

2023 Section 3A North Subsection**Benson - 5/25/2023****Results - Thursday****Event 123 Girls 4x800 Meter Relay Class A**

Team	Relay			Finals	Points
Finals					
1	MACCRAY/RCW			10:27.37	10
	1) Frida Barrera 10	2) Nora Hultgren 9	3) Sam Hultgren 8	4) Brielle Janssen 9	
2	Lac qui Parle Valley/Dawson-			11:04.55	8
	1) Taylor Wood 10	2) Paisley Martinson 8	3) Anika Fernholz 12	4) Makiah Pust 9	
3	Hancock			11:11.42	6
	1) Abigail Nuest 9	2) Tabitha Bjerkeveidt 9	3) Vivian Messner 9	4) Kaylynn Christianson 9	
4	Morris Area/Chokio-Alberta			12:18.59	5
	1) Alayna Perkins 8	2) Anya Fehr 7	3) Ashley Koehl 11	4) Jaedyn Marquart 9	
5	Benson/KMS			12:47.22	4
	1) Katelynn Marquardt 11	2) Olivia Thorson 10	3) Lexie Thompson 10	4) Lilly Ronholdt 11	

Event 124 Boys 4x800 Meter Relay Class A

Team	Relay			Finals	Points
Finals					
1	Montevideo			8:58.96	10
	1) Nelson Velasquez 10	2) Brady Andrews 12	3) Mads Prytz 11	4) Adam VanBinsbergen 8	
2	Ortonville			9:00.38	8
	1) Cady Vanderwal 9	2) Trent Eastman 11	3) Jacob Cloos 12	4) Nathan Gustafson 12	
3	Benson/KMS			9:22.02	6
	1) Isaac Wirth 12	2) Luke Froehlich 12	3) Noah Johnson 12	4) Isaiah Rosemeier 8	
4	Morris Area/Chokio-Alberta			9:28.42	5
	1) Matthew Giese 12	2) Ben Tiernan 8	3) Charlie DeNeui 9	4) Gavin Stallman 12	
5	Lac qui Parle Valley/Dawson-			9:47.48	4
	1) Justin Perkins 12	2) Jordon Perkins 12	3) Joseph Felton 11	4) Tanner Kalas 9	
6	MACCRAY/RCW			10:05.38	3
	1) Isaiah Schroeder 11	2) Jack Miller 11	3) Fenton Gehrke 10	4) Tyler Nett 11	
7	Hancock			10:42.96	2
	1) Luca Felix 9	2) Jett Nuest 7	3) Jarret Payne 7	4) Preston Feucht 8	

Event 113 Girls 100 Meter Hurdles Class A

Name	Yr	School	Finals	Wind	H#	Points	
Finals							
1	Ayiana Hastad	11	Lac qui Parle Valley/Dawson-	17.78	NWI	2	10
2	Ava Noble	9	Benson/KMS	18.50	NWI	2	8
3	Brenna Winters	11	Montevideo	18.58	NWI	2	6
4	Isabelle Motz	9	Morris Area/Chokio-Alberta	18.95	NWI	2	5
5	Emma Thein	9	MACCRAY/RCW	18.96	NWI	2	4
6	Mya Schmidgall	10	Morris Area/Chokio-Alberta	19.32	NWI	2	3
7	Alesia Olson	9	Lac qui Parle Valley/Dawson-	19.74	NWI	1	2
8	Kalista Bormann	12	Lac qui Parle Valley/Dawson-	19.82	NWI	2	1
9	Grace Nagler	9	Benson/KMS	20.03	NWI	1	
10	Allison Nohl	9	Morris Area/Chokio-Alberta	20.12	NWI	2	
11	Giana Feuchtenberger	7	Hancock	20.14	NWI	1	
12	Alanya Stenson	11	Montevideo	20.23	NWI	1	
13	Karina Koehl	9	Hancock	20.42	NWI	1	
14	Mamie Luft	8	Benson/KMS	20.55	NWI	1	

2023 Section 3A North Subsection**Benson - 5/25/2023****Results - Thursday****Event 114 Boys 110 Meter Hurdles Class A**

Name	Yr	School	Finals	Wind	H#	Points
Finals						
1 Jacob Ochsendorf	11	Montevideo	16.31	NWI	2	10
2 James Weber	11	Lac qui Parle Valley/Dawson-	16.92	NWI	2	8
3 DeAndre Holloway	11	Benson/KMS	17.28	NWI	2	6
4 Ethan Hersom	12	Lac qui Parle Valley/Dawson-	18.27	NWI	2	5
5 Devin Ashling	11	Montevideo	18.32	NWI	1	4
6 Carson Boike	11	Montevideo	18.36	NWI	1	3
7 Lewis Nohl	12	Morris Area/Chokio-Alberta	18.80	NWI	2	2
8 Jordan Warne	11	MACCRAY/RCW	18.86	NWI	2	1
9 Blake Koehl	12	Hancock	19.27	NWI	1	

Event 100 Girls 100 Meter Dash Class A

Name	Yr	School	Finals	Wind	H#	Points
Finals						
1 Lydia Fynboh	12	Morris Area/Chokio-Alberta	13.08	NWI	3	10
2 Carly Tolifson	8	Benson/KMS	13.27	NWI	3	8
3 Adelyn Plagge	11	MACCRAY/RCW	13.64	NWI	3	6
4 Callie Jaenisch	10	MACCRAY/RCW	13.79	NWI	3	5
5 Libby McGearly	12	Benson/KMS	13.94	NWI	3	4
6 Bailey Bothun	10	Lac qui Parle Valley/Dawson-	14.25	NWI	3	3
7 Ruby Swenson	11	Morris Area/Chokio-Alberta	14.43	NWI	3	2
8 Eva Schaefer	11	Hancock	14.44	NWI	3	1
9 Peyton Moe	12	Lac qui Parle Valley/Dawson-	14.50	NWI	2	
10 Cassandra Harms	9	MACCRAY/RCW	14.54	NWI	2	
11 Juliana Weaver	10	Ortonville	14.72	NWI	2	
12 Acelynn Hacker	9	Benson/KMS	14.75	NWI	2	
13 Maggie Kling	11	Montevideo	14.99	NWI	2	
14 Genevieve Buhl	9	Morris Area/Chokio-Alberta	15.28	NWI	2	
15 Aubrey Norman	11	Montevideo	15.41	NWI	2	
16 Margaret Bretz	7	Hancock	15.79	NWI	1	
16 Avrielle Fultz	9	Montevideo	15.79	NWI	2	
18 Justice Wittnebel	7	Ortonville	16.23	NWI	1	
19 Trishana Maharaj	12	Lac qui Parle Valley/Dawson-	16.52	NWI	1	
20 Haley Borner	7	Ortonville	16.63	NWI	1	

Event 102 Boys 100 Meter Dash Class A

Name	Yr	School	Finals	Wind	H#	Points
Finals						
1 Hunter Kallstrom	11	Benson/KMS	11.38	NWI	2	10
2 Edan Smith	11	Montevideo	11.55	NWI	2	8
3 Sebastian Cisneros	11	MACCRAY/RCW	11.79	NWI	2	6
4 Fox Huber	12	Montevideo	11.85	NWI	2	5
5 Max Lietz	12	Morris Area/Chokio-Alberta	11.97	NWI	2	4
6 Jaiden McCarter	10	Benson/KMS	12.11	NWI	1	3
7 Carlos Cortez	12	Montevideo	12.20	NWI	2	2
8 Carter Brown	12	Ortonville	12.43	NWI	2	1
9 Damian Torres	12	Lac qui Parle Valley/Dawson-	12.47	NWI	1	
9 Brayden Kisgen	11	Hancock	12.47	NWI	2	
11 Riley Schmidt	12	Benson/KMS	13.07	NWI	1	

2023 Section 3A North Subsection

Benson - 5/25/2023

Results - Thursday

Finals ... (Event 102 Boys 100 Meter Dash Class A)

Name	Yr	School	Finals	Wind	H#	Points
12 Leo Boese	10	Morris Area/Chokio-Alberta	13.29	NWI	1	
13 Gage Schmidgall	11	Hancock	13.87	NWI	1	
14 Porter Pederson	9	Lac qui Parle Valley/Dawson-	14.07	NWI	1	
15 Bryson Karels	8	Ortonville	14.48	NWI	1	
16 James Hodenfield	7	Ortonville	16.57	NWI	1	

Event 119 Girls 4x200 Meter Relay Class A

Team	Relay	Finals	Points
Finals			
1 Benson/KMS		1:53.70	10
1) Julia Claussen 9	2) Izzy Wirth 10	3) Alissa Thompson 10	4) Amber Rosemeier 11
2 Lac qui Parle Valley/Dawson-		1:54.08	8
1) Lexi Gloege 12	2) Addy Tufto 10	3) Bailey Bothun 10	4) Mya Conroy 12
3 MACCRAY/RCW		1:54.72	6
1) Cecelia Morris 7	2) Mia Post 8	3) Rachel Jakel 11	4) Adelyn Plagge 11
4 Montevideo		1:57.19	5
1) Teagan Epema 10	2) Elizabeth O'Malley 9	3) Jessa Norby 9	4) Maggie Kling 11
5 Morris Area/Chokio-Alberta		1:58.31	4
1) Heika Hall 8	2) Chloe Fehr 8	3) Lola Schmidgall 7	4) Genevieve Buhl 9
6 Hancock		2:11.08	3
1) Brandi Messner 12	2) Lydia Rehtzigel 9	3) Taiah Minnick 7	4) Margaret Bretz 7

Event 120 Boys 4x200 Meter Relay Class A

Team	Relay	Finals	Points
Finals			
1 MACCRAY/RCW		1:33.85	10
1) Javin Mungai 11	2) Nathan Wieberdink 11	3) Brady Heiling 11	4) Sebastian Cisneros 11
2 Morris Area/Chokio-Alberta		1:37.12	8
1) Grayson Gibson 9	2) Kendall Waldbeser 9	3) Noah Malek 11	4) Derek Waldbeser 11
3 Montevideo		1:37.62	6
1) Sergio Matamoros 11	2) Jaxon Wagner 10	3) Francis O'Malley 11	4) Fox Huber 12
4 Hancock		1:37.65	5
1) Titus Bjerketvedt 11	2) Nathan Kellenberger 9	3) Sean Wilson 12	4) Jackson Koehl 12
5 Benson/KMS		1:39.27	4
1) Teegan Hogrefe 12	2) Juan Espinosa 12	3) Thomas Dineen 12	4) Connor Oehlberg 9
6 Lac qui Parle Valley/Dawson-		1:43.35	3
1) Keegon Wicht 12	2) Eli Hegland 11	3) David Torgerson 10	4) Damian Torres 12

Event 109 Girls 1600 Meter Run Class A

Name	Yr	School	Finals	Points
Finals				
1 Kaida Helgenset	8	Benson/KMS	5:43.86	10
2 Sam Hultgren	8	MACCRAY/RCW	5:43.93	8
3 Kendal Fischer	8	Morris Area/Chokio-Alberta	5:50.98	6
4 Chloe Gloege	8	Lac qui Parle Valley/Dawson-	6:08.74	5
5 Tabitha Bjerkevedt	9	Hancock	6:28.50	4
6 Elizabeth Johnson	9	MACCRAY/RCW	6:36.88	3
7 Anya Fehr	7	Morris Area/Chokio-Alberta	6:42.48	2
8 Lauren Mertens	8	MACCRAY/RCW	7:11.00	1
9 Cassidy Vlamincik	9	Morris Area/Chokio-Alberta	7:12.85	
10 Sophia Miller	12	Benson/KMS	8:01.94	

2023 Section 3A North Subsection**Benson - 5/25/2023****Results - Thursday****Event 110 Boys 1600 Meter Run Class A**

Name	Yr	School	Finals	Points
Finals				
1 Gavin Carl	10	Lac qui Parle Valley/Dawson-	4:50.05	10
2 Ivan Barrera	12	MACCRAY/RCW	4:51.78	8
3 Cadyn Vanderwal	9	Ortonville	4:51.89	6
4 Blake Andrews	10	Montevideo	5:05.57	5
5 Jose Cardona	10	Montevideo	5:08.37	4
6 Gavin Stallman	12	Morris Area/Chokio-Alberta	5:24.84	3
7 Jesse Stranlund	11	Montevideo	5:26.70	2
8 Grady Stallman	10	Morris Area/Chokio-Alberta	5:37.46	1
9 Cody Klepel	11	Ortonville	5:42.49	
10 Isaac Wirth	12	Benson/KMS	5:47.47	
11 Lucas Klepel	9	Ortonville	6:05.90	

Event 117 Girls 4x100 Meter Relay Class A

Team	Relay	Finals	Points
Finals			
1 Benson/KMS		52.30	10
1) Libby McGearly 12	2) Ava Noble 9	3) Julia Claussen 9	4) Carly Tolifson 8
2 MACCRAY/RCW		52.73	8
1) Adelyn Plagge 11	2) Rachel Jakel 11	3) Ella Hultgren 10	4) Ella Kienitz 11
3 Lac qui Parle Valley/Dawson-		54.82	6
1) Peyton Moe 12	2) Bailey Bothun 10	3) Morgan Hanson 10	4) Sadie Hacker 10
4 Montevideo		55.65	5
1) Teagan Epema 10	2) Elizabeth O'Malley 9	3) Brenna Winters 11	4) Maggie Kling 11
5 Hancock		55.77	4
1) Brandi Messner 12	2) Giana Feuchtenberger 7	3) Karina Koehl 9	4) Eva Schaefer 11
6 Morris Area/Chokio-Alberta		56.19	3
1) Mya Schmidgall 10	2) Isabelle Motz 9	3) Ruby Swenson 11	4) Hana Schutz 10

Event 118 Boys 4x100 Meter Relay Class A

Team	Relay	Finals	Points
Finals			
1 MACCRAY/RCW		46.25	10
1) Sebastian Cisneros 11	2) Isaac Post 11	3) Brady Heiling 11	4) Nathan Wieberdink 11
2 Montevideo		46.58	8
1) Sergio Matamoros 11	2) Jaxon Wagner 10	3) Francis O'Malley 11	4) Fox Huber 12
3 Benson/KMS		47.01	6
1) Teegan Hogrefe 12	2) Jaiden McCarter 10	3) Cole Oehlberg 8	4) Quin Peterson 11
4 Hancock		47.79	5
1) Titus Bjerketvedt 11	2) Nathan Kellenberger 9	3) Brayden Kisgen 11	4) Jackson Koehl 12
5 Morris Area/Chokio-Alberta		48.59	4
1) Grayson Gibson 9	2) Kendall Waldbeser 9	3) Mitchell Moser 10	4) Vladimir Rosillo Lara 12
6 Lac qui Parle Valley/Dawson-		49.97	3
1) Ethan Hersom 12	2) Noah Meyer 10	3) Damian Torres 12	4) David Torgerson 10

Event 105 Girls 400 Meter Dash Class A

Name	Yr	School	Finals	H#	Points
Finals					
1 Amber Rosemeier	11	Benson/KMS	1:01.99	2	10
2 Addy Tufto	10	Lac qui Parle Valley/Dawson-	1:02.76	2	8
3 Brielle Janssen	9	MACCRAY/RCW	1:03.14	2	6

2023 Section 3A North Subsection**Benson - 5/25/2023****Results - Thursday****Finals ... (Event 105 Girls 400 Meter Dash Class A)**

	Name	Yr	School	Finals	H#	Points
4	Makiah Pust	9	Lac qui Parle Valley/Dawson-	1:06.96	2	5
5	Mia Post	8	MACCRAY/RCW	1:11.21	2	4
6	Daytona Bissett	10	Lac qui Parle Valley/Dawson-	1:12.54	2	3
7	Emily Valenzuela	10	Montevideo	1:14.14	2	2
8	Maren Nelson	11	Montevideo	1:14.21	2	1
9	Nevaeh Halverson	11	Montevideo	1:14.28	1	
10	Taiah Minnick	7	Hancock	1:14.41	1	
11	Justice Wittnebel	7	Ortonville	1:18.10	1	
12	Teagan Froehlich	11	Benson/KMS	1:23.72	1	

Event 106 Boys 400 Meter Dash Class A

	Name	Yr	School	Finals	H#	Points
Finals						
1	Javin Mungai	11	MACCRAY/RCW	52.06	2	10
2	Blake Bruns	12	Morris Area/Chokio-Alberta	52.85	2	8
3	Thomas Dineen	12	Benson/KMS	53.80	2	6
4	Nathan Gustafson	12	Ortonville	54.50	2	5
5	Keegon Wicht	12	Lac qui Parle Valley/Dawson-	55.21	2	4
6	Adrian Norman	11	Montevideo	55.26	2	3
7	Noah Malek	11	Morris Area/Chokio-Alberta	56.08	2	2
8	Ethan Andresen	10	Montevideo	56.11	1	1
9	Sean Wilson	12	Hancock	56.71	2	
10	Mads Prytz	11	Montevideo	57.06	1	
11	Jeremiah Schmidgall	10	Hancock	59.04	1	
12	Darin Hippe	8	Benson/KMS	1:00.97	1	
13	Luke Froehlich	12	Benson/KMS	1:01.35	1	
14	Fenton Gehrke	10	MACCRAY/RCW	1:01.37	1	

Event 115 Girls 300 Meter Hurdles Class A

	Name	Yr	School	Finals	H#	Points
Finals						
1	Ava Noble	9	Benson/KMS	50.78	2	10
2	Heika Hall	8	Morris Area/Chokio-Alberta	52.12	2	8
3	Lilly Ronholdt	11	Benson/KMS	56.73	2	6
4	Mamie Luft	8	Benson/KMS	56.87	2	5
5	Alesia Olson	9	Lac qui Parle Valley/Dawson-	56.94	2	4
6	Allison Nohl	9	Morris Area/Chokio-Alberta	58.10	2	3
7	Alanya Stenson	11	Montevideo	1:00.65	1	2
8	Andie Dockter	11	Lac qui Parle Valley/Dawson-	1:01.85	1	1
9	Ella Stock	9	Lac qui Parle Valley/Dawson-	1:05.25	1	

Event 116 Boys 300 Meter Hurdles Class A

	Name	Yr	School	Finals	H#	Points
Finals						
1	Jacob Ochsendorf	11	Montevideo	42.81	2	10
2	James Weber	11	Lac qui Parle Valley/Dawson-	43.80	2	8
3	Derek Waldbeser	11	Morris Area/Chokio-Alberta	44.52	2	6
4	Ethan Hersom	12	Lac qui Parle Valley/Dawson-	45.38	2	5
5	Quin Peterson	11	Benson/KMS	45.79	2	4
6	Lewis Nohl	12	Morris Area/Chokio-Alberta	45.84	2	3

2023 Section 3A North Subsection**Benson - 5/25/2023****Results - Thursday****Finals ... (Event 116 Boys 300 Meter Hurdles Class A)**

Name	Yr	School	Finals	H#	Points
7 Carson Boike	11	Montevideo	47.13	2	2
8 Blake Koehl	12	Hancock	49.28	1	1
9 Ethan Jakobs	9	Montevideo	49.69	1	
10 Cody Klepel	11	Ortonville	49.95	2	
11 Joseph Felton	11	Lac qui Parle Valley/Dawson-	56.40	1	

Event 107 Girls 800 Meter Run Class A

Name	Yr	School	Finals	Points
Finals				
1 Hailey Werk	11	Morris Area/Chokio-Alberta	2:25.69	10
2 Taylor Wood	10	Lac qui Parle Valley/Dawson-	2:32.07	8
3 Frida Barrera	10	MACCRAY/RCW	2:32.81	6
4 Vivian Messner	9	Hancock	2:42.79	5
5 Kendal Fischer	8	Morris Area/Chokio-Alberta	2:43.40	4
6 Paisley Martinson	8	Lac qui Parle Valley/Dawson-	2:46.59	3
7 Nora Hultgren	9	MACCRAY/RCW	2:47.80	2
8 Hannah Goschey	12	Lac qui Parle Valley/Dawson-	2:49.40	1
9 Ashley Koehl	11	Morris Area/Chokio-Alberta	2:55.84	
10 Katelynn Marquardt	11	Benson/KMS	3:16.76	

Event 108 Boys 800 Meter Run Class A

Name	Yr	School	Finals	Points
Finals				
1 Brady Andrews	12	Montevideo	2:09.92	10
2 Noah Johnson	12	Benson/KMS	2:12.92	8
3 Ivan Barrera	12	MACCRAY/RCW	2:13.27	6
4 Adam VanBinsbergen	8	Montevideo	2:13.31	5
5 Jared Koehl	12	Hancock	2:14.19	4
6 Justin Perkins	12	Lac qui Parle Valley/Dawson-	2:15.28	3
7 Nelson Velasquez	10	Montevideo	2:16.61	2
8 Tanner Kalas	9	Lac qui Parle Valley/Dawson-	2:17.41	1
9 Dillon Anderson	10	Ortonville	2:17.69	
10 Matthew Giese	12	Morris Area/Chokio-Alberta	2:22.36	
11 Charlie DeNeui	9	Morris Area/Chokio-Alberta	2:23.87	
12 Trent Eastman	11	Ortonville	2:26.74	
13 Jordon Perkins	12	Lac qui Parle Valley/Dawson-	2:29.22	
14 Cole Froehlich	9	Benson/KMS	2:33.69	
15 Shane Froehlich	8	Benson/KMS	2:38.55	

Event 103 Girls 200 Meter Dash Class A

Name	Yr	School	Finals	Wind	H#	Points
Finals						
1 Carly Tolifson	8	Benson/KMS	27.14	NWI	3	10
2 Rachel Jakel	11	MACCRAY/RCW	27.89	NWI	3	8
3 Ella Kienitz	11	MACCRAY/RCW	28.44	NWI	3	6
4 Isabel Guerra	10	Morris Area/Chokio-Alberta	28.55	NWI	3	5
5 Ella Hultgren	10	MACCRAY/RCW	28.69	NWI	3	4
6 Mya Conroy	12	Lac qui Parle Valley/Dawson-	28.96	NWI	3	3
7 Sadie Hacker	10	Lac qui Parle Valley/Dawson-	29.28	NWI	3	2
8 Chloe Fehr	8	Morris Area/Chokio-Alberta	29.63	NWI	2	1

2023 Section 3A North Subsection**Benson - 5/25/2023****Results - Thursday****Finals ... (Event 103 Girls 200 Meter Dash Class A)**

Name	Yr	School	Finals	Wind	H#	Points
9 Jessa Norby	9	Montevideo	29.68	NWI	3	
10 Eva Schaefer	11	Hancock	29.91	NWI	2	
11 Genevieve Buhl	9	Morris Area/Chokio-Alberta	30.67	NWI	2	
12 Aubrey Norman	11	Montevideo	31.44	NWI	2	
13 Calli Zeidler	9	Montevideo	31.49	NWI	2	
14 Brooke Hoberg	9	Benson/KMS	31.68	NWI	2	
15 Marrin Wolle	10	Lac qui Parle Valley/Dawson-	32.00	NWI	2	
16 Brandi Messner	12	Hancock	32.15	NWI	2	
17 Milgo Abdi	12	Benson/KMS	32.88	NWI	1	
18 Lydia Rechtzigel	9	Hancock	33.87	NWI	1	
19 Haley Borner	7	Ortonville	33.88	NWI	1	

Event 104 Boys 200 Meter Dash Class A

Name	Yr	School	Finals	Wind	H#	Points
Finals						
1 Edan Smith	11	Montevideo	23.19	NWI	2	10
2 Hunter Kallstrom	11	Benson/KMS	23.23	NWI	2	8
3 Nathan Wieberdink	11	MACCRAY/RCW	23.40	NWI	2	6
4 Jaxon Wagner	10	Montevideo	24.46	NWI	2	5
5 Carlos Cortez	12	Montevideo	24.90	NWI	2	4
6 Connor Oehlberg	9	Benson/KMS	25.11	NWI	2	3
7 Blake Bruns	12	Morris Area/Chokio-Alberta	25.24	NWI	2	2
8 Carter Auspos	11	Benson/KMS	25.89	NWI	2	1
9 Fenton Gehrke	10	MACCRAY/RCW	25.96	NWI	1	
10 Isaac Brown	10	Ortonville	25.99	NWI	1	
11 Tyler Nett	11	MACCRAY/RCW	26.64	NWI	1	
12 David Torgerson	10	Lac qui Parle Valley/Dawson-	28.69	NWI	1	
13 Leo Boese	10	Morris Area/Chokio-Alberta	28.79	NWI	1	
14 Porter Pederson	9	Lac qui Parle Valley/Dawson-	29.40	NWI	1	

Event 111 Girls 3200 Meter Run Class A

Name	Yr	School	Finals	Points
Finals				
1 Hailey Werk	11	Morris Area/Chokio-Alberta	13:08.50	10
2 Kaylee Wink	10	Hancock	13:32.62	8
3 Chloe Gloege	8	Lac qui Parle Valley/Dawson-	14:08.40	6
4 Brooklyn Sterud	7	Lac qui Parle Valley/Dawson-	14:17.49	5
5 Reese Ochsendorf	10	Lac qui Parle Valley/Dawson-	14:19.65	4
6 Alayna Perkins	8	Morris Area/Chokio-Alberta	15:28.20	3
7 Elizabeth Johnson	9	MACCRAY/RCW	16:17.87	2

Event 112 Boys 3200 Meter Run Class A

Name	Yr	School	Finals	Points
Finals				
1 Gavin Carl	10	Lac qui Parle Valley/Dawson-	10:52.77	10
2 Jacob Cloos	12	Ortonville	11:05.50	8
3 Carson Lynner	11	Montevideo	11:20.79	6
4 Jett Nuest	7	Hancock	11:22.05	5
5 Isaiah Rosemeier	8	Benson/KMS	11:42.23	4
6 Carlos Rivera	11	Morris Area/Chokio-Alberta	11:57.75	3

2023 Section 3A North Subsection**Benson - 5/25/2023****Results - Thursday****Finals ... (Event 112 Boys 3200 Meter Run Class A)**

Name	Yr	School	Finals	Points
7 Grady Stallman	10	Morris Area/Chokio-Alberta	12:08.18	2
8 Luca Felix	9	Hancock	12:08.87	1
9 Jake Seales	12	Morris Area/Chokio-Alberta	12:22.63	
10 Jesse Stranlund	11	Montevideo	12:34.74	
11 Oswaldo Moreno	8	Benson/KMS	13:19.80	

Event 121 Girls 4x400 Meter Relay Class A

Team	Relay	Finals	Points
Finals			
1 MACCRAY/RCW		4:18.46	10
1) Ella Hultgren 10	2) Frida Barrera 10	3) Ella Kienitz 11	4) Brielle Janssen 9
2 Benson/KMS		4:22.87	8
1) Alissa Thompson 10	2) Izzy Wirth 10	3) Kaida Helgenset 8	4) Amber Rosemeier 11
3 Lac qui Parle Valley/Dawson-		4:23.05	6
1) Anika Fernholz 12	2) Makiah Pust 9	3) Morgan Hanson 10	4) Addy Tufto 10
4 Hancock		4:34.97	5
1) Abigail Nuest 9	2) Vivian Messner 9	3) Giana Feuchtenberger 7	4) Kaylynn Christianson 9
5 Morris Area/Chokio-Alberta		4:38.64	4
1) Heika Hall 8	2) Hana Schutz 10	3) Chloe Fehr 8	4) Isabel Guerra 10
6 Montevideo		4:48.93	3
1) Teagan Epema 10	2) Maren Nelson 11	3) Jessa Norby 9	4) Nevaeh Halverson 11

Event 122 Boys 4x400 Meter Relay Class A

Team	Relay	Finals	Points
Finals			
1 Montevideo		3:36.30	10
1) Adrian Norman 11	2) Brady Andrews 12	3) Edan Smith 11	4) Jacob Ochsendorf 11
2 Lac qui Parle Valley/Dawson-		3:41.20	8
1) James Weber 11	2) Brayson Boike 10	3) Justin Perkins 12	4) Keegon Wicht 12
3 Morris Area/Chokio-Alberta		3:41.78	6
1) Blake Bruns 12	2) Lewis Nohl 12	3) Max Lietz 12	4) Derek Waldbeser 11
4 Benson/KMS		3:44.04	5
1) Thomas Dineen 12	2) Juan Espinosa 12	3) Noah Johnson 12	4) Hunter Kallstrom 11
5 MACCRAY/RCW		3:44.72	4
1) Brady Heiling 11	2) Javin Mungai 11	3) Isaac Post 11	4) Ivan Barrera 12
6 Ortonville		3:50.94	3
1) Cady Vanderwal 9	2) Trent Eastman 11	3) Dillon Anderson 10	4) Nathan Gustafson 12
7 Hancock		3:56.01	2
1) Jared Koehl 12	2) Jeremiah Schmidgall 10	3) Jackson Koehl 12	4) Sean Wilson 12

Event 125 Girls High Jump Class A

Name	Yr	School	Finals	Points
Finals				
1 Carly Tolifson	8	Benson/KMS	5-00.00	10
2 Ayiana Hastad	11	Lac qui Parle Valley/Dawson-	5-00.00	8
3 Jordan Thein	12	MACCRAY/RCW	4-10.00	5.50
3 Maddie Luft	10	Benson/KMS	4-10.00	5.50
5 Emma Thein	9	MACCRAY/RCW	4-10.00	4
6 Mamie Luft	8	Benson/KMS	4-08.00	3
7 Heika Hall	8	Morris Area/Chokio-Alberta	4-06.00	2
8 Mya Schmidgall	10	Morris Area/Chokio-Alberta	4-06.00	1
9 Kalista Bormann	12	Lac qui Parle Valley/Dawson-	4-04.00	

2023 Section 3A North Subsection**Benson - 5/25/2023****Results - Thursday****Finals ... (Event 125 Girls High Jump Class A)**

Name	Yr	School	Finals	Points
10 Allie Neu	12	Ortonville	4-04.00	
11 Juliana Weaver	10	Ortonville	4-02.00	
12 Sadie Rosendahl	8	Lac qui Parle Valley/Dawson-	4-02.00	
12 Cassandra Harms	9	MACCRAY/RCW	4-02.00	
--- Haylee Flaten	8	Hancock	NH	
--- Allison Nohl	9	Morris Area/Chokio-Alberta	NH	

Event 126 Boys High Jump Class A

Name	Yr	School	Finals	Points
Finals				
1 Brayson Boike	10	Lac qui Parle Valley/Dawson-	6-04.00	10
2 Jackson Koehl	12	Hancock	6-02.00	8
3 Eli Hegland	11	Lac qui Parle Valley/Dawson-	6-00.00	6
4 DeAndre Holloway	11	Benson/KMS	5-10.00	5
5 Jordan Warne	11	MACCRAY/RCW	5-08.00	4
6 Jack Miller	11	MACCRAY/RCW	5-06.00	3
7 Preston Kisgen	9	Hancock	5-04.00	2
8 Devin Ashling	11	Montevideo	5-04.00	1
9 Tosten Christenson	9	Montevideo	5-02.00	
10 Jace Meierding	9	Hancock	5-02.00	
11 Jorge Rodrigues	9	Morris Area/Chokio-Alberta	5-02.00	
12 Carter Auspos	11	Benson/KMS	5-00.00	
13 Tayte Antolick	9	Benson/KMS	5-00.00	
--- Hensel Andino	10	Montevideo	NH	

Event 127 Girls Pole Vault Class A

Name	Yr	School	Finals	Points
Finals				
1 Izzy Wirth	10	Benson/KMS	8-08.00	10
2 Callie Jaenisch	10	MACCRAY/RCW	8-02.00	8
3 Hana Schutz	10	Morris Area/Chokio-Alberta	8-02.00	6
4 Keala Carroll	9	Benson/KMS	8-02.00	5
5 Juliana Weaver	10	Ortonville	7-08.00	3.50
5 Alayna Perkins	8	Morris Area/Chokio-Alberta	7-08.00	3.50
7 Mia Post	8	MACCRAY/RCW	7-08.00	2
8 Isabel Guerra	10	Morris Area/Chokio-Alberta	7-08.00	1
9 Brenna Winters	11	Montevideo	6-08.00	
10 Libby McGearry	12	Benson/KMS	6-08.00	
11 Maggie Jaenisch	9	MACCRAY/RCW	6-02.00	
--- Avrielle Fultz	9	Montevideo	NH	

Event 128 Boys Pole Vault Class A

Name	Yr	School	Finals	Points
Finals				
1 Braden Nelson	11	Montevideo	13-05.00	10
2 Jack Miller	11	MACCRAY/RCW	12-05.00	8
3 Grayson Gibson	9	Morris Area/Chokio-Alberta	12-05.00	6
4 Noah Malek	11	Morris Area/Chokio-Alberta	11-11.00	5
5 Devin Ashling	11	Montevideo	10-05.00	4
6 Sam Miller	9	MACCRAY/RCW	10-05.00	3

2023 Section 3A North Subsection**Benson - 5/25/2023****Results - Thursday****Finals ... (Event 128 Boys Pole Vault Class A)**

Name	Yr	School	Finals	Points
7 Jaiden Zimmerman	12	Benson/KMS	9-11.00	2
8 Alex Whitcup	12	Benson/KMS	9-11.00	1
9 Sergio Matamoros	11	Montevideo	9-11.00	
10 Trey Gunderson	9	Benson/KMS	8-11.00	

Event 129 Girls Long Jump Class A

Name	Yr	School	Finals	Wind	H#	Points
Finals						
1 Teagan Epema	10	Montevideo	16-01.00	NWI	2	10
2 Libby McGearry	12	Benson/KMS	15-02.00	NWI	2	8
3 Karina Koehl	9	Hancock	15-00.00	NWI	1	6
4 Ella Kienitz	11	MACCRAY/RCW	14-10.50	NWI	2	5
5 Adelyn Plagge	11	MACCRAY/RCW	14-08.00	NWI	2	4
6 Isabelle Motz	9	Morris Area/Chokio-Alberta	14-06.00	NWI	2	3
7 Chloe Fehr	8	Morris Area/Chokio-Alberta	14-05.00	NWI	2	2
8 Acelynn Hacker	9	Benson/KMS	14-03.50	NWI	2	1
9 Juliana Weaver	10	Ortonville	13-11.25	NWI	1	
10 Kalista Bormann	12	Lac qui Parle Valley/Dawson-	13-06.75	NWI	1	
11 Giana Feuchtenberger	7	Hancock	13-03.25	NWI	1	
12 Lola Schmidgall	7	Morris Area/Chokio-Alberta	13-01.50	NWI	2	
13 Azura Goodall	12	Benson/KMS	12-11.25	NWI	1	
14 Abigail Alonso	11	Lac qui Parle Valley/Dawson-	12-09.00	NWI	1	
15 Reese McCoy	11	Lac qui Parle Valley/Dawson-	12-06.50	NWI	1	
16 Tabitha Bjerkevedt	9	Hancock	12-02.75	NWI	1	
--- Ella Hultgren	10	MACCRAY/RCW	ND	NWI	2	

Event 130 Boys Long Jump Class A

Name	Yr	School	Finals	Wind	H#	Points
Finals						
1 Brayson Boike	10	Lac qui Parle Valley/Dawson-	21-06.00	NWI	2	10
2 Brayden Kisgen	11	Hancock	19-06.50	NWI	2	8
3 Eli Hegland	11	Lac qui Parle Valley/Dawson-	19-06.00	NWI	2	6
4 Isaac Post	11	MACCRAY/RCW	18-09.75	NWI	2	5
5 Devin Ashling	11	Montevideo	17-10.75	NWI	1	4
6 Max Lietz	12	Morris Area/Chokio-Alberta	17-09.50	NWI	2	3
7 Tosten Christenson	9	Montevideo	17-06.00	NWI	2	2
8 Kendall Waldbeser	9	Morris Area/Chokio-Alberta	17-04.50	NWI	2	1
9 Preston Kisgen	9	Hancock	16-09.50	NWI	2	
10 Juan Espinosa	12	Benson/KMS	16-01.00	NWI	2	
11 Carter Brown	12	Ortonville	15-09.50	NWI	1	
12 Riley Schmidt	12	Benson/KMS	15-05.00	NWI	1	
13 Fenton Gehrke	10	MACCRAY/RCW	14-08.75	NWI	1	
14 Landon Bratsch	11	Benson/KMS	14-04.00	NWI	1	
15 Jacob Buhl	10	Morris Area/Chokio-Alberta	14-02.00	NWI	1	
16 Hensel Andino	10	Montevideo	13-07.00	NWI	1	
17 Bryson Karels	8	Ortonville	13-00.50	NWI	1	
18 James Hodenfield	7	Ortonville	10-03.50	NWI	1	

2023 Section 3A North Subsection**Benson - 5/25/2023****Results - Thursday****Event 131 Girls Triple Jump Class A**

Name	Yr	School	Finals	Wind	H#	Points
Finals						
1 Avery Koenen	12	Montevideo	35-10.25	NWI	2	10
2 Karina Koehl	9	Hancock	32-01.00	NWI	2	8
3 Kalista Bormann	12	Lac qui Parle Valley/Dawson-	31-10.00	NWI	2	6
4 Ayiana Hastad	11	Lac qui Parle Valley/Dawson-	31-03.00	NWI	2	5
5 Misti Zempel	11	Hancock	31-00.00	NWI	2	4
6 Mya Schmidgall	10	Morris Area/Chokio-Alberta	30-06.25	NWI	2	3
7 Maren Nelson	11	Montevideo	30-05.75	NWI	1	2
8 Kendal Fischer	8	Morris Area/Chokio-Alberta	30-00.50	NWI	1	1
9 Reese McCoy	11	Lac qui Parle Valley/Dawson-	29-03.75	NWI	1	
10 Brenna Winters	11	Montevideo	28-10.50	NWI	2	
11 Cassandra Harms	9	MACCRAY/RCW	28-10.00	NWI	2	
12 Hana Schutz	10	Morris Area/Chokio-Alberta	27-11.00	NWI	1	
13 Lilyanna Winter	10	Benson/KMS	25-09.00	NWI	1	
--- Jordan Thein	12	MACCRAY/RCW	ND	NWI	2	

Event 132 Boys Triple Jump Class A

Name	Yr	School	Finals	Wind	H#	Points
Finals						
1 Brayson Boike	10	Lac qui Parle Valley/Dawson-	43-10.75	NWI	2	10
2 Eli Hegland	11	Lac qui Parle Valley/Dawson-	40-02.00	NWI	2	8
3 Max Lietz	12	Morris Area/Chokio-Alberta	39-10.75	NWI	2	6
4 Jared Koehl	12	Hancock	39-08.00	NWI	2	5
5 Keegon Wicht	12	Lac qui Parle Valley/Dawson-	37-10.00	NWI	2	4
6 Jace Meierding	9	Hancock	37-02.50	NWI	1	3
7 Quin Peterson	11	Benson/KMS	37-00.25	NWI	2	2
8 Juan Espinosa	12	Benson/KMS	36-05.25	NWI	2	1
9 Carson Boike	11	Montevideo	35-10.25	NWI	2	
10 Carson Lynner	11	Montevideo	35-02.00	NWI	1	
11 Tosten Christenson	9	Montevideo	34-10.25	NWI	1	
12 Javin Mungai	11	MACCRAY/RCW	34-04.50	NWI	2	
13 Ivan Barrera	12	MACCRAY/RCW	33-10.25	NWI	1	
14 Landon Bratsch	11	Benson/KMS	32-03.25	NWI	1	
15 Preston Feucht	8	Hancock	30-02.50	NWI	1	
--- Jacob Buhl	10	Morris Area/Chokio-Alberta	ND	NWI	1	

Event 133 Girls Discus Throw Class A

Name	Yr	School	Finals	H#	Points
Finals					
1 Chloe Rabe	12	Ortonville	106-00	2	10
2 Emersen Tatge	11	MACCRAY/RCW	95-04.50	2	8
3 Paige Meyer	12	Lac qui Parle Valley/Dawson-	92-01.75	2	6
4 Mamie Luft	8	Benson/KMS	88-11	1	5
5 Hayley Anderson	11	Lac qui Parle Valley/Dawson-	88-03.25	2	4
6 Maddie Fehr	10	Morris Area/Chokio-Alberta	83-01	2	3
7 Emma Thein	9	MACCRAY/RCW	81-10	2	2
8 Britta Schmidgall	10	Morris Area/Chokio-Alberta	80-08.50	1	1
9 Mylie Fehr	8	Morris Area/Chokio-Alberta	79-10.75	2	
10 Alex Dirksen	11	MACCRAY/RCW	78-07.25	2	

2023 Section 3A North Subsection**Benson - 5/25/2023****Results - Thursday****Finals ... (Event 133 Girls Discus Throw Class A)**

	Name	Yr	School	Finals	H#	Points
11	Elizabeth O'Malley	9	Montevideo	76-00.75	2	
12	Narissa Rohner	8	Benson/KMS	71-11.75	1	
13	Isabella Longhenrey	10	Lac qui Parle Valley/Dawson-	69-04.25	2	
14	Alanya Stenson	11	Montevideo	69-01.50	2	
15	Alana Hettver	12	Benson/KMS	68-10.75	1	
16	Calli Zeidler	9	Montevideo	65-02	1	
17	Rosa Olson	12	Ortonville	64-09.50	1	
18	Korah Schroeder	9	Hancock	57-01.75	1	
19	Stephanie Weber	8	Hancock	57-00	1	
20	Lydia Rechtzigel	9	Hancock	52-07	1	
21	Kaitlyn Brandenburger	7	Ortonville	48-06	1	

Event 134 Boys Discus Throw Class A

	Name	Yr	School	Finals	H#	Points
Finals						
1	Francis O'Malley	11	Montevideo	147-08	2	10
2	Nathan Wieberdink	11	MACCRAY/RCW	135-02	2	8
3	Mitchell Moser	10	Morris Area/Chokio-Alberta	127-11	2	6
4	Vladmir Rosillo Lara	12	Morris Area/Chokio-Alberta	123-06	2	5
5	Klay Poppe	11	Montevideo	112-11.50	2	4
6	Semisi Paongo	10	Montevideo	111-02.75	2	3
7	Daytona Hoberg	12	Morris Area/Chokio-Alberta	105-05	2	2
8	Jordan Warne	11	MACCRAY/RCW	104-06.25	2	1
9	Jacob Cloos	12	Ortonville	89-11.50	2	
10	Owen Oerter	8	Benson/KMS	74-11.50	1	
11	Jeremiah Schmidgall	10	Hancock	74-07.25	1	
12	Dillon Anderson	10	Ortonville	73-02	1	
13	Cruise Millette	8	Hancock	68-01.75	1	
14	Brantley Fetters	10	Ortonville	54-09.75	1	

Event 135 Girls Shot Put Class A

	Name	Yr	School	Finals	H#	Points
Finals						
1	Chloe Rabe	12	Ortonville	36-03.25	2	10
2	Misti Zempel	11	Hancock	32-03.50	2	8
3	Hayley Anderson	11	Lac qui Parle Valley/Dawson-	31-01.00	2	6
4	Emersen Tatge	11	MACCRAY/RCW	30-06.25	2	5
5	Paige Meyer	12	Lac qui Parle Valley/Dawson-	29-08.00	2	4
6	Elizabeth O'Malley	9	Montevideo	29-05.50	2	3
7	Isabella Longhenrey	10	Lac qui Parle Valley/Dawson-	28-04.50	2	2
8	Alex Dirksen	11	MACCRAY/RCW	28-03.50	2	1
9	Maddie Fehr	10	Morris Area/Chokio-Alberta	27-10.00	2	
10	Britta Schmidgall	10	Morris Area/Chokio-Alberta	25-11.00	2	
11	Alanya Stenson	11	Montevideo	25-00.75	1	
12	Korah Schroeder	9	Hancock	24-09.50	1	
13	Mylie Fehr	8	Morris Area/Chokio-Alberta	24-08.75	2	
14	Narissa Rohner	8	Benson/KMS	24-06.50	1	
15	Korri Heiling	8	MACCRAY/RCW	21-07.00	1	
16	Teagan Froehlich	11	Benson/KMS	21-05.00	1	
17	Addison Pauling	9	Montevideo	21-03.00	1	

2023 Section 3A North Subsection**Benson - 5/25/2023****Results - Thursday****Finals ... (Event 135 Girls Shot Put Class A)**

	Name	Yr	School	Finals	H#	Points
18	Alana Hettver	12	Benson/KMS	21-00.50	1	
19	Kaitlyn Brandenburger	7	Ortonville	20-02.50	1	
20	Rosa Olson	12	Ortonville	19-02.00	1	
21	Stephanie Weber	8	Hancock	17-05.00	1	

Event 136 Boys Shot Put Class A

	Name	Yr	School	Finals	H#	Points
Finals						
1	Francis O'Malley	11	Montevideo	56-05.50	2	10
2	Brady Heiling	11	MACCRAY/RCW	46-06.00	2	8
3	Hunter Kallstrom	11	Benson/KMS	45-08.50	2	6
4	Mitchell Moser	10	Morris Area/Chokio-Alberta	43-08.50	2	5
5	Vladmir Rosillo Lara	12	Morris Area/Chokio-Alberta	42-04.00	2	4
6	Thomas Dineen	12	Benson/KMS	38-04.50	2	3
7	Fox Huber	12	Montevideo	36-11.50	2	2
8	Noah Meyer	10	Lac qui Parle Valley/Dawson-	36-00.00	2	1
9	Nathan Gustafson	12	Ortonville	35-10.50	2	
10	Zach Dietz	10	Morris Area/Chokio-Alberta	33-10.50	1	
11	Isaac Brown	10	Ortonville	33-06.50	1	
12	Semisi Paongo	10	Montevideo	31-05.50	1	
13	Titus Bjerketvedt	11	Hancock	29-09.50	1	
14	Gabe Lowry	9	Lac qui Parle Valley/Dawson-	29-00.00	1	
15	Cruise Millette	8	Hancock	27-10.50	1	
16	Owen Oerter	8	Benson/KMS	27-07.00	1	
17	Brantley Fetters	10	Ortonville	23-08.00	1	

Women - Class A - Team Rankings - 18 Events Scored

1) Benson/KMS	150.5	2) MACCRAY/RCW	143.5
3) Lac qui Parle Valley/Dawson-	143	4) Morris Area/Chokio-Alberta	114.5
5) Hancock	62	6) Montevideo	49
7) Ortonville	23.5		

Men - Class A - Team Rankings - 18 Events Scored

1) Montevideo	185	2) Lac qui Parle Valley/Dawson-	127
3) MACCRAY/RCW	104	4) Morris Area/Chokio-Alberta	102
5) Benson/KMS	94	6) Hancock	51
7) Ortonville	31		