

**Heart O' Lakes Conference
Pelican Rapids - 5/17/2016
Results - Pelican Rapids Invitational**

Girls 100 Meter Dash Class A

Name	Yr	School	Finals
Finals			
1 Ziegler, Cassidy	11	Frazee	12.58 10
2 Johnson, Kira	12	Thief River	12.67 8
3 LaFond, Lizzy	8	Perham	12.95 6
4 Guler, Maddie	8	Pelican Rapi	13.08 4
5 Nelson, Miah	8	Thief River	13.16 2
6 Yaggie, Chase	9	Breckenridge	13.17 1
7 Zitzow, Ashley	12	Perham	13.18 NWI
8 Oswald, Paige	8	Frazee	13.30 NWI
9 Jacobson, Jena	11	Dilworth-Gly	13.47 NWI
10 Steichen, Natalie	10	Dilworth-Gly	13.65 NWI
11 Bahls, Sydney	10	Perham	13.67 NWI
11 Sellin, Hannah	12	Hawley/Ulen-	13.67 NWI
13 Harthun, Brianna	12	Pelican Rapi	13.71 NWI
14 Dalager, Marryn	9	Thief River	13.81 NWI
15 Bueger, Amelie	11	Hawley/Ulen-	14.12 NWI
16 Spilde, Emily	9	Barnesville	14.23 NWI
17 Weiser, Megan	11	Dilworth-Gly	14.30 NWI
18 Ellingson, Hailey	11	Frazee	14.56 NWI
19 Hanson Roe, Elizabeth	10	Breckenridge	14.90 NWI
20 Quittschreiber, Amber	9	Barnesville	15.31 NWI
21 Hannah, Sarah	11	Hawley/Ulen-	15.34 NWI
22 Anderson, Rachel	9	Breckenridge	15.41 NWI
23 Janssen, Sidney	11	Barnesville	16.95 NWI
24 LaPoint, Brittny	12	Pelican Rapi	17.61 NWI

Girls 200 Meter Dash Class A

Name	Yr	School	Finals
Finals			
1 Biermaier, Meleah	12	Thief River	25.38 10
2 Johnson, Carley	8	Thief River	26.14 8
3 Andersen, Lilly	11	Hawley/Ulen-	26.70 6
4 Ziegler, Cassidy	11	Frazee	27.06 4
5 Guler, Maddie	8	Pelican Rapi	27.10 2
6 Wadson, Amy	10	Dilworth-Gly	27.23 1
7 Henrickson, Alex	12	Breckenridge	27.42 NWI
8 Weinrich, Jessica	10	Pelican Rapi	27.43 NWI
9 Schultz, Mesa	9	Perham	27.49 NWI
10 Martinson, Jordan	12	Perham	27.56 NWI
11 Winkels, Amanda	12	Perham	27.98 NWI
12 Steichen, Natalie	10	Dilworth-Gly	28.14 NWI
13 Sellin, Hannah	12	Hawley/Ulen-	28.67 NWI
14 Reierson, Ellie	7	Frazee	29.05 NWI
15 Branden, Victoria	9	Hawley/Ulen-	29.66 NWI
16 Morris, Mallory	10	Dilworth-Gly	30.04 NWI
17 Maesse, Kimberly	7	Barnesville	30.19 NWI
18 Hasbargen, Alyssa	10	Breckenridge	30.60 NWI
19 Ellingson, Hailey	11	Frazee	30.67 NWI
20 Quittschreiber, Amber	9	Barnesville	31.14 NWI
21 Shulstad, Bailey	11	Pelican Rapi	31.65 NWI
22 Luitjens, Mikayla	9	Breckenridge	32.07 NWI
23 Fahrendorff, Presley	10	Barnesville	32.51 NWI

Girls 400 Meter Dash Class A

Name	Yr	School	Finals
Finals			
1 Guler, Maddie	8	Pelican Rapi	1:01.11 10
2 Mercil, Frannie	12	Dilworth-Gly	1:01.17 8
3 Syverson, Abby	8	Pelican Rapi	1:02.26 6
4 Johnson, Grace	10	Pelican Rapi	1:02.80 4
5 Andersen, Lilly	11	Hawley/Ulen-	1:03.58 2
6 Koenig, McKenzie	8	Hawley/Ulen-	1:04.65 1
7 Wegscheid, Hailey	9	Perham	1:04.91
8 Nelson, Bela	8	Thief River	1:05.07
9 Muer, Rachel	9	Perham	1:05.65
10 Wilson, Victoria	10	Breckenridge	1:05.66
11 Verdi, Aleeya	10	Dilworth-Gly	1:05.92
12 Oswald, Paige	8	Frazee	1:06.48
13 Bentley, Nicole	10	Hawley/Ulen-	1:06.85
14 Lorenz, Riley	8	Breckenridge	1:07.30
15 Tschumperlin, Jordan	7	Barnesville	1:08.34
16 Ingebrand, Maggie	9	Perham	1:08.64
17 Wiggs, Kendra	10	Thief River	1:08.73
18 Conzemius, Grace	7	Breckenridge	1:09.89
19 Kainz, Kelsey	12	Thief River	1:10.08
20 Morris, Mallory	10	Dilworth-Gly	1:10.09
21 Wilkowski, Taylor	9	Frazee	1:11.34
22 Sorenson, Olivia	7	Barnesville	1:12.11
23 Holzhaver, Abigail	9	Frazee	1:14.96

Girls 800 Meter Run Class A

Name	Yr	School	Finals
Finals			
1 Covington, Brynнан	11	Perham	2:26.46 10
2 Johnson, Grace	10	Pelican Rapi	2:26.82 8
3 Gerdon, Arianna	8	Dilworth-Gly	2:27.18 6
4 Herbranson, Nicole	10	Barnesville	2:28.56 4
5 Wald, Tianna	11	Pelican Rapi	2:29.21 2
6 Covington, Caitlin	9	Perham	2:30.21 1
7 Karels, Sydney	12	Perham	2:33.78
8 Brouse, Brooklyn	7	Thief River	2:38.36
9 Arends, Gracie	8	Dilworth-Gly	2:40.92
10 Berggren, Madison	8	Dilworth-Gly	2:41.56
11 Espe, Morgan	10	Thief River	2:45.42
12 Lehman, Shania	11	Frazee	2:52.17
13 Anenson, Heidi	9	Thief River	2:56.22
14 Christenson, Vanessa	11	Frazee	3:00.95
15 Ihland, Emma	8	Breckenridge	3:01.55
16 King, Madison	10	Breckenridge	3:01.97
17 Dekarske, Kiara	11	Frazee	3:03.81
18 Belcourt, Mallory	9	Breckenridge	3:05.61

Girls 1600 Meter Run Class A

Name	Yr	School	Finals
Finals			
1 Finstad, Jerzie	8	Thief River	5:23.44 10
2 Gerdon, Arianna	8	Dilworth-Gly	5:23.77 8
3 Covington, Caitlin	9	Perham	5:25.04 6

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Finals ... (Girls 1600 Meter Run Class A)

Name	Yr	School	Finals	
4 Morgan, Ellie	10	Frazee	5:25.31	4
5 Wegscheid, Hailey	9	Perham	5:35.23	2
6 Wegscheid, Jenna	12	Perham	5:38.03	1
7 Passa, Samantha	7	Barnesville	5:58.92	
8 Rames, Grace	9	Dilworth-Gly	6:13.24	
9 Nielsen, Emma	10	Barnesville	6:13.58	
10 Eskeli, Kaylee	12	Thief River	6:15.45	
11 Peppel, Elizabeth	8	Barnesville	6:16.22	
12 Kilde, Angela	8	Frazee	6:19.32	
13 Busby, Paige	11	Hawley/Ulen-	6:39.80	
14 Pena, Julissa	9	Dilworth-Gly	6:41.80	
15 Kruta, Kathryn	10	Thief River	7:23.56	

Girls 3200 Meter Run Class A

Name	Yr	School	Finals	
Finals				
1 Morgan, Ellie	10	Frazee	12:06.94	10
2 Tweeton, Abby	8	Perham	12:15.50	8
3 Danielson, Megan	9	Frazee	12:17.47	6
4 Wegscheid, Jenna	12	Perham	12:25.48	4
5 Sjolie, Mandi	8	Pelican Rapi	12:58.00	2
6 Paulson, Chloe	7	Pelican Rapi	13:07.02	1
7 McCamant, Holly	12	Frazee	13:19.31	
8 Gifford, Shayley	11	Dilworth-Gly	13:58.69	
9 Peterson, Victoria	10	Hawley/Ulen-	13:59.96	
10 Wang, Amber	11	Dilworth-Gly	14:15.06	
11 Thune, Jorden	7	Barnesville	14:53.81	
12 Reiff, Shalyn	11	Breckenridge	14:58.04	
13 Sossa, Madison	9	Barnesville	15:56.75	

Girls 100 Meter Hurdles Class A

Name	Yr	School	Finals	
Finals				
1 Biermaier, Meleah	12	Thief River	14.97	10
2 Rue, Maddie	12	Frazee	15.86	8
3 Ziegler, Paige	8	Frazee	16.55	6
4 Zitzow, Ashley	12	Perham	17.55	4
5 Breid, Kaylie	10	Dilworth-Gly	18.00	2
6 Hansey, Sierra	10	Breckenridge	18.08	1
7 Sirjord, Kayla	10	Hawley/Ulen-	18.13	NWI
8 Zepper, Abbey	11	Perham	18.23	NWI
9 Thornton, Mackenzie	9	Pelican Rapi	18.83	NWI
10 Finseth, Katherine	9	Dilworth-Gly	19.02	NWI
11 Paulson, Kendra	9	Barnesville	19.06	NWI
12 Walseth, Chloe	8	Barnesville	19.46	NWI
13 Hockert, Brianna	11	Thief River	19.59	NWI
14 Pederson, Carley	10	Dilworth-Gly	19.63	NWI
15 Neitzke, Kate	10	Perham	19.97	NWI
16 Mattfeld, Shayanne	11	Hawley/Ulen-	20.18	NWI
17 Gardner, Mattea	9	Barnesville	20.42	NWI
18 Hendricks, Summer	10	Breckenridge	20.68	NWI

Girls 300 Meter Hurdles Class A

Name	Yr	School	Finals	
Finals				
1 Biermaier, Meleah	12	Thief River	44.37	10
2 Isaman, Kaylie	9	Pelican Rapi	48.11	8
3 Rue, Maddie	12	Frazee	48.40	6
4 Richter, Lacy	9	Perham	49.40	4
5 Hokanson, Ashley	9	Perham	49.66	2
6 Johannsen, Jaryn	8	Frazee	51.29	1
7 Martinson, Emily	10	Perham	51.52	
8 Finseth, Katherine	9	Dilworth-Gly	51.60	
9 Sirjord, Kayla	10	Hawley/Ulen-	52.22	
10 Thornton, Mackenzie	9	Pelican Rapi	52.28	
11 Hansey, Sierra	10	Breckenridge	53.66	
12 Johnson, Asia	8	Thief River	54.00	
13 Meyer, Claire	9	Barnesville	55.56	
14 Breid, Kaylie	10	Dilworth-Gly	55.78	
15 Mattfeld, Shayanne	11	Hawley/Ulen-	55.83	
16 Walseth, Chloe	8	Barnesville	56.52	
17 Paulson, Kendra	9	Barnesville	57.42	
18 Hockert, Brianna	11	Thief River	57.81	
19 Pederson, Carley	10	Dilworth-Gly	58.01	
20 Hendricks, Summer	10	Breckenridge	59.90	

Girls 4x100 Meter Relay Class A

Team	Relay	Finals	
Finals			
1 Thief River Falls	A	50.98	10
2 Frazee	A	51.92	8
3 Dilworth-Gly	A	53.55	6
4 Breckenridge	A	53.56	4
5 Pelican Rapids	A	55.26	2
6 Perham	A	55.30	1
7 Barnesville	A	55.39	
8 Hawley/Ulen-	A	57.81	

Girls 4x200 Meter Relay Class A

Team	Relay	Finals	
Finals			
1 Thief River Falls	A	1:47.43	10
2 Perham	A	1:50.11	8
3 Dilworth-Gly	A	1:50.80	6
4 Breckenridge	A	1:52.12	4
5 Pelican Rapids	A	1:53.49	2
6 Barnesville	A	1:54.78	1
7 Hawley/Ulen-	A	1:57.28	
8 Frazee	A	2:03.56	

Girls 4x400 Meter Relay Class A

Team	Relay	Finals	
Finals			
1 Pelican Rapids	A	4:10.97	10
2 Perham	A	4:14.47	8
3 Dilworth-Gly	A	4:22.21	6
4 Thief River Falls	A	4:27.09	4

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Finals ... (Girls 4x400 Meter Relay Class A)			
Team	Relay	Finals	
5 Hawley/Ulen-	A	4:27.32	2
6 Barnesville	A	4:29.20	1
7 Breckenridge	A	4:36.40	
8 Frazee	A	4:39.79	

Girls 4x800 Meter Relay Class A			
Team	Relay	Finals	
Finals			
1 Pelican Rapids	A	9:58.80	10
2 Perham	A	10:02.77	8
3 Thief River Falls	A	10:36.75	6
4 Barnesville	A	10:44.27	4
5 Frazee	A	10:51.41	2
6 Dilworth-Gly	A	10:59.80	1
7 Hawley/Ulen-	A	11:17.25	
8 Breckenridge	A	11:37.60	

Girls High Jump Class A			
Name	Yr	School	Finals
Finals			
1 Tschumperlin, Jordan	7	Barnesville	4-08.00 8
1 Conzemius, Claire	10	Breckenridge	4-08.00 8
1 Berg, Riley	8	Pelican Rapi	4-08.00 8
4 Gulseth, Abbey	12	Dilworth-Gly	4-06.00 1.4
4 Engen, Terza	12	Breckenridge	4-06.00 1.4
4 Ziegler, Cassidy	11	Frazee	4-06.00 1.4
4 Gerner, Janet	12	Barnesville	4-06.00 1.4
4 Brouse, Brooklyn	7	Thief River	4-06.00 1.4
7 Conzemius, Grace	7	Breckenridge	J4-06.00
7 Hoover, Emma	11	Pelican Rapi	J4-06.00
7 Forsgren, Grace	12	Pelican Rapi	J4-06.00
12 Landsem, Alyssa	10	Dilworth-Gly	4-04.00
12 Bruggeman, Haley	11	Thief River	4-04.00
14 Poppel, Jenna	8	Barnesville	4-02.00
14 Wiggs, Kendra	10	Thief River	4-02.00
14 Stroburg, Harley	10	Frazee	4-02.00
14 Swift, Kyleigh	10	Perham	4-02.00
18 Neitzke, Kate	10	Perham	4-00.00
18 Reierson, Ellie	7	Frazee	4-00.00
18 Kovar, Annika	9	Perham	4-00.00
18 Freier, Alison	8	Dilworth-Gly	4-00.00

Girls Pole Vault Class A			
Name	Yr	School	Finals
Finals			
1 Martinson, Jordan	12	Perham	10-00.00 10
2 Bahls, Sydney	10	Perham	9-06.00 7
2 Mercil, Frannie	12	Dilworth-Gly	9-06.00 7
4 Martinson, Emily	10	Perham	J9-06.00 4
5 Engen, Terza	12	Breckenridge	9-00.00 2
6 Eskeli, Kaylee	12	Thief River	8-06.00 1
7 Bucholz-Lipp, Shalie	8	Breckenridge	8-00.00
7 Jacobson, Jena	11	Dilworth-Gly	8-00.00
9 Hanson Roe, Lexi	9	Breckenridge	7-00.00

9 Johnson, Asia	8 Thief River	7-00.00	
Girls Long Jump Class A			
Name	Yr	School	Finals
Finals			
1 Mercil, Frannie	12	Dilworth-Gly	15-08.50 10
2 Schultz, Mesa	9	Perham	15-07.00 8
3 Verdi, Aleeya	10	Dilworth-Gly	14-07.50 6
4 Weinrich, Jessica	10	Pelican Rapi	14-07.00 4
5 Winkels, Amanda	12	Perham	14-05.25 2
6 Johnson, Kira	12	Thief River	14-03.00 1
7 Meyer, Claire	9	Barnesville	14-02.75 NWI
8 Hansey, Sierra	10	Breckenridge	14-01.50 NWI
9 Seifert, Larissa	9	Pelican Rapi	13-11.50 NWI
10 Oswald, Paige	8	Frazee	13-10.00 NWI
11 Thornton, Mackenzie	9	Pelican Rapi	13-06.50 NWI
12 Gerner, Janet	12	Barnesville	13-06.00 NWI
12 Alstadt, Laura	9	Perham	13-06.00 NWI
14 Hanson Roe, Elizabeth	10	Breckenridge	13-03.50 NWI
15 Westlund, Lexis	9	Thief River	13-01.00 NWI
16 Danielson, Megan	9	Frazee	12-11.00 NWI
17 Kainz, Kelsey	12	Thief River	12-10.75 NWI
18 Steichen, Natalie	10	Dilworth-Gly	12-09.00 NWI
19 Maesse, Kimberly	7	Barnesville	12-08.75 NWI
20 Conzemius, Claire	10	Breckenridge	12-07.00 NWI
21 Groth, Katie	11	Hawley/Ulen-	12-04.50 NWI
22 Morgan, Ellie	10	Frazee	11-06.00 NWI
23 Groth, Mckenzie	11	Hawley/Ulen-	10-09.75 NWI

Girls Triple Jump Class A			
Name	Yr	School	Finals
Finals			
1 Ziegler, Paige	8	Frazee	32-11.00 10
2 Engen, Terza	12	Breckenridge	32-01.00 8
3 Mercil, Frannie	12	Dilworth-Gly	31-08.50 6
4 LaFond, Lizzy	8	Perham	31-06.50 4
5 Finseth, Katherine	9	Dilworth-Gly	31-03.50 2
6 Narum, Baylie	10	Dilworth-Gly	31-00.50 1
7 Wiggs, Kendra	10	Thief River	30-01.50 NWI
8 Gerner, Janet	12	Barnesville	30-00.00 NWI
8 Ingebrand, Maggie	9	Perham	30-00.00 NWI
10 Winkels, Amanda	12	Perham	29-10.00 NWI
11 Syverson, Abby	8	Pelican Rapi	29-09.50 NWI
12 Herbranson, Nicole	10	Barnesville	29-06.50 NWI
13 Hanson Roe, Lexi	9	Breckenridge	29-04.50 NWI
14 Forsgren, Grace	12	Pelican Rapi	29-03.00 NWI
15 Passa, Elora	9	Barnesville	28-10.00 NWI
16 Conzemius, Claire	10	Breckenridge	28-09.00 NWI
17 Westlund, Lexis	9	Thief River	28-00.00 NWI
18 Bueger, Amelie	11	Hawley/Ulen-	27-08.00 NWI

Girls Shot Put Class A			
Name	Yr	School	Finals
Finals			
1 Meyer, Destiny	12	Dilworth-Gly	38-06.00 10
2 Muer, Leah	11	Perham	34-06.00 8

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Finals ... (Girls Shot Put Class A)

Name	Yr	School	Finals
3 Nicholson, Tiahna	10	Thief River	32-04.00 6
4 Steele, Elissa	12	Thief River	32-00.00 4
5 Szymanski, Kathryn	10	Thief River	31-04.50 2
6 Steichen, Grace	10	Dilworth-Gly	30-05.50 1
7 Bakken, Amy	12	Breckenridge	29-07.50
8 Herman, Tessa	9	Barnesville	29-01.00
9 Halland, Bailey	10	Hawley/Ulen-	28-07.50
10 Parks, Tayler	9	Perham	28-01.50
11 Erickson, Olivia	9	Frazee	26-06.00
12 Anderson, Kya	8	Barnesville	26-03.00
13 Pfeifer, Justice	10	Breckenridge	26-01.00
14 Cyr, Jocylin	9	Dilworth-Gly	25-04.00
15 Nelson, Cassidy	10	Frazee	24-06.50
16 Lynnes, Rachel	10	Pelican Rapi	23-11.50
17 Torres, Adriana	9	Pelican Rapi	23-08.00
18 Biewer, Emerson	8	Barnesville	23-06.50
19 Nudell, Natalie	10	Frazee	23-05.00
20 Hoover, Emma	11	Pelican Rapi	22-04.50
21 Phillips, Skyla	9	Breckenridge	22-02.00
22 Abel, Kaitlin	12	Perham	21-08.50

Girls Discus Throw Class A

Name	Yr	School	Finals
1 Muer, Leah	11	Perham	106-00 10
2 Steichen, Grace	10	Dilworth-Gly	97-10 8
3 Meyer, Destiny	12	Dilworth-Gly	93-03 6
4 Nicholson, Tiahna	10	Thief River	89-03 3
4 Szymanski, Kathryn	10	Thief River	89-03 3
6 Parks, Tayler	9	Perham	84-02 1
7 Herman, Tessa	9	Barnesville	84-01
8 Bakken, Amy	12	Breckenridge	80-04
9 Forsgren, Grace	12	Pelican Rapi	79-05
10 Abel, Kaitlin	12	Perham	77-00
11 Nelson, Cassidy	10	Frazee	75-02
12 Halland, Bailey	10	Hawley/Ulen-	74-11
13 Erickson, Olivia	9	Frazee	74-00
14 Anderson, Kya	8	Barnesville	71-05
15 Steele, Elissa	12	Thief River	70-10
16 Lynnes, Rachel	10	Pelican Rapi	68-01
17 Ellingson, Hailey	11	Frazee	67-06
17 Rutherford, Lilly	8	Barnesville	67-06
19 Cyr, Jocylin	9	Dilworth-Gly	67-03
20 Gilbert, Maizey	10	Hawley/Ulen-	65-06
21 Pantner, Sophie	11	Breckenridge	58-03
22 Torres, Adriana	9	Pelican Rapi	55-00
23 Maher, Danielle	12	Breckenridge	54-02

Boys 100 Meter Dash Class A

Name	Yr	School	Finals
1 Halverson, Will	12	Frazee	11.00 10
2 Mickelson, Colton	12	Pelican Rapi	11.24 8
3 Ewen, Spencer	11	Dilworth-Gly	11.45 6

4 Haugrud, Carlan	10	Pelican Rapi	11.54 4
5 Blakeway, Wyatt	11	Hawley/Ulen-	11.60 2
6 Young, Donovan	11	Pelican Rapi	11.97 1
7 Henning, Jaxton	12	Breckenridge	12.02 NWI
8 Wilschewski, Aaron	12	Perham	12.03 NWI
9 Detloff, Nick	9	Barnesville	12.19 NWI
10 Peterson, Ethan	11	Hawley/Ulen-	12.26 NWI
11 Monson, Noah	10	Perham	12.43 NWI
12 Morgan, Jacob	8	Barnesville	12.67 NWI
13 Snyder, Jake	9	Breckenridge	12.78 NWI
14 Monson, Alex	12	Perham	12.84 NWI
15 Coggins, Dacotah	9	Dilworth-Gly	12.94 NWI
16 Lundeen, Cade	9	Thief River	12.97 NWI
17 Wake, Charlton	11	Frazee	13.08 NWI
18 Gardner, Dale	11	Barnesville	13.20 NWI
19 Wilke, Julian	11	Hawley/Ulen-	13.25 NWI
20 Askelson, Tyler	10	Dilworth-Gly	13.40 NWI
21 Cordner, Tieler	9	Breckenridge	13.54 NWI

Boys 200 Meter Dash Class A

Name	Yr	School	Finals
1 Halverson, Will	12	Frazee	23.16 10
2 Mickelson, Colton	12	Pelican Rapi	23.53 8
3 Haugrud, Carlan	10	Pelican Rapi	23.84 6
4 Anderson, Jaden	12	Perham	24.34 4
5 Glad, Taylor	12	Hawley/Ulen-	24.45 2
6 Wutzke, Caleb	9	Frazee	24.86 1
7 Bakken, Samuel	9	Breckenridge	25.07 NWI
8 Wilschewski, Aaron	12	Perham	25.25 NWI
8 Santos, Eduardo	10	Dilworth-Gly	25.25 NWI
10 Peterson, Ethan	11	Hawley/Ulen-	25.26 NWI
11 Johnson, Ty	9	Thief River	25.36 NWI
12 Monson, Noah	10	Perham	25.56 NWI
13 Camperud, Damian	8	Barnesville	25.74 NWI
14 Johnson, Myles	9	Thief River	26.02 NWI
15 Lange, Jarrett	12	Hawley/Ulen-	26.06 NWI
16 Hanebuth, Micah	8	Frazee	26.27 NWI
17 Coggins, Dacotah	9	Dilworth-Gly	26.31 NWI
18 Lundeen, Cade	9	Thief River	26.71 NWI
19 Honek, Cole	10	Dilworth-Gly	26.85 NWI
20 DeFries, Dusty	8	Breckenridge	26.96 NWI
21 Cordner, Tieler	9	Breckenridge	28.18 NWI

Boys 400 Meter Dash Class A

Name	Yr	School	Finals
1 Koenig, Austin	12	Hawley/Ulen-	53.23 10
2 Scheel, Garrett	11	Dilworth-Gly	53.94 8
3 Siira, Adam	11	Perham	54.91 6
4 Vetter, Jacob	9	Hawley/Ulen-	54.94 4
5 Haugrud, Carson	10	Pelican Rapi	55.21 2
6 Zuniga, Felix	10	Thief River	55.78 1
7 Boldingh, Charles	9	Breckenridge	55.87
8 Siira, Jacob	12	Hawley/Ulen-	56.95
9 Knutson, Tanner	10	Perham	57.10

**Heart O' Lakes Conference
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Finals ... (Boys 400 Meter Dash Class A)

Name	Yr	School	Finals
10 Taves, Steven	10	Dilworth-Gly	58.29
11 Belka, Chase	8	Perham	58.31
12 Kitchemaster, Riley	12	Frazee	58.71
13 Dahl, Cristian	11	Thief River	59.01
14 Sytsma, Eli	9	Pelican Rapi	59.29
14 Taves, Dylan	9	Dilworth-Gly	59.29
16 Graham, Payton	11	Thief River	59.78
17 Johnson, Max	9	Breckenridge	1:01.65
18 Nosal, Taylor	10	Barnesville	1:06.21

Boys 800 Meter Run Class A

Name	Yr	School	Finals
1 Speicher, Carson	10	Perham	2:01.23 10
2 Romero, Alejandro	12	Pelican Rapi	2:04.13 8
3 Powell, Brian	12	Thief River	2:04.75 6
4 Kjelskus, Hunter	11	Perham	2:05.38 4
5 Tjaden, Parker	10	Hawley/Ulen-	2:05.85 2
6 Wilson, Daniel	10	Dilworth-Gly	2:07.17 1
7 Anderson, Sam	12	Hawley/Ulen-	2:08.83
8 Lubitz, Nathaniel	12	Frazee	2:09.58
9 Joppru, Kristopher	12	Thief River	2:13.35
10 Listrom, Nick	11	Perham	2:15.59
11 Pollock, Matt	8	Dilworth-Gly	2:19.10
12 Zutz, Tayton	11	Thief River	2:21.23
13 Gowin, Sawyer	9	Breckenridge	2:24.08
14 Kitchemaster, Riley	12	Frazee	2:29.39
15 Nundahl, Tucker	11	Frazee	2:33.03
16 Schuler, Colton	11	Breckenridge	2:35.68
17 Erikson, Dominic	9	Breckenridge	2:54.12
18 Forness, Bryce	10	Barnesville	3:00.70
19 Nelson, Anthony	10	Barnesville	3:00.95

Boys 1600 Meter Run Class A

Name	Yr	School	Finals
1 Kjelskus, Hunter	11	Perham	4:35.74 10
2 Dickerson, Jacob	11	Perham	4:36.06 8
3 Wilson, Daniel	10	Dilworth-Gly	4:37.14 6
4 Coggins, Dacotah	9	Dilworth-Gly	4:41.49 4
5 Anderson, Clayton	9	Perham	4:49.84 2
6 Zutz, Tayton	11	Thief River	4:57.53 1
7 Miller, Mike	10	Frazee	5:08.69
8 Keeping, Cole	11	Hawley/Ulen-	5:12.51
9 Martinez, Habram	9	Pelican Rapi	5:14.72
10 Randall, Michael	9	Breckenridge	5:15.34
11 Smith, Collin	11	Thief River	5:20.67
12 Dahlgren, Derek	10	Breckenridge	5:22.64
13 Lizakowski, Jayce	9	Thief River	5:24.33
14 Friend, Jackson	9	Dilworth-Gly	5:25.09
15 Osland, Austin	10	Hawley/Ulen-	5:29.26
16 Larson, Grady	8	Frazee	5:38.56
17 Askegaard, Sam	9	Barnesville	5:42.03
18 Myran, Evan	7	Hawley/Ulen-	5:46.01

19 Lemna, Nolan	9	Breckenridge	5:54.36
20 Rehder, Nate	9	Barnesville	6:00.52

Boys 3200 Meter Run Class A

Name	Yr	School	Finals
1 Speicher, Carson	10	Perham	10:07.20 10
2 Crook, Bailey	11	Dilworth-Gly	10:08.07 8
3 Cruz, Sam	12	Pelican Rapi	10:14.25 6
4 Dickerson, Jacob	11	Perham	10:24.12 4
5 Anderson, Clayton	9	Perham	10:28.00 2
6 Scheuring, Todd	12	Dilworth-Gly	10:49.21 1
7 Gowin, Hunter	9	Breckenridge	10:58.60
8 Wilke, Julian	11	Hawley/Ulen-	11:06.54
9 Keeping, Cole	11	Hawley/Ulen-	11:08.78
10 Beck, Alex	7	Frazee	11:09.78
11 Johnston, David	8	Pelican Rapi	11:10.32
12 Dawson, Cade	8	Dilworth-Gly	11:16.48
13 Haire, Zach	9	Breckenridge	11:26.96
14 Myran, Evan	7	Hawley/Ulen-	12:04.21
15 Lizakowski, Jayce	9	Thief River	12:07.44
16 Comeau, Logan	10	Breckenridge	13:23.67

Boys 110 Meter Hurdles Class A

Name	Yr	School	Finals
1 Gaetz, Logan	12	Frazee	15.90 10
2 Carignan, Cole	12	Perham	16.51 8
3 Edeen, Ethan	11	Dilworth-Gly	16.80 6
4 DeConcini, Palo	11	Perham	17.00 4
5 Vetter, Jacob	9	Hawley/Ulen-	17.77 2
6 Rames, Jake	11	Dilworth-Gly	18.00 1
7 Watchorn, Zak	12	Frazee	18.51 NWI
8 Johnson, Seth	10	Perham	18.69 NWI
9 Schwehr, Peyton	9	Dilworth-Gly	19.41 NWI
10 Snobl, Austin	9	Breckenridge	20.00 NWI

Boys 300 Meter Hurdles Class A

Name	Yr	School	Finals
1 Gaetz, Logan	12	Frazee	41.31 10
2 Carignan, Cole	12	Perham	43.37 8
3 DeConcini, Palo	11	Perham	43.63 6
4 Edeen, Ethan	11	Dilworth-Gly	43.88 4
5 Rames, Jake	11	Dilworth-Gly	45.00 2
6 Watchorn, Zak	12	Frazee	45.48 1
7 Johnson, Seth	10	Perham	46.91
8 Meyer, Mason	11	Breckenridge	47.79
9 Snobl, Austin	9	Breckenridge	50.85
10 Hanson, Matt	11	Pelican Rapi	50.86

Boys 4x100 Meter Relay Class A

Team	Relay	Finals
1 Dilworth-Gly	A	46.77 10
2 Perham	A	46.85 8

Heart O' Lakes Conference

Pelican Rapids - 5/17/2016

Results - Pelican Rapids Invitational

Finals ... (Boys 4x100 Meter Relay Class A)

Team	Relay	Finals
3 Pelican Rapids	A	47.21 6
4 Breckenridge	A	49.07 4
5 Barnesville	A	50.11 2
6 Hawley/Ulen-	A	50.70 1

Boys 4x200 Meter Relay Class A

Team	Relay	Finals
Finals		
1 Dilworth-Gly	A	1:38.22 10
2 Perham	A	1:38.60 8
3 Hawley/Ulen-	A	1:38.88 6
4 Breckenridge	A	1:42.27 4
5 Thief River Falls	A	1:42.73 2
6 Barnesville	A	1:44.71 1
7 Frazee	A	1:44.98
8 Pelican Rapids	A	1:45.09

Boys 4x400 Meter Relay Class A

Team	Relay	Finals
Finals		
1 Hawley/Ulen-	A	3:34.53 10
2 Perham	A	3:34.91 8
3 Dilworth-Gly	A	3:44.87 6
4 Frazee	A	3:45.47 4
5 Pelican Rapids	A	3:46.87 2
6 Breckenridge	A	3:51.55 1
7 Thief River Falls	A	3:53.14
8 Barnesville	A	4:23.76

Boys 4x800 Meter Relay Class A

Team	Relay	Finals
Finals		
1 Thief River Falls	A	8:38.97 10
2 Perham	A	8:40.00 8
3 Dilworth-Gly	A	8:45.83 6
4 Frazee	A	8:51.03 4
5 Hawley/Ulen-	A	9:19.66 2
6 Breckenridge	A	9:22.70 1
7 Barnesville	A	11:39.45

Boys High Jump Class A

Name	Yr	School	Finals
Finals			
1 Edeen, Ethan	11	Dilworth-Gly	5-10.00 10
2 Watchorn, Zak	12	Frazee	5-08.00 8
3 Poehls, Ryan	11	Dilworth-Gly	J5-08.00 6
4 Rames, Jake	11	Dilworth-Gly	5-06.00 4
5 Wille, Josh	8	Frazee	J5-06.00 1.5
5 Graham, Payton	11	Thief River	J5-06.00 1.5
7 LeNoue, Jace	10	Breckenridge	J5-06.00
8 Solberg, Aaron	11	Perham	5-04.00
8 Zajac, Zack	10	Perham	5-04.00
10 Johnson, Ty	9	Thief River	5-02.00
10 Stuhau, Joey	9	Hawley/Ulen-	5-02.00

10 Listrom, Nick	11	Perham	5-02.00
10 Powell, Brian	12	Thief River	5-02.00
10 Sytsma, Eli	9	Pelican Rapi	5-02.00
10 Johnson, Max	9	Breckenridge	5-02.00
16 Tollefson, Kaleb	10	Pelican Rapi	5-00.00
17 Camperud, Damian	8	Barnesville	4-10.00
17 Brosowske, Zane	9	Pelican Rapi	4-10.00
17 Forness, Bryce	10	Barnesville	4-10.00

Boys Pole Vault Class A

Name	Yr	School	Finals
Finals			
1 Scheel, Garrett	11	Dilworth-Gly	11-06.00 10
2 Peterson, Zach	11	Breckenridge	11-00.00 8
3 Dahl, Cristian	11	Thief River	10-00.00 5
3 LaFond, Martin	10	Perham	10-00.00 5
5 Beachy, Jensen	9	Perham	J10-00.00 2
6 Dufault, Trevor	10	Dilworth-Gly	J10-00.00 1
7 Meyer, Mason	11	Breckenridge	J10-00.00
8 Schuler, Colton	11	Breckenridge	9-06.00
8 Edeen, Ben	8	Dilworth-Gly	9-06.00
10 Haugrud, Gavin	9	Pelican Rapi	9-00.00
11 Drescher, Caleb	10	Frazee	8-06.00
11 Lundeen, Cade	9	Thief River	8-06.00
--- Nolan, Nathaniel	10	Frazee	NH
--- Roller, Wyatt	7	Barnesville	NH
--- Morgan, Jacob	8	Barnesville	NH
--- Monson, Noah	10	Perham	NH
--- Brosowske, Zane	9	Pelican Rapi	NH
--- Joppru, Kristopher	12	Thief River	NH
--- Osborne, Brandon	10	Pelican Rapi	NH

Boys Long Jump Class A

Name	Yr	School	Finals
Finals			
1 Ewen, Spencer	11	Dilworth-Gly	19-03.50 10
2 Edeen, Ethan	11	Dilworth-Gly	19-00.50 8
3 Gaetz, Logan	12	Frazee	18-09.50 6
4 LaFond, Martin	10	Perham	18-03.00 4
5 Wolbeck, Josh	11	Hawley/Ulen-	18-01.00 2
6 Wilschewski, Aaron	12	Perham	17-11.00 1
7 Peterson, Ethan	11	Hawley/Ulen-	17-08.00 NWI
8 Henning, Jaxton	12	Breckenridge	17-03.00 NWI
9 Mickelson, Colton	12	Pelican Rapi	17-01.00 NWI
10 Haugrud, Carlan	10	Pelican Rapi	16-11.50 NWI
11 LeNoue, Jace	10	Breckenridge	16-08.50 NWI
12 Schwehr, Peyton	9	Dilworth-Gly	16-08.00 NWI
13 LaFond, John	9	Perham	16-06.00 NWI
14 Fleisher, Cole	8	Frazee	16-01.00 NWI
15 Coronado, Joey	12	Pelican Rapi	15-11.00 NWI
16 Wutzke, Caleb	9	Frazee	15-08.50 NWI
17 Detloff, Nick	9	Barnesville	14-09.00 NWI
18 Nosal, Taylor	10	Barnesville	12-02.50 NWI

Heart O' Lakes Conference

Pelican Rapids - 5/17/2016

Results - Pelican Rapids Invitational

Boys Triple Jump Class A

Name	Yr	School	Finals
Finals			
1 Ewen, Spencer	11	Dilworth-Gly	40-08.50 10
2 Halverson, Will	12	Frazee	39-10.00 8
3 Berby, Tyler	12	Perham	39-00.00 6
4 Rames, Jake	11	Dilworth-Gly	37-04.50 4
5 Wilschewski, Aaron	12	Perham	37-01.00 2
6 Miller, Mike	10	Frazee	35-06.00 1
7 Henning, Jaxton	12	Breckenridge	35-04.00 NWI
8 LeNoue, Jace	10	Breckenridge	35-01.00 NWI
9 Erdman, Dominic	10	Perham	35-00.00 NWI
10 Schwehr, Peyton	9	Dilworth-Gly	34-02.00 NWI
11 Bakken, Samuel	9	Breckenridge	34-00.50 NWI
12 Coronado, Joey	12	Pelican Rapi	33-02.00 NWI
13 Schoenecker, Stanley	9	Barnesville	32-08.00 NWI
14 Martinez, Danny	12	Pelican Rapi	29-10.00 NWI
15 Askegaard, Sam	9	Barnesville	27-10.00 NWI

Boys Shot Put Class A

Name	Yr	School	Finals
Finals			
1 Baer, Travis	12	Hawley/Ulen-	47-02.00 10
2 Berby, Tanner	12	Perham	42-01.50 8
3 Santos, Anthony	11	Frazee	39-10.50 6
4 Dufault, Trevor	10	Dilworth-Gly	39-09.50 4
5 Dykhoff, Adam	12	Perham	39-04.50 2
6 Ellingson, Zach	11	Hawley/Ulen-	39-04.00 1
7 Jobe, Kelby	11	Thief River	38-09.00
8 Jerald, Owen	11	Barnesville	38-03.50
9 Ivanizyn, Brayden	11	Thief River	37-04.50
10 Montplaisir, Cole	10	Dilworth-Gly	36-00.00
11 Kletch, Johnny	10	Barnesville	35-11.00
12 Macziewski, Hunter	10	Dilworth-Gly	35-06.00
13 Helmers, Vincent	9	Frazee	35-05.00
14 Diaz, Gabe	10	Breckenridge	35-00.50
15 Hammans, Colton	12	Perham	34-00.00
16 Wake, Charlton	11	Frazee	33-05.50
17 Lincoln, Brandon	11	Thief River	33-05.00
18 Lee, Hunter	11	Breckenridge	33-01.50
19 Harrison, Sam	10	Hawley/Ulen-	32-01.00
20 Stage, Tyler	10	Barnesville	31-09.00
21 Tollefson, Kaleb	10	Pelican Rapi	27-01.00
22 Diaz, Armando	10	Pelican Rapi	25-01.50
23 Manning, Kurt	10	Breckenridge	23-04.00

Boys Discus Throw Class A

Name	Yr	School	Finals
Finals			
1 Berby, Tanner	12	Perham	128-00 10
2 Ellingson, Zach	11	Hawley/Ulen-	122-04 8
3 Macziewski, Hunter	10	Dilworth-Gly	120-04 6
4 Dykhoff, Adam	12	Perham	118-03 4
5 Santos, Anthony	11	Frazee	115-08 2
6 Dufault, Trevor	10	Dilworth-Gly	107-10 1

7 Hammans, Colton	12	Perham	102-02
8 Haugrud, Carson	10	Pelican Rapi	101-05
9 Anderson, Bryce	9	Dilworth-Gly	97-05
10 Diaz, Gabe	10	Breckenridge	94-05
11 Zick, Cole	11	Frazee	93-04
12 Crompton, Lucas	11	Hawley/Ulen-	92-04
13 Ivanizyn, Brayden	11	Thief River	91-06
14 Boldingh, Charles	9	Breckenridge	86-07
15 Jerald, Owen	11	Barnesville	85-07
16 Jobe, Kelby	11	Thief River	85-01
17 Rennecke, Trevor	11	Hawley/Ulen-	79-00
18 Manning, Kurt	10	Breckenridge	77-08
19 Newland, Jarin	9	Thief River	75-00
20 Kletch, Johnny	10	Barnesville	70-03
21 Jutz, Matt	10	Frazee	61-11
22 Stage, Tyler	10	Barnesville	61-04
23 Tollefson, Kaleb	10	Pelican Rapi	58-01
24 Diaz, Armando	10	Pelican Rapi	55-05

Women - Class A - Team Rankings - 18 Events Scored

1) Perham	127
2) Thief River Falls	109.4
3) Dilworth-Glyndon-Felton	102.4
4) Pelican Rapids	83
5) Frazee	76.4
6) Breckenridge	29.4
7) Barnesville	19.4
8) Hawley/Ulen-Hitterdal*	11

Men - Class A - Team Rankings - 18 Events Scored

1) Perham	162
2) Dilworth-Glyndon-Felton	153
3) Frazee	82.5
4) Hawley/Ulen-Hitterdal*	62
5) Pelican Rapids	51
6) Thief River Falls	26.5
7) Breckenridge	18
8) Barnesville	3