

2024 MSHSL SECTION 5A T & F GIRLS

May 29th at St. John's University

Team Scores:

1. St. Cloud Cathedral	103
2. Eden Valley-Watkins/Kimball	91
3. Melrose Area	63.5
4. Litchfield	52
5. Royalton	46.5
6. Holdingford/Upsala	46
7. Pine City	45
8. Howard Lake-Waverly-Winsted	43
9. St. John's Prep	31
10. Maple Lake	30.5
11. Pierz	25
11. Mora	25
13. Paynesville/Belgrade-Brooten-Elrosa	23
14. Atwater-Cosmos-Grove City	18
15. Rush City	16
16. East Central	15.5
17. Northwest Nighthawks	14
18. Ogilvie	8
19. Hinckley-Finlayson	4
20. Mille Lacs	3
21. Belgrade-Brooten-Elrosa	1
21. Upsala/Swanville	1

Girls Wheelchair 100 Meters Finals

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Athlete Yr Team Mark Wind

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1 Ana Berry Mille Lacs 31.58a 0.9

Girls Wheelchair 200 Meters Finals

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Athlete Yr Team Mark Wind

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1 Ana Berry Mille Lacs 59.94a -0.9

Girls Wheelchair Shot Put Finals

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Athlete Yr Team Mark

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1 Ana Berry Mille Lacs 8-9.25

Girls Varsity 100 Meters Finals

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Athlete Yr Team Mark Wind

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1 Erika Salaski St. Cloud Cathedral 12.65a -0.2

2 Aurora Walberg Royalton 12.98a -0.2

3 Lydia Prokott Royalton 13.02a -0.2

4 Isabelle Jaenicke Melrose Area 13.06a -0.2

5 Brooklyn Frank Paynesville 13.10a -0.2

6 Lena Roubinek Pine City 13.14a -0.2

7 Parker Ennis Mora 13.18a -0.2

8 Jordyn Theis Eden Valley-Watkins/Kim 13.28a -0.2

Girls Varsity 100 Meters Prelims

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Athlete Yr Team Mark Wind

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1 Erika Salaski St. Cloud Cathedral 12.71a -0.5

2 Aurora Walberg Royalton 13.03a -1.3

3 Brooklyn Frank Paynesville 13.08a -1.3

5 Isabelle Jaenicke Melrose Area 13.10a -1.3

4 Parker Ennis Mora 13.11a -0.5

6 Lydia Prokott Royalton 13.17a -0.5

7 Jordyn Theis Eden Valley-Watkins/Kim 13.17a -0.5

8 Lena Roubinek Pine City 13.18a -1.3

9 Alexis Boonstra Howard Lake-Waverly-Win 13.29a -0.5

10 Amelia Newiger St. Cloud Cathedral 13.38a -1.3

11 Claire Prokott Royalton 13.50a -0.5

12 Maya Gahler Pierz 13.59a -1.3

13 Jailyn Mickelson Litchfield 13.67a -1.3

14 Claire Gruber Pierz 13.77a -0.5

15 Avery Gruber Pierz 13.78a -1.3

16 Natalie Lesnau St. Cloud Cathedral 13.81a -0.5

Girls Varsity 200 Meters Finals

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Athlete Yr Team Mark Wind

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1 Erika Salaski St. Cloud Cathedral 26.45a -1.1

2 Aurora Walberg Royalton 27.15a -1.1

3 Summer Thieman Pine City 27.28a -1.1

4 Brooklyn Frank Paynesville 27.54a -1.1

5 Josy Turck Litchfield 27.57a -1.1

6 Sydney Breimon Maple Lake 27.74a -1.1

7 Lydia Prokott Royalton 27.75a -1.1

8 Mallory Clepper Pine City 28.03a -1.1

9 Ellie Brown Litchfield 28.07a -2.7

10 Amelia Newiger St. Cloud Cathedral 28.23a -2.7

11 Claire Gruber Pierz 28.34a -2.7

12 Maddie Halstrom St. Cloud Cathedral 28.39a -2.7

13 Angelika Diakite Holdingford 28.52a -2.7

14 Gabby Wright Mora 28.52a -2.7

15 Claire Prokott Royalton 28.71a -2.7

16 Maya Gahler Pierz 29.49a -2.7

Girls Varsity 400 Meters Finals

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Athlete Yr Team Mark Wind

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1 Aubrey Lesnau St. Cloud Cathedral 58.44a

2 Hope Kuechle Eden Valley-Watkins/Kim 58.74a

3 Julia Vega St. Cloud Cathedral 59.75a

4 Arissa Rydberg Pine City 1:00.32a

5 Brenna Konsor Holdingford 1:00.90a

6 Alyssa Stordahl Melrose Area 1:02.78a

7 Ava Holmgren Eden Valley-Watkins/Kim 1:02.92a

- 8 Maggie Gross Holdingford 1:02.94a
- 9 Madison Tschida Upsala/Swanville 1:02.95a
- 10 Carmyn Anderson Maple Lake 1:03.57a
- 11 Peyton Liao Pine City 1:04.57a
- 12 Haley Johnson Atwater-Cosmos-Grove Ci 1:04.60a
- 13 Kylah Zillmer Howard Lake-Waverly-Win 1:04.74a
- 14 Richelle Thompson Upsala/Swanville 1:04.84a
- 15 Avary Bierwerth Atwater-Cosmos-Grove Ci 1:05.31a
- 16 Tayah Anderson Mora 1:05.46a

- 3 Louise Ruzanic St. John's Prep 11:26.15a
- 4 Salina Michael Northwest Nighthawks 11:53.54a
- 5 Katelyn Waldoch St. Cloud Cathedral 11:59.94a
- 6 Eva Johnson Pine City 12:04.14a
- 7 Elsa Helstrom Litchfield 12:10.67a
- 8 Tia Ward St. Cloud Cathedral 12:19.40a
- 9 Quinn Gruber Pierz 13:06.15a
- 10 Rachel Brown Pine City 13:14.61a
- 11 Billie Maye Pohlkamp Pierz 13:23.24a
- 12 Ellen Bechtold St. John's Prep 13:24.43a
- 13 Lauren Anglin Maple Lake 13:33.74a
- 14 Abby Thoma Litchfield 13:49.29a
- 15 Bella Hernandez Eden Valley-Watkins/Kim 14:19.44a
- 16 Evelynn Aleckson Upsala/Swanville 14:27.38a

Girls Varsity 800 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Maddie LeSage Howard Lake-Waverly-Win 2:21.19a
- 2 Brookelyn Kuechle Eden Valley-Watkins/Kim 2:21.25a
- 3 Katherine Reuter St. Cloud Cathedral 2:26.62a
- 4 Cecilia Jamison St. Cloud Cathedral 2:26.77a
- 5 Chloe Lochner Pierz 2:28.14a
- 6 Anna Sorgatz Litchfield 2:29.66a
- 7 Victoria Thorson Howard Lake-Waverly-Win 2:30.03a
- 8 Allison Unverzagt Pine City 2:31.98a
- 9 Lilly Jamison St. Cloud Cathedral 2:32.23a
- 10 Alayna Haag Eden Valley-Watkins/Kim 2:33.02a
- 11 Ava Johnson Braham 2:33.60a
- 12 Maria Hinnenkamp Melrose Area 2:33.88a
- 13 Kimberlyn Case Litchfield 2:36.45a
- 14 Addison Kramer Maple Lake 2:36.51a
- 15 Avila Burch East Central 2:38.54a
- 16 Sophie Leidenfrost Pierz 2:46.07a

Girls Varsity 100m Hurdles Finals

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Athlete Yr Team Mark Wind

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- 1 Kenlie Blom Atwater-Cosmos-Grove Ci 15.62a 0.6
- 2 Jocelyn Zoller Eden Valley-Watkins/Kim 15.89a 0.6
- 3 Rilee Breth Holdingford 16.11a 0.6
- 4 Lydia Bengtson Rush City 16.79a 0.6
- 5 Riley Joyer Litchfield 16.83a 0.6
- 6 Mary Watry St. Cloud Cathedral 17.10a 0.6
- 7 Madison Buehler Howard Lake-Waverly-Win 17.28a 0.6
- 8 Finley Anfinson Paynesville 17.78a 0.6

Girls Varsity 100m Hurdles Prelims

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Athlete Yr Team Mark Wind

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- 1 Rilee Breth Holdingford 15.89a -1.5
- 2 Kenlie Blom Atwater-Cosmos-Grove Ci 15.90a 0.1
- 3 Jocelyn Zoller Eden Valley-Watkins/Kim 15.93a 0.1
- 4 Riley Joyer Litchfield 16.90a -1.5
- 5 Lydia Bengtson Rush City 17.18a 0.1
- 7 Mary Watry St. Cloud Cathedral 17.25a 0.1
- 6 Madison Buehler Howard Lake-Waverly-Win 17.27a -1.5
- 8 Finley Anfinson Paynesville 17.46a -1.5
- 9 Olivia Remer Howard Lake-Waverly-Win 17.46a 0.1
- 10 Autumn Jones Pierz 17.60a 0.1
- 11 Mackenzie Parks Howard Lake-Waverly-Win 17.71a -1.5
- 12 Emma Wirz Eden Valley-Watkins/Kim 17.99a -1.5
- 13 Alyssa Young Upsala/Swanville 18.17a 0.1
- 14 Elise Carlson Litchfield 18.26a -1.5
- 15 Abigail Virnig Pierz 18.78a 0.1
- 16 Emily Blomdahl Braham 19.01a -1.5

Girls Varsity 300m Hurdles Finals

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Athlete Yr Team Mark Wind

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- 1 Jocelyn Zoller Eden Valley-Watkins/Kim 46.41a
- 2 Rilee Breth Holdingford 47.14a
- 3 Kenlie Blom Atwater-Cosmos-Grove Ci 47.89a
- 4 Evalie Gall Pierz 49.26a
- 5 Riley Joyer Litchfield 49.50a

Girls Varsity 1600 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Maddie LeSage Howard Lake-Waverly-Win 5:13.46a
- 2 Clara Schad St. Cloud Cathedral 5:18.67a
- 3 Chloe Reedy Royalton 5:36.02a
- 4 Sofia Pauly St. John's Prep 5:37.77a
- 5 Haley Geiger Hinckley-Finlayson 5:38.72a
- 6 Enya Scanlon St. Cloud Cathedral 5:39.19a
- 7 Madison Wendlandt Paynesville 5:39.20a
- 8 Rachel Brown Pine City 5:40.78a
- 9 Maria Hinnenkamp Melrose Area 5:44.57a
- 10 Hailey Birkholz Howard Lake-Waverly-Win 5:48.76a
- 11 Lauren Lenzmeier St. John's Prep 5:49.67a
- 12 Isabella Bennett Hinckley-Finlayson 5:52.13a
- 13 Emma Hermanson Pine City 5:52.65a
- 14 Ellie Patzoldt Pine City 5:55.88a
- 15 Lauren Anglin Maple Lake 5:57.27a
- 16 Loretta Mroska Holdingford 6:07.15a

Girls Varsity 3200 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Olivia Pauly St. John's Prep 11:07.98a
- 2 Kendra Swanson Northwest Nighthawks 11:18.24a

- 6 Olivia Remer Howard Lake-Waverly-Win 50.32a
- 7 Jackie Tepley Howard Lake-Waverly-Win 50.76a
- 8 Elise Carlson Litchfield 50.90a
- 9 Haley Nelsen Maple Lake 51.01a
- 10 Kylee Konsor Holdingford 51.27a
- 11 Mary Watry St. Cloud Cathedral 51.55a
- 12 Lydia Bengtson Rush City 52.09a
- 13 Finley Anfinson Paynesville 52.19a
- 14 Lily Wiechmann Melrose Area 52.37a
- 15 Kora Toops Pierz 52.57a
- 16 Hanna Tilberg Mora 53.79a

- 1) Josy Turck 2) Eden Harless
- 3) Josie Bjorkman 4) Ellie Brown
- 6 Melrose Area 1:52.68a
- 1) Melissa Ambriz 2) Nicole Rademacher
- 3) Lizbeth Raya Ambriz 4) Georgia Anderson
- 7 Mora 1:52.75a
- 1) Lola Schwinghamer 2) Gabby Wright
- 3) Tayah Anderson 4) Parker Ennis
- 8 Rush City 1:55.53a
- 1) Alayna Heintz 2) Lydia Bengtson
- 3) Kennedy Stavig 4) Kendra Heintz

Girls Varsity 4x100m Relay Finals

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Team Time

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- 1 Royalton 50.16a
- 1) Claire Prokott 2) Haylie Wolbeck
- 3) Aurora Walberg 4) Lydia Prokott
- 2 Paynesville 51.03a
- 1) Dani Bierwerth 2) Brooklyn Frank
- 3) Finley Anfinson 4) Cloey Kolb
- 3 Eden Valley-Watkins/Kimball 51.33a
- 1) Kayden Bollman 2) Emma Wirz
- 3) Ellie Becker 4) Jordyn Theis
- 4 Litchfield 51.90a
- 1) Jailyn Mickelson 2) Ellie Brown
- 3) Samantha Turck 4) Josie Bjorkman
- 5 Pine City 52.27a
- 1) Katey Thieman 2) Gracie Larson
- 3) Mallory Clepper 4) Lena Roubinek
- 6 Pierz 52.34a
- 1) Avery Gruber 2) Maya Gahler
- 3) Claire Gruber 4) Evalie Gall
- 7 Melrose Area 52.54a
- 1) Georgia Anderson 2) Isabelle Jaenicke
- 3) Alea Berscheit 4) Lizbeth Raya Ambriz
- 8 St. Cloud Cathedral 52.66a
- 1) Maddie Halstrom 2) Greta Peterson
- 3) Natalie Lesnau 4) Amelia Newiger

Girls Varsity 4x400m Relay Finals

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Team Time

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- 1 Eden Valley-Watkins/Kimball 4:05.20a
- 1) Alayna Haag 2) Jocelyn Zoller
- 3) Brookelyn Kuechle 4) Hope Kuechle
- 2 Holdingford 4:07.55a
- 1) Carly Mitchell 2) Madison Mitchell
- 3) Maggie Gross 4) Brenna Konsor
- 3 St. Cloud Cathedral 4:11.16a
- 1) Julia Vega 2) Emma Jamison
- 3) Cecilia Jamison 4) Aubrey Lesnau
- 4 Maple Lake 4:17.02a
- 1) Carmyn Anderson 2) Reese Hartkopf
- 3) Avery Lee 4) Alex Kiebel
- 5 Pine City 4:18.84a
- 1) Summer Thieman 2) Peyton Liao
- 3) Vivian Lahti 4) Arissa Rydberg
- 6 Howard Lake-Waverly-Winsted 4:21.01a
- 1) Kylah Zillmer 2) Alaina Koch
- 3) Jackie Tepley 4) Victoria Thorson
- 7 Atwater-Cosmos-Grove City 4:21.31a
- 1) Kenlie Blom 2) Haley Johnson
- 3) Jada Rosenquist 4) Avary Bierwerth
- 8 Northwest Nighthawks 4:25.79a
- 1) Mirelle Pepin 2) Meredith Gundale
- 3) Salina Michael 4) Kendra Swanson

Girls Varsity 4x200m Relay Finals

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Team Time

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- 1 Eden Valley-Watkins/Kimball 1:45.74a
- 1) Jordyn Theis 2) Ellie Becker
- 3) Brookelyn Kuechle 4) Hope Kuechle
- 2 St. Cloud Cathedral 1:45.76a
- 1) Aubrey Lesnau 2) Maddie Halstrom
- 3) Julia Vega 4) Erika Salaski
- 3 Maple Lake 1:47.52a
- 1) Reese Hartkopf 2) Avery Lee
- 3) Sydney Breimon 4) Alex Kiebel
- 4 Holdingford 1:47.60a
- 1) Angelika Diakite 2) Madison Mitchell
- 3) Carly Mitchell 4) Rilee Breth
- 5 Litchfield 1:49.55a

Girls Varsity 4x800m Relay Finals

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Team Time

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- 1 St. John's Prep 9:36.47a
- 1) Margaret Duffy 2) Claudia Ruzanic
- 3) Louise Ruzanic 4) Olivia Pauly
- 2 St. Cloud Cathedral 9:59.78a
- 1) Emma Jamison 2) Lilly Jamison
- 3) Katherine Reuter 4) Cecilia Jamison
- 3 Pine City 10:03.27a
- 1) Summer Thieman 2) Allison Unverzagt
- 3) Eva Johnson 4) Arissa Rydberg
- 4 Litchfield 10:17.56a
- 1) Kimberlyn Case 2) Shelby Dengerud
- 3) Abby Woefel 4) Anna Sorgatz
- 5 Pierz 10:19.20a

- 1) Quinn Gruber 2) Morgan Litke
- 3) Sophie Leidenfrost 4) Billie Maye Pohlkamp
- 6 Eden Valley-Watkins/Kimball 10:20.29a
- 1) Ava Holmgren 2) Bella Hernandez
- 3) Miley Kuechle 4) Alayna Haag
- 7 Maple Lake 10:49.15a
- 1) Carmyn Anderson 2) Peyton Walberg
- 3) Seyla LaGrande 4) Addison Kramer
- 8 Melrose Area 11:01.41a
- 1) Alyssa Stordahl 2) Zoe Hoeschen
- 3) Paige Stommes 4) Kendall Beuning

Girls Varsity Shot Put Finals

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Athlete Yr Team Mark

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- 1 Grace Schmidt Litchfield 37-9
- 2 Lena Roubinek Pine City 36-11
- 3 Lexi Koch Howard Lake-Waverly-Wins 36-9.5
- 4 Bridget Nolan Mora 35-5
- 5 Jenna Lukenbill Mora 33-11
- 6 Makenna Hohbein Holdingford 33-10
- 7 Gracie Hartl East Central 32-10.5
- 8 Beverly Rentz Pierz 32-9.5
- 9 Morgan Pellett Holdingford 31-10.5
- 10 Myra Roubinek Pine City 31-8.75
- 11 Lily Doughty Mora 31-2
- 12 Avere Kubesh Pine City 30-11.5
- 13 Avery Lee Maple Lake 30-7.75
- 14 Ava Halvorson Ogilvie 30-5.25
- 15 Nyayul Ruey Melrose Area 30-5
- 16 Payton Stangl Pierz 29-11

Girls Varsity Discus Finals

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Athlete Yr Team Mark

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- 1 Grace Schmidt Litchfield 123-6
- 2 Ava Halvorson Ogilvie 120-10
- 3 Gracie Hartl East Central 111-4
- 4 Bridget Nolan Mora 109-2
- 5 Allison Skiba Pierz 108-11
- 6 Lexi Koch Howard Lake-Waverly-Wins 105-4
- 7 Lily Doughty Mora 104-0
- 8 Payton Stangl Pierz 101-7
- 9 Lily Christensen Litchfield 97-10
- 10 Grace Reither Howard Lake-Waverly-Wins 97-5
- 11 Ava Burau Litchfield 91-7
- 12 Quinn Eisenbacher Atwater-Cosmos-Grove Cit 89-5
- 13 Jenna Lukenbill Mora 88-0
- 14 Makenna Hohbein Holdingford 87-7
- 15 Emma Kobernusz Holdingford 83-0
- 16 Beverly Rentz Pierz 81-2

Girls Varsity High Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Ellie Becker Eden Valley-Watkins/Kimb 5-3
- 2 Katrina Schutz Eden Valley-Watkins/Kimb 5-1
- 2 Greta Peterson St. Cloud Cathedral 5-1
- 4 Aurora Walberg Royalton 4-11
- 4 Alex Kiebel Maple Lake 4-11
- 6 Capri Sorenson Howard Lake-Waverly-Wins 4-11
- 6 Teresa Root Pine City 4-11
- 6 Natalee Hoffner Melrose Area 4-11
- 9 Katelyn Guggemos Litchfield 4-9
- 10 Izabella Moes Litchfield 4-9
- 11 Kiera Stommes Eden Valley-Watkins/Kimb 4-9
- 12 Haylie Wolbeck Royalton 4-7
- 12 Kendra Heintz Rush City 4-7
- 14 Natalie Lesnau St. Cloud Cathedral 4-7
- 14 Jada Mosey Holdingford 4-7
- 16 Victoria Thorson Howard Lake-Waverly-Wins 4-5
- 16 Ellia Kastenbauer Mora 4-5
- 18 Olivia Klasen Upsala/Swanville 4-5
- Clara Niessen Rush City NM

Girls Varsity Pole Vault Finals

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Athlete Yr Team Mark Wind

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- 1 Josie Eveslage Melrose Area 9-7
- 2 Ellie Becker Eden Valley-Watkins/Kimb 9-7
- 3 Kennadee Volk East Central 9-1
- 3 Georgia Anderson Melrose Area 9-1
- 5 Mary Watry St. Cloud Cathedral 9-1
- 6 Eden Andres Pierz 9-1
- 7 Arabella Presley East Central 8-7
- 8 Katey Thieman Pine City 8-7
- 9 Taylor Frericks Atwater-Cosmos-Grove Cit 8-1
- 9 Dani Poppler Howard Lake-Waverly-Wins 8-1
- 11 Abby Torblaa Maple Lake 8-1
- 12 Gracie Larson Pine City 8-1
- 13 Eva Sohl Litchfield 8-1
- 14 Bree Thieschafer Belgrade-Brooten-Elrosa 8-1
- 15 Emily Davis Braham 7-7
- 15 Isabella Bennett Hinckley-Finlayson 7-7
- 15 Unity Kelly Howard Lake-Waverly-Wins 7-7
- Kenzie Harren Holdingford NM
- Grace Jackson Belgrade-Brooten-Elrosa NM
- Abigail Virnig Pierz NM

Girls Varsity Long Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Isabelle Jaenicke Melrose Area 17-5 0.6
- 2 Alex Kiebel Maple Lake 16-10.25 -0.2
- 3 Rilee Breth Holdingford 16-10 0.0
- 4 Carly Mitchell Holdingford 16-9.75 0.1
- 5 Kendra Heintz Rush City 16-4.25 -0.5
- 6 Cloey Kolb Paynesville 16-0.75 0.1
- 7 Claire Prokott Royalton 16-0.75 0.0
- 8 Bree Thieschafer Belgrade-Brooten-Elrosa 15-6.75 0.2
- 9 Katey Thieman Pine City 15-4.25 -0.4

- 10 Mara Wahlin St. Cloud Cathedral 15-2.75 0.8
- 11 Olivia Wahlin St. Cloud Cathedral 15-2 -0.8
- 12 Josie Eveslage Melrose Area 15-2 -1.2
- 13 Alea Berscheit Melrose Area 15-1 -1.5
- 14 Lydia Bengtson Rush City 14-8.25 0.8
- 15 Jackie Tepley Howard Lake-Waverly-Wins 14-8 -0.3
- 16 Violet Cox Hinckley-Finlayson 14-8 -0.1
- 17 ZoeAnn Claseman Braham 14-4.25 -0.3

Girls Varsity Triple Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Isabelle Jaenicke Melrose Area 36-5.75 -1.9
- 2 Alea Berscheit Melrose Area 35-7 -2.9
- 3 Kendra Heintz Rush City 35-3.75 -0.4
- 4 Parker Ennis Mora 34-6.5 -1.2
- 5 Josie Eveslage Melrose Area 33-5.5 1.9
- 6 Mara Wahlin St. Cloud Cathedral 33-5.25 0.1
- 7 Avery Rowe Maple Lake 33-3.25 -0.6
- 8 Alyssa Young Upsala/Swanville 33-3 -0.4
- 9 Maya Gahler Pierz 33-0.75 -1.6
- 10 Katey Thieman Pine City 32-0.75 1.2
- 11 Emma Wirz Eden Valley-Watkins/Kimb 31-5.5 -1.5
- 12 Norah Ausmus Hinckley-Finlayson 31-4.5 -2.5
- 13 Peyton Liao Pine City 31-2.5 -2.8
- 14 Makenna Hohbein Holdingford 30-11.5 1.1
- 15 Peyton Walberg Maple Lake 30-7 -0.9
- 16 Lexie Rydberg Pine City 30-5.5 0.0