

2025 MCAA GIRLS CONFERENCE CHAMPIONSHIP

May 15, 2025 at University of Minnesota, Minneapolis, MN

Girls Team Scores:

1. Spectrum	218.5
2. PACT/Legacy	144.5
3. Mayer Lutheran	93.5
4. International School of MN/Eagle Ridge Academy	91
5. Parnassus Preparatory School	63
6. West Lutheran	52.5
7. NLA/LILA	29

Girls Varsity 100 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Favour Adetunji 10 PACT/Legacy 12.71a
2 Alaina Burney 11 Spectrum 13.14a
3 Amanda Kehoe 10 NLA/LILA 13.44a
4 Angelina McClure 7 Spectrum 13.49a
5 Sienna Toews 9 Mayer Lutheran 13.51a
6 Taiyah Mandt 12 Eagle Ridge Academy 13.60a
7 Lela Burdick 11 Spectrum 13.65a
8 Kylie Trutwin 8 PACT/Legacy 13.65a
9 Niyah Kreuter 10 West Lutheran 13.66a
10 Urszula Misiak 8 Eagle Ridge Academy 13.67a
11 Violet Huerta 10 PACT/Legacy 13.67a
12 Willow Stender 8 Mayer Lutheran 13.74a
13 Rose Carson 8 PACT/Legacy 13.76a
14 Maria Fielder 11 Eagle Ridge Academy 13.77a
15 Lydia Bursch 12 West Lutheran 13.88a
16 Sophia Schmutzer 12 Mayer Lutheran 13.95a
17 Sayla Dittbenner 9 Spectrum 13.95a
18 Marlee Benson 12 Parnassus Preparatory School 13.99a
19 Olivia Corey 11 Mayer Lutheran 14.05a
20 Janet Kortee 7 Parnassus Preparatory School 14.12a
21 Elena Magnuson 9 West Lutheran 14.23a
22 Tatiana Leonova 9 Parnassus Preparatory School 14.28a
23 Erin Swen 7 Parnassus Preparatory School 14.42a
24 Norah Sosnoski 10 NLA/LILA 14.65a
25 Scarlett Carroll 8 NLA/LILA 14.84a

Girls Varsity 200 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Alaina Burney 11 Spectrum 26.74
2 Frantzsise Shearer 11 Eagle Ridge Academy 27.67
3 Angelina McClure 7 Spectrum 27.72
4 Sienna Toews 9 Mayer Lutheran 27.79
5 Olivia Gilbertson 10 Eagle Ridge Academy 28.07
6 Lauren Barnes 10 PACT/Legacy 28.16
7 Violet Huerta 10 PACT/Legacy 28.61
8 Niyah Kreuter 10 West Lutheran 28.70
9 Maggie Novotny 11 Spectrum 28.85
10 Kylie Trutwin 8 PACT/Legacy 29.08
11 Stasi Murphy 8 PACT/Legacy 29.12
12 Valeryia Shuba 8 Parnassus Preparatory School 29.49
13 Alyssa Fisher 11 Spectrum 29.69
14 Natalie Wynia 10 NLA/LILA 29.88
15 Lindsey Nyambane 8 Parnassus Preparatory School 30.62
16 Ilyene Klohs 9 Mayer Lutheran 30.82
17 Adalyn Jensen 9 NLA/LILA 31.13
18 Kaia Wilson 7 Parnassus Preparatory School 31.51
19 Molly Rasmussen 11 Mayer Lutheran 32.06

20 Bevina Shonibare 8 Parnassus Preparatory School 32.59
Maizy Marker 8 NLA/LILA DNS
Makenna Kitty 10 Mayer Lutheran DNS
Elisha Erickson 11 West Lutheran DNS
Skye Brands 11 West Lutheran DNS
Francine Shearer 11 Eagle Ridge Academy DNS

Girls Varsity 400 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Sarah Carlson 9 PACT/Legacy 1:01.89
2 Olivia Gilbertson 10 Eagle Ridge Academy 1:03.40
3 Grace Thompson 12 PACT/Legacy 1:04.14
4 Amanda Kehoe 10 NLA/LILA 1:07.28
5 Maggie Novotny 11 Spectrum 1:07.35
6 Lily Beck 8 Spectrum 1:08.33
7 Iris Husberg 11 Mayer Lutheran 1:08.35
8 Gracie Hendley 12 Eagle Ridge Academy 1:08.61
9 Lillian Langston 8 Spectrum 1:11.63
10 Lily Thompson 10 West Lutheran 1:12.98
11 Ellayna Lynch 12 Spectrum 1:13.32
12 Natalie Wynia 10 NLA/LILA 1:14.50
13 Margaret Momolu 8 Parnassus Preparatory School 1:14.84
14 Adalyn Jensen 9 NLA/LILA 1:15.05
15 Tiana Chaussee 9 West Lutheran 1:15.99
16 Kaia Wilson 7 Parnassus Preparatory School 1:16.91
17 Safiya Khimji 9 Parnassus Preparatory School 1:18.79
18 Olivia Glocke 11 West Lutheran 1:20.16
19 Azaniah George 8 Parnassus Preparatory School 1:20.28
Makenna Kitty 10 Mayer Lutheran DNS
Lauren Erdman 7 Mayer Lutheran DNS

Girls Varsity 800 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Hope Beck 11 Spectrum 2:31.68
2 Xandra Jackson 10 PACT/Legacy 2:35.94
3 Greta Gilbertson 9 Eagle Ridge Academy 2:36.55
4 Maria Dorland 10 Eagle Ridge Academy 2:37.73
5 Liana Thompson 10 PACT/Legacy 2:38.00
6 Trinity Zimmermann 10 West Lutheran 2:39.25
7 Lauren Stemper 11 NLA/LILA 2:39.55
8 Anja Larsen 11 Parnassus Preparatory School 2:45.07
9 Meisha Person 12 Spectrum 2:45.37
10 Annabel Kelash 10 Eagle Ridge Academy 2:45.98
11 Greta Reich 9 Eagle Ridge Academy 2:49.85
12 Juniper Santiago 8 PACT/Legacy 2:51.36
13 Allyson Barrows 12 Spectrum 2:53.17
14 Abriana Miles 8 Parnassus Preparatory School 3:01.13
15 Adeline Zahn 10 West Lutheran 3:02.41
16 Julia Pfingsten 8 NLA/LILA 3:02.99
17 Laara Luoma 9 Mayer Lutheran 3:03.37
18 Willow Omberg 7 Parnassus Preparatory School 3:03.81
19 Samaira Srivastava 8 Parnassus Preparatory School 3:06.73
20 Brooke Chinander 9 Mayer Lutheran 3:33.03
21 Edith Nash 7 NLA/LILA 3:45.43
Isabella Lindquist 10 PACT/Legacy DNS

Girls Varsity 1600 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Hannah Boese 11 Spectrum 5:25.08a
2 Grace Hahm 12 West Lutheran 5:29.06a
3 Ava Meyer 10 Spectrum 5:39.24a
4 Trinity Zimmermann 10 West Lutheran 5:47.16a
5 Lauren Stemper 11 NLA/LILA 5:48.60a
6 Anja Larsen 11 Parnassus Preparatory School 6:09.45a
7 Chelsea Dahlen 7 Eagle Ridge Academy 6:10.67a
8 Skylar Ylkanen 12 PACT/Legacy 6:17.21a
9 Alyce Vassar 10 Eagle Ridge Academy 6:20.44a
10 Kylie Jopp 9 Mayer Lutheran 6:29.24a
11 Jessica Wendorf 10 Eagle Ridge Academy 6:30.38a
12 Natalia Jones 8 Spectrum 6:30.71a
13 Nadia Santiago-Santos 8 Parnassus Preparatory School 6:31.26a
14 Maura Schulz 11 Eagle Ridge Academy 6:32.02a
15 Winifred Omberg 10 Parnassus Preparatory School 6:32.53a
16 Hannah Bolognino 8 Parnassus Preparatory School 6:34.20a
17 Jenna Karger 12 Mayer Lutheran 7:10.02a
18 Ellie Bernau 11 Mayer Lutheran 7:36.55a
Ellie Westbrook 12 NLA/LILA DNS

Girls Varsity 3200 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Hannah Boese 11 Spectrum 12:05.36
2 Grace Hahm 12 West Lutheran 12:17.75
3 Ava Meyer 10 Spectrum 12:23.95
4 Skylar Ylkanen 12 PACT/Legacy 13:23.98
5 Ana Omberg 7 Parnassus Preparatory School 13:31.50
6 Natalia Jones 8 Spectrum 13:44.19
7 Camille Zeitler 9 West Lutheran 13:44.67
8 Jessica Wendorf 10 Eagle Ridge Academy 13:57.10
9 Josie Nolan 10 Eagle Ridge Academy 14:00.32
10 Maura Schulz 11 Eagle Ridge Academy 14:01.10
11 Willow Omberg 7 Parnassus Preparatory School 15:26.71
12 Teagan Goshaw 7 Parnassus Preparatory School 16:10.71
13 Samaira Srivastava 8 Parnassus Preparatory School 16:22.32
Emma Bernau 8 Mayer Lutheran DNS

Girls Varsity 100m Hurdles Finals

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Athlete Yr Team Mark H# Wind

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1 Lola Togba 12 Parnassus Preparatory School 16.22a
2 Nora Arps 10 West Lutheran 18.24a
3 Sarah Smith 12 Spectrum 18.59a
4 Mika Kaurov 9 PACT/Legacy 18.95a
5 Lydia Frette 9 Spectrum 19.10a
6 Braylin Stahlke 10 Mayer Lutheran 19.12a
7 Olivia Kennedy 9 PACT/Legacy 19.25a
8 Ellie Vlaminc 9 Mayer Lutheran 19.40a
9 Cambell Remus 10 PACT/Legacy 22.10a
10 Norah Sosnoski 10 NLA/LILA 22.20a
11 Abigail Watzl 8 NLA/LILA 24.95a
12 Sahra Mohamed 12 Eagle Ridge Academy 25.87a
Makenna Kitty 10 Mayer Lutheran DNS

Girls Varsity 300m Hurdles Finals

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Athlete Yr Team Mark H# Wind

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1 Kylee Loren 9 PACT/Legacy 47.26
2 Grace Lelemsis 10 Eagle Ridge Academy 53.36
3 Anika Vollmer 10 Mayer Lutheran 54.63
4 Lydia Frette 9 Spectrum 54.69
5 Sarah Smith 12 Spectrum 55.70
6 Mika Kaurov 9 PACT/Legacy 56.26
7 Ellie Vlaminc 9 Mayer Lutheran 57.69
8 Winifred Omberg 10 Parnassus Preparatory School 58.92
9 Daniella Orton 9 Spectrum 59.95
10 Olivia Kennedy 9 PACT/Legacy 1:01.37
11 Maria Breidall 10 Eagle Ridge Academy 1:02.05
12 Autumn Baker 8 NLA/LILA 1:07.18
13 Samira Getaweh 9 Parnassus Preparatory School 1:07.40
14 Chloe Breneman 8 NLA/LILA 1:12.56
15 Abigail Watzl 8 NLA/LILA 1:14.87
Nora Arps 10 West Lutheran DNS

Girls Varsity 4x100m Relay Finals

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Team Time H#

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1 Spectrum 51.13a
1) Lela Burdick 2) Ashley Kollie
3) Sydney Taylor 4) Alaina Burney
2 Eagle Ridge Academy 52.85a
1) Taiyah Mandt 2) Francine Shearer
3) Gracie Hendley 4) Frantzise Shearer
3 Mayer Lutheran 52.95a
1) Sophia Schmutzer 2) Olivia Corey
3) Willow Stender 4) Sienna Toews
4 West Lutheran 53.18a
1) Lydia Bursch 2) Grace Edwards
3) Nora Arps 4) Niyah Kreuter
5 Parnassus Preparatory School 53.46a
1) Hawa Kabba 2) Peyton Vandal
3) Janet Kortee 4) Lola Togba
6 PACT/Legacy 54.84a
1) Violet Huerta 2) Rose Carson
3) Kylie Trutwin 4) Mary Fields

Girls Varsity 4x200m Relay Finals

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Team Time H#

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1 PACT/Legacy 1:45.61a
1) Grace Thompson 2) Kylee Loren
3) Sarah Carlson 4) Favour Adetunji
2 Eagle Ridge Academy 1:52.65a
1) Frantzise Shearer 2) Francine Shearer
3) Gracie Hendley 4) Olivia Gilbertson
3 Mayer Lutheran 1:54.51a
1) Sophia Schmutzer 2) Olivia Corey
3) Willow Stender 4) Iris Husberg
4 Spectrum 1:56.01a
1) Sayla Dittbenner 2) Hope Beck
3) Sarah Smith 4) Alyssa Fisher
5 West Lutheran 1:58.90a
1) Skye Brands 2) Elisha Erickson
3) Tiana Chaussee 4) Elena Magnuson
6 Parnassus Preparatory School 1:59.47a
1) Valeryia Shuba 2) Lindsey Nyambane

3) Tatiana Leonova 4) Hawa Kabba
7 NLA/LILA 2:13.61a
1) Scarlett Carroll 2) Autumn Baker
3) Abigail Watzl 4) Julia Pflingsten

Girls Varsity 4x400m Relay Finals

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Team Time H#

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1 PACT/Legacy 4:16.22a
1) Favour Adetunji 2) Kylee Loren
3) Grace Thompson 4) Sarah Carlson
2 Spectrum 4:29.88a
1) Sydney Taylor 2) Maggie Novotny
3) Meisha Person 4) Hope Beck
3 Eagle Ridge Academy 4:37.35a
1) Grace Lelemlis 2) Maria Dorland
3) Chelsea Dahlen 4) Greta Gilbertson
4 Mayer Lutheran 4:38.48a
1) Kiera Taylor 2) Anika Vollmer
3) Lauren Erdman 4) Iris Husberg
5 West Lutheran 4:48.86a
1) Grace Edwards 2) Olivia Glocke
3) Lily Thompson 4) Tiana Chaussee
6 Parnassus Preparatory School 4:56.74a
1) Anja Larsen 2) Lindsey Nyambane
3) Margaret Momolu 4) Alyvia Kochendorfer

Girls Varsity 4x800m Relay Finals

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Team Time H#

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1 PACT/Legacy 10:44.02a
1) Xandra Jackson 2) Liana Thompson
3) Lauren Barnes 4) Isabella Lindquist
2 Eagle Ridge Academy 11:01.75a
1) Grace Lelemlis 2) Maria Dorland
3) Greta Reich 4) Greta Gilbertson
3 Spectrum 11:40.65a
1) Ellen Negus 2) Allyson Barrows
3) Aubrey Lesyinski 4) Ellayna Lynch
4 Parnassus Preparatory School 11:55.83a
1) Nadia Santiago-Santos 2) Winifred Omberg
3) Hannah Bolognino 4) Ana Omberg
5 West Lutheran 12:54.33a
1) Olivia Glocke 2) Lily Johnson
3) Adeline Zahn 4) Camille Zeitler
6 NLA/LILA 14:34.25a
1) Ellie Westbrook 2) Kevyn Kenny-Ballard
3) Chloe Breneman 4) Julia Pflingsten
Mayer Lutheran DNS
1) Emma Bernau 2) Jenna Karger
3) Kylie Jopp 4) Laara Luoma

Girls Varsity Shot Put Finals

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Athlete Yr Team Mark H#

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1 Audrey Rettke 11 PACT/Legacy 30-10"
2 Andrea Lingbeek 10 Spectrum 29-9"
3 Denise Smith 12 Parnassus Preparatory School 29-4"
4 Alexia Murphy 10 PACT/Legacy 29-3"
5 Francline Shearer 11 Eagle Ridge Academy 29-1"
6 Braylin Stahlke 10 Mayer Lutheran 28-6.5"
7 Kayla Langworthy 9 Mayer Lutheran 27-0"

8 Faith Langworthy 12 Mayer Lutheran 26-7"
9 Dominika Kozlovska 11 Eagle Ridge Academy 26-3"
10 Stasi Murphy 8 PACT/Legacy 25-11"
11 Lydia Peterson 10 Spectrum 25-6.5"
12 Susanna Good 12 Eagle Ridge Academy 24-9.5"
13 Chloe Hahn 11 West Lutheran 24-3"
14 Nora Arps 10 West Lutheran 23-11"
15 Bria Hoppe 10 West Lutheran 23-3"
16 Kevyn Kenny-Ballard 9 NLA/LILA 22-4"
17 Addison Paxson 9 Spectrum 21-9.5"
18 Esme Phillippi 9 NLA/LILA 21-7"
19 Lessley DeMoss 12 Eagle Ridge Academy 20-5"
20 Kelsey Lathrop 11 NLA/LILA 17-1"
21 Olga Leonova 9 Parnassus Preparatory School 17-0"
22 Alyssa Ivanoff 9 Parnassus Preparatory School 16-5"
Christina Schanil 8 Parnassus Preparatory School DNS

Girls Varsity Discus Finals

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Athlete Yr Team Mark H#

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1 Lydia Peterson 10 Spectrum 95-0"
2 Braylin Stahlke 10 Mayer Lutheran 93-0"
3 Faith Langworthy 12 Mayer Lutheran 88-0"
4 Denise Smith 12 Parnassus Preparatory School 84-9"
5 Addison Paxson 9 Spectrum 73-6"
6 Alexia Murphy 10 PACT/Legacy 72-8"
7 Audrey Rettke 11 PACT/Legacy 71-1"
8 Andrea Lingbeek 10 Spectrum 70-5"
9 Mary Fields 12 PACT/Legacy 68-8"
10 Kayla Langworthy 9 Mayer Lutheran 66-8"
11 Dominika Kozlovska 11 Eagle Ridge Academy 64-9"
12 Natalie Wynia 10 NLA/LILA 64-5"
13 Esme Phillippi 9 NLA/LILA 62-3"
14 Chloe Hahn 11 West Lutheran 60-6"
15 Susanna Good 12 Eagle Ridge Academy 59-1"
16 Lessley DeMoss 12 Eagle Ridge Academy 58-11"
17 Kelsey Lathrop 11 NLA/LILA 58-4"
18 Asher Nail-Wilson 10 Eagle Ridge Academy 52-8"
19 Bria Hoppe 10 West Lutheran 51-5"
20 Ashley Vo 11 Parnassus Preparatory School 50-8"
21 Lany'ah Gatlin 8 Parnassus Preparatory School 47-6"
Christina Schanil 8 Parnassus Preparatory School DNS

Girls Varsity High Jump Finals

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Athlete Yr Team Mark H# Wind

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1 Sarah Smith 12 Spectrum 5-0"
2 Iris Husberg 11 Mayer Lutheran 4-10"
3 Lauren Barnes 10 PACT/Legacy 4-10"
4 Xandra Jackson 10 PACT/Legacy 4-8"
5 Maria Fielder 11 Eagle Ridge Academy 4-8"
6 Lydia Frette 9 Spectrum 4-6"
7 Lela Burdick 11 Spectrum 4-4"
8 Payton Heineman 9 PACT/Legacy 4-4"
9 Rachel Hanson 9 Spectrum 4-0"
9 Adelyn Howe 7 Parnassus Preparatory School 4-0"
9 Olivia Corey 11 Mayer Lutheran 4-0"
12 Alyvia Kochendorfer 7 Parnassus Preparatory School 4-0"
12 Lauren Erdman 7 Mayer Lutheran 4-0"
Ariella Gatlin 7 Parnassus Preparatory School DNS
Samira Getaweh 9 Parnassus Preparatory School NH

Girls Varsity Pole Vault Finals

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Cambell Remus 10 PACT/Legacy 10-3"
- 2 Rachel Hanson 9 Spectrum 8-6"
- 2 Anika Vollmer 10 Mayer Lutheran 8-6"
- 4 Shivani Swanson 8 Eagle Ridge Academy 7-0"
- 5 Andrea Lingbeek 10 Spectrum 6-6"
- 6 Daniella Orton 9 Spectrum 6-6"
- 7 Kylie Jopp 9 Mayer Lutheran 6-6"
- 8 Lauren Erdman 7 Mayer Lutheran 6-0"
- Lucinda Ganzer 12 Eagle Ridge Academy DNS

Girls Varsity Long Jump Finals

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Sienna Toews 9 Mayer Lutheran 16-2"
- 2 Ashley Kollie 12 Spectrum 16-2"
- 3 Peyton Vandal 12 Parnassus Preparatory School 15-8"
- 4 Lela Burdick 11 Spectrum 15-2.5"
- 5 Hawa Kabba 8 Parnassus Preparatory School 15-2"
- 6 Alaina Burney 11 Spectrum 15-2"
- 7 Taiyah Mandt 12 Eagle Ridge Academy 15-1.5"
- 8 Amanda Kehoe 10 NLA/LILA 14-11"
- 9 Lily Beck 8 Spectrum 14-4"
- 10 Kayleigh Kochendorfer 12 Parnassus Preparatory School 14-3"
- 11 Norah Sosnoski 10 NLA/LILA 13-10"
- 12 Rose Carson 8 PACT/Legacy 13-9.5"
- 13 Maria Dorland 10 Eagle Ridge Academy 13-6.5"
- 14 Kiera Taylor 10 Mayer Lutheran 13-6"
- 15 Grace Edwards 12 West Lutheran 13-5"
- 16 Payton Heineman 9 PACT/Legacy 13-4.5"
- 17 Keira Guevara 9 Eagle Ridge Academy 13-4"
- 18 Ellie Vlaminck 9 Mayer Lutheran 13-3.75"
- 19 Janet Kortee 7 Parnassus Preparatory School 12-7"
- 20 Olivia Kennedy 9 PACT/Legacy 12-6"
- 21 Willow Stender 8 Mayer Lutheran 12-1"
- Adalyn Jensen 9 NLA/LILA DNS

Girls Varsity Triple Jump Finals

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Lydia Frette 9 Spectrum 32-3"
- 2 Peyton Vandal 12 Parnassus Preparatory School 32-1.5"
- 3 Ashley Kollie 12 Spectrum 31-6"
- 4 Norah Sosnoski 10 NLA/LILA 31-1"
- 5 Hope Beck 11 Spectrum 30-6"
- 6 Anika Vollmer 10 Mayer Lutheran 30-2"
- 7 Kiera Taylor 10 Mayer Lutheran 29-9"
- 8 Natalie Wynia 10 NLA/LILA 29-8.5"
- 9 Ursula Misiak 8 Eagle Ridge Academy 29-7.75"
- 10 Kayleigh Kochendorfer 12 Parnassus Preparatory School 29-2.75"
- 11 Lauren Barnes 10 PACT/Legacy 29-1"
- 12 Calina James 8 Eagle Ridge Academy 29-1"
- 13 Mary Fields 12 PACT/Legacy 28-11"
- 14 Liila Supramaniam 9 Eagle Ridge Academy 28-9"
- 15 Tatiana Leonova 9 Parnassus Preparatory School 28-5.75"
- 16 Priscilla Misiak 8 Eagle Ridge Academy 28-5"
- 17 Rachel Hanson 9 Spectrum 28-4"
- 18 Adalyn Jensen 9 NLA/LILA 27-6"
- 19 Kylie Jopp 9 Mayer Lutheran 27-1"
- 20 Safiya Khimji 9 Parnassus Preparatory School 26-4.5"
- Elena Magnuson 9 West Lutheran DNS
- Madelyn Aune 9 PACT/Legacy ND