

2024 Spencer Girls Invitational - 4/11/2024**Dale Norton Field****Results****Girls 100 Meter Dash Varsity**

| Name | Year School | Finals | H# |
|----------------------|------------------|--------|----|
| Finals | | | |
| 1 Anderson, Jaselyne | Estherville-LC | 12.71 | 1 |
| 2 Allen, Krishauna | Okoboji, Milford | 12.81 | 2 |
| 3 Harder, Mackenzie | Storm Lake | 12.84 | 2 |
| 4 Leupold, Anthea | Spirit Lake | 13.10 | 2 |
| 5 Bomgaars, Rylee | Boy-Hul/Rock Val | 13.13 | 2 |
| 6 Wells, Miley | Okoboji, Milford | 13.17 | 2 |
| 7 Hopkins, Sydnee | Spencer | 13.28 | 2 |
| 8 Krieg, Mercedes | Spencer | 13.56 | 2 |
| 9 Bruinsma, Maggie | Spirit Lake | 13.76 | 1 |
| 10 McCoy, Zoe | Storm Lake | 13.87 | 1 |
| 11 Netten, Maya | Boy-Hul/Rock Val | 14.07 | 2 |
| 12 Olson, Kylie | Estherville-LC | 14.15 | 1 |
| 13 Rouse, Makayla | Emmetsburg | 14.37 | 1 |

Girls 200 Meter Dash Varsity

| Name | Year School | Finals | H# |
|---------------------|------------------|--------|----|
| 1 Allen, Krishauna | Okoboji, Milford | 26.37 | 2 |
| 2 Leupold, Anthea | Spirit Lake | 26.41 | 2 |
| 3 Harder, Mackenzie | Storm Lake | 26.66 | 2 |
| 4 Madsen, Marley | Sioux Ctrl, SR | 26.72 | 1 |
| 5 Schany, Rachel | Emmetsburg | 26.97 | 2 |
| 6 Krieg, Mercedes | Spencer | 27.02 | 2 |
| 7 DeHaan, Avery | Storm Lake | 27.84 | 1 |
| 8 Wilson, Avery | Sioux Ctrl, SR | 28.10 | 2 |
| 9 Dunlavy, Tatum | Estherville-LC | 28.31 | 2 |
| 10 Koenig, Khia | Spencer | 28.81 | 1 |
| 11 Fiene, Dylan | Emmetsburg | 28.92 | 1 |
| 12 Zomer, Ciena | Boy-Hul/Rock Val | 29.28 | 1 |
| 13 Ruschy, Hillary | Estherville-LC | 29.38 | 1 |
| 14 Den Boer, Ava | Boy-Hul/Rock Val | 29.78 | 1 |

Girls 400 Meter Dash Varsity

| Name | Year School | Finals | H# |
|---------------------|------------------|---------|----|
| 1 Schany, Rachel | Emmetsburg | 1:01.73 | 2 |
| 2 Harder, Mackenzie | Storm Lake | 1:03.38 | 2 |
| 3 Dunlavy, Tatum | Estherville-LC | 1:04.50 | 2 |
| 4 Madsen, Marley | Sioux Ctrl, SR | 1:04.54 | 2 |
| 5 Rensink, Makinze | Boy-Hul/Rock Val | 1:05.76 | 2 |
| 6 Wilson, Avery | Sioux Ctrl, SR | 1:06.91 | 2 |
| 7 Clabaugh, Morgan | Estherville-LC | 1:07.70 | 2 |
| 8 Hoegh, Clara | Boy-Hul/Rock Val | 1:07.88 | 2 |
| 9 Heller, Jocelyn | Okoboji, Milford | 1:07.94 | 1 |
| 10 Brown, Kiera | Spencer | 1:08.22 | 1 |
| 11 Eilts, Katie | Spencer | 1:11.46 | 1 |
| 12 Jablonski, Ayden | Okoboji, Milford | 1:14.27 | 1 |

2024 Spencer Girls Invitational - 4/11/2024**Dale Norton Field****Results****Girls 800 Meter Run Varsity**

| Name | Year School | Finals |
|-----------------------|------------------|---------|
| 1 Anderson, Jaselyne | Estherville-LC | 2:27.00 |
| 2 Schoelerman, Adalyn | Spencer | 2:28.05 |
| 3 Kenkel, Grace | Storm Lake | 2:36.62 |
| 4 Miller, Olivia | Boy-Hul/Rock Val | 2:42.95 |
| 5 Schmidt, Emily | Spencer | 2:47.60 |
| 6 Bloom, Linnea | Sioux Ctrl, SR | 2:49.33 |
| 7 Johnson, Addison | Okoboji, Milford | 2:50.80 |
| 8 Krause, Emma | Emmetsburg | 2:52.71 |
| 9 Pausley, Grace | Okoboji, Milford | 2:58.51 |
| 10 Olson, Kylie | Estherville-LC | 3:00.67 |
| 11 Dahlhauser, Maggie | Storm Lake | 3:03.95 |
| 12 Bennett, Mackenzie | Spirit Lake | 3:13.45 |
| 13 Klein, Elizabeth | Boy-Hul/Rock Val | 3:13.92 |

Girls 1500 Meter Run Varsity

| Name | Year School | Finals |
|------------------------|------------------|----------|
| 1 Zwart, Elyse | Boy-Hul/Rock Val | 5:20.57 |
| 2 Bloom, Linnea | Sioux Ctrl, SR | 5:27.88 |
| 3 Pritchard, Charlotte | Spirit Lake | 5:37.71 |
| 4 Kampbell, Silvia | Storm Lake | 5:38.65 |
| 5 Danbom, Nora | Okoboji, Milford | 5:48.81 |
| 6 Morey, Ava | Spencer | 5:48.84 |
| 7 Christian, Nora | Sioux Ctrl, SR | 5:53.06 |
| 8 DeGraaf, Marli | Okoboji, Milford | 5:53.70 |
| 9 Elbert, Rory | Emmetsburg | 6:02.63 |
| 10 Boender, Aubree | Boy-Hul/Rock Val | 6:05.44 |
| 11 Haldin, Ava | Spencer | 6:06.27 |
| 12 Thompson, Allyson | Emmetsburg | 6:18.87 |
| 13 Frostestad, Bethany | Spirit Lake | 6:19.63 |
| 14 Hart, Nichole | Sioux Ctrl, SR | 6:21.50 |
| 15 Dahlhauser, Lillian | Storm Lake | 6:24.38 |
| 16 Lavender, Helen | Estherville-LC | 6:50.78 |
| -- Ortega, Dulce | Okoboji, Milford | X6:35.62 |
| -- Schoelerman, Maggie | Spencer | X7:09.83 |

Girls 3000 Meter Run Varsity

| Name | Year School | Finals |
|--------------------|------------------|----------|
| 1 Zwart, Elyse | Boy-Hul/Rock Val | 11:19.36 |
| 2 Kampbell, Silvia | Storm Lake | 12:10.93 |
| 3 Boender, Aubree | Boy-Hul/Rock Val | 13:16.07 |
| 4 Haldin, Braylee | Spencer | 13:43.65 |
| 5 Gravert, Hailey | Okoboji, Milford | 13:48.01 |
| 6 Lavender, Helen | Estherville-LC | 14:51.79 |

Girls 100 Meter Hurdles Varsity

| Name | Year School | Finals | H# |
|-----------------|----------------|--------|----|
| 1 Schiltz, Cara | Estherville-LC | 16.65 | 2 |

2024 Spencer Girls Invitational - 4/11/2024

Dale Norton Field

Results

....Girls 100 Meter Hurdles Varsity

| | | | | |
|----|---------------------|------------------|-------|---|
| 2 | Waldstein, Ryleigh | Sioux Ctrl, SR | 17.05 | 2 |
| 3 | Peterson, Preslie | Sioux Ctrl, SR | 17.41 | 2 |
| 4 | Simington, Lucy | Spencer | 17.70 | 2 |
| 5 | Bunde, Lydia | Okoboji, Milford | 18.70 | 2 |
| 6 | Newton, Addison | Okoboji, Milford | 18.73 | 1 |
| 7 | Keenan, Reese | Spirit Lake | 18.85 | 2 |
| 8 | Thoren, Elizabeth | Emmetsburg | 19.52 | 1 |
| 9 | Gutierrez, Jennifer | Storm Lake | 20.86 | 1 |
| 10 | McDonald, Aryah | Boy-Hul/Rock Val | 21.18 | 1 |
| 10 | Flores, Stacy | Storm Lake | 21.18 | 1 |
| 12 | Nath, Grace | Estherville-LC | 21.83 | 1 |
| -- | Zomer, Brynlie | Boy-Hul/Rock Val | DQ | 2 |

Girls 400 Meter Hurdles Varsity

| Name | Year | School | Finals | H# |
|-----------------------|------|------------------|----------|----|
| 1 Peterson, Preslie | | Sioux Ctrl, SR | 1:11.54 | 2 |
| 2 Rensink, Makinze | | Boy-Hul/Rock Val | 1:12.44 | 2 |
| 3 Simington, Lucy | | Spencer | 1:12.98 | 2 |
| 4 Wilkinson, Quinn | | Sioux Ctrl, SR | 1:13.73 | 2 |
| 5 Zomer, Brynlie | | Boy-Hul/Rock Val | 1:17.37 | 2 |
| 6 Heller, Jocelyn | | Okoboji, Milford | 1:22.23 | 2 |
| 7 Gutierrez, Jennifer | | Storm Lake | 1:22.56 | 2 |
| 8 Frerichs, Adison | | Okoboji, Milford | 1:23.93 | 1 |
| -- McDonald, Aryah | | Boy-Hul/Rock Val | X1:27.86 | 1 |

Girls 4x100 Meter Relay Varsity

| School | Finals |
|------------------------|--------|
| 1 Boy-Hul/Rock Val 'A' | 53.09 |
| 1) Bomgaars, Rylee | |
| 2) Netten, Maya | |
| 3) Hoegh, Clara | |
| 4) Rensink, Makinze | |
| 2 Spencer 'A' | 53.31 |
| 1) Vail, Tyriana | |
| 2) Hopkins, Sydnee | |
| 3) Simington, Lucy | |
| 4) Krieg, Mercedes | |
| 3 Okoboji, Milford 'A' | 54.39 |
| 1) Avery, Alivia | |
| 2) Meyer, Riley | |
| 3) DeVos, Celeste | |
| 4) DeRuyter, Ella | |
| 4 Sioux Ctrl, SR 'A' | 55.43 |
| 1) Waldstein, Ryleigh | |
| 2) Cavanaugh, Taylor | |
| 3) Adams, Sigrid | |
| 4) Orenday, Vivi | |
| 5 Estherville-LC 'A' | 57.09 |
| 1) Astello, Aracely | |
| 2) Jewell, Madyson | |
| 3) Smith, Julissa | |
| 4) DeRuyter, Zoey | |
| 6 Storm Lake 'A' | 57.70 |
| 1) Robinson, Ella | |
| 2) Xiong, Kaitlyn | |
| 3) McCoy, Zoe | |
| 4) DeHaan, Avery | |
| 7 Emmetsburg 'A' | 59.36 |
| 1) Auten, Ella | |
| 2) Trembly, Hadlee | |
| 3) Vera, Neveah | |
| 4) Hall, Emily | |

2024 Spencer Girls Invitational - 4/11/2024

Dale Norton Field

Results

Girls 4x200 Meter Relay Varsity

| School | Finals |
|------------------------|--------------------|
| 1 Okoboji, Milford 'A' | 1:52.63 |
| 1) Avery, Alivia | 2) Meyer, Riley |
| 3) DeVos, Celeste | 4) DeRuyter, Ella |
| 2 Spencer 'A' | 1:57.24 |
| 1) Vail, Tyriana | 2) Brown, Kiera |
| 3) Christensen, Jasmyn | 4) Hopkins, Sydnee |
| 3 Boy-Hul/Rock Val 'A' | 1:57.67 |
| 1) Netten, Maya | 2) Den Boer, Ava |
| 3) Hoegh, Elsie | 4) Zomer, Ciena |
| 4 Spirit Lake 'A' | 1:59.19 |
| 1) Duvall, Gelena | 2) Beisell, Avery |
| 3) Bolluyt, Ellie | 4) Lundt, Reese |
| 5 Emmetsburg 'A' | 2:01.45 |
| 1) Auten, Ella | 2) Fiene, Dylan |
| 3) Hall, Emily | 4) Rouse, Makayla |
| 6 Estherville-LC 'A' | 2:02.61 |
| 1) Astello, Aracely | 2) Jewell, Madyson |
| 3) Smith, Julissa | 4) DeRuyter, Zoey |
| 7 Storm Lake 'A' | 2:04.66 |
| 1) McCoy, Zoe | 2) Thao, Nina |
| 3) Xiong, Kaitlyn | 4) Robinson, Ella |
| 8 Sioux Ctrl, SR 'A' | 2:09.66 |
| 1) Laursen, Kaliee | 2) Brauhn, Nevaeh |
| 3) Phillips, Sarah | 4) Adams, Sigrid |

Girls 4x400 Meter Relay Varsity

| School | Finals |
|------------------------|----------------------|
| 1 Sioux Ctrl, SR 'A' | 4:29.84 |
| 1) Wilson, Avery | 2) Wilkinson, Quinn |
| 3) Geisinger, Evelyn | 4) Madsen, Marley |
| 2 Estherville-LC 'A' | 4:32.22 |
| 1) Dunlavy, Tatum | 2) Clabaugh, Morgan |
| 3) Yager, Rylee | 4) Olson, Kylie |
| 3 Boy-Hul/Rock Val 'A' | 4:47.45 |
| 1) Miller, Olivia | 2) Den Boer, Ava |
| 3) Hoegh, Elsie | 4) McDonald, Aryah |
| 4 Spencer 'A' | 4:52.24 |
| 1) Morey, Peyton | 2) Brown, Kiera |
| 3) Eilts, Katie | 4) Haldin, Braylee |
| 5 Emmetsburg 'A' | 5:00.52 |
| 1) Auten, Ella | 2) Trembly, Hadlee |
| 3) Fiene, Dylan | 4) Thoren, Elizabeth |
| 6 Okoboji, Milford 'A' | 5:14.39 |
| 1) Fauth, Brilee | 2) Jablonski, Ayden |
| 3) Pausley, Grace | 4) Johnson, Addison |
| 7 Storm Lake 'A' | 5:26.09 |
| 1) Flores, Stacy | 2) Kenkel, Grace |
| 3) Dahlhauser, Lillian | 4) Kampbell, Silvia |

2024 Spencer Girls Invitational - 4/11/2024

Dale Norton Field

Results

Girls 4x800 Meter Relay Varsity

| School | Finals |
|------------------------|------------------------|
| 1 Sioux Ctrl, SR 'A' | 10:46.90 |
| 1) Geisinger, Evelyn | 2) Christian, Nora |
| 3) Madsen, Marley | 4) Bloom, Linnea |
| 2 Spencer 'A' | 11:23.20 |
| 1) Morey, Peyton | 2) Schmidt, Emily |
| 3) Morey, Ava | 4) Haldin, Ava |
| 3 Okoboji, Milford 'A' | 11:40.74 |
| 1) Johnson, Addison | 2) Pausley, Grace |
| 3) Frerichs, Adison | 4) Danbom, Nora |
| 4 Emmetsburg 'A' | 12:00.04 |
| 1) Krause, Emma | 2) Burdick, Caroline |
| 3) Thompson, Allyson | 4) Elbert, Rory |
| 5 Storm Lake 'A' | 12:07.14 |
| 1) Dahlhauser, Lillian | 2) Dahlhauser, Maggie |
| 3) Flores, Stacy | 4) Gutierrez, Jennifer |
| 6 Boy-Hul/Rock Val 'A' | 13:25.64 |
| 1) Klein, Elizabeth | 2) Chruchill, Kaylee |
| 3) Quevedo Pech, Daila | 4) Hespe, Sadie |
| -- Sioux Ctrl, SR 'A' | X11:58.03 |
| 1) Bloom, Karina | 2) Brauhn, Nevaeh |
| 3) Phillips, Sarah | 4) Hart, Nichole |

Girls 800 Sprint Medley Varsity

| School | Finals |
|------------------------|------------------------|
| 1 Okoboji, Milford 'A' | 1:56.19 |
| 1) Avery, Alivia | 2) Meyer, Riley |
| 3) Allen, Krishauna | 4) Wells, Miley |
| 2 Boy-Hul/Rock Val 'A' | 1:56.77 |
| 1) Netten, Maya | 2) Hoegh, Clara |
| 3) Bomgaars, Rylee | 4) Rensink, Makinze |
| 3 Spencer 'A' | 1:58.64 |
| 1) Vail, Tyriana | 2) Hopkins, Sydnee |
| 3) Krieg, Mercedes | 4) Schoelerman, Adalyn |
| 4 Spirit Lake 'A' | 2:00.62 |
| 1) Bruinsma, Maggie | 2) Keenan, Reese |
| 3) Ackerman, Zoe | 4) Scott, Abby |
| 5 Storm Lake 'A' | 2:06.09 |
| 1) Thao, Nina | 2) McCoy, Zoe |
| 3) Robinson, Ella | 4) Kenkel, Grace |
| 6 Emmetsburg 'A' | 2:09.84 |
| 1) Trembly, Hadlee | 2) Hall, Emily |
| 3) Thoren, Elizabeth | 4) Fiene, Dylan |
| 7 Sioux Ctrl, SR 'A' | 2:10.16 |
| 1) Waldstein, Ryleigh | 2) Cavanaugh, Taylor |
| 3) Joenks, Bella | 4) Brauhn, Nevaeh |
| 8 Estherville-LC 'A' | 2:10.59 |
| 1) Astello, Aracely | 2) Smith, Julissa |
| 3) Jewell, Madyson | 4) Olson, Kylie |

2024 Spencer Girls Invitational - 4/11/2024

Dale Norton Field

Results

Girls Distance Medley Varsity

| School | Finals |
|-------------------------|---------------------------|
| 1 Boy-Hul/Rock Val 'A' | 4:41.98 |
| 1) Zomer, Brynlie | 2) Zomer, Ciena |
| 3) Miller, Olivia | 4) Zwart, Elyse |
| 2 Spencer 'A' | 4:44.69 |
| 1) Christensen, Jasmyrn | 2) Lee, Lauren |
| 3) Schoelerman, Adalyn | 4) Morey, Peyton |
| 3 Sioux Ctrl, SR 'A' | 4:45.62 |
| 1) Geisinger, Evelyn | 2) Cavanaugh, Taylor |
| 3) Christian, Nora | 4) Bloom, Linnea |
| 4 Okoboji, Milford 'A' | 5:13.17 |
| 1) Graves, Emma | 2) Rabel, Harper |
| 3) Fauth, Brilee | 4) Frerichs, Adison |
| 5 Spirit Lake 'A' | 5:13.21 |
| 1) Duvall, Gelena | 2) Dodds, Kinley |
| 3) Ackerman, Zoe | 4) Scott, Abby |
| 6 Emmetsburg 'A' | 5:22.14 |
| 1) Walker, London | 2) Nelson, Nora |
| 3) Trembly, Hadlee | 4) Burdick, Caroline |
| 7 Storm Lake 'A' | 5:22.46 |
| 1) Xiong, Kaitlyn | 2) Chanthapangna, Melanie |
| 3) Gutierrez, Jennifer | 4) Dahlhauser, Lillian |
| 8 Estherville-LC 'A' | 6:00.60 |
| 1) De La Rosa, Yuri | 2) Nath, Evelyn |
| 3) Trosin, Ericka | 4) Shatto, Suri |

Girls 4x100 Meter Shuttle Hurdle Varsity

| School | Finals |
|-------------------------|----------------------|
| 1 Sioux Ctrl, SR 'A' | 1:14.00 |
| 1) Waldstein, Ryleigh | 2) Wilkinson, Quinn |
| 3) Orenday, Vivi | 4) Peterson, Preslie |
| 2 Okoboji, Milford 'A' | 1:17.85 |
| 1) Bunde, Lydia | 2) Rabel, Harper |
| 3) Runkle, Rylan | 4) Newton, Addison |
| 3 Spirit Lake 'A' | 1:24.19 |
| 1) Duvall, Gelena | 2) Keenan, Reese |
| 3) Pritchard, Charlotte | 4) Lundt, Reese |

Girls High Jump Varsity

| Name | Year School | Finals |
|--------------------------|------------------|---------|
| 1 Schany, Rachel | Emmetsburg | 4-10.00 |
| 2 Stuckey, Addison | Spencer | 4-08.00 |
| 2 Chanthapangna, Melanie | Storm Lake | 4-08.00 |
| 2 Leupold, Anthea | Spirit Lake | 4-08.00 |
| 2 DeVos, Celeste | Okoboji, Milford | 4-08.00 |
| 6 Heller, Jocelyn | Okoboji, Milford | 4-06.00 |
| 6 Zomer, Brynlie | Boy-Hul/Rock Val | 4-06.00 |
| 8 Orenday, Vivi | Sioux Ctrl, SR | 4-04.00 |
| 8 Hoegh, Elsie | Boy-Hul/Rock Val | 4-04.00 |
| -- Koenig, Khia | Spencer | NH |

2024 Spencer Girls Invitational - 4/11/2024**Dale Norton Field****Results****Girls Long Jump Varsity**

| Name | Year School | Finals |
|-------------------------|------------------|----------|
| 1 Bomgaars, Rylee | Boy-Hul/Rock Val | 17-05.50 |
| 2 Schany, Rachel | Emmetsburg | 17-04.00 |
| 3 Harder, Mackenzie | Storm Lake | 16-08.50 |
| 4 Peterson, Preslie | Sioux Ctrl, SR | 15-10.50 |
| 5 Wilson, Avery | Sioux Ctrl, SR | 15-05.50 |
| 6 Bruinsma, Maggie | Spirit Lake | 15-01.50 |
| 7 Hoegh, Clara | Boy-Hul/Rock Val | 14-10.50 |
| 8 DeRuyter, Zoey | Estherville-LC | 14-08.50 |
| 9 DeHaan, Avery | Storm Lake | 14-06.00 |
| 10 Clabaugh, Morgan | Estherville-LC | 13-10.00 |
| 11 Schroer, Ava | Spencer | 13-08.50 |
| 12 Brown, Kiera | Spencer | 13-07.50 |
| 13 Auten, Ella | Emmetsburg | 13-01.00 |
| 14 Graves, Emma | Okoboji, Milford | 13-00.00 |
| 15 Black Lance, LaTrese | Okoboji, Milford | 10-02.50 |

Girls Shot Put Varsity

| Name | Year School | Finals |
|---------------------|------------------|----------|
| 1 Travis, Lauren | Spirit Lake | 40-01.50 |
| 2 Ruschy, Hillary | Estherville-LC | 37-09.00 |
| 3 Travis, Fran | Spirit Lake | 37-05.00 |
| 4 McCarty, Ava | Sioux Ctrl, SR | 33-07.50 |
| 5 Rosacker, Kaylee | Spencer | 33-03.00 |
| 6 Anderson, Maddy | Emmetsburg | 32-11.00 |
| 7 Gates, Janessa | Okoboji, Milford | 28-07.50 |
| 8 Rodemeyer, Sloan | Emmetsburg | 28-06.50 |
| 9 Hogrefe, Madelyn | Storm Lake | 28-05.00 |
| 10 Schmitz, Peyton | Okoboji, Milford | 28-01.00 |
| 11 Nath, Grace | Estherville-LC | 27-10.50 |
| 12 Bodholdt, Abby | Storm Lake | 27-09.50 |
| 13 Santage, Hayley | Spencer | 27-00.50 |
| 14 Leusink, Natalie | Boy-Hul/Rock Val | 26-10.00 |
| 14 Zomer, Alexa | Boy-Hul/Rock Val | 26-10.00 |
| 16 Kragel, Taylor | Sioux Ctrl, SR | 26-08.50 |

Girls Discus Throw Varsity

| Name | Year School | Finals |
|--------------------|------------------|-----------|
| 1 Travis, Fran | Spirit Lake | 133-00.50 |
| 2 Ruschy, Hillary | Estherville-LC | 105-03.50 |
| 3 Rosacker, Kaylee | Spencer | 100-05 |
| 4 Bodholdt, Abby | Storm Lake | 93-09 |
| 5 Nelson, Nora | Emmetsburg | 93-08 |
| 6 Travis, Lauren | Spirit Lake | 88-07 |
| 7 Hogrefe, Madelyn | Storm Lake | 82-01.50 |
| 8 McCarty, Ava | Sioux Ctrl, SR | 81-08 |
| 9 Leusink, Natalie | Boy-Hul/Rock Val | 74-00.50 |
| 10 Kragel, Taylor | Sioux Ctrl, SR | 71-05 |
| 11 Schmitz, Peyton | Okoboji, Milford | 70-02 |
| 12 Santage, Hayley | Spencer | 68-06 |

2024 Spencer Girls Invitational - 4/11/2024**Dale Norton Field****Results****...Girls Discus Throw Varsity**

| | | |
|---------------------|------------------|----------|
| 13 Towell, Lyndsay | Estherville-LC | 59-09.50 |
| 14 Gates, Janessa | Okoboji, Milford | 55-05 |
| 15 Zomer, Alexa | Boy-Hul/Rock Val | 54-03 |
| -- Rodemeyer, Sloan | Emmetsburg | FOUL |

Girls 100 Meter Dash Junior Varsity

| Name | Year School | Finals | H# |
|----------------------|------------------|--------|----|
| 1 Boom, Ava | Spencer | 14.34 | 1 |
| 2 Hintz, Alyssa | Okoboji, Milford | 14.65 | 2 |
| 3 Thao, Nina | Storm Lake | 14.79 | 2 |
| 4 Leman, Grace | Okoboji, Milford | 14.88 | 1 |
| 5 Shako, Rebecca | Spirit Lake | 14.97 | 2 |
| 6 Wallenburg, Makiah | Boy-Hul/Rock Val | 15.26 | 2 |
| 7 Kapinga, Joey | Spirit Lake | 15.28 | 1 |
| 8 Schroer, Ava | Spencer | 15.35 | 1 |
| 9 Vera, Neveah | Emmetsburg | 15.55 | 2 |
| 9 Klein, Elizabeth | Boy-Hul/Rock Val | 15.55 | 2 |
| 11 Hoffman, Amya | Emmetsburg | 16.48 | 2 |
| 12 Wuol, Mana | Storm Lake | 18.34 | 1 |

Girls 200 Meter Dash Junior Varsity

| Name | Year School | Finals | H# |
|--------------------------|------------------|--------|----|
| 1 Cavanaugh, Taylor | Sioux Ctrl, SR | 29.50 | 2 |
| 2 Graves, Emma | Okoboji, Milford | 30.28 | 1 |
| 3 Joenks, Bella | Sioux Ctrl, SR | 30.72 | 2 |
| 4 Shako, Rebecca | Spirit Lake | 31.82 | 1 |
| 5 Chanthapangna, Melanie | Storm Lake | 32.96 | 2 |
| 6 Kapinga, Joey | Spirit Lake | 33.23 | 1 |
| 7 Trosin, Ericka | Estherville-LC | 33.41 | 1 |
| 8 Hoffman, Amya | Emmetsburg | 33.64 | 2 |
| 9 Brant, Alisa | Spencer | 33.68 | 2 |
| 10 Kjenner, Michaela | Emmetsburg | 34.42 | 1 |
| 11 Kaufman, Jozephine | Boy-Hul/Rock Val | 35.75 | 1 |
| 12 Chanthavong, Ayviana | Storm Lake | 36.09 | 2 |
| 13 Perkins, Chloe | Estherville-LC | 36.87 | 1 |

Girls 800 Meter Run Junior Varsity

| Name | Year School | Finals |
|---------------------------|------------------|---------|
| 1 Gravert, Hailey | Okoboji, Milford | 2:58.60 |
| 2 Hemann, Millie | Spencer | 2:59.75 |
| 3 Chruchill, Kaylee | Boy-Hul/Rock Val | 3:21.61 |
| 4 Paul, Nyagoa | Storm Lake | 3:27.30 |
| 5 Hesper, Sadie | Boy-Hul/Rock Val | 3:28.59 |
| 6 Chilel Ramirez, Jocelyn | Estherville-LC | 4:03.99 |

2024 Spencer Girls Invitational - 4/11/2024

Dale Norton Field

Results

Girls 100 Meter Hurdles Junior Varsity

| Name | Year School | Finals |
|---------------------|------------------|--------|
| 1 Wilkinson, Quinn | Sioux Ctrl, SR | 17.71 |
| 2 Runkle, Rylan | Okoboji, Milford | 20.34 |
| 3 Rabel, Harper | Okoboji, Milford | 20.84 |
| 4 Orenday, Vivi | Sioux Ctrl, SR | 21.09 |
| 5 Walker, London | Emmetsburg | 21.49 |
| 6 Kjenner, Michaela | Emmetsburg | 21.63 |

Girls 4x100 Meter Relay Junior Varsity

| School | Finals |
|-------------------------|-----------------------|
| 1 Okoboji, Milford 'A' | 59.79 |
| 1) Leman, Grace | 2) Dowhower, Rylie |
| 3) Hintz, Alyssa | 4) Santos, Kelsey |
| 2 Boy-Hul/Rock Val 'A' | 1:01.19 |
| 1) Hoegh, Elsie | 2) Wallenburg, Makiah |
| 3) Gerritsen, Emilee | 4) Klein, Elizabeth |
| 3 Emmetsburg 'A' | 1:02.24 |
| 1) Brown, Saige | 2) Nelson, Nora |
| 3) Dunlap, Megan | 4) Anderson, Maddy |
| 4 Spencer 'A' | 1:03.93 |
| 1) Morey, Peyton | 2) Morey, Ava |
| 3) Haldin, Ava | 4) Haldin, Braylee |
| 5 Storm Lake 'A' | 1:04.54 |
| 1) Chanthavong, Ayviana | 2) Bodholdt, Abby |
| 3) Richardson, Cole | 4) Yang, Jamie |

Girls 4x200 Meter Relay Junior Varsity

| School | Finals |
|------------------------|---------------------------|
| 1 Okoboji, Milford 'A' | 2:06.75 |
| 1) Leman, Grace | 2) Gerdes, Haley |
| 3) Santos, Kelsey | 4) Hintz, Alyssa |
| 2 Spencer 'A' | 2:07.97 |
| 1) Koenig, Khia | 2) Buum, Ava |
| 3) Stuckey, Addison | 4) Eilts, Katie |
| 3 Boy-Hul/Rock Val 'A' | 2:18.42 |
| 1) Wallenburg, Makiah | 2) Gerritsen, Emilee |
| 3) Chruchill, Kaylee | 4) Kaufman, Jozephine |
| 4 Storm Lake 'A' | 2:19.93 |
| 1) Bodholdt, Abby | 2) Chanthapangna, Melanie |
| 3) Yang, Jamie | 4) Chanthavong, Ayviana |

Girls 4x400 Meter Relay Junior Varsity

| School | Finals |
|------------------------|--------------------|
| 1 Sioux Ctrl, SR 'A' | 5:02.33 |
| 1) Bloom, Karina | 2) Joenks, Bella |
| 3) Brauhn, Nevaeh | 4) Phillips, Sarah |
| 2 Spencer 'A' | 5:17.38 |
| 1) Christensen, Jasmyn | 2) Lee, Lauren |

2024 Spencer Girls Invitational - 4/11/2024

Dale Norton Field

Results

....Girls 4x400 Meter Relay Junior Varsity

| | | |
|----------------------|----------------------|---------|
| 3) Schroer, Ava | 4) Sirovy, Kaitlin | |
| 3 Emmetsburg 'A' | | 5:20.88 |
| 1) Krause, Emma | 2) Burdick, Caroline | |
| 3) Thompson, Allyson | 4) Elbert, Rory | |

Girls 800 Sprint Medley Junior Varsity

| School | | Finals |
|------------------------|-------------------------|---------|
| 1 Boy-Hul/Rock Val 'A' | | 2:18.31 |
| 1) Leusink, Natalie | 2) Zomer, Alexa | |
| 3) McDonald, Aryah | 4) Gerritsen, Emilee | |
| 2 Emmetsburg 'A' | | 2:18.88 |
| 1) Brown, Saige | 2) Dunlap, Megan | |
| 3) Vera, Neveah | 4) Walker, London | |
| 3 Spencer 'A' | | 2:22.77 |
| 1) Brant, Alisa | 2) Banez, Claudia | |
| 3) Schroer, Ava | 4) Stuckey, Addison | |
| 4 Okoboji, Milford 'A' | | 2:22.99 |
| 1) Dowhower, Rylie | 2) Loken, Kylan | |
| 3) Leman, Grace | 4) Ortega, Dulce | |
| 5 Estherville-LC 'A' | | 2:37.86 |
| 1) De La Rosa, Yuri | 2) Hurst, Jasmine | |
| 3) Perkins, Chloe | 4) Crees, Alivia | |
| 6 Storm Lake 'A' | | 2:42.07 |
| 1) Wuol, Mana | 2) Chanthavong, Ayviana | |
| 3) Yang, Jamie | 4) Paul, Nyagoa | |

Girls Distance Medley Junior Varsity

| School | | Finals |
|-------------------------|------------------------|---------|
| 1 Sioux Ctrl, SR 'A' | | 5:13.74 |
| 1) Joenks, Bella | 2) Laursen, Kaliee | |
| 3) Hart, Nichole | 4) Bloom, Karina | |
| 2 Okoboji, Milford 'A' | | 5:41.87 |
| 1) Black Lance, LaTrese | 2) Dowhower, Rylie | |
| 3) Danbom, Nora | 4) Ortega, Dulce | |
| 3 Boy-Hul/Rock Val 'A' | | 6:16.26 |
| 1) Kaufman, Jozephine | 2) Hespe, Sadie | |
| 3) Chruchill, Kaylee | 4) Quevedo Pech, Daila | |

Girls High Jump Junior Varsity

| Name | Year School | Finals |
|----------------------|------------------|---------|
| 1 Zomer, Ciena | Boy-Hul/Rock Val | 4-04.00 |
| -- Gerritsen, Emilee | Boy-Hul/Rock Val | NH |

Girls Long Jump Junior Varsity

| Name | Year School | Finals |
|----------------------|------------------|----------|
| 1 Brant, Alisa | Spencer | 12-03.00 |
| 2 Wallenburg, Makiah | Boy-Hul/Rock Val | 12-02.50 |

2024 Spencer Girls Invitational - 4/11/2024**Dale Norton Field****Results****...Girls Long Jump Junior Varsity**

| | | |
|------------------|---------|----------|
| 3 Banez, Claudia | Spencer | 10-05.00 |
|------------------|---------|----------|

Girls Shot Put Junior Varsity

| Name | Year School | Finals |
|--------------------|------------------|----------|
| 1 Richardson, Cole | Storm Lake | 27-09.00 |
| 2 Leupold, Addilin | Spirit Lake | 27-01.00 |
| 3 Towell, Lyndsay | Estherville-LC | 25-04.00 |
| 4 Watts, Emma | Spirit Lake | 24-04.00 |
| 5 Laursen, Kailee | Sioux Ctrl, SR | 23-02.00 |
| 6 Licht, Paula | Emmetsburg | 22-02.50 |
| 7 Brown, Taylor | Storm Lake | 21-09.00 |
| 8 Hart, Mya | Okoboji, Milford | 21-05.50 |
| 9 Adams, Sigrid | Sioux Ctrl, SR | 21-02.00 |
| 10 Bremond, Fiona | Emmetsburg | 21-00.00 |
| 11 Kruse, Marissa | Spencer | 19-07.00 |

Girls Discus Throw Junior Varsity

| Name | Year School | Finals |
|--------------------|------------------|----------|
| 1 Beck, Ella | Spirit Lake | 84-08.50 |
| 2 Leupold, Addilin | Spirit Lake | 70-01 |
| 3 Laursen, Kaliee | Sioux Ctrl, SR | 68-03.50 |
| 4 Richardson, Cole | Storm Lake | 64-06 |
| 5 Licht, Paula | Emmetsburg | 64-02 |
| 6 Brown, Taylor | Storm Lake | 63-02 |
| 7 Kruse, Marissa | Spencer | 49-08 |
| 8 Hart, Mya | Okoboji, Milford | 46-07 |
| 9 Adams, Sigrid | Sioux Ctrl, SR | 45-06.50 |
| 10 Bremond, Fiona | Emmetsburg | 40-06 |

Women - Varsity - Team Rankings - 19 Events Scored

| | | | |
|---------------------|----|---------------------|----|
| 1) Boy-Hul/Rock Val | 96 | 1) Sioux Ctrl, SR | 96 |
| 3) Spencer | 80 | 4) Okoboji, Milford | 74 |
| 5) Spirit Lake | 70 | 6) Estherville-LC | 64 |
| 7) Storm Lake | 59 | 8) Emmetsburg | 43 |

Women - Junior Varsity - Team Rankings - 15 Events Scored

| | | | |
|---------------------|----|---------------------|----|
| 1) Okoboji, Milford | 76 | 2) Spencer | 60 |
| 3) Sioux Ctrl, SR | 58 | 4) Boy-Hul/Rock Val | 57 |
| 5) Spirit Lake | 37 | 6) Storm Lake | 34 |
| 7) Emmetsburg | 26 | 8) Estherville-LC | 9 |