

2021 GIRLS RETURNING STATE COMPETITORS

The following is a list of girls who competed in the state meet in 2019. 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) Lanie Awender - Oakes (1st - 12.55)
- (12) Skylar Crow - Richardton-Taylor (8th - 13.44)
- (12) Elizabeth Schanilec - Midway/Minto
- (12) Makenna Vollmer - Harvey/Wells County
- (12) Lexis Olson - Langdon Area/Edmore/Munich
- (11) Danielle Hagler - North Star (7th - 13.33)
- (11) Summer Krebsbach - Glenburn
- (11) Marit Ellingson - Nelson County
- (10) Deontee Smith - Central Cass
- (10) Aliya Schock - Shiloh Christian (3rd - 13.26)
- (9) Elise Wisnewski - Central Cass (4th - 13.26)
- (9) Morgan Schweitzer - Bottineau

200 Meter Dash

- (12) Lanie Awender - Oakes (1st - 25.85)
- (12) Elizabeth Schanilec - Midway/Minto
- (12) Jayln Hall - Parshall (5th - 26.78)
- (12) Makenna Vollmer - Harvey/Wells County
- (12) Lexis Olson - Langdon Area/Edmore/Munich (4th - 26.72)
- (12) Skylar Crow - Richardton-Taylor
- (10) Deontee Smith - Central Cass
- (10) Aliva Schock - Shiloh Christian
- (9) Elise Wisnewski - Central Cass (2nd - 26.35)

400 Meter Dash

- (12) Jalyn Hall - Parshall (1st - 58.92)
- (12) Caylee Wilke - Heart River
- (12) Elizabeth Schanilec - Midway/Minto
- (12) Vanessa Cooper - Park River/Fordville-Lankin (8th - 1:00.96)
- (11) Brynn Hyttinen - Southern McLean
- (11) Jadyn Sandy - Velva/Drake-Anamoose
- (11) Kinsey Zuroff - Glen Ullin/Hebron
- (10) Deontee Smith - Central Cass (4th - 59.78)
- (10) Aliya Schock - Shiloh Christian
- (10) Kod Latt - Lisbon
- (9) Kelsie Belquist - New Rockford-Sheyenne (6th - 1:00.34)
- (9) Elise Wisnewski - Central Cass
- (9) Helena Pavek - Dickinson Trinity

MIDDLE DISTANCE - DISTANCE

800 Meter Run

- (12) Jensyn Zink - Hillsboro/Central Valley (3rd - 2:22.95)
- (12) Sidra Sadowsky - Hettinger/Scranton
- (12) Drew Frolek - Milnor/Wyndmere/Lidgerwood (6th - 2:24.87)
- (11) Quinn Neppl - Benson County
- (11) Anna Strand - Mayville-Portland-Clifford-Galesburg
- (11) Katie Wilhelmi - Stanley
- (11) Brynn Hyttinen - Southern McLean (8th - 2:25.02)
- (10) Norah Entzi - Edgeley/Kulm (5th - 2:24.85)
- (10) Harys Beauchamp - Beulah (4th - 2:24.09)
- (9) Jaci Fischer - Bowman County (7th - 2:24.87)

1600 Meter Run

- (12) Carlee Sieben - Grafton
- (12) Sidra Sadowsky - Hettinger/Scranton
- (11) Quinn Neppl - Benson County (6th - 5:23.66)
- (11) Anna Strand - Mayville-Portland-Clifford-Galesburg (7th - 5:28.48)
- (11) Dreah Frolek - Milnor/Wyndmere/Lidgerwood (3rd - 5:20.81)
- (11) Whitney Schepp - Velva/Drake-Anamoose
- (11) Emma Pierce - Trenton
- (10) Jenna Soine - Hatton/Northwood
- (10) Hannah Westin - Shiloh Christian
- (10) Ella Holkesvig - Hatton/Northwood
- (10) Hailey White Owl - New Town
- (10) Emma Wheeling - New Town
- (10) Jordyn Thorson - Southern McLean
- (9) Jaci Fischer - Bowman County (8th - 5:28.99)
- (9) Olivia Frolek - Milnor/Wyndmere/Lidgerwood
- (9) Kaidence Hase - Velva/Drake-Anamoose
- (9) Kenley Bowman - Bowman County

3200 Meter Run

- (12) Carlee Sieben - Grafton
- (12) Vicktoria Holdaway - Divide County
- (11) Quinn Neppl - Benson County (3rd - 11:34.08)
- (11) Dreah Frolek - Milnor/Wyndmere/Lidgerwood (5th - 11:39.87)
- (11) Anna Strand - Mayville-Portland-Clifford-Galesburg
- (11) Paige Goodsell - Midway/Minto
- (11) Keely Arnston - Benson County
- (11) Sadie Weninger - Velva/Drake-Anamoose
- (11) Emma Pierce - Trenton
- (10) Jenna Soine - Hatton/Northwood (8th - 11:44.18)
- (10) Hannah Westin - Shiloh Christian (7th - 11:43.72)
- (10) Baylee Lura - Carrington
- (10) Paysha Rex - Bowman County
- (9) Peyton Gette - Kindred (6th - 11:42.85)
- (9) Brooklyn Bartsch - Rugby**
- (9) Olivia Frolek - Milnor/Wyndmere/Lidgerwood
- (9) Ally Goodmanson - Kindred
- (9) Madison Johnson - Carrington
- (9) Sophie Olsonawski - Mott-Regent/New England
- (9) Kenley Bowman - Bowman County

HURDLES

100 Meter Hurdles

- (12) Kyra Barmoen - Beulah
- (11) Mackenzie Amerman - Kindred
- (11) Lexie Jo Jacobson - Central McLean
- (11) Arielle Grandbois - Pembina County
- (11) Ryleigh Martin - Medina/Pingree-Buchanan
- (10) Zoey Heid - Grant County/Flasher (3rd - 16.47)
- (10) Allison Jarrett - Carrington
- (10) Macey Moore - Des Lacs-Burlington/Lewis & Clark
- (10) Karli Klein - Garrison/Max

300 Meter Hurdles

- (12) Lexis Olson - Langdon Area/Edmore/Munich (2nd - 45.62)
- (12) Brittney Reister - Medina/Pingree-Buchanan
- (12) Jensyn Zink - Hillsboro/Central Valley
- (12) Esmeralda Madrigal - Bowman County
- (12) Olivia Klein - Garrison/Max
- (11) Mackenzie Amerman - Kindred
- (11) Anna Berg - Kindred
- (10) Allison Jarrett - Carrington (8th - 47.81)
- (10) Karli Klein - Garrison/Max (6th - 47.69)
- (10) Mya Schroeder - Carrington
- (10) Zoey Heid - Grant County/Flasher
- (9) Kelsie Belquist - New Rockford-Sheyenne (7th - 47.78)

JUMPS

High Jump

(12) Brooke Blessum - Rugby (4th tie - 4'11")

- (12) Elaine Martinez - Pembina County (6th - 4'11")
- (12) Hannah Hagel - Carrington
- (12) Amaya Willer - Dickinson Trinity
- (11) Malori Pletcher - Langdon Area/Edmore/Munich (2nd tie - 5'1")
- (11) Annika Nelson - Sargent County
- (11) Grace Kelly - Shiloh Christian
- (10) Kennedy Harter - Kidder County (4th tie - 4'11")
- (10) Genevieve Gruba - Enderlin/Maple Valley
- (10) Harys Beauchamp - Beulah (1st - 5'1")

(10) Janikka Miller - Rugby

- (10) Brenna Stroklund - Kenmare/Bowbells

Long Jump

- (12) Skylar Crow - Richardton-Taylor (3rd - 17'2³/₄"
- (12) Makenna Vollmer - Harvey/Wells County (2nd - 17'3¹/₂"
- (12) Brooke Blessum - Rugby (1st - 17'3¹/₂"**
- (12) Faith Marion - Grant County/Flasher
- (12) Isabelle Boyer - Grant County/Flasher
- (12) Lexi Telehey - Thompson
- (12) Maya Sumra - Pembina County
- (12) Taryn Hoeckle - Carrington
- (11) Danielle Hagler - North Star (4th - 16'10)**
- (10) Kennedy Harter - Kidder County (6th - 16'8")
- (10) Mayzee Jacobson - Central Cass
- (10) Sierra Schramm - Park River/Fordville-Lankin

Triple Jump

- (12) Makenna Vollmer - Harvey/Wells County (3rd - 35'7")**
- (12) Brooke Blessum - Rugby (2nd - 36'4¹/₂"**
- (12) Isabelle Boyer - Grant County/Flasher (7th - 34'3¹/₂"
- (12) Faith Marion - Grant County/Flasher
- (12) Nora Peterson - Mayville-Portland-Clifford-Galesburg (5th - 34'11¹/₂"
- (12) Skylar Crow - Richardton-Taylor
- (12) Lexi Telehey - Thompson
- (12) Hannah Hagel - Carrington
- (12) Katherine Kraft - Center-Stanton
- (11) Stella Benson - Hillsboro/Central Valley
- (10) Kennedy Harter - Kidder County (1st - 37'6")
- (10) Mayzee Jacobson - Central Cass
- (10) Jenna Koppelsloen - Beulah
- (9) Cora Badding - Langdon Area/Edmore/Munich
- (9) Kelsie Belquist - New Rockford-Sheyenne**

Pole Vault

- (12) Nora Peterson - Mayville-Portland-Clifford-Galesburg
- (12) Brooke Blessum - Rugby (3rd - 9'0")**
- (12) Anna Clements - Rugby**
- (12) Alyssa Larson - Shiloh Christian (8th tie - 8'0")
- (12) Shelby Ruden - Des Lacs-Burlington/Lewis & Clark
- (12) Amialia Campana - Des Lacs-Burlington/Lewis & Clark
- (11) Alexa Schneider - Langdon Area/Edmore/Munich
- (11) Azalea Jorgensen - Oak Grove
- (10) Danielle Dobitz - Killdeer (5th tie - 8'6")
- (10) Gracie Doe - Killdeer (7th - 8'6")
- (10) Gracia Rolf - Lisbon
- (10) Brooklyn Groth - Mayville-Portland-Clifford-Galesburg
- (9) Kylie Skadberg - Carrington
- (9) Rylee Satrom - Mayville-Portland-Clifford-Galesburg

THROWS

Shot Put

- (12) Sadie Hansen - Oakes (2nd - 38'10")
- (12) Jacey Carlson - Griggs County Central
- (12) Kori Nagel - Center-Stanton
- (12) Sophie Hackman - Velva/Drake-Anamoose
- (12) Jacie Hall - Shiloh Christian
- (12) Molly Farstveet - Beach
- (11) Liberty Hook - Griggs County Central (7th - 35'11")
- (11) Jacoby Glasser - Rugby**
- (11) Rebecca Bohrer - Stanley (6th - 36'0")
- (11) Keziah Erickson - Mott-Regent/New England
- (10) Laikyn Roney - Oakes

Discus

- (12) Kori Nagel - Center-Stanton (2nd - 120'6")
- (12) Haley Huesers - Garrison/Max (6th - 109'10")
- (12) McKenna Rolland - Glenburn
- (12) Sadie Hansen - Oakes
- (12) Claire Dummer - Pembina County
- (12) Alyssa St. Pierre - Trenton
- (12) Nadia Post - Glenburn
- (12) Jess Goetz - Killdeer
- (12) Sophie Hackman - Velva/Drake-Anamoose
- (11) Jacoby Glasser - Rugby (3rd - 113'8")**

Javelin

- (12) Kendra Odegard - Lisbon (5th - 126'7")
- (12) Sadie Hansen - Oakes
- (12) Nora Peterson - Mayville-Portland-Clifford-Galesburg
- (12) Alyssa St. Pierre - Trenton
- (12) Alexa St. Pierre - Trenton
- (11) Kinsey Zuroff - Glen Ullin/Hebron (8th - 111'8")
- (11) Morgan Lee - Central Cass
- (11) Brooke Anderson - Rugby**
- (11) Callie Hase - Linton/Hazelton-Moffit-Braddock
- (10) Emily Jochim - South Border