

2023 Prairie Conference Championship - 5/17/2023

Clemens Stadium

Results

Event 1 Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Browerville		10:45.48 8
1) Lais, Quinn 7	2) Marxer, Natalie 10	
3) Winter, Emily 10	4) Wendel, Madison 10	
2:40.673 (2:40.673)	5:17.253 (2:36.580)	8:07.546 (2:50.294)
10:45.474 (2:37.928)		
2 St. John's Prep		10:56.27 6
1) Ruzanic, Claudia 7	2) Duffy, Margaret 8	
3) Rodriguez-Aviles, Lizzeth 11	4) Islas, Paula 10	
2:35.287 (2:35.287)	5:24.878 (2:49.591)	8:07.166 (2:42.288)
10:56.267 (2:49.102)		
3 Osakis		11:13.59 4
1) Weisser, Bella 9	2) Helwig, Abbi 7	
3) Albert, Natalie 8	4) Boyer, Ally 8	
2:40.162 (2:40.162)	5:28.483 (2:48.322)	8:29.803 (3:01.320)
11:13.585 (2:43.782)		
4 Long Prairie		11:19.11 2
1) Abraham, Halle 10	2) Warner, Katlyn 7	
3) Standafer, Jennica 12	4) Albers, Maddie 9	
2:38.991 (2:38.991)	5:28.125 (2:49.134)	8:35.923 (3:07.799)
11:19.102 (2:43.179)		
5 Upsala/Swanville		12:35.69
1) McDermond, Corryn 10	2) Notermann, Corinne 9	
3) Aleckson, Evelyn 10	4) Arvig, Lynn 8	
3:14.249 (3:14.249)	6:13.794 (2:59.546)	10:59.921 (4:46.127)
12:35.683 (1:35.763)		

Event 2 Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 St. John's Prep		9:00.85 8
1) Lu, PoHuan 11	2) Suo, Benjamin 10	
3) Penk, Brett 10	4) Ruesink, Aaron 11	
2:09.640 (2:09.640)	4:36.772 (2:27.132)	6:50.980 (2:14.208)
9:00.845 (2:09.866)		
2 Osakis		9:03.74 6
1) Aaser, Joseph 12	2) Christner, Jaxon 8	
3) Bruder, Zackery 10	4) VanNyhuis, Trenton 9	
2:14.087 (2:14.087)	4:34.164 (2:20.077)	6:51.224 (2:17.060)
9:03.739 (2:12.515)		
3 Long Prairie		9:34.50 4
1) Liebsch, David 11	2) Anderson, Nathan 10	
3) Edwards, Caiden 10	4) Bitz, Nathan 9	
2:21.002 (2:21.002)	4:50.871 (2:29.869)	7:17.363 (2:26.492)
9:34.500 (2:17.138)		
4 Upsala/Swanville		9:47.76 2
1) Guthrie, Quinn 8	2) Tschida, Matthew 8	
3) Guthrie, Caleb 8	4) Mack, Brayden 10	
2:26.948 (2:26.948)	4:52.172 (2:25.224)	7:23.412 (2:31.240)
9:47.756 (2:24.344)		

Event 3 Girls 100 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Perish, Ashley	10	Browerville	17.75 8
2 Young, Alyssa	11	Upsala/Swanv	17.85 6
3 Wildman, Addison	11	Osakis	18.04 4
4 Schwope, Harlie	7	Osakis	19.27 2
5 Bitz, Lizzie	11	Long Prairie	19.37 1
6 Coronado, Thania	8	Long Prairie	20.28
7 Chalich, Brianna	9	St. John's P	21.10
8 Arvig, Claire	11	Upsala/Swanv	21.43
9 Bechtold, Leah	7	St. John's P	21.75
10 Berscheit, Amanda	11	Long Prairie	23.71

Event 4 Boys 110 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Jones, Stewart	12	Osakis	16.16 8
2 Recknor, Andre	12	Browerville	16.66 6
3 Bitz, Caleb	12	Long Prairie	16.88 4
4 Elke, Domanic	10	Browerville	20.28 2
5 Paquay, Raphael	11	Osakis	20.98 1
6 Schaefer, Blake	10	St. John's P	21.27
7 Ludvigson, Aiden	7	Long Prairie	23.46
8 Mahowald, Ryan	8	St. John's P	23.59

Event 5 Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Kendall, Kiana	11	Osakis	13.50 8
2 Young, Alyssa	11	Upsala/Swanv	13.73 6
3 Tschida, Madison	11	Upsala/Swanv	13.76 4
4 Walker, Kaelyn	9	Osakis	14.05 2
5 Marthaler, Stephy	10	Osakis	14.70 1
6 Thompson, Richelle	7	Upsala/Swanv	14.70
7 Hinson, Iva	9	Long Prairie	14.90
8 Douvier, Regan	7	St. John's P	15.05
9 Bolton, Sarah	10	St. John's P	15.37
10 Rickbeil, Lucy	7	Browerville	15.44
11 Ahedo, Giselle	8	Long Prairie	15.74
12 Elke, Gabby	8	Browerville	15.82
13 Bechtold, Lucy	7	St. John's P	16.02
14 Sandbakken, Kailee	10	Browerville	16.51

Event 6 Boys 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Bitz, Caleb	12	Long Prairie	11.62 8
2 Buehrer, Henry	11	St. John's P	11.71 6
3 Lien, Keaton	8	Osakis	11.98 4
4 Nedoroscik, Joe	12	Browerville	12.48 2
5 Zigan, Owen	10	Browerville	12.51 1
6 Quillo, Kusi	11	Long Prairie	12.71
7 Petrich, Jack	12	Osakis	12.85
8 Supper, Ryan	10	Browerville	12.93

2023 Prairie Conference Championship - 5/17/2023

Clemens Stadium

Results

Finals ... (Event 6 Boys 100 Meter Dash)

Name	Yr	School	Finals
9 Gunderson, Jake	11	Upsala/Swanv	13.00
10 Notermann, Andrew	12	Upsala/Swanv	13.04
11 Crue, Thomas	8	St. John's P	13.37
12 Hidalgo, Jacob	9	Long Prairie	13.47
13 Notermann, Abe	9	Upsala/Swanv	14.18
14 Neal, Alyjah	7	St. John's P	14.27

Event 7 Girls 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Osakis		1:54.14 8
1) Wildman, Addison 11	2) Boyer, Ally 8	
3) Walker, Hailey 11	4) Roering, Addison 8	
2 Long Prairie		2:05.79 6
1) Hinson, Iva 9	2) Bosl, Morgan 9	
3) Ahedo, Giselle 8	4) Quijano, Naomi 10	
3 Upsala/Swanville		2:07.43 4
1) McDermond, Corryn 10	2) Mrozek, Genevieve 8	
3) Pilarski, Alexa 8	4) Proell, Mya 9	
4 St. John's Prep		2:10.45 2
1) Sagerhorn, Gabby 7	2) Bechtold, Lucy 7	
3) Fremo, Maia 7	4) Diethelm, Lizzy 10	

Event 8 Boys 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Osakis		1:38.01 8
1) Helberg, Kaleb 10	2) VanNyhuis, Trenton 9	
3) Goodwin, Noah 11	4) Tronicke, Duncan 11	
2 Long Prairie		1:40.66 6
1) Bitz, Nathan 9	2) Terwey, Camden 12	
3) Quillo, Kusi 11	4) Krueger, Cory 12	
3 Browerville		1:43.13 4
1) Rickbeil, Quinten 10	2) Lee, Tyler 10	
3) Decock, Ryan 10	4) Zigan, Owen 10	
4 St. John's Prep		1:46.28 2
1) Thompson, Cameron 12	2) Danielson, Evan 11	
3) Kim, Kyutae 10	4) Crue, Thomas 8	
5 Upsala/Swanville		1:50.21
1) Notermann, Alex 9	2) Bellefeuille, Morgan 11	
3) Karnes, Alex 9	4) Bellefeuille, Travis 11	

Event 9 Girls 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Pauly, Olivia	11	St. John's P	5:04.66 8
1:13.555 (1:13.555)	2:30.791 (1:17.236)	3:47.675 (1:16.884)	
5:04.655 (1:16.980)			
2 Ruzanic, Louise	10	St. John's P	5:33.53 6
1:25.351 (1:25.351)	2:48.673 (1:23.322)	4:10.882 (1:22.210)	
5:33.527 (1:22.646)			
3 Kuehne, Caroline	11	Long Prairie	5:39.20 4
1:20.910 (1:20.910)	2:46.419 (1:25.510)	4:11.701 (1:25.282)	
5:39.194 (1:27.494)			

4 Rachidi, Tania	12	St. John's P	5:43.39 2
1:25.657 (1:25.657)	2:49.143 (1:23.487)	4:13.642 (1:24.499)	
5:43.389 (1:29.747)			
5 Winter, Emily	10	Browerville	5:56.56 1
1:22.131 (1:22.131)	2:51.450 (1:29.319)	4:25.295 (1:33.846)	
5:56.558 (1:31.263)			
6 Pilarski, Sammy	10	Upsala/Swanv	5:59.82
1:24.098 (1:24.098)	2:57.079 (1:32.982)	4:35.269 (1:38.190)	
5:59.819 (1:24.551)			
7 Fiskness, Kaia	8	Osakis	6:28.89
1:30.298 (1:30.298)	3:14.593 (1:44.295)	5:00.010 (1:45.418)	
6:28.882 (1:28.872)			
8 Wendel, Madison	10	Browerville	6:28.89
1:29.831 (1:29.831)	3:14.174 (1:44.343)	4:59.606 (1:45.432)	
6:28.889 (1:29.283)			
9 Hibbs, Rebekah	8	Long Prairie	6:32.31
1:31.542 (1:31.542)	3:16.135 (1:44.594)	5:01.622 (1:45.487)	
6:32.309 (1:30.687)			
10 Young, Ellianna	8	Long Prairie	6:53.41
1:37.675 (1:37.675)	3:23.657 (1:45.982)	5:13.283 (1:49.627)	
6:53.407 (1:40.124)			
11 Ruegmer, Anne Marie	7	Osakis	6:56.85
1:37.711 (1:37.711)	3:23.623 (1:45.912)	5:13.291 (1:49.668)	
6:56.845 (1:43.554)			
12 Aleckson, Evelyn	10	Upsala/Swanv	7:13.62
1:36.831 (1:36.831)	3:25.487 (1:48.656)	5:20.989 (1:55.502)	
7:13.613 (1:52.624)			
13 Baker, Morgan	10	Osakis	7:44.04
1:39.791 (1:39.791)	3:42.019 (2:02.228)	5:48.807 (2:06.788)	
7:44.033 (1:55.226)			

Event 10 Boys 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Meyer, Zach	11	St. John's P	4:50.81 8
1:13.423 (1:13.423)	2:26.823 (1:13.400)	3:38.379 (1:11.556)	
4:50.805 (1:12.427)			
2 Hansen, Nick	11	St. John's P	4:50.87 6
1:13.839 (1:13.839)	2:27.392 (1:13.554)	3:38.693 (1:11.302)	
4:50.864 (1:12.171)			
3 Vix, Will	9	St. John's P	4:53.54 4
1:14.263 (1:14.263)	2:28.137 (1:13.875)	3:39.535 (1:11.398)	
4:53.531 (1:13.996)			
4 Guthrie, Joseph	11	Upsala/Swanv	5:00.56 2
1:12.719 (1:12.719)	2:28.932 (1:16.214)	3:48.061 (1:19.130)	
5:00.552 (1:12.491)			
5 Guthrie, Nicholas	10	Upsala/Swanv	5:14.60 1
1:15.716 (1:15.716)	2:35.344 (1:19.628)	3:56.877 (1:21.534)	
5:14.596 (1:17.719)			
6 Guthrie, Quinn	8	Upsala/Swanv	5:16.30
1:15.943 (1:15.943)	2:35.704 (1:19.762)	3:57.341 (1:21.638)	
5:16.296 (1:18.955)			
7 Stormoen, Alex	10	Browerville	5:31.11
1:18.341 (1:18.341)	2:43.547 (1:25.206)	4:08.407 (1:24.860)	
5:31.109 (1:22.703)			

2023 Prairie Conference Championship - 5/17/2023

Clemens Stadium

Results

Finals ... (Event 10 Boys 1600 Meter Run)

Name	Yr	School	Finals
8 Navarrete-Ruiz, Diego	11	Osakis	6:20.23
1:25.932 (1:25.932)	3:03.452 (1:37.520)	4:45.959 (1:42.507)	6:20.229 (1:34.271)
9 Schultz, Blake	10	Long Prairie	7:27.40
1:36.589 (1:36.589)	3:32.657 (1:56.068)	5:31.479 (1:58.822)	7:27.399 (1:55.920)

Event 11 Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Osakis		53.70 8
1) Marthaler, Stephy 10	2) Walker, Kaelyn 9	
3) Walker, Hailey 11	4) Kendall, Kiana 11	
2 Browerville		57.93 6
1) Elke, Gabby 8	2) Rickbeil, Lucy 7	
3) Perish, Brooke 7	4) Perish, Claire 7	
3 Upsala/Swanville		58.26 4
1) McDermond, Corryn 10	2) Wiechmann, Emily 8	
3) Thompson, Richelle 7	4) Proell, Mya 9	
4 Long Prairie		1:00.26 2
1) Hinson, Iva 9	2) Ahedo, Giselle 8	
3) Bosl, Morgan 9	4) Coronado, Thania 8	
5 St. John's Prep		1:02.31
1) Douvier, Regan 7	2) Bechtold, Leah 7	
3) Fremo, Maia 7	4) Bechtold, Lucy 7	

Event 12 Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Osakis		46.78 8
1) Lien, Keaton 8	2) Goodwin, Noah 11	
3) Petrich, Jack 12	4) Tronicke, Duncan 11	
2 Browerville		48.85 6
1) Decock, Ryan 10	2) Rickbeil, Quinten 10	
3) Zigan, Owen 10	4) Lee, Tyler 10	
3 Long Prairie		51.82 4
1) Anderson, Nathan 10	2) Ninow, Anthony 11	
3) Ludvigson, Aiden 7	4) Sunderman, Domenic 9	
4 Upsala/Swanville		52.22 2
1) Bellefeuille, Morgan 11	2) Notermann, Abe 9	
3) Karnes, Alex 9	4) Notermann, Alex 9	
5 St. John's Prep		58.70
1) Thompson, Jack 9	2) Neal, Alyjah 7	
3) Bavelli, Alex 8	4) Mahowald, Ryan 8	

Event 13 Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Fiskness, Kaia	8	Osakis	1:00.72 8
2 Norton, Emma	10	Browerville	1:02.51 6
3 Albers, Maddie	9	Long Prairie	1:03.22 4
4 Tschida, Madison	11	Upsala/Swanv	1:03.92 2
5 Perish, Brooke	7	Browerville	1:06.44 1
6 Duffy, Margaret	8	St. John's P	1:08.39

7 Klasen, Olivia	8	Upsala/Swanv	1:09.06
8 Buchanan, Charity	10	Osakis	1:09.14
9 Lais, Quinn	7	Browerville	1:09.91
10 Wimmer, Abby	8	Upsala/Swanv	1:10.01
11 Rodriguez-Aviles, Lizzeth	11	St. John's P	1:10.46
12 Bolton, Sarah	10	St. John's P	1:12.27

Event 14 Boys 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Meyer, Zach	11	St. John's P	51.14 8
2 Ruesink, Aaron	11	St. John's P	53.93 6
3 Hansen, Nick	11	St. John's P	54.51 4
4 Benning, Tavin	10	Browerville	56.15 2
5 Helberg, Kaleb	10	Osakis	56.19 1
6 Krueger, Cory	12	Long Prairie	59.92
7 Irlbeck, Thomas	12	Browerville	1:00.06
8 Fischer, Tanner	12	Browerville	1:00.80
9 Hidalgo, Jacob	9	Long Prairie	1:01.75
10 Karnes, Alex	9	Upsala/Swanv	1:02.32
11 Guthrie, Caleb	8	Upsala/Swanv	1:02.98
12 Bellefeuille, Travis	11	Upsala/Swanv	1:03.21
13 Loop, Alfredo	8	Long Prairie	1:06.06

Event 15 Girls 300 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Wildman, Addison	11	Osakis	51.50 8
2 Perish, Ashley	10	Browerville	52.42 6
3 Bitz, Lizzie	11	Long Prairie	53.34 4
4 Arvig, Claire	11	Upsala/Swanv	55.52 2
5 Schwope, Harlie	7	Osakis	55.66 1
6 Coronado, Thania	8	Long Prairie	57.38
7 Young, Addison	8	Long Prairie	58.01
8 Bechtold, Leah	7	St. John's P	1:02.04
9 Chalich, Brianna	9	St. John's P	1:03.31

Event 16 Boys 300 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Jones, Stewart	12	Osakis	42.10 8
2 Recknor, Andre	12	Browerville	43.19 6
3 Bitz, Nathan	9	Long Prairie	44.82 4
4 Lee, Tyler	10	Browerville	49.04 2
5 Edwards, Caiden	10	Long Prairie	49.17 1
6 Danielson, Evan	11	St. John's P	49.96
7 Lu, PoHuan	11	St. John's P	50.65
8 Elke, Domanic	10	Browerville	51.54
9 Paquay, Raphael	11	Osakis	53.42
10 Ludvigson, Aiden	7	Long Prairie	53.49
11 Kim, Kyutac	10	St. John's P	59.34

2023 Prairie Conference Championship - 5/17/2023

Clemens Stadium

Results

Event 17 Girls 800 Meter Run

Name	Yr	School	Finals	
Finals				
1 Marxer, Natalie	10	Browerville	2:31.94	8
1:14.301 (1:14.301)			2:31.938 (1:17.638)	
2 Fiskness, Kaia	8	Osakis	2:33.61	6
1:18.082 (1:18.082)			2:33.610 (1:15.528)	
3 Norton, Emma	10	Browerville	2:35.66	4
1:18.594 (1:18.594)			2:35.653 (1:17.059)	
4 Weisser, Bella	9	Osakis	2:39.64	2
1:18.081 (1:18.081)			2:39.638 (1:21.558)	
5 Pilarski, Sammy	10	Upsala/Swanv	2:44.06	1
1:20.129 (1:20.129)			2:44.057 (1:23.928)	
6 Abraham, Halle	10	Long Prairie	2:47.23	
1:21.847 (1:21.847)			2:47.227 (1:25.380)	
7 Warner, Katlyn	7	Long Prairie	2:49.18	
1:22.185 (1:22.185)			2:49.173 (1:26.988)	
8 Lais, Quinn	7	Browerville	2:52.35	
1:24.573 (1:24.573)			2:52.341 (1:27.768)	
9 Helwig, Abbi	7	Osakis	2:53.49	
1:25.563 (1:25.563)			2:53.490 (1:27.927)	
10 Ruzanic, Claudia	7	St. John's P	2:55.16	
1:28.335 (1:28.335)			2:55.151 (1:26.816)	
11 Arvig, Lynn	8	Upsala/Swanv	2:58.33	
1:29.510 (1:29.510)			2:58.327 (1:28.818)	
12 Islas, Paula	10	St. John's P	3:02.88	
1:30.117 (1:30.117)			3:02.873 (1:32.756)	
13 Bechtold, Ellen	7	St. John's P	3:17.53	
1:33.275 (1:33.275)			3:17.525 (1:44.250)	

Event 18 Boys 800 Meter Run

Name	Yr	School	Finals	
Finals				
1 Meyer, Zach	11	St. John's P	2:06.54	8
1:06.035 (1:06.035)			2:06.538 (1:00.503)	
2 Bruder, Zackery	10	Osakis	2:09.49	6
1:05.942 (1:05.942)			2:09.487 (1:03.546)	
3 Suo, Benjamin	10	St. John's P	2:10.18	4
1:07.426 (1:07.426)			2:10.178 (1:02.752)	
4 Jensen, Jimmy	10	Upsala/Swanv	2:11.02	2
1:06.637 (1:06.637)			2:11.013 (1:04.376)	
5 Benning, Tavin	10	Browerville	2:11.11	1
1:06.691 (1:06.691)			2:11.101 (1:04.410)	
6 Liebsch, David	11	Long Prairie	2:22.46	
1:10.071 (1:10.071)			2:22.453 (1:12.382)	
7 Mack, Brayden	10	Upsala/Swanv	2:26.36	
1:13.969 (1:13.969)			2:26.353 (1:12.384)	
8 Tschida, Matthew	8	Upsala/Swanv	2:26.91	
1:14.902 (1:14.902)			2:26.905 (1:12.003)	
9 Stormoen, Alex	10	Browerville	2:28.95	
1:13.618 (1:13.618)			2:28.945 (1:15.327)	
10 Ries, Levi	9	Osakis	2:30.55	
1:14.595 (1:14.595)			2:30.550 (1:15.955)	
11 Penk, Brett	10	St. John's P	2:32.55	
1:13.650 (1:13.650)			2:32.547 (1:18.898)	

12 Rowe, Steven	11	Browerville	2:49.44	
1:21.981 (1:21.981)			2:49.431 (1:27.451)	
13 Navarrete-Ruiz, Diego	11	Osakis	2:50.25	
1:23.159 (1:23.159)			2:50.242 (1:27.083)	
14 Schultz, Caden	8	Long Prairie	2:51.19	
1:21.317 (1:21.317)			2:51.189 (1:29.872)	
15 Raya, Alexis	9	Long Prairie	2:59.44	
1:21.589 (1:21.589)			2:59.435 (1:37.847)	

Event 19 Girls 200 Meter Dash

Name	Yr	School	Finals	
Finals				
1 Kendall, Kiana	11	Osakis	27.74	8
2 Tschida, Madison	11	Upsala/Swanv	28.15	6
3 Perish, Brooke	7	Browerville	29.27	4
4 Thompson, Richelle	7	Upsala/Swanv	29.74	2
5 Nobles, Emma	11	Osakis	30.55	1
6 Wiechmann, Emily	8	Upsala/Swanv	31.46	
7 Perish, Claire	7	Browerville	32.73	
8 Elke, Gabby	8	Browerville	32.74	
9 Sagerhorn, Gabby	7	St. John's P	33.64	
10 Fremo, Maia	7	St. John's P	35.56	

Event 20 Boys 200 Meter Dash

Name	Yr	School	Finals	
Finals				
1 Bitz, Caleb	12	Long Prairie	23.19	8
2 Buehrer, Henry	11	St. John's P	23.92	6
3 Tronicke, Duncan	11	Osakis	24.40	4
4 Lien, Keaton	8	Osakis	24.77	2
5 Nedoroscik, Joe	12	Browerville	25.33	1
6 Quillo, Kusi	11	Long Prairie	25.59	
7 Zigan, Owen	10	Browerville	26.19	
8 Notermann, Andrew	12	Upsala/Swanv	26.69	
9 Krueger, Cory	12	Long Prairie	27.19	
10 Crue, Thomas	8	St. John's P	27.23	
11 Bellefeuille, Morgan	11	Upsala/Swanv	27.81	
12 Notermann, Alex	9	Upsala/Swanv	28.24	
13 Alamo, Emmanuel	11	Browerville	28.77	
14 Thompson, Jack	9	St. John's P	30.20	

Event 21 Girls 3200 Meter Run

Name	Yr	School	Finals	
Finals				
1 Pauly, Olivia	11	St. John's P	11:45.51	8
1:29.662 (1:29.662)			2:58.772 (1:29.110)	
5:53.472 (1:28.154)			7:23.476 (1:30.004)	
8:53.781 (1:30.306)			10:23.005 (1:29.224)	
11:45.506 (1:22.502)				
2 Kuehne, Caroline	11	Long Prairie	12:21.66	6
1:36.213 (1:36.213)			3:11.677 (1:35.464)	
4:41.310 (1:29.634)			6:11.593 (1:30.283)	
7:45.597 (1:34.004)			9:17.302 (1:31.706)	
10:51.432 (1:34.130)			12:21.652 (1:30.220)	
3 Ruzanic, Louise	10	St. John's P	12:35.38	4
1:38.452 (1:38.452)			3:11.257 (1:32.806)	
4:40.873 (1:29.616)			6:11.277 (1:30.404)	
7:45.278 (1:34.002)			9:18.232 (1:32.954)	
10:58.905 (1:40.674)			12:35.374 (1:36.470)	

2023 Prairie Conference Championship - 5/17/2023

Clemens Stadium

Results

Finals ... (Event 21 Girls 3200 Meter Run)

Name	Yr	School	Finals	
4 Pauly, Sofia	8	St. John's P	13:16.44	2
1:39.713 (1:39.713)	3:17.708 (1:37.995)	4:58.858 (1:41.151)		
6:39.654 (1:40.796)	8:20.094 (1:40.440)	10:01.565 (1:41.471)		
11:43.256 (1:41.691)	13:16.437 (1:33.182)			
5 Biegler, Emily	7	Browerville	13:22.43	1
1:37.080 (1:37.080)	3:13.725 (1:36.646)	4:51.392 (1:37.667)		
6:32.950 (1:41.559)	8:15.329 (1:42.379)	9:57.314 (1:41.986)		
11:40.888 (1:43.574)	13:22.424 (1:41.536)			
6 Christians, Olivia	7	Osakis	15:20.84	
1:42.612 (1:42.612)	3:30.689 (1:48.078)	5:20.680 (1:49.991)		
7:18.306 (1:57.627)	9:18.714 (2:00.408)	11:24.104 (2:05.390)		
13:27.544 (2:03.440)	15:20.832 (1:53.288)			
7 Ruegemer, Anne Marie	7	Osakis	15:27.23	
1:46.688 (1:46.688)	3:31.242 (1:44.555)	5:20.730 (1:49.488)		
7:18.804 (1:58.074)	9:21.041 (2:02.238)	11:28.405 (2:07.364)		
13:34.506 (2:06.102)	15:27.230 (1:52.724)			
8 Dominguez, Shavelis	8	Long Prairie	17:32.56	
1:53.398 (1:53.398)	4:00.189 (2:06.791)	6:13.110 (2:12.922)		
8:32.688 (2:19.578)	10:55.909 (2:23.222)	13:16.834 (2:20.926)		
15:29.140 (2:12.306)	17:32.556 (2:03.416)			
9 Berscheit, Amanda	11	Long Prairie	18:07.27	
2:09.178 (2:09.178)	4:24.610 (2:15.432)	6:41.046 (2:16.436)		
9:01.821 (2:20.775)	11:22.813 (2:20.992)	13:45.338 (2:22.526)		
16:08.042 (2:22.704)	18:07.266 (1:59.224)			

Event 22 Boys 3200 Meter Run

Name	Yr	School	Finals	
Finals				
1 Hansen, Nick	11	St. John's P	10:34.44	8
1:22.162 (1:22.162)	2:42.958 (1:20.796)	4:02.271 (1:19.314)		
5:21.403 (1:19.132)	6:40.198 (1:18.795)	8:00.758 (1:20.560)		
9:19.265 (1:18.507)	10:34.435 (1:15.171)			
2 Vix, Will	9	St. John's P	10:57.22	6
1:23.797 (1:23.797)	2:44.035 (1:20.239)	4:02.274 (1:18.239)		
5:25.962 (1:23.688)	6:48.930 (1:22.968)	8:13.347 (1:24.418)		
9:37.009 (1:23.662)	10:57.215 (1:20.207)			
3 McIntyre, Lane	9	St. John's P	11:48.37	4
1:28.742 (1:28.742)	2:58.255 (1:29.514)	4:26.499 (1:28.244)		
5:55.665 (1:29.166)	7:25.733 (1:30.068)	8:55.243 (1:29.511)		
10:25.369 (1:30.126)	11:48.363 (1:22.995)			
4 Christner, Jaxon	8	Osakis	12:29.08	2
1:24.923 (1:24.923)	2:57.707 (1:32.784)	4:35.590 (1:37.883)		
6:15.947 (1:40.358)	7:57.711 (1:41.764)	9:37.677 (1:39.966)		
11:11.707 (1:34.031)	12:29.075 (1:17.368)			
5 Anderson, Nathan	10	Long Prairie	12:33.93	1
1:26.586 (1:26.586)	3:00.030 (1:33.444)	4:36.942 (1:36.912)		
6:16.730 (1:39.788)	7:58.342 (1:41.612)	9:38.278 (1:39.936)		
11:12.489 (1:34.211)	12:33.923 (1:21.435)			
6 Johanson, Chase	8	Osakis	14:07.97	
1:31.127 (1:31.127)	3:08.578 (1:37.451)	4:53.974 (1:45.396)		
6:43.721 (1:49.747)	8:39.355 (1:55.635)	10:35.369 (1:56.014)		
12:27.366 (1:51.998)	14:07.967 (1:40.602)			

7 Schultz, Noah	12	Osakis	14:08.63
1:29.943 (1:29.943)	3:09.030 (1:39.087)	4:55.582 (1:46.552)	
6:47.270 (1:51.688)	8:41.705 (1:54.435)	10:36.418 (1:54.714)	
12:28.897 (1:52.479)	14:08.629 (1:39.732)		
8 Bitz, Gideon	7	Long Prairie	14:38.43
1:40.539 (1:40.539)	3:32.750 (1:52.211)	5:26.603 (1:53.854)	
7:20.479 (1:53.876)	9:13.414 (1:52.935)	11:08.577 (1:55.163)	
13:02.153 (1:53.576)	14:38.425 (1:36.272)		
9 Schultz, Caden	8	Long Prairie	15:10.85
1:31.045 (1:31.045)	3:15.689 (1:44.644)	5:08.051 (1:52.363)	
7:05.847 (1:57.796)	9:07.450 (2:01.603)	11:08.931 (2:01.482)	
13:14.674 (2:05.743)	15:10.850 (1:56.176)		

Event 23 Girls 4x400 Meter Relay

Team	Relay	Finals	
Finals			
1 Long Prairie		4:21.90	8
1) Albers, Maddie 9	2) Bitz, Lizzie 11		
3) Otremba, Isabelle 10	4) Abraham, Halle 10		
1:03.1 (1:03.1)	2:10.4 (1:07.3)	3:17.6 (1:07.3)	
4:21.9 (1:04.4)			
2 Browerville		4:23.70	6
1) Norton, Emma 10	2) Marxer, Natalie 10		
3) Perish, Ashley 10	4) Winter, Emily 10		
1:05.1 (1:05.1)	2:12.8 (1:07.8)	3:20.7 (1:07.9)	
4:23.7 (1:03.0)			
3 Osakis		4:26.90	4
1) Walker, Kaelyn 9	2) Weisser, Bella 9		
3) Helwig, Abbi 7	4) Boyer, Ally 8		
1:05.4 (1:05.4)	2:13.8 (1:08.4)	3:24.0 (1:10.2)	
4:26.9 (1:03.0)			
4 St. John's Prep		4:50.40	2
1) Ruzanic, Claudia 7	2) Rodriguez-Aviles, Lizzeth 11		
3) Bolton, Sarah 10	4) Duffy, Margaret 8		
1:14.1 (1:14.1)	2:26.6 (1:12.6)	3:39.5 (1:13.0)	
4:50.4 (1:10.9)			
5 Upsala/Swanville		4:51.90	
1) Arvig, Lynn 8	2) Klasen, Olivia 8		
3) Wimmer, Abby 8	4) Pilarski, Alexa 8		
1:14.1 (1:14.1)	2:28.2 (1:14.2)	3:41.0 (1:12.9)	
4:51.9 (1:10.9)			

Event 24 Boys 4x400 Meter Relay

Team	Relay	Finals	
Finals			
1 Osakis		3:42.32	8
1) Helberg, Kaleb 10	2) VanNyhuis, Trenton 9		
3) Aaser, Joseph 12	4) Bruder, Zackery 10		
56.067 (56.067)	1:53.479 (57.412)	2:49.392 (55.914)	
3:42.320 (52.928)			
2 St. John's Prep		3:42.52	6
1) Ruesink, Aaron 11	2) Thompson, Cameron 12		
3) Lu, PoHuan 11	4) Suo, Benjamin 10		
56.700 (56.700)	1:53.387 (56.687)	2:49.540 (56.154)	
3:42.519 (52.979)			

2023 Prairie Conference Championship - 5/17/2023

Clemens Stadium

Results

Finals ... (Event 24 Boys 4x400 Meter Relay)

Team	Relay	Finals
3 Upsala/Swanville		3:47.75 4
1) Jensen, Jimmy 10	2) Notermann, Andrew 12	
3) Guthrie, Nicholas 10	4) Guthrie, Joseph 11	
56.476 (56.476)	1:54.260 (57.784)	2:52.020 (57.760)
3:47.744 (55.724)		
4 Long Prairie		3:59.98 2
1) Terwey, Camden 12	2) Edwards, Caiden 10	
3) Sunderman, Domenic 9	4) Hidalgo, Jacob 9	
1:00.155 (1:00.155)	1:59.900 (59.746)	2:59.275 (59.375)
3:59.976 (1:00.702)		
5 Browerville		4:10.28
1) Thompson, Haiden 11	2) Recknor, Andre 12	
3) Irlbeck, Thomas 12	4) Benning, Tavin 10	
56.992 (56.992)	1:59.904 (1:02.912)	4:10.273 (2:10.370)

Event 25 Girls Shot Put

Name	Yr	School	Prelims
Preliminaries			
1 Kranz, Kiley	12	Osakis	42-05.50q
2 Douvier, Madison	12	Osakis	35-06.50q
3 Anderson, Annie	8	Osakis	30-04.00q
4 Mrozek, Genevieve	8	Upsala/Swanv	27-07.00q
5 Park, Alli	12	Long Prairie	27-06.50q
6 Lux, Brooklyn	10	Long Prairie	25-05.50q
7 Quijano, Naomi	10	Long Prairie	24-06.50q
8 Meyer, Miranda	11	St. John's P	23-04.00q
9 Martinson, Lauren	8	St. John's P	22-06.00
10 Chalich, Brianna	9	St. John's P	21-05.00
11 Mrozek, Bianca	7	Upsala/Swanv	21-04.50
12 Uhlenkamp, Mackenzie	12	Browerville	21-03.00
13 Roerick, Aubree	7	Upsala/Swanv	21-02.00
14 Wendel, Reagen	12	Browerville	18-08.00

Event 25 Girls Shot Put

Name	Yr	School	Finals
Finals			
1 Kranz, Kiley	12	Osakis	42-05.50 8
2 Douvier, Madison	12	Osakis	35-06.50 6
3 Anderson, Annie	8	Osakis	30-04.00 4
4 Mrozek, Genevieve	8	Upsala/Swanv	27-07.00 2
5 Park, Alli	12	Long Prairie	27-06.50 1
6 Lux, Brooklyn	10	Long Prairie	25-05.50
7 Quijano, Naomi	10	Long Prairie	24-06.50
8 Meyer, Miranda	11	St. John's P	23-04.00

Event 26 Boys Shot Put

Name	Yr	School	Prelims
Preliminaries			
1 Kirksey, McCarter	12	Osakis	44-02.50q
2 Lowe, Dylan	12	Browerville	38-05.00q
3 Webster, Reed	12	Browerville	38-03.50q
4 Petrich, Jack	12	Osakis	37-08.00q
5 Stienert, Mikkell	10	Osakis	37-04.00q
6 Host, Brady	12	Browerville	35-11.00q

7 Gunderson, Jake	11	Upsala/Swanv	31-05.50q
8 Terwey, Camden	12	Long Prairie	31-03.00q
9 Wimmer, Ethan	10	Upsala/Swanv	31-02.00
10 Garcia, Luis	10	Long Prairie	30-01.00
11 Heroux, Anthony	10	St. John's P	29-11.00
12 Roerick, Eli	10	Upsala/Swanv	29-04.00
13 Jinmaidongzhu, Kim	10	St. John's P	28-02.00
14 Wang, Tom	10	St. John's P	25-03.00
15 Sunderman, Domenic	9	Long Prairie	23-08.00

Event 26 Boys Shot Put

Name	Yr	School	Finals
Finals			
1 Kirksey, McCarter	12	Osakis	44-02.50 8
2 Lowe, Dylan	12	Browerville	38-05.00 6
3 Webster, Reed	12	Browerville	38-03.50 4
4 Petrich, Jack	12	Osakis	37-08.00 2
5 Stienert, Mikkell	10	Osakis	37-04.00 1
6 Host, Brady	12	Browerville	35-11.00
7 Gunderson, Jake	11	Upsala/Swanv	31-05.50
8 Terwey, Camden	12	Long Prairie	31-03.00

Event 27 Girls Discus Throw

Name	Yr	School	Prelims
Preliminaries			
1 Kranz, Kiley	12	Osakis	119-07q
2 Douvier, Madison	12	Osakis	90-07q
3 Lux, Brooklyn	10	Long Prairie	81-03q
4 Mrozek, Genevieve	8	Upsala/Swanv	78-11q
5 Kranz, Addison	8	Osakis	78-05q
6 Park, Alli	12	Long Prairie	77-09q
7 Aleckson, Evelyn	10	Upsala/Swanv	73-11q
8 Arvig, Lynn	8	Upsala/Swanv	68-03q
9 Meza, Alejandra	7	Long Prairie	62-08
10 Martinson, Lauren	8	St. John's P	60-09
11 Uhlenkamp, Mackenzie	12	Browerville	55-00
12 Meyer, Miranda	11	St. John's P	48-09
13 Chalich, Brianna	9	St. John's P	46-06
14 Wendel, Reagen	12	Browerville	43-09

Event 27 Girls Discus Throw

Name	Yr	School	Finals
Finals			
1 Kranz, Kiley	12	Osakis	119-07 8
2 Douvier, Madison	12	Osakis	88-11 6
3 Lux, Brooklyn	10	Long Prairie	81-03 4
4 Mrozek, Genevieve	8	Upsala/Swanv	78-11 2
5 Kranz, Addison	8	Osakis	78-05 1
6 Park, Alli	12	Long Prairie	77-09
7 Aleckson, Evelyn	10	Upsala/Swanv	73-11
8 Arvig, Lynn	8	Upsala/Swanv	68-03

Event 28 Boys Discus Throw

Name	Yr	School	Prelims
Preliminaries			
1 Guthrie, Nicholas	10	Upsala/Swanv	131-05q

2023 Prairie Conference Championship - 5/17/2023

Clemens Stadium

Results

Preliminaries ... (Event 28 Boys Discus Throw)

Name	Yr	School	Prelims
2 Kirksey, McCarter	12	Osakis	125-00q
3 Karnes, Logan	12	Osakis	117-07q
4 Helberg, Kaleb	10	Osakis	117-02q
5 DeCock, Dominic	12	Browerville	112-07q
6 Host, Brady	12	Browerville	101-06q
7 Gunderson, Jake	11	Upsala/Swanv	99-01q
8 Bitz, Caleb	12	Long Prairie	98-07q
9 Spychala, Liam	10	St. John's P	84-06
10 Wimmer, Ethan	10	Upsala/Swanv	84-05
11 Peterson, Jady	12	Browerville	81-04
12 Heroux, Anthony	10	St. John's P	80-00
13 Garcia, Luis	10	Long Prairie	75-10
14 Schultz, Blake	10	Long Prairie	75-06
15 Jinmaidongzhu, Kim	10	St. John's P	62-05

Event 28 Boys Discus Throw

Name	Yr	School	Finals
Finals			
1 Guthrie, Nicholas	10	Upsala/Swanv	131-05 8
2 Kirksey, McCarter	12	Osakis	125-00 6
3 Karnes, Logan	12	Osakis	117-07 4
4 Helberg, Kaleb	10	Osakis	117-02 2
5 DeCock, Dominic	12	Browerville	112-07 1
6 Host, Brady	12	Browerville	101-06
7 Gunderson, Jake	11	Upsala/Swanv	99-01
8 Bitz, Caleb	12	Long Prairie	98-07

Event 29 Girls Long Jump

Name	Yr	School	Prelims
Preliminaries			
1 Young, Alyssa	11	Upsala/Swanv	15-08.00q
2 Kendall, Kiana	11	Osakis	15-00.50q
3 Walker, Kaelyn	9	Osakis	14-07.50q
4 Rachidi, Tania	12	St. John's P	14-01.50q
5 Pilarski, Sammy	10	Upsala/Swanv	13-08.00q
6 Marthaler, Stephy	10	Osakis	13-07.50q
7 Perish, Brooke	7	Browerville	12-11.00q
8 Bosl, Morgan	9	Long Prairie	11-10.75q
9 Bechtold, Lucy	7	St. John's P	11-10.50
10 Perish, Claire	7	Browerville	11-10.25
11 Geschwill, Chloe	8	Upsala/Swanv	11-02.00
12 Duffy, Margaret	8	St. John's P	10-05.00

Event 29 Girls Long Jump

Name	Yr	School	Finals
Finals			
1 Young, Alyssa	11	Upsala/Swanv	15-08.00 8
2 Kendall, Kiana	11	Osakis	15-00.50 6
3 Walker, Kaelyn	9	Osakis	14-07.50 4
4 Rachidi, Tania	12	St. John's P	14-01.50 2
5 Pilarski, Sammy	10	Upsala/Swanv	13-08.00 1
6 Marthaler, Stephy	10	Osakis	13-07.50
7 Perish, Brooke	7	Browerville	12-11.00
8 Bosl, Morgan	9	Long Prairie	11-10.75

Event 30 Boys Long Jump

Name	Yr	School	Prelims
Preliminaries			
1 Jones, Stewart	12	Osakis	20-06.25q
2 Guthrie, Joseph	11	Upsala/Swanv	20-04.00q
3 Nedoroscik, Joseph	12	Browerville	20-00.00q
4 Bruder, Zackery	10	Osakis	18-01.50q
5 Rickbeil, Quinten	10	Browerville	18-00.00q
6 Lee, Tyler	10	Browerville	17-04.00q
7 Spychala, Liam	10	St. John's P	16-10.25q
8 Liebsch, David	11	Long Prairie	16-08.00q
9 Quillo, Kusi	11	Long Prairie	16-06.75
10 Ninow, Anthony	11	Long Prairie	16-01.50
11 Guthrie, Quinn	8	Upsala/Swanv	15-02.25
12 Lu, PoHuan	11	St. John's P	14-09.00
13 Crue, Thomas	8	St. John's P	14-07.50
--- Guthrie, Caleb	8	Upsala/Swanv	FOUL

Event 30 Boys Long Jump

Name	Yr	School	Finals
Finals			
1 Jones, Stewart	12	Osakis	J20-06.25 8
2 Guthrie, Joseph	11	Upsala/Swanv	J20-04.00 6
3 Nedoroscik, Joseph	12	Browerville	J20-00.00 4
4 Bruder, Zackery	10	Osakis	J18-01.50 2
5 Rickbeil, Quinten	10	Browerville	J18-00.00 1
6 Lee, Tyler	10	Browerville	J17-04.00
7 Spychala, Liam	10	St. John's P	J16-10.25
8 Liebsch, David	11	Long Prairie	J16-08.00

Event 31 Girls Triple Jump

Name	Yr	School	Prelims
Preliminaries			
1 Young, Alyssa	11	Upsala/Swanv	33-07.50q
2 Weisser, Bella	9	Osakis	29-11.50q
3 Schwope, Harlie	7	Osakis	29-08.00q
4 Pilarski, Sammy	10	Upsala/Swanv	29-03.25q
5 Marthaler, Stephy	10	Osakis	28-07.50q
6 Westling, Izzy	9	St. John's P	27-08.50q
7 Bosl, Morgan	9	Long Prairie	26-05.50q
8 Uhlenkamp, Mackenzie	12	Browerville	25-06.50q
9 Young, Ellianna	8	Long Prairie	24-06.00

Event 31 Girls Triple Jump

Name	Yr	School	Finals
Finals			
1 Young, Alyssa	11	Upsala/Swanv	33-07.50 8
2 Weisser, Bella	9	Osakis	29-11.50 6
3 Schwope, Harlie	7	Osakis	29-08.00 4
4 Pilarski, Sammy	10	Upsala/Swanv	29-03.25 2
5 Marthaler, Stephy	10	Osakis	28-07.50 1
6 Westling, Izzy	9	St. John's P	27-08.50
7 Bosl, Morgan	9	Long Prairie	26-05.50
8 Uhlenkamp, Mackenzie	12	Browerville	25-06.50

2023 Prairie Conference Championship - 5/17/2023

Clemens Stadium

Results

Event 32 Boys Triple Jump

Name	Yr	School	Prelims
Preliminaries			
1 Nedoroscik, Joe	12	Browerville	41-10.50q
2 Tronicke, Duncan	11	Osakis	38-07.00q
3 Guthrie, Nicholas	10	Upsala/Swanv	37-10.00q
4 Spychala, Liam	10	St. John's P	36-11.00q
5 Krueger, Cory	12	Long Prairie	36-01.00q
6 DeCock, Dominic	12	Browerville	35-09.00q
7 Ninow, Anthony	11	Long Prairie	35-01.00q
8 Webster, Reed	12	Browerville	33-10.00q
9 Bitz, Nathan	9	Long Prairie	31-03.00
10 Bavelli, Alex	8	St. John's P	28-03.00

Event 32 Boys Triple Jump

Name	Yr	School	Finals
Finals			
1 Nedoroscik, Joe	12	Browerville	41-10.50 8
2 Tronicke, Duncan	11	Osakis	38-07.00 6
3 Guthrie, Nicholas	10	Upsala/Swanv	37-10.00 4
4 Spychala, Liam	10	St. John's P	36-11.00 2
5 Krueger, Cory	12	Long Prairie	36-01.00 1
6 DeCock, Dominic	12	Browerville	35-09.00
7 Ninow, Anthony	11	Long Prairie	35-01.00
8 Webster, Reed	12	Browerville	33-10.00

Event 33 Girls High Jump

Name	Yr	School	Finals
Finals			
1 Norton, Emma	10	Browerville	4-10.00 8
2 Kuehne, Caroline	11	Long Prairie	J4-10.00 6
3 Mrozek, Genevieve	8	Upsala/Swanv	4-04.00 4
4 Klasen, Olivia	8	Upsala/Swanv	J4-04.00 2
5 Meyer, Miranda	11	St. John's P	4-02.00 1
6 Elke, Gabby	8	Browerville	J4-02.00
7 Christians, Olivia	7	Osakis	4-00.00
7 Young, Addison	8	Long Prairie	4-00.00
9 Lubbers, Emma	7	Osakis	J4-00.00
10 Arvig, Claire	11	Upsala/Swanv	3-10.00
10 Standafer, Jennica	12	Long Prairie	3-10.00
--- Kleinschmidt, Brooke	7	Osakis	NH

Event 34 Boys High Jump

Name	Yr	School	Finals
Finals			
1 Jones, Stewart	12	Osakis	5-10.00 8
2 Goodwin, Noah	11	Osakis	J5-10.00 5
2 Guthrie, Joseph	11	Upsala/Swanv	J5-10.00 5
4 Murch, Marshall	12	Browerville	5-08.00 2
5 Thompson, Haiden	11	Browerville	J5-08.00 1
6 Recknor, Andre	12	Browerville	5-04.00
7 Terwey, Camden	12	Long Prairie	5-02.00
8 Liebsch, David	11	Long Prairie	J5-02.00
--- Loop, Alfredo	8	Long Prairie	NH

Women - Team Rankings - 17 Events Scored

1) Osakis	129
2) Browerville	67
3) Upsala/Swanville	66
4) Long Prairie-Grey Eagle	48
5) St. John's Prep	43

Men - Team Rankings - 17 Events Scored

1) Osakis	118
2) St. John's Prep	96
3) Browerville	60
4) Long Prairie-Grey Eagle	43
5) Upsala/Swanville	36