

Section 5AAA True Team

Forest Lake - 5/9/2023

Results - All

Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1	Anika Larson	12 Cambridge-Is	12.57
2	Desiree Loyd	12 Blaine	13.11
3	Grace Kowhegba	10 Blaine	13.25
4	Nevaeh Coffey	11 Spring Lake	13.28
5	Sarah Greicar	10 Duluth East	13.73
6	Makayla Miles	11 Forest Lake	13.74
7	Emma Walek	11 Mahtomedi	13.76
8	Chelsey Campbell	11 Spring Lake	13.78
9	Mabel Badejo	10 Irondale	13.83
10	Nora Helvig	10 Centennial	13.88
11	Taylor Johnson	10 St. Francis	13.88
12	Lulu Semakula	10 Irondale	13.91
13	Michelle Musa	12 Blaine	13.92
14	Amelia Bonnett	11 Forest Lake	13.95
15	Alexis Larsen	10 Centennial	14.00
16	Savana Sanchez	10 Forest Lake	14.01
17	Audrey Herbst	10 Cambridge-Is	14.08
18	Kathryn Woelfel	10 Centennial	14.09
19	Grace Hoffmann	11 Cambridge-Is	14.20
20	Maria Drozdowski	11 Duluth East	14.26
21	Kayla Reid	12 St. Francis	14.32
22	Tiffanie Huynh	11 Spring Lake	14.33
23	Jadia Fredricks	10 Irondale	14.35
24	Natalia Ackland	10 Mahtomedi	14.39
25	Sarah Rectenwald	11 Duluth East	14.52
26	Paityn Pendergrass	10 St. Francis	14.75
27	Emnet Milion	11 Mahtomedi	15.65

Girls 200 Meter Dash

Name	Yr	School	Finals
Finals			
1	Anika Larson	12 Cambridge-Is	26.16
2	Desiree Loyd	12 Blaine	26.69
3	Grace Kowhegba	10 Blaine	26.92
4	Nevaeh Coffey	11 Spring Lake	27.24
5	Sarah Greicar	10 Duluth East	27.66
6	Madeline Haider	12 Centennial	28.05
7	Aliyah Adepoju	9 Blaine	28.33
8	Taylor Johnson	10 St. Francis	28.55
9	Audrey Herbst	10 Cambridge-Is	28.66
10	Abbey Bush	12 Mahtomedi	28.73
11	Abbigale Paulson	10 St. Francis	28.74
12	Faith Nyakundi	9 Irondale	28.76
13	Laila Totushek	10 Spring Lake	28.80
14	Mabel Badejo	10 Irondale	28.90
15	Rachel Swanson	12 Forest Lake	28.92
16	Sola Mcghee	9 Irondale	29.00
17	Kylie Hensley	12 Forest Lake	29.09
18	Maria Drozdowski	11 Duluth East	29.25
19	Madison Hudella	11 Forest Lake	29.32
20	Amelia Sutch	7 Spring Lake	29.38
21	Addison Nelson	11 Cambridge-Is	29.39

22	Anna Moseley	11 Mahtomedi	29.76
23	Alexis Natzel	11 St. Francis	29.97
24	Adyson Janacek	12 Centennial	30.04
25	Natalia Ackland	10 Mahtomedi	30.05
26	Mackenzie Sawvel	12 Centennial	30.61
27	Mary Boyle	11 Duluth East	32.81

Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1	Hannah Claussen	11 Blaine	58.93
2	Olivia Thiele	10 Mahtomedi	1:00.30
3	Katelyn Wozniak	10 Blaine	1:00.46
4	Mara Holle	10 Blaine	1:01.94
5	Arielle DeYoung	11 Forest Lake	1:02.19
6	Ava Revoir	11 Duluth East	1:02.26
7	Allison Rippentrop	9 Mahtomedi	1:03.09
8	Lucy Saari	8 Forest Lake	1:03.19
9	Annabelle Eaton	11 Duluth East	1:03.97
10	Jordan Parent	12 Forest Lake	1:04.11
11	Ashlynn Mold	8 St. Francis	1:04.38
12	Emilia Lauinger	11 Centennial	1:04.42
13	Avery Macomb	10 Spring Lake	1:04.69
14	Julia Zalewski	11 Centennial	1:04.85
15	Breanna Elbers	10 Mahtomedi	1:04.97
16	Anja Erickson	10 Spring Lake	1:05.14
17	Mia Nordberg	11 Irondale	1:05.53
18	Emma Dauner	12 Duluth East	1:06.19
19	Carley Halstengard	11 Cambridge-Is	1:06.32
20	Eva Maier	10 Centennial	1:06.76
21	Grace Brandt	12 Spring Lake	1:06.88
22	Addison Nelson	11 Cambridge-Is	1:07.01
23	Amera Stancer	9 St. Francis	1:07.36
24	Macy Hass	10 St. Francis	1:08.49
25	Annie Hennen	11 Cambridge-Is	1:09.25
26	Angelique Joe	10 Irondale	1:09.86
27	Amelia Welke	9 Irondale	1:12.79

Girls 800 Meter Run

Name	Yr	School	Finals
Finals			
1	Lauren Klein	9 Centennial	2:21.20
2	Shalom Sulungaine	12 Blaine	2:23.81
3	Ellie Hanowski	12 Forest Lake	2:24.41
4	Lydia Eaton	9 Duluth East	2:26.54
5	Lydia Kraker	11 Duluth East	2:27.26
6	Madison Bryant	12 Blaine	2:29.10
7	Amber Lawrence	11 St. Francis	2:30.56
8	Miranda Sawvel	10 Centennial	2:31.18
9	Anna Swanson	9 Centennial	2:31.72
10	Kendyl Izzo	12 Cambridge-Is	2:32.01
11	Ashley Lehrer	7 Cambridge-Is	2:34.13
12	Molly McCarthy	8 Forest Lake	2:34.35
13	Edie Broadmoore	10 Duluth East	2:34.62
14	Chloe Erickson	11 Forest Lake	2:34.91
15	Hannah Stocke	9 Spring Lake	2:35.16

Section 5AAA True Team

Forest Lake - 5/9/2023

Results - All

Finals ... (Girls 800 Meter Run)

Name	Yr	School	Finals
16 Amber Schaefer	10	Mahtomedi	2:35.98
17 Ella Prose	11	Mahtomedi	2:36.13
18 Azelle Besemann	9	Irondale	2:36.17
19 Julia Steman	7	Cambridge-Is	2:42.21
20 Ashlynn Mold	8	St. Francis	2:42.93
21 Abigail Strasser	11	Blaine	2:44.45
22 Renata Kikeh	9	Irondale	2:51.13
23 Jailyn Kiser	9	St. Francis	2:55.23
24 Hayden Schoeman	10	Spring Lake	2:55.36
25 Elisa Samudio	9	Spring Lake	2:57.30
26 Julia Clayton	9	Mahtomedi	2:59.05
27 Amelie VanLoon	8	Irondale	3:00.85

Girls 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Kylie Nelson	10	Centennial	5:11.69
2 Norah Hushagen	10	Forest Lake	5:12.80
3 Anna VanAcker	9	Forest Lake	5:13.47
4 Makenna Sjoberg	9	Cambridge-Is	5:23.87
5 Shalom Sulungaine	12	Blaine	5:23.88
6 Rowan Bixler	11	Duluth East	5:25.48
7 Sasha Wahman	8	Duluth East	5:29.14
8 Molly McCarthy	8	Forest Lake	5:30.24
9 Anniston Rolf	7	St. Francis	5:36.01
10 Sarah Brings	12	Mahtomedi	5:36.08
11 Kendyl Izzo	12	Cambridge-Is	5:37.23
12 Madison Bryant	12	Blaine	5:39.69
13 Edie Broadmoore	10	Duluth East	5:40.15
14 Gabby Fox	10	Mahtomedi	5:49.61
15 Catherine Tran	12	Blaine	6:02.36
16 Hayden Broich	10	Centennial	6:02.78
17 Addelynn Rohrer	8	Spring Lake	6:13.25
18 Athena Schoen	9	Cambridge-Is	6:13.63
19 Hayden Schoeman	10	Spring Lake	6:14.51
20 Juliana Nyberg	12	Mahtomedi	6:29.64
21 Amelie VanLoon	8	Irondale	6:38.18
22 Maria Roe	9	Spring Lake	6:41.40
23 Miriam Robertson	8	Irondale	7:01.78

Girls 3200 Meter Run

Name	Yr	School	Finals
Finals			
1 Norah Hushagen	10	Forest Lake	11:09.70
2 Anna VanAcker	9	Forest Lake	11:37.26
3 Makenna Sjoberg	9	Cambridge-Is	11:38.28
4 Rowan Bixler	11	Duluth East	11:48.41
5 Anniston Rolf	7	St. Francis	11:51.68
6 Abigail Wood	11	Centennial	11:55.58
7 Taylor Wood	9	Duluth East	12:12.11
8 Elsa Swenson	8	Forest Lake	12:19.37
9 Amelia Wise	12	Duluth East	12:19.39
10 Samantha McCorkle	9	Blaine	12:35.09
11 Gabby Fox	10	Mahtomedi	12:39.95

12 Sarah Brings	12	Mahtomedi	12:42.01
13 Annelise Offerdahl	10	Centennial	12:42.15
14 Greta Solem	9	Spring Lake	13:00.09
15 Sophie Stephens	9	Irondale	13:02.65
16 Ella Lapara	10	Spring Lake	13:07.52
17 Mia Christianson	8	Irondale	13:21.74
18 Brooke Jankovich	8	Cambridge-Is	13:35.39
19 Olivia Michalke	8	Cambridge-Is	13:35.48
20 Ava Nibbelink	11	Centennial	13:36.73
21 Grace Erickson	10	Blaine	13:42.15
22 Elizabeth Hanson	9	Blaine	13:48.57
23 Naomi Braski	9	St. Francis	13:57.17
24 Juliana Nyberg	12	Mahtomedi	14:12.24
25 Eleanor Ferris	9	Spring Lake	14:48.21

Girls 100 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Marvelous Onwualo	12	Blaine	15.52
2 Julianna Ross	12	Spring Lake	16.87
3 Kaili Malvey	10	Mahtomedi	17.07
4 Hannah Bingham	11	Cambridge-Is	17.46
5 Julia Legeault	10	Forest Lake	17.57
6 Ellyana Prairie	10	Spring Lake	17.97
7 Abbigale Paulson	10	St. Francis	18.16
8 Youkonjay Ferguson	9	Blaine	18.32
9 Reese Wilking	11	Cambridge-Is	18.39
10 Taylor Johnson	10	St. Francis	18.46
11 Mae Mccall	9	Duluth East	18.47
12 Alaina Westholm	9	Duluth East	18.63
13 Kaitlyn Staut	12	Spring Lake	18.66
14 Azelle Besemann	9	Irondale	18.74
15 Lucy Rappana	10	Duluth East	18.89
16 Madeleine Bonnett	9	Forest Lake	18.92
17 Anna Peterson	12	Centennial	19.11
18 Lilly Michaels	12	St. Francis	19.11
19 Megan Cronin	9	Cambridge-Is	19.32
20 Erin Steinman	12	Mahtomedi	19.38
21 Megan Griswold	11	Blaine	19.41
22 Rosemary Burns	9	Forest Lake	19.41
23 Alyssa Draheim	12	Centennial	19.70
24 Josie Kuipers	9	Irondale	19.94
25 Kyndra Magoris peterson	10	Irondale	20.50
26 Bethel Darik	9	Mahtomedi	20.74

Girls 300 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Julianna Ross	12	Spring Lake	47.66
2 Abbigale Paulson	10	St. Francis	49.70
3 Hannah Bingham	11	Cambridge-Is	50.04
4 Reese Wilking	11	Cambridge-Is	50.19
5 Youkonjay Ferguson	9	Blaine	50.21
6 Ellyana Prairie	10	Spring Lake	51.55
7 Mae Mccall	9	Duluth East	52.06
8 Marvelous Onwualo	12	Blaine	52.42

Section 5AAA True Team

Forest Lake - 5/9/2023

Results - All

Finals ... (Girls 300 Meter Hurdles)			
	Name	Yr School	Finals
9	Cameron Miles	9 Blaine	52.47
10	Anna Peterson	12 Centennial	52.90
11	Madeleine Bonnett	9 Forest Lake	52.94
12	Hayden Anderson	9 Irondale	53.00
13	Alaina Westholm	9 Duluth East	53.03
14	Josie Kuipers	9 Irondale	53.48
15	Lucy Rappana	10 Duluth East	53.96
16	Adyson Janacek	12 Centennial	54.30
17	Rosemary Burns	9 Forest Lake	54.55
18	Jesalyn Chouinard	9 Forest Lake	55.41
19	Lilly Michaels	12 St. Francis	56.20
20	Keena Thomas-woods	10 Irondale	56.50
21	Tori Herzog	9 Cambridge-Is	58.36
22	Bethel Darik	9 Mahtomedi	59.61
23	Zoey Griffin	10 St. Francis	59.99
24	Isabel Vipond	9 Mahtomedi	1:03.25

Girls 4x100 Meter Relay			
	Team	Relay	Finals
Finals			
1	Forest Lake		51.21
2	Cambridge-Isanti		51.27
3	Blaine		51.50
4	Mahtomedi		52.41
5	Irondale		52.51
6	Centennial		52.68
7	Duluth East		53.99
8	Spring Lake Park		54.07
9	St. Francis		56.47

Girls 4x200 Meter Relay			
	Team	Relay	Finals
Finals			
1	Blaine		1:46.02
2	Spring Lake Park		1:51.14
3	Irondale		1:53.84
4	Cambridge-Isanti		1:54.19
5	Mahtomedi		1:54.26
6	Centennial		1:55.72
7	Forest Lake		1:55.94
8	St. Francis		1:59.61
9	Duluth East		2:03.09

Girls 4x400 Meter Relay			
	Team	Relay	Finals
Finals			
1	Blaine		4:01.76
2	Forest Lake		4:10.68
3	Mahtomedi		4:11.24
4	Centennial		4:12.82
5	Duluth East		4:15.12
6	Spring Lake Park		4:15.91
7	Cambridge-Isanti		4:23.43
8	Irondale		4:26.72

9	St. Francis		4:31.70
---	-------------	--	---------

Girls 4x800 Meter Relay			
	Team	Relay	Finals
Finals			
1	Forest Lake		9:48.95
2	Centennial		9:56.53
3	Duluth East		10:02.59
4	Mahtomedi		10:28.72
5	Cambridge-Isanti		10:53.86
6	Blaine		10:59.90
7	Spring Lake Park		11:01.07
8	St. Francis		11:06.08
9	Irondale		11:20.00

Girls High Jump			
	Name	Yr School	Finals
Finals			
1	Alyssa Draheim	12 Centennial	5-00.00
2	Riley Ruhland	12 Blaine	5-00.00
3	Kaili Malvey	10 Mahtomedi	4-10.00
4	Desiree Loyd	12 Blaine	4-10.00
5	Paityn Pendergrass	10 St. Francis	4-08.00
5	Ellyana Prairie	10 Spring Lake	4-08.00
7	Ada Schlenker	12 Cambridge-Is	4-08.00
8	Alexis Natzel	11 St. Francis	4-08.00
9	Sarah Greicar	10 Duluth East	4-08.00
10	Chelsey Campbell	11 Spring Lake	4-08.00
11	Olivia Thiele	10 Mahtomedi	4-06.00
11	Katelyn Wozniak	10 Blaine	4-06.00
11	Brooke Lance	9 Spring Lake	4-06.00
11	Amelia Bonnett	11 Forest Lake	4-06.00
15	Keena Thomas-woods	10 Irondale	4-06.00
16	Abigail Peterson	11 Mahtomedi	4-06.00
16	Kathryn Woelfel	10 Centennial	4-06.00
18	Amilia Bailey	11 Duluth East	4-06.00
19	Julia Legeault	10 Forest Lake	4-04.00
19	Alice Steman	10 Cambridge-Is	4-04.00
19	Savana Sanchez	10 Forest Lake	4-04.00
22	Kyndra Magoris peterson	10 Irondale	4-04.00
23	Sydney Sosinski	10 Centennial	4-04.00
24	Klara Mink	10 Irondale	4-02.00
25	Cally Peterson	12 St. Francis	4-02.00
26	Raina Thomas	10 Duluth East	4-02.00
---	Zoe Klocksien	10 Cambridge-Is	NH

Girls Pole Vault			
	Name	Yr School	Finals
Finals			
1	Kaitlyn Staut	12 Spring Lake	10-06.00
2	Makayla Miles	11 Forest Lake	10-00.00
3	Tiffanie Huynh	11 Spring Lake	9-06.00
4	Abby Kryzer	10 Cambridge-Is	9-00.00
4	Lulu Semakula	10 Irondale	9-00.00
6	Katelyn Nellis	9 Forest Lake	9-00.00
6	Aubrey Wilson	9 Cambridge-Is	9-00.00

Section 5AAA True Team

Forest Lake - 5/9/2023

Results - All

Finals ... (Girls Pole Vault)

Name	Yr	School	Finals
8	Averi Wiege	12 Blaine	9-00.00
9	Kaitlyn Anderson	10 Cambridge-Is	8-00.00
9	Ellyana Stamp	10 Forest Lake	8-00.00
11	Adyson Janacek	12 Centennial	8-00.00
12	Esther Miatke	10 Duluth East	8-00.00
12	Brynna York	11 Spring Lake	8-00.00
12	Erin Steinman	12 Mahtomedi	8-00.00
15	Savanna Lanz	12 St. Francis	7-00.00
15	Madeline Haider	12 Centennial	7-00.00
15	Ella Frieling	12 Blaine	7-00.00
15	Azalea Steffes	10 Duluth East	7-00.00
15	Annabelle Eaton	11 Duluth East	7-00.00
20	Isabelle Benton	10 Blaine	7-00.00
20	Kayla Reid	12 St. Francis	7-00.00
22	Anna Peterson	12 Centennial	7-00.00
23	Lena Faulkner	10 Irondale	6-00.00
---	Natalie Beaulieu	11 Mahtomedi	NH
---	Mackenzie Fiedler	11 St. Francis	NH

Girls Long Jump

Name	Yr	School	Finals
Finals			
1	Nevaeh Coffey	11 Spring Lake	16-08.50
2	Savana Sanchez	10 Forest Lake	15-09.00
3	Mabel Badejo	10 Irondale	15-07.00
4	Anika Larson	12 Cambridge-Is	15-06.50
5	Marvelous Onwualo	12 Blaine	14-11.75
6	Gianna Swenson	10 Forest Lake	14-11.25
7	Jordan Blair	10 Blaine	14-11.00
8	Anna Moseley	11 Mahtomedi	14-09.50
9	Halle Olson	11 Duluth East	14-07.75
10	Hallie Johnson	12 Spring Lake	14-07.50
11	Erin Steinman	12 Mahtomedi	14-07.25
12	Alexis Larsen	10 Centennial	14-06.00
13	Payton Pasiowitz	11 Blaine	14-06.00
14	Kylie Hensley	12 Forest Lake	14-01.00
15	Carley Halstensgard	11 Cambridge-Is	13-11.50
16	Julia Sickler	10 Cambridge-Is	13-11.25
17	Josie Kuipers	9 Irondale	13-08.00
18	Gillian Turi	10 Centennial	13-03.25
19	Callie Lane	10 Irondale	13-01.50
20	Anja Erickson	9 Duluth East	13-00.25
21	Amera Stancer	9 St. Francis	12-10.50
22	Allenah Loots	10 Centennial	12-07.00
23	Madelyn McCallum	12 St. Francis	12-04.00
24	Hosanna Desulme	11 Duluth East	11-04.50
25	Addison Engstrom	11 St. Francis	11-04.50
---	Anja Erickson	10 Spring Lake	FOUL

Girls Triple Jump

Name	Yr	School	Finals
Finals			
1	Marvelous Onwualo	12 Blaine	35-11.50
2	Anja Erickson	10 Spring Lake	35-05.25

3	Erin Steinman	12 Mahtomedi	34-10.50
4	Yvonne Marsh	10 Blaine	33-07.25
5	Julia Legeault	10 Forest Lake	33-05.50
6	Jordan Blair	10 Blaine	32-10.00
7	Abbey Bush	12 Mahtomedi	32-08.75
8	Julia Sickler	10 Cambridge-Is	32-05.00
9	Ada Schlenker	12 Cambridge-Is	31-10.50
10	Hallie Johnson	12 Spring Lake	30-10.25
11	Laila Totushek	10 Spring Lake	30-05.75
12	Renata Kikeh	9 Irondale	30-03.50
13	Gianna Swenson	10 Forest Lake	30-02.50
14	Alexis Larsen	10 Centennial	30-02.00
15	Jesalyn Chouinard	9 Forest Lake	29-09.50
16	Kaitlyn Anderson	10 Cambridge-Is	29-09.00
17	Halle Olson	11 Duluth East	29-04.00
18	Isabel Vipond	9 Mahtomedi	29-03.75
19	Amelia Welke	9 Irondale	28-08.00
20	Raina Thomas	10 Duluth East	28-02.50
21	Sydney Sosinski	10 Centennial	28-01.00
22	Madelyn McCallum	12 St. Francis	28-00.00
23	Natalie Foreman	10 Centennial	27-11.50
24	Lena Faulkner	10 Irondale	27-09.00
25	Addison Engstrom	11 St. Francis	26-07.50
26	Siri Pilate	11 Duluth East	25-11.50
27	Autumn Miller	12 St. Francis	25-09.00

Girls Shot Put

Name	Yr	School	Finals
Finals			
1	Arabella Sutch	11 Spring Lake	37-05.25
2	Ashley Stewart	12 Spring Lake	35-06.00
3	Erica Wright	12 Blaine	34-08.00
4	Maja Henslin	11 Forest Lake	34-07.00
5	Evelyn Wiltrot	12 Cambridge-Is	34-00.50
6	Brenna Person	12 Centennial	32-09.75
7	Alexis Fahey	9 Forest Lake	32-00.00
8	Genevieve Dabout	10 Spring Lake	31-11.75
9	Reese Jorgenson	12 St. Francis	31-05.50
10	Isabella Maloney	12 Forest Lake	31-03.50
11	Erin Baker	11 Cambridge-Is	30-10.50
12	Somnebi Onwubuya	12 Blaine	29-08.00
13	Callie Lane	10 Irondale	29-03.00
14	Madison Michaels	10 St. Francis	29-00.75
15	Lorelyn Nelson	11 Duluth East	28-02.50
16	Sophia Tieden	11 Blaine	27-09.00
17	Madilyn Schoer	12 St. Francis	27-07.00
18	Natalie Foreman	10 Centennial	27-05.25
19	Annie Trettel	11 Centennial	27-01.00
20	Kaia McKeown	12 Mahtomedi	26-04.00
21	Hosanna Desulme	11 Duluth East	26-03.25
22	Shea Bradley	12 Duluth East	26-02.25
23	Natalie Jackson	9 Mahtomedi	26-00.75
24	Hannah Bingham	11 Cambridge-Is	25-09.25
25	Caroline Scheid	11 Irondale	24-10.50
26	Essence Harrison	11 Irondale	24-10.25
27	Sydney Kuschke	9 Mahtomedi	19-10.00

Section 5AAA True Team

Forest Lake - 5/9/2023

Results - All

Girls Discus Throw

Name	Yr	School	Finals
Finals			
1	Ashley Stewart	12 Spring Lake	125-06
2	Reese Jorgenson	12 St. Francis	113-10
3	Isabella Maloney	12 Forest Lake	111-10
4	Alexis Fahey	9 Forest Lake	111-00
5	Arabella Sutch	11 Spring Lake	110-07
6	Annie Trettel	11 Centennial	101-06
7	Maja Henslin	11 Forest Lake	96-11
8	Erica Wright	12 Blaine	94-00
9	Brenna Person	12 Centennial	93-11
10	Claire Leckner	12 Blaine	91-06
11	Greta Solem	9 Spring Lake	90-08
12	Caroline Scheid	11 Irondale	89-02
13	Madilyn Schoer	12 St. Francis	89-01
14	Erin Baker	11 Cambridge-Is	84-08
15	Zoey Olson	9 St. Francis	81-08
16	Callie Lane	10 Irondale	81-02
17	Natalie Jackson	9 Mahtomedi	79-10
18	Essence Harrison	11 Irondale	76-09
19	Reagan Keller	12 Blaine	74-11
20	Shea Bradley	12 Duluth East	71-10
21	Natalie Foreman	10 Centennial	71-04
22	Hosanna Desulme	11 Duluth East	70-07
23	Evelyn Wiltrout	12 Cambridge-Is	69-09
24	Kaia McKeown	12 Mahtomedi	68-08
25	Sonya Potthoff	12 Mahtomedi	64-10.50
26	Logan Anderson	12 Duluth East	63-04
27	Hannah Bingham	11 Cambridge-Is	59-06

Boys 100 Meter Dash

Name	Yr	School	Finals
Finals			
1	Juriad Hughes Jr.	11 Irondale	11.14
2	Tyce Smith	12 Blaine	11.35
3	Brady Johnson	12 St. Francis	11.42
4	Trystan Green	10 Centennial	11.55
5	Samuel Zeresenay	12 Centennial	11.60
6	Michael Douglas	11 Blaine	11.61
7	Ralph Naimah	12 Irondale	11.67
8	Foster Mulvehill	12 Irondale	11.82
9	Wes Johnson	12 St. Francis	11.83
10	Trystian Miller	12 Forest Lake	11.90
11	Tyviaon Williams	12 Cambridge-Is	11.90
12	Samuel Cordie	11 Forest Lake	11.93
13	Jamal Smith	9 Spring Lake	11.99
14	Brock Burggraff	10 Centennial	12.00
15	Jacob Tilly	10 St. Francis	12.04
16	John Ramberg	12 Duluth East	12.13
17	Prince Daye	11 Blaine	12.14
18	Hunter Caillier	10 Spring Lake	12.18
19	Jackson Hunter	12 Forest Lake	12.29
20	Max Hedger	9 Duluth East	12.33
21	Emmanuel Monluo	9 Spring Lake	12.38

21	Alec Mahoney	11 Mahtomedi	12.38
23	Dwayne Peterson	11 Cambridge-Is	12.39
24	Liam Wise	12 Mahtomedi	12.40
25	Parker Myhr	10 Cambridge-Is	12.42
26	Benjamin Bengtson	12 Mahtomedi	12.68
27	Preston Dallek	10 Duluth East	12.95

Boys 200 Meter Dash

Name	Yr	School	Finals
Finals			
1	Juriad Hughes Jr.	11 Irondale	21.98
2	Brady Johnson	12 St. Francis	22.55
3	Tyce Smith	12 Blaine	22.61
4	Michael Olomiyete	11 Blaine	23.07
5	Broderick Stewart	12 Spring Lake	23.11
6	Isaiah Tandoh	11 Centennial	23.33
7	Wes Johnson	12 St. Francis	23.44
8	Tyviaon Williams	12 Cambridge-Is	23.44
9	Michael Douglas	11 Blaine	23.59
10	Grant Neururer	11 Forest Lake	23.75
11	Kobe Karels	12 Cambridge-Is	23.82
12	Gavin Moore	10 Centennial	23.88
13	Foster Mulvehill	12 Irondale	23.95
14	Samuel Cordie	11 Forest Lake	23.99
15	John Ramberg	12 Duluth East	24.20
16	Jamal Smith	9 Spring Lake	24.20
17	Donovin Wittenberg	10 Duluth East	24.47
18	Corey Bohmert	12 Mahtomedi	24.61
19	Ben Wynia	12 Spring Lake	24.63
20	Javan Harvey	12 Mahtomedi	24.66
21	Dwayne Peterson	11 Cambridge-Is	24.72
22	Jackson Hunter	12 Forest Lake	24.76
23	Wyatt Lind	10 St. Francis	25.00
24	Aiden Persing	11 Centennial	25.22
25	Jack Wojciak	11 Irondale	25.88
26	Mason Hughes	11 Mahtomedi	26.08
27	Preston Dallek	10 Duluth East	26.08

Boys 400 Meter Dash

Name	Yr	School	Finals
Finals			
1	Tyce Smith	12 Blaine	49.54
2	Broderick Stewart	12 Spring Lake	51.20
3	Kobe Karels	12 Cambridge-Is	51.29
4	Hayden Schafer	12 Mahtomedi	51.36
5	Jacob Podratz	11 Centennial	51.39
6	Jacob Mayer	12 Forest Lake	51.57
7	Tyviaon Williams	12 Cambridge-Is	51.75
8	Edward Mills	11 Blaine	52.47
9	Braycen Johnson	11 Forest Lake	52.96
10	Michael Williams	11 Cambridge-Is	53.11
11	Luke Fehrenbacher	10 Spring Lake	53.14
12	Ethan Carr	11 Blaine	53.81
13	Alexander Persing	10 Centennial	53.91
14	Michael Barry	11 Mahtomedi	53.91
15	Franklin Doncavage	10 Irondale	54.09

Section 5AAA True Team

Forest Lake - 5/9/2023

Results - All

Finals ... (Boys 400 Meter Dash)

Name	Yr	School	Finals
16 Abu-bakar Abdusalam	9	Irondale	54.16
17 Donovan Wittenberg	10	Duluth East	54.32
18 Ty Brouwer	12	Spring Lake	54.45
19 Maxwell Johnson	10	Centennial	54.47
20 Jacob Tilly	10	St. Francis	54.93
21 Liam Wise	12	Mahtomedi	54.97
22 Noah Dunlap	11	Forest Lake	55.06
23 Ben Westholm	11	Duluth East	56.17
24 Daniel Nunez Santillan	10	Irondale	57.24
25 Luke DesCombaz	11	Duluth East	58.37
26 Nathan Haukos	10	St. Francis	58.81
27 Amen Odumakin	12	St. Francis	1:01.49

Boys 800 Meter Run

Name	Yr	School	Finals
1 Evan Koerber	11	Blaine	2:05.84
2 Evan Carion	10	Mahtomedi	2:06.58
3 Connor Bialka	11	Blaine	2:07.57
4 Logan Hays	11	Forest Lake	2:07.59
5 Kavan Johnson	12	Centennial	2:08.48
6 Alexander Persing	10	Centennial	2:09.29
7 Nathan Taylor	11	Blaine	2:09.42
8 Evan Montzka	11	Forest Lake	2:09.83
9 Kobe Karels	12	Cambridge-Is	2:10.24
10 Wyatt Johnson	12	Duluth East	2:10.56
11 Ryan Pavlick	12	Mahtomedi	2:10.71
12 Brody Kopp	11	Spring Lake	2:11.79
13 Cody Nelson	11	Centennial	2:11.87
14 Thomas Travers	12	Forest Lake	2:11.95
15 Wyatt Siess	12	Mahtomedi	2:12.57
16 Mark Kaczmarczyk	12	Duluth East	2:12.58
17 Noah McGovern	11	Cambridge-Is	2:12.85
18 Landon Milz	11	Cambridge-Is	2:12.98
19 Joey Gustafson	9	Duluth East	2:13.54
20 Evan Trapp	10	Spring Lake	2:13.75
21 Edwin Vara vazquez	10	Spring Lake	2:14.76
22 Nicholas Aanenson	11	St. Francis	2:15.24
23 Caden Borgen	9	St. Francis	2:17.43
24 Micah Miller	10	St. Francis	2:25.50
25 Owen Van ert	9	Irondale	2:28.51
26 Peter Wold	9	Irondale	2:30.58
27 Dickson Ongaki	10	Irondale	2:31.29

Boys 1600 Meter Run

Name	Yr	School	Finals
1 River Santiago	11	Blaine	4:30.78
2 John Gibbens	12	Mahtomedi	4:34.43
3 Ben Lewis	12	Blaine	4:35.96
4 Connor Bialka	11	Blaine	4:37.78
5 Reilly Kopp	11	Spring Lake	4:38.04
6 Jonas Kennedy	11	Cambridge-Is	4:42.72
7 William Lieberman	11	Mahtomedi	4:44.51

8 Eli Berg	12	Centennial	4:45.17
9 Ryan Houseman	12	Forest Lake	4:48.00
10 Sam Blascyk	11	Duluth East	4:48.51
11 Logan Hays	11	Forest Lake	4:50.63
12 Liban Ahmed	9	Centennial	4:51.27
13 Cooper Larson	12	Forest Lake	4:53.00
14 Talen Greeson	11	Centennial	4:53.12
15 Hunter Jacobsen	9	Cambridge-Is	4:53.70
16 Peyton Dombek	10	Cambridge-Is	4:57.17
17 Joey Gustafson	9	Duluth East	4:57.51
18 Clayton Solberg	10	Spring Lake	4:59.16
19 Mark Kaczmarczyk	12	Duluth East	5:02.08
20 Finnegan Rodefled	10	Irondale	5:03.28
21 Zackary Donnelly	12	Irondale	5:06.33
22 Caden Hallin	11	Mahtomedi	5:07.41
23 Micah Miller	10	St. Francis	5:13.73
24 Sheldon Anthony	10	Spring Lake	5:13.75
25 Joseph Hayes	10	Irondale	5:16.78
26 Ashton Rolf	9	St. Francis	5:44.57

Boys 3200 Meter Run

Name	Yr	School	Finals
1 River Santiago	11	Blaine	9:36.13
2 John Gibbens	12	Mahtomedi	9:49.92
3 Oliver Miatke	12	Duluth East	10:03.96
4 Ben Lewis	12	Blaine	10:04.12
5 Tyler Bargman	11	Blaine	10:16.75
6 Owen Crandall	12	Spring Lake	10:33.50
7 Hunter Jacobsen	9	Cambridge-Is	10:34.04
8 Jonas Kennedy	11	Cambridge-Is	10:34.74
9 Ryan Houseman	12	Forest Lake	10:35.58
10 Mark Goettel	9	Duluth East	10:36.94
11 Wes Catton	12	Cambridge-Is	10:37.49
12 Cooper Larson	12	Forest Lake	10:42.71
13 Evan Pouliot	12	Centennial	10:50.83
14 Finnegan Rodefled	10	Irondale	10:59.79
15 Caleb Saari	10	Forest Lake	11:13.97
16 Matthew Studenski	9	Mahtomedi	11:19.13
17 Luis Kruchten	11	Duluth East	11:20.08
18 Eric Lindgren	7	Spring Lake	11:29.23
19 Zackary Donnelly	12	Irondale	11:32.16
20 Cooper Smith	10	St. Francis	11:35.34
21 Logan Sonnek	10	Centennial	11:40.68
22 Charles Wirka	11	Mahtomedi	11:45.16
23 Joseph Hayes	10	Irondale	12:05.27
24 Benjamin Rexeisen	12	Centennial	12:15.41
25 Ashton Rolf	9	St. Francis	12:16.51

Boys 110 Meter Hurdles

Name	Yr	School	Finals
1 Jonah McCormick	11	Mahtomedi	15.48
2 Isaac Ononiwu	12	Spring Lake	15.85
3 Micah Wilson	11	Cambridge-Is	16.10
4 Reid Olson	11	Forest Lake	16.30

Section 5AAA True Team

Forest Lake - 5/9/2023

Results - All

Finals ... (Boys 110 Meter Hurdles)

Name	Yr	School	Finals
5 Blake Viesselman	12	Cambridge-Is	16.39
6 Gordy Lawson	12	Cambridge-Is	16.93
7 Pete Saftner	10	Duluth East	17.31
8 Elijah Demby	12	Blaine	17.41
9 Zion Desulme	12	Duluth East	17.42
10 Louie Christian	9	Spring Lake	17.65
11 Justin Sworr	10	Blaine	17.65
12 Keagan Zeidler	12	Forest Lake	17.67
13 Chase Halvorson	12	Blaine	17.98
14 Zachary McKay	9	Irondale	18.02
15 Tyler Walters	11	Forest Lake	18.32
16 Shaun Young	11	Irondale	18.50
17 Avery Hoole	10	Duluth East	19.16
18 Brady Paulson	10	Spring Lake	19.62
19 Kong Pheng Xiong	11	St. Francis	20.24
20 Blake Fedie	12	Mahtomedi	20.65
21 Ahmed Ahmed	12	Mahtomedi	20.83
22 Isaac Yang	11	St. Francis	22.56

Boys 300 Meter Hurdles

Name	Yr	School	Finals
1 Isaac Ononiwu	12	Spring Lake	40.75
2 Reid Olson	11	Forest Lake	40.94
3 Jonah McCormick	11	Mahtomedi	41.01
4 Keagan Zeidler	12	Forest Lake	41.44
5 Gordy Lawson	12	Cambridge-Is	41.82
6 Josh Foley	12	Cambridge-Is	42.04
7 Pete Saftner	10	Duluth East	43.55
8 Justin Sworr	10	Blaine	43.77
9 Louie Christian	9	Spring Lake	44.02
10 Brady Paulson	10	Spring Lake	44.06
11 Lukas Andrl	11	Centennial	44.35
12 Elvis Sekizovic	10	Blaine	44.58
13 Zion Desulme	12	Duluth East	44.63
14 Blake Viesselman	12	Cambridge-Is	44.80
15 Chase Halvorson	12	Blaine	44.88
16 Tyler Walters	11	Forest Lake	45.18
17 Zachary McKay	9	Irondale	45.94
18 Nils Landes	11	Mahtomedi	46.12
19 Ahmed Ahmed	12	Mahtomedi	46.21
20 Micah Miller	10	St. Francis	46.43
21 Charles Wills	11	Centennial	46.60
22 Mohamed Khalfaoui	11	Irondale	47.04
23 Shaun Young	11	Irondale	47.78
24 Tyler Celotta	11	Centennial	48.07
25 Paavo Rova	11	Duluth East	48.57
26 Kong Pheng Xiong	11	St. Francis	49.06
27 Kaden Spindler	12	St. Francis	50.40

Boys 4x100 Meter Relay

Team	Relay	Finals
1 Irondale		43.31

2 Blaine	44.39
3 Centennial	44.64
4 Forest Lake	45.39
5 Mahtomedi	45.69
6 Cambridge-Isanti	46.25
7 Spring Lake Park	46.46
8 Duluth East	47.81
9 St. Francis	48.01

Boys 4x200 Meter Relay

Team	Relay	Finals
1 St. Francis		1:31.25
2 Forest Lake		1:31.83
3 Blaine		1:32.56
4 Cambridge-Isanti		1:34.22
5 Mahtomedi		1:35.12
6 Irondale		1:36.26
7 Spring Lake Park		1:36.66
8 Duluth East		1:38.73
--- Centennial		DQ

Boys 4x400 Meter Relay

Team	Relay	Finals
1 Centennial		3:27.98
2 Forest Lake		3:28.35
3 Spring Lake Park		3:32.90
4 Mahtomedi		3:33.47
5 Blaine		3:37.16
6 Duluth East		3:37.61
7 Cambridge-Isanti		3:39.02
8 Irondale		3:43.91
9 St. Francis		3:54.75

Boys 4x800 Meter Relay

Team	Relay	Finals
1 Centennial		8:22.47
2 Duluth East		8:25.63
3 Spring Lake Park		8:32.03
4 Mahtomedi		8:33.52
5 Blaine		8:36.99
6 Cambridge-Isanti		8:48.15
7 Forest Lake		8:53.36
8 St. Francis		9:15.34
9 Irondale		9:38.93

Boys High Jump

Name	Yr	School	Finals
1 Owen Carlson	12	Mahtomedi	6-08.50
2 Tyce Smith	12	Blaine	6-02.00
3 Cal Droubie	11	Cambridge-Is	6-00.00
4 Isaac Ononiwu	12	Spring Lake	6-00.00
5 Isaac Zylka	12	St. Francis	5-10.00

Section 5AAA True Team

Forest Lake - 5/9/2023

Results - All

Finals ... (Boys High Jump)

Name	Yr	School	Finals
6 Shiloh Ayitey	9	Blaine	5-10.00
7 Zughumnan Zillang	11	Blaine	5-08.00
7 Wyatt Lind	10	St. Francis	5-08.00
9 Brady Bergman	12	Cambridge-Is	5-08.00
10 Jonah McCormick	11	Mahtomedi	5-08.00
11 Julian Christensen	11	Spring Lake	5-06.00
12 Reid Olson	11	Forest Lake	5-06.00
12 Joe Sylvester	8	Duluth East	5-06.00
14 Emerson Droubie	10	Cambridge-Is	5-06.00
15 Aidan Thibault	12	Duluth East	5-06.00
16 Ben Wynia	12	Spring Lake	5-04.00
16 Obang Ojulu	12	Irondale	5-04.00
16 Luke Heald	12	Forest Lake	5-04.00
16 Eliah Mccormik	9	Mahtomedi	5-04.00
20 Tre Doran	10	Irondale	5-04.00
21 Amen Odumakin	12	St. Francis	5-04.00
22 Noah Besemann	12	Irondale	5-02.00
--- Gus Olson	11	Duluth East	NH
--- Logen Chouinard	12	Forest Lake	NH

Boys Pole Vault

Name	Yr	School	Finals
Finals			
1 Leif Ziring	12	Duluth East	13-10.00
2 Micah Wilson	11	Cambridge-Is	13-04.00
3 Riley Wilson	11	Cambridge-Is	12-10.00
4 Brayden Thompson	12	Forest Lake	12-10.00
5 Sebastian Santiago	10	Spring Lake	12-04.00
6 Lucas Frank	10	Cambridge-Is	11-10.00
7 Chase Halvorson	12	Blaine	10-04.00
7 Aziel Bestman	11	Spring Lake	10-04.00
7 Noah Besemann	12	Irondale	10-04.00
7 Charles Bolkcom	12	Centennial	10-04.00
7 Mitchell Babineau	11	Blaine	10-04.00
12 Aidan Thibault	12	Duluth East	10-04.00
13 Otto Erickson	11	Spring Lake	10-04.00
14 Ethan Krecklau	12	Centennial	10-04.00
15 Blake Fedie	12	Mahtomedi	9-04.00
16 Rory Fischbach	10	Duluth East	9-04.00
17 Tyler Celotta	11	Centennial	9-04.00
18 Riley Siedow	12	Forest Lake	9-04.00
19 Micah Miller	10	St. Francis	8-04.00
19 Oliver Ko	10	Mahtomedi	8-04.00
19 Matthew Schwartz	12	Forest Lake	8-04.00
22 Aidan Carlson	9	Mahtomedi	8-04.00
23 Charles Ebensteiner	11	Blaine	8-04.00
--- Andrew Heuss	12	Irondale	NH
--- Zarek Khan	12	Irondale	NH
--- Jacob Tupper	12	St. Francis	NH
--- Owen Grebowski	10	St. Francis	NH

Boys Long Jump

Name	Yr	School	Finals
Finals			
1 Jacob Tilly	10	St. Francis	20-01.75
2 Julian Christensen	11	Spring Lake	19-10.75
3 Obang Ojulu	12	Irondale	19-07.50
4 Ben Wynia	12	Spring Lake	19-07.00
5 Kobe Karels	12	Cambridge-Is	19-06.00
6 Luke Heald	12	Forest Lake	19-04.25
7 Maxwell Holley	12	Mahtomedi	19-03.50
8 Michael Douglas	11	Blaine	19-02.50
9 Chris Williams	11	Cambridge-Is	19-02.00
10 Jaden Kuhlman	10	Cambridge-Is	19-00.00
11 Prince Daye	11	Blaine	18-09.25
12 Nshangji Zillang	9	Blaine	18-09.25
13 Brady Johnson	12	St. Francis	18-08.75
14 Logen Chouinard	12	Forest Lake	18-06.25
15 Wyatt Lind	10	St. Francis	18-06.00
16 Braycen Johnson	11	Forest Lake	18-03.25
17 Gavin Moore	10	Centennial	18-01.00
18 Max Hedger	9	Duluth East	17-10.50
19 Donovan Wittenberg	10	Duluth East	17-10.25
20 Alec Mahoney	11	Mahtomedi	17-06.50
21 Dylan Strom	11	Centennial	17-03.00
22 Fawzan Boukari	10	Irondale	17-00.25
23 Mason Willenbring	10	Centennial	17-00.00
24 Zarek Khan	12	Irondale	14-11.25
25 Xander Zuech	9	Duluth East	14-02.50
--- Isaac Ononiwu	12	Spring Lake	FOUL
--- William Newman	11	Mahtomedi	FOUL

Boys Triple Jump

Name	Yr	School	Finals
Finals			
1 Obang Ojulu	12	Irondale	40-09.00
2 David Onyemachi	11	Blaine	40-07.00
3 Dylan Strom	11	Centennial	40-00.50
4 Kamden Leithesier	10	Blaine	39-10.50
5 Gerald Ferguson	11	Blaine	39-02.25
6 Camron King	12	Spring Lake	38-11.00
7 Michael Williams	11	Cambridge-Is	38-10.00
8 Wes Johnson	12	St. Francis	38-09.00
9 Joe Sylvester	8	Duluth East	38-09.00
10 Micah Wilson	11	Cambridge-Is	38-07.75
11 Fawzan Boukari	10	Irondale	38-07.00
12 Ben Wynia	12	Spring Lake	38-06.50
13 Wyatt Lind	10	St. Francis	38-04.00
14 Jayden Medina-Ramirez	11	Spring Lake	37-08.75
15 Fnan Zeresenay	10	Centennial	37-06.75
16 Keagan Zeidler	12	Forest Lake	37-04.00
17 Maxwell Holley	12	Mahtomedi	36-11.50
18 Nils Landes	11	Mahtomedi	36-09.25
19 Mason Willenbring	10	Centennial	36-02.50
20 Max Meyer	11	Forest Lake	35-09.50
21 Anselmo Marquez-Reagan	12	Irondale	35-07.50

Section 5AAA True Team

Forest Lake - 5/9/2023

Results - All

Finals ... (Boys Triple Jump)

Name	Yr	School	Finals
22 Brayden Terris	12	St. Francis	35-07.00
23 Nathaniel Sanders	12	Forest Lake	33-05.50
24 Jack Oien	12	Mahtomedi	32-11.00
25 Xander Zuech	9	Duluth East	32-04.50
26 Barrett Loof	11	Duluth East	31-02.50

Boys Shot Put

Name	Yr	School	Finals
1 Andrew Edwards	12	Blaine	52-09.00
2 Emerson Mandell	11	Irondale	52-02.25
3 Timothy Ball	11	Centennial	51-11.25
4 Philip Conant	12	St. Francis	51-05.00
5 Trystian Miller	12	Forest Lake	50-07.00
6 Tre'vion Mack	12	Irondale	50-01.50
7 Aaron Chanthanavong	12	Spring Lake	49-11.50
8 Howie Johnson	9	Forest Lake	49-04.50
9 Ethan Lincoln-Montanari	12	Forest Lake	48-02.50
10 Gavin Ecker	12	Blaine	47-01.00
11 Emmett Poppelman	12	Mahtomedi	46-05.00
12 Connor Bayerkohler	12	Blaine	44-11.50
13 Jack Torborg	12	Spring Lake	43-04.25
14 Brady Schubitzke	12	Duluth East	42-08.00
15 Ramsey Morrel	12	Mahtomedi	42-02.50
16 Cody Dvorak	12	Mahtomedi	41-11.75
17 Samuel Ruid	10	St. Francis	41-09.50
18 Anselmo Marquez-Reagan	12	Irondale	41-05.00
19 Jackson Copiskey	12	Centennial	41-03.75
20 Everett Dee	12	Cambridge-Is	40-07.50
21 Josh Osei-Dankwah	10	Cambridge-Is	40-04.00
22 Evan Peterson	11	St. Francis	40-02.25
23 Logan Huss	11	Centennial	38-04.00
24 Carter Svobodny	12	Duluth East	37-06.75
25 Parker Dallek	12	Duluth East	37-05.00
26 John Ziebarth	12	Cambridge-Is	36-02.00
27 Jaxson Drum	9	Spring Lake	36-02.00

Boys Discus Throw

Name	Yr	School	Finals
1 Andrew Edwards	12	Blaine	167-00
2 Philip Conant	12	St. Francis	161-09
3 Timothy Ball	11	Centennial	157-10
4 Samuel Ruid	10	St. Francis	150-03
5 John Ziebarth	12	Cambridge-Is	149-02
6 Tre'vion Mack	12	Irondale	143-11
7 Cody Dvorak	12	Mahtomedi	134-09
8 Carter Svobodny	12	Duluth East	134-00
9 Emerson Mandell	11	Irondale	132-09
10 Trystian Miller	12	Forest Lake	132-04
11 Evan Peterson	11	St. Francis	129-07
12 Logan Huss	11	Centennial	126-11
13 Ramsey Morrel	12	Mahtomedi	126-05
14 Aaron Chanthanavong	12	Spring Lake	122-05

15 AJ Lange	12	Blaine	122-02
16 Noah Herrick	11	Blaine	118-10
17 Erik Vedoy	12	Spring Lake	118-09
18 Palmer Emery	12	Mahtomedi	116-10
19 Matthew Eckart	12	Centennial	116-02
20 Jordyn Smith	11	Spring Lake	115-02
21 Matthew Schwartz	12	Forest Lake	113-11
22 Everett Dee	12	Cambridge-Is	106-00
23 Jay Ziebarth	10	Cambridge-Is	102-01.50
24 Anselmo Marquez-Reagan	12	Irondale	99-10
25 William Caldwell	12	Forest Lake	98-05
26 Brady Schubitzke	12	Duluth East	95-07
27 Cian Trok	9	Duluth East	87-09

Women - Team Rankings - 18 Events Scored

1) Blaine	920
2) Forest Lake	881.5
3) Spring Lake Park	757
4) Cambridge-Isanti	711.5
5) Duluth East	624
6) Centennial	617.5
7) Mahtomedi	548
8) St. Francis	475
9) Irondale	451.5

Men - Team Rankings - 18 Events Scored

1) Blaine	966.5
2) Cambridge-Isanti	756
3) Forest Lake	735
4) Spring Lake Park	707
5) Mahtomedi	629
6) Centennial	617
7) Irondale	538.5
8) Duluth East	525.5
9) St. Francis	493.5