

# 2013 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) Josey Page - Carrington (3rd - 12.57)
- (12) Marah Friez - Mott-Regent (6th - 12.74)
- (12) Erica Kitsch - North Star/Starkweather
- (12) Madeleine Zacher - Parshall
- (11) Rachel Dryburgh - Grafton (8th - 12.83)
- (11) Jacey Engelhorn - Carrington
- (11) Shelbi McGee - Bowman County
- (11) Gabby Grommesh - Central Cass
- (11) Kaitlin Reitz - Hettinger/Scranton
- (11) Courtney Heupel - Central Prairie
- (10) Ally Erickson - Kindred
- (10) Emily Stier - Rugby
- (10) Joanna Larson - New Rockford-Sheyenne
- (10) Kacy Smith - Lisbon
- (9) Jocelyn Dinius - Langdon/Munich (5th - 12.67)
- (9) Stephanie Ziegler - Hazen

### **200 Meter Dash**

- (12) Josey Page - Carrington (1st - 25.80)
- (12) Marah Friez - Mott-Regent (5th - 26.21)
- (12) Madeleine Zacher - Parshall
- (12) McKayla Haugeberg - Watford City
- (12) Natalie Jones - Lisbon
- (11) Abby Honeyman - Mott-Regent
- (11) Alexis Woods - Parshall
- (11) Rachel Dryburgh - Grafton (4th - 26.08)
- (11) Gabby Grommesh - Central Cass
- (11) Kaitlin Reitz - Hettinger/Scranton
- (11) Jacey Engelhorn - Carrington
- (11) Courtney Heupel - Central Prairie
- (10) Dakota Wood - Hazen
- (10) Emily Stier - Rugby
- (10) Ally Erickson - Kindred
- (10) Joanna Larson - New Rockford-Sheyenne
- (9) Stephanie Ziegler - Hazen (6th - 26.31)
- (9) Jocelyn Dinius - Langdon/Munich

### **400 Meter Dash**

- (12) Josey Page - Carrington
- (12) Sierra Martinez - Kindred (4th - 1:00.01)
- (12) Marah Friez - Mott-Regent
- (12) Iveta Harner - Kindred
- (11) Alexis Woods - Parshall (1st - 57.77)
- (11) Courtney Heupel - Central Prairie (2nd - 59.50)
- (11) Rachel Dryburgh - Grafton (5th - 1:00.54)
- (11) Alexa Henke - New Salem-Almont
- (11) Sarah Grant - Beach
- (11) Hannah Christenson - Rugby
- (10) Ally Erickson - Kindred (3rd - 59.78)
- (10) Emily Stier - Rugby
- (10) Kennedy Doornbos - Benson County
- (9) Shaice Marx - Thompson (6th - 1:01.02)
- (9) Jocelyn Dinius - Langdon/Munich (7th - 1:01.03)
- (8) Ladora Schmidt - Kidder County/Napoleon (8th - 1:01.24)

## **MIDDLE DISTANCE - DISTANCE**

### **800 Meter Run**

- (12) Brooke Shimek - Thompson (1st - 2:22.46)
- (12) Sierra Martinez - Kindred
- (12) Katelynn Engh - Benson County
- (12) Kendra Heier - Williams County
- (11) Katelyn Grinsteinner - Dickinson Trinity (6th - 2:26.86)
- (11) Brittany Fetsch - Langdon/Munich (8th - 2:27.64)
- (11) Alexis Woods - Parshall
- (11) Jamie Blotter - Kidder County/Napoleon
- (11) Hannah Alto - North Star/Starkweather
- (11) Courtney Heupel - Central Prairie
- (11) Karissa Kemple - Sargent County
- (11) Lauren Leidholt - Minot Bishop Ryan
- (11) Tatiana Berge - Hillsboro/Central Valley
- (10) Ally Erickson - Kindred (4th - 2:26.55)
- (10) Emily Tyrrell - Richardton-Taylor
- (10) Hannah Schlecht - Sargent County
- (10) Brooklyn Zink - Hillsboro/Central Valley
- (9) Shaice Marx - Thompson
- (9) Asha Smith - Watford City (7th - 2:27.20)
- (9) Abigail Waloch - Southern McLean (2nd - 2:25.36)

### **1600 Meter Run**

- (12) Katelynn Engh - Benson County (7th - 5:31.19)
- (12) Sara Schwanke - Benson County
- (12) Lenka Machova - Center-Stanton
- (12) Kellie Schmit - Kindred
- (11) Alyssa Anderson - Benson County
- (11) Averi Olson - Thompson (5th - 5:26.32)
- (11) Symbria Bell - New Town
- (11) Mariah Fossum - Hillsboro/Central Valley
- (10) Shayla Fossum - Hillsboro/Central Valley (8th - 5:31.23)
- (10) Annika Rotvold - Hillsboro/Central Valley
- (10) Emily Tyrrell - Richardton-Taylor
- (10) Tess Hoherz - Stanley/Powers Lake
- (10) Kelli Pavlicek - Dickinson Trinity
- (10) Nessa Iverson - Beulah
- (9) Asha Smith - Watford City (2nd - 5:18.37)
- (9) Ashley Perez - Nelson County (4th - 5:24.73)
- (9) Abigail Waloch - Southern McLean (3rd - 5:23.04)
- (9) Lauren Christenson - Rugby (6th - 5:27.06)**
- (9) Miriah Forness - Shiloh Christian
- (8) Peyton Froleck - Milnor/Wyndmere/Lidgerwood
- (8) Tess Scott - Barnes County North
- (8) Ashley Neumiller - Carrington
- (8) Madison Gapp - Langdon/Munich

## 3200 Meter Run

- (12) Lenka Machova - Center-Stanton
- (12) Katelyn Engh - Benson County (5th - 11:56.68)**
- (12) Patience Albertson - Surrey
- (11) Mariah Fossum - Hillsboro/Central Valley
- (11) Averi Olson - Thompson (6th - 12:01.78)
- (11) Alyssa Anderson - Benson County**
- (11) Symbria Bell - New Town
- (11) Shannon Stockert - Dickinson Trinity
- (10) Shayla Fossum - Hillsboro/Central Valley (8th - 12:04.45)
- (10) Rachel Bail - Velva/Drake-Anamoose**
- (10) Annika Rotvold - Hillsboro/Central Valley
- (10) Kennedy Witt - LaMoure/Litchville-Marion
- (10) Kelli Pavlicek - Dickinson Trinity
- (10) Tess Hoherz - Stanley/Powers Lake
- (10) Nessa Iverson - Beulah
- (9) Ashley Perez - Nelson County (2nd - 11:35.81)
- (9) Asha Smith - Watford City (1st - 11:34.00)
- (9) Lauren Christenson - Rugby (3rd - 11:48.14)**
- (9) Miriah Forness - Shiloh Christian (7th - 12:04.10)
- (9) Katie Fox - Wing
- (9) Ann Endres - Carrington
- (8) Tess Scott - Barnes County North
- (8) Mikayla Reinke - Kindred

## HURDLES

### 100 Meter Hurdles

- (12) Natalie Jones - Lisbon (4th - 15.95)
- (12) Aubrey Hovland - Rugby (6th - 16.44)**
- (12) Megan Goeser - Central Cass
- (12) Sarah Lorenz - Mayville-Portland-Clifford-Galesburg
- (12) Megan Brodehl - Surrey
- (11) Abby Honeyman - Mott-Regent (2nd - 15.37)
- (11) Vanessa Johnson - Northern Cass
- (11) Madison Wendel - Carrington
- (11) Kara Fike - Harvey/Wells County**
- (11) Macy Smyle - Bowman County
- (10) Dakota Wood - Hazen (3rd - 15.72)
- (10) Courtney Bubach - Strasburg
- (10) Madison Hetletved - Langdon/Munich
- (10) Allyssa Wittenberg - Dickinson Trinity
- (10) Jadin Carlson - Griggs County Central/Midkota

### 300 Meter Hurdles

- (12) Josey Page - Carrington
- (12) Natalie Jones - Lisbon (4th - 46.38)
- (12) Sarah Lorenz - Mayville-Portland-Clifford-Galesburg
- (12) Megan Goeser - Central Cass
- (12) Megan Brodehl - Surrey
- (12) Maartje VanBedaf - Carrington
- (12) Iveta Harner - Kindred
- (12) McKayla Roll - Mott-Regent
- (12) Jackie Ellefson - Milnor/Wyndmere/Lidgerwood
- (11) Rachel Dryburgh - Grafton (2nd - 45.96)
- (11) Abby Honeyman - Mott-Regent (7th - 48.03)
- (11) Sadie Rorich - Kidder County/Napoleon (8th - 48.08)
- (11) Kara Fike - Harvey/Wells County (6th - 48.01)**
- (10) Dakota Wood - Hazen (3rd - 46.36)
- (10) Courtney Bubach - Strasburg
- (10) Emily Stier - Rugby**
- (9) Shaice Marx - Thompson (5th - 47.66)
- (9) Acacia Fossum - Richardton-Taylor

## JUMPS

### **High Jump**

#### **(12) Aubrey Hovland - Rugby (1st - 5'6")**

#### **(12) Sara Schwanke - Benson County**

- (12) Mackenzie Einarson - Grafton
- (12) Darian Hedland - Hatton/Northwood (6th - 5'2")
- (11) Faith Dooley - Central Cass (5th - 5'2")
- (11) Vanessa Johnson - Northern Cass (2nd - 5'6")
- (11) Madison Wendel - Carrington (8th - 5'1")
- (11) Mary Haman - Nelson County (7th - 5'1")
- (11) Abby Braaten - Milnor/Wyndmere/Lidgerwood
- (11) Allison Steffan - Dickinson Trinity
- (11) Macy Smyle - Bowman County
- (11) Hayley Moe - Watford City
- (11) Morgan LeMieux - Killdeer
- (10) Sarah Quenette - Hazen
- (10) McKayla Thompson - Surrey
- (9) Lexy Wittmayer - Rolette/Wolford (3rd - 5'4")**
- (9) McKenzie Thorson - Southern McLean

### **Long Jump**

- (12) Kellie Schmit - Kindred (8th - 15'11½")
- (12) McKayla Haugeberg - Watford City (6th - 16'5¾")
- (12) Mikaela Forster - New Salem-Almont
- (12) Sierra Martinez - Kindred
- (12) Haley Hughes - New Salem-Almont
- (12) Darian Hedland - Hatton/Northwood
- (11) Cassie Holt - Hettinger/Scranton
- (11) Courtney Gallagher - Bottineau**
- (11) Chelsey Anderson - Sargent County
- (11) Paige Dolan - Williams County
- (10) Kylie Pastian - Hillsboro/Central Valley (5th - 16'10½")
- (10) Kara Langerud - Watford City
- (10) McKayla Thompson - Surrey
- (10) Hailee Depute - Mohall-Lansford-Sherwood
- (9) Mariah Sellon - Central McLean
- (9) Krista Slaubaugh - Hazen
- (9) Ricki Lindley - Watford City (7th - 15'11¾")
- (9) Kaitlin Binstock - Wing

### **Triple Jump**

- (12) Mikaela Forster - New Salem-Almont (5th - 34'1")
- (12) Aubrey Hovland - Rugby (7th - 33'11¼")**
- (12) McKayla Haugeberg - Watford City
- (12) Sadie Cochrane - LaMoure/Litchville-Marion (6th - 34'1")
- (12) Haley Hughes - New Salem-Almont
- (12) Sarah Lorenz - Mayville-Portland-Clifford-Galesburg
- (11) Abby Honeyman - Mott-Regent (4th - 34'4½")
- (11) Cassie Holt - Hettinger/Scranton
- (11) Tessa Heitkamp - Kindred (3rd - 34'5")
- (11) Paige Dolan - Williams County
- (10) Kara Weigel - Zeeland
- (10) Courtney Bubach - Strasburg
- (10) Kara Langerud - Watford City
- (10) Andrea Jorgenson - Benson County**
- (9) Ricki Lindley - Watford City (1st - 36'1¾")

## **Pole Vault**

- (12) McKayla Haugeberg - Watford City (1st - 10'9")
- (12) McKenzie Kostelecky - Dickinson Trinity (4th - 9'6")
- (12) Mackenzie Einarson - Grafton
- (12) Sara Lien - Lisbon
- (11) Fallon Fladeland - Watford City
- (11) Lexie Weber - New Rockford-Sheyenne
- (10) Nicole Schramm - Beulah (8th - 9'0")
- (10) Courtney Bubach - Strasburg
- (10) Maria Diepolder - Bottineau (5th tie - 9'0")
- (10) Kallisha Keller - Killdeer
- (9) Jocelyn Dinius - Langdon/Munich (5th tie - 9'0")
- (9) Payton Ercink - Lisbon
- (9) Brittney Dixon - Fargo Oak Grove
- (9) Stephanie Ziegler - Hazen

## **THROWS**

### **Shot Put**

- (12) Carly Copenhaver - Carrington (5th - 38'6")
- (12) Natalie Stivers - Glenburn/Westhope/Newburg
- (12) Jaylen Newman - Velva/Drake-Anamoose
- (12) Lindsey Mogard - Surrey
- (11) Kelsey Laufenberg - Maple Valley/Enderlin (2nd - 40'10")
- (11) Kayla Hochhalter - Carrington (3rd - 40'7")
- (11) Ebony Berube - Lisbon (7th - 37'9")
- (11) Brittany Tumey - Rolette/Wolford
- (11) Alicia Loiland - Thompson
- (11) Devon Urness - Griggs County Central/Midkota
- (10) Ruby White - Garrison/Max

### **Discus**

- (12) Natalie Stivers - Glenburn/Westhope/Newburg
- (12) Hannah Balderas - Beulah
- (12) Kassi Knutson - Garrison/Max
- (12) Jaylen Newman - Velva/Drake-Anamoose (7th - 101'5")
- (11) Kayla Hochhalter - Carrington (3rd - 111'1")
- (11) Ebony Berube - Lisbon (4th - 103'4")
- (11) Audra Montgomery - Carrington (5th - 102'0")
- (11) Mattie Schmitt - Rugby
- (11) Brittany Tumey - Rolette/Wolford
- (11) Devon Urness - Griggs County Central/Midkota
- (10) Savannah Hilbert - Griggs County Central/Midkota

### **Javelin**

- (12) McKayla Haugeberg - Watford City (3rd - 128'7")
- (12) Rebecca Erickson - Finley-Sharon/Hope-Page
- (12) Darian Hedland - Hatton/Northwood
- (12) Nicole Warren - Oakes (4th - 126'6")
- (12) Mikayla Forness - Shiloh Christian (5th - 126'0")
- (12) Kyann Thorfinson - Lisbon (8th - 117'6")
- (12) Quinn Harmon - Minot Bishop Ryan
- (12) Sam Reinke - Lisbon
- (12) Krista Thielges - Maple Valley/Enderlin
- (12) Leslie Pederson - Northern Lights
- (11) Kayla Hochhalter - Carrington (2nd - 135'5")
- (11) Alyssa Olin - Mott-Regent
- (11) Mattie Schmitt - Rugby
- (10) Amber Hunsaker - Thompson
- (10) Hailee Depute - Mohall-Lansford-Sherwood (7th - 117'7")