

ND State Track & Field Meet 2023 - 5/25/2023 to 5/27/2023

MDU Resources Community Bowl

Results

Girls 100 Meter Dash Div A

Overall: 11.97 O 2010 Morgan Milbrath (Minot)
 State: 11.97 S 2010 Morgan Milbrath (Minot)
 Bowl: 11.88 B 2006 Whitney Carlson

Name	Yr	School	Prelims
Preliminaries			
1	Bariborve Deebom	12	Davies 11.92Q3.1
2	Paige Renschler	11	Shanley 12.23Q2.9
3	Faith Brown	10	Minot 12.28Q1.5
4	Michelle Gee	9	West Fargo 12.37Q2.0
5	Kia Ray	9	WF Sheyenne 12.28Q2.9
6	Karina Olson	12	Valley City 12.43Q3.1
7	Jazmin Barry	11	Dickinson 12.50Q2.0
8	Rachel Nwankwo	10	Minot 12.54Q1.5
9	Alimath Salou	12	Davies 12.46q 3.1
10	Cambree Volk	9	Legacy 12.55 2.9
11	Yolanda Nabwe	12	Jamestown 12.57 1.5
12	Evangelina Sappington	10	Horace 12.58 2.9
13	Maicee Burke	11	Minot 12.59 2.0
14	Jilian Quale	9	Bismarck 12.62 2.0
15	Makayla Whitfield	11	Minot 12.67 1.5
16	Emily Ash	12	Dickinson 12.69 1.5
17	Mariah Burian	10	Davies 12.84 3.1
18	Sara Kraft	8	Devils Lake 12.85 2.0
19	Ashlyn Buchholz	10	Century 12.86 2.9
20	Mika Wadeson	10	WF Sheyenne 12.95 2.0
21	Nora Daub	12	Davies 12.96 3.1
22	Kaylea Kealoha	11	Williston 13.00 2.9
23	Jordis Maxwell	11	Fargo South 13.04 1.5
24	Jayden Atkins	10	Dickinson 13.05 2.9
25	Ella Heilman	10	West Fargo 13.06 3.1
26	Hannah Herbel	12	Century 13.09 2.0
27	Danielle Toe	12	Davies 13.10 1.5
28	Gabby Tangedal	10	Devils Lake 13.12 3.1

Girls 100 Meter Dash Div A

Overall: 11.97 O 2010 Morgan Milbrath (Minot)
 State: 11.97 S 2010 Morgan Milbrath (Minot)
 Bowl: 11.88 B 2006 Whitney Carlson

Name	Yr	School	Finals
Finals			
1	Bariborve Deebom	12	Davies 12.07 1.7
2	Michelle Gee	9	West Fargo 12.16 1.7
3	Paige Renschler	11	Shanley 12.33 1.7
4	Faith Brown	10	Minot 12.34 1.7
5	Kia Ray	9	WF Sheyenne 12.45 1.7
6	Karina Olson	12	Valley City 12.47 1.7
7	Jazmin Barry	11	Dickinson 12.58 1.7
8	Rachel Nwankwo	10	Minot 12.66 1.7
9	Alimath Salou	12	Davies 12.66 1.7

Girls 200 Meter Dash Div A

Overall: 23.94 O 2023 Kelsie Belquist
 State: 24.32 S 2010 Morgan Milbrath
 Bowl: 23.94 B 2023 Kelsie Belquist

Name	Yr	School	Prelims
Preliminaries			
1	Bariborve Deebom	12	Davies 24.41Q1.7
2	Faith Brown	10	Minot 24.92Q4.4
3	Michelle Gee	9	West Fargo 25.00Q3.3
4	Kate Laqua	10	Davies 25.10Q3.3
4	Eden Fridley	11	Century 25.10Q3.3
6	Paige Renschler	11	Shanley 25.31Q1.7
7	Jazmin Barry	11	Dickinson 25.58Q4.4
8	Emily Ash	12	Dickinson 25.81q 3.3
9	Cambree Volk	9	Legacy 25.87q 4.4
10	Emily Mattern	12	Minot 25.90 1.7
11	Ashton Safranski	11	Davies 26.11 4.4
12	Alimath Salou	12	Davies 26.25 1.7
13	Adison Sagaser	12	Legacy 26.32 3.3
14	Jilian Quale	9	Bismarck 26.45 4.4
15	Elyse Gulsvig	12	Davies 26.73 1.7
16	Jordis Maxwell	11	Fargo South 26.80 3.3
17	Ashlan Urness	9	Davies 26.88 3.3

Girls 200 Meter Dash Div A

Overall: 23.94 O 2023 Kelsie Belquist
 State: 24.32 S 2010 Morgan Milbrath
 Bowl: 23.94 B 2023 Kelsie Belquist

Name	Yr	School	Finals
Finals			
1	Bariborve Deebom	12	Davies 24.54 +0.0
2	Michelle Gee	9	West Fargo 25.06 +0.0
3	Faith Brown	10	Minot 25.19 +0.0
4	Paige Renschler	11	Shanley 25.48 +0.0
5	Kate Laqua	10	Davies 25.53 +0.0
6	Eden Fridley	11	Century 25.72 +0.0
7	Jazmin Barry	11	Dickinson 25.79 +0.0
8	Cambree Volk	9	Legacy 25.99 +0.0
9	Emily Ash	12	Dickinson 26.13 +0.0

Girls 400 Meter Dash Div A

Overall: 53.25 O 2010 Laura Roesler
 State: 53.25 S 2010 Laura Roesler
 Bowl: 53.25 B 2010 Laura Roesler

Name	Yr	School	Prelims
Preliminaries			
1	Jocelyn Schiller	11	Red River 59.65Q
2	Emily Mattern	12	Minot 59.68Q
3	Michelle Gee	9	West Fargo 1:00.14Q
4	Fallon Sampsel	10	Watford City 59.95Q
5	Mesiku Hakim	11	Shanley 1:00.40Q
6	Kate Laqua	10	Davies 1:01.11Q
7	Jaida Fobb	11	Wahpeton 1:00.01q
8	Avary Fitzpatrick	11	WF Sheyenne 1:00.60q
9	Evangelina Sappington	10	Horace 1:00.79q

ND State Track & Field Meet 2023 - 5/25/2023 to 5/27/2023

MDU Resources Community Bowl

Results

Preliminaries ... (Girls 400 Meter Dash Div A)

Name	Yr	School	Prelims
10 Aspen Eslinger	11	Legacy	1:01.23
11 Ava Graf	11	Davies	1:02.03
12 Naomi Nhial	9	WF Sheyenne	1:02.09
13 Ashlan Urness	9	Davies	1:02.26
14 Emerson House	10	Century	1:02.31
15 Keira Shannon	10	Williston	1:02.52
16 Whitney Welk	10	Legacy	1:02.74
17 Jemimah Guenther	8	Legacy	1:02.89
18 Jersey Lang	10	WF Sheyenne	1:03.31

Girls 400 Meter Dash Div A

Overall: 53.25 O 2010 Laura Roesler
 State: 53.25 S 2010 Laura Roesler
 Bowl: 53.25 B 2010 Laura Roesler

Name	Yr	School	Finals
1 Jocelyn Schiller	11	Red River	57.99
2 Michelle Gee	9	West Fargo	58.40
3 Kate Laqua	10	Davies	58.76
4 Fallon Sampsel	10	Watford City	59.32
5 Emily Mattern	12	Minot	59.41
6 Jaida Fobb	11	Wahpeton	1:00.13
7 Mesiku Hakim	11	Shanley	1:00.48
8 Evangeline Sappington	10	Horace	1:00.86
9 Avary Fitzpatrick	11	WF Sheyenne	1:01.56

Girls 800 Meter Run Div A

Overall: 2:10.78 O 2008 Laura Roesler
 State: 2:10.78 S 2008 Laura Roesler
 Bowl: 2:10.78 B 2008 Laura Roesler

Name	Yr	School	Finals
1 Lauren Dosch	12	Red River	2:13.33
2 Acey Elkins	12	Mandan	2:15.21
3 Eva Selensky	10	St. Mary's	2:17.00
4 Jordan Knudsvig	12	West Fargo	2:18.23
5 Morgan Hartze	11	Red River	2:18.33
6 Reagan Berg	11	Valley City	2:18.92
7 Greta Goven	10	Valley City	2:19.83
8 Taya Fettig	10	Bismarck	2:20.53
9 Grayce Anderson	10	Fargo North	2:20.94
10 Dru Zander	9	Williston	2:21.55
11 Brynn Lueck	7	Valley City	2:22.23
12 Grace Thiel	10	Fargo North	2:22.34
13 Izzy Dahl	8	Bismarck	2:22.98
14 Leah Herbel	12	Century	2:24.25
15 Halle Stephens	10	Davies	2:26.51
16 Kinley Steckler	9	Davies	2:27.04
17 Olivia Beschorner	12	WF Sheyenne	2:27.10
18 Brooklyn Herrick	9	Horace	2:27.49
19 Kylie Wald	12	St. Mary's	2:27.57
20 Ella Selensky	7	St. Mary's	2:28.71
21 Addison Heck	9	Century	2:29.36
22 Lauren Woeste	9	Legacy	2:30.65

Girls 1600 Meter Run Div A

Overall: 4:44.44 O 1993 Becki Wells
 State: 4:44.44 S 1993 Becki Wells
 Bowl: 4:53.76 B 2016 Karly Ackley

Name	Yr	School	Finals
1 Jaelyn Ogle	12	Watford City	5:09.46
2 Reagan Berg	11	Valley City	5:10.10
3 Eva Selensky	10	St. Mary's	5:10.66
4 Izzy Dahl	8	Bismarck	5:14.33
5 Acey Elkins	12	Mandan	5:16.70
6 Sophia Lade	8	Minot	5:18.02
7 Cierra Bornemann	11	Davies	5:20.30
8 Cambree Moss	8	Williston	5:21.62
9 Olivia Beschorner	12	WF Sheyenne	5:23.10
10 Greta Goven	10	Valley City	5:24.31
11 Angela Wold	9	Williston	5:24.72
12 Kinley Steckler	9	Davies	5:25.10
13 Olivia Heilman	11	WF Sheyenne	5:26.61
14 Brooklyn Herrick	9	Horace	5:30.88
15 Dru Zander	9	Williston	5:30.91
16 Bayla Weigel	11	Bismarck	5:31.93
17 Marenn Larsen	12	Williston	5:33.23
18 Kylie Wald	12	St. Mary's	5:36.39
19 Jordan Knudsvig	12	West Fargo	5:37.58
20 Lexie Waldner	7	Legacy	5:37.92
21 Mandy Schmidt	11	Minot	5:39.39
22 Kami Dean	9	Shanley	5:39.98
23 Isabelle Simonson	10	Legacy	5:40.00

Girls 3200 Meter Run Div A

Overall: 10:32.86 O 2016 Karly Ackley
 State: 10:32.86 S 2016 Karly Ackley
 Bowl: 10:32.86 B 2016 Karly Ackley

Name	Yr	School	Finals
1 Jaelyn Ogle	12	Watford City	11:11.14
2 Jordan Knudsvig	12	West Fargo	11:39.02
3 Eva Selensky	10	St. Mary's	11:40.03
4 Bayla Weigel	11	Bismarck	11:46.41
5 Brooklyn Herrick	9	Horace	11:47.59
6 Marenn Larsen	12	Williston	11:49.18
7 Kinley Steckler	9	Davies	11:50.95
8 Zoe Reichenberger	11	Bismarck	11:53.39
9 Cambree Moss	8	Williston	11:54.80
10 Cierra Bornemann	11	Davies	12:04.65
11 Lexie Waldner	7	Legacy	12:06.09
12 Olivia Heilman	11	WF Sheyenne	12:06.72
13 Isabelle Simonson	10	Legacy	12:08.49
14 Sophia Lade	8	Minot	12:13.10
15 Acey Elkins	12	Mandan	12:15.79
16 Leila Gregoire	9	Dickinson	12:35.76
17 Mandy Schmidt	11	Minot	12:38.54
18 Katie Olson	9	Watford City	12:41.35
19 Scout Ulrickson	9	Minot	12:43.92

ND State Track & Field Meet 2023 - 5/25/2023 to 5/27/2023

MDU Resources Community Bowl

Results

Finals ... (Girls 3200 Meter Run Div A)

Name	Yr	School	Finals
20 Alexis Lindgren	10	West Fargo	12:46.67

Girls 100 Meter Hurdles Div A

Overall: 14.00 O 2022 Cece Deebom
 State: 14.00 S 2022 Cece Deebom
 Bowl: 14.00 B 2022 Cece Deebom

Name	Yr	School	Prelims
Preliminaries			
1 Bariborve Deebom	12	Davies	14.80Q1.2
2 Yolanda Nabwe	12	Jamestown	14.98Q2.6
3 Samantha Gustafson	12	West Fargo	15.01Q2.6
4 Karina Olson	12	Valley City	15.17Q1.2
5 Julia Skari	10	Jamestown	15.50Q1.2
6 Anna Lyles	9	Mandan	15.69Q2.6
7 Axumite Wren James	10	Fargo South	15.57q 1.2
8 Elyse Gulsvig	12	Davies	15.70q 1.2
9 Sophie Brakke	10	Red River	15.84q 1.2
10 Sanie Gayflor	9	Davies	16.23 2.6
11 Bernadette Belzer	12	Jamestown	16.34 2.6
12 Odura Isaac	10	Shanley	16.44 2.6
13 Zoie Austin	10	Century	16.59 2.6
14 Brenna Curl	11	St. Mary's	16.74 2.6
15 Erin Sorum	12	Fargo South	16.79 1.2
16 Kaylee Narmah	10	Davies	17.00 1.2
17 Haley Conklin	10	Minot	17.09 1.2
17 Hailey Markel	11	Mandan	17.09 2.6

Girls 100 Meter Hurdles Div A

Overall: 14.00 O 2022 Cece Deebom
 State: 14.00 S 2022 Cece Deebom
 Bowl: 14.00 B 2022 Cece Deebom

Name	Yr	School	Finals
Finals			
1 Bariborve Deebom	12	Davies	14.55 4.1
2 Yolanda Nabwe	12	Jamestown	14.66 4.1
3 Samantha Gustafson	12	West Fargo	15.00 4.1
4 Elyse Gulsvig	12	Davies	15.28 4.1
5 Anna Lyles	9	Mandan	15.51 4.1
6 Sophie Brakke	10	Red River	15.55 4.1
7 Julia Skari	10	Jamestown	15.65 4.1
8 Axumite Wren James	10	Fargo South	15.76 4.1
--- Karina Olson	12	Valley City	DQ 4.1

Girls 300 Meter Hurdles Div A

Overall: 41.48 O 2023 Kelsie Belquist
 State: 42.51 S 2010 Ellie Grooters
 Bowl: 41.48 B 2023 Kelsie Belquist

Name	Yr	School	Prelims
Preliminaries			
1 Kate Laqua	10	Davies	45.07Q
2 Bernadette Belzer	12	Jamestown	45.95Q
3 Julia Skari	10	Jamestown	46.06Q
4 Sophie Brakke	10	Red River	46.56Q
5 Aspen Eslinger	11	Legacy	46.10Q

6 Alexis Gerving	11	St. Mary's	46.60Q
7 Jane Donat	11	Davies	46.36q
8 Yolanda Nabwe	12	Jamestown	46.74q
9 Brenna Curl	11	St. Mary's	47.59q
10 Axumite Wren James	10	Fargo South	47.66
11 Sanie Gayflor	9	Davies	47.95
12 Sara Kraft	8	Devils Lake	48.12
13 Hikmah Abdul-Hammed	9	Fargo North	48.61
14 Alexandra Roberts	10	Davies	48.99
15 Jocelynne Hoefs	8	Red River	49.07
16 Fallon Sampsel	10	Watford City	49.71
17 Alexis Lovehaug	10	Davies	49.99

Girls 300 Meter Hurdles Div A

Overall: 41.48 O 2023 Kelsie Belquist
 State: 42.51 S 2010 Ellie Grooters
 Bowl: 41.48 B 2023 Kelsie Belquist

Name	Yr	School	Finals
Finals			
1 Kate Laqua	10	Davies	44.18
2 Bernadette Belzer	12	Jamestown	45.93
3 Julia Skari	10	Jamestown	46.01
4 Jane Donat	11	Davies	46.26
5 Aspen Eslinger	11	Legacy	46.32
6 Sophie Brakke	10	Red River	46.38
7 Brenna Curl	11	St. Mary's	46.58
8 Yolanda Nabwe	12	Jamestown	46.78
9 Alexis Gerving	11	St. Mary's	46.86

Girls 4x100 Meter Relay Div A

Overall: 47.97 O 5/27/2023 Davies

A Salou, M Burian, A Safranski, B Deebom

State: 48.35 S 2018 Davies

K Beil, S Korgho, M Beil, R Gaye

Bowl: 48.23 B 2023 Minot

F Brown, M Whitfield, R Nwankwo, M Burke

Team	Relay	Prelims
Preliminaries		
1 Minot	A	48.59Q
1) Faith Brown 10	2) Makayla Whitfield 11	
3) Rachel Nwankwo 10	4) Maicee Burke 11	
2 Davies	A	49.02Q
1) Sanie Gayflor 9	2) Mariah Burian 10	
3) Ashton Safranski 11	4) Alimath Salou 12	
3 Jamestown	A	49.38Q
1) Allysah Larson 11	2) Bernadette Belzer 12	
3) Julia Skari 10	4) Yolanda Nabwe 12	
4 Century	A	50.05Q
1) Ashlyn Buchholz 10	2) Reese Turner 11	
3) Hannah Herbel 12	4) Elydia Symens 12	
5 WF Sheyenne	A	50.07Q
1) Mika Wadeson 10	2) Avary Fitzpatrick 11	
3) Rebecca Witherspoon 9	4) Kia Ray 9	
6 Legacy	A	50.82Q
1) Stephe Adams 9	2) Adison Sagaser 12	
3) Whitney Welk 10	4) Machaela Pochant 12	

ND State Track & Field Meet 2023 - 5/25/2023 to 5/27/2023

MDU Resources Community Bowl

Results

Preliminaries ... (Girls 4x100 Meter Relay Div A)

Team	Relay	Prelims
7 Dickinson	A	50.74q
1) Emily Ash 12	2) Jayden Atkins 10	
3) Xeia Schneider 11	4) Kamora Phillips 9	
8 Bismarck	A	50.76q
1) Cambrie Fischer 11	2) Jilian Quale 9	
3) Katelyn Luther 10	4) Ajaye Gill 11	
9 Fargo South	A	51.13q
1) Adelina Majetich 12	2) Jordis Maxwell 11	
3) Erin Sorum 12	4) Isabelle Naklen 9	
10 West Fargo	A	51.45
1) Ella Heilman 10	2) Zevina Scarbrough 10	
3) Taya Samek 12	4) Samantha Gustafson 12	
11 Fargo North	A	51.94
1) Hikmah Abdul-Hammed 9	2) Nora Fluge 10	
3) Haidyn Tollefson 12	4) Lydia Onama 10	
12 Mandan	A	52.21
1) Breann Radke 12	2) Cami Frey 11	
3) Jayden Wiest 11	4) Teya Barrios 11	
13 Horace	A	52.51
1) Olivia Schock 9	2) Sydney Bailey 10	
3) Isabella Nygaard 9	4) Mylie Nygaard 9	
14 Shanley	A	52.56
1) Molly Flaherty 9	2) Izzy Tillisch 8	
3) Clara Robin 10	4) Odura Isaac 10	
15 Red River	A	52.98
1) Madeline Look 9	2) Noura Elhamadany 12	
3) Bryn Larson 10	4) Ellery White 10	
16 Valley City	A	53.25
1) Layni Bakalar 8	2) Laityn Didier 9	
3) Kadie Kocka 9	4) Chesney Thomsen 9	
17 Devils Lake	A	54.54
1) Mallie McCloud 9	2) Cabryn Fritel 10	
3) Emma Hofstad 7	4) Trinity Kus 7	
--- Williston	A	DNF
1) Micah Fleck 9	2) Lainey Powell 9	
3) Elyse Lux 10	4) Kaylea Kealoha 11	

Girls 4x100 Meter Relay Div A

Overall: 47.97 O 5/27/2023 Davies

A Salou, M Burian, A Safranski, B Deebom

State: 48.35 S 2018 Davies

K Beil, S Korgho, M Beil, R Gaye

Bowl: 48.23 B 2023 Minot

F Brown, M Whitfield, R Nwankwo, M Burke

Team	Relay	Finals
1 Davies	A	47.97O
1) Alimath Salou 12	2) Mariah Burian 10	
3) Ashton Safranski 11	4) Bariborve Deebom 12	
2 Minot	A	48.31S
1) Faith Brown 10	2) Makayla Whitfield 11	
3) Rachel Nwankwo 10	4) Maicee Burke 11	

3 Century	A	49.53
1) Ashlyn Buchholz 10	2) Reese Turner 11	
3) Hannah Herbel 12	4) Elydia Symens 12	
4 Jamestown	A	49.65
1) Allysa Larson 11	2) Bernadette Belzer 12	
3) Julia Skari 10	4) Yolanda Nabwe 12	
5 WF Sheyenne	A	49.99
1) Mika Wadeson 10	2) Avary Fitzpatrick 11	
3) Rebecca Witherspoon 9	4) Kia Ray 9	
6 Dickinson	A	50.18
1) Jayden Atkins 10	2) Emily Ash 12	
3) Xeia Schneider 11	4) Kamora Phillips 9	
7 Bismarck	A	50.76
1) Cambrie Fischer 11	2) Jilian Quale 9	
3) Emmery Schmitz 12	4) Ajaye Gill 11	
8 Legacy	A	51.03
1) Stephe Adams 9	2) Adison Sagaser 12	
3) Whitney Welk 10	4) Machaela Pochant 12	
--- Fargo South	A	DQ
1) Adelina Majetich 12	2) Jordis Maxwell 11	
3) Erin Sorum 12	4) Isabelle Naklen 9	

Girls 4x200 Meter Relay Div A

Overall: 1:41.73 O 2016 Davies

R Gaye, K Carlson, E Jahner, R Gaye

State: 1:41.73 S 2016 Davies

Roseline Gaye, K Carlson, E Jahner, Rose Gaye

Bowl: 1:41.73 B 2016 Davies

Gaye, Carlson, Jahner, Gaye

Team	Relay	Prelims
1 Minot	A	1:43.67Q
1) Faith Brown 10	2) Eve Knutson 9	
3) Maicee Burke 11	4) Emily Mattern 12	
2 Davies	A	1:44.23Q
1) Sanie Gayflor 9	2) Mariah Burian 10	
3) Ashton Safranski 11	4) Alimath Salou 12	
3 Century	A	1:45.19Q
1) Ashlyn Buchholz 10	2) Hannah Herbel 12	
3) Elydia Symens 12	4) Eden Fridley 11	
4 Shanley	A	1:46.19Q
1) Odura Isaac 10	2) Clara Robin 10	
3) Mesiku Hakim 11	4) Paige Renschler 11	
5 WF Sheyenne	A	1:47.54Q
1) Kia Ray 9	2) Naomi Nhial 9	
3) Mika Wadeson 10	4) Avary Fitzpatrick 11	
6 Horace	A	1:48.18Q
1) Olivia Schock 9	2) Evangeline Sappington 10	
3) Sydney Bailey 10	4) Isabella Nygaard 9	
7 Legacy	A	1:47.62q
1) Cambree Volk 9	2) Adison Sagaser 12	
3) Jemimah Guenther 8	4) Alyssa Eckroth 12	
8 Bismarck	A	1:48.66q
1) Cambrie Fischer 11	2) Jilian Quale 9	
3) Ajaye Gill 11	4) Aubrey Kleser 9	

ND State Track & Field Meet 2023 - 5/25/2023 to 5/27/2023

MDU Resources Community Bowl

Results

Preliminaries ... (Girls 4x200 Meter Relay Div A)

Team	Relay	Prelims
9 Dickinson	A	1:48.90q
1) Jayden Atkins 10	2) Cecilia Homiston 9	
3) Jersi Luchi 9	4) Kamora Phillips 9	
10 West Fargo	A	1:49.47
1) Ella Heilman 10	2) Zevina Scarbrough 10	
3) Taya Samek 12	4) Samantha Gustafson 12	
11 Valley City	A	1:49.61
1) Karina Olson 12	2) Brynn Lueck 7	
3) Reagan Berg 11	4) Greta Goven 10	
12 Williston	A	1:49.76
1) Kaylea Kealoha 11	2) Micah Fleck 9	
3) Elyse Lux 10	4) Keira Shannon 10	
13 St. Mary's	A	1:50.04
1) Brenna Curl 11	2) Emma Mckenzie 12	
3) Katee Hollenbeck 12	4) Alexis Gerving 11	
14 Fargo South	A	1:50.05
1) Jordis Maxwell 11	2) Adelina Majetich 12	
3) Erin Sorum 12	4) Isabelle Naklen 9	
15 Mandan	A	1:50.06
1) Breann Radke 12	2) Cami Frey 11	
3) Tatum Radke 8	4) Jelani Jones 11	
16 Devils Lake	A	1:50.50
1) Cabryn Fritel 10	2) Annika McCarthy 12	
3) Gabby Tangedal 10	4) Isabella Tangedal 11	
17 Watford City	A	1:53.82
1) Lauren Melland 9	2) Amelia Wisness 9	
3) Kymber-Lee McGorman 11	4) Darbie Moberg 9	
18 Red River	A	1:55.32
1) Danielle Buroko 7	2) Jocelynn Hoefs 8	
3) Bryn Larson 10	4) Ellery White 10	

Girls 4x200 Meter Relay Div A

Overall: 1:41.73 O 2016 Davies

R Gaye, K Carlson, E Jahner, R Gaye

State: 1:41.73 S 2016 Davies

Roseline Gaye, K Carlson, E Jahner, Rose Gaye

Bowl: 1:41.73 B 2016 Davies

Gaye, Carlson, Jahner, Gaye

Team	Relay	Finals
Finals		
1 Century	A	1:42.92
1) Ashlyn Buchholz 10	2) Hannah Herbel 12	
3) Elydia Symens 12	4) Eden Fridley 11	
2 Minot	A	1:43.13
1) Faith Brown 10	2) Eve Knutson 9	
3) Maicee Burke 11	4) Emily Mattern 12	
3 Davies	A	1:43.43
1) Sanie Gayflor 9	2) Mariah Burian 10	
3) Ashton Safranski 11	4) Alimath Salou 12	
4 Legacy	A	1:44.83
1) Cambree Volk 9	2) Adison Sagaser 12	
3) Jemimah Guenther 8	4) Alyssa Eckroth 12	

5 Shanley	A	1:46.36
1) Odura Isaac 10	2) Clara Robin 10	
3) Mesiku Hakim 11	4) Paige Renschler 11	
6 Horace	A	1:47.37
1) Olivia Schock 9	2) Evangeline Sappington 10	
3) Sydney Bailey 10	4) Isabella Nygaard 9	
7 WF Sheyenne	A	1:47.58
1) Kia Ray 9	2) Naomi Nhial 9	
3) Mika Wadeson 10	4) Avary Fitzpatrick 11	
8 Bismarck	A	1:47.96
1) Cambrie Fischer 11	2) Jilian Quale 9	
3) Ajaye Gill 11	4) Aubrey Kleser 9	
9 Dickinson	A	1:50.09
1) Jayden Atkins 10	2) Cecilia Homiston 9	
3) Jersi Luchi 9	4) Kamora Phillips 9	

Girls 4x400 Meter Relay Div A

Overall: 3:58.32 O 2021 Century

A Ketterling, E Goldade, A Kinnebrew, E Palmer

State: 3:58.32 S 2021 Century

A Ketterling, E Goldade, A Kinnebrew, E Palmer

Bowl: 3:58.32 B 2021 Century

Ketterling, Goldade, Kinnebrew, Palmer

Team	Relay	Finals
Finals		
1 Red River	A	3:58.82
1) Morgan Hartze 11	2) Lauren Dosch 12	
3) Emily Nelson 12	4) Jocelyn Schiller 11	
2 Davies	A	3:59.91
1) Mariah Burian 10	2) Ashton Safranski 11	
3) Ava Graf 11	4) Kate Laqua 10	
3 Watford City	A	4:06.19
1) Fallon Sampsel 10	2) Lauren Melland 9	
3) Darbie Moberg 9	4) Jaelyn Ogle 12	
4 Century	A	4:07.42
1) Leah Herbel 12	2) Emerson House 10	
3) Hannah Herbel 12	4) Eden Fridley 11	
5 WF Sheyenne	A	4:08.51
1) Jersey Lang 10	2) Naomi Nhial 9	
3) Olivia Beschormer 12	4) Avary Fitzpatrick 11	
6 Legacy	A	4:09.04
1) Whitney Welk 10	2) Alyssa Eckroth 12	
3) Jemimah Guenther 8	4) Aspen Eslinger 11	
7 St. Mary's	A	4:10.50
1) Katee Hollenbeck 12	2) Abigail Eberle 11	
3) Hattie Roemmich 8	4) Alexis Gerving 11	
8 Minot	A	4:10.93
1) Nevaeh Perez-Coleman 12	2) Eve Knutson 9	
3) Maicee Burke 11	4) Emily Mattern 12	
9 Devils Lake	A	4:10.95
1) Gabby Tangedal 10	2) Sara Kraft 8	
3) Isabella Tangedal 11	4) Annika McCarthy 12	
10 Fargo North	A	4:11.09
1) Abigail Lovelace 12	2) Nora Fluge 10	
3) Grayce Anderson 10	4) Grace Thiel 10	

ND State Track & Field Meet 2023 - 5/25/2023 to 5/27/2023

MDU Resources Community Bowl

Results

Finals ... (Girls 4x400 Meter Relay Div A)

Team	Relay	Finals
11 Dickinson	A	4:11.15
1) Cecilia Homiston 9	2) Jenna Nelson 9	
3) Sadie Stevenson 11	4) Hannah Geisel 11	
12 Shanley	A	4:12.99
1) Clara Robin 10	2) Paige Renschler 11	
3) Allie Emineth 11	4) Mesiku Hakim 11	
13 Mandan	A	4:15.94
1) Ambry Weisbeck 7	2) Camryn Ulmer 7	
3) Anna Bendish 12	4) Acey Elkins 12	
14 West Fargo	A	4:17.31
1) Taya Samek 12	2) Ella Heilman 10	
3) Lily Wavrin 8	4) Jordan Knudsvig 12	
15 Jamestown	A	4:17.42
1) Allysah Larson 11	2) Julia Skari 10	
3) Haylie Hakanson 12	4) Bernadette Belzer 12	
16 Wahpeton	A	4:19.76
1) Jaida Fobb 11	2) Alison Hoerer 12	
3) Olivia Hansen 10	4) Gracie Falck 7	
17 Valley City	A	4:25.60
1) Brynn Lueck 7	2) Sydnee Ingstad 12	
3) Carly Goven 12	4) Tesa Olson 11	

Girls 4x800 Meter Relay Div A

Overall: 9:22.68 O 2017 Legacy

P Jensen, K Wescom, J Guidinger, L Werner

State: 9:22.68 S 2017 Legacy

P Jensen, K Wescom, J Guidinger, L Werner

Bowl: 9:22.68 B 2017 Legacy

Jensen, Wescom, Guidinger, Werner

Team	Relay	Finals
1 Red River	A	9:31.78
1) Lauren Dosch 12	2) Emily Nelson 12	
3) Morgan Hartze 11	4) Jocelyn Schiller 11	
2 Watford City	A	9:49.57
1) Fallon Sampsel 10	2) Savanna Olson 12	
3) Katie Olson 9	4) Jaelyn Ogle 12	
3 Century	A	9:50.90
1) Leah Herbel 12	2) Haven Fitterer 12	
3) Addison Heck 9	4) Emerson House 10	
4 Valley City	A	9:52.65
1) Brynn Lueck 7	2) Cadence Fetsch 8	
3) Reagan Berg 11	4) Greta Goven 10	
5 St. Mary's	A	9:52.67
1) Madeline VerDouw 8	2) Ella Selensky 7	
3) Kylie Wald 12	4) Eva Selensky 10	
6 Williston	A	9:52.89
1) Marenn Larsen 12	2) Cambree Moss 8	
3) Angela Wold 9	4) Dru Zander 9	
7 Davies	A	9:52.99
1) Kinley Steckler 9	2) Ellie Miller 10	
3) Halle Stephens 10	4) Cierra Bornemann 11	

8 Bismarck	A	9:54.55
1) Taya Fettig 10	2) Izzy Dahl 8	
3) Zoe Reichenberger 11	4) Bayla Weigel 11	
9 Fargo North	A	9:56.31
1) Abigail Lovelace 12	2) Brooklyn Champagne 12	
3) Grace Thiel 10	4) Grayce Anderson 10	
10 Minot	A	10:01.66
1) Sophia Lade 8	2) Mandy Schmidt 11	
3) Takola Ownspipe 10	4) Hallie Nash 10	
11 WF Sheyenne	A	10:07.56
1) Addie Saville 9	2) Olivia Heilman 11	
3) Jersey Lang 10	4) Olivia Beschornor 12	
12 Legacy	A	10:09.21
1) Lauren Woeste 9	2) Taylor Gabbert 11	
3) Bre Axt 10	4) Aubrey Rost 10	
13 Shanley	A	10:21.26
1) Kami Dean 9	2) Elle Bernhardt 8	
3) Makenna Dilly 9	4) Lucy Grothmann 9	
14 Dickinson	A	10:30.92
1) Arabella Privratsky 10	2) Leila Gregoire 9	
3) Abby Praus 8	4) Hannah Geisel 11	
15 Wahpeton	A	10:31.33
1) Alison Hoerer 12	2) Olivia Hansen 10	
3) Lucie Comstock 7	4) Gracie Falck 7	
16 Devils Lake	A	10:31.72
1) Gabrielle McLaurin 11	2) Ella Wass 7	
3) Emily McLaurin 8	4) Dottie Goss 7	
17 West Fargo	A	10:33.38
1) Kiaya Hagen 9	2) Lindsey Anderson 12	
3) Chloe Pfau 12	4) Joslyn Jackson 12	

Girls High Jump Div A

Overall: 5-10 O 2014 Lexy Wittmayer

State: 5-09 S 2013 Kira Larson

Bowl: 5-10 B 2014 Lexi Wittmayer

Name	Yr	School	Finals
Finals			
1 Adison Sagaser	12	Legacy	5-05.00
2 Jordyn Rood	9	Bismarck	5-04.00
3 Sannie Yeanay	11	WF Sheyenne	5-01.00
4 Camryn Ulmer	7	Mandan	J5-01.00
5 Alexis Heinle	9	Century	J5-01.00
6 Macy Crane	10	Legacy	J5-01.00
6 Jaida Fobb	11	Wahpeton	J5-01.00
8 Jocelynn Hoefs	8	Red River	4-11.00
8 Kendra Hall	11	Williston	4-11.00
8 Camille Deringer	12	Davies	4-11.00
8 Fallon Passanante	9	Davies	4-11.00
9 Emma Esposito	9	West Fargo	J4-11.00
9 Alexandra Arnegard	11	Mandan	J4-11.00
9 Abigail Lovelace	12	Fargo North	J4-11.00
9 Jenna Nelson	9	Dickinson	J4-11.00
9 Maci Wheeldon	12	Davies	J4-11.00
9 Axumite Wren James	10	Fargo South	J4-11.00
9 Haidyn Tollefson	12	Fargo North	J4-11.00
19 Lauryn Rydell	12	Red River	4-09.00

ND State Track & Field Meet 2023 - 5/25/2023 to 5/27/2023

MDU Resources Community Bowl

Results

Finals ... (Girls High Jump Div A)

Name	Yr	School	Finals
19 Micah Sander	11	WF Sheyenne	4-09.00

Girls Pole Vault Div A

Overall: 12-05 O 2014 Lauren Gietzen
 State: 12-05 S 2014 Lauren Gietzen
 Bowl: 12-05 B 2014 Lauren Gietzen

Name	Yr	School	Finals
Finals			
1 Alyson Krug	11	Bismarck	12-00.00
2 Emily Ash	12	Dickinson	11-03.00
3 Rachel Dunlop	12	Century	J11-03.00
4 Emma Briggs	10	WF Sheyenne	11-00.00
5 Onya Kretchman	11	Davies	J11-00.00
6 Jolee Dahl	10	West Fargo	10-09.00
7 Kaitlyn Barbarick	12	Williston	10-06.00
8 Addison Tandeski	10	Davies	J10-06.00
9 Taylor Tang	12	West Fargo	J10-06.00
9 Madison Berger	12	Legacy	J10-06.00
11 Brynlie Thueson	12	Century	10-03.00
12 Camille Finney	12	Grand Forks C	9-09.00
13 Emery Aasen	11	West Fargo	9-03.00
13 Maddy Lamberth	9	Legacy	9-03.00
13 Hope Lukes	11	West Fargo	9-03.00
13 Sydney Kiefer	10	Bismarck	9-03.00
13 Halle Braaflat	11	Davies	9-03.00
18 Elly Kuball	11	Legacy	8-09.00

Girls Long Jump Div A

Overall: 19-05.50 O 2006 Whitney Carlson
 State: 19-03.25 S 2005 McKenzie Mehlich
 Bowl: 19-05.50 B 2006 Whitney Carlson

Name	Yr	School	Finals
Finals			
1 Eden Fridley	11	Century	18-07.25 2.1
2 Kia Ray	9	WF Sheyenne	18-00.50 0.4
3 Sara Kraft	8	Devils Lake	18-00.00 +0.0
4 Jazmin Barry	11	Dickinson	17-11.75 1.1
5 Sophie Brakke	10	Red River	17-09.75 0.7
6 Kenzie Wuo	8	WF Sheyenne	17-07.50 1.2
7 Makayla Whitfield	11	Minot	17-03.50 0.1
8 Micah Fleck	9	Williston	16-09.75 1.1
9 Emmery Schmitz	12	Bismarck	16-09.50 0.8
10 Michelle Gee	9	West Fargo	16-09.00 -0.2
11 Ajaye Gill	11	Bismarck	16-08.25 -0.8
12 Rachel Nwankwo	10	Minot	16-06.25 -0.3
12 Kendra King	11	Dickinson	16-06.25 0.5
14 Cambrie Fischer	11	Bismarck	16-04.25 2.5
15 Makayla Wiedenmeyer	10	Century	16-03.00 0.3
16 Allysa Larson	11	Jamestown	15-11.75 2.2
17 Karina Olson	12	Valley City	15-11.50 +0.0
18 Micah Sander	11	WF Sheyenne	15-08.50 +0.0
19 Cambree Volk	9	Legacy	15-07.75 0.6
20 Onya Kretchman	11	Davies	14-10.00 +0.0
21 Ashlyn Nielsen	12	Minot	14-06.00 1.7

-- Alyssa Eckroth 12 Legacy FOUL

Girls Triple Jump Div A

Overall: 39-04.25 O 1998 Crystal Cummins
 State: 39-04.25 S 1998 Crystal Cummins
 Bowl: 39-08.25 B 2008 Kristen Killoran

Name	Yr	School	Finals
Finals			
1 Rachel Nwankwo	10	Minot	39-01.50 2.3
2 Cayla Sailer	11	Davies	37-05.25 +0.0
3 Onya Kretchman	11	Davies	37-02.00 0.1
4 Axumite Wren James	10	Fargo South	36-10.50 2.1
5 Addison Tandeski	10	Davies	36-03.00 0.2
6 Kendra King	11	Dickinson	35-09.50 1.4
7 Samantha Gustafson	12	West Fargo	35-02.00 +0.0
8 Makayla Wiedenmeyer	10	Century	34-11.00 NWI
9 Ajaye Gill	11	Bismarck	34-09.50 +0.0
10 Sophie Brakke	10	Red River	34-04.25 1.6
11 Ashlyn Nielsen	12	Minot	34-03.00 1.8
12 Anna Wicklow	12	Davies	34-01.00 2.8
13 Haidyn Tollefson	12	Fargo North	34-00.75 1.6
14 Kennedy Marcus	11	Bismarck	34-00.50 +0.0
15 Mia Peterson	10	Bismarck	33-08.25 +0.0
16 Haleigh Carr	10	Minot	33-07.25 -0.1
17 Makayla Whitfield	11	Minot	33-05.75 2.5
18 Bryn Larson	10	Red River	33-04.50 0.8
19 Soludo Obi	9	West Fargo	33-01.75 2.3
20 Haley Conklin	10	Minot	32-11.75 0.2
21 Alexandra Arnegard	11	Mandan	31-09.00 1.7

Girls Shot Put Div A

Overall: 49-10 O 2022 Anthonett Nabwe
 State: 49-10 S 2022 Anthonett Nabwe
 Bowl: 49-10 B 2022 Anthonett Nabwe

Name	Yr	School	Finals
Finals			
1 Scout Woods	10	Wahpeton	42-00.50
2 Katelyn Rath	12	Bismarck	40-11.00
3 Aliya Selensky	12	Legacy	39-11.00
4 Emma Osier	12	Fargo North	39-10.50
5 Cailey Moton	11	West Fargo	39-08.00
6 Tayla Andersen	11	Bismarck	39-01.00
7 Jecelyn Arends	11	Dickinson	38-01.00
8 Riley Guscette	12	West Fargo	37-08.50
9 Seely Stockmoe	11	Shanley	37-07.50
10 Berlyn Lindbo	10	Legacy	37-05.00
11 Maya Aguilar	12	Minot	37-00.75
12 Camille Deringer	12	Davies	37-00.50
13 Katelyn Brown	10	Century	36-10.00
14 Tryphena Duncan	12	WF Sheyenne	35-05.50
15 Mylie Trahan	12	Century	35-02.00
16 Caitlin Harmon	12	Davies	34-11.00
17 Josie Rystedt	10	Minot	34-09.00
18 Ryen Brothers	9	Legacy	34-07.50
19 Raya Rood	11	Bismarck	34-05.50
20 Kinley Anderson	11	Jamestown	33-00.00

ND State Track & Field Meet 2023 - 5/25/2023 to 5/27/2023

MDU Resources Community Bowl

Results

Finals ... (Girls Shot Put Div A)

Name	Yr	School	Finals
21 Maggie Kleinknecht	11	Mandan	32-08.50

Girls Discus Throw Div A

Overall: 172-00 O 1999 Briona Reynolds
 State: 172-00 S 1999 Briona Reynolds
 Bowl: 173-10 B 1999 Brionna Reynolds

Name	Yr	School	Finals
Finals			
1 Cailey Moton	11	West Fargo	121-10
2 Tayla Andersen	11	Bismarck	120-04
3 Scout Woods	10	Wahpeton	119-08
4 Berlyn Lindbo	10	Legacy	119-06
5 Chloe Wolff	10	Century	119-02
6 Raya Rood	11	Bismarck	118-10
7 Talea Furcht	11	Legacy	113-02
8 Emma Osier	12	Fargo North	113-00
9 Katelyn Rath	12	Bismarck	111-02
10 Maggie Kleinknecht	11	Mandan	105-11
11 Lizzy Kerzman	10	Bismarck	103-07
12 Kaylee Baker	12	Grand Forks C	102-05
13 Aliya Selensky	12	Legacy	101-10
14 Maci Wheeldon	12	Davies	96-06
15 Mylie Trahan	12	Century	96-00
16 Makenna Braun	12	West Fargo	93-09
17 Dru Bogden	12	Minot	93-08
18 Kinley Anderson	11	Jamestown	92-04
19 Morgan Johnson-Colbert	11	Bismarck	80-09

Girls Javelin Throw Div A

Overall: 148-03 O 2002 Katie Wilson
 State: 148-03 S 2002 Katie Wilson
 Bowl: 147-07 B 2021 Taylor Leingang

Name	Yr	School	Finals
Finals			
1 Ella Weippert	11	Red River	136-04
2 Alexis Gerving	11	St. Mary's	128-06
3 Mya Sheldon	12	Mandan	127-07
4 Camille Deringer	12	Davies	123-04
5 Morgan Johnson-Colbert	11	Bismarck	121-00
6 Cambrie Fischer	11	Bismarck	118-09
7 Cayla Sailer	11	Davies	113-07
8 Emma Bontjes	12	Wahpeton	110-02
9 Anna Bendish	12	Mandan	110-01
10 Madyson Schwind	9	Mandan	107-04
11 Addison Marker	10	Jamestown	105-00
12 Harper Harris	10	Mandan	103-03
13 Brenna Curl	11	St. Mary's	103-02
14 Lyla Stegman	9	West Fargo	102-08
15 Lataya Lunneborg	10	Wahpeton	96-07
16 Kiara Zepeda	11	West Fargo	94-00
17 Elyse Gulsvig	12	Davies	92-11
18 Raya Rood	11	Bismarck	88-10

Women - Div A - Team Rankings - 19 Events Scored

1) Davies	120.5
2) Red River	64.25
3) Bismarck	63
3) West Fargo	63
5) Century	55
6) Minot	48
7) Legacy	39.5
8) Watford City	39
9) WF Sheyenne	36
10) St. Mary's	34
11) Jamestown	30
12) Mandan	27
13) Dickinson	25
14) Wahpeton	22.5
15) Valley City	21
16) Shanley	17
17) Williston	10.25
18) Horace	8
19) Devils Lake	6
19) Fargo North	6
19) Fargo South	6

Women - Div B - Team Rankings - 19 Events Scored

1) Central McLean	46
1) Central Cass	46
3) New Rockford-Sheyenne	44
4) Bowman County	38
4) Carrington	38
6) Des-Lacs Burlington/L&C	36
7) Oak Grove Lutheran	35
8) Hatton-Northwood	32
9) Lisbon	31
10) Rugby	30
11) Beulah	25
11) Shiloh Christian	25
13) Kindred	23
14) Bottineau	21
15) Oakes	19
16) Killdeer	17
17) Southern McLean	16
18) Hazen	15
19) Hettinger County	14
19) Drayton/Valley-Edinburg	14
19) Grafton	14
22) Dickinson Trinity	13
22) Kidder County	13
22) Kenmare-Bowbells	13
25) Velva-Drake/Anamoose	12
26) May-Port CG	10
26) Ellendale	10
28) Grant County/Flasher	9
29) Enderlin	8
29) Langdon Area/Edmore/Munich	8
29) Northern Cass	8
29) Garrison	8
29) Edgeley/Kulm	8
34) Griggs Midkota	6

ND State Track & Field Meet 2023 - 5/25/2023 to 5/27/2023

MDU Resources Community Bowl

Results

35) Richardton-Taylor	5
36) LaMoure/Litch-Marion	4
36) Surrey	4
36) Pembina County North	4
39) New Salem-Almont	3
39) North Star	3
39) Trenton	3
39) Hillsboro/Central Valley	3
43) Powers Lake-Burke Central	2
43) Rolette/Wolford	2
45) Benson County	1
45) Sargent County	1
45) Wyndmere-Lidgerwood	1