## WEST FARGO PACKERS



2016 TRACK & FIELD

### WEST FARGO PACKERS TRACK & FIELD 2016 ATHLETIC AWARDS GIRLS

<b>PARTICIPATION AWA</b>	RD:				
Brynn Giesen	7	Rachel Kartes	9	Kalli Cummings	10
Emily Hansen	8	Aluel Maciek	9	Jayden Halverson	10
Abby Klaman	8	Olivia Macziewski	9	Shimirimana Jacquline	10
Hope Pringle	8	<b>Teewon Monponwon</b>	9	Haylee Johnson	10
Kayley Schaeffer	8	Regina Nguyen	9	Vasundhra Agarwal	11
Grace Faiman	9	Colleen Urlaub	9	Mijwok Ajang	11
<b>Breanna Gores</b>	9	Sophie Weisz	9	Nshimirimana Aline	11
Allison Jacobson	9	Ashley Bjordahl	10	Anyiwei Maciek	12
Callyn Johnson	9	<b>Emmalee Burtsfield</b>	10	•	
FIRST YEAR LETTER:				SECOND YEAR LETTER:	
Madison Berg	8	Courtney Walsh	10	Madysen Nelson	10
Taryn Troftgruben	8	Alexia Jamieson (Mgr.)	11	Tiana Pfaff	10
Madison Connors	9	Nikki Schreiner	11	Jesse Price	10
Amber Diede	9	Chassity Stancil	11	Brie Pulczinski	12
Abby Donarski	9	Kaylee Stokka	11	210 1 4102111011	
Ellyssa Derrig	10	Emma Wold (Mgr.)	11		
Bailey Riehl	10	Ganiyatou Salou	12		
24		oung wow surve			
THIRD YEAR LETTER	•	FOURTH YEAR LETTER:		FIFTH YEAR LETTER:	
Jenna Beck	<u>.</u> 11	Akealy Moton	11	Jennifer Dufner	11
Kesia Gbadoe	11	Emily Bourassa	12	Kennedi Sand	12
Kesia Gbadoe	11				12
		Mykin Gunning	12 12	Keely Walker	14
		Alexis Huseby			
		Lexi Stein-McAndrew	12		
MOCEVALUADIE	A CIZ:	MOST IMPROVED.		ALL CONFEDENCE.	
MOST VALUABLE TRA	ACK:	MOST IMPROVED:		ALL-CONFERENCE:	
Jennifer Dufner		Lexi Stein-McAndrew		Akealy Moton	
				Keely Walker	
MOST VALUABLE FIE	LD:	<b>RELAY AWARD:</b>		ALL-STATE:	
Akealy Moton		Jennifer Dufner		Akealy Moton	
MOST DEDICATED:		COACHES AWARD:			
Jennifer Dufner		Kennedi Sand			
Keely Walker					
<u>J</u>					
2016 CAPTAINS:		<b>2017 CAPTAINS:</b>			
Kennedi Sand		Jennifer Dufner			
Keely Walker		Akealy Moton			
ixely wainti		ARCALY MIDIUM			

### WEST FARGO PACKERS TRACK & FIELD 2016 ATHLETIC AWARDS BOYS

PARTICIPATION AWAR	<u>D:</u>				
Casey Schaefer	8	Haakon Nelson	9	Arion Poitra	10
Alex Aker	9	Tate Pearson	9	Evan Poppenhagen	10
Blake Anderson	9	Alex Pforr	9	Ibrahim Salou	10
Tyler Binstock	9	Jeremiah Rodriguez	9	Corey Sather	10
Nsengiyumva Corode	9	Eric Tyulyandin	9	Aaron Wold	10
Ross Dent	9	Drew Vasseur	9	Zakariya Ahmed	11
Mason Emerson	9	Mat Yut	9	Jackson Gravel	11
Luke Johnson	9	AJ Beamon	10	Surprise Jarue	11
Lucas Krause	9	Matthew Czerwinski	10	Max McKinnon	11
Gabriel Leseberg	9	Kalvin Easley	10	Grant Nelson	11
Jordan Milbrath	9	Tyler Kingsly	10	Jaryd Peters	11
Jaeden Moton	9	Tore Miller	10	Haboniman Simon	11
Jesse Muffenbier	9	Fredhel Ndamba	10	Noah Simpfenderfer	11
FIRST YEAR LETTER:					
Joel McIntosh	8	Kpah Matadi	10	Josh Herba	11
Braxton Bruer	9	Dawsen Tyryfter	10	Dylan Humble	11
Jace Dullum	9	Alex Walker	10	Ben Dirks	12
David Froeber	9	Eric Brown	11	Jarrett Lardy	12
Luke Lennon	9	John Emerson	11	Creighton Pfau	12
Eli Gulland	10	Ben Fritz-Saville	11	Noah Schock	12
Anthony Lorenzetti	10	Alessandro Genova	11	1 (0411 50110011	
· ·					
SECOND YEAR LETTER	<u>:</u>			THIRD YEAR LETTER:	
David Guo	10	Cody Binstock	11	Noah Schaeffer	10
Zach Hillen	10	Joshua Dockter	11	Weston Schatz	11
Paul Holaday	10	Drew Mears	11		
Jacob Levin	10	Zach Willis	11		
Skylar Schaefer	10	Michael Yeanay	11		
Alexander Sell	10	Dylan Anthony	12		
Jake Svenby	10	Jacob Franek	12		
FOURTH YEAR LETTER	•				
Alex Talley	12				
Thex runey	12				
MOST VALUABLE TRAC	CK:	<b>MOST IMPROVED:</b>		<b>ALL-CONFERENCE:</b>	
Jacob Levin		Kpah Matadi		Alex Talley	
		•		J	
MOST VALUABLE FIELI	<u>D</u> :	<b>RELAY AWARD:</b>		ALL-STATE:	
Alex Talley		Alessandro Genova		Alex Talley	
<b>MOST DEDICATED</b> :		<b>COACHES AWARD</b> :			
Alex Talley		Alex Talley			
2017 CADTAING		2017 CADTAING			
2016 CAPTAINS:		2017 CAPTAINS:			
Dante Genova		Drew Mears			
Alex Talley		Zach Willis			

## SHOT PUT

## AKEALY MOTON

### **JAVELIN**

## AKEALY MOTON

SHOT PUT

## DISCUS

## SHOT PUT

AKEALY MOTON

DISCUS

KEELY WALKER

## **JAVELIN**

## **AKEALY MOTON**

SHOT PUT

DISCUS

# OUTSTANDING SENIOR MALE ATHLETE OF THE YEAR EASTERN DAKOTA CONFERENCE 2016

# OUTSTANDING SENIOR MALE ATHLETE OF THE YEAR STATE CLASS A 2016

# WEST FARGO HIGH SCHOOL OUTSTANDING SENIOR FEMALE ATHLETE 2015 - 2016

KENNEDI SAND

# WEST FARGO HIGH SCHOOL OUTSTANDING SENIOR MALE ATHLETE 2015 - 2016

# 

## Team effort for Packers

Key returners as well as fresh faces expected to fuel success this season

By Josh Francis

ifrancis@forumcomm.com

The West Fargo High School boys and girls track and field teams are relying on some key returners to fuel success this season, but they also expect some fresh faces to contribute to their success.

Boys and girls head track

and field coach Darin McKinnon said his teams are capable of competing with the top teams in the Eastern Dakota Conference.

"We've got a very talented upper class. We've got a lot of strong kids" McKinnon said. "We're real excited

PACKERS: Page 15



Photo by David Samson

**Drew Mears and Jace Dullum** run during practice at West Fargo High School.

#### **PACKERS**

From Page 16

about that."

McKinnon said both teams also have a lot of underclassmen who will help the Packers compete for a top spot in the EDC.

Seniors Alex Talley and Keely Walker and sophomore Akealy Moton are three of the region's top shot-putters. Moton won a state title in shot put and javelin throw last year.

Talley was the runner-up in the shot put at last year's state meet, and won the first shot put event of the season on Friday, March 18, at the Cobber North Dakota High School Track and Field Invite at Concordia College. Moton won the girls shot put event and Walker took second.

"I think one of the things

that we benefit from with our program is, all of our programs work and help each other," McKinnon said. "All together in one as a school, we get a lot of kids that are multisport athletes because they got that competitive edge, and they go from sport to sport because it makes them better."

Talley, like other seniors, has his sights set on a state title.

"It definitely sticks out that I won't be back here next year, and it's really sad, but it makes me want to try harder while I am here and make the most of it while it lasts," Talley said.

Walker is in an interesting predicament. Her toughest competition in the shot put and javelin is teammate Moton. Walker said the key for her and the entire team is consistency.

"We're trying to keep up the same pace the whole season, because last year we went really hard at the beginning, but we kind of like died down," Walker said. "I think it's important that we push through it this year, to keep going."

In the Packers' first meet at Concordia, the boys placed third out of 10 teams and the girls took fourth out of 11 teams.

Top finishers for the girls were junior Jen Dufner, third in the 1,600-meter run; eighth-grader Madison Berg, third in the pole vault; freshman Madison Connors, fourth in the high jump; sophomore Tiana Pfaff, second in the long jump; Moton, first in the shot put; Walker, second in the shot put; senior Lexi Stein-McAndrew, third in the shot put; the 4-by-800-relay team of Madysen Nelson. Emmalee Burtsfield, Nikki Schreiner and Dufner, first;

and the 4-by-400-meter relay team of Brie Pulczinski, Kesia Gbadoe, Dufner and Pfaff, second.

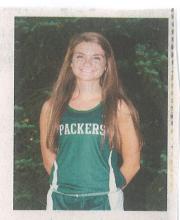
On the boys side, the top finishers were sophomore Skylar Schaefer, fifth in the 55-meter dash; sophomore Noah Schaefer, second in the 800-meter-run; freshman Jace Dullum, third in the 1,600-meter run; sophomore Jacon Levin, first in the long jump; sophomore Paul Holaday, fifth in the high jump; fifth place in the triple jump; Talley, first in the shot put; junior Zach Willis, third in the shot put; 4-by-800-meter relay team of Jacob Franck, Drew Mears, N. Schaeffer and Dullum, second; 4-by-400-meter relay team of Alexander Sell, Zach Hillen, Jake Svenby and Josh Dockter, fifth.

> Readers can reach reporter Josh Francis at (701) 451-5715

#### **Jen Dufner Packers**

Packers junior Jen Dufner helped score 24 points for her track and field team in its first meet on Friday, March 18.

Dufner was third in the 1,600-meter run and she was a member of the second-place 4-by-400meter relay team with Brie Pulczinski, Tiana Pfaff and Kesia Gbadoe. and the first place 4-by-800-meter relay team with Madysen Nelson,



Emmalee Burtsfield and Nikki Schreiner.

#### **Tiana Pfaff Packers**

Packers Sophomore Tiana Pfaff placed second in two events at Friday's Cobber North Dakota High School Track and Field Invite at Concordia College.

Pfaff was second in the girls long jump and was part of the second-place Packers' 4-by-400-meter relay team along with Jen Dufner, Brie Pulczinski



and Kesia Gbadoe. Pfaff placed 18th out of 108 runners in the 55-meter dash.

#### TRACK AND FIELD

**North Dakota boys** 

North Dakota boys
Results Sunday
Cobber inddor track meet
Team scores: Grand Forks Red
River 188, Fargo North 94.25, West
Fargo 76.5, Grand Forks Central
61, Jamestown 47.75, West Fargo
Sheyenne 39, Central Cass 30.5,
Fargo Shanley 24.5, Valley City
13.5, Fargo Oak Grove 8.
55: 1, Carlson, J, 6.8. 2, Nsibirwa,
GFRR, 6.86. 3, Halgrimson, VC,
6.96.

GFRR, 6.86. 3, Halgrimson, VC, 6.96. 200: 1, Carlson, J, 23.79. 2, Santos, FN, 23.82. 3, Halgrimson, VC, 24.45. 400: 1, Hornung, J, 55.75. 2, Russell, FS, 57.04. 3, Erie, FS, 57.17. 800: 1, Hettich, GFC, 2:07.01. 2, Schaeffer, WF, 2:07.47. 3, Coles, WFS, 2:11.39. 1600: 1, Boucher, GFRR, 4:49.86. 2, Larsen, GFC, 4:50.34. 3, Dullum, WF, 4:56.96. 3200: 1, Larsen, GFC, 11:02.76. 2, Byrne, GFRR, 11:03.56. 3, Yokom, FN, 11:03.65.

55 hurdles: 1, Kamara, GFRR, 7.97. 2, Wysocki, GFRR, 8.14. 3, Enerson, GFRR, 8.43.

GFRR, 8.43.
4x200 relay: 1, FN (Anderson, Baer, Footitt, Fuglseth) 1:37.02. 2, J (Carlson, Hare, Koenig, Hornung) 1:37.84. 3, WF (Schaefer, Levin, Sell, Svenby) 1:38.30.
4x400 relay: 1, GFRR, 3:48.04. 2, GFC, 3:50.32. 3, WFS, 3:51.64. 4x800 relay: 1, FN, 8:51.22. 2, WF, 9:02.27. 3, GFRR, 9:25.62.
High jump: 1, Haines, CC, 6-02. 2, Enerson, GFRR, 6-00. 3, Holmes, GFRR, 5-10.
Pole vault: 1, Holmes, GFRR, 12-06. 2, Fuglseth, FN, 12-00. 3, Stremick,

2, Fuglseth, FN, 12-00. 3, Stremick, FN, 11-00.

Long jump: 1, Levin, WF, 19-08. 2, Fuglseth, FN, 19-07.25. 3, Pope, GFRR, 19-06.25. Triple jump: 1, Pope, GFRR, 40-11. 2, Cherilus, GFC, 39-08. 3, Haines, CC, 38-08.

Shot put: 1, Talley, WF, 53-11. 2, Buelow, GFRR, 47-05. 3, Willis, WF,

#### North Dakota girls Results Sunday Cobber Indoor track meet

Team scores: Jamestown 104.14, Grand Forks Central 90, Grand Grand Forks Central 90, Grand Forks Red River 71.14, West Fargo 69.14, Fargo North 53.14, Valley City 45, West Fargo Sheyenne 35, Milnor-Wyndmere-Lidgerwood 34.14, Fargo Oak Grove 33, Central Cass 25.14, Fargo Shanley 17.14. 55: 1, Emineth, GFRR, 7.75. 2, Severson, GFRR, 7.76. 3, Orr, J, 7.78. 200: 1, Barnes, J, 27.35. 2, Orr, J, 27.62. 3, Jensen, J, 28.05. 400: 1, Frolek, MWL, 61.51. 2, Voight, J, 63.36. 3, Jensen, J, 63.94.

J, 63.36. 3, Jensen, J, 63.94. 800: 1, Frolek, MWL, 2:25.36. 2, Ackley, GFC, 2:29.45. 3, Torrey, GFC, 2:31.31.

2:31.31.
1600: 1, Frolek, MWL, 5:07.14. 2, Ackley, GFC, 5:08.26. 3, Dufner, WF, 5:23.18.
3200: 1, Roehl, GFC, 12:14.51. 2, Ross, VC, 12:43.45. 3, Campbell, GFRR, 12:48.27.
55 hurdles: 1, Hammerschmidt, FN, 9.34. 2, Roehrich, VC, 9.62. 3, Ukestad, J, 9.65.

4x200 relay: 1, J, 1:49.42. 2, FN, 1:53.42. 3, GFRR, 1:54.14.

4x400 relay: 1, WFS, 4:33.14. 2, WF, 4:37.24. 3, GFRR, 4:40.41.

4:800 relay: 1, WF, 10:20.34. 2, FS, 10:25.84. 3, GFC, 10:53.74. High jump: 1, Kallenbach, J, 4-11. 2, Schock, WFS, 4-09. 2, Berg, FN,

Pole vault: 1, Finney, GFC, 10-06. 2, Dixon, FOG, 10-00. 3, Berg, WF,

8-00. Long jump: 1, Emineth, GFC, 17-00.25. 2, Pfaff, WF, 15-01. 3, Fahnbulleh, WFS, 14-08.75. Triple jump: 1, Roehrich, VC, 32-09.25. 2, Ihry, VC, 30-10. 3, Grommesh, CC, 30-06.75. Shot put: 1, Moton, WF, 43-11. 2, Walker, WF, 40-04. 3, Stein-McAndrew, WF, 36-04.

### Moton, Sand pick up championships at state indoor track and field meet

**By Tom Mix** tmix@forumcomm.com

Hundreds of North Dakota prep athletes packed State's North Dakota Shelly Ellig Indoor Track and Field Facility on Friday for the annual North Dakota Class A boys and girls indoor track and field state meet.

Two West Fargo standouts - senior Kennedi Sand and junior Akealy Moton each won championships at the meet that highlights the indoor season.

Sand won the 60-meter hurdles event by a narrow margin, edging Fargo Davies' Sally Korgho by four-thousandths of a second. Sand finished with a time of 9.693 seconds while Korgho posted a 9.697 time. It was a personal-best time for Sand, who is a North Dakota State track and field signee.

"It means a lot to get that time," said Sand, who also finished fifth in the high jump. "I worked hard to get there. It feels good to finally win it and get that (personal-best time). I had a really bad start. I just changed my start so that was one of the first times running that event after changing the start so hopefully it gets better down the stretch when I need

Friday's meet was Sand's competition this spring, she will run for NDSU next year.

"It's a good start to the season," Sand said. "Hopefully we can finish that way, too."

Moton won the shot put with a throw of 44 feet, 31/4 inches. She is the state's defending champion in the shotput and javelin. However, during the indoor season, throwers

are limited to the shot put.

"Obviously I want to throw javelin and discus right now, but at the same time I need to better myself throwing shot put too," Moton said. "It helps me prepare for that and the outdoor season at the same time."

West Fargo's Talley takes first in shot put

West Fargo senior Alex Talley won the boys shot put with a throw of 55-9 more than 2 feet better than next best mark.

"My throws were very consistent," Talley said.
"I stayed around the 54-0 area. It was a lot better than practice. It's a lot more fun to throw at a meet.'

His throw was two feet farther than the one he turned in earlier this season at the team's first indoor meet.

"I have a lot of work to do to get back to where I was at the end of last season, but I'm looking forward to it and I couldn't be happier with how things went (Friday)," Talley said. "I've finished second at state in the shot put the last two seasons, so I'm really hoping for No. 1 this year."

West Fargo 4-by-400-meter relay team takes first

The West Fargo relay team of Jacob Levin, Jake Svenby, Alexander Sell and Noah Shaeffer took first place in the boys 4-by-400-meter race.

They beat second place Mandan by three seconds.

The Packer boys took fifth overall at the meet, and the Packer girls took fourth place. The Sheyenne boys finished in 15th place, and the girls finished in 14th place.

> Readers can reach reporter Tom Mix at (701) 241-5562

### ATHLETE **SPOTLIGHT**

#### **Jacob Levin Packers**

Packers Sophomore Jacob Levin was a member of the West Fargo boys 4-by-400-meter relay team that took first place at the Class A State Indoor Championships at the Shelly Ellig Indoor Track and Field Facility at North Dakota State University on Friday.

Levin was also on



the fifth place 4-by-200meter relay team and he finished fifth in the boys long jump event.

### Girls Team scores: Fargo Davies 119, Bismarck Century 106.5, Bismarck 74, West Fargo 49, Grand Forks Central 42, Jamestown 41, Bismarck Legacy 29, Grand Forks Red River 28, Minot 27.5, Mandan 24, Fargo Shanley 20.5, Farge North 9, Devils Lake 7.5, Fargo South 4, West Fargo Shey-

7.5, Fargo South 4, West Fargo Shey-enne 4. 60: 1, Rose Gaye, FD, 7.84. Rosel. Gaye, FD, 8.00. 3, Kleinjan, BC, 8.04. 200: 1, Rose Gaye, FD, 25.89. 2, Haussler, B, 26.49. 3, Barnes, Jamestown, 27.10. 400: 1, Haussler, B, 1:01.17. 2, Williams, MAN, 1:01.53. 3, Anderson, BC, 1:01.87.

MAN, 1:01.53, 3, Anderson, BC, 1:01.87.
800: 1, Erie, Shanley, 2:24.48. 2, Neameyer, BC, 2:26.11, 3, Veter, FD, 2:26.45.
1,600: 1, Ackley, GFC, 5:07.58. 2, Shirly-Fairbairn, B, 5:20.47. 3, Rinas, MAN, 5:21.31.
3,200: 1, Ackley, GFC, 10:59.73. 2, Anderson, BC, 11:08.52. 3, Dulner, WF, 11:27.87.
60 hurdles: 1, Sand, WF, 9.693, 2, Korgho, FD, 9.697. 3, Alexander, MIN, 9.75.

FD, 9.697. 3, Alexander, MIN, 9.75. 800 relay: 1, BC, (Kleinjan, Brown, Deshaak, Mcginnis), 1:47.32. 2, Jamestown (Barnes, Orr, Jensen, Voigt), 1:48.38. 3, FD (Rosel, Gaye, Carlson, Jahner), 1:49.77. 1,600 relay: 1, BL (Wshola-Bauer, Jensen, Werner, Wescom) 4:13.91. 2, J (Barnes, Chadwick, Orr, Jensen) 4:17.52. 3, BC (Anderson, McGinnis, Brown, Doe) 4:19.72. 3,200 relay: 1, BL (Jensen, Werner, Fricke, Wescom, (9:49.07). 2, BC, (Anderson, Weigum, Grinsteiner, Neameyer), 9:57.57. 3, FD, (Burlan, Wacha, Lovehaug, Vetter), 10:04.47.

10:04.47. Long jump: 1, Carlson, FD, 17-4. 2, Ehrmantraudt, B, 16-9 ¾. 3, Bergantine, FD, 16-8. High jump: 1, Schumacher, B, 5-5. 2, Ehrmantraudt, B, 5-3. 3 (tie) Ries, Shanley and Nelson, MIN, 5-1.
Pole vault: 1, Finney, GFC, 10-6. 2, Gietzen,

Pole vault: 1, Finney, GFG, 10-5. 2, Gleizeri, BC, 10-0. 3, Kretchman, FD, 9-0. Shot put: 1, Moton, WF, 44-3 ¼, 2, Walker, WF, 40-9 ¼. 3, Nelson, DL, 38-5. Triple jump: 1, Bergantine, FD, 36-0. 2, Schumacher, B, 33-11 ½. 3, Leach, GFRR, 26-14

Readers can reach Forum reporter Tom Mix at (701) 241-5562

#### Class A state indoor meet

Class A state indoor meet
Boys
Team scores: Bismarck Century 113, Grand
Forks Red River 68.5, Bismarck Legacy 65,
Bismarck 65, West Fargo 39, Fargo South
39, Fargo North 36.5, Fargo Davies 35.5,
Minot 28, Grand Forks Central 19, Mandan
18, Devils Lake 16, Jamestown 14.5, Bismarck St. Mary's 14, West Fargo Sheyenne
8, Valley City 3, Fargo Shanley 3.
60: 1, Davidson, DL, 7:18. 2, Brosseau, BL,
7:19. 3, York, FD, 7:20.
200: 1, Cook, BC, 23.32. 2, Santos, FN,
23.50. 3, Davis-Aguilar, Minot, 23.50.
400: 1, Meschke, MAN, 52.05. 2, Goheen,
MIN, 52.39. 3, Gowah, FS, 53.35.
800: 1, Brannan, BL, 2:00.141. 2, Wilke,
BSM, 2:00.145. 3, Hettich, GFC, 2:03.63.
1,600: 1, Clausnitzer, B, 4:24.59. 2, Hettich,
GFC, 4:31.63. 3, Wilke, BSM, 4:34.11.
3,200: 1, Clausnitzer, B, 9:33.31. 2, Bakken,
B, 9:54.23. 3, Hutchison, GFRR, 9:59.96.
60 hurdles: 1, Kamara, GFRR, 8.44. 2,
Sweep, BC, 8.51. 3, Wysocki, GFRR, 8.58.
800 relay: 1, BC, (Cook, Morrissette, Gross,
Anderson), 1:33.23. 2, BL, (Lewis, Brosseau, Myers, Boone), 1:34.03. 3, FD (York,
Ruddolph, Forbush, Jacobson), 1:36.07.
1,600 relay: 1, WF (Levin, Sell, Svenby,
Schaeffer) 3:34.97. 2, Mandan (Meschke,
Morgan, Schmidt, Bonagofsky) 3:37.83. 3,
FS (Gruanue, Fletcher, Steffes, Gowah)
3:39.29.
3,200 relay: 1, BC, (Kraenzel, Felton, S,
Honeyman, M. Honeyman), 8:34.76. 2

3:39.29.
3,200 relay: 1, BC, (Kraenzel, Felton, S, Honeyman, M. Honeyman), 8:34.76. 2, FS, (Mendin, Abaker, Fletcher, Grauanue), 8:35.85. 3, FN, (Dowdell, Luz, Jones, Clower), 8:37.44

er), 8:37.44
Long jump: 1, Lewis, BL, 21-7 ½. 2, Cook, BC, 21-2 ¼. 3, Davidson, DL, 20-11.
High jump: 1, Wolf, BL, 6-3. 2, Pifer, 6-3. 3, Mayer, BC, 6-3.
Pole vault: 1, Fuglseth, FN, 13-6. 2, Vanderpan, BC, 12-6. 3, Holmes, GFRR, 12-6.
Shot put: 1, Talley, WF, 55-09. 2, Svihovec, BC, 53-4 ½. 3, Thomas, B, 52-6.
Triple jump: 1, Pope, GFRR, 43-8 ¼. 2, Hudson, FS, 41-11. 3, Staudinger, BC, 41-6 ¾.

Akealy Moton wins EDC shot put event

West Fargo High School junior Akealy Moton took first in the girls shot put event at the Eastern Dakota Conference indoor meet on Friday, April 8 at the Shelly Ellig Indoor Track

and Field Facility.

Close behind Moton were teammates Keely Walker, who finished in second in the event, and Lexi Stein-McAndrew, who finished in fourth. Other top finishers on the girls side included senior Kennedi Sand's second-place finishes in the 60-meter hurdles and high jump events. Junior Jen Dufner also placed second in the 1,600-meter run.

The top finishers for the Sheyenne girls included the third-place 4-by-800-meter relay team of Katrina Dietz, Eden Smith, Katelyn Ask and Mattyson Barta; a sixth-place finish by sophomroe Caleigh Anderson in the 1,600-meter run, a sixth-place finish by sophomore Cadyn Schock in the high jump, a fourthplace finish for sophomore Emily Stillwell in the pole vault event, a fifth-place finish by freshman Madison Daub in the pole vault event, and the fourth place finish by the 4-by-400-meter relay team of Alexis Hoffner, Ask, Dietz and Barta.

The Packers finished in third place behind Grand Forks Red River and the meet champion, Fargo Davies. The Mustangs finished in sixth, out of 11 teams.

### Talley wins shot put at EDC indoor meet

West Fargo High School senior Alex Talley took first place in the shot put event at the Eastern Dakota Conference indoor meet on Friday, April 8 at the Shelly Ellig Indoor Track and Field Facility.

His finish helped the Packers edge out a top four overall finish at the meet, the Packers finished in fourth place out of 11 teams and the Mustangs finished

in sixth place.

Top finishers for the Packers included a thirdplace finish by the boys 4-by-400 relay team of Weston Schatz, Jake Svenby, Alexander Sell and Joshua Dockter; a second place finish by Schatz in the 400-meter dash, a fourth-place finish in the 1,600-meter run by freshman Jace Dullum, a third place finish by the boys 4-by-200-meter relay team of Skylar Schaefer, Jacob Levin, Michael Yeanay and Alessandro Genova; a fourth place finish by Schaefer in the 60-meter dash and a second-place finish by Levin in the boys long jump.

The top finishers for the Mustangs included a fourth-place finish by junior Jesse Shorma in the 400-meter dash and third place finish in the triple jump, a third-place finish by Kody Coles in the 800-meter run, a third-place finish by Devin Schatz in the pole vault event, and a second-place finish by the 4-by-400-meter relay team of Kyle Holoien, Yariel Rivera-Mijica, Ethan Hold-

er and Coles.



West Fargo [WF] Number of Top Times: All

	Mark	Convert Rnd	Name	Age/Yr			
Girls C	Open 55m Das	:h					
1*	8.22	F	 Kesia Gbadoe	11	3/18/2016	Cobber Indoor	
1*	8.22	F	 Jesse Price	10	3/18/2016	Cobber Indoor	
3	8.27	F	 Brie Pulczinski	12	3/18/2016	Cobber Indoor	
4	8.31	F	 Tiana Pfaff	10	3/18/2016	Cobber Indoor	
5*	8.52	F	 Chassity Stancil	11	3/18/2016	Cobber Indoor	
5*	8.52	F	 Abby Donarski	09	3/18/2016	Cobber Indoor	
7	8.68	F	 Schimirimana Jacquline	10	3/18/2016	Cobber Indoor	
8	8.79	F	 Amber Diede	09	3/18/2016	Cobber Indoor	
9	8.82	F	 Nshimirimana Aline	11	3/18/2016	Cobber Indoor	
10	8.84	F	 Kazira Larson	09	3/18/2016	Cobber Indoor	
11	8.92	F	 Madison Connors	09	3/18/2016	Cobber Indoor	
12	9.10	F	 Rachel Kartes	09	3/18/2016	Cobber Indoor	
13	9.19	F	 Haylee Johnson	10	3/18/2016	Cobber Indoor	
14	9.21	F	 Vasundhra Agarwal	11	3/18/2016	Cobber Indoor	
15	9.27	F	 Kalli Cummings	10	3/18/2016	Cobber Indoor	
16	9.31	F	 Mijwok Ajang	11	3/18/2016	Cobber Indoor	
17	9.71	F	 Ashley Bjordahl	10	3/18/2016	Cobber Indoor	
18	9.79	F	 Regina Nguyen	09	3/18/2016	Cobber Indoor	
Girls C	Open 60m Das	h					
1	8.48	 F	 Kesia Gbadoe	11	4/8/2016	EDC Indoor	
2*	8.62	F	 Jesse Price	10	4/8/2016	EDC Indoor	
2*	8.62	F	 Mykin Gunning	12	4/8/2016	EDC Indoor	
4	8.77	Р	 Tiana Pfaff	10	4/1/2016	State Indoor	
5	8.81	Р	 Brie Pulczinski	12	4/1/2016	State Indoor	
6	8.92	F	 Abby Donarski	09	4/8/2016	EDC Indoor	
7	9.07	F	 Amber Diede	09	4/2/2016	JV EDC Indoor	
8	9.34	F	 Kaylee Stokka	11	4/2/2016	JV EDC Indoor	
9*	9.42	F	 Mijwok Ajang	11	4/2/2016	JV EDC Indoor	
9*	9.42	F	 Schimirimana Jacquline	10	4/2/2016	JV EDC Indoor	
11	9.50	F	 Madison Connors	09	4/2/2016	JV EDC Indoor	
12	9.66	F	 Nshimirimana Aline	11	4/2/2016	JV EDC Indoor	
13	9.76	F	 Vasundhra Agarwal	11	4/2/2016	JV EDC Indoor	
14	9.80	F	 Rachel Kartes	09	4/2/2016	JV EDC Indoor	
15	9.85	F	 Chassity Stancil	11	4/2/2016	JV EDC Indoor	
16	9.89	F	 Kalli Cummings	10	4/2/2016	JV EDC Indoor	
17	9.91	F	 Haylee Johnson	10	4/2/2016	JV EDC Indoor	
18	10.13	F	 Ashley Bjordahl	10	4/2/2016	JV EDC Indoor	
19	10.20	F	 Teewon Monponwon	09	4/2/2016	JV EDC Indoor	
20	10.48	F	 Regina Nguyen	09	4/2/2016	JV EDC Indoor	
21	10.57	F	 Kazira Larson	09	4/2/2016	JV EDC Indoor	
22	10.92	F	 Aluel Maciek	09	4/2/2016	JV EDC Indoor	
Girls C	Open 200m Da	sh					
1	27.78	F	 Mykin Gunning	12	4/8/2016	EDC Indoor	
2	29.27	F	 Jesse Price	10	4/8/2016	EDC Indoor	
3	29.49	F	 Tiana Pfaff	10	4/8/2016	EDC Indoor	
4	30.38	F	 Madysen Nelson	10		EDC Indoor	
5	30.98	F	 Chassity Stancil	11		JV EDC Indoor	
6	31.04	F	 Kaylee Stokka	11	3/18/2016	Cobber Indoor	
7	31.19	F	 Jenna Beck	11		State Indoor	

	Mark	Convert Rno	t	Name	Age/Yr			
8	31.84	F		Schimirimana Jacquline	10	4/2/2016	JV EDC Indoor	
9	31.98	F		Breanna Gores	09	4/2/2016	JV EDC Indoor	
10	32.23	F		Haylee Johnson	10	4/2/2016	JV EDC Indoor	
11	32.38	F		Madison Connors	09	4/2/2016	JV EDC Indoor	
12	32.58	F		Vasundhra Agarwal	11	4/2/2016	JV EDC Indoor	
13	32.92	F		Kazira Larson	09	3/18/2016	Cobber Indoor	
14	33.07	F		Nshimirimana Aline	11	4/2/2016	JV EDC Indoor	
15	33.12	F		Anyiwei Maciek	12	4/2/2016	JV EDC Indoor	
16	33.32	F		Kalli Cummings	10	4/2/2016	JV EDC Indoor	
17	33.67	F		Rachel Kartes	09	3/18/2016	Cobber Indoor	
18	33.80	F		Mijwok Ajang	11	3/18/2016	Cobber Indoor	
19	33.92	F		Ashley Bjordahl	10	4/2/2016	JV EDC Indoor	
20	34.58	F		Teewon Monponwon	09	4/2/2016	JV EDC Indoor	
21	36.39	F		Regina Nguyen	09	4/2/2016	JV EDC Indoor	
22	38.40	F		Aluel Maciek	09		JV EDC Indoor	
	Open 400m Da	seh						
1	1:07.55	F		Abby Donarski	09	4/8/2016	EDC Indoor	
2	1:07.65	F		Madysen Nelson	10	4/8/2016	EDC Indoor	
3	1:08.92	F		Kaylee Stokka	11	4/1/2016	State Indoor	
4	1:09.44	F		Jenna Beck	11	4/8/2016	EDC Indoor	
5	1:09.57	F		Amber Diede	09	4/8/2016	EDC Indoor	
6	1:12.10	F		Madison Connors	09	4/8/2016	EDC Indoor	
7	1:13.27	F		Anyiwei Maciek	12	4/2/2016	JV EDC Indoor	
8	1:23.98	F		Vasundhra Agarwal	11		Cobber Indoor	
	Open 800m Ru							
Giris 1	2:33.23	an F		Nikki Schreiner	11	4/8/2016	EDC Indoor	
2	2:49.85	· F		Emily Bourassa	12	4/8/2016	EDC Indoor	
3	2:51.21	· F		Callyn Johnson	09	3/18/2016	Cobber Indoor	
4	2:51.44	· F		Ganiyatou Salou	12	4/1/2016	State Indoor	
5	2:53.44	F		Kaylee Stokka	11	4/8/2016	EDC Indoor	
6	2:57.59	F		Alexis Huseby	12	4/8/2016	EDC Indoor	
7	2:57.98	F		Olivia Macziewski	09	3/18/2016	Cobber Indoor	
8	3:08.03	F		Anyiwei Maciek	12		Cobber Indoor	
		•		7 triyiwor Madick	12	0/10/2010	CODDCI IIIGOOI	
	Open 1600m R	<b>kun</b> F		Januifan Dufana	44	4/0/0040	EDC Indees	
1	5:16.14	_		Jennifer Dufner	11		EDC Indoor	
2	5:39.17	F F		Nikki Schreiner	11	4/8/2016	EDC Indoor	
3 4	6:16.31	F		Emily Bourassa	12 12		EDC Indoor EDC Indoor	
4 5	6:19.29 6:24.85	F		Alexis Huseby	12		Cobber Indoor	
				Ganiyatou Salou	14	3/10/2010	CODDE! IIIUUUI	
	Open 1 Mile R			Canivatou Salari	12	4/4/0040	State Indees	
1	6:17.14	F F		Ganiyatou Salou	12 12		State Indoor	
2	6:21.66	F		Emily Bourassa	12 12	4/1/2016	State Indoor	
3	6:33.13			Alexis Huseby	IZ	4/1/2016	State Indoor	
Girls 1	Open 2 Mile Ro 11:27.87	<b>un</b> 5:43.94 F		Jennifer Dufner	11	4/1/2016	State Indoor	
Girls	Open 55m Hur							
1	10.52	F		Jenna Beck	11	3/18/2016	Cobber Indoor	
2	10.67	F		Breanna Gores	09	3/18/2016	Cobber Indoor	
3	11.53	F		Jayden Halverson	10	3/18/2016	Cobber Indoor	
Girls	Open 60m Hur	dles						
1	9.70	F		Kennedi Sand	12	4/1/2016	State Indoor	

	Mark	Convert	Rnd	Name	Age/Yr		
2	11.09		Р	 Jenna Beck	11	4/1/2016	
3	11.19		F	 Breanna Gores	09	4/2/2016	JV EDC Indoor
4	12.06		F	 Jayden Halverson	10	4/8/2016	EDC Indoor
Girls	Open High J	ump					
1	5-01.00	1.54m	F	 Kennedi Sand	12	4/1/2016	State Indoor
2*	4-11.00	1.49m	F	 Kaylee Stokka	11	4/1/2016	State Indoor
2*	4-11.00	1.49m	F	 Madison Connors	09	4/8/2016	EDC Indoor
4	4-07.00	1.39m	F	 Breanna Gores	09	4/1/2016	State Indoor
5	4-05.00	1.34m	F	 Rachel Kartes	09	4/8/2016	EDC Indoor
6	4-03.00	1.29m	F	 Kalli Cummings	10	4/2/2016	JV EDC Indoor
Girls	Open Pole Va	ault					
1	8-06.00	2.59m	F	 Madison Berg	08	4/1/2016	State Indoor
2	7-06.00	2.28m	F	 Bailey Riehl	10	4/8/2016	EDC Indoor
3	6-00.00	1.82m	F	 Amber Diede	09	4/2/2016	JV EDC Indoor
Girls	Open Long J	lump					
1	15-05.50	4.71m	F	 Tiana Pfaff	10	4/1/2016	State Indoor
2	15-02.50	4.63m	F	 Mykin Gunning	12	4/1/2016	State Indoor
3	14-07.50	4.45m	F	 Jesse Price	10	4/1/2016	State Indoor
4	14-02.50	4.33m	F	 Brie Pulczinski	12	4/1/2016	State Indoor
5	13-07.00	4.14m	F	 Breanna Gores	09	4/2/2016	JV EDC Indoor
6	13-05.50	4.10m	F	 Vasundhra Agarwal	11	4/2/2016	JV EDC Indoor
7	12-05.50	3.79m	F	 Jayden Halverson	10	3/18/2016	Cobber Indoor
8	12-03.75	3.75m	F	 Jenna Beck	11	3/18/2016	Cobber Indoor
9	11-09.00	3.58m	F	 Kazira Larson	09	4/2/2016	JV EDC Indoor
Girls	Open Shot P	ut					
1	45-11.50	14.00m	F	 Akealy Moton	11	4/8/2016	EDC Indoor
2	42-01.00	12.82m	F	 Keely Walker	12	4/8/2016	EDC Indoor
3	37-06.00	11.43m	F	 Lexi Stein-McAndrew	12	4/8/2016	EDC Indoor
4	28-01.00	8.56m	F	 Courtney Walsh	10	4/8/2016	EDC Indoor
5	27-11.50	8.52m	F	 Colleen Urlaub	09	4/8/2016	EDC Indoor
6	27-01.25	8.26m	F	 Ellyssa Derrig	10	4/1/2016	State Indoor
Boys	Open 55m Da	ash					
1	7.01		F	 Skylar Schaefer	10	3/18/2016	Cobber Indoor
2	7.09		F	 Jacob Levin	10	3/18/2016	Cobber Indoor
3	7.25		F	 Alexander Sell	10	3/18/2016	Cobber Indoor
4	7.27		F	 David Guo	10	3/18/2016	Cobber Indoor
5	7.36		F	 Dawsen Tyryfter	10	3/18/2016	Cobber Indoor
6	7.43		F	 Alex Talley	12	3/18/2016	Cobber Indoor
7	7.49		F	 Joshua Dockter	11	3/18/2016	Cobber Indoor
8	7.50		F	 Ben Fritz-Saville	11	3/18/2016	Cobber Indoor
9	7.52		F	 Jake Svenby	10	3/18/2016	Cobber Indoor
10	7.54		F	 Nsengiyumva Corode	09	3/18/2016	Cobber Indoor
11	7.70		F	 Corey Sather	10	3/18/2016	Cobber Indoor
12	7.74		F	 Dylan Humble	11	3/18/2016	Cobber Indoor
13	7.77		F	 David Froeber	09	3/18/2016	Cobber Indoor
14	7.83		F	 Aj Beamon	10	3/18/2016	Cobber Indoor
15	7.86		F	 Eric Brown	11	3/18/2016	Cobber Indoor
16	7.96		F	 Max McKinnon	11	3/18/2016	Cobber Indoor
17	7.97		F	 Zach Hillen	10	3/18/2016	Cobber Indoor
18	8.16		F	 Drew Vasseur	09	3/18/2016	Cobber Indoor
19	8.64		F	 Kalvin Easley	10	3/18/2016	Cobber Indoor

	Mark	Convert Rnd	Name	Age/Yr		
20	9.56	F	 Alex Pforr	09	3/18/2016	Cobber Indoor
Bovs C	Open 60m Da	ash				
1	7.35	F	 Skylar Schaefer	10	4/8/2016	EDC Indoor
2	7.39	F	 Alessandro Genova	11	4/8/2016	EDC Indoor
3	7.42	Р	 Jacob Levin	10	4/1/2016	State Indoor
4	7.68	F	 Matthew Czerwinski	10	4/8/2016	EDC Indoor
5	7.77	F	 Eric Brown	11	4/8/2016	EDC Indoor
6	7.80	F	 Dawsen Tyryfter	10	4/2/2016	JV EDC Indoor
7	7.84	F	 Jackson Gravel	11	4/8/2016	EDC Indoor
8	7.88	F	 David Guo	10	4/2/2016	JV EDC Indoor
9	8.03	F	 Josh Herba	11	4/2/2016	JV EDC Indoor
10	8.16	F	 Corey Sather	10	4/2/2016	JV EDC Indoor
11	8.18	F	 David Froeber	09	4/2/2016	JV EDC Indoor
12	8.25	F	 Aaron Wold	10	4/2/2016	JV EDC Indoor
13	8.29	F	 Dylan Humble	11	4/2/2016	JV EDC Indoor
14	8.53	F	 Max McKinnon	11	4/2/2016	JV EDC Indoor
15	8.84	F	 Joshua Dockter	11	4/2/2016	JV EDC Indoor
16	8.96	F	 Gabriel Leseberg	09	4/2/2016	JV EDC Indoor
17	9.51	F	 Haakon Nelson	09	4/2/2016	JV EDC Indoor
18	9.59	F	 Kalvin Easley	10	4/2/2016	JV EDC Indoor
19	9.76	F	 Aj Beamon	10	4/2/2016	JV EDC Indoor
20	9.80	F	 Evan Poppenhagen	10	4/2/2016	JV EDC Indoor
21*	9.82	F	 Lucas Krause	09	4/2/2016	JV EDC Indoor
21*	9.82	F	 Drew Vasseur	09	4/2/2016	JV EDC Indoor
23	9.92	F	 Alex Pforr	09	4/2/2016	JV EDC Indoor
24	10.72	r F	 Arion Poitra	10		JV EDC Indoor
			Autor Folda	10	4/2/2010	ov EBO macor
_	Open 200m [	<b>Jasn</b> F	loooh Lovin	10	4/9/2016	FDC Indees
1 2	23.84 24.60	F	 Jacob Levin	10 10	4/8/2016 4/8/2016	EDC Indoor EDC Indoor
3	24.69	F	 Skylar Schaefer Alessandro Genova	11	4/8/2016	EDC Indoor
		F				
4	24.82	F	 Michael Yeanay	11	4/1/2016	State Indoor
5	25.45	F	 Matthew Czerwinski	10	4/1/2016	State Indoor
6	25.65	F	 Dawsen Tyryfter	10	3/18/2016	Cobber Indoor
7	25.74		 Josh Herba	11	4/2/2016	JV EDC Indoor
8	26.11	F	 Eric Brown	11	4/2/2016	JV EDC Indoor
9	26.38	F	 Joshua Dockter	11	3/18/2016	Cobber Indoor
10	26.45	F	 Zach Hillen	10	4/2/2016	JV EDC Indoor
11	26.46	F	 Dylan Humble	11	4/2/2016	JV EDC Indoor
12	26.49	F	 Ben Fritz-Saville	11	3/18/2016	Cobber Indoor
13*	26.64	F	 David Guo	10	3/18/2016	Cobber Indoor
13*	26.64	F	 Nsengiyumva Corode	09	4/2/2016	JV EDC Indoor
15	26.73	F	 Aaron Wold	10	4/2/2016	JV EDC Indoor
16	26.87	F	 Corey Sather	10	4/2/2016	JV EDC Indoor
17*	27.75	F	 Aj Beamon	10	4/2/2016	JV EDC Indoor
17*	27.75	F	 David Froeber	09		Cobber Indoor
19	27.94	F -	 Drew Vasseur	09	4/2/2016	JV EDC Indoor
20	28.27	F -	 Evan Poppenhagen	10	4/2/2016	JV EDC Indoor
21	28.44	F	 Max McKinnon	11		Cobber Indoor
22	28.96	F	 Gabriel Leseberg	09		JV EDC Indoor
23	29.92	F	 Arion Poitra	10	4/2/2016	JV EDC Indoor
24	29.94	F	 Eric Tyulyandin	09	3/18/2016	Cobber Indoor

	Mark	Convert Rn	d		Name	Age/Yr		
25	30.19	F			Lucas Krause	09	4/2/2016	JV EDC Indoor
26	31.86	F			Kalvin Easley	10		JV EDC Indoor
27	34.45	F			Alex Pforr	09		JV EDC Indoor
	Open 400m				AUCKTION	00	4/2/2010	ov EBO maddi
1	53.19	F.			Weston Schatz	11	4/8/2016	EDC Indoor
2	54.75	r F			Alexander Sell	10	4/8/2016	EDC Indoor
3	55.48	r F				10	4/8/2016	EDC Indoor
4	56.64	F			Jake Svenby Joshua Dockter	11	4/1/2016	State Indoor
5	1:02.13	r F			Eric Brown	11	4/8/2016	EDC Indoor
6	1:10.67	r F				09	3/18/2016	Cobber Indoor
7	1:10.67	F			Eric Tyulyandin	10		
					Kalvin Easley	10	4/2/2010	JV EDC Indoor
_	Open 800m							
1	2:07.47	F			Noah Schaeffer	10	3/18/2016	Cobber Indoor
2	2:14.15	F			Jacob Franek	12	4/1/2016	State Indoor
3	2:18.95	F			Luke Johnson	09	4/8/2016	EDC Indoor
4	2:23.77	F			Jordan Milbrath	09	4/8/2016	EDC Indoor
5	2:26.13	F			Noah Schock	12	3/18/2016	Cobber Indoor
6	2:29.37	F			Ross Dent	09	4/8/2016	EDC Indoor
Boys	Open 1600m	n Run						
1	4:41.30	F			Jace Dullum	09	4/8/2016	EDC Indoor
2	4:47.49	F			Jacob Franek	12	4/8/2016	EDC Indoor
3	4:48.23	F			Noah Schaeffer	10	4/8/2016	EDC Indoor
4	4:55.73	F			Braxton Bruer	09	4/8/2016	EDC Indoor
5	5:39.02	F			Jarrett Lardy	12	4/8/2016	EDC Indoor
Boys	Open 3200m	n Run						
1	10:19.02	F			Drew Mears	11	4/8/2016	EDC Indoor
Boys	Open 1 Mile	Run						
1	5:11.07	F			Braxton Bruer	09	4/1/2016	State Indoor
2	5:17.09	F			Jordan Milbrath	09	4/1/2016	State Indoor
Bovs	Open 2 Mile	Run						
1	10:04.95	5:02.48 F			Jace Dullum	09	4/1/2016	State Indoor
2	10:30.56	5:15.28 F			Drew Mears	11	4/1/2016	State Indoor
Bovs	Open 55m H	lurdles						
1	9.21	F			Cody Binstock	11	3/18/2016	Cobber Indoor
2	9.58	F			Josh Herba	11	3/18/2016	Cobber Indoor
3	10.24	F			Zakariya Ahmed	11		Cobber Indoor
Rove	Open 60m H	lurdles			·			
1	9.04	F			Michael Yeanay	11	4/1/2016	State Indoor
2	9.52	Р			Cody Binstock	11	4/1/2016	
3	9.94	F			Josh Herba	11	4/8/2016	EDC Indoor
4	10.19	r P			Zakariya Ahmed	11		State Indoor
				•	Zanariya Allinea	11	7/1/2010	Clate indeed
boys ₁	Open High	-			Paul Haladay	10	2/40/2040	Cabbar Indoor
1	5-08.00	1.72m F			Paul Holaday	10	3/18/2016	Cobber Indoor
2	5-02.00	1.57m F			Haakon Nelson	09	4/2/2016	
3*	5-00.00	1.52m F			Josh Herba	11	3/18/2016	Cobber Indoor
3*	5-00.00	1.52m F			Surprise Jarue	11	3/18/2016	Cobber Indoor
Boys	Open Pole \							
1	9-00.00	2.74m F			Dawsen Tyryfter	10	4/8/2016	EDC Indoor
2	8-00.00	2.43m F			David Guo	10	3/18/2016	Cobber Indoor
3	7-00.00	2.13m F			Aaron Wold	10	4/0/0046	JV EDC Indoor

	Mark	Convert I	Rnd		Name	Age/Yr			
4	6-00.00	1.82m	F		Eric Tyulyandin	09	4/2/2016	JV EDC Indoor	
Boys	Open Long	Jump							
1	20-10.50	6.36m	F		Jacob Levin	10	4/8/2016	EDC Indoor	
2	19-01.25	5.82m	F		Skylar Schaefer	10	4/1/2016	State Indoor	
3	17-08.75	5.40m	F		Nsengiyumva Corode	09	4/1/2016	State Indoor	
4	17-06.50	5.34m	F		Surprise Jarue	11	4/1/2016	State Indoor	
5	16-06.50	5.04m	F		Paul Holaday	10	4/8/2016	EDC Indoor	
Boys	Boys Open Triple Jump								
1	38-08.00	11.78m	F		Paul Holaday	10	4/8/2016	EDC Indoor	
Boys	Open Shot	Put							
1	57-03.00	17.45m	F		Alex Talley	12	4/8/2016	EDC Indoor	
2	44-11.00	13.69m	F		Zach Willis	11	3/18/2016	Cobber Indoor	
3	41-03.50	12.58m	F		Eli Gulland	10	4/1/2016	State Indoor	
4	38-05.00	11.70m	F		Kpah Matadi	10	4/2/2016	JV EDC Indoor	
5	36-04.50	11.08m	F		Alex Walker	10	4/1/2016	State Indoor	
6	36-03.00	11.04m	F		Luke Lennon	09	4/8/2016	EDC Indoor	
7	33-01.00	10.08m	F		Tore Miller	10	4/2/2016	JV EDC Indoor	
8	31-11.00	9.72m	F		Tyler Binstock	09	4/2/2016	JV EDC Indoor	
9	30-00.00	9.14m	F		Anthony Lorenzetti	10	4/2/2016	JV EDC Indoor	
10	29-04.00	8.94m	F		Jaeden Moton	09	4/2/2016	JV EDC Indoor	
11	26-03.00	8.00m	F		Gabriel Leseberg	09	4/2/2016	JV EDC Indoor	
12	24-09.00	7.54m	F		Tate Pearson	09	4/2/2016	JV EDC Indoor	

#### **Relay Top Marks**

Rnd Relay

Convert

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

Time

	1 11111	Convert	Kiiu	Keiay		
Girls On	en 4x200m Re	elav				
1	1:54.79	,	F	A Relay	4/8/2016 EDC Indoor	
	Ke	sia Gbadoe (11)		Mykin Gunning (12)	Tiana Pfaff (10)	Brie Pulczinski (12)
2	1:54.98		F	A Relay	4/1/2016 State Indoor	
	Ke	sia Gbadoe (11)		Brie Pulczinski (12)	Tiana Pfaff (10)	Jesse Price (10)
3	2:00.34		F	A Relay	3/18/2016 Cobber Indoor	
		sia Gbadoe (11)	_	Brie Pulczinski (12)	Jesse Price (10)	Chassity Stancil (11)
4	2:00.97		F	A Relay	4/2/2016 JV EDC Indoor	
5	Ch 2:04.88	assity Stancil (11)	F	Jenna Beck (11)	Kazira Larson (09) 3/18/2016 Cobber Indoor	Kaylee Stokka (11)
5		himirimana Alina (11	-	B Relay Schimirimana Jacquline (10)	Jenna Beck (11)	Tions Dfoff (10)
6	2:07.24	himirimana Aline (11	F	C Relay	3/18/2016 Cobber Indoor	Tiana Pfaff (10)
Ü		lli Cummings (10)	•	Kazira Larson (09)	Madison Connors (09)	Abby Donarski (09)
	ıκα	iii Cuiiiiiigs (10)		Ruziiu Eurson (07)	Madison Comors (07)	1100 y Bollarski (0)
Girls Op	en 4x400m Re	elay				
1	4:25.92		F	A Relay	4/1/2016 State Indoor	
		ie Pulczinski (12)	_	Kesia Gbadoe (11)	Emmalee Burtsfield (10)	Madysen Nelson (10)
2	4:27.25		F	A Relay	4/8/2016 EDC Indoor	
3	Bri 4:37.24	ie Pulczinski (12)	F	Madysen Nelson (10) A Relay	Abby Donarski (09) 3/18/2016 Cobber Indoor	Jennifer Dufner (11)
3		ie Pulczinski (12)	'	Jennifer Dufner (11)	Kesia Gbadoe (11)	Tiana Pfaff (10)
4	4:42.71	ie Fuicziiiski (12)	F	A Relay	4/2/2016 JV EDC Indoor	Hana Flan (10)
•		ylee Stokka (11)	•	Madison Connors (09)	Amber Diede (09)	Jenna Beck (11)
5	4:43.04	(11)	F	B Relay	3/18/2016 Cobber Indoor	veima Been (11)
	Ma	adysen Nelson (10)		Grace Faiman (09)	Callyn Johnson (09)	Emmalee Burtsfield (10)
6	4:57.91		F	C Relay	3/18/2016 Cobber Indoor	
	Ka	lli Cummings (10)		Anyiwei Maciek (12)	Abby Donarski (09)	Jenna Beck (11)
Ciula On	on 4v900m Da	alav				
GITIS OP	en 4x800m Re 10:20.34	ciay	F	A Relay	3/18/2016 Cobber Indoor	
		adysen Nelson (10)		Jennifer Dufner (11)	Emmalee Burtsfield (10)	Nikki Schreiner (11)
2	10:26.83	idysell (10)	F	A Relay	4/1/2016 State Indoor	Wikki Schiemer (11)
		kki Schreiner (11)		Jennifer Dufner (11)	Grace Faiman (09)	Madysen Nelson (10)
		,				,
Boys Ope	en 4x200m Re	elay				
1	1:35.62		F	A Relay	4/8/2016 EDC Indoor	
		ylar Schaefer (10)		Jacob Levin (10)	Alessandro Genova (11)	Michael Yeanay (11)
2	1:36.27		F	A Relay	4/1/2016 State Indoor	
		ylar Schaefer (10)	_	Jacob Levin (10)	Alexander Sell (10)	Alessandro Genova (11)
3	1:38.30	1 01 0 (10)	F	A Relay	3/18/2016 Cobber Indoor	X 1 (2 1 (10)
4	1:45.13	ylar Schaefer (10)	F	Jacob Levin (10) A Relay	Alexander Sell (10) 4/2/2016 JV EDC Indoor	Jake Svenby (10)
4		wsen Tvrvfter (10)	'	Eric Brown (11)	Josh Herba (11)	Joshua Dockter (11)
	Da	wsen Tyryner (10)		Enc Brown (11)	Josh Heroa (11)	Joshua Dockter (11)
Boys Ope	en 4x400m Re	elay				
1	3:34.97	-	F	A Relay	4/1/2016 State Indoor	
		cob Levin (10)		Alexander Sell (10)	Jake Svenby (10)	Noah Schaeffer (10)
2	3:45.29		F	A Relay	4/8/2016 EDC Indoor	
٠		essandro Genova (11		Joshua Dockter (11)	Michael Yeanay (11)	John Emerson (11)
3	3:57.77		F	A Relay	3/18/2016 Cobber Indoor	
	Ale	exander Sell (10)		Jake Svenby (10)	Zach Hillen (10)	Joshua Dockter (11)

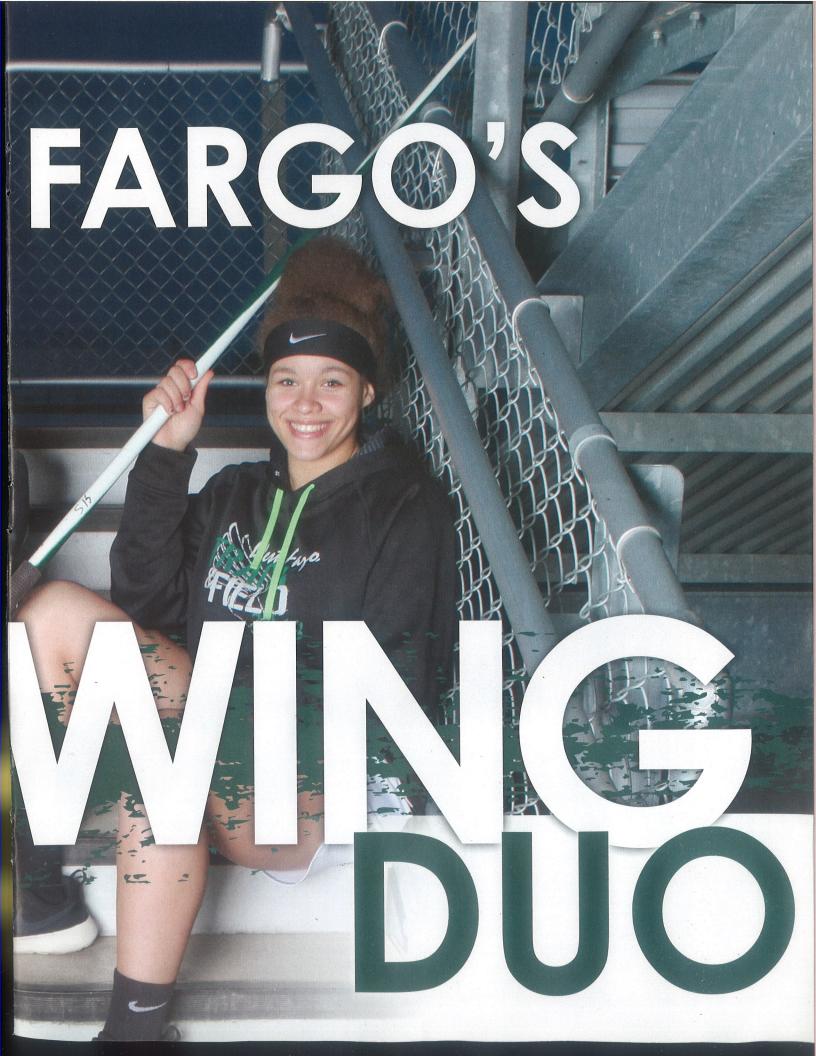
#### **Relay Top Marks**

#### West Fargo [WF]

	Time	Convert	Rnd	Relay			
4	4:00.30		F	A Relay	4/2/2016	JV EDC Indoor	
5	Jo: 4:20.72	shua Dockter (11)	F	Zach Hillen (10) B Relay	Dylan I 3/18/2016	Humble (11)  Cobber Indoor	David Froeber (09)
J		rahim Salou (10)	•	Braxton Bruer (09)		own (11)	Max McKinnon (11)
Boys Op	en 4x800m Ro	elay					
1	8:43.27	-	F	A Relay	4/1/2016	State Indoor	
	No	oah Schaeffer (10)		Jacob Franek (12)	Jace Du	llum (09)	Drew Mears (11)
2	8:56.14		F	A Relay	4/8/2016	EDC Indoor	
3	Jac 9:02.27	ce Dullum (09)	F	John Emerson (11) A Relay	Jacob F 3/18/2016	ranek (12) Cobber Indoor	Ibrahim Salou (10)
	No	oah Schaeffer (10)		Jacob Franek (12)	Jace Du	ıllum (09)	Drew Mears (11)

# 

Keely Walken & Akealy Moton



oofy, funny, encouraging, outgoing. These are just a few of the words that Keely Walker's teammates use to describe the West Fargo High School senior athlete.

"You can take 'outgoing' off of my list and put it on hers," Keely said, pointing to fellow track and field teammate Akealy Moton, "She talks to everyone."

Keely and Akealy spend a lot of time together during the track and field season, practicing with their teammates and pushing each other to perform their best in shotput, discus, and javelin. When asked what their typical practice is like, Akealy joked, "I basically yell at Red [Keely's nickname] to keep going."

It's immediately obvious that Keely and Akealy are both easygoing and often joke around with each other, which they both say comes along with being on the same team with someone for their entire track and field career.

"We spend a lot of time together during track season," Akealy said. "We're everywhere together."

Both girls are standout throwers on the West Fargo track and field team who competed and placed in last year's state track and field meet. While these two athletes live and breathe their field events during the season, they didn't always harbor such an intense devotion to the sport.

Akealy's brother Caleb encouraged her to try javelin during her 7th grade year. During her first day at practice, Akealy says she hit the back of her head three times in a row trying to practice her throwing form, but followed Caleb's brotherly advice: "It's not that hard, just throw."

Keely was also a 7th grader when she joined track and field, but was initially hesitant to join the team. Since softball takes place during the same time of year as track and field, she could only compete in one sport.

"My dad said I could play softball in the summer and made me do track and field to expand my horizons," Keely said. Her reaction to the news?

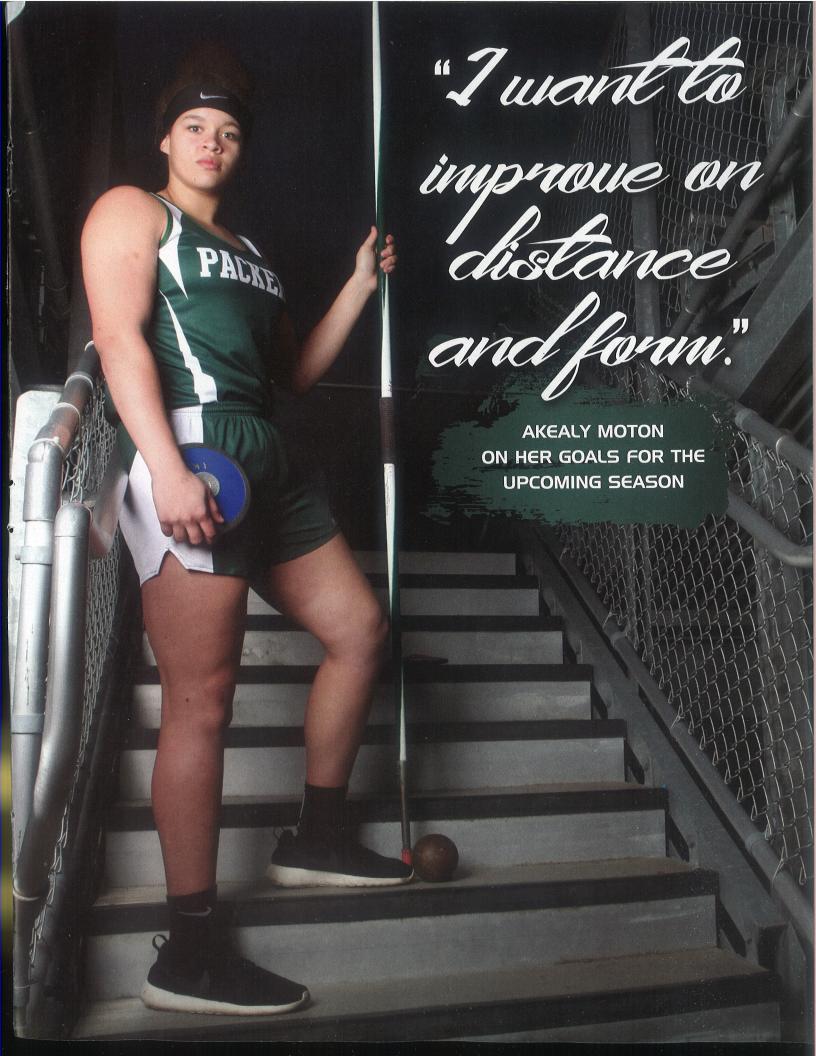
"I cried," Keely said.

Despite Keely's less-than-enthusiastic reaction to the beginning of her track and field career, her uncle was excited to pass on his expertise to his niece.

"My uncle won state shot put when he was in high school and he was one of the first people who ended up helping me with my form." Keely said.

Akealy's family also has a history with track and field – her mother ran a majority of running events and her grandpa was a track and cross country coach. Akealy says that her father is very supportive and gives her good advice when it comes to her athletic career. "He tells me not to worry what other people say and just try to do what I can do to the best of my ability."





"My dad and haue a say inns are PACKER KEELY WALKER

Flash forward to senior year, and Akealy and Keely both have state medals under their belts and are looking forward to another run this year. At last year's state meet, the two girls tied for third place in discus, Akealy placed first in shot put and javelin and Keely snagged the third place medal in shot put.

"It was all a blur," Keely said, when asked about her experience at the state competition.

Their goals for the upcoming track and field season are to beat their personal records from last year.

"I want to improve on distance and form," Akealy said. "Just improve off of where I left off."

Keely also set personal goals for the upcoming season, but says she and Akealy wants to help prepare their entire team for next year. "I try to cheer my teammates as much as possible. I want to help other people and I want our team as a whole to have more qualifiers. We had three

state qualifiers last year, but no one else placed. As leaders we're going to have to step up this year and get them there."

Both Keely and Akealy are quick to attribute their success at last year's state meet to their teammates and the positive environment the team has created together. The throwers on the team regularly bond over food, taking trips to Applebee's after their weekend meets and partaking in Akealy's unique snack choices during the meet: cereal, cookies, and different types of sunflower seeds.

"I think I feed everyone during meets," Akealy joked.

When asked to describe their team's dynamic, track and field teammates Alex Talley and Dylan Anthony said that the throwers are very supportive of each another.

"We are very encouraging. We have a lot of fun with each other," said Talley. "We have the most fun!" Anthony quickly corrected.

Keely and Akealy both agreed that the throwers have created a supportive environment for everyone on the team.

"We make it better in the end," Akealy said. "If you're on a team and you're not super comfortable with everyone, you won't want to put in the extra work."

For Akealy and Keely, connecting with their teammates and putting in additional time to improve their performances isn't a problem.

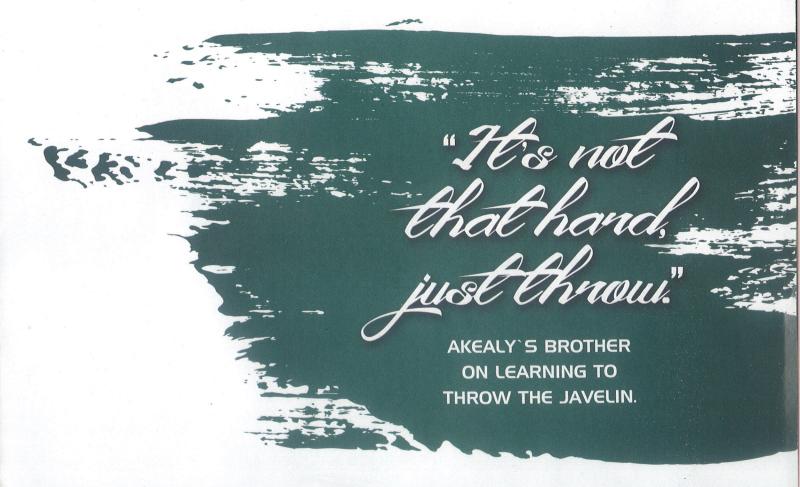
"My dad and I have a saying: champions are made in the off season." Keely said.

Both girls have already started making plans for the future. Akealy has her sights set on first place medals for all three field events at the state track and field. Keely plans to compete in track and field at the collegiate level and recently committed

to the University of North Dakota (UND).

"UND has been on my radar for a long time." Keely said, and talked about her family connections to the university and the college's quality health programs. She plans to become an orthopedic physician after college and says her passion for the health field was sparked by her positive experience with the trainers at her high school and her work as a student trainer for her high school's football team.

With the upcoming track and field season starting soon and post-high school plans underway, the future looks bright for both Keely and Akealy. FMSV



West Fargo girls win quadrangular meet

The West Fargo High School girls track and field team won the West Fargo Quadrangular Track and Field Meet on Tuesday, April 12, at West Fargo High. It was the team's first outdoor meet of the season.

Senior Kennedi Sand scored 34 points with second-place finishes in the 300-meter hurdles, javelin throw and high jump. Sand won the 100-meter hurdles. She qualified for the state meet in the the javelin and 100-meter hurdles events.

Akealy Moton took first place and qualified for the state meet in the shot put and javelin. She finished third in the discus throw behind teammates Keely Walker, who placed first, and Lexi Stein-McAndrew, who took second. Walker's discus score qualified her for the state meet.

Other top finishers were Tiana Pfaff, who won the long jump; Madison Berg, who won the pole vault; and Jen Dufner, who won the 800-meter and 1,600-meter

West Fargo Sheyenne finished second at the meet, with first place finishes by the 4-by-400-meter relay team of Keauna Hansen, Katelyn Ask, Abby Wendell and Mattyson Barta; the 4-by-800-meter relay team of Madison Olstad, Eden Smith, Kalley Miller and Caleigh Anderson; Macey Perius in the 200-meter dash; Barta in the 400-meter dash; and Cadyn Schock in the triple jump.

**Team Scores:** 1, West Fargo 245. 2, Sheyenne 176.

3, Fargo North 109. 4, Wahpeton 95.

Packer boys get second, Mustangs third in track

The West Fargo boys track and field team finished second and the Sheyenne Mustangs third at the West Fargo Quadrangular Track and Field Meet on Tuesday, April 12, at West Fargo High.

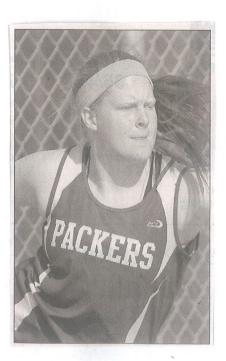
The Packers' 4-by-800-meter relay team of Jace Dullum, Jacob Franek, Drew Mears and Noah Schaeffer placed first; Michael Yeanay won the 110-meter hurdles; Schaeffer won the 800-meter run; Haboniman Simon won the long jump; and Alex Talley won the discus throw and shot put.

The Mustangs had first place finishes by the 4-by-400 relay team of Kyle Holoien, Ethan Holder, Noah McDonald and Kody Coles. The Mustangs also dominated the javelin throw with the top six finishers with Carter Bonnema first, Walker Thon second and Christian Oien third.

**Team scores:** 1, Fargo North 253.5. 2, West Fargo 213. 3, Sheyenne 146.5. 4, Wahpeton 48.







Grand Forks Sertoma Invite
Team totals: GF Red River 203,
Minot 139.5, Fargo North 108,
West Fargo Sheyenne 85, West
Fargo 76, GF Central 40, Wahpeton 40, Fargo Shanley 25, Devils
Lake 24.5.
Top 3 placers

Lake 24.5.

Top 3 placers

100: 1. Alessandro Genova, WF, 11.54; 2. Caleb Kuznia, WFS, 11.59; 3. Josh Baer, FN, 11.63.

200: 1. Isaac Erickson, Wahp, 23.00; 2. Matt Santos, FN, 23.14; 3. Adrian Davis-Aguilar, Minot, 23.17.

3. Adhlari Davis-Agunar, Minot, 23.17.
400: 1. Erickson, Wahp, 50.64; 2. Logan Goheen, Minot, 50.75; 3. Jesse Shorma, Shey, 52.39.
800: 1. David Dowdell, FN, 1:58.68; 2. Gabe Hegstad, Minot, 2:01.53; 3. David Hettich, GFC, 2:02.25.
1,600: 1. Ty Boucher, RR, 4:26.20; 2. Hettich, GFC, 4:29.76; 3. Dowdell, FN, 4:33.77.90
3,200: 1. Boucher, RR,9:47.44 (meet record); 2. Ben Hutchison, RR, 9:51.94; 3. Drew Mears, WF, 9:53.74.

110 hurdles: 1. Mo Kamara, RR, 15.39; 2. Peter Wysocki, RR, 15.47; 3. Tyler Enerson, RR,

15.87.
300 hurdles: 1. Kyle Holoien, WFS, 42.18; 2. Enerson, RR, 42.36; 3. Santos, FN, 42.36.
400 relay: 1. North (Reid Anderson, Santos, Michael Footitt, Baer) 44.31; 2. Sheyenne 44.45; 3. West Fargo 45.00.
800 relay: 1. Sheyenne (Caleb Kuznia, Yariel Rivera-Mujica, Jesse Shorma, Kyle Holoien) 1.32.37; 2. North 1.33.21; 3. Red River 1.35.10.
1,600 relay: 1. Minot (Goheen, Jace Johnson, Jonathan Mathistad, Dominic Magpali) 3:31.33; 2. West

Fargo 3:32.04; 3. Fargo North 3:34.44.

Fargo 3:32.04; 3. Fargo North 3:34.44.

3,200 relay: 1. Minot (Goheen, Johnson, Brady Halvorson, Gabe Hegstad) 8:26.32; 2. West Fargo 8:35.11; 3. Shanley 8:40.10

Long Jump: 1. Bradley Davidson, DL, 20-5.5; 2. Jacob Levin, WF, 20-4; 3. Devon Pope, RR, 20-3.5. Triple jump: 1. Pope, RR, 43-6; 2. Sam Cherilus, GFC, 42-5; 3. Carlos Horcacitas, RR, 41-5.5.
High jump: 1. Josh Darwin, Wahp, 6-4; 2. Alex Holmes, RR, 5-10; 3. (tie) Einerson, RR, and Kamara, RR, 5-8

Pole vault: Connor Fuglseth, FN, 13-6; 2. Holmes, RR, 13-0; 3. Devin Schatz, WFS, 13-0. Shot put: 1. Kyle Routledge, Minot, 48-10; 2. Carter Buelow, RR, 47-3; 3. Matthew Marler, Minot, 139-6; 2. Buelow, RR, 130-7; 3. Ethan Devitt, FN, 129-6.

Javellin: 1. Daniel Pierce, RR, 181-1; 2. Ty Ogren, RR, 170-2; 3. Carter Bonnema, WFS, 157-4.

North Dakota girls

North Dakota girls
Results Tuesday
Grand Forks Sertoma Invite
Team totals: Minot 142, GF Red
River 140, West Fargo 107, GF
Central 101, Wahpelpon 73, Devils
Lake 46, West Fargo Sheyenne 46,
Fargo North 45, Fargo Sheyenne 46,
Fargo North 45, Fargo Sheyenne 47,
100: 1. Rihaeghn Gripentrog, Wahp,
13.07; 2. Mackenzle Severson,
RR, 13.14; 3. Grace Emineth, RR,
13.34.
200: 1. Severson, RR, 26.48; 2.
Emineth, RR, 27.07; 3. R. Gripentrog, Wahp, 27.18.
400: 1. Tylee Irwin, Wahp, 1:00.37;
2. Ellen Erie, Shan, 1:02.00; 3. Kaia
Hudson, FN, 1:03.64,
800: 1. Karly Ackley, GFC, 2:24.49; 3.
Allie Nelson, Minot, 2:26.01,
1, 600: 1. Ackley, GFC, 5:03.44 (meet
record); 2. Roehl, GFC, 5:15.29; 3.
Rachel Torrey, GFC, 5:17.75.
3,200: 1. Abigail Hoffarth, Minot,
11:08.84 (meet record); 2. Jennifer
Dufner, WF, 11:10.24; 3. Allie Wahlund, Minot, 11:56.64.
100 hurdles: 1. Kennedi Sand, WF
15.89; 2. Kylie Alexander, Minot,
16.02; 3. Olivia Hammerschmidt,
FN, 16.20.

FN, 16.20. 300 hurdles: 1. Alexander, Minot, 46.41; 2. Invin, Wahp, 46.45; 3. Annika Arnold, Minot, 49.19 400 relay: 1. Wahpeton (Kenzie Gripentrog, Irwin, R. Gripentrog, Amber Lingen) 50.57; 2. Minot 52.54; 3. West Fargo 52.70. 800 relay: 1. Red River (Kenady Steffan, Hannah Arason, Grace Emineth, Severson) 1:47.01; 2. Minot 1:50.80; 3. Sheyenne 1:50.88. :50.86

2. Minot 1:50.60; 3. Sheyenne 1:50.86. 1,600 relay: 1. Minot (Tessa Olson, Meg Super, Arnold, Alexander) 4:13.92; 2. Sheyenne 4:14.31; 3. North 4:24.63. 3,200 relay: 1. Minot (Hoffarth, Allie Wahlund, Abbie Wahlund, Nelson) 9:47.38 (meet record): 2. Shanley 10:05.42; 3. Sheyenne 10:17.73 Long jump: 1. Emineth, RR, 16-8; 2. Sophia Nelson, GFC, 16-2.5; 3. Lingen, Wahp, 16-2.5. Triple jump: 1. Tiahna Burlan, RR, 33-0; 2. Aubrey Porter, Minot, 32-10.5; 3. Lingen, Wahp, 31-10.5. High jump: 1. Hannah Arason, RR, 5-3; 2. Beth Alexander, DL, 5-1; 3. Josie Krupich, FN, 5-1. Pole vault: 1. Grace Finney, GFC, 10-7 (meet record); 2. Olivia Berg, FN, 8-9; 3. Brooke Prochaska, WFS, 8-3 Shote Prochaska, WFS, 8-3 Shote Prochaska, Shot put: 1. Akealy Moton, WF, 42-6; 2. Keely Walker, WF, 41-8; 3. Erin Nelson, DL, 37-6 Discus: 1. Shelby Frank, RR, 121-2; 2. Walker, WF, 120-4; 3. Moton, WF, 115-0. Javelin: 1. Moton, WF, 150-7; 2. Arason, RR, 136-4; 3. Skyler Syrup, RR, 123-7.

### Packers, Mustangs do well at Eagle Relays

Pioneer staff reports

The West Fargo Packers and Sheyenne Mustangs had several top finishers at the Eagle Relays on Friday, April 22, at Fargo Davies High School.

Packers junior Akealy Moton placed first in the javelin throw and shot put. Packers senior Keely Walker finished first in the discus throw and second in the shot put.

Senior Kennedi Sand placed first in the high jump and was a part of the 4-by-100-meter hurdle relay team (with Jenna Beck, Breanna Gores and Jayden Halverson) that took second place.

Packers junior Jen Dufner also picked up a first in the 1,600-meter run.

The Mustangs' relay team of Albi Blanche, Abby Wendel, Macey Perius and Keauna Hansen earned Shevenne its one first place finish on the girls side in the 800-meter sprint medley. Sophomore Caleigh Anderson placed second for the Mustangs in the 3,200-meter run.

Mustangs' The 4-by-100-meter relay throwing team of Kierra Freih, Bailey Hoffner, Kayla Stroh and Brooke Prochaska took second.

On the boys side, Alex Talley won two events for the Packers in shotput and discus. The Packers' 4-by-100-meter relay throwing team of Dylan Anthony, Ben Dirks, Eli Gulland and Alex Talley took first.

Senior Jacob Franck placed second in the 3,200-meter run for West Fargo and the Packers' 4-by-110-meter shuttle hurdle relay team of Michael Yeanay, Cody Binstock, Josh Herba and Zakariya Ahmed finished second.

North Dakota boys Late results Friday

Eagle Relays Invitational 3,200: 1, Henne, Fargo Davies, 9:50.95. 2, Franek, West Fargo, 10:02.56. 3, Larsen, Grand Forks Central, 10:08.15.

440 shuttle hurdle: 1, Grand Forks Red River (Wysocki, Enerson, Hor-cacitas, Kamara), 1:04.25, 2, WF (Yeanay, Binstock, Herba, Ahmed), 1:10.61, 3, Moorhead (Grove, Alder-

son, Dougherty, Bye), 1:12.04. 800 relay: 1, M (Colegrove, D. Del-brune, M. Delbrune, Wollschlager), 1:32.42. 2, GFRR (Nsibirwa, Pope, Holt, Nyanforh), 1:32.68. 3, FD (Fludolph, York, Forbush, Dargbeh),

3,200 relay: 1, GFRR (Hutchinson, Valentine, Carroll, Boucher), 8:25.64. 2, M (Gruenberg, Gibbons, Thibert, O'Connor), 8:42.68. 3, FD (Lundstrom, Boub, Poynter, Barth), 9:26.05

800 sprint medley: 1, FD (Rudolph, Paustian, York, Gourde), 1:39.94. 2, GFRR (Kamara, Pope, Holt, Hellekson), 1:42.68. 3, West Fargo Sheyenne (May, Erickson, Helmick, McDongld), 1:43.97.

McDonald), 1:42.87. 1,608 relay: 1, FD (Rudolph, Forbush. Ross, Paustian), 3:15-25. 2, GFRR (Burian, Wysocki, Pierce, Solberg), 3:19-48. 3, M (Dunn, Stensgard, Seminole, Life), 3:20.30. 1,600: 1, Hunter, FD, 4:18.47. 2, Het-tich, GFC, 4:33.38. 3, Herrick, M, 4:34 16.

tich, GFC, 4:33.38. 3, Herrick, IV, 4:34.16. 400 relay: 1, M (Herrick, Wicklund, Searls, Dunn), 44.28. 2, FD (Rudolph, York, Forbush, Paustian), 44.67. 3, WF (Schaefer, Levin, Sell, Genova), 45.47. 300 hurdles: 1, Coleman, Lisbon, 41.21. 2, Dargbeh, FD, 41.46. 3, Hololen, WFS, 41.77. Distance medley: 1, FD (Henne,

Distance medley: 1, FD (Henne, Graf, Skeare, Lucas), 11:04.41. 2, GFRR (Boucher, Horcacitas, Valentine, Hutchinson), 11:10.99. 3, GFC (Osborn, Hutton, Larsen, Hettich), 11:24.70.

11:24.70.
400 relay throwers: 1, WF (Anthony, Dirks, Gulland, Talley), 48.77. 2, WFS (Roehrich, Nammour, Oien, Mahnke), 49.16. 3, M, 53.33.
1,600 relay: 1, WFS (Kuznia, Shorma, Holoien, Coles), 3:32.38. 2, GFRR (Nsibinwa, Enerson, Nyanforh, Boucher), 3:36.36. 3, WF (Sell, Svenby, Dockter, Schatz), 3:37.67.
High jump: 1, Bye, M, 6-02. 2, Enerson, GFRR, 5-10. 3, Wollschlager, M, 5-10.

Pole vault: 1, Salisbury, M, 14-00. 2, Schatz, WFS, 13-06. 3, Pithey, L, 13.06.

L, 13.06. Long jump: 1, Cherilus, GFC, 21-04.50, 2, Pope, GFRR, 20-08. 3, Levin, WF, 20-06.50. Triple jump: 1, Pope, GFRR, 43-08. 2, Cherilus, GFC, 42-00.50. 3, Horcacitas, GFRR, 40-10. Discus throw: 1, Talley, Wf, 153-05. 2, Buelow, GFRR, 137-08. 3, Slama, FD, 138-11.

Javelin throw: 1, Odegard, L, 166-02. 2, Ogren, GFRR, 165-02. 3, Pithey, L. 160-10.

Shot put: 1, Talley, WF, 55-08.25. 2, Slama, FD, 49-11. 3, Buelow, GFRR, 49-03.

North Dakota girls

Late results Friday
Eagle Relays Invitational
3,200: 1, Lane, Fargo Davies,
12:06.04. 2, Anderson, West Fargo
Sheyenne, 12:16.94. 3, Rude, FD, 12:22.03.

400 shuttle hurdle: 1, FD (Beil, Harland, Korgho, McLagan), 1:06.59. 2, West Fargo (Sand, Beck, Gores, Halverson), 1:15.69. 3, Lisbon Halverson), 1:15.69. 3, Lisbon (Reinke, Wittenburg, Lautt, Schultz),

800 relay: 1, FD (Rose Gaye, Roseline Gaye, Jahner, Korgho), 1:44.13. 2, Moorhead (Dau, Hoefs, Zanot-ti, Hulst), 1:50.67. 3, Fargo South (Clarke, Brakke, Lawson, Brown),

1:51.48. 3,200 relay: 1, FD (Bye, Vetter, Wacha, Henne), 9:41.87. 2, Grand Forks Central (A. Roehl, Torrey, G. Roehl, Ackley), 9:44.14. 3, M (How-ell, Polomny, Maddux, Christian), 9:48.07.

9:46.07. 800 sprint medley: 1, WFS (Blanche, Wendel, Perius, Hansen), 1:53.13. 2, FD (K. Bell, M. Beil, Roseline Gaye, Jahner), 1:56.38. 3, Grand Forks Red River (Burlan, Enlow, Severson, Bichartel, 1:50.37.

Hed Hiver (Burian, Enlow, Severson, Richards), 1:59.07.

1,608 relay: 1, FD (Hall, Kretchman, Carlson, McLagan), 3:54.90. 2, GFRR (Flaten, Novak, Conneran, Steffen), 3:56.48. 3, M (Buegel, Dyer, Davies, Haugo), 4:01.17.

1,600: 1, Dufner, WF, 5:15.52. 2, Hanne Fr. Economics

Henne, FD, 5:23.43. 3, Vetter, FD, 5:24.96.

5:24.96.
400 relay: 1, FD (M. Beil, Rose Gaye, Jahner, K. Beil), 50.26. 2, M (Blythe, Davies, Dau, Ludwig), 51.40. 3, FS (Gaylah, Fritz, Clarke, Brakke),

51.56. 300 hurdles: 1, K. Beil, FD, 47.40. 2, Severson, GFRR, 47.54. 3, Korgho, FD, 49.59.

FD, 49.59.
Distance medley: 1, GFC (A. Roehl, G. Roehl, Torrey, Ackley), 12:54.51.
2, M (Grundstrom, O'Meara, Kelly, Zanotti), 13:34.97. 3, FD (Dletz, Wacha, Lane, Lundstrom), 13:42.58.
400 relay throwers: 1, FD (Witteveen, Bachmeler, Hjelseth, Morin), 59.48.
2, WFS (Freih, Hoffner, Stroh, Prochaska), 1:00.51. 3, WF (Walker, Moton, Walsh, Stein-McAndrew), 1:00.56.

1,600 relay: 1, FD (Bye, Jahner, Rose

1,600 relay: 1, FD (Bye, Jahner, Rose Gaye, Vetter), 4:08.32. 2, GFRR (Leach, Emineth, Arason, Sever-son), 4:10.68. 3, M, 4:16.77. High jump: 1, Sand, WF, 5-01. 2, Ara-son, GFRR, 5-01. 3, Kurtii, M, 5-01. Pole vault: 1, Finney, GFC, 10-03. 2, Enlow, GFRR, 9-09. 3, Kretchman, FD, 9-03.

Long jump: 1, Emineth, GFRR, 18-10. 2, Bergantine, FD, 17-11. 3, M. Beil.

FD, 16-10.50.

Triple jump: 1, Kurtii, M, 36-03.50.
2, Bergantine, FD, 36-02. 3, Berry, FD, 34-07.

Discus throw: 1, Walker, WF, 123-04. 2, Frank, GFRR, 107.09. 3, Halle, FD, 104-00. Javelin throw: 1, Moton, WF, 148-02.

2, Arason, GFRR, 131-09. 3, Hoff-ner, WFS, 121-01. Shot put: 1, Moton, WF, 42-10. 2, Walker, WF, 41-00.50. 3, Pepsin, M 39.08

M. 39-08.

### Local runners qualify for state track meet

A trio of West Fargo runners qualified for the state track and field meet in the boys 100-meter dash on Thursday, April 28, at Concordia College during the Shanley Track and Field Invite.

Packers junior Alessandro Genova took first. sophomore Jacob Levin finished second, and Mustangs junior Caleb Kuznia finished third.

Levin was first in the 200-meter dash and Kuznia second. Mustangs junior Jesse Shorma qualified for the state meet in the 400-meter dash with a first place finish.

Packers senior Alex Tall-

ey continued his dominance in the discus and shot put events, taking first place in both events and qualifying

for the state meet.

On the girls side, the Mustangs' 4-by-800-meter relay team of Katrina Dietz, Katelyn Ask, Kalley Miller and Mattyson Barta took first, qualifying for the state meet.

The Mustangs 4-by-200-meter relay team of Keauna Hansen, Barta, Abby Wendel and Macey Perius also qualified for the state meet with a third place finish. West Fargo's team of Kennedi Sand, Brie Pulczinski, Tiana Pfaff and Mykin Gunning qualified for state by placing fifth.

Hansen, a senior, also qualified for state in the 400-meter dash with a second place finish. Sand, a senior, qualified for state in the 100-meter hurdles by placing first and in the javelin throw with a fifthplace finish. She was also first in the long jump.

Packers junior Akealy Moton qualified for state in three events: javelin, shot put and discus. She was first in the javelin and shot put, and third in the discus. Seniors Keely Walker and Lexi Stein-McAndrew also qualified for state in the shot put.

The Packers finished third overall and the Mustangs fourth.

North Dakota boys Results Thursday Shanley Invitational Jake Christianson Stadium

Jake Christianson Stadium
Team scores: 1, Grand Forks Red
River 148. 2, Fargo South 104. 3,
West Fargo 90. 4, Fargo North 89. 5,
West Fargo Sheyenne 78. 6, Grand
Forks Central 71. 7, Jamestown 66.
8, Lisbon 50. 9, Shanley 34. 10,
Moorhead 6. 11, Devils Lake 5.
100: 1, Genova, WF, 11.32. 2, Levin,
WF, 11.34. 3, Kuznia, WFS, 11.36.
200: 1, Levin, WF, 23.26. 2, Kuznia,
WFS, 23.52. 3, San, FN, 23.77.
400: 1, Shorma, WFS, 52.08. 2,
Mendin, FS, 52.43. 3, Fletcher, FS,
52.60.

52.60. 800: 1, Hettich, GFC, 2:01.95. 2, Isa-hak, FS, 2:07.34. 3, Erie, S, 2:08.02.

1,600: 1, xxx 3,200: 1, Larsen, GFC, 9:50.26. 2, Luz, FN, 9:50.42. 3, Hutchison, GFRR, 9:50.56.

GFRR, 9:50.56.

110 hurdles: 1, Kamara, GFRR, 15.32.
2, Wysocki, GFRR, 15.44. 3, Enerson, GFRR, 15.66.
300 hurdles: 1, Koenig, J, 41.13. 2, Enerson, GFRR, 42.12. 3, Holoien, WFS, 42.30.

100 relay: 1, GFRR, Kamara, Nsibirwa, Wenzel, Pope, 44.68. 2, GFC, Grove, Reynolds, Cherilus, Miller, 44.78. 3, WF, Schaefer, Genova, Sell, Levin, 44.83. Gruanue, Fletcher, Steffes, Gowah, 3:31.65. 2, FN, 3:32.22. 3, S, Erie, Russell, Lantz, Mathias, 3:36.49.

Cherilus, Miller, 1:32.41. 2, WFS, Kuznia, Shorma, Rivera, Holoien, 1:32.90. 3, FN, Anderson, Hummel, San, Baer, 1:33.65.

San, Baer, 1:33.65.
800 relay: 1, FS, Isahak, Hussien,
Gruanue, Mendin, 8:20.09. 2, FN,
Clower, Evenson, Dowdell, Luz,
8:23.23. 3, S, Russell, Erie, Lantz,
Kenney, 8:38.76.
1,600 relay: 1, Hettich, GFC, 4:31.24.
2, Dullum, WF, 4:39.75. 3, Valentine,
GFRB, 4:40.31.

3,200 relay: 1, xxx High jump: 1, Pifer, FS, 6-02.00. 2, Wanzek, J, 6-00.00. 3, Odegard,

Wanzek, J, 6-00.00. 3, Odegard, M, 5-10.00. Pole vault: 1, Fuglseth, FN, 14-06.00. 2, Schatz, WFS, 13-03.00. 3, Pithey, L, 13-00.00.

Long jump: 1, Wanzek, J, 21-02.25. 2, Schaefer, WF, 21-01.00. 3, Shorma, WFS, 20-07.00.

WFS, 20-07.00. Triple jump: 1, Horcacitas, GFRR, 42-06.00. 2, Pope, GFRR, 41-10.50. 3, Coleman, L, 40-10.00. Shot put: 1, Talley, WF, 57-01.50. 2, Buelow, GFRR, 50-03.00. 3, Lytle, FS, 49-06.00

FS, 49-06.00.

### North Dakota girls Results Thursday Shanley Invitational Jake Christianson Stadium

Jake Christianson Stadium
Team scores: Grand Forks Red River
166.5, Jamestown 122, West Fargo
113.5, West Fargo Sheyenne 64,
Grand Forks Central 60, Fargo North
46.5, Fargo Shanley 42.5, Devils
Lake 42, Lisbon 32, Fargo Davies
20, Moorhead 8,
3,200 relay: 1 WFS (Dietz, Ask, Miller,
Barta), 10:06.63. 2, FN (Sem, Hudson, Hammes, Harms), 10:20.19. 3,
WF (Nelson, Dufner, Salou, Schreiner), 10:21.03.

WF (Nelson, Dufner, Salou, Schreiner), 10:21:03:
300 hurdles: 1, Orr, J, 47:14, 2, Severson, GFRR, 47:31: 3, Ukestad, J, 49:85.
100: 1, Severson, GFRR, 12:79: 2, Emineth, GFRR, 13:22: 3, Welss, L, 13:42.

E, 13.42. 800: 1, J (Orr, Jensen, Voigt, Barnes), 1:47.55. 2, South (Gaylah, Lawson, Clarke, Brakke), 1:50.02. 3, WFS (Hansen, Barta, Wendel, Perius), 50.68.

(Hailsen, Barra, Wendel, Perius), 1:50.68.
1,600: 1, Lundstrom, FD, 5:27.79. 2, Smith, Shanley, 5:30.69. 3, Brown, DL, 5:40.60.
400 relay: 1, J. (Orr. Jensen, Voigt, Barnes), 50.46. 2, South (Clarke, Brakke, Durgin, Lawson), 51.92. 3, Shanley (Deplazes, Vig. Vetter, Ekman), 52.77.
400: 1, Voigt, J. 61.44. 2, Hansen, WFS, 61.48. 3, Jensen, J. 61.94. 400 hurdles: 1, Sand, WF, 15.51. 2, Severson, GFRR, 15.96. 3, Hammerschmidt, FN, 16.86.
800: 1, Lundstrom, FD, 2:30.10. 2, Ford, J, 2:30.95. 3, Miller, WFS, 2:34.09.

200: 1, Severson, GFRR, 26.44. 2, Barnes, J, 26.90. 3, Deplazes, Shan-ley, 27.57.

3,200: 1, Ackley, GFC, 10:36.97. 2, Dufner, WF, 11:16.64. 3, Roehl, GFC, 11:17.03.

GFC, 11:17.03.
1,600 relay: 1, J. (Orr, Jensen, Voigt, Barnes), 4:07.19. 2, South (Lawson, Clarke, Ostile, Garnder), 4:24.27.
High jump: 1, Arason, GFRR, 5-05. 2, Conneran, GFRR, 4-11. 3, Schreiner, GFRR, 4-09.
Pole vault: 1, Finney, GFC, 10-09. 2, Enlow, GFRR, 9-03. 3, Berg, WF, 8-09.

8-09

8-09. Long jump: 1, Sand, WF, 16-04. 2, Emineth, GFRR, 16-03.75. 3, Kallen-bach, J, 15-11. Discus throw: 1, Frank, GFRR, 135-

Discuss inrow: 1, Frank, GFRR, 135-08.2, Walker, WF, 131-10.3, Moton, WF, 119-00.

Javelin throw: 1, Moton, WF, 142-00.

Z, Arason, GFRR, 141-04.3, Nelson, DL, 120-04.

Shot put: 1, Moton, WF, 42-10.50-2, Walker, WF, 42-06. 3, Nelson, DL, 38-00.50.



Photo by David Samson

Packer pole vaulters work out during practice at West Fargo High School.

### TRACK AND FIELD

### **North Dakota boys** Late results Tuesday

Owen Jensen Kiwanis Meet

Late results Tuesday
Owen Jensen Kiwanis Meet
At Wahpeton, N.D.
Team scores: West Fargo 166.5, Lisbon 155,
Milnor-Wyndmere-Lidgerwood 118, Fargo
Shanley 85, Breckenridge 83, Wahpeton
78.5, Hankinson 29.
100: 1, Erickson, W, 11.39. 2, Genova, WF,
11.40. 3, Bucholz, FS, 11.54.
200: 1, Levin, WF, 22.77. 2, Erickson, W,
22.91. 3, Smith, FS, 23.29.
400: 1, Erickson, W, 52.02. 2, Russell, FS,
53.67. 3, Schatz, WF, 54.37.
800: 1, Aberle, L, 2:22.51. 2, Kenney, FS,
2:25.20. 3, Frolek, MWL, 2:26.80.
1,600: 1, Dullum, WF, 447.79. 2, Mears, WF,
5:05.07. 3, Emerson, WF, 5:09.18.
3,200: 1, Gowin, B, 11:20.38. 2, Kuzel, MWL,
11:37.06. 3, Haire, B, 11:48.00.
110 hurdles: 1, Yeanay, WF, 16.54. 2, Coleman, L, 16.77. 3, Churchill, MWL, 17.66.
300 hurdles: 1, Coleman, L, 42.50. 2, Yeanay, WF, 43.11. 3, Sorby, L, 43.98.
400 relay: 1, WF (Yeanay, Genova, Sell,
Levin), 45.98. 2, FS (Kelsch, Johnson,

Mathias, Mehlisch), 49.54. 3, B (Peterson, Henning, Schuler, Lee), 50.52. 800 relay: 1, WF (Yeanay, Genova, Sell, Levin), 1:34.76. 2, FS (Mathias, Russell, Friederichs, Smith), 1:37.50. 3, L (Nelson, Ward, Fraase, Nieves), 1:40.13. 1,600 relay: 1, FS (Erie, Russell, Lantz, Smith), 3:39.11. 2, L (Elijah, Nieves, Ward, Coleman), 3:40.52. 3, W (Maas, Wynn, Breuer, Erickson), 3:54.96. 3,200 relay: 1, MWL (Kuzel, Braaten, Frolek, Sakry), 9:13.30. 2, WF (Emerson, Johnson, Bruer, Milbrath), 9:19.14. 3, W (Krack, Breuer, Samuels, Mahrer), 9:32.44. High jump: 1, Lipp, B, 6-02.00. 2, Darwin, W, 6-00.00. 3, Pithey, L, 13-06.00. 2, Elijah, L, 12-06.00. 3, Peterson, B, 11-06.00. Long jump: 1, Levin, WF, 19-10.50. 2, Odegard, L, 19-07.75. 3, Lipp, B, 19-04.50. Triple jump: 1, Churchill, MWL, 40-00.25. 2, Coleman, L, 39-10.50. 3, Odegard, L, 39-03.50.

39-03.50.

Discus throw: 1, Vasquez, MWL, 142-06.00. 2, Willis, WF, 130-10.00. 3, Mauch, H, 126-09.00.

Javelin throw: 1, Odegard, L, 169-03.00. 2, Pithey, L, 157-01.00. 3, Sorby, L, 155-

Shot put: 1, Willis, WF, 47-03.00. 2, Vasquez, MWL, 44-09.00. 3, Wisnewski, MWL, 43-06.00.

### **North Dakota girls** Late results Tuesday Owen Jensen Kiwanis Meet

Owen Jensen Kiwanis Meet
At Wahpeton, N.D.
Team scores: West Fargo 163.08, Fargo
Shanley 155.5, Lisbon 97.25, Wahpeton
87.75, Milnor-Wyndmere-Lidgerwood
87.33, Breckenridge 78.08, Hankinson 34.
100: 1, R. Gripentrog, W, 12.62. 2, Lingen,
W, 13.04. 3, Weiss, L, 13.19.
200: 1, Deplazes, FS, 26.97. 2, Weiss, L,
27.58. 3, Hendrickson, B, 27.84.

400: 1, Irwin, W, 61.43. 2, Vig, FS, 66.94. 3, Vetter, FS, 69.18.

800: 1, Dufner, WF, 2:26.74, 2, Frolek, MWL, 2:37.04, 3, Smith, FS, 2:37.54.
1,600: 1, Faiman, WF, 5:46.16, 2, Hietkamp, W, 5:48.00, 3, Welder, W, 6:15.00, 3, 200: 1, Krause, FS, 13:18.50, 2, Huseby, WF, 13:25.71, 3, Welder, W, 14:06.00, 100 hurdles: 1, Larsen, WF, 15.25, 2, Benson, H, 17.44, 3, Wittenburg, L, 17:95, 300 hurdles: 1, Benson, H, 51.44, 2, Wanner, FS, 51.98, 3, Schultz, L, 52.01, 400 relay: 1, WF (Gbadoe, Pulczinski, Pfaff, Price), 53.39, 2, L (Malone, Schultz, Nielson, Weiss), 54.84, 3, FS (Doyle, Freeman, Laughlin, Altringer), 55.22.

Price), 53.39. 2, L. (Malone, Schultz, Nielson, Weiss), 54.84. 3, FS (Doyle, Freeman, Laughlin, Altringer), 55.22.
800 relay: 1, W (K. Gripentrog, Inwin, R. Gripentrog, Lingen), 1:48.32. 2, FS, 1:53.96. 3, WF (Larsen, Pulczinski, Gbadoe, Gunning), 1:55.56.
1,600 relay: 1, WF (Gunning, Pulczinski, Gbadoe, Dufner), 4:21.63. 2, FS (Vetter, Vig, Deplazes, Ekman), 4:24.05. 3, L (Schultz, Weiss, Malone, Lautly, 4:40.72.
3,200 relay: 1, FS (Smith, Krause, Johnson, Vetter), 11:00.76. 2, MWL (Frolek, Illies, Kaczynski, Honl), 11:50.10. 3, L (Dick, Metzen, Huffman, Ngo), 12:22.58.
High jump: 1, Larsen, WF, 5-01.00. 2, Irwin, W, 4-11.00. 3, Engen, B, 4-11.00.
Pole vault: 1, Engen, B, 8-06.00. 2, Berg, WF, 8-00.00. 3, Puetz, MWL, 8-00.00.
Long jump: 1, Lingen, W, 16-06.50. 2, Price, WF, 15-07.25. 3, Pfaff, WF, 14-11.00.
Triple jump: 1, Engen, B, 31-11.50. 2, Kuchera, MWL, 31-07.50. 3, Gutzmer, MWL, 30-01.50.
Discus throw: 1, Walsh, WF, 108-06.00. 2, Anderson, L, 107-06.00. 3, Dietz, FS, 103-09.00.
Javelin throw: 1, Sand, WF, 114-03.00. 2,

Javelin throw: 1, Sand, WF, 114-03.00. 2, Koenig, FS, 102-10.00. 3, Froehlich, L, 94-10.50.

Shot put: 1, Kost, FS, 31-07.50. 2, Derrig, WF, 30-01.50. 3, Walsh, WF, 28-05.00.

North Dakota boys Results Friday Packer Relays Invitational

Packer Relays Invitational
Team scores: 1, Bismarck Century 205. 2,
West Fargo 105. 3, Fargo Davies 99. 4,
Fargo South 90. 5, Fargo North 66. 6, West
Fargo Sheyenne 60. 7, Fargo Shanley 34.
8, Grand Forks Red River 30. 9, Wahpeton
25. 10, Grand Forks Central 11. 11, Valley
City 10. 12, Central 12. Central 12. Central 15. Central

City 10. 12, Central Cass, 6. 100: 1, York, Fargo Davies, 10.92. 2, Anderson, Bismarck Century, 10.94. 3, Rudolph,

Fargo Davies, 11.11.
200: 1, Erickson, Wahpeton, 22.47. 2, Smith, Fargo Shanley, 22.70. 3, Rudolph, Fargo Davies, 22.77.

400: 1, Erickson, Wahpeton, 51.52. 2, Gru-anue, Fargo South, 53.02. 3, Krom, Fargo North, 53.80.

North, 53.80.
800: 1, Lucas, Fargo Davies, 1:59.87. 2, Dowdell, Fargo North, 2:04.51. 3, Luz, Fargo North, 2:05.88.
1,600: 1, Luz, Fargo North, 4:34.12. 2, Hussien, Fargo South, 4:35.44. 3, Stenehjem, Bismarck Century, 4:36.57.
3,200: 1, Sayler, Bismarck Century, 9:59.06. 2, Wolfe, Bismarck century, 10:01.06. 3, Dullum, West Fargo, 10:01.55.
10 hurdles: 1, Morrissette, Bismarck Century, 15.41. 2, Darpheh, Farro Davies, 15.59.

normsette, Bismarck Century, 15.41. 2, Dargbeh, Fargo Davies, 15.59. 3, Yeanay, West Fargo, 15.77. 300 hurdles: 1, Schollmeyer, Bismarck Century, 41.50. 2, Dargbeh, Fargo Davies, 41.52. 3, Morrissette, Bismarck Century, 41.69.

41.02. 400 relay: 1, Fargo Davies (Rudolph, York, Dargbeh, Paustian), 44:53. 2, West Fargo (Schaefer, Genova, Sell, Levin), 44.78. 3, Fargo North (Anderson, Footitt, San, Baer), 44.79.

800 relay: 1, West Fargo (Schaefer, Genova, Sell, Levin), 1:32.80. 2, Bismarck Centu-ry (Monger, Morrisette, Gross, Anderson), 1:33.04. 3, Fargo Davies (Rudolph, York,

1.304. 3, Pago Barves (Hudolph, 101, Paustian, Dargbeh), 1:34.16.
1,600 relay: 1, Fargo Shanley ( Russell, Erie, Lantz, Mathias), 3:37.96. 2, West Fargo Sheyenne (Kuznia, Hollen, Coles, Shorma), 3:38.31. 3, Bismarck Century (Gross, Cady, Nelson, Wilmes) 3:37.1 Nelson, Wilmes) 3:38.71

Nelson, Wilmes) 3:38.71.
3,200 relay: 1, Davies (Henne, Lucas, Teigen, Skaare), 8:26.97. 2, Bismarck Century (Kraenzel, Dietrich, Honeyman, Wolfe), 8:35.29. 3, West Fargo (Schaeffer, Dullman, Mears, Emerson), 8:40.57.
High jump: 1, Sipes, Bismarck Century, 6-02. 2, Pifer, Fargo South, 6-00. 3, Amundson, Bismarck Contract 6.00.

2, Pifer, Fargo South, 6-00. 3, Amundson, Bismarck Century, 6-00. Pole vault: 1, Fuglseth, Fargo North, 14-00. 2, Schatz, West Fargo Sheyenne, 13-06. 3, Vanderpan, Bismarck Century, 12-06. Long jump: 1, Staudinger, Bismarck Century, 22-02.25. 2, Levin, West Fargo, 22-00.50. 3, Schaefer, West Fargo, 21-11.75. Triple jump: 1, Staudinger, Bismarck Century, 43-11. 2, Horcacitas, Grand Forks Red River, 43-07. 3, Cherilus, Grand Forks Central, 41-08.50. Discus: 1, Rockey, Bismarck Century, 165-

Discus: 1, Rockey, Bismarck Century, 165-00. 2, Talley, West Fargo, 162-02. 3, Svi-hovec, Bismarck Century, 160-04. Javelin: 1, Bonnema, West Fargo Sheyenne,

163-06. 2, Staudinger, Bismarck Century, 162-07. 3, Steining, Fargo South, 158-10. Shot put: 1, Talley, West Fargo, 54-08. 2, Svinovec, Bismarck Century, 50-05. 3, Buelow, Grand Forks Red River, 49-07.

North Dakota girls Results Friday

Packer Relays Invitational 3,200: 1, Fargo Davies (Wacha, Burian, Lundstrom, Vetter), 10:01.81. 2, West Fargo (Burtsfield, Dufner, Nelson, Schreiner), 10:13.16. 3, Bismarck Century (Albers, Markovic, Klein, Rittenbach), 10:15.89.

300 hurdles: 1, Irwin, Wahpeton, 46.13. 2, Korgho, FD, 46.88. 3, Alexander, Minot,

46,93.
400: 1, Gaye, FD, 12.42. 2, Alexander, M, 12.44. 3, Kleinjan, BC, 12.51.
800 relay: 1, BC (Kleinjan, Anderson, Brown, Doe), 1:47.47. 2, FD (Gaye, Jahner, Carlson, Korgho), 1:49.76. 3, M (Nelson, Klein, Alexander, Arnold), 1:51.03.
1,600: 1, Goldade, BC, 5:26.84. 2, Lovehaug, FD, 5:30.49. 3, Wahlund, M, 5:33.20.
400 relay: 1, BC (Mcginnis, Kleinjan, Spotts, Doe), 50.19. 2, W (Bernstein, Invin, Gripentrou, Lingen), 50.23. 3, Grand Forks, Bad

trog, Lingen), 50.22, 3, Grand Forks Red River (Emineth, Steffan, Meland, Arason), 51.98

51.98. 400: 1, Anderson, BC, 59.92. 2, Irwin, W, 60.10. 3, Mcginnis, BC, 60.87. 100 hurdles: 1, Sand, West Fargo, 14.94. 2, Korgho, FD, 15.47. 3, Severson, GFRR, 15.50. 800: 1, Bye, FD, 2:25.69. 2, Erie, Fargo Shan-

800: 1, Bye, FD, 2:25.69, 2, Erie, Fargo Shanley, 2:26.55. 3, Neameyer, BC, 2:27.66.
200: 1, Severson, GFRR, 25.37. 2, Alexander, M, 25.65. 3, Kleinjan, BC, 26.01.
3,200: 1, Anderson, BC, 11:02.94. 2, Dufner, WF, 11:34.70. 3, Hoffarth, M, 11:46.38.
1,600 relay: 1, West Fargo Sheyenne (Hansen, Glessner, Hoffner, Wendel), 4:18.55.
2, BC (Grinsteiner, Neameyer, Markovic, Goldade), 4:21.58. 3, Fargo North (Sem, Hudson, Bachmeler, Hammerschmidt), 4:23.71.

High jump: 1, Sand, WF, 5-01. 2, Conneran, GFRR, 5-01. 3, Nelson, M, 4-11.

Pole vault: 1, Gietzen, BC, 10-00. 2, Kretchman, FD, 8-09. 3, Likness, FD, 8-09. Long jump: 1, Bergantine, FD, 17-10.75. 2, Lingen, W, 17-05. 3, Gietzen, BC, 17-02.50.

Lingell, W. 17-05. 3, Gletzerl, BC., 17-02.50. Triple jump: 1, Bergantine, FD, 38-10.25. 2, Brakke, Fargo South, 35-11.75. 3, Anderson, BC, 35-09.50. Discus throw: 1, Frank, GFRR, 124-06.50. 2, Malhourie, BC, 112-01.50. 3, Walker, WF, 110-07.

Javelin throw: 1, Moton, WF, 145-03. 2, Klein, BC, 124-06. 3, Hoffner, WFS, 123-00. Shot put: 1, Moton, WF, 47-04. 2, Walker, WF, 43-10. 3, Dennis, BC, 39-07.50. WF boys finish second at meet. Shevenne sixth

The West Fargo Packers boys track and field team finished second at the Packer Relays Invitational track and field meet on Friday, May 6, at West Fargo

High School.

The Packers picked up a win in the 4-by-200-meter relay with the team of Skylar Schaefer, Alessandro Genova, Alexander Sell and Jacob Levin. That team also took second in the 4-by-100-meter relay event.

Shevenne's Carter Bonnema finished first in the javelin throw, qualifying him for the state track and field meet. West Fargo's Alex Talley was first in the shot put and second in the discus throw.

The Mustangs' 4-by-400-meter relay team of Caleb Kuznia, Kyle Holoien, Kody Coles and Jesse Shorma took second.

TEAM SCORES: 1, Bismarck Century 205. 2, West Fargo 105. 3, Fargo Davies 99. 4, Fargo South. 5, Fargo North 66. 6, Sheyenne 60. 7, Shanley 34. 8, Red River 30. 9, Wahpeton 25. 10, Central 11. 11, Valley City 10. 12, Central Cass 6.

WF girls finish third, **Shevenne seventh** 

The West Fargo Packers girls track and field team finished third at the Packer Relays Invitational track and field meet Fri-



day, May 6, at West Fargo High School.

The Packers picked up first place finishes from Kennedi Sand in the 100meter hurdles and high jump, a second from Jen Dufner in the 3,200-meter run, first place finishes from Akealy Moton in the javelin throw and shot put, and second place finishes from Keely Walker in the discus and shot put.

The Mustangs' 4-by-400-meter relay team of Keauna Hansen, Lucy Glessner, Alexis Hoffner and Abby Wendel placed first.

TEAM SCORES: 1, Bismarck Century 165. 2, Fargo Davies 135. 3, West Fargo 100. 4, Minot 80. 5, Red River 70. 6, Wahpeton 53. 7, Sheyenne 34. 8, Devils Lake and Shanley 26. 10, Fargo North 25. 11, Fargo South 21. 12, Valley City

3. 13, Central 2. 15, Central Cass 1.

### **North Dakota boys Results Friday**

Radke-Orvik Classic At Duane Carlson Stadium (Minot, N.D.) Team scores: 1. Century 909.50, 2. Minot 837.50, 3. Grand Forks Red River 809. 1. Hunter Johnson, Bismarck, 2. Devin Kramer, Minot, 11.36; 3. Roarick Schollmeyer, Century, 11.39.

200: 1. Hunter Johnson, Bismarck, 22.32; 2. Adrian Davis-Aguilar, Minot, 22.86; 3. Austin Smith, Minot, 22.96 400: 1. Logan Goheen, Minot, 51.65; 2.

Thomas Brink, Century, 53.64; 3. Jace Johnson, Minot, 53.92.

800: 1. David Hettich, Grand Forks Central, 2:02.71; 2. Brandon Kraenzel, Century, 2:04.41; 3. Dan Finley, Bismarck, 2:05.67. 1,600: 1. Hunter Lucas, Fargo Davies, 4:23.78; 2. Jacob Henne, Fargo Davies, 4:37.65; 3. Muqsin Hussien, Fargo South,

3,200: 1. Joseph Wolfe, Century, 10:01.53; 2. Jace Dullum, West Fargo, 10:02.84; 3. Leif Larsen, Grand Forks Central, 10:04.9.2 110 hurdles: 1. Zach Sweep, Century, 15.19; 2. Preston Johnson, Minot, 15.97; 3. Peter Wysocki, Grand Forks Red River, 16.04.

Wysocki, Grand Forks Red River, 16.04.
300 hurdles: 1. Jack Pifer, Fargo South,
42.03; 2. Casey Bonagofsky, Mandan,
42.68; 3. Jordan Sanford, Bismarck, 42.78.
400 relay: 1. Minot A (Austin Smith, Adrian
Davis-Aguilar, Johann Madrid, Devin Kramer), 45.06; 2. Fargo Davies A, 45.14; 3.
Grand Forks Red River A, 45.78.
800 relay: 1. West Fargo A (Skylar Schaefer,
Genova Alessandro, Alexander Sell, Jacob
Levin), 134.89: 2. Fargo Davies A, 1:36.24.

Levin), 1:34.89; 2. Fargo Davies A, 1:36.24; 3. Fargo South, 1:36.88. 1,600 relay: 1. Minot A (Gabe Hegstad, Logan Goheen, Jace Johnson, Jonathan Mathistad), 3:32.18; 2. Century A, 3:37.27; 3. Farse Buth A, 2:40.17.

3. Fargo South A, 3:40.17.
3.200 relay: 1. Fargo Davies A (Hunter Lucas, Alex Skaare, Jacob Henne, Ryan Teigen), 8:24.94; 2. Century A, 8:34.41; 3. West Fargo A, 8:36.17

### **North Dakota girls** Results Friday Girls Classic Meet

Fargo South High School

Team scores: 1, Fargo Davies 188. 2, Grand Forks Red River 115. 3, West Fargo 104, 5. 4, West Fargo Sheyenne 77.5. 5, Grand Forks Central 74. 6, Fargo South 61. 7, Shanley 42. 8, Fargo North 26. 9, Valley

100: 1, R. Gaye, FD, 12.66. 2, Rl. Gaye, FD, 12.78. 3, Clarke, FS, 13.01. 200: 1, Clarke, FS, 27.20. 2, Emineth, GFRR,

27.71. 3, Hansen, WFS, 27.92. 400: 1, Bye, FD, 1:01.53. 2, Glessner, WFS,

1:03.16. 3, Sem, FN, 1:03.43. 800: 1, Dufner, WF, 2:22.54. 2, Torrey, GFC, 2:25.03. 3, Dietz, FD, 2:27.24.

1,600: 1, Ackley, GFC, 5:16.33. 2, Wacha, FD, 5:31.53. 3, Lovehaug, FD, 5:33.96. 3,200: 1, Roehl, GFC, 11:30.22. 2, Powell, GFC, 12:20.96. 3, Smith, WFS, 12:22.56. 100 hurdles: 1, Beil, FD, 15.27. 2, Severson, GFRR, 16.29. 3, Korgho, FD, 16.44.

300 hurdles: 1, Harland, FD, 48.14. 2, Beil,

FD, 49.34. 3, Severson, GFRR, 49.44. 100 relay: 1, FD, Rl. Gaye, Jahner, Carlson, Beil, 51.78. 2, GFRR, Burian, Steffan, Meland, Severson, 52.19. 3, GFC, Nelson,

Washington, Grinolds, Finney, 53.54. 200 relay: 1, FD, Carlson, Jahner, R. Gaye, Rl. Gaye, 1:49.02. 2, GFRR, Flaten, Schriener, Meland, Severson, 1:50.73. 3, FS. Gaylah, Lawson, Clarke, Brakke, 1:52.31. 400 relay: 1, WFS, Ask, Hoffner, Werlinger,

Barta, 4:30.21. 2, FS, Lawson, Hoselton, Ostlie, Gardner, 4:36.15.

800 relay: 1, FS, Gardner, Guttormson, Hoselton, Reiger, 10:58.24. 2, FN, Hudson, Sem, Harms, Weston, 10:59.24. 3. Krause, Kubalak, Rivard, Johnson, 11:47.24.

Javelin: 1. Arason, GFRR, 135-03.00, 2. Moton, WF, 128-05.00. 3, Sand, WF, 123-

High jump: 1, Sand, WF, 11.00: 2, Wanner, S, 11.00: 3, Rue, FD, 11.00.

Pole vault: 1, Finney, GFC, 03.00. 2, Stillwell, WFS, 09.00. 3, Prochaska, WFS, 9.00. Long jump: 1, Bergantine, FD, 17-04.50, 2,

Nelson, GFC, 16-05.50. 3, Steffen, GFRR, 16-02.00.

Triple jump: 1, Bergantine, FD, 36-10.50. 2, Brakke, FS, 34-07.50. 3, Leach, GFRR, 34-04.00.

Discus: 1, Walker, WF, 139-03.00. 2, Moton, WF, 123-04.00. 3, Frank, GFRR, 122-04.00. Shot put: 1, Moton, WF, 43-10.50. 2, Walker, WF, 43-02.00. 3, Klefstad, GFRR, 38-06.00.

### TRACK AND FIELD

North Dakota boys Results Monday Fargo Rotary International Invitational

Team scores: 1, Fargo Davies 130. 2, Grand Forks Red River 116.5.
3, Fargo South 107. 4, Fargo North 84. 5, West Fargo Sheyenne 82. 6, West Fargo 77. 7, Grand Forks Central 48. 8, Lisbon Grand Forks Central 48. 8, Lisbon 33.5. 9, Wahpeton 26. 10, Fargo Shanley 17. 11, Hillsboro-Central Valley 14.
100: 1, Levin, WF, 11.33. 2, Kuznia, WFS, 11.34. 3, San, FN, 11.36. 200: 1, York, FD, 23.07. 2, Erickson, W, 23.10. 3, Toenies, HCV, 23.13.

300 hurdles: 1, Dargbeh, FD,

300 nurdies: 1, Dargbert, FD, 42.33. 2, Holoien, WFS, 43.48. 3, Yeanay, WF, 44.14. 800 relay: 1, FN, Dowdell, Krom, Evenson, Luz, 8:19.02. 2, FS, Gruanue, Hussien, Isahak, Men-din, 8:19.35. 3, GFRR, Byrne, Val-

din, 8:19:35: 3, GFRR, Byrne, Valentline, Carroll, Boucher, 8:43.42.
100 relay: 1, WFS, Kuznia, Rivera-Mujica, Shorma, May, 44.36. 2, FS, P. Gowah, Hudson, Breyer, A. Gowah, 45.24. 3, FD, Rudolph, York, Paustian, Dargbeh, 45.32.
200 relay: 1, WF, Schaefer, Genova, Seli, Levin, 1:33.37. 2, WFS, Shorma, Rivera-Mujica, Holoien, Kuznia, 1:33.52. 3, FD, Rudolph, York, Paustian, Dargbeh, 1:34.32.
400: 1, Erickson, W, 51.69. 2, Gruanue, FS, 52.10. 3, Dowdell, FN, 52.78.

52.78.
800: 1, Lucas, FD, 1:59.45. 2, Abaker, FS, 2:02.97. 3, Boucher, GFRR, 2:05.40.
110: 1, Wysocki, GFRR, 15.30. 2, Enerson, GFRR, 15.60. 3, Horcacitas, GFRR, 16.09.
400 relay: 1, FS, Gruanue, Fletcher, Mendin, Gowah, 3:39.24. 2, FN, Krom, Hummel, Foolitt, Dowdell, 3:35.24, 3, S, Smith, Erie, Russell, Mathias, 3:38.14.

1,600: 1, Lucas, FD, 4:35.27. 2, Hettich, GFC, 4:36.61. 3, Abaker, FS, 4:39.68.

3,200: 1, Hunter, FD, 9:33.71. 2, Henne, FD, 9:48.64. 3, Luz, FN, 9.58 79

High jump: 1, Pifer, FS, 6-05.00. 2, Darwin, W, 6-02.00. 3, Enerson, GFRR, 5-10.00.

Pole vault: 1, Fuglseth, FN, 13-06.00. 2, Schatz, WFS, 13-00.00. 3, Holmes, GFRR, 13-00.00.

Long jump: 1, York, FD, 20-03.50. 2, Fuglseth, FN, 20-02.00. 3, Hor-cacitas, GFRR, 20-02.00.

riple jump: 1, Horcacitas, GFRR, 42-07.00. 2, Cherilus, GFC, 41-11.00. 3, Coleman, L,

GFC, 41-11.00. 3, Coleman, L, 40-01.00. Discus: 1, Talley, WF, 149-08.00. 2, Willis, WF, 138-04.00. 3, Luistro, FD, 130-1.00.

FU, 130-1.00.
Javelin: 1, Odegaard, L, 169-08.00.
2, Ogren, GFRR, 150-07.00. 3,
Mahnke, WFS, 149-07.00.
Shot put: 1, Talley, WF, 55-0.00.
2, Lytle, FS, 48-08.00. 3, Willis,
WF, 47-06.00.

### Results Monday Fargo Rotary International Invitational North Dakota girls

Team scores: 1, Fargo Davies 169. Feam scores: 1, Fargo Davies 169. 2, Grand Forks Red River 123. 3, West Fargo 107. 4, West Fargo Sheyenne 49. 4, Wahpeton 49. 6, Grand Forks Central 45. 6, Mandan 45. 8, Hillsboro-Central Valley 43. 9, Fargo Shanley 40. 10, Lisbon 28. 11, Fargo South 19.

23, 12, Fargo North 19. 100: 1, Gripentrog, W, 12.58. 2, Jahner, FD, 12.77. 3, Meland, GFRR, 12.92.

GFRH, 12.92. 200: 1, Gaye, FD, 25.98. 2, Severson, GFRR, 26.39. 3, Wright,

HCV, 26.61. 400: 1, Steffan, GFRR, 61.58. 2, Jahner, FD, 62.68. 3, Hansen,

800: 1, Wright, HCV, 2:18.83. 2, Bye, FD, 2:21.10. 3, Ackley, GFC, 2:21.38.

2:21.38, 1,600: 1, Dufner, WF, 5:17.01. 2, Baesler, HCV, 5:24.94. 3,200: 1, Rinas, M, 11:35.24. 2, Smith, S, 12:04.24. 3, Zink, HCV, 12:09.24.

100 hurdles: 1, Bell, FD, 15.15. 2, Sand, WF, 15.24. 3, Severson, GFRR, 15.70.

Irwin, W, 47.13. 300 hurdles: 1, Irwin, W, 47.13. 2, Harland, FD, 47.73. 3, Beil, 2, Harland FD, 47.96.

ru, 47.96.
100 relay: 1, GFRR, Emineth, Stef-fan, Meland, Severson, 51.06. 2, W, Gripentrog, Irwin, R. Gripen-trog, Lingen, 51.41. 3, Fd, Ber-gantine, Beil, Carlson, Jahner, 52.02.

52.02. 200 relay: 1, W, Bernstein, Irwin, Gripentrog, Lingen, 1:47.95. 2, FD, Carlson, Korgho, Hall, Gaye, 1:49.66. 3, FN, Bachmeier, Wentz, Sime, Hammerschmidt, 1:50.94.

800 relay: 1, S, Deplazes, Krause, Erie, Vetter, 10:21.48. 2, WFS, Ask, Heitmann, Anderson, Mill-er, 10:32.19. 3, M, Rinas, Frey,

ef, 10:32.19. 3, M, Millias, Fley, Schmidt, Heinert, 10:36.14. 400 relay: 1, FD, Vetter, Bye, Wacha, Gaye, 4:10.44. 2, S, Deplazes, Vig, Vetter, Erie, 4:10.44. 3, GFRR, Emineth, Leach, Steffan, Arason, 4:16.24.

Leach, Steffan, Arason, 4:16.24. High Jump: 1, Arason, GFRR, 5-01.00. 2, Sand, WF, 4-11.00. 3, Schreiner, GFRR, 4-09.00. Pole vault: 1, Finney, GFC, 10-00.00. 2, Kretchman, FD, 9-03.00. 3, Likness, FD, 8-09.00. Long jump: 1, Carlson, FD, 17-02.00. 2, Bergantine, FD, 16-11.50. 3, Lingen, W, 16-08.50. Triple jump: 1, Bergantine Triple jump: 1, Bergantine, FD, 37-04.00. 2, Berge, HCV, 33-09.00. 3, Brakke, FS, 33-09.00. 3,

33-09.00.
Discus: 1, Frank, GFRR, 123-03.00. 2, Walker, WF, 115-01.00. 3, Moton, WF, 113-06.00.
Javelin: 1, Moton, WF, 146-05.00. 2, Arason, GFRR, 131-08.00. 3, Hoffner, WFS, 121-00.00. 5, Oht put: 1, Moton, WF, 44-09.00. 2, Froehlich, L, 37-09.50. 3, Frank, GFRR, 37-02.00.

### TRACK AND FIELD

### North Dakota boys Late results Monday TK Invitational

At Moorhead

Team scores: Fargo South 131.5, Lisbon 91.5, West Fargo 83, Mil-nor-Wyndmere-Lidgerwood 60, West nor-Wyndmere-Lidgerwood 60, West Fargo Sheyenne 58, Richland 55, Fargo Shanley 50, Hillsboro-Central 45, Wahpeton 41, Maple Valley-Enderlin 27, Central Cass 21.5, Sargent County 19, Northern Cass 15, Fargo Oak Grove 10, Griggs County Central 10, Hankinson 8, Fargo North 6, May-Port-CG 5.5, Barnes County North 2, Oakes 1. 60: 1, Flaa, R, 22.59. 2, Erickson, W, 22.86. 3, Lunneborg, MW, 23.46. 100: 1, Toenies, HCV, 11.76. 2, Lunneborg, MW, 11.89. 3, Tyryfter, WF, 11.94.

11.94. 200: 1, 1, Flaa, R, 22.59. 2, Erickson, W, 22.86. 3, Lunneborg, MW, 23.46. 400: 1, Erickson, W, 51.14. 2, Mendin,

FS, 51.71. 3, Elijah, L, 52.03. 800: 1, Abaker, FS, 21.01.64. 2, Mendin, fS, 2:02.03. 3, Schaeffer, WF, 2:02.23.

1,600: 1, Hussien, FS, 4:32.41. 2, Isahak, FS, 4:34.88. 3, Dullum, WF,

3,200: 1, Isahak, FS, 9:56.35. 2, Smith, WFS, 10:41.20. 3, Goettle,

L, 10:46.46. 110 hurdles: 1, Yeanay, WF, 16.60. 2, Holoien, WFS, 16.86. 3, Anderson, FN, 17.05.

300 hurdles: 1, Flaa, R, 40.31. 2, Yeanay, WF, 42.48. 3, Sorby, L,

400 relay: 1, Richland (Flaa, Ruger, Heyen, Ihland), 44.64. 2, South (P. Gowah, A. Gowah, Breyer, Newberger), 44.70. 3, Shanley (Bucholz,

Friederichs, Mathias, Smith), 45.42. 800 relay: 1, Shanley (Mathias, Bucholz, Friederichs, Smith), 1:34.68. 2, South (P. Gowah, Breyer, Newberger, Lubungo), 1:35.26. 3, Wahpeton (Krause, Samuels, Wynn, Erickson), 1:35.83. 1,600 relay: 1, South (Fletcher, Abak-

er, Mendin, Gruanue), 3:30.34. 2, Shanley (Russell, Smith, Erie, Mathias), 3:33.12. 3, Lisbon (Elijah, Ward,

Aberle, Coleman), 3:34.23. 3,200 relay: 1, Lisbon (Aberle, Goettle, Jorgenson, Nieves), 8:45.03. 2, Maple Valley-Enderlin (Vavra, Ad. Punton, Gruba, Ar. Punton), 8:55.86 3, Milnor-Wyndmere (Kuzel, Braat-

en, Frolek, Sakry), 9:03.72.
High jump: 1, Darwin, W, 6-2. 2 (tie), Haines, CC; Wittich, SC; Dooley, CC; Howard, DS; Longthorne, HCV, 6.

Pole vault: 1 (tie), Elijah, L; Hegel, WFS, 11-6. 3 (tie), Lesmann, L; Sheets, MPCG; Lamba, FS, 11. Long jump: 1, Heyen, R, 20-10 ½, 2, Shorma, WFS, 20-3 ½, 3, Bohmert, NC, 20-1 ½.

Triple jump: 1, Shorma, WFS, 41-10 ½. 2, Combs, WVE, 41. 3, Sakry,

22. 2. Cornbs, WVE, 41. 3, Sakry, MW, 40-10.
 Shot put: 1, Lytle, FS, 49-6. 2, Willis, WF, 47-6. 3, Vasquez, MW, 46-4.
 Discus: 1, Willis, WF, 146-1. 2, Vasquez, MW, 142-0. 3, Odegaard, Co. 140-18.

GC, 140-11.

Javelin: 1, Olen, WFS, 166-10. 2, Odegard, L, 165-10. 3, Sorby, L, 165-1.

### North Dakota girls Late results Monday TK Invitational

At Moorhead

At Moornead Team scores: Fargo Shanley 74, Wah-peton 61, West Fargo 59, Fargo Davies 58.5, Oakes 58, Fargo Oak Grove 57,5, Lisbon 51, West Fargo Sheyenne 48, Milnor-Wyn-dmere-Lidgerwood 42, Maple Valley-Enderlin 39, Hillsboro-Central Valley 31, May-Port-CG 30, Rich-Valley 31, May-Port-Cd 30, Hich-land 30, Central Cass 29.5, North-ern Cass 20.5, Sargent County 20, Griggs County Central 14, Barnes County North 12, Hankinson 2.

100: 1, Gripentrog, W, 12.50. 2, Ringdahl, R, 12.99. 3, K. Grommesh, CC, 13.11.

CC, 13.11. 200: 1, Lingen, W, 26.71. 2, Pyle, CC, 27.29. 3, Glessner, WFS, 27.38. 400: 1, Deplazes, S, 61.98. 2, Murray,

63.28. 3, Glessner, 63.32, 800: 1, Erie, S, 2:21.54. 2, R. Baesler, HCV, 2:21.88. 3, Burian, FD, 2:25.40. 1,600: 1, P. Frolek, MW, 5:04.21. 2, Dufner, WF, 5:06.84. 3, Perez, OG,

5:15.22. 3,200: 1, P. Frolek, MW, 11:21.95. 2, Peterson, MPCG, 11:46.65. 3, Smith, S, 11:52.43.

100 hurdles: 1, Schroeder, MVE, 16.83. 2, Hajek, SC, 17.46. 3, Schultz. L. 17.56

300 hurdles: 1, Irwin, W, 46.52. 2, Harland, FD, 46.69. 3, Baasch, MVE,

400 relay: 1, Wahpeton (Lingen, Irwin, Gripentrog, Bernstein), 51:10. 2, Central Cass (Garcia, Pyle, S. Grommesh, K. Grommesh), 51.60.

Grommesh, K. Grommesh), 51.60.
3, West Fargo (Gdaboe, Pulczinski, Płaff, Price), 52.76.
800 relay: 1, Wahpeton (Lingen, Irwin, Bernstein, Gripentrog), 1.45.34, 2, Shanley (Deplazes, Erie, Vetter, Vig), 1.50.02.
3, West Fargo (Gbadoe, Pulczinski, Price, Gunning), 1:50.35.
1,600 relay: 1, West Fargo (Gunning, Pulczinski, Pried, Gunning), 4:21.59.
2, Richland (Thompson, Haverland, Lentz, Ringdahl), 4:24.53.
3, Oak Grove (McKay, Card, Nichol, Perez), 4:25.79.

4:25.79. 3,200 relay: 1, Hillsboro-Central Valley 3,200 relay: 1, Hillsboro-Central Valley (B. Baesler, Zink, R. Baesler, Wright), 9:52.29. 2, Milnor-Wyndmere (Illies, Kaczynski, D. Frolek, P. Frolek), 10:18.86. 3, Oakes (Garza, Schmitz, Forward, Folkman), 11:20.86.
High jump: 1 (tie), Wanner, S; Peterson, SC; 5-3.3, Irwin, W, 5-1.
Pole vault: 1, Prochaska, WFS, 9-6. 2, Dixon, OG, 9. 3 (tie), McKay, OG; Rieth, FD; Berg, WF; Rue, FD, Kretchman, FD, 8-6.
Long jump: 1, Bergstrom, OG, 16-8. 2, Aassen, NC, 16-7. 3, Schroeder, MVE, 16-2 34.
Triple jump: 1, Schroeder, MVE, 33-10.

Triple jump: 1, Schroeder, MVE, 33-10. 2, Skjefte, O, 33-6. 3, Berge, HCV,

Shot put: 1, Froehlich, L, 37-10. 2, Hansen, O, 34-7 ½. 3, Kost, S, 34-2 1/2.

Discus: 1, Stein-McAndrew, WF, 110-3. 2, Froehlich, L, 107-9. 3, Ander-son, L, 107-8.

Javelin: 1, Roney, O, 113-2. 2, Koenig, S, 110. 3, Stroh, WFS, 105-4.

# E.D.C. TRACK & FIELD MEET

## MAY 21 WEST FARGO

### **Moton takes titles** in shot put, javelin

West Fargo High School's Akealy Moton took first place, as expected, in two of her three events. She finished first in the shot put and javelin throw events, and finished second behind teammate Keely Walker in the girls discus throw.

"I think I just kind of go with the flow and see which event I'm doing well in and just keep going from there," Moton said.

Holmes, GFRR; Pope, GFRR; Friederichs, Shanley, 5-08.
Pole vault: 1, Holmes, GFRR, 13-06. 2, Fuglseth, FN, 13-00. 3, Schatz, WFS, 13-00. 4, Paustian, FD, 12-06. 5, Patel, GFRR, 12-00. 6, Hegel, WFS, 12-00.
Long jump: 1, Griffin, South, 21-06.50. 2, Levin, WF, 21-04.50. 3, Kuzina, WFS, 21-03.50. 4, Horcacitas, GFRR, 20-11.50. 5, Schaefer, WF, 20-07.00. 6, Blasczyk, WFS, 20-05.75. 20-05.75.

20-05.75. Triple jump: 1, Horcacitas, GFRR, 43-07.50. 2, Pope, GFRR, 43-00.00. 3, Dahlen, DL, 42-01.50. 4, Shorma, WFS, 42-01.50. 5, Hudson, South, 40-06.00. 6, Gourde, FD, 39-09.00.

39-09.00.
Discus throw: 1, Talley, WF, 170-06. 2, Slama, FD, 139-11. 3, Buchbauer, GFRR, 135-09. 4, McCord, South, 130-10. 5, Dunwoody, FD, 130-09. 6, Laliberte, FD, 129-07. Javelin throw: 1, Ogren, GFRR, 174-03. 2, Pierce, GFRR, 173.09. 3, Bonnema, WFS, 167-10. 4, Steining, South, 166-07. 5, Pfau, WF, 149-01. 6, Mahnke, WFS, 146-06. Shot put: 1, Talley, WF, 58-01. 2, Lytle, South, 49.06. 3, Dukes, GFRR, 48-10. 4, Slama, FD, 48-07. 5, Dunwoody, South, 48-02. 6, Willis, WF, 48-00.

Team scores: 1, Fargo Davies 201.83. 2, West Fargo 111.33. 3, Grand Forks Red River 100.50. 4, Grand Forks Central 63. 5, Wahpeton 62. 6, Shanley 59.33. 7, Sheyenne 50. 8, Fargo North 35. 9, Devils Lake 29.50. 10, Fargo South 22. 11, Valley Chr. 6.50.

5, Wahpeton 62. 6, Shanley 59.33. 7, Sheyenne 50. 8, Fargo North 35. 9, Devils Lake 29.50. 10, Fargo South 22. 11, Valley City 6.50. 100: 1, Roseline Gaye, FD, 12.19. 2, Rose Gaye, FD, 12.28. 3, Gripentrog, W, 12.52. 4, Severson, GFRR, 12.57. 5, Clarke, FS, 12.65. 6, Carlson, FD, 12.76. 200: 1, Rose Gaye, FD, 25.06. 2, Severson, GFRR, 25.87. 3, Glessner, WFS, 26.48. 4, Deplazes, S, 26.66. 5, Alexander, DL, 26.70. 6, Gripentrog, W, 26.98. 400: 1, Irwin, W, 59.03. 2, Bye, FD, 61.40. 3, Vig, S, 62.25. 4, Hudson, FN, 62.49. 5, Sem, FN, 62.61. 6, Hansen, WFS, 62.83. 800: 1, Erie, S, 2:21.68. 2, Wacha, FD, 2:24.35. 3, Vetter, FD, 2:24.35. 4, Burian, FD, 2:25.43. 5, Alexis Roehl, GFC, 2:27.38. 6, T. Dietz, FD, 2:28.35. 1,600: 1, Ackley, GFC, 5:00.92. 2, Duffner, WF, 5:07.13. 3, Roehl, GFC, 5:10.69. 4, Torrey, GFC, 5:21.96. 5, Lundstrom, FD, 5:31.25. 6, Anderson, WFS, 5:36.57. 3,200: 1, Ackley, GFC, 11:16.68. 2, Duffner, WF, 11:37.42. 3, F. Smith, S, 11:55.95. 4, Schreiner, WF, 12:07.13. 5, M. Ross, VC, 12:14.23. 6, Roehl, GFC, 12:15.69. 100 hurdles: 1, Irwin, W, 45.39. 2, Harland, FD, 45.94. 3, Korgho, WF, 15.21. 4, Severson, GFRR, 15.48. 5, Harland, FD, 15.86. 6, Hammerschmidt, FN, 15.90. 300 hurdles: 1, Irwin, W, 45.39. 2, Harland, FD, 45.94. 3, Korgho, FD, 46.24. 4, Severson, GFRR, 43.00. 5, Beil, FD, 47.40. 6, Wanner, S, 47.82. 400 relay: 1, W, 49.80. 2, FD, 50.22. 3, FS, 51.54. 4, WFS, 51.95. 5, FN, 52.07. 6, GFRR, 52.28. 800 relay: 1, W, 1:44.05. 2, FD, 1:44.32. 3, GFRR, 1:48.20. 4, S, 1:48.40. 5, WFS, 1:48.40. 6, FN, 1:48.61. 1, 600 relay: 1, P, 4:05.50. 2, S, 4:10.72. 3, FN, 4:12.56. 4, GFRR, 5:25. High jump: 1, Arason, GFRR, 5-05. 2, Sand, WF, 5-03. 3, Ries, S, 5-01. 4, Krupich, FN, 4-11. 4 (tie), Kaia Schneider, FD, 4-11.

**Talley takes two events** 

It was an emotional day for West Fargo senior Alex Talley, who was competing in his last meet at West Fargo High School. Talley was the favorite to win the boys shot put and discus throw events, and he delivered.

"It motivated me to do my best, I tried not to think about it as much as I could because I didn't want to get sad while I was

throwing, but definitely thinking about it after and feel like I've made a good mark on the school," Talley said.



David Samson / The Forum

West Fargo's Akealy Moton won the girls javelin and shot put events during the North Dakota Eastern Region track and field meet on Saturday in West Fargo.

4, B. Alexander, DL, 4-11. 4, Conneran, GFRR, 4-11.

Pole vault: 1, Finney, GFC, 11-09. 2, Kretchman, FD, 10-00. 3, Prochaska, WFS, 9-06. 4, Rieth, FD, 9-06. 5, Enlow, GFRR, 9-03. 6, Stillwell, WFS, 8-09.

Long jump: 1, Bergantine, FD, 17-05. 2, Carlson, FD, 17-04. 3, Lingen, W, 16-11. 4, Beil, FD, 16-04. 5, Sand, WF, 16-03.

Triple jump: 1, Berantine, FD, 38-05. 2, Leach, GFRR, 35-09. 3, B. Alexander, DL, 34-11. 4, Brakke, FS, 34-06. 5, Lingen, W, 34-03. 6, Schneider, FD, 34-03.

Shot put: 1, Moton, WF, 46-01. 2, Walker, WF, 43-02. 3, Nelson, DL, 39-09. 4,

Stein-McAndrew, WF, 38-10. 5, Murph, GFRR, 36-01. 6, Frank, GFRR, 35-10. Discus: 1, Walker, WF, 143-02. 2, Moton, WF, 132-01. 3, Frank, GFRR, 129-06. 4, Stein-McAndrew, WF, 114-09. 5, Nelson, DL, 113-010. 6, Dietz, S, 113-04. Javelin: 1, Moton, WF, 151-08. 2, Arason, GFRR, 135-03. 3, Sand, 124-03. 4, Nelson, DL, 120-08. 5, Hoffner, WFS, 115-10. 6,

> Readers can reach reporter Josh Francis at (701) 451-5715

Strand, GFRR, 113-07.

Boys
Team scores: Grand Forks Red River 147,
Fargo Davies 137, Fargo South 132, West
Fargo 92, West Fargo Sheyenne 71, Fargo
North 56, Grand Forks Central 29, Wahpeton 27, Devils Lake 20, Fargo Shanley 19,
Valley City 11.
100: 1, York, FD, 10.87. 2, Davidson, DL,
10.91. 3, Kuznia, WFS, 11.04. 4, Manson,
VC, 11.09. 5, Rudolph, FD, 11.11. 6, Genova, WF, 11.13.
200: 1, York, FD, 22.40. 2, Levin, WF, 22.49.
3, Erickson, W, 22.50. 4, Rudolph, 22.66.
5, Pifer, South, 22.75. 6, Smith, Shanley,
22.84.

200: 1, York, Pt.), 22.40. 2, Levin, Wr. 22.49.
3, Erickson, W. 22.50. 4, Rudolph, 22.66.
5, Pifer, South, 22.75. 6, Smith, Shanley, 22.84.
400: 1, Erickson, W. 50.35. 2, Gruanue, South, 51.10. 3, Mendin, South, 51.53. 4, Davidson, DL, 51.92. 5, Krom, FN, 51.95. 6, Halgrimson, VC, 52.27.
800: 1, Lucas, FD, 1:57.13. 2, Dowdell, FN, 1:57.86. 3, Hettich, GFC, 1:57.88. 4, Gruanue, South, 2:00.09. 5, Mendin, South, 2:01.35. 6, Scheffer, WF, 2:05.70.
1,600: 1, Lucas, FD, 4:17.67. 2, Boucher, GFRR, 4:32.53. 3, Henne, FD, 4:33.87.
4, Abaker, FS, 4:36.30. 5, Duillum, WF, 4:36.73. 6, Osborn, GFC, 4:38.28.
3,200: 1, Lucas, FD, 9:48.84. 2, Boucher, GFRR, 9:49.53. 3, Luz, FN, 9:52.60. 4, Isahak, South, 9:55.59. 5, Duillum, WF, 9:56.90. 6, Larsen, GFC, 10:00.27.
110 hurdles: 1, Kamara, GFRR, 15.17. 2, Enerson, GFRR, 15.23. 3, Dargbeh, FD, 15.51. 4, Anderson, FD, 15.58. 5, Wysocki, GFRR, 15.61. 6, Yeanay, WF, 15.74.
300 hurdles: 1, Darbeh, FD, 40.23. 2, Holoien, WFS, 41.35. 3, Yeanay, WF, 41.66. 4, Pifer, South, 42.36. 5, Enerson, GFRR, 42.65. 6, Footitt, FN, 43.11.
400 relay: 1, WFS (Kuzina, Shorma, Rivera-Mujica, May), 43.56. 2, FD (Rudolph, York, Paustian, Forbush), 43.83. 3, South (P. Gowah, A. Gowah, Breyer, Newberger), 44.38. 4, GFRR (Kamara, Nsibirwa, Wenzel, Pope), 44.56. 5, GFC (Grove, Reynolds, Cherilus, Miller), 44.65. 6, VC (Halgrimson, Allen, Jury, Manson), 44.67. 800 relay: 1, WFS (Shorma, Rivera-Mujica, Holoien, Kuzina), 1:31.47. 2, WF (Schaefer, Genova, Sell, Levin), 1:31.78. 3, GFC (Grove, Reynolds, Cherilus, Miller), 1:32.53. 4, GFRR (Nsibirwa, Pope, Holt, Nyanforh), 1:33.09. 5, FD (Rudolph, Dargbeh, Paustian, Forbush), 3:34.74. 5, FN (Krom, Dowdell, Footitt, Hummel), 3:34.91. 6, GFC (Hettich, Lujin, Miller, Arnold), 3:35.17. 3, 200 relay: 1, South (Gruanue, Isahak, Mendin, Hussien), 8:05.74. 2, FN (Dowdell, Krom, Evenson, Luz), 8:11.91. 3, FD (Henne, Teigen, Lundstrom, Skaare), 8:28.04. 4, Shanley (Russell, Lantz, Kenney, Erie), 8:28.04. 5, WF (Schaeffer, Schatz, Emerson, Mears), 8:38.92.6, GFRR (Byrne, Sar

# STATE TRACK&FIELD MEET

## MAY 27 & 28 BISMARCK



### \*\*SHOTATGLO RE\*\* \*\*SHOTATGLO RE\*\* \*\*West Fargo senior Alex Talley has the top distances in the shot put and the discus, 58 feet, 1 inch and 170-6, respectively. The senior is not only looking for North Dakota Class A state titles in both events, he also hopes to break the school records. \*\*SHOTATGLO RY\*\*

WF's Talley ready for last chance to make mark at ND state track and field meet

By Eric Peterson
epeterson@forumcomm.com
. Woot Fargo

here are practice days
when West Fargo
assistant track coach
Sarah Stanley tells
senior Alex Talley it's time to
go home.

The 6-foot, 240-pound Talley typically doesn't want

"His line is always 'One more,'" Stanley said. "He won't ever leave practice until he throws his best throw of the day."

The phrase "one more" also describes what is left in Tallay's high school career. He has one more North Dakota state meet, which starts Friday at the Bismarck Community Bowl. He has one more chance to win a Class A title in the shot put and discus. He has one more chance to break a school record in both throwing

events.
"When I go to these bigger
meets, I want to show what
I've worked for all year,"
said Talley, who also played

football and basketball for West Fargo. "It really drives

west rargo. "It really driver me."

Talley has the top performances in both the Class A boys shot put and discus entering the state meet. His best effort in the shot put is 58 feet, 1 inch, while his best throw in the discus is 170-6. Both of those marks came at the East Region track meet last weekend.

weekend.
"The coolest thing about
Talley is every year at
state he's PR'ed (personal

record) by a couple feet,"
said Stanley, who is Talley's
shot put coach "I'm not
saying that's always going to
happen, but he is definitely
a competitor. He thrives on
competition."

Ton Rausch holds the West

Tom Rausch holds the West Fargo record in the shot put with a heave of 60-4 in 1976. Dave Rausch has the school mark in the discus with a toss of 177-4 in 1975. Packers head coach Darin McKinnon thinks Talley has the potential to challenge those marks at the state meet.

"Those are two very good throws by those two guys," McKinnon said. "For Alex to be in that conversation is pretty special."

pretty special."
Talley has finished second in the Class A shot put in the previous two state meets and is a three-time state placer in that event. He qualified for state in the discus last season, but didn't place. Talley has improved his performance in the discus by 30 feet this season.

TALLEY: Page D3

### **TALLEY**

From Page D1

"He's a kid who rises to the challenge," said Adam Palczewski, who is

Talley's discus coach.
"It's great for our
program. Most of all, not
because of the talent,
but because of how
humble he is. He cheers
everybody else on. ... He

takes ownership of the program." Talley's "one-more"

Talley's "one-more" throw attitude can result in him spending double the practice time for one of his events.
"There's been a couple

"There's been a couple times where I've went to shot put practice and I've been there for an hour already, and I say 'One more' and I end up spending another hour there," Talley said.

"You never want to end on a bad throw, but when you throw a good one, you want to keep throwing to throw another good one."

Talley, who has signed at North Dakota State for track. has one more weekend in his West Fargo uniform.

Talley said he's more focused on winning both the shot put and discus at the state meet than setting a school record in either event.

However, he admitted breaking one of the 40-year-old school records would be sweet.

"I'd be super excited and I'd probably go celebrate at Applebee's," Talley said with a laugh.

"That's my go-to place after throwing."

Readers can reach Forum reporter Eric Peterson at (701) 241-5513. NORTH DAKOTA CLASS A STATE TRACK AND FIELD MEET

### West Fargo shines during first day of ND state track

By Scooter Pursley
Special to The Forum
BISMARCK – West Fargo
A Held day Friday on Community Bowl

The Took second

his MARCA — West rang . When 9 a.m. today at Bismarck had a field day Friday on the opening day of the Class A state track meet. Keely Walker took second Junior Akealy Moton in the shot and senior Lexi won the shot put and lay elin, and senior Alex Tall. And while the Packers winning the boys shot put. were excelling in the field, In addition, Packers senior Fargo teams were racking She launched a winning CLASS A: Page D5

And while the Packers 4:13.15.

up points on the track. throw of 47 feet, 1½ inchThe Fargo North boys es on her first prelimiwon the 3,200 relay in a school-record 8 minutes, 5he tossed a 46-043 ion her second.

"It's a good distance,"
ed with a state record Moton said. "I still have the second. school-record 8 minutes,
1.22 seconds and Davies
junior Hunter Lucas flirted with a state record
in winning the 1,600 in
6.112.15

d with a state record Moton said. "I still nave in mext year and hope I can introduced by main goal is more with a state record Moton said." I still nave in a state record moton said. "I still nave in a state record Moton said." I still nave in a state record Moton said. "I still nave in a state record Moton said." I still nave in a state record Moton said. "I still nave in a state record Moton said." I still nave in a state record Moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave in a state record moton said." I still nave in a state record moton said. "I still nave

### **CLASS A**

From Page D1

Walker heaved her best throw of the season of 44-9 to take second. The UND-bound Walker said she used Moton's dom-inance of the event as

motivation.
"It started out frustrating, but I got used to it and it made me better to have that person there every day. I don't know if I'll ever be satisfied."

Moton came back later to defend her title in the iavelin with a throw of 145-1.

"I'm happy about," I got one that far.

Moton said. "It means more to get (two wins) last two years, so I real-again. You have good days lay wanted a first-place and your decent days. It was a decent day."

Bismarck's Bradyn

Bismarck's Bradyn

Bismarck's Bradyn

Bismarck's coord with

Talley, meanwhile, tossed a 57-10½ to bring home the title in the boys meanwhile, shot. He entered the meet with a state-best qualify-

ing mark of 58-1.
Talley hit the mark on his second throw then things "kind of went downhill."

"I was trying to really get one out there and I head of £:14 and tried to defend the second of the second of £:14 and tried to defend the second of £:14 and tried the second of £:14 and trie

kept messing up on the form, so it didn't go very

Thomas was second with a throw of 55-51/2.

Back on the track, Fargo Davies junior Hunter Lucas ran away from the field in the mile run, setting a personal best by four seconds. Lucas roared

"I just had a time in my head of 4:14 and tried to defending champion same hit that," Lucas said. "I Clausnitzer was third in thought if I could get it I 4:20.63.

Almost as impressive my kick was better than with a 17-71/2. far. I was really happy that could possibly be the next

state champion."

second off Rob Heen's state record of 4:12.76 and Lucas took time three times on the last lap to look behind to see where

his competition was.
"I looked over my shoulder ... probably not the best idea," Lucas said. "I was a little surprised, I thought they would be

Williston's Leif Everson was second in 4:20.57 and defending champion Sam Clausnitzer was third in

was Fargo North's win in the South kid." Lucas did better than the 3,200 relay. Freshman that. He was less than a Alex Luz anchored the race and beat led the Spartans to a win over rival Fargo South.

Luz lost the lead briefly

mance.
"We tried to beat Fargo "We tried to beat Fargo onship.
South because they beat "It feels very good," us by six seconds in the said Bergantine, who hit EDC," Luz said. "The the longest jump on her

Garrett Sophomore Krom and juniors Max-well Eyenson and David Dowdell ran legs on the relay. Fargo Davies junior Kylee Bergantine came Luz lost the lead orienty kytee bergainthe taine to Mugsin Hussien with into the meet with the about 300 meters left and third-best long jump and roared back in the final posted an 18-3, an inch 100 meters to complete less than the best qualifya school-record perforing mark. But it was good enough to win a champi-

South dude passed me second leap of the pre-with about 300 meters left lims. Bismarck's Blythe Ehrmantraut was second

Scheen, 8.06.57. 5, Erhardt, Tieszen, Clausritzer, Bek-10, Henne, Skaare, 8, BSM, Salwei, 8:22.42. uf, 0, 14-09.50. 2, 114-09.50. 3, Devin

Class A Boys

Class A Boys
Team scores: 1. Century 141. 2. Bismarck
103. 3. Legacy 85.5. 4. Fargo Davies 55. 5.
(tie) Grand Forks Red River 48 and Minot
48. 7. Mandan 40. 8. Fargo North 37. 9.
Williston 31. 10. Fargo South 30. 11. West
Fargo 28. 12. West Fargo Sheyenne 25. 13.
Jamestown 22. 14. St. Mary's 19. 15. (tie)
Grand Forks Central 14 and Waheston 14.
17. Dickinson 12.5. 18. Fargo Shanley 5.
19. Devilis Lake 3. 19. Devils Lake 3.

Dickinson 12.5. 18. Fargo. Shanley 5.
 Devils Lake 3.
 100: 1, Hunter Johnson, BH, 11.08. 2,
 Alex York, FD, 11.17. 3, Alex Brosseau,
 BL, 11.21. 4, Cole Anderson, BC, 11.25.
 Caleb Kuznia, WFS, 11.29. 6, Bradley Davidson, DL, 11.31. 7, Christopher Koester, MAN, 11.49.
 200: 1, Hunter Johnson, BH, 21.87. 2, Matt Santos, FN, 22.27. 3, Gabe Meschke, MAN, 22.28. 4, Cole Anderson, BC, 22.51. 5, Adrian Davis-Aguilar, MIN, 22.58. 6, Chandler Rudolph, FD, 22.60. 7, Alex Brosseau, BL, 22.74. 8, Max Cook, BC, 22.81.
 400: 1, Gebe Meschke, MAN, 48.55. 2, Isaac Erickson, WAHP, 49.10. 3, Logan Goheen, MIN, 49.33. 4, Andrew Morgan, MAN, 50.31. 5, Menkeh Mendin, FS, 50.64. 6, Thomas Tleszen, BL, 50.78. 7, Jace Johnson, MIN, 50.80. 8, Brady Carlson, J, 50.85.
 800: 1, Sam Wilke, SM, 156.61. 2, Hunter Lucas, FD, 157.39. 3, Beau Brannan, BL, 157.82. 4, Leif Everson, WILL, 158.21. 5, David Dowdell, FN, 158.28. 6, David Hetich, GFC, 158.52. 7, Logan Goheen, MIN, 159.40. 8, Sam Clausnitzer, BH, 159.54.
 3,200: 1, Hunter Lucas, FD, 9:09.87. 2, Sam Clausnitzer, BH, 1:50.79.

1.39.40. 6, Sam Claushitzer, BH, 1.59, 54. 3, 200: 1, Hunter Lucas, FD, 9:09.87. 2, Sam Clausnitzer, BH, 9:10.79. 3, Leif Everson, W, 9:19.91. 4, Ty Boucher, RR, 9:30.78. 5, David Hettich, GFC, 9:37.39. 6, Matt Bakken, BH, 9:37.40. 7, Alex Luz, FN, 9:37.41. 8, Evan Sayler, BC, 9:38.69.

110 hurdles: 1, Zach Sweep, BC, 14,74, 2, Dominic Martinez, WilLL, 14,82, 3, Jeremiah Morrissette, BC, 15,12, 4, Tyler Enerson, RR, 15,47, 5, Preston Johnson, MIN, 15,61, 6, Mo Kamara, RR, 15,67, 7, Arnes Dargbeh, FD, 39,62, 2, Jeremiah Morrissette, BC, 40,04, 3, Dylan Koenig, J, 40,52, 4, Jason Fetch, BL, 40,55, 5, Dominic Martinez, W, 40,58, 6, Roarick Schollmeyer, BC, 40,63, 7, Jordan Sanford, BH, 41,31, 8, Kyle Hololen, WFS, 41,51, 400 relay: 1, GFC, Sweep, Anderson, Scholmeyer, Cook, 43,33, 2, MIN, 43,43, 3, BH, 43,61,4, MAN, 43,61,5, BL, 43,98, 6, WFS, 44,00, 7, SHAN, 44,10, 8, FN, 44,29, 800 relay: 1, BH, Leingang, Johnson, Sanford, Olsen, 1:28,91, 2, BC, Morrissette, Anderson, Gross, Cook, 1:29,51, 3, WFS, Shorma, Hololen, Rivera, Kuznia, 1:30,43, 4, BL, Myers, Lewis, Monroe, Brosseau, 1:29,5, MANH, Sengerster, Schoritte, Schuridte, Schur

Shorma, Holden, Kivera, Kuznia, 1:30.43.
4, BL, Myers, Lewis, Monroe, Broseeau, 1:30.99. 5, MAN, Bonagofsky, Schmidt, Morgan, Koester, 1:31.28. 6, WF, Schaefer, Levin, Sell, McIntosh, 1:32.17. 7, FN, Anderson, Santos, Baer, San, 1:32.24.
8, GFC, Cherilus, Reynolds, Lujin, Miller, 1:34.53.

1:34.03. 1,600 relay: 1, FS, Gruanue, Mendin, Fletcher, Gowah, 3:22.71. 2, MAN, 3:23.23. 3, MIN, 3:26.63. 4, J, 3:39.58. 5, BL, 3:39.64. 6, SHAN, 3:30.23. 7, D, 3:30.81. 8, BC,

3:31.1.1 High jump: 1, Zach Sweep, BC, 6-06.00. 2, Lucas Mayer, BC, 6-03.00. 3, Josh Dar-win, WAHP, J6-03.00. 4, Josh Sipes, BC, 6-02.00. 5, Austin Wolf, BL, J8-02.00. 6, Jack Pifer, FS, 6-00.00. 7, Nosh Wanzek, J, J8-0

Triple jump: 1, Devon Pope, RR, 45-09.50, 2,

Triple jump: 1, Devon Pope, RR, 45-09.50, 2, Talon Staudinger, BC, 44-3. 3, Carloos Horcacitas, RR, 44-2. 4, Brandon Lewis, BL, 43-6. 5, Jesse Shorma, WFS, 43-02.25, 6, Braadyn Just, BH, 42-08.50, 7, Sam Cherlus, GFC, 42-5. 8, Colton Arman, BH, 42-3. Discus: 1, Alex Talley, WF, 162-06. 2, Mathew Marler, M, 155-11. 3, Bostin Svihovec, BC, 148-07. 4, Jarred Rath, BH, 144-11. 5, Levi Rockey, BC, 144-09. 6, Tyler Mahoney, BH, 144-04. 7, Bradyn Thomas, BH, 142-07. 8, Deyton Slama, FD, 135-04. Class A Girls Class A Girls

Team scores: 1. Fargo Davies 122, 2. Century 119, 3. Bismarck 92.5, 4. West Fargo 73, 5. Grand Forks Red River 57,5, 6. Grand Forks Central 46, 7. Jamestown 41.

Grand Forks Central 46, 7, Jamestown 41, 8, Minot 37, 9, Wahpeton 34, 10, Dickinson 30,5, 11, Legacy 30, 12, Fargo Shanley 17, 13, Mandan 16, 14, Williston 9, 15, Fargo North 7, 16, (tie) Devils Lake 4 and St. Mary's 4, 18, West Fargo Sheyenne 1,5, 100; 1, Roseline Gaye, FD, 12,40, 2, Rose Gaye, FD, 12,47, 3, Kylle Alexander, MiN, 12,66, 4, Mady Mosolf, BH, 12,78, 5, Megan Erickson, D, 12,79, 6, Rhaeghn Gripentrog, WAHP, 12,81, 7, Morgan Kleinjan, BC, 12,85, 8, Alison Froelich, MAN, 12,97, 200; 1, Rose Gaye, FD, 25,23, 2, Madison Barnes, J, 25,52, 3, Kylie Alexander, MiN, 25,87, 4, Mackenzle Severson, RR, 26,15.

5, Morgan Kleinjan, BC, 26.16. 6, Lexi Brown, BC, 28.35. 7, Megan Erickson, D, 28.35. 8, Emily Jahner, FD, 26.39. 400: 1, Kennedy Anderson, BC, 57.62. 2, Tylee Irwin, WAHP, 58.42. 3, Kayla Bloomquist, Will., 58.58. 4, Lindsey McGinnis, BC, 58.88. 5, Kaydee Wescom, BL, 58.97. 6, Kylee Volgt, J, 59.44. 7, Katie Bye, FD, 1:00.33. 8, Alexis Jensen, J, 1:00.35. 800: 1, Ellen Erie, SHAN, 2:17.24. 2, Lindsey Werner, BL, 2:18.62. 3, Taryn Neameyer, GFC, 2:19.18. 4, Mattie Shirley-Fairbairn, BH, 2:18.94. 5, Jennifer Dufner, WF, 2:21.97. 6, Kayla Bloomquist, Will., 2:22.03. 7, Jacey Wilson, MAN, 2:23.04. 8, Karly Ackley, GFC, 2:23.14. 3, 200: 1, Karly Ackley, GFC, 10:32.86. 2, Mattie Shirley-Fairbairn, BH, 10:32.94. 3, Kelby Anderson, BC, 10:52.51. 4, Kelby Rinas, MAND, 11:03.13. 5, Elizabeth Yoder, D, 11:03.73. 6, Jennifer Dufner, WF, 11:05.40. 7, Alexis Roehl, GFC, 11:07.57. 8, Abigall Hoffarth, MIN, 11:13.37. 100 hurdles: 1, Kaia Bell, FD, 16:15. 2, Kennedi Sand, WF, 15:27. 3, Sally Korgho, FD, 15:52. 4, Mackenzle Severson, RR, 6:64. 5, Halle Harland, FD, 15.82. 6, Olivia Hammerschmidt, FN, 15.99. 7, Kylie Alexander, MIN, 144.44. 3, Tylee Irwin, WAHP, 45.35. 4, Meghan Orr, J, 45.58. 5, Mackenzle Severson, RR, 16:64. 5, Mankenzle Severson, RR, 45.61. 6, Brilita Curl, BSM, 45.63. 7, Kala Beil, FD, 48.36. 2, Kylie Alexander, MIN, 44.44. 3, Tylee Irwin, WAHP, 45.35. 4, Meghan Orr, J, 45.58. 5, Mackenzle Severson, RR, 45.61. 6, Brilita Curl, BSM, 45.63. 7, Kala Beil, FD, 48.05. 8, Annika Arnold, MIN, 146.93. 400 relay: 1, FD, Beil, Jahner, Carlson, Barown, Kleinjan, 11:42.42. 3, WAHP, Bernstein, Irwin, Lingen, Gripentrog, 11:43.47. 4, J, Ukestad, Jensen, Volgt, Barnes, 1:44.03. 5, D, Mack, Keller, Galster, Erickson, Jahner, Gaye, 1:41.73. 2, BC, McGinnis, Anderson, Brown, Kleinjan, 11:42.42. 3, WAHP, Bernstein, Irwin, Lingen, Gripentrog, 11:43.47. 4, J, Ukestad, Jensen, Volgt, Barnes, 1:44.03. 5, D, Mack, Keller, Galster, Erickson, Jahner, Gaye, 1:41.73. 2, GFC, 1:42.42. 3, WAHP, 1:43.47.40. 1, Solven, Mackenzle Errokson,

WF, 116-04, 8, Katie German, BH, 116-03.

### **Meet Results**

State 27-May-16 to 28-May-16

Location: Bismarck West Fargo [WF]

Mark Co	nvert Ri	nd Name		Age/Yr	Place	Points	Improv
Event # 1 Boys 4x800m Rel	lay Relay O	pen					
8:27.47	A Relay				10		
Noah Schaeffer (10)		Weston Schatz (11)	Jace Dullum (09)		Drew Mears (	11)	
Event # 3 Boys 300m Hurd	lles Open						
41.67	P	Michael Yeanay		11	11		.01
event # 5 Boys 100m Dash	Open						
11.61 NWI	P	Skylar Schaefer		10	16		.34
Event # 6 Girls 100m Dash	Open						
13.43 NWI	P	Kesia Gbadoe		11	19		.44
Event # 7 Boys 4x200m Rel	lay Relay O	pen					
1:31.71	A Relay				6		
Skylar Schaefer (10)	A Dolov	Jacob Levin (10)	Alexander Sell (10)		Joel McIntosh		
1:32.17 Skylar Schaefer (10)	A Relay	Jacob Levin (10)	Alexander Sell (10)		6 Joel McIntosh	(08)	
Event # 8 Girls 4x200m Re	lav Relav O	pen					
1:49.50	A Relay				15		
Kesia Gbadoe (11)		Brie Pulczinski (12)	Jesse Price (10)		Mykin Gunnin	g (12)	
Event # 10 Girls 1600m Rui	n Open						
5:03.69	F	Jennifer Dufner		11	5	4	-3.15
Event # 11 Boys 4x100m Re	elay Relay O	pen					
45.48	A Relay		Alesses des Cell (10)		17	(08)	
Skylar Schaefer (10)		Ben Fritz-Saville (11)	Alexander Sell (10)		Joel McIntosh	(08)	
Event # 12 Girls 4x100m Re	-						
51.62 Kesia Gbadoe (11)	A Relay	Brie Pulczinski (12)	Taryn Troftgruben (08)		10 Jesse Price (10		
Syone # 15 Days 110m Hand	llas Onan						
Event # 15 Boys 110m Hurd 16.05 NWI	nes Open P	Michael Yeanay		11	10		.31
Event # 16 Girls 100m Huro	-	V 1.0 1		12	2	0	20
15.27 NWI 15.30 NWI	F P	Kennedi Sand Kennedi Sand		12 12	2 2	8	.33
		Tromour Suna			-		.50
Event # 17 Boys 800m Run		N 101 2		• •			
2:06.32	F	Noah Schaeffer		10	14		4.09
Event # 18 Girls 800m Run		v :0 D 0			_		
2:21.97	F	Jennifer Dufner		11	5	4	57
vent # 19 Boys 200m Dash	Open						

### **Meet Results**

State 27-May-16 to 28-May-16 West Fargo [WF]

Event #38 Girls Javelin Open

Mark	Convert Rr	nd Name		Age/Yr	Place	Points	Improv
Event # 19 Boys 200m	Dash Open						
22.80 NWI	P	Jacob Levin		10	12		.31
Event # 21 Boys 3200n	ı Run Open						
9:51.67	F	Jace Dullum		09	13		-5.23
10:21.81	F	Drew Mears		11	23		28.0
10:21:81	F	Jacob Franek		12	26		46.3
Event # 22 Girls 3200n	n Run Onen						
11:05.40	F	Jennifer Dufner		11	6	3	-4.84
12:10.85	F	Nikki Schreiner		11	17		3.72
Event # 23 Boys 4x400	m Relav Relav O	nen					
3:37.24	4.70.1	p.c			14		
Alexander Sell (10)	,	Weston Schatz (11)	Michael Yeanay (11)		Noah Schae	ffer (10)	
Event # 26 Girls High	Jump Open						
5-02.00	1.57m F	Kennedi Sand		12	3	6	-0-01.00
5-01.00	1.54m F	Madison Connors		09	5	4	0-00.0
Event # 29 Boys Long	Jump Open						
21-06.00 NWI	6.55m F	Jacob Levin		10	5	4	-0-06.5
19-09.00 NWI	6.02m F	Skylar Schaefer		10	14		-2-02.75
Event # 30 Girls Long	Jump Open						
15-06.25 NWI	4.73m F	Kennedi Sand		12	16		-1-03.73
Event # 33 Boys Shot I	Put Open						
57-10.50	17.64m F	Alex Talley		12	1	10	-0-02.50
48-10.50	14.89m F	Zach Willis		11	8	1	-1-10.50
Event # 34 Girls Shot 1	Put Open						
47-01.50	14.36m F	Akealy Moton		11	1	10	-0-02.50
44-09.00	13.64m F	Keely Walker		12	2	8	0-11.0
37-03.00	11.35m F	Lexi Stein-McAndrew		12	7	2	-1-07.00
Event # 35 Boys Discus	s Open						
162-06.00	49.53m F	Alex Talley		12	1	10	-8-00.0
134-09.00	41.07m F	Zach Willis		11	9		-12-09.0
Event # 36 Girls Discu	s Open						
127-02.00	38.76m F	Keely Walker		12	2	8	-16-00.00
116-04.00	35.45m F	Lexi Stein-McAndrew		12	7	2	1-07.00
103-08.00	31.59m F	Akealy Moton		11	14		-28-05.0
Event # 37 Boys Javeli	n Open						
149-06.00	45.56m F	Creighton Pfau		12	15		-4-07.0

### **Meet Results**

State 27-May-16 to 28-May-16

West Fargo [WF]

Mark	Convert Rn	d Name	Age/Yr	Place	Points	Improv
Event # 38 Girls Jave	lin Open					
145-01.00	44.22m F	Akealy Moton	11	1	10	-6-07.00
116-04.00	35.45m F	Kennedi Sand	12	5	4	-7-11.00



West Fargo [WF] Number of Top Times: All

	Mark	Cor	nvert Rnd	Name	Age/Yr		
Girls	Open 100r	n Dash					
1	12.99	NWI	F	 Kesia Gbadoe	11	5/21/2016	EDC
2	13.16	NWI	F	 Jesse Price	10	5/9/2016	Fargo Rotary
3	13.41	NWI	F	 Taryn Troftgruben	08	5/21/2016	EDC
4	13.68	NWI	F	 Mykin Gunning	12	4/12/2016	Quadrangular
5	13.69	NWI	F	 Chassity Stancil	11	5/9/2016	Fargo Rotary
6	13.77	NWI	F	 Tiana Pfaff	10	5/21/2016	EDC
7	13.88	NWI	F	 Amber Diede	09	5/3/2016	OJ Jensen Invite
8	13.97	NWI	F	 Brie Pulczinski	12	5/13/2016	Classic Girls
9	14.48	NWI	F	 Madison Connors	09	5/13/2016	Classic Girls
10	14.71	NWI	F	 Kazira Larson	09	4/28/2016	Shanley Invite
11	14.72	NWI	F	 Courtney Walsh	10	5/3/2016	OJ Jensen Invite
12	15.08	NWI	F	 Anyiwei Maciek	12	5/13/2016	Classic Girls
13*	15.22	NWI	F	 Haylee Johnson	10	4/12/2016	Quadrangular
13*	15.22	NWI	F	 Mijwok Ajang	11	5/2/2016	Central Cass Invite II
15	15.27	NWI	F	 Nshimirimana Aline	11	4/18/2016	Central Cass Invite
16	15.30	NWI	F	 Ashley Bjordahl	10	5/13/2016	Classic Girls
17	15.31	NWI	F	 Schimirimana Jacquline	10	4/18/2016	Central Cass Invite
18	15.58	NWI	F	 Kalli Cummings	10	5/13/2016	Classic Girls
19	15.67	NWI	F	 Vasundhra Agarwal	11	4/12/2016	Quadrangular
20	16.13	NWI	F	 Teewon Monponwon	09	4/12/2016	Quadrangular
21	16.45	NWI	F	 Regina Nguyen	09	5/13/2016	Classic Girls
22	16.90	NWI	F	 Aluel Maciek	09	4/12/2016	Quadrangular
Girls	Open 200r	n Dash					
1	27.46	NWI	F	 Mykin Gunning	12	5/9/2016	Fargo Rotary
2	28.14	NWI	F	 Jesse Price	10	5/3/2016	OJ Jensen Invite
3	28.27	NWI	F	 Brie Pulczinski	12	5/21/2016	EDC
4	28.32	NWI	F	 Kesia Gbadoe	11	4/19/2016	
5	28.74	NWI	F	 Amber Diede	09	5/6/2016	Packer Relays
6	29.14	NWI	F	 Chassity Stancil	11	5/3/2016	OJ Jensen Invite
7	29.72	NWI	F	 Tiana Pfaff	10	5/21/2016	EDC
8	29.84	NWI	F	 Abby Donarski	09	5/3/2016	OJ Jensen Invite
9	30.56	NWI	F	 Kaylee Stokka	11	5/13/2016	Classic Girls
10	30.67	NWI	F	 Madison Berg	08	4/19/2016	Sertoma
11	30.94	NWI	F	 Jenna Beck	11		OJ Jensen Invite
12	30.96	NWI	F	 Sophie Weisz	09	4/19/2016	Sertoma
13	31.04	NWI	F	 Kazira Larson	09	5/2/2016	
14	31.56	NWI	F	 Anyiwei Maciek	12	5/13/2016	
15	31.79	NWI	F	 Haylee Johnson	10	5/2/2016	Central Cass Invite II
16	31.96	NWI	F	 Mijwok Ajang	11	5/2/2016	Central Cass Invite II
17	32.07	NWI	F	 Ashley Bjordahl	10	5/7/2016	TK Invite
18	32.13	NWI	F	 Kalli Cummings	10	5/7/2016	TK Invite
19	34.79	NWI	F	 Teewon Monponwon	09	4/12/2016	Quadrangular
20	35.28	NWI	F	 Regina Nguyen	09		Classic Girls
21	40.74	NWI	F	 Aluel Maciek	09		Quadrangular
	Open 400r						<del>-</del>
1	1:05.23		F	 Abby Donarski	09	5/16/2016	TK Last Chance
2	1:07.01		F	 Kaylee Stokka	11		EDC
3	1:07.06		F	 Emily Hansen	08	5/21/2016	EDC
4	1:08.23		F	 Amber Diede	09	5/21/2016	EDC

	Mark	Convert	Rnd	 Name	Age/Yr		
5	1:08.69		F	 Madysen Nelson	10		Fargo Rotary
6	1:08.76		F	 Brynn Geisen	07	5/21/2016	EDC
7	1:08.79		F	 Sophie Weisz	09	4/28/2016	Shanley Invite
8	1:12.59		F	 Madison Connors	09	4/12/2016	Quadrangular
9	1:13.06		F	 Chassity Stancil	11	5/9/2016	Fargo Rotary
10	1:14.78		F	 Haylee Johnson	10	5/13/2016	Classic Girls
Girls	Open 800n	n Run					
1	2:21.97		F	 Jennifer Dufner	11	5/27/2016	State
2	2:31.23		F	 Nikki Schreiner	11	4/19/2016	Sertoma
3	2:35.34		F	 Madysen Nelson	10	5/16/2016	TK Last Chance
4	2:44.19		F	 Ganiyatou Salou	12	4/19/2016	Sertoma
5	2:44.85		F	 Hope Pringle	08	5/21/2016	EDC
6	2:49.87		F	 Emily Bourassa	12	5/21/2016	EDC
7	2:50.12		F	 Alexis Huseby	12	5/16/2016	TK Last Chance
8	2:51.23		F	 Abby Klaman	08	5/21/2016	EDC
9	2:56.60		F	 Olivia Macziewski	09	5/13/2016	Classic Girls
Girls	Open 1600	m Run					
1	5:03.69		F	 Jennifer Dufner	11	5/27/2016	State
2	5:25.83		F	 Nikki Schreiner	11	5/16/2016	TK Last Chance
3	6:00.73		F	 Alexis Huseby	12	5/21/2016	EDC
4	6:01.33		F	 Ganiyatou Salou	12	5/9/2016	Fargo Rotary
5	6:22.58		F	 Emily Bourassa	12	5/21/2016	EDC
Girls	Open 3200	m Run					
1	11:05.40		F	 Jennifer Dufner	11	5/27/2016	State
2	12:07.13		F	 Nikki Schreiner	11	5/21/2016	EDC
3	13:22.01		F	 Alexis Huseby	12		EDC
4	14:00.11		F	 Emily Bourassa	12		Quadrangular
Girls	Open 100n	n Hurdles					
1	14.94	NWI	F	 Kennedi Sand	12	5/6/2016	Packer Relays
2	18.40	NWI	F	 Jenna Beck	11	5/9/2016	Fargo Rotary
3	20.15	NWI	F	 Breanna Gores	09	4/12/2016	Quadrangular
Girls	Open 300n	n Hurdles					
1	49.79		F	 Kennedi Sand	12	4/19/2016	Sertoma
2	52.60		F	 Jenna Beck	11		TK Last Chance
3	54.58		F	 Jayden Halverson	10		TK Last Chance
4	59.77		F	 Breanna Gores	09	4/19/2016	
	Open Higl	h lumn					
1	5-03.00	1.60m	F	 Kennedi Sand	12	5/21/2016	EDC
2	5-01.00	1.54m		 Madison Connors	09	4/22/2016	Eagle Relays
3	4-11.00	1.49m		 Kaylee Stokka	11		TK Last Chance
4	4-07.00	1.39m		 Breanna Gores	09	4/22/2016	Eagle Relays
5	4-07.00	1.34m		 Abby Donarski	09	5/6/2016	Packer Relays
6	4-03.00	1.29m		 Jayden Halverson	10	4/12/2016	Quadrangular
7*	4-03.00	1.29m		 Kalli Cummings	10	4/12/2016	Quadrangular
7*	4-01.00	1.24m		 Haylee Johnson	10	5/2/2016	Central Cass Invite II
	Open Pole		•			0,2,2010	
GIRIS 1	8-09.00	<b>⊋ vauit</b> 2.66m	ı F	 Madison Berg	08	4/28/2016	Shanley Invite
2	7-09.00	2.36m		 Bailey Riehl	10	4/22/2016	Eagle Relays
3	6-03.00	1.90m		 Jayden Halverson	10	5/13/2016	Classic Girls
4*	6-00.00	1.82m		 Amber Diede	09	5/3/2016	OJ Jensen Invite
4*	6-00.00	1.82m		 Sophie Weisz	09	4/12/2016	
•	- 00.00	1.02111	•			., 12,2010	

	Mark	Convert	Rnd	Name	Age/Yr		
Girle	Open Lon	a Jumn					
1	16-10.00	5.13m	ıF	 Kennedi Sand	12	5/6/2016	Packer Relays
2	16-05.50	5.01m		 Mykin Gunning	12	5/6/2016	Packer Relays
3	16-02.00	4.92m		 Jesse Price	10	5/21/2016	EDC
4	15-11.50	4.86m		 Tiana Pfaff	10	4/12/2016	Quadrangular
5	15-11.00	4.85m		 Abby Donarski	09	5/21/2016	EDC
6	14-04.00	4.36m		 Brie Pulczinski	12	4/12/2016	Quadrangular
7	14-02.00	4.31m		 Vasundhra Agarwal	11	4/12/2016	Quadrangular
8	13-00.00	3.96m		 Jenna Beck	11	4/12/2016	Quadrangular
9	12-06.50	3.82m		 Jayden Halverson	10	4/19/2016	Sertoma
10	12-05.50	3.79m		 Breanna Gores	09		Quadrangular
				Breama Gores	00	4/12/2010	Quadrangular
	Open Trip 30-07.50	-		Progna Coros	00	E/12/2016	Classia Cirla
1		NWI 9.33m	ıF	 Breanna Gores	09	5/13/2016	Classic Girls
	Open Sho		_				
1	47-04.00	14.42m		 Akealy Moton	11	5/6/2016	Packer Relays
2	44-09.00	13.64m		 Keely Walker	12	5/27/2016	State
3	38-10.00	11.83m		 Lexi Stein-McAndrew	12	5/21/2016	EDC
4	32-07.00	9.93m		 Ellyssa Derrig	10	5/21/2016	EDC
5	30-10.00	9.39m		 Courtney Walsh	10	4/22/2016	Eagle Relays
6	28-06.50	8.70m	ı F	 Colleen Urlaub	09	5/13/2016	Classic Girls
Girls	Open Disc	cus					
1	143-02.00	43.63m	ı F	 Keely Walker	12	5/21/2016	EDC
2	132-01.00	40.25m	ı F	 Akealy Moton	11	5/21/2016	EDC
3	116-04.00	35.45m	ı F	 Lexi Stein-McAndrew	12	5/27/2016	State
4	108-06.00	33.07m	ı F	 Courtney Walsh	10	5/3/2016	OJ Jensen Invite
5	103-05.00	31.52m	ı F	 Kayley Schaeffer	08	5/21/2016	EDC
6	90-07.00	27.61m	ı F	 Colleen Urlaub	09	5/3/2016	OJ Jensen Invite
7	77-02.50	23.53m	ı F	 Ellyssa Derrig	10	5/6/2016	Packer Relays
8	66-10.00	20.37m	ı F	 Jayden Halverson	10	5/3/2016	OJ Jensen Invite
Girls	Open Jave	elin					
1	151-08.00	46.22m	F	 Akealy Moton	11	5/21/2016	EDC
2	124-03.00	37.87m	F	 Kennedi Sand	12	5/21/2016	EDC
3	94-08.00	28.85m	F	 Breanna Gores	09	5/21/2016	EDC
4	94-06.00	28.80m	ı F	 Keely Walker	12	4/19/2016	Sertoma
5	76-07.00	23.34m	ı F	 Courtney Walsh	10	5/6/2016	Packer Relays
6	70-04.00	21.43m	ı F	 Ellyssa Derrig	10	4/19/2016	
7	63-11.00	19.48m	ı F	 Lexi Stein-McAndrew	12	4/12/2016	Quadrangular
Rove	Open 100r	n Daeh					·
1	11.12	NWI	F	 Alessandro Genova	11	5/6/2016	Packer Relays
2	11.27	NWI	F	 Skylar Schaefer	10		Packer Relays
3	11.33	NWI	F	 Jacob Levin	10		Fargo Rotary
4*	11.67	NWI	F	 Dawsen Tyryfter	10	5/21/2016	EDC
4*	11.67	NWI	F	 Ben Fritz-Saville	11	5/21/2016	EDC
6	11.74	NWI	r F	 Joel McIntosh	08	5/21/2016	EDC
7	11.76	NWI	F	 Habonimana Simon	11		Quadrangular
8	11.76	NWI	' F	 Surprise Jarue	11		Quadrangular
9	11.99	NWI	F	 Alexander Sell	10		Fargo Rotary
10	12.16	NWI	F	 Matthew Czerwinski	10	4/28/2016	· ·
			F				•
11 12*	12.27	NWI	F	 Jackson Gravel	11	4/12/2016	Quadrangular TK Last Chance
12*	12.38	NWI		 Dylan Humble	11		TK Last Chance
12*	12.38	NWI	F	 Joshua Dockter	11	4/12/2016	Quadrangular

	Mark	Con	vert Rnd	Name	Age/Yr		
14	12.44	NWI	F	 Eric Brown	11	4/18/2016	Central Cass Invite
15	12.57	NWI	F	 David Guo	10		TK Last Chance
16	12.61	NWI	F	 David Froeber	09		Central Cass Invite
17*	12.74	NWI	F	 Zach Hillen	10	5/3/2016	OJ Jensen Invite
17*	12.74	NWI	F	 Jake Svenby	10	5/2/2016	Central Cass Invite II
19	12.84	NWI	F	 Corey Sather	10	4/18/2016	Central Cass Invite
20	12.85	NWI	F	 Aaron Wold	10	5/16/2016	TK Last Chance
21	13.19	NWI	F	 Drew Vasseur	09	5/7/2016	TK Invite
22	13.21	NWI	F	 Evan Poppenhagen	10	5/16/2016	TK Last Chance
23	13.25	NWI	F	 Aj Beamon	10	4/12/2016	Quadrangular
24	13.46	NWI	F	 Max McKinnon	11	4/12/2016	Quadrangular
25	14.03	NWI	F	 Arion Poitra	10	5/16/2016	TK Last Chance
26	14.26	NWI	F	 Noah Simpfenderfer	11	5/16/2016	TK Last Chance
27	14.57	NWI	F	 Lucas Krause	09	4/18/2016	Central Cass Invite
28	15.07	NWI	F	 Kalvin Easley	10	4/12/2016	Quadrangular
29	16.37	NWI	F	 Alex Pforr	09	4/12/2016	Quadrangular
30	16.88	NWI	F	 Blake Anderson	09	5/2/2016	Central Cass Invite II
	pen 200r		•	Diake / tilderson	00	0/2/2010	Octival Odds IIIVite II
1	22.49	NWI	F	 Jacob Levin	10	5/21/2016	EDC
2	23.19	NWI	F	 Alessandro Genova	11	5/6/2016	Packer Relays
3	23.69	NWI	F	 Joel McIntosh	08	5/21/2016	EDC
4	24.03	NWI	F	 Ben Fritz-Saville	11	5/21/2016	EDC
5	24.16	NWI	F	 Skylar Schaefer	10		Shanley Invite
6	24.73	NWI	F	 Michael Yeanay	11	4/19/2016	Sertoma
7	24.76	NWI	F	 Alexander Sell	10	4/19/2016	Sertoma
8	24.85	NWI	F	 Surprise Jarue	11	4/12/2016	Quadrangular
9	25.14	NWI	F	 Matthew Czerwinski	10	5/9/2016	Fargo Rotary
10	25.43	NWI	F	 Dylan Humble	11		TK Last Chance
11	25.51	NWI	F	 Jackson Gravel	11	4/19/2016	Sertoma
12	25.80	NWI	F	 David Guo	10	4/19/2016	Sertoma
13	25.87	NWI	F	 Eric Brown	11		Fargo Rotary
14	25.99	NWI	F	 Nsengiyumva Corode	09	4/12/2016	Quadrangular
15	26.19	NWI	F	 Joshua Dockter	11	4/12/2016	Quadrangular
16	26.60	NWI	F	 Drew Vasseur	09	5/7/2016	TK Invite
17	26.73	NWI	F	 Zach Hillen	10		TK Last Chance
18	26.90	NWI	F	 Corey Sather	10		Quadrangular
19	26.96	NWI	F	 Aj Beamon	10		Central Cass Invite II
20	27.09	NWI	F	 David Froeber	09	4/12/2016	Quadrangular
21	27.11	NWI	F	 Evan Poppenhagen	10		TK Invite
22	27.87	NWI	F	 Arion Poitra	10	5/7/2016	TK Invite
23	28.18	NWI	F	 Max McKinnon	11		Quadrangular
24	29.19	NWI	F	 Noah Simpfenderfer	11		TK Invite
25	29.27	NWI	F	 Lucas Krause	09	5/2/2016	Central Cass Invite II
26	32.13	NWI	F	 Kalvin Easley	10	4/12/2016	Quadrangular
27	34.65	NWI	F	 Alex Pforr	09		Central Cass Invite II
28	35.07	NWI	F	 Blake Anderson	09		Central Cass Invite II
Boys C	pen 400r	n Dash					
1	52.77		F	 Weston Schatz	11	5/16/2016	TK Last Chance
2	53.02		F	 Jacob Levin	10	5/9/2016	Fargo Rotary
3	53.85		F	 Noah Schaeffer	10	4/28/2016	Shanley Invite
4	54.49		F	 Jake Svenby	10	5/21/2016	EDC

	Mark	Convert	Rnd	Name	Age/Yr		
5	54.66		F	 Joshua Dockter	11	5/21/2016	EDC
6	55.50		F	 Alessandro Genova	11		Fargo Rotary
7	56.98		F	 Ben Fritz-Saville	11		Shanley Invite
8	57.86		F	 Luke Johnson	09		TK Last Chance
9	57.88		F	 Dylan Humble	11	5/21/2016	EDC
10	58.08		F	 Zach Hillen	10	4/19/2016	Sertoma
11*	1:00.98		F	 Arion Poitra	10	5/16/2016	TK Last Chance
11*	1:00.98		F	 Evan Poppenhagen	10	5/16/2016	TK Last Chance
13	1:01.08		F	 Eric Brown	11	5/6/2016	Packer Relays
14	1:03.38		F	 Jackson Gravel	11	5/13/2016	Classic Boys
15	1:05.37		F	 Max McKinnon	11	4/12/2016	Quadrangular
16	1:05.55		F	 Noah Simpfenderfer	11	5/16/2016	TK Last Chance
17	1:10.17		F	 Kalvin Easley	10	5/2/2016	Central Cass Invite II
18	1:10.38		F	 Lucas Krause	09	5/2/2016	Central Cass Invite II
19	1:17.04		F	 Blake Anderson	09	5/2/2016	Central Cass Invite II
20	1:30.92		F	 Alex Pforr	09	4/18/2016	Central Cass Invite
Boys	Open 800ı	m Run					
1	2:02.23		F	 Noah Schaeffer	10	5/16/2016	TK Last Chance
2	2:11.03		F	 Ibrahim Salou	10	5/16/2016	TK Last Chance
3	2:11.27		F	 John Emerson	11	5/16/2016	TK Last Chance
4	2:11.70		F	 Braxton Bruer	09	5/16/2016	TK Last Chance
5	2:12.36		F	 Weston Schatz	11	4/12/2016	Quadrangular
6	2:18.76		F	 Luke Johnson	09	5/6/2016	Packer Relays
7	2:19.22		F	 Jordan Milbrath	09	5/16/2016	TK Last Chance
8	2:21.02		F	 Noah Schock	12	4/19/2016	Sertoma
9	2:25.18		F	 Jarrett Lardy	12	4/28/2016	Shanley Invite
10	2:26.42		F	 Ross Dent	09	4/19/2016	Sertoma
11	2:33.88		F	 Mat Yut	09	5/7/2016	TK Invite
12	2:44.30		F	 Alex Walker	10	5/2/2016	Central Cass Invite II
Boys	Open 1600	0m Run					
1	4:36.73		F	 Jace Dullum	09	5/21/2016	EDC
2	4:45.24		F	 Jacob Franek	12	4/19/2016	Sertoma
3	4:47.56		F	 Noah Schaeffer	10	5/9/2016	Fargo Rotary
4	4:52.68		F	 Drew Mears	11	5/16/2016	TK Last Chance
5	4:53.40		F	 John Emerson	11	5/13/2016	Classic Boys
6	4:54.30		F	 Braxton Bruer	09	5/6/2016	Packer Relays
7	4:59.85		F	 Ibrahim Salou	10	5/21/2016	EDC
8	5:07.19		F	 Jordan Milbrath	09	4/19/2016	Sertoma
9	5:31.87		F	 Ross Dent	09	5/2/2016	Central Cass Invite II
10	5:36.68		F	 Jarrett Lardy	12	5/21/2016	EDC
11	5:57.57		F	 Mat Yut	09	5/16/2016	TK Last Chance
Boys	Open 3200	0m Run					
1	9:51.67		F	 Jace Dullum	09	5/27/2016	State
2	9:53.74		F	 Drew Mears	11	4/19/2016	Sertoma
3	10:02.56		F	 Jacob Franek	12	4/22/2016	Eagle Relays
4	10:40.08		F	 Braxton Bruer	09	4/28/2016	Shanley Invite
5	10:48.17		F	 John Emerson	11	5/21/2016	EDC
Boys	Open 110r	m Hurdles					
1	15.74	NWI	F	 Michael Yeanay	11	5/21/2016	EDC
2	16.68	NWI	F	 Cody Binstock	11	5/6/2016	Packer Relays
3	17.20	NWI	F	 Josh Herba	11	5/6/2016	Packer Relays

	Mark	Convert	Rnd	Name	Age/Yr		
4	18.54	NWI	F	 Zakariya Ahmed	11	4/28/2016	Shanley Invite
Bovs	Open 300n	n Hurdles					
1	41.66		F	 Michael Yeanay	11	5/21/2016	EDC
2	43.93		F	 Josh Herba	11	4/22/2016	Eagle Relays
3	44.49		F	 Cody Binstock	11	4/28/2016	Shanley Invite
4	45.83		F	 Zakariya Ahmed	11	5/6/2016	Packer Relays
Bovs	Open High	h Jump					
1*	5-06.00	1.67m	F	 Casey Schaefer	08	5/21/2016	EDC
1*	5-06.00	1.67m	F	 Paul Holaday	10	4/19/2016	Sertoma
3	5-04.00	1.62m	F	 Dawsen Tyryfter	10	4/28/2016	Shanley Invite
Bovs	Open Pole	e Vault					
1	11-00.00	3.35m	F	 Dawsen Tyryfter	10	5/21/2016	EDC
2	10-00.00	3.04m	F	 David Guo	10	5/3/2016	OJ Jensen Invite
3	7-00.00	2.13m	F	 Mason Emerson	09	5/7/2016	TK Invite
4*	6-06.00	1.98m	F	 Eric Tyulyandin	09	4/12/2016	Quadrangular
4*	6-06.00	1.98m	F	 Aaron Wold	10	4/12/2016	Quadrangular
Boys	Open Lon	a Jump					
1	22-00.50	6.71m	F	 Jacob Levin	10	5/6/2016	Packer Relays
2	21-11.75	6.69m	F	 Skylar Schaefer	10	5/6/2016	Packer Relays
3	20-05.00	6.22m	F	 Habonimana Simon	11	4/12/2016	Quadrangular
4	19-10.75	6.06m		 Weston Schatz	11	5/21/2016	EDC
5	19-01.00	5.81m	F	 Nsengiyumva Corode	09	5/6/2016	Packer Relays
6	18-06.75	5.65m		 Surprise Jarue	11	5/6/2016	Packer Relays
7	17-02.00	5.23m	F	 Casey Schaefer	08	5/21/2016	EDC
8	10-08.50	3.26m	F	 Alex Pforr	09	5/2/2016	Central Cass Invite II
Boys	Open Trip	le .lumn					
1	39-10.00	12.14m	F	 Paul Holaday	10	4/22/2016	Eagle Relays
2	38-06.25	11.74m		 Nsengiyumva Corode	09	5/6/2016	Packer Relays
3	36-11.50	11.26m		 Jake Svenby	10	5/21/2016	EDC
Boys	Open Sho	t Put		•			
1	58-01.00	17.70m	F	 Alex Talley	12	5/21/2016	EDC
2	50-09.00	15.46m		 Zach Willis	11	4/12/2016	Quadrangular
3	43-11.00	13.38m		 Kpah Matadi	10	5/21/2016	EDC
4	41-10.00	12.75m		 Eli Gulland	10	5/6/2016	Packer Relays
5	38-06.00	11.73m	F	 Alex Walker	10	5/21/2016	EDC
6	37-01.00	11.30m		 Luke Lennon	09		Quadrangular
7	35-11.50	10.96m	F	 Anthony Lorenzetti	10	4/22/2016	
8	33-06.00	10.21m	F	 Jeremiah Rodriguez	09	5/16/2016	TK Last Chance
9	32-11.50	10.04m	F	 Tore Miller	10	4/22/2016	Eagle Relays
10	31-07.00	9.62m	F	 Jesse Muffenbier	09	4/22/2016	Eagle Relays
11	31-03.00	9.52m	F	 Jaeden Moton	09	4/22/2016	Eagle Relays
12	30-04.00	9.24m	F	 Alex Aker	09	5/16/2016	TK Last Chance
13	27-07.00	8.40m	F	 Tate Pearson	09	5/2/2016	Central Cass Invite II
14	27-01.00	8.25m	F	 Gabriel Leseberg	09	4/12/2016	Quadrangular
15	25-04.00	7.72m	F	 Tyler Binstock	09	5/7/2016	TK Invite
16	25-03.00	7.69m	F	 Grant Nelson	11	5/7/2016	TK Invite
17	23-03.00	7.08m	F	 Fredhel Ndamba	10	4/18/2016	Central Cass Invite
Boys	Open Disc	cus					
1	170-06.00	51.96m	F	 Alex Talley	12	5/21/2016	EDC
2	147-06.00	44.95m	F	 Zach Willis	11	5/16/2016	TK Last Chance
3	125-11.00	38.37m	F	 Anthony Lorenzetti	10	5/21/2016	EDC

	Mark	Convert	Rnd	Name	Age/Yr		
4	122-03.50	37.27m	F	 Luke Lennon	09	5/21/2016	EDC
5	117-04.00	35.76m	F	 Alex Walker	10	5/21/2016	EDC
6	112-07.00	34.31m	F	 Jaeden Moton	09	5/7/2016	TK Invite
7	108-04.00	33.02m	F	 Dylan Anthony	12	4/12/2016	Quadrangular
8	98-05.00	29.99m	F	 Eli Gulland	10	5/16/2016	TK Last Chance
9	96-10.00	29.51m	F	 Jesse Muffenbier	09	5/2/2016	Central Cass Invite II
10	92-06.00	28.19m	F	 Ben Dirks	12	4/12/2016	Quadrangular
11	90-09.00	27.66m	F	 Aj Beamon	10	5/16/2016	TK Last Chance
12	87-07.00	26.69m	F	 Kpah Matadi	10	4/12/2016	Quadrangular
13	82-08.00	25.19m	F	 Jeremiah Rodriguez	09	5/16/2016	TK Last Chance
14	81-00.00	24.68m	F	 Tore Miller	10	4/12/2016	Quadrangular
15	79-02.00	24.13m	F	 Paul Holaday	10	4/12/2016	Quadrangular
16	78-00.00	23.77m	F	 Tate Pearson	09	5/16/2016	TK Last Chance
17	77-06.00	23.62m	F	 Tyler Binstock	09	5/16/2016	TK Last Chance
18	71-00.00	21.64m	F	 Alex Aker	09	5/16/2016	TK Last Chance
19	66-08.00	20.32m	F	 Gabriel Leseberg	09	5/16/2016	TK Last Chance
20	59-05.00	18.11m	F	 Grant Nelson	11	5/16/2016	TK Last Chance
Boys	Open Javel	in					
1	154-01.00	46.96m	F	 Creighton Pfau	12	5/13/2016	Classic Boys
2	145-00.00	44.19m	F	 Dylan Anthony	12	5/16/2016	TK Last Chance
3	132-02.00	40.28m	F	 Eli Gulland	10	5/21/2016	EDC
4	127-06.00	38.86m	F	 Luke Lennon	09	5/21/2016	EDC
5	125-06.00	38.25m	F	 Ben Dirks	12	4/19/2016	Sertoma
6	110-10.00	33.78m	F	 Jackson Gravel	11	5/16/2016	TK Last Chance
7	110-08.00	33.73m	F	 Alex Talley	12	5/13/2016	Classic Boys
8	104-05.00	31.82m	F	 Aj Beamon	10	5/21/2016	EDC
9	103-08.00	31.59m	F	 Anthony Lorenzetti	10	5/3/2016	OJ Jensen Invite
10	81-10.00	24.94m	F	 Tyler Binstock	09	5/16/2016	TK Last Chance
11	76-09.00	23.39m	F	 Gabriel Leseberg	09	5/16/2016	TK Last Chance
12	75-08.00	23.06m	F	 Tate Pearson	09	5/16/2016	TK Last Chance
13	73-08.00	22.45m	F	 Fredhel Ndamba	10	4/22/2016	Eagle Relays
					• •	20.0	- 5 7 -

West Fargo [WF] Number of Top Times: All

Time Convert Rnd Relay

Girls Open	4x100m Relay				
1	51.62	Р	A Relay	5/27/2016 State	
2	Kesia Gbadoe (11) 52.37	F	Brie Pulczinski (12) A Relay	Taryn Troftgruben (08) 5/21/2016 EDC	Jesse Price (10)
3	Kesia Gbadoe (11) 52.52	F	Brie Pulczinski (12) A Relay	Tiana Pfaff (10) 5/6/2016 Packer Relays	Jesse Price (10)
4	Mykin Gunning (12) 52.56	F	Brie Pulczinski (12) A Relay	Tiana Pfaff (10) 4/22/2016 Eagle Relays	Jesse Price (10)
5	Kesia Gbadoe (11) 52.70	F	Brie Pulczinski (12) A Relay	Tiana Pfaff (10) 4/19/2016 Sertoma	Mykin Gunning (12)
6	Mykin Gunning (12) 52.76	F	Brie Pulczinski (12) A Relay	Tiana Pfaff (10) 5/16/2016 TK Last Chance	Jesse Price (10)
7	Kesia Gbadoe (11) 53.02	F	Brie Pulczinski (12) A Relay	Tiana Pfaff (10) 5/9/2016 Fargo Rotary	Jesse Price (10)
8	Kesia Gbadoe (11) 53.39	F	Brie Pulczinski (12) A Relay	Jesse Price (10) 5/3/2016 OJ Jensen Invite	Mykin Gunning (12)
9	Kesia Gbadoe (11) 53.55	F	Brie Pulczinski (12) A Relay	Tiana Pfaff (10) 4/28/2016 Shanley Invite	Jesse Price (10)
10	Mykin Gunning (12) 54.03	F	Brie Pulczinski (12) A Relay	Tiana Pfaff (10) 4/12/2016 Quadrangular	Chassity Stancil (11)
11	Kesia Gbadoe (11) 55.20	F	Brie Pulczinski (12) A Relay	Tiana Pfaff (10) 5/13/2016 Classic Girls	Jesse Price (10)
12	Kaylee Stokka (11) 56.35	F	Taryn Troftgruben (08) A Relay	Kazira Larson (09) 4/22/2016 Eagle Relays	Chassity Stancil (11)
13	Jenna Beck (11) 56.49	F	Kazira Larson (09) B Relay	Amber Diede (09) 4/12/2016 Quadrangular	Chassity Stancil (11)
14	Kaylee Stokka (11) 57.75	F	Amber Diede (09) A Relay	Chassity Stancil (11) 5/7/2016 TK Invite	Mykin Gunning (12)
15	Schimirimana Jacquline (58.61	10) F	Kazira Larson (09) A Relay	Ashley Bjordahl (10) 5/2/2016 Central Cass Invite II	Kalli Cummings (10)
16	Mijwok Ajang (11) 1:00.56	F	Kazira Larson (09) A Relay	Ashley Bjordahl (10) 4/22/2016 Eagle Relays	Haylee Johnson (10)
17	Courtney Walsh (10) 1:01.37	F	Lexi Stein-McAndrew (12) A Relay	Keely Walker (12) 4/18/2016 Central Cass Invite	Akealy Moton (11)
	Nshimirimana Aline (11)		Amber Diede (09)	Schimirimana Jacquline (10)	Chassity Stancil (11)
Girls Open	4x200m Relay				
1	1:49.42	F	A Relay	5/21/2016 EDC	
2	Kesia Gbadoe (11) 1:49.50	Р	Brie Pulczinski (12) A Relay	Jesse Price (10) 5/27/2016 State	Mykin Gunning (12)
3	Kesia Gbadoe (11) 1:50.35	F	Brie Pulczinski (12) A Relay	Jesse Price (10) 5/16/2016 TK Last Chance	Mykin Gunning (12)
4	Kesia Gbadoe (11) 1:51.44	F	Brie Pulczinski (12) A Relay	Jesse Price (10) 4/28/2016 Shanley Invite	Mykin Gunning (12)
5	Kennedi Sand (12) 1:53.13	F	Brie Pulczinski (12) A Relay	Tiana Pfaff (10) 5/9/2016 Fargo Rotary	Mykin Gunning (12)
6	Kesia Gbadoe (11) 1:53.68	F	Brie Pulczinski (12) A Relay	Jesse Price (10) 5/6/2016 Packer Relays	Mykin Gunning (12)
7	Kesia Gbadoe (11) 1:53.91	F	Brie Pulczinski (12) A Relay	Tiana Pfaff (10) 4/19/2016 Sertoma	Mykin Gunning (12)
	Mykin Gunning (12)		Brie Pulczinski (12)	Tiana Pfaff (10)	Jesse Price (10)

West Fargo [WF]
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	Time	Convert 1	Rnd	Relay		
8	1:55.22		F	A Relay	5/3/2016 OJ Jensen Invite	
9	1:56.84	Kennedi Sand (12)	F	Brie Pulczinski (12) A Relay	Kesia Gbadoe (11) 4/22/2016 Eagle Relays	Mykin Gunning (12)
10	1:57.17	Kennedi Sand (12)	F	Brie Pulczinski (12) A Relay	Tiana Pfaff (10) 4/12/2016 Quadrangular	Jesse Price (10)
11	2:00.82	Mykin Gunning (12)	F	Jesse Price (10) A Relay	Tiana Pfaff (10) 5/13/2016 Classic Girls	Brie Pulczinski (12)
12	2:03.93	Jenna Beck (11)	F	Kazira Larson (09) A Relay	Abby Donarski (09) 5/7/2016 TK Invite	Amber Diede (09)
13	2:05.64	Schimirimana Jacquline	(10) F	Kazira Larson (09) A Relay	Ashley Bjordahl (10) 5/2/2016 Central Cass Invite II	Kalli Cummings (10)
14	2:06.04	Mijwok Ajang (11)	F	Kazira Larson (09) B Relay	Ashley Bjordahl (10) 4/12/2016 Quadrangular	Haylee Johnson (10)
15	2:10.18	Chassity Stancil (11)	F	Abby Donarski (09) A Relay	Kazira Larson (09) 4/18/2016 Central Cass Invite	Jenna Beck (11)
	I	Kazira Larson (09)		Amber Diede (09)	Mijwok Ajang (11)	Chassity Stancil (11)
Girls Ope	en 4x400m l	Relay				
1	4:21.59 1 4:21.63	Mykin Gunning (12)	F F	A Relay  Brie Pulczinski (12)  A Relay	5/16/2016 TK Last Chance Tiana Pfaff (10) 5/3/2016 OJ Jensen Invite	Jennifer Dufner (11)
3		Mykin Gunning (12)	F	Brie Pulczinski (12) A Relay	Kesia Gbadoe (11) 5/21/2016 EDC	Jennifer Dufner (11)
4	4:30.31	Madysen Nelson (10)	F	Abby Donarski (09) A Relay	Emily Hansen (08) 4/28/2016 Shanley Invite	Taryn Troftgruben (08)
5	4:31.87	Madysen Nelson (10)	F	Brie Pulczinski (12) A Relay	Abby Donarski (09) 4/19/2016 Sertoma	Amber Diede (09)
6	4:37.23	Madysen Nelson (10)	F	Abby Donarski (09) A Relay	Sophie Weisz (09) 5/6/2016 Packer Relays	Nikki Schreiner (11)
7	4:38.80	Madysen Nelson (10)	F	Abby Donarski (09) A Relay	Sophie Weisz (09) 4/12/2016 Quadrangular	Amber Diede (09)
8	4:42.72	Madysen Nelson (10)	F	Abby Donarski (09) A Relay	Amber Diede (09) 4/22/2016 Eagle Relays	Kaylee Stokka (11)
	ľ	Mykin Gunning (12)		Kazira Larson (09)	Haylee Johnson (10)	Amber Diede (09)
_	en 8x201m l	Relay	_			
1	4:09.20	Abby Donarski (09)	F	A Relay Kesia Gbadoe (11)	4/22/2016 Eagle Relays Ashley Bjordahl (10)	Kalli Cummings (10)
Girls One	en 4x800m l	Relav				
1	10:13.16		F	A Relay	5/6/2016 Packer Relays	
2	10:21.03	Emmalee Burtsfield (10	) F	Jennifer Dufner (11) A Relay	Madysen Nelson (10) 4/28/2016 Shanley Invite	Nikki Schreiner (11)
3	10:33.79	Madysen Nelson (10)	F	Jennifer Dufner (11) A Relay	Ganiyatou Salou (12) 4/19/2016 Sertoma	Nikki Schreiner (11)
4	10:40.06	Nikki Schreiner (11)	F	Jennifer Dufner (11) A Relay	Emily Bourassa (12) 5/21/2016 EDC	Madysen Nelson (10)
	1	Nikki Schreiner (11)		Madysen Nelson (10)	Hope Pringle (08)	Ganiyatou Salou (12)
Girls Ope	_	rint Medley Relay	_	A Dalay	4/00/0040 FI- D-I	
1	2:05.88 I	Kesia Gbadoe (11)	F	A Relay Chassity Stancil (11)	4/22/2016 Eagle Relays Madison Connors (09)	Sophie Weisz (09)

Rnd Relay

Convert

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

Time

Girls Open 4000m Distance Medley Relay							
1	14:50.89	F	A Relay	4/22/2016	Eagle Relays		
	Emily Bourassa (12)		Abby Donarski (09)	Madysen	Nelson (10)	Alexis Huseby (12)	
Cirls Onen	4x100m Shuttle Hurdle Relay						
on is Open	1:15.69	F	A Relay	4/22/2016	Eagle Relays		
	Kennedi Sand (12)		Jenna Beck (11)		Gores (09)	Jayden Halverson (10)	
Boys Open	4x100m Relay						
1	44.78	F	A Relay	5/6/2016	Packer Relays		
	Skylar Schaefer (10)		Alessandro Genova (11)	Alexande	er Sell (10)	Jacob Levin (10)	
2	44.83	F	A Relay	4/28/2016	Shanley Invite		
•	Skylar Schaefer (10)	_	Alessandro Genova (11)		er Sell (10)	Jacob Levin (10)	
3	45.00	F	A Relay	4/19/2016	Sertoma	41 1 0 (11)	
4	Skylar Schaefer (10) 45.47	F	Jacob Levin (10) A Relay	Alexande 4/22/2016	er Sell (10) Eagle Relays	Alessandro Genova (11)	
7	Skylar Schaefer (10)	•	Dante Genova (12)		er Sell (10)	Michael Yeanay (11)	
5	45.48	Р	A Relay	5/27/2016	State	Michael Teanay (11)	
	Skylar Schaefer (10)		Ben Fritz-Saville (11)	Alexande	er Sell (10)	Joel McIntosh (08)	
6	45.98	F	A Relay	5/3/2016	OJ Jensen Invite		
_	Michael Yeanay (11)	_	Alessandro Genova (11)		er Sell (10)	Jacob Levin (10)	
7	46.19	F	A Relay	5/21/2016	EDC	D F: 0 71 (11)	
8	Skylar Schaefer (10) 46.33	F	Alexander Sell (10) A Relay	Eric Brov 4/12/2016	vn (11) Quadrangular	Ben Fritz-Saville (11)	
O	Skylar Schaefer (10)	'	Jacob Levin (10)		Czerwinski (10)	Alessandro Genova (11)	
9	47.48	F	A Relay	5/9/2016	Fargo Rotary	Alessandro Genova (11)	
	Matthew Czerwinski (10)		Eric Brown (11)	Joshua D	ockter (11)	Ben Fritz-Saville (11)	
10	47.53	F	A Relay	5/13/2016	Classic Boys		
	Ben Fritz-Saville (11)	_	Eric Brown (11)	Jake Svei		Matthew Czerwinski (10)	
11	48.13	F	A Relay	5/16/2016	TK Last Chance		
12	Ben Fritz-Saville (11) 48.42	F	Eric Brown (11) B Relay	Joshua D 4/12/2016	ockter (11) Quadrangular	David Froeber (09)	
12	Alexander Sell (10)	•	Eric Brown (11)		Tyryfter (10)	Jackson Gravel (11)	
13	48.59	F	A Relay	5/2/2016	Central Cass Invite II	Juckson Graver (11)	
	Ben Fritz-Saville (11)		Eric Brown (11)	David Fro	oeber (09)	Joshua Dockter (11)	
14	49.16	F	A Relay	4/22/2016	Eagle Relays		
	Dylan Anthony (12)		Eli Gulland (10)	Ben Dirk		Alex Talley (12)	
15	49.23	F	A Relay	5/7/2016	TK Invite		
16	Eric Brown (11)	F	Gabriel Leseberg (09)		beber (09)	Ben Fritz-Saville (11)	
16	51.24	Г	A Relay  Drew Vasseur (09)	4/22/2016 Lucas Kr	Eagle Relays	Ai Daaman (10)	
17	Eric Brown (11) 52.21	F	A Relay	4/18/2016	Central Cass Invite	Aj Beamon (10)	
	Ben Fritz-Saville (11)	•	Eric Brown (11)		peber (09)	Corey Sather (10)	
	(-1)		(/		· · · /		
Boys Open 4x200m Relay							
1	1:31.71	Р	A Relay	5/27/2016	State		
	Skylar Schaefer (10)		Jacob Levin (10)		er Sell (10)	Joel McIntosh (08)	
2	1:31.78	F	A Relay	5/21/2016	EDC		
2	Skylar Schaefer (10) 1:32.17	F	Alessandro Genova (11) A Relay	Alexande 5/27/2016	er Sell (10) State	Jacob Levin (10)	
3	Skylar Schaefer (10)	Г	Jacob Levin (10)		er Sell (10)	Joel McIntosh (08)	
	Skylai Schaelei (10)		Jacob Levili (10)	Alexande	1 5011 (10)	JOET MICHINOSH (U8)	

West Fargo [WF]
Number of Top Times: All

	Time	Convert R	nd	Relay			
4	1:32.80		F	A Relay	5/6/2016	Packer Relays	
5	1:32.93	Skylar Schaefer (10)	F	Alessandro Genova (11) A Relay	Alexande 4/22/2016	er Sell (10) Eagle Relays	Jacob Levin (10)
6	1:33.37	Skylar Schaefer (10)	F	Alessandro Genova (11) A Relay	Jacob Le 5/9/2016	vin (10) Fargo Rotary	Michael Yeanay (11)
7	1:34.76	Skylar Schaefer (10)	F	Alessandro Genova (11) A Relay		er Sell (10) OJ Jensen Invite	Jacob Levin (10)
8	1:34.89	Michael Yeanay (11)	· F	Alessandro Genova (11) A Relay		er Sell (10) Classic Boys	Jacob Levin (10)
9		Skylar Schaefer (10)	· F	Alessandro Genova (11) A Relay		er Sell (10)  Quadrangular	Jacob Levin (10)
	1:37.95	Skylar Schaefer (10)		Jacob Levin (10) A Relay	Alexande	er Sell (10)	Alessandro Genova (11)
10 11	1:38.55	Alexander Sell (10)	F F	Jake Svenby (10)	4/19/2016 Joshua D 4/28/2016	Sertoma ockter (11)	Jackson Gravel (11)
		Matthew Czerwinski (10)		A Relay Eric Brown (11)	Jake Sver		Joshua Dockter (11)
12	1:40.05	Ben Fritz-Saville (11)	F	A Relay Eric Brown (11)		Central Cass Invite II oeber (09)	Jake Svenby (10)
13	1:40.96	Ben Fritz-Saville (11)	F _	A Relay Eric Brown (11)		TK Last Chance	Dylan Humble (11)
14	1:43.13	Matthew Czerwinski (10)	F	B Relay Eric Brown (11)		Quadrangular Tyryfter (10)	Jackson Gravel (11)
15	1:43.71	Eric Brown (11)	F	A Relay  Noah Simpfenderfer (11)		TK Invite oeber (09)	Ben Fritz-Saville (11)
16	1:46.38	Ben Fritz-Saville (11)	F	A Relay Eric Brown (11)	4/18/2016 David Fr	Central Cass Invite oeber (09)	Corey Sather (10)
Boys One	n 4x400m	Relav					
1	3:32.04	-	F	A Relay	4/19/2016	Sertoma	
2	3:34.52	Alessandro Genova (11)	F	Jacob Levin (10) A Relay	Weston S 5/21/2016	Schatz (11) EDC	Noah Schaeffer (10)
3	3:37.24	Jacob Levin (10)	F	Alessandro Genova (11) A Relay	Weston S 5/27/2016	Schatz (11) State	Noah Schaeffer (10)
4	3:37.67	Alexander Sell (10)	F	Weston Schatz (11) A Relay	Michael `4/22/2016	Yeanay (11) Eagle Relays	Noah Schaeffer (10)
5	3:39.95	Weston Schatz (11)	F	Alexander Sell (10) A Relay	Jake Sver 5/6/2016		Joshua Dockter (11)
6	3:40.24	Weston Schatz (11)	F	Alexander Sell (10) A Relay	Jake Sver 5/9/2016	nby (10) Fargo Rotary	Noah Schaeffer (10)
7	3:40.71	Alexander Sell (10)	F	Jake Svenby (10) A Relay		ockter (11) Classic Boys	Ben Fritz-Saville (11)
8	3:43.15	Alexander Sell (10)	F	Jake Svenby (10) A Relay	David Gu 5/16/2016	•	Ben Fritz-Saville (11)
9	3:46.37	Jake Svenby (10)	F	Joshua Dockter (11) A Relay	Zach Hill 4/28/2016		Dylan Humble (11)
10	3:50.95	Jake Svenby (10)	' F	Joshua Dockter (11) A Relay	Zach Hill 5/2/2016	•	Zakariya Ahmed (11)
10	5.50.95	Joshua Dockter (11)	•	Dylan Humble (11)		oeber (09)	Jake Svenby (10)
11	3:51.04		F	A Relay	4/12/2016	Quadrangular	
12	3:51.24		F	Joshua Dockter (11) B Relay	Zach Hill 4/22/2016	Eagle Relays	Jackson Gravel (11)
		David Guo (10)		Dawsen Tyryfter (10)	Aaron W	old (10)	Eric Brown (11)

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

	Time	Convert	Rnd	Relay				
13	3:57.42		F	A Relay	5/3/2016	OJ Jensen Invite		
		Zach Hillen (10)		Luke Johnson (09)	Braxton	Bruer (09)	Jace Dullum (09)	
14	4:03.41		F	A Relay	5/7/2016	TK Invite		
		Evan Poppenhagen (10)	)	David Froeber (09)	Arion P	oitra (10)	Alex Aker (09)	
15	4:05.06		F	B Relay	4/12/2016	Quadrangular		
		Ben Fritz-Saville (11)		Luke Johnson (09)		roeber (09)	Dylan Humble (11)	
16	4:08.39		F	A Relay	4/22/2016	Eagle Relays		
		Dylan Humble (11)		Evan Poppenhagen (10)	Max Mo	cKinnon (11)	Arion Poitra (10)	
Boys Op	en 8x201m	Relay						
1	3:21.13		F	A Relay	4/22/2016	Eagle Relays		
		Matthew Czerwinski (1	0)	Aj Beamon (10)	Joshua l	Dockter (11)	Eric Brown (11)	
Boys Op	en 4x800m	Relav						
1	8:27.47	•	F	A Relay	5/27/2016	State		
		Noah Schaeffer (10)		Weston Schatz (11)	Jace Du	llum (09)	Drew Mears (11)	
2	8:35.11		F	A Relay	4/19/2016	Sertoma		
		Jace Dullum (09)		Weston Schatz (11)	Jacob F	ranek (12)	Noah Schaeffer (10)	
3	8:36.17		F	A Relay	5/13/2016	Classic Boys		
		Noah Schaeffer (10)		Weston Schatz (11)		llum (09)	Drew Mears (11)	
4	8:38.92		F	A Relay	5/21/2016	EDC		
E		Noah Schaeffer (10)	_	Weston Schatz (11)		nerson (11) Packer Relays	Drew Mears (11)	
5	8:40.57	N 1 C 1 CC (10)	F	A Relay	5/6/2016	,	1.1 F (11)	
6	8:41.21	Noah Schaeffer (10)	F	Jace Dullum (09) A Relay	4/28/2016	fears (11) Shanley Invite	John Emerson (11)	
Ü		Weston Schatz (11)	'	Noah Schaeffer (10)		fears (11)	Jace Dullum (09)	
7	8:54.12	weston senatz (11)	F	A Relay	4/12/2016	Quadrangular	Jace Dunum (09)	
		Jace Dullum (09)	-	Jacob Franek (12)		fears (11)	Noah Schaeffer (10)	
8	9:19.14	( , ,	F	A Relay	5/3/2016	OJ Jensen Invite		
		John Emerson (11)		Luke Johnson (09)	Braxton	Bruer (09)	Jordan Milbrath (09)	
9	9:25.92		F	A Relay	4/22/2016	Eagle Relays		
		Ibrahim Salou (10)		Jordan Milbrath (09)	Noah So	chock (12)	Jarrett Lardy (12)	
Boys Open 800m Sprint Medley Relay								
1	1:50.50		F	A Relay	4/22/2016	Eagle Relays		
		Matthew Czerwinski (1	0)	Jackson Gravel (11)	Alexano	der Sell (10)	Zach Hillen (10)	
Boys Open 4000m Distance Medley Relay								
1	12:24.40	istance meanly men	., F	A Relay	4/22/2016	Eagle Relays		
		Ibrahim Salou (10)		Jarrett Lardy (12)	Ross De	,	Jordan Milbrath (09)	
Rove On	Boys Open 4x110m Shuttle Hurdle Relay							
Doys Op	1:10.61	Shuttle Hulule Kela	y F	A Relay	4/22/2016	Eagle Relays		
•		Michael Yeanay (11)	'	Cody Binstock (11)		erba (11)	Zakariya Ahmed (11)	
		iviiciiaci i callay (11)		Cody Dinstock (11)	JUSII 11C	104 (11)	Zakariya Aimicu (11)	

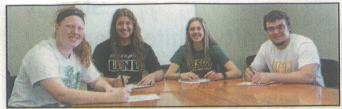
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### **Individual Records Report**

West Fargo [WF]

Girls Open 1600m Ru	<u>un</u>							
5:06.26		Jolene Vanyo	West Fargo	1996				
5:03.69 **		Jennifer Dufner at State	West Fargo	May-27-2016				
Girls Open 3200m Ru	<u>un</u>							
11:11.21		Alissa Mears	West Fargo	2008				
11:05.40 **		Jennifer Dufner at State	West Fargo	May-27-2016				
Girls Open Shot Put								
47-02.00	14.37m	Akealy Moton at State	West Fargo	May-22-2015				
47-04.00 **	14.42m	Akealy Moton at Packer Relays	West Fargo	May-06-2016				
Girls Open Discus								
132-09.00	40.46m	Keely Walker at Classic Girls	West Fargo	May-8 -2015				
143-02.00 **	43.63m	Keely Walker at EDC	West Fargo	May-21-2016				
Girls Open Javelin								
142-08.00	43.48m	Akealy Moton at State	West Fargo	May-22-2015				
151-08.00 **	46.22m	Akealy Moton at EDC	West Fargo	May-21-2016				



**Photo by Josh Francis** 

West Fargo High School seniors, from left, Keely Walker, Lexi Stein-McAndrew, Kennedi Sand and Alex Talley have signed their letters of intent.

### Four track athletes sign

By Josh Francis

ifrancis@forumcomm.com

West Fargo High School track and field standouts Keely Walker, Kennedi Sand, Lexi Stein-McAndrew and Alex Talley signed letters of intent to participate in the sport in college.

Sand and Talley will attend North Dakota State University, and Stein-McAndrew and Walker will attend the University of North Dakota in the fall.

"I really got the home feeling from the coach and the rest of the players," Talley said of NDSU. "I really felt like I fit in even before I wentthere, and it just seemed allaround right." He will study civil engineering.

Talley will be doing shot put, hammer throw and weight throw for the Bison.

Sand will be a pentathlon athlete for the Bison,

"I guess I've always wanted to go to NDSU, and their track program has really excelled lately, so that'll be really fun going into that," Sand said.

Her events will be hurdles, javelin throw and other running events. She intends to major in engineering.

Stein-McAndrew will do throwing events for the Fighting Hawks.

'There's great opportunities for both education and throwing track and field, so that made me choose it," Stein-McAndrew said. She plans to major in physical health education.

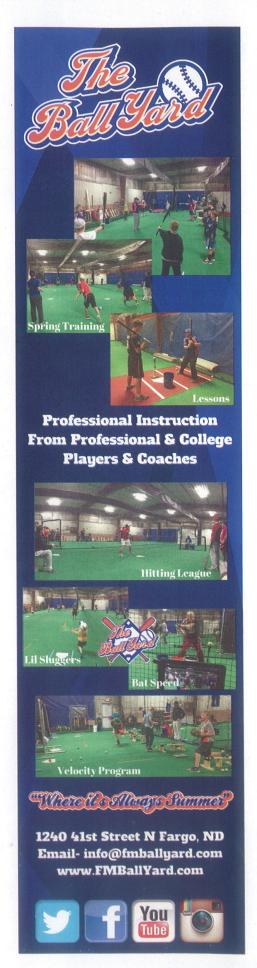
Keely Walker will also do throwing events for the

Fighting Hawks. "They've got a really great medical program, which is the field that I want to go into, and I think they've got a really great throwing program up there that I'd like to be part of," Walker said. She intends to major in biology and pre-med.

This season, Talley, Sand and Walker have each won events at a state or region meet, and Stein-McAndrew has placed in the top of her events in multiple meets.

Readers can reach reporter Josh Francis at (701) 451-5715

## MHERE ARE THEY





AMANDA LEVIN WEST FARGO > TRACK & FIELD

MEET AMANDA LEVIN, former West Fargo High School and current NDSU track and field star. In high school Amanda swept the North Dakota Class A state titles in the sprints as a junior in 2013, winning at 100m, 200m and 400m. As a sophomore, she earned runner-up honors in all three events, and she ran on West Fargo 4x200m relay teams that finished second both years. She placed 5th in the 100m, 7th in the 200m and 8th in the 400m as a senior while recovering from a knee injury and ranks among the top ten performers in North Dakota high school history with her 100m time of 12.05 seconds and her 200m time of 25.14. Now in her sophomore athletic season at NDSU, Amanda is competing in the pentathlon and sprints. Her NDSU team just won their 9th consecutive indoor summit league title.



**JACK MICHAELS:** NDSU has strung so many titles together in Division I track and field, what's it like being part of a dominant program?

**AMANDA LEVIN:** It's an amazing feeling to be a part of a program that is that dominant. It's a feeling that never gets old being part of a school that has a winning culture in many different sports.

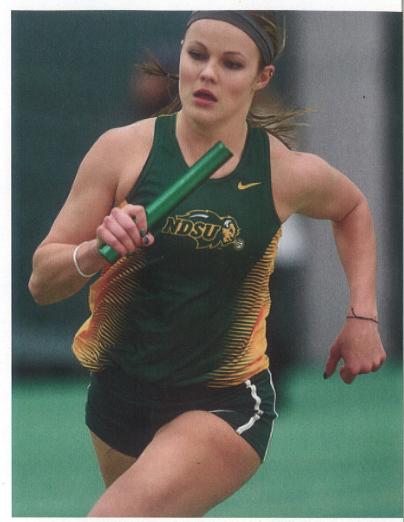
**JM:** Talk about your preparation competing in a multi-event sport like the pentathlon.

**AL:** We practice a lot of the events throughout the week, we do some base training which includes running to prepare for the 800m, and a lot of technique goes into it. We practice hurdles, shot put, long jump, high jump. It depends on the week, and what we need to focus on for that next event.

**JM:** Do you have one particular event of those five events that you enjoy the most?







**AL:** I really like the long jump because it's something I never got to do in high school and it's fun to learn and try to get better each and every competition.

**JM:** In high school you were one of the top athletes in the state of North Dakota and had to overcome a devastating knee injury. Talk about overcoming that injury and what you learned about yourself.

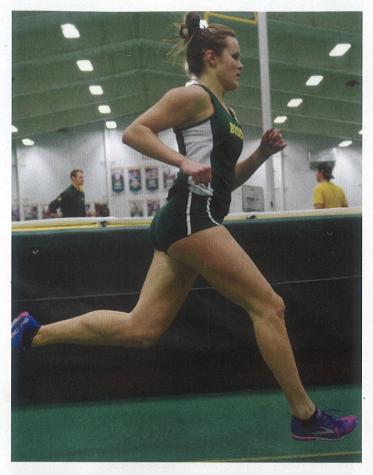
**AL:** It definitely was a long road, that's for sure. It was one that I'm actually kind of glad that I went through because I learned what I am made of. The injury made me work hard and I learned a lot about myself. My faith helped me get through injury. One of my favorite sayings is from the Bible, Philippians 4:13, 'I can do all things through Christ

who strengthens me', and that helped me get through my injury; knowing that sports doesn't define me. It was an experience that I had to overcome, but my family, my friends, my coaches really helped me along the way and I'm at NDSU doing well now and even though it was tough, it was definitely worth it.

**JM:** Who do you credit for keeping your drive alive?

**AL:** My faith is very strong, my family pushes me to show me what I'm made of and they never give up on me. I've never given up on myself and I've had a lot of coaches along the way that believed in me, my teammates have been alongside me, and it's been a little bit of everyone helping me along the way.

Photos Submitted By Amanda Levin





**JM:** At NDSU you're competing with teammates who are potential Olympians, how much does that help drive you?

**AL:** Oh, it's amazing. At practice you look up at the walls and the banners, the All-Americans and future Olympians. It's crazy. You want to be like them, you want to push yourself and that's why you work so

hard because you don't want to let the team down because of all this excellence that you're surrounded by.

**JM:** I know a proper diet and what you put into your body helps it operate at a high level, but on those 'cheat days' what do you like to eat or snack on?

**AL:** I definitely like my pizza that's for sure. I also like to go to Kobe's with my dad, we like our sushi. I'm not too picky, I'll eat anything.

**JM:** What were your goals as a high school athlete and now in college? Have they changed much?

**AL:** My goals haven't changed too much, I'm pushing to be the best

that I can be. As a high school athlete and even younger I had always wanted to be a Bison when I grew up. Growing up around the Bison culture is what I wanted. I actually have a picture of me when I was younger in an old Bison jersey. So that's kind of cool to look back on, and now it's a reality.



JM: What would your advice be to young girls who want to do what you do?

AL: I would say that you can do anything that you put your mind to with hard work and dedication. I've learned lately that patience is key. Don't push too much, when it's your time it'll happen.

JM: What makes being involved in track and field at the college level so much fun for you?

AL: Being with my teammates and all the memories we have from our trips and continually making new ones, being around the coaches and the overall experience from competing against other people who have the same love of track and field.

JM: It's quite impressive that there are so many talented athletes competing at the college level from our own backyard and at NDSU.

AL: It's crazy. Morgan Milbrath runs at NDSU too. She's a great teammate and even better person, and it's fun to now be teammates with those that I used to compete against in high school.

JM: Thanks for the time Amanda and good luck in your next event.

AL: Thanks Jack.



