, Upsala/Swanville		14-4 1/2q
5 Claire Prokott, 7, Royalton		14-2 1/2q
6 Brianna Young, 12, LongPrairie-GreyEagle		13-6 1/2q
7 Camryn Hoffarth, 11, Osakis		13-5q
8 Bella Dardon, 10, St John's Prep		12-3 1/2
Kianan Kendall, 7, Osakis		ND

Final		
1 Tessa Stanek, 9, Osakis		16-0
	Honor roll qualifier	
2 Peyton Guthrie, 11, Upsala/Swanville		15-0
3 Megan Och, 11, LongPrairie-GreyEagle		14-10
4 Rebekah Muhlenkamp, 10, Upsala/Swanville		14-4 1/2
5 Claire Prokott, 7, Royalton		14-2 1/2
6 Brianna Young, 12, LongPrairie-GreyEagle		13-6 1/2
7 Camryn Hoffarth, 11, Osakis		13-5
8 Ava Determan, 7, LongPrairie-GreyEagle		13-1

#### Triple Jump

Round 1, Flight 1		
1 Nora Gamradt, 10, LongPrairie-GreyEagle		28-7 3/4q

2 Reid Nydeen, 12, St John's Prep	25-4 3/4q
3 Rebecca Berscheit, 9, LongPrairie-GreyEagle	25-3
Aurora Hinson, 10, LongPrairie-GreyEagle	ND
Holly Hansen, 9, St John's Prep	ND

Round 1, Flight 2

1 Camryn Hoffarth, 11, Osakis	30-6 1/4q
2 Cathleen Rieffer, 11, Upsala/Swanville	30-2q
3 Bria Hoffarth, 7, Osakis	27-11 1/2q
4 Audrey Thomas, 10, Upsala/Swanville	27-10q
5 Alexis Johanson, 9, Osakis	27-5 1/2q
6 Jaedyn Nydeen, 9, St John's Prep	27-3 1/2q

Final

1 Cathleen Rieffer, 11, Upsala/Swanville	31-1
2 Camryn Hoffarth, 11, Osakis	30-8 3/4
3 Audrey Thomas, 10, Upsala/Swanville	28-11 1/4
4 Nora Gamradt, 10, LongPrairie-GreyEagle	28-7 3/4
5 Bria Hoffarth, 7, Osakis	27-11 1/2
6 Alexis Johanson, 9, Osakis	27-8 1/2
7 Jaedyn Nydeen, 9, St John's Prep	27-3 1/2
8 Reid Nydeen, 12, St John's Prep	25-4 3/4

Shot Put

Round 1, Flight 1

1 Ady Ffitch, 9, LongPrairie-GreyEagle	26-4 1/2q
2 Lucy Cheeley, 10, St John's Prep	25-4q
3 Alexis Johnson, 8, Browerville	21-11 1/2
4 Kayla Okonu, 9, St John's Prep	21-7
5 Hana May, 10, St John's Prep	18-7

Round 1, Flight 2

1 Elizabeth Pahl, 12, Osakis	38-2q
	Honor roll qualifier
2 Kiley Kranz, 8, Osakis	30-10q
3 Ali DeWenter, 11, Osakis	28-8q
4 Gabrielle Bartels, 11, LongPrairie-GreyEagle	27-7q
5 Diana Salazar, 11, LongPrairie-GreyEagle	25-8q
6 Olivia Mettler, 12, Upsala/Swanville	25-2q

Final

1 Elizabeth Pahl, 12, Osakis	38-2
	Honor roll qualifier
2 Kiley Kranz, 8, Osakis	30-10
3 Ali DeWenter, 11, Osakis	28-8
4 Ady Ffitch, 9, LongPrairie-GreyEagle	27-7 1/2
5 Gabrielle Bartels, 11, LongPrairie-GreyEagle	27-7
6 Diana Salazar, 11, LongPrairie-GreyEagle	27-1
7 Olivia Mettler, 12, Upsala/Swanville	26-1 1/2
8 Lucy Cheeley, 10, St John's Prep	25-8

Discus Throw

Round 1, Flight 1

1 Lucy Cheeley, 10, St John's Prep	71-3q
2 Haley Opatz, 11, Upsala/Swanville	64-7q
3 Kayla Okonu, 9, St John's Prep	62-7
4 Vivian Leroux, 9, LongPrairie-GreyEagle	59-3
5 Ady Ffitch, 9, LongPrairie-GreyEagle	47-10
6 Alexis Johnson, 8, Browerville	46-5
7 Goldie Saxum, 11, Browerville	42-11
8 Noelle Buehrer, 10, St John's Prep	42-1

Round 1, Flight 2

1 Elizabeth Pahl, 12, Osakis	123-10q
	Honor roll qualifier
2 Noelle Bjerck, 9, Osakis	96-9q
3 Kiley Kranz, 8, Osakis	92-4q
4 Olivia Mettler, 12, Upsala/Swanville	85-7q

5	Rebeka Daniel, 12, Royalton	72-2q
6	Gabrielle Bartels, 11, LongPrairie-GreyEagle	70-11q
Final		
1	Elizabeth Pahl, 12, Osakis	123-10
	Honor roll qualifier	
2	Noelle Bjerck, 9, Osakis	96-9
3	Kiley Kranz, 8, Osakis	92-4
4	Olivia Mettler, 12, Upsala/Swanville	86-7
5	Gabrielle Bartels, 11, LongPrairie-GreyEagle	76-3
6	Lucy Cheeley, 10, St John's Prep	72-5
7	Rebeka Daniel, 12, Royalton	72-2
8	Haley Opatz, 11, Upsala/Swanville	69-11

High Jump

1	Meyer Justine, 11, St John's Prep	4-10
2	Kaylee Thompson, 10, Osakis	4-10
3	Cathleen Rieffer, 11, Upsala/Swanville	4-8
4	Audrey Thomas, 10, Upsala/Swanville	4-6
5	Alexis Johanson, 9, Osakis	4-4
6	Rachel Weir, 10, Osakis	4-4
7	Kora Welch, 10, St John's Prep	4-2
8	Rebecca Berscheit, 9, LongPrairie-GreyEagle	4-2
9	Kate McGee, 8, St John's Prep	4-0
10	Mackenzie Uhlenkamp, 8, Browerville	3-8
10	Arianne Norberg, 7, Royalton	3-8