

# 2024 True North Girls Conference

May 3, 2024- East Grand Forks HS East Grand Forks, MN

1. Thief River Falls 185
2. East Grand Forks 144.5
3. Crookston 95.5
4. BGMR/Freeze 91
5. Warroad 58
6. Kittson County Central 53
7. Goodridge/Grygla-Gatzke 36
8. Red Lake County 26

## Girls Varsity 100 Meters Finals

### Athlete Yr Team Mark Wind

- 1 Kendra Mehrkens Thief River Falls 12.90a
- 2 Gwen Wojciechowski Thief River Falls 13.26a
- 3 Lydia Hanson BGMR/Freeze 13.43a
- 4 Ashlyn Bailey Crookston 13.44a
- 5 Janessa Torgerson Goodridge/Grygla-Gatzke 13.45a
- 6 Skyla Rustad East Grand Forks 13.82a
- 7 Keira Bye East Grand Forks 13.89a
- 8 Kylie Snare BGMR/Freeze 13.96a
- 9 Janaya Albers Thief River Falls 14.13a
- 10 Isabella Schmiedeberg East Grand Forks 14.79a
- 11 Danika Gustafson Warroad 15.03a
- 12 Miranda Peterson Kittson County Central 15.35a
- 13 Emma Casperson Warroad 15.41a
- 14 Courtney Webster Kittson County Central 15.47a
- 15 Daphne Harmoning Red Lake County 15.55a
- 16 Molly Ferguson Red Lake County 15.68a
- 17 Jessica Larson BGMR/Freeze 15.71a
- 18 Rilynn Aubol Crookston 15.84a
- 19 Catelyn Maruska Crookston 16.14a
- 20 Kyra Hovde Warroad 16.64a
- 21 Izzy Swenson Kittson County Central 16.98a

## Girls Varsity 200 Meters Finals

### Athlete Yr Team Mark Wind

- 1 Kendra Mehrkens Thief River Falls 27.67a
- 2 Gwen Wojciechowski Thief River Falls 27.97a
- 3 Ashlyn Bailey Crookston 28.80a
- 4 Avah Waldal Thief River Falls 28.95a
- 5 Kylie Snare BGMR/Freeze 28.96a
- 6 Camryn Adams East Grand Forks 29.14a
- 7 Skyla Rustad East Grand Forks 30.28a
- 8 Ilaina Fish Warroad 30.73a
- 9 Erin Bowman East Grand Forks 30.75a
- 10 Chloe Boll Crookston 31.28a
- 11 Aubrey Halverson Red Lake County 31.48a
- 12 Alayla Blanco Goodridge/Grygla-Gatzke 31.74a
- 13 Olivia Lindholm BGMR/Freeze 33.11a
- 14 Nora Groven Crookston 33.64a
- 15 Courtney Webster Kittson County Central 33.71a
- 16 Brenna Turn Kittson County Central 33.76a

- 17 Marissa Parnow Goodridge/Grygla-Gatzke 34.08a
- 18 Autumn Lindemoen Red Lake County 35.70a
- 19 Makayla Erlandson Goodridge/Grygla-Gatzke 36.19a
- 20 Allegra Knott Red Lake County 36.81a
- 21 Kennley Krause Warroad 38.58a
- Izzy Swenson Kittson County Central SCR
- Maday Labrada Estrada Warroad SCR
- Lydia Hanson BGMR/Freeze SCR

## Girls Varsity 400 Meters Finals

### Athlete Yr Team Mark Wind

- 1 Kayla Peterson Thief River Falls 1:03.44a
- 2 Jerzey Perkerewicz East Grand Forks 1:05.43a
- 3 Livia Harbott Thief River Falls 1:05.73a
- 4 Kenzie Reynolds Thief River Falls 1:07.72a
- 5 Morgan Turn Kittson County Central 1:09.24a
- 6 Brooklyn Waldal Crookston 1:09.79a
- 7 Emily Waterworth BGMR/Freeze 1:11.72a
- 8 Adelie King East Grand Forks 1:11.87a
- 9 Rilynn Aubol Crookston 1:14.07a
- 10 Marissa Parnow Goodridge/Grygla-Gatzke 1:15.09a
- 11 Morgan Converse BGMR/Freeze 1:15.33a
- 12 Madilyn Skogman Warroad 1:15.46a
- 13 Madelynn Arnesen Warroad 1:15.92a
- 14 Catelyn Maruska Crookston 1:17.43a
- 15 Taylor Moen Red Lake County 1:18.00a
- 16 Gabrielle DeHaan Red Lake County 1:18.64a
- 17 Aubree Pankratz Kittson County Central 1:20.85a
- 18 Maria Mooney BGMR/Freeze 1:22.08a
- 19 Leah Pahlen Red Lake County 1:24.74a
- Kyra Hovde Warroad SCR
- Izzy Swenson Kittson County Central SCR
- Erin Wolff East Grand Forks SCR

## Girls Varsity 800 Meters Finals

### Athlete Yr Team Mark Wind

- 1 Meredith Allard East Grand Forks 2:38.69a
- 2 Livia Harbott Thief River Falls 2:40.05a
- 3 Ada Lee BGMR/Freeze 2:45.98a
- 4 Reagan Mimnaugh BGMR/Freeze 2:47.14a
- 5 Kayla Peterson Thief River Falls 2:47.87a
- 6 Jenna Goulet Warroad 2:48.79a
- 7 Elizabeth Lytle Red Lake County 2:53.00a
- 8 Nevaeh Kotrba Goodridge/Grygla-Gatzke 2:53.46a
- 9 Isabelle Paradis Red Lake County 2:56.47a
- 10 Aryanna Aro East Grand Forks 3:03.29a
- 11 Madilyn Skogman Warroad 3:07.75a
- 12 Samantha Rodahl Thief River Falls 3:08.26a
- 13 Morgan Underdahl Goodridge/Grygla-Gatzke 3:11.80a
- 14 Bailey Turnwall Crookston 3:13.52a
- 15 Madison Wegand Warroad 3:15.01a
- 16 Ella Marquart Red Lake County 3:18.06a

17 Rhiana Utter BGMR/Freeze 3:19.46a  
18 Lyla Oman Crookston 3:20.84a  
19 Maddie Hanson Crookston 3:23.03a  
Katherine Allard East Grand Forks SCR

Girls Varsity 1600 Meters Finals

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Athlete Yr Team Mark Wind

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1 Elory Mossestad Thief River Falls 5:41.68a  
2 Jenna Goulet Warroad 6:03.39a  
3 Elizabeth Lytle Red Lake County 6:05.99a  
4 Ainsley Swanson East Grand Forks 6:09.57a  
5 Isabelle Paradis Red Lake County 6:09.63a  
6 Lexi Bring BGMR/Freeze 6:20.28a  
7 Katy Comstock Warroad 6:35.30a  
8 Madison Wegand Warroad 6:40.49a  
9 Adrianna Gregoire East Grand Forks 6:42.79a  
10 Kylee Bolstad BGMR/Freeze 6:55.78a  
11 Emma Johnson East Grand Forks 6:55.88a  
12 Katelyn Christensen Crookston 7:04.91a  
13 Ella Marquart Red Lake County 7:13.15a  
14 Samantha Zoller Thief River Falls 7:17.86a  
15 Natalia Zoller Thief River Falls 7:33.04a

Girls Varsity 3200 Meters Finals

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Athlete Yr Team Mark Wind

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1 Elory Mossestad Thief River Falls 12:35.43a  
2 Ainsley Swanson East Grand Forks 13:42.12a  
3 Lexi Bring BGMR/Freeze 14:03.22a  
4 Alexis Hitchcock East Grand Forks 14:35.67a  
5 Kylee Bolstad BGMR/Freeze 15:23.00a  
6 Emma Johnson East Grand Forks 15:23.87a  
7 Maddie Harbott Crookston 15:46.19a  
8 Samantha Zoller Thief River Falls 16:23.58a

Girls Varsity 100m Hurdles Finals

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Athlete Yr Team Mark Wind

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1 Shali Anderson East Grand Forks 16.55a  
2 Zoey Werb BGMR/Freeze 18.09a  
3 Livia Thibert Thief River Falls 19.06a  
4 Kendra Olson East Grand Forks 19.27a  
5 Ashlyn Nelson Goodridge/Grygla-Gatzke 19.95a  
6 Aubrey Halverson Red Lake County 20.18a  
7 Raegon Kuznia BGMR/Freeze 20.24a  
8 Isabella Dicken Thief River Falls 20.40a  
9 Aurbrey Bartrum Crookston 20.72a  
10 Kelsey Spilde East Grand Forks 21.27a  
11 Katie Seaver Crookston 21.60a  
12 Alayla Blanco Goodridge/Grygla-Gatzke 21.65a  
13 Jordan Johnson Red Lake County 21.93a  
14 Teagan Fanfulik Crookston 24.19a

Girls Varsity 300m Hurdles Finals

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Athlete Yr Team Mark Wind

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1 Faith Lilly Warroad 51.87a  
2 Shali Anderson East Grand Forks 52.09a  
3 Ashlyn Nelson Goodridge/Grygla-Gatzke 54.62a  
4 Kendra Olson East Grand Forks 55.90a  
5 Kelsey Spilde East Grand Forks 57.11a  
6 Isabella Dicken Thief River Falls 57.70a  
7 Livia Thibert Thief River Falls 58.65a  
8 Aurbrey Bartrum Crookston 59.42a  
9 Raegon Kuznia BGMR/Freeze 59.96a  
10 Kaydence White Kittson County Central 1:03.24a  
11 Teagan Fanfulik Crookston 1:07.51a  
12 Courtney Webster Kittson County Central 1:09.54a  
13 Aubree Pankratz Kittson County Central 1:11.09a  
14 Katie Seaver Crookston 1:13.08a

Girls Varsity 4x100m Relay Finals

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Team Time

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1 East Grand Forks 53.70a  
1) Shali Anderson 2) Camryn Adams  
3) Erin Bowman 4) Keira Bye  
2 Kittson County Central 56.54a  
1) Morgan Turn 2) Miranda Peterson  
3) Berlyn Strege 4) Kaydence White  
3 Crookston 57.85a  
1) Chloe Boll 2) Calleigh Fanfulik  
3) Nora Groven 4) Aurbrey Bartrum  
4 Thief River Falls 59.38a  
1) Billie Jo Moore 2) Autumn Fladeland  
3) Brynn Olson 4) Janaya Albers  
5 Goodridge/Grygla-Gatzke 59.62a  
1) Makayla Erlandson 2) Marissa Parnow  
3) Sophia Beck 4) Janessa Torgerson  
6 BGMR/Freeze 59.84a  
1) Brooke Bjorgaard 2) Olivia Lindholm  
3) Jessica Larson 4) Julia Dostal  
7 Red Lake County 1:02.27a  
1) Mya Arlt 2) Autumn Lindemoen  
3) Jordan Johnson 4) Kinsley Kruchowski  
8 Warroad 1:03.03a  
1) Kennley Krause 2) Kyra Hovde  
3) Madelynn Arnesen 4) Emma Casperson

Girls Varsity 4x200m Relay Finals

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Team Time

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1 Thief River Falls 1:50.68a  
1) Kenzie Reynolds 2) Gwen Wojciechowski  
3) Avah Waldal 4) Kendra Mehrkens  
2 East Grand Forks 1:54.05a  
1) Keira Bye 2) Erin Bowman  
3) Camryn Adams 4) Jerzey Perkerewicz  
3 Crookston 1:58.37a

- 1) Chloe Boll 2) Brooklyn Waldal
- 3) Grace Boll 4) Ashlyn Bailey
- 4 Warroad 1:59.20a
- 1) Ilaina Fish 2) Emma Casperson
- 3) Danika Gustafson 4) Faith Lilly
- 5 Kittson County Central 1:59.83a
- 1) Morgan Turn 2) Miranda Peterson
- 3) Berlyn Strege 4) Kaydence White
- 6 BGMR/Freeze 2:00.02a
- 1) Zoey Werb 2) Olivia Lindholm
- 3) Brooke Bjorgaard 4) Lydia Hanson
- 7 Goodridge/Grygla-Gatzke 2:00.94a
- 1) Sophia Beck 2) Nevaeh Kotrba
- 3) Alayla Blanco 4) Janessa Torgerson
- 8 Red Lake County 2:14.58a
- 1) Daphne Harmoning 2) Allegra Knott
- 3) Mya Arlt 4) Gabrielle DeHaan

Girls Varsity 4x400m Relay Finals

Team Time

- 1 Thief River Falls 4:30.38a
- 1) Kenzie Reynolds 2) Ruby Gieser
- 3) Livia Harbott 4) Kayla Peterson
- 2 East Grand Forks 4:38.20a
- 1) Kendra Olson 2) Meredith Allard
- 3) Teagan Thornberg 4) Jerzey Perkerewicz
- 3 BGMR/Freeze 4:48.42a
- 1) Morgan Converse 2) Emily Waterworth
- 3) Ada Lee 4) Reagan Mimnaugh
- 4 Crookston 5:12.42a
- 1) Katelyn Christensen 2) Grace Boll
- 3) Calleigh Fanfulik 4) Brooklyn Waldal
- 5 Red Lake County 5:14.44a
- 1) Taylor Moen 2) Leah Pahlen
- 3) Jordan Johnson 4) Aubrey Halverson

Girls Varsity 4x800m Relay Finals

Team Time

- 1 Goodridge/Grygla-Gatzke 11:03.12a
- 1) Sophia Beck 2) Morgan Underdahl
- 3) Ashlyn Nelson 4) Nevaeh Kotrba
- 2 BGMR/Freeze 11:07.93a
- 1) Reagan Mimnaugh 2) Ada Lee
- 3) Katelyn Waage 4) Morgan Converse
- 3 East Grand Forks 11:18.04a
- 1) Katherine Allard 2) Adrianna Gregoire
- 3) Meredith Allard 4) Aryanna Aro
- 4 Thief River Falls 12:25.51a
- 1) Ruby Gieser 2) Samantha Rodahl
- 3) Sophie Eidsmoe 4) Natalia Zoller
- 5 Crookston 13:06.02a
- 1) Katelyn Christensen 2) Maddie Harbott
- 3) Maddie Hanson 4) Bailey Turnwall

Girls Varsity Shot Put Finals

Athlete Yr Team Mark

- 1 McKinley Folland Kittson County Central 34-9.25
- 2 Faith Lilly Warroad 30-5
- 3 Sera Johnson Thief River Falls 30-0
- 4 Marissa Haugen Crookston 29-11
- 5 Kamryn Proulx Crookston 28-6.25
- 6 Naomi Johnson Crookston 27-1.75
- 7 Aliyah Vig Kittson County Central 26-1.75
- 8 Ruby Leach East Grand Forks 24-10
- 9 Rachel Larson BGMR/Freeze 24-9.75
- 10 Sophia Vargas East Grand Forks 23-8.25
- 11 Ilaina Fish Warroad 23-6.5
- 12 Gabby Vargas East Grand Forks 22-7
- 13 Ashlyn Nelson Goodridge/Grygla-Gatzke 22-6.25
- 14 Brianne Ellison Thief River Falls 22-6
- 15 Julia Dostal BGMR/Freeze 22-3
- 16 Madilyn Skogman Warroad 21-9.75
- 17 Lilly Gjesdal Kittson County Central 21-5
- 18 Dawson Colden Thief River Falls 20-11.5
- 19 Allegra Knott Red Lake County 19-11
- 20 Gabrielle DeHaan Red Lake County 17-9.25
- 21 Shelby Williams BGMR/Freeze 17-0.5
- Ayashe Lajimodiore Red Lake County DNS

Girls Varsity Discus Finals

Athlete Yr Team Mark

- 1 Sera Johnson Thief River Falls 82-11
- 2 Kamryn Proulx Crookston 82-8
- 3 McKinley Folland Kittson County Central 76-10
- 4 Ilaina Fish Warroad 75-5
- 5 Halle Winjum Crookston 74-10
- 6 Julia Dostal BGMR/Freeze 74-1
- 7 Marissa Haugen Crookston 71-4
- 8 Katelyn Waage BGMR/Freeze 69-0
- 9 Sophia Vargas East Grand Forks 67-11
- 10 Aliyah Vig Kittson County Central 64-6
- 11 Ruby Leach East Grand Forks 62-10
- 12 Danika Gustafson Warroad 62-9
- 13 Madilyn Skogman Warroad 62-2
- 14 Lilly Gjesdal Kittson County Central 46-2
- 15 Brianne Ellison Thief River Falls 45-3
- 16 Eve Dewey East Grand Forks 43-9
- 17 Layla Grove BGMR/Freeze 38-6
- 18 Dawson Colden Thief River Falls 36-11

Girls Varsity High Jump Finals

Athlete Yr Team Mark Wind

- 1 Kelsey Baltes Thief River Falls 5-0
- 2 Faith Lilly Warroad 5-0
- 2 Kaydence White Kittson County Central 5-0
- 4 Morgan Underdahl Goodridge/Grygla-Gatzke 4-8

5 Elizabeth Lytle Red Lake County 4-6  
6 Liliya Baumwald East Grand Forks 4-4  
7 Zoey Werb BGMR/Freeze 4-4  
8 Grace Boll Crookston 4-2  
8 Adelle King East Grand Forks 4-2  
10 Janaya Albers Thief River Falls 4-2  
11 Madelyn David Thief River Falls 4-2  
12 Madison Converse BGMR/Freeze 4-0  
13 Rhiana Utter BGMR/Freeze 4-0  
Lyla Oman Crookston NH  
Erin Wolff East Grand Forks SCR

3 Avah Waldal Thief River Falls 32-3.5  
4 Jerzey Perkerewicz East Grand Forks 30-8.5  
5 Morgan Turn Kittson County Central 29-11.75  
6 Teagan Thornberg East Grand Forks 29-9  
7 Berlyn Strege Kittson County Central 29-7  
8 Madelyn David Thief River Falls 28-11  
9 Aryanna Aro East Grand Forks 28-6  
10 Aubree Pankratz Kittson County Central 28-1  
11 Julia Dostal BGMR/Freeze 26-6.5  
Sera Johnson Thief River Falls DNS

Girls Varsity Pole Vault Finals

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Athlete Yr Team Mark Wind

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1 Chloe Boll Crookston 9-5  
2 Nora Groven Crookston 7-6  
3 Liliya Baumwald East Grand Forks 7-6  
4 Katy Comstock Warroad 6-6  
5 Brooke Bjorgaard BGMR/Freeze 6-6  
6 Samantha Zoller Thief River Falls 6-0  
7 Jenna Goulet Warroad 6-0  
Brooke Cantera East Grand Forks NH  
Adelle King East Grand Forks NH

Girls Varsity Long Jump Finals

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Athlete Yr Team Mark Wind

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1 Camryn Adams East Grand Forks 15-2.25  
2 Avah Waldal Thief River Falls 15-2.25  
3 Berlyn Strege Kittson County Central 14-9.5  
4 Ashlyn Bailey Crookston 14-9.25  
5 Zoey Werb BGMR/Freeze 14-1.75  
6 Kayla Peterson Thief River Falls 14-1.5  
7 Skyla Rustad East Grand Forks 14-1.5  
8 Madelyn David Thief River Falls 13-9  
9 Aubree Pankratz Kittson County Central 13-9  
10 Kylie Snare BGMR/Freeze 13-2.25  
11 Keira Bye East Grand Forks 12-9.75  
12 Nevaeh Kotrba Goodridge/Grygla-Gatzke 12-7.5  
13 Daphne Harmoning Red Lake County 12-5.75  
14 Danika Gustafson Warroad 12-2.5  
15 Marissa Parnow Goodridge/Grygla-Gatzke 12-0  
16 Isabelle Paradis Red Lake County 11-10  
17 Jordan Johnson Red Lake County 11-9.5  
18 Izzy Swenson Kittson County Central 11-9  
19 Catelyn Maruska Crookston 11-5.25  
20 Madison Converse BGMR/Freeze 10-9.5  
Makayla Erlandson Goodridge/Grygla-Gatzke ND

Girls Varsity Triple Jump Finals

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Athlete Yr Team Mark Wind

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1 Kylie Snare BGMR/Freeze 33-0  
2 Grace Boll Crookston 32-5