

2017 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) LaDora Schmidt - Kidder County
- (12) Kari Wolfe - Harvey-Wells County
- (12) Madison Erickson - Kindred
- (12) Abby Ringdahl - Richland (6th - 13.07)
- (12) Veronica Belgarde - Hatton/Northwood
- (12) Gabbie Miller - North Star/Starkweather
- (11) Beatrice Kjelland - Park River/Fordville-Lankin (4th - 12.99)
- (11) Kaitlyn Schiele - Edgeley/Kulm (5th - 13.07)
- (11) Grace Zimmerman - Hazen (2nd - 12.87)
- (11) Elizabeth Bartholmy - Hettinger/Scranton
- (11) Alli McCoy - Divide County (3rd - 12.98)
- (11) Katie Duttonhefer - Hazen
- (11) Elaina Swartz - Park River/Fordville-Lankin
- (11) Gracie Wright - Hillsboro/Central Valley
- (11) Sidney Hall - Parshall
- (10) Masy Kuntz - Dickinson Trinity
- (10) Shawnee Hansen - Killdeer
- (10) Ilise Jennings - Williams County
- (10) Kylie Grommesh - Central Cass
- (10) Faith Aasen - Northern Cass (7th - 13.14)
- (9) Kristina Brossart - Rugby (8th - 13.18)**
- (8) Lanie Awender - Oakes

200 Meter Dash

- (12) Abby Ringdahl - Richland (6th - 26.43)
- (12) Abigail Jarrett - Carrington
- (12) Madison Erickson - Kindred (8th - 26.50)
- (12) Kari Wolfe - Harvey-Wells County (7th - 26.50)
- (11) Grace Zimmerman - Hazen (1st - 25.80)
- (11) Gracie Wright - Hillsboro/Central Valley (2nd - 25.93)
- (11) Katie Duttonhefer - Hazen
- (11) Alli McCoy - Divide County
- (11) Elaina Swartz - Park River/Fordville-Lankin
- (11) Kaitlyn Schiele - Edgeley/Kulm (3rd - 26.15)
- (11) Beatrice Kjelland - Park River/Fordville-Lankin
- (11) Amanda Odegard - Southern McLean
- (11) Taylor Roehl - Grant County/Flasher
- (11) Sidney Hall - Parshall
- (10) Shawnee Hansen - Killdeer
- (10) Masy Kuntz - Dickinson Trinity
- (10) Anni Stier - Rugby**
- (10) Maria Blessum - Rugby**
- (9) Kaitlyn Klein - Garrison/Max

400 Meter Dash

- (12) Peyton Frolek - Milnor/Wyndmere/Lidgerwood (2nd - 58.65)
- (12) Taylor Hestekin - Hettinger/Scranton (3rd - 59.32)
- (12) Abigail Jarrett - Carrington
- (12) LaDora Schmidt - Kidder County (4th - 59.57)
- (12) April Hagemeister - Harvey-Wells County
- (12) Madison Erickson - Kindred
- (11) Gracie Wright - Hillsboro/Central Valley (1st - 57.98)
- (11) Grace Zimmerman - Hazen (6th - 59.80)
- (11) Taylor Roehl - Grant County/Flasher
- (11) Amber Stevahn - Shiloh Christian
- (11) Lily Pyle - Central Cass
- (11) Emerson Hoornaert - Carrington
- (11) Sidney Hall - Parshall
- (10) Izzy Shirek - Thompson
- (10) Shawnee Hansen - Killdeer (5th - 59.60)
- (10) Anni Stier - Rugby
- (9) Cedar Hall - Parshall (8th - 59.93)
- (9) Kaity Hove - Trenton/Williston Triniy Christian (7th - 59.84)
- (9) Emma Baasch - Enderlin/Maple Valley
- (9) Reagan Baesler - Hillsboro/Central Valley
- (9) Morgan Chalich - Park River/Fordville-Lankin
- (9) Emily McKay - Oak Grove
- (9) Olivia Lutt - Harvey-Wells County
- (8) Elizabeth Massine - Velva/Drake-Anamoose/Sawyer

MIDDLE DISTANCE - DISTANCE

800 Meter Run

- (12) Taylor Hestekin - Hettinger/Scranton (3rd - 2:18.85)
- (12) Peyton Frolek - Milnor/Wyndmere/Lidgerwood (2nd - 2:16.78)
- (12) Mackenzie Holkesvig - Hatton/Northwood (8th - 2:23.92)
- (12) Abigail Jarrett - Carrington
- (12) Cailee Peterson - Mayville-Portland-Clifford-Galesburg
- (12) Lexis Tvester - Parshall
- (12) April Hagemeister - Harvey-Wells County
- (11) Gracie Wright - Hillsboro/Central Valley (4th - 2:20.76)
- (11) Amber Stevahn - Shiloh Christian
- (11) Tristin Lunde - Rugby**
- (11) Keringten Lee - Benson County
- (10) Kayla Ogle - Watford City
- (10) Lana Krack - Thompson
- (10) Macy Gress - Dickinson Trinity
- (9) Reagan Baesler - Hillsboro/Central Valley (5th - 2:21.17)
- (9) Cedar Hall - Parshall (7th - 2:23.73)
- (9) Maggie Eng - Central McLean
- (8) Drew Frolek - Milnor/Wyndmere/Lidgerwood

1600 Meter Run

- (12) Peyton Frolek - Milnor/Wyndmere/Lidgerwood (1st - 4:59.05)
- (12) Cailee Peterson - Mayville-Portland-Clifford-Galesburg
- (12) Mackenzie Holkesvig - Hatton/Northwood (8th - 5:18.50)
- (12) Cassidy Huesers - Garrison/Max
- (12) Taylor Hestekin - Hettinger/Scranton
- (12) Ashley Neumiller - Carrington
- (12) Tess Scott - Barnes County North
- (12) Jenae Orluck - Beach
- (12) Sarah Schafer - Grant County/Flasher
- (11) Mikayla Koenig - Finley-Sharon/Hope-Page (7th - 5:16.34)
- (11) Amber Stevahn - Shiloh Christian
- (11) Abby Wilhelmi - Beach
- (11) Keringten Lee - Benson County
- (11) Tristin Lunde - Rugby**
- (10) Kayla Ogle - Watford City (5th - 5:08.92)
- (10) Lana Krack - Thompson
- (10) Amanda Jarrett - Carrington
- (10) Mary Belzer - North Star/Starkweather
- (9) Reagan Baesler - Hillsboro/Central Valley (6th - 5:11.98)
- (8) Jensyn Zink - Hillsboro/Central Valley
- (8) Drew Frolek - Milnor/Wyndmere/Lidgerwood
- (8) Jaly Hall - Parshall

3200 Meter Run

- (12) Peyton Frolek - Milnor/Wyndmere/Lidgerwood (1st - 10:55.10)
- (12) Cailee Peterson - Mayville-Portland-Clifford-Galesburg (6th - 11:42.35)
- (12) Tess Scott - Barnes County North
- (12) Mackenzie Holkesvig - Hatton/Northwood
- (12) Chloe Thurber - Ellendale
- (12) Ashley Neumiller - Carrington
- (12) Jenae Orluck - Beach
- (12) Sarah Schafer - Grant County/Flasher
- (12) Cassidy Huesers - Garrison/Max
- (11) Mikayla Koenig - Finley-Sharon/Hope-Page (5th - 11:37.92)
- (11) Amber Stevahn - Shiloh Christian
- (11) Keringten Lee - Benson County
- (11) Abby Wilhelmi - Beach
- (10) Kayla Ogle - Watford City (4th - 11:24.32)
- (10) Lana Krack - Thompson (8th - 11:47.02)
- (10) Amanda Jarrett - Carrington (7th - 11:45.53)
- (10) Grace Bachmeier - Surrey
- (10) Mary Belzer - North Star
- (10) Shambre Feiring - Stanley/Powers Lake
- (10) Karsyn Hager - Rugby**
- (9) Ellie Duchscherer - Rugby**
- (9) Lilly Dixon - Parshall
- (8) Jensyn Zink - Hillsboro/Central Valley
- (8) Kristin Lucero - Larimore

HURDLES

100 Meter Hurdles

- (12) Maara Nelson - Carrington (1st - 15.62)
- (12) Katelynn Lane - Killdeer
- (12) Bridget Allex - Watford City (8th - 16.77)
- (12) Madison Borstad - North Star/Starkweather
- (12) Addi Eckart - Hillsboro/Central Valley
- (11) Elaina Swartz - Park River/Fordville-Lankin (4th - 16.24)
- (11) Taylor Roehl - Grant County/Flasher (7th - 16.73)
- (11) Emily Alt - Beulah
- (11) Karly Schultz - Lisbon
- (11) Kaitlyn Nokes - Watford City
- (10) Jaye Fike - Harey-Wells County

300 Meter Hurdles

- (12) Abigail Jarrett - Carrington (4th - 47.07)
- (12) Paige Benson - Hankinson/Fairmount
- (12) Sydney Ellingson - Langdon Area/Munich
- (11) Elaina Swartz - Park River/Fordville-Lankin (2nd - 44.78)
- (11) Taylor Roehl - Grant County/Flasher (3rd - 44.96)
- (11) Grace Dryburgh - Hillsboro/Central Valley
- (11) Kaitlyn Nokes - Watford City
- (10) Anni Stier - Rugby (6th - 47.46)
- (10) MaKayla Heinrich - Kindred (8th - 47.75)
- (9) Megan Howell - Lisbon
- (9) Tia Horning - Beulah
- (9) Olivia Lauth - Harvey-Wells County
- (9) Toni Hamiton - Des Lacs-Burlington/Lewis & Clark

JUMPS

High Jump

- (12) Amber Peterson - Sargent County
- (12) Katja Berge - Hillsboro/Central Valley (5th tie - 4'11")
- (11) Meggie Fischer - Bowman County (2nd - 5'1")
- (11) Taylor Sabinash - Midkota
- (11) Carlie Kieffer - Central Cass
- (11) Laiken Larson - Drayton/Valley-Edinburg (7th tie - 4'11")
- (11) Emily Baldwin - Milnor/Wyndmere/Lidgerwood (7th tie - 4'11")
- (11) Kaitlyn Nokes - Watford City
- (11) Harlee Gunning - Glenburn
- (10) Izzy Shirek - Thompson
- (10) Faith Aasen - Northern Cass (5th tie - 4'11")
- (10) Ellie Stafford - Bowman County (4th - 4'11")
- (10) Tia McGorman - Watford City
- (10) Camee Wangler - Benson County
- (9) Kaity Hove - Trenton/Williston Trinity Christian
- (9) Jillian Svihovec - Bowman County
- (9) Cora McClenahan - Mayville-Portland-Clifford-Galesburg

Long Jump

- (12) Katja Berge - Hillsboro/Central Valley (3rd - 16'11½")
- (12) Maara Nelson - Carrington (8th - 16'4¼")
- (12) Sydney Ellingson - Langdon Area/Munich (6th - 16'6½")
- (12) Ellie Messmer - Mott-Regent
- (11) Taylor Roehl - Grant County/Flasher

(11) Sara Stier - Rugby

- (11) Elizabeth Bartholmy - Hettinger/Scranton
- (11) Brittan Grubb - Shiloh Christian
- (10) Masy Kuntz - Dickinson Trinity (2nd - 17'2¼")
- (10) Faith Aasen - Northern Cass
- (10) Izzy Shirek - Thompson (5th - 16'7")
- (9) Kaity Hove - Trenton/Williston Trinity Christian
- (9) Savannah Jones - South Prairie

Triple Jump

- (12) Ellie Messmer - Mott-Regent
- (12) Katja Berge - Hillsboro/Central Valley (7th - 34'6")
- (11) Sara Stier - Rugby (4th - 35'0")**
- (11) Cassie Gefroh - Linton/Hazelton-Moffit-Braddock
- (11) Elizabeth Bartholmy - Hettinger/Scranton (5th - 34'10½")
- (11) Tessa Schroeder - Enderlin/Maple Valley (6th - 34'6")
- (11) Cassidy Walby - Bowman County
- (11) Bailey Skjefte - Oakes
- (11) Haley Hewitt - Carrington
- (10) Masy Kuntz - Dickinson Trinity (3rd - 35'1")
- (10) Abbie Jiles - Westhope/Newburg**
- (10) Kennedy Flaa - Richland
- (9) Kaity Hove - Trenton/Williston Trinity Christian
- (9) Ashantai Harris - Surrey

(8) Brooke Blessum - Rugby

- (8) Ashley Holen - Watford City

Pole Vault

- (12) Lexi Rose - Barnes County North
- (12) Addi Eckart - Hillsboro/Central Valley
- (11) Mikka Haugeberg - Watford City (2nd - 10'6")
- (11) Corrie Dobitz - Killdeer
- (11) Taylor Reilly - Drayton (7th - 9'0")
- (11) Faith Beck - Dickinson Trinity
- (11) Sydney Andersen - Killdeer (8th - 9'0")
- (11) Emerson Hoornaert - Carrington
- (10) Maria Blessum - Rugby (3rd - 10'6")**
- (10) Karsyn Hager - Rugby**
- (9) Emily McKay - Oak Grove
- (8) Brooke Blessum - Rugby**

THROWS

Shot Put

- (12) Kari Fritel - Des Lacs-Burlington/Lewis & Clark (6th - 36'½")
- (12) Randi Long - Glenburn
- (12) MaKayla Froehlich - Lisbon (4th - 37'5")
- (12) Megan Molash - Standing Rock/Selfridge
- (12) Megan Kliengartner - Kidder County (5th - 36'7½")
- (12) Allison Widmer - Oak Grove (7th - 35'8")
- (12) Bella Hansen - Oakes
- (12) Tara Hiller - Langdon Area/Munich
- (12) Sofia Muruato - Beach
- (11) Sloan Smith - Larimore (8th - 35'7½")
- (11) Maddie Uhlenkamp - Rugby**
- (11) McKenzie Walters - Hazen
- (11) Evelyn Sims - North Star
- (10) Payton Packer - Kindred
- (10) Paige Haakenson - Nelson County
- (10) Erin Haugen - Griggs County Central
- (10) Skylar McLain - Mohall-Lansford-Sherwood
- (9) Chloe Gunderson - Stanley/Powers Lake

Discus

- (12) Bryeann Robertson - Warwick (3rd - 111'6")
- (12) MaKayla Froehlich - Lisbon (5th - 107'3")
- (12) Emma Rost - Carrington
- (12) Megan Molash - Standing Rock/Selfridge
- (12) Jacie Doll - New Salem-Almont
- (11) Maddie Uhlenkamp - Rugby**
- (11) McKenzie Walters - Hazen (4th - 109'2")
- (11) Joelle Sherlock - Griggs County Central
- (10) Payton Packer - Kindred (2nd - 114'3")
- (10) Paige Haakenson - Nelson County
- (10) Skylar McLain - Mohall-Lansford-Sherwood (8th - 101'5")

Javelin

- (12) Kari Wolfe - Harvey-Wells County
- (12) Shelby Roney - Oakes (3rd - 120'11")
- (12) Madi Hart - Langdon Area/Munich
- (12) Kayla Schaefer - Des Lacs-Burlington/Lewis & Clark
- (12) Peyton Halverson - North Star (4th - 118'7")
- (12) Abbey Schantz - Beulah (6th - 115'2")
- (12) Maari Dolan - Williams County
- (12) Emma Rost - Carrington (8th - 111'9")
- (12) Alyx Schmitz - Oakes
- (12) Amy Jacobson - South Border
- (11) Maddie Uhlenkamp - Rugby**
- (11) Molly Holt - Hettinger/Scranton (7th - 114'6")
- (10) Hayley Schmidt - Stanley/Powers Lake
- (10) Hannah Gordon - Park River/Fordville-Lankin
- (10) Amanda Roller - Oak Grove