

Event 1 Girls 4x800 Meter Relay

School	Finals
1 Cromwell	10:22.68
2 South Ridge	10:47.82
3 Two Harbors High School	10:52.94
4 Esko High School	11:01.41
5 Moose Lake Willow River	11:15.14
6 Cook County	11:42.76
7 Carlton	12:03.23

Event 2 Boys 4x800 Meter Relay

School	Finals
1 Esko High School	8:47.87
2 Moose Lake Willow River	8:50.36
3 Two Harbors High School	9:32.69
4 Barnum	9:47.30
5 Cook County	10:04.08

Event 3 Girls 100 Meter Hurdles

Name	Year School	Finals	H#
1 Gonosowski, Ava	Esko High Sc	17.62	3
2 Race, Hannah	Moose Lake W	18.24	3
3 Mickelson, Kendra	McGregor Sch	18.71	3
4 Hall, Lily	South Ridge	18.84	3
5 Aho, Kaisa	Cromwell	19.10	3
6 Houser, Karinne	Esko High Sc	19.15	2
7 Minkinnen, Mia	Two Harbors	19.23	3
8 Huikka, Brianna	Two Harbors	19.96	2
9 Clement, Diana	South Ridge	20.46	2
10 Jones, Macey	Two Harbors	20.60	2
11 Morneau, Brooklyn	Wrenshall Hi	20.70	3
12 Kittlrel, Delaney	Wrenshall Hi	20.95	3
13 Mohelsky, Ruby	Moose Lake W	21.00	2
14 Stracek, Josie	Esko High Sc	21.14	1
15 Fremling, Lilia	South Ridge	21.19	2
16 Stoddard, Melanie	Cook County	21.32	1
17 Nelson, Megan	Barnum	21.36	1

Event 4 Boys 110 Meter Hurdles

Name	Year School	Finals	H#
1 Johnson, Ian	Two Harbors	16.44	3
2 Tucker, Jacob	Esko High Sc	16.46	3
3 Bauer, Derek	Carlton	17.05	3
4 Demming, Zach	Two Harbors	17.61	3
5 Frahm, Gunnar	Silver Bay H	17.76	3
6 Ross, Spencer	Two Harbors	18.41	3
7 Bemlott, Hank	Silver Bay H	18.61	3
8 Utecht, Dylan	Floodwood Tr	18.72	3
9 Moder, Jason	Esko High Sc	19.32	2
10 Salinas, Isaiah	Esko High Sc	19.94	2
11 Carlson, Brant	Wrenshall Hi	20.58	2
12 Matlack, Mark	Carlton	20.73	2
13 Randall, Tyler	Cromwell	20.74	2
14 Vogt, Paul	Barnum	21.08	2
15 Radel, Connor	Moose Lake W	21.20	2

16	Wilson, Ryan	Moose Lake W	21.73	1
17	Lundberg, Austin	Cromwell	22.44	1
18	VonRueden, Quentin	Moose Lake W	23.14	1

Event 5 Girls 100 Meter Dash

Name	Year School	Prelims	H#
Preliminaries			
1	Shady, Erika	Esko High Sc	13.28q 4
2	Karina, Cisar	Moose Lake W	13.29q 5
3	Fynboh, Leann	Two Harbors	13.36q 3
4	Rengo, Olivia	Esko High Sc	13.50q 5
5	Juenemann, Jessie	Two Harbors	13.60q 2
6	Johnson, Megan	Wrenshall Hi	13.95q 1
7	Bryant, Kennedy	Moose Lake W	14.04q 4
8	Fleischer, Karly	Two Harbors	14.06q 4
9	Johnson, Hannah	Wrenshall Hi	14.11 3
10	Michels, Abby	Silver Bay H	14.13 2
11	Groth, Amelia	Carlton	14.41 5
11	Selin, Jordyn	Esko High Sc	14.41 1
13	Gelhar, Amy	McGregor Sch	14.57 2
14	Moe, Kaitlyn	South Ridge	14.60 3
15	Peaney, Lauren	Barnum	14.65 1
16	Mellesmoen, Kayla	South Ridge	15.06 1
17	Boyd, Dakota	McGregor Sch	15.21 4
18	Frericks, Sheena	Silver Bay H	15.51 5
19	Olson, Halie	Barnum	15.64 2
20	Schleret, Abby	Barnum	15.70 2
21	Hanson, Tarin	Cook County	15.75 3
22	Gonzalez, Andrea	Cromwell	15.87 2
23	Wojtysiak, Paige	Wrenshall Hi	15.91 2
24	Brennan, Ann	McGregor Sch	16.06 4
25	Pasek, Steph	Moose Lake W	16.13 1
26	Henerickson, Linnea	Cook County	16.17 3
27	Kingbird, Elva	Carlton	16.19 5
28	Wojtysiak, Makayla	South Ridge	16.46 4
29	Nixon, Zoe	Silver Bay H	16.65 5
30	Hakamaki, Amanda	Cromwell	17.01 3
31	Roth, Amelia	Cook County	18.12 4

Event 5 Girls 100 Meter Dash

Name	Year School	Finals
Finals		
1	Karina, Cisar	Moose Lake W 13.06
2	Fynboh, Leann	Two Harbors 13.33
3	Rengo, Olivia	Esko High Sc 13.35
4	Shady, Erika	Esko High Sc 13.46
5	Juenemann, Jessie	Two Harbors 13.91
6	Johnson, Megan	Wrenshall Hi 14.16
7	Bryant, Kennedy	Moose Lake W 14.28
8	Fleischer, Karly	Two Harbors 14.47

Event 6 Boys 100 Meter Dash

Name	Year School	Prelims	H#
Preliminaries			
1	Evenson, Jon	Moose Lake W	11.47q 5
2	DeRocher, Alex	Esko High Sc	11.91q 1
2	Pettersen, Josh	Moose Lake W	11.91q 4
4	Christensen, Drew	Two Harbors	12.06q 3
5	O'Connor, Caleb	Wrenshall Hi	12.08q 2
6	Keranen, Davey	Two Harbors	12.10q 1
7	Hansen, Thomas	Moose Lake W	12.14q 5
8	Lysaker, Shannon	Two Harbors	12.22q 4
9	Shelgren, Cody	Barnum	12.29 2
10	Fischer, Michael	Silver Bay H	12.50 3
11	Mehrkens, Gabreil	Barnum	12.65 5

12	Terwey, Joseph	Esko High Sc	12.73	3
13	Morales-Cruz, Efren	Carlton	12.79	1
14	Graff, Dylan	Floodwood Tr	12.87	4
15	Holte, Quinn	South Ridge	12.91	3
16	Risberg, Nick	Esko High Sc	13.16	2
17	Brecht, Jeff	Silver Bay H	13.24	5
18	Draxten, Joel	McGregor Sch	13.36	3
19	Mickelson, Jordan	McGregor Sch	13.40	5
20	Simi, Trace	Cromwell	13.69	2
21	Cahoon, Cameron	Cromwell	14.14	2
22	Glader, Nick	Wrenshall Hi	14.21	3
23	Libbon, Drew	Cromwell	14.56	1
24	Carlson, Ryan	Carlton	14.60	2
25	Ruzynski, Gage	Floodwood Tr	14.99	1
26	Laveau, Drayke	Carlton	15.30	5
27	Viren, Jack	Cook County	15.67	4
28	DeHart, Jacob	Silver Bay H	15.90	3
29	Haussner, Jack	Cook County	16.23	4
30	Paumer, Jeff	Floodwood Tr	16.33	5
31	Lind, Jonathan	Barnum	17.85	4

Event 6 Boys 100 Meter Dash

Name	Year School	Finals
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Finals

1	Evenson, Jon	Moose Lake W	11.33
2	Pettersen, Josh	Moose Lake W	11.58
3	DeRocher, Alex	Esko High Sc	11.79
4	Christensen, Drew	Two Harbors	11.81
5	Keranen, Davey	Two Harbors	12.02
6	O'Connor, Caleb	Wrenshall Hi	12.06
7	Hansen, Thomas	Moose Lake W	12.18
8	Lysaker, Shannon	Two Harbors	12.22

Event 7 Girls 4x200 Meter Relay

School	Finals
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1	Esko High School	1:56.37
2	McGregor School	1:58.98
3	Cromwell	2:01.14
4	South Ridge	2:03.05
5	Cook County	2:04.94
6	Two Harbors High School	2:08.68
7	Carlton	2:16.96

Event 8 Boys 4x200 Meter Relay

School	Finals	H#
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1	Moose Lake Willow River	1:37.03	2
2	Barnum	1:38.51	2
3	Wrenshall Highschool	1:39.13	2
4	Two Harbors High School	1:43.75	2
5	Esko High School	1:43.87	2
6	McGregor School	1:44.60	2
7	Cromwell	1:45.00	2
8	Cook County	1:48.29	1
9	Silver Bay High School	1:57.18	1
10	Carlton	2:10.28	1
11	Floodwood Track and Field	2:11.12	1
--	South Ridge	DQ	2

Event 9 Girls 1600 Meter Run

Name	Year School	Finals
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1	Kiminski, Kailee	Esko High Sc	5:24.16
2	Hillstrom, Brittny	Carlton	5:47.66
3	Larva, Stacey	Floodwood Tr	5:51.73

4	Otis, Gracelynn	South Ridge	5:59.11
5	Seipke, Abigale	Two Harbors	6:01.89
6	Anderson, Sammy	Silver Bay H	6:06.69
7	Rish, Emily	Esko High Sc	6:06.77
8	Ring, Libbie	Moose Lake W	6:09.20
9	Vogt, Esther	Barnum	6:10.47
10	Walczynski, Tori	Moose Lake W	6:12.34
11	Wold, Makayla	Esko High Sc	6:29.16
12	Weyrens-Welch, Morgan	Cook County	6:32.58
13	Jackson, Michaela	McGregor Sch	6:35.02
14	Bexell, Sydney	Moose Lake W	6:35.52
15	Archer, Katie	Two Harbors	6:41.95
16	Martinson, Alyssa	Cook County	6:43.79
17	Brennan, Mary	McGregor Sch	6:47.36
18	Hay, Marin	Cook County	7:02.68
19	Ermatinger, Alex	Carlton	8:14.87

Event 10 Boys 1600 Meter Run

Name	Year School	Finals
1	Bustrak, Joseph	Moose Lake W 4:52.62
2	Hight, Kiviok	Two Harbors 4:53.89
3	Menor, Trenton	Esko High Sc 4:54.28
4	Paron, Jake	Two Harbors 4:55.41
5	Pfisthner, Austin	Cromwell 4:57.66
6	Meysenbourg, Eric	Esko High Sc 4:58.62
7	Olson, Ethan	Moose Lake W 4:59.56
8	Vogt, Tim	Barnum 5:24.09
9	Squires, Noah	South Ridge 5:24.80
10	Houle, Connor	South Ridge 5:28.77
11	Garry, Finn	Cook County 5:35.61
12	Pocernich, Marcus	Cromwell 5:38.75
13	Rauvola, Wyatt	Floodwood Tr 5:40.63
14	Anderson, Ryder	Moose Lake W 5:42.20
15	Wilson, Anakin	Barnum 5:49.20
16	Sunday, Thatcher	Two Harbors 5:50.46
17	Libbon, Drew	Cromwell 5:52.04
18	Nelson, Brandon	Barnum 5:57.79
19	Ramberg, Will	Cook County 6:18.92

Event 11 Girls 4x100 Meter Relay

School	Finals	H#
1	Cromwell	53.61 2
2	Moose Lake Willow River	55.26 2
3	Esko High School	56.92 2
4	Wrenshall Highschool	58.07 2
5	McGregor School	58.27 2
6	Carlton	1:04.53 1
7	South Ridge	1:05.12 2 1:05.111
8	Cook County	1:05.12 1 1:05.113
--	Two Harbors High School	DNF 2

Event 12 Boys 4x100 Meter Relay

School	Finals	H#
1	Esko High School	45.96 2
2	Moose Lake Willow River	46.76 2
3	Two Harbors High School	47.06 2
4	Barnum	48.06 2
5	South Ridge	51.81 2
6	Cromwell	53.26 2
7	Silver Bay High School	55.57 1
8	Cook County	58.28 1
9	Carlton	59.02 1

Event 13 Girls 400 Meter Dash

Name	Year School	Finals	H#
1 Fynboh, Leann	Two Harbors	1:02.64	3
2 Rengo, Olivia	Esko High Sc	1:04.15	3
3 Kelley, Kaitlyn	Wrenshall Hi	1:05.16	3
4 Thomas, Molly	Cook County	1:05.29	3
5 Mickelson, Korinna	McGregor Sch	1:06.68	3
6 Smalley, Lexi	Esko High Sc	1:09.00	3
7 Scamehorn, Faith	Two Harbors	1:10.12	2
8 Hall, Anna	South Ridge	1:10.26	3
9 Peaney, Lauren	Barnum	1:11.23	2
10 Babcock, Hazel	Two Harbors	1:13.44	2
11 Barrett, Emily	Esko High Sc	1:13.57	2
12 Simek, Hannah	South Ridge	1:14.55	3
13 Schleret, Abby	Barnum	1:17.81	2
14 Mike, Britney	Barnum	1:17.97	1
15 Hakamaki, Amanda	Cromwell	1:18.16	2
16 Honeder, Sophie	Cook County	1:23.80	1
17 Koivisto, Taina	South Ridge	1:25.79	1
18 Dixon, Jessy	Moose Lake W	1:26.66	2

Event 14 Boys 400 Meter Dash

Name	Year School	Finals	H#
1 Hintsala, Brandt	Esko High Sc	54.07	3
2 Shingledecker, Seth	Esko High Sc	54.42	3
3 Warner, Marcus	Barnum	54.87	3
4 Mohelsky, Gage	Moose Lake W	55.50	3
5 Peterson, Zach	Barnum	56.84	3
6 Javor, Alex	McGregor Sch	58.06	3
7 Rigdon, Donovan	Two Harbors	58.30	3
8 Pederson, Ike	Moose Lake W	58.36	3
9 Gelhar, Cole	McGregor Sch	59.58	2
10 Fortunato, Cy	Cook County	59.61	2
11 Lewis, Zack	Silver Bay H	1:02.08	2
12 Smith, Zion	Cromwell	1:03.05	2
13 Simi, Trace	Cromwell	1:03.32	2
14 Wallace, Isaiah	Carlton	1:03.53	2
15 Mackai, Brandon	South Ridge	1:04.57	1
16 Skutevik, Christian	Wrenshall Hi	1:04.66	2
17 Hibke, Ethan	Moose Lake W	1:06.26	1
18 Holmes, Wyatt	Wrenshall Hi	1:09.42	2
19 Viren, Jack	Cook County	1:10.58	1
20 Gronner, Jaden	Cromwell	1:13.99	1
21 Carlson, Xavier	Barnum	1:18.37	1
22 Blomberg, Lynden	Cook County	1:33.71	1

Event 15 Girls 300 Meter Hurdles

Name	Year School	Finals	H#
1 Gonosowski, Ava	Esko High Sc	48.96	3
2 Mickelson, Kendra	McGregor Sch	52.71	3
3 Hall, Lily	South Ridge	53.23	3
4 Johnson, Ashley	Esko High Sc	53.43	3
5 Race, Hannah	Moose Lake W	54.91	3
6 Bryant, Emily	Esko High Sc	55.34	3
7 Hanson, Katarina	Two Harbors	55.88	2
8 Linville, Krysten	Two Harbors	56.08	3
9 Clement, Diana	South Ridge	57.87	2
10 Moe, Kaitlyn	South Ridge	58.43	3
11 Nelson, Megan	Barnum	59.83	2
12 Minkinnen, Mia	Two Harbors	1:00.57	2
13 Aho, Kaisa	Cromwell	1:00.58	2
14 Morneau, Brooklyn	Wrenshall Hi	1:00.73	2
15 Mohelsky, Ruby	Moose Lake W	1:01.52	2
16 Henerickson, Linnea	Cook County	1:04.64	1
17 Stoddard, Melanie	Cook County	1:08.27	1
18 Roth, Amelia	Cook County	1:14.04	1

Event 16 Boys 300 Meter Hurdles

Name	Year School	Finals	H#
1 Redding, Bill	South Ridge	43.64	3
2 Johnson, Ian	Two Harbors	44.35	3
3 Schillo, Caleb	Esko High Sc	45.28	3
4 Bauer, Derek	Carlton	45.36	3
5 Tucker, Jacob	Esko High Sc	46.36	3
6 Bemlott, Hank	Silver Bay H	46.42	3
7 Salinas, Isaiah	Esko High Sc	46.96	3
8 Ross, Spencer	Two Harbors	47.40	2
9 Demming, Zach	Two Harbors	47.62	2
10 Frahm, Gunnar	Silver Bay H	48.01	3
11 Utecht, Dylan	Floodwood Tr	48.84	2
12 Randall, Tyler	Cromwell	49.44	2
13 Radel, Connor	Moose Lake W	50.74	2
14 Wilson, Ryan	Moose Lake W	50.92	1
15 Matlack, Mark	Carlton	52.35	1
16 Vogt, Paul	Barnum	53.28	1
17 Spry, Jerod	Cook County	54.39	1
18 Zimmerman, Bob	South Ridge	55.37	1
19 VonRueden, Quentin	Moose Lake W	57.23	1
20 Carlson, Brant	Wrenshall Hi	57.97	1
21 Lundberg, Austin	Cromwell	58.49	1

Event 17 Girls 800 Meter Run

Name	Year School	Finals	H#
1 Kiminski, Kailee	Esko High Sc	2:29.08	2
2 Larva, Stacey	Floodwood Tr	2:37.03	2
3 Kulas, Karlie	Esko High Sc	2:40.24	2
4 Mayfield, Allie	Two Harbors	2:43.67	2
5 Michels, Sarah	Moose Lake W	2:45.18	2
6 Poskie, Liz	South Ridge	2:46.87	2
7 Joyal, Taylor	South Ridge	2:48.48	2
8 Laveau, Destiny	Carlton	2:50.18	2
9 Blacklock, Charis	Moose Lake W	2:50.88	2
10 Weyrens-Welch, Morgan	Cook County	2:56.73	1
11 Mellesmoen, Abby	South Ridge	2:56.97	1
12 Brennan, Mary	McGregor Sch	2:57.00	1
13 Westendorf, Ryan	Barnum	3:00.15	1
14 Vogt, Esther	Barnum	3:00.40	2
15 McDonnald, Julia	Two Harbors	3:01.65	2
16 O'Brien, Brigit	Wrenshall Hi	3:02.65	1
17 Granquist, Meghan	Moose Lake W	3:03.27	2
18 Vanderpoel, Alexis	Wrenshall Hi	3:03.46	1
19 Haaversen, Kari	Two Harbors	3:04.31	1
20 Pavlich, Anika	Wrenshall Hi	3:10.25	1
21 Frericks, Sheena	Silver Bay H	3:11.99	1
22 Honeder, Sophie	Cook County	3:16.39	1
23 Larsen, Julia	Cook County	3:18.95	1

Event 18 Boys 800 Meter Run

Name	Year School	Finals	H#
1 Furey, Nick	Moose Lake W	2:11.74	2
2 Mikrot, Andrew	Moose Lake W	2:12.60	2
3 Meysenbourg, Eric	Esko High Sc	2:16.09	2
4 Koenig, Nick	Cromwell	2:16.65	2
5 Johnson, Corey	Two Harbors	2:17.57	2
6 Harkness, Brett	Silver Bay H	2:20.98	2
7 Seljegard, Simon	Barnum	2:22.56	2
8 Baker, Emmanuel	McGregor Sch	2:26.63	2
9 Sawyer, Shyron	Barnum	2:29.64	2
10 Anderson, Ryder	Moose Lake W	2:31.32	2
11 Elmquist, Aaron	Two Harbors	2:32.61	1
12 Erkkila, Quinn	Esko High Sc	2:32.66	1
13 Anderson, Leif	Cook County	2:33.49	1

14	Rauvola, Wyatt	Floodwood Tr	2:36.51	1
15	Houle, Connor	South Ridge	2:36.77	2
16	Garry, Finn	Cook County	2:38.13	1
17	Schnobrich, Roman	Cook County	2:40.36	1
18	Eliason, Josh	Cromwell	2:42.98	1
19	Hebl, Eli	Two Harbors	2:49.40	2
20	Saarela, Kyle	Barnum	3:05.22	1

Event 19 Girls 200 Meter Dash

Name	Year	School	Finals	H#
1	Karina, Cisar	Moose Lake W	27.03	4
2	Shady, Erika	Esko High Sc	27.45	4
3	Juenemann, Jessie	Two Harbors	27.89	4
4	Kelley, Kaitlyn	Wrenshall Hi	28.77	3
5	Eliason, Sophie	Cook County	28.99	3
6	Johnson, Hannah	Wrenshall Hi	29.17	3
7	Smalley, Lexi	Esko High Sc	29.19	4
8	Bryant, Kennedy	Moose Lake W	29.61	3
9	House, Elizabeth	Carlton	29.76	4
10	Evenson, Kiersten	Moose Lake W	29.79	3
11	Groth, Amelia	Carlton	30.29	4
12	Monahan, Kaylee	Esko High Sc	30.45	4
13	Peaney, Lauren	Barnum	31.02	1
14	Mellesmoen, Kayla	South Ridge	31.12	2
15	Campbell, Onna	South Ridge	31.59	3
16	Boyd, Dakota	McGregor Sch	32.35	2
17	Carman, Anna	Cook County	32.58	2
18	Gonzalez, Andrea	Cromwell	32.78	1
19	Schleret, Abby	Barnum	33.18	2
20	Brennan, Ann	McGregor Sch	33.25	1
21	Mike, Britney	Barnum	33.78	1
22	Preston, Shayna	South Ridge	34.54	2
23	Nixon, Zoe	Silver Bay H	35.09	1
24	Callander, Lucy	Cook County	37.99	1

Event 20 Boys 200 Meter Dash

Name	Year	School	Finals	H#
1	Evenson, Jon	Moose Lake W	23.04	4
2	Nelson, Craig	Moose Lake W	23.81	4
3	Keranen, Davey	Two Harbors	23.88	4
4	O'Connor, Justin	Wrenshall Hi	24.03	4
5	Johnson, Rick	Esko High Sc	24.12	4
6	Buchanan, Cole	Barnum	24.18	4
7	Virginia, Marcus	Wrenshall Hi	24.23	4
8	Christensen, Drew	Two Harbors	24.32	3
9	Moonen, David	Moose Lake W	24.77	4
10	O'Connor, Caleb	Wrenshall Hi	24.95	3
11	Cossalter, Dawson	Esko High Sc	25.45	2
12	Warpula, Eli	Cromwell	25.55	3
13	Fischer, Michael	Silver Bay H	25.69	3
14	Mehrkens, Gabreil	Barnum	26.29	3
15	Nistler, Alexander	McGregor Sch	26.36	2
16	Carpenter, Oliver	Two Harbors	26.37	3
17	Morales-Cruz, Efren	Carlton	26.52	2
18	Johnson, Kurt	Esko High Sc	26.54	2
19	Mackai, Brandon	South Ridge	27.12	1
20	Karpinnen, Carter	Cromwell	27.25	3
21	Draxten, Joel	McGregor Sch	27.41	3
22	Lewis, Zack	Silver Bay H	27.82	2
23	Lamb, Will	Cook County	27.87	2
24	Warren, Noah	Cook County	28.20	1
25	Carlson, Ryan	Carlton	31.12	1
26	Carlson, Xavier	Barnum	33.35	1
27	Haussner, Jack	Cook County	34.74	1
28	Rohde, Issac	Floodwood Tr	35.50	1
29	Bennett, Miles	Carlton	35.57	1

Event 21 Girls 3200 Meter Run

Name	Year School	Finals
1 Hillstrom, Brittny	Carlton	12:44.34
2 Gronner, Bailey	Cromwell	13:00.68
3 McHugh, Maya	Cook County	13:46.39
4 Acero, Matea	Cook County	13:58.10
5 Wold, Makayla	Esko High Sc	14:10.20
6 Jackson, Michaela	McGregor Sch	14:19.59
7 Hill, Paige	Esko High Sc	14:31.44
8 Hansen, Danielle	Cook County	16:06.45

Event 22 Boys 3200 Meter Run

Name	Year School	Finals
1 Rengo, Matt	Esko High Sc	10:46.09
2 Bustrak, Joseph	Moose Lake W	11:03.14
3 Dugger, Brandon	Two Harbors	11:10.09
4 Graves, Gabe	Esko High Sc	11:11.19
5 Olson, Ethan	Moose Lake W	11:23.52
6 Chmelik, Joey	Cook County	11:37.87
7 Squires, Noah	South Ridge	11:59.21
8 Tuel, Casey	Moose Lake W	12:12.23
9 Collier, Henry	Barnum	12:19.69
10 Pocernich, Marcus	Cromwell	12:22.59
11 Cruikshank, Owen	Two Harbors	12:29.31
12 Hommes, Everett	Two Harbors	12:41.36
13 Nelson, Brandon	Barnum	12:52.65

Event 23 Girls 4x400 Meter Relay

School	Finals
1 Esko High School	4:19.99
2 Cromwell	4:29.99
3 Cook County	4:46.65
4 Moose Lake Willow River	4:49.57
5 Two Harbors High School	4:51.13
6 Carlton	4:55.49
7 Wrenshall Highschool	5:01.13

Event 24 Boys 4x400 Meter Relay

School	Finals	H#
1 Esko High School	3:40.77	2
2 Moose Lake Willow River	3:45.27	2
3 Two Harbors High School	3:56.02	2
4 McGregor School	3:59.93	1
5 Silver Bay High School	4:01.53	2
6 Cromwell	4:09.86	2
7 Barnum	4:10.49	1
8 Cook County	4:14.37	1
9 Carlton	4:18.22	2

Event 25 Girls Shot Put

Name	Year School	Finals
1 Cross, Casey	Two Harbors	34-10.50
2 Suhonen, Samantha	Cromwell	32-04.00
3 Siltanen, Katie	Barnum	31-02.00
4 Besch, Kayle	Cromwell	30-04.00
5 Schraufnagel, Lane	Two Harbors	30-01.00
6 Klassen, Taylor	Carlton	29-11.00
7 Thums, Kristiina	Silver Bay H	28-06.00
8 LaPrairie, Teyha	Carlton	28-02.50
9 Jacobs, Sophia	McGregor Sch	26-04.00
10 Klassen, Haily	Carlton	25-04.50

11	Szczyrbak, Ava	Moose Lake W	24-11.00
11	Poppenhage, Maree	South Ridge	24-11.00
13	Kolkin, Chelsea	Two Harbors	23-10.00
14	Smith, Alicia	Cook County	23-03.00
15	Cahoon, Amber	Cromwell	22-05.00
16	Jelinski, Aisling	McGregor Sch	21-03.00
17	Sellon, Jade	Wrenshall Hi	21-02.50
17	Hill, Morgan	Esko High Sc	21-02.50
19	Hansen, Danielle	Cook County	20-01.00
20	Thomason, Callie	South Ridge	19-11.00
21	Pasek, Steph	Moose Lake W	19-03.50
22	Evans, Ashley	Silver Bay H	18-01.00
23	Arntson, Ashleigh	Esko High Sc	18-00.00
24	Race, Josephine	Moose Lake W	17-10.50
25	Emily, Fisher	Barnum	17-05.00
26	Weyrens-Welch, Morgan	Cook County	15-01.00
27	Nixon, Zoe	Silver Bay H	14-02.00

Event 26 Boys Shot Put

Name	Year	School	Finals
1	Lindstrom, Jacob	Esko High Sc	48-01.00
2	Evenson, Jon	Moose Lake W	45-06.50
3	Youngberg, Brady	Barnum	45-05.00
4	Szczyrbak, Ezra	Moose Lake W	43-02.00
5	Bryce, Travis	Wrenshall Hi	42-00.00
6	Viche, Chase	South Ridge	38-05.50
7	Fleischer, Victor	Two Harbors	38-01.00
8	Chavez, Jeremiah	Moose Lake W	37-05.50
9	Torgerson, Nick	Two Harbors	35-10.00
10	Tan, Daran	Esko High Sc	35-04.00
11	Nordean, Chad	Two Harbors	33-02.00
12	Wirtz, Fauston	Esko High Sc	33-01.00
13	Shelgren, Parker	Barnum	32-11.00
14	Susa, Wyatt	Cromwell	31-09.00
15	Warren, Noah	Cook County	30-08.00
16	Rohde, Pat	Floodwood Tr	29-03.50
17	Poegel, Brandon	South Ridge	28-05.00
18	Mattson, Carl	Wrenshall Hi	28-02.50
18	Passer, Spencer	McGregor Sch	28-02.50
20	Swanson, Cameron	Barnum	27-03.00
21	Lewandowski, Austin	Cromwell	26-00.00
22	Miller, Brian	South Ridge	25-10.00
--	Paumer, Jeff	Floodwood Tr	ND
--	Graff, Dylan	Floodwood Tr	ND
--	Ruzynski, Gage	Floodwood Tr	ND

Event 27 Girls Discus Throw

Name	Year	School	Finals
1	Suhonen, Samantha	Cromwell	102-09.50
2	Cross, Casey	Two Harbors	100-00.50
3	Scharnberg, Sara	Floodwood Tr	92-10
4	Juenemann, Jessie	Two Harbors	87-00
5	Anvid, RyAnna	South Ridge	85-07
6	Besch, Kayle	Cromwell	80-10
7	Johnson, Jo	Cromwell	79-00
8	Klassen, Taylor	Carlton	78-00.50
9	Thums, Kristiina	Silver Bay H	73-00.50
10	Schraufnagel, Lane	Two Harbors	72-06.50
11	Jacobs, Sophia	McGregor Sch	71-10
12	LaPrairie, Teyha	Carlton	67-01
13	Sheda, Desiree	Wrenshall Hi	64-07
14	Hawkinson, Abby	McGregor Sch	64-02
15	Arntson, Ashleigh	Esko High Sc	62-11.50
16	Emily, Fisher	Barnum	62-11
17	Siltanen, Katie	Barnum	62-07
18	House, Rebecca	Carlton	60-07.50
19	Poppenhage, Maree	South Ridge	53-10

20	Evans, Ashley	Silver Bay H	53-09.25
21	Smith, Alicia	Cook County	51-09
22	Jelinski, Aisling	McGregor Sch	51-03.50
23	Callander, Lucy	Cook County	49-09
24	Hill, Morgan	Esko High Sc	46-09.50
25	Race, Josephine	Moose Lake W	45-06
26	Pasek, Steph	Moose Lake W	42-09
27	Nixon, Zoe	Silver Bay H	38-11

Event 28 Boys Discus Throw

Name	Year School	Finals
1	Lindstrom, Jacob	Esko High Sc 146-04
2	Youngberg, Brady	Barnum 127-02.50
3	Chavez, Jeremiah	Moose Lake W 117-10.50
4	Bryce, Travis	Wrenshall Hi 114-09
5	Wirtz, Fauston	Esko High Sc 108-09.50
6	Szczyrbak, Ezra	Moose Lake W 107-08.25
7	Viche, Chase	South Ridge 107-07.25
8	Shelgren, Parker	Barnum 106-02.50
9	Fleischer, Victor	Two Harbors 101-11
10	Torgerson, Nick	Two Harbors 101-06
11	Peters, Derek	Two Harbors 98-04.50
12	Petron, Sam	South Ridge 97-03
13	Mattson, Carl	Wrenshall Hi 94-05
14	Herzog, Hunter	Moose Lake W 91-00
15	Rohde, Pat	Floodwood Tr 90-07
16	Ruzynski, Gage	Floodwood Tr 87-03
17	Susa, Wyatt	Cromwell 84-08.50
18	Koenig, Nick	Cromwell 84-01
19	Poegel, Brandon	South Ridge 80-04.50
20	Swanson, Cameron	Barnum 67-02.50
21	Passer, Spencer	McGregor Sch 62-00.50
22	Lewandowski, Austin	Cromwell 61-07
23	Viren, Jack	Cook County 60-00
24	Kuehl, kalen	Floodwood Tr 53-07
25	Blomberg, Lynden	Cook County 35-08.50
--	Tan, Daran	Esko High Sc ND

Event 29 Girls Pole Vault

Name	Year School	Finals
1	Shady, Erika	Esko High Sc 9-00.00
2	Gonosowski, Ava	Esko High Sc 7-06.00
3	Rudek, Mia	Esko High Sc 7-06.00
4	Race, Hannah	Moose Lake W 6-00.00

Event 30 Boys Pole Vault

Name	Year School	Finals
1	Moonen, David	Moose Lake W 10-06.00
2	Arntson, Devon	Esko High Sc 9-06.00
3	Senarighi, Braden	Esko High Sc 7-00.00
4	Sinnot-James, Declan	Esko High Sc 7-00.00
--	Hansen, Thomas	Moose Lake W NH

Event 31 Girls High Jump

Name	Year School	Finals
1	Houser, Karinne	Esko High Sc 4-06.00
2	Scharnberg, Sara	Floodwood Tr 4-04.00
2	McDonnald, Julia	Two Harbors 4-04.00
2	Susa, Kelly	Cromwell 4-04.00
5	Holbeck, Katie	Two Harbors 4-04.00
6	Wagemaker, Judy	Esko High Sc 4-04.00
7	Jackson, Michaela	McGregor Sch 4-01.00
7	Nowaski, Allison	Two Harbors 4-01.00

7	Blacklock, Charis	Moose Lake W	4-01.00
7	House, Elizabeth	Carlton	4-01.00
7	Mickelson, Korinna	McGregor Sch	4-01.00
12	Ring, Libbie	Moose Lake W	4-01.00
12	Kulas, Karlie	Esko High Sc	4-01.00
14	Moe, Kaitlyn	South Ridge	3-10.00
14	Campbell, Onna	South Ridge	3-10.00
--	Preston, Shayna	South Ridge	NH

Event 32 Boys High Jump

Name	Year	School	Finals
1	Beaudot, Cal	Esko High Sc	5-10.00
2	Lysaker, Shannon	Two Harbors	5-08.00
3	Hintsala, Brandt	Esko High Sc	5-06.00
4	Pettersen, Josh	Moose Lake W	5-04.00
5	Regan, Chris	Moose Lake W	5-04.00
6	Fischer, Michael	Silver Bay H	5-04.00
7	Schillo, Caleb	Esko High Sc	5-01.00
8	Fischer, Enoch	Silver Bay H	5-01.00
9	Gelhar, Cole	McGregor Sch	5-01.00
10	Sarracco, Joe	Two Harbors	4-10.00
10	Javor, Alex	McGregor Sch	4-10.00
--	Mickelson, Jordan	McGregor Sch	NH
--	Greer, Lane	Silver Bay H	NH

Event 33 Girls Long Jump

Name	Year	School	Finals
1	Bryant, Kennedy	Moose Lake W	15-10.00
2	Kiminski, Kailee	Esko High Sc	15-00.00
3	Dincau, Mandi	Esko High Sc	14-01.50
4	Michels, Abby	Silver Bay H	14-01.00
5	Voge, Karlyn	Carlton	14-00.00
6	Hawkinson, Abby	McGregor Sch	13-11.50
7	Johnson, Megan	Wrenshall Hi	13-11.00
8	Evenson, Kiersten	Moose Lake W	13-10.00
9	Nelson, Megan	Barnum	13-06.00
10	Mickelson, Korinna	McGregor Sch	13-00.50
11	Morneau, Brooklyn	Wrenshall Hi	12-11.75
12	Groth, Amelia	Carlton	12-10.00
13	Smalley, Lexi	Esko High Sc	12-09.25
14	Mohelsky, Ruby	Moose Lake W	12-09.00
14	Fleischer, Karly	Two Harbors	12-09.00
16	Whitney, Natalie	South Ridge	12-04.50
17	Boyd, Dakota	McGregor Sch	12-01.00
18	Callander, Lucy	Cook County	10-09.50
19	Stoddard, Melanie	Cook County	10-07.75
20	Neussel, Carla	South Ridge	10-04.00
21	Hooey, Kaydi	Two Harbors	9-10.00
22	Archer, Emily	Two Harbors	9-02.50
--	Hakamaki, Amanda	Cromwell	ND

Event 34 Boys Long Jump

Name	Year	School	Finals
1	Evenson, Jon	Moose Lake W	21-03.25
2	Peterson, Colton	South Ridge	21-02.50
3	Redding, Bill	South Ridge	20-00.50
4	Johnson, Rick	Esko High Sc	18-09.00
5	Spicer, Asa	Moose Lake W	18-02.00
6	Virginia, Marcus	Wrenshall Hi	17-10.50
7	O'Connor, Justin	Wrenshall Hi	17-08.50
8	Peterson, Zach	Barnum	16-08.00
9	Fischer, Michael	Silver Bay H	16-08.00
10	Graves, Adam	Esko High Sc	16-06.00
11	Nelson, Craig	Moose Lake W	16-05.00
12	Risberg, Nick	Esko High Sc	15-10.00

13 Morales-Cruz, Efren	Carlton	15-07.00
14 Lysaker, Shannon	Two Harbors	15-01.00
15 Mickelson, Jordan	McGregor Sch	14-07.00
16 Greer, Lane	Silver Bay H	14-05.50
17 Fischer, Enoch	Silver Bay H	13-10.00
18 Spry, Jerod	Cook County	13-03.75
19 Santkuyl, Jacob	Carlton	12-03.50
20 Swanson, Jayden	Carlton	12-01.00
21 Haussner, Jack	Cook County	11-09.00
22 Fosness, Jake	Floodwood Tr	10-11.00
23 Kuehl, kalen	Floodwood Tr	9-11.50
24 Rohde, Issac	Floodwood Tr	9-08.00
-- Zimmerman, Bob	South Ridge	ND
-- Gronner, Jaden	Cromwell	ND

Event 35 Girls Triple Jump

Name	Year School	Finals
1 Selin, Jordyn	Esko High Sc	30-08.00
2 Voge, Karlyn	Carlton	30-06.00
3 Karina, Cisar	Moose Lake W	30-04.00
4 Goerdt, Makayla	South Ridge	30-02.50
5 Zezulka, Ashley	Esko High Sc	30-00.00
6 Whitney, Natalie	South Ridge	29-01.00
7 Gronner, Bailey	Cromwell	28-06.50
8 Nelson, Megan	Barnum	28-01.00
9 Rengo, Olivia	Esko High Sc	27-01.00
10 Susa, Kelly	Cromwell	27-00.50
11 McDonnald, Julia	Two Harbors	26-09.50
12 Mellesmoen, Abby	South Ridge	25-03.00
13 Kingbird, Elva	Carlton	24-10.00
14 Stoddard, Melanie	Cook County	24-01.00
14 Walczynski, Tori	Moose Lake W	24-01.00
-- Mike, Britney	Barnum	ND

Event 36 Boys Triple Jump

Name	Year School	Finals
1 Peterson, Colton	South Ridge	42-04.00
2 Redding, Bill	South Ridge	40-08.00
3 Beaudot, Cal	Esko High Sc	38-01.50
4 Mohelsky, Gage	Moose Lake W	37-09.00
5 Buchanen, Cole	Barnum	37-03.00
6 Johnson, Rick	Esko High Sc	36-09.50
7 Pederson, Ike	Moose Lake W	36-08.50
8 Utecht, Dylan	Floodwood Tr	36-02.00
9 Lamb, Will	Cook County	35-00.50
10 Spicer, Asa	Moose Lake W	35-00.00
11 Carlson, Jake	South Ridge	33-08.00
12 Peters, Derek	Two Harbors	31-08.00
13 Demming, Zach	Two Harbors	31-02.00
14 Sarracco, Joe	Two Harbors	27-06.50
15 Libbon, Drew	Cromwell	25-11.00
16 Gronner, Jaden	Cromwell	24-11.00
17 Kuehl, kalen	Floodwood Tr	21-05.50
-- Swanson, Jayden	Carlton	ND

Women - Team Rankings - 18 Events Scored

1) Esko High School	193	2) Two Harbors High School	96.93
3) Cromwell	82.33	4) Moose Lake Willow River	79.60
5) South Ridge	49	6) Carlton	46.60
7) McGregor School	37.20	8) Cook County	35
9) Floodwood Track and Field	26.33	10) Wrenshall Highschool	26
11) Silver Bay High School	10	12) Barnum	7

Men - Team Rankings - 18 Events Scored

1) Moose Lake Willow River	184	2) Esko High School	180
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3) Two Harbors High School	102	4) Barnum	56
5) South Ridge	53	6) Wrenshall Highschool	30
7) Silver Bay High School	22	8) Cromwell	17
9) McGregor School	12	10) Carlton	11
11) Cook County	10	12) Floodwood Track and Field	2