

Heart Of Lakes (HOL) Conference Girls - 2015 - 5/12/2015 at Dilworth-Glyndon-Felton

Teams: Perham 146, Dilworth-Glyndon-Felton 103, Thief River Falls 99, Pelican Rapids 72, Frazee 66, Breckenridge 31.50, Barnesville 23.50, Hawley/Ulen-Hitterdal 17

100 Meters

1	Kira Johnson	11	Thief River	13.40
2	Cassidy Ziegler	10	Frazee	13.52
3	Maddie Guler	7	Pelican Rapi	13.59
4	Lizzy LaFond	7	Perham	13.61
5	Jena Jacobson	10	Dilworth-Gly	13.62
6	Natalie Steichen	9	Dilworth-Gly	13.64
7	Olivia Januszewski	8	Perham	13.71
8	Jordan Martinson	11	Perham	13.72

100 High Hurdles

1	Natalie Murphy	12	Perham	17.26
2	Maddie Rue	11	Frazee	17.34
3	Ashley Zitzow	11	Perham	18.14
4	Abbey Zepper	10	Perham	19.11
5	Kaylie Breid	9	Dilworth-Gly	19.23
6	Carley Pederson	9	Dilworth-Gly	19.38
7	Mercedes Dennis	9	Dilworth-Gly	19.74
8	Sierra Hansey	9	Breckenridge	19.76

High Jump

1	Jennicca Leier	10	Thief River	4-10.00
2	Kennedy Conzemius	12	Breckenridge	4-08.00
3	Cassidy Ziegler	10	Frazee	4-06.00
4	Olivia Januszewski	8	Perham	J4-06.00
5	Claire Conzemius	9	Breckenridge	J4-06.00
6	Abbey Gulseth	11	Dilworth-Gly	4-04.00
7	Grace Forsgren	11	Pelican Rapi	J4-04.00
7	Madeline Sytsma	12	Pelican Rapi	J4-04.00
7	Janet Gerner	11	Barnesville	J4-04.00
7	Emma Hoover	10	Pelican Rapi	J4-04.00

200 Meters

1	Meleah Biermaier	11	Thief River	26.69
2	Lilly Anderson	10	Hawley/Ulen-	27.46
3	Maddie Guler	7	Pelican Rapi	27.74
4	Jennicca Leier	10	Thief River	28.35
5	Natalie Steichen	9	Dilworth-Gly	28.36
6	Cassidy Ziegler	10	Frazee	28.71
7	Alex Henrickson	11	Breckenridge	28.74
8	Paige Oswald	7	Frazee	28.83

300 Low Hurdles

1	Olivia Nelson	12	Perham	49.76
2	Kaylie Isaman	8	Pelican Rapi	50.37
3	Maddie Rue	11	Frazee	50.43
4	Katherine Finseth	8	Dilworth-Gly	51.61
5	Lacy Richter	8	Perham	52.49
6	Jessica Weinrich	9	Pelican Rapi	52.63
7	Carley Pederson	9	Dilworth-Gly	53.54
8	Abbey Zepper	10	Perham	53.74

Pole Vault

1	Jordan Martinson	11	Perham	9-00.00
1	Frannie Mercil	11	Dilworth-Gly	9-00.00
3	Sydney Bahls	9	Perham	8-06.00
3	Kaylee Eskeli	11	Thief River	8-06.00
5	Emily Spilde	8	Barnesville	7-06.00
5	Emily Hendrickson	12	Breckenridge	7-06.00
7	Amy Scheidecker	11	Perham	7-00.00
7	Marquelle Dahl	12	Thief River	7-00.00

400 Meters

1	Meleah Biermaier	11	Thief River	56.70
2	Frannie Mercil	11	Dilworth-Gly	1:02.07
3	Lilly Anderson	10	Hawley/Ulen-	1:03.06
4	Grace Johnson	9	Pelican Rapi	1:03.93
5	Aleeya Verdi	9	Dilworth-Gly	1:04.97
6	Lauryn Thune	11	Thief River	1:06.62
7	Rachel Muer	8	Perham	1:07.44
8	Brianna Harthun	11	Pelican Rapi	1:07.87

4x100 Relay

1	Thief River Falls	51.76
2	Perham	53.51
3	Dilworth-Glyndon-Felton	53.97
4	Frazee	54.42
	Breckenridge	55.13
	Barnesville	55.94
	Pelican Rapids	56.94
	Hawley/Ulen-Hitterdal	56.98

Long Jump

1	Mesa Schultz	8	Perham	16-02.00
2	Kennedy Conzemius	12	Breckenridge	15-11.00
3	Kira Johnson	11	Thief River	15-08.50
4	Jessica Weinrich	9	Pelican Rapi	15-06.50
5	Frannie Mercil	11	Dilworth-Gly	15-04.50
6	Lizzy LaFond	7	Perham	14-11.00
7	Morgan Espe	9	Thief River	14-06.50
8	Paige Oswald	7	Frazee	14-05.50

800 Meters

1	Mackenzie Korf	11	Pelican Rapi	2:29.19
2	Brynnan Covington	10	Perham	2:30.53
3	Caitlin Covington	8	Perham	2:31.19
4	Sydney Karels	11	Perham	2:35.72
5	Emily Monson	10	Pelican Rapi	2:39.22
6	Sofia Reno	9	Dilworth-Gly	2:39.80
7	Arianna Gerdon	7	Dilworth-Gly	2:40.32
8	Ruth Goedtke	10	Barnesville	2:40.60

4x200 Relay

1	Pelican Rapids	1:50.97
2	Thief River Falls	1:53.05
3	Dilworth-Glyndon-Felton	1:53.52
4	Perham	1:54.34
5	Breckenridge	1:57.30
6	Barnesville	1:59.19
7	Hawley/Ulen-Hitterdal	2:00.50
8	Frazee	2:04.58

Triple Jump

1	Maddie Rue	11	Frazee	31-06.75
2	Kennedy Conzemius	12	Breckenridge	31-02.75
3	Baylie Narum	9	Dilworth-Gly	31-02.50
4	Katherine Finseth	8	Dilworth-Gly	31-00.50
5	Taylor Wutzke	12	Frazee	30-08.50
6	Madeline Sytsma	12	Pelican Rapi	30-08.00
7	Paige Ziegler	7	Frazee	29-11.75
8	Anna Bang	12	Barnesville	29-06.25

1600 Meters

1	Caitlin Covington	8	Perham	5:28.12
2	Jerzie Finstad	7	Thief River	5:29.76
3	Brynnan Covington	10	Perham	5:30.97
4	Sofia Reno	9	Dilworth-Gly	5:43.57
5	Sydney Karels	11	Perham	5:47.96
6	Ellie Morgan	9	Frazee	5:52.53
7	Isabelle Tonsfeldt	12	Barnesville	6:03.10
8	Katie Boucher	9	Hawley/Ulen-	6:12.75

4x400 Meter Relay

1	Pelican Rapids	4:19.05
2	Perham	4:21.06
3	Dilworth-Glyndon-Felton	4:26.48
4	Frazee	4:32.46
5	Barnesville	4:33.65
6	Thief River Falls	4:38.26
7	Breckenridge	4:46.69
8	Hawley/Ulen-Hitterdal	5:00.10

Shot Put

1	Destiny Meyer	11	Dilworth-Gly	35-00.50
2	Ally Reno	11	Dilworth-Gly	34-00.50
3	Frances Marshall	12	Thief River	31-05.50
4	Grace Steichen	9	Dilworth-Gly	31-02.50
5	Leah Muer	10	Perham	30-02.00
6	Ali Grosz	12	Barnesville	30-01.50
7	Carolynn Baardsen	12	Perham	29-04.00
8	Kathryn Szymanski	9	Thief River	28-07.50

3200 Meters

1	Megan Danielson	8	Frazee	12:09.41
2	Jenna Wegscheid	11	Perham	12:12.20
3	Hailey Wegscheid	8	Perham	12:41.30
4	Evalyn McCleary	8	Perham	12:51.70
5	Madison Sossa	8	Barnesville	13:20.24
6	Victoria Peterson	9	Hawley/Ulen-	13:20.86
7	Meghan Breid	12	Dilworth-Gly	13:24.90
8	Isabelle Tonsfeldt	12	Barnesville	13:35.33

4x800 Meter Relay

1	Pelican Rapids	9:56.87
2	Thief River Falls	10:26.36
3	Frazee	10:34.12
4	Perham	10:40.62
5	Hawley/Ulen-Hitterdal	11:00.57
6	Barnesville	11:12.23
7	Dilworth-Glyndon-Felton	11:19.32
8	Breckenridge	11:32.52

Discus

1	Ali Grosz	12	Barnesville	111-07
2	Grace Steichen	9	Dilworth-Gly	97-02
3	Ally Reno	11	Dilworth-Gly	94-03
4	Tessa Herman	8	Barnesville	93-05
5	Frances Marshall	12	Thief River	92-05
6	Hope Slettebak	12	Perham	92-02
7	Kaitlyn McClafin	12	Dilworth-Gly	89-04
8	Abby Thompson	12	Perham	88-03