

SPORTS

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TRACK AND FIELD



MARTIN SCHLEGEL/REPUBLICAN EAGLE

Noah Morgan placed ninth in the long jump with a distance of 19-11 at the sectional meet.

BATTLING BACK

Morgan returns from injury, inspires teammates

BY MARTIN SCHLEGEL
Sports Editor

Getting set up to conduct the first of two heats in the 4x100-meter relay, the track crew had a slight delay in the first heat before firing the starting gun. A member of a team that wasn't competing yet was lined up with the fourth set of runners.

It was Red Wing senior Noah Morgan.

"We were supposed to be Heat 2 for the 4x100, but I was lined up with Heat 1 on the track ready to go just because I wanted to feel the track just a little bit longer," he said.

Morgan has been through a lot this season, and he found a moment to absorb one last prerace feeling.

"Then I got kicked off," Morgan said with a chuckle.

This season has been anything but normal for Morgan. In an early-season meet in April, he was warming up for the long jump. During his warmup, he heard and felt something in his leg.

A pop in his hamstring. He attempted to stretch it out immediately off to the side, but that seemed to only make it worse.

"My leg got super, super big. Like balloon big because of all of the swelling," he said.

It was a severely torn hamstring.

Morgan missed the next five weeks of the season. Disappointing for sure as the senior had intentions of breaking the school record in the long jump.

To accomplish the feat, he started lifting during the winter.

"I did a lot of lifting (after soccer)," Morgan said. "It was the first time I actually committed myself to lifting during the four months of winter. The reason why I started lifting was so I could break the long jump record. I was super excited about it."

It seemed to help. Morgan felt stronger and better prepared for the track season. Upon reflection, he felt he

made one error that led to his injury.

"I think one thing I made the biggest mistake of is not stretching after I was lifting," Morgan said.

He made his triumphant return to the long jump for the first time since his injury at the Section 1AA meet on June 4. Morgan didn't think he'd place high, having only had a week of practice leading up to the meet. He also was set to run the 200 preliminary race on June 2, then anchor the 4x100 and 4x200 relays on June 4.

Morgan admitted he had to get over the fear of reinjuring himself. He wanted so badly to get another chance at the long jump, but in doing so had to overcome his fears.

"It was scary, that's for sure," Morgan said. "It was the first time doing long jump since getting injured. A lot of nerves going into it. It actually wasn't too bad. I definitely downplayed myself a lot."

He made the finals and

placed ninth in the long jump with a distance of 19-11. He ran 12th in the 200 prelims with a time of 24.78 seconds and anchored two relays, each to seventh place.

For reference, Morgan said he was jumping around 21-06 at best last year.

His first competition of any kind came in the 200 at the Big 9 Championships on May 26.

Head coach Tony Casci watched nervously as Morgan ran the first 100 meters of the race. Morgan said afterward he felt fine with how it went. He wasn't too hung up on the results, knowing he didn't have the necessary endurance to keep up. He also ran in the 4x200 relay. That's when the whole team took notice of what he had done.

"After I ran the 4x200, the whole team came running at me, 'Are you OK? Are you OK?'" he recalled.

Many of his teammates show Morgan a massive

See Morgan Page B3

TRACK AND FIELD

Lake City, Z-M qualify for state meet in numerous events

BY MARTIN SCHLEGEL
Sports Editor

Zumbrota-Mazeppa's long-distance runners crushed the competition at the Section 1A meet. The two-day meet took place at Triton High School on May 31 and June 2.

Highlights include Katrina and Natasha Sortland each qualifying for the state meet in an individual event. Katrina won the 800-meter race while Natasha won the 3,200 by 20 seconds. The two will compete at state in a few relays as Katrina was a part of the 4x200 and 4x400. Natasha ran anchor in the 4x400.

Emma Buck ran in both the 4x200 and 4x400 for the Cougars. Siddha Hunt ran in the 4x400 and Kaila Huneke was in the 4x200.

Z-M's RJ Sylak kept his terrific season in the sprint races going as he qualified for the state meet in the 100 and 200.

Lake City will be represented in seven events at the state meet. In her first season on the team, Natalie Bremer qualified for state in the 200 and the long jump. Kris Ryan made state in the triple jump and ran lead in the 4x400 relay. Jacey Majerus finished a couple seconds behind Katrina Sortland in the 800 in second place to qualify for state.

The Class A state meet will be held at St. Michael-Albertville High School. Preliminary races for Class A began Thursday at 4 p.m. The finals were held Friday beginning at the same time.

Lake City and Z-M finishers
Boys 100 prelims: 4, RJ Sylak, Z-M, 11.68.

100 finals: 2, Sylak, Z-M, 11.22.

200 prelims: 1, Sylak, Z-M, 22.92;

11, Jack Banks, LC, 25.23.

200 finals: 1, Sylak, Z-M, 22.56.

800: 12, Reese Anderson, LC, 2:20.58.

1600: 7, Tim Cooper, LC, 4:54.76; 9,

Eric Anderson, LC, 5:03.26.

3200: 10, Eric Anderson, LC, 10:48.19.

4x100 prelims: 10, Z-M (Brody

Befort, Drew Christopherson, Austin

Jentsch, Tanner Finstuen), 46.82.

4x200 prelims: 6, Z-M (Befort,

Christopherson, Jentsch, Sylak), 1:34.44.

See State Page B3

TRACK AND FIELD

Freier, Hanson, Thorson headed to state

BY MARTIN SCHLEGEL
Sports Editor

Quickly becoming one of the best long distance runners, Red Wing eighth grader Nora Hanson showed one more time in the two-day Section 1AA track and field meet just how good she can be.

Hanson had already qualified for the state meet on Thursday when she finished in second place in the 3,200-meter run with a time of 12 minutes, 7.62 seconds. On Saturday, she got ahead of the pack in the 1,600, continued to pull away from the group, but had Brynn Beardsley of Faribault right behind her.

Hanson remained ahead, having led the entire race, winning the race in 5:29.53.

"I heard people in the

crowd saying, 'They are right behind you.' In my head, they are not going to pass me. I'm going to win this," Hanson said of the 1,600. She set a new PR for the event. "Last year I ran cross country and then during quarantine, I had no one to push me during my events. This is way different than that. It's really fun to have someone behind. They really just push me a lot."

Hanson qualified for state in each of the long-distance events and felt good doing so. In running the 1,600, Hanson said she treated it the same as the 3,200, only with four less laps. She noted how motivating it feels to see the same people, the progress made and how much of the race is left. All of those factors seemed to help her run her

best, which may have contributed to Hanson's dominant performance in Red Wing's home cross-country meet. In that race setup, the spectators get to see runners five times from start to finish.

Cadence Thorson

Senior Cadence Thorson qualified for the state meet on Thursday. Competing in the long jump, Thorson won the event with a distance of 16 feet, 3.75 inches.

Overall, Thorson said she felt good in her jumps but knows she can do better. Being in a new section with track and field now having three classes, Thorson said in past years it might have taken a jump of at

See Track Page B3



MARTIN SCHLEGEL / O'ROURKE MEDIA

Nora Hanson of Red Wing runs the 1,600-meter race on Saturday in the Section 1AA meet at Lakeville South High School.

SPORTS CALENDAR

SATURDAY, JUNE 11

Track and Field

Class AA State Finals (St. Michael-Alberville), 9 a.m.

Town Ball

Hastings at Red Wing, 4 p.m.

Spooner at Ellsworth, 7:30 p.m.

SUNDAY, JUNE 12

Town Ball

Cannon Falls at Lake City, 2 p.m.

TUESDAY, JUNE 14

Boys Golf

State Meet (Ridges at Sand Creek), 7:30 a.m.

Girls Golf

State Meet (Ridges at Sand Creek), 12 p.m.

WEDNESDAY, JUNE 15

Boys Golf

State Meet (Ridges at Sand Creek), 7:30 p.m.

Girls Golf

State Meet (Ridges at Sand Creek), 12 p.m.

Town Ball

Red Wing at River Falls, 7:30 p.m.

Rochester Royals at Lake City, 7:30 p.m.

FRIDAY, JUNE 17

Town Ball

Red Wing at Montgomery, 6:45 p.m.

Hudson at Ellsworth, 7:30 p.m.

SATURDAY, JUNE 18

Town Ball

Red Wing at Miller Lite Tournament, TBD

Plum City at Ellsworth, 7:30 p.m.

SUNDAY, JUNE 19

Town Ball

Red Wing at Miller Lite Tournament, TBD

Northfield at Lake City, 2 p.m.

Dates, times and locations subject to change

BASEBALL

Wingers end season with loss to Northfield

BY MARTIN SCHLEGEL
Sports Editor

Down five runs in the seventh inning and facing elimination, Red Wing began to rally.

Reese Tripp led off the inning with a home run. The Wingers scored another run in the inning, but fell short. The second-seeded Wingers lost 5-2 to No. 5 Northfield on Saturday at Marcusen Park.

Northfield took a 1-0 lead in the third inning on a single to right field.

An error to begin the seventh and back-to-back singles gave the Raiders a 2-0 lead. The second Winger error of the inning and the game allowed two more runs to score, giving the Raiders a 4-0 advantage. A fifth

run scored on a passed ball one batter later.

Reid Hartmann drove in the second Winger on a one-out single in the seventh. He and Tripp were the only two with hits in the game as Northfield pitcher Joseph Malecha allowed just four Wingers to reach base safely.

Winger starter Aidan O'Brien worked into the seventh inning, allowing one earned run on seven hits with no walks and no strikeouts. Tripp got the final two outs of the game, allowing two unearned runs on a hit with a pair of strikeouts.

Red Wing ended the season 14-9 overall

Readers can reach Martin Schlegel at mschlegel@orourkemediagroup.com.

MSHSL

Minnesota sports board tackles issues

BY ALEC HAMILTON
Staff Writer

The Minnesota State High School League board of directors met Tuesday, June 7, where they made a series of important decisions regarding winter sports and adopted a Name, Image and Likeness (NIL) policy.

Name, Image and Likeness exploded onto the scene over the past year in collegiate athletics. With collegiate ath-

letes now able to enter the NIL marketplace without jeopardizing their eligibility, it could trickle down into prep athletics.

The MSHSL's policy provides direction to member schools to help "protect the amateur status of student-athletes." According to the guidance, "pay for play" (receiving compensation for simply participating) remains prohibited.

Student-athletes may participate in the NIL marketplace if they

abide by MSHSL regulations along with any school requirements and:

- The compensation is not contingent on specific athletic performance or achievement (e.g., financial incentives based on points scored).

- The compensation (or prospective compensation) is not provided as an inducement to attend a particular school ("recruiting") or to remain enrolled at a particular school.

- The compensation is commensurate with market value.

- The compensation is not provided by the school or an agent of the school (e.g., booster club, foundation, etc.).

- NIL activities must not interfere with a student-athlete's academic obligations.

- A student must not miss athletic practice, competition, travel, or other team obligations in order to participate in an NIL opportunity.

Winter sports

The board also made a series of decisions regarding winter sports:

- ▶ Shot clocks for boys and girls basketball will be mandated for the 2023-2024 season. If all schools in a conference have the capability to use a shot clock, that conference can use it for conference play in the 2022-2023 season.

- ▶ In dance, the top three schools in each section will advance to state for both Jazz and

High Kick. The board denied a proposal to assign the competition order of the state preliminaries based on how teams finished in their section tournaments.

- ▶ Wrestling teams will be allowed to schedule four girls-only competitions without them counting towards the 16 team events that are allowed each season. However, girls wrestlers must still abide by the 16-event and 45-match limits that are currently in place

TRACK AND FIELD



Jack Janke, Ashten Quade, Bo Hines and Max Grand of Ellsworth repeated as Division 2 4x100 champions.



BOB BURROWS / O'ROURKE MEDIA GROUP PHOTOS

Ellsworth's Max Grand sprints across the finish line in the 4x200-meter relay at the Division 2 state meet on June 4.



Alex Pazdernik of Ellsworth runs in the 800-meter run at the Division 2 state meet on June 3.

Panthers repeat as 4x100 champs

BY MARTIN SCHLEGEL
Sports Editor

Ellsworth won its first two state track and field titles last year. The team of Bo Hines, Jack Janke, Ashten Quade and Max Grand teamed to repeat as the 4x100-meter relay Division 2 champions at the WIAA state championships June 3-4 at the University of Wisconsin - La Crosse.

The four ran the preliminary 4x100 in 43.04 seconds, owning the fastest time. In the finals, the four again blew by the competition to win the race in 43.21.

Hines, Janke, Quade and Grand teamed in the 4x200 as well, running the prelim in 1:30.03, advancing to the finals. The four couldn't quite repeat as champs in the 4x200 as they finished in second place in the finals with a time of 1:30.39. Monroe won the event with a time of 1:30.04.

Alex Pazdernik ran the 800 in 2:01.62, earning him 11th place.

Elsewhere, Janke finished in 14th place in the 100 preliminary with a time of 11.31.

Readers can reach Martin Schlegel at mschlegel@orourkemediagroup.com.

BOYS GOLF

Oricchio earns 12th at state

BY MARTIN SCHLEGEL
Sports Editor

Ellsworth's Ethan Oricchio competed in the WIAA Division 2 tournament on Monday and Tuesday at Meadow Valley Course in Kohler, Wisconsin.

The junior finished the first round in a tie for 18th place with a score of 81, 9-over-par. He improved on his first round score with a 78 in the second round to give him a two-round score of 159. Oricchio

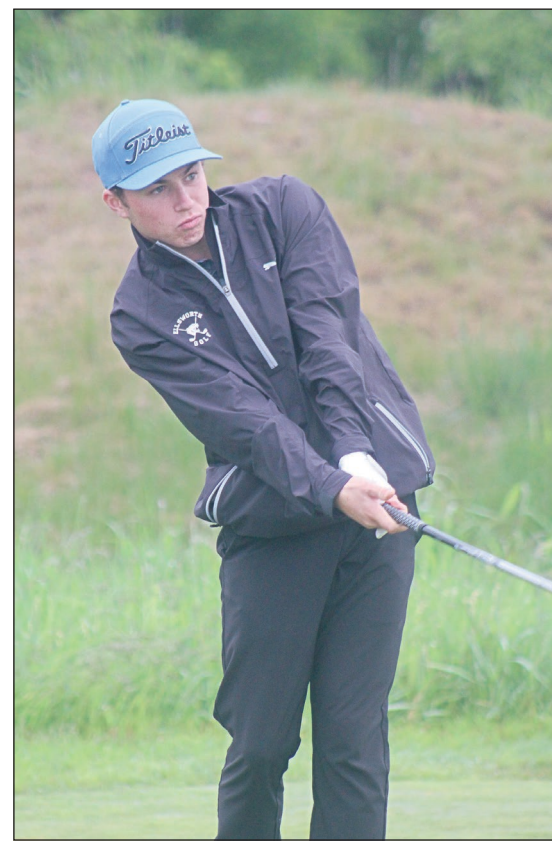
ended the two-day tournament in 12th place overall.

Winston Knoblauch of Winneconne won the Division 2 title with a two-round score of 147.

Readers can reach Martin Schlegel at mschlegel@orourkemediagroup.com.

Ethan Oricchio of Ellsworth plays the 10th hole during one of his two rounds at the Division 2 state tournament June 6-7 in Kohler, Wisconsin.

CRAIG HOFFMAN / O'ROURKE MEDIA GROUP



MORGAN PAGE B1

amount of respect. He showed up for them and supported them while he couldn't compete. Even when he is competing, Morgan goes out of his way to pump up a teammate before their own race.

Morgan has way with his words. Even when he leads by example with a display of sportsmanship and honor, his words carry a lot of weight. At the end of the season soccer banquet, he made it a point to recruit those on the soccer team to come out for track and field. He recruited others who dropped out of other sports, because Morgan knew they would do well in track and might want to give it a chance.

"I also told them there's nothing better than getting a PR," he said. "When you are competing on a hot day and your PR comes on a cold and windy day, maybe one that isn't great for track. (When you) come to a hot day in June or May, that PR is going to feel really good."

So many of the Wingers did indeed record a PR at the Section 1AA meet, which wasn't an incredibly hot day but felt like it because of how windy and chilly

this spring season has been. "Some of them PR'd and said, 'Yeah, it does feel really good.' All I can say is, 'I told you so,'" Morgan said with a laugh.

Now that his high school career is over, Morgan realized he's not done helping people. He plans to go to fire med school to become a firefighter. It's a two-year program that assistant soccer coach Bill Redman encouraged Morgan to do.

Going out not the way he envisioned could sting a little. Morgan continues to operate with a "glass half full" mentality. He didn't quite get to accomplish what he wanted but having one last chance to jump with some strong competition and finish in the top-10 is as good of an ending as he could have hoped for.

"It feels good," Morgan said. "Everyone loves a good redemption story. I didn't think I'd be coming back at all."

Readers can reach Martin Schlegel at mschlegel@ourkemediagroup.com.

Noah Morgan of Red Wing runs in the 200-meter race at the Big 9 Conference Championships on May 26.

MARTIN SCHLEGEL / REPUBLICAN EAGLE



STATE PAGE B1

4x200 finals: 4, Z-M (Before, Christopherson, Jentsch, Sylak), 1:32.66.

4x400 prelims: 1, Lake City (Kris Ryan, Keegan Ryan, Carson Matzke, Reese Anderson), 3:29.99; 13, Z-M (Christopherson, Jentsch, Zane Angerman, William Higley), 3:50.21.

4x400 finals: 2, Lake City (Kris Ryan, Keegan Ryan, Carson Matzke, Reese Anderson), 3:29.40.

4x800: 2, Lake City (Keegan Ryan, Kris Ryan, Carson Matzke, Reese Anderson), 8:29.05; 11, Z-M (Kirt Rude, Indy Judd, Ethan Miller, Corey Peters), 9:36.74.

Triple jump: 2, Kris Ryan, LC, 42-02.

Pole vault: 4, Finstuen, Z-M, 12-09.

Girls 100 prelims: 5, Natalie Bremer, LC, 13.22.

100 finals: 3, Bremer, LC, 13.06.

200 prelims: 1, Bremer, LC, 26.43.

200 finals: 2, Bremer, LC, 26.08.

400 prelims: 6, Natalie Gates, LC, 1:03.63.

400 finals: 7, Gates, LC, 1:04.75.

800: 1, Katrina Sortland, Z-M, 2:22.58; 2, Jacey Majerus, LC, 2:24.50; 4, Mela Schmitz, LC, 2:26.05; 6, Peyton Meincke, LC, 2:27.97.

1600: 1, Natasha Sortland, Z-M, 5:21.73; 9, Carly Earnest Miller, LC, 5:52.42.

3200: 1, Natasha Sortland, Z-M, 11:36.98; 3, Olivia Yotter, LC, 12:09.89.

300 hurdles prelims: 7, Sawyer Sheridan, Z-M, 50.66.

300 hurdles finals: 5, Sheridan, Z-M, 50.62.

4x100 prelims: 7, Z-M (Kirsten Betterman, Kaila Huneke, Isabel Judd, Siddha Hunt), 52.78.

4x100 finals: 6, Z-M (Kirsten Betterman, Kaila Huneke, Isabel Judd, Siddha Hunt), 52.27.

4x200 prelims: 1, Z-M (Betterman, Huneke, Emma Buck, Katrina Sortland), 1:46.96; 4, Lake City (Avery Grobe, Emma Narum, Kloey Sanderson, Gates), 1:52.66.

4x200 finals: 2, Z-M (Betterman, Huneke, Emma Buck, Katrina Sortland), 1:45.65; 8, Lake City (Avery Grobe, Emma Narum, Kloey Sanderson, Gates), 1:52.69.

4x400 prelims: 1, Lake City (Jacey Majerus, McKenna Bremer, Mela Schmitz, Natalie Bremer), 4:07.17; 2, Z-M (Buck, Katrina Sortland, Hunt, Natasha Sortland), 4:07.87.

4x400 finals: 1, Z-M (Buck, Katrina Sortland, Hunt, Natasha Sortland), 4:03.47; 4, Lake City (Jacey Majerus, McKenna Bremer, Mela Schmitz, Natalie Bremer), 4:10.09.

4x800: 1, Lake City (Jacey Majerus, McKenna Beltz, Meincke, Schmitz), 9:46.94.

High jump: 3, Maddie Seymour, Z-M, 4-11; 9, Ava Knott, Z-M, 4-09.

Long jump: 4, Bremer, LC, 16-10.50.

Pole vault: 8, Bailey Earnest Miller, LC, 7-10; 11, Paige West, LC, 7-10; 17, Isabel Judd, Z-M, 7-04.

Discus: 12, CC Burns, LC, 79-11.

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TRACK PAGE B1

least 18 feet to win.

"This season has been a lot colder than normal," she said. "We didn't get as much practice as we usually would. I feel like my long jump barely got any practice. I wouldn't say it's been my best season but I'm ready to go to state."

Lately, Thorson has received plenty of helpful feedback from her older sister, Elle. A rising athlete on the ascending University of North Dakota track and field team, Elle Thorson has had many tips to give Cadence.

"When I go up I get knee up higher, I tuck my legs in so I can hang for longer. Then I really pike my legs," Cadence said of her form in the long jump and of the suggestions Elle has made.

She added, "(Elle) is so into it, and she'll tell me everything (she's learned), it's been nice to have."

At state, Thorson has one goal in mind; set a new PR. She'd like to break 17 feet, 5 inches and will work toward that goal all week leading up to the state meet. While there, she'll be sharing the experience with Hanson.

"I'm excited because I have a friend in Cadence Thorson going with me," Hanson said. "At cross country, I had no one but myself running. It's going to be great."

Aaron Freier

In one of the final events of the evening, Red Wing's Aaron Freier had pre-race anxiety. He had run the 800 plenty of times before. Perhaps it was missing the last few weeks with covid.

"I was really nervous for the final today. An hour and a half before I just didn't want to run," he said. "I don't even know what it was. But I got out there and ran my best."

Freier got out to a lead and increased it little by little, winning the race in 1:59.07. Not only did he achieve a season-long goal of running the 800 in under 2 minutes, he crushed his previous PR time of 2:02.32. An even bigger drop in time compared to his qualifying time in the event on Thursday (2:03.82), which he also won.

Freier knew how good he could be in the 800. He had one of the leading times in the event compared to other section runners this season and was setting a few PRs early on. He expected to run near or barely set a new PR, but wasn't expecting one like this.

In the first lap, Freier said he could see the shadow of the person behind him. His goal then became to put some distance between him and the shadow following him.

"I found that's how I work best is to go to the front and gut it out. Make sure I tire the rest out," he said. "I enjoy having someone on my heels instead



MARTIN SCHLEGEL / O'ROURKE MEDIA PHOTOS

Red Wing's Cadence Thorson (right) hands the baton off to Kylie Stockton in the 4x400-meter relay on Saturday in the second day of the Section 1AA track and field meet at Lakeville South High School.



Aaron Freier (front) rounds the corner of the first lap in the 800-meter race on Saturday in the two-day Section 1AA track and field meet at Lakeville South High School.

of having to chase someone. I don't see myself as someone who has a great kick, so I feel like if I can get ahead and feel that pressure, it's encouraging."

The Wingers missed out on sending a few more to state. Kylie Stockton (2:27.18) came close, leading for most of the race, in the 800. She finished in third place, 2 seconds behind second place. The girls 4x200 relay (Thorson, Morgan Hanlin, Stockton, Emma Hoppman) also took third, running the race in 1:49.73.

The Class AA state meet will be held at St. Michael-Albertville High School. Preliminary races for Class AA are Friday at 9 a.m. The finals will be held Saturday beginning at the

same time.

Red Wing finishers
Boys 100 prelims: 13, Thomas Lamkin, 11.92; 24, Brandon Hudson, 12.37; 25, Kaleb Hove, 12.55.

200 prelims: 12, Noah Morgan, 24.78; 19, Hudson, 25.14; 27, Brock Kajewski, 26.46.

400 prelims: 7, Jed Heineman, 54.21; 11, Eli Freier, 56.04; 20, Patrick Hines, 58.29.

400 finals: 5, Heineman, 53.10.

800 prelims: 1, Aaron Freier, 2:03.82; 14, Isaiah Ricks, 2:13.13; 24, John Butenhoff, 2:19.89.

800 finals: 1, Aaron Freier, 1:59.07.

1600: 5, Andrew Farrar, 4:44.38; 25, Ricks, 5:19.87.

3200: 25, Eli Hanlin, 12:34.13; 26, Isaac Ward, 12:37.00.

110 hurdles prelims: 10, Mason Safe, 17.86; 25, Jacob Hoover, 20.86.

300 hurdles prelims: 2, Safe, 44.01; 23, Hoover, 49.90.

300 hurdles finals: 3, Safe, 42.66.

4x100: 7, Red Wing (Hudson, Hunter Greeley, Hove, Morgan), 45.51.

4x200: 7, Red Wing (Hudson, Hunter Greeley, Hove, Morgan), 1:35.03.

4x400: 7, Red Wing (Heineman, Aaron Freier, Safe, Eli Freier), 3:38.56.

4x800: 9, Red Wing (Ricks, Butenhoff, Hanlin, Aaron Freier), 9:23.66.

High Jump: 5, Heineman, 6-00.

Long jump: 9, Morgan, 19-11; 12, Greeley, 18-08.75; 25, Hove, 16-04.

Triple jump: 14, Greeley, 38-05.50; 26, Hines, 33-03.25; 27, Stockton, 31-10.25.

Discus: 12 Dixon Ehlers, 121-00; 27, Rhowan Smith, 92-08.

Shot put: 13, Ehlers, 40-05.75; 24, Chase Prall, 34-10.75; 28, Smith, 31-09.25.

Girls 100 prelims: 15, Mayzee Thorson, 14.03; 18, Chloe Fox, 14.23; 31, Addison Hoppman, 15.72.

200 prelims: 15, Fox, 29.44; 28, Hoppman, 32.95.

400 prelims: 13, Sophia Carlson, 1:06.30; 16, Natalie Hanson, 1:10.70; 20, Elaina Borgschatz, 1:10.15.

800 prelims: 1, Kylie Stockton, 2:31.10; 5, Sophia Carlson, 2:33.66; 14, Borgschatz, 2:44.66.

800 finals: 3, Kylie Stockton, 2:27.18; 4, Sophia Carlson, 2:31.47.

1600: 1, Nora Hanson, 5:29.53; 21, Borgschatz, 6:34.38.

3200: 2, Hanson, 12:07.62.

100 hurdles prelims: 7, Morgan Hanlin, 17.36; 12, Mattea Stockton, 18.28.

100 hurdles finals: 6, Hanlin, 17.09.

300 hurdles prelims: 5, Mattea Stockton, 50.72; 14, Hanlin, 54.81.

300 hurdles finals: 6, Mattea Stockton, 50.72.

4x100: 11, Red Wing (VonBargen, Addison Hoppman, Fox, Mayzee Thorson), 54.71.

4x200: 3, Red Wing (Cadence Thorson, Hanlin, Kylie Stockton, Emma Hoppman), 1:49.73.

4x400: 5, Red Wing (Cadence Thorson, Kylie Stockton, Emma Hoppman, Mattea Stockton), 4:18.75.

High jump: 7, Natalie Hanson, 4-10; Mayzee Thorson, NH.

Long jump: 1, Cadence Thorson, 16-03.75.

Triple jump: 7, Hanlin, 33-00; 15, Mattea Stockton, 30-07.75; 20, Sophia Rahn, 29-06.25.

Pole vault: Caitlyn Von Bargen, NH.

Shot put: 13, Rahn, 31-04.

Readers can reach Martin Schlegel at mschlegel@ourkemediagroup.com.