

Shanley / American Legion Invitational
April 23, 2009
Concordia Track & Field Complex
Results

Event 1 Girls 4x800 Meter Relay

Shanley/AL: 9:41.84 A 4/28/2008 Fargo South High School
P Rygg, T Lachowitz, S Tesfaye, L Roesler
10:10.00 QUAL

Team	Relay	Finals
Finals		
1 Packers	A	9:53.69 QUAL
1) 700 Baltezare, Christine 08	2) 727 Hermanson, Leah 08	
3) 745 Rosenau, Jessica 08	4) 734 Mears, Alissa 09	
2 Fargo North	A	10:01.35 QUAL
1) 145 Pladson, Sydney 07	2) 151 Roche, Abby 10	
3) 152 Roche, Emily 08	4) 154 Sarafolean, Andie 07	
3 Moorhead High School	B	x10:06.23 QUAL
4 Grand Forks Red River	A	10:06.71 QUAL
1) 444 Wysocki, Erin 10	2) 413 Ferry, Maggi 10	
3) 436 Stoley, Megan 11	4) 428 Ronkowski, Katie 10	
5 Carrington	A	10:24.33 5
1) 645 Ingebretson, Katie 11	2) 644 Indergaard, Brittany 10	
3) 643 Indergaard, Amanda 09	4) 647 Kurtz, Kali 11	
6 Moorhead High School	A	10:56.00 4
7 Oak Grove High School	A	11:02.41 3
1) 1249 Remus, Lora 08	2) 1226 Asheim, Becca 10	
3) 1236 Holt, Tatum 07	4) 1234 Forness, Mikayla 08	
8 GF Central	A	11:06.16 2
1) 306 Brown, Hanna 09	2) 344 Ray, Taylor 08	
3) 328 Lindsay, Ali 08	4) 334 McMillan, Lauren 08	
9 Jamestown High School	A	11:27.29 1
1) 976 Shafer, Jazmin 10	2) 969 O'Neill, Marissa 10	
3) 955 Entzel, Leah 11	4) 954 Entzel, Elizabeth 09	

Event 3 Girls 300 Meter Hurdles

Shanley/AL: 44.84 A 1998 Kara Deringer
48.84 QUAL

Name	Yr	School	Finals
Finals			
1 721 Grooters, Ellie	11	Packers	44.10AQUAL
2 637 Carr, Hope	11	Carrington	49.24 8
3 967 Mueller, Ashley	10	Jamestown	49.87 6
4 722 Gustafson, Jill	10	Packers	50.10 5
5 823 Harless, Annika	11	Moorhead	50.51 4
6 804 Beech, Alison	12	Moorhead	51.61 3
7 424 Larson, Brooke	12	GF Red River	52.02 2
8 952 Dabill, Miah	08	Jamestown	52.23 1
9 820 Grundstrom, Tatum	9	Moorhead	52.89
10 973 Schumacher, Kayla	11	Jamestown	53.10
11 208 Bork, Sydney	09	Fargo South	53.34
12 349 Smith, Alicia	10	GF Central	53.35
13 214 Hannaher, Carrie	10	Fargo South	55.25
14 446 Robinson, Jasmine	09	GF Red River	55.92
15 144 Pfau, Shaina	07	Fargo North	56.22
16 167 Uglem, Madison	07	Fargo North	56.26
17 417 Haaven, Megan	11	GF Red River	56.39
18 245 Pfeiffer, Aloysia	09	Fargo South	56.40
19 730 Johnson, Malayia	10	Packers	57.02

20	132 Luebke, Emily	08	Fargo North	57.53
21	754 Tellinghuisen, Katy	09	Packers	57.69
22	422 Gourneau, Nicole	10	GF Red River	57.72
23	326 Kratochvil, Katie	10	GF Central	57.95
24	448 Rustebakke, Carly	10	GF Red River	58.43
25	150 Reynolds, Laura	09	Fargo North	58.54
26	758 Waite, Sadie	10	Packers	58.75
27	300 Altman, Bailey	09	GF Central	60.38
28	128 Larson, Tianna	07	Fargo North	60.63

Event 5 Girls 100 Meter Dash

Shanley/AL: 12.14 A 1995 Tiffany Long
13.04 QUAL

Name	Yr	School	Finals
Finals			
1 479 Krueger, Shelby	11	Finley-Sharon-Ho	13.03 QUAL
2 207 Bolstad, Britney	11	Fargo South	13.13 8
3 435 Knoell, Caitlin	10	GF Red River	13.21 6
4 431 Shabb, Carolyn	10	GF Red River	13.39 5
5 732 Levin, Amanda	07	Packers	13.40 4
6 1242 Krueger, Tessa	09	Oak Grove	13.44 3
7 126 Larson, Kelsey	12	Fargo North	13.46 2
8 803 Bailey, Brin	12	Moorhead	13.66 1
9 220 Gaylah, Vera	09	Fargo South	13.69
10 852 Klemetson, Chelsea	10	Moorhead	13.71
11 752 Sistad, Erin	12	Packers	13.73
12 318 Fee, Rebecca	10	GF Central	13.78
13 200 Aadland, Meghan	11	Fargo South	13.86
14 147 Rasmussen, Leslie	11	Fargo North	13.91
15 331 Lund, Sydney	09	GF Central	13.92
16 951 Block, Rachel	11	Jamestown	14.04
17 442 Weymier, Katie	12	GF Red River	14.15
17 950 Alfsted, Nikki	09	Jamestown	14.15
19 759 Walsh, Whitney	10	Packers	14.16
20 482 Nygaard, Heather	09	Finley-Sharon-Ho	14.26
21 312 Church, Ali	09	GF Central	14.28
22 974 Schwind, Chelsea	11	Jamestown	14.38
23 814 Ernst, McKinzie	9	Moorhead	14.41
24 457 Weiland, Ashley	09	GF Red River	14.42
25 476 Benedict, BreAnn	11	Finley-Sharon-Ho	14.57
25 756 Turner, Megan	10	Packers	14.57
27 513 Green, Sara	09	Shanley	14.59
28 642 Hesch, Lendsey	11	Carrington	14.66
29 653 Scherr, Becca	09	Carrington	14.73
30 346 Sansburn, Hayley	09	GF Central	14.75
31 475 Abraham, Brooke	12	Finley-Sharon-Ho	14.82
32 230 Kessler, Lindsey	10	Fargo South	14.85
33 746 Rutten, Anna	12	Packers	14.90
34 135 Marty, Faith	08	Fargo North	14.94
35 205 Beaton, Nicole	09	Fargo South	14.97
36 452 Simonson, Olivia	10	GF Red River	15.17
37 1245 McDonald, Amy	09	Oak Grove	15.25
38 500 Bachmeier, Simone	09	Shanley	15.38
39 1247 Peterson, Katie	10	Oak Grove	15.41
40 662 Lenz, Sabrina	12	Hillsboro	15.42

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Finals ... (Event 5 Girls 100 Meter Dash)			
Name	Yr	School	Finals
41 264 Wiebold, Brittany	10	Fargo South	15.47
42 342 Peterson, Taylor	09	GF Central	15.49
43 818 Gomez, Megan	10	Moorhead	15.60
44 980 Todd, Tori	09	Jamestown	15.61
45 831 Kappes, Courtney	12	Moorhead	15.65
46 274 Olson, Alyssa	11	Fargo South	15.80
47 537 Zetocha, Jenny	11	Shanley	15.83
48 815 Forsythe, Samantha	10	Moorhead	15.96
49 853 Muennich, Franziska	11	Moorhead	15.98
50 1252 Sandness, Lauren	10	Oak Grove	16.07
51 247 Roath, Rikki	09	Fargo South	16.16
52 854 Nelson, Asia	9	Moorhead	16.20
53 478 Foerster, Megan	11	Finley-Sharon-Ho	16.34
54 212 Burbank, Ashleigh	11	Fargo South	16.38
55 660 Anderson, Heather	12	Hillsboro	16.40
55 667 Spokely, Justine	11	Hillsboro	16.40
57 1243 Leysring, Moriah	09	Oak Grove	16.43
58 202 Absey, Zoe	10	Fargo South	16.79
59 842 Rundquist, Abby	11	Moorhead	16.89
60 242 Niskko, Clementina	11	Fargo South	16.90
61 243 Niskko, Clilia	10	Fargo South	17.05

Event 7 Girls 4x200 Meter Relay			
Shanley/AL: 1:46.28 A 2007			
AdnreaMuller,CassieShorma,EllieGrooters,SarahDenne			
1:51.80 QUAL			
Team	Relay	Finals	
Finals			
1 Grand Forks Red River	A	1:48.04	QUAL
1) 435 Knoell, Caitlin 10	2) 444 Wysocki, Erin 10		
3) 424 Larson, Brooke 12	4) 431 Shabb, Carolyn 10		
2 Moorhead High School	A	1:48.54	QUAL
3 Finley-Sharon-Ho	A	1:49.64	QUAL
4 Fargo South	A	1:49.94	QUAL
5 Packers	A	1:50.84	QUAL
1) 752 Sistad, Erin 12	2) 715 Denne, Sarah 12		
3) 732 Levin, Amanda 07	4) 756 Turner, Megan 10		
6 Fargo North	A	1:51.24	QUAL
1) 141 Nyanfor, Regina 08	2) 126 Larson, Kelsey 12		
3) 147 Rasmussen, Leslie 11	4) 127 Larson, Kira 08		
7 Oak Grove High School	A	1:52.44	2
1) 1228 Corliss, Hannah 12	2) 1246 Nelson, Mariah 12		
3) 1242 Krueger, Tessa 09	4) 1239 Jamison, Mairin 11		
8 Carrington	A	1:52.85	1
1) 648 Lipetzky, Hannah 08	2) 649 Opp, Sara 12		
3) 633 Braaten, Noelle 10	4) 650 Page, Josey 08		
9 GF Central	A	1:53.84	
1) 329 Lindsay, Jessica 10	2) 320 Gavere, Katie 09		
3) 335 Medal, Kaitlin 11	4) 337 Novotny, Kari 12		
10 Moorhead High School	B	x1:54.72	
11 Jamestown High School	A	1:57.54	
1) 974 Schwind, Chelsea 11	2) 973 Schumacher, Kayla 11		
3) 951 Block, Rachel 11	4) 979 Steinmetz, Sophie 10		

12 Fargo South	B	x2:01.36
13 Hillsboro High School	A	2:12.38
1) 662 Lenz, Sabrina 12	2) 660 Anderson, Heather 12	
3) 666 Stene, Kalli 10	4) 663 Meyer, Rachel 10	

Event 9 Girls 1600 Meter Run				
Shanley/AL: 2:03.31 A 1983 Anne Smith				
5:30.00 QUAL				
Name	Yr	School	Finals	
Finals				
1 248 Roesler, Laura	11	Fargo South	5:07.76	QUAL
2 821 Hansen, Leah	12	Moorhead	5:25.48	QUAL
3 822 Hanson, Elisabeth	12	Moorhead	5:29.85	QUAL
4 235 Lachowitz, Tarin	09	Fargo South	5:30.48	5
5 263 Valenti, Erin	10	Fargo South	5:32.13	4
6 835 Lipetzky, Anna	12	Moorhead	5:36.38	3
7 745 Rosenau, Jessica	08	Packers	5:41.21	2
8 836 Litch, Kaylee	11	Moorhead	5:41.75	1
9 837 Ostlie, McCall	11	Moorhead	5:44.84	
10 1234 Forness, Mikayla	08	Oak Grove	5:48.36	
11 345 Sand, Jaelyn	10	GF Central	5:48.60	
12 720 Grooters, Brooke	08	Packers	5:56.45	
13 257 Storm, Jennifer	10	Fargo South	5:57.91	
14 1236 Holt, Tatum	07	Oak Grove	5:59.77	
15 753 Stoppler, Kaitlyn	10	Packers	6:00.71	
16 151 Roche, Abby	10	Fargo North	6:00.79	
17 744 Reiter, Ashley	12	Packers	6:02.11	
18 269 Zastoupil, Kelsey	09	Fargo South	6:08.06	
19 120 Gross, Alyssa	07	Fargo North	6:11.33	
20 954 Entzel, Elizabeth	09	Jamestown	6:16.08	
21 122 Holman, Paige	08	Fargo North	6:17.20	
22 530 Rivard, Sadie	10	Shanley	6:18.25	
23 148 Reinholz, Katie	08	Fargo North	6:18.86	
24 225 Hatlevoll, Casey	09	Fargo South	6:18.94	
25 306 Brown, Hanna	09	GF Central	6:25.41	
26 719 Grant, Emma	10	Packers	6:25.98	
27 955 Entzel, Leah	11	Jamestown	6:28.20	
28 403 Conneran, Christina	12	GF Red River	6:28.32	
29 953 Daly, Alyssa	09	Jamestown	6:29.40	
30 206 Bitz, Emily	09	Fargo South	6:29.53	
31 338 Olson, Hannah	09	GF Central	6:29.85	
32 409 Bollingberg, Kaitlyn	10	GF Red River	6:46.12	
33 1226 Asheim, Becca	10	Oak Grove	6:49.36	
34 485 Patton, Alicia	11	Finley-Sharon-Ho	6:49.51	
35 845 Stowe, Andrea	12	Moorhead	6:51.29	
36 400 Allen, Kristen	12	GF Red River	6:51.49	
37 430 Jensen, Mary	10	GF Red River	7:03.89	
38 634 Bregel, Caycee	10	Carrington	7:03.92	
39 440 Uhrich, Jewel	12	GF Red River	7:12.87	
40 848 Wixo, Megan	12	Moorhead	7:13.65	
41 347 Sharief, Samantha	09	GF Central	7:17.42	
42 213 Clarys, Kristin	09	Fargo South	7:22.38	
43 336 Millspaugh, Jaye	12	GF Central	7:31.44	
44 638 Endres, Erin	10	Carrington	7:56.31	

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Event 11 Girls 4x100 Meter Relay

Shanley/AL: 50.15 A 2000

Kate Sheridan, Sheila Parrish, Janet Edlund, Trisha Barru
53.04 QUAL

Team	Relay	Finals
Finals		
1 Grand Forks Red River	A	52.02 QUAL
1) 438 Todhunter, Rachel 09	2) 424 Larson, Brooke 12	
3) 435 Knoell, Caitlin 10	4) 431 Shabb, Carolyn 10	
2 Packers	A	52.38 QUAL
1) 752 Sistad, Erin 12	2) 715 Denne, Sarah 12	
3) 732 Levin, Amanda 07	4) 760 Weiszhaar, Krista 12	
3 Finley-Sharon-Ho	A	53.14 6
4 Carrington	A	53.53 5
1) 649 Opp, Sara 12	2) 642 Hesch, Lendsey 11	
3) 633 Braaten, Noelle 10	4) 650 Page, Josey 08	
5 Moorhead High School	A	53.63 4
6 GF Central	A	54.87 3
1) 331 Lund, Sydney 09	2) 312 Church, Ali 09	
3) 337 Novotny, Kari 12	4) 320 Gavere, Katie 09	
7 Jamestown High School	A	55.02 2
1) 967 Mueller, Ashley 10	2) 952 Dabill, Miah 08	
3) 983 Wanzek, Abby 08	4) 960 Iverson, Nikki 11	
8 Moorhead High School	B	x60.77
--- Fargo South	A	DQ
--- Fargo South	B	DQ
--- Fargo North	A	DQ
1) 167 Uglem, Madison 07	2) 135 Marty, Faith 08	
3) 147 Rasmussen, Leslie 11	4) 144 Pfau, Shaina 07	

Event 13 Girls 400 Meter Dash

Shanley/AL: 57.57 A 1989

LeeAnna Hiestand

61.74 QUAL

Name	Yr	School	Finals
Finals			
1 249 Rygg, Paige	11	Fargo South	60.33 QUAL
2 214 Conlin, Frances	10	Fargo South	61.16 QUAL
3 141 Nyanfor, Regina	08	Fargo North	62.11 6
4 727 Hermanson, Leah	08	Packers	63.23 5
5 849 Benedict, Katherine	12	Moorhead	63.88 4
6 438 Todhunter, Rachel	09	GF Red River	64.06 3
7 451 Strand, Annika	09	GF Red River	64.34 2
8 519 Jordan, Julia	07	Shanley	64.79 1
9 483 Palmer, Taylor	10	Finley-Sharon-Ho	65.47
10 800 Altenbernd, Abby	9	Moorhead	65.52
11 757 Vig, Vanessa	09	Packers	66.13
12 502 Baumler, Taylor	07	Shanley	66.41
13 505 Carew, Nicole	10	Shanley	66.50
14 1246 Nelson, Mariah	12	Oak Grove	67.17
15 645 Ingebretson, Katie	11	Carrington	67.18
16 809 Casselton, Amanda	10	Moorhead	67.83
17 950 Alfsted, Nikki	09	Jamestown	68.22
18 1228 Corliss, Hannah	12	Oak Grove	68.52
19 417 Haaven, Megan	11	GF Red River	68.98

20 750 Schmaltz, Jessica	09	Packers	69.19
21 105 Benson, Audrey	11	Fargo North	69.61
22 747 Samson, Anna	09	Packers	70.31
23 342 Peterson, Taylor	09	GF Central	70.71
24 666 Stene, Kalli	10	Hillsboro	70.77
25 501 Backlund, Alex	07	Shanley	71.14
26 476 Benedict, BreAnn	11	Finley-Sharon-Ho	71.56
27 452 Simonson, Olivia	10	GF Red River	71.62
28 425 Grabanski, Laura	11	GF Red River	72.11
29 155 Sarafolean, Kristina	08	Fargo North	72.49
30 972 Roscoe, Mary	09	Jamestown	72.51
31 763 Perry, Taylor	09	Packers	72.83
32 977 Smith, Brianne	09	Jamestown	73.22
33 352 Warner, Ashleigh	12	GF Central	75.08
34 202 Absey, Zoe	10	Fargo South	78.71
35 986 Woehl, Jessica	10	Jamestown	78.90
36 343 Petty, Paige	10	GF Central	1:20.17
37 332 MacNaughton,	10	GF Central	1:22.36
38 984 Wenzel, Abby	09	Jamestown	1:26.27

Event 15 Girls 100 Meter Hurdles

Shanley/AL: 14.65 A 1995

Kara Deringer

16.74 QUAL

Name	Yr	School	Finals
Finals			
1 721 Grooters, Ellie	11	Packers	14.89 QUAL
2 825 Heinze, Ashley	10	Moorhead	16.99 8
3 637 Carr, Hope	11	Carrington	17.31 6
4 804 Beech, Alison	12	Moorhead	17.35 5
5 722 Gustafson, Jill	10	Packers	17.44 4
6 424 Larson, Brooke	12	GF Red River	17.54 3
7 233 Koenig, Alli	10	Fargo South	17.61 2
8 649 Opp, Sara	12	Carrington	17.93 1
9 967 Mueller, Ashley	10	Jamestown	18.03
10 823 Harless, Annika	11	Moorhead	18.15
11 349 Smith, Alicia	10	GF Central	18.31
12 973 Schumacher, Kayla	11	Jamestown	18.39
13 208 Bork, Sydney	09	Fargo South	18.94
14 446 Robinson, Jasmine	09	GF Red River	18.95
15 214 Hannaher, Carrie	10	Fargo South	18.98
16 326 Kratochvil, Katie	10	GF Central	19.00
17 251 Sauvageau, Taylor	11	Fargo South	19.07
18 974 Schwind, Chelsea	11	Jamestown	19.24
19 457 Weiland, Ashley	09	GF Red River	19.75
20 952 Dabill, Miah	08	Jamestown	19.80
21 245 Pfeiffer, Aloysia	09	Fargo South	20.01
22 758 Waite, Sadie	10	Packers	20.21
23 1252 Sandness, Lauren	10	Oak Grove	20.43
24 407 Deck, Erin	10	GF Red River	20.62
25 754 Tellinghuisen, Katy	09	Packers	20.76
26 730 Johnson, Malaysia	10	Packers	20.78
27 422 Gourneau, Nicole	10	GF Red River	20.88
28 167 Uglem, Madison	07	Fargo North	20.90
29 980 Todd, Tori	09	Jamestown	20.95
30 1247 Peterson, Katie	10	Oak Grove	21.10

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Finals ... (Event 15 Girls 100 Meter Hurdles)

Name	Yr	School	Finals
31 128 Larson, Tianna	07	Fargo North	21.25
32 132 Luebke, Emily	08	Fargo North	21.72
33 150 Reynolds, Laura	09	Fargo North	21.84
34 273 Moffett, Jasmine	09	Fargo South	22.08
35 830 Johnson, Amber	9	Moorhead	22.38
36 101 Anderson, Kelsey	09	Fargo North	23.51

Event 17 Girls 800 Meter Run
Shanley/AL: 2:09.87 A 4/28/2008 Laura Roesler
2:24.30 QUAL

Name	Yr	School	Finals
Finals			
1 263 Valenti, Erin	10	Fargo South	2:27.92 10
2 249 Rygg, Paige	11	Fargo South	2:28.36 8
3 318 Fee, Rebecca	10	GF Central	2:29.02 6
4 329 Lindsay, Jessica	10	GF Central	2:29.63 5
5 214 Conlin, Frances	10	Fargo South	2:31.08 4
6 428 Ronkowski, Katie	10	GF Red River	2:34.92 3
7 413 Ferry, Maggi	10	GF Red River	2:36.22 2
8 817 Funk, Lauren	9	Moorhead	2:36.67 1
9 120 Gross, Alyssa	07	Fargo North	2:37.61
10 762 Olson, Alyssa	09	Packers	2:38.01
11 812 Christian, Morgan	11	Moorhead	2:38.89
12 744 Reiter, Ashley	12	Packers	2:39.64
13 841 Richards, Karlee	10	Moorhead	2:41.33
14 663 Meyer, Rachel	10	Hillsboro	2:42.61
15 257 Storm, Jennifer	10	Fargo South	2:42.73
16 328 Lindsay, Ali	08	GF Central	2:43.71
17 480 Moen, Maggie	11	Finley-Sharon-Ho	2:43.96
18 810 Cavalier, Catherine	9	Moorhead	2:44.42
19 486 Roller, Megan	10	Finley-Sharon-Ho	2:45.84
20 404 Conneran, Kelsey	10	GF Red River	2:46.33
21 344 Ray, Taylor	08	GF Central	2:46.99
22 738 Parr, Chenelle	08	Packers	2:47.59
23 976 Shafer, Jazmin	10	Jamestown	2:47.89
24 736 Nelson, Megan	12	Packers	2:48.32
25 811 Christian, Kendall	10	Moorhead	2:48.58
26 530 Rivard, Sadie	10	Shanley	2:49.32
27 651 Riedeisel, Ashlyn	09	Carrington	2:50.45
28 632 Boehmer, Danielle	12	Carrington	2:53.74
29 148 Reinholz, Katie	08	Fargo North	2:54.48
30 764 Rortvedt, Brianna	09	Packers	2:56.20
31 953 Daly, Alyssa	09	Jamestown	2:57.28
32 655 Stedman, Amy	11	Carrington	3:00.71
33 213 Clarys, Kristin	09	Fargo South	3:03.91
34 485 Patton, Alicia	11	Finley-Sharon-Ho	3:05.28

Event 19 Girls 200 Meter Dash
Shanley/AL: 25.19 A 2000 Kaneisha Hunter
26.94 QUAL

Name	Yr	School	Finals
Finals			
1 248 Roesler, Laura	11	Fargo South	25.35 QUAL

2 207 Bolstad, Britney	11	Fargo South	26.99 8
3 1242 Krueger, Tessa	09	Oak Grove	27.30 6
4 826 Herbst, Brittney	12	Moorhead	27.87 5
5 435 Knoell, Caitlin	10	GF Red River	27.89 4
6 431 Shabb, Carolyn	10	GF Red River	27.92 3
7 715 Denne, Sarah	12	Packers	28.06 2
8 803 Bailey, Brin	12	Moorhead	28.31 1
9 488 Thompson, Debbi	10	Finley-Sharon-Ho	28.47
10 200 Aadland, Meghan	11	Fargo South	28.79
11 760 Weiszhaar, Krista	12	Packers	28.94
12 320 Gavere, Katie	09	GF Central	29.00
13 852 Klemetson, Chelsea	10	Moorhead	29.23
14 519 Jordan, Julia	07	Shanley	29.36
15 442 Weymier, Katie	12	GF Red River	29.42
15 438 Todhunter, Rachel	09	GF Red River	29.42
17 759 Walsh, Whitney	10	Packers	29.60
18 833 Klovstad, Joni	10	Moorhead	29.62
18 482 Nygaard, Heather	09	Finley-Sharon-Ho	29.62
20 254 Sellner, Andrea	10	Fargo South	29.78
21 312 Church, Ali	09	GF Central	29.88
22 262 Unhjem, Kirsten	10	Fargo South	29.96
23 950 Alfsted, Nikki	09	Jamestown	30.01
24 144 Pfau, Shaina	07	Fargo North	30.37
25 505 Carew, Nicole	10	Shanley	30.45
26 1239 Jamison, Mairin	11	Oak Grove	30.49
27 653 Scherr, Becca	09	Carrington	30.50
28 273 Moffett, Jasmine	09	Fargo South	30.88
29 346 Sansburn, Hayley	09	GF Central	31.05
30 135 Marty, Faith	08	Fargo North	31.23
31 167 Uglem, Madison	07	Fargo North	31.24
32 968 Nygaard, Kara	11	Jamestown	31.39
33 1245 McDonald, Amy	09	Oak Grove	31.40
34 500 Bachmeier, Simone	09	Shanley	31.46
35 974 Schwind, Chelsea	11	Jamestown	31.72
36 342 Peterson, Taylor	09	GF Central	31.84
37 830 Johnson, Amber	9	Moorhead	31.92
38 818 Gomez, Megan	10	Moorhead	32.17
39 223 Green, Ally	11	Fargo South	32.44
40 815 Forsythe, Samantha	10	Moorhead	32.64
41 831 Kappes, Courtney	12	Moorhead	33.34
42 155 Sarafolean, Kristina	08	Fargo North	33.55
43 212 Burbank, Ashleigh	11	Fargo South	33.68
44 1235 Hoff, Connor	09	Oak Grove	34.76
45 350 Stewart, Morgan	10	GF Central	36.57
46 984 Wenzel, Abby	09	Jamestown	37.37

Event 21 Girls 3200 Meter Run
Shanley/AL: 11:03.50 A 2000 Melissa Falk
12:05.00 QUAL

Name	Yr	School	Finals
Finals			
1 734 Mears, Alissa	09	Packers	11:57.63 QUAL
2 961 Kautzman, Lindsay	12	Jamestown	12:14.81 8
3 839 Polomny, Tayler	10	Moorhead	12:14.93 6
4 700 Baltezure, Christine	08	Packers	12:18.97 5

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Finals ... (Event 21 Girls 3200 Meter Run)				
Name	Yr	School	Finals	
5 806 Brammer, Kelly	11	Moorhead	12:24.83	4
6 710 Bucholz, Britny	10	Packers	12:29.07	3
7 345 Sand, Jaclyn	10	GF Central	12:39.60	2
8 840 Randklev, Mackenzie	9	Moorhead	12:52.79	1
9 1249 Remus, Lora	08	Oak Grove	12:59.61	
10 969 O'Neill, Marissa	10	Jamestown	13:07.08	
11 334 McMillan, Lauren	08	GF Central	13:09.56	
12 643 Indergaard, Amanda	09	Carrington	13:19.15	
13 108 Boe, Megan	09	Fargo North	13:32.44	
14 122 Holman, Paige	08	Fargo North	13:32.53	
15 480 Moen, Maggie	11	Finley-Sharon-Hol	4:07.47	
16 307 Bunde, Brittany	10	GF Central	14:07.50	
17 103 Astrup, Abby	08	Fargo North	14:12.50	
18 343 Petty, Paige	10	GF Central	14:42.44	

Event 23 Girls 4x400 Meter Relay
Shanley/AL: 4:06.75 A 1985
Joanne Cardinal, Ham Gleaver, Brenda Baker, Sue Geddes
4:16.30 QUAL

Team	Relay	Finals	
1 Fargo North	A	4:17.17	10
1) 152 Roche, Emily 08	2) 127 Larson, Kira 08		
3) 141 Nyanfor, Regina 08	4) 145 Pladson, Sydney 07		
2 Grand Forks Red River	A	4:23.84	8
1) 438 Todhunter, Rachel 09	2) 444 Wysocki, Erin 10		
3) 445 Zeitvogel, Ashley 10	4) 451 Strand, Annika 09		
3 Packers	A	4:24.92	6
1) 732 Levin, Amanda 07	2) 752 Sistad, Erin 12		
3) 715 Denne, Sarah 12	4) 727 Hermanson, Leah 08		
4 Moorhead High School	A	4:25.32	5
5 GF Central	A	4:25.77	4
1) 335 Medal, Kaitlin 11	2) 331 Lund, Sydney 09		
3) 309 Bushee, Brianna 10	4) 349 Smith, Alicia 10		
6 Oak Grove High School	A	4:34.06	3
1) 1242 Krueger, Tessa 09	2) 1228 Corliss, Hannah 12		
3) 1234 Forness, Mikayla 08	4) 1246 Nelson, Mariah 12		
7 Carrington	A	4:38.45	2
1) 637 Carr, Hope 11	2) 648 Lipetzky, Hannah 08		
3) 647 Kurtz, Kali 11	4) 650 Page, Josey 08		
8 Shanley High School	A	4:38.99	1
1) 500 Bachmeier, Simone 09	2) 502 Baumler, Taylor 07		
3) 519 Jordan, Julia 07	4) 505 Carew, Nicole 10		
9 Moorhead High School	B	x4:44.97	
10 Fargo South	A	4:46.21	
11 Jamestown High School	A	4:49.65	
1) 967 Mueller, Ashley 10	2) 979 Steinmetz, Sophie 10		
3) 973 Schumacher, Kayla 11	4) 951 Block, Rachel 11		

Event 31 Girls High Jump				
Shanley/AL: 5-06 A 1981		P Kole/86,Wendy		
5-01.00 QUAL				
Name	Yr	School	Finals	
Finals				
1 721 Grooters, Ellie	11	Packers	4-11.00	10
2 968 Nygaard, Kara	11	Jamestown	J4-11.00	7
2 127 Larson, Kira	08	Fargo North	J4-11.00	7
4 825 Heinze, Ashley	10	Moorhead	4-09.00	5
5 149 Rerick, Hailey	10	Fargo North	J4-09.00	3
5 852 Klemetson, Chelsea	10	Moorhead	J4-09.00	3
5 254 Sellner, Andrea	10	Fargo South	J4-09.00	3
8 713 Cowley, Alexis	09	Packers	J4-09.00	1
9 451 Strand, Annika	09	GF Red River	4-07.00	
9 404 Conneran, Kelsey	10	GF Red River	4-07.00	
9 844 Staber, Cassie	12	Moorhead	4-07.00	
9 476 Benedict, BreAnn	11	Finley-Sharon-Ho	4-07.00	
13 849 Benedict, Katherine	12	Moorhead	4-05.00	
13 246 Pierce, ReAnna	11	Fargo South	4-05.00	
13 855 Rosenfeldt, Katie	9	Moorhead	4-05.00	
13 208 Bork, Sydney	09	Fargo South	4-05.00	
13 481 Montag, Amber	10	Finley-Sharon-Ho	4-05.00	
13 636 Buskness, Sarena	10	Carrington	4-05.00	
13 746 Rutten, Anna	12	Packers	4-05.00	
13 519 Jordan, Julia	07	Shanley	4-05.00	
21 977 Smith, Brianne	09	Jamestown	4-03.00	
21 247 Roath, Rikki	09	Fargo South	4-03.00	
21 273 Moffett, Jasmine	09	Fargo South	4-03.00	
21 276 Wellentin, Raquel	10	Fargo South	4-03.00	
21 486 Roller, Megan	10	Finley-Sharon-Ho	4-03.00	
21 489 Tysdahl, Taylor	10	Finley-Sharon-Ho	4-03.00	
21 962 Kronebusche, Ahley	09	Jamestown	4-03.00	
28 830 Johnson, Amber	9	Moorhead	4-01.00	
28 409 Bollingberg, Kaitlyn	10	GF Red River	4-01.00	
28 984 Wenzel, Abby	09	Jamestown	4-01.00	
28 245 Pfeiffer, Aloysia	09	Fargo South	4-01.00	

Event 32 Girls Pole Vault
Shanley/AL: 10-08 A 4/28/2008 Natalie Huckle
9-00.00 QUAL

Name	Yr	School	Finals	
Finals				
1 337 Novotny, Kari	12	GF Central	10-06.00	QUAL
2 445 Zeitvogel, Ashley	10	GF Red River	9-06.00	QUAL
3 964 Miller, Charity	11	Jamestown	8-00.00	6
4 226 Helland, Kelsey	10	Fargo South	7-00.00	4.5
4 251 Sauvageau, Taylor	11	Fargo South	7-00.00	4.5
6 748 Sather, Megan	11	Packers	J7-00.00	2
6 537 Zetocha, Jenny	11	Shanley	J7-00.00	2
6 425 Grabanski, Laura	11	GF Red River	J7-00.00	2

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Event 33 Girls Long Jump

Shanley/AL: 19-02 A 1998 Lacy Hintzpeter
 16-08.00 QUAL

Name	Yr	School	Finals
Finals			
1 216 Dockter, Katie	11	Fargo South	18-00.50 QUAL
2 960 Iverson, Nikki	11	Jamestown	17-05.00 QUAL
3 126 Larson, Kelsey	12	Fargo North	16-09.00 QUAL
4 983 Wanzek, Abby	08	Jamestown	15-11.50 5
5 226 Helland, Kelsey	10	Fargo South	15-06.25 4
6 850 Holte, Danielle	9	Moorhead	15-05.50 3
7 964 Miller, Charity	11	Jamestown	15-05.00 2
8 449 Sabol, Colie	09	GF Red River	15-03.25 1
9 489 Tysdahl, Taylor	10	Finley-Sharon-Ho	14-06.50
10 239 Meyer, Nicole	11	Fargo South	14-05.00
11 833 Klovstad, Joni	10	Moorhead	14-04.75
12 262 Unhjem, Kirsten	10	Fargo South	14-04.50
12 220 Gaylah, Vera	09	Fargo South	14-04.50
14 401 Asche, Emily	10	GF Red River	14-04.00
14 419 Jorgensen, Kally	12	GF Red River	14-04.00
14 823 Harless, Annika	11	Moorhead	14-04.00
14 637 Carr, Hope	11	Carrington	14-04.00
18 1239 Jamison, Mairin	11	Oak Grove	13-11.00
19 513 Green, Sara	09	Shanley	13-09.50
20 119 Goughnour, Molly	10	Fargo North	13-07.00
20 434 Jorgensen, Jana	09	GF Red River	13-07.00
20 829 Jacobsen, Samantha	11	Moorhead	13-07.00
23 653 Scherr, Becca	09	Carrington	13-06.50
24 648 Lipetzky, Hannah	08	Carrington	13-06.00
25 502 Baumler, Taylor	07	Shanley	13-05.00
26 210 Brothersen, Ellen	10	Fargo South	13-03.00
27 349 Smith, Alicia	10	GF Central	13-02.00
28 352 Warner, Ashleigh	12	GF Central	13-01.50
29 309 Bushee, Brianna	10	GF Central	12-11.50
30 475 Abraham, Brooke	12	Finley-Sharon-Ho	12-11.00
31 537 Zetocha, Jenny	11	Shanley	12-09.00
32 346 Sansburn, Hayley	09	GF Central	12-08.50
33 831 Kappes, Courtney	12	Moorhead	12-07.50
34 814 Ernst, McKinzie	9	Moorhead	12-06.25
35 1245 McDonald, Amy	09	Oak Grove	12-05.50
36 980 Todd, Tori	09	Jamestown	12-03.50
36 338 Olson, Hannah	09	GF Central	12-03.50
38 477 Bjerke, Erin	10	Finley-Sharon-Ho	11-10.00
39 250 Sampson, Keiley	10	Fargo South	11-08.25
40 1243 Leysring, Moriah	09	Oak Grove	11-03.00
41 478 Foerster, Megan	11	Finley-Sharon-Ho	8-01.00

Event 34 Girls Triple Jump

Shanley/AL: 36-06 A 4/28/2008 Katie Dockter
 34-00.00 QUAL

Name	Yr	School	Finals
Finals			
1 216 Dockter, Katie	11	Fargo South	34-10.50 QUAL
2 960 Iverson, Nikki	11	Jamestown	34-08.25 QUAL

3 410 Dufault, Brianna	11	GF Red River	33-02.50 6
4 126 Larson, Kelsey	12	Fargo North	32-10.50 5
5 855 Rosenfeldt, Katie	9	Moorhead	32-06.50 4
6 401 Asche, Emily	10	GF Red River	32-01.50 3
7 983 Wanzek, Abby	08	Jamestown	31-11.50 2
8 449 Sabol, Colie	09	GF Red River	31-01.50 1
9 262 Unhjem, Kirsten	10	Fargo South	29-09.50
10 809 Casselton, Amanda	10	Moorhead	29-08.50
11 1246 Nelson, Mariah	12	Oak Grove	29-06.75
12 652 Rosenau, Sierra	09	Carrington	29-06.00
13 968 Nygaard, Kara	11	Jamestown	29-05.00
14 220 Gaylah, Vera	09	Fargo South	29-02.00
15 38 Johansen, Nichole	10	Devils Lake	28-11.75
16 962 Kronebusche, Ahley	09	Jamestown	28-07.25
17 326 Kratochvil, Katie	10	GF Central	28-06.25
18 273 Moffett, Jasmine	09	Fargo South	28-05.75
19 489 Tysdahl, Taylor	10	Finley-Sharon-Ho	28-04.25
20 56 Sebelius, Ashley	11	Devils Lake	28-02.25
21 210 Brothersen, Ellen	10	Fargo South	27-11.25
22 1245 McDonald, Amy	09	Oak Grove	26-11.50
23 338 Olson, Hannah	09	GF Central	25-05.75
24 477 Bjerke, Erin	10	Finley-Sharon-Ho	24-03.25
25 640 Hagermeister, Emily	09	Carrington	21-04.75

Event 35 Girls Discus Throw

Shanley/AL: 167-04 A 1992 Dani Parkos
 118-00 QUAL

Name	Yr	School	Finals
Finals			
1 322 Iseminger, Candyce	12	GF Central	109-01.00 10
2 708 Brekkestran, Maria	11	Packers	105-02.00 8
3 641 Harrington, Megan	10	Carrington	97-09.00 6
4 481 Montag, Amber	10	Finley-Sharon-Ho	94-01.00 5
5 819 Gonshorowski, Laura	12	Moorhead	92-10.00 4
6 348 Simpson, Kayla	10	GF Central	90-10.00 3
7 437 Storstad, Megan	12	GF Red River	89-03.00 2
8 801 Amedy, Seepal	10	Moorhead	89-00.00 1
9 728 Hummel, Alyssa	12	Packers	88-08.00
10 233 Koenig, Alli	10	Fargo South	87-01.00
11 412 Ferry, Erin	12	GF Red River	86-01.00
12 971 Roscoe, Kate	09	Jamestown	86-00.00
13 133 Mann, Andrea	12	Fargo North	84-06.00
14 970 Roeske, Danielle	12	Jamestown	83-08.00
15 231 Kingsley, Lydia	09	Fargo South	81-09.00
16 271 Zollinger, Kaitlin	11	Fargo South	81-02.00
17 631 Belile, Taylor	11	Carrington	79-11.00
18 733 Lorenz, Londyn	10	Packers	78-01.00
19 1229 Crabill, Sam	12	Oak Grove	77-06.00
20 484 Parr, Brianna	11	Finley-Sharon-Ho	77-04.00
21 639 Genre, Julia	10	Carrington	76-10.00
22 443 Reich, Kate	10	GF Red River	76-07.00
23 814 Ernst, McKinzie	9	Moorhead	75-08.00
24 323 Johnson, Alyssa	10	GF Central	74-11.00
25 275 Schultz, Amanda	11	Fargo South	74-04.00
26 802 Anderson, Katie	12	Moorhead	74-02.00

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Finals ... (Event 35 Girls Discus Throw)

Name	Yr	School	Finals
27 229 Holzwarth, Casie	11	Fargo South	74-01.00
28 222 Gravalin, Alison	11	Fargo South	73-06.00
29 985 Windish, Savannah	09	Jamestown	73-04.00
30 635 Brown, Karlee	11	Carrington	73-02.00
31 535 Veit, Anna	10	Shanley	70-06.00
32 170 Wessman, Rachel	11	Fargo North	67-04.00
33 244 Odegaard, Madeline	09	Fargo South	67-00.00
34 824 Haugen, Andrea	11	Moorhead	66-01.00
35 450 Evers, Emily	11	GF Red River	64-05.00
36 743 Reeves, Cherae	10	Packers	63-05.00
37 981 Urquhart, Kelsey	09	Jamestown	63-04.00
38 134 Mann, Jenni	07	Fargo North	61-08.00
39 414 Fick, Anna	11	GF Red River	61-05.00
40 333 Martin, Rebecca	10	GF Central	60-11.00
41 317 Farroh, Caitlin	10	GF Central	60-03.00
41 101 Anderson, Kelsey	09	Fargo North	60-03.00
43 740 Pederson, Courtney	10	Packers	59-09.00
44 966 Moritz, Jessica	11	Jamestown	56-10.00
45 664 Norton, LeAnn	09	Hillsboro	53-06.00
46 813 Cole, Katie	12	Moorhead	51-06.00
47 1235 Hoff, Connor	09	Oak Grove	51-05.00

Event 36 Girls Javelin Throw
Shanley/AL: 143-11 A 1993 Rachel Otto

Name	Yr	School	Finals
1 437 Storstad, Megan	12	GF Red River	118-06.00 QUAL
2 652 Rosenau, Sierra	09	Carrington	116-08.00 QUAL
3 275 Schultz, Amanda	11	Fargo South	108-10.00 6
4 401 Asche, Emily	10	GF Red River	106-06.00 5
5 170 Wessman, Rachel	11	Fargo North	106-01.00 4
6 432 Steffen, Jordyn	11	GF Red River	101-01.00 3
7 447 Campbell, Megan	11	GF Red River	98-07.00 2
8 484 Parr, Brianna	11	Finley-Sharon-Ho	93-05.00 1
9 971 Roscoe, Kate	09	Jamestown	90-05.00
10 119 Goughnour, Molly	10	Fargo North	90-02.00
11 632 Boehmer, Danielle	12	Carrington	84-04.00
12 963 McInnes, Adrian	11	Jamestown	84-00.00
13 316 Erickson, Jennifer	10	GF Central	83-00.00
14 489 Tysdahl, Taylor	10	Finley-Sharon-Ho	82-09.00
15 708 Brekkestran, Maria	11	Packers	82-08.00
16 1229 Crabill, Sam	12	Oak Grove	82-07.00
17 317 Farroh, Caitlin	10	GF Central	82-04.00
18 964 Miller, Charity	11	Jamestown	81-05.00
19 968 Nygaard, Kara	11	Jamestown	80-11.00
20 412 Ferry, Erin	12	GF Red River	79-11.00
21 1228 Corliss, Hannah	12	Oak Grove	78-03.00
22 985 Windish, Savannah	09	Jamestown	74-11.00
23 505 Carew, Nicole	10	Shanley	74-06.00
24 728 Hummel, Alyssa	12	Packers	73-09.00
24 244 Odegaard, Madeline	09	Fargo South	73-09.00
26 760 Weiszhaar, Krista	12	Packers	72-04.00

27 481 Montag, Amber	10	Finley-Sharon-Ho	72-00.00
28 766 Parsons, Jennifer	10	Packers	71-05.00
29 271 Zollinger, Kaitlin	11	Fargo South	71-00.00
30 229 Holzwarth, Casie	11	Fargo South	67-05.00
31 1239 Jamison, Mairin	11	Oak Grove	65-04.00
32 535 Veit, Anna	10	Shanley	59-11.00
33 252 Schalow, Katie	11	Fargo South	57-02.00
34 231 Kingsley, Lydia	09	Fargo South	56-03.00
35 101 Anderson, Kelsey	09	Fargo North	53-04.00
36 228 Holmes, Caitlin	11	Fargo South	52-00.00
37 1235 Hoff, Connor	09	Oak Grove	51-06.00
38 111 Cook, Cassie	10	Fargo North	47-06.00
39 333 Martin, Rebecca	10	GF Central	47-04.00
40 310 Byzewski, Angie	12	GF Central	46-00.00

Event 37 Girls Shot Put
Shanley/AL: 48-07 A 1985 Patty Pupur

Name	Yr	School	Finals
1 743 Reeves, Cherae	10	Packers	38-01.50 QUAL
2 728 Hummel, Alyssa	12	Packers	34-11.00 8
3 322 Iseminger, Candyce	12	GF Central	34-10.50 6
4 481 Montag, Amber	10	Finley-Sharon-Ho	33-05.00 5
5 708 Brekkestran, Maria	11	Packers	33-02.00 4
6 1229 Crabill, Sam	12	Oak Grove	32-08.00 3
7 348 Simpson, Kayla	10	GF Central	31-09.50 2
8 405 Dahl, Cass	12	GF Red River	30-09.00 1
9 133 Mann, Andrea	12	Fargo North	30-08.50
10 635 Brown, Karlee	11	Carrington	30-06.50
11 641 Harrington, Megan	10	Carrington	30-06.00
12 412 Ferry, Erin	12	GF Red River	30-04.00
13 639 Genre, Julia	10	Carrington	30-00.00
14 323 Johnson, Alyssa	10	GF Central	29-10.00
14 437 Storstad, Megan	12	GF Red River	29-10.00
16 970 Roeske, Danielle	12	Jamestown	29-07.50
17 443 Reich, Kate	10	GF Red River	29-04.00
18 819 Gonshorowski, Laura	12	Moorhead	29-03.00
19 317 Farroh, Caitlin	10	GF Central	29-01.00
20 963 McInnes, Adrian	11	Jamestown	28-09.00
21 981 Urquhart, Kelsey	09	Jamestown	28-03.00
22 484 Parr, Brianna	11	Finley-Sharon-Ho	28-01.50
23 170 Wessman, Rachel	11	Fargo North	27-07.50
24 222 Gravalin, Alison	11	Fargo South	27-06.50
25 450 Evers, Emily	11	GF Red River	27-01.50
26 733 Lorenz, Londyn	10	Packers	26-10.00
27 801 Amedy, Seepal	10	Moorhead	26-08.00
28 244 Odegaard, Madeline	09	Fargo South	26-04.00
29 652 Rosenau, Sierra	09	Carrington	26-03.00
30 313 Cole, Heather	11	GF Central	26-02.00
31 985 Windish, Savannah	09	Jamestown	25-11.00
31 824 Haugen, Andrea	11	Moorhead	25-11.00
33 229 Holzwarth, Casie	11	Fargo South	25-07.50
34 662 Lenz, Sabrina	12	Hillsboro	24-11.00
35 111 Cook, Cassie	10	Fargo North	24-04.00

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Finals ... (Event 37 Girls Shot Put)

Name	Yr	School	Finals
36 134 Mann, Jenni	07	Fargo North	24-03.00
37 802 Anderson, Katie	12	Moorhead	24-01.50
38 231 Kingsley, Lydia	09	Fargo South	24-00.00
39 972 Roscoe, Mary	09	Jamestown	22-10.00
40 631 Belile, Taylor	11	Carrington	22-09.00
41 535 Veit, Anna	10	Shanley	22-05.00
42 664 Norton, LeAnn	09	Hillsboro	21-09.00
43 660 Anderson, Heather	12	Hillsboro	21-08.00
44 101 Anderson, Kelsey	09	Fargo North	21-06.00
45 813 Cole, Katie	12	Moorhead	20-02.00

Women - Team Rankings - 19 Events Scored

1) Fargo South High School	134
2) West Fargo High School	131
3) Grand Forks Red River	111
4) Moorhead High School	102
5) Jamestown High School	56
6) Fargo North High School	54
7) Grand Forks Central High Schoo	53
8) Carrington High School	42
9) Finley-Sharon-Hope-Page	33
10) Oak Grove High School	20
11) Shanley High School	4