

AM

MSHSL Section 7AAA Championships
 Forest Lake HS - 6/1/2022 to 6/3/2022
 Results

Girls 100 Meter Dash Class AAA

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Emily Anderson	12	Centennial	12.22Q	NWI	3
2 Mikayla De Souza	11	Coon Rapids	12.55Q	NWI	1
3 Anika Larson	11	Cambridge-Is	12.60Q	NWI	2
4 Desiree Loyd	11	Blaine	12.82q	NWI	1
5 Laci Leverty	12	Cambridge-Is	12.89q	NWI	2
6 Savana Sanchez	9	Forest Lake	13.12q	NWI	2
7 Bianca Lott	12	Duluth East	13.13q	NWI	3
8 Addison Van Zee	10	Centennial	13.21q	NWI	1
9 Molly Knoblauch	12	Coon Rapids	13.30q	NWI	1
10 June Merkouris	12	Cambridge-Is	13.34	NWI	1
11 Kaylan Orvedahl	10	Duluth East	13.35	NWI	3
12 Alexis Larsen	9	Centennial	13.41	NWI	2
13 Michelle Musa	11	Blaine	13.45	NWI	3
14 Sophia Ellyse Walraven	11	Blaine	13.53	NWI	3
15 Natalie Krutzig	8	Forest Lake	13.73	NWI	1
16 Makayla Miles	10	Forest Lake	13.75	NWI	2
17 Renell Cooper	12	Coon Rapids	13.89	NWI	1
18 Maren Merrick-Melberg	12	Anoka	13.93	NWI	2
19 Grace Doerfler	10	Andover	14.05	NWI	1
20 Maria Drozdowski	10	Duluth East	14.07	NWI	3
21 Caterina Micheli	12	Andover	14.20	NWI	3
22 Marieclaire Mutamba	12	Andover	14.34	NWI	2

Girls 100 Meter Dash Class AAA

Name	Year	School	Finals	Wind
Finals				
1 Emily Anderson	12	Centennial	12.03	4.2
2 Anika Larson	11	Cambridge-Is	12.30	4.2
3 Mikayla De Souza	11	Coon Rapids	12.51	4.2
4 Desiree Loyd	11	Blaine	12.70	4.2
5 Laci Leverty	12	Cambridge-Is	12.80	4.2
6 Addison Van Zee	10	Centennial	12.99	4.2
7 Savana Sanchez	9	Forest Lake	13.13	4.2
8 Bianca Lott	12	Duluth East	13.22	4.2
9 Molly Knoblauch	12	Coon Rapids	13.24	4.2

Girls 200 Meter Dash Class AAA

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Anika Larson	11	Cambridge-Is	26.06Q	NWI	1

26.281	2	Emily Anderson	12	Centennial	26.29Q	NWI	3
	3	Elange Seibure	12	Anoka	26.30Q	NWI	2
	4	Mikayla De Souza	11	Coon Rapids	26.29q	NWI	1
26.282	5	Aiyana Knight	12	Cambridge-Is	27.03q	NWI	2
	6	Ella Niznik	12	Forest Lake	27.06q	NWI	2
	7	Grace Kowhegba	9	Blaine	27.43q	NWI	3
	8	Katelyn Wozniak	9	Blaine	27.93q	NWI	3
	9	Bianca Lott	12	Duluth East	28.26q	NWI	1
	10	Alexandra Nwameme	11	Blaine	28.35	NWI	2
	11	Kaylan Orvedahl	10	Duluth East	28.60	NWI	3
	12	Aspen Gray	10	Centennial	28.63	NWI	2
	13	Kathryn Woelfel	9	Centennial	28.69	NWI	1
	14	Rachel Swanson	11	Forest Lake	29.07	NWI	1
	15	Logan Brent	10	Anoka	29.10	NWI	2
	16	Maren Merrick-Melberg	12	Anoka	29.16	NWI	2
29.153	17	Averi Conzemius	9	Cambridge-Is	29.16	NWI	1
29.160	18	Kylie Hensley	11	Forest Lake	29.44	NWI	3
	19	Alexis Hartle	9	Andover	29.45	NWI	1
	20	Marlvina Williams	9	Coon Rapids	29.46	NWI	3
	21	Elizabeth Fields	9	Andover	30.12	NWI	3
	22	Aria Bauers	10	Duluth East	30.46	NWI	2
	23	Grace Doerfler	10	Andover	30.82	NWI	1
	24	Kaylee Smith	10	Coon Rapids	31.37	NWI	3

Girls 200 Meter Dash Class AAA

Name	Year	School	Finals	Wind
Finals				
1	Emily Anderson	12	Centennial	25.55 1.3
2	Anika Larson	11	Cambridge-Is	25.58 1.3
3	Mikayla De Souza	11	Coon Rapids	25.92 1.3
4	Elange Seibure	12	Anoka	25.98 1.3
5	Ella Niznik	12	Forest Lake	26.75 1.3
6	Aiyana Knight	12	Cambridge-Is	26.84 1.3
7	Grace Kowhegba	9	Blaine	27.28 1.3
8	Katelyn Wozniak	9	Blaine	27.43 1.3
9	Bianca Lott	12	Duluth East	27.53 1.3

Girls 400 Meter Dash Class AAA

Name	Year	School	Prelims	H#
Preliminaries				
1	Allison Hookom	12	Anoka	58.82Q 3
2	Aiyana Knight	12	Cambridge-Is	1:01.17Q 1
3	Hannah Claussen	10	Blaine	1:01.65Q 2
4	Cedar Jorgenson	11	Andover	1:02.19q 1
5	Julia Zalewski	10	Centennial	1:03.49q 2
6	Ashley Grabau	12	Andover	1:03.60q 3
7	Annabelle Eaton	10	Duluth East	1:03.73q 2
8	Emma Dauner	11	Duluth East	1:03.99q 3
9	Mara Holle	9	Blaine	1:04.73q 1

10	Ella Frieling	11	Blaine	1:05.15	3
11	Torrance Lucas	10	Forest Lake	1:05.39	3
12	Logan Brent	10	Anoka	1:05.62	3
13	Annie Hennen	10	Cambridge-Is	1:05.92	1
14	Elizabeth Fields	9	Andover	1:05.96	2
15	Amelia Resendiz Olson	12	Centennial	1:06.04	1
16	Olivia Goddard	10	Anoka	1:06.54	1
17	Claire Zandstra	10	Centennial	1:06.57	3
18	Elly Rectenwald	12	Duluth East	1:07.23	2
19	Sophia Greiner	11	Coon Rapids	1:07.62	2
20	Carley Halstensgard	10	Cambridge-Is	1:08.43	2
21	Kewanna Yaffa	11	Coon Rapids	1:09.14	2
22	Martina Fischetti	12	Forest Lake	1:09.24	1
23	Hunter Haines	12	Forest Lake	1:09.51	3
24	Michelle Lukitsch	10	Coon Rapids	1:11.63	1

Girls 400 Meter Dash Class AAA

Name	Year	School	Finals
Finals			
1	Allison Hookom	12 Anoka	58.19
2	Hannah Claussen	10 Blaine	59.73
3	Cedar Jorgenson	11 Andover	1:01.10
4	Aiyana Knight	12 Cambridge-Is	1:02.35
5	Julia Zalewski	10 Centennial	1:02.67
6	Annabelle Eaton	10 Duluth East	1:03.09
7	Ashley Grabau	12 Andover	1:03.84
8	Emma Dauner	11 Duluth East	1:04.16
9	Mara Holle	9 Blaine	1:04.23

Girls 800 Meter Run Class AAA

Name	Year	School	Prelims	H#
Preliminaries				
1	Ellie Hanowski	11 Forest Lake	2:18.94Q	3
2	Ella Niznik	12 Forest Lake	2:21.23Q	2
3	Shalom Sulungaine	11 Blaine	2:22.95Q	1
4	Kendyl Izzo	11 Cambridge-Is	2:23.07q	2
5	Lydia Kraker	10 Duluth East	2:25.03q	2
6	Lydia Eaton	8 Duluth East	2:25.72q	1
7	Kylie Nelson	9 Centennial	2:27.35q	3
8	Julia Babineau	11 Andover	2:29.75q	3
9	Grace Russell	11 Duluth East	2:32.92q	3
10	Olivia Krafty	11 Andover	2:33.07	1
11	Gracie Stoks	12 Centennial	2:33.35	1
12	Madison Hanson	10 Forest Lake	2:34.65	2
13	Alicia Blesi	11 Anoka	2:35.61	2
14	Abigail Namukwaya	10 Anoka	2:37.37	1
15	Kendra McKay	9 Anoka	2:37.67	3
16	Grace Bingle	9 Blaine	2:40.48	2
17	Lauren Swanson	12 Centennial	2:41.28	1
18	Abigail Strasser	10 Blaine	2:42.79	2
19	Anne Jendro	8 Andover	2:43.32	3
20	Molly Larson	7 Cambridge-Is	2:44.14	3
21	Adelin Martel	9 Cambridge-Is	2:44.68	1

22	Tessa Del Fratte	9	Coon Rapids	2:47.60	2
23	Ava Kehr	12	Coon Rapids	2:48.55	1
24	Anna Winter	10	Coon Rapids	2:56.01	3

Girls 800 Meter Run Class AAA

Name	Year	School	Finals
Finals			
1	Ellie Hanowski	11 Forest Lake	2:14.87
2	Shalom Sulungaine	11 Blaine	2:16.70
3	Ella Niznik	12 Forest Lake	2:17.26
4	Lydia Eaton	8 Duluth East	2:27.78
5	Kendyl Izzo	11 Cambridge-Is	2:28.26
6	Kylie Nelson	9 Centennial	2:28.76
7	Julia Babineau	11 Andover	2:31.71
8	Lydia Kraker	10 Duluth East	2:34.05
9	Grace Russell	11 Duluth East	2:36.79

Girls 1600 Meter Run Class AAA

Name	Year	School	Finals	H#
1	Norah Hushagen	9 Forest Lake	5:16.38	2
2	Isabel Castilleja	12 Forest Lake	5:20.23	2
3	Makenna Sjoberg	8 Cambridge-Is	5:25.78	2
4	Olivia Krafty	11 Andover	5:27.48	2
5	Anna-Britta Helmer	9 Duluth East	5:27.55	2
6	Kendyl Izzo	11 Cambridge-Is	5:31.41	2
7	Cora Nephew	12 Duluth East	5:31.66	2
8	Veronica Wahman	11 Duluth East	5:32.87	2
9	Julia Babineau	11 Andover	5:34.13	2
10	Abby Wood	10 Centennial	5:35.60	2
11	Molly McCarthy	7 Forest Lake	5:37.85	2
12	Kelsey Huver	12 Blaine	5:48.17	1
13	Emma Magnuson	11 Centennial	5:48.38	1
14	Esmee Grecula	12 Andover	5:48.63	1
15	Stella Bone	8 Coon Rapids	5:52.83	1
16	Alison Diehl	10 Anoka	5:52.86	1
17	Ella LaGree	8 Coon Rapids	5:56.02	1
18	Lydia Smisson	8 Cambridge-Is	5:57.40	1
19	Adriana Potts	12 Blaine	5:58.18	1
20	Miranda Sawvel	9 Centennial	6:03.23	1
21	Catherine Tran	11 Blaine	6:06.74	1
22	Abigail Ostrander	9 Anoka	6:09.96	1
23	Megan Fuller	9 Coon Rapids	6:13.20	1
24	Lauren White	11 Anoka	6:28.57	1

Girls 3200 Meter Run Class AAA

Name	Year	School	Finals	H#
1	Norah Hushagen	9 Forest Lake	10:57.11	2
2	Isabel Grant	7 Andover	11:40.54	2
3	Molly McCarthy	7 Forest Lake	11:41.29	2
4	Makenna Sjoberg	8 Cambridge-Is	11:49.97	2
5	Abby Wood	10 Centennial	11:59.83	2

6	Veronica Wahman	11	Duluth East	12:00.72	2
7	Cora Nephew	12	Duluth East	12:03.65	2
8	Anna-Britta Helmer	9	Duluth East	12:11.51	2
9	Jordyn Hirte	11	Andover	12:44.06	2
10	Kelsey Huver	12	Blaine	12:45.15	2
11	Sara O'Dell	11	Andover	12:46.76	2
12	Elsa Swenson	7	Forest Lake	12:54.90	2
13	Tatum Leibke	12	Centennial	12:54.99	1
14	Adriana Potts	12	Blaine	12:55.01	1
15	Stella Bone	8	Coon Rapids	13:00.40	1
16	Ruby Demmer	7	Coon Rapids	13:01.35	1
17	Jasmine Spike	10	Anoka	13:02.38	1
18	Ava Nibbelink	10	Centennial	14:00.99	1
19	Lauren White	11	Anoka	14:02.40	1
20	Sarah Redepenning	11	Anoka	14:06.14	1
21	Julie Hedlund	12	Coon Rapids	14:23.74	1
22	Athena Schoen	8	Cambridge-Is	14:43.92	1
23	Brooke Jankovich	7	Cambridge-Is	14:46.37	1

Girls 100 Meter Hurdles Class AAA

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Kennedy	Martinson	11	Coon Rapids	14.38Q NWI 3
2	Marvelous	Onwualo	11	Blaine	15.03Q NWI 1
3	Stephenie	Kemo	12	Blaine	15.42Q NWI 2
4	Mary	Keleekai	12	Anoka	15.24q NWI 1
5	Kylie	Woods	12	Forest Lake	16.63q NWI 2
6	Hannah	Bingham	10	Cambridge-Is	16.77q NWI 3
7	Sylvia	Gitamo	11	Anoka	17.48q NWI 1
8	Sophia	Revoir	12	Duluth East	17.52q NWI 1
9	Alison	Barber	11	Cambridge-Is	17.66q NWI 3
10	Madeline	Wood	9	Centennial	17.84 NWI 2
11	Megan	Griswold	10	Blaine	18.09 NWI 2
12	Reese	Wilking	10	Cambridge-Is	18.22 NWI 3
13	Madeleine	Bonnett	8	Forest Lake	18.27 NWI 1
14	Stella	Sorenson	9	Duluth East	18.36 NWI 3
15	Amanda	Doe	11	Anoka	18.42 NWI 2
16	Julia	Legeault	9	Forest Lake	18.44 NWI 3
17	Sarah	Mutamba	10	Andover	18.68 NWI 1
18	Anna	Peterson	11	Centennial	18.80 NWI 1
19	Piper	Engelby	10	Andover	19.15 NWI 1
20	Sydney	Muir	11	Coon Rapids	19.19 NWI 3
21	Jessica	Swenson	11	Centennial	19.21 NWI 3
22	Abby	Myers	10	Duluth East	19.37 NWI 2
23	Sydney	Oundo	9	Coon Rapids	20.88 NWI 2
--	Alexandra	Nyenati	10	Andover	DQ NWI 2

Scratch Rule

Girls 100 Meter Hurdles Class AAA

Name	Year	School	Finals	Wind	
Finals					
1	Kennedy	Martinson	11	Coon Rapids	14.44 -1.7
2	Marvelous	Onwualo	11	Blaine	14.78 -1.7

3	Mary Keleekai	12	Anoka	15.06	-1.7
4	Stephenie Kemo	12	Blaine	15.83	-1.7
5	Kylie Woods	12	Forest Lake	16.29	-1.7
6	Hannah Bingham	10	Cambridge-Is	17.43	-1.7
7	Sylvia Gitamo	11	Anoka	17.51	-1.7
8	Sophia Revoir	12	Duluth East	17.63	-1.7
9	Alison Barber	11	Cambridge-Is	20.27	-1.7

Girls 300 Meter Hurdles Class AAA

Name	Year	School	Prelims	H#
Preliminaries				
1	Kennedy Martinson	11	Coon Rapids	44.74Q 3
2	Stephenie Kemo	12	Blaine	47.28Q 2
3	Marvelous Onwualo	11	Blaine	49.49Q 1
4	Hannah Bingham	10	Cambridge-Is	48.60q 2
5	Kylie Woods	12	Forest Lake	50.08q 1
6	Alison Barber	11	Cambridge-Is	50.56q 3
7	Sophia Revoir	12	Duluth East	51.66q 3
8	Sylvia Gitamo	11	Anoka	51.86q 1
9	Madeleine Bonnett	8	Forest Lake	51.89q 2
10	Reese Wilking	10	Cambridge-Is	52.14 1
11	Amanda Doe	11	Anoka	52.47 2
12	Lydia Lakanen	10	Anoka	53.90 2
13	Rosemary Burns	8	Forest Lake	54.14 3
14	Sarah Mutamba	10	Andover	54.18 2
15	Stella Sorenson	9	Duluth East	54.28 1
16	Sydney Muir	11	Coon Rapids	54.35 3
17	Destini Eboh	10	Blaine	54.41 3
18	Piper Engelby	10	Andover	55.09 1
19	Noelle Flaschberger	12	Centennial	55.38 1
20	Anna Peterson	11	Centennial	55.76 2
21	Adyson Janacek	11	Centennial	55.82 3
22	Sydney Oundo	9	Coon Rapids	56.65 2
23	Abby Myers	10	Duluth East	58.67 3

Girls 300 Meter Hurdles Class AAA

Name	Year	School	Finals
Finals			
1	Kennedy Martinson	11	Coon Rapids 45.00
2	Stephenie Kemo	12	Blaine 47.03
3	Marvelous Onwualo	11	Blaine 48.02
4	Kylie Woods	12	Forest Lake 48.27
5	Hannah Bingham	10	Cambridge-Is 49.29
6	Sophia Revoir	12	Duluth East 50.28
7	Alison Barber	11	Cambridge-Is 50.93
8	Madeleine Bonnett	8	Forest Lake 51.69
9	Sylvia Gitamo	11	Anoka 53.02

Girls 4x100 Meter Relay Class AAA

School	Finals
1	Anoka 49.32

1) Mary Keleekai 12	2) Elange Seibure 12
3) Danielle Urey 11	4) Allison Hookom 12
2 Cambridge-Isanti	50.65
1) Laci Leverty 12	2) June Merkouris 12
3) Grace Hoffmann 10	4) Anika Larson 11
3 Centennial	50.77
1) Alexis Larsen 9	2) Kathryn Woelfel 9
3) Addison Van Zee 10	4) Emily Anderson 12
4 Coon Rapids	51.06
1) Molly Knoblauch 12	2) Rory Ruotsinoja 12
3) Bailey Rauh 9	4) Mikayla De Souza 11
5 Duluth East	52.48
1) Bianca Lott 12	2) Maria Drozdowski 10
3) Aria Bauers 10	4) Kaylan Orvedahl 10
6 Forest Lake	53.90
1) Natalie Krutzig 8	2) Makayla Miles 10
3) Emily McPhee 12	4) Savana Sanchez 9
7 Andover	54.60
1) Caterina Micheli 12	2) Alexis Hartle 9
3) Katherine Geraghty 9	4) Grace Doerfler 10
8 Blaine	57.46
1) Sophia Ellyse Walraven 11	2) Michelle Musa 11
3) Katelyn Wozniak 9	4) Desiree Loyd 11

Girls 4x200 Meter Relay Class AAA

School	Finals
1 Blaine	1:44.71
1) Hannah Claussen 10	2) Averi Wiege 11
3) Grace Kowhegba 9	4) Desiree Loyd 11
2 Anoka	1:45.00
1) Arthurline Quaqua 11	2) Elange Seibure 12
3) Danielle Urey 11	4) Allison Hookom 12
3 Cambridge-Isanti	1:49.57
1) Andrina Gross 10	2) Carley Halstensgard 10
3) Averi Conzemius 9	4) Aiyana Knight 12
4 Andover	1:51.71
1) Ashley Grabau 12	2) Alexis Hartle 9
3) Ali Dehnicke 8	4) Avah Shaw 8
5 Centennial	1:53.18
1) Jenna Simso 10	2) Adyson Janacek 11
3) Madeline Haider 11	4) Aspen Gray 10
6 Forest Lake	1:53.72
1) Kylie Hensley 11	2) Emily McPhee 12
3) Rachel Swanson 11	4) Natalie Krutzig 8
7 Coon Rapids	1:55.65
1) Marlvin Williams 9	2) Belinda Griffth 12
3) Sophia Greiner 11	4) Renell Cooper 12
8 Duluth East	1:56.18
1) Annabelle Eaton 10	2) Maria Drozdowski 10
3) Aria Bauers 10	4) Ava Revoir 10

Girls 4x400 Meter Relay Class AAA

School	Finals
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1 Blaine	4:02.39	
1) Ella Frieling 11	2) Hannah Claussen 10	
3) Allie Bingle 11	4) Shalom Sulungaine 11	
2 Forest Lake	4:03.63	
1) Ellie Hanowski 11	2) Ella Niznik 12	
3) Kylie Woods 12	4) Annabelle Stang 12	
3 Andover	4:14.38	
1) Chloe Voss 11	2) Ashley Grabau 12	
3) Ali Dehnicke 8	4) Avah Shaw 8	
4 Duluth East	4:17.39	
1) Sophia Revoir 12	2) Lydia Kraker 10	
3) Emma Dauner 11	4) Annabelle Eaton 10	
5 Cambridge-Isanti	4:20.00	
1) Averi Conzemius 9	2) Annie Hennen 10	
3) Mariah Martin 11	4) Kendyl Izzo 11	
6 Anoka	4:25.13	
1) Logan Brent 10	2) Hannah Hookom 11	
3) Abigail Ostrander 9	4) Alicia Blesi 11	
7 Coon Rapids	4:29.95	
1) Sophia Greiner 11	2) Bailey Rauh 9	
3) Belinda Griffth 12	4) Molly Knoblauch 12	
-- Centennial	DQ	False Start
1) Addison Van Zee 10	2) Claire Zandstra 10	
3) Eva Maier 9	4) Kylie Nelson 9	

Girls 4x800 Meter Relay Class AAA

School	Finals	
1 Centennial	9:51.25	
1) Kylie Nelson 9	2) Julia Zalewski 10	
3) Emma Magnuson 11	4) Lauren Swanson 12	
2 Andover	9:53.87	
1) Chloe Voss 11	2) Isabel Grant 7	
3) Skylyn Jorgenson 10	4) Cedar Jorgenson 11	
3 Duluth East	10:00.89	
1) Edie Broadmoore 9	2) Lydia Eaton 8	
3) Lydia Kraker 10	4) Grace Russell 11	
4 Anoka	10:24.99	
1) Abigail Namukwaya 10	2) Olivia Goddard 10	
3) Kendra McKay 9	4) Alicia Blesi 11	
5 Blaine	11:07.47	
1) Grace Bingle 9	2) Amelia Mueller 10	
3) Abigail Strasser 10	4) Catherine Tran 11	
6 Coon Rapids	11:08.64	
1) Ava Kehr 12	2) Megan Fuller 9	
3) Tessa Del Fratte 9	4) Ruby Demmer 7	
7 Cambridge-Isanti	11:22.59	
1) Lydia Smisson 8	2) Molly Larson 7	
3) Olivia Thompson 9	4) Adelin Martel 9	
-- Forest Lake	DQ	Exchange 1-
2		
1) Madison Hanson 10	2) Elsa Swenson 7	
3) Torrance Lucas 10	4) Martina Fischetti 12	

Girls High Jump Class AAA

Name	Year	School	Finals
1 Desiree Loyd	11	Blaine	5-03.00
2 Ali Dehnicke	8	Andover	5-02.00
3 Riley Ruhland	11	Blaine	5-02.00
4 Avah Shaw	8	Andover	5-00.00
4 Kylie Woods	12	Forest Lake	5-00.00
4 Ashley Ladd	12	Cambridge-Is	5-00.00
7 Alyssa Draheim	11	Centennial	5-00.00
8 Danielle Urey	11	Anoka	5-00.00
9 Alice Steman	9	Cambridge-Is	4-10.00
9 Ada Schlenker	11	Cambridge-Is	4-10.00
11 Shalom Sulungaine	11	Blaine	4-10.00
12 Savana Sanchez	9	Forest Lake	4-08.00
13 Kathryn Woelfel	9	Centennial	4-08.00
14 Sydney Sosinski	9	Centennial	4-08.00
15 Sylvia Gitamo	11	Anoka	4-06.00
16 Arianna Strand	11	Anoka	4-06.00
17 Julia Legeault	9	Forest Lake	4-04.00
17 Ava Kehr	12	Coon Rapids	4-04.00
19 Amilia Bailey	10	Duluth East	4-04.00
-- Kaylee Smith	10	Coon Rapids	NH
-- Halle Olson	10	Duluth East	NH
-- Mary Olson	12	Coon Rapids	NH
-- Raina Thomas	9	Duluth East	NH

Girls Pole Vault Class AAA

Name	Year	School	Finals
1 Kennedy Martinson	11	Coon Rapids	12-01.00
2 Sofia Condon	11	Anoka	11-10.00
3 Grace Kehr	12	Coon Rapids	11-01.00
4 Annika Gunderson	12	Forest Lake	10-07.00
5 Laci Leverty	12	Cambridge-Is	10-07.00
6 McKenna Myron	12	Anoka	10-07.00
7 Maria Byrnes	10	Anoka	10-01.00
8 Makayla Miles	10	Forest Lake	9-07.00
9 Ava Gross	10	Andover	9-07.00
10 Katelyn Nellis	8	Forest Lake	9-01.00
11 Averl Wiede	11	Blaine	9-01.00
12 Anna Peterson	11	Centennial	9-01.00
13 Michelle Lukitsch	10	Coon Rapids	8-07.00
13 Alison Barber	11	Cambridge-Is	8-07.00
15 Ella Frieling	11	Blaine	8-01.00
15 Madeline Haider	11	Centennial	8-01.00
-- Esther Miatke	9	Duluth East	NH
-- Bianca Lott	12	Duluth East	NH
-- Isabelle Benton	9	Blaine	NH
-- Natalia Munoz	11	Cambridge-Is	NH
-- Sophia Revoir	12	Duluth East	NH
-- Adyson Janacek	11	Centennial	NH

Girls Long Jump Class AAA

Name	Year	School	Finals	Wind H#
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1	Anika Larson	11	Cambridge-Is	17-06.50	1.0	1
2	Cedar Jorgenson	11	Andover	17-02.00	2.3	3
3	Brianna Fleek	12	Blaine	16-10.00	0.9	3
4	Avah Shaw	8	Andover	16-08.00	3.5	3
5	Arthurline Quaqua	11	Anoka	16-07.50	2.9	2
6	Savana Sanchez	9	Forest Lake	16-06.50	1.2	3
7	Jordan Blair	9	Blaine	16-05.50	+0.0	3
8	Ada Schlenker	11	Cambridge-Is	16-02.00	1.5	3
9	Samantha Pool	10	Forest Lake	15-07.25	3.2	2
10	Maren Merrick-Melberg	12	Anoka	15-06.50	2.5	2
11	Marvelous Onwualo	11	Blaine	15-04.50	3.0	3
12	Alison Barber	11	Cambridge-Is	15-04.00	3.9	2
13	Halle Olson	10	Duluth East	14-08.50	+0.0	1
14	Rory Ruotsinoja	12	Coon Rapids	14-04.00	1.0	1
15	Lydia Eaton	8	Duluth East	14-02.50	1.8	1
16	Ava Kehr	12	Coon Rapids	14-00.00	4.6	2
17	Piper Engelby	10	Andover	13-07.00	1.9	1
18	Nicole Lange	12	Centennial	13-04.25	0.5	1
19	Mary Boyle	10	Duluth East	13-02.50	1.5	1
20	Gianna Swenson	9	Forest Lake	13-02.00	2.9	2
21	Belinda Dakey	10	Coon Rapids	11-01.00	2.1	1
--	Mary Keleekai	12	Anoka	FOUL		3

Girls Triple Jump Class AAA

Name	Year	School	Finals	Wind	H#	
1	Elange Seibure	12	Anoka	36-04.25	0.6	2
2	Marvelous Onwualo	11	Blaine	36-00.25	NWI	3
3	Maren Merrick-Melberg	12	Anoka	35-06.00	2.7	3
4	Cedar Jorgenson	11	Andover	35-05.50	1.1	3
5	Arthurline Quaqua	11	Anoka	35-03.25	2.0	2
6	Brianna Fleek	12	Blaine	34-04.00	2.2	3
7	Julia Legeault	9	Forest Lake	34-02.75	2.4	3
8	Rory Ruotsinoja	12	Coon Rapids	32-10.75	0.4	2
9	Hannah Bingham	10	Cambridge-Is	32-09.50	2.2	3
10	Jonna Goehner	12	Forest Lake	32-08.75	3.6	2
11	Ada Schlenker	11	Cambridge-Is	32-08.00	3.3	3
12	Alexis Larsen	9	Centennial	32-01.00	2.9	1
13	Reese Wilking	10	Cambridge-Is	31-05.25	3.2	2
14	Grace Kowhegba	9	Blaine	31-03.25	1.6	2
15	Mary Olson	12	Coon Rapids	31-01.00	4.0	1
16	Jesalyn Chouinard	8	Forest Lake	30-05.25	2.9	2
17	Halle Olson	10	Duluth East	30-04.50	2.7	1
18	Piper Engelby	10	Andover	30-03.00	0.2	1
19	Nicole Lange	12	Centennial	29-06.75	3.9	1
20	Katherine Geraghty	9	Andover	27-09.25	3.5	1
21	Siri Pilate	10	Duluth East	26-04.25	1.9	1
22	Raina Thomas	9	Duluth East	24-11.50	1.5	1

Girls Shot Put Class AAA

Name	Year	School	Finals	H#	
1	Lydia Lakanen	10	Anoka	37-05.00	3
2	Linaya Tubbs	12	Centennial	36-01.75	3
3	Isabelle Huss	12	Centennial	35-09.50	3

4	Sydney Augustin	12	Centennial	34-03.50	3
5	Erin Baker	10	Cambridge-Is	33-01.00	2
6	Alexis Fahey	8	Forest Lake	33-00.00	3
7	Brooklynn Carlson	12	Andover	32-09.25	3
8	Maja Henslin	10	Forest Lake	31-09.75	2
9	Erica Wright	11	Blaine	31-03.50	3
10	Andrina Gross	10	Cambridge-Is	30-04.25	1
11	Isabella Novak	9	Andover	29-11.75	2
12	Ronelle Urey	12	Anoka	29-09.75	2
13	Isabella Maloney	11	Forest Lake	29-08.00	2
14	Jasmine Cummings	10	Andover	29-05.25	2
15	Grace Morphey	10	Anoka	28-11.75	1
16	Sophia Tieden	10	Blaine	27-11.25	1
17	Mamie Wallace-Hopkins	11	Coon Rapids	27-11.25	2
18	Malia Dean	11	Coon Rapids	27-07.00	1
19	Melody Kpahn	9	Coon Rapids	27-00.75	1
20	A'Nyjah Presswood	9	Cambridge-Is	25-10.25	1
21	Lorelyn Nelson	10	Duluth East	25-08.50	1
22	Eavan Bobbe	11	Duluth East	25-01.50	1

Girls Discus Throw Class AAA

Name	Year	School	Finals	H#	
1	Linaya Tubbs	12	Centennial	112-09	3
2	Lydia Lakanen	10	Anoka	108-05	3
3	Anna Strupp	12	Forest Lake	108-05	2
4	Kendall Stadden	11	Blaine	106-06	3
5	Isabella Maloney	11	Forest Lake	104-03	3
6	Sydney Augustin	12	Centennial	103-04	3
7	Erica Wright	11	Blaine	95-11	3
8	Brooklynn Carlson	12	Andover	94-05	2
9	Grace Morphey	10	Anoka	91-01	1
10	Andrina Gross	10	Cambridge-Is	90-02	2
11	Isabella Novak	9	Andover	89-07	3
12	Mackenzie Jones	9	Andover	89-02	2
13	Erin Baker	10	Cambridge-Is	84-03	2
14	Victoria Ball	12	Forest Lake	82-08	3
15	Isabelle Huss	12	Centennial	80-06	2
16	Melody Kpahn	9	Coon Rapids	78-10	2
17	Claire Leckner	11	Blaine	78-08	1
18	Hannah Bingham	10	Cambridge-Is	78-02	1
19	Malia Dean	11	Coon Rapids	74-10	1
20	Jessica Jensen	9	Anoka	63-01	2
21	Eavan Bobbe	11	Duluth East	57-04	1
23	Mamie Wallace-Hopkins	11	Coon Rapids	56-05	1
23	Lorelyn Nelson	10	Duluth East	52-00	1
--	Logan Anderson	11	Duluth East	DQ	1 Scratch

Rule

Boys 100 Meter Dash Class AAA

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Cole Brisbois	12	Forest Lake	11.04Q	NWI 2
2	Jeremiah Chanzu	12	Blaine	11.16Q	NWI 3

3	Dmarzhay Johnson	12	Coon Rapids	11.27Q	NWI	1
11.269						
4	Michael Robertson	11	Andover	11.27q	NWI	2
11.261						
5	RJ Walker	11	Andover	11.44q	NWI	1
6	Oberhiri Eyafe	10	Andover	11.48q	NWI	3
7	Gavin Rustad	12	Forest Lake	11.52q	NWI	3
8	Kingston Davies	11	Blaine	11.54q	NWI	2
9	Yaya Sibide	11	Coon Rapids	11.57q	NWI	2
10	Collin Lee	12	Centennial	11.59	NWI	1
11	Avion Dent	9	Blaine	11.67	NWI	1
11.666						
12	Isaiah Tandoh	10	Centennial	11.67	NWI	2
11.670						
13	Brock Burggraff	9	Centennial	11.71	NWI	2
14	John Ramberg	11	Duluth East	11.79	NWI	3
15	Adam Hamed	12	Cambridge-Is	11.84	NWI	3
16	Donovin Wittenberg	9	Duluth East	11.94	NWI	2
17	Charles Peterson	12	Forest Lake	11.96	NWI	3
18	Anders Wakefield	12	Duluth East	12.00	NWI	1
19	Bennett Overbye	10	Anoka	12.10	NWI	1
20	Bart Merkouris	11	Cambridge-Is	12.11	NWI	1
21	Matthew Kamara	10	Coon Rapids	12.14	NWI	1
22	I'Zaiah Gadegbeku	11	Anoka	12.16	NWI	2
23	Parker Myhr	9	Cambridge-Is	12.26	NWI	3
24	Zachary Sidibe-welch	9	Anoka	12.37	NWI	3

Boys 100 Meter Dash Class AAA

Name	Year	School	Finals	Wind		
Finals						
1	Jeremiah Chanzu	12	Blaine	10.84	2.9	
2	Cole Brisbois	12	Forest Lake	10.90	2.9	
3	Dmarzhay Johnson	12	Coon Rapids	10.92	2.9	
4	RJ Walker	11	Andover	11.30	2.9	
5	Gavin Rustad	12	Forest Lake	11.33	2.9	
6	Kingston Davies	11	Blaine	11.41	2.9	
7	Oberhiri Eyafe	10	Andover	11.42	2.9	
8	Yaya Sibide	11	Coon Rapids	11.49	2.9	
--	Michael Robertson	11	Andover	DQ	2.9	False

Start

Boys 200 Meter Dash Class AAA

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Tyce Smith	11	Blaine	22.48Q	NWI 2
2	Jeremiah Chanzu	12	Blaine	22.53Q	NWI 3
3	Brian Obwogi	12	Blaine	22.72Q	NWI 1
4	Samuel Zeresenay	11	Centennial	23.18q	NWI 3
5	John Ramberg	11	Duluth East	23.52q	NWI 2
6	RJ Walker	11	Andover	23.59q	NWI 1
7	Reggie Davis	11	Coon Rapids	23.68q	NWI 1
8	Josh Henderson	9	Forest Lake	23.75q	NWI 2
9	Logan Luckas	11	Anoka	23.98q	NWI 1

10	Trystan Green	9	Centennial	24.02	NWI	2
11	Melon Sagbo	11	Coon Rapids	24.05	NWI	3
12	Luke Heald	11	Forest Lake	24.06	NWI	2
13	Darby Patterson	12	Duluth East	24.07	NWI	3
14	Nicholas Eichelberger	12	Centennial	24.30	NWI	2
15	Anders Wakefield	12	Duluth East	24.32	NWI	1
16	Cameron Begalle	9	Andover	24.37	NWI	3
24.364						
17	Michael Dick	10	Coon Rapids	24.37	NWI	3
24.370						
18	Keegan Evans	10	Andover	24.39	NWI	1
19	Bennett Overbye	10	Anoka	24.58	NWI	2
20	Bart Merkouris	11	Cambridge-Is	24.65	NWI	1
21	Dwayne Peterson	10	Cambridge-Is	25.25	NWI	1
22	Aaron Peterson	8	Anoka	25.35	NWI	2
23	Chris Williams	10	Cambridge-Is	25.85	NWI	3

Boys 200 Meter Dash Class AAA

Name	Year	School	Finals	Wind
Finals				
1	Jeremiah Chanzu	12	Blaine	22.14 0.9
2	Brian Obwogi	12	Blaine	22.17 0.9
3	Tyce Smith	11	Blaine	22.27 0.9
4	Samuel Zeresenay	11	Centennial	23.14 0.9
5	Reggie Davis	11	Coon Rapids	23.36 0.9
6	RJ Walker	11	Andover	23.41 0.9
7	Josh Henderson	9	Forest Lake	23.65 0.9
8	John Ramberg	11	Duluth East	23.71 0.9
9	Logan Luckas	11	Anoka	23.91 0.9

Boys 400 Meter Dash Class AAA

Name	Year	School	Prelims	H#
Preliminaries				
1	Caden Wheeler	12	Andover	50.27Q 3
2	Jacob Mayer	11	Forest Lake	51.07Q 2
3	Keagan Zeidler	11	Forest Lake	52.48Q 1
4	Caleb Ketterling	12	Andover	52.17q 2
5	Luke Heggstad	12	Blaine	52.54q 1
6	Josh Henderson	9	Forest Lake	52.70q 3
7	Charles Rohrbaugh	11	Blaine	52.90q 2
8	Ayden Shaw	10	Andover	53.42q 2
9	David McGeehan	11	Blaine	53.95q 1
10	Aaron Peterson	8	Anoka	54.00 3
11	Addison Kent	11	Duluth East	54.01 3
12	Jacob Podratz	10	Centennial	54.11 3
13	Jerry Freeman	10	Coon Rapids	54.41 1
14	Michael Williams	10	Cambridge-Is	54.54 3
15	Ben Westholm	10	Duluth East	54.66 2
16	Amma Okoro	12	Duluth East	55.50 2
17	Alexander Persing	9	Centennial	55.70 1
18	Joseph Hauge	9	Coon Rapids	55.72 2
19	Matthew Alfaro-Getter	10	Anoka	55.73 3
20	Chad Adler	10	Coon Rapids	56.18 2

21	Landon Milz	10	Cambridge-Is	56.34	1
22	Logan Luckas	11	Anoka	56.96	1
23	Maxwell Johnson	9	Centennial	57.39	3
24	Boone Mulder	10	Cambridge-Is	1:00.41	1

Boys 400 Meter Dash Class AAA

Name	Year	School	Finals	
Finals				
1	Caden Wheeler	12	Andover	49.77
2	Jacob Mayer	11	Forest Lake	50.61
3	Caleb Ketterling	12	Andover	51.92
4	Josh Henderson	9	Forest Lake	52.57
5	Keagan Zeidler	11	Forest Lake	52.77
6	Luke Heggstad	12	Blaine	52.80
7	Charles Rohrbaugh	11	Blaine	53.11
8	Ayden Shaw	10	Andover	53.65
9	David McGeehan	11	Blaine	54.13

Boys 800 Meter Run Class AAA

Name	Year	School	Prelims	H#
Preliminaries				
1	Tyler Nosko	12	Anoka	1:57.96Q 1
2	Jackson DesCombaz	12	Duluth East	1:58.48Q 2
3	Cameron Heppner	12	Andover	1:58.92Q 3
4	Danny Ness	11	Anoka	1:59.62q 1
5	Lucas Fernandez	12	Anoka	2:01.64q 2
6	Jonathon Cubus	12	Forest Lake	2:02.34q 2
7	Ben Lewis	11	Blaine	2:03.41q 3
8	Zander Gallmeier	12	Cambridge-Is	2:03.92q 2
9	Ryan Schweiger	12	Blaine	2:04.66q 3
10	Samuel Blascyk	10	Duluth East	2:05.02 2
11	Baraka Aswan	12	Blaine	2:05.40 3
12	Lukas Widmark	10	Andover	2:07.63 1
13	Charles Bolkcom	11	Centennial	2:07.66 1
14	Wyatt Johnson	11	Duluth East	2:08.21 2
15	Logan Hays	10	Forest Lake	2:08.31 1
16	PJ Marshall	12	Centennial	2:08.94 1
17	Ethan Hebert	12	Forest Lake	2:09.86 2
18	Kole Dockter	12	Andover	2:13.61 3
19	Cole Burnett	9	Coon Rapids	2:14.38 1
20	Elias Dee	10	Cambridge-Is	2:14.62 3
21	Joshua Provost	12	Cambridge-Is	2:15.37 3
22	Zach Simon	12	Coon Rapids	2:17.20 2
23	Joshua Thoen	12	Coon Rapids	2:19.47 1

Boys 800 Meter Run Class AAA

Name	Year	School	Finals	
Finals				
1	Cameron Heppner	12	Andover	1:57.04
2	Jackson DesCombaz	12	Duluth East	1:57.70
3	Danny Ness	11	Anoka	1:57.81

4	Tyler Nosko	12	Anoka	1:59.45	
5	Lucas Fernandez	12	Anoka	2:03.35	
6	Zander Gallmeier	12	Cambridge-Is	2:04.19	
7	Ryan Schweiger	12	Blaine	2:05.03	
8	Ben Lewis	11	Blaine	2:06.85	
--	Jonathon Cubus	12	Forest Lake	DQ	Scratch

Rule

Boys 1600 Meter Run Class AAA

Name	Year	School	Finals	H#	
1	Daniel Vanacker	12	Forest Lake	4:21.05	2
2	Gabriel Birkmeier	12	Andover	4:24.64	2
3	River Santiago	10	Blaine	4:32.27	2
4	Nicholas Becker	12	Anoka	4:38.95	2
5	Aidan McKeefry	12	Andover	4:39.59	2
6	Eli Berg	11	Centennial	4:40.66	2
7	Ryan Houseman	11	Forest Lake	4:43.47	2
8	Chase Imker	12	Cambridge-Is	4:43.93	2
9	Samuel Blascyk	10	Duluth East	4:44.39	2
10	Mark Kaczmarczyk	11	Duluth East	4:48.65	1
11	Peyton Martinek	11	Coon Rapids	4:50.93	2
12	Cooper Larson	11	Forest Lake	4:51.23	1
13	Kavan Johnson	11	Centennial	4:51.49	1
14	Kentin LaBeau	11	Blaine	4:51.51	2
15	Evan Koerber	10	Blaine	4:54.98	1
16	Dustin Larson	9	Anoka	4:57.22	1
17	Grant Bursey	12	Anoka	5:00.68	2
18	Jonas Kennedy	10	Cambridge-Is	5:01.56	1
19	Ryan Powley	12	Coon Rapids	5:04.86	1
20	Noah McGovern	10	Cambridge-Is	5:06.15	1
21	Jonathan Pattie	12	Centennial	5:06.96	2
22	Cole Burnett	9	Coon Rapids	5:07.96	1
23	Ian Morse	12	Duluth East	5:09.32	1
24	Nick Donner	12	Andover	5:12.95	1

Boys 3200 Meter Run Class AAA

Name	Year	School	Finals	H#	
1	Daniel Vanacker	12	Forest Lake	9:11.85	2
2	Gabriel Birkmeier	12	Andover	9:36.40	2
3	River Santiago	10	Blaine	9:43.33	2
4	Oliver Miatke	11	Duluth East	9:47.47	2
5	Jaxon Jones	12	Cambridge-Is	9:54.81	2
6	Ethan Sievers	12	Forest Lake	9:57.87	2
7	Nicholas Becker	12	Anoka	10:05.20	2
8	Lucas LiaBraaten	12	Anoka	10:10.04	2
9	Aidan McKeefry	12	Andover	10:22.95	2
10	Joshua Fike	12	Blaine	10:32.92	2
11	Hunter Jacobsen	8	Cambridge-Is	10:34.22	1
12	Jack Jendro	10	Andover	10:37.58	1
13	Tyler Bargman	10	Blaine	10:38.45	2
14	Aiden Sherer	12	Centennial	10:39.64	1
15	Evan Pouliot	11	Centennial	10:40.16	1
16	Mark Kaczmarczyk	11	Duluth East	10:42.16	1

17	Grant Bursley	12	Anoka	10:53.53	1
18	Jonathan Pattie	12	Centennial	10:54.73	2
19	Jonas Kennedy	10	Cambridge-Is	11:00.34	1
20	Peyton Martinek	11	Coon Rapids	11:09.52	1
21	Cooper Larson	11	Forest Lake	11:19.43	1
22	Mark Goettel	8	Duluth East	11:21.10	1
23	Alberto Ludwig	9	Coon Rapids	11:47.29	1
24	Omar Al-Khulidi	11	Coon Rapids	11:50.63	1

Boys 110 Meter Hurdles Class AAA

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Blake Nyenati	12	Andover	14.34Q	NWI 3
2	Riley Wilson	10	Cambridge-Is	15.31Q	NWI 2
3	Kingsley Freeman	11	Coon Rapids	15.38Q	NWI 1
4	Gus Giddings	12	Andover	15.43q	NWI 2
5	William Selinger	12	Blaine	15.64q	NWI 1
6	Micah Wilson	10	Cambridge-Is	16.02q	NWI 2
7	Christopher Dean	11	Coon Rapids	16.10q	NWI 3
8	Jackson Smith	11	Coon Rapids	16.33q	NWI 3
9	Afanna Ibekwe	9	Anoka	16.37q	NWI 3
10	Emanuel Latawiec	12	Forest Lake	16.39	NWI 1
11	Jordan Reynolds	12	Blaine	16.66	NWI 1
12	Blake Viesselman	10	Cambridge-Is	16.93	NWI 3
13	Carl Anderson	10	Andover	17.09	NWI 2
14	Peter Saftner	9	Duluth East	17.34	NWI 1
15	Ryan Mackey	11	Blaine	17.69	NWI 2
16	Trey Borchers	9	Anoka	17.82	NWI 1
17	Zion Desulme	11	Duluth East	19.38	NWI 3
18	Noah Dunlap	10	Forest Lake	20.08	NWI 3
19	Wyatt Rothrum	9	Anoka	20.92	NWI 1
20	Benjamin Lyytinen	10	Duluth East	21.20	NWI 2

Boys 110 Meter Hurdles Class AAA

Name	Year	School	Finals	Wind	H#
Finals					
1	Blake Nyenati	12	Andover	14.11	2.5 1
2	Gus Giddings	12	Andover	15.21	2.5 1
3	Riley Wilson	10	Cambridge-Is	15.41	2.5 1
4	Kingsley Freeman	11	Coon Rapids	15.55	-0.7 2
ReRun					
5	William Selinger	12	Blaine	15.66	2.5 1
6	Micah Wilson	10	Cambridge-Is	15.87	2.5 1
7	Christopher Dean	11	Coon Rapids	15.94	2.5 1
8	Jackson Smith	11	Coon Rapids	16.07	2.5 1
9	Afanna Ibekwe	9	Anoka	16.20	2.5 1

Boys 300 Meter Hurdles Class AAA

Name	Year	School	Prelims	H#
Preliminaries				
1	Blake Nyenati	12	Andover	38.08Q 3

2	Gus Giddings	12	Andover	40.22Q	2
3	Christopher Dean	11	Coon Rapids	41.22Q	1
4	Reid Olson	10	Forest Lake	40.94q	2
5	William Selinger	12	Blaine	41.40q	1
6	Emanuel Latawiec	12	Forest Lake	41.50q	1
7	Shae Wyszynski	10	Andover	41.64q	3
8	Lamont Jiggetts	12	Blaine	42.26q	2
9	Josh Foley	11	Cambridge-Is	42.32q	3
10	Gordy Lawson	11	Cambridge-Is	42.50	3
11	Karim Kondor	12	Anoka	42.99	2
12	Blake Viesselman	10	Cambridge-Is	44.68	1
13	Zion Desulme	11	Duluth East	44.73	1
14	Jackson Smith	11	Coon Rapids	44.96	2
15	Peter Saftner	9	Duluth East	45.09	2
16	Owen Kellems	12	Centennial	45.59	3
17	Keagan Zeidler	11	Forest Lake	45.73	1
18	Trey Borchers	9	Anoka	46.28	3
19	Lukas Andrle	10	Centennial	46.97	1
20	Kingsley Freeman	11	Coon Rapids	47.08	3
21	Elvis Sekizovic	9	Blaine	48.10	2
22	Tyler Celotta	10	Centennial	49.32	1
23	Wyatt Rothrum	9	Anoka	49.43	2
24	Paavo Rova	10	Duluth East	49.85	3

Boys 300 Meter Hurdles Class AAA

Name	Year	School	Finals	
Finals				
1	Blake Nyenati	12	Andover	37.95
2	William Selinger	12	Blaine	40.19
3	Gus Giddings	12	Andover	40.21
4	Christopher Dean	11	Coon Rapids	41.18
5	Lamont Jiggetts	12	Blaine	41.93
6	Reid Olson	10	Forest Lake	41.96
7	Josh Foley	11	Cambridge-Is	42.16
8	Shae Wyszynski	10	Andover	42.25
9	Emanuel Latawiec	12	Forest Lake	1:28.48

Boys 4x100 Meter Relay Class AAA

School	Finals	
1	Forest Lake	42.49
1)	Gavin Rustad 12	2) Cole Brisbois 12
3)	Nicholas Bartlett 12	4) Westin Hoyt 11
2	Blaine	42.68
1)	Jeremiah Chanzu 12	2) Tyce Smith 11
3)	Avion Dent 9	4) Brian Obwogi 12
3	Coon Rapids	43.10
1)	Nathan Kavanaugh 12	2) Sean Sullivan 11
3)	Reggie Davis 11	4) Dmarzhay Johnson 12
4	Andover	43.58
1)	Michael Robertson 11	2) Oberhiri Eyafe 10
3)	Benjamin Audette 12	4) RJ Walker 11
5	Cambridge-Isanti	46.03
1)	Bart Merkouris 11	2) Parker Myhr 9

3) Ari Sullivan 12	4) Adam Hamed 12	46.60
6 Centennial		
1) Evan Hobday 12	2) Isaiah Tandoh 10	
3) Aiden Persing 10	4) Gavin Moore 9	47.59
7 Anoka		
1) Zachary Sidibe-welch 9	2) Karim Kondor 12	
3) Afanna Ibekwe 9	4) I'Zaiah Gadegbeku 11	48.27
8 Duluth East		
1) Donovan Wittenberg 9	2) Samuel Ashbaugh 11	
3) Elliot Hoole 12	4) Amma Okoro 12	

Boys 4x200 Meter Relay Class AAA

School	Finals
1 Forest Lake	1:28.12
1) Gavin Rustad 12	2) Nicholas Bartlett 12
3) Reid Olson 10	4) Cole Brisbois 12
2 Andover	1:29.06
1) Blake Nyenati 12	2) Oberhiri Eyafe 10
3) Benjamin Audette 12	4) Caden Wheeler 12
3 Coon Rapids	1:29.74
1) Reggie Davis 11	2) Michael Alton 11
3) Nathan Kavanaugh 12	4) Dmarzhay Johnson 12
4 Blaine	1:29.81
1) Tyce Smith 11	2) Charles Rohrbaugh 11
3) Luke Heggstad 12	4) Brian Obwogi 12
5 Cambridge-Isanti	1:31.97
1) Tyvion Williams 11	2) Andre Hall 12
3) Josh Foley 11	4) Samuel Mechah 12
6 Centennial	1:32.16
1) Trystan Green 9	2) Samuel Zeresenay 11
3) Nicholas Eichelberger 12	4) Collin Lee 12
7 Duluth East	1:35.26
1) John Ramberg 11	2) Anders Wakefield 12
3) Donovan Wittenberg 9	4) Darby Patterson 12
8 Anoka	1:37.60
1) Aaron Peterson 8	2) Nicholas Jandro 10
3) Bennett Overbye 10	4) I'Zaiah Gadegbeku 11

Boys 4x400 Meter Relay Class AAA

School	Finals
1 Forest Lake	3:20.99
1) Reid Olson 10	2) Jacob Mayer 11
3) Nicholas Bartlett 12	4) Daniel Vanacker 12
2 Andover	3:22.76
1) Gus Giddings 12	2) Cameron Heppner 12
3) Gabriel Birkmeier 12	4) Caden Wheeler 12
3 Cambridge-Isanti	3:24.38
1) Tyvion Williams 11	2) Andre Hall 12
3) Kobe Karels 11	4) Samuel Mechah 12
4 Anoka	3:30.24
1) Karim Kondor 12	2) Lucas Fernandez 12
3) Tyler Nosko 12	4) Danny Ness 11
5 Blaine	3:32.34

1) Luke Heggstad 12	2) Charles Rohrbaugh 11
3) David McGeehan 11	4) Lamont Jiggetts 12
6 Coon Rapids	3:33.96
1) Christopher Dean 11	2) Joseph Hauge 9
3) Jerry Freeman 10	4) Michael Alton 11
7 Duluth East	3:35.09
1) Darby Patterson 12	2) Addison Kent 11
3) Ben Westholm 10	4) Jackson DesCombaz 12
8 Centennial	3:43.84
1) Alexander Persing 9	2) Finn Wold 9
3) Cody Nelson 10	4) Jacob Podratz 10

Boys 4x800 Meter Relay Class AAA

School	Finals
1 Anoka	8:04.85
1) Anders Skarphol 11	2) Lucas LiaBraaten 12
3) Danny Ness 11	4) Tyler Nosko 12
2 Duluth East	8:08.86
1) Oliver Miatke 11	2) Addison Kent 11
3) Ben Westholm 10	4) Jackson DesCombaz 12
3 Centennial	8:21.94
1) PJ Marshall 12	2) Jacob Podratz 10
3) Eli Berg 11	4) Charles Bolkcom 11
4 Blaine	8:32.87
1) Ryan Schweiger 12	2) Ben Lewis 11
3) Oliver Jacobs 9	4) Joshua Fike 12
5 Cambridge-Isanti	8:42.49
1) Jaxon Jones 12	2) Kobe Karels 11
3) Elias Dee 10	4) Zander Gallmeier 12
6 Andover	9:01.36
1) Lukas Widmark 10	2) Jack Jendro 10
3) Kole Dockter 12	4) Nolan Potvien 9
7 Coon Rapids	9:35.86
1) Jaxon Young 9	2) Owen James 9
3) Zach Simon 12	4) Alberto Ludwig 9
-- Forest Lake	DQ Scratch
Rule	
1) Jonathon Cubus 12	2) Ethan Sievers 12
3) Ryan Houseman 11	4) Jacob Mayer 11

Boys High Jump Class AAA

Name	Year School	Finals
1 MJ Galimah	12 Coon Rapids	6-03.00
2 Levi Moore	11 Andover	6-02.00
3 Tyce Smith	11 Blaine	6-02.00
4 Matthew Binstock	12 Andover	6-01.00
5 Christopher Dean	11 Coon Rapids	5-10.00
6 Jordan Reynolds	12 Blaine	5-08.00
7 Emanuel Latawiec	12 Forest Lake	5-08.00
8 Josh Henderson	9 Forest Lake	5-06.00
9 Japheth Nyamari	12 Anoka	5-06.00
10 Aidan Timmann	11 Cambridge-Is	5-06.00
11 Sean Sullivan	11 Coon Rapids	5-06.00

11 Logan Luckas	11 Anoka	5-06.00
13 Austin Begalle	10 Andover	5-04.00
14 Aidan Thibault	11 Duluth East	5-04.00
14 Cal Droubie	10 Cambridge-Is	5-04.00
14 Fru Nsoh	11 Blaine	5-04.00
14 Gavin Moore	9 Centennial	5-04.00
-- Samuel Ashbaugh	11 Duluth East	NH
-- Jared Salo	10 Cambridge-Is	NH
-- Chidubem Attama	12 Anoka	NH

Boys Pole Vault Class AAA

Name	Year School	Finals	
1 Joshua Graske	11 Anoka	13-01.00	Won Jump
Off			
2 Leif Ziring	11 Duluth East	13-01.00	Lost Jump
Off			
3 Calvin Takkunen	11 Anoka	12-10.00	
4 Ben Linde	12 Andover	12-04.00	
5 Riley Wilson	10 Cambridge-Is	12-04.00	
6 Micah Wilson	10 Cambridge-Is	12-04.00	
7 Brayden Thompson	11 Forest Lake	12-04.00	
8 Nathan Kavanaugh	12 Coon Rapids	12-04.00	
9 Kyle Henrikson	12 Forest Lake	11-10.00	
10 Chase Halvorson	11 Blaine	11-04.00	
11 Ethan Krecklau	11 Centennial	10-10.00	
12 Jackson Froslee	9 Andover	10-04.00	
12 Michael Maher	12 Anoka	10-04.00	
14 Logan Barker	10 Coon Rapids	10-04.00	
15 PJ Marshall	12 Centennial	10-04.00	
15 Nathan Haglund	9 Andover	10-04.00	
15 Aidan Thibault	11 Duluth East	10-04.00	
15 Charles Bolkcom	11 Centennial	10-04.00	
-- Rory Fischbach	9 Duluth East	NH	
-- Mitchell Babineau	10 Blaine	NH	
-- Zach Halvorson	11 Blaine	NH	
-- John Challander	10 Cambridge-Is	NH	
-- Matthew Schwartz	11 Forest Lake	NH	

Boys Long Jump Class AAA

Name	Year School	Finals	Wind	H#
1 MJ Galimah	12 Coon Rapids	22-04.75	2.2	3
2 Nicholas Bartlett	12 Forest Lake	21-10.50	0.7	2
3 Peyton Bridges	12 Blaine	21-03.25	2.8	3
4 Theodore Carey	12 Forest Lake	21-03.25	2.5	2
5 Riley Wilson	10 Cambridge-Is	21-02.25	1.3	3
6 Shae Wyszynski	10 Andover	20-11.75	1.6	2
7 Luke Heald	11 Forest Lake	20-09.50	1.5	2
8 Kallen Tinsen-Jenkins	12 Blaine	20-01.50	2.4	3
9 Andre Hall	12 Cambridge-Is	20-00.00	1.2	3
10 Aloysius Nyapan	10 Coon Rapids	19-09.50	1.6	2
11 Donovan Wittenberg	9 Duluth East	19-06.50	3.2	1
12 Blake Nyenati	12 Andover	19-06.00	1.5	1
13 Colton Sherer	12 Anoka	19-05.00	1.6	2

14	Darby Patterson	12	Duluth East	19-04.50	0.4	1
15	Adam Hamed	12	Cambridge-Is	19-02.50	1.4	1
16	Japheth Nyamari	12	Anoka	18-11.50	2.4	1
17	Jordan Reynolds	12	Blaine	18-10.50	0.6	3
18	Levi Moore	11	Andover	18-10.00	1.3	3
19	Logan Stockhausen	11	Coon Rapids	18-08.50	1.9	1
20	Mason Willenbring	9	Centennial	18-06.00	0.9	1
21	Calvin Takkunen	11	Anoka	18-05.25	1.3	1
22	Amma Okoro	12	Duluth East	18-01.00	4.2	1
23	Fnan Zeresenay	9	Centennial	16-05.00	NWI	1

Boys Triple Jump Class AAA

Name	Year	School	Finals	Wind	H#	
1	Theodore Carey	12	Forest Lake	44-02.25	0.9	3
2	Jordan Reynolds	12	Blaine	43-03.25	1.2	3
3	Kallen Tinsen-Jenkins	12	Blaine	43-03.00	3.1	3
4	Peytton Bridges	12	Blaine	42-04.00	2.5	3
5	Matthew Binstock	12	Andover	41-06.25	1.5	3
6	Edward Tabla	11	Coon Rapids	40-04.00	3.3	2
7	Mason Willenbring	9	Centennial	40-02.00	1.6	2
8	Benjamin Audette	12	Andover	39-10.75	2.2	3
9	Jack Keis	12	Forest Lake	39-03.25	2.7	3
10	Shae Wyszynski	10	Andover	39-02.75	1.9	2
11	Michael Williams	10	Cambridge-Is	39-02.00	1.8	2
12	Colton Sherer	12	Anoka	38-07.00	1.7	3
13	Japheth Nyamari	12	Anoka	37-10.50	1.6	2
14	Elijah Tabla	11	Coon Rapids	37-08.50	2.7	2
15	Alec Sullivan	11	Coon Rapids	37-04.00	3.1	2
16	Keenon Olson	12	Forest Lake	36-11.00	1.0	1
17	Finn Wold	9	Centennial	36-09.00	1.7	1
18	Nicolas Jaen	9	Centennial	36-06.75	2.8	1
19	Jaden Kuhlman	9	Cambridge-Is	36-03.00	1.1	2
20	Ari Sullivan	12	Cambridge-Is	35-10.50	1.6	1
21	Logan Luckas	11	Anoka	35-00.50	0.8	1
22	Samuel Ashbaugh	11	Duluth East	33-08.75	0.3	1
23	Barrett Loof	10	Duluth East	32-01.50	1.1	1
24	Tate Johnson	11	Duluth East	31-09.00	2.2	1

Boys Shot Put Class AAA

Name	Year	School	Finals	H#	
1	Lance Liu	12	Centennial	50-05.00	3
2	Andrew Edwards	11	Blaine	49-11.50	3
3	Clayton Huber	12	Blaine	48-01.50	3
4	Dylan Owens	12	Andover	47-06.50	3
5	Ethan Lincoln-montanari	11	Forest Lake	46-11.75	3
6	Logan Day	12	Anoka	46-09.75	3
7	Timmy Ball	10	Centennial	44-01.50	2
8	James Kennedy	12	Coon Rapids	43-03.50	3
9	Gavin Ecker	11	Blaine	43-02.75	2
10	Peyton Lakanen	12	Anoka	43-00.00	3
11	Brady Schubitzke	11	Duluth East	42-04.50	2
12	Trystian Miller	11	Forest Lake	42-03.50	2
13	Blake Halleckson	11	Andover	40-11.75	1

14	Eli Olson	12	Anoka	40-10.50	2
15	Griffin Thom	11	Coon Rapids	40-04.75	1
16	Levi Mauer	10	Cambridge-Is	39-11.75	2
17	Howie Johnson	8	Forest Lake	39-09.50	2
18	Connor Develice	12	Andover	39-09.50	2
19	Carter Svobodny	11	Duluth East	39-00.50	1
20	Asher Kahn	12	Coon Rapids	38-05.00	1
21	Parker Dallek	11	Duluth East	37-07.75	1
22	Jonas Breuning	12	Centennial	36-08.00	1
23	Josh Osei-Dankwah	9	Cambridge-Is	35-06.25	1
24	Owen Maikkula	11	Cambridge-Is	33-09.50	1

Boys Discus Throw Class AAA

Name	Year	School	Finals	H#	
1	Logan Day	12	Anoka	159-00	3
2	John Ziebarth	11	Cambridge-Is	154-01	3
3	Ben Linde	12	Andover	148-01	3
4	Andrew Edwards	11	Blaine	145-08	3
5	Lance Liu	12	Centennial	138-02	3
6	Timmy Ball	10	Centennial	134-04	2
7	Jack Pelky	12	Blaine	133-02	3
8	Trystian Miller	11	Forest Lake	132-01	3
9	Ethan Owata	12	Coon Rapids	131-07	2
10	Connor Develice	12	Andover	129-06	2
11	Kendrick Dowdell	12	Coon Rapids	127-03	3
12	Peyton Lakanen	12	Anoka	127-02	1
13	Joshua Thoen	12	Coon Rapids	123-02	1
14	Carter Svobodny	11	Duluth East	122-09	1
15	Dylan Owens	12	Andover	120-04	2
16	Merle Mauer	12	Cambridge-Is	119-09	2
17	Jake McConnell	12	Forest Lake	114-04	2
18	Jake Ball	12	Centennial	114-01	1
19	Matthew Schwartz	11	Forest Lake	112-07	2
20	Jack Schissler	11	Blaine	106-06	2
21	Lorenz Palmarini	12	Anoka	101-06	1
22	Josh Osei-Dankwah	9	Cambridge-Is	101-05	1
23	Parker Dallek	11	Duluth East	83-10	1
24	Brady Schubitzke	11	Duluth East	79-01	1

Women - Class AAA - Team Rankings - 18 Events Scored

1)	Blaine	118	2)	Forest Lake	109
3)	Anoka	105	4)	Cambridge-Isanti	98
5)	Centennial	88	6)	Andover	77
7)	Coon Rapids	61	8)	Duluth East	44

Men - Class AAA - Team Rankings - 18 Events Scored

1)	Andover	153	2)	Blaine	151
3)	Forest Lake	124	4)	Anoka	70
4)	Coon Rapids	70	6)	Cambridge-Isanti	56
7)	Centennial	42	8)	Duluth East	35

