

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

Event 200 Girls 100 Meter Dash

Section: S 12.57 5/29/2024 Zeija Moore, Duluth Denfeld
12.68 QUAL State Qualifier

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Zeija Moore	7	Duluth Denfeld	S 12.57QQUAL	NWI	5
2 Dakota Esget	11	North Branch	12.70Q	NWI	4
3 Lizzy Fultz	10	Rock Ridge	13.10Q	NWI	1
4 Bene' Smith	11	Chisago Lakes	13.37Q	NWI	2
5 Denitsa Zaharieva	11	Totino-Grace	13.39Q	NWI	3 13.390
6 Addyson Barrett	12	Chisago Lakes	13.17q	NWI	1
7 Sophie Folkestad	10	Proctor	13.25q	NWI	5
8 Kailie Kopp	10	North Branch	13.39q	NWI	5 13.384
9 Addison Griffin	9	Chisago Lakes	13.40	NWI	2
10 Lexie Pueringer	10	Duluth Denfeld	13.49	NWI	3
11 Isabella Avey	10	Cloquet	13.51	NWI	3
12 Ava Major	8	Grand Rapids	13.67	NWI	4
13 Faith Smith	11	Totino-Grace	13.85	NWI	4
14 Peyton Walker	9	Proctor	13.92	NWI	5
15 Abigail Theien	11	Hibbing	13.96	NWI	2
16 Allexa Alzen	10	Grand Rapids	13.98	NWI	3
17 Kaija Markovich	8	Hermantown	14.00	NWI	1
18 Olivia Tapp	9	Totino-Grace	14.01	NWI	4
19 Avery Smith	11	North Branch	14.06	NWI	1
20 Kaitlyn Olson	11	Grand Rapids	14.10	NWI	4
21 Kaley Will	12	Cloquet	14.11	NWI	2
22 Miia Johnson	9	Rock Ridge	14.30	NWI	3
23 Olivia Theien	8	Hibbing	14.35	NWI	1
24 Uriah Bell	10	Duluth Denfeld	14.41	NWI	2
25 Addison Hieb	11	Proctor	14.50	NWI	5 14.496
26 Libby Oaks	9	Hermantown	14.50	NWI	1 14.497
27 Sophie Roark	10	Rock Ridge	14.70	NWI	3
28 Emily Petroske	9	Hibbing	14.87	NWI	5
29 Sincere Woodard	9	Fridley	14.89	NWI	4
30 Jassica Groodyal	12	Fridley	15.05	NWI	4
31 Ashley Thomas	10	Fridley	15.09	NWI	5
32 Erica McDonald	12	Hermantown	15.13	NWI	2
33 Courtney Carroll	12	Cloquet	16.56	NWI	3

Event 200 Girls 100 Meter Dash

Section: S 12.57 5/29/2024 Zeija Moore, Duluth Denfeld
12.68 QUAL State Qualifier

Name	Year	School	Finals	Wind
Finals				
1 Zeija Moore	7	Duluth Denfeld	12.56SQUAL	-2.3
2 Dakota Esget	11	North Branch	12.71	-2.3
3 Lizzy Fultz	10	Rock Ridge	12.93	-2.3
4 Addyson Barrett	12	Chisago Lakes	13.07	-2.3 13.063
5 Denitsa Zaharieva	11	Totino-Grace	13.07	-2.3 13.067
6 Sophie Folkestad	10	Proctor	13.19	-2.3
7 Bene' Smith	11	Chisago Lakes	13.35	-2.3
8 Kailie Kopp	10	North Branch	13.52	-2.3

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

Event 201 Boys 100 Meter Dash

Section: S 11.08 5/31/2023 Jordan Aultman, Cloquet
 11.18 QUAL State Qualifier

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Justin Kuharski	12	Totino-Grace	11.22Q	NWI	4
2 Lex Korti	12	Fridley	11.48Q	NWI	1 11.473
3 Edmond Morris	11	Chisago Lakes	11.51Q	NWI	3
4 Finn Eskeli	11	Hibbing	11.61Q	NWI	2
5 Corban Peterson	10	Hermantown	11.48q	NWI	1 11.477
6 Noah Hansen	11	Cloquet	11.59q	NWI	1
7 Zachary Sway	11	North Branch	11.67q	NWI	1
8 Taye Manns	11	Duluth Denfeld	11.70q	NWI	2 11.693
9 Roosevelt Gipply	12	Fridley	11.70	NWI	2 11.700
10 Michel Nichols	8	Grand Rapids	11.76	NWI	1
11 Elijah Aultman	12	Cloquet	11.78	NWI	2
12 Blake Siefert	11	Chisago Lakes	11.84	NWI	3
13 Reid Ketola	11	Grand Rapids	11.93	NWI	3
14 Jaden Miller	10	Totino-Grace	11.94	NWI	4
15 Ieuan Bailey	10	Chisago Lakes	11.99	NWI	4
16 Thomas Pogorelc	12	Grand Rapids	12.02	NWI	4
17 Carson Mast	11	Rock Ridge	12.04	NWI	3 12.034
18 Drew Grochowski	12	Proctor	12.04	NWI	3 12.037
19 Gino Gherardi	9	Hibbing	12.08	NWI	2
20 Anthony Busam	10	Proctor	12.12	NWI	3
21 Owen Simonson	9	Hermantown	12.17	NWI	1
22 Brady Taff	10	North Branch	12.21	NWI	1
23 Jake Neari	11	Rock Ridge	12.24	NWI	2
24 Austin Schackman	12	Rock Ridge	12.25	NWI	4
25 Mason McDonald	10	Hibbing	12.27	NWI	3
26 Noah Nephew	9	Duluth Denfeld	12.30	NWI	2
27 Grant Johnson	10	Hermantown	12.38	NWI	4
28 Daylen Wilson	10	Cloquet	12.63	NWI	3
29 Gabe Johnson	12	Duluth Denfeld	12.66	NWI	1
30 Kyle Ward	12	Proctor	12.77	NWI	2
31 Isaiah Yang	9	North Branch	13.53	NWI	4
-- Emmanuel Benson	11	Totino-Grace	DNF	NWI	4

Event 201 Boys 100 Meter Dash

Section: S 11.08 5/31/2023 Jordan Aultman, Cloquet
 11.18 QUAL State Qualifier

Name	Year	School	Finals	Wind
Finals				
1 Justin Kuharski	12	Totino-Grace	11.19	-1.8
2 Edmond Morris	11	Chisago Lakes	11.47	-1.8
3 Corban Peterson	10	Hermantown	11.51	-1.8
4 Finn Eskeli	11	Hibbing	11.70	-1.8 11.699
5 Lex Korti	12	Fridley	11.70	-1.8 11.700
6 Taye Manns	11	Duluth Denfeld	11.71	-1.8
7 Noah Hansen	11	Cloquet	11.85	-1.8
8 Zachary Sway	11	North Branch	11.88	-1.8

MSHSL Section 7AA Championships
Timing by Hero's Timing
5/29/2024 to 6/1/2024
Results

Event 202 Girls 200 Meter Dash

Section: S 25.64 5/29/2024 Sophia Thorsen, North Branch
 26.00 QUAL State Qualifier

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Sophia Thorsen	9	North Branch	S 25.64QUAL	NWI	4
2 Lizzy Fultz	10	Rock Ridge	26.38Q	NWI	1
3 Zeija Moore	7	Duluth Denfeld	26.56Q	NWI	3
4 Gianna Hansen	10	Proctor	26.96Q	NWI	2
5 Sophia Benedict	11	North Branch	26.67q	NWI	1
6 Adaeze Enemuoh	11	Hermantown	27.00q	NWI	2
7 Claire Roufs	10	Duluth Denfeld	27.82q	NWI	1 27.817
8 Kennedy Wick	11	Cloquet	27.82q	NWI	3 27.818
9 Hattie Eskeli	9	Hibbing	27.82	NWI	4 27.819
10 Allison Fink	11	Rock Ridge	27.85	NWI	3
11 Kendra Warren	11	Chisago Lakes	27.97	NWI	4
12 Andrea Petroske	11	Hibbing	28.46	NWI	2
13 Janelle Eyong	10	Chisago Lakes	28.58	NWI	1
14 Ella Dick	10	North Branch	28.72	NWI	3
15 Rowan Klinkner	10	Chisago Lakes	28.85	NWI	2
16 Maria Morrison	10	Totino-Grace	29.17	NWI	4
17 Julia Miletich	11	Duluth Denfeld	29.39	NWI	3
18 Olivia Theien	8	Hibbing	29.56	NWI	4
19 Lauren Bates	11	Grand Rapids	29.60	NWI	2
20 Nataleh Rapp	12	Hermantown	29.71	NWI	4
21 Addison Youngren	11	Rock Ridge	29.90	NWI	3
22 Kattie Correa Flores	9	Totino-Grace	29.91	NWI	3
23 Madison Podvin	11	Totino-Grace	30.00	NWI	4
24 Sarah Turner	11	Cloquet	30.16	NWI	1
25 Chloe Lind	12	Proctor	30.26	NWI	1
26 Libby Oaks	9	Hermantown	30.29	NWI	1
27 Allie Hammond	10	Cloquet	30.53	NWI	1
28 Keyanna Opira	11	Grand Rapids	30.78	NWI	2
29 Lily Christiansen	8	Grand Rapids	31.42	NWI	2
30 Evelyn Onken	11	Proctor	31.65	NWI	2
31 Marley Riopel	9	Fridley	32.61	NWI	3
32 Sophia Good	9	Fridley	33.65	NWI	4

Event 202 Girls 200 Meter Dash

Section: S 25.64 5/29/2024 Sophia Thorsen, North Branch
 26.00 QUAL State Qualifier

Name	Year	School	Finals	Wind
Finals				
1 Sophia Thorsen	9	North Branch	25.41SQUAL	0.1
2 Zeija Moore	7	Duluth Denfeld	26.29	0.1
3 Lizzy Fultz	10	Rock Ridge	26.65	0.1
4 Sophia Benedict	11	North Branch	26.85	0.1
5 Gianna Hansen	10	Proctor	27.23	0.1
6 Adaeze Enemuoh	11	Hermantown	27.47	0.1
7 Kennedy Wick	11	Cloquet	28.01	0.1
8 Claire Roufs	10	Duluth Denfeld	28.04	0.1

MSHSL Section 7AA Championships
Timing by Hero's Timing
5/29/2024 to 6/1/2024
Results

Event 203 Boys 200 Meter Dash

Section: S 22.49 5/29/2024 Justin Kuharski, Totino-Grace
 22.53 QUAL State Qualifier

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Justin Kuharski	12	Totino-Grace	S 22.49QUAL	NWI	5
2 Andrew Wilson	12	Rock Ridge	22.87Q	NWI	1
3 Nolin Cope-Robinson	10	Rock Ridge	23.17Q	NWI	4
4 Laykn Lyons	10	Proctor	23.24Q	NWI	3
5 Gavin Tabbert	12	Proctor	23.40Q	NWI	2
6 Josiah Young	11	Totino-Grace	23.34q	NWI	5
7 Leo Johnson	11	Rock Ridge	23.35q	NWI	3
8 Finn Eskeli	11	Hibbing	23.44q	NWI	1
9 Taguta Tadiwanaishe	11	Grand Rapids	23.57	NWI	2
10 Roosevelt Gipply	12	Fridley	23.64	NWI	4
11 Edmond Morris	11	Chisago Lakes	23.71	NWI	5
12 Lucas Jacobson	11	Totino-Grace	23.79	NWI	4
13 Noah Hansen	11	Cloquet	24.02	NWI	4
14 Thomas Pogorelc	12	Grand Rapids	24.05	NWI	3
15 Cãrtez Cook Jr	12	Fridley	24.09	NWI	1
16 Christian Massich	12	Hibbing	24.14	NWI	2
17 Ieuan Bailey	10	Chisago Lakes	24.25	NWI	3
18 Reid Ketola	11	Grand Rapids	24.37	NWI	3
19 Mason McDonald	10	Hibbing	24.39	NWI	5
20 Mace Brooks	12	Duluth Denfeld	24.47	NWI	4
21 Deon Bergner	10	Duluth Denfeld	24.50	NWI	5
22 Ryley Phipps	11	Chisago Lakes	24.56	NWI	2
23 Brock Bauer	11	Duluth Denfeld	24.77	NWI	1
24 Corban Peterson	10	Hermantown	24.83	NWI	1
25 Derek Murphy	12	Fridley	24.95	NWI	4
26 Austin Anderson	12	North Branch	25.09	NWI	2
27 Grant Johnson	10	Hermantown	25.24	NWI	2
28 Jacob Barnstorf	12	Proctor	25.25	NWI	1
29 Nashton Johanson	10	Cloquet	25.32	NWI	3
30 Matthew Fenton	11	North Branch	25.41	NWI	5
31 Austin Reynolds	11	North Branch	26.24	NWI	5
32 Blake Prosen	9	Cloquet	26.52	NWI	4
33 Sam Dobinson	12	Hermantown	26.73	NWI	3

Event 203 Boys 200 Meter Dash

Section: S 22.49 5/29/2024 Justin Kuharski, Totino-Grace
 22.53 QUAL State Qualifier

Name	Year	School	Finals	Wind
Finals				
1 Justin Kuharski	12	Totino-Grace	22.47SQUAL	-1.9
2 Andrew Wilson	12	Rock Ridge	23.00	-1.9
3 Laykn Lyons	10	Proctor	23.06	-1.9
4 Finn Eskeli	11	Hibbing	23.41	-1.9
5 Leo Johnson	11	Rock Ridge	23.62	-1.9
6 Nolin Cope-Robinson	10	Rock Ridge	23.66	-1.9
7 Josiah Young	11	Totino-Grace	23.71	-1.9
8 Gavin Tabbert	12	Proctor	23.74	-1.9

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

Event 204 Girls 400 Meter Dash

Section: S 59.97 5/29/2024 Ella Kuhlman, North Branch
59.71 QUAL State Qualifier

Name	Year	School	Prelims	H#
Preliminaries				
1	Ella Kuhlman	11 North Branch	S 59.97Q	1
2	Gianna Hansen	10 Proctor	1:00.31Q	2
3	Brynn Babich	10 Hibbing	1:00.90Q	4
4	Denitsa Zaharieva	11 Totino-Grace	1:01.51Q	3
5	Alexa Shepherd	12 Cloquet	1:01.27q	1
6	Derrian Dick	11 North Branch	1:01.65q	2
7	Erin Soup Loeb	12 Cloquet	1:02.74q	4
8	Eleanor Udem	12 Chisago Lakes	1:02.88q	1
9	Lauren Hughes	10 Cloquet	1:02.96	3
10	Gianna Figueroa	11 Hibbing	1:03.32	2
11	Paige Evans	11 Proctor	1:03.93	1
12	Campbell Amundson	11 Hermantown	1:04.14	3
13	Kaitlyn Olson	11 Grand Rapids	1:04.15	2
14	Chelsea Stipe	9 Chisago Lakes	1:04.58	4
15	Alizah Langner	11 Hibbing	1:04.59	4
16	Miia Johnson	9 Rock Ridge	1:05.14	4
17	Isabella Heinsch	11 Chisago Lakes	1:05.35	3
18	Ahnika Fossum	10 Duluth Denfeld	1:05.51	4
19	Kayla Chapin	9 Hermantown	1:05.66	2
20	Morgan Panichi	9 Hermantown	1:06.22	1
21	Madeline Smuk	9 Totino-Grace	1:06.54	2
22	Ella Jennissen	11 Totino-Grace	1:06.60	3
23	Lola Witty	10 Proctor	1:07.40	1
24	Alexis Sway	8 North Branch	1:07.42	1
25	Ana Haugen	10 Duluth Denfeld	1:08.79	4
26	Aubrey Cochran-Starr	11 Fridley	1:09.50	3
27	Mia Stark	12 Rock Ridge	1:10.15	2
28	Lily Christiansen	8 Grand Rapids	1:10.92	3
29	Lainie Jackson	9 Grand Rapids	1:11.68	1

Event 204 Girls 400 Meter Dash

Section: S 59.97 5/29/2024 Ella Kuhlman, North Branch
59.71 QUAL State Qualifier

Name	Year	School	Finals
Finals			
1	Ella Kuhlman	11 North Branch	59.40SQUAL
2	Gianna Hansen	10 Proctor	59.50SQUAL
3	Brynn Babich	10 Hibbing	59.56SQUAL
4	Denitsa Zaharieva	11 Totino-Grace	1:00.46
5	Alexa Shepherd	12 Cloquet	1:00.99
6	Erin Soup Loeb	12 Cloquet	1:02.92
7	Eleanor Udem	12 Chisago Lakes	1:03.78
8	Derrian Dick	11 North Branch	1:03.85

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

Event 205 Boys 400 Meter Dash

Section: S 50.43 6/4/2022 Austin Hanson, Grand Rapids
50.47 QUAL State Qualifier

Name	Year	School	Prelims	H#
Preliminaries				
1 Owen Lamb	12	Totino-Grace	51.44Q	4
2 Simon Strand	12	Chisago Lakes	52.15Q	3
3 Finn Eskeli	11	Hibbing	52.47Q	1
4 Emmet Prosen	12	Cloquet	53.10Q	2
5 Eli Heehn	9	Cloquet	52.66q	3 52.651
6 William Foldesi	12	Duluth Denfeld	52.66q	1 52.654
7 Landon Burg	10	Hermantown	54.21q	2
8 James Novy	10	Cloquet	54.37q	1
9 Tristan Peterson	12	Rock Ridge	54.43	1
10 Michel Nichols	8	Grand Rapids	54.54	4
11 Luca Pellini	11	Rock Ridge	54.56	3
12 Matt Strukel	9	Hermantown	54.85	2
13 Justin Walker	12	Hibbing	55.89	1
14 Ryley Phipps	11	Chisago Lakes	56.41	2
15 Henry Bandah Jr	12	Fridley	56.69	4
16 Yosepa Matayo	10	Totino-Grace	56.96	2
17 Henry Peterson	12	Chisago Lakes	57.11	2
18 Derek Murphy	12	Fridley	57.69	3
19 Marcell Hendricks	11	Duluth Denfeld	58.41	1
20 Thomas Barnstdorf	12	Proctor	58.47	3
21 Ashton Novak	9	Rock Ridge	58.70	3
22 Ethan Aune	12	Hibbing	58.72	4
23 Tyler Breitzkreutz	11	Hermantown	59.22	2
24 Joseph Schlaefer	10	Totino-Grace	59.23	3
25 John Kopacek	10	Grand Rapids	1:00.29	4
26 Gabe Bachke	11	Proctor	1:00.40	4
27 Trevor Anderson	10	Proctor	1:00.45	1
28 Jacob Jennings	11	Duluth Denfeld	1:00.52	1
29 Malik Bah	9	Fridley	1:01.46	2
30 Taguta Tadiwanaishe	11	Grand Rapids	1:11.11	4

Event 205 Boys 400 Meter Dash

Section: S 50.43 6/4/2022 Austin Hanson, Grand Rapids
50.47 QUAL State Qualifier

Name	Year	School	Finals
Finals			
1 Owen Lamb	12	Totino-Grace	50.66
2 Simon Strand	12	Chisago Lakes	51.27
3 Finn Eskeli	11	Hibbing	52.36
4 William Foldesi	12	Duluth Denfeld	52.88
5 Eli Heehn	9	Cloquet	53.14
6 Landon Burg	10	Hermantown	54.22
7 Emmet Prosen	12	Cloquet	54.42
8 James Novy	10	Cloquet	55.27

MSHSL Section 7AA Championships
Timing by Hero's Timing
5/29/2024 to 6/1/2024
Results

Event 206 Girls 800 Meter Run

Section: S 2:20.09 5/31/2023 Emery Maki, Hibbing
 2:19.60 QUAL State Qualifier

Name	Year	School	Prelims	H#	
Preliminaries					
1	Carlie	Blevins	12 Proctor	2:21.29Q	3
2	Tara	Hertling	11 Hibbing	2:24.04Q	4
3	Madison	Whitman	12 North Branch	2:26.27Q	1
4	Paisley	Kleiman	11 Proctor	2:27.30Q	2
5	Alexa	Shepherd	12 Cloquet	2:28.23q	2
6	Claire	Niksich	10 Hermantown	2:28.32q	1
7	Breonna	Hurry	11 Totino-Grace	2:28.65q	4
8	Avery	Kukowski	9 Hibbing	2:29.16q	4
9	Haley	Mount	9 Hibbing	2:30.16	3
10	Nora	Stark	10 Rock Ridge	2:31.14	3
11	Averiana	Gellerman	8 Chisago Lakes	2:34.02	3
12	Kayla	Jenkins	11 Grand Rapids	2:35.91	1
13	Alice	Johnson	7 Rock Ridge	2:39.62	3
14	Victoria	Nelson	12 Cloquet	2:40.17	4
15	Alexis	Sway	8 North Branch	2:40.22	2
16	Makayla	Waldron	11 Rock Ridge	2:40.98	4
17	Arianna	Husfeldt	8 Chisago Lakes	2:42.70	3
18	Elle	Nielsen	11 North Branch	2:42.98	1
19	Isabella	McPhee	10 Proctor	2:43.28	2
20	Morgan	Panichi	9 Hermantown	2:45.24	2
21	McKenzie	Keane	12 Totino-Grace	2:46.60	4
22	Lainie	Jackson	9 Grand Rapids	2:48.53	1
23	Lillian	Mickelson	10 Chisago Lakes	2:49.99	1
24	Abby	Brink	8 Grand Rapids	2:50.12	2
25	Alee	DeVlieger	9 Hermantown	2:50.96	4
26	Natylee	Anderson	10 Duluth Denfeld	2:50.99	2
27	Autumn	Larsen	10 Duluth Denfeld	2:55.01	4
28	Frida	Morales-Onofre	10 Totino-Grace	2:57.92	3
29	Makayla	Stirewalt	10 Cloquet	3:00.98	1
30	Nex	Nguyen	10 Fridley	3:08.66	3
31	Annabella	Anderson	9 Fridley	3:12.23	2
--	Jana	Kathem	10 Fridley	DNS	1

Event 206 Girls 800 Meter Run

Section: S 2:20.09 5/31/2023 Emery Maki, Hibbing
 2:19.60 QUAL State Qualifier

Name	Year	School	Finals
Finals			
1	Tara	Hertling	11 Hibbing 2:17.58SQUAL
2	Carlie	Blevins	12 Proctor 2:19.10SQUAL
3	Madison	Whitman	12 North Branch 2:22.84
4	Breonna	Hurry	11 Totino-Grace 2:26.46
5	Claire	Niksich	10 Hermantown 2:27.08
6	Paisley	Kleiman	11 Proctor 2:28.17
7	Avery	Kukowski	9 Hibbing 2:29.14
8	Alexa	Shepherd	12 Cloquet 2:30.51

MSHSL Section 7AA Championships
Timing by Hero's Timing
5/29/2024 to 6/1/2024
Results

Event 207 Boys 800 Meter Run

Section: S 1:54.25 5/31/2023 Cameron Stocke, Rock Ridge
 1:58.58 QUAL State Qualifier

Name	Year	School	Prelims	H#
Preliminaries				
1 Luke Rosholt	12	Duluth Denfeld	2:00.52Q	4
2 Zachary Bartsch	12	Totino-Grace	2:03.49Q	2
3 Jordan Stumm	11	North Branch	2:03.94Q	1
4 Andrew Shepherd	10	Cloquet	2:05.42Q	3
5 Casey Aune	12	Rock Ridge	2:04.32q	2
6 Calvin Snestrud	12	Cloquet	2:05.26q	1
7 Ian Dobosenski	11	Proctor	2:09.02q	1
8 Tyler Wudinich	10	Rock Ridge	2:09.06q	4
9 Kaden Osmundson	10	Chisago Lakes	2:09.25	3
10 Larson Curnow	11	Grand Rapids	2:10.24	4
11 Santiago Lenz	12	Proctor	2:11.07	2
12 Matt Strukel	9	Hermantown	2:11.74	4
13 Timothy Jakoblich	11	Chisago Lakes	2:12.20	2
14 Cooper Lucarelli	9	Hermantown	2:12.75	1
15 Tim Kazmierczak	9	Cloquet	2:12.83	3
16 Sam Barton	12	Grand Rapids	2:13.40	3
17 Landon Vance	11	Totino-Grace	2:15.26	4
18 Justin Walker	12	Hibbing	2:15.59	2
19 Ryan Seal	12	Totino-Grace	2:16.94	2
20 Mason Sovada	12	Grand Rapids	2:17.13	1
21 William Stelmack	8	North Branch	2:17.68	2
22 Taite Murden	12	Hibbing	2:18.69	3
23 Noah Payer	11	Chisago Lakes	2:19.06	3
24 William Peterson	11	Rock Ridge	2:19.13	4
25 Harper McCandless	12	Fridley	2:19.80	1
26 Oliver Stevens	12	Hibbing	2:20.04	3
27 Toby Schunk	10	Proctor	2:21.95	4
28 Tyler Breitreutz	11	Hermantown	2:23.01	1
29 Nathanael Damiani	10	North Branch	2:29.66	1
30 Kyle Larson	12	Duluth Denfeld	2:40.04	3
31 Andrew Bartling	9	Duluth Denfeld	2:58.15	4
-- Zakeria (Zak) Mohamed	10	Fridley	DNF	2

Event 207 Boys 800 Meter Run

Section: S 1:54.25 5/31/2023 Cameron Stocke, Rock Ridge
 1:58.58 QUAL State Qualifier

Name	Year	School	Finals	
Finals				
1 Luke Rosholt	12	Duluth Denfeld	1:58.19	QUAL
2 Andrew Shepherd	10	Cloquet	2:01.94	
3 Jordan Stumm	11	North Branch	2:04.65	2:04.644
4 Zachary Bartsch	12	Totino-Grace	2:04.65	2:04.648
5 Casey Aune	12	Rock Ridge	2:05.24	
6 Ian Dobosenski	11	Proctor	2:12.12	
7 Calvin Snestrud	12	Cloquet	2:18.57	
8 Tyler Wudinich	10	Rock Ridge	2:32.33	

MSHSL Section 7AA Championships**Timing by Hero's Timing****5/29/2024 to 6/1/2024****Results****Event 208 Girls 1600 Meter Run**

Section: S 5:32.20 6/4/2022 Kaia Osmundson, Chisago Lake
 5:08.63 QUAL State Qualifier

Name	Year	School	Finals	H#
1 Annika Hall	8	Chisago Lakes	5:10.00S	2
2 Kaia Osmundson	11	Chisago Lakes	5:16.81S	2
3 Mileena Sullivan	12	Hibbing	5:28.77S	2
4 Della Bettendorf	11	Proctor	5:34.14	2
5 Ferrah LaLone	9	Hermantown	5:35.25	2
6 Camille Friden	9	Totino-Grace	5:36.15	2
7 Ava Witkowski	8	North Branch	5:37.84	2
8 Whitney Sylvester	12	Grand Rapids	5:42.25	2
9 Lilly Stelmack	7	North Branch	5:43.28	2
10 Lainey Hallan	12	Chisago Lakes	5:44.22	2
11 Elsa Winbigler	9	Cloquet	5:45.11	2
12 Alice Johnson	7	Rock Ridge	5:53.08	2
13 Makayla Waldron	11	Rock Ridge	5:57.32	2
14 Lainie Jackson	9	Grand Rapids	5:59.21	2
15 Grace Bigelow	11	Hibbing	6:09.06	1
16 Grace Mount	10	Hibbing	6:11.17	1
17 Kailey Vega	9	Duluth Denfeld	6:13.46	1
18 Julia Knight	12	Proctor	6:15.06	1
19 Addy Papin	8	Rock Ridge	6:17.43	1
20 Vanessa Pascone	9	Duluth Denfeld	6:21.69	1
21 Jordan Linder	9	Cloquet	6:22.44	1
22 Nessa Friess	10	Proctor	6:22.76	1
23 Milla Beldo	12	Duluth Denfeld	6:29.78	1
24 Julianne Thomas	10	Totino-Grace	6:45.20	1
25 Kylie Anderson	10	North Branch	6:53.44	1
26 Sophia Bemis	12	Totino-Grace	7:02.15	1
27 Emily Timm	12	Grand Rapids	7:30.07	1
-- Adrianna Nelson	10	Cloquet	DNS	1

Event 209 Boys 1600 Meter Run

Section: S 4:21.20 6/4/2022 Cameron Stocke, Rock Ridge
 4:25.61 QUAL State Qualifier

Name	Year	School	Finals	H#
1 Matthew Lindgren	11	Totino-Grace	4:22.40 QUAL	2
2 Brenden Sylvester	10	Grand Rapids	4:25.05 QUAL	2
3 Biruk Killeen	11	Chisago Lakes	4:25.17 QUAL	2
4 Isaac Meyer	12	Totino-Grace	4:40.19	2
5 Ian Berube	11	Cloquet	4:48.76	2
6 Andrew Witkowski	10	North Branch	4:49.07	2
7 Cooper Lucarelli	9	Hermantown	4:49.92	2
8 Larson Curnow	11	Grand Rapids	4:52.46	2
9 Yassir Ali	12	Fridley	4:56.34	1
10 Reid Binsfeld	12	Totino-Grace	4:57.09	2
11 Remy Larsen	9	Chisago Lakes	4:58.64	2
12 Elijah Wozniak	12	Proctor	4:59.01	2
13 Noah Deluca	12	Proctor	4:59.97	1
14 Zach Warner	11	Hermantown	5:01.38	2
15 Jack Bottoms	9	Hibbing	5:01.89	2

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

....Event 209 Boys 1600 Meter Run

16 Isaac Garay Cruz Jr	12 Fridley	5:02.64	1
17 Jaiden Touchstone	10 Hibbing	5:03.28	2
18 Evan Rothamel	9 Cloquet	5:04.26	2
19 Zane Poenix	11 Grand Rapids	5:04.43	2
20 Connor Sullivan	9 Hibbing	5:05.04	1
21 William Stelmack	8 North Branch	5:08.25	1
22 Wathanavathy Puy	12 Fridley	5:09.58	1
23 Jackson Saburn	12 Duluth Denfeld	5:12.66	1
24 Kaden Amundson	10 Rock Ridge	5:14.67	1
25 Gavin Harrer	10 Chisago Lakes	5:16.39	1
26 William Peterson	11 Rock Ridge	5:17.36	1
27 Bridger Oestereich	10 Duluth Denfeld	5:18.32	1
28 Ellis Allen	10 Cloquet	5:19.70	1
29 Alex Johnson	12 Proctor	5:20.29	1
30 Bain Kalwite	8 Duluth Denfeld	5:21.85	1
31 Joseph Damiani	10 North Branch	5:28.38	1
32 Alex Hultman	12 Rock Ridge	5:38.82	1

Event 210 Girls 3200 Meter Run

Section: S 10:59.72 5/29/2024 Annika Hall, Chisago Lake
 11:24.48 QUAL State Qualifier

Name	Year School	Finals	H#
1 Annika Hall	8 Chisago Lakes	10:59.72SQUAL	2
2 Jocelyn Strukel	12 Hibbing	11:20.33 QUAL	2
3 Lizzy Harnell	11 Proctor	11:35.11	2
4 Kaia Osmundson	11 Chisago Lakes	11:48.94	2
5 Ferrah LaLone	9 Hermantown	11:54.99	2
6 Nora Stark	10 Rock Ridge	12:07.50	2
7 Ava Witkowski	8 North Branch	12:15.64	2
8 Whitney Sylvester	12 Grand Rapids	12:31.16	1
9 Selah Binsfeld	10 Totino-Grace	12:33.91	2
10 Lilly Stelmack	7 North Branch	12:36.52	1
11 Lauren Kowarsch	10 Chisago Lakes	12:42.05	2
12 Emma Reini	11 Hibbing	12:55.80	2
13 Elsa Winbigler	9 Cloquet	12:57.44	1
14 Rachel Bettendorf	9 Proctor	12:57.57	2
15 Kailey Vega	9 Duluth Denfeld	13:31.12	1
16 Addy Papin	8 Rock Ridge	13:46.32	1
17 Cora Metelak	7 Grand Rapids	14:19.22	1
18 Milla Beldo	12 Duluth Denfeld	14:25.18	1
19 Tess Reilly	9 Grand Rapids	14:41.98	1
20 Kylie Anderson	10 North Branch	15:07.16	1
-- Ellie Berg	12 Proctor	DNS	1

Event 211 Boys 3200 Meter Run

Section: S 9:37.47 5/29/2024 Jackson Kendall, Rock Ridge
 9:38.98 QUAL State Qualifier

Name	Year School	Finals	H#
1 Jackson Kendall	11 Rock Ridge	9:37.47SQUAL	2
2 Biruk Killeen	11 Chisago Lakes	9:38.63 QUAL	2

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

....Event 211 Boys 3200 Meter Run

3	Brenden Sylvester	10	Grand Rapids	9:39.75	2
4	Isaac Meyer	12	Totino-Grace	10:12.62	2
5	Jordan Stumm	11	North Branch	10:12.95	2
6	Reid Binsfeld	12	Totino-Grace	10:17.19	2
7	Andrew Witkowski	10	North Branch	10:21.65	2
8	Brady Janezich	9	Hibbing	10:22.99	2
9	Yassir Ali	12	Fridley	10:29.20	2
10	Jake Walli	10	Hibbing	10:31.74	2
11	Remy Larsen	9	Chisago Lakes	10:32.22	2
12	Aiden Korby	9	Cloquet	10:38.14	2
13	Ian Berube	11	Cloquet	10:43.59	1
14	Zane Poenix	11	Grand Rapids	10:53.44	2
15	Nathanael Damiani	10	North Branch	11:00.29	1
16	Alex Litterer	12	Chisago Lakes	11:01.85	1
17	Jaiden Touchstone	10	Hibbing	11:04.07	1
18	Mathew Johnson	10	Grand Rapids	11:09.84	2
19	Jackson Saburn	12	Duluth Denfeld	11:18.95	1
20	Silas Herbert	11	Duluth Denfeld	11:23.04	1
21	Isaac Swanson	10	Cloquet	11:27.62	1
22	Aiden Gallagher	12	Proctor	11:29.60	1
23	Bryce Crotteau	7	Rock Ridge	11:34.50	1
24	Zach Warner	11	Hermantown	12:13.61	1
25	Nikolas White	12	Proctor	12:23.46	1
26	Ben Johnson	12	Proctor	12:52.98	1
27	Gabe Buck	12	Duluth Denfeld	13:08.49	1

Event 212 Girls 100 Meter Hurdles

=====
 Section: S 15.68 6/1/2022 Olivia Jameson, Cloquet
 15.82 QUAL State Qualifier

Name Year School Prelims Wind H#

=====
 Preliminaries

1	Shaeyna Andreotti	12	North Branch	15.73QQUAL	NWI	4
2	Ella Walker	12	Proctor	16.00Q	NWI	2
3	Brianna Polipnick	12	North Branch	17.47Q	NWI	3
4	Amelia Anderson	9	Chisago Lakes	18.38Q	NWI	1
5	Makenzie Lynch	9	Cloquet	16.30q	NWI	2
6	Maija Rantala	12	Rock Ridge	17.18q	NWI	4
7	Lily Hubbard	12	Chisago Lakes	17.78q	NWI	3
8	Addison Shay	8	Hibbing	18.06q	NWI	4
9	Valerie Zarbok	9	North Branch	18.07	NWI	2
10	Abigail Sather	10	Rock Ridge	18.51	NWI	1
11	Nora Friess	12	Proctor	18.68	NWI	2
12	Grace Cool	12	Totino-Grace	19.35	NWI	3
13	Addison Aleshire	10	Fridley	19.41	NWI	3
14	Alexis Chandler	10	Hermantown	19.72	NWI	4
15	Priti Rana	10	Fridley	19.95	NWI	4
16	Emma Bradach	10	Rock Ridge	19.99	NWI	2
17	Megan Gunderson	11	Hermantown	20.21	NWI	1
18	Madison Arroyo Constanti	10	Fridley	20.29	NWI	1
19	Bridget Denton	10	Totino-Grace	20.90	NWI	4
20	Raya Trigas	9	Proctor	21.04	NWI	3
21	Eliza Scott	9	Hermantown	21.39	NWI	3

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

....Event 212 Girls 100 Meter Hurdles

22 Makena Smith	11 Cloquet	22.09	NWI	4
23 Autumn Nelson	10 Hibbing	22.10	NWI	2
-- Riley Toivonen	12 Grand Rapids	NT	NWI	1
-- Lily DeBay	8 Grand Rapids	FS	NWI	3
-- Ellee Nelson	11 Grand Rapids	DNS	NWI	1
-- Brooklyn Cooley	8 Hibbing	DNS	NWI	2

Event 212 Girls 100 Meter Hurdles

Section: S 15.68 6/1/2022 Olivia Jameson, Cloquet
 15.82 QUAL State Qualifier

Name	Year School	Finals	Wind
------	-------------	--------	------

Finals

1 Shaeyna Andreotti	12 North Branch	15.58SQUAL	0.4
2 Makenzie Lynch	9 Cloquet	15.87	0.4
3 Ella Walker	12 Proctor	16.04	0.4
4 Maija Rantala	12 Rock Ridge	17.14	0.4
5 Brianna Polipnick	12 North Branch	17.28	0.4
6 Lily Hubbard	12 Chisago Lakes	17.45	0.4
7 Riley Toivonen	12 Grand Rapids	17.78	0.4
8 Addison Shay	8 Hibbing	17.88	0.4

Event 213 Boys 110 Meter Hurdles

Section: S 15.12 5/31/2023 Tayven Peterson, Mora
 15.46 QUAL State Qualifier

Name	Year School	Prelims	Wind H#
------	-------------	---------	---------

Preliminaries

1 Lorenzo Hampton III	10 Fridley	15.17QQUAL	NWI 4
2 Cody Evers	12 Proctor	15.24QQUAL	NWI 3
3 Herschel Christensen	11 Grand Rapids	15.74Q	NWI 1
4 Luke Hecimovich	12 Rock Ridge	15.81Q	NWI 2
5 Benjamin Paulsen	12 Chisago Lakes	15.95q	NWI 1
6 Adili Elfundi	12 Duluth Denfeld	16.21q	NWI 2
7 Azariah Lees	11 Chisago Lakes	16.89q	NWI 4
8 Blake Lelm	12 North Branch	16.95q	NWI 3
9 Michael Kruse	11 Cloquet	16.96	NWI 1
10 Zach Wunner	10 Hermantown	17.33	NWI 3
11 Colt Christensen	9 Grand Rapids	17.57	NWI 2
12 John Fisk	12 Duluth Denfeld	17.74	NWI 1
13 Fuhad Salau	10 Fridley	18.44	NWI 4
14 Aaron McMullen	9 Grand Rapids	18.69	NWI 4
15 Everett Otte	9 Chisago Lakes	18.76	NWI 3
16 Aiden Nelson	10 Cloquet	19.04	NWI 4
17 Timothy Grover	10 Duluth Denfeld	19.17	NWI 1
18 Adin Nelson	10 Hibbing	19.94	NWI 2
19 Kaelub Burkes	9 Hibbing	20.36	NWI 4
20 Jase Bell	9 Cloquet	20.39	NWI 3
21 Nathan Bruemmer	11 Rock Ridge	20.64	NWI 3
22 Joseph Marchetti	10 Hibbing	20.95	NWI 4
23 Owen Dennee	9 Hermantown	21.59	NWI 2
24 Jacob Scouton	11 Proctor	22.65	NWI 3

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

....Event 213 Boys 110 Meter Hurdles

-- Antonin Proulx	10 Hermantown	DNS	NWI	1
-- Josue Lovlein Lamas	11 Totino-Grace	DNS	NWI	2

Event 213 Boys 110 Meter Hurdles

Section: S 15.12 5/31/2023 Tayven Peterson, Mora
15.46 QUAL State Qualifier

Name	Year	School	Finals	Wind
Finals				
1 Cody Evers	12	Proctor	14.70SQUAL	-0.1
2 Lorenzo Hampton III	10	Fridley	15.08SQUAL	-0.1
3 Benjamin Paulsen	12	Chisago Lakes	15.69	-0.1
4 Luke Hecimovich	12	Rock Ridge	15.73	-0.1
5 Adili Elfundi	12	Duluth Denfeld	15.87	-0.1
6 Blake Lelm	12	North Branch	17.41	-0.1
7 Herschel Christensen	11	Grand Rapids	17.81	-0.1
8 Azariah Lees	11	Chisago Lakes	25.83	-0.1

Event 214 Girls 300 Meter Hurdles

Section: S 45.81 5/29/2024 Makenzie Lynch, Cloquet
46.26 QUAL State Qualifier

Name	Year	School	Prelims	H#
Preliminaries				
1 Makenzie Lynch	9	Cloquet	S 45.81QQUAL	4
2 Ava Bringgold	11	Chisago Lakes	46.67Q	2
3 Shaeyna Andreotti	12	North Branch	48.04Q	3
4 Lily DeBay	8	Grand Rapids	49.16Q	1
5 Hannah Farnsworth	9	Hibbing	49.19q	1
6 Brianna Polipnick	12	North Branch	50.91q	4
7 Kira Suominen	8	Cloquet	51.81q	2
8 Maija Rantala	12	Rock Ridge	52.36q	2
9 Ellie Pease	9	Proctor	52.44	4
10 Olivia Battaglia	9	Cloquet	53.70	4
11 Grace Cool	12	Totino-Grace	54.05	1
12 Abigail Sather	10	Rock Ridge	54.23	3
13 Rosemary Schmitz	9	Totino-Grace	54.36	2
14 Amelia Anderson	9	Chisago Lakes	54.46	1
15 Brooke Wiese	10	Hermantown	54.86	3
16 Bridget Denton	10	Totino-Grace	55.19	2
17 Savanna Bergman	10	Rock Ridge	55.38	4
18 Valerie Zarbok	9	North Branch	55.74	1
19 Raya Trigas	9	Proctor	55.75	1
20 Priti Rana	10	Fridley	56.04	4
21 Nora Friess	12	Proctor	56.23	4
22 Aubrie Hoard	10	Grand Rapids	56.73	3
23 Ada Miletich	10	Duluth Denfeld	56.96	3
24 Madison Arroyo Constanti	10	Fridley	58.83	3
25 Addison Aleshire	10	Fridley	59.42	2
26 Autumn Nelson	10	Hibbing	59.73	2
27 Megan Gunderson	11	Hermantown	1:00.35	1
28 Eliza Scott	9	Hermantown	1:01.07	1

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

....Event 214 Girls 300 Meter Hurdles

29 Brooklynn Favell	10 Duluth Denfeld	1:02.62	2
-- Ellee Nelson	11 Grand Rapids	DNS	3

Event 214 Girls 300 Meter Hurdles

=====
 Section: S 45.81 5/29/2024 Makenzie Lynch, Cloquet
 46.26 QUAL State Qualifier

=====
 Name Year School Finals
 =====

Finals

1 Makenzie Lynch	9 Cloquet	45.87	QUAL
2 Shaeyna Andreotti	12 North Branch	47.36	
3 Lily DeBay	8 Grand Rapids	48.90	
4 Hannah Farnsworth	9 Hibbing	49.43	
5 Ava Bringgold	11 Chisago Lakes	49.64	
6 Brianna Polipnick	12 North Branch	50.37	
7 Kira Suominen	8 Cloquet	50.96	
8 Maija Rantala	12 Rock Ridge	51.99	

Event 215 Boys 300 Meter Hurdles

=====
 Section: S 39.22 5/29/2024 Lorenzo Hampton III, Fridley
 40.66 QUAL State Qualifier

=====
 Name Year School Prelims H#
 =====

Preliminaries

1 Lorenzo Hampton III	10 Fridley	S 39.22	QUAL	3
2 Brody Rothe	11 North Branch	40.19	QUAL	2
3 Cameron Pease	12 Proctor	40.32	QUAL	4
4 Cody Evers	12 Proctor	41.10	Q	1
5 Benjamin Paulsen	12 Chisago Lakes	41.27	q	1
6 Michael Kruse	11 Cloquet	42.83	q	3
7 Aaron McMullen	9 Grand Rapids	43.76	q	3
8 Adili Elfundi	12 Duluth Denfeld	43.85	q	4
9 Aiden Nelson	10 Cloquet	43.95		2
10 Fuhad Salau	10 Fridley	44.14		3
11 Zane Lokken	12 Rock Ridge	45.00		1
12 Brock Bauer	11 Duluth Denfeld	45.36		1
13 Colt Christensen	9 Grand Rapids	45.44		1
14 Adam Reckmeyer	10 Hibbing	45.80		2
15 Blake Lelm	12 North Branch	46.43		1
16 Rory Cope-Robinson	12 Rock Ridge	46.73		4
17 Noah Wise	10 Hermantown	46.79		2
18 Azariah Lees	11 Chisago Lakes	47.18		2
19 Zach Wunner	10 Hermantown	47.73		4
20 Isaiah Yang	9 North Branch	49.12		3
21 Ayden Atkins	9 Duluth Denfeld	49.29		2
22 Joseph Marchetti	10 Hibbing	50.60		3 50.595
23 Miguel Sanchez Rubio	11 Fridley	50.60		1 50.600
24 Jackson Lenoach	9 Grand Rapids	50.80		4
25 Luke Hecimovich	12 Rock Ridge	51.37		2
26 Owen Dennee	9 Hermantown	51.41		4
27 Adin Nelson	10 Hibbing	52.04		4
28 Joel Knight	9 Proctor	52.26		1

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

....Event 215 Boys 300 Meter Hurdles

-- Jase Bell	9 Cloquet	DNS	2 Medical
-- Josue Lovlein Lamas	11 Totino-Grace	DNS	3

Event 215 Boys 300 Meter Hurdles

Section: S 39.22 5/29/2024 Lorenzo Hampton III, Fridley
40.66 QUAL State Qualifier

Name	Year School	Finals
------	-------------	--------

Finals

1 Lorenzo Hampton III	10 Fridley	38.89SQUAL
2 Cameron Pease	12 Proctor	39.10SQUAL
3 Benjamin Paulsen	12 Chisago Lakes	40.55 QUAL
4 Brody Rothe	11 North Branch	41.08
5 Cody Evers	12 Proctor	41.51
6 Adili Elfundi	12 Duluth Denfeld	43.22
7 Aaron McMullen	9 Grand Rapids	43.57
8 Michael Kruse	11 Cloquet	43.77

Event 216 Girls 4x100 Meter Relay

Section: S 51.91 6/4/2022 Hibbing, Hibbing
T Hertling, C Rewertz, B Babich, J Gherardi
50.36 QUAL State Qualifier

School	Finals	H#
--------	--------	----

1 North Branch	50.01SQUAL	2
1) Ella Kuhlman 11	2) Ella Dick 10	
3) Sophia Benedict 11	4) Kailie Kopp 10	
2 Chisago Lakes	50.43S	2
1) Addyson Barrett 12	2) Ava Bringgold 11	
3) Addison Griffin 9	4) Bene' Smith 11	
3 Hibbing	51.07S	2
1) Abigail Theien 11	2) Andrea Petroske 11	
3) Hattie Eskeli 9	4) Brynn Babich 10	
4 Duluth Denfeld	51.10S	2
1) Grace Nonnemacher 12	2) Lexie Pueringer 10	
3) Claire Roufs 10	4) Zeija Moore 7	
5 Cloquet	52.63	2
1) Isabella Avey 10	2) Kaley Will 12	
3) Rylee Senich 11	4) Kennedy Wick 11	
6 Proctor	52.90	2
1) Lauren Johnson 12	2) Addison Hieb 11	
3) Peyton Walker 9	4) Sophie Folkestad 10	
7 Totino-Grace	53.21	2
1) Olivia Tapp 9	2) Rosemary Schmitz 9	
3) Faith Smith 11	4) Ella Jennissen 11	
8 Grand Rapids	54.02	2
1) Alexia Alzen 10	2) Jada Morgan 11	
3) Ellie Kragthorpe 9	4) Ava Major 8	
9 Rock Ridge	54.79	1 54.781
1) Lennon Hilde 10	2) Miia Johnson 9	
3) Lahna Gelo 9	4) Nina Paulsen 9	
10 Hermantown	54.79	1 54.782

MSHSL Section 7AA Championships
Timing by Hero's Timing
5/29/2024 to 6/1/2024
Results

....Event 216 Girls 4x100 Meter Relay

1) Libby Oaks 9	2) Erica McDonald 12	
3) Nataleh Rapp 12	4) Kaija Markovich 8	
11 Fridley	57.60	1
1) Sincere Woodard 9	2) Ashley Thomas 10	
3) Shalayah Woodard 10	4) Jassica Groodyal 12	

Event 217 Boys 4x100 Meter Relay

=====
 Section: S 44.72 6/4/2022 Cloquet, Cloquet
 X Anderson, J Aultman, A Petersen, R Sheldon
 43.37 QUAL State Qualifier

School	Finals	H#
1 Rock Ridge	43.44S	2 43.432
1) Leo Johnson 11	2) Andrew Wilson 12	
3) Max Williams 12	4) Nolin Cope-Robinson 10	
2 Fridley	43.44S	2 43.437
1) Că;rtetz Cook Jr 12	2) Tykeilan Hy Shaw-Moore 12	
3) Lex Kortti 12	4) Lorenzo Hampton III 10	
3 Cloquet	45.22	2
1) Elijah Aultman 12	2) Aiden Nelson 10	
3) Eli Heehn 9	4) Noah Hansen 11	
4 Hermantown	45.42	2
1) Tanner Homstad 10	2) Grant Johnson 10	
3) Landon Burg 10	4) Corban Peterson 10	
5 North Branch	45.48	2
1) Zachary Sway 11	2) Jacob Robillard 11	
3) Carson Weber 12	4) Michael Dragicevich 12	
6 Proctor	47.13	1
1) Anthony Busam 10	2) Terrence Avey 10	
3) Bruce Coleman 12	4) Drew Grochowski 12	
7 Hibbing	47.49	1
1) Isaac Hendrickson 10	2) Reece Ringhofer 10	
3) Austin Valento 11	4) Elias Langner 11	
8 Chisago Lakes	47.55	2
1) Alan Pearson 12	2) Christopher Bruno 9	
3) Ryley Phipps 11	4) Caiden Bonds 10	
9 Grand Rapids	49.55	1
1) John Kopacek 10	2) Andrew Rauzi 10	
3) Mason Johnson 9	4) Jackson Lenocho 9	
-- Duluth Denfeld	DNF	2
1) Taye Manns 11	2) Keelijah Thomas 9	
3) Mace Brooks 12	4) Luke Pearson 12	

Event 218 Girls 4x200 Meter Relay

=====
 Section: S 1:47.48 6/4/2022 North Branch, North Branch
 A Smith, S Thorsen, S Benedict, D Esget
 1:45.77 QUAL State Qualifier

School	Finals	H#
1 North Branch	1:43.25SQUAL	2
1) Derrian Dick 11	2) Sophia Thorsen 9	
3) Sophia Benedict 11	4) Dakota Esget 11	

MSHSL Section 7AA Championships
Timing by Hero's Timing
5/29/2024 to 6/1/2024
Results

....Event 218 Girls 4x200 Meter Relay

2 Chisago Lakes	1:46.59S	2
1) Addyson Barrett 12	2) Kendra Warren 11	
3) Ava Bringgold 11	4) Bene' Smith 11	
3 Cloquet	1:48.68	2
1) Isabella Avey 10	2) Erin Soup Loeb 12	
3) Rylee Senich 11	4) Kennedy Wick 11	
4 Rock Ridge	1:49.22	2
1) Kayden Maturi 12	2) Addison Youngren 11	
3) Allison Fink 11	4) Lizzy Fultz 10	
5 Hermantown	1:50.87	2
1) Campbell Amundson 11	2) Claire Niksich 10	
3) Nataleh Rapp 12	4) Adaeze Enemuoh 11	
6 Proctor	1:52.39	2
1) Chloe Lind 12	2) Ella Walker 12	
3) Lauren Johnson 12	4) Sophie Folkestad 10	
7 Hibbing	1:52.59	2
1) Andrea Petroske 11	2) Rylee Moellering 8	
3) Haley Mount 9	4) Gianna Figueroa 11	
8 Duluth Denfeld	1:52.76	1
1) Lexie Pueringer 10	2) Ahnika Fossum 10	
3) Jordyn Sershon 11	4) Grace Nonnemacher 12	
9 Totino-Grace	1:53.14	2
1) Faith Smith 11	2) Maria Morrison 10	
3) Kattie Correa Flores 9	4) Olivia Tapp 9	
10 Grand Rapids	1:56.67	1
1) Alexia Alzen 10	2) Riley Toivonen 12	
3) Ellie Kragthorpe 9	4) Jada Morgan 11	
11 Fridley	1:59.49	1
1) Aubrey Cochran-Starr 11	2) Ahsia Freels 12	
3) Brandi Washington 11	4) Jassica Groodyal 12	

Event 219 Boys 4x200 Meter Relay

=====

Section: S 1:33.31 6/4/2022 Grand Rapids, Grand Rapids
 A Prebeck, I Andersen, R Borgman, A Hanson
 1:30.93 QUAL State Qualifier

School	Finals	H#
1 Rock Ridge	1:30.09SQUAL	2
1) Andrew Wilson 12	2) Leo Johnson 11	
3) Nolin Cope-Robinson 10	4) Max Williams 12	
2 Proctor	1:31.31S	2
1) Laykn Lyons 10	2) Cody Evers 12	
3) Gavin Tabbert 12	4) Cameron Pease 12	
3 Grand Rapids	1:33.02S	2
1) Reid Ketola 11	2) Colton Johnson 12	
3) Taguta Tadiwanaishe 11	4) Thomas Pogorelc 12	
4 Fridley	1:33.49	2
1) Carter Cook Jr 12	2) Roosevelt Gipply 12	
3) Henry Bandah Jr 12	4) Isaiah Watson 12	
5 Totino-Grace	1:35.67	2
1) Jaden Miller 10	2) Joseph Schlaefer 10	
3) Lucas Jacobson 11	4) Josiah Young 11	
6 Hibbing	1:36.25	2

MSHSL Section 7AA Championships
Timing by Hero's Timing
5/29/2024 to 6/1/2024
Results

....Event 219 Boys 4x200 Meter Relay

1) Mason McDonald 10	2) Gino Gherardi 9	
3) Elias Langner 11	4) Christian Massich 12	
7 North Branch	1:36.54	2
1) Austin Anderson 12	2) Jacob Robillard 11	
3) Michael Dragicevich 12	4) Zachary Sway 11	
8 Duluth Denfeld	1:36.77	2
1) Taye Manns 11	2) Noah Nephew 9	
3) Luke Pearson 12	4) Deon Bergner 10	
9 Chisago Lakes	1:40.85	1
1) Caiden Bonds 10	2) Cohen Underhill 10	
3) Christopher Vruno 9	4) Alan Pearson 12	
10 Hermantown	1:42.01	1
1) Sam Dobinson 12	2) Tyler Breitkreutz 11	
3) Noah Blomquist 12	4) Zach Wunner 10	
11 Cloquet	1:43.87	1
1) Nashton Johanson 10	2) Conner Tibbetts 10	
3) Carter Lust 9	4) Davis Snesrud 9	

Event 220 Girls 4x400 Meter Relay

=====
 Section: S 4:10.19 6/4/2022 North Branch, North Branch
 D Dick, E Kuhlman, D Esget, S Thorsen
 4:05.74 QUAL State Qualifier
 =====

School	Finals	H#
1 North Branch	4:00.48SQUAL	2
1) Derrian Dick 11	2) Dakota Esget 11	
3) Sophia Thorsen 9	4) Ella Kuhlman 11	
2 Cloquet	4:03.84SQUAL	2
1) Erin Soup Loeb 12	2) Makenzie Lynch 9	
3) Lauren Hughes 10	4) Alexa Shepherd 12	
3 Hibbing	4:09.90S	2
1) Brynn Babich 10	2) Tara Hertling 11	
3) Hannah Farnsworth 9	4) Jorie Anderson 12	
4 Proctor	4:13.85	2
1) Carlie Blevins 12	2) Paisley Kleiman 11	
3) Paige Evans 11	4) Gianna Hansen 10	
5 Totino-Grace	4:15.39	2
1) Bridget Denton 10	2) Denitsa Zaharieva 11	
3) Breonna Hurry 11	4) Ella Jennissen 11	
6 Chisago Lakes	4:16.40	2
1) Chelsea Stipe 9	2) Isabella Heinsch 11	
3) Eleanor Udem 12	4) Kaia Osmundson 11	
7 Hermantown	4:24.67	2
1) Claire Niksich 10	2) Brooke Wiese 10	
3) Adaeze Enemuoh 11	4) Campbell Amundson 11	
8 Grand Rapids	4:25.09	1
1) Kayla Jenkins 11	2) Lily Christiansen 8	
3) Kaitlyn Olson 11	4) Ginger Pogorelc 10	
9 Rock Ridge	4:32.35	1
1) Mia Stark 12	2) Makayla Waldron 11	
3) Lennon Hilde 10	4) Nora Stark 10	
10 Duluth Denfeld	4:36.67	1
1) Julia Miletich 11	2) Ada Miletich 10	

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

....Event 222 Girls 4x800 Meter Relay

1) Paisley Kleiman 11	2) Della Bettendorf 11
3) Lizzy Harnell 11	4) Carlie Blevins 12
3 Chisago Lakes	10:11.07
1) Lauren Kowarsch 10	2) Lainey Hallan 12
3) Kara Hall 7	4) Eleanor Udem 12
4 Totino-Grace	10:35.01
1) Camille Friden 9	2) Selah Binsfeld 10
3) McKenzie Keane 12	4) Breonna Hurry 11
5 Cloquet	11:07.91
1) Halie Chartier 9	2) Olivia Battaglia 9
3) Victoria Nelson 12	4) Alli Weix 9
6 Duluth Denfeld	11:37.98
1) Autumn Larsen 10	2) Vanessa Pascone 9
3) Kyra Robinson 12	4) Natylee Anderson 10
7 Grand Rapids	12:08.58
1) Cora Metelak 7	2) Emily Timm 12
3) Andrea Basarich 9	4) Abby Brink 8
8 Rock Ridge	12:12.51
1) Audrey Harley 7	2) Sam Zeiher 7
3) Adel Patterson 7	4) Madelyn Hancock 8

Event 223 Boys 4x800 Meter Relay

Section: S 8:24.19 6/4/2022 Duluth Denfeld, Duluth Denfe
 X Schroeder, C Abernethy, L Rosholt, C Juntunen
 8:13.15 QUAL State Qualifier

School Finals

1 Cloquet	8:17.14S
1) Calvin Snesrud 12	2) Evan Rothamel 9
3) Emmet Prosen 12	4) Andrew Shepherd 10
2 Rock Ridge	8:20.44S
1) Tyler Wudinich 10	2) Casey Aune 12
3) Luca Pellini 11	4) Jackson Kendall 11
3 Hibbing	8:25.75
1) Brady Janezich 9	2) Lucas Arnhold 11
3) Jake Walli 10	4) Jack Bottoms 9
4 Proctor	8:43.96
1) Ian Dobosenski 11	2) Alex Ruth 12
3) Elijah Wozniak 12	4) Santiago Lenz 12
5 Chisago Lakes	9:06.61
1) Noah Payer 11	2) Lincoln Battles 10
3) Cian O'Halloran 9	4) Timothy Jakoblich 11
6 Duluth Denfeld	9:11.60
1) Silas Herbert 11	2) Bain Kalwite 8
3) Bridger Oestereich 10	4) Josh Rock 11
7 Grand Rapids	9:35.10
1) Caleb Van Drunen 9	2) Joel Frost 10
3) Kale Fairchild 10	4) Sam Barton 12
8 Hermantown	9:42.04
1) Noah Blomquist 12	2) Jordan Wilcox 9
3) Noah Wise 10	4) Blake Amundson 9
9 Totino-Grace	9:43.21
1) William Archambault 9	2) Landon Vance 11

MSHSL Section 7AA Championships**Timing by Hero's Timing****5/29/2024 to 6/1/2024****Results****....Event 223 Boys 4x800 Meter Relay**

3) Ryan Seal 12

4) Jacob Goman 10

Event 224 Girls High Jump

Section: S 5-03 6/1/2022 Olivia Jameson, Cloquet

5-01.00 QUAL State Qualifier

Name	Year	School	Finals
1 Ava Bringgold	11	Chisago Lakes	5-02.00 QUAL
2 Ginger Pogorelc	10	Grand Rapids	5-01.00 QUAL
3 KelliJoy Manninen	11	Proctor	5-00.00
3 Lily Hubbard	12	Chisago Lakes	5-00.00
5 Sarah Lumaya	9	Totino-Grace	4-10.00
5 Sophia Thorsen	9	North Branch	4-10.00
7 Avery Smith	11	North Branch	4-10.00
8 Ella Walker	12	Proctor	4-10.00
9 Hattie Eskeli	9	Hibbing	4-08.00
10 Rylee Senich	11	Cloquet	4-08.00
11 Sophia Benedict	11	North Branch	4-08.00
11 Shelbie Novak	10	Rock Ridge	4-08.00
13 Olivia Johnson	11	Hermantown	4-08.00
14 Gianna Manning	9	Hibbing	4-08.00
15 Ahsia Freels	12	Fridley	4-08.00
16 Brooklyn Bethke	9	Totino-Grace	4-06.00
17 Mikenna Fritzke	8	Chisago Lakes	4-06.00
18 Sophie Roark	10	Rock Ridge	4-06.00
19 Lahna Gelo	9	Rock Ridge	4-04.00
-- Riley Toivonen	12	Grand Rapids	NH
-- Emilia Heller	9	Hibbing	NH
-- Hanna Brula	11	Grand Rapids	NH
-- Kira Suominen	8	Cloquet	NH
-- Nora Friess	12	Proctor	NH
-- Rylee Kalkbrenner	10	Hermantown	NH

Event 225 Boys High Jump

Section: S 6-04 6/4/2022 Kolbin Carter, Proctor

6-01.00 QUAL State Qualifier

Name	Year	School	Finals
1 Josiah Young	11	Totino-Grace	6-03.00 QUAL
2 Blake Siefert	11	Chisago Lakes	6-02.00 QUAL
3 Tykeilan Hy Shaw-Moore	12	Fridley	6-01.00 QUAL
4 Drew Grochowski	12	Proctor	5-10.00
4 Jacob Nelson	11	Cloquet	5-10.00
6 Herschel Christensen	11	Grand Rapids	5-10.00
7 Jacob Grabow	10	Chisago Lakes	5-10.00
8 Eli Heehn	9	Cloquet	5-08.00
9 Blake Lelm	12	North Branch	5-06.00
10 Cohen Underhill	10	Chisago Lakes	5-06.00
11 Tanner Homstad	10	Hermantown	5-06.00
12 Antwan Smith	12	Fridley	5-06.00
13 Josh Rock	11	Duluth Denfeld	5-04.00
13 Adam Reckmeyer	10	Hibbing	5-04.00

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

....Event 225 Boys High Jump

15	Daylen Wilson	10	Cloquet	5-04.00
16	Pier Povoledo	12	Rock Ridge	5-04.00
17	Ryan Herberg	12	Rock Ridge	5-04.00
18	Trey Cleveland	10	Grand Rapids	5-02.00
--	Kooper King	10	Proctor	NH
--	Joel Knight	9	Proctor	NH
--	Colt Christensen	9	Grand Rapids	NH
--	Lucas Arnhold	11	Hibbing	NH
--	Emmanuel Benson	11	Totino-Grace	DNS
--	Antonin Proulx	10	Hermantown	DNS

Event 226 Girls Pole Vault

Section: S 12-03 6/4/2022 Julia Gherardi, Hibbing
 10-01.00 QUAL State Qualifier

Name	Year	School	Finals
1	Ella Dick	10 North Branch	11-01.00 QUAL
2	Dakota Esget	11 North Branch	10-01.00 QUAL
3	Brooke Giese	10 North Branch	9-07.00
4	Bene' Smith	11 Chisago Lakes	9-01.00
5	Catharine Larson	11 Chisago Lakes	8-07.00
6	Amelia Anderson	9 Chisago Lakes	8-07.00
7	Maria Morrison	10 Totino-Grace	8-01.00
8	Alizah Langner	11 Hibbing	8-01.00
9	Brooklyn Bethke	9 Totino-Grace	7-07.00
10	Lauren Bates	11 Grand Rapids	7-01.00
10	Julia Miletich	11 Duluth Denfeld	7-01.00
12	Alli Weix	9 Cloquet	7-01.00
12	Isabella Zika	10 Hibbing	7-01.00
14	Sophie Roark	10 Rock Ridge	7-01.00
14	Andrea Basarich	9 Grand Rapids	7-01.00
--	Miia Johnson	9 Rock Ridge	NH
--	Kylie Keller	11 Duluth Denfeld	NH
--	Jordan Linder	9 Cloquet	NH
--	Emmi Seafolk	9 Cloquet	NH
--	Katie Harker	10 Grand Rapids	NH
--	Gianina Paulsen	9 Rock Ridge	NH
--	Ada Miletich	10 Duluth Denfeld	NH
--	Emilia Swan	9 Totino-Grace	DNS

Event 227 Boys Pole Vault

Section: S 13-11 5/29/2024 Trent Guth, Chisago Lake
 12-11.00 QUAL State Qualifier

Name	Year	School	Finals
1	Trent Guth	11 Chisago Lakes	13-11.00SQUAL
2	Nathaniel Bear	11 Chisago Lakes	12-11.00 QUAL
3	Austin Valento	11 Hibbing	11-11.00
4	Lincoln Battles	10 Chisago Lakes	10-05.00
5	Nehemiah Figueroa	10 Hibbing	10-05.00
6	Broderick Berglin	10 Totino-Grace	9-11.00
7	Wylie Stenson	10 Hibbing	9-11.00

MSHSL Section 7AA Championships
Timing by Hero's Timing
5/29/2024 to 6/1/2024
Results

....Event 227 Boys Pole Vault

8	Aaron South	12	Cloquet	9-11.00
9	Colby Bright	12	Totino-Grace	9-05.00
--	Gavin Zigich	11	Duluth Denfeld	NH
--	William Stelmack	8	North Branch	NH
--	Arrick Brown	12	Cloquet	NH
--	Jude Garcia	12	Duluth Denfeld	NH
--	John Fisk	12	Duluth Denfeld	NH
--	Ellis Allen	10	Cloquet	NH
--	Xavier Case	12	Totino-Grace	DNS

Event 228 Girls Long Jump

=====
 Section: S 17-00.50 5/31/2023 Madison Whitman, North Branch
 16-05.00 QUAL State Qualifier

Name	Year	School	Finals	Wind	H#
1 Addyson Barrett	12	Chisago Lakes	16-06.75 QUAL	1.4	3
2 Allison Fink	11	Rock Ridge	16-01.00	-0.1	3
3 Grace Nonnemacher	12	Duluth Denfeld	16-00.75	2.5	2
4 Addison Griffin	9	Chisago Lakes	15-08.75	+0.0	3
5 Kira Suominen	8	Cloquet	15-07.75	1.3	2
6 Lily DeBay	8	Grand Rapids	15-07.50	0.8	3
7 Kennedy Wick	11	Cloquet	15-06.50	1.3	3
8 Madison Whitman	12	North Branch	15-05.75	+0.0	3
9 Lillian Talarico	9	Proctor	15-05.25	+0.0	2
10 Denitsa Zaharieva	11	Totino-Grace	15-00.50	0.3	3
11 Brandi Washington	11	Fridley	14-10.00	-1.4	3
12 Kailie Kopp	10	North Branch	14-07.50	0.1	3
13 Derrian Dick	11	North Branch	14-04.00	0.7	3
14 Eden Appleby	11	Chisago Lakes	13-10.00	+0.0	2
15 Aubrie Hoard	10	Grand Rapids	13-07.50	0.9	2
16 Olivia Tapp	9	Totino-Grace	13-04.50	+0.0	2
17 Sophie Roark	10	Rock Ridge	13-04.50	+0.0	2
18 Kaitlyn Olson	11	Grand Rapids	13-01.75	1.5	2
19 Jassica Groodyal	12	Fridley	12-11.25	1.2	1
20 Brooke Wiese	10	Hermantown	12-10.50	0.8	2
21 Gianna Manning	9	Hibbing	12-08.75	1.3	2
22 Courtney Setterlund	12	Fridley	12-08.00	+0.0	1
23 Evie Renskers	9	Hibbing	12-05.25	+0.0	1
24 Amaria Williams	12	Duluth Denfeld	12-03.00	+0.0	1
25 Ana Haugen	10	Duluth Denfeld	12-03.00	0.8	1
26 Dakota Wakefield	9	Hermantown	12-02.25	0.7	1
27 Chloe Lind	12	Proctor	12-02.00	1.0	1
28 Olivia Battaglia	9	Cloquet	12-01.50	1.0	1
29 Abby Schunk	12	Proctor	11-06.00	2.3	1
30 Anna Bergerson	8	Hermantown	10-06.25	+0.0	1
-- Jacinda Wilcox	10	Rock Ridge	FOUL		2
-- Rylee Moellering	8	Hibbing	DNS	NWI	3

MSHSL Section 7AA Championships**Timing by Hero's Timing****5/29/2024 to 6/1/2024****Results****Event 229 Boys Long Jump**

Section: S 19-08.25 6/4/2022 Amari Manning, Hibbing
 20-11.00 QUAL State Qualifier

Name	Year	School	Finals	Wind	H#
1 Fadel Johnson	12	Fridley	21-10.25SQUAL	+0.0	3
2 Tykeilan Hy Shaw-Moore	12	Fridley	21-03.50SQUAL	-1.4	3
3 Isaiah Watson	12	Fridley	21-02.75SQUAL	1.0	3
4 Luke Hecimovich	12	Rock Ridge	19-10.75S	1.3	2
5 Taguta Tadiwanaishe	11	Grand Rapids	19-10.75S	+0.0	3
6 Tanner Homstad	10	Hermantown	19-09.75S	1.9	3
7 Luke Pearson	12	Duluth Denfeld	19-02.75	-0.3	3
8 Sawyer Williams	11	Rock Ridge	19-00.00	-1.7	2
9 Taye Manns	11	Duluth Denfeld	18-09.00	+0.0	3
10 Cohen Underhill	10	Chisago Lakes	18-06.50	-1.4	3
11 Zachary Sway	11	North Branch	18-04.75	0.6	2
12 Elijah Aultman	12	Cloquet	18-04.25	1.3	2
13 Colton Johnson	12	Grand Rapids	18-04.00	1.8	3
14 Pier Povoledo	12	Rock Ridge	18-03.00	+0.0	2
15 Joe Bailey	12	Cloquet	17-11.75	-1.5	3
16 Alan Pearson	12	Chisago Lakes	17-09.00	-1.7	1
17 Cedric Onuoha	8	Duluth Denfeld	17-08.00	0.4	2
18 Brady Taff	10	North Branch	17-06.25	0.5	2
19 Carson Weber	12	North Branch	17-03.00	-1.3	3
20 Austin Valento	11	Hibbing	17-02.50	1.4	2
21 Christopher Vruno	9	Chisago Lakes	17-01.50	-0.2	2
22 Michel Nichols	8	Grand Rapids	17-01.00	-2.5	1
23 Sam Dobinson	12	Hermantown	17-00.25	+0.0	2
24 Owen Simonson	9	Hermantown	16-11.00	-1.6	2
25 Reece Ringhofer	10	Hibbing	16-07.50	1.3	1
26 Carter Lust	9	Cloquet	16-03.75	-1.0	1
27 Anthony Busam	10	Proctor	16-01.25	-0.2	1
28 Wylie Stenson	10	Hibbing	16-01.00	0.7	1
29 Alex Ruth	12	Proctor	15-08.50	+0.0	1
30 Lukas White	10	Proctor	14-09.50	-0.2	1
31 Donovan Joplin	12	Totino-Grace	11-10.50	-1.2	1

Event 230 Girls Triple Jump

Section: S 35-03.25 6/4/2022 Taylor Wick, Cloquet
 36-01.00 QUAL State Qualifier

Name	Year	School	Finals	Wind	H#
1 Kendra Warren	11	Chisago Lakes	34-09.00	-1.7	3
2 Gianna Hansen	10	Proctor	33-09.50	1.5	3
3 Makenzie Lynch	9	Cloquet	33-08.75	4.7	2
4 Allison Fink	11	Rock Ridge	33-02.25	-1.8	3
5 Brandi Washington	11	Fridley	33-00.75	0.5	3
6 Kailie Kopp	10	North Branch	33-00.50	-0.6	3
7 Eden Appleby	11	Chisago Lakes	32-10.25	-2.4	3
8 Chelsea Stipe	9	Chisago Lakes	32-04.75	-2.2	3
9 Kayden Maturi	12	Rock Ridge	31-09.00	+0.0	3
10 Kayla Jenkins	11	Grand Rapids	31-07.50	-1.9	3
11 Kira Suominen	8	Cloquet	31-07.00	0.7	2
12 Isabella Avey	10	Cloquet	31-05.00	1.0	2

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

....Event 230 Girls Triple Jump

13	Ella Dick	10	North Branch	31-04.50	1.0	2
14	Lillian Talarico	9	Proctor	30-11.75	0.3	3
15	Ahsia Freels	12	Fridley	29-02.00	1.8	2
16	Gianna Manning	9	Hibbing	28-08.75	-2.1	2
17	Jacinda Wilcox	10	Rock Ridge	28-08.75	-2.0	2
18	Alexis Sway	8	North Branch	28-07.25	NWI	1
19	Abigail Collins	11	Totino-Grace	28-07.00	-2.5	1
20	Jayden Larson	9	Proctor	28-02.00	+0.0	1
21	Rylee Kalkbrenner	10	Hermantown	27-09.50	-0.5	2
22	Hanna Brula	11	Grand Rapids	27-07.75	-0.2	1
23	Dakota Wakefield	9	Hermantown	27-02.25	0.1	1
24	Courtney Setterlund	12	Fridley	26-05.00	+0.0	1
25	Milla Beldo	12	Duluth Denfeld	25-09.50	1.9	1
26	Anna Bergerson	8	Hermantown	24-09.25	+0.0	1
27	Natylee Anderson	10	Duluth Denfeld	23-02.25	-1.9	1
--	Madison Podvin	11	Totino-Grace	FOUL		2
--	Brooklyn Cooley	8	Hibbing	DNS	NWI	2

Event 231 Boys Triple Jump

Section: S 46-11 5/29/2024 Fadel Johnson, Fridley

42-03.00 QUAL State Qualifier

Name	Year	School	Finals	Wind	H#	
1	Fadel Johnson	12	Fridley	46-11.00SQUAL	1.4	3
2	Isaiah Watson	12	Fridley	46-01.25 QUAL	1.5	3
3	Colton Johnson	12	Grand Rapids	42-02.25	1.5	3
4	Blake Siefert	11	Chisago Lakes	41-07.25	1.3	3
5	Carson Weber	12	North Branch	41-00.75	+0.0	3
6	Elijah Aultman	12	Cloquet	41-00.00	0.3	3
7	Joe Bailey	12	Cloquet	39-08.75	+0.0	2
8	Landon Burg	10	Hermantown	39-07.50	0.4	2
9	Sawyer Williams	11	Rock Ridge	39-07.25	-1.4	3
10	Trey Cleveland	10	Grand Rapids	38-09.00	1.1	1
11	Pier Povoledo	12	Rock Ridge	38-08.00	0.6	2
12	Adili Elfundi	12	Duluth Denfeld	38-05.50	1.3	2
13	Tanner Homstad	10	Hermantown	37-06.50	0.2	2
14	Henry Bandah Jr	12	Fridley	37-05.00	0.7	3
15	Jacob Grabow	10	Chisago Lakes	37-01.75	+0.0	3
16	Brady Taff	10	North Branch	37-00.75	2.6	2
17	Judah Appleby	9	Chisago Lakes	36-08.00	0.3	2
18	Alex Ruth	12	Proctor	36-04.75	1.4	2
19	Rory Cope-Robinson	12	Rock Ridge	36-03.00	+0.0	1
20	Luke Pearson	12	Duluth Denfeld	35-11.75	1.5	2
21	Cedric Onuoha	8	Duluth Denfeld	35-08.00	2.3	2
22	Grant Johnson	10	Hermantown	34-05.50	0.5	1
23	Andrew Rauzi	10	Grand Rapids	34-05.00	2.0	1
24	Reece Ringhofer	10	Hibbing	33-11.50	+0.0	1
25	Aiden Gallagher	12	Proctor	32-05.25	0.2	1
26	Isaac Hendrickson	10	Hibbing	31-07.75	1.1	1
27	Zander Buroker	12	Hibbing	31-06.75	0.8	1
28	Lukas White	10	Proctor	31-01.25	1.2	1
--	Shazae Henagin	11	Cloquet	DNS	NWI	3
--	Jadon Doe	11	Totino-Grace	DNS	NWI	1

MSHSL Section 7AA Championships**Timing by Hero's Timing****5/29/2024 to 6/1/2024****Results****Event 232 Girls Discus Throw**

Section: S 118-06 6/1/2022 Seija Suominen, Cloquet
 112-06 QUAL State Qualifier

Name	Year	School	Finals	H#
1 Ava Luiten	10	Cloquet	113-05.00 QUAL	3
2 Emma Thomsen	12	Grand Rapids	99-03.00	3
3 Ahna Demenge	12	Cloquet	98-07.00	3
4 Cora Lord	11	Hermantown	98-03.00	3
5 Linnea Carlson	9	Chisago Lakes	93-11.00	3
6 Madison Eagle	8	Chisago Lakes	92-03.00	3
7 Emily Brula	12	Grand Rapids	92-02.00	3
8 Freya Lopez	10	Cloquet	89-01.00	2
9 Annika Tveiten	11	Hermantown	87-02.00	3
10 Alex Gunderson	12	Rock Ridge	86-11.00	3
11 Brookyln Maki	9	North Branch	85-11.00	2
12 Sakaya Nimley	11	Fridley	85-02.00	2
13 Isabelle Walto	11	Hibbing	82-09.00	3
14 Ava Neururer	10	Grand Rapids	82-04.00	2
15 Heidi Hedberg	10	North Branch	80-10.00	2
16 Grace Armstrong	12	Totino-Grace	74-01.00	2
17 Gabby Belrose	12	Hermantown	73-08.00	2
18 Ilsa Heinecke	12	Chisago Lakes	72-09.00	3
19 Ariana Ellis	11	Hibbing	71-04.00	2
20 Nex Nguyen	10	Fridley	71-02.00	2
21 Destiny Mackie	9	Hibbing	70-09.00	2
22 Malena Peterson	12	Rock Ridge	68-07.00	1
23 Emily Pontinen	12	Rock Ridge	64-09.00	2
24 Alexis Vogel	9	Proctor	63-04.00	1
25 Emma Anderson	10	North Branch	61-08.00	1
26 Cesi Giron	10	Duluth Denfeld	61-07.00	1
27 Addison Miner	10	Duluth Denfeld	60-06.00	1
28 Greta Gustavson	11	Proctor	57-01.00	1
29 Elissa Donahue	12	Proctor	56-05.00	1
30 Kiaree Malone	10	Fridley	53-09.00	1
31 Gabriella Januschka	9	Totino-Grace	52-09.00	1
32 Stephanie Onofre Calero	9	Totino-Grace	38-00.00	1
33 Haylee Donahue	10	Duluth Denfeld	32-04.00	1

Event 233 Boys Discus Throw

Section: S 152-06 6/4/2022 Jackson Weston, Grand Rapids
 148-04 QUAL State Qualifier

Name	Year	School	Finals	H#
1 Zak McPhee	12	Proctor	160-04.00SQUAL	3
2 Mason Sundquist	12	Cloquet	149-06.00 QUAL	3
3 Benjamin Harker	12	Grand Rapids	141-11.00	3
4 Aiden Shepherd	12	Hibbing	129-06.00	3
5 Hudson Hillman	12	Grand Rapids	119-06.00	2
6 Alexander Henderson	12	Hibbing	116-10.00	3
7 Warren Hietala	12	Cloquet	112-09.00	2
8 Owen Swedberg	12	Totino-Grace	112-02.00	1
9 Ben Frerich	10	Cloquet	111-11.00	3
10 Ezra Diederich	12	Fridley	108-03.00	3

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

....Event 233 Boys Discus Throw

11	Henry Sherwood	10	Hermantown	107-04.00	2
12	Franklin Stark	12	Chisago Lakes	105-09.00	2
13	Jack Stella	11	Rock Ridge	105-05.00	1
14	Simon Strand	12	Chisago Lakes	104-11.00	3
15	Klynt Muafong	12	Totino-Grace	101-08.00	1
16	Samuel Connelly	12	Grand Rapids	101-03.00	2
17	Trey Ericksen	10	Duluth Denfeld	95-04.00	2
18	Jayden Roske	12	North Branch	95-02.00	1
19	Everett Thomsen	12	North Branch	94-08.00	2
20	Wyatt Picconatto	12	Hermantown	94-05.00	2
21	Ethan Holmberg	10	North Branch	93-11.00	2
22	Everett Schutta	11	Totino-Grace	93-00.00	1
23	Ian Luecken	12	Rock Ridge	90-10.00	2
24	Ethan Boe	10	Rock Ridge	88-02.00	1
25	Neo Carlson	9	Hermantown	81-05.00	2
26	Tim Scholz	9	Proctor	78-07.00	1
27	Julien Siewe	9	Fridley	73-10.00	1
28	Anthony Beasley	11	Proctor	66-01.00	1
--	Logan Carlson	11	Chisago Lakes	FOUL	3
--	Vincent Marchetti	12	Hibbing	FOUL	3
--	Samuel Ayers	10	Fridley	DNS	1 Medical
--	Addison McKay	12	Duluth Denfeld	DNS	3
--	Christian Barnette	9	Duluth Denfeld	DNS	1

Event 234 Girls Shot Put

=====					
Section: S 38-01 6/4/2022 Sydney Fitzgerald, Rock Ridge					
36-00.00 QUAL State Qualifier					
Name	Year	School	Finals	H#	
=====					
1	Laura Carlson	11	Chisago Lakes	33-11.25	3
2	Madison Eagle	8	Chisago Lakes	33-06.00	3
3	Presley Tapani	11	Proctor	32-06.25	3
4	Isabelle Walto	11	Hibbing	31-10.00	3
5	Linnea Carlson	9	Chisago Lakes	30-05.00	3
6	Ariana Ellis	11	Hibbing	29-10.25	3
7	Lola Witty	10	Proctor	29-09.00	2
8	Gabby Belrose	12	Hermantown	29-04.00	3
9	Ahna Demenge	12	Cloquet	28-10.50	2
10	Madison Roen	10	Rock Ridge	28-04.75	2
11	Yazmin Vazquez	11	Rock Ridge	28-03.00	2
12	Freya Lopez	10	Cloquet	28-02.75	3
13	Brooklyn Maki	9	North Branch	28-01.50	3
14	Sakaya Nimley	11	Fridley	28-01.50	3
15	Emily Brula	12	Grand Rapids	27-10.50	2
16	Annika Tveiten	11	Hermantown	27-03.50	2
17	Jenna Minke	9	North Branch	27-02.00	2
18	Adrianna Vittori	9	Hibbing	26-06.75	3
19	Grace Armstrong	12	Totino-Grace	25-07.50	2
20	Cora Lord	11	Hermantown	25-07.00	2
21	Georgia Duffy	11	Rock Ridge	25-04.75	2
22	Aiyanna Shobe	10	Fridley	24-07.75	1
23	Cesi Giron	10	Duluth Denfeld	24-07.00	1
24	Heidi Hedberg	10	North Branch	24-03.25	1

MSHSL Section 7AA Championships
Timing by Hero's Timing
5/29/2024 to 6/1/2024
Results

....Event 234 Girls Shot Put

25 Addison Sandman	11 Cloquet	24-01.00	1
26 Aubrey Scharpf	11 Grand Rapids	23-07.75	1
27 Samantha Herron	9 Proctor	23-01.25	1
28 Emma Thomsen	12 Grand Rapids	22-04.75	2
29 Nex Nguyen	10 Fridley	22-01.00	1
30 Addison Miner	10 Duluth Denfeld	21-09.75	1
31 Stephanie Onofre Calero	9 Totino-Grace	20-01.50	1
32 Gabriella Januschka	9 Totino-Grace	20-00.50	1
33 Haylee Donahue	10 Duluth Denfeld	14-03.00	1

Event 235 Boys Shot Put

Section: S 56-10 6/1/2022 Jackson Weston, Grand Rapids
 50-02.00 QUAL State Qualifier

Name	Year School	Finals	H#
1 Aiden Shepherd	12 Hibbing	52-04.00 QUAL	3
2 Mason Sundquist	12 Cloquet	50-05.00 QUAL	3
3 Vincent Marchetti	12 Hibbing	49-02.50	3
4 Zak McPhee	12 Proctor	46-03.25	3
5 Tairell Manns	10 Duluth Denfeld	44-08.50	3
6 Ethan Boe	10 Rock Ridge	44-08.00	3
7 Logan Carlson	11 Chisago Lakes	43-02.50	3
8 Hudson Hillman	12 Grand Rapids	41-01.00	2
9 Jayden Roske	12 North Branch	40-10.50	2
10 Jacob Dunaiski	12 Cloquet	39-11.25	2
11 William Pearson	9 Chisago Lakes	39-07.50	2
12 Rajon Gamble	11 Duluth Denfeld	39-03.50	2
13 Benjamin Harker	12 Grand Rapids	39-03.50	3
14 Alexander Henderson	12 Hibbing	39-00.75	3
15 Gabe Erickson	12 Cloquet	38-03.75	2
16 Marcello Cardoni	11 Chisago Lakes	37-11.75	3
17 Ian Luecken	12 Rock Ridge	37-11.25	3
18 Henry Sherwood	10 Hermantown	37-05.25	1
19 Owen Swedberg	12 Totino-Grace	36-11.50	2
20 Brandon Brula	9 Grand Rapids	36-10.75	2
21 Everett Thomsen	12 North Branch	36-09.75	2
22 Ezra Diederich	12 Fridley	36-08.50	2
23 Everett Schutta	11 Totino-Grace	35-07.75	2
24 Klynt Muafong	12 Totino-Grace	35-03.25	1
25 Christopher Bridges	10 Duluth Denfeld	35-00.50	1
26 Marcquist Holiday	10 Fridley	34-07.50	1
27 Will Warren	12 Rock Ridge	34-06.25	1
28 Wyatt Picconatto	12 Hermantown	33-07.75	1
29 Samuel Ayers	10 Fridley	30-09.00	1
30 Isaac Monreal	12 Proctor	29-03.25	1
31 Austin Reynolds	11 North Branch	27-00.75	1
32 Neo Carlson	9 Hermantown	26-08.25	1
33 Tony Francisco	12 Proctor	25-04.25	1

Women - Team Rankings - 18 Events Scored

1) Chisago Lakes	158.50	2) North Branch	133.50
3) Proctor	84.50	4) Cloquet	81

MSHSL Section 7AA Championships

Timing by Hero's Timing

5/29/2024 to 6/1/2024

Results

....Event 235 Boys Shot Put

5) Hibbing	71	6) Rock Ridge	40
7) Grand Rapids	35	8) Duluth Denfeld	34
9) Totino-Grace	33.50	10) Hermantown	27
11) Fridley	4		

=====
 Men - Team Rankings - 18 Events Scored
 =====

1) Chisago Lakes	94	2) Totino-Grace	86
3) Fridley	84	4) Proctor	77.50
5) Rock Ridge	74	6) Cloquet	73.50
7) Hibbing	64	8) Grand Rapids	51
9) Duluth Denfeld	40	10) North Branch	37
11) Hermantown	21		