

2021 Sub-Section 29 Girls

at Bagley Fosston on Thursday, June 3rd

1.	Park Rapids Area	174
2.	Northome/Kelliher/Blackduck	111.5
3.	Bagley/Fosston	103
4.	Nevis	101
5.	Walker-Hackensack-Akeley	74.5
6.	Clearbrook-Gonvick	48
7.	Lake of the Woods/Rainy River	33
8.	TrekNorth	18
9.	Cass Lake-Bena	17
10.	Mahnomen/Waubun	1

Varsity Girls 100 Meters Finals

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Athlete Yr Team Mark

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- 1 Ava Phrakonkham 8 Bagley/Fosston 12.94
- 2 Paige Haack 10 Lake of the Woods/Rainy R 13.00
- 3 Shakyla Smith 9 Northome/Kelliher/Blackdu 13.33
- 4 Taylor Nordin 12 Walker-Hackensack-Akeley 13.67
- 5 Ashton Aery 12 Lake of the Woods/Rainy R 13.77
- 6 Annabell Phillips 11 Clearbrook-Gonvick 13.97
- 7 Johanna Westlund 12 Cass Lake-Bena 14.04
- 8 Laney Vrieze 8 Park Rapids Area 14.15
- 9 Britta Rand 8 Walker-Hackensack-Akeley 14.29
- 10 Kaelan Rockensock 8 Northome/Kelliher/Blackdu 14.47
- 11 Sienna Friesen 9 Bagley/Fosston 14.55
- 12 Caitlyn LaVine 9 Bagley/Fosston 14.65
- 13 Taysha Curry 11 Cass Lake-Bena 14.79
- 14 Kendall Nelson 7 Nevis 14.86
- 15 Nadia Yliniemi Hensel 10 Park Rapids Area 15.07
- 16 Pauline Roussel 10 Clearbrook-Gonvick 15.17
- 17 Kaitlyn Obowa 7 Mahnomen/Waubun 15.30
- 18 Cece Humphrey 9 TrekNorth 15.35
- 19 Emily Bailey 10 Walker-Hackensack-Akeley 15.36
- 20 Nora Gwiazdon 9 Park Rapids Area 15.77
- 21 Alivia LaFrinier 7 Mahnomen/Waubun 16.27
- 22 Kaylin Jensen 8 Cass Lake-Bena 16.33
- 23 Kylie Hanson 9 Northome/Kelliher/Blackdu 18.68
- 24 Tori Mainville-Mesarina 8 TrekNorth 19.07

Varsity Girls 200 Meters Finals

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Athlete Yr Team Mark

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- 1 Ava Phrakonkham 8 Bagley/Fosston 27.10
- 2 Shakyla Smith 9 Northome/Kelliher/Blackdu 27.42
- 3 Taylor Nordin 12 Walker-Hackensack-Akeley 27.69
- 4 Chloe McLean 11 Bagley/Fosston 27.87
- 5 Makenna Frazier 11 Nevis 28.48
- 6 Paige Haack 10 Lake of the Woods/Rainy R 28.72
- 7 Laney Vrieze 8 Park Rapids Area 29.18
- 8 Morgan Houdek 7 Mahnomen/Waubun 30.37
- 9 Paige Hildebrandt 12 Walker-Hackensack-Akeley 30.40
- 10 Olivia Miller 8 Park Rapids Area 30.74
- 11 Kaelan Rockensock 8 Northome/Kelliher/Blackdu 31.14
- 12 Kendall Nelson 7 Nevis 31.26
- 13 Ani Harmsen 7 TrekNorth 31.49
- 14 Ella Dykema 10 Walker-Hackensack-Akeley 31.78
- 15 Kaitlyn Obowa 7 Mahnomen/Waubun 32.38
- 16 Lydia Klinkhammer 9 Bagley/Fosston 32.52
- 17 Pauline Roussel 10 Clearbrook-Gonvick 33.37
- 18 Marla Mesarina 9 TrekNorth 33.50
- 19 Majesty Reyes 7 Cass Lake-Bena 34.74
- 20 Tori Mainville-Mesarina 8 TrekNorth 40.10
- 21 Neaveh Solie 8 Northome/Kelliher/Blackdu 44.33

Varsity Girls 400 Meters Finals

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Athlete Yr Team Mark

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- 1 Ashton Aery 12 Lake of the Woods/Rainy R 1:04.10
- 2 Isabella Warmbold 9 Bagley/Fosston 1:04.93
- 3 Chloe Cook 9 Northome/Kelliher/Blackdu 1:05.76
- 4 Olivia Davis 10 Park Rapids Area 1:06.97
- 5 Olivia Miller 8 Park Rapids Area 1:07.46
- 6 Marley Mitchell 9 Nevis 1:07.87
- 7 Taryn Frazer 11 Cass Lake-Bena 1:08.69
- 8 Olivia Webb 9 Bagley/Fosston 1:09.74
- 9 Morgan Houdek 7 Mahnomen/Waubun 1:09.80
- 10 Aislinn Hoefler 10 Bagley/Fosston 1:11.63
- 11 Eriika Rand 11 Walker-Hackensack-Akeley 1:12.23
- 12 Karalyn Oberfell 10 Walker-Hackensack-Akeley 1:12.62
- 13 Bailee Nord 7 Northome/Kelliher/Blackdu 1:16.62
- 14 Breanna Deblieck 7 Park Rapids Area 1:21.74

Varsity Girls 800 Meters Finals

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Athlete Yr Team Mark

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- 1 Morgan Koppelman 10 Park Rapids Area 2:31.95
- 2 Addison Lindow 10 Nevis 2:33.66
- 3 Jennifer Lavin 12 Clearbrook-Gonvick 2:46.99
- 4 Tessa Manecke 9 Bagley/Fosston 2:50.33
- 5 Kimberly Perrine 8 Bagley/Fosston 2:51.14
- 6 Sarah Hartung 8 Park Rapids Area 2:58.17
- 7 Kennedy Campbell 7 Park Rapids Area 3:03.06
- 8 Kierra Brasel 9 Northome/Kelliher/Blackdu 3:10.23
- 9 Mallory Kowalke 10 Nevis 3:15.26
- 10 Kaymen Sonstegard 9 Lake of the Woods/Rainy R 3:16.85
- 11 Marrison Mills 8 Northome/Kelliher/Blackdu 3:38.13

Varsity Girls 1600 Meters Finals

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Athlete Yr Team Mark

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- 1 Jade Rypkema 10 Nevis 5:44.07
- 2 Jenna Manecke 12 Bagley/Fosston 6:02.05
- 3 Julia Harmon 10 Park Rapids Area 6:23.79
- 4 Alyce Labrasseur 9 Lake of the Woods/Rainy R 6:32.75
- 5 Marrison Mills 8 Northome/Kelliher/Blackdu 6:43.72
- 6 Caitlynn Wittner 10 TrekNorth 6:59.37
- 7 Aleka London 10 Park Rapids Area 7:10.68
- 8 Julie Lavin 10 Clearbrook-Gonvick 7:12.45
- 9 Alessia Harmon 7 Park Rapids Area 7:31.70
- 10 Pamela Moen 10 TrekNorth 7:58.63

Varsity Girls 3200 Meters Finals

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Athlete Yr Team Mark

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- 1 Jade Rypkema 10 Nevis 12:01.21
- 2 Allison Lundin 7 Northome/Kelliher/Blackdu 13:18.67
- 3 Adeline Bjorklund 7 Nevis 13:44.40
- 4 Nora Bolton 7 Park Rapids Area 15:03.35
- 5 Julia Harmon 10 Park Rapids Area 15:22.36
- 6 Alyce Labrasseur 9 Lake of the Woods/Rainy R 15:34.22
- 7 Lyvia Livermore 10 Park Rapids Area 16:52.54
- 8 Pamela Moen 10 TrekNorth 17:49.05
- 9 Gretchen Larson 10 Northome/Kelliher/Blackdu 19:02.55

Varsity Girls 100m Hurdles Finals

Athlete Yr Team Mark

- 1 Makenna Frazier 11 Nevis 17.10
- 2 Grace McNamee 8 Nevis 18.34
- 3 Kenna Cook 11 Northome/Kelliher/Blackdu 18.95
- 4 Quinn Hunter 11 Park Rapids Area 19.36
- 5 Brynn Burmeister 9 Northome/Kelliher/Blackdu 19.43
- 6 Cece Chase 9 Park Rapids Area 19.48
- 7 Annika Idstrom 9 Walker-Hackensack-Akeley 19.98
- 8 Ella Dykema 10 Walker-Hackensack-Akeley 20.38
- 9 Aunika Sundvall 7 Northome/Kelliher/Blackdu 20.45
- 10 Izzy Brakke 10 Nevis 20.71
- 11 Shelby Norden 7 TrekNorth 31.59

Varsity Girls 300m Hurdles Finals

Athlete Yr Team Mark

- 1 Kendra Scholz 12 Park Rapids Area 49.51
- 2 Makenna Frazier 11 Nevis 50.60
- 3 Annika Idstrom 9 Walker-Hackensack-Akeley 54.79
- 4 Abbie Strandlie 11 Walker-Hackensack-Akeley 55.37
- 5 Grace McNamee 8 Nevis 55.55
- 6 Kenna Cook 11 Northome/Kelliher/Blackdu 56.63
- 7 Brynn Burmeister 9 Northome/Kelliher/Blackdu 56.96
- 8 Izzy Brakke 10 Nevis 56.97
- 9 Britta Rand 8 Walker-Hackensack-Akeley 58.31
- 10 Quinn Hunter 11 Park Rapids Area 1:03.46
- 11 Kaylin Jensen 8 Cass Lake-Bena 1:11.28
- 12 Megan Moen 10 TrekNorth 1:20.34
- Cece Chase 9 Park Rapids Area DNF

Varsity Girls 4x100m Finals

Team Time

- 1 Bagley/Fosston 52.51
- 2 Clearbrook-Gonvick 53.79
- 3 Park Rapids Area 54.08
- 4 Northome/Kelliher/Blackduck 55.13
- 5 Walker-Hackensack-Akeley 56.65
- 6 Cass Lake-Bena 57.86
- 7 TrekNorth 1:04.40

Varsity Girls 4x200m Finals

Team Time

- 1 Park Rapids Area 1:51.30
- 2 Walker-Hackensack-Akeley 1:56.72
- 3 Bagley/Fosston 2:04.59
- 4 Cass Lake-Bena 2:06.35

5 Northome/Kelliher/Blackduck 2:11.03

6 TrekNorth 2:42.60

Varsity Girls 4x400m Finals

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Team Time
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1 Park Rapids Area 4:26.12

2 Bagley/Fosston 4:40.00

3 Walker-Hackensack-Akeley 4:50.12

4 Northome/Kelliher/Blackduck 5:18.59

5 TrekNorth 5:58.04

Varsity Girls 4x800m Finals

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Team Time
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1 Park Rapids Area 11:04.00

2 Northome/Kelliher/Blackduck 11:47.35

3 Bagley/Fosston 12:04.56

4 TrekNorth 13:37.38

Varsity Girls Shot Put Finals

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Athlete Yr Team Mark
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1 Monica Johnson 11 Northome/Kelliher/Blackdu 40-00.00

2 Liddy DeWulf 10 Nevis 31-03.00

3 Ava Isaacson 11 Nevis 30-07.50

4 Ella Engen 11 Clearbrook-Gonvick 29-09.00

5 Katie Sagen 11 Walker-Hackensack-Akeley 29-05.50

6 Kaylee Westrum 11 Clearbrook-Gonvick 28-05.00

7 Gaige Schue 11 Northome/Kelliher/Blackdu 28-04.00

8 Marissa Engst 11 Nevis 26-10.00

9 Allison Sea 11 Walker-Hackensack-Akeley 26-07.00

10 Skylar Ballard 9 Clearbrook-Gonvick 26-01.50

11 Simone Wolff 11 Park Rapids Area 25-10.00

12 Julia Harmon 10 Park Rapids Area 25-05.50

13 Joy Adegun 8 Northome/Kelliher/Blackdu 25-05.00

14 Sydney Lange 12 Park Rapids Area 23-09.50

15 Alayna Tozchek 11 Mahnomen/Waubun 20-06.00

16 Sierra Castle 11 Lake of the Woods/Rainy R 20-05.00

17 Kimberly Perrine 8 Bagley/Fosston 19-01.00

18 Sonoma Weaver 10 Mahnomen/Waubun 18-02.50

19 Brenna Hoefler 8 Bagley/Fosston 17-01.00

20 Addison May 8 TrekNorth 16-05.50

21 Matia Maxwell 8 TrekNorth 12-08.00

Varsity Girls Discus Finals

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Athlete Yr Team Mark
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1 Monica Johnson 11 Northome/Kelliher/Blackdu 108-04

2 Ava Isaacson 11 Nevis 90-08

- 3 Ella Engen 11 Clearbrook-Gonvick 88-11
- 4 Gaige Schue 11 Northome/Kelliher/Blackdu 86-10
- 5 Simone Wolff 11 Park Rapids Area 86-08
- 6 Katie Sagen 11 Walker-Hackensack-Akeley 85-03
- 7 Sydney Lange 12 Park Rapids Area 81-02
- 8 Ella Dykema 10 Walker-Hackensack-Akeley 77-01
- 9 Marissa Engst 11 Nevis 75-06
- 10 Skylar Ballard 9 Clearbrook-Gonvick 72-03
- 11 Julia Harmon 10 Park Rapids Area 66-08
- 12 Liddy DeWulf 10 Nevis 62-07
- 13 Peyton Proulx 9 Bagley/Fosston 56-02
- 14 Kaymen Sonstegard 9 Lake of the Woods/Rainy R 51-06
- 15 Sonoma Weaver 10 Mahnomen/Waubun 46-00
- 16 Sierra Castle 11 Lake of the Woods/Rainy R 43-10
- 17 Olivia Webb 9 Bagley/Fosston 39-02
- 18 Iris Jensen 9 TrekNorth 37-03
- 19 Megan Moen 10 TrekNorth 37-01
- 20 Gretchen Larson 10 Northome/Kelliher/Blackdu 36-08
- 21 Addison May 8 TrekNorth 32-07
- Kaylee Westrum 11 Clearbrook-Gonvick FOUL

Varsity Girls High Jump Finals

Athlete Yr Team Mark

- 1 Ava Phrakonkham 8 Bagley/Fosston 5-00.00
- 2 Quinn Hunter 11 Park Rapids Area 4-10.00
- 3 Allison LaVine 8 Clearbrook-Gonvick 4-08.00
- 4 Johanna Westlund 12 Cass Lake-Bena 4-08.00
- 5 Katie Sagen 11 Walker-Hackensack-Akeley 4-06.00
- 5 Kaelan Rockensock 8 Northome/Kelliher/Blackdu 4-06.00
- 7 Grace Rue 12 Bagley/Fosston 4-06.00
- 8 Brandi Morgan 8 Park Rapids Area 4-02.00
- 9 Olivia Lange 9 Park Rapids Area 4-02.00
- 10 Britta Rand 8 Walker-Hackensack-Akeley 4-00.00
- 11 Charli Hallstorm 7 Northome/Kelliher/Blackdu 3-10.00
- Eriika Rand 11 Walker-Hackensack-Akeley NH
- Malori Burmeister 11 Northome/Kelliher/Blackdu NH

Varsity Girls Pole Vault Finals

Athlete Yr Team Mark

- 1 Morgan Koppelman 10 Park Rapids Area 9-06.00
- 2 Lauren Sekely 10 Bagley/Fosston 9-00.00
- 3 Addison Lauwagie 8 Park Rapids Area 8-00.00
- 4 Holly Johnson 11 Park Rapids Area 7-06.00
- 5 Gwendolyn Devries 10 Walker-Hackensack-Akeley 7-06.00
- 6 Allison Sea 11 Walker-Hackensack-Akeley 6-06.00
- 7 Rogue Bialke 9 Walker-Hackensack-Akeley 6-00.00
- Aislinn Hoefler 10 Bagley/Fosston NH

Varsity Girls Long Jump Finals

Athlete Yr Team Mark

- 1 Allison LaVine 8 Clearbrook-Gonvick 16-05.50
- 2 Hannah Morgan 12 Park Rapids Area 15-10.00
- 3 Makenna Frazier 11 Nevis 15-04.50
- 4 Riley Pike 11 Park Rapids Area 14-09.00
- 5 Annika Idstrom 9 Walker-Hackensack-Akeley 14-03.75
- 6 Shakyla Smith 9 Northome/Kelliher/Blackdu 14-03.50
- 7 Paige Hildebrandt 12 Walker-Hackensack-Akeley 14-02.25
- 8 Brandi Morgan 8 Park Rapids Area 13-08.50
- 9 Sadie Stroeing 10 Northome/Kelliher/Blackdu 13-07.00
- 10 Taylor Nordin 12 Walker-Hackensack-Akeley 13-01.50

11 Kendall Nelson 7 Nevis 13-01.00
12 Marley Mitchell 9 Nevis 12-10.50
13 Taysha Curry 11 Cass Lake-Bena 12-08.50
14 Chloe Cook 9 Northome/Kelliher/Blackdu 12-07.75
15 Caitlyn LaVine 9 Bagley/Fosston 12-07.50
16 Emma Crist 7 Bagley/Fosston 11-10.50
17 Kaitlyn Obowa 7 Mahnomen/Waubun 11-05.50
18 Pauline Roussel 10 Clearbrook-Gonvick 11-03.00
19 Shelby Norden 7 TrekNorth 8-10.00

Varsity Girls Triple Jump Finals

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Athlete	Yr	Team	Mark
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1	Olivia Davis	10 Park Rapids Area	32-00.25
2	Hannah Morgan	12 Park Rapids Area	31-10.00
3	Riley Pike	11 Park Rapids Area	30-11.00
4	Kenna Cook	11 Northome/Kelliher/Blackdu	30-04.00
5	Abbie Strandlie	11 Walker-Hackensack-Akeley	29-11.00
6	Chloe Cook	9 Northome/Kelliher/Blackdu	29-05.50
7	Isabella Warmbold	9 Bagley/Fosston	29-02.75
8	Eriika Rand	11 Walker-Hackensack-Akeley	29-00.00
9	Grace McNamee	8 Nevis	28-03.00
10	Karalyn Oberfell	10 Walker-Hackensack-Akeley	27-10.75
11	Sadie Stroeing	10 Northome/Kelliher/Blackdu	26-05.50
12	Ani Harmsen	7 TrekNorth	25-05.50
13	Emma Crist	7 Bagley/Fosston	24-01.00