

# 2024 SUBSECTION 5A-WEST GIRLS

May 23rd at Maple Lake

## Team Scores:

1. Eden Valley-Watkins/Kimball	122
2. Litchfield	106.5
3. Melrose Area	100
4. Howard Lake-Waverly-Winsted	92
5. Holdingford	88
6. Maple Lake	76.5
7. Paynesville	43
8. Atwater-Cosmos-Grove City	30
9. Upsala/Swanville	18.5
10. Belgrade-Brooten-Elrosa	2.5
11. St. Cloud Christian	2

## Girls Varsity 100 Meters Finals

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### Athlete Yr Team Mark Wind

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- 1 Isabelle Jaenicke Melrose Area 13.24a
- 2 Brooklyn Frank Paynesville 13.28a
- 3 Jordyn Theis Eden Valley-Watkins/Kim 13.44a
- 4 Alexis Boonstra Howard Lake-Waverly-Win 13.66a
- 5 Jailyn Mickelson Litchfield 13.85a
- 6 Lizbeth Raya Ambriz Melrose Area 13.93a
- 7 Claire Lee Maple Lake 13.98a
- 8 Madison Tschida Upsala/Swanville 14.00a
- 9 Dani Bierwerth Paynesville 14.05a
- 10 Jada Mosey Holdingford 14.16a
- 11 Esther Kapsner Melrose Area 14.28a
- 12 Devinity Butturff Howard Lake-Waverly-Win 14.32a
- 13 Richelle Thompson Upsala/Swanville 14.35a
- 14 Jada Rosenquist Atwater-Cosmos-Grove Ci 14.41a
- 15 Kayden Bollman Eden Valley-Watkins/Kim 14.43a
- 16 Alyssa Young Upsala/Swanville 14.57a
- 17 Aubrey Heiling Community Christian (Wi 14.67a
- 18 Nora Huschle Eden Valley-Watkins/Kim 14.74a
- 19 Zimiel Krautbauer Maple Lake 14.99a
- 20 Brooklyn Turner Maple Lake 15.01a
- 21 Mackenzie Parks Howard Lake-Waverly-Win 15.14a
- 22 Katelyn Molus Holdingford 15.24a
- 23 Taylor Frericks Atwater-Cosmos-Grove Ci 15.28a
- 24 Marjorie Rajkowski St. Cloud Christian 15.42a
- 25 Alissa Bengston Holdingford 15.54a
- 26 Azalea May Community Christian (Wi 15.68a
- 27 Jaci Listerud Atwater-Cosmos-Grove Ci 15.83a
- 28 Karina Nelson St. Cloud Christian 15.97a
- 29 Ellie DeLeeuw Community Christian (Wi 16.18a
- 30 Vanessa Snyder Belgrade-Brooten-Elrosa 16.63a
- 31 Meagan Willenbring Belgrade-Brooten-Elrosa 16.65a
- 32 Kylie Zins Belgrade-Brooten-Elrosa 16.97a
- Breah Sutherland St. Cloud Christian DNS

## Girls Varsity 200 Meters Finals

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### Athlete Yr Team Mark Wind

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- 1 Brooklyn Frank Paynesville 27.41a
- 2 Josy Turck Litchfield 27.44a
- 3 Sydney Breimon Maple Lake 27.72a
- 4 Angelika Diakite Holdingford 28.05a
- 5 Ellie Brown Litchfield 28.23a
- 6 Lizbeth Raya Ambriz Melrose Area 28.62a
- 7 Madison Tschida Upsala/Swanville 28.67a
- 8 Haley Johnson Atwater-Cosmos-Grove Ci 28.92a
- 9 Dakota Good Paynesville 28.96a
- 10 Georgia Anderson Melrose Area 29.13a
- 11 Madison Buehler Howard Lake-Waverly-Win 29.15a
- 12 Rachel Kuklok Holdingford 29.38a
- 13 Samantha Turck Litchfield 29.51a
- 14 Melissa Ambriz Melrose Area 29.58a
- 15 Jada Rosenquist Atwater-Cosmos-Grove Ci 29.64a
- 16 Richelle Thompson Upsala/Swanville 29.73a
- 17 Avery Como Maple Lake 30.13a
- 18 Lily Inselman Paynesville 30.22a
- 19 Aleah Lanars Howard Lake-Waverly-Win 30.25a
- 20 Grace Brovold Eden Valley-Watkins/Kim 30.28a
- 21 Katrina Schutz Eden Valley-Watkins/Kim 30.29a
- 22 Kylee Kron St. Cloud Christian 30.32a
- 23 Kelsie Blom Atwater-Cosmos-Grove Ci 30.39a
- 24 Abbie Bobrowske Howard Lake-Waverly-Win 30.68a
- 25 Mya Proell Upsala/Swanville 30.73a
- 26 Katelyn Molus Holdingford 30.94a
- 27 Kendra Schutz Eden Valley-Watkins/Kim 31.02a
- 28 Natasha Lodermeier Maple Lake 31.03a
- 29 Megan Madsen St. Cloud Christian 31.06a
- 30 Faith Westin Community Christian (Wi 31.24a
- 31 Alyssa Schwantes Community Christian (Wi 31.93a
- 32 Kenzi Quam Belgrade-Brooten-Elrosa 32.56a
- 33 Maddy Carroll Belgrade-Brooten-Elrosa 33.27a
- 34 Meagan Willenbring Belgrade-Brooten-Elrosa 34.36a
- 35 Ellie DeLeeuw Community Christian (Wi 34.49a
- Breah Sutherland St. Cloud Christian DNS

## Girls Varsity 400 Meters Finals

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### Athlete Yr Team Mark Wind

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- 1 Hope Kuechle Eden Valley-Watkins/Kim 59.87a
- 2 Brenna Konsor Holdingford 1:00.67a
- 3 Carmyn Anderson Maple Lake 1:02.90a
- 4 Alyssa Stordahl Melrose Area 1:03.04a
- 5 Madison Tschida Upsala/Swanville 1:03.75a
- 6 Maggie Gross Holdingford 1:04.16a
- 7 Ava Holmgren Eden Valley-Watkins/Kim 1:04.79a
- 8 Richelle Thompson Upsala/Swanville 1:05.23a
- 9 Kylah Zillmer Howard Lake-Waverly-Win 1:05.32a

10 Haley Johnson Atwater-Cosmos-Grove Ci 1:05.49a  
11 Avary Bierwerth Atwater-Cosmos-Grove Ci 1:05.63a  
12 Reese Hartkopf Maple Lake 1:06.52a  
13 Hayden Welle Paynesville 1:06.87a  
14 Kylee Kron St. Cloud Christian 1:07.57a  
15 Zoe Hoeschen Melrose Area 1:07.58a  
16 Marcella Bruning Litchfield 1:07.62a  
17 Anne Guggemos Howard Lake-Waverly-Win 1:08.09a  
18 Seyla LaGrande Maple Lake 1:08.89a  
19 Lauren Ellefson Paynesville 1:09.74a  
20 Ellie Rolfzen St. Cloud Christian 1:10.06a  
21 Maiya Swenson Holdingford 1:10.17a  
22 McKenzie Degner Atwater-Cosmos-Grove Ci 1:11.34a  
23 Abby Wimmer Upsala/Swanville 1:12.47a  
24 Ella Klaphake Melrose Area 1:12.77a  
25 Alison Moorlag St. Cloud Christian 1:13.89a  
26 Paige Frenchick Paynesville 1:14.28a  
-- Addy Stommes Eden Valley-Watkins/Kim DNS  
-- Alaina Koch Howard Lake-Waverly-Win DNS

3 Maria Hinnenkamp Melrose Area 5:54.04a  
4 Lauren Anglin Maple Lake 5:54.75a  
5 Hailey Birkholz Howard Lake-Waverly-Win 6:00.38a  
6 Loretta Mrosia Holdingford 6:01.67a  
7 Mallory White St. Cloud Christian 6:10.00a  
8 Abby Woefel Litchfield 6:15.56a  
9 Elizabeth Haskamp Holdingford 6:16.06a  
10 Paige Frenchick Paynesville 6:16.36a  
11 Kala Ziegler Litchfield 6:23.05a  
12 Haley Ree Paynesville 6:23.83a  
13 Holly Truenow Eden Valley-Watkins/Kim 6:30.17a  
14 Neila Hartung Holdingford 6:33.57a  
15 Mya Andersen Eden Valley-Watkins/Kim 6:37.24a  
16 Naomi May Community Christian (Wi 7:08.99a

Girls Varsity 3200 Meters Finals

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Athlete Yr Team Mark Wind

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1 Elsa Helstrom Litchfield 12:39.03a  
2 Lauren Anglin Maple Lake 13:34.24a  
3 Abby Thoma Litchfield 13:48.40a  
4 Bella Hernandez Eden Valley-Watkins/Kim 14:36.04a  
5 Evelynn Aleckson Upsala/Swanville 14:43.06a  
6 Brooklyn Molitor Eden Valley-Watkins/Kim 15:35.22a  
7 Jenna Kronenberg Maple Lake 15:49.36a

Girls Varsity 100m Hurdles Finals

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Athlete Yr Team Mark Wind

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1 Rilee Breth Holdingford 15.98a  
2 Kenlie Blom Atwater-Cosmos-Grove Ci 16.01a  
3 Jocelyn Zoller Eden Valley-Watkins/Kim 16.28a  
4 Riley Joyer Litchfield 17.16a  
5 Madison Buehler Howard Lake-Waverly-Win 17.28a  
6 Olivia Remer Howard Lake-Waverly-Win 17.59a  
7 Mackenzie Parks Howard Lake-Waverly-Win 17.85a  
8 Finley Anfinson Paynesville 17.94a  
9 Elise Carlson Litchfield 18.13a  
10 Emma Wirz Eden Valley-Watkins/Kim 18.16a  
11 Alyssa Young Upsala/Swanville 18.19a  
12 Joanna Hall Maple Lake 18.22a  
13 Nicole Rademacher Melrose Area 19.40a  
14 Grace Jackson Belgrade-Brooten-Elrosa 19.45a  
15 Madi Mueller Eden Valley-Watkins/Kim 19.47a  
16 Kelsie Blom Atwater-Cosmos-Grove Ci 19.54a  
17 Haley Nelsen Maple Lake 19.54a  
18 Verena Schlangen Paynesville 19.59a  
19 Peyton Walberg Maple Lake 20.13a  
20 Lily Wiechmann Melrose Area 20.28a  
21 Claire Arvig Upsala/Swanville 20.40a  
22 Ellie Theis Holdingford 20.73a  
23 Aleah Mondloch St. Cloud Christian 20.84a  
24 Dakota Good Paynesville 20.99a  
25 Abigail Litchey Holdingford 21.00a  
26 Ava Joy Brophy St. Cloud Christian 21.89a  
27 Athlee Chapin Community Christian (Wi 21.90a

Girls Varsity 800 Meters Finals

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Athlete Yr Team Mark Wind

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1 Brookelyn Kuechle Eden Valley-Watkins/Kim 2:26.47a  
2 Maddie LeSage Howard Lake-Waverly-Win 2:27.36a  
3 Anna Sorgatz Litchfield 2:34.01a  
4 Victoria Thorson Howard Lake-Waverly-Win 2:34.25a  
5 Alayna Haag Eden Valley-Watkins/Kim 2:36.81a  
6 Maria Hinnenkamp Melrose Area 2:38.98a  
7 Addison Kramer Maple Lake 2:40.00a  
8 Kimberlyn Case Litchfield 2:41.47a  
9 Kirstyn Sand Holdingford 2:41.49a  
10 Gabby Miller Paynesville 2:41.90a  
11 Afton Scegura Holdingford 2:42.82a  
12 Mallory White St. Cloud Christian 2:46.31a  
13 Kala Ziegler Litchfield 2:47.66a  
14 McKenzie Degner Atwater-Cosmos-Grove Ci 2:50.23a  
15 Miley Kuechle Eden Valley-Watkins/Kim 2:50.28a  
16 Paige Stommes Melrose Area 2:50.37a  
17 Hope Evenson Atwater-Cosmos-Grove Ci 2:51.19a  
18 Kendall Beuning Melrose Area 2:52.65a  
19 Lynn Arvig Upsala/Swanville 2:57.82a  
20 Naomi May Community Christian (Wi 3:01.87a  
21 Ava Joy Brophy St. Cloud Christian 3:04.23a  
22 Julia Anderson Howard Lake-Waverly-Win 3:04.33a  
23 Cora Rosenquist Atwater-Cosmos-Grove Ci 3:07.55a  
24 Lauren Lowe St. Cloud Christian 3:16.33a  
25 Larissa Tamm Maple Lake 3:18.05a  
26 Selah Larson Community Christian (Wi 3:41.23a  
-- Gracelyn Gerads Holdingford DNS

Girls Varsity 1600 Meters Finals

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Athlete Yr Team Mark Wind

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1 Maddie LeSage Howard Lake-Waverly-Win 5:37.15a  
2 Madison Wendlandt Paynesville 5:46.35a

Girls Varsity 300m Hurdles Finals

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Athlete Yr Team Mark Wind
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- 1 Jocelyn Zoller Eden Valley-Watkins/Kim 46.00a
2 Rilee Breth Holdingford 47.27a
3 Kenlie Blom Atwater-Cosmos-Grove Ci 47.74a
4 Riley Joyer Litchfield 48.53a
5 Jackie Tepley Howard Lake-Waverly-Win 49.86a
6 Olivia Remer Howard Lake-Waverly-Win 50.08a
7 Finley Anfinson Paynesville 51.21a
8 Kylee Konsor Holdingford 51.46a
9 Elise Carlson Litchfield 51.66a
10 Haley Nelsen Maple Lake 52.11a
11 Lily Wiechmann Melrose Area 52.78a
12 Shelby Dengerud Litchfield 53.77a
13 Madi Mueller Eden Valley-Watkins/Kim 54.43a
14 Nicole Rademacher Melrose Area 54.50a
15 Kelsie Blom Atwater-Cosmos-Grove Ci 56.18a
16 Mackenzie Parks Howard Lake-Waverly-Win 56.42a
17 Verena Schlangen Paynesville 57.76a
18 Claire Arvig Upsala/Swanville 58.23a
19 Harper Rademacher St. Cloud Christian 58.32a
20 Ellie Theis Holdingford 58.51a
21 Peyton Walberg Maple Lake 58.80a
22 Aleah Mondloch St. Cloud Christian 59.76a
23 Athlee Chapin Community Christian (Wi 1:03.05a
24 Alison Moorlag St. Cloud Christian 1:03.09a
25 Alessandra Cicchetti Eden Valley-Watkins/Kim 1:03.80a

Girls Varsity 4x100m Relay Finals

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Team Time
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- 1 Paynesville 50.82a
1) Dani Bierwerth 2) Brooklyn Frank
3) Finley Anfinson 4) Cloey Kolb
2 Eden Valley-Watkins/Kimball 51.35a
1) Kayden Bollman 2) Emma Wirz
3) Ellie Becker 4) Jordyn Theis
3 Melrose Area 51.68a
1) Josie Eveslage 2) Georgia Anderson
3) Isabelle Jaenicke 4) Alea Berscheit
4 Litchfield 52.59a
1) Jailyn Mickelson 2) Ellie Brown
3) Samantha Turck 4) Josie Bjorkman
5 Maple Lake 52.59a
1) Avery Rowe 2) Sydney Breimon
3) Abby Torblaa 4) Avery Lee
6 Howard Lake-Waverly-Winsted 52.68a
1) Olivia Remer 2) Devinity Butturff
3) Madison Buehler 4) Alexis Boonstra
7 Holdingford 52.73a
1) Angelika Diakite 2) Jada Mosey
3) Rachel Kuklok 4) Madison Mitchell
8 Community Christian (Willmar) 57.04a
1) Faith Westin 2) Alyssa Schwantes

- 3) Azalea May 4) Aubrey Heiling
9 Upsala/Swanville 58.00a
1) Corryn McDermond 2) Mya Proell
3) Emily Wiechmann 4) Olivia Klasen

Girls Varsity 4x200m Relay Finals

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Team Time
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- 1 Eden Valley-Watkins/Kimball 1:46.64a
1) Jordyn Theis 2) Ellie Becker
3) Brookelyn Kuechle 4) Hope Kuechle
2 Holdingford 1:48.28a
1) Angelika Diakite 2) Carly Mitchell
3) Madison Mitchell 4) Rilee Breth
3 Maple Lake 1:48.54a
1) Reese Hartkopf 2) Avery Lee
3) Sydney Breimon 4) Alex Kiebel
4 Litchfield 1:49.32a
1) Josy Turck 2) Eden Harless
3) Josie Bjorkman 4) Ellie Brown
5 Melrose Area 1:51.86a
1) Melissa Ambriz 2) Lizbeth Raya Ambriz
3) Georgia Anderson 4) Nicole Rademacher
6 Howard Lake-Waverly-Winsted 1:51.94a
1) Alexis Boonstra 2) Jackie Tepley
3) Anne Guggemos 4) Alaina Koch
7 Paynesville 2:00.76a
1) Maci Utsch 2) Tressa Lieser
3) Lily Inselman 4) Chloe Hemmesch
8 Upsala/Swanville 2:03.70a
1) Corryn McDermond 2) Mya Proell
3) Emily Wiechmann 4) Olivia Klasen

Girls Varsity 4x400m Relay Finals

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Team Time
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- 1 Holdingford 4:08.61a
1) Carly Mitchell 2) Maggie Gross
3) Madison Mitchell 4) Brenna Konsor
2 Eden Valley-Watkins/Kimball 4:09.04a
1) Alayna Haag 2) Jocelyn Zoller
3) Hope Kuechle 4) Brookelyn Kuechle
3 Maple Lake 4:21.07a
1) Carmyn Anderson 2) Reese Hartkopf
3) Avery Lee 4) Alex Kiebel
4 Atwater-Cosmos-Grove City 4:22.77a
1) Kenlie Blom 2) Haley Johnson
3) Jada Rosenquist 4) Avary Bierwerth
5 Howard Lake-Waverly-Winsted 4:25.64a
1) Alaina Koch 2) Jackie Tepley
3) Anne Guggemos 4) Victoria Thorson
6 Litchfield 4:30.44a
1) Josy Turck 2) Elise Carlson
3) Anna Sorgatz 4) Riley Joyer
7 Paynesville 4:36.28a
1) Gabby Miller 2) Madison Wendlandt

- 3) Lauren Ellefson 4) Hayden Welle
- 8 Melrose Area 4:48.03a
- 1) Alyssa Stordahl 2) Zoe Hoeschen
- 3) Paige Stommes 4) Ella Klaphake

- 24 Ella Lyrek Eden Valley-Watkins/Kimb 24-8
- 25 Ivy McClain Atwater-Cosmos-Grove Cit 23-5
- 26 Margaret Sanborn St. Cloud Christian 23-5
- 27 Maggie Frieler Melrose Area 23-4
- 28 Lily Christensen Litchfield 23-4
- 29 Megan Madsen St. Cloud Christian 23-0
- 30 Taylor Lee Maple Lake 22-8.50
- 31 Marjorie Rajkowski St. Cloud Christian 22-6.50
- 32 Jena Johnson Paynesville 22-1.50
- 33 Brookyn Slagter Atwater-Cosmos-Grove Cit 21-5
- 34 Clara Cruz Howard Lake-Waverly-Wins 18-8

Girls Varsity 4x800m Relay Finals

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Team Time

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- 1 Litchfield 10:25.82a
- 1) Kimberlyn Case 2) Shelby Dengerud
- 3) Abby Woefel 4) Anna Sorgatz
- 2 Eden Valley-Watkins/Kimball 10:31.35a
- 1) Ava Holmgren 2) Bella Hernandez
- 3) Miley Kuechle 4) Alayna Haag
- 3 Maple Lake 10:38.56a
- 1) Carmyn Anderson 2) Peyton Walberg
- 3) Seyla LaGrande 4) Addison Kramer
- 4 Melrose Area 10:40.54a
- 1) Alyssa Stordahl 2) Zoe Hoeschen
- 3) Paige Stommes 4) Kendall Beuning
- 5 Howard Lake-Waverly-Winsted 11:21.30a
- 1) Ava Fiecke 2) Abbie Bobrowske
- 3) Clare Dressel 4) Hailey Birkholz
- 6 Holdingford 11:29.42a
- 1) Gracelyn Gerads 2) Kirstyn Sand
- 3) Lily Gerads 4) Afton Scegura
- 7 Paynesville 11:38.96a
- 1) Lexie Miller 2) Haley Ree
- 3) Alexis Bertram 4) Alyssa Bertram

Girls Varsity Discus Finals

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Athlete Yr Team Mark

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- 1 Grace Schmidt Litchfield 118-11
- 2 Lily Christensen Litchfield 100-10
- 3 Grace Reither Howard Lake-Waverly-Wins 99-10
- 4 Emma Kobernusz Holdingford 99-3
- 5 Ava Burau Litchfield 98-5
- 6 Lexi Koch Howard Lake-Waverly-Wins 96-10
- 7 Makenna Hohbein Holdingford 93-2
- 8 Quinn Eisenbacher Atwater-Cosmos-Grove Cit 92-4
- 9 Felicity LeBlanc Holdingford 91-0
- 10 Genevieve Mrozek Upsala/Swanville 87-1
- 11 Taylor Frericks Atwater-Cosmos-Grove Cit 81-0
- 12 Nyayul Ruey Melrose Area 78-0
- 13 Alivia Schaefer Paynesville 77-10
- 14 Ivy McClain Atwater-Cosmos-Grove Cit 71-2
- 15 Lynn Arvig Upsala/Swanville 70-10
- 16 Claire Lee Maple Lake 70-7
- 17 Ella Lyrek Eden Valley-Watkins/Kimb 70-7
- 18 Evelyn Aleckson Upsala/Swanville 69-3
- 19 Maggie Frieler Melrose Area 68-7
- 20 Ella Myers Eden Valley-Watkins/Kimb 66-5
- 21 Ava Martinson Paynesville 65-2
- 22 Presley Detloff Belgrade-Brooten-Elrosa 64-11
- 23 Violet Tulenchik Maple Lake 62-2
- 24 Margaret Sanborn St. Cloud Christian 58-3
- 25 Taya Gysberg Melrose Area 56-2
- 26 Alison Waldorf Eden Valley-Watkins/Kimb 55-5
- 27 Natalie Mueller Belgrade-Brooten-Elrosa 53-11
- 28 Clara Cruz Howard Lake-Waverly-Wins 52-11
- 29 Taylor Lee Maple Lake 51-1
- 30 Autumn Ellefson Paynesville 51-0
- 31 Megan Madsen St. Cloud Christian 46-8
- 32 Faith Legatt St. Cloud Christian 45-11

Girls Varsity Shot Put Finals

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Athlete Yr Team Mark

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- 1 Grace Schmidt Litchfield 36-8.50
- 2 Lexi Koch Howard Lake-Waverly-Wins 34-7
- 3 Makenna Hohbein Holdingford 33-5.50
- 4 Morgan Pellett Holdingford 31-10
- 5 Avery Lee Maple Lake 30-10
- 6 Nyayul Ruey Melrose Area 30-8
- 7 Quinn Eisenbacher Atwater-Cosmos-Grove Cit 30-0.50
- 8 Alivia Schaefer Paynesville 29-4
- 9 Jordyn Theis Eden Valley-Watkins/Kimb 29-2
- 10 Abby Wimmer Upsala/Swanville 28-4
- 11 Bree Thieschafer Belgrade-Brooten-Elrosa 28-1
- 12 Grace Reither Howard Lake-Waverly-Wins 28-0
- 13 Claire Lee Maple Lake 27-11.50
- 14 Alyssa Schwantes Community Christian (Wil) 27-9
- 15 Genevieve Mrozek Upsala/Swanville 27-4
- 16 Juliana Lechuga Eden Valley-Watkins/Kimb 27-2.50
- 17 Presley Detloff Belgrade-Brooten-Elrosa 27-1.50
- 18 Laila Frericks Melrose Area 26-3
- 19 Kendra Johannes Holdingford 26-2
- 20 Kaydence Haider Belgrade-Brooten-Elrosa 25-5.50
- 21 Alexis Engelke Litchfield 24-9
- 22 Bianca Mrozek Upsala/Swanville 24-8.50
- 23 Ava Martinson Paynesville 24-8.50

Girls Varsity High Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Katrina Schutz Eden Valley-Watkins/Kimb 5-1
- 2 Ellie Becker Eden Valley-Watkins/Kimb 5-1
- 3 Alex Kiebel Maple Lake 4-11
- 3 Natalee Hoffner Melrose Area 4-11
- 5 Capri Sorenson Howard Lake-Waverly-Wins 4-9

- 6 Katelyn Guggemos Litchfield 4-9
- 7 Izabella Moes Litchfield 4-9
- 7 Olivia Klases Upsala/Swanville 4-9
- 9 Victoria Thorson Howard Lake-Waverly-Wins 4-7
- 9 Kiera Stommes Eden Valley-Watkins/Kimb 4-7
- 11 Jada Mosey Holdingford 4-7
- 12 Grace Jackson Belgrade-Brooten-Elrosa 4-7
- 13 Kierra Lease Litchfield 4-7
- 14 Madelyn Philippi Holdingford 4-5
- 15 Brynn Berscheit Melrose Area 4-5
- 16 Avery Como Maple Lake 4-3
- 17 Ziva Miller Belgrade-Brooten-Elrosa 4-3
- 18 Chloe Hemmesch Paynesville 4-1
- 18 Megan Madsen St. Cloud Christian 4-1
- 20 Clare Dressel Howard Lake-Waverly-Wins 4-1
- Tressa Lieser Paynesville NH
- Callie Pekarek Holdingford NH
- Hayden Welle Paynesville NH
- Daire Evens Belgrade-Brooten-Elrosa DNS

- 11 Alexis Boonstra Howard Lake-Waverly-Wins 14-4.75
- 12 Alyssa Young Upsala/Swanville 14-4.75
- 13 Josy Turck Litchfield 14-3.25
- 14 Avery Rowe Maple Lake 14-0.50
- 15 Genevieve Mrozek Upsala/Swanville 13-10.75
- 16 Miley Kuechle Eden Valley-Watkins/Kimb 13-9.50
- 17 Grace Brovold Eden Valley-Watkins/Kimb 13-8.25
- 18 Emma Reiter Paynesville 13-3.50
- 19 Ellie Rolfzen St. Cloud Christian 13-2.75
- 20 Harper Rademacher St. Cloud Christian 12-11
- 21 Brooklyn Turner Maple Lake 12-9
- 22 Jacqueline Chavez Paynesville 12-6.25
- 23 Kenzi Quam Belgrade-Brooten-Elrosa 12-5
- 24 Alyssa Schwantes Community Christian (Wil 11-9.75)
- 25 Jaci Listerud Atwater-Cosmos-Grove Cit 11-9
- 26 Kylee Breth Holdingford 11-5.25
- 27 Hope Evenson Atwater-Cosmos-Grove Cit 10-10
- 28 Kylie Zins Belgrade-Brooten-Elrosa 9-11
- Breah Sutherland St. Cloud Christian DNS
- Alaina Koch Howard Lake-Waverly-Wins DNS

Girls Varsity Pole Vault Finals

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Athlete Yr Team Mark Wind

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- 1 Ellie Becker Eden Valley-Watkins/Kimb 9-1
- 2 Taylor Frericks Atwater-Cosmos-Grove Cit 9-1
- 3 Dani Poppler Howard Lake-Waverly-Wins 8-7
- 4 Georgia Anderson Melrose Area 8-7
- 5 Unity Kelly Howard Lake-Waverly-Wins 8-7
- 6 Abby Torblaa Maple Lake 8-1
- 7 Josie Eveslage Melrose Area 8-1
- 7 Bree Thieschafer Belgrade-Brooten-Elrosa 8-1
- 9 Kenzie Harren Holdingford 7-7
- 10 Eva Sohl Litchfield 7-7
- 11 Grace Jackson Belgrade-Brooten-Elrosa 7-7
- 12 Angelika Diakite Holdingford 7-7
- 13 Madelyn Philippi Holdingford 7-1
- 14 Lauren Ellefson Paynesville 6-1
- 14 Isabella Borrell Howard Lake-Waverly-Wins 6-1
- 16 Khloe Lieser Paynesville 6-1
- 17 Natalie Vossen Eden Valley-Watkins/Kimb 6-1
- Khloe Uecker Maple Lake DNS
- Whitney Anderson Belgrade-Brooten-Elrosa DNS

Girls Varsity Long Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Isabelle Jaenicke Melrose Area 17-1.50
- 2 Alex Kiebel Maple Lake 17-0.75
- 3 Alea Berscheit Melrose Area 16-9
- 4 Rilee Breth Holdingford 16-5
- 5 Carly Mitchell Holdingford 16-4
- 6 Jackie Tepley Howard Lake-Waverly-Wins 15-9
- 7 Josie Eveslage Melrose Area 15-7.50
- 8 Bree Thieschafer Belgrade-Brooten-Elrosa 15-5
- 9 Cloey Kolb Paynesville 15-5
- 10 Emma Wirz Eden Valley-Watkins/Kimb 14-5

Girls Varsity Triple Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Alea Berscheit Melrose Area 36-0
- 2 Isabelle Jaenicke Melrose Area 36-0
- 3 Josie Eveslage Melrose Area 33-9.25
- 4 Alyssa Young Upsala/Swanville 33-1.25
- 5 Emma Wirz Eden Valley-Watkins/Kimb 33-0
- 6 Avery Rowe Maple Lake 32-7.75
- 7 Makenna Hohbein Holdingford 32-7.25
- 8 Peyton Walberg Maple Lake 31-6.50
- 9 Ally Schmidt Howard Lake-Waverly-Wins 29-11
- 10 Kierra Lease Litchfield 29-9.50
- 11 Molly Patten Litchfield 29-3.25
- 12 Haidynn Rondeau Paynesville 29-3
- 13 Kirstyn Sand Holdingford 28-11.25
- 14 Addy Stommes Eden Valley-Watkins/Kimb 28-8
- 15 Savana Burr Paynesville 28-6.75
- 16 Jailyn Mickelson Litchfield 28-6.25
- 17 Ava Fiecke Howard Lake-Waverly-Wins 28-4
- 18 Chloe Hemmesch Paynesville 28-3
- 19 Jada Rosenquist Atwater-Cosmos-Grove Cit 28-2.75
- 20 Aleah Lanars Howard Lake-Waverly-Wins 27-9.50
- 21 Nora Huschle Eden Valley-Watkins/Kimb 27-5
- 22 Andrea Douvier Belgrade-Brooten-Elrosa 26-2.25
- 23 Maddy Carroll Belgrade-Brooten-Elrosa 26-1.50
- 24 Faith Legatt St. Cloud Christian 24-10.50
- 25 Victoria Thomas Maple Lake 24-6