

# 2024 Mid-State Conference Girls

May 14, 2024- Crosby-Ironton HS- Crosby, MN

1. Detroit Lakes 121
2. Park Rapids Area 66
3. Crosby-Ironton 46
4. Staples-Motley 39

## Girls Varsity 100 Meters Finals

Athlete Yr Team Mark Wind

- 1 Ella Paulson Detroit Lakes 13.39a
- 2 Ruth Solberg Detroit Lakes 13.53a
- 3 Sophia Luna Staples-Motley 13.88a
- 4 Corinne Olson Staples-Motley 13.99a
- 5 Morgan Hausten Detroit Lakes 14.02a
- 6 Avery Schueller Park Rapids Area 14.03a
- 7 Jayden Wodarz Crosby-Ironton 14.10a
- 8 Amelia Gravdahl Park Rapids Area 14.12a
- 9 Mya Thompson Detroit Lakes 14.43a
- 10 Tenley Schueller Park Rapids Area 14.71a
- 11 Jayla Conner Crosby-Ironton 14.74a
- 12 Camryn Armbrust Crosby-Ironton 14.75a
- 13 Kiera Demoret Park Rapids Area 14.90a
- 14 Tenley Bement Detroit Lakes 14.91a
- 15 Jordyn Ostlund Park Rapids Area 15.19a
- 16 Tamara Strelis Staples-Motley 15.32a
- 17 Lauren Larson Crosby-Ironton 15.39a
- 18 Charlotte Wunderlich Staples-Motley 15.83a
- 19 Levy Katzenberger Crosby-Ironton 16.80a
- Martina Lopez Matarredon Staples-Motley DNS

## Girls Varsity 200 Meters Finals

Athlete Yr Team Mark Wind

- 1 Ruth Solberg Detroit Lakes 28.05a
- 2 Olivia Miller Park Rapids Area 28.59a
- 3 Isabelle Wolf Detroit Lakes 28.69a
- 4 Natalie Spindler Detroit Lakes 29.26a
- 5 Corinne Olson Staples-Motley 29.39a
- 6 Jayden Wodarz Crosby-Ironton 29.58a
- 7 Jayla Conner Crosby-Ironton 29.95a
- 8 Anna Rickbeil Park Rapids Area 30.30a
- 9 Addy Laux Detroit Lakes 30.36a
- 10 Kiera Demoret Park Rapids Area 30.75a
- 11 Jasmyn Olds Detroit Lakes 30.83a
- 12 Londyn Eastwood Crosby-Ironton 31.29a
- 13 Lauren Larson Crosby-Ironton 31.52a
- 14 Kana Reese Staples-Motley 31.66a
- 15 Aracely Quixan Gutierrez Park Rapids Area 32.91a
- 16 Martina Lopez Matarredon Staples-Motley 33.11a
- 17 Macie Lichter Park Rapids Area 34.28a
- 18 Leah Greenwaldt Staples-Motley 34.41a
- 19 Stormm Wodarz Crosby-Ironton 37.66a
- Francesca Malangone Staples-Motley DNS

## Girls Varsity 400 Meters Finals

Athlete Yr Team Mark Wind

- 1 Addison Lauwagie Park Rapids Area 1:02.45a
- 2 Lila Kallstrom Detroit Lakes 1:03.27a
- 3 Maria Ringhand Crosby-Ironton 1:05.05a
- 4 Margaret Ringhand Crosby-Ironton 1:06.76a
- 5 Charlotte Lacerte Crosby-Ironton 1:10.49a
- 6 Adelyn Hamar Detroit Lakes 1:11.81a
- 7 Amelia Allen Detroit Lakes 1:12.08a
- 8 Breanna Deblieck Park Rapids Area 1:12.63a
- 9 Kate Taves Detroit Lakes 1:12.77a
- 10 Abbie Randall Park Rapids Area 1:12.90a
- 11 Elise Bugnacki Crosby-Ironton 1:14.64a
- 12 Rylie Davis Park Rapids Area 1:14.88a
- 13 Brooke Bendson Staples-Motley 1:15.81a
- 14 Joy Kreger Park Rapids Area 1:16.58a
- 15 Gracie Rosecrans Crosby-Ironton 1:18.91a
- Aleea Holst Staples-Motley DNS
- Tatum Rader Detroit Lakes DNS

## Girls Varsity 800 Meters Finals

Athlete Yr Team Mark Wind

- 1 Audrey Brownell Staples-Motley 2:23.34a
- 2 Madeline Brandt Park Rapids Area 2:29.28a
- 3 Hannah Barberg Detroit Lakes 2:32.01a
- 4 Madeline Lacerte Crosby-Ironton 2:39.17a
- 5 Makenna Maanum Park Rapids Area 2:40.17a
- 6 Ruby Westin Crosby-Ironton 2:42.92a
- 7 Grace Etter Park Rapids Area 2:43.02a
- 8 Aliza Jacobson Crosby-Ironton 2:43.31a
- 9 Nora Bolton Park Rapids Area 2:44.28a
- 10 Adele Bugnacki Crosby-Ironton 2:44.96a
- 11 Naila Mikhaeil Staples-Motley 2:46.16a
- 12 Nellie Fitzpatrick Crosby-Ironton 2:46.56a
- 13 Sophie Kalina Detroit Lakes 2:54.70a
- 14 Greta Galzski Park Rapids Area 3:06.26a
- Marin Johnson Detroit Lakes DNS
- Olivia Bloom Detroit Lakes DNS

## Girls Varsity 1600 Meters Finals

Athlete Yr Team Mark Wind

- 1 Audrey Brownell Staples-Motley 5:04.46a
- 2 Kyanna Burton Staples-Motley 5:24.72a
- 3 Natalie Mohr Detroit Lakes 5:29.82a
- 4 Grace Etter Park Rapids Area 5:56.66a
- 5 Anna Westin Crosby-Ironton 5:57.24a
- 6 Nora Bolton Park Rapids Area 5:58.26a
- 7 Aleea Holst Staples-Motley 6:03.93a
- 8 Greta Galzski Park Rapids Area 6:17.36a
- 9 Karli Skarie Detroit Lakes 6:20.85a
- 10 Suhaila Mikhaeil Staples-Motley 6:21.20a
- 11 Katelynn Henderson Park Rapids Area 6:34.71a

12 Ryley Bartels Crosby-Ironton 6:36.87a  
13 Sophie Kalina Detroit Lakes 6:37.98a  
14 Maddie Kist Staples-Motley 6:57.59a  
15 Alessia Harmon Park Rapids Area 7:12.55a  
Makenzie Breker Detroit Lakes DNS

Girls Varsity 3200 Meters Finals

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Athlete Yr Team Mark Wind

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1 Kyanna Burton Staples-Motley 11:45.68a  
2 Natalie Mohr Detroit Lakes 11:58.37a  
3 Gabby Rosecrans Crosby-Ironton 13:19.23a  
4 Embry Deshayes Park Rapids Area 13:32.63a  
5 Olivia Budzien Park Rapids Area 15:13.32a  
Aleea Holst Staples-Motley DNS

Girls Varsity 100m Hurdles Finals

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Athlete Yr Team Mark Wind

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1 Rylee Johnson Detroit Lakes 15.79a  
2 Maddie Blahut Detroit Lakes 16.74a  
3 Brooke Kritzeck Park Rapids Area 17.40a  
4 Addison Lowell Detroit Lakes 17.86a  
5 Aubrey Kordosky Detroit Lakes 18.81a  
6 Grace Officer Park Rapids Area 18.89a  
7 Raylin Daraitis Crosby-Ironton 19.08a  
8 Bailey Weiland Staples-Motley 19.24a  
9 Hannah Pederson Crosby-Ironton 19.70a  
10 Abby Brichacek Staples-Motley 20.27a  
11 Breanna Deblieck Park Rapids Area 20.52a  
12 Talyn Anderson Detroit Lakes 20.65a  
13 Kimberly Ohm Park Rapids Area 21.32a  
14 Ella Carroll Park Rapids Area 22.42a

Girls Varsity 300m Hurdles Finals

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Athlete Yr Team Mark Wind

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1 Addison Lowell Detroit Lakes 52.35a  
2 Maddie Blahut Detroit Lakes 52.37a  
3 Grace Officer Park Rapids Area 54.73a  
4 Brooke Kritzeck Park Rapids Area 55.21a  
5 Cassidy Grewe Park Rapids Area 55.23a  
6 Talyn Anderson Detroit Lakes 56.51a  
7 Hadley Songstad Detroit Lakes 57.05a  
8 Aveah Smith Detroit Lakes 58.22a  
9 Kimberly Ohm Park Rapids Area 1:00.73a  
10 Ella Carroll Park Rapids Area 1:02.58a

Girls Varsity 4x100m Relay Finals

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Team Time

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1 Detroit Lakes 51.60a  
1) Ella Paulson 2) Rylee Johnson  
3) Mamie Hunter 4) Ruth Solberg

2 Park Rapids Area 54.30a

1) Avery Schueller 2) Amelia Gravdahl  
3) Cassidy Grewe 4) Grace Officer  
3 Staples-Motley 55.91a  
1) Sophia Luna 2) Ronnie Noska  
3) Kana Reese 4) Corinne Olson  
4 Crosby-Ironton 57.80a  
1) Camryn Armbrust 2) Londyn Eastwood  
3) Jayden Wodarz 4) Hannah Pederson

Girls Varsity 4x200m Relay Finals

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Team Time

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1 Park Rapids Area 1:52.29a  
1) Avery Schueller 2) Cassidy Grewe  
3) Olivia Miller 4) Addison Lauwagie  
2 Detroit Lakes 1:59.94a  
1) Morgan Hausten 2) Mya Thompson  
3) Julia Omang 4) Olivia Gag  
3 Crosby-Ironton 2:01.85a  
1) Camryn Armbrust 2) Jayla Conner  
3) Raylin Daraitis 4) Londyn Eastwood  
4 Staples-Motley 2:07.25a  
1) Kana Reese 2) Kylee Chenoweth  
3) Leah Greenwaldt 4) Sophia Luna

Girls Varsity 4x400m Relay Finals

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Team Time

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1 Park Rapids Area 4:14.04a  
1) Olivia Miller 2) Madeline Brandt  
3) Anna Rickbeil 4) Addison Lauwagie  
2 Crosby-Ironton 4:20.09a  
1) Margaret Silgen 2) Sammie Hachey  
3) Tori Oehrlein 4) Lucy Lewandowski  
3 Detroit Lakes 4:26.28a  
1) Marin Johnson 2) Isabelle Wolf  
3) Addy Laux 4) Lila Kallstrom  
4 Staples-Motley 5:20.78a  
1) Naila Mikhaeil 2) Brooke Bendson  
3) Maddie Kist 4) Suhaila Mikhaeil

Girls Varsity 4x800m Relay Finals

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Team Time

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1 Crosby-Ironton 10:29.45a  
1) Margaret Ringhand 2) Maria Ringhand  
3) Madeline Lacerte 4) Anna Westin  
2 Park Rapids Area 11:04.97a  
1) Madeline Brandt 2) Makenna Maanum  
3) Embry Deshayes 4) Olivia Budzien  
3 Detroit Lakes 11:20.28a  
1) Hadley Songstad 2) Makenzie Breker  
3) Kate Taves 4) Hannah Barberg

Girls Varsity Shot Put Finals

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Athlete Yr Team Mark

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- 1 Camden Anderson Staples-Motley 31-9.5
- 2 Ella Ramsey Detroit Lakes 31-2
- 3 Eva Jarvela Crosby-Ironton 30-3.5
- 4 Elle Bettcher Detroit Lakes 30-3.5
- 5 Bailey Weiland Staples-Motley 28-11
- 6 Sarah Hartung Park Rapids Area 27-11.5
- 7 Madeleine Volesky Detroit Lakes 26-8
- 8 Josie Jennissen Staples-Motley 26-6
- 9 Cadence Wynn Crosby-Ironton 25-7.5
- 10 Eva Stensgard Detroit Lakes 24-3
- 11 Marissa Heifort Staples-Motley 23-4.5
- 12 Anna Rickbeil Park Rapids Area 23-4.5
- 13 Molly Fletcher Detroit Lakes 22-4.5
- 14 Alessia Harmon Park Rapids Area 22-2.5
- 15 Aracely Quixan Gutierrez Park Rapids Area 20-5.5
- 16 Katelyn Wiseley-Peterson Crosby-Ironton 19-9.5
- 17 Destiny Haddy Park Rapids Area 17-10.5

Girls Varsity Discus Finals

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Athlete Yr Team Mark

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- 1 Sarah Hartung Park Rapids Area 121-4
- 2 Elle Bettcher Detroit Lakes 108-0
- 3 Chelsea Stowe Detroit Lakes 98-0
- 4 Annie Schlosser Staples-Motley 94-7
- 5 Eva Stensgard Detroit Lakes 83-5
- 6 Anna Rickbeil Park Rapids Area 80-4
- 7 Cadence Wynn Crosby-Ironton 77-9
- 8 Marian Martin Detroit Lakes 76-5
- 9 Bailey Weiland Staples-Motley 76-0
- 10 Josie Jennissen Staples-Motley 67-9
- 11 Ronnie Noska Staples-Motley 64-7
- 12 Jordyn Ostlund Park Rapids Area 64-1
- 13 Alessia Harmon Park Rapids Area 62-8
- 14 Brooke Kritzeck Park Rapids Area 49-10
- Ella Ramsey Detroit Lakes ND

Girls Varsity High Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Grace Gunderson Detroit Lakes 5-3
- 2 Rylee Johnson Detroit Lakes 4-10
- 3 Mamie Hunter Detroit Lakes 4-10
- 4 Brooke Kritzeck Park Rapids Area 4-8
- 5 Mariah Fitzpatrick Crosby-Ironton 4-6
- 5 Sophie Kalina Detroit Lakes 4-6
- 7 Addison Lowell Detroit Lakes 4-4
- 7 Avery Japke Staples-Motley 4-4
- 9 Grace Larson Crosby-Ironton 4-4
- 9 Tori Oehrlein Crosby-Ironton 4-4
- 11 Olivia Budzien Park Rapids Area 4-4
- 11 Camryn Armbrust Crosby-Ironton 4-4

- 13 Dalma Kovacs Staples-Motley 4-4
- 14 Naila Mikhaeil Staples-Motley 4-0
- 15 Kimberly Ohm Park Rapids Area 4-0

Girls Varsity Pole Vault Finals

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Athlete Yr Team Mark Wind

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- 1 Addison Lauwagie Park Rapids Area 10-6
- 2 Lucy Lewandowski Crosby-Ironton 10-0
- 3 Alonna Moench Detroit Lakes 10-0
- 4 Morgan Hausten Detroit Lakes 10-0
- 5 Sydney Jones Crosby-Ironton 9-6
- 6 Izzy Goodrich Detroit Lakes 9-0
- 7 Aubrey Kordosky Detroit Lakes 9-0
- 8 Grace Etter Park Rapids Area 8-0
- 9 Ella Paulson Detroit Lakes 7-6
- 10 Charlotte Wunderlich Staples-Motley 7-0
- 11 Tamara Streli Staples-Motley 6-6
- 12 Georgianna Toftness Crosby-Ironton 6-0
- 13 Londyn Eastwood Crosby-Ironton 6-0
- Elsie Forbes Park Rapids Area SCR
- Abbie Randall Park Rapids Area SCR
- Embry Deshayes Park Rapids Area SCR

Girls Varsity Long Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Mamie Hunter Detroit Lakes 16-0.25
- 2 Sammie Hachey Crosby-Ironton 15-8.5
- 3 Margaret Silgen Crosby-Ironton 15-0.5
- 4 Talyn Anderson Detroit Lakes 14-7.5
- 5 Olivia Miller Park Rapids Area 14-7.25
- 6 Brandi Morgan Park Rapids Area 14-7.25
- 7 Caitlin Armbrust Crosby-Ironton 13-10.75
- 8 My Do Detroit Lakes 12-11
- 9 Paula Rauwerda Staples-Motley 12-9
- 10 Macie Lichter Park Rapids Area 12-8.25
- 11 Francesca Malangone Staples-Motley 12-3
- 12 Makenna Maanum Park Rapids Area 11-11
- 13 Amelia Gravdahl Park Rapids Area 11-11
- 14 Sophia Luna Staples-Motley 11-8.5
- 15 Marissa Heifort Staples-Motley 8-6.25
- Charlotte Wunderlich Staples-Motley ND
- Julia Omang Detroit Lakes ND

Girls Varsity Triple Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Natalie Spindler Detroit Lakes 35-0.5
- 2 Margaret Silgen Crosby-Ironton 31-11.25
- 3 Lily Anderson Detroit Lakes 31-9.75
- 4 Caitlin Armbrust Crosby-Ironton 30-8.5
- 5 Brandi Morgan Park Rapids Area 29-10.5
- 6 Abby Brichacek Staples-Motley 29-5
- 7 Ronnie Noska Staples-Motley 28-9.5

- 8 Tessa Windels Detroit Lakes 28-0.75
- 9 Aveah Smith Detroit Lakes 26-9
- 10 Amelia Gravidahl Park Rapids Area 26-6.25
- 11 Ella Carroll Park Rapids Area 25-3.5
- 12 Macie Lichter Park Rapids Area 25-3