

**Section 7AA True Team
North Branch - 5/9/2023
Results**

Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1	Dakota Esget	10 North Branch	13.28
2	Sophia Thorsen	8 North Branch	13.37
3	Kellyn Biondi	12 Hermantown	13.45
4	Lena Roubinek	11 Pine City	13.52
5	Bene' Smith	10 Chisago Lake	13.62
6	Adaeze Enemuoh	10 Hermantown	13.66
7	Isabella Avey	9 Cloquet	13.73
8	Parker Ennis	11 Mora	13.74
9	Lauren Johnson	11 Proctor	14.06
10	Kaley Will	11 Cloquet	14.16
11	Addison Griffin	8 Chisago Lake	14.19
12	Allexa Alzen	9 Grand Rapids	14.21
13	Andrea Petroske	10 Hibbing	14.27
14	Lily DeBay	7 Grand Rapids	14.27
15	Hattie Eskeli	8 Hibbing	14.31
16	Kyra Johnson	11 Esko	14.42
17	Uriah Bell	9 Duluth Denfe	14.49
18	Emma Johnson	12 Pine City	14.56
19	Molly Holmgren	12 Mora	14.58
20	Olivia Sanner	9 Duluth Denfe	14.76
21	Peytra Cooke	12 Proctor	14.85
22	Hope Schmitz	10 Esko	15.60

Girls 200 Meter Dash

Name	Yr	School	Finals
Finals			
1	Dakota Esget	10 North Branch	27.28
2	Bene' Smith	10 Chisago Lake	27.76
3	Sophia Thorsen	8 North Branch	27.88
4	Gianna Hansen	9 Proctor	28.15
5	Alexa Snesrud	12 Cloquet	28.27
6	Hatatu Killeen	12 Chisago Lake	28.29
7	Liv Birkeland	12 Hermantown	28.32
8	Brynn Babich	9 Hibbing	28.55
9	Mallory Clepper	9 Pine City	28.93
10	Parker Ennis	11 Mora	29.00
11	Kennedy Wick	10 Cloquet	29.44
12	Alyssa Yokom	12 Hermantown	29.52
13	Allexa Alzen	9 Grand Rapids	29.53
14	Lola Schwinghamer	11 Mora	29.66
15	Liberty Clifford	10 Esko	29.95
16	Hattie Eskeli	8 Hibbing	30.06
17	Lauren Bates	10 Grand Rapids	30.18
18	Anna Foldesi	12 Duluth Denfe	30.51
19	Jamie Ehresman	11 Proctor	31.02
20	Olivia Sanner	9 Duluth Denfe	31.11
21	Reese Kuklinski	10 Esko	31.25
22	Abby Aagaard	11 Pine City	31.51

Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1	Dakota Esget	10 North Branch	1:01.01
2	Liv Birkeland	12 Hermantown	1:01.61
3	Emery Maki	12 Hibbing	1:01.68
4	Alexa Shepherd	11 Cloquet	1:01.91
5	Hatatu Killeen	12 Chisago Lake	1:03.20
6	Sophie Lahti	12 Pine City	1:04.22
7	Tara Hertling	10 Hibbing	1:05.12
8	Charlotte Ripp	12 Cloquet	1:05.15
9	Derrian Dick	10 North Branch	1:05.30
10	Kaitlyn Olson	10 Grand Rapids	1:06.17
11	Vivian Lahti	9 Pine City	1:06.66
12	Paige Evans	10 Proctor	1:06.76
13	Ahnika Fossum	9 Duluth Denfe	1:07.16
14	Tayah Anderson	11 Mora	1:07.32
15	Kayla Jenkins	10 Grand Rapids	1:07.60
16	Eilee Scraub	8 Esko	1:08.36
17	Alexandra Smothers	8 Chisago Lake	1:08.78
18	Brooke Wiese	9 Hermantown	1:08.96
19	Julia Miletich	10 Duluth Denfe	1:09.21
20	Bailey Gorsegner	12 Mora	1:09.39
21	Allana Carlson	12 Proctor	1:09.74
22	Macy Hanson	10 Esko	1:10.99

Girls 800 Meter Run

Name	Yr	School	Finals
Finals			
1	Emery Maki	12 Hibbing	2:26.13
2	Ella Kuhlman	10 North Branch	2:27.30
3	Kaia Osmundson	10 Chisago Lake	2:27.75
4	Alexa Shepherd	11 Cloquet	2:28.10
5	Claire Niksich	9 Hermantown	2:33.28
6	Charlotte Ripp	12 Cloquet	2:33.66
7	Gianna Figueroa	10 Hibbing	2:35.39
8	Lainey Hallan	11 Chisago Lake	2:35.69
9	Allison Unverzagt	11 Pine City	2:36.84
10	Carlie Blevins	11 Proctor	2:38.31
11	Ceilia Prenier	10 Esko	2:40.49
12	Annika DeGracia	11 Mora	2:42.55
13	Sanny Gangi	12 Grand Rapids	2:46.03
14	Emma Hermanson	11 Pine City	2:47.22
15	Olivia Thompson	9 Mora	2:48.05
16	Avery Smith	10 North Branch	2:54.28
17	Lola Witty	9 Proctor	2:56.28
18	Marielle Johnson	9 Duluth Denfe	3:18.78
19	Courtney Carlson	11 Duluth Denfe	3:35.18

Girls 1600 Meter Run

Name	Yr	School	Finals
Finals			
1	Kaia Osmundson	10 Chisago Lake	5:20.88
2	Annika Hall	7 Chisago Lake	5:21.26
3	Mileena Sullivan	11 Hibbing	5:36.02

**Section 7AA True Team
North Branch - 5/9/2023**

Results

Finals ... (Girls 1600 Meter Run)

Name	Yr	School	Finals
4 Eva Johnson	11	Pine City	5:43.67
5 Jorie Anderson	11	Hibbing	5:45.67
6 Della Bettendorf	10	Proctor	5:46.76
7 Erin Soup Loeb	11	Cloquet	5:58.75
8 Rachel Brown	10	Pine City	5:59.76
9 Campbell Amundson	10	Hermantown	6:01.53
10 Keanna Simula	11	Cloquet	6:03.64
11 Julia Knight	11	Proctor	6:16.90
12 Alice Anderson	9	Mora	6:29.09
13 Lizzy Wells	10	Esko	6:33.18
14 Sophie Roberts	9	Duluth Denfe	6:43.96
15 Ruby Hanson	8	North Branch	6:45.57
16 Emily Walters	11	Grand Rapids	6:48.29
17 Ava Witkowski	7	North Branch	6:51.46
18 Emily Timm	11	Grand Rapids	7:16.33

Girls 3200 Meter Run

Name	Yr	School	Finals
1 Annika Hall	7	Chisago Lake	11:37.56
2 Lizzy Harnell	10	Proctor	11:56.35
3 Mileena Sullivan	11	Hibbing	12:16.22
4 Eva Johnson	11	Pine City	12:31.07
5 Lauren Kowarsch	9	Chisago Lake	12:45.37
6 Jorie Anderson	11	Hibbing	12:49.98
7 Ferrah LaLone	8	Hermantown	12:55.10
8 Nessa Friess	9	Proctor	12:55.54
9 Elise Cawcutt	11	Cloquet	13:23.95
10 Bri LaCore	9	Cloquet	13:26.79
11 Rachel Brown	10	Pine City	13:27.88
12 Ava Witkowski	7	North Branch	14:28.62
13 Kylie Anderson	9	North Branch	14:58.18
14 Ada Halverson	9	Mora	15:03.80
15 Milla Beldo	11	Duluth Denfe	15:24.72

Girls 100 Meter Hurdles

Name	Yr	School	Finals
1 Shaeyna Andreotti	11	North Branch	16.50
2 Hatatu Killeen	12	Chisago Lake	16.56
3 Elise Harriman	12	Hermantown	16.95
4 Gwendolyn Lilly	11	Esko	17.17
5 Brianna Polipnick	11	North Branch	17.79
6 Ellee Nelson	10	Grand Rapids	17.80
7 Makenzie Lynch	8	Cloquet	18.02
8 Lily DeBay	7	Grand Rapids	18.07
9 Nora Houglum	11	Mora	18.33
10 Megan Chopskie	12	Esko	18.36
11 Katelyn Olson	12	Cloquet	18.57
12 Carys Gerard	10	Duluth Denfe	18.60
13 Amelia Anderson	8	Chisago Lake	18.64
14 Geli Stenson	12	Hibbing	19.00
15 Teresa Root	9	Pine City	20.05
16 Nora Friess	11	Proctor	20.15

17 Veyda Friend	9	Hibbing	20.42
18 Caitlin Cox	10	Hermantown	20.46
19 Ellia Kastenbauer	9	Mora	20.75
20 Ella Walker	11	Proctor	20.76
21 Addison Blaiser	9	Pine City	22.12

Girls 300 Meter Hurdles

Name	Yr	School	Finals
1 Shaeyna Andreotti	11	North Branch	48.99
2 Ava Bringgold	10	Chisago Lake	49.67
3 Makenzie Lynch	8	Cloquet	49.92
4 Lily DeBay	7	Grand Rapids	50.97
5 Brianna Polipnick	11	North Branch	51.28
6 Carys Gerard	10	Duluth Denfe	51.82
7 Geli Stenson	12	Hibbing	51.96
8 Megan Chopskie	12	Esko	52.27
9 Summer Thieman	11	Pine City	52.36
10 Amelia Anderson	8	Chisago Lake	53.66
11 Arissa Rydberg	11	Pine City	53.78
12 Katelyn Olson	12	Cloquet	53.92
13 Nora Houglum	11	Mora	54.52
14 Ellie Pease	8	Proctor	56.25
15 Ellee Nelson	10	Grand Rapids	56.47
16 KelliJoy Manninen	10	Proctor	57.65
17 Ellia Kastenbauer	9	Mora	58.49
18 Caitlin Cox	10	Hermantown	58.61
19 Reese Aune	12	Hibbing	59.48
20 Grace McIlvain	10	Esko	1:04.15

Girls 4x100 Meter Relay

Team	Relay	Finals
1 Hermantown		52.23
2 Chisago Lakes		52.35
3 North Branch		52.88
4 Esko		52.89
5 Cloquet		53.37
6 Proctor		53.91
7 Pine City		53.94
8 Grand Rapids		55.06
9 Mora		55.08
10 Hibbing		55.50
11 Duluth Denfeld		56.12

Girls 4x200 Meter Relay

Team	Relay	Finals
1 Hermantown		1:50.41
2 Pine City		1:51.49
3 North Branch		1:52.59
4 Cloquet		1:52.63
5 Proctor		1:54.42
6 Hibbing		1:55.21
7 Chisago Lakes		1:55.32
8 Mora		1:55.61

**Section 7AA True Team
North Branch - 5/9/2023**

Results

Finals ... (Girls 4x200 Meter Relay)

Team	Relay	Finals
9	Esko	1:55.99
10	Grand Rapids	1:58.24
11	Duluth Denfeld	2:01.19

Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1	North Branch	4:14.38
2	Hibbing	4:15.57
3	Pine City	4:21.88
4	Chisago Lakes	4:24.87
5	Cloquet	4:26.46
6	Proctor	4:28.23
7	Mora	4:33.82
8	Esko	4:34.28
9	Hermantown	4:38.29
10	Duluth Denfeld	4:38.68
11	Grand Rapids	4:41.09

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1	Proctor	10:08.50
2	Hibbing	10:11.27
3	Cloquet	10:30.65
4	Chisago Lakes	10:36.11
5	Hermantown	10:39.10
6	Pine City	10:39.81
7	North Branch	10:52.79
8	Grand Rapids	11:16.94
9	Mora	11:44.74
10	Esko	12:02.62
11	Duluth Denfeld	13:31.50

Girls High Jump

Name	Yr	School	Finals
Finals			
1	Taylor Wick	12 Cloquet	5-01.00
2	Teresa Root	9 Pine City	4-10.00
2	Ava Bringgold	10 Chisago Lake	4-10.00
4	Lily Hubbard	11 Chisago Lake	4-08.00
5	Alexa Snestrud	12 Cloquet	4-08.00
6	Kyra Johnson	11 Esko	4-08.00
7	Ellia Kastenbauer	9 Mora	4-08.00
8	Olivia Johnson	10 Hermantown	4-06.00
9	Asaysha Olson	10 North Branch	4-06.00
9	Avery Smith	10 North Branch	4-06.00
11	Kady Hermanson	8 Pine City	4-06.00
12	Chiara Houser	10 Esko	4-04.00
13	KelliJoy Manninen	10 Proctor	4-00.00
13	Sophia Halter	11 Hibbing	4-00.00
15	Mileena Sullivan	11 Hibbing	4-00.00
16	Allana Carlson	12 Proctor	3-10.00
17	Rylee Kalkbrenner	9 Hermantown	3-10.00

---	Riley Toivonen	11	Grand Rapids	NH
---	Genna McCallum	10	Mora	NH

Girls Pole Vault

Name	Yr	School	Finals
Finals			
1	Ella Dick	9 North Branch	10-00.00
2	Josie Hanttula	12 Grand Rapids	9-06.00
3	Bene' Smith	10 Chisago Lake	9-06.00
4	Brooke Giese	9 North Branch	9-00.00
5	Genna McCallum	10 Mora	8-06.00
6	Catharine Larson	10 Chisago Lake	8-06.00
7	Autumn Peterson	11 Cloquet	7-06.00
8	Katey Thieman	8 Pine City	7-06.00
9	Gracie Larson	9 Pine City	7-00.00
10	Alizah Langner	10 Hibbing	7-00.00
11	Mileena Sullivan	11 Hibbing	6-06.00
12	Alora Dammann	12 Esko	6-06.00
13	Lauren Radovich	10 Esko	6-06.00
14	Grace Swanson	11 Cloquet	6-06.00
14	Olivia Thompson	9 Mora	6-06.00
16	Claire Kloster	12 Duluth Denfe	6-06.00
17	Katie Harker	9 Grand Rapids	6-00.00
18	Julia Miletich	10 Duluth Denfe	6-00.00

Girls Long Jump

Name	Yr	School	Finals
Finals			
1	Madison Whitman	11 North Branch	16-10.75
2	Kaitlyn McConnell	10 Esko	16-09.25
3	Taylor Wick	12 Cloquet	16-07.50
4	Addyson Barrett	11 Chisago Lake	15-04.75
5	Asaysha Olson	10 North Branch	15-04.50
6	Tara Hertling	10 Hibbing	15-01.00
7	Hatatu Killeen	12 Chisago Lake	14-11.50
8	Lily DeBay	7 Grand Rapids	14-07.00
9	Parker Ennis	11 Mora	14-07.00
10	Kennedy Wick	10 Cloquet	14-05.00
11	Eilee Straub	- Esko	14-03.75
12	Katey Thieman	8 Pine City	14-00.25
13	Amari Nunez	12 Hermantown	13-11.25
14	Summer Thieman	11 Pine City	13-11.25
15	Abigail Theien	10 Hibbing	13-10.25
16	Kaitlyn Olson	10 Grand Rapids	13-09.00
17	Caitlin Cox	10 Hermantown	13-03.00
18	Lauren Johnson	11 Proctor	12-10.25
19	Alice Anderson	9 Mora	12-08.50
20	Amaria Williams	11 Duluth Denfe	12-06.50
21	Abby Schunk	11 Proctor	12-02.50
22	Milla Beldo	11 Duluth Denfe	11-05.00

Girls Triple Jump

Name	Yr	School	Finals
Finals			
1	Taylor Wick	12 Cloquet	34-00.50
2	Asaysha Olson	10 North Branch	32-08.50

**Section 7AA True Team
North Branch - 5/9/2023**

Results

Finals ... (Girls Triple Jump)

Name	Yr	School	Finals
3 Kaitlyn McConnell	10	Esko	32-05.75
4 Catharine Larson	10	Chisago Lake	32-01.00
5 Sophia Benedict	10	North Branch	32-01.00
6 Emma Herstad	12	Hermantown	31-10.00
7 Eden Appleby	10	Chisago Lake	31-09.00
8 Katey Thieman	8	Pine City	30-09.00
9 Tara Hertling	10	Hibbing	30-07.00
10 Lilly Talarico	8	Proctor	29-09.00
11 Abby Aagaard	11	Pine City	29-02.00
12 Macava Smith	12	Cloquet	28-11.50
13 Ellia Kastenbauer	9	Mora	28-09.00
14 Mercury Bischoff	10	Grand Rapids	28-08.00
15 Brynn Babich	9	Hibbing	28-05.50
16 Kylie DeBay	9	Grand Rapids	27-11.50
17 Chiara Houser	10	Esko	27-10.00
18 Madison Twaddle	12	Proctor	26-04.00
19 Rylee Kalkbrenner	9	Hermantown	25-02.00

Girls Shot Put

Name	Yr	School	Finals
1 Emma Herstad	12	Hermantown	34-10.25
2 Lena Roubinek	11	Pine City	34-04.00
3 Abigail Sullivan	12	Hibbing	33-08.00
4 Maya Johnson	8	Esko	32-08.25
5 Seija Suominen	12	Cloquet	31-06.25
6 Olivia Hallstrom	12	Chisago Lake	31-00.25
7 Ahna Demenge	11	Cloquet	30-06.25
8 Beretta Seldon	12	Chisago Lake	30-05.00
9 Lily Doughty	11	Mora	30-04.00
10 Averece Kubesh	9	Pine City	29-08.50
11 Bridget Nolan	11	Mora	29-08.25
12 Gabby Belrose	11	Hermantown	29-04.50
13 Hope Carlson	12	Proctor	28-04.25
14 Claire Husnik	12	North Branch	28-03.75
15 Isabelle Walto	10	Hibbing	28-03.00
16 Rylee Ramberg	12	North Branch	28-02.75
17 Lola Witty	9	Proctor	27-05.75
18 Emily Brula	11	Grand Rapids	27-00.25
19 Emma Thomsen	11	Grand Rapids	27-00.00
20 Meghan Johnson	12	Esko	24-05.00
21 Cesi Giron	9	Duluth Denfe	21-11.50
22 Addison Miner	9	Duluth Denfe	18-10.00

Girls Discus Throw

Name	Yr	School	Finals
1 Elise Harriman	12	Hermantown	122-07
2 Seija Suominen	12	Cloquet	118-03
3 Bridget Nolan	11	Mora	105-04
4 Ahna Demenge	11	Cloquet	92-07
5 Maya Johnson	8	Esko	90-08
6 Olivia Hallstrom	12	Chisago Lake	90-06
7 Alyssa Yokom	12	Hermantown	89-09

8 Lily Doughty	11	Mora	89-09
9 Maggie Smetana	12	Pine City	89-02
10 Emma Thomsen	11	Grand Rapids	84-04
11 Rylee Ramberg	12	North Branch	84-03
12 Hope Carlson	12	Proctor	83-11
13 Isabelle Walto	10	Hibbing	82-02
14 Emily Brula	11	Grand Rapids	82-00
15 Aisha Roche	10	Chisago Lake	80-00
16 Jenna Minke	8	North Branch	75-04
17 Chloe McKellar	12	Pine City	75-01
18 Meghan Johnson	12	Esko	63-09
19 Claire Kloster	12	Duluth Denfe	63-01
20 Chloe Wojciehowski	12	Hibbing	62-05
21 Cesi Giron	9	Duluth Denfe	56-04
22 Natalya Onraet	10	Proctor	48-07

Boys 100 Meter Dash

Name	Yr	School	Finals
1 Jordan Aultman	12	Cloquet	11.28
2 Edmond Morris	10	Chisago Lake	11.57
3 Taye Manns	10	Duluth Denfe	11.70
4 Austin Prebeck	10	Grand Rapids	11.74
5 Reese Sheldon	12	Cloquet	11.87
6 Nick Bovitz	12	North Branch	11.99
7 Broc Sundland	12	Hermantown	12.03
8 Blake Schmidt	12	Chisago Lake	12.05
9 Javontae Gregory	12	Esko	12.19
10 Jace Stewart	11	Esko	12.21
11 Reid Ketola	10	Grand Rapids	12.24
12 Ryan Prihoda	12	Pine City	12.25
13 Logan Drews	12	Hibbing	12.30
14 Dooley Beaver	10	North Branch	12.31
15 Mace Brooks	11	Duluth Denfe	12.36
16 Brock Peterson	11	Mora	12.40
17 Thomas Hagen	12	Hibbing	12.67
18 Connor Fure	11	Hermantown	12.86
19 Rudy Gatzke	10	Pine City	13.09
20 Justin Norby	11	Mora	13.22

Boys 200 Meter Dash

Name	Yr	School	Finals
1 Edmond Morris	10	Chisago Lake	24.15
2 Carson Weber	11	North Branch	24.24
3 Taye Manns	10	Duluth Denfe	24.34
4 Jordan Aultman	12	Cloquet	24.36
5 Austin Prebeck	10	Grand Rapids	24.44
6 Logan Drews	12	Hibbing	24.63
7 Taguta Tadiwanaishe	10	Grand Rapids	24.64
8 Dallas Fix	12	Mora	24.73
9 Ben Riipinen	12	Hibbing	24.90
10 Elijah Aultman	11	Cloquet	24.94
11 Josh Brinker	12	Pine City	25.04
12 DaShawn Hartle	11	Duluth Denfe	25.15
13 Dooley Beaver	10	North Branch	25.20

**Section 7AA True Team
North Branch - 5/9/2023**

Results

Finals ... (Boys 200 Meter Dash)

Name	Yr	School	Finals
14 Ryan Sturm	11	Esko	25.54
15 Ieuan Bailey	9	Chisago Lake	25.66
16 Vincent Trok	11	Hermantown	25.74
17 Gino Bertogliat	11	Esko	25.92
18 Anthony Bergeron	10	Pine City	26.00
19 Tanner Homstad	9	Hermantown	26.12
20 Justin Norby	11	Mora	27.07

Boys 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Blake Schmitz	12	Hermantown	54.05
2 Logan Drews	12	Hibbing	54.44
3 Carson Weber	11	North Branch	54.46
4 Miigwan Tanner-Wostrel	12	Cloquet	54.65
5 Taguta Tadiwanaishe	10	Grand Rapids	54.95
6 Austin Anderson	11	North Branch	55.39
7 Gage Braiedy	10	Mora	55.89
8 Josh Brinker	12	Pine City	56.14
9 Finn Eskeli	10	Hibbing	56.25
10 Dominick DeJarlais	11	Hermantown	56.57
11 William Foldesi	11	Duluth Denfe	56.67
12 Henry Peterson	11	Chisago Lake	57.00
13 Aaron Chesney	9	Duluth Denfe	57.33
14 Mason Sovada	12	Grand Rapids	57.62
15 Gino Bertogliat	11	Esko	57.77
16 Timothy Jakoblich	10	Chisago Lake	58.60
17 Seth Rothamel	11	Cloquet	59.27
18 Trevor Robinson	11	Esko	59.63
19 Jack Lind	12	Mora	59.87
20 Rudy Gatzke	10	Pine City	1:01.34

Boys 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Calvin Snesrud	11	Cloquet	2:04.63
2 Biruk Killeen	10	Chisago Lake	2:06.68
3 Jordan Stumm	10	North Branch	2:07.77
4 Henry Johnson	11	Chisago Lake	2:07.85
5 Braxton Peetz	10	Pine City	2:08.86
6 Weston Clementson	9	Pine City	2:09.22
7 Andrew Shepherd	9	Cloquet	2:10.23
8 Justin Walker	11	Hibbing	2:11.72
9 Gunner Larson	10	Grand Rapids	2:12.23
10 Alec Halvorson	10	Esko	2:12.87
11 Mason Sovada	12	Grand Rapids	2:14.70
12 Jake Walli	9	Hibbing	2:15.04
13 Noah Wise	9	Hermantown	2:20.83
14 Braydon McKibbon	10	Esko	2:21.39
15 Jonah Jacobson	11	Mora	2:21.58
16 Brayden Rock	12	Duluth Denfe	2:24.54
17 Ted Anderson	11	Mora	2:26.92
18 Cooper Lucarelli	8	Hermantown	2:27.12
19 Paul Boelk	12	North Branch	2:53.06

20 Kyle Larson	11	Duluth Denfe	3:06.26
Boys 1600 Meter Run			
Name	Yr	School	Finals
Finals			
1 Miles Fischer	12	Cloquet	4:41.84
2 Biruk Killeen	10	Chisago Lake	4:46.88
3 Jordan Stumm	10	North Branch	4:50.84
4 Silas Langner	10	Hibbing	4:51.45
5 Charlie Ausmus	10	Pine City	4:52.56
6 Larson Curnow	10	Grand Rapids	4:54.09
7 Alex Williams	11	Mora	4:54.39
8 Eli Fromm	10	Pine City	4:58.32
9 Gunner Larson	10	Grand Rapids	4:58.34
10 Remy Larsen	8	Chisago Lake	5:00.73
11 Ian Berube	10	Cloquet	5:00.83
12 Luke Rosholt	11	Duluth Denfe	5:01.58
13 Cooper Lucarelli	8	Hermantown	5:02.53
14 Jack Bottoms	8	Hibbing	5:03.35
15 William Stelmack	7	North Branch	5:30.19
16 Ethan Gamache	10	Esko	5:33.42
17 Tyler Breitreutz	10	Hermantown	5:34.16
18 Aksel Olson	9	Mora	5:34.62
19 Bridger Oestereich	9	Duluth Denfe	5:35.45
20 Joel Barta	11	Esko	5:35.74

Boys 3200 Meter Run

Name	Yr	School	Finals
Finals			
1 Miles Fischer	12	Cloquet	10:26.15
2 Benjamin Meysembourg	12	Esko	10:34.45
3 Charles Juntunen	12	Duluth Denfe	10:41.21
4 Henry Johnson	11	Chisago Lake	10:44.09
5 Silas Langner	10	Hibbing	10:47.52
6 Adrian Hanson-Kaasa	12	Grand Rapids	10:52.59
7 Christian Massich	11	Hibbing	10:52.92
8 Zane Poenix	10	Grand Rapids	10:53.93
9 Remy Larsen	8	Chisago Lake	10:53.99
10 Dawson Smart	9	Mora	11:12.85
11 Andrew Witkowski	9	North Branch	11:13.34
12 Stylianos Regas	12	Duluth Denfe	11:18.08
13 Roman McKinney	10	Pine City	11:19.77
14 Alex Williams	11	Mora	11:39.38
15 Ian Berube	10	Cloquet	11:45.04
16 Nathanael Damiani	9	North Branch	11:57.85
17 Zach Warner	10	Hermantown	12:01.82
18 Noah McDaniel	9	Pine City	12:42.18
19 Aidan Petrich	12	Hermantown	12:59.09
20 Mason Eng	9	Esko	13:12.87

Boys 110 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Tayven Peterson	12	Mora	15.21
2 Herschel Christensen	10	Grand Rapids	16.17
3 Wyatt Christensen	12	Grand Rapids	16.42

**Section 7AA True Team
North Branch - 5/9/2023**

Results

Finals ... (Boys 110 Meter Hurdles)

Name	Yr	School	Finals
4 Dallas Swart	12	Hibbing	16.95
5 Brody Rothe	10	North Branch	17.27
6 Carter Zzulka	12	Esko	17.31
7 Benjamin Paulsen	11	Chisago Lake	17.67
8 Adili Elfundi	11	Duluth Denfe	18.81
9 John Fisk	11	Duluth Denfe	18.90
10 Zach Wunner	9	Hermantown	18.97
11 Blake Lelm	11	North Branch	19.38
12 Michael Kruse	10	Cloquet	19.61
13 Trent Guth	10	Chisago Lake	19.95
14 Josh Anderson	11	Cloquet	20.01
15 Ray Gatzke	11	Pine City	20.04
16 Wyatt Scott	10	Hermantown	21.03
17 Stefan Ciuca	12	Esko	21.44
18 Cole Hughes	12	Hibbing	21.45

Boys 300 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Tayven Peterson	12	Mora	40.94
2 Benjamin Paulsen	11	Chisago Lake	43.00
3 Brody Rothe	10	North Branch	43.20
4 Dallas Swart	12	Hibbing	45.27
5 Wyatt Christensen	12	Grand Rapids	45.57
6 Ray Gatzke	11	Pine City	45.88
7 Josh Anderson	11	Cloquet	46.15
8 Michael Kruse	10	Cloquet	47.04
9 Adili Elfundi	11	Duluth Denfe	47.73
10 Zach Wunner	9	Hermantown	47.95
11 Blake Lelm	11	North Branch	48.35
12 Connor Gmahl	12	Mora	48.56
13 Maximillion Arntson	12	Chisago Lake	48.91
14 John Fisk	11	Duluth Denfe	50.30
15 Jack Graddy	10	Esko	50.81
16 Stefan Ciuca	12	Esko	51.93
17 Wyatt Scott	10	Hermantown	54.09
18 Cole Hughes	12	Hibbing	54.22
19 Cody Patzoldt	12	Pine City	56.81
--- Herschel Christensen	10	Grand Rapids	DQ

Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Chisago Lakes		44.57
2 Cloquet		45.65
3 Grand Rapids		46.38
4 Esko		46.63
5 Mora		48.03
6 Hermantown		48.04
7 Duluth Denfeld		48.27
8 North Branch		48.53
9 Hibbing		48.66
10 Pine City		51.99

Boys 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 North Branch		1:35.47
2 Cloquet		1:35.74
3 Hermantown		1:36.33
4 Chisago Lakes		1:36.68
5 Esko		1:37.73
6 Mora		1:38.09
7 Hibbing		1:40.44
8 Grand Rapids		1:41.45
9 Pine City		1:44.13
--- Duluth Denfeld		DQ

Boys 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Esko		3:38.54
2 Cloquet		3:38.95
3 Duluth Denfeld		3:43.95
4 North Branch		3:45.10
5 Hibbing		3:45.41
6 Chisago Lakes		3:45.55
7 Pine City		3:50.26
8 Grand Rapids		3:56.72
9 Hermantown		3:58.06
10 Mora		4:00.40

Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Pine City		8:29.18
2 Esko		8:42.27
3 Duluth Denfeld		8:50.89
4 Cloquet		9:09.53
5 Hibbing		9:20.43
6 Hermantown		9:36.04
7 Chisago Lakes		9:36.68
8 Mora		9:41.21
9 North Branch		9:51.71
10 Grand Rapids		10:11.87

Boys High Jump

Name	Yr	School	Finals
Finals			
1 Matthew Erickson	12	Cloquet	5-10.00
2 Blake Siefert	10	Chisago Lake	5-09.00
3 Blake Lelm	11	North Branch	5-06.00
4 Trevor VonBrethorst	12	Hibbing	5-06.00
4 Jacob Grabow	9	Chisago Lake	5-06.00
6 Herschel Christensen	10	Grand Rapids	5-06.00
6 Blake Schmitz	12	Hermantown	5-06.00
8 Dallas Fix	12	Mora	5-06.00
9 Dalton Spindler	11	Esko	5-06.00
10 Joe Bailey	11	Cloquet	5-06.00

**Section 7AA True Team
North Branch - 5/9/2023
Results**

Finals ... (Boys High Jump)

Name	Yr	School	Finals
10 Devin Kirchner	11	Hermantown	5-06.00
12 Nico Cianni	12	Hibbing	5-00.00
13 Aaron McMullen	8	Grand Rapids	5-00.00
14 Ray Ovick	8	Pine City	4-10.00
15 Sawyer McDaniel	10	Pine City	4-10.00
--- Andrew Rieken	11	North Branch	NH
--- Carter Zezulka	12	Esko	NH

Boys Pole Vault

Name	Yr	School	Finals
1 Kaydin Metzgar	12	Grand Rapids	12-06.00
2 Trent Guth	10	Chisago Lake	12-00.00
3 Austin Valento	10	Hibbing	11-06.00
4 Elias Hallan	12	Chisago Lake	11-00.00
5 Aric Johnson	12	Cloquet	10-06.00
6 Cole Hawkinson	12	Grand Rapids	9-06.00
6 Alec Halvorson	10	Esko	9-06.00
8 Spencer Hipp	11	Esko	9-06.00
9 Noah Root	11	Pine City	8-06.00
10 Brody Rothe	10	North Branch	7-00.00
--- Aaron South	11	Cloquet	NH
--- Gus Haugen	12	Duluth Denfe	NH
--- Tucker Johnsen	9	Pine City	NH
--- Gabe Buck	11	Duluth Denfe	NH
--- Preston Sullivan	12	Hibbing	NH
--- Aksel Olson	9	Mora	NH

Boys Long Jump

Name	Yr	School	Finals
1 Matthew Erickson	12	Cloquet	20-11.75
2 Nick Bovitz	12	North Branch	20-08.50
3 Ryan Prihoda	12	Pine City	20-02.50
4 Ryan Sturm	11	Esko	20-02.50
5 Colton Johnson	11	Grand Rapids	19-07.25
6 Alan Pearson	11	Chisago Lake	19-04.00
7 Reese Sheldon	12	Cloquet	19-01.00
8 Tanner Homstad	9	Hermantown	18-07.25
9 Luke Pearson	11	Duluth Denfe	18-04.50
10 Dallas Fix	12	Mora	18-03.00
11 Gage Braiedy	10	Mora	17-09.00
12 Sam Dobinson	11	Hermantown	17-08.75
13 Ray Gatzke	11	Pine City	17-07.25
14 Thomas Hagen	12	Hibbing	17-05.00
15 Jacion Owens	10	Esko	17-04.00
16 Joshua Byrne	12	Chisago Lake	17-03.25
17 Adili Elfundi	11	Duluth Denfe	17-02.75
18 Nico Cianni	12	Hibbing	17-01.25
19 Austin Anderson	11	North Branch	16-09.75
--- Taguta Tadiwanaishe	10	Grand Rapids	FOUL

Boys Triple Jump

Name	Yr	School	Finals
1 Matthew Erickson	12	Cloquet	43-10.00
2 Carson Weber	11	North Branch	42-01.00
3 Colton Johnson	11	Grand Rapids	41-05.00
4 Nick Bovitz	12	North Branch	40-07.00
5 Joe Bailey	11	Cloquet	39-00.00
6 Liu Newland	12	Duluth Denfe	38-00.25
7 Blake Siefert	10	Chisago Lake	36-11.00
8 Dalton Spindler	11	Esko	36-10.00
9 Jacion Owens	10	Esko	36-08.50
10 Ryan Prihoda	12	Pine City	36-07.00
11 Tanner Homstad	9	Hermantown	36-04.00
12 Trevor VonBrethorst	12	Hibbing	36-02.25
13 Jack Evans	7	Chisago Lake	35-11.00
14 Ray Gatzke	11	Pine City	35-01.50
15 Nico Cianni	12	Hibbing	32-10.00
16 Grant Johnson	9	Hermantown	31-07.00
17 Charles Juntunen	12	Duluth Denfe	30-05.50
18 Jayden Siems	9	Mora	28-02.00

Boys Shot Put

Name	Yr	School	Finals
1 Wyatt Hudspith	12	Esko	48-08.50
2 Aiden Shepherd	11	Hibbing	47-08.00
3 Lance Konietzko	12	Cloquet	46-02.50
4 Mason Sundquist	11	Cloquet	45-03.00
5 Christian Marchant	12	Chisago Lake	44-11.00
6 Benjamin Harker	11	Grand Rapids	44-02.75
7 Liu Newland	12	Duluth Denfe	43-09.50
8 Devin McClanahan	11	Mora	42-03.50
9 Josh Bankers	12	Mora	41-00.00
10 Jayden Roske	11	North Branch	40-05.25
11 Stephen Weiss	12	Chisago Lake	39-06.25
12 Alexander Henderson	11	Hibbing	39-01.25
13 Braedyn Male	11	Esko	37-08.75
14 Jace Preston	11	Pine City	37-06.50
15 Rajon Gamble	10	Duluth Denfe	36-04.75
16 Zach Ploetz	12	Hermantown	35-11.00
17 Hudson Hillman	11	Grand Rapids	35-10.00
18 Austin Wiener	10	Pine City	35-07.25
--- Moses Ochoa	10	North Branch	FOUL
--- Evan Senst	10	Hermantown	FOUL

Boys Discus Throw

Name	Yr	School	Finals
1 Wyatt Hudspith	12	Esko	142-08
2 Vincent Marchetti	11	Hibbing	130-11
3 Benjamin Harker	11	Grand Rapids	129-02
4 Devin McClanahan	11	Mora	127-01
5 Lance Konietzko	12	Cloquet	123-05
6 Ben Bandy	11	Duluth Denfe	122-01

Section 7AA True Team
North Branch - 5/9/2023
Results

Finals ... (Boys Discus Throw)

	Name	Yr	School	Finals
7	Mason Sundquist	11	Cloquet	121-09
8	Moses Ochoa	10	North Branch	119-04
9	Aiden Shepherd	11	Hibbing	118-02
10	Zach Ploetz	12	Hermantown	115-00
11	Josh Bankers	12	Mora	114-06
12	Christian Marchant	12	Chisago Lake	113-01
13	Austin Wiener	10	Pine City	109-01
14	Evan Senst	10	Hermantown	108-07
15	Vincent Adams	11	Chisago Lake	103-09
16	Jace Preston	11	Pine City	103-04
17	Hudson Hillman	11	Grand Rapids	93-10
18	Addison McKay	11	Duluth Denfe	90-05
19	Braedyn Male	11	Esko	84-08
---	Jayden Roske	11	North Branch	FOUL

Women - Team Rankings - 18 Events Scored

1)	Chisago Lakes	571.5
2)	North Branch	548
3)	Cloquet	541.5
4)	Pine City	444.5
5)	Hibbing	438.5
6)	Hermantown	393
7)	Proctor	321.5
8)	Mora	302.5
9)	Esko	302
10)	Grand Rapids	267
11)	Duluth Denfeld	125

Men - Team Rankings - 18 Events Scored

1)	Cloquet	567.5
2)	Chisago Lakes	516.5
3)	Grand Rapids	449
4)	Hibbing	433.5
5)	North Branch	431
6)	Esko	416.5
7)	Duluth Denfeld	347
8)	Pine City	339
9)	Hermantown	322
9)	Mora	322