

2024 MSHSL SECTION 8A T & F GIRLS

May 30th at Dilworth-Glyndon-Felton

Team Scores:

| | |
|-----------------------------------|-----|
| 1. West Marshall | 100 |
| 2. Park Christian | 83 |
| 3. Climax-Fisher-Sacred Heart | 73 |
| 4. Park Rapids Area | 71 |
| 5. Dilworth-Glyndon-Felton | 65 |
| 6. Bagley/Fosston | 61 |
| 7. United Clay-Becker | 42 |
| 8. Fertile-Beltrami | 35 |
| 9. Ada-Borup-West | 27 |
| 10. Nevis | 23 |
| 11. Clearbrook-Gonvick | 22 |
| 12. Crookston | 20 |
| 13. Goodridge/Grygla | 19 |
| 14. Kittson County Central | 15 |
| 15. BGMR Freeze | 12 |
| 15. Warroad | 12 |
| 17. Roseau | 10 |
| 18. Lake of the Woods/Rainy River | 9 |
| 19. Northome/Kelliher/Blackduck | 3 |

Girls Varsity 100 Meters Finals

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Athlete Yr Team Mark Wind

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| | | |
|--|--------|-----|
| 1 Ava Phrakonkham Bagley/Fosston | 12.49a | 3.7 |
| 2 Claire Klinkhammer Bagley/Fosston | 13.44a | 2.5 |
| 3 Ashlyn Bailey Crookston | 13.49a | 3.7 |
| 4 Finley Horken Climax-Fisher-Sacred He | 13.53a | 3.7 |
| 5 Janessa Torgerson Goodridge/Grygla | 13.55a | 2.5 |
| 6 Kenley Marquis West Marshall | 13.69a | 3.7 |
| 7 Julia Miller Ada-Borup-West | 13.73a | 2.5 |
| 8 Jordyn Matthias Lake of the Woods/Rainy | 13.78a | 2.5 |
| 9 Lydia Hanson BGMR Freeze | 13.89a | 3.7 |
| 10 Aunika Reynolds Dilworth-Glyndon-Felton | 13.94a | 3.7 |
| 11 Siri Messelt Park Christian | 14.00a | 2.5 |
| 12 Maria Spaeth Park Christian | 14.02a | 3.7 |
| 13 Chaela Olson Bagley/Fosston | 14.08a | 2.5 |
| 14 Berlyn Strege Kittson County Central | 14.10a | 2.5 |
| 15 Abigail Walton Dilworth-Glyndon-Felton | 14.15a | 2.5 |
| 16 Meah Marshall Climax-Fisher-Sacred He | 14.15a | 3.7 |

Girls Varsity 200 Meters Finals

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Athlete Yr Team Mark Wind

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| | | |
|---|--------|-----|
| 1 Ava Phrakonkham Bagley/Fosston | 25.87a | 2.9 |
| 2 Katrina Hitchen Fertile-Beltrami | 27.09a | 2.9 |
| 3 Ellie Sosa Dilworth-Glyndon-Felton | 27.53a | 2.9 |
| 4 Olivia Miller Park Rapids Area | 27.79a | 4.1 |
| 5 Ashlyn Bailey Crookston | 28.24a | 2.9 |
| 6 Adley Vigness Climax-Fisher-Sacred He | 28.30a | 2.9 |
| 7 Naomi Davey West Marshall | 28.37a | 2.9 |
| 8 Aunika Reynolds Dilworth-Glyndon-Felton | 28.61a | 2.9 |
| 9 Claire Klinkhammer Bagley/Fosston | 28.86a | 4.1 |
| 10 Chloe Boll Crookston | 29.02a | 4.1 |

| | | |
|--|--------|-----|
| 11 Makenna Christenson Park Christian | 29.14a | 4.1 |
| 12 Faith Lilly Warroad | 29.29a | 4.1 |
| 13 Rebecca Peterson Park Christian | 29.32a | 2.9 |
| 14 Jordyn Rasch Fertile-Beltrami | 29.45a | 4.1 |
| 15 Jordyn Matthias Lake of the Woods/Rainy | 29.86a | 4.1 |
| 16 Reegan Mortimer West Marshall | 29.89a | 4.1 |

Girls Varsity 400 Meters Finals

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Athlete Yr Team Mark Wind

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| | |
|---|----------|
| 1 Katrina Hitchen Fertile-Beltrami | 58.33a |
| 2 Annika Aakre Park Christian | 1:00.18a |
| 3 Addison Lauwagie Park Rapids Area | 1:01.47a |
| 4 Naomi Davey West Marshall | 1:03.16a |
| 5 Jenna Thompson Ada-Borup-West | 1:03.20a |
| 6 Morgan Turn Kittson County Central | 1:03.62a |
| 7 Annika Adolphson West Marshall | 1:03.63a |
| 8 Molly Cullen Goodridge/Grygla | 1:04.14a |
| 9 Addison Halvorson Dilworth-Glyndon-Felton | 1:05.20a |
| 10 Anna Wellumson Climax-Fisher-Sacred He | 1:05.85a |
| 11 Hatty Quam Bagley/Fosston | 1:06.28a |
| 12 Anna Ulvin Roseau | 1:06.51a |
| 13 Brooklyn Waldal Crookston | 1:07.41a |
| 14 Chloe Barrett BGMR Freeze | 1:08.97a |
| -- Mackenzie Lindow Nevis | FS |

Girls Varsity 800 Meters Finals

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Athlete Yr Team Mark Wind

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|---|----------|
| 1 Jayla Abrahamson Climax-Fisher-Sacred He | 2:24.20a |
| 2 Sarah Prodzinski Ada-Borup-West | 2:25.03a |
| 3 Hannah Fonder Bagley/Fosston | 2:28.83a |
| 4 Madeline Brandt Park Rapids Area | 2:30.51a |
| 5 Maddie Kuster Climax-Fisher-Sacred He | 2:32.38a |
| 6 Nevaeh Kotrba Goodridge/Grygla | 2:32.89a |
| 7 Adeline Bjorklund Nevis | 2:32.95a |
| 8 Audrey Hayden Roseau | 2:35.78a |
| 9 Ayla Woinarowicz West Marshall | 2:38.97a |
| 10 Makenna Maanum Park Rapids Area | 2:39.65a |
| 11 Reagan Mimnaugh BGMR Freeze | 2:40.97a |
| 12 Adley Goulet Warroad | 2:42.50a |
| 13 Ava Larson Clearbrook-Gonvick | 2:44.56a |
| 14 Peyton Schroeder Climax-Fisher-Sacred He | 2:46.77a |
| 15 Katelyn Christensen Crookston | 2:48.11a |

Girls Varsity 1600 Meters Finals

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Athlete Yr Team Mark Wind

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| 1 Emmi Ihry Climax-Fisher-Sacred He | 5:13.85a |
| 2 Ella Arntson Climax-Fisher-Sacred He | 5:29.49a |
| 3 Lily Olson United Clay-Becker | 5:42.97a |
| 4 Annie Peterson West Marshall | 5:48.62a |
| 5 Ellika Johnson Park Christian | 5:49.32a |
| 6 Adeline Bjorklund Nevis | 5:50.09a |

7 Norah Hanson Climax-Fisher-Sacred He 5:52.44a
8 Ava Larson Clearbrook-Gonvick 5:58.15a
9 Allison Lundin Northome/Kelliher/Black 5:58.99a
10 Caroline Marvin Warroad 5:59.78a
11 Elena Brown Park Christian 5:59.93a
12 Arwa Baghzali Dilworth-Glyndon-Felton 6:01.12a
13 Elizabeth Lytle Red Lake County 6:04.09a
14 Embry Deshayes Park Rapids Area 6:09.12a
15 Mikayla Jelinek United Clay-Becker 6:19.62a
16 Katy Comstock Warroad 6:33.90a

7 Marrison Mills Northome/Kelliher/Black 52.42a
8 Micayla Olson Fertile-Beltrami 52.51a
9 Kaitlyn Obowa Mahnomen/Waubun 53.68a
10 Kaylee Pieper Lake of the Woods/Rainy 53.70a
11 Aubrey Halverson Red Lake County 53.93a
12 Sofie Grunhovd Fertile-Beltrami 53.96a
13 Anna Mooney BGMR Freeze 54.50a
14 Emma Landerville Walker-Hackensack-Akele 55.45a
15 Emily Duquette Northome/Kelliher/Black 55.69a
16 Raegon Kuznia BGMR Freeze 56.31a

Girls Varsity 3200 Meters Finals

Athlete Yr Team Mark Wind

1 Emmi Ihry Climax-Fisher-Sacred He 11:52.73a
2 Jovie Marshall United Clay-Becker 12:25.57a
3 Lauren Olson Roseau 12:37.30a
4 Greta Galzski Park Rapids Area 12:39.11a
5 Nora Bolton Park Rapids Area 12:45.08a
6 Ellie Rogness Park Christian 13:11.99a
7 Ellika Johnson Park Christian 13:21.01a
8 Jorie Miska West Marshall 13:24.03a
9 Brooklyn Grubb Dilworth-Glyndon-Felton 13:29.23a
10 Grace Etter Park Rapids Area 13:40.68a
11 Alyce Labrasseur Lake of the Woods/Rainy 13:55.14a
12 Madison Wegand Warroad 14:01.43a
13 Meg Rogness Park Christian 14:03.66a
14 Amelia Machlitt Clearbrook-Gonvick 14:15.12a
15 Jenna Peterson West Marshall 15:35.73a

Girls Varsity 100m Hurdles Finals

Athlete Yr Team Mark Wind

1 Nora Osowski West Marshall 17.33a 4.3
2 Grace McNamee Nevis 17.36a 4.3
3 Brooke Kritzeck Park Rapids Area 17.60a 4.3
4 Micayla Olson Fertile-Beltrami 18.02a 4.3
5 Zoey Werb BGMR Freeze 18.02a 4.3
6 Kaylee Pieper Lake of the Woods/Rainy 18.03a 2.6
7 Natalie Aakre Park Christian 18.12a 4.3
8 Taylor Henry Northome/Kelliher/Black 18.14a 2.6
9 Annika Johnson Park Christian 18.18a 4.3
10 Grace Officer Park Rapids Area 18.47a 2.6
11 Kaitlyn Obowa Mahnomen/Waubun 18.49a 4.3
12 Emily Duquette Northome/Kelliher/Black 18.53a 2.6
13 Kaelan Rockensock Northome/Kelliher/Black 18.56a 2.6
14 Emily Lindow Nevis 18.68a 2.6
15 Bailey Iverson Fertile-Beltrami 18.85a 2.6
16 Izabel Marcussen Ada-Borup-West 19.13a 2.6

Girls Varsity 300m Hurdles Finals

Athlete Yr Team Mark Wind

1 Hannah Pederson West Marshall 46.78a
2 Nora Osowski West Marshall 48.88a
3 Faith Lilly Warroad 49.51a
4 Grace McNamee Nevis 50.02a
5 Ashlyn Nelson Goodridge/Grygla 50.73a
6 Annika Johnson Park Christian 52.22a

Girls Varsity 4x100m Relay Finals

Team Time

1 West Marshall 50.69a
1) Markelle Pederson 2) Annika Adolphson
3) Reegan Mortimer 4) Hannah Pederson
2 Bagley/Fosston 50.73a
1) Isabella Warmbold 2) Sienna Friesen
3) Tessa Manecke 4) Ava Phrakonkham
3 Park Rapids Area 51.06a
1) Amelia Gravdahl 2) Avery Schueller
3) Grace Officer 4) Olivia Miller
4 Park Christian 51.78a
1) Maria Spaeth 2) Ruth Harris
3) Kaycee Endreson 4) Avery Aakre
5 United Clay-Becker 52.39a
1) Laura Burkel 2) Elsa Stigen
3) Addyson Strawsell 4) Ingrid Rustad
6 Ada-Borup-West 52.79a
1) Julia Miller 2) Jenna Thompson
3) Macie Cavett 4) Makenna Ness
7 Goodridge/Grygla 52.88a
1) Alayla Blanco 2) Molly Cullen
3) Brooklyn Kriel 4) Janessa Torgerson
8 Crookston 53.57a
1) Chloe Boll 2) Grace Boll
3) Calleigh Fanfulik 4) Ashlyn Bailey

Girls Varsity 4x200m Relay Finals

Team Time

1 West Marshall 1:46.77a
1) Naomi Davey 2) Kenley Marquis
3) Annika Adolphson 4) Hannah Pederson
2 Dilworth-Glyndon-Felton 1:48.53a
1) Abigail Walton 2) Aunika Reynolds
3) Alex Risberg 4) Ellie Sosa
3 Bagley/Fosston 1:48.66a
1) Claire Klinkhammer 2) Isabella Warmbold
3) Sienna Friesen 4) Tessa Manecke
4 Goodridge/Grygla 1:50.83a
1) Ashlyn Nelson 2) Molly Cullen
3) Brooklyn Kriel 4) Janessa Torgerson
5 Climax-Fisher-Sacred Heart 1:52.11a
1) Meah Marshall 2) Finley Horken
3) Anna Wellumson 4) Adley Vigness
6 Park Christian 1:52.34a
1) Rebecca Peterson 2) Makenna Christenson
3) Maria Spaeth 4) Annika Johnson

- 7 United Clay-Becker 1:52.42a
 1) Elsa Stigen 2) Laura Burkel
 3) Ingrid Rustad 4) Katarina Vetter
 8 Park Rapids Area 1:54.00a
 1) Avery Schueller 2) Cassidy Grewe
 3) Anna Rickbeil 4) Brooke Kritzeck

- 1) Ava Haack 2) Cleo Reynolds
 3) Alyce Labrasseur 4) Lexi Wood

Girls Varsity Shot Put Finals

Athlete Yr Team Mark

- 1 Aria Garrett Dilworth-Glyndon-Felton 38-9.25
 2 McKinley Folland Kittson County Central 36-2.5
 3 Atarah Tofibam Park Christian 35-5.25
 4 Kaycee Endreson Park Christian 35-3.75
 5 Julisa Matthias Lake of the Woods/Rainy 35-0.75
 6 Jersey Trautman Dilworth-Glyndon-Felton 34-4.5
 7 Ella Olson Dilworth-Glyndon-Felton 32-11
 8 Kathryn Sullivan Climax-Fisher-Sacred Hea 32-2.25
 9 Juliet DeBlieck United Clay-Becker 31-9.5
 10 Emily Marquis West Marshall 29-11.25
 11 Ava Oberg West Marshall 29-9.25
 12 Faith Lilly Warroad 29-9
 13 Norah Marquis Bagley/Fosston 28-4.75
 14 Cecelia Delgado Bagley/Fosston 28-2
 15 Presley Westrum Clearbrook-Gonvick 27-6.25
 16 Molly Marquis West Marshall 27-5

Girls Varsity Discus Finals

Athlete Yr Team Mark

- 1 Aria Garrett Dilworth-Glyndon-Felton 118-8
 2 Allison LaVine Clearbrook-Gonvick 117-0
 3 Emily Marquis West Marshall 115-9
 4 Sarah Hartung Park Rapids Area 114-4
 5 Ella Olson Dilworth-Glyndon-Felton 113-8
 6 Kaycee Endreson Park Christian 98-0
 7 Kathryn Sullivan Climax-Fisher-Sacred Hea 97-3
 8 Jersey Trautman Dilworth-Glyndon-Felton 96-10
 9 Clair Isaacson Nevis 92-5
 10 Halle Winjum Crookston 90-8
 11 Izabel Marcussen Ada-Borup-West 87-4
 12 Ava Haack Lake of the Woods/Rainy 84-11
 13 Danielle Michalski West Marshall 82-3
 14 Emma Fawver Clearbrook-Gonvick 81-2
 15 Norah Marquis Bagley/Fosston 79-6
 16 Kenna Jensrud Fertile-Beltrami 78-0

Girls Varsity High Jump Finals

Athlete Yr Team Mark Wind

- 1 Allison LaVine Clearbrook-Gonvick 5-3
 2 Ava Phrakonkham Bagley/Fosston 5-1
 3 Annika Aakre Park Christian 5-1
 4 Markelle Pederson West Marshall 5-1
 5 Kaydence White Kittson County Central 4-11
 6 Ingrid Rustad United Clay-Becker 4-11
 7 Faith Lilly Warroad 4-11
 8 Addyson Strawsell United Clay-Becker 4-9
 9 Brooke Kritzeck Park Rapids Area 4-9
 10 Nora Osowski West Marshall 4-9
 11 Charli Hallstrom Northome/Kelliher/Blackd 4-9
 12 Elizabeth Lytle Red Lake County 4-7
 13 Addison Halvorson Dilworth-Glyndon-Felton 4-7

Girls Varsity 4x400m Relay Finals

Team Time

- 1 Park Rapids Area 4:10.04a
 1) Anna Rickbeil 2) Madeline Brandt
 3) Olivia Miller 4) Addison Lauwagie
 2 United Clay-Becker 4:11.06a
 1) Katarina Vetter 2) Chloe Johnson
 3) Keela Johnson 4) Ingrid Rustad
 3 Fertile-Beltrami 4:18.64a
 1) Jordyn Rasch 2) Bailey Iverson
 3) Ella Kronschnabel 4) Katrina Hitchen
 4 Nevis 4:24.23a
 1) Kendall Nelson 2) Grace McNamee
 3) Marley Mitchell 4) Mackenzie Lindow
 5 Ada-Borup-West 4:26.74a
 1) Jenna Thompson 2) Julia Miller
 3) Makenna Ness 4) Sarah Prodzinski
 6 Climax-Fisher-Sacred Heart 4:27.89a
 1) Ella Arntson 2) Norah Hanson
 3) Jayla Abrahamson 4) Adley Vigness
 7 West Marshall 4:28.74a
 1) Nora Osowski 2) Ayla Woinarowicz
 3) Reegan Mortimer 4) Annie Peterson
 8 Bagley/Fosston 4:30.47a
 1) Hatty Quam 2) Hannah Fonder
 3) Abigail Seed 4) Ava Hayes

Girls Varsity 4x800m Relay Finals

Team Time

- 1 United Clay-Becker 9:53.78a
 1) Lily Olson 2) Keela Johnson
 3) Katarina Vetter 4) Chloe Johnson
 2 Climax-Fisher-Sacred Heart 9:56.34a
 1) Norah Hanson 2) Jayla Abrahamson
 3) Maddie Kuster 4) Ella Arntson
 3 Park Rapids Area 10:03.13a
 1) Nora Bolton 2) Makenna Maanum
 3) Madeline Brandt 4) Addison Lauwagie
 4 West Marshall 10:20.52a
 1) Annie Peterson 2) Jorie Miska
 3) Taylin Rogus 4) Ayla Woinarowicz
 5 Warroad 10:41.89a
 1) Jenna Goulet 2) Caroline Marvin
 3) Madilyn Skogman 4) Adley Goulet
 6 Roseau 10:49.18a
 1) Audrey Hayden 2) Emma Olson
 3) Josephine Hinson 4) Lauren Olson
 7 BGMR Freeze 10:51.92a
 1) Katelyn Waage 2) Reagan Mimnaugh
 3) Emily Waterworth 4) Ada Lee
 8 Lake of the Woods/Rainy River 10:59.80a

14 Rebecca Peterson Park Christian 4-5
15 Ella Kronschnabel Fertile-Beltrami 4-5
16 Miley Fladhammer Fertile-Beltrami 4-5
-- Kaelan Rockensock Northome/Kelliher/Blackd NM

12 Liliana Gordon Roseau 31-5 1.7
13 Brandi Morgan Park Rapids Area 31-3 1.7
14 Morgan Turn Kittson County Central 31-1 1.3
15 Grace McNamee Nevis 30-11.5 1.7
16 Jenna Thompson Ada-Borup-West 30-4 1.3

Girls Varsity Pole Vault Finals

Athlete Yr Team Mark Wind

1 Addison Lauwagie Park Rapids Area 10-7
2 Markelle Pederson West Marshall 10-1
3 Ruth Harris Park Christian 9-7
4 Halle Winjum Crookston 9-7
5 Chloe Boll Crookston 9-1
6 Sofie Grunhovd Fertile-Beltrami 8-1
7 Grace Etter Park Rapids Area 8-1
8 Bailey Murack Park Christian 8-1
9 Macie Cavett Ada-Borup-West 8-1
10 Nora Jones Dilworth-Glyndon-Felton 7-7
11 McKara Hoban Dilworth-Glyndon-Felton 7-7
12 Nora Groven Crookston 7-7
13 Savannah Brown Dilworth-Glyndon-Felton 7-1
14 Brielle Duppong Bagley/Fosston 7-1
14 Marissa Liliquist Walker-Hackensack-Akeley 7-1
14 Kaia Omdahl Roseau 7-1

Girls Varsity Long Jump Finals

Athlete Yr Team Mark Wind

1 Ellie Sosa Dilworth-Glyndon-Felton 17-11 0.1
2 Avery Aakre Park Christian 17-0.75 1.2
3 Julia Miller Ada-Borup-West 16-11.75 0.0
4 Annika Aakre Park Christian 16-8.25 0.6
5 Makenna Christenson Park Christian 16-7.25 0.0
6 Allison LaVine Clearbrook-Gonvick 16-7 0.4
7 Katrina Hitchen Fertile-Beltrami 16-6.75 0.1
8 Isabella Warmbold Bagley/Fosston 15-11.75 1.5
9 Sienna Friesen Bagley/Fosston 15-11 0.6
10 Eva Langen West Marshall 15-8 0.0
11 Annika Idstrom Walker-Hackensack-Akeley 15-6.5 0.0
12 Finley Horken Climax-Fisher-Sacred Hea 15-2 0.0
13 Kylie Snare BGMR Freeze 15-1.5 -0.3
14 Berlyn Strege Kittson County Central 14-9.75 0.6
15 Gabriella Olson Roseau 14-2.25 0.1
16 Liliana Gordon Roseau 13-1.75 1.1

Girls Varsity Triple Jump Finals

Athlete Yr Team Mark Wind

1 Ellie Sosa Dilworth-Glyndon-Felton 37-6.5 2.7
2 Hannah Pederson West Marshall 36-3 1.4
3 Kylie Snare BGMR Freeze 34-8 0.8
4 Avery Aakre Park Christian 33-10.25 0.3
5 Ruth Harris Park Christian 33-3.5 0.0
6 Finley Horken Climax-Fisher-Sacred Hea 33-3 2.0
7 Isabella Warmbold Bagley/Fosston 32-9 1.0
8 Teagan Duppong Bagley/Fosston 32-7.25 0.0
9 Grace Boll Crookston 32-2.5 0.3
10 Reegan Mortimer West Marshall 31-7.5 0.7
11 Berlyn Strege Kittson County Central 31-6.75 1.1