

**Minnesota State True Team**  
**Section 3 AA - Track & Field Championships**  
**East Ridge HS, Minnesota - 5/11/2010**  
**Results**

**Event 1 Girls 4x800 Meter Relay Girls**

Team	Relay	Finals
<b>Finals</b>		
1	Mankato West	9:55.18
2	Visitation	10:05.72
3	North Branch	10:08.02
4	Waconia	10:13.44
5	Kasson-Mantorville	10:19.78
6	Annandale	10:35.98
7	Detroit Lakes Hi	10:39.24
8	Zimmerman	10:58.21

**Event 3 Girls 100 Meter Hurdles Girls**

Name	Yr	School	Finals
<b>Finals</b>			
1		Waconia	16.01
2		Mankato West	16.50
3		North Branch	16.94
4		North Branch	17.03
5	SR	Zimmerman	17.10
6		Detroit Lakes Hi	17.15
7		Kasson-Manto	17.76
8		Waconia	17.83
9		Visitation	17.92
10		Mankato West	18.01
11	SO	Zimmerman	18.23
12		Kasson-Manto	18.34
13	SR	Annandale	18.74
14	JR	Annandale	19.25
15		Visitation	19.40

**Event 5 Girls 100 Meter Dash Girls**

Name	Yr	School	Finals
<b>Finals</b>			
1	SR	Annandale	13.00
2	9	Waconia	13.17
3		Detroit Lakes Hi	13.19
4		Detroit Lakes Hi	13.20
5	SR	Zimmerman	13.36
6		Visitation	13.38
7	9	Waconia	13.40
8		Visitation	13.43
9		Mankato West	13.47
10	9	North Branch	13.74
11	SO	Annandale	13.87
12	JR	Zimmerman	13.91
13		Mankato West	14.01
14	12	North Branch	14.10
15	9	Kasson-Manto	14.53
16	9	Kasson-Manto	14.65

**Event 7 Girls 4x200 Meter Relay Girls**

Team	Relay	Finals
<b>Finals</b>		
1	Detroit Lakes Hi	1:50.08
2	Visitation	1:50.74
3	Waconia	1:51.03
4	Kasson-Mantorville	1:51.33
5	North Branch	1:52.52
6	Mankato West	1:53.60
7	Annandale	1:56.11
8	Zimmerman	1:57.84

**Event 9 Girls 1600 Meter Run Girls**

Name	Yr	School	Finals
<b>Finals</b>			
1		Waconia	5:15.51
2		Visitation	5:23.63
3		Kasson-Manto	5:23.85
4		Detroit Lakes Hi	5:32.74
5		Annandale	5:33.23
6		North Branch	5:33.80
7	SO	Annandale	5:37.55
8	9	Waconia	5:40.60
9		Mankato West	5:42.20
10		Zimmerman	5:46.14
11	8	North Branch	5:46.32
12		Detroit Lakes Hi	5:49.02
13		Visitation	5:50.15
14	8	Kasson-Manto	5:52.17
15		Mankato West	6:00.49
16	de	Zimmerman	6:09.25

**Event 11 Girls 4x100 Meter Relay Girls**

Team	Relay	Finals
<b>Finals</b>		
1	Waconia	51.61
2	Detroit Lakes Hi	51.65
3	Zimmerman	52.58
4	Kasson-Mantorville	53.44
5	Mankato West	53.85
6	Visitation	53.95
7	North Branch	54.07
8	Annandale	56.53

**Event 13 Girls 400 Meter Dash Girls**

Name	Yr	School	Finals
<b>Finals</b>			
1		Visitation	60.92
2	7	North Branch	62.21
3		Mankato West	62.24
4	10	North Branch	62.29
5		Visitation	63.09
6	8	Waconia	63.19
7	9	Waconia	63.30

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**Results****Finals ... (Event 13 Girls 400 Meter Dash Girls)**

Name	Yr	School	Finals
8 Manitz, Abby	9	Kasson-Manto	63.31
9 013_-Dtlk, F1		Detroit Lakes Hi	64.72
10 MW, 2		Mankato West	65.24
11 Just, Sami	SO	Annandale	65.60
12 Whitesell, Emeral		Annandale	65.98
13 013_-Dtlk, F2		Detroit Lakes Hi	66.84
14 Coryell, Jessi	SR	Zimmerman	68.29
15 Lesnar, Teri	JR	Zimmerman	68.54

**Event 15 Girls 300 Meter Hurdles Girls**

Name	Yr	School	Finals
1 015_-Dtlk, F2		Detroit Lakes Hi	47.95
2 Pederson, Rebecca	11	Waconia	49.59
3 Rakow, Laura	10	Waconia	49.72
4 Ortberg, Cassandra	FR	Zimmerman	49.83
5 Ehlke, Autumn	10	Kasson-Manto	49.91
6 Linkert, Sherahlynn	9	North Branch	49.97
7 MW, 1		Mankato West	50.92
8 015_-Dtlk, F1		Detroit Lakes Hi	51.77
9 Yousey, Onalee	12	North Branch	52.29
10 Visitation, Girl2		Visitation	52.88
11 Bright, Bailey	FR	Zimmerman	53.60
12 Visitation, Girl1		Visitation	53.64
13 Sam, Meixell	8	Kasson-Manto	53.75
14 Lashinski, Emma	SR	Annandale	54.83
15 Weeres, Heidi	JR	Annandale	55.80
16 MW, 2		Mankato West	56.00

**Event 17 Girls 800 Meter Run Girls**

Name	Yr	School	Finals
1 MW, 1		Mankato West	2:22.48
2 Ramer, Laurel	9	Kasson-Manto	2:22.63
3 Visitation, Girl1		Visitation	2:28.41
4 Pioske, Anna	9	Waconia	2:29.02
5 Erickson, Amy	12	Waconia	2:29.79
6 Grambart, Shanna		Annandale	2:33.89
7 Provo, Kayla	SO	Annandale	2:34.45
8 MW, 2		Mankato West	2:35.60
9 Kolke, Sadie	11	North Branch	2:35.80
10 Bright, Alyssa	FR	Zimmerman	2:35.95
11 017_-Dtlk, F2		Detroit Lakes Hi	2:36.55
12 Bratrud, Ashley	11	Kasson-Manto	2:38.30
13 Visitation, Girl2		Visitation	2:39.69
14 Olson, Heidi	SR	Zimmerman	2:44.77
15 Charley, Miranda	12	North Branch	5:31.14
16 017_-Dtlk, F1		Detroit Lakes Hi	5:33.73

**Event 19 Girls 200 Meter Dash Girls**

Name	Yr	School	Finals
1 Schultz, Miranda	8	Waconia	27.13

2 Barrett, Brianna	SR	Annandale	27.56
3 019_-Dtlk, F1		Detroit Lakes Hi	27.69
4 019_-Dtlk, F2		Detroit Lakes Hi	27.77
5 Frompong-Longdon, Steph	10	Waconia	27.79
6 Durst, Erin	10	Kasson-Manto	27.92
7 Femrite, Melissa	SR	Zimmerman	27.95
8 Visitation, Girl2		Visitation	28.21
9 MW, 1		Mankato West	28.34
10 Aeikens, Brooke	SO	Annandale	28.53
11 Herdina, Bradi	12	North Branch	28.57
12 Anderson, Teagan	11	North Branch	28.59
13 Weber, Chelsea	10	Kasson-Manto	28.67
14 Visitation, Girl1		Visitation	28.70
15 Fordahl, Hannah	JR	Zimmerman	28.72
16 MW, 2		Mankato West	29.05

**Event 21 Girls 3200 Meter Run Girls**

Name	Yr	School	Finals
1 Willems, Alexis	8	Waconia	11:36.10
2 Visitation, Girl1		Visitation	11:42.96
3 Mikkalson, Taylor	10	Kasson-Manto	11:57.25
4 Mikkalson, Hannah	10	Kasson-Manto	12:03.30
5 Alama, Courtney		Annandale	12:05.20
6 Schlegel, Chelsea	de	Zimmerman	12:11.09
7 Alama, Taylor	SO	Annandale	12:18.72
8 Hasleiet, Haley	12	North Branch	12:19.51
9 Zimmerman, Megan	10	North Branch	12:22.05
10 Visitation, Girl2		Visitation	12:22.28
11 MW, 1		Mankato West	12:33.85
12 021_-Dtlk, F1		Detroit Lakes Hi	12:34.84
13 021_-Dtlk, F2		Detroit Lakes Hi	13:00.24
14 MW, 2		Mankato West	13:11.82
15 Kirsch, Danielle	10	Waconia	13:24.17
16 Hoheisel, Rachel	de	Zimmerman	14:25.88

**Event 23 Girls 4x400 Meter Relay Girls**

Team	Relay	Finals
1 Mankato West		4:10.49
2 Waconia		4:12.98
3 Kasson-Mantorville		4:16.97
4 Visitation		4:19.10
5 Detroit Lakes Hi		4:21.16
6 North Branch		4:21.55
7 Annandale		4:22.27
8 Zimmerman		4:34.67

**Event 25 Girls Long Jump Girls**

Name	Yr	School	Finals
1 Femrite, Melissa	SR	Zimmerman	17-05.00
2 031_-Dtlk, F1		Detroit Lakes Hi	16-06.50
3 Deadrick, Lauren	10	Waconia	16-02.00
4 Barrett, Brianna	SR	Annandale	15-10.00

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**Results**

**Finals ... (Event 25 Girls Long Jump Girls)**

Name	Yr	School	Finals
5 031_-Dtlk, F2		Detroit Lakes Hi	15-06.00
6 Aeikens, Brooke	SO	Annandale	15-05.50
7 MW, 1		Mankato West	14-10.50
8 Jenkins, Keslie	SO	Zimmerman	14-09.50
9 Visitation, Girl1		Visitation	14-08.25
10 Ramer, Laurel	9	Kasson-Manto	14-07.75
11 MW, 2		Mankato West	14-06.50
12 DeMario, Fiona	9	Waconia	14-03.25
13 Fitcha, Rachel	11	North Branch	14-00.50
14 Ehlke, Autumn	10	Kasson-Manto	13-03.25
15 Hinschberger, Carly	11	North Branch	12-07.00
16 Visitation, Girl2		Visitation	12-05.50

**Event 27 Girls Triple Jump Girls**

Name	Yr	School	Finals
<b>Finals</b>			
1 Coryell, Jessi	SR	Zimmerman	34-00.00
2 MW, 2		Mankato West	32-09.25
3 Deadrick, Lauren	10	Waconia	32-08.75
4 Christensen, Leah	12	Waconia	32-03.00
5 MW, 1		Mankato West	31-08.00
6 Ertl, Bayley	9	North Branch	31-07.00
7 Ramberg, Becky	10	North Branch	31-03.50
8 029_-Dtlk, F2		Detroit Lakes Hi	31-03.00
9 029_-Dtlk, F1		Detroit Lakes Hi	30-04.50
10 Weeres, Heidi	JR	Annandale	30-01.25
11 Mikkalson, Taylor	10	Kasson-Manto	30-00.00
12 Visitation, Girl2		Visitation	29-11.00
13 Huss, Anna	FR	Zimmerman	29-08.50
14 Lashinski, Emma	SR	Annandale	29-06.50
15 Erichsen, Kaeley	12	Kasson-Manto	28-05.00
16 Visitation, Girl1		Visitation	27-08.00

**Event 29 Girls High Jump Girls**

Name	Yr	School	Finals
<b>Finals</b>			
1 Coryell, Jessi	SR	Zimmerman	5-00.00
1 Barrett, Brianna	SR	Annandale	5-00.00
1 033_-Dtlk, F2		Detroit Lakes Hi	5-00.00
4 Weeres, Heidi	JR	Annandale	4-10.00
4 033_-Dtlk, F1		Detroit Lakes Hi	4-10.00
6 Peters, Kelsey	12	Waconia	4-08.00
6 Jenkins, Keslie	SO	Zimmerman	4-08.00
6 Erickson, Amy	12	Waconia	4-08.00
6 Lippert, Nicolette	11	Kasson-Manto	4-08.00
10 Erichsen, Kaeley	12	Kasson-Manto	4-06.00
10 Visitation, Girl1		Visitation	4-06.00
10 Richard, Karisa	12	North Branch	4-06.00
10 Amundson, Gina	9	North Branch	4-06.00
14 MW, 1		Mankato West	4-04.00
15 Visitation, Girl2		Visitation	4-02.00
15 MW, 2		Mankato West	4-02.00

**Event 31 Girls Pole Vault Girls**

Name	Yr	School	Finals
<b>Finals</b>			
1 035_-Dtlk, F1		Detroit Lakes Hi	9-06.00
1 Salo, Kassandra	10	North Branch	9-06.00
3 Koebele, Kelly	10	Kasson-Manto	8-00.00
3 MW, 2		Mankato West	8-00.00
3 MW, 1		Mankato West	8-00.00
6 035_-Dtlk, F2		Detroit Lakes Hi	7-06.00
7 Mendel, Kelly	FR	Annandale	7-00.00
8 Visitation, Girl1		Visitation	6-06.00
8 Scrimgeour, Addy	12	Waconia	6-06.00
8 Haler, Jennifer	9	Waconia	6-06.00
11 Elise, Peterson	9	Kasson-Manto	6-00.00
11 Grambart, Shanna		Annandale	6-00.00

**Event 33 Girls Shot Put Girls**

Name	Yr	School	Finals
<b>Finals</b>			
1 Gruys, Katie	SO	Annandale	34-02.00
2 Fordahl, Hannah	JR	Zimmerman	33-08.00
3 025_-Dtlk, F1		Detroit Lakes Hi	33-04.00
4 Durst, Erin	10	Kasson-Manto	32-09.00
5 MW, 1		Mankato West	32-07.00
6 Widmark, Kara	SO	Annandale	32-04.00
7 025_-Dtlk, F2		Detroit Lakes Hi	31-03.00
8 Smith, Dakota	12	Waconia	30-06.50
9 MW, 2		Mankato West	30-01.50
10 Kratzke, Abby	SO	Zimmerman	28-11.50
11 Christensen, Leah	12	Waconia	28-03.00
12 Helbig, Katherine	11	North Branch	27-09.50
13 Charley, Miranda	12	North Branch	26-02.00
14 Visitation, Girl1		Visitation	25-04.00
15 Visitation, Girl2		Visitation	24-07.50
16 bartlett, Lexi	12	Kasson-Manto	22-05.00

**Event 35 Girls Discus Throw Girls**

Name	Yr	School	Finals
<b>Finals</b>			
1 Durst, Erin	10	Kasson-Manto	115-01
2 Gruys, Katie	SO	Annandale	95-03
3 MW, 1		Mankato West	95-01
4 Helbig, Katherine	11	North Branch	92-07
5 Radde, Meghan	11	Waconia	91-02.50
6 Schoepke, Cassandra	SR	Zimmerman	86-01
7 Danford, Caitlin	SR	Annandale	85-09
8 027_-Dtlk, F2		Detroit Lakes Hi	84-05
9 Emery-Snaza, Crystal	9	North Branch	81-07
10 Coryell, Jessi	SR	Zimmerman	80-07
11 027_-Dtlk, F1		Detroit Lakes Hi	79-05
12 Hughes, Elizabeth	9	Waconia	76-04
13 MW, 2		Mankato West	75-10
14 Visitation, Girl2		Visitation	73-08
15 Ostroot, Angela	8	Kasson-Manto	63-09

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**Results**

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**Finals ... (Event 35 Girls Discus Throw Girls)**

<b>Name</b>	<b>Yr School</b>	<b>Finals</b>
16 Visitation, Girl1	Visitation	59-04

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**Women - Girls - Team Rankings - 17 Events Scored**

1) Waconia	387
2) Detroit Lakes High School	336
3) Mankato West	290.5
4) Annandale	288
5) North Branch	267.5
6) Kasson-Mantorville	265.5
7) Visitation	246
8) Zimmerman	240.5