

2014 Heart O' Lakes Girls Championship Frazee High School

Girls Team Results

1. D-G-F 130
2. Perham 119
3. Thief River Falls 71
4. Breckenridge 70
5. Pelican Rapids 67
6. Frazee 61
7. Barnesville 45
8. Hawley/Ulen-Hitterdal 11

Girls 100 Meter Dash

- 1 Katrina Dahlgren 12 Breckenridge 13.46 1 10
- 2 Ariel Martinson 12 Pelican Rapi 13.47 1 8
- 3 Jena Jacobson 9 Dilworth-Gly 13.63 2 6
- 4 Ashley Zitzow 10 Perham 13.64 2 4
- 5 Andrea Rieder 11 Dilworth-Gly 13.65 1 2
- 6 Mesa Schultz 7 Perham 13.76 1 1
- 7 Alex Henrickson 10 Breckenridge 13.96 2
- 8 Kelsey Kainz 10 Thief River 14.08 2

Girls 200 Meter Dash

- 1 Katrina Dahlgren 12 Breckenridge 27.54 1 10
- 2 Cassidy Ziegler 9 Frazee 27.65 1 8
- 3 Amanda Winkels 10 Perham 28.06 1 6
- 4 Andrea Rieder 11 Dilworth-Gly 28.34 1 4
- 5 Mesa Schultz 7 Perham 28.43 2 2
- 6 Ariel Martinson 12 Pelican Rapi 28.62 1 1
- 7 Olivia Januszewski 7 Perham 28.78 2
- 8 Taylor Wutzke 11 Frazee 29.06 2

Girls 400 Meter Dash

- 1 Lilly Anderson 9 Hawley/Ulen- 1:04.30 1 10
- 2 Frannie Mercil 10 Dilworth-Gly 1:05.78 1 8
- 3 Tara Brown 7 Perham 1:07.30 1 6
- 4 Corina Vigness 8 Dilworth-Gly 1:07.49 1 4
- 5 Emily Swyter 10 Perham 1:09.84 1 2
- 6 Natalie Murphy 11 Perham 1:10.25 2 1
- 7 Marquelle Dahl 11 Thief River 1:11.82 2
- 8 Kenzie LeNoue 10 Breckenridge 1:11.99 2

Girls 800 Meter Run

- 1 Emily Monson 9 Pelican Rapi 2:32.46 1 10
- 2 Tianna Wald 9 Pelican Rapi 2:33.65 1 8
- 3 Sydney Karels 10 Perham 2:34.36 1 6
- 4 Lizzie Fudge 12 Perham 2:34.49 1 4
- 5 Ally Critchley 7 Dilworth-Gly 2:35.68 1 2
- 6 Ally Reno 10 Dilworth-Gly 2:41.31 1 1
- 7 Holly McCamant 10 Frazee 2:44.22 1
- 8 Mary Riestenberg 12 Perham 2:46.09 1

Girls 1600 Meter Run

- 1 Lizzie Fudge 12 Perham 5:40.02 10
- 2 Ellie Morgan 8 Frazee 5:44.38 8
- 3 Brynna Covington 9 Perham 5:48.03 6
- 4 Hallie Frazer 11 Thief River 5:57.36 4
- 5 Rae Critchley 8 Dilworth-Gly 6:01.04 2
- 6 Sofia Reno 8 Dilworth-Gly 6:02.19 1
- 7 Kylie Hamernik 12 Dilworth-Gly 6:13.16
- 8 Isabelle Tonsfeldt 11 Barnesville 6:13.66

Girls 3200 Meter Run

- 1 Megan Danielson 7 Frazee 12:14.54 10
- 2 Katelyn Colliton 8 Perham 12:15.36 8
- 3 Jenna Wegscheid 10 Perham 12:34.34 6

- 4 Emily Bakken 12 Pelican Rapi 12:45.93 4
- 5 Hailey Wegscheid 7 Perham 12:58.18 2
- 6 Baylie Narum 8 Dilworth-Gly 13:47.57 1
- 7 Meghan Breid 11 Dilworth-Gly 13:48.71
- 8 Isabelle Tonsfeldt 11 Barnesville 14:00.65

Girls 100 Meter Hurdles

- 1 Meleah Biermaier 10 Thief River 15.97 1 10
- 2 Natalie Murphy 11 Perham 17.50 2 8
- 3 Maddie Rue 10 Frazee 17.55 2 6
- 4 Ashlyn French 12 Pelican Rapi 17.74 1 4
- 5 Brianna Harthun 10 Pelican Rapi 17.91 2 2
- 6 Olivia Nelson 11 Perham 18.77 1 1
- 7 Amy Bentow 12 Dilworth-Gly 18.93 2
- 8 Sydney Haugrud 11 Pelican Rapi 19.14 2

Girls 300 Meter Hurdles

- 1 Meleah Biermaier 10 Thief River 46.36 1 10
- 2 Olivia Nelson 11 Perham 52.20 1 8
- 3 Ashlyn French 12 Pelican Rapi 53.04 1 6
- 4 Maddie Rue 10 Frazee 54.23 2 4
- 5 Abbey Zepper 9 Perham 54.80 1 2
- 6 Elora Passa 7 Barnesville 55.86 2 1
- 7 Katherine Finseth 7 Dilworth-Gly 56.35 2
- 8 Brianna Hockert 9 Thief River 56.51 2

Girls 4x100 Meter Relay

- 1 Breckenridge 54.39 2 10
- 2 Thief River Falls 55.12 1 8
- 3 Pelican Rapids 56.23 1 6
- 4 Dilworth-Glyndon-Felton 56.35 2 4
- 5 Barnesville 57.72 1 2
- 6 Perham 58.24 2 1
- 7 Hawley/Ulen-Hitterdal* 59.50 2

Girls 4x200 Meter Relay

- 1 Thief River Falls 1:56.59 2 10
- 2 Perham 1:56.71 1 8
- 3 Breckenridge 1:57.94 1 6
- 4 Dilworth-Glyndon-Felton 2:00.62 1 4
- 5 Frazee 2:02.60 2 2
- 6 Hawley/Ulen-Hitterdal* 2:04.72 1 1
- 7 Pelican Rapids 2:08.04 2
- 8 Barnesville 2:10.47 2

Girls 4x400 Meter Relay

- 1 Dilworth-Glyndon-Felton 4:27.22 2 10
- 2 Pelican Rapids 4:27.54 1 8
- 3 Perham 4:28.81 2 6
- 4 Breckenridge 4:41.74 1 4
- 5 Frazee 4:43.78 1 2
- 6 Thief River Falls 4:45.47 1 1
- 7 Hawley/Ulen-Hitterdal* 5:06.64 2

Girls 4x800 Meter Relay

- 1 Frazee 10:26.46 10
- 2 Perham 10:30.13 8
- 3 Pelican Rapids 10:47.02 6
- 4 Dilworth-Glyndon-Felton 11:18.33 4
- 5 Thief River Falls 11:29.83 2
- 6 Breckenridge 11:44.39 1
- 7 Barnesville 11:56.53
- 8 Hawley/Ulen-Hitterdal* 12:11.41

Girls High Jump

- 1 Kennedy Conzemius 11 Breckenridge 4-10.00 10
- 2 Hannah Brady 12 Frazee 4-08.00 8
- 3 Brooke Yaggie 12 Thief River 4-06.00 6
- 4 Jennicca Leier 9 Thief River J4-06.00 4
- 5 Ash. Caitlin 12 Dilworth-Gly J4-06.00 2
- 6 Gabby Deboer 8 Perham 4-04.00 1
- 7 Janet Gerner 10 Barnesville J4-04.00
- 8 Abbey Gulseth 10 Dilworth-Gly 4-02.00
- 8 Grace Forsgren 10 Pelican Rapi 4-02.00
- 8 Madeline Sytsma 11 Pelican Rapi 4-02.00
- 8 Breanna Brown 8 Barnesville 4-02.00
- 8 Aibgail Holzhafer 7 Frazee 4-02.00

Girls Pole Vault

- 1 Frannie Mercil 10 Dilworth-Gly 7-06.00 10
- 2 Jena Jacobson 9 Dilworth-Gly 6-06.00 7
- 2 Emily Hendrickson 11 Breckenridge 6-06.00 7
- 4 Sydney Bahls 8 Perham J6-06.00 4
- 5 Kaylee Eskeli 10 Thief River J6-06.00 2
- 6 Marquelle Dahl 11 Thief River 6-00.00 1

Girls Long Jump

- 1 Frannie Mercil 10 Dilworth-Gly 14-11.00 10
- 2 Mesa Schultz 7 Perham 14-02.00 8
- 3 Amy Bentow 12 Dilworth-Gly 13-09.00 6
- 4 Kennedy Conzemius 11 Breckenridge 13-06.50 4
- 5 Brooke Yaggie 12 Thief River 13-04.00 2
- 6 Kira Johnson 10 Thief River J13-04.00 1
- 7 Shania Lehman 9 Frazee 13-03.00
- 8 Katherine Finseth 7 Dilworth-Gly 13-01.50

Girls Triple Jump

- 1 Meleah Biermaier 10 Thief River 33-07.00 10
- 2 Ash. Caitlin 12 Dilworth-Gly 31-11.00 8
- 3 Andrea Rieder 11 Dilworth-Gly 30-02.00 6
- 4 Ariel Martinson 12 Pelican Rapi 29-08.00 4
- 5 Kennedy Conzemius 11 Breckenridge 29-03.00 2
- 6 Maddie Rue 10 Frazee 29-00.00 1
- 7 Kira Johnson 10 Thief River 28-08.00
- 8 Elora Passa 7 Barnesville 27-10.50

Girls Shot Put

- 1 Destiny Meyer 10 Dilworth-Gly 35-01.50 10
- 2 Maggie Stickney 11 Dilworth-Gly 31-04.00 8
- 3 Alissa Bentley 12 Barnesville 30-07.00 6
- 4 Grace Steichen 8 Dilworth-Gly 30-01.25 4
- 5 Ali Grosz 11 Barnesville 30-00.00 2
- 6 Briana Blauert 11 Frazee 29-09.75 1
- 7 Avery Biewer 11 Barnesville 26-11.50
- 8 Bailey Halland 8 Hawley/Ulen- 25-08.50

Girls Discus Throw

- 1 Alissa Bentley 12 Barnesville 101-10 10
- 2 Ali Grosz 11 Barnesville 101-08 8
- 3 Katrina Dahlgren 12 Breckenridge 86-00 6
- 4 Sarah Sanderson 12 Dilworth-Gly 82-00 4
- 5 Kaitlyn McClaffin 11 Dilworth-Gly 80-09 2
- 6 Cassidy Ziegler 9 Frazee 75-11 1
- 7 Sasha Sazama 11 Perham 75-00
- 8 Howard. Alyssa 11 Dilworth-Gly 72-08