

2025 NORTHWEST SUBURBAN GIRLS CONFERENCE CHAMPIONSHIPS

May 22, 2025 at Elk River, MN

Girls Team Scores:

1. Blaine	161
2. Spring Lake Park	111.5
3. Maple Grove	95.25
4. Centennial	91.75
5. Osseo	78
6. Elk River	68.25
7. Andover	64.75
8. Rogers	56
9. Champlin Park	55
10. Robbinsdale Armstrong	37
11. Anoka	33
12. Park Center	28
13. Coon Rapids	23
14. Totino-Grace	15.5

Girls Varsity 100 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Aliyah Adepoju 11 Blaine 11.90a
2 Brianna Finnegan 12 Spring Lake Park 12.05a
3 Reginae Tandoh 10 Centennial 12.24a
4 Jayi Wilson 12 Champlin Park 12.35a
5 Jade Rathke 9 Spring Lake Park 12.37a
6 Payton Young 11 Osseo 12.41a
7 Tayalekay Borh 10 Blaine 12.67a
8 Danielle Ude 10 Coon Rapids 12.77a
9 Esther Obaye 11 Osseo 12.79a
10 Amari Royal 10 Coon Rapids 12.90a
11 Jordan Blair 12 Blaine 12.92a
12 Avery Nelson 10 Andover 12.94a
13 Tamia Floyd 10 Robbinsdale Armstrong 13.00a
14 Ja'Mya Viney 10 Anoka 13.03a
15 Myleigha Martin 8 Osseo 13.06a
16 Araiya Chiaokhiao-Bowman 10 Robbinsdale Armstrong 13.10a
17 Rylie Dalluge 9 Rogers 13.10a
18 Abigail Podoll 10 Rogers 13.12a
19 Amelie Boughton 11 Robbinsdale Armstrong 13.13a
20 Madeline Nash 11 Maple Grove 13.14a
21 Lucinda Nde 9 Anoka 13.14a
22 Georgetina Mitchell 12 Anoka 13.19a
23 Ava Meyer 9 Andover 13.21a
23 Bianca Loken 8 Park Center 13.21a
25 Solange Barkon 11 Coon Rapids 13.24a
26 Amelia Sutch 9 Centennial 13.25a
27 Ayden Beckstrand 9 Rogers 13.29a
28 Nora Schaefer 11 Maple Grove 13.30a
29 Gabby Worloma 12 Elk River 13.31a
30 Aniyah Griffin 8 Spring Lake Park 13.31a
31 Olivia Tapp 10 Totino-Grace 13.33a
32 Theodosia Thomas 10 Champlin Park 13.34a
33 Journee Okwor 9 Maple Grove 13.39a
34 Daphine Hoff - Park Center 13.40a
35 Sheree Roberts 11 Park Center 13.41a
36 Ellyn Kyvig 11 Andover 13.53a
37 Grace Baumgartner 9 Centennial 13.53a
38 Ruthie Zeller 11 Elk River 13.55a
39 Samantha Harbaugh 10 Champlin Park 13.68a
Precilia Kpoo 11 Totino-Grace DQ
Noelle Brown 9 Totino-Grace DNS

Girls Varsity 200 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Reginae Tandoh 10 Centennial 25.24a
2 Grace Kowhegba 12 Blaine 25.41a
3 Florence Leon 11 Rogers 25.47a
4 Brianna Finnegan 12 Spring Lake Park 25.71a
5 Jayi Wilson 12 Champlin Park 25.91a
6 Jazmin Turnbaugh 12 Osseo 25.98a
7 Olivia Osonowo 11 Champlin Park 26.12a
8 Maya Carlson 12 Maple Grove 26.19a
9 Shamere Chatman 11 Park Center 26.31a
10 Sydney Keckeisen 11 Elk River 26.37a
11 Azauria Abron 10 Rogers 26.38a
12 Faith Ayobamidele 10 Osseo 26.42a
13 Denitsa Zaharieva 12 Totino-Grace 26.59a
14 Crystal Nehwah 9 Park Center 26.73a
15 Alice Goya 11 Blaine 26.93a
16 Araiya Chiaokhiao-Bowman 10 Robbinsdale Armstrong 26.95a
17 Mara Holle 12 Blaine 26.96a
18 Frankmico Siaway 10 Osseo 26.98a
19 Lucinda Nde 9 Anoka 27.00a
20 Valery Oyou 11 Andover 27.03a
21 Madison Schuneman 10 Centennial 27.08a
22 Mauri Passley 7 Park Center 27.11a
23 Kelsey Wentland 12 Maple Grove 27.18a
24 Amari Royal 10 Coon Rapids 27.23a
25 Olivia Suchy 11 Robbinsdale Armstrong 27.37a
26 Racheal Ogunjinmi 8 Spring Lake Park 27.45a
27 Tamia Floyd 10 Robbinsdale Armstrong 27.59a
28 Sariah White 9 Champlin Park 27.60a
29 Serenity Black 9 Anoka 27.64a
30 Mahlia Galimah 11 Coon Rapids 27.64a
31 Eloise Johnson 9 Centennial 27.77a
32 Aniyah Griffin 8 Spring Lake Park 27.90a
33 Journee Okwor 9 Maple Grove 27.98a
34 Amaiyah Farland 9 Rogers 27.99a
35 Maddison Marquis 9 Coon Rapids 28.06a
36 Ella Jennissen 12 Totino-Grace 28.24a
37 Ruthie Zeller 11 Elk River 28.24a
38 Macy Waks 9 Andover 28.51a
39 Ellyn Kyvig 11 Andover 28.60a
40 Gigi Keckeisen 8 Elk River 29.24a
41 Madison Podvin 12 Totino-Grace 29.55a
42 Josephine Berreau 11 Anoka 31.07a

Girls Varsity 400 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Katelyn Wozniak 12 Blaine 56.61a
2 Lauren Klein 11 Centennial 57.79a
3 Addison Stadden 11 Blaine 57.95a
4 Sydney Keckeisen 11 Elk River 58.69a
5 Eva Williams 9 Maple Grove 58.97a
6 Olivia Osonowo 11 Champlin Park 59.37a
7 Lillian Waite 11 Maple Grove 59.54a
8 Denitsa Zaharieva 12 Totino-Grace 1:00.31a
9 Mara Holle 12 Blaine 1:00.95a
10 Vanessa Rucker 9 Park Center 1:01.73a
11 Lamees Abid 10 Osseo 1:01.96a

12 Elizabeth Fields 12 Andover 1:02.19a
 13 Rachel Nordquist 10 Andover 1:02.30a
 14 Theodosia Thomas 10 Champlin Park 1:02.32a
 15 Fiona Gallagher 10 Maple Grove 1:02.82a
 16 Khloe Reker 9 Centennial 1:03.19a
 17 Sheree Roberts 11 Park Center 1:03.30a
 18 Eleanor Rohrer 8 Spring Lake Park 1:03.33a
 19 Celleah Townsend 11 Robbinsdale Armstrong 1:03.36a
 20 Kimberly Schleisman 8 Spring Lake Park 1:03.63a
 21 Nadia Wilt 10 Osseo 1:03.76a
 22 Natalie Lauinger 10 Centennial 1:03.94a
 23 Shanyah Horton 11 Coon Rapids 1:03.95a
 24 Matoria Kamara 9 Coon Rapids 1:04.83a
 25 Lily Krebsbach 10 Andover 1:05.08a
 26 Brynna Peterson 8 Anoka 1:05.48a
 27 Logann Spencer 7 Park Center 1:05.68a
 28 Ashley Warren 9 Anoka 1:06.05a
 29 Abigail Ostrander 12 Anoka 1:06.65a
 30 Mira Kucera 11 Totino-Grace 1:06.94a
 31 Gianna Fink 11 Elk River 1:07.11a
 32 Bailey Rauh 12 Coon Rapids 1:07.51a
 33 Sonja Ranstrom 11 Robbinsdale Armstrong 1:07.71a
 34 Clara Mosley 9 Rogers 1:07.91a
 35 Erin Bescheinen 9 Elk River 1:08.31a
 36 Aaliyah Serreyn 10 Osseo 1:08.87a
 37 Laila Totushek 12 Spring Lake Park 1:09.40a
 38 Amari Thomas 12 Robbinsdale Armstrong 1:13.58a
 Sherell Higgins 11 Champlin Park DNS

Girls Varsity 800 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Lauren Klein 11 Centennial 2:11.80a
 2 Mackenzie Laux 10 Maple Grove 2:14.49a
 3 Alexa Juntunen 10 Rogers 2:15.14a
 4 Rebecca Lang 10 Maple Grove 2:15.49a
 5 Kara Linder 10 Maple Grove 2:22.31a
 6 Miranda Sawvel 12 Centennial 2:23.25a
 7 Breonna Hurry 12 Totino-Grace 2:25.74a
 8 Brooke Elveru 7 Elk River 2:26.02a
 9 Hailey Kral 10 Blaine 2:27.71a
 10 Alayna Kurland 10 Blaine 2:27.92a
 11 Emily Hoyt 10 Rogers 2:28.81a
 12 Berlyn Hartinger 9 Totino-Grace 2:30.00a
 13 Kara Johnson 10 Anoka 2:30.88a
 14 Jazleen Romero 10 Osseo 2:32.21a
 15 Taylor Mjølhus 10 Anoka 2:33.61a
 16 Ellyn Soli 12 Blaine 2:34.42a
 17 Grace Potvien 10 Andover 2:34.86a
 18 Elissa Vasseur 12 Elk River 2:35.31a
 19 Addison Porter 9 Rogers 2:36.00a
 20 Audrey McNeil 12 Osseo 2:39.25a
 21 Kylie Aswegan 11 Champlin Park 2:39.88a
 22 Emerine Quinones 11 Coon Rapids 2:40.16a
 23 Aleese Diekow 7 Elk River 2:40.45a
 24 Avery Macomb 12 Spring Lake Park 2:40.49a
 25 Elise Poppinga 9 Andover 2:41.17a
 26 Alivia Krantz 11 Andover 2:41.55a
 27 Adelaide Senne 10 Robbinsdale Armstrong 2:41.95a
 28 Hayden Broich 12 Centennial 2:42.62a
 29 Hayden Schoeman 12 Spring Lake Park 2:42.99a
 30 Elsa Rundquist 7 Osseo 2:44.95a
 31 Annie Zabel 10 Champlin Park 2:45.52a
 32 Landry Schoeman 10 Spring Lake Park 2:45.91a

33 Chelsea Ung 9 Champlin Park 2:46.35a
 34 Kendall Martinek 12 Coon Rapids 2:46.80a
 35 Julianne Thomas 11 Totino-Grace 2:47.07a
 36 Anna Wilkinson 10 Robbinsdale Armstrong 2:48.92a
 37 Erin Wilkinson 10 Robbinsdale Armstrong 2:51.11a
 38 Coretta Nelson 12 Anoka 2:56.40a
 Abigail Safack 12 Park Center DNS
 Tessa Del Fratte 12 Coon Rapids DNS
 Margaret Ferber 9 Park Center DNS

Girls Varsity 1600 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Kylie Nelson 12 Centennial 5:01.87a
 2 Brynlee Wegener 8 Blaine 5:05.85a
 3 Abigail Hibbs 12 Champlin Park 5:12.55a
 4 Audrey Schwen 9 Blaine 5:14.26a
 5 April Watson 11 Maple Grove 5:14.70a
 6 Kelsey Young 12 Maple Grove 5:17.07a
 7 Kate Hennes 11 Anoka 5:18.24a
 8 Genevieve Rajkowski 8 Spring Lake Park 5:25.03a
 9 Nora Kuhn 9 Blaine 5:25.81a
 10 Naomi Dybvig 9 Robbinsdale Armstrong 5:25.93a
 11 Berlyn Hartinger 9 Totino-Grace 5:27.80a
 12 Ashley Damsgard 9 Osseo 5:30.79a
 13 Summer Ode 10 Maple Grove 5:33.23a
 14 Brooklyn Grages 7 Rogers 5:34.89a
 15 Anna Swanson 11 Centennial 5:35.19a
 16 Kinsley Brodal 7 Elk River 5:35.67a
 17 Madyson Anderson 9 Rogers 5:35.75a
 18 Julia Strobel 9 Andover 5:40.33a
 19 Kaylin Loose 9 Champlin Park 5:50.80a
 20 Sophia Grossman 11 Champlin Park 5:50.83a
 21 Victoria Fernandez 9 Anoka 5:52.07a
 22 Savanah Emmans 9 Elk River 5:53.04a
 23 Madison Chrusciel 10 Centennial 5:54.76a
 24 Isabel Grant 10 Andover 5:55.34a
 25 Iris Ferris 9 Spring Lake Park 5:55.74a
 26 Alivia Krantz 11 Andover 5:56.30a
 27 Ingrid Sheck 8 Spring Lake Park 6:09.80a
 28 Paulin Heydenreich 12 Robbinsdale Armstrong 6:13.32a
 29 Presley Allen 10 Osseo 6:15.01a
 30 Haley DeRungs 11 Anoka 6:15.87a
 31 Ella LaGree 11 Coon Rapids 6:22.74a
 32 Elle Vandermyde 9 Totino-Grace 6:23.80a
 33 Mackenzie Reiland 7 Coon Rapids 6:36.85a
 34 Maren Daly 10 Osseo 6:46.65a
 35 Greta Graham 10 Coon Rapids 6:48.31a
 36 Larali Larson 11 Park Center 6:53.38a
 37 Elilly Khalil 11 Park Center 8:04.79a

Girls Varsity 3200 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Abigail Hibbs 12 Champlin Park 11:06.88a
 2 Brynlee Wegener 8 Blaine 11:09.02a
 3 Kylie Nelson 12 Centennial 11:15.00a
 4 Audrey Schwen 9 Blaine 11:29.96a
 5 Erin Auel 8 Elk River 11:43.52a
 6 Ruby Demmer 10 Coon Rapids 11:45.05a
 7 Nora Kuhn 9 Blaine 11:53.08a
 8 Naomi Dybvig 9 Robbinsdale Armstrong 11:57.56a
 9 Elise Behr 12 Maple Grove 12:02.66a

10 Kate Hennes 11 Anoka 12:08.22a
 11 Genevieve Rajkowski 8 Spring Lake Park 12:08.54a
 12 Lauren Barthel 8 Rogers 12:11.14a
 13 Ella McLuen 9 Maple Grove 12:18.87a
 14 Julia Strobel 9 Andover 12:20.37a
 15 Madyson Anderson 9 Rogers 12:29.20a
 16 Liliana Hoard 12 Elk River 12:31.01a
 17 Annelise Offerdahl 12 Centennial 12:32.00a
 18 Olivia Bakalars 7 Rogers 12:33.48a
 19 Hailey Petersen 11 Maple Grove 12:41.39a
 20 Hanna Bakken 9 Osseo 12:51.04a
 21 Sophia Grossman 11 Champlin Park 12:51.79a
 22 Elise Ditty 9 Robbinsdale Armstrong 12:52.15a
 23 Julianna Mindiola 9 Osseo 12:53.93a
 24 Kira Warnke 10 Elk River 12:54.79a
 25 Victoria Fernandez 9 Anoka 12:57.76a
 26 Lillian Schulte 12 Robbinsdale Armstrong 12:59.01a
 27 Tessa Kuebelbeck 8 Osseo 13:09.85a
 28 Nora Rajkowski 9 Champlin Park 13:16.00a
 29 Mitsue Rajkowski 8 Spring Lake Park 13:19.96a
 30 Layla Kieffer 8 Andover 13:20.62a
 31 Rivers Thomsen 9 Andover 13:21.49a
 32 Haley DeRungs 11 Anoka 13:54.57a
 33 Elsa Oberg 12 Spring Lake Park 13:55.23a
 34 Audrey Julson 10 Centennial 13:56.49a

Girls Varsity 100m Hurdles Finals

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Athlete Yr Team Mark H# Wind

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1 Ethel Cooper 10 Andover 15.02a
 2 Payton McKnight 11 Andover 15.44a
 3 Ellyana Prairie 12 Spring Lake Park 15.50a
 4 Domayoun Vawah 10 Blaine 15.62a
 5 Aubrey Steel 11 Maple Grove 15.84a
 6 Claire Nelson 11 Park Center 15.86a
 7 Hope Wells 12 Osseo 16.06a
 8 Nyri Gray 12 Park Center 16.19a
 9 Sophia Bowers 11 Rogers 16.21a
 10 Ella Sletten 9 Andover 16.47a
 11 Madeline Wood 12 Centennial 16.49a
 12 Cameron Miles 11 Blaine 16.54a
 13 Isabelle Wegener 10 Blaine 17.18a
 14 Katherine Bearce 12 Maple Grove 17.21a
 15 Laya Robertson 11 Rogers 17.30a
 16 Elizabeth Buffie 11 Anoka 17.34a
 17 Angel Tahuite Vasquez 12 Osseo 17.45a
 18 Joanna Talso 11 Elk River 17.60a
 19 Suriya Xiong 11 Osseo 17.66a
 20 Sarah Lumaya 10 Totino-Grace 17.79a
 21 Carly Stock 11 Rogers 17.81a
 22 Carly Ato-Daves 12 Robbinsdale Armstrong 17.98a
 23 Sydney Kiawu 10 Coon Rapids 18.16a
 24 Irene Chacko 9 Maple Grove 18.20a
 25 Angel Marshall 11 Coon Rapids 18.22a
 26 Amya Rogers 11 Park Center 18.23a
 27 Breah Dahl 9 Centennial 18.44a
 28 Rosemary Schmitz 10 Totino-Grace 18.46a
 29 Vanessa Yevu 11 Champlin Park 18.47a
 30 Khloe Reker 9 Centennial 18.55a
 31 Uzo Okonkwo 10 Champlin Park 18.57a
 32 Lillian Anderson 12 Anoka 18.66a
 33 Linnea Hoppe 11 Champlin Park 18.71a
 34 Janese Fallah 11 Robbinsdale Armstrong 19.00a
 35 Isabel Johnson 9 Elk River 19.05a

36 Alorra Seymour 9 Anoka 19.24a
 37 Danielle Juntunen 9 Totino-Grace 20.60a
 38 Aleya Feidt 9 Spring Lake Park 20.84a
 39 Madelyn Wilber 11 Coon Rapids 21.70a
 40 Emily Benson 11 Spring Lake Park 22.35a

Girls Varsity 300m Hurdles Finals

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Athlete Yr Team Mark H# Wind

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1 Jade Rathke 9 Spring Lake Park 46.12a
 2 Payton McKnight 11 Andover 47.00a
 3 Tookie Harris 12 Robbinsdale Armstrong 47.01a
 4 Hope Wells 12 Osseo 47.46a
 5 Aubrey Steel 11 Maple Grove 48.20a
 6 Joanna Talso 11 Elk River 48.95a
 7 Claire Nelson 11 Park Center 48.99a
 8 Madeline Wood 12 Centennial 50.13a
 9 Ethel Cooper 10 Andover 50.14a
 10 Angel Tahuite Vasquez 12 Osseo 50.17a
 11 Katherine Bearce 12 Maple Grove 50.32a
 12 Cameron Miles 11 Blaine 50.57a
 13 Domayoun Vawah 10 Blaine 50.74a
 14 Laya Robertson 11 Rogers 51.22a
 15 Madelyn Wilber 11 Coon Rapids 51.52a
 16 Mollie Voss-Goeb 9 Elk River 51.68a
 17 Sophia Bowers 11 Rogers 51.84a
 18 Sarah Anderson 9 Rogers 51.91a
 19 Rosemary Schmitz 10 Totino-Grace 51.99a
 20 Lillian Anderson 12 Anoka 52.33a
 21 Carly Ato-Daves 12 Robbinsdale Armstrong 52.53a
 22 Isabelle Wegener 10 Blaine 52.67a
 23 Suriya Xiong 11 Osseo 53.39a
 24 Brooke Hayes 10 Centennial 53.53a
 25 Vanessa Yevu 11 Champlin Park 54.02a
 26 Ella Sletten 9 Andover 54.46a
 27 Danielle Juntunen 9 Totino-Grace 54.64a
 28 Precious Okonkwo 9 Champlin Park 54.82a
 29 Angel Marshall 11 Coon Rapids 54.92a
 30 Aleya Feidt 9 Spring Lake Park 55.16a
 31 Simeona Cooper 8 Park Center 55.38a
 32 Chloe Kruger 9 Maple Grove 55.65a
 33 Alorra Seymour 9 Anoka 55.85a
 34 Emily Benson 11 Spring Lake Park 55.87a
 35 Sydney Kiawu 10 Coon Rapids 56.20a
 36 Breah Dahl 9 Centennial 56.60a
 37 Isabel Johnson 9 Elk River 56.61a
 38 Peyton Swenson 12 Anoka 56.63a
 39 Amya Rogers 11 Park Center 56.92a
 40 MayLynn Lawrence 11 Champlin Park 58.21a

Girls Varsity 4x100m Relay Finals

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Team Time H#

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1 Spring Lake Park 48.75a
 1) Jade Rathke 2) Brianna Finnegan
 3) Racheal Ogunjinmi 4) Ellyana Prairie
 2 Blaine 48.99a
 1) Aliyah Adepoju 2) Jordan Blair
 3) Tayalekay Borh 4) Grace Kowhegba
 3 Osseo 49.34a
 1) Payton Young 2) Daysetta Zulu
 3) Myleigha Martin 4) Frankmico Siaway
 4 Park Center 49.56a

1) Kyra Spencer 2) Mauri Passley
 3) Crystal Nehwah 4) Shamere Chatman
 5 Coon Rapids 49.57a
 1) Solange Barkon 2) Mahlia Galimah
 3) Amari Royal 4) Danielle Ude
 6 Champlin Park 49.79a
 1) Sariah White 2) Jayi Wilson
 3) Theodosia Thomas 4) Olivia Osonowo
 7 Rogers 50.02a
 1) Azauria Abron 2) Florence Leon
 3) Ayden Beckstrand 4) Elizabeth Ikubese
 8 Elk River 50.13a
 1) Gabby Worloma 2) Tatianna Parker
 3) Mollie Voss-Goeb 4) Shiaflyn Cooper
 9 Robbinsdale Armstrong 50.15a
 1) Amelie Boughton 2) Dalilah Mays
 3) Destiny Troh 4) Akeelah Johnson
 10 Maple Grove 50.56a
 1) Madeline Nash 2) Nora Schaefer
 3) Kelsey Wentland 4) Maya Carlson
 11 Anoka 50.79a
 1) Elizabeth Buffie 2) Ja'Mya Viney
 3) Georgetina Mitchell 4) Lucinda Nde
 12 Andover 51.49a
 1) Valery Oyou 2) Ava Meyer
 3) Lily Krebsbach 4) Avery Nelson
 13 Centennial 52.00a
 1) Eloise Johnson 2) Grace Baumgartner
 3) Hailey Kissick 4) Kathryn Woelfel
 14 Totino-Grace 56.13a
 1) Abigail Collins 2) Adele Denton
 3) Christine Gbotee 4) Noelle Brown

Girls Varsity 4x200m Relay Finals

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Team Time H#

=====

1 Blaine 1:41.35a
 1) Katelyn Wozniak 2) Addison Stadden
 3) Grace Kowhegba 4) Aliyah Adepoju
 2 Maple Grove 1:43.02a
 1) Maya Carlson 2) Aubrey Steel
 3) Kelsey Wentland 4) Eva Williams
 3 Osseo 1:43.81a
 1) Esther Obaye 2) Jazmin Turnbaugh
 3) Faith Ayobamidele 4) Angel Tahuite Vasquez
 4 Rogers 1:44.60a
 1) Azauria Abron 2) Florence Leon
 3) Elizabeth Ikubese 4) Reegan Schmidt
 5 Coon Rapids 1:45.22a
 1) Solange Barkon 2) Mahlia Galimah
 3) Danielle Ude 4) Matoria Kamara
 6 Robbinsdale Armstrong 1:45.54a
 1) Tamia Floyd 2) Celleah Townsend
 3) Dalilah Mays 4) Olivia Suchy
 7 Park Center 1:45.54a
 1) Kyra Spencer 2) Mauri Passley
 3) Crystal Nehwah 4) Shamere Chatman
 8 Centennial 1:46.99a
 1) Madison Schuneman 2) Angelle Young
 3) Amelia Sutch 4) Reginae Tandoh
 9 Andover 1:47.12a
 1) Elizabeth Fields 2) Rachel Nordquist
 3) Valery Oyou 4) Avery Nelson
 10 Anoka 1:51.11a

1) Serenity Black 2) Elizabeth Buffie
 3) Kara Johnson 4) Skyler Jacobson
 11 Champlin Park 1:52.93a
 1) Sariah White 2) Samantha Harbaugh
 3) Anisa Henry 4) Vanessa Yevu
 12 Spring Lake Park 1:53.27a
 1) Racheal Ogunjinmi 2) Elinore Dewey
 3) Isabella Planting 4) Laila Totushek
 13 Totino-Grace 1:53.38a
 1) Ella Jennissen 2) Precilia Kpoo
 3) Rosemary Schmitz 4) Olivia Tapp
 Elk River DQ
 1) Gabby Worloma 2) Sydney Keckeisen
 3) Tatianna Parker 4) Shiaflyn Cooper

Girls Varsity 4x400m Relay Finals

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Team Time H#

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1 Maple Grove 3:54.29a
 1) Rebecca Lang 2) Abigail Oakland
 3) Eva Williams 4) Mackenzie Laux
 2 Blaine 3:57.73a
 1) Addison Stadden 2) Bella Perry
 3) Mara Holle 4) Katelyn Wozniak
 3 Centennial 4:06.24a
 1) Lauren Klein 2) Kylie Nelson
 3) Miranda Sawvel 4) Natalie Lauinger
 4 Osseo 4:06.58a
 1) Lamees Abid 2) Daysetta Zulu
 3) Myleigha Martin 4) Esther Obaye
 5 Rogers 4:08.82a
 1) Cara Back 2) Alexa Juntunen
 3) Reegan Schmidt 4) Elizabeth Ikubese
 6 Andover 4:12.63a
 1) Rachel Nordquist 2) Ava Meyer
 3) Elizabeth Fields 4) Avah Shaw
 7 Park Center 4:17.39a
 1) Vanessa Rucker 2) Claire Nelson
 3) Abigail Safack 4) Sheree Roberts
 8 Totino-Grace 4:21.16a
 1) Berlyn Hartinger 2) Breonna Hurry
 3) Denitsa Zaharieva 4) Ella Jennissen
 9 Spring Lake Park 4:22.22a
 1) Eleanor Rohrer 2) Genevieve Rajkowski
 3) Elinore Dewey 4) Kimberly Schleisman
 10 Elk River 4:26.55a
 1) Mollie Voss-Goeb 2) Brooke Elveru
 3) Erin Auel 4) Gianna Fink
 11 Coon Rapids 4:30.02a
 1) Madelyn Wilber 2) Bailey Rauh
 3) Barbare Ebralidze 4) Matoria Kamara
 12 Champlin Park 4:30.21a
 1) Kaylee Hanson 2) Shayna Fritschel
 3) Anisa Henry 4) Kylie Aswegan
 13 Anoka 4:38.83a
 1) Josephine Berreau 2) Kara Johnson
 3) Ashley Warren 4) Serenity Black
 Robbinsdale Armstrong DNS
 1) Celleah Townsend 2) Carly Ato-Daves
 3) Natalie Gustafson 4) Olivia Suchy

Girls Varsity 4x800m Relay Finals

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Team Time H#

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1 Maple Grove 9:46.60a

1) April Watson 2) Abigail Oakland

3) Kara Linder 4) Rebecca Lang

2 Elk River 9:55.35a

1) Erin Auel 2) Brooke Elveru

3) Liliana Hoard 4) Elissa Vasseur

3 Osseo 10:02.41a

1) Jazleen Romero 2) Ashley Damsgard

3) Nadia Wilt 4) Audrey McNeil

4 Rogers 10:09.21a

1) Cara Back 2) Brooklyn Grages

3) Emily Hoyt 4) Addison Porter

5 Blaine 10:13.35a

1) Hazel Schmitt 2) Ellyn Soli

3) Alayna Kurland 4) Hailey Kral

6 Andover 10:21.16a

1) Elise Poppinga 2) Alyssa Etter

3) Taylor Dehn 4) Grace Potvien

7 Champlin Park 10:41.34a

1) Kylie Aswegan 2) Shayna Fritschel

3) Morgan Rother 4) Brigid Keran

8 Centennial 10:43.62a

1) Brooke Hayes 2) Madison Chrusciel

3) Emma Delf 4) Eva Maier

9 Spring Lake Park 10:48.29a

1) Hayden Schoeman 2) Milla Erickson

3) Landry Schoeman 4) Avery Macomb

10 Coon Rapids 10:49.91a

1) Ruby Demmer 2) Emerine Quinones

3) Tessa Del Fratte 4) Nyah Fruth

11 Robbinsdale Armstrong 10:51.70a

1) Natalie Gustafson 2) Adelaide Senne

3) Lillian Schulte 4) Shiloh Woyke

12 Anoka 11:01.92a

1) Taylor Mjølhus 2) Abigail Ostrander

3) Gabrielle Bragg 4) Sophia Huffman

13 Park Center 11:25.41a

1) Larali Larson 2) Sydney Piner

3) Margaret Ferber 4) Elilly Khalil

Girls Varsity Shot Put Finals

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Athlete Yr Team Mark H#

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1 Nina Thomas 11 Osseo 39-0.5

2 Ava Mack 12 Robbinsdale Armstrong 38-5.25

3 Miyah Gunter 11 Blaine 38-4.5

4 Kendyl Dawson 10 Rogers 37-3.25

5 Klady Boyce 11 Coon Rapids 36-4

6 Genevieve Dabout 12 Spring Lake Park 36-1

7 Armani Brewer-Meehan 11 Park Center 35-8.5

8 Matisse Hahn 11 Elk River 35-5.75

9 Dillon Mehrer 12 Elk River 35-5

10 Naddy Barry 11 Blaine 35-1

11 Greta Solem 11 Spring Lake Park 34-4.25

12 Deborah Ayeni 11 Anoka 34-1.25

13 Elizabeth Ofuasia 11 Maple Grove 33-11.25

14 Isabella Novak 12 Andover 33-9.75

15 Julia Brincks 10 Robbinsdale Armstrong 33-8.5

16 Attalia Amegandji 10 Anoka 33-0

17 Deborah Timothy 10 Centennial 32-8.25

18 Kiana Hilary 12 Elk River 32-6.5

19 Mackenzie Jones 12 Andover 31-9.5

20 Fatumata Sidibe 12 Champlin Park 31-3.5

21 Emily Stokkeland 12 Centennial 31-1.5

22 Joely Geisler 9 Blaine 31-0.25

23 Kadence Joseph 11 Robbinsdale Armstrong 30-1.5

24 Addison Doherty 12 Maple Grove 30-0

25 Jerdia Johnson 10 Champlin Park 29-9.25

26 Giovanna Morcho 12 Andover 29-7

27 Emma Bunch 10 Rogers 29-6

28 Olivia Wischnewski 12 Spring Lake Park 29-5.75

29 Lucille Mitshulis 11 Anoka 29-3

30 Carly Krier 10 Maple Grove 29-1.5

31 Victoria Varney 10 Osseo 29-1.5

32 Melyssa Braesch 12 Rogers 29-0.5

33 Natalie Foreman 12 Centennial 28-9.25

34 Zarya Ranson 9 Coon Rapids 28-6.75

35 Isabella Freeman 12 Coon Rapids 27-7.75

36 NaAliyah Johnson 11 Champlin Park 27-4.5

37 Madison Podvin 12 Totino-Grace 24-8.25

38 Manuella Adokpo 12 Park Center 23-2

39 Stephanie Onofre Calero 10 Totino-Grace 21-8.25

40 Mariana Dominguez 12 Park Center 19-5

Gabriella Januschka 10 Totino-Grace DNS

Marie Wonta 11 Osseo DNS

Girls Varsity Discus Finals

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Athlete Yr Team Mark H#

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1 Ava Mack 12 Robbinsdale Armstrong 137-6

2 Greta Solem 11 Spring Lake Park 127-10

3 Genevieve Dabout 12 Spring Lake Park 122-1

4 Nina Thomas 11 Osseo 117-10

5 Kiana Hilary 12 Elk River 114-0

6 Kayla Cook 12 Elk River 113-7

7 Matisse Hahn 11 Elk River 113-5

8 Naddy Barry 11 Blaine 111-3

9 Isabella Novak 12 Andover 106-9

10 Mariah Allen 11 Spring Lake Park 106-6

11 Mackenzie Jones 12 Andover 104-7

12 Lucille Mitshulis 11 Anoka 102-8

13 Julia Brincks 10 Robbinsdale Armstrong 102-5

14 Kendyl Dawson 10 Rogers 101-11

15 Miyah Gunter 11 Blaine 101-4

16 Teisha Fleming 10 Osseo 101-3

17 Kadence Joseph 11 Robbinsdale Armstrong 93-10

18 Jessica Jensen 12 Anoka 91-9

19 Armani Brewer-Meehan 11 Park Center 91-4

20 Sydney Sosinski 12 Centennial 90-6

21 Fatumata Sidibe 12 Champlin Park 89-6

22 Melyssa Braesch 12 Rogers 89-5

23 Elizabeth Ofuasia 11 Maple Grove 89-2

24 Emma Bunch 10 Rogers 88-2

25 Ericka Miller 11 Blaine 87-9

26 Addison Doherty 12 Maple Grove 87-6

27 NaAliyah Johnson 11 Champlin Park 85-8

28 Manuella Adokpo 12 Park Center 84-5

29 Isabella Freeman 12 Coon Rapids 83-9

30 Telah Krause 12 Andover 83-7

31 Nyabuay Douth 10 Coon Rapids 78-2

32 Madalina Istratii 10 Coon Rapids 76-9

33 Ava Plath 11 Maple Grove 75-9

34 Zainab Camara 12 Osseo 72-1

35 Gabriella Januschka 10 Totino-Grace 65-10

36 Mariana Dominguez 12 Park Center 59-7
37 Stephanie Onofre Calero 10 Totino-Grace 55-5
Lexy Mongeri 10 Champlin Park ND
Attalia Amegandji 10 Anoka ND
Deborah Timothy 10 Centennial ND
Emily Stokkeland 12 Centennial ND

Girls Varsity High Jump Finals

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Athlete	Yr	Team	Mark	H#	Wind
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1	Hayden	Reeder	11	Anoka	5-4
2	Ja'Mya	Viney	10	Anoka	5-2
3	Avah	Shaw	11	Andover	5-2
4	Ali	Dehnicke	11	Andover	5-0
4	Purpose	Price	11	Totino-Grace	5-0
6	Ellyana	Prairie	12	Spring Lake Park	4-10
6	Gillian	Turi	12	Centennial	4-10
8	Shanyah	Horton	11	Coon Rapids	4-10
9	Tatianna	Parker	10	Elk River	4-10
9	Sienna	Britz	10	Andover	4-10
9	Madeline	Elliott	10	Maple Grove	4-10
9	Hailey	Peterson	9	Centennial	4-10
13	Kaylie	Whisler	9	Blaine	4-10
13	Alice	Goya	11	Blaine	4-10
13	Olivia	Udo	8	Robbinsdale	Armstrong 4-10
16	Isabelle	Qualley	10	Rogers	4-10
16	Katelyn	Wozniak	12	Blaine	4-10
18	Sarah	Lumaya	10	Totino-Grace	4-8
18	Madelyn	Wilber	11	Coon Rapids	4-8
18	Aleda	Finke	9	Rogers	4-8
18	Kiana	Hilary	12	Elk River	4-8
22	Lindsey	Moore	10	Maple Grove	4-8
23	Hannah	Lundberg	9	Robbinsdale	Armstrong 4-8
24	Kendra	Gerlach	12	Anoka	4-8
24	Kathryn	Woelfel	12	Centennial	4-8
26	Rebekah	Zongo	9	Spring Lake Park	4-6
27	Suriya	Xiong	11	Osseo	4-6
28	Ophelia	Schomaker	9	Champlin Park	4-4
28	Brooke	Engebretson	11	Elk River	4-4
30	Amya	Rogers	11	Park Center	4-4
31	Sara	Stern	10	Maple Grove	4-4
32	Abigail	Safack	12	Park Center	4-4
32	Rita	Melikore	10	Champlin Park	4-4
34	Sidney	Barnard	8	Osseo	4-4
35	Sophia	Olson	10	Osseo	4-2
36	Genesis	Corral	Gallarzo	10	Park Center 4-2
Georgia	Freeman	9	Champlin Park	DNS	

Girls Varsity Pole Vault Finals

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Athlete	Yr	Team	Mark	H#	Wind
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1	Elizabeth	Levinshteyn	12	Spring Lake Park	10-0
2	Ally	Rekstad	12	Elk River	9-6
3	Jocelyn	Douvier	10	Rogers	9-6
4	Sasha	Kowalski	11	Maple Grove	9-6
5	Gabriella	Santiago	8	Spring Lake Park	9-0
6	Brooklyn	Bethke	10	Totino-Grace	9-0
6	Charly	Hayes	10	Centennial	9-0
6	Isabelle	Benton	12	Blaine	9-0
9	Elizabeth	Buffie	11	Anoka	9-0
10	Maria	Morrison	11	Totino-Grace	8-0
10	Greta	Solem	11	Spring Lake Park	8-0
10	Kalista	Barker	11	Coon Rapids	8-0

10	Aurora	Burke	11	Osseo	8-0
10	Hayden	Denk	9	Rogers	8-0
10	Ophelia	Schomaker	9	Champlin Park	8-0
10	Gwenevere	Black	9	Centennial	8-0
17	Kayla	Reese	11	Maple Grove	8-0
17	Katelyn	Bialka	12	Blaine	8-0
17	Elizabeth	Denler	11	Champlin Park	8-0
17	Paisley	Thompson	9	Maple Grove	8-0
21	Elizabeth	Saucedo	Palmeros	12	Rogers 8-0
21	Taylor	Mjolhus	10	Anoka	8-0
23	Jada	Bahnson	10	Blaine	8-0
24	Hailey	Peterson	9	Centennial	8-0
24	Lillian	Henning	10	Anoka	8-0
26	Brianna	Vogel	10	Andover	7-0
26	Clara	Higgins	9	Osseo	7-0
26	Breanna	Allen	11	Elk River	7-0
26	Abigail	Egerstrom	12	Park Center	7-0
26	Odessa	Kruah	10	Elk River	7-0
31	Danielle	Nguyen	12	Park Center	7-0
31	Angel	Marshall	11	Coon Rapids	7-0
31	Emilia	Swan	10	Totino-Grace	7-0
31	Madison	Vroman	10	Robbinsdale	Armstrong 7-0
35	Alana	Clark	10	Andover	7-0
Cheyenne	Hall	9	Park Center	NH	
Danica	Purkat	12	Champlin Park	NH	
Tessa	Del Fratte	12	Coon Rapids	NH	
Lily	Bruemmer	11	Osseo	NH	

Girls Varsity Long Jump Finals

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Athlete	Yr	Team	Mark	H#	Wind
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1	Payton	Young	11	Osseo	18-4
2	Jayi	Wilson	12	Champlin Park	18-1.5
3	Avah	Shaw	11	Andover	17-9
4	Jordan	Blair	12	Blaine	17-6
5	Arvina	Smith	12	Anoka	17-6
6	Shiaflyn	Cooper	10	Elk River	17-2.75
7	Reegan	Schmidt	9	Rogers	17-2.5
8	Tayalekay	Borh	10	Blaine	17-1
9	Florence	Leon	11	Rogers	16-9.5
10	Aleda	Finke	9	Rogers	16-9
11	Crystal	Nehwah	9	Park Center	16-5
12	Ja'Mya	Viney	10	Anoka	16-1.25
13	Araiya	Chiaokhiao	Bowman	10	Robbinsdale Armstrong 16-1.25
14	Yvonne	Marsh	12	Blaine	16-0.75
15	Miriam	Bagana	11	Osseo	16-0.75
16	Kimberly	Schleisman	8	Spring Lake Park	16-0.25
17	Precilia	Kpoo	11	Totino-Grace	15-10.5
18	Ethel	Cooper	10	Andover	15-7.5
19	Mackenzie	Rossum	11	Anoka	15-5
20	Aubrey	Steel	11	Maple Grove	15-2.75
21	Solange	Barkon	11	Coon Rapids	15-2.25
22	Anna	Smolich	10	Spring Lake Park	15-1.5
23	Jessica	Lee	10	Maple Grove	15-0.75
24	Rachel	Clausen	8	Spring Lake Park	15-0.5
25	Niyomunezero	Gatera	12	Champlin Park	14-11.5
26	Reginae	Tandoh	10	Centennial	14-10.25
27	Gabby	Worloma	12	Elk River	14-9.5
28	Gillian	Turi	12	Centennial	14-9
29	TyLia	Lawrence	10	Champlin Park	14-8.5
30	Katherine	Bearce	12	Maple Grove	14-5
31	Matelah	Donzo	11	Park Center	14-4
32	Olivia	Tapp	10	Totino-Grace	14-3
33	Odessa	Kruah	10	Elk River	14-3

34 Mahlia Galimah 11 Coon Rapids 14-2.75
35 Madison Podvin 12 Totino-Grace 13-11.75
36 Maddison Marquis 9 Coon Rapids 13-10.5
37 Saige Haugen 10 Andover 13-8.5
38 Tamy Dillard 12 Robbinsdale Armstrong 13-8.5
39 Mia Jarombek 12 Centennial 13-6.5
40 Suriya Xiong 11 Osseo 13-2.75
41 Zamara Mandley 9 Park Center 11-8.75

Girls Varsity Triple Jump Finals

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Athlete	Yr	Team	Mark	H#	Wind
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1	Anja	Erickson	12	Spring Lake Park	39-0.5
2	Shiaflyn	Cooper	10	Elk River	37-10
3	Yvonne	Marsh	12	Blaine	37-1.5
4	Tayalekay	Borh	10	Blaine	36-3.5
5	Amelia	Sutch	9	Centennial	35-10
6	Sara	Stern	10	Maple Grove	35-9.5
7	Claire	Nelson	11	Park Center	35-4
8	Georgetina	Mitchell	12	Anoka	35-2.5
9	Reegan	Schmidt	9	Rogers	34-3.5
10	Elizabeth	Ikubese	12	Rogers	34-3
11	Avah	Shaw	11	Andover	33-11.25
12	TyLia	Lawrence	10	Champlin Park	33-10.25
13	Kiera	Lukandwa	12	Champlin Park	33-9.5
14	Julia	Luepke	9	Maple Grove	33-6.5
15	Hailey	Peterson	9	Centennial	33-5
16	Peyton	Swenson	12	Anoka	33-4
17	Payton	Young	11	Osseo	33-2.75
18	Shanyah	Horton	11	Coon Rapids	32-11.5
19	Mackenzie	Rossum	11	Anoka	32-10.5
20	Amaiya	Farland	9	Rogers	32-9.25
21	Janese	Fallah	11	Robbinsdale Armstrong	32-7.5
22	Madison	Podvin	12	Totino-Grace	32-7.5
23	Anna	Smolich	10	Spring Lake Park	32-0.5
24	Olivia	Tapp	10	Totino-Grace	31-10.5
25	Rachel	Clausen	8	Spring Lake Park	31-9.5
26	Gillian	Turi	12	Centennial	31-7.5
27	Isabel	Johnson	9	Elk River	31-3.5
28	Elle	Dudziak	10	Andover	30-6.75
29	Janet	Wright	9	Coon Rapids	30-4.5
30	Abigail	Collins	12	Totino-Grace	30-4
31	Kaylee	Hanson	9	Champlin Park	29-10
32	Saige	Haugen	10	Andover	29-1.5
33	Emalee	Fisher	12	Robbinsdale Armstrong	28-11.5
34	Joelle	Keaton	12	Maple Grove	27-2.5
35	Skyly	Thompson	10	Coon Rapids	27-2
36	Nasira	Mandley	9	Park Center	25-0.5
	Jordan	Blair	12	Blaine ND	