

2024 MSHSL Section 8AAA Girls T & F Championship

May 29th - June 1st at Saint Michael-Albertville

Team Scores:

1. St. Michael-Albertville 193
2. Rogers 100
3. Moorhead 88
4. Sartell 69.5
5. Buffalo 65
6. Brainerd 64
7. Elk River 53.5
8. Bemidji 47
9. Sauk Rapids-Rice 22

Girls Varsity 100 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Gabriella Keefer St. Michael-Albertville 12.34a -3.5
- 2 Ella Kirchner Sartell 12.61a -3.5
- 3 Jennifer Heilman Rogers 12.67a -3.5
- 4 Emnel Wotoe Moorhead 12.82a -3.5
- 5 Audrey Janich Moorhead 12.96a -3.5
- 6 Jarai Kamara St. Michael-Albertville 12.98a -3.5
- 7 Quinn Erickson Moorhead 13.01a -3.5
- 8 Stella Lambaere Sauk Rapids-Rice 13.09a -3.5
- 9 Tatiana Parker Elk River 13.11a -3.5

Girls Varsity 100 Meters Prelims

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Athlete Yr Team Mark Wind

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- 1 Gabriella Keefer St. Michael-Albertville 12.42a 0.0
- 2 Ella Kirchner Sartell 12.67a 0.0
- 3 Jennifer Heilman Rogers 12.81a 0.0
- 4 Audrey Janich Moorhead 12.92a 0.0
- 5 Emnel Wotoe Moorhead 12.96a 0.0
- 6 Jarai Kamara St. Michael-Albertville 13.05a 0.0
- 7 Tatiana Parker Elk River 13.05a 0.0
- 8 Stella Lambaere Sauk Rapids-Rice 13.20a 0.0
- 9 Quinn Erickson Moorhead 13.22a 0.0
- 10 Rose Lamberts Buffalo 13.28a 0.0
- 11 Sadie Strait St. Michael-Albertville 13.31a 0.0
- 12 Camille Weber Sartell 13.44a 0.0
- 13 Sienna Schmitz Sartell 13.53a 0.0
- 14 Addison Hill Bemidji 13.60a 0.0
- 15 Gabby Worloma Elk River 13.60a 0.0
- 16 Lauren Castle Brainerd 13.74a 0.0
- 17 Ashley Davis Rogers 13.81a 0.0
- 18 Hattie Duininck Brainerd 13.81a 0.0
- 19 Alexandra Kirschner Buffalo 13.82a 0.0
- 20 Lauren Bruley Bemidji 13.85a 0.0
- 21 Sarah Anderson Rogers 14.21a 0.0
- 22 Kaia Christopher Bemidji 14.25a 0.0
- 23 Vivian Coss Sauk Rapids-Rice 15.39a 0.0
- 24 Amara Hitzler Sauk Rapids-Rice 15.48a 0.0

Girls Varsity 200 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Emma Kvant St. Michael-Albertville 24.66a 1.1
- 2 Gabriella Keefer St. Michael-Albertville 24.97a 1.1
- 3 Cipriana Jones Moorhead 25.75a 1.1
- 4 Florence Leon Rogers 26.23a 1.1
- 5 Allee Feldman Buffalo 26.58a 1.1
- 6 Shiaflyn Cooper Elk River 26.65a 1.1
- 7 Kenadie Paulson Brainerd 27.10a 1.1
- 8 Odell Kruah Elk River 27.33a 1.1
- 9 Sienna Schmitz Sartell 27.47a 1.1

Girls Varsity 200 Meters Prelims

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Athlete Yr Team Mark Wind

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- 1 Gabriella Keefer St. Michael-Albertville 25.41a 0.0
- 2 Emma Kvant St. Michael-Albertville 25.67a 0.0
- 3 Cipriana Jones Moorhead 26.23a 0.0
- 4 Shiaflyn Cooper Elk River 26.68a 0.0
- 5 Florence Leon Rogers 26.77a 0.0
- 6 Allee Feldman Buffalo 26.97a 0.0
- 7 Odell Kruah Elk River 27.20a 0.0
- 8 Kenadie Paulson Brainerd 27.50a 0.0
- 9 Sienna Schmitz Sartell 27.64a 0.0
- 10 Claire Kvant St. Michael-Albertville 27.93a 0.0
- 11 Ava Loney Brainerd 27.97a 0.0
- 12 Nadia Davis Moorhead 28.23a 0.0
- 13 Madeline Francois Sartell 28.53a 0.0
- 14 Ava Warner Bemidji 28.72a 0.0
- 15 Hattie Duininck Brainerd 28.83a 0.0
- 16 Ryen Ness Moorhead 28.93a 0.0
- 17 Ashley Davis Rogers 28.94a 0.0
- 18 Aleda Finke Rogers 28.99a 0.0
- 19 Carley Kill Buffalo 29.40a 0.0
- 20 Grace Schulte Sartell 29.63a 0.0
- 21 Addison Hill Bemidji 29.64a 0.0
- 22 Gigi Keckeisen Elk River 29.89a 0.0
- 23 Mya Lundeen Bemidji 29.92a 0.0
- 24 Olivia Posch Sauk Rapids-Rice 30.28a 0.0
- 25 Zainab Akram Buffalo 30.64a 0.0
- 26 Sierra Kriefall Sauk Rapids-Rice 31.30a 0.0
- 27 Willa Varilek Sauk Rapids-Rice 31.40a 0.0

Girls Varsity 400 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Emma Kvant St. Michael-Albertville 54.13a
- 2 Zoe Lain Sartell 57.25a
- 3 Hailey Steffensmeier St. Michael-Albertville 1:00.61a
- 4 Sawyer Timmer Sartell 1:00.86a
- 5 Myla Ballard Rogers 1:01.94a

- 6 Ava Warner Bemidji 1:02.76a
- 7 Avery Nelson Moorhead 1:03.88a
- 8 Addison Maish Bemidji 1:04.07a
- 9 Sophie Watson Moorhead 1:04.48a

- 8 Anya Riesgraf St. Michael-Albertville 2:25.33a
- 6 Alexa Juntunen Rogers 2:25.68a
- 9 Chloe Derby Bemidji 2:29.76a
- 10 Amelia Horton Elk River 2:30.70a
- 11 Emily Hoyt Rogers 2:31.74a
- 12 Delanie Brand St. Michael-Albertville 2:35.62a
- 13 Elizabeth Dreessen Moorhead 2:36.10a
- 14 Mady Anderson Rogers 2:37.03a
- 15 Kelcie Bode Buffalo 2:37.65a
- 16 Faith Bogel Sauk Rapids-Rice 2:37.67a
- 17 Elissa Vasseur Elk River 2:38.96a
- 18 Samantha Thomson Buffalo 2:40.44a
- 19 Genet Nies Sartell 2:42.65a
- 20 Kylie Bellino Bemidji 2:43.39a
- 21 Layla Wolvert Sauk Rapids-Rice 2:44.00a
- 22 Elka Sowada Sauk Rapids-Rice 2:46.21a
- 23 Erin Bescheinen Elk River 2:46.98a
- 24 Annabelle Tautges Sartell 2:47.77a
- 25 Lily Schmitz Sartell 2:48.89a
- 26 Scarlett Anderson Brainerd 2:49.15a

Girls Varsity 400 Meters Prelims

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Athlete Yr Team Mark Wind

=====

- 1 Emma Kvant St. Michael-Albertville 55.21a
- 2 Zoe Lain Sartell 57.70a
- 3 Hailey Steffensmeier St. Michael-Albertville 1:01.48a
- 4 Sawyer Timmer Sartell 1:02.00a
- 5 Myla Ballard Rogers 1:02.71a
- 6 Ava Warner Bemidji 1:03.18a
- 7 Addison Maish Bemidji 1:03.89a
- 8 Sophie Watson Moorhead 1:04.28a
- 9 Avery Nelson Moorhead 1:04.51a
- 10 Kahlan Johnson Brainerd 1:04.92a
- 11 Adelyn Kennedy St. Michael-Albertville 1:05.13a
- 12 Ayla Nygaard Sauk Rapids-Rice 1:05.95a
- 13 Chloe Pesek Moorhead 1:05.98a
- 14 Grace Schulte Sartell 1:06.40a
- 15 Kasey Hart Buffalo 1:06.55a
- 16 Raya Nordlund Bemidji 1:07.34a
- 17 Madison Beckman Elk River 1:07.65a
- 18 Kailey Ruby Elk River 1:09.22a
- 19 Quinn Washnieski Sauk Rapids-Rice 1:09.34a
- 20 Elizabeth Rademacher Brainerd 1:09.50a
- 21 Evelyn Winger Buffalo 1:10.60a
- 22 Sienna Petermeier Sauk Rapids-Rice 1:12.20a
- 23 Amayah Farland Rogers 1:13.46a
- Elsie Ostmo Elk River FS

Girls Varsity 1600 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Mia Hoffman Bemidji 5:02.67a
- 2 Alivia Thompson Bemidji 5:05.23a
- 3 Sophie Miller St. Michael-Albertville 5:25.04a
- 4 Brooklyn Hart Buffalo 5:25.21a
- 5 Madalyn Dockendorf Sartell 5:26.40a
- 6 Cady Macheel Buffalo 5:27.35a
- 7 Noel Black St. Michael-Albertville 5:31.33a
- 8 Ashley Nelson Sartell 5:33.45a
- 9 Lorelei Ibeling Rogers 5:35.98a
- 10 Allison Crow St. Michael-Albertville 5:37.67a
- 11 Mady Anderson Rogers 5:43.61a
- 12 Abigail Krogstad Moorhead 5:46.54a
- 13 Gabriella Broadhead Buffalo 5:51.32a
- 14 Savannah Emmans Elk River 5:51.86a
- 15 Piper Myran Moorhead 5:55.83a
- 16 Kira Warnke Elk River 5:57.03a
- 17 Annabelle Tautges Sartell 5:57.61a
- 18 Amelia Rademacher Brainerd 5:57.96a
- 19 Ava Stout Moorhead 6:00.07a
- 20 Morgan Hampton Rogers 6:04.45a
- 21 Abigail Olson Bemidji 6:05.85a
- 22 Bailey Spence Elk River 6:16.81a

Girls Varsity 800 Meters Finals

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Athlete Yr Team Mark Wind

=====

- 1 Ava Dunnigan Moorhead 2:14.89a
- 2 Alexa Juntunen Rogers 2:18.07a
- 3 Alivia Thompson Bemidji 2:23.22a
- 4 Avery Larson Buffalo 2:23.61a
- 5 Anya Riesgraf St. Michael-Albertville 2:24.29a
- 6 Brooke Wenz Brainerd 2:24.55a
- 7 Annelise Baird Brainerd 2:28.15a
- 8 Chloe Derby Bemidji 2:29.90a
- 9 Ady Hannon St. Michael-Albertville 2:31.35a

Girls Varsity 3200 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Mia Hoffman Bemidji 10:57.38a
- 2 Cara Back Rogers 11:34.90a
- 3 Abigayle Vossen St. Michael-Albertville 11:39.98a
- 4 Brooklyn Hart Buffalo 11:40.87a
- 5 Makaela Malin St. Michael-Albertville 11:42.80a
- 6 Annabelle Vossen St. Michael-Albertville 11:45.15a

Girls Varsity 800 Meters Prelims

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Athlete Yr Team Mark Wind

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- 1 Ava Dunnigan Moorhead 2:16.65a
- 2 Alivia Thompson Bemidji 2:20.37a
- 4 Brooke Wenz Brainerd 2:22.35a
- 5 Annelise Baird Brainerd 2:22.80a
- 3 Ady Hannon St. Michael-Albertville 2:24.24a
- 7 Avery Larson Buffalo 2:24.61a

- 7 Madelyn Miller Brainerd 11:47.79a
- 8 Ashley Nelson Sartell 11:57.49a
- 9 Jacquelyn (Jacki) Johnso Moorhead 12:07.98a
- 10 Madalyn Dockendorf Sartell 12:11.87a
- 11 Brooklyn Johnson Moorhead 12:21.31a
- 12 Lauren Barthel Rogers 12:42.50a
- 13 Barrett Sokness Moorhead 12:59.84a
- 14 Liliana Hoard Elk River 13:00.13a
- 15 Lorelei Ibeling Rogers 13:04.95a
- 16 Brenalen Fredriksen-Holm Bemidji 13:07.11a
- 17 Kaline Merges Buffalo 13:09.35a
- 18 Josey LaValley Bemidji 13:10.53a
- 19 Amelia Rademacher Brainerd 13:15.34a
- 20 Kira Warnke Elk River 13:26.65a
- 21 Nola Doty Brainerd 13:38.35a
- 22 Alexis Lange Buffalo 13:46.66a
- 23 Alana Miller Sartell 14:31.70a
- Erin Auel Elk River DQ

- 22 Lola VanEngelenhoven Bemidji 19.29a 0.0
- 23 Mira Prell Buffalo 19.48a 0.0
- 24 Isabelle Oakes Moorhead 19.57a 0.0
- 25 Natalie Rahm Sartell 20.20a 0.0

Girls Varsity 300m Hurdles Finals

- =====
- Athlete Yr Team Mark Wind
- =====
- 1 Natalie Smith Brainerd 47.56a
 - 2 Annabelle Hedlund Moorhead 48.42a
 - 3 Camille Weber Sartell 48.82a
 - 4 Paige Herbst St. Michael-Albertville 49.03a
 - 5 Joanna Talso Elk River 49.41a
 - 6 Mollie Voss-Goeb Elk River 49.92a
 - 7 Madi Bertram Brainerd 50.07a
 - 8 Shelby Fischer St. Michael-Albertville 50.22a
 - 9 Aubrey DeWitt Bemidji 51.15a

Girls Varsity 100m Hurdles Finals

- =====
- Athlete Yr Team Mark Wind
- =====
- 1 Jacqueline Bergeron St. Michael-Albertville 15.37a -1.0
 - 2 Ruby Gustofson Sauk Rapids-Rice 15.71a -1.0
 - 3 Juslene Chea St. Michael-Albertville 15.85a -1.0
 - 4 Shelby Fischer St. Michael-Albertville 16.32a -1.0
 - 5 Natalie Smith Brainerd 16.63a -1.0
 - 6 Sydney Aberle Moorhead 16.76a -1.0
 - 7 Hannah Arika Elk River 17.36a -1.0
 - 8 Delia Gustofson Sauk Rapids-Rice 17.52a -1.0
 - 9 Madi Bertram Brainerd 20.40a -1.0

Girls Varsity 300m Hurdles Prelims

- =====
- Athlete Yr Team Mark Wind
- =====
- 1 Camille Weber Sartell 48.69a
 - 2 Natalie Smith Brainerd 48.79a
 - 3 Shelby Fischer St. Michael-Albertville 49.55a
 - 4 Annabelle Hedlund Moorhead 49.98a
 - 5 Joanna Talso Elk River 50.00a
 - 6 Mollie Voss-Goeb Elk River 50.65a
 - 7 Madi Bertram Brainerd 51.12a
 - 8 Aubrey DeWitt Bemidji 51.29a
 - 9 Paige Herbst St. Michael-Albertville 51.37a
 - 10 Clara Bieber Bemidji 51.62a
 - 11 Carly Stock Rogers 52.75a
 - 12 Savannah Schiltz St. Michael-Albertville 53.09a
 - 13 Hannah Arika Elk River 53.55a
 - 14 Ellen Miriovsky Buffalo 53.59a
 - 15 Matia Bruggeman Brainerd 53.59a
 - 16 Hawa Schmidt Sartell 53.77a
 - 17 Azauria Abron Rogers 53.81a
 - 18 Sophia Bowers Rogers 53.96a
 - 19 Fayrouz Sonbol Buffalo 54.04a
 - 20 Mira Prell Buffalo 54.16a
 - 21 Isabelle Oakes Moorhead 54.56a
 - 22 Greta Verkuilen Moorhead 54.67a
 - 23 Wendi Peterson Sauk Rapids-Rice 56.58a
 - 24 Aunna Jackson Sauk Rapids-Rice 56.70a
 - 25 Kaia Gack Sartell 57.87a

Girls Varsity 100m Hurdles Prelims

- =====
- Athlete Yr Team Mark Wind
- =====
- 1 Jacqueline Bergeron St. Michael-Albertville 16.06a 0.0
 - 2 Ruby Gustofson Sauk Rapids-Rice 16.23a 0.0
 - 3 Juslene Chea St. Michael-Albertville 16.44a 0.0
 - 4 Shelby Fischer St. Michael-Albertville 16.67a 0.0
 - 5 Sydney Aberle Moorhead 16.80a 0.0
 - 6 Delia Gustofson Sauk Rapids-Rice 17.25a 0.0
 - 7 Natalie Smith Brainerd 17.36a 0.0
 - 8 Hannah Arika Elk River 17.38a 0.0
 - 9 Madi Bertram Brainerd 17.63a 0.0
 - 10 Megan Hartwig Moorhead 17.67a 0.0
 - 11 Matia Bruggeman Brainerd 17.68a 0.0
 - 12 Lilly Breitreutz Sartell 17.69a 0.0
 - 13 Sophia Bowers Rogers 17.71a 0.0
 - 14 Ellen Miriovsky Buffalo 18.01a 0.0
 - 15 Briella Kiley Sartell 18.01a 0.0
 - 16 Olivia Riewe Elk River 18.22a 0.0
 - 17 Wendi Peterson Sauk Rapids-Rice 18.29a 0.0
 - 18 Carly Stock Rogers 18.42a 0.0
 - 19 Joanna Talso Elk River 18.44a 0.0
 - 20 Quincey Jackson Buffalo 18.50a 0.0
 - 21 Laya Robertson Rogers 18.51a 0.0

Girls Varsity 4x100m Relay Finals

- =====
- Team Time
- =====
- 1 Moorhead 47.99a
 - 1) Audrey Janich 2) Cipriana Jones
 - 3) Kaityn Walthers 4) Emnel Wotoe
 - 2 St. Michael-Albertville 48.76a
 - 1) Raina Simat 2) Jarai Kamara

3) Jada Dahlheimer 4) Claire Kvant
3 Rogers 49.06a
1) Florence Leon 2) Jennifer Heilman
3) Elizabeth Ikubese 4) Anya Schmidt
4 Buffalo 50.23a
1) Eden Johnson 2) Rose Lamberts
3) Courtney Kotish 4) Allee Feldman
5 Sartell 50.50a
1) Camille Weber 2) Ella Kirchner
3) Alexis Mentzer 4) Madeline Francois
6 Elk River 51.30a
1) Gabby Worloma 2) Tatiana Parker
3) Chelsie Thom 4) Raegan Ellingson
7 Brainerd 51.42a
1) Hattie Duinink 2) Kenadie Paulson
3) Lilly DeRosier 4) Lauren Castle
8 Bemidji 51.90a
1) Kylie Donat 2) Lauren Bruley
3) Kaia Christopher 4) Addison Hill
9 Sauk Rapids-Rice 54.11a
1) Sumalee Jacobson 2) Ruby Gustofson
3) Delia Gustofson 4) Stella Lambaere

Girls Varsity 4x200m Relay Finals

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Team Time
=====

1 Rogers 1:43.79a
1) Florence Leon 2) Reegan Schmidt
3) Jennifer Heilman 4) Anya Schmidt
2 St. Michael-Albertville 1:43.87a
1) Claire Kvant 2) Emma Kvant
3) Gabriella Delgado 4) Jacqueline Bergeron
3 Brainerd 1:44.56a
1) Kenadie Paulson 2) Avery Duerr
3) Ava Loney 4) Cora Clough
4 Moorhead 1:47.12a
1) Quinn Erickson 2) Nadia Davis
3) Ara Warren 4) Kaityn Walthers
5 Elk River 1:49.26a
1) Gabby Worloma 2) Tatiana Parker
3) Odell Kruah 4) Shiaflyn Cooper
6 Buffalo 1:53.78a
1) Kennedy Herrboldt 2) Carley Kill
3) Fayrouz Sonbol 4) Alyssa Simonson
7 Bemidji 1:54.92a
1) Ava Warner 2) Kaia Christopher
3) Mya Lundeen 4) Lauren Bruley
8 Sauk Rapids-Rice 1:55.29a
1) Sire Traore 2) Emily Neumann
3) Olivia Posch 4) Ayla Nygaard

Girls Varsity 4x400m Relay Finals

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Team Time
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1 Sartell 4:03.39a
1) Lainey Stavish 2) Madalyn Dockendorf

3) Sawyer Timmer 4) Zoe Lain
2 Buffalo 4:03.41a
1) Rose Lamberts 2) Allee Feldman
3) Miley Farniok 4) Hannah Braun
3 Brainerd 4:04.85a
1) Lilly DeRosier 2) Avery Duerr
3) Cora Clough 4) Sophia Blanck
4 Rogers 4:06.55a
1) Reegan Schmidt 2) Myla Ballard
3) Elizabeth Ikubese 4) Alexa Juntunen
5 Moorhead 4:10.40a
1) Kaityn Walthers 2) Cipriana Jones
3) Quinn Erickson 4) Ava Dunnigan
6 St. Michael-Albertville 4:12.38a
1) Hailey Steffensmeier 2) Jensen Rogers
3) Amarah Petersen 4) Adelyn Kennedy
7 Bemidji 4:17.39a
1) Alivia Thompson 2) Lola VanEngelenhoven
3) Mia Hoffman 4) Clara Bieber
8 Elk River 4:24.68a
1) Amelia Horton 2) Joanna Talso
3) Mollie Voss-Goeb 4) Elsie Ostmoe
9 Sauk Rapids-Rice 4:31.64a
1) Faith Bogel 2) Sienna Petermeier
3) Emily Neumann 4) Ayla Nygaard

Girls Varsity 4x800m Relay Finals

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Team Time
=====

1 Buffalo 9:24.61a
1) Cady Macheel 2) Miley Farniok
3) Avery Larson 4) Hannah Braun
2 Brainerd 9:25.62a
1) Brooke Wenz 2) Madelyn Miller
3) Annelise Baird 4) Sophia Blanck
3 St. Michael-Albertville 9:36.93a
1) Sophie Miller 2) Ady Hannon
3) Abigayle Vossen 4) Makaela Malin
4 Moorhead 10:08.72a
1) Avery Nelson 2) Sophie Watson
3) Addy Stordahl 4) Chloe Pesek
5 Rogers 10:09.57a
1) Cara Back 2) Lauren Barthel
3) Emily Hoyt 4) Clara Mosley
6 Elk River 10:11.54a
1) Amelia Horton 2) Liliana Hoard
3) Elissa Vasseur 4) Erin Auel
7 Bemidji 10:15.61a
1) Chloe Derby 2) Raya Nordlund
3) Brenalen Fredriksen-Holm 4) Claire Story
8 Sauk Rapids-Rice 11:11.18a
1) Faith Bogel 2) Sienna Petermeier
3) Layla Wolvert 4) Elka Sowada
9 Sartell 12:26.86a
1) Abigail Williamson 2) Ava Lesniak
3) Lola Slegth 4) Lily Schmitz

Girls Varsity Shot Put Finals

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Athlete Yr Team Mark

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- 1 Anya Schmidt Rogers 42-0.25
- 2 Andrea Rodenwald Buffalo 36-10.75
- 3 Kiana Hilary Elk River 36-2
- 4 Brooke Mushatt Sauk Rapids-Rice 35-10.75
- 5 Aubrey Flynn Sartell 35-3.5
- 6 Mirabelle Enz Moorhead 35-2.75
- 7 Kajsa Finnern Sartell 35-2.5
- 8 Dillon Mehrer Elk River 34-8
- 9 Kendyl Dawson Rogers 34-6.75
- 10 KAYLIE COX St. Michael-Albertville 33-10.5
- 11 Krysti Achu-Chick Rogers 33-5.75
- 12 Chloe Peterson St. Michael-Albertville 33-4
- 13 Serena Caspers Brainerd 32-5.5
- 14 Matisse Hahn Elk River 31-7
- 15 Elizabeth Cassady Buffalo 31-5.25
- 16 Kalei Peniata St. Michael-Albertville 31-5.25
- 17 Lily Schmitz Sartell 31-4.25
- 18 Hazel Schmidt Moorhead 30-11.75
- 19 Tahlia Rintala Bemidji 30-4.75
- 20 Marlee Walker Buffalo 30-2
- 21 Lauren Vanvickle Sauk Rapids-Rice 29-4.25
- 22 Sidney Zimmerman Moorhead 29-1
- 23 Braelyn Ruport Bemidji 27-1.5
- 24 Isabelle Ploof Brainerd 26-8
- 25 Katelyn Anderson Sauk Rapids-Rice 26-3.25
- 26 Elizabeth Youso Bemidji 26-1.25
- 27 Affinity Vandenarend Brainerd 25-3.5

Girls Varsity Discus Finals

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Athlete Yr Team Mark

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- 1 Chloe Peterson St. Michael-Albertville 118-2
- 2 Krysti Achu-Chick Rogers 117-2
- 3 KAYLIE COX St. Michael-Albertville 114-8
- 4 Kajsa Finnern Sartell 110-2
- 5 Kayla Cook Elk River 108-8
- 6 Isabelle Ploof Brainerd 108-4
- 7 Elizabeth Cassady Buffalo 107-7
- 8 Andrea Rodenwald Buffalo 105-1
- 9 Lily Schmitz Sartell 101-4
- 10 Sienna Petermeier Sauk Rapids-Rice 98-8
- 11 Melyssa Braesch Rogers 95-1
- 12 Kiana Hilary Elk River 92-10
- 13 Brooke Mushatt Sauk Rapids-Rice 92-9
- 14 Dillon Mehrer Elk River 89-4
- 15 Chelsea Neba St. Michael-Albertville 88-11
- 16 Anya Schmidt Rogers 88-9
- 17 Elizabeth Youso Bemidji 82-11
- 18 Samantha Cox Bemidji 80-2
- 19 Affinity Vandenarend Brainerd 79-8
- 20 Abigail Johnson Bemidji 74-8
- 21 Serena Caspers Brainerd 73-5
- 22 Sidney Zimmerman Moorhead 73-1

23 Hazel Schmidt Moorhead 64-10

- Ava Fiedler Sartell FS
- Mirabelle Enz Moorhead FS
- Lauren Vanvickle Sauk Rapids-Rice FS
- Cambelle Feldman Buffalo FS

Girls Varsity High Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Sophie Mahnke Rogers 5-4
- 2 Cora Clough Brainerd 5-2
- 3 Jessica Roth St. Michael-Albertville 5-1
- 4 Ruby Gustofson Sauk Rapids-Rice 5-1
- 5 Cail Jahnke St. Michael-Albertville 5-1
- 6 Carley Frank Elk River 4-10
- 7 Kennedi Gack Sartell 4-10
- 7 Kiana Hilary Elk River 4-10
- 9 Olivia Terhune Sartell 4-8
- 9 Kaia Gack Sartell 4-8
- 11 Lisa Tarwo Moorhead 4-8
- 12 Chloe Gonska Brainerd 4-8
- 13 Lucy Engelstad Brainerd 4-8
- 14 Brooke Engebretson Elk River 4-6
- 14 Ellen Miriovsky Buffalo 4-6
- 16 Sydney Reining Rogers 4-6
- 16 Alexandra Meyer St. Michael-Albertville 4-6
- 18 Ella Maurer Rogers 4-6
- 19 Naemah Adedokun Moorhead 4-6
- 20 Kate Siemek Buffalo 4-4
- 20 Emma Coulombe Bemidji 4-4
- 22 Josey LaValley Bemidji 4-2
- Danica Felland Moorhead NM
- Macy Dubois Buffalo NM

Girls Varsity Pole Vault Finals

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Athlete Yr Team Mark Wind

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- 1 Jacqueline Bergeron St. Michael-Albertville 10-11
- 2 Jada Dahlheimer St. Michael-Albertville 10-8
- 3 Kate Miriovsky Buffalo 10-5
- 4 Megan Hartwig Moorhead 9-11
- 5 Alyson Herfel St. Michael-Albertville 9-11
- 6 Ryen Ness Moorhead 9-11
- 7 Ally Rekstad Elk River 9-5
- 8 Chloe Knott Bemidji 9-5
- 9 Sumalee Jacobson Sauk Rapids-Rice 9-5
- 10 Autumn Schiller Brainerd 9-5
- 11 Jocelyn Douvier Rogers 8-11
- 11 Courtney Kotish Buffalo 8-11
- 13 Ava Mattison Moorhead 8-5
- 13 Abigail Tanner Brainerd 8-5
- 15 Avayah McMillen Sauk Rapids-Rice 8-5
- 16 Elise Henderson Elk River 7-5
- 16 Mollie Voss-Goeb Elk River 7-5
- 16 Zoie Vorachith Sartell 7-5
- 19 Aphia Kruger Buffalo 7-5

- 20 Elizabeth Saucedo Palmer Rogers 7-5
- 21 Kylie Donat Bemidji 6-5
- 22 Hayvenn Schroeder Sartell 6-5
- Paige Snider Sartell NM

- 19 Brooke Legatt Sartell 31-3.5 0.8
- 20 Payton Meyer Brainerd 30-1.25 1.6
- 21 Hannah Solorz Sauk Rapids-Rice 29-10.5 0.0
- 22 Hayley Shult Buffalo 29-6.25 0.5
- 23 Alexis Stuber Moorhead 29-6 0.0
- 24 Adelyn Utes Rogers 29-3 1.3
- 25 Katherine Corradi Bemidji 29-2.25 1.8

Girls Varsity Long Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Reegan Schmidt Rogers 17-4 0.0
- 2 Cipriana Jones Moorhead 16-8.5 0.0
- 3 Ava Loney Brainerd 16-7 0.0
- 4 Madeline Francois Sartell 16-4 0.0
- 5 Britta Demar Elk River 16-4 0.0
- 6 Raina Simat St. Michael-Albertville 16-3.5 0.0
- 7 Juslene Chea St. Michael-Albertville 16-3 0.0
- 8 Kennedy Gack Sartell 16-2.5 0.0
- 9 Lainey Stavish Sartell 15-10 0.0
- 10 Adelyn Utes Rogers 15-7.5 0.0
- 11 Clara Bieber Bemidji 15-5 0.0
- 12 Eden Johnson Buffalo 15-4.5 0.0
- 13 Ruby Martin Moorhead 15-0 0.0
- 14 Audrey Janich Moorhead 14-11.5 0.0
- 15 Ayla Nygaard Sauk Rapids-Rice 14-9.5 0.0
- 16 Wendi Peterson Sauk Rapids-Rice 14-9 0.0
- 17 Brooklyn Barnes Brainerd 14-9 0.0
- 18 Lori Omollo Elk River 14-8 0.0
- 19 Dillon Mehrer Elk River 14-4 0.0
- 20 Kate Miriovsky Buffalo 13-11.5 0.0
- 21 Claire Martin Buffalo 13-11 0.0
- 22 Payton Meyer Brainerd 13-10 0.0
- 23 Emily Neumann Sauk Rapids-Rice 13-8 0.0
- 24 Kylie Donat Bemidji 13-4 0.0
- 25 Florence Leon Rogers 13-2 0.0
- 26 Evie Bjornrud Bemidji 13-1 0.0

Girls Varsity Triple Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Gabriella Keefer St. Michael-Albertville 37-6.75 0.0
- 2 Shiaflyn Cooper Elk River 36-9.75 1.9
- 3 Elizabeth Ikubese Rogers 36-5.25 2.3
- 4 Ara Warren Moorhead 36-3.5 0.0
- 5 Raina Simat St. Michael-Albertville 35-9.75 1.6
- 6 Alexis Mentzer Sartell 35-7.5 2.4
- 7 Juslene Chea St. Michael-Albertville 35-7 1.2
- 8 Anna Nordby Sartell 33-6.25 2.3
- 9 Ella Maurer Rogers 33-3.5 1.7
- 10 Eden Johnson Buffalo 32-11.75 1.1
- 11 Clara Bieber Bemidji 32-8.75 1.5
- 12 Maki-Lynn Westerman Bemidji 32-6.25 1.2
- 13 Hannah Arika Elk River 32-4.25 0.5
- 14 Wendi Peterson Sauk Rapids-Rice 32-2.25 0.0
- 15 Lauren Castle Brainerd 31-11.5 0.2
- 16 Britta Demar Elk River 31-10.25 0.1
- 17 Madelyn Sather Moorhead 31-8.75 1.6
- 18 Sophia Zupan Buffalo 31-4.5 1.8