

Andes Tower Hills - Kensington, MN
December 11, 2025

OFFICIAL RESULTS: JUNIOR HIGH GIRLS - 3.5K FREESTYLE

TEAM RESULTS: JUNIOR HIGH GIRLS

1. 382 Alexandria

1	100	Emelia Preston	14:54.64	7	(70) Iris
Rooney		23:18.18			
2	99	Joni Vanderheiden	16:37.97	8	(65) Amelia
McDonald		24:48.35			
3	97	Adeline Bernards	17:29.09	9	(63) Mia
Downing		25:00.17			
4	86	Elin Johnson	21:27.15	10	(62) Miriam
Klecker		25:16.77			
5	(84)	Addison Jurchenko	21:32.37		
6	(80)	Beatrice McDonald	22:26.88		

2. 359 Brainerd MS

1	96	Katherine Lundy	18:04.59	7	(64) Elinor
Heitzman		25:00.06			
2	92	Megan Ryan	18:41.71	8	(59) Madilyn
Northway		26:49.36			
3	88	Clare Lundy	21:02.55	9	(57) Aaeris
Wernecke		27:31.02			
4	83	Kensington Picek	21:43.43	10	(55) Katelyn
Wehseler		27:40.37			
5	(73)	Gianna Caughey	22:59.97		
6	(68)	Lillian Cerise	24:24.98		

3. 357 Sartell / Cathedral

1	91	Jayna Van Heel	18:50.24	7	(76) Megan
Larson		22:52.46			
2	90	Aubrey Feigum	19:40.01	8	(66) Vera
Rudolph		24:39.70			
3	89	Anya Vardas	20:57.46	9	(54) Liv Fisher
27:50.17					
4	87	Madison Schellinger	21:26.94	10	(31) Jovie
McClanahan		36:10.44			
5	(82)	Vanessa Honken	21:43.85		
6	(77)	Leeda Strynar	22:52.27		

4. 348 Little Falls

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1	98	Cheyenne Fredregill	16:39.52	4	71	Noelle			
Laflamme		23:04.96							
2	94	Adeline Ellingson	18:30.85						
3	85	Milla Kleinschmidt	21:31.93						
5.	319	Moorhead							
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1	93	Sandy Strum	18:40.78	7	(44)	Kinley			
Larson		30:33.38							
2	79	Claire St. Louis	22:29.70	8	(42)	Halen			
Keating		30:39.84							
3	75	Hannah Roberts	22:55.62	9	(38)	Zoey			
Anderson		31:47.30							
4	72	Lucy Burggraff	23:00.33	10	(37)	Alexia			
Merkord		32:05.34							
5	(67)	Sylvia Fischer	24:26.76						
6	(50)	Thalia Weber Selland	28:36.04						
6.	273	Fergus Falls							
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1	95	Linnea Mouser	18:30.38	4	39	Carly Ice			
30:55.16									
2	78	Tova Ronnevik	22:40.15						
3	61	Arabella Bjerke	25:18.99						
7.	272	Willmar							
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1	81	Johanna Mixon	21:44.45	6	(32)	Ava Larson			
35:26.91									
2	74	Selah Van Horne	22:56.81	7	(30)	Joy			
Swenson		36:12.74							
3	69	Lily Nielson	24:02.13	8	(25)	Ryan			
Haugen		42:31.61							
4	48	Alejandra Zagaceta	29:51.60						
5	(34)	Morgan Thompson	34:24.29						
8.	154	Sauk Rapids-Rice							
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1	56	Ellie Mackinac	27:34.15						
2	52	Greta Schwantes	28:15.66						
3	46	Emerson Armbrust	29:55.32						
9.	96	Detroit Lakes							
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1	53	Kynslee Snyder	27:57.50						
2	43	Stella Morrison	30:34.49						
10.	49	St. John's Prep							
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1	49	Cara Bollig-Katehis	29:33.13						

11. 47 Hillcrest

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1 47 Ingrid Ronnevik 29:52.37

INDIVIDUAL RESULTS: JUNIOR HIGH GIRLS

Place	Tea/Tot	Pts	No.	Name	Grade	Team	Time
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1	1/14	100	13	Emelia Preston	8	Alexandria	14:54.64
2	2/14	99	14	Joni Vanderheiden	8	Alexandria	16:37.97
3	1/4	98	217	Cheyenne Fredregill	8	Little Falls	16:39.52
4	3/14	97	10	Adeline Bernards	8	Alexandria	17:29.09
5	1/13	96	142	Katherine Lundy	8	Brainerd MS	18:04.59
6	1/4	95	175	Linnea Mouser	7	Fergus Falls	18:30.38
7	2/4	94	216	Adeline Ellingson	8	Little Falls	18:30.85
8	1/13	93	251	Sandy Strum	8	Moorhead	18:40.78
9	2/13	92	140	Megan Ryan	7	Brainerd MS	18:41.71
10	1/14	91	330	Jayna Van Heel	8	Sartell / Cathedr	18:50.24
11	2/14	90	329	Aubrey Feigum	8	Sartell / Cathedr	19:40.01
12	3/14	89	328	Anya Vardas	7	Sartell / Cathedr	20:57.46
13	3/13	88	134	Clare Lundy	6	Brainerd MS	21:02.55
14	4/14	87	326	Madison Schellinger	7	Sartell / Cathedr	21:26.94
15	4/14	86	12	Elin Johnson	8	Alexandria	21:27.15
16	3/4	85	218	Milla Kleinschmidt	8	Little Falls	21:31.93
17	5/14	84	2	Addison Jurchenko	6	Alexandria	21:32.37
18	4/13	83	139	Kensington Picek	7	Brainerd MS	21:43.43
19	5/14	82	325	Vanessa Honken	7	Sartell / Cathedr	21:43.85
20	1/8	81	436	Johanna Mixon	6	Willmar	21:44.45
21	6/14	80	6	Beatrice McDonald	6	Alexandria	22:26.88
22	2/13	79	253	Claire St. Louis	8	Moorhead	22:29.70
23	2/4	78	176	Tova Ronnevik	7	Fergus Falls	22:40.15
24	6/14	77	322	Leeda Strynar	6	Sartell / Cathedr	22:52.27
25	7/14	76	317	Megan Larson	6	Sartell / Cathedr	22:52.46
26	3/13	75	254	Hannah Roberts	8	Moorhead	22:55.62
27	2/8	74	431	Selah Van Horne	8	Willmar	22:56.81
28	5/13	73	135	Gianna Caughey	7	Brainerd MS	22:59.97
29	4/13	72	252	Lucy Burggraff	8	Moorhead	23:00.33
30	4/4	71	219	Noelle Laflamme	8	Little Falls	23:04.96
31	7/14	70	7	Iris Rooney	6	Alexandria	23:18.18
32	3/8	69	429	Lily Nielson	8	Willmar	24:02.13
33	6/13	68	141	Lillian Cerise	8	Brainerd MS	24:24.98
34	5/13	67	256	Sylvia Fischer	8	Moorhead	24:26.76

35	8/14	66	320	Vera Rudolph	6	Sartell / Cathedr	24:39.70
36	8/14	65	5	Amelia McDonald	6	Alexandria	24:48.35
37	7/13	64	136	Elinor Heitzman	7	Brainerd MS	25:00.06
38	9/14	63	9	Mia Downing	7	Alexandria	25:00.17
39	10/14	62	4	Miriam Klecker	6	Alexandria	25:16.77
40	3/4	61	173	Arabella Bjerke	7	Fergus Falls	25:18.99
41	11/14	60	11	Ada Dahlseng	8	Alexandria	25:20.73
42	8/13	59	143	Madilyn Northway	8	Brainerd MS	26:49.36
43	12/14	58	8	Rexlynn Seidel	6	Alexandria	26:57.31
44	9/13	57	145	Aaeris Wernecke	8	Brainerd MS	27:31.02
45	1/3	56	382	Ellie Mackinac	7	Sauk Rapids-Rice	27:34.15
46	10/13	55	144	Katelyn Wehseler	8	Brainerd MS	27:40.37
47	9/14	54	331	Liv Fisher	7	Sartell / Cathedr	27:50.17
48	1/2	53	159	Kynslee Snyder	8	Detroit Lakes	27:57.50
49	2/3	52	381	Greta Schwantes	7	Sauk Rapids-Rice	28:15.66
50	11/13	51	146	Annabelle Kluthe	6	Brainerd MS	28:19.19
51	6/13	50	257	Thalia Weber Selland	7	Moorhead	28:36.04
52	1/1	49	417	Cara Bollig-Katehis	8	St. John's Prep	29:33.13
53	4/8	48	433	Alejandra Zagaceta	7	Willmar	29:51.60
54	1/1	47	209	Ingrid Ronnevik	7	Hillcrest	29:52.37
55	3/3	46	383	Emerson Armbrust	7	Sauk Rapids-Rice	29:55.32
56	12/13	45	138	Stella Lesch	7	Brainerd MS	30:18.46
57	7/13	44	258	Kinley Larson	7	Moorhead	30:33.38
58	2/2	43	160	Stella Morrison	8	Detroit Lakes	30:34.49
59	8/13	42	259	Halen Keating	7	Moorhead	30:39.84
60	13/14	41	3	Katie Kappmeyer	6	Alexandria	30:42.52
61	14/14	40	1	Brynlee Calhoun	6	Alexandria	30:49.86
62	4/4	39	174	Carly Ice	7	Fergus Falls	30:55.16
63	9/13	38	255	Zoey Anderson	8	Moorhead	31:47.30
64	10/13	37	250	Alexia Merkord	8	Moorhead	32:05.34
65	11/13	36	261	Eleanor Stowers	7	Moorhead	33:59.34
66	12/13	35	260	Addison Milner	7	Moorhead	34:16.88
67	5/8	34	432	Morgan Thompson	7	Willmar	34:24.29
68	13/13	33	137	Emma Kluthe	7	Brainerd MS	34:54.95
69	6/8	32	435	Ava Larson	6	Willmar	35:26.91
70	10/14	31	318	Jovie McClanahan	6	Sartell / Cathedr	36:10.44
71	7/8	30	430	Joy Swenson	8	Willmar	36:12.74
72	11/14	29	327	Liz Smith	7	Sartell / Cathedr	37:28.47
73	13/13	28	262	Miriam Aburub	7	Moorhead	37:56.05
74	12/14	27	319	Julia Piras	6	Sartell / Cathedr	40:07.20
75	13/14	26	323	Ada Weber	6	Sartell / Cathedr	40:36.53
76	8/8	25	434	Ryan Haugen	6	Willmar	42:31.61
77	14/14	24	324	Mavrie Barrett	7	Sartell / Cathedr	47:11.04