

# Lake Superior Boys & Girls - 5/14/2013

Cloquet, Minnesota

## Girls 100 Meter Dash

Conference: & 12.50 5/16/2006 Jess Vork, Cloquet					
Name	Year	School	Prelims	H#	
Preliminaries					
1	Lauren	Magnuson	10	Superior	13.43q 2
2	Lyla	Abukhodair	10	Hermantown	13.59q 1
3	Maija	Doran	11	Cloquet	13.78q 3
4	Chandler	Jackson	10	Hermantown	13.84q 2
5	Kelly	Kruger	10	Proctor	13.88q 1
6	Kyla	Kaspszak	12	Hermantown	13.96q 3
7	Kaitlyn	Knutson	11	Cloquet	14.01q 2
8	Autumn	Nelson	10	Superior	14.10q 3
9	Sadey	Laurvick	9	Superior	14.27 1
10	Ella	Perrault	9	Marshall Sch	14.46 3
11	Brittney	Bushman	8	Cloquet	14.47 1
12	Grace	Bolt	11	Duluth Denfe	14.77 3
12	Taylor	Johnson	9	Duluth Denfe	14.77 2
14	Hannah	Matthews	9	Marshall Sch	14.85 2
15	Jenna	Maciver	9	Duluth Denfe	15.00 1
16	Gwen	Hambuch	11	Ashland	15.14 1
17	Emma	Pero	10	Ashland	15.58 2
18	Kiera	Simanovsky	10	Ashland	15.90 3
19	Kelsey	Green	10	Proctor	16.90 2
20	Riki	Lundquist	10	Marshall Sch	18.31 1

## Girls 100 Meter Dash

Conference: & 12.50 5/16/2006 Jess Vork, Cloquet					
Name	Year	School	Finals	Points	
Finals					
1	Lauren	Magnuson	10	Superior	13.27 10
2	Lyla	Abukhodair	10	Hermantown	13.54 8
3	Maija	Doran	11	Cloquet	13.55 6
4	Kyla	Kaspszak	12	Hermantown	13.84 5
5	Chandler	Jackson	10	Hermantown	13.88 4
6	Kaitlyn	Knutson	11	Cloquet	13.94 3
7	Autumn	Nelson	10	Superior	14.02 2

## Girls 200 Meter Dash

Conference: & 25.63 5/16/2006 Kelsey Leonard, Hermantown					
Name	Year	School	Finals	H#	Points
1	Lauren	Magnuson	10	Superior	27.31 3 10
2	Emily	Rikkola	12	Cloquet	27.80 3 8
3	Kelly	Kruger	10	Proctor	28.36 3 6
4	Chandler	Jackson	10	Hermantown	29.05 3 5
5	Callianne	Marsaa	11	Duluth Denfe	29.20 3 4
6	Hannah	Anderson	9	Hermantown	29.27 3 3
7	Amber	Welsh	9	Superior	29.33 2 2
8	Brittney	Bushman	8	Cloquet	29.47 2 1
9	Taylor	Schmidt	9	Hermantown	29.50 3
10	Meghan	Matthews	10	Marshall Sch	29.70 3
11	Kailee	Dagger	10	Proctor	29.83 2
12	Taylor	Leyrer	9	Cloquet	30.08 2
13	Julie	Snyder	10	Superior	30.29 2
14	Briana	Klobucher	9	Ashland	30.66 1
15	Jenna	Maciver	9	Duluth Denfe	31.32 2
16	Katie	Farrell	9	Marshall Sch	31.33 2
17	Katie	Marsaa	10	Duluth Denfe	31.90 2
18	Kaitlyn	St. Germain	9	Ashland	32.10 1
19	Destiny	White	10	Ashland	32.51 1

## Girls 400 Meter Dash

Conference: & 56.06 5/17/2011 Paige Stratioti, Duluth Centr

Name	Year	School	Finals	H#	Points
1 Kianna Hren	9	Hermantown	60.61	3	10
2 Emily Rikkola	12	Cloquet	60.98	3	8
3 Lyla Abukhodair	10	Hermantown	61.86	3	6
4 Natalie Kintop	12	Superior	62.67	3	5
5 Callianne Marsaa	11	Duluth Denfe	64.15	2	4
6 Emily Genereau	10	Cloquet	64.19	3	3
7 Lauren Loeb	9	Cloquet	64.40	2	2
8 Taylor Johnson	9	Duluth Denfe	65.26	2	1
9 Julie Snyder	10	Superior	65.41	2	
10 Kate Hnatko	8	Hermantown	65.84	3	
11 Lucy Billings	10	Duluth Denfe	66.14	2	
12 Anna Thickers	8	Marshall Sch	67.13	2	
13 Nicole Huber	10	Ashland	67.40	2	
14 Kassie Haedtke	11	Proctor	69.16	3	
15 Annika Beaupre	11	Proctor	71.35	1	
16 Destiny White	10	Ashland	71.87	1	
17 Mally Obrien	9	Superior	73.45	3	
18 Britt Zieroth	11	Proctor	76.64	2	
19 Molly Matthews	12	Marshall Sch	76.73	1	

Girls 800 Meter Run

Conference: & 2:25.20 5/17/2005 Ashley Polson, Denfeld

Name	Year	School	Finals	Points
1 Mikayla Baker	9	Cloquet	2:26.18	10
2 Natalie Stauber	12	Hermantown	2:26.68	8
3 Jenna Wassenaar	12	Hermantown	2:28.63	6
4 Leah Holmes	12	Superior	2:31.96	5
5 Ann Kleinschmidt	10	Marshall Sch	2:35.23	4
6 Hannah Carpenter	10	Marshall Sch	2:38.12	3
7 Casey Cashman	12	Ashland	2:38.51	2
8 Lucy Billings	10	Duluth Denfe	2:38.72	1
9 Kiara Westendorf	9	Proctor	2:45.45	
10 Alison Huber	9	Ashland	2:47.35	
11 Alissa Boyhtari	12	Duluth Denfe	2:54.38	
12 Emily Montgomery	12	Proctor	2:55.33	
13 Danielle Delgado	11	Ashland	3:27.64	

Girls 1600 Meter Run

Conference: & 5:13.78 2004 Melissa Engelmeier, Hermantown

Name	Year	School	Finals	Points
1 Anja Maijala	8	Cloquet	5:30.57	10
2 Harley Kinney	9	Ashland	5:31.91	8
3 Leah Holmes	12	Superior	5:32.01	6
4 Erin Turner	7	Cloquet	5:46.51	5
5 Ann Kleinschmidt	10	Marshall Sch	5:47.42	4
6 Jessica Stone	9	Cloquet	5:55.83	3
7 Mariah Ruhanen	10	Hermantown	5:58.86	2
8 Nicole Dzikonski	11	Superior	6:03.59	1
9 Brianna Westendorf	11	Proctor	6:07.32	
10 Annika Voss	7	Proctor	6:08.82	
11 Kayla Raboin	9	Superior	6:09.23	
12 Miranda Rothe	8	Hermantown	6:09.30	
13 Amanda Robbins	8	Hermantown	6:09.61	
14 Jenna Puttkammer	11	Duluth Denfe	6:14.44	
15 Liz Bergh	10	Duluth Denfe	6:15.16	
16 Allison Cox	11	Duluth Denfe	6:32.56	
17 Dilan Wells	9	Ashland	6:52.32	
18 Margaret Cadotte	11	Ashland	6:57.72	
19 Cassi Moran	11	Proctor	7:17.29	

Girls 3200 Meter Run

Conference: & 11:13.50 2004 Melissa Engelmeier, Hermantown

Name	Year	School	Finals	Points
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1	Harley Kinney	9	Ashland	11:59.94	10
2	Anja Maijala	8	Cloquet	12:12.57	8
3	Emma Waugh	12	Cloquet	12:59.60	6
4	Brooke Oraskovich	12	Proctor	12:59.73	5
5	Hannah Bettendorf	7	Proctor	13:02.47	4
6	Lisa Dahlen	9	Hermantown	13:07.34	3
7	Erin Turner	7	Cloquet	13:32.38	2
8	Kayla Raboin	9	Superior	13:35.40	1
9	Veronica Witikko	11	Hermantown	14:04.69	
10	Allison Cox	11	Duluth Denfe	14:09.61	
11	Kali Krivenchuck	9	Superior	14:19.38	
12	Teri Thompson	11	Superior	14:23.80	
13	Jessica Kero	11	Duluth Denfe	14:47.99	
14	Michaila Day	12	Ashland	15:25.31	

#### Girls 100 Meter Hurdles

Conference: & 15.40		2004		Anna Sather, Proctor		
Name	Year	School	Finals	H#	Points	
1	Megan Sundstrom	11	Proctor	17.47	3	10
2	Taylor Olson	11	Duluth Denfe	18.11	3	8
3	Hannah Bourdage	9	Cloquet	18.13	3	6
4	Makylia Maloney	9	Hermantown	18.48	3	5
5	Rachel Macaulay	10	Cloquet	19.02	3	4
6	Britta Savre	10	Hermantown	19.11	3	3
7	Kortney Hjerpe	12	Proctor	19.25	3	2
8	Brooke Beeksma	12	Ashland	19.44	3	1
9	Greta Weinauf	10	Marshall Sch	19.62	2	
10	Jen Cozzi	12	Duluth Denfe	19.87	2	
11	Ellie Bemis	9	Cloquet	19.89	2	
12	Anna Jensen	10	Hermantown	20.01	2	
13	Felicia Johnson	12	Duluth Denfe	20.41	1	
14	Morgan Flaherty	11	Marshall Sch	20.51	1	
15	Mattea Pavelich	9	Marshall Sch	21.59	2	
16	Payton Michaud	11	Superior	22.06	1	
17	Emily Fremling	12	Proctor	23.19	2	

#### Girls 300 Meter Hurdles

Conference: & 46.32		2001		Jenny Seip, Central		
Name	Year	School	Finals	H#	Points	
1	Megan Sundstrom	11	Proctor	48.46	2	10
2	Britta Savre	10	Hermantown	50.13	2	8
3	Makylia Maloney	9	Hermantown	53.04	2	6
4	Taylor Olson	11	Duluth Denfe	53.60	2	5
5	Alivia Dobs	9	Duluth Denfe	53.62	1	4
6	Anna Jensen	10	Hermantown	54.23	2	3
7	Hannah Bourdage	9	Cloquet	54.56	1	2
8	Brooke Beeksma	12	Ashland	54.60	2	1
9	Rachel Macaulay	10	Cloquet	55.10	1	
10	Payton Michaud	11	Superior	55.11	2	
11	Emma Kloster	10	Duluth Denfe	55.98	2	
12	Jenna Proulx	9	Cloquet	56.64	1	
13	Megan Stemper	11	Proctor	59.45	1	
14	Emily Madsen	12	Proctor	68.22	1	

#### Girls 4x100 Meter Relay

Conference: & 51.55		5/16/2006		Two Harbors High School, Two Harbors School	
School	Finals	Points			
1	Superior 'A'	52.66	10		
	1) Sadey Laurvick 9	2) Natalie Kintop 12			
	3) Autumn Nelson 10	4) Lauren Magnuson 10			
2	Hermantown 'A'	53.40	8		
3	Cloquet 'A'	54.60	6		
4	Ashland 'A'	56.78	5		
5	Marshall School 'A'	56.90	4		
6	Proctor 'A'	56.93	3		
7	Duluth Denfeld 'A'	57.40	2		

Girls 4x200 Meter Relay

Conference: & 1:48.18 5/16/2006 Hermantown High School, Hermantown				
L Ludwig, B Davis, K Leonard, R Ludwig				
School			Finals	Points
1 Cloquet 'A'			1:50.34	10
1) Kaitlyn Knutson 11		2) Mikayla Baker 9		
3) Maija Doran 11		4) Emily Wangen		
2 Hermantown 'A'			1:54.28	8
3 Proctor 'A'			1:55.09	6
4 Marshall School 'A'			1:58.43	5
5 Superior 'A'			1:59.22	4
6 Duluth Denfeld 'A'			1:59.91	3
7 Ashland 'A'			2:00.35	2

Girls 4x400 Meter Relay

Conference: & 4:11.66 2004 Hermantown High School, Hermantown				
L. Tafs, K. Leonard, C. Bockovich, R. Ludwig				
School			Finals	Points
1 Hermantown 'A'			4:06.92&	10
1) Kyla Kaspszak 12		2) Natalie Stauber 12		
3) Lyla Abukhodair 10		4) Kianna Hren 9		
2 Cloquet 'A'			4:08.24&	8
3 Superior 'A'			4:26.69	6
4 Duluth Denfeld 'A'			4:32.23	5
5 Proctor 'A'			4:39.99	4
6 Ashland 'A'			4:42.50	3
7 Marshall School 'A'			5:12.18	2

Girls 4x800 Meter Relay

Conference: & 9:56.92 5/18/2010 Cloquet Senior High School, Cloquet				
A Cambell, K Pappas, E Johnson, H Peterson				
School			Finals	Points
1 Hermantown 'A'			10:39.51	10
1) Jenny Fournier 9		2) Jenna Wassenaar 12		
3) Natalie Stauber 12		4) Mariah Donofrio		
2 Marshall School 'A'			10:48.07	8
3 Cloquet 'A'			10:52.65	6
4 Proctor 'A'			11:00.31	5
5 Duluth Denfeld 'A'			11:04.58	4
6 Superior 'A'			11:22.81	3
7 Ashland 'A'			11:55.31	2

Girls High Jump

Conference: & 5-04 5/12/2009 Lindsay Wiebe, Ashland				
Name	Year	School	Finals	Points
1 Alissa Boyhtari	12	Duluth Denfe	5-00.00	10
2 Rachel Macmillan	8	Cloquet	J5-00.00	8
3 Bridget Tesser	11	Proctor	4-10.00	6
4 Jaycee Paulson	9	Superior	J4-10.00	5
5 Chandler Jackson	10	Hermantown	J4-10.00	4
6 Hannah Anderson	9	Hermantown	4-08.00	3
7 Emily Thompson	8	Hermantown	4-06.00	1.5
7 Lexie DeWall	9	Proctor	4-06.00	1.5
9 Geordan Glonek	10	Superior	J4-06.00	
10 Roxanne Korpela	10	Ashland	4-04.00	
10 Tanesha Munio	11	Duluth Denfe	4-04.00	
10 Gabby Larson	8	Cloquet	4-04.00	
-- Nicole Sorenson	9	Superior	NH	
-- Dilan Wells	9	Ashland	NH	
-- Taylor Johnson	9	Duluth Denfe	NH	
-- Emma Pero	10	Ashland	NH	
-- Lauren Loeb	9	Cloquet	NH	

Girls Pole Vault

Conference: & 9-06 2003 J. Seip / D. Larson, Central / Superior				
Name	Year	School	Finals	Points
1 Kelcy Huston	11	Duluth Denfe	8-06.00	10
2 Rachel Macaulay	10	Cloquet	8-00.00	8
3 Hannah Kaldahl	12	Proctor	J8-00.00	6
4 Kaitlyn Knutson	11	Cloquet	7-06.00	5
5 Sara Thompson	9	Superior	J7-06.00	4
6 Dilan Wells	9	Ashland	7-00.00	3
7 Grace Bolt	11	Duluth Denfe	J7-00.00	2
8 Carissa Welch	12	Superior	J7-00.00	1
9 Bailee Coughlin	11	Proctor	6-06.00	
10 Emma Kloster	10	Duluth Denfe	6-00.00	
10 Hannah Bourdage	9	Cloquet	6-00.00	
10 Brittney Kozinski	10	Superior	6-00.00	

Girls Long Jump

Conference: & 16-07.50 2001 Jamie Waterhouse, Marshall				
Name	Year	School	Finals	Points
1 Shania Bolen	9	Hermantown	15-07.00	10
2 Tay Boykin	11	Superior	14-10.00	8
3 Kolanczyk Elizabeth	10	Superior	14-08.25	6
4 Lyla Abukhodair	10	Hermantown	14-07.50	5
5 Anja Maijala	8	Cloquet	14-05.75	4
6 Taylor Schmidt	9	Hermantown	14-05.25	3
7 Alissa Boyhtari	12	Duluth Denfe	14-04.00	2
8 Mikayla Baker	9	Cloquet	13-09.25	1
9 Autumn Nelson	10	Superior	13-01.00	
10 Katie Farrell	9	Marshall Sch	12-10.50	
11 Kiah Williams	11	Ashland	12-09.00	
12 Brooke Wrazidlo	9	Duluth Denfe	12-07.75	
13 Emily Rikkola	12	Cloquet	12-07.00	
14 Casey Cashman	12	Ashland	12-06.25	
15 Kiara Westendorf	9	Proctor	12-02.50	
16 Kaylie McCarthy	12	Ashland	11-11.25	
17 Jessica St. Marie	12	Proctor	11-10.50	
18 Steph Halvorson	12	Proctor	11-01.75	
19 Molly Matthews	12	Marshall Sch	10-10.25	
-- Holly Avery	10	Duluth Denfe	ND	

Girls Triple Jump

Conference: & 35-01 5/17/2011 Rachael Hoium, Hermantown				
Name	Year	School	Finals	Points
1 Shania Bolen	9	Hermantown	32-08.25	10
2 Megan Sundstrom	11	Proctor	32-07.00	8
3 Tay Boykin	11	Superior	32-03.00	6
4 Anja Maijala	8	Cloquet	30-07.50	5
5 Kianna Hren	9	Hermantown	30-07.25	4
6 Rachel Macmillan	8	Cloquet	30-00.00	3
7 Natalie Kintop	12	Superior	29-00.50	2
8 Maija Doran	11	Cloquet	28-09.50	1
9 Brianna Westendorf	11	Proctor	28-07.75	
10 Geordan Glonek	10	Superior	28-07.00	
11 Mariah Ruhanen	10	Hermantown	28-04.00	
12 Meghan Matthews	10	Marshall Sch	27-03.25	
13 Jenna Maciver	9	Duluth Denfe	26-04.00	
14 Katie Marsaa	10	Duluth Denfe	25-10.50	
15 Sophie Habas	11	Ashland	25-10.00	
16 Briana Klobucher	9	Ashland	25-09.50	
17 Annika Beaupre	11	Proctor	24-04.00	
18 Brittany Heskin	11	Duluth Denfe	22-10.75	
19 Haley Klobucher	10	Ashland	21-07.00	

Girls Shot Put

Conference: & 38-08.50 5/18/2010 Caitie Zepczyk, Ashland				
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Name	Year	School	Finals	Points
1 Taylor Phillips	11	Superior	33-06.00	10
2 Rachel Macmillan	8	Cloquet	30-10.00	8
3 Ashley Michaelson	11	Hermantown	J30-10.00	6
4 Emily Connor	11	Cloquet	29-08.00	5
5 Makylia Maloney	9	Hermantown	28-09.00	4
6 Casey Waschke	9	Superior	27-05.00	3
7 Taylor Grimsbo	11	Hermantown	27-03.00	2
8 Emily Kovala	11	Ashland	27-01.00	1
9 Mikaela Sunnorborg	11	Cloquet	25-11.00	
10 Nicole Huber	10	Ashland	25-03.00	
11 Chiara Deluca	9	Proctor	23-10.00	
12 Jessica Makitalo	9	Proctor	23-04.00	
13 Maja Landin	12	Duluth Denfe	21-05.00	
14 Jenni Steel	11	Proctor	18-00.00	
14 Kate Fulweber	11	Ashland	18-00.00	
16 Terri Thompson	11	Superior	17-04.00	

Girls Discus Throw

Conference: & 118-08 2004 Lonyll Seeley, Two Harbors				
Name	Year	School	Finals	Points
1 Ashley Michaelson	11	Hermantown	102-07	10
2 Taylor Phillips	11	Superior	98-00	8
3 Emily Connor	11	Cloquet	90-11	6
4 Drewez Budreau	11	Cloquet	85-07	5
5 Emily Kovala	11	Ashland	83-06	4
6 Taylor Grimsbo	11	Hermantown	82-07	3
7 Maddy Scott	9	Hermantown	72-00	2
8 Alison Huber	9	Ashland	68-09	1
9 Casey Waschke	9	Superior	67-06	
10 Sadey Laurvick	9	Superior	64-10	
11 Jenni Steel	11	Proctor	56-09	
12 Maja Landin	12	Duluth Denfe	48-05	
-- Amelia Pennington	11	Proctor	ND	

Boys 100 Meter Dash

Conference: & 10.74 5/16/2007 Chris Anderson, Duluth Centr				
Name	Year	School	Prelims	H#
Preliminaries				
1 JD Foldesi	12	Duluth Denfe	11.47q	3
2 Richmond Seju	11	Cloquet	11.55q	1
3 Marquez Evans	12	Cloquet	11.75q	3
4 Cory Kontny	12	Ashland	11.83q	3
5 Connor Behm	11	Duluth Denfe	11.93q	2
6 Alex Dzikionski	11	Superior	12.02q	1
7 Brad Butcher	12	Cloquet	12.08q	2
7 Parker Anderson	12	Hermantown	12.08q	3
9 Terrance Wenzel	9	Duluth Denfe	12.12	1
9 Alain Pierre	9	Superior	12.12	3
11 Ryan Hibbard	11	Ashland	12.16	2
12 Aaron Opoine	12	Proctor	12.49	2
13 Morgan Johnson	11	Superior	12.56	2
14 Alex Greene	12	Proctor	12.57	1
15 John Seboe	12	Hermantown	12.81	2
16 Mitch Hiner	12	Hermantown	12.92	1
17 Lucas Kraft	9	Ashland	12.95	1
18 Carter Williams	10	Marshall Sch	13.90	3
19 Brendon Vianne	12	Proctor	13.94	3

Boys 100 Meter Dash

Conference: & 10.74 5/16/2007 Chris Anderson, Duluth Centr				
Name	Year	School	Finals	Points
Finals				
1 JD Foldesi	12	Duluth Denfe	11.43	10
2 Richmond Seju	11	Cloquet	11.56	8

3	Connor Behm	11	Duluth Denfe	11.72	6
4	Marquez Evans	12	Cloquet	11.76	5
5	Cory Kontny	12	Ashland	11.99	4
6	Alex Dzikionski	11	Superior	12.01	3
7	Parker Anderson	12	Hermantown	12.06	2
8	Brad Butcher	12	Cloquet	12.07	1

#### Boys 200 Meter Dash

Conference: & 22.23		2007		Chris Anderson, Duluth Centr		
Name	Year	School	Finals	H#	Points	
1	Anthony Litersky	11	Ashland	23.12	3	10
2	JD Foldesi	12	Duluth Denfe	23.28	3	8
3	Connor Behm	11	Duluth Denfe	23.64	3	6
4	Alex Dzikionski	11	Superior	23.91	3	5
5	Cory Kontny	12	Ashland	24.02	3	4
6	Ryan Hibbard	11	Ashland	24.19	2	3
7	Marquez Evans	12	Cloquet	24.52	3	2
8	Derek Swenson	11	Duluth Denfe	24.55	2	1
9	Ean Fredricks	10	Superior	24.58	3	
10	Spencer Johnson	12	Hermantown	24.78	2	
11	Morgan Johnson	11	Superior	24.83	3	
12	John Seboe	12	Hermantown	25.00	2	
13	Kris Klatt	10	Cloquet	25.47	2	
14	Nate Niemi	12	Cloquet	25.48	2	
15	Justin Brendon	11	Hermantown	25.51	2	
16	Jeremy Stephan	10	Marshall Sch	25.58	2	
17	Eric Dewitt	11	Marshall Sch	25.86	1	
18	Kyle Skelton	9	Proctor	27.42	1	
19	Brendon Vianne	12	Proctor	28.91	1	
20	Peter Alshire	9	Proctor	33.91	1	

#### Boys 400 Meter Dash

Conference: & 49.47		2007		Chris Anderson, Duluth Centr		
Name	Year	School	Finals	H#	Points	
1	Connor Behm	11	Duluth Denfe	52.38	3	10
2	JD Foldesi	12	Duluth Denfe	52.50	3	8
3	Richmond Seju	11	Cloquet	52.67	3	6
4	Garrett Hobson	9	Superior	53.70	3	5
5	Zac Brendon	9	Hermantown	54.22	3	4
6	Lincoln Prout	11	Duluth Denfe	54.97	3	3
7	Eric Vanbaalen	10	Hermantown	56.08	3	2
8	Jeremy Stephan	10	Marshall Sch	56.16	2	1
9	Brett Lozon	9	Superior	56.78	2	
10	Jace Anderson	11	Cloquet	56.98	2	
11	Zach Gerlach	10	Cloquet	57.20	3	
12	Zach Wetzel	9	Proctor	57.26	2	
13	Joey Flannagan	11	Hermantown	57.66	2	
14	Eric Dewitt	11	Marshall Sch	58.33	2	
15	Ben Cashman	9	Ashland	59.68	1	
16	Matt Little	9	Superior	60.07	2	
17	Sean Clark	9	Proctor	64.83	1	

#### Boys 800 Meter Run

Conference: & 1:58.89		2003		Kyle Schmidt, Hermantown	
Name	Year	School	Finals	Points	
1	Boston Braack	12	Duluth Denfe	1:59.19	10
2	Aaron Peterson	12	Cloquet	2:00.60	8
3	Joe Muehlbauer	12	Hermantown	2:02.32	6
4	Evan Walpole	12	Superior	2:05.76	5
5	Tommy Jackson	10	Duluth Denfe	2:08.81	4
6	Tanner Kimball	10	Hermantown	2:10.91	3
7	Chase Hren	11	Hermantown	2:11.04	2
8	Nolan Wayne	10	Duluth Denfe	2:11.33	1
9	Steve Reynolds	12	Ashland	2:12.64	
10	Robert McClary	10	Superior	2:14.98	
11	Nathan Krueger	10	Ashland	2:17.05	

12 Connor Denman	8 Cloquet	2:17.69
13 Pennti Hanlon	10 Marshall Sch	2:17.89
14 Shane Tetzlaff	9 Superior	2:18.15
15 Matt Fulton	12 Proctor	2:18.25
16 Sam McPherson	10 Ashland	2:21.76
17 Chase Urie	9 Proctor	2:23.45
18 Brandon Channell	12 Marshall Sch	2:26.92
19 Thomas Otterson	9 Proctor	2:27.38

Boys 1600 Meter Run

Conference: & 4:25.01 5/15/2012 Matt Welch, Proctor				
Name	Year School	Finals	Points	
1 Bryce Miller	12 Ashland	4:20.79&	10	
2 Matt Welch	12 Proctor	4:25.89	8	
3 Matt Lepisto	12 Duluth Denfe	4:33.35	6	
4 Evan Walpole	12 Superior	4:36.33	5	
5 Dylan Marvel	11 Cloquet	4:36.81	4	
6 Issac Boedigheimer	8 Cloquet	4:40.69	3	
7 Chris Carey	11 Superior	4:41.60	2	
8 Zach Smith	11 Proctor	4:41.70	1	
9 Mike Rongstad	10 Ashland	4:50.31		
10 Tommy Jackson	10 Duluth Denfe	4:52.52		
11 Nolan Wayne	10 Duluth Denfe	4:52.74		
12 Jace Anderson	11 Cloquet	4:54.36		
13 Wyatt Simonson	10 Hermantown	4:58.96		
14 Pennti Hanlon	10 Marshall Sch	4:59.58		
15 Nathan Krueger	10 Ashland	5:00.92		
16 Kody Stevens	9 Proctor	5:13.07		
17 christian comstock	9 Hermantown	5:16.93		
18 Brandon Channell	12 Marshall Sch	5:19.90		
19 Casey Hanson	12 Marshall Sch	5:53.18		
20 Caleb Wasserman	9 Superior	5:59.13		

Boys 3200 Meter Run

Conference: & 9:39.35 5/15/2012 Matt Welch, Proctor				
Name	Year School	Finals	Points	
1 Bryce Miller	12 Ashland	9:35.89&	10	
2 Matt Lepisto	12 Duluth Denfe	10:02.65	8	
3 Matt Welch	12 Proctor	10:11.21	6	
4 Issac Boedigheimer	8 Cloquet	10:18.06	5	
5 Zach Smith	11 Proctor	10:18.76	4	
6 Chris Carey	11 Superior	10:34.35	3	
7 Sergei Hanka	12 Duluth Denfe	10:35.82	2	
8 Mike Rongstad	10 Ashland	10:43.34	1	
9 Garrett Sargent	11 Proctor	11:00.26		
10 Nick Nemece	12 Ashland	11:14.72		
11 John Waltjer	8 Cloquet	11:16.63		
12 Neal Kucera	12 Duluth Denfe	11:17.06		
13 ' Chritian	Superior	11:45.18		
14 Chris Larson	12 Cloquet	11:51.60		
15 Joe Belsito	11 Marshall Sch	14:12.21		

Boys 110 Meter Hurdles

Conference: & 15.35 2002 Joe Idziorek, Hermantown					
Name	Year School	Finals	H#	Points	
1 Anthony Litersky	11 Ashland	15.81	3	10	
2 Carter Anderson	11 Superior	15.93	3	8	
3 Ben Halverson	11 Duluth Denfe	16.34	3	6	
4 Issac Gilchrist	10 Cloquet	17.02	3	5	
5 Logan Prouty	12 Proctor	17.94	3	4	
6 Payden Lebouf	11 Cloquet	18.04	3	3	
7 Brenden Baker	9 Hermantown	18.17	2	2	
8 Andrew VanOvermeiren	12 Duluth Denfe	18.48	2	1	
9 Ean Fredricks	10 Superior	18.61	3		
10 Brian Glonek	12 Superior	18.71	3		
11 Tristian Ruhanen	11 Hermantown	19.53	2		



12 Chase Benson	10 Ashland	19.82	2
13 Rand Bieri	9 Cloquet	19.93	1
14 Jordan Senagal	9 Hermantown	20.75	2
15 Nick Olson	12 Duluth Denfe	20.91	2
16 Andrew Hendrickson	12 Proctor	21.61	2
17 Matt Nagro	9 Ashland	21.91	1
18 Ian Swanson	9 Proctor	22.27	1

#### Boys 300 Meter Hurdles

Conference: & 40.80 5/17/2011 Luke Johannessen, Duluth Centr					
Name	Year	School	Finals	H#	Points
1 Anthony Litersky	11	Ashland	40.72&	3	10
2 Carter Anderson	11	Superior	42.40	3	8
3 Jacob Welch	10	Proctor	43.38	3	6
4 Kris Klatt	10	Cloquet	44.34	3	5
5 Ben Halverson	11	Duluth Denfe	44.39	3	4
6 Ean Fredricks	10	Superior	44.41	3	3
7 Brenden Baker	9	Hermantown	44.59	2	2
8 Brian Glonek	12	Superior	45.07	3	1
9 Nolan Ripp	10	Cloquet	46.05	2	
10 Zack Braack	12	Duluth Denfe	46.40	2	
11 Andrew VanOvermeiren	12	Duluth Denfe	46.85	2	
12 Tristian Ruhanen	11	Hermantown	47.67	2	
13 Chase Benson	10	Ashland	48.27	2	
14 Logan Prouty	12	Proctor	48.60	2	
15 Jordan Senagal	9	Hermantown	49.92	1	
16 Matt Nagro	9	Ashland	53.85	1	
17 Brady Obidzenski	10	Cloquet	55.60	3	

#### Boys 4x100 Meter Relay

Conference: & 43.40 2004 , Hermantown					
School			Finals		Points
1 Hermantown 'A'			45.93		10
1) Parker Anderson 12		2) Spencer Johnson 12			
3) Mitch Hiner 12		4) Kene Udejiofor 11			
2 Superior 'A'			46.59		8
3 Proctor 'A'			46.75		6
4 Cloquet 'A'			47.51		5
5 Duluth Denfeld 'A'			47.62		4
6 Ashland 'A'			48.81		3

#### Boys 4x200 Meter Relay

Conference: & 1:32.28 2004 , Hermantown					
School			Finals		Points
1 Superior 'A'			1:35.22		10
1) Morgan Johnson 11		2) Blake Sharp 10			
3) Alex Dzikionski 11		4) Alain Pierre 9			
2 Cloquet 'A'			1:36.11		8
3 Hermantown 'A'			1:37.63		6
4 Duluth Denfeld 'A'			1:39.43		5
5 Ashland 'A'			1:41.45		4
6 Proctor 'A'			1:49.37		3

#### Boys 4x400 Meter Relay

Conference: & 3:31.08 5/16/2006 Hermantown High School, Hermantown					
School			Finals		Points
1 Cloquet 'A'			3:31.67		10
1) Dylan Marvel 11		2) Aaron Peterson 12			
3) Richmond Seju 11		4) Brad Butcher 12			
2 Duluth Denfeld 'A'			3:34.69		8
3 Hermantown 'A'			3:39.03		6
4 Superior 'A'			3:40.17		5
5 Proctor 'A'			3:44.69		4

6 Ashland 'A' 3:52.38 3

Boys 4x800 Meter Relay

Conference: & 8:19.44 5/17/2011 Proctor, Proctor  
R Benish, M Welch, C Carlson, T Haedrich

School	Finals	Points
1 Cloquet 'A'	8:33.78	10
1) Aaron Peterson 12		
2) Jace Anderson 11		
3) Dylan Marvel 11		
4) Connor Denman 8		
2 Hermantown 'A'	8:45.90	8
3 Duluth Denfeld 'A'	8:52.22	6
4 Proctor 'A'	9:02.82	5
5 Superior 'A'	9:13.33	4
6 Ashland 'A'	9:21.15	3
7 Marshall School 'A'	9:46.04	2

Boys High Jump

Conference: & 6-05 2004 Roy Levitt, Two Harbors

Name	Year	School	Finals	Points
1 Logan Prouty	12	Proctor	5-08.00	10
2 Alex Schmies	11	Hermantown	5-06.00	8
3 Tyler Hunt	11	Ashland	J5-06.00	6
4 Issac Gilchrist	10	Cloquet	J5-06.00	5
5 Henry Habermann	11	Proctor	J5-06.00	4
6 Ryan Michalicek	12	Duluth Denfe	J5-06.00	3
7 Aaron Adams-Johnson	12	Cloquet	5-04.00	2
8 Joe Thiry	12	Proctor	J5-04.00	1
9 Chase Benson	10	Ashland	J5-04.00	
10 Caleb Steinert	9	Hermantown	J5-04.00	
11 Ean Fredricks	10	Superior	5-02.00	
11 Jordan Coffland	9	Ashland	5-02.00	
-- Zach Gerlach	10	Cloquet	NH	
-- Kene Udejiofor	11	Hermantown	NH	
-- Terrance Wenzel	9	Duluth Denfe	NH	
-- Robert McClary	10	Superior	NH	
-- Garrett Hobson	9	Superior	NH	

Boys Pole Vault

Conference: & 13-06 5/18/2010 Kevin Olson, Superior High Sc

Name	Year	School	Finals	Points
1 Ben Halverson	11	Duluth Denfe	12-00.00	10
2 Tyler Modderman-Anderson	12	Superior	11-06.00	8
3 Alex Greene	12	Proctor	J11-06.00	6
4 Austin Burley	10	Duluth Denfe	11-00.00	5
5 Warren Rosholt	12	Duluth Denfe	10-06.00	4
6 Issac Gilchrist	10	Cloquet	9-06.00	3
7 Evan Host	11	Proctor	J9-06.00	2
8 Zac Trubachik	11	Ashland	8-06.00	1
9 Jacob Bretting	11	Ashland	J8-06.00	
10 Jacob Johnson	8	Cloquet	8-00.00	
10 Dakota Myllymaa	10	Cloquet	8-00.00	
-- Riley Bretting	9	Ashland	NH	
-- Andrew Anklam	9	Superior	NH	
-- Ian Swanson	9	Proctor	NH	
-- Addison Schwartz	9	Superior	NH	

Boys Long Jump

Conference: & 21-10 5/15/2012 Eric Miklausich, Marshall Sch

Name	Year	School	Finals	Points
1 Ryan Hibbard	11	Ashland	20-00.50	10
2 Blake Sharp	10	Superior	19-04.50	8
3 Jaylon Brown	12	Superior	19-03.00	6
4 Cory Kontny	12	Ashland	19-00.00	5
5 Kene Udejiofor	11	Hermantown	18-09.50	4

6	Joe Thiry	12	Proctor	18-06.50	3
7	Brad Butcher	12	Cloquet	18-04.00	2
8	Lincoln Prout	11	Duluth Denfe	18-02.25	1
9	Alain Pierre	9	Superior	18-01.25	
10	Richmond Seju	11	Cloquet	18-01.00	
11	Nick Malec	11	Duluth Denfe	17-11.00	
12	Caleb Steinert	9	Hermantown	17-10.50	
13	Derek Swenson	11	Duluth Denfe	17-08.50	
13	Parker Anderson	12	Hermantown	17-08.50	
15	Tyler Hunt	11	Ashland	17-07.50	
16	Henry Habermann	11	Proctor	17-06.00	
17	Austin Tesser	12	Proctor	16-00.00	
18	Brady Obidzenski	10	Cloquet	15-11.50	
19	Jeremy Stephan	10	Marshall Sch	15-04.75	

#### Boys Triple Jump

Conference: & 42-09 5/15/2012 Eric Miklausich, Marshall Sch					
Name	Year	School	Finals	Points	
1	Anthony Litersky	11	Ashland	43-07.00&	10
2	Kene Udejiofor	11	Hermantown	41-00.00	8
3	Jaylon Brown	12	Superior	40-08.00	6
4	Ryan Hibbard	11	Ashland	38-10.75	5
5	Joe Muehlbauer	12	Hermantown	38-08.00	4
6	Alex Dzikionski	11	Superior	37-01.25	3
7	Cory Kontny	12	Ashland	37-00.00	2
8	Blake Sharp	10	Superior	35-11.50	1
9	Austin Tesser	12	Proctor	35-10.50	
10	Connor Behm	11	Duluth Denfe	35-07.00	
11	Brady Obidzenski	10	Cloquet	34-01.50	
12	Nolan Ripp	10	Cloquet	33-10.00	
13	Issac Gilchrist	10	Cloquet	32-09.50	
14	Cody McShane	9	Hermantown	32-00.25	
15	Nick Olson	12	Duluth Denfe	30-04.25	
--	Andrew Hendrickson	12	Proctor	ND	
--	Chris Dowd	11	Duluth Denfe	ND	
--	Chase Urie	9	Proctor	ND	

#### Boys Shot Put

Conference: & 51-11 5/15/2012 Jeremy Peterson, Hermantown					
Name	Year	School	Finals	Points	
1	Thomas Udenberg	12	Cloquet	47-02.50	10
2	Cade Zacherias	11	Hermantown	41-10.50	8
3	Landen Rookey	12	Cloquet	41-02.00	6
4	Shane Tutor	9	Ashland	40-03.00	5
5	Brad Morberg	10	Proctor	39-06.00	3.5
5	David Urness	11	Duluth Denfe	39-06.00	3.5
7	Grant Borndal	12	Hermantown	39-05.00	2
8	Frank Bahen	11	Cloquet	38-06.50	1
9	Jaylon Brown	12	Superior	38-04.00	
10	Ben Halverson	11	Duluth Denfe	37-09.00	
11	Tyler Stoneburner	10	Proctor	37-06.50	
12	Matt Bichanich	11	Ashland	37-04.50	
13	Cody Makitalo	12	Proctor	37-03.00	
14	Jack Monson	11	Duluth Denfe	36-09.00	
15	Matt Sanda	12	Superior	36-04.00	
16	Tom Sandberg	9	Ashland	34-05.00	
17	Cody McShane	9	Hermantown	33-03.00	
18	Tristan Cheselski	10	Superior	32-00.50	
--	Than Serre	12	Marshall Sch	ND	

#### Boys Discus Throw

Conference: & 159-01 5/17/2011 Cortez Ham, Duluth Centr					
Name	Year	School	Finals	Points	
1	Thomas Udenberg	12	Cloquet	126-10	10
2	Frank Bahen	11	Cloquet	121-04	8
3	Evan Erickson	8	Cloquet	118-00	6

4 Tyler Stoneburner	10 Proctor	115-02	5
5 Brad Morberg	10 Proctor	114-04	4
6 Matt Bichanich	11 Ashland	113-08	3
7 Cody Makitalo	12 Proctor	112-00	2
8 Isaiah Butkiewicz	10 Hermantown	108-08	1
9 David Urness	11 Duluth Denfe	106-03	
10 Shane Tutor	9 Ashland	104-07	
11 Tom Sandberg	9 Ashland	102-01	
12 Lucas Siefers	9 Hermantown	102-00	
13 Zach Sohlstrom	11 Hermantown	98-09	
14 Matt Sanda	12 Superior	89-11	
15 Jack Monson	11 Duluth Denfe	86-03	
16 Zach Olson	10 Superior	86-02	
17 Kevin Sullivan	10 Superior	71-05	
18 Jaden Elston	9 Duluth Denfe	67-08	

Women - Team Rankings - 18 Events Scored

=====			
1) Hermantown	188.50	2) Cloquet	176
3) Superior	118	4) Proctor	76.50
5) Duluth Denfeld	65	6) Ashland	43
7) Marshall School	30		

Men - Team Rankings - 18 Events Scored

=====			
1) Duluth Denfeld	143.50	2) Cloquet	141
3) Ashland	122	4) Superior	107
5) Hermantown	88	6) Proctor	87.50
7) Marshall School	3		