

NW MN CONFERENCE XC CHAMPIONSHIP

East Grand Forks, MN

Valley Golf Course

Thursday, October 10, 2024

**OFFICIAL MEET REPORT**

printed: 10/7/2025 6:13 PM

Race #1
Girls JH 3200M**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score
1 Roseau	21
2 Warroad	34

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time
1 Avikainen, Mae	7	Roseau	1	13:09.8
2 Blakeslee, Emma	8	Roseau	2	13:53.3
3 Grafstrom, Ada	8	Warroad	3	14:00.8
4 Murray, Olivia	7	Roseau	4	14:04.5
5 Huener, Avril	7	Roseau	5	14:08.6
6 Auger, Kennedy	8	East Grand For	-	14:21.0
7 Machlitt, Caroline	8	Clearbrook-Gon	-	14:25.0
8 Hanson, Gracyn	8	Riverside Christ	-	14:29.4
9 Westerman, Quinn	6	Thief River Fall	-	14:34.0
10 Brekke, Aliyah	8	West Marshall	-	15:06.9
11 Jarshaw, Elizabeth	7	Northern Freez	-	15:17.6
12 Fransway, Sophia	8	Warroad	6	15:18.3
13 Youso, Verena		Lake of the Wo	-	15:28.3
14 Willems, Clara	8	Warroad	7	15:37.4
15 Johnson, Laylah	7	Warroad	8	16:04.6
16 Ellenson, Morgan	7	Roseau	9	16:44.8
17 Kalash, Stella	6	Thief River Fall	-	17:14.4
18 Page, Emma	8	West Marshall	-	17:23.7
19 Lovell, Lyna	8	Warroad	10	17:25.2
20 Ellenson, Laine	7	Warroad	(11)	17:27.8
21 Olson, Kenley	7	Roseau	(12)	17:33.0
22 Pearson, Ksana	7	Warroad	(13)	17:33.8
23 Lund, Evie	8	Warroad	-	18:03.6
24 Kurtyka, Pippi	8	East Grand For	-	18:16.5
25 Sopkowiak, Abigail		Lake of the Wo	-	18:29.4
26 Mattern, Kaydence	8	East Grand For	-	18:53.4
27 Williams, Kamil	8	Roseau	(14)	22:00.2
28 Rogren, Mary Kate	6	Fertile-Beltrami	-	23:58.0

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**Race #2
Boy's JH 3200M****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score
1 Riverside Christian	29
2 Roseau	48
3 Thief River Falls	50

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time
1 Arntson, Emmett	6	Riverside Christ	1	12:14.3
2 Sands, Jace	8	Thief River Fall	2	12:30.0
3 Erickson, Levi	8	Roseau	3	12:34.9
4 Hasbargen, Gus	7	Lake of the Wo	-	12:45.4
5 Olson, Ellis		Lake of the Wo	-	13:00.2
6 Vandervort, Hudson	7	East Grand For	-	13:11.9
7 Gerlach, Camden	7	Roseau	4	13:17.2
8 Marshall, August	7	Riverside Christ	5	13:18.8
9 Hanson, Westyn	6	Riverside Christ	6	13:18.9
10 Syverson, Xander	8	West Marshall	-	13:21.8
11 Lorentz, Brady	7	East Grand For	-	13:28.2
12 Hensrud, Graeham	6	Riverside Christ	7	13:32.4
13 Christianson, Nils	8	Roseau	8	13:32.9
14 Thompson, Blaine	7	Ada-Borup-Wes	-	13:38.5
15 Wilson, Paxton	8	Thief River Fall	9	13:42.3
16 Lund, Levi	7	Riverside Christ	10	13:55.7
17 Esala, Connor	6	Thief River Fall	11	14:09.4
18 Bring, Luke	7	Northern Freez	-	14:17.4
19 Will, Eli	7	West Marshall	-	14:20.7
20 Clausen, Peter	6	Riverside Christ	(12)	14:41.5
21 LeBon, Aaron	7	Bagley/Fosston	-	14:46.5
22 Bergh, Luke	8	West Marshall	-	14:49.3
23 Oquist, Dashawn	8	Cass Lake-Ben	-	14:57.4
24 Sabouathone, Tyson	8	Warroad	-	15:07.7
25 Thorn, Milo	7	Thief River Fall	13	15:17.9
26 Green, Henry	7	Riverside Christ	(14)	15:31.2
27 Carr, Joseph	7	East Grand For	-	15:46.6
28 Lindner, Grant	7	Warroad	-	15:47.7
29 Fay, Albert	6	Thief River Fall	15	15:47.8
30 Wallace, Leaf	7	Lake of the Wo	-	16:27.0
31 Fitzpatrick, Daylen	7	East Grand For	-	16:37.7
32 Fineday, Gavin	7	Cass Lake-Ben	-	17:09.3
33 Rusek, Jonathan	8	Roseau	16	17:09.7
34 Hammer, Jarrett	8	Red Lake Coun	-	18:13.3
35 Lamwers, Wesley	8	Clearbrook-Gon	-	18:29.9
36 Forgit, Patrick	7	Fertile-Beltrami	-	18:36.2
37 Menlove, Craig	7	Roseau	17	19:26.9
38 Barth, Logan	8	Northern Freez	-	24:35.1

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Race #3
Girls 5K

Final Results

TEAM SCORING SUMMARY

Final Standings	Score
1 Riverside Christian	47
2 Thief River Falls	90
3 Fertile-Beltrami	92
4 Warroad	95
5 West Marshall	102
6 Roseau	132
7 Clearbrook-Gonvick	133
8 Northern Freeze	204

TEAM SCORING SUMMARY (cont'd)

Athlete	YR	Team	Score	Time
37 Aro, Aryanna	JR	East Grand For	-	23:30.0
38 Bjorgaard, Brooke	JR	Northern Freez	34	23:31.2
39 Bolstad, Kylee	SR	Northern Freez	35	23:32.0
40 Fulcher, Alyssa	JR	Riverside Christ	-	23:32.1
41 Lane, Lillian	7	Thief River Fall	36	23:58.0
42 Arnesen, Madelynn	JR	Warroad	(37)	24:15.5
43 Novacek, Reese	JR	Roseau	38	24:22.4
44 Allard, Meredith	SO	East Grand For	-	24:28.8
45 Skoglund, Megan	JR	Roseau	39	24:32.2
46 Bitker, Adeliza	SO	Ada-Borup-Wes	-	24:41.2
47 Larsen, Paige	SR	Roseau	(40)	24:43.2
48 Lines, Madyson	SR	Lake of the Wo	-	25:11.9
49 Anderson, Alexa	SO	Clearbrook-Gon	41	25:16.2
50 Hardwick, Emmie	SR	Warroad	-	25:20.0
51 Bring, Lexi	SO	Northern Freez	42	25:31.7
52 Musgrove, Rebekah	SR	Warroad	-	25:32.7
53 Jauquet, Grace	JR	Roseau	(43)	25:36.8
54 Dabrowski, Maja	SR	Warroad	-	25:45.4
55 Bring, Corbyn	FR	Northern Freez	44	26:16.9
56 Imle, Sarah	SR	Clearbrook-Gon	45	26:33.2
57 Olson, Chaela	SO	Bagley/Fosston	-	26:33.8
58 Baird, Ashley	SO	West Marshall	(46)	27:12.6
59 Orvis, Adriana	FR	Warroad	-	27:16.8
60 Heppner, Kendra	FR	Warroad	-	27:18.7
61 Marquart, Ella	JR	Red Lake Coun	-	27:22.8
62 Syverson, Melissa	FR	Warroad	-	27:23.7
63 Heppner, Anna	FR	Warroad	-	27:25.7
64 Novak, Aliyah	SO	Thief River Fall	(47)	28:12.9
65 Heller, Alivia	JR	Bagley/Fosston	-	28:21.6
66 Whitaker, Rylee	FR	Red Lake Coun	-	28:28.2
67 Haugan, Avery	SO	Clearbrook-Gon	(48)	28:47.4
68 Swanson, Grace	SR	Lake of the Wo	-	30:22.0
69 Gunnarson, Abigail	FR	Northern Freez	49	32:20.7
70 Kuzmin, Sophie	FR	Fertile-Beltrami	(50)	33:07.2
71 Sopkowiak, Alyssa	FR	Lake of the Wo	-	33:50.2
72 Ramsrud, Avery	SO	Bagley/Fosston	-	36:50.2

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time
1 Arntson, Ella	JR	Riverside Christ	1	19:20.0
2 Arntson, Emelia	8	Riverside Christ	2	19:25.8
3 Harren, Linnea	SR	Warroad	3	19:57.2
4 Krog, Isabelle	8	Clearbrook-Gon	4	20:04.5
5 Nelson, Kaylee	8	Fertile-Beltrami	5	20:07.7
6 Peterson, Annie	SR	West Marshall	6	20:22.4
7 Myers, Brianne	FR	Ada-Borup-Wes	-	20:25.4
8 Hitchen, Katrina	SR	Fertile-Beltrami	7	20:59.8
9 Mossestad, Elory	JR	Thief River Fall	8	21:12.0
10 Harbott, Livia	JR	Thief River Fall	9	21:20.6
11 Benson, Brenna	JR	West Marshall	10	21:22.6
12 Weiss, Megan	SO	Riverside Christ	11	21:26.5
13 Larson, Ava	SR	Clearbrook-Gon	12	21:27.0
14 Omdahl, Ashlynn	SR	Roseau	13	21:28.6
15 Abrahamson, Jayla	SO	Riverside Christ	14	21:33.1
16 Schneider, Paisley	7	Thief River Fall	15	21:33.6
17 Goulet, Adley	SO	Warroad	16	21:35.1
18 Grunhovd, Sofie	SR	Fertile-Beltrami	17	21:38.3
19 Thompson, Jenna	JR	Ada-Borup-Wes	-	21:39.4
20 Delaney, Megan	JR	Roseau	18	21:39.4
21 Hamlin, Audrey	FR	Riverside Christ	19	21:50.2
22 Sundby, Leah	JR	Riverside Christ	(20)	22:19.5
23 Robbins, Charlotte	SO	Riverside Christ	(21)	22:22.0
24 Peterson, Kayla	SO	Thief River Fall	22	22:27.7
25 Goulet, Jenna	SR	Warroad	23	22:30.6
26 Hulst, Brooklyn	SR	Roseau	24	22:34.2
27 Hinrichs, Vera	FR	Lake of the Wo	-	22:35.1
28 Miska, Jorie	SR	West Marshall	25	22:49.1
29 Pederson, Cora	8	Warroad	26	22:55.5
30 Goulet, Emma	FR	Warroad	27	22:56.3
31 Grafstrom, Svea	FR	Warroad	(28)	22:57.5
32 Syverson, Hannah	7	West Marshall	29	22:59.1
33 Jensrud, Kenna	SR	Fertile-Beltrami	30	23:08.2
34 Machlitt, Amelia	SR	Clearbrook-Gon	31	23:14.0
35 Adolphson, Annika	SO	West Marshall	32	23:15.5
36 Erickson, Hadlee	FR	Fertile-Beltrami	33	23:25.3

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Race #4
Boy's 5K

Final Results

TEAM SCORING SUMMARY

Final Standings	Score
1 Roseau	42
2 Thief River Falls	49
3 Warroad	76
4 Ada-Borup-West	128
5 Lake of the Woods/R	130
6 East Grand Forks	159
7 Red Lake County	171
8 Bagley/Fosston	179
9 Fertile-Beltrami	210

TEAM SCORING SUMMARY (cont'd)

Athlete	YR	Team	Score	Time
36 Olsonawski, Briley	SR	Thief River Fall	(34)	20:02.6
37 Pederson, Everett	JR	Warroad	(35)	20:03.9
38 Lien, Gus	FR	Warroad	(36)	20:07.6
39 Gilbertson, Easton	SO	Bagley/Fosston	37	20:07.8
40 Huener, Abram	FR	Roseau	(38)	20:13.7
41 Hovda, Breck	FR	Roseau	-	20:22.0
42 Klawitter, Willilam	SR	Red Lake Coun	39	20:26.0
43 Lane, Dylan	SO	Thief River Fall	-	20:28.2
44 Davies, Keith	FR	Bagley/Fosston	40	20:38.7
45 Kappes, Hudson	7	Ada-Borup-Wes	41	20:39.5
46 Halse, Zane	FR	Cass Lake-Ben	-	20:40.6
47 Carrizales, Tristan	JR	Roseau	-	20:53.0
48 Girtz, Izack	SO	Bagley/Fosston	42	20:53.6
49 Mimnaugh, Dawson	8	Northern Freez	-	20:57.8
50 Allard, Nathan	8	East Grand For	43	20:59.5
51 Dagg, William	FR	Thief River Fall	-	21:11.2
52 Ackley, Kade	SO	Warroad	-	21:12.7
53 Larson, Owen	SO	Warroad	-	21:13.2
54 Westby, Bret	SR	Bagley/Fosston	44	21:14.8
55 Miller, Luke	FR	Roseau	-	21:19.6
56 Chisholm, Mason	FR	Ada-Borup-Wes	(45)	21:22.0
57 Quo, Vincent	SO	Lake of the Wo	46	21:26.3
58 Branum, Jake	FR	Warroad	-	21:28.0
59 Menlove, Daxton	SO	Roseau	-	21:59.3
60 Haugan, Elias	FR	Clearbrook-Gon	-	22:00.1
61 Osweiler, Zeke	SO	Roseau	-	22:00.3
62 Dorow, Gage	FR	Lake of the Wo	(47)	22:01.0
63 Daniels, Sam	SR	Warroad	-	22:05.3
64 Smith, Allen	SO	Thief River Fall	-	22:07.2
65 Oistad, Kane	JR	Fertile-Beltrami	48	22:18.2
66 Barth, Jackson	JR	Northern Freez	-	22:30.2
67 Ellerbusch, Ethan	SR	West Marshall	-	22:49.2
68 Bain, Patrick	SR	Warroad	-	22:50.7
69 Johnson, Thorbjorn	SO	Roseau	-	23:07.5
70 Boianoff, Tim	8	Fertile-Beltrami	49	23:10.9
71 Monson, Gabe	JR	Fertile-Beltrami	50	23:16.8
72 Forgit, Peter	SR	Fertile-Beltrami	51	23:20.4
73 Perdew, Curtis	SO	East Grand For	52	23:34.1
74 Litzau, Kenny	FR	Cass Lake-Ben	-	23:34.5
75 Curtis, Kendan	SR	Warroad	-	24:17.9
76 Behm, Rowan	FR	Bagley/Fosston	(53)	24:47.2
77 Hovland, Logan	FR	Red Lake Coun	54	24:59.2
78 Kasprowicz, Chase	FR	Roseau	-	25:24.7
79 Gilbert, Logan	FR	Warroad	-	25:59.2
80 Rongen, John Douglas	FR	Fertile-Beltrami	(55)	26:31.5
81 Preuss, Erik	FR	Clearbrook-Gon	-	26:51.4

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time
1 McKeever, Tyson	JR	Warroad	1	17:08.1
2 Munstenteiger, Van	SR	Roseau	2	17:23.9
3 Munstenteiger, Asher	SO	Roseau	3	17:38.8
4 Davis, Lincoln	JR	Thief River Fall	4	17:44.0
5 Eidsmoe, Thomas	SO	Thief River Fall	5	17:51.1
6 Helstad, Elijah	SO	Warroad	6	18:13.0
7 Youso, Isaiah	8	Lake of the Wo	7	18:16.3
8 MacLean, Colin	SO	Thief River Fall	8	18:17.8
9 Odden, Beckett	FR	Ada-Borup-Wes	9	18:23.8
10 Washington, Markis	FR	Cass Lake-Ben	-	18:24.8
11 Olson, Dietrich	FR	Roseau	10	18:30.9
12 Nelson, Eli	SO	Thief River Fall	11	18:33.2
13 Ramberg, Greg	JR	Fertile-Beltrami	12	18:35.0
14 Delaney, John	SR	Roseau	13	18:38.9
15 Kasprowicz, Brody	SR	Roseau	14	18:38.9
16 Driscoll, Kylan	FR	East Grand For	15	18:39.4
17 Baumann, Joseph	SO	Bagley/Fosston	16	18:41.9
18 Vandervort, Cole	JR	East Grand For	17	18:42.9
19 Olson, Cooper	FR	Lake of the Wo	18	18:53.2
20 Shulstad, Hayden	JR	Red Lake Coun	19	18:57.5
21 Johnson, Sully	JR	Warroad	20	19:01.7
22 Sobotta, Tobias	7	Thief River Fall	21	19:06.1
23 Bleess, Josiah	SO	Warroad	22	19:14.4
24 Novak, Wyatt	SO	Thief River Fall	(23)	19:15.0
25 Donovan, Levi	7	Ada-Borup-Wes	24	19:20.5
26 Chisholm, Chase	SO	Ada-Borup-Wes	25	19:22.5
27 Klawitter, Zane	FR	Red Lake Coun	26	19:23.5
28 Rankin, Matthew	SR	Clearbrook-Gon	-	19:26.1
29 Eastvold, Stephan	FR	Warroad	27	19:26.9
30 Dorow, Kodiak	JR	Lake of the Wo	28	19:33.7
31 Babolian, Danny	SO	Ada-Borup-Wes	29	19:40.3
32 Broten, Noah	FR	Roseau	(30)	19:49.4
33 Mollberg, Mason	SO	Lake of the Wo	31	19:50.2
34 Kliniske, Owen	SR	East Grand For	32	19:50.9
35 Suchy, Nick	SR	Red Lake Coun	33	19:57.1

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Race #4
Boy's 5K

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time
82 Friborg, Gavin	FR	Bagley/Fosston	(56)	27:11.4
83 Mattson, Tyler	FR	Warroad	-	27:51.5
84 Hammer, Brody	SR	Red Lake Coun	(57)	30:48.3
85 Eichenberger, Axl	FR	Warroad	-	32:11.4