

MSHSL Section 7A Championships

Wed, May 27, 2026

University of Minnesota Duluth - Griggs Field, MN US

Womens Varsity

1. Esko	94
2. Crosby-Ironton	86
3. Ely	85
4. Marshall (Duluth)	57
5. Moose Lake/Willow River	49.5
6. Chisholm	42
7. Greenway/Nashwauk-Keewatin	36
8. International Falls	31.5
9. Two Harbors	27.5
10. Mesabi East	26.5
11. Carlton-Wrenshall	26
12. Aitkin	25
13. Cromwell-Wright	24
14. Silver Bay	16
15. DR/N/HC	15
16. Cook County	13
16. Stella Maris Academy	13
18. McGregor	8.5
19. Mountain Iron-Buhl	8
20. South Ridge	6
21. Cherry	5.5
22. Bigfork	4
23. Barnum	3

Mens Varsity

1. Two Harbors	89
2. Esko	79.5
3. Cook County	61
4. Crosby-Ironton	53.5
5. International Falls	53
6. Moose Lake/Willow River	48
7. Barnum	44
8. Cromwell-Wright	43
9. Mesabi East	38
10. McGregor	28
11. Aitkin	27
11. Greenway/Nashwauk-Keewatin	27
13. Carlton-Wrenshall	25
14. Ely	19
15. Stella Maris Academy	16
16. DR/N/HC	15.5
17. Marshall (Duluth)	14
18. Chisholm	7
19. Lakeview Christian Academy	6
20. Mountain Iron-Buhl	3
21. Cherry	2.5
22. Silver Bay	1
22. North Woods	1

Boys Varsity 100 Meters Finals

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Athlete Yr Team Mark H# Wind

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- 1 Talon DeBoer 11 Cook County 10.88a +5.2
- 2 Derek Nooyen 11 Esko 10.93a +5.2
- 3 Kyson Landwehr 12 Barnum 11.04a +5.2
- 4 Chase Walz 12 Esko 11.28a +5.2
- 5 Carter Nelson 12 Two Harbors 11.29a +5.2
- 6 Greyson Chance 12 Greenway/Nashwauk-Keewatin 11.33a +5.2
- 7 Georgi Dimitrov 12 Cook County 11.44a +5.2
- 8 Kasen Hill 12 Mesabi East 11.46a +5.2

Boys Varsity 100 Meters Preliminaries

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Athlete Yr Team Mark H# Wind

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- 1 Derek Nooyen 11 Esko 11.08a +3.6
- 2 Talon DeBoer 11 Cook County 11.15a +2.4
- 3 Georgi Dimitrov 12 Cook County 11.41a +3.6
- 4 Greyson Chance 12 Greenway/Nashwauk-Keewatin 11.43a +2.4
- 5 Kasen Hill 12 Mesabi East 11.44a +3.6
- 6 Carter Nelson 12 Two Harbors 11.45a +2.4
- 7 Kyson Landwehr 12 Barnum 11.46a +2.4
- 7 Chase Walz 12 Esko 11.46a +3.6
- 9 Sean Moehlenbrock 12 Mesabi East 11.60a +2.4
- 10 Conner Standridge 10 Greenway/Nashwauk-Keewatin 11.64a +2.4
- 11 Gabriel Standridge 12 Greenway/Nashwauk-Keewatin 11.69a +3.6
- 12 JJ Skalko-Olesiak 12 Cromwell-Wright 11.70a +3.6
- 13 Bryce Maxwell 10 Two Harbors 11.85a +3.6
- 14 Teagan Vogtlin 10 Aitkin 11.91a +2.4

Girls Varsity 100 Meters Finals

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Athlete Yr Team Mark H# Wind

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- 1 Violet Udovich 10 Ely 11.79a +3.6
- 2 Zoe Plombon 11 Chisholm 12.53a +3.6
- 3 Adelyn Parrott 9 Esko 12.87a +3.6
- 4 Delaney Nelson 12 Two Harbors 12.97a +3.6
- 5 Gabby Loucks 10 Carlton-Wrenshall 13.15a +3.6
- 6 Addison Kehn 10 Aitkin 13.45a +3.6
- 7 Avery Lonergan 10 Crosby-Ironton 13.48a +3.6
- 8 Scarlet Higgins 10 Cook County 13.70a +3.6

Girls Varsity 100 Meters Preliminaries

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Athlete Yr Team Mark H# Wind

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- 1 Violet Udovich 10 Ely 11.92a +4.2
- 2 Zoe Plombon 11 Chisholm 12.52a +1.7
- 3 Adelyn Parrott 9 Esko 12.83a +4.2
- 4 Delaney Nelson 12 Two Harbors 12.97a +1.7
- 5 Gabby Loucks 10 Carlton-Wrenshall 13.21a +4.2
- 6 Addison Kehn 10 Aitkin 13.40a +4.2
- 7 Avery Lonergan 10 Crosby-Ironton 13.46a +1.7
- 8 Scarlet Higgins 10 Cook County 13.51a +4.2

- 9 Josie Watkins 9 DR/N/HC 13.54a +4.2
- 10 Gabrielle Osberg-Lindquis 7 Esko 13.56a +4.2
- 11 Ruby Gulstrand 12 Cook County 13.66a +1.7
- 12 Sophia Naud 12 Esko 13.75a +1.7
- 13 Mary Versteeg 12 International Falls 14.07a +1.7
- 14 Addison Lobe 9 Mountain Iron-Buhl 14.14a +1.7

Boys Varsity 200 Meters

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Joshua Maxwell 12 Two Harbors 22.97a +5.5
- 2 Derek Nooyen 11 Esko 23.05a +5.5
- 3 Layne Radzak 12 Moose Lake/Willow River 23.16a +5.5
- 4 Kyson Landwehr 12 Barnum 23.50a +5.5
- 5 Preston Smith 12 Greenway/Nashwauk-Keewatin 23.77a +1.4
- 6 Cameron Poe-Johnson 10 Two Harbors 23.81a +5.5
- 7 Braylon Kannel 9 Crosby-Ironton 23.85a +5.5
- 8 Eddie Larson 12 Cook County 23.86a +5.5
- 9 Greyson Chance 12 Greenway/Nashwauk-Keewatin 23.97a +5.5
- 10 Kasen Hill 12 Mesabi East 24.07a +1.4
- 11 Brody Berg 10 DR/N/HC 24.40a +1.4
- 12 Donovan Barden 10 McGregor 24.43a +1.4
- 13 Lamont Sersha 9 Cherry 24.98a +1.4
- 14 Cole Pederson 11 Cook County 25.27a +1.4

Girls Varsity 200 Meters

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Athlete	Yr	Team	Mark	H#	Wind
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- 1 Violet Udovich 10 Ely 25.19a +2.0
- 2 Lucy Lewandowski 12 Crosby-Ironton 26.35a +2.0
- 3 Jezirae Flack 11 Chisholm 27.35a +2.0
- 4 Betty Larsen 9 Crosby-Ironton 27.69a +2.0
- 5 Izzy Nelson 11 McGregor 28.18a +2.0
- 6 Teagan DeGroot 9 International Falls 28.19a +3.9
- 7 Sophia Naud 12 Esko 28.47a +3.9
- 8 Gabby Loucks 10 Carlton-Wrenshall 28.51a +2.0
- 9 Miriam Messerschmidt 9 Ely 28.56a +3.9
- 10 Lauren Basaraba 12 International Falls 28.64a +3.9
- 11 Ivy Aldinger 9 Silver Bay 28.69a +3.9
- 12 Delaney Nelson 12 Two Harbors 28.74a +2.0
- 13 Kaydence Prachar 10 Moose Lake/Willow River 28.98a +2.0
- 14 Valerie Melander 12 Silver Bay 29.19a +3.9

Boys Varsity 400 Meters

Athlete Yr Team Mark H#

- 1 Braham Jordan 10 Cromwell-Wright 52.28a
- 2 Ezra Jacobson 10 Crosby-Ironton 53.71a
- 3 Eli Berger 11 Barnum 54.36a
- 4 Chase Walz 12 Esko 54.44a
- 5 Hank Kettelhut 12 Marshall (Duluth) 54.96a
- 6 Donovan Barden 10 McGregor 55.79a
- 7 Alejandro Rivera 12 Two Harbors 56.56a
- 8 Grant Oberg 11 Cook County 56.70a
- 9 Brooks Brenny 11 Ely 56.79a
- 10 Sam Wells 10 Greenway/Nashwauk-Keewatin 57.13a
- 11 Soren Swanson 11 Silver Bay 57.21a
- 12 Coltyn Harcey 11 DR/N/HC 58.34a
- 13 Lawrence Bauman 11 Mesabi East 59.39a
- 14 Jasper Verant 9 Chisholm 1:00.11a

Girls Varsity 400 Meters

Athlete Yr Team Mark H#

- 1 Violet Udovich 10 Ely 56.87a
- 2 Khloey Schmidt 10 Moose Lake/Willow River 1:00.83a
- 3 Lydia Shultz 11 Ely 1:01.65a
- 4 Kiera Kylander-Johnson 11 Marshall (Duluth) 1:03.79a
- 5 Paige Hammill 10 Moose Lake/Willow River 1:04.04a
- 6 Chloe Green 11 Mesabi East 1:04.11a
- 7 Kennedy Otterblad 8 Silver Bay 1:04.70a
- 8 Mya Amundsen 8 Esko 1:04.84a
- 9 Autumn Stangler 9 DR/N/HC 1:06.68a
- 10 Iris Rude 9 Marshall (Duluth) 1:06.71a
- 11 Madelyn Morse 11 South Ridge 1:07.68a
- 12 Leah Las 7 North Woods 1:07.75a
- 13 Izzy Troumbly 7 Greenway/Nashwauk-Keewatin 1:10.55a
- 14 Vivian Reich - Stella Maris Academy 1:13.25a

Boys Varsity 800 Meters

Athlete Yr Team Mark H#

- 1 Oskar Nelson 12 Crosby-Ironton 2:04.57a

2 Brady Forsberg 10 Mesabi East 2:05.70a
 3 Benjamin Wright 12 Lakeview Christian Academy 2:07.14a
 4 Wyatt Devine 10 Ely 2:08.15a
 5 Hunter Applebee 11 DR/N/HC 2:08.18a
 6 Joey Yapel 10 Marshall (Duluth) 2:08.83a
 7 Jorge Gatica 11 Cromwell-Wright 2:10.85a
 8 Lenny Hughes 11 Aitkin 2:11.49a
 9 Oliver Hohenstein 11 Ely 2:12.55a
 10 Karl Tuttle 12 Carlton-Wrenshall 2:16.81a
 11 Carter Pender 11 Chisholm 2:19.82a
 12 Nick Swartz 12 Silver Bay 2:22.95a

Girls Varsity 800 Meters

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Athlete Yr Team Mark H#

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1 Ashley Asmus 11 Aitkin 2:17.38a
 2 Naiya Ruuska 9 Esko 2:17.49a
 3 Bella McCall 10 Moose Lake/Willow River 2:27.33a
 4 Kyla Royseth 8 Mesabi East 2:28.66a
 5 Lucia Lozano 9 Marshall (Duluth) 2:28.74a
 6 Heidi Weis 11 Marshall (Duluth) 2:29.01a
 7 Destiny Schmitz 11 Chisholm 2:29.05a
 8 Sierra Geatz 11 Silver Bay 2:29.08a
 9 Nellie Fitzpatrick 11 Crosby-Ironton 2:29.95a
 10 Hailey Raisanen 8 Esko 2:34.94a
 11 Brietta Lathrop 8 DR/N/HC 2:35.01a
 12 Genet Backman 12 Silver Bay 2:35.27a
 13 Maria Hadrava 10 Mountain Iron-Buhl 2:45.41a
 14 Kylee Villebrun 10 Greenway/Nashwauk-Keewatin 2:52.62a

Boys Varsity 1600 Meters

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Athlete Yr Team Mark H#

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1 Garrett Guida 12 McGregor 4:35.51a
 2 Phoenix Anderson 12 Cromwell-Wright 4:36.66a
 3 Anders Erickson 10 Carlton-Wrenshall 4:39.03a
 4 Justin Reisz 10 Crosby-Ironton 4:39.28a
 5 Brayden Nielsen 12 Greenway/Nashwauk-Keewatin 4:44.04a
 6 Aiden Cernohous 8 Stella Maris Academy 4:50.09a
 7 William Beisang 9 Esko 4:55.52a
 8 Caleb Gilbertson 9 Stella Maris Academy 4:58.33a
 9 Lincoln Antikainen 12 North Woods 5:03.86a

10 Blake Houde 10 Ely 5:06.73a
11 Oren Solum 10 Ely 5:07.01a
12 Chance Jacobsen 10 Cook County 5:09.66a
13 Grady Anderson 9 Ely 5:13.36a
14 Atley Beckstrand 9 Silver Bay 5:16.50a

Girls Varsity 1600 Meters

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Athlete Yr Team Mark H#

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1 Ari Dahl 8 Cromwell-Wright 5:30.24a
2 Destiny Schmitz 11 Chisholm 5:31.29a
3 Taylor Covier 10 Greenway/Nashwauk-Keewatin 5:40.08a
4 Bryn Zallar 8 Stella Maris Academy 5:43.68a
5 Sophia Hanson 8 Crosby-Ironton 5:43.70a
6 Ruth Sandstrom 12 Carlton-Wrenshall 5:44.81a
7 Audrey Collar 10 Barnum 5:46.81a
8 Brietta Lathrop 8 DR/N/HC 5:48.97a
9 Katie Heikkila 12 McGregor 5:49.00a
10 Madeline Plote - Stella Maris Academy 5:58.57a
11 Ezme Mundell 8 Cook County 5:58.63a
12 Haley Freiermuth 9 Cromwell-Wright 6:01.47a
13 Pejah Reichensperger 8 Greenway/Nashwauk-Keewatin 6:04.45a
14 Braelyn Domitrovich 8 International Falls 6:14.21a
15 Katy Brophy 9 Ely 6:14.70a

Boys Varsity 3200 Meters

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Athlete Yr Team Mark H#

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1 Garrett Guida 12 McGregor 9:46.29a
2 Aiden Cernohous 8 Stella Maris Academy 10:16.90a
3 Peter Bartels 9 Crosby-Ironton 10:17.45a
4 Leif Lindstrom 9 Cook County 10:21.65a
5 Carson Gilbertson 7 Stella Maris Academy 10:21.90a
6 Brayden Nielsen 12 Greenway/Nashwauk-Keewatin 10:32.47a
7 Brendan Hendricks 9 Greenway/Nashwauk-Keewatin 10:36.21a
8 Kahlil Lightfeather-Spear 9 North Woods 10:40.70a
9 Willard Wasche 10 Moose Lake/Willow River 11:13.59a
10 Aidan McWilliams 9 Esko 11:23.26a
11 Sheldon Clay 7 Cook County 11:23.55a
12 Lincoln Antikainan 12 North Woods 11:29.59a
13 Eli Berger 11 Barnum 11:33.54a
14 Oren Solum 10 Ely 11:34.13a

Girls Varsity 3200 Meters

Athlete Yr Team Mark H#

- 1 Ari Dahl 8 Cromwell-Wright 12:00.85a
- 2 Taylor Covier 10 Greenway/Nashwauk-Keewatin 12:02.06a
- 3 Regan Klemetsen 9 South Ridge 12:12.18a
- 4 Sarah Moe 10 Mountain Iron-Buhl 12:34.61a
- 5 Isabel Riley 12 Carlton-Wrenshall 12:47.81a
- 6 Bryn Zallar 8 Stella Maris Academy 12:53.79a
- 7 Ezme Mundell 8 Cook County 12:53.95a
- 8 McKenna Severson 7 Crosby-Ironton 13:03.63a
- 9 Izzy Dewey 12 Moose Lake/Willow River 13:05.56a
- 10 Elizabeth Swartz 10 Silver Bay 13:17.91a
- 11 Haley Freiermuth 9 Cromwell-Wright 13:26.99a
- 12 Lindy Dix 8 Cook County 13:30.91a
- 13 Gwen Frank 7 Mesabi East 13:46.57a
- 14 Payson Kunding 9 Ely 13:49.58a

Girls Varsity 100m Hurdles

Athlete Yr Team Mark H# Wind

- 1 Candice Ndomb 11 Marshall (Duluth) 15.86a +2.9
- 2 Hannah Rautell 9 Esko 17.15a +2.9
- 3 Jayden Brunner 12 Greenway/Nashwauk-Keewatin 17.34a +5.2
- 4 Julieauna Johnson 11 Carlton-Wrenshall 17.50a +2.9
- 5 Shea Hennessy 11 Bigfork 17.60a +2.9
- 6 Tia Plombon 9 Chisholm 17.66a +2.9
- 7 Annika Eastham 9 Ely 17.80a +5.2
- 8 Teagen Tessier 11 Carlton-Wrenshall 17.90a +5.2
- 9 Ivy Ferguson 8 Stella Maris Academy 18.33a +2.9
- 10 Brooklyn Alesch 9 Cherry 18.37a +5.2
- 11 Gwen Gabrielson 10 Two Harbors 18.40a +5.2
- 12 Shabrea O'Neil 7 Chisholm 18.43a +2.9
- Izzy Nelson 11 McGregor DQ +2.9

Boys Varsity 110m Hurdles

Athlete Yr Team Mark H# Wind

- 1 Tommy DeChantal 12 Two Harbors 14.91a +4.1
- 2 Ben Schmitz 11 Esko 15.99a +4.1

3 Wyatt Jantzen 12 International Falls 16.51a +4.1
 4 Owen Spender 10 Carlton-Wrenshall 17.15a +4.1
 5 Charlie Pearson 11 Chisholm 18.22a +4.1
 6 Amos Grover 9 Barnum 18.68a +4.1
 7 Corinthian Gavol 10 Mesabi East 19.10a +4.1
 8 Cody Erickson 11 Mesabi East 19.52a +0.3
 9 Toivo Forsman 9 Ely 19.59a +4.1
 10 Simon Fuhrer 11 International Falls 19.93a +0.3
 11 Mason LaMotte 10 Mesabi East 19.97a +0.3
 12 Colton Armbrust 12 Crosby-Ironton 21.71a +0.3
 13 Bryten Donnelly 10 Crosby-Ironton 22.82a +0.3

Boys Varsity 300m Hurdles

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Athlete Yr Team Mark H#

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1 Tommy DeChantal 12 Two Harbors 40.15a
 2 Wyatt Jantzen 12 International Falls 42.60a
 3 Will Fransen 12 Two Harbors 42.66a
 4 Tra' Jones 9 DR/N/HC 44.62a
 5 Nicholas Spry 12 Cook County 45.60a
 6 Owen Spender 10 Carlton-Wrenshall 45.70a
 7 Charlie Pearson 11 Chisholm 45.94a
 8 Corinthian Gavol 10 Mesabi East 46.22a
 9 Connor Beise 10 Moose Lake/Willow River 46.40a
 10 Marcel Ricardo 12 Marshall (Duluth) 46.67a
 11 Blake Granholm 10 Cromwell-Wright 46.86a
 12 Rowen Radel 10 Greenway/Nashwauk-Keewatin 48.65a
 13 Cody Erickson 11 Mesabi East 49.72a
 -- Aiden Sawyer 10 Esko DQ

Girls Varsity 300m Hurdles

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Athlete Yr Team Mark H#

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1 Candice Ndomb 11 Marshall (Duluth) 44.75a
 2 Isabella Macho 11 Ely 49.52a
 3 Ila Hemstad 9 International Falls 50.33a
 4 Ivy Ferguson 8 Stella Maris Academy 51.51a
 5 Isabella Nyberg 11 Cromwell-Wright 51.65a
 6 Sophia Schut 9 Silver Bay 52.13a
 7 Josie Watkins 9 DR/N/HC 52.90a
 8 Teagen Tessier 11 Carlton-Wrenshall 53.08a
 9 Mattie Lindsay 10 Ely 53.62a

10 Shabrea O'Neil 7 Chisholm 54.33a
11 Nora Hurst 11 Barnum 54.50a
12 Julieauna Johnson 11 Carlton-Wrenshall 55.72a
13 Audrey Marsh 9 Esko 56.35a
14 Marta Forsline 12 Mesabi East 58.45a

Boys Varsity 4x100 Relay

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Team Time H#

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1 Moose Lake/Willow River 44.92a

2 Cook County 45.03a

3 Greenway/Nashwauk-Keewatin 45.96a

4 Aitkin 46.07a

5 Mesabi East 47.16a

6 Barnum 47.32a

7 Ely 52.33a

-- Crosby-Ironton DQ

Girls Varsity 4x100 Relay

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Team Time H#

=====

1 Esko 51.97a

2 Crosby-Ironton 52.50a

3 International Falls 52.66a

4 Moose Lake/Willow River 52.90a

5 Chisholm 52.96a

6 Two Harbors 53.82a

7 Marshall (Duluth) 53.95a

8 Barnum 54.77a

9 Mesabi East 56.65a

10 Cherry 57.63a

Boys Varsity 4x200 Relay

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Team Time H#

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1 Two Harbors 1:33.01a

2 Moose Lake/Willow River 1:33.49a

3 Cook County 1:34.27a

4 Greenway/Nashwauk-Keewatin 1:37.68a

5 Marshall (Duluth) 1:39.31a

6 Cromwell-Wright 1:40.17a

7 Mesabi East 1:43.66a

8 International Falls 1:46.34a

Girls Varsity 4x200 Relay

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Team Time H#

=====

1 Crosby-Ironton 1:49.54a

2 Moose Lake/Willow River 1:50.11a

3 Chisholm 1:50.57a

4 Esko 1:51.82a

5 International Falls 1:52.17a

6 Marshall (Duluth) 1:56.93a

7 Silver Bay 1:57.82a

8 Mesabi East 1:58.72a

Boys Varsity 4x400 Relay

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Team Time H#

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1 Cromwell-Wright 3:32.22a

2 Two Harbors 3:32.32a

3 Esko 3:44.99a

4 Moose Lake/Willow River 3:49.37a

5 Ely 3:50.38a

6 Mesabi East 3:51.86a

7 DR/N/HC 3:52.82a

8 Chisholm 4:05.91a

Girls Varsity 4x400 Relay

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Team Time H#

=====

1 Moose Lake/Willow River 4:05.91a

2 Esko 4:07.78a

3 Ely 4:23.34a

4 International Falls 4:24.47a

5 Marshall (Duluth) 4:33.76a

6 DR/N/HC 4:38.59a

7 Crosby-Ironton 4:40.76a

8 Mesabi East 5:04.49a

Boys Varsity 4x800 Relay

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Team	Time	H#
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1 Cromwell-Wright 8:32.48a

2 Ely 8:34.88a

3 Esko 8:52.23a

4 Crosby-Ironton 8:53.35a

5 Carlton-Wrenshall 9:11.46a

6 Cook County 9:12.26a

7 International Falls 9:31.54a

8 Silver Bay 9:37.06a

Girls Varsity 4x800 Relay

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Team	Time	H#
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1 Esko 9:47.76a

2 Silver Bay 9:54.47a

3 Marshall (Duluth) 10:24.61a

4 Ely 10:26.34a

5 Crosby-Ironton 10:29.02a

6 Mesabi East 10:44.22a

7 Greenway/Nashwauk-Keewatin 11:04.43a

8 Carlton-Wrenshall 11:07.41a

Boys Varsity Shot Put

Athlete Yr Team Mark H#

- 1 Lucas Hollis 12 International Falls 50-4
- 2 Julian Class 10 Barnum 47-5
- 3 Jonathan Kinsey 11 Two Harbors 45-6
- 4 Sig Ginter 11 International Falls 44-6
- 5 George Stark 11 Mesabi East 44-4.5
- 6 Andy Davenport 11 International Falls 42-6
- 7 Ryan Stone 10 Two Harbors 40-4
- 8 Matthew Shaw 11 Carlton-Wrenshall 38-9.5
- 9 Elysee Beya 12 Marshall (Duluth) 37-6.5
- 10 Grady Knapper 11 Mountain Iron-Buhl 36-8.5
- 11 Graham Oberholtzer 11 Cook County 35-11
- 12 Dain Thompson 11 Silver Bay 35-8.5
- 13 Connor Barden 12 McGregor 35-5

Girls Varsity Shot Put

Athlete Yr Team Mark H#

- 1 Maya Johnson 11 Esko 38-11.5
- 2 Sophia Strom 11 Crosby-Ironton 35-4.5
- 3 Lauren Berglund 11 Cook County 34-0.5
- 4 Veronica Millsop 11 Crosby-Ironton 32-9
- 5 Zoe Kacures 12 Cook County 32-1.5
- 6 Josie Baumgard 11 Chisholm 31-8.5
- 7 Ariaana Schjenken 12 DR/N/HC 31-6
- 8 Reagan Spaeth 12 McGregor 30-6.5
- 9 Lauren Basaraba 12 International Falls 29-0
- 10 Brynn von Goertz 10 Two Harbors 28-9.5
- 11 Jessica Goble 11 Moose Lake/Willow River 28-6.5
- 12 Mariah Lucero 12 Marshall (Duluth) 26-5
- 13 Willow Horack 11 Greenway/Nashwauk-Keewatin 26-0
- 14 Grace Maunu 12 Mesabi East 25-11

Boys Varsity Discus

Athlete Yr Team Mark H#

- 1 Jonathan Kinsey 11 Two Harbors 143-9

2 Graham Oberholtzer 11 Cook County 143-3
3 Matthew Shaw 11 Carlton-Wrenshall 140-6
4 Connor Barden 12 McGregor 130-10
5 Lucas Hollis 12 International Falls 126-1
6 Andy Davenport 11 International Falls 121-10
7 Julian Class 10 Barnum 120-10
8 George Stark 11 Mesabi East 120-1
9 Sawyer Morrison 10 South Ridge 116-10
10 Lute Jansen 11 Cook County 115-5
11 Zach Johnson 12 Lakeview Christian Academy 115-1
12 Beaudry Virden 12 Greenway/Nashwauk-Keewatin 107-3
13 Emmett Boes 10 Ely 100-5
14 Elijah Nelson 12 South Ridge 97-0

Girls Varsity Discus

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Athlete	Yr	Team	Mark	H#
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1	Maya Johnson	11	Esko	128-0
2	Kaylin Visser	11	Ely	110-11
3	Alivia Lindekugel	10	Greenway/Nashwauk-Keewatin	103-7
4	Sydney Goss	11	Greenway/Nashwauk-Keewatin	102-7
5	Kylie Mosher	9	Ely	96-1
6	Willow Horack	11	Greenway/Nashwauk-Keewatin	94-4
7	Grace Maunu	12	Mesabi East	92-0
8	Abigail McConnell	10	Esko	90-10
9	Elizabeth Morris	12	Aitkin	90-4
10	Sage Hennen	12	South Ridge	81-11
11	Brynn von Goertz	10	Two Harbors	80-6
12	Ariahana Schjenken	12	DR/N/HC	74-9
13	Madison Siedlecki	11	Moose Lake/Willow River	58-11
--	Sophia Strom	11	Crosby-Ironton	FS

Boys Varsity High Jump

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Athlete	Yr	Team	Mark	H#
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1	Kyson Landwehr	12	Barnum	6-2
2	Ben Schmitz	11	Esko	6-0
3	Oliver Smith	11	Crosby-Ironton	5-10
3	Izaak Zimmer	12	Esko	5-10
5	Jace Gomez	12	Two Harbors	5-8
6	Kaiden Skeie	10	Mountain Iron-Buhl	5-6
7	Urijah Cegon	9	Cherry	5-4

7 Tra' Jones 9 DR/N/HC 5-4
9 Lucas Chesbrough 12 Moose Lake/Willow River 5-4
10 Levi Ruotsalainen 11 Cherry 5-4
-- Jacksen Bayliss 9 Cherry NM
-- Tripp Oman 8 Chisholm NM
-- Wyatt Jantzen 12 International Falls NM

Girls Varsity High Jump

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Athlete Yr Team Mark H#

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1 Lydia Shultz 11 Ely 5-3
2 Addi Metz 9 Moose Lake/Willow River 5-2
3 Marta Forsline 12 Mesabi East 5-2
4 Brooklyn Raiche 9 Aitkin 4-10
5 Lilly Clayton 9 McGregor 4-8
5 Olivia Hagglund 10 Two Harbors 4-8
7 Ashlyn Schwarz 12 DR/N/HC 4-6
8 Aleina Whitehouse 10 Moose Lake/Willow River 4-6
8 Abbie Berndt 8 Mesabi East 4-6
10 Jezirae Flack 11 Chisholm 4-6
11 Kahlyn Hyde 8 Bigfork 4-6
12 Izzy Nelson 11 McGregor 4-4
13 Kailee Pink 8 Cherry 4-4
-- Gianna Madill 11 Esko NM

Boys Varsity Pole Vault

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Athlete Yr Team Mark H#

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1 Micah Thompson 12 Moose Lake/Willow River 11-6
2 Ezra Jacobson 10 Crosby-Ironton 11-6
3 Kasen Hill 12 Mesabi East 10-6
4 Simon Fuhrer 11 International Falls 10-6
5 Camden Deedrick 12 International Falls 10-6
6 Weston Kyllonen 10 Aitkin 10-0
7 Andrew Dale 11 International Falls 9-6
8 Radlee Cooper 8 Cherry 9-0
9 Timothy Green 12 Mesabi East 8-6
10 Evan Rasmussen 9 Crosby-Ironton 8-6
-- Jasper Helander 12 Mountain Iron-Buhl NM
-- Carter Thompson 9 Moose Lake/Willow River NM
-- Nolan Hendrickson 10 Esko NM
-- Liam Fitzpatrick 8 Crosby-Ironton NM

Girls Varsity Pole Vault

Athlete Yr Team Mark H#

- 1 Lucy Lewandowski 12 Crosby-Ironton 9-0
- 2 Aubree Babler 8 Crosby-Ironton 8-0
- 3 Charli Kangas 9 Cherry 7-6
- 3 Lauren Basaraba 12 International Falls 7-6
- 5 Madeline Hipp 11 Esko 7-6
- 6 Brooklyn Raiche 9 Aitkin 7-0
- 7 Allie Ostrowski 12 Aitkin 7-0
- 7 Esme Deedrick 11 International Falls 7-0
- 7 Georgianna Toftness 10 Crosby-Ironton 7-0
- 10 Serenity Friend 10 Chisholm 6-6
- 11 Paityn Hawkins 8 Aitkin 6-6
- Emma Brokaw 8 International Falls NM

Boys Varsity Long Jump

Athlete Yr Team Mark H# Wind

- 1 Ben Schmitz 11 Esko 21-2.25 -1.8
- 2 Isaiah Baker 12 Aitkin 21-2 -1.3
- 3 Derek Nooyen 11 Esko 20-10.25 -1.0
- 4 Eddie Larson 12 Cook County 20-3.75 -2.2
- 5 Jeremy Henson 12 Crosby-Ironton 20-0.75 -2.0
- 6 Brody Berg 10 DR/N/HC 19-6.5 -2.4
- 7 MaCoy Fairbanks 11 Cook County 19-6 -0.9
- 8 Kyson Landwehr 12 Barnum 19-3 -1.0
- 9 Sean Moehlenbrock 12 Mesabi East 18-5.75 -2.3
- 10 Eldon McLean 12 Crosby-Ironton 18-4.5 -2.7
- 11 Blake Granholm 10 Cromwell-Wright 17-10.5 -1.2
- 12 Max DuChene 10 Chisholm 17-9 -1.1
- 13 Gabriel Standridge 12 Greenway/Nashwauk-Keewatin 17-5 0.0
- Kaden Baribeau 12 Mesabi East FS 0.0

Girls Varsity Long Jump

Athlete Yr Team Mark H# Wind

- 1 Sammie Hachey 12 Crosby-Ironton 15-9 -2.7
- 2 Olivia Hagglund 10 Two Harbors 15-8.25 -2.8
- 3 Gabby Loucks 10 Carlton-Wrenshall 15-6.75 -2.2

4 Autumn Stangler 9 DR/N/HC 15-5.75 -5.2
 5 Lydia Shultz 11 Ely 15-3.25 +0.5
 6 Anna Holmstrom 11 Mountain Iron-Buhl 15-0.25 -2.4
 7 Addison Forsman 12 Ely 14-7.25 -1.4
 8 Ila Hemstad 9 International Falls 14-6 -2.2
 9 Paiton Plante 10 Esko 14-4.25 -1.2
 10 Hannah Hunter 9 Aitkin 14-2.25 -1.5
 11 Auvryana Worlie 9 Chisholm 14-0.5 -0.2
 12 Kaydence Prachar 10 Moose Lake/Willow River 13-11.25 -2.0
 13 Lucy Skifstad 11 Esko 13-10 -2.3
 14 Julia Dykstra 12 International Falls 13-8.5 -2.3

Boys Varsity Triple Jump

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Athlete Yr Team Mark H# Wind

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1 Isaiah Baker 12 Aitkin 43-7 -0.6
 2 Evan Guenther 11 Moose Lake/Willow River 40-10.5 -0.1
 3 Parker Backstrom 12 Cook County 40-5.25 -2.4
 4 Kaden Baribeau 12 Mesabi East 39-3 -1.5
 5 Jace Gomez 12 Two Harbors 39-3 -2.6
 6 Borislav Pashov 11 Marshall (Duluth) 38-7.5 -3.7
 7 Deklinn Sheldon 9 Esko 37-10.5 0.0
 8 Lucas Chesbrough 12 Moose Lake/Willow River 37-9 -2.4
 9 Sam Wells 10 Greenway/Nashwauk-Keewatin 37-8.5 -1.9
 10 Charlie Pearson 11 Chisholm 36-7.25 -2.2
 11 Izaac Zimmer 12 Esko 35-6.5 +0.1
 12 Andrew Dale 11 International Falls 35-1.5 -2.3
 13 Alarik Storlie 8 Bigfork 34-0 -2.8
 14 Rowen Radel 10 Greenway/Nashwauk-Keewatin 31-8.5 -2.0

Girls Varsity Triple Jump

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Athlete Yr Team Mark H# Wind

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1 Whitney Hanson 12 Esko 33-6.75 -1.9
 2 Olivia Hagglund 10 Two Harbors 33-3.75 -0.7
 3 Dativah Majwega 11 Marshall (Duluth) 32-11.5 -1.8
 4 Chloe Green 11 Mesabi East 32-8.5 -2.1
 5 Ava Vee 12 Marshall (Duluth) 32-0.75 -2.3
 6 Hailey Munsterteiger 10 Aitkin 31-7.5 -0.2
 7 Auvryana Worlie 9 Chisholm 31-4 -1.8
 8 Lucy Skifstad 11 Esko 30-11.75 -3.4
 9 Keira Kangas 7 Cherry 30-11.75 -1.6

10 Addison Forsman 12 Ely 30-11.5 -0.8
11 Anna Holmstrom 11 Mountain Iron-Buhl 30-10.75 -0.2
12 Teagan DeGroot 9 International Falls 30-10 -0.9
13 Lilly Clayton 9 McGregor 30-10 -2.4
-- Shea Hennessy 11 Bigfork FS 0.0