

2009 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 Region VI.

SPRINTS

100 Meter Dash

- (12) Mallorie Pierce - Scranton
- (12) Maddi Lamb - Nelson County
- (11) Shelby Krueger - Finley-Sharon/Hope-Page (3rd - 12.65)
- (11) Anne Duletski - Bowman County (2nd - 12.45)
- (11) Beth Jochim - Griggs County Central
- (11) Amber Volanti - Northern Lights
- (11) Jordyn Bender - Dickinson Trinity
- (11) Samantha Risan - Parshall
- (11) Jaclyn Bachmeier - Harvey
- (11) Jenna Mass - Hazen
- (10) Rikki Schmidt - Napoleon (5th - 12.70)
- (10) Chelsey Opland - Des Lacs-Burlington (8th - 12.77)
- (10) Karlene Lorenz - Lisbon
- (10) Candace Ankenbauer - Washburn/Wilton
- (10) Heidi Deaver - Lewis & Clark
- (9) Julie Dinius - Langdon/Munich (7th - 12.75)
- (9) Kristi McCloud - Milnor/Wyndmere/Lidgerwood

200 Meter Dash

- (12) Ashley Salwey - Rugby
- (12) Abbey Aide - Bottineau
- (12) Anna Knutson - Velve/Drake (8th - 26.93)
- (12) Maddi Lamb - Nelson County (7th - 26.89)
- (12) Jenna Olson - Bowman County
- (12) Mallorie Pierce - Scranton
- (11) Shelby Krueger - Finley-Sharon/Hope-Page (4th - 26.30)
- (11) Beth Jochim - Griggs County Central
- (11) Anne Duletski - Bowman County (2nd - 26.11)
- (11) Amber Volanti - Northern Lights (6th - 26.67)
- (11) Sibee Jokela - Watford City
- (10) Rikki Schmidt - Napoleon (1st - 25.81)
- (10) Breaunna Oakland - Hazen
- (10) Emily Paul - Rugby
- (10) Candace Ankenbauer - Washburn/Wilton
- (9) Shaunessy Dauwalder - Stanley/Powers Lake
- (9) Julie Dinius - Langdon/Munich

400 Meter Dash

- (12) Jenna Olson - Bowman County
- (12) Megan Toepke - New Salem
- (12) Maddi Lamb - Nelson County (4th - 1:01.01)
- (12) Alexis Longtin - Central McLean
- (12) Kara Johnsrud - Watford City
- (11) Callie Christianson - Glenburn
- (11) Kelsey Kraft - Beulah (8th - 1:02.22)
- (11) Beth Jochim - Griggs County Central
- (11) Anna Fuka - Milnor/Wyndmere/Lidgerwood
- (10) Rikki Schmidt - Napoleon (5th - 1:01.34)
- (10) Taylor Palmer - Finley-Sharon/Hope-Page
- (9) Julie Dinius - Langdon/Munich
- (9) Shaunessy Dauwalder - Stanley/Powers Lake (6th - 1:01.89)
- (9) Kade Ross - Watford City (7th - 1:02.14)
- (9) Katelyn Wendel - LaMoure/Litchville-Marion

MIDDLE DISTANCE - DISTANCE

800 Meter Run

- (12) Rachel Brown - Minot Bishop Ryan
(11) Sibee Jokela - Watford City (3rd - 2:24.88)
(11) Kelsey Kraft - Beulah
(11) Stephanie Deutsch - Watford City (8th - 2:28.07)
(11) Lauren Casperson - Richland
(11) Brittney Klein - Garrison/Max (5th - 2:25.94)
(11) Anna Fuka - Milnor/Wyndmere/Lidgerwood
(11) July Erfle - New Rockford-Sheyenne/Wells County
(10) Brittany Nitschke - Edgeley/Kulm
(10) Kara Kuntz - Velva/Drake
(10) Sarah Grimm - Hazen
(8) Kendra Heier - Williams County

1600 Meter Run

- (12) Rachel Brown - Minot Bishop Ryan
(12) Megan Naico - Bowman County
(11) Sibee Jokela - Watford City (4th - 5:32.18)
(11) Shanice Lambert - New Town (3rd - 5:30.80)
(11) Tiffany Jaeger - Washburn/Wilton (7th - 5:33.87)
(11) Stephanie Deutsch - Watford City
(11) Laura Lies - New Rockford-Sheyenne/Wells County
(11) Kristy Bosch - South Border
(11) Maggie Moen - Finley-Sharon/Hope-Page
(10) Kara Kuntz - Velva/Drake (6th - 5:33.19)
(10) Kelsey Awender - Oakes
(9) **Sydney Kraft - Rugby**
(8) Sara Schwanke - Benson County
(8) MiKayla Forness - Fargo Oak Grove

3200 Meter Run

- (12) Nicole Woinarowicz - Grafton
(12) Hope Baker - New Town
(11) Shanice Lambert - New Town (2nd - 11:49.86)
(11) Laura Lies - New Rockford-Sheyenne/Wells County
(11) Kelsey Lambrecht - Williams County (7th - 12:09.80)
(11) Lauren Casperson - Richland
(11) Maggie Moen - Finley-Sharon/Hope-Page
(11) Tiffany Jaeger - Washburn/Wilton (8th - 12:11.43)
(11) Samantha Heier - Williams County
(10) Taylor Palmer - Finley-Sharon/Hope-Page
(9) Chloe Tweten - Grafton
(9) **Sydney Kraft - Rugby (5th - 11:57.90)**
(9) Amanda Indergaard - Carrington
(8) Sara Schwanke - Benson County
(8) Lora Remus - Fargo Oak Grove

HURDLES

100 Meter Hurdles

- (12) Breanna Messer - Dickinson Trinity (5th - 15.61)
- (12) Ashley Salwey - Rugby**
- (12) Logan Dick - Langdon/Munich (7th - 15.87)
- (12) Ashley Berg - Lisbon
- (12) Nicki Schumacher - Thompson
- (11) Allison Opp - Hazen (3rd - 15.60)
- (11) Sam Lako - Northern Cass
- (11) Hope Carr - Carrington
- (11) Samantha Everson - Griggs County Central
- (10) Breanna Oakland - Hazen
- (10) Logyn Bloms - Lewis & Clark
- (10) Marti Quale - Watford City

300 Meter Hurdles

- (12) Ashley Berg - Lisbon (6th - 48.13)
- (12) Ashley Salwey - Rugby (7th - 48.14)**
- (12) Abby Sprunk - Central Cass (8th - 48.21)
- (12) Margi Ihry - Finley-Sharon/Hope-Page
- (12) Logan Dick - Langdon/Munich
- (12) Shelby Wetzel - New Rockford-Sheyenne/Wells County
- (12) Kara Johnsrud - Watford City
- (12) Staci McPherson - Northern Cass
- (11) Allison Opp - Hazen (4th - 47.37)
- (11) Whitney Boehm - Velve/Drake**
- (11) Samantha Heier - Williams County
- (11) Brenna Johansen - Beulah
- (10) Breanna Oakland - Hazen (3rd - 47.07)
- (10) Logyn Bloms - Lewis & Clark
- (10) Moriah Skroch - Milnor/Wyndmere/Lidgerwood
- (10) Sydney Larson - Park River/Fordville-Lankin/Adams-Edmore
- (9) Bianca Ramirez - Grafton

JUMPS

High Jump

- (12) Veronica Munkeby - Lisbon (3rd tie - 5'1")
- (12) Breanna Messer - Dickinson Trinity
- (12) Logan Dick - Langdon/Munich
- (11) Kali Olson - Lisbon (1st - 5'3")
- (11) Hailey Schaper - Killdeer
- (11) Kaylin Sheets - Hazelton-Moffit-Braddock (3rd tie - 5'1")
- (11) Amanda Valenta - Montpelier
- (10) Taylor Brown - Cavalier (2nd - 5'2")
- (10) Candace Ankenbauer - Washburn/Wilton
- (10) Shenille Laber - Napoleon (6th tie - 5'1")
- (8) Aubrey Hovland - Rugby**

Long Jump

- (12) Jamie Effertz - Velva/Drake (8th - 16'9¼")
- (12) Ashley Berg - Lisbon
- (12) Abbey Aide - Bottineau (6th - 16'11½")
- (12) Kierney Olson - Bottineau
- (12) Anna Knutson - Velva/Drake
- (12) Brooke Maddocks - Northern Cass
- (12) Lalynn Antell - Standing Rock/Selfridge
- (11) Casey Geffre - Hankinson
- (11) Allison Opp - Hazen (5th - 16'11½")
- (11) Sharisa Yri - Benson County (4th - 17'8")
- (11) Shelby Krueger - Finley-Sharon/Hope-Page
- (11) Mariah Smith - Maple Valley/Enderlin (7th - 16'11")
- (11) Stephanie Friestad - Rugby**
- (10) Carissa Nelson - Griggs County Central
- (10) Josie Bopp - Oakes
- (9) Brittany Berndt - Velva/Drake
- (9) Kade Ross - Watford City

Triple Jump

- (12) Jamie Effertz - Velva/Drake
- (12) Tiffany McMillan - Park River/Fordville-Lankin/Adams-Edmore
- (12) Marie Franzen - Dickinson Trinity
- (12) Hannah Honeyman - Mott-Regent
- (12) Kierney Olson - Bottineau
- (12) Lalynn Antell - Standing Rock/Selfridge
- (12) Kara Johnsrud - Watford City
- (11) Allison Opp - Hazen (2nd - 37'8½")
- (11) Beth Jochim - Griggs County Central (4th - 36'¾")
- (11) Sharisa Yri - Benson County (8th - 34'10¾")
- (11) Casey Geffre - Hankinson
- (11) Mariah Smith - Maple Valley/Enderlin (3rd - 36'3")
- (11) Stephanie Friestad - Rugby**
- (11) Hailey Schaper - Killdeer
- (11) Erin Leier - Benson County
- (10) Alisha Braaten - Westhope/Newburg
- (10) Carissa Nelson - Griggs County Central

Pole Vault

- (12) Abbey Aide - Bottineau (1st - 11'6")
- (12) Kammy Larson - Lisbon
- (12) Macall Wimer - Hazen
- (12) Kanika Carpenter - North Border
- (12) Samantha Ziegler - Hazen
- (11) Shalee Dolezal - Killdeer (7th tie - 8'6")
- (11) Julie Ault - Cavalier
- (10) Moriah Skroch - Milnor/Wyndmere/Lidgerwood (4th tie - 8'6")
- (10) Deb Thompson - Finley-Sharon/Hope-Page
- (10) Dani Bates - Watford City
- (9) Whitney Page - Bottineau (4th tie - 8'6")
- (8) McKayla Haugeberg - Watford City

THROWS

Shot Put

- (12) Erin Gaugler - Grant County
- (12) Kaylee Stein - Richardton-Taylor
- (12) Kelli Feakes - New Rockford-Sheyenne/Wells County
- (12) Breanna Klabo - Burke Central
- (11) Kali Hook - Griggs County Central (3rd - 39'4")
- (11) Casey Geffre - Hankinson
- (11) Jenna Fitzgerald - Hazen
- (11) Abigail Martwick - Sheridan County/Anamoose
- (10) Kendra Thom - Westhope/Newburg (6th - 36'5½")
- (10) Tiana Henry - Central Prairie
- (10) Megan Harrington - Carrington
- (9) Olivia Johnson - Richland (4th - 37'0")

Discus

- (12) Erin Gaugler - Grant County
- (12) Amanda Bohm - Northern Cass
- (12) Kelli Feakes - New Rockford-Sheyenne/Wells County
- (12) Kaylee Stein - Richardton-Taylor (7th - 112'2")
- (12) Ashley Lommen - New Rockford-Sheyenne/Wells County
- (11) Cass Heigaard - Park River/Fordville-Lankin/Adams-Edmore (8th - 107'8")
- (11) Hillary Birchem - Lisbon (5th - 114'10")
- (11) Brittney Harstad - Stanley/Powers Lake
- (10) Alyssa Hook - Griggs County Central
- (10) Jackie Miller - Kenmare/Mohall-Lansford-Sherwood/Bowbells
- (10) Stephanie Sauter - Washburn/Wilton
- (8) Karly Doll - New Salem

Javelin

- (12) Sara Jensen - Montpelier (3rd - 119'6")
- (12) Kelsey Thompson - Cavalier (5th - 115'3")
- (12) Alex Webster - Rolette/Wolford (1st - 128'9")
- (12) Shannon Ernst - Dickinson Trinity (6th - 112'2")
- (11) Jamie Drevlow - North Sargent/Sargent Central (4th - 116'2")
- (11) Dayna Froseth - Kenmare/Mohall-Lansford-Sherwood/Bowbells
- (11) Chloe Wahl - Hankinson
- (11) Kelsey Jacobson - Hazen
- (10) Sydney Larson - Park River/Fordville-Lankin/Adams-Edmore
- (9) Sierra Rosenau - Carrington
- (9) Karlie Hoherz - Stanley/Powers Lake