

2025 True North Girls Conference Championship

May 2, 2025, East Grand Forks, MN

Team Scores:

1. Thief River Falls	158.5
2. BGMR Freeze	127
3. East Grand Forks	122
4. Roseau	84.5
5. Crookston	62
6. Goodridge/Grygla	43
7. Warroad	38
8. Kittson County Central	35
9. Red Lake County	22

Girls Varsity 100 Meters Finals

=====

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

=====

1	Gwen Wojciechowski	11	Thief River Falls	12.67a
2	Ashlyn Bailey	11	Crookston	12.79a
3	Lydia Hanson	12	BGMR Freeze	13.07a
4	Kayla Peterson	9	Thief River Falls	13.15a
5	Skyla Rustad	11	East Grand Forks	13.40a
6	Keira Bye	10	East Grand Forks	13.43a
7	Janessa Torgerson	11	Goodridge/Grygla	13.61a
8	Kiera Hagen	10	Roseau	13.63a
9	Janaya Albers	8	Thief River Falls	13.77a
10	Alayla Blanco	10	Goodridge/Grygla	13.84a
11	Ilaina Fish	11	Warroad	13.96a
12	Brooklynn Kriel	12	Goodridge/Grygla	13.99a
13	Bella Gerardy	8	BGMR Freeze	14.06a
14	Serenity Wulff	9	Roseau	14.08a
15	Greta Hedlund	10	Roseau	14.10a
16	Alyssa Martinez	11	Warroad	14.33a
17	Laura Schmiedeberg	10	Kittson County Central	14.48a
18	Emma Casperson	12	Warroad	14.54a
19	Isabella Schmiedeberg	9	East Grand Forks	14.63a
20	Madilyn Abrams	10	Crookston	14.87a
21	Daphne Harmoning	12	Red Lake County	15.07a
22	Aaliyah Bramer	7	Red Lake County	15.18a
23	Ava Barrett	10	BGMR Freeze	15.24a
24	Morgan Boll	8	Crookston	15.41a
25	Courtney Webster	11	Kittson County Central	15.49a
26	Izzy Swenson	11	Kittson County Central	15.53a
27	Autumn Lindemoen	9	Red Lake County	16.08a

Girls Varsity 200 Meters Finals

=====

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

=====

1	Gwen Wojciechowski	11	Thief River Falls	26.23a
2	Ashlyn Bailey	11	Crookston	26.74a
3	Lydia Hanson	12	BGMR Freeze	26.85a
4	Kayla Peterson	9	Thief River Falls	27.62a
5	Camryn Adams	12	East Grand Forks	27.92a
6	Janaya Albers	8	Thief River Falls	28.69a
7	Kiera Hagen	10	Roseau	28.86a
8	Chloe Boll	11	Crookston	29.15a
9	Addison Jeuch	9	East Grand Forks	29.22a
10	Ilaina Fish	11	Warroad	29.39a
11	Serenity Wulff	9	Roseau	29.71a
12	Bella Gerardy	8	BGMR Freeze	29.94a
13	Brooklyn Waldal	10	Crookston	30.16a
14	Greta Hedlund	10	Roseau	30.28a

15	Danika Gustafson	12	Warroad	30.36a
16	Natalie Homme	9	Warroad	30.38a
17	Taylor Wilson	8	Goodridge/Grygla	30.42a
18	Christine Hanson	8	BGMR Freeze	30.56a
19	McKenna Parnow	10	Goodridge/Grygla	30.97a
20	Laura Schmiedeberg	10	Kittson County Central	31.47a
21	Jordan Johnson	8	Red Lake County	31.66a
22	Charolette Beck	8	Goodridge/Grygla	31.73a
23	Lola Pesch	10	East Grand Forks	32.60a
24	Courtney Webster	11	Kittson County Central	33.13a
25	Allegra Knott	11	Red Lake County	33.91a
26	Izzy Swenson	11	Kittson County Central	33.99a
27	Brielle Reinbold	8	Red Lake County	35.35a

Girls Varsity 400 Meters Finals

=====

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

=====

1	Kayla Peterson	9	Thief River Falls	1:01.38a
2	Livia Harbott	10	Thief River Falls	1:04.46a
3	Katherine Allard	12	East Grand Forks	1:06.08a
4	Jerzey Perkerewicz	10	East Grand Forks	1:07.08a
5	Kenzie Reynolds	10	Thief River Falls	1:07.11a
6	Anna Ulvin	11	Roseau	1:07.84a
7	Aryanna Aro	10	East Grand Forks	1:10.07a
8	Laura Schmiedeberg	10	Kittson County Central	1:10.17a
9	Emily Waterworth	11	BGMR Freeze	1:10.63a
10	Natalie Homme	9	Warroad	1:10.78a
11	Madelynn Arnesen	10	Warroad	1:11.19a
12	Kinsley Wangen	8	Crookston	1:12.26a
13	Aaliyah Bramer	7	Red Lake County	1:13.20a
14	Nora Groven	9	Crookston	1:13.50a
15	Ellie Nelson	9	Goodridge/Grygla	1:14.65a
16	Mylee Sjulestad	10	Goodridge/Grygla	1:14.80a
17	Corbyn Bring	8	BGMR Freeze	1:15.43a
18	Taylor Moen	9	Red Lake County	1:15.94a
19	Adina Przekwas	9	Kittson County Central	1:17.24a
20	Norah Philipp	10	Goodridge/Grygla	1:17.89a
21	Maria Mooney	11	BGMR Freeze	1:18.39a
22	Grace Jauquet	10	Roseau	1:18.88a
23	Maddie Harbott	12	Crookston	1:19.46a
24	Brielle Reinbold	8	Red Lake County	1:20.19a
25	Ruby Osweiler	11	Roseau	1:22.52a

Girls Varsity 800 Meters Finals

=====

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

=====

1	Elory Mossestad	10	Thief River Falls	2:30.94a
2	Livia Harbott	10	Thief River Falls	2:32.35a
3	Reagan Mimnaugh	12	BGMR Freeze	2:33.22a
4	Meredith Allard	9	East Grand Forks	2:34.08a
5	Audrey Hayden	8	Roseau	2:38.41a
6	Sophia Beck	10	Goodridge/Grygla	2:42.83a
7	Jenna Goulet	11	Warroad	2:43.55a
8	Teresa Cudnik	8	BGMR Freeze	2:45.83a
9	Svea Grafstrom	8	Warroad	2:55.92a
10	Lila Dalager	10	Thief River Falls	2:56.25a
11	Ada Grafstrom	7	Warroad	3:13.34a
12	Ziizi Sam	11	Crookston	3:14.99a
13	Alaina Goelzer	10	Crookston	3:23.64a

14 Ella Marquart 10 Red Lake County 3:31.37a
15 Trinity Montoya 11 Red Lake County 5:08.36a
Melody Voeltz 11 Kittson County Central DNS
Katelyn Waage 12 BGMR Freeze DNS

Girls Varsity 1600 Meters Finals

Athlete Yr Team Mark H# Wind

1 Elory Mossestad 10 Thief River Falls 5:35.01a
2 Reagan Mimnaugh 12 BGMR Freeze 5:35.46a
3 Katelyn Waage 12 BGMR Freeze 5:55.45a
4 Katy Comstock 12 Warroad 5:55.81a
5 Greta Kuznia 11 Kittson County Central 5:59.91a
6 Ainsley Swanson 9 East Grand Forks 6:06.51a
7 Caroline Marvin 12 Warroad 6:12.03a
8 Emma Casperson 12 Warroad 6:14.59a
9 Ashlynn Omdahl 11 Roseau 6:16.27a
10 Megan Delaney 10 Roseau 6:17.12a
11 Elizabeth Lytle 12 Red Lake County 6:18.01a
12 Josephine Hinson 10 Roseau 6:18.59a
13 Carly Jensen 7 Goodridge/Grygla 6:28.47a
14 Alexis Hitchcock 9 East Grand Forks 6:45.53a
15 Melody Voeltz 11 Kittson County Central 6:45.79a
16 Kylee Bolstad 11 BGMR Freeze 6:51.25a
17 Natalia Zoller 9 Thief River Falls 6:54.00a
18 ZiiZi Sam 11 Crookston 7:19.39a
19 Ella Marquart 10 Red Lake County 7:23.04a
20 Trinity Montoya 11 Red Lake County 8:54.63a

Girls Varsity 3200 Meters Finals

Athlete Yr Team Mark H# Wind

1 Linnea Harren 11 Warroad 12:19.70a
2 Lauren Olson 8 Roseau 12:20.08a
3 Megan Delaney 10 Roseau 14:10.72a
4 Elizabeth Lytle 12 Red Lake County 14:37.95a
5 Adrianna Gregoire 12 East Grand Forks 14:52.79a
6 Kylee Bolstad 11 BGMR Freeze 14:54.24a
7 Audrey Floden 10 East Grand Forks 15:07.43a
8 Rose Cudnik 11 BGMR Freeze 15:17.20a
9 Gabby Zoller 8 Thief River Falls 15:23.75a
10 Maddie Harbott 12 Crookston 16:08.19a
11 Samantha Zoller 12 Thief River Falls 16:27.46a

Girls Varsity 100m Hurdles Finals

Athlete Yr Team Mark H# Wind

1 Ashlyn Nelson 12 Goodridge/Grygla 17.55a
2 Zoey Werb 10 BGMR Freeze 18.40a
3 Anna Mooney 9 BGMR Freeze 18.45a
4 Alyssa Foster 9 Thief River Falls 18.77a
5 Kendra Olson 11 East Grand Forks 19.31a
6 Dakota Dunham 12 Roseau 19.42a
7 Erin Wolff 12 East Grand Forks 19.46a
8 Aubrey Bartrum 10 Crookston 19.92a
9 Megan Skoglund 10 Roseau 20.25a
10 Jordan Johnson 8 Red Lake County 20.41a
11 Lauren Tull 7 Crookston 20.88a
12 Ariana Linden 10 East Grand Forks 21.61a
13 Mya Arlt 9 Red Lake County 22.95a
14 Aveah Hanson 9 Thief River Falls 25.26a
15 Ruby Easthouse 11 Roseau 28.95a

Faustina Henry 8 BGMR Freeze DNS

Girls Varsity 300m Hurdles Finals

Athlete Yr Team Mark H# Wind

1 Ashlyn Nelson 12 Goodridge/Grygla 51.95a
2 Anna Mooney 9 BGMR Freeze 53.60a
3 Aubrey Halverson 8 Red Lake County 53.65a
4 Kendra Olson 11 East Grand Forks 54.53a
5 Alyssa Foster 9 Thief River Falls 57.81a
6 Lauren Tull 7 Crookston 58.45a
7 Ariana Linden 10 East Grand Forks 58.70a
8 Aubrey Bartrum 10 Crookston 58.81a
9 Haedynn Boutain 9 Goodridge/Grygla 1:00.46a
10 Faustina Henry 8 BGMR Freeze 1:01.77a
11 Aveah Hanson 9 Thief River Falls 1:08.21a
Dakota Dunham 12 Roseau DQ

Girls Varsity 4x100m Relay Finals

Team Time H#

1 East Grand Forks 52.55a
1) Skyla Rustad 2) Camryn Adams
3) Teagan Thornberg 4) Keira Bye
2 BGMR Freeze 53.46a
1) Anna Mooney 2) Bella Gerardy
3) Kylie Snare 4) Lydia Hanson
3 Crookston 54.59a
1) Chloe Boll 2) Grace Boll
3) Brooklyn Waldal 4) Ashlyn Bailey
4 Roseau 56.63a
1) Liliana Gordon 2) Emma Olson
3) Gabriella Olson 4) Greta Hedlund
5 Thief River Falls 56.95a
1) Nora Bruggeman 2) Mackenzie Lee
3) Madelyn David 4) Lila Dalager
6 Warroad 57.08a
1) Danika Gustafson 2) Natalie Homme
3) Ilaina Fish 4) Emma Casperson
7 Goodridge/Grygla 57.42a
1) Ellie Hruby 2) Taylor Wilson
3) Julia Halvorson 4) Krystal Neuschwander
8 Red Lake County 59.53a
1) Aaliyah Bramer 2) Autumn Lindemoen
3) Jordan Johnson 4) Aubrey Halverson

Girls Varsity 4x200m Relay Finals

Team Time H#

1 Thief River Falls 1:50.68a
1) Kenzie Reynolds 2) Mackenzie Lee
3) Janaya Albers 4) Gwen Wojciechowski
2 East Grand Forks 1:51.16a
1) Keira Bye 2) Skyla Rustad
3) Camryn Adams 4) Teagan Thornberg
3 Goodridge/Grygla 1:55.94a
1) Alayla Blanco 2) Brooklyn Kriel
3) Ashlyn Nelson 4) Janessa Torgerson
4 Crookston 2:02.61a
1) Kinsley Wangen 2) Grace Boll
3) Nora Groven 4) Brooklyn Waldal
5 BGMR Freeze 2:09.38a

1) Ava Barrett 2) Hallie Gladowski
3) Rhiana Utter 4) Christine Hanson
6 Roseau 2:16.04a
1) Eliana Mast 2) Megan Skoglund
3) Ruby Osweiler 4) Elizabeth Desrosier
7 Red Lake County 2:18.32a
1) Brielle Reinbold 2) Mya Arlt
3) Taylor Moen 4) Autumn Lindemoen

Girls Varsity 4x400m Relay Finals

=====

Team Time H#

=====

1 Thief River Falls 4:22.21a
1) Kenzie Reynolds 2) Mackenzie Lee
3) Elory Mossestad 4) Livia Harbott
2 East Grand Forks 4:24.62a
1) Katherine Allard 2) Meredith Allard
3) Erin Wolff 4) Teagan Thornberg
3 Roseau 4:54.33a
1) Audrey Hayden 2) Kiera Hagen
3) Anna Ulvin 4) Liliana Gordon
4 BGMR Freeze 4:57.26a
1) Brooke Bjorgaard 2) Emily Waterworth
3) Teresa Cudnik 4) Rhiana Utter
5 Crookston 4:58.72a
1) Aubrey Bartrum 2) Kinsley Wangen
3) Lauren Tull 4) Madilyn Abrams

Girls Varsity 4x800m Relay Finals

=====

Team Time H#

=====

1 Roseau 10:40.34a
1) Audrey Hayden 2) Josephine Hinson
3) Lauren Olson 4) Ashlynn Omdahl
2 East Grand Forks 10:49.67a
1) Katherine Allard 2) Meredith Allard
3) Alexis Hitchcock 4) Ainsley Swanson
3 Warroad 10:56.16a
1) Katy Comstock 2) Jenna Goulet
3) Linnea Harren 4) Caroline Marvin
4 BGMR Freeze 11:42.52a
1) Emily Waterworth 2) Teresa Cudnik
3) Corbyn Bring 4) Rhiana Utter
5 Thief River Falls 11:52.84a
1) Lila Dalager 2) Gabby Zoller
3) Samantha Zoller 4) Natalia Zoller
6 Goodridge/Grygla 12:00.01a
1) Sophia Beck 2) Krystal Neuschwander
3) Carly Jensen 4) Norah Philipp

Girls Varsity Shot Put Finals

=====

Athlete Yr Team Mark H#

=====

1 McKinley Folland 12 Kittson County Central 39-6.5
2 Jerrett Tietz 12 Roseau 32-10
3 Adina Przekwas 9 Kittson County Central 31-1
4 Aliyah Vig 12 Kittson County Central 28-7.25
5 Lila Dalager 10 Thief River Falls 26-3
6 Gemma Kotrba 9 Goodridge/Grygla 26-2
7 Morgan Skoien 9 Roseau 26-2
8 Avah Waldal 12 Thief River Falls 25-8.75
9 Haedynn Boutain 9 Goodridge/Grygla 25-3

10 Kylee Gust 10 BGMR Freeze 25-1.75
11 Sophia Vargas 10 East Grand Forks 24-11
12 Aubriana Tinkham 11 East Grand Forks 24-8.25
13 Ava Mast 9 Roseau 24-2.5
14 Gabby Vargas 10 East Grand Forks 24-0.75
15 Rylee Anderson 10 Crookston 23-9.5
16 Natalia Zoller 9 Thief River Falls 23-3.5
17 Rose Cudnik 11 BGMR Freeze 23-2.5
18 Julia Dostal 12 BGMR Freeze 23-0
19 Mylee Sjulestad 10 Goodridge/Grygla 22-10.75
20 Ashlynn Lalonde 10 Crookston 19-11
21 Allegra Knott 11 Red Lake County 19-10.5
22 Hailey Fritz 9 Crookston 19-8.5
23 Randi Rowley 12 Red Lake County 18-4.5
24 Harmonee Buckholz 12 Red Lake County 13-2

Girls Varsity Discus Finals

=====

Athlete Yr Team Mark H#

=====

1 Jerrett Tietz 12 Roseau 100-10
2 McKinley Folland 12 Kittson County Central 89-4
3 Kylee Gust 10 BGMR Freeze 82-3
4 Julia Dostal 12 BGMR Freeze 80-6
5 Gemma Kotrba 9 Goodridge/Grygla 73-8
6 Ilaina Fish 11 Warroad 72-8
7 Ava Mast 9 Roseau 71-11
8 Aliyah Vig 12 Kittson County Central 71-2
9 Kennedy Kalinowski 9 Thief River Falls 68-10
10 Haedynn Boutain 9 Goodridge/Grygla 64-9
11 Aubriana Tinkham 11 East Grand Forks 63-1
12 Gabby Vargas 10 East Grand Forks 62-2
13 Sophia Vargas 10 East Grand Forks 61-11
14 Lilly Gjesdal 8 Kittson County Central 60-8
15 Brianne Ellison 12 Thief River Falls 58-5
16 Hailey Fritz 9 Crookston 58-3
17 Danika Gustafson 12 Warroad 55-9
18 Rylee Anderson 10 Crookston 55-1
19 Kennedy Bakke 9 Thief River Falls 53-11
20 Morgan Skoien 9 Roseau 52-11
21 Madison Converse 12 BGMR Freeze 51-7
22 Madelynn Arnesen 10 Warroad 48-8
23 Ashlynn Lalonde 10 Crookston 44-9

Girls Varsity High Jump Finals

=====

Athlete Yr Team Mark H# Wind

=====

1 Kelsey Baltes 12 Thief River Falls 4-11
2 Liliya Baumwald 10 East Grand Forks 4-10
3 Adrian Solheim 8 Thief River Falls 4-8
4 Elizabeth Lytle 12 Red Lake County 4-6
5 Zoey Werb 10 BGMR Freeze 4-6
6 Emma Olson 9 Roseau 4-6
7 Madilyn Abrams 10 Crookston 4-6
8 Madelyn David 10 Thief River Falls 4-4
9 Erin Wolff 12 East Grand Forks 4-4
9 Audrey Hayden 8 Roseau 4-4
11 Keira Bye 10 East Grand Forks 4-4
12 Grace Boll 9 Crookston 4-2
13 Rhiana Utter 12 BGMR Freeze 4-0
Eliana Mast 11 Roseau SCR
Hallie Gladowski 10 BGMR Freeze NH

Girls Varsity Pole Vault Finals

=====

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

=====

- 1 Chloe Boll 11 Crookston 9-0
- 2 Liliya Baumwald 10 East Grand Forks 8-6
- 3 Katy Comstock 12 Warroad 8-0
- 4 Brooke Bjorgaard 10 BGMR Freeze 7-6
- 5 Nora Groven 9 Crookston 7-6
- 6 Kaia Omdahl 12 Roseau 7-0
- 6 Samantha Zoller 12 Thief River Falls 7-0
- 8 Morgan Boll 8 Crookston 6-6
- 9 Jenna Goulet 11 Warroad 6-6
- Emma Olson 9 Roseau DNS

Girls Varsity Long Jump Finals

=====

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

=====

- 1 Kylie Snare 11 BGMR Freeze 15-4.5
- 2 Camryn Adams 12 East Grand Forks 15-1.5
- 3 Skyla Rustad 11 East Grand Forks 14-6
- 4 Zoey Werb 10 BGMR Freeze 14-5
- 5 Serenity Wulff 9 Roseau 14-2
- 6 Madelyn David 10 Thief River Falls 13-11.5
- 7 Daphne Harmoning 12 Red Lake County 13-7
- 8 Aubrey Halverson 8 Red Lake County 13-6.5
- 9 McKenna Parnow 10 Goodridge/Grygla 13-3.5
- 10 Ellie Hruby 8 Goodridge/Grygla 13-2
- 11 Alyssa Foster 9 Thief River Falls 13-2
- 12 Alyssa Martinez 11 Warroad 13-1.5
- 13 Cecelia Widman 10 Crookston 13-0
- 14 Julia Halvorson 8 Goodridge/Grygla 12-11
- 15 Jordan Johnson 8 Red Lake County 12-9.5
- 16 Kinsley Wangen 8 Crookston 12-5.5
- 17 Hallie Gladowski 10 BGMR Freeze 11-5
- 18 Gabby Zoller 8 Thief River Falls 11-0
- Liliana Gordon 12 Roseau DNS

Girls Varsity Triple Jump Finals

=====

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

=====

- 1 Kylie Snare 11 BGMR Freeze 35-3.5
- 2 Grace Boll 9 Crookston 31-7.5
- 3 Madelyn David 10 Thief River Falls 31-5.5
- 4 Kayla Peterson 9 Thief River Falls 30-8.5
- 5 Teagan Thornberg 9 East Grand Forks 30-1
- 6 Aryanna Aro 10 East Grand Forks 29-9.5
- 7 Dakota Dunham 12 Roseau 29-8.25
- 8 Anna Mooney 9 BGMR Freeze 29-4.5
- 9 Krystal Neuschwander 8 Goodridge/Grygla 27-8.5
- 10 Julia Dostal 12 BGMR Freeze 27-5
- 11 Charolette Beck 8 Goodridge/Grygla 26-9.75
- 12 Alyssa Foster 9 Thief River Falls 26-6.75
- 13 Mylee Sjulestad 10 Goodridge/Grygla 26-6.5