

## Womens Results

### 100 Meters Varsity - Finals

1.	12	Kiki Nyanok	13.68aSR	Heartland Lutheran
2.	10	Ashley Bauer	13.78aPR	Elm Creek
3.	11	Joslyn Reiff	14.10aSR	South Loup
4.	12	Halie Recoy	14.13aSR	South Loup
5.	12	Denise Hunt	14.18aPR	Elm Creek
6.	12	Emerson Swanson	14.34aSR	Arapahoe
7.	10	Ella Brown	14.46aSR	Bertrand
8.	10	Vanesa Aguayo	14.68aSR	Southern Valley (Oxford)
9.	9	Chloe Gooden	14.83aPR	Arapahoe
10.	11	Brooklyn Wiese	14.89aPR	Loomis
11.	12	Rylee Gutzwiller	14.93aSR	Elm Creek
12.	12	Khloe Elsten	15.03aPR	Medicine Valley
13.	9	Dinah Culp	15.05aPR	Wilcox-Hildreth
14.	10	Jorjanna High	15.10aPR	Loomis
15.	9	Harley Fesuluai	15.12aPR	Heartland Lutheran
16.	9	Caitlyn Adams	15.13aPR	Southwest Public
17.	10	Molly Elliott	15.37aSR	Arapahoe
18.	9	Aubree Birkel	15.64aPR	South Loup
19.	10	Miley Whitney	15.70a	Alma
20.	9	Tori Bose	16.40aPR	Southern Valley (Oxford)
21.	12	McKinizi Porteck	18.30aSR	Loomis

### 200 Meters Varsity - Finals

1.	12	Kiki Nyanok	28.07aPR	Heartland Lutheran
2.	10	Adi Hunt	28.08aPR	Southern Valley (Oxford)
3.	10	Ashley Bauer	29.03a	Elm Creek
4.	10	Anastasia Gallegos	29.30aPR	Southwest Public
5.	12	Halie Recoy	29.44aSR	South Loup
6.	12	Denise Hunt	29.56aPR	Elm Creek
7.	9	Erin Fitzgerald	29.65aPR	South Loup

8.	11	Joslyn Reiff	30.46aSR	South Loup
9.	11	Ann Bose	30.61aPR	Southern Valley (Oxford)
10.	11	Sabrina Jacobsen	30.76aSR	Arapahoe
11.	9	Kamree Elsten	31.08aPR	Medicine Valley
12.	12	Rylee Gutzwiller	31.20aSR	Elm Creek
13.	9	Dinah Culp	31.23aPR	Wilcox-Hildreth
14.	12	Milla Farr	31.63aPR	Medicine Valley
15.	9	Harley Fesuluai	31.95aPR	Heartland Lutheran
16.	9	Cheyenne Lieb	32.28a	Wilcox-Hildreth
17.	10	Molly Elliott	33.53a	Arapahoe
18.	9	Jordiya Phillips	35.05aPR	Medicine Valley
	10	Vanesa Aguayo	DNS	Southern Valley (Oxford)

### 400 Meters Varsity - Finals

1.	10	Adi Hunt	1:03.84aPR	Southern Valley (Oxford)
2.	9	Erin Fitzgerald	1:06.48aPR	South Loup
3.	9	Serenity Quintana	1:08.10aPR	Elm Creek
4.	10	Ivy Tullis	1:09.40aSR	South Loup
5.	11	Naomi Gutierrez	1:11.92a	Arapahoe
6.	9	Cheyenne Lieb	1:12.62aPR	Wilcox-Hildreth
7.	10	Ryann Erickson	1:13.36aPR	Elm Creek
8.	11	Peyton Sich	1:14.97aSR	Arapahoe
9.	12	Torrin Donaldson	1:16.45a	Loomis
10.	11	Ashley Carlton	1:16.54a	Elm Creek
11.	10	Miley Whitney	1:17.61aPR	Alma
12.	9	Jordiya Phillips	1:20.04aPR	Medicine Valley
	9	Zailey Moler	DNS	Hi-Line

### 800 Meters Varsity - Finals

1.	9	Serenity Quintana	2:38.04aPR	Elm Creek
2.	12	Addison Neal	2:39.55aSR	Alma
3.	9	Addison Perry	2:51.59a	Loomis
4.	10	Chayse Molzahn	3:02.37aSR	Alma
5.	12	Anna tenBensel	3:02.95aSR	Arapahoe

6.	10	Cadence Carpenter	3:06.05aSR	Arapahoe
7.	11	Laurel Stalder	3:08.00aPR	Southern Valley (Oxford)
8.	9	Ashlynn Edgren	3:08.51a	Bertrand
9.	11	Ashley Carlton	3:08.86a	Elm Creek
10.	10	Ryann Erickson	3:09.26aPR	Elm Creek
11.	10	Emma Brown	3:19.20aSR	Bertrand
12.	11	Alexis King	3:20.29aSR	Loomis

**1600 Meters Varsity - Finals**

1.	12	Tallianna Martin	5:50.31aSR	South Loup
2.	12	Addison Neal	5:59.23aSR	Alma
3.	10	Ivy Tullis	6:01.32aSR	South Loup
4.	10	Ella Cool	6:01.97aPR	South Loup
5.	9	Ema Koch	6:39.01aPR	Heartland Lutheran
6.	9	Ashlynn Edgren	6:40.41aPR	Bertrand
7.	12	Natalie Malcom	6:53.21aPR	Hi-Line
8.	11	Ayva Sullivan	7:01.14a	Elm Creek
9.	12	Anna tenBensel	7:09.95aSR	Arapahoe
10.	9	Kallie Linden	7:16.56aPR	Wilcox-Hildreth
11.	10	Cadence Carpenter	7:31.09aSR	Arapahoe
12.	9	Zailey Moler	8:05.83a	Hi-Line
	11	Addison Hansen	DNS	Bertrand

**3200 Meters Varsity - Finals**

1.	12	Tallianna Martin	13:01.36aPR	South Loup
2.	10	Ella Cool	13:28.84aSR	South Loup
3.	11	Ayva Sullivan	15:02.68a	Elm Creek
4.	11	Hannah Meyer	15:32.34aSR	Heartland Lutheran
5.	11	Addison Hansen	15:49.74aSR	Bertrand

**100m Hurdles - 33" Varsity - Finals**

1.	10	Anastasia Gallegos	17.20aSR	Southwest Public
2.	11	Charli Vickers	17.57aSR	South Loup
3.	10	Zeigh Booe	18.12aSR	Loomis
4.	10	Aislin Kidder	18.40a	Bertrand

5.	9	Kinsey Lauby	18.63aPR	Loomis
6.	10	Brecklyn Hammond	19.21aSR	Southern Valley (Oxford)
7.	11	Lexi Robinson	19.24aPR	Elm Creek
8.	10	Halle Knapp	19.54aPR	Elm Creek
9.	9	Chloe Gooden	20.50aPR	Arapahoe
10.	11	Brooklyn Wiese	20.82a	Loomis
11.	9	Natalie Trotter	21.58aPR	South Loup
12.	9	Alexandria Erickson	21.99aPR	Elm Creek

**300m Hurdles - 30" Varsity - Finals**

1.	10	Anastasia Gallegos	50.37aPR	Southwest Public
2.	11	Charli Vickers	51.20aPR	South Loup
3.	10	Halle Knapp	52.51aSR	Elm Creek
4.	10	Zeigh Booe	52.53a	Loomis
5.	12	Emerson Swanson	54.91aSR	Arapahoe
6.	11	Ann Bose	56.38aSR	Southern Valley (Oxford)
7.	10	Aislin Kidder	57.28aSR	Bertrand
8.	12	Natalie Malcom	58.11aSR	Hi-Line
9.	9	Emma Strand	58.67aPR	Arapahoe
10.	9	Kinsey Lauby	59.49aPR	Loomis
11.	9	Chloe Gooden	59.77aPR	Arapahoe
12.	9	Caitlyn Adams	1:00.94a	Southwest Public
13.	9	Natalie Trotter	1:05.37aPR	South Loup
14.	9	Ema Koch	1:08.75aPR	Heartland Lutheran

**4x100 Relay Varsity - Finals**

	9	Erin Fitzgerald		
1.	11	Joslyn Reiff	54.73a	South Loup - A
	11	Charli Vickers		
	12	Halie Recoy		
	12	Rylee Gutzwiller		
2.	11	Lexi Robinson	56.36a	Elm Creek - A
	9	Aspen Tool		

				12 Denise Hunt
				10 Rylee Bahe
3.				11 Naomi Gutierrez
	57.17a		Arapahoe - A	12 Emerson Swanson
				11 Sabrina Jacobsen
				9 Kamree Elsten
				12 Milla Farr
4.			Medicine Valley - A	12 Khloe Elsten
	59.28a			11 Sienna Houghtelling
				10 Brecklyn Hammond
5.			Southern Valley (Oxford)...	10 Vanesa Aguayo
	1:00.17a			9 Tori Bose
				11 Laurel Stalder
				<b>4x400 Relay Varsity - Finals</b>
				10 Ashley Bauer
1.			Elm Creek - A	10 Halle Knapp
	4:29.15a			12 Denise Hunt
				11 Lexi Robinson
				10 Rylee Bahe
2.			Arapahoe - A	11 Naomi Gutierrez
	4:50.05a			9 Emma Strand
				11 Sabrina Jacobsen
				<b>4x800 Relay Varsity - Finals</b>
				10 Ashley Bauer
1.			Elm Creek - A	9 Serenity Quintana
	11:46.17a			11 Ashley Carlton
				11 Ayva Sullivan
2.			Arapahoe - A	9 Emma Strand
	12:39.51a			10 Cadence Carpenter

				11 Peyton Sich
				12 Anna tenBensel
				<b>Shot Put - 4kg Varsity - Finals</b>
1.			Elm Creek	11 Jayda Schroeder
	35' 5SR			
2.			Elm Creek	12 Lani Meier
	34' 4PR			
3.			Bertrand	11 Elizabeth Kugler
	30' 1PR			
4.			Medicine Valley	12 Milla Farr
	28' 8			
5.			Arapahoe	9 Madison Deisley
	26' 11PR			
6.			Southern Valley (Oxford)	9 Tori Bose
	26' 9PR			
7.			Bertrand	10 Gracey Hinson
	25' 4			
8.			South Loup	10 Riata Remund
	24' 10SR			
9.			Medicine Valley	11 Sienna Houghtelling
	24' 5.5PR			
10.			Heartland Lutheran	11 Taylor Lemburg
	24' 4SR			
11.			Heartland Lutheran	10 Ayva Kaczor
	23' 11SR			
12.			Heartland Lutheran	10 Emary Rhoades
	23' 2SR			
13.			Loomis	10 Jasmine Ellsworth
	23' 0.25SR			
14.			Elm Creek	11 Hope Pickel
	22' 10			
15.			South Loup	11 Tahanna Nokes
	22' 3.5SR			
16.			Loomis	9 Leeandra Kaup
	21' 4PR			
17.			Southern Valley (Oxford)	10 Zuzana Pokorna
	20' 9PR			
			Loomis	9 Clydie Kegley
	SCR			
				<b>Discus - 1kg Varsity - Finals</b>
1.			Elm Creek	11 Jayda Schroeder
	106' 2			
2.			Elm Creek	12 Lani Meier
	94' 0			
3.			Bertrand	10 Gracey Hinson
	92' 1PR			
4.			South Loup	10 Riata Remund
	84' 7SR			
5.			Southern Valley (Oxford)	9 Tori Bose
	83' 8PR			
6.			Medicine Valley	12 Milla Farr
	81' 3			
7.			Heartland Lutheran	10 Emary Rhoades
	79' 4PR			
8.			Bertrand	11 Elizabeth Kugler
	73' 10PR			
9.			Heartland Lutheran	11 Taylor Lemburg
	69' 6SR			
10.			Bertrand	10 Emma Brown
	67' 8PR			

11.	11	Kaitlyn Storjohann	66' 2SR	Elm Creek
12.	11	Sienna Houghtelling	65' 4	Medicine Valley
13.	9	Madison Deisley	51' 0PR	Arapahoe
14.	10	Zuzana Pokorna	50' 11PR	Southern Valley (Oxford)
15.	10	Jasmine Ellsworth	50' 6	Loomis
16.	9	Leeandra Kaup	43' 4PR	Loomis
		10 Ayva Kaczor	SCR	Heartland Lutheran
		9 Clydie Kegley	SCR	Loomis

**High Jump Varsity - Finals**

1.	10	Zeigh Booe	5' 2SR	Loomis
2.	11	Ann Bose	5' 0SR	Southern Valley (Oxford)
3.	10	Chayse Molzahn	4' 8	Alma
4.	9	Caitlyn Adams	4' 6	Southwest Public
5.	10	Aislin Kidder	4' 4	Bertrand
6.	9	Serenity Quintana	4' 2	Elm Creek
7.	9	Ashlynn Edgren	4' 2	Bertrand

**Pole Vault Varsity - Finals**

1.	10	Aislin Kidder	8' 0PR	Bertrand
2.	10	Jorjanna High	8' 0	Loomis
3.	11	Peyton Sich	7' 6	Arapahoe
4.	9	Kinsey Lauby	7' 6PR	Loomis
5.	10	Adi Hunt	7' 6PR	Southern Valley (Oxford)
6.	10	Gracie Hock	7' 0SR	Bertrand
7.	10	Anastasia Gallegos	7' 0	Southwest Public
8.	9	Aspen Tool	6' 6	Elm Creek
9.	9	Caitlyn Adams	6' 0PR	Southwest Public
9.	10	Miley Whitney	6' 0	Alma
9.	9	Alexandria Erickson	6' 0PR	Elm Creek
		11 Addison Hansen	NH	Bertrand

**Long Jump Varsity - Finals**

1.	9	Aspen Tool	14' 8	Elm Creek
2.	11	Ann Bose	14' 7.75PR	Southern Valley (Oxford)

3.	10	Ella Brown	14' 5.25SR	Bertrand
4.	11	Lexi Robinson	13' 9SR	Elm Creek
5.	12	Torrin Donaldson	13' 8SR	Loomis
6.	10	Brecklyn Hammond	13' 7SR	Southern Valley (Oxford)
7.	12	Addie Larson	13' 6	Loomis
8.	11	Hanna Weaver	13' 3.25	Heartland Lutheran
9.	9	Dinah Culp	12' 11.75PR	Wilcox-Hildreth
10.	9	Kamree Elsten	12' 4PR	Medicine Valley
11.	10	Molly Elliott	12' 2.75SR	Arapahoe
12.	9	Emma Strand	12' 2.5	Arapahoe
13.	11	Laurel Stalder	11' 5.25PR	Southern Valley (Oxford)
14.	9	Jordiya Phillips	10' 0PR	Medicine Valley
15.	12	Kiki Nyanok	9' 6.75	Heartland Lutheran
16.	9	Brooke Adams	9' 1.75PR	Heartland Lutheran
		9 Aubree Birkel	SCR	South Loup
		9 Erin Fitzgerald	SCR	South Loup

**Triple Jump Varsity - Finals**

1.	9	Aspen Tool	33' 7.25	Elm Creek
2.	10	Halle Knapp	32' 9.5	Elm Creek
3.	10	Adi Hunt	32' 1PR	Southern Valley (Oxford)
4.	11	Naomi Gutierrez	31' 10	Arapahoe
5.	11	Hanna Weaver	30' 11	Heartland Lutheran
6.	11	Sabrina Jacobsen	30' 3SR	Arapahoe
7.	10	Rylee Bahe	30' 2.75SR	Arapahoe
8.	12	Addie Larson	29' 5.75SR	Loomis
9.	11	Ashley Carlton	28' 9.75PR	Elm Creek
10.	9	Addison Perry	28' 5.5PR	Loomis
11.	12	Khloe Elsten	28' 3.5	Medicine Valley
12.	10	Ella Brown	28' 3SR	Bertrand
13.	12	Torrin Donaldson	26' 7.5	Loomis
		9 Aubree Birkel	SCR	South Loup