

2026 MSHSL Section 5A West

May 19, 2026 - Litchfield

Mens Varsity

1.	Holdingford	163	
2.	Howard Lake-Waverly-Winsted	131	
3.	Litchfield	125.5	
4.	New London-Spicer	102	
5.	Eden Valley-Watkins/Kimball	49.5	
6.	Maple Lake	35	
6.	Upsala/Swanville	35	
8.	Belgrade-Brooten-Elrosa	16	
9.	St. Cloud Christian	13	
10.	Atwater-Cosmos-Grove City	10	

Womens Varsity

1.	Holdingford	139	
2.	Litchfield	112	
3.	New London-Spicer	111.5	
4.	Eden Valley-Watkins/Kimball	73.5	
5.	Paynesville	61.5	
6.	Howard Lake-Waverly-Winsted	59	
7.	Maple Lake	45.5	
8.	Atwater-Cosmos-Grove City	36	
9.	Upsala/Swanville	20	
10.	Belgrade-Brooten-Elrosa	15	
11.	St. Cloud Christian	6	

Boys Varsity 100 Meters

=====

==

Athlete Yr Team Mark H#

=====

==

1 Weston Steele 11 New London-Spicer 11.36a
2 Brody Hooper 12 Eden Valley-Watkins/Kimball 11.42a
3 Blayden Nierenhausen 10 Holdingford 11.46a
4 Camden Ost 11 Howard Lake-Waverly-Winsted 11.72a
5 Austin Terpstra 11 Holdingford 11.75a
6 Ty Penk 12 Litchfield 11.86a
7 Dylan Forcier 12 Howard Lake-Waverly-Winsted 11.88a
8 Emmett VanDerBill 11 Litchfield 11.89a
9 Brody Barnes 10 Howard Lake-Waverly-Winsted 11.94a
10 Jacob England 12 Maple Lake 12.05a
11 Dylan Henkemeyer 9 Eden Valley-Watkins/Kimball 12.09a
12 Micah Morrison 12 Atwater-Cosmos-Grove City 12.10a
13 Joe Aasen 12 Maple Lake 12.16a
14 Noah VanHeel 9 Upsala/Swanville 12.18a
15 Gavin Terning 12 Litchfield 12.26a
16 Jaxon Diebold - Maple Lake 12.44a
17 Miguel Santamaria 10 Belgrade-Brooten-Elrosa 12.53a
18 Levi Christensen 8 Eden Valley-Watkins/Kimball 12.65a
19 Kaleb Woelfel 10 New London-Spicer 12.74a
20 Lathan Rien 11 Paynesville 12.75a
21 David Studanski 11 Atwater-Cosmos-Grove City 12.86a
22 Landon Pederson 11 Atwater-Cosmos-Grove City 12.88a
23 Patrick Soley 9 Holy Trinity 13.01a
24 Jonathan Benson 11 Community Christian (Willmar) 13.10a
25 Keaton Nygaard 10 St. Cloud Christian 13.17a
26 Jaylen Harrell 10 Paynesville 13.25a

27 Colin Evenson 12 Belgrade-Brooten-Elrosa 13.34a
28 Julius Gonzalez 8 Paynesville 13.56a
29 Logan Gallus 11 Upsala/Swanville 13.65a
30 Dylan Proell 8 Upsala/Swanville 14.52a

Girls Varsity 100 Meters

=====

==
Athlete Yr Team Mark H#

=====

==
1 Josie Bjorkman 11 Litchfield 13.11a
2 Ayla Caskey 12 New London-Spicer 13.20a
3 Davotion Buttruff 9 Howard Lake-Waverly-Winsted 13.26a
4 Jailyn Mickelson 11 Litchfield 13.28a
5 Alexis Boonstra 12 Howard Lake-Waverly-Winsted 13.39a
6 Katelyn Delzer 12 New London-Spicer 13.41a
7 Emma Wirz 11 Eden Valley-Watkins/Kimball 13.41a
8 Angelika Diakite 12 Holdingford 13.49a
9 Danica Pederson 12 New London-Spicer 13.59a
10 Ellery Blom 7 Atwater-Cosmos-Grove City 13.71a
11 Haley Johnson 12 Atwater-Cosmos-Grove City 13.74a
12 Richelle Thompson 10 Upsala/Swanville 13.80a
13 Rhiannon Hilsen 10 Eden Valley-Watkins/Kimball 13.84a
14 Avari Bierwerth 11 Atwater-Cosmos-Grove City 13.90a
15 Brynn Detloff 9 Holdingford 13.93a
16 Mila Bjorkman 9 Litchfield 14.11a
17 Lynzie Lindner 7 Howard Lake-Waverly-Winsted 14.19a
18 Raylee Poster 8 Paynesville 14.29a
19 Aubrey Heiling 11 Community Christian (Willmar) 14.34a
20 Chloe Anderson 7 Belgrade-Brooten-Elrosa 14.42a
21 Madelyn Engebretson 10 Holdingford 14.43a
22 Olivia Forcier 10 Holy Trinity 14.50a
23 Grace Simon 7 Paynesville 14.80a
24 Lydia Schwartz 9 St. Cloud Christian 14.97a
25 Mya Proell 12 Upsala/Swanville 14.98a
26 Myra Hendricks 8 Eden Valley-Watkins/Kimball 15.08a
27 Anna DeLeeuw 9 Community Christian (Willmar) 15.18a
28 Isabel Dietz 9 Holy Trinity 15.25a
29 Madelyn Klatt 7 Maple Lake 15.30a
30 Olivia Davis 9 Holy Trinity 15.36a
31 Eve McKay 11 St. Cloud Christian 15.61a
32 Sofia Patton 9 Maple Lake 15.71a
33 Hannah Wurm 10 Belgrade-Brooten-Elrosa 15.76a
34 Kiera Suchy 8 Paynesville 15.93a
35 Aliss Lopez-Ojeda 10 Upsala/Swanville 15.98a
36 Ainsley Rowe 9 Maple Lake 16.20a
37 Madelyn Kannas 10 Community Christian (Willmar) 16.50a

Boys Varsity 200 Meters

=====

==

Athlete Yr Team Mark H#

=====

==

- 1 Timmy Webber 12 Howard Lake-Waverly-Winsted 22.89a
- 2 Weston Steele 11 New London-Spicer 22.91a
- 3 Jax Buersken 10 Holdingford 23.19a
- 4 Kyle Fiedler 12 Holdingford 23.23a
- 5 Nolan Mertens 12 Eden Valley-Watkins/Kimball 23.67a
- 6 Zachary Lageson 11 New London-Spicer 24.36a
- 7 Jacob England 12 Maple Lake 24.53a
- 8 Nate Tiller 11 Litchfield 24.59a
- 9 Louden Johnson 11 New London-Spicer 24.61a
- 10 Dylan Henkemeyer 9 Eden Valley-Watkins/Kimball 24.69a
- 11 Henry Arnold 10 Eden Valley-Watkins/Kimball 24.69a
- 12 Jackson Remer 12 Howard Lake-Waverly-Winsted 24.77a
- 13 Joe Aasen 12 Maple Lake 24.94a
- 14 David Mulder 12 Community Christian (Willmar) 24.96a
- 15 Aiden Detloff 10 Belgrade-Brooten-Elrosa 24.98a
- 16 Gavin Terning 12 Litchfield 25.18a
- 17 Noah VanHeel 9 Upsala/Swanville 25.19a
- 18 Micah Morrison 12 Atwater-Cosmos-Grove City 25.22a
- 19 Ryley Taylor 12 Holdingford 25.23a
- 20 Adrian Miller 11 Litchfield 25.77a
- 21 David Studanski 11 Atwater-Cosmos-Grove City 25.87a
- 22 Miguel Santamaria 10 Belgrade-Brooten-Elrosa 25.88a
- 23 Tristan Swart 9 Howard Lake-Waverly-Winsted 26.32a
- 24 Lathan Rien 11 Paynesville 26.46a
- 25 Sawyer Hagenson 8 St. Cloud Christian 26.62a
- 26 Jonathan Benson 11 Community Christian (Willmar) 27.25a
- 27 Owen Meyer 9 Atwater-Cosmos-Grove City 28.19a
- 28 Logan Gallus 11 Upsala/Swanville 28.82a
- 29 Dylan Proell 8 Upsala/Swanville 30.54a
- 30 Brock Welle 7 Paynesville 30.54a
- 31 Alex Lindahl 7 Paynesville 35.34a

Girls Varsity 200 Meters

=====

==

Athlete Yr Team Mark H#

=====

==

- 1 Hope Kuechle 11 Eden Valley-Watkins/Kimball 26.41a
- 2 Josy Turck 10 Litchfield 26.67a
- 3 Cloey Kolb 12 Paynesville 26.90a
- 4 Bri Triplett 9 New London-Spicer 27.20a
- 5 Dakota Good 9 Paynesville 27.57a

6 Angelika Diakite 12 Holdingford 27.80a
7 Susannah Danielson 11 New London-Spicer 27.81a
8 Katelyn Delzer 12 New London-Spicer 27.86a
9 Rachel Kuklok 12 Holdingford 28.24a
10 Haley Johnson 12 Atwater-Cosmos-Grove City 28.29a
11 Haley Puchalla 7 Holdingford 28.36a
12 Evie Remer 9 Howard Lake-Waverly-Winsted 28.57a
13 Richelle Thompson 10 Upsala/Swanville 29.18a
14 Avary Bierwerth 11 Atwater-Cosmos-Grove City 29.29a
15 Jada Rosenquist 12 Atwater-Cosmos-Grove City 29.62a
16 Laken Anderson 9 Belgrade-Brooten-Elrosa 29.79a
17 Lynzie Lindner 7 Howard Lake-Waverly-Winsted 29.79a
18 Mila Bjorkman 9 Litchfield 29.81a
19 Alaya Robbin 8 Belgrade-Brooten-Elrosa 30.44a
20 Mya Proell 12 Upsala/Swanville 30.70a
21 Isabelle Voight 9 Litchfield 30.73a
22 Maria Koch 9 Howard Lake-Waverly-Winsted 30.84a
23 Addy Wilson 10 Eden Valley-Watkins/Kimball 30.89a
24 Aubrey Heiling 11 Community Christian (Willmar) 31.01a
25 Nele Teichmann 10 Maple Lake 31.01a
26 Chloe Hemmesch 11 Paynesville 31.18a
27 Corinna Myra 9 St. Cloud Christian 31.19a
28 Bianca Mrozek 10 Upsala/Swanville 31.33a
29 Alyx Kelly 12 Holy Trinity 33.28a
30 Lauren Peterson 9 Maple Lake 33.91a
31 Emily Zelaya 10 Community Christian (Willmar) 34.06a
32 Lily Kallevig 7 Community Christian (Willmar) 34.48a
33 Stephanie Chouinard 10 Maple Lake 36.70a
34 Ellie Sorensen 7 Holy Trinity 37.41a
-- Chloe Anderson 7 Belgrade-Brooten-Elrosa DNS

Boys Varsity 400 Meters

==

Athlete Yr Team Mark H#

==

1 Dawson Hofer 11 Holdingford 52.05a
2 Cole Palmer 11 Litchfield 52.94a
3 Louden Johnson 11 New London-Spicer 53.98a
4 Tyler Charboneau 12 Eden Valley-Watkins/Kimball 54.46a
5 Taylor Pieper 12 Belgrade-Brooten-Elrosa 54.49a
6 Carson Terning 10 Litchfield 54.80a
7 Huxley Zoller 9 Eden Valley-Watkins/Kimball 55.13a
8 Noah Perowitz 11 Holdingford 55.38a
9 David Mulder 12 Community Christian (Willmar) 55.43a
10 Jesus Soriano 10 Litchfield 56.59a
11 David Studanski 11 Atwater-Cosmos-Grove City 57.28a
12 Jacob Skretvedt 11 New London-Spicer 57.78a

13 Colton Faue 9 Maple Lake 58.03a
14 Hale Kuznia 10 Howard Lake-Waverly-Winsted 58.94a
15 Sawyer Hagenson 8 St. Cloud Christian 59.26a
16 Joel Theis 10 Holdingford 59.29a
17 Keaton Nygaard 10 St. Cloud Christian 1:00.05a
18 Jaylen Harrell 10 Paynesville 1:01.56a
19 Julius Gonzalez 8 Paynesville 1:03.34a
20 Logan Leuer 10 Howard Lake-Waverly-Winsted 1:04.79a
21 Gavin Garcia 12 Atwater-Cosmos-Grove City 1:05.93a
22 Ethan Kottke 10 Atwater-Cosmos-Grove City 1:06.20a
23 Aaron Schneider 9 Upsala/Swanville 1:09.87a
24 Trygg Aleckson 10 Upsala/Swanville 1:10.39a
25 Karson Skaj 7 Upsala/Swanville 1:11.63a

Boys Varsity 800 Meters

==

Athlete Yr Team Mark H#

==

1 August Swenson 12 Litchfield 2:02.17a
2 Xander Chvatal 11 Litchfield 2:03.33a
3 Jackson Eldred 11 Howard Lake-Waverly-Winsted 2:05.07a
4 Mason Douvier 10 Belgrade-Brooklyn-Elrosa 2:06.26a
5 Quinn Guthrie 11 Upsala/Swanville 2:07.02a
6 Hunter Rademacher 11 St. Cloud Christian 2:08.28a
7 Blake Stoeber 11 Maple Lake 2:09.17a
8 Deakin Hofer 8 Holdingford 2:09.20a
9 Carson Remer 10 Howard Lake-Waverly-Winsted 2:11.18a
10 Cooper Shaw 8 Howard Lake-Waverly-Winsted 2:13.27a
11 Cooper Overson 10 Atwater-Cosmos-Grove City 2:13.84a
12 Nathan Young 9 Holdingford 2:13.86a
13 Jacob Loehlein 9 Holdingford 2:14.22a
14 Isaac Taatjes 12 New London-Spicer 2:18.02a
15 Lucas Elwell 9 Litchfield 2:19.65a
16 Noah Rolfzen 8 St. Cloud Christian 2:25.83a
17 Abraham Nething 10 Paynesville 2:28.16a
18 Thomas Soley 11 Holy Trinity 2:32.93a
19 Nolan Zierden 10 Paynesville 2:39.09a
20 Carson Demorett 11 Eden Valley-Watkins/Kimball 2:41.44a
21 Ian Chambers 10 St. Cloud Christian 2:42.32a
22 James Kraska 10 Upsala/Swanville 2:42.54a
23 Parker Taufen 7 Paynesville 2:43.41a
24 Levi Nelson 10 Community Christian (Willmar) 2:45.17a
25 Jacob Meno-Nieto 12 Atwater-Cosmos-Grove City 2:45.76a
26 Aaron Schneider 9 Upsala/Swanville 2:47.89a
27 Caiden Mahn 10 Atwater-Cosmos-Grove City 2:48.60a
28 Jack Sand 12 Community Christian (Willmar) 2:58.34a
29 Lucas Terzich 11 Maple Lake 3:20.38a

30 Charles Neumann 10 Maple Lake 3:35.79a

Girls Varsity 800 Meters

=====

==

Athlete Yr Team Mark H#

=====

==

- 1 Taylor Munsch 12 New London-Spicer 2:20.88a
- 2 Brenna Konsor 9 Holdingford 2:23.77a
- 3 Madison Olson 7 Atwater-Cosmos-Grove City 2:31.92a
- 4 Hailey Birkholz 11 Howard Lake-Waverly-Winsted 2:37.17a
- 5 Gabby Miller 11 Paynesville 2:38.44a
- 6 Violet Lee 10 New London-Spicer 2:39.85a
- 7 Elsa Helstrom 10 Litchfield 2:39.93a
- 8 Karina Welinski 9 Holdingford 2:44.35a
- 9 Clara Coran 7 St. Cloud Christian 2:46.06a
- 10 Clare Dressel 9 Howard Lake-Waverly-Winsted 2:46.15a
- 11 Abby Thoma 12 Litchfield 2:46.57a
- 12 Ellie Rolfzen 11 St. Cloud Christian 2:47.21a
- 13 Maiya Swenson 10 Holdingford 2:48.49a
- 14 Kala Ziegler 12 Litchfield 2:49.31a
- 15 Reagan Regnier 9 New London-Spicer 2:51.86a
- 16 Brielle Bertram 8 Paynesville 2:55.60a
- 17 Azalea May 12 Community Christian (Willmar) 2:57.14a
- 18 Gwen Kremers 8 Upsala/Swanville 2:58.92a
- 19 Libby Wimmer 11 Upsala/Swanville 3:04.26a
- 20 Bella Warga 9 Upsala/Swanville 3:06.86a
- 21 Allison Gonzalez 9 Paynesville 3:12.51a
- 22 Jaci Listerud 10 Eden Valley-Watkins/Kimball 3:18.06a
- 23 Josey Pribyl 7 Maple Lake 3:20.73a
- 24 Erin Helgesen 10 Eden Valley-Watkins/Kimball 3:25.58a
- 25 Kate Peterson 7 Maple Lake 3:26.55a
- 26 Alexis Forcier 8 Holy Trinity 3:35.32a

Boys Varsity 1600 Meters

=====

==

Athlete Yr Team Mark H#

=====

==

- 1 Judah Allen 11 Litchfield 4:35.55a
- 2 August Swenson 12 Litchfield 4:38.63a
- 3 Quinn Guthrie 11 Upsala/Swanville 4:46.95a
- 4 Zerl Lyon 8 Holdingford 4:48.04a
- 5 Hunter Rademacher 11 St. Cloud Christian 4:48.50a
- 6 Blake Stoeber 11 Maple Lake 4:49.18a
- 7 Cooper Overson 10 Atwater-Cosmos-Grove City 4:55.52a
- 8 Gavin Arens 12 Eden Valley-Watkins/Kimball 4:59.64a

9 Noah Rolfzen 8 St. Cloud Christian 5:01.54a
 10 Abram Lindner 12 St. Cloud Christian 5:10.98a
 11 Charlie Peterson 11 Maple Lake 5:16.99a
 12 Ezra Gabrielson 9 Eden Valley-Watkins/Kimball 5:18.54a
 13 Benjamin Stueve 11 New London-Spicer 5:26.43a
 14 Hawkins Nyholm 11 Litchfield 5:28.98a
 15 Elijah Dorse 10 Maple Lake 5:29.80a
 16 Martin Koch 11 Howard Lake-Waverly-Winsted 5:31.48a
 17 Jack Poverud 10 New London-Spicer 5:34.32a
 18 Parker Taufen 7 Paynesville 5:35.57a
 19 Andrew Eggert 8 Upsala/Swanville 5:44.25a
 20 Abram Swenson 9 Holdingford 5:45.39a
 21 Noah Masters 9 Holdingford 5:46.82a
 22 Nolan Zierden 10 Paynesville 5:47.97a
 23 Abraham Nething 10 Paynesville 5:48.04a
 24 Grady Bauman 8 Howard Lake-Waverly-Winsted 5:48.21a
 25 Dawson Hasse 9 Upsala/Swanville 5:49.57a
 26 Beck Freeland 7 New London-Spicer 5:50.86a
 27 Dyllan Michnowski 12 Atwater-Cosmos-Grove City 5:51.70a
 28 Dylan Serbus 12 Atwater-Cosmos-Grove City 6:01.33a
 29 Levi Nelson 10 Community Christian (Willmar) 6:12.26a
 30 Jack Sand 12 Community Christian (Willmar) 6:20.13a

Girls Varsity 1600 Meters

=====

==

Athlete Yr Team Mark H#

=====

==

1 Lauren Anglin 10 Maple Lake 5:30.86a
 2 Brooklyn Breitbach 7 Belgrade-Brooten-Elrosa 5:35.70a
 3 Lexie Miller 9 Paynesville 5:40.57a
 4 Kynlee Bischof 8 Eden Valley-Watkins/Kimball 5:42.40a
 5 Barbora Uhrova 11 Holdingford 5:44.96a
 6 Elsa Helstrom 10 Litchfield 5:48.72a
 7 Emma Frericks 7 Atwater-Cosmos-Grove City 5:49.11a
 8 Kala Ziegler 12 Litchfield 5:50.22a
 9 Ziva Miller 9 Belgrade-Brooten-Elrosa 5:51.99a
 10 Abby Thoma 12 Litchfield 5:57.77a
 11 Audrey Moline 8 New London-Spicer 6:01.22a
 12 Brooklyn Binsfeld 7 Paynesville 6:09.78a
 13 Beatrice Koch 7 Howard Lake-Waverly-Winsted 6:11.24a
 14 Lillian Leither 8 Holdingford 6:11.51a
 15 Andrea Douvier 12 Belgrade-Brooten-Elrosa 6:12.95a
 16 Addilyn Daucsavage 10 New London-Spicer 6:15.31a
 17 Taylor Rutgers 10 New London-Spicer 6:17.27a
 18 Brielle Bertram 8 Paynesville 6:23.16a
 19 Brooklyn Molitor 12 Eden Valley-Watkins/Kimball 6:23.82a
 20 Azalea May 12 Community Christian (Willmar) 6:40.72a

- 21 Anika Jensen 9 Upsala/Swanville 6:41.65a
- 22 Evie Wolford 9 Holdingford 6:49.70a
- 23 Siena Hemmesch 11 Eden Valley-Watkins/Kimball 7:00.50a
- 24 Kaitlyn Smith 7 Community Christian (Willmar) 7:20.46a
- 25 Meisha Studanski 12 Atwater-Cosmos-Grove City 7:39.56a

Boys Varsity 3200 Meters

=====

==

Athlete Yr Team Mark H#

=====

==

- 1 Judah Allen 11 Litchfield 10:21.06a
- 2 Landon Eliason 11 New London-Spicer 10:42.47a
- 3 Jack Schurmann 11 Howard Lake-Waverly-Winsted 10:59.72a
- 4 Carter Kubat 10 Holdingford 11:00.30a
- 5 Isaac Berges 10 St. Cloud Christian 11:02.68a
- 6 Mason Lesnau 10 Eden Valley-Watkins/Kimball 11:16.86a
- 7 Noah Brophy 8 St. Cloud Christian 11:22.91a
- 8 Elijah Dorse 10 Maple Lake 11:36.45a
- 9 Kellen Huberty 9 Eden Valley-Watkins/Kimball 11:57.26a
- 10 Wyatt Iverson 10 Howard Lake-Waverly-Winsted 12:24.42a
- 11 Carter Ertel 11 Maple Lake 12:30.71a
- 12 Carson Stiles 8 Howard Lake-Waverly-Winsted 12:45.58a

Girls Varsity 3200 Meters

=====

==

Athlete Yr Team Mark H#

=====

==

- 1 Kyla Vick 9 New London-Spicer 11:35.99a
- 2 Hazel Vetsch 10 New London-Spicer 12:23.08a
- 3 Lauren Anglin 10 Maple Lake 12:26.91a
- 4 Stella Moline 11 New London-Spicer 12:33.54a
- 5 Haley Ree 9 Paynesville 13:16.22a
- 6 Adeline Dickhausen 8 Paynesville 13:24.81a
- 7 Isabella Kascht 7 Paynesville 14:24.68a
- 8 Hope Evenson 11 Atwater-Cosmos-Grove City 16:10.48a

Girls Varsity 100m Hurdles

=====

==

Athlete Yr Team Mark H#

=====

==

- 1 Rilee Breth 12 Holdingford 15.09a
- 2 Kenlie Blom 11 Atwater-Cosmos-Grove City 16.02a
- 3 Elise Carlson 10 Litchfield 17.15a

4 Ellie Theis 9 Holdingford 17.56a
5 Mackenzie Parks 10 Howard Lake-Waverly-Winsted 17.76a
6 Kyla Sales 9 Holdingford 18.31a
7 Ayla Roediger 12 New London-Spicer 18.42a
8 Jada Rosenquist 12 Atwater-Cosmos-Grove City 18.48a
9 Emma Garvick 9 Atwater-Cosmos-Grove City 19.03a
10 Peyton Walberg 9 Maple Lake 19.50a
11 Bella Pauls 8 Eden Valley-Watkins/Kimball 19.62a
12 Alaya Robbin 8 Belgrade-Brooten-Elrosa 19.63a
13 Evelyn Elsenpeter 9 Maple Lake 20.01a
14 ElaJean Gabrielson 9 Litchfield 20.05a
15 Brinley Bush 7 Howard Lake-Waverly-Winsted 20.93a
16 Suzette Guthrie 9 Upsala/Swanville 21.21a
17 Stephanie Chouinard 10 Maple Lake 21.60a
18 Claire Olson 10 New London-Spicer 22.29a
19 Aubrey Nepsund 7 Paynesville 23.19a

Boys Varsity 110m Hurdles

=====

==

Athlete Yr Team Mark H#

=====

==

1 Gavin Sales 12 Holdingford 14.88a
2 Jaxon Knott 12 Howard Lake-Waverly-Winsted 15.69a
3 William Martin 10 Maple Lake 16.32a
4 Caleb Queenan 11 New London-Spicer 16.80a
5 Trevor Johannes 12 Holdingford 17.28a
6 Liam Macik 11 New London-Spicer 17.53a
7 Hayden Dircks 12 Maple Lake 17.65a
8 Orin Eberhard 11 Howard Lake-Waverly-Winsted 17.70a
9 Nolan Murphy 12 Howard Lake-Waverly-Winsted 18.21a
10 Christian Lofton 10 Litchfield 18.50a
11 Aidyn Brutger 12 Eden Valley-Watkins/Kimball 18.80a
12 Elijah Groshens 9 Atwater-Cosmos-Grove City 19.01a
13 Parker OPheim 10 Holdingford 19.05a
14 Ethan Young 10 Upsala/Swanville 21.75a
15 Ryan Donnay 10 Eden Valley-Watkins/Kimball 22.09a

Boys Varsity 300m Hurdles

=====

==

Athlete Yr Team Mark H#

=====

==

1 Grant Krattenmaker 11 Holdingford 39.76a
2 Jaxon Knott 12 Howard Lake-Waverly-Winsted 43.07a
3 Gavin Sales 12 Holdingford 43.07a
4 Emmett VanDerBill 11 Litchfield 45.25a

5 Caleb Queenan 11 New London-Spicer 46.22a
 6 Orin Eberhard 11 Howard Lake-Waverly-Winsted 46.26a
 7 Nate Ingram 10 Eden Valley-Watkins/Kimball 46.48a
 8 Christian Lofton 10 Litchfield 46.52a
 9 William Martin 10 Maple Lake 47.02a
 10 Nolan Murphy 12 Howard Lake-Waverly-Winsted 47.22a
 11 Ethan Young 10 Upsala/Swanville 47.64a
 12 Hayden Dircks 12 Maple Lake 47.93a
 13 Liam Macik 11 New London-Spicer 48.14a
 14 Aidyn Brutger 12 Eden Valley-Watkins/Kimball 48.15a
 15 Simon Gottwalt 11 Holdingford 48.81a
 16 Elijah Groshens 9 Atwater-Cosmos-Grove City 49.14a
 17 Gage Pederson 10 New London-Spicer 49.71a
 18 Ryan Donnay 10 Eden Valley-Watkins/Kimball 53.63a

Girls Varsity 300m Hurdles

=====

==

Athlete Yr Team Mark H#

=====

==

1 Rilee Breth 12 Holdingford 45.41a
 2 Kenlie Blom 11 Atwater-Cosmos-Grove City 48.07a
 3 Ellie Theis 9 Holdingford 49.60a
 4 Elise Carlson 10 Litchfield 50.39a
 5 Kylee Konsor 11 Holdingford 50.68a
 6 Olivia Remer 11 Howard Lake-Waverly-Winsted 51.66a
 7 Miley Kuechle 9 Eden Valley-Watkins/Kimball 52.94a
 8 Peyton Walberg 9 Maple Lake 53.08a
 9 Ellery Blom 7 Atwater-Cosmos-Grove City 53.36a
 10 Lanna Schaefer 10 New London-Spicer 53.97a
 11 Ayla Roediger 12 New London-Spicer 54.76a
 12 Madyson Woelfel 12 New London-Spicer 54.79a
 13 Addy Stommes 12 Eden Valley-Watkins/Kimball 56.14a
 14 Jada Rosenquist 12 Atwater-Cosmos-Grove City 59.03a
 15 Grace Simon 7 Paynesville 59.07a
 16 Evelyn Elsenpeter 9 Maple Lake 1:00.88a
 17 Brooklyn Binsfeld 7 Paynesville 1:01.26a
 18 Lydia Schwartz 9 St. Cloud Christian 1:02.32a
 19 Savana Burr 10 Paynesville 1:03.00a
 20 Stephanie Chouinard 10 Maple Lake 1:04.36a
 21 Suzette Guthrie 9 Upsala/Swanville 1:04.88a
 -- Alison Moorlag 9 St. Cloud Christian DQ

Boys Varsity 4x100 Relay

=====

Team Time H#

=====

1 New London-Spicer 43.84a

- 1) A
- 2 Holdingford 44.35a
- 1) A
- 3 Eden Valley-Watkins/Kimball 44.51a
- 1) A
- 4 Litchfield 45.08a
- 1) A
- 5 Howard Lake-Waverly-Winsted 46.14a
- 1) A
- 6 Maple Lake 46.97a
- 1) A

Girls Varsity 4x100 Relay

=====

Team Time H#

=====

- 1 Litchfield 50.65a
- 1) A
- 2 New London-Spicer 51.14a
- 1) A
- 3 Howard Lake-Waverly-Winsted 52.36a
- 1) A
- 4 Holdingford 52.98a
- 1) A
- 5 Eden Valley-Watkins/Kimball 56.59a
- 1) A
- 6 Maple Lake 57.50a
- 1) A
- 7 Paynesville 57.88a
- 1) A
- 8 Holy Trinity 1:02.19a
- 1) A

Boys Varsity 4x200 Relay

=====

Team Time H#

=====

- 1 Holdingford 1:31.22a
- 1) A
- 2 New London-Spicer 1:32.61a
- 1) A
- 3 Howard Lake-Waverly-Winsted 1:34.03a
- 1) A
- 4 Eden Valley-Watkins/Kimball 1:34.17a
- 1) A
- 5 Litchfield 1:34.80a
- 1) A
- 6 Maple Lake 1:44.77a
- 1) A

Girls Varsity 4x200 Relay

Team Time H#

1 Holdingford 1:49.10a

1) A

2 Litchfield 1:49.76a

1) A

3 Atwater-Cosmos-Grove City 1:50.41a

1) A

4 Howard Lake-Waverly-Winsted 1:52.16a

1) A

5 New London-Spicer 1:52.38a

1) A

6 Paynesville 1:58.14a

1) A

7 Eden Valley-Watkins/Kimball 1:59.15a

1) A

8 Maple Lake 2:00.81a

1) A

Boys Varsity 4x400 Relay

Team Time H#

1 Holdingford 3:28.00a

1) A

2 New London-Spicer 3:29.83a

1) A

3 Howard Lake-Waverly-Winsted 3:30.53a

1) A

4 Eden Valley-Watkins/Kimball 3:41.65a

1) A

5 Belgrade-Brooten-Elrosa 3:43.81a

1) A

6 Litchfield 3:50.15a

1) A

7 Maple Lake 3:58.00a

1) A

8 Atwater-Cosmos-Grove City 4:26.73a

1) A

Girls Varsity 4x400 Relay

Team Time H#

1 Holdingford 4:02.20a

1) A

2 Eden Valley-Watkins/Kimball 4:10.28a

1) A

3 New London-Spicer 4:13.90a

1) A

4 Howard Lake-Waverly-Winsted 4:27.23a

1) A

5 Paynesville 4:30.61a

1) A

6 Litchfield 4:39.20a

1) A

7 St. Cloud Christian 4:45.80a

1) A

8 Maple Lake 4:56.52a

1) A

Boys Varsity 4x800 Relay

Team Time H#

1 Howard Lake-Waverly-Winsted 8:40.47a

1) A

2 Eden Valley-Watkins/Kimball 8:49.75a

1) A

3 Holdingford 8:51.34a

1) A

4 New London-Spicer 9:17.76a

1) A

5 Litchfield 9:23.96a

1) A

6 Atwater-Cosmos-Grove City 10:29.17a

1) A

7 Maple Lake 11:25.14a

1) A

Girls Varsity 4x800 Relay

Team Time H#

1 New London-Spicer 9:48.77a

1) A

2 Paynesville 10:47.34a

1) A

3 Eden Valley-Watkins/Kimball 10:48.93a

1) A

4 Atwater-Cosmos-Grove City 11:27.66a

1) A

5 Maple Lake 13:01.10a

1) A

Boys Varsity Shot Put

=====

==

Athlete Yr Team Mark H#

=====

==

1 Noah Dietel 12 Litchfield 53-10.75
2 Izrael Jimenez 10 Litchfield 47-08.25
3 Thomas Lindenfelser 12 Howard Lake-Waverly-Winsted 47-08.00
4 Sebastian Meyer 12 Maple Lake 46-09.50
5 Chris Wentland 12 Holdingford 46-03.00
6 Evan Jones 11 New London-Spicer 46-02.00
7 Deagan Weatherholt 12 Litchfield 45-06.00
8 Caleb Krattenmaker 12 Holdingford 45-05.75
9 Logan Diers 12 Howard Lake-Waverly-Winsted 41-06.50
10 Theodore Auer 10 Holdingford 41-04.50
11 Garret Leenstra 12 New London-Spicer 41-02.50
12 Landon Pederson 11 Atwater-Cosmos-Grove City 37-10.50
13 LJ Dinehart 12 Howard Lake-Waverly-Winsted 37-08.50
14 Nicholas Young 11 Upsala/Swanville 37-07.00
15 Bryce Roerick 9 Upsala/Swanville 35-04.50
16 Nolan Mertens 12 Eden Valley-Watkins/Kimball 35-00.00
17 Ethan Gourneau 9 Eden Valley-Watkins/Kimball 34-04.00
18 Brayden Suggs 11 Maple Lake 34-00.50
19 Oliver Groebner 11 Atwater-Cosmos-Grove City 33-11.00
20 Carson Hammerschmidt 9 Eden Valley-Watkins/Kimball 31-02.25
21 Tristin Stegeman 12 Atwater-Cosmos-Grove City 30-04.25
22 Braiden Cameraro 12 Maple Lake 27-03.00
23 Owen Forcier 9 Holy Trinity 22-03.50
-- Jaxson Mattila 9 New London-Spicer FOUL

Girls Varsity Shot Put

=====

==

Athlete Yr Team Mark H#

=====

==

1 Stacy Scherber 10 Maple Lake 35-08.00
2 Chloe Johnson 9 Litchfield 34-03.50
3 Emma Kobernusz 12 Holdingford 30-08.50
4 Abby Wimmer 11 Upsala/Swanville 30-07.75
5 Ava Burau 12 Litchfield 30-01.50
6 Alivia Schaefer 11 Paynesville 29-09.00
7 Genevieve Mrozek 11 Upsala/Swanville 29-03.00
8 Emma Friedel 12 New London-Spicer 29-01.75
9 Haidynn Rondeau 11 Paynesville 28-05.50
10 Quinn Eisenbacher 12 Atwater-Cosmos-Grove City 28-03.00
11 Evalynn Swenson 10 New London-Spicer 27-08.75
12 Maria Koch 9 Howard Lake-Waverly-Winsted 27-07.25

13 Emma Quisberg 12 New London-Spicer 27-07.00
 14 Annalynn Troppman 10 Eden Valley-Watkins/Kimball 27-05.25
 15 Grace Duske 11 Howard Lake-Waverly-Winsted 26-09.50
 15 Ainsley Rowe 9 Maple Lake 26-09.50
 17 Juliana Lechuga 12 Eden Valley-Watkins/Kimball 26-08.75
 18 Brielle Kloos 9 Howard Lake-Waverly-Winsted 26-07.50
 19 Ivy McClain 12 Atwater-Cosmos-Grove City 26-06.50
 20 Bianca Mrozek 10 Upsala/Swanville 26-04.75
 21 Megan Madsen 11 St. Cloud Christian 26-02.75
 22 Lily Christensen 11 Litchfield 26-01.00
 23 Elizabeth Kobernusz 9 Holdingford 25-11.00
 24 Brooklyn Wuertz 10 Paynesville 25-07.50
 25 Brooklyn Slogter 12 Atwater-Cosmos-Grove City 24-08.75
 26 Emma Reynolds 11 Holy Trinity 23-03.75
 27 Danely Arevalo 10 St. Cloud Christian 22-10.75
 28 Aurora Voigt 10 Eden Valley-Watkins/Kimball 22-09.25
 29 Alyvia Swenson 8 Holdingford 22-08.00
 30 Alaya Robbin 8 Belgrade-Brooten-Elrosa 22-03.00
 31 Olivia Forcier 10 Holy Trinity 22-01.75
 32 Keirra Taing 9 St. Cloud Christian 19-10.50
 33 Mary Soley 7 Holy Trinity 19-07.25
 34 Yaretzi Garcia 10 Belgrade-Brooten-Elrosa 18-03.00
 35 Cerie Schmitz 9 Belgrade-Brooten-Elrosa 17-06.25

Boys Varsity Discus

=====

==

Athlete Yr Team Mark H#

=====

==

1 Noah Dietel 12 Litchfield 161-07
 2 Gaige Knisley 12 New London-Spicer 140-00
 3 Quinn Guthrie 11 Upsala/Swanville 130-03
 4 Jalen Prevo 10 Litchfield 129-10
 5 Josh Ostvig 11 Litchfield 126-10
 6 Toby Welle 10 Holdingford 124-03
 7 Caleb Krattenmaker 12 Holdingford 122-03
 8 Chris Wentland 12 Holdingford 120-10
 9 Zach Murphy 12 Howard Lake-Waverly-Winsted 119-05
 10 Logan Diers 12 Howard Lake-Waverly-Winsted 117-00
 11 Nicholas Young 11 Upsala/Swanville 108-09
 12 Brayden Suggs 11 Maple Lake 108-03
 13 Lucas LaBrie 12 New London-Spicer 107-02
 14 Thomas Lindenfelser 12 Howard Lake-Waverly-Winsted 103-07
 15 Jamison Zoller 10 Eden Valley-Watkins/Kimball 99-10
 16 Garret Leenstra 12 New London-Spicer 99-09
 17 Bryce Roerick 9 Upsala/Swanville 99-00
 18 Blake Kiffmeyer 12 Eden Valley-Watkins/Kimball 94-04
 19 Sebastian Meyer 12 Maple Lake 91-02

20 Oliver Groebner 11 Atwater-Cosmos-Grove City 90-02
21 Quinn Toedter 9 Atwater-Cosmos-Grove City 79-03
22 Tristin Stegeman 12 Atwater-Cosmos-Grove City 77-02
23 Ethan Gourneau 9 Eden Valley-Watkins/Kimball 76-00
24 Braiden Cameraro 12 Maple Lake 65-05
25 Owen Forcier 9 Holy Trinity 61-02
26 Liam Hoffenkamp 7 Paynesville 60-11
27 Patrick Soley 9 Holy Trinity 55-04

Girls Varsity Discus

==

Athlete Yr Team Mark H#

==

1 Ava Burau 12 Litchfield 123-09
2 Chloe Kowalczyk 12 Litchfield 121-08
3 Genevieve Mrozek 11 Upsala/Swanville 111-02
4 Lily Christensen 11 Litchfield 104-10
5 Alivia Schaefer 11 Paynesville 104-07
6 Stacy Scherber 10 Maple Lake 102-07
7 Abby Wimmer 11 Upsala/Swanville 100-04
8 Elizabeth Kobernusz 9 Holdingford 93-06
9 Brielle Kloos 9 Howard Lake-Waverly-Winsted 92-11
10 Quinn Eisenbacher 12 Atwater-Cosmos-Grove City 91-02
11 Brooke Glauvitz 11 New London-Spicer 86-09
12 Nora Carlson 11 Eden Valley-Watkins/Kimball 85-07
13 Emma Friedel 12 New London-Spicer 85-03
14 Aurora Voigt 10 Eden Valley-Watkins/Kimball 77-04
15 Evelyn Elsenpeter 9 Maple Lake 76-02
16 Alyvia Swenson 8 Holdingford 75-06
17 Ruby Hesse 12 Eden Valley-Watkins/Kimball 72-11
18 Ella Achmann 8 Upsala/Swanville 71-03
19 Ivy McClain 12 Atwater-Cosmos-Grove City 70-01
20 Megan Madsen 11 St. Cloud Christian 69-11
21 Ainsley Rowe 9 Maple Lake 69-07
22 Roxanne Klein 12 New London-Spicer 65-11
23 Grace Duske 11 Howard Lake-Waverly-Winsted 63-09
24 Alaya Robbin 8 Belgrade-Brooten-Elrosa 62-02
25 Mila Juliard 12 Howard Lake-Waverly-Winsted 61-06
26 Lexi Sand 9 Paynesville 61-05
27 Brooklyn Wuertz 10 Paynesville 58-00
27 Keirra Taing 9 St. Cloud Christian 58-00
29 Meisha Studanski 12 Atwater-Cosmos-Grove City 55-02
30 Veronica Cathey 9 Holy Trinity 50-08
31 Lily Smith 10 St. Cloud Christian 48-02
32 Cecilia Dietz 8 Holy Trinity 46-04
33 Cerie Schmitz 9 Belgrade-Brooten-Elrosa 40-08
-- Emma Kobernusz 12 Holdingford FOUL

Boys Varsity High Jump

=====

==

Athlete Yr Team Mark H#

=====

==

1 Timmy Webber 12 Howard Lake-Waverly-Winsted 6-04.00
2 Dawson Hofer 11 Holdingford 6-00.00
3 Logan Hagedorn 10 New London-Spicer 6-00.00
4 Caleb Guthrie 11 Upsala/Swanville 6-00.00
5 Lucas Gerads 11 Upsala/Swanville 6-00.00
6 George Riviere 10 Maple Lake 5-10.00
7 Zachary Lageson 11 New London-Spicer 5-06.00
9 Christian Lofton 10 Litchfield 5-06.00
9 Aidyn Brutger 12 Eden Valley-Watkins/Kimball 5-04.00
10 Hunter Peterson 9 Maple Lake 5-02.00
12 Jaylen Harrell 10 Paynesville 5-02.00
13 Brooks Dengerud 11 Litchfield 5-02.00
-- Orin Eberhard 11 Howard Lake-Waverly-Winsted DQ
-- Thomas Soley 11 Holy Trinity NH
-- Abraham Nething 10 Paynesville NH
-- Lathan Rien 11 Paynesville NH
-- Deakin Hofer 8 Holdingford NH
-- Ryley Taylor 12 Holdingford NH
-- Caleb Queenan 11 New London-Spicer NH
-- Sam Boonstra 9 Howard Lake-Waverly-Winsted NH
-- Jaxon Diebold - Maple Lake NH
-- Levi Christensen 8 Eden Valley-Watkins/Kimball NH
-- Tjaden Mcquiston 10 Eden Valley-Watkins/Kimball DNS

Girls Varsity High Jump

=====

==

Athlete Yr Team Mark H#

=====

==

1 Rilee Breth 12 Holdingford 5-01.00
2 Danica Pederson 12 New London-Spicer 5-01.00
3 Laken Anderson 9 Belgrade-Brooten-Elrosa 4-11.00
4 Olivia Klasen 11 Upsala/Swanville 4-09.00
5 Miley Kuechle 9 Eden Valley-Watkins/Kimball 4-09.00
6 Reese Hartkopf 11 Maple Lake 4-09.00
7 Capri Sorenson 11 Howard Lake-Waverly-Winsted 4-07.00
8 Korbin Tanner 9 New London-Spicer 4-07.00
8 Izzy Melgaard 10 Maple Lake 4-07.00
10 Katelyn Guggemos 12 Litchfield 4-07.00
11 Kendra Schutz 12 Eden Valley-Watkins/Kimball 4-07.00
12 Quinnley Lange 8 Holdingford 4-07.00

13 Izabella Moes 10 Litchfield 4-05.00
13 Daire Evens 11 Belgrade-Brooten-Elrosa 4-05.00
13 Richelle Thompson 10 Upsala/Swanville 4-05.00
13 Clare Dressel 9 Howard Lake-Waverly-Winsted 4-05.00
17 Savana Burr 10 Paynesville 4-05.00
18 Mary Soley 7 Holy Trinity 4-03.00
18 Ellie Rolfzen 11 St. Cloud Christian 4-03.00
20 Kennedy Goracke 9 New London-Spicer 4-03.00
21 Karina Welinski 9 Holdingford 4-01.00
21 Nora Huschle 11 Eden Valley-Watkins/Kimball 4-01.00
23 Chloe Hemmesch 11 Paynesville 4-01.00
-- Alyssa Bertram 11 Paynesville NH
-- Megan Madsen 11 St. Cloud Christian NH
-- Harper Rademacher 9 St. Cloud Christian NH
-- Eloise Jenzen 8 Litchfield DNS

Boys Varsity Pole Vault

=====

==

Athlete Yr Team Mark H#

=====

==

1 Cameron Martini 12 Holdingford 12-04.00
2 Broden Gustafson 12 Holdingford 11-04.00
3 Micah Morrison 12 Atwater-Cosmos-Grove City 10-10.00
4 Hayden Dircks 12 Maple Lake 9-10.00
4 Jackson Eldred 11 Howard Lake-Waverly-Winsted 9-10.00
4 Gage Pederson 10 New London-Spicer 9-10.00
7 Tristan Swart 9 Howard Lake-Waverly-Winsted 9-10.00
8 Silas Wharton 11 New London-Spicer 9-04.00
9 Blake Stoeber 11 Maple Lake 9-04.00
10 Owen Meyer 9 Atwater-Cosmos-Grove City 9-04.00
11 Jay McDonough 8 Holdingford 8-10.00
12 Joseph Marthaler 11 Litchfield 8-04.00
13 Hale Kuznia 10 Howard Lake-Waverly-Winsted 8-04.00
13 Chase Oporto 10 Litchfield 8-04.00
15 Mac Sohl 10 Litchfield 7-10.00
15 Nolan Zierden 10 Paynesville 7-10.00
17 Charlie Peterson 11 Maple Lake 7-10.00
17 Aidyn Brutger 12 Eden Valley-Watkins/Kimball 7-10.00
-- Asher Lindner 8 St. Cloud Christian NH
-- Noah Brophy 8 St. Cloud Christian NH
-- Ryan Donnay 10 Eden Valley-Watkins/Kimball NH
-- Isaac Dowdey 11 New London-Spicer NH

Girls Varsity Pole Vault

=====

==

Athlete Yr Team Mark H#

=====

==

1 Angelika Diakite 12 Holdingford 8-02.00
2 Mackenzie Parks 10 Howard Lake-Waverly-Winsted 8-02.00
3 Ava Fleischhacker 10 Paynesville 8-02.00
4 Lauren Ellefson 10 Paynesville 7-08.00
4 Natalie Vossen 11 Eden Valley-Watkins/Kimball 7-08.00
6 Isabella Borrell 11 Howard Lake-Waverly-Winsted 7-08.00
7 Madelyn Philippi 10 Holdingford 7-08.00
8 Khloe Lieser 10 Paynesville 7-02.00
9 Whitney Anderson 9 Belgrade-Brooten-Elrosa 7-02.00
10 Paizli Cordes 9 Atwater-Cosmos-Grove City 6-08.00
10 Mercedes Martini 7 Holdingford 6-08.00
10 Hazel Duske 10 Howard Lake-Waverly-Winsted 6-08.00
10 Katie Ziegler 9 Litchfield 6-08.00
14 Audrey Moline 8 New London-Spicer 6-08.00
-- Brooklyn Behne 12 New London-Spicer NH
-- Makayla Ramirez 9 Litchfield NH
-- Sofia Patton 9 Maple Lake NH
-- Valerie Mckay 9 St. Cloud Christian NH
-- Corinna Myra 9 St. Cloud Christian NH
-- Eden Johnston 9 St. Cloud Christian NH

Boys Varsity Long Jump

=====

==

Athlete Yr Team Mark H#

=====

==

1 Timmy Webber 12 Howard Lake-Waverly-Winsted 21-05.50
2 Brody Barnes 10 Howard Lake-Waverly-Winsted 20-03.50
3 Cole Palmer 11 Litchfield 19-06.00
4 Caleb Guthrie 11 Upsala/Swanville 19-05.00
5 Taylor Pieper 12 Belgrade-Brooten-Elrosa 18-11.25
6 Jax Buersken 10 Holdingford 18-10.50
7 Kameron Sand 12 Holdingford 18-09.00
8 Joe Aasen 12 Maple Lake 18-08.00
9 Noah VanHeel 9 Upsala/Swanville 17-07.50
10 Griffin Mayhew 12 New London-Spicer 17-05.75
11 Brody Lyrek 10 Eden Valley-Watkins/Kimball 17-01.00
12 Trystan Hoshaw 9 Howard Lake-Waverly-Winsted 16-08.50
13 Aiden Detloff 10 Belgrade-Brooten-Elrosa 16-07.00
14 Dylan Henkemeyer 9 Eden Valley-Watkins/Kimball 16-05.00
15 Jaylen Harrell 10 Paynesville 16-04.50
16 Nate Tiller 11 Litchfield 16-02.50
17 Kaleb Woelfel 10 New London-Spicer 16-01.00
18 Henry Arnold 10 Eden Valley-Watkins/Kimball 15-10.00
19 Chase Oporto 10 Litchfield 15-06.25
20 Anton Zins 12 Belgrade-Brooten-Elrosa 15-04.00

21 Landon Pederson 11 Atwater-Cosmos-Grove City 15-01.50
22 Marek Mrdutt 9 Maple Lake 14-09.50
23 Gavin Garcia 12 Atwater-Cosmos-Grove City 13-05.50
24 Brock Welle 7 Paynesville 13-05.25
25 Jacob Meno-Nieto 12 Atwater-Cosmos-Grove City 13-05.00
26 Quinn Guthrie 11 Upsala/Swanville 11-05.50

Girls Varsity Long Jump

=====

==

Athlete Yr Team Mark H#

=====

==

1 Josy Turck 10 Litchfield 16-10.00
2 Susannah Danielson 11 New London-Spicer 16-07.50
3 Emma Wirz 11 Eden Valley-Watkins/Kimball 16-04.50
4 Carly Mitchell 11 Holdingford 16-04.25
5 Davotion Buttruff 9 Howard Lake-Waverly-Winsted 16-02.00
6 Katelyn Delzer 12 New London-Spicer 15-09.00
7 Alaina Koch 12 Howard Lake-Waverly-Winsted 15-05.00
8 Alexis Boonstra 12 Howard Lake-Waverly-Winsted 15-02.50
9 Olivia Klasen 11 Upsala/Swanville 15-00.75
10 Cloey Kolb 12 Paynesville 14-09.50
11 Dakota Good 9 Paynesville 14-07.50
12 Mya Proell 12 Upsala/Swanville 14-03.00
13 Nora Huschle 11 Eden Valley-Watkins/Kimball 13-11.50
14 Piper Westby 9 New London-Spicer 13-08.50
15 Maci Utsch 9 Paynesville 13-07.00
16 Addy Wilson 10 Eden Valley-Watkins/Kimball 12-10.00
17 Evelyn Elsenpeter 9 Maple Lake 12-06.00
18 Brooklyn Turner 9 Maple Lake 12-03.00
19 Olivia Davis 9 Holy Trinity 12-01.50
20 Lauren Peterson 9 Maple Lake 11-11.00
21 Kylie Zins 12 Belgrade-Brooten-Elrosa 11-08.00
22 Paizli Cordes 9 Atwater-Cosmos-Grove City 11-06.00
23 Ellie Sorensen 7 Holy Trinity 10-05.00
24 Meagan Willenbring 12 Belgrade-Brooten-Elrosa 10-04.00
-- Kylee Thompson 8 Atwater-Cosmos-Grove City FOUL

Boys Varsity Triple Jump

=====

==

Athlete Yr Team Mark H#

=====

==

1 Kameron Sand 12 Holdingford 41-10.50
2 Jaxon Knott 12 Howard Lake-Waverly-Winsted 41-00.50
3 Hunter Bush 10 Howard Lake-Waverly-Winsted 40-08.00
4 Caleb Guthrie 11 Upsala/Swanville 40-02.00

5 Gavin Sales 12 Holdingford 39-00.75
6 Alex Stueven 11 Howard Lake-Waverly-Winsted 38-05.00
7 Kole Knaus 10 Eden Valley-Watkins/Kimball 38-00.00
8 Brenden Wicklund 9 New London-Spicer 36-10.50
9 Jay McDonough 8 Holdingford 36-08.00
10 Colin Evenson 12 Belgrade-Brooten-Elrosa 36-01.50
11 Marek Mrdutt 9 Maple Lake 35-09.00
12 Christian Lofton 10 Litchfield 35-07.50
13 Hunter Peterson 9 Maple Lake 35-00.75
14 Silas Wharton 11 New London-Spicer 34-10.00
15 Grant Henjum 11 New London-Spicer 34-09.00
16 Nate Ingram 10 Eden Valley-Watkins/Kimball 34-05.50
17 Jayden Fenrich 10 Litchfield 33-05.50
18 Ethan Young 10 Upsala/Swanville 33-01.75
19 Lucas Elwell 9 Litchfield 32-06.75
20 Ezra Gabrielson 9 Eden Valley-Watkins/Kimball 32-04.00
21 Thomas Soley 11 Holy Trinity 31-02.00
22 Tallan Olson 9 Atwater-Cosmos-Grove City 28-05.50
23 Lucas Terzich 11 Maple Lake 28-03.00
24 Trygg Aleckson 10 Upsala/Swanville 27-09.50

Girls Varsity Triple Jump

=====

==
Athlete Yr Team Mark H#

=====

==
1 Carly Mitchell 11 Holdingford 34-06.50
2 Maggie Gross 11 Holdingford 34-03.50
3 Miley Kuechle 9 Eden Valley-Watkins/Kimball 34-01.00
4 Izabella Moes 10 Litchfield 33-11.75
5 Emma Wirz 11 Eden Valley-Watkins/Kimball 33-08.75
6 Evie Remer 9 Howard Lake-Waverly-Winsted 33-05.50
7 Kierra Lease 12 Litchfield 32-07.50
8 Peyton Walberg 9 Maple Lake 32-04.25
9 Samantha Wookey 11 New London-Spicer 30-07.75
10 Ella Kutz 8 Howard Lake-Waverly-Winsted 30-05.00
11 Madelyn Klatt 7 Maple Lake 30-04.00
12 Maci Utsch 9 Paynesville 29-07.00
13 Chloe Hemmesch 11 Paynesville 28-11.00
14 Madyson Woelfel 12 New London-Spicer 28-05.25
15 Isabel Dietz 9 Holy Trinity 28-04.50
16 Reese Navarro 8 Maple Lake 26-07.50
17 Alyx Kelly 12 Holy Trinity 25-09.25
18 Lily Kallevig 7 Community Christian (Willmar) 24-10.25
19 Emma Cathey 11 Holy Trinity 22-01.25
20 Kaitlyn Smith 7 Community Christian (Willmar) 20-03.50
-- Haidynn Rondeau 11 Paynesville FOUL