

ND State Track & Field Meet 2022 - 5/26/2022 to 5/28/2022

MDU Resources Community Bowl

Results

Girls 100 Meter Dash Div A

Overall: 11.97 O 2010 Morgan Milbrath (Minot)
 State: 11.97 S 2010 Morgan Milbrath (Minot)
 Bowl: 11.88 B 2006 Whitney Carlson

Name	Yr	School	Prelims
Preliminaries			
1	Cece Deebom	11 Davies	12.07Q1.4
2	Michelle Gee	8 West Fargo	12.25Q0.8
3	Anthonett Nabwe	12 Jamestown	12.30Q0.3
4	Jasmine Williams	12 West Fargo	12.38Q0.4
5	Yolanda Nabwe	11 Jamestown	12.29Q0.8
6	Paige Renschler	10 Shanley	12.47Q1.4
7	Faith Brown	9 Minot	12.49Q0.3
8	MaLiah Burke	12 Minot	12.69Q0.4
9	Kia Ray	8 West Fargo S	12.58q 0.8
10	Kendall Berg	12 Bismarck	12.68 1.4
11	Cami Frey	10 Mandan	12.71 0.3
12	Cambree Volk	8 Legacy	12.75 1.4
13	Sydney Volesky	12 West Fargo S	12.82 0.3
14	Alimath Salou	11 Davies	12.87 0.8
15	Hannah Herbel	11 Century	12.93 0.4
16	Michaela Nesius	11 Davies	12.93 0.4
17	Nora Daub	11 Davies	12.93 1.4
18	Gracyn Brennan	12 Century	12.97 0.3
19	Jilian Quale	8 Bismarck	13.05 0.8
19	Evangeline Sappington	9 Horace	13.05 1.4
21	Maicee Burke	10 Minot	13.06 0.8
22	Maliah Frey	8 Century	13.08 0.8
23	Cassy Praska	12 Bismarck	13.09 0.3
24	Avery Mills	10 Century	13.10 0.3
25	Rachel Nwankwo	9 Minot	13.12 0.4
25	Annika McCarthy	11 Devils Lake	13.12 0.8
27	Noelle Friederichs	8 Shanley	13.16 0.3
28	Ellery White	9 Red River	13.18 1.4
29	Jayden Atkins	9 Dickinson	13.23 1.4
30	Jordis Maxwell	10 Fargo South	13.29 0.4
31	Gabby Tangedal	9 Devils Lake	13.31 0.4

Girls 100 Meter Dash Div A

Overall: 11.97 O 2010 Morgan Milbrath (Minot)
 State: 11.97 S 2010 Morgan Milbrath (Minot)
 Bowl: 11.88 B 2006 Whitney Carlson

Name	Yr	School	Finals
Finals			
1	Cece Deebom	11 Davies	12.15 -0.6
2	Jasmine Williams	12 West Fargo	12.41 -0.6
3	Anthonett Nabwe	12 Jamestown	12.53 -0.6
4	Yolanda Nabwe	11 Jamestown	12.55 -0.6
5	Michelle Gee	8 West Fargo	12.63 -0.6
6	Faith Brown	9 Minot	12.64 -0.6
7	Kia Ray	8 West Fargo S	12.76 -0.6
8	MaLiah Burke	12 Minot	12.76 -0.6
9	Paige Renschler	10 Shanley	12.87 -0.6

Girls 200 Meter Dash Div A

Overall: 24.32 O 2010 Morgan Milbrath
 State: 24.32 S 2010 Morgan Milbrath
 Bowl: 24.01 B 2010 Laura Roesler

Name	Yr	School	Prelims
Preliminaries			
1	Cece Deebom	11 Davies	24.85Q1.3
2	Jasmine Williams	12 West Fargo	24.95Q1.8
3	Erin Palmer	12 Century	25.09Q2.3
4	Michelle Gee	8 West Fargo	25.42Q2.3
5	Jazmin Barry	10 Dickinson	25.53Q1.8
6	Kate Laqua	9 Davies	25.56Q1.3
7	Eden Fridley	10 Century	25.59q 2.3
8	Faith Brown	9 Minot	25.83q 1.3
9	Paige Renschler	10 Shanley	26.00q 1.8
10	MaLiah Burke	12 Minot	26.10 1.8
11	Cami Frey	10 Mandan	26.32 2.3
12	Kendall Berg	12 Bismarck	26.35 2.3
13	Michaela Nesius	11 Davies	26.62 1.3
14	Allysa Larson	10 Jamestown	26.70 1.8
15	Cassy Praska	12 Bismarck	26.73 1.8
16	Yolanda Nabwe	11 Jamestown	26.78 1.3
17	Gabby Tangedal	9 Devils Lake	26.85 1.3
18	Ellery White	9 Red River	27.15 2.3
19	Annika McCarthy	11 Devils Lake	27.18 1.3
20	Evangeline Sappington	9 Horace	27.31 1.8

Girls 200 Meter Dash Div A

Overall: 24.32 O 2010 Morgan Milbrath
 State: 24.32 S 2010 Morgan Milbrath
 Bowl: 24.01 B 2010 Laura Roesler

Name	Yr	School	Finals
Finals			
1	Cece Deebom	11 Davies	24.41 +0.0
2	Jasmine Williams	12 West Fargo	24.95 +0.0
3	Erin Palmer	12 Century	25.12 +0.0
4	Jazmin Barry	10 Dickinson	25.16 +0.0
5	Michelle Gee	8 West Fargo	25.75 +0.0
6	Kate Laqua	9 Davies	25.85 +0.0
7	Eden Fridley	10 Century	25.95 +0.0
8	Faith Brown	9 Minot	26.23 +0.0
9	Paige Renschler	10 Shanley	26.64 +0.0

Girls 400 Meter Dash Div A

Overall: 53.25 O 2010 Laura Roesler
 State: 53.25 S 2010 Laura Roesler
 Bowl: 53.25 B 2010 Laura Roesler

Name	Yr	School	Prelims
Preliminaries			
1	Erin Palmer	12 Century	55.89Q
2	Jasmine Williams	12 West Fargo	57.45Q
3	Kate Laqua	9 Davies	59.11Q
4	Mesiku Hakim	10 Shanley	59.85Q
5	Autumn Ketterling	12 Century	59.99Q
6	Jazmin Barry	10 Dickinson	1:00.48Q

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Preliminaries ... (Girls 400 Meter Dash Div A)

Name	Yr	School	Prelims
7 Emily Mattern	11	Minot	1:00.25q
8 Avary Fitzpatrick	10	West Fargo S	1:00.87q
9 Mariah Burian	9	Davies	1:01.74q
10 Aspen Eslinger	10	Legacy	1:01.97
11 Allysah Larson	10	Jamestown	1:02.08
12 Ava Graf	10	Davies	1:02.52
13 Clara Robin	9	Shanley	1:02.87

Girls 400 Meter Dash Div A

Overall: 53.25 O 2010 Laura Roesler
 State: 53.25 S 2010 Laura Roesler
 Bowl: 53.25 B 2010 Laura Roesler

Name	Yr	School	Finals
1 Erin Palmer	12	Century	54.91
2 Jasmine Williams	12	West Fargo	56.77
3 Kate Laqua	9	Davies	56.95
4 Jazmin Barry	10	Dickinson	59.16
5 Mesiku Hakim	10	Shanley	59.71
6 Emily Mattern	11	Minot	59.86
7 Autumn Ketterling	12	Century	1:00.17
8 Mariah Burian	9	Davies	1:01.29
9 Avary Fitzpatrick	10	West Fargo S	1:02.00

Girls 800 Meter Run Div A

Overall: 2:10.78 O 2008 Laura Roesler
 State: 2:10.78 S 2008 Laura Roesler
 Bowl: 2:10.78 B 2008 Laura Roesler

Name	Yr	School	Finals
1 Erin Palmer	12	Century	2:15.87
2 Acey Elkins	11	Mandan	2:17.26
3 Jocelyn Schiller	10	Red River	2:18.35
4 Hailey Bjerke	12	Davies	2:18.82
5 Anna Lien	12	Fargo North	2:19.65
6 Greta Goven	9	Valley City	2:20.68
7 Lauren Dosch	11	Red River	2:21.12
8 Eva Selensky	9	St. Mary's	2:21.29
9 Eleni Lovgren	12	Williston	2:21.78
10 Morgan Hartze	10	Red River	2:22.92
11 Kylie Wald	11	St. Mary's	2:23.13
12 Elle Sondag	12	Fargo North	2:23.46
13 Brenna Barnick	12	Davies	2:23.58
14 Brenna White	12	West Fargo	2:23.99
15 Olivia Beschormer	11	West Fargo S	2:24.22
16 Reagan Berg	10	Valley City	2:24.84
17 Taya Fettig	9	Bismarck	2:25.48
18 Abigail Eberle	10	St. Mary's	2:27.57
19 Hallie Nash	9	Minot	2:29.45
20 Bayla Weigel	10	Bismarck	2:31.55

Girls 1600 Meter Run Div A

Overall: 4:44.44 O 1993 Becki Wells
 State: 4:44.44 S 1993 Becki Wells
 Bowl: 4:53.76 B 2016 Karly Ackley

Name	Yr	School	Finals
1 Anna Lien	12	Fargo North	5:09.66
2 Eleni Lovgren	12	Williston	5:13.82
3 Acey Elkins	11	Mandan	5:14.86
4 Jocelyn Schiller	10	Red River	5:15.56
5 Eva Selensky	9	St. Mary's	5:17.43
6 Jaelyn Ogle	11	Watford City	5:17.64
7 Bayla Weigel	10	Bismarck	5:17.70
8 Elle Sondag	12	Fargo North	5:17.75
9 Reagan Berg	10	Valley City	5:18.22
10 Lauren Dosch	11	Red River	5:21.81
11 Kinley Steckler	8	Davies	5:25.57
12 Hallie Nash	9	Minot	5:26.63
13 Cierra Bornemann	10	Davies	5:28.41
14 Greta Goven	9	Valley City	5:28.50
15 Kylie Wald	11	St. Mary's	5:28.78
16 Brooklyn Herrick	8	Horace	5:29.77
17 Taya Fettig	9	Bismarck	5:29.90
18 Sierra Watterud	12	Williston	5:32.86
19 Anna Bernhardt	12	Shanley	5:32.90
20 Abigail Eberle	10	St. Mary's	5:33.43

Girls 3200 Meter Run Div A

Overall: 10:32.86 O 2016 Karly Ackley
 State: 10:32.86 S 2016 Karly Ackley
 Bowl: 10:32.86 B 2016 Karly Ackley

Name	Yr	School	Finals
1 Eleni Lovgren	12	Williston	11:08.99
2 Jaelyn Ogle	11	Watford City	11:18.62
3 Bayla Weigel	10	Bismarck	11:28.00
4 Elle Sondag	12	Fargo North	11:31.84
5 Acey Elkins	11	Mandan	11:40.49
6 Anna Bernhardt	12	Shanley	11:44.17
7 Reagan Berg	10	Valley City	11:47.83
8 Kinley Steckler	8	Davies	11:48.85
9 Brooklyn Herrick	8	Horace	11:51.76
10 Kaelyn Berg	12	West Fargo	11:57.48
11 Sierra Watterud	12	Williston	11:59.31
12 Greta Goven	9	Valley City	12:00.49
13 Leila Gregoire	8	Dickinson	12:07.23
14 Cambree Moss		Williston	12:07.27
15 Cierra Bornemann	10	Davies	12:09.13
16 Scout Ulrickson	8	Minot	12:20.73
17 Zoe Reichenberger	10	Bismarck	12:25.37
18 Jordan Knudsvig	11	West Fargo	12:28.70
19 Olivia Heilman	10	West Fargo S	12:32.84

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Girls 100 Meter Hurdles Div A

Overall: 14.00 O 5/27/2022 Cece Deebom

State: 14.00 S 5/27/2022 Cece Deebom

Bowl: 14.00 B 5/27/2022 Cece Deebom

Name	Yr	School	Prelims
Preliminaries			
1	Cece Deebom	11 Davies	O 14.00Q1.8
2	Yolanda Nabwe	11 Jamestown	15.04Q1.8
3	Morgan Sheldon	12 Mandan	15.09Q1.8
4	Anna Rader	12 Century	15.49Q1.8
5	Hope Stein	12 Century	15.65Q1.8
6	Sanie Gayflor	8 Davies	15.71Q1.8
7	Linnea Axtman	12 Davies	15.79q 1.8
8	Elyse Gulsvig	11 Davies	15.85q 1.8
9	Samantha Gustafson	11 West Fargo	15.88q 1.8
10	Erin McLean	9 Minot	16.08 1.8
11	Brenna Curl	10 St. Mary's	16.11 1.8
12	Peyton Breidenbach	11 West Fargo S	16.15 1.8
13	Amy Stringer	12 Bismarck	16.35 1.8
14	Axumite (Wren) James	9 Fargo South	16.45 1.8
15	Bernadette Belzer	11 Jamestown	16.63 1.8
16	Zoie Austin	9 Century	16.66 1.8
17	Hailey Markel	10 Mandan	16.99 1.8
---	Vanessa Narmah	12 Davies	DNF 1.8

Girls 100 Meter Hurdles Div A

Overall: 14.00 O 5/27/2022 Cece Deebom

State: 14.00 S 5/27/2022 Cece Deebom

Bowl: 14.00 B 5/27/2022 Cece Deebom

Name	Yr	School	Finals
Finals			
1	Cece Deebom	11 Davies	14.33 +0.0
2	Yolanda Nabwe	11 Jamestown	15.11 +0.0
3	Morgan Sheldon	12 Mandan	15.30 +0.0
4	Anna Rader	12 Century	15.49 +0.0
5	Samantha Gustafson	11 West Fargo	16.06 +0.0
6	Linnea Axtman	12 Davies	16.09 +0.0
7	Hope Stein	12 Century	16.25 +0.0
8	Sanie Gayflor	8 Davies	16.30 +0.0
9	Elyse Gulsvig	11 Davies	16.39 +0.0

Girls 300 Meter Hurdles Div A

Overall: 42.26 O 2006 Whitney Carlson

State: 42.51 S 2010 Ellie Grooters

Bowl: 42.26 B 2006 Whitney Carlson

Name	Yr	School	Prelims
Preliminaries			
1	Kate Laqua	9 Davies	45.56Q
2	Julia Skari	9 Jamestown	45.93Q
3	Jazmin Barry	10 Dickinson	46.48Q
4	Anna Rader	12 Century	46.93Q
5	Aspen Eslinger	10 Legacy	47.24Q
6	Erin McLean	9 Minot	47.30Q
7	Bernadette Belzer	11 Jamestown	47.33q
8	Morgan Sheldon	12 Mandan	47.34q

9	Jane Donat	10 Davies	47.57q
10	Zoie Austin	9 Century	47.57
11	Ashton Safranski	10 Davies	47.61
12	Sophie Brakke	9 Red River	47.84
13	Alexis Lovehaug	9 Davies	49.02
14	Hailey Markel	10 Mandan	49.64
15	Sara Kraft	7 Devils Lake	49.68
16	Londyn Dschaak	10 Century	49.69
17	Samantha Gustafson	11 West Fargo	50.33
18	Peyton Breidenbach	11 West Fargo S	50.80

Girls 300 Meter Hurdles Div A

Overall: 42.26 O 2006 Whitney Carlson

State: 42.51 S 2010 Ellie Grooters

Bowl: 42.26 B 2006 Whitney Carlson

Name	Yr	School	Finals
Finals			
1	Kate Laqua	9 Davies	44.68
2	Jazmin Barry	10 Dickinson	45.33
3	Julia Skari	9 Jamestown	45.41
4	Bernadette Belzer	11 Jamestown	46.91
5	Morgan Sheldon	12 Mandan	47.07
6	Aspen Eslinger	10 Legacy	47.07
7	Anna Rader	12 Century	47.16
8	Jane Donat	10 Davies	47.19
9	Erin McLean	9 Minot	47.74

Girls 4x100 Meter Relay Div A

Overall: 48.35 O 2018

K Beil, S Korgho, M Beil, R Gaye

State: 48.35 S 2018 Fargo Davies

K Beil, S Korgho, M Beil, R Gaye

Bowl: 48.33 B 2017

Beil, Carlson, Jahner, Gaye

Team	Relay	Prelims
Preliminaries		
1	Minot	A 48.98Q
	1) Faith Brown 9	2) Maicee Burke 10
	3) MaLiah Burke 12	4) Kierra Orr 12
2	Jamestown	A 49.67Q
	1) Allysah Larson 10	2) Hunter Petersen 12
	3) Julia Skari 9	4) Yolanda Nabwe 11
3	West Fargo	A 49.42Q
	1) Ella Heilman 9	2) Michelle Gee 8
	3) Samantha Gustafson 11	4) Jasmine Williams 12
4	Century	A 49.82Q
	1) Avery Mills 10	2) Elydia Symens 11
	3) Gracyn Brennan 12	4) Hannah Herbel 11
5	Davies	A 49.62Q
	1) Sanie Gayflor 8	2) Alimath Salou 11
	3) Ashton Safranski 10	4) Michaela Nesius 11
6	West Fargo Sheyenne	A 50.77Q
	1) Kia Ray 8	2) Sydney Volesky 12
	3) Jules Tiongson 10	4) Avary Fitzpatrick 10

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Preliminaries ... (Girls 4x100 Meter Relay Div A)

Team	Relay	Prelims
7 Mandan	A	50.59q
1) Cami Frey 10	2) Jelani Jones 10	
3) Teya Barrios 10	4) McKayla Lindbo 12	
8 Shanley	A	50.72q
1) Noelle Friederichs 8	2) Isabelle Snyder 12	
3) Mesiku Hakim 10	4) Paige Renschler 10	
9 Bismarck	A	51.02q
1) Cassy Praska 12	2) Kendall Berg 12	
3) Jilian Quale 8	4) Emery Schmitz 11	
10 Legacy	A	51.62
1) Autumn Bossert 9	2) Olivia Weiler 11	
3) Reese Duchsherer 10	4) Machaela Pochant 11	
11 Fargo South	A	51.79
1) Nishi Yvette 9	2) Callie Baukol 11	
3) Riley Giere 8	4) Jordis Maxwell 10	
12 Williston	A	52.21
1) Kaylea Kealoha 10	2) Micah Fleck	
3) Elyse Lux 9	4) Kaelyn Sime 12	
13 Dickinson	A	52.21
1) Jayden Atkins 9	2) Emily Ash 11	
3) Staci Kempenich 12	4) Kamora Phillips 8	
14 Wahpeton	A	52.41
1) Christa Habiger 12	2) Halle Miller 9	
3) Anika Birkelo 11	4) Quinn Bassingthwaite 12	
15 Fargo North	A	53.06
1) Taylor Tedford 12	2) Reagan Carlson 11	
3) Emily Skalicky 12	4) Grace Miller 12	
16 Devils Lake	A	53.87
1) Isabella Tangedal 10	2) Chaylee Hewson 10	
3) Sara Kraft 7	4) Cabryn Fritel 9	
17 Horace	A	55.62
1) Sydney Schweyen 10	2) Evangeline Sappington 9	
3) Sydney Bailey 9	4) Isabella Nygaard 8	

Girls 4x100 Meter Relay Div A

Overall: 48.35 O 2018

K Beil, S Korgho, M Beil, R Gaye

State: 48.35 S 2018

Fargo Davies

K Beil, S Korgho, M Beil, R Gaye

Bowl: 48.33 B 2017

Beil, Carlson, Jahner, Gaye

Team	Relay	Finals
1 West Fargo	A	48.96
1) Ella Heilman 9	2) Michelle Gee 8	
3) Samantha Gustafson 11	4) Jasmine Williams 12	
2 Minot	A	49.05
1) Faith Brown 9	2) Maicee Burke 10	
3) MaLiah Burke 12	4) Kierra Orr 12	
3 Jamestown	A	49.35
1) Allysah Larson 10	2) Hunter Petersen 12	
3) Julia Skari 9	4) Yolanda Nabwe 11	

4 Davies	A	49.88
1) Sanie Gayflor 8	2) Alimath Salou 11	
3) Ashton Safranski 10	4) Michaela Nesius 11	
5 Bismarck	A	50.54
1) Cassy Praska 12	2) Kendall Berg 12	
3) Jilian Quale 8	4) Emery Schmitz 11	
6 Mandan	A	50.71
1) Cami Frey 10	2) Jelani Jones 10	
3) Teya Barrios 10	4) McKayla Lindbo 12	
7 Century	A	50.81
1) Avery Mills 10	2) Elydia Symens 11	
3) Gracyn Brennan 12	4) Hannah Herbel 11	
8 West Fargo Sheyenne	A	50.93
1) Kia Ray 8	2) Sydney Volesky 12	
3) Jules Tionsong 10	4) Avary Fitzpatrick 10	
9 Shanley	A	51.02
1) Noelle Friederichs 8	2) Isabelle Snyder 12	
3) Mesiku Hakim 10	4) Paige Renschler 10	

Girls 4x200 Meter Relay Div A

Overall: 1:41.73 O 2016

R Gaye, K Carlson, E Jahner, R Gaye

State: 1:41.73 S 2016

Fargo Davies

Roseline Gaye, K Carlson, E Jahner, Rose Gaye

Bowl: 1:41.73 B 2016

Gaye, Carlson, Jahner, Gaye

Team	Relay	Prelims
1 Davies	A	1:44.41Q
1) Sanie Gayflor 8	2) Alimath Salou 11	
3) Ashton Safranski 10	4) Michaela Nesius 11	
2 Minot	A	1:44.83Q
1) Faith Brown 9	2) Maicee Burke 10	
3) MaLiah Burke 12	4) Kierra Orr 12	
3 Shanley	A	1:45.64Q
1) Noelle Friederichs 8	2) Clara Robin 9	
3) Mesiku Hakim 10	4) Paige Renschler 10	
4 Century	A	1:46.68Q
1) Avery Mills 10	2) Hannah Herbel 11	
3) Elydia Symens 11	4) Norah Green 8	
5 West Fargo	A	1:46.18Q
1) Ella Heilman 9	2) Michelle Gee 8	
3) Zevina Scarbrough 9	4) Samantha Gustafson 11	
6 West Fargo Sheyenne	A	1:46.72Q
1) Kia Ray 8	2) Sydney Volesky 12	
3) Jules Tionsong 10	4) Avary Fitzpatrick 10	
7 Legacy	A	1:46.76q
1) Aspen Eslinger 10	2) Cambree Volk 8	
3) Whitney Welk 9	4) Olivia Weiler 11	
8 Bismarck	A	1:47.63q
1) Cassy Praska 12	2) Kendall Berg 12	
3) Katelyn Luther 9	4) Jilian Quale 8	
9 Fargo South	A	1:48.65q
1) Jordis Maxwell 10	2) Axumite (Wren) James 9	
3) Nishi Yvette 9	4) Callie Baukol 11	

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Team	Relay	Prelims
10 Williston	A	1:48.79
1) Kaylea Kealoha 10	2) Emma Solberg 12	
3) Micah Fleck	4) Kaelyn Sime 12	
11 Dickinson	A	1:49.19
1) Jayden Atkins 9	2) Emily Ash 11	
3) Staci Kempenich 12	4) Cecilia Homiston 8	
12 Devils Lake	A	1:50.05
1) Gabby Tangedal 9	2) Kiya McLaurin 12	
3) Cabryn Fritel 9	4) Annika McCarthy 11	
13 Red River	A	1:50.44
1) Morgan Hartze 10	2) Jocelyne Hoefs 7	
3) Mya Mannausau 9	4) Ellery White 9	
14 Mandan	A	1:50.64
1) Breann Radke 11	2) Jelani Jones 10	
3) Abigail Kapella 9	4) Hailey Markel 10	
15 Fargo North	A	1:52.75
1) Taylor Tedford 12	2) Nora Fluge 9	
3) Emily Skalicky 12	4) Grace Miller 12	
16 St. Mary's	A	1:54.64
1) Brenna Curl 10	2) Emma Mckenzie 11	
3) Katee Hollenbeck 11	4) Alexis Gerving 10	

Girls 4x200 Meter Relay Div A

Overall: 1:41.73 O 2016

R Gaye, K Carlson, E Jahner, R Gaye

State: 1:41.73 S 2016

Fargo Davies

Roseline Gaye, K Carlson, E Jahner, Rose Gaye

Bowl: 1:41.73 B 2016

Gaye, Carlson, Jahner, Gaye

Team	Relay	Finals
1 Davies	A	1:43.52
1) Sanie Gayflor 8	2) Alimath Salou 11	
3) Ashton Safranski 10	4) Michaela Nesius 11	
2 Century	A	1:43.95
1) Avery Mills 10	2) Elydia Symens 11	
3) Hannah Herbel 11	4) Eden Fridley 10	
3 Minot	A	1:44.51
1) Faith Brown 9	2) Maicee Burke 10	
3) MaLiah Burke 12	4) Kierra Orr 12	
4 Shanley	A	1:46.32
1) Noelle Friederichs 8	2) Clara Robin 9	
3) Mesiku Hakim 10	4) Paige Renschler 10	
5 West Fargo Sheyenne	A	1:46.46
1) Kia Ray 8	2) Sydney Volesky 12	
3) Jules Tiongson 10	4) Avary Fitzpatrick 10	
6 Bismarck	A	1:46.47
1) Cassy Praska 12	2) Kendall Berg 12	
3) Katelyn Luther 9	4) Jilian Quale 8	
7 West Fargo	A	1:47.00
1) Ella Heilman 9	2) Michelle Gee 8	
3) Zevina Scarbrough 9	4) Samantha Gustafson 11	

8 Legacy	A	1:47.37
1) Autumn Bossert 9	2) Aspen Eslinger 10	
3) Whitney Welk 9	4) Olivia Weiler 11	
9 Fargo South	A	1:47.48
1) Jordis Maxwell 10	2) Axumite (Wren) James 9	
3) Nishi Yvette 9	4) Callie Baukol 11	

Girls 4x400 Meter Relay Div A

Overall: 3:58.32 O 2021

A Ketterling, E Goldade, A Kinnebrew, E Palmer

State: 3:58.32 S 2021

Bismarck Century

A Ketterling, E Goldade, A Kinnebrew, E Palmer

Bowl: 3:58.32 B 2021

A Ketterling, E Goldade, A Kinnebrew, E Palmer

Team	Relay	Finals
1 Davies	A	4:02.85
1) Ashton Safranski 10	2) Brenna Barnick 12	
3) Hailey Bjerke 12	4) Kate Laqua 9	
2 Fargo North	A	4:03.55
1) Abigail Lovelace 11	2) Grayce Anderson 9	
3) Grace Thiel 9	4) Anna Lien 12	
3 Century	A	4:05.37
1) Autumn Ketterling 12	2) Leah Herbel 11	
3) Norah Green 8	4) Eden Fridley 10	
4 Devils Lake	A	4:11.27
1) Gabby Tangedal 9	2) Cabryn Fritel 9	
3) Kiya McLaurin 12	4) Annika McCarthy 11	
5 Mandan	A	4:11.36
1) Cami Frey 10	2) Morgan Sheldon 12	
3) Abigail Kapella 9	4) Acey Elkins 11	
6 Red River	A	4:11.40
1) Morgan Hartze 10	2) Jocelyne Hoefs 7	
3) Lauren Dosch 11	4) Jocelyn Schiller 10	
7 Jamestown	A	4:13.30
1) Allysah Larson 10	2) Julia Skari 9	
3) Haylie Hakanson 11	4) Bernadette Belzer 11	
8 Shanley	A	4:14.11
1) Clara Robin 9	2) Mesiku Hakim 10	
3) Anna Bernhardt 12	4) Noelle Friederichs 8	
9 St. Mary's	A	4:14.63
1) Alexis Gerving 10	2) Kylie Wald 11	
3) Abigail Eberle 10	4) Eva Selensky 9	
10 Watford City	A	4:15.31
1) Jessica Mogen 10	2) Savanna Olson 11	
3) Fallon Sampsel 9	4) Jaelyn Ogle 11	
11 Legacy	A	4:16.24
1) Whitney Welk 9	2) Lauren Woeste 8	
3) McKenzie Hildremyr 8	4) Aspen Eslinger 10	
12 West Fargo	A	4:17.63
1) Brenna White 12	2) Ella Heilman 9	
3) Lily Wavrin 7	4) Sadie Wavrin 9	
13 Dickinson	A	4:18.85
1) Sadie Stevenson 10	2) Arabella Privatsky 9	
3) Emily Ash 11	4) Claire Kreidt 12	

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Finals ... (Girls 4x400 Meter Relay Div A)

Team	Relay	Finals
14 Minot	A	4:22.24
1) Emily Mattern 11	2) Annyca Wilson 9	
3) Nevaeh Perez-Coleman 11	4) Kierra Orr 12	
15 West Fargo Sheyenne	A	4:23.79
1) Jules Tionson 10	2) Olivia Beschorner 11	
3) Leziga Kpeenu 11	4) Jersey Lang 9	
16 Bismarck	A	4:27.23
1) Amy Stringer 12	2) Emerson Carufel 10	
3) Katelyn Luther 9	4) Jilian Quale 8	

Girls 4x800 Meter Relay Div A

Overall: 9:22.68 O 2017

P Jensen, K Wescom, J Guidinger, L Werner

State: 9:22.68 S 2017

Bismarck Legay

P Jensen, K Wescom, J Guidinger, L Werner

Bowl: 9:22.68 B 2017

Jensen, Wescom, Guidinger, Werner

Team	Relay	Finals
Finals		
1 Fargo North	A	9:39.35
1) Elle Sondag 12	2) Grayce Anderson 9	
3) Grace Thiel 9	4) Anna Lien 12	
2 Century	A	9:48.01
1) Leah Herbel 11	2) Autumn Ketterling 12	
3) Addison Heck 8	4) Erin Palmer 12	
3 Red River	A	9:48.89
1) Jocelyn Schiller 10	2) Campbell Dorsey 12	
3) Morgan Hartze 10	4) Lauren Dosch 11	
4 Davies	A	9:51.26
1) Brenna Barnick 12	2) Kinley Steckler 8	
3) Cierra Bornemann 10	4) Hailey Bjerke 12	
5 West Fargo	A	9:54.69
1) Brenna White 12	2) Jordan Knudsvig 11	
3) Kaelyn Berg 12	4) Emily Klamann 12	
6 Williston	A	9:56.55
1) Marenn Larsen 11	2) Sierra Watterud 12	
3) Dru Zander	4) Eleni Lovgren 12	
7 St. Mary's	A	9:57.65
1) Kylie Wald 11	2) Abigail Eberle 10	
3) Hattie Roemmich 7	4) Eva Selensky 9	
8 Legacy	A	10:05.22
1) Lauren Woeste 8	2) Taylor Gabbert 10	
3) Bre Axt 9	4) Aubrey Rost 9	
9 Bismarck	A	10:08.38
1) Dalila Sharp 10	2) Bayla Weigel 10	
3) Sophia Ness 10	4) Taya Fettig 9	
10 Watford City	A	10:08.53
1) Jessica Mogen 10	2) Savanna Olson 11	
3) Fallon Sampsel 9	4) Jaelyn Ogle 11	
11 Minot	A	10:17.40
1) Mandy Schmidt 10	2) Scout Ulrickson 8	
3) Amisa Miller 8	4) Hallie Nash 9	

12 Dickinson	A	10:18.52
1) Claire Kreidt 12	2) Arabella Privatsky 9	
3) Abby Praus 7	4) Leila Gregoire 8	
13 Valley City	A	10:19.07
1) Reagan Berg 10	2) Carly Goven 11	
3) Sydney Ingstad 11	4) Greta Goven 9	
14 Shanley	A	10:20.35
1) Lucy Grothmann 8	2) Kiley Craft 12	
3) Anna Bernhardt 12	4) Brynn McNeally 10	
15 West Fargo Sheyenne	A	10:29.72
1) Olivia Heilman 10	2) Jersey Lang 9	
3) Jazlyn Heilman 8	4) Olivia Beschorner 11	
16 Devils Lake	A	10:37.90
1) Gabrielle McLaurin 10	2) Kayla Britsch 11	
3) Emily McLaurin 7	4) Kiya McLaurin 12	

Girls High Jump Div A

Overall: 5-10 O 2014

Lexy Wittmayer

State: 5-09 S 2013

Kira Larson

Bowl: 5-10 B 2014

Lexi Wittmayer

Name	Yr	School	Finals
Finals			
1 Morgan Sheldon	12	Mandan	5-03.00
2 Hope Stein	12	Century	5-02.00
3 Lauryn Rydell	11	Red River	J5-02.00
4 Linnea Axtman	12	Davies	5-01.00
5 Jordyn Rood	8	Bismarck	J5-01.00
6 Hunter Petersen	12	Jamestown	J5-01.00
7 Lexi Hagen	12	Bismarck	J5-01.00
8 Mallory Docktor	11	West Fargo	J5-01.00
9 Sannie Yeanay	10	West Fargo S	4-11.00
9 Abigail Lovelace	11	Fargo North	4-11.00
9 Rachel Dahlen	12	Devils Lake	4-11.00
9 Rachel Nwankwo	9	Minot	4-11.00
9 Haidyn Tollefson	11	Fargo North	4-11.00
9 Adison Sagaser	11	Legacy	4-11.00
9 Axumite (Wren) James	9	Fargo South	4-11.00
16 Reagan Carlson	11	Fargo North	4-09.00
16 Camille Deringer	11	Davies	4-09.00
16 Sadie Stevenson	10	Dickinson	4-09.00
16 Haylie Hakanson	11	Jamestown	4-09.00

Girls Pole Vault Div A

Overall: 12-05 O 2014

Lauren Gietzen

State: 12-05 S 2014

Lauren Gietzen

Bowl: 12-05 B 2014

Lauren Gietzen

Name	Yr	School	Finals
Finals			
1 Emma Briggs	9	West Fargo S	11-00.00
2 Emily Ash	11	Dickinson	10-09.00
3 Jolee Dahl	9	West Fargo	J10-09.00
4 Onya Kretchman	10	Davies	10-06.00
5 Madison Berger	11	Legacy	10-03.00
6 Brynlie Thueson	11	Century	J10-03.00
7 Rachel Dunlop	11	Century	J10-03.00
8 Kaitlyn Barbarick	11	Williston	9-09.00

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Finals ... (Girls Pole Vault Div A)

Name	Yr	School	Finals
9 Taylor Tang	11	West Fargo	J9-09.00
10 Alyson Krug	10	Bismarck	J9-09.00
11 Addison Tandeski	9	Davies	9-03.00
11 Emery Aasen	10	West Fargo	9-03.00
11 Camille Finney	11	Grand Forks	9-03.00
14 Elly Kuball	10	Legacy	8-09.00
14 Kadence McEvers	9	Century	8-09.00
14 Isabelle Snyder	12	Shanley	8-09.00
14 Quinn Bassingthwaite	12	Wahpeton	8-09.00
18 Alexa Evanger	11	Legacy	8-03.00
--- Corrina Ugland	11	Century	NH

Girls Long Jump Div A

Overall: 19-05.50 O 2006 Whitney Carlson
 State: 19-03.25 S 2005 McKenzie Mehlich
 Bowl: 19-05.50 B 2006 Whitney Carlson

Name	Yr	School	Finals
1 Cece Deebom	11	Davies	19-01.00 0.2
2 Jazmin Barry	10	Dickinson	18-04.25 -0.8
3 Hope Stein	12	Century	17-04.00 1.2
4 Anna Rader	12	Century	J17-04.00 -1.2
5 Onya Kretchman	10	Davies	17-03.50 -1.6
6 Cambree Volk	8	Legacy	17-02.50 -1.8
7 Ajaye Gill	10	Bismarck	17-00.00 +0.0
8 McKayla Lindbo	12	Mandan	16-10.50 -1.2
9 Breena Sand	12	Legacy	16-06.50 -0.7
10 Ava Wild	12	Davies	16-04.00 -1.6
11 Eden Fridley	10	Century	16-03.75 -1.2
12 Emery Schmitz	11	Bismarck	16-03.50 -0.8
13 Karina Olson	11	Valley City	16-03.00 -1.4
14 Kierra Orr	12	Minot	16-02.50 -1.9
15 Grace Miller	12	Fargo North	15-10.50 +0.0
16 Ava Olson	12	Davies	15-10.00 1.1
17 Micah Sander	10	West Fargo S	15-09.00 +0.0
18 Halle Miller	9	Wahpeton	14-07.50 +0.0

Girls Triple Jump Div A

Overall: 39-04.25 O 1998 Crystal Cummins
 State: 39-04.25 S 1998 Crystal Cummins
 Bowl: 39-08.25 B 2008 Kristen Killoran

Name	Yr	School	Finals
1 Hope Stein	12	Century	37-00.50 +0.0
2 Onya Kretchman	10	Davies	36-07.00 +0.0
3 Cayla Sailer	10	Davies	35-08.25 0.4
4 Hunter Petersen	12	Jamestown	35-08.00 +0.0
5 Axumite (Wren) James	9	Fargo South	35-02.50 0.9
6 Breena Sand	12	Legacy	35-01.00 +0.0
7 Haley Conklin	9	Minot	34-07.50 +0.0
8 Gracyn Brennan	12	Century	34-07.00 +0.0
9 Kennedy Marcus	10	Bismarck	33-09.75 +0.0
10 Anna Wicklow	11	Davies	33-09.00 +0.0
11 Ajaye Gill	10	Bismarck	33-08.75 +0.0

12 Sophie Brakke	9	Red River	33-07.00 +0.0
12 Sannie Yeanay	10	West Fargo S	33-07.00 0.8
14 Kendra King	10	Dickinson	33-06.75 0.2
15 Linnea Axtman	12	Davies	33-05.00 1.1
16 Haidyn Tollefson	11	Fargo North	33-02.50 +0.0
17 Julia Skari	9	Jamestown	33-01.50 0.3
18 Londyn Dschaak	10	Century	32-09.00 +0.0

Girls Shot Put Div A

Overall: 49-10 O 5/26/2022 Anthonett Nabwe
 State: 49-10 S 5/26/2022 Anthonett Nabwe
 Bowl: 49-10 B 5/26/2022 Anthonett Nabwe

Name	Yr	School	Finals
1 Anthonett Nabwe	12	Jamestown	49-10.000
2 Mary Schnell	12	West Fargo	41-08.00
3 Adisyn Schenck	12	West Fargo S	41-01.00
4 Abby Fletcher	12	Century	39-11.00
5 Cailey Moton	10	West Fargo	39-07.50
6 Scout Woods	9	Wahpeton	39-00.00
7 Aliya Selensky	11	Legacy	38-02.00
8 Seely Stockmoe	10	Shanley	37-09.00
9 Julia Clements	12	Legacy	36-10.00
10 Kaylynn Red Tomahawk	12	Bismarck	36-08.00
11 Elsie Hardy	12	Minot	36-06.00
11 Riley Guscette	11	West Fargo	36-06.00
13 Tayla Andersen	10	Bismarck	36-04.50
14 Christine Nwaigwe	12	West Fargo S	35-05.00
15 Berlyn Lindbo	9	Legacy	35-02.50
16 Jaiden Haile	9	Horace	34-09.00
17 Katelyn Rath	11	Bismarck	34-06.00
18 Jecelyn Arends	10	Dickinson	33-09.00
19 Talea Furcht	10	Legacy	32-09.00
--- Emma Osier	11	Fargo North	FOUL
--- Mylie Trahan	11	Century	FOUL

Girls Discus Throw Div A

Overall: 172-00 O 1999 Briona Reynolds
 State: 172-00 S 1999 Briona Reynolds
 Bowl: 173-10 B 1999 Brionna Reynolds

Name	Yr	School	Finals
1 Anthonett Nabwe	12	Jamestown	154-07
2 Tayla Andersen	10	Bismarck	126-08
3 Aliya Selensky	11	Legacy	123-11
4 Scout Woods	9	Wahpeton	120-08
5 Elsie Hardy	12	Minot	120-02
6 Kiera Oukrop	12	St. Mary's	118-10
7 Kaylynn Red Tomahawk	12	Bismarck	117-04
8 Berlyn Lindbo	9	Legacy	114-05
9 Raya Rood	10	Bismarck	113-02
10 Kinley Anderson	10	Jamestown	113-00
11 Emma Osier	11	Fargo North	112-02
11 Cailey Moton	10	West Fargo	112-02
13 Chloe Wolff	9	Century	108-04
14 Mary Schnell	12	West Fargo	105-04

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Finals ... (Girls Discus Throw Div A)

Name	Yr	School	Finals
15 Dru Bogden	11	Minot	104-04
16 Katelyn Rath	11	Bismarck	103-07
17 Jaiden Haile	9	Horace	102-09
18 Camille Deringer	11	Davies	102-07
19 Riley Guscette	11	West Fargo	101-05
20 Maggie Kleinknecht	10	Mandan	101-01
21 Kiara Zepeda	10	West Fargo	100-06
22 Adisyn Schenck	12	West Fargo S	98-04
23 Lizzy Kerzman	9	Bismarck	95-02
24 Kaylee Baker	11	Grand Forks	93-00

17) Wahpeton	8
18) Devils Lake	5

Girls Javelin Throw Div A

Overall: 148-03 O 2002 Katie Wilson
 State: 148-03 S 2002 Katie Wilson
 Bowl: 147-07 B 2021 Taylor Leingang

Name	Yr	School	Finals
1 Anthonett Nabwe	12	Jamestown	144-09
2 Camille Deringer	11	Davies	127-08
3 Mya Sheldon	11	Mandan	123-09
4 Ella Weippert	10	Red River	121-10
5 Morgan Johnson-Colbert	10	Bismarck	120-10
6 Alexis Gerving	10	St. Mary's	118-04
7 Abby Fletcher	12	Century	117-07
8 Cambrie Fischer	10	Bismarck	116-02
9 Kiera Oukrop	12	St. Mary's	113-10
10 Mary Schnell	12	West Fargo	111-10
11 Dru Bogden	11	Minot	109-04
12 Cayla Sailer	10	Davies	106-00
13 Paige McAllister	12	Shanley	105-10
14 Adisyn Schenck	12	West Fargo S	104-10
15 Emma Bontjes	11	Wahpeton	102-04
16 Brenna Curl	10	St. Mary's	101-04
17 Anna Bendish	11	Mandan	100-11
18 Kambelle Freije	9	Red River	96-09
19 Julia Clements	12	Legacy	95-09
20 Mariah Evenson	12	Minot	93-00
21 Elyse Gulsvig	11	Davies	88-01

Women - Div A - Team Rankings - 19 Events Scored

1) Davies	137
2) Century	105
3) Jamestown	76
4) West Fargo	71
5) Mandan	52
6) Fargo North	38
6) Bismarck	38
8) Dickinson	34
9) Red River	33
10) Minot	28
11) Legacy	24
12) West Fargo Sheyenne	23
13) Williston	22
14) Shanley	14
15) St. Mary's	13
16) Watford City	11

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Results

18) Valley City	5	7) Williston	46
20) Fargo South	4	8) Red River	44
<hr/>		9) Legacy	41
Women - Div B - Team Rankings - 19 Events Scored		10) Fargo South	38
1) Central Cass	82	11) Dickinson	25
2) Kindred	47	12) Mandan	23
3) Rugby	41	13) Wahpeton	19
4) New Rockford-Sheyenne	40	14) Minot	16
5) Beulah	38	15) Jamestown	12
6) Carrington	37	16) Devils Lake	7
6) Lisbon	37	16) St. Mary's	7
8) Des-Lacs Burlington/Lewis an	30	18) Shanley	6
9) Oak Grove Lutheran	28	19) Watford City	4
10) Sargent County	25.5	20) Valley City	3.5
11) Griggs Midkota	21	21) Fargo North	3
12) Bottineau	20		
13) Edgeley/Kulm	17		
13) Oakes	17		
15) Kidder County	15.5		
16) Hatton-Northwood	15		
16) Hillsboro/Central Valley	15		
18) May-Port CG	14		
19) Langdon Area/Edmore/Munich	13		
19) Bishop Ryan	13		
19) Bowman County	13		
19) Central McLean	13		
23) Dickinson Trinity	12		
24) Wyndmere-Lidgerwood	11		
24) Southern McLean (Washburn/Wi	11		
24) Garrison	11		
27) Ellendale	10		
28) Hazen	9		
28) Stanley	9		
30) Shiloh Christian	8		
30) Velve-Drake/Anamoose	8		
30) Benson County	8		
33) South Border (Wishek/Ashley)	6		
34) LaMoure/Litch-Marion	5		
34) North Star	5		
36) Northern Cass	4.5		
36) Thompson	4.5		
38) Enderlin	4		
38) Drayton/Valley-Edinburg	4		
38) Grafton	4		
41) Mott/Regent-New England	3		
41) Trenton	3		
41) South Prairie â€™ Max	3		
44) Surrey	2		
44) Grant County/Flasher	2		
46) Linton/HMB	1		
46) Kenmare/Bowbells	1		
<hr/>			
Men - Div A - Team Rankings - 19 Events Scored			
1) Century	118		
2) Bismarck	85		
3) West Fargo Sheyenne	75.5		
4) Davies	58		
4) West Fargo	58		
6) Grand Forks Central	52		

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Men - Div B - Team Rankings - 19 Events Scored	
1) Kindred	124.5
2) Bowman County	95
3) Harvey/Wells County	66
4) Central Cass	59
5) Hazen	56
6) Hillsboro/Central Valley	50
7) Dickinson Trinity	32
8) Beulah	30
9) Lisbon	28
10) New Rockford-Sheyenne	15
11) Des-Lacs Burlington/Lewis an	14
12) Nelson County	12
13) Carrington	11
14) Southern McLean (Washburn/Wi	10
14) Ellendale	10
16) Thompson	9
17) Grant County/Flasher	8
17) May-Port CG	8
19) Rugby	7.5
20) Beach	7
20) Standing Rock	7
20) New Town	7
20) Richland	7
24) Mott/Regent-New England	6
24) Oakes	6
24) Northern Cass	6
27) Barnes County North	5
28) Edgeley/Kulm	4.5
28) Mohall-Lansford-Sherwood	4.5
30) Northern Lights	4
30) Garrison	4
32) Oak Grove Lutheran	3
32) Powers Lake	3
32) Killdeer	3
32) Richardton-Taylor	3
32) Linton/HMB	3
32) Bishop Ryan	3
38) Nedrose	2
38) Wyndmere-Lidgerwood	2
38) Surrey	2
41) Stanley	1
41) Shiloh Christian	1
41) Drayton/Valley-Edinburg	1
41) Griggs Midkota	1