NDHSAA
Tournament Program
Permanent Record File
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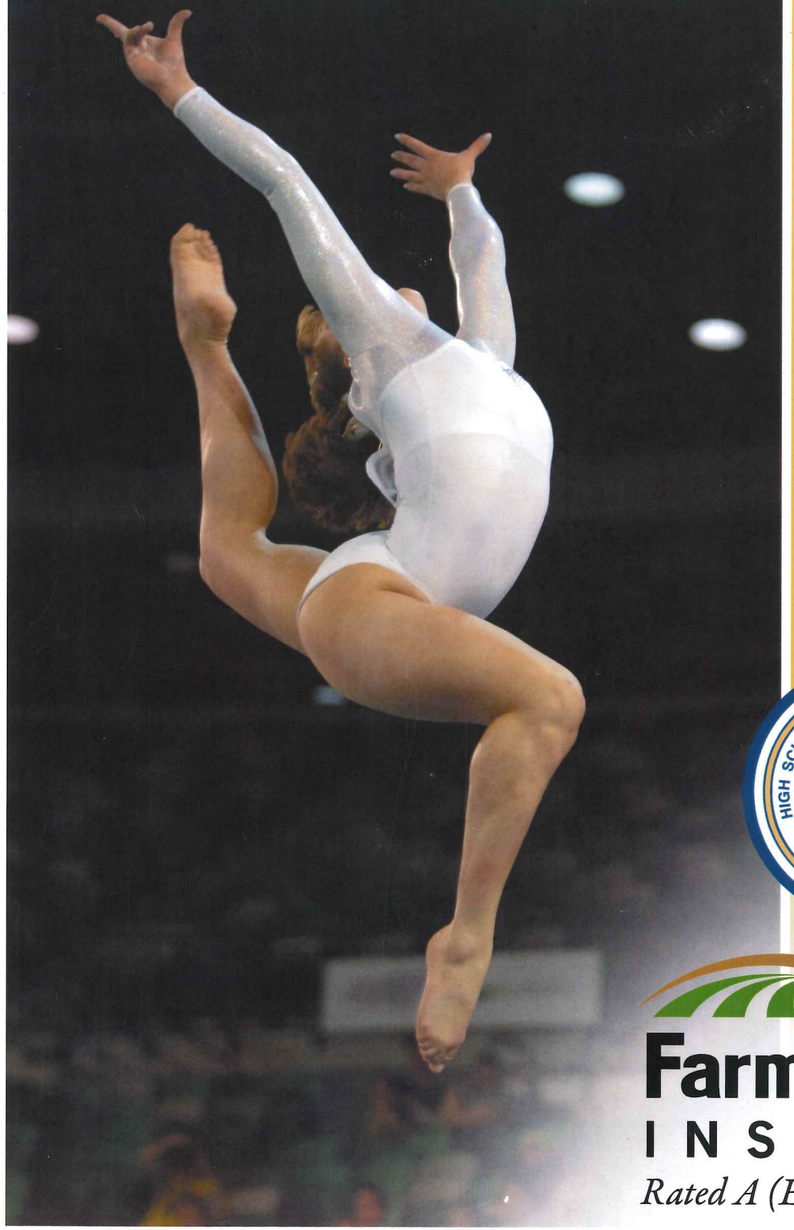
$5

Premiere Partner of the NDHSAA



# Investing In North Dakota's Future

Today's youth are the future of North Dakota and healthy activity builds better community involvement and character. That's why Farmers Union Insurance invests in youth with a commitment as the Premiere Partner of the North Dakota High School Activities Association.

Besides significant financial investment, Farmers Union Insurance will be present and partner with the NDHSAA at tournaments and other events.

With all of the concern over the stability of economic and financial markets, its good to know your Farmers Union Insurance premium dollars are invested right here in North Dakota... helping build better communities. And what better way to invest in North Dakota than in its youth?

Farmers Union
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*Rated A (Excellent) by A.M. Best!*

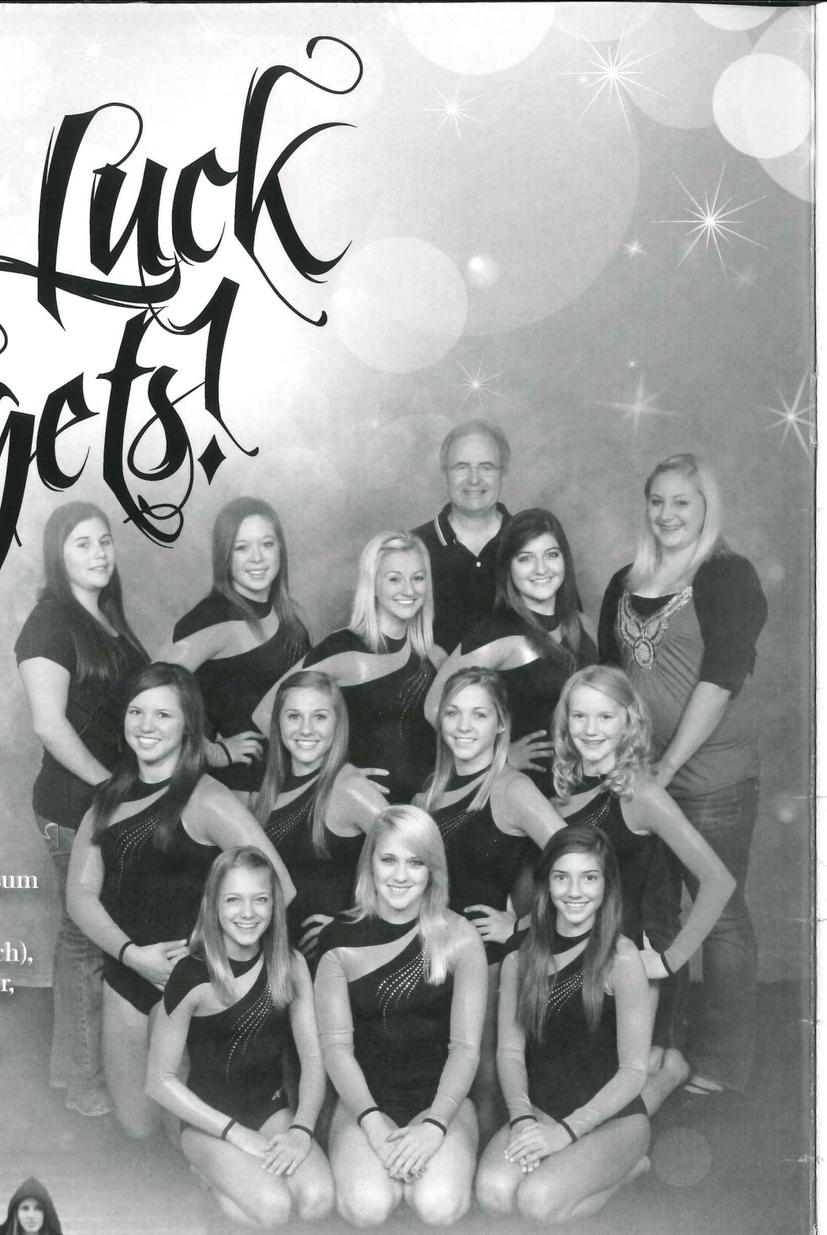
# NORTH DAKOTA STATE Gymnastics 2012

FEBRUARY
24&25

DICKINSON HIGH SCHOOL GYMNASIUM
DICKINSON, NORTH DAKOTA

Farmers Union INSURANCE
NATIONAL GUARD North Dakota
DICKINSON THE WESTERN EDGE Convention & Visitors Bureau

# Good Luck Midgets!



Front Row (L to R):
Keana Kudrna, Makenzie Heiser, Abby Kessel

Middle Row (L to R):
Jenna Mueller, Mikaela Kessel, McKenzie Kostelecky, Acacia Fossum

Back Row (L to R):
Jennifer Bachamp (Assistant Coach), Shalesa Wariner, Chantal Urlacher, Kent Van Ells (Coach), Sierra Roshau, Ali Kovash (Stats)

We love you
from your
parents and families

# 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.
4. Recognize and appreciate the skill of performance regardless of team affiliation.
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.**

# NORTH DAKOTA STATE Gymnastics 2012

SPONSORED BY

**NORTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION**

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Washburn

Todd Olson
Grand Forks

Dr. Wayne Sanstead
Dept. of Public Instr.
Bismarck

# Welcome!

## DICKINSON WELCOMES THE 2012 STATE GYMNASTICS MEET

Dickinson High School, the Dickinson Gymnastics Club, and the Dickinson Convention and Visitors Bureau welcome everyone to the 2012 North Dakota State Gymnastics Meet. This is the 43rd State Gymnastics Meet, and we look forward to providing an exciting and memorable experience for all athletes, coaches, and fans.

I give a tremendous amount of thanks to the Dickinson Gymnastics Club for all of their hard work in preparing and organizing for this event, and for volunteering countless hours in order to provide a successful state tournament.

I would also like to thank the Dickinson Convention and Visitors Bureau for their efforts in welcoming fans to the City of Dickinson, and Subway and Coca-Cola of Dickinson for donating food and refreshments for the hospitality room.

Once again, welcome to all coaches, participants, and fans to Dickinson and the 2012 State Meet. Please feel free to contact me at any time for assistance. I hope that you'll find this year's tournament to be a memorable experience for all participants.

*Mark Rerick, Tournament Manager*

## MEET THE OFFICIALS

| | |
|---|---|
| Manager | Mark Rerick |
| Tournament Committee | Dickinson Gymnastics Club |
| Hospitality | Jan Fields |
| Sports Medicine | Deanna Lefor |
| T-Shirt Sales | Dickinson Gymnastics Club |
| Announcers | Darcy Fossum, Mara VanElls |
| Scorers | Dickinson Gymnastics Club |
| Presentation of Colors | ND National Guard |
| Music and Anthem | Morgan Grosulak |
| Floor Manager | Sandra Rambousek |
| Meet Referee | Ruth Walsh, Fargo |

### VAULT

| | |
|---|---|
| Chief Judge | Lora Fisher, Jamestown |
| Acting Judges | Kim Ressler, Minot<br>Jessica Siders, West Fargo |

### UNEVEN PARALLEL BARS

| | |
|---|---|
| Chief Judge | Tara Hofmann, Bismarck |
| Acting Judges | Cindy Sperle-Gee, Jamestown<br>Jackie Winczewski, Minot |

### BALANCE BEAM

| | |
|---|---|
| Chief Judge | Cassity Wingenbach, Bismarck |
| Acting Judges | Sarah Weninger, Mandan<br>Casey Kostelecky, Dickinson |

### FLOOR EXERCISE

| | |
|---|---|
| Chief Judge | Laurie Strommen, Dickinson |
| Acting Judges | Pam Tweten, Minot<br>Katherine Andersen, Jamestown |

## 2012 STATE GYMNASTICS Schedule

### FRIDAY, FEBRUARY 24
**(TEAM DAY)**

1:00 pm .....Gym Opens
1:15 pm .....Coaches' Meeting
3:00 pm .....Officials' Meeting and Video Review for Base Score
1:45-3:35 pm ...Timed Warm-ups
3:45 pm .....Opening Ceremony
4:00 pm .....Begin Competition

### SATURDAY, FEBRUARY 25
**(INDIVIDUAL DAY)**

11:45 am .....Gym Opens
12:00 noon.....Coaches' Meeting
12:30 pm .....Timed Warm-ups Begin
1:30 pm .....Video Review for base score
1:45 pm .....Opening Ceremonies
2:00 pm .....Begin Competition



# 2011 STATE TEAM Champions

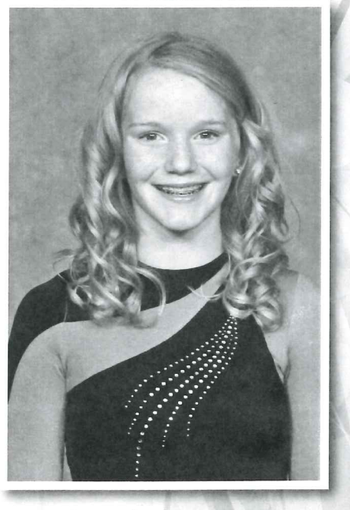
## MINOT

Top Row - left to right: Misha Taylor, Savannah Fix, Stephanie Huether, Payton Ringoen

Middle Row - left to right: Paige Collins, Madison Reiter, Brooklyn Bender

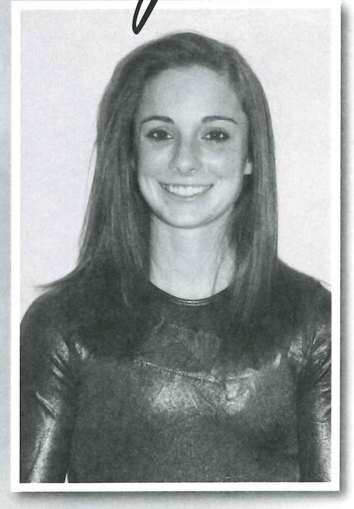
Bottom Row - left to right: Samantha Huether, Hannah Werchau, Jenna Breuer

# 2011 INDIVIDUAL Champions



**Acacia Fossum**
DICKINSON
*Beam, Floor and All Around*

**Jennifer Albers**
BISMARCK CENTURY
*Bars*



**Samantha Huether**
MINOT
*Vault*

# 2012 STATE TEAM PARTICIPANTS

## Bismarck

*Back Row(L-R): Ashley Meyer, Kacey Diehl*

*Kaylee Keller, MacKenzie Keidel*

*Front Row(L-R): Megan Kelley, Katliin Kelley*

## Bismarck Century

*Back Row(L-R): Sophia Thompson, Whitney Perrin,*

*Sarah Ashley, Haley Moch*

*Front Row(L-R): Jennifer Albers, Jessica Gabriel*



2012 STATE TEAM PARTICIPANTS

## Dickinson

*Front Row (L to R): Keana Kudrna, Makenzie Heiser, Abby Kessel*

*Middle Row (L to R): Jenna Mueller, Mikaela Kessel, McKenzie Kostelecky, Acacia Fossum*

*Back Row (L to R): Jennifer Bachamp (Assistant Coach), Shalesa Wariner, Chantal Urlacher, Kent Van Ells (Coach), Sierra Roshau, Ali Kovash (Stats)*

## Fargo Davies

*Row 1: Ellie Vicha, Leah Carlson, Lexi Brundin, Kim Hansen, Anna Isakson*

*Row 2: Jenna Rieth, Kendra Roach, Paige Hall, Kiara Bock, Torie Danielson*

*Row 3: Ally Hall, Leigh Bauer, Sarah Irmen, Jessica Mullen*

*Not pictured: Allison Cwikla, Abby Likness*

# 2012 STATE TEAM PARTICIPANTS

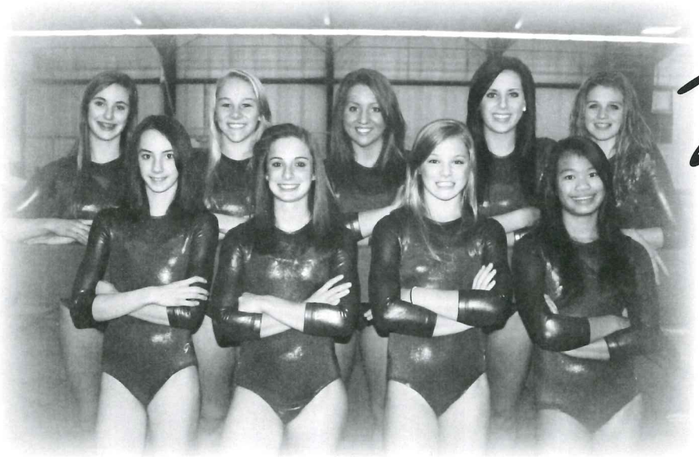
## Jamestown

*Front row: Jennifer Allmer, Madison Mandan, and Ashlie Meier.*

*2nd row: Glynna Godfrey, Jayden Diemert, Erin Hillerud, & Ligia Schulz.*

*3rd row: Kaiann Arellano, Alison Allmer, Abbie Conlon, Jenna Stilwell, and Jane Tang.*

*Back row: Dave Tews, Carly Nelson, Mercedes Westereng, Ashley Kronebusch, Alex Lind, and Andrea Bitz.*



## Minot

*Front row (left to right): Stephanie Huether, Samantha Huether, Madison Reiter, and Jenna Breuer*

*Back row (left to right): Hannah Werchau, Misha Taylor, Payton Ringoen, Paige Collins and Savannah Fix*



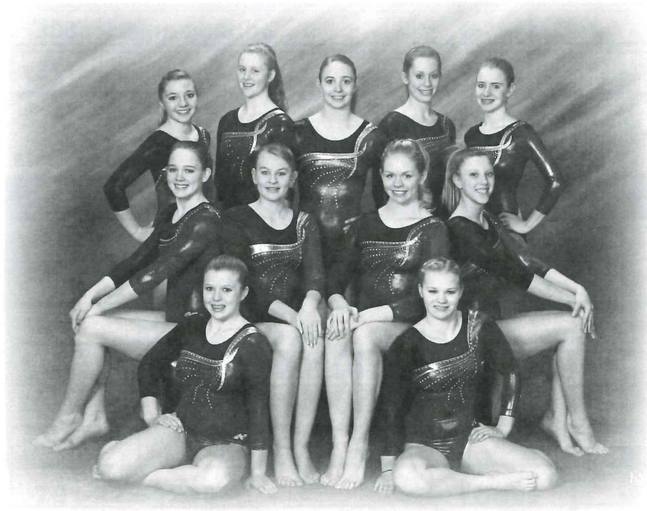
2012 STATE TEAM PARTICIPANTS

## Valley City

*Front Row: Abby Brown, Brienne Roehrich, Jordyn Sayler, Sara Gilbertson*

*Middle Row: Jasmine Stevens, Molly Wilson, Hunter Sayler, Tera Laney-Uecker, Coach Barb Bjorum, Head Coach Carina Roehrich*

*Top Row: Taylor Johnson*



## Wahpeton

*Top Row: Kiara Bassingthwaite, Mikki Braun, Korin Wettig, Lizzie Brown, Chelsy Filbert*

*Middle Row: Kennedey Wixo, Brigitte Witt, Shannon Thompson, Rachelle Lewis*

*Bottom Row: Elise Pietron, McKenzie Gripentrog*

# 8 TEAM DOUBLE GROUPINGS

**Touch and competition precedures for half of each rotation (6 gymnasts).**

**UB and V touch warm-up precedure:**
Team listed first touches three gymnasts. *Then the team listed second touches three gymnasts.*

**UB and V Competition:** Team listed first competes three gymnasts. *Then the team listed second competes three gymnasts.*

**BB and FX touch warm-up precedure:**
Team listed first touches three gymnasts. *Then the team listed second touches three gymnasts.*

**BB and FX Competiton:** Team listed first competes the first gymnast. After that the teams alternate.

| Competition Rotations | V | UB | BB | FX |
|---|---|---|---|---|
| 1 | Davies<br>Dickinson | Bismarck<br>Minot | Century<br>Jamestown | Wahpeton<br>Valley City |
| 2 | Wahpeton<br>Bismarck | Dickinson<br>Jamestown | Valley City<br>Minot | Davies<br>Century |
| 3 | Minot<br>Century | Valley City<br>Davies | Dickinson<br>Wahpeton | Jamestown<br>Bismarck |
| 4 | Jamestown<br>Valley City | Century<br>Wahpeton | Bismarck<br>Davies | Minot<br>Dickinson |

# BISMARCK

Coaches: Curt Sherbrooke and Linda Grina

| # | NAME OF CONTESTANT | GRADE | V | UPB | BB | FX | AA |
|---|---|---|---|---|---|---|---|
| 203 | Kacey Diehl | 10 | | | | | |
| 204 | MacKenzie Keidel | 12 | | | | | |
| 208 | Ashley Meyer | 11 | | | | | |
| 211 | Kaylee Keller | 10 | | | | | |
| 212 | Katlin Kelley | 9 | | | | | |
| 213 | Megan Kelley | 9 | | | | | |

Add top 4 scores from each event: _____ +_____ +_____ +_____ =_____

# BISMARCK CENTURY

Coaches: Curt Sherbrooke and Linda Grina

| # | NAME OF CONTESTANT | GRADE | V | UPB | BB | FX | AA |
|---|---|---|---|---|---|---|---|
| 952 | Whitney Perrin | 9 | | | | | |
| 955 | Sarah Ashley | 9 | | | | | |
| 957 | Destinee Steidler | 10 | | | | | |
| 959 | Jennifer Albers | 12 | | | | | |
| 960 | Jessica Gabriel | 10 | | | | | |
| 961 | Sophia Thompson | 8 | | | | | |

Add top 4 scores from each event: _____ +_____ +_____ +_____ =_____



# DICKINSON

Coaches: Kent Van Ells and Jennifer Bachamp

| # | NAME OF CONTESTANT | GRADE | V | UPB | BB | FX | AA |
|---|---|---|---|---|---|---|---|
| 402 | Acacia Fossum | 8 | | | | | |
| 404 | McKenzie Kostelecky | 11 | | | | | |
| 405 | Mikaela Kessel | 10 | | | | | |
| 407 | Jenna Mueller | 10 | | | | | |
| 408 | Keana Kudrna | 8 | | | | | |
| 412 | Sierra Roshau | 12 | | | | | |
| 414 | Shalesa Wariner | 12 | | | | | |
| 416 | Abby Kessel | 8 | | | | | |
| 419 | Makenzie Heiser | 9 | | | | | |

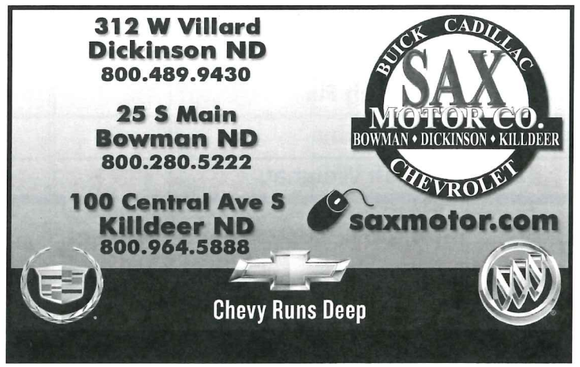
Add top 4 scores from each event: _____ +_____ +_____ +_____ =_____

# FARGO DAVIES

Coach: Mike Merritt

| # | NAME OF CONTESTANT | GRADE | V | UPB | BB | FX | AA |
|---|---|---|---|---|---|---|---|
| 300 | Kiara Bock | 10 | | | | | |
| 301 | Ally Hall | 12 | | | | | |
| 302 | Kendra Roach | 8 | | | | | |
| 303 | Leigh Bauer | 9 | | | | | |
| 304 | Lexi Brundin | 7 | | | | | |
| 306 | Kim Hansen | 10 | | | | | |
| 308 | Jenna Reith | 8 | | | | | |
| 311 | Ellie Vicha | 7 | | | | | |

Add top 4 scores from each event: _____ +_____ +_____ +_____ =_____



# JAMESTOWN

Coach: Dave Tews

| # | NAME OF CONTESTANT | GRADE | V | UPB | BB | FX | AA |
|---|---|---|---|---|---|---|---|
| 197 | Ashley Kronebusch | 12 | | | | | |
| 187 | Carly Nelson | 12 | | | | | |
| 152 | Mercedes Westereng | 12 | | | | | |
| 194 | Alex Lind | 11 | | | | | |
| 151 | Alison Allmer | 11 | | | | | |
| 150 | Abbie Conlon | 10 | | | | | |
| 159 | Kaiann Arellano | 10 | | | | | |
| 185 | Jenna Stilwell | 9 | | | | | |
| 188 | Jayden Diemert | 9 | | | | | |
| 180 | Erin Hillerud | 8 | | | | | |
| 160 | Madison Mandan | 7 | | | | | |

Add top 4 scores from each event: _____ +_____ +_____ +_____ =_____

# MINOT

Coaches: Robbie Werchau and Marissa Upton

| # | NAME OF CONTESTANT | GRADE | V | UPB | BB | FX | AA |
|---|---|---|---|---|---|---|---|
| 2 | Misha Taylor | | | | | | |
| 3 | Payton Ringoen | | | | | | |
| 5 | Samantha Huether | | | | | | |
| 6 | Stephanie Huether | | | | | | |
| 7 | Jenna Breuer | | | | | | |
| 8 | Madison Reiter | | | | | | |
| 9 | Savannah Fix | | | | | | |
| 11 | Paige Collins | | | | | | |
| 12 | Hannah Werchau | | | | | | |

Add top 4 scores from each event: _____ +_____ +_____ +_____ =_____



# VALLEY CITY

Coach: Carina Roehrich

| # | NAME OF CONTESTANT | GRADE | V | UPB | BB | FX | AA |
|---|---|---|---|---|---|---|---|
| 857 | Molly Willson | 12 | | | | | |
| 868 | Brienne Roehrich | 8 | | | | | |
| 866 | Sara Gilbertson | 10 | | | | | |
| 863 | Tera Laney-Uecker | 12 | | | | | |
| 865 | Abby Brown | 9 | | | | | |
| 856 | Taylor Johnson | 7 | | | | | |
| 858 | Jasmine Stevens | 11 | | | | | |
| 870 | Jordyn Sayler | 9 | | | | | |
| 862 | Hunter Sayler | 8 | | | | | |

Add top 4 scores from each event: _____ +_____ +_____ +_____ =_____

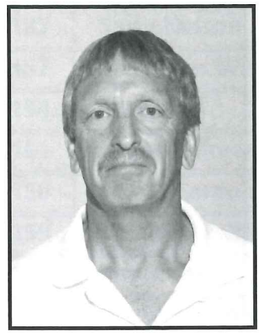
# WAHPETON

Coaches: Erika Lies and Raquel Pearson

| # | NAME OF CONTESTANT | GRADE | V | UPB | BB | FX | AA |
|---|---|---|---|---|---|---|---|
| 299 | Kiara Bassingthwaite | 9 | | | | | |
| 252 | Mikki Braun | 10 | | | | | |
| 255 | Lizzie Brown | 9 | | | | | |
| 261 | Chelsy Filbert | 8 | | | | | |
| 250 | McKenzie Gripentrog | 8 | | | | | |
| 298 | Rachelle Lewis | 8 | | | | | |
| 267 | Elise Pietron | 8 | | | | | |
| 268 | Shannon Thompson | 11 | | | | | |
| 283 | Korin Wettig | 12 | | | | | |
| 265 | Brigitte Witt - Manager | 8 | | | | | |
| 270 | Kennedey Wixo | 8 | | | | | |

Add top 4 scores from each event: _____ +_____ +_____ +_____ =_____

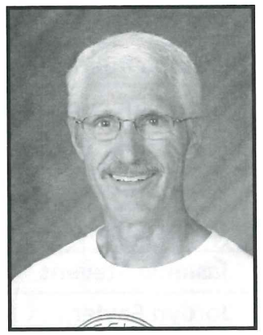
# 2012 MEET THE COACHES



## Curt Sherbrooke

**BISMARCK & BISMARCK CENTURY HEAD COACH**

Curt Sherbrooke graduated from Audubon High School, Audubon, MN in 1973. He attended Moorhead State University, Moorhead, MN and graduated in 1977. Curt taught in Albert Lea, MN in 1978. He taught and coached in Hawley, MN from 1978 to 1981. Curt was assistant coach at MinKota Gymnastics Academy and Fargo South High School from 1981-1982. Curt has been the head coach at Bismarck High School, Bismarck Century High School and Bismarck Gymnastics Academy from 1982 to the present.



## Mike Merritt

**FARGO DAVIES HEAD COACH**

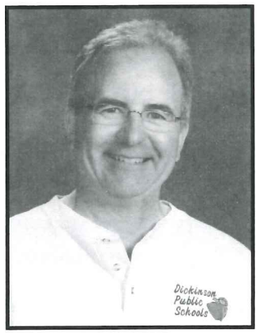
I received my Bachelor's degree from Moorhead State College and my Master's degree from NDSU. I presently teach Elementary Physical Education. I began my coaching career in 1972 at South High. I have been head gymnastics coach at North High since 1985, South High since 1998 and Davies this year. I am also head girls track coach and assistant boys cross country coach at South High. I have previous coaching tenures in Dickinson, Carbondale IL, Edina MN, Burnsville MN, Hopkins MN, Bismarck and Devils Lake. My wife Cherie and I have 6 children, 11 grandchildren and 2 great grandchildren.

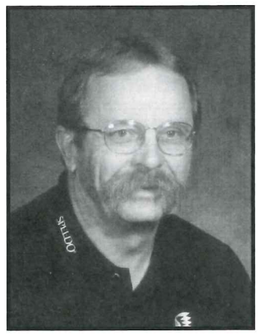
## Kent Van Ells

**DICKINSON HEAD COACH**

Kent Van Ells has been a public school teacher and head gymnastics coach at Dickinson High School since 1983. He is married to Valerie and has two children, Mara 22 and Luke 20.

***2012 WDA COACH OF THE YEAR***



## Dave Tews

**JAMESTOWN HEAD COACH**

Dave has been coaching the Blue Jays for 34 years. He graduated from Jamestown College in 1977. Dave taught middle school physical education for six years and has taught middle school social studies for 28 years. He and his wife Jeanne have three grown children, Matt, Abby, and Nick. He serves as the diving coach for the girl's swimming and diving team as well as coaching MS girl's track and field.

## Carina Roehrich

**VALLEY CITY HEAD COACH**

Carina is in her second year of coaching at VCHS and teaches kindergarten. She and her husband Scott have 3 children: Brandon, Brienne and Britta.

***2012 EDA COACH OF THE YEAR***



# 2012 MEET THE COACHES

## Marisa Upton

**MINOT CO-HEAD COACH**

I have been involved in Minot High Gymnastics my entire life; first as a gymnast and then as a coach from 1999 - 2005. I took a break from coaching to finish school, but remained closely involved and resumed coaching in 2009. Originally from Minot (Bishop Ryan graduate), I will finish up my residency this year and will be working at Trinity Hospitals starting in September, 2012. I have two children; Caden, my son, is 14 and my daughter, Sydney, is 7.

## Robbie Werchan

**MINOT CO-HEAD COACH**

I graduated from Mandan High School in 1986. I attended Valley City State University and competed on the gymnastics team for three years. In 1991 I moved to Minot to student teach. While I was student teaching, I was also the assistant coach for the Minot High School gymnastics team. We were State Champions that year. After student teaching and graduating from VCSU, I received my first teaching job at Minot High School Central Campus, and I've been there ever since. I coached three more State Championship teams and a second place team before taking a break from coaching. My husband Lance and I have been married for 19 years and have two great children. Our son plays hockey for Minot High and our daughter is part of the Minot High gymnastics team.

## Raquel Pearson

**WAHPETON CO-HEAD COACH**

I am a student as NDSCS and will graduate this May with an Liberal Arts Associate in Health, PE, and Recreation. I have been married for 12 years, to my husband, Capt. Brandon Pearson and the Marine Corps. We have two children, Alexa 11 and Korbin 7. I have truly enjoyed the opportunity to coach the girls of the Wahpeton High School team.

## Erika Lies

**WAHPETON CO-HEAD COACH**

I graduated from Jamestown, ND and was a gymnast in the USAG program. I am currently a student at NDSCS in the Nursing program. I have coached for Wahpeton High School for the last three years.

# 2012 STATE INDIVIDUAL PARTICIPANTS

## ROTATION 1

### VAULT

| | | |
|---|---|---|
| _____ 2 | Misha Taylor | Minot |
| _____ 301 | Ally Hall | Fargo Davies |
| _____ 414 | Shalesa Wariner | Dickinson |
| _____ 402 | Acacia Fossum | Dickinson |
| _____ 408 | Keana Kudrna | Dickinson |
| _____ 921 | Riley Summers | Fargo |
| _____ 8 | Madison Reiter | Minot |
| _____ 300 | Kiara Bock | Fargo Davies |
| _____ 180 | Erin Hillerud | Jamestown |
| _____ 185 | Jenna Stilwell | Jamestown |
| _____ 187 | Carly Nelson | Jamestown |

### BARS

| | | |
|---|---|---|
| _____ 152 | Mercedes Westereng | Jamestown |
| _____ 250 | Mckenzie Gripentrog | Wahpeton |
| _____ 9 | Savannah Fix | Minot |
| _____ 961 | Sophia Thompson | Bismarck Century |
| _____ 917 | Madison Uglem | Fargo |
| _____ 959 | Jennifer Albers | Bismarck Century |
| _____ 868 | Brienne Roehrich | Valley City |
| _____ 211 | Kaylee Keller | Bismarck |
| _____ 12 | Hannah Werchau | Minot |
| _____ 204 | Mackenzie Keidel | Bismarck |
| _____ 909 | Natasha Ussleman | Fargo |

### BEAM

| | | |
|---|---|---|
| _____ 213 | Megan Kelley | Bismarck |
| _____ 404 | Mckenzie Kostelecky | Dickinson |
| _____ 7 | Jenna Breuer | Minot |
| _____ 952 | Whitney Perrin | Bismarck Century |
| _____ 543 | Mia Treuer | Grand Forks |
| _____ 5 | Samantha Huether | Minot |
| _____ 405 | Mikaela Kessel | Dickinson |
| _____ 960 | Jessica Gabriel | Bismarck Century |
| _____ 194 | Alex Lind | Jamestown |

### FLOOR

| | | |
|---|---|---|
| _____ 255 | Lizzie Brown | Wahpeton |
| _____ 197 | Ashley Kronebusch | Jamestown |
| _____ 252 | Mikki Braun | Wahpeton |
| _____ 3 | Payton Ringoen | Minot |
| _____ 212 | Katlin Kelley | Bismarck |
| _____ 510 | Ashley Weiland | Grand Forks |
| _____ 6 | Stephanie Huether | Minot |
| _____ 268 | Shannon Thompson | Wahpeton |
| _____ 303 | Leigh Bauer | Fargo Davies |

## ROTATION 2

### VAULT

| | | |
|---|---|---|
| _____ 159 | Kaiann Arellano | Jamestown |
| _____ 3 | Payton Ringoen | Minot |
| _____ 255 | Lizzie Brown | Wahpeton |
| _____ 6 | Stephanie Huether | Minot |
| _____ 303 | Leigh Bauer | Fargo Davies |
| _____ 283 | Korin Wettig | Wahpeton |
| _____ 252 | Mikki Braun | Wahpeton |
| _____ 212 | Katlin Kelley | Bismarck |
| _____ 510 | Ashley Weiland | Grand Forks |
| _____ 197 | Ashley Kronebusch | Jamestown |

### BARS

| | | |
|---|---|---|
| _____ 408 | Keana Kudrna | Dickinson |
| _____ 300 | Kiara Bock | Fargo Davies |
| _____ 301 | Ally Hall | Fargo Davies |
| _____ 2 | Misha Taylor | Minot |
| _____ 187 | Carly Nelson | Jamestown |
| _____ 185 | Jenna Stilwell | Jamestown |
| _____ 180 | Erin Hillerud | Jamestown |
| _____ 8 | Madison Reiter | Minot |
| _____ 414 | Shalesa Wariner | Dickinson |
| _____ 402 | Acacia Fossum | Dickinson |

### BEAM

| | | |
|---|---|---|
| _____ 959 | Jennifer Albers | Bismarck Century |
| _____ 917 | Madison Uglem | Fargo |
| _____ 211 | Kaylee Keller | Bismarck |
| _____ 909 | Natasha Ussleman | Fargo |
| _____ 204 | Mackenzie Keidel | Bismarck |
| _____ 12 | Hannah Werchau | Minot |
| _____ 9 | Savannah Fix | Minot |
| _____ 11 | Paige Collins | Minot |
| _____ 152 | Mercedes Westereng | Jamestown |
| _____ 419 | Makenzie Heiser | Dickinson |
| _____ 961 | Sophia Thompson | Bismarck Century |
| _____ 412 | Sierra Roshau | Dickinson |

### FLOOR

| | | |
|---|---|---|
| _____ 952 | Whitney Perrin | Bismarck Century |
| _____ 543 | Mia Treuer | Grand Forks |
| _____ 213 | Megan Kelley | Bismarck |
| _____ 194 | Alex Lind | Jamestown |
| _____ 960 | Jessica Gabriel | Bismarck Century |
| _____ 404 | Mckenzie Kostelecky | Dickinson |
| _____ 405 | Mikaela Kessel | Dickinson |
| _____ 7 | Jenna Breuer | Minot |
| _____ 5 | Samantha Huether | Minot |
| _____ 299 | Kiara Bassingthwaite | Wahpeton |



2012 STATE INDIVIDUAL PARTICIPANTS

## ROTATION 3

### VAULT

| | | |
|---|---|---|
| _____ 960 | Jessica Gabriel | Bismarck Century |
| _____ 194 | Alex Lind | Jamestown |
| _____ 404 | Mckenzie Kostelecky | Dickinson |
| _____ 405 | Mikaela Kessel | Dickinson |
| _____ 5 | Samantha Huether | Minot |
| _____ 952 | Whitney Perrin | Bismarck Century |
| _____ 7 | Jenna Breuer | Minot |
| _____ 529 | Jordyn Schall | Grand Forks |
| _____ 213 | Megan Kelley | Bismarck |
| _____ 543 | Mia Treuer | Grand Forks |

### BARS

| | | |
|---|---|---|
| _____ 308 | Jenna Rieth | Fargo Davies |
| _____ 150 | Abbie Conlon | Jamestown |
| _____ 212 | Katlin Kelley | Bismarck |
| _____ 510 | Ashley Weiland | Grand Forks |
| _____ 197 | Ashley Kronebusch | Jamestown |
| _____ 6 | Stephanie Huether | Minot |
| _____ 857 | Molly Willson | Valley City |
| _____ 252 | Mikki Braun | Wahpeton |
| _____ 3 | Payton Ringoen | Minot |
| _____ 159 | Kaiann Arellano | Jamestown |

### BEAM

| | | |
|---|---|---|
| _____ 180 | Erin Hillerud | Jamestown |
| _____ 203 | Kacey Diehl | Bismarck |
| _____ 8 | Madison Reiter | Minot |
| _____ 402 | Acacia Fossum | Dickinson |
| _____ 414 | Shalesa Wariner | Dickinson |
| _____ 187 | Carly Nelson | Jamestown |
| _____ 407 | Jenna Mueller | Dickinson |
| _____ 300 | Kiara Bock | Fargo Davies |
| _____ 301 | Ally Hall | Fargo Davies |
| _____ 2 | Misha Taylor | Minot |
| _____ 408 | Keana Kudrna | Dickinson |

### FLOOR

| | | |
|---|---|---|
| _____ 909 | Natasha Ussleman | Fargo |
| _____ 12 | Hannah Werchau | Minot |
| _____ 9 | Savannah Fix | Minot |
| _____ 412 | Sierra Roshau | Dickinson |
| _____ 959 | Jennifer Albers | Bismarck Century |
| _____ 868 | Brienne Roehrich | Valley City |
| _____ 917 | Madison Uglem | Fargo |
| _____ 204 | Mackenzie Keidel | Bismarck |
| _____ 961 | Sophia Thompson | Bismarck Century |
| _____ 152 | Mercedes Westereng | Jamestown |
| _____ 11 | Paige Collins | Minot |
| _____ 211 | Kaylee Keller | Bismarck |

## ROTATION 4

### VAULT

| | | |
|---|---|---|
| _____ 204 | Mackenzie Keidel | Bismarck |
| _____ 917 | Madison Uglem | Fargo |
| _____ 412 | Sierra Roshau | Dickinson |
| _____ 909 | Natasha Ussleman | Fargo |
| _____ 419 | Makenzie Heiser | Dickinson |
| _____ 152 | Mercedes Westereng | Jamestown |
| _____ 211 | Kaylee Keller | Bismarck |
| _____ 959 | Jennifer Albers | Bismarck Century |
| _____ 12 | Hannah Werchau | Minot |
| _____ 9 | Savannah Fix | Minot |

### BARS

| | | |
|---|---|---|
| _____ 208 | Ashley Meyer | Bismarck |
| _____ 506 | Kat Dennison | Grand Forks |
| _____ 213 | Megan Kelley | Bismarck |
| _____ 7 | Jenna Breuer | Minot |
| _____ 404 | Mckenzie Kostelecky | Dickinson |
| _____ 194 | Alex Lind | Jamestown |
| _____ 405 | Mikaela Kessel | Dickinson |
| _____ 960 | Jessica Gabriel | Bismarck Century |
| _____ 188 | Jayden Diemert | Jamestown |
| _____ 952 | Whitney Perrin | Bismarck Century |
| _____ 5 | Samantha Huether | Minot |

### BEAM

| | | |
|---|---|---|
| _____ 857 | Molly Willson | Valley City |
| _____ 197 | Ashley Kronebusch | Jamestown |
| _____ 150 | Abbie Conlon | Jamestown |
| _____ 252 | Mikki Braun | Wahpeton |
| _____ 159 | Kaiann Arellano | Jamestown |
| _____ 212 | Katlin Kelley | Bismarck |
| _____ 510 | Ashley Weiland | Grand Forks |
| _____ 255 | Lizzie Brown | Wahpeton |
| _____ 3 | Payton Ringoen | Minot |
| _____ 6 | Stephanie Huether | Minot |

### FLOOR

| | | |
|---|---|---|
| _____ 160 | Madison Mandan | Jamestown |
| _____ 300 | Kiara Bock | Fargo Davies |
| _____ 856 | Taylor Johnson | Valley City |
| _____ 187 | Carly Nelson | Jamestown |
| _____ 408 | Keana Kudrna | Dickinson |
| _____ 180 | Erin Hillerud | Jamestown |
| _____ 2 | Misha Taylor | Minot |
| _____ 402 | Acacia Fossum | Dickinson |
| _____ 414 | Shalesa Wariner | Dickinson |
| _____ 8 | Madison Reiter | Minot |
| _____ 301 | Ally Hall | Fargo Davies |

# CLASS A & SINGLE CLASS SYSTEM RECORDS

## MOST INDIVIDUAL TITLES (CAREER) TWO OR MORE

| # OF TITLES | NAME | TEAM |
|---|---|---|
| 16 | Kim Sveum | Minot |
| 13 | Robin Huebner | Dickinson |
| 11 | Cassie Osborn | Fargo South |
| 10 | Tiffany Tello | Bismarck |
| 10 | Stacey Simle | Fargo South |
| 9 | Heidi Goehring | Century |
| 9 | Cindy Rodlund | Fargo South |
| 7 | Chelsea Preston | Fargo South |
| 7 | Jodi Schwehr | Century |
| 6 | Jade Beattie | Bismarck |
| 6 | Tami Russell | Century |
| 6 | Tracy Gunkelman | Fargo South |
| 6 | Barbara Mitchell | Jamestown |
| 6 | Julie Visina | Minot Ryan |
| 5 | Brooklyn Bender | Minot |
| 5 | Kari Nolz | Bismarck |
| 5 | Susie Schraufek | Fargo South |
| 4 | Kathy Sullivan | Jamestown |
| 4 | Teri Ann Krefting | Minot |
| 3 | Rachel Johnson | Bismarck |
| 3 | Gina Lang | Bismarck |
| 3 | Stacey Lowman | Devils Lake, Fargo North |
| 3 | Robin Wheeler | Dickinson |
| 3 | Andrea Albertson | Minot |
| 3 | Acacia Fossum | Dickinson |
| 2 | Krista Riley | Bismarck |
| 2 | Nicole Ziegler | Century |
| 2 | Linda Basaraba | Dickinson |
| 2 | Nancy Davis | Dickinson |
| 2 | Greta Sjursen | Dickinson |
| 2 | Jenny Nelson | Fargo North |
| 2 | Melissa Henning | Fargo South |
| 2 | Jo Pavicic | Fargo South |
| 2 | Kristi Tryhus | Fargo South |
| 2 | Brianna Jones | Grand Forks |
| 2 | Emily Wong | Grand Forks |
| 2 | Marie Boyeff | Minot |
| 2 | Kristi Dewald | West Fargo |
| 2 | Brogan Burwick | Dickinson |
| 2 | Alex Braaten | Grand Forks |

## TEAM CHAMPIONS AND RUNNERS-UP (SINCE 1969)

| YEAR | CHAMPION | RUNNER-UP |
|---|---|---|
| 1969 | Jamestown | St. Mary's |
| 1970 | Jamestown | Fargo South |
| 1971 | Fargo South | Jamestown |
| 1972 | Fargo South | Dickinson |
| 1973 | Fargo South | Dickinson |
| 1974 | Dickinson, Fargo South (tie) | |
| 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 | Dickinson |
| 1985 | Fargo South | Dickinson |
| 1986 | Fargo South | Bismarck |
| 1987 | Dickinson | Fargo South |
| 1988 | Dickinson | 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 |
| 2004 | Grand Forks | Minot |
| 2005 | Grand Forks | Bismarck |
| 2006 | Grand Forks | Minot |
| 2007 | Dickinson | Minot |
| 2008 | Dickinson | Minot |
| 2009 | Minot | Dickinson |
| 2010 | Minot | Dickinson |
| 2011 | Minot | Dickinson |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# CLASS A & SINGLE CLASS SYSTEM RECORDS


## BEST ALL TIME ALL AROUND SCORES (SINCE 1981): 38.000 OR BETTER

| SCORE | NAME | TEAM | YEAR |
|---|---|---|---|
| 39.166 | Jade Beattie | Bismarck | 2004 |
| 38.750 | Heidi Goehring | Century | 2000 |
| 38.717 | Tiffany Tello | Bismarck | 2002 |
| 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 |
| 38.400 | Cassie Osborn | Fargo South | 1989 |
| 38.400 | Kim Sveum | Minot | 1993 |
| 38.400 | Kim Sveum | Minot | 1994 |
| 38.317 | Gina Lang | Bismarck | 1998 |
| 38.310 | Rachel Johnson | Bismarck | 1986 |
| 38.300 | Kari Nolz | Bismarck | 2001 |
| 38.250 | Acacia Fossum | Dickinson | 2011 |
| 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 | 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 |
| 38.067 | Andrea Albertson | Minot | 2000 |
| 38.033 | Tiffany Tello | Bismarck | 2001 |
| 38.020 | Tami Russell | Century | 1986 |
| 38.017 | Briana Jones | Grand Forks | 2006 |
| 38.000 | Teri Ann Krefting | Minot | 1996 |

## 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 |
| 149.799 | 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 |
| 148.930 | Bismarck | 1986 |
| 148.920 | Dickinson | 1986 |
| 148.883 | Century | 2001 |
| 148.800 | Fargo South | 1990 |
| 148.600 | Bismarck | 1999 |
| 148.500 | Minot | 1994 |

## TEAM CHAMPIONSHIPS ALL TIME

| | |
|---|---|
| Fargo South | 15 |
| Minot | 10 |
| Dickinson | 7 |
| Century | 4 |
| Bismarck | 3 |
| Grand Forks | 3 |
| Jamestown | 2 |

## INDIVIDUAL CHAMPIONSHIPS (BY TEAM) ALL TIME

| | |
|---|---|
| Fargo South | 58 |
| Minot | 35 |
| Dickinson | 31 |
| Bismarck | 31 |
| Century | 28 |
| Jamestown | 13 |
| Grand Forks | 7 |
| Minot Ryan | 7 |
| Fargo North | 5 |
| West Fargo | 2 |
| Devils Lake | 1 |
| St. Mary's | 1 |


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# CLASS A & SINGLE INDIVIDUAL EVENT 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 | Jamestown |
| 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 |



CLASS A & SINGLE INDIVIDUAL EVENT 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 |

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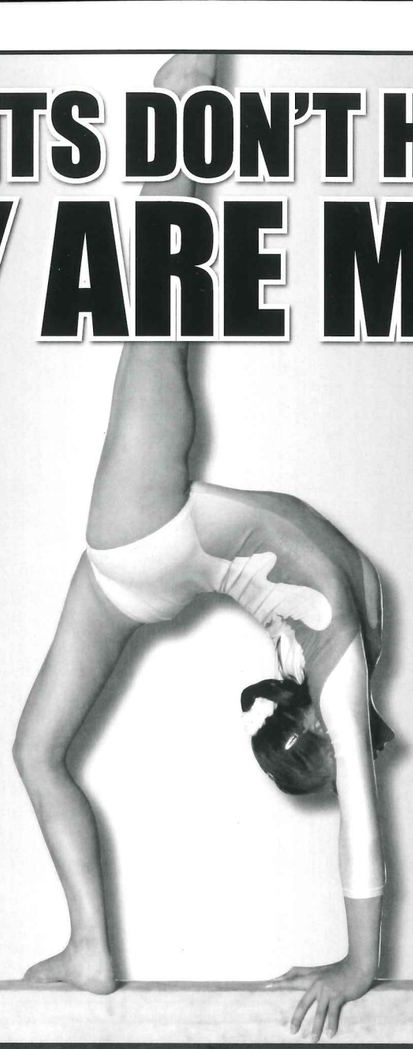

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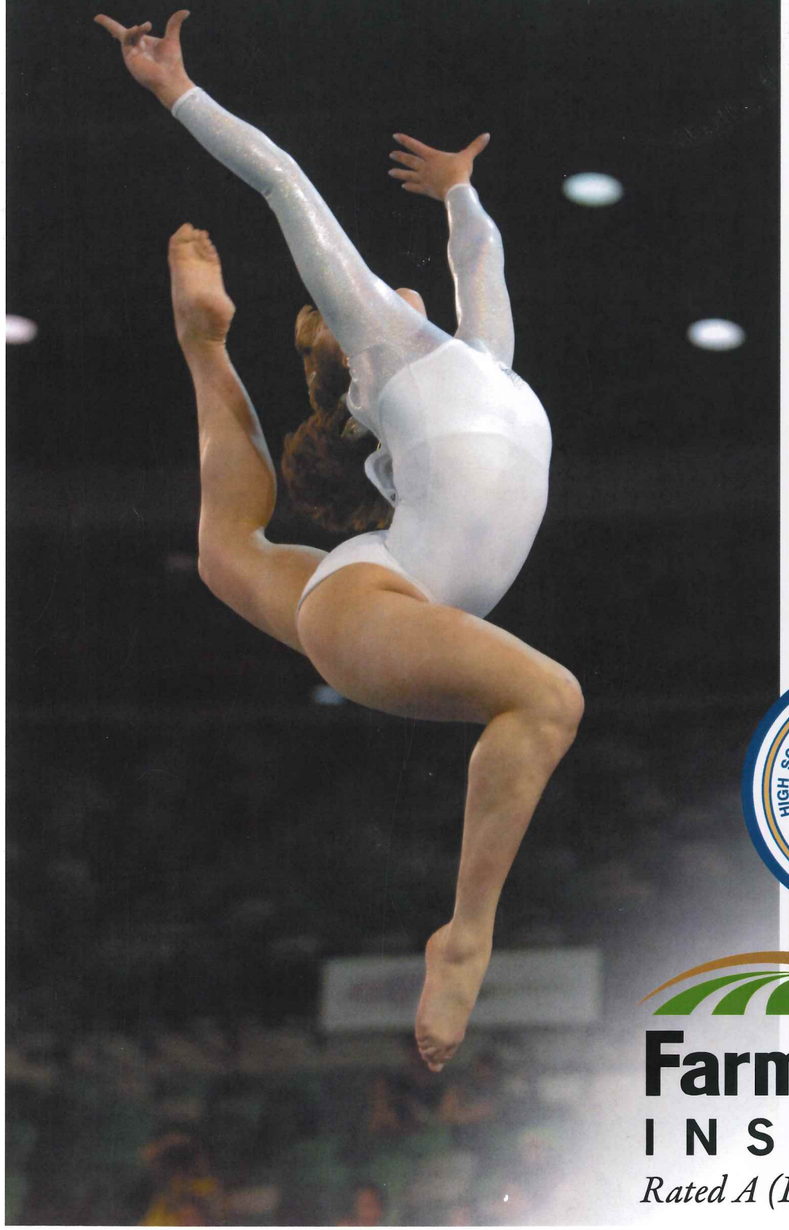

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