

2011 GIRLS RETURNING STATE COMPETITORS

The following is a list of girls who competed in the state meet last year. The grade preceding their name is their grade this year. After their name, in parenthesis, is their place and mark in that event in the state meet last year. Those people who are underlined are athletes from Region VI.

SPRINTS

100 Meter Dash

- (12) Rikki Schmidt - Napoleon
- (12) Taylor Morten - Larimore
- (12) Kelsey Barth - Dickinson Trinity
- (12) Karlene Lorenz - Lisbon
- (12) Rachel Hoffert - Rugby
- (11) Julie Dinius - Langdon/Munich (1st - 12.99)
- (11) Kelsie Silvernagel - Strasburg (8th - 13.50)
- (11) Andrea Jirges - Dickinson Trinity
- (11) Paige Slemmons - Central Cass
- (11) Erika Olson - Bowman County
- (11) Brittany Berndt - Velva/Drake-Anamoose
- (10) Josey Page - Carrington (3rd - 13.25)
- (10) Marah Friez - Mott-Regent (5th - 13.27)
- (10) Natalie Jones - Lisbon
- (10) Madeleine Zacher - Parshall

200 Meter Dash

- (12) Rikki Schmidt - Napoleon (1st - 26.81)
- (12) Crystal Hovland - Rugby
- (12) Rachel Hoffert - Rugby
- (12) Breanna Oakland - Hazen
- (11) Erika Olson - Bowman County
- (11) Kelsie Silvernagel - Strasburg (7th - 27.89)
- (11) Whitney Page - Bottineau
- (11) Julie Dinius - Langdon/Munich (4th - 27.43)
- (11) Andrea Jirges - Dickinson Trinity (3rd - 27.37)
- (11) Kaitlin Ost - Edgeley/Kulm
- (11) Shaunessy Dauwalder - Stanley/Powers Lake
- (11) Paige Slemmons - Central Cass
- (10) Josey Page - Carrington (5th - 27.62)
- (10) Marah Friez - Mott-Regent (2nd - 27.30)
- (8) Hailee Depute - Mohall-Lansford-Sherwood

400 Meter Dash

- (12) Rikki Schmidt - Napoleon (1st - 57.68)
- (12) Chelsy Klein - Bishop Ryan (7th - 1:01.42)
- (12) Crystal Hovland - Rugby
- (12) Brandi Mantz - Hazen
- (11) Shaunessy Dauwalder - Stanley/Powers Lake (5th - 1:01.01)
- (11) Julie Dinius - Langdon/Munich (6th - 1:01.28)
- (11) Erika Olson - Bowman County (8th - 1:01.81)
- (11) Ashley Brodehl - Surrey
- (11) Brenna Carpenter - North Border
- (11) Kade Ross - Watford City
- (11) Jane'a Gregory - South Border
- (10) Sierra Martinez - Kindred (3rd - 1:00.61)
- (10) Kellie Schmit - Kindred
- (10) Nicole Warren - Oakes
- (9) Alexis Woods - Parshall (2nd - 58.93)
- (9) Courtney Heupel - Central Prairie (4th - 1:00.94)
- (9) Tschida Johnson - Grant County

MIDDLE DISTANCE - DISTANCE

800 Meter Run

- (12) Sarah Grimm - Hazen
- (12) Morgan Beattie - North Border
- (12) Brittany Nitschke - Edgeley/Kulm
- (12) Meg Martin - Ellendale
- (11) Tasha Heisler - Velva/Drake-Anamoose
- (11) Sydney Kraft - Rugby (6th - 2:25.82)**
- (10) Brooke Shimek - Thompson (1st - 2:20.34)
- (10) Katelynn Engh - Benson County (7th - 2:26.07)
- (10) Alicia Aune - Hazen
- (9) Alexis Woods - Parshall
- (9) Alyssa Anderson - Benson County (5th - 2:25.04)
- (9) Averi Olson - Thompson
- (9) Katelyn Grinsteinner - Dickinson Trinity
- (8) Hannah Schlecht - North Sargent/Sargent Central

1600 Meter Run

- (12) Sarah Grimm - Hazen (6th - 5:24.12)
- (12) Kara Kuntz - Velva/Drake-Anamoose (2nd - 5:17.24)
- (12) Taylor Palmer - Finley-Sharon/Hope-Page
- (12) Meg Martin - Ellendale
- (11) Tasha Heisler - Velva/Drake-Anamoose
- (11) Sydney Kraft - Rugby (4th - 5:21.75)**
- (11) Dailey Garber - Bishop Ryan
- (11) Taylor Hartje - North Border
- (10) Sarah Schwanke - Benson County (6th - 5:23.24)
- (10) Brooke Shimek - Thompson (8th - 5:28.01)
- (10) Alicia Aune - Hazen
- (10) Mikayla Forness - Fargo Oak Grove
- (10) Andrea Johnson - North Sargent/Sargent Central
- (9) Alyssa Anderson - Benson County (1st - 5:10.37)
- (9) Morgan Kuntz - Dickinson Trinity
- (9) Chandra Yankton - Rugby**
- (9) Averi Olson - Thompson
- (9) Kelli Pavlicek - Dickinson Trinity

3200 Meter Run

- (12) Sarah Grimm - Hazen (6th - 12:04.46)
- (12) Kara Kuntz - Velva/Drake-Anamoose (2nd - 11:37.85)
- (12) Taylor Palmer - Finley-Sharon/Hope-Page (8th - 12:06.89)
- (12) Samantha Lawson - Grant County
- (11) Tasha Heisler - Velva/Drake-Anamoose
- (11) Sydney Kraft - Rugby (4th - 11:49.43)**
- (11) Chloe Tweten - Grafton
- (10) Brooke Shimek - Thompson (7th - 12:05.97)
- (10) Sara Schwanke - Benson County
- (10) Brittany Liljenquist - Griggs County Central
- (10) Desiree Wells - Parshall
- (10) Mikayla Forness - Fargo Oak Grove
- (9) Alyssa Anderson - Benson County (1st - 11:16.73)
- (9) Morgan Kuntz - Dickinson Trinity
- (9) Chandra Yankton - Rugby (5th - 12:02.69)**
- (9) Averi Olson - Thompson
- (9) Kelli Pavlicek - Dickinson Trinity
- (9) Cassidy Peterson - Velva/Drake-Anamoose
- (8) Chazlynn Sondrol - Central McLean

HURDLES

100 Meter Hurdles

- (12) Breaunna Oakland - Hazen (4th - 16.90)
- (12) Crystal Hovland - Rugby (7th - 17.38)**
- (12) Stephanie Quintus - Killdeer (2nd - 16.77)
- (12) Jenni Wettstein - Milnor/Wyndmere/Lidgerwood
- (12) Marit Quale - Watford City
- (12) Tess Kilwien - Hettinger/Scranton
- (12) Logyn Bloms - Lewis & Clark
- (11) McKenzie Hart - Langdon/Munich
- (11) DeeAnna Ziegler - Hazen (5th - 16.98)
- (11) Brianna Allex - Watford City
- (11) SaraLi Petersen - Barnes County North
- (11) Kylie Engebretson - Velva/Drake-Anamoose**
- (10) Sarah Lorenz - Mayville-Portland-Clifford-Galesburg (8th - 17.41)
- (10) Aubrey Hovland - Rugby**
- (9) Mariah Jangula - Napoleon

300 Meter Hurdles

- (12) Crystal Hovland - Rugby (1st - 45.83)**
- (12) Breaunna Oakland - Hazen (3rd - 46.64)
- (12) Samantha Schell - Washburn/Wilton
- (12) Marti Quale - Watford City (8th - 48.39)
- (12) Stephanie Quintus - Killdeer
- (12) Tess Kilwien - Hettinger/Scranton
- (12) Logyn Bloms - Lewis & Clark
- (12) Jenni Wettstein - Milnor/Wyndmere/Lidgerwood
- (11) McKenzie Hart - Langdon/Munich
- (10) Sarah Lorenz - Maryville-Portland-Clifford-Galesburg (7th - 48.34)
- (10) Brenna Schmidt - Napoleon
- (10) Natalie Jones - Lisbon (5th - 47.61)
- (9) Kara Fike - New Rockford-Sheyenne/Wells County (6th - 47.89)
- (9) Rachel Dryburgh - Grafton

JUMPS

High Jump

- (12) Taylor Brown - Cavalier (2nd - 5'3")
- (12) Shenille Laber - Napoleon
- (12) Kayla Haugen - North Star/Starkweather
- (11) Kayle Schiele - Surrey**
- (11) Megan Klein - Killdeer
- (11) Sierra Eriksson - Mayville-Portland-Clifford-Galesburg
- (11) Alice Trottier - Trenton/Trinity Christian
- (10) Aubrey Hovland - Rugby (3rd - 5'3")**
- (10) Darian Hedland - Hatton/Northwood
- (10) Meghan Jorgenson - Benson County
- (9) Abby Braaten - Milnor/Wyndmere/Lidgerwood
- (8) Alycia McGlothlin - Trenton/Trinity Christian

Long Jump

- (12) Josie Bopp - Oakes (8th - 16'0")
- (12) Alisha Braaten - Glenburn/Westhope/Newburg
- (12) Tashina Walker - Harvey/Goodrich
- (12) Brittney Dietz - Beach
- (11) Andrea Jirges - Dickinson Trinity
- (11) Brittany Berndt - Velva/Drake-Anamoose (4th - 16'9½")
- (11) McKenzie Hart - Langdon/Munich
- (11) Britta Skjefte - Oakes
- (11) Kaitlin Ost - Edgeley/Kulm
- (11) Alice Trottier - Trenton/Trinity Christian
- (10) McKayla Haugeberg - Watford City (7th - 16'4¼")
- (10) Darian Hedland - Hatton/Northwood
- (10) Haley Hughes - New Salem

Triple Jump

- (12) Taylor Morten - Larimore (5th - 35'1½")
- (12) Shenille Laber - Napoleon (6th - 34'10¼")
- (12) Alisha Braaten - Glenburn/Westhope/Newburg
- (12) Josie Bopp - Oakes (7th - 34'8½")
- (11) Andrea Jirges - Dickinson Trinity
- (11) Brittany Berndt - Velva/Drake-Anamoose (3rd - 35'8½")
- (11) Rachelle Clayton - Washburn/Wilton
- (11) Brianna Alex - Watford City
- (10) McKayla Haugeberg - Watford City
- (9) Cassie Holt - Hettinger/Scranton
- (9) Page Anderson - Carrington

Pole Vault

- (12) Debbi Thompson - Finley-Sharon/Hope-Page (9'0")
- (12) Naomi Rudolph - Beulah (5th - 9'0")
- (12) Bryanna Rostock - Lisbon
- (11) Whitney Page - Bottineau (1st - 9'9")
- (11) Julie Dinius - Langdon/Munich (8th - 8'6")
- (11) Thea Erickson - Larimore (4th - 9'0")
- (11) DeeAnna Ziegler - Hazen
- (11) Niki Snyder - Hazen
- (10) McKayla Haugeberg - Watford City
- (10) Abbey Bratten - Langdon/Munich
- (9) Fallon Fladeland - Watford City
- (9) Jordyn Dixon - Fargo Oak Grove

THROWS

Shot Put

- (12) Katie Hanson - Griggs County Central (8th - 36'7½")
- (12) Ryan Whitebull - Standing Rock/Selfridge (7th - 36'9")
- (12) Emily Doe - Killdeer
- (12) Sam Maxwell - New Rockford-Sheyenne/Wells County
- (12) Molly Koenig - Rugby**
- (12) Amber Montag - Finley-Sharon/Hope-Page
- (11) Olivia Johnson - Richland (2nd - 40'4½")
- (11) Shaleen Helmer - Griggs County Central (3rd - 39'4")
- (11) Ashley Mogard - Surrey (5th - 37'7½")**
- (11) Courtney Dixon - Central Cass
- (11) Jessica Meland - Harvey/Goodrich
- (11) Kasey Link - Beulah
- (11) Cori Moberg - Washburn/Wilton
- (11) McKayla Nielsen - Parshall
- (11) Kirsten Berntson - Edgeley/Kulm
- (11) Carolyn Wolf - New Town
- (10) Natalie Stivers - Glenburn/Westhope/Newburg**
- (9) Kelsey Laufenberg - Maple Valley/Enderlin (4th - 38'8½")

Discus

- (12) Jackie Miller - Mohall-Lansford-Sherwood**
- (12) Chantel Urban - Surrey (4th - 110'5")**
- (12) Ryan Whitebull - Standing Rock/Selfridge
- (12) Emily Doe - Killdeer
- (12) Stephanie Sauter - Washburn/Wilton (7th - 104'9")
- (12) Amber Montag - Finley-Sharon/Hope-Page
- (11) Micheala Halverson - Milnor/Wyndmere/Lidgerwood
- (11) Olivia Johnson - Richland (8th - 103'0")
- (11) Tana Westphal - Hankinson
- (11) Shaleen Helmer - Griggs County Central (2nd - 117'11")
- (11) Sierra Rosenau - Carrington (5th - 106'2")
- (11) Taylor Boster - Killdeer
- (11) McKayla Nielsen - Parshall
- (10) Breana Barton - Carrington
- (9) Jaidyn Faine - Williams County

Javelin

- (12) Sydney Larson - Park River/Fordville-Lankin/Adams-Edmore/Edinburg (4th - 119'8")
- (12) Emily Doe - Killdeer
- (12) Shannon Overby - Langdon/Munich
- (12) Kaya Engen - Velva/Drake-Anamoose (6th - 111'7")**
- (12) Brittnee Linn - Park River/Fordville-Lankin/Adams-Edmore/Edinburg
- (12) Mariah Jacobs - Divide County
- (11) Sierra Rosenau - Carrington (2nd - 123'5")
- (11) Samantha Rangeloff - Kidder County
- (11) Cori Moberg - Washburn/Wilton
- (10) Sam Reinke - Lisbon (5th - 112'10")
- (10) McKayla Haugeberg - Watford City (8th - 108'1")
- (10) Alyson Schieno - Dickinson Trinity
- (9) Kayla Hochhalter - Carrington (3rd - 120'1")