

# 2023 Lake Superior Conference

May 16th - Superior, WI

## Girls:

1. Cloquet	170
2. Superior	163
3. Hermantown	109
4. Hibbing	94
5. Proctor	69
6. Grand Rapids	61
7. Duluth Denfeld	23
8. Marshall (Duluth)	7

## Boys:

1. Cloquet	177
2. Superior	135
3. Grand Rapids	124
4. Proctor	83
5. Duluth Denfeld	59.5
6. Hermantown	59
7. Hibbing	57.5
8. Marshall (Duluth)	5

## Boys Varsity 100 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Darrel James Superior 10.95a
- 2 Jordan Aultman Cloquet 11.14a
- 3 Taye Manns Duluth Denfeld 11.50a
- 4 Reese Sheldon Cloquet 11.60a
- 5 Austin Prebeck Grand Rapids 11.63a
- 6 Broc Sundland Hermantown 11.90a
- 7 Ben Staupe Superior 11.95a
- 8 Noah Hansen Cloquet 12.10a
- 9 Reid Ketola Grand Rapids 12.14a
- 10 Mace Brooks Duluth Denfeld 12.16a
- 11 Brody Summers Hermantown 12.25a
- 12 Logan Drews Hibbing 12.30a
- 13 Trevor VonBrethorst Hibbing 12.38a
- 14 Jamin Froehlich Grand Rapids 12.38a
- 15 Thomas Hagen Hibbing 12.39a
- 16 Luke Pearson Duluth Denfeld 12.40a
- 17 Carter St. Germaine Proctor 12.45a
- 18 Aidan Adamski Marshall (Duluth) 12.49a
- 19 Jacob Barnstorf Proctor 12.65a
- 20 Zach Thorsten Hermantown 12.98a
- 21 Landin Eidum Proctor 13.32a
- 22 Joey Gregorich Marshall (Duluth) 13.45a
- Ty McCall Marshall (Duluth) SCR
- Trevon Stubblefield Superior SCR

## Boys Varsity 200 Meters Finals

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Athlete Yr Team Mark Wind

- 
- 1 Darrel James Superior 22.23a
  - 2 Jordan Aultman Cloquet 23.12a
  - 3 Andrew Schmitz Hermantown 23.15a
  - 4 Reese Sheldon Cloquet 23.46a
  - 5 Gavin Tabbert Proctor 23.51a
  - 6 Austin Prebeck Grand Rapids 23.64a
  - 7 Taye Manns Duluth Denfeld 23.92a
  - 8 Laykn Lyons Proctor 23.93a
  - 9 Ben Staupe Superior 24.16a
  - 10 Elijah Aultman Cloquet 24.41a
  - 11 Michel Nichols Grand Rapids 24.61a
  - 12 Thomas Hagen Hibbing 24.94a
  - 13 Mace Brooks Duluth Denfeld 25.15a
  - 14 Ben Riipinen Hibbing 25.89a
  - 15 Logan Drews Hibbing 25.95a
  - 16 Braden Mehle Proctor 25.95a
  - 17 Connor Fure Hermantown 26.42a
  - 18 Tyler Brannan Duluth Denfeld 26.57a
  - 19 Zach Wunner Hermantown 27.08a
  - 20 Jian Sundvall Marshall (Duluth) 27.56a
  - 21 Elysée Beya Marshall (Duluth) 27.99a
  - 22 Taguta Tadiwanaishe Grand Rapids 33.35a
  - Trevon Stubblefield Superior SCR
  - Ty McCall Marshall (Duluth) SCR

#### Boys Varsity 400 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Andrew Schmitz Hermantown 51.90a
- 2 Blake Schmitz Hermantown 53.62a
- 3 Calvin Snesrud Cloquet 54.11a
- 4 Reese Sheldon Cloquet 54.44a
- 5 Finn Eskeli Hibbing 54.59a
- 6 Taguta Tadiwanaishe Grand Rapids 54.78a
- 7 Tucker Briggs Superior 54.79a
- 8 Edward Hakanson Superior 55.76a
- 9 Miigwan Tanner-Wostrel Cloquet 56.12a
- 10 Dominick DeJarlais Hermantown 56.75a
- 11 Logan Drews Hibbing 56.83a
- 12 Gunner Larson Grand Rapids 57.00a
- 13 Mason Sovada Grand Rapids 57.12a
- 14 Connor Krueger Superior 57.20a
- 15 Braden Mehle Proctor 57.43a
- 16 Preston Sullivan Hibbing 58.22a
- 17 William Foldesi Duluth Denfeld 58.30a
- 18 Daniel Harnell Proctor 61.27a
- 19 Kyle Ward Proctor 63.66a
- 20 Jian Sundvall Marshall (Duluth) 63.86a
- 21 Jacob Jennings Duluth Denfeld 64.73a
- 22 Gus Haugen Duluth Denfeld 65.07a
- 23 Eliot Rains Marshall (Duluth) 72.94a
- Jonas Martinelli Marshall (Duluth) SCR

#### Boys Varsity 800 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Calvin Snesrud Cloquet 2:07.94a
- 2 Luke Rosholt Duluth Denfeld 2:08.20a
- 3 Santiago Lenz Proctor 2:12.51a
- 4 Kanayoliseh Onwudiegwu Superior 2:13.79a
- 5 Adrian Hanson-Kaasa Grand Rapids 2:15.24a
- 6 Drew Eisel Superior 2:15.25a
- 7 Andrew Shepherd Cloquet 2:16.46a
- 8 Justin Walker Hibbing 2:17.19a
- 9 Seth Rothamel Cloquet 2:17.21a
- 10 Gunner Larson Grand Rapids 2:18.31a
- 11 Mason Sovada Grand Rapids 2:19.33a
- 12 Noah Wise Hermantown 2:19.49a
- 13 Isaac Sushoreba Proctor 2:20.38a
- 14 Jake Walli Hibbing 2:20.40a
- 15 Brayden Rock Duluth Denfeld 2:21.34a
- 16 Jonas Martinelli Marshall (Duluth) 2:22.31a
- 17 Ethan Aune Hibbing 2:24.35a
- 18 Abraham Hirvela Superior 2:27.13a
- 19 Vaughn Kukowski Hermantown 2:33.07a
- 20 Ben Johnson Proctor 2:34.06a
- 21 Ty McDonald Hermantown 2:40.35a
- 22 Olen Skafte Marshall (Duluth) 2:50.86a
- 23 Kyle Larson Duluth Denfeld 2:53.29a
- Eliot Rains Marshall (Duluth) SCR

Boys Varsity 1600 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Miles Fischer Cloquet 4:48.25a
- 2 Jacob Lind Superior 4:55.14a
- 3 Silas Langner Hibbing 5:01.95a
- 4 Ian Berube Cloquet 5:03.46a
- 5 Jaden Karren Superior 5:04.10a
- 6 Larson Curnow Grand Rapids 5:05.38a
- 7 Kanayoliseh Onwudiegwu Superior 5:08.51a
- 8 Cooper Lucarelli Hermantown 5:09.37a
- 9 Jack Bottoms Hibbing 5:13.80a
- 10 Tim Kazmierczak Cloquet 5:16.91a
- 11 Josh Rock Duluth Denfeld 5:27.12a
- 12 Oliver Stevens Hibbing 5:28.34a
- 13 Noah Deluca Proctor 5:28.49a
- 14 Kale Fairchild Grand Rapids 5:29.08a
- 15 Mathew Johnson Grand Rapids 5:29.81a
- 16 Tyler Breitreutz Hermantown 5:37.09a
- 17 Abraham Stone Hermantown 5:42.13a
- 18 Gabe Buck Duluth Denfeld 5:59.96a
- 19 Edward Buck Marshall (Duluth) 6:01.30a
- 20 Alex Gallant Duluth Denfeld 6:14.41a
- 21 Gabe Bachke Proctor 6:20.55a
- Alex Johnson Proctor SCR
- Tyler Zupancich Marshall (Duluth) SCR

Boys Varsity 3200 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Miles Fischer Cloquet 10:31.41a
- 2 Charles Juntunen Duluth Denfeld 10:34.95a
- 3 Brenden Sylvester Grand Rapids 10:35.03a
- 4 Jacob Lind Superior 10:47.89a
- 5 Jaden Karren Superior 10:50.77a
- 6 Zane Poenix Grand Rapids 10:51.95a
- 7 Silas Langner Hibbing 11:00.86a
- 8 Christian Massich Hibbing 11:03.70a
- 9 Brady Janezich Hibbing 11:12.02a
- 10 Ian Berube Cloquet 11:14.78a
- 11 Stylianos Regas Duluth Denfeld 11:33.22a
- 12 Aiden Gallagher Proctor 11:46.10a
- 13 Zach Warner Hermantown 11:51.79a
- 14 Tim Kazmierczak Cloquet 12:11.43a
- 15 Max Carey Superior 12:26.37a
- 16 Lucas LeSarge Proctor 13:32.70a
- 17 Dayton Landey Grand Rapids 14:03.25a
- Kaleb Dobosenski Proctor SCR
- Edward Buck Marshall (Duluth) SCR

Boys Varsity 110m Hurdles Finals

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Athlete Yr Team Mark Wind

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- 1 Herschel Christensen Grand Rapids 15.75a
- 2 Isaiah Essien Superior 15.77a
- 3 Wyatt Christensen Grand Rapids 15.78a
- 4 Cody Evers Proctor 15.92a
- 5 Aaron McMullen Grand Rapids 15.94a
- 6 Hunter Willis Superior 16.25a
- 7 Cameron Pease Proctor 16.33a
- 8 Dallas Swart Hibbing 17.29a
- 9 Adili Elfundi Duluth Denfeld 18.04a
- 10 John Fisk Duluth Denfeld 19.18a
- 11 Joe Bailey Cloquet 19.29a
- 12 Michael Kruse Cloquet 19.32a
- 13 Zach Wunner Hermantown 19.71a
- 14 Wyatt Scott Hermantown 20.75a
- 15 Josh Anderson Cloquet 21.07a
- 16 Brock Bauer Duluth Denfeld 21.34a
- 17 Cole Hughes Hibbing 21.41a
- 18 Aidan Petrich Hermantown 21.57a

Boys Varsity 300m Hurdles Finals

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Athlete Yr Team Mark Wind

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- 1 Cameron Pease Proctor 40.40a
- 2 Cody Evers Proctor 41.83a
- 3 Isaiah Essien Superior 42.97a
- 4 Hunter Willis Superior 43.21a
- 5 Wyatt Christensen Grand Rapids 45.80a

- 6 Michael Kruse Cloquet 45.99a
- 7 Josh Anderson Cloquet 46.42a
- 8 Adili Elfundi Duluth Denfeld 46.50a
- 9 Joe Bailey Cloquet 47.94a
- 10 Joseph Marchetti Hibbing 49.39a
- 11 Zach Wunner Hermantown 49.83a
- 12 Luke Smith Proctor 50.60a
- 13 Devon Vorbeck Grand Rapids 50.62a
- 14 Brock Bauer Duluth Denfeld 52.99a
- 15 John Fisk Duluth Denfeld 53.02a
- 16 Cole Hughes Hibbing 54.40a
- 17 Wyatt Scott Hermantown 56.91a
- 18 Aidan Petrich Hermantown 58.57a
- Aaron McMullen Grand Rapids SCR
- Dallas Swart Hibbing SCR

Boys Varsity 4x100m Relay Finals

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 Team Time  
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- 1 Cloquet 45.84a
- 2 Grand Rapids 46.10a
- 3 Duluth Denfeld 46.35a
- 4 Superior 47.86a
- 5 Hermantown 48.42a
- 6 Proctor 48.95a
- 7 Marshall (Duluth) 49.89a
- 8 Hibbing 50.21a

Boys Varsity 4x200m Relay Finals

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 Team Time  
 =====

- 1 Superior 1:37.80a
- 2 Cloquet 1:38.25a
- 3 Hermantown 1:39.06a
- 4 Duluth Denfeld 1:41.71a
- 5 Proctor 1:42.52a
- 6 Grand Rapids 1:44.70a
- 7 Marshall (Duluth) 1:52.65a
- Hibbing DQ

Boys Varsity 4x400m Relay Finals

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 Team Time  
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- 1 Superior 3:38.41a
- 2 Proctor 3:40.68a
- 3 Cloquet 3:42.08a
- 4 Duluth Denfeld 3:50.73a
- 5 Hibbing 3:54.60a
- 6 Hermantown 4:07.34a
- 7 Grand Rapids 4:14.18a

Boys Varsity 4x800m Relay Finals

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Team Time

- 
- 1 Duluth Denfeld 8:51.34a
  - 2 Grand Rapids 8:55.41a
  - 3 Superior 8:58.30a
  - 4 Cloquet 9:11.33a
  - 5 Hibbing 9:17.31a
  - 6 Proctor 9:41.25a
  - 7 Hermantown 9:43.51a
  - 8 Marshall (Duluth) 11:20.73a

Boys Varsity Shot Put Finals

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Athlete Yr Team Mark

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- 1 Josh Monreal Proctor 48-10.25
- 2 Benjamin Harker Grand Rapids 45-9
- 3 Aiden Shepherd Hibbing 45-4.50
- 4 Lance Konietzko Cloquet 45-2
- 5 Mason Sundquist Cloquet 45-0.25
- 6 Alexander Henderson Hibbing 40-1
- 7 Liu Newland Duluth Denfeld 39-1.50
- 8 Evan Senst Hermantown 38-7
- 9 Vincent Marchetti Hibbing 37-5
- 10 Garrett Rivord Superior 36-11
- 11 Jacen Nelson Duluth Denfeld 36-9.25
- 12 Brett Pampuch Proctor 35-5.25
- 13 Hudson Hillman Grand Rapids 35-1.25
- 14 Aidan Adamski Marshall (Duluth) 34-11.25
- 15 Jacob Widdes Marshall (Duluth) 33-11
- 16 Edward Stone Cloquet 33-10.25
- 17 Bo Waletzko Superior 33-2
- 18 Jack Jaros Hermantown 32-9.50
- 19 Samuel Connelly Grand Rapids 32-7.50
- 20 Wyatt Picconatto Hermantown 31-11
- 21 Quinn Schnabel Proctor 29-7
- 22 Addison McKay Duluth Denfeld 27-0
- 23 Cooper Chuang Marshall (Duluth) 20-10
- 24 Braylon LeMieux Superior 3-11

Boys Varsity Discus Finals

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Athlete Yr Team Mark

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- 1 Josh Monreal Proctor 153-7
- 2 Benjamin Harker Grand Rapids 138-5
- 3 Aiden Shepherd Hibbing 131-0
- 4 Zak McPhee Proctor 130-3
- 5 Quinn Schnabel Proctor 121-3
- 6 Mason Sundquist Cloquet 119-6
- 7 Bo Waletzko Superior 118-6
- 8 Ben Bandy Duluth Denfeld 115-9
- 9 Edward Stone Cloquet 112-3
- 10 Alexander Henderson Hibbing 112-0
- 11 Lance Konietzko Cloquet 110-11
- 12 Vincent Marchetti Hibbing 102-7

- 13 Connor Kittelson Superior 100-11
- 14 Addison McKay Duluth Denfeld 98-4
- 15 Gavin Rivord Superior 96-8.25
- 16 Jack Jaros Hermantown 96-7.50
- 17 Samuel Connelly Grand Rapids 93-0
- 18 Hudson Hillman Grand Rapids 89-4
- 19 Jacob Widdes Marshall (Duluth) 81-11
- 20 Darby Dwyer Marshall (Duluth) 78-0
- 20 Ian Tanui Duluth Denfeld 78-0
- 22 Wyatt Picconatto Hermantown 69-9
- Evan Senst Hermantown SCR
- Aidan Adamski Marshall (Duluth) SCR

Boys Varsity High Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Matthew Erickson Cloquet 5-10
- 2 Blake Schmitz Hermantown 5-8
- 3 Trevor VonBrethorst Hibbing 5-8
- 4 Herschel Christensen Grand Rapids 5-8
- 5 Devin Kirchner Hermantown 5-6
- 6 Eli Heehn Cloquet 5-4
- 7 Joe Bailey Cloquet 5-4
- 8 Nico Cianni Hibbing 5-2
- 9 Taye Manns Duluth Denfeld 5-2
- 10 Drew Grochowski Proctor 5-0
- 10 Drew Eisel Superior 5-0
- Isaiah Essien Superior SCR
- Logan Jennings Superior SCR
- Aaron McMullen Grand Rapids SCR
- Josh Rock Duluth Denfeld SCR
- Dominick DeJarlais Hermantown SCR
- Denzel Majwega Marshall (Duluth) SCR

Boys Varsity Pole Vault Finals

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Athlete Yr Team Mark Wind

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- 1 Kaydin Metzgar Grand Rapids 13-0
- 2 Austin Valento Hibbing 12-0
- 3 Jason Thomas Superior 10-6
- 4 Aric Johnson Cloquet 10-0
- 5 Micky Little Superior 9-0
- 6 Aaron South Cloquet 9-0
- 7 Tyler Fosso Hibbing 8-0
- 7 John Fisk Duluth Denfeld 8-0
- 9 Kai Strom Hibbing 8-0
- 10 Alexander Comer Cloquet 8-0
- Gus Haugen Duluth Denfeld SCR
- Gabe Buck Duluth Denfeld SCR
- Tyler Willoughby Superior SCR
- Cole Hawkinson Grand Rapids SCR

Boys Varsity Long Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Matthew Erickson Cloquet 20-5
- 2 Colton Johnson Grand Rapids 19-9.25
- 3 Taguta Tadiwanaishe Grand Rapids 18-11.75
- 4 Hunter Willis Superior 18-10.75
- 5 Luke Pearson Duluth Denfeld 18-10.50
- 6 Reese Sheldon Cloquet 18-8
- 7 Tanner Homstad Hermantown 18-7
- 8 Darst Calvin Superior 18-3.50
- 9 Brody Summers Hermantown 18-2.50
- 10 Cody Evers Proctor 17-8.50
- 10 Liu Newland Duluth Denfeld 17-8.50
- 12 Zach Thorsten Hermantown 17-2.25
- 13 Nolan Okstad Proctor 16-11.75
- 14 Ian Dobosenski Proctor 16-3
- 15 Adili Elfundi Duluth Denfeld 16-1.25
- 16 Thomas Hagen Hibbing 15-10.75
- 17 Andrew Rauzi Grand Rapids 15-7.50
- 17 Ty McCall Marshall (Duluth) 15-7.50
- 19 Aiden Parks Superior 15-7
- 20 Nico Cianni Hibbing 15-6.75
- 21 Elias Langner Hibbing 14-5
- Elijah Aultman Cloquet SCR
- Denzel Majwega Marshall (Duluth) SCR

Boys Varsity Triple Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Matthew Erickson Cloquet 41-8
- 2 Colton Johnson Grand Rapids 41-2
- 3 Elijah Aultman Cloquet 40-5.50
- 4 Wyatt Tischler Superior 37-11.25
- 5 Joe Bailey Cloquet 37-8
- 6 Calvin Darst Superior 37-3.50
- 7 Trevor VonBrethorst Hibbing 37-2.50
- 8 Tanner Homstad Hermantown 36-10.25
- 9 Alex Ruth Proctor 34-3.50
- 10 Aiden Parks Superior 34-0.50
- 11 Nico Cianni Hibbing 32-7.50
- 12 Zach Wunner Hermantown 30-7.25
- 13 Grant Johnson Hermantown 30-3
- 14 Charles Juntunen Duluth Denfeld 28-7.50
- Evan Abate Hibbing SCR
- Landin Laakso Proctor SCR
- Denzel Majwega Marshall (Duluth) SCR

Girls Varsity 100 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Lillian Gamache Superior 12.81a
- 2 Josephine Hanson Superior 12.92a
- 3 Kellyn Biondi Hermantown 13.07a
- 4 McKenzi Branley Superior 13.35a



- 5 Lauren Johnson Proctor 13.37a
- 6 Makenzie Lynch Cloquet 13.64a
- 7 Alexia Alzen Grand Rapids 13.73a
- 8 Hattie Eskeli Hibbing 13.74a
- 9 Lexie Pueringer Duluth Denfeld 13.79a
- 10 Sarah Turner Cloquet 13.80a
- 11 Lily DeBay Grand Rapids 13.84a
- 12 Annika Nelson Hermantown 13.91a
- 13 Kaley Will Cloquet 13.92a
- 14 Lily Smith Proctor 14.01a
- 15 Andrea Petroske Hibbing 14.14a
- 16 Mariah Hernesman Marshall (Duluth) 14.17a
- 17 Kylie DeBay Grand Rapids 14.25a
- 18 Latasaija Garner Duluth Denfeld 14.48a
- 19 Peytra Cooke Proctor 14.55a
- 20 Olivia Sanner Duluth Denfeld 14.56a
- 21 Bianca McGiffert Marshall (Duluth) 14.61a
- 22 Bella Baker Marshall (Duluth) 14.75a
- 23 Riley Moellering Hibbing 14.76a
- 24 Angel Adu-Bobi Hermantown 15.25a

Girls Varsity 200 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Josephine Hanson Superior 26.53a
- 2 Lillian Gamache Superior 27.14a
- 3 Liv Birkeland Hermantown 27.54a
- 4 Alexa Snesrud Cloquet 27.61a
- 5 Lauren Johnson Proctor 27.98a
- 6 Brynn Babich Hibbing 28.02a
- 7 Taylor Wick Cloquet 28.14a
- 8 Kennedy Wick Cloquet 28.34a
- 9 Hattie Eskeli Hibbing 28.69a
- 10 Alexia Alzen Grand Rapids 29.03a
- 11 Chloe Lind Proctor 29.08a
- 12 Andrea Petroske Hibbing 29.35a
- 13 Olivia Essien Superior 29.60a
- 14 Anna Foldesi Duluth Denfeld 29.74a
- 15 Bianca Jukic Marshall (Duluth) 29.76a
- 16 Kylie DeBay Grand Rapids 29.95a
- 17 Lauren Bates Grand Rapids 30.16a
- 18 Latasaija Garner Duluth Denfeld 30.50a
- 19 Angel Adu-Bobi Hermantown 31.32a
- 20 Erica McDonald Hermantown 31.38a
- 21 Lillian Aleshire Duluth Denfeld 31.71a
- 22 Abby Regstad Marshall (Duluth) 31.96a
- 23 Madison Lang Proctor 31.98a
- Kiera Kylander-Johnson Marshall (Duluth) SCR

Girls Varsity 400 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Alexa Shepherd Cloquet 61.26a
- 2 Liv Birkeland Hermantown 62.65a

- 3 Erin Soup Loeb Cloquet 64.56a
- 4 Paige Evans Proctor 66.01a
- 5 Jorie Anderson Hibbing 66.81a
- 6 Alizah Langner Hibbing 67.75a
- 7 Kaitlyn Olson Grand Rapids 68.02a
- 8 Abigail Theien Hibbing 68.05a
- 9 Kayla Jenkins Grand Rapids 68.06a
- 10 Lola Witty Proctor 68.50a
- 11 Bianca Jukic Marshall (Duluth) 68.93a
- 12 Brooke Wiese Hermantown 69.74a
- 13 Julia Miletich Duluth Denfeld 70.61a
- 14 Allana Carlson Proctor 71.31a
- 15 Kate Williams Grand Rapids 71.71a
- 16 Brynn McCourtney Marshall (Duluth) 71.83a
- 17 Kaylee Eisel Superior 72.81a
- 18 Lillian Aleshire Duluth Denfeld 73.68a
- 19 Veronica Acurero Superior 75.27a
- 20 Ana Haugen Duluth Denfeld 75.45a
- 21 Olivia Johnson Hermantown 76.82a
- 22 Xinyi (Grace) Liu Marshall (Duluth) 1:23.92a
- Natalia Kunze Marshall (Duluth) SCR
- Lauren Hughes Cloquet SCR

Girls Varsity 800 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Emery Maki Hibbing 2:25.32a
- 2 Alexa Shepherd Cloquet 2:29.07a
- 3 Erin Soup Loeb Cloquet 2:31.50a
- 4 Charlotte Ripp Cloquet 2:32.12a
- 5 Claire Niksich Hermantown 2:32.37a
- 6 Carlie Blevins Proctor 2:32.59a
- 7 Geli Stenson Hibbing 2:34.28a
- 8 Paisley Kleiman Proctor 2:36.03a
- 9 Kiera Kylander-Johnson Marshall (Duluth) 2:36.72a
- 10 Kylie Peterson Superior 2:37.55a
- 11 Olivia Theien Hibbing 2:40.91a
- 12 Julia Knight Proctor 2:50.66a
- 13 Whitney Sylvester Grand Rapids 2:54.72a
- 14 Brynn McCourtney Marshall (Duluth) 2:58.83a
- 15 Mercury Bischoff Grand Rapids 2:59.51a
- 16 Sanny Gangi Grand Rapids 3:01.67a
- 17 Marielle Johnson Duluth Denfeld 3:13.20a
- 18 Xinyi (Grace) Liu Marshall (Duluth) 3:14.95a
- 19 Courtney Carlson Duluth Denfeld 3:44.89a

Girls Varsity 1600 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Tayler McMeekin Superior 5:25.11a
- 2 Mileena Sullivan Hibbing 5:30.47a
- 3 Elena Almonte Superior 5:34.32a
- 4 Lizzy Harnell Proctor 5:36.68a
- 5 Charlotte Ripp Cloquet 5:50.27a

- 6 Campbell Amundson Hermantown 5:55.23a
- 7 Avery Kukowski Hibbing 5:55.89a
- 8 Kylie Peterson Superior 5:57.90a
- 9 Ellie Pease Proctor 5:59.14a
- 10 Hannah Farnsworth Hibbing 5:59.37a
- 11 Keanna Simula Cloquet 6:00.06a
- 12 Whitney Sylvester Grand Rapids 6:20.42a
- 13 Adrianna Nelson Cloquet 6:26.10a
- 14 Ellie Berg Proctor 6:37.33a
- 15 Emily Timm Grand Rapids 7:07.16a
- Xinyi (Grace) Liu Marshall (Duluth) SCR

Girls Varsity 3200 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Tayler McMeekin Superior 12:07.37a
- 2 Lizzy Harnell Proctor 12:11.07a
- 3 Elena Almonte Superior 12:29.13a
- 4 Della Bettendorf Proctor 12:36.07a
- 5 Ferrah LaLone Hermantown 12:47.97a
- 6 Nessa Friess Proctor 12:48.36a
- 7 Jocelyn Strukel Hibbing 13:02.72a
- 8 Elise Cawcutt Cloquet 13:05.03a
- 9 Bri LaCore Cloquet 13:16.41a
- 10 Emma Reini Hibbing 13:22.51a
- 11 Miriam Milani Hibbing 13:23.05a
- 12 Sarah Blais Cloquet 13:45.34a
- 13 Milla Beldo Duluth Denfeld 14:36.00a

Girls Varsity 100m Hurdles Finals

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Athlete Yr Team Mark Wind

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- 1 Elise Harriman Hermantown 15.97a
- 2 Savannah Leopold Superior 16.92a
- 3 Makenzie Lynch Cloquet 17.51a
- 4 Lily DeBay Grand Rapids 17.62a
- 5 Ellee Nelson Grand Rapids 17.85a
- 6 Riley Toivonen Grand Rapids 18.98a
- 7 Kyra Robinson Duluth Denfeld 19.00a
- 8 Aubree Munich Superior 19.00a
- 9 Ella Walker Proctor 19.46a
- 10 Nora Friess Proctor 19.55a
- 11 Macava Smith Cloquet 19.61a
- 12 Caitlin Cox Hermantown 19.77a
- 13 Katelyn Olson Cloquet 19.99a
- 14 Ray Anderson Marshall (Duluth) 20.48a
- 15 Veyda Friend Hibbing 20.66a
- 16 Ellie Pease Proctor 21.19a
- 17 Jenna Briggs Superior 21.29a
- 18 Hanley Ortiz Hibbing 22.45a
- 19 Gretchen Hoertsch Hibbing 25.21a
- 20 Alexa Van Loon Hermantown 27.72a
- 21 Brooklynn Favell Duluth Denfeld 29.24a
- Carys Gerard Duluth Denfeld SCR

Girls Varsity 300m Hurdles Finals

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Athlete Yr Team Mark Wind

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- 1 Makenzie Lynch Cloquet 48.08a
- 2 Lily DeBay Grand Rapids 48.66a
- 3 Savannah Leopold Superior 49.09a
- 4 Aubree Munich Superior 50.69a
- 5 Elise Harriman Hermantown 53.31a
- 6 Kyra Robinson Duluth Denfeld 53.87a
- 7 Ellee Nelson Grand Rapids 54.26a
- 8 Ella Walker Proctor 54.35a
- 9 Caitlin Cox Hermantown 55.09a
- 10 KelliJoy Manninen Proctor 55.20a
- 11 Katelyn Olson Cloquet 55.31a
- 12 Mikayla Stirewalt Cloquet 56.15a
- 13 Heidi Weis Marshall (Duluth) 56.90a
- 14 Brooklyn Cooley Hibbing 57.57a
- 15 Nora Friess Proctor 58.05a
- 16 Senya Piekarski Grand Rapids 58.69a
- 17 Abby Regstad Marshall (Duluth) 59.28a
- 18 Veyda Friend Hibbing 64.24a
- Reese Aune Hibbing SCR
- Carys Gerard Duluth Denfeld SCR

Girls Varsity 4x100m Relay Finals

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Team Time

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- 1 Superior 51.32a
- 2 Hermantown 52.17a
- 3 Cloquet 53.16a
- 4 Proctor 54.15a
- 5 Grand Rapids 56.04a
- 6 Marshall (Duluth) 56.32a
- 7 Hibbing 57.77a
- 8 Duluth Denfeld 58.91a

Girls Varsity 4x200m Relay Finals

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Team Time

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- 1 Hermantown 1:51.87a
- 2 Cloquet 1:55.73a
- 3 Hibbing 1:56.31a
- 4 Grand Rapids 1:57.56a
- 5 Proctor 1:58.78a
- 6 Duluth Denfeld 2:00.75a
- 7 Marshall (Duluth) 2:00.85a
- 8 Superior 2:03.44a

Girls Varsity 4x400m Relay Finals

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Team Time

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- 1 Hibbing 4:19.62a
- 2 Cloquet 4:22.15a
- 3 Proctor 4:31.44a
- 4 Hermantown 4:33.37a
- 5 Grand Rapids 4:41.62a
- 6 Duluth Denfeld 4:49.39a
- 7 Superior 4:57.99a
- 8 Marshall (Duluth) 5:07.92a

Girls Varsity 4x800m Relay Finals

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Team Time

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- 1 Proctor 10:13.36a
- 2 Hibbing 10:27.04a
- 3 Hermantown 10:44.94a
- 4 Cloquet 10:53.80a
- 5 Superior 12:53.51a
- Duluth Denfeld SCR
- Marshall (Duluth) SCR

Girls Varsity Shot Put Finals

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Athlete Yr Team Mark

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- 1 Abigail Sullivan Hibbing 35-2
- 2 Seija Suominen Cloquet 34-0
- 3 Emma Herstad Hermantown 32-10.50
- 4 Isabelle Walto Hibbing 30-11.25
- 5 Gabby Belrose Hermantown 30-3
- 6 Ahna Demenge Cloquet 28-8.50
- 7 Alyssa Yokom Hermantown 27-10
- 8 Emily Brula Grand Rapids 27-10
- 9 Bethany Mendonsa Grand Rapids 27-8
- 10 Emma Thomsen Grand Rapids 27-2.50
- 11 Ray Anderson Marshall (Duluth) 27-0.50
- 12 Bella Baker Marshall (Duluth) 25-10
- 12 Lola Witty Proctor 25-10
- 14 Hannah Sandman Cloquet 23-7.50
- 15 Cesi Giron Duluth Denfeld 23-0
- 16 Reese Aune Hibbing 22-10.75
- 17 Addison Miner Duluth Denfeld 22-4
- 18 Alivia Visger Linke Superior 20-6
- 19 Natalya Onraet Proctor 19-9
- 20 Carissa Vagt Superior 19-1
- 21 Elissa Donahue Proctor 15-9.50
- Nevaeh Surla Superior SCR

Girls Varsity Discus Finals

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Athlete Yr Team Mark

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- 1 Seija Suominen Cloquet 117-7
- 2 Elise Harriman Hermantown 96-1
- 3 Alyssa Yokom Hermantown 91-3
- 4 Emma Herstad Hermantown 91-3

- 5 Bethany Mendonsa Grand Rapids 86-10
- 6 Ahna Demenge Cloquet 86-8
- 7 Alivia Visger Linke Superior 83-0
- 8 Ray Anderson Marshall (Duluth) 78-0
- 9 Emma Thomsen Grand Rapids 77-7
- 10 Hannah Sandman Cloquet 73-6
- 11 Claire Kloster Duluth Denfeld 73-1
- 12 Bianca Jukic Marshall (Duluth) 65-10.75
- 13 Abigail Sullivan Hibbing 64-3
- 14 Rosemary Huber Superior 63-10
- 15 Isabelle Walto Hibbing 62-9
- 16 Mya Petroskey Hibbing 62-1
- 17 Cassidy Remington-Willis Superior 51-6
- 18 Addison Miner Duluth Denfeld 50-9
- 19 Ivy Henderson Proctor 46-2
- 20 Cesi Giron Duluth Denfeld 43-7
- 21 Natalya Onraet Proctor 34-3
- Hope Carlson Proctor SCR
- Emily Brula Grand Rapids SCR

Girls Varsity High Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Taylor Wick Cloquet 4-11
- 2 Josephine Hanson Superior 4-10
- 3 Kloe Zentkowski Superior 4-8
- 4 Alexa Snesrud Cloquet 4-8
- 5 Olivia Johnson Hermantown 4-8
- 6 Ginger Pogolrek Grand Rapids 4-6
- 7 Kianna Starsted Superior 4-4
- 8 Riley Toivonen Grand Rapids 4-4
- 9 Allana Carlson Proctor 4-4
- 9 Dativah Majwega Marshall (Duluth) 4-4
- 11 KelliJoy Manninen Proctor 4-2
- 11 Jorie Anderson Hibbing 4-2
- 11 Katelyn Olson Cloquet 4-2
- 14 Madison Lang Proctor 4-0
- Rylee Major Grand Rapids SCR
- Rylee Kalkbrenner Hermantown SCR
- Amari Nunez Hermantown SCR
- Sophia Halter Hibbing SCR
- Winnie Carmichael Marshall (Duluth) SCR

Girls Varsity Pole Vault Finals

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Athlete Yr Team Mark Wind

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- 1 Josie Hanttula Grand Rapids 9-6
- 2 Julia Miletich Duluth Denfeld 7-0
- 3 Autumn Peterson Cloquet 7-0
- 4 Isabella Zika Hibbing 6-6
- 5 Maggie Stenberg Superior 6-6
- 6 Claire Kloster Duluth Denfeld 6-6
- 7 Madison Bickford Superior 6-6
- 8 Katie Harker Grand Rapids 6-0

- 9 Madysen Waters Cloquet 6-0
- Grace Swanson Cloquet SCR
- Alizah Langner Hibbing SCR
- Gabby Olson Superior SCR

Girls Varsity Long Jump Finals

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Athlete Yr Team Mark Wind

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- 1 McKenzi Branley Superior 16-4
- 2 Taylor Wick Cloquet 16-2
- 3 Savannah Leopold Superior 15-1
- 4 Kennedy Wick Cloquet 14-2
- 5 Makenzie Lynch Cloquet 14-1
- 6 Tara Hertling Hibbing 14-0.25
- 7 Lily DeBay Grand Rapids 13-10.50
- 8 Alexandra Johnson Superior 13-10.25
- 9 Kaitlyn Olson Grand Rapids 12-10.75
- 10 Riley Moellering Hibbing 12-8.50
- 11 Amari Nunez Hermantown 12-5.75
- 12 Ella Walker Proctor 12-4.50
- 13 Mariah Hernesman Marshall (Duluth) 12-3.50
- 14 Brooklyn Cooley Hibbing 12-2
- 15 Caitlin Cox Hermantown 11-10.25
- 16 Senya Piekarski Grand Rapids 11-9.75
- 17 Amaria Williams Duluth Denfeld 11-8.50
- 18 Abby Schunk Proctor 11-7.50
- 19 Milla Beldo Duluth Denfeld 11-2
- 20 Avie Murray Proctor 10-8
- 21 Alexa Van Loon Hermantown 10-2.25
- Bianca McGiffert Marshall (Duluth) SCR
- Silvia Galindo Marshall (Duluth) SCR

Girls Varsity Triple Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Taylor Wick Cloquet 34-8.75
- 2 Tara Hertling Hibbing 34-0
- 3 Kloe Zentkowski Superior 31-2.50
- 4 Lauren Johnson Proctor 30-10.50
- 5 Macava Smith Cloquet 29-8.50
- 6 Aubree Munich Superior 28-10
- 7 Rylie Tepsa Superior 28-9
- 8 Brynn Babich Hibbing 27-11.50
- 9 Kylie DeBay Grand Rapids 27-6.50
- 10 Katelyn Olson Cloquet 27-5.75
- 11 Lilly Talarico Proctor 27-5
- 12 Madison Twaddle Proctor 27-3.50
- 13 Kayla Jenkins Grand Rapids 26-8.25
- 14 Mercury Bischoff Grand Rapids 26-7.50
- 15 Brooklyn Cooley Hibbing 26-7
- 16 Abby Regstad Marshall (Duluth) 26-5.50
- 17 Amaria Williams Duluth Denfeld 25-1.50
- 18 Milla Beldo Duluth Denfeld 25-0.50
- 18 Rylee Kalkbrenner Hermantown 25-0.50

-- Emma Herstad Hermantown SCR