

2025 MSHSL Section 8A Girls Championships

May 30, 2025 at Dilworth-Glyndon-Felton High School, Glyndon, MN

Team Scores: Park Rapids Area 97.5, West Marshall 78.5, Bagley/Fosston 74.5, Park Christian 65, Dilworth-Glyndon-Felton 52, BGMR Freeze 49, Fertile-Beltrami 41, Climax-Fisher-Sacred Heart 38, United Clay-Becker 34, Clearbrook-Gonvick 19, Crookston 18.5, Northome/Kelliher/Blackduck 17, Roseau 17, Ada-Borup-West 16, Warroad 15, Goodridge/Grygla 15, Kittson County Central 13, Nevis 13, Walker-Hackensack-Akeley 12, Lake of the Woods/Rainy River 12, Win-E-Mac 5

Girls A Division 100 Meters Finals

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Ava Phrakonkham 12 Bagley/Fosston 12.06a 1.6
- 2 Lydia Hanson 12 BGMR Freeze 12.59a 1.6
- 3 Ashlyn Bailey 11 Crookston 12.80a 1.6
- 4 Kenley Marquis 9 West Marshall 12.90a 1.6
- 5 Claire Klinkhammer 10 Bagley/Fosston 12.93a 1.6
- 6 Aunika Reynolds 12 Dilworth-Glyndon-Felton 13.19a 1.6
- 7 Adley Vigness 9 Climax-Fisher-Sacred Heart 13.29a 1.6
- 8 Janessa Torgerson 11 Goodridge/Grygla 13.35a
- 9 Chaela Olson 9 Bagley/Fosston 13.36a
- 10 Indigo Oistad 9 Fertile-Beltrami 13.40a 1.6
- 11 Maria Spaeth 11 Park Christian 13.51a
- 12 Avery Schueller 10 Park Rapids Area 13.62a
- 13 Lillian Douglas 9 West Marshall 13.82a
- 14 Gracey Hecker 11 United Clay-Becker 13.88a
- 15 Julia Miller 12 Ada-Borup-West 13.88a
- 16 Laura Burkel 12 United Clay-Becker 14.05a

Girls A Division 200 Meters Finals

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Ava Phrakonkham 12 Bagley/Fosston 24.94a
- 2 Olivia Miller 12 Park Rapids Area 25.79a
- 3 Lydia Hanson 12 BGMR Freeze 26.23a
- 4 Ashlyn Bailey 11 Crookston 26.86a
- 5 Claire Klinkhammer 10 Bagley/Fosston 27.24a
- 6 Naomi Davey 8 West Marshall 27.55a
- 7 Maria Spaeth 11 Park Christian 28.21a
- 8 Kiera Hagen 10 Roseau 28.48a
- 9 Alex Risberg 10 Dilworth-Glyndon-Felton 28.57a
- 10 Ilaina Fish 11 Warroad 28.77a
- 11 Emma Landreville 9 Walker-Hackensack-Akeley 28.99a
- 12 Jenna Thompson 10 Ada-Borup-West 29.01a
- 13 Julia Miller 12 Ada-Borup-West 29.32a
- 14 Makenna Ness 9 Ada-Borup-West 29.53a
- Ella Kronschnabel 9 Fertile-Beltrami SCR
- Caralina Janisch 10 Win-E-mac SCR

Girls A Division 400 Meters Finals

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Annika Aakre 11 Park Christian 59.41a
- 2 Addison Lauwagie 12 Park Rapids Area 1:00.54a
- 3 Katrina Hitchen 11 Fertile-Beltrami 1:00.59a
- 4 Jordyn Rasch 9 Fertile-Beltrami 1:01.35a
- 5 Macie Haskett 10 Win-E-mac 1:02.85a
- 6 Jenna Thompson 10 Ada-Borup-West 1:03.97a
- 7 Anna Ulvin 11 Roseau 1:05.76a
- 8 Lexi Wood 9 Lake of the Woods/Rainy River 1:05.84a
- 9 Bentlee Swenson 7 United Clay-Becker 1:05.99a
- 10 Brittan Young 7 Walker-Hackensack-Akeley 1:06.32a

- 11 Madelynn Arnesen 10 Warroad 1:06.45a
- 12 Taylor Monroe 10 Nevis 1:08.14a
- 13 Norah Hanson 9 Climax-Fisher-Sacred Heart 1:08.26a
- 14 Joy Neubert 11 Win-E-mac 1:10.98a
- Hallie Eischens 12 Park Rapids Area SCR
- Karli Frisch 10 Nevis SCR

Girls A Division 800 Meters Finals

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Allison Lundin 11 Northome/Kelliher/Blackduck 2:21.59a
- 2 Jayla Abrahamson 9 Climax-Fisher-Sacred Heart 2:22.05a
- 3 Hannah Fonder 8 Bagley/Fosston 2:23.91a
- 4 Chloe Johnson 10 United Clay-Becker 2:27.19a
- 5 Ella Arntson 10 Climax-Fisher-Sacred Heart 2:27.62a
- 6 Audrey Hayden 8 Roseau 2:27.86a
- 7 Greta Kuznia 11 Kittson County Central 2:30.01a
- 8 Katelyn Waage 12 BGMR Freeze 2:34.13a
- 9 Adeline Bjorklund 11 Nevis 2:34.64a
- 10 Sophia Beck 10 Goodridge/Grygla 2:35.34a
- 11 Madeline Brandt 10 Park Rapids Area 2:39.80a
- 12 Makenna Maanum 9 Park Rapids Area 2:39.92a
- 13 Kendra Nelson 11 United Clay-Becker 2:40.92a
- 14 Ava Larson 11 Clearbrook-Gonvick 2:42.18a
- 15 Jenna Goulet 11 Warroad 2:43.53a
- Lexi Wood 9 Lake of the Woods/Rainy River SCR

Girls A Division 1600 Meters Finals

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Ella Arntson 10 Climax-Fisher-Sacred Heart 5:26.05a
- 2 Lily Olson 12 United Clay-Becker 5:27.61a
- 3 Adeline Bjorklund 11 Nevis 5:30.31a
- 4 Brianne Myers 8 Ada-Borup-West 5:38.44a
- 5 Greta Galzski 8 Park Rapids Area 5:40.29a
- 6 Katelynn Henderson 8 Park Rapids Area 5:50.91a
- 7 Isabelle Krog 7 Clearbrook-Gonvick 5:51.83a
- 8 Kinzey Ellingson 8 United Clay-Becker 5:52.55a
- 9 Nora Bolton 12 Park Rapids Area 5:54.95a
- 10 Annie Peterson 11 West Marshall 5:59.48a
- 11 Caroline Marvin 12 Warroad 6:00.52a
- 12 Katy Comstock 12 Warroad 6:00.60a
- 13 Ava Larson 11 Clearbrook-Gonvick 6:05.02a
- 14 Kaylee Nelson 7 Fertile-Beltrami 6:06.88a
- 15 Keyli Kinzel 7 Dilworth-Glyndon-Felton 6:26.80a
- Josephine Hinson 10 Roseau SCR

Girls A Division 3200 Meters Finals

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Linnea Harren 11 Warroad 11:55.87a
- 2 Emelia Arntson 7 Climax-Fisher-Sacred Heart 11:59.15a
- 3 Reagan Mimnaugh 12 BGMR Freeze 12:12.16a

4 Greta Galzski 8 Park Rapids Area 12:54.38a
 5 Lauren Olson 8 Roseau 13:14.61a
 6 Rory Guderjahn 8 United Clay-Becker 13:18.43a
 7 Meg Rogness 8 Park Christian 13:26.87a
 8 Hallel Bervig 7 Park Rapids Area 13:28.69a
 9 Amelia Machlitt 11 Clearbrook-Gonvick 13:47.55a
 10 Jorie Miska 11 West Marshall 13:54.20a
 11 Kaylee Nelson 7 Fertile-Beltrami 13:59.66a
 12 Brenna Benson 10 West Marshall 14:00.17a
 13 Maddie Kuster 8 Climax-Fisher-Sacred Heart 14:02.06a
 14 Kate Nelson 10 Park Christian 14:03.19a
 15 Keyli Kinzel 7 Dilworth-Glyndon-Felton 14:23.28a
 -- Arwa Baghzali 9 Dilworth-Glyndon-Felton SCR

Girls A Division 100m Hurdles Finals

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Athlete Yr Team Mark H# Wind

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1 Kaylee Pieper 10 Lake of the Woods/Rainy River 16.89a
 2 Natalie Aakre 8 Park Christian 17.17a
 3 Ashlyn Nelson 12 Goodridge/Grygla 17.39a
 4 Anna Mooney 9 BGMR Freeze 17.63a
 5 Ava Hayes 10 Bagley/Fosston 17.68a
 6 Mattea Berge 8 Park Christian 17.74a
 7 Nora Osowski 12 West Marshall 17.79a
 8 Emily Lindow 10 Nevis 17.98a
 9 Brooke Kritzeck 12 Park Rapids Area 18.11a
 10 Annika Johnson 11 Park Christian 18.17a
 11 Kaitlyn Obowa 11 Mahnomen/Waubun 18.36a
 12 Kendall Nelson 11 Nevis 18.43a
 13 Emily Duquette 10 Northome/Kelliher/Blackduck 18.52a
 14 Taylor Henry 10 Northome/Kelliher/Blackduck 21.32a
 -- Zoey Werb 10 BGMR Freeze SCR
 -- Dakota Dunham 12 Roseau SCR

Girls A Division 300m Hurdles Finals

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Athlete Yr Team Mark H# Wind

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1 Annika Adolphson 9 West Marshall 46.54a
 2 Grace Officer 11 Park Rapids Area 47.91a
 3 Cassidy Grewe 10 Park Rapids Area 50.88a
 4 Ella Henning 9 Walker-Hackensack-Akeley 50.91a
 5 MARRISSA MILLS 12 Northome/Kelliher/Blackduck 50.91a
 6 Ashlyn Nelson 12 Goodridge/Grygla 51.04a
 7 Brittan Young 7 Walker-Hackensack-Akeley 51.60a
 8 Nora Osowski 12 West Marshall 51.71a
 9 Brianne Myers 8 Ada-Borup-West 52.05a
 10 Emma Landerville 9 Walker-Hackensack-Akeley 52.78a
 11 Emily Lindow 10 Nevis 52.85a
 12 Sofie Grunhovd 11 Fertile-Beltrami 52.89a
 13 Aubrey Halverson 8 Red Lake County 52.93a
 14 Ava Hayes 10 Bagley/Fosston 53.89a
 15 Eva Rogus 7 West Marshall 54.14a
 -- Hatty Quam 9 Bagley/Fosston SCR

Girls A Division 4x100m Relay Finals

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Team Time H#

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1 Bagley/Fosston 50.21a
 1) Claire Klinkhammer 2) Hatty Quam
 3) Chaela Olson 4) Ava Phrakonkham
 2 West Marshall 50.62a
 1) Kenley Marquis 2) Naomi Davey

3) Annika Adolphson 4) Markelle Pederson
 3 Dilworth-Glyndon-Felton 51.62a
 1) McKara Hoban 2) Aunika Reynolds
 3) Alex Risberg 4) Ellie Sosa
 4 Park Rapids Area 51.64a
 1) Tenley Schueller 2) Avery Schueller
 3) Cassidy Grewe 4) Grace Officer
 5 BGMR Freeze 52.19a
 1) Kylie Snare 2) Bella Gerardy
 3) Christine Hanson 4) Lydia Hanson
 6 Park Christian 52.26a
 1) Katie Nielsen 2) Annika Johnson
 3) Siri Messelt 4) Maria Spaeth
 7 United Clay-Becker 52.26a
 1) Elsa Stigen 2) Laura Burkel
 3) Gracey Hecker 4) Katarina Vetter
 8 Goodridge/Grygla 53.81a
 1) Krystal Neuschwander 2) Alayla Blanco
 3) Brooklynn Kriel 4) Janessa Torgerson

Girls A Division 4x200m Relay Finals

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Team Time H#

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1 Park Rapids Area 1:45.95a
 1) Avery Schueller 2) Cassidy Grewe
 3) Olivia Miller 4) Addison Lauwagie
 2 West Marshall 1:46.14a
 1) Kenley Marquis 2) Naomi Davey
 3) Annika Adolphson 4) Markelle Pederson
 3 Fertile-Beltrami 1:49.51a
 1) Jordyn Rasch 2) Indigo Oistad
 3) Katrina Hitchen 4) Ella Kronschnabel
 4 Dilworth-Glyndon-Felton 1:50.02a
 1) Alex Risberg 2) Michaela Risberg
 3) Aunika Reynolds 4) Ellie Sosa
 5 Goodridge/Grygla 1:53.48a
 1) Alayla Blanco 2) Brooklyn Kriel
 3) Ashlyn Nelson 4) Janessa Torgerson
 6 Northome/Kelliher/Blackduck 1:54.10a
 1) Taylor Henry 2) MARRISSA MILLS
 3) Kia Dodd 4) Lily Rosson
 7 Walker-Hackensack-Akeley 1:54.95a
 1) Ella Henning 2) Emma Landerville
 3) Avery Morrison 4) Aubrey Morrison
 8 Win-E-mac 1:55.03a
 1) Macie Haskett 2) Ustina Mametieff
 3) Shelby Mandt 4) Joy Neubert

Girls A Division 4x400m Relay Finals

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Team Time H#

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1 Park Rapids Area 4:06.31a
 1) Grace Officer 2) Olivia Miller
 3) Madeline Brandt 4) Addison Lauwagie
 2 Fertile-Beltrami 4:12.41a
 1) Jordyn Rasch 2) Grace Proulx
 3) Sofie Grunhovd 4) Katrina Hitchen
 3 Climax-Fisher-Sacred Heart 4:19.72a
 1) Adley Vigness 2) Ella Arntson
 3) Norah Hanson 4) Jayla Abrahamson
 4 United Clay-Becker 4:21.37a
 1) Keela Johnson 2) Chloe Johnson
 3) Brylie Nelson 4) Katarina Vetter

5 Park Christian 4:22.32a

1) Annika Frueh 2) Elena Brown

3) Annika Johnson 4) Annika Aakre

6 Ada-Borup-West 4:28.25a

1) Brianna Myers 2) Makenna Ness

3) Julia Miller 4) Jenna Thompson

7 Nevis 4:29.57a

1) Taylor Monroe 2) Kendall Nelson

3) Amber Pyburn 4) Adeline Bjorklund

8 Lake of the Woods/Rainy River 4:35.49a

1) Kaylee Pieper 2) Vera Hinrichs

3) Ava Haack 4) Lily Solar

Girls A Division 4x800m Relay Finals

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Team Time H#

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1 United Clay-Becker 9:59.34a

1) Lily Olson 2) Keela Johnson

3) Chloe Johnson 4) Katarina Vetter

2 Park Rapids Area 10:14.83a

1) Nora Bolton 2) Katelynn Henderson

3) Grace Etter 4) Madeline Brandt

3 Roseau 10:17.95a

1) Audrey Hayden 2) Josephine Hinson

3) Ashlynn Omdahl 4) Lauren Olson

4 Warroad 10:42.18a

1) Jenna Goulet 2) Caroline Marvin

3) Avri Goulet 4) Linnea Harren

5 West Marshall 11:00.77a

1) Ayla Woinarowicz 2) Jorie Miska

3) Mattea Efta 4) Annie Peterson

6 BGMR Freeze 11:10.94a

1) Katelyn Waage 2) Teresa Cudnik

3) Morgan Converse 4) Brooke Bjorgaard

7 Dilworth-Glyndon-Felton 11:12.81a

1) Emma Brinkman 2) Brooklyn Grubb

3) Liliana Gaytan 4) Arwa Baghzali

8 Bagley/Fosston 11:51.87a

1) Molly Heide 2) Lilliana Heller

3) Janna Garrison 4) Emma Heller

Girls A Division Shot Put Finals

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Athlete Yr Team Mark H#

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1 Kaycee Endreson 12 Park Christian 38-4.75

2 McKinley Folland 12 Kittson County Central 38-2.75

3 Aria Garrett 11 Dilworth-Glyndon-Felton 37-6.25

4 Atarah Tofibam 11 Park Christian 36-4.75

5 Emily Marquis 11 West Marshall 33-8

6 Adina Przekwas 9 Kittson County Central 33-4.25

7 Molly Marquis 9 West Marshall 32-9.50

8 Jerrett Tietz 12 Roseau 31-11.50

9 Olivia Iverson 10 Dilworth-Glyndon-Felton 31-8.25

10 Jordyn Matthias 10 Lake of the Woods/Rainy River 31-6

11 Norah Marquis 10 Bagley/Fosston 30-5.75

12 Aliyah Vig 12 Kittson County Central 28-4

13 Joy Adegun 12 Northome/Kelliher/Blackduck 28-0.50

14 Emily Abdo 9 Mahnomen/Waubun 27-8.75

15 Cecelia Delgado 8 Bagley/Fosston 26-11.25

-- Avalee Racine 9 Mahnomen/Waubun DNS

Girls A Division Discus Finals

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Athlete Yr Team Mark H#

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1 Emily Marquis 11 West Marshall 122-3

2 Allison LaVine 12 Clearbrook-Gonvick 121-8

3 Aria Garrett 11 Dilworth-Glyndon-Felton 112-1

4 Sarah Hartung 11 Park Rapids Area 111-7

5 Clair Isaacson 11 Nevis 100-5

6 Annika Stuart 10 Dilworth-Glyndon-Felton 98-5

7 Savannah Thompson 10 Dilworth-Glyndon-Felton 94-7

8 Emmie McGlynn 12 West Marshall 93-8

9 Jerrett Tietz 12 Roseau 90-5

10 Norah Marquis 10 Bagley/Fosston 87-4

11 Joy Adegun 12 Northome/Kelliher/Blackduck 82-10

12 Adyson Kurtz 12 Walker-Hackensack-Akeley 82-4

13 McKinley Folland 12 Kittson County Central 79-6

14 Taya Carlson 12 United Clay-Becker 79-2

15 Nenookaasi Poitra 10 Mahnomen/Waubun 70-10

16 Kenna Jensrud 11 Fertile-Beltrami 70-4

Girls A Division High Jump Finals

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Athlete Yr Team Mark H# Wind

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1 Annika Aakre 11 Park Christian 5-4

2 Allison LaVine 12 Clearbrook-Gonvick 5-0

3 Ella Kronschnabel 9 Fertile-Beltrami 4-10

4 Violet Deusterman 8 Bagley/Fosston 4-8

4 Markelle Pederson 11 West Marshall 4-8

4 Miley Fladhammer 10 Fertile-Beltrami 4-8

7 Brooke Kritzeck 12 Park Rapids Area 4-8

7 Nora Osowski 12 West Marshall 4-8

9 Reagan Wenzel 7 United Clay-Becker 4-8

10 Addison Halvorson 12 Dilworth-Glyndon-Felton 4-8

10 Elizabeth Lytle 12 Red Lake County 4-8

12 Charli Hallstrom 11 Northome/Kelliher/Blackduck 4-8

13 Addyson Strawsell 12 United Clay-Becker 4-6

13 Kaelan Rockensock 12 Northome/Kelliher/Blackduck 4-6

15 Kimberly Ohm 9 Park Rapids Area 4-6

15 Michaela Risberg 10 Dilworth-Glyndon-Felton 4-6

-- Kaylee Pieper 10 Lake of the Woods/Rainy River NH

-- Aubrey Morrison 12 Walker-Hackensack-Akeley NH

-- Avery Morrison 12 Walker-Hackensack-Akeley NH

Girls A Division Pole Vault Finals

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Athlete Yr Team Mark H# Wind

=====

1 Addison Lauwagie 12 Park Rapids Area 10-2

2 Markelle Pederson 11 West Marshall 10-2

3 Sofie Grunhovd 11 Fertile-Beltrami 8-8

4 Chloe Boll 11 Crookston 8-8

4 Brielle Duppong 9 Bagley/Fosston 8-8

6 Alex Risberg 10 Dilworth-Glyndon-Felton 8-8

7 Maria Green 11 Bagley/Fosston 7-8

8 Nora Groven 9 Crookston 7-8

9 Ella Henning 9 Walker-Hackensack-Akeley 7-8

9 Mattea Berge 8 Park Christian 7-8

11 McKara Hoban 11 Dilworth-Glyndon-Felton 7-8

11 Katy Comstock 12 Warroad 7-8

13 Brooke Bjorgaard 10 BGMR Freeze 7-8

13 Chloe Johnson 10 United Clay-Becker 7-8

15 Keela Johnson 12 United Clay-Becker 7-2

15 Morgan Boll 8 Crookston 7-2

- Lillian Nelson 10 Bagley/Fosston NH
- Marrissa Mills 12 Northome/Kelliher/Blackduck NH
- Karlee Rowland 10 Park Rapids Area NH
- Grace Etter 11 Park Rapids Area NH
- Marissa Liliquist 12 Walker-Hackensack-Akeley DNS

Girls A Division Long Jump Finals

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Athlete Yr Team Mark H# Wind

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- 1 Ava Phrakonkham 12 Bagley/Fosston 17-2.50
- 2 Kylie Snare 11 BGMR Freeze 16-10.50
- 3 Ellie Sosa 10 Dilworth-Glyndon-Felton 16-9
- 4 Olivia Miller 12 Park Rapids Area 16-2.75
- 5 Julia Miller 12 Ada-Borup-West 16-1
- 6 Kenley Marquis 9 West Marshall 15-10
- 7 Makenna Christenson 10 Park Christian 15-9.50
- 8 Allison LaVine 12 Clearbrook-Gonvick 15-8
- 9 Berlyn Strege 12 Kittson County Central 15-1.75
- 10 Annika Aakre 11 Park Christian 15-0.25
- 11 Bentlee Swenson 7 United Clay-Becker 14-10.75
- 12 Averleigh Pereira 11 Bagley/Fosston 14-10.50
- 13 Addison Halvorson 12 Dilworth-Glyndon-Felton 14-5.50
- 14 Eva Langen 12 West Marshall 14-5
- 15 Brandi Morgan 12 Park Rapids Area 14-1.25
- 16 Emilee Rudie 7 Bagley/Fosston 14-1.25

Girls A Division Triple Jump Finals

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Athlete Yr Team Mark H# Wind

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- 1 Ellie Sosa 10 Dilworth-Glyndon-Felton 36-4.75
- 2 Kylie Snare 11 BGMR Freeze 35-8.75
- 3 Natalie Aakre 8 Park Christian 34-6.25
- 4 Hatty Quam 9 Bagley/Fosston 33-4
- 5 Reegan Mortimer 12 West Marshall 31-10
- 6 Brittan Young 7 Walker-Hackensack-Akeley 31-8
- 7 Grace Boll 9 Crookston 31-5.25
- 8 Jenna Thompson 10 Ada-Borup-West 31-2.50
- 9 Remi Kugler 8 Dilworth-Glyndon-Felton 31-1.25
- 10 Teagan Duppong 12 Bagley/Fosston 30-9
- 11 Brandi Morgan 12 Park Rapids Area 30-2.25
- 12 Dakota Dunham 12 Roseau 30-1
- 13 Marrissa Mills 12 Northome/Kelliher/Blackduck 30-0.50
- 14 Annika Adolphson 9 West Marshall 29-10
- 15 Ashtyn LaBine 9 West Marshall 29-3.50
- 16 Khloe May 8 Park Rapids Area 28-4.50