

# 2022 Red Rock Conference

May 19 - Mountain Lake

## Womens Varsity

1. SWMCH-EHS	191.5
2. Murray County Central	142.5
3. Hills-Beaver Creek	129
4. Heron Lake-Okabena/Fulda	72.5
5. Mt. Lake Area - Comfrey	71
6. Adrian/Ellsworth	47
7. Westbrook-Walnut Grove/Red Rock Central	35.5

## Mens Varsity

1. SWMCH-EHS	198
2. Mt. Lake Area - Comfrey	115
3. Adrian/Ellsworth	109
4. Hills-Beaver Creek	108
5. Heron Lake-Okabena/Fulda	81
6. Murray County Central	57
7. Westbrook-Walnut Grove/Red Rock Central	24

## Varsity Boys 100 Meters Finals

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Athlete Yr Team Mark

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1 Kole Curry 11 Westbrook-Walnut Grove/Re	12.32
2 Tavian Lange 11 Adrian/Ellsworth	12.43
3 Cooper Gehrke 10 Hills-Beaver Creek	12.46
4 Ty Bundeson 12 Hills-Beaver Creek	12.49
5 Peda Zeba 11 Adrian/Ellsworth	12.56
6 Luke Fuerstenberg 11 Hills-Beaver Creek	12.85
7 Lucas Essman 10 Adrian/Ellsworth	12.86
8 Keaton Arp 9 SWMCH-EHS	12.93
9 Denver Ash 10 Heron Lake-Okabena/Fulda	12.99
10 Caleb Raak 11 SWMCH-EHS	13.14
11 Dylan Luce 9 SWMCH-EHS	13.28
12 Ben Yang 9 Westbrook-Walnut Grove/Re	13.35
13 Tommer Vongkaenchan 12 Mt. Lake Area - Comfrey	13.37
14 Jordan Sturges 8 Murray County Central	13.42
15 Preston Xayachak 10 Mt. Lake Area - Comfrey	13.60
16 Chase Radtke 10 Mt. Lake Area - Comfrey	13.99
17 Griffin Braun 9 Murray County Central	14.30
18 Dylan Doeden 11 Murray County Central	14.40
19 Andre Vue 12 Westbrook-Walnut Grove/Re	14.86

## Varsity Boys 200 Meters Finals

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Athlete Yr Team Mark

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1 Micah Schaap 12 SWMCH-EHS	22.85
2 Kole Curry 11 Westbrook-Walnut Grove/Re	24.18
3 Cooper Gehrke 10 Hills-Beaver Creek	24.39
4 Tavian Lange 11 Adrian/Ellsworth	24.48
5 Jaxson Tiesler 12 Heron Lake-Okabena/Fulda	24.49
6 Aidan Schaap 10 SWMCH-EHS	25.00
7 Elisha Taubert 11 Hills-Beaver Creek	25.03
8 Brock Smith 12 Murray County Central	25.11
9 Lucas Essman 10 Adrian/Ellsworth	25.34
10 Luke Klassen 11 Mt. Lake Area - Comfrey	25.87
11 Luke DeSmith 11 Westbrook-Walnut Grove/Re	26.70
12 Aiden Saelee 10 Mt. Lake Area - Comfrey	26.90
13 Sawyer Bosch 9 Hills-Beaver Creek	26.91

14 Preston Xayachak 10 Mt. Lake Area - Comfrey	27.19
15 Caleb Raak 11 SWMCH-EHS	27.24
16 Robert Yang 7 Westbrook-Walnut Grove/Re	28.30
17 Caleb Rosenbrook 7 Murray County Central	31.20
18 Carter Knakmuhs 9 Murray County Central	31.84
-- Aiden Lorenzen 10 Heron Lake-Okabena/Fulda	DNS
-- Peyton Lewis 12 Adrian/Ellsworth	DNS

## Varsity Boys 400 Meters Finals

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Athlete Yr Team Mark

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1 Micah Schaap 12 SWMCH-EHS	50.22
2 Liam Raymon 12 Hills-Beaver Creek	54.56
3 Cole Kleven 12 Mt. Lake Area - Comfrey	54.80
4 Aidan Schaap 10 SWMCH-EHS	55.19
5 Elisha Taubert 11 Hills-Beaver Creek	55.68
6 Parker Murphy 12 Heron Lake-Okabena/Fulda	56.30
7 Lucas Essman 10 Adrian/Ellsworth	56.83
8 Ethan Schroeder 9 Mt. Lake Area - Comfrey	57.18
9 Jordan Linscheid 11 Mt. Lake Area - Comfrey	1:00.52
10 Alec Murphy 10 Adrian/Ellsworth	1:02.25
11 Blake Leenderts 9 Hills-Beaver Creek	1:02.93
12 Zach Kirchner 9 Heron Lake-Okabena/Fulda	1:03.39
13 Alexander Betz 7 Murray County Central	1:05.95
14 Robert Yang 7 Westbrook-Walnut Grove/Re	1:07.15
15 Blaine Braun 9 Murray County Central	1:12.91
16 Caleb Rosenbrook 7 Murray County Central	1:13.72
17 Benjamin Meiner 7 Westbrook-Walnut Grove/Re	1:21.72

## Varsity Boys 800 Meters Finals

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Athlete Yr Team Mark

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1 Levi Van Dyken 12 SWMCH-EHS	2:06.26
2 Zach Klassen 9 Mt. Lake Area - Comfrey	2:09.16
3 Caden Swoboda 12 Mt. Lake Area - Comfrey	2:11.12
4 Caleb Appel 9 Heron Lake-Okabena/Fulda	2:17.47
5 Ryan Pap 7 SWMCH-EHS	2:19.89
6 Micah Bush 8 Hills-Beaver Creek	2:21.40
7 Silas Stapek 10 Heron Lake-Okabena/Fulda	2:23.30
8 Rylan Engelkes 12 Murray County Central	2:24.81
9 Caleb Ethridge 10 Heron Lake-Okabena/Fulda	2:25.13
10 Ethan Schroeder 9 Mt. Lake Area - Comfrey	2:32.37
11 Landon Leuthold 10 Adrian/Ellsworth	2:36.22
12 Carlos Castillo 9 Adrian/Ellsworth	2:49.19
13 Walker Biren 8 Murray County Central	3:05.70
14 Liam Nelson 7 Westbrook-Walnut Grove/Re	3:07.41
15 Benjamin Meiner 7 Westbrook-Walnut Grove/Re	3:13.46
-- Gabe Wiebrand 11 Adrian/Ellsworth	DNS

## Varsity Boys 1600 Meters Finals

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Athlete Yr Team Mark

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1 Levi Van Dyken 12 SWMCH-EHS	4:55.89
2 Dylan Graff 11 Adrian/Ellsworth	5:15.74
3 Logan Bossert 10 Adrian/Ellsworth	5:19.17
4 Evan Bumgardner 9 Heron Lake-Okabena/Fulda	5:23.35
5 Jon Olsem 10 Heron Lake-Okabena/Fulda	5:26.80
6 Iker Lopez-Lobato 12 Mt. Lake Area - Comfrey	5:27.45
7 Matthew Stapek 8 Heron Lake-Okabena/Fulda	5:30.41

8 Ethan Sas 11 SWMCH-EHS 5:36.67  
9 Bruce Farinella 10 Adrian/Ellsworth 5:46.07  
10 Wyatt Biren 11 Murray County Central 5:53.99  
11 Eli Van Iperen 9 SWMCH-EHS 6:03.32  
12 Wesley Hause 7 Murray County Central 6:03.48  
13 Ben Bartsch 12 Mt. Lake Area - Comfrey 6:21.98  
14 Walker Biren 8 Murray County Central 7:04.50  
-- Nilson Van Hulzen 9 SWMCH-EHS DNS  
-- Jonah Uilk 8 SWMCH-EHS DNS

#### Varsity Boys 3200 Meters Finals

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Athlete Yr Team Mark

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1 Kody Wassman 10 Mt. Lake Area - Comfrey 10:57.86  
2 Jonah Uilk 8 SWMCH-EHS 11:15.68  
3 Evan Bumgardner 9 Heron Lake-Okabena/Fulda 11:15.99  
4 Dylan Graff 11 Adrian/Ellsworth 11:27.75  
5 Jon Olsem 10 Heron Lake-Okabena/Fulda 11:29.12  
6 Matthew Stapek 8 Heron Lake-Okabena/Fulda 11:30.07  
7 Darwin Demarrius - Adrian/Ellsworth 11:42.65  
8 Nilson Van Hulzen 9 SWMCH-EHS 12:42.15

#### Varsity Boys 110m Hurdles 39" Finals

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Athlete Yr Team Mark

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1 Cayden LaPointe 12 Mt. Lake Area - Comfrey 17.10  
2 Ashton Kalas 11 Murray County Central 17.79  
3 Ryan Risacher 12 Murray County Central 18.35  
4 Brock Harnack 11 Hills-Beaver Creek 19.90  
5 Jacob Masselink 10 SWMCH-EHS 20.38  
6 Silas Van Essen 8 SWMCH-EHS 20.82  
7 Grant Busker 10 SWMCH-EHS 20.91  
8 Bowen Hesse 8 Westbrook-Walnut Grove/Re 21.92  
9 James Vanden Bosch 9 Hills-Beaver Creek 22.09  
10 Silas Stapek 10 Heron Lake-Okabena/Fulda 23.38

#### Varsity Boys 300m Hurdles 36" Finals

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Athlete Yr Team Mark

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1 Ryan Risacher 12 Murray County Central 43.13  
2 Cayden LaPointe 12 Mt. Lake Area - Comfrey 46.00  
3 Brock Harnack 11 Hills-Beaver Creek 47.01  
4 Ashton Kalas 11 Murray County Central 47.90  
5 James Vanden Bosch 9 Hills-Beaver Creek 48.58  
6 Grant Busker 10 SWMCH-EHS 48.71  
7 Silas Van Essen 8 SWMCH-EHS 49.16  
8 Jacob Masselink 10 SWMCH-EHS 50.13  
9 Logan Gass 10 Heron Lake-Okabena/Fulda 51.81  
10 Mark Mershon 10 Westbrook-Walnut Grove/Re 58.86  
-- Bowen Hesse 8 Westbrook-Walnut Grove/Re DNS

#### Varsity Boys 4x100m Relay Finals

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Team Time

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1 Hills-Beaver Creek 46.76  
2 Mt. Lake Area - Comfrey 47.21  
3 Adrian/Ellsworth 47.41  
4 Heron Lake-Okabena/Fulda 48.05

5 Murray County Central 48.66  
6 SWMCH-EHS 48.78  
7 Westbrook-Walnut Grove/Red Rock Central 49.51

#### Varsity Boys 4x200m Relay Finals

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Team Time

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1 SWMCH-EHS 1:41.45  
2 Murray County Central 1:41.71  
3 Hills-Beaver Creek 1:41.72  
4 Mt. Lake Area - Comfrey 1:42.16  
5 Adrian/Ellsworth 1:45.20  
6 Heron Lake-Okabena/Fulda 1:47.74

#### Varsity Boys 4x400m Relay Finals

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Team Time

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1 SWMCH-EHS 3:40.03  
2 Mt. Lake Area - Comfrey 3:41.95  
3 Hills-Beaver Creek 3:48.65  
4 Heron Lake-Okabena/Fulda 3:55.33  
5 Murray County Central 4:10.63  
6 Adrian/Ellsworth 4:19.88

#### Varsity Boys 4x800m Relay Finals

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Team Time

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1 Mt. Lake Area - Comfrey 9:04.37  
2 SWMCH-EHS 9:30.91  
3 Heron Lake-Okabena/Fulda 9:34.50  
4 Adrian/Ellsworth 9:58.74  
5 Murray County Central 10:25.80  
6 Hills-Beaver Creek 10:38.81

#### Varsity Boys Shot Put 12lb Finals

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Athlete Yr Team Mark

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1 Cole Boltjes 12 Adrian/Ellsworth 52-01.00  
2 Ty Bundeson 12 Hills-Beaver Creek 44-09.25  
3 Jacob Fischer 12 SWMCH-EHS 43-04.50  
4 Max Scholten 12 Hills-Beaver Creek 41-00.00  
5 Gabe Thier 12 Adrian/Ellsworth 39-04.25  
6 Micah Holmberg 12 Mt. Lake Area - Comfrey 38-00.00  
7 Brayden Metzger 11 Hills-Beaver Creek 37-10.50  
8 Carter Van Hulzen 12 SWMCH-EHS 37-08.25  
9 Thomas Huso 10 Murray County Central 36-08.25  
10 Kade Wassman 12 Mt. Lake Area - Comfrey 36-03.00  
11 Luk Havermeier 12 Murray County Central 35-05.75  
12 Carson Klein 9 Heron Lake-Okabena/Fulda 34-11.00  
13 Eli Hall 9 Mt. Lake Area - Comfrey 33-00.00  
14 Dylan Doeden 11 Murray County Central 32-01.50  
15 Rylan Klein 11 Heron Lake-Okabena/Fulda 30-09.50  
16 Devin-Scott Bloemendaal 12 SWMCH-EHS 30-03.50  
17 Thaddeus Brey 7 Heron Lake-Okabena/Fulda 29-03.50  
18 Cheick Zeba 9 Adrian/Ellsworth 25-08.00  
19 Benjamin Meiner 7 Westbrook-Walnut Grove/Re 20-04.00

#### Varsity Boys Discus 1.6kg Finals

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Athlete Yr Team Mark
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- 1 Cole Boltjes 12 Adrian/Ellsworth 145-05
2 Jacob Fischer 12 SWMCH-EHS 134-02
3 Carter Van Hulzen 12 SWMCH-EHS 116-00
4 Dylan Doeden 11 Murray County Central 107-01
5 Gabe Thier 12 Adrian/Ellsworth 105-08
6 Max Scholten 12 Hills-Beaver Creek 102-09
7 Carson Klein 9 Heron Lake-Okabena/Fulda 100-05
8 Micah Holmberg 12 Mt. Lake Area - Comfrey 98-05
9 Evan Oltmans 11 Mt. Lake Area - Comfrey 90-10
10 Luk Havermeier 12 Murray County Central 86-02
11 Brayden Metzger 11 Hills-Beaver Creek 84-03
12 Alex Harris 11 Hills-Beaver Creek 84-01
13 Jacob Masselink 10 SWMCH-EHS 83-11
14 Rylan Klein 11 Heron Lake-Okabena/Fulda 82-03
15 Thomas Huso 10 Murray County Central 77-11
16 Thaddeus Brey 7 Heron Lake-Okabena/Fulda 74-06
17 Kade Wassman 12 Mt. Lake Area - Comfrey 69-00
18 Cheick Zeba 9 Adrian/Ellsworth 63-10
19 Mark Mershon 10 Westbrook-Walnut Grove/Re 48-06
20 Benjamin Meiner 7 Westbrook-Walnut Grove/Re 45-01
-- Luke DeSmith 11 Westbrook-Walnut Grove/Re ND

Varsity Boys High Jump Finals

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Athlete Yr Team Mark
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- 1 Grant Busker 10 SWMCH-EHS 5-10.00
2 Carter Van Hulzen 12 SWMCH-EHS 5-06.00
3 Logan Gass 10 Heron Lake-Okabena/Fulda 5-06.00
4 Denver Ash 10 Heron Lake-Okabena/Fulda 5-04.00
5 Peyton Lewis 12 Adrian/Ellsworth 5-04.00
6 Elisha Taubert 11 Hills-Beaver Creek 5-02.00
7 James Vanden Bosch 9 Hills-Beaver Creek 5-02.00
8 Jackson Gacke 9 Hills-Beaver Creek 5-00.00
8 Carter Knakmuhs 9 Murray County Central 5-00.00
8 Rylan Engelkes 12 Murray County Central 5-00.00
8 Jaxson Tiesler 12 Heron Lake-Okabena/Fulda 5-00.00
-- Andre Vue 12 Westbrook-Walnut Grove/Re NH

Varsity Boys Pole Vault Finals

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Athlete Yr Team Mark
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- 1 Caleb Raak 11 SWMCH-EHS 12-00.00
2 Tido Xayachak 12 Mt. Lake Area - Comfrey 12-00.00
3 Aiden Lorenzen 10 Heron Lake-Okabena/Fulda 10-00.00
4 Jaden Barron 12 SWMCH-EHS 9-00.00
5 Caden Swoboda 12 Mt. Lake Area - Comfrey 9-00.00
6 Ben Yang 9 Westbrook-Walnut Grove/Re 8-06.00
7 Cayden LaPointe 12 Mt. Lake Area - Comfrey 8-06.00
8 Jacob Bertrand 10 Heron Lake-Okabena/Fulda 7-06.00
8 Carson Engelkes 9 Murray County Central 7-06.00
8 Caleb Rosenbrook 7 Murray County Central 7-06.00
-- Bowen Hesse 8 Westbrook-Walnut Grove/Re NH

Varsity Boys Long Jump Finals

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Athlete Yr Team Mark
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- 1 Micah Schaap 12 SWMCH-EHS 21-02.50
2 Tido Xayachak 12 Mt. Lake Area - Comfrey 19-02.50
3 Aidan Schaap 10 SWMCH-EHS 18-09.00
4 Peda Zeba 11 Adrian/Ellsworth 18-04.00
5 Tavian Lange 11 Adrian/Ellsworth 18-02.50
6 Keaton Arp 9 SWMCH-EHS 17-04.00
7 Brock Harnack 11 Hills-Beaver Creek 17-03.50
8 Preston Christoffers 12 Heron Lake-Okabena/Fulda 16-10.25
9 Layne Wall 9 Mt. Lake Area - Comfrey 16-04.00
10 Luke DeSmith 11 Westbrook-Walnut Grove/Re 16-03.00
11 Brock Smith 12 Murray County Central 16-01.75
12 Cooper Gehrke 10 Hills-Beaver Creek 16-01.00
13 Sawyer Bosch 9 Hills-Beaver Creek 15-08.75
14 Robert Yang 7 Westbrook-Walnut Grove/Re 15-05.50
15 Liam Nelson 7 Westbrook-Walnut Grove/Re 11-08.50

Varsity Boys Triple Jump Finals

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Athlete Yr Team Mark
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- 1 Micah Schaap 12 SWMCH-EHS 44-02.00
2 Peda Zeba 11 Adrian/Ellsworth 42-06.00
3 Liam Raymon 12 Hills-Beaver Creek 42-00.25
4 Aidan Schaap 10 SWMCH-EHS 41-08.50
5 Tido Xayachak 12 Mt. Lake Area - Comfrey 39-01.25
6 Preston Christoffers 12 Heron Lake-Okabena/Fulda 38-06.00
7 Jordan Linscheid 11 Mt. Lake Area - Comfrey 37-09.00
8 Grant Busker 10 SWMCH-EHS 37-01.75
9 Brock Harnack 11 Hills-Beaver Creek 36-03.00
10 Sawyer Bosch 9 Hills-Beaver Creek 35-10.75
11 Caleb Rosenbrook 7 Murray County Central 30-05.75
12 Silas Stapek 10 Heron Lake-Okabena/Fulda 29-04.75

Varsity Girls 100 Meters Finals

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Athlete Yr Team Mark
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- 1 Brynn Bakken 7 Hills-Beaver Creek 13.59
2 Ryanna Schreier 12 Murray County Central 14.04
3 Brailynn Breberg 12 Murray County Central 14.23
4 Haley Wieck 12 SWMCH-EHS 14.33
5 Alyvia Brands 8 SWMCH-EHS 14.44
6 Layla Deelstra 10 Hills-Beaver Creek 14.45
7 Faith White 12 Heron Lake-Okabena/Fulda 14.52
8 Sadi Altman 9 Adrian/Ellsworth 14.61
9 Chelby Kesteloot 12 Murray County Central 14.71
10 Hannah Henning 12 Adrian/Ellsworth 14.73
11 Irish Hollahan 10 Heron Lake-Okabena/Fulda 14.79
12 Elizabeth Eisma 10 SWMCH-EHS 14.86
13 Isabel Klumper 10 Westbrook-Walnut Grove/Re 14.96
14 Ambrosia Yang 8 Westbrook-Walnut Grove/Re 15.00
15 Aspen Shimp 11 Hills-Beaver Creek 15.07
16 Johanna Peterson 10 Mt. Lake Area - Comfrey 16.45
17 Brie Anacker 9 Mt. Lake Area - Comfrey 16.84
18 Julia Yang 10 Westbrook-Walnut Grove/Re 17.85
19 Angela Castillo 9 Adrian/Ellsworth 18.67

Varsity Girls 200 Meters Finals

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Athlete Yr Team Mark
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- 1 Brynn Bakken 7 Hills-Beaver Creek 27.80

2 Ellie Decker 11 SWMCH-EHS 29.35  
 3 Abigail Harris 8 Hills-Beaver Creek 29.68  
 4 Ryanna Schreier 12 Murray County Central 29.84  
 5 Elizabeth Eisma 10 SWMCH-EHS 30.01  
 6 Brailynn Breberg 12 Murray County Central 30.37  
 7 Isabel Klumper 10 Westbrook-Walnut Grove/Re 30.50  
 8 Bailey Spykerboer 9 Hills-Beaver Creek 30.51  
 9 Sadi Altman 9 Adrian/Ellsworth 30.79  
 10 Hannah Henning 12 Adrian/Ellsworth 30.81  
 11 Courtney Gengler 9 Murray County Central 31.25  
 12 Kelsey DeSmith 12 Westbrook-Walnut Grove/Re 31.97  
 13 Abby Moosey 9 SWMCH-EHS 32.19  
 14 Addison Schumacher 7 Heron Lake-Okabena/Fulda 32.90  
 15 Kenzie Albrecht 8 Westbrook-Walnut Grove/Re 33.92  
 16 Eh Paw 7 Heron Lake-Okabena/Fulda 34.05  
 17 Ellie Kremer 9 Heron Lake-Okabena/Fulda 36.88  
 18 Angela Castillo 9 Adrian/Ellsworth 37.25

Varsity Girls 400 Meters Finals

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Athlete Yr Team Mark

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1 Amanda Overgaauw 11 Murray County Central 1:01.75  
 2 Brylei Schreier 10 Murray County Central 1:04.04  
 3 Lana Kestner 12 Mt. Lake Area - Comfrey 1:04.77  
 4 Abigail Harris 8 Hills-Beaver Creek 1:04.98  
 5 Kierra Binford 11 SWMCH-EHS 1:06.95  
 6 Savannah Schultz 11 SWMCH-EHS 1:07.38  
 7 Olivia Bullerman - Adrian/Ellsworth 1:07.93  
 8 Bailey Spykerboer 9 Hills-Beaver Creek 1:08.04  
 9 Skylar Fisher 12 Heron Lake-Okabena/Fulda 1:10.10  
 10 Makenna Brands 11 SWMCH-EHS 1:13.19  
 11 Katelyn Frodermann 9 Adrian/Ellsworth 1:13.41  
 12 Lucy Thier - Adrian/Ellsworth 1:15.69  
 13 Kenzie Albrecht 8 Westbrook-Walnut Grove/Re 1:17.78  
 14 Brealyn Damm 10 Murray County Central 1:19.10  
 15 Aspen Shimp 11 Hills-Beaver Creek 1:26.80  
 16 Elizabeth Meiner 9 Westbrook-Walnut Grove/Re 1:33.50

Varsity Girls 800 Meters Finals

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Athlete Yr Team Mark

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1 Ashley Overgaauw 11 Murray County Central 2:30.85  
 2 Kenadie Fick 12 Hills-Beaver Creek 2:36.52  
 3 Sophia Nelson 9 Murray County Central 2:37.61  
 4 Megan Bakke 11 Murray County Central 2:41.44  
 5 Kate Janzen 12 Mt. Lake Area - Comfrey 2:45.44  
 6 Keyona Klingenberg - Adrian/Ellsworth 2:47.00  
 7 Savannah Schultz 11 SWMCH-EHS 2:50.43  
 8 Celia Vogel 7 Westbrook-Walnut Grove/Re 2:58.25  
 9 Jacey Klassen 9 Mt. Lake Area - Comfrey 3:00.28  
 10 Lucy Thier - Adrian/Ellsworth 3:02.18  
 11 Miranda Mischke 8 Westbrook-Walnut Grove/Re 3:11.81  
 12 Hunter Penning 10 Adrian/Ellsworth 3:15.77  
 13 Zoe Nonginthirath 11 SWMCH-EHS 3:19.90  
 14 Aleeza Schultz 12 Mt. Lake Area - Comfrey 3:25.89  
 15 Chloe Kracht 10 SWMCH-EHS 3:34.37  
 16 Molly Clarke 10 Heron Lake-Okabena/Fulda 3:48.65  
 -- Elizabeth Meiner 9 Westbrook-Walnut Grove/Re DNS

Varsity Girls 1600 Meters Finals

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Athlete Yr Team Mark

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1 Ashley Overgaauw 11 Murray County Central 5:40.29  
 2 Kenadie Fick 12 Hills-Beaver Creek 5:57.40  
 3 Hermella Suda 12 SWMCH-EHS 6:04.22  
 4 Sophia Nelson 9 Murray County Central 6:13.60  
 5 Ella Stapek 12 Heron Lake-Okabena/Fulda 6:33.73  
 6 Olivia Muyskens 9 SWMCH-EHS 6:41.94  
 7 Jozie Cuperus - Adrian/Ellsworth 6:52.05  
 8 Hunter Penning 10 Adrian/Ellsworth 7:15.75  
 9 Alexia Vander Pol 10 SWMCH-EHS 7:27.05  
 10 Molly Clarke 10 Heron Lake-Okabena/Fulda 8:24.72

Varsity Girls 3200 Meters Finals

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Athlete Yr Team Mark

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1 Amanda Overgaauw 11 Murray County Central 11:19.17  
 2 Hermella Suda 12 SWMCH-EHS 13:43.91  
 3 Lindsie Fick 11 SWMCH-EHS 13:49.35  
 4 Ella Stapek 12 Heron Lake-Okabena/Fulda 14:30.16  
 5 Lily Daniels 10 Murray County Central 15:45.89  
 6 Ruth Ethridge 7 Heron Lake-Okabena/Fulda 15:55.03

Varsity Girls 100m Hurdles 33" Finals

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Athlete Yr Team Mark

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1 Braelyn Kracht 12 SWMCH-EHS 17.80  
 2 Anna Fest 11 Heron Lake-Okabena/Fulda 18.17  
 3 Larissa Steinhoff 10 Hills-Beaver Creek 19.30  
 4 Haily Green 12 Mt. Lake Area - Comfrey 19.35  
 5 Evelyn Rentschler 7 Westbrook-Walnut Grove/Re 20.44  
 6 Elizabeth Wiggins 12 Westbrook-Walnut Grove/Re 20.58  
 7 Lydia Talsma 8 SWMCH-EHS 20.72  
 8 Ava Steinhoff 7 Hills-Beaver Creek 20.89  
 9 Hallie Bork 10 SWMCH-EHS 21.85  
 10 Carlye Larson 12 Murray County Central 23.17  
 11 Brooklynn Tyrrell 8 Heron Lake-Okabena/Fulda 24.16  
 12 Reese Henning 9 Adrian/Ellsworth 24.33  
 13 Alesha Henning 11 Adrian/Ellsworth 24.71  
 14 Lydia Fest 7 Heron Lake-Okabena/Fulda 26.06

Varsity Girls 300m Hurdles 30" Finals

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Athlete Yr Team Mark

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1 Haily Green 12 Mt. Lake Area - Comfrey 53.24  
 2 Anna Fest 11 Heron Lake-Okabena/Fulda 55.76  
 3 Lindsey Hause 10 Murray County Central 56.47  
 4 Quinti Parra-Mendez 12 Murray County Central 57.17  
 5 Evelyn Rentschler 7 Westbrook-Walnut Grove/Re 57.88  
 6 Larissa Steinhoff 10 Hills-Beaver Creek 57.90  
 7 Ava Steinhoff 7 Hills-Beaver Creek 59.69  
 8 Kayla Vander Schaaf 11 SWMCH-EHS 1:00.19  
 9 Lydia Talsma 8 SWMCH-EHS 1:00.48  
 10 Hailey Erickson 8 SWMCH-EHS 1:01.70  
 11 Brooklynn Tyrrell 8 Heron Lake-Okabena/Fulda 1:05.41  
 -- Eh Paw 7 Heron Lake-Okabena/Fulda DNS

Varsity Girls 4x100m Relay Finals

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Team Time

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- 1 SWMCH-EHS 54.59
- 2 Hills-Beaver Creek 54.61
- 3 Murray County Central 55.15
- 4 Heron Lake-Okabena/Fulda 55.70
- 5 Westbrook-Walnut Grove/Red Rock Central 58.49
- 6 Mt. Lake Area - Comfrey 59.42
- 7 Adrian/Ellsworth 1:05.64

Varsity Girls 4x200m Relay Finals

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Team Time

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- 1 Hills-Beaver Creek 1:53.02
- 2 SWMCH-EHS 1:53.09
- 3 Murray County Central 1:57.17
- 4 Mt. Lake Area - Comfrey 2:02.61
- 5 Heron Lake-Okabena/Fulda 2:08.13
- 6 Adrian/Ellsworth 2:11.61

Varsity Girls 4x400m Relay Finals

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Team Time

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- 1 SWMCH-EHS 4:22.83
- 2 Murray County Central 4:27.11
- 3 Hills-Beaver Creek 4:32.10
- 4 Adrian/Ellsworth 4:42.59
- 5 Mt. Lake Area - Comfrey 4:45.23
- 6 Heron Lake-Okabena/Fulda 4:55.75

Varsity Girls 4x800m Relay Finals

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Team Time

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- 1 Murray County Central 11:08.31
- 2 Adrian/Ellsworth 11:43.56
- 3 Hills-Beaver Creek 11:57.72
- 4 Mt. Lake Area - Comfrey 12:13.88
- 5 SWMCH-EHS 12:22.52
- 6 Heron Lake-Okabena/Fulda 13:37.88

Varsity Girls Shot Put 4kg Finals

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Athlete Yr Team Mark

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- 1 Reece Wassink 12 SWMCH-EHS 32-00.50
- 2 Taylor Wieneke 10 Adrian/Ellsworth 31-05.00
- 3 Corrie Thomson 9 SWMCH-EHS 31-00.25
- 4 Kearney Wall 11 Mt. Lake Area - Comfrey 29-09.00
- 5 Ally Birger 8 Hills-Beaver Creek 28-09.00
- 6 Isabel Wysong 8 Hills-Beaver Creek 28-00.50
- 7 Riley Parker 9 Westbrook-Walnut Grove/Re 27-11.25
- 8 Jocelyn Barron 10 SWMCH-EHS 27-11.00
- 9 Johanna Peterson 10 Mt. Lake Area - Comfrey 27-02.50
- 10 Cassidy Johnson 12 Murray County Central 25-11.50
- 11 Callie Platt 10 Murray County Central 25-09.75
- 12 Abby Evans 8 Westbrook-Walnut Grove/Re 24-10.50
- 13 Alabama Hoonhorst 7 Heron Lake-Okabena/Fulda 24-08.00
- 14 Tyrae Goodface 11 Hills-Beaver Creek 24-02.00

- 15 Erica Doeden 8 Murray County Central 24-01.00
- 16 Evelyn Rentschler 7 Westbrook-Walnut Grove/Re 24-00.25
- 17 Avery Winter 7 Heron Lake-Okabena/Fulda 22-07.25
- 18 Kayla Browen 11 Adrian/Ellsworth 22-00.75
- 19 Mareena Jepsen 10 Mt. Lake Area - Comfrey 21-09.50
- 20 Destiny Gibbens 11 Adrian/Ellsworth 18-09.00
- 21 Lydia Fest 7 Heron Lake-Okabena/Fulda 18-03.00

Varsity Girls Discus 1kg Finals

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Athlete Yr Team Mark

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- 1 Reece Wassink 12 SWMCH-EHS 107-07
- 2 Larissa Steinhoff 10 Hills-Beaver Creek 85-11
- 3 Kearney Wall 11 Mt. Lake Area - Comfrey 83-11
- 4 Brianna Moss 11 SWMCH-EHS 81-07
- 5 Johanna Peterson 10 Mt. Lake Area - Comfrey 80-07
- 6 Cassidy Johnson 12 Murray County Central 77-11
- 7 Ally Birger 8 Hills-Beaver Creek 76-05
- 8 Taylor Wieneke 10 Adrian/Ellsworth 75-02
- 9 Alexis Vang 7 Westbrook-Walnut Grove/Re 70-00
- 10 Callie Platt 10 Murray County Central 69-11
- 11 Avery Winter 7 Heron Lake-Okabena/Fulda 67-05
- 12 Nia Iverson 10 SWMCH-EHS 66-08
- 13 Isabel Wysong 8 Hills-Beaver Creek 66-03
- 14 Kayla Browen 11 Adrian/Ellsworth 65-00
- 15 Erica Doeden 8 Murray County Central 61-03
- 16 Brie Anacker 9 Mt. Lake Area - Comfrey 58-02
- 17 Destiny Gibbens 11 Adrian/Ellsworth 53-03
- 18 Alabama Hoonhorst 7 Heron Lake-Okabena/Fulda 52-03
- 19 Anneka Eisfeld 8 Heron Lake-Okabena/Fulda 46-03
- 20 Shinna Yang 8 Westbrook-Walnut Grove/Re 42-02
- 21 Callie Highby 10 Westbrook-Walnut Grove/Re 36-06

Varsity Girls High Jump Finals

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Athlete Yr Team Mark

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- 1 Kelsey DeSmith 12 Westbrook-Walnut Grove/Re 4-10.00
- 2 Braelyn Kracht 12 SWMCH-EHS 4-08.00
- 3 Katelyn Frodermann 9 Adrian/Ellsworth 4-08.00
- 4 Anna Fest 11 Heron Lake-Okabena/Fulda 4-06.00
- 5 Shaylee Van Essen 11 SWMCH-EHS 4-06.00
- 5 Lindsey Hause 10 Murray County Central 4-06.00
- 7 Tiegan Meyer 11 Mt. Lake Area - Comfrey 4-06.00
- 8 Larissa Steinhoff 10 Hills-Beaver Creek 4-06.00
- 9 Ava Steinhoff 7 Hills-Beaver Creek 4-04.00
- 9 Michala Morin 11 Mt. Lake Area - Comfrey 4-04.00
- 9 Lindsie Fick 11 SWMCH-EHS 4-04.00
- 12 Elizabeth Wiggins 12 Westbrook-Walnut Grove/Re 4-02.00
- 13 Brooklynn Tyrrell 8 Heron Lake-Okabena/Fulda 4-00.00
- 13 Zoe Evers 9 Mt. Lake Area - Comfrey 4-00.00
- Olivia Bullerman - Adrian/Ellsworth NH
- Jozie Cuperus - Adrian/Ellsworth NH
- Rebecca Cheadle 9 Heron Lake-Okabena/Fulda NH
- Lily Daniels 10 Murray County Central NH

Varsity Girls Pole Vault Finals

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Athlete Yr Team Mark

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- 1 Faith White 12 Heron Lake-Okabena/Fulda 9-02.00

- 2 Riley Schroeder 12 Mt. Lake Area - Comfrey 8-00.00
- 3 Makenna Brands 11 SWMCH-EHS 7-06.00
- 3 Hermella Suda 12 SWMCH-EHS 7-06.00
- 5 Kate Janzen 12 Mt. Lake Area - Comfrey 7-06.00
- 6 Skylar Fisher 12 Heron Lake-Okabena/Fulda 7-00.00
- 7 Taylor Fisher 8 Heron Lake-Okabena/Fulda 6-06.00
- 7 Riley Parker 9 Westbrook-Walnut Grove/Re 6-06.00
- 9 Carlye Larson 12 Murray County Central 6-00.00
- 9 Grace Suda 10 SWMCH-EHS 6-00.00
- Gracie Hauptert 11 Murray County Central NH
- Kenzie Albrecht 8 Westbrook-Walnut Grove/Re NH

Varsity Girls Long Jump Finals

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Athlete Yr Team Mark

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- 1 Haley Wieck 12 SWMCH-EHS 14-11.25
- 2 Shaylee Van Essen 11 SWMCH-EHS 14-07.00
- 3 Ellie Decker 11 SWMCH-EHS 14-06.25
- 4 Brealyn Damm 10 Murray County Central 14-05.25
- 5 Kelsey DeSmith 12 Westbrook-Walnut Grove/Re 14-05.00
- 6 Irish Hollahan 10 Heron Lake-Okabena/Fulda 14-04.25
- 7 Brynn Bakken 7 Hills-Beaver Creek 14-04.25
- 8 Brynn Rauk 10 Hills-Beaver Creek 14-03.00
- 9 Abigail Harris 8 Hills-Beaver Creek 13-03.00
- 10 Hannah Henning 12 Adrian/Ellsworth 13-01.50
- 11 Ambrosa Yang 8 Westbrook-Walnut Grove/Re 12-10.50
- 12 Lily Daniels 10 Murray County Central 12-09.50
- 13 Taylor Fisher 8 Heron Lake-Okabena/Fulda 12-03.25
- 14 Tori Reynolds 8 Heron Lake-Okabena/Fulda 11-07.75
- 15 Alesha Henning 11 Adrian/Ellsworth 11-07.00
- 16 Quinti Parra-Mendez 12 Murray County Central 11-01.50
- 17 Miranda Mischke 8 Westbrook-Walnut Grove/Re 9-10.00

Varsity Girls Triple Jump Finals

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Athlete Yr Team Mark

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- 1 Shaylee Van Essen 11 SWMCH-EHS 33-03.75
- 2 Brynn Bakken 7 Hills-Beaver Creek 32-11.00
- 3 Braelyn Kracht 12 SWMCH-EHS 32-00.75
- 4 Irish Hollahan 10 Heron Lake-Okabena/Fulda 30-05.00
- 5 Bailey Spykerboer 9 Hills-Beaver Creek 29-10.00
- 6 Hannah Henning 12 Adrian/Ellsworth 29-04.00
- 7 Olivia Deelstra 7 Hills-Beaver Creek 29-01.00
- 8 Kayla Vander Schaaf 11 SWMCH-EHS 28-02.25
- 9 Elizabeth Wiggins 12 Westbrook-Walnut Grove/Re 27-04.00
- 10 Lindsey Hause 10 Murray County Central 27-00.50
- 11 Lucy Thier - Adrian/Ellsworth 26-11.00
- 12 Abby Overman 10 Murray County Central 26-03.00
- Renae Salentiny 8 Heron Lake-Okabena/Fulda ND