

2010 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) Anne Duletski - Bowman County (3rd - 13.19)
- (12) Shelby Krueger - Finley-Sharon/Hope-Page (2nd - 13.00)
- (12) Sharisa Yri - Benson County (8th - 13.39)
- (12) Brittney Thingstad - Velva/Drake
- (12) Jaclyn Bachmeier - Harvey
- (12) Alexis Tossett - Hatton/Northwood
- (12) Beth Jochim - Griggs County Central (6th - 13.31)
- (12) Samantha Risan - Parshall
- (12) Jenna Bayless - Central McLean
- (11) Rikki Schmidt - Napoleon (7th - 13.33)
- (11) Heidi Deaver - Lewis & Clark
- (11) Karlene Lorenz - Lisbon (4th - 13.22)
- (11) Chelsey Opland - Des Lacs-Burlington
- (10) Julie Dinius - Langdon/Munich (1st - 12.85)
- (10) Tessa Krueger - Fargo Oak Grove
- (10) McKenzie Hart - Langdon/Munich
- (10) Brittany Berndt - Velva/Drake
- (10) Shelby Gillett - Nelson County
- (10) Brooke Gaustad - Grafton
- (9) Quinn Harmon - Minot Bishop Ryan
- (9) Josey Page - Carrington
- (9) Marah Friez - Mott-Regent (5th - 13.30)

200 Meter Dash

- (12) Anne Duletski - Bowman County
- (12) Shelby Krueger - Finley-Sharon/Hope-Page (2nd - 26.58)
- (12) Sharisa Yri - Benson County (5th - 27.22)
- (12) Brittney Thingstad - Velva/Drake
- (12) Beth Jochim - Griggs County Central (6th - 27.23)
- (12) Jenna Bayless - Central McLean
- (12) Samantha Risan - Parshall
- (11) Rikki Schmidt - Napoleon (3rd - 26.70)
- (10) Julie Dinius - Langdon/Munich (1st - 26.27)
- (10) Andrea Jirges - Dickinson Trinity (7th - 27.23)
- (10) Brittany Berndt - Velva/Drake
- (10) Tessa Krueger - Fargo Oak Grove
- (10) Shaunessy Dauwalder - Stanley/Powers Lake
- (10) Brooke Gaustad - Grafton
- (9) Marah Friez - Mott-Regent (4th - 26.94)
- (9) Josey Page - Carrington (8th - 27.27)

400 Meter Dash

- (12) Callie Christianson - Glenburn (8th - 1:01.90)
- (12) Brittney Thingstad - Velva/Drake (7th - 1:01.59)
- (12) Anna Fuka - Milnor/Wyndmere/Lidgerwood
- (12) Beth Jochim - Griggs County Central
- (11) Rikki Schmidt - Napoleon (1st - 59.38)
- (11) Brittany Nitschke - Edgeley/Kulm
- (11) Candace Ankenbauer - Washburn/Wilton
- (11) Taylor Palmer - Finley-Sharon/Hope-Page
- (10) Chelsey Klein - Minot Bishop Ryan (4th - 1:00.32)
- (10) Julie Dinius - Langdon/Munich
- (10) Erika Olson - Bowman County
- (10) Kade Ross - Watford City
- (10) Tessa Krueger - Fargo Oak Grove (6th - 1:01.23)
- (10) Brooke Gaustad - Grafton
- (8) Alexis Woods - Parshall (2nd - 59.71)

MIDDLE DISTANCE - DISTANCE

800 Meter Run

- (12) Erin Leier - Benson County (5th - 2:24.18)
- (12) Steph Deutsch - Watford City (8th - 2:25.68)
- (12) Ashley Sickler - Dickinson Trinity (7th - 2:24.84)
- (12) July Erfle - New Rockford-Sheyenne/Wells County
- (12) Ariel Waloch - North Sargent/Sargent Central
- (12) Adrienne Martwick - Sheridan County/Anamoose
- (11) Sarah Grimm - Hazen (4th - 2:23.85)
- (11) Brittany Nitschke - Edgeley/Kulm (2nd - 2:22.09)
- (11) Kara Kuntz - Velva/Drake
- (11) Whitney Sponsler - Thompson
- (10) Sydney Kraft - Rugby (1st - 2:21.56)**
- (9) Brooke Shimek - Thompson (3rd - 2:22.20)
- (9) Kendra Heier - Williams County (6th - 2:24.75)
- (9) Katelynn Engh - Benson County
- (9) Kendra Weigel - Napoleon

1600 Meter Run

- (12) Sibee Jokela - Watford City (6th - 5:27.56)
- (12) Laura Lies - New Rockford-Sheyenne/Wells County - (8th - 5:28.54)
- (12) Steph Deutsch - Watford City (7th - 5:28.00)
- (12) Jayli Fimbres - New Town
- (12) Whitney Wilhelmi - Dickinson Trinity
- (12) Tiffany Jaeger - Washburn/Wilton
- (12) Maggie Moen - Finley-Sharon/Hope-Page
- (11) Sarah Grimm - Hazen (5th - 5:24.10)
- (11) Kara Kuntz - Velva/Drake (4th - 5:20.05)
- (10) Sydney Kraft - Rugby (1st - 5:17.23)**
- (9) Sara Schwanke - Benson County (3rd - 5:19.70)
- (9) Brooke Shimek - Thompson
- (9) Mikayla Forness - Fargo Oak Grove
- (9) Lora Remus - Fargo Oak Grove
- (9) Kendra Weigel - Napoleon
- (8) Alyssa Anderson - Benson County (2nd - 5:19.36)

3200 Meter Run

- (12) Laura Lies - New Rockford-Sheyenne/Wells County (7th - 11:57.75)
- (12) Lauren Casperson - Richland
- (12) Sibee Jokela - Watford City
- (12) Maggie Moen - Finley-Sharon/Hope-Page
- (12) Kelsey Lambrecht - Williams County
- (12) Whitney Wilhelmi - Dickinson Trinity
- (11) Shayla Counts - Dunseith (4th - 11:45.37)
- (11) Kara Kuntz - Velva/Drake (6th - 11:57.19)
- (11) Taylor Palmer - Finley-Sharon/Hope-Page
- (11) Meg Martin - Ellendale
- (10) Sydney Kraft - Rugby (3rd - 11:40.53)**
- (10) Chloe Tweten - Grafton
- (9) Sara Schwanke - Benson County
- (9) Mikayla Forness - Fargo Oak Grove (8th - 12:05.79)
- (9) Jaylee Fourswords - Standing Rock/Selfridge
- (8) Alyssa Anderson - Benson County (1st - 11:34.48)
- (8) Chandra Yankton - Dunseith (2nd - 11:39.71)
- (8) Morgan Kuntz - Dickinson Trinity

HURDLES

100 Meter Hurdles

- (12) Allison Opp - Hazen (3rd - 15.95)
- (12) Sam Lako - Northern Cass (4th - 16.19)
- (12) Hope Carr - Carrington
- (12) Samantha Everson - Griggs County Central
- (11) Breanna Oakland - Hazen
- (11) Moriah Skroch - Milnor/Wyndmere/Lidgerwood
- (11) Logyn Bloms - Lewis & Clark
- (11) Stephanie Quintus - Killdeer (7th - 17.00)
- (11) Marti Quale - Watford City (8th - 17.01)
- (10) Morgan Pandolfo - Kenmare/Bowbells
- (10) SaraLi Petersen - Barnes County North
- (9) Sarah Lorenz - Mayville-Portland-Clifford-Galesburg
- (9) Jordan Spitzer - Central Prairie

300 Meter Hurdles

- (12) Hope Carr - Carrington (5th - 47.03)
- (12) Allison Opp - Hazen (6th - 47.60)
- (12) Sam Lako - Northern Cass
- (12) Whitney Boehm - Velva/Drake
- (12) Jackie Saylor - South Border
- (11) Moriah Skroch - Milnor/Wyndmere/Lidgerwood (7th - 47.74)
- (11) Samantha Schell - Washburn/Wilton
- (11) Logyn Bloms - Lewis & Clark
- (11) Breanna Oakland - Hazen (4th - 46.59)
- (11) Crystal Hovland - Rugby (2nd - 46.17)
- (11) Marti Quale - Watford City (8th - 47.81)
- (11) Stephanie Quintus - Killdeer
- (11) Sydney Larson - Park River/Fordville-Lankin/Adams-Edmore
- (10) Ellie Gillund - Divide County
- (10) Bianca Ramirez - Grafton
- (10) Brianna Alex - Watford City
- (8) Kara Fike - New Rockford-Sheyenne/Wells County
- (8) Mariah Jangula - Napoleon

JUMPS

High Jump

- (12) Kali Olson - Lisbon (2nd - 5'2")
- (12) Hailey Schaper - Killdeer (1st - 5'2")
- (12) Summer Romine - Mohall-Lansford-Sherwood
- (12) Kaylin Sheets - Hazelton-Moffet-Braddock (8th tie - 4'9")
- (12) Amanda Valenta - Montpelier
- (11) Taylor Brown - Cavalier (3rd - 5'2")
- (11) Candace Ankenbauer - Washburn/Wilton (4th - 5'1")
- (11) Shenille Laber - Napoleon (8th tie - 4'9")
- (10) Megan Klein - Killdeer (8th tie - 4'9")
- (10) Kayln Schneider - Linton (5th - 5'1")
- (10) Kayle Schiele - Surrey
- (10) Shaunessy Dauwalder - Stanley/Powers Lake
- (9) Kellie Schmit - Kindred
- (9) Aubrey Hovland - Rugby (6th - 4'11")
- (9) Meghan Jorgenson - Benson County
- (9) Emily Berge - Griggs County Central

Long Jump

- (12) Sharisa Yri - Benson County (1st - 17'3¼")
- (12) Casey Geffre - Hankinson (3rd - 16'5¾")
- (12) Allison Opp - Hazen (4th - 16'4¾")
- (12) Jaclyn Bachmeier - Harvey
- (12) Amber Volanti - Northern Lights
- (12) Hailey Schaper - Killdeer
- (12) Jaclyn Clemens - Barnes County North
- (11) Alisha Braaten - Westhope/Newburg
- (11) Carissa Nelson - Griggs County Central (5th - 16'3¾")
- (11) Payton Borud - Hazen
- (10) Brittany Berndt - Velva/Drake (2nd - 17'2")
- (10) McKenzie Hart - Langdon/Munich
- (10) Kade Ross - Watford City
- (10) Kaitlin Ost - Edgeley/Kulm

Triple Jump

- (12) Allison Opp - Hazen (1st - 37'7")
- (12) Sharisa Yri - Benson County (3rd - 35'3½")
- (12) Beth Jochim - Griggs County Central (5th - 35'½")
- (12) Hailey Schaper - Killdeer
- (12) Casey Geffre - Hankinson
- (11) Alisha Braaten - Westhope/Newburg
- (11) Carlissa Nelson - Griggs County Central
- (11) Taylor Morten - Larimore (4th - 35'1")
- (11) Josie Klein - Rugby**
- (11) Shenille Laber - Napoleon
- (11) Payton Borud - Hazen
- (10) Brittany Berndt - Velva/Drake
- (10) Sierra Rosenau - Carrington
- (10) Ellie Gillund - Divide County
- (9) McKayla Haugeberg - Watford City

Pole Vault

- (12) Melissa Bachamp - Dickinson Trinity (3rd - 9'0")
- (12) Shalee Dolezal - Killdeer (4th - 8'6")
- (12) Julie Ault - Cavalier (6th tie - 8'6")
- (11) Moriah Skroch - Milnor/Wyndmere/Lidgerwood (6th tie - 8'6")
- (11) Allison Manley - Benson County
- (11) Deb Thompson - Finley-Sharon/Hope-Page
- (11) Peyton Martin - Watford City
- (10) Julie Dinius - Langdon/Munich
- (10) Whitney Page - Bottineau (2nd - 10'6")
- (10) Sydney Reimers - Barnes County North
- (9) McKayla Haugeberg - Watford City

THROWS

Shot Put

- (12) Kali Hook - Griggs County Central (1st - 39'6")
- (12) Casey Geffre - Hankinson (4th - 36'0")
- (12) Hillary Birchem - Lisbon (6th - 35'5")
- (11) Ryan Whitebull - Standing Rock/Selfridge
- (11) Hope Axvig - Kindred
- (11) Kendra Thom - Westhope/Newburg (5th - 35'6½")
- (11) Tiana Henry - Central Prairie (8th - 34'7")
- (11) Dani Buskhol - Milnor/Wyndmere/Lidgerwood
- (11) Molly Koenig - Rugby**
- (10) Olivia Johnson - Richland (2nd - 37'8")
- (10) Jessica Meland - Harvey
- (10) Shaleen Helmer - Griggs County Central (7th - 35'1")
- (10) McKayla Nielsen - Parshall
- (8) Kelsey Laufenberg - Maple Valley/Enderlin

Discus

- (12) Hillary Birchem - Lisbon (1st - 123'11")
- (12) Cass Heigaard - Park River/Fordville-Lankin/Adams-Edmore
- (12) Jamie Drevlow - North Sargent/Sargent Central
- (12) Jenna Fitzgerald - Hazen (7th - 107'0")
- (11) Jackie Miller - Mohall-Lansford-Sherwood (3rd - 114'8")
- (11) Kendra Thom - Westhope/Newburg (5th - 109'2")
- (11) Alyssa Hook - Griggs County Central (8th - 105'6")
- (11) Emily Doe - Killdeer
- (11) Amber Montag - Finley-Sharon/Hope-Page
- (10) McKayla Nielsen - Parshall
- (10) Jasmin Pappa - Stanley/Powers Lake

Javelin

- (12) Jamie Drevlow - North Sargent/Sargent Central (2nd - 125'8")
- (12) Amber Volanti - Northern Lights
- (12) Taylor Brudevold - Velva/Drake
- (12) Kelsey Jacobson - Hazen
- (12) Brianna Parr - Finley-Sharon/Hope-Page
- (11) Sydney Larson - Park River/Fordville-Lankin/Adams-Edmore (8th - 113'7")
- (11) Emily Doe - Killdeer
- (11) Kaya Engen - Sheridan County/Anamoose
- (11) Mariah Jacobs - Divide County
- (10) Sierra Rosenau - Carrington (7th - 115'3")
- (10) Karlie Hoherz - Stanley/Powers Lake