

**EDC East Regional Track & Field Championships****May 16, 2009****West Fargo Track & Field Complex****Results****Event 1 Girls 4x800 Meter Relay**

**EDC Outdoor: 9:44.36 E 1993 Shanley**  
**Carrie Welle, Jenny Beare, Danielle Clark, Aaron Clark**  
**10:10.00 QUAL**

Team	Relay	Finals
<b>Finals</b>		
1 West Fargo	A	9:51.39 QUAL
1) 727 Hermanson, Leah 08	2) 745 Rosenau, Jessica 08	
3) 700 Baltezare, Christine 08	4) 734 Mears, Alissa 09	
2 Fargo North	A	10:07.95 QUAL
1) 152 Roche, Emily 08	2) 154 Sarafolean, Andie 07	
3) 120 Gross, Alyssa 07	4) 145 Pladson, Sydney 07	
3 Shanley High School	A	10:19.49 6
1) 501 Backlund, Alex 07	2) 502 Baumler, Taylor 07	
3) 505 Carew, Nicole 10	4) 530 Rivard, Sadie 10	
4 Grand Forks Red River	A	10:20.43 5
1) 444 Wysocki, Erin 10	2) 436 Stoley, Megan 11	
3) 404 Conneran, Kelsey 10	4) 413 Ferry, Maggi 10	
5 GF Central	A	10:23.67 4
1) 328 Lindsay, Ali 08	2) 306 Brown, Hanna 09	
3) 316 Erickson, Jennifer 10	4) 329 Lindsay, Jessica 10	
6 Devils Lake	A	10:25.08 3
1) 45 Lysne, Krista 08	2) 58 Steffan, Erin 10	
3) 49 Olson, Mallory 12	4) 39 Knowski, Jaclynn 11	
7 Wahpeton High School	A	10:41.07 2
1) 622 Irwin, Tawny 09	2) 614 Mastel, Jessica 07	
3) 607 Edwardson, Ashley 09	4) 629 Bumgarner, Lachelle 07	
8 Valley City	A	10:48.91 1
1) 568 Tait, Alyssa 12	2) 560 Jorissen, Katie 12	
3) 554 Creviston, Amanda 11	4) 567 Suhr, Allyson 09	
9 Fargo South	A	11:24.09
1) 269 Zastoupil, Kelsey 09	2) 206 Bitz, Emily 09	
3) 213 Clarys, Kristin 09	4) 225 Hatlevoll, Casey 09	

**Event 3 Girls 300 Meter Hurdles**

**EDC Outdoor: 44.17 E 5/17/2008 Ellie Grooters**  
**48.84 QUAL**

Name	Yr	School	Finals
<b>Finals</b>			
1 721 Grooters, Ellie	11	West Fargo	43.04 EQUAL
2 722 Gustafson, Jill	10	West Fargo	49.49 8
3 612 Lasch, Kasey	10	Wahpeton	49.62 6
4 249 Rygg, Paige	11	Fargo South	49.64 5
5 438 Todhunter, Rachel	09	GF Red River	50.11 4
6 424 Larson, Brooke	12	GF Red River	50.43 3
7 276 Wellentin, Raquel	10	Fargo South	50.57 2
8 144 Pfau, Shaina	07	Fargo North	50.90 1
9 417 Haaven, Megan	11	GF Red River	51.38
10 349 Smith, Alicia	10	GF Central	51.40
11 208 Bork, Sydney	09	Fargo South	52.89
12 167 Uglem, Madison	07	Fargo North	53.21
13 30 Dick, Mikaela	09	Devils Lake	54.00
14 214 Hannaher, Carrie	10	Fargo South	54.30
15 616 Montgomery, Anna	08	Wahpeton	54.90

16 730 Johnson, Malayia	10	West Fargo	55.16
16 446 Robinson, Jasmine	09	GF Red River	55.16
18 150 Reynolds, Laura	09	Fargo North	55.48
19 754 Tellinghuisen, Katy	09	West Fargo	55.84
19 407 Deck, Erin	10	GF Red River	55.84
21 346 Sansburn, Hayley	09	GF Central	56.75
22 511 Eckman, Paris	08	Shanley	57.15
23 326 Kratochvil, Katie	10	GF Central	57.39
24 519 Jordan, Julia	07	Shanley	57.53
25 113 Derby, Maddie	07	Fargo North	57.84
26 714 Cox, Amber	09	West Fargo	58.59
27 351 Thingelstad, Laura	11	GF Central	59.70

**Event 5 Girls 100 Meter Dash**

**EDC Outdoor: 12.15 E 5/17/2008 Laura Roesler**  
**13.04 QUAL**

Name	Yr	School	Finals
<b>Finals</b>			
1 248 Roesler, Laura	11	Fargo South	12.12 EQUAL
2 721 Grooters, Ellie	11	West Fargo	12.52 QUAL
3 207 Bolstad, Britney	11	Fargo South	12.60 QUAL
4 435 Knoell, Caitlin	10	GF Red River	13.03 QUAL
5 220 Gaylah, Vera	09	Fargo South	13.12 4
6 559 Jacob, Jenna	09	Valley City	13.21 3
7 126 Larson, Kelsey	12	Fargo North	13.22 2
8 564 Olstad, Mariah	08	Valley City	13.23 1
9 431 Shabb, Carolyn	10	GF Red River	13.28
9 715 Denne, Sarah	12	West Fargo	13.28
11 732 Levin, Amanda	07	West Fargo	13.37
12 752 Sistas, Erin	12	West Fargo	13.42
13 147 Rasmussen, Leslie	11	Fargo North	13.46
14 200 Aadland, Meghan	11	Fargo South	13.55
15 618 Schradick, Hannah	12	Wahpeton	13.64
16 312 Church, Ali	09	GF Central	13.94
17 759 Walsh, Whitney	10	West Fargo	14.06
17 429 Hollingworth, Andrea	09	GF Red River	14.06
19 153 Rodriguez, Toni	07	Fargo North	14.17
20 442 Weymier, Katie	12	GF Red River	14.32
21 557 Ihry, Ruth	08	Valley City	14.49
22 339 Osowski, Abby	08	GF Central	14.58
23 457 Weiland, Ashley	09	GF Red River	14.59
24 563 Mundfrom, Becca	09	Valley City	14.76
25 500 Bachmeier, Simone	09	Shanley	14.77
26 352 Warner, Ashleigh	12	GF Central	14.78
27 223 Green, Ally	11	Fargo South	14.79
28 305 Bridgeford, Briana	09	GF Central	15.03
29 135 Marty, Faith	08	Fargo North	15.08
30 342 Peterson, Taylor	09	GF Central	15.13
31 526 Paul, Cryina	09	Shanley	15.33
32 25 Anderson, Megan	10	Devils Lake	15.68
33 33 Gulsvig, Anna	10	Devils Lake	16.73
--- 41 Krein, Kaylin	09	Devils Lake	DQ

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## Results

## Event 7 Girls 4x200 Meter Relay

EDC Outdoor: 1:43.92 E 5/19/2007 West Fargo

AndreaMueller,MeganTurner,EllieGrooters,SarahDenne

1:51.80 QUAL

Team	Relay	Finals
<b>Finals</b>		
1 Fargo South	A	1:46.70 QUAL
1) 207 Bolstad, Britney 11	2) 200 Aadland, Meghan 11	
3) 270 Zietz, Greta 11	4) 214 Conlin, Frances 10	
2 West Fargo	A	1:48.09 QUAL
1) 752 Sistad, Erin 12	2) 715 Denne, Sarah 12	
3) 732 Levin, Amanda 07	4) 711 Capouch, Becky 11	
3 Grand Forks Red River	A	1:50.39 QUAL
1) 435 Knoell, Caitlin 10	2) 444 Wysocki, Erin 10	
3) 424 Larson, Brooke 12	4) 431 Shabb, Carolyn 10	
4 Fargo North	A	1:50.96 QUAL
1) 141 Nyanfor, Regina 08	2) 117 Garrett, Starr 09	
3) 147 Rasmussen, Leslie 11	4) 127 Larson, Kira 08	
5 Valley City	A	1:51.34 QUAL
1) 559 Jacob, Jenna 09	2) 553 Bruenjes, Christina 08	
3) 560 Jorissen, Katie 12	4) 564 Olstad, Mariah 08	
6 GF Central	A	1:56.25 3
1) 331 Lund, Sydney 09	2) 312 Church, Ali 09	
3) 346 Sansburn, Hayley 09	4) 337 Novotny, Kari 12	
7 Shanley High School	A	1:56.94 2
1) 519 Jordan, Julia 07	2) 502 Baumler, Taylor 07	
3) 513 Green, Sarah 09	4) 505 Carew, Nicole 10	
8 Devils Lake	A	1:57.64 1
1) 47 Mertens, Stephanie 10	2) 60 Wade, Kenzie 10	
3) 36 Hintz, Abbey 12	4) 64 Schemioneck, Alexis 10	
9 Wahpeton High School	A	2:02.44
1) 601 Albrecht, Allie 08	2) 616 Montgomery, Anna 08	
3) 620 Wynn, Molly 08	4) 609 Glines, Morgan 09	

## Event 9 Girls 1600 Meter Run

EDC Outdoor: 5:07.94 E 1998 Jessica Neva

5:30.00 QUAL

Name	Yr	School	Finals
<b>Finals</b>			
1 734 Mears, Alissa	09	West Fargo	5:22.96 QUAL
2 235 Lachowitz, Tarin	09	Fargo South	5:23.59 QUAL
3 345 Sand, Jaclyn	10	GF Central	5:30.28 6
4 753 Stoppler, Kaitlyn	10	West Fargo	5:31.50 5
5 428 Ronkowski, Katie	10	GF Red River	5:32.79 4
6 612 Lasch, Kasey	10	Wahpeton	5:34.01 3
7 710 Bucholz, Britny	10	West Fargo	5:37.40 2
8 151 Roche, Abby	10	Fargo North	5:40.37 1
9 45 Lysne, Krista	08	Devils Lake	5:44.65
10 269 Zastoupil, Kelsey	09	Fargo South	5:46.80
11 614 Mastel, Jessica	07	Wahpeton	5:51.56
12 530 Rivard, Sadie	10	Shanley	5:51.91
13 164 Swenson, Samantha	07	Fargo North	5:53.88
14 751 Schroeder, Alicia	10	West Fargo	5:57.30
15 744 Reiter, Ashley	12	West Fargo	6:02.46

16 122 Holman, Paige	08	Fargo North	6:10.83
17 334 McMillan, Lauren	08	GF Central	6:10.90
18 225 Hatlevoll, Casey	09	Fargo South	6:15.50
19 148 Reinholz, Katie	08	Fargo North	6:16.95
20 103 Astrup, Abby	08	Fargo North	6:17.12
21 206 Bitz, Emily	09	Fargo South	6:17.13
22 306 Brown, Hanna	09	GF Central	6:22.47
23 409 Bollingberg, Kaitlyn	10	GF Red River	6:32.75
24 403 Conneran, Christina	12	GF Red River	6:35.89
25 347 Sharief, Samantha	09	GF Central	6:55.68
26 213 Clarys, Kristin	09	Fargo South	7:10.50
27 336 Millsbaugh, Jaye	12	GF Central	7:14.04

## Event 11 Girls 4x100 Meter Relay

EDC Outdoor: 49.94 E 2003 Fargo South

ShannonMeloy,McKenziMehlich,CathyBader,AshleyGray

53.04 QUAL

Team	Relay	Finals
<b>Finals</b>		
1 Fargo North	A	51.41 QUAL
1) 141 Nyanfor, Regina 08	2) 126 Larson, Kelsey 12	
3) 147 Rasmussen, Leslie 11	4) 127 Larson, Kira 08	
2 Grand Forks Red River	A	52.27 QUAL
1) 446 Robinson, Jasmine 09	2) 424 Larson, Brooke 12	
3) 435 Knoell, Caitlin 10	4) 431 Shabb, Carolyn 10	
3 GF Central	A	52.42 QUAL
1) 329 Lindsay, Jessica 10	2) 318 Fee, Rebecca 10	
3) 320 Gavere, Katie 09	4) 331 Lund, Sydney 09	
4 West Fargo	A	52.51 QUAL
1) 752 Sistad, Erin 12	2) 715 Denne, Sarah 12	
3) 732 Levin, Amanda 07	4) 760 Weiszhaar, Krista 12	
5 Valley City	A	53.73 4
1) 559 Jacob, Jenna 09	2) 553 Bruenjes, Christina 08	
3) 557 Ihry, Ruth 08	4) 564 Olstad, Mariah 08	
6 Wahpeton High School	A	53.90 3
1) 603 Braun, Jordan 10	2) 618 Schradick, Hannah 12	
3) 621 Edwards, Ariel 11	4) 612 Lasch, Kasey 10	
7 Devils Lake	A	55.04 2
1) 47 Mertens, Stephanie 10	2) 60 Wade, Kenzie 10	
3) 36 Hintz, Abbey 12	4) 32 Greening, Alicia 12	

## Event 13 Girls 400 Meter Dash

EDC Outdoor: 57.57 E 5/21/2005 Laura Roesler

61.74 QUAL

Name	Yr	School	Finals
<b>Finals</b>			
1 141 Nyanfor, Regina	08	Fargo North	61.19 QUAL
2 426 McLeod, Erin	10	GF Red River	61.89 8
3 701 Barta, Allison	09	West Fargo	62.25 6
4 320 Gavere, Katie	09	GF Central	62.53 5
5 727 Hermanson, Leah	08	West Fargo	63.54 4
6 451 Strand, Annika	09	GF Red River	63.68 3
7 621 Edwards, Ariel	11	Wahpeton	63.95 2
8 438 Todhunter, Rachel	09	GF Red River	64.28 1
9 331 Lund, Sydney	09	GF Central	64.46

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## Finals ... (Event 13 Girls 400 Meter Dash)

Name	Yr	School	Finals
10 717 Eidenshink, Alysa	12	West Fargo	64.50
11 757 Vig, Vanessa	09	West Fargo	65.82
12 120 Gross, Alyssa	07	Fargo North	65.96
13 519 Jordan, Julia	07	Shanley	66.03
14 58 Steffan, Erin	10	Devils Lake	68.21
15 155 Sarafolean, Kristina	08	Fargo North	69.55
16 750 Schmaltz, Jessica	09	West Fargo	69.69
17 342 Peterson, Taylor	09	GF Central	70.48
18 48 Olson, Kelly	10	Devils Lake	70.57
19 232 Knoll, Mara	10	Fargo South	70.88
20 50 Pike, Hanna	09	Devils Lake	71.05
21 335 Medal, Kaitlin	11	GF Central	71.45
22 124 Ivers, Claire	08	Fargo North	71.52
23 417 Haaven, Megan	11	GF Red River	71.55
24 223 Green, Ally	11	Fargo South	72.80
25 250 Sampson, Keiley	10	Fargo South	73.12

## Event 15 Girls 100 Meter Hurdles

EDC Outdoor: 14.67 E 5/21/2005 McKenzie Mehlisch  
16.74 QUAL

Name	Yr	School	Finals
<b>Finals</b>			
1 721 Grooters, Ellie	11	West Fargo	14.89 QUAL
2 270 Zietz, Greta	11	Fargo South	15.95 QUAL
3 424 Larson, Brooke	12	GF Red River	16.71 QUAL
4 722 Gustafson, Jill	10	West Fargo	17.23 5
5 349 Smith, Alicia	10	GF Central	17.72 4
6 233 Koenig, Alli	10	Fargo South	17.79 3
7 446 Robinson, Jasmine	09	GF Red River	17.99 2
8 214 Hannaher, Carrie	10	Fargo South	18.04 1
9 208 Bork, Sydney	09	Fargo South	18.13
10 30 Dick, Mikaela	09	Devils Lake	18.15
11 457 Weiland, Ashley	09	GF Red River	18.51
12 351 Thingelstad, Laura	11	GF Central	18.62
13 758 Waite, Sadie	10	West Fargo	18.73
14 251 Sauvageau, Taylor	11	Fargo South	18.74
15 429 Hollingworth, Andrea	09	GF Red River	18.83
16 326 Kratochvil, Katie	10	GF Central	19.96
17 754 Tellinghuisen, Katy	09	West Fargo	20.00
18 346 Sansburn, Hayley	09	GF Central	20.04
19 150 Reynolds, Laura	09	Fargo North	20.18
20 407 Deck, Erin	10	GF Red River	20.27
21 167 Uglem, Madison	07	Fargo North	20.33
22 144 Pfau, Shaina	07	Fargo North	20.65
23 128 Larson, Tianna	07	Fargo North	20.71
24 714 Cox, Amber	09	West Fargo	21.17
25 113 Derby, Maddie	07	Fargo North	21.61

## Event 17 Girls 800 Meter Run

EDC Outdoor: 2:07.24 E 5/17/2008 Laura Roesler  
2:24.30 QUAL

Name	Yr	School	Finals
<b>Finals</b>			
1 248 Roesler, Laura	11	Fargo South	2:08.87 QUAL
2 263 Valenti, Erin	10	Fargo South	2:22.82 QUAL
3 235 Lachowitz, Tarin	09	Fargo South	2:23.97 QUAL
4 152 Roche, Emily	08	Fargo North	2:27.46 5
5 329 Lindsay, Jessica	10	GF Central	2:28.62 4
6 318 Fee, Rebecca	10	GF Central	2:29.01 3
7 151 Roche, Abby	10	Fargo North	2:31.16 2
8 436 Stoley, Megan	11	GF Red River	2:31.42 1
9 413 Ferry, Maggi	10	GF Red River	2:31.84
10 753 Stoppler, Kaitlyn	10	West Fargo	2:32.11
11 505 Carew, Nicole	10	Shanley	2:32.33
12 762 Olson, Alyssa	09	West Fargo	2:37.27
13 428 Ronkowski, Katie	10	GF Red River	2:40.73
14 744 Reiter, Ashley	12	West Fargo	2:40.83
15 736 Nelson, Megan	12	West Fargo	2:41.04
16 609 Glines, Morgan	09	Wahpeton	2:41.74
17 567 Suhr, Allyson	09	Valley City	2:42.08
18 154 Sarafolean, Andie	07	Fargo North	2:42.44
19 335 Medal, Kaitlin	11	GF Central	2:43.14
20 163 Swenson, Alicia	07	Fargo North	2:43.18
21 719 Grant, Emma	10	West Fargo	2:44.21
22 50 Pike, Hanna	09	Devils Lake	2:44.37
23 328 Lindsay, Ali	08	GF Central	2:44.69
24 49 Olson, Mallory	12	Devils Lake	2:47.99
25 620 Wynn, Molly	08	Wahpeton	2:49.92
26 562 Loibl, Dariann	09	Valley City	2:50.41
27 148 Reinholz, Katie	08	Fargo North	2:52.40
28 347 Sharief, Samantha	09	GF Central	3:08.20

## Event 19 Girls 200 Meter Dash

EDC Outdoor: 25.09 E 5/19/2007 Laura Roesler  
26.94 QUAL

Name	Yr	School	Finals
<b>Finals</b>			
1 721 Grooters, Ellie	11	West Fargo	25.84 QUAL
2 207 Bolstad, Britney	11	Fargo South	26.14 QUAL
3 214 Conlin, Frances	10	Fargo South	26.61 QUAL
4 564 Olstad, Mariah	08	Valley City	27.33 5
5 732 Levin, Amanda	07	West Fargo	27.47 4
6 435 Knoell, Caitlin	10	GF Red River	27.48 3
7 711 Capouch, Becky	11	West Fargo	27.80 2
8 220 Gaylah, Vera	09	Fargo South	27.86 1
9 715 Denne, Sarah	12	West Fargo	28.02
10 559 Jacob, Jenna	09	Valley City	28.12
11 752 Sistad, Erin	12	West Fargo	28.26
12 320 Gavere, Katie	09	GF Central	28.38
13 444 Wysocki, Erin	10	GF Red River	28.56
14 200 Aadland, Meghan	11	Fargo South	28.65
15 144 Pfau, Shaina	07	Fargo North	29.08

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## Finals ... (Event 19 Girls 200 Meter Dash)

Name	Yr	School	Finals
16 331 Lund, Sydney	09	GF Central	29.19
17 312 Church, Ali	09	GF Central	29.31
18 442 Weymier, Katie	12	GF Red River	29.74
19 601 Albrecht, Allie	08	Wahpeton	29.88
19 153 Rodriquez, Toni	07	Fargo North	29.88
21 429 Hollingworth, Andrea	09	GF Red River	30.18
22 446 Robinson, Jasmine	09	GF Red River	30.53
23 339 Osowski, Abby	08	GF Central	30.82
24 155 Sarafolean, Kristina	08	Fargo North	30.88
25 41 Krein, Kaylin	09	Devils Lake	31.09
26 135 Marty, Faith	08	Fargo North	31.55
27 342 Peterson, Taylor	09	GF Central	31.74
28 241 Mujcic, Esada	10	Fargo South	31.82
29 526 Paul, Cryina	09	Shanley	31.85

## Event 21 Girls 3200 Meter Run

EDC Outdoor: 11:10.74 E 1998 Jessica Neva

12:05.00 QUAL

Name	Yr	School	Finals
<b>Finals</b>			
1 700 Baltezare, Christine	08	West Fargo	12:01.81 QUAL
2 345 Sand, Jaclyn	10	GF Central	12:03.21 QUAL
3 745 Rosenau, Jessica	08	West Fargo	12:12.33 6
4 501 Backlund, Alex	07	Shanley	12:12.40 5
5 720 Grooters, Brooke	08	West Fargo	12:14.65 4
6 710 Bucholz, Britny	10	West Fargo	12:14.82 3
7 257 Storm, Jennifer	10	Fargo South	12:33.35 2
8 568 Tait, Alyssa	12	Valley City	12:35.50 1
9 108 Boe, Megan	09	Fargo North	12:45.41
10 39 Knowski, Jaclyln	11	Devils Lake	12:47.85
11 334 McMillan, Lauren	08	GF Central	12:58.07
12 122 Holman, Paige	08	Fargo North	13:00.47
13 103 Astrup, Abby	08	Fargo North	13:21.05
14 738 Parr, Chenelle	08	West Fargo	13:23.88
15 307 Bunde, Brittany	10	GF Central	13:50.51
16 343 Petty, Paige	10	GF Central	14:01.79

## Event 23 Girls 4x400 Meter Relay

EDC Outdoor: 4:03.02 E 5/17/2008 Fargo South High School

B Bolstad, P Rygg, F Conlin, L Roesler

4:16.30 QUAL

Team	Relay	Finals
<b>Finals</b>		
1 Fargo South	A	3:55.58EQUAL
1) 214 Conlin, Frances 10	2) 263 Valenti, Erin 10	
3) 249 Rygg, Paige 11	4) 248 Roesler, Laura 11	
2 West Fargo	A	4:07.09 QUAL
1) 711 Capouch, Becky 11	2) 727 Hermanson, Leah 08	
3) 701 Barta, Allison 09	4) 734 Mears, Alissa 09	
3 GF Central	A	4:10.26 QUAL
1) 337 Novotny, Kari 12	2) 329 Lindsay, Jessica 10	
3) 318 Fee, Rebecca 10	4) 320 Gavere, Katie 09	

4 Grand Forks Red River	A	4:13.81 QUAL
1) 426 McLeod, Erin 10	2) 444 Wysocki, Erin 10	
3) 438 Todhunter, Rachel 09	4) 431 Shabb, Carolyn 10	
5 Fargo North	A	4:14.78 QUAL
1) 141 Nyanfor, Regina 08	2) 117 Garrett, Starr 09	
3) 145 Pladson, Sydney 07	4) 127 Larson, Kira 08	
6 Wahpeton High School	A	4:20.94 3
1) 621 Edwards, Ariel 11	2) 622 Irwin, Tawny 09	
3) 618 Schradick, Hannah 12	4) 612 Lasch, Kasey 10	
7 Shanley High School	A	4:30.65 2
1) 519 Jordan, Julia 07	2) 502 Baumler, Taylor 07	
3) 505 Carew, Nicole 10	4) 518 Hoffart, Dana 09	
8 Devils Lake	A	4:32.85 1
1) 45 Lysne, Krista 08	2) 58 Steffan, Erin 10	
3) 43 Lange, Skylar 10	4) 48 Olson, Kelly 10	
9 Valley City	A	4:52.42
1) 568 Tait, Alyssa 12	2) 560 Jorissen, Katie 12	
3) 554 Creviston, Amanda 11	4) 567 Suhr, Allyson 09	

## Event 31 Girls High Jump

EDC Outdoor: 5-07.25 E 1989 Kathy Unruh

5-01.00 QUAL

Name	Yr	School	Finals
<b>Finals</b>			
1 127 Larson, Kira	08	Fargo North	5-06.00 QUAL
2 270 Zietz, Greta	11	Fargo South	5-05.00 QUAL
3 32 Greening, Alicia	12	Devils Lake	5-01.00 QUAL
4 273 Moffett, Jasmine	09	Fargo South	4-11.00 5
5 713 Cowley, Alexis	09	West Fargo	4-09.00 4
6 451 Strand, Annika	09	GF Red River	J4-09.00 3
7 404 Conneran, Kelsey	10	GF Red River	J4-09.00 1.5
7 428 Ronkowski, Katie	10	GF Red River	J4-09.00 1.5
9 616 Montgomery, Anna	08	Wahpeton	4-07.00
9 746 Rutten, Anna	12	West Fargo	4-07.00
9 276 Wellentin, Raquel	10	Fargo South	4-07.00
9 65 Elshaug, Hannah	10	Devils Lake	4-07.00
13 56 Sebelius, Ashley	11	Devils Lake	4-05.00
13 61 Wade, Taylor	10	Devils Lake	4-05.00
--- 511 Eckman, Paris	08	Shanley	FAIL
--- 332 MacNaughton,	10	GF Central	FAIL
--- 305 Bridgeford, Briana	09	GF Central	FAIL
--- 409 Bollingberg, Kaitlyn	10	GF Red River	FAIL
--- 63 Widmar, Randi	08	Devils Lake	FAIL
--- 149 Rerick, Hailey	10	Fargo North	FAIL
--- 208 Bork, Sydney	09	Fargo South	FAIL

## Event 32 Girls Pole Vault

EDC Outdoor: 12-00 E 2003 Julie Strenkowski

9-00.00 QUAL

Name	Yr	School	Finals
<b>Finals</b>			
1 445 Zeitvogel, Ashley	10	GF Red River	10-09.00 QUAL
2 337 Novotny, Kari	12	GF Central	9-06.00 QUAL
3 251 Sauvageau, Taylor	11	Fargo South	8-00.00 5.5
3 748 Sather, Megan	11	West Fargo	8-00.00 5.5

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## Finals ... (Event 32 Girls Pole Vault)

Name	Yr	School	Finals
5 38 Johansen, Nichole	10	Devils Lake	J8-00.00 4
6 537 Zetocha, Jenny	11	Shanley	7-06.00 3
7 226 Helland, Kelsey	10	Fargo South	J7-06.00 2
8 705 Bates, Taylor	11	West Fargo	J7-06.00 0.5
8 124 Ivers, Claire	08	Fargo North	J7-06.00 0.5
10 448 Rustebakke, Carly	10	GF Red River	7-03.00
11 56 Sebelius, Ashley	11	Devils Lake	7-00.00
11 339 Osowski, Abby	08	GF Central	7-00.00
11 31 Eisenzimmer, Kasi	11	Devils Lake	7-00.00
11 309 Bushee, Brianna	10	GF Central	7-00.00
--- 739 Pearson, Hope	10	West Fargo	FAIL
--- 167 Uglem, Madison	07	Fargo North	FAIL
--- 729 Jaeger, McKenzie	11	West Fargo	FAIL
--- 305 Bridgeford, Briana	09	GF Central	FAIL
--- 168 Volk, Haylee	08	Fargo North	FAIL
--- 238 McArthur, Niki	10	Fargo South	FAIL
--- 49 Olson, Mallory	12	Devils Lake	FAIL
--- 135 Marty, Faith	08	Fargo North	FAIL
--- 264 Wiebold, Brittany	10	Fargo South	FAIL
--- 250 Sampson, Keiley	10	Fargo South	FAIL

## Event 33 Girls Long Jump

EDC Outdoor: 18-10.50 E 5/21/2005 McKenzie Mehlich

16-08.00 QUAL

Name	Yr	School	Finals
1 126 Larson, Kelsey	12	Fargo North	17-02.50 QUAL
2 226 Helland, Kelsey	10	Fargo South	15-11.25 8
3 149 Rerick, Hailey	10	Fargo North	15-11.00 6
4 603 Braun, Jordan	10	Wahpeton	J15-11.00 5
5 32 Greening, Alicia	12	Devils Lake	15-06.75 4
6 60 Wade, Kenzie	10	Devils Lake	15-05.75 3
7 555 Faure, Mary	10	Valley City	15-03.50 2
8 449 Sabol, Colie	09	GF Red River	15-02.50 1
9 410 Dufault, Brianna	11	GF Red River	15-02.25
10 722 Gustafson, Jill	10	West Fargo	15-01.50
11 553 Bruenjes, Christina	08	Valley City	15-01.00
12 701 Barta, Allison	09	West Fargo	14-11.00
13 402 Ames, Jill	09	GF Red River	14-09.25
14 239 Meyer, Nicole	11	Fargo South	14-09.00
15 262 Unhjem, Kirsten	10	Fargo South	14-08.50
16 401 Asche, Emily	10	GF Red River	14-07.00
17 434 Jorgensen, Jana	09	GF Red River	14-05.50
18 552 Braunagel, Steph	11	Valley City	14-02.50
19 250 Sampson, Keiley	10	Fargo South	13-10.25
20 352 Warner, Ashleigh	12	GF Central	13-06.50
21 526 Paul, Cryina	09	Shanley	13-06.25
22 119 Goughnour, Molly	10	Fargo North	13-06.00
23 513 Green, Sarah	09	Shanley	13-03.25
24 349 Smith, Alicia	10	GF Central	13-01.75
25 346 Sansburn, Hayley	09	GF Central	13-00.75
26 338 Olson, Hannah	09	GF Central	12-09.00
27 309 Bushee, Brianna	10	GF Central	12-08.00

28 613 Lingwall, Abi	10	Wahpeton	12-06.75
29 210 Brothersen, Ellen	10	Fargo South	12-05.50
30 537 Zetocha, Jenny	11	Shanley	12-01.50
31 44 Larson, Krissy	10	Devils Lake	12-00.50
32 33 Gulsvig, Anna	10	Devils Lake	11-08.00
33 25 Anderson, Megan	10	Devils Lake	11-01.50
--- 563 Mundfrom, Becca	09	Valley City	FOUL

## Event 34 Girls Triple Jump

EDC Outdoor: 38-08.50 E 2002

Brittni Bruenjes

34-00.00 QUAL

Name	Yr	School	Finals
1 410 Dufault, Brianna	11	GF Red River	34-04.50 QUAL
2 126 Larson, Kelsey	12	Fargo North	34-02.00 QUAL
3 722 Gustafson, Jill	10	West Fargo	32-11.75 6
4 553 Bruenjes, Christina	08	Valley City	32-05.25 5
5 603 Braun, Jordan	10	Wahpeton	32-05.00 4
6 401 Asche, Emily	10	GF Red River	32-01.00 3
7 449 Sabol, Colie	09	GF Red River	31-10.75 2
8 552 Braunagel, Steph	11	Valley City	31-10.25 1
9 30 Dick, Mikaela	09	Devils Lake	31-06.50
10 555 Faure, Mary	10	Valley City	31-05.75
11 220 Gaylah, Vera	09	Fargo South	30-05.25
12 273 Moffett, Jasmine	09	Fargo South	30-01.50
13 309 Bushee, Brianna	10	GF Central	29-08.75
14 44 Larson, Krissy	10	Devils Lake	29-05.00
14 352 Warner, Ashleigh	12	GF Central	29-05.00
16 210 Brothersen, Ellen	10	Fargo South	29-03.75
17 262 Unhjem, Kirsten	10	Fargo South	29-02.00
18 63 Widmar, Randi	08	Devils Lake	29-00.50
19 326 Kratochvil, Katie	10	GF Central	29-00.25
20 423 Kringstad, Melissa	12	GF Red River	28-10.00
21 338 Olson, Hannah	09	GF Central	28-06.50
22 38 Johansen, Nichole	10	Devils Lake	28-03.00
23 349 Smith, Alicia	10	GF Central	27-03.50
24 563 Mundfrom, Becca	09	Valley City	26-11.50
25 613 Lingwall, Abi	10	Wahpeton	26-10.00
26 513 Green, Sarah	09	Shanley	26-07.00
--- 239 Meyer, Nicole	11	Fargo South	FOUL

## Event 35 Girls Discus Throw

EDC Outdoor: 171-07 E 2000

Briona Reynolds

118-00 QUAL

Name	Yr	School	Finals
1 322 Iseminger, Candyce	12	GF Central	124-04.00 QUAL
2 708 Brekkestran, Maria	11	West Fargo	117-03.00 8
3 130 Lopez, Mia	10	Fargo North	105-09.00 6
4 133 Mann, Andrea	12	Fargo North	105-00.00 5
5 437 Storstad, Megan	12	GF Red River	101-02.00 4
6 170 Wessman, Rachel	11	Fargo North	97-03.00 3
7 728 Hummel, Alyssa	12	West Fargo	96-09.00 2
8 556 Gierke, Katie	10	Valley City	92-07.00 1
9 271 Zollinger, Kaitlin	11	Fargo South	90-08.00

**EDC East Regional Track & Field Championships****May 16, 2009****West Fargo Track & Field Complex****Results****Finals ... (Event 35 Girls Discus Throw)**

Name	Yr	School	Finals
10 450 Evers, Emily	11	GF Red River	89-10.00
11 443 Reich, Kate	10	GF Red River	89-02.00
12 231 Kingsley, Lydia	09	Fargo South	89-00.00
13 317 Farroh, Caitlin	10	GF Central	86-06.00
14 229 Holzwarth, Casie	11	Fargo South	83-08.00
15 733 Lorenz, Londyn	10	West Fargo	83-05.00
16 323 Johnson, Alyssa	10	GF Central	81-05.00
17 412 Ferry, Erin	12	GF Red River	80-10.00
18 233 Koenig, Alli	10	Fargo South	79-10.00
19 53 Schafer, Sarah	09	Devils Lake	79-02.00
20 740 Pederson, Courtney	10	West Fargo	77-11.00
21 28 Brandt, Jennifer	09	Devils Lake	75-05.00
22 535 Veit, Anna	10	Shanley	75-03.00
23 40 Knowski, Josie	09	Devils Lake	73-08.00
24 766 Parsons, Jennifer	10	West Fargo	70-05.00
24 244 Odegaard, Madeline	09	Fargo South	70-05.00
26 550 Anderson, Erika	09	Valley City	65-09.00
27 333 Martin, Rebecca	10	GF Central	65-00.00
28 101 Anderson, Kelsey	09	Fargo North	61-01.00
29 157 Schefter, Megan	12	Fargo North	61-00.00
30 447 Campbell, Megan	11	GF Red River	59-05.00

**Event 36 Girls Javelin Throw****EDC Outdoor: 151-02 E 2000 Katie Wilson****110-00 QUAL**

Name	Yr	School	Finals
1 437 Storstad, Megan	12	GF Red River	114-01.00 QUAL
2 401 Asche, Emily	10	GF Red River	104-00.00 8
3 432 Steffen, Jordyn	11	GF Red River	101-02.00 6
4 275 Schultz, Amanda	11	Fargo South	101-02.00 5
5 170 Wessman, Rachel	11	Fargo North	95-01.00 4
6 522 Lawrence, Christina	10	Shanley	92-06.00 3
7 572 Coghlan, Jenna	09	Valley City	92-00.00 2
8 450 Evers, Emily	11	GF Red River	91-10.00 1
9 743 Reeves, Cherae	10	West Fargo	90-11.00
10 157 Schefter, Megan	12	Fargo North	90-10.00
11 447 Campbell, Megan	11	GF Red River	87-11.00
12 130 Lopez, Mia	10	Fargo North	87-06.00
13 316 Erickson, Jennifer	10	GF Central	86-01.00
14 273 Moffett, Jasmine	09	Fargo South	82-10.00
15 317 Farroh, Caitlin	10	GF Central	82-04.00
16 605 Burrer, Morgan	10	Wahpeton	82-01.00
17 119 Goughnour, Molly	10	Fargo North	80-10.00
17 760 Weiszhaar, Krista	12	West Fargo	80-10.00
19 766 Parsons, Jennifer	10	West Fargo	80-06.00
20 708 Brekkestran, Maria	11	West Fargo	80-00.00
21 608 Enderson, Brita	08	Wahpeton	78-01.00
22 252 Schalow, Katie	11	Fargo South	70-02.50
23 28 Brandt, Jennifer	09	Devils Lake	69-01.00
24 535 Veit, Anna	10	Shanley	67-01.00
25 558 Hoover, Danae	10	Valley City	66-06.00
26 40 Knowski, Josie	09	Devils Lake	66-04.00

27 630 Onchuck, Addie	08	Wahpeton	65-00.00
28 244 Odegaard, Madeline	09	Fargo South	64-00.00
29 513 Green, Sarah	09	Shanley	62-11.00
30 271 Zollinger, Kaitlin	11	Fargo South	62-10.00
31 31 Eisenzimmer, Kasi	11	Devils Lake	60-00.00
32 333 Martin, Rebecca	10	GF Central	59-00.00

**Event 37 Girls Shot Put****EDC Outdoor: 48-05.50 E 1985 Patty Purpur****35-06.00 QUAL**

Name	Yr	School	Finals
1 130 Lopez, Mia	10	Fargo North	37-02.50 QUAL
2 728 Hummel, Alyssa	12	West Fargo	36-01.75 QUAL
3 322 Iseminger, Candyce	12	GF Central	35-04.75 6
4 708 Brekkestran, Maria	11	West Fargo	34-10.00 5
5 348 Simpson, Kayla	10	GF Central	34-04.75 4
6 405 Dahl, Cass	12	GF Red River	33-09.25 3
7 443 Reich, Kate	10	GF Red River	32-10.00 2
8 450 Evers, Emily	11	GF Red River	31-05.50 1
9 412 Ferry, Erin	12	GF Red River	31-01.50
10 28 Brandt, Jennifer	09	Devils Lake	30-08.25
11 133 Mann, Andrea	12	Fargo North	30-08.00
12 229 Holzwarth, Casie	11	Fargo South	30-06.00
13 437 Storstad, Megan	12	GF Red River	30-00.50
14 323 Johnson, Alyssa	10	GF Central	29-06.00
15 766 Parsons, Jennifer	10	West Fargo	29-00.50
16 222 Gravalin, Alison	11	Fargo South	28-07.00
17 170 Wessman, Rachel	11	Fargo North	28-01.00
18 317 Farroh, Caitlin	10	GF Central	28-00.75
19 51 Prozinski, Haley	10	Devils Lake	27-11.50
20 733 Lorenz, Londyn	10	West Fargo	27-10.25
21 566 Stevens, Amanda	10	Valley City	25-08.00
22 244 Odegaard, Madeline	09	Fargo South	25-01.75
23 231 Kingsley, Lydia	09	Fargo South	25-01.00
24 252 Schalow, Katie	11	Fargo South	24-11.50
25 535 Veit, Anna	10	Shanley	24-09.75
26 40 Knowski, Josie	09	Devils Lake	24-03.00
27 333 Martin, Rebecca	10	GF Central	22-00.00
--- 743 Reeves, Cherae	10	West Fargo	ND
--- 601 Albrecht, Allie	08	Wahpeton	ND
--- 101 Anderson, Kelsey	09	Fargo North	ND
--- 630 Onchuck, Addie	08	Wahpeton	ND

**Women - Team Rankings - 19 Events Scored**

1) West Fargo High School	177
2) Fargo South High School	141.5
3) Grand Forks Red River	131
4) Fargo North High School	110.5
5) Grand Forks Central High School	77
6) Valley City High School	30
7) Wahpeton High School	28
8) Devils Lake High School	24
9) Shanley High School	21