

True North Boys Conference Championship 2025

May 2, 2025, East Grand Forks, MN

Team Scores:

1. East Grand Forks	248
2. Thief River Falls	117
3. Roseau	79
4. Warroad	58
5. Goodridge/Grygla	54
6. BGMR Freeze	53
7. Red Lake County	47
8. Crookston	41

Boys Varsity 100 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Jez Jones 11 East Grand Forks 11.36a
2 Grady Hockstedler 12 BGMR Freeze 11.38a
3 Ethan Johnson 11 Red Lake County 11.81a
4 Brandon Schenkey 11 BGMR Freeze 11.83a
5 Shay Jacobson 9 Goodridge/Grygla 12.06a
6 Rylan Gravos 12 East Grand Forks 12.18a
7 Jake Borowicz 12 Roseau 12.19a
8 Chris Barlow 9 Roseau 12.24a
9 Gavin Reitmeier 9 Crookston 12.28a
10 Ty Folland 10 BGMR Freeze 12.31a
11 Tallon Vordebruggen 12 Thief River Falls 12.39a
12 Kolton Ahlmjeld 9 Thief River Falls 12.53a
13 Abe Miller 11 Goodridge/Grygla 12.57a
14 Braden Hipp 10 East Grand Forks 12.75a
15 Mason Williams 9 Red Lake County 12.78a
16 Peter Wiersma 11 Crookston 12.81a
17 D'Mari Huston-Ware 7 Roseau 12.92a
18 Mathew Wallenburg 10 Goodridge/Grygla 12.95a
19 Carson Walseth 8 Thief River Falls 12.97a
20 John Moes 11 Warroad 13.06a
21 Gavin Wyckoff 8 Warroad 13.08a
22 Ryker Arnold 11 Crookston 13.19a
23 Jude Saustad 11 Warroad 13.23a
24 Aaren Rowley 9 Red Lake County 13.61a

Boys Varsity 200 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Jez Jones 11 East Grand Forks 23.04a
2 William MacLean 12 Thief River Falls 23.82a
3 Ethan Johnson 11 Red Lake County 24.31a
4 Brandon Schenkey 11 BGMR Freeze 24.32a
5 Aaron Gosse 10 Crookston 24.67a
6 Everett Nelson 12 Thief River Falls 24.88a
7 Rafael Jones 10 East Grand Forks 25.43a
8 Masen Lessard 8 Crookston 25.56a
9 Jaxson Tanner 12 Thief River Falls 25.74a
10 Leo Marengo 9 Warroad 26.03a
11 Jude Saustad 11 Warroad 26.51a
12 Ozander Andrade 11 BGMR Freeze 26.68a
13 D'Mari Huston-Ware 7 Roseau 26.78a
14 Damontay Johnson 11 Goodridge/Grygla 27.00a
15 Gavin Wyckoff 8 Warroad 27.10a
16 Cormac Doty 10 East Grand Forks 27.12a
17 Mason Williams 9 Red Lake County 27.14a
18 Christopher Rusek 12 Roseau 27.78a

19 Lamare O'Quinn 9 Red Lake County 28.83a
20 Tyler Marvin-Nichols 11 Roseau 28.85a
21 Luke Paulson 10 Goodridge/Grygla 29.11a
22 Jackson Barth 10 BGMR Freeze 29.30a
Sawyer Jacobson 11 Goodridge/Grygla DNS
Cade Wisk 11 Crookston DNS

Boys Varsity 400 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Jez Jones 11 East Grand Forks 50.65a
2 Dereon Dadeah 11 East Grand Forks 52.22a
3 William MacLean 12 Thief River Falls 52.35a
4 Everett Nelson 12 Thief River Falls 53.59a
5 Colin MacLean 9 Thief River Falls 55.57a
6 Eli Nelson 9 Goodridge/Grygla 56.31a
7 Erik Pruneda 9 Crookston 59.11a
8 Ozander Andrade 11 BGMR Freeze 59.38a
9 Isaac Detweiler 11 Roseau 1:00.43a
10 Cormac Doty 10 East Grand Forks 1:01.42a
11 Doot Boucha 8 Warroad 1:01.76a
12 Kahnen Hansen 11 Crookston 1:02.14a
13 Aaren Rowley 9 Red Lake County 1:02.84a
14 Landon Nordby 10 Goodridge/Grygla 1:04.08a
15 Landon Adams 11 Warroad 1:04.73a
16 Connor Hjelle 9 Goodridge/Grygla 1:05.28a
17 Miles Corneillie 11 Crookston 1:05.53a
18 Christopher Rusek 12 Roseau 1:05.79a
19 Matthias Henry 8 BGMR Freeze 1:06.55a
20 Jackson Barth 10 BGMR Freeze 1:07.73a
21 Tre'von Johnson 8 Warroad 1:12.74a
22 Ruben Osborn 12 Red Lake County 1:19.36a
Parker Klasen 9 Red Lake County SCR

Boys Varsity 800 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Weston Mahar 12 East Grand Forks 2:06.54a
2 Cooper Hills 12 East Grand Forks 2:06.74a
3 Rylan Slack 12 East Grand Forks 2:09.07a
4 Nick Lund 12 BGMR Freeze 2:14.65a
5 Colin MacLean 9 Thief River Falls 2:16.36a
6 Briley Olsonawski 11 Thief River Falls 2:16.71a
7 Eli Nelson 9 Goodridge/Grygla 2:18.79a
8 Nate Powers 10 Red Lake County 2:20.02a
9 Doot Boucha 8 Warroad 2:25.21a
10 Lincoln Davis 10 Thief River Falls 2:26.67a
11 Jayden Mulvey 12 Crookston 2:29.26a
12 Cash Johnsrud 10 Goodridge/Grygla 2:36.27a
13 Kendan Curtis 11 Warroad 2:36.60a
14 Abram Huener 8 Roseau 2:36.86a
15 Alex Bramer 9 Red Lake County 2:37.98a
16 Dominick Homme 8 Warroad 2:40.89a
17 Luke Hapka 7 BGMR Freeze 2:50.60a
Parker Klasen 9 Red Lake County SCR

Boys Varsity 1600 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Curtis Griffin 9 Thief River Falls 4:51.94a
 2 Tyson McKeever 10 Warroad 4:57.27a
 3 Brody Kasprovicz 11 Roseau 4:59.02a
 4 Dietrich Olson 8 Roseau 5:14.18a
 5 Jayden Mulvey 12 Crookston 5:16.04a
 6 Owen Kliniske 11 East Grand Forks 5:21.71a
 7 Cole Vandervort 10 East Grand Forks 5:27.12a
 8 Chris Goodrich 9 Crookston 5:36.01a
 9 Dominick Homme 8 Warroad 5:41.29a
 10 Wyatt Novak 9 Thief River Falls 5:41.86a
 11 Elijah Schrage 10 East Grand Forks 5:47.68a
 12 Alex Bramer 9 Red Lake County 5:51.95a
 13 Patrick Bain 11 Warroad 7:00.80a
 Luke Paulson 10 Goodridge/Grygla DNF
 Parker Klasen 9 Red Lake County DNS

Boys Varsity 3200 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Curtis Griffin 9 Thief River Falls 10:44.93a
 2 Brody Kasprovicz 11 Roseau 11:10.91a
 3 Hayden Shulstad 10 Red Lake County 11:37.41a
 4 Jaxon Mahar 12 East Grand Forks 11:54.27a
 5 Nick Suchy 11 Red Lake County 11:55.19a
 6 Kylan Driscoll 8 East Grand Forks 11:55.23a
 7 Silas Hinson 8 Roseau 11:55.93a
 8 Hayden Esala 7 Thief River Falls 12:24.63a
 9 Owen Kliniske 11 East Grand Forks 12:30.29a
 10 Kahren Hansen 11 Crookston 12:34.13a
 11 Landon Adams 11 Warroad 13:30.11a
 12 Dylan Lane 9 Thief River Falls 14:00.30a
 13 Jacob Branum 8 Warroad 14:25.05a
 14 Tyler Mattson 8 Warroad 14:40.42a

Boys Varsity 110m Hurdles Finals

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Athlete Yr Team Mark H# Wind

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1 Matthew Rieckman 10 East Grand Forks 17.63a
 2 Alexander Link 10 East Grand Forks 19.53a
 3 John Delaney 11 Roseau 19.59a
 4 Connor Shear 9 East Grand Forks 19.75a
 5 Ian Hruby 9 Thief River Falls 20.89a
 6 Isak Ball 8 Goodridge/Grygla 21.20a
 7 Wylie Lehrer 8 Red Lake County 21.58a
 8 Michael Rowe 10 Thief River Falls 23.05a
 9 Owen O'Neill 9 Red Lake County 24.32a

Boys Varsity 300m Hurdles Finals

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Athlete Yr Team Mark H# Wind

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1 Matthew Rieckman 10 East Grand Forks 46.19a
 2 Christian Daoheuang 8 Warroad 46.67a
 3 Ian Hruby 9 Thief River Falls 46.73a
 4 John Delaney 11 Roseau 47.58a
 5 Connor Shear 9 East Grand Forks 48.13a
 6 Alexander Link 10 East Grand Forks 49.56a
 7 Michael Rowe 10 Thief River Falls 49.92a
 8 Isak Ball 8 Goodridge/Grygla 50.12a
 9 Benji Bramer 10 Red Lake County 51.72a
 10 Robbie Henry 11 BGMR Freeze 52.96a
 11 Caleb Mauch 10 Thief River Falls 53.96a

12 Brayden Krank 8 Roseau 55.93a
 13 Wylie Lehrer 8 Red Lake County 58.37a
 14 Owen O'Neill 9 Red Lake County 58.97a
 Xsavior Ramos 10 Crookston DNS

Boys Varsity 4x100m Relay Finals

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Team Time H#

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1 BGMR Freeze 46.94a
 1) Brandon Schenkey 2) Ty Folland
 3) Nick Lund 4) Grady Hockstedler
 2 East Grand Forks 47.63a
 1) Eliot Afshari 2) Rylan Gravos
 3) Rafael Jones 4) John Senger
 3 Thief River Falls 49.23a
 1) Caleb Mauch 2) Carson Walseth
 3) Jaxson Tanner 4) Tallon Vordebruggen
 4 Goodridge/Grygla 49.40a
 1) Sawyer Jacobson 2) Shay Jacobson
 3) Owen Larson 4) Abe Miller
 5 Crookston 49.48a
 1) Aaron Gosse 2) Gavin Reitmeier
 3) Landon Meier 4) Peter Wiersma
 6 Warroad 50.01a
 1) Gavin Wyckoff 2) Christian Daoheuang
 3) Leo Marenco 4) Mason McMillin
 7 Roseau 51.37a
 1) Chris Barlow 2) Brayden Krank
 3) Weston Sprabary 4) D'Mari Huston-Ware
 8 Red Lake County 53.29a
 1) Mason Williams 2) Aaren Rowley
 3) Lamare O'Quinn 4) Alex Bramer

Boys Varsity 4x200m Relay Finals

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Team Time H#

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1 East Grand Forks 1:38.33a
 1) John Senger 2) Rafael Jones
 3) Eliot Afshari 4) Dereon Dadeah
 2 Crookston 1:40.10a
 1) Erik Pruneda 2) Gavin Reitmeier
 3) Masen Lessard 4) Aaron Gosse
 3 Thief River Falls 1:40.67a
 1) Briley Olsonawski 2) Jaxson Tanner
 3) Michael Rowe 4) Tallon Vordebruggen
 4 Goodridge/Grygla 1:40.74a
 1) Sawyer Jacobson 2) Shay Jacobson
 3) Owen Larson 4) Damontay Johnson
 5 Warroad 1:43.91a
 1) Hudson Adams 2) Luke Billingsley
 3) Samuel Daniels 4) Mason McMillin
 6 Red Lake County 1:46.02a
 1) Nate Powers 2) Wylie Lehrer
 3) Benji Bramer 4) Ethan Johnson
 7 Roseau 1:46.19a
 1) Brayden Krank 2) Weston Sprabary
 3) Chris Barlow 4) Isaac Detweiler
 8 BGMR Freeze 1:56.97a
 1) Matthias Henry 2) Robbie Henry
 3) Ozander Andrade 4) Luke Hapka

Boys Varsity 4x400m Relay Finals

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Team Time H#

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1 East Grand Forks 3:38.48a
1) Weston Mahar 2) Cooper Hills
3) Rylan Slack 4) John Senger
2 Thief River Falls 3:40.74a
1) Everett Nelson 2) Colin MacLean
3) Curtis Griffin 4) William MacLean
3 Warroad 3:59.89a
1) Luke Billingsley 2) Hudson Adams
3) Samuel Daniels 4) Tyson McKeever
4 Roseau 4:10.60a
1) Isaac Detweiler 2) Christopher Rusek
3) Dietrich Olson 4) Weston Sprabary
5 Crookston 4:17.42a
1) Erik Pruneda 2) Cade Wisk
3) Landon Meier 4) Chris Goodrich

Boys Varsity 4x800m Relay Finals

Team Time H#

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1 East Grand Forks 8:53.56a
1) Cooper Hills 2) Cole Vandervort
3) Rylan Slack 4) Weston Mahar
2 Red Lake County 9:25.99a
1) Hayden Shulstad 2) Benji Bramer
3) Nick Suchy 4) Nate Powers
3 Warroad 9:32.12a
1) Tyson McKeever 2) Doot Boucha
3) Sully Johnson 4) Samuel Daniels
4 Goodridge/Grygla 9:48.11a
1) Gus Jones 2) Cash Johnsrud
3) Landon Nordby 4) Eli Nelson
5 Roseau 9:59.51a
1) John Delaney 2) Dietrich Olson
3) Silas Hinson 4) Abram Huener
6 Thief River Falls 10:16.47a
1) Dylan Lane 2) Hayden Esala
3) Luke Smith 4) Wyatt Novak

Boys Varsity Shot Put Finals

Athlete Yr Team Mark H#

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1 Messi Kalenda 12 East Grand Forks 50-5.75
2 Jake Borowicz 12 Roseau 49-1.5
3 Mavrik Martine 12 East Grand Forks 44-0.25
4 Joey Bruggeman 11 Thief River Falls 42-11
5 Grady Hockstedler 12 BGMR Freeze 41-0.75
6 Owen Larson 11 Goodridge/Grygla 38-8.5
7 Logan Gustafson 11 Warroad 38-1.25
8 Hudson Twite 12 East Grand Forks 37-8.25
9 Brett Rychlock 10 Goodridge/Grygla 37-0
10 Luke Homme 10 BGMR Freeze 35-1.25
11 Tyler Marvin-Nichols 11 Roseau 34-11.5
12 Kolton Ahlmjeld 9 Thief River Falls 32-6.75
13 John Moes 11 Warroad 32-2.75
14 Parker Kasprowicz 9 Thief River Falls 32-2.25
15 Brody James 10 Warroad 30-11.25
16 Cooper Aune 9 Goodridge/Grygla 30-11
17 Jackson Fritsch 10 Crookston 28-3.75
18 Miles Corneillie 11 Crookston 23-7.75
19 Ruben Osborn 12 Red Lake County 22-11.75
20 Ian Oslund 11 Crookston 21-3.5

Boys Varsity Discus Finals

Athlete Yr Team Mark H#

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1 Mavrik Martine 12 East Grand Forks 162-4
2 Jake Borowicz 12 Roseau 138-4
3 Messi Kalenda 12 East Grand Forks 134-11
4 Logan Gustafson 11 Warroad 105-11
5 Owen Larson 11 Goodridge/Grygla 105-9
6 Tyler Marvin-Nichols 11 Roseau 100-10
7 John Moes 11 Warroad 99-2
8 Rylan Gravos 12 East Grand Forks 95-11
9 Parker Kasprowicz 9 Thief River Falls 95-10
10 Joey Bruggeman 11 Thief River Falls 87-7
11 Gus Jones 9 Goodridge/Grygla 85-2
12 Luke Homme 10 BGMR Freeze 75-7
13 Kolton Ahlmjeld 9 Thief River Falls 75-5
14 Brody James 10 Warroad 69-0
15 Joseph Stinson 10 Goodridge/Grygla 51-11
16 Jackson Fritsch 10 Crookston 50-9
Ruben Osborn 12 Red Lake County ND

Boys Varsity High Jump Finals

Athlete Yr Team Mark H# Wind

=====

1 Jake Borowicz 12 Roseau 5-10
2 Everett Nelson 12 Thief River Falls 5-10
3 Matthew Rieckman 10 East Grand Forks 5-6
4 Hudson Adams 10 Warroad 5-4
5 Nate Powers 10 Red Lake County 5-4
6 Ryelin Stanley 10 Goodridge/Grygla 5-0
6 Lorenzo Cavallaro 12 Goodridge/Grygla 5-0
8 Luke Billingsley 11 Warroad 5-0
9 Benji Bramer 10 Red Lake County 5-0
10 Colin MacLean 9 Thief River Falls 4-10
10 Divin Tshitende 9 East Grand Forks 4-10
12 Christian Omlid 9 East Grand Forks 4-10
12 Briley Olsonawski 11 Thief River Falls 4-10

Boys Varsity Pole Vault Finals

Athlete Yr Team Mark H# Wind

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1 Eliot Afshari 12 East Grand Forks 12-0
2 Nick Lund 12 BGMR Freeze 10-0
3 John Senger 10 East Grand Forks 9-0
4 Elijah Weleski 11 BGMR Freeze 9-0
5 Lincoln Davis 10 Thief River Falls 8-6
6 Elijah Schrage 10 East Grand Forks 8-6
7 Sully Johnson 10 Warroad 8-0
7 Hudson Adams 10 Warroad 8-0
9 Ryker Arnold 11 Crookston 7-6
10 Brayden Krank 8 Roseau 7-6
11 Weston Sprabary 8 Roseau 7-6
12 Keaton Tillett 10 Thief River Falls 7-6
13 Cade Wisk 11 Crookston 7-0
14 Robbie Henry 11 BGMR Freeze 7-0
Asher Munstenteiger 9 Roseau DNS
Makoti Weber 11 Crookston DNS
Kendan Curtis 11 Warroad NH
Clay Nelson 10 Thief River Falls DNS

Boys Varsity Long Jump Finals

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Athlete Yr Team Mark H# Wind

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- 1 Dereon Dadeah 11 East Grand Forks 18-3.25
- 2 Peter Wiersma 11 Crookston 17-3.5
- 3 Ethan Johnson 11 Red Lake County 16-4
- 4 Masen Lessard 8 Crookston 16-3
- 5 Mathew Wallenburg 10 Goodridge/Grygla 15-11.5
- 6 Grant Sorum 9 East Grand Forks 15-10.25
- 7 Christopher Rusek 12 Roseau 15-10
- 8 Briley Olsonawski 11 Thief River Falls 15-5.75
- 9 Rafael Jones 10 East Grand Forks 15-0.75
- 10 Wylie Lehrer 8 Red Lake County 14-11.25
- 11 Carson Walseth 8 Thief River Falls 14-10
- 12 Damontay Johnson 11 Goodridge/Grygla 14-9
- 13 Mason McMillin 9 Warroad 14-8.5
- 14 Tallon Vordebruggen 12 Thief River Falls 14-5.5
- 15 Leo Marenco 9 Warroad 14-3.5
- 16 Matthias Henry 8 BGMR Freeze 13-8.25
- 17 Lorenzo Cavallaro 12 Goodridge/Grygla 13-7.75
- 18 Luke Hapka 7 BGMR Freeze 13-6.25
- 19 Tre'von Johnson 8 Warroad 13-3
- 20 Aaren Rowley 9 Red Lake County 13-1.5

Boys Varsity Triple Jump Finals

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Athlete Yr Team Mark H# Wind

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- 1 Jez Jones 11 East Grand Forks 39-11
- 2 Matthew Rieckman 10 East Grand Forks 38-2.75
- 3 Landon Nordby 10 Goodridge/Grygla 35-1
- 4 Leo Marenco 9 Warroad 33-11.5
- 5 Ryelin Stanley 10 Goodridge/Grygla 33-0
- 6 Caleb Mauch 10 Thief River Falls 31-7.5
- 7 Keaton Tillett 10 Thief River Falls 31-7.5
- 8 Luke Hapka 7 BGMR Freeze 29-1.5
- 9 Matthias Henry 8 BGMR Freeze 28-10
- 10 Robbie Henry 11 BGMR Freeze 28-2
- Shay Jacobson 9 Goodridge/Grygla ND
- Clay Nelson 10 Thief River Falls ND

Boys Wheelchair 100 Meters Finals

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Athlete Yr Team Mark H# Wind

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- 1 Clayton Rudi 7 Thief River Falls 29.69a

Boys Wheelchair 200 Meters Finals

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Athlete Yr Team Mark H# Wind

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- 1 Clayton Rudi 7 Thief River Falls 1:12.15a

Boys Wheelchair Shot Put Finals

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Athlete Yr Team Mark H#

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- 1 Clayton Rudi 7 Thief River Falls 8-1.5

Boys Wheelchair Discus Finals

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Athlete Yr Team Mark H#

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- 1 Clayton Rudi 7 Thief River Falls 17-10