

Results

Event 2 Girls 100 Meter Dash Div A

Overall: 11.97 * 2010 Morgan Milbrath, Minot
 State: 11.97 ! 5/28/2010 Morgan Milbrath, Minot
 Bowl: 11.87 B 2011 Morgan Milbrath, Minot

Name	Yr	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	Morgan Milbrath	10	Minot	11.87	12.62 Q	-3.4	1
2	Amity Lantz	12	Dickinson	12.54	13.05 Q	-3.2	2
3	Frances Conlin	12	Fargo South	12.52	12.80 Q	-3.4	1
4	Bailey Reiner	9	Bismarck	12.42	13.40 Q	-3.2	2
5	Hadley Steffen	10	GF Red River	12.43	12.97 Q	-3.4	1
6	Lexi Ely	11	Century	12.88	13.48 Q	-3.2	2
7	Vera Gaylah	11	Fargo Davies	12.98	13.23 q	-3.4	1
8	Molly Willson	11	Valley City	12.81	13.30 q	-3.4	1
9	Julia Johnson	8	Shanley	12.71	13.40 q	-3.4	1
10	Alexis Cannon	9	Minot	12.70	13.41	-3.4	1
11	McKayla Orr	9	Jamestown	12.75	13.49	-3.2	2
11	Teresa Vetter	12	Minot	12.83	13.49	-3.4	1
13	Kylie Yineman	9	Century	12.75	13.52	-3.2	2
14	Alex Day	10	Shanley	12.62	13.53	-3.2	2
15	Jenna Jacob	11	Valley City	12.87	13.57	-3.2	2
16	Taylor Miller	12	Mandan	12.95	13.58	-3.4	1
17	Lily Obrigewitch	9	Century	13.02	13.71	-3.2	2

Event 2 Girls 100 Meter Dash Div A

Overall: 11.97 * 2010 Morgan Milbrath, Minot
 State: 11.97 ! 5/28/2010 Morgan Milbrath, Minot
 Bowl: 11.87 B 2011 Morgan Milbrath, Minot

Name	Yr	School	Prelims	Finals	Wind	
Finals						
1	Morgan Milbrath	10	Minot	12.62	13.02	-6.3
2	Frances Conlin	12	Fargo South	12.80	13.40	-6.3
3	Amity Lantz	12	Dickinson	13.05	13.46	-6.3
4	Hadley Steffen	10	GF Red River	12.97	13.58	-6.3
5	Julia Johnson	8	Shanley	13.40	13.78	-6.3
6	Vera Gaylah	11	Fargo Davies	13.23	13.85	-6.3
7	Bailey Reiner	9	Bismarck	13.40	13.89	-6.3
8	Molly Willson	11	Valley City	13.30	13.94	-6.3
9	Lexi Ely	11	Century	13.48	14.19	-6.3

Event 6 Girls 200 Meter Dash Div A

Overall: 24.32 * 2010 Morgan Milbrath, Minot
 State: 24.32 ! 5/28/2010 Morgan Milbrath, Minot
 Bowl: 24.01 B 2010 Laura Roesler, Fargo South

Name	Yr	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	Morgan Milbrath	10	Minot	24.81	25.30 Q	-3.2	1
2	Frances Conlin	12	Fargo South	25.44	25.72 Q	-2.7	2
3	Alexis Cannon	9	Minot	25.94	26.27 Q	-3.2	1
4	Kylie Yineman	9	Century	26.34	26.98 Q	-2.7	2
5	Andrea Kelsch	9	Century	26.08	26.56 Q	-3.2	1
6	Amity Lantz	12	Dickinson	26.77	27.12 Q	-2.7	2
7	Teresa Vetter	12	Minot	26.54	27.04 q	-3.2	1

Results

Preliminaries ... (Event 6 Girls 200 Meter Dash Div A)

Name	Yr	School	Seed	Prelims	Wind	H#
8 Afure Adah	8	Shanley	26.14	27.14 q	-2.7	2
9 Vera Gaylah	11	Fargo Davies	27.44	27.45 q	-2.7	2
10 Molly Willson	11	Valley City	27.34	27.45	-3.2	1
11 Carmen Ross	8	Fargo North	27.04	27.54	-3.2	1
12 Lily Obrigewitch	9	Century	26.57	27.90	-2.7	2

Event 6 Girls 200 Meter Dash Div A

Overall:	24.32	*	2010	Morgan Milbrath, Minot
State:	24.32	!	5/28/2010	Morgan Milbrath, Minot
Bowl:	24.01	B	2010	Laura Roesler, Fargo South

Name	Yr	School	Prelims	Finals	Wind
Finals					
1 Morgan Milbrath	10	Minot	25.30	25.82	-5.6
2 Frances Conlin	12	Fargo South	25.72	26.53	-5.6
3 Teresa Vetter	12	Minot	27.04	27.82	-5.6
4 Andrea Kelsch	9	Century	26.56	27.91	-5.6
5 Amity Lantz	12	Dickinson	27.12	27.92	-5.6
6 Kylie Yineman	9	Century	26.98	28.14	-5.6
7 Alexis Cannon	9	Minot	26.27	28.26	-5.6
8 Afure Adah	8	Shanley	27.14	28.35	-5.6
9 Vera Gaylah	11	Fargo Davies	27.45	28.60	-5.6

Event 10 Girls 400 Meter Dash Div A

Overall:	53.25	*	2010	Laura Roesler, Fargo South
State:	53.25	!	5/28/2010	Laura Roesler, Fargo South
Bowl:	53.25	B	2010	Laura Roesler, Fargo South

Name	Yr	School	Seed	Prelims	H#
Preliminaries					
1 Morgan Milbrath	10	Minot	53.98	56.43 Q	1
2 Frances Conlin	12	Fargo South	57.24	57.39 Q	2
3 Regina Nyanfor	10	Fargo North	59.34	58.98 Q	2
4 Brie Lynch	12	Century	59.49	59.30 Q	1
5 Jessica Lindsay	12	GF Central	1:00.44	59.72 Q	2
6 Jamie VanderVorste	11	Minot	1:00.91	1:00.16 Q	1
7 Katie Bostrom	9	Fargo South	1:00.54	59.93 q	2
8 Sierra Link	9	Century	1:00.35	1:00.26 q	1
9 Stormie Sickler	12	Dickinson	1:00.65	1:00.27 q	1
10 Kelsey Breuer	10	Wahpeton	1:01.70	1:01.30	2
11 Madison Milbrath	8	Minot	1:02.23	1:02.02	2
12 Sydney Lund	11	GF Central	1:02.54	1:03.65	1

Event 10 Girls 400 Meter Dash Div A

Overall:	53.25	*	2010	Laura Roesler, Fargo South
State:	53.25	!	5/28/2010	Laura Roesler, Fargo South
Bowl:	53.25	B	2010	Laura Roesler, Fargo South

Name	Yr	School	Prelims	Finals
Finals				
1 Morgan Milbrath	10	Minot	56.43	56.02
2 Frances Conlin	12	Fargo South	57.39	58.97
3 Brie Lynch	12	Century	59.30	59.69
4 Regina Nyanfor	10	Fargo North	58.98	59.97
5 Jessica Lindsay	12	GF Central	59.72	1:00.45

Results

Finals ... (Event 10 Girls 400 Meter Dash Div A)

Name	Yr	School	Prelims	Finals
6 Katie Bostrom	9	Fargo South	59.93	1:00.64
7 Sierra Link	9	Century	1:00.26	1:01.31
8 Jamie VanderVorste	11	Minot	1:00.16	1:01.88
9 Stormie Sickler	12	Dickinson	1:00.27	1:03.07

Event 14 Girls 800 Meter Run Div A

Overall:	2:10.78	*	2008	Laura Roesler, Fargo South
State:	2:10.78	!	2008	Laura Roesler, Fargo South
Bowl:	2:10.78	B	2008	Laura Roesler, Fargo South

Name	Yr	School	Seed	Finals
Finals				
1 Erin Valenti	12	Fargo South	2:17.55	2:19.36
2 Jessica Lindsay	12	GF Central	2:17.49	2:19.91
3 Alison Allmer	10	Jamestown	2:20.98	2:21.12
4 Libby Fontenot	9	Bismarck	2:22.40	2:23.12
5 Brie Lynch	12	Century	2:20.08	2:23.44
6 Sarah Jacobson	7	Shanley	2:21.64	2:23.45
7 Katie Bostrom	9	Fargo South	2:20.27	2:24.01
8 Brittany Brownotter	9	Bismarck	2:20.63	2:25.12
9 Caitlyn Carlson	10	Bismarck	2:22.96	2:25.18
10 Erin Wysocki	12	GF Red River	2:23.18	2:25.49
11 Taylor Baumler	9	Shanley	2:22.18	2:26.52
12 Chelsea Boger	12	Century	2:24.19	2:26.88
13 Ally Hoffmann	12	Dickinson	2:24.10	2:29.20
14 Emily Roche	10	Fargo North	2:24.28	2:29.42
15 Katie Bye	7	Fargo Davies	2:20.49	2:30.05
16 Maggi Ferry	12	GF Red River	2:24.17	2:32.07
17 Brecca Wahlund	12	Minot	2:19.38	2:34.16

Event 18 Girls 1600 Meter Run Div A

Overall:	4:44.44	*	1993	Becki Wells, Dickinson
State:	4:44.44	!	1993	Becki Wells, Dickinson
Bowl:	4:56.19	B	2001	Carly Emil, Mandan

Name	Yr	School	Seed	Finals
Finals				
1 Alison Allmer	10	Jamestown	5:19.79	5:13.00
2 Sarah Jacobson	7	Shanley	5:12.34	5:15.99
3 Erin Valenti	12	Fargo South	5:12.54	5:17.11
4 Brittany Brownotter	9	Bismarck	5:16.94	5:17.29
5 Tarin Lachowitz	11	Fargo Davies	5:19.14	5:18.23
6 Tessa Haussler	11	Bismarck	5:27.23	5:20.22
7 Jordan Jacob	8	Century	5:22.22	5:21.63
8 Alana Fischer	12	Bismarck St. Mary's	5:27.21	5:22.23
9 Jessica Lindsay	12	GF Central	5:07.74	5:23.38
10 Brecca Wahlund	12	Minot	4:58.94	5:23.88
11 Alex Backlund	9	Shanley	5:17.74	5:30.63
12 Moriah Juhl	12	Williston	5:29.09	5:31.19
13 Christa Lysne	10	Devils Lake	5:21.04	5:33.52
14 Alicia Fettig	11	Century	5:26.17	5:34.18
15 Brooklyn Beehler	12	Bismarck	5:30.20	5:34.89
16 Kayla Wald	10	Bismarck	5:29.18	5:35.74
17 Katie Bye	7	Fargo Davies	5:12.84	5:35.92

Results

Finals ... (Event 18 Girls 1600 Meter Run Div A)

Name	Yr	School	Seed	Finals
18 Alexis Zeis	9	Bismarck	5:30.24	5:36.35
19 Elizabeth Roche	8	Fargo North	5:29.44	5:39.63

Event 22 Girls 3200 Meter Run Div A

Overall: 10:36.95 * 2004 Krista Anderson, Benson County
 State: 10:37.14 ! 2000 Carly Emil, Mandan
 Bowl: 10:36.95 B 2004 Krista Anderson, Benson County

Name	Yr	School	Seed	Finals
Finals				
1 Brecca Wahlund	12	Minot	10:41.76	11:12.13
2 Brittany Brownotter	9	Bismarck	11:51.39	11:23.30
3 Jordan Jacob	8	Century	11:49.50	11:26.40
4 Sarah Jacobson	7	Shanley	11:40.34	11:26.42
5 Alex Backlund	9	Shanley	11:33.04	11:33.49
6 Tarin Lachowitz	11	Fargo Davies	11:50.90	11:39.82
7 Tessa Haussler	11	Bismarck	12:02.31	11:44.96
8 Brooklyn Beehler	12	Bismarck	11:37.43	11:46.51
9 Alana Fischer	12	Bismarck St. Mary's	11:52.17	11:51.59
10 Alicia Fettig	11	Century	11:51.06	11:57.66
11 Christine Baltezore	10	West Fargo	12:02.21	12:01.62
12 Kayla Wald	10	Bismarck	12:04.58	12:14.44
13 Paige Melin	10	Century	12:18.31	12:14.92
14 Savannah Link	12	Century	11:52.79	12:29.70
15 Brooke Grooters	10	West Fargo	12:00.87	12:34.60
16 Samantha Swenson	9	Fargo North	12:01.26	12:38.70
17 Nicole Stewart	12	Bismarck	12:21.87	12:38.70
18 Katie Bye	7	Fargo Davies	11:53.60	12:38.99
19 Andrea Markwart	12	Century	12:18.78	12:47.77

Event 25 Girls 100 Meter Hurdles Div A

Overall: 14.33 * 2005 Whitney Carlson, Carrington
 State: 14.56 ! 2005 McKenzie Mehlich, Fargo South
 Bowl: 14.48 B 2004 Adriana Friezen, Carrington

Name	Yr	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Jess Herauf	12	Dickinson	15.34	15.65 Q	-3.3	1
2 Sydney Bork	11	Fargo Davies	16.64	16.96 Q	-5.3	2
3 Hadley Rosales	8	Century	16.01	16.51 Q	-3.3	1
4 Chelsea Peterson	9	Mandan	15.74	17.10 Q	-5.3	2
5 Kaytlyn Bowers	8	Mandan	16.44	16.84 Q	-3.3	1
6 Lindsey Klug	10	Fargo South	15.54	17.10 Q	-5.3	2
7 Jill Gustafson	12	West Fargo	15.84	16.88 q	-3.3	1
8 DelRay Audet	11	Minot	16.44	17.22 q	-5.3	2
9 Aloysia Pfeiffer	11	Fargo South	16.44	17.40 q	-3.3	1
10 Hannah Weaver	10	Century	16.74	17.44	-3.3	1
11 Natalee Todd	9	Bismarck	16.69	17.81	-3.3	1
12 Andrea Hollingworth	11	GF Red River	17.44	17.93	-5.3	2
13 Paige McQuade	10	West Fargo	16.94	17.97	-5.3	2
14 Taylor Vasichek	12	Mandan	16.59	18.05	-5.3	2
15 Tessa Delzer	11	Century	16.16	18.21	-5.3	2

Results

Event 25 Girls 100 Meter Hurdles Div A

Overall: 14.33 * 2005 Whitney Carlson, Carrington
 State: 14.56 ! 2005 McKenzie Mehlich, Fargo South
 Bowl: 14.48 B 2004 Adriana Friezen, Carrington

Name	Yr	School	Prelims	Finals	Wind		
Finals							
1	Jess	Herauf	12	Dickinson	15.65	16.37	-5.8
2	Lindsey	Klug	10	Fargo South	17.10	16.80	-5.8
3	Sydney	Bork	11	Fargo Davies	16.96	16.87	-5.8
4	Chelsea	Peterson	9	Mandan	17.10	16.93	-5.8
5	Jill	Gustafson	12	West Fargo	16.88	17.61	-5.8
6	DelRay	Audet	11	Minot	17.22	17.95	-5.8
7	Kaytlyn	Bowers	8	Mandan	16.84	18.01	-5.8
8	Hadley	Rosales	8	Century	16.51	18.04	-5.8
9	Aloysia	Pfeiffer	11	Fargo South	17.40	18.94	-5.8

Event 30 Girls 300 Meter Hurdles Div A

Overall: 42.26 * 2006 Whitney Carlson, Carrington
 State: 42.51 ! 2010 Ellie Grooters, West Fargo
 Bowl: 42.26 B 2006 Whitney Carlson, Carrington

Name	Yr	School	Seed	Prelims	H#		
Preliminaries							
1	Morgan	Milbrath	10	Minot	44.98	45.15 Q	1
2	Jess	Herauf	12	Dickinson	45.01	45.71 Q	2
3	Sydney	Bork	11	Fargo Davies	46.49	46.44 Q	1
4	Chelsea	Peterson	9	Mandan	45.87	46.60 Q	2
5	Mariah	Olstad	10	Valley City	46.94	47.06 Q	2
6	Kaytlyn	Bowers	8	Mandan	47.62	47.42 Q	1
7	Rachel	Todhunter	11	GF Red River	46.29	47.57 q	1
8	Tessa	Delzer	11	Century	47.55	47.80 q	1
9	Jill	Gustafson	12	West Fargo	47.99	47.97 q	2
10	Julia	Jordan	9	Shanley	47.38	48.12	2
11	DelRay	Audet	11	Minot	48.39	48.16	1
12	Sophi	Simonson	10	Fargo North	48.06	48.17	2
13	Taylor	Grossman	11	Bismarck	48.48	48.35	1
14	Aloysia	Pfeiffer	11	Fargo South	48.66	49.64	2
15	Hannah	Weaver	10	Century	48.80	49.68	2

Event 30 Girls 300 Meter Hurdles Div A

Overall: 42.26 * 2006 Whitney Carlson, Carrington
 State: 42.51 ! 2010 Ellie Grooters, West Fargo
 Bowl: 42.26 B 2006 Whitney Carlson, Carrington

Name	Yr	School	Prelims	Finals		
Finals						
1	Morgan	Milbrath	10	Minot	45.15	44.14
2	Jess	Herauf	12	Dickinson	45.71	44.23
3	Chelsea	Peterson	9	Mandan	46.60	45.90
4	Sydney	Bork	11	Fargo Davies	46.44	46.35
5	Mariah	Olstad	10	Valley City	47.06	46.44
6	Rachel	Todhunter	11	GF Red River	47.57	46.85
7	Kaytlyn	Bowers	8	Mandan	47.42	47.49
8	Jill	Gustafson	12	West Fargo	47.97	48.60
9	Tessa	Delzer	11	Century	47.80	49.52

Results

Event 34 Girls 4x100 Meter Relay Div A

Overall: 48.76 * 5/28/2010 Bismarck, Bismarck
K Friedt, A Bennes, T Moser, B Reiner
State: 48.76 ! 2010 Bismarck, Bismarck
K Friedt, A Bennes, T Moser, B Reiner
Bowl: 48.76 B 2010 , Bismarck
K Friedt, A Bennes, T Moser, B Reiner

Team	Relay	Seed	Prelims	H#
Preliminaries				
1 GF Red River	A	51.26	49.64 Q	1
1) Jasmine Robinson 11	2) Hadley Steffen 10	3) Andrea Hollingworth 11	4) Carolyn Shabb 12	
2 Valley City	A	50.64	50.65 Q	2
1) Jenna Jacob 11	2) Mary Faure 12	3) Mariah Olstad 10	4) Molly Willson 11	
3 Century	A	50.23	50.11 Q	1
1) Lexi Ely 11	2) Lily Obrigewitch 9	3) Maria Hoff 11	4) Kylie Yineman 9	
4 Fargo Davies	A	50.85	50.73 Q	2
1) Vera Gaylah 11	2) Kinsey Papachek 9	3) Sydney Bork 11	4) Reily Klose 8	
5 Bismarck	A	50.77	50.26 Q	1
1) Katelyn Friedt 12	2) Bailey Reiner 9	3) McKenzie Enderson 11	4) Caitlyn Carlson 10	
6 Fargo South	A	51.97	51.68 Q	2
1) Keiley Sampson 12	2) Kara Schott 10	3) Lindsey Klug 10	4) Carolyn Pifer 9	
7 Mandan	A	52.04	50.87 q	1
1) Carli Defoe 9	2) Kayla Helbling 9	3) Anna Helmers 12	4) Taylor Miller 12	
8 Fargo North	A	50.84	50.98 q	1
1) Regina Nyanfor 10	2) Toni Rodriguez 9	3) Liza Thompson 10	4) Carmen Ross 8	
9 West Fargo	A	51.58	51.25 q	1
1) Christina Bruenjes 10	2) Jaeden Metcalf 8	3) Samantha Gooding 11	4) Alissa Mears 11	
10 Shanley	A	51.24	51.77	2
1) Alex Day 10	2) Afure Adah 8	3) Julia Johnson 8	4) Julia Jordan 9	
11 Jamestown	A	52.82	51.90	2
1) Bre Carlson 10	2) Ally Ova 10	3) Siri Jystad 10	4) McKayla Orr 9	
12 Dickinson	A	51.76	53.25	2
1) Kennedy Keator 7	2) Hanna Beaudion 10	3) Kara Froelich 12	4) Amity Lantz 12	
13 GF Central	A	52.54	54.11	1
1) Abby Osowski 10	2) Sydney Lund 11	3) Kayla McCreary 9	4) Taylor Peterson 11	
--- Minot	A	50.56	DNF	2
1) Loni Bryantt 10	2) Teresa Vetter 12	3) Sophie Bengson 8	4) Misha Taylor 11	

Event 34 Girls 4x100 Meter Relay Div A

Overall: 48.76 * 5/28/2010 Bismarck, Bismarck
K Friedt, A Bennes, T Moser, B Reiner
State: 48.76 ! 2010 Bismarck, Bismarck
K Friedt, A Bennes, T Moser, B Reiner
Bowl: 48.76 B 2010 , Bismarck
K Friedt, A Bennes, T Moser, B Reiner

Team	Relay	Prelims	Finals
Finals			
1 GF Red River	A	49.64	50.51
1) Jasmine Robinson 11	2) Hadley Steffen 10	3) Andrea Hollingworth 11	4) Carolyn Shabb 12
2 Valley City	A	50.65	50.88
1) Jenna Jacob 11	2) Mary Faure 12	3) Mariah Olstad 10	4) Molly Willson 11
3 Century	A	50.11	51.25
1) Lexi Ely 11	2) Lily Obrigewitch 9	3) Maria Hoff 11	4) Kylie Yineman 9
4 Fargo Davies	A	50.73	51.47
1) Vera Gaylah 11	2) Kinsey Papachek 9	3) Sydney Bork 11	4) Reily Klose 8

Results

Finals ... (Event 34 Girls 4x100 Meter Relay Div A)

Team	Relay	Prelims	Finals
5 Fargo North	A	50.98	51.63
1) Regina Nyanfor 10	2) Toni Rodriguez 9	3) Liza Thompson 10	4) Kira Larson 10
6 Bismarck	A	50.26	51.73
1) Katelyn Friedt 12	2) Bailey Reiner 9	3) McKenzie Enderson 11	4) Caitlyn Carlson 10
7 Mandan	A	50.87	51.85
1) Carli Defoe 9	2) Kayla Helbling 9	3) Anna Helmers 12	4) Taylor Miller 12
8 West Fargo	A	51.25	52.63
1) Nicole Heinen 8	2) Jaeden Metcalf 8	3) Samantha Gooding 11	4) Alissa Mears 11
--- Fargo South	A	51.68	DQ
1) Keiley Sampson 12	2) Kara Schott 10	3) Lindsey Klug 10	4) Carolyn Pifer 9

Event 38 Girls 4x200 Meter Relay Div A

Overall: 1:43.41 * 2006

State: 1:43.51 ! 2004

Bowl: 1:43.41 B 2006

**Milnor/Wynd/Lidg, Milnor/Wynd/Lidg
C Boyer, J Ellefson, T Mauch, K Stark
Bismarck, Bismarck
Kelsey Reimnitz, Devon Wentz, Shalee Schoch, Kacie Sweep
, M/W/L
Mauch, Boyer, Stark, Ellefson**

Team	Relay	Seed	Prelims	H#
Preliminaries				
1 Mandan	A	1:47.33	1:45.68 Q	1
1) Kayla Helbling 9	2) Chelsea Peterson 9	3) Carli Defoe 9	4) Taylor Miller 12	
2 Fargo North	A	1:45.74	1:45.70 Q	2
1) Regina Nyanfor 10	2) Sophi Simonson 10	3) Carmen Ross 8	4) Kira Larson 10	
3 Century	A	1:47.55	1:45.91 Q	1
1) Lexi Ely 11	2) Lily Obrugewitch 9	3) Andrea Kelsch 9	4) Kylie Yineman 9	
4 GF Red River	A	1:49.06	1:46.36 Q	2
1) Rachel Todhunter 11	2) Erin Wysocki 12	3) Hadley Steffen 10	4) Carolyn Shabb 12	
5 Valley City	A	1:47.74	1:46.58 Q	2
1) Jenna Jacob 11	2) Mary Faure 12	3) Mariah Olstad 10	4) Molly Willson 11	
6 Bismarck	A	1:48.56	1:47.73 Q	1
1) McKenzie Enderson 11	2) Bailey Reiner 9	3) Morgan Miller 9	4) Caitlyn Carlson 10	
7 Shanley	A	1:46.84	1:47.15 q	2
1) Alex Day 10	2) Afure Adah 8	3) Julia Johnson 8	4) Anna Triller 7	
8 West Fargo	A	1:48.20	1:48.14 q	2
1) Jaeden Metcalf 8	2) Amanda Levin 9	3) Samantha Gooding 11	4) Alissa Mears 11	
9 Minot	A	1:44.93	1:48.30 q	1
1) Jamie VanderVorste 11	2) Loni Bryantt 10	3) Teresa Vetter 12	4) Alexis Cannon 9	
10 Fargo Davies	A	1:49.44	1:48.42	2
1) Vera Gaylah 11	2) Kinsey Papachek 9	3) Sydney Bork 11	4) Reily Klose 8	
11 Fargo South	A	1:50.55	1:50.52	1
1) Katie Bostrom 9	2) Kara Schott 10	3) Maddie Erickson 7	4) Carolyn Pifer 9	
12 Wahpeton	A	1:50.64	1:50.77	1
1) Molly Wynn 10	2) Kelsey Breuer 10	3) Matty Wynn 8	4) Kasey Lasch 12	
--- Dickinson	A	1:48.89	DQ	1
1) Mikaela Kessel 9	2) Hanna Beaudion 10	3) Stormie Sickler 12	4) Amity Lantz 12	
--- Jamestown	A	1:54.70	DQ	2
1) Bre Carlson 10	2) Ally Ova 10	3) Ashley Mueller 12	4) Mikaela Walker 12	

Results

Event 38 Girls 4x200 Meter Relay Div A

Overall: 1:43.41 * 2006

State: 1:43.51 ! 2004

Bowl: 1:43.41 B 2006

**Milnor/Wynd/Lidg, Milnor/Wynd/Lidg
C Boyer, J Ellefson, T Mauch, K Stark
Bismarck, Bismarck
Kelsey Reimnitz, Devon Wentz, Shalee Schoch, Kacie Sweep
, M/W/L
Mauch, Boyer, Stark, Ellefson**

Team	Relay	Prelims	Finals
Finals			
1 Fargo North	A	1:45.70	1:46.35
1) Regina Nyanfor 10	2) Sophi Simonson 10	3) Carmen Ross 8	4) Kira Larson 10
2 Mandan	A	1:45.68	1:47.13
1) Kayla Helbling 9	2) Chelsea Peterson 9	3) Carli Defoe 9	4) Taylor Miller 12
3 Minot	A	1:48.30	1:47.17
1) Jamie VanderVorste 11	2) Loni Bryantt 10	3) Teresa Vetter 12	4) Emily VanLith 10
4 Bismarck	A	1:47.73	1:47.59
1) McKenzie Enderson 11	2) Bailey Reiner 9	3) Morgan Miller 9	4) Caitlyn Carlson 10
5 Century	A	1:45.91	1:47.60
1) Lexi Ely 11	2) Lily Obrigewitch 9	3) Andrea Kelsch 9	4) Kylie Yineman 9
6 Valley City	A	1:46.58	1:47.63
1) Jenna Jacob 11	2) Mary Faure 12	3) Mariah Olstad 10	4) Molly Willson 11
7 Shanley	A	1:47.15	1:48.48
1) Alex Day 10	2) Afure Adah 8	3) Julia Johnson 8	4) Julia Jordan 9
8 GF Red River	A	1:46.36	1:48.67
1) Rachel Todhunter 11	2) Erin Wysocki 12	3) Hadley Steffen 10	4) Carolyn Shabb 12
9 West Fargo	A	1:48.14	1:49.76
1) Jaeden Metcalf 8	2) Amanda Levin 9	3) Samantha Gooding 11	4) Alissa Mears 11

Event 42 Girls 4x400 Meter Relay Div A

Overall: 4:00.08 * 2003

State: 4:00.08 ! 2003

Bowl: 3:59.05 B 2009

**Mandan, Mandan
M Luther, K Streyle, A Taylor, A Streyle
, Mandan
M. Luther, K. Streyle, A. Taylor, A. Streyle
, Dickinson
Lynch, Herauf, Beaudoin, Messer**

Team	Relay	Seed	Finals	H#
Finals				
1 Fargo South	A	4:00.52	4:04.81	2
1) Frances Conlin 12	2) Maddie Erickson 7	3) Katie Bostrom 9	4) Erin Valenti 12	
2 Century	A	4:06.58	4:05.90	2
1) Sierra Link 9	2) Alexis Jacobs 11	3) Jessie Steinwand 12	4) Brie Lynch 12	
3 Fargo North	A	4:00.85	4:07.03	2
1) Regina Nyanfor 10	2) Sophi Simonson 10	3) Carmen Ross 8	4) Kira Larson 10	
4 Minot	A	4:08.14	4:10.68	2
1) McKale Duttenhefer 8	2) Samantha Huether 10	3) Sophie Bengson 8	4) Jamie VanderVorste 11	
5 Mandan	A	4:11.15	4:10.70	2
1) Chelsea Peterson 9	2) Carli Defoe 9	3) Shelby Peterson 10	4) Taylor Miller 12	
6 GF Red River	A	4:09.11	4:11.67	2
1) Rachel Todhunter 11	2) Erin Wysocki 12	3) Maggi Ferry 12	4) Christa Benson 8	
7 Bismarck	A	4:06.16	4:14.37	2
1) Libby Fontenot 9	2) Morgan Miller 9	3) Lauren Clausnitzer 9	4) Taylor Grossman 11	
8 Jamestown	A	4:19.66	4:16.44	1
1) Siri Jystad 10	2) Alison Allmer 10	3) Kylee Voigt 7	4) Bre Carlson 10	
9 West Fargo	A	4:08.04	4:16.85	2
1) Brooke Grooters 10	2) Amanda Levin 9	3) Samantha Gooding 11	4) Alissa Mears 11	

Results

Finals ... (Event 42 Girls 4x400 Meter Relay Div A)

Team	Relay	Seed	Finals	H#
10 GF Central	A	4:15.09	4:18.48	1
1) Sydney Lund 11	2) Jessica Lindsay 12	3) Ali Lindsay 10	4) Taylor Ray 10	
11 Shanley	A	4:11.34	4:18.95	1
1) Alex Day 10	2) Afure Adah 8	3) Taylor Baumler 9	4) Julia Jordan 9	
12 Dickinson	A	4:11.12	4:23.41	2
1) Ally Hoffmann 12	2) Stormie Sickler 12	3) Rachel Schroeder 10	4) Ali Moody 10	
13 Fargo Davies	A	4:14.39	4:25.35	1
1) Kelsey Zastoupil 11	2) Hannah Brooks 9	3) Libby LeDoux 7	4) Tarin Lachowitz 11	

Event 46 Girls 4x800 Meter Relay Div A

Overall: 9:29.79 * 1999, Bismarck Century
J. Kindschi, M. Jacobson, Katie Reim, Beth Hoge
State: 9:29.79 ! 1999, Bismarck Century
J. Kindschi, M. Jacobson, K. Reim, B. Hoge
Bowl: 9:34.69 B 2009, West Fargo
Hermanson, Grooters, Balterzore, Mears

Team	Relay	Seed	Finals
Finals			
1 Century	A	9:52.14	9:35.74
1) Jessie Steinwand 12	2) Chelsea Boger 12	3) Megan Sanford 12	4) Brie Lynch 12
2 Bismarck	A	9:49.24	9:36.27
1) Libby Fontenot 9	2) Morgan Miller 9	3) Caitlyn Carlson 10	4) Brittany Brownnotter 9
3 Shanley	A	9:47.83	9:37.64
1) Alex Backlund 9	2) Taylor Baumler 9	3) Sarah Jacobson 7	4) Anna Triller 7
4 GF Red River	A	9:55.99	9:44.83
1) Erin Wysocki 12	2) Rachel Todhunter 11	3) Zoe Schreiner 10	4) Maggi Ferry 12
5 West Fargo	A	9:45.98	9:45.58
1) Alissa Mears 11	2) Keana Karnopp 10	3) Christine Baltezore 10	4) Brooke Grooters 10
6 Fargo Davies	A	10:09.65	9:53.75
1) Katie Bye 7	2) Kelsey Zastoupil 11	3) Casey Hatlevoll 11	4) Tarin Lachowitz 11
7 Dickinson	A	10:09.92	10:02.47
1) Ally Hoffmann 12	2) Stormie Sickler 12	3) Meleah Leiss 10	4) Lynae Messer 11
8 Fargo North	A	9:51.02	10:03.84
1) Abby Roche 12	2) Jackie Harmon 8	3) Elizabeth Roche 8	4) Emily Roche 10
9 Minot	A	9:55.67	10:08.31
1) Jamie VanderVorste 11	2) Jayden Moum 9	3) Rachel Pabelico 9	4) Samantha Huether 10
10 Mandan	A	10:23.82	10:10.47
1) Kiersten Sauber 11	2) Shelby Peterson 10	3) Sadie Larson 9	4) Nicole Trenda 10
11 Devils Lake	A	10:15.93	10:12.41
1) Christa Lysne 10	2) McKenzie Hartl 9	3) Randi Widmer 10	4) Hanna Pike 11
12 Williston	A	10:20.00	10:16.86
1) Moriah Juhl 12	2) Olivia Larson 9	3) Brooke McNary 12	4) Riley Ceglowski 10
13 Wahpeton	A	10:25.21	10:18.88
1) Jessica Mastel 9	2) Tawny Irwin 11	3) Ashley Edwardson 11	4) Amy Elliot 12

Event 50 Girls High Jump Div A

Overall: 5-09.25 * 2003 Halley Odegaard, Kindred
State: 5-08.25 ! 1993 Cindy Leingang, Mandan
Bowl: 5-09.25 B 2003 Haley Odegaard, Kindred

Name	Yr	School	Seed	Finals
Finals				
1 Kira Larson	10	Fargo North	5-08.00	5-05.00
2 Hannah Larson	10	Century	5-04.00	5-02.00
3 Alexis Jacobs	11	Century	4-11.00	5-01.00

Results

Finals ... (Event 50 Girls High Jump Div A)

Name	Yr	School	Seed	Finals
4 Veronica Hermann	10	Century	5-01.00	4-11.00
4 Hannah Arason	7	GF Red River	4-11.00	4-11.00
6 Alexis Goldade	10	Mandan	4-07.00	J4-11.00
6 Jenna Stilwell	8	Jamestown	4-07.00	J4-11.00
6 Ali Moody	10	Dickinson	5-01.00	J4-11.00
6 Shelby Gustafson	9	West Fargo	5-03.00	J4-11.00
9 Jasmine Moffett	11	Fargo Davies	5-01.00	J4-11.00
11 Maggie Ries	9	Shanley	4-11.00	4-09.00
11 Kara Schott	10	Fargo South	4-11.00	4-09.00

Event 54 Girls Long Jump Div A

Overall: 19-05.50 * 2006 Whitney Carlson, Carrington
 State: 19-03.25 ! 2005 McKenzie Mehlich, Fargo South
 Bowl: 19-05.50 B 2006 Whitney Carlson, Carrington

Name	Yr	School	Seed	Finals	Wind
Finals					
1 Hadley Steffen	10	GF Red River	18-05.50	18-08.00	0.6
2 Bailey Reiner	9	Bismarck	18-01.25	17-11.75	1.7
3 Christina Bruenjes	10	West Fargo	17-09.25	17-05.50	0.1
4 Jess Herauf	12	Dickinson	17-11.00	17-03.50	0.4
5 Hannah Jeske	11	Century	17-00.00	17-01.00	1.2
6 Lexi Ely	11	Century	17-05.50	16-09.75	0.6
7 Colie Sabol	11	GF Red River	16-06.50	16-05.00	-0.1
8 Andrea Kelsch	9	Century	16-08.00	16-04.75	1.8
9 Chelsey Jung	11	Century	15-06.00	16-00.50	1.0
10 Katelyn Friedt	12	Bismarck	16-11.00	16-00.00	-2.5
11 Libby LeDoux	7	Fargo Davies	16-07.00	15-08.25	1.1
12 Taylor Vasichek	12	Mandan	17-01.50	15-06.75	0.4
13 Candace Kornelson	10	Fargo Davies	15-10.00	15-02.00	2.4
13 Kara Schott	10	Fargo South	15-11.50	15-02.00	0.4

Event 58 Girls Triple Jump Div A

Overall: 39-04.25 * 1998 Crystal Cummins, Fargo South
 State: 39-04.25 ! 1998 Crystal Cummins, Fargo South
 Bowl: 39-08.25 B 2008 Kristen Killoran, Maple Valley

Name	Yr	School	Seed	Finals	Wind
Finals					
1 Christina Bruenjes	10	West Fargo	37-01.00	37-08.00	1.5
2 Colie Sabol	11	GF Red River	35-02.25	35-08.75	-2.3
3 Reily Klose	8	Fargo Davies	34-05.00	35-07.50	1.9
4 Hannah Jeske	11	Century	35-06.50	35-04.00	1.7
5 Jill Gustafson	12	West Fargo	34-08.50	34-10.00	1.8
6 DelRay Audet	11	Minot	34-08.50	34-07.75	1.6
7 Natalie Todd	9	Bismarck	34-08.50	34-06.00	0.5
8 Hannah Larson	10	Century	34-11.25	34-03.00	1.7
9 Ali Moody	10	Dickinson	34-00.00	34-02.50	0.4
10 Candace Kornelson	10	Fargo Davies	33-10.50	33-11.50	-0.2
10 Katelyn Friedt	12	Bismarck	34-00.50	33-11.50	1.3
12 Ashley Bohrer	10	Century	34-06.25	33-09.00	1.4
13 McKayla Orr	9	Jamestown	34-04.75	33-07.00	-0.1
14 Taylor Vasichek	12	Mandan	35-03.50	33-02.75	+0.0
15 Jenna Stilwell	8	Jamestown	34-02.00	32-10.25	1.7

Results

Finals ... (Event 58 Girls Triple Jump Div A)

Name	Yr	School	Seed	Finals	Wind
16 Vanessa Bakken	10	GF Red River	33-10.00	32-05.75	1.1

Event 62 Girls Shot Put Div A

Overall: 48-02.75 * 2001 Briona Reynolds, GF Red River
State: 48-02.75 ! 2001 Briona Reynolds, GF Red River
Bowl: 48-02.75 B 2001 Brionna Reynolds, GF Red River

Name	Yr	School	Seed	Finals
Finals				
1 Kayla Simpson	12	GF Central	42-10.00	42-03.00
2 Cherae Reeves	12	West Fargo	42-08.25	41-01.00
3 Mia Lopez	12	Fargo North	39-00.00	40-05.50
4 Danielle Smith	12	Century	41-01.00	39-00.00
5 Katie Weigel	12	Bismarck	38-04.00	38-10.00
6 Naomi Rust	10	Bismarck	37-03.00	38-08.00
7 Briana Bergrud	11	Bismarck	37-01.00	36-09.00
8 Kelsey Hall	9	Century	35-11.00	35-10.00
9 Sam Engel	12	Minot	37-02.00	35-09.00
10 Brook Hildre	9	Fargo Davies	35-11.00	35-04.50
11 Alexis Bolstad	9	Fargo Davies	38-10.00	35-03.00
12 Allie Kollman	12	Fargo South	37-10.00	35-02.00
13 Lydia Kingsley	11	Fargo South	35-09.00	34-05.00
14 Jennifer Brandt	11	Devils Lake	35-10.75	34-02.50
15 Maggie Schwarzkopf	8	Century	35-10.00	33-00.00
16 Kelsey Urquhart	11	Jamestown	36-02.00	32-08.00

Event 66 Girls Discus Throw Div A

Overall: 172-00 * 1999 Briona Reynolds, GF Red River
State: 172-00 ! 1999 Briona Reynolds, GF Red River
Bowl: 173-10 B 1999 Brionna Reynolds, GF Red River

Name	Yr	School	Seed	Finals
Finals				
1 Danielle Clarke	11	Williston	135-03	134-06
2 Jayd Eggert	11	Minot	136-09	132-07
3 Katie Weigel	12	Bismarck	125-05	125-00
4 Brook Hildre	9	Fargo Davies	107-07	118-01
5 Danielle Smith	12	Century	135-01	115-09
6 Naomi Rust	10	Bismarck	116-09	115-03
7 Jennifer Brandt	11	Devils Lake	105-08	112-05
8 Kelsey Hall	9	Century	115-02	111-08
9 Sam Engel	12	Minot	120-08	110-07
10 Amber Riopelle	12	Mandan	119-00	107-01
11 Briana Bergrud	11	Bismarck	118-07	106-01
12 Lydia Kingsley	11	Fargo South	95-00	105-03
13 Elizabeth Meyer	11	Mandan	105-01	104-08
14 Alexis Bolstad	9	Fargo Davies	110-08	102-04
15 Emily Berg	12	Fargo North	97-07	99-09
15 Annika Strand	11	GF Red River	103-10	99-09

Results

Event 70 Girls Javelin Throw Div A

Overall: 148-03 * 2002 **Katie Wilson, GF Red River**
State: 148-03 ! 2002 **Katie Wilson, GF Red River**
Bowl: 145-10 B 2001 **Dana Olimb, GF Red River**

Name	Yr	School	Seed	Finals
Finals				
1 Jess Herauf	12	Dickinson	140-03	135-07
2 Emily Asche	12	GF Red River	123-03	122-04
3 Ashley Zeitvogel	12	GF Red River	120-10	119-09
4 Jayd Eggert	11	Minot	126-09	114-03
5 Danielle Clarke	11	Williston	114-05	113-07
6 Cherae Reeves	12	West Fargo	110-11	113-05
7 Amber Riopelle	12	Mandan	116-01	109-08
8 Anna Hruby	12	Bismarck	113-01	107-00
9 Katie Weigel	12	Bismarck	106-00	105-00
10 Morgan Burrer	12	Wahpeton	110-01	103-02
11 Jasmine Moffett	11	Fargo Davies	110-04	102-01
12 Jenna Coghlan	11	Valley City	113-03	101-10
13 Elizabeth Meyer	11	Mandan	112-07	100-08
14 Kate Roscoe	11	Jamestown	110-08	99-07
15 Mia Lopez	12	Fargo North	106-05	94-05

Event 74 Girls Pole Vault Div A

Overall: 12-04 * 2006 **Kelsey Aide, Bottineau**
State: 12-00 ! 2003 **Julie Strenkowski, GF Central**
Bowl: 12-04 B 2006 **Kelsey Aide, Bottineau**

Name	Yr	School	Seed	Finals
Finals				
1 Hailey Horob	11	Williston	10-00.00	10-00.00
2 Kristen Ceglowski	11	Williston	9-06.00	9-09.00
3 Marissa Koppy	8	Mandan	9-00.00	9-00.00
3 Solvei Stenslie	11	Mandan	9-06.00	9-00.00
5 Paris Ekman	10	Shanley	9-00.00	J9-00.00
6 Ashley Zeitvogel	12	GF Red River	11-00.00	J9-00.00
7 Haley Moch	10	Century	9-06.00	J9-00.00
8 Breanna Schmidt	10	GF Red River	8-06.00	8-06.00
9 Keiley Sampson	12	Fargo South	8-06.00	J8-06.00
9 Cienna Levorsen	11	Dickinson	9-00.00	J8-06.00
11 Kaley Stotz	10	West Fargo	9-00.00	8-00.00
11 Lauren Gietzen	9	Century	10-00.00	8-00.00
11 Abby Osowski	10	GF Central	9-00.00	8-00.00
11 Katie Sprague	12	GF Red River	8-00.00	8-00.00
--- Sierra Kreft	11	Century	9-06.00	NH

Men - Div A - Team Rankings - 19 Events Scored

1) Bismarck	194	2) Century	93.5
3) West Fargo	90	4) GF Red River	59
5) Dickinson	57	6) Fargo North	51.5
7) Fargo South	47	8) GF Central	38
9) Bismarck St. Mary's	30	10) Mandan	28
11) Minot	19	12) Fargo Davies	13
13) Jamestown	11	14) Williston	9

Results

15) Wahpeton

1

Men - Div B - Team Rankings - 19 Events Scored

1) Central Cass	52	2) Lisbon	45
3) Velva/Drake-Anamoose	36	4) Rugby	35
4) Harvey/Wells County	35	6) New Town	34
6) Cavalier	34	8) Watford City	33
9) Milnor/Wynd/Lidg	31	10) Sargent County	30
11) Langdon/Munich	29	12) Parshall	28
13) Beulah	24	14) Grafton	23
15) Barnes Co North	17	16) Carrington	16
16) Kindred	16	18) Williams County	15
19) Hankinson/Fairmount	14	20) Bottineau	13
20) Dickinson Trinity	13	22) Thompson	12
22) Stanley/Powers Lake	12	24) Hazen	11
24) South Border	11	26) Garrison/Max	10
26) Park River/Ford-L/A-E	10	28) Southern McLean	9
28) Fargo Oak Grove	9	28) Maple Valley/Enderlin	9
28) Mott-Regent	9	32) Center-Stanton	8
32) Larimore	8	34) Oakes	7
34) Killdeer	7	36) Hettinger/Scranton	6
36) Heart River	6	38) Surrey	5
38) Beach	5	40) Bowman County	3
41) Divide County	2	41) Des Lacs-Burlington	2
41) Griggs Co Cent/Midkota	2	41) Northern Cass	2
41) Ellendale	2	46) Kidder County	1