

Valley Conference Championships - 5/17/2022

LCWM Secondary

Results - Valley Conference Championships

Girls 100 Meter Dash Varsity

Valley Conf: 12.40		1992	Bekki Eisenmenger	
Name	Yr	School	Prelims	
Preliminaries				
1		Kosbab, Aspen	11	MCW 14.06Q
2		Flack, Katelin	10	LCWM-N 14.08Q
3		Grathwohl, Brooke	12	MTGHECML 14.12Q
4		Klockziem, Savannah	9	LCWM-N 14.33Q
5		Buchmeier, Sway	12	MCW 14.33q
6		Sandmeyer, Grace	8	LCWM-N 14.55q
7		Hoosline, Macy	11	SC/IL 14.73q
8		Johnson, Malayna	7	MTGHECML 15.13q
9		Meyers, Ella	12	MCW 15.24
10		Ruhland, Lillian	11	SC/IL 15.25
11		Stoffel, Grace	9	Loy/Cle 15.38
12		Nowicki, Addison	8	MTGHECML 15.55
13		Dingman, Hailey	12	SC/IL 15.98
14		Hernandez, Mercedes	9	Loy/Cle 17.60

Girls 100 Meter Dash Varsity

Valley Conf: 12.40		1992	Bekki Eisenmenger	
Name	Yr	School	Finals	
Finals				
1		Kosbab, Aspen	11	MCW 13.91 8
2		Klockziem, Savannah	9	LCWM-N 13.99 6
3		Grathwohl, Brooke	12	MTGHECML 14.00 4
4		Flack, Katelin	10	LCWM-N 14.17 2
5		Buchmeier, Sway	12	MCW 14.21 1
6		Sandmeyer, Grace	8	LCWM-N 14.58
7		Johnson, Malayna	7	MTGHECML 15.00
8		Hoosline, Macy	11	SC/IL 15.13

Girls 200 Meter Dash Varsity

Valley Conf: 25.80		1981	Kim Skistad	
Name	Yr	School	Prelims	
Preliminaries				
1		Hagen, Brooke	8	SC/IL 29.04Q
2		Graupman, Maggie	10	LCWM-N 30.17Q
3		Hinze, Brooklin	8	SC/IL 30.15Q
4		Matejka, Kari	11	MCW 30.63Q
5		Hoosline, Macy	11	SC/IL 30.64q
6		Sanders, Avery	9	MCW 30.83q
7		Mattson, Kayla	8	MTGHECML 31.16q
8		Lange, Isabella	11	MCW 31.51q
9		Nowicki, Addison	8	MTGHECML 32.21
10		Johnson, Malayna	7	MTGHECML 32.62
11		Oyen, Kaylie	9	LCWM-N 32.91
12		Hernandez, Mercedes	9	Loy/Cle 37.39
---		Richards, Lucy	11	LCWM-N SCR
---		Hagen, Felicia	11	Loy/Cle SCR

Girls 200 Meter Dash Varsity

Valley Conf: 25.80		1981	Kim Skistad	
Name	Yr	School	Finals	
Finals				
1		Graupman, Maggie	10	LCWM-N 28.19 8
2		Hagen, Brooke	8	SC/IL 28.31 6
3		Hinze, Brooklin	8	SC/IL 28.98 4
4		Matejka, Kari	11	MCW 29.55 2
5		Hoosline, Macy	11	SC/IL 30.39 1
6		Sanders, Avery	9	MCW 30.61
7		Mattson, Kayla	8	MTGHECML 30.80
8		Lange, Isabella	11	MCW 32.32

Girls 400 Meter Run Varsity

Valley Conf: 58.90		1992	Sara Jones	
Name	Yr	School	Finals	
Finals				
1		Graupman, Maggie	10	LCWM-N 64.97 8
2		Daly, Madison	12	SC/IL 66.99 6
3		Carstensen, Janessa	8	SC/IL 69.18 4
4		Sickler, Megan	7	LCWM-N 69.22 2
5		Matejka, Kari	11	MCW 69.60 1
6		Mattson, Kayla	8	MTGHECML 72.33
7		Baarson, Rhilynn	8	MCW 73.63
8		Daly, Paige	10	SC/IL 74.43
9		Mattson, Olivia	10	MTGHECML 75.44
10		Zernehel, Emma	9	Loy/Cle 78.14
11		Oyen, Kaylie	9	LCWM-N 1:21.27
12		Lange, Jocelyn	8	MCW 1:27.10
---		Young, Kate	8	MTGHECML SCR

Girls 800 Meter Run Varsity

Valley Conf: 2:19.30		1992	Sho Kroeger	
Name	Yr	School	Finals	
Finals				
1		Moeller, Grace	12	LCWM-N 2:35.96 8
2		Jordan, Jaci	8	LCWM-N 2:42.46 6
3		Sargent, Chloe	9	LCWM-N 2:48.70 4
4		Huisken, Kathryn	8	Loy/Cle 2:53.76 2
5		Young, Kate	8	MTGHECML 2:55.69 1
6		Madsen, Phoebe	8	MTGHECML 3:12.75
7		Cooney, Kathryn	8	Loy/Cle 3:15.69
8		Borntrager, Sydney	11	MCW 3:16.01
9		Ardnt, Mahrya	8	SC/IL 3:16.13
10		Schmidtke, Jocelyn	8	MCW 3:16.84
11		Moeller, Josie	8	MTGHECML 3:21.02
12		Hansen, Elsa	10	SC/IL 3:30.48
13		Truesdell, Lily	8	MCW 3:33.65
---		Erdman, Emery	8	SC/IL SCR



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Girls 1600 Meter Run Varsity

Valley Conf: 5:13.41 5/17/2022 Grace Moeller

Name	Yr	School	Finals
Finals			
1 Moeller, Grace	12	LCWM-N	5:13.41 8
2 Quast, Valerie	8	SC/IL	5:45.80 6
3 Sodeman, Emma	8	LCWM-N	6:19.19 4
4 Noyes, Landre	7	LCWM-N	6:35.80 2
5 Kennedy, Katelynn	8	MCW	6:45.12 1
6 Madsen, Phoebe	8	MTGHECML	7:02.78
7 Borntrager, Sydney	11	MCW	7:05.00
8 Moeller, Josie	8	MTGHECML	7:18.17
9 Lyon, Maddison	8	MCW	7:27.01
10 Erdman, Emery	8	SC/IL	8:16.90
--- Ardnt, Mahrya	8	SC/IL	SCR

Girls 3200 Meter Run Varsity

Valley Conf: 11:23.50 1994 Sho Kroeger

Name	Yr	School	Finals
Finals			
1 Hartke, Katie	10	MCW	12:00.19 8
2 Quast, Valerie	8	SC/IL	12:07.80 6
3 Koester, Molly	8	Loy/Cle	13:39.96 4
4 Caven, Nora	7	LCWM-N	14:01.77 2
5 Peterson, Elizabeth	10	MCW	14:12.73 1
6 Daly, Kate	7	SC/IL	14:46.78
7 Maurer, Brooke	10	LCWM-N	15:59.14
8 Krause, Bobbie	9	LCWM-N	17:03.92

Girls 100 Meter Hurdles Varsity

Valley Conf: 15.40 1990 Megan Sinkbeil

Name	Yr	School	Finals
Finals			
1 Grathwohl, Brooke	12	MTGHECML	18.68 8
2 Huiras, Maddie	9	Loy/Cle	18.83 6
3 Cooper, Lauren	11	LCWM-N	19.12 4
4 Carstensen, Janessa	8	SC/IL	21.13 2
5 Hopkins, Jayden	10	LCWM-N	21.17 1
6 Hansen, Keldee		SC/IL	21.19
7 Truesdell, Lily	8	MCW	21.21
8 Ackley, Samantha	7	LCWM-N	21.44

Girls 300 Meter Hurdles Varsity

Valley Conf: 46.70 1988 Linette Grund

Name	Yr	School	Finals
Finals			
1 Klockziem, Savannah	9	LCWM-N	50.20 8
2 Davis, Ava	8	SC/IL	50.69 6
3 Huiras, Maddie	9	Loy/Cle	51.92 4
4 Yenish, Lauren	11	Loy/Cle	53.82 2
5 Cooper, Lauren	11	LCWM-N	55.56 1

6 Sonnek, Lily	11	SC/IL	59.96
7 Hansen, Keldee		SC/IL	61.93
8 Truesdell, Lily	8	MCW	62.83
9 Lyon, Maddison	8	MCW	63.05
10 Ackley, Samantha	7	LCWM-N	63.53

Girls 4x100 Meter Relay Varsity

Valley Conf: 51.90 1988 Mapleton-Amboy-Good Thunder

E Miller, E Biehn, J Zenk, B Eisenmenger

Team	Relay	Finals
Finals		
1 SC/IL		56.73 8
1) Dingman, Hailey 12	2) Ward, Tori 10	
3) Hagen, Brooke 8	4) Hinze, Brooklin 8	
2 LCWM-Nicollet		57.90 6
1) Cooper, Lauren 11	2) McDaniels, Rushonda 11	
3) Nachreiner, Sophie 8	4) Sandmeyer, Grace 8	
3 Martin County West		64.48 4
1) Lange, Jocelyn 8	2) Schultze, Adreyana 10	
3) Meyers, Ella 12	4) Baarson, Rhilynn 8	

Girls 4x200 Meter Relay Varsity

Valley Conf: 1:49.70 1990 Maple River

S Berkland, J Zenk, E Biehn, B Eisenmenger

Team	Relay	Finals
Finals		
1 SC/IL		1:56.98 8
1) Hagen, Brooke 8	2) Davis, Ava 8	
3) Ward, Tori 10	4) Hinze, Brooklin 8	
2 LCWM-Nicollet		2:01.25 6
1) Sickler, Megan 7	2) Richards, Lucy 11	
3) Nachreiner, Sophie 8	4) Flack, Katelin 10	
3 Martin County West		2:03.29 4
1) Lange, Isabella 11	2) Kosbab, Aspen 11	
3) Sanders, Avery 9	4) Buchmeier, Sway 12	
4 Loy/Cle		2:04.24 2
1) Cooney, Maddie 9	2) Zuehlke, Aryah 7	
3) Meyer, Savannah 9	4) Stoffel, Grace 9	

Girls 4x400 Meter Relay Varsity

Valley Conf: 4:13.20 2003 MCW

L Kahler, N Nelsen, D Moore, M Burgess

Team	Relay	Finals
Finals		
1 LCWM-Nicollet		4:30.82 8
1) Klockziem, Savannah 9	2) Flack, Katelin 10	
3) Moeller, Grace 12	4) Graupman, Maggie 10	
2 Loy/Cle		4:39.76 6
1) Cooney, Maddie 9	2) Huiras, Maddie 9	
3) Zuehlke, Aryah 7	4) Yenish, Lauren 11	



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Team	Relay	Finals
3 SC/IL		4:42.53 4
1) Davis, Ava 8	2) Daly, Madison 12	
3) Sonnek, Lily 11	4) Ward, Tori 10	
4 Martin County West		5:02.02 2
1) Baarson, Rhilynn 8	2) Sanders, Avery 9	
3) Hartke, Katie 10	4) Matejka, Kari 11	

Girls 4x800 Meter Relay Varsity

Valley Conf: 9:55.50 2003 MCW

N Nelsen, C Roben, L Kahler, M Burgess

Team	Relay	Finals
1 LCWM-Nicollet		11:16.84 8
1) Stading, Ava 11	2) Noyes, Landre 7	
3) Sodeman, Emma 8	4) Jordan, Jaci 8	
2 Loy/Cle		11:32.50 6
1) Koester, Molly 8	2) Zernehel, Emma 9	
3) Huisken, Kathryn 8	4) Meyer, Savannah 9	
3 Martin County West		11:51.86 4
1) Peterson, Elizabeth 10	2) Lyon, Maddison 8	
3) Kennedy, Katelynn 8	4) Hartke, Katie 10	
4 SC/IL		13:16.46 2
1) Ardnt, Mahrya 8	2) Erdman, Emery 8	
3) Hansen, Elsa 10	4) Daly, Kate 7	

Girls High Jump Varsity

Valley Conf: 5-04 1987 Kathy Loeschen

Name	Yr	School	Finals
1 Kolars, Kylie	10	Loy/Cle	4-10.00 8
2 Lange, Isabella	11	MCW	4-08.00 6
3 Daly, Madison	12	SC/IL	4-04.00 3
3 Yenish, Lauren	11	Loy/Cle	4-04.00 3
5 Sandmeyer, Grace	8	LCWM-N	4-02.00 0.3
5 Kosbab, Aspen	11	MCW	4-02.00 0.3
5 Sonnek, Lily	11	SC/IL	4-02.00 0.3
--- Nachreiner, Sophie	8	LCWM-N	NH
--- Buchmeier, Sway	12	MCW	NH
--- Greenough, Alyssa	10	LCWM-N	NH
--- Daly, Kate	7	SC/IL	NH

Girls Pole Vault Varsity

Valley Conf: 9-07 2011 Tara Roelofs

Name	Yr	School	Finals
1 Daly, Madison	12	SC/IL	8-06.00 8
2 Sonnek, Lily	11	SC/IL	7-00.00 6
3 Greenough, Alyssa	10	LCWM-N	7-00.00 4
4 Richards, Lucy	11	LCWM-N	7-00.00 2
5 Stading, Ava	11	LCWM-N	6-06.00 1

6 Daly, Paige	10	SC/IL	6-00.00
--- Lange, Isabella	11	MCW	SCR

Girls Long Jump Varsity

Valley Conf: 17-09 2007 Janey Helland

Name	Yr	School	Finals
1 Klockziem, Savannah	9	LCWM-N	15-01.00 8
2 Hinze, Brooklin	8	SC/IL	14-09.00 6
3 Sandmeyer, Grace	8	LCWM-N	14-05.00 4
4 Kolars, Kylie	10	Loy/Cle	14-00.50 2
5 McDaniels, Rushonda	11	LCWM-N	14-00.25 1
6 Lynch, Julieann	10	SC/IL	12-06.75
7 Zuehlke, Aryah	7	Loy/Cle	12-04.50
8 Buchmeier, Sway	12	MCW	12-03.25
9 Wiederhoeft, Alyssa	12	MTGHECML	12-02.00
10 Johnson, Layla	8	MTGHECML	11-11.00
11 Carstensen, Janessa	8	SC/IL	11-06.00
--- Kosbab, Aspen	11	MCW	ND
--- Madsen, Phoebe	8	MTGHECML	SCR

Girls Triple Jump Varsity

Valley Conf: 34-09 2016 Hannah Johanson

Name	Yr	School	Finals
1 Graupman, Maggie	10	LCWM-N	33-06.00 8
2 Ward, Tori	10	SC/IL	30-09.00 6
3 Davis, Ava	8	SC/IL	30-08.50 4
4 Johnson, Layla	8	MTGHECML	30-00.00 2
5 McDaniels, Rushonda	11	LCWM-N	29-01.00 1
6 Sanders, Avery	9	MCW	27-09.00
7 Stading, Ava	11	LCWM-N	26-08.00
8 Wiederhoeft, Alyssa	12	MTGHECML	26-03.50
--- Odegard, Hannah	9	Loy/Cle	ND

Girls Shot Put Varsity

Valley Conf: 45-10.50 2012 Ashley Thooft

Name	Yr	School	Finals
1 Lorentz, Emily	12	LCWM-N	37-01.00 8
2 Loeffler, Courtney	12	SC/IL	28-11.00 6
3 Guengoer, Ece	11	LCWM-N	27-10.00 4
4 Marzinske, Lauren	11	SC/IL	26-10.00 2
5 Forsberg, Ryelynn	10	MCW	26-01.00 1
6 Kroeker, Jenna	11	SC/IL	25-07.00
7 Peterson, Elizabeth	10	MCW	24-00.00
8 Ludvik, Elaine	12	Loy/Cle	23-10.00
9 Jones, Maya	11	LCWM-N	23-07.00
10 Salic, Lynsie	7	MTGHECML	21-06.00
11 Bolstad, Alexa	11	Loy/Cle	20-02.00
11 Wingert, Annie	10	Loy/Cle	20-02.00
13 Larson, Mylee	7	MCW	19-06.00



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Girls Discus Throw Varsity

Valley Conf: 137-11 2016 Alayna Theissen

	Name	Yr	School	Finals
Finals				
1	Lorentz, Emily	12	LCWM-N	119-03 8
2	Flack, Katelin	10	LCWM-N	87-02 6
3	Schwandt, Aerin	12	SC/IL	81-00 4
4	Guengoer, Ece	11	LCWM-N	80-03 2
5	Ludvik, Elaine	12	Loy/Cle	79-07 1
6	Kolars, Kylie	10	Loy/Cle	79-06
7	Peterson, Elizabeth	10	MCW	78-02
8	Hansen, Elsa	10	SC/IL	77-03
9	Larson, Mylee	7	MCW	71-00
10	Salic, Lysie	7	MTGHECML	68-00
11	Forsberg, Ryelynn	10	MCW	65-09
12	Kroeker, Jenna	11	SC/IL	63-03
13	Bolstad, Alexa	11	Loy/Cle	61-01



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Boys 100 Meter Dash Varsity

Valley Conf: 10.90 1990 Jason Wallace

Name	Yr	School	Prelims
Preliminaries			
1 Havemeier, Brady	12	LCWM-N	11.61Q
2 Ludeman, Camden	12	LCWM-N	12.32Q
3 Madsen, Jackson	9	MTGHECML	12.44Q
4 Thorson, Izaak	10	LCWM-N	12.59Q
5 Forsberg, Joseph	11	MCW	12.45q
6 Miller, Travis	8	SC/IL	13.11q
7 Kasprovicz, Hayden	12	SC/IL	13.19q
8 Lentz, Huntly	8	SC/IL	13.66q
9 Romnes, Ty	7	Loy/Cle	13.85
10 Scholl, Barret	9	MCW	14.72
11 Forsberg, Lixon	7	MCW	15.92
12 Williams, Mason	9	MTGHECML	18.70
13 Schwebke, Brian	9	MTGHECML	22.32

Boys 100 Meter Dash Wheelchair Varsity

Name	Yr	School	Finals
Finals			
1 Gravelle, Aidan	12	Loy/Cle	16.94 1

Boys 100 Meter Dash Varsity

Valley Conf: 10.90 1990 Jason Wallace

Name	Yr	School	Finals
Finals			
1 Ludeman, Camden	12	LCWM-N	11.49 8
2 Havemeier, Brady	12	LCWM-N	11.83 6
3 Thorson, Izaak	10	LCWM-N	12.22 4
4 Madsen, Jackson	9	MTGHECML	12.33 2
5 Forsberg, Joseph	11	MCW	12.49 1
6 Kasprovicz, Hayden	12	SC/IL	13.11
7 Miller, Travis	8	SC/IL	13.31
8 Lentz, Huntly	8	SC/IL	13.63

Boys 200 Meter Dash Varsity

Valley Conf: 22.20 1990 Justin Alonzo

Name	Yr	School	Prelims
Preliminaries			
1 Havemeier, Brady	12	LCWM-N	23.72Q
2 Madsen, Jackson	9	MTGHECML	25.43Q
3 Ulman, Jamis	10	LCWM-N	25.49Q
4 Kann, Josh	11	Loy/Cle	25.72Q
5 Hanson, Kole	10	MCW	25.86q
6 Olmanson, Jacob	10	SC/IL	26.20q
7 Pope, Connor	10	MCW	26.52q
8 Hoffman, Wesley	10	LCWM-N	26.58q
9 Kruse, Alex	9	SC/IL	26.80
10 Lentz, Huntly	8	SC/IL	27.22
11 Jenks, Zack	12	MTGHECML	27.63

12 Larson, Kale	9	MCW	27.78
13 Schwebke, Brian	9	MTGHECML	52.84
--- Moore, Taiton	9	Loy/Cle	SCR

Boys 200 Meter Dash Varsity

Valley Conf: 22.20 1990 Justin Alonzo

Name	Yr	School	Finals
Finals			
1 Havemeier, Brady	12	LCWM-N	23.22 8
2 Madsen, Jackson	9	MTGHECML	24.95 6
3 Ulman, Jamis	10	LCWM-N	25.00 4
4 Kann, Josh	11	Loy/Cle	25.24 2
5 Hoffman, Wesley	10	LCWM-N	26.07 1
6 Hanson, Kole	10	MCW	26.21
7 Olmanson, Jacob	10	SC/IL	26.22
8 Pope, Connor	10	MCW	28.04

Boys 200 Meter Dash Wheelchair Varsity

Name	Yr	School	Finals
Finals			
1 Gravelle, Aidan	12	Loy/Cle	30.97 1

Boys 400 Meter Run Varsity

Valley Conf: 50.20 1990 Justin Alonzo

Name	Yr	School	Finals
Finals			
1 Koberoski, Ryan	10	MTGHECML	56.15 8
2 Irigoyen, Alex	11	SC/IL	56.84 6
3 Larson, Kylar	11	MCW	57.26 4
4 Pietan, Lucas	9	LCWM-N	57.51 2
5 Hanson, Kole	10	MCW	61.86 1
6 Dudgeon, Caleb	10	LCWM-N	62.28
7 Jenks, Zack	12	MTGHECML	62.46
8 Larson, Kale	9	MCW	63.40
9 Christianson, Nicholai	9	LCWM-N	63.96
10 Moore, Taiton	9	Loy/Cle	69.12
11 Hainlen, Kaden	8	SC/IL	69.24
12 Winkler, Hunter	8	SC/IL	74.33
13 Bolstad, Max	9	Loy/Cle	1:20.14

Boys 800 Meter Run Varsity

Valley Conf: 1:59.06 2011 Adam Kleine

Name	Yr	School	Finals
Finals			
1 Koberoski, Ryan	10	MTGHECML	2:09.97 8
2 Forsberg, Jamesson	11	MCW	2:14.25 6
3 Fells, Christian	11	LCWM-N	2:23.31 4
4 Anderson, Mason	10	LCWM-N	2:24.28 2
5 Vetter, Sam	9	Loy/Cle	2:24.45 1
6 Strobel, Nathan	10	Loy/Cle	2:25.21
7 Cooper, Jacob	10	LCWM-N	2:28.99
8 Waldron, TJ	9	Loy/Cle	2:36.96



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Name	Yr	School	Finals
9 Bergeman, Issac	12	MTGHECML	2:43.02
10 Bailey, Eli	8	SC/IL	2:43.94
11 Matejka, Nick	11	MCW	2:46.71
--- Wilson, Max	8	SC/IL	SCR
--- Gutierrez, Eddie	10	MTGHECML	SCR
--- Olmanson, Coltin	7	SC/IL	SCR

Boys 1600 Meter Run Varsity

Valley Conf: 4:36.60 1984 D. Johnson

Name	Yr	School	Finals
1 DeMaris, Josiah	9	MTGHECML	4:55.65 8
2 Selly, Gavin	11	Loy/Cle	5:01.41 6
3 Gengler, Charlie	8	LCWM-N	5:09.18 4
4 Koehnen, Grant	10	MCW	5:14.00 2
5 Strobel, Nathan	10	Loy/Cle	5:15.69 1
6 Kelly, Soren	8	Loy/Cle	5:20.82
7 Rist, Justin	11	LCWM-N	5:27.99
8 Gutierrez, Eddie	10	MTGHECML	5:31.64
9 Kettner, Talon	10	MCW	5:38.26
10 Bergeman, Issac	12	MTGHECML	5:52.37
11 Taylor, David	9	MCW	5:57.21
12 Olmanson, Coltin	7	SC/IL	6:35.23
--- Dudgeon, Braxton	7	LCWM-N	SCR
--- Bailey, Eli	8	SC/IL	SCR

Boys 1600 Meter Run Wheelchair Varsity

Name	Yr	School	Finals
1 Gravelle, Aidan	12	Loy/Cle	4:24.75 1

Boys 3200 Meter Run Varsity

Valley Conf: 10:08.50 1999 Jamey Michalke

Name	Yr	School	Finals
1 DeMaris, Josiah	9	MTGHECML	10:42.24 8
2 Gengler, Charlie	8	LCWM-N	11:06.36 6
3 Younge, James	11	Loy/Cle	11:06.79 4
4 Moeller, Aidan	8	LCWM-N	11:25.07 2
5 Deichman, Corbin	8	Loy/Cle	11:39.87 1
6 Kettner, Talon	10	MCW	12:09.03
7 Zimmerman, Carter	11	Loy/Cle	12:38.83
8 Taylor, David	9	MCW	13:17.22
--- Anderson, Ethan	10	LCWM-N	SCR

Boys 110 Meter Hurdles Varsity

Valley Conf: 14.70 2002 Kevin Friedrichs

Name	Yr	School	Finals
1 Flack, Miles	12	LCWM-N	15.51 8

2 Morgan, Simon	11	Loy/Cle	16.11 6
3 Matteson, Michael	11	LCWM-N	17.15 4
4 Dudgeon, Cade	12	LCWM-N	17.20 2
5 Fogal, Casey	9	Loy/Cle	19.65 1
6 Hansen, Brevin	8	SC/IL	21.48
7 Jensen, Joey	9	MCW	32.75

Boys 300 Meter Hurdles Varsity

Valley Conf: 39.70 2001 Kevin Friedrichs

Name	Yr	School	Finals
1 Flack, Miles	12	LCWM-N	40.55 8
2 Matteson, Michael	11	LCWM-N	45.47 6
3 Zumwalt, Carson	11	LCWM-N	48.92 4
4 Fogal, Casey	9	Loy/Cle	50.18 2
5 Kijenski, Chase	9	Loy/Cle	51.58 1
6 Hansen, Brevin	8	SC/IL	54.78
7 Jensen, Joey	9	MCW	57.83

Boys 4x100 Meter Relay Varsity

Valley Conf: 44.90 2002 Maple River

L Erickson, Z Geromo, J Whitney, J Quade

Team	Relay	Finals
1 LCWM-Nicollet		47.89 8
1) Sandmeyer, Logan 10	2) Warmington, Owen 12	
3) McDougall, Jake 11	4) Ludeman, Camden 12	
2 SC/IL		50.70 6
1) Kasprovicz, Hayden 12	2) Olmanson, Jacob 10	
3) Goebel, Eli 10	4) Casto, Aaron 12	
3 Loy/Cle		51.60 4
1) Strobel, Henry 11	2) Skubitz, Jack 11	
3) Romnes, Ty 7	4) Huisken, Nick 11	
4 Martin County West		55.30 2
1) Larson, Kale 9	2) Forsberg, Lixon 7	
3) Scholl, Barret 9	4) Pope, Connor 10	

Boys 4x200 Meter Relay Varsity

Valley Conf: 1:33.30 2001 Maple River

J Quade, B Carleton, E Braunshausen, J Whitney

Team	Relay	Finals
1 LCWM-Nicollet		1:36.70 8
1) Lantz, Levi 11	2) Matteson, Michael 11	
3) Havemeier, Brady 12	4) McDougall, Jake 11	
2 Martin County West		1:41.05 6
1) Hanson, Kole 10	2) Larson, Kylar 11	
3) Cole, Riley 11	4) Forsberg, Joseph 11	
3 Loy/Cle		1:42.09 4
1) Strobel, Henry 11	2) Kann, Josh 11	
3) Huisken, Nick 11	4) Morgan, Simon 11	



Valley Conference Championships - 5/17/2022

LCWM Secondary

Results - Valley Conference Championships

Finals ... (Boys 4x200 Meter Relay Varsity)

Team	Relay	Finals
4 SC/IL		1:59.73 2
1) Lentz, Huntly 8	2) Winkler, Hunter 8	
3) Schommer, Jacob 10	4) Goebel, Eli 10	

Boys 4x400 Meter Relay Varsity

Valley Conf: 3:31.90 2001 LCWM

J Bull, D Portillo, L Brown, N Stokes

Team	Relay	Finals
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Finals		
1 LCWM-Nicollet		3:45.02 8
1) Flack, Miles 12	2) Lantz, Levi 11	
3) Fells, Christian 11	4) Dudgeon, Cade 12	
2 Martin County West		3:49.32 6
1) Forsberg, Joseph 11	2) Larson, Kylar 11	
3) Forsberg, Jamesson 11	4) Cole, Riley 11	
3 Loy/Cle		4:01.21 4
1) Kann, Josh 11	2) Huisken, Nick 11	
3) Kijenski, Chase 9	4) Selly, Gavin 11	
4 SC/IL		4:10.05 2
1) Kruse, Alex 9	2) Casto, Aaron 12	
3) Irigoyen, Alex 11	4) Olmanson, Jacob 10	

Boys 4x800 Meter Relay Varsity

Valley Conf: 8:26.13 2015 MCW

D Brockman, N Holm, M Visselman, J Mayo

Team	Relay	Finals
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Finals		
1 LCWM-Nicollet		9:03.60 8
1) Pietan, Lucas 9	2) Anderson, Mason 10	
3) Cooper, Jacob 10	4) Fells, Christian 11	
2 Martin County West		9:03.84 6
1) Cole, Riley 11	2) Forsberg, Jamesson 11	
3) Pope, Connor 10	4) Koehnen, Grant 10	
3 Loy/Cle		9:37.97 4
1) Younge, James 11	2) Vetter, Sam 9	
3) Kijenski, Chase 9	4) Deichman, Corbin 8	
4 SC/IL		11:52.32 2
1) Bailey, Eli 8	2) Wilson, Max 8	
3) Olmanson, Coltin 7	4) Hainlen, Kaden 8	

Boys High Jump Varsity

Valley Conf: 6-06 2004 Jeff Lillevold

Name	Yr	School	Finals
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Finals			
1 Casto, Aaron	12	SC/IL	5-08.00 8
2 Dudgeon, Cade	12	LCWM-N	5-06.00 6
3 Morgan, Simon	11	Loy/Cle	5-04.00 4
4 Schommer, Jacob	10	SC/IL	5-04.00 2
5 Sandmeyer, Logan	10	LCWM-N	5-02.00 0.5
5 Matteson, Michael	11	LCWM-N	5-02.00 0.5

7 Miller, Travis	8	SC/IL	5-02.00
8 Kijenski, Chase	9	Loy/Cle	4-10.00
--- Moore, Taiton	9	Loy/Cle	NH

Boys Pole Vault Varsity

Valley Conf: 14-00 2001 Josh Sorenson

Name	Yr	School	Finals
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Finals			
1 Lantz, Levi	11	LCWM-N	10-06.00 8
2 Huisken, Nick	11	Loy/Cle	9-06.00 6
3 McDougall, Jake	11	LCWM-N	9-00.00 4
4 Grannis, Ethan	11	LCWM-N	8-06.00 2
5 Irigoyen, Alex	11	SC/IL	6-06.00 1
--- Wilson, Max	8	SC/IL	NH
--- Bailey, Eli	8	SC/IL	NH

Boys Long Jump Varsity

Valley Conf: 22-00 2004 Jeff Lillevold

Name	Yr	School	Finals
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Finals			
1 Warmington, Owen	12	LCWM-N	18-10.00 8
2 Ludeman, Camden	12	LCWM-N	17-07.75 6
3 Kruse, Alex	9	SC/IL	16-11.00 4
4 Olmanson, Jacob	10	SC/IL	16-07.00 2
5 Kasprowicz, Hayden	12	SC/IL	16-06.00 1
6 Madsen, Jackson	9	MTGHECML	16-05.50
7 Magnus, Max	9	LCWM-N	16-02.50
8 Strobel, Henry	11	Loy/Cle	15-11.00
9 Jenks, Zack	12	MTGHECML	14-04.50
10 O'Connor, Hayden	8	MCW	12-03.00
11 Jensen, Joey	9	MCW	10-08.00
--- Williams, Mason	9	MTGHECML	SCR

Boys Triple Jump Varsity

Valley Conf: 42-06.50 1987 Andy Tjernagel

Name	Yr	School	Finals
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Finals			
1 Dudgeon, Cade	12	LCWM-N	38-07.50 8
2 Hoffman, Wesley	10	LCWM-N	37-08.50 6
3 Warmington, Owen	12	LCWM-N	37-02.00 4
4 Kruse, Alex	9	SC/IL	36-05.00 2
5 Kasprowicz, Hayden	12	SC/IL	35-07.00 1
6 Strobel, Henry	11	Loy/Cle	35-01.50
7 Strobel, Nathan	10	Loy/Cle	34-08.00
8 Kann, Josh	11	Loy/Cle	33-03.00
9 O'Connor, Hayden	8	MCW	25-05.00
10 Taylor, David	9	MCW	25-00.00



Valley Conference Championships - 5/17/2022

LCWM Secondary

Results - Valley Conference Championships

Boys Shot Put Varsity

Valley Conf: 54-01 2017 Mitch Weber

Name	Yr	School	Finals
Finals			
1 Loeffler, Thomas	12	SC/IL	47-01.00 8
2 Karels, Brandon	11	SC/IL	42-03.50 6
3 Thompson, Levi	10	SC/IL	40-11.00 4
4 McManemy, Gage	11	LCWM-N	40-01.00 2
5 Scott, Ian	9	LCWM-N	38-06.00 1
6 Becker, Cohl	10	MTGHECML	36-07.00
7 Stewig, TJ	12	LCWM-N	34-03.00
8 Kettner, Talon	10	MCW	30-06.00
9 Scholl, Barret	9	MCW	30-01.00
10 Skubitz, Jack	11	Loy/Cle	29-08.50
11 Wood, Danny	9	Loy/Cle	29-01.00
12 Werner, Tristen	10	MTGHECML	28-09.00
13 Hanson, Kole	10	MCW	28-04.00
14 Barker, Christian	7	Loy/Cle	25-11.00
15 Schwebke, Brian	9	MTGHECML	14-05.50

1) LCWM-Nicollet	174
2) St. Clair/Immanuel Lutheran	71
3) Mankato Loyola/Cleveland	55
4) M/T/GHEC/ML	40
5) Martin County West	38

Boys Discus Throw Wheelchair Varsity

Name	Yr	School	Finals
Finals			
1 Gravelle, Aidan	12	Loy/Cle	46-09 1

Boys Discus Throw Varsity

Valley Conf: 178-02 2017 Mitchell Weber

Name	Yr	School	Finals
Finals			
1 Loeffler, Thomas	12	SC/IL	133-03 8
2 Karels, Brandon	11	SC/IL	113-06 6
3 Larson, Kylar	11	MCW	112-01 4
4 Turgeon, Drew	8	LCWM-N	108-09 2
5 McManemy, Gage	11	LCWM-N	107-01 1
6 Becker, Cohl	10	MTGHECML	92-10
7 Wood, Danny	9	Loy/Cle	91-04
8 Kettner, Talon	10	MCW	80-08
9 Matter, Owen	9	LCWM-N	79-00
10 Barker, Christian	7	Loy/Cle	78-03
11 Madsen, Jackson	9	MTGHECML	77-11
12 Skubitz, Jack	11	Loy/Cle	69-02
13 Forsberg, Lixon	7	MCW	64-11
14 Werner, Tristen	10	MTGHECML	64-10

Women - Varsity - Team Rankings - 18 Events Scored

1) LCWM-Nicollet	159.333
2) St. Clair/Immanuel Lutheran	108.333
3) Mankato Loyola/Cleveland	46
4) Martin County West	43.3333
5) M/T/GHEC/ML	15

Men - Varsity - Team Rankings - 22 Events Scored

