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Spencer, IA

Results

Girls 100 Meter Dash Varsity

	Name	Year	School	Finals	H#
Finals					
1	Sinz, Anabel		Spirit Lake	13.17	2
2	Leupold, Anthea		Spirit Lake	13.26	2
3	Krieg, Mercedes		Spencer	13.46	2
4	Birkey, Cate		Bishop Garrigan	13.50	2
5	Avery, Alivia		Okoboji, Milford	13.82	2
6	Berte, Brooklyn		Bishop Garrigan	14.05	2
7	McCoy, Zoe		Storm Lake	14.09	2
8	Iedema, Anna		Spencer	14.34	2
9	Thoren, Elizabeth		Emmetsburg	14.57	1
10	White, Gracie		Estherville-LC	15.34	1
11	Ruden, Tessa		Gehlen Cath, L	15.41	1
12	Dreckman, Maleah		Gehlen Cath, L	15.42	1
13	Zylstra-Reedy, Bella		Emmetsburg	15.77	1
14	Gomez-Ramirez, Amy		Estherville-LC	15.80	1

Girls 200 Meter Dash Varsity

	Name	Year	School	Finals	H#
1	Wells, Miley		Spirit Lake	26.88	2
2	Sinz, Anabel		Spirit Lake	26.91	2
3	Tigges, Madelyn		Bishop Garrigan	27.92	2
4	Meyer, Riley		Okoboji, Milford	28.19	2
5	Iedema, Anna		Spencer	28.54	2
6	Kerns, Delainey		Gehlen Cath, L	28.61	2
7	Roethler, Ava		Bishop Garrigan	28.73	2
8	Robbins, Jolie		Spencer	28.90	2
9	Leman, Adalee		Okoboji, Milford	29.17	1
10	Biddle, Abby		Emmetsburg	30.11	1
11	Chanthapangna, Melanie		Storm Lake	31.23	1
12	Xiong, Kaitlyn		Storm Lake	32.28	1
13	Harris, Grace		Estherville-LC	32.32	1
14	Rouse, Makayla		Emmetsburg	32.33	1
15	Bonderson, Kora		Gehlen Cath, L	33.18	1

Girls 400 Meter Dash Varsity

	Name	Year	School	Finals	H#
1	Tigges, Madelyn		Bishop Garrigan	58.98	2
2	Schany, Rachel		Emmetsburg	59.80	2
3	Frankenstein, Calista		Spencer	1:04.78	2
4	Larsen, McKenzie		Okoboji, Milford	1:07.14	2
5	Wassenaar, JJ		Spirit Lake	1:08.14	2
6	Schmidt, Emily		Spencer	1:08.74	2
7	Jacuinde-Mellado, Isari		Storm Lake	1:09.58	1
8	Wasson, Ava		Okoboji, Milford	1:10.18	2
9	Rodriguez, Jade		Storm Lake	1:13.30	1
10	Nichols, Dallis		Estherville-LC	1:14.40	1

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Results

Girls 800 Meter Run Varsity

	Name	Year	School	Finals
1	Schany, Rachel		Emmetsburg	2:28.84
2	Swift, Julia		Bishop Garrigan	2:35.24
3	Beck, Ella		Spirit Lake	2:37.25
4	Kohlhaas, Eva		Bishop Garrigan	2:39.39
5	Mitchell, Rylee		Okoboji, Milford	2:44.75
6	Castle, Emmi		Gehlen Cath, L	2:50.09
7	Wasson, Ava		Okoboji, Milford	2:50.73
8	Kolbeck, Breanna		Gehlen Cath, L	2:53.55
9	Dahlhauser, Maggie		Storm Lake	2:54.67
10	Leiva, Jennifer		Storm Lake	2:55.38
11	Elbert, Rory		Emmetsburg	2:56.02
12	Pritchard, Anna		Spirit Lake	3:05.17
13	Salton, Micayla		Spencer	3:11.29
--	Johnson, Makayla		Emmetsburg	X3:00.87
--	Elness, Lilly		Estherville-LC	X3:24.18
--	Flores, Guadalupe Estefa		Storm Lake	X3:37.56
--	Ness, Kaylee		Spencer	X3:38.62
--	Perez Zavala, Camilla		Storm Lake	X3:45.35

Girls 1500 Meter Run Varsity

	Name	Year	School	Finals
1	Kampbell, Silvia		Storm Lake	5:17.35
2	Weston, Kaela		Okoboji, Milford	5:48.81
3	Dahlhauser, Maggie		Storm Lake	5:50.99
4	Pruin, Maci		Spirit Lake	5:51.67
5	Geha, Violet		Gehlen Cath, L	5:56.18
6	Gravert, Hailey		Okoboji, Milford	6:06.01
7	Frostestad, Bethany		Spirit Lake	6:06.15
8	Elbert, Rory		Emmetsburg	6:11.07
9	Morey, Ava		Spencer	6:15.54
10	Mattox, Sophya		Estherville-LC	6:46.72
11	Johnson, Makayla		Emmetsburg	6:48.73
--	Cunningham, Emilia		Okoboji, Milford	X7:49.95

Girls 3000 Meter Run Varsity

	Name	Year	School	Finals
1	Kampbell, Silvia		Storm Lake	11:33.50
2	Swift, Julia		Bishop Garrigan	12:17.79
3	Frostestad, Bethany		Spirit Lake	13:25.80
4	Pritchard, Anna		Spirit Lake	14:06.18
5	Tesch, Danielle		Gehlen Cath, L	15:16.40
6	Lavender, Helen		Estherville-LC	15:19.89
7	Mattox, Sophya		Estherville-LC	15:24.70
8	Leiva, Jennifer		Storm Lake	16:48.48

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Girls 100 Meter Hurdles Varsity

	Name	Year	School	Finals	H#
1	Bolluyt, Leah		Spirit Lake	15.70	2
2	Stuckey, Lauren		Spencer	17.75	2
3	Pohlen, Lindsey		Gehlen Cath, L	17.87	2
4	Thoren, Elizabeth		Emmetsburg	17.97	2
5	Peta, Brynlee		Estherville-LC	18.51	2
6	Mehan, Elliot		Spencer	18.98	1
7	Sinz, Elanor		Spirit Lake	18.99	2
8	Thoms, Leah		Gehlen Cath, L	19.02	2
9	Xiong, Kaitlyn		Storm Lake	22.78	1
10	Chanthavong, Ayviana		Storm Lake	23.24	1
--	Shatto, Suri		Estherville-LC	DQ	2

Girls 400 Meter Hurdles Varsity

	Name	Year	School	Finals
1	Bolluyt, Leah		Spirit Lake	1:07.42
2	Simington, Lucy		Spencer	1:08.60
3	Sinz, Elanor		Spirit Lake	1:09.36
4	Eilts, Katie		Spencer	1:15.18
5	Walters, Macy		Emmetsburg	1:16.55
--	Martini, Sydney		Emmetsburg	DNF

Girls 4x100 Meter Relay Varsity

	School	Finals
1	Spencer 'A'	50.33
	1) Reynolds, Brooklyn	2) Hopkins, Sydnee
	3) Robbins, Jolie	4) Krieg, Mercedes
2	Spirit Lake 'A'	50.43
	1) Duvall, Gelena	2) Bruinsma, Maggie
	3) Wells, Miley	4) Leupold, Anthea
3	Bishop Garrigan 'A'	52.66
	1) Birkey, Cate	2) Berte, Brooklyn
	3) Roethler, Ava	4) Tigges, Madelyn
4	Estherville-LC 'A'	55.23
	1) Olson, Kylie	2) DeRuyter, Zoey
	3) Clabaugh, Morgan	4) Smith, Jasmine
5	Storm Lake 'A'	55.38
	1) DeHaan, Avery	2) DeHaan, Reagan
	3) McCoy, Kamryn	4) McCoy, Zoe
6	Okoboji, Milford 'A'	55.42
	1) Avery, Alivia	2) Leman, Grace
	3) Leman, Adalee	4) Meyer, Riley
7	Emmetsburg 'A'	56.45
	1) Rouse, Makayla	2) Fiene, Dylan
	3) Thoren, Elizabeth	4) Biddle, Abby
8	Gehlen Cath, L 'A'	57.08
	1) Pohlen, Lindsey	2) Thoms, Leah
	3) Sitzmann, Kenadee	4) Dreckman, Maleah

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Results

Girls 4x200 Meter Relay Varsity

School	Finals
1 Spencer 'A'	1:46.08
1) Reynolds, Brooklyn	2) Hopkins, Sydnee
3) Krieg, Mercedes	4) Simington, Lucy
2 Okoboji, Milford 'A'	1:50.17
1) Avery, Alivia	2) Avery, Ava
3) Leman, Adalee	4) Meyer, Riley
3 Spirit Lake 'A'	1:57.06
1) Van Genderen, Finley	2) Dodds, Kinley
3) Holter, Josie	4) Lalumendre, Mckinley
4 Storm Lake 'A'	1:57.97
1) DeHaan, Avery	2) DeHaan, Reagan
3) McCoy, Kamryn	4) McCoy, Zoe
5 Emmetsburg 'A'	2:02.21
1) Fiene, Dylan	2) Rouse, Makayla
3) Zylstra-Reedy, Bella	4) Biddle, Abby
6 Estherville-LC 'A'	2:02.58
1) De La Rosa, Yuri	2) White, Gracie
3) Harris, Grace	4) Olson, Kylie
7 Gehlen Cath, L 'A'	2:07.94
1) Ruden, Tessa	2) Sitzmann, Kenadee
3) Scheitler, Bella	4) Bonderson, Kora

Girls 4x400 Meter Relay Varsity

School	Finals
1 Spirit Lake 'A'	4:18.57
1) Bruinsma, Maggie	2) Trautman, Kaitlyn
3) Mueting, Marie	4) Petersen, Addy
2 Emmetsburg 'A'	4:41.58
1) Walters, Macy	2) Fiene, Brooklyn
3) Martini, Sydney	4) Swift, Lily
3 Bishop Garrigan 'A'	4:44.23
1) Curtis, Rosanne	2) Kahle, Rachel
3) Besch, Ava	4) Kohlhaas, Eva
4 Gehlen Cath, L 'A'	4:57.60
1) Schilling, Anna	2) Geha, Violet
3) Konz, Kennedy	4) Scheitler, Bella
5 Storm Lake 'A'	5:11.64
1) Rodriguez, Jade	2) Chanthapangna, Melanie
3) Xiong, Kaitlyn	4) Jacuinde-Mellado, Isari
-- Spencer 'A'	DQ
1) Frankenstein, Calista	2) Eilts, Katie
3) Stuckey, Lauren	4) Schmidt, Emily

Girls 4x800 Meter Relay Varsity

School	Finals
1 Spirit Lake 'A'	10:14.28
1) Trautman, Kaitlyn	2) Sinz, Elanor
3) Petersen, Addy	4) Mueting, Marie
2 Spencer 'A'	11:20.50

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....Girls 4x800 Meter Relay Varsity

	1) Frankenstein, Calista	2) Palmer, Alexandria	
	3) Schmidt, Emily	4) Morey, Ava	
3	Bishop Garrigan 'A'		11:29.73
	1) Curtis, Rosanne	2) Kollasch, Emma	
	3) Kahle, Rachel	4) Kohlhaas, Eva	
4	Storm Lake 'A'		11:56.71
	1) Kenkel, Grace	2) Dahlhauser, Maggie	
	3) Rodriguez, Jade	4) Jacuinde-Mellado, Isari	
5	Gehlen Cath, L 'A'		11:56.82
	1) Castle, Emmi	2) Geha, Violet	
	3) Konz, Kennedy	4) Kolbeck, Breanna	
--	Spencer 'B'		X12:30.55
	1) Stevenson, Hallie	2) Fairbanks, Adelyn	
	3) Salton, Micayla	4) Griffin, Khia	

Girls 800 Sprint Medley Varsity

	School	Finals
1	Spirit Lake 'A'	1:51.68
	1) Wells, Miley	2) Leupold, Anthea
	3) Bolluyt, Leah	4) Sinz, Anabel
2	Spencer 'A'	1:54.44
	1) Hopkins, Sydnee	2) Krieg, Mercedes
	3) Simington, Lucy	4) Reynolds, Brooklyn
3	Estherville-LC 'A'	2:02.04
	1) Olson, Kylie	2) DeRuyter, Zoey
	3) Clabaugh, Morgan	4) Smith, Jasmine
4	Emmetsburg 'A'	2:05.07
	1) Fiene, Dylan	2) Zylstra-Reedy, Bella
	3) Biddle, Abby	4) Swift, Lily
5	Storm Lake 'A'	2:06.60
	1) McCoy, Zoe	2) McCoy, Kamryn
	3) DeHaan, Reagan	4) DeHaan, Avery
6	Okoboji, Milford 'A'	2:06.81
	1) Neavin, Kenadie	2) Leman, Grace
	3) Vonk, Pacey	4) Wipf, Brynley
7	Gehlen Cath, L 'A'	2:11.12
	1) Ruden, Tessa	2) Sitzmann, Kenadee
	3) Budden, Delanie	4) Schilling, Anna

Girls Distance Medley Varsity

	School	Finals
1	Gehlen Cath, L 'A'	4:40.54
	1) Castle, Addi	2) Ruhland, Ella
	3) Kerns, Delainey	4) Schmidt, Ayla
2	Spirit Lake 'A'	4:46.08
	1) Duvall, Gelena	2) Bruinsma, Maggie
	3) Beck, Ella	4) Pruin, Maci
3	Storm Lake 'A'	4:54.61
	1) DeHaan, Reagan	2) Chanthapangna, Melanie
	3) Kenkel, Grace	4) Kampbell, Silvia
4	Okoboji, Milford 'A'	4:57.81

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....Girls Distance Medley Varsity

1) Neavin, Kenadie	2) Vonk, Pacey	
3) Mitchell, Rylee	4) Wipf, Brynley	
5 Emmetsburg 'A'		5:06.18
1) Rouse, Makayla	2) Swift, Lily	
3) Fiene, Dylan	4) Hellickson, Makaela	
6 Spencer 'A'		5:08.15
1) Christensen, Jasmyn	2) Brown, Kiera	
3) Robbins, Jolie	4) Palmer, Alexandria	
7 Bishop Garrigan 'A'		5:18.86
1) Culbertson, Avery	2) Bartolo, Addie	
3) Roethler, Piper	4) Kollasch, Emma	

Girls 4x100 Meter Shuttle Hurdle Varsity

School	Finals
1 Spencer 'A'	1:12.07
1) Simington, Lucy	2) Kunath, Mackenzie
3) Eilts, Katie	4) Stuckey, Lauren
2 Gehlen Cath, L 'A'	1:12.30
1) Ruhland, Ella	2) Thoms, Leah
3) Pohlen, Lindsey	4) Castle, Addi
3 Estherville-LC 'A'	1:15.75
1) Nath, Grace	2) Peta, Brynlee
3) Beekman, Arianna	4) Shatto, Suri
4 Spirit Lake 'A'	1:16.88
1) Duvall, Gelena	2) Wassenaar, JJ
3) Bolluyt, Ellie	4) Fontenot, June

Girls High Jump Varsity

Name	Year	School	Finals
1 Schany, Rachel		Emmetsburg	5-04.00
2 Stuckey, Lauren		Spencer	5-02.00
3 Chanthapangna, Melanie		Storm Lake	5-00.00
3 Walters, Macy		Emmetsburg	5-00.00
5 Trautman, Kaitlyn		Spirit Lake	4-10.00
6 Beekman, Arianna		Estherville-LC	4-08.00
7 Holter, Josie		Spirit Lake	4-06.00
8 Scheitler, Bella		Gehlen Cath, L	4-00.00

Girls Long Jump Varsity

Name	Year	School	Finals
1 Sinz, Anabel		Spirit Lake	18-00.00
2 Schany, Rachel		Emmetsburg	17-08.00
3 Robbins, Jolie		Spencer	16-01.50
4 Bruinsma, Maggie		Spirit Lake	15-10.00
5 Reynolds, Brooklyn		Spencer	15-03.50
6 White, Gracie		Estherville-LC	14-06.50
7 Gomez-Ramirez, Amy		Estherville-LC	13-02.75
8 Kohlhaas, Eva		Bishop Garrigan	13-01.00
9 Hellickson, Makaela		Emmetsburg	11-10.00

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....Girls Long Jump Varsity

10	Jaramillo, Aileen	Storm Lake	10-06.00
--	Phanthavong, Ally	Storm Lake	ND

Girls Shot Put Varsity

	Name	Year	School	Finals
1	Culbertson, Avery		Bishop Garrigan	35-02.00
2	Budden, Delanie		Gehlen Cath, L	33-10.00
3	Beck, McKenna		Spirit Lake	33-09.00
4	Nath, Grace		Estherville-LC	33-08.00
5	Doty, Sophia		Spencer	33-07.00
6	Sitzmann, Kenadee		Gehlen Cath, L	33-00.00
7	Mart, Brooke		Spencer	30-11.00
8	Gates, Jennesa		Okoboji, Milford	30-10.00
9	Petty, Clara		Spirit Lake	30-06.00
10	Thomas, Anaya		Bishop Garrigan	30-04.50
11	Towell, Lyndsay		Estherville-LC	29-07.00
12	Htoo, Baw		Storm Lake	27-10.00
13	Kenkel, Grace		Storm Lake	25-09.00
14	Straw, Lily		Emmetsburg	24-09.00
15	Kraninger, Kaitlyn		Okoboji, Milford	22-04.00
16	Albrant, Miley		Emmetsburg	19-04.00

Girls Discus Throw Varsity

	Name	Year	School	Finals
1	Beck, McKenna		Spirit Lake	120-05
2	Derner, Danica		Okoboji, Milford	100-03
3	Budden, Delanie		Gehlen Cath, L	99-04
4	Castle, Addi		Gehlen Cath, L	96-11
5	Kenkel, Grace		Storm Lake	96-01
6	Gates, Jennesa		Okoboji, Milford	91-07
7	Culbertson, Avery		Bishop Garrigan	90-07
8	Peterson, Jenna		Bishop Garrigan	89-02
9	Santage, Hayley		Spencer	88-02
10	Htoo, Baw		Storm Lake	84-04
11	Doty, Sophia		Spencer	83-06
12	Towell, Lyndsay		Estherville-LC	81-01
13	Straw, Lily		Emmetsburg	78-02
14	Petty, Clara		Spirit Lake	77-01
15	Schneider, Kyleigh		Estherville-LC	74-05
--	Albrant, Miley		Emmetsburg	ND

Girls 100 Meter Dash JV

	Name	Year	School	Finals	H#
1	Christensen, Jasmyn		Spencer	14.43	2
2	Van Genderen, Finley		Spirit Lake	14.47	2
3	Leman, Grace		Okoboji, Milford	15.12	2
4	Weston, Jorga		Estherville-LC	15.65	2
5	Steelman, Leigha		Okoboji, Milford	15.81	1
6	Ice, Fallon		Spirit Lake	16.16	2

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....Girls 100 Meter Dash JV

7	Hallett, Alexa	Spencer	16.27	2
8	Calderon-Gonzalez, Alexa	Storm Lake	17.16	2
9	Hoffman, Mylee	Emmetsburg	17.47	1
10	Wall, Athena	Estherville-LC	17.94	1
11	Jaramillo, Aileen	Storm Lake	18.25	2
12	Quindel, Alice	Emmetsburg	18.60	1

Girls 200 Meter Dash JV

	Name	Year	School	Finals	H#
1	Wassenaar, JJ		Spirit Lake	29.84	2
2	Christensen, Jasmyn		Spencer	30.30	2
3	Roethler, Piper		Bishop Garrigan	30.65	2
4	Brown, Kiera		Spencer	31.09	2
5	Mitchell, Jordyn		Okoboji, Milford	32.17	2
6	Pal, Nyeziel		Storm Lake	32.44	1
7	Anderson, Grace		Estherville-LC	33.03	1
8	Bartolo, Addie		Bishop Garrigan	33.63	2
9	Hoffman, Mylee		Emmetsburg	35.35	1
10	Kyle, Khamani		Storm Lake	36.47	2
11	Quindel, Alice		Emmetsburg	37.39	1
12	Olson, Mia		Estherville-LC	37.51	1

Girls 400 Meter Dash JV

	Name	Year	School	Finals
1	Gravert, Hailey		Okoboji, Milford	1:13.24
2	Sikora, Keely		Emmetsburg	1:15.26
3	Walker, Chloe		Emmetsburg	1:18.71
4	Perez Gonzalez, Camila		Storm Lake	1:20.96
5	Medina, Maria		Storm Lake	1:21.80
6	Ness, Kaylee		Spencer	1:34.59

Girls 100 Meter Hurdles JV

	Name	Year	School	Finals	H#
1	Newton, Lily		Okoboji, Milford	17.83	2
2	Kunath, Mackenzie		Spencer	19.01	2
3	Nath, Grace		Estherville-LC	19.21	2
4	Lagunes, Mariam		Spencer	19.70	1
5	Bolluyt, Ellie		Spirit Lake	20.32	2
6	Smith, Averi		Spirit Lake	21.36	2
7	Harmon, Lisa		Spencer	22.96	1
8	Genson, Kahlie		Spencer	26.31	1

Girls 400 Meter Hurdles JV

	Name	Year	School	Finals
1	Kunath, Mackenzie		Spencer	1:17.83
2	Mehan, Elliot		Spencer	1:18.01
3	Harmon, Lisa		Spencer	1:26.92

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Girls 4x100 Meter Relay JV

	School	Finals
1	Okoboji, Milford 'A'	56.90
	1) Newton, Lily 2) Vonk, Pacey	
	3) Steelman, Leigha 4) Mitchell, Rylee	
2	Spencer 'A'	59.41
	1) Griffin, Nicole 2) Madison, Miranda	
	3) Brown, Kiera 4) Hallett, Alexa	
3	Spirit Lake 'A'	1:00.14
	1) Dodds, Kinley 2) Carlson, Cadence	
	3) Smith, Averi 4) Reinke, Albany	
4	Estherville-LC 'A'	1:00.95
	1) Nichols, Dallis 2) Anderson, Grace	
	3) Gomez-Ramirez, Amy 4) De La Rosa, Yuri	
5	Storm Lake 'A'	1:04.18
	1) Rodriguez, Aimee 2) Perez Gonzalez, Camila	
	3) Phanthavong, Ally 4) Felton, Avery	
6	Emmetsburg 'A'	1:04.22
	1) Johnson, Makayla 2) Quindel, Alice	
	3) Hoffman, Mylee 4) Walker, Chloe	

Girls 4x200 Meter Relay JV

	School	Finals
1	Okoboji, Milford 'A'	2:04.22
	1) Vonk, Pacey 2) Steelman, Leigha	
	3) Mitchell, Jordyn 4) Wipf, Brynley	
2	Spencer 'A'	2:05.06
	1) Griffin, Nicole 2) Harmon, Lisa	
	3) Madison, Miranda 4) Hallett, Alexa	
3	Emmetsburg 'A'	2:05.84
	1) Fiene, Brooklyn 2) Sikora, Keely	
	3) Martini, Sydney 4) Walters, Macy	
--	Spirit Lake 'A'	DQ
	1) Carlson, Cadence 2) Fontenot, June	
	3) Reinke, Albany 4) Ice, Fallon	

Girls 4x400 Meter Relay JV

	School	Finals
1	Storm Lake 'A'	6:02.56
	1) Calderon-Gonzalez, Alexandra 2) Medina, Maria	
	3) Juarez Barrios, Yareli 4) Htoo, Gloria	
--	Spencer 'A'	DQ
	1) Griffin, Khia 2) Morey, Ava	
	3) Salton, Micayla 4) Stevenson, Hallie	

Girls 800 Sprint Medley JV

	School	Finals
1	Spirit Lake 'A'	2:04.70
	1) Wassenaar, JJ 2) Van Genderen, Finley	

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....Girls 800 Sprint Medley JV

	3) Lalumendre, Mckinley	4) Dodds, Kinley	
2	Spencer 'A'		2:05.37
	1) Christensen, Jasmyn	2) Hallett, Alexa	
	3) Brown, Kiera	4) Griffin, Nicole	
3	Okoboji, Milford 'A'		2:11.57
	1) Newton, Lily	2) Steelman, Leigha	
	3) Weston, Kaela	4) Mitchell, Rylee	
4	Emmetsburg 'A'		2:14.80
	1) Walker, Chloe	2) Martini, Sydney	
	3) Sikora, Keely	4) Fiene, Brooklyn	
5	Storm Lake 'A'		2:33.47
	1) Pal, Nyeziel	2) Khaoorn, Leah	
	3) Felton, Avery	4) Chanthavong, Ayviana	

Girls Distance Medley JV

	School	Finals
1	Spencer 'A'	5:27.97
	1) Lagunes, Mariam	2) Madison, Miranda
	3) Griffin, Khia	4) Fairbanks, Adelyn
2	Storm Lake 'A'	6:25.13
	1) Shee, Paw Eh	2) Htoo, Gloria
	3) Kyle, Khamani	4) Perez Zavala, Camilla

Girls 4x100 Meter Shuttle Hurdle JV

	School	Finals
1	Spencer 'A'	1:24.67
	1) Harmon, Lisa	2) Mehan, Elliot
	3) Lagunes, Mariam	4) Genson, Kahlie

Girls Long Jump JV

	Name	Year	School	Finals
1	Lagunes, Mariam		Spencer	14-05.00
2	Bolluyt, Ellie		Spirit Lake	13-10.00

Girls Shot Put JV

	Name	Year	School	Finals
1	Santage, Hayley		Spencer	27-10.00
2	Leupold, Addilin		Spirit Lake	27-07.00
3	Lenard, Reegan		Spencer	26-10.00
4	Fisher, Meggann		Okoboji, Milford	25-04.00
5	Kellen, Olivia		Gehlen Cath, L	22-07.00

Girls Discus Throw JV

	Name	Year	School	Finals
1	Thomas, Anaya		Bishop Garrigan	97-05

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....Girls Discus Throw JV

2	Mart, Brooke	Spencer	86-11
3	Lenard, Reegan	Spencer	86-01
4	Petty, Clara	Spirit Lake	79-11
5	Fisher, Meggann	Okoboji, Milford	71-09
6	Kraninger, Kaitlyn	Okoboji, Milford	69-09
7	Kellen, Olivia	Gehlen Cath, L	56-03
8	Pal, Nyeziel	Storm Lake	49-05

Boys 100 Meter Dash Varsity

	Name	Year	School	Finals	H#
1	Grau, Kyle		Spirit Lake	11.67	2
2	Stein, Nick		Okoboji, Milford	11.88	2
3	Higgins, Ty		Spirit Lake	11.98	2
4	Ness, Kenny		Graet-T/Ruth-Ayr	12.24	2
5	Stanzel, Korbin		Spencer	12.33	2
5	Simington, Avery		Okoboji, Milford	12.33	2
7	Harris, Dylen		Spencer	12.48	2
8	Hough, Jace		Graet-T/Ruth-Ayr	13.03	2
9	Kolbeck, Nathan		Gehlen Cath, L	13.88	1
10	Kellen, Britton		Gehlen Cath, L	13.90	1
--	McCormick, Jace		Spencer	X12.95	1
--	Davis, Cole		Spencer	X14.00	1

Boys 200 Meter Dash Varsity

	Name	Year	School	Finals	H#
1	Grau, Kyle		Spirit Lake	22.88	2
2	Timmer, Dylan		Spencer	23.30	2
3	Wolf, Lincoln		Okoboji, Milford	24.48	2
4	Higgins, Ty		Spirit Lake	24.50	2
5	Darr, Will		Graet-T/Ruth-Ayr	25.13	2
6	Iwen, Wyatt		Graet-T/Ruth-Ayr	25.31	2
7	Goyette, Carter		Spencer	25.61	2
8	Kellen, Britton		Gehlen Cath, L	27.94	2
9	Kolbeck, Nathan		Gehlen Cath, L	28.41	1
--	Techen, Aaden		Spencer	X25.04	1
--	Davis, Cole		Spencer	X26.14	1

Boys 400 Meter Dash Varsity

	Name	Year	School	Finals
1	VonEhwegen, Tate		Spencer	50.31
2	Sievers, Owen		Gehlen Cath, L	50.63
3	Wright, Rhyker		Okoboji, Milford	50.99
4	Rasmussen, Angelo		Spencer	54.14
5	Fear, Tyson		Okoboji, Milford	54.47
6	Reuter, Keegan		Spirit Lake	55.39
7	Wassenaar, Greyson		Spirit Lake	56.85
8	Sitzmann, Tristan		Gehlen Cath, L	57.63

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Boys 800 Meter Run Varsity

	Name	Year	School	Finals
1	Trautman, Carter		Spirit Lake	2:07.42
2	Frangenberg, Nick		Spirit Lake	2:08.01
3	Koppie, Rylei		Spencer	2:08.81
4	Boone, Cooper		Okoboji, Milford	2:16.12
5	Sorenson, Zac		Graet-T/Ruth-Ayr	2:25.59
6	Roder, Ben		Gehlen Cath, L	2:27.77
7	Naeve, Pierce		Graet-T/Ruth-Ayr	2:33.37
8	Dreckman, Nolan		Gehlen Cath, L	2:36.76
--	Coates, Titus		Spirit Lake	X2:14.29
--	Hibbs, Jayden		Spencer	X2:31.15
--	Schoenharr, Liam		Spencer	X2:35.46

Boys 1600 Meter Run Varsity

	Name	Year	School	Finals
1	Hungerford, Jace		Spirit Lake	4:46.16
2	Rodriguez, Nathan		Spencer	4:54.63
3	Schaecher, Carson		Gehlen Cath, L	4:59.98
4	Conway, Wylee		Spirit Lake	5:01.93
5	Sievers, Marshall		Gehlen Cath, L	5:06.96
--	Kreykes, Karson		Spirit Lake	X5:08.70
--	Salton, William		Spencer	X5:28.80
--	Himley, Hunter		Spirit Lake	X5:37.87
--	Hibbs, Jayden		Spencer	X5:39.12

Boys 3200 Meter Run Varsity

	Name	Year	School	Finals
1	Trautman, Carter		Spirit Lake	10:59.71
2	Conway, Wylee		Spirit Lake	11:20.48
--	Dirks, Aaron		Spirit Lake	X12:19.06

Boys 110 Meter Hurdles Varsity

	Name	Year	School	Finals
1	Swedin, Caleb		Graet-T/Ruth-Ayr	15.44
2	Lovan, Jivahny		Spencer	15.47
3	Hagedorn, Kyler		Spirit Lake	16.68
4	Jalas, Kyson		Spirit Lake	16.92
--	Pausley, Jake		Okoboji, Milford	X16.74

Boys 400 Meter Hurdles Varsity

	Name	Year	School	Finals	H#
1	Swedin, Caleb		Graet-T/Ruth-Ayr	57.04	2
2	Hagedorn, Kyler		Spirit Lake	57.75	2
3	Nebelsick, Braedin		Spirit Lake	1:00.95	2
4	Kneip, Landen		Gehlen Cath, L	1:02.39	2
5	Christensen, Emmerson		Spencer	1:03.13	2

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....Boys 400 Meter Hurdles Varsity

6	Mayrose, Terriq	Gehlen Cath, L	1:04.03	2
7	Munter, Max	Spencer	1:06.77	1
8	Manwarren, Caleb	Graet-T/Ruth-Ayr	1:07.50	1
--	Cantrall, Collin	Spencer	X1:07.67	1

Boys 4x100 Meter Relay Varsity

	School	Finals	H#
1	Graet-T/Ruth-Ayr 'A'	44.26	2
	1) Schnell, Jaxson 2) Harris, Brady		
	3) Ness, Kenny 4) Swedin, Caleb		
2	Okoboji, Milford 'A'	44.49	2
	1) Stein, Nick 2) Mulhern, Mitchel		
	3) Storey, Carson 4) Simington, Avery		
3	Spencer 'A'	44.59	2
	1) Lovan, Jivahny 2) Buum, Jaxson		
	3) Stanzel, Korbin 4) Harris, Dylen		
4	Spirit Lake 'A'	45.20	2
	1) Reuter, Keegan 2) Sullivan, Brayden		
	3) Riordan, Elijah 4) Orpen, Brett		
5	Gehlen Cath, L 'A'	45.43	2
	1) Kramer, Dylan 2) Konz, Wyatt		
	3) Roberts, Jack 4) Sievers, Owen		
--	Spirit Lake 'B'	X46.67	1
	1) Polenychko, Yuri 2) Stecker, Evan		
	3) Halbersma, Beckett 4) Clinkenbeard, Brock		
--	Okoboji, Milford 'B'	X47.87	1
	1) Hemphill, Koa 2) Garcia, John		
	3) Pausley, Jake 4) Adams, Trevor		
--	Spencer 'B'	X48.23	1
	1) Vaske, Nicholas 2) Wurm, Logan		
	3) McCormick, Jace 4) Pick, Carson		

Boys 4x200 Meter Relay Varsity

	School	Finals
1	Okoboji, Milford 'A'	1:30.25
	1) Stein, Nick 2) Heller, Jerron	
	3) Graves, Elijah 4) Wright, Rhyker	
2	Spencer 'A'	1:33.74
	1) Buum, Jaxson 2) Goyette, Carter	
	3) Timmer, Dylan 4) VonEhwegen, Tate	
3	Graet-T/Ruth-Ayr 'A'	1:39.43
	1) Iwen, Wyatt 2) Hough, Jace	
	3) Mickelson, Caden 4) Darr, Will	
4	Spirit Lake 'B'	1:39.46
	1) Ackerman, Jaeger 2) Stecker, Evan	
	3) Halbersma, Beckett 4) Clinkenbeard, Brock	
5	Gehlen Cath, L 'A'	1:42.26
	1) Kramer, Dylan 2) Kellen, Logan	
	3) Langel, Jayden 4) Mayrose, Terriq	
--	Spirit Lake 'A'	DNF
	1) Sullivan, Brayden 2) Bolluyt, Lucas	

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....Boys 4x200 Meter Relay Varsity

	3) Barthman, Max	4) Polenychko, Yuri
--	Spencer 'B'	X1:41.77
	1) Vaske, Nicholas	2) Muhlbauer, Landon
	3) Wurm, Logan	4) Platt, Colton

Boys 4x400 Meter Relay Varsity

	School	Finals
1	Okoboji, Milford 'A'	3:27.35
	1) Wright, Rhyker	2) Heller, Jerron
	3) Wolf, Lincoln	4) Graves, Elijah
2	Spirit Lake 'B'	3:39.14
	1) Phillips, Eli	2) Brackenhoff, Caleb
	3) Adams, Kaysen	4) Stokke, Noah
3	Gehlen Cath, L 'A'	3:46.96
	1) Kneip, Drake	2) Arens, Grant
	3) Christoffel, Chase	4) Sitzmann, Tristan
--	Graet-T/Ruth-Ayr 'A'	DQ
	1) Sorenson, Zac	2) Hough, Jace
	3) Iwen, Wyatt	4) Manwarren, Caleb
--	Spencer 'A'	DQ
	1) Rasmussen, Angelo	2) VonEhwegen, Tate
	3) Anderson, Reno	4) Timmer, Dylan
--	Okoboji, Milford 'B'	X3:50.78
	1) Weston, Ethan	2) Boone, Cooper
	3) Evenson, Wesley	4) Fear, Tyson
--	Spirit Lake 'A'	X3:58.83
	1) Bolluyt, Lucas	2) Barthman, Max
	3) Trautman, Carter	4) Hungerford, Jace

Boys 4x800 Meter Relay Varsity

	School	Finals
1	Spencer 'A'	8:31.60
	1) Anderson, Reno	2) Rodriguez, Nathan
	3) Koppie, Rylei	4) Rustad, Isaiah
2	Gehlen Cath, L 'A'	8:53.75
	1) Schaecher, Carson	2) Arens, Grant
	3) Christoffel, Chase	4) Sievers, Marshall
3	Spirit Lake 'A'	8:57.03
	1) Wassenaar, Greyson	2) Kreykes, Karson
	3) Phillips, Eli	4) Frangenberg, Matthew
4	Okoboji, Milford 'A'	8:57.06
	1) Fear, Tyson	2) Weston, Ethan
	3) Boone, Cooper	4) Evenson, Wesley

Boys 800 Sprint Medley Varsity

	School	Finals	H#
1	Spirit Lake 'A'	1:35.52	2
	1) Higgins, Ty	2) Bolluyt, Lucas	
	3) Grau, Kyle	4) Hagedorn, Kyler	

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....Boys 800 Sprint Medley Varsity

2	Graet-T/Ruth-Ayr 'A'		1:36.32	2
	1) Harris, Brady	2) Ness, Kenny		
	3) Schnell, Jaxson	4) Swedin, Caleb		
3	Okoboji, Milford 'A'		1:39.01	2
	1) Mulhern, Mitchel	2) Wolf, Lincoln		
	3) Storey, Carson	4) Pausley, Jake		
4	Spencer 'A'		1:40.04	2
	1) Lovan, Jivahny	2) Buum, Jaxson		
	3) Stanzel, Korbin	4) Kelley, Nolan		
5	Gehlen Cath, L 'A'		1:45.90	2
	1) Kramer, Dylan	2) Langel, Jayden		
	3) Kellen, Logan	4) Kneip, Drake		
--	Okoboji, Milford 'B'		XDQ	1
	1) Garcia, John	2) Beal, Jack		
	3) Menting, Kosha	4) Adams, Trevor		
--	Spirit Lake 'B'		X1:42.98	1
	1) Sullivan, Brayden	2) Riordan, Elijah		
	3) Lalumendre, Collin	4) Clinkenbeard, Brock		
--	Spencer 'B'		X1:45.95	1
	1) McCormick, Jace	2) Davis, Cole		
	3) Pick, Carson	4) Hernandez-Cole, Angel		
--	Graet-T/Ruth-Ayr 'B'		X1:49.11	1
	1) Naeve, Pierce	2) Manwarren, Hunter		
	3) Mickelson, Caden	4) Sorenson, Zac		

Boys Distance Medley Varsity

	School		Finals
1	Spirit Lake 'A'		3:49.59
	1) Riordan, Elijah	2) Orpen, Brett	
	3) Lalumendre, Collin	4) Hungerford, Jace	
2	Spencer 'A'		3:57.29
	1) Harris, Dylen	2) Vaske, Nicholas	
	3) Hernandez-Cole, Angel	4) Rodriguez, Nathan	
3	Graet-T/Ruth-Ayr 'A'		4:03.15
	1) Iwen, Wyatt	2) Darr, Will	
	3) Sorenson, Zac	4) Manwarren, Caleb	
4	Okoboji, Milford 'A'		4:18.45
	1) Garcia, John	2) Pausley, Jake	
	3) Weston, Ethan	4) Evenson, Wesley	
5	Gehlen Cath, L 'A'		4:27.84
	1) Langel, Jayden	2) Scheitler, Blake	
	3) Dreckman, Nolan	4) Roder, Ben	
--	Spencer 'B'		X4:10.67
	1) Techen, Aaden	2) Pick, Carson	
	3) Schoenharr, Liam	4) Salton, William	
--	Spirit Lake 'B'		X4:29.04
	1) Meyer, Grant	2) Adams, Kaysen	
	3) Brackenhoff, Caleb	4) Sandoval, Giovanni	

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Boys 4x110 Meter Shuttle Hurdle Varsity

	School	Finals	H#
1	Spirit Lake 'A'	1:05.14	2
	1) Hagedorn, Kyler 2) Jalas, Kyson		
	3) Polenychko, Yuri 4) Nebelsick, Braedin		
2	Gehlen Cath, L 'A'	1:05.39	2
	1) Konz, Wyatt 2) Roberts, Jack		
	3) Mayrose, Terriq 4) Kneip, Landen		
3	Spencer 'A'	1:11.67	2
	1) Christensen, Emmerson 2) Lovan, Jivahny		
	3) Munter, Max 4) Cantrall, Collin		
--	Spirit Lake 'B'	X1:18.95	2
	1) Stecker, Evan 2) Coates, Titus		
	3) Ackerman, Jaeger 4) Struecker, Blake		
--	Spencer 'B'	X1:21.40	1
	1) Vaske, Nicholas 2) Studer, Gavin		
	3) Wurm, Logan 4) Lemmon, Sebastian		

Boys High Jump Varsity

	Name	Year	School	Finals
1	VonEhwegen, Tate		Spencer	6-04.50
2	Graves, Elijah		Okoboji, Milford	6-03.00
3	Scheitler, Blake		Gehlen Cath, L	6-01.00
4	Simington, Avery		Okoboji, Milford	5-09.00
5	Coates, Titus		Spirit Lake	5-05.00
6	Cantrall, Collin		Spencer	5-03.00
--	Naeve, Pierce		Graet-T/Ruth-Ayr	NH
--	Reuter, Keegan		Spirit Lake	NH

Boys Long Jump Varsity

	Name	Year	School	Finals
1	Storey, Carson		Okoboji, Milford	21-00.00
2	Schnell, Jaxson		Graet-T/Ruth-Ayr	20-06.50
3	Roberts, Jack		Gehlen Cath, L	20-00.50
4	Jalas, Kyson		Spirit Lake	19-10.00
5	Konz, Wyatt		Gehlen Cath, L	19-08.00
6	Kelley, Nolan		Spencer	18-11.75
7	Jacobsen, Asa		Okoboji, Milford	18-09.00
8	Halbersma, Beckett		Spirit Lake	18-08.00
9	Hough, Jace		Graet-T/Ruth-Ayr	18-01.50
10	Techen, Aaden		Spencer	18-01.00
--	Muhlbauer, Landon		Spencer	XND

Boys Shot Put Varsity

	Name	Year	School	Finals
1	Knutson, Jackson		Spirit Lake	51-03.00
2	Theesfeld, Nolan		Spirit Lake	45-07.00
3	Munoz, Alexander		Gehlen Cath, L	42-02.00
4	Small, Mason		Gehlen Cath, L	41-05.50

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....Boys Shot Put Varsity

5	Beal, Javen	Okoboji, Milford	39-08.00
6	Hansen, Blake	Spencer	38-10.00
7	Ferrell, Cole	Spencer	38-09.00
8	Smith, Keyshawn	Okoboji, Milford	36-10.00
9	Koenck, Braeden	Graet-T/Ruth-Ayr	30-02.00
--	Lorenzen, Tallen	Spencer	X40-01.00
--	Platt, Colton	Spencer	X39-00.00

Boys Discus Throw Varsity

	Name	Year	School	Finals
1	Bejarno, Jax		Spirit Lake	165-04
2	Small, Mason		Gehlen Cath, L	145-05
3	Smith, Keyshawn		Okoboji, Milford	133-05
4	Munoz, Alexander		Gehlen Cath, L	132-09
5	Mendez-Garcia, Cristian		Spencer	122-00
6	Beal, Javen		Okoboji, Milford	109-11
7	Hickerson, Caden		Spirit Lake	109-01
8	Harris, Cooper		Spencer	80-03
--	Fichter, Danzel		Spencer	X93-04
--	Vos, Josh		Spencer	X77-05

Boys 100 Meter Dash JV

	Name	Year	School	Finals
1	Gray, Quinton		Spirit Lake	12.36
2	Jalas, Kyson		Spirit Lake	12.47
3	Hemphill, Koa		Okoboji, Milford	12.55
4	Selzer, Kaden		Spencer	12.70
5	Manwarren, Hunter		Graet-T/Ruth-Ayr	12.86
6	Lemmon, Sebastian		Spencer	13.70

Boys 200 Meter Dash JV

	Name	Year	School	Finals
1	Selzer, Kaden		Spencer	25.50
2	Stokke, Noah		Spirit Lake	26.22
3	Mickelson, Caden		Graet-T/Ruth-Ayr	26.66
4	Adams, Trevor		Okoboji, Milford	26.97
5	Menting, Kosha		Okoboji, Milford	28.85
6	Studer, Gavin		Spencer	29.61
7	Malm, Jonah		Graet-T/Ruth-Ayr	35.22

Boys 400 Meter Dash JV

	Name	Year	School	Finals
1	Manwarren, Hunter		Graet-T/Ruth-Ayr	59.42
2	Himley, Hunter		Spirit Lake	1:02.20
3	Dirks, Aaron		Spirit Lake	1:07.58

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Boys High Jump JV

	Name	Year	School	Finals
1	Polenychko, Yuri		Spirit Lake	5-05.00
2	Stokke, Noah		Spirit Lake	5-01.00
--	Swenson, Caden		Okoboji, Milford	NH

Boys Long Jump JV

	Name	Year	School	Finals
1	Stecker, Evan		Spirit Lake	17-06.25
2	Hemphill, Koa		Okoboji, Milford	17-06.00
3	Ackerman, Jaeger		Spirit Lake	16-11.50

Boys Shot Put JV

	Name	Year	School	Finals
1	Bejarno, Jax		Spirit Lake	42-00.00
2	Cave, Parker		Gehlen Cath, L	38-11.00
3	Hickerson, Caden		Spirit Lake	37-07.00
4	Fichter, Danzel		Spencer	32-00.00
4	Harris, Cooper		Spencer	32-00.00
6	Sailer, Aiden		Gehlen Cath, L	25-01.00

Boys Discus Throw JV

	Name	Year	School	Finals
1	Cave, Parker		Gehlen Cath, L	108-00
2	Hansen, Austin		Spirit Lake	102-04
3	Ferrell, Cole		Spencer	97-09
4	Sailer, Aiden		Gehlen Cath, L	93-07
5	Struecker, Blake		Spirit Lake	84-02

Women - Varsity - Team Rankings - 19 Events Scored

1)	Spirit Lake	172	2)	Spencer	101
3)	Bishop Garrigan	69	4)	Emmetsburg	63
5)	Gehlen Cath, L	55	6)	Storm Lake	53
7)	Okoboji, Milford	44	8)	Estherville-LC	26

Men - Varsity - Team Rankings - 19 Events Scored

1)	Spirit Lake	191	2)	Spencer	104.50
3)	Okoboji, Milford	100.50	4)	Gehlen Cath, L	88
5)	Graet-T/Ruth-Ayr	67			