

2024 SUBSECTION 1A-1 GIRLS

May 22nd at Rushford

Team Scores:

1. Cotter/Hope	171
2. St. Charles	101.5
3. La Crescent-Hokah	83
4. Lanesboro-Fillmore Central- Mabel-Canton	81.5
5. Lewiston-Altura	79
6. Rushford-Peterson/Houston	67.5
7. Dover-Eyota	53.5
8. Caledonia/Spring Grove	43

14 Nadia Happel Rushford-Peterson/Houst	31.89a
15 Lauren Peck Dover-Eyota	31.90a
16 Aidai Cholponkulova Rushford-Peterson/Houst	32.10a
17 Kaydence Draeger Dover-Eyota	32.40a
18 Ellyanna Wagner La Crescent-Hokah	32.81a
19 Giada Pino Lanesboro-Fillmore Cent	33.23a
20 Mara Schwarz Lanesboro-Fillmore Cent	33.51a
21 Lila McClure La Crescent-Hokah	33.73a

Girls Varsity 100 Meters Finals

Athlete Yr Team Mark Wind

1 Emma Juarez Cotter/Hope Lutheran	13.54a
2 Macy Donnenwerth Cotter/Hope Lutheran	13.65a
3 Madi Bjerke St. Charles	13.71a
4 Elizabeth Gibson Cotter/Hope Lutheran	13.97a
5 Sari Rein Lanesboro-Fillmore Cent	14.05a
6 Chloe Lange Caledonia/Spring Grove	14.10a
7 Loisah Gay Caledonia/Spring Grove	14.11a
8 Kate Vermilya St. Charles	14.22a
9 Charlotte Ferrie Lanesboro-Fillmore Cent	14.32a
10 Kara Spencer La Crescent-Hokah	14.54a
11 Stephanie Ideker Caledonia/Spring Grove	14.57a
12 Sterling Tolleson La Crescent-Hokah	14.69a
13 Kiylee Diedrich St. Charles	14.90a
14 Aidai Cholponkulova Rushford-Peterson/Houst	15.05a
15 Shelby Johnson La Crescent-Hokah	15.06a
16 Kaydence Draeger Dover-Eyota	15.41a
17 Nadia Happel Rushford-Peterson/Houst	15.52a
18 Ainsley Rice Rushford-Peterson/Houst	15.63a
19 Erendira Gasca Dover-Eyota	15.77a
20 Audrey Bothun Lanesboro-Fillmore Cent	15.87a
21 Maddie Watson Dover-Eyota	16.89a

Girls Varsity 400 Meters Finals

Athlete Yr Team Mark Wind

1 Samantha Perez St. Charles	1:02.48a
2 Macy Piechowski Cotter/Hope Lutheran	1:02.88a
3 Erin Gibson Cotter/Hope Lutheran	1:03.49a
4 Maggie Draeger Dover-Eyota	1:03.77a
5 Claire Siebenhaler St. Charles	1:03.93a
6 Lauren Schmidt Dover-Eyota	1:04.88a
7 Savannah Klinski La Crescent-Hokah	1:05.11a
8 Olivia Rindels Lanesboro-Fillmore Cent	1:05.25a
9 Emily Helgemoe Rushford-Peterson/Houst	1:05.31a
10 Aubrey Schossow Cotter/Hope Lutheran	1:06.09a
11 Mya Timm La Crescent-Hokah	1:06.42a
12 Hannah Vaalemoen Lanesboro-Fillmore Cent	1:07.05a
13 Savannah Augedahl Caledonia/Spring Grove	1:07.69a
14 Jaycie Westland Caledonia/Spring Grove	1:09.92a
15 Kate Baumann Rushford-Peterson/Houst	1:10.98a
16 Natali Walsh Caledonia/Spring Grove	1:12.13a
17 Persia Nguyen Dover-Eyota	1:12.59a
18 Megan Iverson St. Charles	1:13.07a
19 Afton Wills La Crescent-Hokah	1:14.22a
20 Emilee Peterson Rushford-Peterson/Houst	1:14.57a
21 Audra Otto Lanesboro-Fillmore Cent	1:17.80a

Girls Varsity 200 Meters Finals

Athlete Yr Team Mark Wind

1 Clarissa Sauer Cotter/Hope Lutheran	26.11a
2 Elizabeth Gibson Cotter/Hope Lutheran	27.57a
3 Camila Puente Infante Cotter/Hope Lutheran	27.69a
4 Nicole Banse Caledonia/Spring Grove	27.73a
5 Sienna Augedahl Caledonia/Spring Grove	28.13a
6 Evie Benedett St. Charles	28.46a
7 Maggie Draeger Dover-Eyota	28.59a
8 Kamrin Thies Caledonia/Spring Grove	29.28a
9 Shelby Mosdal St. Charles	30.04a
10 Gabi Danielson La Crescent-Hokah	30.29a
11 Emma Nelson St. Charles	30.60a
12 Quinn Potter Rushford-Peterson/Houst	30.84a
13 Madilyn Zwart Lanesboro-Fillmore Cent	31.46a

Girls Varsity 800 Meters Finals

Athlete Yr Team Mark Wind

1 Brooklyn Staudacher Cotter/Hope Lutheran	2:27.43a
2 Isabelle Katwa Cotter/Hope Lutheran	2:28.91a
3 Myla Baudek La Crescent-Hokah	2:32.95a
4 Brooklyn Simon Lanesboro-Fillmore Cent	2:34.26a
5 Kyra Kotsmith Cotter/Hope Lutheran	2:36.56a
6 Kyla Hellickson Lanesboro-Fillmore Cent	2:36.82a
7 Natalie Buege Lewiston-Altura	2:38.51a
8 Aylin Perez St. Charles	2:40.13a
9 Eliza Cullen Lanesboro-Fillmore Cent	2:43.05a
10 Tessa Matzke St. Charles	2:44.55a
11 Catherine Davidson St. Charles	2:44.69a
12 Vada Larson Rushford-Peterson/Houst	2:45.69a
13 Kya Deck Caledonia/Spring Grove	2:45.77a
14 Hailey Heimermann Lewiston-Altura	2:51.41a
15 Caitlin Bauer Rushford-Peterson/Houst	2:52.96a

- 16 Ashlyn Enright Dover-Eyota 2:53.88a
- 17 Addison Andring Dover-Eyota 2:54.54a
- 18 Alannah Skalet Rushford-Peterson/Houst 2:55.35a
- 19 Sophia Erickson Lewiston-Altura 2:56.74a
- 20 Kendall Weichert Caledonia/Spring Grove 2:58.65a

- 2 Aurora Kabat La Crescent-Hokah 48.93a
- 3 Jayda Davis Dover-Eyota 50.52a
- 4 Cora Davidson St. Charles 52.64a
- 5 Claire Daley Lewiston-Altura 53.17a
- 6 Elese Plzak La Crescent-Hokah 54.35a
- 7 Lynsey Ruen Lanesboro-Fillmore Cent 54.53a
- 8 Lexie Biesanz Cotter/Hope Lutheran 55.30a
- 9 Aalyiah Root Lanesboro-Fillmore Cent 55.30a
- 10 Lydia Pedretti Rushford-Peterson/Houst 56.11a
- 11 Karlee Frauenkron Rushford-Peterson/Houst 56.21a
- 12 Sophia Rivers Cotter/Hope Lutheran 56.67a
- 13 Ava Larson Lanesboro-Fillmore Cent 57.28a
- 14 Hilary Duellman Cotter/Hope Lutheran 58.52a
- 15 Charlee Peterson Rushford-Peterson/Houst 1:00.56a
- 16 McKinley Stremcha La Crescent-Hokah 1:10.62a

Girls Varsity 1600 Meters Finals

=====

Athlete Yr Team Mark Wind

=====

- 1 Sonja Semling Cotter/Hope Lutheran 5:32.56a
- 2 Mya Slavin St. Charles 5:40.95a
- 3 Bethany Peratt Cotter/Hope Lutheran 5:56.04a
- 4 Vada Larson Rushford-Peterson/Houst 6:00.91a
- 5 Emma Hatanpa Cotter/Hope Lutheran 6:02.10a
- 6 Natalie Buege Lewiston-Altura 6:13.42a
- 7 Ashlyn Enright Dover-Eyota 6:36.88a
- 8 Violet Carlson Dover-Eyota 6:38.56a
- 9 Glory Erickson Lewiston-Altura 6:42.05a
- 10 Emily Siebenaler St. Charles 6:42.44a
- 11 Reese Barker Dover-Eyota 6:45.24a
- 12 Hannah Tuveson Rushford-Peterson/Houst 6:50.77a
- 13 Samantha Aust St. Charles 8:18.97a

Girls Varsity 4x100m Relay Finals

=====

Team Time

=====

- 1 Cotter/Hope Lutheran 50.61a
- 1) Claire Heiring 2) Elizabeth Gibson
- 3) Clarissa Sauer 4) Macy Donnenwerth
- 2 Caledonia/Spring Grove 51.28a
- 1) Loisah Gay 2) Sienna Augedahl
- 3) Chloe Lange 4) Nicole Banse
- 3 Lanesboro-Fillmore Central-Mabel-Canton 52.52a
- 1) Charlotte Ferrie 2) Aubrey Daniels
- 3) Kinley Soiney 4) Bailey Erwin
- 4 La Crescent-Hokah 52.62a
- 1) Kate Crosby 2) Vanessa Ntiamoah
- 3) Charlee Gile 4) Maggie Crosby
- 5 Dover-Eyota 54.02a
- 1) Brianna Brobst 2) Isabel Duellman
- 3) Tia Rubow 4) Lily Damico
- 6 Rushford-Peterson/Houston 58.20a
- 1) Nadia Happel 2) Nevaeh Happel
- 3) Aidai Cholponkulova 4) Ainsley Rice
- St. Charles DQ
- 1) Cora Davidson 2) Shelby Mosdal
- 3) Emma Nelson 4) Kate Vermilya

Girls Varsity 3200 Meters Finals

=====

Athlete Yr Team Mark Wind

=====

- 1 Sonja Semling Cotter/Hope Lutheran 12:09.61a
- 2 Autumn Rakosnik Lanesboro-Fillmore Cent 12:17.13a
- 3 Hope Docan-Morgan La Crescent-Hokah 12:29.41a
- 4 Corrina Lechnir La Crescent-Hokah 12:44.96a
- 5 Charity Kingsley Lanesboro-Fillmore Cent 12:58.58a
- 6 Sophia Tuseth St. Charles 13:00.99a
- 7 Grace Kingsley Lanesboro-Fillmore Cent 13:03.54a
- 8 Hazel Freyre Cotter/Hope Lutheran 13:09.87a

Girls Varsity 4x200m Relay Finals

=====

Team Time

=====

- 1 Cotter/Hope Lutheran 1:47.11a
- 1) Claire Heiring 2) Camila Puente Infante
- 3) Aubrey Schossow 4) Clarissa Sauer
- 2 St. Charles 1:49.57a
- 1) Abby Hoffman 2) Evie Benedett
- 3) Madi Bjerke 4) Samantha Perez
- 3 Caledonia/Spring Grove 1:49.80a
- 1) Chloe Lange 2) Kamrin Thies
- 3) Sienna Augedahl 4) Nicole Banse
- 4 La Crescent-Hokah 1:50.49a
- 1) Maggie Crosby 2) Vanessa Ntiamoah
- 3) Kate Crosby 4) Savanah Klinski

Girls Varsity 100m Hurdles Finals

=====

Athlete Yr Team Mark Wind

=====

- 1 Aubryana Boldt Rushford-Peterson/Houst 16.62a
- 2 Claire Daley Lewiston-Altura 17.61a
- 3 Aurora Kabat La Crescent-Hokah 17.82a
- 4 Cora Davidson St. Charles 17.83a
- 5 Jayda Davis Dover-Eyota 18.11a
- 6 Lydia Pedretti Rushford-Peterson/Houst 18.64a
- 7 Elese Plzak La Crescent-Hokah 18.96a
- 8 Sophia Rivers Cotter/Hope Lutheran 19.65a
- 9 Lexie Biesanz Cotter/Hope Lutheran 19.80a
- 10 Morgan Tuma Dover-Eyota 22.48a
- 11 McKinley Stremcha La Crescent-Hokah 24.52a

Girls Varsity 300m Hurdles Finals

=====

Athlete Yr Team Mark Wind

=====

- 1 Mercy Erickson Lewiston-Altura 48.92a

5 Lanesboro-Fillmore Central-Mabel-Canton 1:51.67a

- 1) Aubrey Daniels 2) Sari Rein
 - 3) Kinley Soiney 4) Bailey Erwin
- 6 Dover-Eyota 1:53.33a
- 1) Dilyn Bryant 2) Isabel Duellman
 - 3) Tia Rubow 4) Lauren Schmidt
- 7 Rushford-Peterson/Houston 2:02.98a
- 1) Quinn Potter 2) Karlee Frauenkron
 - 3) Ainsley Rice 4) Lydia Pedretti

Girls Varsity 4x400m Relay Finals

=====

Team Time

=====

- 1 St. Charles 4:10.75a
 - 1) Abby Hoffman 2) Mya Slavin
 - 3) Samantha Perez 4) Madi Bjerke
- 2 Cotter/Hope Lutheran 4:12.04a
- 1) Erin Gibson 2) Jessica Beguin
 - 3) Macy Piechowski 4) Claire Heiring
- 3 Lanesboro-Fillmore Central-Mabel-Canton 4:12.39a
- 1) Kinley Soiney 2) Sahara Morken
 - 3) Kammry Broadwater 4) Lillyan Kiehne
- 4 Dover-Eyota 4:22.76a
- 1) Isabel Duellman 2) Lily Damico
 - 3) Lauren Schmidt 4) Maggie Draeger
- 5 La Crescent-Hokah 4:24.39a
- 1) Mya Timm 2) Kiera Timm
 - 3) Myla Baudek 4) Savannah Klinski
- 6 Lewiston-Altura 4:31.04a
- 1) Natalie Buege 2) Mercy Erickson
 - 3) Rylee Kennedy 4) Hailey Heimermann
- 7 Rushford-Peterson/Houston 4:38.24a
- 1) Emily Helgemoe 2) Kate Baumann
 - 3) Tayler Helgemoe 4) Ava Helgemoe

Girls Varsity 4x800m Relay Finals

=====

Team Time

=====

- 1 Lanesboro-Fillmore Central-Mabel-Canton 10:03.72a
 - 1) Autumn Rakosnik 2) Sahara Morken
 - 3) Kammry Broadwater 4) Lillyan Kiehne
- 2 La Crescent-Hokah 10:25.01a
- 1) Hope Docan-Morgan 2) Corrina Lechnir
 - 3) Kiera Timm 4) Myla Baudek
- 3 St. Charles 10:28.41a
- 1) Sami Leistikow 2) Lydia Warmkagathje
 - 3) Tessa Matzke 4) Mya Slavin
- 4 Cotter/Hope Lutheran 10:37.16a
- 1) Isabelle Katwa 2) Audrey England
 - 3) Kyra Kotsmith 4) Brooklyn Staudacher
- 5 Rushford-Peterson/Houston 11:26.25a
- 1) Ava Helgemoe 2) Abby Prinsen
 - 3) Alannah Skalet 4) Caitlin Bauer
- 6 Dover-Eyota 11:33.34a
- 1) Violet Carlson 2) Persia Nguyen
 - 3) Brianna Brobst 4) Hannah Halbakken

Girls Varsity Shot Put Finals

=====

Athlete Yr Team Mark

=====

- 1 Brooklyn Mitchell La Crescent-Hokah 38-6
- 2 Georgia Mundt Lewiston-Altura 37-8.75
- 3 Savanna Loken Cotter/Hope Lutheran 34-7.50
- 4 Jorja Meyer Rushford-Peterson/Housto 34-1.50
- 5 Emily Hansen Lewiston-Altura 33-11
- 6 Samantha Fabian La Crescent-Hokah 33-0
- 7 Bailey Erwin Lanesboro-Fillmore Centr 30-0.50
- 8 Ella Hoeger Cotter/Hope Lutheran 29-0.25
- 9 Iris McGinley St. Charles 29-0
- 10 Ilah Daood St. Charles 27-11.50
- 11 Jessica Stendel Caledonia/Spring Grove 27-8.50
- 12 Jaden Woodard Rushford-Peterson/Housto 27-2.75
- 13 Chloe Duffield Rushford-Peterson/Housto 27-1
- 14 Alexis Qualy Caledonia/Spring Grove 26-11.25
- 15 Alondra Gasca Lewiston-Altura 26-5.25
- 16 Lily Damico Dover-Eyota 26-2.25
- 17 Amelia Ringer Lanesboro-Fillmore Centr 25-8.25
- 18 Maggie Ideker Caledonia/Spring Grove 25-5
- 19 Lori Haack La Crescent-Hokah 25-2.25
- 20 Marabelle Kurth St. Charles 25-0.50
- 21 Ava Monroe Dover-Eyota 23-6.75
- 22 Hannah Halbakken Dover-Eyota 22-10.75
- 23 Elizabeth McGlaun Cotter/Hope Lutheran 20-8

Girls Varsity Discus Finals

=====

Athlete Yr Team Mark

=====

- 1 Georgia Mundt Lewiston-Altura 121-4
- 2 Kammry Broadwater Lanesboro-Fillmore Centr 113-7
- 3 Jorja Meyer Rushford-Peterson/Housto 108-1
- 4 Brooklyn Mitchell La Crescent-Hokah 98-9
- 5 Jessica Stendel Caledonia/Spring Grove 96-4
- 6 Iris McGinley St. Charles 96-1
- 7 Kinley Soiney Lanesboro-Fillmore Centr 93-0
- 8 Emily Hansen Lewiston-Altura 92-7
- 9 Samantha Fabian La Crescent-Hokah 92-5
- 10 Savanna Loken Cotter/Hope Lutheran 88-8
- 11 Ella Hoeger Cotter/Hope Lutheran 88-3
- 12 Lily Damico Dover-Eyota 87-7
- 13 Ilah Daood St. Charles 85-6
- 14 Gracie Mundt Lewiston-Altura 85-4
- 15 Abby Prinsen Rushford-Peterson/Housto 85-4
- 16 Cami Jerde St. Charles 82-3
- 17 Lori Haack La Crescent-Hokah 79-10
- 18 Jaden Woodard Rushford-Peterson/Housto 78-2
- 19 Hannah Halbakken Dover-Eyota 75-4
- 20 Alexis Qualy Caledonia/Spring Grove 70-5
- 21 Campbell Cognac Caledonia/Spring Grove 59-7
- 22 Sarah Glodowski Cotter/Hope Lutheran 58-1

Girls Varsity High Jump Finals

=====

Athlete Yr Team Mark Wind

- =====
- 1 Grace Erickson Lewiston-Altura 5-0
 - 2 Kyla Hellickson Lanesboro-Fillmore Centr 4-10
 - 3 Megan Baumgartner Cotter/Hope Lutheran 4-10
 - 3 Emily Hansen Lewiston-Altura 4-10
 - 3 Jessica Beguin Cotter/Hope Lutheran 4-10
 - 6 Anndi Frie Dover-Eyota 4-8
 - 6 Lily Doud Cotter/Hope Lutheran 4-8
 - 6 Reese Barker Dover-Eyota 4-8
 - 9 Stella Wendt St. Charles 4-8
 - 10 Ava Jacobsen Lanesboro-Fillmore Centr 4-8
 - 11 Aylin Perez St. Charles 4-8
 - 12 Tayler Helgemoe Rushford-Peterson/Housto 4-6
 - 13 Claire Daley Lewiston-Altura 4-6
 - 14 Lillian Thies Caledonia/Spring Grove 4-4
 - 15 Nevaeh Happel Rushford-Peterson/Housto 4-4
 - 16 Maddi Ingvalson Rushford-Peterson/Housto 4-2
 - Shelby Mosdal St. Charles NH

Girls Varsity Pole Vault Finals

- =====
- Athlete Yr Team Mark Wind
- =====
- 1 Grace Erickson Lewiston-Altura 9-2
 - 2 Lauren Honken Rushford-Peterson/Housto 8-8
 - 3 Jayda Davis Dover-Eyota 8-8
 - 3 Lydia Warmkagathje St. Charles 8-8
 - 5 Dilyn Bryant Dover-Eyota 8-2
 - 6 Elizabeth Clarke Lanesboro-Fillmore Centr 7-8
 - 7 Kate Vermilya St. Charles 7-8
 - 8 Autumn Rakosnik Lanesboro-Fillmore Centr 7-2
 - 8 Quinn Potter Rushford-Peterson/Housto 7-2
 - 10 Emilee Peterson Rushford-Peterson/Housto 7-2
 - 11 Hilary Duellman Cotter/Hope Lutheran 6-8
 - 12 Tia Rubow Dover-Eyota 6-8
 - Lexie Biesanz Cotter/Hope Lutheran NH
 - Rylee Kennedy Lewiston-Altura NH

Girls Varsity Long Jump Finals

- =====
- Athlete Yr Team Mark Wind
- =====
- 1 Nicole Banse Caledonia/Spring Grove 16-9.25
 - 2 Samantha Perez St. Charles 16-5.25
 - 3 Aubryana Boldt Rushford-Peterson/Housto 16-3
 - 4 Reese Barker Dover-Eyota 15-9.25
 - 5 Emma Juarez Cotter/Hope Lutheran 15-8.25
 - 6 Tayler Helgemoe Rushford-Peterson/Housto 15-1.25
 - 7 Thavyah Matthews St. Charles 14-9.50
 - 8 Dilyn Bryant Dover-Eyota 14-4.25
 - 9 Cora Davidson St. Charles 14-2.75
 - 10 Kara Spencer La Crescent-Hokah 14-1.25
 - 11 Sterling Tolleson La Crescent-Hokah 14-0.25
 - 12 Maddi Ingvalson Rushford-Peterson/Housto 13-11
 - 13 Charlotte Ferrie Lanesboro-Fillmore Centr 13-9
 - 14 Hannah Vaalemoen Lanesboro-Fillmore Centr 13-3.25
 - 15 Claire Daley Lewiston-Altura 13-2.50

- 16 Peyton Felten Caledonia/Spring Grove 12-0.50
- 17 Lillian Thies Caledonia/Spring Grove 12-0.25
- 18 Lauren Peck Dover-Eyota 11-9
- 19 Emma Hatanpa Cotter/Hope Lutheran 8-11
- Madilyn Zwart Lanesboro-Fillmore Centr FOUL

Girls Varsity Triple Jump Finals

- =====
- Athlete Yr Team Mark Wind
- =====
- 1 Aubryana Boldt Rushford-Peterson/Housto 34-5
 - 2 Kate Crosby La Crescent-Hokah 32-4
 - 3 Abby Hoffman St. Charles 31-6.50
 - 4 Stella Wendt St. Charles 31-2
 - 5 Ava Helgemoe Rushford-Peterson/Housto 31-1.50
 - 6 Aubrey Daniels Lanesboro-Fillmore Centr 30-11.50
 - 7 Hailey Heimermann Lewiston-Altura 30-3.50
 - 8 Ava Larson Lanesboro-Fillmore Centr 29-6
 - 9 Megan Baumgartner Cotter/Hope Lutheran 29-4.50
 - 10 Lydia Pedretti Rushford-Peterson/Housto 29-0
 - 11 Brianna Brobst Dover-Eyota 28-6.50
 - 12 Kaydence Draeger Dover-Eyota 27-0
 - 13 Persia Nguyen Dover-Eyota 25-11
 - 14 Hadley Hammell La Crescent-Hokah 24-2.25
 - 15 Lilly Picha La Crescent-Hokah 23-3.50
 - 16 Lexie Biesanz Cotter/Hope Lutheran 23-0