

MSHSL Section 7AAA Championships
Forest Lake HS - 5/28/2025 to 5/30/2025
Results

Girls 100 Meter Dash

9 Advance: Top 1 Each Heat plus Next 6 Best Times

Section: S 11.80 2023 Anika Larson, Cambridge-Isanti

12.52 QUAL State Qualifier

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Savana Sanchez	12	Forest Lake	12.20	12.29QQUAL	NWI	2
2 Aliyah Adepoju	11	Blaine	11.90	12.34QQUAL	NWI	3
3 Reginae Tandoh	10	Centennial	12.24	12.44QQUAL	NWI	1
4 Tayalekay Borh	10	Blaine	12.62	12.64q	NWI	1
5 Danielle Ude	10	Coon Rapids	12.77	12.78q	NWI	3
6 Jordan Blair	12	Blaine	12.69	12.85q	NWI	2
7 Avery Nelson	10	Andover	12.93	12.87q	NWI	1
8 Zoe Klocksien	12	Cambridge-Isanti	12.94	12.90q	NWI	2
9 Lucinda Nde	9	Anoka	12.83	13.14q	NWI	2
10 Angela Mahnke	9	Forest Lake	13.08	13.22	NWI	3
11 Amari Royal	10	Coon Rapids	12.90	13.24	NWI	1
12 Mia Eberth	10	Duluth East	13.05	13.28	NWI	3
13 Elaina Bellows	11	Cambridge-Isanti	13.35	13.30	NWI	3
14 Solange Barkon	11	Coon Rapids	13.24	13.32	NWI	2
15 Amelia Sutch	9	Centennial	13.23	13.40	NWI	1
16 Serenity Black	9	Anoka	13.68	13.52	NWI	2 13.514
17 Georgetina Mitchell	12	Anoka	13.18	13.52	NWI	2 13.518
18 Ava Meyer	9	Andover	13.21	13.58	NWI	1
19 Summer Borsheim	9	Forest Lake	12.82	13.64	NWI	3
20 Olivia Goldeman	12	Cambridge-Isanti	13.97	13.72	NWI	2
21 Grace Baumgartner	9	Centennial	13.53	13.77	NWI	3
22 Nora Langford	10	Duluth East	13.94	13.84	NWI	1
23 Lily Krebsbach	10	Andover	13.85	13.97	NWI	1
24 Elsie Zimpel	12	Duluth East	14.29	14.23	NWI	3

Girls 100 Meter Dash

Section: S 11.80 2023 Anika Larson, Cambridge-Isanti

12.52 QUAL State Qualifier

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Aliyah Adepoju	11	Blaine	12.34	11.75SQUAL	1.3	12
2 Savana Sanchez	12	Forest Lake	12.29	12.00 QUAL	1.3	10
3 Reginae Tandoh	10	Centennial	12.44	12.21 QUAL	1.3	8
4 Danielle Ude	10	Coon Rapids	12.78	12.52 QUAL	1.3	6
5 Tayalekay Borh	10	Blaine	12.64	12.55	1.3	5
6 Avery Nelson	10	Andover	12.87	12.67	1.3	4
7 Lucinda Nde	9	Anoka	13.14	12.68	1.3	3
8 Jordan Blair	12	Blaine	12.85	12.71	1.3	2
9 Zoe Klocksien	12	Cambridge-Isanti	12.90	12.79	1.3	1

Girls 200 Meter Dash

9 Advance: Top 1 Each Heat plus Next 6 Best Times

Section: S 24.74 2023 Anika Larson, Cambridge-Isanti

25.98 QUAL State Qualifier

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Reginae Tandoh	10	Centennial	25.24	25.50QQUAL	NWI	3
2 Grace Kowhegba	12	Blaine	25.41	25.75QQUAL	NWI	2
3 Savana Sanchez	12	Forest Lake	26.18	25.88QQUAL	NWI	1
4 Mia Eberth	10	Duluth East	26.93	26.65q	NWI	3
5 Madison Schuneman	10	Centennial	26.91	26.86q	NWI	3
6 Lucinda Nde	9	Anoka	26.70	26.92q	NWI	2

7 Mackenzie Werner	11 Duluth East	26.64	26.94q	NWI	1
8 Amari Royal	10 Coon Rapids	26.94	26.94q	NWI	1
9 Mara Holle	12 Blaine	26.96	27.08q	NWI	1
10 Averì Conzemius	12 Cambridge-Isanti	27.52	27.30	NWI	2
11 Alice Goya	11 Blaine	26.93	27.42	NWI	2
12 Zoe Klocksien	12 Cambridge-Isanti	27.01	27.50	NWI	3
13 Sarah Greicar	12 Duluth East	26.98	27.62	NWI	2
14 Eloise Johnson	9 Centennial	27.77	27.82	NWI	2
15 Abigail Sklavenitis	11 Forest Lake	28.77	27.90	NWI	2
16 Briella Nichols	9 Cambridge-Isanti	27.70	27.92	NWI	1
17 Mahlia Galimah	11 Coon Rapids	27.34	27.96	NWI	3
18 Maddison Marquis	9 Coon Rapids	27.90	27.97	NWI	3
19 Elle Dudziak	10 Andover	28.76	28.00	NWI	1
20 Ashley Warren	9 Anoka		28.13	NWI	3
21 Ruthann Saari	7 Forest Lake	28.30	28.40	NWI	3
22 Serenity Black	9 Anoka	27.64	28.56	NWI	1
23 Ellyn Kyvig	11 Andover	28.60	29.00	NWI	1
-- Macy Waks	9 Andover	28.51	DNS	NWI	2

Girls 200 Meter Dash

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Section: S 24.74 2023 Anika Larson, Cambridge-Isanti						
25.98 QUAL State Qualifier						
Name	Year School	Prelims	Finals	Wind	Points	
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Finals

1 Grace Kowhegba	12 Blaine	25.75	25.21 QUAL	-0.6	12
2 Reginae Tandoh	10 Centennial	25.50	25.53 QUAL	-0.6	10
3 Savana Sanchez	12 Forest Lake	25.88	25.68 QUAL	-0.6	8
4 Lucinda Nde	9 Anoka	26.92	26.35	-0.6	6
5 Mia Eberth	10 Duluth East	26.65	26.60	-0.6	5
6 Amari Royal	10 Coon Rapids	26.94	26.65	-0.6	4
7 Mackenzie Werner	11 Duluth East	26.94	26.74	-0.6	3
8 Mara Holle	12 Blaine	27.08	26.80	-0.6	2
9 Madison Schuneman	10 Centennial	26.86	26.81	-0.6	1

Girls 400 Meter Dash

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9 Advance: Top 1 Each Heat plus Next 6 Best Times						
Section: S 55.83 2011 Paige Stratioti, Duluth Central						
58.95 QUAL State Qualifier						
Name	Year School	Seed	Prelims		H#	
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Preliminaries

1 Katelyn Wozniak	12 Blaine	56.61	57.51QQUAL	3
2 Addison Stadden	11 Blaine	57.95	58.42QQUAL	2
3 Mara Holle	12 Blaine	1:00.25	59.62Q	1
4 Aaliyah Rogers	11 Forest Lake	1:01.83	1:00.90q	2
5 Lilly Kuettel	10 Duluth East	1:01.91	1:01.48q	3
6 Ellen Maurer-Jones	9 Duluth East	1:02.57	1:01.54q	1
7 Rachel Nordquist	10 Andover	1:01.82	1:02.07q	1
8 Elizabeth Fields	12 Andover	1:02.19	1:02.52q	3
9 Khloe Reker	9 Centennial	1:03.19	1:02.80q	2
10 Adelin Martel	12 Cambridge-Isanti	1:03.58	1:03.46	2
11 Sarah Greicar	12 Duluth East	1:03.14	1:03.50	1
12 Elise Poppinga	9 Andover	1:02.49	1:03.61	2
13 Natalie Lauinger	10 Centennial	1:03.26	1:03.68	3
14 Chloe Hays	8 Forest Lake	1:04.20	1:03.93	1
15 Julia Steman	9 Cambridge-Isanti	1:04.35	1:03.99	2
16 Matoria Kamara	9 Coon Rapids	1:03.46	1:04.06	3
17 Abigail Ostrander	12 Anoka	1:05.50	1:04.16	3
18 Hailey Weiss	10 Cambridge-Isanti	1:05.85	1:05.76	2
19 Bailey Rauh	12 Coon Rapids	1:06.64	1:06.49	1
20 Brynna Peterson	8 Anoka	1:05.48	1:06.61	3
21 Skyler Jacobson	10 Anoka	1:05.98	1:07.20	1
22 Eva Maier	12 Centennial	1:07.15	1:07.37	2
23 Elsa Swenson	10 Forest Lake		1:08.68	3
-- Shanyah Horton	11 Coon Rapids	1:03.95	DNS	1

Medical Scratch

Girls 400 Meter Dash

Section: S 55.83 2011 Paige Stratioti, Duluth Central					
58.95 QUAL State Qualifier					
Name	Year	School	Prelims	Finals	Points
Finals					
1 Katelyn Wozniak	12	Blaine	57.51	56.22 QUAL	12
2 Addison Stadden	11	Blaine	58.42	57.63 QUAL	10
3 Mara Holle	12	Blaine	59.62	59.16	8
4 Lilly Kuettel	10	Duluth East	1:01.48	1:00.97	6
5 Ellen Maurer-Jones	9	Duluth East	1:01.54	1:01.32	5
6 Khloe Reker	9	Centennial	1:02.80	1:02.02	4
7 Rachel Nordquist	10	Andover	1:02.07	1:02.18	3
8 Aaliyah Rogers	11	Forest Lake	1:00.90	1:02.31	2
9 Elizabeth Fields	12	Andover	1:02.52	1:02.35	1

Girls 800 Meter Run

9 Advance: Top 1 Each Heat plus Next 6 Best Times
 Section: S 2:13.79 2019 Alexa Havon, Andover
 2:16.30 QUAL State Qualifier

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Lauren Klein	11	Centennial	2:11.80	2:16.01 QUAL	3
2 Lydia Eaton	11	Duluth East	2:19.88	2:16.39 Q	2
3 Lucy Saari	10	Forest Lake	2:20.61	2:16.64 Q	1
4 Miranda Sawvel	12	Centennial	2:23.25	2:17.37 q	1
5 Hailey Kral	10	Blaine	2:27.71	2:23.04 q	3
6 Taylor Mjolhus	10	Anoka	2:33.61	2:23.13 q	3
7 Sasha Wahman	10	Duluth East	2:27.75	2:24.33 q	3
8 Hazel Hushagen	7	Forest Lake	2:29.63	2:26.36 q	1
9 Grace Potvien	10	Andover	2:27.42	2:26.55 q	2
10 Alayna Kurland	10	Blaine	2:27.92	2:26.87	2
11 Kara Johnson	10	Anoka	2:30.88	2:27.34	2
12 Samantha Kohlts	10	Duluth East	2:30.64	2:29.64	1
13 Ellyn Soli	12	Blaine	2:34.42	2:30.66	2
14 Molly Mccarthy	10	Forest Lake	2:33.08	2:30.83	3
15 Alyssa Etter	10	Andover	2:35.53	2:33.84	1
2:33.832					
16 Taylor Dehn	10	Andover	2:37.81	2:33.84	1
2:33.835					
17 Victoria Fernandez	9	Anoka	2:41.20	2:34.03	3
18 Emerine Quinones	11	Coon Rapids	2:40.16	2:35.20	2
19 Tessa Del Fratte	12	Coon Rapids	2:50.72	2:37.69	3
20 Sydney Venhuizen	9	Cambridge-Isanti	2:42.05	2:38.24	3
21 Athena Schoen	11	Cambridge-Isanti	2:43.84	2:41.70	1
22 Hayden Broich	12	Centennial	2:42.62	2:41.74	2
23 Grace Pardo	11	Cambridge-Isanti	2:44.18	2:42.07	1
24 Kendall Martinek	12	Coon Rapids	2:46.80	2:53.57	2

Girls 800 Meter Run

Section: S 2:13.79 2019 Alexa Havon, Andover					
2:16.30 QUAL State Qualifier					
Name	Year	School	Prelims	Finals	Points
Finals					
1 Lauren Klein	11	Centennial	2:16.01	2:11.84 SQUAL	12
2 Lydia Eaton	11	Duluth East	2:16.39	2:16.67	10
3 Lucy Saari	10	Forest Lake	2:16.64	2:17.11	8
4 Miranda Sawvel	12	Centennial	2:17.37	2:18.61	6
5 Hailey Kral	10	Blaine	2:23.04	2:22.03	5
6 Sasha Wahman	10	Duluth East	2:24.33	2:25.01	4
7 Hazel Hushagen	7	Forest Lake	2:26.36	2:26.98	3
8 Grace Potvien	10	Andover	2:26.55	2:26.99	2
9 Taylor Mjolhus	10	Anoka	2:23.13	2:29.75	1

Girls 1600 Meter Run

Section: S 4:59.42 5/31/2024 Norah Hushagen, Forest Lake						
5:04.08 QUAL State Qualifier						
Name	Year	School	Seed	Finals	H#	Points
1 Norah Hushagen	12	Forest Lake	4:55.30	4:56.86SQUAL	2	12
2 Brynlee Wegener	8	Blaine	5:02.58	4:59.27SQUAL	2	10
3 Kylie Nelson	12	Centennial	4:59.18	5:01.08 QUAL	2	8
4 Anna VanAcker	11	Forest Lake	5:06.66	5:04.52	2	6
5 Audrey Schwen	9	Blaine	5:14.26	5:20.53	2	5
6 Ruby Demmer	10	Coon Rapids	5:28.62	5:23.23	2	4
7 Nora Kuhn	9	Blaine	5:25.81	5:25.24	2	3
8 Anna-Britta Helmer	12	Duluth East	5:10.62	5:25.57	2	2
9 Edie Broadmoore	12	Duluth East	5:31.30	5:28.11	2	1
10 Siiri Anderson	12	Duluth East	5:30.72	5:29.59	2	
11 Anna Swanson	11	Centennial	5:35.19	5:34.05	2	
12 Molly Mccarthy	10	Forest Lake	5:26.50	5:37.66	2	
13 Julia Strobel	9	Andover	5:40.33	5:43.22	1	
14 Victoria Fernandez	9	Anoka	5:52.07	5:48.21	1	
15 Isabel Grant	10	Andover	5:55.34	6:00.65	1	
16 Alivia Krantz	11	Andover	5:56.30	6:01.23	1	
17 Ashley Lehrer	9	Cambridge-Isanti	5:44.53	6:01.69	1	
18 Olivia Michalke	10	Cambridge-Isanti	6:08.81	6:15.45	1	
19 Haley DeRungs	11	Anoka	6:15.87	6:17.33	1	
20 Ella LaGree	11	Coon Rapids	6:22.74	6:22.06	1	
21 Mackenzie Reiland	7	Coon Rapids	6:24.84	6:25.10	1	
-- Kate Hennes	11	Anoka	5:18.24	DQ	2	Rule 5-13-2
-- Madison Chrusciel	10	Centennial	5:54.76	DNS	1	Medical
Scratch						
-- Lydia Smisson	11	Cambridge-Isanti	5:48.13	DNS	1	

Girls 3200 Meter Run

Section: S 10:41.15 2016 Emma Benner, Forest Lake						
11:00.55 QUAL State Qualifier						
Name	Year	School	Seed	Finals	Points	
1 Norah Hushagen	12	Forest Lake	10:43.92	10:38.46SQUAL	12	
2 Kylie Nelson	12	Centennial	11:15.00	10:48.05 QUAL	10	
3 Brynlee Wegener	8	Blaine	10:55.68	10:54.11 QUAL	8	
4 Maeta Williams	10	Forest Lake	11:21.52	11:17.64	6	
5 Audrey Schwen	9	Blaine	11:23.94	11:19.79	5	
6 Charlotte Kowallis	8	Forest Lake	11:36.82	11:24.09	4	
7 Carolina Arvold	11	Duluth East	11:46.04	11:34.98	3	
8 Ruby Demmer	10	Coon Rapids	11:45.05	11:38.81	2	
9 Nora Kuhn	9	Blaine	11:53.08	11:42.37	1	
10 Julia Strobel	9	Andover	12:12.40	11:51.84		
11 Makenna Sjoberg	11	Cambridge-Isanti	11:43.80	11:59.98		
12 Taylor Wood	11	Duluth East	11:57.26	12:04.82		
13 Sophia Consie	11	Duluth East	12:09.47	12:07.68		
14 Annelise Offerdahl	12	Centennial	12:32.00	12:22.31		
15 Kate Hennes	11	Anoka	12:08.22	12:24.31		
16 Haley DeRungs	11	Anoka	13:54.57	13:23.85		
17 Rivers Thomsen	9	Andover	13:21.49	13:27.57		
18 Ava Miller	12	Cambridge-Isanti	13:36.68	13:38.67		
19 Layla Kieffer	8	Andover	13:20.62	13:46.17		
20 Ella LaGree	11	Coon Rapids		13:59.98		
21 Coretta Nelson	12	Anoka	14:22.98	14:17.99		
22 Audrey Julson	10	Centennial	13:56.49	14:21.36		
23 Madelyn Hoglund	11	Cambridge-Isanti	14:18.67	14:43.86		

Girls 100 Meter Hurdles

9 Advance: Top 1 Each Heat plus Next 6 Best Times						
Section: S 14.23 2023 Kennedy Martinson, Coon Rapids						
15.47 QUAL State Qualifier						
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Payton McKnight		11 Andover	15.44	15.74Q	NWI	1

2	Domayoun Vawah	10	Blaine	15.11	15.76Q	NWI	2	
3	Ethel Cooper	10	Andover	15.02	15.78Q	NWI	3	
4	Lucy Rappana	12	Duluth East	16.83	16.38q	NWI	2	
5	Madeleine Bonnett	11	Forest Lake	16.55	16.39q	NWI	3	
6	Cameron Miles	11	Blaine	16.54	16.73q	NWI	3	
7	Ella Sletten	9	Andover	16.47	16.76q	NWI	1	
8	Madeline Wood	12	Centennial	16.48	16.79q	NWI	2	
9	Julia LeGeault	12	Forest Lake	16.98	16.81q	NWI	1	
10	Isabelle Wegener	10	Blaine	17.18	17.11	NWI	1	
11	Mae McCall	11	Duluth East	17.52	17.70	NWI	3	
12	Breah Dahl	9	Centennial	18.44	18.28	NWI	2	
13	Lillian Anderson	12	Anoka	18.66	18.46	NWI	2	
14	Rosemary Burns	11	Forest Lake	18.35	18.47	NWI	1	
15	Khloe Reker	9	Centennial	18.55	18.51	NWI	3	
16	Elizabeth Buffie	11	Anoka	17.34	18.52	NWI	2	
17	Sydney Kiawu	10	Coon Rapids	18.16	18.54	NWI	3	
18	Megan Cronin	11	Cambridge-Isanti	18.19	18.75	NWI	2	
19	Alorra Seymour	9	Anoka	19.08	18.92	NWI	1	
20	Stella Sorenson	12	Duluth East	18.54	18.94	NWI	3	
21	Rozllyn Farr	9	Cambridge-Isanti	19.22	19.24	NWI	2	
22	Madelyn Wilber	11	Coon Rapids	18.99	24.75	NWI	1	
--	Angel Marshall	11	Coon Rapids	18.22	DQ	NWI	1	MSHSL
Scratch Rule								
--	Bailey Meier	10	Cambridge-Isanti	20.80	DNS	NWI	3	

Girls 100 Meter Hurdles

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Section: S		14.23	2023	Kennedy Martinson, Coon Rapids					
		15.47	QUAL State Qualifier						
Name		Year	School	Prelims		Finals		Wind	Points
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Finals									
1	Ethel Cooper	10	Andover	15.78		15.10	QUAL	1.0	12
2	Payton McKnight	11	Andover	15.74		15.41	QUAL	1.0	10
3	Domayoun Vawah	10	Blaine	15.76		15.51		1.0	8
4	Lucy Rappana	12	Duluth East	16.38		16.01		1.0	6
5	Ella Sletten	9	Andover	16.76		16.08		1.0	5
6	Madeleine Bonnett	11	Forest Lake	16.39		16.10		1.0	4
7	Cameron Miles	11	Blaine	16.73		16.62		1.0	3
8	Julia LeGeault	12	Forest Lake	16.81		16.65		1.0	2
9	Madeline Wood	12	Centennial	16.79		16.80		1.0	1

Girls 300 Meter Hurdles

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9 Advance: Top 1 Each Heat plus Next 6 Best Times						
Section: S 44.68 2005 Bekah Kok, Anoka						
46.78 QUAL State Qualifier						
Name	Year	School	Seed	Prelims	H#	
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Preliminaries						
1	Alaina Westholm	11	Duluth East	48.15	47.22Q	2
2	Domayoun Vawah	10	Blaine	48.79	47.31Q	1
3	Payton McKnight	11	Andover	47.00	48.84Q	3
4	Madeleine Bonnett	11	Forest Lake	49.94	48.97q	3
5	Madeline Wood	12	Centennial	49.15	49.26q	2
6	Ethel Cooper	10	Andover	48.75	49.88q	1
7	Cameron Miles	11	Blaine	50.57	49.92q	1
8	Vanessa Peterson	12	Blaine	50.59	50.15q	1
9	Addisyn Zimpel	9	Duluth East	50.31	50.48q	2
10	Lucy Rappana	12	Duluth East	49.78	51.05	3
11	Madelyn Wilber	11	Coon Rapids	51.52	51.13	2
12	Julia LeGeault	12	Forest Lake	51.58	51.81	3
13	Brooke Hayes	10	Centennial	52.97	52.86	1
14	Lillian Anderson	12	Anoka	52.28	53.13	3
15	Ella Sletten	9	Andover	52.60	53.78	1
16	Jesalyn Chouinard	11	Forest Lake	52.44	54.66	2
17	Sydney Kiawu	10	Coon Rapids	55.58	55.62	3
18	Alorra Seymour	9	Anoka	55.85	55.67	2
19	Rozllyn Farr	9	Cambridge-Isanti	57.86	56.49	2
20	Peyton Swenson	12	Anoka	56.63	56.88	1

21 Megan Cronin	11 Cambridge-Isanti	57.12	57.44	1
22 Breah Dahl	9 Centennial	54.74	58.53	2
-- Angel Marshall	11 Coon Rapids	54.92	DQ	3 MSHSL
Scratch Rule				

Girls 300 Meter Hurdles

Section: S 44.68 2005 Bekah Kok, Anoka				
46.78 QUAL State Qualifier				
Name	Year School	Prelims	Finals	Points
Finals				
1 Domayoun Vawah	10 Blaine	47.31	46.39 QUAL	12
2 Alaina Westholm	11 Duluth East	47.22	46.67 QUAL	10
3 Payton McKnight	11 Andover	48.84	46.87	8
4 Madeline Wood	12 Centennial	49.26	48.72	6
5 Cameron Miles	11 Blaine	49.92	48.82	5
6 Madeleine Bonnett	11 Forest Lake	48.97	49.17	4
7 Ethel Cooper	10 Andover	49.88	49.58	3
8 Vanessa Peterson	12 Blaine	50.15	49.98	2
9 Addisyn Zimpel	9 Duluth East	50.48	50.55	1

Girls 4x100 Meter Relay

Section: S 48.82 2023 Blaine, Blaine				
49.50 QUAL State Qualifier				
School	Seed	Finals	Points	
1 Blaine	48.99	48.35SQUAL	12	
1) Aliyah Adepoju 11	2) Jordan Blair 12			
3) Tayalekay Borh 10	4) Grace Kowhegba 12			
2 Coon Rapids	49.57	48.83 QUAL	10	
1) Solange Barkon 11	2) Danielle Ude 10			
3) Mahlia Galimah 11	4) Amari Royal 10			
3 Anoka	50.79	49.65	8	
1) Elizabeth Buffie 11	2) Ja'Mya Viney 10			
3) Georgetina Mitchell 12	4) Lucinda Nde 9			
4 Cambridge-Isanti	52.20	51.51	6	
1) Briella Nichols 9	2) Olivia Goldman 12			
3) Briana Hilden 10	4) Elaina Bellows 11			
5 Forest Lake	51.15	51.57	5	
1) Zoe Luthner 9	2) Angela Mahnke 9			
3) Remi Jurkovich 9	4) Abigail Sklavenitis 11			
6 Centennial	52.00	51.66	4	
1) Angelle Young 8	2) Grace Baumgartner 9			
3) Hailey Kissick 12	4) Kathryn Woelfel 12			
7 Andover	51.33	51.96	3	
1) Ava Meyer 9	2) Avery Nelson 10			
3) Lily Krebsbach 10	4) Payton McKnight 11			
8 Duluth East	54.12	53.80	2	
1) Elsie Zimpel 12	2) Addisyn Zimpel 9			
3) Nora Langford 10	4) Jacqueline Brock 11			

Girls 4x200 Meter Relay

Section: S 1:41.66 5/31/2024 Blaine, Blaine				
K Wozniak, H Claussen, G Kowhegba, H Dweh				
1:44.25 QUAL State Qualifier				
School	Seed	Finals	Points	
1 Blaine	1:41.35	1:41.49SQUAL	12	
1) Katelyn Wozniak 12	2) Addison Stadden 11			
3) Grace Kowhegba 12	4) Aliyah Adepoju 11			
2 Coon Rapids	1:45.22	1:45.68	10	
1) Solange Barkon 11	2) Danielle Ude 10			
3) Mahlia Galimah 11	4) Matoria Kamara 9			
3 Centennial	1:46.99	1:45.76	8	
1) Madison Schuneman 10	2) Eloise Johnson 9			
3) Amelia Sutch 9	4) Reginae Tandoh 10			
4 Duluth East	1:47.07	1:46.86	6	

1) Sarah Greicar 12	2) Mackenzie Werner 11	
3) Lilly Kuettel 10	4) Mia Eberth 10	
5 Andover	1:47.12 1:48.33	5
1) Elizabeth Fields 12	2) Rachel Nordquist 10	
3) Avery Nelson 10	4) Ethel Cooper 10	
6 Cambridge-Isanti	1:51.55 1:49.52	4
1) Briella Nichols 9	2) Adelin Martel 12	
3) Olivia Goldeman 12	4) Averl Conzemius 12	
7 Anoka	1:50.00 1:53.74	3
1) Elizabeth Buffie 11	2) Serenity Black 9	
3) Skyler Jacobson 10	4) Brynna Peterson 8	
8 Forest Lake	1:50.64 1:55.58	2
1) Abigail Sklavenitis 11	2) Ruthann Saari 7	
3) Shella Olsvig 10	4) Lilli Dufour 11	

Girls 4x400 Meter Relay

Section: S 3:57.20 2023 Blaine, Blaine				
K Wozniak, M Holle, H Claussen, S Sulungaine				
4:02.23 QUAL State Qualifier				
School	Seed	Finals	Points	
1 Blaine	3:57.73	3:56.81 SQUAL	12	
1) Addison Stadden 11	2) Bella Perry 10			
3) Mara Holle 12	4) Katelyn Wozniak 12			
2 Forest Lake	4:05.81	4:00.96 QUAL	10	
1) Lucy Saari 10	2) Aaliyah Rogers 11			
3) Savana Sanchez 12	4) Anna VanAcker 11			
3 Centennial	4:06.24	4:03.46	8	
1) Natalie Lauinger 10	2) Miranda Sawvel 12			
3) Kylie Nelson 12	4) Lauren Klein 11			
4 Duluth East	4:05.62	4:03.61	6	
1) Lydia Eaton 11	2) Mackenzie Werner 11			
3) Ellen Maurer-Jones 9	4) Lilly Kuettel 10			
5 Andover	4:12.63	4:11.30	5	
1) Rachel Nordquist 10	2) Elise Poppinga 9			
3) Elizabeth Fields 12	4) Avah Shaw 11			
6 Cambridge-Isanti	4:16.99	4:15.99	4	
1) Julia Steman 9	2) Averl Conzemius 12			
3) Adelin Martel 12	4) Paige Gilbertson 9			
7 Anoka	4:17.88	4:18.54	3	
1) Skyler Jacobson 10	2) Kara Johnson 10			
3) Ashley Warren 9	4) Brynna Peterson 8			
8 Coon Rapids	4:30.02	4:19.13	2	
1) Bailey Rauh 12	2) Madelyn Wilber 11			
3) Shanyah Horton 11	4) Matoria Kamara 9			

Girls 4x800 Meter Relay

Section: S 9:20.15 5/31/2024 Centennial, Centennial				
J Zalewski, M Sawvel, L Klein, K Nelson				
9:36.53 QUAL State Qualifier				
School	Seed	Finals	Points	
1 Forest Lake	9:24.24	9:41.70	12	
1) Lucy Saari 10	2) Aaliyah Rogers 11			
3) Anna VanAcker 11	4) Maeta Williams 10			
2 Duluth East	9:50.78	9:54.28	10	
1) Samantha Kohlts 10	2) Sasha Wahman 10			
3) Anna-Britta Helmer 12	4) Lydia Eaton 11			
3 Blaine	10:13.35	10:06.03	8	
1) Hazel Schmitt 9	2) Ellyn Soli 12			
3) Alayna Kurland 10	4) Hailey Kral 10			
4 Cambridge-Isanti	10:26.84	10:32.47	6	
1) Makenna Sjoberg 11	2) Ashley Lehrner 9			
3) Julia Steman 9	4) Sydney Venhuizen 9			
5 Andover	10:14.92	10:36.16	5	
1) Alyssa Etter 10	2) Taylor Dehn 10			
3) Emily Schmidt 11	4) Grace Potvien 10			
6 Centennial	10:15.92	10:40.66	4	

1) Eva Maier 12	2) Emma Delf 9	
3) Brooke Hayes 10	4) Madison Chrusciel 10	
7 Anoka	11:01.92 10:54.99	3
1) Sophia Huffman 9	2) Kara Johnson 10	
3) Ashley Warren 9	4) Abigail Ostrander 12	
8 Coon Rapids	10:49.91 11:11.02	2
1) Tessa Del Fratte 12	2) Emerine Quinones 11	
3) Kendall Martinek 12	4) Nyah Fruth 11	

Girls High Jump

Section: S 5-08.25 2008 Katie Loberg, Princeton					
5-01.00 QUAL State Qualifier					
Name	Year	School	Seed	Finals	Points
1 Hayden Reeder	11	Anoka	5-06.00	5-04.00 QUAL	12
2 Avah Shaw	11	Andover	5-04.00	5-04.00 QUAL	10
3 Ja'Mya Viney	10	Anoka	5-06.00	5-03.00 QUAL	8
4 Ali Dehnicke	11	Andover	5-02.00	5-01.00 QUAL	6
5 Hailey Peterson	9	Centennial	5-02.00	5-01.00 QUAL	5
6 Alice Goya	11	Blaine	5-00.00	4-11.00	3.50
6 Zoe Klocksien	12	Cambridge-Isanti	4-10.00	4-11.00	3.50
8 Kaylie Whisler	9	Blaine	5-00.00	4-11.00	2
9 Gillian Turi	12	Centennial	4-10.00	4-11.00	1
10 Sienna Britz	10	Andover	4-10.00	4-11.00	
11 Kathryn Woelfel	12	Centennial	4-10.00	4-11.00	
11 Alice Steman	12	Cambridge-Isanti	4-10.00	4-11.00	
13 Addie Larkin	10	Cambridge-Isanti	4-08.00	4-07.00	
14 Madelyn Wilber	11	Coon Rapids	4-08.00	4-07.00	
14 Katelyn Wozniak	12	Blaine	5-01.00	4-07.00	
14 Camryn Jenni	9	Forest Lake	4-06.00	4-07.00	
17 Sophia Thomas	11	Duluth East	4-04.00	4-07.00	
18 Kendra Gerlach	12	Anoka	4-08.00	4-07.00	
19 Julia LeGeault	12	Forest Lake	4-10.00	4-05.00	
20 Stella Bone	11	Duluth East	4-06.00	4-05.00	
21 Raina Thomas	12	Duluth East	4-08.00	4-03.00	
-- Ashlyn Mcgeary	11	Forest Lake	4-04.00	NH	
-- Shanyah Horton	11	Coon Rapids	4-10.00	DNS	Medical
Scratch					

Girls Pole Vault

Section: S 13-00 2023 Sofia Condon, Anoka					
10-10.00 QUAL State Qualifier					
Name	Year	School	Seed	Finals	Points
1 Abigail Kryzer	12	Cambridge-Isanti	11-07.00	11-04.00 QUAL	12
2 Ellyana Stamp	12	Forest Lake	11-00.00	11-01.00 QUAL	10
3 Aubrey Wilson	11	Cambridge-Isanti	10-07.00	10-10.00 QUAL	8
4 Annabelle O'Brien	8	Cambridge-Isanti	10-06.00	9-10.00	6
5 Isabelle Benton	12	Blaine	9-06.00	9-10.00	5
6 Esther Miatke	12	Duluth East	9-00.00	9-04.00	4
7 Lilly Vanden Busch	9	Forest Lake	8-06.00	9-04.00	3
8 Hailey Peterson	9	Centennial	8-06.00	8-10.00	1.50
8 Elizabeth Buffie	11	Anoka	9-00.00	8-10.00	1.50
10 Katelyn Bialka	12	Blaine	9-00.00	8-10.00	
11 Taylor Mjolhus	10	Anoka	8-06.00	8-10.00	
12 Charly Hayes	10	Centennial	9-06.00	8-10.00	
13 Azalea Steffes	12	Duluth East	9-00.00	8-04.00	
14 Bella DeYoung	10	Forest Lake	8-00.00	8-04.00	
-- Alana Clark	10	Andover	7-00.00	SCR	
-- Brianna Vogel	10	Andover	7-06.00	SCR	
-- Makena Latcham	11	Centennial	6-06.00	SCR	
-- Tessa Del Fratte	12	Coon Rapids	6-06.00	SCR	
-- Aubrey Sylvester	9	Duluth East	7-00.00	SCR	
-- Jada Bahnson	10	Blaine	8-00.00	SCR	
-- Lillian Henning	10	Anoka	8-00.00	SCR	
-- Angel Marshall	11	Coon Rapids	8-00.00	SCR	
-- Kalista Barker	11	Coon Rapids	8-00.00	SCR	

Girls Long Jump

Section: S 19-00 2017 Kendra Kelley, Cloquet									
17-02.00 QUAL State Qualifier									
Name	Year	School	Seed	Finals		Wind	H#	Points	
1 Savana Sanchez	12	Forest Lake	17-06.25	18-01.50	QUAL	+0.0	2	12	
2 Avah Shaw	11	Andover	18-00.50	17-03.25	QUAL	0.7	2	10	
3 Tayalekay Borh	10	Blaine	17-01.00	17-02.25	QUAL	+0.0	2	8	
4 Arvina Smith	12	Anoka	17-06.00	17-00.00		0.4	2	6	
5 Yvonne Marsh	12	Blaine	17-00.50	16-10.00		0.3	2	5	
6 Remi Jurkovich	9	Forest Lake	17-07.50	16-09.50		0.3	2	4	
7 Jordan Blair	12	Blaine	17-06.00	16-09.00		1.2	2	3	
8 Summer Borsheim	9	Forest Lake	16-05.50	16-07.00		1.2	2	2	
9 Zoe Klocksien	12	Cambridge-Isanti	16-00.00	16-06.50		1.5	2	1	
10 Mia Eberth	10	Duluth East	16-03.50	16-00.00		0.8	2		
11 Ethel Cooper	10	Andover	15-07.50	15-10.00		0.1	1		
12 Rilynn Herbst	10	Cambridge-Isanti	15-09.00	15-09.50		0.9	1		
13 Julia Sickler	12	Cambridge-Isanti	16-03.00	15-07.50		0.4	2		
14 Mackenzie Rossum	11	Anoka	16-05.50	15-04.00		0.4	2		
15 Solange Barkon	11	Coon Rapids	15-08.75	15-01.00		0.2	1		
16 Reginae Tandoh	10	Centennial	15-07.50	14-09.50		0.2	1		
17 Gillian Turi	12	Centennial	15-00.00	14-08.50		1.1	1		
18 Mahlia Galimah	11	Coon Rapids	15-04.00	14-05.50		0.3	1		
19 Mia Jarombek	12	Centennial	15-00.00	14-04.50		0.2	1		
20 Elizabeth Gitzlaff	11	Duluth East	14-07.00	14-04.00		1.1	1		
21 Maddison Marquis	9	Coon Rapids	14-03.75	14-02.00		0.8	1		
22 Jacqueline Brock	11	Duluth East	14-11.00	14-01.50		0.5	1		
23 Saige Haugen	10	Andover	14-08.50	14-00.00		0.3	1		
-- Richetta Parker	10	Anoka	15-00.00	FOUL			1		

Girls Triple Jump

Section: S 37-07.50 2016 Abby Jungwirth, Forest Lake									
35-10.00 QUAL State Qualifier									
Name	Year	School	Seed	Finals		Wind	H#	Points	
1 Yvonne Marsh	12	Blaine	37-01.50	36-10.75	QUAL	2.7	2	12	
2 Tayalekay Borh	10	Blaine	36-10.00	36-06.75	QUAL	1.3	2	10	
3 Amelia Sutch	9	Centennial	35-10.00	35-07.75		4.3	2	8	
4 Jordan Blair	12	Blaine	34-07.25	35-07.75		2.9	2	6	
5 Julia LeGeault	12	Forest Lake	34-07.50	35-03.00		1.5	2	5	
6 Mackenzie Rossum	11	Anoka	34-07.00	35-01.50		1.9	2	4	
7 Georgetina Mitchel	12	Anoka	35-02.50	34-10.50		2.5	2	3	
8 Lilly Gravem	10	Cambridge-Isanti	33-07.50	34-09.75		3.4	1	2	
9 Hailey Peterson	9	Centennial	33-10.25	34-07.75		2.4	2	1	
10 Rilynn Herbst	10	Cambridge-Isanti	34-02.25	34-04.00		2.2	2		
11 Avah Shaw	11	Andover	35-08.50	33-08.25		2.0	2		
12 Peyton Swenson	12	Anoka	33-05.00	33-05.75		4.0	1		
13 Mackenzie Werner	11	Duluth East	31-11.00	33-01.50		5.2	1		
14 Julia Sickler	12	Cambridge-Isanti	33-09.75	33-01.50		1.3	2		
15 Gillian Turi	12	Centennial	33-06.00	32-02.75		2.5	1		
16 Shanyah Horton	11	Coon Rapids	32-11.50	31-11.00		1.2	1		
17 Jesalyn Chouinard	11	Forest Lake	32-09.50	31-10.25		2.6	1		
18 Elle Dudziak	10	Andover	30-09.00	30-00.00		1.1	1		
19 Sophia Thomas	11	Duluth East	30-04.00	29-08.25		2.5	1		
20 Elizabeth Gitzlaff	11	Duluth East	30-10.00	29-05.75		5.9	1		
21 Saige Haugen	10	Andover	30-07.00	29-02.25		2.5	1		
22 Janet Wright	9	Coon Rapids	30-04.50	28-00.25		2.2	1		
23 Skyly Thompson	10	Coon Rapids	27-02.00	26-10.00		1.2	1		
-- Summer Borsheim	9	Forest Lake	34-06.00	DNS		NWI	2	Medical Scratch	

Girls Shot Put

Section: S 47-02 2013 Maggiew Ewen, St. Francis									
37-08.00 QUAL State Qualifier									
Name	Year	School	Seed	Finals			H#	Points	
1 Alexis Fahey	11	Forest Lake	41-10.00	40-11.75	QUAL		2	12	
2 Naddy Barry	11	Blaine	35-11.00	38-02.00	QUAL		2	10	

3	Attalia Amegandji	10	Anoka	37-05.00	37-11.75	QUAL	2	8
4	Miyah Gunter	11	Blaine	38-04.50	37-11.50	QUAL	2	6
5	Deborah Ayeni	11	Anoka	36-04.00	36-02.50		2	5
6	Klady Boyce	11	Coon Rapids	36-04.00	35-05.50		2	4
7	Joely Geisler	9	Blaine	31-11.00	34-07.75		2	3
8	Isabella Novak	12	Andover	36-02.00	34-05.50		2	2
9	Emily Stokkeland	12	Centennial	32-06.00	33-02.25		2	1
10	Mackenzie Jones	12	Andover	31-09.50	33-01.50		2	
11	Josephine Pessenda	10	Duluth East	31-06.00	30-07.00		1	
12	Giovanna Morcho	12	Andover	30-05.00	29-08.25		1	
13	Rilynn Herbst	10	Cambridge-Isanti	29-04.50	29-04.75		1	
14	Signe Gorham	10	Duluth East	27-05.25	29-01.75		1	
15	Natalie Foreman	12	Centennial	29-10.00	28-09.00		1	
16	Isabella Freeman	12	Coon Rapids	28-08.25	28-06.00		1	
17	Zarya Ranson	9	Coon Rapids	31-06.25	28-00.00		2	
18	Analise George	11	Duluth East	27-02.75	27-00.75		1	
19	Lucille Mitshulis	11	Anoka	29-03.00	26-06.25		1	
20	Bailey Okerlund	10	Cambridge-Isanti	24-06.00	25-01.25		1	
21	Laike Middag	10	Cambridge-Isanti	24-10.00	24-01.00		1	
22	Camryn Jenni	9	Forest Lake		22-10.50		1	
23	Hannah Archer	11	Forest Lake	23-10.00	21-01.50		1	
--	Deborah Timothy	10	Centennial	34-07.50	FOUL		2	

Girls Discus Throw

Section: S 165-07 2011 Maggie Ewen, St. Francis								
119-06 QUAL State Qualifier								
Name	Year	School	Seed	Finals		H#	Points	
1	Alexis Fahey	11	Forest Lake	155-00	142-05.00	QUAL	2	12
2	Naddy Barry	11	Blaine	112-04	114-11.00		2	10
3	Deborah Timothy	10	Centennial	109-03	113-01.00		2	8
4	Isabella Novak	12	Andover	111-05	110-02.00		2	6
5	Miyah Gunter	11	Blaine	118-03	102-10.00		2	5
6	Lucille Mitshulis	11	Anoka	111-02	98-04.00		2	4
7	Telah Krause	12	Andover	87-03	95-00.00		1	3
8	Sydney Sosinski	12	Centennial	98-10	90-02.00		2	2
9	Jessica Jensen	12	Anoka	92-00	89-09.00		2	1
10	Camryn Jenni	9	Forest Lake	78-04	85-06.00		1	
11	Emily Stokkeland	12	Centennial	99-01	84-10.00		2	
12	Mackenzie Jones	12	Andover	104-07	84-04.00		2	
13	Sofia Stene	10	Forest Lake	86-05	83-11.00		1	
14	Signe Gorham	10	Duluth East	77-08	81-06.00		1	
15	Attalia Amegandji	10	Anoka	88-10	80-05.00		1	
16	Bella Brustuen	12	Blaine	95-04	79-01.00		2	
17	Aliya Swenson	9	Cambridge-Isanti	76-10	76-09.00		1	
18	Isabella Freeman	12	Coon Rapids	83-09	75-07.00		1	
19	Taylor Dybvig	10	Cambridge-Isanti	107-07	74-06.00		2	
20	Elsie Zimpel	12	Duluth East	63-09	69-00.00		1	
21	Addie Larkin	10	Cambridge-Isanti	81-03	67-07.00		1	
22	Kenna Huot	11	Duluth East	65-05	67-00.00		1	
23	Madalina Istratii	10	Coon Rapids	79-03	65-01.00		1	
--	Nyabuay Douth	10	Coon Rapids	82-05	DNS		1	

Boys 100 Meter Dash

9 Advance: Top 1 Each Heat plus Next 6 Best Times								
Section: S 10.77 5/31/2024 KhiJohnn Cummings-Coleman, Coon Rapids								
11.10 QUAL State Qualifier								
Name	Year	School	Seed	Prelims	Wind	H#		
Preliminaries								
1	Jackson Ziebarth	11	Cambridge-Isanti	10.83	10.94Q	QUAL	NWI	2
2	Jamareon Douglas	12	Blaine	10.76	11.00Q	QUAL	NWI	3
3	Samuel Shaughnessy	12	Blaine	10.97	11.21Q		NWI	1 11.204
4	Cronos Mcneil	10	Forest Lake	11.11	11.16q		NWI	3
5	Leo Meyer	12	Forest Lake	11.15	11.18q		NWI	3
6	Lance Hill	12	Coon Rapids	10.93	11.21q		NWI	1 11.205
7	Mack Jurkovich	10	Forest Lake	11.16	11.22q		NWI	2
8	Cole Arneson	11	Cambridge-Isanti	11.26	11.31q		NWI	1

9	Zee Korti	11	Anoka	11.09	11.32q	NWI	2	
10	Alijah Hibbler	10	Coon Rapids	11.29	11.38	NWI	3	
11	Cameron Begalle	12	Andover	11.38	11.44	NWI	2	
12	Jackson Froslee	12	Andover	11.39	11.48	NWI	1	
13	Brayden Waldron	12	Coon Rapids	11.30	11.53	NWI	3	11.528
14	Hamado Gelgelu	11	Centennial	11.27	11.53	NWI	2	11.529
15	Devin Klark	11	Blaine	11.22	11.57	NWI	1	
16	Gamada Bullo	11	Centennial	11.66	11.65	NWI	3	
17	Logan Majorowicz	10	Cambridge-Isanti	11.59	11.70	NWI	3	
18	Elijah Johnson	10	Duluth East	11.83	11.81	NWI	1	
19	Anthony Carlson	11	Duluth East	11.92	11.87	NWI	3	
20	Isaac Gyamera	12	Andover	11.56	11.89	NWI	1	
21	Curdel Davis	11	Anoka	11.57	11.91	NWI	2	
22	Tyson Wasurick	10	Anoka	11.78	12.03	NWI	1	
23	Isaac Erickson	12	Duluth East	11.86	12.07	NWI	2	
24	Blake Dorweiler	11	Centennial	11.71	12.08	NWI	2	

Boys 100 Meter Dash

Section: S 10.77 5/31/2024 KhiJohnn Cummings-Coleman, Coon Rapids
11.10 QUAL State Qualifier

Name	Year	School	Prelims	Finals	Wind	Points
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Finals

1	Jackson Ziebarth	11	Cambridge-Isanti	10.94	10.69SQUAL	1.5	12
2	Jamareon Douglas	12	Blaine	11.00	10.79 QUAL	1.5	10
3	Cronos Mcneil	10	Forest Lake	11.16	10.90 QUAL	1.5	8
4	Samuel Shaughnessy	12	Blaine	11.21	10.92 QUAL	1.5	6
5	Leo Meyer	12	Forest Lake	11.18	11.11	1.5	5
6	Mack Jurkovich	10	Forest Lake	11.22	11.13	1.5	4
7	Zee Korti	11	Anoka	11.32	11.26	1.5	3
8	Lance Hill	12	Coon Rapids	11.21	11.36	1.5	2
9	Cole Arneson	11	Cambridge-Isanti	11.31	12.07	1.5	1

Boys 200 Meter Dash

9 Advance: Top 1 Each Heat plus Next 6 Best Times
Section: S 21.77 2000 Relando Peco, Duluth Central
22.26 QUAL State Qualifier

Name	Year	School	Seed	Prelims	Wind	H#
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Preliminaries

1	Jackson Ziebarth	11	Cambridge-Isanti	21.74	S 21.70QQQUAL	NWI	3	
2	Gavin Moore	12	Centennial	21.84	22.17QQQUAL	NWI	2	
3	Samuel Shaughnessy	12	Blaine	22.14	22.28Q	NWI	1	
4	Joseph Hauge	12	Coon Rapids	22.92	22.79q	NWI	1	
5	Jameson Niska	10	Blaine	22.96	22.87q	NWI	2	
6	Donovin Wittenberg	12	Duluth East	23.08	23.12q	NWI	3	
7	Ernest Goodwin	12	Forest Lake	23.48	23.30q	NWI	1	
8	Hamado Gelgelu	11	Centennial	23.73	23.50q	NWI	3	
9	Samuel Audette	12	Andover	23.59	23.60q	NWI	1	
10	Dane Ahrens	10	Duluth East	23.88	23.63	NWI	2	
11	Nicholas Mahnke	12	Forest Lake	24.23	23.67	NWI	2	
12	Sam Benson	12	Duluth East	23.35	23.69	NWI	3	
13	Gamada Bullo	11	Centennial	23.99	23.70	NWI	1	
14	John Keleekai	11	Anoka	23.38	23.78	NWI	2	
15	Isaac Gyamera	12	Andover	23.67	23.87	NWI	2	
16	DaVion Ellis	9	Coon Rapids	23.75	23.99	NWI	3	
17	Jack Brandl	12	Andover	24.92	24.23	NWI	1	
18	Derrick Obwaya	10	Blaine	23.92	24.36	NWI	1	
19	Evan Rychley	10	Forest Lake	24.52	24.77	NWI	3	
20	Tyson Wasurick	10	Anoka	25.49	24.81	NWI	3	
21	Judah Porta	11	Cambridge-Isanti	25.12	24.83	NWI	2	24.825
22	Aidan Mahrer	11	Cambridge-Isanti	24.87	24.83	NWI	1	24.826
23	Amery Cuffy	10	Anoka	24.24	24.99	NWI	3	

Boys 200 Meter Dash

Section: S 21.77 2000 Relando Peco, Duluth Central
22.26 QUAL State Qualifier

Name	Year School	Prelims	Finals	Wind	Points
=====					
Finals					
1 Jackson Ziebarth	11 Cambridge-Isanti	21.70	21.75SQUAL	0.9	12
2 Gavin Moore	12 Centennial	22.17	22.05 QUAL	0.9	10
3 Samuel Shaughnessy	12 Blaine	22.28	22.13 QUAL	0.9	8
4 Joseph Hauge	12 Coon Rapids	22.79	22.85	0.9	6
5 Jameson Niska	10 Blaine	22.87	23.02	0.9	5
6 Donovan Wittenberg	12 Duluth East	23.12	23.13	0.9	4
7 Ernest Goodwin	12 Forest Lake	23.30	23.32	0.9	3
8 Hamado Gelgelu	11 Centennial	23.50	23.48	0.9	2
9 Samuel Audette	12 Andover	23.60	23.51	0.9	1

Boys 400 Meter Dash

9 Advance: Top 1 Each Heat plus Next 6 Best Times
 Section: S 47.42 2017 Genuine Matthews, St. Francis
 50.39 QUAL State Qualifier

Name	Year School	Seed	Prelims	H#
=====				
Preliminaries				
1 Haevian Cole	11 Blaine	49.73	49.56QUAL	2
2 Mekhai Martin	10 Coon Rapids	49.09	49.86QUAL	3
3 Justin Richard	10 Blaine	49.91	50.91Q	1
4 Cole Nelson	12 Centennial	51.35	51.10q	2
5 Maxwell Johnson	12 Centennial	50.70	51.45q	1
6 Brady Jenson	12 Andover	51.68	51.76q	3
7 Nolan Potvien	12 Andover	51.94	51.82q	1
8 Donovan Wittenberg	12 Duluth East	51.63	51.84q	3
9 Brody Estrada	11 Cambridge-Isanti	52.64	51.85q	2
10 Dane Ahrens	10 Duluth East	52.64	52.30	3
11 Kevon Deloach	10 Coon Rapids	52.67	52.47	3
12 Edao Galchu	10 Blaine	52.25	52.49	1
13 Collin Patrick	10 Anoka	54.17	52.79	2
14 Jayden Kuhlman	12 Cambridge-Isanti	51.76	52.86	2
15 Cale Schurke	10 Andover	52.87	53.22	1
16 Wyatt Rothrum	12 Anoka	52.73	53.37	2
17 Ruger Block	10 Cambridge-Isanti	54.90	53.75	1
18 Calvin Mckenzie	9 Forest Lake	54.21	54.39	3
19 Blake Siverhus	12 Forest Lake	53.43	54.42	1
20 Abdul Karim Swaray	9 Anoka	54.67	54.54	2
21 Eliot Shepard	11 Centennial	55.87	54.62	2
22 Ian Dauner	10 Duluth East	55.48	54.85	1
23 Logan Lemay	9 Forest Lake	54.47	56.27	3
24 Michael Monson	9 Coon Rapids	56.43	56.76	3

Boys 400 Meter Dash

Section: S 47.42 2017 Genuine Matthews, St. Francis
 50.39 QUAL State Qualifier

Name	Year School	Prelims	Finals	Points
=====				
Finals				
1 Haevian Cole	11 Blaine	49.56	49.35 QUAL	12
2 Justin Richard	10 Blaine	50.91	49.83 QUAL	10
3 Brady Jenson	12 Andover	51.76	50.79	8
4 Cole Nelson	12 Centennial	51.10	50.96	6
5 Donovan Wittenberg	12 Duluth East	51.84	51.68	5
6 Nolan Potvien	12 Andover	51.82	51.82	4
7 Maxwell Johnson	12 Centennial	51.45	55.74	3
-- Brody Estrada	11 Cambridge-Isanti	51.85	DQ	Rule 5-7-4c
-- Mekhai Martin	10 Coon Rapids	49.86	DQ	Rule 4-6-5a

Boys 800 Meter Run

9 Advance: Top 1 Each Heat plus Next 6 Best Times
 Section: S 1:54.86 2013 Steven Cotter, Andover
 1:56.97 QUAL State Qualifier

Name	Year School	Seed	Prelims	H#
=====				

Preliminaries

1	Aaron Peterson	11	Anoka	1:52.88	S 1:53.42	QUAL	3
2	Jack Zellmer	11	Blaine	1:59.86	1:56.38	QUAL	2
3	Liban Ahmed	11	Centennial	1:59.46	1:57.38	Q	1
4	James McArdle	10	Forest Lake	1:58.08	1:57.51	q	2
5	Noah Berg	11	Centennial	2:00.31	1:57.98	q	3
6	Dustin Larson	12	Anoka	1:59.57	1:58.36	q	1
7	Aleksander Tsegay	10	Blaine	2:02.81	1:59.73	q	1
8	Joey Gustafson	11	Duluth East	2:02.47	1:59.96	q	2
9	Alexander Persing	12	Centennial	2:07.55	2:00.64	q	1
10	Owen Blascyk	11	Duluth East	2:06.76	2:00.73		3
11	Lucashio Larson	10	Cambridge-Isanti	2:05.04	2:02.63		2
12	Mason Hays	11	Forest Lake	2:06.12	2:03.55		3
13	Rory Fischbach	12	Duluth East	2:07.49	2:03.83		2
14	Austin Burgess	11	Cambridge-Isanti	2:08.99	2:04.04		2
15	Alexander Tennis	10	Forest Lake	2:04.71	2:04.08		1
16	Alexander Jund	12	Blaine	2:08.71	2:05.01		1
17	Cameron Dorst	11	Anoka	2:02.16	2:06.52		3
18	Camden Thomas	10	Coon Rapids	2:13.05	2:10.17		2
19	Noah Shaffer	10	Andover	2:12.13	2:10.62		3
20	Dagmawi Alemu	11	Coon Rapids	2:12.56	2:10.82		3
21	Hunter Birkmeier	9	Andover	2:19.85	2:13.77		2
22	Albi (Alberto) Ludwig	12	Coon Rapids	2:13.88	2:13.81		1
23	Lars Oredson	10	Andover	2:13.62	2:16.08		1

Boys 800 Meter Run

=====						
Section: S		1:54.86	2013	Steven Cotter, Andover		
		1:56.97	QUAL	State Qualifier		
Name	Year	School	Prelims	Finals	Points	
=====						
Finals						

1	Aaron Peterson	11	Anoka	1:53.42	1:54.46	SQUAL	12
2	James McArdle	10	Forest Lake	1:57.51	1:57.78		10
3	Liban Ahmed	11	Centennial	1:57.38	1:58.00		8
4	Noah Berg	11	Centennial	1:57.98	1:59.47		6
5	Jack Zellmer	11	Blaine	1:56.38	2:00.08		5
6	Aleksander Tsegay	10	Blaine	1:59.73	2:02.98		4
7	Joey Gustafson	11	Duluth East	1:59.96	2:03.79		3
8	Dustin Larson	12	Anoka	1:58.36	2:05.03		2
9	Alexander Persing	12	Centennial	2:00.64	2:11.98		1

Boys 1600 Meter Run

Section: S 4:14.02 1995 Jay Schoenfeld, Duluth East							
4:19.81 QUAL State Qualifier							
Name	Year	School	Seed	Finals		H#	Points
1 Tyler Flippen	10	Andover	4:17.83	4:22.42		2	12
2 Alaric Burroughs	11	Blaine	4:21.20	4:24.09		2	10
3 David Meberg	10	Blaine	4:21.97	4:24.63		2	8
4 Hunter Jacobson	11	Cambridge-Isanti	4:27.54	4:33.71		2	6
5 William Rengo	11	Anoka	4:42.16	4:35.06		2	5
6 Joey Gustafson	11	Duluth East	4:38.18	4:35.14		2	4
7 Carter Stevens	12	Andover	4:36.81	4:39.42		2	3
8 Owen Blascyk	11	Duluth East	4:39.32	4:42.89		2	2
9 Nathaniel Bateman	10	Duluth East	4:39.34	4:43.64		2	1
10 Henry Meberg	9	Blaine	4:48.78	4:45.61		1	
11 Emmitt Revering	11	Anoka	4:37.52	4:45.63		2	
12 Alexander Tennis	10	Forest Lake	4:47.76	4:46.26		1	
13 Bryce Bowman	10	Forest Lake	4:50.08	4:48.61		1	
14 Austin Burgess	11	Cambridge-Isanti	4:40.75	4:48.93		2	
15 Jack Hushagen	9	Forest Lake	4:54.27	4:54.10		1	
16 Alexander Persing	12	Centennial	4:41.81	4:54.27		2	
17 John Downs	12	Andover	4:57.08	4:55.30		1	
18 Owen James	12	Coon Rapids	4:52.27	4:58.63		1	
19 Dagmawi Alemu	11	Coon Rapids	5:11.89	4:58.83		1	
20 Mylen Rick	9	Cambridge-Isanti	5:03.23	5:03.44		1	
21 Kyler Nielson	11	Centennial	5:00.09	5:03.87		1	
22 Caleb Barrett	11	Centennial	5:01.98	5:07.61		1	

23 Gilbert Kostuck	12 Coon Rapids	5:01.87	5:10.04	1
-- Samuel Gaines	11 Anoka	4:44.16	DQ	2 Rule 5-13-2

Boys 3200 Meter Run

Section: S 9:11.85 2022 Daniel Vanacker, Forest Lake					
9:23.83 QUAL State Qualifier					
Name	Year	School	Seed	Finals	Points
1 Tyler Flippen	10	Andover	9:37.01	9:36.27	12
2 Alaric Burroughs	11	Blaine	9:29.31	9:45.46	10
3 Austin Matrious	11	Blaine	9:45.44	9:51.33	8
4 Israel Sulungaine	10	Blaine	9:58.73	9:58.61	6
5 Mark Goettel	11	Duluth East	10:00.07	10:03.75	5
6 Carter Stevens	12	Andover	10:23.21	10:09.91	4
7 William Rengo	11	Anoka	10:23.01	10:13.50	3
8 Samuel Gaines	11	Anoka	10:23.79	10:18.54	2
9 Cole Kutches	11	Anoka	10:30.70	10:18.91	1
10 Jack Hushagen	9	Forest Lake	10:40.05	10:20.70	
11 Russell Hill	11	Duluth East	10:22.91	10:26.79	
12 Nathaniel Bateman	10	Duluth East	9:59.10	10:29.26	
13 Jeremiah Guldseth	9	Cambridge-Isanti	10:45.69	10:35.05	
14 Marco Velasquez	12	Coon Rapids	10:41.04	10:37.39	
15 Isaac Schwintek	9	Forest Lake	10:53.77	10:40.60	
16 Owen James	12	Coon Rapids	10:48.84	10:46.29	
17 Cole Burnett	12	Coon Rapids	11:17.90	10:47.26	
18 Owen Lebeau	8	Andover	10:49.61	10:48.23	
19 Kyler Nielson	11	Centennial	11:17.14	10:57.08	
20 Nathan Kaul	11	Centennial	11:32.18	11:16.04	
21 Caden Browsers	8	Forest Lake	11:39.48	11:17.57	
22 Nicholas Dubay	11	Centennial	11:21.92	11:19.86	

Boys 110 Meter Hurdles

9 Advance: Top 1 Each Heat plus Next 6 Best Times
Section: S 14.34 2022 Blake Nyenati, Andover
15.17 QUAL State Qualifier

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Afanna Ibekwe	12	Anoka	14.30	15.00QQUAL	NWI	3
2 Carnell Robinson	12	Coon Rapids	14.93	15.28Q	NWI	2 15.275
3 Justin Sworr	12	Blaine	15.01	15.36Q	NWI	1 15.354
4 Loic Djiotsa	11	Coon Rapids	15.14	15.28q	NWI	2 15.280
5 Kvaughn Landers	12	Blaine	15.17	15.30q	NWI	3
6 Matthew Rivera	11	Blaine	14.94	15.36q	NWI	1 15.357
7 Trey Borchers	12	Anoka	15.50	15.77q	NWI	3
8 Grady Arends	12	Cambridge-Isanti	16.52	16.34q	NWI	2
9 Brody Lakanen	11	Anoka	16.11	16.49q	NWI	1
10 Cody Dagogo	11	Coon Rapids	16.50	16.50	NWI	1
11 Logan Johnson	12	Forest Lake	16.61	16.69	NWI	3
12 Liam Zdon	11	Cambridge-Isanti	17.55	16.72	NWI	2
13 Ricky Fisk	9	Cambridge-Isanti	17.04	17.10	NWI	3
14 Kody Pepin	10	Forest Lake	17.52	17.21	NWI	1
15 Zakary Olson	10	Forest Lake	17.37	17.25	NWI	1
16 Gavin MacLeod	10	Centennial	18.91	17.91	NWI	1
17 Orien Eamonn	12	Duluth East	17.72	17.99	NWI	3
18 Jordan Blankenship	11	Andover	17.83	18.08	NWI	3
19 Pierre Johnson	10	Andover	17.22	18.38	NWI	2
20 Sam Peyer	12	Duluth East	18.43	18.51	NWI	2
21 Luciano Bubacz	12	Duluth East	20.05	19.36	NWI	3
22 Henry Schwartz	10	Centennial	18.79	19.38	NWI	1
23 Cason Haider	10	Centennial	19.71	20.02	NWI	2
-- Sean Kerkula	10	Andover	15.87	DQ	NWI	2 Rule 5-7-

4c

Boys 110 Meter Hurdles

Section: S 14.34 2022 Blake Nyenati, Andover
15.17 QUAL State Qualifier

Name	Year School	Prelims	Finals	Wind	Points
=====					
Finals					
1 Afanna Ibekwe	12 Anoka	15.00	14.32 QUAL	2.2	12
2 Justin Sworr	12 Blaine	15.36	14.77 QUAL	2.2	10
3 Matthew Rivera	11 Blaine	15.36	14.82 QUAL	2.2	8
4 Carnell Robinson	12 Coon Rapids	15.28	14.90 QUAL	2.2	6
5 Loic Djiotsa	11 Coon Rapids	15.28	14.91 QUAL	2.2	5
6 Kvaughn Landers	12 Blaine	15.30	15.11 QUAL	2.2	4
7 Trey Borchers	12 Anoka	15.77	15.29	2.2	3
8 Grady Arends	12 Cambridge-Isanti	16.34	15.96	2.2	2
9 Brody Lakanen	11 Anoka	16.49	18.31	2.2	1

Boys 300 Meter Hurdles

9 Advance: Top 1 Each Heat plus Next 6 Best Times
 Section: S 37.95 2022 Blake Nyenati, Andover
 40.50 QUAL State Qualifier

Name	Year School	Seed	Prelims	H#
=====				
Preliminaries				
1 Carnell Robinson	12 Coon Rapids	40.61	39.64QQUAL	2
2 Matthew Rivera	11 Blaine	40.41	40.21QQUAL	3
3 Loic Djiotsa	11 Coon Rapids	40.81	41.52Q	1
4 Austin Westerberg-Olsen	11 Blaine	41.48	42.06q	1
5 Trey Borchers	12 Anoka	42.46	42.46q	3
6 Augustine Moran	11 Anoka	42.43	42.53q	2
7 Deaven Riles	10 Blaine	43.41	42.69q	2
8 Kody Pepin	10 Forest Lake	44.68	43.34q	3
9 Cody Dagogo	11 Coon Rapids	45.06	43.35q	2
10 Grady Arends	12 Cambridge-Isanti	44.40	43.95	1
11 Brody Lakanen	11 Anoka	43.16	44.09	3
12 Zakary Olson	10 Forest Lake	44.57	44.28	2
13 Hunter Curtis	12 Cambridge-Isanti	44.09	44.36	1
14 Levi Peterson	9 Centennial	46.34	45.13	2
15 Max Prihoda	10 Cambridge-Isanti	45.72	45.55	1
16 Jordan Blankenship	11 Andover	46.55	45.76	3
17 Sean Kerkula	10 Andover	48.40	46.03	2
18 Rhett Langreck	10 Forest Lake	46.17	46.25	1
19 Orien Eamonn	12 Duluth East	45.03	46.58	3
20 Devin Swenson	9 Centennial	49.35	47.41	2
21 Sam Peyer	12 Duluth East	47.02	48.17	3
22 Cason Haider	10 Centennial	49.21	49.71	1
23 David Pence	10 Duluth East	48.66	50.10	1
24 Pierre Johnson	10 Andover	49.73	50.87	3

Boys 300 Meter Hurdles

Section: S 37.95 2022 Blake Nyenati, Andover
 40.50 QUAL State Qualifier

Name	Year School	Prelims	Finals	Points
=====				
Finals				
1 Matthew Rivera	11 Blaine	40.21	39.72 QUAL	12
2 Carnell Robinson	12 Coon Rapids	39.64	40.09 QUAL	10
3 Loic Djiotsa	11 Coon Rapids	41.52	40.24 QUAL	8
4 Austin Westerberg-	11 Blaine	42.06	41.30	6
5 Trey Borchers	12 Anoka	42.46	41.80	5
6 Augustine Moran	11 Anoka	42.53	41.90	4
7 Deaven Riles	10 Blaine	42.69	42.52	3
8 Kody Pepin	10 Forest Lake	43.34	43.10	2
9 Cody Dagogo	11 Coon Rapids	43.35	46.42	1

Boys 4x100 Meter Relay

Section: S 42.24 2023 Coon Rapids, Coon Rapids
 42.88 QUAL State Qualifier

School	Seed	Finals	Points
=====			
1 Blaine	42.94	42.49 QUAL	12

1) Justin Sworr 12	2) Devin Klark 11		
3) Jameson Niska 10	4) Jamareon Douglas 12		
2 Cambridge-Isanti	43.03	42.55 QUAL	10
1) Anders Lillemo 11	2) Knox Andrus 9		
3) Cole Arneson 11	4) Jackson Ziebarth 11		
3 Forest Lake	43.26	42.71 QUAL	8
1) Nicholas Mahnke 12	2) Mack Jurkovich 10		
3) Leo Meyer 12	4) Cronos Mcneil 10		
4 Anoka	42.77	43.35	6
1) Curdel Davis 11	2) Devon Luckas 11		
3) Zachary Welch 12	4) Zee Korti 11		
5 Coon Rapids	42.95	43.38	5
1) Alijah Hibbler 10	2) Lance Hill 12		
3) Brayden Waldron 12	4) Cyril Lifaka 10		
6 Andover	44.42	43.58	4
1) Jackson Froslee 12	2) Isaac Gyamera 12		
3) Samuel Audette 12	4) Cameron Begalle 12		
7 Duluth East	45.81	46.24	3
1) Kingston Lew 11	2) Anthony Carlson 11		
3) Max Bergen 9	4) Ian Dauner 10		
8 Centennial	44.76	46.44	2
1) Calvin Kuester 11	2) Ryan Hansen 11		
3) Skylar Mortenson 11	4) Blake Dorweiler 11		

Boys 4x200 Meter Relay

Section: S 1:28.09 5/31/2024 Coon Rapids, Coon Rapids
J Freeman, J Hauge, L Hill, K Cummings-Coleman
1:29.44 QUAL State Qualifier

School	Seed	Finals	Points
1 Blaine	1:28.34	1:27.94SQUAL	12
1) Haevian Cole 11	2) Jameson Niska 10		
3) Samuel Shaughnessy 12	4) Edao Galchu 10		
2 Coon Rapids	1:29.08	1:28.44 QUAL	10
1) Joseph Hauge 12	2) Mekhai Martin 10		
3) Cyril Lifaka 10	4) Lance Hill 12		
3 Centennial	1:30.87	1:29.34 QUAL	8
1) Trystan Green 12	2) Gamada Bullo 11		
3) Hamado Gelgelu 11	4) Gavin Moore 12		
4 Anoka	1:33.00	1:29.43 QUAL	6
1) Zachary Welch 12	2) Devon Luckas 11		
3) Aaron Peterson 11	4) Zee Korti 11		
5 Forest Lake	1:32.79	1:30.50	5
1) Cronos Mcneil 10	2) Leo Meyer 12		
3) Ernest Goodwin 12	4) Mack Jurkovich 10		
6 Andover	1:31.87	1:30.65	4
1) Brady Jenson 12	2) Nolan Potvien 12		
3) Samuel Audette 12	4) Cameron Begalle 12		
7 Cambridge-Isanti	1:32.31	1:34.63	3
1) Brody Estrada 11	2) Judah Porta 11		
3) Anders Lillemo 11	4) Knox Andrus 9		
8 Duluth East	1:34.63	1:34.70	2
1) Sam Benson 12	2) Joe Sylvester 10		
3) Isaac Erickson 12	4) Elijah Johnson 10		

Boys 4x400 Meter Relay

Section: S 3:20.99 2022 Forest Lake, Forest Lake
R Olson, J Mayer, N Bartlett, D Vanacker
3:25.79 QUAL State Qualifier

School	Seed	Finals	Points
1 Blaine	3:20.85	3:19.39SQUAL	12
1) Haevian Cole 11	2) Matthew Rivera 11		
3) Edao Galchu 10	4) Justin Richard 10		
2 Centennial	3:24.22	3:20.84SQUAL	10
1) Maxwell Johnson 12	2) Cole Nelson 12		
3) Trystan Green 12	4) Liban Ahmed 11		
3 Anoka	3:24.72	3:21.03 QUAL	8

1) Zachary Welch 12	2) Dustin Larson 12		
3) Devon Luckas 11	4) Aaron Peterson 11		
4 Coon Rapids	3:22.23	3:21.48 QUAL	6
1) Kevon Deloach 10	2) Tyler Vossen 12		
3) Cyril Lifaka 10	4) Mekhai Martin 10		
5 Duluth East	3:30.90	3:28.74	5
1) Donovan Wittenberg 12	2) Dane Ahrens 10		
3) Sam Benson 12	4) Owen Blascyk 11		
6 Andover	3:30.57	3:29.74	4
1) Brady Jenson 12	2) Antoine Ziegler 12		
3) Marcus Larson 11	4) Nolan Potvien 12		
7 Cambridge-Isanti	3:30.92	3:30.83	3
1) Brody Estrada 11	2) Emerson Droubie 12		
3) Hayden Westman 12	4) Hunter Husbyn 12		
8 Forest Lake	3:33.39	3:37.32	2
1) Blake Siverhus 12	2) Alexander Tennis 10		
3) Mason Hays 11	4) James McArdle 10		

Boys 4x800 Meter Relay

Section: S 7:54.55 5/31/2024 Blaine, Blaine
N Taylor, C Bialka, J Zellmer, E Koerber
8:04.86 QUAL State Qualifier

School	Seed	Finals	Points
1 Cambridge-Isanti	8:13.63	8:03.81 QUAL	12
1) Lucashio Larson 10	2) Peyton Dombek 12		
3) Hunter Husbyn 12	4) Hunter Jacobson 11		
2 Anoka	8:10.59	8:07.08	10
1) Dustin Larson 12	2) Cameron Dorst 11		
3) Emmitt Revering 11	4) Collin Patrick 10		
3 Blaine	8:10.94	8:07.90	8
1) Israel Sulungaine 10	2) Austin Matrious 11		
3) Aleksander Tsegay 10	4) Jack Zellmer 11		
4 Forest Lake	8:37.80	8:43.31	6
1) Bryce Bowman 10	2) Mason Hays 11		
3) Blake Tembreull 11	4) Dane Zierman 10		
5 Duluth East	8:42.75	8:49.03	5
1) Gaven Greshowak 11	2) Mark Goettel 11		
3) Benjamin Thorson 11	4) Soren Hanhan 12		
6 Coon Rapids	8:57.98	8:52.69	4
1) Cole Burnett 12	2) Tate Burnett 8		
3) Albi (Alberto) Ludwig 12	4) Tyler Vossen 12		
7 Andover	9:01.23	8:55.31	3
1) Noah Shaffer 10	2) Steven Hennig 9		
3) Owen Lebeau 8	4) Hunter Birkmeier 9		
8 Centennial	8:40.93	9:03.38	2
1) Tyler Bahr 10	2) Eliot Shepard 11		
3) Connor Louks 10	4) Evan Lautenschlager 9		

Boys High Jump

Section: S 6-10 1980 Dave Rauker, Duluth East
6-01.00 QUAL State Qualifier

Name	Year School	Seed	Finals	Points
1 Devian Aluka	12 Coon Rapids	6-06.00	6-05.00 QUAL	12
2 Tristan Hanson	11 Centennial	6-02.00	6-03.00 QUAL	10
3 Shiloh Ayitey	11 Blaine	6-04.00	6-03.00 QUAL	8
4 Isaiah Salami	11 Anoka	6-10.25	6-01.00 QUAL	6
5 Carlos Momo	9 Blaine	6-02.00	6-01.00 QUAL	4.50
5 Nshangji Zillang	11 Blaine	6-02.00	6-01.00 QUAL	4.50
7 Boluwatife Adeuga	10 Coon Rapids	6-02.00	5-11.00	2
7 Finn Wold	12 Centennial	6-00.00	5-11.00	2
7 Cruz Dissing	10 Cambridge-Isanti	6-02.00	5-11.00	2
10 Joe Sylvester	10 Duluth East	5-08.00	5-11.00	
11 Riley Wallace	12 Centennial	6-01.00	5-11.00	
12 Caleb Nyamari	12 Anoka	6-00.00	5-09.00	
13 Emerson Droubie	12 Cambridge-Isanti	6-00.00	5-09.00	
14 Taylor Neal	10 Coon Rapids	6-00.00	5-07.00	

15 Sean Kerkula	10 Andover	5-06.00	5-05.00
15 Sam Benson	12 Duluth East	5-04.00	5-05.00
17 Cale Schurke	10 Andover	5-06.00	5-05.00
17 Tori Tempesta	12 Cambridge-Isanti	5-04.00	5-05.00
17 Caleb Clark	10 Forest Lake	5-08.00	5-05.00
20 Martin Jambor	10 Forest Lake	5-04.00	5-05.00
21 Tristen Chenoweth	10 Andover	5-06.00	5-03.00
-- Kaveaon Jackson	9 Forest Lake	5-06.00	NH
-- Anthony Carlson	11 Duluth East		NH
-- Leonard Mitchell	12 Anoka	6-00.00	DNS

Boys Pole Vault

Section: S 14-06 1996 Dan Shroyer, Grand Rapids					
13-02.00 QUAL State Qualifier					
Name	Year School	Seed	Finals	Points	
1 Calvin Piescher	11 Cambridge-Isanti	15-08.00	15-02.00SQUAL	12	
2 Jackson Froslee	12 Andover	14-06.00	14-02.00 QUAL	10	
3 Wesley Kennedy	11 Cambridge-Isanti	14-00.00	14-02.00 QUAL	8	
4 Lucas Frank	12 Cambridge-Isanti	14-00.00	12-08.00	6	
5 Jamison Livermore	11 Forest Lake	12-06.00	12-02.00	5	
6 Austin Pung	11 Forest Lake	12-00.00	11-08.00	4	
7 David Gunderson	9 Forest Lake	12-07.00	11-08.00	3	
8 Trevian Aluka	12 Coon Rapids	11-00.00	11-08.00	2	
9 Thor Jorgenson	10 Andover	11-00.00	11-08.00	1	
10 Evan Sikkink	11 Centennial	10-06.00	11-02.00		
11 Dane Ahrens	10 Duluth East	10-06.00	10-08.00		
11 Cayden Ban	11 Anoka	11-06.00	10-08.00		
13 Cash Peschong	10 Blaine	11-00.00	10-08.00		
14 Owen Kozarek	12 Andover	10-00.00	10-08.00		
15 Luke Sharp	11 Blaine	11-06.00	10-02.00		
15 Devin Swenson	9 Centennial	9-00.00	10-02.00		
17 Caleb Tucker	12 Coon Rapids	10-00.00	10-02.00		
17 Ezekiel Mbemeh	10 Anoka	10-06.00	10-02.00		
-- Paxton Lehman	11 Centennial	8-00.00	NH		
-- Benjamin Pilate	11 Duluth East	9-00.00	NH		
-- Alfredo Conchola	Coon Rapids	7-06.00	NH		
-- Luke Eaton	9 Duluth East	10-00.00	NH		
-- Owen Scott	12 Blaine	11-00.00	NH		
-- Blake Sieben	10 Anoka	14-00.00	DNS		

Boys Long Jump

Section: S 23-03 2017 Christopher Udalla, Elk River								
21-08.00 QUAL State Qualifier								
Name	Year School	Seed	Finals	Wind	H#	Points		
1 Derrick Obwaya	10 Blaine	21-02.00	21-11.50 QUAL	4.9	2	12		
2 Nshangji Zillang	11 Blaine	20-09.00	21-09.00 QUAL	2.5	2	10		
3 Caleb Nyamari	12 Anoka	20-02.50	21-05.75	3.9	2	8		
4 Justin Sworr	12 Blaine	20-09.50	21-01.50	4.0	2	6		
5 Devian Aluka	12 Coon Rapids	20-11.75	20-11.25	4.2	2	5		
6 Brayden Waldron	12 Coon Rapids	19-07.50	20-11.00	2.7	2	4		
7 Emerson Droubie	12 Cambridge-Isanti	21-00.00	20-10.75	2.8	2	3		
8 Inyene Ekah	9 Centennial	19-06.00	20-06.50	3.8	1	2		
9 Ndifor Tamukong	10 Forest Lake	20-03.50	20-01.50	3.1	2	1		
10 Marcus Larson	11 Andover	20-06.25	20-00.50	2.3	2			
11 Boluwatife Adeuga	10 Coon Rapids	20-04.00	19-08.25	1.2	2			
12 Joe Sylvester	10 Duluth East	18-01.00	19-06.25	5.0	1			
13 Ed Balikalaba	10 Anoka	19-01.25	19-06.25	4.7	1			
14 Peyton Verheyen	10 Andover	18-07.75	19-03.00	6.4	1			
15 Martin Jambor	10 Forest Lake	19-02.50	18-10.00	5.7	1			
16 Isaac Erickson	12 Duluth East	18-03.50	18-05.75	3.5	1			
17 Mason Willenbring	12 Centennial	19-02.50	18-02.75	4.1	1			
18 Skylar Mortenson	11 Centennial	19-07.00	18-01.75	4.3	1			
19 Cayden Davidson	10 Forest Lake	18-11.50	17-10.50	2.1	1			
20 Jesse Ononogbu	10 Duluth East	17-01.00	17-02.75	4.1	1			
21 Isaiah Salami	11 Anoka	22-03.25	15-08.00	0.5	2			
-- Brandon Nguyen	10 Andover	17-03.25	DNS	NWI	1			

Boys Triple Jump

Section: S 47-04 2019 Wryott Gerson, Duluth Denfeld									
43-09.00 QUAL State Qualifier									
Name	Year	School	Seed	Finals	Wind	H#	Points		
1 Isaiah Salami	11	Anoka	46-07.25	44-09.00 QUAL	1.3	2	12		
2 Justin Richard	10	Blaine	44-10.00	43-06.50	1.8	2	10		
3 Caleb Nyamari	12	Anoka	44-07.75	43-05.50	1.5	2	8		
4 Tuulla Gemta	11	Blaine	43-09.50	43-05.50	1.1	2	6		
5 Boluwatife Adeuga	10	Coon Rapids	46-09.25	42-07.50	0.3	2	5		
6 Trevian Aluka	12	Coon Rapids	42-10.00	42-07.50	2.2	2	4		
7 Oluwanifemi Charle	9	Anoka	42-06.00	41-10.50	0.3	2	3		
8 Marcus Larson	11	Andover	41-01.00	41-06.75	0.4	2	2		
9 Ndifor Tamukong	10	Forest Lake	40-05.75	41-03.50	1.3	1	1		
10 Cody Dagogo	11	Coon Rapids	41-00.75	40-09.50	1.1	1			
11 Naanno Gemta	12	Blaine	43-05.00	40-06.75	0.5	2			
12 Caleb Clark	10	Forest Lake	40-05.00	39-06.50	1.7	1			
13 James Haigh	11	Cambridge-Isanti	41-01.00	39-06.50	1.4	2			
14 Joe Sylvester	10	Duluth East	40-04.00	39-05.50	1.3	1			
15 Fnan Zeresenay	12	Centennial	40-10.00	39-04.00	1.7	1			
16 Owegio Wreh	10	Centennial	41-01.50	39-04.00	1.1	2			
17 Javren May-Fai	10	Duluth East	39-04.50	38-05.50	0.9	1			
18 Jayden Kuhlman	12	Cambridge-Isanti	41-11.00	38-02.25	0.9	2			
19 Kingston Lew	11	Duluth East	38-10.00	37-01.25	1.6	1			
20 Rhett Langreck	10	Forest Lake	38-10.50	36-03.00	1.4	1			
-- Nicolas Jaen	12	Centennial	40-08.00	FOUL		1			
-- Brandon Nguyen	10	Andover	37-09.00	DQ	NWI	1	MSHSL Scratch		

Rule

Boys Shot Put

Section: S 64-00.50 2012 Thomas Anderson, Andover									
50-11.00 QUAL State Qualifier									
Name	Year	School	Seed	Finals	H#	Points			
1 Howie Johnson	11	Forest Lake	58-10.00	55-05.25 QUAL	2	12			
2 Evan Lowry-Simpson	12	Blaine	50-07.50	50-04.50	2	10			
3 Josh Osei-Dankwah	12	Cambridge-Isanti	52-01.75	48-10.25	2	8			
4 Logan Burns	12	Anoka	49-04.00	48-04.50	2	6			
5 Mathew Fahey	10	Forest Lake	48-05.00	48-00.00	2	5			
6 Hayden Skillings	12	Coon Rapids	44-09.50	46-09.00	2	4			
7 Noah Tieden	11	Blaine	48-01.00	46-01.75	2	3			
8 Jacoby Peterson	12	Coon Rapids	48-09.75	46-01.75	2	2			
9 Davian Vu	12	Blaine	48-03.00	45-08.75	2	1			
10 Owen Carter	10	Centennial	44-09.25	45-02.00	2				
11 Deven Olson	11	Cambridge-Isanti	43-02.00	44-03.50	1				
12 Gabe Sundquist	11	Duluth East	45-04.50	43-10.00	2				
13 Asher Wilson	8	Forest Lake	41-02.25	43-06.25	1				
14 Gus Knowlton	11	Cambridge-Isanti	41-01.50	42-01.00	1				
15 Nolan LaPointe	11	Andover	45-11.50	42-00.50	2				
16 Brayden Boesch	10	Centennial	41-10.50	41-04.00	1				
17 Caelan Bobbe	12	Andover	40-04.50	41-02.75	1				
18 Michael Chamberlain	12	Anoka	40-04.50	40-08.50	1				
19 Jameson Koewler	10	Duluth East	38-10.50	38-02.75	1				
20 Andrew Kriz	11	Anoka	40-00.50	35-08.75	1				
21 Tyler Berg	11	Andover	36-07.00	34-04.25	1				
22 Noah Thompson	11	Duluth East	34-11.00	29-11.00	1				
-- Andrew Russell	9	Centennial	40-11.00	FOUL	1				
-- Jacob Thoen	11	Coon Rapids	37-11.25	FOUL	1				

Boys Discus Throw

Section: S 177-10 2012 Thomas Anderson, Andover									
149-05 QUAL State Qualifier									
Name	Year	School	Seed	Finals	H#	Points			
1 Matthew Knox	12	Forest Lake	159-01	171-08.00 QUAL	2	12			
2 Howie Johnson	11	Forest Lake	174-04	166-04.00 QUAL	2	10			

3 Owen Carter	10 Centennial	142-07	159-09.00	QUAL	2	8
4 Jay Ziebarth	12 Cambridge-Isanti	164-02	158-10.00	QUAL	2	6
5 Deven Olson	11 Cambridge-Isanti	147-07	145-11.00		2	5
6 Evan Lowry-Simpson	12 Blaine	146-11	145-07.00		2	4
7 Noah Tieden	11 Blaine	148-09	144-09.00		2	3
8 Mathew Fahey	10 Forest Lake	149-08	142-02.00		2	2
9 Hayden Skillings	12 Coon Rapids	137-07	133-07.00		2	1
10 Hudson Tanem	10 Coon Rapids	126-06	133-01.00		1	
11 Jackson Froslee	12 Andover	129-08	132-10.00		2	
12 Logan Burns	12 Anoka	129-07	127-11.00		1	
13 Dominick Olson	11 Cambridge-Isanti	155-00	126-02.00		2	
14 Gavin Montgomery	12 Blaine	140-06	124-11.00		2	
15 Brayden Boesch	10 Centennial	125-07	123-04.00		1	
16 Christopher Monemy	11 Coon Rapids	121-00	118-07.00		1	
17 Gabe Sundquist	11 Duluth East	123-08	117-00.00		1	
18 Mason Briese	12 Anoka	114-11	115-04.00		1	
19 Owen Leiter	11 Centennial	126-03	114-11.00		1	
20 Caelan Bobbe	12 Andover	107-01	109-08.00		1	
21 Spencer Bush	12 Andover	102-01	100-10.00		1	
22 Jameson Koewler	10 Duluth East	95-01	99-08.00		1	
-- Noah Thompson	11 Duluth East	97-08	FOUL		1	
-- Theodore Mitshulis	12 Anoka	115-11	FOUL		1	

Women - Team Rankings - 18 Events Scored

1) Blaine	262.50	2) Forest Lake	170
3) Centennial	117.50	4) Andover	103
5) Duluth East	84	6) Anoka	79.50
7) Cambridge-Isanti	53.50	8) Coon Rapids	44

Men - Team Rankings - 18 Events Scored

1) Blaine	271	2) Anoka	126
3) Cambridge-Isanti	111	4) Forest Lake	108
5) Coon Rapids	104	6) Centennial	80
7) Andover	72	8) Duluth East	39