

2025 MSHSL Section 7A Girls Championships

May 30, 2025 at University of Minnesota Duluth, Duluth, MN

Team Scores: Esko 105.5, Crosby-Ironton 80.5, Two Harbors 55, Chisholm 51, Ely 51, Marshall (Duluth) 49.5, Aitkin 40, Cromwell-Wright 34, Greenway/Nashwauk/Keewatin 34, Mesabi East 32, Moose Lake/Willow River 28, International Falls 25.66, Carlton-Wrenshall 25, Mountain Iron-Buhl 21, Cook County 17, Bigfork 11, Silver Bay 8, DR/N/HC 7.33, South Ridge 7, McGregor 5, Lakeview Christian Academy 5, Barnum 4, Cherry 2.5, Stella Maris Academy 2

Girls Varsity 100 Meters Finals

Athlete Yr Team Mark H# Wind

- 1 Trinity Giddings 12 Two Harbors 12.40a 2.7
- 2 Zoe Plombon 10 Chisholm 12.76a 2.7
- 3 Kaitlyn McConnell 12 Esko 12.92a 2.7
- 4 Eve Larson 7 Mountain Iron-Buhl 12.96a 2.7
- 5 Mary Versteeg 11 International Falls 12.99a 2.7
- 6 Lydia Shultz 10 Ely 13.50a 2.7
- 7 Adelyn Parrott 8 Esko 13.64a 2.7
- 8 Jezirae Flack 10 Chisholm 13.66a 2.7

Girls Varsity 100 Meters Prelims

Athlete Yr Team Mark H# Wind

- 1 Trinity Giddings 12 Two Harbors 12.40a 1.8
- 2 Zoe Plombon 10 Chisholm 12.74a 2.0
- 3 Kaitlyn McConnell 12 Esko 12.78a 2.0
- 4 Eve Larson 7 Mountain Iron-Buhl 12.88a 1.8
- 5 Mary Versteeg 11 International Falls 13.13a 1.8
- 6 Jezirae Flack 10 Chisholm 13.20a 2.0
- 7 Lydia Shultz 10 Ely 13.34a 2.0
- 8 Adelyn Parrott 8 Esko 13.38a 1.8
- 9 Katelyn Brown 11 Barnum 13.39a 2.0
- 10 Rachel Bopp 12 Two Harbors 13.40a 2.0
- 11 Ava Vee 11 Marshall (Duluth) 13.47a 2.0
- 12 Miriam Messerschmidt 8 Ely 13.68a 1.8
- 13 Aaliyah Jones 11 Cook County 14.09a 1.8
- 14 Lucy Lewandowski 11 Crosby-Ironton 14.23a 1.8

Girls Varsity 200 Meters Finals

Athlete Yr Team Mark H# Wind

- 1 Violet Udovich 9 Ely 25.00a 3.8
- 2 Trinity Giddings 12 Two Harbors 25.02a 3.8
- 3 Hailey Johnson 12 Chisholm 26.68a 3.8
- 4 Rachel Bopp 12 Two Harbors 27.72a 3.8
- 5 Cora Head 10 Barnum 28.11a 3.8
- 6 Shannon Lund 10 Cromwell-Wright 28.12a 3.7
- 7 Amber Theiner 11 Cook County 28.16a 3.8
- 8 Betty Larsen 8 Crosby-Ironton 28.21a 3.7
- 9 Payton Heittola 9 Esko 28.37a 3.7
- 10 Miriam Messerschmidt 8 Ely 28.38a 3.7
- 11 Kiera Kylander-Johnson 10 Marshall (Duluth) 28.45a 3.8
- 12 Izzy Wiita 9 Mountain Iron-Buhl 28.57a 3.8
- 13 Ruby Gulstrand 11 Cook County 28.61a 3.7
- 14 Bianca Jukic 11 Marshall (Duluth) 28.87a 3.7
- 15 Ivy Aldinger 8 Silver Bay 28.94a 3.7

Girls Varsity 400 Meters Finals

Athlete Yr Team Mark H# Wind

- 1 Violet Udovich 9 Ely 56.25a
- 2 Trinity Giddings 12 Two Harbors 57.32a
- 3 Siiena Anderson 12 Cromwell-Wright 1:01.74a
- 4 Paige Dean 12 McGregor 1:02.67a
- 5 Amber Theiner 11 Cook County 1:03.16a
- 6 Kiera Kylander-Johnson 10 Marshall (Duluth) 1:03.23a
- 7 Aubrie Takanen 10 Mesabi East 1:04.43a
- 8 Chloe Green 10 Mesabi East 1:04.90a
- 9 Paige Hammill 9 Moose Lake/Willow River 1:05.10a
- 10 Alli Wiita 8 Mountain Iron-Buhl 1:05.83a
- 11 Eilee Straub 10 Esko 1:06.10a
- 12 Iris Doyle 7 Stella Maris Academy 1:06.92a
- 13 Kennedy Otterblad 7 Silver Bay 1:07.24a
- 14 Aubrey Olson-Stoltenberge 9 North Woods 1:07.70a

Girls Varsity 800 Meters Finals

Athlete Yr Team Mark H# Wind

- 1 Ashley Asmus 10 Aitkin 2:21.59a
- 2 Naiya Ruuska 8 Esko 2:23.59a
- 3 Olivia Pascuzzi 9 Chisholm 2:25.10a
- 4 Amelia Olson 12 Moose Lake/Willow River 2:29.19a
- 5 Maria Ringhand 12 Crosby-Ironton 2:31.01a
- 6 Ruth Sandstrom 11 Carlton-Wrenshall 2:31.62a
- 7 Kyla Royseth 7 Mesabi East 2:33.72a
- 8 Destiny Schmitz 10 Chisholm 2:35.33a
- 9 Nellie Fitzpatrick 10 Crosby-Ironton 2:36.97a
- 10 Genet Backman 11 Silver Bay 2:40.97a
- 11 Isabella Macho 10 Ely 2:41.39a
- 12 Sophia Schut 8 Silver Bay 2:42.27a
- 13 Valerie Melander 11 Silver Bay 2:43.82a
- 14 Heidi Weis 10 Marshall (Duluth) 2:58.39a

Girls Varsity 1600 Meters Finals

Athlete Yr Team Mark H# Wind

- 1 Destiny Schmitz 10 Chisholm 5:23.15a
- 2 Taylor Covier 9 Greenway/Nashwauk/Keewatin 5:23.35a
- 3 Ari Dahl 7 Cromwell-Wright 5:34.00a
- 4 Madeline Lacerte 11 Crosby-Ironton 5:55.58a
- 5 Regan Klemetsen 8 South Ridge 5:55.93a
- 6 Ezme Mundell 7 Cook County 5:56.07a
- 7 Iris Rude 8 Stella Maris Academy 5:57.39a
- 8 Lola Hall 9 International Falls 5:58.23a
- 9 Katie Heikkila 11 McGregor 6:00.91a
- 10 Katy Brophy 8 Ely 6:04.02a
- 11 Bryn Zallar 7 Stella Maris Academy 6:07.40a
- 12 Carly Adams 8 Greenway/Nashwauk/Keewatin 6:10.70a
- 13 Audrey Collar 9 Barnum 6:11.93a
- 14 Elsa Ellerbroek 11 Ely 6:24.76a

Girls Varsity 3200 Meters Finals

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Taylor Covie 9 Greenway/Nashwauk/Keewatin 12:04.36a
- 2 Ari Dahl 7 Cromwell-Wright 12:22.14a
- 3 Sarah Moe 9 Mountain Iron-Buhl 12:46.85a
- 4 Kota Powers 8 Greenway/Nashwauk/Keewatin 12:50.55a
- 5 Isabel Riley 11 Carlton-Wrenshall 12:58.04a
- 6 Lindy Dix 8 Cook County 13:00.84a
- 7 Izzy Dewey 11 Moose Lake/Willow River 13:01.88a
- 8 Kylee Crisp 7 Carlton-Wrenshall 13:04.34a
- 9 Lola Hall 9 International Falls 13:06.89a
- 10 Iris Rude 8 Stella Maris Academy 13:14.49a
- 11 Sierra Geatz 10 Silver Bay 13:15.86a
- 12 Brooklyn Wasche 11 Moose Lake/Willow River 13:34.07a
- 13 Elizabeth Swartz 9 Silver Bay 13:38.80a

Girls Varsity 100m Hurdles Finals

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Candice Ndomb 10 Marshall (Duluth) 15.50a 3.7
- 2 Brita Westman 12 Aitkin 16.98a 3.7
- 3 Tika May 11 Aitkin 17.02a 3.7
- 4 Julieauna Johnson 10 Carlton-Wrenshall 17.87a 3.7
- 5 Madison Brown 12 Greenway/Nashwauk/Keewatin 18.21a 3.7
- 6 Maria Smith 12 Crosby-Ironton 18.22a 3.7
- 7 Tia Plombon 8 Chisholm 18.31a 3.7
- 8 Caitlynn Hemphill 11 DR/N/HC 18.47a 3.7

Girls Varsity 100m Hurdles Prelims

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Candice Ndomb 10 Marshall (Duluth) 16.61a 2.1
- 2 Brita Westman 12 Aitkin 17.06a 2.1
- 3 Tika May 11 Aitkin 17.44a 2.1
- 4 Julieauna Johnson 10 Carlton-Wrenshall 18.10a 2.1
- 5 Maria Smith 12 Crosby-Ironton 18.29a 2.1
- 6 Madison Brown 12 Greenway/Nashwauk/Keewatin 18.32a 2.1
- 7 Tia Plombon 8 Chisholm 18.41a 2.1
- 8 Caitlynn Hemphill 11 DR/N/HC 18.43a 2.1
- 9 Autumn Stangler 8 DR/N/HC 18.53a 2.1
- 10 Lucye Backstrom 10 Esko 18.57a 2.1
- 11 Sara Cid 12 Carlton-Wrenshall 18.76a 2.1
- 12 Piper Goggeye 8 Bigfork 18.98a 2.1
- 13 Jayden Brunner 11 Greenway/Nashwauk/Keewatin 19.01a 2.1
- 14 Shea Hennessy 10 Bigfork 23.35a 2.1

Girls Varsity 300m Hurdles Finals

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Candice Ndomb 10 Marshall (Duluth) 46.30a
- 2 Heidi Weis 10 Marshall (Duluth) 49.58a
- 3 Mary Fleming 12 Crosby-Ironton 49.64a
- 4 Tika May 11 Aitkin 50.30a
- 5 Isabella Nyberg 10 Cromwell-Wright 51.59a
- 6 Shea Hennessy 10 Bigfork 52.28a
- 7 Ila Hemstad 8 International Falls 52.30a
- 8 Caitlynn Hemphill 11 DR/N/HC 52.99a
- 9 Brianna Smith-Peterson 10 Cook County 53.13a
- 10 Anna Holmstrom 10 Mountain Iron-Buhl 53.42a
- 11 Tia Plombon 8 Chisholm 54.15a

- 12 Sara Cid 12 Carlton-Wrenshall 54.28a
- 12 Liberty Clifford 12 Esko 54.28a
- 14 Addison Lobe 8 Mountain Iron-Buhl 55.37a

Girls Varsity 4x100m Relay Finals

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Team	Time	H#
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- 1 Esko 51.65a
- 1) Reese Kuklinski 2) Kaitlyn McConnell
- 3) Liberty Clifford 4) Whitney Hanson
- 2 Chisholm 52.00a
- 1) Jezirae Flack 2) Auvryana Worlie
- 3) Hailey Johnson 4) Zoe Plombon
- 3 International Falls 52.35a
- 1) Julia Dykstra 2) Claire Zika
- 3) Mary Versteeg 4) Piper Tomczak
- 4 Mesabi East 52.99a
- 1) Mia Domiano 2) Aubrie Takanen
- 3) Jaezreel Johnson 4) Aubree Skelton
- 5 Mountain Iron-Buhl 53.21a
- 1) Anna Neyens 2) Anna Holmstrom
- 3) Izzy Wiita 4) Eve Larson
- 6 Marshall (Duluth) 54.05a
- 1) Ava Vee 2) Bianca Jukic
- 3) Myriam Tupper 4) Heidi Weis
- 7 Crosby-Ironton 54.27a
- 1) Jayla Conner 2) Londyn Eastwood
- 3) Betty Larsen 4) Lauren Larsen
- 8 Aitkin 54.76a
- 1) Brita Westman 2) Tika May
- 3) Ellory Grund 4) Kira Hamilton

Girls Varsity 4x200m Relay Finals

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Team	Time	H#
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- 1 Moose Lake/Willow River 1:47.43a
- 1) Maddie Volk 2) Ava Menten
- 3) Khloey Schmidt 4) Tyler Orvedahl
- 2 International Falls 1:49.72a
- 1) Julia Dykstra 2) Claire Zika
- 3) Ila Hemstad 4) Mary Versteeg
- 3 Esko 1:49.86a
- 1) Eilee Straub 2) Kaitlyn McConnell
- 3) Payton Heittola 4) Whitney Hanson
- 4 Marshall (Duluth) 1:50.57a
- 1) Kiera Kylander-Johnson 2) Bianca Jukic
- 3) Candice Ndomb 4) Ava Vee
- 5 Crosby-Ironton 1:51.59a
- 1) Georgianna Toftness 2) Maria Smith
- 3) Sammie Hachey 4) Lucy Lewandowski
- 6 Chisholm 1:55.03a
- 1) Jezirae Flack 2) Auvryana Worlie
- 3) Zoe Plombon 4) Hailey Johnson
- 7 Mesabi East 1:56.51a
- 1) Mia Domiano 2) Taya Voitalla
- 3) Jaezreel Johnson 4) Aubree Skelton
- Cook County DQ
- 1) Ruby Gulstrand 2) Molly Quello
- 3) Brianna Smith-Peterson 4) Amber Theiner

Girls Varsity 4x400m Relay Finals

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Team Time H#

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- 1 Moose Lake/Willow River 4:10.54a
1) Maddie Volk 2) Khloey Schmidt
3) Amelia Olson 4) Tyler Orvedahl
2 Crosby-Ironton 4:12.44a
1) Margaret Ringhand 2) Sammie Hachey
3) Anna Westin 4) Maria Ringhand
3 Esko 4:18.58a
1) Paiton Plante 2) Layla Peterson
3) Naiya Ruuska 4) Whitney Hanson
4 Ely 4:19.57a
1) Lydia Shultz 2) Mattie Lindsay
3) Molly Brophy 4) Violet Udovich
5 Mesabi East 4:20.59a
1) Aubrie Takanen 2) Chloe Green
3) Aubree Skelton 4) Kyla Royseth
6 Mountain Iron-Buhl 4:22.74a
1) Anna Neyens 2) Izzy Wiita
3) Eve Larson 4) Alli Wiita
7 International Falls 4:24.62a
1) Claire Zika 2) Ila Hemstad
3) Lauren Basaraba 4) Julia Dykstra
8 Cromwell-Wright 4:26.25a
1) Sienna Anderson 2) Isabella Nyberg
3) Remington Olesiak 4) Shannon Lund
9 McGregor 4:26.86a
1) Violet Brekke 2) Vivian Barden
3) Emma Henderson 4) Paige Dean

Girls Varsity 4x800m Relay Finals

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Team Time H#

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- 1 Crosby-Ironton 9:55.00a
1) Maria Ringhand 2) Madeline Lacerte
3) Margaret Ringhand 4) Anna Westin
2 Silver Bay 9:57.60a
1) Ivy Aldinger 2) Sierra Geatz
3) Valerie Melander 4) Sophia Schut
3 Esko 9:57.64a
1) Ava McKibbin 2) Paiton Plante
3) Layla Peterson 4) Naiya Ruuska
4 Ely 10:28.78a
1) Mattie Lindsay 2) Elsa Ellerbroek
3) Isabella Macho 4) Molly Brophy
5 Aitkin 10:41.95a
1) Molly Franke 2) Hannah Rasmussen
3) Kira Hamilton 4) Ashley Asmus
6 South Ridge 10:45.32a
1) Violet Vanderscheuren 2) Madison Ellefson
3) Regan Klemetsen 4) Madelyn Morse
7 Mesabi East 10:47.74a
1) Aubrey Steele 2) Lilian Larson
3) Chloe Green 4) Kyla Royseth
8 Greenway/Nashwauk/Keewatin 10:52.32a
1) Carly Adams 2) Kota Powers
3) Pejah Reichensperger 4) Kylee Villebrun

Girls Varsity Shot Put Finals

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Athlete Yr Team Mark H#

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- 1 Reese Kuklinski 12 Esko 37-9.5
2 Maya Johnson 10 Esko 35-11.5
3 Julia Peterson 12 Carlton-Wrenshall 34-2.5
4 Lauren Berglund 10 Cook County 33-2
5 Sophia Strom 10 Crosby-Ironton 31-10.5
6 Ariaana Schjenken 11 DR/N/HC 31-7.5
7 Lauren Basaraba 11 International Falls 30-4.5
8 Mariah Lucero 11 Marshall (Duluth) 29-9.5
9 Josie Baumgard 10 Chisholm 29-5.5
10 Alivia Lindekugel 9 Greenway/Nashwauk/Keewatin 28-10.5
11 Eleanor Prato 12 Bigfork 28-10
12 Jessica Goble 10 Moose Lake/Willow River 28-9
13 Eleanor Larson 11 Mesabi East 27-2
14 Brynn von Goertz 9 Two Harbors 25-10.5

Girls Varsity Discus Finals

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Athlete Yr Team Mark H#

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- 1 Maya Johnson 10 Esko 123-9
2 Kaylin Visser 10 Ely 114-0
3 Julia Peterson 12 Carlton-Wrenshall 110-2
4 Grace Matvey 12 Lakeview Christian Academy 104-3
5 Sydney Goss 10 Greenway/Nashwauk/Keewatin 103-4
6 Brynn von Goertz 9 Two Harbors 95-1
7 Cadence Wynn 12 Crosby-Ironton 88-2
8 Elizabeth Morris 11 Aitkin 85-9
9 Sage Hennen 11 South Ridge 85-8
10 Lauren Berglund 10 Cook County 83-6
11 Grace Maunu 11 Mesabi East 83-0
12 Kiara Ridge 12 Cherry 82-5
13 Alivia Lindekugel 9 Greenway/Nashwauk/Keewatin 80-5
14 Addison Forsman 11 Ely 75-3

Girls Varsity High Jump Finals

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Athlete Yr Team Mark H# Wind

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- 1 Lydia Shultz 10 Ely 5-2
2 Olivia Hagglund 9 Two Harbors 5-0
3 Grace Larsen 12 Crosby-Ironton 4-10
4 Brooklyn Raiche 8 Aitkin 4-10
5 Mariah Fitzpatrick 12 Crosby-Ironton 4-10
5 Candice Ndomb 10 Marshall (Duluth) 4-10
7 Temperance Stanina 8 Greenway/Nashwauk/Keewatin 4-8
8 Addi Metz 8 Moose Lake/Willow River 4-8
9 Jezirae Flack 10 Chisholm 4-8
10 Isabella Macho 10 Ely 4-8
11 Haylee Coil 9 Aitkin 4-4
12 Ashlyn Schwarz 11 DR/N/HC 4-4
12 Jayden Brunner 11 Greenway/Nashwauk/Keewatin 4-4
14 Abbie Berndt 7 Mesabi East 4-4
15 Katelyn Brown 11 Barnum 4-4

Girls Varsity Pole Vault Finals

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Athlete Yr Team Mark H# Wind

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- 1 Aleah Lindgren 12 Esko 9-6
2 Lucy Lewandowski 11 Crosby-Ironton 9-6
3 Aubree Babler 7 Crosby-Ironton 9-0

4 Jazzeel Johnson 12 Mesabi East 8-6
5 Georgianna Toftness 9 Crosby-Ironton 8-0
6 Madeline Hipp 10 Esko 7-0
6 Charli Kangas 8 Cherry 7-0
8 Caitlynn Hemphill 11 DR/N/HC 6-6
8 Lauren Basaraba 11 International Falls 6-6
8 Lola Hall 9 International Falls 6-6
11 Esme Deedrick 10 International Falls 6-6
11 London Smook 12 Aitkin 6-6
13 Nola Bergman 10 Greenway/Nashwauk/Keewatin 6-6
14 Willow Hoechst 7 Mesabi East 6-0
14 Allie Ostrowski 11 Aitkin 6-0

Girls Varsity Long Jump Finals

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Athlete	Yr	Team	Mark	H#	Wind
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1	Trinity	Giddings	12	Two Harbors	18-1
2	Kaitlyn	McConnell	12	Esko	16-11
3	Siena	Anderson	12	Cromwell-Wright	16-10.5
4	Mia	Domiano	12	Mesabi East	16-0
5	Sammie	Hachey	11	Crosby-Ironton	15-6
6	Rachel	Bopp	12	Two Harbors	15-3.5
7	Autumn	Stangler	8	DR/N/HC	15-0
8	Anna	Neyens	10	Mountain Iron-Buhl	14-10
9	Brita	Westman	12	Aitkin	14-9
10	Hailey	Kilduff	12	Greenway/Nashwauk/Keewatin	14-5.5
11	Izzy	Pascuzzi	11	North Woods	14-4.5
12	Kira	Hamilton	12	Aitkin	13-6
13	Auvryana	Worlie	8	Chisholm	13-5.5
14	Julia	Dykstra	11	International Falls	13-0

Girls Varsity Triple Jump Finals

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Athlete	Yr	Team	Mark	H#	Wind
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1	Whitney	Hanson	11	Esko	33-10
2	Shea	Hennessy	10	Bigfork	33-6
3	Auvryana	Worlie	8	Chisholm	31-11.5
4	Dativah	Majwega	10	Marshall (Duluth)	31-8
5	Chloe	Green	10	Mesabi East	31-6.5
6	Lucy	Skifstad	10	Esko	31-5.5
7	Anna	Holmstrom	10	Mountain Iron-Buhl	31-2
8	Ava	Vee	11	Marshall (Duluth)	30-10.5
9	Camryn	Armbrust	10	Crosby-Ironton	30-0.5
10	Shannon	Lund	10	Cromwell-Wright	29-10.5
11	Claire	Zika	8	International Falls	29-3
12	Addison	Forsman	11	Ely	28-10.5
13	Olivia	Hagglund	9	Two Harbors	27-3
--	Makayla	Peterson	8	Cherry	FS