

Maple Lake Lions JH Meet 2024 - 4/15/2024

Irish Stadium

Results

Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Turck, Josy	8	Litchfield	13.81 10
2 Thompson, Richelle	8	Upsala/Swanv	14.15 8
3 Sutherland, Breah	8	St. Cloud Ch	14.24 6
4 Lee, Claire	7	Maple Lake	14.26 5
5 Hilsigen, Rhiannon	8	Eden Valley-	14.38 4
6 Konsor, Brenna	7	Holdingford	14.48 3
7 Ruzanic, Claudia	8	St. John's P	14.57 2
8 Welle, Hayden	8	Paynesville	14.72 1
9 Inselman, Lily	8	Paynesville	14.89
10 Lensmeier, Lauren	8	St. John's P	14.91
11 Muyres, Layla	7	Holdingford	15.04
12 Rajkowski, Marjorie	8	St. Cloud Ch	15.16
13 Miller, Lexie	7	Paynesville	15.16
14 Gund, Mackenzie	8	Ms_ howard La	15.24
15 Ziegler, Katie	7	Litchfield	15.26
16 Bjorkman, Mila	7	Litchfield	15.39
17 Philippi, Madelyn	8	Holdingford	15.43
18 Smith, Kahlan	8	Ms_ howard La	15.45
19 Schaefer, Kylin	7	Paynesville	15.50
20 Chavez, Jacqueline	8	Paynesville	15.54
21 Utsch, Maci	7	Paynesville	15.61
22 Zierden, Anna	8	Paynesville	15.67
23 Gardner, Lucy	6	St. Cloud Ch	15.73
24 Schwartz, Lydia	7	St. Cloud Ch	15.77
25 Sogge, Kaylee	8	Eden Valley-	15.77
26 Troppman, Annalynn	8	Eden Valley-	15.91
27 Pellett, Kora	7	Holdingford	15.92
28 Hovland, Addisyn	8	Upsala/Swanv	15.93
29 Ludwig, Abigail	7	Eden Valley-	15.94
30 Joyer, Avery	8	Litchfield	16.02
31 Diaz, Laneyah	7	Litchfield	16.07
32 Detloff, Brynn	7	Holdingford	16.09
33 Huls, Lyla	8	Holdingford	16.19
34 Lopez-Ojeda, Aliss	8	Upsala/Swanv	16.25
35 Listerud, Jaci	8	Atwater-Cosm	16.26
36 Borrell, Emelia	7	Ms_ howard La	16.27
37 Gerges, Yazmine	8	Eden Valley-	16.28
38 Block, Brenna	7	Litchfield	16.29
39 Lieser, Khloe	8	Paynesville	16.33
40 Kuklok, Allison	8	Holdingford	16.47
41 Klein, Emma	8	Eden Valley-	16.48
42 Zins, Claire	7	Eden Valley-	16.53
43 Cordes, Paizli	7	Atwater-Cosm	16.59
44 Muscha, Emma	7	Ms_ howard La	16.60
45 Elsenpeter, Evelyn	7	Maple Lake	16.61
46 Peterson, Violet	7	Upsala/Swanv	16.64
47 Jacobson, Hazel	7	Maple Lake	16.77
48 Dinger, Willow	6	St. Cloud Ch	16.89
49 Sand, Jordan	7	Holdingford	16.95
50 Boyce, Izzy	8	St. John's P	17.01
51 Rowe, Ainsley	7	Maple Lake	17.21
52 welinski, karina	7	Holdingford	17.24

53 Oravetz, Maggie	7	Maple Lake	17.34
54 Zavala, Mia	8	Ms_ howard La	17.43
55 Chouinard, Stephanie	8	Maple Lake	17.59
56 Nienaber, Raven	8	Upsala/Swanv	17.59
57 Menken, Madelynn	8	Litchfield	17.61
58 Timp, Anya	6	St. Cloud Ch	17.63
59 Dutcher, Rachel	6	St. Cloud Ch	17.76
60 Kottke, Lily	8	Litchfield	17.80
61 Bollig-Katehis, Cara	6	St. John's P	18.14
62 Jensen, Anika	7	Upsala/Swanv	18.24
63 Diaz, Angelica	7	Atwater-Cosm	19.08
64 Foley, Mia	8	Litchfield	19.14
65 Tepley, Lydia	7	Upsala/Swanv	19.14
66 Ogram, Ellie	8	Maple Lake	19.23
67 Rollings, Olivia	7	Maple Lake	20.00

Girls 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Sutherland, Breah	8	St. Cloud Ch	30.23 10
2 Hilsigen, Rhiannon	8	Eden Valley-	30.76 8
3 Mrozek, Bianca	8	Upsala/Swanv	31.27 6
4 Rajkowski, Marjorie	8	St. Cloud Ch	31.81 5
5 Utsch, Maci	7	Paynesville	32.02 4
6 Tulenchik, Violet	7	Maple Lake	32.03 3
7 Muyres, Layla	7	Holdingford	32.16 2
8 Kuechle, Elan	7	Eden Valley-	32.84 1
9 Neupauer, Savana	8	St. Cloud Ch	33.00
10 Sagerhorn, Gabby	8	St. John's P	33.00
11 Gaetz, Claire	7	St. Cloud Ch	33.03
12 Ziegler, Katie	7	Litchfield	33.29
13 Zierden, Anna	8	Paynesville	33.37
14 Joyer, Avery	8	Litchfield	33.37
15 Diaz, Laneyah	7	Litchfield	33.38
16 Sogge, Kaylee	8	Eden Valley-	33.48
17 Ludwig, Abigail	7	Eden Valley-	33.64
18 Listerud, Jaci	8	Atwater-Cosm	33.72
19 Lieser, Khloe	8	Paynesville	33.85
20 Garvick, Emma	7	Atwater-Cosm	33.86
21 Lopez-Ojeda, Aliss	8	Upsala/Swanv	34.03
22 Gardner, Lucy	6	St. Cloud Ch	34.11
23 Detloff, Brynn	7	Holdingford	34.11
24 Bjorkman, Mila	7	Litchfield	34.29
25 Muscha, Emma	7	Ms_ howard La	34.46
26 Jacobson, Hazel	7	Maple Lake	34.77
27 Gerges, Yazmine	8	Eden Valley-	34.80
28 Bartkowics, Abbagail	8	Holdingford	34.93
29 Lopez, Savannah	8	Paynesville	35.07
30 Zins, Claire	7	Eden Valley-	35.27
31 Cordes, Paizli	7	Atwater-Cosm	35.32
32 Schwartz, Lydia	7	St. Cloud Ch	35.56
33 Peterson, Violet	7	Upsala/Swanv	35.63
34 Boyce, Izzy	8	St. John's P	35.64
35 Ritzema, Noelle	7	St. Cloud Ch	36.08
36 Taing, Keirra	7	St. Cloud Ch	36.10
37 Dinger, Willow	6	St. Cloud Ch	36.23

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Irish Stadium

Results

Finals ... (Girls 200 Meter Dash)

Name	Yr	School	Finals
38 Fuchs, Regan	8	Litchfield	37.00
39 Arevall, Danely	8	St. Cloud Ch	37.10
40 Borg, Laci	8	Ms_howard La	37.14
41 Woods, Lily	6	St. John's P	37.69
42 Timp, Anya	6	St. Cloud Ch	38.13
43 Bollig-Katehis, Cara	6	St. John's P	38.35
44 Dutcher, Rachel	6	St. Cloud Ch	38.53
45 Jensen, Anika	7	Upsala/Swanv	39.00
46 Daiker, Brooklynn	8	St. Cloud Ch	39.58
47 Wherry, Fergie	8	St. John's P	39.69
48 Benesh, Zeta	7	St. Cloud Ch	40.83
--- Wilson, Addyson	8	Eden Valley-	NT
--- Inselman, Lily	8	Paynesville	NT
--- Diaz, Angelica	7	Atwater-Cosm	NT
--- LaGrande, Seyla	7	Maple Lake	NT
--- Thompson, Richelle	8	Upsala/Swanv	NT
--- Pellett, Kora	7	Holdingford	NT
--- Welsand, Lena	6	St. Cloud Ch	NT

Girls 400 Meter Dash

Name	Yr	School	Finals
1 Turck, Josy	8	Litchfield	1:05.33 10
2 Ruzanic, Claudia	8	St. John's P	1:06.03 8
3 Bruning, Marcella	8	Litchfield	1:08.66 6
4 Kron, Kylee	8	St. Cloud Ch	1:08.94 5
5 Carlson, Elise	8	Litchfield	1:09.06 4
6 Lensmeier, Lauren	8	St. John's P	1:10.84 3
7 Ellefson, Lauren	8	Paynesville	1:11.70 2
8 Welle, Hayden	8	Paynesville	1:11.94 1
9 Swenson, Maiya	8	Holdingford	1:14.03
10 Rademacher, Harper	7	St. Cloud Ch	1:14.56
11 Moorlag, Alison	7	St. Cloud Ch	1:14.92
12 Litchey, Abigail	7	Holdingford	1:16.20
13 Borrell, Emelia	7	Ms_howard La	1:16.60
14 Moline, Callin	7	Maple Lake	1:17.69
15 Lowe, Lauren	8	St. Cloud Ch	1:17.79
16 Sailer, Avi	7	Maple Lake	1:17.96
17 Sand, Jordan	7	Holdingford	1:19.46
18 Kloos, Brielle	7	Ms_howard La	1:22.53
19 Schwartz, Lydia	7	St. Cloud Ch	1:22.73
20 Timp, Anya	6	St. Cloud Ch	1:24.42
21 Swartzter, Samantha	8	Ms_howard La	1:24.71
22 Thorson, Katie	8	Ms_howard La	1:25.08
23 Welsand, Lena	6	St. Cloud Ch	1:25.36
24 Duske, Hazel	8	Ms_howard La	1:25.69
25 Arevall, Danely	8	St. Cloud Ch	1:29.01
26 Peterson, Lauren	7	Maple Lake	1:29.93
27 Forcier, Olivia	8	Ms_howard La	1:30.94
28 Benesh, Zeta	7	St. Cloud Ch	1:31.15

Girls 800 Meter Run

Name	Yr	School	Finals
1 Anglin, Lauren	8	Maple Lake	2:48.30 10
2 White, Mallory	8	St. Cloud Ch	2:50.00 8
3 Holmgren, Ava	8	Eden Valley-	2:52.00 6
4 Miller, Lexie	7	Paynesville	2:53.14 5
5 Kuechle, Miley	7	Eden Valley-	2:55.99 4
6 Schaefer, Kylin	7	Paynesville	2:56.99 3
7 Douvier, Regan	8	St. John's P	2:58.03 2
8 Theis, Ellie	7	Holdingford	3:00.67 1
9 Konsor, Brenna	7	Holdingford	3:00.91
10 Brever, Lexis	7	Upsala/Swanv	3:05.17
11 Dressel, Claire	7	Ms_howard La	3:06.91
12 Moorlag, Alison	7	St. Cloud Ch	3:08.40
13 Fremo, Maia	8	St. John's P	3:18.27
14 Posch, Taylor	7	Holdingford	3:18.81
15 Murphy, Julia	8	Ms_howard La	3:21.11
16 Guthrie, Suzette	7	Upsala/Swanv	3:32.19
17 Benesh, Zeta	7	St. Cloud Ch	3:35.10
18 Flanagan, Elia	6	St. Cloud Ch	3:37.20
19 Lowe, Lauren	8	St. Cloud Ch	3:39.65

Girls 1600 Meter Run

Name	Yr	School	Finals
1 Anglin, Lauren	8	Maple Lake	6:05.15 10
2 White, Mallory	8	St. Cloud Ch	6:10.12 8
3 Brever, Lexis	7	Upsala/Swanv	6:26.78 6
4 Uecker, Khloe	8	Maple Lake	6:34.50 5
5 Ree, Haley	7	Paynesville	6:43.68 4
6 Walters, Peyton	8	Ms_howard La	7:02.49 3
7 Koch, Maria	7	Ms_howard La	7:08.47 2
8 Sagerhorn, Gabby	8	St. John's P	7:10.02 1
9 Woods, Lily	6	St. John's P	7:17.76
10 Guthrie, Suzette	7	Upsala/Swanv	7:19.50
11 Benesh, Zeta	7	St. Cloud Ch	7:38.27

Girls 100 Meter Hurdles

Name	Yr	School	Finals
1 Carlson, Elise	8	Litchfield	18.45 10
2 Kuechle, Miley	7	Eden Valley-	19.56 8
3 Butturff, Davotion	7	Ms_howard La	20.01 6
4 Gabrielson, ElaJean	7	Litchfield	20.05 5
5 Bechtold, Leah	8	St. John's P	20.24 4
6 Garvick, Emma	7	Atwater-Cosm	20.42 3
7 Walberg, Peyton	7	Maple Lake	20.51 2
8 Rademacher, Harper	7	St. Cloud Ch	20.68 1
9 Diaz, Laneyah	7	Litchfield	20.75
10 Theis, Ellie	7	Holdingford	20.88
11 Litchey, Abigail	7	Holdingford	20.91
12 Troppman, Annalynn	8	Eden Valley-	21.52
13 Muyres, Layla	7	Holdingford	21.67
14 Dressel, Claire	7	Ms_howard La	21.82

Maple Lake Lions JH Meet 2024 - 4/15/2024

Irish Stadium

Results

Finals ... (Girls 100 Meter Hurdles)

Name	Yr	School	Finals
15 Neupauer, Savana	8	St. Cloud Ch	21.92
16 welinski, karina	7	Holdingford	22.10
17 Elsenpeter, Evelyn	7	Maple Lake	22.11
18 Murphy, Julia	8	Ms_ howard La	22.32
19 Bechtold, Lucy	8	St. John's P	22.59
20 Chouinard, Stephanie	8	Maple Lake	22.65
21 Thorson, Katie	8	Ms_ howard La	22.65
22 Taing, Keirra	7	St. Cloud Ch	22.79
23 Hiltner, Tess	7	Eden Valley-	23.33
24 Moorlag, Alison	7	St. Cloud Ch	23.78
25 Peterson, Lauren	7	Maple Lake	24.05
26 Johannes, Brynn	7	Holdingford	24.58
27 Daiker, Brooklynn	8	St. Cloud Ch	28.66

Girls 4x100 Meter Relay

Team	Relay	Finals
1 Paynesville	A	59.58 10
2 Upsala/Swanville	A	59.82 8
3 Maple Lake	A	1:01.52 6
4 St. John's Prep	A	1:02.10 5
5 Eden Valley-	A	1:02.15 4
6 Litchfield	A	1:02.48 3
7 St. Cloud Christian	B	1:03.12 2
8 Ms_ howard Lake	B	1:03.25 1
9 Ms_ howard Lake	A	1:03.39
10 Maple Lake	B	1:03.72
11 Holdingford	A	1:03.74
12 St. Cloud Christian	A	1:05.55
13 Atwater-Cosm	A	1:06.34
14 Litchfield	B	1:06.44
15 Holdingford	B	1:07.93

Girls 4x200 Meter Relay

Team	Relay	Finals
1 Litchfield	A	1:57.09 10
2 St. Cloud Christian	A	2:05.88 8
1) Sutherland, Breah 8	2) Rademacher, Harper 7	
3) Mondloch, Aleah 7	4) Kron, Kylee 8	
3 Paynesville	A	2:06.81 6
4 Maple Lake	A	2:09.63 5
5 St. John's Prep	A	2:10.65 4
6 Eden Valley-	A	2:11.42 3
7 Holdingford	A	2:14.62 2
8 Ms_ howard Lake	A	2:22.84 1
9 Maple Lake	B	2:30.80

Girls High Jump

Name	Yr	School	Finals
1 Gund, Mackenzie	8	Ms_ howard La	4-06.00 10
2 Moes, Izabella	8	Litchfield	J4-06.00 8
3 Troppman, Annalynn	8	Eden Valley-	4-04.00 6

4 Dressel, Claire	7	Ms_ howard La	4-02.00 5
5 Philippi, Madelyn	8	Holdingford	4-00.00 3.5
5 Hiltner, Tess	7	Eden Valley-	4-00.00 3.5
7 Krohse, Dani	7	Litchfield	3-10.00 2
8 Gabrielson, ElaJean	7	Litchfield	J3-10.00 1
9 Welle, Hayden	8	Paynesville	3-08.00
10 Murphy, Julia	8	Ms_ howard La	3-06.00
--- Bollig-Katehis, Cara	6	St. John's P	NH

Girls Pole Vault

Name	Yr	School	Finals
1 Philippi, Madelyn	8	Holdingford	6-00.00 10
2 Ellefson, Lauren	8	Paynesville	5-06.00 8
3 Lieser, Khloe	8	Paynesville	J5-06.00 6
4 Uecker, Khloe	8	Maple Lake	J5-06.00 5
5 Kottke, Lily	8	Litchfield	5-00.00 4
--- Ogram, Ellie	8	Maple Lake	NH
--- Ziegler, Katie	7	Litchfield	NH

Girls Long Jump

Name	Yr	School	Finals
1 Turck, Josy	8	Litchfield	13-07.00 10
2 Holmgren, Ava	8	Eden Valley-	13-01.00 8
3 Carlson, Elise	8	Litchfield	12-08.00 6
4 Chavez, Jacqueline	8	Paynesville	J12-08.00 5
5 Bruning, Marcella	8	Litchfield	12-07.00 4
6 Hilsgen, Rhiannon	8	Eden Valley-	J12-07.00 3
7 Turner, Brooklyn	7	Maple Lake	J12-07.00 2
8 Sutherland, Breah	8	St. Cloud Ch	11-11.00 1
9 Borrell, Emelia	7	Ms_ howard La	J11-11.00
10 Butturff, Davotion	7	Ms_ howard La	11-09.00
11 Inselman, Lily	8	Paynesville	J11-09.00
12 Listerud, Jaci	8	Atwater-Cosm	11-08.00
13 Bechtold, Lucy	8	St. John's P	11-06.00
14 Joyer, Avery	8	Litchfield	11-03.00
15 Blomberg, Lucy	8	Litchfield	11-02.00
16 Thorson, Katie	8	Ms_ howard La	11-01.00
17 Rajkowski, Marjorie	8	St. Cloud Ch	11-00.00
18 Bechtold, Leah	8	St. John's P	10-09.00
19 Karels, Jayden	8	Ms_ howard La	10-06.00
20 Kloos, Brielle	7	Ms_ howard La	J10-06.00
21 Klein, Emma	8	Eden Valley-	J10-06.00
22 Sogge, Kaylee	8	Eden Valley-	J10-06.00
23 Moorlag, Alison	7	St. Cloud Ch	10-05.00
24 Garvick, Emma	7	Atwater-Cosm	J10-05.00
25 Cordes, Paizli	7	Atwater-Cosm	10-02.00
26 Walters, Peyton	8	Ms_ howard La	9-08.00
27 Zierden, Anna	8	Paynesville	9-02.00
28 Rollings, Olivia	7	Maple Lake	9-01.00
--- White, Mallory	8	St. Cloud Ch	ND
--- Rademacher, Harper	7	St. Cloud Ch	ND
--- Kuechle, Elan	7	Eden Valley-	ND
--- Lopez-Ojeda, Aliss	8	Upsala/Swanv	ND
--- Lopez, Savannah	8	Paynesville	ND

Maple Lake Lions JH Meet 2024 - 4/15/2024

Irish Stadium

Results

Finals ... (Girls Long Jump)

Name	Yr	School	Finals
--- Diaz, Angelica	7	Atwater-Cosm	ND
--- Foley, Mia	8	Litchfield	ND

Girls Triple Jump

Name	Yr	School	Finals
Finals			
1 Ruzanic, Claudia	8	St. John's P	29-09.50 10
2 Walberg, Peyton	7	Maple Lake	29-01.00 8
3 Lensmeier, Lauren	8	St. John's P	27-04.50 6
4 Smith, Kahlan	8	Ms_howard La	26-08.00 5
5 Bruning, Marcella	8	Litchfield	26-07.00 4
6 Swartzler, Samantha	8	Ms_howard La	24-09.00 3
7 Blomberg, Lucy	8	Litchfield	23-09.25 2
8 Koch, Maria	7	Ms_howard La	23-05.75 1
9 Helgesen, Erin	8	Eden Valley-	22-09.25
10 Timp, Anya	6	St. Cloud Ch	21-00.50
--- Benesh, Zeta	7	St. Cloud Ch	ND
--- Gardner, Lucy	6	St. Cloud Ch	ND
--- Welsand, Lena	6	St. Cloud Ch	ND

Girls Shot Put

Name	Yr	School	Finals
Finals			
1 Lee, Claire	7	Maple Lake	29-02.00 10
2 Sundve, Hailey	8	Litchfield	29-00.00 8
3 Lee, Taylor	8	Maple Lake	27-10.00 6
4 Defries, Emma	8	Litchfield	J27-10.00 5
5 Mrozek, Bianca	8	Upsala/Swanv	27-00.00 4
6 Villanueva, Ezmerelda	8	Litchfield	26-10.00 3
7 Kloos, Brielle	7	Ms_howard La	26-04.00 2
8 Hallin, Lilly	8	Litchfield	25-08.00 1
9 Dulka, Bella	7	St. John's P	J25-08.00
10 Zimmerman-Cameron, Mallie	7	Upsala/Swanv	25-06.00
11 Johnson, Chloe	7	Litchfield	25-05.00
12 Kobernusz, Elizabeth	7	Holdingford	25-02.00
13 Fremo, Maia	8	St. John's P	24-08.00
14 Hovland, Addisyn	8	Upsala/Swanv	23-08.00
15 Rowe, Ainsley	7	Maple Lake	23-07.00
16 Johnson, Brooke	7	Litchfield	J23-07.00
17 Rajkowski, Marjorie	8	St. Cloud Ch	23-05.00
18 Neupauer, Savana	8	St. Cloud Ch	23-03.00
19 Tulenchik, Violet	7	Maple Lake	23-00.00
20 Schaefer, Kylin	7	Paynesville	22-03.00
21 Flanagan, Elia	6	St. Cloud Ch	J22-03.00
22 Fleischman, Eliana	8	Ms_howard La	21-10.00
23 Lowe, Lauren	8	St. Cloud Ch	21-03.00
24 Nienaber, Raven	8	Upsala/Swanv	21-00.00
25 Turch, Alexandra	8	Litchfield	20-06.00
26 Klein, Emma	8	Eden Valley-	20-04.00
27 Reiker, Joella	8	St. John's P	J20-04.00
28 Ritzema, Noelle	7	St. Cloud Ch	20-03.00
29 Arevall, Danely	8	St. Cloud Ch	20-02.00
30 Daiker, Brooklynn	8	St. Cloud Ch	20-00.50
31 Taing, Keirra	7	St. Cloud Ch	19-05.00

32 Ziegler, Katie	7	Litchfield	18-10.00
33 Chalich, Chloe	7	St. John's P	18-02.00
34 Cathey, Veronica	7	Ms_howard La	J18-02.00
35 Sand, Lexi	7	Paynesville	16-04.00
36 Tepley, Lydia	7	Upsala/Swanv	15-06.00
37 Dinger, Willow	6	St. Cloud Ch	14-03.00
38 Milhausen, Kiersten	8	Ms_howard La	13-04.00
--- Wilson, Addyson	8	Eden Valley-	ND

Girls Discus Throw

Name	Yr	School	Finals
Finals			
1 Defries, Emma	8	Litchfield	69-09 10
2 Sundve, Hailey	8	Litchfield	65-09 8
3 Fleischman, Eliana	8	Ms_howard La	60-02 6
4 Villanueva, Ezmerelda	8	Litchfield	59-02 5
5 Kobernusz, Elizabeth	7	Holdingford	54-05 4
6 Zimmerman-Cameron, Mallie	7	Upsala/Swanv	53-01 3
7 Mrozek, Bianca	8	Upsala/Swanv	51-09 2
8 Turch, Alexandra	8	Litchfield	51-05 1
9 Johnson, Chloe	7	Litchfield	J51-05
10 Dulka, Bella	7	St. John's P	51-02
11 Hallin, Lilly	8	Litchfield	51-00
12 Lee, Taylor	8	Maple Lake	48-09
13 Johnson, Brooke	7	Litchfield	J48-09
14 Neupauer, Savana	8	St. Cloud Ch	46-11
15 Taing, Keirra	7	St. Cloud Ch	46-06
16 Duske, Hazel	8	Ms_howard La	45-08
17 Sand, Lexi	7	Paynesville	45-03
18 Arevall, Danely	8	St. Cloud Ch	44-06
19 Ritzema, Noelle	7	St. Cloud Ch	43-07
20 Daiker, Brooklynn	8	St. Cloud Ch	42-06
21 Hovland, Addisyn	8	Upsala/Swanv	41-01
22 Nienaber, Raven	8	Upsala/Swanv	40-07
23 Chalich, Chloe	7	St. John's P	39-07
24 Forcier, Olivia	8	Ms_howard La	38-07
25 Reiker, Joella	8	St. John's P	34-05
26 Ziegler, Katie	7	Litchfield	32-07
27 Cathey, Veronica	7	Ms_howard La	31-11
28 Tepley, Lydia	7	Upsala/Swanv	30-07
29 Milhausen, Kiersten	8	Ms_howard La	30-05
--- Dutcher, Rachel	6	St. Cloud Ch	ND

Boys 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Buersken, Jax	8	Holdingford	12.50 10
2 Knaus, Kole	8	Eden Valley-	12.61 8
3 Barnes, Brody	8	Ms_howard La	12.78 6
4 Remer, Carson	8	Ms_howard La	13.34 5
5 Jimenez, Israel	8	Litchfield	13.35 4
6 Zoller, Huxley	7	Eden Valley-	13.36 3
7 Lofton, Christian	8	Litchfield	13.40 2
8 Tulenchik, Vander	8	Maple Lake	13.78 1
9 VanHeel, Noah	7	Upsala/Swanv	13.83
10 Hintgen, Leo	7	St. John's P	13.84

Maple Lake Lions JH Meet 2024 - 4/15/2024

Irish Stadium

Results

Finals ... (Boys 100 Meter Dash)

Name	Yr	School	Finals
11 Soriano, Jesus	8	Litchfield	13.91
12 Mack, Brogan	7	Upsala/Swanv	13.93
13 Franco, Felix	8	Litchfield	13.98
14 Amador, Johan	8	Ms_howard La	14.22
15 Arnold, Henry	8	Eden Valley-	14.24
16 Lyrek, Brody	8	Eden Valley-	14.35
17 Penk, Krey	8	Litchfield	14.39
18 Frie, Jacob	8	Holdingford	14.48
19 Capistrant, Wilson	7	Litchfield	14.56
20 Coran, Nolan	8	St. Cloud Ch	14.78
21 Pippen, Markus	7	Eden Valley-	14.82
22 Kangas, Callen	7	Eden Valley-	14.91
23 Wylie, Tanner	8	Eden Valley-	15.11
24 Menk, Ben	7	Paynesville	15.12
25 Groshens, Elijah	7	Atwater-Cosm	15.17
25 Mauk, Cole	8	Ms_howard La	15.17
27 Schreifels, Tyler	8	Eden Valley-	15.18
28 Parro, Anthony	8	St. Cloud Ch	15.23
29 Remley, Liam	8	Eden Valley-	15.25
30 Bellefeuille, Kaleb	7	Upsala/Swanv	15.36
31 Moll, Zayden	7	Ms_howard La	15.45
32 Blom, Brogan	7	Atwater-Cosm	15.53
33 Terpstra, Chase	7	Holdingford	15.54
34 Oporto, Chase	8	Litchfield	15.70
35 Bickman, Riley	7	Ms_howard La	16.02
36 Diaz, Obed	8	Atwater-Cosm	16.36
37 Linder, Asher	6	St. Cloud Ch	16.58
38 Hoffman, Adam	6	St. John's P	16.67
39 Olson, Abe	7	Litchfield	17.55
40 Evenson, Henry	7	Atwater-Cosm	18.14
41 Voss, Eli	7	Paynesville	18.31

Boys 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Buersken, Jax	8	Holdingford	25.36 10
2 Barnes, Brody	8	Ms_howard La	25.87 8
3 Zoller, Huxley	7	Eden Valley-	26.86 6
4 Kuznia, Hale	8	Ms_howard La	27.57 5
5 Franco, Felix	8	Litchfield	27.91 4
6 Mack, Brogan	7	Upsala/Swanv	28.17 3
7 Rotert, Keegan	8	Litchfield	28.55 2
8 VanHeel, Noah	7	Upsala/Swanv	28.94 1
9 Dorse, Elijah	8	Maple Lake	29.34
10 Willis, Donovan	8	Ms_howard La	29.64
11 Pippen, Markus	7	Eden Valley-	30.06
12 Amador, Johan	8	Ms_howard La	30.54
13 Mauk, Cole	8	Ms_howard La	30.99
14 Coran, Nolan	8	St. Cloud Ch	31.57
15 Bellefeuille, Kaleb	7	Upsala/Swanv	32.14
16 Menk, Ben	7	Paynesville	32.22
17 Woods, Grayson	7	Litchfield	32.29
18 Bickman, Riley	7	Ms_howard La	32.48
19 Peterson, Hunter	7	Maple Lake	33.04

20 Diaz, Obed	8	Atwater-Cosm	33.26
21 Moll, Zayden	7	Ms_howard La	33.38
22 Gabrielson, Ezra	7	Eden Valley-	33.63
23 Hoffman, Austin	8	St. John's P	33.75
24 Hoffman, Adam	6	St. John's P	34.00
25 Linder, Asher	6	St. Cloud Ch	34.22
26 Demarais, Carson	7	Eden Valley-	34.77
27 Degner, Caden	8	Atwater-Cosm	35.02
28 Heinen, Zack	7	Eden Valley-	35.71
29 Swenson, Abraham	7	Holdingford	36.01
30 Kron, Leo	6	St. Cloud Ch	36.40
31 Dahlman, Lars	8	Ms_howard La	37.65
32 Evenson, Henry	7	Atwater-Cosm	37.94

Boys 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Bush, Hunter	8	Ms_howard La	1:01.06 10
2 Kuznia, Hale	8	Ms_howard La	1:01.72 8
3 Zoller, Huxley	7	Eden Valley-	1:03.48 6
4 Lofton, Christian	8	Litchfield	1:04.78 5
5 Benesh, Dallon	8	St. Cloud Ch	1:05.59 4
6 Kutz, William	8	Ms_howard La	1:06.11 3
7 Dorse, Elijah	8	Maple Lake	1:08.16 2
8 Dinger, Evan	7	St. Cloud Ch	1:17.01 1
9 Degner, Caden	8	Atwater-Cosm	1:18.26
10 Kron, Leo	6	St. Cloud Ch	1:21.02
11 Clavin, Oliver	8	St. Cloud Ch	1:21.62
12 Casey, Preston	7	St. Cloud Ch	1:22.66
13 Oporto, Chase	8	Litchfield	1:28.58

Boys 800 Meter Run

Name	Yr	School	Finals
Finals			
1 McMahan, Connor	7	St. John's P	2:19.27 10
2 Young, Nathan	7	Holdingford	2:23.81 8
3 Rassier, Miles	8	St. Cloud Ch	2:30.95 6
4 Groshens, Elijah	7	Atwater-Cosm	2:33.64 5
5 Berges, Isaac	8	St. Cloud Ch	2:38.13 4
6 Loehlein, Jacob	7	Holdingford	2:39.94 3
7 Diers, Brycen	8	Ms_howard La	2:43.73 2
8 Elwell, Lucas	7	Litchfield	2:47.91 1
9 Gallagher-Mancini, Adrian	8	St. John's P	2:48.42
10 Mroska, Samuel	8	Holdingford	2:48.72
11 Jensen, Matthias	8	St. Cloud Ch	2:49.13
12 Brophy, Noah	6	St. Cloud Ch	2:51.79
13 Blom, Brogan	7	Atwater-Cosm	2:54.91
14 Ruzanic, John	7	St. John's P	2:55.57
15 Iverson, Wyatt	8	Ms_howard La	2:56.33
16 Chambers, Ian	8	St. Cloud Ch	2:58.37
17 Nygard, Keaton	8	St. Cloud Ch	3:04.20
18 Allen, Asher	7	Litchfield	3:05.42
19 Lesnau, Mason	8	Eden Valley-	3:05.43
20 Johnson, Myles	7	Litchfield	3:09.78
21 Altrsup, Wyatt	6	St. Cloud Ch	3:26.38
22 Tormanen, Mason	8	Ms_howard La	3:30.08

Maple Lake Lions JH Meet 2024 - 4/15/2024

Irish Stadium

Results

Finals ... (Boys 800 Meter Run)

Name	Yr	School	Finals
23 Rolfzen, Noah	6	St. Cloud Ch	3:36.51
24 Demarais, Carson	7	Eden Valley-	3:45.90

Boys 1600 Meter Run

Name	Yr	School	Finals
1 McMahon, Connor	7	St. John's P	5:10.52 10
2 Rassier, Miles	8	St. Cloud Ch	5:32.69 8
3 Benesh, Dallon	8	St. Cloud Ch	5:35.28 6
4 Diers, Brycen	8	Ms_howard La	5:37.20 5
5 Berges, Isaac	8	St. Cloud Ch	5:38.18 4
6 Gallagher-Mancini, Adrian	8	St. John's P	5:50.96 3
7 Brophy, Noah	6	St. Cloud Ch	5:51.98 2
8 Theis, Joel	8	Holdingford	5:52.55 1
9 Kurtz, Caleb	8	Holdingford	5:57.36
10 Jensen, Matthias	8	St. Cloud Ch	6:06.45
11 Ruzanic, John	7	St. John's P	6:06.63
12 Iverson, Wyatt	8	Ms_howard La	6:16.07
13 Nygard, Keaton	8	St. Cloud Ch	6:21.35
14 Chambers, Ian	8	St. Cloud Ch	6:21.73
15 Dinger, Evan	7	St. Cloud Ch	6:22.42
16 Allen, Asher	7	Litchfield	6:22.71
17 Altrsup, Wyatt	6	St. Cloud Ch	6:28.12
18 Young, Ethan	8	Upsala/Swanv	6:30.22
19 Sohl, Mac	8	Litchfield	6:32.46
20 Swenson, Abraham	7	Holdingford	6:33.98
21 Johnson, Myles	7	Litchfield	6:40.46
22 Clavin, Oliver	8	St. Cloud Ch	6:41.97
23 Lesnau, Mason	8	Eden Valley-	6:42.16
24 Casey, Preston	7	St. Cloud Ch	6:45.80
25 Tormanen, Mason	8	Ms_howard La	7:14.80
26 Dahlman, Lars	8	Ms_howard La	7:19.11
27 Rolfzen, Noah	6	St. Cloud Ch	7:46.77

Boys 100 Meter Hurdles

Name	Yr	School	Finals
1 Kuznia, Hale	8	Ms_howard La	17.68 10
2 Peterson, Hunter	7	Maple Lake	18.02 8
3 Willis, Donovan	8	Ms_howard La	18.08 6
4 Opheim, Parker	8	Holdingford	18.99 5
5 Allen, Asher	7	Litchfield	19.12 4
6 Capistrant, Wilson	7	Litchfield	19.57 3
7 VanHeel, Noah	7	Upsala/Swanv	19.61 2
8 Groshens, Elijah	7	Atwater-Cosm	19.82 1
9 Terpstra, Chase	7	Holdingford	20.03
10 Blom, Brogan	7	Atwater-Cosm	20.26
11 Jensen, Matthias	8	St. Cloud Ch	20.38
12 Boonstra, Sam	7	Ms_howard La	20.47
13 Mack, Brogan	7	Upsala/Swanv	20.61
14 Coran, Nolan	8	St. Cloud Ch	20.70
15 Menk, Ben	7	Paynesville	20.89
16 Frie, Jacob	8	Holdingford	21.07
17 Elwell, Lucas	7	Litchfield	21.35

18 Young, Ethan	8	Upsala/Swanv	21.70
19 Moll, Zayden	7	Ms_howard La	21.85
20 Hoffman, Austin	8	St. John's P	22.35
21 Altrsup, Wyatt	6	St. Cloud Ch	27.11

Boys 4x100 Meter Relay

Team	Relay	Finals
1 Litchfield	A	53.29 10
2 Eden Valley-	A	53.54 8
3 Holdingford	A	53.99 6
4 Ms_howard Lake	A	55.50 5
5 Maple Lake	A	57.89 4
6 Litchfield	B	1:01.12 3
7 Eden Valley-	B	1:02.58 2
8 St. Cloud Christian	A	1:06.64 1

Boys 4x200 Meter Relay

Team	Relay	Finals
1 Ms_howard Lake	A	1:44.74 10
2 St. John's Prep	A	1:57.66 8
3 Litchfield	A	1:58.42 6
4 Holdingford	A	2:00.30 5
5 Eden Valley-	A	2:02.43 4
6 St. Cloud Christian	A	2:09.74 3
1) Benesh, Dallon 8	2) Nygard, Keaton 8	
3) Brophy, Noah 6	4) Linder, Asher 6	

Boys High Jump

Name	Yr	School	Finals
1 Lofton, Christian	8	Litchfield	5-02.00 10
2 Rotert, Keegan	8	Litchfield	4-10.00 8
3 Mauk, Cole	8	Ms_howard La	4-06.00 6
4 Peterson, Hunter	7	Maple Lake	4-04.00 4.5
4 Remer, Carson	8	Ms_howard La	4-04.00 4.5
6 Boonstra, Sam	7	Ms_howard La	J4-04.00 3
7 Mack, Brogan	7	Upsala/Swanv	J4-04.00 2
8 Loehlein, Jacob	7	Holdingford	4-02.00 1
9 Opheim, Parker	8	Holdingford	J4-02.00
10 Erdahl, Reece	7	Maple Lake	J4-02.00
11 Young, Ethan	8	Upsala/Swanv	4-00.00

Boys Pole Vault

Name	Yr	School	Finals
1 Penk, Krey	8	Litchfield	6-06.00 10
2 Jimenez, Israel	8	Litchfield	J6-06.00 8
3 Coran, Nolan	8	St. Cloud Ch	6-00.00 5.5
3 Kurtz, Caleb	8	Holdingford	6-00.00 5.5
--- Olson, Abe	7	Litchfield	NH

Boys Long Jump

Name	Yr	School	Finals
1 Barnes, Brody	8	Ms_howard La	16-11.00 10

Maple Lake Lions JH Meet 2024 - 4/15/2024

Irish Stadium

Results

Finals ... (Boys Long Jump)

Name	Yr	School	Finals
2 Bush, Hunter	8	Ms_howard La	16-03.00 8
3 Rotert, Keegan	8	Litchfield	15-11.00 6
4 Franco, Felix	8	Litchfield	15-04.00 5
5 Willis, Donovan	8	Ms_howard La	15-00.00 4
6 Nygard, Keaton	8	St. Cloud Ch	J15-00.00 3
7 Remer, Carson	8	Ms_howard La	14-10.00 2
8 Rassier, Miles	8	St. Cloud Ch	14-09.00 1
9 Buersken, Jax	8	Holdingford	14-07.00
10 Knaus, Kole	8	Eden Valley-	14-03.00
11 Tulenchik, Vander	8	Maple Lake	13-11.00
12 Lyrek, Brody	8	Eden Valley-	13-10.00
13 VanHeel, Noah	7	Upsala/Swanv	13-04.00
14 Gallagher-Mancini, Adrian	8	St. John's P	13-02.00
15 Jensen, Matthias	8	St. Cloud Ch	13-00.00
16 Arnold, Henry	8	Eden Valley-	12-07.00
17 Frie, Jacob	8	Holdingford	12-06.00
18 Brophy, Noah	6	St. Cloud Ch	12-05.00
19 Wylie, Tanner	8	Eden Valley-	12-01.00
20 Capistrant, Wilson	7	Litchfield	11-11.00
21 Woods, Grayson	7	Litchfield	11-10.00
22 McMahon, Connor	7	St. John's P	11-08.00
23 Diaz, Obed	8	Atwater-Cosm	11-07.00
24 Welle, Toby	8	Holdingford	11-06.00
25 Groshens, Elijah	7	Atwater-Cosm	11-05.00
26 Loehlein, Jacob	7	Holdingford	11-04.00
27 Evenson, Henry	7	Atwater-Cosm	11-02.00
28 Amador, Johan	8	Ms_howard La	11-00.00
29 Kron, Leo	6	St. Cloud Ch	10-01.00
30 Moll, Zayden	7	Ms_howard La	9-11.00
31 Oporto, Chase	8	Litchfield	8-10.00
32 Voss, Eli	7	Paynesville	7-10.00
--- Clavin, Oliver	8	St. Cloud Ch	ND
--- Demarais, Carson	7	Eden Valley-	ND

Boys Triple Jump

Name	Yr	School	Finals
1 Kuznia, Hale	8	Ms_howard La	34-03.00 10
2 Remley, Liam	8	Eden Valley-	29-02.00 8
3 Mauk, Cole	8	Ms_howard La	27-04.00 6
4 Opheim, Parker	8	Holdingford	27-02.00 5
5 Clavin, Oliver	8	St. Cloud Ch	24-01.00 4
6 Huberty, Kellen	7	Eden Valley-	23-04.50 3
7 Pippen, Markus	7	Eden Valley-	23-03.25 2
8 Meierhofer, Aiden	7	Eden Valley-	22-11.50 1
9 Danger, Sawyer	7	Eden Valley-	22-09.50
10 Gabrielson, Ezra	7	Eden Valley-	22-07.50

Boys Shot Put

Name	Yr	School	Finals
1 Kutz, William	8	Ms_howard La	40-04.00 10
2 Jimenez, Israel	8	Litchfield	38-04.00 8
3 Schreifels, Tyler	8	Eden Valley-	33-06.00 6

4 Streit, Colton	8	Holdingford	31-07.00 5
5 Ostvig, Elijah	7	Litchfield	30-05.00 4
6 Welle, Toby	8	Holdingford	29-04.00 3
7 Menk, Ben	7	Paynesville	29-00.00 2
8 Hintgen, Leo	7	St. John's P	28-05.00 1
9 Mendoza, James	8	Ms_howard La	26-06.00
10 Throener, Landon	8	Upsala/Swanv	25-11.00
11 Meierhofer, Aiden	7	Eden Valley-	21-06.00
12 Lindenfelser, Joseph	8	Eden Valley-	21-01.00
13 Heinen, Zack	7	Eden Valley-	19-05.00
14 Rolfzen, Noah	6	St. Cloud Ch	19-04.00
15 Larson, Zander	7	St. John's P	17-07.00
16 Aleckson, Trygg	8	Upsala/Swanv	17-06.00
17 Voss, Eli	7	Paynesville	15-01.00

Boys Discus Throw

Name	Yr	School	Finals
1 Jimenez, Israel	8	Litchfield	115-06 10
2 Kutz, William	8	Ms_howard La	103-04 8
3 Welle, Toby	8	Holdingford	85-01 6
4 Remley, Liam	8	Eden Valley-	83-06 5
5 Hintgen, Leo	7	St. John's P	80-08 4
6 Streit, Colton	8	Holdingford	80-06 3
7 Ostvig, Elijah	7	Litchfield	78-07 2
8 Bush, Hunter	8	Ms_howard La	68-09 1
9 Schreifels, Tyler	8	Eden Valley-	66-11
10 Arnold, Henry	8	Eden Valley-	63-05
11 Throener, Landon	8	Upsala/Swanv	60-00
12 Wylie, Tanner	8	Eden Valley-	59-08
13 Danger, Sawyer	7	Eden Valley-	50-02
14 Lindenfelser, Joseph	8	Eden Valley-	J50-02
15 Aleckson, Trygg	8	Upsala/Swanv	46-08
16 Larson, Zander	7	St. John's P	43-03
17 Voss, Eli	7	Paynesville	32-06

Women - Team Rankings - 14 Events Scored

1) Litchfield	140
2) Maple Lake	77
3) Eden Valley-Watkins/Kimball	58.5
4) Paynesville	55
5) St. Cloud Christian	54
6) MS_Howard Lake	45
6) St. John's Prep	45
8) Upsala/Swanville	37
9) Holdingford	25.5
10) Atwater-Cosmos-Grove City	3

Men - Team Rankings - 14 Events Scored

1) MS_Howard Lake	155.5
2) Litchfield	115
3) Holdingford	76.5
4) Eden Valley-Watkins/Kimball	62
5) St. Cloud Christian	52.5
6) St. John's Prep	36
7) Maple Lake	19.5
8) Upsala/Swanville	8

Maple Lake Lions JH Meet 2024 - 4/15/2024

Irish Stadium

Results

- 9) Atwater-Cosmos-Grove City
- 10) Paynesville

6
2