

**Northland Conference Meet - 5/11/2023****5/11/2023****Results****Girls 100 Meter Dash Varsity**

Name	Year School	Seed	Finals	H#	Points
Finals					
1 Haack, Paige	Lake of the	12.89	13.13	1	10
2 Smith, Shakyla	Northome/Kel	13.30	13.73	1	8
3 Rand, Brita	Walker-Hacke	13.68	14.14	1	6
4 Rosson, Lily	Northome/Kel	13.94	14.55	1	5
5 Marengoui, Sofia	Nevis	14.40	14.60	1	4
6 DeWulf, Liddy	Nevis	13.90	14.79	1	3
7 Driohorst, Lyndsey	Walker-Hacke	14.72	14.82	2	2
8 Cairns, Elizabeth	Walker-Hacke	14.30	14.85	1	1
9 Nelson, Kendall	Nevis	14.19	15.20	1	
10 Weems, Hanna	Clearbrook-Gonvick	14.96	15.28	2	
11 Devries, Gwendolyn	Walker-Hacke	14.50	15.39	2	
12 Allen-Staples, Keyara	Cass Lake-Bena		15.80	3	
13 Bergem, Kelsey	Pine River-Backus		16.14	3	
14 Humphrey, Cece	TrekNorth	16.22	16.32	2	
15 Ballard, Aliyah	Clearbrook-Gonvick	16.94	16.86	2	
16 Londgren, Magnolia	TrekNorth		18.01	3	
17 Hanson, Kylie	Northome/Kel	18.93	19.25	2	
18 Dilokrueangphong, Nattar	TrekNorth	21.13	20.09	2	

**Girls 200 Meter Dash Varsity**

Name	Year School	Seed	Finals	H#	Points
1 Haack, Paige	Lake of the	27.08	27.37	1	10
2 Smith, Shakyla	Northome/Kel	28.38	28.69	1	8
3 Rand, Brita	Walker-Hacke	30.04	29.83	1	6
4 Marengoui, Sofia	Nevis	30.81	29.95	2	5
5 Oberfell, Karalyn	Walker-Hacke	30.74	30.03	1	4
6 Poxleitner, Madelyn	Northome/Kel	30.14	30.45	1	3
7 Idstrom, Annika	Walker-Hacke	30.81	30.56	2	2
8 Hasbargen, Brea	Lake of the	30.36	30.57	1	1
9 Nelson, Kendall	Nevis	30.14	30.78	1	
10 McCoy, Aubrey	Clearbrook-Gonvick	31.11	31.02	2	
11 Compton, Arya	Pine River-Backus		31.33	3	
12 Henning, Ella	Walker-Hacke	30.46	31.57	1	
13 Weems, Hanna	Clearbrook-Gonvick	31.94	31.82	2	
14 Lindow, Brenna	Nevis	31.00	32.30	2	
15 Vrtacnik, Mackenzie	Lake of the	31.33	32.64	2	
16 Mesarina, Marla	TrekNorth		33.24	3	
17 Ballard, Aliyah	Clearbrook-Gonvick	36.04	34.56	2	
18 Mainville-Mesarina, Tori	TrekNorth	36.90	37.92	3	

**Girls 400 Meter Dash Varsity**

Name	Year School	Seed	Finals	H#	Points
1 Rypkema, Jade	Nevis	1:01.00	1:04.45	1	10
2 Mills, Marrisona	Northome/Kel	1:07.22	1:06.96	1	8
3 Cook, Chloe	Northome/Kel	1:09.80	1:08.86	1	6
4 Wood, Lexi	Lake of the	1:09.72	1:09.49	1	5
5 Monroe, Taylor	Nevis	1:11.54	1:10.96	1	4
6 Cairns, Elizabeth	Walker-Hacke	1:10.39	1:11.05	1	3

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7	McCoy, Aubrey	Clearbrook-Gonvick	1:11.93	1:12.19	1	2
8	Scheinder, Addie	Walker-Hacke	1:12.00	1:14.11	1	1
9	Marlett, Makenna	Walker-Hacke	1:12.00	1:14.39	2	
10	Freeman, Emylie	Walker-Hacke	1:21.27	1:15.49	2	
11	Schiro, Almaz	Lake of the	1:18.97	1:20.70	2	
12	Wittner, Natalie	Cass Lake-Bena	1:23.87	1:20.81	2	
13	Mainville-Mesarina, Tori	TrekNorth	1:24.14	1:25.54	2	

## Girls 800 Meter Run Varsity

Name	Year	School	Seed	Finals	H#	Points
1	Lundin, Allison	Northome/Kel	2:44.12	2:39.08	1	10
2	Bjorklund, Adeline	Nevis	2:38.12	2:41.23	1	8
3	Mills, Marrissa	Northome/Kel	2:44.16	2:48.58	1	6
4	Larson, Ava	Clearbrook-Gonvick	2:57.30	2:53.67	1	5
5	Hanson, Brooklyn	Walker-Hacke	2:58.32	2:56.56	1	4
6	Freeman, Emylie	Walker-Hacke		3:21.48	2	3
7	Freeman, Elayna	Walker-Hacke		3:26.30	2	2
8	Hanson, Kylie	Northome/Kel	3:21.30	3:47.99	1	1
9	Kowalke, Mallory	Nevis	3:27.09	3:53.08	2	

## Girls 1600 Meter Run Varsity

Name	Year	School	Seed	Finals	Points
1	Rypkema, Jade	Nevis	4:58.00	5:41.02	10
2	Lundin, Allison	Northome/Kel	5:49.59	5:48.71	8
3	Bjorklund, Adeline	Nevis	5:55.37	5:52.85	6
4	Bueckers, Mimi	Pine River-Backus	6:11.56	6:19.70	5
5	Larson, Ava	Clearbrook-Gonvick	3:22.60	6:32.01	4
6	Neumiller, Shalee	Lake of the		6:37.37	3
7	Peterson, Evelyn	Pine River-Backus	6:21.23	6:44.58	2
8	Liliquist, Marissa	Walker-Hacke	7:16.70	6:51.53	1
9	Hanson, Brooklyn	Walker-Hacke		7:01.01	
10	Udem, Sophia	Walker-Hacke	7:08.35	7:01.94	
11	Wittner, Caitlynn	TrekNorth		7:11.35	
12	Wittner, Natalie	Cass Lake-Bena	7:20.72	7:15.71	
13	Allen, Emmy	Northome/Kel	7:14.74	8:26.04	

## Girls 3200 Meter Run Varsity

Name	Year	School	Seed	Finals	Points
1	Rypkema, Jade	Nevis	10:37.75	11:30.77	10
2	Labrasseur, Alyce	Lake of the	13:55.19	14:05.08	8
3	Machlett, Amelia	Clearbrook-Gonvick	14:05.10	14:43.90	6
4	Kowalke, Miranda	Nevis		15:04.19	5
5	Monroe, Taylor	Nevis		15:04.30	4
6	Lavin, Julie	Clearbrook-Gonvick	15:11.10	15:17.57	3
7	Udem, Sophia	Walker-Hacke		17:04.73	2
8	Larson, Gretchen	Northome/Kel	16:54.00	17:18.06	1
9	Schock, Julia	Walker-Hacke		17:52.68	
--	Nord, Bailee	Northome/Kel	15:54.00	NT	
--	Liliquist, Marissa	Walker-Hacke		NT	

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Name	Year School	Seed	Finals	H#	Points
1 McNamee, Grace	Nevis	17.24	17.79	1	10
2 Pieper, Kaylee	Lake of the	19.45	19.73	1	8
3 Duquette, Emily	Northome/Kel	19.88	19.89	1	6
4 Imle, Sarah	Clearbrook-Gonvick	21.04	20.07	1	5
5 Rockensock, Kaelan	Northome/Kel	19.16	20.33	1	4
6 Lindow, Emily	Nevis	21.34	20.36	1	3
7 Lynch, Laraya	Walker-Hacke	20.75	20.38	1	2
8 Idstrom, Annika	Walker-Hacke	20.31	20.61	1	1
9 Dykema, Ella	Walker-Hacke		20.89	2	
10 Henning, Ella	Walker-Hacke	21.34	20.97	2	
11 Neumiller, Shalee	Lake of the	23.17	22.51	2	
12 Deplazes, Ava	Pine River-Backus	23.52	24.00	2	

**Girls 300 Meter Hurdles Varsity**

Name	Year School	Seed	Finals	H#	Points
1 McNamee, Grace	Nevis	51.88	51.77	1	10
2 Duquette, Emily	Northome/Kel	56.14	53.90	1	8
3 Rand, Brita	Walker-Hacke		54.95	2	6
4 Pieper, Kaylee	Lake of the	55.15	54.98	1	5
5 Lindow, Addison	Nevis	55.00	56.61	1	4
6 Imle, Sarah	Clearbrook-Gonvick	59.14	56.79	1	3
7 Idstrom, Annika	Walker-Hacke		56.90	2	2
8 Lynch, Laraya	Walker-Hacke	1:00.47	58.45	1	1
9 Rockensock, Kaelan	Northome/Kel	56.70	58.69	1	
10 Isaacson, Clair	Nevis	59.94	1:00.24	1	
11 Isaccs, Ella	Walker-Hacke		1:05.95	2	

**Girls 4x100 Meter Relay Varsity**

School	Seed	Finals	Points
1 Pine River-Backus 'A'	55.85	54.76	10
1) Dahl, Ella			
3) Crawford, Ashley			
2 Lake of the Woods/Indus/Rain 'A'	56.29	56.91	8
1) Pieper, Kaylee			
3) Hasbargen, Brooklyn			
3 Clearbrook-Gonvick 'A'	57.24	57.07	6
1) Imle, Sarah			
3) Weems, Hanna			
4 Walker-Hackensack-Akeley 'A'	56.24	57.76	5
1) Marlett, Makenna			
3) Driohorst, Lyndsey			
5 Northome/Kelliher/Blackduck 'A'	56.47	58.57	4
1) Rosson, Lily			
3) Cook, Chloe			
6 Nevis 'A'	1:00.05	59.43	3
1) Lindow, Brenna			
3) Frisch, Karli			
7 Cass Lake-Bena 'A'	1:08.79	1:06.18	2
1) Jensen, Kaylin			
2) Pierce, Haylei			

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3) Wittner, Natalie	4) Allen-Staples, Keyara			
8 TrekNorth 'A'		1:22.74	1:06.74	1
1) Londgren, Magnolia	2) Mesarina, Marla			
3) Humphrey, Cece	4) Olson, Caliyah			

## Girls 4x200 Meter Relay Varsity

School	Seed	Finals	Points
1 Pine River-Backus 'A'	2:05.53	1:56.45	10
1) Dahl, Ella			
3) Crawford, Ashley			
2 Nevis 'A'	1:58.30	1:58.00	8
1) McNamee, Grace			
3) Lindow, Addison			
3 Northome/Kelliher/Blackduck 'A'	1:58.21	1:59.46	6
1) Rosson, Lily			
3) Duquette, Emily			
4 Walker-Hackensack-Akeley 'A'	2:02.97	2:08.98	5
1) Devries, Gwendolyn			
3) Jackson, Mia			
5 TrekNorth 'A'	2:15.79	2:17.67	4
1) Humphrey, Cece			
3) Olson, Caliyah			
-- Lake of the Woods/Indus/Rain 'A'		DQ	
1) Lucek, Danika			
3) Vrtacnik, Mackenzie			

## Girls 4x400 Meter Relay Varsity

School	Seed	Finals	Points
1 Northome/Kelliher/Blackduck 'A'	4:36.50	4:30.66	10
1) Cook, Chloe			
3) Lundin, Allison			
2 Nevis 'A'		4:47.96	8
1) Bjorklund, Adeline			
3) Lindow, Brenna			
3 Walker-Hackensack-Akeley 'A'	5:07.12	4:55.79	6
1) Scheinder, Addie			
3) Cairns, Elizabeth			

## Girls 4x800 Meter Relay Varsity

School	Seed	Finals	Points
1 Lake of the Woods/Indus/Rain 'A'	11:52.04	11:36.32	10
1) Labrasseur, Alyce			
3) Haack, Ava			
2 Clearbrook-Gonvick 'A'		12:10.43	8
1) Lavin, Julie			
3) Machlett, Amelia			
3 Walker-Hackensack-Akeley 'A'	12:50.80	13:40.30	6
1) Freeman, Elayna			
3) Pederson, Victoria			

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4	Northome/Kelliher/Blackduck 'A'	12:03.60	13:42.07	5
	1) Nord, Bailee	2) Allen, Emmy		
	3) Larson, Gretchen	4) Hallstrom, Charli		
5	Nevis 'A'	15:00.39		4
	1) Monroe, Taylor	2) Monroe, Morgan		
	3) Kowalke, Miranda	4) Kowalke, Mallory		

## Girls High Jump Varsity

Name	Year School	Seed	Finals	Points
1 Rockensock, Kaelan	Northome/Kel	4-08.00	4-06.00	10
2 Hallstrom, Charli	Northome/Kel	4-08.00	J4-06.00	8
3 LaVine, Allison	Clearbrook-Gonvick	4-08.00	J4-06.00	5.50
3 Lynch, Laraya	Walker-Hacke	4-06.00	J4-06.00	5.50
5 Hasbargen, Brea	Lake of the	4-08.00	J4-06.00	4
6 Dahl, Alaura	Pine River-Backus	4-08.00	4-04.00	2.50
6 Marlett, Makenna	Walker-Hacke	4-04.00	4-04.00	2.50
8 Scheinder, Addie	Walker-Hacke	4-04.00	J4-04.00	1
9 Allen, Emmy	Northome/Kel	4-02.00	4-02.00	
9 Rand, Brita	Walker-Hacke	4-04.00	4-02.00	
11 Bergem, Kelsey	Pine River-Backus	4-00.00	4-00.00	
11 Compton, Arya	Pine River-Backus	4-00.00	4-00.00	
-- Dodd, Kia	Northome/Kel	4-06.00	NH	

## Girls Pole Vault Varsity

Name	Year School	Seed	Finals	Points
1 Devries, Gwendolyn	Walker-Hacke	7-00.00	7-06.00	10
2 Schock, Julia	Walker-Hacke	6-06.00	7-00.00	8
3 Henning, Ella	Walker-Hacke	6-00.00	6-06.00	6
4 Dahl, Ella	Pine River-Backus		J6-06.00	5
5 Good, Camryn	Pine River-Backus		J6-06.00	4
6 Mills, Marrissa	Northome/Kel	5-06.00	6-00.00	3
7 Lilliquist, Marissa	Walker-Hacke	5-06.00	5-00.00	2
-- Nord, Bailee	Northome/Kel		NH	

## Girls Long Jump Varsity

Name	Year School	Seed	Finals	Points
1 LaVine, Allison	Clearbrook-Gonvick	16-01.50	15-11.00	10
2 Idstrom, Annika	Walker-Hacke	15-00.75	14-07.50	8
3 Dahl, Alaura	Pine River-Backus	15-07.00	14-06.00	6
4 Norman, Callie	Pine River-Backus	14-05.50	14-01.50	5
5 Smith, Shakyla	Northome/Kel	14-01.50	13-11.50	4
6 Compton, Arya	Pine River-Backus		13-02.50	3
7 Lindow, Emily	Nevis	13-02.00	13-01.00	1.50
7 Nelson, Kendall	Nevis	13-02.00	13-01.00	1.50
9 Cook, Chloe	Northome/Kel	11-10.25	12-08.50	
10 Lindow, Brenna	Nevis		12-04.50	
10 Cairns, Elizabeth	Walker-Hacke	13-03.75	12-04.50	
12 Lindley, Josee	Northome/Kel	12-02.00	11-09.00	
13 Isaccs, Ella	Walker-Hacke	11-08.00	10-11.50	

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14	Hanson, Brooklyn	Walker-Hacke	10-09.50	10-10.00
15	Jensen, Kaylin	Cass Lake-Bena	10-08.50	10-09.00
--	Pieper, Kaylee	Lake of the	12-09.00	ND
--	Hasbargen, Brooklyn	Lake of the	13-00.50	ND
--	Neumiller, Shalee	Lake of the	10-10.50	ND

## Girls Triple Jump Varsity

Name	Year	School	Seed	Finals	Points
1	LaVine, Allison	Clearbrook-Gonvick		32-06.50	10
2	Dahl, Alaura	Pine River-Backus	32-02.00	31-11.00	8
3	McNamee, Grace	Nevis	30-11.50	31-05.00	6
4	Dahl, Ella	Pine River-Backus	32-04.75	30-09.00	5
5	Oberfell, Karalyn	Walker-Hacke	30-10.00	29-06.50	4
6	Smith, Shakyla	Northome/Kel	31-10.00	29-03.00	3
7	Crawford, Ashley	Pine River-Backus	28-11.00	27-10.00	2
8	Rockensock, Kaelan	Northome/Kel	29-04.25	26-09.50	1
9	Johnson, Josephine	Walker-Hacke		25-10.50	
10	Bialke, Rogue	Walker-Hacke	26-06.75	25-04.50	
11	Schock, Julia	Walker-Hacke	26-01.00	25-02.00	
12	Allen-Staples, Keyara	Cass Lake-Bena	26-00.00	25-01.50	
--	Chessmore, Fatima	Cass Lake-Bena	19-05.00	ND	

## Girls Shot Put Varsity

Name	Year	School	Seed	Finals	H#	Points
1	DeWulf, Liddy	Nevis	39-00.00	38-03.00	1	10
2	Matthias, Julisa	Lake of the	32-11.00	33-04.00	1	8
3	Oberfell, Karalyn	Walker-Hacke	32-00.25	33-02.50	1	6
4	Ballard, Skylar	Clearbrook-Gonvick	28-04.50	30-06.00	1	5
5	Haack, Paige	Lake of the	30-11.00	29-06.00	1	4
6	Johnson, Tavia	Clearbrook-Gonvick	26-10.00	28-01.75	1	3
7	Dykema, Ella	Walker-Hacke	26-02.00	26-07.50	1	2
8	Isaacson, Clair	Nevis	24-06.00	26-03.75	2	1
9	Hinrichs, Joley	Clearbrook-Gonvick		26-00.00	3	
10	Daudt, Tarike	Walker-Hacke	22-09.00	25-00.00	2	
11	Allen-Staples, Keyara	Cass Lake-Bena	24-05.00	24-09.50	2	
12	John, Carla	TrekNorth	22-00.00	23-09.25	2	
13	Bialke, Rogue	Walker-Hacke	22-08.00	22-10.00	2	
14	Larson, Gretchen	Northome/Kel	25-05.50	21-09.00	2	
15	Monroe, Morgan	Nevis	20-11.00	21-04.50	3	
16	Pierce, Haylei	Cass Lake-Bena	21-03.00	20-10.00	3	
17	Connell, Riley	Northome/Kel	21-00.50	20-07.00	3	
18	May, Addison	TrekNorth	19-04.00	18-03.50	3	
19	Kendrick, Keylah	Pine River-Backus	18-07.50	18-00.50	3	
20	Chessmore, Fatima	Cass Lake-Bena	19-04.50	17-10.50	3	
--	Westrum, Presley	Clearbrook-Gonvick	26-00.00	ND	2	

## Girls Discus Throw Varsity

Name	Year	School	Seed	Finals	H#	Points
1	DeWulf, Liddy	Nevis	91-06	98-06	1	10

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2 Dykema, Ella	Walker-Hacke	104-09	85-03	1	8
3 Oberfell, Karalyn	Walker-Hacke	90-05	80-02	1	6
4 Ballard, Skylar	Clearbrook-Gonvick	85-07	78-11	1	5
5 Good, Camryn	Pine River-Backus	69-11	75-07	1	4
6 Lundin, Allison	Northome/Kel	80-03	74-06	1	3
7 Hinrichs, Joley	Clearbrook-Gonvick		73-08	3	2
8 Johnson, Tavia	Clearbrook-Gonvick	50-01	69-01	3	1
9 Isaacson, Clair	Nevis	66-00	64-02	2	
10 Daudt, Tarike	Walker-Hacke	78-05	60-09	1	
11 Jensen, Kaylin	Cass Lake-Bena	73-02	59-07	1	
12 Labrasseur, Alyce	Lake of the	63-09	59-01	2	
12 Chessmore, Fatima	Cass Lake-Bena	64-02	59-01	2	
14 Bialke, Rogue	Walker-Hacke	55-07	57-05	2	
15 Hallstrom, Charli	Northome/Kel	58-01	54-00	2	
16 Pierce, Haylei	Cass Lake-Bena	54-09	53-01	3	
17 Matthias, Julisa	Lake of the	67-07	52-04	2	
18 John, Carla	TrekNorth	60-02	49-11	2	
19 Kendrick, Keylah	Pine River-Backus	45-09	47-11	3	
20 Bergem, Kelsey	Pine River-Backus	46-03	47-09.50	3	
21 Monroe, Morgan	Nevis	39-11.50	46-02	3	
22 Connell, Riley	Northome/Kel	59-00	44-11	2	
23 May, Addison	TrekNorth	45-01	40-02	3	

**Girls 100 Meter Dash Junior High**

Name	Year School	Seed	Finals	H#	Points
1 Olson, Celisha	TrekNorth	16.34	14.70	1	10
2 Jackson, Mia	Walker-Hacke	18.16	14.95	2	8
3 Engen, Mya	Clearbrook-Gonvick	15.34	15.00	1	6
4 Wilcowski, Dakota	Northome/Kel		15.05	4	5
5 Kortuem, Emma	Northome/Kel	15.54	15.40	1	4
6 Johnson, Josephine	Walker-Hacke		15.45	3	3
7 Andress, Kierra	Nevis	15.74	15.80	1	1.50
7 Ammerman, Courtney	Cass Lake-Bena	16.24	15.80	1	1.50
9 Lindquist, Maren	Pine River-Backus		16.17	3	
10 Nelson, Allison	Nevis	16.44	16.30	1	
11 Lucek, Elyn	Lake of the	16.24	16.40	1	
12 Landerville, Emma	Walker-Hacke		16.49	4	
13 Ylienimi, Audrey	Nevis		16.66	3	
14 Stoebner, Serena	Cass Lake-Bena	16.14	16.70	1	
15 Villier, Aubree	Cass Lake-Bena	16.94	17.03	2	
16 Krueckenberg, Layla	Walker-Hacke		17.26	4	
17 Borland, Tana	Pine River-Backus		17.44	4	
18 Kumpula, Savannah	Clearbrook-Gonvick	17.34	17.46	2	
19 Brune, Hannah	Lake of the	17.54	17.98	2	
20 Fawver, Lainey	Clearbrook-Gonvick	18.04	18.08	2	
21 Hosley, Alandis	Northome/Kel	18.04	18.16	2	
22 Gall, Katelyn	Lake of the	16.74	18.82	2	
23 Barrett, Sophie	TrekNorth		19.21	3	
24 Caccia, Autumn	Northome/Kel	18.24	19.44	2	
25 Romosz, Leah	Nevis	19.94	19.70	3	
26 Humphrey, Avi	TrekNorth		20.15	3	
27 Suratt, Kaylea	TrekNorth		22.63	3	

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Name	Year School	Seed	Finals	H#	Points
1 Engen, Mya	Clearbrook-Gonvick	31.34	30.71	1	10
2 Jackson, Mia	Walker-Hacke		31.05	3	8
3 Reese, Lindsie	Nevis	33.04	31.81	1	6
4 Wilcowski, Dakota	Northome/Kel		31.99	2	5
5 Lien, Cora	Northome/Kel	32.54	32.39	1	4
6 Olson, Caliyah	TrekNorth		32.62	3	3
7 Frisch, Karli	Nevis	32.64	33.09	1	2
8 Schnellman, Melody	Lake of the	32.44	33.33	1	1
9 Caccia, Autumn	Northome/Kel	43.84	33.49	1	
10 Nelson, Allison	Nevis		33.83	3	
11 Lindquist, Maren	Pine River-Backus		33.89	3	
12 Lucek, Danika	Lake of the		34.44	2	
13 Kumpula, Savanah	Clearbrook-Gonvick		36.25	2	
14 Krueckenberg, Layla	Walker-Hacke		37.18	2	
15 Fawver, Lainey	Clearbrook-Gonvick		37.89	2	
16 Barrieau, Bella	Northome/Kel		40.83	2	
-- Ford, Oakley	Nevis		NT	2	

**Girls 400 Meter Dash Junior High**

Name	Year School	Seed	Finals	H#	Points
1 Haack, Ava	Lake of the	1:11.29	1:17.20	1	10
2 Leach, Angela	Northome/Kel	1:17.28	1:19.23	1	8
3 Freeman, Elayna	Walker-Hacke		1:20.80	2	6
4 Heinrich, Vera	Lake of the		1:21.91	2	5
5 Butcher, Kyra	Northome/Kel	1:22.03	1:22.43	1	4
6 Lindley, Josee	Northome/Kel	1:23.34	1:24.30	1	3
7 Stacey, McKenna	Nevis	1:27.54	1:25.78	1	2
8 Lucek, Danika	Lake of the	1:22.90	1:28.35	1	1
9 Krueckenberg, Layla	Walker-Hacke		1:29.70	2	
10 Warren, Ella	Northome/Kel	1:35.01	1:34.04	1	
11 Sopkowiak, Alyssa	Lake of the	1:41.84	1:41.31	1	

**Girls 800 Meter Run Junior High**

Name	Year School	Seed	Finals	Points
1 Dahl, Bella	Clearbrook-Gonvick	3:00.10	3:05.72	10
2 Chessmore, Lily	Cass Lake-Bena	3:05.30	3:30.91	8
3 Haugan, Avery	Clearbrook-Gonvick	3:47.90	3:36.01	6
4 Waller, Brooklyn	Northome/Kel	3:43.70	3:38.78	5
5 Halvorson, Aris	Clearbrook-Gonvick	3:54.40	3:56.76	4
6 Sopkowiak, Alyssa	Lake of the	3:44.80	4:01.68	3
7 Kelm, Joanna	Nevis	4:13.20	4:09.57	2

**Girls 1600 Meter Run Junior High**

Name	Year School	Seed	Finals	Points
1 Villier, Aubree	Cass Lake-Bena	8:04.30	7:34.17	10
2 Chessmore, Lily	Cass Lake-Bena	7:53.10	7:34.33	8
3 Haugan, Avery	Clearbrook-Gonvick	7:58.90	7:34.58	6



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## ...Girls 1600 Meter Run Junior High

4	Sopkowiak, Alyssa	Lake of the	9:04.80	8:27.56	5
--	Szydel, Ava	Northhome/Kel		NT	

## Girls 100 Meter Hurdles Junior High

Name	Year School	Seed	Finals	Points
1 Ylienimi, Audrey	Nevis	22.94	21.24	10
2 Landerville, Emma	Walker-Hacke		21.40	8
3 Kingbird, Angel	Lake of the		22.32	6
4 Stacey, McKenna	Nevis	24.04	22.42	5
5 Kingbird, Rose	Lake of the		24.65	4
6 Ford, Oakley	Nevis	23.14	24.67	3

## Girls 300 Meter Hurdles Junior High

Name	Year School	Seed	Finals	Points
1 Lindow, Emily	Nevis		58.14	10
2 Landerville, Emma	Walker-Hacke	1:11.69	1:10.47	8
3 Lucek, Elyn	Lake of the	1:11.84	1:11.95	6

## Girls 4x100 Meter Relay Junior High

School	Seed	Finals	Points
1 Walker-Hackensack-Akeley 'A'	56.24	1:02.46	10
1) Pederson, Victoria			
3) Daudt, Tarike			
2 Clearbrook-Gonvick 'A'	57.24	1:03.89	8
1) Fawver, Lainey			
3) Engen, Mya			
3 Lake of the Woods/Indus/Rain 'B'		x1:03.98	
1) Heinrich, Vera			
3) Kingbird, Angel			
4 Northhome/Kelliher/Blackduck 'A'	56.47	1:05.13	6
1) Kortuem, Emma			
3) Szydel, Ava			
5 Nevis 'A'	1:00.05	1:08.46	5
1) Andress, Kierra			
3) Nelson, Allison			
6 Cass Lake-Bena 'A'	1:08.79	1:08.79	4
1) Villier, Aubree			
3) Viznor, Maija			
7 Lake of the Woods/Indus/Rain 'A'	54.25	1:09.84	3
1) Trentchard, Kendra			
3) Brune, Hannah			
8 TrekNorth 'A'	1:22.74	1:14.00	2
1) Olson, Celisha			
3) Barrett, Sophie			

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## Girls 4x200 Meter Relay Junior High

School	Seed	Finals	Points
1 Pine River-Backus 'A'	2:05.53	2:07.75	10
1) Lindquist, Maren	2) Borland, Tana		
3) Crawford, River	4) Peterson, Evelyn		
2 Nevis 'A'	1:58.30	2:15.65	8
1) Frisch, Karli	2) Lindow, Emily		
3) Ylienimi, Audrey	4) Reese, Lindsie		
3 Northome/Kelliher/Blackduck 'A'	1:58.21	2:22.22	6
1) Kortuem, Emma	2) Warren, Ella		
3) Lindley, Josee	4) Lien, Cora		
4 Lake of the Woods/Indus/Rain 'A'		2:24.96	5
1) Kingbird, Angel	2) Heinrich, Vera		
3) Schnellman, Melody	4) Kingbird, Rose		

## Girls 4x400 Meter Relay Junior High

School	Seed	Finals	Points
1 Northome/Kelliher/Blackduck 'A'	4:37.19	6:40.08	10
1) Waller, Brooklyn	2) Warren, Ella		
3) Butcher, Kyra	4) Lindley, Josee		

## Girls High Jump Junior High

Name	Year School	Seed	Finals	Points
1 Lindquist, Maren	Pine River-Backus		4-06.00	10
2 Driohorst, Lyndsey	Walker-Hacke		4-04.00	8
3 Leach, Angela	Northome/Kel	4-00.00	4-02.00	5.50
3 Haack, Ava	Lake of the	4-02.00	4-02.00	5.50
5 Wood, Lexi	Lake of the	4-02.00	4-00.00	4
6 Peterson, Evelyn	Pine River-Backus	4-04.00	3-09.00	3

## Girls Pole Vault Junior High

Name	Year School	Seed	Finals	Points
-- Sopkowiak, Alyssa	Lake of the		NH	

## Girls Long Jump Junior High

Name	Year School	Seed	Finals	Points
1 Bueckers, Mimi	Pine River-Backus	12-08.25	13-02.50	10
2 Gall, Katelyn	Lake of the	11-06.00	12-08.00	8
3 Crawford, River	Pine River-Backus	12-06.50	12-00.50	6
4 Wilcowski, Dakota	Northome/Kel		11-04.00	5
5 Trentchard, Kendra	Lake of the	10-08.00	11-00.50	4
6 Johnson, Josephine	Walker-Hacke		10-10.00	3
7 Waller, Brooklyn	Northome/Kel	10-02.00	10-01.00	1.50
7 Lien, Cora	Northome/Kel	10-09.00	10-01.00	1.50
9 Borland, Tana	Pine River-Backus		9-04.50	
10 Ammerman, Courtney	Cass Lake-Bena	10-04.50	9-03.00	
11 Chessmore, Lily	Cass Lake-Bena	9-05.00	8-10.50	

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12 Kelm, Joanna	Nevis	8-11.00	8-10.00
13 Krueckenberg, Layla	Walker-Hacke	7-08.25	8-09.50
14 Villier, Aubree	Cass Lake-Bena	9-02.00	8-04.00
15 Ford, Oakley	Nevis		8-03.50
16 Viznor, Maija	Cass Lake-Bena	9-00.00	7-07.50
17 Suratt, Kaylea	TrekNorth		7-07.00
18 Brune, Hannah	Lake of the	7-05.00	7-01.00
19 Humphrey, Avi	TrekNorth		6-09.00
-- Kortuem, Emma	Northome/Kel	12-06.00	ND
-- Udem, Sophia	Walker-Hacke		ND

**Girls Triple Jump Junior High**

Name	Year School	Seed	Finals	Points
1 Norman, Callie	Pine River-Backus	30-08.50	30-01.50	10
2 Peterson, Evelyn	Pine River-Backus		28-00.00	8
3 Crawford, River	Pine River-Backus	27-06.50	26-02.00	6
4 Kingbird, Rose	Lake of the	17-01.50	20-07.00	5
-- Szydel, Ava	Northome/Kel		ND	
-- Lucek, Elyn	Lake of the		ND	

**Girls Shot Put Junior High**

Name	Year School	Seed	Finals	H#	Points
1 McQuown, Katie	Clearbrook-Gonvick		26-04.75	2	10
2 Pederson, Victoria	Walker-Hacke	21-08.00	26-00.00	1	8
3 Johnson, Josephine	Walker-Hacke		24-01.25	2	6
4 Freeman, Elayna	Walker-Hacke		23-06.25	1	5
5 Jackson, Mia	Walker-Hacke		23-00.75	1	4
6 Schackman, Ryhnn	Northome/Kel		22-00.50	2	3
7 Leach, Angela	Northome/Kel		21-07.50	2	2
8 Stoebner, Serena	Cass Lake-Bena		18-01.50	2	1
9 Landerville, Emma	Walker-Hacke		16-08.50	1	
10 Hosley, Alandis	Northome/Kel		16-07.50	1	
11 Lumbar, Eternitee	Northome/Kel		16-01.00	2	
-- Donnell, Tyler	TrekNorth		ND	1	
-- Wind, Mia	Cass Lake-Bena		ND	1	

**Girls Discus Throw Junior High**

Name	Year School	Seed	Finals	Points
1 Haack, Ava	Lake of the		66-11	10
2 McQuown, Katie	Clearbrook-Gonvick	49-10	53-10	8
3 Freeman, Emylie	Walker-Hacke		53-00	6
4 Schackman, Ryhnn	Northome/Kel	47-06	50-04	5
5 Pederson, Victoria	Walker-Hacke	56-03	46-11	4
6 Stoebner, Serena	Cass Lake-Bena		43-10	3
7 Lumbar, Eternitee	Northome/Kel	33-08	38-08	2
8 Chessmore, Lily	Cass Lake-Bena		35-06	1
-- Donnell, Tyler	TrekNorth	32-01.50	ND	
-- Wind, Mia	Cass Lake-Bena	29-01.50	ND	

**Northland Conference Meet - 5/11/2023****5/11/2023****Results****Boys 100 Meter Dash Varsity**

Name	Year	School	Seed	Finals	H#	Points
1 Ogundeji, Ayo		Nevis	11.08	11.66	1	10
2 Weems, Nathan		Clearbrook-Gonvick	11.94	11.95	1	8
3 Churness, Alex		Clearbrook-Gonvick	12.24	12.37	1	6
4 Bergstrom, Eli		Nevis	12.44	12.54	1	5
5 Perucho, Vincent		Walker-Hacke	12.64	12.55	1	4
6 Loonsfoot, Keani		Northome/Kel	12.34	12.66	1	3
7 Westrum, Logan		Clearbrook-Gonvick	12.46	12.77	1	2
8 Wielenberg, Matt		TrekNorth	12.78	12.85	2	1
9 Clark, Kasey		Northome/Kel	12.78	12.87	2	
10 Brovold, Cooper		Walker-Hacke	12.72	12.88	2	
11 Frazier, Karch		Nevis	12.62	13.05	1	
12 Plutko, Ethan		Lake of the	13.34	13.06	2	
13 Yeats, Payden		Walker-Hacke	12.71	13.11	2	
14 Stanfel, Tye		Nevis	14.00	14.14	2	
15 Castle, William		Lake of the	15.25	15.06	2	

**Boys 200 Meter Dash Varsity**

Name	Year	School	Seed	Finals	H#	Points
1 Ogundeji, Ayo		Nevis	23.74	23.30	1	10
2 Weems, Nathan		Clearbrook-Gonvick	24.34	23.80	1	8
3 Flatness, Ridge		Northome/Kel	24.49	24.69	1	6
4 Perucho, Vincent		Walker-Hacke	24.82	24.96	1	5
5 Norman, Hunter		Pine River-Backus	25.05	25.37	1	4
6 Westrum, Logan		Clearbrook-Gonvick	26.74	25.47	2	3
7 Bergstrom, Eli		Nevis	25.72	25.74	1	2
8 Loonsfoot, Keani		Northome/Kel	25.50	25.98	1	1
9 Brovold, Cooper		Walker-Hacke	26.00	26.04	1	
10 Frazier, Karch		Nevis	26.04	26.22	2	
11 Wielenberg, Matt		TrekNorth	26.16	26.42	2	
12 Solberg, Trevor		Clearbrook-Gonvick	27.34	26.66	2	
13 Dorrow, Josh		Lake of the	27.90	27.61	2	
14 Sechser, Josiah		Pine River-Backus	26.93	28.02	2	
15 Stanfel, Tye		Nevis	28.81	29.97	2	

**Boys 400 Meter Dash Varsity**

Name	Year	School	Seed	Finals	H#	Points
1 Freimark, Nick		Walker-Hacke	55.27	54.94	1	10
2 Flatness, Ridge		Northome/Kel	56.60	55.90	1	8
3 Henning, John		Walker-Hacke	59.74	58.79	1	6
4 Larson, Jaret		Clearbrook-Gonvick		59.00	2	4.50
4 Frazier, Karch		Nevis	57.00	59.00	1	4.50
6 Rankin, Matthew		Clearbrook-Gonvick	1:00.74	59.42	1	3
7 Steinbach, Charlie		Lake of the		59.64	2	2
8 Schiro, Yili		Lake of the		1:00.37	2	1
9 Binder, Lucas		Northome/Kel	1:02.34	1:00.64	1	
10 Whitney, Callen		Walker-Hacke	59.24	1:01.56	1	
11 Jenson, Garrett		Lake of the		1:01.85	2	
12 Thomopoulos, Cyrus		Lake of the	1:11.25	1:09.57	1	
13 Pederson, Gregor		Northome/Kel		1:12.03	2	

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## ...Boys 400 Meter Dash Varsity

14 Rairdon, Weston	Clearbrook-Gonvick	1:28.89	2
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## Boys 800 Meter Run Varsity

Name	Year School	Seed	Finals	H#	Points
1 Meikle, Dawson	Lake of the	2:19.89	2:11.01	1	10
2 Godding, Trey	TrekNorth	2:19.68	2:16.63	1	8
3 Tande, Joe	Walker-Hacke	2:19.36	2:16.85	1	6
4 Pohl, Evan	Nevis	2:19.50	2:17.71	1	5
5 Connell, Jackson	Northome/Kel	2:19.00	2:20.09	1	4
6 Connell, Colton	Northome/Kel	2:19.61	2:20.61	1	3
7 Pederson, Vinny	Walker-Hacke	2:23.60	2:21.80	1	2
8 Beckel, Alex	Lake of the	2:30.45	2:27.36	1	1
9 Ostena, Avery	Clearbrook-Gonvick		2:36.80	2	
10 Walker, Jeffery	Nevis	2:37.32	2:38.89	2	
11 Derby, Mason	TrekNorth	2:41.53	2:40.81	2	
12 Derby, Carter	TrekNorth	3:24.10	2:44.38	2	
13 Goudge, Trey	Clearbrook-Gonvick		3:04.23	2	

## Boys 1600 Meter Run Varsity

Name	Year School	Seed	Finals	Points
1 Godding, Trey	TrekNorth	5:00.50	5:02.42	10
2 Connell, Jackson	Northome/Kel	5:07.38	5:11.48	8
3 Schnoor, Jacob	Pine River-Backus	5:18.38	5:11.88	6
4 Kallio, Karl	Northome/Kel	5:15.25	5:13.11	5
5 Steinbach, Charlie	Lake of the	5:23.80	5:33.40	4
6 Beckel, Alex	Lake of the	5:28.50	5:37.93	3
7 Ott, Brenlyn	Nevis	5:35.65	5:43.62	2
8 Downie, Isaiah	Pine River-Backus	5:30.41	5:44.15	1
9 Derby, Mason	TrekNorth	6:10.35	5:54.89	
10 Murdoff, Connor	Walker-Hacke	6:07.53	6:00.15	
11 Dorrow, Josh	Lake of the		6:03.12	
12 Engen, Grant	Clearbrook-Gonvick		6:03.66	
13 Derby, Carter	TrekNorth	6:18.97	6:11.56	

## Boys 3200 Meter Run Varsity

Name	Year School	Seed	Finals	Points
1 Meikle, Seth	Lake of the	10:29.00	10:37.18	10
2 Kallio, Karl	Northome/Kel	11:50.00	12:47.97	8
3 Mystic, Brody	Northome/Kel	12:14.66	12:54.23	6
4 Larson, Ethan	Northome/Kel	12:53.43	12:57.11	5
5 Frizzell, Quinlon	Walker-Hacke	12:51.73	13:28.38	4
6 Lavine, Avery	Clearbrook-Gonvick		14:28.08	3
7 Pederson, Gregor	Northome/Kel		14:57.54	2

## Boys 110 Meter Hurdles Varsity

Name	Year School	Seed	Finals	Points
1 Rice, Jon	Nevis	16.14	16.54	10

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## ...Boys 110 Meter Hurdles Varsity

2 Frenzel, Bryce	Northome/Kel	17.97	18.35	8
3 Pfeiffer, Eli	Walker-Hacke	18.43	18.88	6
4 Rettke, Hayden	Walker-Hacke	19.14	19.23	5
5 Stockman, Earl	Pine River-Backus	19.06	19.45	4
6 Cox, Elijah	Walker-Hacke	20.14	20.92	3
7 Ballou, Seth	Northome/Kel	22.00	24.48	2
-- Forseen, Kaanan	Northome/Kel	22.31	NT	

## Boys 300 Meter Hurdles Varsity

Name	Year School	Seed	Finals	H#	Points
1 Rice, Jon	Nevis	41.54	42.17	1	10
2 Frenzel, Bryce	Northome/Kel	44.53	44.78	1	8
3 Deegan, Andrew	Walker-Hacke	46.34	45.93	1	6
4 Stockman, Earl	Pine River-Backus	45.61	46.81	1	5
5 Binder, Carson	Northome/Kel	49.63	48.03	1	4
6 Minion, Dalton	Pine River-Backus	47.31	49.06	1	3
7 Pfeiffer, Eli	Walker-Hacke	51.27	49.94	1	2
8 McQuown, Elijah	Clearbrook-Gonvick		51.28	2	1
9 Waldo, Jordan	Northome/Kel	49.53	51.53	1	
10 Larson, Jaret	Clearbrook-Gonvick		52.10	2	
11 Cox, Elijah	Walker-Hacke	55.24	52.73	2	

## Boys 4x100 Meter Relay Varsity

School	Seed	Finals	Points
1 Clearbrook-Gonvick 'A'	47.84	46.72	10
1) Churness, Alex			
3) Goudge, Ben			
2 Walker-Hackensack-Akeley 'A'	49.02	49.53	8
1) Bieloh, Joseph			
3) Whitney, Callen			
-- Northome/Kelliher/Blackduck 'A'	50.99	DQ	
1) Clark, Kasey			
3) Waldo, Jordan			
2) Westrum, Logan			
4) Weems, Nathan			
2) Yeats, Payden			
4) Rettke, Hayden			
2) Binder, Carson			
4) Frank, Dante			

## Boys 4x200 Meter Relay Varsity

School	Seed	Finals	Points
1 Nevis 'A'	1:37.18	1:37.03	10
1) Rice, Jon			
3) Bergstrom, Eli			
2) Bucholtz, Ethan			
4) Ogundeji, Ayo			
2 Walker-Hackensack-Akeley 'A'	1:39.51	1:39.29	8
1) Brovold, Cooper			
3) Freimark, Nick			
2) Deegan, Andrew			
4) Perucho, Vincent			
3 Northome/Kelliher/Blackduck 'A'	1:43.00	1:43.05	6
1) Loonsfoot, Keani			
3) Waldo, Jordan			
2) Binder, Carson			
4) Clark, Kasey			
4 Clearbrook-Gonvick 'A'		1:43.67	5
1) Goudge, Ben			
3) Weems, Nathan			
2) Churness, Alex			
4) Westrum, Logan			

**Northland Conference Meet - 5/11/2023****5/11/2023****Results****Boys 4x400 Meter Relay Varsity**

School	Seed	Finals	Points
1 Walker-Hackensack-Akeley 'A'	3:51.00	3:46.45	10
1) Tande, Joe	2) Freimark, Nick		
3) Deegan, Andrew	4) Whitney, Callen		
2 Northome/Kelliher/Blackduck 'A'	3:51.03	3:49.85	8
1) Frenzel, Bryce	2) Connell, Colton		
3) Connell, Jackson	4) Flatness, Ridge		
3 Pine River-Backus 'A'	3:51.91	3:51.93	6
1) Stockman, Earl	2) Norman, Tate		
3) Sechser, Josiah	4) Schnoor, Jacob		
4 Clearbrook-Gonvick 'A'		4:09.23	5
1) Goudge, Ben	2) McQuown, Elijah		
3) Rankin, Matthew	4) Johnson, Luke		
5 Lake of the Woods/Indus/Rain 'A'		4:17.66	4

**Boys 4x800 Meter Relay Varsity**

School	Seed	Finals	Points
1 Lake of the Woods/Indus/Rain 'A'	9:20.51	8:56.22	10
1) Steinbach, Charlie	2) Schiro, Yili		
3) Meikle, Dawson	4) Meikle, Seth		
2 Walker-Hackensack-Akeley 'A'	9:51.35	9:29.91	8
1) Henning, John	2) Schultz, Chase		
3) Pederson, Vinny	4) Tande, Joe		
3 Northome/Kelliher/Blackduck 'A'	9:25.00	9:33.39	6
1) Binder, Lucas	2) Vezina, Ben		
3) Mystic, Brody	4) Connell, Colton		
4 Pine River-Backus 'A'	9:27.06	9:44.41	5
1) Norman, Hunter	2) Downie, Isaiah		
3) Minion, Dalton	4) Schnoor, Jacob		
5 Clearbrook-Gonvick 'A'		10:48.87	4
1) Gerlofs, Ryan	2) Kroulik, Carver		
3) Johnson, Luke	4) Rankin, Matthew		

**Boys High Jump Varsity**

Name	Year School	Seed	Finals	Points
1 Lavine, Avery	Clearbrook-Gonvick	5-10.00	5-10.00	10
2 Goudge, Ben	Clearbrook-Gonvick		5-08.00	8
3 Deegan, Andrew	Walker-Hacke	5-06.00	5-06.00	5.50
3 Norman, Tate	Pine River-Backus	5-08.00	5-06.00	5.50
5 Tande, Joe	Walker-Hacke	5-06.00	J5-06.00	4
6 Connell, Colton	Northome/Kel	5-04.00	5-04.00	3
7 Stockman, Earl	Pine River-Backus	5-00.00	J5-04.00	2
8 Minion, Dalton	Pine River-Backus	5-08.00	J5-04.00	1
9 Bieloh, Joseph	Walker-Hacke		5-02.00	
10 Engen, Grant	Clearbrook-Gonvick	5-04.00	5-00.00	
-- Forseen, Kaanan	Northome/Kel	5-02.00	NH	

**Northland Conference Meet - 5/11/2023****5/11/2023****Results****Boys Pole Vault Varsity**

Name	Year School	Seed	Finals	Points
1 Rettke, Hayden	Walker-Hacke	11-00.00	11-06.00	10
2 Frenzel, Bryce	Northome/Kel	8-00.00	9-00.00	7
2 Sechser, Josiah	Pine River-Backus	9-00.00	9-00.00	7
4 Cox, Elijah	Walker-Hacke	8-06.00	8-00.00	5
5 Pfeiffer, Samuel	Walker-Hacke		7-06.00	4
6 Mystic, Brody	Northome/Kel	7-00.00	7-00.00	3
7 Vezina, Ben	Northome/Kel		5-00.00	2

**Boys Long Jump Varsity**

Name	Year School	Seed	Finals	Points
1 Ogundeji, Ayo	Nevis	16-05.00	19-03.00	10
2 Churness, Alex	Clearbrook-Gonvick	17-09.00	18-07.00	8
3 Wielenberg, Matt	TrekNorth	16-09.00	17-11.00	6
4 Lavine, Avery	Clearbrook-Gonvick	19-00.00	17-09.00	5
5 Solberg, Trevor	Clearbrook-Gonvick	17-06.00	17-03.00	4
6 Clark, Kasey	Northome/Kel	16-02.50	17-01.50	3
7 Bucholtz, Ethan	Nevis	17-03.00	16-11.50	2
8 Frank, Dante	Northome/Kel	16-10.00	16-10.50	1
9 Norman, Hunter	Pine River-Backus	16-05.00	16-03.00	
10 Norman, Tate	Pine River-Backus	15-02.00	15-11.00	
11 Meikle, Dawson	Lake of the	17-00.00	15-09.00	
11 Binder, Carson	Northome/Kel		15-09.00	
13 Bieloh, Joseph	Walker-Hacke	14-11.25	14-05.50	
14 Murdoff, Connor	Walker-Hacke	15-07.00	14-02.50	
15 Sechser, Josiah	Pine River-Backus	14-07.00	14-01.50	
16 Stanfel, Tye	Nevis		13-09.00	
17 Bergstrom, Eli	Nevis	14-03.00	11-01.50	
-- Brovold, Cooper	Walker-Hacke	14-07.00	ND	

**Boys Triple Jump Varsity**

Name	Year School	Seed	Finals	Points
1 Churness, Alex	Clearbrook-Gonvick		37-10.00	10
2 Freimark, Nick	Walker-Hacke	35-11.00	35-07.00	8
3 Bjerke, Braxton	Clearbrook-Gonvick		35-04.50	6
4 Perucho, Vincent	Walker-Hacke	36-03.00	34-11.00	5
5 Bucholtz, Ethan	Nevis	35-04.50	J34-11.00	4
6 Waldo, Jordan	Northome/Kel	34-08.00	34-01.00	3
7 Minion, Dalton	Pine River-Backus	35-10.50	33-05.00	2
8 Loonsfoot, Keani	Northome/Kel	34-11.00	33-02.00	1
9 Schiro, Yili	Lake of the		32-10.00	
10 Schnoor, Jacob	Pine River-Backus	34-11.00	32-07.50	
11 Jenson, Garrett	Lake of the		32-05.50	
12 Solberg, Trevor	Clearbrook-Gonvick		31-10.50	
13 Connell, Jackson	Northome/Kel		31-02.50	
14 Pederson, Vinny	Walker-Hacke	33-02.50	31-02.00	



**Northland Conference Meet - 5/11/2023****5/11/2023****Results****Boys Shot Put Varsity**

Name	Year School	Seed	Finals	H#	Points
1 Flatness, Ridge	Northome/Kel	37-09.50	40-05.00	1	10
2 Frank, Dante	Northome/Kel	41-04.25	39-02.00	1	8
3 Pfeiffer, Eli	Walker-Hacke	41-08.00	38-11.50	1	6
4 Hed, Joe	Walker-Hacke	37-09.00	37-08.00	1	5
5 Erickson, Oliver	TrekNorth	35-08.00	33-09.00	1	4
6 Dorrow, Josh	Lake of the	34-04.75	32-10.00	1	3
7 McQuown, Elijah	Clearbrook-Gonvick	32-08.00	32-04.00	2	2
8 Westrum, Wyatt	Clearbrook-Gonvick		32-03.50	3	1
9 Yeats, Payden	Walker-Hacke	31-02.00	32-00.00	2	
10 Stockman, George	Pine River-Backus	37-05.00	31-04.00	1	
11 Umerski, Zach	Lake of the		31-01.00	4	
12 Danielson, Ethan	TrekNorth	31-10.00	30-05.25	2	
13 Kroulik, Carver	Clearbrook-Gonvick		30-04.00	3	
14 Thomopoulus, Cyrus	Lake of the	30-05.50	29-11.00	2	
15 Kowalke, Blake	Nevis	29-11.00	29-03.50	2	
16 Pfeiffer, Samuel	Walker-Hacke	29-01.00	28-05.00	2	
17 Walters, Kolby	Pine River-Backus	27-01.50	26-01.50	2	
18 King, Marquis	TrekNorth	24-01.75	25-02.50	3	
19 Pohl, Evan	Nevis	26-03.00	24-09.25	3	
20 Castle, William	Lake of the	23-01.25	20-04.00	3	
21 Thunder, Conner	TrekNorth	20-02.00	16-00.50	3	
-- Pollard, Soren	Northome/Kel	15-02.50	ND	3	

**Boys Discus Throw Varsity**

Name	Year School	Seed	Finals	H#	Points
1 Frank, Dante	Northome/Kel	128-01	120-04	1	10
2 Pfeiffer, Eli	Walker-Hacke	128-07	107-06	1	8
3 Jenson, Garrett	Lake of the	107-10	104-10	1	6
4 McQuown, Elijah	Clearbrook-Gonvick	93-04	101-00	1	4.50
4 Lavine, Avery	Clearbrook-Gonvick	108-10	101-00	1	4.50
6 Stockman, George	Pine River-Backus	95-10	100-06	1	3
7 Hed, Joe	Walker-Hacke	121-05	97-10	1	2
8 Yeats, Payden	Walker-Hacke	77-05	87-02	2	1
9 Ballou, Seth	Northome/Kel	90-03	83-03	1	
10 Kowalke, Blake	Nevis	81-04	79-06	2	
11 Westrum, Wyatt	Clearbrook-Gonvick		78-04.50	3	
12 Henning, John	Walker-Hacke	78-10	78-00	2	
13 Kallio, Karl	Northome/Kel	77-00.75	75-05	2	
14 Danielson, Ethan	TrekNorth	81-09	74-03	2	
15 Walters, Kolby	Pine River-Backus	88-09	73-06	2	
16 Thomopoulus, Cyrus	Lake of the	76-02.50	71-08	2	
17 Erickson, Oliver	TrekNorth	63-03.50	66-06	3	
18 Bucholtz, Ethan	Nevis	58-06	63-03	3	
19 Donnell, Lyle	Northome/Kel	42-09	61-00	3	
20 Castle, William	Lake of the	41-00	47-11	3	
20 King, Marquis	TrekNorth	63-03	47-11	3	
22 Thunder, Conner	TrekNorth	50-11.25	47-02	3	
-- Norman, Hunter	Pine River-Backus	89-05	ND	2	

**Northland Conference Meet - 5/11/2023****5/11/2023****Results****Boys 100 Meter Dash Junior High**

Name	Year	School	Seed	Finals	H#	Points
1 Bjerke, Braxton		Clearbrook-Gonvick		13.22	4	10
2 Gerlofs, Ryan		Clearbrook-Gonvick	13.94	13.99	1	8
3 Engen, Grant		Clearbrook-Gonvick		14.11	3	6
4 Zeman, Reid		TrekNorth		14.53	3	5
5 Ogundeji, Lincoln		Nevis		14.56	2	4
6 Amsden, Liam		Northome/Kel	14.24	14.86	1	3
7 Goudge, Trey		Clearbrook-Gonvick		14.89	3	2
8 Solberg, Gavin		Clearbrook-Gonvick		14.96	2	1
9 Kisley, Alexx		Northome/Kel	14.44	15.03	1	
10 Wellnitz, Logan		TrekNorth		15.16	3	
11 Shegrud, Kreed		Clearbrook-Gonvick	15.24	15.34	1	
12 Olson, Cooper		Lake of the	14.44	15.47	1	
13 McKinnon, Carter		TrekNorth		15.49	4	
14 Meikle, Levi		Lake of the	16.42	15.95	2	
15 Lumbar, Methos		Northome/Kel	15.72	15.97	1	
16 Ott, Tyler		Nevis	15.44	16.15	1	
17 Dahl, Brayden		Cass Lake-Bena	16.84	17.12	2	
18 Boushee, Eli		Nevis	18.84	17.31	2	
19 Rairdon, Weston		Clearbrook-Gonvick	16.34	17.44	1	
20 Halse, Zane		Cass Lake-Bena	16.44	17.46	2	
21 Rice, Ryan		Nevis	18.54	17.57	2	
22 Downie, John		Pine River-Backus		17.63	3	
23 Jorgensen, Graham		TrekNorth		18.67	3	
24 Fleming, Shea		TrekNorth		19.55	3	
25 Defoe, Rodney		TrekNorth		21.94	4	
26 Dorow, Kodiak		Lake of the		22.10	4	
27 Bisonette, Aiden		Cass Lake-Bena	23.34	22.43	2	

**Boys 200 Meter Dash Junior High**

Name	Year	School	Seed	Finals	H#	Points
1 Plutko, Ethan		Lake of the	28.04	26.91	1	10
2 Donnell, Lyle		Northome/Kel	28.69	28.19	1	8
3 Parkhurst, Aiden		TrekNorth	34.14	28.51	2	6
4 Jansen, Nolan		TrekNorth		29.17	3	5
5 Solberg, Gavin		Clearbrook-Gonvick	30.54	29.61	1	4
6 Kisley, Alexx		Northome/Kel	29.44	29.71	1	3
7 Amsden, Liam		Northome/Kel	31.24	30.76	1	2
8 Wellnitz, Logan		TrekNorth	30.24	31.58	1	1
9 Shegrud, Kreed		Clearbrook-Gonvick	31.04	31.73	1	
10 Olson, Cooper		Lake of the	29.89	32.16	1	
11 McKinnon, Carter		TrekNorth		32.49	3	
12 Ott, Tyler		Nevis	32.46	32.85	2	
13 Dahl, Brayden		Cass Lake-Bena	33.84	33.62	2	
14 Saice, Isaiah		Northome/Kel	33.74	34.34	2	
15 Rice, Ryan		Nevis	39.04	37.08	3	
16 Boushee, Eli		Nevis	36.24	37.13	3	
17 Benedict, Gavin		Lake of the	37.34	41.36	2	
-- Totland, Duane		Northome/Kel		NT	3	

**Northland Conference Meet - 5/11/2023****5/11/2023****Results****Boys 400 Meter Dash Junior High**

Name	Year	School	Seed	Finals	Points
1 Jansen, Nolan		TrekNorth		1:05.40	10
2 Lamm, Wade		Northome/Kel	1:08.84	1:06.20	8
3 Meikle, Levi		Lake of the		1:14.90	6
4 Benson, Soloman		TrekNorth		1:24.20	5
5 Downie, John		Pine River-Backus		1:38.10	4

**Boys 800 Meter Run Junior High**

Name	Year	School	Seed	Finals	Points
1 Ott, Brenlyn		Nevis	2:30.14	2:28.05	10
2 Lamm, Wade		Northome/Kel		2:57.23	8
3 Smischney, Max		Northome/Kel		3:17.06	6
4 Benson, Soloman		TrekNorth		3:31.96	5
5 Wishard, Auggie		Clearbrook-Gonvick	3:33.40	3:32.43	4
6 Knott, Jace		Northome/Kel	3:38.10	3:32.65	3

**Boys 1600 Meter Run Junior High**

Name	Year	School	Seed	Finals	Points
1 Olson, Cooper		Lake of the		6:04.39	10
2 Wroblewski, Wyatt		Nevis	6:14.80	6:05.49	8
3 Smischney, Max		Northome/Kel	7:09.90	7:25.43	6
4 Wishard, Auggie		Clearbrook-Gonvick	7:36.30	7:40.63	5

**Boys 110 Meter Hurdles Junior High**

Name	Year	School	Seed	Finals	Points
1 Ogundeji, Lincoln		Nevis		18.99	10
2 Dorrow, Gauge		Lake of the		20.58	8
3 Zeman, Reid		TrekNorth		21.94	6
4 Meikle, Levi		Lake of the		25.37	5
5 Halse, Zane		Cass Lake-Bena		29.25	4
6 Forseen, Kyssan		Northome/Kel		30.26	3

**Boys 300 Meter Hurdles Junior High**

Name	Year	School	Seed	Finals	Points
1 Ballou, Seth		Northome/Kel		55.56	10
2 Solar, Isaac		Lake of the	1:05.58	1:06.19	8
3 Forseen, Kyssan		Northome/Kel		1:10.87	6
4 Behrns, Nathaniel		TrekNorth		1:20.17	5

**Boys 4x100 Meter Relay Junior High**

School	Seed	Finals	Points
1 Clearbrook-Gonvick 'A'	47.84	50.85	10
1) Bjerke, Braxton			
2) Gerlofs, Ryan			
3) Larson, Jaret			
4) Ostena, Avery			

## Northland Conference Meet - 5/11/2023

5/11/2023

## Results

## ...Boys 4x100 Meter Relay Junior High

2	Lake of the Woods/Indus/Rain 'A'	58.52	1:00.23	8
	1) Benedict, Gavin			
	2) Dorow, Kodiak			
	3) Dorrow, Gauge			
	4) Plutko, Ethan			
3	Northome/Kelliher/Blackduck 'A'	50.99	1:01.91	6
	1) Donnell, Lyle			
	2) Knott, Jace			
	3) Smischney, Max			
	4) Amsden, Liam			
4	Nevis 'A'		1:02.91	5
	1) Ott, Tyler			
	2) Brandenburg, Hunter			
	3) Rice, Ryan			
	4) Ogundeji, Lincoln			
5	TrekNorth 'A'	1:06.44	1:14.38	4
	1) Harold, Jaryd			
	2) Defoe, Rodney			
	3) Fleming, Shea			
	4) Jorgensen, Graham			

## Boys 4x200 Meter Relay Junior High

School	Seed	Finals	Points
1 Clearbrook-Gonvick 'B'		x1:56.45	
	1) Goudge, Trey		
	2) Shegrud, Kreed		
	3) Ostena, Avery		
	4) Solberg, Gavin		
2 Northome/Kelliher/Blackduck 'A'	1:43.00	2:01.46	10
	1) Donnell, Lyle		
	2) Kisley, Alexx		
	3) Spears, Ron		
	4) Lamm, Wade		
3 TrekNorth 'A'		2:04.15	8
	1) Parkhurst, Aiden		
	2) Jansen, Nolan		
	3) McKinnon, Carter		
	4) Wellnitz, Logan		

## Boys 4x400 Meter Relay Junior High

School	Seed	Finals	Points
1 TrekNorth 'A'		5:42.89	10
	1) Benson, Soloman		
	2) Wittner, Calvin		
	3) Behrns, Nathaniel		
	4) Wittner, Calvin		
2 Northome/Kelliher/Blackduck 'A'	3:51.03	5:44.15	8
	1) Ballou, Seth		
	2) Knott, Jace		
	3) Forseen, Kyssan		
	4) Spears, Ron		

## Boys High Jump Junior High

Name	Year School	Seed	Finals	Points
1 Downie, Isaiah	Pine River-Backus	5-04.00	5-04.00	10
2 Goudge, Trey	Clearbrook-Gonvick	4-06.00	4-10.00	8
3 Larson, Jaret	Clearbrook-Gonvick		4-08.00	6
4 Gerlofs, Ryan	Clearbrook-Gonvick		4-06.00	5
5 Minion, Zach	Pine River-Backus		4-04.00	4
6 Olson, Cooper	Lake of the	3-10.00	4-02.00	3
7 Downie, John	Pine River-Backus		4-00.00	2
8 Dahl, Brayden	Cass Lake-Bena	3-06.00	3-06.00	1
9 Benedict, Gavin	Lake of the	3-08.00	J3-06.00	
-- Sopkowiak, Jacob	Lake of the		NH	

**Northland Conference Meet - 5/11/2023****5/11/2023****Results****Boys Pole Vault Junior High**

Name	Year School	Seed	Finals	Points
1 Solar, Isaac	Lake of the		5-00.00	10

**Boys Long Jump Junior High**

Name	Year School	Seed	Finals	Points
1 Downie, Isaiah	Pine River-Backus	15-06.00	15-10.00	10
2 Plutko, Ethan	Lake of the	15-01.00	15-09.50	8
3 Engen, Grant	Clearbrook-Gonvick	15-08.00	14-05.00	6
4 Wellnitz, Logan	TrekNorth		13-09.00	5
5 Ogundeji, Lincoln	Nevis	11-04.00	12-11.50	4
6 Zeman, Reid	TrekNorth	13-08.00	12-01.50	3
7 Lamm, Wade	Northome/Kel	14-02.00	11-10.00	2
8 Dorow, Kodiak	Lake of the	13-04.00	11-09.00	1
9 Minion, Zach	Pine River-Backus		11-06.00	
10 Dorrow, Gauge	Lake of the	13-04.00	11-03.00	
11 Wittner, Calvin	TrekNorth	9-03.00	9-11.50	
11 Downie, John	Pine River-Backus		9-11.50	
13 Dahl, Brayden	Cass Lake-Bena	10-07.00	9-07.50	
13 Forseen, Kyssan	Northome/Kel	10-01.00	9-07.50	
15 Boushee, Eli	Nevis	6-10.00	8-07.00	
16 Fleming, Shea	TrekNorth		8-00.50	
-- Amsden, Liam	Northome/Kel	11-04.00	ND	
-- Smischney, Max	Northome/Kel	10-05.00	ND	

**Boys Triple Jump Junior High**

Name	Year School	Seed	Finals	Points
1 Dorrow, Gauge	Lake of the	26-05.25	24-06.00	10
2 Minion, Zach	Pine River-Backus		23-03.00	8
3 Halse, Zane	Cass Lake-Bena	17-00.00	21-09.50	6
-- Kisley, Alexx	Northome/Kel		ND	

**Boys Shot Put Junior High**

Name	Year School	Seed	Finals	H#	Points
1 Kaiser, Evan	Northome/Kel		31-11.00	2	10
2 Ostena, Avery	Clearbrook-Gonvick		30-08.00	2	8
3 Schackman, Wyatt	Northome/Kel	23-08.00	26-11.00	1	6
4 Ballard, Carter	Clearbrook-Gonvick		26-10.00	2	5
5 Olson, Gunner	Clearbrook-Gonvick		26-00.00	2	4
6 Lumbar, Methos	Northome/Kel	20-05.50	22-05.50	1	3
7 Sopkowiak, Jacob	Lake of the	22-09.00	22-03.00	1	2
8 Brandenburg, Hunter	Nevis		22-00.00	1	1
9 Solar, Isaac	Lake of the	16-04.00	17-09.50	1	
10 Jorgensen, Graham	TrekNorth		16-01.00	2	
11 Halse, Zane	Cass Lake-Bena		15-07.00	2	
12 Harold, Jaryd	TrekNorth		15-06.00	2	
13 Defoe, Rodney	TrekNorth		15-04.50	1	
14 Spears, Ron	Northome/Kel	23-11.00	14-02.50	1	

**Northland Conference Meet - 5/11/2023****5/11/2023****Results****Boys Discus Throw Junior High**

Name	Year School	Seed	Finals	Points
1 Kroulik, Carver	Clearbrook-Gonvick	89-03	96-01	10
2 Kaiser, Evan	Northome/Kel	66-00	72-08	8
3 Schackman, Wyatt	Northome/Kel	59-10	68-11	6
4 Brandenburg, Hunter	Nevis	52-06	66-11	5
5 Olson, Gunner	Clearbrook-Gonvick	60-10	64-10	4
6 Lumbar, Methos	Northome/Kel	57-03	63-02	3
7 Sopkowiak, Jacob	Lake of the		61-11	2
8 Ballard, Carter	Clearbrook-Gonvick	64-11	59-01	1
9 Knott, Jace	Northome/Kel	54-05	52-11	
10 Solar, Isaac	Lake of the		49-05	
-- Bisonette, Aiden	Cass Lake-Bena	15-00	ND	