

## 2016 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) Jocelyn Dinius - Langdon Area/Munich
- (12) Stephanie Ziegler - Hazen (6th - 12.87)
- (12) Ricki Lindley - Watford City
- (12) Jordan Thomas - Medina/Pingree-Buchanan
- (12) Kennedy Keator - Dickinson Trinity
- (12) Petra Leysring - Oak Grove
- (11) Kari Wolfe - Harvey-Wells County
- (11) LaDora Schmidt - Kidder County (7th - 12.88)
- (10) Beatrice Kjelland - Park River/Fordville-Lankin (1st - 12.26)
- (10) Caitlyn Vogel - Des Lacs-Burlington/Lewis & Clark (3rd - 12.55)
- (10) Alli McCoy - Divide County (5th - 12.82)
- (10) Katie Duttonhefer - Hazen
- (9) Faith Aasen - Northern Cass

#### **200 Meter Dash**

- (12) Stephanie Ziegler - Hazen (3rd - 26.09)
- (12) Ricki Lindley - Watford City
- (12) Kennedy Keator - Dickinson Trinity
- (12) Jocelyn Dinius - Langdon Area/Munich
- (11) Kari Wolfe - Harvey-Wells County (8th - 26.40)
- (11) LeDora Schmidt - Kidder County
- (10) Beatrice Kjelland - Park River/Forville-Lankin (1st - 25.47)
- (10) Alli McCoy - Divide County (4th - 26.22)
- (10) Caitlyn Vogel - Des Lacs-Burlington/Lewis & Clark (6th - 26.29)
- (10) Grace Zimmerman - Hazen (5th - 26.27)
- (10) Taylor Roehl - Grant County/Flasher
- (10) Gracie Wright - Hillsboro/Central Valley
- (10) Sara Stier - Rugby

#### **400 Meter Dash**

- (12) Kaylene Klein - Hazen (4th - 1:00.01)
- (12) Annika Thompson - Richland
- (11) LaDora Schmidt - Kidder County (2nd - 58.86)
- (11) Peyton Frolek - Milnor/Wyndmere/Lidgerwood (5th - 1:00.06)
- (11) Taylor Hestekin - Hettinger/Scranton (7th - 1:00.73)
- (11) Holly Grandalen - Mayville-Portland-Clifford-Galesburg
- (11) April Hagemeister - Harvey-Wells County
- (10) Gracie Wright - Hillsboro/Central Valley (1st - 57.65)
- (10) Taylor Roehl - Grant County/Flasher (6th - 1:00.44)
- (10) Grace Zimmerman - Hazen (3rd - 59.70)
- (10) Caitlyn Vogel - Des Lacs-Burlington/Lewis & Clark
- (9) Shawnee Hansen - Killdeer
- (9) Izzy Shirek - Thompson
- (9) Makayla Heinrich - Kindred
- (9) Hayley Schmidt - Stanley/Powers Lake
- (8) Emma Baasch - Enderlin/Maple Valley

## MIDDLE DISTANCE - DISTANCE

### **800 Meter Run**

- (12) Asha Smith - Watford City (3rd - 2:19.09)
- (12) Ashley Perez - Oak Grove
- (12) Kate Fox - Southern McLean (6th - 2:22.09)
- (12) Shaice Marx - Thompson
- (12) Amber Kukla - Killdeer
- (12) Eva Byerley - Hazen
- (11) Peyton Frolek - Milnor/Wyndmere/Lidgerwood (1st - 2:16.03)
- (11) Taylor Hestekin - Hettinger/Scranton (7th - 2:22.24)
- (11) Cailee Peterson - Mayville-Portland-Clifford-Galesburg
- (11) Lexis Tveter - Parshall
- (11) Tess Scott - Barnes County North
- (11) Jannah Lee - Velva/Drake-Anamoose/Sawyer
- (10) Gracie Wright - Hillsboro/Central Valley (5th - 2:21.72)
- (10) Amber Stevahn - Shiloh Christian
- (10) Sydney Anderson - Killdeer
- (10) Tristin Lunde - Rugby**
- (10) Sydney Nelson - Bottineau
- (9) London Lambrecht - Shiloh Christian
- (9) Kayla Ogle - Watford City (8th - 2:22.81)
- (8) Cedar Hall - Parshall
- (8) Emma Baasch - Enderlin/Maple Valley

### **1600 Meter Run**

- (12) Ashley Perez - Oak Grove (3rd - 5:10.10)
- (12) Kate Fox - Southern McLean (2nd - 5:10.08)
- (12) Asha Smith - Watford City (4th - 5:12.59)
- (12) Samantha Wieland - Barnes County North
- (11) Peyton Frolek - Milnor/Wyndmere/Lidgerwood (1st - 5:08.40)
- (11) Cailee Peterson - Mayville-Portland-Clifford-Galesburg (6th - 5:19.25)
- (11) Mackenzie Holkesvig - Hatton/Northwood
- (11) Madison Gapp - Langdon Area/Munich
- (11) Tess Scott - Barnes County North
- (11) Ashley Neumiller - Carrington
- (11) Charlie Bailey - Standing Rock/Selfridge
- (10) Gracie Wright - Hillsboro/Central Valley
- (10) Amber Stevahn - Shiloh Christian (7th - 5:20.24)
- (10) Mikayla Koenig - Finley-Sharon/Hope-Page
- (10) Abby Wilhelmi - Beach
- (10) Tristin Lunde - Rugby**
- (9) Lana Krack - Thompson
- (9) Amanda Jarrett - Carrington
- (9) Kayla Ogle - Watford City (8th - 5:22.10)
- (9) Grace Bachmeier - Surrey
- (9) Mary Belzer - North Star
- (8) Reagan Baesler - Hillsboro/Central Valley

### **3200 Meter Run**

- (12) Ashley Perez - Oak Grove (4th - 11:41.32)
- (12) Kate Fox - Southern McLean (2nd - 11:19.68)
- (12) Samantha Wieland - Barnes County North
- (11) Peyton Frolek - Milnor/Wyndmere/Lidgerwood (1st - 11:16.57)
- (11) Mackenzie Holkesvig - Hatton/Northwood
- (11) Cailee Peterson - Mayville-Portland-Clifford-Galesburg (3rd - 11:30.45)
- (11) Tess Scott - Barnes County North
- (11) Chloe Thurber - Ellendale
- (11) Madison Gapp - Langdon Area/Munich (8th - 11:58.84)
- (11) Ashley Neumiller - Carrington
- (11) Jenae Orluck - Beach
- (11) Leighton Fitch - Kindred
- (11) Bayley Rolfe - Stanley/Powers Lake
- (10) Amber Stevahn - Shiloh Christian (7th - 11:56.95)
- (10) Danielle Benz - Killdeer
- (9) Amanda Jarrett - Carrington (5th - 11:46.55)
- (9) Grace Bachmeier - Surrey
- (9) Lana Krack - Thompson
- (9) Shambre Feiring - Stanley/Powers Lake
- (9) Mary Belzer - North Star
- (9) Melayna FourBear - New Town
- (9) Michaela Honl - Milnor/Wyndmere/Lidgerwood
- (8) Ellie Duchscherer - Rugby**

## HURDLES

### **100 Meter Hurdles**

- (12) Jocelyn Dinius - Langdon Area/Munich (2nd - 16.47)
- (12) Mariah Schroeder - Enderlin/Maple Valley (8th - 16.65)
- (12) Alexius Hajek - Sargent Central
- (12) Haley Wolfe - Carrington
- (12) Macy Dimler - Garrison/Max
- (12) Mckenzie Lauth - Harvey-Wells County
- (12) Lea Arndt - Watford City
- (11) Maara Nelson - Carrington
- (11) Bridget Allex - Watford City (3rd - 16.48)
- (11) Katelynn Lane - Killdeer
- (11) Madison Borstad - North Star
- (10) Elaina Swartz - Park River/Fordville-Lankin (7th - 16.61)
- (10) Payton Johnson - Northern Cass (6th - 16.59)
- (10) Emily Alt - Beulah
- (8) Leah Jans - Harvey-Wells County

### **300 Meter Hurdles**

- (12) Kaylene Klein - Hazen (2nd - 45.43)
- (12) Lea Arndt - Watford City
- (12) Mckenzie Lauth - Harvey-Wells County
- (11) Sydney Ellingson - Langdon Area/Munich
- (11) Maara Nelson - Carrington
- (11) Bridget Allex - Watford City
- (10) Taylor Roehl - Grant County/Flasher (4th - 46.24)
- (10) Elaina Swartz - Park River/Forville-Lankin (3rd - 46.07)
- (10) Emily Alt - Beulah
- (10) Payton Johnson - Northern Cass (8th - 48.43)
- (10) Karly Schultz - Lisbon
- (9) Makayla Heinrich - Kindred
- (9) Madison Pritchard - Langdon Area/Munich
- (9) Anni Stier - Rugby

## JUMPS

### **High Jump**

- (12) Lexi Wittmayer - Rolette/Wolford (1st - 5'6")
- (12) Mariah Sellon - Central McLean
- (12) Isabell Wedell - Ellendale (5th - 5'1")
- (12) McKenzie Thorson - Southern McLean (6th 4 way tie- 4'11")
- (12) Mariah Schroeder - Enderlin/Maple Valley
- (12) Abigail Hulm - New Salem-Almont
- (11) Gracie Page - Carrington (2nd - 5'1")
- (11) Katja Berge - Hillsboro/Central Valley
- (10) Meggie Fischer - Bowman County
- (10) Elaina Swartz - Park River/Fordville-Lankin
- (10) Laiken Larson - Drayton/Valley-Edinberg (6th 4 way tie - 4'11")
- (10) Abby Tweeten - Southern McLean
- (10) Kaitlyn Nokes - Watford City
- (9) Ellie Stafford - Bowman County
- (8) Kaity Hove - Trenton/Trinity Christian

## Long Jump

- (12) Ricki Lindley - Watford City (4th - 17'3")
- (12) Mariah Sellon - Central McLean (5th - 17'2")
- (12) Kennedy Keator - Dickinson Trinity (7th - 16'10")
- (12) Rikka Bergstrom - Oak Grove (3rd - 17'6¼")
- (12) Julia Johnson - Park River/Fordville-Lankin
- (12) Petra Leysring - Oak Grove
- (12) Jordan Thomas - Medina/Pingree-Buchanan

### **(12) Lauren Kraft - Rugby**

- (12) Krista Slaubaugh - Hazen (16'9¾")
- (11) Sydney Ellingson - Langdon Area/Munich
- (11) Ellie Messmer - Mott-Regent
- (11) Katja Berge - Hillsboro/Central Valley
- (11) Peyton Halverson - North Star
- (10) Taylor Roehl - Grant County/Flasher

### **(10) Sara Stier - Rugby**

- (9) Faith Aasen - Northern Cass (6th - 16'10")
- (9) Masy Kuntz - Dickinson Trinity

## Triple Jump

- (12) Ricki Lindley - Watford City (1st - 36'9½")
- (12) Krista Slaubaugh - Hazen (3rd - 35'5¼")
- (12) Rikka Bergstrom - Oak Grove (6th - 34'6½")
- (12) Julia Johnson - Park River/Fordville-Lankin

### **(12) Lauren Kraft - Rugby (8th - 34'4")**

- (11) Katja Berge - Hillsboro/Central Valley
- (11) Elisabeth Dalke - South Border
- (11) Peyton Halverson - North Star
- (11) Ellie Messmer - Mott-Regent
- (10) **Sara Stier - Rugby (7th - 34'5")**
- (10) Elizabeth Bartholmy - Hettinger/Scranton
- (10) Cassie Gefroh - Linton/Hazelton-Moffit-Braddock
- (9) **Maria Blessum - Rugby**
- (9) Abbie Jiles - Westhope/Newburg (5th - 34'7½")
- (9) Masy Kuntz - Dickinson Trinity

## Pole Vault

- (12) Brittany Dixon - Oak Grove (1st - 10'6")
- (12) Jocelyn Dinius - Langdon Area/Munich (4th - 9'9")
- (12) Haley Wolfe - Carrington (6th tie - 9'0")
- (12) Ally Berger - Hazen
- (11) Lexi Rose - Barnes County North (6th tie - 9'0")
- (11) McKenna Weisenbuger - Southern McLean
- (10) Mikka Haugeberg - Watford City (3rd - 9'9")
- (10) Corrie Dobitz - Killdeer
- (10) Sydney Andersen - Killdeer
- (10) Taylor Reilly - Drayton/ Valley-Edinburg
- (9) **Maria Blessum - Rugby**

## **THROWS**

### **Shot Put**

- (12) Kauri Hochhalter - Carrington (4th - 37'11½")
- (12) Kaylyn Frison - Harvey-Wells County (6th - 37'6")
- (12) Katie Wall - Nelson County
- (11) Kari Fritel - Des Lacs-Burlington/Lewis & Clark (3rd - 39'2")
- (11) MaKayla Froehlich - Lisbon (5th - 37'9½")
- (11) Megan Molash - Standing Rock/Selfridge
- (11) Sofia Muruato - Beach
- (11) Randi Long - Glenburn
- (10) Sloan Smith - Larimore
- (9) Payton Packer - Kindred

### **Discus**

- (12) Kauri Hochhalter - Carrington (2nd - 130'1")
- (12) Kaylyn Frison - Harvey-Wells County (5th - 114'3")
- (12) Madison Eisenzimmer - Langdon Area/Munich (8th - 104'9")
- (12) Sadie Ambers - Mott-Regent
- (12) Ashton Smith - Stanley/Powers Lake
- (12) Kristin Murchie - North Star
- (11) Megan Molash - Standing Rock/Selfridge
- (11) Brieann Robertson - Warwick
- (9) Payton Packer - Kindred
- (9) Skylar McLain - Mohall-Lansford-Sherwood

### **Javelin**

- (12) Kauri Hochhalter - Carrington (3rd - 125'9")
- (12) Isabell Wedell - Ellendale
- (12) Payton Ercink - Lisbon
- (12) Abigail Hulm - New Salem-Almont (4th - 121'4")
- (11) Madison Hart - Langdon Area/Munich (5th - 118'0")
- (11) Peyton Halverson - North Star
- (11) Emma Rost - Carrington
- (11) Addy Kittelson - Velva/Drake-Anamoose/Sawyer
- (9) Hayley Schmidt - Stanley/Powers Lake (8th - 117'2")
- (9) Emma Mitchell - Northern Lights