

2024 STATE CHAMPIONSHIPS

FEBRUARY 23.24
DICKINSON HIGH SCHOOL
DICKINSON, NORTH DAKOTA

GYM NAS TICS

KARINA OLSON
VALLEY CITY
2023 STATE
BEAM CHAMPION
ALL-AROUND CHAMPION

REYGAN STROMMEN
DICKINSON
2023 STATE
FLOOR CHAMPION

ASPEN ROADARMEL
DICKINSON
2023 STATE
BARS CHAMPION

ELIZABETH KARSKY
DICKINSON
2023 STATE
VAULT CHAMPION

DICKINSON
MIDGETS
2023 STATE
CHAMPIONS



CURRENT BOARD MEMBERS



Josh Johnson
Class A At Large Representative-
Board President



Ryan Hanson
Principals' Association
Representative



Adam Tescher
Department of Public Instruction
Representative



Alexis Baxley
ND School Boards Association



Patti Aanenson
Class B NE Representative



Rick Diegel
Class B SE Representative



Andrew Jordan
Class B SW Representative



Mitch Lunde
Class A West Representative



Matt Bakke
Class A East Representative



Larry Derr
Class B NW Representative



Guy Fridley
Athletic Administrators
Representative

TEAM DAY - FRIDAY, FEBRUARY 23*ALL TIMES ARE LISTED
AS MOUNTAIN TIME*

1:30 PM	Gym Opens
1:45 PM	Coaches' Meeting-Room 50
2:15 - 3:45 PM	Timed Warm Ups
3:30 PM	Officials' Meeting and video review for base score-Room 170
4:15 PM	Opening Ceremony
4:30 PM	Begin Competition

INDIVIDUAL DAY - SATURDAY, FEBRUARY 24

9:45 AM	Gym Opens
10:00 AM	Coaches' Meeting-Room 50
10:30 AM	Timed Warm-ups Begin
11:30 AM	Video review for base score-Room 170
11:45 AM	Opening Ceremonies
12:00 PM	Begin Competition

2024 NORTH DAKOTA STATE TEAM DAY

Warm Up 2024					
		Vault	Bars	Beam	Floor
2:25 - 2:36	9 Minutes	Dickinson	Minot	Grand Forks	NW Stars
2:36 - 2:39	3 Min. Equipment Change				
2:39 - 2:48	9 Minutes	Mandan	Jamestown	Century	Legacy
2:48 - 2:51	3 Min. Equipment Change				
2:51 - 3:00	9 Minutes	NW Stars	Dickinson	Legacy	Mandan
3:00 - 3:03	3 Min. Equipment Change				
3:03 - 3:12	9 Minutes	Minot	Century	Jamestown	Grand Forks
3:12 - 3:15	3 Min. Equipment Change				
3:15 - 3:24	9 Minutes	Grand Forks	Legacy	Dickinson	Century
3:24 - 3:27	3 Min. Equipment Change				
3:27 - 3:36	9 Minutes	Jamestown	Mandan	NW Stars	Minot
3:36 - 3:39	3 Min. Equipment Change				
3:39 - 3:48	9 Minutes	Century	Grand Forks	Minot	Jamestown
3:48 - 3:51	3 Min. Equipment Change				
3:51 - 4:00	9 Minutes	Legacy	NW Stars	Mandan	Dickinson

Competition 2024				
	Vault	Bars	Beam	Floor
Rotation 1	Mandan	Jamestown	Century	Legacy
Rotation 2	Minot	Century	Jamestown	Grand Forks
15 min intermission				
Rotation 3	Jamestown	Mandan	NW Stars	Minot
Rotation 4	Legacy	NW Stars	Mandan	Jamestown
				Dickinson

2024 STATE GYMNASTICS OFFICIALS

MEET REFEREE

Ruth Walsh

BEAM

Kim Ressler (Chief)

Melissa Duscherer

Lezlie Coad

VAULT

Ruth Walsh (Chief)

Kelsey Dukart

McKenzie Seiler

BARS

Cindy Gee (Chief)

Mary Meyer

Katie Anderson

FLOOR

Stacey Ringoen (Chief)

Rachel Woodley

Jennifer Sullivan

HISTORY OF GYMNASTICS IN NORTH DAKOTA

The first gymnastics championships sponsored by the North Dakota High School Activities Association took place in 1969. Jamestown High School came away with the first championship title.

Competition has changed since the first championships. At the first meet, competition took place in tumbling, trampoline, balance beam, uneven bars, side-horse, floor exercise and all-around. Each event was divided into three levels: novice, intermediate and junior.

The following year, and every year since, the state championships have included only five events. The tumbling and trampoline events were eliminated and the side-horse became the vault. In 2003, the apparatus used in the vault event changed from a vaulting horse to the vault table.

The 1974 state meet saw the last novice, intermediate and junior divisions. Currently, North Dakota has two championships prior to the state meet. The EDC in the east and the WDA meet in the west. Although the qualifying mechanism has changed over the years, the state meet continues to have the top 40 qualifiers on each event in the state and the top 30 all-around qualifiers in the state vying for the event championships. What hasn't changed is the dedication and hard work of the coaches and the competitors.

TEAM CHAMPIONS AND RUNNER UPS

YEAR	CHAMPION	RUNNER-UP
2023	Dickinson	Century
2022	Dickinson	Jamestown
2021	Dickinson	Jamestown
2020	Dickinson	Jamestown
2019	Dickinson	Legacy
2018	Dickinson	Bismarck
2017	Dickinson	Bismarck
2016	Dickinson	Minot
2015	Minot	Dickinson
2014	Dickinson	Minot
2013	Dickinson	Minot
2012	Minot	Dickinson
2011	Minot	Dickinson
2010	Minot	Dickinson
2009	Minot	Dickinson
2008	Dickinson	Minot
2007	Dickinson	Minot
2006	Grand Forks	Minot
2005	Grand Forks	Bismarck
2004	Grand Forks	Minot
2003	Bismarck	Grand Forks
2002	Bismarck	Century
2001	Bismarck	Century
2000	Century	Bismarck
1999	Century	Bismarck
1998	Minot	Century
1997	Minot	Century
1996	Century	Minot
1995	Century	Minot
1994	Minot	Fargo South
1993	Minot	Fargo South
1992	Minot	Fargo South
1991	Minot	Fargo South
1990	Fargo South	Minot
1989	Fargo South	Minot
1988	Dickinson	Century
1987	Dickinson	Fargo South
1986	Fargo South	Bismarck
1985	Fargo South	Dickinson
1984	Minot	Dickinson
1983	Fargo South	Dickinson
1982	Fargo South	Valley City
1981	Fargo South	Dickinson
1980	Fargo South	Dickinson
1979	Fargo South	Dickinson
1978	Fargo South	Dickinson
1977	Fargo South	Dickinson
1976	Dickinson	Fargo South
1975	Dickinson	Fargo South
1974	Dickinson, Fargo South (tie)	
1973	Fargo South	Dickinson
1972	Fargo South	Dickinson
1971	Fargo South	Jamestown
1970	Jamestown	Fargo South
1969	Jamestown	St. Mary's

TEAM CHAMPIONS AND RUNNER UPS

TEAM	# OF CHAMPIONSHIPS	LAST YEAR TEAM WON A CHAMPIONSHIP
Dickinson	17	2023
Fargo South	15	1990
Minot	12	2015
Century	4	2000
Grand Forks	3	2006
Bismarck	3	2003
Jamestown	2	1970

BEST ALL TIME TEAM SCORES SINCE 1981: AT LEAST 148.500

SCORE	TEAM	YEAR
151.017	Grand Forks	2004
150.532	Minot	2004
150.283	Grand Forks	2005
150.183	Bismarck	2002
150.133	Bismarck	2001
150.083	Bismarck	2003
149.967	Minot	2015
149.917	Dickinson	2013
149.799	Century	1996
149.349	Century	1999
149.332	Minot	1997
149.267	Century	2000
149.150	Minot	2011
149.150	Fargo South	1986
149.083	Grand Forks	2006
148.983	Dickinson	2023
148.967	Dickinson	2020
148.930	Bismarck	1986
148.920	Dickinson	1986
148.883	Century	2001
148.800	Fargo South	1990
148.65	Dickinson	2022
148.600	Bismarck	1999

MEET THE COACHES



RACHEL JOHNSON KRUG

BISMARCK HIGH,
BISMARCK CENTURY &
LEGACY HEAD COACH

Rachel started in 2020 as the head coach for BHS, CHS, and LHS. She was the assistant coach for the teams from 2016-2020 as well as from 1990-1993. She has coached a

variety of levels throughout her coaching career from HS programs to all levels in USAG. She has coached in multiple states, Minnesota, Kansas, and Wisconsin. She has over 37 years of coaching gymnastics.

Rachel obtained her Bachelor's degree in Athletic Training and Physical Education from the University of Mary, her Master's degree in Exercise Science and Administration from Fort Hayes State University, and her Doctoral degree in Adult and Occupational Education from North Dakota State University.

She works full-time at the University of Mary as the Athletic Training and Kinesiology Department Chair where she has been since 2010. She is married and has 3 children.



CASEY BERRY

DICKINSON HEAD COACH

Casey Berry is in her fourth season as Head Coach for Dickinson. Before becoming head coach, Casey was the assistant coach for Dickinson High School. She grew up in Dickinson and competed gymnastics for Dickinson High

School. Casey lives in Dickinson with her husband, Brandon and daughter, Hadley. She coaches both recreational and club gymnastics. In her time off she enjoys traveling to warmer weather!



ANDREA BITZ

FARGO COACH

Andrea Bitz is in her 2nd season as Head Coach with Fargo High School Gymnastics. She has coached gymnasts of all ages for over 25 years. She has served as a ND High School Official and ND USA Gymnastics Official.

She resides in Fargo, ND with her husband and son Jackson.



MEGAN JOHNSON

GRAND FORKS HEAD COACH

My name is Megan Johnson. I have been a KnightRider in some fashion for 14 years starting with competition 7th-12th grade. 2024 marks my 10 year coaching anniversary; 7 of which have been with this team and three of those as head coach. I was born

and raised in Grand Forks. I moonlight as a L&D RN for now with dreams (and schooling) to become a Nurse Practitioner. I have a four and half year old son who keeps me very busy on the rare occasion that I am not busy already! Gymnastics was my first love as a little girl. To this day, sharing that love with all athletes I am lucky enough to work with, is my most passionate work.

MEET THE COACHES



MCKENZIE SWALLOW
MANDAN HEAD COACH

I am McKenzie Swallow and this is my second year as the head coach of the Braves gymnastics team. I grew up in Mandan & graduated from MHS in 2015. I am a former DSC and Braves gymnast. I have 10 years of experience coaching gymnastics. I also have judged high school vault & beam in 2016, 2017, and 2021. In addition to my Braves team duties, I am currently the Competitive Coordinator at Dakota Star Gymnastics in Mandan, a position I have held since 2022. Gymnastics has always been a part of my life and I enjoy helping gymnasts achieve their goals!!!



ROBBIE WERCHAU
MINOT HEAD COACH

Robbie was a competitive gymnast through high school eventually competing for Valley City State University. In 1991, she moved to Minot and began her competitive coaching career. She has been actively involved since that time coaching Minot High School gymnastics, as well as USA gymnastics. She has coached girls from the Preteam I levels to Level 10 and has had eight high school teams earn state championships. She is a retired high school teacher. She is married to Lance, and they have two children, Trevor and Hannah. Trevor was active in high school hockey and spent seven years in the Marines. Hannah was a high school and USA gymnast and was part of four state championship teams. After being a part of North Dakota gymnastics for over 30 years, she has grown as a coach and formed many friendships. Her goal is to continue coaching and doing what she can to help keep ND gymnastics moving in a positive direction.



BRE CARLSON
JAMESTOWN HEAD COACH

Bre Carlson has been coaching for the Blue Jays gymnastics team for nine years. This will be her second season as Head Coach. Bre is the Executive Director at the Jamestown Gymnastics Club. She grew up a Blue Jay gymnast and has been coaching all levels of recreational and competitive gymnastics for ten years. Bre resides with her fiancé, Arin, and their two cats. In her down time, she enjoys traveling, going to the lake, and hanging out with family and friends.



TANYA HILL
NORTHWEST HEAD COACH

Tanya Hill is a native of northwest North Dakota and grew up doing competitive gymnastics out of Crosby, ND. She has coached competitive gymnastics out of Wahpeton, ND and Williston, ND before helping found Acro Stars Gymnastics based in Ray, ND. Acro Stars and North West Stars Gymnastics is a non-profit, volunteer run program that serves Williams, Divide, Burke, and Mountrail Counties. Tanya loves coaching her three daughters in the gym alongside her husband, Jason. When not in the gym, she enjoys training horses and competing in rodeo events around the state with her family.



GRACE BRANDT
WAHPETON HEAD COACH

Grace Brandt teaches social studies and English courses for juniors and seniors at Wahpeton High School. She has coached gymnastics for four years and is in her second year coaching the BW Storm Gymnastics Team.

STATE INDIVIDUAL CHAMPIONS

1969

Tumbling	Marilyn Falk	Jamestown
Trampoline	Kathy Ohnstad	Fargo South
Floor Exercise	Barbara Mitchell	Jamestown
Beam	Heather Snell	Jamestown
Bars	Julie Nelson	Jamestown
All Around	Barbara Mitchell	Jamestown

1970

Vault	Tracy Gunkelman	Fargo South
Floor Exercise	Barbara Mitchell	Jamestown
Beam	Barbara Mitchell	Jamestown
Bars	Barbara Mitchell	Jamestown
All Around	Barbara Mitchell	Jamestown

1971

Vault	Margaret Hagen	St. Mary's
Floor Exercise	Melissa Henning	Fargo South
Beam	Jo Pavicic	Fargo South
Bars	Kathy Sullivan	Fargo South
All Around	Jo Pavicic	Fargo South

1972

Vault	Tracy Gunkelman	Fargo South
Floor Exercise	Kathy Sullivan	Jamestown
Beam	Kathy Sullivan	Jamestown
Bars	Kathy Sullivan	Jamestown
All Around	Melissa Henning	Fargo South

1973

Vault	Tracy Gunkelman	Fargo South
Floor Exercise	Linda Basaraba	Dickinson
Beam	Linda Basaraba	Dickinson
Bars	Tracy Gunkelman	Fargo South
All Around	Tracy Gunkelman	Fargo South

1974

Vault	Tracy Gunkelman	Fargo South
Floor Exercise	Robin Huebner	Dickinson
Beam	Robin Huebner	Dickinson
Bars	Marcia Urban	Fargo South
All Around	Robin Huebner	Dickinson

1975

Vault	Robin Huebner	Dickinson
Floor Exercise	Robin Huebner	Dickinson
Beam	Robin Huebner	Dickinson
Bars	Robin Huebner	Dickinson
All Around	Robin Huebner	Dickinson

1976

Vault	Robin Huebner	Dickinson
Floor Exercise	Robin Huebner	Dickinson
Beam	Robin Huebner	Dickinson
Bars	Robin Huebner	Dickinson
All Around	Robin Huebner	Dickinson

1977

Vault	Mo Day	Fargo South
Floor Exercise	Greta Sjursen	Dickinson
Beam	Susie Schraufek	Fargo South
Bars	Stacey Simle	Fargo South
All Around	Greta Sjursen	Dickinson

1978

Vault	Nancy Davis	Dickinson
Floor Exercise	Jane Vanyo	Fargo South
Beam	Susie Schraufek	Fargo South
Bars	Stacey Simle	Fargo South
All Around	Stacey Simle	Fargo South

1979

Vault	Nancy Davis	Dickinson
Floor Exercise	Susie Schraufek	Fargo South
Beam	Susie Schraufek	Fargo South
Bars	Stacey Simle	Fargo South
All Around	Susie Schraufek	Fargo South

1980

Vault	Kristi Tryhus	Fargo South
Floor Exercise	Stacey Simle	Fargo South
Beam	Stacey Simle	Fargo South
Bars	Stacey Simle	Fargo South
All Around	Stacey Simle	Fargo South

1981

Vault	Kristi Tryhus	Fargo South
Floor Exercise	Stacey Simle	Fargo South
Beam	Cindy Rodlund	Fargo South
Bars	Stacey Simle	Fargo South
All Around	Cindy Rodlund	Fargo South

1982

Vault	Lori Malsom	Minot Ryan
Floor Exercise	Cindy Rodlund	Fargo South
Beam	Cindy Rodlund	Fargo South
Bars	Cindy Rodlund	Fargo South
All Around	Cindy Rodlund	Fargo South

1983

Vault	Julie Visina	Minot Ryan
Floor Exercise	Cindy Rodlund	Fargo South
Beam	Robin Wheeler	Dickinson
Bars	Julie Visina	Minot Ryan
All Around	Julie Visina	Minot Ryan

1984

Vault	Robin Wheeler	Dickinson
Floor Exercise	Cindy Rodlund	Fargo South
Beam	Shelby Young	Bismarck Century
Bars	Julie Visina	Minot Ryan
All Around	Robin Wheeler	Dickinson

1985

Vault	Cindy Rodlund	Fargo South
Floor Exercise	Tami Russell	Bismarck Century
Beam	Stacie Lowman	Devils Lake
Bars	Julie Visina	Minot Ryan
All Around	Julie Visina	Minot Ryan

1986

Vault	Rachel Johnson	Bismarck
Floor Exercise	Tami Russell	Bismarck Century
Beam	Jodi Hansen	Dickinson
Bars	Rachel Johnson	Bismarck
All Around	Rachel Johnson	Bismarck

1987

Vault	Cassie Osborn	Fargo South
Floor Exercise	Cassie Osborn	Fargo South
Beam (tie)	Cassie Osborn	Fargo South
Beam (tie)	Kristi Dewald	West Fargo
Bars	Julie Winje	Minot
All Around	Kristi Dewald	West Fargo

1988

Vault	Cassie Osborn	Fargo South
Floor Exercise	Tami Russell	Bismarck Century
Beam	Tami Russell	Bismarck Century
Bars	Tami Russell	Bismarck Century
All Around	Tami Russell	Bismarck Century

1989

Vault	Stacie Lowman	Fargo North
Floor Exercise	Cassie Osborn	Fargo South
Beam	Cassie Osborn	Fargo South
Bars	Teri Zimbelman	Minot
All Around	Cassie Osborn	Fargo South

1990

Vault	Stacie Lowman	Fargo North
Floor Exercise	Cassie Osborn	Fargo South
Beam	Cassie Osborn	Fargo South
Bars (tie)	Cassie Osborn	Fargo South
Bars (tie)	Jenny Nelson	Fargo North
All Around	Cassie Osborn	Fargo South

1991

Vault	Kim Sveum	Minot
Floor Exercise	Jenny Nelson	Fargo North
Beam	Tara Lefor	Dickinson
Bars	Kim Sveum	Minot
All Around	Kim Sveum	Minot

1992

Vault	Kim Sveum	Minot
Floor Exercise	Kim Sveum	Minot
Beam	Nicole Ziegler	Bismarck Century
Bars	Kim Sveum	Minot
All Around	Kim Sveum	Minot

1993

Vault	Kim Sveum	Minot
Floor Exercise	Kim Sveum	Minot
Beam	Kim Sveum	Minot
Bars	Kim Sveum	Minot
All Around	Kim Sveum	Minot

1994

Vault	Kim Sveum	Minot
Floor Exercise	Kim Sveum	Minot
Beam	Jodi Schwehr	Bismarck Century
Bars	Kim Sveum	Minot
All Around	Kim Sveum	Minot

1995

Vault	Jodi Schwehr	Bismarck Century
Floor Exercise	Jodi Schwehr	Bismarck Century
Beam (tie)	Molly McDonald	Bismarck Century
Beam (tie)	Nicole Ziegler	Bismarck Century
Bars	Krista Isakson	Minot
All Around	Jodi Schwehr	Bismarck Century

1996

Vault	Gina Lang	Bismarck
Floor Exercise	Teri Ann Krefting	Minot
Beam	Jodi Schwehr	Bismarck Century
Bars	Jodi Schwehr	Bismarck Century
All Around	Jodi Schwehr	Bismarck Century

1997

Vault	Heidi Goehring	Bismarck Century
Floor Exercise	Teri Ann Krefting	Minot
Beam	Marie Boyeff	Minot
Bars	Teri Ann Krefting	Minot
All Around	Marie Boyeff	Minot

1998

Vault	Heidi Goehring	Bismarck Century
Floor Exercise	Heidi Goehring	Bismarck Century
Beam	Teri Ann Krefting	Minot
Bars	Gina Lang	Bismarck
All Around	Gina Lang	Bismarck

STATE INDIVIDUAL CHAMPIONS

1999

Vault	Heidi Goehring	Bismarck Century
Floor Exercise	Heidi Goehring	Bismarck Century
Beam	Heidi Goehring	Bismarck Century
Bars	Andrea Albertson	Minot
All Around	Heidi Goehring	Bismarck Century

2000

Vault	Andrea Albertson	Minot
Floor Exercise	Heidi Goehring	Bismarck Century
Beam	Kari Nolz	Bismarck
Bars	Andrea Albertson	Minot
All Around	Heidi Goehring	Bismarck Century

2001

Vault	Tiffany Tello	Bismarck
Floor Exercise	Kari Nolz	Bismarck
Beam	Tiffany Tello	Bismarck
Bars	Kari Nolz	Bismarck
All Around	Kari Nolz	Bismarck

2002

Vault	Tiffany Tello	Bismarck
Floor Exercise	Tiffany Tello	Bismarck
Beam	Tiffany Tello	Bismarck
Bars	Whitney Buchholz	Bismarck Century
All Around	Tiffany Tello	Bismarck

2003

Vault	Kari Nolz	Bismarck
Floor Exercise	Tiffany Tello	Bismarck
Beam	Tiffany Tello	Bismarck
Bars	Tiffany Tello	Bismarck
All Around	Tiffany Tello	Bismarck

2004

Vault	Jade Beattie	Bismarck
Floor Exercise	Jade Beattie	Bismarck
Beam	Jade Beattie	Bismarck
Bars	Jade Beattie	Bismarck
All Around	Jade Beattie	Bismarck

2005

Vault	Chelsea Preston	Fargo South
Floor Exercise	Chelsea Preston	Fargo South
Beam	Krista Riley	Bismarck
Bars	Jade Beattie	Bismarck
All Around	Chelsea Preston	Fargo South

2006

Vault	Krista Riley	Bismarck
Floor Exercise	Emily Wong	Grand Forks
Beam	Briana Jones	Grand Forks
Bars	Emily Wong	Grand Forks
All Around	Briana Jones	Grand Forks

2007

Vault	Chelsea Preston	Fargo South
Floor Exercise	Chelsea Preston	Fargo South
Beam	Joley Beeler	Minot
Bars	Chelsea Preston	Fargo South
All Around	Chelsea Preston	Fargo South

2008

Vault	Brooklyn Bender	Minot
Floor Exercise	Brittany Johnson	Grand Forks
Beam	Jennifer Bachamp	Dickinson
Bars	Brogan Burwick	Dickinson
All Around	Mackenzie Keidel	Bismarck

2009

Vault	Brooklyn Bender	Minot
Floor Exercise	Kelsey Dukart	Dickinson
Beam	Brogan Burwick	Dickinson
Bars	Alex Braaten	Grand Forks
All Around	Alex Braaten	Grand Forks

2010

Vault	Brooklyn Bender	Minot
Floor Exercise	Brooklyn Bender	Minot
Beam	Faith Marty	Fargo North
Bars	Kaylee Keller	Bismarck
All Around	Brooklyn Bender	Minot

2011

Vault	Samantha Huether	Minot
Floor Exercise	Acacia Fossum	Dickinson
Beam	Acacia Fossum	Dickinson
Bars	Jennifer Albers	Bismarck Century
All Around	Acacia Fossum	Dickinson

2012

Vault	Mackenzie Keidel	Bismarck
Floor Exercise	Acacia Fossum	Dickinson
Beam	Klara Bock	Fargo Davies
Bars	Jennifer Albers	Bismarck Century
All Around	Acacia Fossum	Dickinson

2013

Vault	Faith Marty	Fargo
Floor Exercise	Mikaela Kessel	Dickinson
Beam	Faith Marty	Fargo
Bars	Jessica Gabriel	Bismarck Century
All Around	Acacia Fossum	Dickinson

2014

Vault	Jessica Gabriel	Bismarck Century
Floor Exercise	Acacia Fossum	Dickinson
Beam	Klara Bock	Fargo Davies
Bars	Jessica Gabriel	Bismarck Century
All Around	Kaylee Keller	Bismarck

2015

Vault	Madison Reiter	Minot
Floor Exercise	Acacia Fossum	Dickinson
Beam	Acacia Fossum	Dickinson
Bars	Acacia Fossum	Dickinson
All Around	Acacia Fossum	Dickinson

2016

Vault	Keana Kudrna	Dickinson
Floor Exercise	Acacia Fossum	Dickinson
Beam	Acacia Fossum	Dickinson
Bars	Acacia Fossum	Dickinson
All Around	Acacia Fossum	Dickinson

2017

Vault	Julia Red Wing	Bismarck
Floor Exercise	Ayanna Fossum	Dickinson
Beam	Rachel Schiele	Jamestown
Bars	Julia Red Wing	Bismarck
All Around	Julia Red Wing	Bismarck

2018

Vault	Julia Red Wing	Bismarck
Floor Exercise	Ayanna Fossum	Dickinson
Beam	Teghan Hoff	Dickinson
Bars	Julia Red Wing	Bismarck
All Around	Julia Red Wing	Bismarck

2019

Vault	Ayanna Fossum	Dickinson
Floor Exercise	Ayanna Fossum	Dickinson
Beam	Haley Nelson	Jamestown
Bars	Rachel Schiele	Jamestown
All Around	Ayanna Fossum	Dickinson

2020

Vault	Ayanna Fossum	Dickinson
Floor Exercise	Ayanna Fossum	Dickinson
Beam	Rachel Schiele	Jamestown
Bars	Haley Nelson	Jamestown
All Around	Ayanna Fossum	Dickinson

2021

Vault	Amy Fridley	Dickinson
Floor Exercise	Amy Fridley	Dickinson
Beam	Zoe Prince	Bismarck Legacy
Bars	Amy Fridley	Dickinson
All Around	Amy Fridley	Dickinson

2022

Vault	Amy Fridley	Dickinson
Floor Exercise	Karina Olson	Valley City
Beam	Addison Fitterer	Dickinson
Bars	Elizabeth Karsky	Dickinson
All Around	Elizabeth Karsky	Dickinson

2023

Vault	Elizabeth Karsky	Dickinson
Floor Exercise	Reygan Strommen	Dickinson
Beam	Karina Olson	Valley City
Bars	Aspen Roadarmel	Dickinson
All Around	Karina Olson	Valley City

MOST INDIVIDUAL TITLES (CAREER) TWO OR MORE

NO. OF TITLES	NAME	TEAM	LAST YEAR GYMNAST WON A TITLE
16	Kim Sveum	Minot	1994
15	Acacia Fossum	Dickinson	2016
13	Robin Huebner	Dickinson	1976
11	Cassie Osborn	Fargo South	1990
10	Tiffany Tello	Bismarck	2003
10	Stacey Simle	Fargo South	1981
9	Heidi Goehring	Century	2000
9	Cindy Rodlund	Fargo South	1985
8	Ayanna Fossum	Dickinson	2020
7	Chelsea Preston	Fargo South	2007
7	Jodi Schwehr	Century	1996
6	Julia Red Wing	Bismarck	2018
6	Jade Beattie	Bismarck	2005
6	Tami Russell	Century	1988
6	Julie Visina	Minot Ryan	1985
6	Tracy Gunkelman	Fargo South	1974
6	Barbara Mitchell	Jamestown	1970
5	Brooklyn Bender	Minot	2010
5	Kari Nolz	Bismarck	2003
5	Susie Schraufek	Fargo South	1979
5	Amy Fridley	Dickinson	
4	Teri Ann Krefting	Minot	1998
4	Kathy Sullivan	Jamestown	1972
3	Elizabeth Karsky	Dickinson	
3	Karina Olson	Valley City	
3	Rachel Schiele	Jamestown	2020
3	Jessica Gabriel	Bismarck Century	2014
3	Faith Marty	Fargo North, Fargo	2013
3	Andrea Albertson	Minot	2000
3	Gina Lang	Bismarck	1998
3	Stacey Lowman	Devils Lake, Fargo North	1990
3	Rachel Johnson	Bismarck	1986
3	Robin Wheeler	Dickinson	1984
2	Hayley Nelson	Jamestown	2020
2	Kaylee Keller	Bismarck	2014
2	Kiara Bock	Fargo Davies	2014
2	Jennifer Albers	Bismarck Century	2012
2	Mackenzie Keidel	Bismarck	2012
2	Alex Braaten	Grand Forks	2009
2	Brogan Burwick	Dickinson	2009
2	Brianna Jones	Grand Forks	2006
2	Emily Wong	Grand Forks	2006
2	Krista Riley	Bismarck	2006
2	Marie Boyeff	Minot	1997
2	Nicole Ziegler	Century	1995
2	Jenny Nelson	Fargo North	1991
2	Kristi Dewald	West Fargo	1987
2	Kristi Tryhus	Fargo South	1981
2	Nancy Davis	Dickinson	1979
2	Greta Sjursen	Dickinson	1977
2	Linda Basaraba	Dickinson	1973
2	Melissa Henning	Fargo South	1972
2	Jo Pavicic	Fargo South	1971

MOST INDIVIDUAL TITLES (CAREER) EACH EVENT AT LEAST 3 TITLES

		TITLES	LAST YEAR GYMNAST WON A TITLE
ALL AROUND			
Acacia Fossum	Dickinson	5	2016
Kim Sveum	Minot	4	1994
Robin Huebner	Dickinson	3	1976
VAULT			
Kim Sveum	Minot	4	1994
Tracy Gunkelman	Fargo South	4	1974
Brooklyn Bender	Minot	3	2010
Heidi Goehring	Bismarck Century	3	1999
BARS			
Stacey Simle	Fargo South	5	1981
Kim Sveum	Minot	4	1994
Julie Visina	Minot Ryan	3	1985
BEAM			
Acacia Fossum	Dickinson	3	2016
Tiffany Tello	Bismarck	3	2003
Cassie Osborn	Fargo South	3	1990
Susie Schraufek	Fargo South	3	1979
Robin Huebner	Dickinson	3	1976
FLOOR EXERCISE			
Acacia Fossum	Dickinson	5	2016
Ayanna Fossum	Dickinson	4	2020
Heidi Goehring	Bismarck Century	3	2000
Kim Sveum	Minot	3	1994
Cassie Osborn	Fargo South	3	1990
Tami Russell	Bismarck Century	3	1988
Cindy Rodlund	Fargo South	3	1984
Robin Huebner	Dickinson	3	1976

MOST INDIVIDUAL CHAMPIONSHIPS (BY TEAM) ALL TIME

Dickinson	66	Fargo North	5
Fargo South	58	Valley City	3
Bismarck	39	West Fargo	2
Minot	36	Fargo	2
Century	32	Fargo Davies	2
Jamestown	18	Devils Lake	1
Grand Forks	7	St. Mary's	1
Minot Ryan	7		

BISMARCK CENTURY

RACHEL JOHNSON KRUG COACH
SARAH FEIST ASSISTANT COACH
LINDA GRINA ASSISTANT COACH
GINA SCHULTE ASSISTANT COACH
CASSITY WINNENBACH ASSISTANT COACH
SHARON ESPELAND ASSISTANT PRINCIPAL
MARK MURDOCK ASSISTANT PRINCIPAL



ROSTER	GRADE
Teah Schulte	12
Taylor Thueson	11
Makayla Wiedenmeyer	11
Mckenna Brosz	11
Cortney Krueger	11
Bree Wilmes	10
EmmaLee Hoskins	10

ROSTER	GRADE
Haley Nelson	9
Peyton Holje	9
Stella Dowhy	8
Bentleigh Trapp	7
Molly Zeltinger	7
Cloey Kraljic	7

BISMARCK LEGACY

RACHEL JOHNSON KRUG COACH
SARAH FEIST ASSISTANT COACH
LINDA GRINA ASSISTANT COACH
GINA SCHULTE ASSISTANT COACH
CASSITY WINNENBACH ASSISTANT COACH
RYAN RIEHL ASSISTANT PRINCIPAL
PAUL JUNDT LHS ATHLETIC DIRECTOR
TOM SCHMIDT PRINCIPAL



ROSTER	GRADE
Brynn Crane	11
Macy Crane	11
Madison Lamberth	10
Aurora Herman	10

ROSTER	GRADE
Joran Johnson	9
Sophia Goldade	8
Bristol Schmidt	8
Maria Storick	11

DICKINSON

CASEY BERRY

COACH



ROSTER

GRADE

Addison Fitterer
Elizabeth Karsky
Rylee Olson
Aspen Roadarmel
Samantha Simnioniw

12
9
12
10
10

ROSTER

GRADE

Megan Sitter
Reygan Strommen
Brooklyn Wariner
Victoria Whittlesey
Olivia Kuhn

7
9
10
9
7

GRAND FORKS

MEGAN JOHNSON

COACH



ROSTER

GRADE

Brynn Moen
Lauren Swanson
Taryn Swanson
Emma Haskamp

12
12
12
12

ROSTER

GRADE

Ellery White
Jocelynne Hoefs
Emma Howard

11
9
8

JAMESTOWN

BRE CARLSON
MAREN KROEBER

COACH
STATISTICIAN



ROSTER

GRADE

Allysah Larson
Anna Roemmich
Julia Skari
Lydia Stoterau
Sutton Van Gilder
Aubrey Krapp
McKenna Pettys
Mia Kaiser
Hayden Jolyn Olson

12
12
11
11
10
10
10
10
10

ROSTER

GRADE

Jozie Davis
Madelynn Nagel
Jasmine Houmann
Baynx Kirschenmann
Brooklyn Perman
Sara Everson
Lucy Falk

9
9
9
8
8
7
9

MANDAN

MCKENZIE SWALLOW
GRACE ENTZEL

COACH
STATISTICIAN



ROSTER

GRADE

Alexandra Arnegard
Jericah Lockner
Jenna Eversole
Alyse Edland
Taylor Arnegard
Jaylei Eisenbeis
Emma Larson
Emily Friez

12
12
11
11
10
10
10
9

ROSTER

GRADE

Jaci Sauvageau
Kylie Brew
Olivia Beck
Dylan Arnegard
Remi Wilber
Camryn Gierke
Klaudia Szpont
Haylee McGrane

9
9
9
8
8
9
11
10

MINOT

ROBBIE WERCHAU

COACH



ROSTER

Haley Conklin
Keira Davis
Gracyn Bergan

GRADE

11
10
9

ROSTER

Alexis McLeod
Bailey McLeod
Pavyn Peterson

GRADE

9
9
10

NORTHWEST

TANYA HILL
JASON HILL
MADILYN HUNTING

COACH
ASSISTANT COACH
MANAGER



ROSTER

Presley Hill
Evie Johnsrud
Myranda Damm

GRADE

10
8
8

ROSTER

Emily Renaud
Karlee Poff

GRADE

9
9

BEST ALL TIME ALL AROUND SCORES

(SINCE 1981) 38.000 OR BETTER

SCORE	NAME	TEAM	YEAR
39.166	Jade Beattie	Bismarck	2004
39.067	Acacia Fossum	Dickinson	2016
38.750	Heidi Goehring	Century	2000
38.717	Tiffany Tello	Bismarck	2002
38.667	Elizabeth Karsky	Dickinson	2022
38.667	Acacia Fossum	Dickinson	2015
38.667	Heidi Goehring	Century	1999
38.600	Andrea Albertson	Minot	1999
38.567	Jodi Schwehr	Century	1996
38.483	Tiffany Tello	Bismarck	2003
38.467	Jade Beattie	Bismarck	2002
38.417	Amy Fridley	Dickinson	2022
38.400	Amy Fridley	Dickinson	2021
38.400	Cassie Osborn	Fargo South	1989
38.400	Kim Sveum	Minot	1993
38.400	Kim Sveum	Minot	1994
38.333	Acacia Fossum	Dickinson	2013
38.317	Gina Lang	Bismarck	1998
38.310	Rachel Johnson	Bismarck	1986
38.300	Kari Nolz	Bismarck	2001
38.283	Acacia Fossum	Dickinson	2012
38.25	Abbey Thornton	Valley City	2022
38.250	Julia Red Wing	Bismarck	2017
38.250	Acacia Fossum	Dickinson	2011

SCORE	NAME	TEAM	YEAR
38.217	Mackenzie Keidel	Bismarck	2012
38.201	Marie Boyeff	Minot	1997
38.200	Lindsey Wong	Grand Forks	2004
38.200	Kaitlyn Towery	Minot	2004
38.200	Cassie Osborn	Fargo South	1990
38.200	Brooklyn Bender	Minot	2010
38.150	Ayanna Fossum	Dickinson	2017
38.150	Jade Beattie	Bismarck	2003
38.150	Chelsea Preston	Fargo South	2005
38.150	Kim Sveum	Minot	1992
38.117	Heidi Goehring	Century	1998
38.101	Tami Russell	Century	1988
38.090	Jodi Schwehr	Century	1995
38.083	Hannah Werchau	Minot	2016
38.067	Keana Kudrna	Dickinson	2016
38.067	Andrea Albertson	Minot	2000
38.050	Jessica Gabriel	Century	2013
38.050	Kaylee Keller	Bismarck	2013
38.033	Tiffany Tello	Bismarck	2001
38.020	Tami Russell	Century	1986
38.017	Briana Jones	Grand Forks	2006
38.017	Karina Olson	Valley City	2023
38.000	Teri Ann Krefting	Minot	1996

BEST ALL TIME SCORES - BARS

(SINCE 1981)

SCORE	NAME	TEAM	YEAR
9.883	Andrea Albertson	Minot	1999
9.867	Andrea Albertson	Minot	2000
9.850	Kari Nolz	Bismarck	2001
9.833	Jade Beattie	Bismarck	2004
9.817	Gina Lang	Bismarck	1998
9.800	Jennifer Albers	Century	2012
9.800	Tiffany Tello	Bismarck	1999
9.783	Julia Red Wing	Bismarck	2017
9.783	Whitney Buchholz	Century	2004
9.783	Kari Nolz	Bismarck	1999

BEST ALL TIME SCORES - BEAM

(SINCE 1981)

SCORE	NAME	TEAM	YEAR
9.867	Heidi Goehring	Century	1999
9.867	Jodi Schwehr	Century	1996
9.850	Marie Boyeff	Minot	1997
9.800	Addison Fitterer	Dickinson	2022
9.800	Jade Beattie	Bismarck	2004
9.783	Tiffany Tello	Bismarck	2003
9.767	Lindsey Wong	Grand Forks	2003
9.767	Teri Ann Krefting	Minot	1998
9.767	Teri Ann Krefting	Minot	1996
9.750	Kaitlyn Towery	Minot	2004

BEST ALL TIME SCORES - FLOOR

(SINCE 1981)

SCORE	NAME	TEAM	YEAR
9.867	Acacia Fossum	Dickinson	2012
9.867	Heidi Goehring	Century	1998
9.833	Ayanna Fossum	Dickinson	2020
9.833	Acacia Fossum	Dickinson	2016
9.833	Alex Lind	Jamestown	2012
9.833	Chelsea Preston	Fargo South	2007
9.817	Karina Olson	Valley City	2022
9.800	Keana Kudrna	Dickinson	2016
9.800	Acacia Fossum	Dickinson	2015
9.783	Madison Reiter	Minot	2015
9.783	Mackenzie Keidel	Bismarck	2012

BEST ALL TIME SCORES - VAULT

(SINCE 1981)

SCORE	NAME	TEAM	YEAR
9.950	Kim Sveum	Minot	1994
9.900	Keana Kudrna	Dickinson	2016
9.867	Acacia Fossum	Dickinson	2016
9.867	Mackenzie Keidel	Bismarck	2012
9.800	Amy Fridley	Dickinson	2022
9.850	Heidi Goehring	Century	1999
9.833	Amy Fridley	Dickinson	2021
9.800	Jessica Gabriel	Century	2014
9.800	Chelsea Preston	Fargo South	2005
9.800	Jade Beattie	Bismarck	2004
9.800	Tiffany Tello	Bismarck	2002
9.783	Tiffany Tello	Bismarck	2001

Group 1

Rotation 1 - Vault				Rotation 2 - UB			
1	555	Kylie Brew	Mandan High	1	965	Peyton Holjie	Century High
2	570	Alex Arnegard	Mandan High	2	966	Mckenna Brosz	Century High
3	964	Emma Hoskins	Century High	3	405	Reygan Strommen	Dickinson High
4	965	Peyton Holjie	Century High	4	167	Sutton Van Gilder	Jamestown
5	409	Brooklyn Wariner	Dickinson High	5	409	Brooklyn Wariner	Dickinson High
6	167	Sutton Van Gilder	Jamestown	6	401	Elizabeth Karsky	Dickinson High
7	22	Haley Conklin	Minot High	7	168	Sara Everson	Jamestown
8	548	Taryn Swanson	Grand Forks	8	954	Teah Schulte	Century High
9	411	Rylee Olson	Dickinson High	9	411	Rylee Olson	Dickinson High
10	954	Teah Schulte	Century High	10	548	Taryn Swanson	Grand Forks
11	405	Reygan Strommen	Dickinson High	11	22	Haley Conklin	Minot High
12	401	Elizabeth Karsky	Dickinson High				
Rotation 3 - Beam				Rotation 4 - Floor			
1	405	Reygan Strommen	Dickinson High	1	548	Taryn Swanson	Grand Forks
2	409	Brooklyn Wariner	Dickinson High	2	401	Elizabeth Karsky	Dickinson High
3	22	Haley Conklin	Minot High	3	964	Emma Hoskins	Century High
4	401	Elizabeth Karsky	Dickinson High	4	168	Sara Everson	Jamestown
5	966	Mckenna Brosz	Century High	5	965	Peyton Holjie	Century High
6	167	Sutton Van Gilder	Jamestown	6	954	Teah Schulte	Century High
7	548	Taryn Swanson	Grand Forks	7	534	Brynn Moen	Grand Forks
8	534	Brynn Moen	Grand Forks	8	409	Brooklyn Wariner	Dickinson High
9	411	Rylee Olson	Dickinson High	9	411	Rylee Olson	Dickinson High
10	965	Peyton Holjie	Century High	10	405	Reygan Strommen	Dickinson High
11	954	Teah Schulte	Century High	11	167	Sutton Van Gilder	Jamestown
				12	22	Haley Conklin	Minot High

Group 2

Rotation 1 - Bars				Rotation 2 - Beam			
1	272	Elise Skovholt	Wahpeton	1	210	Berklee Ketterling	Bismarck High
2	514	Emma Haskamp	Grand Forks	2	272	Elise Skovholt	Wahpeton
3	266	Justice Christian	Wahpeton	3	416	Olivia Kuhn	Dickinson High
4	52	Karlee Poff	Northwest	4	181	Allysah Larson	Jamestown
5	157	Baynx Kirschenmann	Jamestown	5	414	Samantha Simnioniw	Dickinson High
6	181	Allysah Larson	Jamestown	6	51	Presley Hill	Northwest
7	3	Keira Davis	Minot High	7	510	Jocelynn Hoefs	Grand Forks
8	51	Presley Hill	Northwest	8	203	Alyson Krug	Bismarck High
9	203	Alyson Krug	Bismarck High	9	3	Keira Davis	Minot High
10	414	Samantha Simnioniw	Dickinson High				
11	510	Jocelynn Hoefs	Grand Forks				
Rotation 3 - Floor				Rotation 4 - Vault			
1	266	Justice Christian	Wahpeton	1	157	Baynx Kirschenmann	Jamestown
2	181	Allysah Larson	Jamestown	2	510	Jocelynn Hoefs	Grand Forks
3	3	Keira Davis	Minot High	3	414	Samantha Simnioniw	Dickinson High
4	514	Emma Haskamp	Grand Forks	4	266	Justice Christian	Wahpeton
5	414	Samantha Simnioniw	Dickinson High	5	154	Mia Kaiser	Jamestown
6	510	Jocelynn Hoefs	Grand Forks	6	272	Elise Skovholt	Wahpeton
7	170	Jozie Davis	Jamestown	7	170	Jozie Davis	Jamestown
8	272	Elise Skovholt	Wahpeton	8	51	Presley Hill	Northwest
9	52	Karlee Poff	Northwest	9	3	Keira Davis	Minot High
10	51	Presley Hill	Northwest	10	181	Allysah Larson	Jamestown

Group 3

Rotation 1 - Beam				Rotation 2 - Floor			
1	214	Gaby Garcia	Bismarck High	1	7	Lexi Mcleod	Minot High
2	585	Jenna Eversole	Mandan High	2	539	Liliya Baumwald	Grand Forks
3	14	Gracyn Bergan	Minot High	3	54	Myranda Damm	Northwest
4	412	Victoria Whittlesey	Dickinson High	4	952	Haley Nelson	Century High
5	7	Lexi Mcleod	Minot High	5	14	Gracyn Bergan	Minot High
6	956	Bree Wilmes	Century High	6	585	Jenna Eversole	Mandan High
7	164	Lucy Falk	Jamestown	7	175	Julia Skari	Jamestown
8	952	Haley Nelson	Century High	8	412	Victoria Whittlesey	Dickinson High
9	190	Lydia Stoterau	Jamestown	9	956	Bree Wilmes	Century High
10	175	Julia Skari	Jamestown	10	164	Lucy Falk	Jamestown
				11	590	Taylor Arnegard	Mandan High
Rotation 3 - Vault				Rotation 4 - Bars			
1	214	Gaby Garcia	Bismarck High	1	14	Gracyn Bergan	Minot High
2	956	Bree Wilmes	Century High	2	175	Julia Skari	Jamestown
3	967	Stella Dowhy	Century High	3	7	Lexi Mcleod	Minot High
4	590	Taylor Arnegard	Mandan High	4	952	Haley Nelson	Century High
5	585	Jenna Eversole	Mandan High	5	585	Jenna Eversole	Mandan High
6	952	Haley Nelson	Century High	6	956	Bree Wilmes	Century High
7	14	Gracyn Bergan	Minot High	7	164	Lucy Falk	Jamestown
8	164	Lucy Falk	Jamestown	8	412	Victoria Whittlesey	Dickinson High
9	175	Julia Skari	Jamestown	9	190	Lydia Stoterau	Jamestown
10	612	Maria Storick	Legacy High				
11	412	Victoria Whittlesey	Dickinson High				
12	7	Lexi Mcleod	Minot High				

Group 4

Rotation 1 - Floor				Rotation 2 - Vault			
1	166	Hayden Olson	Jamestown	1	959	Taylor Thueson	Century High
2	8	Pavyn Peterson	Minot High	2	404	Aspen Roadarmel	Dickinson High
3	593	Jaylei Eisenbeis	Mandan High	3	613	Aurora Herman	Legacy High
4	150	Brooklyn Waldie	Jamestown	4	166	Hayden Olson	Jamestown
5	916	Jaden Felber	Fargo	5	8	Pavyn Peterson	Minot High
6	586	Jerica Lockner	Mandan High	6	950	Bentleigh Trapp	Century High
7	275	Hailee Hanson	Wahpeton	7	593	Jaylei Eisenbeis	Mandan High
8	613	Aurora Herman	Legacy High	8	586	Jerica Lockner	Mandan High
9	404	Aspen Roadarmel	Dickinson High	9	275	Hailee Hanson	Wahpeton
				10	150	Brooklyn Waldie	Jamestown
				11	916	Jaden Felber	Fargo
				12	614	Sophia Goldade	Legacy High
Rotation 3 - Bars				Rotation 4 - Beam			
1	586	Jerica Lockner	Mandan High	1	959	Taylor Thueson	Century High
2	275	Hailee Hanson	Wahpeton	2	150	Brooklyn Waldie	Jamestown
3	166	Hayden Olson	Jamestown	3	916	Jaden Felber	Fargo
4	417	Megan Sitter	Dickinson High	4	177	Madelynn Nagel	Jamestown
5	959	Taylor Thueson	Century High	5	613	Aurora Herman	Legacy High
6	916	Jaden Felber	Fargo	6	586	Jerica Lockner	Mandan High
7	185	Aubrey Krapp	Jamestown	7	185	Aubrey Krapp	Jamestown
8	8	Pavyn Peterson	Minot High	8	275	Hailee Hanson	Wahpeton
9	150	Brooklyn Waldie	Jamestown	9	404	Aspen Roadarmel	Dickinson High
10	177	Madelynn Nagel	Jamestown	10	8	Pavyn Peterson	Minot High
11	404	Aspen Roadarmel	Dickinson High				
12	613	Aurora Herman	Legacy High				

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