

2024 Northwest Suburban Girls Conference Meet

May 21, 2024 May 23, 2024 - Elk River HS - Elk River, MN

1. Blaine 139.6
2. Spring Lake Park 103.5
3. Rogers 94
4. Osseo 80.6
5. Andover 75.6
6. Robbinsdale Armstrong 74
7. Centennial 72
8. Champlin Park 67.6
8. Maple Grove 67.6
10. Anoka 57
11. Elk River 32.5
12. Coon Rapids 25
13. Park Center 19
14. Totino-Grace 9

Girls Varsity 100 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Brianna Finnegan Spring Lake Park 12.34a
- 2 Jayi Wilson Champlin Park 12.38a
- 3 Aliyah Adepoju Blaine 12.64a
- 4 Jennifer Heilman Rogers 12.71a
- 5 Shynika Chatman Park Center 12.82a
- 6 Anya Schmidt Rogers 12.85a
- 7 Allison Stacy Maple Grove 12.94a
- 8 Tayalekay Borh Blaine 12.95a
- 9 Shiaflyn Cooper Elk River 13.10a

Girls Varsity 100 Meters Prelims

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Athlete Yr Team Mark Wind

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- 1 Brianna Finnegan Spring Lake Park 12.23a
- 2 Jennifer Heilman Rogers 12.29a
- 3 Jayi Wilson Champlin Park 12.35a
- 4 Shynika Chatman Park Center 12.37a
- 6 Anya Schmidt Rogers 12.45a
- 5 Aliyah Adepoju Blaine 12.57a
- 7 Allison Stacy Maple Grove 12.59a
- 8 Tayalekay Borh Blaine 12.62a
- 9 Shiaflyn Cooper Elk River 12.76a
- 10 Jordan Blair Blaine 12.77a
- 11 Tamia Floyd Robbinsdale Armstrong 12.78a
- 12 Tatiana Parker Elk River 12.78a
- 13 Florence Leon Rogers 12.79a
- 14 Nevaeh Coffey Spring Lake Park 12.80a
- 15 Theodosia Thomas Champlin Park 12.85a
- 16 Amari Royal Coon Rapids 12.86a
- 16 Shamere Chatman Park Center 12.86a
- 18 Denitsa Zaharieva Totino-Grace 12.87a
- 19 Myleigha Martin Osseo 12.92a
- 20 Georgetina Mitchell Anoka 12.97a
- 21 Malijah Perdue Park Center 12.98a
- 22 Ja'Mya Viney Anoka 12.99a

- 23 Ava-Marie Murray Robbinsdale Armstrong 13.00a
- 24 Frankmico Siaway Osseo 13.02a
- 25 Solange Barkon Coon Rapids 13.06a
- 26 Amelie Boughton Robbinsdale Armstrong 13.06a
- 27 Isabella Schroeder Andover 13.16a
- 28 Ava Rehl Maple Grove 13.17a
- 29 Jenna Simso Centennial 13.19a
- 30 Gabby Worloma Elk River 13.22a
- 31 Claire Daniels Maple Grove 13.27a
- 32 Kathryn Woelfel Centennial 13.37a
- 33 Mahlia Galimah Coon Rapids 13.37a
- 34 Roseline Adebomi Osseo 13.38a
- 35 Faith Smith Totino-Grace 13.42a
- 36 Vanessa Yevu Champlin Park 13.44a
- 37 Sarah Mutamba Andover 13.45a
- 38 Nora Helvig Centennial 13.45a
- 39 Olivia Tapp Totino-Grace 13.53a
- 40 Kya O'Hanlon Andover 13.60a
- 41 Skyler Jacobson Anoka 13.70a
- 42 Mariyah Pate Spring Lake Park 14.18a

Girls Varsity 200 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Hannah Claussen Blaine 25.53a
- 2 Hope Dweh Blaine 25.89a
- 3 Brianna Finnegan Spring Lake Park 26.21a
- 4 Jennifer Heilman Rogers 26.34a
- 5 Makayla Shipman Champlin Park 26.44a
- 6 Idara Ekong Maple Grove 26.77a
- 7 Florence Leon Rogers 26.98a
- 8 Shamere Chatman Park Center 27.04a
- 9 Grace Baker Champlin Park 27.08a

Girls Varsity 200 Meters Prelims

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Athlete Yr Team Mark Wind

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- 1 Makayla Shipman Champlin Park 25.79a
- 2 Hope Dweh Blaine 25.95a
- 3 Hannah Claussen Blaine 26.07a
- 4 Brianna Finnegan Spring Lake Park 26.14a
- 5 Jennifer Heilman Rogers 26.30a
- 6 Florence Leon Rogers 26.54a
- 7 Shamere Chatman Park Center 26.68a
- 8 Idara Ekong Maple Grove 26.79a
- 9 Grace Baker Champlin Park 26.99a
- 10 Araiya Chiaokhiao-Bowman Robbinsdale Armstrong 27.01a
- 11 Olivia Suchy Robbinsdale Armstrong 27.03a
- 12 Grace Kowhegba Blaine 27.08a
- 13 Reginae Tandoh Centennial 27.15a
- 14 Odell Kruah Elk River 27.26a
- 15 Kelsey Wentland Maple Grove 27.34a
- 16 Amara Easley Champlin Park 27.38a

- 17 Marlvena Williams Coon Rapids 27.44a
- 18 Lillian Waite Maple Grove 27.54a
- 19 Crystal Nehwah Park Center 27.54a
- 20 Amelia Sutch Spring Lake Park 27.73a
- 21 Esther Obaye Osseo 27.74a
- 22 Ashley Davis Rogers 27.87a
- 23 Ava-Marie Murray Robbinsdale Armstrong 28.00a
- 24 Alexis Larsen Centennial 28.13a
- 25 Isabella Schroeder Andover 28.23a
- 26 Valery Oyou Andover 28.35a
- 27 Alexis Larson Centennial 28.57a
- 28 Amari Royal Coon Rapids 28.60a
- 29 Elizabeth Buffie Anoka 28.65a
- 30 Olivia Riewe Elk River 28.72a
- 31 Abigale Grant Andover 28.88a
- 32 Rosemary Schmitz Totino-Grace 29.03a
- 33 Harmony Kemp Osseo 29.05a
- 34 Karrodine Luehman Osseo 29.17a
- 35 Princess Nelson Coon Rapids 29.28a
- 36 Abigail Leaf Anoka 29.36a
- 37 Ella Jennissen Totino-Grace 29.39a
- 38 Kattie Correa Flores Totino-Grace 30.16a
- 39 Gigi Keckeisen Elk River 30.67a
- 40 Mariyah Pate Spring Lake Park 31.66a

- 17 Ophelia Schomaker Champlin Park 1:04.68a
- 18 Olutoni Ogunleye Champlin Park 1:04.76a
- 19 Skylar Swenson Blaine 1:04.89a
- 20 Nadia Wilt Osseo 1:04.98a
- 21 Roseline Adebomi Osseo 1:05.67a
- 22 Paige McKnight Andover 1:05.84a
- 23 Eva Maier Centennial 1:05.86a
- 24 Amaiyah Farland Rogers 1:06.11a
- 25 Bailey Rauh Coon Rapids 1:06.16a
- 26 Soleil Noyes Robbinsdale Armstrong 1:06.52a
- 27 Madelyn Wilber Coon Rapids 1:07.06a
- 28 Sofia Tudor Anoka 1:07.62a
- 29 Mckenna Egerstrom Park Center 1:07.63a
- 30 Sheree Roberts Park Center 1:07.74a
- 31 Laila Totushek Spring Lake Park 1:08.02a
- 32 Logan Brent Anoka 1:08.06a
- 33 Anja Erickson Spring Lake Park 1:08.25a
- 34 Madison Beckman Elk River 1:08.89a
- 35 Kailey Ruby Elk River 1:09.21a
- 36 Bridget Denton Totino-Grace 1:09.25a
- 37 Thelma Gomez Osseo 1:09.83a
- 38 Sophia Tounkara Park Center 1:10.58a
- 39 Elsa Housh Robbinsdale Armstrong 1:10.90a
- 40 Sophia Smith Coon Rapids 1:12.86a
- 41 Elsie Ostmo Elk River 1:13.59a

Girls Varsity 400 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Katelyn Wozniak Blaine 57.98a
- 2 Eva Williams Maple Grove 58.00a
- 3 Olivia Osonowo Champlin Park 58.32a
- 4 Addison Stadden Blaine 1:00.05a
- 5 Denitsa Zaharieva Totino-Grace 1:00.36a
- 6 Elizabeth Fields Andover 1:00.88a
- 7 Aspen Gray Centennial 1:01.64a
- 8 Abigail Oakland Maple Grove 1:01.86a

Girls Varsity 400 Meters Prelims

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Athlete Yr Team Mark Wind

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- 1 Katelyn Wozniak Blaine 58.79a
- 2 Olivia Osonowo Champlin Park 58.98a
- 3 Eva Williams Maple Grove 59.46a
- 4 Addison Stadden Blaine 1:01.03a
- 6 Denitsa Zaharieva Totino-Grace 1:01.16a
- 7 Abigail Oakland Maple Grove 1:01.49a
- 5 Aspen Gray Centennial 1:01.67a
- 8 Elizabeth Fields Andover 1:02.21a
- 9 Lyric Richardson-Smith Robbinsdale Armstrong 1:02.30a
- 10 Reegan Schmidt Rogers 1:02.59a
- 11 Myla Ballard Rogers 1:02.81a
- 12 Emilia Lauinger Centennial 1:02.88a
- 13 Rachel Nordquist Andover 1:03.53a
- 14 Fiona Gallagher Maple Grove 1:03.73a
- 15 Avery Macomb Spring Lake Park 1:03.74a
- 16 Abigail Ostrander Anoka 1:04.53a

Girls Varsity 800 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Lauren Klein Centennial 2:18.37a
- 2 Alexa Juntunen Rogers 2:21.16a
- 3 Julia Zalewski Centennial 2:22.95a
- 4 Reese Ruska Osseo 2:23.82a
- 5 Abigail Namukwaya Anoka 2:24.27a
- 6 Skylyn Jorgenson Andover 2:27.14a
- 7 Grace Potvien Andover 2:28.70a
- 8 Lamees Abid Osseo 2:29.53a
- 9 Anna Swanson Centennial 2:33.14a
- 10 Amelia Horton Elk River 2:34.55a
- 11 Brigid Keran Champlin Park 2:34.61a
- 12 Alayna Kurland Blaine 2:34.68a

Girls Varsity 800 Meters Prelims

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Athlete Yr Team Mark Wind

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- 1 Lauren Klein Centennial 2:22.95a
- 2 Alexa Juntunen Rogers 2:24.64a
- 3 Julia Zalewski Centennial 2:25.96a
- 4 Abigail Namukwaya Anoka 2:27.75a
- 5 Skylyn Jorgenson Andover 2:29.89a
- 6 Reese Ruska Osseo 2:30.07a
- 7 Lamees Abid Osseo 2:30.66a
- 10 Amelia Horton Elk River 2:31.35a
- 8 Brigid Keran Champlin Park 2:31.51a
- 9 Anna Swanson Centennial 2:31.56a
- 11 Grace Potvien Andover 2:32.03a

- 12 Alayna Kurland Blaine 2:32.53a
- 13 Olivia Aarseth Maple Grove 2:32.75a
- 14 Hannah Stocke Spring Lake Park 2:35.00a
- 15 Hailey Kral Blaine 2:35.01a
- 16 Taylor Dehn Andover 2:35.85a
- 17 Breonna Hurry Totino-Grace 2:36.03a
- 18 Mady Anderson Rogers 2:36.41a
- 19 Hailey Petersen Maple Grove 2:36.69a
- 20 Audrey McNeil Osseo 2:37.20a
- 21 Camille Friden Totino-Grace 2:37.86a
- 22 Abigail Strasser Blaine 2:38.50a
- 23 Elise Behr Maple Grove 2:38.61a
- 24 Emily Hoyt Rogers 2:40.01a
- 25 Kylie Aswegan Champlin Park 2:42.36a
- 26 Taylor Mjølhus Anoka 2:43.14a
- 27 Milla Erickson Spring Lake Park 2:44.12a
- 28 Hayden Schoeman Spring Lake Park 2:44.43a
- 29 McKenzie Keane Totino-Grace 2:45.21a
- 30 Arianna Sheppard Robbinsdale Armstrong 2:47.38a
- 31 Shayna Fritschel Champlin Park 2:48.49a
- 32 Savannah Emmans Elk River 2:49.05a
- 33 Lillian Schulte Robbinsdale Armstrong 2:49.19a
- 34 Allie Arredondo Robbinsdale Armstrong 2:49.94a
- 35 Tessa Del Fratte Coon Rapids 2:50.57a
- 36 Kendall Martinek Coon Rapids 2:50.80a
- 37 Erin Bescheinen Elk River 2:51.57a
- 38 Kaylee Buerman Coon Rapids 2:52.67a
- 39 Victoria Fernandez Anoka 2:56.77a

Girls Varsity 1600 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Kylie Nelson Centennial 5:01.60a
- 2 Caitlyn Osanai Robbinsdale Armstrong 5:01.70a
- 3 Avery Cuper Robbinsdale Armstrong 5:13.46a
- 4 Mackenzie Laux Maple Grove 5:13.87a
- 5 Jules Davis Osseo 5:13.89a
- 6 April Watson Maple Grove 5:14.78a
- 7 Brynlee Wegener Blaine 5:18.23a
- 8 Abigail Hibbs Champlin Park 5:18.63a
- 9 Abby Wood Centennial 5:28.05a
- 10 Cara Back Rogers 5:30.38a
- 11 Kelsey Young Maple Grove 5:31.40a
- 12 Kaelyn Nelson Anoka 5:31.48a
- 13 Katie Meuer Blaine 5:35.99a
- 14 Isabel Grant Andover 5:38.08a
- 15 Lauren Barthel Rogers 5:39.17a
- 16 Miranda Sawvel Centennial 5:39.22a
- 17 Ruby Demmer Coon Rapids 5:39.68a
- 18 Genevieve Rajkowski Spring Lake Park 5:42.87a
- 19 Vayda Foy Champlin Park 5:45.68a
- 20 Lorelei Ibeling Rogers 5:46.06a
- 21 Teresa Shah Osseo 5:53.03a
- 22 Kira Warnke Elk River 5:53.09a
- 23 Savannah Emmans Elk River 5:54.89a
- 24 Audrey McNeil Osseo 5:56.44a
- 25 Kate Hennes Anoka 5:56.88a

- 26 Sophia Grossman Champlin Park 6:04.06a
- 27 Janelle Fredin Blaine 6:11.72a
- 28 Savannah Jones Andover 6:14.96a
- 29 Adelaide Senne Robbinsdale Armstrong 6:18.91a
- 30 Bailey Spence Elk River 6:28.24a
- 31 Casey Amelsberg Coon Rapids 6:37.99a
- 32 Haley DeRungs Anoka 6:38.28a
- 33 Megan Gatlin Spring Lake Park 6:40.09a
- 34 Emelia Fuller Coon Rapids 6:57.88a

Girls Varsity 3200 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Caitlyn Osanai Robbinsdale Armstrong 10:51.03a
- 2 Kylie Nelson Centennial 10:56.76a
- 3 Abigail Hibbs Champlin Park 11:02.73a
- 4 Jules Davis Osseo 11:09.06a
- 5 Avery Cuper Robbinsdale Armstrong 11:28.67a
- 6 Brynlee Wegener Blaine 11:36.65a
- 7 Cara Back Rogers 11:38.69a
- 8 Kaelyn Nelson Anoka 11:42.65a
- 9 Ruby Demmer Coon Rapids 11:46.31a
- 10 Isabel Grant Andover 11:48.29a
- 11 Abby Wood Centennial 11:54.49a
- 12 Erin Auel Elk River 12:03.02a
- 13 Teresa Shah Osseo 12:10.40a
- 14 Naomi Dybvig Robbinsdale Armstrong 12:11.07a
- 15 Vayda Foy Champlin Park 12:15.18a
- 16 Selah Binsfeld Totino-Grace 12:24.88a
- 17 Lauren Barthel Rogers 12:24.96a
- 18 Genevieve Rajkowski Spring Lake Park 12:29.48a
- 19 Danielle Ashpole Maple Grove 12:29.88a
- 20 Ava Nibbelink Centennial 12:43.82a
- 21 Morgan Hampton Rogers 12:53.65a
- 22 Kira Warnke Elk River 12:55.56a
- 23 Liliana Hoard Elk River 12:57.34a
- 24 Ellie Grossman Champlin Park 13:04.18a
- 25 Isabelle Overman Maple Grove 13:05.23a
- 26 Gabrielle Ashpole Maple Grove 13:06.73a
- 27 Kate Hennes Anoka 13:13.99a
- 28 Julianna Mindiola Osseo 13:31.79a
- 29 Layla Kieffer Andover 13:40.69a
- 30 Janelle Fredin Blaine 13:58.80a
- 31 Coretta Nelson Anoka 14:13.00a
- 32 Casey Amelsberg Coon Rapids 14:22.84a
- 33 Eleanor Ferris Spring Lake Park 14:52.10a
- Anne Jendro Andover DNF
- Grace Erickson Blaine DNF
- Adde Rohrer Spring Lake Park DNF

Girls Varsity 100m Hurdles Finals

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Athlete Yr Team Mark Wind

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- 1 Nyebol Jock Coon Rapids 15.30a
- 2 Payton McKnight Andover 15.76a
- 3 Ellyana Prairie Spring Lake Park 15.89a

- 4 Hope Wells Osseo 16.50a
- 5 Cecelia Borsay Robbinsdale Armstrong 16.56a
- 6 Madeline Wood Centennial 16.78a
- 7 Mackenzie Lovejoy Robbinsdale Armstrong 16.81a
- 8 Tookie Harris Robbinsdale Armstrong 16.90a
- 9 Katherine Bearce Maple Grove 17.71a

- 4 Ellyana Prairie Spring Lake Park 46.87a
- 5 Maya Woods Park Center 46.90a
- 6 TaTianna Lindsey Blaine 48.29a
- 7 Aubrey Steel Maple Grove 48.93a
- 8 Ethel Cooper Andover 49.37a
- 9 Mackenzie Lovejoy Robbinsdale Armstrong 49.57a

Girls Varsity 100m Hurdles Prelims

Girls Varsity 300m Hurdles Prelims

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Athlete Yr Team Mark Wind

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Athlete Yr Team Mark Wind

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- 1 Nyebol Jock Coon Rapids 14.87a
- 2 Payton McKnight Andover 15.43a
- 3 Ellyana Prairie Spring Lake Park 15.61a
- 4 Mackenzie Lovejoy Robbinsdale Armstrong 15.82a
- 6 Tookie Harris Robbinsdale Armstrong 16.09a
- 5 Hope Wells Osseo 16.29a
- 7 Madeline Wood Centennial 16.49a
- 8 Cecelia Borsay Robbinsdale Armstrong 16.78a
- 9 Katherine Bearce Maple Grove 16.81a
- 10 Megan Griswold Blaine 16.93a
- 11 Sophia Bowers Rogers 16.94a
- 12 Ethel Cooper Andover 16.97a
- 13 Cameron Miles Blaine 17.01a
- 14 Claire Nelson Park Center 17.10a
- 15 Aubrey Steel Maple Grove 17.14a
- 16 Domayoun Vawah Blaine 17.21a
- 17 Hannah Arika Elk River 17.26a
- 18 Grace Baker Champlin Park 17.30a
- 19 Laya Robertson Rogers 17.39a
- 20 Namya Arrington Coon Rapids 17.61a
- 21 Sydney West Anoka 17.87a
- 22 Carly Stock Rogers 17.89a
- 23 Joanna Talso Elk River 18.07a
- 24 Araya Benson-Mitchell Osseo 18.30a
- 25 Olivia Riewe Elk River 18.35a
- 26 Linnea Hoppe Champlin Park 18.39a
- 27 Uzo Okonkwo Champlin Park 18.47a
- 28 Elizabeth Buffie Anoka 18.85a
- 29 Ashley Estrada Spring Lake Park 19.02a
- 30 Grace Cool Totino-Grace 19.07a
- 31 Mama Touray Osseo 19.13a
- 32 Payton Klun Centennial 19.29a
- 33 Kailyn Lindstrom Centennial 19.43a
- 34 Rosemary Schmitz Totino-Grace 19.56a
- 35 Larkin Rieck Andover 19.61a
- 36 Magdalene Mbemeh Anoka 20.19a
- 37 Ava Plath Maple Grove 20.27a
- 38 Bridget Denton Totino-Grace 21.53a
- 39 Demiah Osburn Coon Rapids 21.61a

- 1 Payton McKnight Andover 46.40a
- 2 Nyebol Jock Coon Rapids 46.49a
- 3 Hope Wells Osseo 46.62a
- 4 Ellyana Prairie Spring Lake Park 47.95a
- 6 TaTianna Lindsey Blaine 48.29a
- 7 Aubrey Steel Maple Grove 48.43a
- 8 Ethel Cooper Andover 48.72a
- 9 Mackenzie Lovejoy Robbinsdale Armstrong 48.92a
- 5 Maya Woods Park Center 48.93a
- 10 Vanessa Peterson Blaine 49.22a
- 11 Jade Rathke Spring Lake Park 49.34a
- 12 Katherine Bearce Maple Grove 49.45a
- 13 Joanna Talso Elk River 49.80a
- 14 Madeline Wood Centennial 49.98a
- 15 Namya Arrington Coon Rapids 50.47a
- 16 Tookie Harris Robbinsdale Armstrong 50.48a
- 17 Claire Nelson Park Center 50.58a
- 18 Mollie Voss-Goeb Elk River 51.10a
- 19 Elizabeth Ikubese Rogers 51.70a
- 20 Jazleen Romero Osseo 51.86a
- 21 Carly Ato-Daves Robbinsdale Armstrong 52.51a
- 22 Cameron Miles Blaine 52.56a
- 23 Anna Smolich Spring Lake Park 52.82a
- 24 Araya Benson-Mitchell Osseo 52.96a
- 25 Larkin Rieck Andover 53.00a
- 26 Carly Stock Rogers 53.04a
- 27 Sophia Bowers Rogers 53.32a
- 28 Stella Bone Coon Rapids 53.43a
- 29 Maggie Wippich Anoka 53.46a
- 30 Abigail Schull Centennial 53.58a
- 31 Hannah Arika Elk River 53.87a
- 32 Uzo Okonkwo Champlin Park 54.30a
- 33 Grace Cool Totino-Grace 55.82a
- 34 Sydney West Anoka 55.92a
- 35 Madison Jelen Maple Grove 57.42a
- 36 Kailyn Lindstrom Centennial 57.79a
- 37 Isabella Leaf Anoka 57.99a
- 38 Linnea Hoppe Champlin Park 59.50a
- 39 Amaya Rogers Champlin Park 59.91a

Girls Varsity 300m Hurdles Finals

Girls Varsity 4x100m Relay Finals

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Athlete Yr Team Mark Wind

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Team Time

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- 1 Hope Wells Osseo 45.20a
- 2 Nyebol Jock Coon Rapids 45.22a
- 3 Payton McKnight Andover 45.50a

- 1 Champlin Park 47.82a
- 1) Amara Easley 2) Makayla Shipman
- 3) Jayi Wilson 4) Olivia Osonowo

2 Blaine 48.78a

- 1) Aliyah Adepoju 2) Jordan Blair
- 3) Tayalekay Borh 4) Grace Kowhegba

3 Rogers 48.93a

- 1) Florence Leon 2) Jennifer Heilman
- 3) Elizabeth Ikubese 4) Anya Schmidt

4 Spring Lake Park 49.24a

- 1) Malaya James 2) Brianna Finnegan
- 3) Nevaeh Coffe 4) Ellyana Prairie

5 Osseo 49.35a

- 1) Myleigha Martin 2) Frankmico Siaway
- 3) Amiah Lane 4) Payton Young

6 Park Center 49.46a

- 1) Journee Okwor 2) Jaliyah Diggs
- 3) Shamere Chatman 4) Shynika Chatman

7 Robbinsdale Armstrong 49.93a

- 1) Tamia Floyd 2) Araiya Chiaokhiao-Bowman
- 3) Olivia Suchy 4) Sarahya College

8 Maple Grove 50.03a

- 1) Allison Stacy 2) Kelsey Wentland
- 3) Claire Daniels 4) Idara Ekong

9 Coon Rapids 50.71a

- 1) Solange Barkon 2) Marlvena Williams
- 3) Nyebol Jock 4) Amari Royal

10 Elk River 50.82a

- 1) Gabby Worloma 2) Tatiana Parker
- 3) Chelsie Thom 4) Raegan Ellingson

11 Anoka 50.84a

- 1) Elizabeth Buffie 2) Georgetina Mitchell
- 3) Skyler Jacobson 4) Ja'Mya Viney

12 Centennial 50.95a

- 1) Jenna Simso 2) Kathryn Woelfel
- 3) Alexis Larsen 4) Reginae Tandoh

13 Andover 51.50a

- 1) Ethel Cooper 2) Isabella Schroeder
- 3) Kya O'Hanlon 4) Avah Shaw

14 Totino-Grace 53.66a

- 1) Faith Smith 2) Reese Weeks
- 3) Denitsa Zaharieva 4) Rosemary Schmitz

Girls Varsity 4x200m Relay Finals

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Team Time

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1 Blaine 1:40.83a

- 1) Hope Dweh 2) Hannah Claussen
- 3) Grace Kowhegba 4) Katelyn Wozniak

2 Champlin Park 1:41.39a

- 1) Amara Easley 2) Makayla Shipman
- 3) Jayi Wilson 4) Olivia Osonowo

3 Osseo 1:46.28a

- 1) Payton Young 2) Faith Ayobamidele
- 3) Esther Obaye 4) Amiah Lane

4 Spring Lake Park 1:46.93a

- 1) Malaya James 2) Amelia Sutch
- 3) Jade Rathke 4) Nevaeh Coffe

5 Robbinsdale Armstrong 1:46.98a

- 1) Mackenzie Lovejoy 2) Araiya Chiaokhiao-Bowman

3) Tamia Floyd 4) Olivia Suchy

6 Maple Grove 1:47.08a

- 1) Idara Ekong 2) Kelsey Wentland
- 3) Lillian Waite 4) Nora Schaefer

7 Rogers 1:47.84a

- 1) Reegan Schmidt 2) Myla Ballard
- 3) Azauria Abron 4) Ashley Davis

8 Andover 1:48.67a

- 1) Elizabeth Fields 2) Olivia Brown
- 3) Kya O'Hanlon 4) Avah Shaw

9 Coon Rapids 1:50.26a

- 1) Solange Barkon 2) Marlvena Williams
- 3) Mahlia Galimah 4) Magret Kamwendo

10 Elk River 1:50.48a

- 1) Odell Kruah 2) Tatiana Parker
- 3) Odessa Kruah 4) Shiaflyn Cooper

11 Park Center 1:52.72a

- 1) Crystal Nehwah 2) Journee Okwor
- 3) De'Aija Wheaton 4) Sophia Tounkara

12 Centennial 1:54.37a

- 1) Alexis Larson 2) Megan Skalicky
- 3) Claire Zandstra 4) Nora Helvig

13 Totino-Grace 1:56.19a

- 1) Faith Smith 2) Maria Morrison
- 3) Ella Jennissen 4) Olivia Tapp

14 Anoka 2:00.53a

- 1) Joryn Madsen 2) Skyler Jacobson
- 3) Abigail Leaf 4) Logan Brent

Girls Varsity 4x400m Relay Finals

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Team Time

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1 Maple Grove 4:00.04a

- 1) Allison Stacy 2) Rebecca Lang
- 3) Mackenzie Laux 4) Eva Williams

2 Blaine 4:00.65a

- 1) Katelyn Wozniak 2) Addison Stadden
- 3) Hannah Claussen 4) Hope Dweh

3 Centennial 4:04.75a

- 1) Aspen Gray 2) Julia Zalewski
- 3) Abigail Smith 4) Lauren Klein

4 Rogers 4:08.83a

- 1) Reegan Schmidt 2) Myla Ballard
- 3) Elizabeth Ikubese 4) Alexa Juntunen

5 Andover 4:09.94a

- 1) Payton McKnight 2) Skylyn Jorgenson
- 3) Rachel Nordquist 4) Elizabeth Fields

6 Robbinsdale Armstrong 4:13.11a

- 1) Avery Cuper 2) Caitlyn Osanai
- 3) Abigail Redelsheimer 4) Tookie Harris

7 Osseo 4:18.85a

- 1) Jazleen Romero 2) Reese Ruska
- 3) Lamees Abid 4) Jules Davis

8 Elk River 4:20.49a

- 1) Odell Kruah 2) Mollie Voss-Goeb
- 3) Joanna Talso 4) Amelia Horton

9 Spring Lake Park 4:22.48a

- 1) Adde Rohrer 2) Anna Smolich
- 3) Avery Macomb 4) Laila Totushek
- 10 Champlin Park 4:23.45a
- 1) Olutoni Ogunleye 2) Ophelia Schomaker
- 3) Shayna Fritschel 4) Brigid Keran
- 11 Totino-Grace 4:25.57a
- 1) Grace Cool 2) Breonna Hurry
- 3) Ella Jennissen 4) Bridget Denton
- 12 Anoka 4:25.63a
- 1) Abigail Ostrander 2) Sofia Tudor
- 3) Olivia Goddard 4) Abigail Namukwaya
- 13 Coon Rapids 4:27.07a
- 1) Madelyn Wilber 2) Bailey Rauh
- 3) Valerie Dweh 4) Sophia Smith

Girls Varsity 4x800m Relay Finals

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Team Time

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- 1 Centennial 9:36.20a
- 1) Julia Zalewski 2) Abigail Smith
- 3) Lauren Klein 4) Miranda Sawvel
- 2 Maple Grove 9:38.36a
- 1) Abigail Oakland 2) SUMMER ODE
- 3) Rebecca Lang 4) April Watson
- 3 Osseo 10:08.13a
- 1) Nadia Wilt 2) Reese Ruska
- 3) Jazleen Romero 4) Lamees Abid
- 4 Blaine 10:15.44a
- 1) Hailey Kral 2) Abigail Strasser
- 3) Ellyn Soli 4) Alayna Kurland
- 5 Elk River 10:17.64a
- 1) Amelia Horton 2) Erin Auel
- 3) Elissa Vasseur 4) Liliana Hoard
- 6 Totino-Grace 10:28.05a
- 1) Selah Binsfeld 2) Camille Friden
- 3) Breonna Hurry 4) McKenzie Keane
- 7 Robbinsdale Armstrong 10:31.41a
- 1) Abigail Redelsheimer 2) Soleil Noyes
- 3) Naomi Dybvig 4) Natalie Gustafson
- 8 Andover 10:34.01a
- 1) Grace Potvien 2) Taylor Dehn
- 3) Alyssa Etter 4) Ava Kowalchyk
- 9 Rogers 10:41.11a
- 1) Mady Anderson 2) Kendall Hanks
- 3) Emily Hoyt 4) Clara Mosley
- 10 Spring Lake Park 10:52.37a
- 1) Hayden Schoeman 2) Clarabelle Mulder
- 3) Milla Erickson 4) Hannah Stocke
- 11 Anoka 11:28.65a
- 1) Olivia Goddard 2) Abigail Ostrander
- 3) Victoria Fernandez 4) Taylor Mjolhus
- 12 Champlin Park 11:30.36a
- 1) Shayna Fritschel 2) Kylie Aswegan
- 3) Lydia Lindell 4) Brigid Keran
- 13 Coon Rapids 11:32.95a
- 1) Kendall Martinek 2) Kaylee Buerman
- 3) Tessa Del Fratte 4) Emerine Quinones

Girls Varsity Shot Put Finals

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Athlete Yr Team Mark

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- 1 Anya Schmidt Rogers 41-10.50
- 2 Arabella Sutch Spring Lake Park 40-3
- 3 Nina Thomas Osseo 37-9.50
- 4 Genevieve Dabout Spring Lake Park 37-9.50
- 5 Lydia Lakanen Anoka 36-6.25
- 6 Isabella Novak Andover 36-2
- 7 Miyah Gunter Blaine 35-11.75
- 8 Jasmine Cummings Andover 34-9.50
- 9 Kendyl Dawson Rogers 34-2.75
- 10 Kadence Joseph Robbinsdale Armstrong 33-6.50
- 11 Marie Wonta Osseo 32-5.75
- 12 Greta Solem Spring Lake Park 32-1.50
- 13 Matisse Hahn Elk River 31-6.75
- 14 Deborah Timothy Centennial 31-6.50
- 15 Grace Morphew Anoka 31-4.50
- 16 Ava Mack Robbinsdale Armstrong 31-4.25
- 17 Krysti Achu-Chick Rogers 30-11.50
- 18 Dillon Mehrer Elk River 30-11
- 19 Sophia Tieden Blaine 30-8.50
- 20 Giovanna Morcho Andover 30-2.50
- 20 Kiana Hilary Elk River 30-2.50
- 22 Armani Brewer-Meehan Park Center 30-2.25
- 23 Bella Brustuen Blaine 30-0.75
- 24 Amelia Siewert Maple Grove 29-7.75
- 25 Deborah Ayeni Anoka 29-4.25
- 26 Adrian Hayden Coon Rapids 29-1.50
- 27 Natalie Foreman Centennial 29-0.50
- 28 Aisha Sidibe Champlin Park 28-7.25
- 29 Angelene Klitz Maple Grove 28-1.75
- 30 Julia Brincks Robbinsdale Armstrong 27-9
- 30 Kania Cummings Coon Rapids 27-9
- 32 Lena Sampy Osseo 27-4.25
- 33 Amadion Flores Coon Rapids 27-3.25
- 34 Rebecca Pewu Champlin Park 26-2
- 35 Martha Huebner Park Center 26-1.50
- 36 Grace Armstrong Totino-Grace 25-9.25
- 37 NaAliyah Johnson Champlin Park 25-7.50
- 38 Caidence O'rourke Park Center 24-11.75
- 39 Stephanie Onofre Calero Totino-Grace 21-6
- Emily Stokkeland Centennial FOUL

Girls Varsity Discus Finals

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Athlete Yr Team Mark

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- 1 Anya Schmidt Rogers 133-2
- 2 Arabella Sutch Spring Lake Park 122-5
- 3 Ava Mack Robbinsdale Armstrong 115-10
- 4 Nina Thomas Osseo 115-9
- 5 Kadence Joseph Robbinsdale Armstrong 114-7
- 6 Lydia Lakanen Anoka 110-4
- 7 Kayla Cook Elk River 105-6
- 8 Isabella Novak Andover 105-2

- 9 Krysti Achu-Chick Rogers 104-5
- 10 Greta Solem Spring Lake Park 100-9
- 11 Dillon Mehrer Elk River 98-0
- 12 Genevieve Dabout Spring Lake Park 97-2
- 13 Naddy Barry Blaine 92-5
- 14 Rebecca Pewu Champlin Park 91-5
- 15 Lena Sampy Osseo 91-0
- 16 Mackenzie Jones Andover 90-9
- 17 Amelia Siewert Maple Grove 90-4
- 18 Teisha Fleming Osseo 88-7
- 19 Adrian Hayden Coon Rapids 87-10
- 20 Sophia Tieden Blaine 87-8
- 21 Jessica Jensen Anoka 87-0
- 22 Kiana Hilary Elk River 86-10
- 23 Grace Armstrong Totino-Grace 86-3
- 24 Annie Trettel Centennial 85-5
- 25 Bella Brustuen Blaine 85-0
- 26 Macy English Coon Rapids 84-10
- 27 NaAliyah Johnson Champlin Park 84-8
- 28 Julia Brincks Robbinsdale Armstrong 84-1
- 29 Armani Brewer-Meehan Park Center 83-5
- 30 Aisha Sidibe Champlin Park 82-8
- 30 Sydney Sears Centennial 82-8
- 32 Grace Morphew Anoka 82-3
- 33 Sydney Sosinski Centennial 82-1
- 34 Melyssa Braesch Rogers 81-6
- 35 Madison Babbs Andover 80-2
- 36 Addison Doherty Maple Grove 79-1
- 37 Caidence O'rourke Park Center 73-3
- 38 Manuella Adokpo Park Center 67-7
- 39 Isabella Freeman Coon Rapids 65-10
- 40 Stephanie Onofre Calero Totino-Grace 57-4
- Angelene Klitz Maple Grove ND

Girls Varsity High Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Ja'Mya Viney Anoka 5-3
- 1 Avah Shaw Andover 5-3
- 3 Hayden Reeder Anoka 5-2
- 4 Sophie Mahnke Rogers 5-2
- 5 Erika Imdieke Maple Grove 5-2
- 6 Hannah Claussen Blaine 5-0
- 7 Araya Benson-Mitchell Osseo 5-0
- 8 Abigail Lazan Andover 5-0
- 9 Kyra Fjeld Centennial 4-10
- 10 Kiana Hilary Elk River 4-10
- 11 Sarahya College Robbinsdale Armstrong 4-10
- 11 Ellyana Prairie Spring Lake Park 4-10
- 11 Anastasia Beckman Blaine 4-10
- 14 Kathryn Woelfel Centennial 4-10
- 15 Cameron Miles Blaine 4-10
- 15 Ella Maurer Rogers 4-10
- 17 Carley Frank Elk River 4-8
- 17 Madelyn Wilber Coon Rapids 4-8
- 19 Sydney Reining Rogers 4-8
- 20 Sarah Lumaya Totino-Grace 4-8

- 21 Olivia Osonowo Champlin Park 4-8
- 22 Isabella Kuter Centennial 4-6
- 22 Madeline Elliott Maple Grove 4-6
- 24 Shanyah Horton Coon Rapids 4-6
- 25 Kiera Britz Andover 4-6
- 25 Brooklyn Bethke Totino-Grace 4-6
- 27 Olutoni Ogunleye Champlin Park 4-4
- 28 Mariyah Pate Spring Lake Park 4-4
- 29 Lindsey Moore Maple Grove 4-4
- 29 Grace Baker Champlin Park 4-4
- 31 Jazleen Romero Osseo 4-4
- 32 Kendra Gerlach Anoka 4-2
- 32 Jade Rathke Spring Lake Park 4-2
- 34 Ava Sosa Robbinsdale Armstrong 4-2
- Brooke Engebretson Elk River NH
- Stella Bone Coon Rapids NH
- Suriya Xiong Osseo NH

Girls Varsity Pole Vault Finals

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Athlete Yr Team Mark Wind

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- 1 Macie Beall Anoka 11-0
- 2 Maria Byrnes Anoka 11-0
- 3 Tiffanie Huynh Spring Lake Park 10-6
- 4 Ally Rekstad Elk River 9-6
- 4 Brynna York Spring Lake Park 9-6
- 6 Ava Gross Andover 9-6
- 7 Elizabeth Levinshteyn Spring Lake Park 9-0
- 8 Aurora Burke Osseo 8-0
- 8 Paisley Thompson Maple Grove 8-0
- 8 Ophelia Schomaker Champlin Park 8-0
- 8 Olivia Nedved Andover 8-0
- 8 Jada Bahnson Blaine 8-0
- 13 Taylor Mjohus Anoka 8-0
- 13 Lily Bruemmer Osseo 8-0
- 15 Isabelle Benton Blaine 8-0
- 15 Sasha Kowalski Maple Grove 8-0
- 17 Kayla Reese Maple Grove 8-0
- 18 Charly Hayes Centennial 8-0
- 18 Maria Morrison Totino-Grace 8-0
- 18 Elizabeth Denler Champlin Park 8-0
- 21 Linnea Rens Champlin Park 7-0
- 21 Jocelyn Douvier Rogers 7-0
- 21 Katelyn Bialka Blaine 7-0
- 21 Elise Henderson Elk River 7-0
- 21 Abigail Egerstrom Park Center 7-0
- 21 Sophie Mahnke Rogers 7-0
- 21 Emilia Swan Totino-Grace 7-0
- 21 Brooklyn Bethke Totino-Grace 7-0
- 29 Elizabeth Saucedo Palmer Rogers 7-0
- 30 Mollie Voss-Goeb Elk River 7-0
- 30 Katelyn Ross Centennial 7-0
- 30 Kalista Barker Coon Rapids 7-0
- Kira Eklund Coon Rapids NH
- Alana Clark Andover NH
- Tessa Del Fratte Coon Rapids NH
- Danielle Nguyen Park Center NH

-- Lauren Lakeman Osseo NH

Girls Varsity Long Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Jordan Blair Blaine 17-7.50
- 2 Avah Shaw Andover 17-3.75
- 3 Reegan Schmidt Rogers 17-1.50
- 4 Nevaeh Coffey Spring Lake Park 17-1
- 5 Jayi Wilson Champlin Park 17-0
- 6 Britta Demar Elk River 16-8.50
- 7 Jaliyah Diggs Park Center 16-7
- 8 Yvonne Marsh Blaine 16-6
- 9 Tayalekay Borh Blaine 16-5
- 10 Claire Nelson Park Center 16-4.50
- 11 Reginae Tandoh Centennial 16-2
- 12 Ja'Mya Viney Anoka 15-11.75
- 13 Adelyn Utes Rogers 15-11.25
- 14 Payton Young Osseo 15-11
- 15 Anna Smolich Spring Lake Park 15-10.75
- 16 Shynika Chatman Park Center 15-10
- 17 Abigail Lazan Andover 15-8.25
- 18 Sarahya College Robbinsdale Armstrong 15-7.25
- 19 Denitsa Zaharieva Totino-Grace 15-6.50
- 20 Aubrey Steel Maple Grove 15-4.25
- 21 Aubrey Neske Totino-Grace 15-3.75
- 22 Dillon Mehrer Elk River 15-2.50
- 23 Araya Benson-Mitchell Osseo 15-2
- 24 Hayden Reeder Anoka 14-11
- 24 TyLia Lawrence Champlin Park 14-11
- 26 Araiya Chiaokhiao-Bowman Robbinsdale Armstrong 14-10.75
- 27 Madeline Elliott Maple Grove 14-8.75
- 28 Amiah Lane Osseo 14-8
- 29 Mackenzie Rossum Anoka 14-7.50
- 30 Lori Omollo Elk River 14-6.50
- 31 Anja Erickson Spring Lake Park 14-3.75
- 32 Alexis Larsen Centennial 14-2.50
- 33 Janese Fallah Robbinsdale Armstrong 14-2
- 34 Abigale Grant Andover 13-11.75
- 35 Emmanuela Gatera Champlin Park 13-11
- 36 Olivia Tapp Totino-Grace 13-10
- 37 Katherine Bearce Maple Grove 13-9
- 38 Diana Orina Coon Rapids 13-6.25
- 39 Azauria Abron Rogers 13-6
- 40 Allenah Loots Centennial 13-5.50
- 41 Madelyn Wilber Coon Rapids 13-0.50
- 42 Princess Nelson Coon Rapids 12-3.25

Girls Varsity Triple Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Shiaflyn Cooper Elk River 37-8.75
- 2 Yvonne Marsh Blaine 36-9.25
- 3 Jordan Blair Blaine 35-6
- 4 Kiera Lukandwa Champlin Park 35-5.25

- 5 Anja Erickson Spring Lake Park 35-4.50
- 6 Elizabeth Ikubese Rogers 35-3
- 7 Amelia Sutch Spring Lake Park 35-2.75
- 8 Payton Young Osseo 34-8
- 9 Sara Stern Maple Grove 34-1.50
- 10 Mackenzie Rossum Anoka 33-9.50
- 11 Aubrey Steel Maple Grove 33-3.75
- 12 Ava Lee Maple Grove 33-3.50
- 13 Olivia Suchy Robbinsdale Armstrong 33-2.75
- 14 Britta Demar Elk River 33-1.50
- 15 Anna Smolich Spring Lake Park 33-0.50
- 15 Tayalekay Borh Blaine 33-0.50
- 17 Janese Fallah Robbinsdale Armstrong 32-8.25
- 18 Adelyn Utes Rogers 32-7
- 19 Payton McKnight Andover 32-6
- 20 Richetta Parker Anoka 32-4.50
- 21 Esther Obaye Osseo 32-1
- 22 Alexis Larsen Centennial 32-0.50
- 23 Peyton Swenson Anoka 32-0
- 24 Hannah Arika Elk River 31-10
- 25 Amiah Lane Osseo 31-7.25
- 26 Ella Maurer Rogers 31-4.25
- 27 Emmanuela Gatera Champlin Park 31-3.50
- 28 Shanyah Horton Coon Rapids 31-3
- 29 Madison Podvin Totino-Grace 30-7
- 30 Kaylee Smith Coon Rapids 30-1
- 31 Diana Orina Coon Rapids 29-11.25
- 32 Reese Weeks Totino-Grace 29-3.75
- 33 TyLia Lawrence Champlin Park 29-2.50
- 34 Abigail Collins Totino-Grace 28-3.50
- 35 Saige Haugen Andover 28-1.50
- 36 Mia Jarombek Centennial 27-8.75
- 37 Isabella Kuter Centennial 27-5.25
- 38 Katherine Geraghty Andover 27-3