

2026 Lake Superior Conference Meet

May 12, 2026 - Cloquet

Mens Varsity

1.	Grand Rapids	154.5
2.	Cloquet	123.5
3.	Hermantown	116
4.	Duluth Denfeld	75
5.	Hibbing	74
6.	Rock Ridge	57.5
7.	Superior	56
8.	Proctor	43.5
9.	Marshall (Duluth)	2

Womens Varsity

1.	Cloquet	113
2.	Rock Ridge	103
3.	Grand Rapids	87.5
4.	Hibbing	83
5.	Hermantown	74
6.	Proctor	70.83
7.	Duluth Denfeld	70.33
8.	Superior	60.33
9.	Marshall (Duluth)	39

Boys Varsity 100 Meters

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Athlete Yr Team Mark H#

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- 1 Martin Sleen 11 Hermantown 11.03a
- 2 Laykn Lyons 12 Proctor 11.03a
- 3 Aiden Parks 12 Superior 11.10a
- 4 Isaiah Tanui 12 Duluth Denfeld 11.39a
- 5 Michel Nichols 10 Grand Rapids 11.51a
- 6 Keelijah Thomas 11 Duluth Denfeld 11.56a
- 7 Corban Peterson 12 Hermantown 11.57a
- 8 Clayton Horst 11 Hibbing 11.59a
- 9 Milo Wilson 10 Cloquet 11.65a
- 10 Logan McNear 10 Grand Rapids 11.75a
- 11 Owen Simonson 11 Hermantown 11.75a
- 12 Riley Marshall 11 Proctor 11.80a
- 13 Isaac Svalesson 8 Hibbing 11.84a
- 14 Jasper Madrinich 9 Superior 11.92a
- 15 Jesse Brunner 12 Rock Ridge 11.93a
- 16 Payton Parks 12 Rock Ridge 12.03a
- 17 Christian Lavine 11 Duluth Denfeld 12.08a
- 18 Nashton Johanson 12 Cloquet 12.09a
- 19 A'Maree Bullock 10 Proctor 12.10a
- 20 Boston Sales 12 Superior 12.14a
- 21 Marley Dabney 10 Grand Rapids 12.19a
- 22 Ben Bakk 10 Rock Ridge 12.27a
- 23 Charlie Hughes 9 Cloquet 12.29a
- 24 Hank Kettelhut 12 Marshall (Duluth) 12.30a
- 25 Grant Huneke 9 Marshall (Duluth) 12.42a
- 26 Sam Blevins 12 Hibbing 12.64a
- 27 Masyn Smith 10 Marshall (Duluth) 13.15a

Girls Varsity 100 Meters

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Athlete Yr Team Mark H#

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1 Haley Mount 11 Hibbing 13.01a
2 Claire Roufs 12 Duluth Denfeld 13.22a
3 Jailynn Sherill 10 Hermantown 13.47a
4 Ellie Dimberio 8 Rock Ridge 13.64a
5 Lahna Gelo 11 Rock Ridge 13.65a
6 Ava Major 10 Grand Rapids 13.69a
7 Elizabeth Schmid 10 Superior 13.72a
8 Lola Witty 12 Proctor 13.74a
9 Marley Kaivola 9 Rock Ridge 13.75a
10 Myriam Tupper 11 Marshall (Duluth) 13.76a
11 Kiley Murray 9 Superior 13.76a
12 Ry'anna Tangen 9 Duluth Denfeld 13.78a
13 Ava Vee 12 Marshall (Duluth) 13.82a
14 Ruby Mariano 7 Grand Rapids 13.82a
15 Anne Winkle 9 Superior 13.87a
16 Taraji Holets 9 Hermantown 13.97a
17 Breckyn Tuhkanen 9 Proctor 13.99a
18 Brielle Rotenberger 9 Proctor 14.14a
19 Arizona Ridlon 8 Hibbing 14.20a
20 Libby Oaks 11 Hermantown 14.21a
21 Bianca Jukic 12 Marshall (Duluth) 14.33a
22 Mikaela Alzen 9 Grand Rapids 14.64a
23 Evelyn Wagner 9 Cloquet 14.89a
24 Malen Iparragire 12 Hibbing 15.07a
25 Caroline French 9 Cloquet 15.54a
26 McKenna Gandhi 11 Cloquet 15.66a
-- Zayda Wonsehleay 9 Duluth Denfeld DNS

Boys Varsity 200 Meters

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Athlete Yr Team Mark H#

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1 Laykn Lyons 12 Proctor 22.36a
2 Trenton Lavine 11 Duluth Denfeld 23.47a
3 Milo Wilson 10 Cloquet 23.52a
4 Isaiah Tanui 12 Duluth Denfeld 23.67a
5 Hekmat Ghaznavi 11 Grand Rapids 23.68a
6 Ashton Novak 11 Rock Ridge 23.81a
7 Nolin Cope-Robinson 12 Rock Ridge 24.04a
8 Reece Ringhofer 12 Hibbing 24.22a
9 Quinn Raukar 11 Hermantown 24.52a
10 Kestan Bradley 11 Hermantown 24.52a
11 Beckett Engel 11 Rock Ridge 24.57a
12 Davis Snesrud 11 Cloquet 24.58a
13 Oscar Ziells 11 Proctor 24.64a
14 Isaac Hendrickson 12 Hibbing 24.88a
15 Mason McDonald 12 Hibbing 24.96a

16 Brooks Skelton 8 Grand Rapids 24.98a
17 John Kopacek 12 Grand Rapids 25.00a
18 Riley Marshall 11 Proctor 25.03a
19 Marcel Ricardo 12 Marshall (Duluth) 25.12a
20 Madden Stone 11 Duluth Denfeld 25.20a
21 Masyn Smith 10 Marshall (Duluth) 27.16a
-- Zane Bardolph 9 Marshall (Duluth) DNS
-- Maverik Milroy 12 Superior DNS
-- Boston Sales 12 Superior DNS
-- Corban Peterson 12 Hermantown DNS
-- Taynum Clark 12 Superior DNS
-- Eli Heehn 11 Cloquet DNF

Girls Varsity 200 Meters

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Athlete Yr Team Mark H#

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1 Lizzy Fultz 12 Rock Ridge 26.40a
2 Claire Roufs 12 Duluth Denfeld 26.52a
3 Zoey Thyen 12 Rock Ridge 27.60a
4 Aili Lautigar 9 Rock Ridge 27.93a
5 Claire Niksich 12 Hermantown 28.04a
6 Hattie Eskeli 11 Hibbing 28.05a
7 Kira Suominen 10 Cloquet 28.07a
8 Ava Limberg 11 Grand Rapids 28.25a
9 Lily Christenson 9 Grand Rapids 28.42a
10 Adriana Pascone 8 Duluth Denfeld 28.45a
11 Elizabeth Schmid 10 Superior 28.76a
12 Julia Ruhnke 10 Cloquet 28.88a
13 Olivia Theien 10 Hibbing 28.93a
14 Myriam Tupper 11 Marshall (Duluth) 29.19a
15 Peyton Walker 11 Proctor 29.22a
16 Willow Krawczyk 9 Marshall (Duluth) 29.35a
17 Arizona Ridlon 8 Hibbing 29.37a
18 Brooklyn Detjen 9 Grand Rapids 29.50a
19 Breckyn Tuhkanen 9 Proctor 29.69a
20 Libby Oaks 11 Hermantown 30.01a
21 Jayla Ludwig 11 Superior 30.03a
22 Heidi Weis 11 Marshall (Duluth) 30.20a
23 Maci Heytens 9 Superior 30.52a
24 Johanna Hokanson 9 Hermantown 30.55a
25 Isabella Rock 10 Duluth Denfeld 30.63a
26 Nevaeh Peterson 11 Proctor 30.94a
27 Zoe Jazdzewski 9 Cloquet 30.97a

Boys Varsity 400 Meters

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Athlete Yr Team Mark H#

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1 Eli Heehn 11 Cloquet 51.08a
2 Andrew Shepherd 12 Cloquet 51.35a
3 Laykn Lyons 12 Proctor 52.09a
4 Ashton Novak 11 Rock Ridge 52.98a
5 Thomas Oppelt 10 Duluth Denfeld 53.54a
6 Evan Strauch 12 Superior 54.12a
7 Tyler Wudinich 12 Rock Ridge 54.33a
8 Elliot White 9 Hibbing 54.34a
9 Blake Prosen 11 Cloquet 54.41a
10 Dane Bird 10 Superior 54.55a
11 Jake Walli 12 Hibbing 55.61a
12 Hank Kettelhut 12 Marshall (Duluth) 55.72a
13 Bennett Williams 10 Grand Rapids 56.04a
14 Luke McDonald 10 Hermantown 56.09a
15 Isaac Farnsworth 10 Hibbing 56.20a
16 Tristan Williams 10 Duluth Denfeld 56.28a
17 Ayden Atkins 11 Duluth Denfeld 56.42a
18 Borislav Pashov 11 Marshall (Duluth) 58.14a
19 Hekmat Ghaznavi 11 Grand Rapids 58.58a
20 Parker Severin 9 Superior 58.70a
21 Nathan Gjessing 12 Hermantown 58.74a
22 Michel Nichols 10 Grand Rapids 59.09a
23 Bode Madill 12 Hermantown 59.49a
24 Gavin Roth 9 Proctor 1:00.23a
25 Terrence Avey 12 Proctor 1:00.98a
-- Zane Bardolph 9 Marshall (Duluth) DNS

Girls Varsity 400 Meters

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Athlete Yr Team Mark H#

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1 Gianna Hansen 12 Proctor 1:01.49a
2 Bailey Bottoms 9 Hibbing 1:02.26a
3 Adelynn Severin 11 Superior 1:02.61a
4 Ava Limberg 11 Grand Rapids 1:03.11a
5 Julia Ruhnke 10 Cloquet 1:04.08a
6 Arie Bialke 7 Rock Ridge 1:04.32a
7 Kenzie Johnson 10 Hermantown 1:05.14a
8 Madison Kilgore 9 Proctor 1:07.05a
9 Asma Ali 8 Hermantown 1:07.22a
10 Ellie Kragthorpe 11 Grand Rapids 1:07.65a
11 Lily Christenson 9 Grand Rapids 1:07.73a
12 Mazie Lind 9 Superior 1:07.91a
13 Grace Mount 12 Hibbing 1:08.03a
14 Brielle Anderson 7 Rock Ridge 1:08.66a
15 Keyarra Cronin 9 Duluth Denfeld 1:08.85a
16 Cassidy Bakk 9 Proctor 1:08.99a
17 Kiera Kylander-Johnson 11 Marshall (Duluth) 1:09.40a
18 Ana Haugen 12 Duluth Denfeld 1:09.43a

19 Abigail Farnsworth 8 Hibbing 1:09.88a
20 Ayesha Ali 8 Hermantown 1:09.89a
21 Aubrey Anderson 9 Rock Ridge 1:09.91a
22 Jordan Linder 11 Cloquet 1:10.04a
23 Zoe Jazdzewski 9 Cloquet 1:10.57a
-- Ry'anna Tangen 9 Duluth Denfeld DNS
-- Elena Almonte 12 Superior DNS

Boys Varsity 800 Meters

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Athlete Yr Team Mark H#

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1 Andrew Shepherd 12 Cloquet 2:01.78a
2 Brenden Sylvester 12 Grand Rapids 2:01.90a
3 Adrian Rausch 12 Rock Ridge 2:04.36a
4 Matthew Strukel 11 Hermantown 2:05.67a
5 Brady Janezich 11 Hibbing 2:08.52a
6 Kaden Amundson 12 Rock Ridge 2:13.03a
7 Ryan Donahue 11 Proctor 2:14.15a
8 Alden Whittaker 9 Marshall (Duluth) 2:14.56a
9 Cody Carlson 8 Hermantown 2:14.64a
10 Isaiah Langer 11 Cloquet 2:15.29a
11 Trey Yliniemi 9 Superior 2:15.34a
12 Bryce Burger 12 Superior 2:15.96a
13 Henry Fredeen 10 Hibbing 2:15.96a
14 Scott Reyelts 10 Proctor 2:17.38a
15 Emmett Budisalovich 10 Proctor 2:17.57a
16 Jordan Wilcox 11 Hermantown 2:19.04a
17 Jacob Sikich 8 Hibbing 2:19.14a
18 William Kostek 9 Grand Rapids 2:20.43a
19 Max Carey 12 Superior 2:22.50a
20 Liam Jones 9 Grand Rapids 2:23.10a
21 Steel Yeaton 10 Duluth Denfeld 2:25.05a
22 Nolan Peterson 12 Rock Ridge 2:31.82a
23 Charles Zawadowski 9 Marshall (Duluth) 2:31.82a
24 Eli Ellis 9 Marshall (Duluth) 2:32.16a
25 Andrew Bartling 11 Duluth Denfeld 2:33.54a
26 Noah Nielsen 10 Duluth Denfeld 2:33.72a
-- Evan Rothamel 11 Cloquet DNS

Girls Varsity 800 Meters

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Athlete Yr Team Mark H#

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1 Brynn Babich 12 Hibbing 2:22.49a
2 Caitlin Wedge 11 Proctor 2:30.56a
3 Lucia Lozano 9 Marshall (Duluth) 2:32.19a
4 Ellie Pease 11 Proctor 2:33.27a
5 Avery Kukowski 11 Hibbing 2:33.42a

6 Kate Swenson 12 Grand Rapids 2:34.27a
7 Gabrielle Anderson 9 Duluth Denfeld 2:35.38a
8 Morgan Panichi 11 Hermantown 2:41.73a
9 Anna Raichel 9 Duluth Denfeld 2:43.51a
10 Alexis Lamppa 12 Rock Ridge 2:45.35a
11 Vienna Rosebrock 10 Cloquet 2:47.32a
12 Vivian Westberg 7 Rock Ridge 2:50.13a
13 Ellie Nelson 11 Cloquet 2:51.74a
14 Macey Weber 9 Grand Rapids 2:51.89a
15 Annabelle Curtiss 9 Grand Rapids 2:53.96a
16 Charlotte Riel 9 Hermantown 2:54.90a
17 Lauren Ringhofer 10 Hibbing 2:56.00a
18 Cora Clemons 10 Hermantown 2:56.68a
19 Madison Corder 11 Proctor 2:57.88a
20 Alli Weix 11 Cloquet 2:59.72a
21 Maija Lamppa 12 Rock Ridge 3:06.63a
22 Nina McCourtney 9 Marshall (Duluth) 3:08.76a
-- Indie Goodman 9 Marshall (Duluth) DNS

Boys Varsity 1600 Meters

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Athlete Yr Team Mark H#

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1 Brenden Sylvester 12 Grand Rapids 4:23.06a
2 Adrian Rausch 12 Rock Ridge 4:24.58a
3 Ellis Allen 12 Cloquet 4:38.91a
4 James Downing 7 Grand Rapids 4:45.61a
5 Jaiden Touchstone 12 Hibbing 4:48.78a
6 Sam Baumgardner 10 Hibbing 4:49.15a
7 Cooper Lucarelli 11 Hermantown 4:50.06a
8 Aiden Korby 11 Cloquet 4:53.58a
9 Bain Kalwite 10 Duluth Denfeld 4:59.99a
10 Dominic Duncan 10 Hermantown 5:00.67a
11 Isaac Pocrnich 10 Proctor 5:04.04a
12 Colin Steele 11 Rock Ridge 5:04.28a
13 Isaiah Jordan 12 Superior 5:05.60a
14 Kellen Loberg 10 Proctor 5:05.64a
15 Isaac Swanson 12 Cloquet 5:12.35a
16 Nolan Friess 9 Proctor 5:14.79a
17 Blake Lautigar 9 Rock Ridge 5:18.46a
18 Kadon Jordan 10 Superior 5:18.96a
19 Caleb Johnson 12 Duluth Denfeld 5:24.54a
20 Brendan Farrell 12 Superior 5:26.19a
21 Eli Roufs 10 Duluth Denfeld 5:37.96a
22 Harri Larson 12 Hibbing 5:55.12a
23 Jack Bellamy 9 Marshall (Duluth) 5:56.36a
-- Kale Fairchild 12 Grand Rapids DNS

Girls Varsity 1600 Meters

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Athlete Yr Team Mark H#

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- 1 Lainie Jackson 11 Grand Rapids 5:15.96a
- 2 Gabrielle Anderson 9 Duluth Denfeld 5:17.94a
- 3 Caitlin Wedge 11 Proctor 5:38.45a
- 4 Mylah Murfin 9 Rock Ridge 5:38.51a
- 5 Elsa Winbigler 11 Cloquet 5:40.51a
- 6 Nora Stark 12 Rock Ridge 5:43.36a
- 7 Zoey Lucarelli 8 Hermantown 5:45.46a
- 8 Ava Egan 8 Hibbing 5:57.06a
- 9 Quinn Cargill 11 Grand Rapids 6:01.60a
- 10 Elizabeth Cunningham 9 Cloquet 6:01.68a
- 11 Vanessa Pascone 11 Duluth Denfeld 6:05.11a
- 12 Audrey Berube 12 Cloquet 6:08.39a
- 13 Halle Karkela 10 Grand Rapids 6:11.80a
- 14 Dallyce Hardy 7 Rock Ridge 6:16.05a
- 15 Audra Murden 12 Hibbing 6:22.08a
- 16 AnaMarie Carreto 12 Superior 6:31.86a
- 17 Nina McCourtney 9 Marshall (Duluth) 6:48.65a
- 18 Brynn McCourtney 12 Marshall (Duluth) 6:49.06a
- 19 Morgan Schnortz 10 Hibbing 6:49.25a
- 20 Leora Stangler 10 Proctor 6:52.23a
- 21 Frederique Van Essen 12 Proctor 9:18.64a

Boys Varsity 3200 Meters

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Athlete Yr Team Mark H#

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- 1 Ellis Allen 12 Cloquet 10:09.91a
- 2 Charlie Janezich 9 Hibbing 10:11.49a
- 3 Cooper Lucarelli 11 Hermantown 10:27.21a
- 4 Bryce Crotteau 9 Rock Ridge 10:27.98a
- 5 Mathew Johnson 12 Grand Rapids 10:44.68a
- 6 Ryan Norenberg 10 Hibbing 10:55.85a
- 7 Karter Davis 8 Hermantown 11:04.41a
- 8 Caleb Van Drunen 11 Grand Rapids 11:08.28a
- 9 Daggen Ohrt 9 Proctor 11:08.60a
- 10 Laine Murden 10 Hibbing 11:13.73a
- 11 Keaven Dunning 9 Grand Rapids 11:18.66a
- 12 Luke Letendre 10 Duluth Denfeld 11:22.57a
- 13 Max Hoffman 11 Superior 11:25.43a
- 14 Marcos Vega Celis 8 Duluth Denfeld 11:26.35a
- 15 Isaac Swanson 12 Cloquet 11:26.83a
- 16 Titus Johnson 9 Proctor 11:42.28a
- 17 Cooper Aune 12 Rock Ridge 11:45.87a
- 18 Corbet Hainey 11 Rock Ridge 12:09.67a
- 19 Jude Maruska 10 Duluth Denfeld 12:51.34a
- 20 Teagan Kroll 9 Superior 13:08.96a

-- Aiden Korby 11 Cloquet DNS

Girls Varsity 3200 Meters

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Athlete Yr Team Mark H#

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- 1 Nora Lucarelli 7 Hermantown 11:51.46a
- 2 Abbryella Hatinger 11 Superior 12:17.44a
- 3 Cadel Pohl 9 Duluth Denfeld 12:27.90a
- 4 Ava Vidmar 9 Hibbing 12:32.48a
- 5 Ferrah LaLone 11 Hermantown 12:43.07a
- 6 Elsa Winbigler 11 Cloquet 12:54.00a
- 7 Iris Rude 9 Marshall (Duluth) 12:56.77a
- 8 Vivian Damjanovich 8 Hibbing 13:18.83a
- 9 Addy Papin 10 Rock Ridge 13:22.88a
- 10 Cora Metelak 9 Grand Rapids 13:23.71a
- 11 Hailey Robinson 12 Hibbing 13:25.64a
- 12 Elizabeth Cunningham 9 Cloquet 13:33.77a
- 13 Kendal Bol 9 Rock Ridge 13:49.13a
- 14 Tess Reilly 11 Grand Rapids 13:49.87a
- 15 Julia Sipola 9 Rock Ridge 13:52.59a
- 16 Sophia Cawcutt 9 Cloquet 14:59.22a
- 17 Samantha Herron 11 Proctor 15:36.22a
- 18 Kayla Simonson 9 Proctor 17:44.48a

Girls Varsity 100m Hurdles

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Athlete Yr Team Mark H#

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- 1 Makenzie Lynch 11 Cloquet 14.75a
- 2 Candice Ndomb 11 Marshall (Duluth) 15.36a
- 3 Lily DeBay 10 Grand Rapids 15.96a
- 4 Hattie Eskeli 11 Hibbing 16.66a
- 5 Kira Suominen 10 Cloquet 17.27a
- 6 Aubrie Hoard 12 Grand Rapids 17.52a
- 7 Averi Skalsky 8 Hibbing 17.96a
- 8 Abigail Sather 12 Rock Ridge 18.63a
- 9 Sophia Starkovich 8 Rock Ridge 18.90a
- 10 Willa Roos 10 Rock Ridge 19.16a
- 11 Hazel Morris 9 Hermantown 19.74a
- 12 Jette Leopold 11 Superior 19.93a
- 13 Peyton Walters 11 Proctor 20.10a
- 14 Autumn Nelson 12 Hibbing 21.03a
- 15 Mariah Student 9 Duluth Denfeld 21.05a
- 16 Isla Radzak 10 Hermantown 21.44a
- 17 Natalie Williams 9 Hermantown 22.07a
- 18 Alex Johnson 10 Duluth Denfeld 22.41a
- 19 Mila Schull 9 Cloquet 22.88a
- 20 Zoe Toivonen 7 Grand Rapids 23.24a

21 Heather Lyttle 10 Marshall (Duluth) 23.41a

-- Aylee Hughes 9 Proctor DNS

Boys Varsity 110m Hurdles

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Athlete Yr Team Mark H#

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- 1 Zach Wunner 12 Hermantown 15.55a
- 2 Colt Christensen 11 Grand Rapids 16.27a
- 3 Aaron McMullen 11 Grand Rapids 16.38a
- 4 Wylie Stenson 12 Hibbing 17.11a
- 5 Antonin Proulx 12 Hermantown 17.11a
- 6 Aiden Nelson 12 Cloquet 17.31a
- 7 Timothy Grover 12 Duluth Denfeld 17.67a
- 8 Jackson Lenocho 11 Grand Rapids 17.95a
- 9 Oso Fish 12 Superior 18.26a
- 10 Cayden Castellano 11 Rock Ridge 18.79a
- 11 Beckett Homstad 8 Hermantown 18.90a
- 12 Ezra Yelengi 10 Proctor 18.91a
- 13 Fisher Hazelton 9 Rock Ridge 19.02a
- 14 Carson Robinson 11 Rock Ridge 19.14a
- 15 Nick Raiber 12 Hibbing 19.44a
- 16 Jack Hinzmann 10 Proctor 19.50a
- 17 Ezra Kaldor 10 Proctor 19.83a
- 18 Robert Wilson 11 Superior 19.86a
- 19 Adin Nelson 12 Hibbing 20.19a
- 20 Brayden Jones 11 Cloquet 21.41a
- 21 Owen Porter 10 Superior 21.62a

Boys Varsity 300m Hurdles

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Athlete Yr Team Mark H#

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- 1 Aiden Nelson 12 Cloquet 42.67a
- 2 Zach Wunner 12 Hermantown 43.54a
- 3 Colt Christensen 11 Grand Rapids 43.94a
- 4 Aaron McMullen 11 Grand Rapids 44.31a
- 5 Jackson Lenocho 11 Grand Rapids 45.70a
- 6 Wylie Stenson 12 Hibbing 46.05a
- 7 Oso Fish 12 Superior 46.38a
- 8 Nick Raiber 12 Hibbing 46.93a
- 9 Antonin Proulx 12 Hermantown 46.99a
- 10 Liam Murph 10 Rock Ridge 47.30a
- 11 Logan Ruotsalainen 10 Proctor 47.57a
- 12 Tim Kazmierczak 11 Cloquet 47.61a
- 13 Cayden Castellano 11 Rock Ridge 48.01a
- 14 Carson Robinson 11 Rock Ridge 48.02a
- 15 Ezra Yelengi 10 Proctor 48.59a
- 16 Beckett Homstad 8 Hermantown 49.12a

17 Jack Hinzmann 10 Proctor 50.79a
18 Timothy Grover 12 Duluth Denfeld 51.88a
19 Robert Wilson 11 Superior 51.95a
20 Brayden Jones 11 Cloquet 52.11a
21 Owen Porter 10 Superior 52.34a
22 Ethan Gould 9 Duluth Denfeld 53.68a
-- Adin Nelson 12 Hibbing DNS

Girls Varsity 300m Hurdles

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Athlete Yr Team Mark H#

=====

1 Makenzie Lynch 11 Cloquet 43.52a
2 Candice Ndomb 11 Marshall (Duluth) 45.01a
3 Hannah Farnsworth 11 Hibbing 47.77a
4 Kira Suominen 10 Cloquet 48.13a
5 Lily DeBay 10 Grand Rapids 50.06a
6 Ada Miletich 12 Duluth Denfeld 51.21a
7 Willa Roos 10 Rock Ridge 51.74a
8 Lauren Hughes 12 Cloquet 51.78a
9 Heidi Weis 11 Marshall (Duluth) 52.53a
10 Averí Skalsky 8 Hibbing 53.09a
11 Abigail Sather 12 Rock Ridge 54.60a
12 Hazel Morris 9 Hermantown 54.61a
13 Quinn Cargill 11 Grand Rapids 55.63a
14 Sophia Starkovich 8 Rock Ridge 55.68a
15 Raya Trigas 11 Proctor 55.96a
16 Zoe Toivonen 7 Grand Rapids 56.06a
17 Peyton Walters 11 Proctor 56.11a
18 Mariah Student 9 Duluth Denfeld 58.13a
19 Jette Leopold 11 Superior 58.17a
20 Brooke Wiese 12 Hermantown 1:00.06a
21 Leila Gookins 11 Proctor 1:00.37a
22 Clara Thibodeau 9 Marshall (Duluth) 1:01.16a
23 Isla Radzak 10 Hermantown 1:02.99a

Boys Varsity 4x100 Relay

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Team Time H#

=====

1 Hermantown 44.05a
1) A
2 Duluth Denfeld 45.21a
1) A
3 Superior 45.56a
1) A
4 Cloquet 45.84a
1) A
5 Hibbing 46.53a

1) A
6 Proctor 46.81a
1) A
7 Grand Rapids 47.19a
1) A
8 Rock Ridge 47.29a
1) A
9 Marshall (Duluth) 54.97a
1) A

Girls Varsity 4x100 Relay

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Team	Time	H#
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=====

1	Rock Ridge	51.36a
1)	A	
2	Duluth Denfeld	53.47a
1)	A	
3	Hermantown	54.22a
1)	A	
4	Superior	55.61a
1)	A	
5	Grand Rapids	55.63a
1)	A	
6	Marshall (Duluth)	55.76a
1)	A	
7	Proctor	55.99a
1)	A	
8	Cloquet	59.97a
1)	A	
--	Hibbing	DQ
1)	A	

Boys Varsity 4x200 Relay

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Team	Time	H#
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1	Duluth Denfeld	1:33.95a
1)	A	
2	Rock Ridge	1:34.23a
1)	A	
3	Hermantown	1:35.36a
1)	A	
4	Cloquet	1:37.19a
1)	A	
5	Hibbing	1:37.50a
1)	A	
6	Superior	1:40.94a
1)	A	

7 Proctor 1:41.60a
1) A
8 Marshall (Duluth) 1:42.25a
1) A
-- Grand Rapids DQ
1) A

Girls Varsity 4x200 Relay

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Team Time H#

=====

1 Rock Ridge 1:48.71a
1) A
2 Hermantown 1:51.56a
1) A
3 Proctor 1:53.47a
1) A
4 Marshall (Duluth) 1:55.33a
1) A
5 Superior 1:56.07a
1) A
6 Grand Rapids 1:56.29a
1) A
7 Hibbing 1:56.84a
1) A
8 Duluth Denfeld 1:57.02a
1) A
9 Cloquet 2:05.18a
1) A

Boys Varsity 4x400 Relay

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Team Time H#

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1 Grand Rapids 3:34.73a
1) A
2 Cloquet 3:43.34a
1) A
3 Hibbing 3:47.86a
1) A
4 Duluth Denfeld 3:48.52a
1) A
5 Superior 3:50.18a
1) A
6 Proctor 3:53.74a
1) A
7 Rock Ridge 3:55.94a
1) A
8 Hermantown 4:08.35a

1) A

Girls Varsity 4x400 Relay

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Team Time H#

=====

- 1 Hibbing 4:12.13a
- 1) A
- 2 Proctor 4:23.54a
- 1) A
- 3 Rock Ridge 4:26.01a
- 1) A
- 4 Cloquet 4:29.74a
- 1) A
- 5 Grand Rapids 4:31.12a
- 1) A
- 6 Superior 4:35.13a
- 1) A
- 7 Duluth Denfeld 4:37.30a
- 1) A
- 8 Hermantown 4:43.81a
- 1) A

Boys Varsity 4x800 Relay

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Team Time H#

=====

- 1 Hibbing 8:22.01a
- 1) A
- 2 Rock Ridge 8:44.44a
- 1) A
- 3 Grand Rapids 8:53.85a
- 1) A
- 4 Cloquet 8:54.44a
- 1) A
- 5 Superior 9:00.88a
- 1) A
- 6 Proctor 9:01.46a
- 1) A
- 7 Hermantown 9:17.74a
- 1) A
- 8 Duluth Denfeld 9:46.51a
- 1) A

Girls Varsity 4x800 Relay

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Team Time H#

=====

- 1 Grand Rapids 10:14.44a

1) A
2 Rock Ridge 10:31.54a
1) A
3 Hermantown 10:31.73a
1) A
4 Hibbing 10:33.27a
1) A
5 Proctor 10:36.65a
1) A
6 Marshall (Duluth) 11:10.99a
1) A
7 Cloquet 11:27.97a
1) A

Boys Varsity Shot Put

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Athlete Yr Team Mark H#

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1 Mason Johnson 11 Grand Rapids 48-8
2 Sam Blevins 12 Hibbing 46-0.5
3 Brandon Brula 11 Grand Rapids 45-6.5
4 Christopher Bridges 12 Duluth Denfeld 44-2.5
5 Maxton Luzaich 11 Superior 43-10.5
6 Neo Carlson 11 Hermantown 42-11
7 Henry Sherwood 12 Hermantown 42-9
8 Beckett Selden 12 Superior 41-3
9 Corbin Crowe 9 Hibbing 41-2
10 Ben Frerich 12 Cloquet 39-5.5
11 Omar Helal 11 Grand Rapids 39-1
12 Lane Holden 11 Hermantown 38-10.5
13 Ethan Eliason 12 Superior 38-8.5
14 Mario Marchetti 9 Hibbing 37-10.5
15 Tairell Manns 12 Duluth Denfeld 37-10.5
16 Frank Toman 12 Rock Ridge 35-9
17 Elysee Beya 12 Marshall (Duluth) 35-8.5
18 Levi Foster 10 Rock Ridge 35-4
19 Elijah Goode 10 Proctor 33-9
20 Ben Betterley 12 Proctor 33-0.5
21 Cayden Stifter 10 Rock Ridge 32-11
22 Lucas Hyry 11 Cloquet 32-9
23 Kaiden Krueger 9 Proctor 32-2.5
24 Cooper Chuang 12 Marshall (Duluth) 29-8
25 Conner Tibbetts 12 Cloquet 27-8
-- John Rubin 8 Marshall (Duluth) DNS
-- Trey Ericksen 12 Duluth Denfeld ND

Girls Varsity Shot Put

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Athlete Yr Team Mark H#

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- 1 Lola Witty 12 Proctor 32-0
- 2 Laney Gunderson 11 Hermantown 31-8
- 3 Nattie Butler 12 Cloquet 29-11
- 4 Freya Lopez 12 Cloquet 29-9.5
- 5 Adrionna Vittori 11 Hibbing 29-8
- 6 Ava Luiten 12 Cloquet 29-6.5
- 7 Jazmine Smith 11 Superior 29-1.5
- 8 Sadie Hoerchner 12 Superior 28-9
- 9 Ava Neururer 12 Grand Rapids 27-10.5
- 10 Madison Roen 12 Rock Ridge 27-4
- 11 Mariah Lucero 12 Marshall (Duluth) 27-4
- 12 Lucy Bell 12 Duluth Denfeld 27-2.5
- 13 Isabella Jolicoeur 8 Grand Rapids 26-8
- 14 Finley Johnson 9 Proctor 26-1
- 15 Ariana Nunez 12 Hermantown 25-11.5
- 16 Amaleen Spiering 10 Hibbing 25-4
- 17 Makea Niewind 12 Grand Rapids 25-3
- 18 Shelby Beito 11 Proctor 25-2
- 19 Georgia Duffy 12 Rock Ridge 25-1
- 20 Megan Sweeney 10 Hermantown 24-9
- 21 Ava Mogensen 9 Superior 24-5
- 22 Addison Miner 12 Duluth Denfeld 23-9.5
- 23 Janey Hazelton 7 Rock Ridge 23-8
- 24 Destiny Mackie 11 Hibbing 22-10
- 25 Haiden Steinbach 11 Marshall (Duluth) 22-9
- 26 Ileini Hirt 12 Duluth Denfeld 19-7
- Quinnlyn Steinbach 9 Marshall (Duluth) DNS

Boys Varsity Discus

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Athlete Yr Team Mark H#

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- 1 Beckett Selden 12 Superior 158-0
- 2 Mason Johnson 11 Grand Rapids 148-9
- 3 Neo Carlson 11 Hermantown 142-2
- 4 Brandon Brula 11 Grand Rapids 136-10
- 5 Joseph Neary 11 Grand Rapids 135-10
- 6 Grant Sharrow 11 Hermantown 127-3
- 7 Owen Picconatto 11 Hermantown 124-5
- 8 Frank Toman 12 Rock Ridge 120-9
- 9 Ben Frerich 12 Cloquet 119-6
- 10 Ben Betterley 12 Proctor 118-8
- 11 Joseph Marchetti 12 Hibbing 118-7
- 12 Lucas Hyry 11 Cloquet 114-1
- 13 Ben Bakk 10 Rock Ridge 113-7
- 14 Corbin Crowe 9 Hibbing 110-8
- 15 Mario Marchetti 9 Hibbing 107-1
- 16 Elysee Beya 12 Marshall (Duluth) 105-4

17 John Vukmanich 9 Rock Ridge 99-10
18 Rylan Merritt 11 Duluth Denfeld 98-2
19 Conner Tibbetts 12 Cloquet 95-9
20 Cooper Chuang 12 Marshall (Duluth) 94-0
21 Christian Larson 10 Proctor 93-1
22 Blake Archibald 10 Proctor 86-9
23 Jak King 12 Duluth Denfeld 82-5
24 Connor Welch 12 Superior 80-2
-- Jonah Burns 12 Superior ND
-- John Rubin 8 Marshall (Duluth) DNS
-- Trey Ericksen 12 Duluth Denfeld ND

Girls Varsity Discus

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Athlete Yr Team Mark H#

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1 Ava Luiten 12 Cloquet 112-2
2 Nattie Butler 12 Cloquet 102-11
3 Adrionna Vittori 11 Hibbing 96-4
4 Ava Neururer 12 Grand Rapids 95-5
5 Lucy Bell 12 Duluth Denfeld 94-2
6 Marlene Ericson 11 Grand Rapids 93-1
7 Bianca Jukic 12 Marshall (Duluth) 91-7
8 Laney Gunderson 11 Hermantown 86-10
9 Destiny Mackie 11 Hibbing 82-7
10 Freya Lopez 12 Cloquet 81-0
11 Isabella Jolicoeur 8 Grand Rapids 80-3
12 Madison Roen 12 Rock Ridge 79-11
13 Georgia Duffy 12 Rock Ridge 75-8
14 Megan Sweeney 10 Hermantown 75-2
15 Elli Dahlstrom 10 Proctor 75-1
16 Mariah Lucero 12 Marshall (Duluth) 73-0
17 Jette Leopold 11 Superior 71-3
17 Addison Miner 12 Duluth Denfeld 71-3
19 Ileini Hirt 12 Duluth Denfeld 70-2
20 Gwendolyn Harrison 9 Hibbing 69-0
21 Jacinda Wilcox 12 Rock Ridge 68-7
22 Alexis Vogel 11 Proctor 68-1
23 Sadie Hoerchner 12 Superior 68-0
24 Louise Coleman 9 Proctor 66-9
25 Renaeah-Lynn Williams 11 Superior 66-2
26 Haiden Steinbach 11 Marshall (Duluth) 60-10
27 Ollie Treviranus 10 Hermantown 53-11

Boys Varsity High Jump

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Athlete Yr Team Mark H#

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1 Joseph Sutherland 12 Grand Rapids 6-4

2 Bryce Lien 10 Duluth Denfeld 6-0
 3 Colt Christensen 11 Grand Rapids 5-8
 4 Daylen Wilson 12 Cloquet 5-6
 5 Joey Wallace 11 Hermantown 5-6
 6 Antonin Proulx 12 Hermantown 5-6
 7 Liam Murph 10 Rock Ridge 5-6
 8 Eli Heehn 11 Cloquet 5-6
 8 Trey Cleveland 12 Grand Rapids 5-6
 10 Beckett Homstad 8 Hermantown 5-4
 11 Ryan Donahue 11 Proctor 5-4
 12 Mikko Boben 10 Hibbing 5-4
 13 Oscar Ziells 11 Proctor 5-2
 13 Kaleb Lundberg 10 Duluth Denfeld 5-2
 15 Joseph Flint 11 Superior 5-2
 15 Ryker Riedasch 10 Superior 5-2
 -- Joel Knight 11 Proctor NH
 -- Dane Bird 10 Superior NH
 -- Thomas Majchrzak 9 Duluth Denfeld NH
 -- Jacob St. George 10 Hibbing NH
 -- Daxton Cary 10 Hibbing NH
 -- Carter Lust 11 Cloquet NH
 -- Nick Stark 10 Rock Ridge NH
 -- Fisher Hazelton 9 Rock Ridge NH

Girls Varsity High Jump

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Athlete Yr Team Mark H#

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1 Ginger Pogorelc 12 Grand Rapids 4-11
 2 Mikaila Berg 11 Superior 4-10
 3 Josephine Hanson 12 Superior 4-8
 4 Abigail Sather 12 Rock Ridge 4-8
 5 Lahna Gelo 11 Rock Ridge 4-8
 5 Peyton Walker 11 Proctor 4-8
 7 Jailynn Sherill 10 Hermantown 4-8
 8 Sophie Roark 12 Rock Ridge 4-6
 9 Kiley Murray 9 Superior 4-6
 10 Gianna Manning 11 Hibbing 4-4
 10 Lauren Hughes 12 Cloquet 4-4
 12 Sophie Rychart 10 Grand Rapids 4-4
 13 Raya Trigas 11 Proctor 4-4
 14 Ruby Betters 9 Hibbing 4-2
 15 Lilly Grieco 9 Hermantown 4-2
 -- Victoria Nylund 11 Duluth Denfeld NH
 -- Zoe Jazdzewski 9 Cloquet NH
 -- Halle Karkela 10 Grand Rapids NH
 -- Peyton Walters 11 Proctor NH

Boys Varsity Pole Vault

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Athlete Yr Team Mark H#

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1 Tyler Willoughby 12 Superior 13-0
2 Evan Abate 10 Hibbing 12-6
3 Austin Pellinen 11 Grand Rapids 12-0
4 Cody Major 10 Grand Rapids 11-6
5 Joel Linden 10 Cloquet 10-6
6 Icen Russ-Selorico 11 Cloquet 10-6
7 Hollis Frost 12 Rock Ridge 10-6
7 Tobias Schunk 12 Proctor 10-6
9 Reece Ringhofer 12 Hibbing 10-6
10 Ryland Doolittle 12 Superior 9-6
11 Gavin Horst 9 Hibbing 9-0
12 Jack Bilden 9 Superior 8-0
13 Jace Schmitz 9 Rock Ridge 8-0
14 Najib Liassou 9 Duluth Denfeld 8-0
14 Dakota Peterson 10 Proctor 8-0
14 Hudson Folen 10 Hermantown 8-0
14 Lucas Varin 10 Grand Rapids 8-0
-- Demani Wilson 12 Cloquet NH
-- Oliver Hansen 9 Hermantown NH
-- Henry Dennis 9 Proctor NH
-- Henrik Johnson 10 Hermantown NH
-- Trevor Ranisate 10 Rock Ridge NH

Girls Varsity Pole Vault

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Athlete Yr Team Mark H#

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1 Ada Miletich 12 Duluth Denfeld 9-0
2 Alli Weix 11 Cloquet 8-6
2 Avery Waletzko 11 Superior 8-6
4 Sophie Roark 12 Rock Ridge 8-6
5 Veronica Acurero 12 Superior 8-0
6 Andrea Basarich 11 Grand Rapids 7-6
6 Miia Johnson 11 Rock Ridge 7-6
8 Isabella McPhee 12 Proctor 7-0
8 Paityn McMinn-VanTil 10 Superior 7-0
8 Madelyn Brannan 11 Duluth Denfeld 7-0
11 Ellie Pease 11 Proctor 7-0
12 Stella Halter 10 Hibbing 7-0
13 Bianca Ventura 11 Rock Ridge 6-0
14 Elsa Broman 10 Hermantown 6-0
14 Alex Johnson 10 Duluth Denfeld 6-0
16 Sloan Isaacs 10 Hibbing 6-0
-- Isabellah Scholz 9 Proctor NH
-- Anna Bergerson 10 Hermantown NH
-- Jordan Linder 11 Cloquet NH

-- McKenna Gandhi 11 Cloquet NH

Boys Varsity Long Jump

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Athlete Yr Team Mark H#

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- 1 Tanner Homstad 12 Hermantown 21-8.25
- 2 Owen Simonson 11 Hermantown 21-0.5
- 3 Daylen Wilson 12 Cloquet 20-11.5
- 4 Cedric Onuoha 10 Duluth Denfeld 20-3
- 5 Trevor Anderson 12 Proctor 20-0.25
- 6 Fynn Schlicht 11 Grand Rapids 19-8.5
- 7 Najib Liassou 9 Duluth Denfeld 19-0
- 8 Ama'Zeon Bullock 10 Proctor 18-11.75
- 9 Quinn Raukar 11 Hermantown 18-11.5
- 10 Liam Flores 12 Superior 18-9
- 11 Carter Lust 11 Cloquet 18-8
- 12 Bryce Lien 10 Duluth Denfeld 18-6.5
- 13 Dane Bird 10 Superior 18-3.5
- 14 Joseph Sutherland 12 Grand Rapids 17-11
- 15 Milo Wilson 10 Cloquet 17-10.25
- 16 Ben Bakk 10 Rock Ridge 17-7
- 17 Clayton Horst 11 Hibbing 17-5.75
- 18 Jacob St. George 10 Hibbing 17-4
- 19 Joseph Flint 11 Superior 17-3
- 20 Trevor Ranisate 10 Rock Ridge 16-11
- 21 Marcel Ricardo 12 Marshall (Duluth) 16-8
- 22 Levi Steinbrecher 9 Hibbing 16-7
- 23 Bradyn Scholl 11 Grand Rapids 16-5
- 24 Jonathan Crain 11 Rock Ridge 16-3
- 25 Rocco Donofrio 11 Proctor 15-10
- 26 Masyn Smith 10 Marshall (Duluth) 14-11
- 27 Zane Bardolph 9 Marshall (Duluth) 12-9.25

Girls Varsity Long Jump

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Athlete Yr Team Mark H#

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- 1 Makenzie Lynch 11 Cloquet 18-4
- 2 Claire Roufs 12 Duluth Denfeld 15-11
- 3 Ginger Pogorelc 12 Grand Rapids 15-9
- 4 Lauren Hughes 12 Cloquet 15-5
- 5 Mazie Lind 9 Superior 15-4
- 6 Eva Elnes 10 Hermantown 15-2.5
- 7 Alex Johnson 10 Duluth Denfeld 14-8
- 8 Sophie Roark 12 Rock Ridge 14-5
- 9 Dativah Majwega 11 Marshall (Duluth) 14-2.75
- 10 Dakota Wakefield 11 Hermantown 14-2.5
- 11 Luna Belich 11 Superior 14-1

12 Vienna Kolenda 11 Hermantown 14-0
 13 Gianna Manning 11 Hibbing 13-9.75
 14 Sophie Rychart 10 Grand Rapids 13-8
 15 Anne Winkle 9 Superior 13-7.25
 16 Isabella Rock 10 Duluth Denfeld 13-6.25
 17 Lillian Talarico 11 Proctor 13-5.5
 18 Lana Frederick 10 Rock Ridge 13-3.25
 19 Abigail Farnsworth 8 Hibbing 13-2.5
 20 Daphne Wetzel 9 Hibbing 13-0.5
 21 Cora McNear 9 Grand Rapids 12-6
 22 Iris Rude 9 Marshall (Duluth) 12-5
 23 Brielle Rotenberger 9 Proctor 12-4
 24 Ellie Nelson 11 Cloquet 12-0
 25 Nina McCartney 9 Marshall (Duluth) 10-10.25
 -- Aylee Hughes 9 Proctor ND
 -- Avery Maturi 8 Rock Ridge ND

Boys Varsity Triple Jump

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Athlete Yr Team Mark H#

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1 Daylen Wilson 12 Cloquet 41-4.75
 2 Carter Lust 11 Cloquet 41-2.5
 3 Fynn Schlicht 11 Grand Rapids 41-2.5
 4 Tanner Homstad 12 Hermantown 40-11.25
 5 Bryce Lien 10 Duluth Denfeld 40-5
 6 Maverik Milroy 12 Superior 39-7.5
 7 Zach Wunner 12 Hermantown 39-1.5
 8 Trey Cleveland 12 Grand Rapids 39-0
 9 Jacob St. George 10 Hibbing 37-8.75
 10 Cedric Onuoha 10 Duluth Denfeld 37-6.5
 11 Trevor Anderson 12 Proctor 37-2.75
 12 Levi Steinbrecher 9 Hibbing 36-10.5
 13 Marcel Ricardo 12 Marshall (Duluth) 36-5
 14 Borislav Pashov 11 Marshall (Duluth) 36-1.25
 15 Robert Wilson 11 Superior 35-6
 16 Gavin Aho 11 Proctor 35-4.75
 17 Grant Cleveland 11 Grand Rapids 35-3.5
 18 Anders Rice 11 Cloquet 34-10.5
 19 Chase Erickson 12 Duluth Denfeld 34-9
 20 Evan Abate 10 Hibbing 34-7.75
 21 Jordan Wilcox 11 Hermantown 33-8.5
 22 Jonathan Crain 11 Rock Ridge 32-11
 23 Lukas White 12 Proctor 32-3
 24 Jayson Hutchins 11 Superior 32-1
 25 Liam Holland 9 Rock Ridge 31-10
 26 Kaleb Dickinson 10 Rock Ridge 31-8.5

Girls Varsity Triple Jump

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Athlete Yr Team Mark H#

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- 1 Eva Elnes 10 Hermantown 35-10
- 2 Makenzie Lynch 11 Cloquet 35-8
- 3 Gianna Hansen 12 Proctor 33-11.75
- 4 Ginger Pogorelc 12 Grand Rapids 33-10.5
- 5 Jacinda Wilcox 12 Rock Ridge 33-6
- 6 Arie Bialke 7 Rock Ridge 33-2.75
- 7 Dativah Majwega 11 Marshall (Duluth) 32-3
- 8 Gianna Manning 11 Hibbing 32-0.75
- 9 Lillian Talarico 11 Proctor 30-0.5
- 10 Lauren Hughes 12 Cloquet 29-9.25
- 11 Taraji Holets 9 Hermantown 29-6
- 12 Elizabeth Schmid 10 Superior 29-6
- 13 Abigail Sather 12 Rock Ridge 29-4.75
- 14 Jayden Larson 11 Proctor 29-3
- 15 Alex Johnson 10 Duluth Denfeld 28-9
- 16 Isabella Rock 10 Duluth Denfeld 28-2.5
- 17 Dakota Wakefield 11 Hermantown 27-8.75
- 18 Breanna Myer 11 Superior 27-4.5
- 19 Vivian Damjanovich 8 Hibbing 27-2
- 20 Vivian Pogorelc 11 Grand Rapids 27-1
- 21 Faith Myers 12 Grand Rapids 22-7.25
- Ava Vee 12 Marshall (Duluth) DNS