

MSHSL Section 7AAA Championships
Forest Lake HS - 5/27/2026 to 5/29/2026

Results**Girls 100 Meter Dash**

Section: 11.75 S 5/30/2025 Aliyah Adepoju

Name	Yr	School	Prelims
Preliminaries			
1 Reginae Tandoh	11	Centennial	12.16QNWI
2 Lucinda Nde	10	Anoka	12.19QNWI
3 Tayalekay Borh	11	Blaine	12.36QNWI
4 Aliyah Adepoju	12	Blaine	12.40q NWI
5 Ja'Mya Viney	11	Anoka	12.44q NWI
6 Mia Eberth	11	Duluth East	12.50q NWI
7 Avery Nelson	11	Andover	12.53q NWI
8 Summer Borsheim	10	Forest Lake	12.60q NWI
9 Jada Bahnson	11	Blaine	12.69q NWI
10 Angela Mahnke	10	Forest Lake	12.76 NWI
11 Danielle Ude	11	Coon Rapids	12.79 NWI
12 Abigail Salami	9	Anoka	12.82 NWI
13 Amari Royal	11	Coon Rapids	12.82 NWI
14 Briella Nichols	10	Cambridge-Is	12.85 NWI
15 Mahlia Galimah	12	Coon Rapids	12.91 NWI
16 Madison Schuneman	11	Centennial	12.92 NWI
17 Sage Taylor	9	Andover	13.02 NWI
18 Elaina Bellows	12	Cambridge-Is	13.04 NWI
19 Abigail Schroeder	12	Andover	13.09 NWI
20 Zoe Luthner	10	Forest Lake	13.28 NWI
21 Grace Baumgartner	10	Centennial	13.45 NWI
22 Julia Davis	12	Duluth East	13.51 NWI
23 Briana Hilden	11	Cambridge-Is	13.67 NWI
24 Nora Langford	11	Duluth East	13.77 NWI

Girls 100 Meter Dash Wheelchair

Name	Yr	School	Finals
Finals			
1 Gia O'Groske	9	Coon Rapids	24.49 1

Girls 100 Meter Dash

Section: 11.75 S 5/30/2025 Aliyah Adepoju

Name	Yr	School	Finals
Finals			
1 Reginae Tandoh	11	Centennial	12.37 12
2 Lucinda Nde	10	Anoka	12.42 10
3 Aliyah Adepoju	12	Blaine	12.56 8
4 Mia Eberth	11	Duluth East	12.67 6
5 Avery Nelson	11	Andover	12.67 5
6 Tayalekay Borh	11	Blaine	12.69 4
7 Ja'Mya Viney	11	Anoka	12.71 3
8 Jada Bahnson	11	Blaine	12.92 2
9 Summer Borsheim	10	Forest Lake	12.94 1

Girls 200 Meter Dash

Section: 24.74 S 2023 Anika Larson

Name	Yr	School	Prelims
Preliminaries			
1 Addison Stadden	12	Blaine	25.08QNWI

2 Reginae Tandoh	11	Centennial	25.12QNWI
3 Mia Eberth	11	Duluth East	25.46QNWI
4 Solange Barkon	12	Coon Rapids	26.09q NWI
5 Serenity Black	10	Anoka	26.22q NWI
6 Amari Royal	11	Coon Rapids	26.37q NWI
7 Madison Schuneman	11	Centennial	26.42q NWI
8 Avery Nelson	11	Andover	26.49q NWI
9 Sage Taylor	9	Andover	26.53q NWI
10 Angela Mahnke	10	Forest Lake	26.80 NWI
11 Valery Oyou	12	Andover	26.87 NWI
12 Mackenzie Werner	12	Duluth East	27.00 NWI
13 Eloise Johnson	10	Centennial	27.09 NWI
14 Chloe Rist	10	Cambridge-Is	27.31 NWI
15 Arianna Schmidt	10	Anoka	27.43 NWI
16 Natalie Hauge	10	Coon Rapids	27.46 NWI
17 Jaeda Archer	9	Blaine	27.51 NWI
18 Alice Goya	12	Blaine	27.57 NWI
19 Mallory Deering	10	Cambridge-Is	27.61 NWI
20 Remi Jurkovich	10	Forest Lake	27.75 NWI
21 Ashley Warren	10	Anoka	27.86 NWI
22 Charlotte Hanson	10	Forest Lake	28.07 NWI
23 Scarlett Spike	9	Cambridge-Is	28.48 NWI
24 Mara Henson	9	Duluth East	28.84 NWI

Girls 200 Meter Dash

Section: 24.74 S 2023 Anika Larson

Name	Yr	School	Finals
Finals			
1 Reginae Tandoh	11	Centennial	25.38 12
2 Addison Stadden	12	Blaine	25.50 10
3 Mia Eberth	11	Duluth East	25.73 8
4 Solange Barkon	12	Coon Rapids	26.44 6
5 Avery Nelson	11	Andover	26.97 5
6 Sage Taylor	9	Andover	26.97 4
7 Madison Schuneman	11	Centennial	27.07 3
8 Serenity Black	10	Anoka	27.08 2
9 Amari Royal	11	Coon Rapids	27.34 1

Girls 200 Meter Dash Wheelchair

Name	Yr	School	Finals
Finals			
1 Gia O'Groske	9	Coon Rapids	46.76 1

Girls 400 Meter Dash

Section: 55.83 S 2011 Paige Stratioti

Name	Yr	School	Prelims
Preliminaries			
1 Addison Stadden	12	Blaine	57.80Q
2 Talia Mcgee	9	Forest Lake	59.28Q
3 Josephine Kell	10	Blaine	1:00.34Q
4 Ellen Maurer-Jones	10	Duluth East	1:00.70q
5 Ashley Husbyn	9	Cambridge-Is	1:00.83q
6 Magdalene Sulungaine	9	Blaine	1:01.26q
7 Josephine Steinhoff	8	Centennial	1:01.36q
8 Lilly Kuettel	11	Duluth East	1:01.65q

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Results

Preliminaries ... (Girls 400 Meter Dash)

Name	Yr	School	Prelims
9 Ruthann Saari	8	Forest Lake	1:02.26q
10 Khloe Reker	10	Centennial	1:02.42
11 Matoria Kamara	10	Coon Rapids	1:03.42
12 Rachel Nordquist	11	Andover	1:03.85
13 Chloe Hays	9	Forest Lake	1:04.11
14 Elise Popinga	10	Andover	1:04.59
15 Natalie Lauinger	11	Centennial	1:04.86
16 Ashley Warren	10	Anoka	1:05.42
17 Hadassah Franklin	12	Cambridge-Is	1:05.94
18 Julia Steman	10	Cambridge-Is	1:06.15
19 Arianna Schmidt	10	Anoka	1:06.40
20 Natalie Hauge	10	Coon Rapids	1:06.88
21 Barbare Ebralidze	10	Coon Rapids	1:07.88
22 Emily DeBaker	10	Anoka	1:14.64

Girls 400 Meter Dash

Section: 55.83 S 2011 Paige Stratioti

Name	Yr	School	Finals
Finals			
1 Addison Stadden	12	Blaine	55.88 12
2 Talia Mcgee	9	Forest Lake	56.73 10
3 Ashley Husbyn	9	Cambridge-Is	58.89 8
4 Ellen Maurer-Jones	10	Duluth East	59.68 6
5 Josephine Kell	10	Blaine	59.73 5
6 Magdalene Sulungaine	9	Blaine	59.80 4
7 Josephine Steinhoff	8	Centennial	1:00.59 3
8 Lilly Kuettel	11	Duluth East	1:00.63 2
9 Ruthann Saari	8	Forest Lake	1:01.00 1

Girls 400 Meter Dash Wheelchair

Name	Yr	School	Finals
Finals			
1 Gia O'Groske	9	Coon Rapids	1:48.32 1

Girls 800 Meter Run

Section: 2:11.84 S 5/30/2025 Lauren Klein

Name	Yr	School	Prelims
Preliminaries			
1 Lydia Eaton	12	Duluth East	2:19.73Q
2 Lucy Saari	11	Forest Lake	2:21.96Q
3 Lauren Klein	12	Centennial	2:22.67Q
4 Aaliyah Rogers	12	Forest Lake	2:20.16q
5 Grace Potvien	11	Andover	2:24.52q
6 Hailey Kral	11	Blaine	2:24.55q
7 Hazel Hushagen	8	Forest Lake	2:25.75q
8 Savaia Jacobson	11	Duluth East	2:27.36q
9 Samantha Kohlts	11	Duluth East	2:29.51q
10 Isabelle Effinger	10	Blaine	2:30.96
11 Hannah Kolbeck	9	Cambridge-Is	2:35.21
12 Hazel Schmitt	10	Blaine	2:35.64
13 Alexandra Sindt	9	Centennial	2:36.12
14 Madison Chrusciel	11	Centennial	2:36.91
15 Emerine Quinones	12	Coon Rapids	2:37.89

16 Sydney Venhuizen	10	Cambridge-Is	2:43.87
17 Madelyn Burge	9	Cambridge-Is	2:44.79
18 Sophia Huffman	10	Anoka	2:46.31
19 Nyah Fruth	12	Coon Rapids	2:46.56
20 Brynna Peterson	9	Anoka	2:47.27
21 Aubrey Larson	10	Anoka	2:48.25
22 Anne Jendro	12	Andover	2:49.17
23 Gabrielle Reinhart	9	Coon Rapids	2:51.17
24 Rivers Thomsen	10	Andover	2:53.78

Girls 800 Meter Run

Section: 2:11.84 S 5/30/2025 Lauren Klein

Name	Yr	School	Finals
Finals			
1 Lauren Klein	12	Centennial	2:12.30 12
2 Lydia Eaton	12	Duluth East	2:15.81 10
3 Lucy Saari	11	Forest Lake	2:19.67 8
4 Hailey Kral	11	Blaine	2:21.45 6
5 Grace Potvien	11	Andover	2:22.72 5
6 Hazel Hushagen	8	Forest Lake	2:23.47 4
7 Savaia Jacobson	11	Duluth East	2:28.50 3
8 Samantha Kohlts	11	Duluth East	2:29.98 2
9 Aaliyah Rogers	12	Forest Lake	2:30.24 1

Girls 1600 Meter Run

Section: 4:56.86 S 5/30/2025 Norah Hushagen

Name	Yr	School	Finals
Finals			
1 Brynlee Wegener	9	Blaine	5:02.86 12
2 Anna VanAcker	12	Forest Lake	5:10.95 10
3 Lydia Browers	7	Forest Lake	5:19.37 8
4 Anna Swanson	12	Centennial	5:19.78 6
5 Ruby Demmer	11	Coon Rapids	5:22.87 5
6 Sasha Wahman	11	Duluth East	5:23.47 4
7 Julia Strobel	10	Andover	5:25.25 3
8 Elsa Swenson	11	Forest Lake	5:28.02 2
9 Kate Hennes	12	Anoka	5:32.39 1
10 Nora Kuhn	10	Blaine	5:32.95
11 Leah Jongekryg	7	Andover	5:38.53
12 Alexandra Sindt	9	Centennial	5:39.13
13 Ava Johnson	11	Duluth East	5:42.89
14 Victoria Fernandez	10	Anoka	5:45.86
15 Lydia Smisson	12	Cambridge-Is	5:46.26
16 Madison Chrusciel	11	Centennial	5:47.13
17 Taylor Wood	12	Duluth East	5:47.37
18 Alivia Krantz	12	Andover	5:47.97
19 Lucia Larson	9	Cambridge-Is	6:02.47
20 Edith Meberg	7	Blaine	6:11.40
21 Mackenzie Reiland	8	Coon Rapids	6:11.89
22 Olivia Michalke	11	Cambridge-Is	6:16.22
23 Ella LaGree	12	Coon Rapids	6:25.82
24 Haley DeRungs	12	Anoka	6:30.10

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Results**Girls 3200 Meter Run****Section: 10:38.46 S 5/28/2025 Norah Hushagen**

Name	Yr	School	Finals
Finals			
1 Brynlee Wegener	9	Blaine	11:02.46 12
2 Maeta Williams	11	Forest Lake	11:21.09 10
3 Audrey Schwen	10	Blaine	11:25.30 8
4 Stella Powell	12	Duluth East	11:28.30 6
5 Ruby Demmer	11	Coon Rapids	11:36.90 5
6 Lydia Browers	7	Forest Lake	11:38.50 4
7 Carolina Arvold	12	Duluth East	11:39.80 3
8 Kate Hennes	12	Anoka	11:40.26 2
9 Julia Strobel	10	Andover	11:43.97 1
10 Leah Jongekryg	7	Andover	11:48.92
11 Anna VanAcker	12	Forest Lake	11:59.14
12 Emma Delf	10	Centennial	12:19.94
13 Morgan Wood	8	Duluth East	12:22.16
14 Faith Sanden	9	Centennial	12:58.58
15 Lucia Larson	9	Cambridge-Is	13:02.49
16 Audrey Julson	11	Centennial	13:10.74
17 Athena Schoen	12	Cambridge-Is	13:25.14
18 Haley DeRungs	12	Anoka	13:31.19
19 Claire Gitzen	11	Blaine	13:35.48
20 Josephine Sinigaglia	12	Coon Rapids	13:36.06
21 Layla Kieffer	9	Andover	13:45.34
22 Kourtney Towle	9	Cambridge-Is	14:10.05
23 Harper Grad	10	Anoka	15:04.74
--- Vyllette Schneider	11	Coon Rapids	DNS

Girls 100 Meter Hurdles**Section: 14.23 S 2023 Kennedy Martinson**

Name	Yr	School	Prelims
Preliminaries			
1 Domayou Vawah	11	Blaine	14.85QNWI
2 Ethel Cooper	11	Andover	15.51QNWI
3 Payton McKnight	12	Andover	16.05QNWI
4 Ella Sletten	10	Andover	16.09q NWI
5 Kaleigh Dove	11	Blaine	16.52q NWI
6 Isabelle Wegener	11	Blaine	17.01q NWI
7 Gabrielle Moran	8	Anoka	17.21q NWI
8 Sienna MacLeod	9	Centennial	17.59q NWI
9 Sydney Kiawu	11	Coon Rapids	17.71q NWI
10 Addisyn Zimpel	10	Duluth East	17.75 NWI
11 Elizabeth Buffie	12	Anoka	17.76 NWI
12 Alorra Seymour	10	Anoka	17.93 NWI
13 Mikayla DeLuney	11	Forest Lake	17.97 NWI
14 Madeleine Bonnett	12	Forest Lake	18.30 NWI
15 Alyssa Hanson	9	Centennial	18.54 NWI
16 Rozlyn Farr	10	Cambridge-Is	18.66 NWI
17 Milaina Hansen	10	Duluth East	18.95 NWI
18 Katelyn Louks	9	Centennial	19.03 NWI
19 Megan Cronin	12	Cambridge-Is	19.05 NWI
20 Jesalyn Chouinard	12	Forest Lake	19.07 NWI
21 Jessica Freeman	10	Coon Rapids	19.26 NWI

22 Alysa Mertens	11	Cambridge-Is	19.44 NWI
23 Eva Payne	9	Coon Rapids	19.69 NWI

Girls 100 Meter Hurdles**Section: 14.23 S 2023 Kennedy Martinson**

Name	Yr	School	Finals
Finals			
1 Domayou Vawah	11	Blaine	15.13 12
2 Ethel Cooper	11	Andover	15.45 10
3 Payton McKnight	12	Andover	15.52 8
4 Ella Sletten	10	Andover	16.03 6
5 Isabelle Wegener	11	Blaine	17.29 5
6 Gabrielle Moran	8	Anoka	17.57 4
7 Kaleigh Dove	11	Blaine	17.73 3
8 Sydney Kiawu	11	Coon Rapids	17.89 2
9 Sienna MacLeod	9	Centennial	18.19 1

Girls 300 Meter Hurdles**Section: 44.68 S 2005 Bekah Kok**

Name	Yr	School	Prelims
Preliminaries			
1 Domayou Vawah	11	Blaine	44.97Q
2 Alaina Westholm	12	Duluth East	46.63Q
3 Ethel Cooper	11	Andover	47.88Q
4 Isabelle Wegener	11	Blaine	48.30q
5 Kaleigh Dove	11	Blaine	49.40q
6 Payton McKnight	12	Andover	49.64q
7 Jessica Freeman	10	Coon Rapids	49.80q
8 Ella Sletten	10	Andover	49.90q
9 Madeleine Bonnett	12	Forest Lake	51.04q
10 Sienna MacLeod	9	Centennial	52.00
11 Jesalyn Chouinard	12	Forest Lake	52.74
12 Ashley Lehrer	10	Cambridge-Is	52.76
13 Victoria Herzog	12	Cambridge-Is	52.94
14 Brooke Hayes	11	Centennial	53.27
15 Gabrielle Moran	8	Anoka	53.38
16 Eva Payne	9	Coon Rapids	53.71
17 Alyssa Hanson	9	Centennial	53.96
18 Jennifer Freeman	10	Coon Rapids	54.14
19 Addisyn Zimpel	10	Duluth East	54.18
20 Milaina Hansen	10	Duluth East	54.26
21 Mikayla DeLuney	11	Forest Lake	55.19
22 Alorra Seymour	10	Anoka	55.83
23 Alysa Mertens	11	Cambridge-Is	56.06
24 Maggie Wippich	12	Anoka	57.96

Girls 300 Meter Hurdles**Section: 44.68 S 2005 Bekah Kok**

Name	Yr	School	Finals
Finals			
1 Domayou Vawah	11	Blaine	44.87 12
2 Alaina Westholm	12	Duluth East	46.14 10
3 Ethel Cooper	11	Andover	46.34 8
4 Isabelle Wegener	11	Blaine	47.62 6
5 Payton McKnight	12	Andover	47.62 5

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Results**Finals ... (Girls 300 Meter Hurdles)**

Name	Yr	School	Finals
6 Kaleigh Dove	11	Blaine	48.55 4
7 Jessica Freeman	10	Coon Rapids	49.24 3
8 Ella Sletten	10	Andover	51.55 2
9 Madeleine Bonnett	12	Forest Lake	51.90 1

Girls 4x100 Meter Relay

Section: 48.35 S 5/30/2025 Blaine

A Adepoju, J Blair, T Borh, G Kowhegba

Team	Relay	Finals
Finals		
1 Blaine		48.55 12
1) Aliyah Adepoju 12	2) Domayou Vawah 11	
3) Jada Bahnson 11	4) Tayalekay Borh 11	
2 Coon Rapids		48.64 10
1) Solange Barkon 12	2) Mahlia Galimah 12	
3) Amari Royal 11	4) Danielle Ude 11	
3 Anoka		49.11 8
1) Elizabeth Buffie 12	2) Ja'Mya Viney 11	
3) Serenity Black 10	4) Lucinda Nde 10	
4 Forest Lake		49.54 6
1) Zoe Luthner 10	2) Angela Mahnke 10	
3) Remi Jurkovich 10	4) Summer Borsheim 10	
5 Cambridge-Isanti		51.10 5
1) Briella Nichols 10	2) Chloe Rist 10	
3) Briana Hilden 11	4) Elaina Bellows 12	
6 Andover		51.81 4
1) Paige McKnight 10	2) Ella Sletten 10	
3) Abigail Schroeder 12	4) Alyson Johnson 9	
7 Duluth East		52.73 3
1) Addisyn Zimpel 10	2) Nora Langford 11	
3) Mara Henson 9	4) Julia Davis 12	
8 Centennial		53.50 2
1) Grace Baumgartner 10	2) Kathryn Genia 9	
3) Kaylee Tincher 11	4) Eva Kauls 12	

Girls 4x200 Meter Relay

Section: 1:41.49 S 5/30/2025 Blaine

K Wozniak, A Stadden, G Kowhegba, A Adepoju

Team	Relay	Finals
Finals		
1 Coon Rapids		1:43.28 12
1) Solange Barkon 12	2) Mahlia Galimah 12	
3) Matoria Kamara 10	4) Danielle Ude 11	
2 Duluth East		1:45.23 10
1) Lilly Kuettel 11	2) Ellen Maurer-Jones 10	
3) Mackenzie Werner 12	4) Mia Eberth 11	
3 Andover		1:46.31 8
1) Ethel Cooper 11	2) Rachel Nordquist 11	
3) Avery Nelson 11	4) Valery Oyou 12	
4 Blaine		1:47.49 6
1) Aliyah Adepoju 12	2) Alice Goya 12	
3) Bella Perry 11	4) Josephine Kell 10	

5 Cambridge-Isanti	1:47.50 5
1) Briella Nichols 10	2) Elaina Bellows 12
3) Mallory Deering 10	4) Chloe Rist 10
6 Anoka	1:48.02 4
1) Arianna Schmidt 10	2) Ashley Warren 10
3) Abigail Salami 9	4) Tanneh Hunter 9
7 Centennial	1:48.47 3
1) Grace Baumgartner 10	2) Eloise Johnson 10
3) Eva Kauls 12	4) Madison Schuneman 11
8 Forest Lake	1:50.57 2
1) Charlotte Hanson 10	2) Ruthann Saari 8
3) Jasmine Mata 8	4) Lilli Dufour 12

Girls 4x400 Meter Relay

Section: 3:56.81 S 5/30/2025 Blaine

A Stadden, B Perry, M Holle, K Wozniak

Team	Relay	Finals
Finals		
1 Centennial		3:56.50S 12
1) Reginae Tandoh 11	2) Lauren Klein 12	
3) Khloe Reker 10	4) Anna Swanson 12	
2 Forest Lake		3:56.96 10
1) Lucy Saari 11	2) Talia Mcgee 9	
3) Aaliyah Rogers 12	4) Anna VanAcker 12	
3 Anoka		3:58.42 8
1) Taylor Mjohus 11	2) Kara Johnson 11	
3) Tanneh Hunter 9	4) Lucinda Nde 10	
4 Blaine		3:58.43 6
1) Josephine Kell 10	2) Bella Perry 11	
3) Addison Stadden 12	4) Brynlee Wegener 9	
5 Duluth East		4:08.75 5
1) Lilly Kuettel 11	2) Mackenzie Werner 12	
3) Ellen Maurer-Jones 10	4) Lydia Eaton 12	
6 Cambridge-Isanti		4:14.22 4
1) Julia Steman 10	2) Hannah Kolbeck 9	
3) Hadassah Franklin 12	4) Ashley Husbyn 9	
7 Andover		4:16.10 3
1) Rachel Nordquist 11	2) Elise Poppinga 10	
3) Grace Potvien 11	4) Valery Oyou 12	
8 Coon Rapids		4:19.57 2
1) Matoria Kamara 10	2) Shanyah Horton 12	
3) Barbare Ebraldize 10	4) Natalie Hauge 10	

Girls 4x800 Meter Relay

Section: 9:20.15 S 5/31/2024 Centennial

J Zalewski, M Sawvel, L Klein, K Nelson

Team	Relay	Finals
Finals		
1 Forest Lake		9:21.64 12
1) Lucy Saari 11	2) Aaliyah Rogers 12	
3) Hazel Hushagen 8	4) Maeta Williams 11	
2 Blaine		9:33.11 10
1) Audrey Schwen 10	2) Hailey Kral 11	
3) Alayna Kurland 11	4) Nora Kuhn 10	

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Results**Finals ... (Girls 4x800 Meter Relay)**

Team	Relay	Finals
3 Duluth East		9:34.81 8
1) Sasha Wahman 11	2) Samantha Kohlts 11	
3) Stella Powell 12	4) Lydia Eaton 12	
4 Cambridge-Isanti		10:12.02 6
1) Lydia Smisson 12	2) Hannah Kolbeck 9	
3) Sydney Venhuizen 10	4) Ashley Husbyn 9	
5 Anoka		10:21.89 5
1) Taylor Mjølhus 11	2) Kara Johnson 11	
3) Victoria Fernandez 10	4) Brynna Peterson 9	
6 Centennial		10:36.74 4
1) Emma Delf 10	2) Audrey Julson 11	
3) Brooke Hayes 11	4) Eva Kauls 12	
7 Andover		10:41.14 3
1) Emily Schmidt 12	2) Alyssa Etter 11	
3) Taylor Dehn 11	4) Elise Poppinga 10	
8 Coon Rapids		10:52.09 2
1) Emerine Quinones 12	2) Nyah Fruth 12	
3) Ella LaGree 12	4) Josephine Sinigaglia 12	

Girls High Jump

Section: 5-08.25 S 2008

Katie Loberg

Name	Yr	School	Finals
Finals			
1 Ja'Mya Viney	11	Anoka	5-04.00 11
1 Avah Shaw	12	Andover	5-04.00 11
3 Ali Dehnicke	12	Andover	5-02.00 8
4 Hailey Peterson	10	Centennial	5-02.00 6
5 Shanyah Horton	12	Coon Rapids	5-02.00 5
6 Isabella Seibert	9	Blaine	5-00.00 4
7 Kaylie Whisler	10	Blaine	4-10.00 2.5
7 Talia Megee	9	Forest Lake	4-10.00 2.5
9 Kiera Britz	12	Andover	4-08.00 1
10 Alice Goya	12	Blaine	4-08.00
11 Milkahlyne Muriithi	11	Coon Rapids	4-08.00
12 Addie Larkin	11	Cambridge-Is	4-08.00
13 Melanie Johnson	9	Anoka	4-06.00
14 Sophia Thomas	12	Duluth East	4-06.00
15 Paige Gilbertson	10	Cambridge-Is	4-06.00
16 Sophia Watkins	10	Centennial	4-04.00
16 Emily Anderson	9	Anoka	4-04.00
16 Farrah Plocher	9	Cambridge-Is	4-04.00
19 Macy Monson	11	Forest Lake	4-04.00
20 Charlotte Eddy	9	Forest Lake	4-02.00
--- Leidy Gellona Lyons	10	Duluth East	NH
--- Heidi Olson	11	Duluth East	DNS

Girls Pole Vault

Section: 13-00 S 2023

Sofia Condon

Name	Yr	School	Finals
Finals			
1 Aubrey Wilson	12	Cambridge-Is	11-07.00 12
2 Annabelle O'Brien	9	Cambridge-Is	10-10.00 9
2 Hailey Peterson	10	Centennial	10-10.00 9
4 Olivia Nedved	11	Anoka	10-10.00 6

5 Charly Hayes	11	Centennial	9-10.00 5
6 Lilly Vanden Busch	10	Forest Lake	9-10.00 4
7 Maylin Schneider	8	Centennial	9-10.00 3
8 Elizabeth Buffie	12	Anoka	9-04.00 2
9 Madeline O'Brien	12	Cambridge-Is	8-10.00 1
10 Bella DeYoung	11	Forest Lake	8-04.00
11 Milkahlyne Muriithi	11	Coon Rapids	8-04.00
--- Annabelle Brick	10	Blaine	NH
--- Isabelle Wegener	11	Blaine	NH
--- Sophia Thomas	12	Duluth East	NH
--- Alexis Johnson	10	Forest Lake	NH
--- Heidi Olson	11	Duluth East	DNS
--- Scarlett Browne	9	Andover	DNS
--- Tuuli Rova	12	Duluth East	DNS
--- Alana Clark	11	Andover	DNS
--- Ella Thamert	11	Anoka	DNS
--- Annika Schurke	9	Andover	DNS

Girls Long Jump

Section: 19-00 S 2017

Kendra Kelley

Name	Yr	School	Finals
Finals			
1 Tayalekay Borh	11	Blaine	18-06.75 12
2 Reginae Tandoh	11	Centennial	18-03.00 10
3 TaTianna Lindsey	11	Blaine	18-01.00 8
4 Avah Shaw	12	Andover	18-00.75 6
5 Danielle Ude	11	Coon Rapids	17-11.25 5
6 Amelia Sutch	10	Centennial	17-08.50 4
7 Remi Jurkovich	10	Forest Lake	17-06.75 3
8 Ja'Mya Viney	11	Anoka	17-05.75 2
9 Mia Eberth	11	Duluth East	17-04.00 1
10 Summer Borsheim	10	Forest Lake	17-03.75 1.2
11 Jada Bahnson	11	Blaine	16-08.75 1.4
12 Lily Krebsbach	11	Andover	15-11.00 0.5
13 Rilynn Herbst	11	Cambridge-Is	15-08.50 0.1
14 Angela Mahnke	10	Forest Lake	15-06.75 0.7
15 Julia Davis	12	Duluth East	15-05.25 +0.0
16 Ellyn Kyvig	12	Andover	15-02.25 0.3
17 Skyler Jacobson	11	Anoka	15-00.50 0.9
18 Aubrey Wilson	12	Cambridge-Is	14-11.00 1.1
19 Lilly Gravem	11	Cambridge-Is	14-09.50 +0.0
20 Melanie Johnson	9	Anoka	14-07.00 1.6
21 Amari Royal	11	Coon Rapids	14-02.25 1.2
22 Jacqueline Brock	12	Duluth East	13-00.50 0.1
--- Solange Barkon	12	Coon Rapids	FOUL
--- Eloise Johnson	10	Centennial	FOUL

Girls Triple Jump

Section: 37-07.50 S 2016

Abby Jungwirth

Name	Yr	School	Finals
Finals			
1 TaTianna Lindsey	11	Blaine	38-00.25S 12
2 Amelia Sutch	10	Centennial	37-07.00 10
3 Tayalekay Borh	11	Blaine	36-11.25 8
4 Lilly Gravem	11	Cambridge-Is	36-09.75 6
5 Summer Borsheim	10	Forest Lake	36-01.00 5

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Finals ... (Girls Triple Jump)

	Name	Yr	School	Finals
6	Avah Shaw	12	Andover	35-07.00 4
7	Hailey Peterson	10	Centennial	34-08.50 3
8	Elaina Bellows	12	Cambridge-Is	34-03.50 2
9	Eloise Johnson	10	Centennial	34-00.00 1
10	Skyler Jacobson	11	Anoka	33-00.50 +0.0
11	Shanyah Horton	12	Coon Rapids	32-11.00 1.0
12	Richetta Parker	11	Anoka	32-07.00 0.1
13	Jesalyn Chouinard	12	Forest Lake	32-06.25 0.1
14	Jasmine Mata	8	Forest Lake	32-05.75 0.5
15	Kaleigh Dove	11	Blaine	32-02.50 +0.0
16	Mackenzie Werner	12	Duluth East	31-09.50 2.1
17	Elizabeth Buffie	12	Anoka	31-03.50 +0.0
18	Nora Langford	11	Duluth East	30-09.50 0.1
19	Sophia Thomas	12	Duluth East	30-05.50 NWI
20	Keagan Fox	9	Andover	30-02.50 +0.0
21	Eva Payne	9	Coon Rapids	29-05.50 0.1
---	Janet Wright	10	Coon Rapids	FOUL
---	Rilynn Herbst	11	Cambridge-Is	FOUL
---	Saige Haugen	11	Andover	DNS NWI

Girls Shot Put

Section: 47-02 S 2013		Maggiew Ewen			
Name		Yr	School	Finals	
Finals					
1	Alexis Fahey	12	Forest Lake	44-07.00	12
2	Klady Boyce	12	Coon Rapids	42-03.00	10
3	Miyah Gunter	12	Blaine	40-10.50	8
4	Attalia Amegandji	11	Anoka	40-00.50	6
5	Naddy Barry	12	Blaine	37-05.50	5
6	Deborah Timothy	11	Centennial	35-10.50	4
7	Joy DeZibi	12	Blaine	35-10.00	3
8	Josephine Pessenda	11	Duluth East	35-00.50	2
9	Rhema Shabazz	10	Anoka	31-10.50	1
10	Kennedy Seelen	11	Andover	31-01.00	
11	Fortress Oiku	10	Coon Rapids	30-10.00	
12	Malaika Morris	10	Coon Rapids	30-03.50	
13	Signe Gorham	11	Duluth East	30-01.50	
14	Miera Bobbe	11	Andover	29-09.50	
15	Lucille Mitshulis	12	Anoka	29-08.00	
16	Faith Freeman	8	Centennial	29-06.25	
17	Bailey Okerlund	11	Cambridge-Is	28-06.50	
18	Alisiauriel Kobi	10	Andover	26-09.50	
19	Eva Fream	9	Centennial	26-08.25	
20	Analise George	12	Duluth East	25-07.50	
21	Sofia Stene	11	Forest Lake	24-11.50	
22	Laike Middag	11	Cambridge-Is	24-07.25	
23	Naomi Atkins	10	Cambridge-Is	24-04.00	
24	Liberty Garcia	10	Forest Lake	23-04.00	

Girls Shot Put Wheelchair

Name	Yr	School	Finals
Finals			
1	Gia O'Groske	9	Coon Rapids 14-02.00 1

Girls Discus Throw

Section: 165-07 S 2011		Maggie Ewen			
Name		Yr	School	Finals	
Finals					
1	Alexis Fahey	12	Forest Lake	152-05	12
2	Miyah Gunter	12	Blaine	113-09	10
3	Naddy Barry	12	Blaine	113-07	8
4	Deborah Timothy	11	Centennial	112-02	6
5	Lucille Mitshulis	12	Anoka	111-03	5
6	Taylor Dybvig	11	Cambridge-Is	110-11	4
7	Miera Bobbe	11	Andover	105-07	3
8	Attalia Amegandji	11	Anoka	103-08	2
9	Klady Boyce	12	Coon Rapids	98-01	1
10	Addie Larkin	11	Cambridge-Is	92-00	
11	Ellie Johnson	11	Blaine	89-03	
12	Kenna Huot	12	Duluth East	85-07	
13	Sofia Stene	11	Forest Lake	85-07	
14	Kennedy Seelen	11	Andover	82-05	
15	Rhema Shabazz	10	Anoka	80-11	
16	Madalina Istratii	11	Coon Rapids	80-08	
17	Morgan Kuha	11	Centennial	80-03	
18	Signe Gorham	11	Duluth East	77-11	
19	Fortress Oiku	10	Coon Rapids	75-09	
20	Josephine Pessenda	11	Duluth East	73-07	
21	Breana Steven	12	Forest Lake	69-08	
22	Leah Whitmore-Hunstock	9	Andover	57-09	
23	Aliya Swenson	10	Cambridge-Is	54-07	
---	Amelia Sutch	10	Centennial	FOUL	

Boys 100 Meter Dash

Section:	10.69 S 5/30/2025	Jackson Ziebarth	
Name	Yr	School	Prelims
Preliminaries			
1	Jackson Ziebarth	12	Cambridge-Is S 10.50QNWI
2	Justin Walton	12	Blaine 10.90QNWI
3	Jameson Niska	11	Blaine 10.92QNWI
4	Cronos McNeil	11	Forest Lake 11.03q NWI
5	Knox Andrus	10	Cambridge-Is 11.07q NWI
6	Sawyer McConn	12	Forest Lake 11.07q NWI
7	Tristen Chenoweth	11	Andover 11.09q NWI
8	Kammren Cummings-Cole	12	Coon Rapids 11.17q NWI
9	Ayden Garcia	11	Andover 11.18q NWI
10	Simeon Porta	11	Cambridge-Is 11.22 NWI
11	Alijah Hibbler	11	Coon Rapids 11.22 NWI
12	Blake Dorweiler	12	Centennial 11.31 NWI
13	Dallas Curtis	10	Blaine 11.33 NWI
14	Greyson Bruneau	10	Andover 11.35 NWI
15	Allen Clerge	11	Coon Rapids 11.36 NWI
16	Charlie DeBoer	10	Centennial 11.37 NWI
17	Kaveaon Jackson	10	Forest Lake 11.48 NWI
18	Anthony Carlson	12	Duluth East 11.49 NWI
19	Max Bergen	10	Duluth East 11.51 NWI
20	Elijah Johnson	11	Duluth East 11.52 NWI
21	Prosper Nyenkan	9	Anoka 11.64 NWI

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Results**Preliminaries ... (Boys 100 Meter Dash)**

Name	Yr	School	Prelims
22 Femi Jammie	12	Anoka	11.66 NWI
23 Tyson Wasurick	11	Anoka	11.72 NWI
24 Hamado Gelgelu	12	Centennial	16.57 NWI

Boys 100 Meter Dash

Section: 10.69 S 5/30/2025 Jackson Ziebarth

Name	Yr	School	Finals
Finals			
1 Jackson Ziebarth	12	Cambridge-Is	10.66S 12
2 Justin Walton	12	Blaine	10.91 10
3 Jameson Niska	11	Blaine	11.11 8
4 Knox Andrus	10	Cambridge-Is	11.12 6
5 Sawyer McConn	12	Forest Lake	11.16 5
6 Tristen Chenoweth	11	Andover	11.23 4
7 Cronos McNeil	11	Forest Lake	11.31 3
8 Ayden Garcia	11	Andover	11.36 2
9 Kammren Cummings-Cole	12	Coon Rapids	11.39 1

Boys 200 Meter Dash

Section: 21.70 S 5/28/2025 Jackson Ziebarth

Name	Yr	School	Prelims
Preliminaries			
1 Jackson Ziebarth	12	Cambridge-Is	21.88QNWI
2 Cyril Lifaka	11	Coon Rapids	22.24QNWI
3 Adeel Fultang	12	Andover	22.94QNWI
4 John Keleekai	12	Anoka	22.62q NWI
5 Dane Ahrens	11	Duluth East	22.76q NWI
6 Curdel Davis	12	Anoka	22.79q NWI
7 Anders Lillemo	12	Cambridge-Is	22.90q NWI
8 Eliot Shepard	12	Centennial	22.93q NWI
9 DaVion Ellis	10	Coon Rapids	23.08q NWI
10 Ian Dauner	11	Duluth East	23.11 NWI
11 Anye Awasom	11	Forest Lake	23.16 NWI
12 Sawyer McConn	12	Forest Lake	23.16 NWI
13 Edao Galchu	11	Blaine	23.20 NWI
14 Wyatt Purvis	11	Blaine	23.26 NWI
15 Brayden Reeves	10	Blaine	23.54 NWI
16 Greyson Bruneau	10	Andover	23.66 NWI
17 Kevin Hunter	10	Anoka	23.67 NWI
18 Javren May-Fai	11	Duluth East	23.68 NWI
19 Wilson-Bright Tambe	11	Coon Rapids	23.71 NWI
20 Harley Stricker	11	Cambridge-Is	23.84 NWI
21 Daniel McArdle	10	Forest Lake	23.90 NWI
22 Calvin Kuester	12	Centennial	24.03 NWI
23 Yontonson Kesselly	9	Andover	24.17 NWI
--- Hamado Gelgelu	12	Centennial	DNS NWI

Boys 200 Meter Dash

Section: 21.70 S 5/28/2025 Jackson Ziebarth

Name	Yr	School	Finals
Finals			
1 Jackson Ziebarth	12	Cambridge-Is	21.87 12
2 Cyril Lifaka	11	Coon Rapids	22.00 10

3 John Keleekai	12	Anoka	22.58 8
4 Adeel Fultang	12	Andover	22.59 6
5 Curdel Davis	12	Anoka	22.65 5
6 Eliot Shepard	12	Centennial	22.83 4
7 Dane Ahrens	11	Duluth East	22.87 3
8 DaVion Ellis	10	Coon Rapids	23.02 2
9 Anders Lillemo	12	Cambridge-Is	23.28 1

Boys 400 Meter Dash

Section: 47.42 S 2017 Genuine Matthews

Name	Yr	School	Prelims
Preliminaries			
1 De'Milliown Jones	12	Coon Rapids	49.85Q
2 Haevian Cole	12	Blaine	50.80Q
3 Justin Richard	11	Blaine	51.76Q
4 Dane Ahrens	11	Duluth East	51.60q
5 Caleb Zennah	12	Coon Rapids	51.94q
6 Logan Lemay	10	Forest Lake	51.94q
7 Collin Patrick	11	Anoka	52.34q
8 Alex Strasser	12	Blaine	52.42q
9 Ian Dauner	11	Duluth East	52.48q
10 Daniel McArdle	10	Forest Lake	52.59
11 Abdul Karim Swaray	10	Anoka	53.51
12 Evan Lautenschlager	10	Centennial	53.70
13 Max Bergen	10	Duluth East	53.81
14 Calvin Mckenzie	10	Forest Lake	54.26
15 Skylar Mortenson	12	Centennial	54.29
16 Luke Flaschberger	9	Centennial	54.69
17 Ethan Rock	12	Cambridge-Is	55.09
18 Lars Oredson	11	Andover	56.79
19 Jack Rene	12	Anoka	57.06
20 Aiden Larkin	12	Cambridge-Is	57.36
21 Noble Andersland	10	Andover	58.29
22 Judah Porta	12	Cambridge-Is	59.25
23 Burka Uli	12	Andover	1:00.35
--- Mekhai Martin	11	Coon Rapids	DQ

Boys 400 Meter Dash

Section: 47.42 S 2017 Genuine Matthews

Name	Yr	School	Finals
Finals			
1 Justin Richard	11	Blaine	49.05 12
2 De'Milliown Jones	12	Coon Rapids	49.33 10
3 Haevian Cole	12	Blaine	49.55 8
4 Dane Ahrens	11	Duluth East	51.11 6
5 Collin Patrick	11	Anoka	51.67 5
6 Caleb Zennah	12	Coon Rapids	51.90 4
7 Ian Dauner	11	Duluth East	52.00 3
8 Logan Lemay	10	Forest Lake	52.01 2
9 Alex Strasser	12	Blaine	52.09 1

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Boys 800 Meter Run

Section: 1:53.42 S 5/28/2025 Aaron Peterson

Name	Yr	School	Prelims
Preliminaries			
1 Jack Zellmer	12	Blaine	1:56.48Q
2 Hunter Jacobson	12	Cambridge-Is	1:57.16Q
3 Aaron Peterson	12	Anoka	1:57.95Q
4 Noah Berg	12	Centennial	1:57.66q
5 Noah Shaffer	11	Andover	1:59.03q
6 Aleksander Tsegay	11	Blaine	1:59.35q
7 Owen Blascyk	12	Duluth East	1:59.41q
8 Aaron Misoï	11	Andover	2:00.29q
9 Hunter Birkmeier	10	Andover	2:00.97q
10 Alexander Tennis	11	Forest Lake	2:02.12
11 Connor Louks	11	Centennial	2:02.38
12 Camden Thomas	11	Coon Rapids	2:04.31
13 Lucashio Larson	11	Cambridge-Is	2:04.60
14 Mason Hays	12	Forest Lake	2:04.62
15 Chase Warner	9	Centennial	2:05.58
16 Michael Monson	10	Coon Rapids	2:05.59
17 Henry Meberg	10	Blaine	2:05.62
18 Hudson Dombek	10	Cambridge-Is	2:05.92
19 Dukarai Schumacher	12	Forest Lake	2:06.10
20 George Rasugu	9	Anoka	2:06.33
21 Ben Thorson	12	Duluth East	2:06.35
22 Cameron Dorst	12	Anoka	2:07.83
23 Nathaniel Pryzbyl	10	Duluth East	2:09.69
24 Tate Burnett	9	Coon Rapids	2:16.69

Boys 800 Meter Run

Section: 1:53.42 S 5/28/2025 Aaron Peterson

Name	Yr	School	Finals
Finals			
1 Aaron Peterson	12	Anoka	1:51.98S 12
2 Hunter Jacobson	12	Cambridge-Is	1:53.36S 10
3 Jack Zellmer	12	Blaine	1:55.36 8
4 Noah Berg	12	Centennial	1:59.09 6
5 Aaron Misoï	11	Andover	2:00.89 5
6 Aleksander Tsegay	11	Blaine	2:00.92 4
7 Noah Shaffer	11	Andover	2:04.31 3
8 Owen Blascyk	12	Duluth East	2:04.87 2
9 Hunter Birkmeier	10	Andover	2:06.54 1

Boys 1600 Meter Run

Section: 4:14.02 S 1995 Jay Schoenfeld

Name	Yr	School	Finals
Finals			
1 David Meberg	11	Blaine	4:20.45 12
2 Alaric Burroughs	12	Blaine	4:25.69 10
3 Emmitt Revering	12	Anoka	4:29.29 8
4 Israel Sulungaine	11	Blaine	4:31.28 6
5 Gaven Greshowak	12	Duluth East	4:36.24 5
6 Samuel Gaines	12	Anoka	4:37.11 4
7 Jack Hushagen	10	Forest Lake	4:39.74 3

8 Will Johnson	12	Duluth East	4:43.87 2
9 Bryce Bowman	11	Forest Lake	4:44.78 1
10 Blake Tembreull	12	Forest Lake	4:46.07
11 Chase Warner	9	Centennial	4:50.06
12 Cole Kutches	12	Anoka	4:52.59
13 Grant Kennedy	9	Cambridge-Is	4:53.80
14 Joey Gustafson	12	Duluth East	4:55.62
15 Kyler Nielson	12	Centennial	4:59.46
16 Dagmawi Alemu	12	Coon Rapids	5:03.54
17 John Vandagriff	9	Coon Rapids	5:09.81
18 Nixon Glenn	9	Coon Rapids	5:11.64
19 Nicholas Dubay	12	Centennial	5:16.40
20 Dax Gustafson	12	Cambridge-Is	5:17.83
21 Sullivan Pamperin	10	Andover	5:18.91

Boys 3200 Meter Run

Section: 9:11.85 S 2022 Daniel Vanacker

Name	Yr	School	Finals
Finals			
1 Austin Matrious	12	Blaine	9:41.64 12
2 David Meberg	11	Blaine	9:44.16 10
3 Logan Hartman	9	Duluth East	9:51.31 8
4 Emmitt Revering	12	Anoka	9:51.72 6
5 Gaven Greshowak	12	Duluth East	9:57.05 5
6 Mark Goettel	12	Duluth East	10:02.30 4
7 Samuel Gaines	12	Anoka	10:04.44 3
8 Jeremiah Guldseth	10	Cambridge-Is	10:06.35 2
9 Jack Hushagen	10	Forest Lake	10:06.81 1
10 Alaric Burroughs	12	Blaine	10:16.05
11 Austin Burgess	12	Cambridge-Is	10:22.74
12 Cole Kutches	12	Anoka	10:26.66
13 Blake Tembreull	12	Forest Lake	10:28.22
14 Isaac Schwintek	10	Forest Lake	10:29.02
15 Benjamin Lawrence	9	Andover	10:29.37
16 Owen Lebeau	9	Andover	10:34.47
17 Dagmawi Alemu	12	Coon Rapids	10:37.73
18 Kyler Nielson	12	Centennial	10:39.56
19 Steven Hennig	10	Andover	11:04.91
20 John Vandagriff	9	Coon Rapids	11:17.01
21 Josey Jacobs	10	Coon Rapids	11:17.27
22 Andrew Parent	11	Centennial	12:06.07
23 Nicholas Dubay	12	Centennial	12:06.32

Boys 110 Meter Hurdles

Section: 14.34 S 2022 Blake Nyenati

Name	Yr	School	Prelims
Preliminaries			
1 Matthew Rivera	12	Blaine	14.49QNWI
2 Sean Kerkula	11	Andover	14.79QNWI
3 Loic Djijtsa	12	Coon Rapids	15.73QNWI
4 Austin Westerberg-Olsen	12	Blaine	15.07q NWI
5 Augustine Moran	12	Anoka	15.74q NWI
6 James Haigh	12	Cambridge-Is	15.99q NWI
7 Liam Zdon	12	Cambridge-Is	15.99q NWI
8 Brody Lakanen	12	Anoka	16.00q NWI

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Preliminaries ... (Boys 110 Meter Hurdles)

Name	Yr	School	Prelims
9 Deaven Riles	11	Blaine	16.02q NWI
10 Kody Pepin	11	Forest Lake	16.13 NWI
11 Jacob Kuchinka	12	Forest Lake	16.25 NWI
12 Josiah Yancy	12	Coon Rapids	16.33 NWI
13 Cody Dagogo	12	Coon Rapids	16.34 NWI
14 Zakary Olson	11	Forest Lake	16.41 NWI
15 Peter Ahrens	9	Duluth East	17.07 NWI
16 Levi Peterson	10	Centennial	17.18 NWI
17 Sidney Nchamukong	11	Andover	17.27 NWI
18 Gavin MacLeod	11	Centennial	17.51 NWI
19 Henry Schwartz	11	Centennial	18.26 NWI
20 Amery Cuffy	11	Anoka	18.27 NWI
21 Otis Weidner	11	Duluth East	18.30 NWI
--- Nathaniel Dollopac	8	Duluth East	DQ NWI
--- Boston Machin	10	Cambridge-Is	DQ NWI

Boys 110 Meter Hurdles

Section: 14.34 S 2022		Blake Nyenati	
Name	Yr	School	Finals
Finals			
1 Matthew Rivera	12	Blaine	14.63 12
2 Loic Djitsa	12	Coon Rapids	14.86 10
3 Sean Kerkula	11	Andover	15.00 8
4 Austin Westerberg-Olsen	12	Blaine	15.08 6
5 Augustine Moran	12	Anoka	15.74 5
6 Brody Lakanen	12	Anoka	16.09 4
7 Liam Zdon	12	Cambridge-Is	16.11 3
8 James Haigh	12	Cambridge-Is	16.18 2
--- Deaven Riles	11	Blaine	DNS -0.9

Boys 300 Meter Hurdles

Section: 37.95 S 2022		Blake Nyenati	
Name	Yr	School	Prelims
Preliminaries			
1 Matthew Rivera	12	Blaine	39.86Q
2 Loic Djitsa	12	Coon Rapids	40.19Q
3 Austin Westerberg-Olsen	12	Blaine	41.51Q
4 Kody Pepin	11	Forest Lake	40.66q
5 Sean Kerkula	11	Andover	41.56q
6 Pierre Johnson	11	Andover	41.56q
7 Josiah Yancy	12	Coon Rapids	41.62q
8 Augustine Moran	12	Anoka	42.11q
9 Levi Peterson	10	Centennial	42.17q
10 Seth Fream	11	Centennial	43.07
11 Zakary Olson	11	Forest Lake	43.58
12 Jacob Kuchinka	12	Forest Lake	43.71
13 Everett Larson	9	Coon Rapids	44.70
14 Brody Lakanen	12	Anoka	44.99
15 Boston Machin	10	Cambridge-Is	45.15
16 Sidney Nchamukong	11	Andover	45.26
17 Nathan Kaul	12	Centennial	45.43
18 Aidan Mahrer	12	Cambridge-Is	45.95
19 David Pence	11	Duluth East	46.39

20 Peter Ahrens	9	Duluth East	46.78
21 Silas Afere	11	Anoka	47.47
--- Deaven Riles	11	Blaine	FS
--- Nathaniel Dollopac	8	Duluth East	DQ
--- Logan Majorowicz	11	Cambridge-Is	DNS

Boys 300 Meter Hurdles

Section: 37.95 S 2022		Blake Nyenati	
Name	Yr	School	Finals
Finals			
1 Matthew Rivera	12	Blaine	38.43 12
2 Austin Westerberg-Olsen	12	Blaine	40.25 10
3 Augustine Moran	12	Anoka	40.99 8
4 Sean Kerkula	11	Andover	41.46 6
5 Kody Pepin	11	Forest Lake	41.54 5
6 Levi Peterson	10	Centennial	41.78 4
7 Josiah Yancy	12	Coon Rapids	41.81 3
8 Loic Djitsa	12	Coon Rapids	41.81 2
--- Pierre Johnson	11	Andover	DQ

Boys 4x100 Meter Relay

Section: 42.24 S 2023		Coon Rapids	
Team	Relay	Finals	
Finals			
1	Cambridge-Isanti	41.65S	12
	1) Simeon Porta 11	2) Knox Andrus 10	
	3) Anders Lillemo 12	4) Jackson Ziebarth 12	
2	Coon Rapids	42.65	10
	1) DaVion Ellis 10	2) Alvance Smith 11	
	3) Kammren Cummings-Colem	4) Alijah Hibbler 11	
3	Blaine	43.43	8
	1) James Gibson 11	2) Jameson Niska 11	
	3) Dallas Curtis 10	4) Justin Walton 12	
4	Forest Lake	43.67	6
	1) Kaveaon Jackson 10	2) Sawyer McConn 12	
	3) Anye Awasom 11	4) Zakary Olson 11	
5	Anoka	43.97	5
	1) Tyson Wasurick 11	2) Femi Jammie 12	
	3) Moses Boyce 10	4) Curdel Davis 12	
6	Centennial	43.99	4
	1) Tobie Serna 11	2) Seth Fream 11	
	3) Charlie DeBoer 10	4) Blake Dorweiler 12	
7	Andover	44.85	3
	1) Ayden Garcia 11	2) Tristen Chenoweth 11	
	3) Greyson Bruneau 10	4) Adeel Fultang 12	
8	Duluth East	45.94	2
	1) Elijah Johnson 11	2) Everett Johnston 9	
	3) Theo Larson 12	4) Jesse Ononogbu 11	

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Results**Boys 4x200 Meter Relay****Section: 1:27.94 S 5/30/2025 Blaine****H Cole, J Niska, S Shaughnessy, E Galchu**

Team	Relay	Finals
Finals		
1 Blaine		1:28.09 12
1) Justin Richard 11	2) Justin Walton 12	
3) Jameson Niska 11	4) Haevian Cole 12	
2 Coon Rapids		1:28.25 10
1) DaVion Ellis 10	2) De'Milliown Jones 12	
3) Mekhai Martin 11	4) Cyril Lifaka 11	
3 Cambridge-Isanti		1:30.55 8
1) Knox Andrus 10	2) Cruz Dissing 11	
3) Anders Lillemo 12	4) Cole Arneson 12	
4 Andover		1:31.20 6
1) Pierre Johnson 11	2) Ayden Garcia 11	
3) Adeel Fultang 12	4) Tristen Chenoweth 11	
5 Centennial		1:31.85 5
1) Tobie Serna 11	2) Eliot Shepard 12	
3) Lukin Berg 12	4) Blake Dorweiler 12	
6 Forest Lake		1:32.48 4
1) Kaveaon Jackson 10	2) Kody Pepin 11	
3) Anye Awasom 11	4) Calvin Mckenzie 10	
7 Anoka		1:33.12 3
1) John Keleekai 12	2) Curdel Davis 12	
3) Kevin Hunter 10	4) Prosper Nyenkan 9	
8 Duluth East		1:35.57 2
1) Elijah Johnson 11	2) Everett Johnston 9	
3) Theo Larson 12	4) Javren May-Fai 11	

Boys 4x400 Meter Relay**Section: 3:19.39 S 5/30/2025 Blaine****H Cole, M Rivera, E Galchu, J Richard**

Team	Relay	Finals
Finals		
1 Coon Rapids		3:19.58 12
1) Mekhai Martin 11	2) Caleb Zennah 12	
3) De'Milliown Jones 12	4) Cyril Lifaka 11	
2 Blaine		3:19.81 10
1) Justin Richard 11	2) Matthew Rivera 12	
3) Jack Zellmer 12	4) Haevian Cole 12	
3 Cambridge-Isanti		3:25.10 8
1) Cole Arneson 12	2) Brody Estrada 12	
3) Ruger Block 11	4) Hunter Jacobson 12	
4 Anoka		3:26.60 6
1) Collin Patrick 11	2) Aaron Peterson 12	
3) Abdul Karim Swaray 10	4) Emmitt Revering 12	
5 Centennial		3:26.62 5
1) Liban Ahmed 12	2) Evan Lautenschlager 10	
3) Eliot Shepard 12	4) Skylar Mortenson 12	
6 Duluth East		3:33.00 4
1) Ian Dauner 11	2) Joey Gustafson 12	
3) Max Bergen 10	4) Dane Ahrens 11	

7 Forest Lake	3:33.74 3
1) Daniel McArdle 10	2) Logan Lemay 10
3) Mason Hays 12	4) Dukarai Schumacher 12
8 Andover	3:38.16 2
1) Aaron Misoi 11	2) Lars Oredson 11
3) Burka Uli 12	4) Marcus Larson 12

Boys 4x800 Meter Relay**Section: 7:54.55 S 5/31/2024 Blaine****N Taylor, C Bialka, J Zellmer, E Koerber**

Team	Relay	Finals
Finals		
1 Centennial		7:59.97 12
1) Noah Berg 12	2) Connor Louks 11	
3) Luke Flaschberger 9	4) Liban Ahmed 12	
2 Blaine		8:02.34 10
1) Aleksander Tsegay 11	2) Elijah Thomas 9	
3) Austin Matrious 12	4) Jack Zellmer 12	
3 Duluth East		8:06.71 8
1) Owen Blascyk 12	2) Ben Thorson 12	
3) Will Johnson 12	4) Joey Gustafson 12	
4 Andover		8:07.23 6
1) Noah Shaffer 11	2) Owen Lebeau 9	
3) Hunter Birkmeier 10	4) Aaron Misoi 11	
5 Forest Lake		8:10.53 5
1) Logan Lemay 10	2) Alexander Tennis 11	
3) Mason Hays 12	4) Dukarai Schumacher 12	
6 Cambridge-Isanti		8:22.51 4
1) Hudson Dombek 10	2) Austin Burgess 12	
3) Jeremiah Guldseth 10	4) Lucashio Larson 11	
7 Anoka		8:37.41 3
1) George Rasugu 9	2) Cameron Dorst 12	
3) Abdul Karim Swaray 10	4) Cole Jacobson 12	
8 Coon Rapids		8:47.25 2
1) Michael Monson 10	2) Tate Burnett 9	
3) Josey Jacobs 10	4) Camden Thomas 11	

Boys High Jump**Section: 6-10 S 1980****Dave Rauker**

Name	Yr	School	Finals
Finals			
1 Isaiah Salami	12	Anoka	6-08.00 12
2 Carlos Momo	10	Blaine	6-06.00 10
3 Shiloh Ayitey	12	Blaine	6-04.00 8
4 Kaiden Alcock	9	Cambridge-Is	6-02.00 6
5 Tristan Hanson	12	Centennial	6-02.00 5
6 Noah McCloud	9	Centennial	6-00.00 4
7 Jefferson Sworr	10	Blaine	6-00.00 3
8 Cruz Dissing	11	Cambridge-Is	6-00.00 2
9 Ryan Lindsay	12	Centennial	5-10.00 1
10 Boluwatife Adeuga	11	Coon Rapids	5-10.00
11 Brody Lakanen	12	Anoka	5-10.00
12 Liam Zdon	12	Cambridge-Is	5-08.00
12 Taylor Neal	11	Coon Rapids	5-08.00
14 Jackson Klark	12	Anoka	5-08.00
15 Kaveaon Jackson	10	Forest Lake	5-06.00

MSHSL Section 7AAA Championships
Forest Lake HS - 5/27/2026 to 5/29/2026

Results**Finals ... (Boys High Jump)**

	Name	Yr	School	Finals
15	Martin Jambor	11	Forest Lake	5-06.00
15	Sean Kerkula	11	Andover	5-06.00
18	Caleb Clark	11	Forest Lake	5-06.00
19	Luke Eaton	10	Duluth East	5-04.00
20	Javren May-Fai	11	Duluth East	5-04.00
---	Vache Ebralidze	11	Coon Rapids	NH
---	Joe Sylvester	11	Duluth East	DNS

Boys Pole Vault

Section: 15-02 S 5/28/2025 Calvin Piescher

	Name	Yr	School	Finals
Finals				
1	Calvin Piescher	12	Cambridge-Is	16-01.00S 12
2	Wesley Kennedy	12	Cambridge-Is	15-04.00S 10
3	Blake Sieben	11	Anoka	13-10.00 8
4	Cayden Ban	12	Anoka	13-10.00 6
5	Thor Jorgenson	11	Andover	12-10.00 5
6	Ezekiel Mbemeh	11	Anoka	12-10.00 4
7	Cash Peschong	11	Blaine	12-04.00 3
8	Evan Sikkink	12	Centennial	12-04.00 2
9	Devin Swenson	10	Centennial	12-04.00 1
10	Komona Kah	12	Coon Rapids	11-10.00
11	David Gunderson	10	Forest Lake	11-10.00
12	Luke Sharp	12	Blaine	11-04.00
13	Elijah Johnson	11	Duluth East	10-10.00
13	Paxton Lehman	12	Centennial	10-10.00
15	Noah Dewolf	11	Cambridge-Is	10-10.00
16	Derek Rosenbaum	9	Andover	10-04.00
---	Elliot Bergsven	10	Duluth East	NH
---	Luke Eaton	10	Duluth East	NH
---	Lars Oredson	11	Andover	NH
---	Rota Sengsourignet	11	Blaine	DNS

Boys Long Jump

Section: 23-03 S 2017 Christopher Udalla

	Name	Yr	School	Finals
Finals				
1	Abraham Bah	10	Blaine	22-10.00 12
2	James Gibson	11	Blaine	22-06.50 10
3	Nshangji Zillang	12	Blaine	21-09.25 8
4	Calvin Piescher	12	Cambridge-Is	21-07.00 6
5	Inyene Ekah	10	Centennial	21-06.75 5
6	Cayden Davidson	11	Forest Lake	21-02.00 4
7	Ed Balikalaba	11	Anoka	20-10.00 3
8	Marcus Larson	12	Andover	20-09.50 2
9	Taylor Neal	11	Coon Rapids	20-08.50 1
10	Edmond Seekie	10	Anoka	20-04.50 1.2
11	Amery Cuffy	11	Anoka	20-02.25 0.6
12	Caleb Clark	11	Forest Lake	19-02.50 0.7
13	Ndifor Tamukong	11	Forest Lake	19-00.00 0.9
14	Micheal Ellis	11	Coon Rapids	19-00.00 0.3
15	Jesse Ononogbu	11	Duluth East	18-09.25 +0.0
16	Skylar Mortenson	12	Centennial	18-07.50 0.6
17	Dane Ahrens	11	Duluth East	18-07.00 +0.0

18	Gavin Hale	10	Centennial	18-07.00 +0.0
19	Boluwatife Adeuga	11	Coon Rapids	18-06.50 1.1
20	Micah Henderson	9	Duluth East	18-03.00 0.2
21	Burka Uli	12	Andover	18-01.50 0.6
22	Gavin Swanson	9	Cambridge-Is	17-09.25 0.9
23	Brandon Nguyen	11	Andover	17-01.75 1.3
---	Samuel Mauer	11	Cambridge-Is	FOUL

Boys Triple Jump

Section: 47-04 S 2019 Wryott Gerson

	Name	Yr	School	Finals
Finals				
1	Isaiah Salami	12	Anoka	47-03.50 12
2	Owegio Wreh	11	Centennial	46-10.75 10
3	Justin Richard	11	Blaine	46-06.00 8
4	Abraham Bah	10	Blaine	44-08.50 6
5	Boluwatife Adeuga	11	Coon Rapids	43-11.75 5
6	Jordan Jackson	11	Coon Rapids	43-11.50 4
7	Oluwanifemi Charles-Oni	10	Anoka	43-04.50 3
8	Javren May-Fai	11	Duluth East	42-08.00 2
9	Caleb Clark	11	Forest Lake	42-06.00 1
10	Logan Majorowicz	11	Cambridge-Is	42-04.00 1.8
11	Kareem Jackson	11	Blaine	42-02.00 1.0
12	Luke Pearce	10	Centennial	41-03.00 1.3
13	Ed Balikalaba	11	Anoka	40-07.50 0.4
14	Gavin Hale	10	Centennial	39-11.25 0.6
15	Cody Dagogo	12	Coon Rapids	39-11.00 1.8
16	Marcus Larson	12	Andover	39-10.00 3.0
17	Ndifor Tamukong	11	Forest Lake	39-05.25 0.6
18	Luke Richert	11	Forest Lake	38-04.00 +0.0
19	Samuel Mauer	11	Cambridge-Is	38-01.75 1.4
20	Brandon Nguyen	11	Andover	37-02.75 +0.0
21	Jesse Ononogbu	11	Duluth East	35-00.50 NWI
22	Micah Henderson	9	Duluth East	34-00.25 0.2

Boys Shot Put

Section: 64-00.50 S 2012 Thomas Anderson

	Name	Yr	School	Finals
Finals				
1	Howie Johnson	12	Forest Lake	60-02.00 12
2	Mathew Fahey	11	Forest Lake	54-09.75 10
3	Brayden Boesch	11	Centennial	53-07.50 8
4	Isaiah Fleck	11	Blaine	53-01.00 6
5	Drew Mazurek	11	Blaine	52-03.50 5
6	Nolan LaPointe	12	Andover	51-08.50 4
7	Asher Wilson	9	Forest Lake	51-03.50 3
8	Noah Tieden	12	Blaine	51-00.00 2
9	Andrew Russell	10	Centennial	48-02.50 1
10	Deven Olson	12	Cambridge-Is	48-01.50
11	Gabe Sundquist	12	Duluth East	45-06.00
12	Matthew Gerth	11	Andover	45-03.50
13	Mason Brent	12	Anoka	45-00.00
14	Ryan Kyvig	10	Andover	44-09.75
15	Dustin Burton	11	Anoka	43-00.00
16	Charlie Capshaw	10	Duluth East	42-09.50
17	Christopher Monemy	12	Coon Rapids	42-07.00

MSHSL Section 7AAA Championships
Forest Lake HS - 5/27/2026 to 5/29/2026

Results

Finals ... (Boys Shot Put)

	Name	Yr	School	Finals
18	Gus Knowlton	12	Cambridge-Is	41-11.50
19	Max Prihoda	11	Cambridge-Is	41-10.00
20	Adam Wimmer	10	Anoka	40-06.00
21	Jacob Thoen	12	Coon Rapids	40-04.50
22	Mason McCutchan	12	Coon Rapids	40-02.00
---	Owen Carter	11	Centennial	FOUL
---	Jameson Koewler	11	Duluth East	FOUL

5)	Coon Rapids	88
6)	Centennial	81
7)	Duluth East	64
8)	Andover	63

Boys Discus Throw

Section: 177-10 S 2012

Thomas Anderson

	Name	Yr	School	Finals
Finals				
1	Mathew Fahey	11	Forest Lake	171-00 12
2	Howie Johnson	12	Forest Lake	164-02 10
3	Charlie Capshaw	10	Duluth East	160-00 8
4	Deven Olson	12	Cambridge-Is	152-11 6
5	Asher Wilson	9	Forest Lake	151-08 5
6	Dominick Olson	12	Cambridge-Is	147-06 4
7	Matthew McManus	11	Centennial	143-03 3
8	Hudson Tanem	11	Coon Rapids	142-10 2
9	Owen Carter	11	Centennial	138-11 1
10	Spencer Taylor	11	Blaine	135-06
11	Joseph Winker	11	Centennial	135-00
12	Nolan LaPointe	12	Andover	133-10
13	Noah Tieden	12	Blaine	132-08
14	Ryan Kyvig	10	Andover	128-00
15	Gabe Sundquist	12	Duluth East	126-09
16	Mason McCutchan	12	Coon Rapids	126-02
17	Matthew Gerth	11	Andover	121-05
18	Matthew Chamberlain	10	Anoka	118-00
19	Kingston Akinola	12	Coon Rapids	114-01
20	Jacob Carr	11	Blaine	113-07
21	Jameson Koewler	11	Duluth East	109-11
22	Adam Wimmer	10	Anoka	108-05
23	Dalton Olson	10	Cambridge-Is	99-08
---	Mason Brent	12	Anoka	FOUL

Women - Team Rankings - 22 Events Scored

1)	Blaine	239.5
2)	Centennial	131
3)	Forest Lake	128.5
4)	Andover	113
5)	Duluth East	89
6)	Anoka	82
7)	Coon Rapids	73
8)	Cambridge-Isanti	62

Men - Team Rankings - 18 Events Scored

1)	Blaine	262
2)	Anoka	133
3)	Cambridge-Isanti	126
4)	Forest Lake	95