

# 2024 IRC Track Meet

## Girls – Team Results

1.	Rock Ridge	169
2.	Greenway/NK	159
3.	Ely	87.5
4.	Chisholm	82
5.	Int'l Falls	81
6.	Mesabi East	73.5
7.	Deer River/Northland/Hill City	46

### Girls Varsity 100 Meters Finals

	Athlete	Yr Team	Mark	Wind
1	Zoe Plombon	Chisholm	13.07a	
2	Lizzy Fultz	Rock Ridge	13.15a	
3	Hailey Johnson	Chisholm	13.44a	
4	Mary Versteeg	International Falls	13.53a	
5	Jezirae Flack	Chisholm	13.53a	
6	Jaci Rebrovich	Greenway/Nashwauk/Keewa	13.67a	
7	Finley Asuma	Mesabi East	13.86a	
8	Hailey Kilduff	Greenway/Nashwauk/Keewa	14.02a	
9	Lydia Shultz	Ely	14.29a	
10	Piper Tomczak	International Falls	14.30a	
11	Kayden Maturi	Rock Ridge	14.39a	
12	Claire Zika	International Falls	14.49a	
13	Miia Johnson	Rock Ridge	14.61a	
14	Micah Layman	Mesabi East	14.81a	
15	Kerbie Olmstead	Mesabi East	14.88a	
16	Madelyn Herschbach	Greenway/Nashwauk/Keewa	15.09a	
17	Carmen Nelson	Ely	15.38a	
18	Kiley Kibbler	Deer River/Northland/Hi	15.73a	
19	Chantel Ridings	Ely	17.25a	

### Girls Varsity 200 Meters Finals

	Athlete	Yr Team	Mark	Wind
1	Lizzy Fultz	Rock Ridge	27.07a	
2	Aubrie Takanen	Mesabi East	28.11a	
3	Hailey Johnson	Chisholm	28.13a	
4	Allison Fink	Rock Ridge	28.57a	
5	Claire Clusiau	Greenway/Nashwauk/Keewa	29.06a	
6	Anna Larson	Ely	29.61a	
7	Piper Tomczak	International Falls	29.71a	

8	Tatum Morrison	Deer River/Northland/Hi	29.94a
9	Addison Youngren	Rock Ridge	30.14a
10	Claire Zika	International Falls	30.44a
11	Ashlyn Schwarz	Deer River/Northland/Hi	30.61a
12	Taylor Burns	International Falls	30.95a
13	Kirsten Molick	Chisholm	31.02a
14	Addison Forsman	Ely	31.14a
15	Madelyn Herschbach	Greenway/Nashwauk/Keewa	31.61a
16	Maija Hill	Mesabi East	31.88a
17	June Nelson	Ely	33.10a
18	Magie Nelson	Chisholm	34.00a
19	Tessa Smith	Deer River/Northland/Hi	35.12a
20	Kaylin Crouse	Greenway/Nashwauk/Keewa	35.35a
	Mae Layman	Mesabi East	DNS

Girls Varsity 400 Meters Finals

	Athlete	Yr Team	Mark	Wind
1	Violet Udovich	Ely	1:01.90a	
2	Tatum Morrison	Deer River/Northland/Hi	1:03.24a	
3	Olivia Pascuzzi	Chisholm	1:03.25a	
4	Nora Wake	Deer River/Northland/Hi	1:05.93a	
5	Paige Vandervort	Mesabi East	1:06.99a	
6	Chloe Green	Mesabi East	1:08.15a	
7	Ashlyn Schwarz	Deer River/Northland/Hi	1:08.67a	
8	Josie Mann	Greenway/Nashwauk/Keewa	1:09.78a	
9	Mia Stark	Rock Ridge	1:09.98a	
10	Lauren Basaraba	International Falls	1:10.45a	
11	Jacinda Wilcox	Rock Ridge	1:11.88a	
12	Emma Bradach	Rock Ridge	1:12.96a	
13	Isabella Macho	Ely	1:14.28a	
14	Emma Abernathey	International Falls	1:14.56a	
15	Karly Mann	Greenway/Nashwauk/Keewa	1:15.20a	
16	Sara Brun-Riera	Greenway/Nashwauk/Keewa	1:15.97a	
17	Brandice Randa Sauter	Chisholm	1:18.87a	
18	Magie Nelson	Chisholm	1:19.14a	
19	Alison Poppler	Ely	1:20.75a	
20	Bella Amerud	International Falls	1:22.24a	
	Mae Layman	Mesabi East	DNS	

Girls Varsity 800 Meters Finals

	Athlete	Yr Team	Mark	Wind
1	Olivia Pascuzzi	Chisholm	2:30.20a	
2	Aubree Skelton	Mesabi East	2:32.15a	
3	Taylor Covier	Greenway/Nashwauk/Keewa	2:35.45a	
4	Destiny Schmitz	Chisholm	2:43.63a	
5	Ivy Ohlhauser	Ely	2:50.63a	
6	Ellie Kooistra	International Falls	2:52.13a	
7	Alexia Lathrop	Deer River/Northland/Hi	2:53.80a	
8	Aubrey Steele	Mesabi East	2:55.65a	

9	Carly Adams	Greenway/Nashwauk/Keewa	2:57.46a
10	Elizabeth Niemi	Mesabi East	3:04.39a
11	Chantel Ridings	Ely	3:08.54a
12	Sloen Worlie	Chisholm	3:09.64a
13	Sam Zeiher	Rock Ridge	3:09.84a
14	Adeline Patterson	Rock Ridge	3:10.10a
15	Madelyn Hancock	Rock Ridge	3:13.34a
16	Mahteya Rubin	Deer River/Northland/Hi	3:21.84a
17	Megan Horn	Deer River/Northland/Hi	3:23.14a
18	Saige Goss	Greenway/Nashwauk/Keewa	3:35.82a
	Anna Dunn	Ely	DNS

Girls Varsity 1600 Meters Finals

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	Athlete	Yr Team	Mark	Wind
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=				
1	Lola Champlin	Greenway/Nashwauk/Keewa	5:36.64a	
2	Taylor Covier	Greenway/Nashwauk/Keewa	5:41.16a	
3	Molly Brophy	Ely	5:49.83a	
4	Mattie Lindsay	Ely	5:59.08a	
5	Alice Johnson	Rock Ridge	6:10.67a	
6	Katy Brophy	Ely	6:12.21a	
7	Makayla Waldron	Rock Ridge	6:13.68a	
8	Lola Hall	International Falls	6:14.74a	
9	Alexia Lathrop	Deer River/Northland/Hi	6:24.98a	
10	Lilian Larson	Mesabi East	6:36.96a	
11	Audrey Harley	Rock Ridge	6:41.93a	
12	Grace Weisz	International Falls	6:52.33a	
13	Kendra Kalstad	International Falls	6:54.40a	
14	Eliza Tennison	Mesabi East	6:59.07a	
15	Megan Horn	Deer River/Northland/Hi	7:39.30a	
16	Saige Goss	Greenway/Nashwauk/Keewa	7:39.30a	
	Hope Hawkins	Deer River/Northland/Hi	DNF	

Girls Varsity 3200 Meters Finals

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	Athlete	Yr Team	Mark	Wind
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=				
1	Lola Champlin	Greenway/Nashwauk/Keewa	12:15.61a	
2	Nora Stark	Rock Ridge	12:41.83a	
3	Kota Powers	Greenway/Nashwauk/Keewa	13:03.90a	
4	Lola Hall	International Falls	13:15.16a	
5	Kaitlin Olson	Greenway/Nashwauk/Keewa	13:30.26a	
6	Chloe Green	Mesabi East	13:44.01a	
7	Addy Papin	Rock Ridge	14:01.20a	
8	Elsa Ellerbroek	Ely	14:09.45a	
9	Grace Weisz	International Falls	14:28.89a	
10	Anna Dunn	Ely	14:46.15a	
11	Faith Hawkins	Deer River/Northland/Hi	14:47.17a	

Girls Varsity 100m Hurdles Finals

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Athlete	Yr Team	Mark	Wind
=			
1	Maija Rantala	Rock Ridge	17.68a
2	Kaylee Kangas	Greenway/Nashwauk/Keewa	18.12a
3	Madison Brown	Greenway/Nashwauk/Keewa	18.49a
4	Abigail Sather	Rock Ridge	19.26a
5	Caitlynn Hemphill	Deer River/Northland/Hi	19.50a
6	Shelbie Novak	Rock Ridge	19.53a
7	Keira Hesseldahl	International Falls	19.99a
8	Autumn Stangler	Deer River/Northland/Hi	20.05a
9	Faith Maunu	Mesabi East	20.87a
10	Addison Andres	Mesabi East	21.53a
11	Joelle Black	International Falls	23.09a
12	Lillian Robison	Chisholm	25.94a
	Julia Higgins	Chisholm	NT

Girls Varsity 300m Hurdles Finals

Athlete	Yr Team	Mark	Wind
=			
1	Kaylee Kangas	Greenway/Nashwauk/Keewa	50.06a
2	Olivia Forsline	Mesabi East	52.05a
3	Maija Rantala	Rock Ridge	53.30a
4	Shelbie Novak	Rock Ridge	53.47a
5	Caitlynn Hemphill	Deer River/Northland/Hi	54.69a
6	Madison Brown	Greenway/Nashwauk/Keewa	55.05a
7	Savanna Bergman	Rock Ridge	55.21a
8	Autumn Stangler	Deer River/Northland/Hi	56.11a
9	Addison Andres	Mesabi East	57.28a
10	Hannah Plese	Mesabi East	1:06.48a
11	Joelle Black	International Falls	1:07.14a
	Tia Plombon	Chisholm	DNS

Girls Varsity 4x100m Relay Finals

Team	Time
=	
1	International Falls 52.63a
	1) Julia Dykstra 2) Jillian Bilben
	3) Mary Versteeg 4) Abbigail Hutchinson
2	Greenway/Nashwauk/Keewatin 53.41a
	1) Frankie Cuellar 2) Claire Clusiau
	3) Layla Miskovich 4) Jaci Rebrovich
3	Mesabi East 54.20a
	1) Mia Domiano 2) Aubrie Takanen
	3) Micah Layman 4) Finley Asuma
4	Rock Ridge 54.68a
	1) Lennon Hilde 2) Miia Johnson
	3) Lahna Gelo 4) Nina Paulsen
5	Ely 55.86a
	1) Carmen Nelson 2) Lydia Shultz
	3) Miriam Messerschmidt 4) Anna Larson
6	Chisholm 58.41a
	1) Paisley Schmitz 2) Mya Stainiger-David

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|-----------------------------------|----------------|
| 3) Kirsten Molick                 | 4) Tia Plombon |
| 7 Deer River/Northland/Hill City* | 1:05.23a       |
| 1) McKinna McKinney               | 2) Madi King   |
| 3) Kiley Kibbler                  | 4) Gauge Lego  |

Girls Varsity 4x200m Relay Finals

Team	Time
1 Chisholm	1:49.72a
1) Jezirae Flack	2) Zoe Plombon
3) Hailey Johnson	4) Auvryana Worlie
2 International Falls	1:50.77a
1) Julia Dykstra	2) Jillian Bilben
3) Mary Versteeg	4) Abbigail Hutchinson
3 Rock Ridge	1:51.15a
1) Kayden Maturi	2) Addison Youngren
3) Allison Fink	4) Lizzy Fultz
4 Mesabi East	1:51.21a
1) Mia Domiano	2) Aubrie Takanen
3) Aubree Skelton	4) Olivia Forsline
5 Greenway/Nashwauk/Keewatin	1:54.70a
1) Frankie Cuellar	2) Claire Clusiau
3) Layla Miskovich	4) Jaci Rebrovich
6 Ely	1:59.69a
1) Miriam Messerschmidt	2) Alyssa Ice
3) Anna Larson	4) Grace Latourell
7 Deer River/Northland/Hill City*	2:13.98a
1) Ariaahana Schjenken	2) Mahteya Rubin
3) Courtney Ammerman	4) Nora Wake

Girls Varsity 4x400m Relay Finals

Team	Time
1 International Falls	4:16.84a
1) Piper Tomczak	2) Julia Dykstra
3) Jillian Bilben	4) Abbigail Hutchinson
2 Ely	4:17.93a
1) Lydia Shultz	2) Sarah Visser
3) Violet Udovich	4) Grace Latourell
3 Mesabi East	4:24.45a
1) Olivia Forsline	2) Paige Vandervort
3) Finley Asuma	4) Aubree Skelton
4 Chisholm	4:27.38a
1) Jezirae Flack	2) Destiny Schmitz
3) Zoe Plombon	4) Olivia Pascuzzi
5 Deer River/Northland/Hill City*	4:33.52a
1) Caitlynn Hemphill	2) Tatum Morrison
3) Nora Wake	4) Ashlyn Schwarz
6 Rock Ridge	4:36.30a
1) Mia Stark	2) Makayla Waldron
3) Lennon Hilde	4) Miia Johnson
7 Greenway/Nashwauk/Keewatin	4:44.89a
1) Elliot Kackman	2) Jaylee Olson
3) Hailey Kilduff	4) Josie Mann

Girls Varsity 4x800m Relay Finals

Team	Time
1 Ely	10:53.40a
1) Mattie Lindsay	2) Elsa Ellerbroek
3) Katy Brophy	4) Molly Brophy
2 Rock Ridge	11:01.82a
1) Alice Johnson	2) Audrey Harley
3) Makayla Waldron	4) Nora Stark
3 Chisholm	11:28.90a
1) Sloen Worlie	2) Auvryana Worlie
3) Paisley Schmitz	4) Destiny Schmitz
4 Greenway/Nashwauk/Keewatin	11:38.35a
1) Carly Adams	2) Karly Mann
3) Sara Brun-Riera	4) Kota Powers
5 Mesabi East	11:52.87a
1) Marta Forsline	2) Lilian Larson
3) Elizabeth Niemi	4) Eliza Tennison
6 Deer River/Northland/Hill City*	12:07.38a
1) Autumn Stangler	2) Tenille Morrison
3) Faith Hawkins	4) Mahteya Rubin
7 International Falls	12:11.31a
1) Emma Abernathey	2) Bella Amerud
3) Kendra Kalstad	4) Ellie Kooistra

Girls Varsity Shot Put Finals

Athlete	Yr Team	Mark
1 Lauren Basaraba	International Falls	29-11.5
2 Frankie Cuellar	Greenway/Nashwauk/Keewat	29-8
3 Willow Horack	Greenway/Nashwauk/Keewat	28-5.5
4 Madison Roen	Rock Ridge	28-3.5
5 Ariahana Schjenken	Deer River/Northland/Hil	27-10.5
6 Rachel Carter	Ely	27-3
7 Careese Milstead	Greenway/Nashwauk/Keewat	27-0
8 Annaka Gams	Chisholm	26-8
9 Ella Larson	Mesabi East	26-7
10 Georgia Duffy	Rock Ridge	26-4
11 Katherine Larson	Mesabi East	26-0.5
12 Josie Baumgard	Chisholm	25-8.5
13 Yazmin Vazquez	Rock Ridge	24-9.5
14 McKinna McKinney	Deer River/Northland/Hil	24-2
15 Gauge Lego	Deer River/Northland/Hil	24-0
16 Grace Maunu	Mesabi East	23-5.5
17 Sophia Pfannenstein	Chisholm	23-2.5
18 Joelle Black	International Falls	21-3.5
19 Molly Vetos Keen	Ely	17-11
20 Abbie Sather	International Falls	16-6.5

Girls Varsity Discus Finals

Athlete	Yr Team	Mark
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1	Sydney Goss	Greenway/Nashwauk/Keewat	109-0
2	Alex Gunderson	Rock Ridge	95-4
3	Sarah Visser	Ely	86-11.5
4	Rachel Carter	Ely	84-6
5	Willow Horack	Greenway/Nashwauk/Keewat	82-0
6	Grace Maunu	Mesabi East	80-10
7	Addison Forsman	Ely	80-8
8	Frankie Cuellar	Greenway/Nashwauk/Keewat	74-11
9	Ariahana Schjenken	Deer River/Northland/Hil	73-5
10	Ella Larson	Mesabi East	73-2.5
11	Gauge Lego	Deer River/Northland/Hil	71-11
12	Lauren Basaraba	International Falls	69-6
13	Katherine Larson	Mesabi East	68-8.5
14	Georgia Duffy	Rock Ridge	66-6
15	Joelle Black	International Falls	64-5.5
16	Emily Pontinen	Rock Ridge	63-5.5
17	Annaka Gams	Chisholm	62-11.5
18	Josie Baumgard	Chisholm	62-2
19	Sophia Pfannenstein	Chisholm	56-3.5
20	McKinna McKinney	Deer River/Northland/Hil	55-2.5
21	Abbie Sather	International Falls	48-1.5

#### Girls Varsity High Jump Finals

	Athlete	Yr Team	Mark	Wind
1	Tresa Baumgard	Chisholm	5-2	
2	Shelbie Novak	Rock Ridge	4-10	
3	Sophie Roark	Rock Ridge	4-8	
4	Lahna Gelo	Rock Ridge	4-6	
4	Lydia Shultz	Ely	4-6	
6	Madison Brown	Greenway/Nashwauk/Keewat	4-6	
7	Ashlyn Schwarz	Deer River/Northland/Hil	4-6	
8	Keira Hesseldahl	International Falls	4-4	
8	Jillian Bilben	International Falls	4-4	
10	Paige Vandervort	Mesabi East	4-4	
11	Hannah Plese	Mesabi East	4-2	
12	Lillian Robison	Chisholm	4-0	
12	Serenity Friend	Chisholm	4-0	
12	Violet Udovich	Ely	4-0	
12	Faith Hawkins	Deer River/Northland/Hil	4-0	
12	Madalynn Saxton	International Falls	4-0	
	Marta Forsline	Mesabi East	NH	

#### Girls Varsity Pole Vault Finals

	Athlete	Yr Team	Mark	Wind
1	Quianna Ford	International Falls	8-6	
2	Keira Hesseldahl	International Falls	8-0	
3	Sophie Roark	Rock Ridge	7-6	

4	Kaylee Kangas	Greenway/Nashwauk/Keewat	7-0
5	Jaezreel Johnson	Mesabi East	6-0
5	Miia Johnson	Rock Ridge	6-0
6	Gianina Paulsen	Rock Ridge	6-0
7	Faith Hawkins	Deer River/Northland/Hil	5-6
8	Lola Hall	International Falls	5-6
10	Nola Bergman	Greenway/Nashwauk/Keewat	5-0
11	Jackie Dahle	Chisholm	4-6

Girls Varsity Long Jump Finals

Athlete	Yr Team	Mark	Wind
1	Allison Fink	Rock Ridge	15-4.75
2	Claire Clusiau	Greenway/Nashwauk/Keewat	15-2.25
3	Sophie Roark	Rock Ridge	14-9.75
4	Addison Forsman	Ely	14-8
5	Abbigail Hutchinson	International Falls	14-7.75
6	Layla Miskovich	Greenway/Nashwauk/Keewat	14-7.5
7	Hailey Kilduff	Greenway/Nashwauk/Keewat	14-6
8	Mia Domiano	Mesabi East	14-5.5
9	Jacinda Wilcox	Rock Ridge	13-6.5
10	Autumn Stangler	Deer River/Northland/Hil	13-6.25
11	Alyssa Ice	Ely	13-5.5
12	Julia Dykstra	International Falls	13-4
13	Claire Zika	International Falls	12-10.5
14	Anna Dunn	Ely	12-6.75
15	Kerbie Olmstead	Mesabi East	12-5.5
16	Micah Layman	Mesabi East	12-2
17	Deslyn Lee	Chisholm	11-8.5
18	Tenille Morrison	Deer River/Northland/Hil	10-8.5
19	Paisley Schmitz	Chisholm	9-4
	Lillian Robison	Chisholm	NH
	Madi King	Deer River/Northland/Hil	NH

Girls Varsity Triple Jump Finals

Athlete	Yr Team	Mark	Wind
1	Allison Fink	Rock Ridge	32-1
2	Layla Miskovich	Greenway/Nashwauk/Keewat	31-2.5
3	Kayden Maturi	Rock Ridge	31-1
4	Chloe Green	Mesabi East	30-0
5	Sarah Visser	Ely	29-9.25
6	Maija Hill	Mesabi East	29-5.5
7	Jacinda Wilcox	Rock Ridge	29-5
8	Addison Forsman	Ely	29-4.5
9	Micah Layman	Mesabi East	28-4
10	Destiny Schmitz	Chisholm	27-7
11	Claire Zika	International Falls	27-1
12	Auvryana Worlie	Chisholm	26-9.25
13	Rianna Nugent	Greenway/Nashwauk/Keewat	26-9
14	Nora Wake	Deer River/Northland/Hil	26-8.5



15 Alyssa Ice	Ely	26-3.5
16 Sara Kilduff	Greenway/Nashwauk/Keewat	24-8.5
17 Ellie Kooistra	International Falls	23-4.25
18 Alexia Lathrop	Deer River/Northland/Hil	23-1.5
Grace Weisz	International Falls	ND
Deslyn Lee	Chisholm	ND