

NORTH DAKOTA GIRLS WRESTLING -- Coaches' First Poll 2023

Wt.	First	Second	Third	Fourth	Fifth	Sixth
100	Jennifer Verdin	Keeley Kainoa	Anna White	Izzy Owens	Brooklyn LaFrenz	Emily Youboty
	Hettinger	Mandan	Central Cass	Bismarck	Mandan	Legacy
105	Alicia Kenfack	ElizabethMortensor	Gabby Hanning	Vada Hoffman	Taya Lura	Avery Jacobson
	Legacy	Minot	Valley City	South Border	Carrington	Rugby
110	Elizabeth Youboty	Mallory DeVries	Danika Bennett	Alcila Olson	Keisha Tomac	Alyssa Nitschke
	Legacy	Central Cass	Pembina County	Hettinger	New Salem	South Border
115	Alexis Schneider	Julia Araujo	Hallie Nash	Shelby Miller	Adaleene Hanson	Sophia Johnson
	Napoleon	Bismarck	Minot	EEK	Lisbon	Legacy
120	Rei Ogden	Shayla DeBlaere	Kashtyn Bredahl	Sanie Gayflor	Marlie Stremick	Adrian Steidler
	Century	West Fargo	DLB	Fargo	PNC	Legacy
125	Avery Mohr	Emerson Schwab	Karyssa Meidinger	Ellie Roseland	Kaylie Clingman	Fatima Ceja
	Fargo	Lisbon	LaMoure	Hettinger	Mon Dak	South Border
130	Lindsey Anderson	Grace Lemar	Mylee Christenson	Kaylee Kurz	Violet Sola	Makenzie Stoddart
	West Fargo	Central Cass	Valley City	Grand Forks	Velva	Bismarck
135	Alyssa Johnson	Aleyia Cullinan	Haleigh Carr	Kariss Mann	Maddison Reems	Lois Schneider
	Grand Forks	Legacy	Minot	Napoleon	Bismarck	Central Cass
140	Victoria Pasterz	PaigeBaumgartner	Jennifer Keller	Kerrington Lee	Hanna Ryberg	Shelby Sherman
	DLB	Bismarck	South Border	Stanley	Legacy	Central Cass
145	MaKenna Belling	Kierra Aguilar	Gracia Rolf	Trisa Schroeder	Summer Hanna	Aubrie Overson
	Northern Cass	Minot	Lisbon	Carrington	Legacy	Bismarck
155	Jordan Flynn	Lexi Beckler	Paige Spomer	Emily Novak	Arianna Aguilar	Jasmine Schaeffer
	Central Cass	Bismarck	Century	Grand Forks	Minot	Fargo
170	Alexis Storsved	Emma Buee	Sadie Richmond	Isabelle Berg	Mireya Sanchez	Kiley Cline
	Mandan	DLB	Minot	Devils Lake	West Fargo	Beulah-Hazen
190	Phoenix Lindseth	Koline Novargo	Hannah Sjostrom	CambreeAnderson	Audrey Fueher	Brooke Bundy
	Legacy	Fargo	Jamestown	Bismarck	EEK	Valley City
250	Love Hopkins	Aleena Meza	Catie Sinner	Brinley Buechler	Belinda Perry	Omoye Igiehon
	White Shield	Jamestown	Central Cass	Bismarck	Century	Mandan

POLL

NUMBER

First Poll

Second Poll

Third Poll

COACHES'

DEADLINE

January 9

January 23

February 6

PUBLISH

DEADLINE

January 11

January 25

February 8