

MSHSL Section 5A Championships 2026

May 27, 2026 Saint John's University

Womens Varsity

1.	Holdingford	99.83
2.	New London-Spicer	81
3.	St. Cloud Cathedral	69
4.	Pierz	67.33
5.	Litchfield	61
6.	Eden Valley-Watkins/Kimball	47.25
7.	Rush City	35.33
8.	Pine City	33.25
9.	St. John's Prep	29
10.	Northwest Nighthawks	26
11.	Howard Lake-Waverly-Winsted	25.25
12.	Atwater-Cosmos-Grove City	24
13.	Braham	21.5
14.	Royalton	20
15.	Maple Lake	17.25
16.	Paynesville	15
17.	Upsala/Swanville	11
18.	East Central	10
19.	Belgrade-Brooten-Elrosa	5
20.	King's Academy	3
21.	Ogilvie	1

Mens Varsity

1.	Holdingford	119
2.	Pierz	117
3.	Howard Lake-Waverly-Winsted	101
4.	Litchfield	82
5.	New London-Spicer	71.5
6.	Eden Valley-Watkins/Kimball	32
7.	St. Cloud Cathedral	27
8.	Northwest Nighthawks	25
9.	Maple Lake	24
10.	Upsala/Swanville	23.5
11.	Pine City	18
11.	St. John's Prep	18
13.	Royalton	16
14.	Rush City	9
14.	Atwater-Cosmos-Grove City	9
16.	Ogilvie	4
16.	King's Academy	4
18.	Hinckley-Finlayson	2

Boys Varsity 100 Meters Finals

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Athlete Yr Team Mark H# Wind

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- 1 Brayden Foust 11 Pierz 10.93a -1.8
- 2 Weston Steele 11 New London-Spicer 11.26a -1.8
- 3 Brody Hooper 12 Eden Valley-Watkins/Kimball 11.36a -1.8
- 4 Blayden Nierenhausen 10 Holdingford 11.49a -1.8
- 5 Dylan Forcier 12 Howard Lake-Waverly-Winsted 11.70a -1.8
- 6 Alex Rybaski 11 Pierz 11.74a -1.8
- 7 Emmett VanDerBill 11 Litchfield 11.78a -1.8
- 8 Austin Terpstra 11 Holdingford 11.85a -1.8

Boys Varsity 100 Meters Prelims

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Athlete Yr Team Mark H# Wind

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- 1 Brayden Foust 11 Pierz 11.12a 0.0
- 3 Brody Hooper 12 Eden Valley-Watkins/Kimball 11.15a 0.0
- 2 Weston Steele 11 New London-Spicer 11.33a 0.0
- 5 Alex Rybaski 11 Pierz 11.48a 0.0
- 4 Blayden Nierenhausen 10 Holdingford 11.51a 0.0
- 7 Austin Terpstra 11 Holdingford 11.51a 0.0
- 8 Emmett VanDerBill 11 Litchfield 11.55a 0.0
- 9 Ty Penk 12 Litchfield 11.65a 0.0
- 6 Dylan Forcier 12 Howard Lake-Waverly-Winsted 11.84a 0.0

10 Luis Zamora-Ordaz 11 Royalton 11.95a 0.0
 11 Derrick Yang 11 St. John's Prep 11.95a 0.0
 12 Brody Barnes 10 Howard Lake-Waverly-Winsted 11.96a 0.0
 13 Camden Ost 11 Howard Lake-Waverly-Winsted 12.01a 0.0
 14 Jacob England 12 Maple Lake 12.07a 0.0
 15 Dylan Henkemeyer 9 Eden Valley-Watkins/Kimball 12.11a 0.0
 16 Zack Workman 12 Hinckley-Finlayson 12.23a 0.0

Girls Varsity 100 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Erika Salaski 12 St. Cloud Cathedral 12.32a +3.3
 2 Lydia Prokott 12 Royalton 12.55a +3.3
 3 Ayla Caskey 12 New London-Spicer 12.73a +3.3
 4 Josie Bjorkman 11 Litchfield 12.92a +3.3
 5 Davotion Buttruff 9 Howard Lake-Waverly-Winsted 12.95a +3.3
 6 Nylah Patrick 9 Pine City 13.00a +3.3
 7 Jailyn Mickelson 11 Litchfield 13.22a +3.3
 8 Sara Kroll 10 Royalton 13.23a +3.3

Girls Varsity 100 Meters Prelims

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Athlete Yr Team Mark H# Wind

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1 Erika Salaski 12 St. Cloud Cathedral 12.59a 0.0
 2 Lydia Prokott 12 Royalton 12.67a 0.0
 4 Ayla Caskey 12 New London-Spicer 12.99a 0.0
 3 Davotion Buttruff 9 Howard Lake-Waverly-Winsted 13.01a 0.0
 5 Josie Bjorkman 11 Litchfield 13.06a 0.0
 6 Sara Kroll 10 Royalton 13.18a 0.0
 7 Nylah Patrick 9 Pine City 13.20a 0.0
 8 Jailyn Mickelson 11 Litchfield 13.22a 0.0
 9 Katelyn Delzer 12 New London-Spicer 13.23a 0.0
 10 Alexis Boonstra 12 Howard Lake-Waverly-Winsted 13.24a 0.0
 11 Ellery Blom 7 Atwater-Cosmos-Grove City 13.31a 0.0
 12 Danica Pederson 12 New London-Spicer 13.32a 0.0
 13 Angelika Diakite 12 Holdingford 13.35a 0.0
 14 Emma Wirz 11 Eden Valley-Watkins/Kimball 13.41a 0.0
 15 June Leffingwell 10 St. Cloud Cathedral 13.46a 0.0
 16 Violet Linson 9 Northwest Nighthawks 13.51a 0.0
 17 Haley Johnson 12 Atwater-Cosmos-Grove City 13.74a 0.0

Boys Varsity 200 Meters

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Athlete Yr Team Mark H# Wind

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1 Brayden Foust 11 Pierz 22.36a -0.6
 2 Weston Steele 11 New London-Spicer 22.52a -0.6
 3 Timmy Webber 12 Howard Lake-Waverly-Winsted 23.06a -0.6
 4 Kyle Fiedler 12 Holdingford 23.22a -0.6
 5 Jax Buersken 10 Holdingford 23.26a -0.6
 6 Nolan Mertens 12 Eden Valley-Watkins/Kimball 23.61a -0.6

7 Tyler Kimman 11 Pierz 23.61a -0.6
 8 Henry Arnold 10 Eden Valley-Watkins/Kimball 23.87a +0.5
 9 Nate Tiller 11 Litchfield 23.89a +0.5
 10 Dylan Henkemeyer 9 Eden Valley-Watkins/Kimball 24.14a +0.5
 11 Jonathan Hoffman 11 Ogilvie 24.18a +0.5
 12 Sasha Heikkila 10 St. Cloud Cathedral 24.18a +0.5
 13 Jacob England 12 Maple Lake 24.35a +0.5
 14 Louden Johnson 11 New London-Spicer 24.38a +0.5
 15 Zachary Lageson 11 New London-Spicer 24.46a -0.6
 16 Nolan Stiel 12 Hinckley-Finlayson 24.59a +0.5

Girls Varsity 200 Meters

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 Athlete Yr Team Mark H# Wind
 =====
 1 Erika Salaski 12 St. Cloud Cathedral 25.73a +2.0
 2 Hope Kuechle 11 Eden Valley-Watkins/Kimball 25.75a +2.0
 3 Julia Vega 12 St. Cloud Cathedral 26.35a +2.0
 4 Josy Turck 10 Litchfield 26.54a +2.0
 5 Cloey Kolb 12 Paynesville 26.56a +2.0
 6 Dakota Good 9 Paynesville 26.63a +2.0
 7 Lydia Prokott 12 Royalton 26.67a +2.0
 8 Bri Triplett 9 New London-Spicer 27.17a +2.0
 9 Katelyn Delzer 12 New London-Spicer 27.25a +1.9
 10 Angelika Diakite 12 Holdingford 27.41a +1.9
 11 Amelia Newiger 11 St. Cloud Cathedral 27.55a +1.9
 12 Haley Puchalla 7 Holdingford 27.75a +1.9
 13 Rachel Kuklok 12 Holdingford 27.75a +1.9
 14 Haley Johnson 12 Atwater-Cosmos-Grove City 28.01a +1.9
 15 Susannah Danielson 11 New London-Spicer 28.25a +1.9
 16 Clara Niessen 10 Rush City 28.52a +1.9

Boys Varsity 400 Meters

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 Athlete Yr Team Mark H#
 =====
 1 Dawson Hofer 11 Holdingford 50.39a
 2 Cole Palmer 11 Litchfield 51.25a
 3 Kayden Mullings 11 St. Cloud Cathedral 52.10a
 4 Louden Johnson 11 New London-Spicer 52.85a
 5 Tyler Charboneau 12 Eden Valley-Watkins/Kimball 53.05a
 6 Joseph Spears 8 St. Cloud Cathedral 53.43a
 7 Carter Burke 11 St. John's Prep 53.82a
 8 Devyn Sieling 9 Rush City 53.82a
 9 Finley Compton 11 Northwest Nighthawks 53.91a
 10 Taylor Pieper 12 Belgrade-Brooten-Elrosa 53.93a
 11 Jonathan Hoffman 11 Ogilvie 53.95a
 12 Carson Terning 10 Litchfield 54.28a
 13 Logan Hartung 10 Royalton 54.53a
 14 David Mulder 12 Community Christian (Willmar) 54.82a
 15 Huxley Zoller 9 Eden Valley-Watkins/Kimball 55.07a
 16 Noah Perowitz 11 Holdingford 55.09a

Girls Varsity 400 Meters

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Athlete Yr Team Mark H#

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- 1 Hope Kuechle 11 Eden Valley-Watkins/Kimball 57.97a
- 2 Julia Vega 12 St. Cloud Cathedral 59.08a
- 3 ZoeAnn Claseman 10 Braham 59.44a
- 4 Maggie Gross 11 Holdingford 59.95a
- 5 Reese Hartkopf 11 Maple Lake 1:02.40a
- 6 Kylee Kron 10 St. Cloud Christian 1:02.81a
- 7 Piper Westby 9 New London-Spicer 1:03.62a
- 8 Ava Holmgren 10 Eden Valley-Watkins/Kimball 1:04.27a
- 9 Paycen Rutgers 8 New London-Spicer 1:04.65a
- 10 Regan Douvier 10 St. John's Prep 1:05.06a
- 11 Ziva Miller 9 Belgrade-Brooten-Elrosa 1:06.61a
- 12 Miley Clark 9 East Central 1:06.82a
- 13 Sophia Erickson 10 St. Cloud Cathedral 1:07.29a
- 14 Kailey Ruby 12 New London-Spicer 1:07.43a
- 15 Isabelle Voight 9 Litchfield 1:08.00a
- 16 June Leffingwell 10 St. Cloud Cathedral 1:11.25a

Boys Varsity 800 Meters

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Athlete Yr Team Mark H#

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- 1 Weston Clementson 12 Pine City 1:59.96a
- 2 Xander Chvatal 11 Litchfield 2:01.93a
- 3 Jackson Eldred 11 Howard Lake-Waverly-Winsted 2:04.17a
- 4 Quinn Guthrie 11 Upsala/Swanville 2:05.93a
- 5 Hunter Rademacher 11 St. Cloud Christian 2:06.01a
- 6 Deakin Hofer 8 Holdingford 2:07.58a
- 7 Connor McMahon 9 St. John's Prep 2:07.71a
- 8 Noah Winters 12 Northwest Nighthawks 2:08.96a
- 9 Carson Remer 10 Howard Lake-Waverly-Winsted 2:09.01a
- 10 Blake Stoeber 11 Maple Lake 2:09.37a
- 11 August Swenson 12 Litchfield 2:09.52a
- 12 Caleb Loar 11 Northwest Nighthawks 2:10.61a
- 13 Mason Douvier 10 Belgrade-Brooten-Elrosa 2:10.94a
- 14 Cooper Shaw 8 Howard Lake-Waverly-Winsted 2:13.01a
- 15 Aaden Weihmann 9 Rush City 2:13.19a
- 16 Davin Willis 12 Pierz 2:17.45a

Girls Varsity 800 Meters

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Athlete Yr Team Mark H#

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- 1 Kendra Swanson 11 Northwest Nighthawks 2:18.75a
- 2 Taylor Munsch 12 New London-Spicer 2:19.35a
- 3 Brenna Konsor 9 Holdingford 2:23.00a
- 4 Katherine Reuter 12 St. Cloud Cathedral 2:23.65a
- 5 Quinn Gruber 10 Pierz 2:26.24a
- 6 Morgan Litke 12 Pierz 2:27.22a
- 7 Audi Shockman 8 Braham 2:28.14a

8 Enya Scanlon 10 St. Cloud Cathedral 2:28.22a
9 Madison Olson 7 Atwater-Cosmos-Grove City 2:28.59a
10 Lilly Jamison 12 St. Cloud Cathedral 2:28.63a
11 Violet Lee 10 New London-Spicer 2:32.02a
12 Gabby Miller 11 Paynesville 2:32.65a
13 Amelie Nelson 8 Royalton 2:35.21a
14 Elsa Helstrom 10 Litchfield 2:35.35a
15 Kendall Billig 8 Royalton 2:35.99a
16 Hailey Birkholz 11 Howard Lake-Waverly-Winsted 2:36.00a

Boys Varsity 1600 Meters

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Athlete Yr Team Mark H#

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1 Wyatt Betsinger 11 Pierz 4:25.01a
2 Judah Allen 11 Litchfield 4:25.60a
3 Elliott Otis 11 Northwest Nighthawks 4:44.57a
4 Blake Stoeber 11 Maple Lake 4:45.54a
5 Zerl Lyon 8 Holdingford 4:48.90a
6 Cooper Overson 10 Atwater-Cosmos-Grove City 4:50.18a
7 August Swenson 12 Litchfield 4:50.32a
8 Ben Zahasky 10 St. John's Prep 4:53.74a
9 Hunter Rademacher 11 St. Cloud Christian 4:54.33a
10 Elijah Bergfalk 12 Rush City 4:55.03a
11 Noah Koroll 11 Royalton 4:55.25a
12 Quinn Guthrie 11 Upsala/Swanville 4:57.29a
13 Matt Heen 9 St. Cloud Cathedral 5:02.99a
14 Noah Rolfzen 8 St. Cloud Christian 5:03.49a
15 Gavin Arens 12 Eden Valley-Watkins/Kimball 5:04.55a
16 Jack Wieber 12 St. Cloud Cathedral 5:06.49a

Girls Varsity 1600 Meters

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Athlete Yr Team Mark H#

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1 Margaret Duffy 11 St. John's Prep 5:07.97a
2 Kendra Swanson 11 Northwest Nighthawks 5:11.00a
3 Claudia Ruzanic 10 St. John's Prep 5:13.82a
4 Brooklyn Breitbach 7 Belgrade-Brooten-Elrosa 5:23.47a
5 Lauren Anglin 10 Maple Lake 5:23.96a
6 Chloe Reedy 9 Royalton 5:37.38a
7 Rosalie Schad 8 St. Cloud Cathedral 5:39.24a
8 Brooke Schmidt 10 St. John's Prep 5:41.59a
9 Elsa Helstrom 10 Litchfield 5:44.99a
10 Lexie Miller 9 Paynesville 5:46.97a
11 Emma Frericks 7 Atwater-Cosmos-Grove City 5:47.82a
12 Barbora Uhrova 11 Holdingford 5:52.36a
13 Kaylee Prom 8 St. Cloud Cathedral 5:58.14a
14 Kala Ziegler 12 Litchfield 5:59.06a
15 Ellie Patzoldt 9 Pine City 6:02.84a
16 Bischof Kynlee 8 Eden Valley-Watkins/Kimball 6:13.24a

Boys Varsity 3200 Meters

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Athlete Yr Team Mark H#

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- 1 Judah Allen 11 Litchfield 9:59.43a
- 2 Will Vix 12 St. John's Prep 10:01.05a
- 3 Spencer McAlpine 11 Northwest Nighthawks 10:07.30a
- 4 Lane McIntyre 12 St. John's Prep 10:23.60a
- 5 Carson Rolph 11 St. Cloud Cathedral 10:42.67a
- 6 Landon Eliason 11 New London-Spicer 10:45.00a
- 7 Joel Marshik 9 Pierz 10:53.50a
- 8 Jack Schurmann 11 Howard Lake-Waverly-Winsted 10:54.32a
- 9 Connor Tiemann 12 Northwest Nighthawks 11:01.89a
- 10 James Monson 12 Rush City 11:04.40a
- 11 Walker Remme 10 Pine City 11:12.46a
- 12 Daniel Niznik 11 Pierz 11:16.48a
- 13 Adrian Gallagher-Mancini 10 St. John's Prep 11:19.13a
- 14 Isaac Berges 10 St. Cloud Christian 11:26.49a
- 15 Carter Kubat 10 Holdingford 11:36.77a
- 16 Noah McDaniel 12 Pine City 11:48.51a

Girls Varsity 3200 Meters

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Athlete Yr Team Mark H#

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- 1 Margaret Duffy 11 St. John's Prep 11:27.80a
- 2 Kyla Vick 9 New London-Spicer 11:36.18a
- 3 Maggie Judd 7 Pine City 11:55.87a
- 4 Salina Michael 12 Northwest Nighthawks 12:18.50a
- 5 Stella Moline 11 New London-Spicer 12:19.97a
- 6 Hazel Vetsch 10 New London-Spicer 12:21.29a
- 7 Claudia Ruzanic 10 St. John's Prep 12:39.13a
- 8 Lauren Anglin 10 Maple Lake 12:41.18a
- 9 Jayna Van Heel 8 St. Cloud Cathedral 12:42.70a
- 10 Katelyn Waldoch 11 St. Cloud Cathedral 13:08.13a
- 11 Clara Tax 12 Pierz 13:17.84a
- 12 Meredith Gundale 11 Northwest Nighthawks 13:22.53a
- 13 Haley Geiger 12 Hinckley-Finlayson 13:27.27a
- 14 Haley Ree 9 Paynesville 13:34.90a
- 15 Adeline Dickhausen 8 Paynesville 14:01.58a
- Sarah Schoenhard 8 St. John's Prep DQ

Girls Varsity 100m Hurdles Finals

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Athlete Yr Team Mark H# Wind

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- 1 Rilee Breth 12 Holdingford 14.87a -3.3
- 2 Kenlie Blom 11 Atwater-Cosmos-Grove City 15.47a -3.3
- 3 Autumn Jones 11 Pierz 16.65a -3.3
- 4 Ellie Theis 9 Holdingford 16.75a -3.3
- 5 Kendra Heintz 10 Rush City 17.30a -3.3
- 6 Jada Rosenquist 12 Atwater-Cosmos-Grove City 17.43a -3.3
- 7 Mataya Pohlkamp 12 Pierz 17.56a -3.3
- 8 Brooke Litke 9 Pierz 18.15a -3.3

Girls Varsity 100m Hurdles Prelims

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Athlete Yr Team Mark H# Wind

=====

- 1 Rilee Breth 12 Holdingford 14.65a 0.0
- 2 Kenlie Blom 11 Atwater-Cosmos-Grove City 15.31a 0.0
- 3 Ellie Theis 9 Holdingford 16.20a 0.0
- 5 Autumn Jones 11 Pierz 16.37a 0.0
- 4 Kendra Heintz 10 Rush City 17.32a 0.0
- 6 Mataya Pohlkamp 12 Pierz 17.33a 0.0
- 7 Brooke Litke 9 Pierz 17.46a 0.0
- 8 Jada Rosenquist 12 Atwater-Cosmos-Grove City 17.85a 0.0
- 9 Mackenzie Parks 10 Howard Lake-Waverly-Winsted 17.94a 0.0
- 10 Ayla Roediger 12 New London-Spicer 17.95a 0.0
- 11 Emily Blomdahl 10 Braham 18.00a 0.0
- 12 Adelise Rosvold 10 Royalton 18.22a 0.0
- 13 Ava Blowers 11 Hinckley-Finlayson 18.34a 0.0
- 14 Emma Garvick 9 Atwater-Cosmos-Grove City 18.93a 0.0
- 15 Kyla Sales 9 Holdingford 21.33a 0.0

Boys Varsity 110m Hurdles Finals

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Athlete Yr Team Mark H# Wind

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- 1 Gavin Sales 12 Holdingford 15.14a +0.9
- 2 Jaxon Knott 12 Howard Lake-Waverly-Winsted 15.69a +0.9
- 3 Kaleb Poser 11 Pierz 16.31a +0.9
- 4 William Martin 10 Maple Lake 16.48a +0.9
- 5 Caleb Queenan 11 New London-Spicer 16.75a +0.9
- 6 Orin Eberhard 11 Howard Lake-Waverly-Winsted 16.76a +0.9
- 7 Christian Cheney 12 Pierz 16.79a +0.9
- 8 Kieran Tvedt 12 Hinckley-Finlayson 17.03a +0.9

Boys Varsity 110m Hurdles Prelims

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Athlete Yr Team Mark H# Wind

=====

- 1 Gavin Sales 12 Holdingford 15.01a 0.0
- 3 Kaleb Poser 11 Pierz 16.20a 0.0
- 2 William Martin 10 Maple Lake 16.28a 0.0
- 4 Jaxon Knott 12 Howard Lake-Waverly-Winsted 16.43a 0.0
- 5 Caleb Queenan 11 New London-Spicer 16.78a 0.0
- 6 Orin Eberhard 11 Howard Lake-Waverly-Winsted 16.96a 0.0
- 7 Kieran Tvedt 12 Hinckley-Finlayson 16.97a 0.0
- 8 Christian Cheney 12 Pierz 17.04a 0.0
- 9 Liam Peterman 12 Northwest Nighthawks 17.18a 0.0
- 10 Trevor Johannes 12 Holdingford 17.32a 0.0
- 11 Liam Macik 11 New London-Spicer 17.51a 0.0
- 12 Hayden Dircks 12 Maple Lake 17.61a 0.0
- 13 Christian Lofton 10 Litchfield 17.67a 0.0
- 14 Nolan Murphy 12 Howard Lake-Waverly-Winsted 17.70a 0.0
- 15 George Deedrick 12 Rush City 18.23a 0.0

16 Aidyn Brutger 12 Eden Valley-Watkins/Kimball 18.64a 0.0

Boys Varsity 300m Hurdles

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Athlete Yr Team Mark H#

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- 1 Grant Krattenmaker 11 Holdingford 39.69a
- 2 Kaleb Poser 11 Pierz 42.50a
- 3 Jaxon Knott 12 Howard Lake-Waverly-Winsted 43.01a
- 4 Gavin Sales 12 Holdingford 44.05a
- 5 Orin Eberhard 11 Howard Lake-Waverly-Winsted 44.09a
- 6 Christian Lofton 10 Litchfield 44.12a
- 7 Liam Peterman 12 Northwest Nighthawks 44.48a
- 8 Christian Cheney 12 Pierz 44.67a
- 9 Kieran Tvedt 12 Hinckley-Finlayson 45.32a
- 10 George Deedrick 12 Rush City 45.60a
- 11 Emmett VanDerBill 11 Litchfield 45.72a
- 12 Nate Ingram 10 Eden Valley-Watkins/Kimball 46.27a
- 13 William Martin 10 Maple Lake 46.43a
- 14 Caleb Queenan 11 New London-Spicer 46.71a
- 15 Jacob Lyons Jr. 12 Hinckley-Finlayson 47.58a
- 16 Nolan Murphy 12 Howard Lake-Waverly-Winsted 52.20a

Girls Varsity 300m Hurdles

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Athlete Yr Team Mark H#

=====

- 1 Rilee Breth 12 Holdingford 44.95a
- 2 Kenlie Blom 11 Atwater-Cosmos-Grove City 47.35a
- 3 Ellie Theis 9 Holdingford 48.75a
- 4 Kylee Konsor 11 Holdingford 50.40a
- 5 Kora Toops 10 Pierz 50.90a
- 6 Miley Kuechle 9 Eden Valley-Watkins/Kimball 50.97a
- 7 Alayna Heintz 12 Rush City 51.10a
- 8 Lanna Schaefer 10 New London-Spicer 51.30a
- 9 Evalie Gall 12 Pierz 51.43a
- 10 Aubrey Lesnau 12 St. Cloud Cathedral 51.82a
- 11 Olivia Remer 11 Howard Lake-Waverly-Winsted 52.24a
- 12 Emily Blomdahl 10 Braham 52.75a
- 13 Abby Kotila 10 Pierz 53.24a
- 14 Peyton Walberg 9 Maple Lake 53.40a
- 15 Ellery Blom 7 Atwater-Cosmos-Grove City 53.79a

Boys Varsity 4x100 Relay

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Team Time H#

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- 1 Pierz 43.46a
- 2 New London-Spicer 43.47a
- 3 Holdingford 44.53a

4 Eden Valley-Watkins/Kimball 44.55a

5 Litchfield 44.67a

6 Howard Lake-Waverly-Winsted 45.65a

7 Pine City 46.61a

8 Rush City 47.23a

Girls Varsity 4x100 Relay

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Team Time H#

=====

1 Litchfield 49.99a

2 New London-Spicer 50.24a

3 Royalton 51.36a

4 Pierz 51.36a

5 Holdingford 51.41a

6 Howard Lake-Waverly-Winsted 51.55a

7 St. Cloud Cathedral 53.53a

8 Pine City 54.07a

Boys Varsity 4x200 Relay

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Team Time H#

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1 Holdingford 1:30.28a

2 New London-Spicer 1:30.91a

3 Howard Lake-Waverly-Winsted 1:33.70a

4 Eden Valley-Watkins/Kimball 1:33.93a

5 Litchfield 1:34.18a

6 St. Cloud Cathedral 1:34.65a

7 Pierz 1:36.82a

8 Hinckley-Finlayson 1:36.91a

Girls Varsity 4x200 Relay

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Team Time H#

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1 St. Cloud Cathedral 1:44.76a

2 Holdingford 1:46.49a

3 Litchfield 1:47.73a

4 New London-Spicer 1:48.35a

5 Atwater-Cosmos-Grove City 1:48.58a

6 Pine City 1:51.27a

7 Howard Lake-Waverly-Winsted 1:51.38a

8 Rush City 1:51.97a

Boys Varsity 4x400 Relay

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Team Time H#

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1 Holdingford 3:25.95a

2 New London-Spicer 3:26.68a

3 Howard Lake-Waverly-Winsted 3:28.78a

4 St. Cloud Cathedral 3:36.99a

5 Northwest Nighthawks 3:38.03a

6 Eden Valley-Watkins/Kimball 3:38.25a

7 Pine City 3:41.02a

8 Rush City 3:50.37a

Girls Varsity 4x400 Relay

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Team Time H#

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1 Holdingford 4:01.50a

2 Eden Valley-Watkins/Kimball 4:08.57a

3 New London-Spicer 4:13.94a

4 Braham 4:19.55a

5 St. Cloud Cathedral 4:23.10a

6 Northwest Nighthawks 4:28.42a

7 Howard Lake-Waverly-Winsted 4:31.29a

8 Pine City 4:32.61a

Boys Varsity 4x800 Relay

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Team Time H#

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1 Pierz 8:18.86a

2 Howard Lake-Waverly-Winsted 8:18.98a

3 Northwest Nighthawks 8:30.74a

4 Eden Valley-Watkins/Kimball 8:40.03a

5 Pine City 8:47.10a

6 Holdingford 8:49.93a

7 New London-Spicer 8:55.76a

8 Rush City 9:04.65a

Girls Varsity 4x800 Relay

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Team Time H#

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1 New London-Spicer 9:34.47a

2 St. Cloud Cathedral 9:37.04a

3 Pierz 9:47.38a

4 Braham 10:15.63a

5 Paynesville 10:30.19a

6 Eden Valley-Watkins/Kimball 10:47.80a

7 Rush City 10:50.15a

8 Atwater-Cosmos-Grove City 11:09.09a

Boys Varsity Shot Put

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Athlete Yr Team Mark H#

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- 1 Noah Dietel 12 Litchfield 53-9.75
- 2 Thomas Lindenfelser 12 Howard Lake-Waverly-Winsted 48-11.25
- 3 Sebastian Meyer 12 Maple Lake 48-0.25
- 4 Wyatt Brezinka 11 Pierz 47-7.5
- 5 Evan Jones 11 New London-Spicer 47-1.5
- 6 Izrael Jimenez 10 Litchfield 46-10.25
- 7 Josh Bergfalk 10 Rush City 46-9.25
- 8 Garret Leenstra 12 New London-Spicer 44-5.5
- 9 Deagan Weatherholt 12 Litchfield 44-3.25
- 10 Chris Wentland 12 Holdingford 43-11.5
- 11 John Hughes 10 St. Cloud Cathedral 43-1.75
- 12 Theodore Auer 10 Holdingford 42-10.5
- 13 Caleb Krattenmaker 12 Holdingford 42-6
- 14 Logan Diers 12 Howard Lake-Waverly-Winsted 42-4
- 15 Leo Hintgen 9 St. John's Prep 41-3
- 16 Dominic Nahl 11 Braham 40-0.5

Girls Varsity Shot Put

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Athlete Yr Team Mark H#

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- 1 Elsa Gray 9 Pierz 38-10.25
- 2 Stacy Scherber 10 Maple Lake 34-9
- 3 Beverly Rentz 11 Pierz 33-8.75
- 4 Myra Roubinek 10 Pine City 33-6
- 5 Chloe Johnson 9 Litchfield 33-5.25
- 6 Abigail Hughes 8 St. Cloud Cathedral 32-10.5
- 7 Keira Gray 12 Pierz 32-7.5
- 8 Ava Burau 12 Litchfield 32-1.5
- 9 Bridget Golly 12 Braham 31-9.5
- 10 Abby Wimmer 11 Upsala/Swanville 31-1.75
- 11 Alivia Schaefer 11 Paynesville 30-0.75
- 12 Genevieve Mrozek 11 Upsala/Swanville 29-8.5
- 13 Emma Kobernusz 12 Holdingford 29-3
- 14 DeMaya Beaulieu 11 Hinckley-Finlayson 29-1.75
- 15 Emma Friedel 12 New London-Spicer 28-5.5
- 16 Haidynn Rondeau 11 Paynesville 27-3.5

Boys Varsity Discus

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Athlete Yr Team Mark H#

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- 1 Noah Dietel 12 Litchfield 152-8
- 2 Gaige Knisley 12 New London-Spicer 146-6
- 3 Caleb Krattenmaker 12 Holdingford 142-8
- 4 Jalen Prevo 10 Litchfield 141-4
- 5 Quinn Guthrie 11 Upsala/Swanville 135-11
- 6 Josh Bergfalk 10 Rush City 135-5
- 7 Ben Yanta 11 Pierz 134-9
- 8 Wyatt Brezinka 11 Pierz 132-10

- 9 Toby Welle 10 Holdingford 130-10
- 10 Cameron Oetterer 11 East Central 124-5
- 11 Dominic Nahl 11 Braham 122-6
- 12 Josh Ostvig 11 Litchfield 121-0
- 13 Chris Wentland 12 Holdingford 120-8
- 14 Dan Hughes 12 St. Cloud Cathedral 119-1
- 15 Zach Murphy 12 Howard Lake-Waverly-Winsted 116-6
- 16 John Hughes 10 St. Cloud Cathedral 111-3

Girls Varsity Discus

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Athlete Yr Team Mark H#

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- 1 Chloe Kowalczyk 12 Litchfield 127-7
- 2 Ava Burau 12 Litchfield 126-0
- 3 Beverly Rentz 11 Pierz 117-7
- 4 Genevieve Mrozek 11 Upsala/Swanville 112-9
- 5 Elsa Gray 9 Pierz 111-0
- 6 Lily Christensen 11 Litchfield 105-10
- 7 Abby Wimmer 11 Upsala/Swanville 104-6
- 8 Sophie Halvorson 11 Ogilvie 102-9
- 9 Brielle Kloos 9 Howard Lake-Waverly-Winsted 99-7
- 10 Stacy Scherber 10 Maple Lake 97-11
- 11 Quinn Eisenbacher 12 Atwater-Cosmos-Grove City 97-7
- 12 Alivia Schaefer 11 Paynesville 97-1
- 13 Lily Rootkie 10 Pine City 93-7
- 14 Elizabeth Kobernusz 9 Holdingford 89-9
- 15 Cheniah Anderson 10 Rush City 88-7
- Ashlee Dingmann 10 Pierz FS

Boys Varsity High Jump

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Athlete Yr Team Mark H#

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- 1 Timmy Webber 12 Howard Lake-Waverly-Winsted 6-6
- 2 Lucas Gerads 11 Upsala/Swanville 6-4
- 3 Dawson Hofer 11 Holdingford 6-2
- 4 Brandon Solinger 11 Pierz 6-2
- 5 Logan Hagedorn 10 New London-Spicer 6-2
- 5 Caleb Guthrie 11 Upsala/Swanville 6-2
- 7 George Riviere 10 Maple Lake 6-2
- 8 Paul Nieman 11 Pierz 6-0
- 9 Jonathon Clennon 10 East Central 5-10
- 10 Caleb Buzo 12 East Central 5-10
- 11 Jacob Lyons Jr. 12 Hinckley-Finlayson 5-8
- 12 Kaleb Poser 11 Pierz 5-6
- 13 Zachary Lageson 11 New London-Spicer 5-4
- 14 Aidyn Brutger 12 Eden Valley-Watkins/Kimball 5-2
- 15 Jack Wilkening 11 East Central 5-2
- 15 William Kostohryz 9 Pine City 5-2
- Christian Lofton 10 Litchfield NM

Girls Varsity High Jump

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Athlete Yr Team Mark H#

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- 1 Danica Pederson 12 New London-Spicer 5-3
- 2 Clara Niessen 10 Rush City 5-1
- 2 Rilee Breth 12 Holdingford 5-1
- 2 Kora Toops 10 Pierz 5-1
- 5 Olivia Klasen 11 Upsala/Swanville 5-1
- 6 Korbin Tanner 9 New London-Spicer 4-11
- 7 Kendra Schutz 12 Eden Valley-Watkins/Kimball 4-11
- 8 Miley Kuechle 9 Eden Valley-Watkins/Kimball 4-9
- 8 Reese Hartkopf 11 Maple Lake 4-9
- 8 Capri Sorenson 11 Howard Lake-Waverly-Winsted 4-9
- 8 Teresa Root 12 Pine City 4-9
- 12 Izzy Melgaard 10 Maple Lake 4-9
- 13 Katelyn Guggemos 12 Litchfield 4-7
- 13 Ava Blowers 11 Hinckley-Finlayson 4-7
- 15 Hailey Gall 11 Pierz 4-7
- 16 Jessica Mamedov 12 St. John's Prep 4-7

Boys Varsity Pole Vault

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Athlete Yr Team Mark H#

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- 1 Cameron Martini 12 Holdingford 12-4
- 2 Garrett Seelen 11 Pierz 11-10
- 3 Micah Morrison 12 Atwater-Cosmos-Grove City 11-10
- 4 Kuba Heikkila 12 St. Cloud Cathedral 11-4
- 5 Broden Gustafson 12 Holdingford 10-10
- 6 Braydin Olesch 11 Pierz 10-4
- 7 Hayden Dircks 12 Maple Lake 10-4
- 8 Gage Pederson 10 New London-Spicer 10-4
- 9 Gino Mettling 9 Pine City 10-4
- 10 Tristan Swart 9 Howard Lake-Waverly-Winsted 9-10
- 11 Parker Talberg 11 Pierz 9-10
- 12 Owen Meyer 9 Atwater-Cosmos-Grove City 9-4
- Jackson Eldred 11 Howard Lake-Waverly-Winsted NM
- Blake Stoeber 11 Maple Lake NM
- Abraham Howard 11 St. Cloud Cathedral NM
- Joe Cluever 11 St. Cloud Cathedral NM
- James Monson 12 Rush City NM

Girls Varsity Pole Vault

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Athlete Yr Team Mark H#

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- 1 Kennadee Volk 12 East Central 10-2
- 2 Katey Thieman 11 Pine City 9-2
- 3 Gracie Larson 12 Pine City 8-8
- 4 Angelika Diakite 12 Holdingford 8-2
- 5 Mackenzie Parks 10 Howard Lake-Waverly-Winsted 8-2
- 6 Lauren Ellefson 10 Paynesville 8-2
- 7 Abigail Virnig 12 Pierz 8-2

8 Madelyn Philippi 10 Holdingford 7-8
 8 Emily Davis 12 Braham 7-8
 10 Isabella Borrell 11 Howard Lake-Waverly-Winsted 7-8
 10 Alivia Seppelt 9 Pierz 7-8
 12 Khloe Lieser 10 Paynesville 7-8
 12 Natalie Vossen 11 Eden Valley-Watkins/Kimball 7-8
 14 Whitney Anderson 9 Belgrade-Brooten-Elrosa 7-2
 14 Ava Fleischhacker 10 Paynesville 7-2
 16 Mercedes Martini 7 Holdingford 7-2
 17 Valencia Kester 8 East Central 6-8
 17 Paizli Cordes 9 Atwater-Cosmos-Grove City 6-8
 19 Katie Ziegler 9 Litchfield 6-8

Boys Varsity Long Jump

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Athlete	Yr	Team	Mark	H#	Wind
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1	Timmy Webber	12	Howard Lake-Waverly-Winsted	21-8.25	0.0
2	Max Vannurden	11	Royalton	21-2	0.0
3	Paul Nieman	11	Pierz	20-6.75	0.0
4	Cole Palmer	11	Litchfield	20-6	0.0
5	Joe Aasen	12	Maple Lake	20-5	0.0
6	Brody Barnes	10	Howard Lake-Waverly-Winsted	20-3.75	0.0
7	Kameron Sand	12	Holdingford	20-2.75	0.0
8	Sasha Heikkila	10	St. Cloud Cathedral	19-4	0.0
9	Caleb Guthrie	11	Upsala/Swanville	19-3	0.0
10	Brandon Solinger	11	Pierz	18-11	0.0
11	Taylor Pieper	12	Belgrade-Brooten-Elrosa	18-8.5	0.0
12	Kieran Tvedt	12	Hinckley-Finlayson	18-7	0.0
13	Timmy Morris	10	Rush City	18-5	0.0
14	Jax Buersken	10	Holdingford	18-2.5	0.0
15	Joseph Kao	10	Rush City	17-8.5	0.0
--	Ben Gray	12	Hinckley-Finlayson	FS	0.0

Girls Varsity Long Jump

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Athlete	Yr	Team	Mark	H#	Wind
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1	Kendra Heintz	10	Rush City	17-2.5	0.0
2	Davotion Buttruff	9	Howard Lake-Waverly-Winsted	16-8.75	0.0
3	Josy Turck	10	Litchfield	16-7.5	0.0
4	Carly Mitchell	11	Holdingford	16-6.25	0.0
5	Katelyn Delzer	12	New London-Spicer	16-6.25	0.0
6	Emma Wirz	11	Eden Valley-Watkins/Kimball	16-4.75	0.0
7	Susannah Danielson	11	New London-Spicer	16-4.25	0.0
8	Cloey Kolb	12	Paynesville	16-0.75	0.0
9	Peyton Liao	10	Pine City	15-9	0.0
10	Kora Toops	10	Pierz	15-8	0.0
11	Hailey Gall	11	Pierz	15-7.5	0.0
12	Brooke Litke	9	Pierz	15-4.75	0.0
13	Alexis Boonstra	12	Howard Lake-Waverly-Winsted	15-0.5	0.0
14	Dakota Good	9	Paynesville	14-11	0.0
15	Olivia Klasen	11	Upsala/Swanville	13-0	0.0

-- Alaina Koch 12 Howard Lake-Waverly-Winsted FS 0.0

Boys Varsity Triple Jump

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Athlete	Yr	Team	Mark	H#	Wind
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1	Paul	Nieman	11	Pierz	42-7.25 0.0
2	Max	Vannurden	11	Royalton	41-4.5 0.0
3	Hunter	Bush	10	Howard Lake-Waverly-Winsted	40-9.5 0.0
4	Kameron	Sand	12	Holdingford	40-5 0.0
5	Jonathan	Hoffman	11	Ogilvie	40-5 0.0
6	Caleb	Guthrie	11	Upsala/Swanville	40-2.5 0.0
7	Jaxon	Knott	12	Howard Lake-Waverly-Winsted	39-10 -0.3
8	Alex	Stueven	11	Howard Lake-Waverly-Winsted	39-4.75 +0.4
9	Gavin	Sales	12	Holdingford	38-8.5 0.0
10	Kaleb	Poser	11	Pierz	38-3.25 +0.2
11	Simon	Schneider	10	St. Cloud Cathedral	37-9.5 0.0
12	Kole	Knaus	10	Eden Valley-Watkins/Kimball	37-3 +0.4
13	Brenden	Wicklund	9	New London-Spicer	36-3.75 0.0
14	Alex	Rybaski	11	Pierz	35-8.5 0.0
15	Jay	McDonough	8	Holdingford	35-7 0.0
16	Brody	Maagard	10	Ogilvie	35-4.5 +0.8

Girls Varsity Triple Jump

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Athlete	Yr	Team	Mark	H#	Wind
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1	Kendra	Heintz	10	Rush City	38-11
2	Carly	Mitchell	11	Holdingford	35-6.25 0.0
3	Maggie	Gross	11	Holdingford	35-4.5 0.0
4	Emma	Wirz	11	Eden Valley-Watkins/Kimball	35-2 0.0
5	Miley	Kuechle	9	Eden Valley-Watkins/Kimball	34-10 -1.4
6	ZoeAnn	Caseman	10	Braham	34-9.25 0.0
7	Evie	Remer	9	Howard Lake-Waverly-Winsted	34-9 0.0
8	Izabella	Moes	10	Litchfield	34-1.25 0.0
9	Peyton	Liao	10	Pine City	34-1 0.0
10	Katey	Thieman	11	Pine City	33-10 0.0
11	Maya	Gahler	11	Pierz	32-10.75 0.0
12	Peyton	Walberg	9	Maple Lake	32-1.25 0.0
13	Haylie	Wolbeck	12	Royalton	32-0 0.0
14	Kierra	Lease	12	Litchfield	31-3.5 0.0
15	Jessica	Mamedov	12	St. John's Prep	30-10.5 0.0
--	Samantha	Wookey	11	New London-Spicer	FS