

2024 MSHSL Section 7AAA Girls T & F Championship

May 29th - May 31st at Forest Lake

Team Scores:

1. Blaine	200.5
2. Forest Lake	184
3. Duluth East	112
4. Anoka	106.5
5. Andover	98
6. Cambridge-Isanti	94
7. Centennial	81
8. Coon Rapids	38

Girls Varsity 100 Meters Finals

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Athlete Yr Team Mark Wind

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1 Savana Sanchez Forest Lake	12.55a	-0.2
2 Aliyah Adepoju Blaine	12.69a	-0.2
3 Ja'Mya Viney Anoka	12.84a	-0.2
4 Georgetina Mitchell Anoka	13.06a	-0.2
5 Jordan Blair Blaine	13.09a	-0.2
6 Tayalekay Borh Blaine	13.15a	-0.2
7 Makayla Miles Forest Lake	13.17a	-0.2
8 Grace Hoffmann Cambridge-Isanti	13.22a	-0.2
9 Reginae Tandoh Centennial	13.34a	-0.2

Girls Varsity 100 Meters Prelims

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Athlete Yr Team Mark Wind

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1 Savana Sanchez Forest Lake	12.50a	0.0
2 Aliyah Adepoju Blaine	12.69a	0.0
3 Tayalekay Borh Blaine	12.75a	0.0
4 Ja'Mya Viney Anoka	12.82a	0.0
5 Reginae Tandoh Centennial	12.85a	0.0
6 Jordan Blair Blaine	12.86a	0.0
7 Grace Hoffmann Cambridge-Isanti	12.96a	0.0
8 Georgetina Mitchell Anoka	13.01a	0.0
9 Makayla Miles Forest Lake	13.08a	0.0
10 Solange Barkon Coon Rapids	13.10a	0.0
11 Amari Royal Coon Rapids	13.13a	0.0
12 Maria Drozdowski Duluth East	13.15a	0.0
13 Elaina Bellows Cambridge-Isanti	13.30a	0.0
14 Isabella Schroeder Andover	13.30a	0.0
15 Amelia Bonnett Forest Lake	13.30a	0.0
16 Danielle Ude Coon Rapids	13.41a	0.0
17 Jenna Simso Centennial	13.42a	0.0
18 Kathryn Woelfel Centennial	13.44a	0.0
19 Halle Olson Duluth East	13.66a	0.0
20 Mia Eberth Duluth East	13.66a	0.0
21 Skyler Jacobson Anoka	13.85a	0.0
22 Kya O'Hanlon Andover	13.89a	0.0
23 Sarah Mutamba Andover	13.95a	0.0
24 Olivia Goldeman Cambridge-Isanti	14.12a	0.0

Girls Varsity 200 Meters Finals

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Athlete Yr Team Mark Wind

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1 Hannah Claussen Blaine	25.10a	0.0
2 Hope Dweh Blaine	26.03a	0.0
3 Sarah Greicar Duluth East	26.34a	0.0
4 Grace Kowhegba Blaine	26.42a	0.0
5 Savana Sanchez Forest Lake	26.52a	0.0
6 Reginae Tandoh Centennial	27.21a	0.0
7 Averi Conzemius Cambridge-Isanti	27.33a	0.0
8 Maria Drozdowski Duluth East	27.57a	0.0
9 Marlina Williams Coon Rapids	28.04a	0.0

Girls Varsity 200 Meters Prelims

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Athlete Yr Team Mark Wind

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1 Hannah Claussen Blaine	25.49a	0.0
2 Hope Dweh Blaine	25.76a	0.0
3 Grace Kowhegba Blaine	26.03a	0.0
4 Savana Sanchez Forest Lake	26.35a	0.0
5 Sarah Greicar Duluth East	26.38a	0.0
6 Averi Conzemius Cambridge-Isanti	26.69a	0.0
7 Reginae Tandoh Centennial	26.71a	0.0
8 Marlina Williams Coon Rapids	27.19a	0.0
9 Maria Drozdowski Duluth East	27.31a	0.0
10 Solange Barkon Coon Rapids	27.31a	0.0
11 Olivia Brown Andover	27.40a	0.0
12 Mackenzie Werner Duluth East	27.49a	0.0
13 Addison Nelson Cambridge-Isanti	27.85a	0.0
14 Nora Helvig Centennial	27.88a	0.0
15 Valery Oyou Andover	27.90a	0.0
16 Alexis Larsen Centennial	27.96a	0.0
17 Zoe Klocksien Cambridge-Isanti	28.19a	0.0
18 Abigale Grant Andover	28.19a	0.0
19 Elizabeth Buffie Anoka	28.35a	0.0
20 Summer Borsheim Forest Lake	28.39a	0.0
21 Sophia Bakri Coon Rapids	28.50a	0.0
22 Abigail Leaf Anoka	28.70a	0.0
23 Sofia Tudor Anoka	29.39a	0.0

Girls Varsity 400 Meters Finals

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Athlete Yr Team Mark Wind

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1 Katelyn Wozniak Blaine	57.60a
2 Ava Revoir Duluth East	59.03a
3 Arielle DeYoung Forest Lake	1:00.01a
4 Addison Stadden Blaine	1:00.72a
5 Annabelle Eaton Duluth East	1:00.74a
6 Elizabeth Fields Andover	1:01.56a
7 Aspen Gray Centennial	1:02.03a
8 Aaliyah Rogers Forest Lake	1:02.30a
9 Skylyn Jorgenson Andover	1:04.39a

Girls Varsity 400 Meters Prelims

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Athlete Yr Team Mark Wind
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- 1 Katelyn Wozniak Blaine 58.35a
2 Ava Revoir Duluth East 59.25a
4 Arielle DeYoung Forest Lake 59.72a
5 Annabelle Eaton Duluth East 1:00.86a
6 Aaliyah Rogers Forest Lake 1:00.96a
3 Elizabeth Fields Andover 1:01.29a
7 Addison Stadden Blaine 1:01.47a
8 Skylyn Jorgenson Andover 1:01.65a
9 Aspen Gray Centennial 1:02.19a
10 Emilia Lauinger Centennial 1:02.51a
11 Rachel Nordquist Andover 1:02.79a
12 Nora Langford Duluth East 1:04.25a
13 Bailey Rauh Coon Rapids 1:04.74a
14 Anna VanAcker Forest Lake 1:05.07a
15 Logan Brent Anoka 1:05.24a
16 Valerie Dweh Coon Rapids 1:05.25a
17 Hailey Weiss Cambridge-Isanti 1:05.40a
18 Abigail Ostrander Anoka 1:05.43a
19 Skylar Swenson Blaine 1:05.54a
20 Eva Maier Centennial 1:05.59a
21 Sofia Tudor Anoka 1:06.73a
22 Halloran Bergman Cambridge-Isanti 1:07.05a
23 Adelin Martel Cambridge-Isanti 1:08.05a
24 Sophia Smith Coon Rapids 1:14.02a

Girls Varsity 800 Meters Finals

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Athlete Yr Team Mark Wind
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- 1 Lauren Klein Centennial 2:16.38a
2 Lydia Eaton Duluth East 2:20.45a
3 Lucy Saari Forest Lake 2:20.64a
4 Lydia Kraker Duluth East 2:25.02a
5 Miranda Sawvel Centennial 2:26.10a
6 Grace Potvien Andover 2:27.22a
7 Edie Broadmoore Duluth East 2:29.69a
8 Ashley Lehrer Cambridge-Isanti 2:30.34a
9 Abigail Namukwaya Anoka 2:30.39a

Girls Varsity 800 Meters Prelims

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Athlete Yr Team Mark Wind
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- 1 Lauren Klein Centennial 2:17.31a
2 Lydia Eaton Duluth East 2:18.69a
3 Lucy Saari Forest Lake 2:19.93a
4 Lydia Kraker Duluth East 2:21.03a
5 Abigail Namukwaya Anoka 2:22.67a
6 Miranda Sawvel Centennial 2:25.26a
7 Grace Potvien Andover 2:25.66a
8 Edie Broadmoore Duluth East 2:27.60a
9 Ashley Lehrer Cambridge-Isanti 2:28.00a
10 Anna Swanson Centennial 2:29.01a

- 11 Julia Steman Cambridge-Isanti 2:30.50a
12 Hailey Kral Blaine 2:32.72a
13 Alayna Kurland Blaine 2:32.80a
14 Taylor Mjohus Anoka 2:34.89a
15 Chloe Erickson Forest Lake 2:34.96a
16 Abigail Strasser Blaine 2:35.28a
17 Alyssa Etter Andover 2:38.37a
18 Charlotte Kowallis Forest Lake 2:39.55a
19 Ava Kowalchuk Andover 2:39.69a
20 Grace Pardo Cambridge-Isanti 2:43.59a
21 Tessa Del Fratte Coon Rapids 2:48.11a
22 Kaylee Buerman Coon Rapids 2:49.95a
23 Kendall Martinek Coon Rapids 2:50.34a
24 Victoria Fernandez Anoka 3:08.65a

Girls Varsity 1600 Meters Finals

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Athlete Yr Team Mark Wind
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- 1 Norah Hushagen Forest Lake 4:59.42a
2 Kylie Nelson Centennial 5:05.00a
3 Sasha Wahman Duluth East 5:17.64a
4 Brynlee Wegener Blaine 5:18.79a
5 Kaelyn Nelson Anoka 5:20.38a
6 Maeta Williams Forest Lake 5:20.77a
7 Anna-Britta Helmer Duluth East 5:21.53a
8 Molly McCarthy Forest Lake 5:22.11a
9 Ruby Demmer Coon Rapids 5:22.31a
10 Abby Wood Centennial 5:25.08a
11 Alison Kreminski Duluth East 5:29.39a
12 Katie Meuer Blaine 5:29.76a
13 Lydia Smisson Cambridge-Isanti 5:45.84a
14 Grace Erickson Blaine 5:47.66a
15 Kate Hennes Anoka 5:49.91a
16 Olivia Michalke Cambridge-Isanti 5:53.45a
17 Savannah Jones Andover 5:59.38a
18 Athena Schoen Cambridge-Isanti 6:04.62a
19 Layla Kieffer Andover 6:09.89a
20 Madison Chrusciel Centennial 6:10.04a
21 Anne Jendro Andover 6:23.34a
22 Casey Amelsberg Coon Rapids 6:27.92a
23 Emelia Fuller Coon Rapids 6:28.31a
24 Haley DeRungs Anoka 6:32.64a

Girls Varsity 3200 Meters Finals

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Athlete Yr Team Mark Wind
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- 1 Norah Hushagen Forest Lake 10:44.95a
2 Rowan Bixler Duluth East 10:53.12a
3 Brynlee Wegener Blaine 11:31.78a
4 Kaelyn Nelson Anoka 11:36.94a
5 Molly McCarthy Forest Lake 11:40.72a
6 Abby Wood Centennial 11:49.40a
7 Makenna Sjoberg Cambridge-Isanti 11:57.23a
8 Sasha Wahman Duluth East 11:59.74a
9 Taylor Wood Duluth East 12:05.72a
10 Katie Meuer Blaine 12:09.78a

- 11 Maeta Williams Forest Lake 12:10.78a
- 12 Isabel Grant Andover 12:17.68a
- 13 Ruby Demmer Coon Rapids 12:19.18a
- 14 Ava Nibbelink Centennial 12:37.54a
- 15 Julia Strobel Andover 12:40.71a
- 16 Annelise Offerdahl Centennial 13:23.41a
- 17 Janelle Fredin Blaine 13:43.65a
- 18 Ava Miller Cambridge-Isanti 13:44.93a
- 19 Kate Hennes Anoka 13:55.81a
- 20 Savannah Jones Andover 14:11.52a
- 21 Brooke Jankovich Cambridge-Isanti 14:13.44a
- 22 Casey Amelsberg Coon Rapids 14:43.20a
- 23 Coretta Nelson Anoka 14:50.93a

Girls Varsity 100m Hurdles Finals

Athlete Yr Team Mark Wind

- 1 Payton McKnight Andover 15.10a -0.1
- 2 Nyebol Jock Coon Rapids 15.40a -0.1
- 3 Hannah Bingham Cambridge-Isanti 16.05a -0.1
- 4 Madeline Wood Centennial 16.50a -0.1
- 5 Reese Wilking Cambridge-Isanti 16.53a -0.1
- 6 Cameron Miles Blaine 16.67a -0.1
- 7 Lucy Rappana Duluth East 16.78a -0.1
- 8 Julia Legeault Forest Lake 16.99a -0.1
- 9 Ethel Cooper Andover 18.52a -0.1

Girls Varsity 100m Hurdles Prelims

Athlete Yr Team Mark Wind

- 1 Payton McKnight Andover 15.22a 0.0
- 2 Nyebol Jock Coon Rapids 15.35a 0.0
- 3 Hannah Bingham Cambridge-Isanti 15.61a 0.0
- 4 Julia Legeault Forest Lake 16.35a 0.0
- 5 Reese Wilking Cambridge-Isanti 16.48a 0.0
- 6 Madeline Wood Centennial 16.54a 0.0
- 7 Cameron Miles Blaine 16.71a 0.0
- 8 Lucy Rappana Duluth East 16.81a 0.0
- 9 Ethel Cooper Andover 17.09a 0.0
- 10 Domayoun Vawah Blaine 17.11a 0.0
- 11 Megan Griswold Blaine 17.17a 0.0
- 12 Namya Arrington Coon Rapids 17.41a 0.0
- 13 Madeleine Bonnett Forest Lake 17.67a 0.0
- 14 Stella Sorenson Duluth East 17.82a 0.0
- 15 Sydney West Anoka 18.02a 0.0
- 16 Annalee Fowler Cambridge-Isanti 18.24a 0.0
- 17 Abby Myers Duluth East 18.59a 0.0
- 18 Rosemary Burns Forest Lake 18.85a 0.0
- 19 Elizabeth Buffie Anoka 18.87a 0.0
- 20 Payton Klun Centennial 19.45a 0.0
- 21 Larkin Rieck Andover 19.59a 0.0
- 22 Kailyn Lindstrom Centennial 19.65a 0.0
- 23 Magdalene Mbemeh Anoka 20.25a 0.0

Girls Varsity 300m Hurdles Finals

Athlete Yr Team Mark Wind

- 1 Hannah Bingham Cambridge-Isanti 45.68a
- 2 Nyebol Jock Coon Rapids 46.06a
- 3 TaTianna Lindsey Blaine 48.89a
- 4 Alaina Westholm Duluth East 49.29a
- 5 Lucy Rappana Duluth East 49.77a
- 6 Vanessa Peterson Blaine 49.88a
- 7 Madeline Wood Centennial 49.88a
- 8 Julia Legeault Forest Lake 50.71a
- 9 Payton McKnight Andover 58.04a

Girls Varsity 300m Hurdles Prelims

Athlete Yr Team Mark Wind

- 1 Payton McKnight Andover 45.91a
- 2 Nyebol Jock Coon Rapids 46.23a
- 3 Hannah Bingham Cambridge-Isanti 46.37a
- 4 TaTianna Lindsey Blaine 47.93a
- 5 Madeline Wood Centennial 48.05a
- 6 Alaina Westholm Duluth East 49.48a
- 7 Lucy Rappana Duluth East 49.67a
- 8 Vanessa Peterson Blaine 49.84a
- 9 Julia Legeault Forest Lake 49.89a
- 10 Reese Wilking Cambridge-Isanti 49.93a
- 11 Madeleine Bonnett Forest Lake 50.19a
- 12 Namya Arrington Coon Rapids 51.24a
- 13 Ethel Cooper Andover 51.70a
- 14 Victoria Herzog Cambridge-Isanti 51.73a
- 15 Larkin Rieck Andover 51.86a
- 16 Cameron Miles Blaine 52.73a
- 17 Stella Bone Coon Rapids 52.99a
- 18 Maggie Wippich Anoka 53.03a
- 19 Stella Sorenson Duluth East 53.08a
- 20 Jesalyn Chouinard Forest Lake 53.16a
- 21 Abigail Schull Centennial 53.28a
- 22 Sydney West Anoka 54.51a
- 23 Brooke Hayes Centennial 55.13a
- 24 Isabella Leaf Anoka 58.33a

Girls Varsity 4x100m Relay Finals

Team Time

- 1 Blaine 49.53a
- 1) Aliyah Adepoju 2) Jordan Blair
- 3) Tayalekay Borh 4) Grace Kowhegba
- 2 Forest Lake 50.26a
- 1) Amelia Bonnett 2) Savana Sanchez
- 3) Makayla Miles 4) Summer Borsheim
- 3 Centennial 50.75a
- 1) Jenna Simso 2) Kathryn Woelfel
- 3) Alexis Larsen 4) Reginae Tandoh
- 4 Coon Rapids 50.87a
- 1) Solange Barkon 2) Marlvena Williams
- 3) Mahlia Galimah 4) Amari Royal
- 5 Anoka 51.45a

- 1) Elizabeth Buffie 2) Georgetina Mitchell
- 3) Skyler Jacobson 4) Ja'Mya Viney
- 6 Andover 51.53a
- 1) Ethel Cooper 2) Isabella Schroeder
- 3) Sarah Mutamba 4) Avah Shaw
- 7 Cambridge-Isanti 52.50a
- 1) Grace Hoffmann 2) Rilynn Herbst
- 3) Elaina Bellows 4) Zoe Klocksien
- 8 Duluth East 52.75a
- 1) Sarah Rectenwald 2) Elsie Zimpel
- 3) Nora Langford 4) Mia Eberth

- 1) Rachel Nordquist 2) Skylyn Jorgenson
- 3) Payton McKnight 4) Elizabeth Fields
- 6 Cambridge-Isanti 4:18.06a
- 1) Makenna Sjoberg 2) Carley Halstensgard
- 3) Hailey Weiss 4) Hannah Bingham
- 7 Coon Rapids 4:23.51a
- 1) Madelyn Wilber 2) Bailey Rauh
- 3) Valerie Dweh 4) Kaylee Buerman
- 8 Anoka 4:38.09a
- 1) Abigail Ostrander 2) Sofia Tudor
- 3) Logan Brent 4) Abigail Namukwaya

Girls Varsity 4x200m Relay Finals

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Team Time

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- 1 Blaine 1:41.66a
- 1) Katelyn Wozniak 2) Hannah Claussen
- 3) Grace Kowhegba 4) Hope Dweh
- 2 Duluth East 1:45.44a
- 1) Maria Drozdowski 2) Mackenzie Werner
- 3) Ava Revoir 4) Sarah Greicar
- 3 Andover 1:47.35a
- 1) Elizabeth Fields 2) Olivia Brown
- 3) Kya O'Hanlon 4) Avah Shaw
- 4 Cambridge-Isanti 1:49.13a
- 1) Grace Hoffmann 2) Elaina Bellows
- 3) Averi Conzemius 4) Addison Nelson
- 5 Coon Rapids 1:51.64a
- 1) Marlina Williams 2) Amari Royal
- 3) Mahlia Galimah 4) Sophia Bakri
- 6 Centennial 1:52.93a
- 1) Alexis Larson 2) Megan Skalicky
- 3) Claire Zandstra 4) Nora Helvig
- 7 Anoka 1:53.13a
- 1) Maggie Wippich 2) Skyler Jacobson
- 3) Abigail Leaf 4) Logan Brent
- 8 Forest Lake 1:57.73a
- 1) Ellyana Stamp 2) Rosemary Burns
- 3) Jesalyn Chouinard 4) Chloe Erickson

Girls Varsity 4x800m Relay Finals

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Team Time

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- 1 Centennial 9:20.15a
- 1) Julia Zalewski 2) Miranda Sawvel
- 3) Lauren Klein 4) Kylie Nelson
- 2 Forest Lake 9:24.87a
- 1) Arielle DeYoung 2) Anna VanAcker
- 3) Aaliyah Rogers 4) Lucy Saari
- 3 Duluth East 9:33.25a
- 1) Rowan Bixler 2) Anna-Britta Helmer
- 3) Lydia Kraker 4) Lydia Eaton
- 4 Cambridge-Isanti 10:07.25a
- 1) Ashley Lehrer 2) Lydia Smisson
- 3) Julia Steman 4) Makenna Sjoberg
- 5 Andover 10:14.63a
- 1) Skylyn Jorgenson 2) Isabel Grant
- 3) Taylor Dehn 4) Grace Potvien
- 6 Blaine 10:28.73a
- 1) Hailey Kral 2) Abigail Strasser
- 3) Ellyn Soli 4) Alayna Kurland
- 7 Anoka 11:33.74a
- 1) Abigail Ostrander 2) Taylor Mjolhus
- 3) Haley DeRungs 4) Olivia Goddard
- 8 Coon Rapids 11:39.14a
- 1) Kaylee Buerman 2) Kendall Martinek
- 3) Emerine Quinones 4) Tessa Del Fratte

Girls Varsity 4x400m Relay Finals

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Team Time

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- 1 Blaine 3:57.62a
- 1) Katelyn Wozniak 2) Addison Stadden
- 3) Hannah Claussen 4) Hope Dweh
- 2 Duluth East 4:02.74a
- 1) Annabelle Eaton 2) Sarah Greicar
- 3) Lydia Eaton 4) Ava Revoir
- 3 Centennial 4:03.30a
- 1) Aspen Gray 2) Julia Zalewski
- 3) Kylie Nelson 4) Lauren Klein
- 4 Forest Lake 4:09.02a
- 1) Arielle DeYoung 2) Aaliyah Rogers
- 3) Norah Hushagen 4) Lucy Saari
- 5 Andover 4:10.47a

Girls Varsity Shot Put Finals

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Athlete Yr Team Mark

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- 1 Alexis Fahey Forest Lake 38-8.75
- 2 Lydia Lakanen Anoka 37-7
- 3 Maja Henslin Forest Lake 37-6
- 4 Miyah Gunter Blaine 36-11.25
- 5 Jasmine Cummings Andover 36-4
- 6 Isabella Novak Andover 35-6.5
- 7 Grace Morphew Anoka 33-10.5
- 8 Giovanna Morcho Andover 32-1
- 9 Carley Halstensgard Cambridge-Isanti 31-11.25
- 10 Erin Baker Cambridge-Isanti 31-7.75
- 11 Deborah Ayeni Anoka 31-6.5
- 12 Deborah Timothy Centennial 31-2.5
- 13 Amadion Flores Coon Rapids 30-10

- 14 Sophia Tieden Blaine 30-5.5
- 15 Bella Brustuen Blaine 28-11.5
- 16 Kania Cummings Coon Rapids 28-7
- 17 Analise George Duluth East 28-4
- 18 Lauren Udd Forest Lake 28-3.25
- 19 Adrian Hayden Coon Rapids 28-2
- 20 Annie Trettel Centennial 27-9.5
- 21 Natalie Foreman Centennial 27-0.5
- 22 Bailey Okerlund Cambridge-Isanti 24-2.5
- 23 Kora Webster Duluth East 22-0.25

- 16 Anna Kovacs Forest Lake 4-4
- 16 Shanyah Horton Coon Rapids 4-4
- 16 Madelyn Wilber Coon Rapids 4-4
- 19 Raina Thomas Duluth East 4-4
- 20 Stella Bone Coon Rapids 4-4
- Sophia Thomas Duluth East NM
- Anastasia Beckman Blaine NM
- Ashlyn Mcgeary Forest Lake NM

Girls Varsity Discus Finals

Girls Varsity Pole Vault Finals

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Athlete Yr Team Mark

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Athlete Yr Team Mark Wind

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- 1 Alexis Fahey Forest Lake 137-8
- 2 Lydia Lakanen Anoka 117-1
- 3 Isabella Novak Andover 105-5
- 4 Maja Henslin Forest Lake 104-5
- 5 Bella Brustuen Blaine 96-11
- 6 Erin Baker Cambridge-Isanti 96-0
- 7 Jessica Jensen Anoka 94-10
- 8 Mackenzie Jones Andover 90-9
- 9 Taylor Dybvig Cambridge-Isanti 89-7
- 10 Sophia Tieden Blaine 87-11
- 11 Annie Trettel Centennial 84-9
- 12 Sydney Sears Centennial 84-5
- 13 Sydney Sosinski Centennial 83-1
- 14 Naddy Barry Blaine 81-11
- 15 Adrian Hayden Coon Rapids 81-7
- 16 Lucille Mithshulis Anoka 80-6
- 17 Madison Babbs Andover 79-10
- 18 Macy English Coon Rapids 78-1
- 19 Evelyn Eichinger Forest Lake 75-9
- 20 Lorelyn Nelson Duluth East 68-8
- 21 Isabella Freeman Coon Rapids 67-4
- 22 Kora Webster Duluth East 63-2
- 23 Hannah Tilus-Tierney Cambridge-Isanti 51-6

- 1 Makayla Miles Forest Lake 11-5
- 2 Macie Beall Anoka 10-11
- 2 Ellyana Stamp Forest Lake 10-11
- 4 Abigail Kryzer Cambridge-Isanti 10-11
- 5 Aubrey Wilson Cambridge-Isanti 10-5
- 6 Ava Gross Andover 10-5
- 7 Maria Byrnes Anoka 9-11
- 8 Olivia Nedved Andover 9-11
- 9 Charly Hayes Centennial 8-11
- 10 Esther Miatke Duluth East 8-11
- 11 Katelyn Bialka Blaine 8-11
- 12 Azalea Steffes Duluth East 8-5
- Madeline O'Brien Cambridge-Isanti NM
- Katelyn Ross Centennial NM
- Jada Bahnson Blaine NM
- Taylor Mjolhus Anoka NM
- Kalista Barker Coon Rapids NM
- Tessa Del Fratte Coon Rapids NM
- Isabelle Benton Blaine NM
- Gabriella DeYoung Forest Lake NM
- Annabelle Eaton Duluth East NM

Girls Varsity High Jump Finals

Girls Varsity Long Jump Finals

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Athlete Yr Team Mark Wind

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Athlete Yr Team Mark Wind

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- 1 Avah Shaw Andover 5-4
- 2 Alice Steman Cambridge-Isanti 5-2
- 3 Hayden Reeder Anoka 5-2
- 4 Ja'Mya Viney Anoka 4-10
- 4 Katelyn Wozniak Blaine 4-10
- 6 Zoe Klocksien Cambridge-Isanti 4-10
- 7 Hannah Claussen Blaine 4-10
- 8 Abigail Lazan Andover 4-8
- 9 Julia Legeault Forest Lake 4-8
- 10 Isabella Kuter Centennial 4-8
- 11 Kathryn Woelfel Centennial 4-8
- 12 Kendra Gerlach Anoka 4-8
- 13 Rilynn Herbst Cambridge-Isanti 4-6
- 13 Amilia Bailey Duluth East 4-6
- 15 Kiera Britz Andover 4-6

- 1 Jordan Blair Blaine 18-0.5 1.9
- 2 Savana Sanchez Forest Lake 17-9.75 1.2
- 3 Yvonne Marsh Blaine 17-7.25 0.5
- 4 Avah Shaw Andover 17-6.25 0.0
- 5 Abigail Lazan Andover 16-10 0.1
- 6 Tayalekay Borh Blaine 16-10 0.2
- 7 Makayla Miles Forest Lake 16-9 0.4
- 8 Ja'Mya Viney Anoka 16-4.5 1.6
- 9 Carley Halstensgard Cambridge-Isanti 16-4.5 1.4
- 10 Hayden Reeder Anoka 16-1.5 1.2
- 11 Mackenzie Rossum Anoka 15-8.5 0.6
- 12 Julia Sickler Cambridge-Isanti 15-8 0.4
- 13 Mia Eberth Duluth East 15-6.5 0.5
- 14 Elizabeth Gitzlaff Duluth East 15-6 0.1
- 15 Lilly Gravem Cambridge-Isanti 15-4.5 1.3
- 16 Reginae Tandoh Centennial 15-2.5 0.0
- 17 Halle Olson Duluth East 15-2.25 0.3
- 18 Alexis Larsen Centennial 15-2 0.0
- 19 Diana Orina Coon Rapids 14-9 0.4

- 20 Summer Borsheim Forest Lake 14-8 0.6
- 21 Abigale Grant Andover 14-4 0.2
- 22 Madelyn Wilber Coon Rapids 14-0 0.1
- 23 Hailey Kissick Centennial 13-10 0.1
- 24 Kaylee Smith Coon Rapids 13-4.5 0.5

Girls Varsity Triple Jump Finals

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Athlete	Yr	Team	Mark	Wind
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- 1 Yvonne Marsh Blaine 35-8.5 0.0
- 2 Jordan Blair Blaine 34-8.75 0.5
- 3 Mackenzie Rossum Anoka 34-7 0.0
- 4 Peyton Swenson Anoka 33-6 0.0
- 5 Julia Sickler Cambridge-Isanti 33-6 0.7
- 6 Julia Legeault Forest Lake 33-3.25 0.4
- 7 Zoe Klocksien Cambridge-Isanti 33-2 0.0
- 8 Summer Borsheim Forest Lake 32-6.25 0.5
- 9 Payton McKnight Andover 32-4.5 0.0
- 10 Reese Wilking Cambridge-Isanti 32-4.5 0.3
- 11 Tayalekay Borh Blaine 32-4.5 0.0
- 12 Richetta Parker Anoka 32-4.25 0.0
- 13 Jesalyn Chouinard Forest Lake 32-1.25 0.0
- 14 Shanyah Horton Coon Rapids 31-11.5 0.0
- 15 Alexis Larsen Centennial 31-2 0.0
- 16 Mackenzie Werner Duluth East 31-1.5 0.0
- 17 Diana Orina Coon Rapids 31-0.25 0.0
- 18 Katherine Geraghty Andover 30-2 0.0
- 19 Halle Olson Duluth East 30-1.25 0.0
- 20 Elizabeth Gitzlaff Duluth East 29-9.5 0.6
- 21 Isabella Kuter Centennial 29-2.75 1.2
- 22 Mia Jarombek Centennial 28-10.25 1.1
- 23 Kaylee Smith Coon Rapids 28-1.5 0.5
- 24 Saige Haugen Andover 27-11.25 0.0