

Section 5A-2025

Track & Field Championships

St. John's University, Collegeville, MN - 5/28/2025

Results - Section 5A Championships

Event 123 Girls 4x800 Meter Relay Class A

Meet Record: 9:33.25 % 1996

Pierz

State A: 9:21.36 & 2011

Dover-Eyota/St. Charles

Blattner, Ratz, Gathje, Buntrock

State AA: 9:14.93 # 2024

Mankato East

Henning, Lurken, Woll, Henkels

State AAA: 8:59.69 \$ 2016

Edina

T.Sweeney, M. Rickman, A. Mosborg, E. Kompelien

Nation Best: 8:43.12 @ 2008

Roosevelt HS

D Lockhart, A Johnson, B Ogunomokun, T Stanley

10:01.24 QUAL State Qualifier

Team	Relay	Finals
Finals		
1 St. John's Prep		9:46.01 QUAL
1) Ruzanic, Louise 12	2) Pauly, Sofia 10	
3) Ruzanic, Claudia 9	4) Duffy, Margaret 10	
2:28.515 (2:28.515)	4:58.126 (2:29.611)	7:28.246 (2:30.120)
9:46.002 (2:17.756)		
2 St. Cloud Cathedral		9:50.32 QUAL
1) Jamison, Emma 12	2) Jamison, Lilly 11	
3) Jamison, Cecilia 9	4) Waldoch, Katelyn 10	
2:31.937 (2:31.937)	4:57.080 (2:25.143)	7:23.716 (2:26.636)
9:50.316 (2:26.600)		
3 Pierz		9:53.35 QUAL
1) Lochner, Chloe 11	2) Litke, Morgan 11	
3) Leidenfrost, Sophie 11	4) Gruber, Quinn 9	
2:26.025 (2:26.025)	4:55.076 (2:29.051)	7:26.606 (2:31.530)
9:53.346 (2:26.740)		
4 Litchfield		10:03.44 5
1) Ziegler, Kala 11	2) Helstrom, Elsa 9	
3) Thoma, Abby 11	4) Sorgatz, Anna 12	
2:27.956 (2:27.956)	4:56.969 (2:29.013)	7:33.609 (2:36.640)
10:03.432 (2:29.823)		
5 Eden Valley-		10:26.34 4
1) Holmgren, Ava 9	2) Bischof, Kynlee 7	
3) Truenow, Holly 12	4) Haag, Alayna 10	
2:33.014 (2:33.014)	5:11.535 (2:38.521)	7:49.000 (2:37.465)
10:26.340 (2:37.340)		
6 Mora		10:39.44 3
1) Fix, Amber 12	2) Anderson, Alice 11	
3) Halverson, Ada 11	4) Degerstrom, Macy 9	
2:37.262 (2:37.262)	5:20.012 (2:42.750)	8:01.614 (2:41.602)
10:39.439 (2:37.825)		
7 Maple Lake		10:45.21 2
1) Walberg, Peyton 8	2) Fobbe, Brooklyn 9	
3) Ronnenberg, Grace 11	4) Kramer, Addison 12	
2:41.261 (2:41.261)	5:18.534 (2:37.273)	8:04.092 (2:45.558)
10:45.208 (2:41.116)		
8 Northwest Nighthawks		10:49.43 1
1) Calcamuggio, Katie 11	2) Gundale, Meredith 10	
3) McAlpine, Addie 12	4) Plots, Ana Naria 9	
2:34.476 (2:34.476)	5:15.264 (2:40.788)	8:00.007 (2:44.743)
10:49.428 (2:49.421)		

Event 124 Boys 4x800 Meter Relay Class A

Meet Record: 8:01.71 % 5/31/2023 St. John's Prep

N Hansen, B Suo, A Ruesink, Z Meyer

State A: 7:56.21 & 2007

Pine Island

D. Meints, M. Hussein, M. Lambeth, J. Gabor

State AA: 7:52.79 # 2022

Jordan

I.Young, O.Montreuil, A.Langheim, K.Sharp

State AAA: 7:44.56 \$ 2016

Hopkins

H. Staack, S. Branson, J. Henschel, S. Eliason

Nation Best: 7:28.75 @ 2011

Poly, Long Beach, California

Hall, Harris, Andrews, Penn

8:18.10 QUAL State Qualifier

Team	Relay	Finals
Finals		
1 Pine City		8:13.51 QUAL
1) Peetz, Braxton 12	2) Clementson, Weston 11	
3) Ausmus, Charlie 12	4) Fromm, Eli 12	
2:03.798 (2:03.798)	4:11.339 (2:07.541)	6:11.185 (1:59.846)
8:13.505 (2:02.320)		
2 Northwest Nighthawks		8:22.55 8
1) Tiemann, Clayton 12	2) Mahr, Shaun 12	
3) Winters, Noah 11	4) Swanson, Mark 12	
2:08.054 (2:08.054)	4:13.922 (2:05.868)	6:22.145 (2:08.223)
8:22.544 (2:00.399)		
3 Upsala/Swanville		8:29.45 6
1) Tschida, Matthew 10	2) Guthrie, Quinn 10	
3) Guthrie, Nicholas 12	4) Jensen, Jimmy 12	
2:09.251 (2:09.251)	4:16.215 (2:06.964)	6:23.711 (2:07.496)
8:29.446 (2:05.735)		
4 Royalton		8:30.49 5
1) Bieniek, Cody 11	2) Gerads, Nolan 12	
3) Gerads, Wyatt 12	4) Psyck, Chaz 11	
2:14.457 (2:14.457)	4:22.304 (2:07.847)	6:29.316 (2:07.012)
8:30.489 (2:01.173)		
5 Howard Lake-		8:38.28 4
1) Wendler, Carson 11	2) Remer, Carson 9	
3) Bush, Hunter 9	4) Eldred, Jackson 10	
2:14.643 (2:14.643)	4:22.556 (2:07.913)	6:31.848 (2:09.292)
8:38.273 (2:06.425)		
6 St. Cloud Christian		9:02.59 3
1) Lindner, Abram 11	2) Berges, Isaac 9	
3) Coran, Everett 12	4) Rademacher, Hunter 10	
2:20.682 (2:20.682)	4:42.184 (2:21.502)	6:55.865 (2:13.681)
9:02.587 (2:06.722)		
7 Atwater-Cosm		9:03.55 2
1) Behrends, Evan 10	2) Overson, Mason 12	
3) Overson, Cooper 9	4) Peterson, Caleb 12	
2:18.798 (2:18.798)	4:33.826 (2:15.028)	6:53.436 (2:19.610)
9:03.546 (2:10.110)		
8 Mora		9:13.78 1
1) Smart, Dawson 11	2) Merry, James 12	
3) Lind, Ryan 9	4) Fuller, Jeremiah 9	
2:17.357 (2:17.357)	4:33.151 (2:15.794)	6:57.088 (2:23.937)
9:13.772 (2:16.684)		

Section 5A-2025

Track & Field Championships
St. John's University, Collegeville, MN - 5/28/2025
Results - Section 5A Championships

Event 113 Girls 100 Meter Hurdles Class A

Meet Record: 14.70 % 1997 Kara Hedin
State A: 14.31 & 2022 Shaina Zinter
State AA: 14.49 # 2024 Naomi Moore
State AAA: 13.81 \$ 2022 Ava Fitzgerald
Nation Best: 12.84 @ 2016 Tia Jones
16.01 QUAL State Qualifier

Name	Yr	School	Prelims
Preliminaries			
1 Breth, Rilee	11	Holdingford	15.11QQUAL
2 Blom, Kenlie	10	Atwater-Cosm	15.43QQUAL
3 Zoller, Jocelyn	12	Eden Valley-	15.77QQUAL
4 Joyer, Riley	12	Litchfield	16.89Q0.4
5 Pohlkamp, Mataya	11	Pierz	16.87Q1.6
6 Buchler, Madison	11	Howard Lake-	16.90Q0.4
7 Carlson, Elise	9	Litchfield	17.07q 1.6
8 Watry, Mary	12	St. Cloud Ca	17.19q 0.4
9 Tilberg, Hanna	10	Mora	17.25 1.6
10 Heintz, Kendra	9	Rush City	17.43 1.6
11 Parks, Mackenzie	9	Howard Lake-	17.50 0.4
12 Anfinson, Finley	12	Paynesville	17.64 1.6
13 Jones, Autumn	10	Pierz	17.67 0.4
14 Theis, Ellie	8	Holdingford	17.67 0.4
15 Virnig, Abigail	11	Pierz	17.77 1.6
16 Root, Teresa	11	Pine City	19.05 0.4

Event 114 Boys 110 Meter Hurdles Class A

Meet Record: 14.50 % 1999 Mitch Potter
State A: 13.92 & 2015 Jon Tollefson
State AA: 14.10 # 2024 Corbin Herron
State AAA: 13.88 \$ 2012 Rilwan Alowanle
Nation Best: 13.08 @ 2009 Wayne Davis
15.48 QUAL State Qualifier

Name	Yr	School	Prelims
Preliminaries			
1 Sales, Gavin	11	Holdingford	15.20QQUAL
2 Knott, Jaxon	11	Howard Lake-	16.08Q1.3
3 Brezinka, Landin	12	Pierz	16.28Q1.3
4 Niessen, Braden	12	Rush City	16.95Q0.1
5 Eberhard, Orin	10	Howard Lake-	17.07Q1.3
6 Martiin, William	9	Maple Lake	17.69Q0.1
7 Peterman, Liam	11	Northwest Ni	17.79q 1.3
8 Poser, Kaleb	10	Pierz	17.95q 0.1
9 Murphy, Nolan	11	Howard Lake-	18.08 0.1
10 Hawkins, Jordan	9	Royalton	18.41 1.3
11 Johannes, Trevor	11	Holdingford	18.42 0.1
12 Dircks, Hayden	11	Maple Lake	18.53 1.3
13 Kunstleben, Lucas	12	Pierz	18.88 1.3
14 Groshens, Elijah	8	Atwater-Cosm	19.15 0.1
15 Tvedt, Kieran	11	Hinckley-Fin	19.22 0.1

Event 100 Girls 100 Meter Dash Class A

Meet Record: 12.38 % 6/1/2022 Hope Schueller
State A: 11.80 & 2024 Ava Phrakonkham
State AA: 12.07 # 2023 Ashley Fisher/Brooke Hohenecl
State AAA: 11.71 \$ 2012 Taylor Anderson
Nation Best: 10.98 @ 2015 Candace Hill
12.65 QUAL State Qualifier

Name	Yr	School	Prelims
Preliminaries			
1 Salaski, Erika	11	St. Cloud Ca	12.60QQUAL
2 Prokott, Lydia	11	Royalton	12.76Q1.5
3 Frank, Brooklyn	12	Paynesville	12.86Q3.9
4 Theis, Jordyn	12	Eden Valley-	12.90Q1.5
5 Walberg, Aurora	12	Royalton	12.91Q1.5
6 Duevel, Fae	9	Melrose Area	13.10Q3.9
7 Lee, Avery	12	Maple Lake	13.08q 1.5
8 Boonstra, Alexis	11	Howard Lake-	13.16q 3.9
9 Bjorkman, Josie	10	Litchfield	13.20 3.9
10 Wirz, Emma	10	Eden Valley-	13.34 1.5
11 Turck, Samantha	12	Litchfield	13.41 1.5
12 Raya Ambriz, Lizbeth	10	Melrose Area	13.47 1.5
13 Mooney, Payton	9	Braham	13.49 3.9
14 Gall, Hailey	10	Pierz	13.54 1.5
15 Fix, Mya	9	Mora	13.74 3.9
--- Patrick, Nylah	8	Pine City	DQ 3.9

Event 102 Boys 100 Meter Dash Class A

Meet Record: 10.72 % 2000 Brandon Smith
State A: 10.77 & 1996 Erik Hanson
State AA: 10.60 # 2022 Max Reis
State AAA: 10.35 \$ 2024 Juriad Hughes
Nation Best: 10.00 @ 2014 Trentavis Friday
11.22 QUAL State Qualifier

Name	Yr	School	Prelims
Preliminaries			
1 Jones, Aiden	12	Pierz	10.99QQUAL
2 Foust, Brayden	10	Pierz	11.64Q-1.6
3 Hiltner, Kameron	11	Belgrade-Bro	11.30Q1.2
4 Laine, Youenn	11	Mora	11.71Q-1.6
5 Workman, Zack	11	Hinckley-Fin	11.48Q1.2
6 Hooper, Brody	11	Eden Valley-	11.91Q-1.6
7 Stangl, Kyle	12	Pierz	11.60q 1.2
8 Doughty, Levi	10	Mora	11.74q 1.2
9 Fiedler, Kyle	11	Holdingford	11.95 1.2
10 Hansen, Braedon	12	Royalton	11.98 -1.6
11 Westrum, Isaac	12	Hinckley-Fin	11.99 -1.6
12 Koverman, Mason	10	Mora	12.00 1.2
13 Barnes, Brody	9	Howard Lake-	12.03 1.2
14 Sand, Kameron	11	Holdingford	12.19 -1.6
15 Taylor, Anthony	10	Litchfield	12.40 -1.6

Section 5A-2025

Track & Field Championships

St. John's University, Collegeville, MN - 5/28/2025

Results - Section 5A Championships

Event 113 Girls 100 Meter Hurdles Class A

Meet Record: 14.70 % 1997 Kara Hedin
 State A: 14.31 & 2022 Shaina Zinter
 State AA: 14.49 # 2024 Naomi Moore
 State AAA: 13.81 \$ 2022 Ava Fitzgerald
 Nation Best: 12.84 @ 2016 Tia Jones
 16.01 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Breth, Rilee	11	Holdingford	15.02 QUAL
2 Blom, Kenlie	10	Atwater-Cosm	15.21 QUAL
3 Zoller, Jocelyn	12	Eden Valley-	15.83 QUAL
4 Watry, Mary	12	St. Cloud Ca	16.45 5
5 Joyer, Riley	12	Litchfield	16.67 4
6 Buehler, Madison	11	Howard Lake-	16.91 3
7 Carlson, Elise	9	Litchfield	17.01 2
8 Pohlkamp, Mataya	11	Pierz	17.03 1

Event 114 Boys 110 Meter Hurdles Class A

Meet Record: 14.50 % 1999 Mitch Potter
 State A: 13.92 & 2015 Jon Tollefson
 State AA: 14.10 # 2024 Corbin Herron
 State AAA: 13.88 \$ 2012 Rilwan Alowanle
 Nation Best: 13.08 @ 2009 Wayne Davis
 15.48 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Sales, Gavin	11	Holdingford	14.99 QUAL
2 Knott, Jaxon	11	Howard Lake-	15.67 8
3 Brezinka, Landin	12	Pierz	16.45 6
4 Niessen, Braden	12	Rush City	16.48 5
5 Poser, Kaleb	10	Pierz	16.87 4
6 Eberhard, Orin	10	Howard Lake-	17.46 3
7 Peterman, Liam	11	Northwest Ni	17.87 2
8 Martiin, William	9	Maple Lake	17.98 1

Event 100 Girls 100 Meter Dash Class A

Meet Record: 12.38 % 6/1/2022 Hope Schueller
 State A: 11.80 & 2024 Ava Phrakonkham
 State AA: 12.07 # 2023 Ashley Fisher/Brooke Hohenecel
 State AAA: 11.71 \$ 2012 Taylor Anderson
 Nation Best: 10.98 @ 2015 Candace Hill
 12.65 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Salaski, Erika	11	St. Cloud Ca	12.77 10
2 Prokott, Lydia	11	Royalton	12.93 8
3 Walberg, Aurora	12	Royalton	13.09 6
4 Frank, Brooklyn	12	Paynesville	13.15 5
5 Theis, Jordyn	12	Eden Valley-	13.26 4
6 Lee, Avery	12	Maple Lake	13.39 3
7 Duevel, Fae	9	Melrose Area	13.46 2
8 Boonstra, Alexis	11	Howard Lake-	13.57 1

Event 137 Girls 100 Meter Dash Wheelchair Wheelchair Class A

Meet Record: 31.58 % 5/29/2024 Ana Berry
 State A: 25.59 & 2019 Lill Stiernagle
 State AA: 19.47 # 2023 Adaylia Borgmeier

Name	Yr	School	Finals
Finals			
1 Berry, Ana	12	Mille Lacs	36.75 10

Event 102 Boys 100 Meter Dash Class A

Meet Record: 10.72 % 2000 Brandon Smith
 State A: 10.77 & 1996 Erik Hanson
 State AA: 10.60 # 2022 Max Reis
 State AAA: 10.35 \$ 2024 Juriad Hughes
 Nation Best: 10.00 @ 2014 Trentavis Friday
 11.22 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Jones, Aiden	12	Pierz	11.17 QUAL
2 Foust, Brayden	10	Pierz	11.47 8
3 Laine, Youenn	11	Mora	11.62 6
4 Hiltner, Kameron	11	Belgrade-Bro	11.71 5
5 Hooper, Brody	11	Eden Valley-	11.82 4
6 Workman, Zack	11	Hinckley-Fin	11.88 3
7 Stangl, Kyle	12	Pierz	11.97 2
8 Doughty, Levi	10	Mora	11.99 1

Event 119 Girls 4x200 Meter Relay Class A

Meet Record: 1:44.02 % 5/28/2025 St. Cloud Cathedral
 A Newiger, A Lesnau, J Vega, E Salaski
 State A: 1:43.60 & 2024 Cotter/ Hope Lutheran
 Heiring, P. Infante, Schossow, Sauer
 State AA: 1:39.43 # 2024 Monticello
 S. Steinbach, K. Skistad, K. Lilledahl, E. Skistad
 State AAA: 1:39.20 \$ 2017 North
 A. Pratt, S. Jones, J. Cooke, J. Cager
 Nation Best: 1:33.43 @ 2014 Aquinas High School
 Sparling, Spaulding, Jean-Baptiste, Ellis
 1:48.16 QUAL State Qualifier

Team	Relay	Finals
Finals		
1 St. Cloud Cathedral		1:44.02%QUAL
1) Newiger, Amelia 10	2) Lesnau, Aubrey 11	
3) Vega, Julia 11	4) Salaski, Erika 11	
2 Maple Lake		1:46.24 QUAL
1) Hartkopf, Reese 10	2) Lee, Avery 12	
3) Breimon, Sydney 12	4) Kiebel, Alex 12	
3 Eden Valley-		1:46.45 QUAL
1) Theis, Jordyn 12	2) Hesse, Cambel 12	
3) Becker, Ellie 12	4) Kuechle, Hope 10	
4 Holdingford		1:48.90 5
1) Kuklok, Rachel 11	2) Mitchell, Carly 10	
3) Gross, Maggie 10	4) Diakite, Angelika 11	
5 Pierz		1:49.69 4
1) Gruber, Avery 12	2) Gruber, Claire 11	
3) Gahler, Maya 10	4) Gall, Evalie 11	

Section 5A-2025

Track & Field Championships

St. John's University, Collegeville, MN - 5/28/2025

Results - Section 5A Championships

Finals ... (Event 119 Girls 4x200 Meter Relay Class A)

Team	Relay	Finals
6 Howard Lake-		1:49.89 3
1) Boonstra, Alexis 11	2) Koch, Alaina 11	
3) Remer, Olivia 10	4) Remer, Evie 8	
7 Paynesville		1:52.21 2
1) Bierwerth, Dani 10	2) Inselman, Lily 9	
3) Good, Dakota 8	4) Frank, Brooklyn 12	
8 Mora		1:55.08 1
1) Yoder, Chloe 10	2) Wright, Gabby 12	
3) Fix, Mya 9	4) Tilberg, Hanna 10	

Event 120 Boys 4x200 Meter Relay Class A

Meet Record: 1:30.70 % 2005 Annandale

L Hinz, N Demarais, R Koenigs, D Queeck

State A: 1:28.93 & 2004 Hermantown

D Jago, M Sumbs, N Holt, K Schmidt

State AA: 1:27.39 # 2023 Waseca

C.Rodriguez, D.Russell, K. Johnson, K.Ahlschlager

State AAA: 1:25.58 \$ 2019 Hopkins

J. Champion, W. Lubarski, S. Leervig, J.Fahnbulleh

Nation Best: 1:23.31 @ 1998 Wyatt HS

M Wesley, M Clopton, M Franklin, D Wesley

1:32.98 QUAL State Qualifier

Team	Relay	Finals
1 Holdingford		1:31.28 QUAL
1) Frink, Garrett 12	2) Buersken, Jax 9	
3) Hall, Brandon 12	4) Hofer, Dawson 10	
2 Mora		1:33.03 8
1) Hougum, Jude 9	2) Schwarzbauer, Cole 12	
3) Brambach, Brayden 12	4) Laine, Youenn 11	
3 Litchfield		1:33.45 6
1) Tiller, Nate 10	2) Penk, Ty 11	
3) Miller, Adrian 10	4) Palmer, Cole 10	
4 Howard Lake-		1:34.04 5
1) Forcier, Dylan 11	2) Bush, Hunter 9	
3) Graham, Raydon 11	4) Webber, Timmy 11	
5 Eden Valley-		1:35.79 4
1) Mortenson, Owen 12	2) Knaus, Kole 9	
3) Hooper, Brody 11	4) Ballard, William 12	
6 Pine City		1:36.98 3
1) Gatzke, Rudy 12	2) Milliman, Daniel 12	
3) Norton, Mitchell 9	4) Bergeron, Anthony 12	
7 Melrose Area		1:37.57 2
1) Kuhlmann, Brady 12	2) Raya Ambriz, David 12	
3) Frieler, Jackson 10	4) Wiechmann, Micah 8	
8 St. Cloud Cathedral		1:46.13 1
1) Lawal, Timmy 12	2) Marin, Aiden 12	
3) Scanlon, Liam 11	4) Mullings, Kayden 10	

Event 109 Girls 1600 Meter Run Class A

Meet Record: 4:55.80 % 1986 Michelle Marthaler

State A: 4:48.41 & 2013 Clare Flanagan

State AA: 4:49.96 # 2024 Isabelle Schmitz

State AAA: 4:46.14 \$ 2004 Elizabeth Yetzer

Nation Best: 4:33.29 @ 2014 Alexa Efraimson

5:22.03 QUAL State Qualifier

Name	Yr	School	Finals
1 Reedy, Chloe	8	Royalton	5:15.42 QUAL
1:17.547 (1:17.547)	2:41.175 (1:23.628)	4:03.502 (1:22.327)	
5:15.419 (1:11.917)			
2 Swanson, Kendra	10	Northwest Ni	5:19.13 QUAL
1:20.061 (1:20.061)	2:40.466 (1:20.405)	4:02.704 (1:22.238)	
5:19.123 (1:16.419)			
3 Prom, Kaylee	7	St. Cloud Ca	5:24.13 6
1:17.244 (1:17.244)	2:40.795 (1:23.551)	4:03.205 (1:22.410)	
5:24.126 (1:20.921)			
4 Schmidt, Brooke	9	St. John's P	5:25.88 5
1:20.899 (1:20.899)	2:41.991 (1:21.092)	4:04.243 (1:22.252)	
5:25.876 (1:21.633)			
5 Wendlandt, Madison	12	Paynesville	5:32.36 4
1:21.125 (1:21.125)	2:43.643 (1:22.518)	4:08.877 (1:25.234)	
5:32.360 (1:23.483)			
6 Anglin, Lauren	9	Maple Lake	5:35.32 3
1:20.591 (1:20.591)	2:42.976 (1:22.385)	4:09.178 (1:26.202)	
5:35.319 (1:26.141)			
7 Hinnenkamp, Maria	12	Melrose Area	5:36.56 2
1:19.422 (1:19.422)	2:45.870 (1:26.448)	4:13.925 (1:28.055)	
5:36.559 (1:22.634)			
8 Geiger, Haley	11	Hinckley-Fin	5:38.38 1
1:22.292 (1:22.292)	2:49.746 (1:27.454)	4:18.299 (1:28.553)	
5:38.378 (1:20.079)			
9 Lenzmeier, Lauren	9	St. John's P	5:42.09
1:24.587 (1:24.587)	2:48.386 (1:23.799)	4:13.186 (1:24.800)	
5:42.090 (1:28.904)			
10 Patzoldt, Ellie	8	Pine City	5:43.17
1:18.810 (1:18.810)	2:45.025 (1:26.215)	4:14.412 (1:29.387)	
5:43.169 (1:28.757)			
11 Ziegler, Kala	11	Litchfield	5:43.73
1:22.226 (1:22.226)	2:51.904 (1:29.678)	4:23.904 (1:32.000)	
5:43.725 (1:19.821)			
12 Waldoch, Katelyn	10	St. Cloud Ca	5:47.05
1:23.599 (1:23.599)	2:52.301 (1:28.702)	4:23.149 (1:30.848)	
5:47.042 (1:23.893)			
13 Brown, Rachel	12	Pine City	5:48.76
1:18.436 (1:18.436)	2:43.455 (1:25.019)	4:14.053 (1:30.598)	
5:48.751 (1:34.698)			
14 Tax, Clara	11	Pierz	5:50.78
1:21.760 (1:21.760)	2:50.797 (1:29.037)	4:22.912 (1:32.115)	
5:50.772 (1:27.860)			
15 Bertam, Brielle	7	Paynesville	5:53.04
1:24.697 (1:24.697)	2:54.876 (1:30.179)	4:25.917 (1:31.041)	
5:53.032 (1:27.115)			

Section 5A-2025

Track & Field Championships

St. John's University, Collegeville, MN - 5/28/2025

Results - Section 5A Championships

Finals ... (Event 109 Girls 1600 Meter Run Class A)

Name	Yr	School	Finals
16 Bischof, Kynlee	7	Eden Valley-	5:57.47
1:25.544 (1:25.544)	2:58.301 (1:32.757)	4:30.751 (1:32.450)	
5:57.463 (1:26.712)			

Event 110 Boys 1600 Meter Run Class A

Meet Record: 4:21.42 % 2013 Charlie Lawrence

State A: 4:12.02 & 2015 Shane Streich

State AA: 4:11.25 # 2023 Cameron Stocke

State AAA: 4:06.54 \$ 2015 Joe Klecker

Nation Best: 3:51.83 @ 2001 Alan Webb

4:28.93 QUAL State Qualifier

Name	Yr	School	Finals
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Finals

1 Lemke, Henry	12	Eden Valley-	4:28.65	QUAL
1:06.120 (1:06.120)	2:14.814 (1:08.694)	3:23.094 (1:08.280)		
4:28.647 (1:05.553)				
2 Betsinger, Wyatt	10	Pierz	4:30.98	8
1:07.949 (1:07.949)	2:16.694 (1:08.745)	3:25.339 (1:08.645)		
4:30.971 (1:05.632)				
3 Ausmus, Charlie	12	Pine City	4:37.84	6
1:07.943 (1:07.943)	2:17.833 (1:09.890)	3:29.805 (1:11.972)		
4:37.838 (1:08.033)				
4 Vix, Will	11	St. John's P	4:38.38	5
1:09.295 (1:09.295)	2:17.542 (1:08.247)	3:26.360 (1:08.818)		
4:38.376 (1:12.016)				
5 Rue, Logan	12	Melrose Area	4:43.67	4
1:08.585 (1:08.585)	2:18.609 (1:10.024)	3:31.137 (1:12.528)		
4:43.670 (1:12.533)				
6 Merry, James	12	Mora	4:46.19	3
1:08.895 (1:08.895)	2:20.639 (1:11.744)	3:35.832 (1:15.193)		
4:46.181 (1:10.349)				
7 Fromm, Eli	12	Pine City	4:46.21	2
1:06.408 (1:06.408)	2:18.392 (1:11.984)	3:38.085 (1:19.693)		
4:46.207 (1:08.122)				
8 Otis, Elliott	10	Northwest Ni	4:50.09	1
1:08.930 (1:08.930)	2:20.028 (1:11.098)	3:35.377 (1:15.349)		
4:50.090 (1:14.713)				
9 Ovick, Ray	10	Pine City	4:53.86	
1:12.453 (1:12.453)	2:25.903 (1:13.450)	3:42.091 (1:16.188)		
4:53.858 (1:11.767)				
10 Baker, Talon	12	Ogilvie	4:55.71	
1:12.005 (1:12.005)	2:24.428 (1:12.423)	3:41.341 (1:16.913)		
4:55.701 (1:14.360)				
11 Klisch, Owen	12	Holdingford	4:56.13	
1:08.465 (1:08.465)	2:18.557 (1:10.092)	3:36.583 (1:18.026)		
4:56.123 (1:19.540)				
12 Lyon, Zerl	7	Holdingford	4:57.03	
1:10.547 (1:10.547)	2:24.838 (1:14.291)	3:42.635 (1:17.797)		
4:57.024 (1:14.389)				
13 Rolph, Carson	10	St. Cloud Ca	4:57.38	
1:10.834 (1:10.834)	2:24.865 (1:14.031)	3:41.652 (1:16.787)		
4:57.372 (1:15.720)				

14 Stoeber, Blake	10	Maple Lake	4:58.16
1:11.288 (1:11.288)	2:25.512 (1:14.224)	3:43.628 (1:18.116)	
4:58.153 (1:14.525)			
15 Heen, Matthew	8	St. Cloud Ca	4:59.45
1:09.259 (1:09.259)	2:22.664 (1:13.405)	3:41.417 (1:18.753)	
4:59.447 (1:18.030)			
16 Zahasky, Ben	9	St. John's P	5:10.42
1:18.653 (1:18.653)	2:33.659 (1:15.006)	3:51.490 (1:17.831)	
5:10.411 (1:18.921)			

Event 117 Girls 4x100 Meter Relay Class A

Meet Record: 49.89 % 2002 Holdingford

T Disher, S Larsen, K Bullert, C Rausch

State A: 48.18 & 2018 Minneapolis Edison

L.Senephanh, J. Lewis, C. Rush, J. Lewis

State AA: 48.24 # 2024 DeLaSalle

Zarley, A.Gries, Swaray, N.Giles

State AAA: 47.28 \$ 2016 St. Michael-Albertville

A. Keefer, C. Witherspoon, K. Tschida, W. Perry

Nation Best: 44.50 @ 2004 Poly HS

S. Solomon, J. Lee, C. Picott, S. Solomon

51.01 QUAL State Qualifier

Team	Relay	Finals
Finals		
1 Litchfield		50.40 QUAL
1) Turck, Samantha 12	2) Turck, Josy 9	
3) Harless, Eden 11	4) Bjorkman, Josie 10	
2 Pierz		50.70 QUAL
1) Gruber, Avery 12	2) Gruber, Claire 11	
3) Gahler, Maya 10	4) Gall, Evalie 11	
3 Royalton		50.80 QUAL
1) Wolbeck, Haylie 11	2) Hartung, Hailey 8	
3) Walberg, Aurora 12	4) Prokott, Lydia 11	
4 Paynesville		51.30 5
1) Bierwerth, Dani 10	2) Frank, Brooklyn 12	
3) Anfinson, Finley 12	4) Kolb, Cloey 11	
5 Eden Valley-		51.32 4
1) Hesse, Cambel 12	2) Wirz, Emma 10	
3) Becker, Ellie 12	4) Theis, Jordyn 12	
6 Maple Lake		51.62 3
1) Hartkopf, Reese 10	2) Lee, Avery 12	
3) Breimon, Sydney 12	4) Rowe, Avery 12	
7 Howard Lake-		51.90 2
1) Buehler, Madison 11	2) Remer, Evie 8	
3) Buttruff, Davotion 8	4) Boonstra, Alexis 11	
8 St. Cloud Cathedral		53.64 1
1) Lesnau, Natalie 11	2) Arevalo, Aracely 10	
3) Newiger, Amelia 10	4) Smith, Madison 9	

Section 5A-2025

Track & Field Championships

St. John's University, Collegeville, MN - 5/28/2025

Results - Section 5A Championships

Event 118 Boys 4x100 Meter Relay Class A

Meet Record: 43.59 % 5/29/2024 Howard Lake-Waverly-Winstec

H Brown, B Burau, T Webber, C Jones

State A: 42.57 & 2022 Minneapolis North Com

Z. Black, K. Clay, J. Baker, J. Hill

State AA: 42.07 # 2024 Winona

Maurud, Graner, Blanck, Epps

State AAA: 41.28 \$ 2023 Minnetonka

L. Poey, T. Williams, C. Guion, W. Hairston

Nation Best: 39.76 @ 1998 Watt HS

M Wesley, M Clopton, M Franklin, D Wesley

44.61 QUAL State Qualifier

Team	Relay	Finals
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Finals

1	Pierz	43.91	QUAL
	1) Foust, Brayden 10	2) Nieman, Paul 10	
	3) Stangl, Kyle 12	4) Jones, Aiden 12	
2	Eden Valley-	44.76	8
	1) Mortenson, Owen 12	2) Knaus, Kole 9	
	3) Hooper, Brody 11	4) Ballard, William 12	
3	Holdingford	45.08	6
	1) Buersken, Jax 9	2) Fiedler, Kyle 11	
	3) Hall, Brandon 12	4) Gustafson, Broden 11	
4	Litchfield	45.12	5
	1) Taylor, Anthony 10	2) Penk, Ty 11	
	3) Weatherholt, Deagan 11	4) Palmer, Cole 10	
5	Melrose Area	46.10	4
	1) Eveslage, Grant 12	2) Raya Ambriz, David 12	
	3) Frieler, Jackson 10	4) Gysberg, Ryan 12	
6	Royalton	46.11	3
	1) Rudolph, Zack 12	2) Popp, Carson 12	
	3) Vannurden, Max 10	4) Hansen, Braedon 12	
7	Howard Lake-	46.13	2
	1) Barnes, Brody 9	2) Kutz, Will 9	
	3) Graham, Raydon 11	4) Ost, Camden 10	
8	Mora	46.16	1
	1) Doughty, Levi 10	2) Koverman, Mason 10	
	3) Evenson, Caleb 11	4) Brambach, Brayden 12	

Event 105 Girls 400 Meter Dash Class A

Meet Record: 57.34 % 6/1/2022 Ellie Kuechle

State A: 55.67 & 2016 Chloe Bermel

State AA: 56.35 # 2024 Brooke Hoheneker

State AAA: 54.27 \$ 2022 Jordan Borsch

Nation Best: 50.69 @ 2002 Sanya Richards

1:00.32 QUAL State Qualifier

Name	Yr	School	Finals
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Finals

1	Kuechle, Hope	10	Eden Valley-	57.63	QUAL
2	Lesnau, Aubrey	11	St. Cloud Ca	57.63	QUAL
3	Vega, Julia	11	St. Cloud Ca	58.88	QUAL
4	Konsor, Brenna	8	Holdingford	1:00.08	QUAL
5	Gross, Maggie	10	Holdingford	1:01.03	4
6	Hartkopf, Reese	10	Maple Lake	1:01.26	3
7	Bierwerth, Avary	10	Atwater-Cosm	1:02.22	2
8	Claseman, ZoeAnn	9	Braham	1:02.26	1
9	Holmgren, Ava	9	Eden Valley-	1:03.10	

10	Liao, Peyton	9	Pine City	1:03.29
11	Zillmer, Kyla	11	Howard Lake-	1:03.50
12	Clark, Miley	8	East Central	1:04.28
13	Kron, Kylee	9	St. Cloud Ch	1:04.72
14	Niessen, Clara	9	Rush City	1:04.93
15	Yoder, Chloe	10	Mora	1:05.31
16	Lahti, Vivian	11	Pine City	1:06.14

Event 141 Girls 400 Meter Dash Wheelchair Wheelchair Class A

Meet Record: 2:19.80 % 5/28/2025 Ana Berry

State AA: 1:11.34 # 2024 Adaylia Borgmeier

Name	Yr	School	Finals
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Finals

1	Berry, Ana	12	Mille Lacs	2:19.80% 10
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Event 106 Boys 400 Meter Dash Class A

Meet Record: 49.33 % 5/30/2018 Cal Wright

State A: 47.66 & 1996 Tom Gerding

State AA: 47.28 # 2024 Jack Markstrom

State AAA: 47.34 \$ 2022 Ramy Ayoub

Nation Best: 44.69 @ 1982 Darrell Robinson

51.53 QUAL State Qualifier

Name	Yr	School	Finals
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Finals

1	Hofer, Dawson	10	Holdingford	50.36	QUAL
2	Jaenicke, Kendall	12	Melrose Area	51.11	QUAL
3	Bergeron, Anthony	12	Pine City	52.20	6
4	Jensen, Jimmy	12	Upsala/Swanv	52.61	5
5	Marin, Aiden	12	St. Cloud Ca	53.03	4
6	Gatzke, Rudy	12	Pine City	53.09	3
7	McDaniel, Sawyer	12	Pine City	53.27	2
8	Stangl, Kyle	12	Pierz	53.46	1
9	Ramirez, Damien	12	Melrose Area	54.01	
10	Kuhlmann, Brady	12	Melrose Area	54.20	
11	Perowitz, Noah	10	Holdingford	54.35	
12	Compton, Finley	10	Northwest Ni	54.96	
13	Zoller, Huxley	8	Eden Valley-	55.05	
14	Walton, Bowan	11	Maple Lake	55.54	
15	Johanneck, Carson	10	Litchfield	55.82	

Event 115 Girls 300 Meter Hurdles Class A

Meet Record: 45.45 % 5/31/2017 Tyarra English-Paulson

State A: 42.38 & 2022 Shaina Zinter

State AA: 43.45 # 2022 Cecelia Woods

State AAA: 41.35 \$ 2016 Maleah Biermaier

Nation Best: 39.98 @ 2001 Lashinda Demus

47.54 QUAL State Qualifier

Name	Yr	School	Finals
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Finals

1	Zoller, Jocelyn	12	Eden Valley-	46.26	QUAL
2	Breth, Rilee	11	Holdingford	47.12	QUAL
3	Blom, Kenlie	10	Atwater-Cosm	48.08	6
4	Carlson, Elise	9	Litchfield	48.90	5
5	Gall, Evalie	11	Pierz	49.31	4
6	Joyer, Riley	12	Litchfield	49.81	3

Section 5A-2025

Track & Field Championships

St. John's University, Collegeville, MN - 5/28/2025

Results - Section 5A Championships

Finals ... (Event 115 Girls 300 Meter Hurdles Class A)

Name	Yr	School	Finals
7 Remer, Olivia	10	Howard Lake-	50.12 2
8 Konsor, Kylee	10	Holdingford	50.23 1
9 Rademacher, Nicole	10	Melrose Area	50.61
10 Theis, Ellie	8	Holdingford	51.25
11 Anfinson, Finley	12	Paynesville	51.42
12 Watry, Mary	12	St. Cloud Ca	51.65
13 Toops, Kora	9	Pierz	52.55
14 Theis, Kadynee	12	Pierz	52.74
15 Heintz, Alayna	11	Rush City	52.98
16 Walberg, Peyton	8	Maple Lake	53.30

Event 116 Boys 300 Meter Hurdles Class A

Meet Record: 38.31 % 1999 Mitch Potter
State A: 37.39 & 1999 Mitch Potter
State AA: 37.66 # 2024 Lorenzo Hampton
State AAA: 36.59 \$ 2012 RJ Alowonle
Nation Best: 35.02 @ 2009 Reggie Wyatt
41.32 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Krattenmaker, Grant	10	Holdingford	41.97 10
2 Poser, Kaleb	10	Pierz	42.32 8
3 Brezinka, Landin	12	Pierz	42.69 6
4 Sales, Gavin	11	Holdingford	42.98 5
5 Niessen, Braden	12	Rush City	43.51 4
6 Knott, Jaxon	11	Howard Lake-	43.55 3
7 Eberhard, Orin	10	Howard Lake-	44.33 2
8 Lofton, Christian	9	Litchfield	44.42 1
9 Peterman, Liam	11	Northwest Ni	44.45
10 Groshens, Elijah	8	Atwater-Cosm	44.73
11 Tvedt, Kieran	11	Hinckley-Fin	44.86
12 Guthrie, Caleb	10	Upsala/Swanv	45.51
13 Murphy, Nolan	11	Howard Lake-	46.59
14 Franco, Felix	9	Litchfield	46.90
15 Wiechman, Teddy	10	Melrose Area	49.25

Event 107 Girls 800 Meter Run Class A

Meet Record: 2:18.90 % 6/9/2021 Reanna Cruz
State A: 2:08.77 & 1986 Jeanne Kruckeberg
State AA: 2:13.05 # 2023 Kendra Krueger
State AAA: 2:06.50 \$ 2015 Ruby Stauber
Nation Best: 1:59.51 @ 2013 Mary Cain
2:22.94 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Reuter, Katherine	11	St. Cloud Ca	2:20.21 QUAL
1:09.804 (1:09.804)		2:20.204 (1:10.400)	
2 Gruber, Quinn	9	Pierz	2:25.14 8
1:13.444 (1:13.444)		2:25.136 (1:11.692)	
3 Ebert, Kate	7	Howard Lake-	2:29.08 6
1:11.497 (1:11.497)		2:29.071 (1:17.574)	
4 Hinnenkamp, Maria	12	Melrose Area	2:29.16 5
1:13.778 (1:13.778)		2:29.157 (1:15.379)	

5 Birkholz, Hailey	10	Howard Lake-	2:30.64 4
1:12.002 (1:12.002)		2:30.633 (1:18.631)	
6 Prom, Kaylee	7	St. Cloud Ca	2:30.77 3
1:13.579 (1:13.579)		2:30.762 (1:17.183)	
7 Sorgatz, Anna	12	Litchfield	2:30.97 2
1:12.907 (1:12.907)		2:30.967 (1:18.060)	
8 Jamison, Lilly	11	St. Cloud Ca	2:31.27 1
1:13.084 (1:13.084)		2:31.269 (1:18.185)	
9 Haag, Alayna	10	Eden Valley-	2:31.74
1:10.077 (1:10.077)		2:31.732 (1:21.655)	
10 Truenow, Holly	12	Eden Valley-	2:34.75
1:17.619 (1:17.619)		2:34.749 (1:17.130)	
11 Litke, Morgan	11	Pierz	2:34.83
1:14.975 (1:14.975)		2:34.825 (1:19.850)	
12 Geiger, Haley	11	Hinckley-Fin	2:35.37
1:17.075 (1:17.075)		2:35.365 (1:18.290)	
13 Calcamuggio, Katie	11	Northwest Ni	2:36.75
1:17.373 (1:17.373)		2:36.749 (1:19.376)	
14 Lochner, Chloe	11	Pierz	2:37.18
1:13.352 (1:13.352)		2:37.176 (1:23.824)	
15 Rolfzen, Ellie	10	St. Cloud Ch	2:41.77
1:18.638 (1:18.638)		2:41.765 (1:23.127)	
16 Kramer, Addison	12	Maple Lake	2:44.60
1:17.846 (1:17.846)		2:44.595 (1:26.749)	

Event 108 Boys 800 Meter Run Class A

Meet Record: 1:54.82 % 5/31/2023 Brandon Kampsen
State A: 1:50.72 & 1996 Jason Owen
State AA: 1:52.79 # 2023 Cameron Stocke
State AAA: 1:49.69 \$ 2008 Zachary Mellon
Nation Best: 1:46.45 @ 1996 Michael Granville
2:00.01 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Swanson, Mark	12	Northwest Ni	1:57.89 QUAL
58.460 (58.460)		1:57.881 (59.421)	
2 Clementson, Weston	11	Pine City	1:58.55 QUAL
58.731 (58.731)		1:58.546 (59.815)	
3 Gross, Carter	12	Holdingford	1:58.66 QUAL
59.276 (59.276)		1:58.658 (59.382)	
4 Chvatal, Xander	10	Litchfield	2:01.54 5
1:00.199 (1:00.199)		2:01.538 (1:01.339)	
5 Psyck, Chaz	11	Royalton	2:04.02 4
1:00.796 (1:00.796)		2:04.015 (1:03.219)	
6 Baker, Talon	12	Ogilvie	2:04.85 3
1:00.519 (1:00.519)		2:04.843 (1:04.324)	
7 McMahon, Connor	8	St. John's P	2:05.81 2
1:01.444 (1:01.444)		2:05.808 (1:04.364)	
8 Eldred, Jackson	10	Howard Lake-	2:06.17 1
1:01.257 (1:01.257)		2:06.161 (1:04.904)	
9 Rue, Logan	12	Melrose Area	2:06.70
1:01.779 (1:01.779)		2:06.691 (1:04.912)	
10 Scanlon, Liam	11	St. Cloud Ca	2:08.16
1:00.673 (1:00.673)		2:08.154 (1:07.481)	

Section 5A-2025
Track & Field Championships
St. John's University, Collegeville, MN - 5/28/2025
Results - Section 5A Championships

Finals ... (Event 108 Boys 800 Meter Run Class A)			
Name	Yr	School	Finals
11 Gerads, Nolan	12	Royalton	2:08.34
1:04.983 (1:04.983)	2:08.340 (1:03.357)		
12 Peetz, Braxton	12	Pine City	2:08.57
1:00.452 (1:00.452)	2:08.565 (1:08.113)		
13 Mulder, David	11	Community Ch	2:08.70
1:05.662 (1:05.662)	2:08.697 (1:03.035)		
14 Tiemann, Clayton	12	Northwest Ni	2:09.10
1:01.474 (1:01.474)	2:09.093 (1:07.619)		
15 Winters, Noah	11	Northwest Ni	2:09.21
1:04.517 (1:04.517)	2:09.209 (1:04.692)		
16 Fuller, Jeremiah	9	Mora	2:16.71
1:05.217 (1:05.217)	2:16.701 (1:11.484)		

Event 103 Girls 200 Meter Dash Class A			
Meet Record:	25.36 % 2002	Shanda Larsen	
State A:	24.44 & 2018	T'Nia Riley	
State AA:	24.51 # 2023	Emelia Skistad	
State AAA:	23.91 \$ 2016	Jedah Caldwell	
Nation Best:	22.11 @ 1998	Allyson Felix	
	26.40	QUAL State Qualifier	
Name	Yr	School	Finals
Finals			
1 Salaski, Erika	11	St. Cloud Ca	26.32 QUAL
2 Vega, Julia	11	St. Cloud Ca	26.34 QUAL
3 Prokott, Lydia	11	Royalton	26.94 6
4 Turck, Josy	9	Litchfield	27.17 5
5 Walberg, Aurora	12	Royalton	27.26 4
6 Breimon, Sydney	12	Maple Lake	27.55 3
7 Harless, Eden	11	Litchfield	27.75 2
8 Duevel, Fae	9	Melrose Area	27.75 1
9 Diakite, Angelika	11	Holdingford	27.93 -0.9
10 Good, Dakota	8	Paynesville	28.05 -0.9
11 Thieman, Katey	10	Pine City	28.17 -0.9
12 Claseman, ZoeAnn	9	Braham	28.20 -1.3
13 Niessen, Clara	9	Rush City	28.25 -0.9
14 Koch, Alaina	11	Howard Lake-	28.29 -0.9
15 Bushman, Margherita	9	St. Cloud Ca	28.42 -0.9
16 Gruber, Claire	11	Pierz	29.05 -0.9

Event 139 Girls 200 Meter Dash Wheelchair Wheelchair Class A			
Meet Record:	59.94 % 5/29/2024	Ana Berry	
State A:	50.93 & 2019	Lilly Stiernagle	
State AA:	35.28 # 2024	Adaylia Borgmeier	
Name	Yr	School	Finals
Finals			
1 Berry, Ana	12	Mille Lacs	1:07.10 10

Event 104 Boys 200 Meter Dash Class A			
Meet Record:	21.88 % 2014	Tyler Beehler	
State A:	21.45 & 2014	Tyler Beehler	
State AA:	21.68 # 2024	Parker Peterson	
State AAA:	20.92 \$ 2004	Jon Boyd	
Nation Best:	20.13 @ 1985	Roy Martin	
	22.76	QUAL State Qualifier	
Name	Yr	School	Finals
Finals			
1 Jones, Aiden	12	Pierz	22.68 QUAL
2 Jaenicke, Kendall	12	Melrose Area	22.97 8
3 Webber, Timmy	11	Howard Lake-	23.04 6
4 Foust, Brayden	10	Pierz	23.32 5
5 Hall, Brandon	12	Holdingford	23.61 4
6 Hansen, Braedon	12	Royalton	23.68 3
7 Houghlum, Jude	9	Mora	23.72 2
8 Marin, Aiden	12	St. Cloud Ca	23.78 1
9 Buersken, Jax	9	Holdingford	23.82 -0.5
10 Workman, Zack	11	Hinckley-Fin	23.94 1.0
11 Nieman, Paul	10	Pierz	24.19 1.0
12 Forcier, Dylan	11	Howard Lake-	24.36 1.0
13 Tiller, Nate	10	Litchfield	24.44 1.0
14 Wiechmann, Micah	8	Melrose Area	24.47 1.0
15 Morrison, Micah	11	Atwater-Cosm	24.95 1.0

Event 111 Girls 3200 Meter Run Class A			
Meet Record:	10:42.70 % 5/28/2025	Margaret Duffy	
State A:	10:26.41 & 2006	Bria Wetsch	
State AA:	10:24.14 # 2024	Isabelle Schmitz	
State AAA:	10:06.19 \$ 2018	Emily Covert	
Nation Best:	9:48.59 @ 1996	Kim Mortensen	
	11:33.70	QUAL State Qualifier	
Name	Yr	School	Finals
Finals			
1 Duffy, Margaret	10	St. John's P	10:42.70%QUAL
1:22.190 (1:22.190)	2:42.514 (1:20.324)	4:04.591 (1:22.077)	
5:24.018 (1:19.427)	6:45.351 (1:21.333)	8:08.053 (1:22.702)	
9:28.998 (1:20.945)	10:42.697 (1:13.699)		
2 Ruzanic, Louise	12	St. John's P	11:39.96 8
1:29.850 (1:29.850)	2:59.396 (1:29.546)	4:25.272 (1:25.876)	
5:52.738 (1:27.466)	7:23.361 (1:30.623)	8:48.801 (1:25.440)	
10:14.359 (1:25.558)	11:39.955 (1:25.596)		
3 Michael, Salina	11	Northwest Ni	11:59.82 6
1:30.045 (1:30.045)	2:59.012 (1:28.967)	4:24.887 (1:25.875)	
5:52.316 (1:27.429)	7:23.011 (1:30.695)	8:53.390 (1:30.379)	
10:27.154 (1:33.764)	11:59.820 (1:32.666)		
4 Helstrom, Elsa	9	Litchfield	12:05.24 5
1:26.100 (1:26.100)	2:57.457 (1:31.357)	4:29.026 (1:31.569)	
6:01.280 (1:32.254)	7:34.008 (1:32.728)	9:08.480 (1:34.472)	
10:42.833 (1:34.353)	12:05.239 (1:22.406)		
5 Wendlandt, Madison	12	Paynesville	12:11.37 4
1:30.552 (1:30.552)	3:01.796 (1:31.244)	4:33.791 (1:31.995)	
6:06.736 (1:32.945)	7:39.334 (1:32.598)	9:11.827 (1:32.493)	
10:43.920 (1:32.093)	12:11.367 (1:27.447)		

Section 5A-2025

Track & Field Championships

St. John's University, Collegeville, MN - 5/28/2025

Results - Section 5A Championships

Finals ... (Event 111 Girls 3200 Meter Run Class A)				
Name	Yr	School	Finals	
6 Pauly, Sofia	10	St. John's P	12:16.66	3
1:30.276 (1:30.276)	3:01.428 (1:31.152)	4:33.913 (1:32.485)		
6:04.664 (1:30.751)	7:35.212 (1:30.548)	9:09.523 (1:34.311)		
10:44.913 (1:35.390)	12:16.659 (1:31.746)			
7 Thoma, Abby	11	Litchfield	12:23.68	2
1:28.358 (1:28.358)	3:00.824 (1:32.466)	4:34.106 (1:33.282)		
6:06.682 (1:32.576)	7:39.607 (1:32.925)	9:16.162 (1:36.555)		
10:52.769 (1:36.607)	12:23.671 (1:30.902)			
8 Pohlkamp, Billie Maye	12	Pierz	12:32.58	1
1:31.680 (1:31.680)	3:05.966 (1:34.286)	4:40.994 (1:35.028)		
6:17.914 (1:36.920)	7:55.600 (1:37.686)	9:33.941 (1:38.341)		
11:10.246 (1:36.305)	12:32.574 (1:22.328)			
9 Skwira, Chloe	9	Pierz	12:34.15	
1:30.489 (1:30.489)	3:01.215 (1:30.726)	4:33.630 (1:32.415)		
6:06.668 (1:33.038)	7:42.629 (1:35.961)	9:22.332 (1:39.703)		
11:02.733 (1:40.401)	12:34.144 (1:31.411)			
10 Anglin, Lauren	9	Maple Lake	12:41.43	
1:29.354 (1:29.354)	3:00.982 (1:31.628)	4:34.030 (1:33.048)		
6:06.965 (1:32.935)	7:43.398 (1:36.433)	9:25.183 (1:41.785)		
11:06.318 (1:41.135)	12:41.423 (1:35.105)			
11 Brown, Rachel	12	Pine City	12:56.39	
1:30.816 (1:30.816)	3:04.290 (1:33.474)	4:38.549 (1:34.259)		
6:16.654 (1:38.105)	7:59.837 (1:43.183)	9:43.550 (1:43.713)		
11:26.693 (1:43.143)	12:56.389 (1:29.696)			
12 Schad, Rosalie	7	St. Cloud Ca	13:09.53	
1:33.940 (1:33.940)	3:16.867 (1:42.927)	5:00.023 (1:43.156)		
6:44.079 (1:44.056)	8:27.402 (1:43.323)	10:08.229 (1:40.827)		
11:48.014 (1:39.785)	13:09.527 (1:21.513)			
13 Ree, Haley	8	Paynesville	13:10.98	
1:32.692 (1:32.692)	3:09.751 (1:37.059)	4:50.533 (1:40.782)		
6:34.110 (1:43.577)	8:18.429 (1:44.319)	9:59.896 (1:41.467)		
11:42.051 (1:42.155)	13:10.980 (1:28.929)			
14 Patzoldt, Ellie	8	Pine City	13:13.57	
1:32.219 (1:32.219)	3:10.681 (1:38.462)	4:51.197 (1:40.516)		
6:34.539 (1:43.342)	8:17.374 (1:42.835)	9:59.405 (1:42.031)		
11:41.167 (1:41.762)	13:13.563 (1:32.396)			
15 O'Fallon, Emily	7	St. Cloud Ca	13:18.28	
1:34.028 (1:34.028)	3:16.931 (1:42.903)	5:00.120 (1:43.189)		
6:44.050 (1:43.930)	8:27.355 (1:43.305)	10:08.365 (1:41.010)		
11:48.098 (1:39.733)	13:18.276 (1:30.178)			
16 Mroska, Loretta	11	Holdingford	13:32.25	
1:32.026 (1:32.026)	3:09.146 (1:37.120)	4:50.203 (1:41.057)		
6:33.791 (1:43.588)	8:18.216 (1:44.425)	10:03.653 (1:45.437)		
11:49.950 (1:46.297)	13:32.248 (1:42.298)			

Event 112 Boys 3200 Meter Run Class A

Meet Record: 9:32.90 % 2011 Grant Wintheiser

State A: 8:59.19 & 2006 Mike Torchia

State AA: 9:03.72 # 2023 Emmett Gerres

State AAA: 8:51.44 \$ 2023 Noah Breker

Nation Best: 8:29.46 @ 2011 Lukas Verzbicas

9:50.15 QUAL State Qualifier

Name	Yr	School	Finals	
Finals				
1 Lemke, Henry	12	Eden Valley-	9:50.36	10
1:13.161 (1:13.161)	2:26.483 (1:13.322)	3:42.576 (1:16.093)		
4:57.626 (1:15.050)	6:11.801 (1:14.175)	7:26.131 (1:14.330)		
8:39.922 (1:13.791)	9:50.355 (1:10.433)			
2 Nelson, Taylor	12	Belgrade-Bro	10:01.10	8
1:13.500 (1:13.500)	2:28.889 (1:15.389)	3:45.441 (1:16.552)		
5:01.941 (1:16.500)	6:18.884 (1:16.943)	7:37.397 (1:18.513)		
8:53.167 (1:15.770)	10:01.092 (1:07.925)			
3 McAlpine, Spencer	10	Northwest Ni	10:02.50	6
1:14.613 (1:14.613)	2:29.774 (1:15.161)	3:47.209 (1:17.435)		
5:05.278 (1:18.069)	6:23.507 (1:18.229)	7:39.977 (1:16.470)		
8:52.332 (1:12.355)	10:02.498 (1:10.166)			
4 Rademacher, Hunter	10	St. Cloud Ch	10:13.51	5
1:14.396 (1:14.396)	2:29.805 (1:15.409)	3:46.235 (1:16.430)		
5:02.926 (1:16.691)	6:18.454 (1:15.528)	7:36.964 (1:18.510)		
8:55.412 (1:18.448)	10:13.510 (1:18.098)			
5 Betsinger, Wyatt	10	Pierz	10:17.68	4
1:14.090 (1:14.090)	2:29.514 (1:15.424)	3:46.076 (1:16.562)		
5:03.320 (1:17.244)	6:20.954 (1:17.634)	7:43.356 (1:22.402)		
9:01.356 (1:18.000)	10:17.680 (1:16.324)			
6 Gundale, Charlie	12	Northwest Ni	10:18.12	3
1:15.163 (1:15.163)	2:31.945 (1:16.782)	3:49.150 (1:17.205)		
5:06.226 (1:17.076)	6:24.647 (1:18.421)	7:43.235 (1:18.588)		
9:02.860 (1:19.625)	10:18.111 (1:15.251)			
7 Guthrie, Quinn	10	Upsala/Swanv	10:29.75	2
1:13.650 (1:13.650)	2:26.178 (1:12.528)	3:42.942 (1:16.764)		
5:00.896 (1:17.954)	6:19.686 (1:18.790)	7:43.013 (1:23.327)		
9:05.651 (1:22.638)	10:29.749 (1:24.098)			
8 McIntyre, Lane	11	St. John's P	10:38.61	1
1:19.672 (1:19.672)	2:40.803 (1:21.131)	4:01.124 (1:20.321)		
5:21.547 (1:20.423)	6:42.129 (1:20.582)	8:03.083 (1:20.954)		
9:23.499 (1:20.416)	10:38.604 (1:15.105)			
9 Rolph, Carson	10	St. Cloud Ca	10:52.01	
1:16.864 (1:16.864)	2:38.666 (1:21.802)	3:59.604 (1:20.938)		
5:20.397 (1:20.793)	6:42.454 (1:22.057)	8:05.952 (1:23.498)		
9:31.850 (1:25.898)	10:52.008 (1:20.158)			
10 Schurmann, Jack	10	Howard Lake-	10:52.82	
1:15.758 (1:15.758)	2:37.024 (1:21.266)	4:01.209 (1:24.185)		
5:27.519 (1:26.310)	6:50.902 (1:23.383)	8:14.435 (1:23.533)		
9:39.306 (1:24.871)	10:52.818 (1:13.512)			
11 Smart, Dawson	11	Mora	11:03.82	
1:16.535 (1:16.535)	2:39.064 (1:22.529)	4:02.700 (1:23.636)		
5:26.896 (1:24.196)	6:50.678 (1:23.782)	8:16.891 (1:26.213)		
9:43.880 (1:26.989)	11:03.811 (1:19.931)			

Section 5A-2025
Track & Field Championships
St. John's University, Collegeville, MN - 5/28/2025
Results - Section 5A Championships

Finals ... (Event 112 Boys 3200 Meter Run Class A)			
Name	Yr	School	Finals
12 O'Fallon, Carter	10	St. Cloud Ca	11:03.88
1:17.311 (1:17.311)	2:38.888 (1:21.577)	3:59.936 (1:21.048)	
5:21.100 (1:21.164)	6:46.505 (1:25.405)	8:14.462 (1:27.957)	
9:40.811 (1:26.349)	11:03.873 (1:23.062)		
13 Swenson, August	11	Litchfield	11:11.57
1:13.864 (1:13.864)	2:29.211 (1:15.347)	3:45.737 (1:16.526)	
5:03.779 (1:18.042)	6:29.650 (1:25.871)	8:01.946 (1:32.296)	
9:37.177 (1:35.231)	11:11.568 (1:34.391)		
14 Mahowald, Ryan	10	St. John's P	11:14.88
1:21.189 (1:21.189)	2:44.429 (1:23.240)	4:07.224 (1:22.795)	
5:31.768 (1:24.544)	6:57.758 (1:25.990)	8:24.332 (1:26.574)	
9:52.950 (1:28.618)	11:14.875 (1:21.925)		
15 McDaniel, Noah	11	Pine City	11:20.74
1:15.546 (1:15.546)	2:36.841 (1:21.295)	4:00.811 (1:23.970)	
5:28.048 (1:27.237)	6:56.257 (1:28.209)	8:26.600 (1:30.343)	
9:55.897 (1:29.297)	11:20.733 (1:24.836)		
16 Overson, Cooper	9	Atwater-Cosm	11:28.38
1:18.405 (1:18.405)	2:41.130 (1:22.725)	4:06.451 (1:25.321)	
5:32.870 (1:26.419)	7:01.705 (1:28.835)	8:31.896 (1:30.191)	
10:02.186 (1:30.290)	11:28.375 (1:26.189)		

Event 121 Girls 4x400 Meter Relay Class A

Meet Record: 4:02.11 % 2004 Delano
S Swenson, A McCannel, A Nelson, R Jaunich
State A: 3:56.98 & 2001 Roseau
B Lisell, S Olson, H Evans, A Anderson
State AA: 3:58.17 # 2024 Pequot Lakes
Wothe, Gladen, Taylor, Chaney
State AAA: 3:50.12 \$ 2015 Lakeville South
H. Lubow, K. Larson, C. Slattery, J. Mosser
Nation Best: 3:35.49 @ 2004 Poly HS
S. Woods, S. Harris, J. Lee, S. Solomon
4:10.50 QUAL State Qualifier

Team	Relay	Finals
Finals		
1 Holdingford		4:02.93 QUAL
1) Konsor, Brenna 8	2) Mitchell, Carly 10	
3) Gross, Maggie 10	4) Breth, Rilee 11	
1:00.344 (1:00.344)	2:02.692 (1:02.348)	3:03.597 (1:00.905)
4:02.930 (59.333)		
2 Eden Valley-		4:07.21 QUAL
1) Hesse, Cambel 12	2) Haag, Alayna 10	
3) Zoller, Jocelyn 12	4) Kuechle, Hope 10	
1:03.553 (1:03.553)	2:07.057 (1:03.504)	3:09.286 (1:02.229)
4:07.206 (57.920)		
3 St. Cloud Cathedral		4:09.96 QUAL
1) Newiger, Amelia 10	2) Jamison, Emma 12	
3) Jamison, Cecilia 9	4) Lesnau, Aubrey 11	
1:03.536 (1:03.536)	2:08.698 (1:05.162)	3:10.894 (1:02.196)
4:09.960 (59.066)		
4 Atwater-Cosm		4:12.01 5
1) Johnson, Haley 11	2) Rosenquist, Jada 11	
3) Bierwerth, Avary 10	4) Blom, Kenlie 10	
1:02.917 (1:02.917)	2:07.577 (1:04.660)	3:10.004 (1:02.427)
4:12.003 (1:01.999)		

Section 5A-2025

Track & Field Championships

St. John's University, Collegeville, MN - 5/28/2025

Results - Section 5A Championships

5	Howard Lake-	4:17.75	4
1) Koch, Alaina 11	2) Guggemos, Annie 10		
3) Remer, Evie 8	4) Zillmer, Kylah 11		
1:05.163 (1:05.163)	2:08.816 (1:03.653)	3:13.721 (1:04.905)	
4:17.747 (1:04.026)			
6	Litchfield	4:22.64	3
1) Turck, Josy 9	2) Carlson, Elise 9		
3) Moes, Izabella 9	4) Joyer, Riley 12		
1:02.045 (1:02.045)	2:10.438 (1:08.393)	3:17.621 (1:07.183)	
4:22.632 (1:05.011)			
7	Pine City	4:25.83	2
1) Lahti, Vivian 11	2) Tollefson, Ali 8		
3) Liao, Peyton 9	4) Kunze, Finley 8		
1:07.493 (1:07.493)	2:14.614 (1:07.121)	3:19.365 (1:04.751)	
4:25.824 (1:06.459)			
8	Rush City	4:38.23	1
1) Niessen, Clara 9	2) Vaughn, Sedonia 9		
3) Stavig, Leah 11	4) Heintz, Alayna 11		
1:08.922 (1:08.922)	2:15.506 (1:06.584)	3:26.939 (1:11.433)	
4:38.230 (1:11.291)			
Event 122 Boys 4x400 Meter Relay Class A			
Meet Record: 3:25.50 % 1987 Dassel-Cokato			
State A: 3:20.64 & 1999 St. Michael-Albertville			
B Beaudre, S Glaeser, M Robeck, M Potter			
State AA: 3:22.20 # 2022 Jordan			
I.Young, O.Montreuil, W.Major, K.Sharp			
State AAA: 3:16.69 \$ 2011 Stillwater			
Day, Ricci, Davis, Goff			
Nation Best: 3:07.40 @ 1985 Hawthorne HS			
M Graham, M Marsh, S Kelly, H Thomas			
3:32.45 QUAL State Qualifier			
Team	Relay	Finals	
Finals			
1	Holdingford	3:29.06	QUAL
1) Frink, Garrett 12	2) Krattenmaker, Grant 10		
3) Gross, Carter 12	4) Hofer, Dawson 10		
50.520 (50.520)	1:44.509 (53.989)	2:37.836 (53.327)	
3:29.053 (51.217)			
2	Melrose Area	3:31.11	QUAL
1) Kuhlmann, Brady 12	2) Ramirez, Damien 12		
3) Rue, Logan 12	4) Raya Ambriz, David 12		
53.053 (53.053)	1:48.173 (55.120)	2:41.040 (52.867)	
3:31.101 (50.061)			
3	Pine City	3:31.35	QUAL
1) McDaniel, Sawyer 12	2) Clementson, Weston 11		
3) Gatzke, Rudy 12	4) Bergeron, Anthony 12		
52.733 (52.733)	1:47.070 (54.337)	2:39.872 (52.802)	
3:31.347 (51.475)			
4	Eden Valley-	3:37.88	5
1) Mortenson, Owen 12	2) Knaus, Kole 9		
3) Charboneau, Tyler 11	4) Ballard, William 12		
53.815 (53.815)	1:49.578 (55.763)	2:43.099 (53.521)	
3:37.873 (54.774)			

Finals ... (Event 122 Boys 4x400 Meter Relay Class A)				
Team	Relay	Finals		
5	Upsala/Swanville	3:38.44	4	
1) Guthrie, Nicholas 12	2) Mack, Brayden 12			
3) Mack, Brogan 8	4) Jensen, Jimmy 12			
55.431 (55.431)	1:50.248 (54.817)	2:45.942 (55.694)		
3:38.440 (52.498)				
6	Northwest Nighthawks	3:39.41	3	
1) Compton, Finley 10	2) Mahr, Shaun 12			
3) Tiemann, Clayton 12	4) Swanson, Mark 12			
56.704 (56.704)	1:51.313 (54.609)	2:48.196 (56.883)		
3:39.404 (51.208)				
7	Hinckley-Finlayson	3:39.74	2	
1) Workman, Zack 11	2) Jerry, Jericho 10			
3) Tvedt, Kieran 11	4) Westrum, Isaac 12			
53.356 (53.356)	1:50.118 (56.762)	2:45.919 (55.801)		
3:39.731 (53.812)				
8	Howard Lake-	3:40.53	1	
1) Forcier, Dylan 11	2) Eldred, Jackson 10			
3) Graham, Raydon 11	4) Bush, Hunter 9			
54.099 (54.099)	1:49.262 (55.163)	2:44.870 (55.608)		
3:40.525 (55.655)				
Event 125 Girls High Jump Class A				
Meet Record: 5-10 % 6/9/2021 Nyalaam Jok				
State A: 6-00 & 2021 Nyalaam Jok				
State AA: 5-07 # 2022 Ainsley Hansen				
State AAA: 5-10 \$ 1986 Barsness /Schmidt				
Nation Best: 6-04.50 @ 2015 Vashti Cunningham				
5-00.00 QUAL State Qualifier				
Name	Yr	School	Finals	
Finals				
1	Becker, Ellie	12	Eden Valley-	5-03.00 QUAL
2	Breth, Rilee	11	Holdingford	5-02.00 QUAL
3	Kiebel, Alex	12	Maple Lake	J5-02.00 QUAL
4	Klasen, Olivia	10	Upsala/Swanv	5-00.00 QUAL
5	Toops, Kora	9	Pierz	4-10.00 2.5
5	Root, Teresa	11	Pine City	4-10.00 2.5
5	Walberg, Aurora	12	Royalton	4-10.00 2.5
5	Niessen, Clara	9	Rush City	4-10.00 2.5
9	Sorenson, Capri	10	Howard Lake-	J4-10.00
9	Moes, Izabella	9	Litchfield	J4-10.00
11	Melgaard, Izzy	9	Maple Lake	J4-10.00
12	Schutz, Kendra	11	Eden Valley-	J4-10.00
13	Lesnau, Natalie	11	St. Cloud Ca	4-08.00
14	Fratzke, Alyza	10	Mora	4-06.00
14	Reisdorf, Evie	8	St. Cloud Ca	4-06.00
14	Kastenbauer, Ellia	11	Mora	4-06.00
14	Guggemos, Katelyn	11	Litchfield	4-06.00

Section 5A-2025

Track & Field Championships

St. John's University, Collegeville, MN - 5/28/2025

Results - Section 5A Championships

Event 128 Boys Pole Vault Class A

Meet Record: 15-00 % 5/31/2017 Drew Dockendorf

State A: 16-02 & 2022 Jerod White

State AA: 15-07 # 2024 Brian Schloeder

State AAA: 16-01 \$ 2023 Nathan Nelson

Nation Best: 18-04.75 @ 2016 Chris Nilsen

12-08.00 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Stalboerger, Andrue	11	Melrose Area	12-08.00 QUAL
2 Eveslage, Grant	12	Melrose Area	12-02.00 8
3 Koch, Caleb	12	Pierz	11-08.00 6
4 Martini, Cameron	11	Holdingford	11-02.00 5
5 Morrison, Micah	11	Atwater-Cosm	J11-02.00 4
6 Seelen, Garrett	10	Pierz	J11-02.00 3
7 Bridges, Aydin	11	Hinckley-Fin	10-08.00 2
8 Michels, Caleb	12	Howard Lake-	10-02.00 0.5
8 Gustafson, Broden	11	Holdingford	10-02.00 0.5
10 Olson, Aksel	11	Mora	J10-02.00
11 Terning, Gavin	11	Litchfield	9-08.00
11 Mettling, Gino	8	Pine City	9-08.00
13 Schultz, Mnason	9	Mora	9-02.00
13 Sohl, Mac	9	Litchfield	9-02.00
15 Graham, Raydon	11	Howard Lake-	J9-02.00
16 Coran, Nolan	9	St. Cloud Ch	8-08.00
16 Kurtz, Caleb	9	Holdingford	8-08.00
--- Monson, James	11	Rush City	NH

Event 129 Girls Long Jump Class A

Meet Record: 19-05 % 6/9/2021 Nyalaam Jok

State A: 19-09 & 2024 McKaylen Lewis

State AA: 18-05.50 # 2024 Ashley Fisher

State AAA: 19-03.75 \$ 2018 Patricial Johnson

Nation Best: 22-05 @ 2015 Kate Hall

16-10.00 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Heintz, Kendra	9	Rush City	17-03.25 QUAL
2 Mitchell, Carly	10	Holdingford	16-08.00 8
3 Eveslage, Josie	10	Melrose Area	16-06.50 6
4 Kiebel, Alex	12	Maple Lake	16-02.75 5
5 Wolbeck, Haylie	11	Royalton	16-02.50 4
6 Kuechle, Miley	8	Eden Valley-	16-01.00 3
7 Rowe, Avery	12	Maple Lake	15-10.00 2
8 Wahlin, Mara	12	St. Cloud Ca	15-09.00 1
9 Claseman, ZoeAnn	9	Braham	15-06.00 NWI
10 Kolb, Cloey	11	Paynesville	15-02.50 +0.0
11 Koch, Alaina	11	Howard Lake-	14-11.00 NWI
12 Thieman, Katey	10	Pine City	14-10.75 NWI
13 Lenzen, Candace	12	Hinckley-Fin	14-10.00 +0.0
14 Funk, Aubrey	10	Melrose Area	14-05.00 +0.0
15 Gall, Hailey	10	Pierz	14-04.00 NWI
16 Duevel, Fae	9	Melrose Area	14-02.50 +0.0

Event 132 Boys Triple Jump Class A

Meet Record: 46-00.25 % 2002 Josh Trees

State A: 48-08.50 & 1987 Ed Hegland

State AA: 47-03.25 # 2024 Fadel Johnson

State AAA: 49-05.50 \$ 2010 Michael Sandle

Nation Best: 54-10 @ 2004 Kenny Hall

42-06.00 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Schwarzbauer, Cole	12	Mora	42-09.75 QUAL
2 Vannurden, Max	10	Royalton	40-10.50 8
3 Mortenson, Owen	12	Eden Valley-	40-08.00 6
4 Sand, Kameron	11	Holdingford	40-06.00 5
5 Stangler, Sam	10	Melrose Area	40-05.25 4
6 Westrum, Isaac	12	Hinckley-Fin	40-02.50 3
7 Ramos, Dominic	12	Belgrade-Bro	39-04.50 2
8 Bush, Hunter	9	Howard Lake-	39-00.75 1
9 Guthrie, Caleb	10	Upsala/Swanv	38-11.50 0.4
10 Wiechmann, Micah	8	Melrose Area	38-03.25 +0.0
11 Poser, Kaleb	10	Pierz	38-01.75 0.1
12 Riviere, George	9	Maple Lake	38-00.00 +0.0
12 Mucciacciaro, Davian	9	Litchfield	38-00.00 0.2
14 Eberhard, Orin	10	Howard Lake-	37-10.00 -0.1
15 Kuznia, Hale	9	Howard Lake-	36-01.50 0.6
--- Johnsen, Tucker	11	Pine City	FOUL

Event 133 Girls Discus Throw Class A

Meet Record: 144-09 % 1999 Kourtney Inen

State A: 155-01 & 2016 Jaimi Salone

State AA: 129-03 # 2023 Brooke Mushatt

State AAA: 171-09 \$ 2012 Maggie Ewen

Nation Best: 198-09 @ 2012 Shelby Vaughan

113-11 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Kowalczyk, Chloe	11	Litchfield	129-05.00# QUAL
2 Halvorson, Ava	12	Ogilvie	121-11.00 QUAL
3 Stangl, Payton	12	Pierz	114-10.00 QUAL
4 Kobernusz, Emma	11	Holdingford	113-09.00 5
5 Rentz, Beverly	10	Pierz	113-00.00 4
6 Halvorson, Sophie	10	Ogilvie	109-05.00 3
7 Lukenbill, Jenna	11	Mora	105-07.00 2
8 Mrozek, Genevieve	10	Upsala/Swanv	104-03.00 1
9 Christensen, Lily	10	Litchfield	J104-03.00
10 Eisenbacher, Quinn	11	Atwater-Cosm	95-00.00
11 Gray, Elsa	8	Pierz	92-04.00
12 McKellar, Kadence	10	Pine City	92-03.00
13 Mishler, Cheyenne	12	Hinckley-Fin	85-09.00
14 Frieler, Maggie	10	Melrose Area	83-11.00
15 Lenzen, Candace	12	Hinckley-Fin	81-07.00
--- Burau, Ava	11	Litchfield	ND

Section 5A-2025

Track & Field Championships

St. John's University, Collegeville, MN - 5/28/2025

Results - Section 5A Championships

Event 135 Girls Shot Put Class A

Meet Record: 45-00.75 % 5/30/2018 Beth-el Algarin

State A: 46-04.75 & 2022 Monica Johnson

State AA: 41-10.25 # 2024 Amelia Davis

State AAA: 54-08.50 \$ 2013 Maggie Ewen

Nation Best: 57-01.25 @ 2017 Alyssa Wilson

36-11.00 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Rentz, Beverly	10	Pierz	35-03.25 10
2 Hughes, Abigail	7	St. Cloud Ca	35-02.00 8
3 Lukenbill, Jenna	11	Mora	34-07.00 6
4 Scherber, Stacy	9	Maple Lake	34-02.00 5
5 Halvorson, Ava	12	Ogilvie	34-01.50 4
6 Gray, Elsa	8	Pierz	33-04.25 3
7 Pellett, Morgan	12	Holdingford	33-01.00 2
8 Roubinek, Myra	9	Pine City	32-07.00 1
9 Schaefer, Alivia	10	Paynesville	32-01.00
10 Kobernusz, Emma	11	Holdingford	30-10.50
11 Lee, Avery	12	Maple Lake	30-06.00
12 Theis, Jordyn	12	Eden Valley-	J30-06.00
13 Bidewell, Faith	11	Pierz	30-01.50
14 Wimmer, Abby	10	Upsala/Swanv	29-03.50
15 Sundve, Hailey	9	Litchfield	29-01.50
16 Lenzen, Candace	12	Hinckley-Fin	28-04.25

Event 134 Boys Discus Throw Class A

Meet Record: 184-08 % 5/29/2024 TJ Christensen

State A: 192-07 & 1987 Mike Yonkey

State AA: 174-11 # 2023 Torasbjorn Lunaas

State AAA: 207-00 \$ 2023 Hayden Bills

Nation Best: 237-06 @ 2011 Ryan Crouser

143-09 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Ruprecht, Sam	12	Holdingford	151-11.00 QUAL
2 Guthrie, Nicholas	12	Upsala/Swanv	142-00.00 8
3 Dietel, Noah	11	Litchfield	141-08.00 6
4 Kunstleben, Lucas	12	Pierz	138-08.00 5
5 Brezinka, Wyatt	10	Pierz	134-06.00 4
6 Krattenmaker, Caleb	11	Holdingford	133-10.00 3
7 Hughes, John	9	St. Cloud Ca	130-09.00 2
8 Weatherholt, Deagan	11	Litchfield	130-07.00 1
9 Meyer, Hank	12	Eden Valley-	127-02.00
10 Courtright, Carter	12	Maple Lake	125-08.00
11 Hughes, Dan	11	St. Cloud Ca	125-02.00
12 Murphy, Zach	11	Howard Lake-	124-01.00
13 Oetterer, Cameron	10	East Central	123-07.00
14 Bergfalk, Josh	9	Rush City	121-09.00
15 Wentland, Chris	11	Holdingford	109-10.00
16 Fulton, Bryson	11	Hinckley-Fin	98-00.00

Event 127 Girls Pole Vault Class A

Meet Record: 11-05 % 5/31/2017 Alayna Schloeder

State A: 12-07 & 2019 Ashley Hokanson

State AA: 13-00 # 2022 Julia Gherardi

State AAA: 13-09.25 \$ 2018 Julie Fixsen

Nation Best: 14-07.50 @ 2015 Lexi Weeks

10-02.00 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Eveslage, Josie	10	Melrose Area	10-08.00 QUAL
2 Becker, Ellie	12	Eden Valley-	10-02.00 QUAL
3 Andres, Eden	12	Pierz	9-02.00 6
4 Volk, Kennadee	11	East Central	8-08.00 5
5 Presley, Arabella	12	East Central	J8-08.00 4
6 Watry, Mary	12	St. Cloud Ca	J8-08.00 2
6 Larson, Gracie	11	Pine City	J8-08.00 2
6 Davis, Emily	11	Braham	J8-08.00 2
9 Hesse, Cambel	12	Eden Valley-	J8-08.00
10 Thieman, Katey	10	Pine City	8-02.00
11 Diakite, Angelika	11	Holdingford	J8-02.00
12 Virnig, Abigail	11	Pierz	J8-02.00
13 Vossen, Natalie	10	Eden Valley-	7-08.00
14 Scegura, Afton	11	Holdingford	J7-08.00
14 Anderson, Georgia	11	Melrose Area	J7-08.00
14 Thieschafer, Bree	12	Belgrade-Bro	J7-08.00
--- Ellefson, Lauren	9	Paynesville	NH

Event 126 Boys High Jump Class A

Meet Record: 6-09 % 1999 Ryan Zenzen

State A: 6-10 & 1981 K. Larson/ Y.Madar

State AA: 6-06 # 2022 C. Anderson /O.Carlson

State AAA: 7-01 \$ 1973 Rod Raver

Nation Best: 7-07 @ 2002 Andra Manson

6-02.00 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Webber, Timmy	11	Howard Lake-	6-04.00 QUAL
2 Gerads, Lucas	10	Upsala/Swanv	6-02.00 QUAL
3 Keranen, Ramsey	12	East Central	J6-02.00 QUAL
4 Solinger, Brandon	10	Pierz	6-00.00 5
5 Hofer, Dawson	10	Holdingford	J6-00.00 4
6 Guthrie, Caleb	10	Upsala/Swanv	5-10.00 3
7 Lara, Durant	12	Litchfield	5-08.00 2
8 Buzo, Caleb	11	East Central	J5-08.00 0.5
8 Riviere, George	9	Maple Lake	J5-08.00 0.5
10 Poser, Kaleb	10	Pierz	5-06.00
11 Lofton, Christian	9	Litchfield	J5-06.00
11 Redepenning, William	10	Melrose Area	J5-06.00
13 Stumler, Sullivan	10	Melrose Area	J5-06.00
13 Olson, Brayden	11	East Central	J5-06.00
15 Eberhard, Orin	10	Howard Lake-	5-04.00
16 Koverman, Mason	10	Mora	J5-04.00
--- Boser, Connor	9	Royalton	NH
--- Gross, Carter	12	Holdingford	NH

Section 5A-2025

Track & Field Championships

St. John's University, Collegeville, MN - 5/28/2025

Results - Section 5A Championships

Event 131 Girls Triple Jump Class A

Meet Record: 38-00.75 % 6/9/2021 Maggie Larson
 State A: 39-04.50 & 2011 Analisa Huschle
 State AA: 38-05.25 # 2024 Grazina Troup
 State AAA: 40-05.50 \$ 2014 Mia Barron
 Nation Best: 44-11.75 @ 2004 Brittany Daniels
 34-11.00 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Heintz, Kendra	9	Rush City	36-04.25 QUAL
2 Kuechle, Miley	8	Eden Valley-	35-07.75 QUAL
3 Remer, Evie	8	Howard Lake-	34-04.25 6
4 Thieman, Katey	10	Pine City	J34-04.25 5
5 Mitchell, Carly	10	Holdingford	33-08.50 4
6 Rowe, Avery	12	Maple Lake	33-07.50 3
7 Gahler, Maya	10	Pierz	33-05.00 2
8 Theis, Kadynce	12	Pierz	33-04.50 1
9 Mamedov, Jessica	11	St. John's P	32-07.75 0.5
10 Wahlin, Mara	12	St. Cloud Ca	31-10.00 0.1
11 Liao, Peyton	9	Pine City	31-07.75 0.2
12 Walberg, Peyton	8	Maple Lake	31-07.00 +0.0
13 Funk, Aubrey	10	Melrose Area	31-06.75 +0.0
14 Watry, Mary	12	St. Cloud Ca	31-02.75 0.2
15 Berscheit, Brynn	10	Melrose Area	31-00.25 0.7
16 Smith, Kahlan	9	Howard Lake-	30-05.75 0.3

Event 130 Boys Long Jump Class A

Meet Record: 23-06 % 1980 Roman Riley
 State A: 23-10.25 & 1982 John Bodine
 State AA: 23-03 # 2023 Carter Reckelberg
 State AAA: 24-09.25 \$ 1982 Von Shepard
 Nation Best: 26-10 @ 2009 Marquis Goodwin
 20-10.00 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Webber, Timmy	11	Howard Lake-	21-06.00 QUAL
2 Jaenicke, Kendall	12	Melrose Area	20-10.50 QUAL
3 Frink, Garrett	12	Holdingford	20-09.00 6
4 Houghlum, Jude	9	Mora	20-04.50 5
5 Lawal, Timmy	12	St. Cloud Ca	J20-04.50 4
6 Nieman, Paul	10	Pierz	20-03.75 3
7 Barnes, Brody	9	Howard Lake-	19-11.50 2
8 Vannurden, Max	10	Royalton	19-11.25 1
9 Hansen, Braedon	12	Royalton	19-07.50 0.1
10 Spaulding, Jed	12	Eden Valley-	19-05.25 +0.0
11 Taylor, Anthony	10	Litchfield	18-09.50 +0.0
12 Kao, Joseph	9	Rush City	18-09.25 +0.0
13 Frieler, Jackson	10	Melrose Area	18-06.75 0.2
14 Palmer, Cole	10	Litchfield	18-04.00 +0.0
15 Buersken, Jax	9	Holdingford	18-03.50 +0.0
16 Johnsen, Tucker	11	Pine City	18-01.25 0.4

Event 136 Boys Shot Put Class A

Meet Record: 57-03 % 1995 Darwin Dumonceaux
 State A: 62-08 & 1996 Tim Senjem
 State AA: 59-04 # 2024 Grady Minnerath
 State AAA: 66-07.50 \$ 2023 Hayden Bills
 Nation Best: 81-03.50 @ 1979 Michael Carter
 48-10.00 QUAL State Qualifier

Name	Yr	School	Finals
Finals			
1 Dietel, Noah	11	Litchfield	50-04.00 QUAL
2 Courtright, Carter	12	Maple Lake	48-04.75 8
3 Borjas, Elijah	10	Royalton	46-10.25 6
4 Kunstleben, Lucas	12	Pierz	46-05.50 5
5 Bergfalk, Josh	9	Rush City	45-07.75 4
6 Brindamour, Isaac	12	Hinckley-Fin	45-07.00 3
7 Brezinka, Wyatt	10	Pierz	44-07.00 2
8 Krattenmaker, Caleb	11	Holdingford	43-02.75 1
9 Lindenfelser, Thomas	11	Howard Lake-	42-11.00
10 Williams, Holden	12	Hinckley-Fin	42-09.25
11 Maegi, Curtis	12	Mora	J42-09.25
12 Pawlu, Austin	12	Pierz	42-08.00
13 Gysberg, Ryan	12	Melrose Area	42-03.00
14 Stangler, Sam	10	Melrose Area	41-05.25
15 Meyer, Hank	12	Eden Valley-	40-04.50
16 Westbrook, Parker	11	Holdingford	39-08.00

Women - Class A - Team Rankings - 21 Events Scored

1) St. Cloud Cathedral	103
2) Eden Valley-Watkins/Kimball	81
3) Holdingford	70
4) Pierz	66.5
5) Litchfield	58
6) Royalton	46.5
7) Maple Lake	46
8) St. John's Prep	36
9) Howard Lake-Waverly-Winsted	31
10) Mille Lacs	30
11) Melrose Area	26
12) Rush City	23.5
13) Atwater-Cosmos-Grove City	21
14) Paynesville	20
15) Ogilvie	15
15) Northwest Nighthawks	15
17) Pine City	12.5
18) Mora	12
19) East Central	9
20) Upsala/Swanville	6
21) Braham	3
22) Hinckley-Finlayson	1

Men - Class A - Team Rankings - 18 Events Scored

1) Pierz	115
2) Holdingford	105.5
3) Melrose Area	64
4) Howard Lake-Waverly-Winsted	58.5
5) Eden Valley-Watkins/Kimball	47
6) Pine City	46

Section 5A-2025**Track & Field Championships****St. John's University, Collegeville, MN - 5/28/2025****Results - Section 5A Championships**

7) Mora	37	11) Royalton	30
8) Upsala/Swanville	36	12) Belgrade-Brooten-Elrosa	15
8) Litchfield	36	13) Hinckley-Finlayson	13
10) Northwest Nighthawks	33	13) Rush City	13
		15) St. Cloud Cathedral	12
		16) Maple Lake	9.5
		17) St. Cloud Christian	8
		17) St. John's Prep	8
		19) East Central	6.5
		20) Atwater-Cosmos-Grove City	6
		21) Ogilvie	3