

2024 MSHSL SECTION 7A T & F GIRLS

May 30th at U of MN-Duluth

Team Scores:

1. Esko	91
2. Two Harbors	90
3. Greenway/Nashwauk/Keewatin	56
4. Crosby-Ironton	55
5. Chisholm	48
5. International Falls	48
7. Cromwell-Wright/Floodwood	40
7. Mesabi East	40
9. Ely	33
10. Barnum	32
11. Carlton-Wrenshall	31
11. Moose Lake/Willow River	31
13. Mcgregor	27
14. Aitkin	21
15. Silver Bay	14
16. South Ridge	11
17. Marshall (Duluth)	10
18. Mountain Iron-Buhl	8
19. Lakeview Christian Academy	7
20. Bigfork	5
21. Cook County	2
22. DR/N/HC	1

Girls Varsity 100 Meters Finals

Athlete Yr Team Mark Wind

1 Delaney Nelson Two Harbors	12.50a	1.8
2 Zoe Plombon Chisholm	12.68a	1.8
3 Emma Warner Mcgregor	12.71a	1.8
4 Kaitlyn McConnell Esko	12.99a	1.8
5 Jezirae Flack Chisholm	13.02a	1.8
6 Mary Versteeg International Falls	13.08a	1.8
7 Jocelyn Mundell Moose Lake/Willow River	13.14a	1.8
8 Jaci Rebrovich Greenway/Nashwauk/Keewa	13.34a	1.8

Girls Varsity 100 Meters Prelims

Athlete Yr Team Mark Wind

1 Delaney Nelson Two Harbors	12.56a	0.0
2 Zoe Plombon Chisholm	12.65a	0.0
3 Emma Warner Mcgregor	12.75a	0.0
5 Jocelyn Mundell Moose Lake/Willow River	12.92a	0.0
6 Jezirae Flack Chisholm	13.02a	0.0
4 Kaitlyn McConnell Esko	13.04a	0.0
7 Mary Versteeg International Falls	13.22a	0.0
8 Jaci Rebrovich Greenway/Nashwauk/Keewa	13.36a	0.0
9 Jayden Wodarz Crosby-Ironton	13.51a	0.0
10 Ivy Aldinger Silver Bay	13.56a	0.0
11 Ava Menten Moose Lake/Willow River	13.58a	0.0
12 Rachel Bopp Two Harbors	13.60a	0.0
13 Finley Asuma Mesabi East	13.66a	0.0
14 Tanja Thomas Silver Bay	13.83a	0.0

Girls Varsity 200 Meters Finals

Athlete Yr Team Mark Wind

1 Emma Warner Mcgregor	26.10a	1.5
2 Hailey Johnson Chisholm	26.70a	1.5
3 Isabella McCall Barnum	27.11a	1.5
4 Aubrie Takanen Mesabi East	27.78a	1.5
5 Mia Domiano Mesabi East	27.82a	1.5
6 Siiena Anderson Cromwell-Wright	27.85a	1.5
7 Ivy Aldinger Silver Bay	28.29a	2.2
8 Ava Menten Moose Lake/Willow River	28.35a	2.2
9 India Johnson Moose Lake/Willow River	28.37a	2.2
10 Bianca Jukic Marshall (Duluth)	28.54a	2.2
11 Emily Wright Lakeview Christian Acad	28.55a	2.2
12 Claire Clusiau Greenway/Nashwauk/Keewa	28.82a	1.5
13 Izzy Pascuzzi South Ridge	29.12a	1.5
14 Miriam Messerschmidt Ely	29.58a	2.2

Girls Varsity 400 Meters Finals

Athlete Yr Team Mark Wind

1 Trinity Giddings Two Harbors	58.90a
2 Violet Udovich Ely	1:01.21a
3 Isabella McCall Barnum	1:02.42a
4 Paige Dean Mcgregor	1:02.63a
5 Siiena Anderson Cromwell-Wright	1:03.07a
6 Emily Wright Lakeview Christian Acad	1:03.42a
7 Olivia Pascuzzi Chisholm	1:03.58a
8 Paige Vandervort Mesabi East	1:04.07a
9 Khloey Schmidt Moose Lake/Willow River	1:04.30a
10 Nora Wake Deer River/Northland/Hi	1:04.70a
11 Tatum Morrison Deer River/Northland/Hi	1:05.44a
12 Alli Wiita Mountain Iron-Buhl	1:05.60a
13 Anna Neyens Mountain Iron-Buhl	1:06.59a

Girls Varsity 800 Meters Finals

Athlete Yr Team Mark Wind

1 Olivia Pascuzzi Chisholm	2:23.33a
2 Brielle Simula Carlton-Wrenshall	2:26.65a
3 Kiera Kylander-Johnson Marshall (Duluth)	2:28.77a
4 Ruth Sandstrom Carlton-Wrenshall	2:30.16a
5 Aubree Skelton Mesabi East	2:33.88a
6 Taylor Covier Greenway/Nashwauk/Keewa	2:34.56a
7 Violet Vanderscheuren South Ridge	2:40.69a
8 Regan Klemetsen South Ridge	2:42.26a
9 Aubrey Pearce Esko	2:42.45a
10 Destiny Schmitz Chisholm	2:42.69a
11 Kira Hamilton Aitkin	2:43.25a
12 Olivia Jutila Moose Lake/Willow River	2:44.05a
13 Anna Westin Crosby-Ironton	2:45.97a
-- Valerie Melander Silver Bay	DQ

Girls Varsity 1600 Meters Finals

Athlete Yr Team Mark Wind

- 1 Emaleigh Olesiak Cromwell-Wright 5:19.20a
- 2 Lola Champlin Greenway/Nashwauk/Keewa 5:23.70a
- 3 Taylor Covier Greenway/Nashwauk/Keewa 5:29.19a
- 4 Naiya Ruuska Esko 5:29.85a
- 5 Molly Brophy Ely 5:33.81a
- 6 Regan Klemetsen South Ridge 5:41.61a
- 7 Destiny Schmitz Chisholm 5:43.24a
- 8 Mattie Lindsay Ely 5:45.69a
- 9 Sophia Schut Silver Bay 5:47.31a
- 10 Katie Heikkila Mcgregor 5:54.95a
- 11 Lizzy Wells Esko 6:02.87a
- 12 Aliza Jacobson Crosby-Ironton 6:04.61a

Girls Varsity 3200 Meters Finals

Athlete Yr Team Mark Wind

- 1 Emaleigh Olesiak Cromwell-Wright 11:49.45a
- 2 Lola Champlin Greenway/Nashwauk/Keewa 12:13.17a
- 3 Brooklyn Wasche Moose Lake/Willow River 12:24.18a
- 4 Isabel Riley Carlton-Wrenshall 12:27.25a
- 5 Sierra Geatz Silver Bay 12:33.75a
- 6 Lola Hall International Falls 12:56.46a
- 7 Kota Powers Greenway/Nashwauk/Keewa 12:59.12a
- 8 Chloe Green Mesabi East 12:59.13a
- 9 Gabby Rosecrans Crosby-Ironton 13:16.07a
- 10 Macy Hanson Esko 13:25.19a
- 11 Kaitlin Olson Greenway/Nashwauk/Keewa 13:26.14a
- 12 Marie Eng Esko 13:26.72a
- 13 Lizzy Wells Esko 13:27.14a
- 14 Elizabeth Swartz Silver Bay 14:08.54a

Girls Varsity 100m Hurdles Finals

Athlete Yr Team Mark Wind

- 1 Gwendolyn Lilly Esko 16.47a 2.0
- 2 Amaya Grinde Two Harbors 16.94a 2.0
- 3 Brita Westman Aitkin 17.08a 2.0
- 4 Brooklyn Nelson Two Harbors 17.41a 2.0
- 5 Kaylee Kangas Greenway/Nashwauk/Keewa 17.92a 2.0
- 6 Madison Brown Greenway/Nashwauk/Keewa 18.10a 2.0
- 7 Shea Hennessy Bigfork 18.20a 2.0
- Tika May Aitkin DQ 2.0

Girls Varsity 100m Hurdles Prelims

Athlete Yr Team Mark Wind

- 1 Amaya Grinde Two Harbors 17.16a 0.0
- 2 Tika May Aitkin 17.23a 0.0
- 3 Gwendolyn Lilly Esko 17.34a 0.0
- 4 Brita Westman Aitkin 17.42a 0.0
- 5 Brooklyn Nelson Two Harbors 17.53a 0.0
- 6 Kaylee Kangas Greenway/Nashwauk/Keewa 17.58a 0.0
- 7 Madison Brown Greenway/Nashwauk/Keewa 18.22a 0.0
- 8 Shea Hennessy Bigfork 18.43a 0.0
- 9 Lucye Backstrom Esko 18.64a 0.0
- 10 Caitlynn Hemphill Deer River/Northland/Hi 18.67a 0.0
- 11 Piper Gogleye Bigfork 18.93a 0.0

- 12 Ray Anderson Marshall (Duluth) 19.02a 0.0
- 13 Keira Hesseldahl International Falls 19.64a 0.0
- 14 Faith Maunu Mesabi East 20.77a 0.0

Girls Varsity 300m Hurdles Finals

Athlete Yr Team Mark Wind

- 1 Tika May Aitkin 48.72a
- 2 Abigail Hutchinson International Falls 49.33a
- 3 Mary Fleming Crosby-Ironton 50.12a
- 4 Amaya Grinde Two Harbors 50.55a
- 5 Kaylee Kangas Greenway/Nashwauk/Keewa 51.65a
- 6 Isabella Nyberg Cromwell-Wright 52.19a
- 7 Addison Lobe Mountain Iron-Buhl 52.53a
- 8 Caitlynn Hemphill Deer River/Northland/Hi 53.65a
- 9 Anna Holmstrom Mountain Iron-Buhl 53.75a
- 10 Brecklyn Shovein Esko 54.02a
- 11 Mattie Lindsay Ely 54.21a
- 12 Aili Lund Barnum 54.82a
- 13 Macie Lind Cromwell-Wright 55.06a
- 14 Tanja Thomas Silver Bay 56.61a

Girls Varsity 4x100m Relay Finals

Team Time

- 1 Two Harbors 50.82a
- 1) Brooklyn Nelson 2) Delaney Nelson
- 3) Rachel Bopp 4) Trinity Giddings
- 2 Esko 51.63a
- 1) Reese Kuklinski 2) Gwendolyn Lilly
- 3) Kaitlyn McConnell 4) Whitney Hanson
- 3 International Falls 51.69a
- 1) Julia Dykstra 2) Piper Tomczak
- 3) Mary Versteeg 4) Abigail Hutchinson
- 4 Chisholm 52.51a
- 1) Mya Stainiger-David 2) Jezirae Flack
- 3) Zoe Plombon 4) Hailey Johnson
- 5 Moose Lake/Willow River 52.65a
- 1) Maddie Volk 2) Tyler Orvedahl
- 3) Jorja Juscak 4) Jocelyn Mundell
- 6 Mesabi East 52.96a
- 1) Mia Domiano 2) Aubrie Takanen
- 3) Finley Asuma 4) Olivia Forsline
- 7 Greenway/Nashwauk/Keewatin 53.11a
- 1) Frankie Cuellar 2) Claire Clusiau
- 3) Layla Miskovich 4) Jaci Rebrovich
- 8 Marshall (Duluth) 53.81a
- 1) Mariah Hernesman 2) Bianca Jukic
- 3) Kiera Kylander-Johnson 4) Ava Vee

Girls Varsity 4x200m Relay Finals

Team Time

- 1 Moose Lake/Willow River 1:49.83a
- 1) Jocelyn Mundell 2) Maddie Volk
- 3) Jorja Juscak 4) Tyler Orvedahl
- 2 International Falls 1:50.11a
- 1) Julia Dykstra 2) Jillian Bilben
- 3) Mary Versteeg 4) Abigail Hutchinson

- 3 Chisholm 1:50.70a
 1) Auvryana Worlie 2) Jezirae Flack
 3) Zoe Plombon 4) Hailey Johnson
 4 Ely 1:51.30a
 1) Grace Latourell 2) Anna Larson
 3) Lydia Shultz 4) Violet Udovich
 5 Esko 1:51.48a
 1) Reese Kuklinski 2) Gwendolyn Lilly
 3) Kaitlyn McConnell 4) Whitney Hanson
 6 Mesabi East 1:52.94a
 1) Mia Domiano 2) Aubrie Takanen
 3) Olivia Forsline 4) Aubree Skelton
 7 Mcgregor 1:54.43a
 1) Violet Brekke 2) Emma Henderson
 3) Paige Dean 4) Izzy Nelson
 8 Crosby-Ironton 1:55.71a
 1) Camryn Armbrust 2) Jayla Conner
 3) Georgianna Toftness 4) Jayden Wodarz

- 1) Eilee Straub 2) Ava McKibbon
 3) Ceilia Premier 4) Naiya Ruuska
 4 South Ridge 10:54.46a
 1) Madison Ellefson 2) Scarlett Vanderscheuren
 3) Violet Vanderscheuren 4) Addison Burckhardt
 5 Mesabi East 11:06.92a
 1) Mae Layman 2) Lilian Larson
 3) Chloe Green 4) Aubrey Steele
 6 Aitkin 11:18.32a
 1) Molly Franke 2) Ashley Asmus
 3) Allie Ostrowski 4) Kira Hamilton
 7 Greenway/Nashwauk/Keewatin 11:28.40a
 1) Kota Powers 2) Carly Adams
 3) Karly Mann 4) Kaitlin Olson
 8 Carlton-Wrenshall 11:44.47a
 1) Juleauna Johnson 2) Brielle Simula
 3) Vera Brown 4) Teagen Tessier

Girls Varsity 4x400m Relay Finals

Team Time

- 1 Two Harbors 4:12.05a
 1) Amaya Grinde 2) Delaney Nelson
 3) Rachel Bopp 4) Trinity Giddings
 2 Ely 4:15.57a
 1) Lydia Shultz 2) Sarah Visser
 3) Grace Latourell 4) Violet Udovich
 3 Moose Lake/Willow River 4:16.59a
 1) Maddie Volk 2) Amelia Olson
 3) Khloey Schmidt 4) Tyler Orvedahl
 4 Crosby-Ironton 4:21.02a
 1) Margaret Silgen 2) Sammie Hachey
 3) Maria Ringhand 4) Lucy Lewandowski
 5 Mcgregor 4:21.17a
 1) Violet Brekke 2) Paige Dean
 3) Emma Henderson 4) Emma Warner
 6 Mountain Iron-Buhl 4:24.64a
 1) Anna Neyens 2) Izzy Wiita
 3) Addison Lobe 4) Alli Wiita
 7 Esko 4:25.48a
 1) Eilee Straub 2) Paiton Plante
 3) Ceilia Premier 4) Whitney Hanson
 8 Mesabi East 4:27.60a
 1) Olivia Forsline 2) Micah Layman
 3) Paige Vandervort 4) Aubree Skelton
 9 International Falls 4:33.50a
 1) Piper Tomczak 2) Julia Dykstra
 3) Jillian Bilben 4) Emma Abernathy

Girls Varsity 4x800m Relay Finals

Team Time

- 1 Crosby-Ironton 10:11.61a
 1) Margaret Ringhand 2) Madeline Lacerte
 3) Maria Ringhand 4) Anna Westin
 2 Silver Bay 10:14.93a
 1) Genet Backman 2) Sophia Schut
 3) Sierra Geatz 4) Valerie Melander
 3 Esko 10:19.41a

Girls Varsity Shot Put Finals

Athlete Yr Team Mark

- 1 Annaka Bogenholm Barnum 36-4
 2 Reese Kuklinski Esko 34-9.5
 3 Julia Peterson Carlton-Wrenshall 31-9.5
 4 Maya Johnson Esko 31-6
 5 Lauren Basaraba International Falls 31-1.5
 6 Mya Gronner Cromwell-Wright 30-10.5
 7 Willow Horack Greenway/Nashwauk/Keewat 30-6
 8 Malea Jerry Moose Lake/Willow River 30-2
 9 Frankie Cuellar Greenway/Nashwauk/Keewat 29-7.5
 10 Ray Anderson Marshall (Duluth) 29-5
 11 Sage Hennen South Ridge 28-8
 12 Rachel Carter Ely 26-4.5
 13 Josie Baumgard Chisholm 26-1
 14 Zoe Kacures Cook County 26-0

Girls Varsity Discus Finals

Athlete Yr Team Mark

- 1 Annaka Bogenholm Barnum 114-10
 2 Maya Johnson Esko 106-11
 3 Julia Peterson Carlton-Wrenshall 106-9
 4 Kaylin Visser Ely 100-6
 5 Grace Matvey Lakeview Christian Acade 99-10
 6 Sydney Goss Greenway/Nashwauk/Keewat 97-8
 7 Kalina Dimitrova Cook County 93-7
 8 Malea Jerry Moose Lake/Willow River 90-9
 9 Sage Hennen South Ridge 84-9
 10 Cadence Wynn Crosby-Ironton 81-2
 11 Grace Maunu Mesabi East 81-0
 12 Rachel Carter Ely 76-8
 13 Rebekah Ojard Lakeview Christian Acade 75-9
 14 Ariaahana Schjenken Deer River/Northland/Hil 75-6

Girls Varsity High Jump Finals

Athlete Yr Team Mark Wind

- 1 Amaya Grinde Two Harbors 5-0
 2 Gianna Madill Esko 4-10

- 3 Marta Forsline Mesabi East 4-10
- 4 Grace Larson Crosby-Ironton 4-8
- 4 Macy Hanson Esko 4-8
- 6 Jezirae Flack Chisholm 4-8
- 7 Lydia Shultz Ely 4-8
- 8 Mariah Fitzpatrick Crosby-Ironton 4-6
- 8 Kyra Johnson Esko 4-6
- 10 Izzy Pascuzzi South Ridge 4-6
- 11 Izzy Nelson Mcgregor 4-6
- 12 Sarah Moe Mountain Iron-Buhl 4-4
- 13 Abbigail Hutchinson International Falls 4-4
- 14 Keira Hesseldahl International Falls 4-2

- 8 Emma Jacobson Aitkin 30-11 1.7
- 9 Rianna Nugent Greenway/Nashwauk/Keewat 30-10.25 0.7
- 10 Chloe Green Mesabi East 29-11 0.0
- 11 Holly Chesbrough Moose Lake/Willow River 29-10.5 1.8
- 12 Sarah Visser Ely 29-3.75 1.3
- 13 Josephine Kinn Bigfork 28-10.75 1.5
- Margaret Silgen Crosby-Ironton FS

Girls Varsity Pole Vault Finals

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Athlete Yr Team Mark Wind

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- 1 Lucy Lewandowski Crosby-Ironton 10-0
- 2 Sydney Jones Crosby-Ironton 9-6
- 3 Keira Hesseldahl International Falls 8-6
- 4 Aleah Lindgren Esko 8-0
- 5 Quianna Ford International Falls 8-0
- 6 Sami Warwas Mountain Iron-Buhl 7-6
- 7 Jaezreel Johnson Mesabi East 7-0
- 8 Mallory Leitinger Aitkin 7-0
- 9 London Smook Aitkin 6-6
- 10 Madeline Hipp Esko 6-0
- 11 Faith Hawkins Deer River/Northland/Hil 6-0
- 12 Londyn Eastwood Crosby-Ironton 6-0
- 13 Lola Hall International Falls 5-6
- Jackie Dahle Chisholm NM

Girls Varsity Long Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Trinity Giddings Two Harbors 17-0.75 0.0
- 2 Delaney Nelson Two Harbors 16-5.5 1.4
- 3 Mia Domiano Mesabi East 16-3 2.2
- 4 Siiena Anderson Cromwell-Wright 15-9.25 0.0
- 5 Kaitlyn McConnell Esko 15-7.5 0.5
- 6 Mariah Hernesman Marshall (Duluth) 15-7.5 3.3
- 7 Claire Clusiau Greenway/Nashwauk/Keewat 15-7.5 2.7
- 8 Layla Miskovich Greenway/Nashwauk/Keewat 15-5 1.3
- 9 Rachel Bopp Two Harbors 14-10.25 1.2
- 10 Anna Neyens Mountain Iron-Buhl 14-1.25 0.0
- 11 Sammie Hachey Crosby-Ironton 13-10.5 0.0
- 12 Izzy Pascuzzi South Ridge 13-9 0.0
- 12 Julia Dykstra International Falls 13-9 1.7
- 14 Addison Forsman Ely 13-5 0.9

Girls Varsity Triple Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Caitlin Armbrust Crosby-Ironton 33-10 1.0
- 2 Whitney Hanson Esko 33-7.5 1.2
- 3 Jillian Bilben International Falls 32-7.25 0.2
- 4 Layla Miskovich Greenway/Nashwauk/Keewat 31-8.25 3.0
- 5 Brooklyn Nelson Two Harbors 31-7 2.1
- 6 Shea Hennessy Bigfork 31-2 1.0
- 7 Macie Lind Cromwell-Wright 31-0.5 1.0