

# 2023 6A Sub-Section 22 Boys & Girls

May 25th at Sebeka

## Girls Teams

|     |                         |     |
|-----|-------------------------|-----|
| 1.  | Perham                  | 148 |
| 2.  | Frazee                  | 76  |
| 3.  | Wadena-Deer Creek       | 74  |
| 4.  | Pillager                | 66  |
| 5.  | Staples-Motley          | 53  |
| 6.  | Bertha-Hewitt/Verndale  | 34  |
| 7.  | United North Central    | 32  |
| 8.  | Browerville             | 22  |
| 9.  | Pine River-Backus       | 19  |
| 9.  | New York Mills          | 19  |
| 11. | Long Prairie-Grey Eagle | 15  |

## Boys Teams

|     |                         |     |
|-----|-------------------------|-----|
| 1.  | Perham                  | 116 |
| 2.  | Staples-Motley          | 95  |
| 3.  | Bertha-Hewitt/Verndale  | 89  |
| 4.  | Browerville             | 66  |
| 5.  | Frazee                  | 55  |
| 6.  | Wadena-Deer Creek       | 42  |
| 7.  | Pillager                | 37  |
| 7.  | Long Prairie-Grey Eagle | 37  |
| 9.  | United North Central    | 12  |
| 10. | Pine River-Backus       | 8   |

## Varsity Boys 100 Meters Finals

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Athlete Yr Team Mark

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- 1 Austin Weite 12 Staples-Motley 11.58
- 2 Caleb Bitz 12 Long Prairie-Grey Eagle 11.63
- 3 Malachi Ervasti 11 Bertha-Hewitt/Verndale 11.72
- 4 Remington Converse 12 Staples-Motley 11.89
- 5 Nolan McGowan 9 United North Central 12.05
- 6 Owen Zigan 10 Browerville 12.27
- 7 Hunter Norman 12 Pine River-Backus 12.46
- 8 DJ Reynolds 10 Pillager 12.53
- 9 Elijah Blue 10 Staples-Motley 12.55
- 10 Emonie Hammond 12 Wadena-Deer Creek 12.71
- 11 Micah Segovia 9 Wadena-Deer Creek 12.76
- 12 Chase Mannie 8 Pillager 12.77
- 13 Michael Andersen 11 United North Central 12.88
- 14 Roman Howard 9 United North Central 12.89
- 15 Quintin Flynn 9 Bertha-Hewitt/Verndale 13.05
- 16 Ryan Supper 10 Browerville 13.06
- 17 Owen Shaw 9 Perham 13.14
- 18 William Moore 9 Pine River-Backus 13.53
- 19 Justin Kassa 8 New York Mills 13.53
- 20 Isaac Heppner 10 Wadena-Deer Creek 13.87
- 21 Kyle Johnson 10 Bertha-Hewitt/Verndale 14.21
- 22 Glen Sommers 9 Perham 14.37

## Varsity Girls 100 Meters Finals

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Athlete Yr Team Mark

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- 1 Violette Metz 9 Pillager 12.91
- 2 Hailey Selly 11 Frazee 13.29
- 3 Layla Sharp 8 Wadena-Deer Creek 13.33
- 4 Alivia Brown 9 Pillager 13.42
- 5 Brynn Larson 9 Frazee 13.51
- 6 Olivia Stanley 11 Bertha-Hewitt/Verndale 13.62
- 7 Addi Hackel 8 Perham 13.70
- 8 Alexis Hartmann 10 Perham 13.99
- 9 Emma Ness 8 United North Central 14.04
- 10 Kylie Kraska 8 Long Prairie-Grey Eagle 14.13
- 11 Ariana Doll 11 Perham 14.14
- 12 Corinne Olson 10 Staples-Motley 14.27
- 13 Aubree Bristlin 8 Frazee 14.28
- 14 Camryn Good 11 Pine River-Backus 14.49
- 15 Mikayla Allen 9 Bertha-Hewitt/Verndale 14.57
- 16 Kiyanne Maxwell 8 Wadena-Deer Creek 14.72
- 17 Ellie Ness 10 United North Central 14.91
- 18 Rayna Udy 12 Wadena-Deer Creek 14.91
- 19 Claire Perish 7 Browerville 15.01
- 20 Iva Hinson 9 Long Prairie-Grey Eagle 15.14
- 21 Kaitlin Heller 10 Bertha-Hewitt/Verndale 15.32
- 22 River Crawford 9 Pine River-Backus 15.35
- 23 Lucy Rickbeil 7 Browerville 15.50
- 24 Kana Reese 7 Staples-Motley 15.53
- 25 Maren Lindquist 7 Pine River-Backus 16.09
- 26 Kera Broughton 11 United North Central 16.48

Varsity Boys 200 Meters Finals

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Athlete Yr Team Mark

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- 1 Caleb Bitz 12 Long Prairie-Grey Eagle 23.71
- 2 Remington Converse 12 Staples-Motley 23.95
- 3 Austin Weite 12 Staples-Motley 23.99
- 4 Tyrus Coudron 10 Perham 24.06
- 5 Malachi Ervasti 11 Bertha-Hewitt/Verndale 24.44
- 6 Alex Helmers 11 Frazee 24.98
- 7 Hunter Norman 12 Pine River-Backus 25.28
- 8 Brayton Kriegl 11 Pillager 25.39
- 9 DJ Reynolds 10 Pillager 25.43
- 10 Dylan Day 9 Bertha-Hewitt/Verndale 25.75
- 11 Tayton Lehmann 10 Wadena-Deer Creek 25.96
- 12 Kiethen Anderson 9 Perham 25.98
- 13 Micah Segovia 9 Wadena-Deer Creek 26.25
- 14 Cole Wilson 10 New York Mills 26.29
- 15 Alex Treinen 12 United North Central 26.33
- 16 Michael Andersen 11 United North Central 26.42
- 17 Dakota Hennagir 12 Staples-Motley 26.45
- 18 Jacob Sharma 12 Bertha-Hewitt/Verndale 26.47
- 19 Owen Shaw 9 Perham 26.74
- 20 Trenton Thesing 9 Pillager 27.04
- 21 Ryan Erickson 8 Wadena-Deer Creek 27.96
- 22 Josiah Sechser 10 Pine River-Backus 29.15

Varsity Girls 200 Meters Finals

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Athlete Yr Team Mark

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- 1 Alivia Brown 9 Pillager 28.26
- 2 Layla Sharp 8 Wadena-Deer Creek 28.39
- 3 Brooke Perish 7 Browerville 28.74
- 4 Addi Hackel 8 Perham 28.82
- 5 Isabelle Otremba 10 Long Prairie-Grey Eagle 28.95
- 6 Katherin Garcia 11 New York Mills 28.96
- 7 Emma Ness 8 United North Central 29.44
- 8 Addy Draeger 8 Perham 29.49
- 9 Ella Dahl 9 Pine River-Backus 29.60
- 10 Alexis Hartmann 10 Perham 29.71
- 11 Lydia Oldakowski 9 Wadena-Deer Creek 29.81
- 12 Kiyanne Maxwell 8 Wadena-Deer Creek 30.31
- 13 Aubree Bristlin 8 Frazee 30.35
- 14 Kodian Schermerhorn 11 Frazee 30.54
- 15 Julia Allen 11 Bertha-Hewitt/Verndale 31.01
- 16 Arya Compton 10 Pine River-Backus 31.23
- 17 Lainey Jacobson 10 Frazee 31.30
- 18 Miette Hansel 9 Bertha-Hewitt/Verndale 31.39
- 19 Kylie Kraska 8 Long Prairie-Grey Eagle 31.50
- 20 Abby Brichacek 9 Staples-Motley 31.93
- 21 Gabby Elke 8 Browerville 32.17
- 22 Kana Reese 7 Staples-Motley 32.36
- 23 Kelsey Bergem 10 Pine River-Backus 32.75
- 24 Elizabeth Abear 9 Pillager 32.84
- 25 Makenzee Sales 8 Bertha-Hewitt/Verndale 32.87
- 26 Kendra Huhta 12 United North Central 33.46
- 27 Zaidie Trigueros 10 New York Mills 33.59
- 28 Allison Winter 10 United North Central 34.21
- 29 Leah Greenwaldt 7 Staples-Motley 36.21

Varsity Boys 400 Meters Finals

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Athlete Yr Team Mark

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- 1 Roy Hoehne 12 Frazee 53.55
- 2 Dawson Weinhandl 10 Pillager 54.18
- 3 Jacob Schnoor 12 Pine River-Backus 54.29
- 4 Michael Uselman 11 Bertha-Hewitt/Verndale 54.53
- 5 Casey Blixt 11 United North Central 55.43
- 6 Nate Heppner 12 Wadena-Deer Creek 58.61
- 7 Blake Neelan 11 Staples-Motley 58.71
- 8 Jacob Sharma 12 Bertha-Hewitt/Verndale 59.01
- 9 Dylan Day 9 Bertha-Hewitt/Verndale 59.11
- 10 Jakeb Hooge 12 Pillager 59.25
- 11 Ramiro Gallardo 11 Staples-Motley 59.32
- 12 Joe Putnam 10 Pillager 1:02.88
- 13 Kenyatta Bell 7 United North Central 1:08.89
- Talon Hoverson 7 Frazee DQ

Varsity Girls 400 Meters Finals

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Athlete Yr Team Mark

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- 1 Amber Collins 10 Wadena-Deer Creek 1:01.01
- 2 Emma Norton 10 Browerville 1:02.57

- 3 Sophie Schlosser 8 Staples-Motley 1:03.77
- 4 Maddie Albers 9 Long Prairie-Grey Eagle 1:03.85
- 5 Emma Schmitz 10 Wadena-Deer Creek 1:05.14
- 6 Elsie Turner 11 Pillager 1:06.59
- 7 Grace Radniecki 11 Bertha-Hewitt/Verndale 1:07.02
- 8 Liz Birkeland 12 Perham 1:07.55
- 9 Lainey Jacobson 10 Frazee 1:08.81
- 10 Chesney Esser 10 Perham 1:08.88
- 11 Lydia Oldakowski 9 Wadena-Deer Creek 1:09.16
- 12 Morgyn O'Dea 11 New York Mills 1:09.38
- 13 Miette Hansel 9 Bertha-Hewitt/Verndale 1:09.46
- 14 Quinn Lais 7 Browerville 1:09.65
- 15 Brianna George 10 United North Central 1:12.54
- 16 Mikayla Allen 9 Bertha-Hewitt/Verndale 1:13.37
- 17 Hana Eitel 9 United North Central 1:13.51
- 18 Sofia Heltunen 10 United North Central 1:14.09
- 19 Avah Meierding 9 Pillager 1:19.91
- 20 Leah Greenwaldt 7 Staples-Motley 1:21.77
- 21 Katherine Saulsbury 10 Pillager 1:38.94

#### Varsity Boys 800 Meters Finals

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Athlete Yr Team Mark

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- 1 Micah Thompson 12 Perham 2:05.34
- 2 Preston Miller 11 Bertha-Hewitt/Verndale 2:05.76
- 3 Isaac Paurus 11 Perham 2:05.76
- 4 Grant Nelson 9 Wadena-Deer Creek 2:07.18
- 5 Braden Hoffer 12 Pillager 2:07.74
- 6 Logan Robben 10 Staples-Motley 2:08.07
- 7 Tavin Benning 10 Browerville 2:08.15
- 8 Riley Livingston 10 United North Central 2:13.12
- 9 Brody Evenson 10 Perham 2:17.88
- 10 Teagen Lee 11 United North Central 2:18.89
- 11 Ivan Lozano 10 Staples-Motley 2:21.14
- 12 Gage Barthel 7 Bertha-Hewitt/Verndale 2:21.98
- 13 Elijah Geiser 9 New York Mills 2:23.58
- 14 Brennan Simmons 7 Wadena-Deer Creek 2:30.02
- 15 Nathan Blashack 10 Bertha-Hewitt/Verndale 2:32.11
- 16 Silas Wright 10 Pillager 2:32.59
- 17 Israel Ritter 10 Staples-Motley 2:39.81
- 18 Talon Hoverson 7 Frazee 2:50.09
- 19 Creighton Wake 7 Frazee 2:50.33
- 20 Steven Rowe 11 Browerville 2:50.89

#### Varsity Girls 800 Meters Finals

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Athlete Yr Team Mark

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- 1 Jada Goeson 10 New York Mills 2:21.73
- 2 Ashley Robben 12 Staples-Motley 2:27.24
- 3 Elsie Ratz 11 Frazee 2:27.74
- 4 Mia Arroyo 10 Bertha-Hewitt/Verndale 2:29.76
- 5 Britta Sweeney 9 Wadena-Deer Creek 2:30.25
- 6 Caidyn Breid 9 Perham 2:32.29
- 7 Natalie Marxer 10 Browerville 2:35.06
- 8 Emma Norton 10 Browerville 2:37.90
- 9 Ally Pavsek 12 Wadena-Deer Creek 2:39.67

- 10 Avery Aho 10 United North Central 2:40.08
- 11 Aurora Schumacher 9 Perham 2:42.25
- 12 Anaya Aho 8 United North Central 2:43.44
- 13 Haven Fjosne 8 Perham 2:43.67
- 14 Katlyn Warner 7 Long Prairie-Grey Eagle 2:44.60
- 15 Mimi Bueckers 9 Pine River-Backus 2:45.23
- 16 Macy Koljonen 12 New York Mills 2:45.77
- 17 Aynslee Johannsen 7 Frazee 2:47.48
- 18 Gabrielle Knoll 9 Bertha-Hewitt/Verndale 2:48.87
- 19 Giselle Ahedo 8 Long Prairie-Grey Eagle 2:50.41
- 20 Mattea Smith 10 United North Central 2:53.17
- 21 Lola Hoehne 9 Frazee 2:53.87
- 22 Leah Osberg 10 Wadena-Deer Creek 3:01.30
- 23 Jennica Standafer 12 Long Prairie-Grey Eagle 3:08.94
- 24 Emery Winkler 9 Bertha-Hewitt/Verndale 3:08.96
- 25 Katherine Saulsbury 10 Pillager 4:02.21

Varsity Boys 1600 Meters Finals

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Athlete Yr Team Mark

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- 1 Bjorn Anderson 10 Perham 4:50.54
- 2 Lane Hoefs 12 Wadena-Deer Creek 4:59.00
- 3 Henry Mathiason 9 Perham 4:59.03
- 4 Matt Jorgenson 9 Perham 5:00.99
- 5 Gunnar Barthel 9 Bertha-Hewitt/Verndale 5:09.52
- 6 Gavin Brown 10 Bertha-Hewitt/Verndale 5:12.39
- 7 Elijah Geiser 9 New York Mills 5:20.86
- 8 Jonah Sharp 9 Frazee 5:23.53
- 9 Odin Trif 11 Staples-Motley 5:23.58
- 10 Alex Stormoen 10 Browerville 5:33.59
- 11 Brady Borah 11 Frazee 5:37.77
- 12 Nathan Blashack 10 Bertha-Hewitt/Verndale 5:38.45
- 13 Vincent Burrows 11 Pillager 5:39.46
- 14 Nathan Anderson 10 Long Prairie-Grey Eagle 5:39.79
- 15 Owen Anderson 9 Wadena-Deer Creek 5:39.97
- 16 Blaine Plattner 10 Staples-Motley 5:40.25
- 17 Isaiah Downie 8 Pine River-Backus 5:41.05
- 18 Kenyatta Bell 7 United North Central 5:53.63
- 19 Aiden Reich 11 Pillager 6:01.77
- 20 Braeden Jensen 9 Pillager 6:07.97
- 21 Gideon Bitz 7 Long Prairie-Grey Eagle 6:30.95
- 22 Jeron Witt 11 New York Mills 6:48.88

Varsity Girls 1600 Meters Finals

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Athlete Yr Team Mark

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- 1 Anjalie Aho 10 United North Central 5:25.15
- 2 Kendra Miller 8 Bertha-Hewitt/Verndale 5:30.20
- 3 Macie Josephson 9 United North Central 5:46.15
- 4 Madilyn Perrine 7 Frazee 5:47.37
- 5 Avalee Brown 9 Perham 5:53.08
- 6 Leelou Novotny 9 Perham 5:54.73
- 7 Emily Winter 10 Browerville 5:55.78
- 8 Aspen Rhode 11 Perham 6:07.49
- 9 Taylor Lloyd 11 Bertha-Hewitt/Verndale 6:12.22
- 10 Madison Wendel 10 Browerville 6:13.55

- 11 Zoe Adams 12 Pillager 6:18.60
- 12 Alainna Dobson 9 Pillager 6:22.03
- 13 Suhaila Mikhaeil 8 Staples-Motley 6:24.13
- 14 Bailey Larsen 12 Frazee 6:32.44
- 15 Bristol Larsen 8 Frazee 6:43.67
- 16 Addisyn Cichos 11 Staples-Motley 6:49.51
- 17 Rebekah Hibbs 8 Long Prairie-Grey Eagle 7:00.45
- 18 Ellianna Young 8 Long Prairie-Grey Eagle 7:05.66
- 19 Shavelis Dominguez 8 Long Prairie-Grey Eagle 7:32.09
- 20 Elizabeth Hubbard 10 Bertha-Hewitt/Verndale 7:32.63

Varsity Boys 3200 Meters Finals

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Athlete Yr Team Mark

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- 1 Bjorn Anderson 10 Perham 9:32.89
- 2 Brady Rach 9 Bertha-Hewitt/Verndale 9:57.63
- 3 Zane GuderJahn 11 Bertha-Hewitt/Verndale 10:03.13
- 4 Dylan Guck 9 Perham 10:04.61
- 5 Carter Flatau 10 Perham 10:22.49
- 6 Issiah Tabatt 11 Staples-Motley 10:39.52
- 7 Henry Lockwood 9 Bertha-Hewitt/Verndale 11:23.65
- 8 Dillan Robben 10 Staples-Motley 11:23.92
- 9 Jonah Sharp 9 Frazee 11:45.47
- 10 Owen Anderson 9 Wadena-Deer Creek 12:21.52
- 11 Chris Bock 9 Pillager 12:41.60
- 12 Caden Schultz 8 Long Prairie-Grey Eagle 14:03.65
- 13 Jeron Witt 11 New York Mills 15:19.71

Varsity Girls 3200 Meters Finals

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Athlete Yr Team Mark

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- 1 Audrey Brownell 9 Staples-Motley 11:28.49
- 2 Kyanna Burton 11 Staples-Motley 11:31.43
- 3 Anjalie Aho 10 United North Central 12:06.02
- 4 Caroline Kuehne 11 Long Prairie-Grey Eagle 12:19.41
- 5 Ella Hendrickson 8 Perham 12:31.59
- 6 Bella Hines 8 Staples-Motley 12:32.94
- 7 Quincy Anderson 12 Perham 12:41.78
- 8 Noelle Spicer 10 Wadena-Deer Creek 12:58.69
- 9 Elsa Komppa 9 United North Central 13:07.55
- 10 Brielle Malone 8 New York Mills 13:13.46
- 11 Emily Biegler 7 Browerville 13:23.95
- 12 Mia Lung 11 Perham 13:31.12
- 13 Emma Reeder 12 Pillager 13:35.81
- 14 Lily Adkins 12 Wadena-Deer Creek 14:00.45
- 15 Ella Banister 10 Bertha-Hewitt/Verndale 14:15.56
- 16 Miley Westberg 9 United North Central 14:29.72
- 17 Amanda Berscheit 11 Long Prairie-Grey Eagle 17:41.48

Varsity Girls 100m Hurdles Finals

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Athlete Yr Team Mark

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- 1 Lauryn Rustad 12 Perham 15.77
- 2 Jessa Kimman 12 Pillager 16.20
- 3 Ashley Perish 10 Browerville 17.64

- 4 Olivia Petron 12 Frazee 17.76
- 5 Kaidence Mayfield 12 Frazee 18.18
- 6 Grace Grimsley 12 Pillager 18.32
- 7 Lily Aakre 12 Perham 18.52
- 8 Lizzie Bitz 11 Long Prairie-Grey Eagle 18.64
- 9 Michaela Barthel 11 Bertha-Hewitt/Verndale 18.65
- 10 Jayce Kobliska 12 Staples-Motley 18.68
- 11 Bailey Weiland 11 Staples-Motley 18.89
- 12 Makenzee Sales 8 Bertha-Hewitt/Verndale 19.05
- 13 Thania Coronado 8 Long Prairie-Grey Eagle 19.74
- 14 Eva Pulver 7 Wadena-Deer Creek 20.62
- 15 Aulani Johnson 7 Bertha-Hewitt/Verndale 20.73
- 16 Abby Brichacek 9 Staples-Motley 20.85
- 17 Cora Grismer 10 Perham 20.86
- 18 Addison Hillukka 7 Wadena-Deer Creek 21.02
- 19 Brynna Hoefs 7 Wadena-Deer Creek 23.01
- 20 Amanda Berscheit 11 Long Prairie-Grey Eagle 24.72

Varsity Boys 110m Hurdles Finals

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Athlete Yr Team Mark

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- 1 Andre Recknor 12 Browerville 16.58
- 2 Tyce Russel 12 Bertha-Hewitt/Verndale 17.04
- 3 Caleb Bitz 12 Long Prairie-Grey Eagle 17.26
- 4 Trystan Larson 9 Perham 17.55
- 5 Noah Larson 9 Staples-Motley 18.16
- 6 Eathan Snorek 10 Bertha-Hewitt/Verndale 19.49
- 7 Will Baker 10 Perham 19.61
- 8 Domanic Elke 10 Browerville 19.89
- 9 Jaylon Hornbaker 10 Perham 20.38
- 10 Gavin Chenoweth 10 Staples-Motley 20.41
- 11 Justin Anderson 10 Pillager 21.32
- 12 Jaydon Joslin 9 Bertha-Hewitt/Verndale 22.21
- 13 Charles Peterson 9 Wadena-Deer Creek 22.39
- 14 Aiden Ludvigson 7 Long Prairie-Grey Eagle 22.40
- 15 Frank Brown 7 Pillager 23.53

Varsity Boys 300m Hurdles Finals

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Athlete Yr Team Mark

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- 1 Andre Recknor 12 Browerville 43.44
- 2 Tyce Russel 12 Bertha-Hewitt/Verndale 43.82
- 3 Nathan Bitz 9 Long Prairie-Grey Eagle 45.02
- 4 Alex Treinen 12 United North Central 45.39
- 5 Trystan Larson 9 Perham 46.58
- 6 Tayton Lehmann 10 Wadena-Deer Creek 48.19
- 7 Gunnar Barthel 9 Bertha-Hewitt/Verndale 48.43
- 8 Jaylon Hornbaker 10 Perham 48.62
- 9 Noah Larson 9 Staples-Motley 48.62
- 10 Will Baker 10 Perham 49.26
- 11 Caiden Edwards 10 Long Prairie-Grey Eagle 49.57
- 12 Eathan Snorek 10 Bertha-Hewitt/Verndale 49.73
- 13 Tyden Schaefer 9 Frazee 49.75
- 14 Domanic Elke 10 Browerville 50.82
- 15 Aiden Ludvigson 7 Long Prairie-Grey Eagle 52.70
- 16 Ramiro Gallardo 11 Staples-Motley 54.50

- 17 Frank Brown 7 Pillager 56.48
- 18 Gavin Chenoweth 10 Staples-Motley 56.95
- 19 Charles Peterson 9 Wadena-Deer Creek 58.36

Varsity Girls 300m Hurdles Finals

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Athlete Yr Team Mark

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- 1 Lauryn Rustad 12 Perham 47.06
- 2 Jessa Kimman 12 Pillager 48.24
- 3 Violette Metz 9 Pillager 48.72
- 4 Cora Grismer 10 Perham 49.51
- 5 Hailey Selly 11 Frazee 49.53
- 6 Kaidence Mayfield 12 Frazee 50.65
- 7 Jayce Kobliska 12 Staples-Motley 51.68
- 8 Payton Lausten 9 New York Mills 51.70
- 9 Lily Aakre 12 Perham 52.71
- 10 Olivia Petron 12 Frazee 53.15
- 11 Ashley Perish 10 Browerville 53.88
- 12 Lizzie Bitz 11 Long Prairie-Grey Eagle 54.04
- 13 Aulani Johnson 7 Bertha-Hewitt/Verndale 56.21
- 14 Addison Hillukka 7 Wadena-Deer Creek 57.11
- 15 Alayna Barthel 12 Bertha-Hewitt/Verndale 58.95
- 16 Ashley Warren 12 Bertha-Hewitt/Verndale 1:00.16
- 17 Avory Haman 12 United North Central 1:00.30
- 18 Brynna Hoefs 7 Wadena-Deer Creek 1:00.54
- 19 Addison Young 8 Long Prairie-Grey Eagle 1:04.18
- 20 Eva Pulver 7 Wadena-Deer Creek 1:05.66
- 21 Thania Coronado 8 Long Prairie-Grey Eagle 1:09.34

Varsity Boys 4x100m Relay Finals

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Team Time

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- 1 Bertha-Hewitt/Verndale 44.97
- 2 Staples-Motley 45.02
- 3 Perham 46.31
- 4 United North Central 46.61
- 5 Browerville 48.32
- 6 Pillager 48.49
- 7 Long Prairie-Grey Eagle 49.07
- 8 New York Mills 51.59
- 9 Wadena-Deer Creek 52.94

Varsity Girls 4x100m Relay Finals

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Team Time

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- 1 Pillager 51.61
- 2 Perham 52.67
- 3 Wadena-Deer Creek 54.68
- 4 Pine River-Backus 55.13
- 5 Frazee 55.16
- 6 Bertha-Hewitt/Verndale 55.95
- 7 United North Central 56.42
- 8 Staples-Motley 56.47
- 9 Browerville 57.07
- 10 New York Mills 57.57



11 Long Prairie-Grey Eagle 1:00.87

Varsity Boys 4x200m Relay Finals

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Team Time  
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- 1 Perham 1:34.84
- 2 Pillager 1:38.39
- 3 Frazee 1:39.45
- 4 Wadena-Deer Creek 1:39.77
- 5 Long Prairie-Grey Eagle 1:40.37
- 6 Staples-Motley 1:40.60
- 7 Bertha-Hewitt/Verndale 1:42.55
- 8 Browerville 1:47.74
- 9 New York Mills 1:48.42

Varsity Girls 4x200m Relay Finals

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Team Time  
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- 1 Perham 1:48.14
- 2 New York Mills 1:52.63
- 3 Bertha-Hewitt/Verndale 1:55.84
- 4 Pine River-Backus 1:56.79
- 5 Staples-Motley 2:02.37
- 6 Frazee 2:04.43
- 7 Long Prairie-Grey Eagle 2:06.82
- 8 Pillager 2:07.28
- 9 Wadena-Deer Creek 2:10.34

Varsity Boys 4x400m Relay Finals

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Team Time  
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- 1 Perham 3:32.37
- 2 Bertha-Hewitt/Verndale 3:39.31
- 3 Pillager 3:43.15
- 4 Wadena-Deer Creek 3:43.48
- 5 Frazee 3:48.23
- 6 Staples-Motley 3:57.29
- 7 Pine River-Backus 4:01.97
- 8 Long Prairie-Grey Eagle 4:04.65

Varsity Girls 4x400m Relay Finals

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Team Time  
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- 1 Perham 4:08.50
- 2 Frazee 4:11.85
- 3 Wadena-Deer Creek 4:18.16
- 4 Staples-Motley 4:19.41
- 5 Bertha-Hewitt/Verndale 4:20.47
- 6 Long Prairie-Grey Eagle 4:23.59
- 7 Browerville 4:29.97
- 8 New York Mills 4:38.72
- 9 Pine River-Backus 4:43.58
- 10 United North Central 4:46.42
- 11 Pillager 4:49.03

Varsity Boys 4x800m Relay Finals

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Team Time

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- 1 Perham 8:17.74
- 2 Bertha-Hewitt/Verndale 8:39.66
- 3 Staples-Motley 9:03.35
- 4 Pillager 9:16.14
- 5 Long Prairie-Grey Eagle 9:27.66

Varsity Girls 4x800m Relay Finals

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Team Time

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- 1 Staples-Motley 9:47.60
- 2 Bertha-Hewitt/Verndale 10:04.25
- 3 Perham 10:10.21
- 4 Wadena-Deer Creek 10:16.68
- 5 Long Prairie-Grey Eagle 10:38.56
- 6 Pillager 10:39.36
- 7 New York Mills 11:04.99
- 8 Frazee 11:11.45

Varsity Boys Shot Put Finals

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Athlete Yr Team Mark

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- 1 Steven Petrich 10 Staples-Motley 39-09.00
- 2 Asher Scull 11 Pillager 38-08.00
- 3 Aidan Aldridge 12 Frazee 38-05.00
- 4 Reed Webster 12 Browerville 38-04.00
- 5 Drake Dukowitz 10 Staples-Motley 36-10.00
- 6 Trenton Londo 11 Bertha-Hewitt/Verndale 36-09.50
- 7 Earl Brown 9 Pillager 35-01.00
- 7 Brady Host 12 Browerville 35-01.00
- 9 Michael Proell 10 Bertha-Hewitt/Verndale 33-04.00
- 10 Camden Terwey 12 Long Prairie-Grey Eagle 32-09.00
- 11 Zander Templin 12 Bertha-Hewitt/Verndale 32-08.00
- 12 Carl Peterman 10 New York Mills 32-05.00
- 13 Dylan Wirth 12 Wadena-Deer Creek 31-11.50
- 14 Daniel Herron 8 Perham 31-09.00
- 15 Mikael Briggs 10 Wadena-Deer Creek 31-04.00
- 15 Marcus Swentik 12 Perham 31-04.00
- 17 Joshua Freelove 11 Pillager 31-03.50
- 18 Noah Novotny 11 Perham 31-02.00
- 19 Luis Garcia 10 Long Prairie-Grey Eagle 30-01.00
- 20 Dustin Converse 10 Staples-Motley 29-09.50
- 20 Hunter Lyman 12 Frazee 29-09.50
- 22 James Adamek 10 Long Prairie-Grey Eagle 28-02.00
- 23 Xander Lincoln 12 United North Central 27-09.00
- 24 Kolby Walters 10 Pine River-Backus 27-06.00
- 25 Eliyahu Horton 9 Wadena-Deer Creek 19-05.00

Varsity Girls Shot Put Finals

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Athlete Yr Team Mark

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- 1 Gracie Arm 9 Wadena-Deer Creek 33-05.00
- 2 Cate Diggins 10 Perham 33-02.00
- 3 Ellie Hale 12 Wadena-Deer Creek 31-10.50
- 4 Miranda Lillquist 10 United North Central 31-08.00
- 5 Camden Anderson 11 Staples-Motley 30-11.00
- 6 Leslie Moore 9 Frazee 29-08.00
- 7 Macey Goeden 11 Wadena-Deer Creek 29-06.50
- 8 Julianna Lillquist 12 United North Central 29-01.00
- 9 Alli Park 12 Long Prairie-Grey Eagle 28-02.50
- 10 Autumn Ziemann 12 Perham 27-11.00
- 11 Payton Allen 10 Bertha-Hewitt/Verndale 27-09.00
- 12 Bridget Danielson 11 Pillager 27-02.00
- 13 Gracie Edwards 12 Perham 27-01.00
- 13 Alexis Rudolph 11 New York Mills 27-01.00
- 15 Sienna Houle 12 Pillager 26-05.50
- 16 Cheyenne Dean 11 Bertha-Hewitt/Verndale 26-04.00
- 16 Brooklyn Lux 10 Long Prairie-Grey Eagle 26-04.00
- 18 Bailey Weiland 11 Staples-Motley 25-02.00
- 19 Josi Mindermann 12 New York Mills 24-09.00
- 20 Katie Courneya 8 Frazee 24-08.00
- 21 Jennica Standafer 12 Long Prairie-Grey Eagle 24-07.50
- 22 Audrey Bock 12 Pillager 24-07.00
- 23 Hannah Simpson 11 Bertha-Hewitt/Verndale 23-08.00
- 24 Mackenzie Uhlenkamp 12 Browerville 22-09.00
- 25 Reagen Wendel 12 Browerville 17-02.00
- 26 Keylah Kendrick 10 Pine River-Backus 17-01.00
- 27 Sianna Brakefield 10 Frazee 16-06.50

Varsity Boys Discus Finals

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Athlete Yr Team Mark

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- 1 Aidan Aldridge 12 Frazee 112-01
- 2 Dominic DeCock 12 Browerville 109-00
- 3 Hunter Lyman 12 Frazee 105-05
- 4 Dylan Wirth 12 Wadena-Deer Creek 98-06
- 5 Steven Petrich 10 Staples-Motley 97-00
- 6 Drake Dukowitz 10 Staples-Motley 96-05
- 7 Trenton Londo 11 Bertha-Hewitt/Verndale 94-08
- 8 Asher Scull 11 Pillager 92-03
- 9 Mikael Briggs 10 Wadena-Deer Creek 89-08
- 10 Earl Brown 9 Pillager 89-00.50
- 11 Michael Proell 10 Bertha-Hewitt/Verndale 87-02
- 12 Keegan Kostohryz 11 Perham 86-04
- 13 Brady Host 12 Browerville 85-10
- 14 Hunter Norman 12 Pine River-Backus 85-01
- 15 Kolby Walters 10 Pine River-Backus 83-03
- 16 Haven Roth 12 Perham 81-09
- 17 Dustin Converse 10 Staples-Motley 79-00
- 18 Zander Templin 12 Bertha-Hewitt/Verndale 78-00
- 19 Jack Nagel 10 Pillager 77-08
- 20 Carl Peterman 10 New York Mills 77-07
- 20 Jadyn Peterson 12 Browerville 77-07
- 22 Xander Lincoln 12 United North Central 73-09
- 23 Aaron Ziemann 10 Perham 70-10
- 24 Blake Schultz 10 Long Prairie-Grey Eagle 69-00
- 25 Luis Garcia 10 Long Prairie-Grey Eagle 67-09
- 26 Eliyahu Horton 9 Wadena-Deer Creek 63-07

27 James Adamek 10 Long Prairie-Grey Eagle 53-08

Varsity Girls Discus Finals

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Athlete Yr Team Mark

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- 1 Gracie Arm 9 Wadena-Deer Creek 104-02
- 2 Gracie Edwards 12 Perham 95-00
- 3 Julianna Lillquist 12 United North Central 88-01
- 4 Ellie Hale 12 Wadena-Deer Creek 85-09
- 5 Brooklyn Lux 10 Long Prairie-Grey Eagle 85-01
- 6 Camryn Good 11 Pine River-Backus 84-01
- 7 Lily Aakre 12 Perham 83-04
- 8 Bridget Danielson 11 Pillager 81-10
- 9 Josi Mindermann 12 New York Mills 79-08
- 10 Miranda Lillquist 10 United North Central 78-11
- 11 Katie Courneya 8 Frazee 72-03
- 12 Annie Schlosser 9 Staples-Motley 71-10
- 13 Leslie Moore 9 Frazee 69-11
- 14 Hannah Banister 11 Bertha-Hewitt/Verndale 68-03
- 15 Alli Park 12 Long Prairie-Grey Eagle 68-02
- 16 Sienna Houle 12 Pillager 67-10
- 17 Cate Diggins 10 Perham 67-03
- 18 Macey Goeden 11 Wadena-Deer Creek 65-02
- 19 Alexis Rudolph 11 New York Mills 63-02
- 20 Cheyenne Dean 11 Bertha-Hewitt/Verndale 62-01
- 21 Bailey Weiland 11 Staples-Motley 61-11
- 22 Hannah Simpson 11 Bertha-Hewitt/Verndale 61-10
- 23 Camden Anderson 11 Staples-Motley 60-08
- 24 Keylah Kendrick 10 Pine River-Backus 57-11
- 25 Sianna Brakefield 10 Frazee 53-08
- 26 Mackenzie Uhlenkamp 12 Browerville 52-07
- 27 Alejandra Meza 7 Long Prairie-Grey Eagle 49-02
- 28 Kelsey Bergem 10 Pine River-Backus 45-07
- 29 Reagen Wendel 12 Browerville 40-11
- Ava Swanberg 10 Pillager ND

Varsity Boys High Jump Finals

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Athlete Yr Team Mark

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- 1 Lyrik Haug 11 Wadena-Deer Creek 6-00.00
- 2 Hunter Miller 12 Staples-Motley 5-10.00
- 3 Avandre Brandt 9 Staples-Motley 5-10.00
- 4 Ryan Decock 10 Browerville 5-08.00
- 5 Haiden Thompson 11 Browerville 5-08.00
- 5 Marshall Murch 12 Browerville 5-08.00
- 7 Tate Norman 10 Pine River-Backus 5-08.00
- 8 David Liebsch 11 Long Prairie-Grey Eagle 5-08.00
- 9 Noah Novotny 11 Perham 5-04.00
- 10 Dakota Hennagir 12 Staples-Motley 5-04.00
- 11 Frank Brown 7 Pillager 5-02.00
- 11 Silas Wright 10 Pillager 5-02.00
- 13 Isaiah Downie 8 Pine River-Backus 5-00.00
- 13 Camden Terwey 12 Long Prairie-Grey Eagle 5-00.00
- Braden Hoffer 12 Pillager NH
- Eathan Snorek 10 Bertha-Hewitt/Verndale NH
- Izaiah Aho 9 United North Central NH

Varsity Girls High Jump Finals

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Athlete Yr Team Mark

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- 1 Brynn Larson 9 Frazee 5-00.00
- 2 Willow Thiel 11 Perham 5-00.00
- 3 Jayden Sonnenberg 9 Frazee 4-10.00
- 4 Aislinn Brown 7 Bertha-Hewitt/Verndale 4-10.00
- 5 Emma Norton 10 Browerville 4-08.00
- 6 Grace Grimsley 12 Pillager 4-08.00
- 7 Caroline Kuehne 11 Long Prairie-Grey Eagle 4-08.00
- 8 Alaura Dahl 11 Pine River-Backus 4-08.00
- 9 Taylor Lloyd 11 Bertha-Hewitt/Verndale 4-06.00
- 10 Cailynn Gaughan 9 United North Central 4-04.00
- 11 Allison Winter 10 United North Central 4-04.00
- 12 Kendra Huhta 12 United North Central 4-04.00
- 13 Eva Pulver 7 Wadena-Deer Creek 4-04.00
- 14 Avery Japke 9 Staples-Motley 4-04.00
- 15 Evelyn Peterson 8 Pine River-Backus 4-04.00
- 16 Maren Lindquist 7 Pine River-Backus 4-04.00
- 17 Aynslee Johannsen 7 Frazee 4-02.00
- 17 Jennica Standafer 12 Long Prairie-Grey Eagle 4-02.00
- 17 Sophie Schlosser 8 Staples-Motley 4-02.00
- 20 Alexis Rudolph 11 New York Mills 4-00.00
- 20 Gabby Elke 8 Browerville 4-00.00
- Addison Young 8 Long Prairie-Grey Eagle NH

Varsity Boys Pole Vault Finals

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Athlete Yr Team Mark

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- 1 Aiden Kennedy 12 Perham 12-03.00
- 2 Noah Novotny 11 Perham 12-03.00
- 3 Brady Crabtree 11 Frazee 11-09.00
- 4 Turner Beachy 9 Staples-Motley 10-09.00
- 5 Josiah Sechser 10 Pine River-Backus 10-03.00
- 6 Nathan Bitz 9 Long Prairie-Grey Eagle 10-03.00
- 7 Conner Kuhns 9 Staples-Motley 10-03.00
- 8 Noah Thompson 12 Perham 9-09.00
- 9 Tanner Collins 7 Wadena-Deer Creek 9-09.00
- 10 Riley Livingston 10 United North Central 9-03.00
- 11 Tyden Schaefer 9 Frazee 9-03.00
- 12 Cooper Damlo 8 Wadena-Deer Creek 8-09.00
- 13 Isaac Heppner 10 Wadena-Deer Creek 8-03.00
- 14 Ryan Neelan 10 Staples-Motley 7-03.00
- 15 Braeden Jensen 9 Pillager 6-09.00
- Cameron Berent 9 Pillager NH

Varsity Girls Pole Vault Finals

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Athlete Yr Team Mark

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- 1 Gracie Morris 9 Perham 10-11.00
- 2 Danial Van Watermulen 12 Perham 9-11.00
- 3 Natalie Rooney 12 Perham 9-05.00
- 4 Tahlia Craft 12 Pillager 8-11.00
- 5 Jorja Kobliska 9 Staples-Motley 7-05.00

- 6 Autumn Hiemenz 12 Frazee 6-11.00
- 7 Elizabeth Abear 9 Pillager 6-05.00
- 7 Lainey Jacobson 10 Frazee 6-05.00
- 7 Gabby Conklin 9 Pillager 6-05.00
- 10 Amanda Berscheit 11 Long Prairie-Grey Eagle 5-11.00
- Avery Japke 9 Staples-Motley NH

Varsity Boys Long Jump Finals

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Athlete Yr Team Mark

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- 1 Joseph Nedoroscik 12 Browerville 19-09.50
- 2 Alex Helmers 11 Frazee 19-05.50
- 3 Josiah Critten 10 Staples-Motley 19-01.50
- 4 Lyrik Haug 11 Wadena-Deer Creek 18-09.50
- 5 Emonie Hammond 12 Wadena-Deer Creek 18-01.75
- 6 Benet Robinson 10 Staples-Motley 17-08.00
- 7 Casey Blixt 11 United North Central 17-04.00
- 8 Anthony Ninow 11 Long Prairie-Grey Eagle 17-03.50
- 9 DJ Reynolds 10 Pillager 17-00.50
- 10 Ryan Erickson 8 Wadena-Deer Creek 17-00.25
- 11 Quinten Rickbeil 10 Browerville 17-00.00
- 12 Cole Wilson 10 New York Mills 16-10.75
- 13 Tyler Lee 10 Browerville 16-05.50
- 14 Kusi Quillo 11 Long Prairie-Grey Eagle 16-04.50
- 15 Roy Hoehne 12 Frazee 16-03.50
- 16 Chase Mannie 8 Pillager 15-10.50
- 17 Gage Brasel 9 New York Mills 15-07.00
- 18 Hunter Norman 12 Pine River-Backus 15-06.25
- 19 Tyson Decker 9 Pillager 15-04.50
- 20 Gage Barthel 7 Bertha-Hewitt/Verndale 15-04.25
- 21 Gavin Chenoweth 10 Staples-Motley 14-10.75
- 22 Owen Shaw 9 Perham 14-08.00
- 22 Glen Sommers 9 Perham 14-08.00
- 24 Quintin Flynn 9 Bertha-Hewitt/Verndale 13-10.00

Varsity Girls Long Jump Finals

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Athlete Yr Team Mark

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- 1 Hailey Selly 11 Frazee 16-05.50
- 2 Alaura Dahl 11 Pine River-Backus 16-03.00
- 3 Kennedy Pilgrim 11 Perham 15-10.75
- 4 Jaden Hackel 11 Perham 15-09.50
- 5 Jessa Kimman 12 Pillager 15-08.50
- 6 Olivia Petron 12 Frazee 15-04.50
- 7 Alexis Hartmann 10 Perham 15-03.75
- 8 Aubrey Hess 12 Bertha-Hewitt/Verndale 14-06.25
- 9 Alayna Baune 10 New York Mills 14-00.50
- 10 Aulani Johnson 7 Bertha-Hewitt/Verndale 14-00.00
- 11 Kodian Schermerhorn 11 Frazee 13-06.50
- 12 Bailey Weiland 11 Staples-Motley 12-06.50
- 12 Violette Metz 9 Pillager 12-06.50
- 14 Sterling Tolleson 10 United North Central 12-02.75
- 15 Arya Compton 10 Pine River-Backus 11-10.50
- 16 Mimi Bueckers 9 Pine River-Backus 11-07.25
- 17 Brooke Perish 7 Browerville 11-05.50
- 18 Lucy Rickbeil 7 Browerville 11-05.25

- 19 Morgan Bosl 9 Long Prairie-Grey Eagle 11-04.50
- 20 Claire Perish 7 Browerville 11-04.25
- 21 Zaidie Trigueros 10 New York Mills 11-01.50
- 22 Kana Reese 7 Staples-Motley 10-07.50
- 23 Kendra Huhta 12 United North Central 10-03.75
- Avah Meierding 9 Pillager ND

Varsity Boys Triple Jump Finals

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Athlete Yr Team Mark

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- 1 Joseph Nedoroscik 12 Browerville 42-10.00
- 2 Zach Baumgartner 11 Bertha-Hewitt/Verndale 40-00.50
- 3 Sawyer Ferdon 10 Staples-Motley 38-10.00
- 4 Dominic DeCock 12 Browerville 37-06.50
- 5 Cory Krueger 12 Long Prairie-Grey Eagle 36-11.50
- 6 Avandre Brandt 9 Staples-Motley 36-11.25
- 7 Kiethen Anderson 9 Perham 36-03.50
- 8 Reed Webster 12 Browerville 35-06.50
- 9 Anthony Ninow 11 Long Prairie-Grey Eagle 34-09.00
- 10 Dawson Weinhandl 10 Pillager 34-04.00
- 11 Glen Sommers 9 Perham 33-07.50
- 12 Cooper Damlo 8 Wadena-Deer Creek 32-03.50
- 13 Gavin Chenoweth 10 Staples-Motley 31-08.50
- 14 Joe Putnam 10 Pillager 30-10.00
- 15 Frank Brown 7 Pillager 30-04.00
- 16 Henry Lockwood 9 Bertha-Hewitt/Verndale 30-02.00
- Quintin Flynn 9 Bertha-Hewitt/Verndale ND
- Owen Shaw 9 Perham ND

Varsity Girls Triple Jump Finals

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Athlete Yr Team Mark

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- 1 Jaden Hackel 11 Perham 36-03.25
- 2 Kennedy Pilgrim 11 Perham 35-06.00
- 3 Jayden Sonnenberg 9 Frazee 34-11.00
- 4 Cora Grismer 10 Perham 34-06.75
- 5 Alaura Dahl 11 Pine River-Backus 33-09.00
- 6 Kaidence Mayfield 12 Frazee 33-08.75
- 7 Aidyn Baune 12 New York Mills 33-02.50
- 8 Grace Grimsley 12 Pillager 32-07.50
- 9 Isabelle Otremba 10 Long Prairie-Grey Eagle 32-06.50
- 10 Alayna Baune 10 New York Mills 31-09.25
- 11 Callie Norman 9 Pine River-Backus 31-03.75
- 12 Ella Dahl 9 Pine River-Backus 31-03.50
- 13 Michaela Barthel 11 Bertha-Hewitt/Verndale 30-02.00
- 14 Isabel Cole 9 Staples-Motley 30-01.00
- 15 Ronnie Noska 8 Staples-Motley 28-11.75
- 16 Sienna Houle 12 Pillager 28-06.75
- 17 Taylor Lloyd 11 Bertha-Hewitt/Verndale 28-06.00
- 18 Ellianna Young 8 Long Prairie-Grey Eagle 26-08.75
- 19 Ashley Warren 12 Bertha-Hewitt/Verndale 26-08.00
- 20 Mackenzie Uhlenkamp 12 Browerville 25-07.75
- 21 Jorja Kobliska 9 Staples-Motley 24-07.50
- Morgan Bosl 9 Long Prairie-Grey Eagle ND
- Elsie Turner 11 Pillager ND