

# **WEST FARGO PACKERS**



**2017**

# **TRACK & FIELD**

**WEST FARGO PACKERS TRACK & FIELD  
2017 ATHLETIC AWARDS  
GIRLS**

**PARTICIPATION AWARD:**

Jasmine Williams	7	Kelsey Reichling	9	Abigail Bella	11
Brittney Finseth	9	Jade Suder	9	Ashley Bjordahl	11
Shova Ghimirey	9	Garlina Sumo	9	Kalli Cummings	11
Sarah Humble	9	Abby Tykwinski	9	Kendra Gabbert	11
Madison Johnson	9	Brooklyn Wiest	9	Melaine Koffi	11
Abby Klamann	9	Miranda Alogbleto	10	Lauren Limke	11
Kayla Klemmer	9	Christina Davis	10	Leah Lowenberg	11
Taylor Larson	9	Grace Faiman	10	Kayla White	11
Yeno Lokosang	9	Sabrina Forde-Kerbaugh	10	Yea Gbortu	12
Meghan Moore	9	Olivia Macziewski	10	Shawnia Klug	12
Devyn Morris	9	Colleen Urlaub	10	Chassity Stancil	12

**FIRST YEAR LETTER:**

Kaelyn Berg	7	Megan Judge	9	Kerstin Duursma (Mgr.)	11
Abby Smith	7	Hope Pringle	9	Haylee Johnson (Mgr.)	11
Clare Boldingh	8	Kayley Schaeffer	9	Annika Mastre	12
Brynn Giesen	8	Samantha Toso	9	Hannah Nelson	12
Taylor Haberlack	9	Breanna Gores	10		
Emily Hansen	9	Darline Suah	10		

**SECOND YEAR LETTER:**

Madison Berg	9
Taryn Troftgruben	9
Madison Connors	10
Amber Diede	10
Abby Donarski	10

Bailey Riehl	11
Courtney Walsh	11
Nikki Schreiner	12
Kaylee Stokka	12

**THIRD YEAR LETTER:**

Mariah Schatz	10
Madysen Nelson	11
Tiana Pfaff	11
Jesse Price	11

**FOURTH YEAR LETTER:**

Jenna Beck	12
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**FIFTH YEAR LETTER:**

Akealy Moton	12
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**SIXTH YEAR LETTER:**

Jennifer Dufner	12
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**MOST VALUABLE TRACK:**

Jennifer Dufner

**MOST IMPROVED:**

Emily Hansen

**ALL-CONFERENCE:**

Jennifer Dufner  
Emily Hansen  
Akealy Moton  
Mariah Schatz  
Nikki Schreiner

**MOST VALUABLE FIELD:**

Akealy Moton

**RELAY AWARD:**

Jennifer Dufner

**ALL-STATE:**

Akealy Moton

**MOST DEDICATED:**

Jennifer Dufner

**COACHES AWARD:**

Jennifer Dufner

**2017 CAPTAINS:**

Jennifer Dufner  
Akealy Moton

**2018 CAPTAINS:**

Tiana Pfaff  
Madysen Nelson

**WEST FARGO PACKERS TRACK & FIELD  
2017 ATHLETIC AWARDS  
BOYS**

**PARTICIPATION AWARD:**

Wyatt Bradley	9	Casey Schaefer	9	Matthew Czerwinski	11
Parker Bussinger	9	Ayden Schmidt	9	Adam Dufner	11
David Daniels	9	John Paul Silverman	9	Kalvin Easley	11
Mario Dawood	9	Michael Stephenson	9	Jesse Fischer	11
Stone French	9	Aaron Thompson	9	Andy Gravidahl	11
Nick Gaebe	9	Jackson Walker	9	Zach Hillen	11
Marcus Gulley	9	David Werner	9	Padmanabha Kavasseri	11
Holdyn Honeyman	9	Ben Zerr	9	Riley Lebahn	11
Michael Johnson	9	Alex Aker	10	Jeddie Nyei	11
Keller Lee	9	Blake Anderson	10	Ibrahim Salou	11
Derek Miller	9	Ross Dent	10	Dawson Tyryfter	11
Khalid Mohamed	9	Sean Eldridge	10	Aaron Wold	11
Ryan Orth	9	Chris Friesen	10	Zakariya Ahmed	12
Harley Poole	9	Austin Lanigan	10	Isaac Haessig	12
Kenny Ray-Jones	9	Gabriel Leseberg	10	Surprise Jarue	12
Blessing Reeves	9	Jordan Milbrath	10		
Gabriel Sandvig	9	Eric Tyulyandin	10		

**FIRST YEAR LETTER:**

Aiden Biwer	9
Antwuan Clemens	9
Nsengiyumva Corode	10
Luke Johnson	10
Zach Milbrandt	10
Jaeden Moton	10
Jeremiah Rodriguez	10
Mat Yut	10
AJ Beamon	11
Dirus Suah	11
Armin Ekic	12
Jackson Gravel	12
Max Kuhn	12
John Morton	12
Nick Peterson	12
Noah Simpfenderfer	12
Yuban Yuan	12

**SECOND YEAR LETTER:**

Joel McIntosh	9
Braxton Bruer	10
Jace Dullum	10
David Froeber	10
Luke Lennon	10
Kpah Matadi	11
Alex Walker	11
Eric Brown	12
Ben Fritz-Saville	12
Alessandro Genova	12
Josh Herba	12
Dylan Humble	12

**THIRD YEAR LETTER:**

David Guo	11
Jacob Levin	11
Alexander Sell	11
Jake Svenby	11
Cody Binstock	12
Joshua Dockter	12
Drew Mears	12
Zach Willis	12

**FOURTH YEAR LETTER:**

Noah Schaeffer	11
Weston Schatz	12

**MOST VALUABLE TRACK:**

Jacob Levin

**MOST DEDICATED:**

Zach Willis

**RELAY AWARD:**

Noah Schaeffer

**MOST VALUABLE FIELD:**

Zach Willis

**MOST IMPROVED:**

Kpah Matadi

**COACHES AWARD:**

Noah Schaeffer

**2017 CAPTAINS:**

Drew Mears  
Zach Willis

**2018 CAPTAINS:**

Noah Schaeffer  
Jacob Levin

**ALL-CONFERENCE:**

Zach Willis

# **ALL - STATE 2017**

## **SHOT PUT**

## **AKEALY MOTON**

# **ALL - STATE 2017**

## **JAVELIN**

## **AKEALY MOTON**

# **ALL - CONFERENCE 2017**

## **4 X 800 METER RELAY**

**EMILY HANSEN  
NIKKI SCHREINER  
JENNIFER DUFNER  
MARIAH SCHATZ**

# **ALL - CONFERENCE 2017**

**SHOT PUT**

**AKEALY MOTON**

# **ALL - CONFERENCE 2017**

**JAVELIN**

**AKEALY MOTON**



# **ALL - CONFERENCE 2017**

## **SHOT PUT**

## **ZACH WILLIS**

# **ALL - CONFERENCE 2017**

## **DISCUS**

### **ZACH WILLIS**

**OUTSTANDING SENIOR FEMALE ATHLETE  
OF THE YEAR  
EASTERN DAKOTA CONFERENCE  
2017**

**AKEALY MOTON**

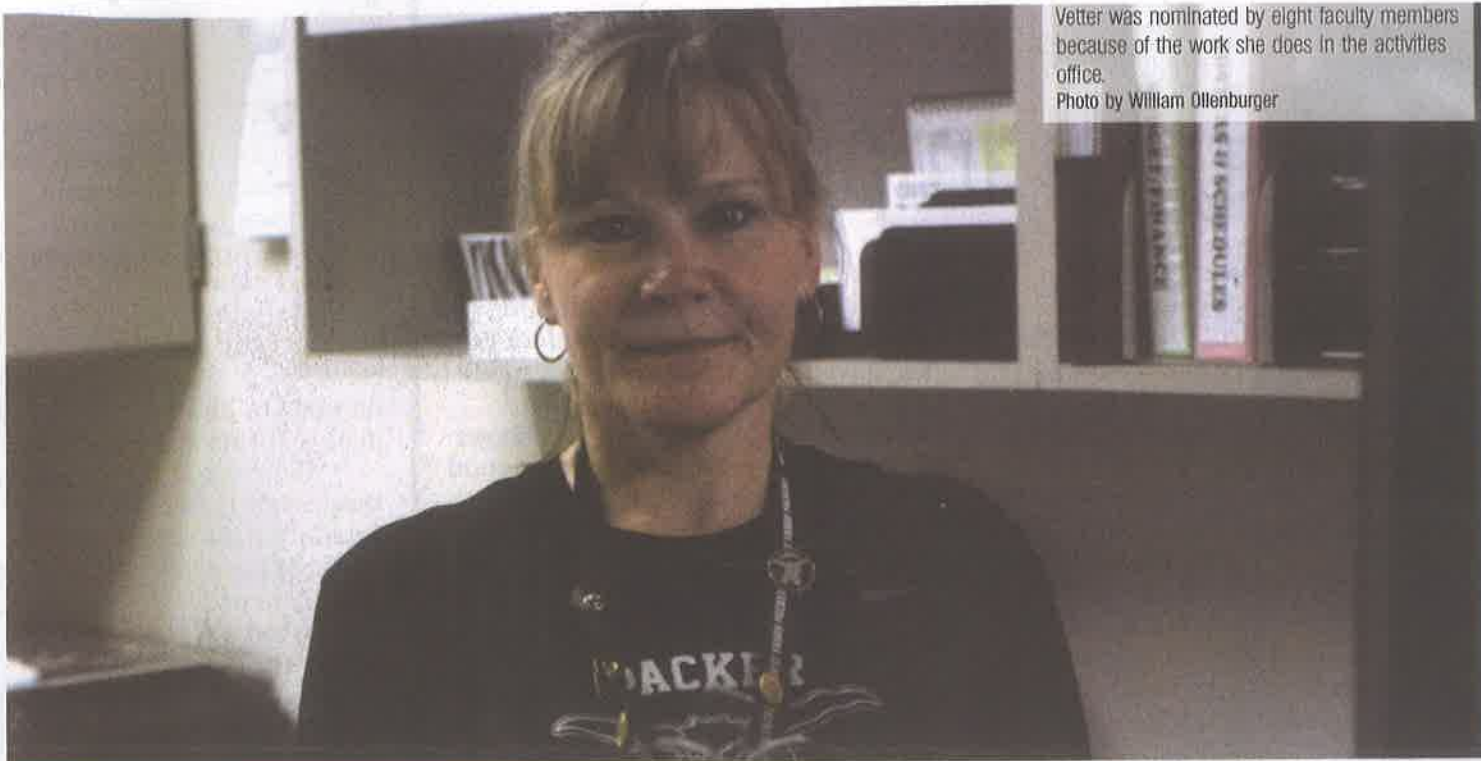
**WEST FARGO HIGH SCHOOL**

**OUTSTANDING SENIOR**

**FEMALE ATHLETE**

**2016 - 2017**

**JENNIFER DUFNER**



## Vetter honored as Classified Staff of the Year

William Ollenburger  
Online Editor

**T**he Classified Staff of the Year is given to staff members who do not teach, but who work in the offices, maintenance and other staff members. This year activities administrative assistant Tonya Vetter was honored with the award during a surprise ceremony on March 22, 2017 in the theater. Vetter was nominated by eight faculty members because of the work she does in the activities office.

Vetter has been working in the activities department for the last 14 years and she said she has loved her job since the first day she started.

"The ceremony was called as an all staff meeting building wide for all of us to go in there," Vetter said. "She read little snippets that people had written in when they nominated me and at the end she announced my name."

Principal Jennifer Fremstad was not able to vote. However, she was able to shed some light on how the nominating process went. Fremstad thinks Vetter connects with every student who walks into the activities office.

"She is connected to every person in the building if you are a kid who is never involved in an activity and walk into her office it is like you long friend," Fremstad said. "She exemplifies everything that we value and there's not a single person in this building that doesn't love her for it she is a perfect voice."

Activities Director Jay DeCann has worked with Vetter for the last two years. He was one of the eight staff members to nominate her.

"Dr. Fremstad and I both knew that Tonya has won the award and were both very active in the planning of her award ceremony," DeCann said. "This is a very well deserved award for Tonya. She bleeds green and loves the Packers. She is so willing to assist all our students, staff and parents and does it with such passion and enthusiasm."

Being recognized for all her hard work, Vetter said she was stunned to learn that so many people had voted her for the Classified Staff Member of the year.

"I was completely shocked," Vetter said. "I had no idea wasn't expecting it and didn't know 'til the very end when she mentioned the activities office that it was me."

# INDOOR SEASON

A stylized green and white logo of a person with arms raised, resembling a cheerleader or athlete, positioned behind the text. The logo features a green silhouette of a person with arms raised in a 'V' shape, with white outlines and details. The person's head is tilted back, and their arms are extended upwards. The logo is partially obscured by the large, bold, black text 'INDOOR' and 'SEASON'.



# PIONEER SPORTS

WEDNESDAY, MARCH 22, 2017

WESTFARGOPIONEER.COM

## STRONG STARS



David Samson / The Pioneer

ABOVE: West Fargo's Jace Dullum takes the baton from Noah Schaeffer in the 3,200-meter relay last Friday during the Fargo South Invite at North Dakota State University. LEFT: West Fargo's Kalli Cummings competes in the long jump.

## Premier senior athletes expected to fuel Packers track and field

By Colton Pool

cpool@forumcomm.com

West Fargo head coach Darin McKinnon said his boys and girls teams have plenty of depth this upcoming track and field season. Leadership from a handful of Division I athletes doesn't hurt.

North Dakota State commit Jennifer Dufner, NDSU football commit Zach Willis and University of North Dakota basketball commit Akealy Moton are among this year's Packers track and field senior class. McKinnon is thrilled to have

them lead the way.

"They not only have the talent for the track and the field, but they also model what success can be and what it is," said McKinnon, who's in his 20th year as West Fargo's head coach. "That's important for our underclassmen to

see that so they can take advantage of the opportunity to watch and listen to them."

West Fargo started the season at the Fargo South Indoor Invitational on Friday, March 17, where the Packers boys and girls both finished third out of

five teams.

McKinnon said the indoor season, which includes the North Dakota state indoor meet this Friday, March 24, on North Dakota State's campus, gives the athletes a chance to compete and stack up against some

of the best the state has to offer.

"We can measure up against what they've got and what we've got," McKinnon said. "We were just ready to go. I know our kids were excited for

**PACKERS:** Page 15



## PACKERS



**Drew  
Mears**

**CROSS COUNTRY - TRACK & FIELD**

**Nickname:** Drew

**Favorite School Subject:** Accounting

**Grade Point Average:** 3.90

**Groups and Organizations:** National Honor Society, PAY

**I Root For:** UND, University of South Carolina,  
Pittsburgh Penguins

**Notable Academic Accomplishments:** Student of the  
Month, Lettered in Academics

**Pets:** A Dog named Trip

**In Ten Years...I'll Be:** Living out of state with an enjoyable  
job and hopefully starting a family.

### West Fargo Pioneer

## PACKERS

From Back Page

actually having a meet." Willis said he's trying to help the West Fargo tradition going, even if he won't be going to college for the sport.

The Packers lose Alex Talley, who was the shot put and discus state champion a year ago. As a team, the West Fargo boys were 11th at the state meet. Among the returners are Willis and Jacob Levin, who was fifth in the long jump in 21 feet, 6 inches at the state meet last year.

"Whether it's stretching or leading in the weight room or even during meets getting everyone going on the right track is what I try to do," said Willis, who was eighth in the shot put and ninth in the discus last season. "It's a sport where you have to start young."

Moton is a two-time defending state champion in the javelin and shot put. Dufner was fifth in the 800 meters (2:21.97), 1,600 meters (5:03.69) and sixth in the 3,200 meters (11:05.40) at the state meet last year.

However, the Packers

lost Keely Walker, who was runner-up in the shot put and discus, and Kennedy Sand, who was runner-up in the 100-meter hurdles, third in the high jump, and fifth in the javelin throw, at last year's state meet. The Packers girls were fourth at the state meet last season.

McKinnon said this year's teams have balance between experience and youth with more depth than in previous years.

"Depth is an important part to it and so are numbers," McKinnon said. "We're really happy with the kids we have, and I think we're off to a good start."

Dufner said, as a senior, she's trying to motivate and lead the team the best she can all while getting the underclassmen as involved as possible. She said the indoor season was also a good time to focus more on training and conditioning rather than end-of-season goals.

"We can do some things this season we never thought were possible in seasons past," Dufner said. "We're all determined to do well this season."

Readers can reach Pioneer reporter Colton Pool at (701) 451-5715.





David Samson / The Pioneer

West Fargo's Colleen Uralub competes in the shot put last Friday during the Fargo South Invite at North Dakota State University.

# Track and field athletes focus on workout routines

Maeson Williams  
Staff Writer

Every sport requires extensive training and preparing for competition. Track members are known to go through some tiring practice routines to be prepared for their specific events.

Track and field is split up into pole vaulting, distance, mid-distance, sprints, javelin, long jumps, hurdles, shot putting, discus and high jumping. There are 150 students, 14 coaches with head coach Darin McKinnon and two student managers. The amount of hours students practice and train depends on the event and how much work they put in outside of school.

"It really depends a lot on what events. For example our distance athletes, they put a lot of time, most of the time outside of the practice times," McKinnon said. "As far as mileage some of our other events like field area and pole vault it would demand more time. So it could be extra hours after practice or outside of practice so it really depends on the event."

McKinnon thinks one of the most taxing events with athletes who train is distance. They spend a lot of time in the winter training in order to be ready for distance running.

"They're the kids that have to spend their winters getting their mileage, getting their base," McKinnon said. "Somebody like Jen Dufner, Drew Mears, who have been in our program for a long time. Jen and Drew put a lot of miles on. They can't show up the first day of practice in distance and start there. They have to have that built in."

Other areas in track involve similar preparation. Pole vaulting coach Aron Velde said much of the early training revolves a lot around running based workouts.

"It's a very, very technical event. You have to do a lot of things right for it to work," Velde said. "The first thing that we do is a lot of strength and conditioning training early in the season like really tough running workouts. Things that people normally maybe would not think with pole vault."

Further on in the season, athletes start to focus on perfecting smaller sections of pole vaulting.

"As the season goes more and

more and more we do just technical workouts where kids are doing small parts of the pole vault, like different drills that simulate different areas of the event," Velde said.

Track and field requires a lot of time from athletes outside of practice to make sure they are ready. Consequently, coaches look for people who have good work ethics and dedication.

"Talent and everything can take you pretty far, but we want kids that come to practice each day and they compete," McKinnon said.

Senior Drew Mears is a distance runner and has trained a lot in the offseason to prepare.

"This past offseason I ran about every day to help with this track season," Mears said. "We also would have agility workouts to help us and we lift in the offseason and throughout the first half of the actual track season too."

The practice intensity varies day to day. Some days can be more draining than others for Mears. The coaches push the athletes hard, but for good reason, Mears said.

"Running is just as much of a mental sport as it is physical," Mears said. "The coaches know what each person is capable of doing and wouldn't have us do something they didn't think we could handle. The hardest part is to just trust yourself and the training under your belt and know that you can do it."

Being mentally strong is just as important to being physically strong. Athletes have to be both mentally prepared and physically prepared for any area of track and field.

"Overall, I would just say everyone on our track and field team, no matter what events they participate in, work hard at what they do to help benefit our team as a whole," Mears said. "We have a lot of points coming in from a lot of different areas this season which has helped us out tremendously in these first few meets on both the boys & girls sides. I'm excited to see how the rest of the season goes and hope we can compete at our absolute bests come time for the EDC and State meets."

The EDC track championships first starts on Friday, May 19. Then state tournaments start Friday, May 26.

# Track and field Boys Class A State Indoor Meet At North Dakota State

60: 1. Lewis, Bismarck Legacy, 7.05. 2. Bradford, Minot, 7.07. 3. Koester, Mandan, 7.12. 4. Anderson, Bismarck Century, 7.21. 5. York, Fargo Davies, 7.24.

200: 1. Levin, West Fargo, 23.05. 2. Bradford, Minot, 23.11. 3. Koester, Mandan, 23.16. 4. Davis-Aguilar, Minot, 23.28. 5. York, Fargo Davies, 23.31.

400: 1. Goheen, Minot, 51.81. 2. Wilmes, Bismarck Century, 52.26. 3. Shorma, WF Sheyenne, 52.36. 4. Olsen, Bismarck, 53.59. 5. Holoein, WF Sheyenne, 53.90.

800: 1. Brannan, Bismarck Legacy, 1:59.64. 2. Luz, Fargo North, 2:03.87. 3. Russell, Fargo Shanley, 2:03.94. 4. Hegstad, Minot, 2:06.35. 5. Mendin, Fargo South, 2:07.30.

1 Mile: 1. Lucas, Fargo Davies, 4:29.92. 2. Luz, Fargo North, 4:32.54. 3. Saylor, Bismarck Century, 4:32.89. 4. Bushaw, Bismarck Century, 4:43.10. 5. Kleingartner, Mandan, 4:43.30.

2 Mile: 1. Luca, Fargo Davies, 9:45.78. 2. Isahak, Fargo South, 9:46.44. 3. Bakken, Bismarck, 9:51.40. 4. Wolfe, Bismarck Century, 9:58.06. 5. Kohler, Bismarck Century, 10:08.55.

60 hurdles: 1. Enerson, GF Red River, 8.35. 2. Morrisette, Bismarck Century, 8.39. 3. Wysocki, GF Red River, 8.59. 4. Anderson, Fargo North, 8.66. 5. Johnson, Minot, 8.69.

800 relay: 1. Bismarck Century (Anderson, Wilmes, Monger, Nelson) 1:34.11. 2. WF Sheyenne 1:34.23. 3. West Fargo 1:34.53. 4. Bismarck legacy 1:34.92. 5. Minot 1:35.82.

1600 relay: 1. Fargo South (Breyer, Abaker, Gruanue, Mendin) 3:34.74. 2. Minot 3:35.29. 3. Bismarck Legacy 3:36.01. 4. West Fargo 3:37.11. 5. Bismarck Century 3:38.41.

3200 relay: 1. Bismarck Century (Honeyman, Wolfe, Kohler, Saylor) 8:25.11. 2. Fargo South 8:26.43. 3. Bismarck 8:40.15. 4. Bismarck Legacy 8:44.54. 5. West Fargo 8:49.41.

High jump: 1. Mayer, Bismarck Century, 6-4. 2. Allen, Bismarck, 6-2. 3. Pifer, Fargo South, 6-2. 4. Sipes, Bismarck Century, 6-2. 5. Wolf, Bismarck Legacy, 6-0.

Pole vault: 1. Herauf, Dickinson, 15-0.25. 2. Schatz, WF Sheyenne, 13-11. 3. Fugleseth, Fargo North, 13-5. 4. Watson, Mandan, 12-11. 5. Kellington, Bismarck, 12-5.

Long jump: 1. Lewis, Bismarck Legacy, 22-3. 2. Levin, West Fargo, 22-1. 3. Enerson, GF Red River, 21-1.25. 4. Pope, GF Red River, 20-3.75. 5. Allen, Bismarck, 20-3.

Triple jump: 1. Pope, GF Red River, 45-1. 2. Lewis, Bismarck Legacy, 44-9.75. 3. Horcacas-Martin, GF Red River, 44-5.25. 4. Chenilus, GF Central, 42-9.5. 5. Reller, GF Central, 41-10.25.

Shot put: 1. Rokey, Bismarck Century, 54-6. 2. Willis, West Fargo, 51-0.5. 3. Helm, Bismarck Legacy, 49-0. 4. Lundmark, GF Central, 49-0. 5. Rath, Bismarck, 47-9.

# Girls Class A State Indoor Meet At North Dakota State

60: 1. Rose Gaye, Fargo Davies, 7.86. 2. Roseline Gaye, Davies, 7.98. 3. McCoy, Minot, 8.08. 4. Suah, West Fargo, 8.16. 5. Emineth, GF Red River, 8.21.

200: 1. Rose Gaye, Fargo Davies, 25.91. 2. Jahner, Davies, 26.95. 3. Severson, GF Red River, 27.19. 4. Dschaak, Bismarck Century, 27.23. 5. Roseline Gaye, Fargo Davies, 27.65.

400: 1. Wescom, Bismarck Legacy, 59.86. 2. Jahner, Davies, 1:00.75. 3. Dschaak, Bismarck Century, 1:01.07. 4. Irwin, Wahpeton, 1:01.96. 5. Jensen, Bismarck Legacy, 1:02.31.

800: 1. Werner, Bismarck Legacy, 2:21.03. 2. Wacha, Fargo Davies, 2:22.47. 3. Dufner, West Fargo, 2:23.04. 4. Hudson, Fargo North, 2:23.06. 5. Torrey, GF Central, 2:26.90.

1 Mile: 1. Ackley, GF Central, 5:03.15. 2. Dufner, West Fargo, 5:10.49. 3. Shirley Fairbairn, Bismarck, 5:15.92. 4. Wacha, Davies, 5:15.89. 5. Goldade, Bismarck Century, 5:17.35.

2 Mile: 1. Ackley, GF Central, 10:56.40. 2. Anderson, Century, 11:21.27. 3. Ford, Jamestown, 11:26.25. 4. Henne, Davies, 11:54.13. 5. Anderson, WF Sheyenne, 12:27.13.

60 hurdles: 1. Beil, Davies, 9.32. 2. Severson, GF Red River, 9.82. 3. Lambrecht, Century, 9.83. 4. Bachmeier, Fargo North, 9.98. 5. Hinkley, Fargo North, 10.30.

800 relay: 1. GF Red River (Emineth, Meland, Leach, Severson) 1:49.55. 2. Fargo Davies 1:49.55. 3. Minot 1:50.70. 4. Bismarck 1:52.98. 5. Fargo Shanley 1:53.37.

1600 relay: 1. Fargo North (M. Sem, J. Sem, Bachmeier, Hudson), 4:11.99. 2. Bismarck Legacy 4:16.32. 3. WF Sheyenne 4:17.83. 4. GF Red River 4:18.33. 5. Fargo Davies 4:20.28.

3200 relay: 1. Bismarck Century (Anderson, Grinsteiner, Markovic, Willett) 10:03.89. 2. WF Sheyenne 10:30.59. 3. Fargo Davies 10:35.18. 4. West Fargo 10:45.97. 5. Fargo Shanley 10:46.54.

High jump: 1. Ehrmantraudt, Bismarck, 5-3. 2. Nelson, Minot, and Jordheim, Dickinson, 5-1. 4. Alexander, Devils Lake, 5-1. 5. Conneran, GF Red River, 4-11.

Pole vault: 1. Johnson, Bismarck, 10-0. 2. Jordheim, Dickinson, and Ackerman, Dickinson, 9-6. 4. Kretschman, Fargo Davies, 9-0. 5. Proschaska, WF Sheyenne, 9-0.

Long jump: 1. Ehrmantraudt, Bismarck, 17-5.25. 2. Emineth, GF Red River, 17-1. 3. Bergantine, Fargo Davies, 16-10.25. 4. Carlson, Fargo Davies, 16-2.25. 5. Keller, Dickinson, 16-1.50.

Triple jump: 1. Bergantine, Fargo Davies, 35-11. 2. Ehrmantraudt, Bismarck, 35-10.75. 3. Brakke, Fargo South, 34-11.50. 4. Rayl, Fargo Davies, 33-9.50. 5. Alexander, Devils Lake, 33-9.25.

Shot put: 1. Moton, West Fargo, 50-3. 2. Murph, GF Red River, 39-0. 3. Lucy, Minot, 38-6. 4. Frank, GF Red River, 35-6. 5. Scheuer, Bismarck Century, 35-3.

## Packers

### Jennifer Dufner

Dufner, a North Dakota State commit, won the 1,600 meters in 5 minutes, 14.27 seconds, for 10 team points at the Fargo South Indoor Invite on Friday, March 17, at North Dakota State's Shelly Ellig Indoor Arena. The West Fargo senior was also on the Packers 3,200 relay team which was runner-up in 10:27:99 and brought in eight team points to help the Packers take third as a team with 78.5 points.



## Packers

### Jacob Levin

Levin, a junior at West Fargo, won the 200 meters in 23.05 seconds at the North Dakota Class A state indoor track and field meet on March 24, at North Dakota State's campus. Levin was also second in the long jump in 22 feet, 1 inch.



# Moton passes state shot put record at state indoor meet

By Colton Pool

cpool@forumcomm.com

As soon as the shot put left Akealy Moton's hands, a smirk began to emerge from her face. She knew it was the one.

The West Fargo senior threw 50 feet, 3 inches at the North Dakota Class A state indoor track and field meet at North Dakota State's campus, which bested the unofficial state record set by Grand Forks Red River's Patty Purpur at 49-5 set in 1985. To take her place in the official state record books, Moton will have to break the state record at the Class A state outdoor meet.

"I didn't know I was going to be throwing it that far," Moton said. "It definitely felt good. It was just one of those throws where you just kind of know."

Moton's previous personal record and school record was 47-4, so Moton was just hoping to get back to that. Her preliminary throws creeping up on that 50-foot mark proved she was feeling good.



David Samson / The Pioneer

West Fargo's Akealy Moton threw the shot put 50 feet, 3 inches at the indoor Class A state track and field meet Friday, March 24, at North Dakota State's campus.



# WEST FARGO SPORTS RESULTS

Friday, March 31

Boys track and field

Eastern Dakota Conference Indoor  
At North Dakota State

Team totals: Fargo North 114, Grand Forks Red River 108, Fargo South 102.5, Fargo Davies 81, West Fargo 70, West Fargo Sheyenne 39.5, Shanley 28, Grand Forks Central 26, Wahpeton 10, Devils Lake 5, Valley City 1.

60 hurdles: 1. Enerson, GFRR, 8.48. 2. Wysocki, GFRR, 8.57. 3. Anderson, FN, 8.77. 4. Hololen, WFS, 8.95. 5. Pifer, FS, 9.06.

60: 1. York, FD, 7.19. 2. Johnson, FS, 7.24. 3. Levin, WF, 7.26. 4. Santos, FN, 7.27. 5. San, FN, 7.3.

800 relay: 1. WF (Levin, Genova, Fritz-Saville, Morton), 1:34.44. 2. FS (Breyer, Johnson, Luckoski, Howard), 1:35.89. 3. GFRR (Burian, Pope, Brandvold, Horcacas-Martin), 1:36.61. 4. FN (Santos, Anderson, San, Hummel), 1:36.86. 5. FD (York, Paustian, McMonagle, Jones), 1:38.36.

1600: 1. Lucas, FD, 4:25.13. 2. Luz, FN, 4:30.25. 3. Isahak, FS, 4:38.14. 4. Dowdell, FN, 4:48.94. 5. Yokom, FN, 4:49.27.

400: 1. Mendin, FS, 51.99. 2. Krom, FN, 53.91. 3. Rivera-Mujica, WFS, 54.45. 4. Vetter, FD, 55.24. 5. Boutwell, FN, 56.06.

800: 1. Russell, S, 2:02.84. 2. Gruanue, FS, 2:06.87. 3. Isahak, FS, 2:07.58. 4. Skaare, FD, 2:08.13. 5. Boub, FD, 2:10.61.

200: 1. York, FD, 23.19. 2. Breyer, FS, 23.32.

3. Santos, FN, 23.37. 4. Genova, WF, 23.91. 5. Sell, WF, 23.96.

3200: 1. Lucas, FD, 9:46.68. 2. Mears, WF, 10:03.48. 3. Byrne, GFRR, 10:11.17. 4. Hussein, FS, 10:11.98. 5. Smith, WFS, 10:21.26.

1600 relay: 1. FS (Breyer, Gruanue, Johnson, Mendin), 3:32.86. 2. WF (Schaeffer, Svenby, Tyryfter, Schatz), 3:36.74. 3. FN (Dowdell, Krom, Luz, Peter), 3:37.15. 4. S (Russell, Mathias, Christl, Busek), 3:46.1. 5. FD (Vetter, Graf, Boub, Skaare), 3:46.87.

High jump: 1. Pifer, FS, 6.1T. Darwin, W, 6.3. Enerson, GFRR, 5-1.4. Braaten, FN, 5-1.5. Eagleton, GFRR, 5-07.

Pole vault: 1. Fuglseth, FN, 14. 2. Schatz, WFS, 13. 3. Stremick, FN, 13. 4. Hegel, WFS, 12. 5. Patel, GFRR, 12.

Long jump: 1. Enerson, GFRR, 21-00.5. 2. Pope, GFRR, 20-11.5. 3. Bucholz, S, 20-1. 3. Fuglseth, FN, 20-01. 5. Suah, WF, 19-11.5.

Triple jump: 1. Pope, GFRR, 45-05. 2. Horcacas-Martin, GFRR, 45-01.5. 3. Nyanforh, GFRR, 43-04. 4. Reller, GFC, 41-03.5. 5. Howard, FS, 40-09.

Shot put: 1. Willis, WF, 50-04.5. 2. Lundmark, GFC, 48-05. 3. Buehler, FN, 47-09.5. 4. Nammour, WFS, 46-07. 5. Baguma, FD, 46-04.25.

Girls track and field

Eastern Dakota Conference Indoor  
At North Dakota State

Team totals: Fargo Davies 192.5, Grand

Forks Red River 93.5, West Fargo Sheyenne 65, West Fargo 59, Grand Forks Central 45.5, Fargo North 43, Wahpeton 39.5, Shanley 28, Devils Lake 14, Fargo South 3, Valley City 2.

3200 relay: 1. FD (Wacham Lundstrom, Lane, Lovehaug), 9:59.32. 2. FN (Hudson, Sem, Hammes, Astrup), 10:13.77. 3. WFS (Anderson, Ask, Dietz, Barta), 10:14.76. 4. WF (Schreiner, Pringle, Dufner, Nelson), 10:21.28. 5. GFC (Torrey, Harrison, Peck, Weiss), 10:26.20.

60 hurdles: 1. Bell, FD, 9.17. 2. Korgho, FD, 9.72. 3. Bachmeier, FN, 9.79. 4. Severson, GFRR, 9.94. 5. Perius, WFS, 10:02.

60: 1. Suah, WF, 8.08. 2. Gripentrog, W, 8.20. 3. Lingen, W, 8.22. 4. Emineth, GFRR, 8.23. 5. Bachmeier, FD, 8.35.

800 relay: 1. GFRR (Emineth, Meland, Leach, Severson), 1:48.82. 2. FD (Bachmeier, K. Bell, Korgho, M. Bell), 1:49.21. 3. W (Lingen, Irwin, Gripentrog, Bernstein), 1:50.82. 4. S (Bares, Deplazes, Gallagher, Vetter), 1:52.61. 5. FN (Fiske, Griffin, Sime, Bachmeier), 1:53.23.

1600: 1. Ackley, GFC, 5:05.93. 2. Dufner, WF, 5:20.41. 3. Lundstrom, FD, 5:28.44. 4. Henne, FD, 5:30.26. 5. Dietz, FD, 5:38.59.

400: 1. Gaye, FD, 1:00.01. 2. Irwin, W, 1:00.78. 3. Hudson, FN, 1:01.8. 4. Ward, GFRR, 1:02.14. 5. Glessner, WFS, 1:04.11.

800: 1. Wachu, FD, 2:22.79. 2. Ackley, GFC, 2:24.79. 3. Smith, WFS, 2:38.58. 4. Dietz, WFS, 2:38.78. 5. Pringle, WF, 2:40.63.

200: 1. Gaye, FD, 26.15. 2. Severson, GFRR, 26.64. 3. Ward, GFRR, 26.66. 4. Korgho, FD, 27.48. 5. Gaye, FD, 27.52.

3200: 1. Weiss, GFC, 12:01.14. 2. Bernhardt, S, 12:03.29. 3. Henne, FD, 12:11.26. 4. Lane, FD, 12:13.48. 5. Anderson, WFS, 12:16.53.

1600 relay: 1. FN (M. Sem, J. Sem, Bachmeier, Hudson), 4:26.84. 2. GFRR (Ward, Leach, Emineth, Severson), 4:26.65. 3. WFS (Letvin, Hoffner, Glessner, Barta), 4:26.65. 4. FD (Bell, Lovehaug, Wachu, Carlson), 4:26.65. 5. GFC (Hillman, Torrey, Rygh, Ackley), 4:26.69.

High jump: 1. Rue, FD, 5-01. 2. Schneider, FD, 5-01. 3. Alexander, DL, 5-01. 4. Schock, WFS, 4-11. 4T. Irwin, W, 4-11.

Pole vault: 1. Prochaska, WFS, 9-06. 2. Kretchman, FD, 9. 3. Likness, FD, 8-06. 3T. Rue, FD, 8-06. 5. Peck, GFC, 7-06.

Long jump: 1. Emineth, GFRR, 17-01. 2. Bergantine, FD, 16-09.5. 3. Carlson, FD, 16-06.5. 4. Pfaff, WF, 16-02.5. 5. Lingen, W, 15-11.5.

Triple jump: 1. Bergantine, FD, 36-05.5. 2. Leach, GFRR, 35-08.25. 3. Alexander, DL, 33-09.75. 4. Hillman, GFC, 33-04.25. 5. Steffen, GFRR, 32-08.5.

Shot put: 1. Moton, WF, 49-06. 2. Murph, GFRR, 37-07. 3. Frank, GFRR, 37-03.5. 4. Al-Juhari, FN, 33.5. Eberhardt, FD, 32-11.



Photos by Dave Wallis / The Pioneer

# INDOOR TOP MARKS

A stylized logo in green and white is positioned behind the text. It features a central star-like shape with radiating lines, and below it, two figures appear to be holding up a banner or a similar structure. The entire graphic is rendered in a bold, blocky style.

## Individual Top Marks   Indoors Only

West Fargo [WF]

Number of Top Times: All

	Mark	Convert	Rnd		Name	Age/Yr		
<b>Girls JV 60m Dash</b>								
1*	9.18		F	---	Jade Suder	09	3/17/2017	Fargo South Indoor Invite
1*	9.18		F	---	Kaylee Stokka	12	3/17/2017	Fargo South Indoor Invite
1*	9.18		F	---	Madison Connors	10	3/17/2017	Fargo South Indoor Invite
4	9.21		F	---	Amber Diede	10	3/17/2017	Fargo South Indoor Invite
5	9.39		F	---	Garlina Sumo	09	3/17/2017	Fargo South Indoor Invite
6	9.85		F	---	Christina Davis	10	3/17/2017	Fargo South Indoor Invite
7	9.92		F	---	Ashley Bjordahl	11	3/17/2017	Fargo South Indoor Invite
8	9.93		F	---	Kalli Cummings	11	3/17/2017	Fargo South Indoor Invite
9	10.19		F	---	Brittney Finseth	09	3/17/2017	Fargo South Indoor Invite
10	10.25		F	---	Miranda Nihad	10	3/17/2017	Fargo South Indoor Invite
<b>Girls JV 200m Dash</b>								
1	30.37		F	---	Megan Judge	09	3/17/2017	Fargo South Indoor Invite
2	31.22		F	---	Amber Diede	10	3/17/2017	Fargo South Indoor Invite
3	31.51		F	---	Emily Hansen	09	3/17/2017	Fargo South Indoor Invite
4	33.91		F	---	Yea Gbortu	12	3/17/2017	Fargo South Indoor Invite
5	34.54		F	---	Ashley Bjordahl	11	3/17/2017	Fargo South Indoor Invite
6	37.47		F	---	Garlina Sumo	09	3/17/2017	Fargo South Indoor Invite
<b>Girls JV 400m Dash</b>								
1	1:21.73		F	---	Kalli Cummings	11	3/17/2017	Fargo South Indoor Invite
2	1:34.46		F	---	Sarah Humble	09	3/17/2017	Fargo South Indoor Invite
<b>Girls JV 800m Run</b>								
1	2:46.08		F	---	Brooklyn Wiest	09	3/17/2017	Fargo South Indoor Invite
2	3:01.22		F	---	Shawnia Klug	12	3/17/2017	Fargo South Indoor Invite
<b>Girls JV 60m Hurdles</b>								
1	11.26		F	---	Brynn Giesen	08	3/17/2017	Fargo South Indoor Invite
2	11.50		F	---	Kelsey Reichling	09	3/17/2017	Fargo South Indoor Invite
3	11.91		F	---	Madison Johnson	09	3/17/2017	Fargo South Indoor Invite
<b>Girls JV Shot Put</b>								
1	28-09.50	8.77m	F	---	Kayley Schaeffer	09	3/17/2017	Fargo South Indoor Invite
2	27-00.50	8.24m	F	---	Mariah Schatz	10	3/17/2017	Fargo South Indoor Invite
<b>Girls V 60m Dash</b>								
1	8.86		F	---	Jesse Price	11	3/17/2017	Fargo South Indoor Invite
<b>Girls V 200m Dash</b>								
1	28.57		F	---	Tiana Pfaff	11	3/17/2017	Fargo South Indoor Invite
<b>Girls V 400m Dash</b>								
1	1:09.97		F	---	Grace Faiman	10	3/17/2017	Fargo South Indoor Invite
<b>Girls V 1600m Run</b>								
1	5:14.27		F	---	Jennifer Dufner	12	3/17/2017	Fargo South Indoor Invite
2	6:00.65		F	---	Abby Smith	07	3/17/2017	Fargo South Indoor Invite
3	6:02.00		F	---	Kaelyn Berg	07	3/17/2017	Fargo South Indoor Invite
<b>Girls V Long Jump</b>								
1	13-10.00	4.21m	F	---	Breanna Gores	10	3/17/2017	Fargo South Indoor Invite
<b>Girls V Shot Put</b>								
1	30-07.00	9.32m	F	---	Colleen Urlaub	10	3/17/2017	Fargo South Indoor Invite
<b>Girls Open 60m Dash</b>								
1	8.08		F	---	Darline Suah	10	3/31/2017	EDC Indoor
2	8.48		P	---	Tiana Pfaff	11	3/24/2017	Class A State Indoor

## Individual Top Marks Indoors Only

### Number of Top Times: All

	Mark	Convert	Rnd		Name	Age/Yr		
3	8.77		P	---	Taryn Troftgruben	09	3/24/2017	Class A State Indoor
4	8.93		F	---	Megan Judge	09	3/31/2017	EDC Indoor
5	8.94		F	---	Samantha Toso	09	3/31/2017	EDC Indoor
6	8.98		F	---	Chassity Stancil	12	3/31/2017	EDC Indoor
7	9.41		F	---	Yea Gbortu	12	3/31/2017	EDC Indoor
8	10.17		F	---	Shova Ghimirey	09	3/31/2017	EDC Indoor
<b>Girls Open 200m Dash</b>								
1	27.78		F	---	Darline Suah	10	3/31/2017	EDC Indoor
2	29.31		F	---	Taryn Troftgruben	09	3/31/2017	EDC Indoor
3	29.87		F	---	Jade Suder	09	3/31/2017	EDC Indoor
4	30.11		F	---	Samantha Toso	09	3/31/2017	EDC Indoor
5	30.38		F	---	Chassity Stancil	12	3/31/2017	EDC Indoor
6	31.06		F	---	Jesse Price	11	3/31/2017	EDC Indoor
7	33.27		F	---	Christina Davis	10	3/31/2017	EDC Indoor
8	35.06		F	---	Miranda Nihad	10	3/31/2017	EDC Indoor
<b>Girls Open 400m Dash</b>								
1	1:06.28		F	---	Emily Hansen	09	3/31/2017	EDC Indoor
2	1:06.56		F	---	Megan Judge	09	3/24/2017	Class A State Indoor
3	1:07.82		F	---	Madysen Nelson	11	3/24/2017	Class A State Indoor
4	1:09.87		F	---	Kendra Gabbert	11	3/31/2017	EDC Indoor
<b>Girls Open 800m Run</b>								
1	2:23.04		F	---	Jennifer Dufner	12	3/24/2017	Class A State Indoor
2	2:40.63		F	---	Hope Pringle	09	3/31/2017	EDC Indoor
3	2:44.09		F	---	Clare Boldingh	08	3/31/2017	EDC Indoor
4	2:47.11		F	---	Grace Faiman	10	3/31/2017	EDC Indoor
5	2:51.83		F	---	Olivia Macziewski	10	3/31/2017	EDC Indoor
6	2:54.25		F	---	Abby Klamann	09	3/24/2017	Class A State Indoor
<b>Girls Open 1600m Run</b>								
1	6:30.56		F	---	Hannah Nelson	12	3/31/2017	EDC Indoor
2	6:52.27		F	---	Annika Mastre	12	3/31/2017	EDC Indoor
3	7:02.90		F	---	Shawna Klug	12	3/31/2017	EDC Indoor
<b>Girls Open 3200m Run</b>								
1	12:30.22		F	---	Nikki Schreiner	12	3/31/2017	EDC Indoor
2	12:39.01		F	---	Abby Smith	07	3/31/2017	EDC Indoor
<b>Girls Open 1 Mile Run</b>								
1	5:10.49		F	---	Jennifer Dufner	12	3/24/2017	Class A State Indoor
2	7:03.47		F	---	Annika Mastre	12	3/24/2017	Class A State Indoor
<b>Girls Open 2 Mile Run</b>								
1	12:31.49	6:15.74	F	---	Nikki Schreiner	12	3/24/2017	Class A State Indoor
2	12:46.49	6:23.24	F	---	Abby Smith	07	3/24/2017	Class A State Indoor
3	12:59.59	6:29.80	F	---	Kaelyn Berg	07	3/24/2017	Class A State Indoor
<b>Girls Open 60m Hurdles</b>								
1	11.09		F	---	Jenna Beck	12	3/31/2017	EDC Indoor
2	11.38		F	---	Taylor Haberlack	09	3/31/2017	EDC Indoor
3	11.52		F	---	Leah Lowenberg	11	3/31/2017	EDC Indoor
4	12.43		F	---	Devyn Morris	09	3/31/2017	EDC Indoor
<b>Girls Open High Jump</b>								
1	4-11.00	1.49m	F	---	Madison Connors	10	3/31/2017	EDC Indoor
2*	4-09.00	1.44m	F	---	Samantha Toso	09	3/31/2017	EDC Indoor
2*	4-09.00	1.44m	F	---	Kaylee Stokka	12	3/31/2017	EDC Indoor



## Individual Top Marks Indoors Only

### Number of Top Times: All

	Mark	Convert	Rnd		Name	Age/Yr		
4	4-06.00	1.37m	F	---	Brittney Finseth	09	3/31/2017	EDC Indoor
5	4-03.00	1.29m	F	---	Jade Suder	09	3/31/2017	EDC Indoor
<b>Girls Open Pole Vault</b>								
1	7-06.00	2.28m	F	---	Bailey Riehl	11	3/24/2017	Class A State Indoor
2	7-00.00	2.13m	F	---	Madison Berg	09	3/24/2017	Class A State Indoor
<b>Girls Open Long Jump</b>								
1	16-02.50	4.94m	F	---	Tiana Pfaff	11	3/31/2017	EDC Indoor
2	14-07.00	4.44m	F	---	Jesse Price	11	3/31/2017	EDC Indoor
3	14-04.50	4.38m	F	---	Abby Donarski	10	3/31/2017	EDC Indoor
4	13-09.75	4.21m	F	---	Madison Connors	10	3/31/2017	EDC Indoor
5	13-09.25	4.19m	F	---	Emily Hansen	09	3/31/2017	EDC Indoor
6	13-00.00	3.96m	F	---	Christina Davis	10	3/31/2017	EDC Indoor
7	12-10.00	3.91m	F	---	Kaylee Stokka	12	3/31/2017	EDC Indoor
8	11-11.00	3.63m	F	---	Kalli Cummings	11	3/31/2017	EDC Indoor
9	11-03.25	3.43m	F	---	Ashley Bjordahl	11	3/31/2017	EDC Indoor
<b>Girls Open Triple Jump</b>								
1	30-05.50	9.28m	F	---	Breanna Gores	10	3/24/2017	Class A State Indoor
<b>Girls Open Shot Put</b>								
1	50-03.00	15.31m	F	---	Akealy Moton	12	3/24/2017	Class A State Indoor
2	25-10.50	7.88m	F	---	Melaine Koffi	11	3/31/2017	EDC Indoor
3	25-03.50	7.70m	F	---	Abby Tykwinski	09	3/31/2017	EDC Indoor
4	24-06.00	7.46m	F	---	Yeno Lokosang	09	3/31/2017	EDC Indoor
5	23-08.00	7.21m	F	---	Kayla Klemmer	09	3/31/2017	EDC Indoor
6	22-00.50	6.71m	F	---	Sabrina Forde-Kerbaugh	10	3/31/2017	EDC Indoor
<b>Boys JV 60m Dash</b>								
1	7.64		F	---	Zach Milbrandt	10	3/17/2017	Fargo South Indoor Invite
2	7.94		F	---	David Froeber	10	3/17/2017	Fargo South Indoor Invite
3	7.95		F	---	Michael Johnson	09	3/17/2017	Fargo South Indoor Invite
4	8.04		F	---	Holdyn Honeyman	09	3/17/2017	Fargo South Indoor Invite
5*	8.08		F	---	Ibrahim Salou	11	3/17/2017	Fargo South Indoor Invite
5*	8.08		F	---	Josh Herba	12	3/17/2017	Fargo South Indoor Invite
7	8.16		F	---	John Paul Silverman	09	3/17/2017	Fargo South Indoor Invite
8	8.22		F	---	David Daniels	09	3/17/2017	Fargo South Indoor Invite
9	8.28		F	---	Noah Schaeffer	11	3/17/2017	Fargo South Indoor Invite
10	8.36		F	---	Austin Lanigan	10	3/17/2017	Fargo South Indoor Invite
11	8.41		F	---	Gabriel Leseberg	10	3/17/2017	Fargo South Indoor Invite
12	8.44		F	---	Yuban Yuan	12	3/17/2017	Fargo South Indoor Invite
13	8.49		F	---	Kalvin Easley	11	3/17/2017	Fargo South Indoor Invite
14	8.71		F	---	Antwuan Clemens	09	3/17/2017	Fargo South Indoor Invite
15	8.75		F	---	Alex Aker	10	3/17/2017	Fargo South Indoor Invite
16	8.86		F	---	Marcus Gulley	09	3/17/2017	Fargo South Indoor Invite
17	8.94		F	---	Chris Friesen	10	3/17/2017	Fargo South Indoor Invite
18*	9.17		F	---	Blake Anderson	10	3/17/2017	Fargo South Indoor Invite
18*	9.17		F	---	Sean Eldridge	10	3/17/2017	Fargo South Indoor Invite
<b>Boys JV 200m Dash</b>								
1	25.82		F	---	David Froeber	10	3/17/2017	Fargo South Indoor Invite
2	25.91		F	---	Antwuan Clemens	09	3/17/2017	Fargo South Indoor Invite
3	26.53		F	---	Michael Johnson	09	3/17/2017	Fargo South Indoor Invite
4	27.43		F	---	Sean Eldridge	10	3/17/2017	Fargo South Indoor Invite
5	28.05		F	---	Blessing Reeves	09	3/17/2017	Fargo South Indoor Invite
6	28.68		F	---	Chris Friesen	10	3/17/2017	Fargo South Indoor Invite

## Individual Top Marks   Indoors Only

### Number of Top Times: All

	Mark	Convert	Rnd		Name	Age/Yr		
7	29.12		F	---	Yuban Yuan	12	3/17/2017	Fargo South Indoor Invite
8	31.62		F	---	John Paul Silverman	09	3/17/2017	Fargo South Indoor Invite
9	32.78		F	---	Blake Anderson	10	3/17/2017	Fargo South Indoor Invite
<b>Boys JV 400m Dash</b>								
1	1:00.08		F	---	Nick Peterson	12	3/17/2017	Fargo South Indoor Invite
2	1:01.37		F	---	Ayden Schmidt	09	3/17/2017	Fargo South Indoor Invite
3	1:01.55		F	---	Zach Hillen	11	3/17/2017	Fargo South Indoor Invite
<b>Boys JV 800m Run</b>								
1	2:41.33		F	---	Eric Tyulyandin	10	3/17/2017	Fargo South Indoor Invite
2	2:47.32		F	---	Michael Stephenson	09	3/17/2017	Fargo South Indoor Invite
3	2:48.07		F	---	Parker Bussinger	09	3/17/2017	Fargo South Indoor Invite
4	2:51.26		F	---	Mario Dawood	09	3/17/2017	Fargo South Indoor Invite
5	2:51.29		F	---	Keller Lee	09	3/17/2017	Fargo South Indoor Invite
<b>Boys JV Long Jump</b>								
1	15-07.00	4.75m	F	---	Chris Friesen	10	3/17/2017	Fargo South Indoor Invite
2	15-04.00	4.67m	F	---	Alex Aker	10	3/17/2017	Fargo South Indoor Invite
<b>Boys JV Shot Put</b>								
1	23-01.50	7.04m	F	---	Jackson Walker	09	3/17/2017	Fargo South Indoor Invite
2	22-11.50	6.99m	F	---	Derek Miller	09	3/17/2017	Fargo South Indoor Invite
3	21-01.50	6.43m	F	---	Aaron Thompson	09	3/17/2017	Fargo South Indoor Invite
<b>Boys V 60m Dash</b>								
1	7.62		F	---	Surprise Jarue	12	3/17/2017	Fargo South Indoor Invite
<b>Boys V 200m Dash</b>								
1	24.82		F	---	Andy Gravdahl	11	3/17/2017	Fargo South Indoor Invite
2	25.30		F	---	Zach Milbrandt	10	3/17/2017	Fargo South Indoor Invite
3	26.08		F	---	Surprise Jarue	12	3/17/2017	Fargo South Indoor Invite
4	26.28		F	---	Jackson Gravel	12	3/17/2017	Fargo South Indoor Invite
<b>Boys V 800m Run</b>								
1	2:21.25		F	---	Luke Johnson	10	3/17/2017	Fargo South Indoor Invite
2	2:32.39		F	---	Adam Dufner	11	3/17/2017	Fargo South Indoor Invite
<b>Boys V 1600m Run</b>								
1	5:02.62		F	---	Jace Dullum	10	3/17/2017	Fargo South Indoor Invite
<b>Boys V 60m Hurdles</b>								
1	9.46		F	---	Cody Binstock	12	3/17/2017	Fargo South Indoor Invite
2	10.01		F	---	Josh Herba	12	3/17/2017	Fargo South Indoor Invite
<b>Boys V Long Jump</b>								
1	17-09.00	5.41m	F	---	Surprise Jarue	12	3/17/2017	Fargo South Indoor Invite
<b>Boys Open 60m Dash</b>								
1	7.26		F	---	Jacob Levin	11	3/31/2017	EDC Indoor
2	7.33		F	---	John Morton	12	3/31/2017	EDC Indoor
3	7.39		F	---	Alessandro Genova	12	3/31/2017	EDC Indoor
4	7.46		P	---	Dirus Suah	11	3/24/2017	Class A State Indoor
5	7.47		P	---	Andy Gravdahl	11	3/24/2017	Class A State Indoor
6	7.59		F	---	Ben Fritz-Saville	12	3/31/2017	EDC Indoor
7	7.82		F	---	Jackson Gravel	12	3/31/2017	EDC Indoor
8	7.86		F	---	Eric Brown	12	3/31/2017	EDC Indoor
<b>Boys Open 200m Dash</b>								
1	23.05		F	---	Jacob Levin	11	3/24/2017	Class A State Indoor
2	23.91		F	---	Alessandro Genova	12	3/31/2017	EDC Indoor
3	23.96		F	---	Alex Sell	11	3/31/2017	EDC Indoor

## Individual Top Marks Indoors Only

### Number of Top Times: All

	Mark	Convert	Rnd		Name	Age/Yr		
4	24.07		F	---	John Morton	12	3/31/2017	EDC Indoor
5	24.49		F	---	Ben Fritz-Saville	12	3/31/2017	EDC Indoor
6	25.54		F	---	Dirus Suah	11	3/24/2017	Class A State Indoor
7	25.63		F	---	Eric Brown	12	3/24/2017	Class A State Indoor
8	31.10		F	---	Kalvin Easley	11	3/31/2017	EDC Indoor
<b>Boys Open 400m Dash</b>								
1	56.85		F	---	Josh Dockter	12	3/24/2017	Class A State Indoor
2	58.46		F	---	Zach Milbrandt	10	3/24/2017	Class A State Indoor
3	1:01.68		F	---	Jackson Gravel	12	3/24/2017	Class A State Indoor
4	1:02.55		F	---	Sean Eldridge	10	3/31/2017	EDC Indoor
5	1:03.23		F	---	Gabriel Leseberg	10	3/31/2017	EDC Indoor
<b>Boys Open 800m Run</b>								
1	2:14.55		F	---	Jake Svenby	11	3/24/2017	Class A State Indoor
2	2:16.43		F	---	Nick Peterson	12	3/31/2017	EDC Indoor
3	2:17.68		F	---	Dylan Humble	12	3/31/2017	EDC Indoor
4	2:19.98		F	---	Aiden Biwer	09	3/31/2017	EDC Indoor
5	2:21.30		F	---	Zach Hillen	11	3/31/2017	EDC Indoor
6	2:23.35		F	---	Jordan Milbrath	10	3/31/2017	EDC Indoor
7	2:33.84		F	---	Ben Zerr	09	3/24/2017	Class A State Indoor
8	2:40.60		F	---	Ryan Orth	09	3/31/2017	EDC Indoor
<b>Boys Open 1600m Run</b>								
1	5:00.30		F	---	Braxton Bruer	10	3/31/2017	EDC Indoor
2	5:01.43		F	---	Aiden Biwer	09	3/31/2017	EDC Indoor
3	5:15.23		F	---	Jordan Milbrath	10	3/31/2017	EDC Indoor
4	5:16.32		F	---	Mat Yut	10	3/31/2017	EDC Indoor
5	5:16.64		F	---	Ayden Schmidt	09	3/31/2017	EDC Indoor
<b>Boys Open 3200m Run</b>								
1	10:03.48		F	---	Drew Mears	12	3/31/2017	EDC Indoor
2	11:10.15		F	---	Jace Dullum	10	3/31/2017	EDC Indoor
<b>Boys Open 1 Mile Run</b>								
1	4:56.00		F	---	Braxton Bruer	10	3/24/2017	Class A State Indoor
2	5:00.74		F	---	Aiden Biwer	09	3/24/2017	Class A State Indoor
3	5:08.65		F	---	Jordan Milbrath	10	3/24/2017	Class A State Indoor
4	5:21.74		F	---	Mat Yut	10	3/24/2017	Class A State Indoor
<b>Boys Open 2 Mile Run</b>								
1	10:09.75	5:04.88	F	---	Drew Mears	12	3/24/2017	Class A State Indoor
2	12:10.96	6:05.48	F	---	Mat Yut	10	3/24/2017	Class A State Indoor
<b>Boys Open 60m Hurdles</b>								
1	11.86		P	---	Zakariya Ahmed	12	3/24/2017	Class A State Indoor
<b>Boys Open High Jump</b>								
1	5-10.00	1.77m	F	---	John Morton	12	3/24/2017	Class A State Indoor
2	5-06.00	1.67m	F	---	Dirus Suah	11	3/24/2017	Class A State Indoor
3	5-04.00	1.62m	F	---	Marcus Gulley	09	3/31/2017	EDC Indoor
<b>Boys Open Pole Vault</b>								
1	11-06.00	3.50m	F	---	David Guo	11	3/31/2017	EDC Indoor
2	9-06.00	2.89m	F	---	Dawsen Tyryfter	11	3/31/2017	EDC Indoor
3*	8-06.00	2.59m	F	---	Nick Gaebe	09	3/31/2017	EDC Indoor
3*	8-06.00	2.59m	F	---	Isaac Haessig	12	3/31/2017	EDC Indoor
<b>Boys Open Long Jump</b>								
1	22-01.00	6.73m	F	---	Jacob Levin	11	3/24/2017	Class A State Indoor

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**Individual Top Marks   Indoors Only**
**Number of Top Times: All**

	Mark	Convert	Rnd		Name	Age/Yr		
2	19-11.50	6.08m	F	---	Dirus Suah	11	3/31/2017	EDC Indoor
3	18-05.00	5.61m	F	---	Weston Schatz	12	3/31/2017	EDC Indoor
4	17-11.00	5.46m	F	---	Ibrahim Salou	11	3/31/2017	EDC Indoor
5	16-00.50	4.88m	F	---	Zakariya Ahmed	12	3/24/2017	Class A State Indoor
6	15-08.00	4.77m	F	---	David Daniels	09	3/31/2017	EDC Indoor
<b>Boys Open   Shot Put</b>								
1	51-00.50	15.55m	F	---	Zach Willis	12	3/24/2017	Class A State Indoor
2	46-01.00	14.04m	F	---	Kpah Matadi	11	3/31/2017	EDC Indoor
3	40-09.00	12.42m	F	---	Luke Lennon	10	3/24/2017	Class A State Indoor
4	36-09.00	11.20m	F	---	Alex Walker	11	3/31/2017	EDC Indoor
5	36-05.00	11.10m	F	---	Aj Beamon	11	3/31/2017	EDC Indoor
6	35-11.00	10.94m	F	---	Jaeden Moton	10	3/31/2017	EDC Indoor
7	35-02.00	10.71m	F	---	David Werner	09	3/31/2017	EDC Indoor

## Relay Top Marks

### West Fargo [WF]

Number of Top Times: All

Time	Convert	Rnd	Relay			
<b>Girls Open 4x200m Relay</b>						
1	1:54.56	F	A Relay	3/31/2017	EDC Indoor	
	Jesse Price (11)		Taryn Troftgruben (09)		Tiana Pfaff (11)	Darline Suah (10)
2	1:54.92	F	A Relay	3/17/2017	Fargo South Indoor Invite	
	Darline Suah (10)		Tiana Pfaff (11)		Taryn Troftgruben (09)	Jesse Price (11)
3	1:58.68	F	B Relay	3/31/2017	EDC Indoor	
	Amber Diede (10)		Jade Suder (09)		Megan Judge (09)	Samantha Toso (09)
4	2:01.46	F	A Relay	3/17/2017	Fargo South Indoor Invite	
	Amber Diede (10)		Samantha Toso (09)		Megan Judge (09)	Jade Suder (09)
<b>Girls Open 4x400m Relay</b>						
1	4:28.73	F	A Relay	3/31/2017	EDC Indoor	
	Megan Judge (09)		Emily Hansen (09)		Abby Donarski (10)	Madysen Nelson (11)
2	4:34.23	F	A Relay	3/24/2017	Class A State Indoor	
	Megan Judge (09)		Grace Faiman (10)		Emily Hansen (09)	Madysen Nelson (11)
3	4:40.32	F	A Relay	3/17/2017	Fargo South Indoor Invite	
	Madysen Nelson (11)		Kendra Gabbert (11)		Emily Hansen (09)	Nikki Schreiner (12)
<b>Girls Open 4x800m Relay</b>						
1	10:21.28	F	A Relay	3/31/2017	EDC Indoor	
	Nikki Schreiner (12)		Hope Pringle (09)		Jennifer Dufner (12)	Madysen Nelson (11)
2	10:27.99	F	A Relay	3/17/2017	Fargo South Indoor Invite	
	Hope Pringle (09)		Jennifer Dufner (12)		Kendra Gabbert (11)	Nikki Schreiner (12)
3	10:45.97	F	A Relay	3/24/2017	Class A State Indoor	
	Nikki Schreiner (12)		Hope Pringle (09)		Emily Hansen (09)	Abby Smith (07)
<b>Boys Open 4x200m Relay</b>						
1	1:34.29	F	A Relay	3/17/2017	Fargo South Indoor Invite	
	Jacob Levin (11)		Alessandro Genova (12)		Andy Gravidahl (11)	John Morton (12)
2	1:34.44	F	A Relay	3/31/2017	EDC Indoor	
	Jacob Levin (11)		Alessandro Genova (12)		Ben Fritz-Saville (12)	John Morton (12)
3	1:34.53	F	A Relay	3/24/2017	Class A State Indoor	
	Jacob Levin (11)		Alessandro Genova (12)		Andy Gravidahl (11)	John Morton (12)
4	1:39.20	F	A Relay	3/17/2017	Fargo South Indoor Invite	
	Ben Fritz-Saville (12)		Eric Brown (12)		Alex Sell (11)	Josh Dockter (12)
5	1:41.49	F	B Relay	3/31/2017	EDC Indoor	
	David Froeber (10)		Eric Brown (12)		Alex Sell (11)	Zach Milbrandt (10)
<b>Boys Open 4x400m Relay</b>						
1	3:36.74	F	A Relay	3/31/2017	EDC Indoor	
	Noah Schaeffer (11)		Jake Svenby (11)		Dawsen Tyryfter (11)	Weston Schatz (12)
2	3:37.11	F	A Relay	3/24/2017	Class A State Indoor	
	John Morton (12)		Alessandro Genova (12)		Alex Sell (11)	Andy Gravidahl (11)
3	3:44.09	F	A Relay	3/17/2017	Fargo South Indoor Invite	
	Jake Svenby (11)		Alex Sell (11)		Josh Dockter (12)	Dylan Humble (12)
4	3:59.58	F	B Relay	3/31/2017	EDC Indoor	
	David Froeber (10)		Antwuan Clemens (09)		Michael Johnson (09)	Holdyn Honeyman (09)
5	4:00.74	F	A Relay	3/17/2017	Fargo South Indoor Invite	
	Luke Johnson (10)		Cody Binstock (12)		Holdyn Honeyman (09)	Adam Dufner (11)

Relay Top Marks

West Fargo [WF]

Number of Top Times: All

	Time	Convert	Rnd	Relay			
Boys Open 4x800m Relay							
1	8:32.13		F	A Relay	3/31/2017	EDC Indoor	
		Noah Schaeffer (11)		Drew Mears (12)		Braxton Bruer (10)	Jake Svenby (11)
2	8:49.41		F	A Relay	3/24/2017	Class A State Indoor	
		Jace Dullum (10)		Drew Mears (12)		Luke Johnson (10)	Nick Peterson (12)
3	9:02.83		F	A Relay	3/17/2017	Fargo South Indoor Invite	
		Noah Schaeffer (11)		Jace Dullum (10)		Dylan Humble (12)	Nick Peterson (12)

# OUTDOOR SEASON

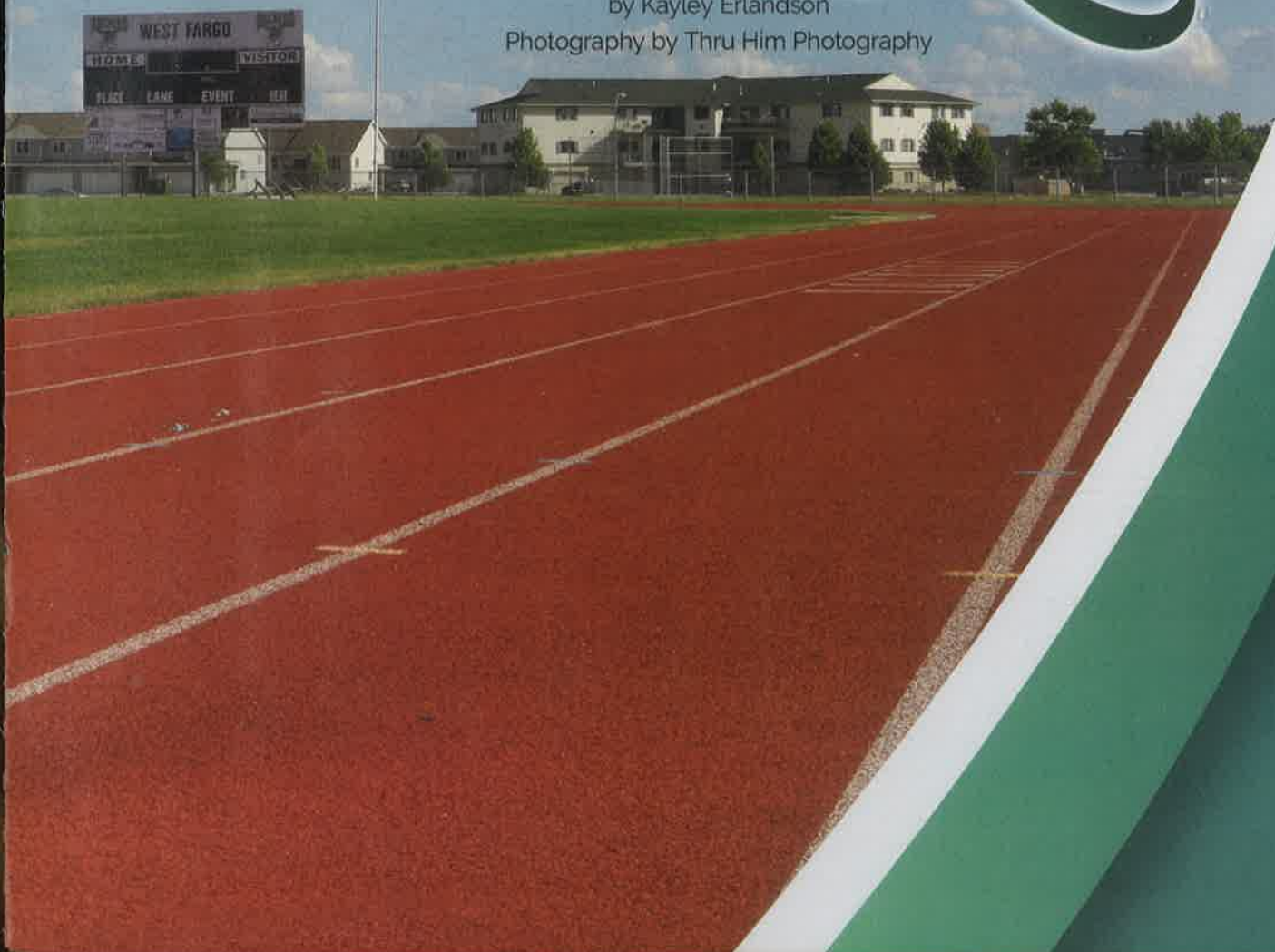


West Fargo's Jennifer Dufner

# **Pushing** to the *Finish Line*

by Kayley Erlandson

Photography by Thru Him Photography





**A**sk anyone and they'll tell you: Jennifer Dufner was born to run.

Since she began running competitively in 7th grade, the West Fargo senior has enjoyed a successful career as both a cross country runner, taking 4th place at state during her junior year, and as a long-distance runner for the track and field team, where she recently broke two school records.

Brad Amundson, Dufner's cross country coach, says that Jen has grown into a leader on the team as her running career has progressed.

"She sets an example of what hard work and dedication look like and how it can pay off," says Amundson. "Running is a tough sport and when Jen is at her best, she is a motivator for the team, more by example than anything else. If she runs hard in a meet or practice, people see how hard and tough it is. It gives people motivation to run that hard and to be that tough."

Jennifer's mother, Bev Dufner, also spoke highly of her daughter's intense discipline and devotion to oth-

ers, both on and off the race course. "As a mom, I admire her so much for her dedication," Bev proudly notes. "Not only for her training, but for her dedication to her family, her friends and her faith. What was really outstanding as a mom was to see her accomplishments."

In addition to her natural aptitude for running and quiet leadership, Dufner exudes a strong sense of humility and focus she gained throughout the course of her six seasons running on the cross country team.

Jen's main advice for runners?

"There are going to be days when you feel really good and there will be days you don't feel good and don't feel motivated," mentions Dufner. "You need to learn how to push past it. You need to push through it because..." she paused to laugh before continuing, "...because running is pain, mentally and physically."

Dufner says she thrives off the energy in each and every race, and her favorite part of a cross country race is seeing how she stacks up against her competition.

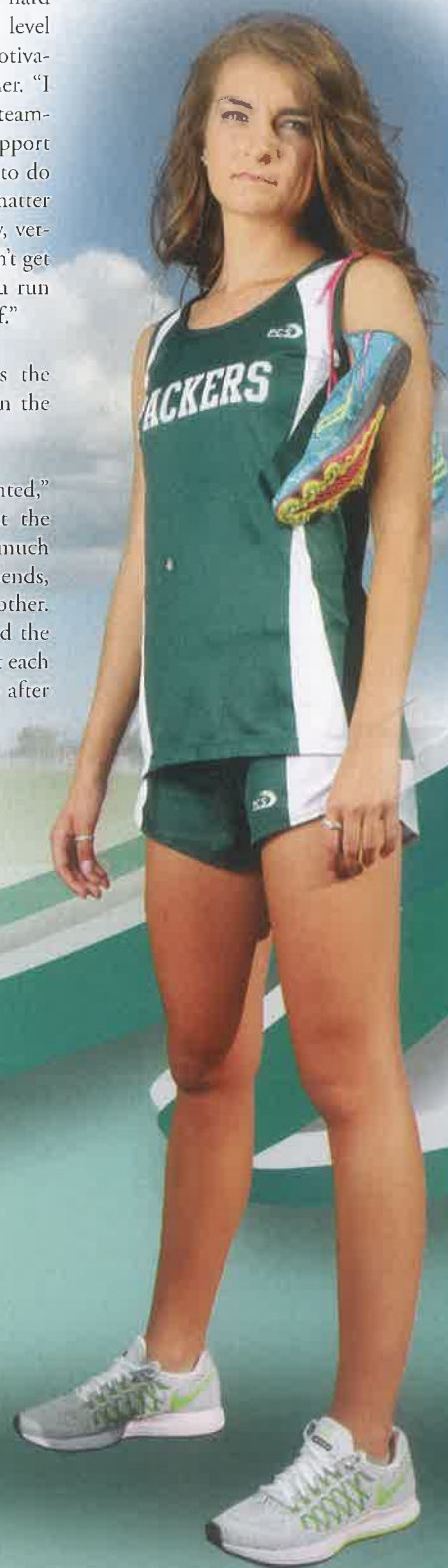
"It pushes you to run a better time and stick with the front pack of girls," Dufner says.

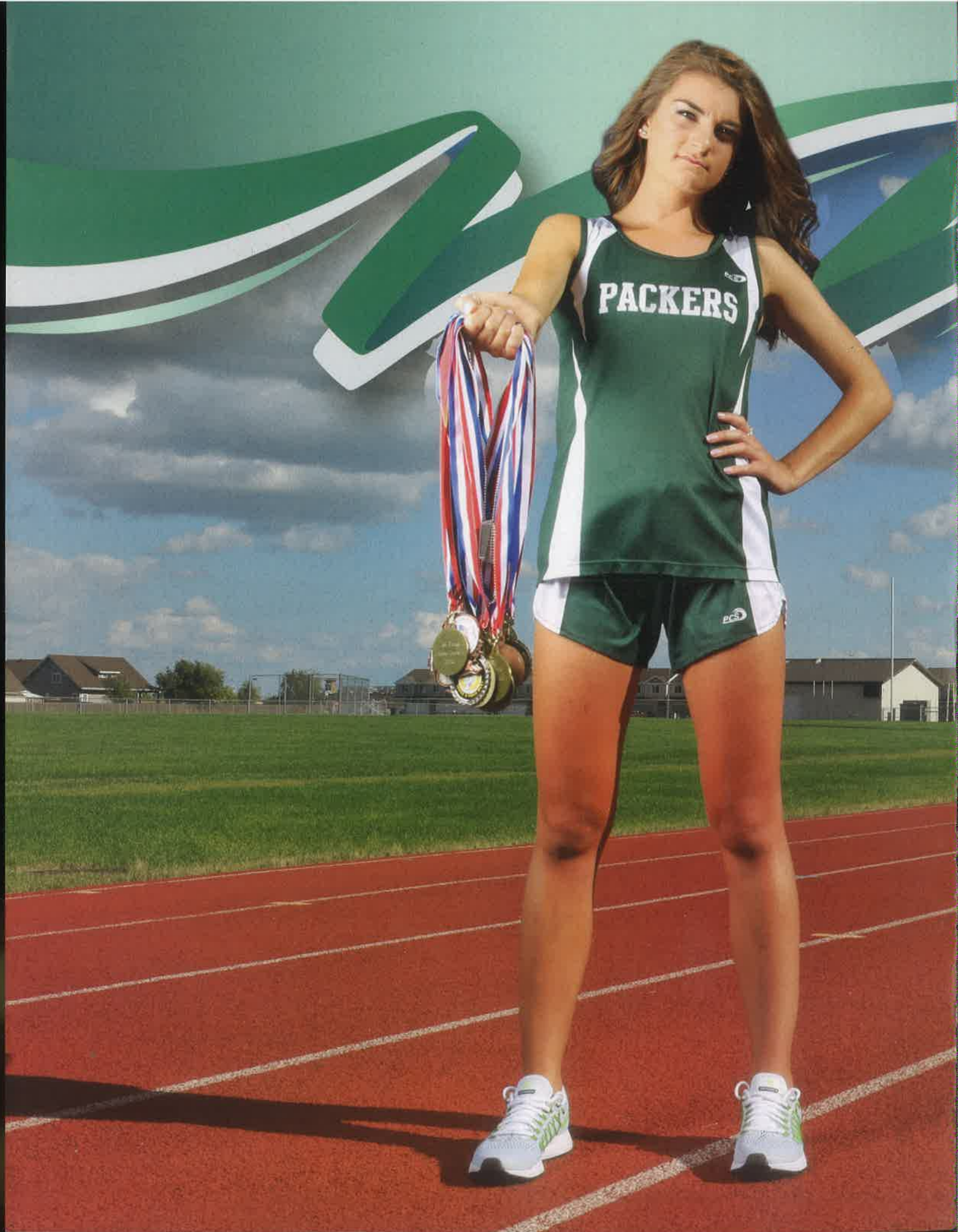
Dufner attributes her success in cross country and her positive attitude to her coach, her teammates and the team's positive dynamic. "The cross country runners engage in numerous pre-race traditions, including doing a team cheer before each race and planning meals together the night before their meets. "Seeing my teammates work hard every day, no matter what level they're at, that gives me the motivation to work hard," says Dufner. "I want to do well because my teammates are always there and support each other. I wouldn't be able to do anything without them. No matter how fast or slow they are, new, veterans, it doesn't matter. You can't get anywhere without a team. You run for your team, not just yourself."

Jennifer's mom also reiterates the strong sense of camaraderie on the cross country team.

"Everything is so team-oriented," Bev says. "It's not just about the individual. I love seeing how much fun she's having with her friends, watching them support one another. At the end of the race, she and the girls all hug each other, support each other and hold each other up after the run."

The West Fargo cross country team's mantra this year is "Teamwork," which bears remarkable similarity to Jennifer's personal motto: "Teamwork makes the dream work."









"There are going to be days when you feel really good  
and there will be days you don't feel good and don't  
feel motivated."

Jennifer Dufner

"You all work so hard together and you all have something in common, which is running," Dufner mentions. "It's nice looking back and thinking I couldn't have done it without them."

Dufner is also quick to attribute credit to her coach, Brad Amundson.

"He's been there since day one in 7th grade," Dufner says. "Everything I've earned, I owe it all to him."

Coach Amundson talked about the things he wants his runners to focus on during each and every race.

"I always try to get my athletes to focus on what they can control," Amundson emphasizes. "They can't control the weather, how they feel, or how other runners feel or race. They can only control their effort and competitiveness. They can control why they are competing, that it

is more than just for their place and time...it's about running to help each other, the team."

Jennifer's focus and penchant for leading by example led her to her best cross country season yet last year, where she took 4th place at the state cross country meet. Dufner knows the road to last year's state meet was paved with days of intense training and discipline.

"My goal was to get in the top eight," Dufner said. "I remember crossing the finish line and just thinking, Wow, that went by so fast! I suppose you get a bit of an energy rush."

Dufner said she does not like to measure her performance by her final time or by rankings going into the race. To Dufner, the time it takes her to complete a race doesn't matter as much as the effort she puts in during a race.

"We classify the season as a success if she runs her last race at state as hard as she can," Amundson notes. "That she finishes the season knowing that she has given the maximum effort in her race, that she has competed every single step and that she can look me in the eye and tell me she gave it her all for herself and the team."

After her senior year, Jen hopes to continue pursuing her love of running after graduation.

"I plan on running in college," Dufner mentions. "I'm looking at some Division 1 schools and places that have nutrition programs. I'm looking forward to getting through


senior year with success and building new relationships in college."

"It's going to be exciting to watch her compete at a higher level," Dufner's mother said. "To watch her continue to grow, to learn her own strengths and capacities."


The specifics of Dufner's upcoming running career may be up in the air, but one thing is absolutely certain: Jen loves to run, and she will run any course that is set before her.

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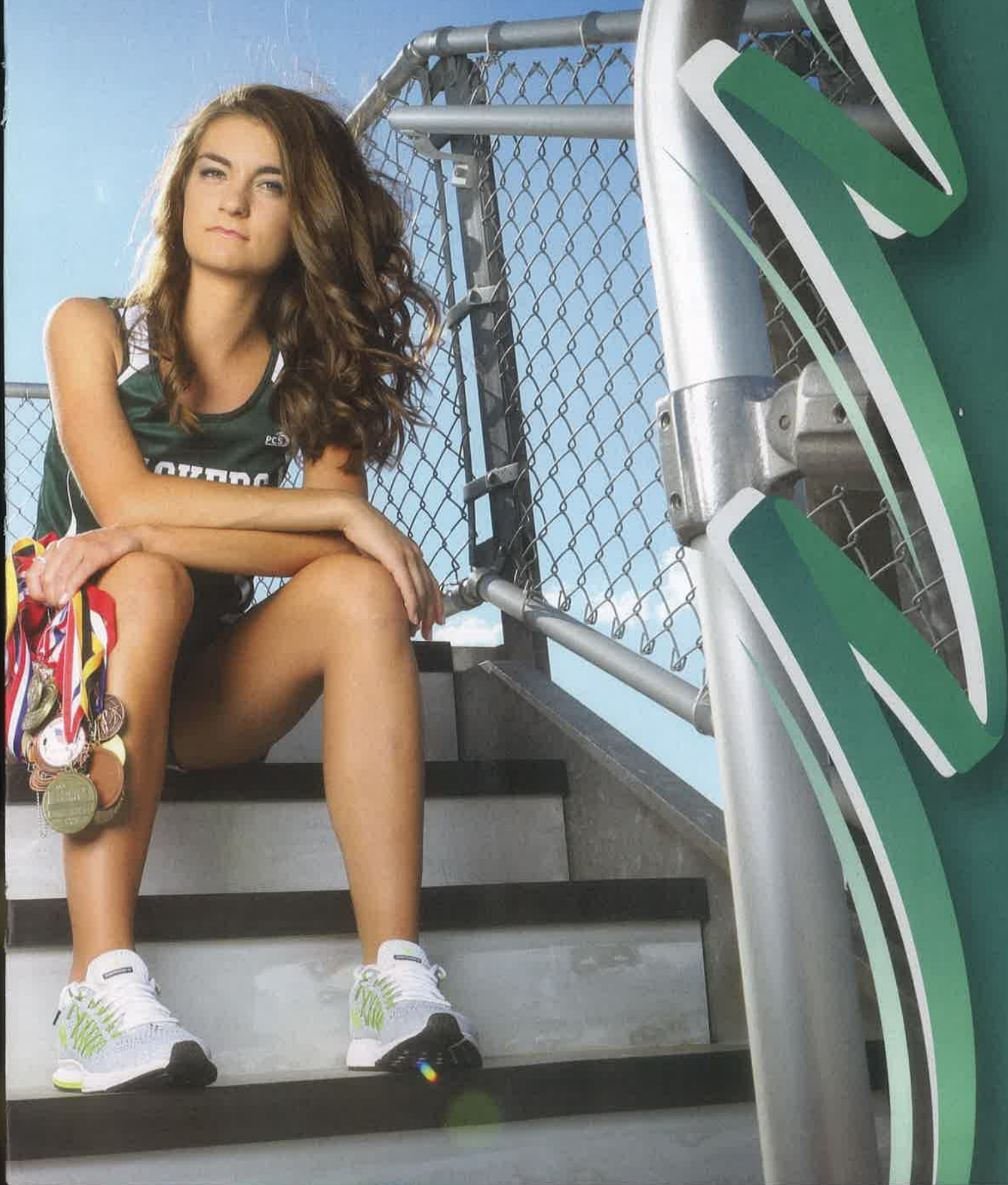
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"She sets an example of what hard  
work and dedication look like and  
how it can pay off."

Brad Amundson, West Fargo Cross Country Coach

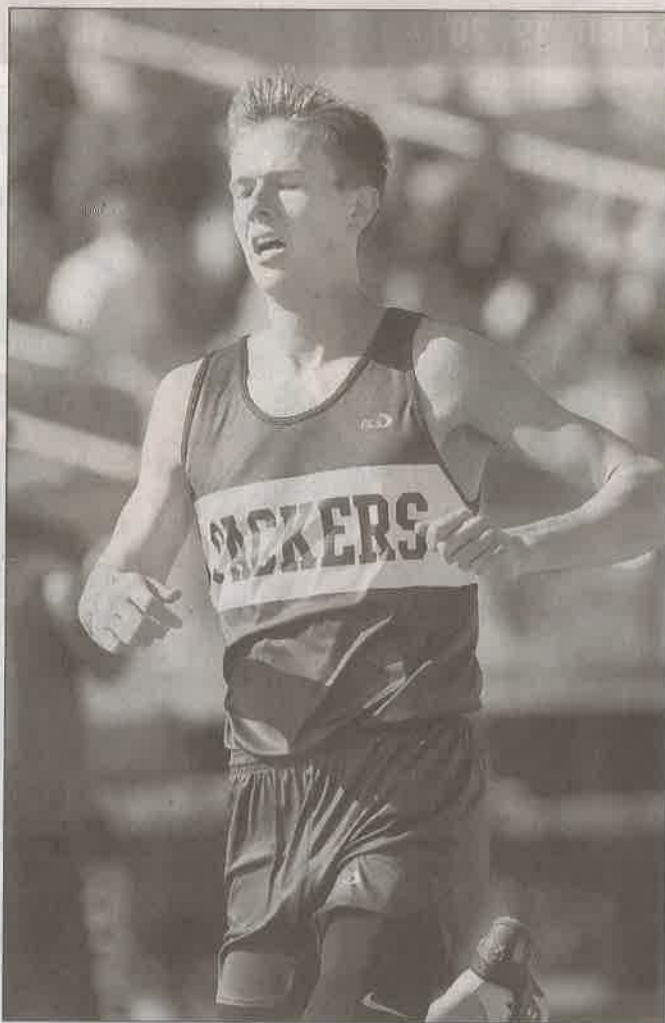


# Packers boys, girls win home track and field meet

By Colton Pool

cpool@forumcomm.com

The West Fargo boys and girls teams both won during the Packers home four-team track and field meet Tuesday, April 11, at West Fargo High School. The Packers boys won with 221 points — just one point ahead of runner-up Fargo North — while West Fargo Sheyenne took third with 211 points. The Packers girls won with 227.5 points, while the Mustang girls were runners-up with 178 points.



## Girls results

Team Scores: 1. West Fargo 227½. 2. West Fargo Sheyenne 178. 3. Fargo North. 4. Wahpeton 127½.  
100: 1. Suah, WF, 12.95. 2. Gripentrog, WAHP, 13.13. 3. Lingen, WAHP, 13.18.  
200: 1. Suah, WF, 27.37. 2. Gripentrog, WAHP, 27.95. 3. Pfaff, WF, 28.31.  
400: 1. Hudson, FN, 1:00.26. 2. Irwin, WAHP, 1:00.40. 3. Letvin, WFS, 1:03.62.  
800: 1. Glessner, WFS, 2:29.13. 2. Dietz, WFS, 2:32.43. 3. Barta, WFS, 2:32.87.  
1600: 1. Dufner, WF, 5:13.68. 2. Anderson, WFS, 5:34.69. 3. Hammes, FN, 5:37.47.  
3200: 1. Berg, WF, 13:15.96. 2. Harms, FN, 13:29.04. 3. Mastre, WF, 14:30.35.  
100 hurdles: 1. Bachmeier, FN, 17.67. 2. Haberlack, WF, 18.83. 3. Hinkley, FN, 19.08.  
300 hurdles: 1. Irwin, WAHP, 47.75. 2. Bachmeier, FN, 48.10. 3. Such, WFS, 51.29.  
400 relay: 1. West Fargo, 52.04. 2. Fargo North, 52.36. 3. West Fargo Sheyenne, 53.54.  
800 relay: 1. Wahpeton, 1:50.15. 2. Fargo North, 1:51.01. 3. West Fargo Sheyenne, 1:54.59.  
1600 relay: 1. Fargo North, 4:09.42. 2. West Fargo, 4:18.27. 3. Wahpeton, 4:24.00.  
3200 relay: 1. West Fargo Sheyenne, 9:55.33. 2. Fargo North, 9:55.36. 3. West Fargo, 10:04.74.  
High jump: 1. Connors, West Fargo, 5-1. 2. Irwin, Wahpeton, 5-1. 3. Schock, Sheyenne, 4-11.  
Pole vault: 1. Prochaska, Sheyenne, 8-6. 2. Austin, Sheyenne, 8-0. 3. Riehl, West Fargo, 8-0.  
Long jump: 1. Lingen, Wahpeton, 17-5½. 2. Pfaff, West Fargo, 16-4. 3. Gripentrog, Wahpeton, 15-10½.  
Triple jump: 1. Lingen, Wahpeton, 32-1¼. 2. Schock, Sheyenne, 31-¾. 3. Johnson, Sheyenne, 30-6½.  
Discus: 1. Moton, West Fargo, 117-2. 2. Schaeffer, West Fargo, 97-10. 3. Schweigert, Fargo North, 90-10.  
Javelin: 1. Moton, West Fargo, 145-3. 2. Stroh, Sheyenne, 106-7. 3. Schaeffer, West Fargo, 90-3.  
Shot put: 1. Moton, West Fargo, 46-7. 2. Gelin, Fargo North, 34-3. 3. Schweigert, Fargo North, 32-8.

Readers can reach Pioneer reporter Colton Pool at (701) 451-5715.

## Boys results

Team scores: 1. West Fargo, 221. 2. Fargo North, 220. 3. West Fargo Sheyenne, 211. 4. Wahpeton, 49.  
100: 1. Kuznia, WFS, 11.36. 2. San, FN, 11.67. 3. Genova, WF, 11.68.  
200: 1. Kuznia, WFS, 23.14. 2. Shorma, WFS, 23.49. 3. Genova, WF, 23.90.  
400: 1. Krom, FN, 52.69. 2. Peter, FN, 54.51. 3. Svenby, WF, 54.62.  
800: 1. Schaeffer, WF, 2:04.41. 2. Peterson, WF, 2:12.79. 3. Dullum, WF, 2:13.13.  
1600: 1. Mears, WF, 4:40.69. 2. Bruer, WF, 4:51.76. 3. Berg, FN, 4:56.53.  
3200: 1. Smith, WFS, 10:18.98. 2. Scrapper, FN, 10:30.58. 3. Evanson, FN, 10:31.54.  
110 hurdles: 1. Anderson, FN, 15.35. 2. Holien, WFS, 15.90. 3. Yeanay, WF, 16.32.  
300 hurdles: 1. Santos, FN, 40.86. 2. Holien, WFS, 41.97. 3. Anderson, FN, 43.08.  
400 relay: 1. Fargo North, 44.36. 2. West Fargo, 44.85. 3. West Fargo Sheyenne, 47.34.  
800 relay: 1. West Fargo, 1:32.85. 2. Fargo North A, 1:35.25. 3. Fargo North B, 1:39.16.  
1600 relay: 1. West Fargo, 3:41.87. 2. West Fargo Sheyenne, 3:52.80. 3. Wahpeton, 3:54.39.  
3200 relay: 1. Fargo North A, 8:25.06. 2. West Fargo, 8:33.77. 3. Fargo North B, 8:45.16.  
High jump: 1. Darwin, Wahpeton, 6-5. 2. Braaten, Fargo North, 6-2. 3. Smith, Sheyenne, 5-10.  
Pole vault: 1. Fugiseth, Fargo North, 14-8. 2. Schatz, Sheyenne, 14-0. 3. Stremick, North, 12-6.  
Long jump: 1. Fugiseth, North, 20-2. 2. Kuznia, Sheyenne, 19-11. 3. Blasczyk, Sheyenne, 19-7.  
Triple jump: 1. Pfeifer, Sheyenne, 39-9½. 2. Gorode, West Fargo, 39-2½. 3. Brakvatne, Fargo North, 39-1.  
Discus: 1. Willis, West Fargo, 144-8. 2. McDonald, Fargo North, 129-6. 3. Walker, West Fargo, 125-2.  
Javelin: 1. Bonnema, Sheyenne, 178-2. 2. Thon, Sheyenne, 154-5. 3. Beamon, West Fargo, 138-0.  
Shot put: 1. Willis, West Fargo, 49-8. 2. Madi, West Fargo, 47-10. 3. Buehler, Fargo North, 44-10.



## TRACK

From Page 16

After her throw — which was 11-3 better than the runner-up at the meet — Moton celebrated with her mom and teammates.

"I can't put into too many words what she's accomplished because she still has a full season to go," West Fargo head coach Darin McKinnon said. "The sky is the limit. That's just something where Akealy needs to challenge herself and see how far she can go with it. What a way to do that here at the indoor state meet."

Jacob Levin led the Packers boys with a first-place showing in the 200 in 23.05 and was runner-up in the long jump with a distance of 22-1. Zach Willis took second in the shot put in 51-0.5. The Packers boys relay teams were third in the 800 meters (1:34.53), fourth in the 1,600 meters (3:37.11) and fifth in the 3,200 meters (8:49.41).

Jennifer Dufner took second for the Packers girls in the one-mile race in 5:10.49 and third in the 800 meters in 2:23.04. Darline Suah was fourth in the 60 meters in 8.16 seconds and the Pack-

ers 3,200 relay team was fourth in 10:45.97.

"I think this meet was a good test for us early in the season, but we have a lot of work to do," McKinnon said. "There's some fast kids. It's going to be a fun season competitively at the state meet. That's what you want. You want to be able to compete against the best."

Mustangs senior Devin Schatz pole vaulted near a personal-record at 13-11, which gave him runner-up at the meet. He was only shy of returning state champion Mike Herauf of Dickinson who vaulted 15-0.25.

"He's so good," Schatz said. "We haven't seen each other since (last year's state meet), so it was good to get up in the air against him and get some different competition than the usual people. I like it because he's the man to beat. You measure your success against his. He's doing well, so you've got to do well, step up and beat him."

Sheyenne's Caleigh Anderson took fifth in the girls two-mile race in 12:27.13 while Brooke

Prochaska was fifth in the pole vault by clearing 9-0. Sheyenne's 3,200 relay team took runner-up in 10:30.59 and the Mustangs 1,600 relay team took third in 4:17.83.

Jesse Shorma took third in the 400 meters with a personal-record 52.36 seconds while Kyle Holoiien was fifth in 53.9 for the Mustang boys. The Mustangs' 800 relay team was second in 1:34.23.

Sheyenne head boys coach Tyler Carlson said the meet had a different

energy about it considering how many schools showed up and it gave the Mustangs a chance to go up against some of the state's best.

"There's a different energy about this one than the last meet," Carlson said. "First meet is that rust buster, and this meet is a little more competitive. Kids start getting a little more aggressive and you get a better feel for where you stand."

Readers can reach Pioneer reporter Colton Pool at (701) 451-5715.





#### Track and field Sertoma Invitational in Grand Forks Boys

Team results: GF Red River 205, Fargo North, 151.5, West Fargo Sheyenne 124.5, West Fargo 113.5, Fargo Shanley 63, GF Central 40.5, Wahpeton 20.5, Devils Lake 14.5, Climax-Fisher/Sacred Heart 5

100: 1. Kuznia, WFS, 11.29. 2. Levin, WF, 11.34. 3. Bucholz, FS, 11.46.

200: 1. Santos, FN, 22.75. 2. Nyanforh, RR, 23.69. 3. Hololien, WFS, 23.75.

400: 1. Shorma, WFS, 51.78. 2. Russell, FS, 52.94. 3. Schaeffer, WF, 52.97.

800: 1. Dowdell, FN, 2:02.46. 2. Russell, FS, 2:06.70. 3. Scraper, FN, 2:09.04.

1,600: 1. Dowdell, FN, 4:39.73. 2. Mears, WF, 4:45.13. 3. Byrne, RR, 4:47.99.

3,200: 1. Yokom, FN, 10:09.61. 2. Smith, WFS, 10:31.36. 3. Bruer, WF, 10:42.83.

110 hurdles: 1. Enerson, RR, 15.00. 2. Wysocki, RR, 15.48. 3. Anderson, FN, 15.65.

300 hurdles: 1. Santos, FN, 40.85. 2. Enerson, RR, 41.81. 3. Hololien, WFS, 43.00.

400 relay: 1. Sheyenne (Kuznia, Shorma, Keaton Mahnke, Jaden May), 44.14. 2. Red River, 45.15. 3. North, 45.46.

800 relay: 1. Sheyenne (Shorma, Devin Schatz, Mahnke, Kuznia), 1:32.73. 2. Red River, 1:35.97. 3. North, 1:37.26.

1600 relay: 1. West Fargo (Sell, Tyrtter, Genova, Schaeffer), 3:32.22. North, 3:37.29. 3. Shanley, 3:42.38.

3200 relay: 1. North, 8:49.61. 2. Shanley, 8:55.55. 3. West Fargo, 9:00.82.

Triple jump: 1. Pope, GRR, 44-2. 2. Horcasitas-Martin, RR, 43-9.5. 3. Shorma, WFS, 40-2.

Long jump: 1. Enerson, RR, 21-0.5. 2. Levin, WF, 20-10.5. 3. Horcasitas-Martin, RR, 20-3.

High jump: 1. Darwin, WAHP, 6-0. 2. Enerson, RR, 5-10. 3. Friederichs, FS, 5-10.

Pole vault: 1. Schatz, WFS, 14-6. Fuglseth, FN, 13-0. 3. Hegel, WFS, 12-6.

Shot put: 1. Willis, WF, 52-6. 2. Lundmark, GFC, 50-2. 3. Matadi, WF, 47-2.

Discus: 1. Willis, WF, 143-0. 2. Buehler, FN, 127-6. 3. Lundmark, GFC, 127-3.

Javelin: 1. Bonnema, WFS, 171-2. 2. Ogren, RR, 157-8. 3. Ogren, RR, 157-8.

#### Girls

Team results: GF Red River 190.33, West Fargo 110, Fargo Shanley 97, West Fargo Sheyenne 92.33, GF Central 80.33, Wahpeton 62.50, Fargo North 55.50, Devils Lake 27, Climax-Fisher/Sacred Heart 12

100: 1. Suah, WF, 12.91. 2. Lingen, WAHP, 13.07. 3. Gripentrog, WAHP, 13.09.

200: 1. Ward, RR, 26.45. 2. Deplazes, SHAN, 27.37. 3. Beth Alexander, DL, 27.72.

400: 1. Kaia Hudson, FN, 1:01.98. 2. Glessner, WFS, 1:02.18. 3. Jessica Mertens, DL, 1:04.36.

800: 1. Ackley, GFC, 2:21.17. 2. Dufner, WF, 2:21.31. 3. Weiss, GFC, 2:32.30.

1,600: 1. Ackley, GFC, 5:12.13. 2. Weiss, GFC, 5:31.12. 3. Bernhardt, SHAN, 5:48.28.

3,200: 1. Roehl, GFC, 11:14.01. 2. Torrey, GFC, 11:27.48. 3. Anderson, WFS, 12:22.40.

100 hurdles: 1. Severson, RR, 16.12. 2. Bachmeier, FN, 17.08. 3. Hinkley, FN, 17.95.

300 hurdles: 1. Irwin, WAHP, 47.66. 2. Severson, RR, 47.80. 3. Wanner, SHAN, 50.10.

400 relay: 1. Red River (Grace Emineth, Ward, McKenzie Meland, Severson) 51.31. 2. Wahpeton 52.51. 3. West Fargo 53.58.

800 relay: 1. Wahpeton (Bailey Bernstein, Irwin, Gripentrog, Lingen) 1:48.78. 2. Shanley 1:52.54. 3. Red River 1:52.91.

1600 relay: 1. Red River (Ward, Claire Leach, Emineth, Severson) 4:11.68. 2. Sheyenne 4:18.07. 3. West Fargo 4:18.59.

3200 relay: 1. Sheyenne 10:20.95. 2. West Fargo 10:30.09. 3. Shanley 10:38.52.

Triple jump: 1. Leach, RR, 34-2.5. 2. Lingen, WAHP, 33-6.5. 3. Alexander, DL, 33-2.75.

Long jump: 1. Tiana Pfaff, WF, 17-0. 2. Steffen, RR, 16-7. 3. Emineth, RR, 16-6.5.

High jump: 1. Conneran, RR, 5-1. 2. Wanner, SHAN, 4-11. 3. Irwin, Wahp, 11-0.

Pole vault: 1. Prochaska, WFS, 9-3. 2. Brewster, RR, 8-9. 3. Emily Stillwell, WFS, 8-3.

Discus: 1. Frank, RR, 130-3. 2. Moton, WF, 127-3. 3. Murph, RR, 108-4.

Shot put: 1. Moton, WF, 45-5. 2. Murph, RR, 38-8. 3. Frank, RR, 33-9.

Javelin: 1. Moton, WF, 129-2. 2. Steffen, RR, 116-6. 3. Lancaster, RR, 105-8.





West Fargo's Zach Willis participates in the shot put event.



## TRACK AND FIELD

### High school boys

Paul Seljevoold MAA Invitational  
Saturday, April 8

Team results: Fargo North 123, Fargo South 102, West Fargo 96, West Fargo Sheyenne 89, Bemidji 81, Detroit Lakes 53, Willmar 53, Fargo Davies 52, Moorhead 25, Shanley

23, Fergus Falls 5,  
3200 relay: 1. B, 8:17.23 2. WF, 8:29.12 3. FS, 8:35.01.  
110 hurdles: 1. Anderson, FN, 15.5 2. Pifer, FS, 16.03 3. Holioien, WFS, 16.53.  
100: 1. Kuznia, WFS, 11.22 2. York, FD, 11.26 3. Johnson, FS, 11.29.  
800 relay: 1. WFS, 1:30.86 2. FS, 1:33.15 3. WF, 1:33.6.  
1600: 1. Lucas, FD, 4:24.63 2. Berg, B, 4:33.19 3. Russell, S, 4:38.58.  
400 relay: 1. WFS, 43.72 2. FN, 43.84 3. FS, 44.46.  
400: 1. Roder, B, 50.78 2. Gruanue, FS, 51.06 3. Shorma, WFS, 51.22.  
300 hurdles: 1. Santos, FN, 39.93 2. Dahir, W, 42.37 3. Holioien, WFS, 42.67.  
800: 1. Dowdell, FN, 2:01.31 2. Gruanue, FS, 2:01.33 3. Haugrud, DL, 2:10.02.  
200: 1. Santos, FN, 22.67 2. Breyer, FS, 22.92 3. Morton, WF, 23.17.  
3200: 1. Mears, WF, 9:59.95 2. Johnson, DL, 10:15.63 3. Smith, WFS, 10:33.31.  
1600 relay: 1. B, 3:29.35 2. FN, 3:33.77 3. FS, 3:34.99.  
Shot put: 1. Willis, WF, 50-05 2. Baguma, FD, 48-1 3. Nordmark, DL, 48-01.  
Discus: 1. Nielsen, DL, 152-10 2. Russell, W, 145-06 3. Willis, WF, 140-09.  
Pole vault: 1. Schatz, WFS, 14-03 2. Stremick, FN, 13 3. Fugsleth, FN, 12-06.  
High jump: 1. Minnick, W, 6-02 2. Friederichs, S, 6 3. Pifer, FS, 6.  
Long jump: 1. Kuznia, WFS, 20-10 2. Shorma, WFS, 20-08 3. York, FD, 20-06.5.  
Triple jump: 1. Biebedorf, B, 40-11 2. Howard, FS, 40-07.5 3. Gustafson, FN, 39-10.  
Javelin: 1. Bonnema, WFS, 168 2. Thon, WFS, 154-05 3. Setness, FD, 136.

### High school girls

Paul Seljevoold MAA Invitational  
Saturday, April 8

Team results: Fargo Davies 190, Willmar 112.5, Moorhead 89, West Fargo Sheyenne 76.5, West Fargo 52, Detroit Lakes 49, Fargo North 38, Bemidji 35.5, Shanley 31, Fergus Falls 22, Fargo South 6.5.

3200 relay: 1. M, 9:51.2 2. W, 9:56.67 3. WFS, 10:16.75.  
100 hurdles: 1. Korgho, FD, 15.69 2. Altenbernd, M, 17.03 3. Nimpaye, FD, 18.1.  
100: 1. Gaye, FD, 12.68 2. Jahner, FD, 12.93 3. Kessler-Gross, W, 13.26.  
800 relay: 1. FD, 1:47.65 2. W, 1:50.43 3. WFS, 1:50.85.  
1600: 1. Schmitz, W, 5:23.11 2. Lovehaug, FD, 5:23.65 3. Hansen, W, 5:32.34.  
400 relay: 1. FD, 51.86 2. M, 52.3 3. FN, 52.71.  
400: 1. Gaye, FD, 58.16 2. Howell, M, 58.99 3. Glessner, WFS, 1:02.04.  
300 hurdles: 1. Fronning, FF, 46.41 2. Korgho, FD, 47.83 3. Wanner, S, 49.03.  
800: 1. Hudson, FN, 2:23.64 2. Maddux, M, 2:26.87 3. Lovehaug, FD, 2:28.5.  
200: 1. Gaye, FD, 26.1 2. Jahner, FD, 26.82 3. Bachmeier, FD, 27.17.  
3200: 1. Dufner, WF, 11:13.23 2. Hanson, W, 11:36.35 3. Rudie, W, 11:39.44.  
1600 relay: 1. WFS, 4:12.87 2. W, 4:20.94 3. B, 4:24.85.  
Shot put: 1. Moton, WF, 47-01 2. Hovland, W, 39-06 3. Price, DL, 35-03.  
Discus: 1. Moton, WF, 121-11 2. Price, DL, 118-05 3. Hovland, W, 117-05.  
Pole vault: 1. Prochaska, WFS, 8-06 2. Austin, WFS, 8 3. Daub, WFS, 8.  
High jump: Fredrickson, DL, 5-02 2. Rue, FD, 5-01 3. Schneider, FD, 5-01.  
Long jump: 1. Beil, FD, 15-10.75 2. Mueller, B, 15-07 3. Kessler-Gross, W, 15-03.25.  
Triple jump: 1. Warne, M, 35 2. Rue, FD, 34-02 3. Tollefson, W, 32-11.  
Javelin: 1. Moton, WF, 138-10 2. Hjelseth, FD, 123-01 3. Wagner, FD, 96-10.

**PACKER**

**RELAYS**

# West Fargo hosts Packer Relays

By Colton Pool

cpool@forumcomm.com

The West Fargo girls and boys both took third with 112 and 110 points, respectively, as host of the Packer Relay track and field meet on Friday, May 5, at West Fargo High School. The West Fargo Sheyenne girls were fourth with 73.75 points and the Mustang boys were sixth with 58.5 points.

West Fargo's Darline Suah was first in the girls 100 meters in 12.36 seconds and Jennifer Dufner was first in the 3,200 meters in 11:27.40. Those two were also part of the winning 1,600 girls relay team in 4:17.96 for the Packers. Akelay Moton won the javelin (142 feet, 4 inches) and shot put (46-04) while Sheyenne's Amni Austin tied for first in the pole vault with 9-03.

For the boys, Sheyenne's Kyle Holoien won the 300 hurdles in 41.33 seconds and the Mustangs' 400 relay team won in 44.02 seconds. Zach Willis won the discus with 145-05 and the shot put with 50-06 for the Packers.



Photos by David Samson / The Pioneer

West Fargo's AJ Beamon competes in the javelin last Friday during the Packer Relays in West Fargo.



West Fargo's Mariah Schatz and Sheyenne's Mattyson Barta battle in the final leg of the 3,200-meter relay last Friday during the Packer Relays in West Fargo.

# GOOD DAY FOR RELAYS

## WEST FARGO HOSTS PACKER RELAYS

### West Fargo Packer Relays

Teams totals: 1. Grand Forks Red River, 127.25. 2. Fargo Davies, 122.5. 3. West Fargo, 112. 4. West Fargo Sheyenne, 73.75. 5. Fargo North, 65. 6. Fargo Shanley, 64. 7. Wahpeton, 45. 8. Fargo South, 37. 9. Devils Lake, 30. 10. Kindred, 26. 11. Grand Forks Central, 15.75. 12. Valley City, 10.75. 13. Finley-Sharon-Hope-Page, 10.

100: 1. Suah, WF, 12.36. 2. Ward, GFRR, 12.47. 3. Gripentrog, WAHP, 12.49.

200: 1. Ward, GFRR, 25.91. 2. Suah, WF, 25.93. 3. Severson, GFRR, 25.97.

400: 1. Hudson, FN, 1:01.10. 2. Sem, FN, 1:01.62. 3. Mertens, DL, 1:01.78.

800: 1. Koenig, FSHP, 2:26.11. 2. Glessner, WFS, 2:26.75. 3. Smith, WFS, 2:27.35.

1600: 1. Bernhardt, FS, 5:26.55. 2. Weiss, GFC, 5:31.05. 3. Smith, WF, 5:47.56.

3200: 1. Dufner, WF, 11:27.40. 2. Henne, FD, 12:05.72. 3. Anderson, WFS, 12:16.06.

100 hurdles: 1. Severson, GFRR, 15.81. 2. Bachmeier, FN, 16.34. 3. Wanner, FS, 16.50.

300 hurdles: 1. Severson, GFRR, 46.04. 2. Irwin, WAHP, 47.09. 3. Bachmeier, FN, 47.31.

400 relay: 1. Grand Forks Red River (Emineth, Meland, Anderson, Ward), 50.54. 2. Fargo Davies (Bell, Bergantine, Carlson, Bachmeier), 50.79. 3. Fargo North (Bachmeier, Fiske, Sime, Hinkley), 52.02.

800 relay: 1. Grand Forks Red River (Emineth, Ward, Leach, Severson), 1:45.99. 2. Wahpeton (Bernstein, Irwin, Gripentrog, Lingen), 1:48.09. 3. Fargo South (Fofana, Gaylah, Thorness, Brakke), 1:49.90.

1600 relay: 1. West Fargo (Suah, Schatz, Donarski, Dufner), 4:17.96. 2. West Fargo Sheyenne (Dietz, Ask, Sailer, Hoefs), 4:18.10. 3. Fargo Shanley (Bares, Gallagher, Ekman, Koch), 4:20.37.

3200 relay: 1. Fargo North (M. Sem, Hudson, J. Sem, Astrup), 9:59.94. 2. West Fargo Sheyenne (Dietz, Glessner, Smith, Barta), 10:01.69. 3. West Fargo (Donarski, Schreiner, Dufner, Schatz), 10:03.01.

High jump: 1. Schneider, FD, 5-01. 2. Stokka, WF, J5-01. 3. Rue, FD, J5-01.

Pole vault: 1. Austin, WFS, 9-03. Kretschman, FD, 9-03. 3. Rue, FD, J9-03.

Long jump: 1. Bergantine, FD, 17-10. 2. Emineth, GFRR, J17-10. 3. Carlson, FD, 17-08.

Triple jump: 1. Bergantine, FD, 37-05.75. 2. Brakke, FS, 36-06. 3. Alexander, DL, 34.10.5.

Discus: 1. Frank, GFRR, 133-04. 2. Moton, WF, 118-09. 3. Packer, K, 110-06.

Javelin: 1. Moton, WF, 142-04. 2. Hjelseth, FD, 123-05. 3. Rohrbeck, K, 117-02.

Shot put: 1. Moton, WF, 46-04.5. 2. Murphy, GFRR, 37-08. 3. Frank, GFRR, 36-01.

**High school boys**

**North Dakota**

**West Fargo Packer Relays**

Teams totals: 1. Fargo South, 160. 2. Fargo North, 132.5. 3. West Fargo, 110. 4. Grand Forks Red River, 87.5. 5. Fargo Davies, 81. 6. West Fargo Sheyenne, 58.5. 7. Kindred,



West Fargo's Darlene Suah races to a first-place finish in the 100 meters last Friday during the Packer Relays in West Fargo.

35. 8. Fargo Shanley, 32. 9. Grand Forks Central, 25. 10. Devils Lake, 8.5. 11. Wahpeton, 8. 12. Valley City, 3.

100: 1. York, FD, 10.93. 2. Breyer, FS, 11.13. 3. Johnson, FS, 11.16.

200: 1. York, FD, 22.06. 2. Breyer, FS, 22.13. 3. Levin, WF, 22.42.

400: 1. Gruanue, FS, 51.31. 2. Mendin, FS, 51.83. 3. Lingen, K, 52.01.

800: 1. Lucas, FD, 1:58.33. 2. Russell, FS, 1:59.95. 3. Gruanue, FS, 2:03.26.

1600: 1. Luz, FN, 4:43.15. 2. Abaker, FS, 4:45.51. 3. Dowdell, FN, 4:46.91.

3200: 1. Isahak, FS, 10:06.70. 2. Mears, WF, 10:25.38. 3. Osborn, GFC, 10:27.44.

110 hurdles: 1. Anderson, FN, 15.01. 2. Pifer, FS, 15.47. 3. Horcacas-Martin, GFRR, 16.10.

300 hurdles: 1. Holoien, WFS, 41.33. 2. Anderson, FN, 41.71. 3. Morton, WF, 43.24.

400 relay: 1. West Fargo Sheyenne (Kuznia, Shorma, Mahnke, May), 44.02. 2. Fargo South (Farr, Howard, Breyer, Johnson), 44.56. 3. Fargo Davies (Rudolph, York, Paustian, Jones), 44.90.

800 relay: 1. Fargo South (Farr, Howard, Breyer, Johnson), 1:31.10. 2. West Fargo (McIntosh, Levin, Genova, Morton), 1:32.15. 3. Fargo Shanley (Friederichs, Bucholz, Mathias, Russell), 1:32.41.

1600 relay: 1. Fargo South (Pifer, Gruanue, Abaker, Mendin), 3:30.61. 2. West Fargo Sheyenne (Kuznia, Schatz, Holoien, Shorma), 3:33.33. 3. West Fargo (Morton, Levin, Schatz, Schaeffer), 3:34.01.

3200 relay: 1. Fargo North (Evenson, Dowdell, Krom, Luz), 8:10.15. 2. Fargo South (Hussien, Isahak, Mendin, Gruanue), 8:10.46. 3. Fargo Davies (Skaare, Boub, Lundstrom, Lucas), 8:19.15.

High jump: 1. Pifer, FS, 6-02. 2. Friederichs, FS, 6-0. 3. Smith, WFS, 5-10.

Pole vault: 1. Fugiseth, FN, 14-06. 2. Schatz, WFS, J14-06. 3. Tyrtlyer, WF, 13-0.

Long jump: 1. Horcacas-Martin, GFRR, 21-07. 2. Coroda, WF, J21-07. 3. York, FD, 21-05.5.

Triple jump: 1. Horcacas-Martin, GFRR, 45-01. 2. Gustafson, FN, 42-10. 3. Shorma, WFS, 42-02.

Discus: 1. Willis, WF, 145-05. 2. McCord, FS, 132-03. 3. Krause, GFC, 130-10.

Javelin: 1. Ogren, GFRR, 175-04. 2. Hanson, GFRR, 174-08. 3. Ogren, GFRR, 164-06.

Shot put: 1. Willis, WF, 50-06.5. 2. Matadi, WF, 49-06. 3. Baguma, FD, 48-03.

**Readers can reach Pioneer reporter  
Colton Pool at (701) 451-5715.**





Akealy Moton of West Fargo takes a practice run before the javelin event during the track meet on Tuesday, April 11, at West Fargo High School.

Dave Wallis  
The Pioneer

## Packers throwers striving to keep program tradition alive

By Colton Pool

cpool@forumcomm.com

West Fargo's Akealy Moton broke the North Dakota record with a 49 foot, 9 inch, shot put throw at the Eagles Relays on April 21. The senior threw 50 feet, 3 inches at the North Dakota Class A state indoor track and field meet at North Dakota State's campus, which bested the unofficial state record set by Grand Forks

Red River's Patty Purpur at 49-5 set in 1985.

But the two-time defending state champion in the javelin and shot put is just one of a line of throwers coming out of the Packers track and field program.

Moton is currently best in the state with a 149-2 javelin throw and fourth in the state with a 127-3 discus throw, but she gives some credit for her devel-

opment to Keely Walker, who was runner-up in the shot put and discus at the state meet last year and is a University of North Dakota freshman competing in track and field.

"You want to set a representation of what you want the younger kids to be like when they're around next year," Moton said.

**THROWERS:** Page 14

# THROWERS

From Page 16

Packers senior Zach Willis is currently second in the state with a 52-6 shot put. He followed Alex Talley, who was the shot put and discus state champion a year ago and is currently a freshman for the NDSU track and field team.

Willis, a North Dakota State football recruit, could've taken the spring off and focused on football preparation but wanted to compete in some way during the football off-season.

The most frustrating thing Willis has experienced in any sport was hitting walls as he tried to keep throwing farther. In fact, those types of slumps are why most track and field athletes quit, Willis said.

"It's like football. Any given Friday night, Tuesday, Thursday or Saturday, we're going to show up, and I'm going to work my butt off to try and beat everyone there," Willis said. "You want to beat the guy next to you because you want to win. That has to be your biggest motivation."

He credited the past Packers like Talley for getting through those slumps. Willis said he's trying to set the same leadership example for next year's team after he's graduated.

"You want to protect the tradition," Willis said. "It's like NDSU football. You play for the logo and the name, and that's part of why you do it."

Like Willis, Moton, a University of North Dakota basketball recruit, could've focused on preparation for her college sport. However, she said the support of her coaches kept her pushing to get better.

The Packers have an assistant coach for each throwing event, which head coach Darin McKinnon said is huge for one-on-one development because there's so much precise technique involved.

"You always have to

have strength," McKinnon said. "But if you don't have the proper technique, if you don't have the proper motivation, all the strength in the world isn't going to get you very far."

Both Willis and Moton were both strong naturally, McKinnon said, but both developed further strength through the program's weight lifting plan.

Motivation for those two, McKinnon said, has come from role models in

years past. He said Moton and Willis have been the same type of leaders for the younger students so the Packers might continue to be throwing among the best in the state after both have graduated.

"It's really become a culture," McKinnon said. "They've really built this into something and have taken great pride in it."

Readers can reach Pioneer reporter Colton Pool at (701) 451-5715.





#### Track and field

##### Girls Fargo South Rotary Invitational

Team totals: Fargo Davies 171, Grand Forks Red River 142.66, West Fargo 85, West Fargo Sheyenne 83.33, Fargo North 52, Wahpeton 47, Fargo Shanley 42, Grand Forks Central 41, Fargo South 33, Mandan 25, Lisbon 20.

##### Top three finishers

4x800 relay: 1. Shanley (Bernhardt, Krause, Koch, Rivard) 10:14.55. 2. West Fargo 10:20.74. 3. Davies 10:22.30.

300 hurdles: 1. Severson, Red River, 45.42. 2. Irwin, Wahpeton, 47.46. 3. Bachmeier, North, 47.86.

100: 1. Sush, West Fargo, 12.62. 2. Jahner, Davies, 12.8. 3. Gripentrog, Wahpeton, 12.86.

4x200 relay: 1. Red River (Meland, Richards, Leach, Ward) 1:47.34. 2. Sheyenne 1:48.24. 3. Wahpeton 1:49.37.

1600: 1. Dufner, West Fargo, 5:08.45. 2. Anderson, Sheyenne, 5:35.29. 3. Smith, Sheyenne, 5:39.45.

4x100 relay: 1. Red River (Emineth, Meland, Anderson, Ward) 50.31. 2. Davies 50.41. 3. Wahpeton 51.59.

400: 1. Wacha, Davies, 60.00. 2. Barta, Sheyenne, 62.53. 3. Young, Sheyenne, 62.83.

100 hurdles: 1. Severson, Red River, 15.84. 2. Bachmeier, North, 16.43. 3. Wanner, Shanley, 16.55.

800: 1. Ackley, GF Central, 2:16.37. 2. Roehl, GF Central, 2:17.37. 3. Hudson, North, 2:19.36.

200: 1. Ward, Red River, 26.12. 2. Severson, Red River, 26.25. 3. Jahner, Davies, 26.56.

3200: 1. Weiss, GF Central, 11:13.64. 2. Rinas, Mandan, 11:13.87. 3. Henne, Davies, 11:42.61.

4x400 relay: 1. North (Hudson, M. Sem, J. Sem, Bachmeier) 4:04.25. 2. Red river 4:08.10. 3. West Fargo 4:11.94.

High jump: 1. Irwin, Wahpeton, 5-1. 2. Schneider, Davies, 5-1. 3. Abakar, South, 5-1.

Pole vault: 1. Kretchman, Davies, 9-6. 2. Prochaska, Sheyenne, 9-3. 3. Rue, Davies, 8-9.

Long jump: 1. Emineth, Red River, 18-0. 2. Carlson, Davies, 17-8½. 3. Gripentrog, Wahpeton, 17-2.

Triple jump: 1. Brakke, South, 36-4½. 2. Leach, Red River, 34-11½. 3. Steffen, Red River, 34-0.

Discus: 1. Frank, Red River, 142-0. 2. Moton, West Fargo, 119-10. 3. Murph, Red River, 107-3.

Javelin: 1. Moton, West Fargo, 144-10. 2. Hjelseth, Davies, 120-6. 3. Odegard, Lisbon, 120-4.

Shot put: 1. Moton, West Fargo, 45-10½. 2. Froehlich, Lisbon, 37-8½. 3. Frank, Red River, 37-2.

##### Boys Fargo South Rotary Invitational

Team totals: Grand Forks Red River 143, Fargo Davies 108, Fargo North 104, Fargo South 101, West Fargo Sheyenne 84, West Fargo 77, Fargo Shanley 42, Lisbon 33, Grand Forks Central 31, Wahpeton 17.

##### Top three finishers

4x800 relay: 1. North (Clower, Evenson, Scraper, Berg) 8:24.44. 2. Davies 8:30.54. 3. Red River 8:42.24.

300 hurdles: 1. Coleman, Lisbon, 40.48. 2. Pifer, South, 41.19. 3. Enerson, Red River, 41.72.

100: 1. York, Davies, 10.96. 2. Kuznia, Sheyenne, 11.18. 3. McIntosh, West Fargo, 11.48.

4x200 relay: 1. South (Johnson, Howard, Bryer, Farr) 1:31.79. 2. West Fargo 1:32.23. 3. Red River 1:33.05.

1600: 1. Lucas, Davies, 4:22.63. 2. Luz, North, 4:23.59. 3. Mears, West Fargo, 4:32.19.

4x100 relay: 1. South (Johnson, Howard, Bryer, Farr) 43.70. 2. West Fargo 44.51. 3. Red River 44.52.

400: 1. Russell, Shanley, 51.37. 2. Shorma, Sheyenne, 51.39. 3. Gruanue, South, 51.70.

110 hurdles: 1. Enerson, Red River, 15.12. 2. Wysocki, Red River, 15.38. 3. Anderson, North, 15.64.

800: 1. Lucas, Davies, 1:56.58. 2. Dowdell, North, 1:58.36. 3. Mendin, South, 1:58.43.

200: 1. York, Davies, 22.73. 2. Kuznia, Sheyenne, 22.98. 3. Shorma, Sheyenne, 23.16.

3200: 1. Lucas, Davies, 9:26.83. 2. Lundstrom, Davies, 9:59.12. 3. Byrne, Red River, 10:02.03.

4x400 relay: 1. South (Pifer, Bryer, Howard, Johnson) 3:31.05. 2. West Fargo 3:33.73. 3. North 3:33.93.

High jump: 1. Darwin, Wahpeton, 6-4. 2. Friedrichs, Shanley, 5-10. 3. Braaten, North, 5-10.

Pole vault: 1. Fuglseth, North, 14-0. 2. Stremick, North, 12-6. 3. Hegel, Sheyenne, 12-0.

Long jump: 1. Kuznia, Sheyenne, 21-0½. 2. Enerson, Red River, 20-9½. 3. Shorma, Sheyenne, 20-5.

Triple jump: 1. Pope, Red River, 44-4½. 2. Horcacas-Martin, Red River, 43-7½. 3. Nyanforth, Red River, 41-8.

Discus: 1. Willis, West Fargo, 140-8. 2. Baguma, Davies, 135-11. 3. McCord, South, 135-2.

Javelin: 1. Odegard, Lisbon, 174-8. 2. Ogren, Red River, 167-3. 3. Thon, Sheyenne, 154-10.

Shot put: 1. Willis, West Fargo, 51-6. 2. Baguma, Davies, 49-4. 3. McCord, South, 47-9.







## High school girls

### Minnesota

#### Results Saturday, May 6

##### TK Invitational at Concordia

Teams totals: 1. Milnor-Wyndmere-Lidgerwood, 115. 2. Barnes County North, 81. 3. Thompson, 54. Hatton-Northwood, 54. 5. Richland, 52. 6. Northern Cass, 50. 7. Oak Grove, 41. 8. Maple Valley-Enderlin, 40. 9. Central Cass, 39. 10. Larimore, 38. 11. LaMoure-Litchville-Marion, 29. 12. Mayville-Portland-CG, 23. 13. Drayton-Valley-Edinburg, 22. Grafton, 22. 15. West Fargo, 12. 16. Edgeley-Kulm, 10.

100: 1. Grommes, CC, 13.12. 2. Belgarde, HN, 13.47. 3. Hoff, LLM, 13.49.

200: 1. Frolek, MWL, 27.18. 2. Ringdahl, RICH, 27.44. 3. Belgarde, HN, 27.79.

400: 1. Baasch, MVE, 1:01.77. 2. Gutzmer, MWL, 1:02.95. 3. Bogart, OG, 1:03.50.

800: 1. P. Frolek, MWL, 2:23.22. 2. Mehush, MPOG, 2:29.43. 3. D. Frolek, 2:33.00.

1600: 1. Holkesvig, HN, 5:19.49. 2. Seiben, GRAF, 5:48.43. 3. Frolek, MWL, 5:52.41.

3200: 1. Holkesvig, HN, 12:00.78. 2. Mehush, MPOG, 12:05.75. 3. Seiben, GRAF, 12:22.82.

100 hurdles: 1. Shirek, THOM, 17.20. 2. Johnson, NC, 18.05. 3. Munson, THOM, 18.28.

300 hurdles: 1. Baasch, MVE, 47.97. 2. Johnson, NC, 50.16. 3. Munson, THOM, 53.55.

400 relay: 1. Richland (Haverland, Lentz, Flaa, Ringdahl), 53.30. 2. Northern Cass (Tretter, Aasen, Johnson, Maker), 53.60. 3. Barnes County North (Everson, Scott, Rose, Wilson), 53.72.

800 relay: 1. Milnor-Wyndmere-Lidgerwood (Baldwin, Gutzmer, D. Frolek, P. Frolek), 1:52.78. 2. LaMoure-LM (Hoff, Hebl, Ragan, Musland), 2:01.52.

1600 relay: 1. Milnor-Wyndmere-Lidgerwood, 4:27.17. 2. Northern Cass, 4:44.37. 3. Barnes County North, 4:51.10.

3200 relay: 1. Milnor-Wyndmere-Lidgerwood, 10:56.14.

High jump: 1. Schroeder, MVE, 4-11. 2. Flaa, RICH, J4-11. 3. Everson, BCN, 4-09.

Pole vault: 1. Rose, BCN, 8-0. 2. McKay, OG, 7-06. 3. Yahna, LAR, J7-06.

Long jump: 1. Aasen, NC, 16-09.25. 2. Shirek, THOM, 15-11. 3. Ringdahl, RICH, J15-11.

Triple jump: 1. Schroeder, MVE, 34-05. 2. Flaa, RICH, 33-09. 3. Shirek, THOM, 33-05.

Discus: 1. Kuchera, MWL, 102-11. 2. Roesler, CC, 97-06. 3. Willson, BCN, 95-0.

Javelin: 1. Martel, RICH, 95-08. 2. Staskivige, DVE, 90-11. 3. Erickson, HN, 90-09.

Shot put: 1. Smith, LAR, 34-08. 2. Kuchera, MWL, 29-01. 3. Larson, WF, 29-0.

## High school boys

### Minnesota

#### Results Saturday, May 6

##### TK Invitational at Concordia

Teams totals: 1. Northern Cass, 105. 2. Drayton-Valley-Edinburg, 85. 3. Maple Valley-Enderlin, 66. 4. Oak Grove, 61. 5. Thompson, 58. 6. Edgeley-Kulm, 54. 7. Milnor-Wyndmere-Lidgerwood, 53. 8. Larimore, 50. 9. Hatton-Northwood, 35.5. 10. Richland, 27. 11. Grafton, 22. 12. Mayville-Portland-CG, 21. 13. West Fargo, 17. 14. Shanley, 10. 15. Central Cass, 8. 16. Barnes County, 5. 17. LaMoure-Litchville-Marion, 3.5.

100: 1. Wika, NC, 11.69. 2. Paulson, EK, 11.86. 3. Mathias, SHAN, 11.93.

200: 1. Wika, NC, 23.38. 2. Farquhar, CC, 23.39. 3. Holm, NC, 23.89.

400: 1. Hoff, NC, 53.15. 2. Ihland, RICH, 54.80. 3. Groth, MPOG, 55.21.

800: 1. Huber, EK, 1:59.08. 2. Puntun, MVE, 2:00.85. 3. Lentz, RICH, 2:13.56.

1600: 1. Huber, EK, 4:28.11. 2. Hendrickson, THOM, 4:49.45. 3. Kern, GRAF, 4:52.85.

3200: 1. Cooper, THOM, 10:46.52. 2. Nitschke, EK, 11:01.81. 3. Perez, GRAF, 11:21.41.

110 hurdles: 1. Johnston, DVE, 17.19. 2. Myron, HN, 18.31. 3. Niemi, OG, 18.67.

300 hurdles: 1. Myron, HN, 44.30. 2. Johnston, DVE, 44.31. 3. Weeks, DVE, 45.64.

400 relay: 1. Larimore (Holter, Verkuehlen, Schlett, Thomas), 46.62. 2. Drayton-Valley-Edinburg (Johnston, Weeks, Jensen, Rose), 47.59. 3. Hatton-Northwood (J. Gorres, Adamsen, A. Gorres, Jorgensen), 51.77.

800 relay: 1. Larimore (Holter, Verkuehlen, Schlett, Thomas), 1:38.02. 2. Drayton-Valley-Edinburg (Johnston, Weeks, Johnson, Rose), 1:38.70.

1600 relay: 1. Maple Valley-Enderlin (Smith, Beilke, Vavra, Puntun), 3:33.11. 2. Thompson (Cullen Patterson, Roller, Cooper), 3:43.00. 3. Northern Cass (Johnson, Howatt, Holm, Hoff), 3:44.90.

3200 relay: 1. Thompson (Cullen, Patterson, Hendrickson, Cooper), 8:37.36. 2. Oak Grove (Odegaard, Asheim, Pierce, Kjos), 8:56.54. 3. Northern Cass (Johnson, Howatt, Crockett, Hoff), 9:03.99.

High jump: 1. Zaun, MVE, 6-0. 2. Gorres, HN, J6-0. 3. Sell, WF, 5-10.

Pole vault: 1. Sheets, MPOG, 11-0. 2. Wakefield, LAR, 10-0. 3. Rose, DVE, J10-0.

Long jump: 1. Combs, MVE, 19-11. 2. Wika, NC, J19-11. 3. Akiri, OG, 19-10.5.

Triple jump: 1. Sakry, MWL, 41-07. 2. Paulson, EK, 41-02. 3. Lindgren, MVE, 38-07.

Discus: 1. Metzger, NC, 129-02. 2. Widmer, OG, 120-07.5. 3. Wisniewski, MWL, 118-03.

Javelin: 1. Gozda, DVE, 150-03. 2. Lindgren, MVE, 144-07. 3. Slama, DVE, 136-05.

Shot put: 1. Wisniewski, MWL, 45-01.5. 2. Metzger, NC, 43-06. 3. Jensen, NC, 43-0.

## TRACK AND FIELD

## High school girls

### Minnesota

#### Results Monday, May 15

##### TK Last Chance Meet

##### At Concordia

Team totals: Hillsboro-Central Valley 77.75, Lisbon 72.75, Fargo Shanley 72, West Fargo 56, Kindred 54, Maple Valley-Enderlin 52, West Fargo Sheyenne 50, Milnor-Wyndmere-Lidgerwood 47, Central Cass 47, Oakes 45.5, Fargo Oak Grove 33, Fargo Davies 24, Barnes County North 23, Sargent County 17, Northern Cass 16, Finley-Sharon-Hope-Page 15, Richland 9, Hankinson 7, Edgeley-Kulm 7, LaMoure-Litchville-Marion 6, Griggs County Central 4.

Top three finishers

4x800 relay: 1. Hillsboro-CV (Zink, Luthile, Baesler, Wright) 9:40.27. 2. West Fargo 9:50.01. 3. Fargo Shanley 10:15.26.

300 hurdles: 1. Baasch, Maple Valley-Enderlin, 48.86. 2. McCleary, Maple Valley-Enderlin, 48.95. 3. Johnson, Northern Cass, 49.89.

100: 1. Awender, Oakes, 12.80. 2. Perius, WF Sheyenne, 12.86. 3. Weiss, Lisbon, 13.24.

4x200 relay: 1. Oak Grove (McKay, Stover, Bogart, Nichol) 1:49.37. 2. Shanley 1:49.57. 3. Kindred 1:49.71.

1600: 1. Frolek, Milnor-Wyndmere, 5:20.12. 2. Koenig, Finley-Sharon-Hope-Page, 5:20.27. 3. Bernhardt, Shanley, 5:36.36.

4x100 relay: 1. Kindred (Abraham, Braaten, Reece, Erickson) 51.82. 2. Lisbon 52.19. 3. Richland 53.39.

400: 1. Baesler, Hillsboro-CV, 60.67. 2. Bares, Shanley, 60.79. 3. Baasch, Maple Valley-Enderlin, 61.42.

100 hurdles: 1. Garcia, Central Cass, 16.59. 2. Hiatt, Kindred, 17.0. 3. Schroeder, Maple Valley-Enderlin, 17.02.

800: 1. Smith, WF Sheyenne, 2:23.74. 2. Zink, Hillsboro-CV, 2:25.95. 3. Koenig, Finley-Sharon-Hope-Page, 2:26.35.

200: 1. Wright, Hillsboro-CV, 26.15. 2. Awender, Oakes, 26.67. 3. Bares, Shanley, 26.87.

3200: 1. Berg, West Fargo, 12:35.54. 2. Pringle, West Fargo, 12:35.57. 3. Kelly, Lisbon, 14:37.81.

4x400 relay: 1. Hillsboro-CV (Berge, Paulsrud, Baesler, Wright) 4:08.20. 2. Oak Grove 4:17.89. 3. Central Cass 4:19.38.

High jump: 1. Pyle, Central Cass, 5-1. 2. Wanner, Shanley, 5-1. 3. Berge, Hillsboro-CV, 5-1.

Pole vault: 1. Rose, Barnes County North, 8-6. 2. Berg, West Fargo, 8-6. 3. Richl, West Fargo, 8-6.

Long jump: 1. Berge, Hillsboro-CV, 17-7. 2. Rayl, Fargo Davies, 16-10. 3. Fahnbulleh, Fargo Davies, 16-8.75.

Triple jump: 1. Schroeder, Maple Valley-Enderlin, 5-10. 2. Grommes, Central Cass, 34-5.5. 3. Berge, Hillsboro-CV, 34-5.

Discus: 1. Packer, Kindred, 121-7. 2. Froehlich, Lisbon, 116-4. 3. Kuchera, Milnor-Wyndmere, 108-8.

Javelin: 1. Odegard, Lisbon, 135-9. 2. Roney, Oakes, 126-10. 3. Rohrbeck, Kindred, 112-11.

Shot put: 1. Froehlich, Lisbon, 37-5.5. 2. Packer, Kindred, 36-6. 3. Mauch, Hankinson, 36-1.

## High school boys

### Minnesota

#### Results Monday, May 15

##### TK Last Chance Meet

##### At Concordia

Team totals: Milnor-Wyndmere 98, Northern Cass 77, Hillsboro-Central Valley 71, Lisbon 68, Kindred 56.5, Fargo Shanley 47, Maple Valley-Enderlin 45.5, West Fargo 45, Fargo

Oak Grove 40, Edgeley-Kulm 36, Central Cass 31, Griggs County Central 27, West Fargo Sheyenne 25, Ellendale 21, Richland 20, Hankinson 20, Sargent County 10, Oakes 2, Finley-Sharon-Hope-Page 1.

Top three finishers

4x800 relay: 1. Kindred (Davis, Zink, Schaffer, Lugen) 8:37.05. 2. Oak Grove 8:37.05. 3. Ellendale 8:45.64.

100: 1. Friederichs, Shanley, 11.36. 2. Lunneborg, Milnor-Wyndmere, 11.51. 3. Mahnke, WF Sheyenne, 11.58.

4x200 relay: 1. Shanley (Friederichs, Bucholz, Mathias, Russell) 1:34.08. 2. Milnor-Wyndmere 1:35.37. 3. Maple Valley-Enderlin 1:35.72.

1,600: 1. Huber, Edgeley-Kulm 4:29.74. 2. Mears, West Fargo, 4:42.84. 3. Bruer, West Fargo, 4:46.68.

4x100 relay: 1. Hillsboro-Central Valley (Skager, Longthorne, Hennings, Toenies) 44.45. 2. Central Cass 45.54. 3. Lisbon 45.79.

400: 1. Hoff, Northern Cass, 52.62. 2. Choi, Oak Grove, 53.16. 3. Luthile, Hillsboro-CV, 53.68.

110 hurdles: 1. Coleman, Lisbon, 15.60. 2. Dryburgh, Hillsboro-CV, 16.32. 3. Braaten, Milnor-Wyndmere, 16.33.

800: 1. Puntun, Maple Valley-Enderlin, 1:57.17. 2. Russell, Shanley, 1:57.33. 3. Baesler, Hillsboro-CV, 2:05.28.

200: 1. Lunneborg, Milnor-Wyndmere, 22.90. 2. Wika, Northern Cass, 23.33. 3. Shoemaker, Central Cass, 23.63.

3200: 1. Huber, Edgeley-Kulm, 9:55.66. 2. Lentz, Richland, 10:37.45. 3. Conmy, Oak Grove, 10:37.68.

4x400 relay: 1. Shanley 3:32.28. 2. Maple Valley-Enderlin 3:32.98. 3. Lisbon 3:33.38.

High jump: 1. Braaten, Milnor-Wyndmere, 6-2. 2. Longhorne, Hillsboro-CV, 6-0. 3. Hennings, Hillsboro-CV, 5-10.

Pole vault: 1. Hegel, WF Sheyenne, 13-3. 2. Lesmann, Lisbon, 12-0. 3. Shaw, Kindred, 11-0.

Long jump: 1. Bohmert, Northern Cass, 21-2.5. 2. Benson, Kindred, 20-6. 3. Wika, Northern Cass, 20-6.

Triple jump: 1. Foertsch, Milnor-Wyndmere, 44-5. 2. Bohmert, Northern Cass, 42-11. 3. Paulson, Edgley-Kulm, 42-6.5.

Discus: 1. Willis, West Fargo, 145-5. 2. Odegard, Griggs County, 143-4. 3. Moffet, Milnor-Wyndmere, 136-2.

Javelin: 1. Odegard, Lisbon, 181-8. 2. Boll, Hankinson, 158-01. 3. Mark, Kindred, 157-0.

Shot put: 1. Odegard, Griggs County, 51-01.5. 2. Wisniewski, Milnor-Wyndmere, 48-04. 3. Connelly, Hillsboro-CV, 45-4.5.

**E.D.C.**  
**TRACK & FIELD**  
**MEET**

**MAY 19**  
**WEST FARGO**

## TRACK AND FIELD

### High school girls

#### North Dakota

Results Friday, May 19

Class A

Eastern Dakota Conference Meet  
At West Fargo

Team scores: 1. Fargo Davies 263. 2. Grand Forks Red River 122.5. 3. West Fargo 87.5. 4. Grand Forks Central 63. 5. Fargo North 49. 6. Wahpeton 41.5. 7. West Fargo Sheyenne 41. 8. Fargo Shanley 37. 9. Fargo South 21.5. 10. Devils Lake 8.5. 11. Valley City 5.5.

Top five finishers:

300 hurdles: 1. Korgho, FD, 44.28. 2. Severson, GFRR, 44.66. 3. Irwin, Wahpeton, 45.55. 4. Bell, FD, 46.01. 5. Bachmeier, FN, 46.55.

4x800 relay: 1. West Fargo (Hahsen, Schreiner, Dufner, Schatz) 9:46.16. 2. Fargo North 9:50.84. 3. West Fargo Sheyenne 9:57.53. 4. Fargo Davies 10:05.60. 5. Grand Forks Central 10:09.45.

1600: 1. Ackley, GFC, 4:53.34. 2. Roehl, GFC, 4:59.91. 3. Lundstrom, FD, 5:12.76. 4. Weiss, GFC, 5:14.24. 5. Henne, FD, 5:26.50.

4x200 relay: 1. Fargo Davies (Roseline Gaye, Carlson, Jahner, Korgho) 1:43.01. 2. Grand Forks Red River 1:45.95. 3. Wahpeton 1:47.56. 4. West Fargo 1:47.96. 5. West Fargo Sheyenne 1:48.24.

100: 1. Rose Gaye, FD, 12.35. 2. Roseline Gaye, FD, 12.44. 3. Suah, WF, 12.65. 4. Gripentrog, Wahpeton, 12.84. 5. Carlson, FD, 12.88.

High jump: 1. Bachmeier, FN, 5-1. 2. Wanner, Shanley, 5-1. 3. Rue, FD, 4-11; Irwin, Wahpeton, 4-11; Schneider, FD, 4-11; Mertens, Devils Lake, 4-11.

4x100 relay: 1. Fargo Davies (Bell, Carlson, Jahner, Roseline Gaye) 49.51. 2. Wahpeton 50.42. 3. Grand Forks Red River 50.45. 4. West Fargo 50.90. 5. Fargo South 51.87.

Long jump: 1. Carlson, FD, 18-0.25. 2. Bergantine, FD, 18-0. 3. Pfaff, WF, 17-10. 4. Emineth, GFRR, 17-8. 5. Donat, FD, 17-6.

100 hurdles: 1. Bell, FD, 15.16. 2. Korgho, FD, 15.80. 3. Severson, GFRR, 16.06. 4. Harland, FD, 16.67. 5. Abakar, South, 16.82. 400: 1. Rose Gaye, FD, 57.34. 2. Irwin, Wahpeton, 59.97. 3. Machs, FD, 60.01. 4. Giessner, Sheyenne, 60.98. 5. Leach, GFRR, 61.30.

Discus: 1. Frank, GFRR, 145-10. 2. Moton, WF, 127-7. 3. Murph, GFRR, 117-0. 4. Schaeffer, WF, 114-7. 5. Kost, Shanley, 112-4.

200: 1. Gaye, FD, 24.91. 2. Ward, GFRR, 25.8. 3. Severson, GFRR, 25.92. 4. Jahner, FD, 26.13. 5. Suah, WF, 26.34.

Shot put: 1. Moton, WF, 46-10. 2. Murph, GFRR, 38. 3. Frank, GFRR, 37-01. 4. Wilson, GFRR, 35-00.5. 5. Schwelgert, FN, 34-06.5.

800: 1. Roehl, GFC, 2:20.47. 2. Hudson, FN, 2:21.83. 3. Torrey, GFC, 2:24.46. 4. Lovehaug, FD, 2:26.53. 5. Lundstrom, FD, 2:26.71.

4x400 relay: 1. Davies, 3:59.41. 2. Red River, 4:05.38. 3. Fargo North, 4:09.17. 4. Sheyenne, 4:10.04. 5. Grand Forks Central, 4:13.77.

Triple jump: 1. Bergantine, FD, 36-3. 2. Brakke, FS, 34-8. 3. Schneider, FD, 33-9. 4. Rue, FD, 33-8. 5. Donat, FD, 33-3.25.

Pole vault: 1. Kretchman, FD, 9-9. 2. Rue, FD, 9-3. 3. Austin, WFS, 9-3. 4. Likness, FD, 8-9. 5. Johnson, VC, 8-3.

Javelin: 1. Moton, WF, 142-1. 2. Steffen, GFRR, 124-10. 3. Hjelseth, FD, 120-9. 4. Stroh, WFS, 113. 5. Lancaster, GFRR, 105.

### High school boys

#### North Dakota

Results Friday, May 19

Class A

Eastern Dakota Conference Meet  
At West Fargo

Team scores: 1. Grand Forks Red River, 122.5. 2. Fargo South, 129. 3. Fargo Davies 124.4. 4. West Fargo, 106.5. 5. Fargo North, 95.5. 6. West Fargo Sheyenne, 83.5. 7. Fargo Shanley, 25.-8. Wahpeton, 16. 9. Grand Forks Central, 14. 10. Valley City, 3. 11. Devils Lake, 1.

Top five finishers:

300 hurdles: 1. Hololien, Sheyenne, 39.77. 2. Pifer, South, 39.96. 3. Enerson, GFRR, 40.46. 4. Anderson, North, 41.39. 5. Binstock, WF, 41.45.

4x800 relay: 1. South (Isuhak, Gruanue, Mandin, Abaker), 8:04.15. 2. West Fargo 8:11.93. 3. Fargo North 8:18.25. 4. Fargo Davies 8:23.82. 5. Wahpeton 8:31.12.

4x200 relay: 1. West Fargo Sheyenne (Shorma, Schatz, Hololien, Kuznia) 1:29.88. 2. Fargo South 1:30.03. 3. Grand Forks Red River 1:31.75. 4. West Fargo 1:32.10. 5. Fargo Shanley 1:32.79.

100: 1. York, FD, 11.20. 2. Kuznia, Sheyenne, 11.28. 3. Breyer, South, 11.41. 4. Johnson, South, 11.43. 5. Genova, WF, 11.46.

Shot put: 1. Willis, WF, 51-3. 2. Baguma, FD, 50-7.5. 3. Lundmark, GFC, 49-1.5. 4. Matadi, WF, 47-10.5. 5. Bennefield, GFRR, 47-10.

4x100 relay: 1. Fargo South (Johnson, Howard, Breyer, Farr) 43.07. 2. West Fargo Sheyenne 43.51. 3. West Fargo 43.68. 4. Fargo Davies 44.56. 5. Grand Forks Red River 44.72.

1600: 1. Lucas, FD, 4:17.49. 2. Luz, FN, 4:23.85. 3. Dowdell, FN, 4:34.79. 4. Husien, FS, 4:35.78. 5. Dunham, GFRR, 4:36.29.

400: 1. Shorma, Sheyenne, 50.15. 2. Mendin, South, 50.75. 3. Gruanue, South, 51.51. 4. Krom, FN, 51.59. 5. Carlson, FD, 52.25.

Javelin: 1. Hanson, GFRR, 173-4. 2. T. Ogren, GFRR, 168-7. 3. L. Ogren, GFRR, 164-5. 4. Thom, Sheyenne, 154-8. 5. Moton, WF, 154-7.

110 hurdles: 1. Enerson, GFRR, 15.02. 2. Wysocki, GFRR, 15.23. 3. Anderson, FN, 15.68. 4. Hololien, Sheyenne, 15.72. 5. Pifer, South, 15.90.

200: 1. York, FD, 22.68. 2. Breyer, South, 22.91. 3. Levin, WF, 22.97. 4. San, North, 23.38. 5. Burian, GFRR, 23.41.

High jump: 1. Darwin, WAHP, 6-02. 2. Pifer, South, 6-0. 3. Enerson, GFRR, 6-0. Sell, WF, 6-0. 5. Friederichs, Shanley, 5-10.

Triple jump: 1. Pope, GFRR, 45-03. 2. Martin, GFRR, 43-15.75. 3. Howard, South, 42-07.25. 4. Nyanforth, GFRR, 41-06. 5. Cherilus, GFC, 41-06.

800: 1. Lucas, Davies, 1:57.29. 2. Russell, Shanley, 1:58.04. 3. Dowdell, North, 2:00.07. 4. Mendin, South, 2:01.93. 5. Abaker, South, 2:03.48.

Javelin: 1. Hanson, GFRR, 173-04. 2. T. Ogren, GFRR, 168-07. 3. L. Ogren, GFRR, 164-05. 4. Thom, Sheyenne, 154-08. 5. Moton, WF, 154-07.

3,200: 1. Lucas, FD, 9:39.62. 2. Mears, WF, 9:52.33. 4. Luz, FN, 10:02.57. 5. Byrne, GFRR, 10:02.63.

4x400 relay: 1. Sheyenne (Kuznia, Schatz, Shorma, Hololien), 3:26.55. 2. South, 3:27.53. 3. North, 3:30.01. 4. West Fargo, 3:31.07. 5. Red River, 3:31.09.

Long jump: 1. York, Davies, 22-1. 2. Enerson, GFRR, 21-9.75. 3. Levin, WF, 21-7.75. 4. Berge, Davies, 21-5. 5. Pope, GFRR, 21-4.5.

Pole vault: 1. Schatz, WF, 14-6. 2. Fuglseth, FN, 14-0. 3. Hegel, WF, 13-3. 4. Stremick, FN, 13-0. 5. Tyrttar, WF, 12-9.

Discus: 1. Willis, WF, 154-3. 2. McCord, FS, 150-8. 3. Baguma, FD, 147-11. 4. Anderson, FD, 143-3. 5. McDonald, FN, 141-08.

### Packers relay, Moton win

Helping West Fargo get third, Akealy Moton won the javelin throw in 142-01 and the shot put in 46-10. Moton and Grand Forks Central's Karly Ackley were named East Region senior athletes of the year. The West Fargo Packers 3,200 relay team won in 9:46.16. Jennifer Dufner, a senior on the relay team who is going to North Dakota State next year, said it was bitter-sweet running her last meet at West Fargo, but winning was a nice finishing touch.

"It's pretty sad. It's nice to end on a good note, but I'm looking forward to the future too," Dufner said. "It was a good end."

West Fargo's Zach Willis gave the Packers points with a first-place 51-03 shot put and a win in the discus throw at 154-03.

## Meet Results

EDC 19-May-17

Location: West Fargo

West Fargo [WF]

Mark	Convert	Rnd	Name	Age/Yr	Place	Points	Improv
Event # 1 Girls 4x800m Relay Relay Open							
9:46.16	A Relay				1	10	---
Emily Hansen (09)			Nikki Schreiner (12)	Jennifer Dufner (12)	Mariah Schatz (10)		
Event # 2 Boys 4x800m Relay Relay Open							
8:11.93	A Relay				2	8	---
Noah Schaeffer (11)			Drew Mears (12)	Jake Svenby (11)	Braxton Bruer (10)		
Event # 3 Girls 300m Hurdles Open							
50.59	F		Abby Donarski	10	15	---	-1.03
51.56	F		Brynn Giesen	08	18	---	.28
53.69	F		Madysen Nelson	11	22	---	-1.05
Event # 4 Boys 300m Hurdles Open							
41.45	F		Cody Binstock	12	5	4	-.99
43.62	F		Dawsen Tyryfter	11	11	---	.17
44.06	F		Josh Herba	12	13	---	-.54
Event # 5 Girls 100m Dash Open							
12.65 NWI	F		Darlene Suah	10	3	6	.29
13.65 NWI	F		Tiana Pfaff	11	14	---	.27
13.70 NWI	F		Jesse Price	11	16	---	.16
13.88 NWI	F		Taryn Troftgruben	09	25	---	.01
14.08 NWI	F		Samantha Toso	09	29	---	.26
Event # 6 Boys 100m Dash Open							
11.46 NWI	F		Alessandro Genova	12	5	4	-.16
11.52 NWI	F		Joel McIntosh	09	6	3	.26
11.60 NWI	F		Jacob Levin	11	9	---	.29
11.81 NWI	F		Alex Sell	11	15	---	.21
11.82 NWI	F		Ben Fritz-Saville	12	16	---	.31
Event # 7 Girls 4x200m Relay Relay Open							
1:47.96	A Relay				4	5	---
Tiana Pfaff (11)			Taryn Troftgruben (09)	Megan Judge (09)	Darlene Suah (10)		
Event # 8 Boys 4x200m Relay Relay Open							
1:32.10	A Relay				4	5	---
Joel McIntosh (09)			Ben Fritz-Saville (12)	Alex Sell (11)	John Morton (12)		
Event # 9 Girls 1600m Run Open							
2:12.71	F		Hannah Nelson	12	25	---	-4:11.98
5:38.41	F		Kaelyn Berg	07	9	---	-9.98
6:08.20	F		Olivia Macziewski	10	23	---	-9.11
6:26.34	F		Annika Mastre	12	29	---	-16.19
Event # 10 Boys 1600m Run Open							
4:47.80	F		Aiden Biwer	09	12	---	-.83

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**Meet Results**
**EDC 19-May-17****West Fargo [WF]**

Mark	Convert	Rnd	Name	Age/Yr	Place	Points	Improv
<b>Event # 10 Boys 1600m Run Open</b>							
5:01.52		F	Jordan Milbrath	10	18	---	-7.36
5:10.15		F	Ayden Schmidt	09	30	---	-3.10
<b>Event # 11 Girls 4x100m Relay Relay Open</b>							
50.90	A Relay				4	5	---
Jesse Price (11)			Samantha Toso (09)	Tiana Pfaff (11)	Darlene Suah (10)		
<b>Event # 12 Boys 4x100m Relay Relay Open</b>							
43.68	A Relay				3	6	---
Joel McIntosh (09)			Jacob Levin (11)	Ben Fritz-Saville (12)	John Morton (12)		
<b>Event # 13 Girls 400m Dash Open</b>							
1:02.25		F	Mariah Schatz	10	11	---	-.94
1:04.95		F	Jasmine Williams	07	18	---	---
1:05.04		F	Megan Judge	09	19	---	.24
<b>Event # 14 Boys 400m Dash Open</b>							
52.39		F	Antwhan Clemens	09	6	3	-.49
52.53		F	Weston Schatz	12	9	---	-.01
53.93		F	Zach Milbrandt	10	14	---	-4.53
54.98		F	Josh Dockter	12	20	---	-.32
<b>Event # 15 Girls 100m Hurdles Open</b>							
19.29 NWI		F	Leah Lowenberg	11	22	---	.01
19.44 NWI		F	Brynn Giesen	08	24	---	.45
<b>Event # 17 Girls 800m Run Open</b>							
2:42.74		F	Brooklyn Wiest	09	23	---	2.75
2:43.50		F	Kendra Gabbert	11	24	---	-4.14
2:50.21		F	Abby Klamann	09	34	---	-2.00
<b>Event # 18 Boys 800m Run Open</b>							
2:09.33		F	Nick Peterson	12	13	---	.24
2:09.67		F	Jake Svenby	11	14	---	-4.88
2:11.21		F	Luke Johnson	10	16	---	.56
2:11.75		F	Dylan Humble	12	18	---	-5.93
2:21.01		F	Ayden Schmidt	09	36	---	6.57
<b>Event # 19 Girls 200m Dash Open</b>							
26.34 NWI		F	Darlene Suah	10	5	4	.41
28.78 NWI		F	Jasmine Williams	07	22	---	-.12
28.90 NWI		F	Kaylee Stokka	12	23	---	-.42
29.06 NWI		F	Megan Judge	09	25	---	.87
29.66 NWI		F	Amber Diede	10	34	---	.15
<b>Event # 20 Boys 200m Dash Open</b>							
22.97 NWI		F	Jacob Levin	11	3	6	.55
23.45 NWI		F	Joel McIntosh	09	6	3	.46

## Meet Results

EDC 19-May-17

West Fargo [WF]

Mark	Convert	Rnd	Name	Age/Yr	Place	Points	Improv
<b>Event # 20 Boys 200m Dash Open</b>							
23.50	NWI	F	Alessandro Genova	12	7	2	-.40
26.10	NWI	F	Eric Brown	12	33	---	.47
<b>Event # 21 Girls 3200m Run Open</b>							
11:11.54		F	Jennifer Dufner	12	2	8	-1.69
11:56.40		F	Abby Smith	07	6	3	-4.27
12:07.31		F	Nikki Schreiner	12	8	1	3.67
12:24.47		F	Hope Pringle	09	10	---	10.85
12:33.05		F	Clare Boldingh	08	12	---	3.99
<b>Event # 22 Boys 3200m Run Open</b>							
9:52.33		F	Drew Mears	12	2	8	-7.62
10:29.75		F	Aiden Biwer	09	15	---	-4.18
10:30.25		F	Braxton Bruer	10	16	---	-11.40
<b>Event # 23 Girls 4x400m Relay Relay Open</b>							
4:20.67	A Relay				7	2	---
Emily Hansen (09)			Mariah Schatz (10)	Abby Donarski (10)		Madysen Nelson (11)	
<b>Event # 24 Boys 4x400m Relay Relay Open</b>							
3:31.07	A Relay				4	5	---
John Morton (12)			Weston Schatz (12)	Antwhan Clemens (09)		Noah Schaeffer (11)	
<b>Event # 25 Girls High Jump Open</b>							
* 4-11.00	1.49m	F	Madison Connors	10	7	2	-0-02.00
* 4-11.00	1.49m	F	Kaylee Stokka	12	8	1	-0-02.00
* NH		F	Brittney Finseth	09	---	---	---
* NH		F	Samantha Toso	09	---	---	---
<b>Event # 26 Boys High Jump Open</b>							
6-00.00	1.82m	F	Alex Sell	11	3	6	0-02.00
NH		F	John Morton	12	---	---	---
<b>Event # 27 Girls Pole Vault Open</b>							
* 7-03.00	2.21m	F	Madison Berg	09	12	---	-1-03.00
* 7-03.00	2.21m	F	Bailey Riehl	11	12	---	-1-03.00
NH		F	Leah Lowenberg	11	---	---	---
<b>Event # 28 Boys Pole Vault Open</b>							
12-09.00	3.88m	F	Dawsen Tyryfter	11	5	4	-0-03.00
11-00.00	3.35m	F	David Guo	11	13	---	-1-06.00
10-00.00	3.04m	F	Nick Gaebe	09	16	---	-1-00.00
<b>Event # 29 Girls Long Jump Open</b>							
17-10.00	NWI	5.43m	F Tiana Pfaff	11	3	6	0-06.50
16-11.50	NWI	5.16m	F Akealy Moton	12	7	2	0-07.00
16-07.50	NWI	5.06m	F Jesse Price	11	10	---	-0-03.50
16-01.00	NWI	4.90m	F Abby Donarski	10	13	---	0-01.00

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**Meet Results**
**EDC 19-May-17****West Fargo [WF]**

Mark	Convert	Rnd	Name	Age/Yr	Place	Points	Improv
<b>Event # 29 Girls Long Jump Open</b>							
15-02.50	NWI	4.63m F	Breanna Gores	10	19	---	-0-04.50
<b>Event # 30 Boys Long Jump Open</b>							
21-07.75	NWI	6.59m F	Jacob Levin	11	3	6	-0-05.25
20-11.00	NWI	6.37m F	Dirus Suah	11	6	3	0-07.00
15-11.00	NWI	4.85m F	David Daniels	09	35	---	-2-10.00
<b>Event # 31 Girls Triple Jump Open</b>							
FOUL		F	Breanna Gores	10	---	---	---
<b>Event # 32 Boys Triple Jump Open</b>							
40-04.50	NWI	12.30m F	Nsengiyumva Corode	10	10	---	-0-09.50
35-07.50	NWI	10.85m F	Josh Dockter	12	25	---	-1-01.00
34-03.75	NWI	10.45m F	David Daniels	09	27	---	-1-06.25
<b>Event # 33 Girls Shot Put Open</b>							
46-10.00		14.27m F	Akealy Moton	12	1	10	-3-05.00
29-04.00		8.94m F	Taylor Larson	09	19	---	-0-10.00
28-09.00		8.76m F	Abby Tykwinski	09	23	---	-0-11.00
28-06.00		8.68m F	Colleen Urlaub	10	25	---	-2-01.00
26-11.00		8.20m F	Kayla Klemmer	09	28	---	0-09.00
<b>Event # 34 Boys Shot Put Open</b>							
51-03.00		15.62m F	Zach Willis	12	1	10	-2-01.50
47-10.50		14.59m F	Kpah Matadi	11	4	5	-1-07.50
41-04.50		12.61m F	Jeremiah Rodriguez	10	15	---	1-01.50
41-00.00		12.49m F	Luke Lennon	10	17	---	-0-03.00
35-09.00		10.89m F	David Werner	09	33	---	-3-09.00
<b>Event # 35 Girls Discus Open</b>							
127-07.00		38.88m F	Akealy Moton	12	2	8	0-04.00
114-07.00		34.92m F	Kayley Schaeffer	09	4	5	7-07.00
* 91-08.00		27.94m F	Colleen Urlaub	10	15	---	3-01.00
* 91-08.00		27.94m F	Courtney Walsh	11	9	---	-9-01.00
72-08.00		22.14m F	Abby Tykwinski	09	25	---	-7-03.00
<b>Event # 36 Boys Discus Open</b>							
154-03.00		47.01m F	Zach Willis	12	1	10	7-10.00
136-03.00		41.52m F	Luke Lennon	10	7	2	8-00.50
133-01.00		40.56m F	Alex Walker	11	9	---	3-04.00
114-09.00		34.97m F	Jaeden Moton	10	22	---	-5-01.00
107-08.00		32.81m F	Jeremiah Rodriguez	10	28	---	-1-00.00
<b>Event # 37 Girls Javelin Open</b>							
142-01.00		43.30m F	Akealy Moton	12	1	10	-7-01.00
86-10.00		26.46m F	Mariah Schatz	10	15	---	-3-05.00
81-09.00		24.91m F	Kayley Schaeffer	09	19	---	-8-06.00
73-00.00		22.25m F	Sabrina Forde-Kerbaugh	10	24	---	-15-07.00
FOUL		F	Breanna Gores	10	---	---	---



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**Meet Results****EDC 19-May-17****West Fargo [WF]**

<b>Mark</b>	<b>Convert</b>	<b>Rnd</b>	<b>Name</b>	<b>Age/Yr</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Event # 38 Boys Javelin Open</b>							
154-07.00	47.11m F		Jaeden Moton	10	5	4	-8-01.00
133-03.00	40.61m F		Luke Lennon	10	12	---	-12-05.00
131-07.00	40.10m F		Kenny Ray-Jones	09	13	---	-4-04.00
131-04.00	40.03m F		Aj Beamon	11	14	---	-4-08.00
125-10.00	38.35m F		Jackson Gravel	12	19	---	-4-00.00

**STATE  
TRACK & FIELD  
MEET**

**MAY 26 & 27  
BISMARCK**



# NEW STATE RECORD SHOT PUT

48' 6

AKEALY MOTON







West Fargo's Akealy Moton won her third consecutive state javelin title with a throw of 145 feet, 5 inches on Saturday.

#### North Dakota Class A state track and field meet results CLASS A GIRLS

##### Friday, May 26 final events

Team scores: Bismarck 39.5, Grand Forks Central 24, Fargo Davies 23.25, Bismarck Century 22, Bismarck Legacy 20, Minot 20, Grand Forks Red River 19, West Fargo 11.25, Jamestown 8, Fargo North 3, Wahpeton 2.5, Dickinson 1, Mandan 1, Devils Lake .25, Fargo Shanley .25.

1600: 1. Karly Ackley, GFC, 4:57.63. 2. Kelby Anderson, BC, 5:01.93. 3. Alexis Roehl, GFC, 5:03.66. 4. Mattie Shirley-Fairbairn, B, 5:08.14. 5. Lindsay Werner, BL, 5:06.46. 6. Jennifer Dufner, WF, 5:07.77. 7. Megan Lundstrom, FD, 5:09.82. 8. Kelby Rinas, Mandan, 5:10.01.

4x800 relay: 1. Bismarck Legacy (Peyton Jensen, Kaydee Wescom, Jadyn Guidinger, Lindsey Werner) 9:22.68. 2. Grand Forks Central 9:25.71. 3. Fargo Davies 9:41.28. 4. Bismarck Century 9:41.75. 5. Bismarck 9:44.86. 6. Fargo North 9:47.92. 7. West Fargo 9:50.50. 8. Minot 10:02.21.

Discus: 1. Shelby Frank, GFRR, 155-9. 2. Katie German, B, 133-8. 3. Akealy Moton, WF, 133-7. 4. Elizabeth Luch, Minot, 125-8. 5. Regan Dennis, BC, 125-3. 6. Samantha Moe, Minot, 125-3. 7. Mia Murph, GFRR, 115-7. 8. Alexandria Grosz, BC, 113-1.

High jump: 1. Blythe Ehrmantraut, B, 5-4. 2. Abby Kallenbach, Jamestown, 5-4. 3. Allie Nelson, Minot, 5-3. 4. Ashley Conneran, GFRR, 5-1. 5. Elise Rue, FD, 5-1. 6. Olivia Dickerson, B, Tylee Irvin, Wahpeton, 5-1. 8. Kai Schneider, FD, Beth Alexander, DL, Madison Connors, WF, Alexis Wanner, Shanley, 4-11.

Triple jump: 1. Blythe Ehrmantraut, Bismarck, 38-8. 2. Kylee Bergantine, Davies, 37-9.25. 3. Ashley Hulm, Legacy, 36-7. 4. Elise Klein, Minot, 35-11.5. 5. Kenzie Gullickson, Century, 35-7. 6. Merritt Bell, Davies, 35-7. 7. Claire Leach, GFRR, 35-3.5. 8. Macey Sabrosky, Dickinson, 34-8.5.

#### CLASS A BOYS

##### Friday, May 26 final events

Team scores: Bismarck Century 33, Bismarck Legacy 24, Grand Forks Red River 22, Bismarck 20, Minot 20, Williston 16, Fargo Davies 16, Fargo South 13, Fargo North 13, West Fargo 10, Wahpeton 7, Mandan 1.

1600: 1. Hunter Lucas, FD, 4:13.81. 2. Laif Everson, Will., 4:14.16. 3. Evan Saylor, BC, 4:22.77. 4. Alex Luz, FN, 4:29.70. 5. Gabe Hegstad, Minot, 4:30.03. 6. Micade Shumway, Will., 4:32.48. 7. Drew Mears, WF, 4:33.35. 8. Landon Kleingartner, Mandan, 4:33.51.

4x800 relay: 1. Bismarck Century (Grant Bushaw, Mitch Honeyman, Joseph Wolfe, Evan Saylor) 7:59.92. 2. Fargo North 8:02.33. 3. Bismarck Legacy 8:03.09. 4. Williston 8:05.84. 5. Fargo Davies 8:09.36. 6. Minot 8:09.36. 7. Bismarck 8:10.26. 8. Fargo South 8:12.83.

Triple jump: 1. Devon Pope, GFRR, 45-9. 2. Carlos Martin, GFRR, 45-7. 3. Dane Allen, Bismarck, 44-8.25. 4. Brandon Lewis, Legacy, 44-4.75. 5. George Nyanforh, GFRR, 44-0.25. 6. Derek Leingang, Bismarck, 43-0.5. 7. Austin Wolf, Legacy, 43-0. 8. Lucas Mayer, Century, 42-11.75.

Discus: 1. Levi Rockey, Century, 174-1. 2. Jared Rath, Bismarck, 158-7. 3. Logan Krueger, Minot, 154-2. 4. Mason McCord, South, 152-10. 5. Layne Rouse, Minot, 152-3. 6. Zach Willis, West Fargo, 151-11. 7. Alex Luistro, Davies, 150-7. 8. Tanner Holzer, Legacy, 146-2.

High jump: 1. Austin Wolf, Bismarck Legacy, 6-7. 2. Josh Darwin, Wahpeton, 6-4. 3. Jack Pifer, Fargo South, 6-4. 4. Alex Sell, West Fargo 6-2. 5. Jack Ziegler, Minot, Lucas Mayer, Century, Kad Amundson, Century, 6-2. 8. Dane Allen, Bismarck, 6-2.

## Moton caps decorated career with two titles

After her last javelin throw of her high school career, Akealy Moton had a tough time holding back tears. The West Fargo senior was finishing a historic track and field career, but her last javelin throw fell well short of the state meet record she wanted to break.

The competitor in her wouldn't leave without a state meet record.

Moton won the state javelin title with a 145 feet, 5 inch throw and then won the state shot put title with a 48-6 throw — a new state meet record — for her third consecutive state championships in those events.

"It's definitely a good feeling," Moton said. "I think it was definitely a good meet, and I was happy about it. My adrenaline is still there."

Moton broke the shot put record, set by Briona Reynolds of Red River at 48-02.75 in 2001, on her third throw of the prelims.

Moton had already thrown her 145-5 javelin mark in the preliminaries, so she tried to attack the state record with what would be the state title winner already in hand. The University of North Dakota basketball commit was pushing her limits trying to break the state record of 148-3 set by Katie Wilson of Red River in 2002 — a mark Moton had memorized. Moton's seed distance of 149-2 would've set the overall state record, but in going for that mark, she hit herself on her last throw and came up short.

She still beat runner-up Regan Dennis of Century by 17-9.

"For my last one, it didn't feel like the best," Moton said of her last javelin throw. "It wasn't something I was proud about, but it happens. It's sad not to end on a good one, but overall I felt like it was a good meet, so I'm proud about it."

### CLASS A GIRLS

#### Team totals

Fargo Davies 158.75, Bismarck 134.5, Bismarck Century 74, Grand Forks Red River 71, Grand Forks Central 56, Bismarck Legacy 49, West Fargo 42.25, Minot 41, Dickinson 24, Wahpeton 23.50, Bismarck St. Mary's 19, West Fargo Sheyenne 11.5, Fargo North 9, Jamestown 8, Mandan 7, Fargo Shanley 6.25, Williston 5, Devils Lake 1.25.

#### Individual results

300 hurdles: 1. Sally Korgo, Davies, 44.43. 2. Mackenzie Severson, GFRR, 44.92. 3. Kaia Bell, Davies, 45.75. 4. Britta Curl, St. Mary's, 46.16. 5. Makenna Bares, Shanley, 45.42. 6. Tylee Irwin, Wahpeton, 46.47. 7. Alexia Bachmeier, Fargo North, 46.72. 8. Beth Alexander, Devils Lake, 48.83.

4x200 relay: 1. Fargo Davies (Roseline Gaye, Katelyn Carlson, Emily Jahner, Sally Korgo) 1:41.91. 2. Bismarck 1:42.15. 3. Dickinson 1:44.52. 4. Grand Forks Red River 1:44.77. 5. Minot 1:45.68. 6. Bismarck Legacy 1:45.70. 7. Wahpeton 1:46.53. 8. West Fargo Sheyenne 1:48.59.

3200: 1. Karly Ackley, GFC, 10:46.22. 2. Kelby Anderson, Century, 10:54.52. 3. Mattie Shirley-Fairbairn, Bismarck, 11:00.45. 4. Jennifer Dufer, West Fargo, 11:05.56. 5. Alexis Roehl, GFC, 11:07.09. 6. Kelby Rinal, Mandan, 11:08.81. 7. Rachel Torrey, GFC, 11:11.79. 8. Emily Goldade, Century, 11:15.60.

100: 1. Cara Haussler, Bismarck, 12.50. 2. Megan Erickson, Dickinson, 12.79. 3. Rose Gaye, Davies, 12.80. 4. Roseline Gaye, Davies, 12.85. 5. Ali McCoy, Minot, 13.11. 6. Kate Dillman, Bismarck, 12.89. 7. Hannah Dschaak, Century, 12.96. 8. Rheaghn Gripenrog, Wahpeton, 13.20.

400: 1. Cara Haussler, Bismarck, 58.23. 2. Rose Gaye, Davies, 58.48. 3. Kaydee Wescom, Legacy, 59.19. 4. Tylee Irwin, Wahpeton, 1:00.07. 5. Kayla Bloomquist, Williston, 1:00.08. 6. Hannah Dschaak, Century, 1:00.28. 7. Kaitlyn Page, Bismarck, 1:00.80. 8. Ryleigh Wach, 1:00.84.

100 hurdles: 1. Kaia Bell, Davies, 15.82. 2. Britta Curl, St. Mary's, 16.07. 3. Mackenzie Severson, GFRR, 16.27. 4. Chloe Lambrecht, Century, 16.80. 5. Haile Harland, 16.92. 6. Sally Korgo, Davies, 17.00. 7. Samantha Anklam, Legacy, 17.08. 8. Alya Kretchman, Davies, 17.13.

200: 1. Cara Haussler, Bismarck, 25.06. 2. Rose Gaye, Davies, 25.75. 3. Megan Erickson, Dickinson, 26.37. 4. Hannah Dschaak, Century, 26.68. 5. Emily Jahner, Davies, 26.22. 6. Mackenzie Severson, GFRR, 26.24. 7. Nautica Ward, GFRR, 26.40. 8. Ali McCoy, Minot, 26.67.

800: 1. Karly Ackley, GFC, 2:15.43. 2. Lindsey Werner, Legacy, 2:15.77. 3. Alexis Roehl, GFC, 2:19.35. 4. Ryleigh Wach, Davies, 2:20.08. 5. Jennifer Dufer, West Fargo, 2:20.12. 6. Mattie Shirley-Fairbairn, Bismarck, 2:20.19. 7. McKenna Lovehaug, Davies, 2:20.49. 8. Kayla Bloomquist, Williston, 2:22.10.

4x100 relay: 1. Fargo Davies (Kaia Bell, Katelyn Carlson, Emily Jahner, Roseline Gaye) 48.41. (New state record, Old record, 48.76, Bismarck, 2010). 2. Bismarck 48.43. 3. Wahpeton 49.20. 4. Century 49.48. 5. GFRR 49.53. 6. Minot 49.92. 7. Legacy 50.07. 8. St. Mary's 50.42.

4x400 relay: 1. Bismarck (Michaela Dora, Kaitlyn Page, Mady Mosolf, Cara Haussler) 4:02.45. 2. Legacy 4:03.49. 3. Davies 4:04.83. 4. Red River 4:04.85. 5. Fargo North 4:05.98. 6. Sheyenne 4:07.05. 7. Shanley 4:09.04. 8. Dickinson 4:11.33.

Javelin: 1. Akealy Moton, West Fargo, 145-5. 2. Regan Dennis, Century, 127-8. 2. Regan Dennis, Century, 127-8. 3. Michaela Hjelseth, Davies, 127-6. 4. Britta Curl, St. Mary's, 124-10. 5. Maddie Klein, Century, 121-3. 6. Courtney Olson, Mandan, 119-7. 7. Maggie Steffen, GFRR, 117-7. 8. Alexua Mosbrucker, Bismarck, 115-9.

Long jump: 1. Blythe Ehrmantraut, Bismarck, 38-8. 2. Kylee Bergantine, Davies, 37-9.25. 3. Ashley Hulm, Legacy, 36-7. 4. Elise Klein, Minot, 35-11. 5. Kenzie Gullickson, Century, 35-7. 6. Merritt Bell, Davies, 35-7. 7. Claire

Leach, GFRR, 35-3.5. 8. Macey Sabrosky, Dickinson, 34-8.5.

Pole vault: 1. Alya Kretchman, Davies, 10-6. 2. McKenzie Johnson, Bismarck, and Blythe Ehrmantraut, Bismarck, 10-3. 4. AnaClaire Rue, Davies and Amni Austin, Sheyenne, 9-6. 6. Madison Daub, Sheyenne, 9-3. 7. Abby Likness, Davies, 9-3. 8. Teandra Schneider, Dickinson, 8-9.

Shot put: 1. Akealy Moton, West Fargo, 48-6 (New state record, Old record, 48-2.75, Briona Reynolds, Grand Forks Red River, 2001). 2. Elizabeth Lucy, Minot, 40-8.5. 3. Onna Scheuer, Century, 39-11.25. 4. Regan Dennis, Century, 39-10.5. 5. Shelby Frank, GFRR, 38-4.5. 6. Mia Murph, GFRR, 36-11.5. 7. Morgan Ohlhauser, Bismarck, 36-4.5. 8. Samantha Moe, Minot, 35-11.

High jump: 1. Blythe Ehrmantraut, Bismarck, 5-4. 2. Abby Kallenbach, Jamestown, 5-4. 3. Allie Nelson, Minot, 5-3. 4. Ashley Conner, GFRR, 5-1. 5. Elise Rue, Davies, 5-1. 6. Olivia Dickerson, Bismarck, and Tylee Irwin, Wahpeton, 5-1. 8. Kaia Schneider, Davies; Beth Alexander, Devils Lake; Madison Connors, West Fargo and Alexis Wanner, Shanley, 4-11.

### CLASS A BOYS

#### Team totals

Bismarck Legacy 128, Bismarck Century 109, Minot 86, Grand Forks Red River 49, Fargo Davies 48, Williston 48, Bismarck 45, Fargo South 44, West Fargo Sheyenne 41, Fargo North 34, Mandan 28, West Fargo 23, Dickinson 11, Wahpeton 7.

#### Individual results

300 hurdles: 1. Roarick Schollmeyer, Century, 39.10. 2. Manuel Bradford, Minot, 39.15. 3. Jack Pifer, Fargo South, 39.88. 4. Jason Felch, Legacy, 39.72. 5. Jeremiah Morrisette, Century, 39.88. 6. Dominic Martinez, Williston, 40.17. 7. Tyler Emerson, GFRR, 40.40. 8. Mike Herauf, Dickinson, 40.50.

4x200 relay: 1. Bismarck Century (Caleb Monger, Cole Anderson, Dalton Kemmesat, Jeremiah Morrisette) 1:28.81. 2. West Fargo Sheyenne 1:28.63. 3. Bismarck Legacy 1:19.10. 4. Fargo South 1:29.31. 5. Bismarck 1:29.72. 6. Mandan 1:30.07. 7. Grand Forks Red River 1:31.16. 8. Minot 1:31.28.

3200: 1. Hunter Lucas, Davies, 9:21.09. 2. Leif Everson, Williston, 9:24.01. 3. Evan Sayler, Century, 9:34.00. 4. Micade Shumway, Williston, 9:46.00. 5. Alex Luz, Fargo North, 9:47.74. 6. Joseph Wolfe, Century, 9:49.54. 7. Morgan Fairbairn, Bismarck, 9:51.51. 8. Ryan Kohler, Century, 9:55.81.

100: 1. Brandon Lewis, Legacy, 11.07. 2. Manuel Bradford, Minot, 11.29. 3. Alex Brosseau, Legacy, 11.42. 4. Alex York, Davies, 11.26. 5. Caleb Kuznia, Sheyenne, 11.46. 6. Cole Anderson, Century, 11.48. 7. Christopher Koester, Mandan, 11.52. 8. Alvin Johnson, South, 11.68.

400: 1. Logan Goheen, Minot, 49.11. 2. Andrew Morgan, Mandan, 49.33. 3. Beau Brannan, Legacy, 49.34. 4. Menkeh Mendin, Fargo South, 49.79. 5. Thomas Tieszen, Legacy, 49.95. 6. Jesse Shorma, Sheyenne,

50.06. 7. Calob Larson, Legacy, 50.96. 8. Isaiah Olsen, Bismarck, 51.27.

110 hurdles: 1. Dominic Martinez, Williston, 15.09. 2. Tyler Emerson, GFRR, 15.36. 3. Jeremiah Morrisette, Century, 15.54. 4. Preston Johnson, Minot, 15.55. 5. Roarick Schollmeyer, Century, 15.71. 6. Erik Anderson, Fargo North, 15.84. 7. Peter Wysocki, GFRR, 15.96. 8. Jack Pifer, Fargo South, 15.98.

200: 1. Alex Brosseau, Legacy, 22.05. 2. Manuel Bradford, Minot, 22.17. 3. Christopher Koester, Mandan, 22.53. 4. Alex York, Davies, 22.59. 5. Dawson Breyer, Fargo South, 22.61. 6. Jacob Levin, West Fargo, 22.62. 7. Cole Anderson, Century, 22.89. 8. Adrian Davis-Aguilar, Minot, 22.89.

800: 1. Hunter Lucas, Davies, 1:55.45. 2. Beau Brannan, Legacy, 1:56.18. 3. Leif Everson, Williston, 1:58.22. 4. Alex Luz, Fargo North, 1:58.57. 5. Gabe Hegstad, Minot, 1:58.70. 6. David Dowdell, Fargo North, 1:58.75. 7. Evan Sayler, Century, 1:59.19. 8. Menkeh Mendin, Fargo South, 1:59.39.

4x100 relay: 1. Legacy (Brandon Lewis, Alex Brosseau, Patrick Doan, Tyler Boone) 42.29. (New state record, Old record, 42.48, Bismarck, 2011). 2. Century 42.50. 3. Sheyenne 42.85. 4. Minot 42.88. 5. Fargo South 43.55. 6. Mandan 43.73. 7. Bismarck 43.87. 8. West Fargo 44.22.

4x400 relay: 1. Legacy (Alex Anderson, Beau Brannan, Calob Larson, Thomas Tieszen) 3:17.61. 2. Minot 3:27.89. 3. Bismarck 3:29.27. 4. Sheyenne 3:29.37. 5. Fargo South 3:30.04. 6. Century 3:30.11. 7. West Fargo 3:30.58. 8. Red River 3:31.13.

Pole vault: 1. Mike Herauf, Dickinson, 15-7. (New state record, Old record, 15-6, Brock Larson, Fargo South, 2011). 2. Devin Schatz, Sheyenne, 14-0. 3. Connor Fugleth, Fargo North, 13-6. 4. Isaac Watson, Mandan, 13-6. 5. Brandon Schaffer, Century, 13-3. 6. Hunter Hegel, Sheyenne, 13-0. 7. Noah Todd, Legacy, 12-9. 8. Eric Krug, Bismarck, 12-9.

Shot put: 1. Levi Rockey, Century, 54-8.5. 2. Jemario Jones, Minot, 53-10. 3. Zach Willis, West Fargo, 53-00. 4. Jake Hurt, Legacy, 51-11. 5. Coray Helm, Legacy, 51-6. 6. Jared Rath, Bismarck, 51-2.5. 7. Preston Mayer, Bismarck, 50-8.5. 8. Kpah Matadi, West Fargo, 50-3.5.

Javelin: 1. Matt Kraft, Legacy, 185-9. 2. Ty Ogren, GFRR, 182-10. 3. Derek Wax, Legacy, 178-3. 4. Nic Carter, Bismarck, 171-5. 5. Carter Bonnama, Sheyenne, 170-3. 6. Seth Hanson, GFRR, 164-8. 7. Tyrell Stetness, Davies, 180-1. 8. Liam Ogren, GFRR, 167-2.

Long jump: 1. Brandon Lewis, Legacy, 22-10.5. 2. Derek Leingang, Bismarck, 22-0. 3. Dane Allen, Bismarck, 21-9.75. 4. Austin Wolf, Legacy, 21-4. 5. Tim Berge, Davies, 21-3.75. 6. Nic Smith, Sheyenne, 21-2. 7. Alex York, Davies, 21-1.5. 8. Austin Smith, Minot, 20-11.26.

Readers can reach Forum reporter Colton Pool at (701) 451-5715.

Mark	Convert	Rnd	Name	Age/Yr	Place	Points	Improv
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### West Fargo [WF]

Mark	Convert	Rnd	Name	Age/Yr	Place	Points	Improv
<b>Event # 1 Girls 4x800m Relay Relay Open</b>							
9:50.50 Emily Hansen (09)	A Relay		Nikki Schreiner (12)		7	2	---
				Jennifer Dufner (12)	Mariah Schatz (10)		
<b>Event # 2 Boys 4x800m Relay Relay Open</b>							
8:19.52 Noah Schaeffer (11)	A Relay		Drew Mears (12)		9	---	---
				Jake Svenby (11)	Braxton Bruer (10)		
<b>Event # 4 Boys 300m Hurdles Open</b>							
42.70	P		Cody Binstock	12	14	---	1.25
<b>Event # 6 Boys 100m Dash Open</b>							
11.77 NWI	P		Joel McIntosh	09	14	---	.51
11.79 NWI	P		Alessandro Genova	12	15	---	.33
<b>Event # 7 Girls 4x200m Relay Relay Open</b>							
1:51.60 Samantha Toso (09)	A Relay		Taryn Troftgruben (09)		14	---	---
				Megan Judge (09)	Tiana Pfaff (11)		
<b>Event # 8 Boys 4x200m Relay Relay Open</b>							
1:31.05 Joel McIntosh (09)	A Relay		Jacob Levin (11)		7	---	---
				Alessandro Genova (12)	John Morton (12)		
DO	A Relay				---	---	---
<b>Event # 9 Girls 1600m Run Open</b>							
5:07.77	F		Jennifer Dufner	12	6	3	-42
<b>Event # 10 Boys 1600m Run Open</b>							
4:33.35	F		Drew Mears	12	7	2	1.16
<b>Event # 11 Girls 4x100m Relay Relay Open</b>							
52.37 Jesse Price (11)	A Relay		Samantha Toso (09)		16	---	---
				Taryn Troftgruben (09)	Tiana Pfaff (11)		
<b>Event # 12 Boys 4x100m Relay Relay Open</b>							
43.77 Joel McIntosh (09)	A Relay		Jacob Levin (11)		6	---	---
				Ben Fritz-Saville (12)	Alessandro Genova (12)		
44.22 Joel McIntosh (09)	A Relay		Jacob Levin (11)		8	1	---
				Ben Fritz-Saville (12)	Alessandro Genova (12)		
<b>Event # 14 Boys 400m Dash Open</b>							
52.03	P		Antwuan Clemens	09	15	---	-36
<b>Event # 17 Girls 800m Run Open</b>							
2:20.12	F		Jennifer Dufner	12	5	4	-1.19
<b>Event # 20 Boys 200m Dash Open</b>							



## Meet Results

State 26-May-17 to 27-May-17

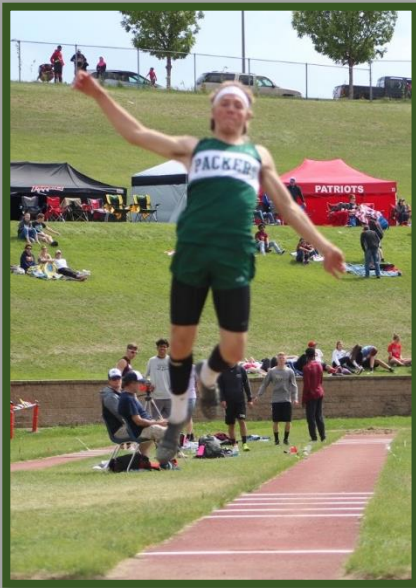
West Fargo [WF]

Mark	Convert	Rnd	Name	Age/Yr	Place	Points	Improv
<b>Event # 20 Boys 200m Dash Open</b>							
22.62 NWI		F	Jacob Levin	11	6	3	.20
22.70 NWI		P	Jacob Levin	11	5	---	.28
23.45 NWI		P	Joel McIntosh	09	12	---	.46
24.02 NWI		P	Ben Fritz-Saville	12	19	---	.95
24.04 NWI		P	John Morton	12	20	---	.87
<b>Event # 21 Girls 3200m Run Open</b>							
11:05.56		F	Jennifer Dufner	12	4	5	-5.98
12:28.13		F	Nikki Schreiner	12	19	---	24.49
12:28.67		F	Abby Smith	07	20	---	32.27
<b>Event # 22 Boys 3200m Run Open</b>							
10:27.44		F	Drew Mears	12	20	---	35.11
<b>Event # 23 Girls 4x400m Relay Relay Open</b>							
4:20.49	A Relay				13	---	---
Emily Hansen (09)			Mariah Schatz (10)	Abby Donarski (10)	Nikki Schreiner (12)		
<b>Event # 24 Boys 4x400m Relay Relay Open</b>							
3:30.58	A Relay				7	2	---
Dawsen Tyryfter (11)			Antwuan Clemens (09)	Noah Schaeffer (11)	John Morton (12)		
<b>Event # 25 Girls High Jump Open</b>							
* 4-11.00	1.49m F		Madison Connors	10	8	---	-0-02.00
* 4-11.00	1.49m F		Kaylee Stokka	12	9	---	-0-02.00
<b>Event # 26 Boys High Jump Open</b>							
6-02.00	1.88m F		Alex Sell	11	4	5	0-02.00
<b>Event # 28 Boys Pole Vault Open</b>							
12-06.00	3.81m F		Dawsen Tyryfter	11	10	---	-0-06.00
12-00.00	3.65m F		David Guo	11	12	---	-0-06.00
<b>Event # 29 Girls Long Jump Open</b>							
16-11.75 NWI	5.17m F		Tiana Pfaff	11	7	2	-0-10.25
16-01.50 NWI	4.91m F		Akealy Moton	12	18	---	-0-10.00
15-03.75 NWI	4.66m F		Jesse Price	11	23	---	-1-07.25
<b>Event # 30 Boys Long Jump Open</b>							
20-00.50 NWI	6.10m F		Dirus Suah	11	20	---	-0-10.50
19-09.00 NWI	6.02m F		Nsengiyumva Corode	10	25	---	-1-10.00
19-04.50 NWI	5.90m F		Jacob Levin	11	28	---	-2-08.50
<b>Event # 33 Girls Shot Put Open</b>							
48-06.00	14.78m F		Akealy Moton	12	1	10	-1-09.00
<b>Event # 34 Boys Shot Put Open</b>							
53-00.00	16.15m F		Zach Willis	12	3	6	-0-04.50

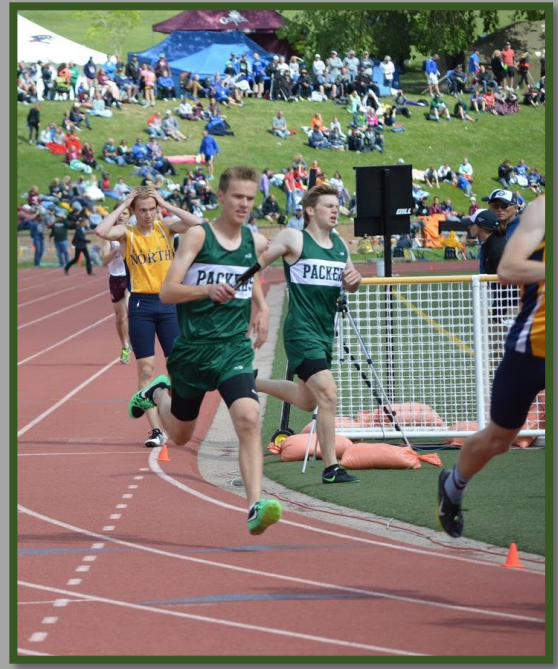
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**Meet Results**
**State 26-May-17 to 27-May-17****West Fargo [WF]**

<b>Mark</b>	<b>Convert</b>	<b>Rnd</b>	<b>Name</b>	<b>Age/Yr</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Event # 34 Boys Shot Put Open</b>							
50-03.50	15.32m F		Kpah Matadi	11	8	1	0-09.50
<b>Event # 35 Girls Discus Open</b>							
133-07.00	40.71m F		Akealy Moton	12	3	6	6-00.00
101-10.00	31.03m F		Kayley Schaeffer	09	13	---	-12-09.00
<b>Event # 36 Boys Discus Open</b>							
151-11.00	46.30m F		Zach Willis	12	6	3	-2-04.00
<b>Event # 37 Girls Javelin Open</b>							
145-05.00	44.32m F		Akealy Moton	12	1	10	-3-09.00
<b>Event # 38 Boys Javelin Open</b>							
149-04.00	45.51m F		Jaeden Moton	10	14	---	-13-04.00







**OUTDOOR**  
**TOP**  
**MARKS**



## Individual Top Marks   Outdoors Only

West Fargo [WF]

Number of Top Times: All

	Mark	Convert	Rnd		Name	Age/Yr		
<b>Girls Open 100m Dash</b>								
1	12.36	NWI	F	---	Darline Suah	10	5/5/2017	Packer Relays
2	13.38	NWI	F	---	Tiana Pfaff	11	5/8/2017	Fargo Rotary
3	13.54	NWI	F	---	Jesse Price	11	5/5/2017	Packer Relays
4	13.82	NWI	F	---	Samantha Toso	09	5/5/2017	Packer Relays
5	13.87	NWI	F	---	Taryn Troftgruben	09	4/11/2017	QUAD
6	13.90	NWI	F	---	Megan Judge	09	4/8/2017	MAA
7	14.05	NWI	F	---	Jasmine Williams	07	5/12/2017	Girls Classic
8	14.37	NWI	F	---	Chassity Stancil	12	4/11/2017	QUAD
9	14.44	NWI	F	---	Amber Diede	10	5/12/2017	Girls Classic
10*	14.50	NWI	F	---	Jade Suder	09	5/12/2017	Girls Classic
10*	14.50	NWI	F	---	Yea Gbortu	12	5/12/2017	Girls Classic
12	14.52	NWI	F	---	Lauren Limke	11	5/5/2017	Packer Relays
13	14.65	NWI	F	---	Leah Lowenberg	11	5/12/2017	Girls Classic
14	14.77	NWI	F	---	Christina Davis	10	5/2/2017	Central Cass Invite
15	14.91	NWI	F	---	Abigail Bella	11	4/18/2017	Central Cass Invite
16	15.24	NWI	F	---	Ashley Bjordahl	11	5/2/2017	Central Cass Invite
17	15.25	NWI	F	---	Miranda Nihad	10	5/2/2017	Central Cass Invite
18	15.78	NWI	F	---	Shova Ghimirey	09	5/2/2017	Central Cass Invite
19	15.94	NWI	F	---	Garlina Sumo	09	5/12/2017	Girls Classic
20	16.84	NWI	F	---	Sarah Humble	09	5/2/2017	Central Cass Invite
21	16.86	NWI	F	---	Sabrina Forde-Kerbaugh	10	5/6/2017	TK Invite
22	17.23	NWI	F	---	Taylor Larson	09	5/6/2017	TK Invite
23	19.83	NWI	F	---	Meghan Moore	09	4/11/2017	QUAD
<b>Girls Open 200m Dash</b>								
1	25.93	NWI	F	---	Darline Suah	10	5/5/2017	Packer Relays
2	28.19	NWI	F	---	Megan Judge	09	5/5/2017	Packer Relays
3	28.26	NWI	F	---	Tiana Pfaff	11	4/18/2017	Sertoma
4	28.31	NWI	F	---	Taryn Troftgruben	09	5/5/2017	Packer Relays
5	28.78	NWI	F	---	Jasmine Williams	07	5/19/2017	EDC
6	28.90	NWI	F	---	Kaylee Stokka	12	5/19/2017	EDC
7	29.51	NWI	F	---	Amber Diede	10	5/2/2017	Shanley Invite
8	29.59	NWI	F	---	Samantha Toso	09	4/18/2017	Sertoma
9	30.00	NWI	F	---	Yea Gbortu	12	5/12/2017	Girls Classic
10	30.01	NWI	F	---	Brynn Giesen	08	5/12/2017	Girls Classic
11	30.08	NWI	F	---	Lauren Limke	11	5/5/2017	Packer Relays
12	30.20	NWI	F	---	Jesse Price	11	4/18/2017	Sertoma
13	30.54	NWI	F	---	Chassity Stancil	12	4/11/2017	QUAD
14	31.06	NWI	F	---	Christina Davis	10	5/12/2017	Girls Classic
15	31.48	NWI	F	---	Abigail Bella	11	4/18/2017	Central Cass Invite
16	31.93	NWI	F	---	Leah Lowenberg	11	4/18/2017	Sertoma
17	32.36	NWI	F	---	Miranda Nihad	10	5/12/2017	Girls Classic
18	33.90	NWI	F	---	Garlina Sumo	09	5/6/2017	TK Invite
19	34.33	NWI	F	---	Shova Ghimirey	09	4/11/2017	QUAD
20	37.60	NWI	F	---	Sarah Humble	09	5/12/2017	Girls Classic
21	43.86	NWI	F	---	Meghan Moore	09	4/11/2017	QUAD
<b>Girls Open 400m Dash</b>								
1	1:02.25		F	---	Mariah Schatz	10	5/19/2017	EDC
2	1:04.19		F	---	Emily Hansen	09	4/11/2017	QUAD
3	1:04.80		F	---	Megan Judge	09	5/12/2017	Girls Classic

## Individual Top Marks   Outdoors Only

### Number of Top Times: All

	Mark	Convert	Rnd		Name	Age/Yr		
4	1:04.95		F	---	Jasmine Williams	07	5/19/2017	EDC
5	1:05.43		F	---	Abby Donarski	10	5/2/2017	Shanley Invite
6	1:06.10		F	---	Samantha Toso	09	5/2/2017	Shanley Invite
7	1:08.57		F	---	Kendra Gabbert	11	4/11/2017	QUAD
8	1:10.65		F	---	Madysen Nelson	11	4/18/2017	Sertoma
9	1:10.70		F	---	Amber Diede	10	5/2/2017	Shanley Invite
10	1:16.48		F	---	Kayla White	11	4/11/2017	QUAD
11	1:19.51		F	---	Christina Davis	10	5/6/2017	TK Invite
<b>Girls Open 200m Run</b>								
1	32.64	NWI	F	---	Christina Davis	10	5/2/2017	Central Cass Invite
2	33.54	NWI	F	---	Miranda Nihad	10	5/2/2017	Central Cass Invite
3	37.16	NWI	F	---	Shova Ghimirey	09	5/2/2017	Central Cass Invite
4	37.52	NWI	F	---	Sarah Humble	09	5/2/2017	Central Cass Invite
<b>Girls Open 800m Run</b>								
1	2:20.12		F	---	Jennifer Dufner	12	5/26/2017	State
2	2:39.31		F	---	Clare Boldingh	08	4/8/2017	MAA
3	2:39.99		F	---	Brooklyn Wiest	09	5/8/2017	Fargo Rotary
4	2:41.41		F	---	Madysen Nelson	11	4/11/2017	QUAD
5	2:43.50		F	---	Kendra Gabbert	11	5/19/2017	EDC
6	2:44.95		F	---	Grace Faiman	10	4/8/2017	MAA
7	2:45.20		F	---	Olivia Macziewski	10	5/2/2017	Shanley Invite
8	2:50.21		F	---	Abby Klamman	09	5/19/2017	EDC
9	2:53.82		F	---	Kayla White	11	5/2/2017	Shanley Invite
10	2:58.80		F	---	Hannah Nelson	12	4/11/2017	QUAD
11	3:00.28		F	---	Annika Mastre	12	5/15/2017	TK Last Chance
<b>Girls Open 1600m Run</b>								
1	5:07.77		F	---	Jennifer Dufner	12	5/26/2017	State
2	5:30.42		F	---	Abby Smith	07	5/12/2017	Girls Classic
3	5:38.41		F	---	Kaelyn Berg	07	5/19/2017	EDC
4	5:42.50		F	---	Nikki Schreiner	12	5/12/2017	Girls Classic
5	5:44.08		F	---	Clare Boldingh	08	5/15/2017	TK Last Chance
6	5:53.63		F	---	Hope Pringle	09	4/11/2017	QUAD
7	6:08.20		F	---	Olivia Macziewski	10	5/19/2017	EDC
8	6:12.71		F	---	Hannah Nelson	12	5/19/2017	EDC
9	6:26.34		F	---	Annika Mastre	12	5/19/2017	EDC
10	6:29.15		F	---	Kendra Gabbert	11	5/12/2017	Girls Classic
11	6:38.55		F	---	Abby Klamman	09	5/15/2017	TK Last Chance
12	7:13.55		F	---	Shawnia Klug	12	4/18/2017	Central Cass Invite
<b>Girls Open 3200m Run</b>								
1	11:05.56		F	---	Jennifer Dufner	12	5/26/2017	State
2	11:56.40		F	---	Abby Smith	07	5/19/2017	EDC
3	12:03.64		F	---	Nikki Schreiner	12	5/2/2017	Shanley Invite
4	12:13.62		F	---	Hope Pringle	09	5/8/2017	Fargo Rotary
5	12:29.06		F	---	Clare Boldingh	08	5/8/2017	Fargo Rotary
6	12:35.54		F	---	Kaelyn Berg	07	5/15/2017	TK Last Chance
7	13:58.92		F	---	Hannah Nelson	12	4/21/2017	Eagle Relays
8	14:30.35		F	---	Annika Mastre	12	4/11/2017	QUAD
9	16:22.00		F	---	Shawnia Klug	12	4/11/2017	QUAD
<b>Girls Open 100m Hurdles</b>								
1	18.10	NWI	F	---	Taylor Haberkack	09	5/5/2017	Packer Relays
2	18.99	NWI	F	---	Brynn Giesen	08	5/12/2017	Girls Classic

## Individual Top Marks   Outdoors Only

### Number of Top Times: All

	Mark	Convert	Rnd		Name	Age/Yr			
3	19.10	NWI	F	---	Bailey Riehl	11	5/5/2017	Packer Relays	
4	19.28	NWI	F	---	Leah Lowenberg	11	5/12/2017	Girls Classic	
5	19.73	NWI	F	---	Kelsey Reichling	09	5/12/2017	Girls Classic	
6	20.23	NWI	F	---	Madison Johnson	09	5/2/2017	Central Cass Invite	
7	20.45	NWI	F	---	Devyn Morris	09	4/11/2017	QUAD	
8	20.98	NWI	F	---	Brittney Finseth	09	5/12/2017	Girls Classic	
Girls Open 300m Hurdles									
1	50.59		F	---	Abby Donarski	10	5/19/2017	EDC	
2	51.28		F	---	Brynn Giesen	08	5/12/2017	Girls Classic	
3	53.69		F	---	Madysen Nelson	11	5/19/2017	EDC	
4	55.26		F	---	Kelsey Reichling	09	5/12/2017	Girls Classic	
5	55.68		F	---	Taylor Haberlack	09	4/8/2017	MAA	
6	59.74		F	---	Madison Johnson	09	5/8/2017	Fargo Rotary	
7	1:00.92		F	---	Devyn Morris	09	5/12/2017	Girls Classic	
Girls Open High Jump									
1*	5-01.00	1.54m	F	---	Madison Connors	10	4/11/2017	QUAD	
1*	5-01.00	1.54m	F	---	Kaylee Stokka	12	5/5/2017	Packer Relays	
3	4-10.00	1.47m	F	---	Brittney Finseth	09	4/8/2017	MAA	
4	4-09.00	1.44m	F	---	Samantha Toso	09	4/21/2017	Eagle Relays	
5	4-04.00	1.32m	F	---	Breanna Gores	10	4/8/2017	MAA	
6	4-03.00	1.29m	F	---	Madison Berg	09	4/11/2017	QUAD	
Girls Open Pole Vault									
1*	8-06.00	2.59m	F	---	Madison Berg	09	5/15/2017	TK Last Chance	
1*	8-06.00	2.59m	F	---	Bailey Riehl	11	5/15/2017	TK Last Chance	
Girls Open Long Jump									
1	17-10.00	NWI	5.43m	F	---	Tiana Pfaff	11	5/19/2017	EDC
2	16-11.50	NWI	5.16m	F	---	Akealy Moton	12	5/19/2017	EDC
3	16-11.00		5.15m	F	---	Jesse Price	11	5/5/2017	Packer Relays
4	16-01.00	NWI	4.90m	F	---	Abby Donarski	10	5/19/2017	EDC
5	15-07.00		4.75m	F	---	Breanna Gores	10	5/5/2017	Packer Relays
6	14-02.50		4.33m	F	---	Kaylee Stokka	12	5/12/2017	Girls Classic
7	13-09.00		4.19m	F	---	Madison Connors	10	4/11/2017	QUAD
8	13-07.25		4.14m	F	---	Christina Davis	10	5/6/2017	TK Invite
9	12-09.50		3.89m	F	---	Taylor Haberlack	09	4/11/2017	QUAD
10	12-08.50		3.87m	F	---	Kalli Cummings	11	5/12/2017	Girls Classic
11	12-07.50	NWI	3.84m	F	---	Emily Hansen	09	4/8/2017	MAA
12	12-02.50		3.72m	F	---	Yea Gbortu	12	4/11/2017	QUAD
13	11-11.00		3.63m	F	---	Ashley Bjordahl	11	5/2/2017	Central Cass Invite
Girls Open Triple Jump									
1	32-07.00		9.93m	F	---	Breanna Gores	10	5/12/2017	Girls Classic
Girls Open Shot Put									
1	49-09.00	15.16m	F	---	Akealy Moton	12	4/21/2017	Eagle Relays	
2	30-05.00	9.27m	F	---	Kayley Schaeffer	09	4/8/2017	MAA	
3	30-02.00	9.19m	F	---	Taylor Larson	09	5/12/2017	Girls Classic	
4	29-08.00	9.04m	F	---	Abby Tykwinski	09	5/5/2017	Packer Relays	
5	29-01.50	8.87m	F	---	Yeno Lokosang	09	4/21/2017	Eagle Relays	
6	28-08.00	8.73m	F	---	Colleen Urlaub	10	4/8/2017	MAA	
7	28-05.00	8.66m	F	---	Melaine Koffi	11	5/12/2017	Girls Classic	
8	26-11.00	8.20m	F	---	Kayla Klemmer	09	5/19/2017	EDC	
9	25-06.50	7.78m	F	---	Sabrina Forde-Kerbaugh	10	5/2/2017	Shanley Invite	

## Individual Top Marks   Outdoors Only

### Number of Top Times: All

	Mark	Convert	Rnd		Name	Age/Yr		
<b>Girls Open   Discus</b>								
1	133-07.00	40.71m	F	---	Akealy Moton	12	5/26/2017	State
2	114-07.00	34.92m	F	---	Kayley Schaeffer	09	5/19/2017	EDC
3	100-09.00	30.70m	F	---	Courtney Walsh	11	5/12/2017	Girls Classic
4	91-08.00	27.94m	F	---	Colleen Urlaub	10	5/19/2017	EDC
5	79-11.00	24.35m	F	---	Abby Tykwinski	09	4/21/2017	Eagle Relays
6	78-01.00	23.80m	F	---	Kayla Klemmer	09	5/2/2017	Central Cass Invite
7	72-09.00	22.17m	F	---	Taylor Larson	09	4/11/2017	QUAD
8	69-09.00	21.26m	F	---	Melaine Koffi	11	5/12/2017	Girls Classic
9	54-06.00	16.61m	F	---	Yeno Lokosang	09	4/18/2017	Central Cass Invite
<b>Girls Open   Javelin</b>								
1	149-02.00	45.46m	F	---	Akealy Moton	12	4/21/2017	Eagle Relays
2	112-06.00	34.29m	F	---	Breanna Gores	10	5/12/2017	Girls Classic
3*	90-03.00	27.50m	F	---	Kayley Schaeffer	09	4/11/2017	QUAD
3*	90-03.00	27.50m	F	---	Mariah Schatz	10	4/21/2017	Eagle Relays
5	88-07.00	27.00m	F	---	Sabrina Forde-Kerbaugh	10	5/6/2017	TK Invite
6	78-04.00	23.87m	F	---	Colleen Urlaub	10	4/18/2017	Sertoma
7	72-00.00	21.94m	F	---	Abby Tykwinski	09	5/2/2017	Shanley Invite
8	64-08.00	19.71m	F	---	Abby Klamann	09	4/21/2017	Eagle Relays
<b>Boys Open   100m Dash</b>								
1	11.26	NWI	F	---	Joel McIntosh	09	5/5/2017	Packer Relays
2	11.31	NWI	F	---	Jacob Levin	11	5/12/2017	Boys Classic
3	11.46	NWI	F	---	Alessandro Genova	12	5/19/2017	EDC
4	11.51	NWI	F	---	Ben Fritz-Saville	12	5/5/2017	Packer Relays
5	11.60	NWI	F	---	Alex Sell	11	5/5/2017	Packer Relays
6	11.82	NWI	F	---	Dawson Tyryfter	11	4/11/2017	QUAD
7	11.84	NWI	F	---	Zach Milbrandt	10	5/5/2017	Packer Relays
8	11.89	NWI	F	---	Antwan Clemens	09	5/13/2017	EDC JV Boys
9	11.90	NWI	F	---	Surprise Jarue	12	4/8/2017	MAA
10	12.04	NWI	F	---	Dirus Suah	11	5/8/2017	Fargo Rotary
11	12.14	NWI	F	---	Nsengiyumva Corode	10	4/11/2017	QUAD
12	12.25	NWI	F	---	Jackson Gravel	12	4/18/2017	Sertoma
13	12.28	NWI	F	---	David Froeber	10	5/2/2017	Central Cass Invite
14	12.32	NWI	F	---	Eric Brown	12	4/18/2017	Sertoma
15	12.50	NWI	F	---	Ibrahim Salou	11	5/2/2017	Central Cass Invite
16*	12.53	NWI	F	---	David Guo	11	4/11/2017	QUAD
16*	12.53	NWI	F	---	David Daniels	09	5/2/2017	Central Cass Invite
18	12.56	NWI	F	---	Holdyn Honeyman	09	5/2/2017	Central Cass Invite
19	12.61	NWI	F	---	Gabriel Leseberg	10	5/13/2017	EDC JV Boys
20	12.95	NWI	F	---	Blessing Reeves	09	5/13/2017	EDC JV Boys
21	13.05	NWI	F	---	Sean Eldridge	10	4/11/2017	QUAD
22	13.10	NWI	F	---	Yuban Yuan	12	5/13/2017	EDC JV Boys
23	13.25	NWI	F	---	Noah Simpfenderfer	12	5/13/2017	EDC JV Boys
24	13.28	NWI	F	---	Michael Johnson	09	4/11/2017	QUAD
25	14.30	NWI	F	---	Kalvin Easley	11	5/13/2017	EDC JV Boys
26	14.87	NWI	F	---	John Paul Silverman	09	4/18/2017	Central Cass Invite
27	15.15	NWI	F	---	Blake Anderson	10	5/2/2017	Central Cass Invite
<b>Boys Open   200m Dash</b>								
1	22.42	NWI	F	---	Jacob Levin	11	5/5/2017	Packer Relays
2	22.99	NWI	F	---	Joel McIntosh	09	5/5/2017	Packer Relays
3	23.07	NWI	F	---	Ben Fritz-Saville	12	5/5/2017	Packer Relays

### Individual Top Marks   Outdoors Only

**Number of Top Times: All**

	Mark	Convert	Rnd		Name	Age/Yr		
4	23.17	NWI	F	---	John Morton	12	4/8/2017	MAA
5	23.50	NWI	F	---	Alessandro Genova	12	5/19/2017	EDC
6	23.54	NWI	F	---	Antwuan Clemens	09	5/13/2017	EDC JV Boys
7	24.05	NWI	F	---	Alex Sell	11	4/11/2017	QUAD
8	24.74	NWI	F	---	Zach Milbrandt	10	5/8/2017	Fargo Rotary
9	24.78	NWI	F	---	Jackson Gravel	12	4/18/2017	Sertoma
10	25.18	NWI	F	---	Holdyn Honeyman	09	5/13/2017	EDC JV Boys
11	25.39	NWI	F	---	Surprise Jarue	12	4/11/2017	QUAD
12	25.64	NWI	F	---	David Froeber	10	5/13/2017	EDC JV Boys
13	25.94	NWI	F	---	David Daniels	09	5/6/2017	TK Invite
14	26.10	NWI	F	---	Eric Brown	12	5/19/2017	EDC
15	26.18	NWI	F	---	Ibrahim Salou	11	4/11/2017	QUAD
16	26.42	NWI	F	---	Gabriel Leseberg	10	4/18/2017	Central Cass Invite
17	26.95	NWI	F	---	Sean Eldridge	10	4/11/2017	QUAD
18	26.99	NWI	F	---	Michael Johnson	09	4/11/2017	QUAD
19	27.10	NWI	F	---	Blessing Reeves	09	4/11/2017	QUAD
20	27.74	NWI	F	---	Noah Simpfenderfer	12	5/13/2017	EDC JV Boys
21	27.97	NWI	F	---	Yuban Yuan	12	4/18/2017	Central Cass Invite
22	31.09	NWI	F	---	Austin Lanigan	10	4/11/2017	QUAD
23	31.68	NWI	F	---	Kalvin Easley	11	4/11/2017	QUAD
24	32.73	NWI	F	---	Blake Anderson	10	4/11/2017	QUAD
<b>Boys Open 400m Dash</b>								
1	52.03		P	---	Antwuan Clemens	09	5/26/2017	State
2	52.51		F	---	Noah Schaeffer	11	5/8/2017	Fargo Rotary
3	52.53		F	---	Weston Schatz	12	5/19/2017	EDC
4	53.93		F	---	Zach Milbrandt	10	5/19/2017	EDC
5	54.48		F	---	Jake Svenby	11	5/2/2017	Shanley Invite
6	54.98		F	---	Josh Dockter	12	5/19/2017	EDC
7	55.92		F	---	Dylan Humble	12	5/12/2017	Boys Classic
8	56.44		F	---	Nick Peterson	12	5/15/2017	TK Last Chance
9	56.64		F	---	Luke Johnson	10	5/2/2017	Shanley Invite
10	1:00.04		F	---	Zach Hillen	11	4/11/2017	QUAD
<b>Boys Open 200m Run</b>								
1	25.43	NWI	F	---	David Froeber	10	5/2/2017	Central Cass Invite
2	26.32	NWI	F	---	David Daniels	09	5/2/2017	Central Cass Invite
3	26.43	NWI	F	---	Ibrahim Salou	11	5/2/2017	Central Cass Invite
4	27.66	NWI	F	---	Noah Simpfenderfer	12	5/2/2017	Central Cass Invite
5	27.74	NWI	F	---	Yuban Yuan	12	5/2/2017	Central Cass Invite
6	30.88	NWI	F	---	Kalvin Easley	11	5/2/2017	Central Cass Invite
7	32.06	NWI	F	---	Blake Anderson	10	5/2/2017	Central Cass Invite
<b>Boys Open 800m Run</b>								
1	2:04.41		F	---	Noah Schaeffer	11	4/11/2017	QUAD
2	2:05.34		F	---	Braxton Bruer	10	5/8/2017	Fargo Rotary
3	2:09.09		F	---	Nick Peterson	12	5/12/2017	Boys Classic
4	2:09.67		F	---	Jake Svenby	11	5/19/2017	EDC
5	2:10.65		F	---	Luke Johnson	10	5/5/2017	Packer Relays
6	2:11.75		F	---	Dylan Humble	12	5/19/2017	EDC
7	2:13.13		F	---	Jace Dillum	10	4/11/2017	QUAD
8	2:14.44		F	---	Ayden Schmidt	09	5/15/2017	TK Last Chance
9	2:15.43		F	---	Aiden Biwer	09	4/18/2017	Sertoma
10	2:17.66		F	---	Zach Hillen	11	5/2/2017	Shanley Invite



## Individual Top Marks   Outdoors Only

### Number of Top Times: All

	Mark	Convert	Rnd	Name	Age/Yr		
11	2:18.60		F	--- Zach Milbrandt	10	5/2/2017	Central Cass Invite
12	2:27.49		F	--- Armin Ekic	12	5/8/2017	Fargo Rotary
13	2:30.45		F	--- Ben Zerr	09	5/2/2017	Shanley Invite
14	2:32.92		F	--- Max Kuhn	12	5/2/2017	Shanley Invite
15	2:34.94		F	--- Eric Tyulyandin	10	5/13/2017	EDC JV Boys
16	2:36.56		F	--- Keller Lee	09	5/13/2017	EDC JV Boys
17	2:38.66		F	--- Ryan Orth	09	5/13/2017	EDC JV Boys
18	2:39.73		F	--- Michael Stephenson	09	5/6/2017	TK Invite
19	2:39.88		F	--- Parker Bussinger	09	4/11/2017	QUAD
20	2:40.43		F	--- Jeddie Nyei	11	4/18/2017	Central Cass Invite
<b>Boys Open 1600m Run</b>							
1	4:32.19		F	--- Drew Mears	12	5/8/2017	Fargo Rotary
2	4:46.66		F	--- Braxton Bruer	10	5/15/2017	TK Last Chance
3	4:47.55		F	--- Jace Dullum	10	4/8/2017	MAA
4	4:47.80		F	--- Aiden Biwer	09	5/19/2017	EDC
5	5:01.52		F	--- Jordan Milbrath	10	5/19/2017	EDC
6	5:10.15		F	--- Ayden Schmidt	09	5/19/2017	EDC
7	5:10.54		F	--- Zach Milbrandt	10	5/5/2017	Packer Relays
8	5:16.69		F	--- Mat Yut	10	4/8/2017	MAA
9	5:25.66		F	--- Ryan Orth	09	5/13/2017	EDC JV Boys
10	5:34.77		F	--- Ben Zerr	09	4/11/2017	QUAD
11	5:44.24		F	--- Armin Ekic	12	4/21/2017	Eagle Relays
12	5:52.24		F	--- Max Kuhn	12	4/21/2017	Eagle Relays
13	5:54.53		F	--- Michael Stephenson	09	5/13/2017	EDC JV Boys
14	5:56.36		F	--- Parker Bussinger	09	5/6/2017	TK Invite
15	5:57.13		F	--- Keller Lee	09	5/6/2017	TK Invite
16	6:12.14		F	--- Khalid Mohamed	09	4/21/2017	Eagle Relays
<b>Boys Open 3200m Run</b>							
1	9:52.33		F	--- Drew Mears	12	5/19/2017	EDC
2	10:06.19		F	--- Mat Yut	10	5/2/2017	Shanley Invite
3	10:29.75		F	--- Aiden Biwer	09	5/19/2017	EDC
4	10:30.25		F	--- Braxton Bruer	10	5/19/2017	EDC
5	11:25.70		F	--- Ayden Schmidt	09	4/11/2017	QUAD
6	11:25.98		F	--- Jordan Milbrath	10	5/8/2017	Fargo Rotary
7	11:59.10		F	--- Ben Zerr	09	5/13/2017	EDC JV Boys
<b>Boys Open 110m Hurdles</b>							
1	18.67	NWI	F	--- Josh Herba	12	4/8/2017	MAA
2	19.24	NWI	F	--- Cody Binstock	12	4/8/2017	MAA
<b>Boys Open 300m Hurdles</b>							
1	41.45		F	--- Cody Binstock	12	5/19/2017	EDC
2	43.20		F	--- John Morton	12	5/2/2017	Shanley Invite
3	43.45		F	--- Dawsen Tyryfter	11	5/15/2017	TK Last Chance
4	44.06		F	--- Josh Herba	12	5/19/2017	EDC
5	49.17		F	--- Jackson Gravel	12	5/8/2017	Fargo Rotary
6	50.42		F	--- Isaac Haessig	12	5/8/2017	Fargo Rotary
7	50.95		F	--- Zakariya Ahmed	12	4/11/2017	QUAD
<b>Boys Open High Jump</b>							
1	6-02.00	1.88m	F	--- Alex Sell	11	5/26/2017	State
2	5-08.00	1.72m	F	--- John Morton	12	4/11/2017	QUAD
3	5-06.00	1.67m	F	--- Marcus Gulley	09	5/13/2017	EDC JV Boys
4	5-04.00	1.62m	F	--- Blessing Reeves	09	4/11/2017	QUAD

## Individual Top Marks   Outdoors Only

### Number of Top Times: All

	Mark	Convert	Rnd		Name	Age/Yr			
5	5-01.00	1.54m	F	---	John Paul Silverman	09	4/8/2017	MAA	
6	5-00.00	1.52m	F	---	Alex Aker	10	5/13/2017	EDC JV Boys	
Boys Open Pole Vault									
1	13-00.00	3.96m	F	---	Dawsen Tyryfter	11	5/5/2017	Packer Relays	
2	12-06.00	3.81m	F	---	David Guo	11	5/2/2017	Shanley Invite	
3	11-00.00	3.35m	F	---	Nick Gaebe	09	5/12/2017	Boys Classic	
4*	9-06.00	2.89m	F	---	Isaac Haessig	12	5/2/2017	Shanley Invite	
4*	9-06.00	2.89m	F	---	Riley Lebahn	11	5/5/2017	Packer Relays	
6	8-00.00	2.43m	F	---	Alex Aker	10	5/13/2017	EDC JV Boys	
Boys Open Long Jump									
1	21-07.75	NWI	6.59m	F	---	Jacob Levin	11	5/19/2017	EDC
2	21-07.00		6.57m	F	---	Nsengiyumva Corode	10	5/5/2017	Packer Relays
3	20-11.00	NWI	6.37m	F	---	Dirus Suah	11	5/19/2017	EDC
4	18-09.00		5.71m	F	---	David Daniels	09	5/12/2017	Boys Classic
5	17-11.00		5.46m	F	---	Surprise Jarue	12	4/18/2017	Sertoma
6	17-02.00	NWI	5.23m	F	---	Josh Dockter	12	4/8/2017	MAA
7	17-00.50		5.19m	F	---	Ibrahim Salou	11	4/11/2017	QUAD
8	16-01.50	NWI	4.91m	F	---	Zakariya Ahmed	12	4/8/2017	MAA
9	15-10.50	NWI	4.83m	F	---	Kenny Ray-Jones	09	4/8/2017	MAA
10	14-10.00		4.52m	F	---	Mario Dawood	09	4/11/2017	QUAD
11	12-09.50		3.89m	F	---	Blake Anderson	10	5/2/2017	Central Cass Invite
12	11-06.00		3.50m	F	---	Kalvin Easley	11	5/13/2017	EDC JV Boys
Boys Open Triple Jump									
1	41-02.00		12.54m	F	---	Nsengiyumva Corode	10	4/21/2017	Eagle Relays
2	36-08.50		11.18m	F	---	Josh Dockter	12	5/8/2017	Fargo Rotary
3	35-10.00		10.92m	F	---	David Daniels	09	5/8/2017	Fargo Rotary
Boys Open Shot Put									
1	53-04.50		16.26m	F	---	Zach Willis	12	5/12/2017	Boys Classic
2	50-03.50		15.32m	F	---	Kpah Matadi	11	5/26/2017	State
3	41-04.50		12.61m	F	---	Jeremiah Rodriguez	10	5/19/2017	EDC
4	41-03.00		12.57m	F	---	Luke Lennon	10	4/21/2017	Eagle Relays
5	39-06.00		12.04m	F	---	David Werner	09	4/8/2017	MAA
6	38-07.00		11.76m	F	---	Jaeden Moton	10	4/8/2017	MAA
7	37-05.00		11.40m	F	---	Alex Walker	11	4/18/2017	Sertoma
8	36-08.00		11.17m	F	---	Drew Mears	12	4/21/2017	Eagle Relays
9	35-08.00		10.87m	F	---	Alex Aker	10	4/8/2017	MAA
10	33-11.00		10.33m	F	---	Aj Beamon	11	4/8/2017	MAA
11	32-04.00		9.85m	F	---	Wyatt Bradley	09	4/11/2017	QUAD
12	24-11.50		7.60m	F	---	Ross Dent	10	4/11/2017	QUAD
13	24-06.00		7.46m	F	---	Jackson Walker	09	5/13/2017	EDC JV Boys
14	23-11.00		7.29m	F	---	Derek Miller	09	5/13/2017	EDC JV Boys
15	21-06.00		6.55m	F	---	Aaron Thompson	09	5/2/2017	Central Cass Invite
16	20-05.00		6.22m	F	---	Gabriel Sandvig	09	4/11/2017	QUAD
Boys Open Discus									
1	154-03.00		47.01m	F	---	Zach Willis	12	5/19/2017	EDC
2	136-03.00		41.52m	F	---	Luke Lennon	10	5/19/2017	EDC
3	133-01.00		40.56m	F	---	Alex Walker	11	5/19/2017	EDC
4	119-10.00		36.52m	F	---	Jaeden Moton	10	4/8/2017	MAA
5	108-08.00		33.12m	F	---	Jeremiah Rodriguez	10	5/13/2017	EDC JV Boys
6	100-07.00		30.65m	F	---	Josh Herba	12	4/11/2017	QUAD
7	99-09.00		30.40m	F	---	Aj Beamon	11	4/21/2017	Eagle Relays

### Individual Top Marks   Outdoors Only

#### Number of Top Times: All

	Mark	Convert	Rnd		Name	Age/Yr		
8	98-04.00	29.97m	F	---	David Werner	09	5/2/2017	Central Cass Invite
9	96-07.00	29.43m	F	---	Kenny Ray-Jones	09	4/8/2017	MAA
10	94-01.00	28.67m	F	---	Kpah Matadi	11	4/8/2017	MAA
11	84-01.00	25.62m	F	---	Derek Miller	09	4/8/2017	MAA
12	81-05.00	24.81m	F	---	Jeddie Nyei	11	4/8/2017	MAA
13	79-06.00	24.23m	F	---	Wyatt Bradley	09	4/11/2017	QUAD
14	69-11.00	21.31m	F	---	Jackson Walker	09	5/13/2017	EDC JV Boys
15	58-10.00	17.93m	F	---	Aaron Thompson	09	5/13/2017	EDC JV Boys
16	47-01.00	14.35m	F	---	Gabriel Sandvig	09	4/8/2017	MAA
<b>Boys Open   Javelin</b>								
1	162-08.00	49.58m	F	---	Jaeden Moton	10	5/5/2017	Packer Relays
2	145-08.00	44.39m	F	---	Luke Lennon	10	4/21/2017	Eagle Relays
3	136-00.00	41.45m	F	---	Aj Beamon	11	4/11/2017	QUAD
4	135-11.00	41.42m	F	---	Kenny Ray-Jones	09	4/21/2017	Eagle Relays
5	135-05.00	41.27m	F	---	Matthew Czerwinski	11	5/2/2017	Central Cass Invite
6	129-10.00	39.57m	F	---	Jackson Gravel	12	4/8/2017	MAA
7*	102-06.00	31.24m	F	---	Michael Johnson	09	4/11/2017	QUAD
7*	102-06.00	31.24m	F	---	Alex Aker	10	5/13/2017	EDC JV Boys
9	101-07.00	30.96m	F	---	Isaac Haessig	12	4/18/2017	Sertoma
10	101-06.00	30.93m	F	---	Surprise Jarue	12	4/18/2017	Sertoma
11	97-02.00	29.61m	F	---	Aaron Wold	11	5/2/2017	Central Cass Invite
12	94-00.00	28.65m	F	---	David Werner	09	4/21/2017	Eagle Relays
13	92-06.00	28.19m	F	---	Gabriel Leseberg	10	4/8/2017	MAA
14	89-01.00	27.15m	F	---	Ross Dent	10	5/2/2017	Central Cass Invite
15	85-00.00	25.90m	F	---	Yuban Yuan	12	4/21/2017	Eagle Relays
16	84-08.00	25.80m	F	---	Jackson Walker	09	4/11/2017	QUAD
17	72-10.00	22.20m	F	---	Aaron Thompson	09	5/13/2017	EDC JV Boys
18	46-07.00	14.19m	F	---	Derek Miller	09	5/13/2017	EDC JV Boys
19	43-07.00	13.28m	F	---	Gabriel Sandvig	09	4/8/2017	MAA

## Relay Top Marks

West Fargo [WF]

Number of Top Times: All

	Time	Convert	Rnd	Relay		
<b>Girls Open 4x100m Relay</b>						
1	50.90		F	A Relay	5/19/2017 EDC	
	Jesse Price (11)			Samantha Toso (09)	Tiana Pfaff (11)	Darline Suah (10)
2	51.76		F	A Relay	4/21/2017 Eagle Relays	
	Jesse Price (11)			Taryn Troftgruben (09)	Tiana Pfaff (11)	Darline Suah (10)
3	51.90		F	A Relay	5/12/2017 Girls Classic	
	Jesse Price (11)			Samantha Toso (09)	Tiana Pfaff (11)	Darline Suah (10)
4	52.04		F	A Relay	4/11/2017 QUAD	
	Jesse Price (11)			Taryn Troftgruben (09)	Tiana Pfaff (11)	Darline Suah (10)
5	52.35		F	A Relay	5/5/2017 Packer Relays	
	Jesse Price (11)			Taryn Troftgruben (09)	Tiana Pfaff (11)	Darline Suah (10)
6	52.37		P	A Relay	5/26/2017 State	
	Jesse Price (11)			Samantha Toso (09)	Taryn Troftgruben (09)	Tiana Pfaff (11)
7	53.22		F	A Relay	5/8/2017 Fargo Rotary	
	Jesse Price (11)			Taryn Troftgruben (09)	Tiana Pfaff (11)	Samantha Toso (09)
8	53.43		F	A Relay	4/8/2017 MAA	
	Jesse Price (11)			Taryn Troftgruben (09)	Tiana Pfaff (11)	Samantha Toso (09)
9	53.58		F	A Relay	4/18/2017 Sertoma	
	Megan Judge (09)			Taryn Troftgruben (09)	Tiana Pfaff (11)	Darline Suah (10)
10	53.63		F	A Relay	5/2/2017 Shanley Invite	
	Jesse Price (11)			Taryn Troftgruben (09)	Samantha Toso (09)	Tiana Pfaff (11)
11	54.27		F	A Relay	4/21/2017 Eagle Relays	
	Amber Diede (10)			Samantha Toso (09)	Megan Judge (09)	Chassity Stancil (12)
12	57.24		F	B Relay	4/11/2017 QUAD	
	Chassity Stancil (12)			Yea Gbortu (12)	Christina Davis (10)	Amber Diede (10)
13	58.78		F	A Relay	4/18/2017 Central Cass Invite	
	Chassity Stancil (12)			Abigail Bella (11)	Christina Davis (10)	Amber Diede (10)
14	1:00.53		F	A Relay	5/2/2017 Central Cass Invite	
	Christina Davis (10)			Shova Ghimirey (09)	Taylor Haberlack (09)	Miranda Nihad (10)
15	1:03.03		F	A Relay	5/6/2017 TK Invite	
	Ashlev Bjordahl (11)			Christina Davis (10)	Amber Diede (10)	Kalli Cummings (11)
16	1:04.44		F	B Relay	4/8/2017 MAA	
	Garlina Sumo (09)			Shova Ghimirey (09)	Sarah Humble (09)	Miranda Nihad (10)
<b>Girls Open 4x200m Relay</b>						
1	1:47.96		F	A Relay	5/19/2017 EDC	
	Tiana Pfaff (11)			Taryn Troftgruben (09)	Megan Judge (09)	Darline Suah (10)
2	1:49.31		F	A Relay	5/12/2017 Girls Classic	
	Tiana Pfaff (11)			Taryn Troftgruben (09)	Megan Judge (09)	Darline Suah (10)
3	1:50.46		F	A Relay	4/21/2017 Eagle Relays	
	Megan Judge (09)			Taryn Troftgruben (09)	Tiana Pfaff (11)	Darline Suah (10)
4	1:51.60		P	A Relay	5/26/2017 State	
	Samantha Toso (09)			Taryn Troftgruben (09)	Megan Judge (09)	Tiana Pfaff (11)
5	1:53.31		F	A Relay	5/8/2017 Fargo Rotary	
	Jesse Price (11)			Taryn Troftgruben (09)	Tiana Pfaff (11)	Samantha Toso (09)
6	1:53.72		F	A Relay	4/18/2017 Sertoma	
	Megan Judge (09)			Taryn Troftgruben (09)	Tiana Pfaff (11)	Darline Suah (10)
7	1:55.28		F	A Relay	5/5/2017 Packer Relays	
	Megan Judge (09)			Taryn Troftgruben (09)	Jesse Price (11)	Tiana Pfaff (11)
8	1:55.60		F	A Relay	4/11/2017 QUAD	
	Amber Diede (10)			Samantha Toso (09)	Megan Judge (09)	Chassity Stancil (12)

## Relay Top Marks

### West Fargo [WF]

Number of Top Times: All

	Time	Convert	Rnd	Relay			
9	1:57.04		F	A Relay	5/2/2017	Shanley Invite	
		Megan Judge (09)		Amber Diede (10)		Leah Lowenberg (11)	Lauren Limke (11)
10	2:05.96		F	A Relay	4/18/2017	Central Cass Invite	
		Chassity Stancil (12)		Yea Gbortu (12)		Christina Davis (10)	Amber Diede (10)
11	2:07.24		F	B Relay	4/8/2017	MAA	
		Chassity Stancil (12)		Yea Gbortu (12)		Taylor Haberlack (09)	Christina Davis (10)
<b>Girls Open 8x200m Relay</b>							
1	4:08.98		F	A Relay	4/21/2017	Eagle Relays	
		Madison Berg (09)		Bailey Riehl (11)		Leah Lowenberg (11)	Sarah Humble (09)
<b>Girls Open 4x400m Relay</b>							
1	4:11.94		F	A Relay	5/8/2017	Fargo Rotary	
		Darline Suah (10)		Emily Hansen (09)		Mariah Schatz (10)	Jennifer Dufner (12)
2	4:16.59		F	A Relay	4/18/2017	Sertoma	
		Mariah Schatz (10)		Darline Suah (10)		Abby Donarski (10)	Jennifer Dufner (12)
3	4:17.96		F	A Relay	5/5/2017	Packer Relays	
		Darline Suah (10)		Mariah Schatz (10)		Abby Donarski (10)	Jennifer Dufner (12)
4	4:18.27		F	A Relay	4/11/2017	QUAD	
		Mariah Schatz (10)		Emily Hansen (09)		Nikki Schreiner (12)	Jennifer Dufner (12)
5	4:20.49		F	A Relay	5/26/2017	State	
		Emily Hansen (09)		Mariah Schatz (10)		Abby Donarski (10)	Nikki Schreiner (12)
6	4:20.67		F	A Relay	5/19/2017	EDC	
		Emily Hansen (09)		Mariah Schatz (10)		Abby Donarski (10)	Madysen Nelson (11)
7	4:23.44		F	A Relay	5/2/2017	Shanley Invite	
		Taryn Troftgruben (09)		Mariah Schatz (10)		Abby Donarski (10)	Emily Hansen (09)
8	4:24.98		F	A Relay	5/12/2017	Girls Classic	
		Emily Hansen (09)		Abby Donarski (10)		Taryn Troftgruben (09)	Madysen Nelson (11)
9	4:26.75		F	A Relay	4/8/2017	MAA	
		Megan Judge (09)		Abby Donarski (10)		Taryn Troftgruben (09)	Madysen Nelson (11)
<b>Girls Open 4x800m Relay</b>							
1	9:46.16		F	A Relay	5/19/2017	EDC	
		Emily Hansen (09)		Nikki Schreiner (12)		Jennifer Dufner (12)	Mariah Schatz (10)
2	9:50.01		F	A Relay	5/15/2017	TK Last Chance	
		Emily Hansen (09)		Nikki Schreiner (12)		Jennifer Dufner (12)	Mariah Schatz (10)
3	9:50.50		F	A Relay	5/26/2017	State	
		Emily Hansen (09)		Nikki Schreiner (12)		Jennifer Dufner (12)	Mariah Schatz (10)
4	10:03.01		F	A Relay	5/5/2017	Packer Relays	
		Abby Donarski (10)		Nikki Schreiner (12)		Jennifer Dufner (12)	Mariah Schatz (10)
5	10:04.74		F	A Relay	4/11/2017	QUAD	
		Abby Donarski (10)		Jennifer Dufner (12)		Clare Boldingh (08)	Nikki Schreiner (12)
6	10:08.58		F	A Relay	5/12/2017	Girls Classic	
		Emily Hansen (09)		Mariah Schatz (10)		Hope Pringle (09)	Nikki Schreiner (12)
7	10:20.74		F	A Relay	5/8/2017	Fargo Rotary	
		Abby Smith (07)		Emily Hansen (09)		Abby Donarski (10)	Nikki Schreiner (12)
8	10:30.09		F	A Relay	4/18/2017	Sertoma	
		Hope Pringle (09)		Emily Hansen (09)		Nikki Schreiner (12)	Abby Smith (07)
9	10:38.46		F	A Relay	5/2/2017	Shanley Invite	
		Emily Hansen (09)		Abby Smith (07)		Madysen Nelson (11)	Kaelyn Berg (07)
10	10:43.69		F	A Relay	4/8/2017	MAA	
		Nikki Schreiner (12)		Abby Smith (07)		Emily Hansen (09)	Hope Pringle (09)
11	10:51.43		F	A Relay	4/21/2017	Eagle Relays	
		Madysen Nelson (11)		Emily Hansen (09)		Kendra Gabbert (11)	Brooklyn Wiest (09)



## Relay Top Marks

**West Fargo [WF]**
**Number of Top Times: All**

Time	Convert	Rnd	Relay			
<b>Girls Open 800m Sprint Medley Relay</b>						
1	2:02.12	F	A Relay	4/21/2017	Eagle Relays	
	Amber Diede (10)		Chassity Stancil (12)		Samantha Toso (09)	Megan Judge (09)
<b>Girls Open 4000m Distance Medley Relay</b>						
1	13:22.44	F	A Relay	4/21/2017	Eagle Relays	
	Jennifer Dufner (12)		Mariah Schatz (10)		Abby Donarski (10)	Nikki Schreiner (12)
<b>Girls Open 4x100m Shuttle Hurdle Relay</b>						
1	1:17.75	F	A Relay	4/21/2017	Eagle Relays	
	Leah Lowenberg (11)		Brynn Giesen (08)		Taylor Haberlack (09)	Madison Johnson (09)
<b>Boys Open 4x100m Relay</b>						
1	43.68	F	A Relay	5/19/2017	EDC	
	Joel McIntosh (09)		Jacob Levin (11)		Ben Fritz-Saville (12)	John Morton (12)
2	43.77	P	A Relay	5/26/2017	State	
	Joel McIntosh (09)		Jacob Levin (11)		Ben Fritz-Saville (12)	Alessandro Genova (12)
3	44.12	F	A Relay	4/21/2017	Eagle Relays	
	Jacob Levin (11)		Alessandro Genova (12)		Ben Fritz-Saville (12)	John Morton (12)
4	44.17	F	A Relay	5/12/2017	Boys Classic	
	Joel McIntosh (09)		Jacob Levin (11)		Ben Fritz-Saville (12)	John Morton (12)
5	44.22	F	A Relay	5/26/2017	State	
	Joel McIntosh (09)		Jacob Levin (11)		Ben Fritz-Saville (12)	Alessandro Genova (12)
6	44.49	F	A Relay	5/2/2017	Shanley Invite	
	Jacob Levin (11)		Alessandro Genova (12)		Joel McIntosh (09)	John Morton (12)
7	44.51	F	A Relay	5/8/2017	Fargo Rotary	
	Joel McIntosh (09)		Jacob Levin (11)		Alex Sell (11)	John Morton (12)
8	44.52	F	A Relay	4/8/2017	MAA	
	Ben Fritz-Saville (12)		Alessandro Genova (12)		Alex Sell (11)	John Morton (12)
9	44.85	F	A Relay	4/11/2017	QUAD	
	Ben Fritz-Saville (12)		Alessandro Genova (12)		Alex Sell (11)	John Morton (12)
10	46.21	F	A Relay	4/18/2017	Sertoma	
	Ben Fritz-Saville (12)		Alessandro Genova (12)		Eric Brown (12)	John Morton (12)
11	46.22	F	A Relay	5/5/2017	Packer Relays	
	Joel McIntosh (09)		Ben Fritz-Saville (12)		Alex Sell (11)	Antwuan Clemens (09)
12	47.01	F	A Relay	4/21/2017	Eagle Relays	
	Alex Sell (11)		Eric Brown (12)		Jackson Gravel (12)	Nsengiyumva Corode (10)
13	47.51	F	C Relay	4/11/2017	QUAD	
	Holdyn Honeyman (09)		Antwuan Clemens (09)		Michael Johnson (09)	Nsengiyumva Corode (10)
14	47.61	F	B Relay	4/11/2017	QUAD	
	David Froeber (10)		Eric Brown (12)		Jackson Gravel (12)	Zach Milbrandt (10)
15	48.48	F	A Relay	5/2/2017	Central Cass Invite	
	David Froeber (10)		Holdyn Honeyman (09)		Michael Johnson (09)	Zach Milbrandt (10)
16	49.16	F	A Relay	5/13/2017	EDC JV Boys	
	David Froeber (10)		David Daniels (09)		Holdyn Honeyman (09)	Gabriel Leseberg (10)
17	49.17	F	A Relay	4/18/2017	Central Cass Invite	
	David Froeber (10)		Antwuan Clemens (09)		Michael Johnson (09)	Holdyn Honeyman (09)
<b>Boys Open 4x100m Relay Throwers</b>						
1	56.68	F	A Relay	4/18/2017	Central Cass Invite	
2	59.81	F	A Relay	5/2/2017	Central Cass Invite	
	Ross Dent (10)		Jeremiah Rodriguez (10)		Jackson Walker (09)	Alex Aker (10)

## Relay Top Marks

**West Fargo [WF]**
**Number of Top Times: All**

Time	Convert	Rnd	Relay			
<b>Boys Open 4x200m Relay</b>						
1	1:31.05	P	A Relay	5/26/2017	State	
	Joel McIntosh (09)		Jacob Levin (11)		Alessandro Genova (12)	John Morton (12)
2	1:31.47	F	A Relay	4/21/2017	Eagle Relays	
	Jacob Levin (11)		Alessandro Genova (12)		Alex Sell (11)	John Morton (12)
3	1:32.10	F	A Relay	5/19/2017	EDC	
	Joel McIntosh (09)		Ben Fritz-Saville (12)		Alex Sell (11)	John Morton (12)
4	1:32.15	F	A Relay	5/5/2017	Packer Relays	
	John Morton (12)		Jacob Levin (11)		Alex Sell (11)	Joel McIntosh (09)
5	1:32.23	F	A Relay	5/8/2017	Fargo Rotary	
	Joel McIntosh (09)		Jacob Levin (11)		Alex Sell (11)	Antwuan Clemens (09)
6	1:32.85	F	A Relay	4/11/2017	QUAD	
	Ben Fritz-Saville (12)		Alessandro Genova (12)		Alex Sell (11)	John Morton (12)
7	1:33.16	F	A Relay	5/12/2017	Boys Classic	
	Joel McIntosh (09)		Antwuan Clemens (09)		Alex Sell (11)	Dawsen Tyryfter (11)
8	1:33.60	F	A Relay	4/8/2017	MAA	
	Ben Fritz-Saville (12)		Alessandro Genova (12)		Alex Sell (11)	Michael Yeanay (12)
9	1:33.82	F	A Relay	5/2/2017	Shanley Invite	
	Alessandro Genova (12)		Antwuan Clemens (09)		Alex Sell (11)	Joel McIntosh (09)
10	1:39.89	F	A Relay	4/18/2017	Sertoma	
	Ben Fritz-Saville (12)		Eric Brown (12)		Alex Sell (11)	Surprise Jarue (12)
11	1:40.19	F	A Relay	5/2/2017	Central Cass Invite	
	David Froeber (10)		Holdyn Honeyman (09)		Michael Johnson (09)	Zach Milbrandt (10)
12	1:40.44	F	B Relay	4/8/2017	MAA	
	David Froeber (10)		Eric Brown (12)		Jackson Gravel (12)	Zach Milbrandt (10)
13	1:41.15	F	A Relay	4/18/2017	Central Cass Invite	
	David Froeber (10)		Antwuan Clemens (09)		Michael Johnson (09)	Zach Milbrandt (10)
14	1:41.73	F	B Relay	4/11/2017	QUAD	
	David Froeber (10)		Eric Brown (12)		Jackson Gravel (12)	Zach Milbrandt (10)
15	1:45.62	F	A Relay	5/13/2017	EDC JV Boys	
	David Froeber (10)		Antwuan Clemens (09)		Holdyn Honeyman (09)	Gabriel Leseberg (10)
<b>Boys Open 8x200m Relay</b>						
1	3:23.51	F	A Relay	4/21/2017	Eagle Relays	
	David Froeber (10)		Antwuan Clemens (09)		Zach Milbrandt (10)	Michael Johnson (09)
<b>Boys Open 4x400m Relay</b>						
1	3:30.49	F	A Relay	5/12/2017	Boys Classic	
	Antwuan Clemens (09)		Noah Schaeffer (11)		Alex Sell (11)	Josh Dockter (12)
2	3:30.58	F	A Relay	5/26/2017	State	
	Dawsen Tyryfter (11)		Antwuan Clemens (09)		Noah Schaeffer (11)	John Morton (12)
3	3:31.07	F	A Relay	5/19/2017	EDC	
	John Morton (12)		Weston Schatz (12)		Antwuan Clemens (09)	Noah Schaeffer (11)
4	3:32.22	F	A Relay	4/18/2017	Sertoma	
	John Morton (12)		Dawsen Tyryfter (11)		Alessandro Genova (12)	Noah Schaeffer (11)
5	3:33.73	F	A Relay	5/8/2017	Fargo Rotary	
	Antwuan Clemens (09)		Dawsen Tyryfter (11)		Jake Svenby (11)	Weston Schatz (12)
6	3:34.01	F	A Relay	5/5/2017	Packer Relays	
	Antwuan Clemens (09)		Weston Schatz (12)		Josh Dockter (12)	Noah Schaeffer (11)
7	3:35.43	F	A Relay	5/2/2017	Shanley Invite	
	Antwuan Clemens (09)		Weston Schatz (12)		Jake Svenby (11)	Josh Dockter (12)
8	3:35.82	F	A Relay	4/8/2017	MAA	
	Alex Sell (11)		Dawsen Tyryfter (11)		Cody Binstock (12)	Dylan Humble (12)

## Relay Top Marks

**West Fargo [WF]**
**Number of Top Times: All**

	Time	Convert	Rnd	Relay			
9	3:41.87		F	A Relay	4/11/2017	QUAD	
	Jake Svenby (11)			Antwuan Clemens (09)		Dylan Humble (12)	Josh Dockter (12)
10	3:45.84		F	B Relay	4/8/2017	MAA	
	Holdyn Honeyman (09)			Antwuan Clemens (09)		Josh Dockter (12)	Michael Johnson (09)
11	3:45.91		F	A Relay	4/21/2017	Eagle Relays	
	Antwuan Clemens (09)			Zach Milbrandt (10)		Michael Johnson (09)	Marcus Gulley (09)
12	3:55.63		F	A Relay	4/18/2017	Central Cass Invite	
	Antwuan Clemens (09)			Michael Johnson (09)		David Froeber (10)	Holdyn Honeyman (09)
13	4:02.16		F	A Relay	4/21/2017	Eagle Relays	
	David Froeber (10)			Holdyn Honeyman (09)		David Daniels (09)	Sean Eldridge (10)
14	4:15.60		F	A Relay	5/13/2017	EDC JV Boys	
	Gabriel Leseberg (10)			David Daniels (09)		Eric Tyulyandin (10)	Blessing Reeves (09)
<b>Boys Open 4x800m Relay</b>							
1	8:11.93		F	A Relay	5/19/2017	EDC	
	Noah Schaeffer (11)			Drew Mears (12)		Jake Svenby (11)	Braxton Bruer (10)
2	8:19.52		F	A Relay	5/26/2017	State	
	Noah Schaeffer (11)			Drew Mears (12)		Jake Svenby (11)	Braxton Bruer (10)
3	8:21.79		F	A Relay	4/21/2017	Eagle Relays	
	Noah Schaeffer (11)			Drew Mears (12)		Jake Svenby (11)	Braxton Bruer (10)
4	8:25.91		F	A Relay	5/12/2017	Boys Classic	
	Noah Schaeffer (11)			Drew Mears (12)		Jake Svenby (11)	Braxton Bruer (10)
5	8:28.68		F	A Relay	5/5/2017	Packer Relays	
	Noah Schaeffer (11)			Drew Mears (12)		Jake Svenby (11)	Braxton Bruer (10)
6	8:29.12		F	A Relay	4/8/2017	MAA	
	Noah Schaeffer (11)			Drew Mears (12)		Braxton Bruer (10)	Jake Svenby (11)
7	8:33.77		F	A Relay	4/11/2017	QUAD	
	Braxton Bruer (10)			Drew Mears (12)		Luke Johnson (10)	Jace Dullum (10)
8	8:54.64		F	A Relay	5/8/2017	Fargo Rotary	
	Aiden Biwer (09)			Dylan Humble (12)		Avden Schmidt (09)	Nick Peterson (12)
9	8:55.80		F	A Relay	5/2/2017	Shanley Invite	
	Nick Peterson (12)			Jace Dullum (10)		Luke Johnson (10)	Dylan Humble (12)
10	9:00.82		F	A Relay	4/18/2017	Sertoma	
	Jake Svenby (11)			Nick Peterson (12)		Dylan Humble (12)	Aiden Biwer (09)
11	9:52.75		F	A Relay	4/21/2017	Eagle Relays	
	Mat Yut (10)			Zach Hillen (11)		Ryan Orth (09)	Ben Zerr (09)
12	10:08.20		F	A Relay	5/13/2017	EDC JV Boys	
	Mat Yut (10)			Ben Zerr (09)		Keller Lee (09)	Parker Bussinger (09)
<b>Boys Open 800m Sprint Medley Relay</b>							
1	1:43.28		F	A Relay	4/21/2017	Eagle Relays	
	Nsengiyumva Corode (10)			Eric Brown (12)		Jackson Gravel (12)	Josh Dockter (12)
<b>Boys Open 4000m Distance Medley Relay</b>							
1	11:53.86		F	A Relay	4/21/2017	Eagle Relays	
	Jace Dullum (10)			Dylan Humble (12)		Nick Peterson (12)	Jordan Milbrath (10)

**NEW**

**RECORDS**

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**Individual Records Report****West Fargo [WF]**

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**Girls Open Long Jump**

<b>17-10.00</b>	5.43m	<b>Tiana Pfaff at EDC</b>	West Fargo	<b>May-19-2017</b>
17-10.00 **	5.43m	Tiana Pfaff at EDC	West Fargo	May-19-2017

**Girls Open Shot Put**

<b>49-09.00</b>	15.16m	<b>Akealy Moton at Eagle Relays</b>	West Fargo	<b>Apr-21-2017</b>
49-09.00 **	15.16m	Akealy Moton at Eagle Relays	West Fargo	Apr-21-2017



**2017**

**SENIOR**

**CAPTAINS**



GOOD LUCK JEN!

# GOOD LUCK AKEALY!

## MEET OUR 2017 COMMITMENTS



### AKEALY MOTON



6'0" | F | West Fargo, N.D./West Fargo HS

#### COACH BREWSTER SAYS:

“We’re very excited about what we’re getting in Akealy-- a fast, tough, physical player. She’s extremely strong and works hard coming out of Barb Metcalf’s West Fargo program. She has a great mindset and is always ready to compete with her teammates daily. If they’re not ready to bring it, she’ll still bring it.”

#UNDPROUD





# DRAGONS™

TRACK & FIELD/XC



## DREW MEARS

DISTANCE, WEST FARGO, N.D.

# GOOD LUCK DREW!

# GOOD LUCK ZACH!





**WHERE**

**ARE**

**THEY**

**NOW?**

# **SPRINT MEDLEY RELAY CHAMPIONS! 2017 DRAKE RELAYS**



**Amy Andrushko, Rose Jackson, Amanda Levin, Alexis Woods**

**NDSU TRACK & FIELD**

**AMANDA LEVIN**

**2<sup>nd</sup> LEG / 200 METERS**

# **DISTANCE MEDLEY RELAY CHAMPIONS! 2017 DRAKE RELAYS**



**Marissa Carlson, Judith Robinson, Alissa Mears, Molly Montonye**

**MSUM TRACK & FIELD  
ALISSA MEARS  
3<sup>RD</sup> LEG / 800 METERS**



## MSUM's Mears prepares for nationals

By [Alex Curtis](#) on May 24, 2017 at 7:07 p.m.

It's been an interesting last few months for MSU Moorhead senior Alissa Mears.

The former West Fargo standout had lost her confidence and wasn't sure how in shape she was when the racing season began.

Now she's preparing to run at the Division 2 Track Championships in Florida.

The attitude change happened when Mears started to focus on her goals.

Mears hits the track for the 800 prelims on Friday, she holds the Dragons' school record in that event



# West Fargo grad Mears sets Dragons record at Masanz

By Eric Peterson

epeterson@forumcomm.com

Prior to her race Saturday afternoon, Minnesota State Moorhead senior Alissa Mears, noticed an unexpected fan in attendance: her brother, Drew.

That's because Drew, a senior at West Fargo High School, had to attend prom later in the day.

"I looked over there right before my race and I saw him and his date, so that was pretty exciting," said Alissa, a West Fargo High School graduate. "It was fun to see."

Alissa also had a fun day on the track, taking first place in the women's 800 meters at the Ron Masanz Classic meet at Alex Nemzek Stadium. She crossed the finish line in 2 minutes, 9.10 seconds to set a school record. Pam Harty held the previous school mark, running a 2:09.80 in 1983.

"It's been a goal of mine since I started," said Mears, who ran a sub-2:10 time for the first time in her college track career.

Mears took the lead in the 800 soon after the first of two laps and pulled away from the field en route to victory. She finished more than seven seconds ahead of the second-place finisher. Alissa was hoping to run in the 2:08s to improve her chances of earning a spot in the 800 at the NCAA Division II Outdoor Championships.

"It's hard when you are running by yourself and you have to push yourself.



David Samson / The Pioneer

Minnesota State University Moorhead senior Alissa Mears turns the corner in the 800 meters Saturday, May 6, during the Ron Masanz Classic track and field meet at MSUM.

I'm definitely satisfied," Mears said. "I'm excited to see what I can do at conference when there are girls pushing me the whole time."

The Northern Sun Intercollegiate Conference outdoor meet starts Friday, May 12, in St. Paul at Sea Foam Stadium. The NCAAAs are a couple weeks later in Bradenton, Fla. Mears has twice qualified for indoor nationals in the 800, but has yet to make the NCAAAs outdoors in the event.

"It would definitely be the highlight of my career," Mears said. "My heart's going to be broken either way at the end of the year this year, knowing you're done after how many years of running."

Dragons associate track coach Ryan Milner likes the way Mears performed, breaking the school record, running sub-2:10 and improving her chances of making the NCAA outdoor meet.

"Her performance was great," Milner said. "To do that in front of a home crowd is cool. She ran pretty much exactly to plan. For her to do that running (with a big lead) is impressive I think."

Alissa was a six-time North Dakota Class A state champion at West Fargo High School, including four individual state crowns. Milner said he was "super excited" that Mears chose the Dragons coming out of high school.

"Someone of her cali-

ber ... we weren't sure if it was going to actually happen," Milner said.

Alissa said she received some interest from Division I programs, but is happy with her decision to run track at MSUM.

"I wouldn't change a single thing about it," she said. "I've had an awesome career. I can't really see (going) Division I now."

Mears has three arrows tattooed on the inside of her left bicep. Each arrow represents a family member: her mother, Julie, father, Chad, and Drew.

"They always push me forward to do my best in whatever I choose to do," Alissa said.

Readers can reach reporter Eric Peterson at (701) 241-5513