

# 2022 Northland/Northwoods 6

May 13 at Baudette

## Womens Varsity

1. Nevis	168
2. Walker-Hackensack-Akeley	149.5
3. Northome/Kelliher/Blackduck	105
4. Pine River-Backus	88
5. Clearbrook-Gonvick	65.5
6. Lake of the Woods/Rainy River	39
7. TrekNorth	16
8. Cass Lake-Bena	13

## Mens Varsity

1. Walker-Hackensack-Akeley	159
2. Clearbrook-Gonvick	110.5
3. Nevis	109
4. Lake of the Woods/Rainy River	83
5. Northome/Kelliher/Blackduck	78.5
6. Pine River-Backus	60.5
7. TrekNorth	24.5
8. Cass Lake-Bena	22

## Varsity Boys 100 Meters Finals

### Athlete Yr Team Mark

1 Ayo Ogundeji 9 Nevis 11.29
2 Kai Ashmoore 12 Walker-Hackensack-Akeley 11.92
3 Riley Carpenter 12 Walker-Hackensack-Akeley 11.99
4 Ridge Flatness 11 Northome/Kelliher/Blackdu 12.20
5 Dawson Meikle 9 Lake of the Woods/Rainy R 12.29
6 Alex Churness 10 Clearbrook-Gonvick 12.30
7 Logan Westrum 11 Clearbrook-Gonvick 12.46
8 Emiliano Chernugal 10 TrekNorth 12.60
9 Nathan Pyburn 12 Nevis 12.72
10 Brody Fairbanks 12 Cass Lake-Bena 12.78
11 Ty Dyr Dahl 11 Clearbrook-Gonvick 12.91
12 Dante Frank 11 Northome/Kelliher/Blackdu 13.12
13 Matt Wielenberg 10 TrekNorth 13.53
14 Luke Johnson 10 Clearbrook-Gonvick 13.57
15 Neal Duerst 11 TrekNorth 14.32
16 Oliver Erickson 10 TrekNorth 15.80

## Junior High Boys 100 Meters Finals

### Athlete Yr Team Mark

1 Eli Bergstrom 8 Nevis 12.31
2 Kasey Clark 9 Northome 13.43
3 Elijah Cox 8 W.H.A. 13.45
4 Zach Ysen 8 Clearbrook-Gonvick 13.92
5 Peighton Rager 8 Lake Of The Woods 14.46
6 Matthew Rankin 8 Clearbrook-Gonvick 14.57
7 Trey Goudge 7 Clearbrook-Gonvick 14.63
8 Mason Mollberg - Lake Of The Woods 14.71
9 Jeffery Walker 8 Nevis 14.92
10 Lucas Bakken 7 Clearbrook-Gonvick 15.35
11 Anakin Post - Cass Lake-Bena 15.42
12 Wade Lamm 7 Northome 15.61
13 Reese Vezina 7 Northome 16.21
14 16.50

15 Ryan Gerlofs 7 Clearbrook-Gonvick 16.59
16 16.68
17 Duane Totland - Northome 16.73
18 Carter Ballard 7 Clearbrook-Gonvick 16.90
19 Zach Minion 7 Pine River-Backus 16.95
20 Kenyon Goggleye 6 Cass Lake-Bena 16.97

## Varsity Boys 200 Meters Finals

### Athlete Yr Team Mark

1 Riley Carpenter 12 Walker-Hackensack-Akeley 24.50
2 Alex Churness 10 Clearbrook-Gonvick 25.20
3 Mitchell Freimark 12 Walker-Hackensack-Akeley 25.60
4 Jordan Tisdell 12 Pine River-Backus 25.90
5 Ben Goudge 10 Clearbrook-Gonvick 26.10
5 Eli Bergstrom 8 Nevis 26.10
7 Ian Ahrendt 12 Nevis 26.20
8 Michael Roy 11 Clearbrook-Gonvick 27.10
9 Ty Dyr Dahl 11 Clearbrook-Gonvick 27.54
10 Luke Johnson 10 Clearbrook-Gonvick 28.98
11 Scott Whitebird 12 Cass Lake-Bena 34.61
12 Tyler Dorman 9 Cass Lake-Bena 38.75

## Junior High Boys 200 Meters Finals

### Athlete Yr Team Mark

1 Josiah Sechser 9 Pine River-Backus 29.73
2 Savian Nelson 8 Northome 30.42
3 Peighton Rager 8 Lake Of The Woods 30.97
4 Ryan Gerlofs 7 Clearbrook-Gonvick 31.60
5 Jeffery Walker 8 Nevis 31.62
6 Isaiah Downie 7 Pine River-Backus 32.03
7 Duane Totland - Northome 35.65
8 Carter Ballard 7 Clearbrook-Gonvick 36.08
9 Evan Kaiser 7 Northome 38.12

## Varsity Boys 400 Meters Finals

### Athlete Yr Team Mark

1 Andrew Fahey 11 Northome/Kelliher/Blackdu 53.10
2 Garrett Jenson 11 Lake of the Woods/Rainy R 1:06.60
3 Daniel Rankin 11 Clearbrook-Gonvick 1:13.40

## Junior High Boys 400 Meters Finals

### Athlete Yr Team Mark

1 Tate Norman 9 Pine River-Backus 1:05.10
2 Dalton Minion 9 Pine River-Backus 1:05.55
3 Josiah Sechser 9 Pine River-Backus 1:10.15
4 Seth Ballou 8 Northome 1:11.07
5 Jordan Waldo 9 Northome 1:12.57
6 Isaiah Downie 7 Pine River-Backus 1:13.56

## Varsity Boys 800 Meters Finals

### Athlete Yr Team Mark

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- 1 Jack McQuown 12 Clearbrook-Gonvick 2:12.99
- 2 George Bjorklund 12 Nevis 2:15.53
- 3 Andrew Fahey 11 Northome/Kelliher/Blackdu 2:20.06
- 4 Karl Kallio 11 Northome/Kelliher/Blackdu 2:26.22
- 5 Dawson Meikle 9 Lake of the Woods/Rainy R 2:26.28
- 6 Joe Tande 9 Walker-Hackensack-Akeley 2:26.48
- 7 Alex Beckel 9 Lake of the Woods/Rainy R 2:36.80
- 8 Chase Schultz 11 Walker-Hackensack-Akeley 2:42.17
- 9 Levi Norvold 8 Walker-Hackensack-Akeley 2:46.55
- 10 Thorn Post 10 Cass Lake-Bena 2:48.07
- 11 Mason Derby 11 TrekNorth 2:51.20
- 12 Carter Derby 9 TrekNorth 2:55.87
- 13 Tyler Dorman 9 Cass Lake-Bena 3:44.84

Junior High Boys 800 Meters Finals

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Athlete Yr Team Mark

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- 1 Ethan Bucholtz 8 Nevis 2:52.50
- 2 Kaden Freeman 9 Northome 3:10.10
- 3 Jace Knott - Northome 3:44.20
- 4 Jacob Sopkowiak 7 Lake Of The Woods 4:31.00
- 5 Soren Pollard 8 Northome 4:49.20

Varsity Boys 1600 Meters Finals

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Athlete Yr Team Mark

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- 1 Jack McQuown 12 Clearbrook-Gonvick 5:08.99
- 2 Jacob Schnoor 11 Pine River-Backus 5:09.95
- 3 Seth Meikle 11 Lake of the Woods/Rainy R 5:10.93
- 4 Eli Peterson 10 Nevis 5:12.58
- 5 Trey Godding 11 TrekNorth 5:13.57
- 6 Dawson Meikle 9 Lake of the Woods/Rainy R 5:38.33
- 7 Daniel Lindow 9 Nevis 5:42.38
- 8 Alex Beckel 9 Lake of the Woods/Rainy R 5:53.31
- 9 Levi Norvold 8 Walker-Hackensack-Akeley 6:01.47
- 10 Dwayne Knutson 11 Clearbrook-Gonvick 6:03.08
- 11 Daniel Sopkowiak 10 Lake of the Woods/Rainy R 6:16.84
- 12 Mason Derby 11 TrekNorth 6:19.41
- 13 Carter Derby 9 TrekNorth 6:43.58
- 14 Gregor Pederson 10 Northome/Kelliher/Blackdu 7:09.67
- 15 Sam Pfeiffer 8 Walker-Hackensack-Akeley 7:45.74
- 16 Mitchell Freimark 12 Walker-Hackensack-Akeley 8:35.45

Junior High Boys 1600 Meters Finals

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Athlete Yr Team Mark

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- 1 Jackson Connell 9 Northome 6:20.06
- 2 Ethan Larson 8 Northome 6:57.50

Varsity Boys 3200 Meters Finals

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Athlete Yr Team Mark

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- 1 Seth Meikle 11 Lake of the Woods/Rainy R 11:54.53
- 2 Evan Pohl 11 Nevis 11:57.94
- 3 Reese Mowell 12 Nevis 12:20.73
- 4 Thorn Post 10 Cass Lake-Bena 13:36.42
- 5 Vinny Pederson 10 Walker-Hackensack-Akeley 13:36.43

- 6 Sam Wielenberg 11 TrekNorth 13:41.33
- 7 Trey Godding 11 TrekNorth 13:41.39
- 8 Charlie Steinbach 9 Lake of the Woods/Rainy R 13:53.50
- 9 Ethan Larson 8 Northome/Kelliher/Blackdu 14:13.48
- 10 Callen Whitney 9 Walker-Hackensack-Akeley 15:27.38

Junior High Boys 100m Hurdles 33" Finals

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Athlete Yr Team Mark

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- 1 Colton Connel 9 Northome 20.77
- 2 Kaanan Forseen 9 Northome 21.20

Varsity Boys 110m Hurdles 39" Finals

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Athlete Yr Team Mark

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- 1 Jon Rice 11 Nevis 17.19
- 2 Evan Bilinski 11 Northome/Kelliher/Blackdu 17.29
- 3 Eli Pfeiffer 11 Walker-Hackensack-Akeley 18.49
- 4 Ben Berthiume 11 Lake of the Woods/Rainy R 19.92
- 5 Andrew Deegan 11 Walker-Hackensack-Akeley 20.37
- 6 Garrett Jenson 11 Lake of the Woods/Rainy R 20.66

Junior High Boys 300m Hurdles 30" Finals

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Athlete Yr Team Mark

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- 1 Kaanan Forseen 9 Northome 57.23

Varsity Boys 300m Hurdles 36" Finals

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Athlete Yr Team Mark

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- 1 Jon Rice 11 Nevis 45.77
- 2 Evan Bilinski 11 Northome/Kelliher/Blackdu 46.22
- 3 Ridge Flatness 11 Northome/Kelliher/Blackdu 46.36
- 4 Andrew Deegan 11 Walker-Hackensack-Akeley 49.58
- 5 Eli Pfeiffer 11 Walker-Hackensack-Akeley 50.88
- 6 Neal Duerst 11 TrekNorth 58.56

Varsity Boys 4x100m Relay Finals

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Team Time

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- 1 Clearbrook-Gonvick 49.62
- 2 Walker-Hackensack-Akeley 49.98
- 3 Pine River-Backus 52.10
- 4 Cass Lake-Bena 53.02
- 5 Northome/Kelliher/Blackduck 55.34

Junior High Boys 4x100m Relay Finals

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Team Time

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- 1 Clearbrook-Gonvick 59.52
- 2 Northome 1:07.43
- 3 Cass Lake-Bena 1:07.45

Varsity Boys 4x200m Relay Finals

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Team Time

=====  
1 Northome/Kelliher/Blackduck 1:40.36  
2 Nevis 1:41.17  
3 Walker-Hackensack-Akeley 1:42.92  
4 Clearbrook-Gonvick 1:46.32  
5 Cass Lake-Bena 1:54.55

Junior High Boys 4x200m Relay Finals

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Team Time  
=====  
1 Northome 2:00.32  
2 Clearbrook-Gonvick 2:15.12

Varsity Boys 4x400m Relay Finals

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Team Time  
=====  
1 Nevis 4:04.16  
2 Clearbrook-Gonvick 4:08.35  
3 Walker-Hackensack-Akeley 4:14.15  
4 Pine River-Backus 4:18.84  
5 Northome/Kelliher/Blackduck 4:25.93  
6 Lake of the Woods/Rainy River 4:33.97

Junior High Boys 4x400m Relay Finals

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Team Time  
=====  
1 Northome 5:13.00

Varsity Boys 4x800m Relay Finals

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Team Time  
=====  
1 Nevis 10:25.10  
2 Pine River-Backus 10:47.05  
3 Walker-Hackensack-Akeley 10:54.48  
4 TrekNorth 11:28.26  
5 Northome/Kelliher/Blackduck 11:30.95

Junior High Boys Shot Put 4kg Finals

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Athlete Yr Team Mark  
=====  
1 Wyatt Westrum 8 Clearbrook-Gonvick 37-06.50  
2 Carver Kroulik 7 Clearbrook-Gonvick 27-09.25  
3 Sam Pfeiffer 8 W.H.A. 26-09.00  
4 Freeman Rock 8 Cass Lake-Bena 23-03.50  
5 Kaden Freeman 9 Northome 22-11.00  
6 Evan Kaiser 7 Northome 22-09.50  
7 Jacob Sopkowiak 7 Lake Of The Woods 18-08.00  
8 Lane Staudinger 7 Northome 17-05.50  
9 Gabriel Reyes 6 Cass Lake-Bena 16-07.00

Varsity Boys Shot Put 12lb Finals

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Athlete Yr Team Mark  
=====  
1 Ian Ahrendt 12 Nevis 37-02.75  
2 Joe Hed 10 Walker-Hackensack-Akeley 37-01.50  
3 Noah Reimer 11 Clearbrook-Gonvick 34-05.50

4 Jake Mills 12 Pine River-Backus 34-00.50  
5 Dante Frank 11 Northome/Kelliher/Blackdu 32-09.50  
6 Oliver Erickson 10 TrekNorth 30-11.50  
7 Elijah McQuown 10 Clearbrook-Gonvick 29-07.00  
8 Joshua Dorow - Lake of the Woods/Rainy R 29-01.50  
9 Zach Umerski 10 Lake of the Woods/Rainy R 28-03.75  
10 Dakota Urban Pullar 10 TrekNorth 26-10.50  
11 Scott Whitebird 12 Cass Lake-Bena 25-05.25  
12 Daniel Irish 12 Pine River-Backus 24-05.75  
13 Charlie Steinbach 9 Lake of the Woods/Rainy R 22-05.50  
14 Jack Marmorine 9 TrekNorth 22-01.50

Junior High Boys Discus 1kg Finals

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Athlete Yr Team Mark  
=====  
1 Wyatt Westrum 8 Clearbrook-Gonvick 97-00  
2 Jordan Waldo 9 Northome 79-01  
3 Carver Kroulik 7 Clearbrook-Gonvick 71-01  
4 Sam Pfeiffer 8 W.H.A. 61-03  
5 Freeman Rock 8 Cass Lake-Bena 60-04  
6 Seth Ballou 8 Northome 58-04  
7 Lane Staudinger 7 Northome 50-11  
8 Gabriel Reyes 6 Cass Lake-Bena 50-08  
9 Mitchell Freimark 12 W.H.A. 44-01  
10 Jacob Sopkowiak 7 Lake Of The Woods 42-02  
11 Evan Kaiser 7 Northome 38-01

Varsity Boys Discus 1.6kg Finals

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Athlete Yr Team Mark  
=====  
1 Avery Lavine 11 Clearbrook-Gonvick 100-01  
2 Jake Mills 12 Pine River-Backus 99-09  
3 Joe Hed 10 Walker-Hackensack-Akeley 95-08  
4 Garrett Jenson 11 Lake of the Woods/Rainy R 88-05  
5 Eli Pfeiffer 11 Walker-Hackensack-Akeley 83-00  
6 Noah Reimer 11 Clearbrook-Gonvick 82-03  
7 Elijah McQuown 10 Clearbrook-Gonvick 81-08  
8 Dante Frank 11 Northome/Kelliher/Blackdu 76-04  
9 Zach Umerski 10 Lake of the Woods/Rainy R 69-04  
10 Karl Kallio 11 Northome/Kelliher/Blackdu 60-10  
11 Daniel Irish 12 Pine River-Backus 59-07  
12 Dakota Urban Pullar 10 TrekNorth 58-10  
13 Oliver Erickson 10 TrekNorth 47-04  
14 Jack Marmorine 9 TrekNorth 37-08  
15 Soren Pollard 8 Northome/Kelliher/Blackdu 32-02  
16 Ethan Larson 8 Northome/Kelliher/Blackdu 30-05

Varsity Boys High Jump Finals

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Athlete Yr Team Mark  
=====  
1 Avery Lavine 11 Clearbrook-Gonvick 5-10.00  
2 Andrew Deegan 11 Walker-Hackensack-Akeley 5-08.00  
3 Nick Freimark 9 Walker-Hackensack-Akeley 5-07.00  
4 Joe Tande 9 Walker-Hackensack-Akeley 5-02.00  
-- Gregor Pederson 10 Northome/Kelliher/Blackdu NH

Junior High Boys High Jump Finals

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Athlete Yr Team Mark

- =====
- 1 Dalton Minion 9 Pine River-Backus 5-02.00
  - 2 Tate Norman 9 Pine River-Backus 5-00.00
  - 3 Isaiah Downie 7 Pine River-Backus 4-08.00
  - 3 Kanaan Forseen 9 Northome 4-08.00
  - 5 Colton Connel 9 Northome 4-06.00
  - 5 Zach Ysen 8 Clearbrook-Gonvick 4-06.00
  - 5 Matthew Rankin 8 Clearbrook-Gonvick 4-06.00
  - 5 Trey Goudge 7 Clearbrook-Gonvick 4-06.00
  - 5 Grant Engen 7 Clearbrook-Gonvick 4-06.00
  - 10 Zach Minion 7 Pine River-Backus 4-00.00
  - 11 Peighton Rager 8 Lake Of The Woods 3-08.00
  - 12 Mason Mollberg - Lake Of The Woods 3-06.00
  - 12 Kenyon Goggleye 6 Cass Lake-Bena 3-06.00
  - Gabriel Reyes 6 Cass Lake-Bena NH

Varsity Boys Pole Vault Finals

- =====
- Athlete Yr Team Mark
- =====
- 1 Jordan Tisdell 12 Pine River-Backus 10-00.00
  - 2 Hayden Rettke 8 Walker-Hackensack-Akeley 9-06.00
  - 3 Wyatt Stokke 10 Lake of the Woods/Rainy R 8-06.00
  - 4 Eli Pfeiffer 11 Walker-Hackensack-Akeley 8-00.00
  - 5 Daniel Sopkowiak 10 Lake of the Woods/Rainy R 7-06.00
  - 6 Elijah Cox 8 Walker-Hackensack-Akeley 7-00.00
  - Joshua Dorow - Lake of the Woods/Rainy R NH
  - Yili Schiro 10 Lake of the Woods/Rainy R NH

Junior High Boys Pole Vault Finals

- =====
- Athlete Yr Team Mark
- =====
- 1 Josiah Sechser 9 Pine River-Backus 7-06.00

Varsity Boys Long Jump Finals

- =====
- Athlete Yr Team Mark
- =====
- 1 Kai Ashmoore 12 Walker-Hackensack-Akeley 19-02.50
  - 2 Gage Dunn 12 Cass Lake-Bena 17-08.50
  - 3 Ben Goudge 10 Clearbrook-Gonvick 16-00.00
  - 4 Emiliano Chernugal 10 TrekNorth 15-11.00
  - 4 Ridge Flatness 11 Northome/Kelliher/Blackdu 15-11.00
  - 6 Ethan Bucholtz 8 Nevis 15-07.50
  - 7 Yili Schiro 10 Lake of the Woods/Rainy R 15-06.00
  - 8 Ian Ahrendt 12 Nevis 15-05.50
  - 9 Nathan Pyburn 12 Nevis 15-03.00
  - 10 Matt Wielenberg 10 TrekNorth 15-02.50
  - 11 Elijah Schneider 11 Pine River-Backus 15-00.00
  - 12 Riley Carpenter 12 Walker-Hackensack-Akeley 14-09.00
  - 13 Trevor Solberg 10 Clearbrook-Gonvick 14-08.00
  - 14 Sam Wielenberg 11 TrekNorth 14-01.50
  - 15 Neal Duerst 11 TrekNorth 13-01.00
  - 16 Daniel Rankin 11 Clearbrook-Gonvick 13-00.50
  - 17 Mitchell Freimark 12 Walker-Hackensack-Akeley 9-07.50
  - Ben Berthume 11 Lake of the Woods/Rainy R ND

Junior High Boys Long Jump Finals

- =====
- Athlete Yr Team Mark
- =====

- 1 Tate Norman 9 Pine River-Backus 16-02.00
- 2 Eli Bergstrom 8 Nevis 15-00.00
- 3 Elijah Cox 8 W.H.A. 14-05.50
- 4 Isaiah Downie 7 Pine River-Backus 14-01.50
- 5 Savian Nelson 8 Northome 13-04.25
- 6 Matthew Rankin 8 Clearbrook-Gonvick 12-00.00
- 7 Lucas Bakken 7 Clearbrook-Gonvick 11-02.00
- 8 Grant Engen 7 Clearbrook-Gonvick 11-01.50
- 9 Zach Minion 7 Pine River-Backus 10-07.00
- 10 Reese Vezina 7 Northome 10-04.00
- 11 Kenyon Goggleye 6 Cass Lake-Bena 9-07.50
- 12 Carter Ballard 7 Clearbrook-Gonvick 9-07.25
- 13 Duane Totland - Northome 9-02.25
- 14 8-10.50
- 15 8-02.50

Varsity Boys Triple Jump Finals

- =====
- Athlete Yr Team Mark
- =====
- 1 Kai Ashmoore 12 Walker-Hackensack-Akeley 39-01.00
  - 2 Garrett Jenson 11 Lake of the Woods/Rainy R 35-09.50
  - 3 Avery Lavine 11 Clearbrook-Gonvick 35-06.00
  - 4 Nathan Pyburn 12 Nevis 34-00.00
  - 5 Jacob Schnoor 11 Pine River-Backus 33-07.00
  - 6 Yili Schiro 10 Lake of the Woods/Rainy R 33-03.00
  - 7 Brady Murdoff 11 Walker-Hackensack-Akeley 32-11.50
  - 8 Nick Freimark 9 Walker-Hackensack-Akeley 32-10.50
  - 9 Elijah Schneider 11 Pine River-Backus 32-10.00
  - 10 Michael Roy 11 Clearbrook-Gonvick 31-00.00
  - 11 Emiliano Chernugal 10 TrekNorth 30-07.00
  - 12 Dawson Meikle 9 Lake of the Woods/Rainy R 17-06.50
  - 13 Caleb Ruhl 12 Pine River-Backus 15-07.50

Junior High Boys Triple Jump Finals

- =====
- Athlete Yr Team Mark
- =====
- 1 Jordan Waldo 9 Northome 31-04.50
  - 2 Colton Connel 9 Northome 28-05.50
  - 3 Reese Vezina 7 Northome 26-08.50
  - 4 Wade Lamm 7 Northome 25-04.50
  - 5 Zach Minion 7 Pine River-Backus 23-05.00

Varsity Girls 100 Meters Finals

- =====
- Athlete Yr Team Mark
- =====
- 1 Paige Haack 11 Lake of the Woods/Rainy R 12.97
  - 2 Marley Mitchell 10 Nevis 13.86
  - 3 Abbie Strandlie 12 Walker-Hackensack-Akeley 14.25
  - 4 Brita Rand 9 Walker-Hackensack-Akeley 14.33
  - 5 Kaelan Rockensock 9 Northome/Kelliher/Blackdu 14.71
  - 6 Elizabeth Cairns 7 Walker-Hackensack-Akeley 14.82
  - 7 Gwendolyn Devries 11 Walker-Hackensack-Akeley 14.99
  - 8 Kaylin Jensen 9 Cass Lake-Bena 15.60
  - 9 Cece Humphrey 10 TrekNorth 16.10
  - 10 Lauren Amberg 9 TrekNorth 18.15
  - 11 Graciela Santiago 9 Cass Lake-Bena 18.54
  - 12 Kylie Hanson 10 Northome/Kelliher/Blackdu 18.59
  - 13 Haylei Pierce 9 Cass Lake-Bena 18.72
  - 14 Sami Marsh 10 TrekNorth 19.03

Junior High Girls 100 Meters Finals

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Athlete Yr Team Mark

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- 1 Hayden Mueller 7 Cass Lake-Bena 14.08
- 2 Lily Rosson 7 Northome 14.33
- 3 Kaylee Pieper 7 Lake Of The Woods 14.35
- 4 Madelyn Poxleitner 7 Northome 14.36
- 5 Kia Dodd - Northome 14.42
- 6 Kendall Nelson 8 Nevis 14.63
- 7 Amber Pyburn 8 Nevis 15.00
- 8 McKenzie Vrtacnik 8 Lake Of The Woods 15.13
- 9 Rylee Mai 9 Lake Of The Woods 15.32
- 10 Callie Norman 8 Pine River-Backus 15.40
- 11 Mya Engen 7 Clearbrook-Gonvick 15.58
- 12 Emily Lindow 7 Nevis 15.63
- 13 Courtney Ammerman 6 Cass Lake-Bena 16.02
- 14 Kelsey Bergem 9 Pine River-Backus 16.37
- 15 Shalee Neumiller 8 Lake Of The Woods 16.50
- 16 Almaz Schiro 7 Lake Of The Woods 16.95
- 17 Mia Wind 6 Cass Lake-Bena 18.56
- 18 Joy Adegun 9 Northome 26.77
- 19 Seneca Johnson 7 Clearbrook-Gonvick 26.95
- 20 27.16
- 21 River Crawford 8 Pine River-Backus 27.51
- 22 Fatima Chessmore 8 Cass Lake-Bena 29.57
- 23 Taylor Monroe 7 Nevis 30.31

Varsity Girls 200 Meters Finals

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Athlete Yr Team Mark

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- 1 Paige Haack 11 Lake of the Woods/Rainy R 27.06
- 2 Karalyn Oberfell 11 Walker-Hackensack-Akeley 30.93
- 3 Kaelan Rockensock 9 Northome/Kelliher/Blackdu 31.17
- 4 Liddy DeWulf 11 Nevis 31.37
- 5 Ella Dykema 11 Walker-Hackensack-Akeley 32.11
- 6 Gwendolyn Devries 11 Walker-Hackensack-Akeley 32.21
- 7 Abby Blunston 10 Pine River-Backus 34.38
- 8 Lauren Amberg 9 TrekNorth 39.82
- 9 Sami Marsh 10 TrekNorth 41.63

Junior High Girls 200 Meters Finals

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Athlete Yr Team Mark

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- 1 Kia Dodd - Northome 29.40
- 2 Madelyn Poxleitner 7 Northome 29.90
- 3 Emily Duquette 7 Northome 30.00
- 4 Sarah Imle 8 Clearbrook-Gonvick 30.20
- 5 Evelyn Peterson 7 Pine River-Backus 30.60
- 6 Ava Haack - Lake Of The Woods 31.68
- 7 Kelsey Bergem 9 Pine River-Backus 34.21
- 8 River Crawford 8 Pine River-Backus 34.25
- 9 Courtney Ammerman 6 Cass Lake-Bena 35.09
- 10 Abby Herron - Northome 36.71
- 11 Mikaela Weems 7 Clearbrook-Gonvick 37.52

Varsity Girls 400 Meters Finals

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Athlete Yr Team Mark

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- 1 Jade Rypkema 11 Nevis 1:03.37
- 2 Allison LaVine 9 Clearbrook-Gonvick 1:05.04
- 3 Marley Mitchell 10 Nevis 1:08.19
- 4 Marrison Mills 9 Northome/Kelliher/Blackdu 1:10.87
- 5 Elizabeth Cairns 7 Walker-Hackensack-Akeley 1:11.65
- 6 Ashley Crawford 11 Pine River-Backus 1:13.21
- 7 Karalyn Oberfell 11 Walker-Hackensack-Akeley 1:16.09
- 8 Makenna Marlett 8 Walker-Hackensack-Akeley 1:17.33
- 9 Gwendolyn Devries 11 Walker-Hackensack-Akeley 1:25.88
- 10 Matia Maxwell 9 TrekNorth 1:42.86
- 11 Savannah Tomlinson 12 TrekNorth 1:52.22

Junior High Girls 400 Meters Finals

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Athlete Yr Team Mark

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- 1 Kia Dodd - Northome 1:10.69
- 2 Aurbrey McCoy 8 Clearbrook-Gonvick 1:12.96
- 3 Angela Leach 7 Northome 1:21.83
- 4 Kelsey Bergem 9 Pine River-Backus 1:24.50
- 5 Mikaela Weems 7 Clearbrook-Gonvick 1:28.83
- 6 Hanna Weems 8 Clearbrook-Gonvick 1:38.49
- 7 Navaeh Solie 9 Northome 1:51.54
- 8 Eternitee Lumbar - Northome 1:54.14

Varsity Girls 800 Meters Finals

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Athlete Yr Team Mark

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- 1 Addison Lindow 11 Nevis 2:52.00
- 2 Amelia Machlitt 8 Clearbrook-Gonvick 2:57.08
- 3 Marrison Mills 9 Northome/Kelliher/Blackdu 2:59.33
- 4 Alyce Labrasseur 10 Lake of the Woods/Rainy R 3:02.40
- 5 Julie Lavin 11 Clearbrook-Gonvick 3:21.11
- 6 Marissa Liiiguist 9 Walker-Hackensack-Akeley 3:25.12
- 7 Brooklyn Hanson 8 Walker-Hackensack-Akeley 3:26.72
- 8 Caitlynn Wittner 11 TrekNorth 3:29.51
- 9 Trista Wood 10 Walker-Hackensack-Akeley 3:35.16
- 10 Kylie Hanson 10 Northome/Kelliher/Blackdu 3:49.80
- 11 Mallory Kowalke 11 Nevis 3:52.16
- 12 Matia Maxwell 9 TrekNorth 4:10.68
- 13 Savannah Tomlinson 12 TrekNorth 4:11.14

Junior High Girls 800 Meters Finals

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Athlete Yr Team Mark

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- 1 Ava Haack - Lake Of The Woods 3:05.46
- 2 Clair Isaacson 8 Nevis 3:18.02
- 3 Miranda Kowalke 7 Nevis 3:25.63
- 4 Natalie Roosdett - Northome 3:29.58
- 5 Brooklyn Waller - Northome 3:41.06
- 6 Eternitee Lumbar - Northome 4:37.72

Varsity Girls 1600 Meters Finals

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Athlete Yr Team Mark

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- 1 Jade Rypkema 11 Nevis 6:10.71
- 2 Adeline Bjorklund 8 Nevis 6:11.20
- 3 Amelia Machlitt 8 Clearbrook-Gonvick 6:30.69

4 Ella Dahl 8 Pine River-Backus 6:45.34  
5 Alyce Labrasseur 10 Lake of the Woods/Rainy R 6:52.21  
6 Julie Lavin 11 Clearbrook-Gonvick 7:12.29  
7 Natalie Wittner 9 Cass Lake-Bena 7:12.30  
8 Caitlynn Wittner 11 TrekNorth 7:45.22  
9 Gretchen Larson 11 Northome/Kelliher/Blackdu 7:48.22  
10 Marissa Liliguist 9 Walker-Hackensack-Akeley 7:49.77  
11 Trista Wood 10 Walker-Hackensack-Akeley 7:59.40  
12 Tori Pederson 8 Walker-Hackensack-Akeley 8:14.44  
13 Pamela Moen 11 TrekNorth 9:04.72

Junior High Girls 1600 Meters Finals

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Athlete Yr Team Mark

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1 Evelyn Peterson 7 Pine River-Backus 6:52.81  
2 Emmy Allen 9 Northome 8:04.00

Varsity Girls 3200 Meters Finals

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Athlete Yr Team Mark

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1 Jade Rypkema 11 Nevis 11:14.94  
2 Allison Lundin 8 Northome/Kelliher/Blackdu 13:10.98  
3 Adeline Bjorklund 8 Nevis 13:36.44  
4 Abbie Strandlie 12 Walker-Hackensack-Akeley 16:04.06  
5 Sora Bauerty 7 Walker-Hackensack-Akeley 17:18.91  
6 Gretchen Larson 11 Northome/Kelliher/Blackdu 17:32.04  
7 Julia Shock 11 Walker-Hackensack-Akeley 18:01.30  
8 Pamela Moen 11 TrekNorth 19:57.78

Junior High Girls 100m Hurdles 30" Finals

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Athlete Yr Team Mark

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1 Sarah Imle 8 Clearbrook-Gonvick 19.59  
2 Clair Isaacson 8 Nevis 20.91  
3 Emily Duquette 7 Northome 21.24  
4 Ava Haack - Lake Of The Woods 21.98  
5 Shalee Neumiller 8 Lake Of The Woods 22.26

Varsity Girls 100m Hurdles 33" Finals

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Athlete Yr Team Mark

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1 Grace McNamee 9 Nevis 17.66  
2 Brynn Burmeister 10 Northome/Kelliher/Blackdu 19.76  
3 Ella Dykema 11 Walker-Hackensack-Akeley 20.03  
4 Kaylee Pieper 7 Lake of the Woods/Rainy R 20.33  
5 Hannah Gordon 10 Pine River-Backus 21.02  
6 Brita Rand 9 Walker-Hackensack-Akeley 21.17  
7 Katie Sagen 12 Walker-Hackensack-Akeley 21.41  
8 Abby Blunston 10 Pine River-Backus 21.74

Varsity Girls 300m Hurdles 30" Finals

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Athlete Yr Team Mark

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1 Grace McNamee 9 Nevis 55.07  
2 Brynn Burmeister 10 Northome/Kelliher/Blackdu 58.42  
3 Brita Rand 9 Walker-Hackensack-Akeley 58.84  
4 Hannah Gordon 10 Pine River-Backus 1:01.05

5 Laraya Lynch 8 Walker-Hackensack-Akeley 1:01.86  
6 Ella Dykema 11 Walker-Hackensack-Akeley 1:03.46  
7 Kaylin Jensen 9 Cass Lake-Bena 1:07.17

Junior High Girls 300m Hurdles 30" Finals

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Athlete Yr Team Mark

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1 Charli Hallstorm 8 Northome 1:03.45

Varsity Girls 4x100m Relay Finals

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Team Time

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1 Pine River-Backus 57.19  
2 Northome/Kelliher/Blackduck 59.79  
3 Nevis 1:03.53  
4 Walker-Hackensack-Akeley 1:04.06  
5 Cass Lake-Bena 1:09.34

Junior High Girls 4x100m Relay Finals

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Team Time

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1 Northome 1:01.82  
2 Lake Of The Woods 1:04.07  
3 Clearbrook-Gonvick 1:07.04  
4 Cass Lake-Bena 1:09.48

Varsity Girls 4x200m Relay Finals

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Team Time

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1 Nevis 2:07.85  
2 Walker-Hackensack-Akeley 2:25.31  
3 TrekNorth 2:40.85

Junior High Girls 4x200m Relay Finals

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Team Time

=====

1 Nevis 2:12.44  
2 Clearbrook-Gonvick 2:29.11  
3 Northome 2:36.31

Varsity Girls 4x400m Relay Finals

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Team Time

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1 Nevis 5:02.10  
2 Walker-Hackensack-Akeley 5:04.57  
3 TrekNorth 6:41.76

Junior High Girls 4x400m Relay Finals

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Team Time

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1 Northome 6:08.00

Varsity Girls 4x800m Relay Finals

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Team Time

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- 1 Northome/Kelliher/Blackduck 12:37.81
- 2 Nevis 14:15.71
- 3 Walker-Hackensack-Akeley 14:59.78

Varsity Girls Shot Put 4kg Finals

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Athlete Yr Team Mark

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- 1 Monica Johnson 12 Northome/Kelliher/Blackdu 38-08.50
- 2 Liddy DeWulf 11 Nevis 33-01.50
- 3 Ella Engen 12 Clearbrook-Gonvick 32-10.00
- 4 Ava Isaacson 12 Nevis 32-03.75
- 5 Katie Sagen 12 Walker-Hackensack-Akeley 31-07.50
- 6 Karalyn Oberfell 11 Walker-Hackensack-Akeley 29-05.50
- 7 Skylar Ballard 10 Clearbrook-Gonvick 29-02.50
- 8 Gaige Schue 12 Northome/Kelliher/Blackdu 29-01.00
- 9 Malori Burmeister 12 Northome/Kelliher/Blackdu 28-11.50
- 10 Kaylee Westrum 12 Clearbrook-Gonvick 28-03.75
- 11 Serena Feltrin 11 Clearbrook-Gonvick 28-03.00
- 12 Marissa Engst 12 Nevis 28-02.00
- 13 Julisa Matthias 10 Lake of the Woods/Rainy R 27-05.25
- 14 Camryn Good 10 Pine River-Backus 22-04.75
- 15 Claire Biessner 12 Walker-Hackensack-Akeley 22-03.50
- 16 Hannah Gordon 10 Pine River-Backus 22-01.00
- 17 Haylei Pierce 9 Cass Lake-Bena 21-01.00
- 18 Gretchen Larson 11 Northome/Kelliher/Blackdu 21-00.00
- 19 Abby Blunston 10 Pine River-Backus 20-00.75
- 20 Addison May 9 TrekNorth 16-08.50
- Lauren Amberg 9 TrekNorth ND

Junior High Girls Shot Put 6kg Finals

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Athlete Yr Team Mark

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- 1 Emma Fawver 8 Clearbrook-Gonvick 30-10.00
- 2 Joley Hinrichs 8 Clearbrook-Gonvick 30-01.50
- 3 Joy Adegun 9 Northome 27-05.00
- 4 Katie McQuown 7 Clearbrook-Gonvick 24-04.00
- 5 Fatima Chessmore 8 Cass Lake-Bena 22-08.50
- 6 Lexi Hallstrom 7 Northome 21-07.50
- 7 Tori Pederson 8 W.H.A. 21-01.50
- 8 Mystan Dahlke 7 Clearbrook-Gonvick 20-11.00
- 9 Navaeh Solie 9 Northome 17-00.50
- 10 Eternitee Lumbar - Northome 13-05.50

Varsity Girls Discus 1kg Finals

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Athlete Yr Team Mark

=====

- 1 Monica Johnson 12 Northome/Kelliher/Blackdu 124-09
- 2 Ava Isaacson 12 Nevis 99-10
- 3 Ella Engen 12 Clearbrook-Gonvick 96-07
- 4 Claire Dahl 12 Pine River-Backus 96-06
- 5 Gaige Schue 12 Northome/Kelliher/Blackdu 94-08
- 6 Kaylee Westrum 12 Clearbrook-Gonvick 91-02
- 7 Katie Sagen 12 Walker-Hackensack-Akeley 86-03
- 8 Marissa Engst 12 Nevis 81-05
- 9 Skylar Ballard 10 Clearbrook-Gonvick 79-09
- 10 Abby Blunston 10 Pine River-Backus 79-08
- 11 Ella Dykema 11 Walker-Hackensack-Akeley 71-09
- 12 Camryn Good 10 Pine River-Backus 67-10

- 13 Marrison Mills 9 Northome/Kelliher/Blackdu 62-00
- 14 Julisa Matthias 10 Lake of the Woods/Rainy R 61-09
- 15 Tavia Johnson 9 Clearbrook-Gonvick 55-01
- 16 Hannah Gordon 10 Pine River-Backus 53-04
- 17 Claire Biessner 12 Walker-Hackensack-Akeley 53-00
- 18 Alyce Labrasseur 10 Lake of the Woods/Rainy R 52-04
- 19 Haylei Pierce 9 Cass Lake-Bena 40-05
- 20 Cece Humphrey 10 TrekNorth 39-11
- 21 Addison May 9 TrekNorth 37-11

Junior High Girls Discus 1kg Finals

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Athlete Yr Team Mark

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- 1 Emma Fawver 8 Clearbrook-Gonvick 79-05
- 2 Joley Hinrichs 8 Clearbrook-Gonvick 61-02
- 3 Katie McQuown 7 Clearbrook-Gonvick 60-04
- 4 Joy Adegun 9 Northome 51-06
- 5 Mystan Dahlke 7 Clearbrook-Gonvick 39-02
- 6 Lexi Hallstrom 7 Northome 38-10
- 7 Fatima Chessmore 8 Cass Lake-Bena 34-09
- 8 Navaeh Solie 9 Northome 32-06
- 9 Jazmin Oppel 8 Northome 32-01

Varsity Girls High Jump Finals

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Athlete Yr Team Mark

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- 1 Alaura Dahl 10 Pine River-Backus 4-09.00
- 2 Malori Burmeister 12 Northome/Kelliher/Blackdu 4-08.00
- 3 Kaelan Rockensock 9 Northome/Kelliher/Blackdu 4-07.00
- 4 Katie Sagen 12 Walker-Hackensack-Akeley 4-06.00
- 5 Brita Rand 9 Walker-Hackensack-Akeley 4-04.00
- 5 Allison LaVine 9 Clearbrook-Gonvick 4-04.00
- 7 Addison Lindow 11 Nevis 4-02.00
- 8 Laraya Lynch 8 Walker-Hackensack-Akeley 3-10.00
- 8 Claire Biessner 12 Walker-Hackensack-Akeley 3-10.00

Junior High Girls High Jump Finals

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Athlete Yr Team Mark

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- 1 Kia Dodd - Northome 4-04.00
- 2 Allison Lundin 8 Northome 4-00.00
- 2 Laraya Lynch 8 W.H.A. 4-00.00
- 2 Evelyn Peterson 7 Pine River-Backus 4-00.00
- 5 Kelsey Bergem 9 Pine River-Backus 3-10.00
- 5 Angela Leach 7 Northome 3-10.00
- 7 Brooklyn Hanson 8 W.H.A. 3-08.00

Varsity Girls Pole Vault Finals

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Athlete Yr Team Mark

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- 1 Claire Dahl 12 Pine River-Backus 7-06.00
- 2 Julia Shock 11 Walker-Hackensack-Akeley 6-06.00
- 2 Gwendolyn Devries 11 Walker-Hackensack-Akeley 6-06.00
- 4 Ella Dahl 8 Pine River-Backus 6-00.00
- 4 Ava Haack - Lake of the Woods/Rainy R 6-00.00
- 6 Marissa Liliquist 9 Walker-Hackensack-Akeley 5-00.00
- Shalee Neumiller 8 Lake of the Woods/Rainy R NH

Varsity Girls Long Jump Finals

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Athlete Yr Team Mark

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- 1 Alaura Dahl 10 Pine River-Backus 15-05.50
- 2 Marley Mitchell 10 Nevis 14-07.50
- 3 Allison LaVine 9 Clearbrook-Gonvick 14-07.00
- 4 Paige Haack 11 Lake of the Woods/Rainy R 13-05.00
- 5 Taysha Curry 12 Cass Lake-Bena 13-02.00
- 6 Ashley Crawford 11 Pine River-Backus 12-06.50
- 7 Elizabeth Cairns 7 Walker-Hackensack-Akeley 12-06.00
- 8 Abbie Strandlie 12 Walker-Hackensack-Akeley 12-05.50
- 9 Kylie Hanson 10 Northome/Kelliher/Blackdu 8-07.00
- Makenna Marlett 8 Walker-Hackensack-Akeley ND

Junior High Girls Long Jump Finals

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Athlete Yr Team Mark

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- 1 Kaylee Pieper 7 Lake Of The Woods 12-10.75
- 2 Callie Norman 8 Pine River-Backus 12-01.50
- 3 McKenzie Vrtacnik 8 Lake Of The Woods 12-00.25
- 4 Lily Rosson 7 Northome 11-11.50
- 5 River Crawford 8 Pine River-Backus 11-11.25
- 6 Emily Duquette 7 Northome 11-09.00
- 7 Kendall Nelson 8 Nevis 11-07.25
- 8 Taylor Monroe 7 Nevis 11-03.00
- 9 Rylee Mai 9 Lake Of The Woods 11-01.25
- 10 Mya Engen 7 Clearbrook-Gonvick 10-10.75
- 11 10-10.00
- 12 Emily Lindow 7 Nevis 10-09.75
- 13 Evelyn Peterson 7 Pine River-Backus 10-08.75
- 14 Amber Pyburn 8 Nevis 9-10.50
- 15 Courtney Ammerman 6 Cass Lake-Bena 9-10.00
- 16 Almaz Schiro 7 Lake Of The Woods 7-10.75
- 17 5-03.50

Varsity Girls Triple Jump Finals

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Athlete Yr Team Mark

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- 1 Allison LaVine 9 Clearbrook-Gonvick 33-07.00
- 2 Alaura Dahl 10 Pine River-Backus 33-05.00
- 3 Ella Dahl 8 Pine River-Backus 32-04.00
- 4 Grace McNamee 9 Nevis 30-00.00
- 5 Liddy DeWulf 11 Nevis 29-05.00
- 6 Karalyn Oberfell 11 Walker-Hackensack-Akeley 29-02.00
- 7 Abbie Strandlie 12 Walker-Hackensack-Akeley 28-08.00
- 8 Ashley Crawford 11 Pine River-Backus 27-02.50
- 9 Trista Wood 10 Walker-Hackensack-Akeley 25-10.00
- 10 Brynn Burmeister 10 Northome/Kelliher/Blackdu 25-07.50
- Tavia Johnson 9 Clearbrook-Gonvick ND

Junior High Girls Triple Jump Finals

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Athlete Yr Team Mark

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- 1 Callie Norman 8 Pine River-Backus 27-09.50
- 2 River Crawford 8 Pine River-Backus 24-06.25
- 3 Lily Rosson 7 Northome 23-01.00