

2024 Red Rock Girls Meet

May 16, 2024 Mt Lake Track Mountain Lake, MN

1. Hills-Beaver Creek	147.5
2. SW MN Christian / Edgerton	120
3. Murray County Central	119.5
4. Westbrook-Walnut Grove/ Red Rock Central	71
5. Heron Lake-Okabena/Fulda	65
6. Russell-Tyler-Ruthton	64
7. Mt. Lake Area - Comfrey	60
8. Adrian/Ellsworth	47

Girls Varsity 100 Meters Finals

Athlete Yr Team Mark Wind

1 Brynn Bakken Hills-Beaver Creek	12.52a
2 Avery Fey SWMCH-EHS	13.31a
3 Alyvia Brands SWMCH-EHS	13.70a
4 Trinity Olson Hills-Beaver Creek	13.93a
4 Trinity Reynolds Heron Lake-Okabena/Fuld	13.93a
6 Sadi Altman Adrian/Ellsworth	14.10a
7 Mara Prins SWMCH-EHS	14.34a
8 Maliya Nave Adrian/Ellsworth	14.41a
9 Amelia Sikel Westbrook-Walnut Grove/	14.44a
10 Ambrosia Yang Westbrook-Walnut Grove/	14.63a
11 Courtney Gengler Murray County Central	14.64a
12 Courtney Schroeder Mt. Lake Area - Comfrey	14.79a
13 Izzy Thomas Russell-Tyler-Ruthton	14.96a
14 Mayah Wahl Westbrook-Walnut Grove/	14.97a
15 Allie Cook Adrian/Ellsworth	15.00a
16 Sophia Meyers Russell-Tyler-Ruthton	15.31a
17 Leah Strom Mt. Lake Area - Comfrey	15.46a
18 Keara Anacker Mt. Lake Area - Comfrey	15.79a
19 Ava Rainford Hills-Beaver Creek	16.54a
20 Laney Kathman Murray County Central	16.76a
Chloe Kremer Murray County Central	NT

Girls Varsity 200 Meters Finals

Athlete Yr Team Mark Wind

1 Brynn Bakken Hills-Beaver Creek	25.82a
2 Bylei Schreier Murray County Central	27.27a
3 Taya Christensen Russell-Tyler-Ruthton	27.71a
4 Alyvia Brands SWMCH-EHS	27.78a
5 Brynn Rauk Hills-Beaver Creek	28.46a
6 Avery Fey SWMCH-EHS	28.91a
7 Sadi Altman Adrian/Ellsworth	28.97a
8 Makenzie Pap SWMCH-EHS	29.10a
9 Arlee Swanson Russell-Tyler-Ruthton	29.26a
10 Jayda Hellewell Murray County Central	29.49a
11 Maliya Nave Adrian/Ellsworth	29.60a
12 Katelyn Frodermann Adrian/Ellsworth	29.81a
13 Amelia Sikel Westbrook-Walnut Grove/	29.92a
14 Abbygail Overman Murray County Central	30.80a
14 Addison Voge Westbrook-Walnut Grove/	30.80a

16 Izzy Thomas Russell-Tyler-Ruthton	31.79a
17 Elsie Buller Mt. Lake Area - Comfrey	32.19a
18 Leah Strom Mt. Lake Area - Comfrey	32.20a
19 Courtney Schroeder Mt. Lake Area - Comfrey	33.06a
20 Brie Kirchner Heron Lake-Okabena/Fuld	33.09a
21 Faith Marsh Westbrook-Walnut Grove/	33.14a
Taylor Fisher Heron Lake-Okabena/Fuld	NT
Rebecca Cheadle Heron Lake-Okabena/Fuld	NT

Girls Varsity 400 Meters Finals

Athlete Yr Team Mark Wind

1 Bylei Schreier Murray County Central	1:02.14a
2 Gracie Peters Mt. Lake Area - Comfrey	1:03.19a
3 Avery Fey SWMCH-EHS	1:03.58a
4 Makenzie Pap SWMCH-EHS	1:04.90a
5 Olivia Bullerman Adrian/Ellsworth	1:05.19a
6 Reese Gilbertson Murray County Central	1:05.97a
7 Jaeryn Buchert Russell-Tyler-Ruthton	1:06.83a
8 Bailey Spykerboer Hills-Beaver Creek	1:06.88a
9 Mia Vis SWMCH-EHS	1:08.58a
10 Kirstin Nickel Mt. Lake Area - Comfrey	1:11.78a
11 Lily Daniels Murray County Central	1:12.65a
12 Gao Vang Westbrook-Walnut Grove/	1:12.81a
13 Paige Wondercheck Westbrook-Walnut Grove/	1:12.94a
14 Brynlee Farris Heron Lake-Okabena/Fuld	1:14.16a
15 Yuritz Anaya Adrian/Ellsworth	1:16.10a
16 Emily Gass Heron Lake-Okabena/Fuld	1:16.54a
17 Giselle Meza Heron Lake-Okabena/Fuld	1:18.05a
18 Hunter Penning Adrian/Ellsworth	1:18.10a
19 Carie Merson Hills-Beaver Creek	1:23.90a
20 Annika Kopperud Westbrook-Walnut Grove/	1:32.48a

Girls Varsity 800 Meters Finals

Athlete Yr Team Mark Wind

1 Sophia Nelson Murray County Central	2:34.15a
2 Ava Karbo Russell-Tyler-Ruthton	2:38.70a
3 Miranda Mischke Westbrook-Walnut Grove/	2:40.34a
4 Lydia Talsma SWMCH-EHS	2:43.98a
5 Elia Vis SWMCH-EHS	2:44.49a
6 Laiken Farris Heron Lake-Okabena/Fuld	2:44.52a
7 Theresa Nwaiga Mt. Lake Area - Comfrey	2:45.76a
8 Bailey Spykerboer Hills-Beaver Creek	2:48.33a
9 Jozie Cuperus Adrian/Ellsworth	2:51.25a
10 Lydia Rete Mt. Lake Area - Comfrey	2:52.45a
11 Summer Labrune Russell-Tyler-Ruthton	2:52.58a
12 Keyona Klingenberg Adrian/Ellsworth	2:52.73a
13 Charu Paulzine Murray County Central	2:58.02a
14 Addison Wieneke Adrian/Ellsworth	3:00.54a
15 Rebecca Meiner Westbrook-Walnut Grove/	3:10.05a
16 Emma Risacher Murray County Central	3:18.67a
17 Ashlyn Rasche Heron Lake-Okabena/Fuld	3:20.27a
18 Ellie Rasche Heron Lake-Okabena/Fuld	3:23.32a

19 Sydney Swenson Westbrook-Walnut Grove/ 3:40.89a
20 Chloe Kracht SWMCH-EHS 4:06.61a

Girls Varsity 1600 Meters Finals

Athlete Yr Team Mark Wind

- 1 Sophia Nelson Murray County Central 5:48.43a
- 2 Laiken Farris Heron Lake-Okabena/Fuld 5:53.38a
- 3 Miranda Mischke Westbrook-Walnut Grove/ 5:56.19a
- 4 Katie Johnson Mt. Lake Area - Comfrey 5:58.84a
- 5 Holland Vogel Murray County Central 6:07.41a
- 6 Lydia Talsma SWMCH-EHS 6:07.53a
- 7 Elia Vis SWMCH-EHS 6:14.30a
- 8 Lydia Rete Mt. Lake Area - Comfrey 6:15.33a
- 9 Lucy Thier Adrian/Ellsworth 6:15.74a
- 10 Autumn Labrune Russell-Tyler-Ruthton 6:40.60a
- 11 Hunter Penning Adrian/Ellsworth 6:59.19a
- 12 Olivia Kathman Murray County Central 7:10.93a
- 13 Ashlyn Rasche Heron Lake-Okabena/Fuld 7:14.41a
- 14 Emily Johnson Mt. Lake Area - Comfrey 7:29.75a
- 15 Isabel Thier Adrian/Ellsworth 7:40.43a

Girls Varsity 3200 Meters Finals

Athlete Yr Team Mark Wind

- 1 Mara Clarke Heron Lake-Okabena/Fuld 12:38.21a
- 2 Meghan Johnson Mt. Lake Area - Comfrey 12:40.29a
- 3 Katie Johnson Mt. Lake Area - Comfrey 13:36.05a
- 4 Holland Vogel Murray County Central 13:44.10a
- 5 Autumn Labrune Russell-Tyler-Ruthton 14:44.88a
- 6 Galaxie Penner Mt. Lake Area - Comfrey 15:53.40a
- 7 Olivia Muyskens SWMCH-EHS 16:10.37a
- Ruth Ethridge Heron Lake-Okabena/Fuld NT

Girls Varsity 100m Hurdles Finals

Athlete Yr Team Mark Wind

- 1 Ava Steinhoff Hills-Beaver Creek 17.89a
- 2 Anna Byers Westbrook-Walnut Grove/ 18.30a
- 3 Evelyn Rentschler Westbrook-Walnut Grove/ 18.56a
- 4 Trinity Reynolds Heron Lake-Okabena/Fuld 18.68a
- 5 Hailey Erickson SWMCH-EHS 18.78a
- 6 Brealyn Damm Murray County Central 19.27a
- 7 Abigail Beyer Mt. Lake Area - Comfrey 19.34a
- 8 Brekyn Klarenbeek Hills-Beaver Creek 19.42a
- 9 Zoe Evers Mt. Lake Area - Comfrey 19.69a
- 10 Lydia Talsma SWMCH-EHS 20.31a
- 11 Hailee Gehrke Hills-Beaver Creek 21.36a
- 12 Brooklynn Tyrrell Heron Lake-Okabena/Fuld 22.13a
- 13 Zoe Herriot SWMCH-EHS 22.33a
- 14 Jayden Gleis Murray County Central 27.60a

Girls Varsity 300m Hurdles Finals

Athlete Yr Team Mark Wind

- 1 Lindsey Hause Murray County Central 52.00a
- 2 Brekyn Klarenbeek Hills-Beaver Creek 53.81a
- 3 Hailey Erickson SWMCH-EHS 53.82a
- 4 Zoe Evers Mt. Lake Area - Comfrey 54.06a
- 5 Gracelyn Fick SWMCH-EHS 55.19a
- 6 Hailee Gehrke Hills-Beaver Creek 56.72a
- 7 Ava Steinhoff Hills-Beaver Creek 56.84a
- 8 Evelyn Rentschler Westbrook-Walnut Grove/ 58.61a
- 9 Abigail Beyer Mt. Lake Area - Comfrey 59.32a
- 10 Anna Byers Westbrook-Walnut Grove/ 1:00.84a
- 11 Zoe Herriot SWMCH-EHS 1:01.37a
- 12 Grace Sawadago Heron Lake-Okabena/Fuld 1:02.75a
- 13 Isabel Thier Adrian/Ellsworth 1:04.40a
- 14 Asa Olson Westbrook-Walnut Grove/ 1:06.34a
- 15 Alabama Hoonhorst Heron Lake-Okabena/Fuld 1:07.31a

Girls Varsity 4x100m Relay Finals

Team Time

- 1 Hills-Beaver Creek 54.81a
- 1) Ava Steinhoff 2) Sage DeBoer
- 3) Brynn Rauk 4) Trinity Olson
- 2 Russell-Tyler-Ruthton 55.32a
- 1) Abby Carr 2) Izzy Thomas
- 3) Arlee Swanson 4) Ava Guida
- 3 Murray County Central 56.02a
- 1) Courtney Gengler 2) Reese Gilbertson
- 3) Abbygail Overman 4) Jayda Hellewell
- 4 Westbrook-Walnut Grove/Red Rock Central 56.15a
- 1) Ambrosia Yang 2) Mayah Wahl
- 3) Addison Voge 4) Amelia Sikel
- 5 SWMCH-EHS 56.65a
- 1) Hailey Erickson 2) Mara Prins
- 3) Abby Moosey 4) Victoria Prins
- 6 Heron Lake-Okabena/Fulda 57.30a
- 1) Grace Sawadago 2) Taylor Fisher
- 3) Tori Reynolds 4) Trinity Reynolds
- 7 Mt. Lake Area - Comfrey 59.89a
- 1) Courtney Schroeder 2) Elsie Buller
- 3) Leah Strom 4) Bella Anacker

Girls Varsity 4x200m Relay Finals

Team Time

- 1 Russell-Tyler-Ruthton 1:54.01a
- 1) Abby Carr 2) Taya Christensen
- 3) Arlee Swanson 4) Ava Guida
- 2 Hills-Beaver Creek 1:55.03a
- 1) Bailey Spykerboer 2) Sage DeBoer
- 3) Brynn Rauk 4) Trinity Olson
- 3 SWMCH-EHS 1:55.36a
- 1) Alyvia Brands 2) Makenzie Pap
- 3) Mara Prins 4) Victoria Prins
- 4 Murray County Central 1:56.77a
- 1) Courtney Gengler 2) Jayda Hellewell

- 3) Abbygail Overman 4) Brealyn Damm
 5 Adrian/Ellsworth 1:58.91a
 1) Sadi Altman 2) Katelyn Frodermann
 3) Allie Cook 4) Maliya Nave
 6 Mt. Lake Area - Comfrey 2:04.56a
 1) Zoe Evers 2) Bella Anacker
 3) Abigail Beyer 4) Kirstin Nickel
 7 Westbrook-Walnut Grove/Red Rock Central 2:05.42a
 1) Faith Marsh 2) Gao Vang
 3) Liv Locke 4) Anna Byers
 8 Heron Lake-Okabena/Fulda 2:05.88a
 1) Grace Sawadago 2) Emily Gass
 3) Brie Kirchner 4) Tori Reynolds

Girls Varsity 4x400m Relay Finals

Team Time

- 1 Murray County Central 4:19.49a
 1) Lindsey Hause 2) Reese Gilbertson
 3) Sophia Nelson 4) Brylei Schreier
 2 Russell-Tyler-Ruthton 4:23.10a
 1) Jaeryn Buchert 2) Abby Carr
 3) Taya Christensen 4) Ava Karbo
 3 SWMCH-EHS 4:31.75a
 1) Abby Moosey 2) Victoria Prins
 3) Elia Vis 4) Mia Vis
 4 Mt. Lake Area - Comfrey 4:44.51a
 1) Theresa Nwaiga 2) Kirstin Nickel
 3) Hannah Beyer 4) Gracie Peters
 5 Hills-Beaver Creek 5:01.03a
 1) Brekyn Klarenbeek 2) Sage DeBoer
 3) Hailee Gehrke 4) Tatyana Williams
 6 Heron Lake-Okabena/Fulda 5:08.43a
 1) Brynlee Farris 2) Brie Kirchner
 3) Emily Gass 4) Giselle Meza

Girls Varsity 4x800m Relay Finals

Team Time

- 1 Adrian/Ellsworth 10:51.14a
 1) Olivia Bullerman 2) Jozie Cuperus
 3) Lucy Thier 4) Keyona Klingenberg
 2 Mt. Lake Area - Comfrey 10:54.44a
 1) Theresa Nwaiga 2) Meghan Johnson
 3) Hannah Beyer 4) Gracie Peters
 3 Russell-Tyler-Ruthton 11:13.44a
 1) Ava Guida 2) Ava Karbo
 3) Jaeryn Buchert 4) Summer Labrune
 4 Murray County Central 11:57.67a
 1) Lindsey Hause 2) Emma Risacher
 3) Lily Daniels 4) Charu Paulzine
 5 Heron Lake-Okabena/Fulda 12:00.38a
 1) Brynlee Farris 2) Ellie Rasche
 3) Giselle Meza 4) Mara Clarke
 6 SWMCH-EHS 12:17.74a
 1) Mia Vis 2) Olivia Muyskens

- 3) Anne Van Dyken 4) Tabitha Sjaarda

Girls Varsity Shot Put Finals

Athlete Yr Team Mark

- 1 Jocelyn Barron SWMCH-EHS 35-0
 2 Taylor Wieneke Adrian/Ellsworth 33-3
 3 Larissa Steinhoff Hills-Beaver Creek 31-6
 4 Ally Linder Westbrook-Walnut Grove/R 30-8.50
 5 Isabel Wysong Hills-Beaver Creek 30-1.50
 6 Sophie Paplow Westbrook-Walnut Grove/R 29-4
 7 Callie Platt Murray County Central 27-11
 8 Erica Doeden Murray County Central 26-4.25
 9 Alabama Hoonhorst Heron Lake-Okabena/Fulda 26-0.75
 10 Alexis Vang Westbrook-Walnut Grove/R 25-6.50
 11 Brie Anacker Mt. Lake Area - Comfrey 25-1.50
 12 Mareena Jepsen Mt. Lake Area - Comfrey 24-11.50
 13 Reese Henning Adrian/Ellsworth 24-10
 14 JaZiah Barron SWMCH-EHS 24-3.50
 15 Karissa Kerkhove-Brandt Hills-Beaver Creek 23-10.50
 16 Bella Anacker Mt. Lake Area - Comfrey 22-9.50
 17 Hannah Dage Russell-Tyler-Ruthton 22-9
 18 Gracie Warborg Heron Lake-Okabena/Fulda 22-6.50
 19 Krystyna Betz Murray County Central 21-3
 20 Jaycee Meier Heron Lake-Okabena/Fulda 20-9.50
 21 Ceeandra Bullerman Adrian/Ellsworth 20-6.50
 22 Ellie DeVries Russell-Tyler-Ruthton 20-3

Girls Varsity Discus Finals

Athlete Yr Team Mark

- 1 Jocelyn Barron SWMCH-EHS 102-4
 2 Alabama Hoonhorst Heron Lake-Okabena/Fulda 101-4
 3 Taylor Wieneke Adrian/Ellsworth 99-0
 4 Larissa Steinhoff Hills-Beaver Creek 94-2
 5 Alexis Vang Westbrook-Walnut Grove/R 86-1
 6 Callie Platt Murray County Central 83-5
 7 Tatyana Williams Hills-Beaver Creek 82-2
 8 Krystyna Betz Murray County Central 78-1
 9 Isabel Wysong Hills-Beaver Creek 77-7
 10 Sophie Paplow Westbrook-Walnut Grove/R 76-7
 11 Ally Linder Westbrook-Walnut Grove/R 74-11
 11 Erica Doeden Murray County Central 74-11
 13 Bella Anacker Mt. Lake Area - Comfrey 71-6
 14 Reese Henning Adrian/Ellsworth 70-7
 15 Merle Rausch Heron Lake-Okabena/Fulda 66-8
 16 Brie Anacker Mt. Lake Area - Comfrey 66-0
 17 JaZiah Barron SWMCH-EHS 62-11
 18 Hannah Dage Russell-Tyler-Ruthton 62-0
 19 Natalie Slinger Heron Lake-Okabena/Fulda 57-1
 20 Emily Wilson Mt. Lake Area - Comfrey 57-0
 21 Lyndsey Cambara Adrian/Ellsworth 45-9
 22 Ellie DeVries Russell-Tyler-Ruthton 44-7

Girls Varsity High Jump Finals

Athlete Yr Team Mark Wind

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- 1 Ava Steinhoff Hills-Beaver Creek 5-2
- 2 Rebecca Cheadle Heron Lake-Okabena/Fulda 5-0
- 3 Katelyn Frodermann Adrian/Ellsworth 4-8
- 4 Larissa Steinhoff Hills-Beaver Creek 4-6
- 5 Brealyn Damm Murray County Central 4-6
- 6 Miranda Mischke Westbrook-Walnut Grove/R 4-6
- 7 Keara Anacker Mt. Lake Area - Comfrey 4-4
- 8 Lindsey Hause Murray County Central 4-2
- 8 Brooklynn Tyrrell Heron Lake-Okabena/Fulda 4-2
- 10 Anna Byers Westbrook-Walnut Grove/R 4-2
- 11 Mia Vis SWMCH-EHS 4-2
- 12 Gracelyn Fick SWMCH-EHS 4-0
- 12 Jazilyn Buys SWMCH-EHS 4-0
- 12 Reese Gilbertson Murray County Central 4-0
- Yuritz Anaya Adrian/Ellsworth NH
- Emily Gass Heron Lake-Okabena/Fulda NH

Girls Varsity Pole Vault Finals

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Athlete Yr Team Mark Wind

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- 1 Gracelyn Fick SWMCH-EHS 8-0
- 2 Abby Wiggins Westbrook-Walnut Grove/R 7-6
- 3 Evelyn Rentschler Westbrook-Walnut Grove/R 7-0
- 4 Chloe Kremer Murray County Central 7-0
- 5 Taylor Fisher Heron Lake-Okabena/Fulda 7-0
- 6 Brooklynn Tyrrell Heron Lake-Okabena/Fulda 6-6
- 7 Jazilyn Buys SWMCH-EHS 6-6
- 8 Rebecca Meiner Westbrook-Walnut Grove/R 6-6
- 9 Brie Kirchner Heron Lake-Okabena/Fulda 6-0
- 9 Elsie Buller Mt. Lake Area - Comfrey 6-0
- 11 Courtney Schroeder Mt. Lake Area - Comfrey 6-0
- 12 Kaydence Van Dyke SWMCH-EHS 5-6

Girls Varsity Long Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Brynn Bakken Hills-Beaver Creek 15-6
- 2 Brynn Rauk Hills-Beaver Creek 14-9
- 3 Amelia Sikel Westbrook-Walnut Grove/R 14-5.50
- 4 Brealyn Damm Murray County Central 14-4
- 5 Taya Christensen Russell-Tyler-Ruthton 14-0.50
- 6 Alyvia Brands SWMCH-EHS 13-7
- 7 Sage DeBoer Hills-Beaver Creek 13-2.50
- 8 Asa Olson Westbrook-Walnut Grove/R 13-2.50
- 9 Arlee Swanson Russell-Tyler-Ruthton 13-1.50
- 10 Abby Wiggins Westbrook-Walnut Grove/R 13-1.50
- 11 Sadi Altman Adrian/Ellsworth 13-1
- 12 Trinity Reynolds Heron Lake-Okabena/Fulda 12-11.50
- 13 Gracie Peters Mt. Lake Area - Comfrey 12-5.50
- 14 Elsie Buller Mt. Lake Area - Comfrey 12-1.50
- 15 Sienna Tripp SWMCH-EHS 12-1.50
- 16 Elia Vis SWMCH-EHS 11-10.50
- 17 Keara Anacker Mt. Lake Area - Comfrey 11-7.50
- 18 Emma Risacher Murray County Central 11-6

19 Lily Daniels Murray County Central 11-4.50

20 Jade Williams Russell-Tyler-Ruthton 10-10.50

Girls Varsity Triple Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Brynn Bakken Hills-Beaver Creek 35-0.50
- 2 Jayda Hellewell Murray County Central 31-9
- 3 Ava Guida Russell-Tyler-Ruthton 30-0.25
- 4 Trinity Olson Hills-Beaver Creek 29-11.25
- 5 Bailey Spykerboer Hills-Beaver Creek 29-7
- 6 Lucy Thier Adrian/Ellsworth 29-3.50
- 7 Ava Karbo Russell-Tyler-Ruthton 29-3
- 8 Abbygail Overman Murray County Central 29-2.25
- 9 Zoe Evers Mt. Lake Area - Comfrey 28-10.25
- 10 Tori Reynolds Heron Lake-Okabena/Fulda 27-10.50
- 11 Gracelyn Fick SWMCH-EHS 27-8
- 12 Jazilyn Buys SWMCH-EHS 27-4.25
- 13 Brynlee Farris Heron Lake-Okabena/Fulda 27-3.75
- 14 Clara Talsma SWMCH-EHS 27-2.50
- 15 Asa Olson Westbrook-Walnut Grove/R 26-11.75
- 16 Faith Marsh Westbrook-Walnut Grove/R 26-11
- 17 Sophia Meyers Russell-Tyler-Ruthton 24-11.50
- 18 Gao Vang Westbrook-Walnut Grove/R 24-1.50