

Section 4A True Team
Howard lake - 5/9/2023

Results

Girls 100 Meter Dash

Name	Yr	School	Finals	
Finals				
1	Heidi Krekelberg	12	Concordia Ac	13.39 30
2	Sarai Kieser	9	Concordia Ac	13.44 29
3	Christina Reimann	12	Trinity Scho	13.67 28
4	Lola Togba	10	Parnassus Pr	13.68 27
5	Erica Padilla	12	Legacy Chris	13.80 26
6	Favour Adetunji	8	Legacy Chris	13.88 25
7	Harper Hokenson	8	Mayer Luther	13.94 24
8	Frankie Shearer	9	Eagle Ridge	14.01 23
9	Kadyn Ruis	11	Avail Academ	14.03 22
10	Leshelle Fleming	11	Minneapolis	14.04 21
11	Leila Dalum	8	Maple Lake	14.15 20
12	Maria Fielder	9	St. Agnes	14.16 19
13	Devinity Butturff	9	Howard Lake-	14.20 18
14	Alexis Boonstra	9	Howard Lake-	14.23 17
15	Emma Peklo	11	Nova Classic	14.24 16
16	Lucia Ramirez	8	Eagle Ridge	14.34 15
17	Torlah Forkpah	10	Parnassus Pr	14.37 14
18	Avery Lee	10	Maple Lake	14.40 13
19	Marsia Green	12	Mayer Luther	14.48 12
20	Daniela Spencer	10	St. Agnes	14.53 11
21	Charlotte Knippel	9	Trinity Scho	14.83 10
22	Emily Mihm	9	Nla/Lila	15.01 9
23	Tomi Akinmusire	9	Nova Classic	15.27 8
24	Lily Anderson	12	Avail Academ	15.28 7
25	Veronica Klassen	12	Northwest Ni	15.68 6
26	Daniyah Harris	9	Minneapolis	15.78 5
27	Elizabeth Button	9	New Life Aca	16.70 4
28	Dani Meyer	10	Nla/Lila	16.80 3
29	Kayden Wood	9	New Life Aca	17.10 2
30	Katie Westrich	12	Northwest Ni	17.67 1

Girls 200 Meter Dash

Name	Yr	School	Finals	
Finals				
1	Anna Konsti	9	Concordia Ac	27.08 30
2	Mariah Willard	11	Trinity Scho	27.91 29
3	Reese Hartkopf	8	Maple Lake	28.35 28
4	Erica Padilla	12	Legacy Chris	28.61 27
5	Jackie Tepley	11	Howard Lake-	28.65 26
6	Christina Reimann	12	Trinity Scho	28.75 25
7	Grace Thompson	10	Legacy Chris	28.97 24
8	Maria Fielder	9	St. Agnes	29.10 23
9	Kylah Zillmer	9	Howard Lake-	29.19 22
10	Emma Peklo	11	Nova Classic	29.47 21
11	Leshelle Fleming	11	Minneapolis	29.64 20
12	Reese Bowers	10	Concordia Ac	29.68 19
13	Sienna Toews	7	Mayer Luther	29.70 18
14	Emeline Daniels	11	Parnassus Pr	30.07 17
15	Norah Sosnoski	8	Nla/Lila	30.19 16
16	Terese Fischer	10	St. Agnes	30.22 15
17	Sofia Serafin	9	Eagle Ridge	30.27 14
18	Frankie Shearer	9	Eagle Ridge	30.29 13

19	Mahini Balasubramanian	9	Nova Classic	30.50 12
20	Mia Fehrenkamp	11	Parnassus Pr	30.76 11
21	Katie Calcamuggio	9	Northwest Ni	30.80 10
22	Kendall Kor	9	New Life Aca	31.26 9
23	Natalie Wynia	8	Nla/Lila	31.61 8
24	Classie Carroll	10	Minneapolis	31.83 7
25	Anelli Hagen	9	Avail Academ	31.85 6
26	Eden Kupka	10	New Life Aca	32.48 5
27	Kiera Taylor	8	Mayer Luther	33.00 4
28	Stacy Scherber	7	Maple Lake	33.64 3
29	Grace Hutchinson	11	Northwest Ni	33.73 2
30	Naomi Peterson	9	Avail Academ	35.83 1

Girls 400 Meter Dash

Name	Yr	School	Finals	
Finals				
1	Addisyn Kimmel	10	Legacy Chris	1:02.34 30
2	Amanda Kehoe	8	Nla/Lila	1:03.42 29
3	Olivia Gilbertson	8	Eagle Ridge	1:03.81 28
4	Kylah Zillmer	9	Howard Lake-	1:05.34 27
5	Harper Hokenson	8	Mayer Luther	1:05.43 26
6	Adi Bye	10	Trinity Scho	1:05.51 25
7	Alexis Priolo	12	Legacy Chris	1:06.01 24
8	Maria Odegard	9	Nova Classic	1:06.04 23
9	Reese Hartkopf	8	Maple Lake	1:07.10 22
10	Alaina Koch	9	Howard Lake-	1:07.16 21
11	Cecelia Roberts	10	Nova Classic	1:07.20 20
12	Arianna Sebion Calvesio	12	Trinity Scho	1:07.28 19
13	Terese Fischer	10	St. Agnes	1:07.78 18
14	Nola Dalum	7	Maple Lake	1:07.89 17
15	Amanda Calcamuggio	12	Northwest Ni	1:09.76 16
16	Iris Husberg	9	Mayer Luther	1:09.88 15
17	Eva Gundermann	11	Concordia Ac	1:10.14 14
18	Alayna Schutte	11	Concordia Ac	1:10.25 13
19	Lucy Kirkland	8	St. Agnes	1:10.30 12
20	Sofia Serafin	9	Eagle Ridge	1:11.11 11
21	Berean Bock	7	Avail Academ	1:11.59 10
22	Sylvia Hill	10	Parnassus Pr	1:12.77 9
23	Jaidyn Schempp	11	Parnassus Pr	1:13.06 8
24	Brenna Lundy	12	Northwest Ni	1:13.75 7
25	Rocio Amoros	11	Minneapolis	1:14.52 6
26	Lucy Turner	11	Nla/Lila	1:18.27 5
27	Keomi Lundeed	10	Minneapolis	1:19.83 4
28	Naomi Peterson	9	Avail Academ	1:24.01 3

Girls 800 Meter Run

Name	Yr	School	Finals	
Finals				
1	Reanna Cruz	12	Legacy Chris	2:23.35 30
2	Victoria Thorson	9	Howard Lake-	2:27.05 29
3	Taylor Bourgoine	9	Northwest Ni	2:27.54 28
4	Lauren Pahl	10	Eagle Ridge	2:28.65 27
5	Lily Penniman	11	Nova Classic	2:29.27 26
6	Paige Heppner	11	Legacy Chris	2:30.32 25
7	Alex Kiebel	10	Maple Lake	2:31.69 24
8	Faustina Adkins	9	St. Agnes	2:32.08 23

Section 4A True Team
Howard lake - 5/9/2023

Results

Finals ... (Girls 800 Meter Run)

Name	Yr	School	Finals	
9 Abby Bye	8	Trinity Scho	2:33.81	22
10 Lyla Bourgoine	8	Northwest Ni	2:34.20	21
11 Lucia Luepker	10	Nova Classic	2:34.45	20
12 Anja Larsen	9	Parnassus Pr	2:34.49	19
13 Elsie Anderson	9	Parnassus Pr	2:35.40	18
14 Ava Fiecke	9	Howard Lake-	2:36.41	17
15 Klara Ferdinandt	8	St. Agnes	2:38.28	16
16 Maren Stawarz	9	Trinity Scho	2:38.67	15
17 Ava Baumgart	8	Nla/Lila	2:39.91	14
18 Carmyn Anderson	9	Maple Lake	2:42.86	13
19 Ainsley Mick	8	Avail Academ	2:48.63	12
20 Claire Fritz	11	Eagle Ridge	2:49.15	11
21 Ruby Reinert	7	Mayer Luther	2:52.43	10
22 Leah Gfrerer	9	Concordia Ac	2:52.51	9
23 Eden Kupka	10	New Life Aca	2:56.04	8
24 Kady Block	11	Concordia Ac	3:12.10	7
25 Xandra Pull	10	Avail Academ	3:25.67	6
26 Emilia Welciek	8	Nla/Lila	3:35.90	5
27 Jordan Erdman	9	Mayer Luther	3:50.50	4

Girls 1600 Meter Run

Name	Yr	School	Finals	
1 Kendra Swanson	8	Northwest Ni	5:28.90	30
2 Elsie Anderson	9	Parnassus Pr	5:30.08	29
3 Madison LeSage	11	Howard Lake-	5:31.52	28
4 Ivy Fasching	12	Howard Lake-	5:32.47	27
5 Faustina Adkins	9	St. Agnes	5:36.80	26
6 Paige Heppner	11	Legacy Chris	5:39.39	25
7 Greta Long	11	Eagle Ridge	5:41.65	24
8 Salina Michael	9	Northwest Ni	5:43.15	23
9 Anja Larsen	9	Parnassus Pr	5:46.89	22
10 Vivian Sindelar	9	Eagle Ridge	5:52.34	21
11 Rebekah Willard	9	Trinity Scho	5:57.84	20
12 Talia Tomhave	11	Nova Classic	5:58.73	19
13 Eleanor Walter	9	St. Agnes	6:07.79	18
14 Jade Schutte	9	Concordia Ac	6:10.14	17
15 Addison Kramer	10	Maple Lake	6:11.64	16
16 Lauren Stemper	9	Nla/Lila	6:16.14	15
17 Tyler Smock	9	Trinity Scho	6:18.57	14
18 Cambell Remus	8	Legacy Chris	6:22.98	13
19 Leah Gfrerer	9	Concordia Ac	6:24.63	12
20 Sophia De Jong	9	New Life Aca	6:26.79	11
21 Lauren Anglin	7	Maple Lake	6:33.71	10
22 Kylie Jopp	7	Mayer Luther	6:54.01	9
23 Marisa Lebens	11	Nla/Lila	7:14.13	8
24 Ellie Bernau	9	Mayer Luther	8:05.97	7

Girls 3200 Meter Run

Name	Yr	School	Finals	
1 Madison LeSage	11	Howard Lake-	12:06.49	30
2 Greta Long	11	Eagle Ridge	12:08.32	29
3 Ava Kletti	11	Eagle Ridge	12:33.74	28

4 Alexa Kleingarn	11	Nova Classic	13:11.71	27
5 Jane Kuwata	8	St. Agnes	13:12.51	26
6 Talia Tomhave	11	Nova Classic	13:14.99	25
7 Annika Robertson	9	Concordia Ac	13:18.84	24
8 Lucy Fisher	11	Trinity Scho	13:45.42	23
9 Khloe Uecker	7	Maple Lake	13:46.62	22
10 Rebekah Willard	9	Trinity Scho	13:47.84	21
11 Winifred Omberg	8	Parnassus Pr	13:53.27	20
12 Isabelle Yuhanna	11	Nla/Lila	13:54.22	19
13 Sarah Lehnen	8	St. Agnes	14:05.97	18
14 Maria Jose Plotts	11	Northwest Ni	14:09.51	17
15 Isabella Malinovskaya	8	Legacy Chris	14:13.28	16
16 Sophia De Jong	9	New Life Aca	14:15.33	15
17 Mary Bell	11	Concordia Ac	14:19.49	14
18 Hannah Bejjam	9	Parnassus Pr	14:23.31	13
19 Cooper Eastlack	9	Howard Lake-	14:32.01	12
20 Alethea Rieke	8	Avail Academ	14:36.99	11
21 Jenna Karger	10	Mayer Luther	14:38.09	10
22 Meredith Gundale	8	Northwest Ni	14:38.15	9
23 Lauren Anglin	7	Maple Lake	14:44.06	8
24 Lila Nash	11	Nla/Lila	15:13.97	7
25 Anna Colestock	12	Legacy Chris	15:58.73	6
26 Ellie Bernau	9	Mayer Luther	18:17.63	5

Girls 100 Meter Hurdles

Name	Yr	School	Finals	
1 Mariah Willard	11	Trinity Scho	16.56	30
2 Cecily Fager	12	Legacy Chris	16.86	29
3 Lola Togba	10	Parnassus Pr	17.61	28
4 Sarah Clyde	11	St. Agnes	17.61	27
5 Michaela Zenz	10	Concordia Ac	17.63	26
6 Joyce Horton	11	Eagle Ridge	18.18	25
7 Joanna Hall	11	Maple Lake	18.21	24
8 Maggie Michalak	9	Trinity Scho	18.69	23
9 Olivia Remer	8	Howard Lake-	18.71	22
10 Emeline Daniels	11	Parnassus Pr	18.88	21
11 Carly Tuttle	11	Mayer Luther	19.24	20
12 Madison Buehler	9	Howard Lake-	19.27	19
13 Sofia Serafin	9	Eagle Ridge	19.43	18
14 Lily Winters	12	Northwest Ni	19.47	17
15 Tracy Willenbring	10	Concordia Ac	20.56	16
16 Braylin Stahlke	8	Mayer Luther	21.36	15
17 Jacqueline Pribyl	7	Maple Lake	21.86	14
18 Cambell Remus	8	Legacy Chris	21.89	13
19 Elizabeth Williams	11	St. Agnes	22.50	12
20 Lily Fry	9	Nla/Lila	22.70	11
21 Ella Teigland	9	New Life Aca	23.73	10
22 Gracianna Conway	9	Nla/Lila	42.03	9

Girls 300 Meter Hurdles

Name	Yr	School	Finals	
1 Mariah Willard	11	Trinity Scho	47.45	30
2 Cecily Fager	12	Legacy Chris	48.47	29
3 Kylee Loren	7	Legacy Chris	51.07	28

Section 4A True Team
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Results

Finals ... (Girls 300 Meter Hurdles)

Name	Yr	School	Finals	
4 Jackie Tepley	11	Howard Lake-	52.09	27
5 Michaela Zenz	10	Concordia Ac	52.52	26
6 Maggie Michalak	9	Trinity Scho	52.94	25
7 Katherine Goergen	11	Eagle Ridge	53.61	24
8 Joanna Hall	11	Maple Lake	53.71	23
9 Sarah Clyde	11	St. Agnes	53.98	22
10 Lily Winters	12	Northwest Ni	54.01	21
11 Tracy Willenbring	10	Concordia Ac	54.58	20
12 Ivy Fasching	12	Howard Lake-	55.09	19
13 Lucia Ramirez	8	Eagle Ridge	55.22	18
14 Elizabeth Williams	11	St. Agnes	55.60	17
15 Carly Tuttle	11	Mayer Luther	57.01	16
16 Cassandra Kuehn	10	Parnassus Pr	57.85	15
17 Maria Heim	10	Nova Classic	57.95	14
18 Tatiana Otero-Ortiz	12	Parnassus Pr	58.27	13
19 Braylin Stahlke	8	Mayer Luther	59.09	12
20 Jacqueline Pribyl	7	Maple Lake	1:00.43	11
21 Rachel Jeong	10	Nova Classic	1:01.94	10
22 Lily Fry	9	Nla/Lila	1:03.46	9
23 Alethea Rieke	8	Avail Academ	1:04.81	8
24 Gracianna Conway	9	Nla/Lila	1:24.56	7

Girls 4x100 Meter Relay

Team	Relay	Finals
1 Concordia Ac		52.28 45
1) Emma Korinek 10	2) Heidi Krekelberg 12	
3) Anna Konsti 9	4) Sarai Kieser 9	
2 Eagle Ridge		53.13 42
1) Gracie Hendley 10	2) Kebeh Temeh 12	
3) Elsa Duclos 12	4) Frantzise Shearer 9	
3 Parnassus Pr		54.01 39
1) Torlah Forkpah 10	2) Peyton Vandal 10	
3) Eva Habimana 10	4) Lola Togba 10	
4 Howard Lake-		54.51 36
1) Alexis Boonstra 9	2) Devinity Butturff 9	
3) Riley Hintz 12	4) Maggie Ireland 12	
5 Legacy Chris		55.01 33
1) Jaisa Nalick 12	2) Favour Adetunji 8	
3) Grace Thompson 10	4) Violet Huerta 7	
6 Mayer Lutheran		55.24 30
1) Sophia Schmutzer 10	2) Carly Tuttle 11	
3) Marsia Green 12	4) Harper Hokenson 8	
7 Maple Lake		55.68 27
1) Avery Rowe 10	2) Leila Dalum 8	
3) Abby Torblaa 10	4) Avery Lee 10	
8 Trinity Scho		56.11 24
1) Christina Reimann 12	2) Dakota Lovick 9	
3) Kathryn Fredrickson 10	4) Charlotte Knippel 9	
9 Nova Classic		56.50 21
1) Christine Ma 9	2) Anita Goncharuk 12	
3) Mara Van Dyke 11	4) Tomi Akinmusire 9	

10 St. Agnes	58.04	18
1) Daniela Spencer 10	2) Daniela Lopez-Moran 9	
3) Kathleen Dobie 9	4) Catalina Lopez 11	
11 New Life Aca	58.53	15
1) Marisa Michaelis 9	2) Avery Arend 9	
3) Ella Teigland 9	4) Kendall Kor 9	
12 Nla/Lila	1:03.32	12
1) Ella Hunter 9	2) Natalie Wynia 8	
3) Emily Mihm 9	4) Ellen Richards 9	

Girls 4x200 Meter Relay

Team	Relay	Finals
1 Legacy Chris		1:52.36 45
1) Kylee Loren 7	2) Addisyn Kimmel 10	
3) Grace Thompson 10	4) Reanna Cruz 12	
2 Concordia Ac		1:53.85 42
1) Brooklyn Petronack 9	2) Reese Bowers 10	
3) Emma Korinek 10	4) Sarai Kieser 9	
3 Eagle Ridge		1:54.64 39
1) Gracie Hendley 10	2) Kebeh Temeh 12	
3) Elsa Duclos 12	4) Frantzise Shearer 9	
4 Howard Lake-		1:58.29 36
1) Maggie Ireland 12	2) Alexis Boonstra 9	
3) Madison Buehler 9	4) Mackenzie Parks 7	
5 Maple Lake		1:58.82 33
1) Avery Lee 10	2) Leila Dalum 8	
3) Nola Dalum 7	4) Sydney Breimon 10	
6 Nla/Lila		1:58.85 30
1) Amanda Kehoe 8	2) Ella Hunter 9	
3) Ellen Richards 9	4) Vanessa Sosnoski 11	
7 Trinity Scho		1:59.17 27
1) Charlotte Knippel 9	2) Adi Bye 10	
3) Dakota Lovick 9	4) Kathryn Fredrickson 10	
8 St. Agnes		2:00.26 24
1) Daniela Spencer 10	2) Catalina Lopez 11	
3) Kathleen Dobie 9	4) Maria Fielder 9	
9 Nova Classic		2:02.60 21
1) Christine Ma 9	2) Alexandra Ritenour 9	
3) Mahini Balasubramanian 9	4) Mara Van Dyke 11	
10 Mayer Lutheran		2:04.97 18
1) Sienna Toews 7	2) Jenna Forcier 11	
3) Kiera Taylor 8	4) Iris Husberg 9	
11 New Life Aca		2:05.10 15
1) Marisa Michaelis 9	2) Avery Arend 9	
3) Ella Teigland 9	4) Kendall Kor 9	
12 Parnassus Pr		2:05.95 12
1) Emeline Daniels 11	2) Liyahna Bevis 11	
3) Anastasiya Kolosovsky 12	4) Mia Fehrenkamp 11	
13 Avail Academy		2:07.46 9
1) Lily Anderson 12	2) Anelli Hagen 9	
3) Naomi Peterson 9	4) Mia Knutsen 11	
14 Northwest Nighthawks		2:13.98 6
1) Brenna Lundy 12	2) Katie Westrich 12	
3) Veronica Klassen 12	4) Meredith Gundale 8	

Section 4A True Team

Howard lake - 5/9/2023

Results

Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Legacy Chris		4:15.11 45
1) Erica Padilla 12	2) Addisyn Kimmel 10	
3) Cecily Fager 12	4) Reanna Cruz 12	
2 Howard Lake-		4:19.64 42
1) Kylah Zillmer 9	2) Alaina Koch 9	
3) Victoria Thorson 9	4) Madison LeSage 11	
3 Eagle Ridge		4:21.05 39
1) Lauren Pahl 10	2) Gracie Hendley 10	
3) Joyce Horton 11	4) Olivia Gilbertson 8	
4 Northwest Nighthawks		4:27.41 36
1) Taylor Bourgoine 9	2) Salina Michael 9	
3) Kendra Swanson 8	4) Lyla Bourgoine 8	
5 Nova Classic		4:29.85 33
1) Maria Odegard 9	2) Cordelia Thomas 12	
3) AvaJane Lynch 12	4) Cecelia Roberts 10	
6 Maple Lake		4:30.84 30
1) Reese Hartkopf 8	2) Addison Kramer 10	
3) Nola Dalum 7	4) Carmyn Anderson 9	
7 Concordia Ac		4:32.64 27
1) Anna Konsti 9	2) Jade Schutte 9	
3) Eva Gundermann 11	4) Michaela Zenz 10	
8 Trinity Scho		4:32.76 24
1) Arianna Sebio Calvesio 12	2) Dakota Lovick 9	
3) Adi Bye 10	4) Abby Bye 8	
9 St. Agnes		4:39.53 21
1) Lucy Kirkland 8	2) Faustina Adkins 9	
3) Elizabeth Williams 11	4) Terese Fischer 10	
10 Parnassus Pr		4:51.29 18
1) Jaidyn Schempp 11	2) Sylvia Hill 10	
3) Kara Bolognino 9	4) Tatiana Otero-Ortiz 12	
11 Avail Academy		4:51.54 15
1) Lily Anderson 12	2) Mia Knutsen 11	
3) Berean Bock 7	4) Anelli Hagen 9	
12 Nla/Lila		5:01.92 12
1) Ella Hunter 9	2) Lauren Stemper 9	
3) Aylee Beimert 12	4) Ava Baumgart 8	
13 Mayer Lutheran		5:03.50 9
1) Ruby Reinert 7	2) Sienna Toews 7	
3) Jordan Guse 8	4) Ilyene Klohs 7	

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Howard Lake-		10:21.29 45
1) Ava Fiecke 9	2) Victoria Thorson 9	
3) Ivy Fasching 12	4) Jackie Tepley 11	
2 Nova Classic		10:48.09 42
1) Lily Penniman 11	2) Cordelia Thomas 12	
3) AvaJane Lynch 12	4) Lucia Luepker 10	
3 Trinity Scho		10:58.36 39
1) Abby Bye 8	2) Maren Stawarz 9	
3) Bella Wohler 8	4) Lucy Neuville 10	

4 St. Agnes		11:07.71 36
1) Eleanor Walter 9	2) Julia Ferdinandt 12	
3) Klara Ferdinandt 8	4) Jane Kuwata 8	
5 Maple Lake		11:10.52 33
1) Alex Kiebel 10	2) Carmyn Anderson 9	
3) Addison Kramer 10	4) Makenna Wetch 11	
6 Eagle Ridge		11:19.67 30
1) Maura Schulz 9	2) Claire Freese 9	
3) Lacey Dobbeltmann 9	4) Ava Kletti 11	
7 Parnassus Pr		11:21.18 27
1) Kara Bolognino 9	2) Haleigh Kobielush 8	
3) Lucy Krause 8	4) Cassandra Kuehn 10	
8 Concordia Ac		11:31.81 24
1) Annika Robertson 9	2) Brooklyn Petronack 9	
3) Eva Gundermann 11	4) Kady Block 11	
9 Northwest Nighthawks		11:43.07 21
1) Maria Jose Plotts 11	2) Katie Calcamuggio 9	
3) Amanda Calcamuggio 12	4) Grace Hutchinson 11	
10 Mayer Lutheran		11:48.95 18
1) Ruby Reinert 7	2) Laara Luoma 7	
3) Jenna Karger 10	4) Iris Husberg 9	
11 Legacy Chris		11:57.15 15
1) Isabella Lindquist 8		
12 Avail Academy		12:14.65 12
1) Berean Bock 7	2) Ainsley Mick 8	
3) Xandra Pull 10	4) Alethea Rieke 8	
13 Nla/Lila		13:06.22 9
1) Marisa Lebens 11	2) Lila Nash 11	
3) Isabelle Yuhanna 11	4) Emilia Welciek 8	

Girls High Jump

Name	Yr	School	Finals
Finals			
1 Alex Kiebel	10	Maple Lake	5-01.00 30
2 Maria Fielder	9	St. Agnes	4-09.00 29
3 Dakota Lovick	9	Trinity Scho	4-07.00 27.5
3 Marisa Michaelis	9	New Life Aca	4-07.00 27.5
5 Anita Goncharuk	12	Nova Classic	4-07.00 26
6 Lauren Barnes	8	Legacy Chris	4-07.00 25
7 Marsia Green	12	Mayer Luther	4-07.00 22.5
7 Reese Hartkopf	8	Maple Lake	4-07.00 22.5
7 Victoria Thorson	9	Howard Lake-	4-07.00 22.5
7 Michaela Zenz	10	Concordia Ac	4-07.00 22.5
11 Kennedy Robinson	9	Minneapolis	4-07.00 20
12 Norah Sosnoski	8	Nla/Lila	4-07.00 19
13 Reese Bowers	10	Concordia Ac	4-05.00 17.5
13 Makenna Lilly	10	New Life Aca	4-05.00 17.5
15 Iris Husberg	9	Mayer Luther	4-05.00 16
16 Maggie Michalak	9	Trinity Scho	4-03.00 15
17 Emma Kallio	12	Howard Lake-	4-03.00 14
18 Xandra Jackson	8	Legacy Chris	4-03.00 13
19 Peyton Vandal	10	Parnassus Pr	4-01.00 11.5
19 Ja'Shaya Simmons	10	Minneapolis	4-01.00 11.5
21 Natalie Wynia	8	Nla/Lila	4-01.00 10
22 Ava Nelson	11	St. Agnes	4-01.00 9
23 Kayleigh Kochendorfer	10	Parnassus Pr	3-11.00 8

Section 4A True Team
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Results

Finals ... (Girls High Jump)

Name	Yr	School	Finals
24 Berean Bock	7	Avail Academ	3-09.00 7
25 Mary Beth Winter	9	Nova Classic	3-07.00 6

Girls Pole Vault

Name	Yr	School	Finals
Finals			
1 Cecily Fager	12	Legacy Chris	9-06.00 30
2 Cambell Remus	8	Legacy Chris	9-00.00 29
3 Reese Bowers	10	Concordia Ac	8-06.00 28
4 Abby Torblaa	10	Maple Lake	8-00.00 27
5 Sylvia Wilhelm	11	Concordia Ac	8-00.00 26
6 Unity Kelly	11	Howard Lake-	8-00.00 25
7 Dani Poppler	11	Howard Lake-	7-06.00 24
8 Charlotte Knippel	9	Trinity Scho	6-00.00 23
9 Lucy Neuville	10	Trinity Scho	5-06.00 22
10 Kit Kimbrell	8	Nova Classic	5-06.00 21
--- Carmyn Anderson	9	Maple Lake	NH

Girls Long Jump

Name	Yr	School	Finals
Finals			
1 Amanda Kehoe	8	Nla/Lila	16-05.00 30
2 Alex Kiebel	10	Maple Lake	15-10.50 29
3 Erica Padilla	12	Legacy Chris	15-04.50 28
4 Jackie Tepley	11	Howard Lake-	15-03.25 27
5 Arianna Sebion Calvesio	12	Trinity Scho	15-02.75 26
6 Peyton Vandal	10	Parnassus Pr	15-02.00 25
7 Joyce Horton	11	Eagle Ridge	14-11.75 24
8 Christina Reimann	12	Trinity Scho	14-11.00 23
9 Julia Bigalke	10	Concordia Ac	14-08.75 22
10 Marsia Green	12	Mayer Luther	14-04.50 21
11 Jayar Lai	9	Parnassus Pr	14-04.00 20
12 Carly Tuttle	11	Mayer Luther	14-03.50 19
13 Lily Anderson	12	Avail Academ	14-03.50 18
14 Alexis Boonstra	9	Howard Lake-	14-02.50 17
15 Harmony Heath	12	Maple Lake	14-02.00 16
16 Lucy Kirkland	8	St. Agnes	14-01.50 15
17 Makenna Lilly	10	New Life Aca	14-00.50 14
18 Kadyn Ruis	11	Avail Academ	14-00.25 13
19 Marisa Michaelis	9	New Life Aca	13-10.50 12
20 Sofia Serafin	9	Eagle Ridge	13-10.00 11
21 Tomi Akinmusire	9	Nova Classic	13-10.00 10
22 Jaisa Nalick	12	Legacy Chris	13-10.00 9
23 Ja'Shaya Simmons	10	Minneapolis	13-03.25 8
24 Anita Goncharuk	12	Nova Classic	12-10.25 7
25 Emily Mihm	9	Nla/Lila	12-08.00 6
26 Emma Marie Cummings	9	St. Agnes	11-05.75 5
27 Eva Gundermann	11	Concordia Ac	11-04.25 4

Girls Triple Jump

Name	Yr	School	Finals
Finals			
1 Julia Bigalke	10	Concordia Ac	33-07.75 30
2 Mariah Willard	11	Trinity Scho	32-03.00 29

3 Hallie Millerbernd	12	Howard Lake-	31-11.50 28
4 Joyce Horton	11	Eagle Ridge	31-10.50 27
5 Lucy Kirkland	8	St. Agnes	31-08.75 26
6 Vanessa Sosnoski	11	Nla/Lila	31-05.75 25
7 Peyton Vandal	10	Parnassus Pr	31-05.00 24
8 Riley Hintz	12	Howard Lake-	30-10.00 23
9 Reanna Cruz	12	Legacy Chris	30-10.00 22
10 Terese Fischer	10	St. Agnes	30-08.75 21
11 Norah Sosnoski	8	Nla/Lila	30-08.00 20
12 Adi Bye	10	Trinity Scho	30-06.00 19
13 Harmony Heath	12	Maple Lake	30-00.50 18
14 Mia Knutsen	11	Avail Academ	29-09.25 17
15 Avery Rowe	10	Maple Lake	29-03.00 16
16 Annika Robertson	9	Concordia Ac	28-02.50 15
17 Lauren Pahl	10	Eagle Ridge	27-02.75 14
18 Kayleigh Kochendorfer	10	Parnassus Pr	27-01.25 13
19 Braylin Stahlke	8	Mayer Luther	27-01.00 12
20 Maria Heim	10	Nova Classic	26-08.75 11
21 Katey Gordon	9	Legacy Chris	26-04.50 10
22 Ellie Bernau	9	Mayer Luther	24-10.50 9

Girls Shot Put

Name	Yr	School	Finals
Finals			
1 Lexi Koch	11	Howard Lake-	33-07.50 30
2 Laniya Harper	12	Minneapolis	31-08.00 29
3 Frankie Shearer	9	Eagle Ridge	29-00.50 28
4 Emma Kallio	12	Howard Lake-	28-10.50 27
5 Sophie Wilson	11	Nla/Lila	28-08.75 26
6 Sarah Clyde	11	St. Agnes	28-05.50 25
7 Emma Korinek	10	Concordia Ac	27-11.75 24
8 Avery Lee	10	Maple Lake	27-10.50 23
9 Helena Hesse-Moline	9	Trinity Scho	27-04.50 22
10 Leila Meyers	11	Concordia Ac	27-03.50 21
11 Stacy Scherber	7	Maple Lake	26-07.00 20
12 Debbie Gouchola	12	Parnassus Pr	26-06.00 19
13 Anneli Hagen	9	Avail Academ	26-01.00 18
14 Jenna Forcier	11	Mayer Luther	24-11.00 17
15 Alexia Murphy	8	Legacy Chris	24-08.00 16
16 Lilah Michaud	10	Trinity Scho	24-04.00 15
17 Dominika Kozlovska	9	Eagle Ridge	23-01.00 14
18 Gianna Johnson	11	St. Agnes	23-00.00 13
19 Lucy Turner	11	Nla/Lila	22-04.50 12
20 Sharron Solorzano	11	Parnassus Pr	21-11.00 11
21 Kathryn Passingham	12	Nova Classic	21-11.00 10
22 Addyson Bates	8	Legacy Chris	21-05.50 9
23 Ilyene Klohs	7	Mayer Luther	17-09.00 8
24 Catalina Didenko-Gamart	9	Nova Classic	17-05.00 7
25 Xandra Pull	10	Avail Academ	16-06.50 6

Girls Discus Throw

Name	Yr	School	Finals
Finals			
1 Keira McCord	11	Concordia Ac	98-09 30
2 Lexi Koch	11	Howard Lake-	84-08 29
3 Gracen Stage	11	Concordia Ac	77-02 28

Section 4A True Team
Howard lake - 5/9/2023

Results

Finals ... (Girls Discus Throw)

Name	Yr	School	Finals
4 Emma Kallio	12	Howard Lake-	76-04 27
5 Sophie Wilson	11	Nla/Lila	73-11 26
6 Debbie Gouchola	12	Parnassus Pr	71-00 25
7 Sarah Clyde	11	St. Agnes	70-01 24
8 Braylin Stahlke	8	Mayer Luther	68-09 23
9 Alexia Murphy	8	Legacy Chris	68-09 22
10 Eliza Willard	11	Trinity Scho	66-00 21
11 Aylee Beimert	12	Nla/Lila	65-04 20
12 Veronica Hagen	11	St. Agnes	65-00 19
13 Jenna Forcier	11	Mayer Luther	62-07 18
14 Miley Oravetz	9	Maple Lake	61-09 17
15 Maleyah Jones	12	Minneapolis	61-07 16
16 Sharron Solorzano	11	Parnassus Pr	61-00 15
17 Kathryn Passingham	12	Nova Classic	60-07 14
18 Helena Hesse-Moline	9	Trinity Scho	60-06 13
19 Lessley DeMoss	10	Eagle Ridge	59-06 12
20 Molly Wurm	10	Maple Lake	57-03 11
21 Ayanna Melander	11	Minneapolis	56-06 10
22 Frankie Shearer	9	Eagle Ridge	55-01 9
23 Addyson Bates	8	Legacy Chris	48-11 8
24 Catalina Didenko-Gamart	9	Nova Classic	41-10 7
25 Naomi Peterson	9	Avail Academ	40-03 6
26 Xandra Pull	10	Avail Academ	37-09 5

Boys 100 Meter Dash

Name	Yr	School	Finals
1 Jaivon Hill	12	Minneapolis	11.44 30
2 Cam Jones	11	Howard Lake-	11.46 29
3 Sebastian Hoiland	12	Nova Classic	11.59 28
4 Zelaun Black	12	Minneapolis	11.68 27
5 Aaron Briggs	10	Parnassus Pr	11.79 26
6 William Hugo	12	Concordia Ac	11.86 25
7 Henry Peklo	11	Nova Classic	11.96 24
8 Collin Boese	12	Howard Lake-	11.98 23
9 Judah Zinter	10	Concordia Ac	12.08 22
10 Evonson Plamann	9	St. Agnes	12.20 21
11 James Oberg	12	Trinity Scho	12.34 20
12 Xander Amiraless	11	Parnassus Pr	12.41 19
13 Riley Hall	12	Maple Lake	12.50 18
14 Brennen Bawek	9	Eagle Ridge	12.57 17
15 Michael Woestehoff	11	Mayer Luther	12.58 16
16 Eli Anderson	12	Nla/Lila	12.59 15
17 William Kiehl	11	St. Agnes	12.60 14
18 Cheick Cissoko	12	Legacy Chris	12.61 13
19 Lincoln Bock	10	Avail Academ	12.87 12
20 Mar'sean Patterson	12	Legacy Chris	12.99 11
21 Gabe Jensen	10	Nla/Lila	13.04 10
22 Stephen McNamara	12	Trinity Scho	13.05 9
23 Ian Blake	12	New Life Aca	13.20 8
24 JT Taylor	12	Mayer Luther	13.35 7
25 Carrick Mick	10	Avail Academ	13.53 6
26 Gabriel Ramirez	9	Eagle Ridge	13.56 5
27 Liam Peterman	9	Northwest Ni	13.65 4

28 Nathan Nelsen	8	New Life Aca	13.95 3
29 Matthew Dick	11	Maple Lake	14.07 2

Boys 200 Meter Dash

Name	Yr	School	Finals
1 Sebastian Hoiland	12	Nova Classic	22.95 30
2 Henry Peklo	11	Nova Classic	23.19 29
3 Luc Swanson	12	Concordia Ac	23.33 28
4 Collin Boese	12	Howard Lake-	23.40 27
5 Jaivon Hill	12	Minneapolis	23.48 26
6 Evonson Plamann	9	St. Agnes	23.83 25
7 William Hugo	12	Concordia Ac	23.88 24
8 James Oberg	12	Trinity Scho	24.05 23
9 Alan Haglin	11	Maple Lake	24.08 22
10 Luke Van Geest	11	Avail Academ	24.57 21
11 Gabe Jensen	10	Nla/Lila	25.03 20
12 Taylor Olson	10	Legacy Chris	25.07 19
13 William Kiehl	11	St. Agnes	25.10 18
14 Brennen Bawek	9	Eagle Ridge	25.16 17
15 Jacob Stella	10	Trinity Scho	25.16 16
16 Navier Jiles	11	Minneapolis	25.31 15
17 Tyler Huebsch	12	New Life Aca	25.64 14
18 Juelz Teekaye	10	Parnassus Pr	26.11 13
19 Cam Jones	11	Howard Lake-	26.20 12
20 Ethan Tinega	8	Eagle Ridge	26.41 11
21 Abdulai Komara	10	Parnassus Pr	26.53 10
22 Joshua Greene	9	New Life Aca	26.53 9
23 Carrick Mick	10	Avail Academ	26.67 8
24 Vincent Wolf	12	Maple Lake	26.79 7
25 Hayden Alle	10	Nla/Lila	26.83 6
26 Sam Shipler	11	Mayer Luther	27.49 5
27 Gabe Shimanski	7	Mayer Luther	27.59 4

Boys 400 Meter Dash

Name	Yr	School	Finals
1 Dominic Zoa	11	Legacy Chris	52.58 30
2 Caleb Johnson	12	Legacy Chris	53.32 29
3 Lance Luchsinger	12	Howard Lake-	53.47 28
4 Xander Amiraless	11	Parnassus Pr	54.51 27
5 Anthony Matos	10	Trinity Scho	54.81 26
6 Luc Swanson	12	Concordia Ac	55.36 25
7 James Grismer	10	St. Agnes	56.38 24
8 Bilal Jafar	11	Eagle Ridge	56.40 23
9 Joseph West	11	Nova Classic	56.57 22
10 Zachariah Schaap	11	Avail Academ	56.87 21
11 Carlos Schmidt	9	Howard Lake-	57.25 20
12 Gabe Shimanski	7	Mayer Luther	57.49 19
13 Matthew Aasen	12	Maple Lake	57.59 18
14 Azariah Wohler	12	Trinity Scho	57.79 17
15 Lincoln Nash	9	New Life Aca	58.12 16
16 William Kiehl	11	St. Agnes	58.18 15
17 Tyler Huebsch	12	New Life Aca	58.64 14
18 Timothy Hubers	11	Concordia Ac	58.85 13
19 Caedmon Mick	10	Avail Academ	59.20 12

Section 4A True Team
Howard lake - 5/9/2023

Results

Finals ... (Boys 400 Meter Dash)

Name	Yr	School	Finals	
20 Shaun Mahr	10	Northwest Ni	59.37	11
21 Marcos Odegard	11	Nova Classic	59.38	10
22 Michael Westrich	9	Northwest Ni	1:02.18	9
23 Asher Fagerstrom	8	Nla/Lila	1:02.70	8
24 Birkir Gudmundson	9	Eagle Ridge	1:03.12	7
25 Ishmeal Komara	10	Parnassus Pr	1:05.01	6
26 Carter Courtright	10	Maple Lake	1:05.68	5
27 Noah Brooks	9	Minneapolis	1:06.33	4
28 Andrew Fino	8	Nla/Lila	1:12.59	3
29 Kaden Winter	9	Mayer Luther	1:16.78	2

Boys 800 Meter Run

Name	Yr	School	Finals	
1 Chase Deiter	12	Howard Lake-	2:03.17	30
2 Henry Karelitz	12	Nova Classic	2:03.75	29
3 Elliot Vargas	12	Concordia Ac	2:05.70	28
4 Nickolai Farber	12	Nova Classic	2:06.17	27
5 David Gregory	12	Trinity Scho	2:07.52	26
6 Zeke Lindahl	9	New Life Aca	2:07.54	25
7 Ronan Lander	11	Parnassus Pr	2:08.23	24
8 Charlie Block	12	Legacy Chris	2:08.43	23
9 Micah Gregory	10	Trinity Scho	2:08.66	22
10 Aiden Olsen-Gray	11	Parnassus Pr	2:12.20	21
11 Henry Kaardal	12	St. Agnes	2:13.73	20
12 Anderson Schuttinga	10	Avail Academ	2:13.77	19
13 Zach Vandermark	11	Eagle Ridge	2:14.94	18
14 Gavin Kohler	11	Nla/Lila	2:17.95	17
15 Noah Winters	9	Northwest Ni	2:18.38	16
16 Kade Christopherson	9	Howard Lake-	2:18.59	15
17 Joseph Draganowski	12	St. Agnes	2:19.31	14
18 Ethan Keller	9	New Life Aca	2:21.09	13
19 Jacob Arnold	10	Legacy Chris	2:22.71	12
20 Charlie Gundale	10	Northwest Ni	2:24.07	11
21 August Adamsson	11	Concordia Ac	2:25.25	10
22 James Wolfe	9	Eagle Ridge	2:26.57	9
23 CJ Reading	10	Mayer Luther	2:29.68	8
24 Logan Anglin	10	Maple Lake	2:30.97	7
25 Matthew Sherrard	12	Nla/Lila	2:31.66	6
26 Adam Erdman	10	Mayer Luther	2:46.36	5
27 Josiah Schafer	12	Maple Lake	2:46.60	4

Boys 1600 Meter Run

Name	Yr	School	Finals	
1 Mark Swanson	10	Northwest Ni	4:24.72	30
2 Henry Karelitz	12	Nova Classic	4:26.54	29
3 Chase Deiter	12	Howard Lake-	4:39.02	28
4 Ronan Lander	11	Parnassus Pr	4:40.85	27
5 Nick Lind	11	Maple Lake	4:41.76	26
6 Christian Conway	12	Legacy Chris	4:44.92	25
7 Henry Kaardal	12	St. Agnes	4:47.01	24
8 Justin Kroeze	11	Avail Academ	4:48.66	23
9 Elliot Vargas	12	Concordia Ac	4:49.08	22

10 Zach Brocker	10	New Life Aca	4:52.02	21
11 Tristan Lampe	8	Eagle Ridge	4:54.70	20
12 Jonah Honerman	12	St. Agnes	4:55.69	19
13 Matthew Johnson	10	Concordia Ac	5:00.06	18
14 Gavin Kohler	11	Nla/Lila	5:00.25	17
15 Peter Andersen	9	Trinity Scho	5:02.20	16
16 Anders Holland	9	Eagle Ridge	5:05.83	15
17 Kaleb DeBoer	10	Mayer Luther	5:06.48	14
18 Henry Steinhoff	11	Trinity Scho	5:07.42	13
19 Charlie Gundale	10	Northwest Ni	5:07.43	12
20 Finley Kimbrell	11	Nova Classic	5:17.83	11
21 Carson Wendler	9	Howard Lake-	5:23.92	10
22 Eliot Carlson	8	Legacy Chris	5:25.96	9
23 CJ Reading	10	Mayer Luther	5:32.29	8
24 Malachi Lohstreter	9	Parnassus Pr	5:36.41	7
25 Matthew Sherrard	12	Nla/Lila	5:44.78	6
26 Jayden Dobay	9	New Life Aca	6:00.35	5
27 Wesley Zuelke	12	Maple Lake	6:09.04	4
28 Armonn Burns	9	Minneapolis	6:27.00	3

Boys 3200 Meter Run

Name	Yr	School	Finals	
1 Mark Swanson	10	Northwest Ni	9:59.32	30
2 Christian Conway	12	Legacy Chris	10:26.53	29
3 Thomas O'Keefe	10	Nova Classic	10:33.39	28
4 Tristan Lampe	8	Eagle Ridge	10:49.53	27
5 Peter Andersen	9	Trinity Scho	10:50.74	26
6 Nick Lind	11	Maple Lake	10:53.13	25
7 Jonah Honerman	12	St. Agnes	10:55.94	24
8 Justin Kroeze	11	Avail Academ	11:01.03	23
9 Matthew Johnson	10	Concordia Ac	11:01.29	22
10 Silas Cole	10	Nova Classic	11:15.20	21
11 Parker Moseman	11	New Life Aca	11:15.51	20
12 Anders Holland	9	Eagle Ridge	11:17.90	19
13 Marcos Laporda-Alcares	10	Nla/Lila	11:17.97	18
14 Parker Anderson	8	Parnassus Pr	11:18.14	17
15 Kaleb DeBoer	10	Mayer Luther	11:22.61	16
16 Jackson Eldred	8	Howard Lake-	11:23.15	15
17 Zachary Bowden	10	Trinity Scho	11:24.44	14
18 Gabriel Michels	11	Howard Lake-	11:25.32	13
19 Blake Anderson	11	Parnassus Pr	11:43.72	12
20 Myles Kobbermann	11	St. Agnes	11:45.63	11
21 Grayson Lecher	10	Concordia Ac	12:00.49	10
22 William Richards	11	Nla/Lila	12:15.04	9
23 Timothy Stromberg	7	Legacy Chris	12:21.31	8
24 Evan Gibson	10	New Life Aca	12:32.55	7
25 Joseph Plotts	9	Northwest Ni	12:49.72	6
26 Tristin Stoeber	10	Maple Lake	14:46.51	5

Boys 110 Meter Hurdles

Name	Yr	School	Finals	
1 Brandon Knott	12	Howard Lake-	16.08	30
2 Judah Neel	11	Concordia Ac	17.00	29
3 Mark Evenson	11	Nova Classic	17.11	28

Section 4A True Team

Howard lake - 5/9/2023

Results

Finals ... (Boys 110 Meter Hurdles)

Name	Yr	School	Finals
4 Judah Zinter	10	Concordia Ac	17.14 27
5 Alan Haglin	11	Maple Lake	17.16 26
6 Hayden Brown	11	Howard Lake-	17.18 25
7 Joren Rudzitis	11	Legacy Chris	18.30 24
8 Jerry Li	11	Parnassus Pr	18.35 23
9 Matthew Fischer	8	St. Agnes	18.68 22
10 Igor Chernyak	10	Parnassus Pr	19.49 21
11 Michael Corey	12	Mayer Luther	19.65 20
12 Hayden Alle	10	Nla/Lila	20.05 19
13 Cooper Eveslage	9	Mayer Luther	20.16 18
14 Tyler Bertram	11	Legacy Chris	20.51 17
15 Mathias Kies	9	Trinity Scho	20.52 16
16 Thomas Knippel	11	Trinity Scho	21.20 15
17 Tommy Fielder	10	St. Agnes	21.65 14
18 Hayden Dircks	9	Maple Lake	21.68 13

Boys 300 Meter Hurdles

Name	Yr	School	Finals
1 Brandon Knott	12	Howard Lake-	40.68 30
2 Joren Rudzitis	11	Legacy Chris	41.91 29
3 Judah Zinter	10	Concordia Ac	42.07 28
4 Alan Haglin	11	Maple Lake	42.97 27
5 Mark Evenson	11	Nova Classic	42.97 26
6 Hayden Brown	11	Howard Lake-	43.83 25
7 Judah Neel	11	Concordia Ac	46.16 24
8 Jacob Stella	10	Trinity Scho	46.43 23
9 Matthew Fischer	8	St. Agnes	46.44 22
10 Michael Corey	12	Mayer Luther	46.46 21
11 Joseph Rieber	12	Maple Lake	47.12 20
12 Tyler Bertram	11	Legacy Chris	47.49 19
13 Lincoln Bock	10	Avail Academ	47.82 18
14 Alexander Vandermark	11	Eagle Ridge	47.82 17
15 Igor Chernyak	10	Parnassus Pr	48.14 16
16 Daniel Gluharev	10	Parnassus Pr	48.27 15
17 Liam Peterman	9	Northwest Ni	49.73 14
18 Tommy Fielder	10	St. Agnes	50.83 13
19 Martin Jambor	8	Nla/Lila	51.60 12
20 Parker Aurich	10	Mayer Luther	52.15 11
21 Mathias Kies	9	Trinity Scho	52.26 10
22 Kevin Bruski	7	Eagle Ridge	57.92 9

Boys 4x100 Meter Relay

Team	Relay	Finals
1 Minneapolis		44.34 45
1) Jalen Beard 11	2) Navier Jiles 11	
3) J'Marion Sanders 9	4) Jaivon Hill 12	
2 Howard Lake-		44.82 42
1) Bruce Burau 11	2) Mitchell Mallak 12	
3) Zach Rheault 11	4) Cam Jones 11	
3 Nova Classic		44.88 39
1) Nickolai Farber 12	2) Henry Peklo 11	
3) Mark Evenson 11	4) Sebastian Hoiland 12	

4 Parnassus Pr	46.90 36
1) Jerry Li 11	2) Xander Amiraes 11
3) John Lander 9	4) Aaron Briggs 10
5 Eagle Ridge	47.08 33
1) Gabriel Ramirez 9	2) Jacob Brandel 11
3) Greg Hovey 9	4) Philippos Karypis 12
6 Mayer Lutheran	47.24 30
1) Blake Aurich 12	2) JT Taylor 12
3) Sam Shipler 11	4) Cooper Eveslage 9
7 Maple Lake	47.85 27
1) Joseph Rieber 12	2) Jonathon Carl 11
3) Matthew Aasen 12	4) Riley Hall 12
8 Concordia Ac	48.23 24
1) Timothy Lee 11	2) Logan Duis 8
3) Judah Neel 11	4) Samuel Haug 11
9 St. Agnes	48.79 21
1) Daniel Ryan 11	2) Henry Bruggemann 9
3) Tommy Nguyen 12	4) Teddy Cao 10
10 Trinity Scho	48.83 18
1) Luca Aglieco 10	2) Justin Libbus 9
3) Sam Endris 9	4) Stephen McNamara 12
11 Nla/Lila	49.12 15
1) Eli Anderson 12	2) Martin Jambor 8
3) Hayden Alle 10	4) Gabe Jensen 10
12 Legacy Chris	50.22 12
1) Justin Kucala 10	2) Matthew Berry 10
3) Mar'sean Patterson 12	4) Cheick Cissoko 12

Boys 4x200 Meter Relay

Team	Relay	Finals
1 Howard Lake-		1:33.53 45
1) Bruce Burau 11	2) Mitchell Mallak 12	
3) Zach Rheault 11	4) Collin Boese 12	
2 Minneapolis		1:35.24 42
1) Deshaun Sager 11	2) Navier Jiles 11	
3) Jeremiah Sims 12	4) Jaivon Hill 12	
3 Trinity Scho		1:36.08 39
1) Anthony Matos 10	2) Jacob Stella 10	
3) Joshua Bormann 10	4) James Oberg 12	
4 Legacy Chris		1:37.66 36
1) Dominic Zoa 11	2) Taylor Olson 10	
3) Tyler Bertram 11	4) Caleb Johnson 12	
5 St. Agnes		1:39.65 33
1) Daniel Ryan 11	2) Matthew Fischer 8	
3) Teddy Cao 10	4) Evonson Plamann 9	
6 Eagle Ridge		1:40.76 30
1) Gabriel Ramirez 9	2) Jacob Brandel 11	
3) Greg Hovey 9	4) Philippos Karypis 12	
7 Maple Lake		1:41.99 27
1) Matthew Aasen 12	2) Jonathon Carl 11	
3) Carter Courtright 10	4) Riley Hall 12	
8 New Life Aca		1:42.20 24
1) Lincoln Nash 9	2) Tyler Huebsch 12	
3) Joshua Greene 9	4) Zeke Lindahl 9	

Section 4A True Team

Howard lake - 5/9/2023

Results

Finals ... (Boys 4x200 Meter Relay)

Team	Relay	Finals	
9 Parnassus Pr		1:45.01	21
1) Juelz Teekaye 10	2) Daniel Gluharev 10		
3) Abdulai Komara 10	4) Ishmeal Komara 10		
10 Mayer Lutheran		1:54.67	18
1) Parker Aurich 10	2) Michael Woestehoff 11		
3) Adam Erdman 10	4) Kaden Winter 9		
11 Nla/Lila		1:57.28	15
1) Joseph Park 9	2) Asher Fagerstrom 8		
3) Vincent Brezinka 9	4) Evan Morrison 9		
--- Concordia Ac			DQ
1) Luc Swanson 12	2) Ryan Korinek 8		
3) Logan Duis 8	4) William Hugo 12		

Boys 4x400 Meter Relay

Team	Relay	Finals	
1 Legacy Chris		3:36.86	45
1) Charlie Block 12	2) Dominic Zoa 11		
3) Joren Rudzitis 11	4) Caleb Johnson 12		
2 Trinity Scho		3:44.79	42
1) Noah Schoenfelder 11	2) Azariah Wohler 12		
3) Micah Gregory 10	4) Anthony Matos 10		
3 Nova Classic		3:45.14	39
1) Joseph West 11	2) Henry Karelitz 12		
3) Dominik Amann 12	4) Nickolai Farber 12		
4 Howard Lake-		3:46.48	36
1) Hayden Brown 11	2) Carlos Schmidt 9		
3) Timmy Webber 9	4) Chase Deiter 12		
5 Concordia Ac		3:51.77	33
1) Jack Thompson 11	2) Timothy Hubers 11		
3) Elliot Vargas 12	4) Kyle Bonk 11		
6 Avail Academy		3:52.02	30
1) Lincoln Bock 10	2) Caedmon Mick 10		
3) Zachariah Schaap 11	4) Luke Van Geest 11		
7 Minneapolis		3:52.74	27
1) Diani Reynolds 11	2) Nathaniel Wilson 9		
3) Andrew Ferrell 9	4) Michael Johnson 11		
8 St. Agnes		3:55.50	24
1) Daniel Ryan 11	2) Henry Kaardal 12		
3) Teddy Cao 10	4) James Grismer 10		
9 Eagle Ridge		3:56.00	21
1) Ernest Kinanga 10	2) Jacob Brandel 11		
3) Alexander Vandermark 11	4) Zach Vandermark 11		
10 Parnassus Pr		4:02.96	18
1) John Lander 9	2) Ronan Lander 11		
3) Josh Carpenter 8	4) Yayah Kabba 8		
11 Maple Lake		4:06.21	15
1) Joseph Rieber 12	2) Vincent Wolf 12		
3) Logan Anglin 10	4) Nick Lind 11		
12 Mayer Lutheran		4:12.84	12
1) JT Taylor 12	2) Cooper Eveslage 9		
3) Michael Corey 12	4) Gabe Shimanski 7		

13 New Life Aca		4:37.62	9
1) Jayden Giacomini 9	2) Luke Poppinga 9		
3) Ted Thompson 8	4) Evan Gibson 10		
14 Nla/Lila		4:54.84	6
1) Andrew Fino 8	2) Logan Flermoen 8		
3) Gavin Maki-Jones 8	4) Beck Stevens 7		

Boys 4x800 Meter Relay

Team	Relay	Finals	
1 Trinity Scho		8:48.54	45
1) David Gregory 12	2) Micah Gregory 10		
3) Noah Schoenfelder 11	4) Azariah Wohler 12		
2 Avail Academy		9:06.35	42
3 Howard Lake-		9:06.81	39
1) Kade Christopherson 9	2) Liam Christopherson 11		
3) Lance Luchsinger 12	4) Joey Zemlicka 11		
4 Concordia Ac		9:21.11	36
1) Jack Thompson 11	2) Marcus Hexum 12		
3) Andre Adamsson 9	4) Timothy Hubers 11		
5 Northwest Nighthawks		9:35.26	33
1) Noah Winters 9	2) Joseph Plotts 9		
3) Shaun Mahr 10	4) Michael Westrich 9		
6 St. Agnes		9:36.53	30
1) Myles Kobbermann 11	2) Joseph Draganowski 12		
3) Henry Pawl 10	4) William Kuwata 10		
7 Parnassus Pr		9:36.64	27
1) John Lander 9	2) Caleb Kieke 10		
3) Josh Carpenter 8	4) Yayah Kabba 8		
8 Legacy Chris		9:37.02	24
1) Dallas Berry 8	2) Jacob Arnold 10		
3) Charlie Block 12	4) Timothy Stromberg 7		
9 Nova Classic		9:44.85	21
1) Eli Andre 9	2) Jotham Zewdu 10		
3) Patrick O'Keefe 8	4) Soren Wanless 7		
10 Eagle Ridge		9:47.93	18
1) Miles Dobbelmann 8	2) Aidan Le 9		
3) Ernest Kinanga 10	4) James Wolfe 9		
11 New Life Aca		10:37.81	15
1) Evan Gibson 10	2) Zeke Lindahl 9		
3) Jayden Giacomini 9	4) Nolan Bayer 8		
12 Maple Lake		10:39.21	12
1) Carter Courtright 10	2) Logan Anglin 10		
3) Wesley Zuelke 12	4) Josiah Schafer 12		
13 Nla/Lila		11:24.22	9

Boys High Jump

Name	Yr	School	Finals	
1 Iveon Mckenzie	10	Minneapolis	5-10.00	30
2 Ryan Korinek	8	Concordia Ac	5-08.00	29
3 Evonson Plamann	9	St. Agnes	5-06.00	28
4 Anthony Deline	9	Minneapolis	5-04.00	26.5
4 Timmy Webber	9	Howard Lake-	5-04.00	26.5
6 Reese Ochoa	11	Legacy Chris	5-04.00	25
7 Cam Jones	11	Howard Lake-	5-02.00	24

Section 4A True Team
Howard lake - 5/9/2023

Results

Finals ... (Boys High Jump)

Name	Yr	School	Finals	
8 Luc Swanson	12	Concordia Ac	5-02.00	23
9 Jonathon Carl	11	Maple Lake	5-02.00	22
10 Zeke Lindahl	9	New Life Aca	5-00.00	19.5
10 Henry Kaardal	12	St. Agnes	5-00.00	19.5
10 Lincoln Bock	10	Avail Academ	5-00.00	19.5
10 Michael Corey	12	Mayer Luther	5-00.00	19.5
14 Cheick Cissoko	12	Legacy Chris	5-00.00	17
15 Parker Anderson	8	Parnassus Pr	5-00.00	16
16 Greg Hovey	9	Eagle Ridge	5-00.00	15
17 Noah Schoenfelder	11	Trinity Scho	5-00.00	14
18 Alexander Kochendorfer	7	Parnassus Pr	4-10.00	13
19 David Barreto	10	Trinity Scho	4-10.00	12
20 Bilal Jafar	11	Eagle Ridge	4-07.00	9.5
20 Martin Jambor	8	Nla/Lila	4-07.00	9.5
20 Vincent Wolf	12	Maple Lake	4-07.00	9.5
20 Gabe Shimanski	7	Mayer Luther	4-07.00	9.5
24 Anderson Schuttinga	10	Avail Academ	4-07.00	6.5
24 Marcos Laporda-Alcaarez	10	Nla/Lila	4-07.00	6.5

Boys Pole Vault

Name	Yr	School	Finals	
1 Nicklaus Wimmer	8	Concordia Ac	12-00.00	30
2 Blake Aurich	12	Mayer Luther	11-06.00	29
3 Porter Matheson	11	Howard Lake-	11-06.00	28
4 Joseph Rieber	12	Maple Lake	10-06.00	27
5 James Oberg	12	Trinity Scho	10-00.00	26
6 Parker Aurich	10	Mayer Luther	10-00.00	25
7 Isaiah Karels	11	Howard Lake-	9-06.00	24
8 Iveon Mckenzie	10	Minneapolis	9-00.00	23
9 Kyle Bonk	11	Concordia Ac	9-00.00	22
10 Timothy Stromberg	7	Legacy Chris	8-00.00	21
11 Birkir Gudmundson	9	Eagle Ridge	8-00.00	20
12 Myles Carlson	10	Eagle Ridge	7-06.00	19
13 Luca Aglieco	10	Trinity Scho	7-00.00	18
14 David Van Gorp	8	Legacy Chris	7-00.00	17
15 Tyg Butts	9	Nova Classic	7-00.00	16
16 David Borgert	8	Maple Lake	6-00.00	15
--- Jalen Beard	11	Minneapolis		NH

Boys Long Jump

Name	Yr	School	Finals	
1 Eli Anderson	12	Nla/Lila	20-09.75	30
2 Lance Luchsinger	12	Howard Lake-	20-06.00	29
3 William Hugo	12	Concordia Ac	19-09.00	28
4 Matthew Aasen	12	Maple Lake	19-06.75	27
5 Jalen Beard	11	Minneapolis	19-05.75	26
6 Jacob Stella	10	Trinity Scho	19-04.75	25
7 Judah Zinter	10	Concordia Ac	19-01.75	24
8 Jerry Li	11	Parnassus Pr	18-10.75	23
9 Tyler Huebsch	12	New Life Aca	18-06.50	22
10 Luke Van Geest	11	Avail Academ	18-06.00	21
11 Iveon Mckenzie	10	Minneapolis	18-05.75	20

12 JT Taylor	12	Mayer Luther	18-03.50	19
13 Bruce Burau	11	Howard Lake-	18-03.25	18
14 Dominik Amann	12	Nova Classic	18-00.00	17
15 Christian O'Hara	12	St. Agnes	17-11.25	16
16 Aiden Olsen-Gray	11	Parnassus Pr	17-09.50	15
17 James Grismer	10	St. Agnes	17-05.75	14
18 Jean-Luc DuBois	10	Nova Classic	17-03.25	13
19 Roman Bock	11	Avail Academ	17-00.75	12
20 Justin Kucala	10	Legacy Chris	17-00.00	11
21 Cheick Cissoko	12	Legacy Chris	16-11.50	10
22 Sam Endris	9	Trinity Scho	16-10.00	9
23 Cooper Eveslage	9	Mayer Luther	16-06.75	8
24 Gavin Kohler	11	Nla/Lila	16-03.25	7
25 Brennen Bawek	9	Eagle Ridge	16-02.25	6
26 Jonathon Carl	11	Maple Lake	16-02.25	5
27 Jude Schmitz	10	Eagle Ridge	15-02.00	4

Boys Triple Jump

Name	Yr	School	Finals	
1 Eli Anderson	12	Nla/Lila	41-01.00	30
2 Alan Haglin	11	Maple Lake	40-03.00	29
3 Blake Aurich	12	Mayer Luther	39-07.75	28
4 Mitchell Mallak	12	Howard Lake-	39-02.25	27
5 Greg Hovey	9	Eagle Ridge	39-01.50	26
6 Jerry Li	11	Parnassus Pr	38-02.00	25
7 Christian O'Hara	12	St. Agnes	37-03.25	24
8 Timmy Webber	9	Howard Lake-	36-08.75	23
9 James Grismer	10	St. Agnes	36-06.75	22
10 Jacob Arnold	10	Legacy Chris	36-01.50	21
11 Anthony Matos	10	Trinity Scho	35-06.50	20
12 Timothy Hubers	11	Concordia Ac	35-06.25	19
13 Bilal Jafar	11	Eagle Ridge	35-06.00	18
14 JT Taylor	12	Mayer Luther	35-00.50	17
15 Noah Quiggle	10	Concordia Ac	34-01.50	16
16 Thomas Knippel	11	Trinity Scho	34-00.75	15
17 Martin Jambor	8	Nla/Lila	32-09.00	14
18 Nick Lind	11	Maple Lake	32-07.00	13
19 Benjamin Pei	8	Parnassus Pr	30-09.00	12
20 Justin Kroeze	11	Avail Academ	26-05.00	11

Boys Shot Put

Name	Yr	School	Finals	
1 Cole Schminski	12	Concordia Ac	43-08.00	30
2 Samuel Gruenes	12	Concordia Ac	43-07.50	29
3 Isaac Cain	12	Howard Lake-	42-00.50	28
4 Seth Millerbernd	11	Howard Lake-	41-10.50	27
5 Michael Woestehoff	11	Mayer Luther	39-00.50	26
6 Roman Bock	11	Avail Academ	38-00.00	25
7 Dontavious Kanatzer	12	Minneapolis	36-04.50	24
8 Silas Revenaugh	11	Nova Classic	35-08.50	23
9 Carter Courtright	10	Maple Lake	35-00.00	22
10 Tristan Caplan	10	Trinity Scho	34-08.50	21
11 Carter Schulz	11	Parnassus Pr	34-02.00	20
12 Jacob Brandel	11	Eagle Ridge	33-06.00	19

**Section 4A True Team
Howard lake - 5/9/2023**

Results

Finals ... (Boys Shot Put)

Name	Yr	School	Finals	
13 Sam Shipler	11	Mayer Luther	33-03.00	18
14 William Andersen	12	Trinity Scho	31-05.50	17
15 William Kiehl	11	St. Agnes	30-10.50	16
16 Theodore Hance	10	Eagle Ridge	30-08.50	15
17 Joshua Thuente	10	St. Agnes	30-07.00	14
18 Elohim Gouchola	8	Parnassus Pr	29-07.00	13
19 Corwin Connell	11	Nova Classic	28-08.00	12
20 Landon Larson	10	New Life Aca	28-06.00	11
21 Joseph Park	9	Nla/Lila	28-03.00	10
22 Tyler Woehrl	12	Nla/Lila	27-05.00	9
23 Eli Taft	10	Legacy Chris	27-02.50	8
24 Josiah Schafer	12	Maple Lake	26-00.00	7
25 Keegan Evans	10	Legacy Chris	19-06.00	6

Boys Discus Throw

Name	Yr	School	Finals	
1 Max Kingsbury	12	Concordia Ac	117-04	30
2 Adrian Baker	12	Concordia Ac	115-02	29
3 Silas Revenaugh	11	Nova Classic	114-09	28
4 Seth Millerbernd	11	Howard Lake-	113-04	27
5 Isaac Cain	12	Howard Lake-	111-08	26
6 Roman Bock	11	Avail Academ	103-01	25
7 Carter Courtright	10	Maple Lake	101-03	24
8 Jeremiah Sims	12	Minneapolis	94-11	23
9 Sam Shipler	11	Mayer Luther	92-06	22
10 Brayden Bury	12	Mayer Luther	92-03	21
11 Tristan Caplan	10	Trinity Scho	90-09	20
12 Vincent Wolf	12	Maple Lake	89-11	19
13 Elohim Gouchola	8	Parnassus Pr	89-07	18
14 Zachariah Schaap	11	Avail Academ	89-07	17
15 Joshua Thuente	10	St. Agnes	83-08	16
16 Theodore Hance	10	Eagle Ridge	79-10	15
17 John Lander	9	Parnassus Pr	78-06	14
18 Eli Taft	10	Legacy Chris	77-03	13
19 Joseph Park	9	Nla/Lila	77-00	12
20 Corwin Connell	11	Nova Classic	73-05	11
21 Luca Aglieco	10	Trinity Scho	73-00	10
22 Charlie Block	12	Legacy Chris	68-10	9
23 Matthew Fischer	8	St. Agnes	58-09	8
24 Evan Morrison	9	Nla/Lila	58-00	7
25 Tilden Demoss	7	Eagle Ridge	53-00	6
26 Ron Williams	9	Minneapolis	49-02	5
27 Landon Larson	10	New Life Aca	32-07	4

9) Nova Classical Academy	477
10) Mayer Lutheran	447.5
11) NLA/LILA	431
12) Northwest Nighthawks	271
13) Avail Academy	212
14) New Life Academy of Woodbury	165
15) Minneapolis North Community	157.5

Men - Team Rankings - 18 Events Scored

1) Howard Lake-Waverly-Winsted	829.5
2) Concordia Academy-Roseville	757
3) Trinity School at River Ridg	643
4) St. Agnes	585.5
5) Legacy Christian Academy	572
6) Nova Classical Academy	561
7) Parnassus Preparatory School	555
8) Maple Lake	529.5
9) Eagle Ridge Academy/ISM	488.5
10) Mayer Lutheran	476
11) Minneapolis North Community	396.5
12) Avail Academy	372
13) NLA/LILA	346
14) New Life Academy of Woodbury	259.5
15) Northwest Nighthawks	176

Women - Team Rankings - 18 Events Scored

1) Howard Lake-Waverly-Winsted	813.5
2) Legacy Christian Academy	729
3) Trinity School at River Ridg	728.5
4) Concordia Academy-Roseville	712
5) Maple Lake	620.5
6) Eagle Ridge Academy/ISM	618
7) St. Agnes	588
8) Parnassus Preparatory School	551.5