

# 2019 GIRLS RETURNING STATE COMPETITORS

The following is a list of girls who competed in the state meet last year. The grade preceding their name is their grade this year. After their name, in parenthesis, is their place and mark in that event in the state meet last year. Those people who are underlined are athletes from the North Central Region.

## SPRINTS

### 100 Meter Dash

- (12) Shawnee Hansen - Killdeer
- (12) Kylie Grommesh - Central Cass (7th - 13.10)
- (12) Rachel Hoff - LaMoure/Litchville-Marion
- (12) Faith Aasen - Northern Cass (4th - 12.96)
- (12) Masy Kuntz - Dickinson Trinity
- (12) Ilise Jennings - Garrison/Max
- (11) Kristina Brossart - Rugby (5th - 12.98)**
- (11) Kaitlyn Klein - Garrison/Max (8th - 13.27)
- (11) Alayanna Klein - Hazen
- (10) Lanie Awender - Oakes (3rd - 12.70)
- (10) Makenna Vollmer - Harvey/Wells County
- (10) Alison Peters - Harvey/Wells County
- (10) Skylar Crow - Richardton-Taylor
- (10) Lexi Olson - Langdon Area
- (10) Sabra Peterson - Bottineau
- (9) Danielle Hagler - North Star/Starkweather
- (8) Aliya Shock - Shiloh Christian

### 200 Meter Dash

- (12) Shawnee Hansen - Killdeer (4th - 26.47)
- (12) Ilise Jennings - Garrison/Max
- (12) Masy Kuntz - Dickinson Trinity
- (12) Gracie Obrien - Heart River
- (12) Anni Stier - Rugby**
- (11) Kristina Brossart - Rugby**
- (11) Kaitlyn Klein - Garrison/Max
- (11) Emma Baasch - Enderlin/Maple Valley (6th - 26.88)
- (11) Reagan Baesler - Hillsboro/Central Valley
- (11) Cedar hall - Parshall
- (10) Lanie Awender - Oakes (3rd - 26.37)
- (10) Skylar Crow - Richardton-Taylor (7th - 27.32)
- (10) Makenna Vollmer - Harvey/Wells County

### 400 Meter Dash

- (12) Shawnee Hansen - Killdeer (7th - 1:01.18)
- (12) Anni Stier - Rugby**
- (12) Destiny Wenger - Linton/Hazelton-Moffit-Braddock (6th - 1:01.17)
- (12) Taryn Faul - South Prairie
- (11) Cedar Hall - Parshall (3rd - 59.00)
- (11) Emma Baasch - Enderlin/Maple Valley (4th - 59.67)
- (11) Julia Bogart - Oak Grove
- (11) Reagan Baesler - Hillsboro/Central Valley
- (11) Olivia Lauth - Harvey/Wells County (5th - 1:00.64)
- (11) Katya Baranko - Richardton-Taylor
- (11) Brianna Price - New Rockford-Sheyenne
- (11) Kaitlynn Hove - Trenton
- (11) Laura Gutzmer - Milnor/Wyndmere/Lidgerwood
- (10) Jalyn Hall - Parshall (8th - 1:01.36)
- (10) Caylee Wilke - Heart River
- (10) Drew Frolek - Milnor/Wyndmere/Lidgerwood

## MIDDLE DISTANCE - DISTANCE

### **800 Meter Run**

- (12) Lana Krack - Thompson (5th - 2:22.91)
- (12) Macy Gress - Dickinson Trinity (6th - 2:23.69)
- (12) Amanda Jarrett - Carrington
- (12) Kayla Parisien - Northern Lights
- (12) Kyley Lauf - Des Lacs-Burlington/Lewis & Clark
- (12) London Lambrecht - Shiloh Christian
- (12) Kelyn Johnson - Oak Grove
- (11) Ahna Mehus - Mayville-Portland-Clifford-Galesburg
- (11) Cedar Hall - Parshall
- (11) Julia Bogart - Oak Grove (7th - 2:24.53)
- (11) Reagan Baesler - Hillsboro/Central Valley (2nd - 2:18.77)
- (11) Addison Hoornaert - Carrington
- (11) Abby Faleide - Central Cass
- (10) Jensyn Zink - Hillsboro/Central Valley (3rd - 2:19.49)
- (10) Sidra Sadowsky - Hettinger/Scranton
- (10) MacKenna Arnold - Harvey/Wells County
- (10) Drew Frolek - Milnor/Wyndmere/Lidgerwood (8th - 2:25.16)
- (9) Quinn Neppl - Benson County
- (8) Taya Hornberger - Central McLean
- (8) Harys Beauchamp - Beulah

### **1600 Meter Run**

- (12) Lana Krack - Thompson (1st - 5:12.42)
- (12) Amanda Jarrett - Carrington
- (12) Macy Gress - Dickinson Trinity
- (12) Quinn Wrigley - Shiloh Christian
- (11) Reagan Baesler - Hillsboro/Central Valley (6th - 5:28.92)
- (11) Ahna Mehus - Mayville-Portland-Clifford-Galesburg
- (11) Jakkia Duffy - LaMoure/Litchville-Marion
- (11) Alexius Miller - Bowman County
- (11) Josie White Eagle - Standing Rock
- (10) Jensyn Zink - Hillsboro/Central Valley (7th - 5:29.14)
- (10) Drew Frolek - Milnor/Wyndmere/Lidgerwood
- (10) MacKenna Arnold - Harvey/Wells County
- (10) Madison Jones - Harvey/Wells County
- (10) Ashley McFadgen - Barnes County North
- (9) Quinn Neppl - Benson County (4th - 5:20.46)
- (9) Dreah Frolek - Milnor/Wyndmere/Lidgerwood
- (9) Emma Pierce - Trenton
- (9) Whitney Schepp - Velve/Drake-Anamoose
- (8) Hailey White Owl - New Town
- (8) Paysha Rex - Bowman County

### **3200 Meter Run**

- (12) Lana Krack - Thompson (1st - 11:19.20)
- (12) Amanda Jarrett - Carrington (8th - 12:17.50)
- (12) **Karsyn Hager - Rugby**
- (12) Jasmine Rascon - Edgeley/Kulm
- (12) Macy Gress - Dickinson Trinity
- (11) Reagan Baesler - Hillsboro/Central Valley
- (11) Ahna Mehus - Mayville-Portland-Clifford-Galesburg (7th - 12:12.05)
- (11) Jakkia Duffy - LaMoure/Litchville-Marion (6th - 12:06.20)
- (11) Josie White Eagle - Standing Rock
- (10) Carlee Sieben - Grafton
- (10) Chloe Heinz - New Rockford-Sheyenne
- (10) Karly Just - LaMoure/Litchville-Marion
- (9) Quinn Neppl - Benson County (2nd - 11:32.34)
- (9) Anna Strand - Mayville-Portland-Clifford-Galesburg (5th - 12:03.94)
- (9) Dreah Frolek - Milnor/Wyndmere/Lidgerwood (4th - 11:51.85)
- (9) Paige Goodsell - Midway/Minto
- (9) Emma Pierce - Trenton
- (9) Keely Arnston - Benson County
- (8) Emma Wheeling - New Town
- (8) Jenna Soine - Hatton/Northwood
- (8) Hailey White Owl - New Town
- (8) Hannah Westin - Shiloh Christian
- (8) Paysha Rex - Bowman County
- (8) Baylee Lura - Carrington

## HURDLES

### **100 Meter Hurdles**

- (12) Izzy Shirek - Thompson (2nd - 15.89)
- (12) KaliRae Garcia - Central Cass (4th - 16.24)
- (12) Maria Blessum - Rugby (5th - 16.28)**
- (12) Jaye Fike - Harvey/Wells County
- (12) Lauren Forness - Oak Grove (8th - 16.70)
- (11) Tia Horning - Beulah
- (11) Hannah Haley - New Rockford-Sheyenne
- (11) Morgan Hertz - Mott-Regent
- (11) Sara Bonn - Des Lacs-Burlington/Lewis & Clark
- (11) Laura Paulsrud - Hillsboro/Central Valley
- (10) Paige Erhardt - Hazen
- (8) Zoey Heid - Grant County/Flasher (7th - 16.65)
- (8) Allison Jarrett - Carrington

### **300 Meter Hurdles**

- (12) Izzy Shirek - Thompson (7th - 47.09)
- (12) Anni Stier - Rugby**
- (12) Maria Blessum - Rugby**
- (12) Kyley Lauf - Des Lacs-Burlington/Lewis & Clark (3rd - 46.34)
- (12) Kalli Lutt - Lisbon
- (12) Lauren Forness - Oak Grove
- (12) MaKayla Heinrich - Kindred
- (11) Katya Baranko - Richardton-Taylor (6th - 47.01)
- (11) Morgan Hertz - Mott-Regent (2nd - 45.99)
- (11) Tia Horning - Beulah (8th - 47.11)
- (11) Emma Baasch - Enderlin/Maple Valley
- (11) Olivia Lutt - Harvey/Wells County (5th - 46.82)
- (11) Hannah Haley - New Rockford-Sheyenne
- (10) Paige Erhardt - Hazen
- (8) Zoey Heid - Grant County/Flasher
- (8) Karli Klein - Garrison/Max
- (8) Allison Jarrett - Carrington

## JUMPS

### **High Jump**

- (12) Izzy Shirek - Thompson (4th tie - 4'11")
- (12) Kennedy Flaa - Richland (7th tie - 4'11")
- (11) Katya Baranko - Richardton-Taylor (7th tie - 4'11")
- (11) Gabby Hummel - Garrison/Max
- (11) Rachelle Kathrein - New England
- (11) Maria Leonard - Rolette/Wolford
- (11) Olivia Reiser - North Star/Starkweather
- (10) Amaya Willer - Dickinson Trinity
- (10) Paige Erhardt - Hazen
- (10) Brooke Blessum - Rugby**
- (10) Hanna Hagel - Carrington
- (9) Malorie Pletcher - Langdon Area
- (8) Kennedy Harter - Kidder County

## Long Jump

- (12) Masy Kuntz - Dickinson Trinity (5th - 16'5¾")
- (12) Ellie Stafford - Bowman County (7th - 16'½")
- (12) Izzy Shirek - Thompson
- (12) Karly Bang - Killdeer
- (12) Kennedy Flaa - Richland
- (12) Faith Aasen - Northern Cass (6th - 16'1")
- (12) Farrah Zeller - Dickinson Trinity
- (12) Ilise Jennings - Garrison/Max
- (11) Tia Horning - Beulah (2nd - 16'9")
- (11) Kylan Kubas - Dickinson Trinity
- (11) Jessica Kuchera - Milnor/Wyndmere/Lidgerwood
- (11) Emily Stover - Oak Grove
- (11) Emma Baasch - Enderlin/Maple Valley
- (11) Gracie Bohl - Medina/Pingree-Buchanan
- (11) Hanna McIntyre - Mayville-Portland-Clifford-Galesburg
- (10) Makenna Vollmer - Harvey/Wells County (4th - 16'6¼")
- (10) Skylar Crow - Richardton-Taylor (3rd - 16'8¼")
- (10) Brooke Blessum - Rugby (8th - 16'¼")**
- (10) Lexi Telehey - Thompson
- (10) Maya Sumra - Pembina County North

## Triple Jump

- (12) Kennedy Flaa - Richland (6th - 34'10")
- (12) Kylie Grommesh - Central Cass (7th - 34'4½")
- (12) Izzy Shirek - Thompson
- (12) Masy Kuntz - Dickinson Trinity
- (12) Emma Arstein - Rolette/Wolford**
- (11) Jessica Kuchera - Milnor/Wyndmere/Lidgerwood (3rd - 35'10")
- (11) Alyssa Andress - Hettinger/Scranton (8th - 34'4½")
- (11) Kaitlynn Hove - Trenton
- (11) Sara Bonn - Des Lacs-Burlington/Lewis & Clark
- (10) Brooke Blessum - Rugby (2nd - 35'11¾")**
- (10) Nora Peterson - Mayville-Portland-Clifford-Galesburg
- (9) Stella Benson - Hillsboro/Central Valley

## Pole Vault

- (12) Maria Blessum - Rugby (1st - 11'0")**
- (12) Brook Tibke - Southern McLean
- (12) Breien Berger - Hazen
- (11) Oivia Abraham - Kindred
- (11) Claire Wagner - Oakes
- (11) Kelly Swanson - Rugby**
- (10) Nora Peterson - Mayville-Portland-Clifford-Galesburg (4th - 9'9")
- (10) Brooke Blessum - Rugby**
- (9) Alexa Schneider - Langdon Area

## **THROWS**

### **Shot Put**

- (12) Paige Haakenson - Nelson County (2nd - 38'3½")
- (12) Erin Haugen - Griggs County Central (6th - 35'9½")
- (12) Payton Packer - Kindred (5th - 35'10½")
- (12) Skylar McLain - Mohall-Lansford-Sherwood (4th - 36'1½")
- (12) Makayla Jones - Harvey/Wells County
- (12) London Andel - Bottineau
- (12) Latosha Thunder Hawk - Standing Rock
- (11) Maren Bernston - Edgeley/Kulm (8th - 34'9½")
- (11) Angel Bobbe - Hazen
- (11) Jasmin Mauch - Hankinson
- (10) Jacey Carlson - Griggs County Central
- (10) Jaycee Andel - Griggs County Central
- (10) Larissa Klitzke - Powers Lake
- (10) Alli Brunelle - New Town

### **Discus**

- (12) Payton Packer - Kindred (4th - 109'8")
- (12) Paige Haakenson - Nelson County
- (12) Steena Larsen - Killdeer (1st - 117'9")
- (12) Jolene Kuchera - Milnor/Wyndmere/Lidgerwood (5th - 108'1")
- (12) Rachel Avdem - Nelson County
- (12) Hope Willson - Barnes County North
- (12) Sadie Magnuson - Carrington
- (12) Skylar McLain - Mohall-Lansford-Sherwood (8th - 104'11")
- (11) Faith Dockter - South Border
- (10) Haley Huesers - Garrison/Max (7th - 105'11")
- (10) McKenna Rolland - Glenburn
- (10) Alyssa St. Pierre - Trenton
- (10) Nadia Post - Glenburn

### **Javelin**

- (12) Steena Larsen - Killdeer
- (12) Hayley Schmidt - Stanley (8th - 114'1")
- (12) Bre Tessier - Dickinson Trinity (4th - 123'7")
- (12) Hannah Gordon - Park River/Fordville-Lankin
- (12) RaeAnn Rohrbeck - Kindred
- (12) Emma Mitchell - Northern Lights
- (12) Erika Simpson - Langdon Area
- (12) Paige Haakenson - Nelson County
- (12) McKenzie Johnson - Carrington
- (12) Amanda Roller - Oak Grove
- (11) Maria Leonard - Rolette/Wolford (6th - 121'6")
- (11) Haley Hase - Linton/Hazelton-Moffit-Braddock (5th - 123'1")
- (11) Faith Dockter - South Border (7th - 114'3")
- (11) Shayla Novak - Oakes
- (11) Leah Jans - Harvey/Wells County
- (10) Kendra Odegard - Lisbon (2nd - 127'6")
- (10) Alyssa St. Pierre - Trenton
- (10) Alexis St. Pierre - Trenton