

Tri Metro Girls Conference Meet

- 5/18/2016

Hamline University

Team Scores:

| | | | |
|-------------------------|------|---------------------------|-------|
| 1) Visitation | 197 | 2) Concordia Academy | 146 |
| 3) Fridley | 87 | 4) DeLaSalle | 70.50 |
| 5) St. Croix Lutheran H | 67 | 6) Academy of Holy Angels | 63 |
| 7) Brooklyn Center High | 35 | 8) Columbia Heights | 14 |
| 9) Saint Agnes School | 9.50 | | |

Event 5 Girls 100 Meter Dash

9 Advance: Top 1 Each Heat plus Next 6 Best Times

| Name | Year School | Seed | Prelims | H# |
|------------------------|-----------------|-------|---------|----------|
| 1 Lewis, Cece | FR Fridley | 13.20 | 12.75Q | 2 |
| 2 Okafor, Annette | JR Visitation | 13.13 | 13.12Q | 1 |
| 3 Bailey, Azure | FR Concordia Ac | 12.94 | 13.14Q | 3 |
| 4 Gibbs, Shamaija | JR Brooklyn Cen | 13.59 | 13.28q | 2 13.277 |
| 5 Paul, Clara | SR Concordia Ac | 13.14 | 13.28q | 1 13.280 |
| 6 Hazel, Moira | SO DeLaSalle Hi | 13.23 | 13.31q | 3 |
| 7 Love, Quenshae | SR Columbia Hei | 13.66 | 13.57q | 1 |
| 8 Banks, Zahra | SR Brooklyn Cen | 13.10 | 13.61q | 2 |
| 9 Sandifer, Adaya | SO Saint Agnes | 14.12 | 13.64q | 1 |
| 10 Douhe Guela, Andrea | SO Fridley | 14.20 | 13.77 | 3 |
| 11 Robinson, Jaila | FR Academy of H | 13.55 | 13.78 | 3 |
| 12 Zabinski, Martu | SO Academy of H | 13.66 | 13.88 | 1 |
| 13 Koblenia, Bergen | SO Visitation | 14.24 | 13.93 | 2 |
| 14 Thatipelli, Sammy | JR Visitation | 14.18 | 13.94 | 2 |
| 15 Harper, Erica | SR Columbia Hei | 14.02 | 14.21 | 3 |
| 16 Paul, Sally | JR Concordia Ac | 14.30 | 14.22 | 1 |
| 17 Hunter, Mehelia | FR Academy of H | 14.67 | 14.27 | 2 |
| 18 Gadison, Audrey | SO St. Croix Lu | 14.04 | 14.33 | 2 |
| 19 McClarnon, Ali | FR St. Croix Lu | 14.04 | 14.36 | 3 |
| 20 Taggart, Emma | 8 Saint Agnes | 14.00 | 14.39 | 2 |
| 21 Collins, Robyn | JR St. Croix Lu | 14.24 | 14.48 | 3 |
| 22 Llerena, Dominica | SR Columbia Hei | 14.10 | 14.50 | 1 |
| 23 Copeland, Dejonae | JR DeLaSalle Hi | 14.86 | 14.64 | 3 |

Event 3 Girls 100 Meter Hurdles

9 Advance: Top 1 Each Heat plus Next 6 Best Times

| Name | Year School | Seed | Prelims | H# |
|-----------------------|-----------------|-------|---------|----|
| 1 Daniel, Kemi | SO DeLaSalle Hi | 17.11 | 16.95Q | 1 |
| 2 Hoffman, Claire | JR Visitation | 16.96 | 16.99Q | 2 |
| 3 Ford, Nia | JR Brooklyn Cen | 16.44 | 17.00Q | 3 |
| 4 Gaertner, Anya | SR Visitation | 17.03 | 17.05q | 1 |
| 5 Schmitt, Helena | JR Academy of H | 17.43 | 17.32q | 2 |
| 6 Fallert, Erin | JR Concordia Ac | 18.04 | 17.45q | 2 |
| 7 Bailey, Isabella | SR DeLaSalle Hi | 17.69 | 17.71q | 3 |
| 8 Ness, Saralynn | SO Fridley | 17.90 | 17.72q | 3 |
| 9 Robinson, Arika | SO Concordia Ac | 18.24 | 17.99q | 1 |
| 10 Wendland, Natalie | JR St. Croix Lu | 18.05 | 18.26 | 1 |
| 11 Smythe, Robbea | JR Brooklyn Cen | 18.95 | 19.35 | 3 |
| 12 Winterfeldt, Paige | FR Concordia Ac | 18.94 | 19.44 | 3 |
| 13 Raasch, Abby | SO St. Croix Lu | 19.18 | 19.58 | 2 |
| 14 Damas, Vianka | SO Fridley | 19.30 | 19.69 | 1 |
| 15 Blaha, Allyson | SO Fridley | 18.60 | 20.12 | 2 |
| 16 Wendland, Alyssa | SO St. Croix Lu | 20.03 | 20.19 | 3 |
| 17 O'Connor, Kelly | FR Academy of H | 19.42 | 20.30 | 1 |
| 18 Graves, Lizzy | FR Academy of H | 19.89 | 20.51 | 2 |
| 19 James, April | SO DeLaSalle Hi | 20.42 | 20.64 | 3 |

Event 19 Girls 200 Meter Dash

9 Advance: Top 1 Each Heat plus Next 6 Best Times

| Name | Year School | Seed | Prelims | H# |
|-----------------------|-----------------|-------|---------|----|
| 1 Lewis, Cece | FR Fridley | 27.78 | 26.32Q | 1 |
| 2 Gibbs, Shamaija | JR Brooklyn Cen | 29.51 | 26.77Q | 2 |
| 3 Conners, Emily | SR Visitation | 26.91 | 27.39Q | 3 |
| 4 Banks, Zahra | SR Brooklyn Cen | 27.94 | 27.74q | 2 |
| 5 Montgomery, Rachel | FR St. Croix Lu | 27.71 | 27.75q | 1 |
| 6 Sandifer, Adaya | SO Saint Agnes | | 28.17q | 3 |
| 7 Lageson, Hannah | FR Concordia Ac | 28.34 | 28.17q | 3 |
| 8 Davies, Emma | JR Academy of H | 29.12 | 28.36q | 1 |
| 9 Robinson, Jaila | FR Academy of H | 27.65 | 28.47q | 2 |
| 10 Hazel, Moira | SO DeLaSalle Hi | 28.43 | 28.52 | 2 |
| 11 Schiller, Mikella | FR Concordia Ac | 29.39 | 28.53 | 3 |
| 12 Thatipelli, Sammy | JR Visitation | 28.79 | 28.81 | 1 |
| 13 Partridge, Claudia | SO DeLaSalle Hi | | 28.82 | 2 |
| 14 Bastiaens, Ellie | SO Visitation | 29.34 | 29.05 | 3 |
| 15 Zabinski, Martu | SO Academy of H | 28.42 | 29.14 | 3 |
| 16 Gadison, Audrey | SO St. Croix Lu | 29.24 | 29.93 | 2 |
| 17 Gehring, Ruth | FR St. Croix Lu | 30.94 | 30.00 | 2 |
| 18 Kromah, Musu | JR Brooklyn Cen | 30.40 | 30.13 | 1 |
| 19 Fleming, Isabelle | FR DeLaSalle Hi | | 30.16 | 3 |
| 20 Hegrenes, Annika | SR Concordia Ac | 30.94 | 30.45 | 1 |
| 21 Taggert, Emma | 8 Saint Agnes | 31.50 | 31.24 | 3 |
| 22 Martin, Keana | FR Fridley | 34.70 | 31.77 | 2 |
| 23 Richardson, Katie | SR Columbia Hei | 34.94 | 31.83 | 1 |
| 24 Crockett, Kristina | SO Fridley | 34.84 | 32.11 | 1 |
| 25 Carlson, Stephanie | SO Saint Agnes | 32.90 | 32.35 | 3 |

Event 1 Girls 4x800 Meter Relay

| School | Seed | Finals | Points |
|------------------------------|------------------------------|----------|--------|
| 1 Visitation | 10:05.41 | 10:02.92 | 10 |
| 1) Dalseth, Margaret 7 | 2) Schoonover, Mary Kate SO | | |
| 3) O'Keefe, Kayla FR | 4) Snyder, Grace JR | | |
| 2 Academy of Holy Ange | 10:24.68 | 10:35.78 | 8 |
| 1) Sobhani, Hanna SO | 2) Flemming, Lauren SO | | |
| 3) Bagwell-Katalin, Laura SR | 4) Piper-Hauswirth, Paige SR | | |
| 3 St. Croix Lutheran H | 11:02.27 | 11:09.69 | 6 |
| 1) Holmes, Stacy FR | 2) Carmichael, Catarina SR | | |
| 3) Ponath, Elsa FR | 4) Boehlke, Becky SR | | |
| 4 Concordia Academy | 11:53.92 | 11:33.10 | 5 |
| 1) Dahl, Alicia JR | 2) Hed, Becca JR | | |
| 3) Wicklund, Katie SO | 4) Preble, MaryAnna SR | | |
| 5 Fridley | 11:00.00 | 11:37.68 | 4 |
| 1) Brown, Rebakah 7 | 2) Worku, Kajeltu JR | | |
| 3) Haroldson, Anna SO | 4) Mraz, Katrina JR | | |

Event 3 Girls 100 Meter Hurdles

| Name | Year School | Prelims | Finals | Points |
|------------------|-----------------|---------|--------|--------|
| 1 Ford, Nia | JR Brooklyn Cen | 17.00 | 16.37 | 10 |
| 2 Daniel, Kemi | SO DeLaSalle Hi | 16.95 | 16.39 | 8 |
| 3 Ness, Saralynn | SO Fridley | 17.72 | 17.29 | 6 |
| 4 Fallert, Erin | JR Concordia Ac | 17.45 | 17.31 | 5 |
| 5 Gaertner, Anya | SR Visitation | 17.05 | 17.34 | 4 |

| | | | | |
|--------------------|-----------------|-------|-------|---|
| 6 Hoffman, Claire | JR Visitation | 16.99 | 17.42 | 3 |
| 7 Robinson, Arika | SO Concordia Ac | 17.99 | 17.63 | 2 |
| 8 Bailey, Isabella | SR DeLaSalle Hi | 17.71 | 18.09 | 1 |
| 9 Schmitt, Helena | JR Academy of H | 17.32 | 19.03 | |

Event 5 Girls 100 Meter Dash

| Name | Year School | Prelims | Finals | Points |
|-------------------|-----------------|---------|--------|--------|
| 1 Lewis, Cece | FR Fridley | 12.75 | 12.56 | 10 |
| 2 Okafor, Annette | JR Visitation | 13.12 | 12.89 | 8 |
| 3 Gibbs, Shamaija | JR Brooklyn Cen | 13.28 | 13.06 | 6 |
| 4 Bailey, Azure | FR Concordia Ac | 13.14 | 13.17 | 5 |
| 5 Hazel, Moira | SO DeLaSalle Hi | 13.31 | 13.18 | 4 |
| 6 Love, Quenshae | SR Columbia Hei | 13.57 | 13.19 | 3 |
| 7 Paul, Clara | SR Concordia Ac | 13.28 | 13.21 | 2 |
| 8 Banks, Zahra | SR Brooklyn Cen | 13.61 | 13.33 | 1 |
| 9 Sandifer, Adaya | SO Saint Agnes | 13.64 | 13.64 | |

Event 9 Girls 4x200 Meter Relay

| School | Seed | Finals | Points |
|---------------------------|---------------------------|---------|--------|
| 1 Visitation | 1:45.98 | 1:47.46 | 10 |
| 1) Okafor, Annette JR | 2) Kulhanek, Cecilia SR | | |
| 3) Conners, Emily SR | 4) Conners, Maggie JR | | |
| 2 St. Croix Lutheran H | 1:53.50 | 1:52.23 | 8 |
| 1) Cambrice, Danica SR | 2) Krieger, Erika SR | | |
| 3) Dado, Myah JR | 4) Montgomery, Rachel FR | | |
| 3 Brooklyn Center High | 1:55.00 | 1:53.03 | 6 |
| 1) Gibbs, Shamaija JR | 2) Kromah, Musu JR | | |
| 3) Ford, Nia JR | 4) Banks, Zahra SR | | |
| 4 Academy of Holy Ange | 1:55.34 | 1:53.13 | 5 |
| 1) Zabinski, Martu SO | 2) Davies, Emma JR | | |
| 3) Schmitt, Helena JR | 4) Robinson, Jaila FR | | |
| 5 Concordia Academy | 1:52.04 | 1:54.65 | 4 |
| 1) TerHaar, Rachel SO | 2) Fallert, Erin JR | | |
| 3) Paul, Sally JR | 4) Paul, Clara SR | | |
| 6 Columbia Heights | 1:55.69 | 1:57.11 | 3 |
| 1) Harper, Erica SR | 2) Llerena, Dominica SR | | |
| 3) Richardson, Katie SR | 4) Humphries, Orlandra SR | | |
| 7 Saint Agnes School | 1:59.08 | 2:02.45 | 2 |
| 1) Hafner, Hannah JR | 2) Galush, Maria 8 | | |
| 3) Carlson, Stephanie SO | 4) Schaefer, Emily JR | | |
| 8 Fridley | 2:09.01 | 2:03.08 | 1 |
| 1) Crockett, Kristina SO | 2) Damas, Vianka SO | | |
| 3) Douhe Guela, Andrea SO | 4) Martin, Keana FR | | |

Event 7 Girls 1600 Meter Run

| Name | Year School | Seed | Finals | Points |
|--------------------------|-----------------|---------|---------|--------|
| 1 Schoonover, Mary Kate | SO Visitation | 5:33.26 | 5:32.11 | 10 |
| 2 Dalseth, Margaret | 7 Visitation | 5:37.69 | 5:34.83 | 8 |
| 3 Piper-Hauswirth, Paige | SR Academy of H | 5:42.07 | 5:36.07 | 6 |
| 4 Boll, Elissa | JR Concordia Ac | 5:53.14 | 5:47.48 | 5 |
| 5 Boehlke, Becky | SR St. Croix Lu | 6:03.36 | 5:54.31 | 4 |
| 6 Debertin, Julia | JR Visitation | 5:53.40 | 5:55.20 | 3 |
| 7 Thompson, Meredith | SO Concordia Ac | 6:03.37 | 6:00.63 | 2 |
| 8 Lyngen, Leah | FR DeLaSalle Hi | 6:12.00 | 6:04.04 | 1 |
| 9 Uldrich, Megan | SO Academy of H | 6:22.14 | 6:07.56 | |
| 10 Wilgenbusch, Anna | SO Saint Agnes | 6:07.44 | 6:07.69 | |

| | | | |
|-------------------------|-----------------|---------|---------|
| 11 Carmichael, Catarina | SR St. Croix Lu | 6:27.72 | 6:25.80 |
| 12 Foote, Amy | JR Saint Agnes | 6:54.24 | 6:34.98 |
| 13 Wicklund, Katie | SO Concordia Ac | 6:28.54 | 6:39.32 |
| 14 Coronel, Zoe | FR Academy of H | 6:56.45 | 6:44.49 |
| 15 Glewwe, Timmi | SR St. Croix Lu | 6:50.14 | 6:46.88 |
| 16 Haroldson, Anna | SO Fridley | 6:45.20 | 7:02.66 |

Event 13 Girls 4x100 Meter Relay

| School | Seed | Finals | Points |
|---------------------------|---------------------------|--------|--------|
| 1 Visitation | 52.31 | 51.91 | 10 |
| 1) Hoffman, Claire JR | 2) Kulhanek, Cecilia SR | | |
| 3) Gaertner, Anya SR | 4) Conners, Emily SR | | |
| 2 Columbia Heights | 54.31 | 52.71 | 8 |
| 1) Humphries, Orlandra SR | 2) Llerena, Dominica SR | | |
| 3) Harper, Erica SR | 4) Love, Quenshae SR | | |
| 3 Concordia Academy | 54.70 | 53.61 | 6 |
| 1) Winterfeldt, Paige FR | 2) Schiller, Mikella FR | | |
| 3) Schuessler, Myia FR | 4) Bailey, Azure FR | | |
| 4 St. Croix Lutheran H | 55.09 | 53.85 | 5 |
| 1) Sievert, Marissa SR | 2) Montgomery, Rachel FR | | |
| 3) McClarnon, Ali FR | 4) Gadison, Audrey SO | | |
| 5 Saint Agnes School | 57.36 | 54.53 | 4 |
| 1) Sandifer, Adaya SO | 2) Steffes, Ellen FR | | |
| 3) Taggart, Emma 8 | 4) Grau-Kubista, Grace SO | | |
| 6 Academy of Holy Ange | 56.92 | 55.51 | 3 |
| 1) Davies, Emma JR | 2) De Grace, Isabelle FR | | |
| 3) Hunter, Mehelia FR | 4) Schaffer, Ellie FR | | |
| 7 Fridley | 1:01.20 | 56.49 | 2 |
| 1) Crockett, Kristina SO | 2) Damas, Vianka SO | | |
| 3) Douhe Guela, Andrea SO | 4) Martin, Keana FR | | |

Event 11 Girls 400 Meter Dash

| Name | Year School | Seed | Finals | H# | Points |
|--------------------------|-----------------|---------|---------|----|--------|
| 1 Lewis, Cece | FR Fridley | 1:01.75 | 59.09 | 2 | 10 |
| 2 Conners, Maggie | JR Visitation | 1:01.18 | 59.79 | 2 | 8 |
| 3 Lageson, Hannah | FR Concordia Ac | 1:03.45 | 1:02.34 | 2 | 6 |
| 4 Cambrice, Danica | SR St. Croix Lu | 1:04.68 | 1:04.22 | 2 | 5 |
| 5 Ambrus, Muriel | FR DeLaSalle Hi | 1:05.00 | 1:04.65 | 2 | 4 |
| 6 Bagwell-Katalin, Laura | SR Academy of H | 1:03.55 | 1:04.84 | 2 | 3 |
| 7 Dado, Myah | JR St. Croix Lu | 1:05.74 | 1:05.44 | 2 | 2 |
| 8 Grau-Kubista, Grace | SO Saint Agnes | 1:05.30 | 1:05.54 | 2 | 1 |
| 9 Fleming, Isabelle | FR DeLaSalle Hi | 1:03.00 | 1:06.22 | 2 | |
| 10 Gehring, Ruth | FR St. Croix Lu | 1:07.62 | 1:07.08 | 1 | |
| 11 Engel, Kate | JR DeLaSalle Hi | 1:10.00 | 1:08.04 | 1 | |
| 12 Enger, Hailee | JR Fridley | 1:10.40 | 1:08.32 | 1 | |
| 13 Steffes, Ellen | FR Saint Agnes | 1:12.30 | 1:09.43 | 1 | |
| 14 Preble, MaryAnna | SR Concordia Ac | 1:13.60 | 1:11.73 | 1 | |
| 15 Worku, Kajeltu | JR Fridley | 1:10.45 | 1:14.08 | 1 | |
| 16 Schaefer, Emily | JR Saint Agnes | 1:12.60 | 1:14.11 | 1 | |
| 17 Graves, Lizzy | FR Academy of H | 1:12.19 | 1:15.63 | 1 | |
| 18 Voxland, Leah | FR Academy of H | 1:09.88 | 1:15.96 | 1 | |

Event 15 Girls 300 Meter Hurdles

| Name | Year School | Seed | Finals | H# | Points |
|-------------------|---------------|-------|--------|----|--------|
| 1 Okafor, Annette | JR Visitation | 47.87 | 48.40 | 2 | 10 |
| 2 Gaertner, Anya | SR Visitation | 48.91 | 48.91 | 2 | 8 |

| | | | | | |
|-----------------------|-----------------|-------|-------|---|---|
| 3 Hoffman, Claire | JR Visitation | 51.24 | 49.77 | 2 | 6 |
| 4 Fallert, Erin | JR Concordia Ac | 51.92 | 50.21 | 2 | 5 |
| 5 Daniel, Kemi | SO DeLaSalle Hi | 55.65 | 52.00 | 1 | 4 |
| 6 Robinson, Arika | SO Concordia Ac | 53.18 | 52.40 | 2 | 3 |
| 7 Ford, Nia | JR Brooklyn Cen | 53.60 | 52.90 | 2 | 2 |
| 8 James, April | SO DeLaSalle Hi | 55.32 | 53.00 | 1 | 1 |
| 9 Wendland, Alyssa | SO St. Croix Lu | 52.96 | 53.11 | 2 | |
| 10 Winterfeldt, Paige | FR Concordia Ac | 56.83 | 55.07 | 1 | |
| 11 Smythe, Robbea | JR Brooklyn Cen | 57.99 | 55.23 | 1 | |
| 12 Hafner, Hannah | JR Saint Agnes | | 55.35 | 1 | |
| 13 Raasch, Abby | SO St. Croix Lu | 54.14 | 55.89 | 1 | |
| 14 Wendland, Natalie | JR St. Croix Lu | 53.94 | 57.00 | 2 | |
| 15 Blaha, Allyson | SO Fridley | 57.93 | 57.48 | 1 | |
| 16 Ness, Saralynn | SO Fridley | 56.18 | 58.34 | 1 | |
| 17 Kunz, Hannah | SO Saint Agnes | | 59.21 | 1 | |

Event 17 Girls 800 Meter Run

| Name | Year School | Seed | Finals H# | Points |
|------------------------|-----------------|---------|-----------|--------|
| 1 Flemming, Lauren | SO Academy of H | 2:39.94 | 2:37.16 | 2 10 |
| 2 Boll, Elissa | JR Concordia Ac | 2:35.51 | 2:38.18 | 2 8 |
| 3 Sobhani, Hanna | SO Academy of H | 2:35.35 | 2:38.69 | 2 6 |
| 4 Snyder, Grace | JR Visitation | 2:30.18 | 2:38.85 | 2 5 |
| 5 Brimacombe, Victoria | FR DeLaSalle Hi | 2:46.52 | 2:40.27 | 2 4 |
| 6 Ponath, Elsa | FR St. Croix Lu | 2:48.05 | 2:41.21 | 2 3 |
| 7 Thaler, Paige | 7 Visitation | 2:41.71 | 2:41.66 | 2 2 |
| 8 Balley, Reina | FR DeLaSalle Hi | 2:46.96 | 2:42.60 | 2 1 |
| 9 Mraz, Katrina | JR Fridley | 2:42.46 | 2:43.76 | 2 |
| 10 Holmes, Stacy | FR St. Croix Lu | 2:47.24 | 2:48.53 | 2 |
| 11 Thompson, Meredith | SO Concordia Ac | 2:42.99 | 2:48.61 | 2 |
| 12 Wilgenbusch, Anna | SO Saint Agnes | 2:57.70 | 2:52.61 | 1 |
| 13 Borschlegl, Nastya | SR St. Croix Lu | 3:08.24 | 2:57.18 | 1 |
| 14 Coronel, Zoe | FR Academy of H | | 2:58.93 | 1 |
| 15 Hed, Becca | JR Concordia Ac | 3:06.43 | 3:09.56 | 1 |
| 16 Haroldson, Anna | SO Fridley | 3:00.00 | 3:15.83 | 1 |
| -- Foote, Amy | JR Saint Agnes | | DQ | 1 |
| -- Hoang, Mi | SO Saint Agnes | | DQ | 1 |

Event 19 Girls 200 Meter Dash

| Name | Year School | Prelims | Finals | Points |
|----------------------|-----------------|---------|--------|--------|
| 1 Lewis, Cece | FR Fridley | 26.32 | 26.29 | 10 |
| 2 Conners, Emily | SR Visitation | 27.39 | 27.32 | 8 |
| 3 Gibbs, Shamaija | JR Brooklyn Cen | 26.77 | 27.44 | 6 |
| 4 Lageson, Hannah | FR Concordia Ac | 28.17 | 27.59 | 5 |
| 5 Montgomery, Rachel | FR St. Croix Lu | 27.75 | 27.70 | 4 |
| 6 Banks, Zahra | SR Brooklyn Cen | 27.74 | 27.86 | 3 |
| 7 Davies, Emma | JR Academy of H | 28.36 | 28.48 | 2 |
| 8 Robinson, Jaila | FR Academy of H | 28.47 | 28.62 | 1 |
| 9 Sandifer, Adaya | SO Saint Agnes | 28.17 | 28.63 | |

Event 21 Girls 3200 Meter Run

| Name | Year School | Seed | Finals | Points |
|-------------------|-----------------|----------|----------|--------|
| 1 Brown, Rebakah | 7 Fridley | 12:30.03 | 12:47.73 | 10 |
| 2 Debertin, Julia | JR Visitation | 12:49.97 | 13:03.35 | 8 |
| 3 Dvorak, Lauren | SO Visitation | 13:23.23 | 13:11.55 | 6 |
| 4 Uldrich, Megan | SO Academy of H | 13:42.81 | 13:15.98 | 5 |
| 5 Grimes, Norah | 8 Visitation | 14:29.44 | 13:35.96 | 4 |

| | | | | |
|--------------------|-----------------|----------|----------|---|
| 6 Johnson, Miranda | 8 St. Croix Lu | 13:48.32 | 13:37.29 | 3 |
| 7 Dahl, Alicia | JR Concordia Ac | 13:59.17 | | 2 |
| 8 Kom, Megan | SO St. Croix Lu | 14:04.71 | 14:30.91 | 1 |
| 9 Phan, Trang | JR St. Croix Lu | 15:14.60 | | |

Event 23 Girls 4x400 Meter Relay

| School | Seed | Finals | Points |
|----------------------------|------------------------------|---------|--------|
| 1 Visitation | 4:13.91 | 4:19.88 | 10 |
| 1) Kulhanek, Cecilia SR | 2) Schoonover, Mary Kate SO | | |
| 3) Jansen, Ann SO | 4) Conners, Maggie JR | | |
| 2 St. Croix Lutheran H | 4:29.75 | 4:25.30 | 8 |
| 1) Krieger, Erika SR | 2) Wendland, Alyssa SO | | |
| 3) Dado, Myah JR | 4) Cambrice, Danica SR | | |
| 3 Concordia Academy | 4:30.56 | 4:28.26 | 6 |
| 1) Ostendorf, Elizabeth SO | 2) Schiller, Mikella FR | | |
| 3) Robinson, Arika SO | 4) Lageson, Hannah FR | | |
| 4 DeLaSalle High Schoo | 4:40.50 | 4:34.51 | 5 |
| 1) Ambrus, Muriel FR | 2) Lyngen, Leah FR | | |
| 3) Partridge, Claudia SO | 4) Engel, Kate JR | | |
| 5 Academy of Holy Ange | 4:34.15 | 4:40.79 | 4 |
| 1) O'Connor, Kelly FR | 2) Flemming, Lauren SO | | |
| 3) Schaffer, Ellie FR | 4) Piper-Hauswirth, Paige SR | | |

Event 25 Girls High Jump

| Name | Year School | Seed | Finals | Points |
|-------------------------|-----------------|---------|---------|--------|
| 1 Partridge, Claudia | SO DeLaSalle Hi | 5-00.00 | 4-10.00 | 10 |
| 2 Robinson, Arika | SO Concordia Ac | 5-00.00 | 4-10.00 | 8 |
| 3 Gaertner, Anya | SR Visitation | 4-08.00 | 4-06.00 | 6 |
| 4 Ryan, Eileen | JR Visitation | 4-06.00 | 4-06.00 | 5 |
| 5 Schaefer, Emily | JR Saint Agnes | 4-06.00 | 4-04.00 | 2.50 |
| 5 Engel, Kate | JR DeLaSalle Hi | 4-08.00 | 4-04.00 | 2.50 |
| 5 Skrien, Ruby | SO St. Croix Lu | 4-02.00 | 4-04.00 | 2.50 |
| 5 McClarnon, Ali | FR St. Croix Lu | 4-07.00 | 4-04.00 | 2.50 |
| 9 Bastiaens, Ellie | SO Visitation | 4-04.00 | 4-04.00 | |
| 9 Schmitt, Helena | JR Academy of H | 4-04.00 | 4-04.00 | |
| 11 Hegrenes, Annika | SR Concordia Ac | 4-06.00 | 4-02.00 | |
| 11 Ostendorf, Elizabeth | SO Concordia Ac | 4-04.00 | 4-02.00 | |
| 11 Enger, Hailee | JR Fridley | 4-00.00 | 4-02.00 | |
| -- O'Connor, Kelly | FR Academy of H | 4-02.00 | NH | |
| -- Zabinski, Martu | SO Academy of H | 4-02.00 | NH | |
| -- Kientop, Sammie | SO Fridley | 4-04.00 | NH | |

Event 27 Girls Pole Vault

| Name | Year School | Seed | Finals | Points |
|----------------------|-----------------|---------|---------|--------|
| 1 TerHaar, Rachel | SO Concordia Ac | 9-00.00 | 8-06.00 | 10 |
| 2 Bursey, Sophie | SR Visitation | 8-00.00 | 8-00.00 | 8 |
| 3 Kirkland, Kapani | SO Visitation | 7-06.00 | 8-00.00 | 6 |
| 4 Winterfeldt, Paige | FR Concordia Ac | 7-06.00 | 7-06.00 | 5 |
| 5 Link, Catherine | JR Visitation | 8-00.00 | 7-06.00 | 4 |
| 6 Ness, Saralynn | SO Fridley | 7-00.00 | 7-00.00 | 3 |
| 7 McTaggart, Sarah | FR Concordia Ac | 7-00.00 | 7-00.00 | 2 |
| 8 Stensland, Gabby | SO St. Croix Lu | 8-00.00 | 6-06.00 | 1 |
| 9 Duehn, Abbey | SR Fridley | 6-06.00 | 6-06.00 | |
| 9 O'Connor, Kelly | FR Academy of H | 7-00.00 | 6-06.00 | |
| 11 Stensland, Abbi | FR St. Croix Lu | | 6-00.00 | |
| 11 Sievert, Marissa | SR St. Croix Lu | 6-06.00 | 6-00.00 | |

-- Mraz, Katrina JR Fridley 6-00.00 NH
 -- Bianchi, Isabel SR Academy of H 6-06.00 NH

Event 29 Girls Long Jump

| Name | Year School | Seed | Finals | Points |
|------------------------|-----------------|----------|----------|--------|
| 1 Sennes, Mia | FR DeLaSalle Hi | 17-09.00 | 17-05.75 | 10 |
| 2 Paul, Clara | SR Concordia Ac | 16-11.00 | 17-01.75 | 8 |
| 3 Jansen, Ann | SO Visitation | 15-08.00 | 15-01.00 | 6 |
| 4 Hostetler, Emma | SR Visitation | 15-02.00 | 15-00.75 | 5 |
| 5 Gadison, Audrey | SO St. Croix Lu | 14-08.00 | 14-09.00 | 4 |
| 6 Fleming, Isabelle | FR DeLaSalle Hi | 14-07.00 | 14-05.75 | 3 |
| 7 Raasch, Abby | SO St. Croix Lu | 14-08.00 | 13-11.75 | 2 |
| 8 Schaffer, Ellie | FR Academy of H | 14-08.00 | 13-09.00 | 1 |
| 9 Duehn, Abbey | SR Fridley | 12-11.00 | 13-06.25 | |
| 10 Krieger, Erika | SR St. Croix Lu | 14-04.00 | 13-05.00 | |
| 11 Banks, Zahra | SR Brooklyn Cen | 13-10.00 | 13-01.25 | |
| 12 Hegrenes, Annika | SR Concordia Ac | 14-00.00 | 13-00.25 | |
| 13 Hunter, Mehelia | FR Academy of H | 11-06.00 | 12-10.50 | |
| 13 Robinson, Jaila | FR Academy of H | 12-08.00 | 12-10.50 | |
| 15 Ryan, Eileen | JR Visitation | 13-08.00 | 12-08.25 | |
| 16 Douhe Guela, Andrea | SO Fridley | 14-05.00 | 12-03.00 | |
| 17 Kunz, Hannah | SO Saint Agnes | 12-04.00 | 12-01.25 | |
| 18 Foote, Amy | JR Saint Agnes | | 11-06.25 | |
| 19 Carlson, Stephanie | SO Saint Agnes | 11-10.00 | 11-02.00 | |
| 20 Paul, Sally | JR Concordia Ac | 14-10.00 | 10-07.50 | |
| -- Lewis, Cece | FR Fridley | 15-04.00 | ND | |

Event 31 Girls Triple Jump

| Name | Year School | Seed | Finals | Points |
|----------------------|-----------------|----------|----------|--------|
| 1 Paul, Clara | SR Concordia Ac | 36-10.00 | 36-03.50 | 10 |
| 2 Sennes, Mia | FR DeLaSalle Hi | 36-09.00 | 35-09.00 | 8 |
| 3 Hegrenes, Annika | SR Concordia Ac | 31-09.00 | 33-02.75 | 6 |
| 4 Duehn, Abbey | SR Fridley | 31-11.00 | 31-07.75 | 5 |
| 5 Wendland, Natalie | JR St. Croix Lu | 31-03.00 | 31-07.25 | 4 |
| 6 Jansen, Ann | SO Visitation | 33-08.00 | 31-04.25 | 3 |
| 7 Hostetler, Emma | SR Visitation | 31-09.00 | 30-09.50 | 2 |
| 8 Schaffer, Ellie | FR Academy of H | 29-11.00 | 30-02.75 | 1 |
| 9 Paul, Sally | JR Concordia Ac | 32-09.00 | 30-01.50 | |
| 10 Wheeler, Annie | SO Visitation | 28-11.00 | 29-08.75 | |
| 11 Raasch, Abby | SO St. Croix Lu | 31-11.00 | 29-04.50 | |
| 12 Stensland, Gabby | SO St. Croix Lu | 28-02.00 | 28-10.25 | |
| 13 Damas, Vianka | SO Fridley | 26-11.00 | 25-09.75 | |
| 14 Santanero, Marlen | SO Fridley | 25-08.00 | 25-03.25 | |
| 15 Graves, Lizzy | FR Academy of H | 24-11.00 | 25-01.50 | |
| 16 Carlson, Bria | FR Academy of H | 24-04.00 | 24-04.25 | |

Event 33 Girls Discus Throw

| Name | Year School | Seed | Finals | Points |
|--------------------------|-----------------|--------|--------|--------|
| 1 James, Ceamantha | JR Fridley | 109-09 | 107-04 | 10 |
| 2 Jensen, Karene | SR Concordia Ac | 99-00 | 97-07 | 8 |
| 3 Elkhair, Shadin | SO Fridley | 94-06 | 87-05 | 6 |
| 4 Mullen, Lucy | JR Visitation | 98-08 | 85-10 | 5 |
| 5 Romay, Isabel | FR Concordia Ac | 83-07 | 80-06 | 4 |
| 6 Bagwell-Katalin, Laura | SR Academy of H | 92-02 | 80-04 | 3 |
| 7 Miller, Stephanie | SO St. Croix Lu | 83-06 | 79-08 | 2 |
| 8 Tolke, Anna | JR Visitation | 76-07 | 78-09 | 1 |

| | | | |
|----------------------|-----------------|-------|-------|
| 9 Ganz, Sarah | SR Brooklyn Cen | 89-03 | 78-08 |
| 10 Copeland, Dejonae | JR DeLaSalle Hi | 75-05 | 76-11 |
| 11 Lanci, Valerria | SR Fridley | 84-09 | 75-06 |
| 12 Neuman, Anika | JR Concordia Ac | 86-10 | 73-05 |
| 13 Meader, Sidney | FR Brooklyn Cen | 67-03 | 72-04 |
| 14 Stensland, Abbi | FR St. Croix Lu | 82-08 | 71-07 |
| 15 Tietz, Faith | SO St. Croix Lu | 72-06 | 70-01 |
| 16 Kaeppe, Rayna | SR Visitation | 77-02 | 69-07 |
| 17 Tucker, Rose | FR DeLaSalle Hi | 64-08 | 63-00 |
| 18 Carlson, Bria | FR Academy of H | 51-08 | 58-05 |
| 19 Kaba, Fatima | JR Brooklyn Cen | 57-07 | 51-03 |
| 20 Voxland, Leah | FR Academy of H | 50-10 | 49-06 |

Event 35 Girls Shot Put

| Name | Year School | Seed | Finals | Points |
|--------------------------|-----------------|----------|----------|--------|
| 1 James, Ceamantha | JR Fridley | 34-04.00 | 35-02.75 | 10 |
| 2 Neuman, Anika | JR Concordia Ac | 31-11.00 | 31-11.00 | 8 |
| 3 Jensen, Karene | SR Concordia Ac | 30-02.00 | 30-02.50 | 6 |
| 4 Bagwell-Katalin, Laura | SR Academy of H | 31-11.00 | 30-01.00 | 5 |
| 5 Tucker, Rose | FR DeLaSalle Hi | 27-02.00 | 29-09.75 | 4 |
| 6 Okafor, Alexis | SR Visitation | 29-06.00 | 29-00.50 | 3 |
| 7 Mullen, Lucy | JR Visitation | 29-10.00 | 28-00.50 | 2 |
| 8 Meader, Sidney | FR Brooklyn Cen | 27-07.00 | 27-11.25 | 1 |
| 9 Copeland, Dejonae | JR DeLaSalle Hi | 28-03.00 | 27-06.75 | |
| 10 Hochmuth, Reagan | SO St. Croix Lu | 26-01.00 | 27-01.50 | |
| 11 Farley, Mary | JR Visitation | 27-01.00 | 26-09.00 | |
| 11 Miller, Stephanie | SO St. Croix Lu | 28-07.00 | 26-09.00 | |
| 13 Tietz, Faith | SO St. Croix Lu | 24-11.00 | 26-02.50 | |
| 14 Morrissey, Madison | JR Fridley | 26-06.00 | 25-10.25 | |
| 15 Lanci, Valerria | SR Fridley | 25-06.00 | 25-06.00 | |
| 16 Hunter, Mehelia | FR Academy of H | 26-06.00 | 24-10.25 | |
| 17 Maser, Alison | SR Concordia Ac | 25-06.00 | 24-00.50 | |
| 18 Kaba, Fatima | JR Brooklyn Cen | 20-05.00 | 21-04.00 | |
| 19 Carlson, Bria | FR Academy of H | 25-09.00 | 19-07.50 | |
| -- Ganz, Sarah | SR Brooklyn Cen | 24-07.00 | ND | |