

# 2024 SUBSECTION 7A-NORTH GIRLS

May 23rd at Aurora

## Team Scores:

1. Greenway/Nashwauk/Keewatin	141
2. International Falls	105
3. Mesabi East	89.5
4. Chisholm	80
5. Ely	79
6. Silver Bay	46
7. South Ridge/Cherry/ North Woods/NE Range	44
8. Mountain Iron-Buhl	36
9. DR/N/HC	34.5
10. Cook County	24
11. Bigfork	22

## Girls Varsity 100 Meters Finals

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### Athlete Yr Team Mark Wind

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1 Zoe Plombon Chisholm	12.87a
2 Mary Versteeg International Falls	13.07a
3 Jezirae Flack Chisholm	13.15a
4 Jaci Rebrovich Greenway/Nashwauk/Keewa	13.35a
5 Ivy Aldinger Silver Bay	13.55a
6 Tanja Thomas Silver Bay	13.70a
7 Finley Asuma Mesabi East	13.72a
8 Claire Zika International Falls	13.80a

## Girls Varsity 100 Meters Prelims

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### Athlete Yr Team Mark Wind

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1 Zoe Plombon Chisholm	12.84a
2 Jezirae Flack Chisholm	13.21a
3 Mary Versteeg International Falls	13.24a
3 Jaci Rebrovich Greenway/Nashwauk/Keewa	13.24a
6 Ivy Aldinger Silver Bay	13.60a
7 Finley Asuma Mesabi East	13.63a
5 Tanja Thomas Silver Bay	13.70a
8 Claire Zika International Falls	13.81a
9 Miriam Messerschmidt Ely	13.88a
10 Addy Hartway South Ridge/Cherry/Nort	14.13a
11 Annabelle Silence Cook County	14.14a
12 Auvryana Worlie Chisholm	14.39a
13 Harmony Aikey South Ridge/Cherry/Nort	14.40a
14 Mae Layman Mesabi East	14.42a
15 Tinley Ernhart Bigfork	14.62a
16 Taylor Burns International Falls	14.63a
17 Kerbie Olmstead Mesabi East	14.65a
18 Jaylee Olson Greenway/Nashwauk/Keewa	14.70a
19 Kiley Kibbler Deer River/Northland/Hi	14.94a
20 Sophia Sheehan Cook County	14.95a
21 Carmen Nelson Ely	15.24a
22 Farrah Thomas Mountain Iron-Buhl	15.25a
23 Alyssa Ice Ely	15.28a

24 Courtney Ammerman Deer River/Northland/Hi	15.33a
25 Kaylin Crouse Greenway/Nashwauk/Keewa	16.36a
26 Paiton Ross Mountain Iron-Buhl	16.56a
27 Kadence Shoen Silver Bay	16.74a
28 Madi King Deer River/Northland/Hi	16.89a
-- Aalyiah Jones Cook County DQ	

## Girls Varsity 200 Meters Finals

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### Athlete Yr Team Mark Wind

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1 Hailey Johnson Chisholm	27.64a
2 Claire Clusiau Greenway/Nashwauk/Keewa	28.33a
3 Aubrie Takanen Mesabi East	28.45a
4 Mia Domiano Mesabi East	28.53a
5 Izzy Pascuzzi South Ridge/Cherry/Nort	28.75a
6 Ivy Aldinger Silver Bay	28.81a
7 Miriam Messerschmidt Ely	28.89a
8 Piper Tomczak International Falls	28.90a
9 Brianna Monson Cook County	28.94a
10 Addison Lobe Mountain Iron-Buhl	28.96a
11 Anna Larson Ely	29.18a
12 Hailey Kilduff Greenway/Nashwauk/Keewa	29.18a
13 Izzy Wiita Mountain Iron-Buhl	29.24a
14 Anna Neyens Mountain Iron-Buhl	29.52a
15 Addy Hartway South Ridge/Cherry/Nort	29.60a
16 Molly Quello Cook County	29.63a
17 Kirsten Molick Chisholm	29.93a
18 Piper Gogleye Bigfork	30.00a
19 Tanja Thomas Silver Bay	30.00a
20 Ruby Gulstrand Cook County	30.11a
21 Madelyn Herschbach Greenway/Nashwauk/Keewa	30.20a
22 Taylor Burns International Falls	30.26a
23 Kerbie Olmstead Mesabi East	30.55a
24 Corra Brodeen South Ridge/Cherry/Nort	30.63a
25 Chloe Hipple Silver Bay	31.21a
26 Carmen Nelson Ely	32.08a
27 Ila Hemstad International Falls	32.09a
28 Magie Nelson Chisholm	33.38a
29 Kiley Kibbler Deer River/Northland/Hi	34.00a
30 Courtney Ammerman Deer River/Northland/Hi	34.04a
31 Tessa Smith Deer River/Northland/Hi	35.74a

## Girls Varsity 400 Meters Finals

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### Athlete Yr Team Mark Wind

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1 Violet Udovich Ely	1:01.93a
2 Tatum Morrison Deer River/Northland/Hi	1:03.42a
3 Anna Neyens Mountain Iron-Buhl	1:05.13a
4 Paige Vandervort Mesabi East	1:05.31a
5 Nora Wake Deer River/Northland/Hi	1:05.41a
6 Alli Wiita Mountain Iron-Buhl	1:05.43a
7 Olivia Pascuzzi Chisholm	1:05.98a

- 8 Scarlett Vanderscheuren South Ridge/Cherry/Nort 1:06.63a
- 9 Madison Ellefson South Ridge/Cherry/Nort 1:06.66a
- 10 Amber Theiner Cook County 1:07.24a
- 11 Izzy Wiita Mountain Iron-Buhl 1:07.86a
- 12 Josie Mann Greenway/Nashwauk/Keewa 1:09.49a
- 13 Addison Forsman Ely 1:10.43a
- 14 Ashlyn Schwarz Deer River/Northland/Hi 1:10.97a
- 15 Claire Zika International Falls 1:11.18a
- 16 Isabella Macho Ely 1:11.88a
- 17 Genevieve Silence Cook County 1:12.46a
- 18 Emma Abernathey International Falls 1:13.37a
- 19 MJ Wharton Cook County 1:13.68a
- 20 Elliot Kackman Greenway/Nashwauk/Keewa 1:13.70a
- 21 Sara Brun-Riera Greenway/Nashwauk/Keewa 1:14.23a
- 22 Magie Nelson Chisholm 1:14.63a
- 23 Maija Hill Mesabi East 1:15.03a
- 24 Britta Swanson Silver Bay 1:17.71a
- 25 Brandice Randa Sauter Chisholm 1:17.79a
- 26 Tegan Fordahl South Ridge/Cherry/Nort 1:22.92a

- 1 Lola Champlin Greenway/Nashwauk/Keewa 5:33.91a
- 2 Taylor Covier Greenway/Nashwauk/Keewa 5:37.93a
- 3 Molly Brophy Ely 5:46.52a
- 4 Destiny Schmitz Chisholm 5:53.52a
- 5 Mattie Lindsay Ely 5:54.65a
- 6 Regan Klemetsen South Ridge/Cherry/Nort 5:58.77a
- 7 Sophia Schut Silver Bay 6:01.55a
- 8 Sarah Moe Mountain Iron-Buhl 6:02.41a
- 9 Lola Hall International Falls 6:09.97a
- 10 Katy Brophy Ely 6:11.11a
- 11 Genet Backman Silver Bay 6:17.89a
- 12 Sloen Worlie Chisholm 6:24.11a
- 13 Paisley Schmitz Chisholm 6:30.67a
- 14 Lilian Larson Mesabi East 6:36.26a
- 15 Grace Weisz International Falls 6:38.32a
- 16 Sophia Lindstrom Cook County 6:46.61a
- 17 Elizabeth Larson Cook County 6:48.90a
- 18 Kendra Kalstad International Falls 7:08.61a
- 19 Avery Sjoberg Cook County 7:22.63a

Girls Varsity 800 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Olivia Pascuzzi Chisholm 2:30.18a
- 2 Valerie Melander Silver Bay 2:30.43a
- 3 Aubree Skelton Mesabi East 2:33.09a
- 4 Taylor Covier Greenway/Nashwauk/Keewa 2:36.34a
- 5 Violet Vanderscheuren South Ridge/Cherry/Nort 2:41.22a
- 6 Destiny Schmitz Chisholm 2:45.60a
- 7 Regan Klemetsen South Ridge/Cherry/Nort 2:46.78a
- 8 Ivy Ohlhauser Ely 2:48.08a
- 9 Grace Swartz Silver Bay 2:48.64a
- 10 Autumn Stangler Deer River/Northland/Hi 2:55.07a
- 11 Brooklynn Noble Bigfork 2:55.67a
- 12 Alexia Lathrop Deer River/Northland/Hi 2:55.85a
- 13 Aubrey Steele Mesabi East 2:55.93a
- 14 Mikaela Goggleye Bigfork 2:56.52a
- 15 Addison Kannas Ely 2:57.81a
- 16 Elizabeth Niemi Mesabi East 2:58.55a
- 17 Carly Adams Greenway/Nashwauk/Keewa 3:00.90a
- 18 Kyla Gallegos Cook County 3:01.26a
- 19 Claire Lindstrom Cook County 3:01.71a
- 20 Ellie Kooistra International Falls 3:02.20a
- 21 Sloen Worlie Chisholm 3:02.41a
- 22 Karly Mann Greenway/Nashwauk/Keewa 3:03.00a
- 23 Bella Amerud International Falls 3:07.57a
- 24 Madalynn Saxton International Falls 3:08.24a
- 25 Alison Poppler Ely 3:10.34a
- 26 Grace Bundy South Ridge/Cherry/Nort 3:11.28a
- 27 Anni Dix Cook County 3:11.96a
- 28 Megan Horn Deer River/Northland/Hi 3:17.04a
- 29 Ginny Moe Mountain Iron-Buhl 3:26.14a

Girls Varsity 1600 Meters Finals

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Athlete Yr Team Mark Wind

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Girls Varsity 3200 Meters Finals

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Athlete Yr Team Mark Wind

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- 1 Sierra Geatz Silver Bay 12:14.35a
- 2 Lola Champlin Greenway/Nashwauk/Keewa 12:23.72a
- 3 Kota Powers Greenway/Nashwauk/Keewa 13:07.55a
- 4 Lola Hall International Falls 13:13.15a
- 5 Chloe Green Mesabi East 13:20.16a
- 6 Kaitlin Olson Greenway/Nashwauk/Keewa 13:29.24a
- 7 Elizabeth Swartz Silver Bay 13:38.34a
- 8 Eloise Silence Cook County 13:58.49a
- 9 Elsa Ellerbroek Ely 14:09.63a
- 10 Grace Weisz International Falls 14:43.64a
- 11 Anna Dunn Ely 15:02.10a
- 12 Maya Rodriguez Cook County 16:49.57a

Girls Varsity 100m Hurdles Finals

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Athlete Yr Team Mark Wind

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- 1 Kaylee Kangas Greenway/Nashwauk/Keewa 17.86a
- 2 Madison Brown Greenway/Nashwauk/Keewa 18.18a
- 3 Shea Hennessy Bigfork 18.51a
- 4 Piper Goggleye Bigfork 18.76a
- 5 Caitlynn Hemphill Deer River/Northland/Hi 19.01a
- 6 Keira Hesseldahl International Falls 19.93a
- 7 Faith Maunu Mesabi East 20.04a
- 8 Addison Andres Mesabi East 20.32a
- 9 Tia Plombon Chisholm 20.52a
- 10 Ila Hemstad International Falls 21.08a
- 11 Keisha Miller Deer River/Northland/Hi 21.20a
- 12 Joelle Black International Falls 22.78a
- 13 Julia Higgins Chisholm 22.87a
- 14 Lillian Robison Chisholm 23.81a

Girls Varsity 300m Hurdles Finals

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Athlete Yr Team Mark Wind

- =====
- 1 Abbigail Hutchinson International Falls 50.06a
  - 2 Kaylee Kangas Greenway/Nashwauk/Keewa 50.67a
  - 3 Addison Lobe Mountain Iron-Buhl 52.09a
  - 4 Mattie Lindsay Ely 54.49a
  - 5 Caitlynn Hemphill Deer River/Northland/Hi 55.03a
  - 6 Tanja Thomas Silver Bay 55.27a
  - 7 Anna Holmstrom Mountain Iron-Buhl 55.30a
  - 8 Madison Brown Greenway/Nashwauk/Keewa 55.69a
  - 9 Olivia Forsline Mesabi East 56.06a
  - 10 Ila Hemstad International Falls 56.24a
  - 11 Addison Andres Mesabi East 56.82a
  - 12 Alexis Plummer Cook County 56.96a
  - 13 Keisha Miller Deer River/Northland/Hi 57.04a
  - 14 Tia Plombon Chisholm 57.89a
  - 15 Brianna Monson Cook County 57.98a
  - 16 Gabby Franks South Ridge/Cherry/Nort 1:02.72a
  - 17 Suzy Aubrey Mountain Iron-Buhl 1:03.78a
  - 18 Stella LaPointe Silver Bay 1:04.88a
  - 19 Aolani Hammack South Ridge/Cherry/Nort 1:05.25a
  - 20 Joelle Black International Falls 1:06.54a
  - 21 Hannah Plese Mesabi East 1:07.87a

Girls Varsity 4x100m Relay Finals

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Team Time

- =====
- 1 Chisholm 52.37a
  - 1) Mya Stainiger-David 2) Jezirae Flack
  - 3) Zoe Plombon 4) Hailey Johnson
  - 2 Mesabi East 52.61a
  - 1) Mia Domiano 2) Aubrie Takanen
  - 3) Finley Asuma 4) Olivia Forsline
  - 3 Greenway/Nashwauk/Keewatin 52.93a
  - 1) Frankie Cuellar 2) Claire Clusiau
  - 3) Layla Miskovich 4) Jaci Rebrovich
  - 4 International Falls 52.98a
  - 1) Julia Dykstra 2) Piper Tomczak
  - 3) Mary Versteeg 4) Jillian Bilben
  - 5 Ely 55.81a
  - 1) Lydia Shultz 2) Anna Larson
  - 3) Miriam Messerschmidt 4) Alyssa Ice
  - 6 Bigfork 56.87a
  - 1) Tinley Ernhart 2) Shea Hennessy
  - 3) Jacinta Basker 4) Piper Goggleye
  - 7 Cook County 57.06a
  - 1) Alexis Plummer 2) Annabelle Silence
  - 3) Aalyiah Jones 4) Sophia Sheehan
  - 8 Silver Bay 58.67a
  - 1) Chloe Hipple 2) Camryn Hipple
  - 3) Kadence Shoen 4) Ivy Aldinger
  - 9 Deer River/Northland/Hill City\* 1:00.92a
  - 1) Courtney Ammerman 2) Madi King
  - 3) Keisha Miller 4) Kiley Kibbler
  - 10 South Ridge/Cherry/North Woods/NE Range 1:01.04a
  - 1) Grace Hennager 2) Gabby Franks
  - 3) Aolani Hammack 4) Mya Kinsey

- 11 Mountain Iron-Buhl 1:06.10a
- 1) Althea Isaacson 2) Francina Klimek
- 3) Cecilia Pederson 4) Theresa Berlin

Girls Varsity 4x200m Relay Finals

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Team Time

- =====
- 1 International Falls 1:50.91a
  - 1) Julia Dykstra 2) Jillian Bilben
  - 3) Mary Versteeg 4) Abbigail Hutchinson
  - 2 Chisholm 1:51.99a
  - 1) Mya Stainiger-David 2) Jezirae Flack
  - 3) Zoe Plombon 4) Hailey Johnson
  - 3 Ely 1:52.93a
  - 1) Grace Latourell 2) Anna Larson
  - 3) Lydia Shultz 4) Violet Udovich
  - 4 Mesabi East 1:53.11a
  - 1) Mia Domiano 2) Micah Layman
  - 3) Aubree Skelton 4) Aubrie Takanen
  - 5 Cook County 1:56.43a
  - 1) Molly Quello 2) Ruby Gulstrand
  - 3) Amber Theiner 4) Brianna Monson
  - 6 South Ridge/Cherry/North Woods/NE Range 1:58.13a
  - 1) Addy Hartway 2) Izzy Pascuzzi
  - 3) Corra Brodeen 4) Harmony Aikey
  - 7 Greenway/Nashwauk/Keewatin 2:00.16a
  - 1) Jaylee Olson 2) Madelyn Herschbach
  - 3) Hailey Kilduff 4) Layla Miskovich
  - 8 Mountain Iron-Buhl 2:08.69a
  - 1) Maddy Johnson 2) Sami Warwas
  - 3) Sarah Moe 4) Farrah Thomas
  - 9 Silver Bay 2:10.73a
  - 1) Chloe Hipple 2) Camryn Hipple
  - 3) Britta Swanson 4) Sophie Pirsig

Girls Varsity 4x400m Relay Finals

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Team Time

- =====
- 1 Ely 4:15.00a
  - 1) Lydia Shultz 2) Sarah Visser
  - 3) Grace Latourell 4) Violet Udovich
  - 2 International Falls 4:21.86a
  - 1) Piper Tomczak 2) Julia Dykstra
  - 3) Jillian Bilben 4) Abbigail Hutchinson
  - 3 Mesabi East 4:26.16a
  - 1) Aubree Skelton 2) Paige Vandervort
  - 3) Finley Asuma 4) Olivia Forsline
  - 4 Mountain Iron-Buhl 4:29.82a
  - 1) Anna Neyens 2) Izzy Wiita
  - 3) Addison Lobe 4) Alli Wiita
  - 5 Greenway/Nashwauk/Keewatin 4:36.55a
  - 1) Josie Mann 2) Taylor Covier
  - 3) Lola Champlin 4) Frankie Cuellar
  - 6 Deer River/Northland/Hill City\* 4:38.87a
  - 1) Nora Wake 2) Caitlynn Hemphill
  - 3) Ashlyn Schwarz 4) Tatum Morrison

- 7 Cook County 4:42.58a  
 1) Alexis Plummer 2) Ruby Gulstrand  
 3) Genevieve Silence 4) Amber Theimer  
 8 South Ridge/Cherry/North Woods/NE Range 4:50.36a  
 1) Madison Ellefson 2) Scarlett Vanderscheuren  
 3) Violet Vanderscheuren 4) Corra Brodeen  
 9 Chisholm 5:09.91a  
 1) Tia Plombon 2) Paisley Schmitz  
 3) Brandice Randa Sauter 4) Auvryana Worlie

Girls Varsity 4x800m Relay Finals

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Team Time

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- 1 Silver Bay 10:24.11a  
 1) Genet Backman 2) Sophia Schut  
 3) Sierra Geatz 4) Valerie Melander  
 2 South Ridge/Cherry/North Woods/NE Range 10:58.40a  
 1) Madison Ellefson 2) Scarlett Vanderscheuren  
 3) Violet Vanderscheuren 4) Addison Burckhardt  
 3 Mesabi East 11:12.76a  
 1) Jaezreel Johnson 2) Chloe Green  
 3) Marta Forsline 4) Lilian Larson  
 4 Greenway/Nashwauk/Keewatin 11:19.10a  
 1) Kota Powers 2) Carly Adams  
 3) Karly Mann 4) Kaitlin Olson  
 5 Deer River/Northland/Hill City\* 11:30.92a  
 1) Alexia Lathrop 2) Faith Hawkins  
 3) Mahteya Rubin 4) Autumn Stangler  
 6 Cook County 11:39.17a  
 1) Eloise Silence 2) Sophia Lindstrom  
 3) Elizabeth Larson 4) Genevieve Silence  
 7 International Falls 12:07.53a  
 1) Emma Abernathey 2) Bella Amerud  
 3) Kendra Kalstad 4) Ellie Kooistra  
 -- Ely DQ  
 1) Mattie Lindsay 2) Elsa Ellerbroek  
 3) Katy Brophy 4) Molly Brophy

Girls Varsity Shot Put Finals

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Athlete Yr Team Mark

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- 1 Lauren Basaraba International Falls 29-11  
 2 Josie Baumgard Chisholm 28-7.50  
 3 Zoe Kacures Cook County 27-11.50  
 4 Frankie Cuellar Greenway/Nashwauk/Keewat 27-7  
 5 Sage Hennen South Ridge/Cherry/North 27-1.50  
 6 Willow Horack Greenway/Nashwauk/Keewat 27-0  
 7 Rachel Carter Ely 26-6.50  
 8 Ella Larson Mesabi East 26-5.50  
 9 Suzy Aubrey Mountain Iron-Buhl 26-3  
 10 Katherine Larson Mesabi East 25-11.50  
 11 Amber Sopoci South Ridge/Cherry/North 25-11  
 12 Sophia Pfannenstein Chisholm 25-10.50  
 13 Careese Milstead Greenway/Nashwauk/Keewat 25-9  
 14 Ariahana Schjenken Deer River/Northland/Hil 25-8  
 15 Kalina Dimitrova Cook County 25-4

- 16 Lauren Berglund Cook County 25-3  
 16 Mya Gallus Mountain Iron-Buhl 25-3  
 18 Gauge Lego Deer River/Northland/Hil 24-3  
 19 Annaka Gams Chisholm 24-2  
 20 McKinna McKinney Deer River/Northland/Hil 24-1  
 20 Kiara Ridge South Ridge/Cherry/North 24-1  
 22 Christina Kaiser Silver Bay 24-0.50  
 23 Addison Forsman Ely 23-9  
 24 Grace Maunu Mesabi East 23-5.50  
 25 Gracie Froemke International Falls 21-2  
 26 Maddy Johnson Mountain Iron-Buhl 20-10  
 27 Stella LaPointe Silver Bay 19-11.50  
 28 Joelle Black International Falls 19-11  
 29 Kjersti Hansen Silver Bay 19-10  
 30 Molly Vetos Keen Ely 18-10

Girls Varsity Discus Finals

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Athlete Yr Team Mark

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- 1 Kaylin Visser Ely 101-3  
 2 Sydney Goss Greenway/Nashwauk/Keewat 101-1  
 3 Kalina Dimitrova Cook County 91-2  
 4 Rachel Carter Ely 84-2  
 5 Sage Hennen South Ridge/Cherry/North 83-1  
 6 Grace Maunu Mesabi East 81-3  
 7 Ariahana Schjenken Deer River/Northland/Hil 79-9  
 8 Kiara Ridge South Ridge/Cherry/North 79-2  
 9 Alyssa Ice Ely 78-7  
 10 Lauren Basaraba International Falls 77-2  
 11 Christina Kaiser Silver Bay 71-1  
 12 Gauge Lego Deer River/Northland/Hil 70-9  
 13 Emily Bernard South Ridge/Cherry/North 70-5  
 14 Frankie Cuellar Greenway/Nashwauk/Keewat 69-7  
 15 Katherine Larson Mesabi East 67-10  
 16 Willow Horack Greenway/Nashwauk/Keewat 67-1  
 17 Mya Gallus Mountain Iron-Buhl 66-4  
 18 Josie Baumgard Chisholm 66-3  
 19 Stella LaPointe Silver Bay 64-5  
 20 Ella Larson Mesabi East 63-11  
 21 Zoe Kacures Cook County 63-7  
 22 Annaka Gams Chisholm 62-5  
 23 Lauren Berglund Cook County 60-6  
 24 Anna Holmstrom Mountain Iron-Buhl 59-5  
 25 McKinna McKinney Deer River/Northland/Hil 57-8  
 26 Joelle Black International Falls 57-6  
 27 Sophia Pfannenstein Chisholm 56-10  
 28 Gracie Froemke International Falls 55-10  
 29 Kjersti Hansen Silver Bay 53-3  
 30 Suzy Aubrey Mountain Iron-Buhl 50-4

Girls Varsity High Jump Finals

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Athlete Yr Team Mark Wind

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- 1 Marta Forsline Mesabi East 4-10  
 2 Lydia Shultz Ely 4-10  
 3 Jezirae Flack Chisholm 4-8

- 4 Abigail Hutchinson International Falls 4-8
- 5 Sarah Moe Mountain Iron-Buhl 4-8
- 6 Izzy Pascuzzi South Ridge/Cherry/North 4-6
- 7 Keira Hesseldahl International Falls 4-6
- 8 Paige Vandervort Mesabi East 4-4
- 8 Ashlyn Schwarz Deer River/Northland/Hil 4-4
- 10 Madison Brown Greenway/Nashwauk/Keewat 4-4
- 11 Lauren Burnett South Ridge/Cherry/North 4-4
- 12 Hannah Plese Mesabi East 4-2
- 13 Elizabeth Swartz Silver Bay 4-0
- 14 Ellie Kooistra International Falls 4-0
- 14 Alli Wiita Mountain Iron-Buhl 4-0
- Francina Klimek Mountain Iron-Buhl NH
- Lillian Robison Chisholm NH

Girls Varsity Pole Vault Finals

- =====
- Athlete Yr Team Mark Wind
- =====
- 1 Quianna Ford International Falls 8-6
  - 2 Keira Hesseldahl International Falls 8-0
  - 3 Sami Warwas Mountain Iron-Buhl 7-6
  - 4 Jaezreel Johnson Mesabi East 6-6
  - 5 Faith Hawkins Deer River/Northland/Hil 6-0
  - 6 Lola Hall International Falls 6-0
  - 7 Jackie Dahle Chisholm 5-0
  - 8 Nola Bergman Greenway/Nashwauk/Keewat 5-0
  - Althea Isaacson Mountain Iron-Buhl NH
  - Kaylee Kangas Greenway/Nashwauk/Keewat NH

Girls Varsity Long Jump Finals

- =====
- Athlete Yr Team Mark Wind
- =====
- 1 Claire Clusiau Greenway/Nashwauk/Keewat 16-3.25
  - 2 Mia Domiano Mesabi East 15-10.75
  - 3 Izzy Pascuzzi South Ridge/Cherry/North 15-1.50
  - 4 Layla Miskovich Greenway/Nashwauk/Keewat 14-9.50
  - 5 Julia Dykstra International Falls 14-7
  - 6 Addison Forsman Ely 14-3.25
  - 7 Anna Neyens Mountain Iron-Buhl 13-11
  - 8 Autumn Stangler Deer River/Northland/Hil 13-8.50
  - 9 Izzy Wiita Mountain Iron-Buhl 13-8.25
  - 10 Kerbie Olmstead Mesabi East 13-4.25
  - 11 Tinley Ernhart Bigfork 13-4
  - 12 Micah Layman Mesabi East 13-2.75
  - 13 Alyssa Ice Ely 13-2
  - 14 Hailey Kilduff Greenway/Nashwauk/Keewat 13-1.75
  - 15 Anna Dunn Ely 13-1.50
  - 16 Piper Goggeley Bigfork 13-0.50
  - 17 Keira Hesseldahl International Falls 12-7.25
  - 18 Courtney Ammerman Deer River/Northland/Hil 12-4
  - 19 Cecilia Pederson Mountain Iron-Buhl 12-3.75
  - 20 Claire Zika International Falls 12-3.50
  - 21 Kiley Kibbler Deer River/Northland/Hil 11-6.50
  - 22 Sophie Pirsig Silver Bay 10-9.50
  - 23 Paisley Schmitz Chisholm 10-6
  - Elle Weeda South Ridge/Cherry/North FOUL

Girls Varsity Triple Jump Finals

- =====
- Athlete Yr Team Mark Wind
- =====
- 1 Jillian Bilben International Falls 32-5
  - 2 Layla Miskovich Greenway/Nashwauk/Keewat 31-10.75
  - 3 Shea Hennessy Bigfork 31-6.50
  - 4 Chloe Green Mesabi East 31-5.50
  - 5 Rianna Nugent Greenway/Nashwauk/Keewat 30-2
  - 6 Sarah Visser Ely 30-0.50
  - 7 Josephine Kinn Bigfork 29-9.25
  - 8 Micah Layman Mesabi East 29-5.75
  - 9 Anna Holmstrom Mountain Iron-Buhl 29-4.75
  - 10 Maija Hill Mesabi East 28-10.50
  - 11 Addison Forsman Ely 28-10
  - 12 Claire Zika International Falls 28-1.75
  - 13 Destiny Schmitz Chisholm 27-6
  - 14 Molly Quello Cook County 27-4.50
  - 15 Auvryana Worlie Chisholm 27-2.50
  - 16 Anna Dunn Ely 26-6
  - 17 Maddy Johnson Mountain Iron-Buhl 26-0
  - 18 Ellie Kooistra International Falls 25-3.75
  - 19 Sara Kilduff Greenway/Nashwauk/Keewat 24-8.50
  - 20 Ellie Eischens Bigfork 24-6.50
  - 21 Gabby Franks South Ridge/Cherry/North 23-0.25
  - 22 Kaelyn Nelson South Ridge/Cherry/North 22-3