

# 2024 West Central Conference Girls

May 14, 2024 - University of Minnesota, Morris - Morris, MN

1. Minnewaska Area	168
2. Melrose Area	140.5
3. Sauk Centre	98
4. Benson/KMS	89
5. BOLD/BLH	73.5
6. West Central Area	55
7. Morris Area/Chokio-Alberta	51
8. Montevideo	24

## Girls Varsity 100 Meters Finals

### Athlete Yr Team Mark Wind

1 Dacia Fleury Minnewaska Area	13.34a
2 Keira Gehrke West Central Area	13.58a
3 Nina Thieschafer Sauk Centre	13.59a
4 Sydney Ulrich West Central Area	13.73a
5 Lizbeth Raya Ambriz Melrose Area	13.84a
6 Nya Thieschafer Sauk Centre	13.85a
7 Ruby Swenson Morris Area/Chokio-Albe	13.95a
8 Melissa Ambriz Melrose Area	14.02a
9 Esther Kapsner Melrose Area	14.06a
10 Keyenna Gehrke West Central Area	14.11a
11 Kenna Crider Sauk Centre	14.17a
12 Alexis Scheupp Morris Area/Chokio-Albe	14.19a
13 Mya VanLuik Minnewaska Area	14.25a
14 Maggie Kling Montevideo	14.45a
15 Payton Andreas Minnewaska Area	14.57a
16 Teagan Epema Montevideo	14.59a
17 Marcquilla Love-Sheppard Morris Area/Chokio-Albe	14.70a
18 Hope Ripley Montevideo	14.89a
19 Emily McGinty Benson/KMS	14.95a
20 Vivian Schmitz BOLD/BLH	14.98a
21 Sophia Oerter Benson/KMS	15.08a
22 Ella Schoeder BOLD/BLH	15.82a
23 Ellaina Bergstrom BOLD/BLH	16.00a
Savannah Peterson Benson/KMS	DNS

## Girls Varsity 200 Meters Finals

### Athlete Yr Team Mark Wind

1 Isabelle Jaenicke Melrose Area	26.97a
2 Carly Tolifson Benson/KMS	27.49a
3 Dacia Fleury Minnewaska Area	27.73a
4 Nina Thieschafer Sauk Centre	28.03a
5 Nya Thieschafer Sauk Centre	28.12a
6 Lizbeth Raya Ambriz Melrose Area	28.15a
7 Isabel Guerra Morris Area/Chokio-Albe	28.30a
8 Ava Schlomann BOLD/BLH	28.66a
9 Aubrey Polzin Minnewaska Area	28.70a
10 Julia Claussen Benson/KMS	28.80a
11 Melissa Ambriz Melrose Area	28.83a
12 Jamie Novotny BOLD/BLH	29.14a

13 Lyla Stadtherr Minnewaska Area	29.66a
14 Hana Schutz Morris Area/Chokio-Albe	29.78a
15 Alexa Erholtz Morris Area/Chokio-Albe	29.83a
16 Pyper Vogt Sauk Centre	29.96a
17 Teagan Epema Montevideo	30.41a
18 Natalea Olson West Central Area	30.58a
19 Taryn Stenson Montevideo	30.75a
20 Brooke Johnson Benson/KMS	31.59a
21 Elsie Mahoney West Central Area	32.20a
22 Skylar LaRue West Central Area	35.63a
Emmalee Koenen Montevideo	DNS

## Girls Varsity 400 Meters Finals

### Athlete Yr Team Mark Wind

1 Amber Rosemeier Benson/KMS	1:01.38a
2 Kaida Helgenset Benson/KMS	1:03.12a
3 Madelyn Schuster Sauk Centre	1:03.18a
4 Alyssa Stordahl Melrose Area	1:03.68a
5 Aubrey Polzin Minnewaska Area	1:03.91a
6 Hailey Werk Morris Area/Chokio-Albe	1:04.09a
7 Stella Schirmers Sauk Centre	1:04.14a
8 Georgia Anderson Melrose Area	1:04.41a
9 Pyper Vogt Sauk Centre	1:06.21a
10 Leah Wagner Benson/KMS	1:07.01a
11 Alexa Blume West Central Area	1:07.24a
12 Ella Klaphake Melrose Area	1:09.30a
13 Cali Janke Montevideo	1:09.73a
14 Calli Zeidler Montevideo	1:10.27a
15 Ava Lohse West Central Area	1:10.47a
16 Ashley Murken Minnewaska Area	1:10.60a
17 Emma Hellerman Minnewaska Area	1:12.40a
18 Vivian Schmitz BOLD/BLH	1:12.78a
19 Elsie Mahoney West Central Area	1:14.27a
Maren Nelson Montevideo	DNS
Kelly Berlinger Morris Area/Chokio-Albe	DNF

## Girls Varsity 800 Meters Finals

### Athlete Yr Team Mark Wind

1 Ella Larson Minnewaska Area	2:27.50a
2 Hailey Werk Morris Area/Chokio-Albe	2:31.11a
3 Maria Hinnenkamp Melrose Area	2:33.82a
4 Olivia Marsh Sauk Centre	2:35.55a
5 Maia Larson Minnewaska Area	2:39.78a
6 Kenzie Visser BOLD/BLH	2:40.89a
7 Addison Sjogren Sauk Centre	2:41.85a
8 Piper Citrowske-Lee Minnewaska Area	2:43.21a
9 Skylar LaRue West Central Area	2:45.91a
10 Julia Wehrman Sauk Centre	2:47.65a
11 Elin Elfering BOLD/BLH	2:48.19a
12 Kendal Fischer Morris Area/Chokio-Albe	2:50.07a
13 Clare Frank BOLD/BLH	2:51.16a
14 Zoe Hoeschen Melrose Area	2:58.38a

- 15 Kendall Beuning Melrose Area 2:58.64a
- 16 Nevaeh Halverson Montevideo 2:58.98a
- 17 Kara Schmall West Central Area 3:00.20a
- 18 Kayleigh Finstrom Benson/KMS 3:00.55a
- 19 Hope Rittel Montevideo 3:03.77a
- 20 Whitney Blume West Central Area 3:06.77a

Girls Varsity 1600 Meters Finals

=====

Athlete Yr Team Mark Wind

=====

- 1 Maia Larson Minnewaska Area 5:36.45a
- 2 Francesca Rivers Sauk Centre 5:42.61a
- 3 Maria Hinnenkamp Melrose Area 5:46.10a
- 4 Kenzie Visser BOLD/BLH 5:49.08a
- 5 Piper Citrowske-Lee Minnewaska Area 5:50.01a
- 6 Keeley Jansen BOLD/BLH 5:50.77a
- 7 Elin Elfering BOLD/BLH 5:55.29a
- 8 Kendal Fischer Morris Area/Chokio-Albe 6:00.60a
- 9 Annie Harren Sauk Centre 6:12.77a
- 10 Norah Sebek Sauk Centre 6:13.15a
- 11 Paige Stommes Melrose Area 6:18.52a
- 12 Izzy Bautista Minnewaska Area 6:25.07a
- 13 Blaire Rueter West Central Area 6:33.81a
- 14 Kara Schmall West Central Area 6:47.78a
- 15 Chloe Hagen West Central Area 6:49.36a
- 16 Macy Seales Morris Area/Chokio-Albe 6:59.65a
- 17 Lisa Bardet Morris Area/Chokio-Albe 7:10.42a
- 18 Mamie Luft Benson/KMS 7:11.54a

Girls Varsity 3200 Meters Finals

=====

Athlete Yr Team Mark Wind

=====

- 1 Victoria Linscheid Sauk Centre 12:12.52a
- 2 Sydney Ankeny Minnewaska Area 12:46.78a
- 3 Jillian Deutsch Minnewaska Area 12:52.15a
- 4 Raya Sebek Sauk Centre 12:58.22a
- 5 Keeley Jansen BOLD/BLH 13:33.59a
- 6 Sophia Wallin Minnewaska Area 13:36.56a
- 7 Taylor Bennett West Central Area 13:37.07a
- 8 Anya Fehr Morris Area/Chokio-Albe 13:56.97a
- 9 Alyssa Tegels Sauk Centre 14:04.06a
- 10 Cora Wright West Central Area 14:48.17a
- 11 Halle Bolduc Benson/KMS 14:59.04a
- 12 Avery Waterworth Morris Area/Chokio-Albe 15:06.44a
- 13 Johanna Baez Morris Area/Chokio-Albe 16:46.69a

Girls Varsity 100m Hurdles Finals

=====

Athlete Yr Team Mark Wind

=====

- 1 Ava Noble Benson/KMS 16.77a
- 2 Ava Schломann BOLD/BLH 17.69a
- 3 Brenna Winters Montevideo 18.06a
- 4 Brooklyn Meyer Minnewaska Area 18.51a
- 5 Kya Elfering BOLD/BLH 18.53a
- 6 Mya Schmidgall Morris Area/Chokio-Albe 18.62a

- 7 Kenna Crider Sauk Centre 18.62a
- 8 Anika Arends Montevideo 18.87a
- 9 Hannah Schломann BOLD/BLH 19.22a
- 10 Isabelle Motz Morris Area/Chokio-Albe 19.39a
- 11 Lyla Stadtherr Minnewaska Area 19.65a
- 12 Aubrey Stark Minnewaska Area 19.87a
- 13 Grace Nagler Benson/KMS 20.03a
- 14 Nicole Rademacher Melrose Area 20.08a
- 15 Lilly Ronholdt Benson/KMS 20.53a
- 16 Alanya Stenson Montevideo 20.66a
- 17 Brianna Hansen Sauk Centre 20.69a
- 18 Lily Wiechmann Melrose Area 20.72a
- 19 Aria Chatters Morris Area/Chokio-Albe 21.66a
- 20 MollyRae Betterman West Central Area 22.89a

Girls Varsity 300m Hurdles Finals

=====

Athlete Yr Team Mark Wind

=====

- 1 Ava Noble Benson/KMS 47.09a
- 2 Lauryn Ankeny Minnewaska Area 48.12a
- 3 Mackenzie Ritter Sauk Centre 50.94a
- 4 Kya Elfering BOLD/BLH 51.02a
- 5 Hana Schutz Morris Area/Chokio-Albe 52.28a
- 6 Nicole Rademacher Melrose Area 52.38a
- 7 Anika Arends Montevideo 53.19a
- 8 Lily Wiechmann Melrose Area 53.34a
- 9 Lilly Ronholdt Benson/KMS 54.11a
- 10 Aubrey Stark Minnewaska Area 54.76a
- 11 Jazlyn Fleury Minnewaska Area 55.34a
- 12 Alanya Stenson Montevideo 57.01a
- 13 Taryn Stenson Montevideo 58.15a
- 14 Hannah Schломann BOLD/BLH 58.96a
- 15 Brianna Hansen Sauk Centre 1:00.74a
- 16 Grace Nagler Benson/KMS 1:04.03a

Girls Varsity 4x100m Relay Finals

=====

Team Time

=====

- 1 Melrose Area 51.70a
- 1) Josie Eveslage 2) Georgia Anderson
- 3) Alea Berscheit 4) Isabelle Jaenicke
- 2 Benson/KMS 52.19a
- 1) Ava Noble 2) Alissa Thompson
- 3) Julia Claussen 4) Carly Tolifson
- 3 Sauk Centre 53.28a
- 1) Kenna Crider 2) Mackenzie Ritter
- 3) Nina Thieschafer 4) Nya Thieschafer
- 4 West Central Area 54.25a
- 1) Whitney Westrom 2) Sydney Ulrich
- 3) Keyenna Gehrke 4) Keira Gehrke
- 5 BOLD/BLH 54.55a
- 1) Hannah Schломann 2) Lily Hubin
- 3) Lilly Henriksen 4) Gabi Revier
- 6 Morris Area/Chokio-Albe 55.04a
- 1) Alexis Scheupp 2) Mya Schmidgall
- 3) Isabelle Motz 4) Ruby Swenson

7 Minnewaska Area 55.13a  
1) Lyla Stadtherr 2) Brooklyn Meyer  
3) Payton Andreas 4) Mya VanLuik  
8 Montevideo 56.18a  
1) Maggie Kling 2) Brenna Winters  
3) Aubrey Norman 4) Teagan Epema

7 Morris Area/Chokio-Alberta 4:54.20a  
1) Marcquilla Love-Sheppard 2) Kendal Fischer  
3) Alayna Perkins 4) Isabel Guerra  
8 West Central Area 5:07.81a  
1) Alexa Blume 2) Ava Lohse  
3) Elsie Mahoney 4) Peyton Fagre

#### Girls Varsity 4x200m Relay Finals

=====

##### Team Time

=====

1 Melrose Area 1:52.76a  
1) Melissa Ambriz 2) Nicole Rademacher  
3) Georgia Anderson 4) Lizbeth Raya Ambriz  
2 BOLD/BLH 1:54.80a  
1) Jamie Novotny 2) Lilly Henriksen  
3) Gabi Revier 4) Ava Schlomann  
3 Morris Area/Chokio-Alberta 1:55.04a  
1) Alexa Erholtz 2) Hana Schutz  
3) Annabella Ekren 4) Isabel Guerra  
4 Benson/KMS 1:55.83a  
1) Alissa Thompson 2) Izzy Wirth  
3) Julia Claussen 4) Amber Rosemeier  
5 West Central Area 1:56.43a  
1) Natalea Olson 2) Whitney Westrom  
3) Keyenna Gehrke 4) Keira Gehrke  
6 Minnewaska Area 1:57.04a  
1) Alia Randt 2) Brooklyn Meyer  
3) Aubrey Polzin 4) Mya VanLuik  
7 Montevideo 1:58.96a  
1) Maggie Kling 2) Brenna Winters  
3) Aubrey Norman 4) Anika Arends  
8 Sauk Centre 2:02.88a  
1) Lindyn Anderson 2) Ava Friedrichs  
3) Brianna Middendorf 4) Pyper Vogt

#### Girls Varsity 4x400m Relay Finals

=====

##### Team Time

=====

1 Benson/KMS 4:17.22a  
1) Alissa Thompson 2) Izzy Wirth  
3) Kaida Helgensen 4) Amber Rosemeier  
2 Minnewaska Area 4:19.27a  
1) Dacia Fleury 2) Alia Randt  
3) Ella Larson 4) Lauryn Ankeny  
3 Sauk Centre 4:20.45a  
1) Mackenzie Ritter 2) Stella Schirmers  
3) Olivia Marsh 4) Madelyn Schuster  
4 Melrose Area 4:29.35a  
1) Alyssa Stordahl 2) Zoe Hoeschen  
3) Ella Klaphake 4) Maria Hinnenkamp  
5 Montevideo 4:34.96a  
1) Calli Zeidler 2) Cali Janke  
3) Aubrey Norman 4) Nevaeh Halverson  
6 BOLD/BLH 4:39.35a  
1) Kya Elfering 2) Kenzie Visser  
3) Lilly Henriksen 4) Elin Elfering

#### Girls Varsity 4x800m Relay Finals

=====

##### Team Time

=====

1 Minnewaska Area 10:01.84a  
1) Alia Randt 2) Olivia Danielson  
3) Ella Larson 4) Lauryn Ankeny  
2 Sauk Centre 10:55.11a  
1) Olivia Marsh 2) Alivia Nathe  
3) Norah Sebek 4) Julia Wehrman  
3 Melrose Area 10:56.58a  
1) Alyssa Stordahl 2) Zoe Hoeschen  
3) Paige Stommes 4) Kendall Beuning  
4 Morris Area/Chokio-Alberta 12:17.61a  
1) Anya Fehr 2) Macy Seales  
3) Alayna Perkins 4) Avery Waterworth  
5 Montevideo 12:35.36a  
1) Angela Padilla 2) Hope Rittel  
3) Nevaeh Halverson 4) Emily Valenzuela  
6 Benson/KMS 12:48.03a  
1) Lilly Ronholdt 2) Olivia Thorson  
3) Lexie Thompson 4) Emily Finstrom

#### Girls Varsity Shot Put Finals

=====

##### Athlete Yr Team Mark

=====

1 Jayda Kolstoe Minnewaska Area 38-4.75  
2 Maci Robinson West Central Area 34-11  
3 Catherine Fank BOLD/BLH 31-2.5  
4 Mya VanLuik Minnewaska Area 30-6  
5 Claire Bushard Sauk Centre 30-5  
6 Carmen Loxtercamp Sauk Centre 29-7.5  
7 Callie Glawe West Central Area 29-5  
8 Nyayul Ruey Melrose Area 28-9.5  
9 Melena Longtin Minnewaska Area 28-6.25  
10 Britta Schmidgall Morris Area/Chokio-Alber 26-11.25  
11 Teagan Froehlich Benson/KMS 26-8.25  
12 Mercedes Gasca BOLD/BLH 26-4  
13 Haley DeSmet West Central Area 25-10  
14 Kalli Schirmers Sauk Centre 25-7  
15 Alanya Stenson Montevideo 25-3.5  
16 Arianna Gasca BOLD/BLH 25-0.75  
17 Halle Bolduc Benson/KMS 24-10.75  
18 Mele Paongo Montevideo 24-9.5  
19 Brissia Pacheco Montevideo 23-1.5  
20 Sophia Oerter Benson/KMS 22-11  
21 Maggie Frieler Melrose Area 21-9.5  
22 Camilla McCormick Melrose Area 21-7  
23 Isabelle Motz Morris Area/Chokio-Alber 20-10

### Girls Varsity Discus Finals

=====

#### Athlete Yr Team Mark

=====

- 1 Melena Longtin Minnewaska Area 100-9
- 2 Jayda Kolstoe Minnewaska Area 97-10
- 3 Britta Schmidgall Morris Area/Chokio-Alber 97-9
- 4 Olivia Danielson Minnewaska Area 95-8
- 5 Mamie Luft Benson/KMS 91-3
- 6 Catherine Fank BOLD/BLH 88-10
- 7 Nyayul Ruey Melrose Area 87-6
- 8 Carmen Loxtercamp Sauk Centre 86-3
- 9 Maci Robinson West Central Area 82-8
- 10 Claire Bushard Sauk Centre 79-4
- 11 Callie Glawe West Central Area 79-1
- 12 Arianna Gasca BOLD/BLH 73-7
- 13 Teagan Froehlich Benson/KMS 73-3
- 14 Maggie Frieler Melrose Area 72-0
- 15 Mercedes Gasca BOLD/BLH 68-11
- 16 Olivia Lindquist West Central Area 67-11
- 17 Michelle Straub Sauk Centre 66-8
- 18 Alanya Stenson Montevideo 63-7
- 19 Calli Zeidler Montevideo 60-10
- 20 Halle Bolduc Benson/KMS 59-3
- 21 Mele Paongo Montevideo 57-8
- 22 Taya Gysberg Melrose Area 47-11

### Girls Varsity High Jump Finals

=====

#### Athlete Yr Team Mark Wind

=====

- 1 Terina Blascyk West Central Area 4-11
- 2 Lyla Stadtherr Minnewaska Area 4-9
- 3 Natalee Hoffner Melrose Area 4-9
- 3 Kenzie Visser BOLD/BLH 4-9
- 5 Carly Tolifson Benson/KMS 4-9
- 5 Madelynn Luft Benson/KMS 4-9
- 7 Jamie Novotny BOLD/BLH 4-7
- 8 Phemie Oeltjen Minnewaska Area 4-7
- 9 Mya Schmidgall Morris Area/Chokio-Alber 4-5
- 9 Alexa Erholtz Morris Area/Chokio-Alber 4-5
- 9 Sadie Gross BOLD/BLH 4-5
- 12 Keira Gehrke West Central Area 4-5
- 13 Ashley Murken Minnewaska Area 4-5
- 14 Savannah Peterson Benson/KMS 4-5
- 15 Stella Schirmers Sauk Centre 4-3
- 16 Amelia Pollard West Central Area 4-3
- 17 Brooke Rieland Sauk Centre 4-0
- 17 Ruby Swenson Morris Area/Chokio-Alber 4-0
- 19 Brynn Berscheit Melrose Area 4-0
- Emmalee Koenen Montevideo DNS

### Girls Varsity Pole Vault Finals

=====

#### Athlete Yr Team Mark Wind

=====

- 1 Josie Eveslage Melrose Area 10-6
- 2 Georgia Anderson Melrose Area 9-6

3 Izzy Wirth Benson/KMS 8-0

4 Lexi Bosek Minnewaska Area 7-6

5 Phemie Oeltjen Minnewaska Area 7-6

6 Hana Schutz Morris Area/Chokio-Alber 7-6

7 Victoria Marthaler Sauk Centre 7-0

8 Jamie Novotny BOLD/BLH 7-0

9 Kendra Wilmes Minnewaska Area 7-0

10 Emily McGinty Benson/KMS 6-6

10 Isabel Guerra Morris Area/Chokio-Alber 6-6

10 Francesca Rivers Sauk Centre 6-6

13 Serena Middendorf Sauk Centre 6-6

14 Alayna Perkins Morris Area/Chokio-Alber 5-6

14 Avrielle Fultz Montevideo 5-6

16 Harper Thole BOLD/BLH 5-6

Keala Carroll Benson/KMS NH

### Girls Varsity Long Jump Finals

=====

#### Athlete Yr Team Mark Wind

=====

1 Isabelle Jaenicke Melrose Area 15-7

2 Alea Berscheit Melrose Area 15-3.5

3 Ava Schlomann BOLD/BLH 15-0.5

4 Sydney Ulrich West Central Area 14-6.75

5 Josie Eveslage Melrose Area 14-1.25

6 Nina Thieschafer Sauk Centre 13-11.25

7 Jayden Styba West Central Area 13-4.75

8 Isabelle Motz Morris Area/Chokio-Alber 13-3.75

9 Teagan Epema Montevideo 13-2.25

10 Alia Randt Minnewaska Area 13-0.75

11 Chloe Fehr Morris Area/Chokio-Alber 12-9.75

12 Jazlyn Fleury Minnewaska Area 12-7

13 Lola Schmidgall Morris Area/Chokio-Alber 12-6.25

14 Savannah Peterson Benson/KMS 12-6

15 Taryn Stenson Montevideo 12-1

16 Addelyn Malvin BOLD/BLH 12-1

17 Lindyn Anderson Sauk Centre 12-1

18 Emma Helleman Minnewaska Area 12-0.75

19 Sadie Gross BOLD/BLH 12-0

20 Olivia Lindquist West Central Area 11-9.5

21 Teagan Froehlich Benson/KMS 11-8

22 Mylee Middendorf Sauk Centre 11-7

Carly Tolifson Benson/KMS DNS

### Girls Varsity Triple Jump Finals

=====

#### Athlete Yr Team Mark Wind

=====

1 Alea Berscheit Melrose Area 33-10.75

2 Dacia Fleury Minnewaska Area 33-9.75

3 Isabelle Jaenicke Melrose Area 33-9.5

4 Josie Eveslage Melrose Area 32-5.5

5 Anika Arends Montevideo 30-11

6 Sydney Ulrich West Central Area 30-8.5

7 Lauryn Ankeny Minnewaska Area 30-7

8 Mya Schmidgall Morris Area/Chokio-Alber 29-2.5

9 Brianna Middendorf Sauk Centre 29-2.25

10 Jayden Styba West Central Area 28-9.25

11 Brooklyn Meyer Minnewaska Area 28-7  
12 Aria Chatters Morris Area/Chokio-Alber 28-5.75  
13 Brenna Winters Montevideo 28-0  
14 Kendal Fischer Morris Area/Chokio-Alber 27-4  
15 Avery Crider Sauk Centre 26-8.5  
16 Gabi Revier BOLD/BLH 26-8  
17 Mamie Luft Benson/KMS 26-3.5  
18 Olivia Lindquist West Central Area 25-10.5  
19 Cali Janke Montevideo 25-8.5  
20 Clare Frank BOLD/BLH 25-4.25  
Ava Friedrichs Sauk Centre DNS