

**MidState Track and Field Championships - 5/17/2016****Park Rapids High School****Results - Schedule****Girls 100 Meter Dash**

| Name                   | Year | School           | Finals | H# | Points |
|------------------------|------|------------------|--------|----|--------|
| Finals                 |      |                  |        |    |        |
| 1 Bermel, Chloe        | 11   | Pequot Lakes     | 12.66  | 1  | 8      |
| 2 Larson, Emily        | 09   | Detroit Lakes    | 13.58  | 1  | 6      |
| 3 Disse, Emma          | 10   | Detroit Lakes    | 13.74  | 1  | 4      |
| 4 Morgan, Hannah       | 7    | Park Rapids Area | 13.88  | 1  | 2      |
| 5 Larson, Naomi        | 11   | Detroit Lakes    | 14.08  | 1  | 1      |
| 6 Hill, Paige          | 12   | Park Rapids Area | 14.46  | 1  |        |
| 7 Harshman, Sarah      | 12   | Park Rapids Area | 14.75  | 1  |        |
| 8 Hirschey, Addison    | 09   | Staples Motley   | 14.91  | 2  |        |
| 9 White, Cassidy       | 10   | Staples Motley   | 15.86  | 2  |        |
| 10 Millsop, Jordyan    | 8    | Crosby-Iront     | 16.19  | 2  |        |
| 11 Roggenkamp, Brie    | 09   | Pequot Lakes     | 16.29  | 2  |        |
| 12 Nierenhausen, Madie | 10   | Crosby-Iront     | 17.67  | 2  |        |

**Girls 200 Meter Dash**

| Name                | Year | School           | Finals | H# | Points |
|---------------------|------|------------------|--------|----|--------|
| 1 Bermel, Chloe     | 11   | Pequot Lakes     | 25.72  | 1  | 8      |
| 2 Mueller, Abby     | 12   | Park Rapids Area | 26.85  | 1  | 6      |
| 3 Hegg, Jackson     | 8    | Detroit Lakes    | 28.37  | 1  | 4      |
| 4 Morgan, Hannah    | 7    | Park Rapids Area | 28.61  | 1  | 2      |
| 5 Spielman, Candyce | 12   | Pequot Lakes     | 28.85  | 1  | 1      |
| 6 Monson, Kylie     | 10   | Crosby-Iront     | 29.10  | 2  |        |
| 7 Livermore, Clara  | 11   | Detroit Lakes    | 29.77  | 1  |        |
| 8 Larson, Naomi     | 11   | Detroit Lakes    | 29.90  | 1  |        |
| 9 Hale, Cyan        | 12   | Crosby-Iront     | 30.13  | 2  |        |
| 10 Young, Nicole    | 09   | Pequot Lakes     | 30.66  | 2  |        |
| 11 Dvorak, Jenna    | 7    | Staples Motley   | 31.51  | 2  |        |
| 12 White, Cassidy   | 10   | Staples Motley   | 34.88  | 2  |        |

**Girls 400 Meter Dash**

| Name                 | Year | School           | Finals  | H# | Points |
|----------------------|------|------------------|---------|----|--------|
| 1 Hanninen, Olivia   | 10   | Detroit Lakes    | 1:03.59 | 1  | 8      |
| 2 Hamm-Coyne, Jasmyn | 11   | Detroit Lakes    | 1:05.04 | 1  | 6      |
| 3 Hilmanowski, Tori  | 10   | Park Rapids Area | 1:06.21 | 1  | 4      |
| 4 Ulvin, Ellie       | 7    | Park Rapids Area | 1:08.09 | 1  | 2      |
| 5 Ruud, Corina       | 11   | Pequot Lakes     | 1:08.46 | 1  | 1      |
| 6 Davis, Alex        | 10   | Staples Motley   | 1:10.13 | 1  |        |
| 7 Reier, Jayda       | 10   | Pequot Lakes     | 1:10.99 | 2  |        |
| 8 Young, Nicole      | 09   | Pequot Lakes     | 1:11.39 | 1  |        |
| 9 Nixon, Kari        |      | Crosby-Iront     | 1:11.84 | 2  |        |
| 10 Hanson, Haylee    | 7    | Crosby-Iront     | 1:12.06 | 2  |        |
| 11 Smith, Abbi       | 10   | Detroit Lakes    | 1:12.76 | 2  |        |
| 12 Damar, Savana     | 7    | Park Rapids Area | 1:14.59 | 2  |        |
| 13 White, Cassidy    | 10   | Staples Motley   | 1:23.31 | 2  |        |

**MidState Track and Field Championships - 5/17/2016****Park Rapids High School****Results - Schedule****Girls 800 Meter Run**

| Name                                     | Year School                              | Finals  | Points |
|--|--|---------|--------|
| 1 Lane, Olivia<br>1:10.01 (1:10.01)      | 09 Pequot Lakes<br>2:23.71 (1:13.71)     | 2:23.71 | 8      |
| 2 Ostlie, Mackenzie<br>1:14.29 (1:14.29) | 11 Detroit Lakes<br>2:32.33 (1:18.05)    | 2:32.33 | 6      |
| 3 Steinmitz, Ava<br>1:19.57 (1:19.57)    | 09 Detroit Lakes<br>2:38.59 (1:19.03)    | 2:38.59 | 4      |
| 4 Schumacher, Sarah<br>1:17.55 (1:17.55) | 12 Detroit Lakes<br>2:40.04 (1:22.50)    | 2:40.04 | 2      |
| 5 Dumpprope, Megan<br>1:20.24 (1:20.24)  | 12 Staples Motley<br>2:40.99 (1:20.75)   | 2:40.99 | 1      |
| 6 Johnson, Paige<br>1:20.15 (1:20.15)    | 8 Park Rapids Area<br>2:42.04 (1:21.89)  | 2:42.04 |        |
| 7 Peterson, Lily<br>1:19.84 (1:19.84)    | 7 Crosby-Iront<br>2:43.48 (1:23.65)      | 2:43.48 |        |
| 8 Carlson, Kennedy<br>1:21.02 (1:21.02)  | 10 Park Rapids Area<br>2:46.26 (1:25.25) | 2:46.26 |        |
| 9 Pitzl, Emma<br>1:20.69 (1:20.69)       | 12 Pequot Lakes<br>2:49.00 (1:28.32)     | 2:49.00 |        |
| 10 Fryberg, Rachel<br>1:23.98 (1:23.98)  | Pequot Lakes<br>2:54.17 (1:30.19)        | 2:54.17 |        |
| 11 Yoder, Krystal<br>1:21.63 (1:21.63)   | 10 Staples Motley<br>2:59.26 (1:37.64)   | 2:59.26 |        |
| 12 Bostrom, Anna<br>1:27.35 (1:27.35)    | 09 Crosby-Iront<br>3:05.06 (1:37.72)     | 3:05.06 |        |

**Girls 1600 Meter Run**

| Name                                     | Year School                              | Finals                       | Points                 |
|--|--|------------------------------|------------------------|
| 1 Ostlie, Mackenzie<br>1:18.64 (1:18.64) | 11 Detroit Lakes<br>2:44.33 (1:25.69)    | 5:34.44<br>4:11.88 (1:27.56) | 8<br>5:34.44 (1:22.56) |
| 2 Steinmitz, Ava<br>1:20.54 (1:20.54)    | 09 Detroit Lakes<br>2:48.48 (1:27.95)    | 5:39.10<br>4:19.07 (1:30.60) | 6<br>5:39.10 (1:20.03) |
| 3 LeMieur, Arianna<br>1:21.01 (1:21.01)  | 8 Crosby-Iront<br>2:49.00 (1:27.99)      | 5:39.95<br>4:19.48 (1:30.49) | 4<br>5:39.95 (1:20.47) |
| 4 Sweeney, Kira<br>1:22.00 (1:22.00)     | 7 Staples Motley<br>2:52.01 (1:30.02)    | 5:49.23<br>4:24.27 (1:32.27) | 2<br>5:49.23 (1:24.96) |
| 5 Hall, Jannah<br>1:21.52 (1:21.52)      | 10 Pequot Lakes<br>2:52.05 (1:30.53)     | 5:53.05<br>4:29.59 (1:37.55) | 1<br>5:53.05 (1:23.46) |
| 6 Dumpprope, Kiera<br>1:23.53 (1:23.53)  | 09 Staples Motley<br>2:57.00 (1:33.47)   | 5:59.37<br>4:33.39 (1:36.40) | 5:59.37 (1:25.98)      |
| 7 Fegely, Emma<br>1:24.52 (1:24.52)      | 10 Detroit Lakes<br>2:56.36 (1:31.84)    | 6:02.60<br>4:32.32 (1:35.97) | 6:02.60 (1:30.28)      |
| 8 Steffel, Whitney<br>1:23.94 (1:23.94)  | 09 Park Rapids Area<br>2:57.35 (1:33.42) | 6:11.50<br>4:37.41 (1:40.06) | 6:11.50 (1:34.09)      |
| 9 Dwyer, Ella<br>1:28.84 (1:28.84)       | 09 Crosby-Iront<br>3:11.62 (1:42.78)     | 6:32.50<br>4:54.27 (1:42.65) | 6:32.50 (1:38.23)      |
| 10 Friberg, Rachel<br>1:29.31 (1:29.31)  | 09 Pequot Lakes<br>3:12.73 (1:43.42)     | 6:37.45<br>4:56.49 (1:43.77) | 6:37.45 (1:40.96)      |

**MidState Track and Field Championships - 5/17/2016****Park Rapids High School****Results - Schedule****Girls 3200 Meter Run**

| Name               | Year | School           | Finals             | Points             |
|--------------------|------|------------------|--------------------|--------------------|
| 1 Sweeney, Kira    | 7    | Staples Motley   | 12:22.54           | 8                  |
|                    |      |                  | 1:28.43 (1:28.43)  | 3:01.98 (1:33.56)  |
|                    |      |                  | 7:51.74 (1:36.87)  | 9:25.79 (1:34.05)  |
|                    |      |                  | 4:37.67 (1:35.70)  | 6:14.88 (1:37.21)  |
|                    |      |                  | 11:00.46 (1:34.67) | 12:22.54 (1:22.08) |
| 2 Renneberg, Jada  | 8    | Park Rapids Area | 12:42.51           | 6                  |
|                    |      |                  | 1:30.46 (1:30.46)  | 3:07.70 (1:37.24)  |
|                    |      |                  | 8:01.19 (1:38.54)  | 9:38.34 (1:37.15)  |
|                    |      |                  | 4:45.90 (1:38.21)  | 6:22.66 (1:36.77)  |
|                    |      |                  | 11:14.23 (1:35.89) | 12:42.51 (1:28.29) |
| 3 Eckberg, Auroura | 12   | Detroit Lakes    | 13:16.40           | 4                  |
|                    |      |                  | 1:31.33 (1:31.33)  | 3:09.75 (1:38.43)  |
|                    |      |                  | 8:14.38 (1:44.10)  | 10:00.65 (1:46.27) |
|                    |      |                  | 4:50.01 (1:40.26)  | 6:30.29 (1:40.28)  |
|                    |      |                  | 11:45.12 (1:44.47) | 13:16.40 (1:31.29) |
| 4 Allen, Zoe       | 10   | Detroit Lakes    | 13:21.11           | 2                  |
|                    |      |                  | 1:31.34 (1:31.34)  | 3:09.69 (1:38.36)  |
|                    |      |                  | 8:14.04 (1:44.28)  | 9:59.37 (1:45.34)  |
|                    |      |                  | 4:49.87 (1:40.18)  | 6:29.76 (1:39.90)  |
|                    |      |                  | 11:44.20 (1:44.84) | 13:21.11 (1:36.91) |
| 5 Kvebak, Kendra   | 11   | Detroit Lakes    | 14:15.20           | 1                  |
|                    |      |                  | 1:35.80 (1:35.80)  | 3:19.81 (1:44.02)  |
|                    |      |                  | 8:48.28 (1:52.85)  | 10:41.59 (1:53.31) |
|                    |      |                  | 5:06.09 (1:46.28)  | 6:55.43 (1:49.35)  |
|                    |      |                  | 12:34.94 (1:53.36) | 14:15.20 (1:40.26) |
| 6 Berg, Miranda    | 11   | Crosby-Iront     | 14:52.74           |                    |
|                    |      |                  | 1:37.97 (1:37.97)  | 3:22.97 (1:45.00)  |
|                    |      |                  | 9:01.15 (1:56.34)  | 10:59.77 (1:58.62) |
|                    |      |                  | 5:11.99 (1:49.03)  | 7:04.81 (1:52.83)  |
|                    |      |                  | 12:58.34 (1:58.58) | 14:52.74 (1:54.41) |
| 7 Yoder, Krystal   | 10   | Staples Motley   | 16:58.33           |                    |
|                    |      |                  | 1:48.70 (1:48.70)  | 3:53.98 (2:05.29)  |
|                    |      |                  | 10:22.18 (2:11.18) | 12:47.11 (2:24.93) |
|                    |      |                  | 5:57.54 (2:03.56)  | 8:11.00 (2:13.47)  |
|                    |      |                  | 15:07.39 (2:20.28) | 16:58.33 (1:50.94) |

**Girls 100 Meter Hurdles**

| Name                 | Year | School           | Finals | H# | Points |
|----------------------|------|------------------|--------|----|--------|
| 1 Klefsaas, Millie   | 11   | Staples Motley   | 15.52  | 1  | 8      |
| 2 Kosloski, Ashley   | 11   | Pequot Lakes     | 16.78  | 1  | 6      |
| 3 Chavez, Leah       | 11   | Detroit Lakes    | 17.10  | 1  | 4      |
| 4 Rhodes, Hannah     | 11   | Detroit Lakes    | 17.48  | 1  | 2      |
| 5 Warmbold, Katelynn | 11   | Park Rapids Area | 18.71  | 1  | 1      |
| 6 Lundberg, Sydney   | 09   | Detroit Lakes    | 18.72  | 1  |        |
| 7 Otterness, Tayah   | 12   | Park Rapids Area | 20.01  | 1  |        |
| 8 Mudgett, Morgan    | 09   | Pequot Lakes     | 20.09  | 2  |        |
| 9 Brinkman, Emma     | 09   | Pequot Lakes     | 22.20  | 2  |        |
| 10 Hoffard, Bailee   | 12   | Park Rapids Area | 43.26  | 1  |        |
| -- Walker, Brooke    | 8    | Crosby-Iront     | FS     | 2  |        |

**Girls 300 Meter Hurdles**

| Name                 | Year | School           | Finals  | H# | Points |
|----------------------|------|------------------|---------|----|--------|
| 1 Hegg, Jackson      | 8    | Detroit Lakes    | 49.78   | 1  | 8      |
| 2 Lundberg, Sydney   | 09   | Detroit Lakes    | 51.06   | 1  | 6      |
| 3 Teiken, Ellen      | 11   | Detroit Lakes    | 51.60   | 1  | 4      |
| 4 Kosloski, Ashley   | 11   | Pequot Lakes     | 52.76   | 1  | 2      |
| 5 Warmbold, Katelynn | 11   | Park Rapids Area | 55.18   | 1  | 1      |
| 6 Mudgett, Morgan    | 09   | Pequot Lakes     | 56.02   | 1  |        |
| 7 Scholz, Kendra     | 7    | Park Rapids Area | 56.10   | 1  |        |
| 8 Jones, Brooklyn    | 8    | Crosby-Iront     | 58.56   | 2  |        |
| 9 Hirschey, Larken   | 09   | Staples Motley   | 58.89   | 1  |        |
| 10 Nevin, Emma-Jo    | 09   | Pequot Lakes     | 1:01.20 | 2  |        |
| 11 Hirschey, Addison | 09   | Staples Motley   | 1:02.94 | 2  |        |

**MidState Track and Field Championships - 5/17/2016****Park Rapids High School****Results - Schedule****Girls 4x100 Meter Relay**

| School                       | Finals                  | Points |
|------------------------------|-------------------------|--------|
| 1 Detroit Lakes              | 53.26                   | 8      |
| 1) Larson, Naomi 11          | 2) Harrier, Josie 11    |        |
| 3) Chavez, Leah 11           | 4) Disse, Emma 10       |        |
| 2 Pequot Lakes               | 53.34                   | 6      |
| 1) Ganley, Mirjana 8         | 2) Spielman, Candyce 12 |        |
| 3) Fink, Whitney 8           | 4) Pfeiffer, Ella 7     |        |
| 3 Park Rapids Area           | 54.71                   | 4      |
| 1) Harshman, Sarah 12        | 2) Eystad, Abby 09      |        |
| 3) Hill, Paige 12            | 4) Mueller, Abby 12     |        |
| 4 Staples Motley             | 58.25                   | 2      |
| 1) Davis, Alex 10            | 2) Ferdon, Brooke 7     |        |
| 3) Dvorak, Jenna 7           | 4) Hirschey, Addison 09 |        |
| 5 Crosby-Ironton High School | 1:03.88                 |        |
| 1) Millsop, Jordyan 8        | 2) Loiland, Shyanne 09  |        |
| 3) Rydberg, Danielle 09      | 4) Ireland, Kathryn 09  |        |

**Girls 4x200 Meter Relay**

| School                       | Finals                   | Points |
|------------------------------|--------------------------|--------|
| 1 Detroit Lakes              | 1:49.88                  | 8      |
| 1) Hegg, Jackson 8           | 2) Larson, Emily 09      |        |
| 3) Hanninen, Olivia 10       | 4) Hamm-Coyne, Jasmyn 11 |        |
| 2 Park Rapids Area           | 1:56.19                  | 6      |
| 1) Scholz, Kendra 7          | 2) Carlson, Kamree 8     |        |
| 3) Ulvin, Ellie 7            | 4) McCollum, Jaiden 10   |        |
| 3 Pequot Lakes               | 1:57.41                  | 4      |
| 1) Ganley, Mirjana 8         | 2) Skluzacek, Chelsea 10 |        |
| 3) Kosloski, Ashley 11       | 4) Spielman, Candyce 12  |        |
| 4 Crosby-Ironton High School | 1:57.51                  | 2      |
| 1) Hale, Cyan 12             | 2) Monson, Kylie 10      |        |
| 3) Walker, Brooke 8          | 4) Smith, Emily 11       |        |
| 5 Staples Motley             | 2:01.78                  |        |
| 1) Robben, Amber 11          | 2) Hirschey, Larken 09   |        |
| 3) Weite, Kelsie 11          | 4) Ferdon, Brooke 7      |        |

**Girls 4x400 Meter Relay**

| School                       | Finals                   | Points |
|------------------------------|--------------------------|--------|
| 1 Pequot Lakes               | 4:06.89                  | 8      |
| 1) Skog, Kristin 10          | 2) Ganley, Mirjana 8     |        |
| 3) Lane, Olivia 09           | 4) McGuire, Grace 10     |        |
| 2 Park Rapids Area           | 4:16.39                  | 6      |
| 1) Olson, Megan 12           | 2) McCollum, Jaiden 10   |        |
| 3) Carlson, Kamree 8         | 4) Mueller, Abby 12      |        |
| 3 Detroit Lakes              | 4:25.13                  | 4      |
| 1) Jernberg, Peyton 09       | 2) Larson, Emily 09      |        |
| 3) Hanninen, Olivia 10       | 4) Hamm-Coyne, Jasmyn 11 |        |
| 4 Staples Motley             | 4:44.16                  | 2      |
| 1) Davis, Alex 10            | 2) Hirschey, Larken 09   |        |
| 3) Weite, Kelsie 11          | 4) Ferdon, Brooke 7      |        |
| 5 Crosby-Ironton High School | 5:03.10                  |        |

**MidState Track and Field Championships - 5/17/2016**  
**Park Rapids High School**  
**Results - Schedule**

**....Girls 4x400 Meter Relay**

- |                     |                     |
|---------------------|---------------------|
| 1) Dwyer, Ella 09   | 2) Hanson, Haylee 7 |
| 3) Bostrom, Anna 09 | 4) Peterson, Lily 7 |

**Girls 4x800 Meter Relay**

| School                       | Finals                  | Points |
|------------------------------|-------------------------|--------|
| 1 Pequot Lakes               | 10:00.39                | 8      |
| 1) Skog, Kristin 10          | 2) Hall, Jannah 10      |        |
| 3) Lane, Olivia 09           | 4) McGuire, Grace 10    |        |
| 2 Park Rapids Area           | 10:19.63                | 6      |
| 1) Hilmanowski, Tori 10      | 2) Steffel, Whitney 09  |        |
| 3) Kantonen, Lydia 11        | 4) Olson, Megan 12      |        |
| 3 Detroit Lakes              | 10:41.10                | 4      |
| 1) Fegely, Emma 10           | 2) Schumacher, Sarah 12 |        |
| 3) Brodsho, Courtney 10      | 4) Teiken, Ellen 11     |        |
| 4 Staples Motley             | 10:50.63                | 2      |
| 1) Nanik, Chelsea 11         | 2) Dumpprope, Megan 12  |        |
| 3) Weite, Kelsie 11          | 4) Dumpprope, Kiera 09  |        |
| 5 Crosby-Ironton High School | 11:22.86                |        |
| 1) LeMieur, Arianna 8        | 2) Peterson, Lily 7     |        |
| 3) Berg, Miranda 11          | 4) Dwyer, Ella 09       |        |

**Girls High Jump**

| Name                               | Year School         | Finals  | Points |
|------------------------------------|---------------------|---------|--------|
| 1 Ruud, Corina                     | 11 Pequot Lakes     | 5-00.00 | 8      |
| 4-04 4-06 4-08 4-10 5-00 5-02      |                     |         |        |
| O O XO XO XO XXX                   |                     |         |        |
| 2 Fredrickson, Gabby               | 7 Detroit Lakes     | 5-00.00 | 6      |
| 4-02 4-04 4-06 4-08 4-10 5-00 5-02 |                     |         |        |
| O XO O O O XXO XXX                 |                     |         |        |
| 3 Johnson, Lyndsey                 | 11 Pequot Lakes     | 4-10.00 | 4      |
| 4-06 4-08 4-10 5-00                |                     |         |        |
| O O XXO XXX                        |                     |         |        |
| 4 Carlson, Kennedy                 | 10 Park Rapids Area | 4-08.00 | 2      |
| 4-00 4-02 4-04 4-06 4-08 4-10      |                     |         |        |
| O O O XO O XXX                     |                     |         |        |
| 5 Ireland, Kathryn                 | 09 Crosby-Iront     | 4-08.00 | 1      |
| 4-02 4-04 4-06 4-08 4-10           |                     |         |        |
| O O XXO O XXX                      |                     |         |        |
| 6 Johnson, Paige                   | 8 Park Rapids Area  | 4-08.00 |        |
| 4-00 4-02 4-04 4-06 4-08 4-10      |                     |         |        |
| XO O O XO XXO XXX                  |                     |         |        |
| 6 Jones, Brooklyn                  | 8 Crosby-Iront      | 4-08.00 |        |
| 4-00 4-02 4-04 4-06 4-08 4-10      |                     |         |        |
| O O O XXO XXO XXX                  |                     |         |        |
| 8 Monson, Kylie                    | 10 Crosby-Iront     | 4-06.00 |        |
| 4-02 4-04 4-06 4-08                |                     |         |        |
| O O O XXX                          |                     |         |        |
| 8 Otterness, Tayah                 | 12 Park Rapids Area | 4-06.00 |        |
| 4-00 4-02 4-04 4-06 4-08           |                     |         |        |
| O O O O XXX                        |                     |         |        |

**MidState Track and Field Championships - 5/17/2016**  
**Park Rapids High School**  
**Results - Schedule**

**....Girls High Jump**

|                          |                   |         |
|--------------------------|-------------------|---------|
| 8 Jensen, Cassandra      | 11 Detroit Lakes  | 4-06.00 |
| 4-02 4-04 4-06 4-08      |                   |         |
| 0 0 0 XXX                |                   |         |
| 8 Kratochvil, Britt      | 09 Pequot Lakes   | 4-06.00 |
| 4-04 4-06 4-08           |                   |         |
| 0 0 XXX                  |                   |         |
| 12 Olds, Mathia          | 11 Detroit Lakes  | 4-06.00 |
| 4-00 4-02 4-04 4-06 4-08 |                   |         |
| 0 0 XO 0 XXX             |                   |         |
| 13 Weite, Kelsie         | 11 Staples Motley | 4-00.00 |
| 4-00 4-02                |                   |         |
| 0 XXX                    |                   |         |
| 14 Davis, Alex           | 10 Staples Motley | 4-00.00 |
| 3-10 4-00 4-02           |                   |         |
| XO 0 XXX                 |                   |         |
| 15 Yoder, Krystal        | 10 Staples Motley | 4-00.00 |
| 3-10 4-00 4-02           |                   |         |
| 0 XXO XXX                |                   |         |

**Girls Pole Vault**

| Name                          | Year School         | Finals   | Points |
|-------------------------------|---------------------|----------|--------|
| 1 Klefsaas, Millie            | 11 Staples Motley   | 11-03.00 | 8      |
| 9-00 9-06 11-00 11-03 11-06   |                     |          |        |
| 0 0 XXO XXO XXX               |                     |          |        |
| 2 Golden, Alyssa              | 11 Pequot Lakes     | 9-00.00  | 6      |
| 7-00 7-06 8-00 8-06 9-00 9-06 |                     |          |        |
| 0 XO 0 0 XO XXX               |                     |          |        |
| 3 Drury, Caroline             | 11 Park Rapids Area | 8-06.00  | 4      |
| 7-06 8-00 8-06 9-00           |                     |          |        |
| 0 0 0 XXX                     |                     |          |        |
| 4 Jernberg, Johanna           | 11 Detroit Lakes    | 8-06.00  | 2      |
| 7-00 7-06 8-00 8-06 9-00      |                     |          |        |
| 0 0 0 XO XXX                  |                     |          |        |
| 5 Hill, Paige                 | 12 Park Rapids Area | 8-00.00  | 1      |
| 6-00 6-06 7-00 7-06 8-00 8-06 |                     |          |        |
| 0 0 0 0 XO XXX                |                     |          |        |
| 6 Jones, Brooklyn             | 8 Crosby-Iront      | 8-00.00  |        |
| 6-00 6-06 7-00 7-06 8-00 8-06 |                     |          |        |
| 0 0 0 XO XO XXX               |                     |          |        |
| 7 Larson, Emily               | 09 Detroit Lakes    | 7-06.00  |        |
| 6-00 6-06 7-00 7-06 8-00      |                     |          |        |
| 0 0 0 0 XXX                   |                     |          |        |
| 8 Johnson, Coral              | 09 Park Rapids Area | 7-06.00  |        |
| 6-00 6-06 7-00 7-06 8-00      |                     |          |        |
| XO 0 XO XO XXX                |                     |          |        |
| 9 Hegg, Jackson               | 8 Detroit Lakes     | 7-00.00  |        |
| 6-00 6-06 7-00 7-06           |                     |          |        |
| 0 0 0 XXX                     |                     |          |        |
| 10 Stangel, Michaela          | 11 Crosby-Iront     | 7-00.00  |        |
| 6-00 6-06 7-00 7-06           |                     |          |        |
| XO 0 0 XXX                    |                     |          |        |

**MidState Track and Field Championships - 5/17/2016****Park Rapids High School****Results - Schedule****....Girls Pole Vault**

|                   |                   |         |
|-------------------|-------------------|---------|
| 11 Hanson, Haylee | 7 Crosby-Iront    | 6-06.00 |
| 6-00 6-06         |                   |         |
| 0 0               |                   |         |
| 12 White, Kassidy | 10 Staples Motley | 6-00.00 |
| 6-00 6-06         |                   |         |
| 0 XXX             |                   |         |

**Girls Long Jump**

| Name                | Year School         | Finals   | Points |
|---------------------|---------------------|----------|--------|
| 1 Harrier, Josie    | 11 Detroit Lakes    | 16-03.00 | 8      |
| 2 Doppler, Teeya    | 09 Detroit Lakes    | 16-02.00 | 6      |
| 3 Chavez, Leah      | 11 Detroit Lakes    | 15-07.00 | 4      |
| 4 Hale, Cyan        | 12 Crosby-Iront     | 15-03.50 | 2      |
| 5 Harshman, Sarah   | 12 Park Rapids Area | 14-06.00 | 1      |
| 6 Morgan, Hannah    | 7 Park Rapids Area  | 14-03.00 |        |
| 7 Golden, Alyssa    | 11 Pequot Lakes     | 14-02.50 |        |
| 8 Rydberg, Danielle | 09 Crosby-Iront     | 13-07.50 |        |
| 9 Smith, Emily      | 11 Crosby-Iront     | 13-05.00 |        |
| 10 Stevens, Emily   | 11 Pequot Lakes     | 12-07.00 |        |
| 11 Damar, Savana    | 7 Park Rapids Area  | 10-07.00 |        |
| -- Ferdon, Brooke   | 7 Staples Motley    | ND       |        |

**Girls Triple Jump**

| Name                 | Year School         | Finals   | Points |
|----------------------|---------------------|----------|--------|
| 1 Gunderson, Haidyn  | 10 Detroit Lakes    | 34-01.00 | 8      |
| 2 Monson, Kylie      | 10 Crosby-Iront     | 33-01.00 | 6      |
| 3 Harrier, Josie     | 11 Detroit Lakes    | 32-05.00 | 4      |
| 4 Warmbold, Katelynn | 11 Park Rapids Area | 32-03.50 | 2      |
| 5 Golden, Alyssa     | 11 Pequot Lakes     | 32-02.00 | 1      |
| 6 Loiland, Shyanne   | 09 Crosby-Iront     | 32-01.00 |        |
| 7 Smith, Brina       | 8 Detroit Lakes     | 31-00.50 |        |
| 8 Hill, Paige        | 12 Park Rapids Area | 29-01.50 |        |
| 9 Stevens, Emily     | 11 Pequot Lakes     | 29-01.00 |        |
| 10 Lewis, Shelain    | 09 Crosby-Iront     | 27-10.00 |        |
| 11 Hirschey, Addison | 09 Staples Motley   | 23-03.25 |        |
| -- Ganley, Mirjana   | 8 Pequot Lakes      | ND       |        |

**Girls Shot Put**

| Name                     | Year School         | Finals   | Points |
|--------------------------|---------------------|----------|--------|
| 1 McCollum, Jaiden       | 10 Park Rapids Area | 40-00.00 | 8      |
| 2 Engholm, Desera        | 09 Pequot Lakes     | 34-07.00 | 6      |
| 3 Price, Breanna         | 09 Detroit Lakes    | 33-10.50 | 4      |
| 4 Carlson, Kamree        | 8 Park Rapids Area  | 32-05.00 | 2      |
| 5 Hoffer-Gilbert, Marisa | Detroit Lakes       | 31-02.00 | 1      |
| 6 Nephew, Dannah         | 11 Detroit Lakes    | 30-02.00 |        |
| 7 Stangel, Shantel       | 09 Crosby-Iront     | 26-07.00 |        |
| 8 Foster, Ashley         | 8 Pequot Lakes      | 24-11.00 |        |
| 9 Rydberg, Danielle      | 09 Crosby-Iront     | 22-09.00 |        |
| 9 Brings, Toni           | 10 Staples Motley   | 22-09.00 |        |

**MidState Track and Field Championships - 5/17/2016**

**Park Rapids High School**

**Results - Schedule**

**....Girls Shot Put**

|                     |                   |          |
|---------------------|-------------------|----------|
| 11 Dolezal, Hannah  | 09 Staples Motley | 21-04.00 |
| 12 Hofmann, Chelsea | 10 Staples Motley | 19-09.00 |
| 13 Dravis, Taylor   | Park Rapids Area  | 18-10.00 |

**Girls Discus Throw**

| Name                | Year | School           | Finals    | Points |
|---------------------|------|------------------|-----------|--------|
| 1 Price, Breanna    | 09   | Detroit Lakes    | 118-07.50 | 8      |
| 2 Harshman, Sarah   | 12   | Park Rapids Area | 89-07     | 6      |
| 3 McCollum, Jaiden  | 10   | Park Rapids Area | 88-05.50  | 4      |
| 4 Johnson, Lizzie   | 11   | Detroit Lakes    | 87-11.50  | 2      |
| 5 Carlson, Kamree   | 8    | Park Rapids Area | 87-08     | 1      |
| 6 Stangel, Shantel  | 09   | Crosby-Iront     | 84-05     |        |
| 7 Brings, Toni      | 10   | Staples Motley   | 83-08.50  |        |
| 8 Smith, Emily      | 11   | Crosby-Iront     | 76-01.50  |        |
| 9 Stangel, Michaela | 11   | Crosby-Iront     | 73-03     |        |
| 10 Dolezal, Hannah  | 09   | Staples Motley   | 64-05     |        |
| 11 Foster, Ashley   | 8    | Pequot Lakes     | 61-06.50  |        |
| 12 Hofmann, Chelsea | 10   | Staples Motley   | 57-02     |        |
| 13 Holt, Sydney     | 12   | Pequot Lakes     | 55-10     |        |
| -- Nephew, Dannah   | 11   | Detroit Lakes    | ND        |        |
| -- Engholm, Desera  | 09   | Pequot Lakes     | ND        |        |

**Boys 100 Meter Dash**

| Name                  | Year | School         | Finals | H# | Points |
|-----------------------|------|----------------|--------|----|--------|
| 1 Schwan, Carter      | 12   | Lakers         | 12.00  | 1  | 8      |
| 2 Gray, Derek         | 12   | Lakers         | 12.11  | 1  | 6      |
| 3 Keiffer, Joe        | 09   | Pequot Lakes   | 12.29  | 2  | 4      |
| 4 Green, Will         | 09   | Lakers         | 12.34  | 1  | 2      |
| 5 Anderson, Charlie   | 12   | Crosby-Iront   | 12.48  | 1  | 1      |
| 6 Miller, Jake        | 12   | Staples Motley | 12.49  | 1  |        |
| 7 Carlson, Zac        | 10   | Staples Motley | 12.63  | 2  |        |
| 8 Hendrickson, Robbie | 8    | Pequot Lakes   | 12.67  | 1  |        |
| 9 Middleton, Will     | 8    | Pequot Lakes   | 12.76  | 1  |        |
| 10 Hudrlik, Anthony   | 8    | Crosby-Iront   | 12.79  | 2  |        |
| 11 Day, Chris         | 09   | Park Rapids    | 13.03  | 2  |        |
| 12 Engst, Jeremiah    | 09   | Park Rapids    | 13.97  | 2  |        |
| 13 Brandt, Hunter     | 8    | Park Rapids    | 14.14  | 2  |        |
| 14 Herron, Zac        | 09   | Crosby-Iront   | 14.61  | 2  |        |

**Boys 200 Meter Dash**

| Name               | Year | School         | Finals | H# | Points |
|--------------------|------|----------------|--------|----|--------|
| 1 Labine, Brady    | 11   | Lakers         | 23.77  | 1  | 8      |
| 2 Bakken, Quinn    | 11   | Lakers         | 23.97  | 1  | 6      |
| 3 Gulseth, Jaeger  | 10   | Lakers         | 24.15  | 1  | 4      |
| 4 Huss, Cody       | 11   | Pequot Lakes   | 24.28  | 1  | 2      |
| 5 Jacobs, Trey     | 11   | Crosby-Iront   | 24.34  | 2  | 1      |
| 6 Johnson, Tyler   | 12   | Staples Motley | 24.35  | 1  |        |
| 7 Jorgens, Zachary | 8    | Pequot Lakes   | 24.71  | 2  |        |
| 8 Fisher, Matthew  | 09   | Staples Motley | 25.37  | 1  |        |



**MidState Track and Field Championships - 5/17/2016**  
**Park Rapids High School**  
**Results - Schedule**

**....Boys 200 Meter Dash**

|                      |                   |       |   |
|----------------------|-------------------|-------|---|
| 9 Fritze, Zach       | 09 Park Rapids    | 25.49 | 1 |
| 10 Gieseke, Kole     | 09 Park Rapids    | 25.74 | 2 |
| 11 Anderson, Jake    | 11 Pequot Lakes   | 25.79 | 2 |
| 12 Fritze, Spencer   | 09 Park Rapids    | 26.73 | 1 |
| 13 Louks, Brady      | 8 Crosby-Iront    | 27.32 | 2 |
| 14 Strickland, Scout | 09 Staples Motley | 27.47 | 2 |
| 15 Anderson, Charlie | 12 Crosby-Iront   | 29.94 | 2 |

**Boys 400 Meter Dash**

| Name                | Year School       | Finals  | H# | Points |
|---------------------|-------------------|---------|----|--------|
| 1 Labine, Brady     | 11 Lakers         | 51.52   | 1  | 8      |
| 2 Jacobs, Trey      | 11 Crosby-Iront   | 52.68   | 1  | 6      |
| 3 Huss, Cody        | 11 Pequot Lakes   | 52.93   | 1  | 4      |
| 4 Richter, Jacob    | 12 Lakers         | 53.15   | 1  | 2      |
| 5 Livermore, Jesse  | 11 Lakers         | 54.08   | 1  | 1      |
| 6 Johnston, Maximus | 8 Pequot Lakes    | 55.22   | 1  |        |
| 7 Karbowski, Frank  | 11 Staples Motley | 57.37   | 1  |        |
| 8 Rychner, Mason    | 11 Staples Motley | 58.11   | 2  |        |
| 9 Gieseke, Kole     | 09 Park Rapids    | 1:00.90 | 2  |        |
| 10 Mitchell, Jack   | 12 Crosby-Iront   | 1:03.93 | 2  |        |
| 11 Fritze, Spencer  | 09 Park Rapids    | 1:03.98 | 1  |        |
| 12 Engst, Jeremiah  | 09 Park Rapids    | 1:06.65 | 2  |        |
| 13 Hoffman, Kyle    | 11 Pequot Lakes   | 1:06.67 | 2  |        |

**Boys 800 Meter Run**

| Name                  | Year School       | Finals  | Points |
|-----------------------|-------------------|---------|--------|
| 1 Ross-Bahn, Isaiah   | 8 Staples Motley  | 2:02.73 | 8      |
| 59.17 (59.17)         | 2:02.73 (1:03.57) |         |        |
| 2 Buboltz, Zach       | 11 Lakers         | 2:04.47 | 6      |
| 59.72 (59.72)         | 2:04.47 (1:04.76) |         |        |
| 3 Askelson, Austin    | 12 Lakers         | 2:11.28 | 4      |
| 1:04.20 (1:04.20)     | 2:11.28 (1:07.09) |         |        |
| 4 Johnston, Maximus   | 8 Pequot Lakes    | 2:11.85 | 2      |
| 1:05.01 (1:05.01)     | 2:11.85 (1:06.84) |         |        |
| 5 Wik, Teoday         | 11 Park Rapids    | 2:11.91 | 1      |
| 1:03.86 (1:03.86)     | 2:11.91 (1:08.06) |         |        |
| 6 Boller, Cameron     | 12 Pequot Lakes   | 2:12.54 |        |
| 1:02.64 (1:02.64)     | 2:12.54 (1:09.91) |         |        |
| 7 Palmer, Levi        | 12 Pequot Lakes   | 2:13.62 |        |
| 1:04.37 (1:04.37)     | 2:13.62 (1:09.26) |         |        |
| 8 Musielewicz, Elliot | 11 Lakers         | 2:15.47 |        |
| 1:05.18 (1:05.18)     | 2:15.47 (1:10.29) |         |        |
| 9 Roberts, Sam        | 8 Crosby-Iront    | 2:15.65 |        |
| 1:05.52 (1:05.52)     | 2:15.65 (1:10.14) |         |        |
| 10 Breitwieser, Seth  | 09 Park Rapids    | 2:19.56 |        |
| 1:04.55 (1:04.55)     | 2:19.56 (1:15.01) |         |        |
| 11 Bartczak, Ben      | 09 Staples Motley | 2:22.20 |        |
| 1:07.13 (1:07.13)     | 2:22.20 (1:15.07) |         |        |
| 12 Severson, Elijah   | 10 Crosby-Iront   | 2:26.57 |        |
| 1:10.52 (1:10.52)     | 2:26.57 (1:16.06) |         |        |

**MidState Track and Field Championships - 5/17/2016**

**Park Rapids High School**

**Results - Schedule**

**....Boys 800 Meter Run**

|                         |                   |         |
|-------------------------|-------------------|---------|
| 13 Reish, Jake          | 09 Park Rapids    | 2:33.00 |
| 1:09.85 (1:09.85)       | 2:33.00 (1:23.15) |         |
| 14 Christensen, Bentley | 09 Staples Motley | 2:39.51 |
| 1:18.29 (1:18.29)       | 2:39.51 (1:21.22) |         |

**Boys 1600 Meter Run**

| Name                    | Year School       | Finals            | Points            |
|-------------------------|-------------------|-------------------|-------------------|
| 1 Haugrud, Connor       | 11 Lakers         | 4:45.57           | 8                 |
| 1:08.20 (1:08.20)       | 2:21.92 (1:13.72) | 3:37.15 (1:15.23) | 4:45.57 (1:08.43) |
| 2 Tschida, Jacob        | 11 Pequot Lakes   | 4:47.98           | 6                 |
| 1:08.44 (1:08.44)       | 2:22.01 (1:13.58) | 3:37.39 (1:15.38) | 4:47.98 (1:10.60) |
| 3 Jacobi, Adam          | 11 Park Rapids    | 4:54.28           | 4                 |
| 1:08.05 (1:08.05)       | 2:22.97 (1:14.93) | 3:40.65 (1:17.68) | 4:54.28 (1:13.64) |
| 4 Thompson, Tommy       | 10 Crosby-Iront   | 4:56.05           | 2                 |
| 1:09.20 (1:09.20)       | 2:24.27 (1:15.07) | 3:41.70 (1:17.44) | 4:56.05 (1:14.36) |
| 5 Gallatin, Grant       | 8 Lakers          | 4:59.58           | 1                 |
| 1:08.93 (1:08.93)       | 2:24.03 (1:15.11) | 3:43.56 (1:19.53) | 4:59.58 (1:16.02) |
| 6 Gallatin, Van         | 10 Lakers         | 5:02.77           |                   |
| 1:09.85 (1:09.85)       | 2:27.28 (1:17.43) | 3:48.72 (1:21.45) | 5:02.77 (1:14.06) |
| 7 Brine-Doyle, Karl     | 11 Pequot Lakes   | 5:05.28           |                   |
| 1:11.17 (1:11.17)       | 2:31.04 (1:19.88) | 3:51.94 (1:20.91) | 5:05.28 (1:13.34) |
| 8 Person, Sam           | 09 Pequot Lakes   | 5:06.05           |                   |
| 1:11.89 (1:11.89)       | 2:30.80 (1:18.92) | 3:51.15 (1:20.36) | 5:06.05 (1:14.90) |
| 9 Renneburg, Preston    | 09 Park Rapids    | 5:08.73           |                   |
| 1:12.26 (1:12.26)       | 2:31.72 (1:19.47) | 3:52.60 (1:20.89) | 5:08.73 (1:16.13) |
| 10 Anderson, Emmett     | 7 Staples Motley  | 5:10.81           |                   |
| 1:12.52 (1:12.52)       | 2:31.21 (1:18.69) | 3:51.33 (1:20.12) | 5:10.81 (1:19.49) |
| 11 Moses, Keegan        | 8 Park Rapids     | 5:26.21           |                   |
| 1:15.22 (1:15.22)       | 2:40.17 (1:24.95) | 4:08.46 (1:28.29) | 5:26.21 (1:17.76) |
| 12 Christensen, Bentley | 09 Staples Motley | 5:27.38           |                   |
| 1:16.48 (1:16.48)       | 2:43.74 (1:27.27) | 4:08.07 (1:24.33) | 5:27.38 (1:19.32) |
| 13 O'Dell, Kalin        | 09 Staples Motley | 6:22.24           |                   |
| 1:20.22 (1:20.22)       | 3:03.67 (1:43.45) | 4:46.30 (1:42.64) | 6:22.24 (1:35.94) |

**Boys 3200 Meter Run**

| Name              | Year School       | Finals            | Points             |
|-------------------|-------------------|-------------------|--------------------|
| 1 Johnson, Aaron  | 11 Lakers         | 10:21.75          | 8                  |
| 1:11.35 (1:11.35) | 2:28.84 (1:17.49) | 3:46.73 (1:17.89) | 5:04.70 (1:17.98)  |
| 6:23.80 (1:19.11) | 7:44.73 (1:20.93) | 9:04.70 (1:19.97) | 10:21.75 (1:17.06) |
| 2 Fitzer, Tony    | 11 Pequot Lakes   | 10:28.52          | 6                  |
| 1:14.51 (1:14.51) | 2:34.95 (1:20.45) | 3:56.05 (1:21.11) | 5:16.73 (1:20.69)  |
| 6:38.16 (1:21.43) | 7:57.35 (1:19.20) | 9:15.05 (1:17.70) | 10:28.52 (1:13.48) |
| 3 Olson, Tanner   | 09 Lakers         | 10:40.82          | 4                  |
| 1:14.39 (1:14.39) | 2:34.88 (1:20.50) | 3:55.55 (1:20.67) | 5:16.88 (1:21.33)  |
| 6:39.04 (1:22.16) | 8:03.27 (1:24.24) | 9:25.89 (1:22.62) | 10:40.82 (1:14.93) |
| 4 Stokes, Isaiah  | 10 Lakers         | 10:49.43          | 2                  |
| 1:14.70 (1:14.70) | 2:34.75 (1:20.05) | 3:55.88 (1:21.14) | 5:17.20 (1:21.32)  |
| 6:40.00 (1:22.80) | 8:06.38 (1:26.39) | 9:32.31 (1:25.93) | 10:49.43 (1:17.13) |
| 5 Trout, Ryan     | 12 Staples Motley | 10:52.03          | 1                  |
| 1:18.29 (1:18.29) | 2:38.84 (1:20.56) | 4:00.48 (1:21.64) | 5:25.32 (1:24.84)  |
| 6:50.64 (1:25.33) | 8:15.64 (1:25.00) | 9:37.84 (1:22.20) | 10:52.03 (1:14.20) |

**MidState Track and Field Championships - 5/17/2016**  
**Park Rapids High School**  
**Results - Schedule**

**....Boys 3200 Meter Run**

|                        |                   |                    |                    |  |
|------------------------|-------------------|--------------------|--------------------|--|
| 6 Fitzer, Marty        | 11 Pequot Lakes   | 10:53.76           |                    |  |
| 1:16.39 (1:16.39)      | 2:38.32 (1:21.93) | 4:00.91 (1:22.60)  | 5:24.26 (1:23.36)  |  |
| 6:50.19 (1:25.93)      | 8:16.10 (1:25.91) | 9:38.98 (1:22.89)  | 10:53.76 (1:14.78) |  |
| 7 LeMieur, Seth        | 8 Crosby-Iront    | 10:55.87           |                    |  |
| 1:14.77 (1:14.77)      | 2:34.59 (1:19.83) | 3:56.14 (1:21.56)  | 5:18.33 (1:22.19)  |  |
| 6:44.13 (1:25.81)      | 8:10.62 (1:26.49) | 9:36.58 (1:25.97)  | 10:55.87 (1:19.29) |  |
| 8 Anderson, Emmett     | 7 Staples Motley  | 10:59.99           |                    |  |
| 1:18.55 (1:18.55)      | 2:39.04 (1:20.50) | 4:00.55 (1:21.52)  | 5:25.32 (1:24.77)  |  |
| 6:50.70 (1:25.39)      | 8:15.57 (1:24.87) | 9:38.16 (1:22.60)  | 10:59.99 (1:21.83) |  |
| 9 Bartczak, Ben        | 09 Staples Motley | 11:16.80           |                    |  |
| 1:18.75 (1:18.75)      | 2:39.26 (1:20.51) | 4:07.22 (1:27.96)  | 5:35.35 (1:28.14)  |  |
| 7:02.75 (1:27.41)      | 8:29.35 (1:26.60) | 9:57.26 (1:27.92)  | 11:16.80 (1:19.54) |  |
| 10 Ringhand, Tucker    | 8 Crosby-Iront    | 11:26.93           |                    |  |
| 1:15.85 (1:15.85)      | 2:38.77 (1:22.93) | 4:02.23 (1:23.46)  | 5:30.83 (1:28.61)  |  |
| 7:01.30 (1:30.47)      | 8:30.02 (1:28.73) | 10:00.47 (1:30.45) | 11:26.93 (1:26.46) |  |
| 11 Pierzinski, Russell | 8 Pequot Lakes    | 11:33.49           |                    |  |
| 1:17.68 (1:17.68)      | 2:39.13 (1:21.46) | 4:01.18 (1:22.05)  | 5:27.56 (1:26.38)  |  |
| 6:58.79 (1:31.23)      | 8:32.00 (1:33.21) | 10:04.16 (1:32.17) | 11:33.49 (1:29.34) |  |
| 12 Renneburg, Preston  | 09 Park Rapids    | 11:54.93           |                    |  |
| 1:18.29 (1:18.29)      | 2:39.71 (1:21.43) | 4:03.10 (1:23.39)  | 5:34.69 (1:31.60)  |  |
| 7:11.93 (1:37.24)      | 8:46.16 (1:34.23) | 10:20.02 (1:33.87) | 11:54.93 (1:34.91) |  |
| -- Jacobi, Adam        | 11 Park Rapids    | DNF                |                    |  |
| 1:13.22 (1:13.22)      | 2:33.53 (1:20.31) | 3:54.85 (1:21.33)  | 5:18.58 (1:23.74)  |  |
| 6:44.13 (1:25.55)      |                   |                    |                    |  |

**Boys 110 Meter Hurdles**

| Name               | Year School       | Finals | H# | Points |
|--------------------|-------------------|--------|----|--------|
| 1 Blazer, Chase    | 12 Pequot Lakes   | 15.29  | 2  | 8      |
| 2 Pierzinski, Reid | 10 Pequot Lakes   | 16.08  | 1  | 6      |
| 3 Jorgenson, Per   | 11 Park Rapids    | 16.34  | 1  | 4      |
| 4 Giza, Max        | 10 Staples Motley | 16.49  | 1  | 2      |
| 5 Jasken, Marcus   | 11 Lakers         | 17.64  | 1  | 1      |
| 6 Gilbertson, Cam  | 10 Lakers         | 18.41  | 1  |        |
| 7 Metelak, Cole    | 09 Lakers         | 19.11  | 1  |        |
| 8 Fritze, Zach     | 09 Park Rapids    | 19.86  | 1  |        |
| 9 Anderson, Brooks | 8 Pequot Lakes    | 20.10  | 1  |        |
| 10 Mitchell, Jack  | 12 Crosby-Iront   | 20.11  | 2  |        |
| 11 Fritze, Spencer | 09 Park Rapids    | 21.23  | 2  |        |

**Boys 300 Meter Hurdles**

| Name               | Year School       | Finals | H# | Points |
|--------------------|-------------------|--------|----|--------|
| 1 Pierzinski, Reid | 10 Pequot Lakes   | 40.21  | 1  | 8      |
| 2 Giza, Max        | 10 Staples Motley | 43.07  | 1  | 6      |
| 3 Jorgenson, Per   | 11 Park Rapids    | 43.50  | 1  | 4      |
| 4 Jasken, Marcus   | 11 Lakers         | 43.71  | 1  | 2      |
| 5 Gilbertson, Cam  | 10 Lakers         | 45.42  | 1  | 1      |
| 6 Bettcher, Jake   | 09 Lakers         | 45.45  | 1  |        |
| 7 Fritze, Zach     | 09 Park Rapids    | 46.48  | 1  |        |
| 8 Fisher, Matthew  | 09 Staples Motley | 46.72  | 1  |        |
| 9 Anderson, Brooks | 8 Pequot Lakes    | 48.59  | 2  |        |
| 10 Crist, Max      | 8 Park Rapids     | 49.62  | 2  |        |



**MidState Track and Field Championships - 5/17/2016**  
**Park Rapids High School**  
**Results - Schedule**

**....Boys 4x400 Meter Relay**

|                                |                      |   |
|--------------------------------|----------------------|---|
| 4 Park Rapids Area High School | 3:38.21              | 2 |
| 1) Breitwaser, Tristan 12      | 2) Day, Brandon 11   |   |
| 3) Hagan, Remington 12         | 4) Jorgenson, Per 11 |   |
| 5 Crosby-Ironton High School   | 4:23.06              |   |
| 1) Severson, Griffin 10        | 2) Cady, Ethan 10    |   |
| 3) Thompson, Tommy 10          | 4) LeMieur, Sam 8    |   |

**Boys 4x800 Meter Relay**

| School                         | Finals                  | Points |
|--------------------------------|-------------------------|--------|
| 1 Lakers                       | 8:30.05                 | 8      |
| 1) Askelson, Austin 12         | 2) Livermore, Jesse 11  |        |
| 3) Buboltz, Zach 11            | 4) Johnson, Aaron 11    |        |
| 2 Pequot Lakes                 | 8:33.50                 | 6      |
| 1) Boller, Cameron 12          | 2) Brine-Doyle, Karl 11 |        |
| 3) Fitzer, Tony 11             | 4) Palmer, Levi 12      |        |
| 3 Staples Motley               | 8:55.51                 | 4      |
| 1) Karbowski, Frank 11         | 2) Johnson, Tyler 12    |        |
| 3) Trout, Ryan 12              | 4) Ross-Bahn, Isaiah 8  |        |
| 4 Park Rapids Area High School | 9:11.52                 | 2      |
| 1) Breitwaser, Seth 09         | 2) Reish, Jake 09       |        |
| 3) Gieseke, Kole 09            | 4) Wik, Teoday 11       |        |
| 5 Crosby-Ironton High School   | 9:25.45                 |        |
| 1) Thompson, Tommy 10          | 2) LeMieur, Seth 8      |        |
| 3) Cady, Ethan 10              | 4) Severson, Elijah 10  |        |

**Boys High Jump**

| Name                          | Year School       | Finals  | Points |
|-------------------------------|-------------------|---------|--------|
| 1 Sonstegard, Carson          | 12 Lakers         | 5-06.00 | 8      |
| 5-02 5-04 5-06 5-08           |                   |         |        |
| XO O O XXX                    |                   |         |        |
| 2 Ross-Bahn, Isaiah           | 8 Staples Motley  | 5-06.00 | 6      |
| 4-10 5-00 5-02 5-04 5-06 5-08 |                   |         |        |
| O O O XO O XXX                |                   |         |        |
| 3 Bettcher, Jake              | 09 Lakers         | 5-06.00 | 4      |
| 5-00 5-02 5-04 5-06 5-08      |                   |         |        |
| O O XO XO XXX                 |                   |         |        |
| 4 Reish, Jake                 | 09 Park Rapids    | 5-06.00 | 2      |
| 5-00 5-02 5-04 5-06 5-08      |                   |         |        |
| XO O XO XO XXX                |                   |         |        |
| 5 Brandt, Zach                | 10 Lakers         | 5-04.00 | 1      |
| 5-00 5-02 5-04 5-06           |                   |         |        |
| O O O XXX                     |                   |         |        |
| 6 Reynolds, Dominic           | 12 Crosby-Iront   | 5-04.00 |        |
| 5-02 5-04 5-06                |                   |         |        |
| XXO O XXX                     |                   |         |        |
| 7 Wolff, Avery                | 8 Park Rapids     | 5-00.00 |        |
| 4-10 5-00 5-02                |                   |         |        |
| O O XXX                       |                   |         |        |
| 8 Johnson, Tyler              | 12 Staples Motley | 5-00.00 |        |
| 4-10 5-00 5-02                |                   |         |        |
| O XO XXX                      |                   |         |        |

**MidState Track and Field Championships - 5/17/2016**  
**Park Rapids High School**  
**Results - Schedule**

**....Boys High Jump**

|    |                      |    |                |         |
|----|----------------------|----|----------------|---------|
| 9  | Crist, Max           | 8  | Park Rapids    | 4-10.00 |
|    | 4-10 5-00            |    |                |         |
|    | XXO XXX              |    |                |         |
| -- | Person, Sam          | 09 | Pequot Lakes   | NH      |
|    | 4-10                 |    |                |         |
|    | XXX                  |    |                |         |
| -- | Middleton, Will      | 8  | Pequot Lakes   | NH      |
|    | 4-10                 |    |                |         |
|    | XXX                  |    |                |         |
| -- | Christensen, Bentley | 09 | Staples Motley | NH      |
|    | 4-10                 |    |                |         |
|    | XXX                  |    |                |         |
| -- | Johnston, Maximus    | 8  | Pequot Lakes   | NH      |
|    | 4-10                 |    |                |         |
|    | XXX                  |    |                |         |

**Boys Pole Vault**

| Name                               | Year | School         | Finals   | Points |
|------------------------------------|------|----------------|----------|--------|
| 1 Giza, Max                        | 10   | Staples Motley | 11-06.00 | 8      |
| 10-06 11-00 11-06 12-00            |      |                |          |        |
| o o o XXX                          |      |                |          |        |
| 2 Keiffer, Jack                    | 11   | Pequot Lakes   | 11-06.00 | 6      |
| 9-06 10-00 10-06 11-00 11-06 12-00 |      |                |          |        |
| XXO XO o XO o XXX                  |      |                |          |        |
| 3 Harrington, Addisoune            | 10   | Pequot Lakes   | 11-00.00 | 4      |
| 10-00 10-06 11-00 11-06            |      |                |          |        |
| o o o XXX                          |      |                |          |        |
| 4 Engst, Jacob                     | 12   | Park Rapids    | 10-06.00 | 2      |
| 9-00 9-06 10-00 10-06 11-00        |      |                |          |        |
| XO o XO o XXX                      |      |                |          |        |
| 5 Trout, Ryan                      | 12   | Staples Motley | 10-06.00 | 1      |
| 9-06 10-00 10-06 11-00             |      |                |          |        |
| o o XO XXX                         |      |                |          |        |
| 6 Carlson, Kaleb                   | 11   | Park Rapids    | 10-00.00 |        |
| 9-00 9-06 10-00                    |      |                |          |        |
| o o XXO                            |      |                |          |        |
| 7 Benzick, Jayden                  | 09   | Pequot Lakes   | 9-06.00  |        |
| 8-06 9-00 9-06 10-00               |      |                |          |        |
| o o o XXX                          |      |                |          |        |
| 8 Freeman, Zane                    | 11   | Lakers         | 9-06.00  |        |
| 8-00 8-06 9-00 9-06 10-00          |      |                |          |        |
| o o o XO XXX                       |      |                |          |        |
| 9 Hill, Payton                     | 09   | Park Rapids    | 9-00.00  |        |
| 8-00 8-06 9-00 9-06                |      |                |          |        |
| o XO o XXX                         |      |                |          |        |
| 10 Johnson, Caden                  |      | Crosby-Iront   | 9-00.00  |        |
| 7-00 7-06 8-00 8-06 9-00 9-06      |      |                |          |        |
| o o XO o XO XXX                    |      |                |          |        |
| 11 Nierenhausen, Peter             | 8    | Crosby-Iront   | 8-06.00  |        |
| 7-06 8-00 8-06 9-00                |      |                |          |        |
| o o o XXX                          |      |                |          |        |

**MidState Track and Field Championships - 5/17/2016**  
**Park Rapids High School**  
**Results - Schedule**

**....Boys Pole Vault**

|                      |                   |         |
|----------------------|-------------------|---------|
| 12 Strickland, Scout | 09 Staples Motley | 7-00.00 |
| 6-00 7-00 7-06       |                   |         |
| O XO XXX             |                   |         |
| 13 Herron, Zac       | 09 Crosby-Iront   | 6-00.00 |
| 6-00 7-00            |                   |         |
| O XXX                |                   |         |
| -- Labine, Brady     | 11 Lakers         | NH      |
| 11-00                |                   |         |
| XXX                  |                   |         |

**Boys Long Jump**

| Name                 | Year School       | Finals   | Points |
|----------------------|-------------------|----------|--------|
| 1 Jacobs, Trey       | 11 Crosby-Iront   | 20-01.00 | 8      |
| 2 Ulschmid, Cody     | 10 Lakers         | 19-06.50 | 6      |
| 3 Hedstrom, Anders   | 09 Lakers         | 18-00.75 | 4      |
| 4 Rychner, Mason     | 11 Staples Motley | 18-00.25 | 2      |
| 5 Gulseth, Jaeger    | 10 Lakers         | 18-00.00 | 1      |
| 6 Miller, Jake       | 12 Staples Motley | 17-11.50 |        |
| 7 Berggren, Hunter   | 11 Staples Motley | 17-07.00 |        |
| 8 Reish, Jake        | 09 Park Rapids    | 17-04.50 |        |
| 9 Sjoblad, Carter    | 8 Pequot Lakes    | 16-09.00 |        |
| 10 Fritze, Spencer   | 09 Park Rapids    | 16-06.00 |        |
| 11 Middleton, Will   | 8 Pequot Lakes    | 16-05.25 |        |
| 12 Reynolds, Dominic | 12 Crosby-Iront   | 15-10.25 |        |
| 13 Slaybaugh, Trevor | 7 Pequot Lakes    | 14-08.00 |        |
| 14 Gieseke, Kole     | 09 Park Rapids    | 14-04.00 |        |
| 15 Hunter, Ean       | 7 Crosby-Iront    | 13-11.50 |        |

**Boys Triple Jump**

| Name                  | Year School       | Finals   | Points |
|-----------------------|-------------------|----------|--------|
| 1 Pierzinski, Reid    | 10 Pequot Lakes   | 42-01.50 | 8      |
| 2 Jacobs, Trey        | 11 Crosby-Iront   | 40-00.00 | 6      |
| 3 Hedstrom, Anders    | 09 Lakers         | 37-10.00 | 4      |
| 4 Han, Noah           | 11 Staples Motley | 37-04.50 | 2      |
| 5 Boucher, John       | Lakers            | 37-04.00 | 1      |
| 6 Berggren, Hunter    | 11 Staples Motley | 36-00.50 |        |
| 7 Pierzinski, Russell | 8 Pequot Lakes    | 34-10.00 |        |
| 8 Ulschmid, Cody      | 10 Lakers         | 34-03.00 |        |
| 9 Breitwaser, Tristan | 12 Park Rapids    | 34-02.00 |        |
| 10 Sjoblad, Carter    | 8 Pequot Lakes    | 33-11.50 |        |
| 11 Day, Chris         | 09 Park Rapids    | 33-09.75 |        |
| 12 Severson, Griffin  | 10 Crosby-Iront   | 32-08.00 |        |
| 13 Fisher, Matthew    | 09 Staples Motley | 31-00.50 |        |
| -- Engst, Jeremiah    | 09 Park Rapids    | ND       |        |

**Boys Shot Put**

| Name            | Year School | Finals   | Points |
|-----------------|-------------|----------|--------|
| 1 Nordmark, Ben | 10 Lakers   | 47-04.00 | 8      |
| 2 Nielsen, Jay  | 10 Lakers   | 45-09.00 | 6      |

**MidState Track and Field Championships - 5/17/2016**  
**Park Rapids High School**  
**Results - Schedule**

**....Boys Shot Put**

|                      |                   |          |   |
|----------------------|-------------------|----------|---|
| 3 Foster, Chris      | 11 Pequot Lakes   | 41-05.00 | 4 |
| 4 Johnson, Edward    | 10 Lakers         | 39-00.00 | 2 |
| 5 White, Jack        | 10 Pequot Lakes   | 36-07.00 | 1 |
| 6 Berggren, Hunter   | 11 Staples Motley | 36-00.00 |   |
| 7 Benson, Matt       | 10 Park Rapids    | 33-06.50 |   |
| 8 Graham, Bradley    | 10 Park Rapids    | 33-03.00 |   |
| 9 Strickland, Zach   | 11 Staples Motley | 33-00.00 |   |
| 10 Fabian, Matt      | Pequot Lakes      | 28-01.00 |   |
| 11 Strickland, Scout | 09 Staples Motley | 27-04.00 |   |
| 12 McKee, Walker     | 09 Crosby-Iront   | 24-01.00 |   |
| 12 Soderberg, Wyatt  | 11 Park Rapids    | 24-01.00 |   |

**Boys Discus Throw**

| Name                 | Year School       | Finals    | Points |
|----------------------|-------------------|-----------|--------|
| 1 Nielsen, Jay       | 10 Lakers         | 128-09    | 8      |
| 2 Kerzman, Jacob     | 10 Lakers         | 121-08.50 | 6      |
| 3 Israel, Victor     | 12 Lakers         | 111-04.50 | 4      |
| 4 White, Jack        | 10 Pequot Lakes   | 108-00    | 2      |
| 5 Benson, Matt       | 10 Park Rapids    | 106-03    | 1      |
| 6 Rothwell, Haiden   | 11 Pequot Lakes   | 95-04.50  |        |
| 7 Foster, Chris      | 11 Pequot Lakes   | 93-00     |        |
| 8 Strickland, Scout  | 09 Staples Motley | 92-09     |        |
| 9 Strickland, Zach   | 11 Staples Motley | 91-10     |        |
| 10 Graham, Bradley   | 10 Park Rapids    | 86-01.50  |        |
| 11 Severson, Griffin | 10 Crosby-Iront   | 80-11     |        |
| 12 Bartczak, Ben     | 09 Staples Motley | 77-04.50  |        |
| 13 Hill, Payton      | 09 Park Rapids    | 76-09     |        |
| 14 McKee, Walker     | 09 Crosby-Iront   | 59-04     |        |

Women - Team Rankings - 18 Events Scored

|                               |     |                   |    |
|-------------------------------|-----|-------------------|----|
| 1) Detroit Lakes              | 163 | 2) Pequot Lakes   | 86 |
| 3) Park Rapids Area           | 77  | 4) Staples Motley | 33 |
| 5) Crosby-Ironton High School | 15  |                   |    |

Men - Team Rankings - 18 Events Scored

|                               |     |                              |    |
|-------------------------------|-----|------------------------------|----|
| 1) Lakers                     | 169 | 2) Pequot Lakes              | 91 |
| 3) Staples Motley             | 50  | 4) Park Rapids Area High Sch | 38 |
| 5) Crosby-Ironton High School | 26  |                              |    |