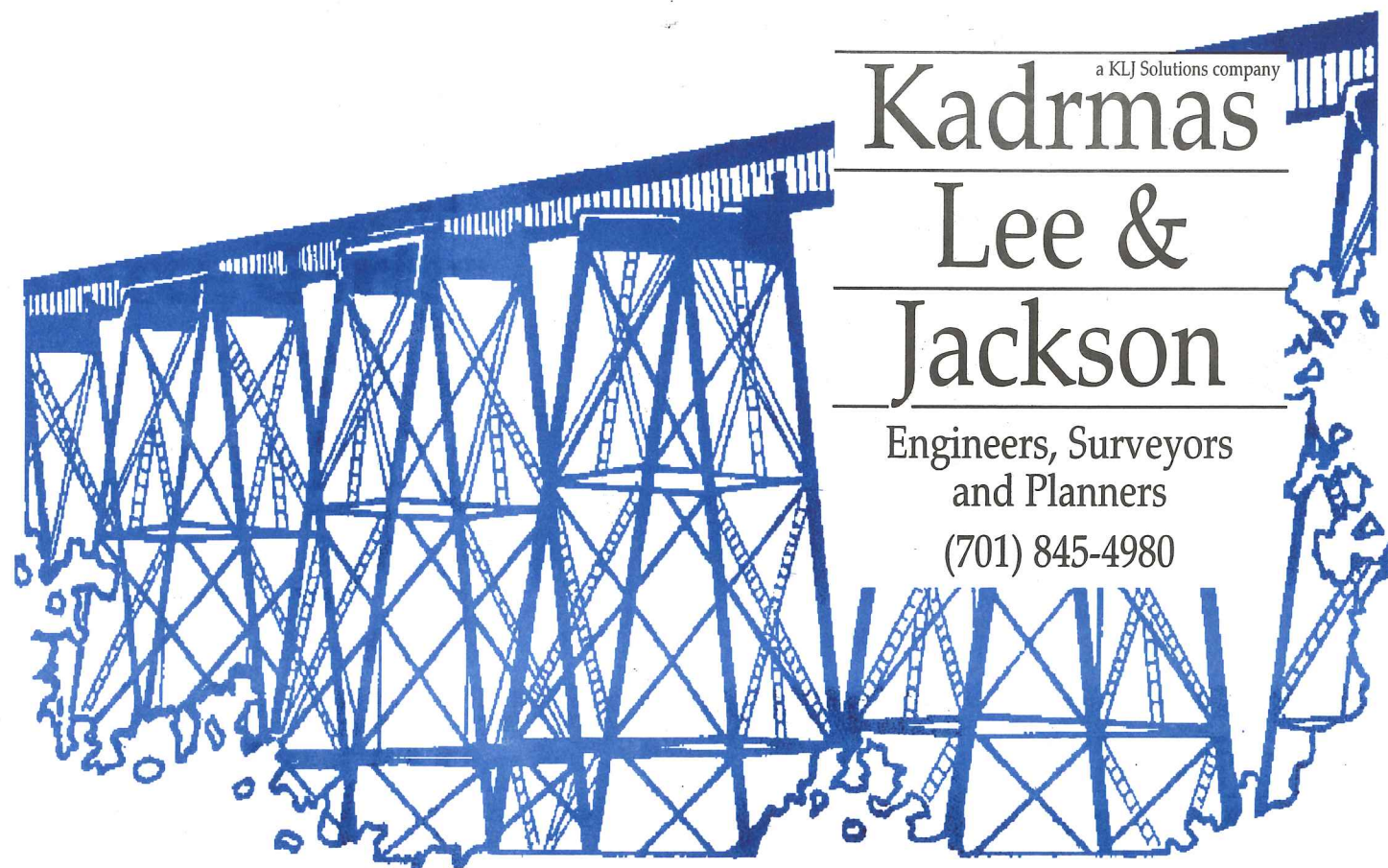


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A black and white photograph of a female gymnast in mid-air, performing a high jump. She is wearing a dark leotard and has her arms extended upwards. The background is a light, textured surface.

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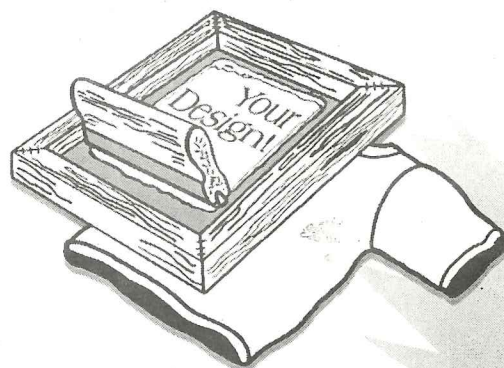
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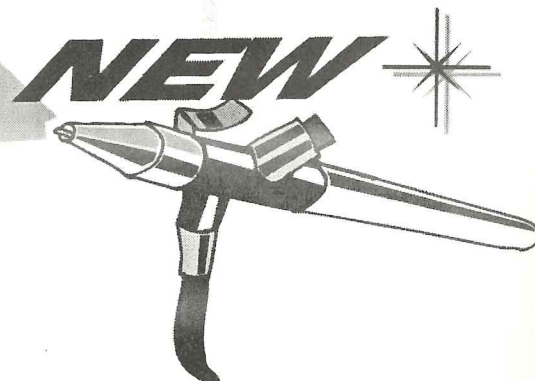


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NDHSAA TOURNAMENT CODE OF CONDUCT

Purpose: To elevate standards of Good Sportsmanship and to encourage the growth of responsible citizenship among the students, member schools and their personnel.

Fundamentals of Good Sportsmanship

1. Know, appreciate and understand the rules of the contest.
2. Show respect for the officials. Good Sportsmanship implies the willingness to accept and abide by the decisions of the officials.
3. Show respect for the opponent at all times. Good Sportsmanship is the Golden Rule in action.
5. Maintain self-control at all times. Good Sportsmanship is a responsibility of all who are involved in the game.
6. Show a positive attitude in cheering, refraining from intimidation or negative cheering. Good Sportsmanship is cheering your own team "on to victory."

Acts of Misconduct

1. Throwing of any object onto the playing floor or in the stands.
2. Behavior deemed dangerous or which interferes with the rights of others to watch the game.
3. Possessing, consuming or being under the influence of chemicals.
4. Use of obscene, profane or abusive language or gestures, signs, posters or banners which show disrespect for opponent's team, officials, cheerleaders, band or other performing groups.
5. The use of noisemakers.
6. Entry onto the playing surface at any time.

THESE ACTS OF MISCONDUCT WILL NOT BE TOLERATED AND WILL RESULT IN AUTOMATIC REMOVAL WITHOUT REFUND OF ADMISSION.

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Schedule of Events

NOTE: Warm-up times will be determined by the meet manager.

Fri., Feb. 27 - Team Day

2:15 p.m.Gym Opens
2:45 p.m.Coaches' Meeting
3:30 p.m.Officials' Meeting
4:30 p.m.Base Score Routines
4:45 p.m.Opening Ceremony
5:00 p.m.Begin Competition

Sat., Feb. 28 - Individual Day

10:15 a.m.Gym Opens
10:30 a.m.Coaches' Meeting
11:00 a.m.Timed Warm-ups Begin
12:30 p.m.Base Score Routines
12:45 p.m.Opening Ceremonies
1:00 p.m.Begin Competition

NOTE: (1) Meet manager may view the field each day and adjust the warm-up if needed. (2) Touch warm-ups will be used for team day and individual day.

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Officials

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Runners/Timers/Score Averagers ..Valley Twisters
Gymnastic Club
Presentation of AwardsSheryl Solberg
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Mercy Hospital
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Meet Officials

Tournament ManagerAl Cruchet, Valley City
Head TableBarb Bjorum, Valley City
Floor ManagerLisa Brown, Valley City
Meet RefereeKaren Dahlseng
VaultKim Ressler,
Ruth Walsh, Heather Coleman
Bars.....Suzanne Darling,
Pam Tweten, Cindy Sperle-Gee
BeamLezlie Kalberer,
Stacey Ackerman, Alison Hoeg
Floor.....Cari Walberg,
Stacey Ringoen, Mary Meyer

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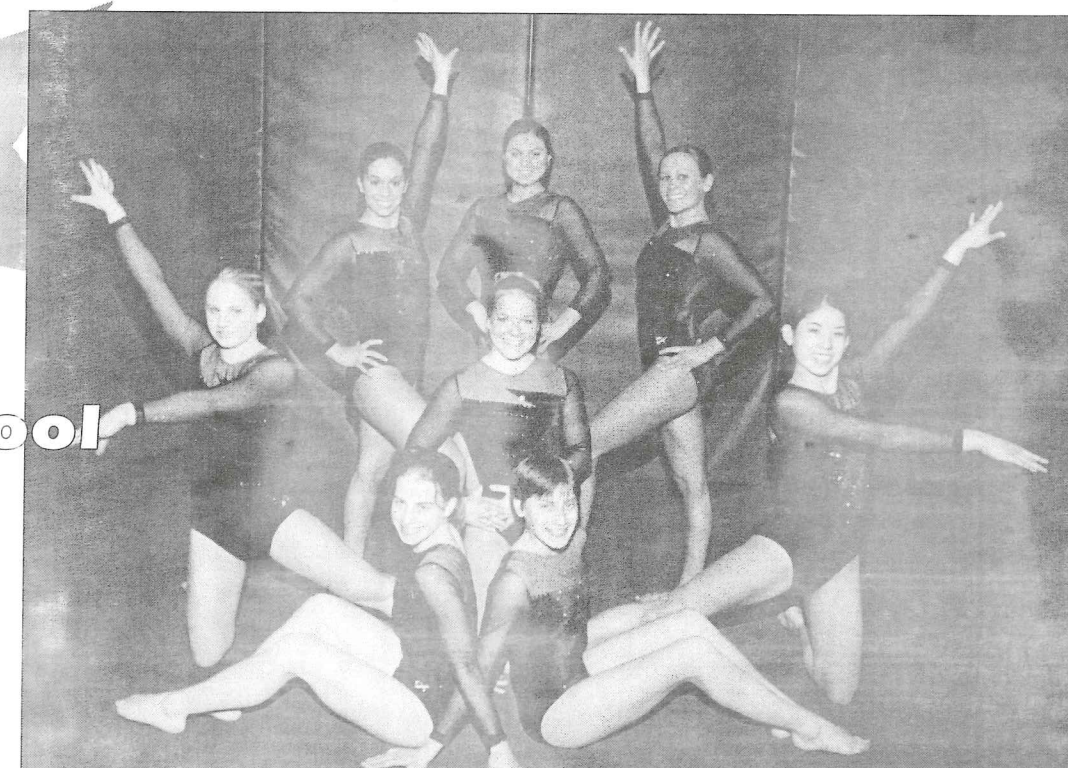
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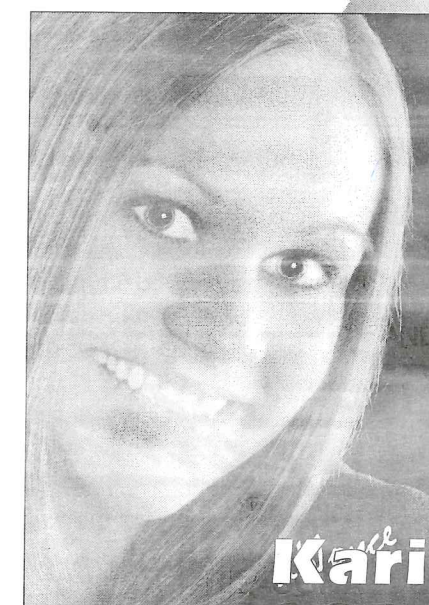
Front row (l-r): Elise Hocking, Krista Riley. Middle row (l-r): Laura Erickson, Rhiannon Bitz, Jade Beattie. Front row (l-r): Tiffany Tello, Savannah Glass, Kari Nolz.



Tiffany Tello

Bismarck High

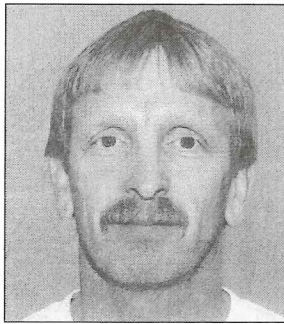
All Around - Uneven Bars
Balance Beam
Floor Exercise



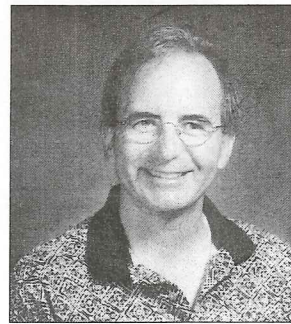
Kari Nolz

Bismarck High
Vault

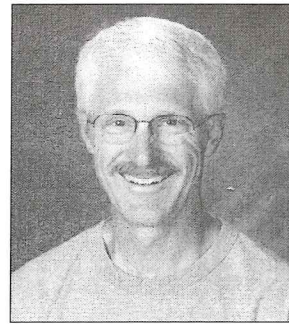
Coaches



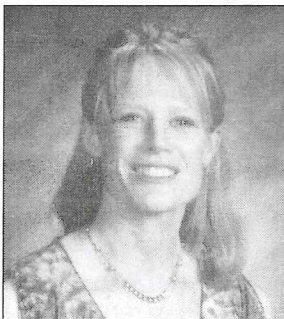
Curt Sherbrooke
Bismarck/Century



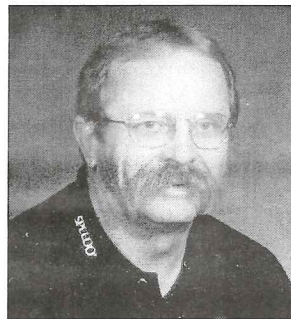
Kent VanElls
Dickinson



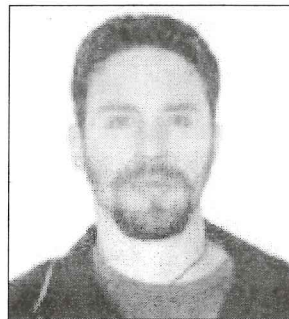
Mike Merritt
Fargo North/South



Kristi Sandbeck
Grand Forks



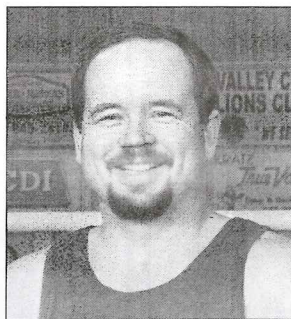
Dave Tews
Jamestown



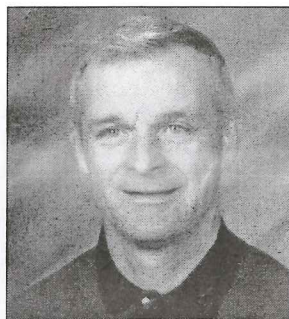
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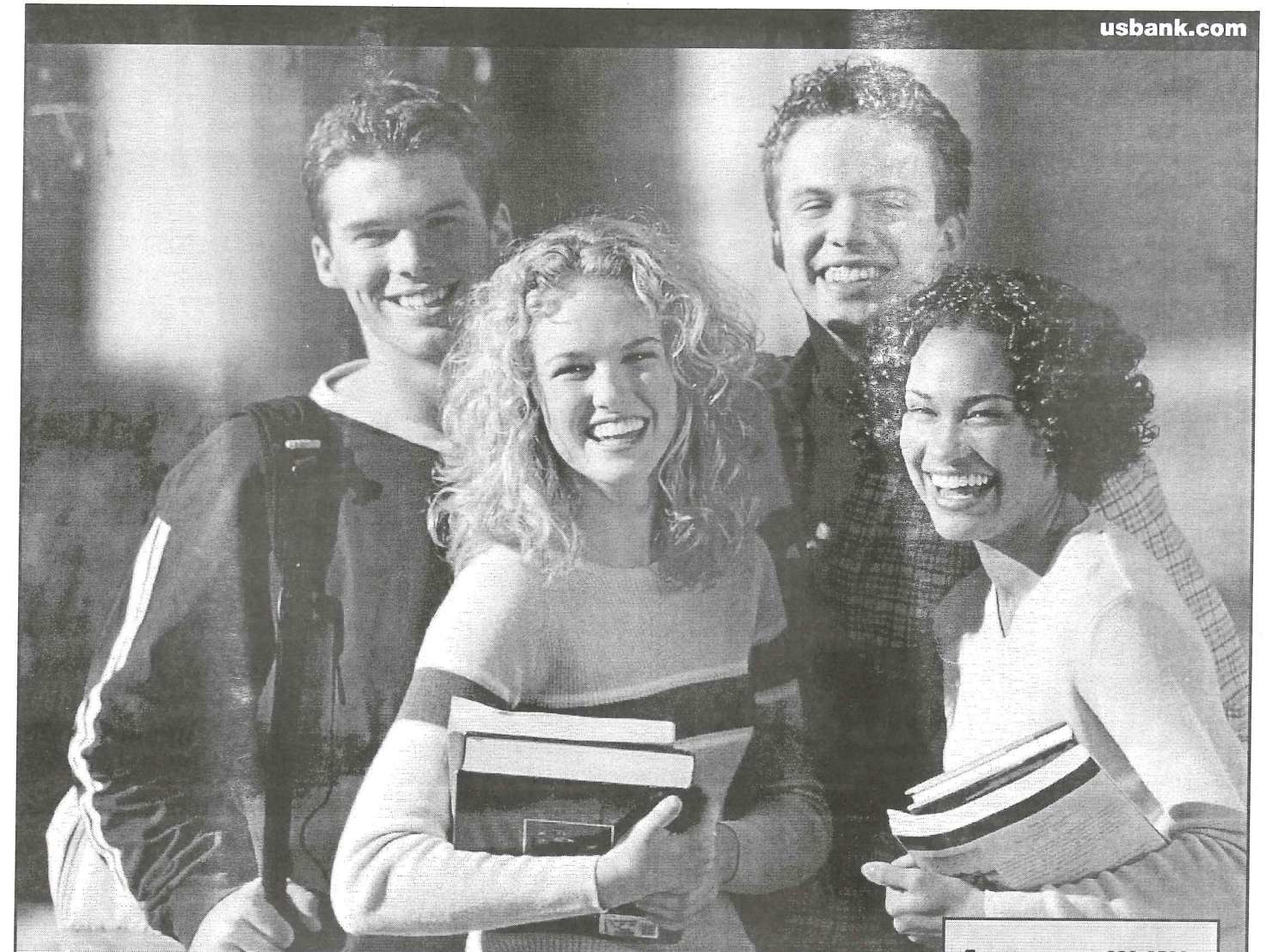
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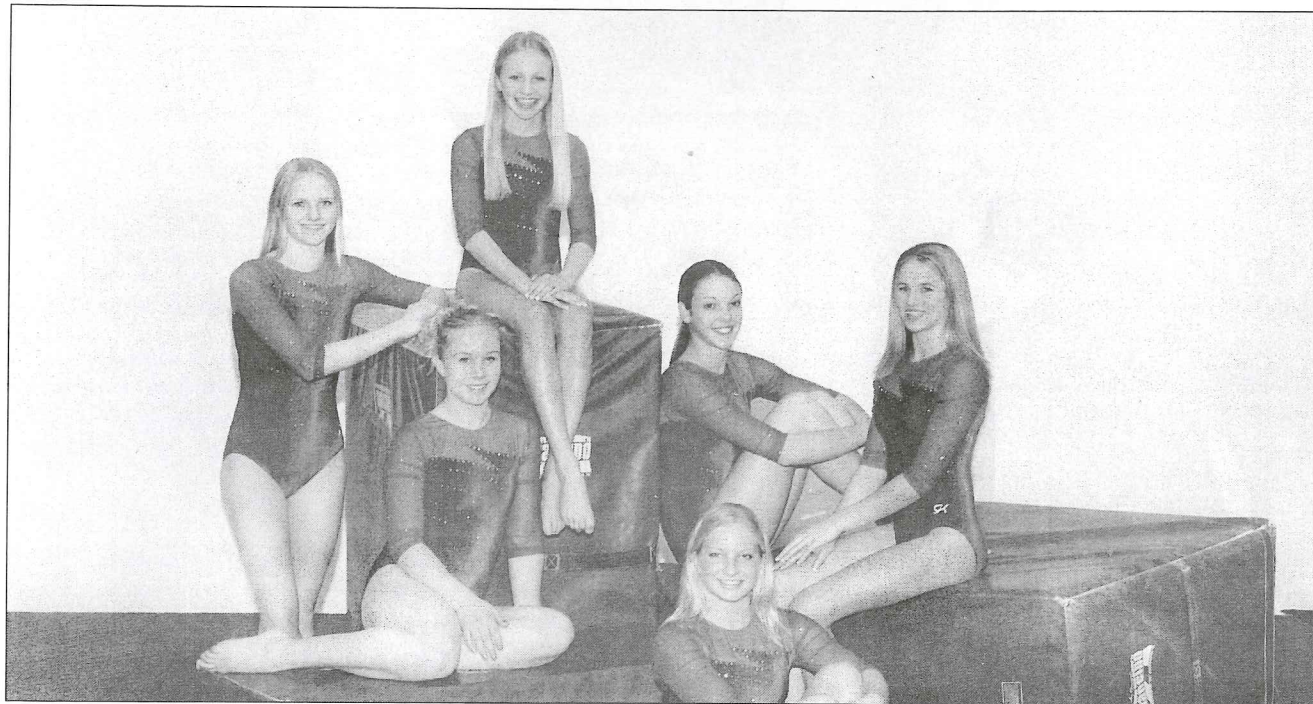
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Front row (l-r): Whitney Buchholz. Middle row: Lindsay Albers, Brittany Bohrer, Amber Jechort. Back row: Britney Daniel, Haley Stewart.

TEAM SCORE

No.	Name	GR	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
954	Brittany Bohrer	9										
955	Haley Stewart	8										
956	Lindsay Albers	11										
959	Amber Jechort	10										
960	Whitney Buchholz	12										
961	Britney Daniel	9										

ADD TOP 4 SCORES:

+ + + + =

Bismarck High Demons

Head Coach Curt Sherbrooke, Assistant Coach Linda Grina



Front row (l-r): Jade Beattie. Middle row: Krista Riley, Megan Keidel, Megan Meyer, Elise Hocking. Back row: Laura Erickson, Nicole Andrews.

TEAM SCORE

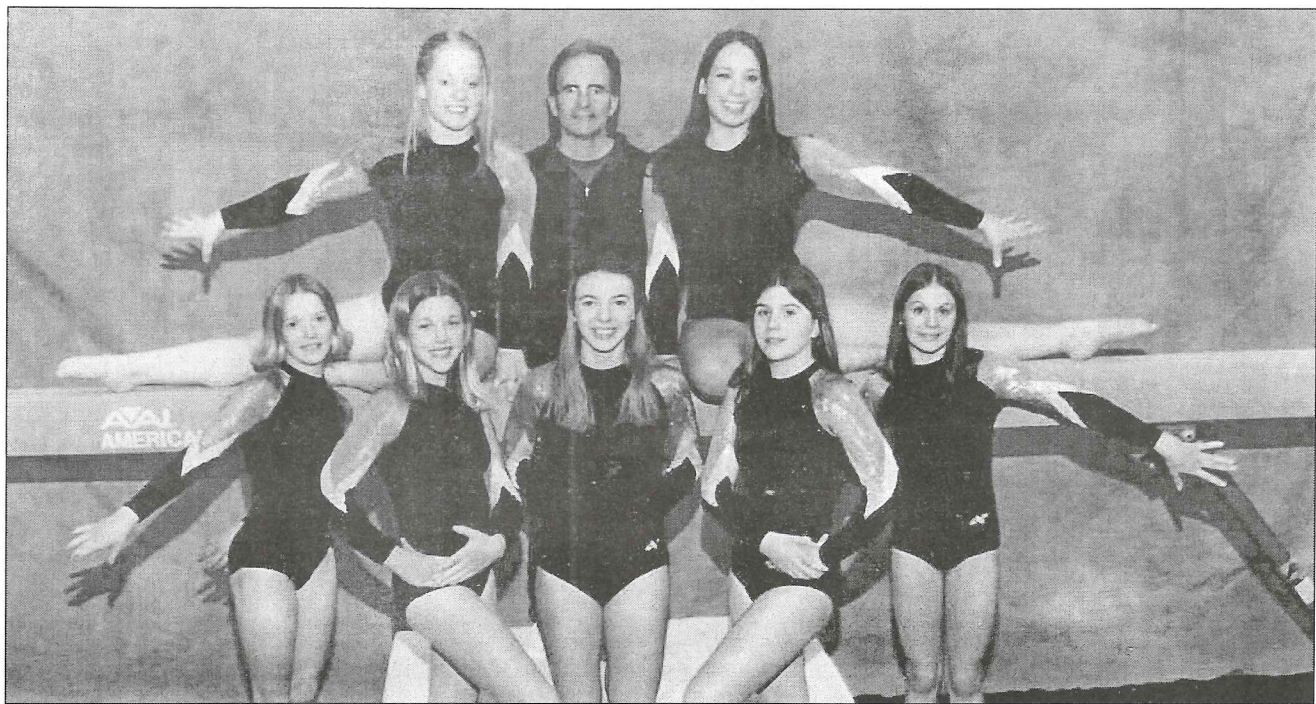
No.	Name	GR	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
201	Jade Beattie	11										
202	Elise Hocking	11										
204	Laura Erickson	10										
206	Megan Keidel	8										
209	Nicole Andrews	7										
212	Krista Riley	10										
214	Megan Meyer	7										

ADD TOP 4 SCORES:

+ + + + =

Dickinson Midgets

Head Coach Kent VanElls



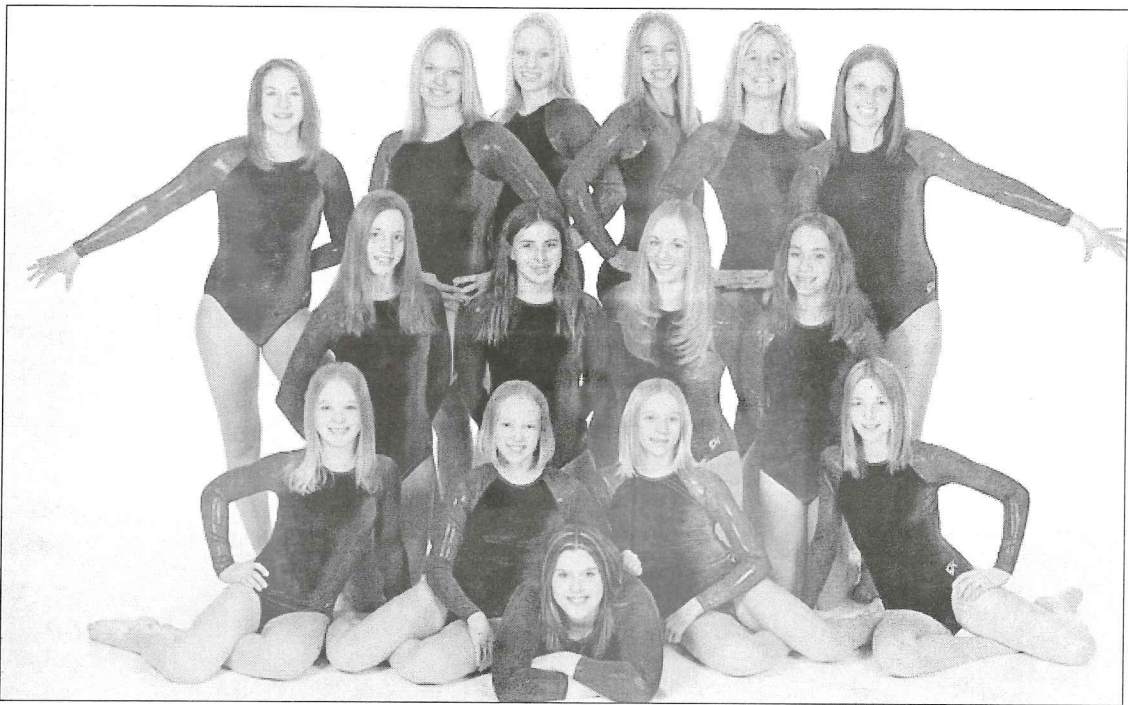
Front row (l-r): Lexi Stickel, Katie Kostelecky, Mara VanElls, Jennifer Bachamp, Marie Franzen. Back row: Suzy Reisenauer, Coach Kent VanElls, Jenna Cusic. Not pictured: Holly Thompson.

TEAM SCORE

No.	Name	GR	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
403	Suzy Reisenauer	12										
404	Holly Thompson	11										
405	Jennifer Bachamp	8										
406	Mara VanElls	9										
407	Lexi Stickel	8										
409	Jenna Cusic	12										
411	Marie Franzen	7										
ADD TOP 4 SCORES:			+	+	+	+	=					

Fargo North Spartans

Coach Mike Merritt, Asst. Coaches: Jay Beyer, Megan Olson, Bridget Horsager, Codi Fandrich



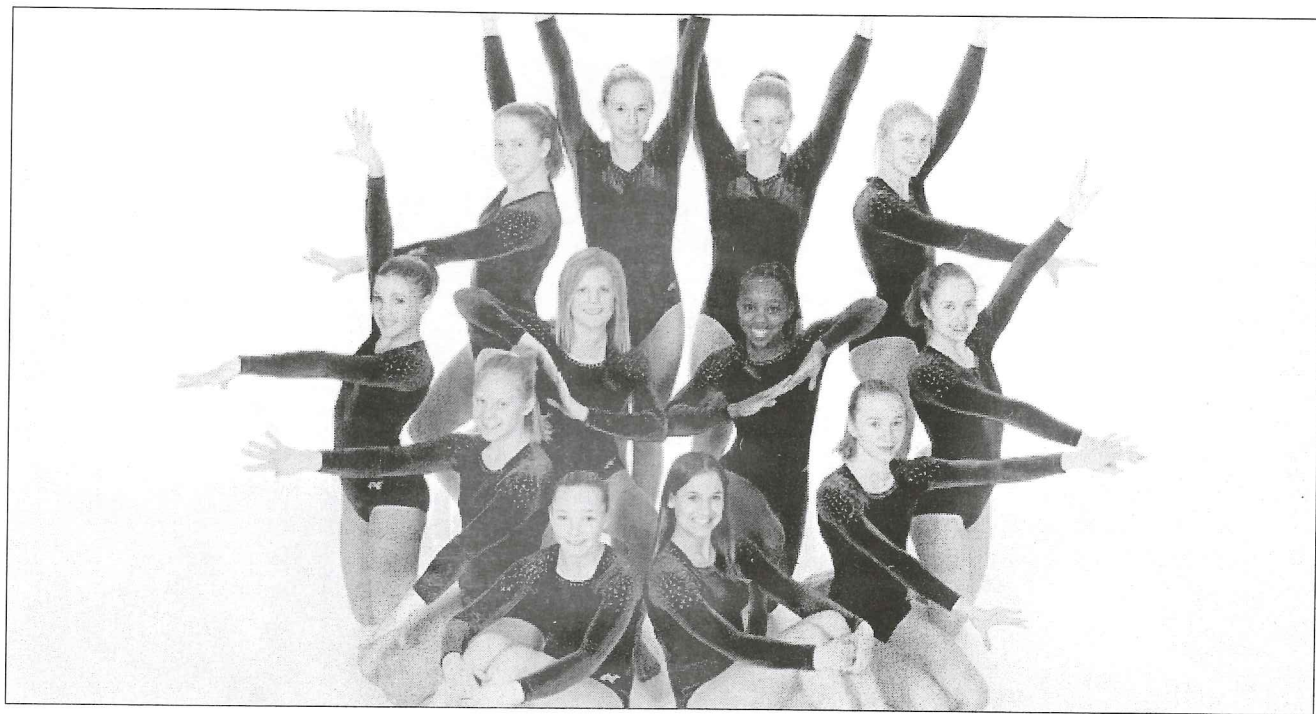
Center: Erika Johansen. Sitting (l-r): Emily Schreier, MaryJo Nelson, Jayme Noel, Kyrstin Emil. Kneeling: Lindsey Walton, Vanessa Fremling, Debbie Sellnow, Elizabeth Coronato. Standing: Heidi Fandrich, Lindsey Lauritsen, Alexandra Linstad, Kelsey Larson, Trista Swift, Karrie Burdick.

TEAM SCORE

No.	Name	GR	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
903	Debbie Sellnow	12										
905	Erika Johansen	12										
907	Heidi Fandrich	11										
908	Karrie Burdick	12										
912	Trista Swift	10										
913	Alexandra Linstad	9										
917	Lindsey Lauritsen	12										
918	Kyrstin Emil	7										
ADD TOP 4 SCORES:			+	+	+	+	=					

Fargo South Bruins

Coach Mike Merritt, Asst. Coaches: Jay Beyer, Megan Olson, Bridget Horsager, Codi Fandrich



Seated (l-r) Alyssa Beasley, Samantha Palmer. Kneeling: Brooke Miller, Rachel Brophy, Samantha Holte, Chelsea Preston, Rachel McLean, Karissa Olstad. Standing: Anna Kreig, Caitlin Workin, Elizabeth Wohlfeil, Katrina Thompson.

TEAM SCORE

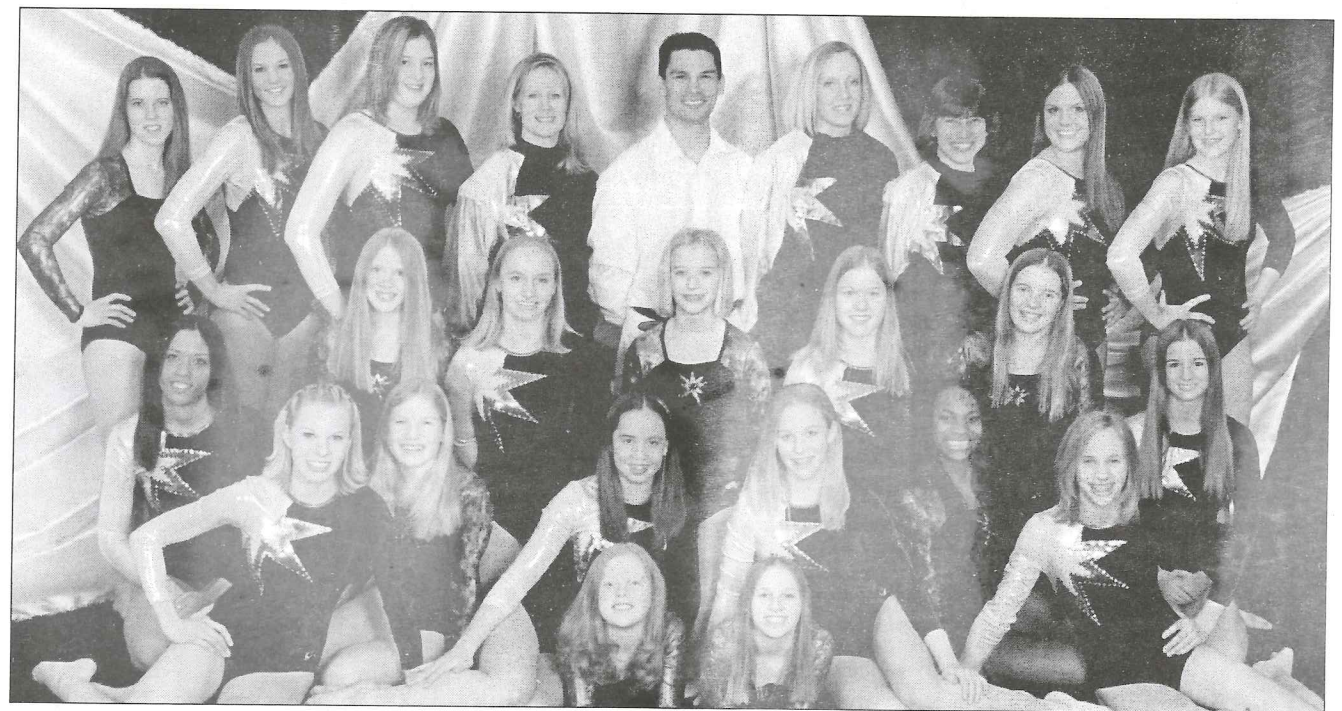
No.	Name	GR	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
75	Chelsea Preston	9										
77	Samantha Holte	8										
78	Alyssa Beasley	9										
79	Katrina Thompson	8										
82	Elizabeth Wohlfeil	12										
83	Caitlin Workin	10										

ADD TOP 4 SCORES:

+ + + + =

Grand Forks (Red River/Central) Knight Riders

Coach Kristy Sandbeck, Assistant Coaches: Laurie Chase, James Bayer, Corey Weber



Front row (l-r): Natosha Fagerholt, Bailey Kitko. Second row: Brittany Jelsing, Morgan Bitz, Lindsey Wong, Brianna Gaddie, Jessie Lindholm, Briana Jones. Third row: Melissa Wong, Jordon Purpur, Ashley Hovey, Kathryn Amb, Kaylee Compton, Sascha Bertsch, Nicky Elm. Fourth row: BriAnn Merrill, Ky Yutzenka, Jenna Mishler, Coach Kristy Sandbeck, Coach James Bayer, Coach Corey Weber, Coach Laurie Chase, Ashley Pokrzywinski, Jennalee O'Keefe.

TEAM SCORE

No.	Name	GR	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
507	Ashley Pokrzywinski	12										
502	Kaylee Compton	11										
506	Birttany Jelsing	11										
500	Ky Yutzenka	11										
508	Nicky Elm	10										
510	Ashley Hovey	10										
532	Jenna Mishler	10										
516	Melissa Wong	10										
534	Brianna Gaddie	9										
501	Lindsey Wong	8										

ADD TOP 4 SCORES:

+ + + + =

Minot Magicians

Coach Marisa Upton, Assistant Coach Billy Kjelson



Back row (l-r): Joley Beeler, Kayla Pfau, Shana VanBruggen, Allison Tracy. Middle row: Kaitlyn Towery, Melanie Moretz, Dani Visina, Alec Clark, Paige Robillard. Front row: Cassie Lambert, Stephanie Feist.

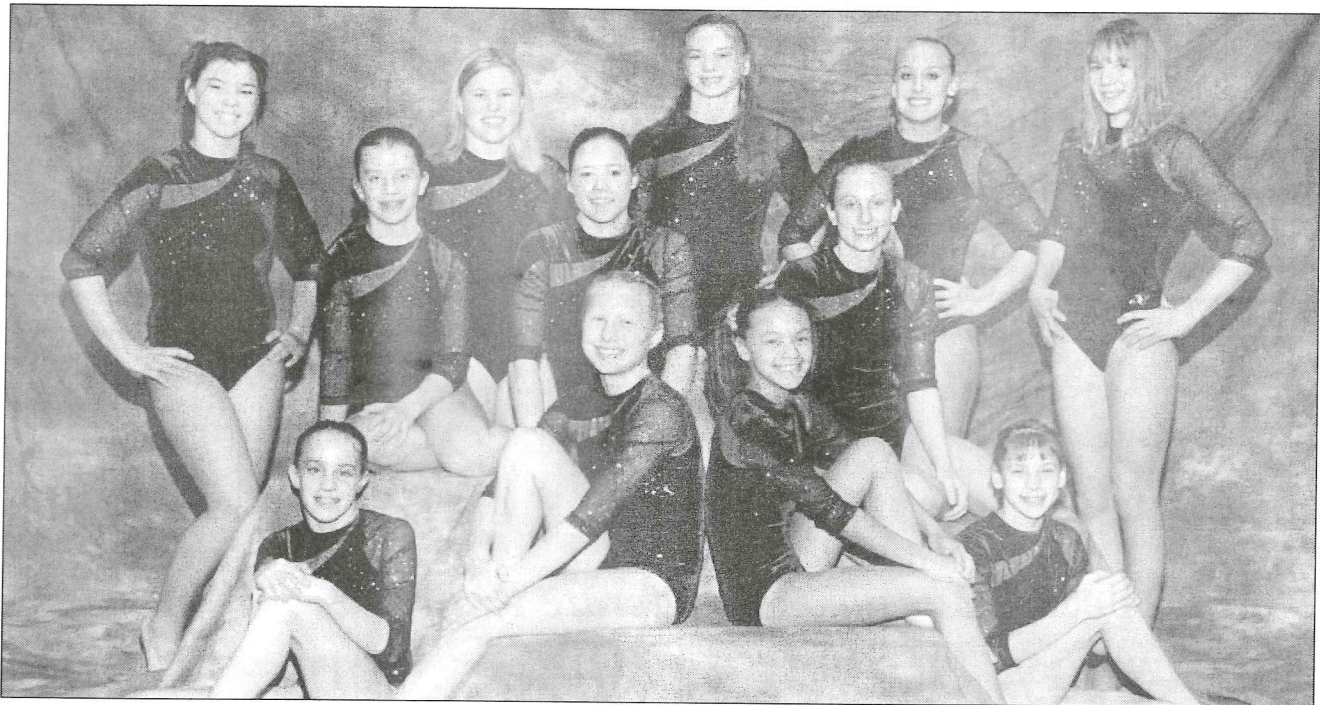
TEAM SCORE

No.	Name	GR	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
6	Kaitlyn Towery	12										
2	Dani Visina	12										
1	Kayla Pfau	10										
10	Cassie Lambert	8										
8	Steph Feist	9										
12	Joley Beeler	7										
4	Melanie Moretz	10										
3	Shana VanBruggen	10										
5	Allison Tracy	8										
7	Paige Robillard	9										

ADD TOP 4 SCORES: + + + + =

Wahpeton Huskies

Coach Don Viele, Assistant Coaches: Kayla Beyer, Genelle Hustad



Back row (l-r): Skye Mauch, Lauren Straus, Andrea Sayler, Amber Westphal, Amy Tolbert. Middle row: Mary Lukens, Allie Smith, Krista Foertsch. Front row: Brittany Beyer, Paige Bladow, Ashlyn Tollefson, Taylor Hauschild.

TEAM SCORE

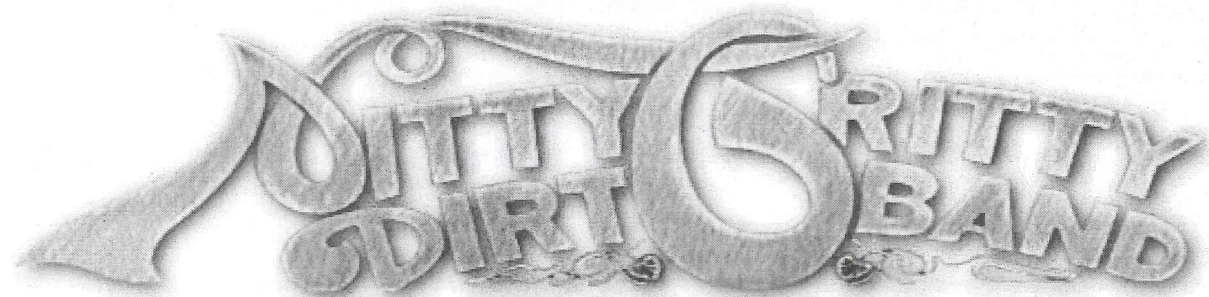
No.	Name	GR	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
257	Allie Smith	11										
282	Amber Westphal	11										
266	Krista Foertsch	10										
253	Brittany Beyer	9										
279	Skye Mauch	9										
288	Andrea Sayler	9										
255	Paige Bladow	7										
259	Taylor Hauschild	7										

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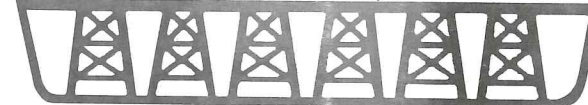
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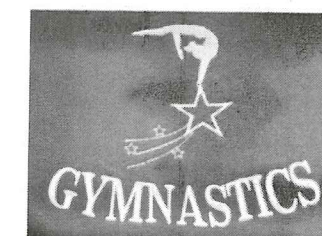
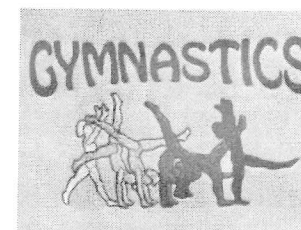
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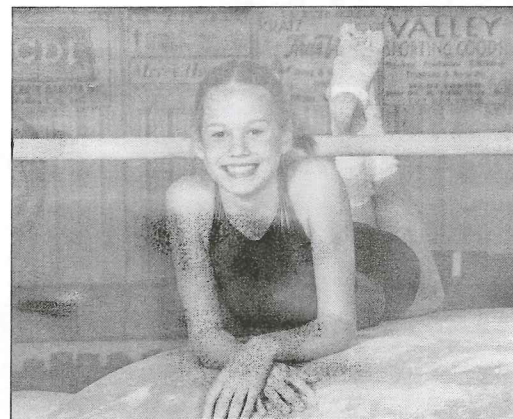


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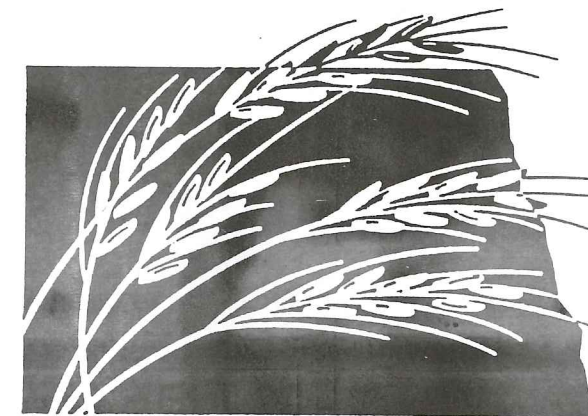
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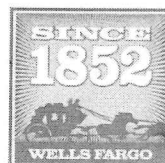
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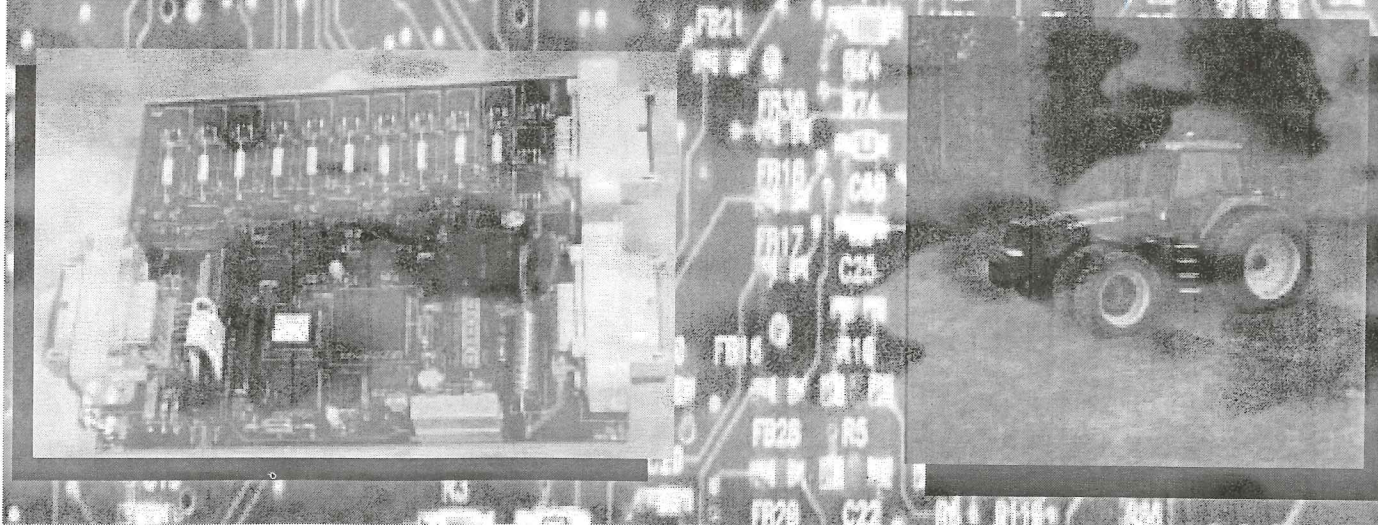
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ORDER OF INDIVIDUAL COMPETITION

Rotation #1

Vault

960	Whitney Buchholz	Bismarck Century
907	Heidi Fandrich	Fargo North
551	Brittany Beehler	Mandan
212	Krista Riley	Bismarck High
10	Cassie Lambert	Minot High
502	Kaylee Compton	Grand Forks
201	Jade Beattie	Bismarck High
156	Steph Nagel	Jamestown
956	Lindsay Albers	Bismarck Century
1	Kayla Pfau	Minot
516	Melissa Wong	Grand Forks
403	Suzy Reisenauer	Dickinson

Uneven Parallel Bars

534	Brianna Gaddie	Grand Forks
79	Katrina Thompson	Fargo South
917	Lindsey Lauritson	Fargo North
559	Torrea Ehlis	Mandan
510	Ashley Hovey	Grand Forks
209	Nicole Andrews	Bismarck High
406	Mara Van Ells	Dickinson
202	Elise Hocking	Bismarck High
12	Joley Beeler	Minot
75	Chelsea Preston	Fargo South
918	Kyrstin Emil	Fargo North

Balance Beam

83	Caitlin Workin	Fargo South
282	Amber Westphal	Wahpeton
8	Steph Feist	Minot
903	Debbie Sellnow	Fargo North
206	Megan Keidel	Bismarck High
501	Lindsey Wong	Grand Forks
5	Allison Tracy	Minot
508	Nicky Elm	Grand Forks
6	Kaitlyn Towery	Minot

Floor Exercise

253	Brittany Beyer	Wahpeton
955	Haley Stewart	Bismarck Century
4	Mel Moretz	Minot
77	Samantha Holte	Fargo South
405	Jennifer Bachamp	Dickinson
2	Dani Visna	Minot
959	Amber Jechort	Bismarck Century
913	Alex Linstad	Fargo North
257	Allie Smith	Wahpeton
507	Ashley Pokrzywinski	Grand Forks
409	Jenna Cusic	Dickinson

Rotation #2

Vault

77	Samantha Holte	Fargo South
507	Ashley Pokrzywinski	Grand Forks
955	Haley Stewart	Bismarck Century
2	Dani Visna	Minot
959	Amber Jechort	Bismarck Century
257	Allie Smith	Wahpeton
253	Brittany Beyer	Wahpeton
405	Jennifer Bachamp	Dickinson
3	Shana Van Bruggen	Minot
409	Jenna Cusic	Dickinson
913	Alex Linstad	Fargo North

Uneven Parallel Bars

551	Brittany Beehler	Mandan
10	Cassie Lambert	Minot
156	Steph Nagel	Jamestown
956	Lindsay Albers	Bismarck Century
212	Krista Riley	Bismarck High
403	Suzy Reisenauer	Dickinson
502	Kaylee Compton	Grand Forks
907	Heidi Fandrich	Fargo North
516	Melissa Wong	Grand Forks
1	Kayla Pfau	Minot
960	Whitney Buchholz	Bismarck Century
201	Jade Beattie	Bismarck High

Balance Beam

12	Joley Beeler	Minot
202	Elise Hocking	Bismarck High
75	Chelsea Preston	Fargo South
559	Torrea Ehlis	Mandan
406	Mara Van Ells	Dickinson
534	Brianna Gaddie	Grand Forks
918	Kyrstin Emil	Fargo North
510	Ashley Hovey	Grand Forks
917	Lindsey Lauritson	Fargo North
79	Katrina Thompson	Fargo South

Floor Exercise

500	Ky Yutzenka	Grand Forks
6	Kaitlyn Towery	Minot
7	Paige Robillard	Minot
501	Lindsey Wong	Grand Forks
204	Laura Erickson	Bismarck High
508	Nicky Elm	Grand Forks
206	Megan Keidel	Bismarck High
282	Amber Westphal	Wahpeton
8	Steph Feist	Minot
83	Caitlin Workin	Fargo South

ORDER OF INDIVIDUAL COMPETITION

Rotation #3

Vault

282	Amber Westphal	Wahpeton
266	Krista Froertsch	Wahpeton
508	Nicky Elm	Grand Forks
908	Karrie Burdick	Fargo North
83	Caitlin Workin	Fargo South
204	Laura Erickson	Bismarck High
532	Jenna Mishler	Grand Forks
176	Adriana Friezen	Jamestown
6	Kaitlyn Towery	Minot
8	Steph Feist	Minot
961	Britney Daniel	Bismarck Century
501	Lindsey Wong	Grand Forks

Uneven Parallel Bars

955	Haley Stewart	Bismarck Century
257	Allie Smith	Wahpeton
555	Brianna Tausand	Mandan
2	Dani Visna	Minot
77	Samantha Holte	Fargo South
959	Amber Jechort	Bismarck Century
507	Ashley Pokrzywinski	Grand Forks
4	Mel Moretz	Minot
506	Brittany Jelsing	Grand Forks

Balance Beam

10	Cassie Lambert	Minot
201	Jade Beattie	Bismarck High
156	Steph Nagel	Jamestown
403	Suzy Reisenauer	Dickinson
907	Heidi Fandrich	Fargo North
551	Brittany Beehler	Mandan
956	Lindsay Albers	Bismarck Century
516	Melissa Wong	Grand Forks
212	Krista Riley	Bismarck High
1	Kayla Pfau	Minot
960	Whitney Buchholz	Bismarck Century

Floor Exercise

510	Ashley Hovey	Grand Forks
75	Chelsea Preston	Fargo South
406	Mara Van Ells	Dickinson
79	Katrina Thompson	Fargo South
869	Morgen Willson	Valley City
918	Kyrstin Emil	Fargo North
559	Torrea Ehlis	Mandan
917	Lindsey Lauritson	Fargo North
867	Jennifer Kelley	Valley City
534	Brianna Gaddie	Grand Forks

Rotation #4

Vault

559	Torrea Ehlis	Mandan
202	Elise Hocking	Bismarck High
918	Kyrstin Emil	Fargo North
209	Nicole Andrews	Bismarck High
255	Paige Bladow	Wahpeton
534	Brianna Gaddie	Grand Forks
869	Morgen Willson	Valley City
407	Lexi Stickel	Dickinson
510	Ashley Hovey	Grand Forks
75	Chelsea Preston	Fargo South
406	Mara Van Ehlis	Dickinson

Uneven Parallel Bars

903	Debbie Selnow	Fargo North
204	Laura Erickson	Bismarck High
508	Nicky Elm	Grand Forks
206	Megan Keidel	Bismarck High
912	Trista Swift	Fargo North
6	Kaitlyn Towery	Minot
908	Karrie Burdick	Fargo North
83	Caitlin Workin	Fargo South
214	Megan Meyer	Bismarck High
501	Lindsey Wong	Grand Forks

Balance Beam

561	JenaDee Bowers	Mandan
257	Allie Smith	Wahpeton
409	Jenna Cusic	Dickinson
77	Samantha Holte	Fargo South
555	Brianna Tausand	Mandan
913	Alex Linstad	Fargo North
253	Brittany Beyer	Wahpeton
2	Dani Visna	Minot
506	Brittany Jelsing	Grand Forks
959	Amber Jechort	Bismarck Century
507	Ashley Pokrzywinski	Grand Forks

Floor Exercise

403	Suzy Reisenauer	Dickinson
516	Melissa Wong	Grand Forks
956	Lindsay Albers	Bismarck Century
156	Steph Nagel	Jamestown
201	Jade Beattie	Bismarck High
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212	Krista Riley	Bismarck High
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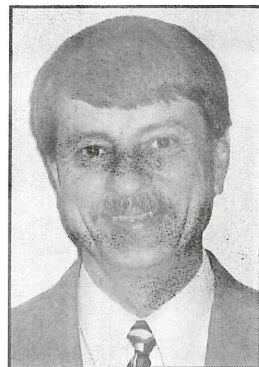
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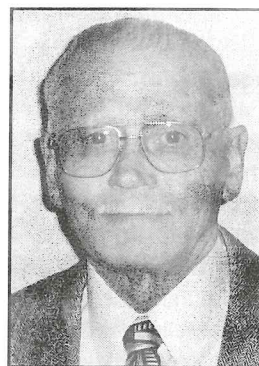
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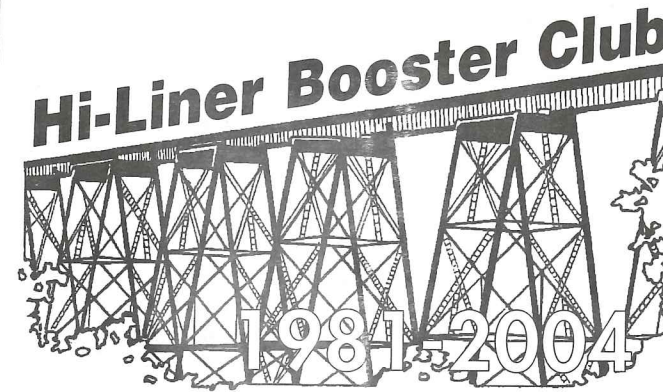


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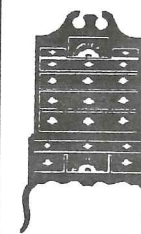
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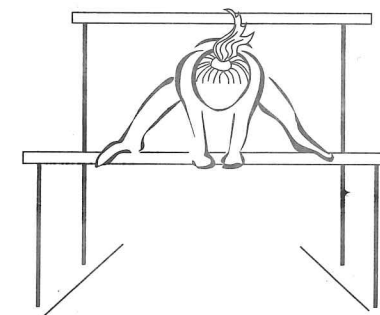
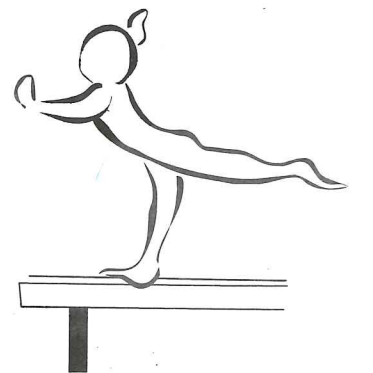
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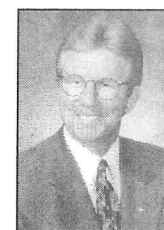


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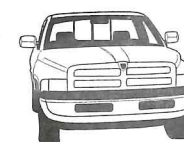
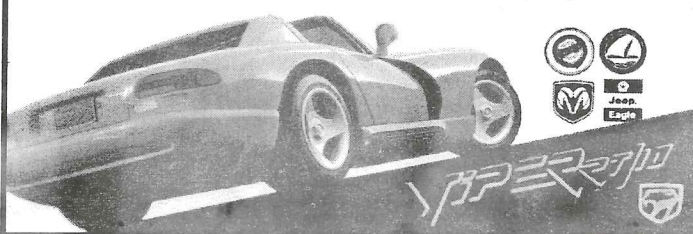
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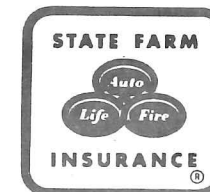


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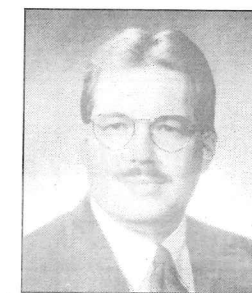
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How State Competition Works

Competition Rotation Regulations:

- The first three of each team in a rotation touch as follows:
Bars and Beam:
 - 1st three of Team (1) THEN 1st three of TEAM (2) TOUCH (that way you can "block" your three gymnasts)
 - 30 seconds times number on each team (figured separately)
 Vault and Floor:
 - 1st three of Team (1) and 1st three of Team (2) TOUCH (No need to "block" on these events)
 - 30 seconds times number of total group
- Team with (1) puts up first competitor.
- The two teams at an event then alternate competitors until they run out of gymnasts in the first group. A team MUST put up a competitor when its turn comes up. The only time a team puts up two in a row during this half rotation is when the other team is out of competitors (not likely since a team would have to have two or less on this event).
- The remainder of each team in a rotation touch as follows:
Bars and Beam:
 - Remainder of Team (1) THEN Remainder of Team (2) TOUCH (that way you can "block" your remaining gymnasts)
 - 30 seconds times number on each team (figured separately)
 Vault and Floor:
 - Remainder of Team (1) AND Remainder of Team (2) TOUCH (No need to "block" on these events)
 - 30 seconds times number of total group
- Team with (1) puts up first competitor in this half rotation.
- The two teams at an event then alternate competitors until they run out of gymnasts in this second group. A team MUST put up a competitor when its turn comes up. The only time a team puts up two in a row during this half rotation is when the other team is out of competitors (if a team has less than 6 entered in event).

North Dakota State Gymnastics Meet: Team Day

A= _____ E= _____
B= _____ F= _____
C= _____ G= _____
D= _____ H= _____

	I	II	III	IV
A	VT (1)	BB (1)	FX (2)	UB (2)
B	VT (2)	FX (1)	UB (1)	BB (2)
C	UB (1)	BB (2)	VT (2)	FX (1)
D	UB (2)	FX (2)	BB (1)	VT (1)
E	BB (1)	VT (1)	UB (2)	FX (2)
F	BB (2)	UB (1)	FX (1)	VT (2)
G	FX (1)	VT (2)	BB (2)	UB (1)
H	FX (2)	UB (2)	VT (1)	BB (1)

CLASS A & SINGLE CLASS

System Records

Class A and Single Class System Records (Since 1969)

Year	Champion	Runner Up
1969	Jamestown	Bismarck St. Mary's
1970	Jamestown	Fargo South
1971	Fargo South	Jamestown
1972	Fargo South	Dickinson
1973	Fargo South	Dickinson
1974	Dickinson (tie)	Fargo South
1975	Dickinson	Fargo South
1976	Dickinson	Fargo South
1977	Fargo South	Dickinson
1978	Fargo South	Dickinson
1979	Fargo South	Dickinson
1980	Fargo South	Dickinson
1981	Fargo South	Dickinson
1982	Fargo South	Valley City
1983	Fargo South	Dickinson
1984	Minot High	Dickinson
1985	Fargo South	Dickinson
1986	Fargo South	Bismarck
1987	Dickinson	Fargo South
1988	Dickinson	Bismarck Century
1989	Fargo South	Minot
1990	Fargo South	Minot
1991	Minot	Fargo South
1992	Minot	Fargo South
1993	Minot	Fargo South
1994	Minot	Fargo South
1995	Century	Minot
1996	Century	Minot
1997	Minot	Century
1998	Minot	Century
1999	Century	Bismarck
2000	Century	Bismarck
2001	Bismarck	Century
2002	Bismarck	Century
2003	Bismarck	Grand Forks

Most Individual Titles, Career

16 Titles	Kim Sveum	Minot
13 Titles	Robin Huebner	Dickinson
11 Titles	Cassie Osborn	Fargo South
10 Titles	Stacey Simle	Fargo South
10 Titles	Tiffany Tello	Bismarck
9 Titles	Cindy Rodlund	Fargo South
9 Titles	Heidi Goehring	Century
8 Titles	Tiffany Tello	Bismarck
7 Titles	Tracy Gunkelman	Fargo South
7 Titles	Barbara Mitchell	Jamestown
7 Titles	Jodi Schwehr	Century
6 Titles	Julie Visina	Minot Ryan
6 Titles	Tami Russell	Century
5 Titles	Susie Schraufek	Fargo South
5 Titles	Kari Nolz	Bismarck
4 Titles	Teri Ann Krefting	Minot
3 Titles	Rachel Johnson	Bismarck
3 Titles	Gina Lang	Bismarck
3 Titles	Stacie Lowman	Fargo North
3 Titles	Kathy Sullivan	Jamestown
3 Titles	Robin Wheeler	Dickinson
3 Titles	Andrea Albertson	Minot

Best All Time All Around Scores (Since 1981)

38.750	Heidi Goehring	Century	2000
38.717	Tiffany Tello	Bismarck	2002
38.667	Heidi Goehring	Century	1999
38.60	Andrea Albertson	Minot	1999
38.567	Jodi Schwehr	Century	1996
38.483	Tiffany Tello	Bismarck	2003
38.467	Jade Beattie	Bismarck	2002
38.40	Cassie Osborn	Fargo South	1989
38.40	Kim Sveum	Minot	1993
38.40	Kim Sveum	Minot	1994
38.317	Gina Lang	Bismarck	1998
38.31	Rachel Johnson	Bismarck	1986
38.30	Kari Nolz	Bismarck	2001
38.21	Marie Boyeff	Minot	1997
38.20	Cassie Osborn	Fargo South	1990
38.15	Jade Beattie	Bismarck	2003
38.117	Heidi Goehring	Century	1998
38.10	Tami Russell	Century	1988
38.09	Jodi Schwehr	Century	1996
38.067	Andrea Albertson	Minot	2000
38.033	Tiffany Tello	Bismarck	2001
38.02	Tami Russell	Century	1986
38.00	Teri Ann Krefting	Minot	1996
37.983	Cristi Lindsey	Century	2001
37.966	Teri Ann Krefting	Minot	1998
37.94	Jodi Hansen	Dickinson	1986
37.75	Jenny Nelson	Fargo North	1990
37.75	Kim Sveum	Minot	1992

Team Championships All Time

Fargo South	15
Minot	7
Dickinson	5
Century	4
Bismarck	2
Jamestown	2

Individual Championships All Time

Fargo South	51	Minot Ryan	7
Minot High	28	Fargo North	4
Century	25	West Fargo	2
Dickinson	24	Devils Lake	1
Bismarck	20	Bismarck Century	1
Jamestown	14		

Best All Time Team Scores (Since 1981)

150.25	Bismarck Century	2002
150.184	Bismarck	2002
150.133	Bismarck	2001
150.083	Bismarck	2003
149.799	Century	1996
149.349	Century	1999
149.33	Minot	1997
149.267	Century	2000
149.15	Fargo South	1986
148.93	Bismarck	1986
148.92	Dickinson	1986
148.883	Century	2001
148.80	Fargo South	1990
148.50	Minot	1994
148.25	Century	1995

INDIVIDUAL EVENT CHAMPIONS

Class A and Single Class System

1969
Tumbling: Marilyn Falk, Jamestown
Balance Beam: Heather Snell, Jamestown
Trampoline: Kathy Ohnstad, Fargo South
Uneven Bars: Julie Nelson, Jamestown
Floor Exercise: Barbara Mitchell, Jamestown
All Around: Barbara Mitchell, Jamestown

1970
Beam: Barbara Mitchell, Jamestown
Uneven Bars: Barbara Mitchell, Jamestown
Vault: Tracey Gunkelman, Fargo South
Floor Exercise: Barbara Mitchell, Jamestown
All Around: Barbara Mitchell, Jamestown

1971
Beam: Jo Pavicic, Fargo South
Uneven Bars: Kathy Sullivan, Jamestown
Vault: Margaret Hagen, St. Mary's
Floor Exercise: Melissa Henning, Fargo South
All Around: Jo Pavicic, Fargo South

1972
Beam: Kathy Sullivan, Jamestown
Uneven Bars: Kathy Sullivan, Jamestown
Vault: Tracey Gunkelman, Fargo South
Floor Exercise: Kathy Sullivan, Jamestown
All Around: Melissa Henning, Fargo South

1973
Beam: Linda Basaraba, Dickinson
Uneven Bars: Tracey Gunkelman, Fargo South
Vault: Tracey Gunkelman, Fargo South
Floor Exercise: Linda Basaraba, Dickinson
All Around: Tracey Gunkelman, Fargo South

1974
Beam: Robin Huebner, Dickinson
Uneven Bars: Carcia Urban, Fargo South
Vault: Tracey Gunkelman, Fargo South
Floor Exercise: Robin Huebner, Dickinson
All Around: Robin Huebner, Dickinson

1975
Beam: Robin Huebner, Dickinson
Uneven Bars: Robin Huebner, Dickinson
Vault: Robin Huebner, Dickinson
Floor Exercise: Robin Huebner, Dickinson
All Around: Robin Huebner, Dickinson

1976
Beam: Robin Huebner, Dickinson
Uneven Bars: Robin Huebner, Dickinson
Vault: Robin Huebner, Dickinson
Floor Exercise: Robin Huebner, Dickinson
All Around: Robin Huebner, Dickinson

1977
Beam: Susie Schraufek, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Mo Day, Fargo South
Floor Exercise: Greta Sjursen, Dickinson
All Around: Greta Sjursen, Dickinson

1978
Beam: Susie Schraufek, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Nancy Davis, Dickinson
Floor Exercise: Jane Vanyo, Fargo South
All Around: Stacey Simle, Fargo South

1979
Beam: Susie Schraufek, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Nancy Davis, Dickinson
Floor Exercise: Susie Schraufek, Fargo South
All Around: Susie Schraufek, Fargo South

1980
Beam: Stacey Simle, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Kristi Tyhus, Fargo South
Floor Exercise: Stacey Simle, Fargo South
All Around: Stacey Simle, Fargo South

1981
Beam: Cindy Rodlund, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Kristi Tyhus, Fargo South
Floor Exercise: Stacey Simle, Fargo South
All Around: Cindy Rodlund, Fargo South

1982
Beam: Cindy Rodlund, Fargo South
Uneven Bars: Cindy Rodlund, Fargo South
Vault: Lori Malsom, Minot Ryan
Floor Exercise: Cindy Rodlund, Fargo South
All Around: Cindy Rodlund, Fargo South

1983
Beam: Robin Wheeler, Dickinson
Uneven Bars: Julie Visina, Minot Ryan
Vault: Julie Visina, Minot Ryan
Floor Exercise: Cindy Rodlund, Fargo South
All Around: Julie Visina, Minot Ryan

1984
Beam: Shelby Young, Bismarck Century
Uneven Bars: Julie Visina, Minot Ryan
Vault: Robin Wheeler, Dickinson
Floor Exercise: Cindy Rodlund, Fargo South
All Around: Robin Wheeler, Dickinson

1985
Beam: Stacie Lowman, Devils Lake
Uneven Bars: Julie Visina, Minot Ryan
Vault: Cindy Rodlund, Fargo South
Floor Exercise: Tami Russell, Bismarck Century
All Around: Julie Visina, Minot Ryan

1986
Beam: Jodi Hansen, Dickinson
Uneven Bars: Rachel Johnson, Bismarck
Vault: Rachel Johnson, Bismarck
Floor Exercise: Tami Russell, Bismarck Century
All Around: Rachel Johnson, Bismarck

1987
Beam: (tie) Kristi Dewald, West Fargo
Cassie Osborn, Fargo South
Uneven Bars: Julie Winje, Minot Ryan
Vault: Cassie Osborn, Fargo South
Floor Exercise: Cassie Osborn, Fargo South
All Around: Kristi Dewald, West Fargo

1988
Beam: Tami Russell, Bismarck Century
Uneven Bars: Tami Russell, Bismarck Century
Vault: Cassie Osborn, Fargo South
Floor Exercise: Tami Russell, Bismarck Century
All Around: Tami Russell, Bismarck Century

1989
Beam: Cassie Osborn, Fargo South
Uneven Bars: Teri Zimbelman, Minot
Vault: Stacie Lowman, Fargo North
Floor Exercise: Cassie Osborn, Fargo South
All Around: Cassie Osborn, Fargo South

1990
Beam: Cassie Osborn, Fargo South
Uneven Bars: (tie) Jenny Nelson, Fargo North
Cassie Osborn, Fargo South
Vault: Stacie Lowman, Fargo North
Floor Exercise: Cassie Osborn, Fargo South
All Around: Cassie Osborn, Fargo South

1991
Beam: Tara Lefor, Dickinson
Uneven Bars: Kim Sveum, Minot
Vault: Kim Sveum, Minot
Floor Exercise: Jenny Nelson, Fargo North
All Around: Kim Sveum, Minot

1992
Beam: Nicole Ziegler, Bismarck Century
Uneven Bars: Kim Sveum, Minot
Vault: Kim Sveum, Minot
Floor Exercise: Kim Sveum, Minot
All Around: Kim Sveum, Minot

1993
Beam: Kim Sveum, Minot
Uneven Bars: Kim Sveum, Minot
Vault: Kim Sveum, Minot
Floor Exercise: Kim Sveum, Minot
All Around: Kim Sveum, Minot

1994
Beam: Jodi Schwehr, Bismarck Century
Uneven Bars: Kim Sveum, Minot
Vault: Kim Sveum, Minot
Floor Exercise: Kim Sveum, Minot
All Around: Kim Sveum, Minot

1995
Beam: (tie) Molly McDonakd, Bismarck Century
Nicole Ziegler, Bismarck Century
Uneven Bars: Krista Isakson, Minot
Vault: Jodi Schwehr, Bismarck Century
Floor Exercise: Jodi Schwehr, Bismarck Century
All Around: Jodi Schwehr, Bismarck Century

INDIVIDUAL EVENT CHAMPIONS

Class A and Single Class System

1996 Beam: Jodi Schwehr, Bismarck Century Uneven Bars: Jodi Schwehr, Bismarck Century Vault: Gina Lang, Bismarck Floor Exercise: Teri Ann Krefting, Minot All Around: Jodi Schwehr, Bismarck Century	1999 Beam: Heidi Goehring, Bismarck Century Uneven Bars: Andrea Albertson, Minot Vault: Heidi Goehring, Bismarck Century Floor Exercise: Heidi Goehring, Bismarck Century All Around: Heidi Goehring, Bismarck Century	2002 Beam: Tiffany Tello, Bismarck Uneven Bars: Whitney Buchholz, Bismarck Cent. Vault: Tiffany Tello, Bismarck Floor Exercise: Tiffany Tello, Bismarck All Around: Tiffany Tello, Bismarck
1997 Beam: Marie Boyeff, Minot Uneven Bars: Teri Ann Krefting, Minot Vault: Heidi Goehring, Bismarck Century Floor Exercise: Teri Ann Krefting, Minot All Around: Marie Boyeff, Minot	2000 Beam: Kari Nolz, Bismarck Uneven Bars: Andrea Albertson, Minot Vault: Andrea Albertson, Minot Floor Exercise: Heidi Goehring, Bismarck Century All Around: Heidi Goehring, Bismarck Century	2003 Beam: Tiffany Tello, Bismarck Uneven Bars: Tiffany Tello, Bismarck Vault: Kari Nolz, Bismarck Floor: Tiffany Tello, Bismarck All Around: Tiffany Tello, Bismarck
1998 Beam: Teri Ann Krefting, Minot Uneven Bars: Gina Lang, Bismarck Vault: Heidi Goehring, Bismarck Century Floor Exercise: Heidi Goehring, Bismarck Century All Around: Gina Lang, Bismarck	2001 Beam: Tiffany Tello, Bismarck Uneven Bars: Kari Nolz, Bismarck Vault: Tiffany Tello, Bismarck Floor Exercise: Kari Nolz, Bismarck All Around: Kari Nolz, Bismarck	

Sportsmanship's 10 Commandments

1. "Golden Rule" — Do unto others as you would have others do unto you.
2. Enjoy yourself and promote enjoyment for others.
3. Be responsible for your actions.
4. Have an open mind to others' weaknesses and have a forgiving attitude.
5. Have pride in one's performance and one's school.
6. Be a friend, not an enemy, and create a positive environment.
7. Encourage others to do or be their best.
8. Sportsmanship should be contagious.
9. Remember it is a privilege to participate.
10. Practice sportsmanship in all situations at all costs.

Sportsmanship Takes Teamwork!

SCORING

1. Scoring			
Difficulty (D)	3.0		
Event Requirements (ER)	1.4		
Composition (C)	1.0		
Execution and Amplitude (E/A)	4.0		
Bonus	0.6		
Total	10.0		
A. Difficulty (D)	3.0		
1. High superior skills	0.3		
2. Superior skills	0.5		
3. Medium skills	0.3		
B. Event Requirements (ER)	1.4		
Lack of an event requirement (each one omitted)	0.2		
C. Composition (C)	1.0		
1. Combinations			
Lack of variety in combining difficulties from different structure groups	Up to 0.1		
2. Rhythm and Connections			
Lack of variety in connections	Up to 0.1		
Lack of tempo changes and/or continuity and flow of routine	Up to 0.1		
3. Originality and Artistry			
Lack of new or unusual combinations of skills and uniqueness in choreography	Up to 0.1		
4. Spacing			
Lack of using all space, levels and directions	Up to 0.1		
Lack of progressive distribution of difficulties throughout the routine	Up to 0.1		
5. Back to back superiors			
Lack of two series of superior/high superior/bonus high superior skills directly connected and without interruption (0.2 for each BBS series)	Up to 0.1		
D. Execution and Amplitude (E/A)	4.0		
1. Faults			
Small Faults	Up to 0.1		
Medium Faults	0.2-0.3		
Serious Faults	0.4		
2. Falls			
Hand(s) or knee(s) touching floor	0.3		
Hand(s) or knee(s) support on floor	0.5		
Fall onto hips or stomach	0.5		
Fall on/against apparatus	0.5		
3. Execution			
(a) Flexion of the arms, legs, body; separation of the legs, incorrect position of the head, hands; flexing feet			
(b) Loss of balance, heavy landing; movements of the arms, trunk, feet to maintain balance, deep squat/pike			
(c) Stops; rhythm abrupt or jerky			
(d) Touching the apparatus or the floor			
(e) Faults in coming to a support position; alternate placement or delay of the hands			
(f) Projection: to be deducted each time (up to 0.1)	Up to 0.3		
(1) Awkwardness of performance including audible or visible signs of strain			
(2) Poor carriage			
(3) Lack of elegance			
(4) Poor appearance			
(g) Dynamics: energy expressed in the gymnast's performance	Up to 0.3		
4. Amplitude			
(a) Lack of larger extended and spacious movement			
(b) Failure to complete movement with the fullest range of extension			
Isolated movements	Up to 0.4		
Combinations	Up to 0.3		
E. Bonus	0.6		
1. For a superior/high superior/bonus high superior difficulty or series of superior/high superior/bonus high superior difficulties performed to the ultimate in technique and no deductions	Up to 0.1		
2. For an entire routine with full difficulty and event requirements performed to the ultimate in both technique and execution (0.5 or less deducted under Execution)	Up to 0.1		
3. For an extra high superior/bonus high superior and/or back-to-back superiors (0.1 each)	Up to 0.2		
4. For including bonus high superiors (0.1 each)	Up to 0.2		
F. Neutral			
1. Deductions assessed each time they occur within a routine by all judges.			
2. Refer to the specific event sections for neutral deductions pertaining to that event.			
3. Deductions assessed for each missing skill on bars, beam and floor.			

History of Girls State Gymnastic Championships

The first state Girls Gymnastics Championships sponsored by the North Dakota High School Activities Association took place in 1969. The competition included both Class A and Class B schools and only 10 schools took part in the event. Jamestown High School came away with the first title.

Competition has changed since the first championships. At the first event, 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 championships have included only five events. The tumbling and trampoline events were eliminated and the side horse became the vault.

The 1974 state meet saw the last novice, intermediate and junior divisions. It was also the year that separate team champions were named in Class A and Class B divisions. In 1975, each class not only received a separate team trophy, but individual champions were also named in both classes.

The number of teams competing in the state championship has also increased since the first meet in 1969. The dedication of the coaches, athletes and officials in the sport has played an important role in the growth of gymnastics in the state. And along with the growth has come a much more intense level of competition.

*Good Luck
To All The
Gymnasts!*



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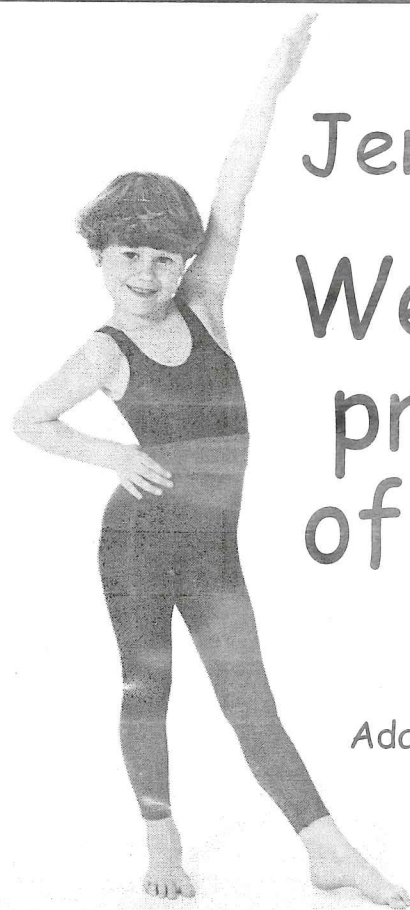
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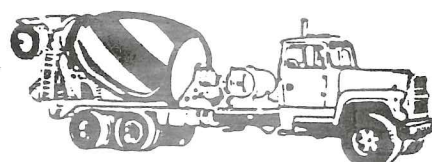
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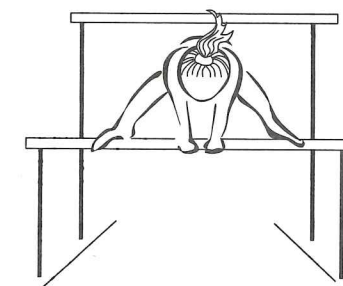
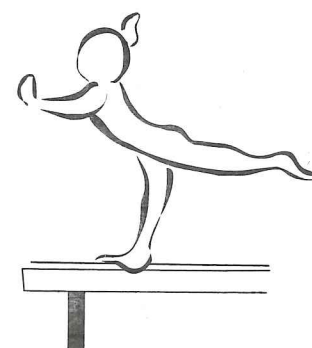
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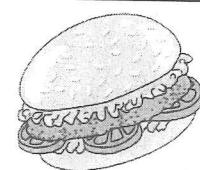
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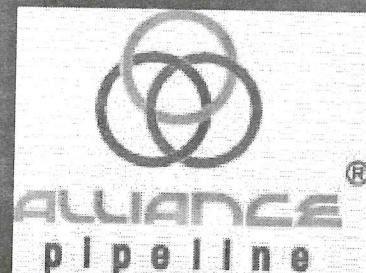
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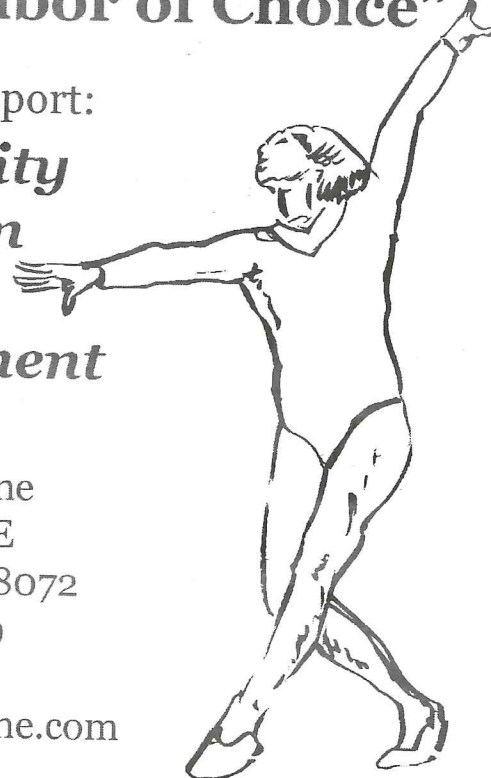
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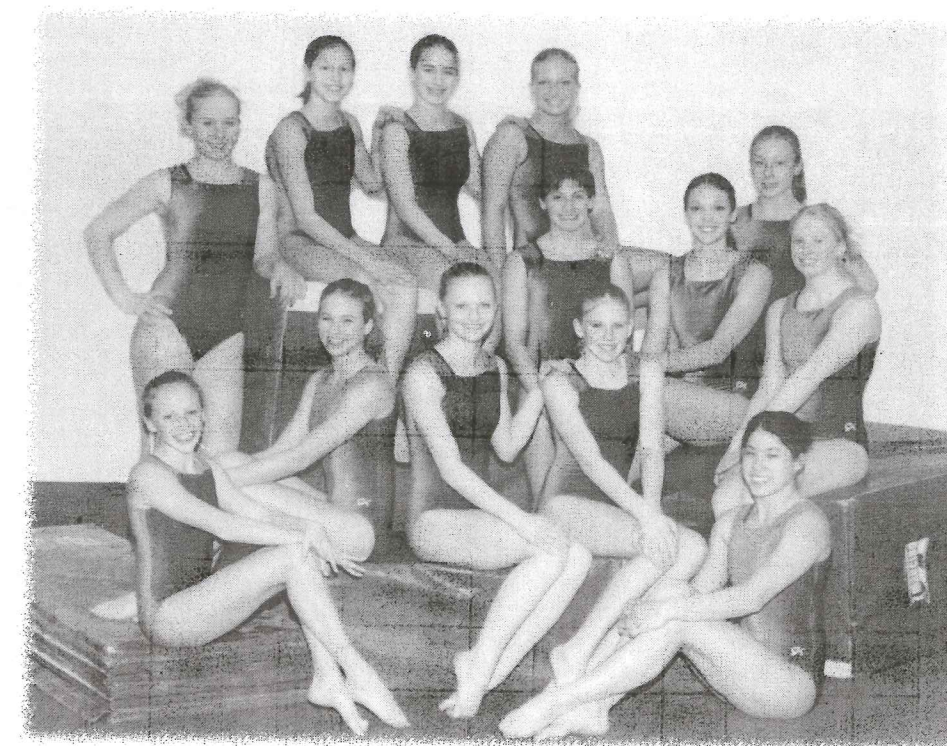
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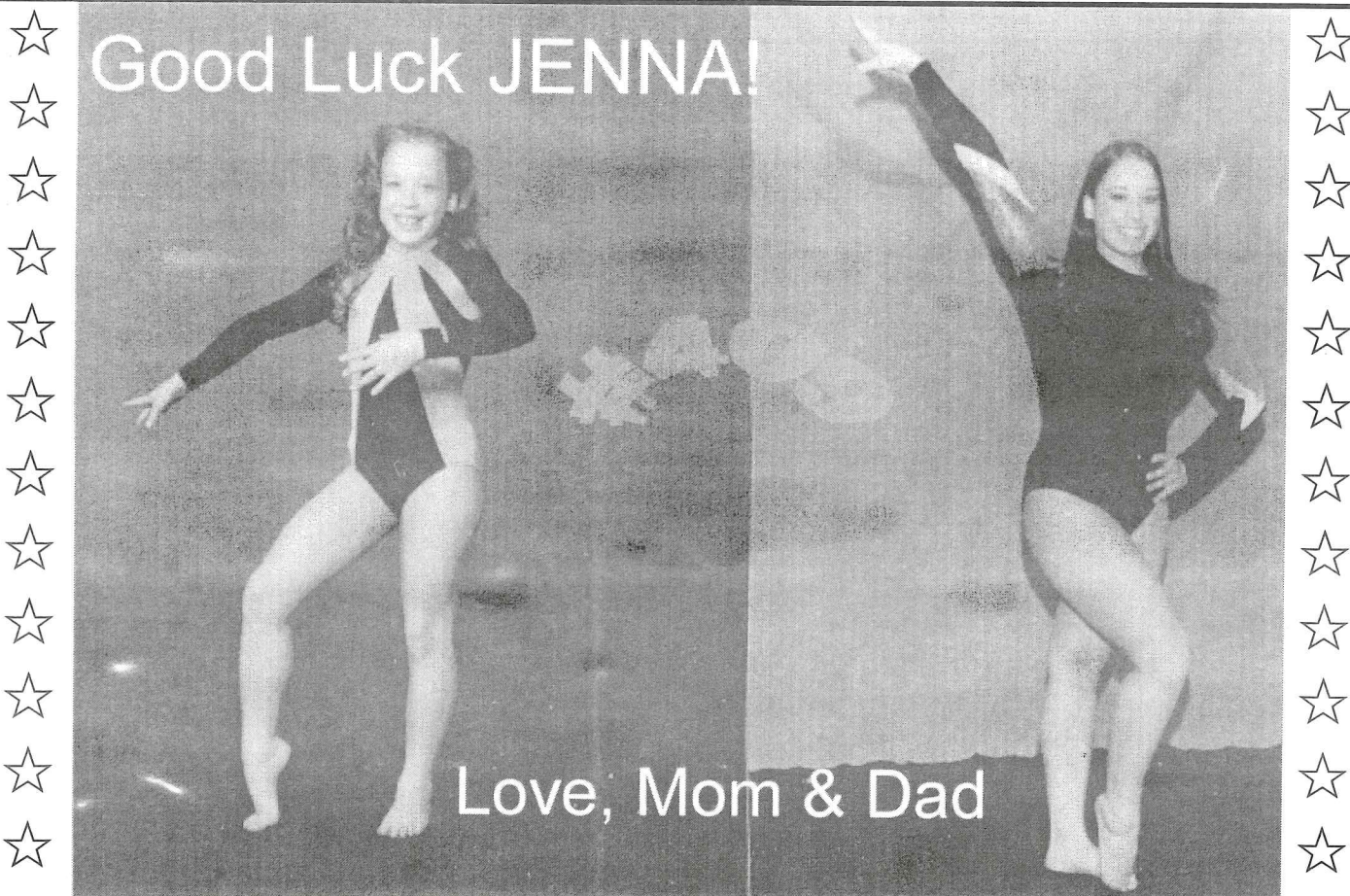
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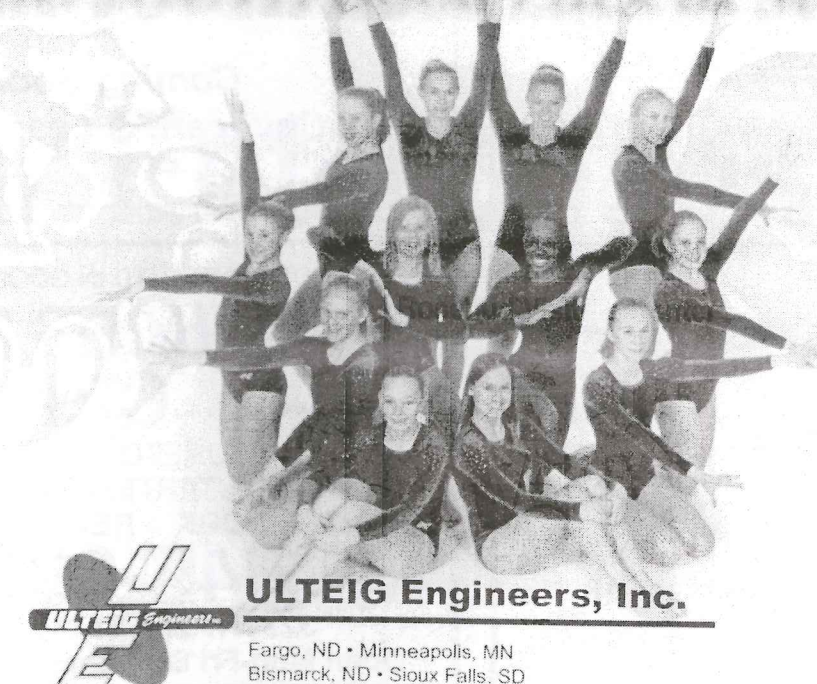
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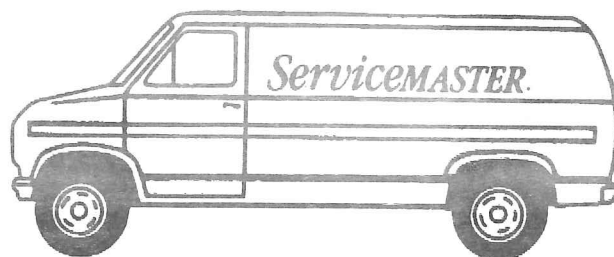
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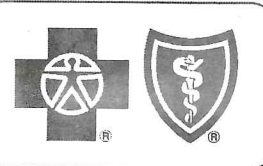
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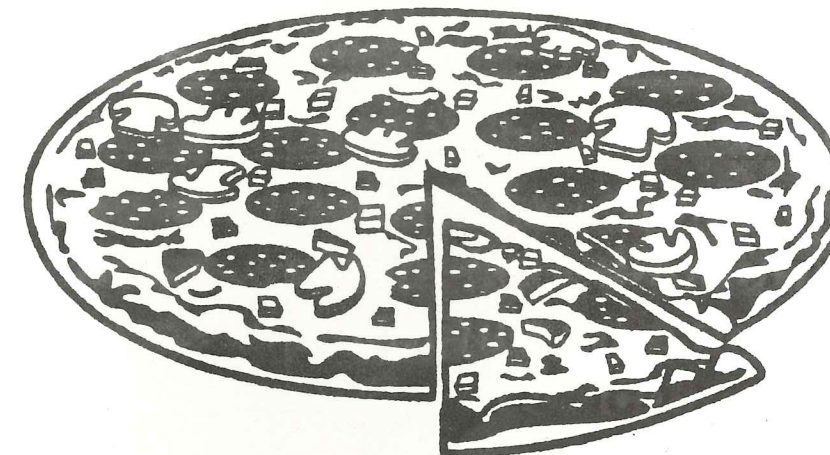
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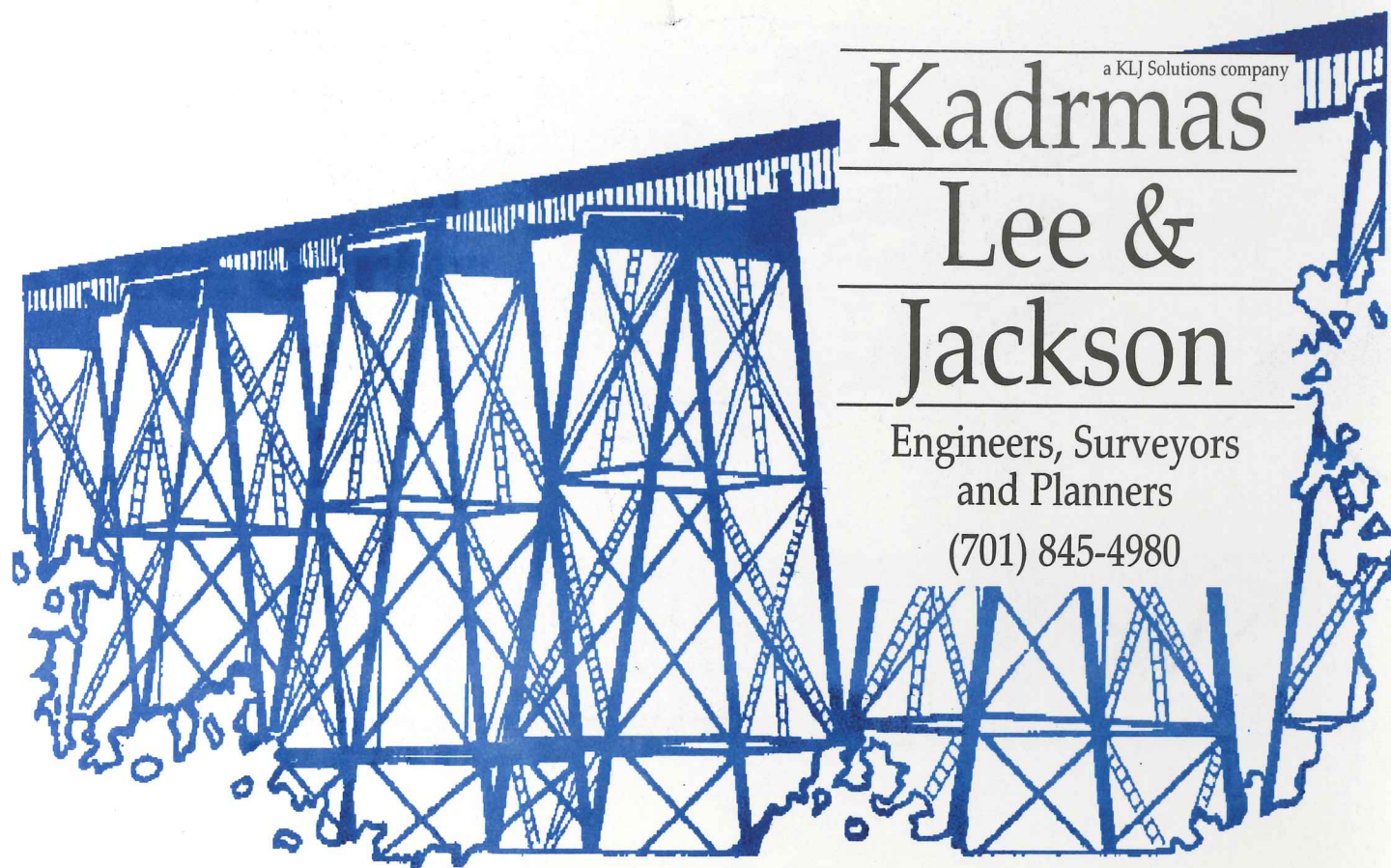
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