

Three Rivers Middle School Conference Meet
La Crosse Central High School
La Crosse, Wisconsin - 5/19/2023
Results

Girls 100 Meter Dash

Name	Year	School	Finals	H#	Points
Finals					
1 Elin Gilles	7	Onalaska Mid	13.64	4	10
2 Ella Everson	7	Holmen Middl	13.67	4	8
3 Ella Ballmer	8	Onalaska Mid	13.73	3	6
4 Lillian Dettwiler	8	Lincoln Midd	13.92	3	5
5 Molly McBride	8	Holmen Middl	13.93	4	4
6 Lily Howe	8	Sparta	13.94	4	3
7 Amelia Schumacher	7	Sparta	13.97	3	2
8 Klara Hall	7	Tomah Middle School	14.00	2	1
9 Jada Clay	8	Onalaska Mid	14.01	3	
10 Teagan Boge	7	Aquinas	14.05	4	
11 Brielle Moore	7	West Salem M	14.12	3	
12 Makaylie Kloss	8	Longfellow M	14.45	2	
13 Norah Betcher	7	Tomah Middle School	14.53	3	
14 Elsa Swiggum	8	Westby	14.58	3	
15 Ava Kerkenbush	7	Winona Middl	14.60	4	
16 Celia Christopherson	8	Lincoln Midd	14.65	4	
17 Ali Amundson	7	Westby	14.67	2	
18 Maren Heckman	7	Longfellow M	14.70	2	
19 Caitlin Wengel	8	Aquinas	14.99	3	
20 Athena Leone	7	Logan Middle School	15.03	2	
21 Kylie Devine	8	Logan Middle School	15.09	2	
22 Hadley Brandau	7	Sparta	15.19	1	
23 Riley Dovenberg	8	West Salem M	15.23	1	
24 Molly Stanton	7	Aquinas	15.28	4	
25 Emma Bacon	8	Logan Middle School	15.50	1	
26 Evelyn McCoy	8	Longfellow M	15.79	2	
27 Addysen Oldenburg	8	West Salem M	15.94	2	
28 Amelia Hoven	7	Westby	16.12	1	
29 Kyrrah Johnson	7	Winona Middl	16.81	1	
30 Baylin Howell	8	Winona Middl	17.18	1	

Girls 200 Meter Dash

Name	Year	School	Finals	H#	Points	
1 Nola Mullikin	7	Tomah Middle School	28.38	4	10	
2 Anna Binsfield	7	Aquinas	28.47	4	8	
3 Ella Everson	7	Holmen Middl	28.48	4	6	
4 Lillian Dettwiler	8	Lincoln Midd	28.76	3	5	
5 Lily Howe	8	Sparta	29.04	3	4	
6 Klara Hall	7	Tomah Middle School	29.06	3	3	29.052
7 Ava Amundson	8	Holmen Middl	29.06	4	2	29.056
8 Amelia Jorstad	6	Sparta	29.13	2	1	
9 Elsa Swiggum	8	Westby	29.56	3		29.551
10 Ella Ballmer	8	Onalaska Mid	29.56	3		29.552
11 Norah Betcher	7	Tomah Middle School	29.70	4		

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12	Tiegen Duffy	7	West Salem M	29.72	4
13	Madisyn Howell	8	Winona Middl	29.97	3
14	Magdalene Deiss	7	Winona Middl	30.08	1
15	Marlee Stevermer	8	Logan Middle School	30.39	3
16	Aspen Walter	8	Onalaska Mid	30.46	3
17	Stella Sannes	7	Aquinas	30.82	4
18	Anabelle Lieurance	6	Longfellow M	31.27	2
19	Caitlin Wengel	8	Aquinas	31.29	4
20	Elenah Shepherd	7	Sparta	31.46	1
21	Kylie Devine	8	Logan Middle School	31.60	2
22	Kensley Skifton	6	West Salem M	31.85	2
23	Ella Urbick	8	Winona Middl	32.49	2
24	Evelyn McCoy	8	Longfellow M	32.80	2
25	Effie Wilson	8	Lincoln Midd	33.08	2
26	Autumn Yang	6	Logan Middle School	34.36	2
27	Reagan Hall	8	West Salem M	35.54	1
28	Brynn Skala	6	Westby	35.67	1
29	Gracie Reynolds	6	Westby	41.44	1

Girls 400 Meter Dash

Name	Year	School	Finals	H#	Points
1	Nola Mullikin	7 Tomah Middle School	1:04.99	3	10
2	McKenna Michaels	8 Longfellow M	1:05.78	3	8
3	Kendall Carlson	8 Onalaska Mid	1:06.35	3	6
4	Maren Heckman	7 Longfellow M	1:06.68	3	5
5	Elsa Heinrichs	8 Winona Middl	1:06.83	3	4
6	Delilah Heacox	8 Holmen Middl	1:07.70	3	3
7	Ava Kujak	7 Aquinas	1:08.86	2	2
8	Claire Verzwylvelt	7 Onalaska Mid	1:09.54	2	1
9	Cadence Scholze	8 Tomah Middle School	1:10.04	2	
10	Reagan Quinn	8 Winona Middl	1:10.08	2	
11	Talia Bembnister	8 Holmen Middl	1:10.95	2	
12	Ivy Miles	7 Lincoln Midd	1:11.30	2	
13	Elise Myre	7 Aquinas	1:12.22	3	
14	Lilly Berg	8 Sparta	1:12.33	3	
15	Mae Medinger	8 Longfellow M	1:12.54	2	
16	Delanee Rasmussen	8 Winona Middl	1:12.80	1	
17	Stella Sannes	7 Aquinas	1:12.88	2	
18	Brooklyn Weiland	6 West Salem M	1:14.18	1	
19	Amelia Hoven	7 Westby	1:15.46	1	
20	Elainya Willer	8 Logan Middle School	1:17.19	1	
21	Aubrey Flock	6 West Salem M	1:18.35	1	

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Girls 800 Meter Run

Name	Year	School	Finals	H#	Points
1 Abby Frost	6	Longfellow M	2:35.52	2	10
2 Rubianne Kinsman	7	Holmen Middl	2:38.88	2	8
3 Sanjana Musafir	7	Aquinas	2:42.37	2	6
4 Kareena Ramakrishnan	8	Logan Middle School	2:45.81	2	5
5 Ellie Apuan	6	Longfellow M	2:48.05	2	4
6 Elsa Heinrichs	8	Winona Middl	2:48.14	2	3
7 Zoey Lichty	8	Onalaska Mid	2:48.32	2	2
8 Reagan Quinn	8	Winona Middl	2:48.66	2	1
9 Elise Flock	8	West Salem M	2:48.90	2	
10 Sadie Peterson	7	Onalaska Mid	2:51.65	2	
11 Finley Thompson	12	Lincoln Midd	2:52.77	1	
12 Molly Hamilton	8	Westby	2:52.78	2	
13 Yesena Ruiz	8	Tomah Middle School	2:53.07	1	
14 Kaylyn Torkelson	7	Longfellow M	2:53.47	2	
15 Rylee Fritz	8	Tomah Middle School	2:53.79	1	
16 Megan Jamesson	8	Holmen Middl	2:55.42	1	
17 Anna Knudson	8	West Salem M	2:59.62	1	
18 Maddie Parke	7	Logan Middle School	3:00.07	1	
19 Josie Bacon	6	Logan Middle School	3:02.51	1	
20 Emma Biondo	6	West Salem M	3:05.09	1	
21 Harper Rowling	5	Lincoln Midd	3:09.88	1	
22 Greta VonFeldt	6	Westby	3:19.53	1	
23 Gracie Meyers	7	Lincoln Midd	3:22.32	1	
24 Bella Grethel	7	Westby	4:03.51	1	

Girls 1600 Meter Run

Name	Year	School	Finals	Points
1 Abby Frost	6	Longfellow M	5:43.80	10
2 Rubianne Kinsman	7	Holmen Middl	5:46.27	8
3 Sanjana Musafir	7	Aquinas	5:50.36	6
4 Mara Klein	8	Onalaska Mid	5:57.65	5
5 Yesena Ruiz	8	Tomah Middle School	6:13.08	4
6 Elise Flock	8	West Salem M	6:15.51	3
7 Kaylyn Torkelson	7	Longfellow M	6:32.08	2
8 Riley Magness	7	Tomah Middle School	6:33.02	1
9 Minna Crusan	8	Longfellow M	6:43.90	
10 Lydia Hale	7	Aquinas	7:06.55	

Girls 100 Meter Hurdles Low

Name	Year	School	Finals	H#	Points
1 Finley Rudie	7	Onalaska Mid	16.23	2	10
2 Myla Habelman	6	Tomah Middle School	17.20	2	8
3 Jada Clay	8	Onalaska Mid	17.21	2	6

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....Girls 100 Meter Hurdles Low

4	Tiegen Duffy	7	West Salem M	17.26	2	5
5	Faith Hawker	8	Aquinas	17.97	1	4
6	Helen Onyeabor	8	Aquinas	18.02	2	3
7	Vivian Lowrie	8	Lincoln Midd	18.25	1	2
8	Freya Finn	8	Holmen Middl	18.30	2	1
9	Anna Knudson	8	West Salem M	18.55	1	
10	Lahna Bloyer	7	Holmen Middl	18.57	2	
11	Natalie Pedretti	8	Logan Middle School	18.66	1	
12	Sophie Biundo	8	Lincoln Midd	18.74	1	
13	Greta VonFeldt	6	Westby	19.27	1	
14	Abby Berendes	8	Sparta	19.85	1	
15	Anna Bricco	8	Winona Middl	20.03	2	
16	Claire Von Ruden	7	Longfellow M	20.16	1	

Girls 200 Meter Hurdles

Name	Year	School	Finals	H#	Points	
1	Elin Gilles	7	Onalaska Mid	32.33	2	10
2	Helen Onyeabor	8	Aquinas	32.45	2	8
3	Makenzie Rothfahn	8	Holmen Middl	35.88	2	6
4	Freya Finn	8	Holmen Middl	36.22	2	5
5	Kallie Modjeski	8	Sparta	36.27	2	4
6	Faith Hawker	8	Aquinas	36.81	2	3
7	Anna Bricco	8	Winona Middl	37.22	2	2
8	Natalie Pedretti	8	Logan Middle School	37.48	1	1
9	Marlee Stevermer	8	Logan Middle School	37.77	2	
10	Allison Schroeder	8	Tomah Middle School	39.57	1	
11	Claire Von Ruden	7	Longfellow M	40.74	1	

Girls 4x100 Meter Relay

School	Finals	H#	Points	
1	Onalaska Middle School	55.15	2	10
	1) Ella Ballmer 8			
	2) Jada Clay 8			
	3) Elin Gilles 7			
	4) Nevaeh Williams 8			
2	Holmen Middle School	55.50	2	8
	1) Molly McBride 8			
	2) Ella Everson 7			
	3) Ava Amundson 8			
	4) Avery Arms 8			
3	Sparta	56.15	2	6
	1) Lily Howe 8			
	2) Amelia Schumacher 7			
	3) Hermione Anderson 7			
	4) Mikaela Dixon 7			
4	Aquinas	56.53	2	5
	1) Teagan Boge 7			
	2) Molly Stanton 7			
	3) Anna Binsfield 7			
	4) Elise Myre 7			
5	Tomah Middle School	58.79	2	4
	1) Chloe Vitcenda 6			
	2) Cadence Scholze 8			
	3) Bailey Lang 8			
	4) Myla Habelman 6			

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....Girls 4x100 Meter Relay

6 Winona Middle School	58.86	2	3
1) Cameron Orlikowski 8	2) Sophia Gricius 7		
3) Ava Ellinghysen 7	4) Ella Larson 7		
7 Longfellow Middle School - La	59.75	2	2
1) Makaylie Kloss 8	2) Madison Walz 7		
3) Anabelle Lieurance 6	4) Allison Gerhard 7		
8 Lincoln Middle School	1:01.77	1	1
1) Celia Christopherson 8	2) Pa Zong Yang 8		
3) Sage Foley 7	4) Kylie Derks 8		
9 Logan Middle School	1:04.71	1	
1) Autumn Yang 6	2) Cheeda Xiong 6		
3) Kailyn Harris 6	4) Lizzy Poff 6		
10 Westby	1:05.79	2	
1) Leah Nofsinger 6	2) Brynn Skala 6		
3) Greta VonFeldt 6	4) Ali Amundson 7		
11 West Salem Middle School	1:09.18	1	
1) Reagan Hall 8	2) Julia Hansen 8		
3) Kara Johnson 8	4) Grace Johnsrude 8		

Girls 4x200 Meter Relay

School	Finals	H#	Points
1 Tomah Middle School	1:58.10	2	10
1) Norah Betcher 7	2) Klara Hall 7		
3) Rylee Fritz 8	4) Nola Mullikin 7		
2 Aquinas	2:02.80	2	8
1) Teagan Boge 7	2) Stella Sannes 7		
3) Ava Kujak 7	4) Molly Stanton 7		
3 Sparta	2:02.84	2	6
1) Amelia Schumacher 7	2) Kallie Modjeski 8		
3) Mikaela Dixon 7	4) Hermione Anderson 7		
4 Holmen Middle School	2:03.39	2	5
1) Avery Arms 8	2) Amelia Dewey 7		
3) Molly McBride 8	4) Makenzie Rothfahn 8		
5 Longfellow Middle School - La	2:06.55	1	4
1) Allison Gerhard 7	2) Makaylie Kloss 8		
3) Anabelle Lieurance 6	4) Madison Walz 7		
6 Lincoln Middle School	2:06.86	2	3
1) Lillian Dettwiler 8	2) Vivian Lowrie 8		
3) Celia Christopherson 8	4) Effie Wilson 8		
7 West Salem Middle School	2:07.54	1	2
1) Riley Dovenberg 8	2) Macy Rose 8		
3) Addysen Oldenburg 8	4) Bailey Rosenthal 7		
8 Logan Middle School	2:07.90	2	1
1) Jacey Schumacher 8	2) Natalie Pedretti 8		
3) Kylie Devine 8	4) Marlee Stevermer 8		
9 Winona Middle School	2:15.44	2	
1) Ava Shelton 8	2) Ella Urbick 8		



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....Girls 4x200 Meter Relay

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|---------------------------|---------------------|------|
| 3) Ava Kerkenbush 7 | 4) Madisyn Howell 8 | |
| -- Onalaska Middle School | | DQ 1 |
| 1) Aspen Walter 8 | 2) Zoey Olesevich 7 | |
| 3) Lydia Gillette 8 | 4) Braelyn Egge 7 | |

Girls 4x400 Meter Relay

School	Finals	H#	Points
1 Longfellow Middle School - La	4:34.58	2	10
1) Maren Heckman 7	2) Abby Frost 6		
3) McKenna Michaels 8	4) Mae Medinger 8		
2 Aquinas	4:44.48	2	8
1) Anna Binsfield 7	2) Sanjana Musafir 7		
3) Ava Kujak 7	4) Elise Myre 7		
3 Onalaska Middle School	4:44.85	1	6
1) Kendall Carlson 8	2) Claire Verzwyvelt 7		
3) Mara Klein 8	4) Sofiya Cromheecke 7		
4 Tomah Middle School	4:47.00	1	5
1) Cadence Scholze 8	2) Chloe Vitcenda 6		
3) Tenley Jilek 6	4) Rylee Fritz 8		
5 Holmen Middle School	4:48.53	2	4
1) Talia Bembnister 8	2) Kateley Dittman 8		
3) Delilah Heacox 8	4) Annyka Werner 8		
6 Westby	4:50.48	2	3
1) Molly Hamilton 8	2) Elsa Swiggum 8		
3) Amelia Hoven 7	4) Ali Amundson 7		
7 Winona Middle School	4:50.50	2	2
1) Reagan Quinn 8	2) Delanee Rasmussen 8		
3) Anna Bricco 8	4) Elsa Heinrichs 8		
8 Sparta	4:54.94	2	1
1) Abby Berendes 8	2) Kallie Modjeski 8		
3) Kenley Adams 6	4) Lillyan Hackbarth 7		
9 Lincoln Middle School	5:00.12	1	
1) Finley Thompson 12	2) Effie Wilson 8		
3) Ivy Miles 7	4) Harper Rowling 5		
10 West Salem Middle School	5:11.99	2	
1) Brooklyn Weiland 6	2) Elise Flock 8		
3) Anna Knudson 8	4) Aubrey Flock 6		
11 Logan Middle School	5:19.90	2	
1) Jacey Schumacher 8	2) Emma Bacon 8		
3) Elainea Willer 8	4) Kareena Ramakrishnan 8		

Girls High Jump

Name	Year School	Finals	Points
1 Kendall Carlson	8 Onalaska Mid	4-08.00	10
2 Megan Jamesson	8 Holmen Middl	J4-04.00	8



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....Girls High Jump

3 Sofiya Cromheecke	7 Onalaska Mid	J4-04.00	6
4 Rachel Zastoupil	7 Tomah Middle School	J4-02.00	4.50
4 Mikaela Dixon	7 Sparta	J4-02.00	4.50
6 Makenzie Rothfahn	8 Holmen Middl	J4-02.00	3
7 Helen Onyeabor	8 Aquinas	J4-02.00	2
8 Jasmin Mosher	8 Winona Middl	3-10.00	1

Girls Long Jump

Name	Year School	Finals	Points
1 McKenna Michaels	8 Longfellow M	14-09.00	10
2 Anna Binsfield	7 Aquinas	14-02.25	8
3 Ella Ballmer	8 Onalaska Mid	13-09.50	6
4 Lillian Dettwiler	8 Lincoln Midd	13-07.50	5
5 Molly McBride	8 Holmen Middl	13-06.00	4
6 Ava Amundson	8 Holmen Middl	13-05.50	3
7 Lydia Gillette	8 Onalaska Mid	13-05.00	1.50
7 Amelia Jorstad	6 Sparta	J13-00.00	1.50
8 Abby Frost	6 Longfellow M	J13-00.00	
10 Elsa Swiggum	8 Westby	12-10.50	
11 Elsa Heinrichs	8 Winona Middl	12-09.00	
12 Caitlin Wengel	8 Aquinas	12-04.00	
13 Jadya Peterson	7 Tomah Middle School	12-00.00	
14 Athena Leone	7 Logan Middle School	11-10.50	
15 Ava Kerkenbush	7 Winona Middl	11-05.25	
16 Avery Arms	8 Holmen Middl	11-05.00	
17 Autumn Yang	6 Logan Middle School	11-01.00	
18 Ella Urbick	8 Winona Middl	10-09.00	
19 Kensley Skifton	6 West Salem M	10-08.25	
20 Macy Rose	8 West Salem M	10-05.00	
21 Ava Kujak	7 Aquinas	9-07.50	
22 Nevaeh Marsh	7 Westby	5-11.25	
23 Makenzy Grassman-Kolinsk	7 Logan Middle School	5-04.50	

Girls Triple Jump

Name	Year School	Finals	Points
1 McKenna Michaels	8 Longfellow M	32-00.75	10
2 Ava Amundson	8 Holmen Middl	28-10.50	8
3 Elin Gilles	7 Onalaska Mid	28-09.25	6
4 Hadley Brandau	7 Sparta	28-09.00	5
5 Mara Klein	8 Onalaska Mid	28-04.00	4
6 Reagan Quinn	8 Winona Middl	27-04.00	3
7 Braelyn Egge	7 Onalaska Mid	27-01.50	2
8 Brielle Moore	7 West Salem M	26-07.75	1
9 Helen Onyeabor	8 Aquinas	26-02.25	
10 Grace Foster	8 Holmen Middl	26-02.00	

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....Girls Triple Jump

11	Emilia Suarez	7	Holmen Middl	26-01.50
12	Stella Sannes	7	Aquinas	26-01.00
13	Maren Heckman	7	Longfellow M	24-03.00
14	Malana Kinstler	8	West Salem M	22-10.75

Girls Shot Put

Name	Year	School	Finals	H#	Points
1	Eliot McKnight	8 Longfellow M	27-00.00	1	10
3	Rachel Zastoupil	7 Tomah Middle School	J23-08.00	2	8
4	Harper Ss	8 Lincoln Midd	J23-08.00	1	5.50
4	Faith Hawker	8 Aquinas	23-01.00	2	5.50
5	Elodie Most	7 Onalaska Mid	23-00.00	2	4
6	Allison Gatz	7 Winona Middl	22-06.00	2	3
7	Lynn Ueeck	8 Tomah Middle School	22-05.50	2	2
8	Avery Cowley	7 Onalaska Mid	22-03.00	2	1
9	Brooklin Duncan	8 Tomah Middle School	22-02.00	2	
10	Addie Cl	8 Lincoln Midd	22-00.00	1	
11	Megan Jamesson	8 Holmen Middl	20-08.00	2	
12	Anasia Sumlar	6 Logan Middle School	20-02.50	2	
13	Malana Kinstler	8 West Salem M	19-04.50	2	
14	Meggie Filips	8 Holmen Middl	18-07.00	1	
14	Kiya Post	8 Longfellow M	18-07.00	1	
16	Gabriella Nordstrom	8 Logan Middle School	18-06.00	2	
17	Kayleigh Waughtal	8 West Salem M	17-02.50	1	
18	Madeline Michaels	7 Westby	14-09.50	1	
19	Bella Grethel	7 Westby	14-02.00	1	
20	Gracie Reynolds	6 Westby	13-11.50	1	

Girls Discus Throw

Name	Year	School	Finals	H#	Points
1	Eliot McKnight	8 Longfellow M	108-04	1	10
2	Lynn Ueeck	8 Tomah Middle School	67-08.50	2	8
3	Teegan Wagner	8 Onalaska Mid	64-08	2	6
4	Brooklin Duncan	8 Tomah Middle School	58-02	2	5
5	Anasia Sumlar	6 Logan Middle School	58-01.50	1	4
6	Kallie Modjeski	8 Sparta	53-05.50	2	3
7	Lily Twite	8 West Salem M	51-06.50	2	2
8	Abbie Moore	6 Tomah Middle School	51-06	2	1
9	Avery Cowley	7 Onalaska Mid	50-08	2	
10	Maria Magozzi	7 Holmen Middl	48-06	2	
11	Kiya Post	8 Longfellow M	48-03.50	1	
12	Gabriella Nordstrom	8 Logan Middle School	46-10	1	
13	Meredith Zellner	7 Lincoln Midd	46-04.50	1	
14	Tula Mitchell	8 West Salem M	46-00	1	
15	Allie Krueger	7 West Salem M	40-04	1	

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16 Allison Gatz	7 Winona Middl	39-10	2
17 Bella Grethel	7 Westby	38-09	1
18 Faith Hawker	8 Aquinas	32-04	2
19 Madeline Michaels	7 Westby	29-05	1

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Women - Team Rankings - 15 Events Scored

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1) Onalaska Middle School	118.50	2) Longfellow Middle School	95
3) Holmen Middle School	94	4) Tomah Middle School	84.50
5) Aquinas	76.50	6) Sparta	41
7) Lincoln Middle School	26.50	8) Winona Middle School	22
9) West Salem Middle School	13	10) Logan Middle School	11
11) Westby	3		

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Men - Team Rankings - 15 Events Scored

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1) Onalaska Middle School	160	2) Holmen Middle School	104
3) Sparta	77	4) Tomah Middle School	57.50
5) Aquinas	50.50	6) West Salem Middle School	49
7) Longfellow Middle School -	42	8) Winona Middle School	20
9) Lincoln Middle School	16	10) Logan Middle School	9