

2025 HEART O' LAKES GIRLS CONFERENCE CHAMPIONSHIP May 13, 2025 at Barnesville, MN

GIRLS TEAM SCORES

1. Perham	157
2. Pelican Rapids	108
3. Barnesville	97
4. Park Rapids Area	91
5. Frazee	74.5
6. Dilworth-Glyndon-Felton	68
7. United Clay-Becker	58.5
8. Staples-Motley	31
9. Breckenridge	17

Girls Varsity 100 Meters Finals

=====

Athlete	Yr	Team	Mark	H#	Wind
---------	----	------	------	----	------

=====

1 Megan Guler	10	Pelican Rapids	13.15a
2 Katarina Vetter	10	United Clay-Becker	13.49a
3 Aunika Reynolds	12	Dilworth-Glyndon-Felton	13.55a
4 Addyson Barnes	10	Barnesville	13.69a
5 Jovie Larson	10	Perham	13.72a
6 Aleeya Stringer Ferris	9	Pelican Rapids	13.78a
7 Corinne Olson	12	Staples-Motley	13.89a
8 Aubree Bristlin	10	Frazee	13.93a
9 Morgan Korf	11	Pelican Rapids	13.93a
10 Gracey Hecker	11	United Clay-Becker	13.96a
11 Ava Ness	11	Barnesville	14.00a
12 Ava Leishman	9	Frazee	14.03a
13 Laura Burkel	12	United Clay-Becker	14.12a
14 Amelia Gravdahl	10	Park Rapids Area	14.15a
15 Tenley Schueller	8	Park Rapids Area	14.18a
16 Gracie Hersrud	12	Dilworth-Glyndon-Felton	14.39a
17 Avery Schueller	10	Park Rapids Area	14.44a
18 Elise Janke	8	Perham	14.45a
19 Aubrey True	7	Dilworth-Glyndon-Felton	14.49a
20 Paiton Christiansen	10	Perham	14.54a
21 Raynlee Allard	9	Breckenridge	14.54a
22 Anika Cossette	11	Barnesville	14.77a
23 Iva Hinson	11	Staples-Motley	15.30a
24 Marra Oliphant	11	Breckenridge	15.74a
25 Kylee Chenoweth	9	Staples-Motley	15.85a
26 Kendra Thon	9	Frazee	15.96a
27 Ally Bombersbach	11	Breckenridge	16.28a

Girls Varsity 200 Meters Finals

=====

Athlete	Yr	Team	Mark	H#	Wind
---------	----	------	------	----	------

=====

1 Olivia Miller	12	Park Rapids Area	25.85a
2 Megan Guler	10	Pelican Rapids	26.82a
3 Gracie Morris	11	Perham	27.86a
4 Sophia Luna	9	Staples-Motley	28.32a
5 Aubree Bristlin	10	Frazee	28.34a
6 Brynn Larson	11	Frazee	28.52a
7 Alex Risberg	10	Dilworth-Glyndon-Felton	29.08a
8 Hana Leonhard	12	Perham	29.24a
9 Arianna Hovland	10	Pelican Rapids	29.40a
10 Ava Ness	11	Barnesville	29.46a
11 Haven Fjosne	10	Perham	29.66a
12 Aubrey True	7	Dilworth-Glyndon-Felton	29.75a
13 Molly Hooker	8	Barnesville	29.78a
14 Anika Cossette	11	Barnesville	30.64a
15 Hallie Eischens	12	Park Rapids Area	30.86a

16 Rylee Johnk	7	Dilworth-Glyndon-Felton	30.88a
17 Ava Leishman	9	Frazee	30.98a
18 Ella Ehler	12	Park Rapids Area	31.05a
19 Tessa Snyder	9	Breckenridge	31.08a
20 Aubury Martinez	9	Breckenridge	31.24a
21 Kana Reese	9	Staples-Motley	31.36a
22 Katelyn Smith	11	United Clay-Becker	32.27a
23 Iva Hinson	11	Staples-Motley	32.40a
24 Marra Oliphant	11	Breckenridge	34.19a
25 Kylie Isaman	11	United Clay-Becker	34.56a
26 Kate DeBlieck	11	United Clay-Becker	34.89a
Toni Banton	9	Pelican Rapids	DNS

Girls Varsity 400 Meters Finals

=====

Athlete	Yr	Team	Mark	H#	Wind
---------	----	------	------	----	------

=====

1 Addison Lauwagie	12	Park Rapids Area	1:01.25a
2 Megan Guler	10	Pelican Rapids	1:01.28a
3 Aurora Schumacher	11	Perham	1:03.47a
4 Sophie Nelson	9	Perham	1:03.96a
5 Mariah Berg	7	Barnesville	1:04.59a
6 Morgan Korf	11	Pelican Rapids	1:05.23a
7 Haven Fjosne	10	Perham	1:05.98a
8 Brylie Nelson	8	United Clay-Becker	1:06.36a
9 Madilyn Perrine	9	Frazee	1:06.91a
10 Ashlyn Lockner	12	Dilworth-Glyndon-Felton	1:08.58a
11 Hallie Eischens	12	Park Rapids Area	1:09.25a
12 Grace Morse	7	Park Rapids Area	1:09.63a
13 Aubrey Vogle	7	Staples-Motley	1:10.07a
14 Evelyn Block	9	United Clay-Becker	1:10.91a
15 Lucille Maros	7	Staples-Motley	1:11.38a
16 Ava Christopherson	12	Dilworth-Glyndon-Felton	1:11.53a
17 Mara Rosenau	7	Dilworth-Glyndon-Felton	1:11.56a
18 Ali Langerud	10	United Clay-Becker	1:11.93a
19 Annika Checcho de Souza	7	Pelican Rapids	1:13.13a
Molly Rotz	9	Barnesville	DNS
Valeria Rodelo	10	Frazee	DNS

Girls Varsity 800 Meters Finals

=====

Athlete	Yr	Team	Mark	H#	Wind
---------	----	------	------	----	------

=====

1 Audrey Brownell	11	Staples-Motley	2:18.00a
2 Cora Grismer	12	Perham	2:26.80a
3 Chloe Johnson	10	United Clay-Becker	2:27.89a
4 Caidyn Breid	11	Perham	2:30.89a
5 Leelou Novotny	11	Perham	2:35.27a
6 Keela Johnson	12	United Clay-Becker	2:37.42a
7 Madeline Brandt	10	Park Rapids Area	2:37.94a
8 Kendra Nelson	11	United Clay-Becker	2:39.54a
9 Katie Courneya	10	Frazee	2:42.99a
10 Sophie Frederick	12	Barnesville	2:43.84a
11 Grace Etter	11	Park Rapids Area	2:45.01a
12 Makenna Maanum	9	Park Rapids Area	2:45.64a
13 Liliana Gaytan	7	Dilworth-Glyndon-Felton	2:46.88a
14 Rylee Bauer	10	Barnesville	2:47.60a
15 Lola Hoehne	11	Frazee	2:50.33a
16 Lauryn Schmid	10	Frazee	2:50.93a
17 Celia Trick	8	Dilworth-Glyndon-Felton	2:55.73a
18 Elise Trif	7	Staples-Motley	2:58.31a
19 Braelyn Bomstad	8	Barnesville	2:59.65a

20 Faith Vincent 9 Dilworth-Glyndon-Felton 2:59.86a
21 Ella Schleske 9 Pelican Rapids 3:08.87a
22 Kazlyn Erickson 9 Pelican Rapids 3:15.85a
23 Bryn Welch 10 Pelican Rapids 3:15.86a

Girls Varsity 1600 Meters Finals

=====

Athlete Yr Team Mark H# Wind

=====

1 Caidyn Breid 11 Perham 5:24.70a
2 Lily Olson 12 United Clay-Becker 5:25.57a
3 Avalee Brown 11 Perham 5:39.21a
4 Chayla Sweere 11 Perham 5:41.89a
5 Katie Courneya 10 Frazee 5:50.57a
6 Cassidy Rotz 7 Barnesville 5:50.94a
7 Katelynn Henderson 8 Park Rapids Area 5:58.32a
8 Keyli Kinzel 7 Dilworth-Glyndon-Felton 6:01.83a
9 Naila Mikhaeil 12 Staples-Motley 6:02.28a
10 Isabella Orr 9 Barnesville 6:04.69a
11 Nora Bolton 12 Park Rapids Area 6:05.32a
12 Dezirae Aldinger 10 United Clay-Becker 6:15.57a
13 Carly Orvik 7 Barnesville 6:23.38a
14 Elise Trif 7 Staples-Motley 6:28.66a
15 Kinzey Ellingson 8 United Clay-Becker 6:46.19a
16 Ikraan Mohamed 10 Pelican Rapids 6:46.87a
17 Bristol Larsen 10 Frazee 6:47.09a
18 Olivia Budzien 10 Park Rapids Area 6:49.96a
19 Madelyn (Maddie) Kist 10 Staples-Motley 7:04.24a
20 Brooklyn Grubb 9 Dilworth-Glyndon-Felton 7:09.50a
21 Brooklyn Riewer 8 Frazee 7:11.26a
22 Alayna Schlieman 7 Pelican Rapids 7:13.12a
23 Mia Varriano 9 Dilworth-Glyndon-Felton 7:24.24a
24 Dulce Martinez 12 Pelican Rapids 7:39.25a

Girls Varsity 3200 Meters Finals

=====

Athlete Yr Team Mark H# Wind

=====

1 Jovie Marshall 8 Barnesville 12:06.94a
2 Cassidy Rotz 7 Barnesville 12:15.46a
3 Julianna Scraper 8 Perham 12:18.71a
4 Greta Galzski 8 Park Rapids Area 12:21.32a
5 Addison Toedter 9 Perham 12:37.19a
6 Isabella Orr 9 Barnesville 13:00.01a
7 Quinn Hanson 8 Perham 13:11.79a
8 Arwa Baghzali 9 Dilworth-Glyndon-Felton 13:17.69a
9 Lola Hoehne 11 Frazee 13:29.99a
10 Kinzey Ellingson 8 United Clay-Becker 13:37.30a
11 Hallel Bervig 8 Park Rapids Area 13:42.27a
12 Suhaila Mikhaeil 10 Staples-Motley 13:53.16a
13 Rory Guderjahn 8 United Clay-Becker 14:01.51a
14 Brooklyn Riewer 8 Frazee 14:37.08a
15 Rachel Swan 10 United Clay-Becker 14:37.43a
16 Elsa Holm 9 Dilworth-Glyndon-Felton 14:44.23a
17 Mia Varriano 9 Dilworth-Glyndon-Felton 14:52.99a
18 Elli Schlieman 7 Pelican Rapids 15:33.76a
19 Rachal Breen 7 Pelican Rapids 15:35.72a
20 Embry Deshayes 10 Park Rapids Area 15:44.54a

Girls Varsity 100m Hurdles Finals

=====

Athlete Yr Team Mark H# Wind

=====

1 Kennedy Detloff 8 Perham 15.34a
2 Aynslee Johannsen 9 Frazee 15.93a

3 Ava Follingstad 12 Barnesville 16.33a
4 Hadley Phillips 8 Perham 18.25a
5 Isabella Follingstad 10 Barnesville 18.49a
6 Lainey Jacobson 12 Frazee 18.62a
7 Brooke Kritzeck 12 Park Rapids Area 19.06a
8 Hazel Haugrud 12 Pelican Rapids 19.51a
9 Nora Palubicki 9 Perham 19.55a
10 Breanna Deblieck 11 Park Rapids Area 19.65a
11 Michaela Risberg 10 Dilworth-Glyndon-Felton 19.74a
12 Abby Brichacek 11 Staples-Motley 20.17a
13 Bridgit Hendrickson 9 Barnesville 20.53a
14 Brylee Anderson 7 Frazee 20.66a
15 Kimberly Ohm 10 Park Rapids Area 20.92a
16 Emersyn Strobel 11 Dilworth-Glyndon-Felton 21.43a
17 Harper Ring 7 Dilworth-Glyndon-Felton 23.98a
Annika Hanson 11 United Clay-Becker DNS

Girls Varsity 300m Hurdles Finals

=====

Athlete Yr Team Mark H# Wind

=====

1 Grace Officer 11 Park Rapids Area 48.48a
2 Kennedy Detloff 8 Perham 50.31a
3 Grace Backstrom 12 Pelican Rapids 51.50a
4 Hadley Phillips 8 Perham 53.41a
5 Cassidy Grewe 10 Park Rapids Area 53.52a
6 Bella Sjostrom 10 Pelican Rapids 55.14a
7 Tessa Snyder 9 Breckenridge 55.26a
8 Nora Palubicki 9 Perham 55.36a
9 Isabella Follingstad 10 Barnesville 55.52a
10 Lainey Jacobson 12 Frazee 55.54a
11 Brylee Anderson 7 Frazee 55.59a
12 Jovie Marshall 8 Barnesville 56.60a
13 Kimberly Ohm 10 Park Rapids Area 1:00.02a
14 Emersyn Strobel 11 Dilworth-Glyndon-Felton 1:00.13a
15 Harper Ring 7 Dilworth-Glyndon-Felton 1:00.81a
16 Zoey St. Germain 8 Frazee 1:01.19a
17 Adelyn Roemmich 7 Barnesville 1:03.45a
18 Abby Brichacek 11 Staples-Motley 1:04.64a
19 Isabel Toms 11 Dilworth-Glyndon-Felton 1:08.09a

Girls Varsity 4x100m Relay Finals

=====

Team Time H#

=====

1 Dilworth-Glyndon-Felton 52.37a
1) McKara Hoban 2) Aunika Reynolds
3) Alex Risberg 4) Ellie Sosa
2 Barnesville 53.32a
1) Ava Ness 2) Addyson Barnes
3) Morgan Schlauderaff 4) Ava Follingstad
3 Park Rapids Area 53.38a
1) Amelia Gravdahl 2) Avery Schueller
3) Cassidy Grewe 4) Grace Officer
4 United Clay-Becker 53.92a
1) Brylie Nelson 2) Gracey Hecker
3) Addyson Strawsell 4) Laura Burkel
5 Staples-Motley 55.41a
1) Corinne Olson 2) Sophia Luna
3) Kylee Chenoweth 4) Aubrey Vogle
6 Pelican Rapids 56.16a
1) Aleeya Stringer Ferris 2) Toni Banton
3) Kamryn Kirkwood 4) Aftyn Hahn
7 Frazee 56.76a
1) Valeria Rodelo 2) Harlee Erickson

3) Neveah Wirth 4) Ava Leishman
8 Breckenridge 58.50a
1) Ally Bombersbach 2) Marra Oliphant
3) Raynee Allard 4) Aubury Martinez
Perham DQ
1) Addy Draeger 2) Jovie Larson
3) Addi Hackel 4) Paiton Christiansen

Girls Varsity 4x200m Relay Finals

Team Time H#

1 Park Rapids Area 1:49.15a
1) Avery Schueller 2) Cassidy Grewe
3) Olivia Miller 4) Addison Lauwagie
2 Frazee 1:49.42a
1) Aynslee Johannsen 2) Jayden Sonnenberg
3) Brynn Larson 4) Aubree Bristlin
3 Perham 1:49.49a
1) Gracie Morris 2) Cora Grismer
3) Sophie Nelson 4) Addy Draeger
4 Dilworth-Glyndon-Felton 1:51.28a
1) Alex Risberg 2) Rylee Johnk
3) Aunika Reynolds 4) Ellie Sosa
5 United Clay-Becker 1:55.88a
1) Hannah Bigger 2) Bentlee Swenson
3) Stella Sannes 4) Ali Langerud
6 Pelican Rapids 1:55.91a
1) Aleeya Stringer Ferris 2) Arianna Hovland
3) Kamryn Kirkwood 4) Ellie Carlson
7 Barnesville 1:55.95a
1) Anika Cossette 2) Molly Rotz
3) Morgan Schlauderaff 4) Molly Hooker
8 Staples-Motley 2:05.65a
1) Iva Hinson 2) Kana Reese
3) Ronnie Noska 4) Arianna Grant

Girls Varsity 4x400m Relay Finals

Team Time H#

1 Park Rapids Area 4:09.20a
1) Grace Officer 2) Olivia Miller
3) Madeline Brandt 4) Addison Lauwagie
2 Perham 4:11.64a
1) Gracie Morris 2) Cora Grismer
3) Sophie Nelson 4) Kennedy Detloff
3 Frazee 4:19.95a
1) Aynslee Johannsen 2) Brynn Larson
3) Rilynn Ruiz 4) Jayden Sonnenberg
4 United Clay-Becker 4:24.85a
1) Chloe Johnson 2) Bentlee Swenson
3) Hannah Bigger 4) Katarina Vetter
5 Staples-Motley 4:31.64a
1) Sophia Luna 2) Corinne Olson
3) Lucille Maros 4) Audrey Brownell
6 Pelican Rapids 4:34.91a
1) Grace Backstrom 2) Arianna Hovland
3) Morgan Korf 4) Malia Tweeton
7 Barnesville 4:40.16a
1) Molly Rotz 2) Braelyn Bomstad
3) Morgan Schlauderaff 4) Maria Berg
8 Dilworth-Glyndon-Felton 4:52.16a
1) Ashlyn Lockner 2) Emma Brinkman
3) Remi Kugler 4) Liliana Gaytan

Girls Varsity 4x800m Relay Finals

Team Time H#

1 United Clay-Becker 9:56.74a
1) Katarina Vetter 2) Keela Johnson
3) Chloe Johnson 4) Lily Olson
2 Perham 10:10.50a
1) Aurora Schumacher 2) Leelou Novotny
3) Tilly Mathies 4) Avalee Brown
3 Park Rapids Area 10:35.72a
1) Nora Bolton 2) Makenna Maanum
3) Katelynn Henderson 4) Madeline Brandt
4 Barnesville 10:50.05a
1) Sophie Frederick 2) Carly Orvik
3) Braelyn Bomstad 4) Jovie Marshall
5 Frazee 11:12.72a
1) Lauryn Schmid 2) Madilyn Perrine
3) Rilynn Ruiz 4) Bristol Larsen
6 Pelican Rapids 11:17.89a
1) Bella Sjostrom 2) Aftyn Hahn
3) Malia Tweeton 4) Annika Checco de Souza
7 Dilworth-Glyndon-Felton 11:43.77a
1) Emma Brinkman 2) Brooklyn Grubb
3) Liliana Gaytan 4) Arwa Baghzali
8 Breckenridge 13:17.46a
1) Addisyn Neppel 2) London Hoffert
3) Alivia Cvancara 4) Tessa Snyder

Girls Varsity Shot Put Finals

Athlete Yr Team Mark H#

1 Aria Garrett 11 Dilworth-Glyndon-Felton 38-6.25
2 Leslie Moore 11 Frazee 33-7.25
3 Aubry Hoadley 9 Pelican Rapids 33-5.75
4 Ally Birger 11 Pelican Rapids 31-10.5
5 Hazel Haugrud 12 Pelican Rapids 31-10.5
6 Ashley Maneval 11 Barnesville 31-3.25
7 Annie Schlosser 11 Staples-Motley 30-4.5
8 Katie Courneya 10 Frazee 30-2.25
9 Bella Schultz 8 Perham 29-5.75
10 Annika Stuart 10 Dilworth-Glyndon-Felton 29-1.5
11 Olivia Iverson 10 Dilworth-Glyndon-Felton 28-10.25
12 Ella Cossette 12 Barnesville 28-9
13 Sarah Hartung 11 Park Rapids Area 28-6.25
14 Jayden Camperud 12 Barnesville 28-5.5
15 Elsie Lauritsen 11 Breckenridge 28-3
16 Taya Carlson 12 United Clay-Becker 28-0.5
17 Ellie Breuer 10 Breckenridge 27-1
18 Marissa Heifort 12 Staples-Motley 26-11.25
19 Breahna Rodewald 12 Perham 26-7.5
20 Maggie Huber 11 Park Rapids Area 25-9.75
21 Alexis Newman 11 United Clay-Becker 25-9.5
22 Madelyn Beyer 11 Breckenridge 24-11
23 Alessia Harmon 11 Park Rapids Area 22-8.75
24 Gemma Fairbanks 7 Staples-Motley 18-0.5
Adison Lund 11 United Clay-Becker DNS
Chloe Clark 10 Perham DNS
Ella Hoehne 8 Frazee DNS

Girls Varsity Discus Finals

=====

Athlete Yr Team Mark H#

=====

- 1 Aria Garrett 11 Dilworth-Glyndon-Felton 114-3
- 2 Sarah Hartung 11 Park Rapids Area 113-5
- 3 Aubry Hoadley 9 Pelican Rapids 96-8
- 4 Elsie Lauritsen 11 Breckenridge 95-7
- 5 Leslie Moore 11 Frazee 91-8
- 6 Annie Schlosser 11 Staples-Motley 91-5
- 7 Ella Cossette 12 Barnesville 90-11
- 8 Ally Birger 11 Pelican Rapids 88-9
- 9 Annika Stuart 10 Dilworth-Glyndon-Felton 88-3
- 10 Savannah Thompson 10 Dilworth-Glyndon-Felton 86-9
- 11 Katie Courneya 10 Frazee 79-9
- 12 Taya Carlson 12 United Clay-Becker 77-6
- 13 Alexis Newman 11 United Clay-Becker 76-5
- 14 Allison Axness 10 Barnesville 75-2
- 15 Hazel Haugrud 12 Pelican Rapids 73-5
- 16 Shayna Erickson 11 Barnesville 72-11
- 17 Bella Schultz 8 Perham 72-2
- 18 Marissa Heifort 12 Staples-Motley 71-2
- 19 Maggie Huber 11 Park Rapids Area 70-1
- 20 Jordyn Ostlund 12 Park Rapids Area 68-1
- 21 Isabella Korth 10 Breckenridge 66-1
- 22 Ellie Breuer 10 Breckenridge 63-1
- 23 Breahna Rodewald 12 Perham 62-9
- 24 Gemma Fairbanks 7 Staples-Motley 55-4
- Adison Lund 11 United Clay-Becker DNS
- Breanna Sandberg 8 Perham DNS
- Ella Hoehne 8 Frazee DNS

Girls Varsity High Jump Finals

=====

Athlete Yr Team Mark H# Wind

=====

- 1 Grace Backstrom 12 Pelican Rapids 5-2
- 2 Mariah Koltes 10 Breckenridge 4-10
- 3 Isabella Follingstad 10 Barnesville 4-10
- 4 Addyson Strawsell 12 United Clay-Becker 4-8
- 4 Brynn Larson 11 Frazee 4-8
- 6 Reagan Wenzel 7 United Clay-Becker 4-8
- 7 Michaela Risberg 10 Dilworth-Glyndon-Felton 4-6
- 8 Aubree Bristlin 10 Frazee 4-6
- 9 Addison Halvorson 12 Dilworth-Glyndon-Felton 4-6
- 9 Kennedy Detloff 8 Perham 4-6
- 11 Addy Draeger 10 Perham 4-6
- 12 Addyson Rasmussen 10 Barnesville 4-6
- 13 Neveah Wirth 9 Frazee 4-4
- 14 Olivia Budzien 10 Park Rapids Area 4-4
- 15 Kimberly Ohm 10 Park Rapids Area 4-4
- 16 Kamryn Kirkwood 9 Pelican Rapids 4-4
- 16 Adelyn Roemmich 7 Barnesville 4-4
- 18 Whitney DuMarce 8 Dilworth-Glyndon-Felton 4-2
- 19 Alayna Schlieman 7 Pelican Rapids 4-2
- 20 Lucille Maros 7 Staples-Motley 4-0
- 20 Onna Schmitz 12 Staples-Motley 4-0
- Madelyn (Maddie) Kist 10 Staples-Motley NH
- Brooke Kritzeck 12 Park Rapids Area NH

Girls Varsity Pole Vault Finals

=====

Athlete Yr Team Mark H# Wind

=====

- 1 Gracie Morris 11 Perham 11-6
- 2 Lydia Klettke 11 Perham 11-0
- 3 Addison Lauwagie 12 Park Rapids Area 10-6
- 4 Ashley Maneval 11 Barnesville 10-0
- 5 Ellie Carlson 10 Pelican Rapids 9-6
- 6 Aftyn Hahn 12 Pelican Rapids 8-6
- 6 Arianna Hovland 10 Pelican Rapids 8-6
- 8 Addi Hackel 10 Perham 8-6
- 9 Grace Etter 11 Park Rapids Area 8-0
- 10 McKara Hoban 11 Dilworth-Glyndon-Felton 7-0
- 10 Chloe Johnson 10 United Clay-Becker 7-0
- 10 Keela Johnson 12 United Clay-Becker 7-0
- 10 Dezirae Aldinger 10 United Clay-Becker 7-0
- 14 Karlee Rowland 9 Park Rapids Area 7-0
- Carly Orvik 7 Barnesville NH
- Maecyn Carlson 8 Frazee NH
- Mariah Koltes 10 Breckenridge NH
- Lainey Jacobson 12 Frazee NH
- Alex Risberg 10 Dilworth-Glyndon-Felton NH
- Isabelle Moser 11 Frazee NH
- Arabella Moore 12 Staples-Motley NH

Girls Varsity Long Jump Finals

=====

Athlete Yr Team Mark H# Wind

=====

- 1 Ava Follingstad 12 Barnesville 16-6
- 2 Ellie Sosa 10 Dilworth-Glyndon-Felton 16-5.5
- 3 Aynslee Johannsen 9 Frazee 16-4.5
- 4 Morgan Korf 11 Pelican Rapids 16-2
- 5 Jayden Sonnenberg 11 Frazee 16-1.5
- 6 Ellie Carlson 10 Pelican Rapids 15-11
- 7 Addi Hackel 10 Perham 15-7
- 8 Megan Guler 10 Pelican Rapids 15-1
- 9 Jovie Larson 10 Perham 14-10
- 10 Olivia Miller 12 Park Rapids Area 14-9.5
- 11 Addison Halvorson 12 Dilworth-Glyndon-Felton 14-7.5
- 12 Aubury Martinez 9 Breckenridge 14-6
- 13 Brandi Morgan 12 Park Rapids Area 14-4
- 14 Elise Janke 8 Perham 14-1
- 15 Arianna Grant 12 Staples-Motley 13-10
- 16 Adelyn Roemmich 7 Barnesville 13-5
- 17 Bentlee Swenson 7 United Clay-Becker 13-4.5
- 18 Remi Kugler 8 Dilworth-Glyndon-Felton 13-4.5
- 19 Mariah Berg 7 Barnesville 13-1
- 20 Makenna Maanum 9 Park Rapids Area 12-9.5
- 21 Onna Schmitz 12 Staples-Motley 12-7.5
- 22 Harlee Erickson 9 Frazee 12-2.5
- 23 Josie Larson 10 United Clay-Becker 10-2
- 24 Madelyn Aakre 10 United Clay-Becker 9-9.5
- Lily Davis 10 Staples-Motley ND

Girls Varsity Triple Jump Finals

=====

Athlete Yr Team Mark H# Wind

=====

- 1 Ellie Sosa 10 Dilworth-Glyndon-Felton 36-2
- 2 Ava Follingstad 12 Barnesville 36-2
- 3 Cora Grismer 12 Perham 35-3
- 4 Addi Hackel 10 Perham 33-4.5
- 5 Ellie Carlson 10 Pelican Rapids 33-3

6 Ashley Maneval 11 Barnesville 32-10
7 Ava Leishman 9 Frazee 32-4
8 Jayden Sonnenberg 11 Frazee 31-7
9 Kamryn Kirkwood 9 Pelican Rapids 31-6.5
10 Addy Draeger 10 Perham 31-0.5
11 Brandi Morgan 12 Park Rapids Area 30-8.5
12 Morgan Schlauderaff 10 Barnesville 30-5
13 Remi Kugler 8 Dilworth-Glyndon-Felton 29-10
14 Mara Rosenau 7 Dilworth-Glyndon-Felton 29-9.5

15 Hazel Haugrud 12 Pelican Rapids 29-6
16 Arianna Grant 12 Staples-Motley 29-4
17 Khloe May 8 Park Rapids Area 29-3
18 Jordan Nelson 9 Frazee 29-1
19 Abby Brichacek 11 Staples-Motley 28-6
20 Ronnie Noska 10 Staples-Motley 27-11
21 Amelia Gravdahl 10 Park Rapids Area 27-9