

Gelaine Orvik True Team - 5/12/23

Meet Program

Girls 4x800 Relay Varsity

Finals

Heat 1

3 WEST FARGO 'A' 10:13.53

1) *Hagen, Kiaya 9* 2) *Knudsvig, Jordan 12*
 3) *Wavrin, Lily 8* 4) *Anderson, Lindsey 12*

4 DEVILS LAKE 'A' 10:35.00

1) *McLaurin, Gabrielle 11* 2) *Shock, Anna 10*
 3) *Britsch, Kayla 12* 4) *McLaurin, Emily 8*

5 MOORHEAD 'A' 11:00.00

1) *Stordahl, Addy 9* 2) *Kupitz, Isabella 11*
 3) *Pesek, Chloe 11* 4) *Johnson, Brooklyn x 9*

6 RED RIVER 'A' 11:50.85

1) *Shock, Brenna 10* 2) *Johnson, Ellie 9*
 3) *Miller, Audrina 9* 4) *Dupont, Evelyn 12*

7 FARGO SOUTH 'A' 11:51.88

1) *Roehl, Ella 10* 2) *Baingui Minou, Lengueth 9*
 3) *Korinta, Kyrie 9* 4) *Ward, Mylee 10*

8 GRAND FORKS 'A' 12:09.00
 CENTRAL

1) *Haskamp, Emma 11* 2) *Berry, Ellen 11*
 3) *Stern, Katelyn 11* 4) *Henry, Tennesyn 11*

Girls 300m Hurdles Varsity

Finals

Heat 1

1 Lovelace, Abigail 12 FARGO NORTH 49.79

2 James, Axumite Wren 10 FARGO SOUTH 48.80

3 Brakke, Sophie 10 RED RIVER 47.16

4 Kraft, Sara 8 DEVILS LAKE 48.09

5 Hoefs, Jocelynne 8 RED RIVER 48.66

6 Abdul-Hammed, Hikmah 9 FARGO NORTH 49.03

7 Knoke, Paityn 8 FARGO NORTH 50.55

8 Moen, Brynn 11 GRAND FORKS... 50.68

Heat 2

1 Larsen, Rylee 10 WEST FARGO 55.95

2 McCloud, Mallie 9 DEVILS LAKE 55.16

3 Sorum, Erin 12 FARGO SOUTH 50.95

4 Lebrun, Aubrie 9 DEVILS LAKE 53.00

5 Hedlund, Annabelle 9 MOORHEAD 55.06

6 Sacko, Kadi 11 WEST FARGO 55.75

7 Murphy, Audrey 9 MOORHEAD 56.47

Heat 3

3 Gross, McKenna 9 WEST FARGO 56.76

4 Carlsrud, Briar 10 MOORHEAD 57.00

5 Llapa, Morianna 12 RED RIVER 58.46

Boys 4x800 Relay Varsity

Finals

Heat 1

3 DEVILS LAKE 'A' 8:28.00

1) *Stubbe, Malcolm 12* 2) *Bennett, Zane 8*
 3) *Azure, Noah 10* 4) *Goss, Tyler 12*

4 RED RIVER 'A' 8:30.38

1) *Hoffarth, Grant 11* 2) *Larsen-Schmidt, Micah 11*
 3) *Dafoe, Elijah 10* 4) *Dafoe, Jonah 12*

5 FARGO NORTH 'A' 8:35.89

1) *Sondag, Owen 11* 2) *Pederson, Elijah 12*
 3) *Lien, James 11* 4) *Middaugh, Braxton 12*

6 WEST FARGO 'A' 8:44.28

1) *Yahnke, Noah 12* 2) *Wohl, Brady 11*
 3) *Amundson, Isaac 10* 4) *Knudsvig, Andrew 10*

7 FARGO SOUTH 'A' 9:00.00

1) *Larson, Charley 12* 2) *Kain, Alexander 9*
 3) *Robinson, Lukas 10* 4) *Lentz, Timothy 10*

8 MOORHEAD 'A' 9:30.00

1) *Noyes, Brock 11* 2) *Sullivan, Michael 11*
 3) *Adams, Dresden 10* 4) *Brewster, Abel 11*

Boys 300m Hurdles Varsity

Finals

Heat 1

1 Masiri, Desire 10 WEST FARGO 42.73

2 Knoke, Trey 10 FARGO NORTH 41.55

3 Heydt, Lukas 12 RED RIVER 40.05

4 Guscette, Jack 10 WEST FARGO 41.40

5 Bryce Volk, Aiden 12 DEVILS LAKE 41.42

6 King, Laquan 12 FARGO NORTH 41.96

7 Kessel, Reis 11 FARGO SOUTH 42.74

8 Neil, Josh 11 RED RIVER 42.79

Heat 2

1 Sobolik, Adam 10 DEVILS LAKE 45.70

2 Kloeckner, Tyler 12 FARGO SOUTH 44.58

3 Anderson, Charlie 12 FARGO NORTH 43.07

4 Valdez, Joaquin 8 WEST FARGO 43.20

5 Suedel, Danny 10 GRAND FORKS... 43.62

6 Suriano, Asher 9 RED RIVER 45.50

7 Quam, Grant 10 DEVILS LAKE 49.44

8 Kyne, Israel 10 MOORHEAD 50.32

Girls 100 Meters Varsity

Finals

Heat 1

1	McCarthy, Annika	12	DEVILS LAKE	13.58
2	Tangedal, Gabby	10	DEVILS LAKE	13.43
3	Maxwell, Jordis	11	FARGO SOUTH	13.28
4	Gee, Michelle	9	WEST FARGO	12.15
5	White, Ellery	10	RED RIVER	13.17
6	Heilman, Ella	10	WEST FARGO	13.29
7	Naklen, Isabelle	9	FARGO SOUTH	13.49
8	Janich, Audrey	10	MOORHEAD	13.63

Heat 2

1	Heyd, Sierra	12	GRAND FORKS...	14.22
2	Kus, Trinity	7	DEVILS LAKE	14.19
3	Samek, Taya	12	WEST FARGO	13.75
4	Sather, Madelyn	10	MOORHEAD	13.64
5	Majetich, Adelina	12	FARGO SOUTH	13.67
6	Elhamadany, Noura	12	RED RIVER	13.85
7	Chakua, Jady	11	FARGO NORTH	14.20
8	Cerney, Addison	10	FARGO NORTH	14.36

Heat 3

3	Kargbo, Posseh	11	FARGO NORTH	14.67
4	Meyer, Ambrea	9	GRAND FORKS...	14.52
5	Look, Madeline	9	RED RIVER	14.58

Boys 100 Meters Varsity

Finals

Heat 1

1	Mallory, Mikey	12	RED RIVER	11.35
2	Skari, Ian	9	WEST FARGO	11.13
3	Haugo, Peder	11	FARGO NORTH	11.12
4	Severson, Caleb	12	RED RIVER	10.85
5	Gaden, James	12	FARGO SOUTH	11.12
6	Dorudian, Amir	12	RED RIVER	11.13
7	Nojang, Aden	10	FARGO NORTH	11.22
8	Nyenabo, Isaac	12	WEST FARGO	11.45

Heat 2

1	Hintz, Dylan	12	DEVILS LAKE	11.92
2	Hanesgard, George	11	FARGO SOUTH	11.81
3	Williams, Lance	10	WEST FARGO	11.61
4	Kubat, Kevin	12	GRAND FORKS...	11.48
5	Adams-Vandal, Sam	11	FARGO NORTH	11.52
6	Suah, Madison	9	MOORHEAD	11.74
7	Hofstad, Drew	11	DEVILS LAKE	11.83
8	Runnels, Jaylen	9	FARGO SOUTH	12.05

Heat 3

2	Zielinski, Aurek	10	MOORHEAD	12.34
3	Lunski, Edison	12	GRAND FORKS...	12.10
4	Cooper, Elinneus	11	MOORHEAD	12.09
5	Schneider, Colton	12	DEVILS LAKE	12.09
6	Lindseth, Cade	12	GRAND FORKS...	12.19

Girls 4x200 Relay Varsity

Finals

Heat 1

2	RED RIVER	'A'	1:57.00
1) Look, Madeline	9	2) Swanson, Addison	7
3) Elhamadany, Noura	12	4) White, Ellery	10

3	WEST FARGO	'A'	1:47.23
---	------------	-----	---------

1) Heilman, Ella	10	2) Scarbrough, Zevina	10
3) Gustafson, Samantha	12	4) Bah, Ejatu	10

4	FARGO SOUTH	'A'	1:52.34
---	-------------	-----	---------

1) Maxwell, Jordis	11	2) Naklen, Isabelle	9
3) Sorum, Erin	12	4) Majetich, Adelina	12

5	FARGO NORTH	'A'	1:52.54
---	-------------	-----	---------

1) Abdul-Hammed, Hikmah	9	2) Fluge, Nora	10
3) Knoke, Paityn	8	4) Lovelace, Abigail	12

6	DEVILS LAKE	'A'	2:00.00
---	-------------	-----	---------

1) Hofstad, Emma	7	2) Kus, Trinity	7
3) Brown, Presley	9	4) Rodacker, Chassidy	8

7	GRAND FORKS	'A'	2:00.00
---	-------------	-----	---------

CENTRAL

1) Arnold, Emily	11	2) Kindseth, Aria	11
3) Haskamp, Emma	11	4) Moen, Brynn	11

8	MOORHEAD	'A'	2:01.00
---	----------	-----	---------

1) Stuber, Alexis	9	2) Verkuilen, Greta	9
3) Zuo, Ariel	10	4) Brooks-Samek, Madalun	11

Boys 4x200 Relay Varsity

Finals

Heat 1

3	FARGO NORTH	'A'	1:32.39
---	-------------	-----	---------

1) Adams-Vandal, Sam	11	2) Haugo, Peder	11
3) Koenig, Clay	10	4) Nojang, Aden	10

4	WEST FARGO	'A'	1:32.54
---	------------	-----	---------

1) McGregor, Keyton	11	2) Blotsky, Isaac	9
3) Jelinek, Alex	11	4) Kjervestad, Chase	11

5	RED RIVER	'A'	1:32.57
---	-----------	-----	---------

1) Dorudian, Amir	12	2) Chine, Jaden	12
3) Andrade, Brody	10	4) Mallory, Mikey	12

6	FARGO SOUTH	'A'	1:34.00
---	-------------	-----	---------

1) Anderson, Jayvon	9	2) Zulu, Justin	11
3) Quibell, Tristan	12	4) Zulu, Austin	11

7	DEVILS LAKE	'A'	1:34.60
---	-------------	-----	---------

1) Hofstad, Drew	11	2) Hintz, Dylan	12
3) Sobolik, Adam	10	4) Bryce Volk, Aiden	12

8	MOORHEAD	'A'	1:40.00
---	----------	-----	---------

1) Bement, Espen	9	2) Cooper, Elinneus	11
3) Kiyee, Eric	10	4) Stenehjem, Maxwell	12

Girls 1600 Meters Varsity

Finals

Heat 1

1	Bartell, Claire	10	FARGO NORTH	5:38.35
2	Lelm, Rylie	10	RED RIVER	5:39.67
3	Hartze, Morgan	11	RED RIVER	5:40.85
4	Hillmer, Berit	9	FARGO NORTH	5:48.50
5	Parks, Ava	9	RED RIVER	5:59.36
6	Julian, Isabelle	11	FARGO SOUTH	6:03.34
7	Myran, Piper	11	MOORHEAD	6:03.73
8	Johnson, Averi	10	WEST FARGO	6:06.26
9	Wetterlin, Andrea	9	WEST FARGO	6:10.69

Heat 2

1	Goss, Dottie	7	DEVILS LAKE	6:13.97
2	Britsch, Kayla	12	DEVILS LAKE	6:16.27
3	Christians, Taylor	10	WEST FARGO	6:19.00
4	Wilson, Harper	9	MOORHEAD	6:20.00
5	Stern, Katelyn	11	GRAND FORKS...	6:30.21
6	Waldron, Anna	11	MOORHEAD	6:35.26
7	Hashbarger, Eve	9	FARGO SOUTH	6:40.08
8	Berry, Ellen	11	GRAND FORKS...	7:07.60
9	Eback, Alora	10	FARGO SOUTH	7:41.34

Boys 1600 Meters Varsity

Finals

Heat 1

1	Goss, Brady	12	DEVILS LAKE	4:31.26
2	Aly Ahmed, Omar	12	FARGO SOUTH	4:40.35
3	Evans, Matt	12	RED RIVER	4:49.88
4	Yahnke, Noah	12	WEST FARGO	4:52.36
5	Bennett, Zane	8	DEVILS LAKE	4:53.14
6	Quinn, Joe	10	RED RIVER	4:54.80
7	Seymour, Haakon	9	WEST FARGO	4:55.45
8	Cerney, Isaac	9	FARGO NORTH	4:57.73
9	Berberich, Kael	11	RED RIVER	5:01.36

Heat 2

1	Leiser, Hayden	10	MOORHEAD	5:02.25
2	Schimmelpfennig, Ian	9	MOORHEAD	5:02.41
3	Diederich, Preston	11	GRAND FORKS...	5:03.44
4	Rasmussen, Ian	10	FARGO NORTH	5:05.70
5	Barbot, Oscar	11	FARGO SOUTH	5:08.88
6	Selberg, James	12	WEST FARGO	5:10.85
7	Ellingsberg, Dane	9	MOORHEAD	5:21.04
8	Syster, Jacob	10	FARGO SOUTH	5:25.06
9	Stubbe, Malcolm	12	DEVILS LAKE	5:34.75

Girls 4x100 Relay Varsity

Finals

Heat 1

2	FARGO NORTH	'A'	52.84
1)	Abdul-Hammed, Hikmah 9	2)	Chakua, Jady N 11
3)	Tollefson, Haidyn 12	4)	Cerney, Addison 10
3	WEST FARGO	'A'	50.24
1)	Heilman, Ella 10	2)	Gustafson, Samantha 12
3)	Samek, Taya 12	4)	Gee, Michelle 9
4	FARGO SOUTH	'A'	51.42
1)	Majetich, Adelina 12	2)	Sorum, Erin 12
3)	Maxwell, Jordis 11	4)	Naklen, Isabelle 9
5	DEVILS LAKE	'A'	52.00
1)	Tangedal, Gabby 10	2)	Kraft, Sara 8
3)	Tangedal, Isabella 11	4)	McCarthy, Annika 12
6	MOORHEAD	'A'	53.00
1)	Janich, Audrey 10	2)	Sather, Madelyn 10
3)	Hedlund, Annabelle 9	4)	Zuo, Ariel 10
7	RED RIVER	'A'	56.00
1)	Look, Madeline 9	2)	Swanson, Addison 7
3)	Elhamadany, Noura 12	4)	White, Ellery 10
8	GRAND FORKS CENTRAL	'A'	56.79
1)	Heyd, Sierra 12	2)	Meyer, Ambrea 9
3)	Arnold, Emily 11	4)	Moen, Brynn 11

Boys 4x100 Relay Varsity

Finals

Heat 1

2	DEVILS LAKE	'A'	44.50
1)	Schneider, Colton 12	2)	Cavanaugh, Reggie 11
3)	Enget, Sam 12	4)	Hofstad, Drew 11
3	RED RIVER	'A'	43.40
1)	Mallory, Mikey 12	2)	Severson, Caleb 12
3)	Gaye, Isaiah 10	4)	Dorudian, Amir 12
4	FARGO NORTH	'A'	43.82
1)	Adams-Vandal, Sam 11	2)	Haugo, Peder 11
3)	Koenig, Clay 10	4)	Nojang, Aden 10
5	WEST FARGO	'A'	44.12
1)	Williams, Lance 10	2)	Skari, Ian 9
3)	Kjervestad, Chase 11	4)	Nyenabo, Isaac 12
6	FARGO SOUTH	'A'	44.60
1)	Anderson, Jayvon 9	2)	Moore, A'Johntez 11
3)	Hanesgard, George 11	4)	Gaden, James 12
7	GRAND FORKS CENTRAL	'A'	45.35
1)	Lunski, Edison 12	2)	Kubat, Kevin 12
3)	Hendrickson, Bradyn 12	4)	Berry, Talib 10
8	MOORHEAD	'A'	45.50
1)	Manalo, Justine 10	2)	Bement, Espen 9
3)	Suah, Madison 9	4)	Zielinski, Aurek 10

Girls 400 Meters Varsity

Finals

Heat 1

1	Shock, Anna	10	DEVILS LAKE	1:07.57
2	Hoefs, Jocelynn	8	RED RIVER	1:07.00
3	Anderson, Grayce	10	FARGO NORTH	1:00.98
4	Thiel, Grace	10	FARGO NORTH	1:00.98
5	Nelson, Ella	11	WEST FARGO	1:06.64
6	Fluge, Nora	10	FARGO NORTH	1:07.32
7	Wetterlin, Andrea	9	WEST FARGO	1:07.88
8	Hofstad, Emma	7	DEVILS LAKE	1:08.00

Heat 2

1	Kupitz, Isabella	11	MOORHEAD	1:11.32
2	Krogstad, Abigail	10	MOORHEAD	1:09.37
3	Stordahl, Addy	9	MOORHEAD	1:08.00
4	Heyd, Sierra	12	GRAND FORKS...	1:08.53
5	Shock, Brenna	10	RED RIVER	1:08.53
6	Zimmerman, Jaeda	9	FARGO SOUTH	1:11.20
7	Rodacker, Chassidy	8	DEVILS LAKE	1:13.00
8	Hoffert, Talyn	9	FARGO SOUTH	1:14.49

Heat 3

3	Knudsen, Olivia	10	RED RIVER	1:14.50
4	Suah, Ciara	9	FARGO SOUTH	1:15.70
5	Uhlir, Katie	10	GRAND FORKS...	1:26.63

Boys 400 Meters Varsity

Finals

Heat 1

1	Lien, James	11	FARGO NORTH	53.28
2	Bourke, Aiden	12	FARGO SOUTH	52.35
3	Dafoe, Jonah	12	RED RIVER	51.81
4	Andrade, Brody	10	RED RIVER	52.24
5	Zulu, Justin	11	FARGO SOUTH	52.25
6	Hoffarth, Grant	11	RED RIVER	52.35
7	Moore, A'Johntez	11	FARGO SOUTH	53.53
8	Oss, Navy	12	GRAND FORKS...	54.69

Heat 2

1	Toso, Kole	12	DEVILS LAKE	56.60
2	Knudsvig, Andrew	10	WEST FARGO	56.09
3	Seymour, Haakon	9	WEST FARGO	54.75
4	Enget, Sam	12	DEVILS LAKE	55.50
5	Campbell, Europe	10	FARGO NORTH	55.90
6	Kielty, Bjorn	11	FARGO NORTH	56.29
7	Exner, Bryar	9	DEVILS LAKE	56.91
8	Berry, Talib	10	GRAND FORKS...	57.13

Heat 3

3	Jelinek, Alex	11	WEST FARGO	57.98
4	Brandt, Hudson	10	MOORHEAD	58.40
5	Adams, Dresden	10	MOORHEAD	

Girls 100m Hurdles Varsity

Finals

Heat 1

1	Abdul-Hammed, Hikmah	9	FARGO NORTH	18.05
2	Moen, Brynn	11	GRAND FORKS...	16.86
3	James, Axumite Wren	10	FARGO SOUTH	15.98
4	Gustafson, Samantha	12	WEST FARGO	15.58
5	Brakke, Sophie	10	RED RIVER	15.86
6	Sorum, Erin	12	FARGO SOUTH	16.17
7	Finn, Brooke	9	WEST FARGO	17.95
8	Knoke, Paityn	8	FARGO NORTH	18.22

Heat 2

2	Stuber, Alexis	9	MOORHEAD	20.74
3	Llapa, Morianna	12	RED RIVER	20.23
4	Sacko, Kadi	11	WEST FARGO	18.31
5	McCloud, Mallie	9	DEVILS LAKE	19.55
6	Botnen, Keira	9	RED RIVER	20.56
7	Carlsrud, Briar	10	MOORHEAD	20.87

Heat 3

3	Orness, Elizabeth	9	DEVILS LAKE	21.22
4	Pfeifer, Emma	9	MOORHEAD	20.89
5	Johnson, Dylan	12	FARGO NORTH	21.05

Boys 110m Hurdles Varsity

Finals

Heat 1

1	Strand, Ben	11	RED RIVER	16.42
2	King, Laquan	12	FARGO NORTH	15.79
3	Byron, Carter	12	RED RIVER	15.40
4	Knoke, Trey	10	FARGO NORTH	14.89
5	Heydt, Lukas	12	RED RIVER	15.04
6	Kessel, Reis	11	FARGO SOUTH	15.76
7	Anderson, Jayvon	9	FARGO SOUTH	16.24
8	Guscette, Jack	10	WEST FARGO	16.54

Heat 2

3	Willey, Noah	12	FARGO SOUTH	22.06
4	Masiri, Desire	10	WEST FARGO	16.76
5	Valdez, Joaquin	8	WEST FARGO	16.97
6	Kyne, Israel	10	MOORHEAD	22.09

Girls 800 Meters Varsity

Finals

Heat 1

1	Knudsvig, Jordan	12	WEST FARGO	2:20.35
2	Nelson, Emily	12	RED RIVER	2:25.48
3	Lelm, Rylie	10	RED RIVER	2:35.28
4	Parks, Ava	9	RED RIVER	2:35.67
5	Goss, Dottie	7	DEVILS LAKE	2:37.09
6	Pfau, Chloe	12	WEST FARGO	2:37.46
7	Hillmer, Berit	9	FARGO NORTH	2:41.00
8	Jackson, Joslyn	12	WEST FARGO	2:41.68
9	McLaurin, Emily	8	DEVILS LAKE	2:42.50
10	Dreessen, Elizabeth	10	MOORHEAD	2:43.39

Heat 2

1	Bartell, Claire	10	FARGO NORTH	2:43.50
2	Lebrun, Aubrie	9	DEVILS LAKE	2:44.70
3	Retzer, Abbi	9	MOORHEAD	2:45.00
4	Roehl, Ella	10	FARGO SOUTH	2:53.53
5	Johnson, Brooklyn x	9	MOORHEAD	2:54.68
6	Bainbgui Minou, Lengueth	9	FARGO SOUTH	3:01.33
7	Henry, Tennasyn	11	GRAND FORKS...	3:01.90
8	Hashbarger, Eve	9	FARGO SOUTH	3:08.44
9	Anderson, Elsie	11	FARGO NORTH	
10	Berry, Ellen	11	GRAND FORKS...	

Boys 800 Meters Varsity**Finals****Heat 1**

1	Sondag, Owen	11	FARGO NORTH	2:00.58
2	Middaugh, Braxton	12	FARGO NORTH	2:00.67
3	Goss, Tyler	12	DEVILS LAKE	2:01.00
4	Sande, Curtis	11	GRAND FORKS...	2:03.70
5	Larsen-Schmidt, Micah	11	RED RIVER	2:03.77
6	Neil, Josh	11	RED RIVER	2:07.00
7	Pederson, Elijah	12	FARGO NORTH	2:07.00
8	Aly Ahmed, Omar	12	FARGO SOUTH	2:07.08
9	Barbot, Oscar	11	FARGO SOUTH	2:08.41
10	Amundson, Isaac	10	WEST FARGO	2:09.79

Heat 2

1	Wohl, Brady	11	WEST FARGO	2:11.84
2	Bennett, Zane	8	DEVILS LAKE	2:12.38
3	Pritchard, Hayden	12	WEST FARGO	2:13.78
4	Dafoe, Elijah	10	RED RIVER	2:14.56
5	Diederich, Preston	11	GRAND FORKS...	2:17.17
6	Stubbe, Malcolm	12	DEVILS LAKE	2:17.82
7	Larson, Charley	12	FARGO SOUTH	2:19.05
8	Sullivan, Michael	11	MOORHEAD	2:22.45
9	Schlichting, Eli	9	MOORHEAD	2:37.12
10	Bessie, Alex	12	MOORHEAD	2:40.50

Girls 200 Meters Varsity**Finals****Heat 1**

1	Nelson, Ella	11	WEST FARGO	28.53
2	White, Ellery	10	RED RIVER	28.06
3	Gee, Michelle	9	WEST FARGO	25.29
4	Maxwell, Jordis	11	FARGO SOUTH	27.35
5	Tangedal, Gabby	10	DEVILS LAKE	27.62
6	Naklen, Isabelle	9	FARGO SOUTH	28.41
7	Majetich, Adelina	12	FARGO SOUTH	28.61
8	Elhamadany, Noura	12	RED RIVER	28.68

Heat 2

1	Cerney, Addison	10	FARGO NORTH	29.54
2	Buroko, Danielle	7	RED RIVER	29.29
3	Heyd, Sierra	12	GRAND FORKS...	28.89
4	Tangedal, Isabella	11	DEVILS LAKE	29.11
5	Bah, Ejatu	10	WEST FARGO	29.16
6	Chakua, Jadyne	11	FARGO NORTH	29.52
7	Hedlund, Annabelle	9	MOORHEAD	29.96
8	Zuo, Ariel	10	MOORHEAD	30.75

Heat 3

3	McCloud, Mallie	9	DEVILS LAKE	31.00
4	Meyer, Ambrea	9	GRAND FORKS...	32.54
5	Vega, Sofia	11	FARGO NORTH	

Boys 200 Meters Varsity**Finals****Heat 1**

1	Severson, Caleb	12	RED RIVER	23.18
2	Adams-Vandal, Sam	11	FARGO NORTH	23.08
3	Zulu, Austin	11	FARGO SOUTH	22.00
4	Skari, Ian	9	WEST FARGO	22.84
5	Nojang, Aden	10	FARGO NORTH	22.88
6	Haugo, Peder	11	FARGO NORTH	23.09
7	Gaden, James	12	FARGO SOUTH	23.25
8	Kubat, Kevin	12	GRAND FORKS...	23.27

Heat 2

1	Zielinski, Aurek	10	MOORHEAD	23.88
2	Nyenabo, Isaac	12	WEST FARGO	23.45
3	Quibell, Tristan	12	FARGO SOUTH	23.34
4	Williams, Lance	10	WEST FARGO	23.37
5	Andrade, Brody	10	RED RIVER	23.45
6	Chine, Jaden	12	RED RIVER	23.61
7	Hintz, Dylan	12	DEVILS LAKE	24.30
8	Lindseth, Cade	12	GRAND FORKS...	24.52

Heat 3

3	Toso, Kole	12	DEVILS LAKE	25.02
4	Suah, Madison	9	MOORHEAD	25.24
5	Cavanaugh, Reggie	11	DEVILS LAKE	25.52
6	Manalo, Justine	10	MOORHEAD	25.65
7	Hendrickson, Bradyn	12	GRAND FORKS...	25.98

Girls 3200 Meters Varsity**Finals****Heat 1**

1	Dosch, Lauren	12	RED RIVER	11:50.85
2	Schiller, Jocelyn	11	RED RIVER	11:50.85
3	Champagne, Brooklyn	12	FARGO NORTH	12:40.00
4	Lam, Kaia	7	RED RIVER	12:57.16
5	Lindgren, Alexis	10	WEST FARGO	12:59.92
6	McLaurin, Gabrielle	11	DEVILS LAKE	13:01.07
7	Retzlaff, Miranda	10	WEST FARGO	13:18.71
8	Julian, Isabelle	11	FARGO SOUTH	13:37.36
9	Fritel, Hallie	12	DEVILS LAKE	
10	Klaman, Olivia	10	WEST FARGO	
11	Uhlir, Katie	10	GRAND FORKS...	

Boys 3200 Meters Varsity Finals

Heat 1

1	Roehl, Quinn	12	GRAND FORKS...	9:27.73
2	Quinn, Joe	10	RED RIVER	10:13.44
3	Berberich, Kael	11	RED RIVER	10:36.75
4	Evans, Matt	12	RED RIVER	10:41.29
5	Kain, Alexander	9	FARGO SOUTH	10:51.07
6	Pryor, Simon	12	FARGO NORTH	11:16.51
7	Pochmara, Christian	10	FARGO NORTH	11:17.92
8	Azure, Noah	10	DEVILS LAKE	11:36.91
9	Syster, Jacob	10	FARGO SOUTH	11:39.05
10	Davies, Ben	9	WEST FARGO	11:45.74
11	Robinson, Lukas	10	FARGO SOUTH	12:52.76
12	Willows, Caden	11	WEST FARGO	

Girls 4x400 Relay Varsity Finals

Heat 1

2	MOORHEAD	'A'	4:30.00
1)	Retzer, Abbi 9	2)	Krogstad, Abigail 10
3)	Dreessen, Elizabeth 10	4)	Wilson, Harper 9
3	DEVILS LAKE	'A'	4:14.00
1)	Tangedal, Gabby 10	2)	Kraft, Sara 8
3)	McCarthy, Annika 12	4)	Tangedal, Isabella 11
4	FARGO NORTH	'A'	4:14.89
1)	Anderson, Grayce 10	2)	Thiel, Grace 10
3)	Lovelace, Abigail 12	4)	Fluge, Nora 10
5	WEST FARGO	'A'	4:17.35
1)	Knudsvig, Jordan 12	2)	Heilman, Ella 10
3)	Wavrin, Lily 8	4)	Bah, Ejatu 10
6	GRAND FORKS CENTRAL	'A'	4:55.00
1)	Arnold, Emily 11	2)	Kindseth, Aria 11
3)	Stern, Katelyn 11	4)	Henry, Tennesyn 11
7	RED RIVER	'A'	4:55.00
1)	Dupont, Evelyn 12	2)	Johnson, Ellie 9
3)	Knudsen, Olivia 10	4)	Miller, Audrina 9
8	FARGO SOUTH	'A'	5:00.00
1)	Zimmerman, Jaeda 9	2)	Hoffert, Talyn 9
3)	Suah, Ciara 9	4)	Ward, Mylee 10

Boys 4x400 Relay Varsity Finals

Heat 1

2	GRAND FORKS CENTRAL	'A'	3:36.14
1)	Oss, Navy 12	2)	Sande, Curtis 11
3)	Suedel, Danny 10	4)	Roehl, Quinn 12
3	RED RIVER	'A'	3:28.53
1)	Dafoe, Jonah 12	2)	Severson, Caleb 12
3)	Heydt, Lukas 12	4)	Hoffarth, Grant 11
4	DEVILS LAKE	'A'	3:32.80
1)	Goss, Brady 12	2)	Sobolik, Adam 10
3)	Goss, Tyler 12	4)	Bryce Volk, Aiden 12
5	FARGO NORTH	'A'	3:33.87
1)	Middaugh, Braxton 12	2)	Anderson, Charlie 12
3)	King, Laquan 12	4)	Lien, James 11
6	WEST FARGO	'A'	3:38.50
1)	Pritchard, Hayden 12	2)	Yahnke, Noah 12
3)	Blotsky, Isaac 9	4)	Kjervestad, Chase 11
7	FARGO SOUTH	'A'	3:40.00
1)	Taylor, Amari 9	2)	Hoffert, Treyton 11
3)	Kloeckner, Tyler 12	4)	Middleton, Jaden 11
8	MOORHEAD	'A'	4:00.00
1)	Noyes, Brock 11	2)	Leiser, Hayden 10
3)	Rein-Strutz, Samuel 10	4)	Schimmelpfennig, Ian 9

Girls High Jump Varsity Finals

Flight 1

1	Johnson, Camryn	9	MOORHEAD	
2	Buroko, Danielle	7	RED RIVER	
3	Naklen, Webeline	9	FARGO SOUTH	4-03.00
4	Bainbgui Minou, Lengueth	9	FARGO SOUTH	4-03.00
5	Kargbo, Posseh	11	FARGO NORTH	4-05.00
6	Brown, Presley	9	DEVILS LAKE	4-05.00
7	Bentz, Hadlee	10	MOORHEAD	4-05.00
8	Bachmeier, Jaricha	10	WEST FARGO	4-05.00
9	Tarwo, Lihanna	9	MOORHEAD	4-06.00
10	McLaurin, Katelyn	11	DEVILS LAKE	4-07.00
11	Kus, Trinity	7	DEVILS LAKE	4-07.00
12	Scarborough, Zevina	10	WEST FARGO	4-09.00
13	Knoke, Paityn	8	FARGO NORTH	4-09.00
14	Arnold, Emily	11	GRAND FORKS...	4-09.00
15	Tollefson, Haidyn	12	FARGO NORTH	4-10.00
16	Esposito, Emma	9	WEST FARGO	4-11.00
17	Rydell, Lauryn	12	RED RIVER	5-01.00
18	James, Axumite Wren	10	FARGO SOUTH	5-01.00
19	Hoefs, Jocelynne	8	RED RIVER	5-01.00

Boys High Jump Varsity**Finals****Flight 1**

1	Walker, Lincoln	9	WEST FARGO	
2	Dafoe, Jonah	12	RED RIVER	
3	Kiyee, Eric	10	MOORHEAD	5-02.00
4	Cooper, Elinneus	11	MOORHEAD	5-02.00
5	Quam, Grant	10	DEVILS LAKE	5-04.00
6	Manalo, Justine	10	MOORHEAD	5-04.00
7	Oehlke, Zach	11	RED RIVER	5-06.00
8	Valdez, Joaquin	8	WEST FARGO	5-08.00
9	Nelson, Joel	10	DEVILS LAKE	5-08.00
10	Anderson, Jayvon	9	FARGO SOUTH	5-08.00
11	Cavanaugh, Reggie	11	DEVILS LAKE	5-10.00
12	Anderson, Charlie	12	FARGO NORTH	5-10.00
13	Weninger, James	12	FARGO NORTH	6-00.00
14	Nelson, Quinn	12	RED RIVER	6-00.00
15	Taylor, Amari	9	FARGO SOUTH	6-02.00
16	Knoke, Trey	10	FARGO NORTH	6-02.00

Girls Long Jump Varsity**Finals****Flight 1**

1	Teah, Ciera	12	FARGO SOUTH	
2	Johnson, Dylan	12	FARGO NORTH	
3	Hartze, Morgan	11	RED RIVER	
4	Korinta, Kyrie	9	FARGO SOUTH	12-07.50
5	Kus, Trinity	7	DEVILS LAKE	13-00.00
6	Hofstad, Emma	7	DEVILS LAKE	13-00.00
7	Cerney, Addison	10	FARGO NORTH	13-01.00
8	Steiner, Kelsa	12	WEST FARGO	13-10.00
9	Kindseth, Aria	11	GRAND FORKS...	14-02.00

Flight 2

1	Stuber, Alexis	9	MOORHEAD	14-02.50
2	Haskamp, Emma	11	GRAND FORKS...	14-02.50
3	Obi, Soludo	9	WEST FARGO	15-00.50
4	Kraft, Sara	8	DEVILS LAKE	15-02.50
5	Carlsrud, Briar	10	MOORHEAD	15-05.00
6	Sather, Madelyn	10	MOORHEAD	15-07.00
7	Buroko, Danielle	7	RED RIVER	16-00.00
8	Samek, Taya	12	WEST FARGO	16-05.25
9	Brakke, Sophie	10	RED RIVER	17-02.00

Girls Pole Vault Varsity**Finals****Flight 1**

1	Stevenson, Eli	11	GRAND FORKS...	
2	Kindseth, Wren	7	GRAND FORKS...	
3	Oakes, Isabelle	9	MOORHEAD	7-03.00
4	Anderson, Elsie	11	FARGO NORTH	7-03.00
5	Mattison, Ava	9	MOORHEAD	8-03.00
6	Feeny, Ellie	12	MOORHEAD	8-06.00
7	Finney, Camille	12	GRAND FORKS...	9-03.00
8	Aasen, Emery	11	WEST FARGO	9-03.00
9	Tang, Taylor	12	WEST FARGO	10-03.00
10	Dahl, Jolee	10	WEST FARGO	10-09.00

Boys Long Jump Varsity**Finals****Flight 1**

1	Bement, Espen	9	MOORHEAD	16-02.00
2	Manalo, Justine	10	MOORHEAD	17-03.50
3	Weninger, James	12	FARGO NORTH	17-09.50
4	Lanners, James	11	FARGO NORTH	18-01.75
5	Kiyee, Eric	10	MOORHEAD	18-02.00
6	Boutwell, Ty	11	FARGO NORTH	18-07.75
7	Walker, Lincoln	9	WEST FARGO	18-10.50
8	Masiri, Desire	10	WEST FARGO	19-01.00
9	Middleton, Jaden	11	FARGO SOUTH	19-02.50

Flight 2

1	Bryce Volk, Aiden	12	DEVILS LAKE	19-04.00
2	Enget, Sam	12	DEVILS LAKE	19-06.00
3	Schneider, Colton	12	DEVILS LAKE	19-07.00
4	Strand, Ben	11	RED RIVER	19-10.75
5	Valdez, Joaquin	8	WEST FARGO	19-11.25
6	Hoffert, Treyton	11	FARGO SOUTH	19-11.50
7	Gaye, Isaiah	10	RED RIVER	20-04.50
8	Hanesgard, George	11	FARGO SOUTH	20-08.00
9	Byron, Carter	12	RED RIVER	20-10.50

Boys Pole Vault Varsity**Finals****Flight 1**

1	Benton, Tobias	9	MOORHEAD	
2	Bennett, Tucker	8	DEVILS LAKE	7-06.00
3	Kostohryz, Evan	11	MOORHEAD	8-06.00
4	Kebulu, Simon	9	FARGO SOUTH	8-06.00
5	Walker, Lincoln	9	WEST FARGO	9-00.00
6	Urbain, Mbanzendore	10	RED RIVER	9-00.00
7	Jorgenson, Reagen	10	FARGO SOUTH	9-00.00
8	Gossett, Jeb	11	FARGO NORTH	9-00.00
9	Allmendinger, Jake	11	FARGO NORTH	9-00.00
10	Stockert, Bradyn	11	WEST FARGO	10-00.00
11	Saari, Austin	9	WEST FARGO	10-00.00
12	Iglesias-Fuller, Devyn	11	FARGO SOUTH	10-00.00
13	Flom, Hudson	12	RED RIVER	11-06.00
14	Kouba, Jack	12	RED RIVER	12-06.00
15	Kramer, Kyle	11	FARGO NORTH	13-00.00

Girls Triple Jump Varsity**Finals****Flight 1**

1	Carlsrud, Briar	10	MOORHEAD	
2	Henry, Tennesyn	11	GRAND FORKS...	27-05.50
3	Johnson, Dylan	12	FARGO NORTH	27-08.00
4	Rolla, Shekinah	9	RED RIVER	28-01.50
5	Steiner, Kelsa	12	WEST FARGO	28-05.50
6	Haskamp, Emma	11	GRAND FORKS...	29-01.50
7	Stuber, Alexis	9	MOORHEAD	29-10.50
8	Hofstad, Emma	7	DEVILS LAKE	30-02.00
9	McLaurin, Katelyn	11	DEVILS LAKE	30-03.00

Flight 2

1	Buroko, Danielle	7	RED RIVER	30-06.50
2	Teah, Ciera	12	FARGO SOUTH	31-05.00
3	Lovelace, Abigail	12	FARGO NORTH	32-10.75
4	Gustafson, Samantha	12	WEST FARGO	32-11.50
5	Sather, Madelyn	10	MOORHEAD	34-00.50
6	Obi, Soludo	9	WEST FARGO	34-02.25
7	Tollefson, Haidyn	12	FARGO NORTH	34-09.00
8	James, Axumite Wren	10	FARGO SOUTH	35-08.50
9	Brakke, Sophie	10	RED RIVER	36-03.00

Boys Triple Jump Varsity**Finals****Flight 1**

1	Bennett, Tucker	8	DEVILS LAKE	35-01.00
2	Dubois, Marquese	10	DEVILS LAKE	36-05.50
3	Walker, Lincoln	9	WEST FARGO	36-08.00
4	Stockert, Bradyn	11	WEST FARGO	36-11.00
5	Suah, Madison	9	MOORHEAD	37-01.50
6	Lanners, James	11	FARGO NORTH	37-06.00
7	Enget, Sam	12	DEVILS LAKE	39-04.25
8	Oehlke, Zach	11	RED RIVER	39-06.00
9	Hoffert, Treyton	11	FARGO SOUTH	40-04.50
10	Strand, Ben	11	RED RIVER	41-08.00
11	Boutwell, Ty	11	FARGO NORTH	42-03.50
12	Moore, A'Johntez	11	FARGO SOUTH	42-05.00
13	Weninger, James	12	FARGO NORTH	42-09.00
14	Middleton, Jaden	11	FARGO SOUTH	42-11.00
15	Gaye, Isaiah	10	RED RIVER	44-02.00

Girls Discus Varsity**Finals****Flight 1**

1	Llapa, Morianna	12	RED RIVER	52-03.00
2	Stiven, Lauren	9	DEVILS LAKE	56-10.00
3	McLaurin, Emily	8	DEVILS LAKE	58-04.00
4	Haberer, Anika	11	MOORHEAD	70-02.00
5	Becker, Elsie	9	FARGO SOUTH	70-10.00
6	Sivers, Kylee	9	FARGO SOUTH	71-05.00
7	Gebhard, Gretta	10	GRAND FORKS...	74-06.00
8	Vega, Sofia	11	FARGO NORTH	78-00.00
9	Baker, McKenzie	11	MOORHEAD	83-06.00

Flight 2

1	Johnson, Brooklyn	12	MOORHEAD	84-07.00
2	Karngbaye, Aalidia	9	FARGO SOUTH	85-05.00
3	Osier, Carrie	10	FARGO NORTH	96-09.00
4	Walsh, Ellie	10	GRAND FORKS...	96-11.00
5	Braun, Makenna	12	WEST FARGO	98-00.00
6	Zepeda, Kiara	11	WEST FARGO	100-08.00
7	Baker, Abby	10	RED RIVER	108-02.00
8	Osier, Emma	12	FARGO NORTH	108-04.00
9	Baker, Kaylee	12	GRAND FORKS...	109-11.00
10	Moton, Cailey	11	WEST FARGO	118-01.00

Boys Discus Varsity**Finals****Flight 1**

1	Hall, Heaton	10	MOORHEAD	85-10.00
2	Gulbranson, Jacob	10	MOORHEAD	91-03.00
3	Spicker, Ashton	10	MOORHEAD	104-03.00
4	Hodous, Hudson	11	DEVILS LAKE	106-04.00
5	Christianson, Tyler	12	FARGO SOUTH	107-05.00
6	Deckert, Josh	11	DEVILS LAKE	111-00.00
7	Grove, Lucas	10	WEST FARGO	112-04.00
8	Shafer, Angus	12	FARGO NORTH	113-05.00
9	Anderson, Brody	11	FARGO SOUTH	115-11.00
10	Mertens, Brett	11	DEVILS LAKE	119-06.00

Flight 2

1	Wetterlin, Alex	10	WEST FARGO	119-10.00
2	Vanyo, Tatum	11	GRAND FORKS...	120-09.00
3	Stewart, Jack	11	WEST FARGO	121-06.00
4	Biffert, Adam	12	FARGO SOUTH	124-03.00
5	Poole, Kyen	11	GRAND FORKS...	129-09.00
6	Byron, Carter	12	RED RIVER	131-02.00
7	Weninger, Brayden	10	FARGO NORTH	132-00.00
8	Thomas, Ethan	11	GRAND FORKS...	136-07.00
9	Miller, James	11	FARGO NORTH	146-04.00
10	Nelson, Quinn	12	RED RIVER	146-06.00
11	Arason, Logan	12	RED RIVER	171-03.00

Girls Javelin Varsity**Finals****Flight 1**

1	Mattson, Violet	9	GRAND FORKS...	47-04.00
2	Rolf, Sophia	9	RED RIVER	55-10.00
3	Sandstrom, Viola	10	FARGO NORTH	64-03.00
4	Gebhard, Gretta	10	GRAND FORKS...	71-05.00
5	Stevenson, Eli	11	GRAND FORKS...	71-09.00
6	Shock, Anna	10	DEVILS LAKE	77-02.00
7	Peterson, Brylie	11	WEST FARGO	79-09.00
8	Osier, Carrie	10	FARGO NORTH	83-09.00
9	Wavrin, Lily	8	WEST FARGO	84-03.00
10	Osier, Emma	12	FARGO NORTH	84-04.00
11	McLaurin, Gabrielle	11	DEVILS LAKE	86-00.00
12	Baker, Abby	10	RED RIVER	94-06.00
13	Feeney, Ellie	12	MOORHEAD	105-08.00
14	Zepeda, Kiara	11	WEST FARGO	107-09.00

Boys Javelin Varsity**Finals****Flight 1**

1	Elizondo, Dylan	11	FARGO SOUTH	49-02.00
2	Fugle, Tanner	10	FARGO NORTH	97-02.00
3	Kiely, Finn	9	FARGO NORTH	100-08.00
4	Nissen, Caleb	9	FARGO SOUTH	102-05.00
5	Zander, Jordan	11	FARGO NORTH	120-01.00
6	Vanyo, Tatum	11	GRAND FORKS...	122-09.00
7	Olson, Sam	10	WEST FARGO	124-05.00
8	Guscette, Jack	10	WEST FARGO	127-03.00

Flight 2

1	Myers, Camden	12	FARGO SOUTH	130-04.00
2	Wetterlin, Alex	10	WEST FARGO	130-09.00
3	Dubois, Marquese	10	DEVILS LAKE	135-09.00
4	Mertens, Brett	11	DEVILS LAKE	138-02.00
5	Byron, Carter	12	RED RIVER	165-05.00
6	Thomas, Ethan	11	GRAND FORKS...	165-09.00
7	Nelson, Quinn	12	RED RIVER	172-00.00
8	Schneider, Colton	12	DEVILS LAKE	173-09.00
9	Arason, Logan	12	RED RIVER	189-02.00

Girls Shot Put Varsity**Finals****Flight 1**

1	McLaurin, Emily	8	DEVILS LAKE	20-00.00
2	Rolf, Sophia	9	RED RIVER	22-02.00
3	Stiven, Lauren	9	DEVILS LAKE	22-08.00
4	Baker, McKenzie	11	MOORHEAD	26-01.00
5	Atwood, Jordyn	11	FARGO SOUTH	26-06.50
6	Gebhard, Gretta	10	GRAND FORKS...	27-05.00
7	Abel, Mayah	9	MOORHEAD	27-05.50
8	Sandstrom, Viola	10	FARGO NORTH	27-07.50
9	Monson, Emily	9	MOORHEAD	27-10.00

Flight 2

1	Karngbaye, Aalidia	9	FARGO SOUTH	28-04.00
2	Sivers, Kylee	9	FARGO SOUTH	29-02.00
3	Walsh, Ellie	10	GRAND FORKS...	30-11.50
4	Wiedeman, Heidi	11	WEST FARGO	31-00.00
5	Baker, Kaylee	12	GRAND FORKS...	32-01.00
6	Osier, Carrie	10	FARGO NORTH	33-03.00
7	Baker, Abby	10	RED RIVER	33-04.00
8	Guscette, Riley	12	WEST FARGO	38-04.00
9	Osier, Emma	12	FARGO NORTH	38-09.00
10	Moton, Cailey	11	WEST FARGO	39-09.00

Boys Shot Put Varsity**Finals****Flight 1**

1	Schultz, Austin	12	MOORHEAD	
2	Kamara, Genesis	9	MOORHEAD	36-04.00
3	Deckert, Josh	11	DEVILS LAKE	36-05.00
4	Zander, Jordan	11	FARGO NORTH	38-00.00
5	Grove, Lucas	10	WEST FARGO	38-01.00
6	Wall, Devin	11	WEST FARGO	38-04.00
7	Spicker, Ashton	10	MOORHEAD	38-08.00
8	Rance, Braxton	10	DEVILS LAKE	38-11.00
9	Poole, Kyen	11	GRAND FORKS...	39-01.00
10	Nelson, Joel	10	DEVILS LAKE	39-09.50

Flight 2

1	McMillan, Brenden	12	GRAND FORKS...	40-02.00
2	Stewart, Jack	11	WEST FARGO	40-05.00
3	Biffert, Adam	12	FARGO SOUTH	41-04.50
4	Buckmiller, Xzavier	11	FARGO NORTH	42-06.00
5	Nelson, Quinn	12	RED RIVER	42-07.00
6	Walters, James	10	RED RIVER	43-04.00
7	Christianson, Tyler	12	FARGO SOUTH	45-03.00
8	Kegbeh, Cole	11	FARGO SOUTH	45-10.00
9	Miller, James	11	FARGO NORTH	47-02.00
10	Kuznia, Zac	12	GRAND FORKS...	47-06.75
11	Arason, Logan	12	RED RIVER	49-07.00