

# Tri Metro Championships Girls Macalester College May 12, 2015

## TEAM SCORES

Scored 10-8-6-5-4-3-2-1

1	Visitation	174.0
2	Academy of HolyAngels	121.0
3	Concordia Academy	116.0
4	StCroix Lutheran	113.5
5	Fridley	67.5
6	DeLaSalle	45.0
7	Columbia Heights	23.0
8	StAgnes	19.0
9	Brooklyn Center	18.0

## 100 Meter Dash

Round 1, Heat 1

1	Annette Okafor, 10, Visitation	13.30Q
2	Maira Hazel, 9, DeLaSalle	13.61q
3	Erica Harper, 11, Columbia Heights	14.12
4	Bethany Hennen, 12, StCroix Lutheran	14.27
5	Gabriella Hernandez, 11, Concordia Academy	14.37
6	Emma Davies, 10, Academy of HolyAngels	14.55
7	Emma Taggart, 7, StAgnes	14.77
	Makai Wotoe, 12, Fridley	DNC

Round 1, Heat 2

1	Sophia Anderson, 12, Academy of HolyAngels	12.88Q
2	Sierra Barker, 11, Fridley	13.76q
3	Melanie Miller, 9, StCroix Lutheran	14.08q
4	Ali McClarnon, 8, StCroix Lutheran	14.25
5	Domenica Llerena, 11, Columbia Heights	14.27
6	K'Lynn Lewis, 9, StAgnes	14.31
7	Katrina Schneeman, 12, Visitation	14.79
8	Sally Paul, 10, Concordia Academy	14.80

Round 1, Heat 3

1	Lindsay Billig, 12, DeLaSalle	13.13Q
2	Shamia Hudson, 7, Brooklyn Center	13.44q
3	Danielle Peterson, 12, Concordia Academy	13.49q
4	Clare Hoffman, 10, Visitation	14.06q
5	Adaya Sandifer, 9, StAgnes	14.19
6	Hailee Enger, 10, Fridley	15.05
7	Lisette Tetter, 11, Columbia Heights	15.81
	Gabrielle Reynolds, 11, Academy of HolyAngels	DNC

Final

1	Sophia Anderson, 12, Academy of HolyAngels	12.63
2	Lindsay Billig, 12, DeLaSalle	13.00
3	Annette Okafor, 10, Visitation	13.21
4	Shamia Hudson, 7, Brooklyn Center	13.28
5	Danielle Peterson, 12, Concordia Academy	13.62
6	Sierra Barker, 11, Fridley	13.73
7	Melanie Miller, 9, StCroix Lutheran	13.78
8	Clare Hoffman, 10, Visitation	14.20

## 200 Meter Dash

Round 1, Heat 1

1	Sophia Anderson, 12, Academy of HolyAngels	26.20Q
2	Emily Conners, 11, Visitation	26.81q
3	Adaya Sandifer, 9, StAgnes	28.29q
4	Danielle Peterson, 12, Concordia Academy	28.47q
5	Ali McClarnon, 8, StCroix Lutheran	28.95
6	Andrea Douhe, 9, Fridley	29.23
7	Domenica Llerena, 11, Columbia Heights	30.13

Round 1, Heat 2

1	Shamia Hudson, 7, Brooklyn Center	27.55Q
2	Orlandra Humphries, 11, Columbia Heights	28.10q
3	Anya Gaertner, 11, Visitation	28.98
4	Emily Schaeffer, 10, StAgnes	30.58
5	Emma Davies, 10, Academy of HolyAngels	30.59
6	Sally Paul, 10, Concordia Academy	31.46

Makai Wotoe, 12, Fridley	DNC
Maureen Sullivan, 9, StAgnes	DNC

Round 1, Heat 3

1	Lindsay Billig, 12, DeLaSalle	26.61Q
2	Cece Lewis, 8, Fridley	26.97q
3	Rachel Montgomery, 8, StCroix Lutheran	27.56q
4	Audrey Gadison, 9, StCroix Lutheran	29.14
5	Gabriella Hernandez, 11, Concordia Academy	29.47
6	Katie Richardson, 11, Columbia Heights	29.86
	emma O'brien, 12, Academy of HolyAngels	DNC

Final

1	Sophia Anderson, 12, Academy of HolyAngels	25.96
2	Lindsay Billig, 12, DeLaSalle	26.53
3	Emily Conners, 11, Visitation	27.04
4	Cece Lewis, 8, Fridley	27.54
5	Rachel Montgomery, 8, StCroix Lutheran	27.91
6	Shamia Hudson, 7, Brooklyn Center	28.14
7	Danielle Peterson, 12, Concordia Academy	28.22
8	Adaya Sandifer, 9, StAgnes	28.25
9	Orlandra Humphries, 11, Columbia Heights	28.99

## 400 Meter Dash

1	Sophia Anderson, 12, Academy of HolyAngels	58.30 H2
2	Maggie Conners, 10, Visitation	60.93 H2
3	Cecilia Kulhanek, 11, Visitation	61.67 H2
4	Claire Benz, 12, Academy of HolyAngels	64.13 H2
5	Myah Dado, 10, StCroix Lutheran	65.60 H2
6	McKayla Ramlet, 12, Fridley	66.41 H2
7	Ella Beardsley, 11, Concordia Academy	67.16 H1
8	Ariel Igherighe, 11, DeLaSalle	67.48 H1
9	Ellen Steffens, 8, StAgnes	68.73 H1
10	Grace Grau-Kubista, 9, StAgnes	69.19 H2
11	Lauren Backstrom, 10, Fridley	70.05 H2
12	Cailin Krueger, 11, Columbia Heights	70.48 H1
13	Katie Dahlke, 10, StCroix Lutheran	70.70 H1
14	Sarah Anderson, 11, StAgnes	79.22 H1
	Sahra Tobe, 9, Columbia Heights	DNC H1
	Elizabeth Gonzalez, 9, Columbia Heights	DNC H1
	Soniya Weissmann, 11, DeLaSalle	DNC H1
	Makai Wotoe, 12, Fridley	DNC H2

## 800 Meter Run

1	Laura Bagwell-Katalinic, 11, Academy of HolyAngels	2:27.17 H2
2	Abbie Dolan, 11, Visitation	2:30.36 H2
3	Melissa Maxwell, 12, Visitation	2:32.09 H2
4	Elissa Boll, 10, Concordia Academy	2:35.51 H2
5	Elizabeth Garcia-Creigh, 12, StAgnes	2:37.76 H2
6	Becky Boehlke, 11, StCroix Lutheran	2:41.91 H2
7	Mary-Kate Schoonover, 9, Visitation	2:42.89 H2
8	Lauren Fleming, 9, Academy of HolyAngels	2:44.51 H1
9	Emily Zarnoti, 11, DeLaSalle	2:46.55 H1
10	Anahi Ordonez, 9, Columbia Heights	2:47.01 H1
11	Katrina Mraz, 10, Fridley	2:47.93 H2
12	Catarina Carmichael, 11, StCroix Lutheran	2:48.86 H2
13	Payton West, 12, Fridley	2:49.72 H2
14	Katie Wicklund, 9, Concordia Academy	2:50.84 H1
15	Kajeltu Worku, 10, Fridley	2:52.21 H2
16	Timmi Glewwe, 11, StCroix Lutheran	2:52.30 H1
17	Amy Foote, 10, StAgnes	2:53.19 H1
18	Tia McCarnery, 9, Columbia Heights	2:53.26 H1
19	MaryAnna Preble, 11, Concordia Academy	3:04.11 H1
20	Fatou Manneh, 9, Columbia Heights	3:04.78 H1

## 1600 Meter Run

1	Laura Bagwell-Katalinic, 11, Academy of HolyAngels	
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	5:21.30 H2	
2 Katie George, 12, Visitation	5:23.83 H2	
3 Grace Snyder, 10, Visitation	5:42.31 H2	
4 Izzy West, 8, Fridley	5:50.21 H2	
5 Elissa Boll, 10, Concordia Academy	5:52.45 H2	
6 Page Piper-Hauswirth, 11, Academy of HolyAngels	5:57.35 H2	
7 Mira Koster, 12, DeLaSalle	5:58.76 H2	
8 Gillian Yarano, 9, Visitation	6:00.94 H2	
9 Madi Thompson, 12, Concordia Academy	6:24.80 H1	
10 Anna Wilgenbusch, 9, StAgnes	6:25.04 H1	
11 Payton West, 12, Fridley	6:25.42 H2	
12 Nastya Borschlegl, 11, StCroix Lutheran	6:31.08 H1	
13 Meredith Thompson, 9, Concordia Academy	6:32.27 H1	
14 Emma Brown, 12, Fridley	6:45.81 H1	
15 Fatou Manneh, 9, Columbia Heights	6:47.03 H1	
16 Elizabeth Gonzalez, 9, Columbia Heights	7:15.36 H1	
Stacy Holmes, 8, StCroix Lutheran	DNC H1	
Clare Plamann, 9, StAgnes	DNC H1	

3200 Meter Run

1 Katie George, 12, Visitation	12:12.47	
2 Brittany Staab, 12, StCroix Lutheran	12:24.51	
3 Gillian Yarano, 9, Visitation	13:03.92	
4 Susan Nitschke, 12, Visitation	13:42.66	
5 Megan Kom, 9, StCroix Lutheran	13:53.04	
6 Megan Uldrich, 10, Academy of HolyAngels	14:47.04	
7 Lexi Rogers, 11, Fridley	16:34.76	
Jacqui Bernards, 11, Fridley	DNC	

100 Meter Hurdles

Round 1, Heat 1

1 Clare Hoffman, 10, Visitation	17.54Q	
2 Alexis Sievert, 12, StCroix Lutheran	17.68Q	
3 Naomi Bokela, 12, Columbia Heights	18.14q	
4 Kemi Daniel, 9, DeLaSalle	18.47q	
5 Erin Fallert, 10, Concordia Academy	18.91	
6 Robbea Smythe, 10, Brooklyn Center	19.40	
7 Nicci Ruikka, 11, Fridley	19.79	
8 Alex Ruikka, 11, Fridley	19.82	
9 April James, 9, DeLaSalle	21.69	

Round 1, Heat 2

1 Helena Schmitt, 10, Academy of HolyAngels	17.00Q	
2 Isabella Bailey, 11, DeLaSalle	17.79Q	
3 Nia Ford, 10, Brooklyn Center	18.22q	
4 Natalie Wendland, 10, StCroix Lutheran	18.38q	
5 Arika Robinson, 9, Concordia Academy	18.59q	
6 Sara Lynn Ness, 9, Fridley	20.23	
7 Alyssa Wendland, 9, StCroix Lutheran	21.12	
8 Anya Gaertner, 11, Visitation	21.32	

Final

1 Helena Schmitt, 10, Academy of HolyAngels	16.38	
2 Clare Hoffman, 10, Visitation	16.81	
3 Alexis Sievert, 12, StCroix Lutheran	17.11	
4 Naomi Bokela, 12, Columbia Heights	17.51	
5 Kemi Daniel, 9, DeLaSalle	17.83	
6 Natalie Wendland, 10, StCroix Lutheran	18.05	
7 Nia Ford, 10, Brooklyn Center	18.12	
8 Isabella Bailey, 11, DeLaSalle	18.31	
9 Arika Robinson, 9, Concordia Academy	18.59	

300 Meter Hurdles

1 Annette Okafor, 10, Visitation	47.72 H2	
2 Molly McGrane, 12, Academy of HolyAngels	48.88 H2	
3 Helena Schmitt, 10, Academy of HolyAngels	49.26 H2	
4 Anya Gaertner, 11, Visitation	50.37 H2	
5 Erin Fallert, 10, Concordia Academy	50.72 H2	
6 Nia Ford, 10, Brooklyn Center	53.08 H1	
7 Alyssa Wendland, 9, StCroix Lutheran	53.79 H1	

8 Isabella Bailey, 11, DeLaSalle	53.85 H2	
9 Abby Raasch, 9, StCroix Lutheran	54.88 H1	
10 April James, 9, DeLaSalle	55.00 H1	
11 Kemi Daniel, 9, DeLaSalle	55.21 H2	
12 Natalie Wendland, 10, StCroix Lutheran	55.52 H2	
13 Alex Ruikka, 11, Fridley	56.06 H1	
14 Naomi Bokela, 12, Columbia Heights	56.64 H1	
15 Nicci Ruikka, 11, Fridley	56.80 H1	
16 Annika Hegrenes, 11, Concordia Academy	57.83 H1	
17 Sara Lynn Ness, 9, Fridley	58.60 H1	
Shamia Hudson, 7, Brooklyn Center	DQ H2	

4x100 Meter Relay

1 Fridley	52.91	
2 Academy of HolyAngels	52.98	
3 Visitation	53.17	
4 StCroix Lutheran	53.55	
5 Concordia Academy	53.81	
6 DeLaSalle	53.88	
7 Columbia Heights	54.73	
8 StAgnes	56.48	

800 Meter Relay

1 Visitation	1:46.94	
2 StCroix Lutheran	1:53.33	
3 Academy of HolyAngels	1:54.19	
4 Concordia Academy	1:55.26	
5 StAgnes	1:56.09	
6 DeLaSalle	2:03.31	
Fridley	DQ	
Columbia Heights	DQ	

4x400 Meter Relay

1 Visitation	4:12.80	
2 Academy of HolyAngels	4:30.95	
3 StAgnes	4:32.38	
4 StCroix Lutheran	4:34.67	
5 DeLaSalle	4:41.30	
6 Fridley	4:53.85	
7 Columbia Heights	5:18.98	
Concordia Academy	DNC	

4x800 Meter Relay

1 Visitation	10:07.12	
2 StCroix Lutheran	11:03.81	
3 Fridley	11:14.32	
4 Academy of HolyAngels	11:24.49	
5 Concordia Academy	11:29.46	
6 StAgnes	11:32.86	
7 DeLaSalle, 11	11:41.01	
8 Columbia Heights	12:20.90	

Long Jump

Round 1, Flight 1

1 Lauren Backstrom, 10, Fridley	13-8q	
2 Erika Krieger, 11, StCroix Lutheran	13-6 1/2	
3 Gabby Stensland, 9, StCroix Lutheran	13-2 3/4	
4 Adaya Sandifer, 9, StAgnes	12-8 3/4	
5 Emma Taggart, 7, StAgnes	12-8 1/4	
6 Mary Jackson, 10, StAgnes	12-0 1/4	
7 Denise Campbell, 11, Academy of HolyAngels	11-11 1/2	
8 Sally Paul, 10, Concordia Academy	11-10 1/4	
9 Gabriella Shacatoviz, 8, Academy of HolyAngels	11-7	
10 Annie Wheeler, 9, Visitation	11-6	
11 Maria Xiong, 9, Columbia Heights	11-2 3/4	
12 Helena Schmitt, 10, Academy of HolyAngels	11-0 1/4	

Round 1, Flight 2

1 Lindsay Billig, 12, DeLaSalle	14-11 3/4q	
2 Clara Paul, 11, Concordia Academy	14-11 3/4q	

3 Michala Walther, 12, Concordia Academy	14-11 1/4q
4 Abby Raasch, 9, StCroix Lutheran	14-10 1/4q
5 Ann Jansen, 9, Visitation	14-7 1/4q
6 Julia Crary, 12, Visitation	14-0 3/4q
7 Naomi Bokela, 12, Columbia Heights	13-9 1/2q
8 Cece Lewis, 8, Fridley	13-7 3/4q
9 Moira Hazel, 9, DeLaSalle	13-5 1/2
Jessica Romero Sanchez, 12, Columbia Heights	ND

Final

1 Clara Paul, 11, Concordia Academy	16-7
2 Lindsay Billig, 12, DeLaSalle	15-5
3 Ann Jansen, 9, Visitation	14-11 3/4
4 Michala Walther, 12, Concordia Academy	14-11 1/4
5 Abby Raasch, 9, StCroix Lutheran	14-10 1/4
6 Naomi Bokela, 12, Columbia Heights	14-6 1/2
7 Julia Crary, 12, Visitation	14-4 1/2
8 Lauren Backstrom, 10, Fridley	13-8
9 Cece Lewis, 8, Fridley	13-7 3/4

Triple Jump

Round 1, Flight 1

1 Abbey Duehn, 11, Fridley	29-4q
2 Gabby Stensland, 9, StCroix Lutheran	28-7 1/4
3 Cailin Krueger, 11, Columbia Heights	28-7
4 Denise Campbell, 11, Academy of HolyAngels	27-9 1/4
5 Abby Libbesmeier, 9, Visitation	27-0
6 Gabriella Shacatoviz, 8, Academy of HolyAngels	25-0 3/4

Round 1, Flight 2

1 Clara Paul, 11, Concordia Academy	35-0 1/2q
2 Michala Walther, 12, Concordia Academy	32-1 3/4q
3 Ann Jansen, 9, Visitation	31-5 1/2q
4 Abby Raasch, 9, StCroix Lutheran	31-4 1/4q
5 Ella Beardsley, 11, Concordia Academy	30-0q
6 Julia Crary, 12, Visitation	29-11q
7 Natalie Wendland, 10, StCroix Lutheran	29-5 3/4q
8 Sierra Barker, 11, Fridley	28-10 1/4q

Final

1 Clara Paul, 11, Concordia Academy	35-0 1/2
2 Michala Walther, 12, Concordia Academy	32-3 1/4
3 Ann Jansen, 9, Visitation	31-5 1/2
4 Abby Raasch, 9, StCroix Lutheran	31-4 1/4
5 Sierra Barker, 11, Fridley	31-2 3/4
6 Abbey Duehn, 11, Fridley	30-10 1/2
7 Ella Beardsley, 11, Concordia Academy	30-0
8 Julia Crary, 12, Visitation	29-11
9 Natalie Wendland, 10, StCroix Lutheran	29-6 1/4

Shot Put

Round 1, Flight 1

1 Sami Krause, 9, Columbia Heights	23-6 1/4
2 Gaby Diaz, 11, StCroix Lutheran	22-7
3 Tsetan Dolker, 11, Columbia Heights	22-4 1/2
4 Margaret Blackstone, 9, StAgnes	22-0
5 Nevaeh Pittman, 11, DeLaSalle	21-9
6 Cathryn Schneider, 9, StAgnes	20-7 1/2
7 Tiffany Singroy, 10, DeLaSalle	19-10

Round 1, Flight 2

1 Lucy Mullen, 10, Visitation	26-7 1/2q
2 Sarah Ganz, 11, Brooklyn Center	26-7 1/4q
3 Anna Tolke, 10, Visitation	26-2q
4 Rebecca Johnson, 12, Concordia Academy	25-1 1/2
5 Lakendria Morris, 10, Fridley	23-11 3/4
6 Iena Alubadi, 9, Fridley	22-10 1/2
7 Christine Nwosuji, 10, Columbia Heights	22-4 1/4

Round 1, Flight 3

1 Cadeshia Kamara, 12, StCroix Lutheran	33-9 1/2q
2 Ceamantha James, 10, Fridley	32-0 3/4q
3 Anika Neuman, 10, Concordia Academy	32-0 1/2q

4 Chelsey Tiarks, 12, StCroix Lutheran	31-8q
5 Karene Jensen, 11, Concordia Academy	27-11 1/4q
6 Alexis Okafor, 11, Visitation	27-6 3/4q
7 Anna Tesch, 12, Academy of HolyAngels	23-7 3/4

Final

1 Cadeshia Kamara, 12, StCroix Lutheran	33-9 1/2
2 Ceamantha James, 10, Fridley	32-3
3 Anika Neuman, 10, Concordia Academy	32-0 1/2
4 Chelsey Tiarks, 12, StCroix Lutheran	31-8
5 Karene Jensen, 11, Concordia Academy	28-6 1/4
6 Alexis Okafor, 11, Visitation	27-6 3/4
7 Lucy Mullen, 10, Visitation	26-7 1/2
8 Sarah Ganz, 11, Brooklyn Center	26-7 1/4
9 Anna Tolke, 10, Visitation	26-2

Discus Throw

Round 1, Flight 1

1 Margaret Blackstone, 9, StAgnes	71-10
2 Anna Tolke, 10, Visitation	64-3
3 Nevaeh Pittman, 11, DeLaSalle	59-6
4 Manyi Ayuk, 10, Columbia Heights	55-6
5 Tsetan Dolker, 11, Columbia Heights	53-1

Round 1, Flight 2

1 Gaby Diaz, 11, StCroix Lutheran	74-1q
2 Anna Tesch, 12, Academy of HolyAngels	68-6
3 Shadin Elkair, 9, Fridley	66-3
4 Asma Shafi, 11, Fridley	65-10
5 Sami Krause, 9, Columbia Heights	64-1
Rebecca Johnson, 12, Concordia Academy	ND

Round 1, Flight 3

1 Ceamantha James, 10, Fridley	97-5q
2 Karene Jensen, 11, Concordia Academy	92-5q
3 Lucy Mullen, 10, Visitation	90-3q
4 Chelsey Tiarks, 12, StCroix Lutheran	88-6q
5 Cadeshia Kamara, 12, StCroix Lutheran	82-6q
6 Sarah Ganz, 11, Brooklyn Center	78-7q
7 Anika Neuman, 10, Concordia Academy	75-9q
8 Rayna Kaeppe, 11, Visitation	73-5q

Final

1 Ceamantha James, 10, Fridley	97-5
2 Karene Jensen, 11, Concordia Academy	92-5
3 Lucy Mullen, 10, Visitation	90-4
4 Chelsey Tiarks, 12, StCroix Lutheran	88-6
5 Sarah Ganz, 11, Brooklyn Center	88-2
6 Cadeshia Kamara, 12, StCroix Lutheran	82-6
7 Anika Neuman, 10, Concordia Academy	81-11
8 Rayna Kaeppe, 11, Visitation	77-2
9 Gaby Diaz, 11, StCroix Lutheran	74-1

High Jump

1 Orlandra Humphries, 11, Columbia Heights	4-10
2 Laura Bagwell-Katalinic, 11, Academy of HolyAngels	4-8
3 Arika Robinson, 9, Concordia Academy	4-6
4 Taniya Bible, 12, StCroix Lutheran	4-6
5 Alexis Sievert, 12, StCroix Lutheran	4-6
6 Anika Hegrenes, 11, Concordia Academy	4-4
7 Erin Fallert, 10, Concordia Academy	4-4
8 Ellie Bastiaens, 9, Visitation	4-4
9 Claudia Partridge, 9, DeLaSalle	4-4
10 Sam Kientop, 9, Fridley	4-2
10 Emily Schaeffer, 10, StAgnes	4-2
12 Hailee Enger, 10, Fridley	4-2
13 Catherine Link, 10, Visitation	4-2
Lauren Pham, 9, Columbia Heights	NH
Cailin Krueger, 11, Columbia Heights	NH
Gabriella Shacatoviz, 8, Academy of HolyAngels	NH
Denise Campbell, 11, Academy of HolyAngels	NH
Nicci Ruikka, 11, Fridley	NH
Julia Crary, 12, Visitation	NH

Pole Vault

1	Chloe Deutsch, 12, Concordia Academy	9-0
2	Sophia Bursey, 11, Visitation	8-0
3	Rachel TerHaar, 9, Concordia Academy	7-6
4	Bethany Hennen, 12, StCroix Lutheran	7-0
5	Cassidy Zimmer, 12, Fridley	6-6
5	Gabby Stensland, 9, StCroix Lutheran	6-6
7	Natalie Wendland, 10, StCroix Lutheran	6-6
8	Suzanna Lopez, 12, Fridley	6-6
9	Catherine Link, 10, Visitation	6-0
	Jules Staelgraeve, 9, Visitation	NH