

2024 MSHSL Section 7AA Girls

May 29th & June 1st at Cloquet

Team Scores:

1. Chisago Lakes	158.5
2. North Branch Area	133.5
3. Proctor	84.5
4. Cloquet	81
5. Hibbing	71
6. Rock Ridge	40
7. Grand Rapids	35
8. Duluth Denfeld	34
9. Totino-Grace	33.5
10. Hermantown	27
11. Fridley	4

Girls Varsity 100 Meters Finals

=====

Athlete Yr Team Mark Wind

=====

1 Zeija Moore Duluth Denfeld	12.56a	-2.3
2 Dakota Esget North Branch	12.71a	-2.3
3 Lizzy Fultz Rock Ridge	12.93a	-2.3
4 Addyson Barrett Chisago Lakes	13.07a	-2.3
5 Denitsa Zaharieva Totino-Grace	13.07a	-2.3
6 Sophie Folkestad Proctor	13.19a	-2.3
7 Bene' Smith Chisago Lakes	13.35a	-2.3
8 Kailie Kopp North Branch	13.52a	-2.3

Girls Varsity 100 Meters Prelims

=====

Athlete Yr Team Mark Wind

=====

1 Zeija Moore Duluth Denfeld	12.57a	0.0
2 Dakota Esget North Branch	12.70a	0.0
3 Lizzy Fultz Rock Ridge	13.10a	0.0
6 Addyson Barrett Chisago Lakes	13.17a	0.0
7 Sophie Folkestad Proctor	13.25a	0.0
4 Bene' Smith Chisago Lakes	13.37a	0.0
5 Denitsa Zaharieva Totino-Grace	13.39a	0.0
8 Kailie Kopp North Branch	13.39a	0.0
9 Addison Griffin Chisago Lakes	13.40a	0.0
10 Lexie Pueringer Duluth Denfeld	13.49a	0.0
11 Isabella Avey Cloquet	13.51a	0.0
12 Ava Major Grand Rapids	13.67a	0.0
13 Faith Smith Totino-Grace	13.85a	0.0
14 Peyton Walker Proctor	13.92a	0.0
15 Abigail Theien Hibbing	13.96a	0.0
16 Alexia Alzen Grand Rapids	13.98a	0.0
17 Kaija Markovich Hermantown	14.00a	0.0
18 Olivia Tapp Totino-Grace	14.01a	0.0
19 Avery Smith North Branch	14.06a	0.0
20 Kaitlyn Olson Grand Rapids	14.10a	0.0
21 Kaley Will Cloquet	14.11a	0.0
22 Miia Johnson Rock Ridge	14.30a	0.0
23 Olivia Theien Hibbing	14.35a	0.0
24 Uriah Bell Duluth Denfeld	14.41a	0.0
25 Addison Hieb Proctor	14.50a	0.0

26 Libby Oaks Hermantown	14.50a	0.0
27 Sophie Roark Rock Ridge	14.70a	0.0
28 Emily Petroske Hibbing	14.87a	0.0
29 Sincere Woodard Fridley	14.89a	0.0
30 Jassica Groodyal Fridley	15.05a	0.0
31 Ashley Thomas Fridley	15.09a	0.0
32 Erica McDonald Hermantown	15.13a	0.0
33 Courtney Carroll Cloquet	16.56a	0.0

Girls Varsity 200 Meters Finals

=====

Athlete Yr Team Mark Wind

=====

1 Sophia Thorsen North Branch	25.41a	0.1
2 Zeija Moore Duluth Denfeld	26.29a	0.1
3 Lizzy Fultz Rock Ridge	26.65a	0.1
4 Sophia Benedict North Branch	26.85a	0.1
5 Gianna Hansen Proctor	27.23a	0.1
6 Adaeze Enemuoh Hermantown	27.47a	0.1
7 Kennedy Wick Cloquet	28.01a	0.1
8 Claire Roufs Duluth Denfeld	28.04a	0.1

Girls Varsity 200 Meters Prelims

=====

Athlete Yr Team Mark Wind

=====

1 Sophia Thorsen North Branch	25.64a	0.0
2 Lizzy Fultz Rock Ridge	26.38a	0.0
3 Zeija Moore Duluth Denfeld	26.56a	0.0
5 Sophia Benedict North Branch	26.67a	0.0
4 Gianna Hansen Proctor	26.96a	0.0
6 Adaeze Enemuoh Hermantown	27.00a	0.0
7 Claire Roufs Duluth Denfeld	27.82a	0.0
8 Kennedy Wick Cloquet	27.82a	0.0
9 Hattie Eskeli Hibbing	27.82a	0.0
10 Allison Fink Rock Ridge	27.85a	0.0
11 Kendra Warren Chisago Lakes	27.97a	0.0
12 Andrea Petroske Hibbing	28.46a	0.0
13 Janelle Eyang Chisago Lakes	28.58a	0.0
14 Ella Dick North Branch	28.72a	0.0
15 Rowan Klinkner Chisago Lakes	28.85a	0.0
16 Maria Morrison Totino-Grace	29.17a	0.0
17 Julia Miletich Duluth Denfeld	29.39a	0.0
18 Olivia Theien Hibbing	29.56a	0.0
19 Lauren Bates Grand Rapids	29.60a	0.0
20 Nataleh Rapp Hermantown	29.71a	0.0
21 Addison Youngren Rock Ridge	29.90a	0.0
22 Kattie Correa Flores Totino-Grace	29.91a	0.0
23 Madison Podvin Totino-Grace	30.00a	0.0
24 Sarah Turner Cloquet	30.16a	0.0
25 Chloe Lind Proctor	30.26a	0.0
26 Libby Oaks Hermantown	30.29a	0.0
27 Allie Hammond Cloquet	30.53a	0.0
28 Keyanna Opira Grand Rapids	30.78a	0.0
29 Lily Christiansen Grand Rapids	31.42a	0.0

- 30 Evelyn Onken Proctor 31.65a 0.0
- 31 Marley Riopel Fridley 32.61a 0.0
- 32 Sophia Good Fridley 33.65a 0.0

- 4 Breonna Hurry Totino-Grace 2:26.46a
- 5 Claire Niksich Hermantown 2:27.08a
- 6 Paisley Kleiman Proctor 2:28.17a
- 7 Avery Kukowski Hibbing 2:29.14a
- 8 Alexa Shepherd Cloquet 2:30.51a

Girls Varsity 400 Meters Finals

=====

Athlete Yr Team Mark Wind

=====

- 1 Ella Kuhlman North Branch 59.40a
- 2 Gianna Hansen Proctor 59.50a
- 3 Brynn Babich Hibbing 59.56a
- 4 Denitsa Zaharieva Totino-Grace 1:00.46a
- 5 Alexa Shepherd Cloquet 1:00.99a
- 6 Erin Soup Loeb Cloquet 1:02.92a
- 7 Eleanor Udem Chisago Lakes 1:03.78a
- 8 Derrian Dick North Branch 1:03.85a

Girls Varsity 400 Meters Prelims

=====

Athlete Yr Team Mark Wind

=====

- 1 Ella Kuhlman North Branch 59.97a
- 2 Gianna Hansen Proctor 1:00.31a
- 3 Brynn Babich Hibbing 1:00.90a
- 5 Alexa Shepherd Cloquet 1:01.27a
- 4 Denitsa Zaharieva Totino-Grace 1:01.51a
- 6 Derrian Dick North Branch 1:01.65a
- 7 Erin Soup Loeb Cloquet 1:02.74a
- 8 Eleanor Udem Chisago Lakes 1:02.88a
- 9 Lauren Hughes Cloquet 1:02.96a
- 10 Gianna Figueroa Hibbing 1:03.32a
- 11 Paige Evans Proctor 1:03.93a
- 12 Campbell Amundson Hermantown 1:04.14a
- 13 Kaitlyn Olson Grand Rapids 1:04.15a
- 14 Chelsea Stipe Chisago Lakes 1:04.58a
- 15 Alizah Langner Hibbing 1:04.59a
- 16 Miia Johnson Rock Ridge 1:05.14a
- 17 Isabella Heinsch Chisago Lakes 1:05.35a
- 18 Ahnika Fossum Duluth Denfeld 1:05.51a
- 19 Kayla Chapin Hermantown 1:05.66a
- 20 Morgan Panichi Hermantown 1:06.22a
- 21 Madeline Smuk Totino-Grace 1:06.54a
- 22 Ella Jennissen Totino-Grace 1:06.60a
- 23 Lola Witty Proctor 1:07.40a
- 24 Alexis Sway North Branch 1:07.42a
- 25 Ana Haugen Duluth Denfeld 1:08.79a
- 26 Aubrey Cochran-Starr Fridley 1:09.50a
- 27 Mia Stark Rock Ridge 1:10.15a
- 28 Lily Christiansen Grand Rapids 1:10.92a
- 29 Lainie Jackson Grand Rapids 1:11.68a

Girls Varsity 800 Meters Finals

=====

Athlete Yr Team Mark Wind

=====

- 1 Tara Hertling Hibbing 2:17.58a
- 2 Carlie Blevins Proctor 2:19.10a
- 3 Madison Whitman North Branch 2:22.84a

Girls Varsity 800 Meters Prelims

=====

Athlete Yr Team Mark Wind

=====

- 1 Carlie Blevins Proctor 2:21.29a
- 2 Tara Hertling Hibbing 2:24.04a
- 3 Madison Whitman North Branch 2:26.27a
- 4 Paisley Kleiman Proctor 2:27.30a
- 5 Alexa Shepherd Cloquet 2:28.23a
- 6 Claire Niksich Hermantown 2:28.32a
- 7 Breonna Hurry Totino-Grace 2:28.65a
- 8 Avery Kukowski Hibbing 2:29.16a
- 9 Haley Mount Hibbing 2:30.16a
- 10 Nora Stark Rock Ridge 2:31.14a
- 11 Averiana Gellerman Chisago Lakes 2:34.02a
- 12 Kayla Jenkins Grand Rapids 2:35.91a
- 13 Alice Johnson Rock Ridge 2:39.62a
- 14 Victoria Nelson Cloquet 2:40.17a
- 15 Alexis Sway North Branch 2:40.22a
- 16 Makayla Waldron Rock Ridge 2:40.98a
- 17 Arianna Husfeldt Chisago Lakes 2:42.70a
- 18 Elle Nielsen North Branch 2:42.98a
- 19 Isabella McPhee Proctor 2:43.28a
- 20 Morgan Panichi Hermantown 2:45.24a
- 21 McKenzie Keane Totino-Grace 2:46.60a
- 22 Lainie Jackson Grand Rapids 2:48.53a
- 23 Lillian Mickelson Chisago Lakes 2:49.99a
- 24 Abby Brink Grand Rapids 2:50.12a
- 25 Alee DeVlieger Hermantown 2:50.96a
- 26 Natylee Anderson Duluth Denfeld 2:50.99a
- 27 Autumn Larsen Duluth Denfeld 2:55.01a
- 28 Frida Morales-Onofre Totino-Grace 2:57.92a
- 29 Makayla Stirewalt Cloquet 3:00.98a
- 30 Nex Nguyen Fridley 3:08.66a
- 31 Annabella Anderson Fridley 3:12.23a

Girls Varsity 1600 Meters Finals

=====

Athlete Yr Team Mark Wind

=====

- 1 Annika Hall Chisago Lakes 5:10.00a
- 2 Kaia Osmundson Chisago Lakes 5:16.81a
- 3 Mileena Sullivan Hibbing 5:28.77a
- 4 Della Bettendorf Proctor 5:34.14a
- 5 Ferrah LaLone Hermantown 5:35.25a
- 6 Camille Friden Totino-Grace 5:36.15a
- 7 Ava Witkowski North Branch 5:37.84a
- 8 Whitney Sylvester Grand Rapids 5:42.25a
- 9 Lilly Stelmack North Branch 5:43.28a
- 10 Lainey Hallan Chisago Lakes 5:44.22a
- 11 Elsa Winbigler Cloquet 5:45.11a
- 12 Alice Johnson Rock Ridge 5:53.08a

- 13 Makayla Waldron Rock Ridge 5:57.32a
- 14 Lainie Jackson Grand Rapids 5:59.21a
- 15 Grace Bigelow Hibbing 6:09.06a
- 16 Grace Mount Hibbing 6:11.17a
- 17 Kailey Vega Duluth Denfeld 6:13.46a
- 18 Julia Knight Proctor 6:15.06a
- 19 Addy Papin Rock Ridge 6:17.43a
- 20 Vanessa Pascone Duluth Denfeld 6:21.69a
- 21 Jordan Linder Cloquet 6:22.44a
- 22 Nessa Friess Proctor 6:22.76a
- 23 Milla Beldo Duluth Denfeld 6:29.78a
- 24 Julianne Thomas Totino-Grace 6:45.20a
- 25 Kylie Anderson North Branch 6:53.44a
- 26 Sophia Bemis Totino-Grace 7:02.15a
- 27 Emily Timm Grand Rapids 7:30.07a

- 1 Shaeyna Andreotti North Branch 15.73a 0.0
- 2 Ella Walker Proctor 16.00a 0.0
- 5 Makenzie Lynch Cloquet 16.30a 0.0
- 6 Maija Rantala Rock Ridge 17.18a 0.0
- 3 Brianna Polipnick North Branch 17.47a 0.0
- 7 Lily Hubbard Chisago Lakes 17.78a 0.0
- 8 Addison Shay Hibbing 18.06a 0.0
- 9 Valerie Zarbok North Branch 18.07a 0.0
- 4 Amelia Anderson Chisago Lakes 18.38a 0.0
- 10 Abigail Sather Rock Ridge 18.51a 0.0
- 11 Nora Friess Proctor 18.68a 0.0
- 12 Grace Cool Totino-Grace 19.35a 0.0
- 13 Addison Aleshire Fridley 19.41a 0.0
- 14 Alexis Chandler Hermantown 19.72a 0.0
- 15 Priti Rana Fridley 19.95a 0.0
- 16 Emma Bradach Rock Ridge 19.99a 0.0
- 17 Megan Gunderson Hermantown 20.21a 0.0
- 18 Madison Arroyo Constanti Fridley 20.29a 0.0
- 19 Bridget Denton Totino-Grace 20.90a 0.0
- 20 Raya Trigas Proctor 21.04a 0.0
- 21 Eliza Scott Hermantown 21.39a 0.0
- 22 Makena Smith Cloquet 22.09a 0.0
- 23 Autumn Nelson Hibbing 22.10a 0.0
- Riley Toivonen Grand Rapids NM 0.0
- Lily DeBay Grand Rapids FS 0.0

Girls Varsity 3200 Meters Finals

=====

Athlete Yr Team Mark Wind

=====

- 1 Annika Hall Chisago Lakes 10:59.72a
- 2 Jocelyn Strukel Hibbing 11:20.33a
- 3 Lizzy Harnell Proctor 11:35.11a
- 4 Kaia Osmundson Chisago Lakes 11:48.94a
- 5 Ferrah LaLone Hermantown 11:54.99a
- 6 Nora Stark Rock Ridge 12:07.50a
- 7 Ava Witkowski North Branch 12:15.64a
- 8 Whitney Sylvester Grand Rapids 12:31.16a
- 9 Selah Binsfeld Totino-Grace 12:33.91a
- 10 Lilly Stelmack North Branch 12:36.52a
- 11 Lauren Kowarsch Chisago Lakes 12:42.05a
- 12 Emma Reini Hibbing 12:55.80a
- 13 Elsa Winbigler Cloquet 12:57.44a
- 14 Rachel Bettendorf Proctor 12:57.57a
- 15 Kailey Vega Duluth Denfeld 13:31.12a
- 16 Addy Papin Rock Ridge 13:46.32a
- 17 Cora Metelak Grand Rapids 14:19.22a
- 18 Milla Beldo Duluth Denfeld 14:25.18a
- 19 Tess Reilly Grand Rapids 14:41.98a
- 20 Kylie Anderson North Branch 15:07.16a

Girls Varsity 300m Hurdles Finals

=====

Athlete Yr Team Mark Wind

=====

- 1 Makenzie Lynch Cloquet 45.87a
- 2 Shaeyna Andreotti North Branch 47.36a
- 3 Lily DeBay Grand Rapids 48.90a
- 4 Hannah Farnsworth Hibbing 49.43a
- 5 Ava Bringgold Chisago Lakes 49.64a
- 6 Brianna Polipnick North Branch 50.37a
- 7 Kira Suominen Cloquet 50.96a
- 8 Maija Rantala Rock Ridge 51.99a

Girls Varsity 300m Hurdles Prelims

=====

Athlete Yr Team Mark Wind

=====

- 1 Makenzie Lynch Cloquet 45.81a
- 2 Ava Bringgold Chisago Lakes 46.67a
- 3 Shaeyna Andreotti North Branch 48.04a
- 4 Lily DeBay Grand Rapids 49.16a
- 5 Hannah Farnsworth Hibbing 49.19a
- 6 Brianna Polipnick North Branch 50.91a
- 7 Kira Suominen Cloquet 51.81a
- 8 Maija Rantala Rock Ridge 52.36a
- 9 Ellie Pease Proctor 52.44a
- 10 Olivia Battaglia Cloquet 53.70a
- 11 Grace Cool Totino-Grace 54.05a
- 12 Abigail Sather Rock Ridge 54.23a
- 13 Rosemary Schmitz Totino-Grace 54.36a
- 14 Amelia Anderson Chisago Lakes 54.46a
- 15 Brooke Wiese Hermantown 54.86a

Girls Varsity 100m Hurdles Finals

=====

Athlete Yr Team Mark Wind

=====

- 1 Shaeyna Andreotti North Branch 15.58a 0.4
- 2 Makenzie Lynch Cloquet 15.87a 0.4
- 3 Ella Walker Proctor 16.04a 0.4
- 4 Maija Rantala Rock Ridge 17.14a 0.4
- 5 Brianna Polipnick North Branch 17.28a 0.4
- 6 Lily Hubbard Chisago Lakes 17.45a 0.4
- 7 Riley Toivonen Grand Rapids 17.78a 0.4
- 8 Addison Shay Hibbing 17.88a 0.4

Girls Varsity 100m Hurdles Prelims

=====

Athlete Yr Team Mark Wind

=====

- 16 Bridget Denton Totino-Grace 55.19a
- 17 Savanna Bergman Rock Ridge 55.38a
- 18 Valerie Zarbok North Branch 55.74a
- 19 Raya Trigas Proctor 55.75a
- 20 Priti Rana Fridley 56.04a
- 21 Nora Friess Proctor 56.23a
- 22 Aubrie Hoard Grand Rapids 56.73a
- 23 Ada Miletich Duluth Denfeld 56.96a
- 24 Madison Arroyo Constanti Fridley 58.83a
- 25 Addison Aleshire Fridley 59.42a
- 26 Autumn Nelson Hibbing 59.73a
- 27 Megan Gunderson Hermantown 1:00.35a
- 28 Eliza Scott Hermantown 1:01.07a
- 29 Brooklynn Favell Duluth Denfeld 1:02.62a

Girls Varsity 4x100m Relay Finals

=====

Team Time

=====

- 1 North Branch 50.01a
- 1) Ella Kuhlman 2) Ella Dick
- 3) Sophia Benedict 4) Kailie Kopp
- 2 Chisago Lakes 50.43a
- 1) Addyson Barrett 2) Ava Bringgold
- 3) Addison Griffin 4) Bene' Smith
- 3 Hibbing 51.07a
- 1) Abigail Theien 2) Andrea Petroske
- 3) Hattie Eskeli 4) Brynn Babich
- 4 Duluth Denfeld 51.10a
- 1) Grace Nonnemacher 2) Lexie Pueringer
- 3) Claire Roufs 4) Zeija Moore
- 5 Cloquet 52.63a
- 1) Isabella Avey 2) Kaley Will
- 3) Rylee Senich 4) Kennedy Wick
- 6 Proctor 52.90a
- 1) Lauren Johnson 2) Addison Hieb
- 3) Peyton Walker 4) Sophie Folkestad
- 7 Totino-Grace 53.21a
- 1) Olivia Tapp 2) Rosemary Schmitz
- 3) Faith Smith 4) Ella Jennissen
- 8 Grand Rapids 54.02a
- 1) Alexza Alzen 2) Jada Morgan
- 3) Ellie Kragthorpe 4) Ava Major
- 9 Rock Ridge 54.79a
- 1) Lennon Hilde 2) Miia Johnson
- 3) Lahna Gelo 4) Nina Paulsen
- 10 Hermantown 54.79a
- 1) Libby Oaks 2) Erica McDonald
- 3) Nataleh Rapp 4) Kaija Markovich
- 11 Fridley 57.60a
- 1) Sincere Woodard 2) Ashley Thomas
- 3) Shalayah Woodard 4) Jassica Groodyal

Girls Varsity 4x200m Relay Finals

=====

Team Time

=====

- 1 North Branch 1:43.25a

- 1) Derrian Dick 2) Sophia Thorsen
- 3) Sophia Benedict 4) Dakota Esget
- 2 Chisago Lakes 1:46.59a
- 1) Addyson Barrett 2) Kendra Warren
- 3) Ava Bringgold 4) Bene' Smith
- 3 Cloquet 1:48.68a
- 1) Isabella Avey 2) Erin Soup Loeb
- 3) Rylee Senich 4) Kennedy Wick
- 4 Rock Ridge 1:49.22a
- 1) Kayden Maturi 2) Addison Youngren
- 3) Allison Fink 4) Lizzy Fultz
- 5 Hermantown 1:50.87a
- 1) Campbell Amundson 2) Claire Niksich
- 3) Nataleh Rapp 4) Adaeze Enemuoh
- 6 Proctor 1:52.39a
- 1) Chloe Lind 2) Ella Walker
- 3) Lauren Johnson 4) Sophie Folkestad
- 7 Hibbing 1:52.59a
- 1) Andrea Petroske 2) Rylee Moellering
- 3) Haley Mount 4) Gianna Figueroa
- 8 Duluth Denfeld 1:52.76a
- 1) Lexie Pueringer 2) Ahnika Fossum
- 3) Jordyn Serphon 4) Grace Nonnemacher
- 9 Totino-Grace 1:53.14a
- 1) Faith Smith 2) Maria Morrison
- 3) Kattie Correa Flores 4) Olivia Tapp
- 10 Grand Rapids 1:56.67a
- 1) Alexza Alzen 2) Riley Toivonen
- 3) Ellie Kragthorpe 4) Jada Morgan
- 11 Fridley 1:59.49a
- 1) Aubrey Cochran-Starr 2) Ahsia Freels
- 3) Brandi Washington 4) Jassica Groodyal

Girls Varsity 4x400m Relay Finals

=====

Team Time

=====

- 1 North Branch 4:00.48a
- 1) Derrian Dick 2) Dakota Esget
- 3) Sophia Thorsen 4) Ella Kuhlman
- 2 Cloquet 4:03.84a
- 1) Erin Soup Loeb 2) Makenzie Lynch
- 3) Lauren Hughes 4) Alexa Shepherd
- 3 Hibbing 4:09.90a
- 1) Brynn Babich 2) Tara Hertling
- 3) Hannah Farnsworth 4) Jorie Anderson
- 4 Proctor 4:13.85a
- 1) Carlie Blevins 2) Paisley Kleiman
- 3) Paige Evans 4) Gianna Hansen
- 5 Totino-Grace 4:15.39a
- 1) Bridget Denton 2) Denitsa Zaharieva
- 3) Breonna Hurry 4) Ella Jennissen
- 6 Chisago Lakes 4:16.40a
- 1) Chelsea Stipe 2) Isabella Heinsch
- 3) Eleanor Udem 4) Kaia Osmundson
- 7 Hermantown 4:24.67a
- 1) Claire Niksich 2) Brooke Wiese
- 3) Adaeze Enemuoh 4) Campbell Amundson

- 8 Grand Rapids 4:25.09a
 1) Kayla Jenkins 2) Lily Christiansen
 3) Kaitlyn Olson 4) Ginger Pogorelc
 9 Rock Ridge 4:32.35a
 1) Mia Stark 2) Makayla Waldron
 3) Lennon Hilde 4) Nora Stark
 10 Duluth Denfeld 4:36.67a
 1) Julia Miletich 2) Ada Miletich
 3) Ana Haugen 4) Luci Chastey

Girls Varsity 4x800m Relay Finals

=====

Team Time

=====

- 1 Hibbing 9:32.61a
 1) Tara Hertling 2) Jocelyn Strukel
 3) Jorie Anderson 4) Mileena Sullivan
 2 Proctor 9:43.04a
 1) Paisley Kleiman 2) Della Bettendorf
 3) Lizzy Harnell 4) Carlie Blevins
 3 Chisago Lakes 10:11.07a
 1) Lauren Kowarsch 2) Lainey Hallan
 3) Kara Hall 4) Eleanor Udem
 4 Totino-Grace 10:35.01a
 1) Camille Friden 2) Selah Binsfeld
 3) McKenzie Keane 4) Breonna Hurry
 5 Cloquet 11:07.91a
 1) Halie Chartier 2) Olivia Battaglia
 3) Victoria Nelson 4) Alli Weix
 6 Duluth Denfeld 11:37.98a
 1) Autumn Larsen 2) Vanessa Pascone
 3) Kyra Robinson 4) Natylee Anderson
 7 Grand Rapids 12:08.58a
 1) Cora Metelak 2) Emily Timm
 3) Andrea Basarich 4) Abby Brink
 8 Rock Ridge 12:12.51a
 1) Audrey Harley 2) Sam Zeiher
 3) Adel Patterson 4) Madelyn Hancock

Girls Varsity Shot Put Finals

=====

Athlete Yr Team Mark

=====

- 1 Laura Carlson Chisago Lakes 33-11.25
 2 Madison Eagle Chisago Lakes 33-6
 3 Presley Tapani Proctor 32-6.25
 4 Isabelle Walto Hibbing 31-10
 5 Linnea Carlson Chisago Lakes 30-5
 6 Ariana Ellis Hibbing 29-10.25
 7 Lola Witty Proctor 29-9
 8 Gabby Belrose Hermantown 29-4
 9 Ahna Demenge Cloquet 28-10.5
 10 Madison Roen Rock Ridge 28-4.75
 11 Yazmin Vazquez Rock Ridge 28-3
 12 Freya Lopez Cloquet 28-2.75
 13 Brooklyn Maki North Branch 28-1.5
 14 Sakaya Nimley Fridley 28-1.5
 15 Emily Brula Grand Rapids 27-10.5

- 16 Annika Tveiten Hermantown 27-3.5
 17 Jenna Minke North Branch 27-2
 18 Adrionna Vittori Hibbing 26-6.75
 19 Grace Armstrong Totino-Grace 25-7.5
 20 Cora Lord Hermantown 25-7
 21 Georgia Duffy Rock Ridge 25-4.75
 22 Aiyanna Shobe Fridley 24-7.75
 23 Cesi Giron Duluth Denfeld 24-7
 24 Heidi Hedberg North Branch 24-3.25
 25 Addison Sandman Cloquet 24-1
 26 Aubrey Scharpf Grand Rapids 23-7.75
 27 Samantha Herron Proctor 23-1.25
 28 Emma Thomsen Grand Rapids 22-4.75
 29 Nex Nguyen Fridley 22-1
 30 Addison Miner Duluth Denfeld 21-9.75
 31 Stephanie Onofre Calero Totino-Grace 20-1.5
 32 Gabriella Januschka Totino-Grace 20-0.5
 33 Haylee Donahue Duluth Denfeld 14-3

Girls Varsity Discus Finals

=====

Athlete Yr Team Mark

=====

- 1 Ava Luiten Cloquet 113-5
 2 Emma Thomsen Grand Rapids 99-3
 3 Ahna Demenge Cloquet 98-7
 4 Cora Lord Hermantown 98-3
 5 Linnea Carlson Chisago Lakes 93-11
 6 Madison Eagle Chisago Lakes 92-3
 7 Emily Brula Grand Rapids 92-2
 8 Freya Lopez Cloquet 89-1
 9 Annika Tveiten Hermantown 87-2
 10 Alex Gunderson Rock Ridge 86-11
 11 Brooklyn Maki North Branch 85-11
 12 Sakaya Nimley Fridley 85-2
 13 Isabelle Walto Hibbing 82-9
 14 Ava Neururer Grand Rapids 82-4
 15 Heidi Hedberg North Branch 80-10
 16 Grace Armstrong Totino-Grace 74-1
 17 Gabby Belrose Hermantown 73-8
 18 Ilsa Heinecke Chisago Lakes 72-9
 19 Ariana Ellis Hibbing 71-4
 20 Nex Nguyen Fridley 71-2
 21 Destiny Mackie Hibbing 70-9
 22 Malena Peterson Rock Ridge 68-7
 23 Emily Pontinen Rock Ridge 64-9
 24 Alexis Vogel Proctor 63-4
 25 Emma Anderson North Branch 61-8
 26 Cesi Giron Duluth Denfeld 61-7
 27 Addison Miner Duluth Denfeld 60-6
 28 Greta Gustavson Proctor 57-1
 29 Elissa Donahue Proctor 56-5
 30 Kiaree Malone Fridley 53-9
 31 Gabriella Januschka Totino-Grace 52-9
 32 Stephanie Onofre Calero Totino-Grace 38-0
 33 Haylee Donahue Duluth Denfeld 32-4

Girls Varsity High Jump Finals

=====
Athlete Yr Team Mark Wind
=====

- 1 Ava Bringgold Chisago Lakes 5-2
2 Ginger Pogorelc Grand Rapids 5-1
3 KelliJoy Manninen Proctor 5-0
3 Lily Hubbard Chisago Lakes 5-0
5 Sophia Thorsen North Branch 4-10
5 Sarah Lumaya Totino-Grace 4-10
7 Avery Smith North Branch 4-10
8 Ella Walker Proctor 4-10
9 Hattie Eskeli Hibbing 4-8
10 Rylee Senich Cloquet 4-8
11 Shelbie Novak Rock Ridge 4-8
11 Sophia Benedict North Branch 4-8
13 Olivia Johnson Hermantown 4-8
14 Gianna Manning Hibbing 4-8
15 Ahsia Freels Fridley 4-8
16 Brooklyn Bethke Totino-Grace 4-6
17 Mikenna Fritzke Chisago Lakes 4-6
18 Sophie Roark Rock Ridge 4-6
19 Lahna Gelo Rock Ridge 4-4
-- Hanna Brula Grand Rapids NM
-- Riley Toivonen Grand Rapids NM
-- Kira Suominen Cloquet NM
-- Rylee Kalkbrenner Hermantown NM
-- Nora Friess Proctor NM
-- Emilia Heller Hibbing NM

Girls Varsity Pole Vault Finals
=====

Athlete Yr Team Mark Wind
=====

- 1 Ella Dick North Branch 11-1
2 Dakota Esget North Branch 10-1
3 Brooke Giese North Branch 9-7
4 Bene' Smith Chisago Lakes 9-1
5 Catharine Larson Chisago Lakes 8-7
6 Amelia Anderson Chisago Lakes 8-7
7 Maria Morrison Totino-Grace 8-1
8 Alizah Langner Hibbing 8-1
9 Brooklyn Bethke Totino-Grace 7-7
10 Julia Miletich Duluth Denfeld 7-1
10 Lauren Bates Grand Rapids 7-1
12 Isabella Zika Hibbing 7-1
12 Alli Weix Cloquet 7-1
14 Andrea Basarich Grand Rapids 7-1
14 Sophie Roark Rock Ridge 7-1
-- Miiia Johnson Rock Ridge NM
-- Gianina Paulsen Rock Ridge NM
-- Jordan Linder Cloquet NM
-- Emmi Seafolk Cloquet NM
-- Ada Miletich Duluth Denfeld NM
-- Kylie Keller Duluth Denfeld NM
-- Katie Harker Grand Rapids NM

Girls Varsity Long Jump Finals
=====

Athlete Yr Team Mark Wind
=====

- 1 Addyson Barrett Chisago Lakes 16-6.75 1.4
2 Allison Fink Rock Ridge 16-1 -0.1
3 Grace Nonnemacher Duluth Denfeld 16-0.75 2.5
4 Addison Griffin Chisago Lakes 15-8.75 0.0
5 Kira Suominen Cloquet 15-7.75 1.3
6 Lily DeBay Grand Rapids 15-7.5 0.8
7 Kennedy Wick Cloquet 15-6.5 1.3
8 Madison Whitman North Branch 15-5.75 0.0
9 Lillian Talarico Proctor 15-5.25 0.0
10 Denitsa Zaharieva Totino-Grace 15-0.5 0.3
11 Brandi Washington Fridley 14-10 -1.4
12 Kailie Kopp North Branch 14-7.5 0.1
13 Derrian Dick North Branch 14-4 0.7
14 Eden Appleby Chisago Lakes 13-10 0.0
15 Aubrie Hoard Grand Rapids 13-7.5 0.9
16 Olivia Tapp Totino-Grace 13-4.5 0.0
17 Sophie Roark Rock Ridge 13-4.5 0.0
18 Kaitlyn Olson Grand Rapids 13-1.75 1.5
19 Jassica Groodyal Fridley 12-11.25 1.2
20 Brooke Wiese Hermantown 12-10.5 0.8
21 Gianna Manning Hibbing 12-8.75 1.3
22 Courtney Setterlund Fridley 12-8 0.0
23 Evie Renskers Hibbing 12-5.25 0.0
24 Amaria Williams Duluth Denfeld 12-3 0.0
25 Ana Haugen Duluth Denfeld 12-3 0.8
26 Dakota Wakefield Hermantown 12-2.25 0.7
27 Chloe Lind Proctor 12-2 1.0
28 Olivia Battaglia Cloquet 12-1.5 1.0
29 Abby Schunk Proctor 11-6 2.3
30 Anna Bergerson Hermantown 10-6.25 0.0
-- Jacinda Wilcox Rock Ridge FS

Girls Varsity Triple Jump Finals
=====

Athlete Yr Team Mark Wind
=====

- 1 Kendra Warren Chisago Lakes 34-9 -1.7
2 Gianna Hansen Proctor 33-9.5 1.5
3 Makenzie Lynch Cloquet 33-8.75 4.7
4 Allison Fink Rock Ridge 33-2.25 -1.8
5 Brandi Washington Fridley 33-0.75 0.5
6 Kailie Kopp North Branch 33-0.5 -0.6
7 Eden Appleby Chisago Lakes 32-10.25 -2.4
8 Chelsea Stipe Chisago Lakes 32-4.75 -2.2
9 Kayden Maturi Rock Ridge 31-9 0.0
10 Kayla Jenkins Grand Rapids 31-7.5 -1.9
11 Kira Suominen Cloquet 31-7 0.7
12 Isabella Avey Cloquet 31-5 1.0
13 Ella Dick North Branch 31-4.5 1.0
14 Lillian Talarico Proctor 30-11.75 0.3
15 Ahsia Freels Fridley 29-2 1.8
16 Gianna Manning Hibbing 28-8.75 -2.1
17 Jacinda Wilcox Rock Ridge 28-8.75 -2.0
18 Alexis Sway North Branch 28-7.25 0.0
19 Abigail Collins Totino-Grace 28-7 -2.5
20 Jayden Larson Proctor 28-2 0.0

21 Rylee Kalkbrenner Hermantown 27-9.5 -0.5
22 Hanna Brula Grand Rapids 27-7.75 -0.2
23 Dakota Wakefield Hermantown 27-2.25 0.1
24 Courtney Setterlund Fridley 26-5 0.0
25 Milla Beldo Duluth Denfeld 25-9.5 1.9
26 Anna Bergerson Hermantown 24-9.25 0.0
27 Natylee Anderson Duluth Denfeld 23-2.25 -1.9
-- Madison Podvin Totino-Grace FS 0.0