

**2023 Spencer Girls Invitational - 4/13/2023****Dale Norton Field****Results****Girls 100 Meter Dash Varsity**

Name	Year School	Seed	Finals	H#
Finals				
1 Jorgensen, Ellsa	Okobojo, Milford	13.00	13.74	2
2 Mueller, Jade	Emmetsburg	14.12	13.75	1
3 Ayers, Hadley	Sioux Ctrl, SR	13.23	13.77	2
4 Wilson, Avery	Sioux Ctrl, SR	13.89	13.95	2
5 Dunlavy, Tatum	Estherville-LC	13.47	14.21	2
6 Hintz, Alyssa	Okobojo, Milford	14.47	14.21	1
7 Vail, Tyriana	Spencer	13.73	14.28	2
8 Koenig, Khia	Spencer	13.76	14.31	2
9 Henrickson, Emma	Spirit Lake	14.14	14.32	1
10 Bomgaars, Rylee	Boy-Hul/Rock Val	13.10	14.35	2
11 Keenan, Reese	Spirit Lake	13.75	14.39	2
12 Den Boer, Ava	Boy-Hul/Rock Val	14.44	15.04	1
13 Sargent, Taytum	Emmetsburg	16.00	15.83	1
14 Norwood, Abigail	Storm Lake	15.94	16.45	1

**Girls 200 Meter Dash Varsity**

Name	Year School	Seed	Finals	H#
1 Amendt, Erika	Spencer	27.41	28.04	2
2 Allen, Krishauna	Okobojo, Milford	27.39	28.72	2
3 Dunlavy, Tatum	Estherville-LC	27.69	28.83	2
4 Holmes, Zoey	Okobojo, Milford	27.59	29.12	2
5 Keenan, Reese	Spirit Lake	28.60	29.30	2
6 Ayers, Hadley	Sioux Ctrl, SR	29.26	29.31	1
7 Mueller, Jade	Emmetsburg	27.80	29.77	2
8 Ayers, Reata	Sioux Ctrl, SR	29.36	29.99	1
9 Netten, Maya	Boy-Hul/Rock Val	30.07	31.07	1
10 DeWild, Faith	Spirit Lake	29.72	31.18	1
11 Hopkins, Sydnee	Spencer	28.39	31.71	2
12 Anderson, Hailey	Storm Lake	30.71	31.94	1
13 Maya, Awa	Storm Lake	31.00	32.95	1
14 Sargent, Taytum	Emmetsburg	34.38	35.25	1

**Girls 400 Meter Dash Varsity**

Name	Year School	Seed	Finals	H#
1 Schany, Rachel	Emmetsburg	1:01.75	1:03.39	2
2 Rensink, Makinze	Boy-Hul/Rock Val	1:05.53	1:05.62	2
3 Geisinger, Evelyn	Sioux Ctrl, SR	1:08.00	1:07.35	2
4 Jablonski, Ayden	Okobojo, Milford	1:12.39	1:10.20	2
5 Helmich, Ava	Estherville-LC	1:14.56	1:12.20	1
6 Menken, Makenzie	Okobojo, Milford	1:13.77	1:12.92	1
7 Christensen, Jasmyn	Spencer	1:11.00	1:13.98	2
8 Snyder, Eva	Storm Lake	1:14.10	1:14.39	1
9 Nath, Evelyn	Estherville-LC		1:14.83	1
10 Bolluyt, Ellie	Spirit Lake	1:15.00	1:15.76	1
11 Klein, Elizabeth	Boy-Hul/Rock Val	1:18.82	1:15.83	1
12 Doyle, Isabel	Emmetsburg	1:15.00	1:20.05	1
13 Haldin, Ava	Spencer	1:11.50	1:21.18	2

**2023 Spencer Girls Invitational - 4/13/2023****Dale Norton Field****Results****Girls 800 Meter Run Varsity**

Name	Year School	Seed	Finals
1 Carstens, Carly	Okobojo, Milford	2:37.98	2:38.36
2 Christian, Nora	Sioux Ctrl, SR	2:40.52	2:39.94
3 Kenkel, Grace	Storm Lake	2:40.29	2:41.17
4 Palmer, Alexandria	Spencer	2:38.50	2:41.24
5 Ringlaben, Danica	Emmetsburg	2:55.52	2:57.44
6 Miller, Olivia	Boy-Hul/Rock Val	2:46.56	2:59.17
7 Banuelos, Sidney	Boy-Hul/Rock Val	2:49.54	3:00.14
8 Wyman, Addison	Spencer	2:55.00	3:05.22
9 Wildeman, Caitlin	Sioux Ctrl, SR	2:56.85	3:13.29
10 Shatto, Suri	Estherville-LC	3:10.03	3:22.25
-- Peaches, Keyana	Estherville-LC		DNF

**Girls 1500 Meter Run Varsity**

Name	Year School	Seed	Finals
1 Krieger, Katelyn	Spirit Lake	5:15.94	5:15.73
2 Morey, Peyton	Spencer	5:20.00	5:23.25
3 Bloom, Linnea	Sioux Ctrl, SR	5:21.45	5:30.45
4 Zwart, Elyse	Boy-Hul/Rock Val	5:21.06	5:33.51
5 Morey, Emma	Spencer	5:23.00	5:43.78
6 Kampbell, Silvia	Storm Lake	6:10.42	6:12.30
7 Gravert, Hailey	Okobojo, Milford	6:02.14	6:15.97
8 Ehlers, Allison	Sioux Ctrl, SR	6:09.16	6:16.51
9 Boender, Aubree	Boy-Hul/Rock Val	6:12.05	6:23.50
10 Frerichs, Adison	Okobojo, Milford	6:36.78	6:32.68
11 Krause, Emma	Emmetsburg	6:25.00	6:43.70
12 Ross, Quimby	Estherville-LC	6:34.49	7:40.56
-- Bloom, Annaliese	Sioux Ctrl, SR		X6:29.01
-- Hemann, Millie	Spencer	6:20.00	X6:37.07
-- Tillman, Haylea	Sioux Ctrl, SR	6:38.03	X6:42.47
-- Ortega, Dulce	Okobojo, Milford		X6:53.35

**Girls 3000 Meter Run Varsity**

Name	Year School	Seed	Finals
1 Zwart, Elyse	Boy-Hul/Rock Val	11:51.19	12:19.44
2 Wyman, Addison	Spencer	13:25.00	13:44.21
3 Haldin, Ava	Spencer	13:40.00	13:52.17
4 Ehlers, Allison	Sioux Ctrl, SR	13:37.12	14:09.78
5 Kampbell, Silvia	Storm Lake	13:45.78	14:15.86
6 Danbom, Nora	Okobojo, Milford		14:57.06
7 Frerichs, Adison	Okobojo, Milford	14:03.10	15:04.69
8 Tillman, Haylea	Sioux Ctrl, SR	16:15.66	16:40.16
-- Ortega, Dulce	Okobojo, Milford	15:12.92	X15:53.27

**Girls 100 Meter Hurdles Varsity**

Name	Year School	Seed	Finals	H#
1 Merchant, Jerra	Spencer	15.24	16.28	2
2 Webber, Brynn	Sioux Ctrl, SR	16.78	16.42	2

**2023 Spencer Girls Invitational - 4/13/2023****Dale Norton Field****Results****...Girls 100 Meter Hurdles Varsity**

3	Christoffer, Abreiana	Estherville-LC	16.61	16.93	2
4	Peterson, Preslie	Sioux Ctrl, SR	16.63	16.96	2
5	Van Kekerix, Kavri	Boy-Hul/Rock Val	16.94	17.39	2
6	Helmets, Makenna	Okobojo, Milford	17.46	17.72	2
7	Schiltz, Cara	Estherville-LC	17.26	18.01	2
8	Stave, Corinne	Spencer	18.05	18.13	1
9	Auten, Emma	Emmetsburg	17.79	18.24	1
10	Duvall, Gelena	Spirit Lake	19.00	18.75	1
11	Zomer, Brynlie	Boy-Hul/Rock Val	17.00	18.91	2
12	Hoffman, Kylie	Emmetsburg	18.00	19.29	1
13	Rabel, Harper	Okobojo, Milford	20.22	19.36	1
14	Gutierrez, Jennifer	Storm Lake	19.20	19.79	1
15	Lundt, Reese	Spirit Lake	20.37	20.69	1
16	Johnson, Shauntez	Storm Lake	20.74	21.23	1

**Girls 400 Meter Hurdles Varsity**

Name	Year School	Seed	Finals	H#	
1	Peterson, Preslie	Sioux Ctrl, SR	1:09.83	1:11.69	2
2	Pritchard, Charlotte	Spirit Lake	1:14.86	1:16.27	2
3	Rensink, Makinze	Boy-Hul/Rock Val	1:15.91	1:16.84	2
4	Gutierrez, Jennifer	Storm Lake		1:17.62	1
5	Wilkinson, Quinn	Sioux Ctrl, SR	1:16.00	1:18.21	2
6	Hamilton, Ivy	Spencer	1:17.50	1:22.78	2
7	Heller, Jocelyn	Okobojo, Milford	1:19.66	1:24.95	2
8	Snyder, Eva	Storm Lake	1:26.71	1:25.54	1
9	Gonzalez, Marissa	Spencer	1:26.00	1:31.12	1
--	Tut, Nyamal	Storm Lake		X1:34.66	1

**Girls 4x100 Meter Relay Varsity**

School	Seed	Finals
1 Okobojo, Milford 'A'	50.96	50.98
1) Hintz, Alyssa		
2) DeRuyter, Ella		
3) Helmets, Makenna		
4) Menken, Makenzie		
2 Spencer 'A'	51.90	51.23
1) Koenig, Khia		
2) Amendt, Erika		
3) Hopkins, Sydnee		
4) Piercy, Jada		
3 Estherville-LC 'A'	52.19	52.06
1) Christoffer, Abreiana		
2) Anderson, Jaselyne		
3) Yager, Rylee		
4) Dunlavy, Tatum		
4 Boy-Hul/Rock Val 'A'	53.14	52.35
1) Bomgaars, Rylee		
2) Van Es, Gretta		
3) Van Kekerix, Kavri		
4) Rensink, Makinze		
5 Emmetsburg 'A'	53.81	53.03
1) Auten, Emma		
2) Schany, Rachel		
3) Steffen, Myra		
4) Mueller, Jade		
6 Spirit Lake 'A'	51.05	55.34
1) Henrickson, Emma		
2) DeWild, Faith		
3) Lundt, Reese		
4) Bolluyt, Ellie		
7 Storm Lake 'A'	58.00	58.04
1) Soe, Ehhsermular		
2) Johnson, Shauntez		
3) Maya, Awa		
4) McCoy, Zoe		

**2023 Spencer Girls Invitational - 4/13/2023**

**Dale Norton Field**

**Results**

**...Girls 4x100 Meter Relay Varsity**

--	Sioux Ctrl, SR 'A'	54.00	DQ
	1) Ayers, Hadley	2) Wilson, Avery	
	3) Johannsen, Berkley	4) Ayers, Reata	

**Girls 4x200 Meter Relay Varsity**

School	Seed	Finals
1 Spencer 'A'	1:49.69	1:48.03
1) Merchant, Jerra	2) Piercy, Jada	
3) Vail, Tyriana	4) Amendt, Erika	
2 Okoboji, Milford 'A'	1:49.26	1:48.79
1) Jorgensen, Ellsa	2) Allen, Krishauna	
3) Wells, Miley	4) Holmes, Zoey	
3 Boy-Hul/Rock Val 'A'	1:56.80	1:59.48
1) Van Es, Gretta	2) Luevano, Jenny	
3) Netten, Maya	4) Den Boer, Ava	
4 Estherville-LC 'A'	1:59.18	2:01.61
1) Acosta, Darieliz	2) Astello, Aracely	
3) Smith, Julissa	4) Peaches, Keyana	
5 Storm Lake 'A'	1:58.41	2:04.42
1) McCoy, Zoe	2) Chanthapangna, Melanie	
3) Solem, Natasha	4) Anderson, Hailey	
6 Sioux Ctrl, SR 'A'	2:08.00	2:09.31
1) Rutter, Ava	2) Landauer, Adysen	
3) Anderson, Kylie	4) Wilkinson, Quinn	
-- Spirit Lake 'A'	1:54.01	DNF
1) Scott, Abby	2) Bruinsma, Maggie	
3) Kauffman, Mackenzie	4) Avery, Addison	

**Girls 4x400 Meter Relay Varsity**

School	Seed	Finals
1 Storm Lake 'A'	4:34.79	4:26.16
1) Harder, Mackenzie	2) DeHaan, Avery	
3) Kenkel, Grace	4) Yak, Nyalang	
2 Sioux Ctrl, SR 'A'	4:42.00	4:37.72
1) Madsen, Marley	2) Geisinger, Evelyn	
3) Brauhn, Nevaeh	4) Christian, Nora	
3 Spencer 'A'	4:50.50	4:39.99
1) Schoelerman, Adalyn	2) Stave, Corinne	
3) Piercy, Jada	4) Vail, Tyriana	
4 Boy-Hul/Rock Val 'A'	4:30.16	4:51.33
1) Miller, Olivia	2) Luevano, Jenny	
3) Den Boer, Ava	4) Banuelos, Sidney	
5 Estherville-LC 'A'	4:46.36	4:51.87
1) Helmich, Ava	2) Olson, Kylie	
3) Clabaugh, Morgan	4) Nath, Evelyn	
6 Emmetsburg 'A'	4:43.08	5:00.84
1) Hall, Emily	2) Trembly, Hadlee	
3) Berkland, Nadia	4) Doyle, Isabel	
7 Okoboji, Milford 'A'	4:36.37	5:04.19
1) Beal, Nevaeh	2) Frein, Maryn	
3) Jablonski, Ayden	4) Pausley, Grace	

**2023 Spencer Girls Invitational - 4/13/2023****Dale Norton Field****Results****Girls 4x800 Meter Relay Varsity**

School	Seed	Finals
1 Spencer 'A'	10:37.77	10:54.00
1) Morey, Emma	2) Schoelerman, Adalyn	
3) Palmer, Alexandria	4) Morey, Peyton	
2 Sioux Ctrl, SR 'A'	11:02.00	11:23.44
1) Madsen, Marley	2) Geisinger, Evelyn	
3) Brauhn, Nevaeh	4) Christian, Nora	
3 Emmetsburg 'A'	12:16.32	12:21.31
1) Thompson, Allyson	2) Ringlaben, Danica	
3) Morton, Abbie	4) Krause, Emma	
4 Boy-Hul/Rock Val 'A'	11:13.80	12:35.86
1) Banuelos, Sidney	2) Marra, Addison	
3) Klein, Elizabeth	4) Boender, Aubree	
5 Okoboji, Milford 'A'	12:30.00	13:21.64
1) Pausley, Grace	2) Johnson, Addison	
3) Gravert, Hailey	4) Schneider, Hailey	

**Girls 800 Sprint Medley Varsity**

School	Seed	Finals
1 Spencer 'A'	1:54.50	1:54.69
1) Vail, Tyriana	2) Piercy, Jada	
3) Merchant, Jerra	4) Amendt, Erika	
2 Estherville-LC 'A'	1:53.61	1:55.55
1) Christoffer, Abreiana	2) Yager, Rylee	
3) Dunlavy, Tatum	4) Anderson, Jaselyne	
3 Okoboji, Milford 'A'	1:53.70	1:56.85
1) Jorgensen, Ellsa	2) Wells, Miley	
3) Allen, Krishauna	4) Holmes, Zoey	
4 Storm Lake 'A'	2:14.20	1:59.16
1) McCoy, Zoe	2) DeHaan, Avery	
3) Yak, Nyalang	4) Harder, Mackenzie	
5 Sioux Ctrl, SR 'A'	1:58.80	1:59.52
1) Ayers, Hadley	2) Webber, Brynn	
3) Wilson, Avery	4) Bloom, Linnea	
6 Emmetsburg 'A'	2:06.09	2:00.60
1) Auten, Emma	2) Steffen, Myra	
3) Mueller, Jade	4) Schany, Rachel	
7 Boy-Hul/Rock Val 'A'	1:59.66	2:00.70
1) Van Kekerix, Kavri	2) Van Es, Gretta	
3) Bomgaars, Rylee	4) Rensink, Makinze	
-- Spirit Lake 'A'	1:55.69	DNF
1) Lundt, Reese	2) Bolluyt, Ellie	
3) DeWild, Faith	4) Duvall, Gelena	

**Girls Distance Medley Varsity**

School	Seed	Finals
1 Spirit Lake 'A'	4:33.09	4:28.91
1) Scott, Abby	2) Bruinsma, Maggie	
3) Kauffman, Mackenzie	4) Avery, Addison	
2 Storm Lake 'A'	4:36.82	4:38.56

**2023 Spencer Girls Invitational - 4/13/2023**

**Dale Norton Field**

**Results**

**....Girls Distance Medley Varsity**

1) DeHaan, Avery	2) Kenkel, Grace		
3) Harder, Mackenzie	4) Yak, Nyalang		
3 Okoboji, Milford 'A'		4:49.59	4:44.43
1) Graves, Emma	2) DeRuyter, Ella		
3) Carstens, Carly	4) Frein, Maryn		
4 Sioux Ctrl, SR 'A'		4:50.00	4:58.33
1) Ayers, Reata	2) Wilkinson, Quinn		
3) Wildeman, Caitlin	4) Madsen, Marley		
5 Boy-Hul/Rock Val 'A'		4:43.44	5:00.39
1) Netten, Maya	2) Zomer, Brynlie		
3) Luevano, Jenny	4) Miller, Olivia		
6 Emmetsburg 'A'		5:15.00	5:08.16
1) Hoffman, Kylie	2) Steffen, Myra		
3) Hall, Emily	4) Doyle, Isabel		
7 Spencer 'A'		4:50.50	5:15.80
1) Sutherland, Shaylee	2) Hopkins, Sydnee		
3) Haldin, Braylee	4) Hemann, Millie		
8 Estherville-LC 'A'		5:15.42	5:17.96
1) Jewell, Madyson	2) DeRuyter, Zoey		
3) Clabaugh, Morgan	4) Olson, Kylie		

**Girls 4x100 Meter Shuttle Hurdle Varsity**

School	Seed	Finals	H#
1 Sioux Ctrl, SR 'A'	1:07.91	1:07.07	2
1) Waldstein, Ryleigh	2) Webber, Brynn		
3) Johannsen, Berkley	4) Peterson, Preslie		
2 Spencer 'A'	1:09.50	1:09.85	2
1) Stave, Corinne	2) Hopkins, Sydnee		
3) Hamilton, Ivy	4) Merchant, Jerra		
3 Estherville-LC 'A'	1:10.62	1:12.66	2
1) Reinhardt, Audree	2) Schiltz, Cara		
3) Yager, Rylee	4) Christoffer, Abreiana		
4 Okoboji, Milford 'A'	1:15.42	1:16.55	2
1) Helmers, Makenna	2) Bunde, Lydia		
3) Rabel, Harper	4) Newton, Addison		
5 Boy-Hul/Rock Val 'A'	1:22.19	1:19.90	1
1) Van Kekerix, Kavri	2) Zomer, Brynlie		
3) Boogerd, Kiera	4) McDonald, Aryah		
6 Storm Lake 'A'	1:23.72	1:25.19	1
1) Johnson, Shauntez	2) Snyder, Eva		
3) Dahlhauser, Lillian	4) Gutierrez, Jennifer		

**Girls High Jump Varsity**

Name	Year School	Seed	Finals
1 Chanthapangna, Melanie	Storm Lake	4-08.00	5-01.00
2 Schany, Rachel	Emmetsburg	5-04.00	5-01.00
3 Orenday, Vivi	Sioux Ctrl, SR	4-10.00	4-08.00
4 Keenan, Reese	Spirit Lake	4-08.00	4-08.00
5 Wildeman, Caitlin	Sioux Ctrl, SR	4-10.00	4-08.00
6 Zomer, Brynlie	Boy-Hul/Rock Val	4-06.00	4-06.00
6 Luevano, Jenny	Boy-Hul/Rock Val	4-08.00	4-06.00

**2023 Spencer Girls Invitational - 4/13/2023****Dale Norton Field****Results****...Girls High Jump Varsity**

6 Stuckey, Addison	Spencer	4-06.00	4-06.00
6 Heller, Jocelyn	Okoboji, Milford	4-10.00	4-06.00
10 Anderson, Hailey	Storm Lake	4-08.00	4-06.00
11 Koenig, Khia	Spencer	4-08.00	4-02.00

**Girls Long Jump Varsity**

Name	Year School	Seed	Finals
1 Harder, Mackenzie	Storm Lake	17-04.00	17-08.00
2 Anderson, Jaselyne	Estherville-LC	16-04.75	16-04.00
3 Wilson, Avery	Sioux Ctrl, SR		16-03.00
4 Henrickson, Emma	Spirit Lake	15-11.00	16-03.00
5 Bomgaars, Rylee	Boy-Hul/Rock Val	15-04.00	16-01.50
6 Peterson, Preslie	Sioux Ctrl, SR		15-06.50
7 Hamilton, Ivy	Spencer	14-05.00	15-00.00
8 Hagedorn, Grace	Okoboji, Milford	13-11.75	14-03.00
-- Moore, Allison	Boy-Hul/Rock Val	12-10.00	ND
-- Sutherland, Shaylee	Spencer	15-00.00	ND
-- Graves, Emma	Okoboji, Milford	13-04.00	ND

**Girls Shot Put Varsity**

Name	Year School	Seed	Finals
1 Travis, Lauren	Spirit Lake	39-08.50	38-09.50
2 Heisinger, Elliana	Spencer	38-06.00	37-06.50
3 Ruschy, Hillary	Estherville-LC	36-04.00	37-03.00
4 Vande Vegte, Vanessa	Boy-Hul/Rock Val	36-06.00	36-04.00
5 Rosacker, Kaylee	Spencer	36-00.00	35-03.00
6 Travis, Fran	Spirit Lake	36-05.75	34-08.00
7 Illg Keith, Hannah	Sioux Ctrl, SR	31-09.50	32-09.50
8 Moret, Elly	Boy-Hul/Rock Val	34-08.00	32-03.50
9 Schmitz, Peyton	Okoboji, Milford	30-09.50	31-02.00
10 Chapman, Rachel	Emmetsburg	31-03.00	30-08.50
11 Anderson, Maddy	Emmetsburg	31-11.00	29-07.00
12 McCarty, Ava	Sioux Ctrl, SR	29-08.75	28-03.50
13 Bodholdt, Abby	Storm Lake	28-00.00	27-02.50
14 Hogrefe, Madelyn	Storm Lake	27-07.50	25-01.00
15 Ortman, Brooklynn	Okoboji, Milford	26-03.00	24-09.50

**Girls Discus Throw Varsity**

Name	Year School	Seed	Finals
1 Travis, Fran	Spirit Lake	126-03	124-02.25
2 Vande Vegte, Vanessa	Boy-Hul/Rock Val	102-01	117-08.50
3 Rosacker, Kaylee	Spencer	103-03	114-09
4 Heisinger, Elliana	Spencer	112-06	112-11.50
5 Ruschy, Hillary	Estherville-LC	102-10	107-07
6 Nelson, Nora	Emmetsburg	91-02	89-11
7 Bodholdt, Abby	Storm Lake	87-09	88-10.75
8 Illg Keith, Hannah	Sioux Ctrl, SR	84-04	84-08.25
9 Schmitz, Peyton	Okoboji, Milford	75-03	80-03
10 Hogrefe, Madelyn	Storm Lake	86-00	79-06.75

**2023 Spencer Girls Invitational - 4/13/2023****Dale Norton Field****Results****...Girls Discus Throw Varsity**

11 Moret, Elly	Boy-Hul/Rock Val	83-03	76-02.50
12 McCarty, Ava	Sioux Ctrl, SR	69-07	70-02
13 Tuttle, Olivia	Okoboji, Milford	56-09	60-06
14 Travis, Lauren	Spirit Lake	89-07	58-03.50
15 Theesfield, Mica	Emmetsburg	70-00	55-02.25

**Girls 100 Meter Dash Junior Varsity**

Name	Year School	Seed	Finals	H#
1 Johannsen, Berkley	Sioux Ctrl, SR	14.36	14.11	2
2 Waldstein, Ryleigh	Sioux Ctrl, SR	14.52	14.58	2
3 Postma, Rylenn	Okoboji, Milford		15.21	1
4 Buum, Ava	Spencer	14.20	15.22	2
5 Hagedorn, Grace	Okoboji, Milford	14.89	15.55	2
6 Giese, Jayda	Boy-Hul/Rock Val		16.18	1
7 Harris, Olivia	Spencer	15.90	16.43	1
8 White, Ameria	Estherville-LC		16.83	1
9 Thompson, Emily	Emmetsburg	16.00	16.90	1
10 Ornelas Gonzalez, Belind	Storm Lake	15.10	17.13	2
11 Awga, Akorra	Storm Lake	14.00	17.35	2
12 Sheikh, Tatyana	Emmetsburg	17.50	19.60	1

**Girls 200 Meter Dash Junior Varsity**

Name	Year School	Seed	Finals	H#
1 Wells, Miley	Okoboji, Milford	29.57	29.59	2
2 Sutherland, Shaylee	Spencer	30.49	30.38	2
3 Geisinger, Evelyn	Sioux Ctrl, SR	30.94	30.42	2
4 Smith, Julissa	Estherville-LC	29.47	30.60	2
5 DeRuyter, Ella	Okoboji, Milford	29.75	30.64	2
6 Orenday, Vivi	Sioux Ctrl, SR	31.21	31.57	2
7 Liem, Nevaeh	Storm Lake		32.52	1
8 Marra, Addison	Boy-Hul/Rock Val		33.17	1
9 Carrillo, Valeria	Storm Lake		33.28	1
10 Giese, Jayda	Boy-Hul/Rock Val		34.94	1
11 Thompson, Emily	Emmetsburg	36.00	35.04	1
12 Feather, Sage	Spencer	35.29	35.57	2
13 Dunlap, Megan	Emmetsburg	36.00	35.78	2

**Girls 400 Meter Dash Junior Varsity**

Name	Year School	Seed	Finals
1 Orenday, Vivi	Sioux Ctrl, SR	1:12.26	1:12.16
2 Peters, Ashton	Emmetsburg	1:19.00	1:16.38
3 Thompson, Emily	Emmetsburg	1:21.98	1:24.44
4 Schneider, Hailey	Okoboji, Milford	1:24.27	1:29.02

**Girls 800 Meter Run Junior Varsity**

Name	Year School	Seed	Finals
1 Thompson, Allyson	Emmetsburg	3:10.72	2:59.77

**2023 Spencer Girls Invitational - 4/13/2023**

**Dale Norton Field**

**Results**

**....Girls 800 Meter Run Junior Varsity**

2	Brauhn, Nevaeh	Sioux Ctrl, SR	2:59.00	3:05.68
3	Johnson, Addison	Okoboji, Milford	3:09.78	3:10.57
4	Morton, Abbie	Emmetsburg	3:20.00	3:12.52
5	White, Saharia	Estherville-LC		3:13.49
6	Danbom, Nora	Okoboji, Milford		3:14.82
7	Perez-Huerta, Alexa	Estherville-LC	3:30.68	3:41.29

**Girls 100 Meter Hurdles Junior Varsity**

Name	Year School	Seed	Finals	H#
1 Waldstein, Ryleigh	Sioux Ctrl, SR	17.18	16.56	2
2 Johannsen, Berkley	Sioux Ctrl, SR	17.35	16.67	2
3 Reinhardt, Audree	Estherville-LC	18.06	17.78	2
4 Hamilton, Ivy	Spencer	17.50	18.18	2
5 Gerdes, Haley	Okoboji, Milford	19.21	18.97	2
6 Snyder, Kamryn	Spencer	19.50	19.26	2
7 Runkle, Rylan	Okoboji, Milford	21.67	20.99	2
8 McDonald, Aryah	Boy-Hul/Rock Val		21.64	1
9 Tut, Nyamal	Storm Lake		22.18	1
10 Boogerd, Kiera	Boy-Hul/Rock Val		24.27	1
11 Peters, Ashton	Emmetsburg	20.84	25.27	2

**Girls 4x100 Meter Relay Junior Varsity**

School	Seed	Finals
1 Spencer 'A'	58.50	55.77
1) Sutherland, Shaylee		
2) Christensen, Jasmyn		
3) Stuckey, Addison		
4) Buum, Ava		
2 Estherville-LC 'A'	57.23	55.91
1) Jewell, Madyson		
2) Acosta, Darieliz		
3) Matheson, Ava		
4) Astello, Aracely		
3 Sioux Ctrl, SR 'A'	1:01.00	57.50
1) Waldstein, Ryleigh		
2) Adams, Sigrid		
3) Landauer, Adysen		
4) Rutter, Ava		
4 Okoboji, Milford 'A'	1:02.00	58.63
1) Wittrock, Emma		
2) Drost, Zoe		
3) Anguiano, Angelina		
4) Adams, Elya		
5 Boy-Hul/Rock Val 'A'	59:00.00	58.79
1) Netten, Maya		
2) Rus, Ashlyn		
3) McDonald, Aryah		
4) Marra, Addison		
6 Emmetsburg 'A'	1:01.45	1:00.56
1) Trembly, Hadlee		
2) Brown, Saige		
3) Nelson, Nora		
4) Dunlap, Megan		
7 Storm Lake 'A'	58.00	1:02.29
1) Carrillo, Valeria		
2) Liem, Nevaeh		
3) Norwood, Abigail		
4) Hogrefe, Morgann		
-- Spencer 'B'		X58.72
1) Feather, Sage		
2) Snyder, Kamryn		
3) Harris, Olivia		
4) Wempe, Liz		

**2023 Spencer Girls Invitational - 4/13/2023****Dale Norton Field****Results****Girls 4x200 Meter Relay Junior Varsity**

School	Seed	Finals
1 Okoboji, Milford 'A'	2:00.00	2:03.64
1) Hagedorn, Grace	2) Postma, Rylynn	
3) Newton, Addison	4) Rabel, Harper	
2 Storm Lake 'A'	1:58.41	2:12.14
1) Awga, Akorra	2) Liem, Nevaeh	
3) Norwood, Abigail	4) Hogrefe, Morgann	
3 Spencer 'A'	2:12.00	2:12.86
1) Stuckey, Addison	2) Feather, Sage	
3) Wempe, Liz	4) Gonzalez, Marissa	
4 Emmetsburg 'A'	2:15.00	2:14.51
1) Trembly, Hadlee	2) Brown, Saige	
3) Dunlap, Megan	4) Sargent, Taytum	
5 Boy-Hul/Rock Val 'A'	2:06.00	2:20.38
1) Boender, Aubree	2) Rus, Ashlyn	
3) Marra, Addison	4) Giese, Jayda	
-- Estherville-LC 'A'	2:20.00	DNF
1) De La Rosa, Yuri	2) Robinson, Addison	
3) Chilel Ramirez, Jocelyn	4) Hurst, Jasmine	

**Girls 4x400 Meter Relay Junior Varsity**

School	Seed	Finals
1 Storm Lake 'A'	4:34.79	5:04.05
1) Anderson, Hailey	2) Dahlhauser, Lillian	
3) Lopez, Alexa	4) Chanthapangna, Melanie	
2 Spencer 'A'	5:01.00	5:10.46
1) Palmer, Alexandria	2) Haldin, Ava	
3) Wyman, Addison	4) Haldin, Braylee	
3 Emmetsburg 'A'	5:20.00	5:18.52
1) Ringlaben, Danica	2) Brown, Saige	
3) Peters, Ashton	4) Thompson, Allyson	

**Girls 800 Sprint Medley Junior Varsity**

School	Seed	Finals
1 Estherville-LC 'A'	2:10.83	2:11.81
1) Acosta, Darieliz	2) Matheson, Ava	
3) Smith, Julissa	4) Helmich, Ava	
2 Spencer 'A'	2:10.00	2:13.39
1) Buum, Ava	2) Stuckey, Addison	
3) Christensen, Jasmyn	4) Haldin, Braylee	
3 Storm Lake 'A'	2:45.00	2:13.46
1) Soe, Ehhsermular	2) Johnson, Shauntez	
3) Solem, Natasha	4) Dahlhauser, Lillian	
4 Okoboji, Milford 'A'	2:17.00	2:16.74
1) Adams, Elya	2) Anguiano, Angelina	
3) Wittrock, Emma	4) Jablonski, Ayden	
5 Emmetsburg 'A'	2:20.00	2:24.16
1) Trembly, Hadlee	2) Nelson, Nora	
3) Dunlap, Megan	4) Berkland, Nadia	
6 Boy-Hul/Rock Val 'A'	2:15.00	2:49.40

**2023 Spencer Girls Invitational - 4/13/2023**

**Dale Norton Field**

**Results**

**....Girls 800 Sprint Medley Junior Varsity**

- |                   |                 |
|-------------------|-----------------|
| 1) Den Boer, Ava  | 2) Giese, Jayda |
| 3) Boogerd, Kiera | 4) Rus, Ashlyn  |

**Girls Distance Medley Junior Varsity**

School	Seed	Finals
1 Sioux Ctrl, SR 'A'	5:13.00	5:20.86
1) Anderson, Kylie	2) Adams, Sigrid	
3) Christian, Nora	4) Brauhn, Nevaeh	
2 Storm Lake 'A'	5:14.00	5:26.73
1) Ornelas Gonzalez, Belinda	2) Lopez, Alexa	
3) Chanthapangna, Melanie	4) Dahlhauser, Lillian	
3 Okoboji, Milford 'A'	5:10.00	5:36.52
1) Santos, Kelsey	2) Drost, Zoe	
3) Beal, Nevaeh	4) Pausley, Grace	

**Girls 4x100 Meter Shuttle Hurdle Junior Varsity**

School	Seed	Finals
1 Sioux Ctrl, SR 'A'	1:13.50	1:18.16
1) Bloom, Linnea	2) Wildeman, Caitlin	
3) Orenday, Vivi	4) Wilkinson, Quinn	
2 Okoboji, Milford 'A'	1:20.00	1:25.07
1) Runkle, Rylan	2) Gerdes, Haley	
3) Santos, Kelsey	4) Heller, Jocelyn	
3 Spencer 'A'	1:20.00	1:29.14
1) Wempe, Liz	2) Feather, Sage	
3) Snyder, Kamryn	4) Gonzalez, Marissa	

**Girls High Jump Junior Varsity**

Name	Year School	Seed	Finals
1 Anderson, Kylie	Sioux Ctrl, SR		4-04.00
2 McDonald, Aryah	Boy-Hul/Rock Val	4-06.00	4-04.00
3 Rus, Ashlyn	Boy-Hul/Rock Val		4-02.00

**Girls Long Jump Junior Varsity**

Name	Year School	Seed	Finals
1 Boogerd, Kiera	Boy-Hul/Rock Val	11-06.25	11-05.00
-- Landauer, Adysen	Sioux Ctrl, SR		ND

**Girls Shot Put Junior Varsity**

Name	Year School	Seed	Finals
1 Rozeboom, Tielyr	Boy-Hul/Rock Val	28-03.25	30-03.50
2 Nelson, Nora	Emmetsburg	25-00.00	27-10.50
3 Mendez-Garcia, Maritza	Spencer	25-11.00	26-02.50
4 Kragel, Taylor	Sioux Ctrl, SR	27-08.00	26-02.00
5 Brown, Taylor	Storm Lake	23-10.00	24-07.00

**2023 Spencer Girls Invitational - 4/13/2023**

**Dale Norton Field**

**Results**

**....Girls Shot Put Junior Varsity**

6 Santage, Hayley	Spencer	23-10.00	24-06.00
7 Watts, Emma	Spirit Lake	24-11.00	23-11.00
8 Tuttle, Olivia	Okoboji, Milford	24-03.00	21-09.50
9 Licht, Paula	Emmetsburg	20-00.25	21-07.00
10 Kraninger, Kristina	Okoboji, Milford	23-04.00	20-09.50
11 Lloyd, Anastasia	Storm Lake	21-02.50	18-02.00
-- Webber, Brynn	Sioux Ctrl, SR		ND

**Girls Discus Throw Junior Varsity**

Name	Year School	Seed	Finals
1 Rozeboom, Tielyr	Boy-Hul/Rock Val		92-03
2 Mendez-Garcia, Maritza	Spencer	85-10	79-07.25
3 Dahlhauser, Maggie	Storm Lake	64-00	73-03.25
4 Kragel, Taylor	Sioux Ctrl, SR		70-06
5 Ahrendsen, Grace	Sioux Ctrl, SR		69-00.75
6 Licht, Paula	Emmetsburg		68-05.50
7 Santage, Hayley	Spencer	50-05	66-09.25
8 Kraninger, Kristina	Okoboji, Milford	61-02	64-10.50
9 Watts, Emma	Spirit Lake	50-02	59-06.50
10 Morelos, Genesis	Storm Lake	61-10	58-09.50
11 Sheikh, Tatyana	Emmetsburg		41-09.50

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

1) Spencer	121.25	2) Sioux Ctrl, SR	107
3) Okoboji, Milford	76.25	4) Boy-Hul/Rock Val	67.50
5) Spirit Lake	60	6) Storm Lake	58
6) Estherville-LC	58	8) Emmetsburg	40

**Women - Junior Varsity - Team Rankings - 15 Events Scored**

1) Sioux Ctrl, SR	107	2) Spencer	70
3) Okoboji, Milford	65	4) Boy-Hul/Rock Val	50
4) Emmetsburg	50	6) Storm Lake	40
7) Estherville-LC	30		