

# 2023 Red Rock Conference

May 18th - Murray County Central, Slayton

## Girls

1. SWMCH-EHS (SW MN Christian & Edgerton)	191
2. Murray County Central	144
3. Hills-Beaver Creek	140
4. Mt. Lake Area - Comfrey	78.5
5. Westbrook-Walnut Grove/Red Rock Central	56
6. Adrian/Ellsworth	47.5
7. Heron Lake-Okabena/Fulda	35

## Boys

1. SWMCH-EHS	139
2. Mt. Lake Area - Comfrey	129
3. Heron Lake-Okabena/Fulda	116
4. Hills-Beaver Creek	114
5. Adrian/Ellsworth	74
6. Murray County Central	63
7. Westbrook-Walnut Grove/Red Rock Central	57

## Varsity Boys 100 Meters Finals

=====

### Athlete Yr Team Mark

=====

- 1 Peda Zeba 12 Adrian/Ellsworth 11.81
- 2 Kole Curry 12 Westbrook-Walnut Grove/Re 11.88
- 3 Gabe Vis 11 SWMCH-EHS 12.02
- 4 Cooper Gehrke 11 Hills-Beaver Creek 12.06
- 5 Beau Bakken 10 Hills-Beaver Creek 12.21
- 6 Mason Shaffner 9 Hills-Beaver Creek 12.26
- 7 Denver Ash 11 Heron Lake-Okabena/Fulda 12.27
- 8 Thomas Huso 11 Murray County Central 12.51
- 9 Ryan Pap 8 SWMCH-EHS 12.57
- 10 Dustin Falk 10 Mt. Lake Area - Comfrey 12.72
- 11 Christopher Xiong 10 Westbrook-Walnut Grove/Re 12.84
- 12 Ben Yang 10 Westbrook-Walnut Grove/Re 13.13
- 13 Jackson Schroeder 10 Murray County Central 13.40
- 14 Luke Iverson 9 Murray County Central 13.47
- 15 Chase Radtke 11 Mt. Lake Area - Comfrey 13.67
- 16 Ben Brinkhous 9 Adrian/Ellsworth 14.02
- 17 Caleb Fey 10 SWMCH-EHS 14.41
- 18 Owen Olsem 9 Heron Lake-Okabena/Fulda 14.86
- Damon John 9 Adrian/Ellsworth NT

## Varsity Girls 100 Meters Finals

=====

### Athlete Yr Team Mark

=====

- 1 Brynn Bakken 8 Hills-Beaver Creek 13.05
- 2 Alyvia Brands 9 SWMCH-EHS 13.62
- 3 Abigail Harris 9 Hills-Beaver Creek 13.72
- 4 Elizabeth Eisma 11 SWMCH-EHS 14.30
- 5 Paige McMullen 10 Mt. Lake Area - Comfrey 14.32

- 6 Sadi Altman 10 Adrian/Ellsworth 14.44
- 7 Maliya Nave 8 Adrian/Ellsworth 14.50
- 8 Amelia Sikel 11 Westbrook-Walnut Grove/Re 14.52
- 9 Gracie Peters 9 Mt. Lake Area - Comfrey 14.54
- 10 Sage DeBoer 7 Hills-Beaver Creek 14.74
- 11 Abby Moosey 10 SWMCH-EHS 14.76
- 12 Ambrosa Yang 9 Westbrook-Walnut Grove/Re 14.85
- 13 Bella Anacker 8 Mt. Lake Area - Comfrey 14.96
- 14 Courtney Gengler 10 Murray County Central 15.05
- 15 Madilyn Kramer 7 Murray County Central 15.20
- 16 Rebecca Cheadle 10 Heron Lake-Okabena/Fulda 15.21
- 17 Ava Reemtsma 9 Murray County Central 15.25
- 18 Liv Locke 10 Westbrook-Walnut Grove/Re 15.54
- 19 Angela Castillo 10 Adrian/Ellsworth 18.00

Varsity Boys 200 Meters Finals

=====

Athlete Yr Team Mark

=====

- 1 Kole Curry 12 Westbrook-Walnut Grove/Re 24.06
- 2 Gabe Vis 11 SWMCH-EHS 24.08
- 3 Aidan Schaap 11 SWMCH-EHS 24.49
- 4 Jordan Linscheid 12 Mt. Lake Area - Comfrey 24.67
- 5 Elisha Taubert 12 Hills-Beaver Creek 24.84
- 6 Ryan Pap 8 SWMCH-EHS 25.02
- 7 Logan Neuenburg 12 Adrian/Ellsworth 25.29
- 8 Luke DeSmith 12 Westbrook-Walnut Grove/Re 25.36
- 9 Denver Ash 11 Heron Lake-Okabena/Fulda 25.59
- 10 Mason Shaffner 9 Hills-Beaver Creek 25.67
- 11 Dustin Falk 10 Mt. Lake Area - Comfrey 25.98
- 12 Robert Yang 8 Westbrook-Walnut Grove/Re 26.58
- 13 Skyler Vandekieft 11 Adrian/Ellsworth 26.69
- 14 Sawyer Bosch 10 Hills-Beaver Creek 26.91
- 15 Cameron Meyer 8 Mt. Lake Area - Comfrey 28.53
- 16 Luke Iverson 9 Murray County Central 29.01
- 17 Blaine Braun 10 Murray County Central 29.23
- 18 Owen Olsem 9 Heron Lake-Okabena/Fulda 30.38
- 19 Carter Knakmuhs 10 Murray County Central 31.79
- Tavian Lange 12 Adrian/Ellsworth NT

Varsity Girls 200 Meters Finals

=====

Athlete Yr Team Mark

=====

- 1 Brynn Bakken 8 Hills-Beaver Creek 26.67
- 2 Alyvia Brands 9 SWMCH-EHS 28.07
- 3 Kierra Binford 12 SWMCH-EHS 28.18
- 4 Abigail Harris 9 Hills-Beaver Creek 29.20
- 5 Paige McMullen 10 Mt. Lake Area - Comfrey 29.95
- 6 Elizabeth Eisma 11 SWMCH-EHS 30.04
- 7 Maliya Nave 8 Adrian/Ellsworth 30.36
- 8 Sage DeBoer 7 Hills-Beaver Creek 30.73
- 9 Suttyn Schryvers 7 Murray County Central 30.87
- 10 Isabel Klumper 11 Westbrook-Walnut Grove/Re 31.36
- 11 Tiegana Meyer 12 Mt. Lake Area - Comfrey 31.47
- 12 Abby Overman 11 Murray County Central 32.31

- 13 Allie Cook 10 Adrian/Ellsworth 32.63
- 13 Liv Locke 10 Westbrook-Walnut Grove/Re 32.63
- 15 Anneka Eisfeld 9 Heron Lake-Okabena/Fulda 33.03
- 16 Faith Marsh 10 Westbrook-Walnut Grove/Re 33.67
- 17 Laney Kathman 9 Murray County Central 35.45
- 18 Reese Henning 10 Adrian/Ellsworth 35.64
- 19 Alabama Hoonhorst 8 Heron Lake-Okabena/Fulda 36.41

Varsity Boys 400 Meters Finals

=====

Athlete Yr Team Mark

=====

- 1 Carter Olsen 11 Mt. Lake Area - Comfrey 52.32
- 2 Jordan Linscheid 12 Mt. Lake Area - Comfrey 52.87
- 3 Aidan Schaap 11 SWMCH-EHS 53.02
- 4 Ethan Schroeder 10 Mt. Lake Area - Comfrey 53.55
- 5 Gabe Vis 11 SWMCH-EHS 53.60
- 6 Elisha Taubert 12 Hills-Beaver Creek 54.65
- 7 Luke DeSmith 12 Westbrook-Walnut Grove/Re 55.45
- 8 Lucas Essman 11 Adrian/Ellsworth 56.32
- 9 Blake Leenderts 10 Hills-Beaver Creek 56.83
- 10 Alex Kueny 9 Heron Lake-Okabena/Fulda 57.21
- 11 Landon Leuthold 11 Adrian/Ellsworth 59.71
- 12 Adrian Yang 8 Westbrook-Walnut Grove/Re 1:00.22
- 13 Josh Jansma 11 Adrian/Ellsworth 1:01.21
- 14 Riggins Rheault 8 Hills-Beaver Creek 1:04.87
- 15 Jordan Uilk 10 SWMCH-EHS 1:06.88
- Ryan Pap 8 SWMCH-EHS 53.68
- Jonah Uilk 9 SWMCH-EHS 54.6
- Ethan Sas 12 SWMCH-EHS 54.8
- Silas Van Essen 9 SWMCH-EHS 58.12

Varsity Girls 400 Meters Finals

=====

Athlete Yr Team Mark

=====

- 1 Brylei Schreier 11 Murray County Central 1:02.58
- 2 Gracie Peters 9 Mt. Lake Area - Comfrey 1:04.33
- 3 Abigail Harris 9 Hills-Beaver Creek 1:04.67
- 4 Makenzie Pap 11 SWMCH-EHS 1:05.10
- 5 Savannah Schultz 12 SWMCH-EHS 1:05.78
- 6 Olivia Bullerman 8 Adrian/Ellsworth 1:05.84
- 7 Mia Vis 9 SWMCH-EHS 1:07.43
- 8 Jozie Cuperus 8 Adrian/Ellsworth 1:08.63
- 9 Meghan Johnson 11 Mt. Lake Area - Comfrey 1:09.18
- 10 Lily Daniels 11 Murray County Central 1:10.54
- 11 Allie Paulzine 9 Murray County Central 1:10.69
- 12 Ella Sammons 9 Hills-Beaver Creek 1:15.06
- 13 Gao Vang 8 Westbrook-Walnut Grove/Re 1:17.78
- 14 Elizabeth Meiner 10 Westbrook-Walnut Grove/Re 1:27.05
- 15 Angela Castillo 10 Adrian/Ellsworth 1:27.78
- Makenzie Pap 11 SWMCH-EHS 66.36
- Mia Vis 9 SWMCH-EHS 66.42
- Kierra Binford 12 SWMCH-EHS 68.53
- Shaylee Van Essen 12 SWMCH-EHS 68.64

Varsity Boys 800 Meters Finals

=====

Athlete Yr Team Mark

=====

- 1 Kody Wassman 11 Mt. Lake Area - Comfrey 2:01.79
- 2 Caleb Appel 10 Heron Lake-Okabena/Fulda 2:06.23
- 3 Ethan Schroeder 10 Mt. Lake Area - Comfrey 2:10.57
- 4 Dylan Graff 12 Adrian/Ellsworth 2:10.60
- 5 Jonah Uilk 9 SWMCH-EHS 2:13.08
- 6 Ethan Sas 12 SWMCH-EHS 2:13.27
- 7 Logan Bossert 11 Adrian/Ellsworth 2:14.53
- 8 Luke Klassen 12 Mt. Lake Area - Comfrey 2:15.10
- 9 Drew Swanson 9 Westbrook-Walnut Grove/Re 2:15.39
- 10 Alexander Betz 8 Murray County Central 2:16.43
- 11 Darwin Demarrias-Jansma 9 Adrian/Ellsworth 2:22.28
- 12 Caleb Ethridge 11 Heron Lake-Okabena/Fulda 2:23.59
- 13 Zach Kirchner 10 Heron Lake-Okabena/Fulda 2:25.56
- 14 Beckett Stelter 8 Murray County Central 2:27.77
- 15 Walker Biren 9 Murray County Central 2:37.95
- 16 Jordan Uilk 10 SWMCH-EHS 2:39.10
- 17 Owen Lor 8 Westbrook-Walnut Grove/Re 2:52.29
- 18 Benjamin Meiner 8 Westbrook-Walnut Grove/Re 3:00.93

Varsity Girls 800 Meters Finals

=====

Athlete Yr Team Mark

=====

- 1 Ashley Overgaauw 12 Murray County Central 2:25.37
- 2 Sophia Nelson 10 Murray County Central 2:32.22
- 3 Megan Bakke 12 Murray County Central 2:38.94
- 4 Theresa Nwaiga 11 Mt. Lake Area - Comfrey 2:42.51
- 5 Shaylee Van Essen 12 SWMCH-EHS 2:44.51
- 6 Savannah Schultz 12 SWMCH-EHS 2:47.11
- 7 Hannah Beyer 7 Mt. Lake Area - Comfrey 2:47.82
- 8 Celia Vogel 8 Westbrook-Walnut Grove/Re 2:48.70
- 9 Miranda Mischke 8 Westbrook-Walnut Grove/Re 2:51.91
- 10 Haylie Tripp 9 SWMCH-EHS 2:53.37
- 11 Hunter Penning 11 Adrian/Ellsworth 2:54.71
- 12 Ashton Reiersen 7 Heron Lake-Okabena/Fulda 3:01.79
- 13 Cadey Brown 8 Westbrook-Walnut Grove/Re 3:03.98
- Savannah Schultz 12 SWMCH-EHS 2:38.18
- Lindsay Fick 12 SWMCH-EHS 2:42.56
- Haylie Tripp 9 SWMCH-EHS 2:47.04
- Elia Vis 9 SWMCH-EHS 2:49.22

Varsity Boys 1600 Meters Finals

=====

Athlete Yr Team Mark

=====

- 1 Zach Klassen 10 Mt. Lake Area - Comfrey 4:32.00
- 2 Evan Bumgardner 10 Heron Lake-Okabena/Fulda 4:47.39
- 3 Dylan Graff 12 Adrian/Ellsworth 4:53.79
- 4 Jonah Uilk 9 SWMCH-EHS 4:57.01
- 5 Logan Bossert 11 Adrian/Ellsworth 4:58.36
- 6 Jon Olsem 11 Heron Lake-Okabena/Fulda 5:00.95
- 7 Matthew Stapek 9 Heron Lake-Okabena/Fulda 5:03.32

- 8 Alexander Betz 8 Murray County Central 5:03.85
- 9 Darwin Demarrias-Jansma 9 Adrian/Ellsworth 5:08.10
- 10 Ethan Sas 12 SWMCH-EHS 5:09.13
- 11 Mason Hamm 12 SWMCH-EHS 5:12.31
- 12 Wyatt Biren 12 Murray County Central 5:42.25
- 13 Max Sammons 7 Hills-Beaver Creek 5:48.91
- 14 Gabe Gleis 9 Murray County Central 6:27.38
- Jacob Lopez 7 Mt. Lake Area - Comfrey NT

Varsity Girls 1600 Meters Finals

=====

Athlete Yr Team Mark

=====

- 1 Ashley Overgaauw 12 Murray County Central 5:11.38
- 2 Sophia Nelson 10 Murray County Central 5:47.52
- 3 Bailey Spykerboer 10 Hills-Beaver Creek 6:01.09
- 4 Miranda Mischke 8 Westbrook-Walnut Grove/Re 6:02.71
- 5 Lydia Rete 11 Mt. Lake Area - Comfrey 6:08.88
- 6 Laiken Farris 8 Heron Lake-Okabena/Fulda 6:12.75
- 7 Elia Vis 9 SWMCH-EHS 6:32.99
- 8 Kalli Blom 9 SWMCH-EHS 7:17.05
- 9 Emma Risacher 9 Murray County Central 7:17.06
- 10 Zoe Nonginthirath 12 SWMCH-EHS 7:24.38

Varsity Boys 3200 Meters Finals

=====

Athlete Yr Team Mark

=====

- 1 Evan Bumgardner 10 Heron Lake-Okabena/Fulda 10:18.22
- 2 Jon Olsem 11 Heron Lake-Okabena/Fulda 11:09.71
- 3 Silas Stapek 11 Heron Lake-Okabena/Fulda 11:19.68
- 4 Mason Hamm 12 SWMCH-EHS 11:27.72
- 5 Nilson Van Hulzen 10 SWMCH-EHS 11:43.42
- 6 Wesley Hause 8 Murray County Central 11:54.49
- 7 Joseph Torres 8 Mt. Lake Area - Comfrey 11:56.74
- 8 Wyatt Biren 12 Murray County Central 12:43.24
- 9 Eli Van Iperen 10 SWMCH-EHS 12:59.27
- 10 Brayden Stewart 11 Mt. Lake Area - Comfrey 15:07.51

Varsity Girls 3200 Meters Finals

=====

Athlete Yr Team Mark

=====

- 1 Amanda Overgaauw 12 Murray County Central 11:15.37
- 2 Meghan Johnson 11 Mt. Lake Area - Comfrey 13:41.74
- 3 Lindsie Fick 12 SWMCH-EHS 13:42.30
- 4 Holland Vogel 7 Murray County Central 14:15.40
- 5 Keyona Klingenberg 8 Adrian/Ellsworth 14:26.00
- 6 Olivia Muyskens 10 SWMCH-EHS 14:33.25
- 7 Ruth Ethridge 8 Heron Lake-Okabena/Fulda 14:33.80
- 8 Hannah Masselink 9 SWMCH-EHS 15:40.93
- 9 Sara Cavicchi 12 Heron Lake-Okabena/Fulda 19:16.00

Varsity Girls 100m Hurdles Finals

=====

Athlete Yr Team Mark

- =====
- 1 Evelyn Rentschler 8 Westbrook-Walnut Grove/Re 18.59
  - 2 Brealyn Damm 11 Murray County Central 18.68
  - 3 Hailey Erickson 9 SWMCH-EHS 18.78
  - 4 Lydia Talsma 9 SWMCH-EHS 18.83
  - 5 Anna Byers 10 Westbrook-Walnut Grove/Re 18.91
  - 6 Ava Steinhoff 8 Hills-Beaver Creek 19.05
  - 7 Lindsey Hause 11 Murray County Central 19.58
  - 8 Abigail Beyer 8 Mt. Lake Area - Comfrey 19.59
  - 9 Larissa Steinhoff 11 Hills-Beaver Creek 19.66
  - 10 Gracelyn Fick 9 SWMCH-EHS 21.14
  - 11 Marine Vergnaud 12 Mt. Lake Area - Comfrey 21.38
  - 12 Brooklynn Tyrrell 9 Heron Lake-Okabena/Fulda 22.71
  - 13 Faith Marsh 10 Westbrook-Walnut Grove/Re 23.18
  - 14 Alesha Henning 12 Adrian/Ellsworth 23.89
  - 15 Chloe Kremer 7 Murray County Central 24.83

Varsity Boys 110m Hurdles Finals

=====

Athlete Yr Team Mark

=====

- 1 Ashton Kalas 12 Murray County Central 17.34
- 2 Bowen Hesse 9 Westbrook-Walnut Grove/Re 17.40
- 3 James Vanden Bosch 10 Hills-Beaver Creek 18.86
- 4 Grant Busker 11 SWMCH-EHS 18.94
- 5 Layne Wall 10 Mt. Lake Area - Comfrey 19.44
- 6 Mark Mershon 11 Westbrook-Walnut Grove/Re 20.80
- 7 Jackson Gacke 10 Hills-Beaver Creek 21.36
- 8 Silas Stapek 11 Heron Lake-Okabena/Fulda 21.93
- 9 Torrin Clarke 10 Heron Lake-Okabena/Fulda 22.11
- 10 Blaine Braun 10 Murray County Central 22.31

Varsity Boys 300m Hurdles Finals

=====

Athlete Yr Team Mark

=====

- 1 Grant Busker 11 SWMCH-EHS 44.63
- 2 Ashton Kalas 12 Murray County Central 45.73
- 3 Layne Wall 10 Mt. Lake Area - Comfrey 45.85
- 4 Silas Van Essen 9 SWMCH-EHS 47.02
- 5 Kevin Van Hulzen 9 SWMCH-EHS 50.07
- 6 Aiden Lorenzen 11 Heron Lake-Okabena/Fulda 50.13
- 7 James Vanden Bosch 10 Hills-Beaver Creek 50.60
- 8 Jackson Gacke 10 Hills-Beaver Creek 50.75
- 9 Mark Mershon 11 Westbrook-Walnut Grove/Re 50.83
- 10 Bowen Hesse 9 Westbrook-Walnut Grove/Re 54.31
- 11 Blaine Braun 10 Murray County Central 55.01
- 12 Torrin Clarke 10 Heron Lake-Okabena/Fulda 55.48
- 13 Jamesyn Klosterbuer 10 Hills-Beaver Creek 56.27

Varsity Girls 300m Hurdles Finals

=====

Athlete Yr Team Mark

=====

- 1 Lindsey Hause 11 Murray County Central 52.17
- 2 Hailey Erickson 9 SWMCH-EHS 53.30

- 3 Anna Byers 10 Westbrook-Walnut Grove/Re 54.68
- 4 Zoe Evers 10 Mt. Lake Area - Comfrey 55.45
- 5 Ava Steinhoff 8 Hills-Beaver Creek 55.98
- 6 Evelyn Rentschler 8 Westbrook-Walnut Grove/Re 57.65
- 7 Gracelyn Fick 9 SWMCH-EHS 57.97
- 8 Marine Vergnaud 12 Mt. Lake Area - Comfrey 59.69
- 9 Kayla Vander Schaaf 12 SWMCH-EHS 1:00.23
- 10 Abigail Beyer 8 Mt. Lake Area - Comfrey 1:01.73

Varsity Boys 4x100m Relay Finals

=====

Team Time

=====

- 1 Adrian/Ellsworth 45.96
- 2 Hills-Beaver Creek 46.93
- 3 Heron Lake-Okabena/Fulda 48.45
- 4 Mt. Lake Area - Comfrey 48.60
- 5 Murray County Central 48.75
- 6 SWMCH-EHS 52.21

Varsity Girls 4x100m Relay Finals

=====

Team Time

=====

- 1 Hills-Beaver Creek 54.72
- 2 SWMCH-EHS 54.93
- 3 Mt. Lake Area - Comfrey 56.33
- 4 Adrian/Ellsworth 56.48
- 5 Murray County Central 57.99
- 6 Westbrook-Walnut Grove/Red Rock Central 58.78
- 7 Heron Lake-Okabena/Fulda 1:00.14

Varsity Boys 4x200m Relay Finals

=====

Team Time

=====

- 1 Adrian/Ellsworth 1:36.09
- 2 Hills-Beaver Creek 1:38.19
- 3 Westbrook-Walnut Grove/Red Rock Central 1:39.02
- 4 Mt. Lake Area - Comfrey 1:43.75
- 5 Murray County Central 1:44.07
- 6 Heron Lake-Okabena/Fulda 1:48.36
- 7 SWMCH-EHS 1:49.21

Varsity Girls 4x200m Relay Finals

=====

Team Time

=====

- 1 SWMCH-EHS 1:51.62
- 2 Hills-Beaver Creek 1:57.74
- 3 Murray County Central 2:00.54
- 4 Westbrook-Walnut Grove/Red Rock Central 2:04.64
- 5 Adrian/Ellsworth 2:07.27
- 6 Heron Lake-Okabena/Fulda 2:17.70
- Mt. Lake Area - Comfrey NT

Varsity Boys 4x400m Relay Finals

=====  
Team Time  
=====

- 1 Mt. Lake Area - Comfrey 3:36.58
- 2 SWMCH-EHS 3:41.26
- 3 Hills-Beaver Creek 3:52.14
- 4 Heron Lake-Okabena/Fulda 3:59.44
- 5 Murray County Central 4:08.89
- 6 Adrian/Ellsworth 4:15.41

Varsity Girls 4x400m Relay Finals

=====  
Team Time  
=====

- 1 Murray County Central 4:18.78
- 2 SWMCH-EHS 4:29.95
- 3 Hills-Beaver Creek 4:34.09
- 4 Adrian/Ellsworth 4:39.80
- 5 Mt. Lake Area - Comfrey 4:40.67
- 6 Heron Lake-Okabena/Fulda 5:03.37

Varsity Boys 4x800m Relay Finals

=====  
Team Time  
=====

- 1 Mt. Lake Area - Comfrey 8:23.08
- 2 SWMCH-EHS 9:21.12
- 3 Heron Lake-Okabena/Fulda 9:48.75
- 4 Adrian/Ellsworth 9:55.88
- 5 Hills-Beaver Creek 10:00.33
- 6 Murray County Central 10:22.83

Varsity Girls 4x800m Relay Finals

=====  
Team Time  
=====

- 1 Murray County Central 10:42.80
- 2 SWMCH-EHS 10:57.20
- 3 Mt. Lake Area - Comfrey 11:05.20
- 4 Adrian/Ellsworth 11:33.70
- 5 Hills-Beaver Creek 11:42.20
- 6 Heron Lake-Okabena/Fulda 13:51.52

Varsity Boys Shot Put Finals

=====  
Athlete Yr Team Mark  
=====

- 1 Beau Bakken 10 Hills-Beaver Creek 40-10.5
- 2 Jackson Gacke 10 Hills-Beaver Creek 40-1.5
- 3 Brayden Metzger 12 Hills-Beaver Creek 39-6.75
- 4 Thomas Huso 11 Murray County Central 38-8
- 5 Carson Klein 10 Heron Lake-Okabena/Fulda 38-4
- 6 Eli Hall 10 Mt. Lake Area - Comfrey 36-11
- 7 Evan Oltmans 12 Mt. Lake Area - Comfrey 36-8.25
- 8 Broox Platt 9 Murray County Central 36-1



- 9 Griffin Braun 10 Murray County Central 35-3.25
- 10 Rylan Klein 12 Heron Lake-Okabena/Fulda 34-1.25
- 11 Brody Kleven 12 Mt. Lake Area - Comfrey 33-0.75
- 12 Jacob Masselink 11 SWMCH-EHS 32-2.75
- 13 Tyson Clausen 9 Heron Lake-Okabena/Fulda 31-3.25
- 14 Cheick Zeba 10 Adrian/Ellsworth 30-9.5
- 15 Tytus Vander Pol 9 SWMCH-EHS 29-11.5
- 16 Keeton Ockenga 9 SWMCH-EHS 29-0.25
- 17 Josh Honken 8 Adrian/Ellsworth 28-9
- 18 Chue Vang 10 Westbrook-Walnut Grove/Re 28-0.5
- 19 Benjamin Meiner 8 Westbrook-Walnut Grove/Re 23-4
- 20 Kolton Gieseke 8 Adrian/Ellsworth 20-7.25
- 21 Owen Lor 8 Westbrook-Walnut Grove/Re 20-3

Varsity Girls Shot Put Finals

=====

Athlete Yr Team Mark

=====

- 1 Jocelyn Barron 11 SWMCH-EHS 35-9.75
- 2 Isabel Wysong 9 Hills-Beaver Creek 32-8
- 3 Ally Birger 9 Hills-Beaver Creek 31-7.75
- 4 Taylor Wieneke 11 Adrian/Ellsworth 31-0.5
- 5 Larissa Steinhoff 11 Hills-Beaver Creek 31-0
- 6 Corrie Thomson 10 SWMCH-EHS 29-5.5
- 7 Makenna Moss 12 SWMCH-EHS 28-9
- 8 Callie Platt 11 Murray County Central 27-9.75
- 9 Riley Parker 10 Westbrook-Walnut Grove/Re 27-3.75
- 10 Ally Linder 9 Westbrook-Walnut Grove/Re 27-3
- 11 Kearney Wall 12 Mt. Lake Area - Comfrey 27-1.25
- 12 Erica Doeden 9 Murray County Central 26-5
- 13 Brie Anacker 10 Mt. Lake Area - Comfrey 26-0
- 14 Kayla Browen 12 Adrian/Ellsworth 25-0.5
- 15 Alabama Hoonhorst 8 Heron Lake-Okabena/Fulda 24-5.25
- 16 Alexis Vang 8 Westbrook-Walnut Grove/Re 23-11
- 17 Kylie Knakmuhs 11 Murray County Central 23-9.75
- 18 Anneka Eisfeld 9 Heron Lake-Okabena/Fulda 22-1.25
- 19 Emma Nielsen 8 Heron Lake-Okabena/Fulda 21-2
- 20 Destiny Gibbens 12 Adrian/Ellsworth 18-10
- Bella Anacker 8 Mt. Lake Area - Comfrey ND

Varsity Boys Discus Finals

=====

Athlete Yr Team Mark

=====

- 1 Dylan Doeden 12 Murray County Central 117-3
- 2 Jackson Gacke 10 Hills-Beaver Creek 112-1
- 3 Carson Klein 10 Heron Lake-Okabena/Fulda 111-5
- 4 Thaddeus Brey 8 Heron Lake-Okabena/Fulda 111-1
- 5 Riley Tatge 11 Hills-Beaver Creek 109-1
- 6 Brayden Metzger 12 Hills-Beaver Creek 103-1
- 7 Evan Oltmans 12 Mt. Lake Area - Comfrey 101-6
- 8 Jacob Masselink 11 SWMCH-EHS 100-0
- 9 Rylan Klein 12 Heron Lake-Okabena/Fulda 95-11
- 10 Broox Platt 9 Murray County Central 88-9
- 11 Griffin Braun 10 Murray County Central 86-1
- 12 Cheick Zeba 10 Adrian/Ellsworth 85-6

- 13 Noah Holmberg 10 Mt. Lake Area - Comfrey 80-2
- 14 Keeton Ockenga 9 SWMCH-EHS 73-6
- 15 Josh Honken 8 Adrian/Ellsworth 72-0
- 16 Landin Morin 12 Mt. Lake Area - Comfrey 67-11
- 17 Chue Vang 10 Westbrook-Walnut Grove/Re 66-6
- 18 Jacob Wassink 9 SWMCH-EHS 64-6
- 19 Benjamin Meiner 8 Westbrook-Walnut Grove/Re 62-8
- 20 Kolton Gieseke 8 Adrian/Ellsworth 58-6
- Adrian Yang 8 Westbrook-Walnut Grove/Re ND

Varsity Girls Discus Finals

=====

Athlete Yr Team Mark

=====

- 1 Kearney Wall 12 Mt. Lake Area - Comfrey 90-6
- 2 Taylor Wieneke 11 Adrian/Ellsworth 87-2
- 3 Alabama Hoonhorst 8 Heron Lake-Okabena/Fulda 86-1
- 4 Jocelyn Barron 11 SWMCH-EHS 84-2
- 5 Corrie Thomson 10 SWMCH-EHS 82-4
- 6 Ally Birger 9 Hills-Beaver Creek 82-4
- 7 Larissa Steinhoff 11 Hills-Beaver Creek 81-10
- 8 Brianna Moss 12 SWMCH-EHS 81-2
- 9 Callie Platt 11 Murray County Central 77-11
- 10 Alexis Vang 8 Westbrook-Walnut Grove/Re 73-2
- 11 Kayla Browen 12 Adrian/Ellsworth 70-9
- 12 Krystna Betz 10 Murray County Central 70-4
- 13 Kylie Knakmuhs 11 Murray County Central 68-9
- 14 Isabel Wysong 9 Hills-Beaver Creek 68-1
- 15 Brie Anacker 10 Mt. Lake Area - Comfrey 60-8
- 16 Avery Winter 8 Heron Lake-Okabena/Fulda 60-0
- 17 Aneka Eisfeld 9 Heron Lake-Okabena/Fulda 59-7
- 18 Phoenix Weckman 11 Westbrook-Walnut Grove/Re 56-4
- 19 Madelyn Oltmans 9 Mt. Lake Area - Comfrey 55-5
- 20 Elizabeth Meiner 10 Westbrook-Walnut Grove/Re 55-0
- 21 Destiny Gibbens 12 Adrian/Ellsworth 49-8

Varsity Boys High Jump Finals

=====

Athlete Yr Team Mark

=====

- 1 Grant Busker 11 SWMCH-EHS 6-2
- 2 Denver Ash 11 Heron Lake-Okabena/Fulda 5-10
- 3 Logan Gass 11 Heron Lake-Okabena/Fulda 5-8
- 4 James Vanden Bosch 10 Hills-Beaver Creek 5-6
- 5 Chase Anacker 11 Mt. Lake Area - Comfrey 5-6
- 6 Elisha Taubert 12 Hills-Beaver Creek 5-4
- 7 Cameron Meyer 8 Mt. Lake Area - Comfrey 5-4
- 8 Carter Knakmuhs 10 Murray County Central 5-2
- 9 Silas Van Essen 9 SWMCH-EHS 5-2
- 10 Jamin Metzger 9 Hills-Beaver Creek 5-0
- 11 Jonah Uilk 9 SWMCH-EHS 5-0
- Mason Kirchner 7 Heron Lake-Okabena/Fulda NH

Varsity Girls High Jump Finals

=====

Athlete Yr Team Mark

=====

- 1 Rebecca Cheadle 10 Heron Lake-Okabena/Fulda 4-10
- 2 Brealyn Damm 11 Murray County Central 4-10
- 3 Ava Steinhoff 8 Hills-Beaver Creek 4-8
- 4 Michala Morin 12 Mt. Lake Area - Comfrey 4-8
- 5 Larissa Steinhoff 11 Hills-Beaver Creek 4-6
- 5 Lindsey Hause 11 Murray County Central 4-6
- 5 Lindsie Fick 12 SWMCH-EHS 4-6
- 8 Katelyn Frodermann 10 Adrian/Ellsworth 4-6
- 8 Tiegan Meyer 12 Mt. Lake Area - Comfrey 4-6
- 10 Gracelyn Fick 9 SWMCH-EHS 4-4
- 11 Anna Byers 10 Westbrook-Walnut Grove/Re 4-2
- 11 Brooklynn Tyrrell 9 Heron Lake-Okabena/Fulda 4-2
- 13 Mia Vis 9 SWMCH-EHS 4-0
- 13 Emily Gass 7 Heron Lake-Okabena/Fulda 4-0
- Faith Marsh 10 Westbrook-Walnut Grove/Re NH
- Erynn Rohrer 8 Murray County Central NH

#### Varsity Boys Pole Vault Finals

=====

Athlete Yr Team Mark

=====

- 1 Aiden Lorenzen 11 Heron Lake-Okabena/Fulda 11-0
- 2 Ben Yang 10 Westbrook-Walnut Grove/Re 9-6
- 2 Caleb Rosenbrook 8 Murray County Central 9-6
- 4 Bowen Hesse 9 Westbrook-Walnut Grove/Re 9-0
- 5 Jacob Bertrand 11 Heron Lake-Okabena/Fulda 8-6
- 6 Adrian Yang 8 Westbrook-Walnut Grove/Re 8-0
- 7 Mason Hamm 12 SWMCH-EHS 8-0
- 8 Layne Wall 10 Mt. Lake Area - Comfrey 7-6
- 9 Ethan Schroeder 10 Mt. Lake Area - Comfrey 7-6
- 10 Mason Kirchner 7 Heron Lake-Okabena/Fulda 7-6
- Luke Iverson 9 Murray County Central NH
- Carson Engelkes 10 Murray County Central NH
- Luke Klassen 12 Mt. Lake Area - Comfrey NH

#### Varsity Girls Pole Vault Finals

=====

Athlete Yr Team Mark

=====

- 1 Makenna Brands 12 SWMCH-EHS 8-0
- 2 Abby Wiggins 11 Westbrook-Walnut Grove/Re 7-6
- 3 Gracelyn Fick 9 SWMCH-EHS 7-0
- 4 Grace Suda 11 SWMCH-EHS 6-6
- 5 Riley Parker 10 Westbrook-Walnut Grove/Re 6-6
- 6 Brooklynn Tyrrell 9 Heron Lake-Okabena/Fulda 6-6
- 7 Evelyn Rentschler 8 Westbrook-Walnut Grove/Re 6-6
- 8 Jayden Gleis 8 Murray County Central 6-0
- 8 Chloe Kremer 7 Murray County Central 6-0
- 10 Brie Kirchner 7 Heron Lake-Okabena/Fulda 6-0
- 11 Elsie Buller 10 Mt. Lake Area - Comfrey 5-6
- 12 Paige Wilson 10 Mt. Lake Area - Comfrey 5-0
- 13 Elyza Buller 10 Mt. Lake Area - Comfrey 5-0

#### Varsity Boys Long Jump Finals

=====

Athlete Yr Team Mark

---

---

- 1 Aidan Schaap 11 SWMCH-EHS 20-0
- 2 Chase Anacker 11 Mt. Lake Area - Comfrey 19-2
- 3 Tavian Lange 12 Adrian/Ellsworth 18-5
- 4 Ryan Pap 8 SWMCH-EHS 18-0.5
- 5 Christopher Xiong 10 Westbrook-Walnut Grove/Re 18-0
- 6 Mason Shaffner 9 Hills-Beaver Creek 17-7
- 7 Preston Xayachak 11 Mt. Lake Area - Comfrey 17-3
- 8 Logan Gass 11 Heron Lake-Okabena/Fulda 17-0
- 9 Luke Klassen 12 Mt. Lake Area - Comfrey 16-11
- 10 Drew Swanson 9 Westbrook-Walnut Grove/Re 16-9.5
- 11 Sawyer Bosch 10 Hills-Beaver Creek 16-9
- 11 Bode Kruger 9 Hills-Beaver Creek 16-9
- 13 Thomas Huso 11 Murray County Central 16-2
- 14 Luke DeSmith 12 Westbrook-Walnut Grove/Re 15-1
- 15 Kaston Clarke 8 Heron Lake-Okabena/Fulda 14-2.5
- 16 Dillon Zepeda 7 Heron Lake-Okabena/Fulda 14-0.5

Varsity Girls Long Jump Finals

---

---

Athlete Yr Team Mark

---

---

- 1 Brynn Bakken 8 Hills-Beaver Creek 16-1
- 2 Shaylee Van Essen 12 SWMCH-EHS 15-1.75
- 3 Brealyn Damm 11 Murray County Central 14-4.5
- 4 Elizabeth Eisma 11 SWMCH-EHS 14-2
- 5 Amelia Sikel 11 Westbrook-Walnut Grove/Re 14-1.5
- 6 Brynn Rauk 11 Hills-Beaver Creek 13-10.25
- 7 Alyvia Brands 9 SWMCH-EHS 13-8.25
- 8 Abigail Harris 9 Hills-Beaver Creek 13-7
- 9 Paige McMullen 10 Mt. Lake Area - Comfrey 13-6
- 10 Elyza Buller 10 Mt. Lake Area - Comfrey 13-2
- 11 Sadi Altman 10 Adrian/Ellsworth 13-1.5
- 12 Abby Wiggins 11 Westbrook-Walnut Grove/Re 12-9
- 13 Elsie Buller 10 Mt. Lake Area - Comfrey 12-8
- 14 Lily Daniels 11 Murray County Central 12-7.75
- 15 Ambrosa Yang 9 Westbrook-Walnut Grove/Re 11-11.5
- 16 Alesha Henning 12 Adrian/Ellsworth 11-10.5
- 17 Avery Winter 8 Heron Lake-Okabena/Fulda 11-7.5
- 18 Emma Risacher 9 Murray County Central 11-2.75

Varsity Boys Triple Jump Finals

---

---

Athlete Yr Team Mark

---

---

- 1 Peda Zeba 12 Adrian/Ellsworth 42-9.75
- 2 Aidan Schaap 11 SWMCH-EHS 42-1.5
- 3 Blake Leenderts 10 Hills-Beaver Creek 39-0.5
- 4 Jordan Linscheid 12 Mt. Lake Area - Comfrey 37-8
- 5 Grant Busker 11 SWMCH-EHS 37-4
- 6 Layne Wall 10 Mt. Lake Area - Comfrey 36-8.5
- 7 Sawyer Bosch 10 Hills-Beaver Creek 36-2
- 8 Logan Gass 11 Heron Lake-Okabena/Fulda 35-3.5
- 9 Bode Kruger 9 Hills-Beaver Creek 35-0.5
- 10 Drew Swanson 9 Westbrook-Walnut Grove/Re 34-9.5

- 11 Eli Van Iperen 10 SWMCH-EHS 34-3.75
- 12 Damon John 9 Adrian/Ellsworth 33-8.25
- 13 Caleb Rosenbrook 8 Murray County Central 32-7
- 14 Carter Knakmuhs 10 Murray County Central 32-5.5
- 15 Silas Stapek 11 Heron Lake-Okabena/Fulda 32-0
- 16 Kaston Clarke 8 Heron Lake-Okabena/Fulda 31-9.5

Varsity Girls Triple Jump Finals

=====

Athlete Yr Team Mark

=====

- 1 Shaylee Van Essen 12 SWMCH-EHS 34-5.5
- 2 Brynn Bakken 8 Hills-Beaver Creek 34-3
- 3 Lindsey Hause 11 Murray County Central 30-1.5
- 4 Gracie Peters 9 Mt. Lake Area - Comfrey 29-11.5
- 5 Bailey Spykerboer 10 Hills-Beaver Creek 29-8.75
- 6 Emma Deelstra 10 Hills-Beaver Creek 29-3
- 7 Abby Overman 11 Murray County Central 28-10.5
- 8 Kayla Vander Schaaf 12 SWMCH-EHS 27-9
- 9 Zoe Evers 10 Mt. Lake Area - Comfrey 27-5.75
- 10 Jayden Brands 9 SWMCH-EHS 26-6.5