

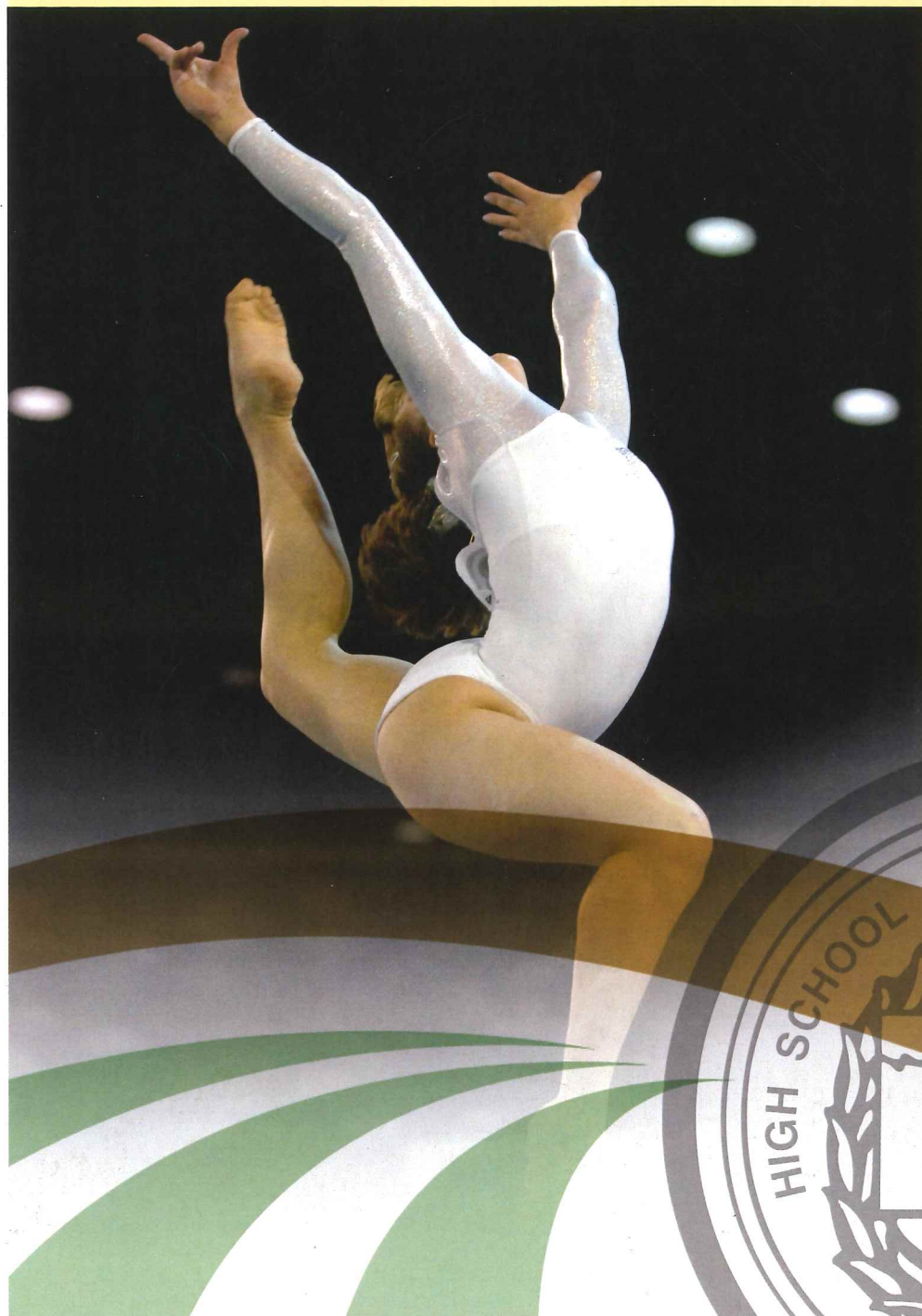
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NORTH DAKOTA **STATE** *Gymnastics*

2013

HI-LINER ACTIVITY CENTER
VALLEY CITY, NORTH DAKOTA

FEBRUARY 22ND & 23RD



Good Luck Hi-Liners!

(L to R)
Front Row:
Taylor Johnson &
Kennadee Jorissen

Middle Row:
Rebekah Fisher,
Hanna Sorensen, &
Emilee Fisher

Back Row:
Student Manager Felicia Esch,
Abby Brown,
Sara Gilbertson,
Brienne Roehrich, &
Hunter Saylor



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family and friends!

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.



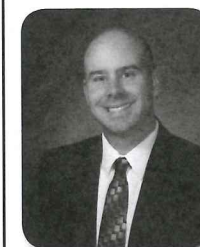
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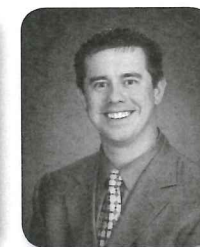
Sherm Sylling
Executive Secretary
Valley City



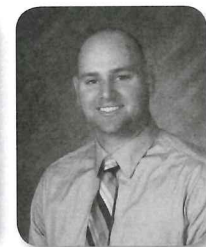
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Valley City



Matt Fetsch
Asst. to Exec. Sec.
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Justin Fletschock
Asst. to Exec. Sec.
Valley City



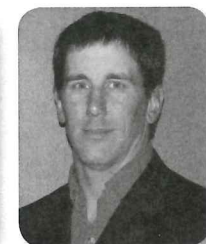
Brenda Schell
Asst. to Exec. Sec.
Valley City



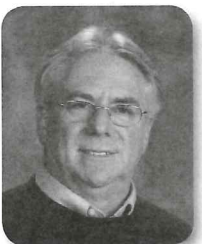
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President
May-Port CG



Todd Olson
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Ben Auch
School Boards Assn.
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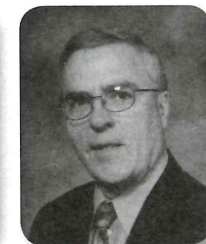
Steve Brannan
Garrison



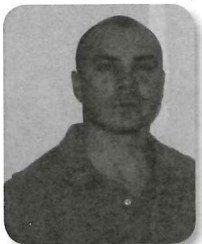
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Kindred



Kirk Ham
Park River



Larry Helvik
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Shane Martin
Turtle Mountain



Jim Roaldson
Jamestown



Jason Wiberg
Devils Lake



Kirsten Baesler
Dept. of Public Instr.
Bismarck

VALLEY CITY WELCOMES THE 2013 STATE GYMNASTICS MEET

Valley City High School, and the Valley Twisters Gymnastics Club welcome's everyone to the 2013 North Dakota State Gymnastics Meet. This is the 44th 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 Valley Twisters 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 our local businesses Leever's Super Valu, Market Place Foods, and Dakota Plains Cooperative, as well as our Valley City Hi-Liner Booster Club for donating food and refreshments for the hospitality room. I would also like to thank all of our local businesses for their support of the 2013 State Gymnastics Meet.

Once again, welcome to all coaches, participants, and fans to Valley City and the 2013 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 great experience for all participants.

Dan Larson, Tournament Manager

SCHEDULE OF EVENTS

Friday - Team Day

- 1:00 pmGym Opens
- 1:15 pmCoaches' Meeting
- 1:45 pm
- to 3:45 pmTimed Warm-Ups (see note)
- 3:00 pmOfficials' Meeting
Video Review for Base Score
- 3:45 pmOpening Ceremony
- 4:00 pmBegin Competition

NOTE: Timed Warm-ups will be determined by the host school. Previously 1.5 minutes per athlete x 6 competitors, 2 minute equipment change was used.

Saturday - Individual Day

- 10:45 amGym Opens
- 11:00 pmCoaches' Meeting
- 11:30 pmTimed Warm-Ups Begin
- 12:30 pmVideo Review for Base Score (optional)
- 12:45 pmOpening Ceremony
- 1:00 pmBegin Competition

MEET THE OFFICIALS

- Managers**Dan Larson / Sheryl Solberg
- Tournament Committee:**
Suzanne Fisher, Dave Fisher, Jan Johnson, Kirstan Dockter, Amber Olson, Beth Anderson, Bryan Kriewald, Joleene Hagen, Dawn Thomsen
- Sports Medicine**Mike Callahan
Mercy Hospital Sports Medicine
- Announcer**Cheryl Sunderland
- Scorer**Kim Jorissen
- Music and Anthem**VC High School Band
under the direction of Tom Kjelland
- Meet Referee**Tara Hofmann

VAULT

- Chief JudgeLora Fisher
- Acting Judges.....Jessica Siders
Matraca Steen

UNEVEN PARALLEL BARS

- Chief JudgeCindy Sperle-Gee
- Acting Judges.....Caitlin Hoff
Ruth Walsh

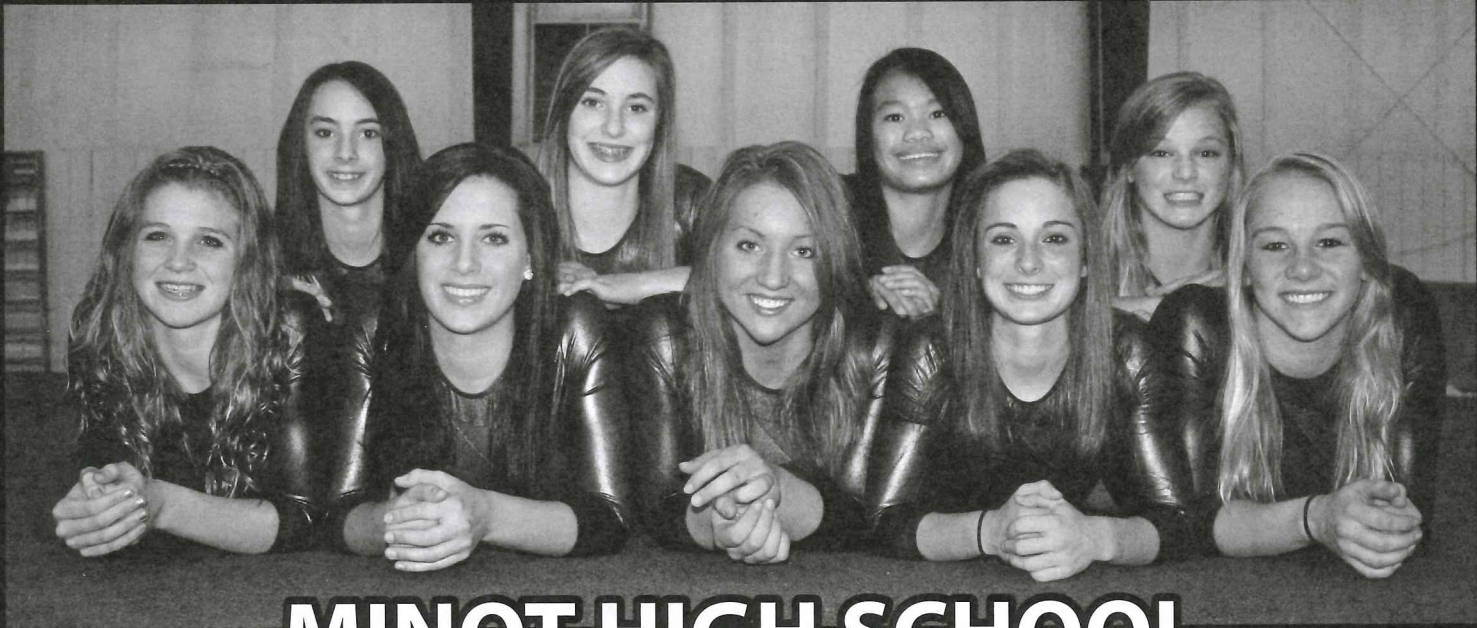
BALANCE BEAM

- Chief JudgeSarah Weninger
- Acting Judges.....Katherine Andersen
Melissa Bachamp

FLOOR EXERCISES

- Chief JudgeBrooke Erstad
- Acting JudgeLaurie Strommen
Stacey Ringoen

2012 STATE TEAM CHAMPIONS



MINOT HIGH SCHOOL

Front Row (L-R): Savannah Fix, Paige Collins, Payton Ringeon, Samantha Huether, Misha Taylor
Back Row (L-R): Stephanie Huether, Hannah Werchau, Jenna Breuer, Madison Reiter

2012 INDIVIDUAL CHAMPIONS



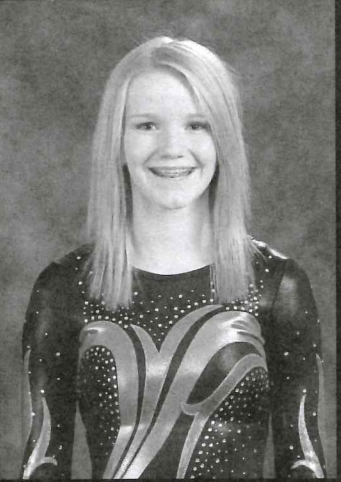
Mackenzie Keidel
Bismarck High School
VAULT



Jennifer Albers
Bismarck Century
UNEVEN BARS



Kiara Bock
 Fargo Davies
BALANCE BEAM



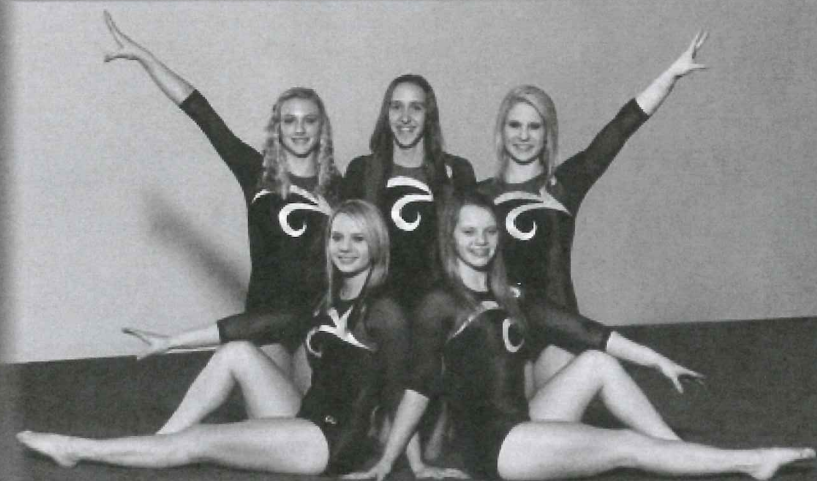
Acacia Fossum
Dickinson High School
FLOOR EXERCISES
ALL AROUND

2013 STATE TEAM PARTICIPANTS

BISMARCK

Front Row (L to R):
Katlin Kelley, Megan Kelley

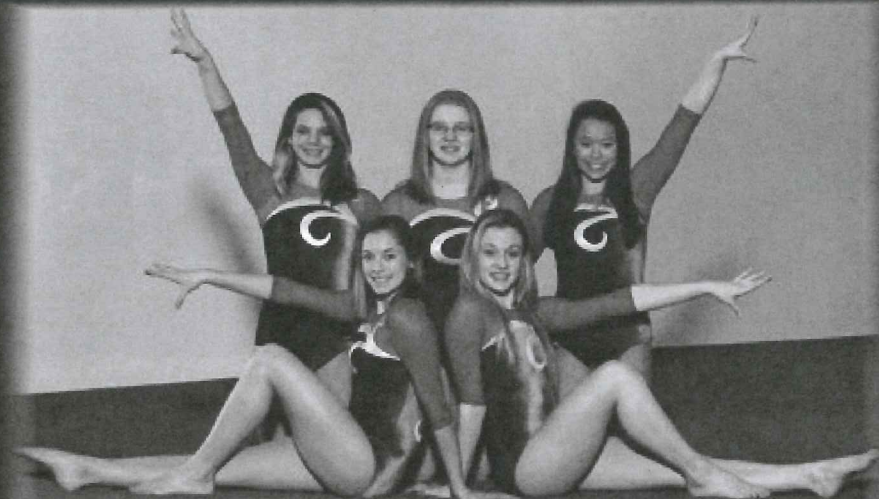
Back Row (L to R):
Blythe Ehrmantraut, Ashley Meyer,
Kaylee Keller



BISMARCK CENTURY

Front Row (L to R):
Ashley Gessele, Sarah Ashley

Back Row (L to R):
Jessica Gabriel, Whitney Perrin,
Sophia Thompson

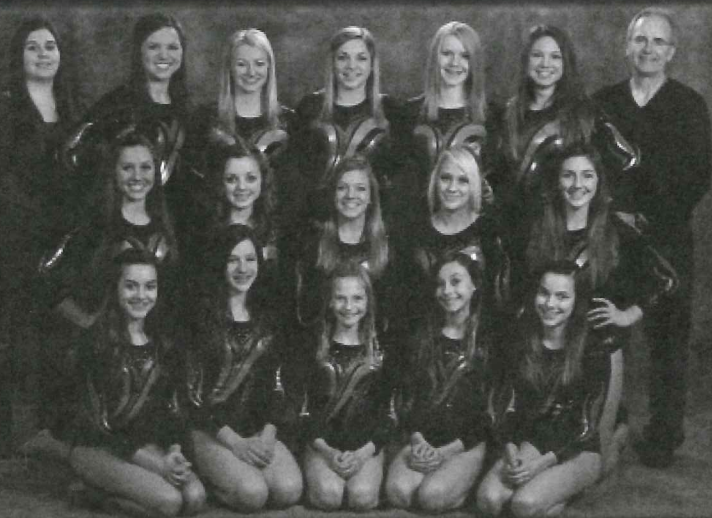


DICKINSON

Front Row (L to R):
Audrey Praus, Karsen Stroh, Faith Beck, BayLee
Fetch, Nicole Praus

Middle Row (L to R):
Mikaela Kessel, Madison Hughes, Keana
Kudrna, Makenzie Heiser, Abby Kessel

Back Row (L to R):
Asst. Coach Jennifer Bachamp, Jenna Mueller,
Chantal Urlacher, Kenzie Kosteletzky, Acacia
Fossum, Jill Mueller, Coach Kent Van Ells



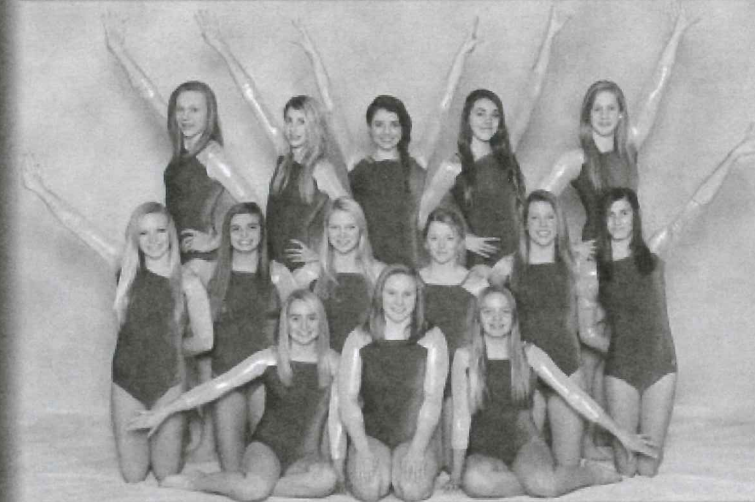
2013 STATE TEAM PARTICIPANTS

FARGO DAVIES

Front Row (L to R):
Leah Carlson, Lexi Brundin, Kim Hansen

Middle Row (L to R):
Kiara Bock, Jenna Rieth, Torie Danielson,
Hanne Meyer, Kendra Roach, Britney Hall

Back Row (L to R):
Mikayla Parret, Paige Hall, Jessica Mullen,
Leigh Bauer, Sarah Erickson



FARGO NORTH/SOUTH

Front Row (L to R):
Ana Solberg, Amanda Hoff, Alexis Vines

Middle Row (L to R):
Jackie Kelsh, Faith Marty, Hattie Gompf,
Alexus Nicholas

Back Row (L to R):
Mariah Kienenberger, Maris Pederson,
Natasha Usselman, Tori Carroll, Madie
Uglen



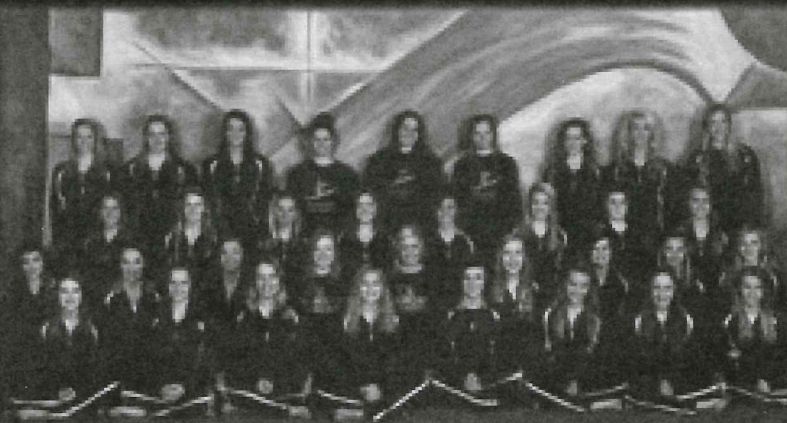
GRAND FORKS CENTRAL/RED RIVER

Front Row (L to R):
Taylor Ebertowski, Mary Cremers, Brianna Molmen, Kacy Jiran, Mia
Treuer, Shawna Kietzman, Rebecca Warnke, Grace Miller

Middle Row (L to R):
Claire Anderson, Brandi Momerak, Brittany Funk, Kaiti Mainke
(Manager), Alexis Foutch (Manager), Kourtney Culver (Manager),
Madison Weiland*, Emily Jensen, Mara Nash

Back Row (L to R):
Annabel Jiran, Madison Remer, Jamie Kanta, Meghan Hintz,
Miranda Phelps, Megan Johnson, Kaitlyn O'Hara, Hannah
Opp. Fourth Row: Anna Syrup, Kaitlan Culver, Ariana Storbakken,
Coach Kaitlin Kennedy, Head Coach Courtney Gripentrog, Coach
Danielle Palm, Ashley Castellanos, Alex Idso, Megan Durka

* indicates captain



2013 STATE TEAM PARTICIPANTS

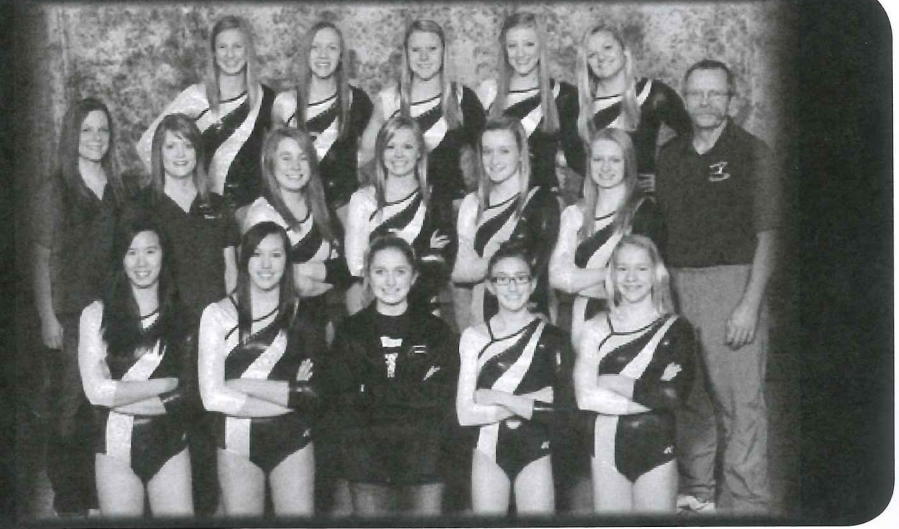
JAMESTOWN

Front Row (L to R):
Jane Tang, Kaiann Arellano, Ashlie Meier,
Maya Miltzen, Morgan Mewes

Middle Row (L to R):
Coach Rachel Fisher, Coach Andrea Clemens,
Jayden Diemert, Alex Lind, Erin Hillerud, Savannah
Kramlich, Head Coach Dave Tews

Back Row (L to R):
Kailey Alber, Madison Mandan, Abbie Conlon,
Jenna Stilwell, Glynna Godfrey

Not pictured: Hannah Schiele & Ligia Schultz



MANDAN

Front Row (L to R):
McKenzie Swallow, Kierra French,
Abby Patrick, Morgan Anderson

Middle Row (L to R):
Sara Wolt, Hannah Tibke, Christine Hersch,
Marissa Koppy, Rachel Marschner

Back Row (L to R):
Coach Amanda Lantz, Kaytlyn Bowers,
Kati Kruckenberg, Coach JenaDee Bowers



MINOT

Front Row (L to R):
Samantha Huether, Hannah Werchau,
Savannah Fix, and Madison Reiter

Back Row (L to R):
Jenna Breuer and Stephanie Huether



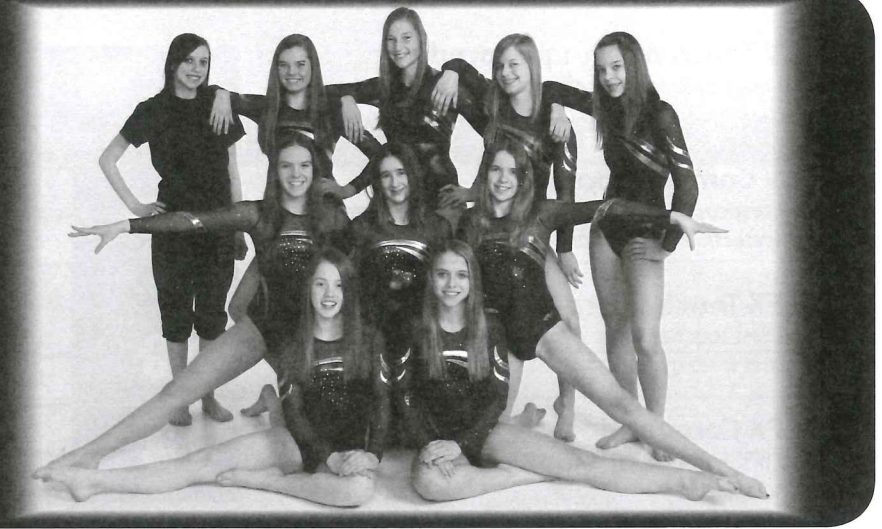
2013 STATE TEAM PARTICIPANTS

VALLEY CITY

Front Row (L to R):
Taylor Johnson, Kennadee Jorissen

Middle Row (L to R):
Rebekah Fisher, Hanna Sorensen, Emilee Fisher

Back Row (L to R):
Student Manager Felicia Esch, Abby Brown, Sara
Gilbertson, Brienne Roehrich, Hunter Saylor

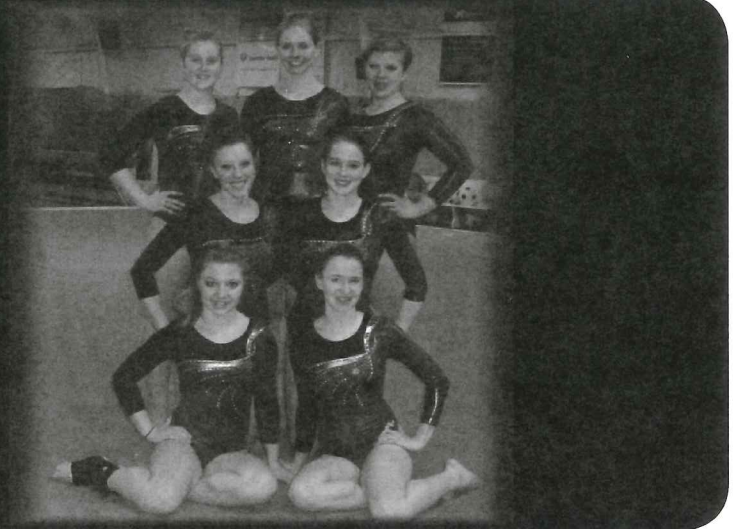


WAHPETON

Front Row (L to R):
Kiara Bassingthwaite, Chelsy Filbert

Middle Row (L to R):
Rachelle Lewis, Kennedy Wixo

Back Row (L to R):
Mikki Braun, Shannon Thompson, Elise Pietron



2013

2013 8 TEAM DOUBLE GROUPINGS

TOUCH AND COMPETITION PROCEDURES FOR HALF OF EACH ROTATION (6 Gymnasts).

UB and V Touch Warm-up Procedure:
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 Procedure:
Team listed first touches three gymnasts. Then the team listed second touches three gymnasts.

BB and FX Competition:
Team listed first competes the first gymnast. After that the team alternates.

Competition Rotations	V	UB	BB	FX
1	Century	Bismarck	Jamestown	Davies
	Dickinson	Minot	Fargo	Valley City
2	Davies	Dickinson	Valley City	Century
	Bismarck	Fargo	Minot	Jamestown
3	Minot	Valley City	Dickinson	Fargo
	Jamestown	Century	Davies	Bismarck
4	Fargo	Jamestown	Bismarck	Minot
	Valley City	Davies	Century	Dickinson

VALLEY CITY HIGH SCHOOL

Coaches: Dave Fisher, Suzanne Fisher

#	Name of Contestant	V	UPB	BB	FX	AA
856	Taylor Johnson					
862	Hunter Sayler					
863	Abby Brown					
866	Sara Gilbertson					
868	Brienne Roehrich					
870	Rebekah Fisher					
872	Emilee Fisher					
873	Kennadee Jorissen					
874	Hannah Sorensen					

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

JAMESTOWN HIGH SCHOOL

Coaches: Dave Tews, Andrea Bitz, Rachel Krapp

#	Name of Contestant	V	UPB	BB	FX	AA
150	Abbie Conlon					
159	Kaiann Arellano					
160	Madison Mandan					
175	Hannah Schiele					
177	Kailey Alber					
180	Erin Hillerud					
185	Jenna Stilwell					
188	Jayden Diemert					
194	Alex Lind					

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

2013 8 TEAM DOUBLE GROUPINGS

BISMARCK HIGH SCHOOL

Coaches: Curt Sherbrooke, Linda Grina

#	Name of Contestant	V	UPB	BB	FX	AA
207	Blythe Ehrmantraut					
208	Ashley Meyer					
211	Kaylee Keller					
212	Kaitlin Kelley					
213	Megan Kelley					

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

BISMARCK CENTURY

Coaches: Curt Sherbrooke, Linda Grina

#	Name of Contestant	V	UPB	BB	FX	AA
952	Whitney Perrin					
954	Ashley Gessele					
955	Sarah Ashley					
960	Jessica Gabriel					
961	Sophia Thompson					

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

DICKINSON HIGH SCHOOL

Coaches: Kent Van Ells, Jennifer Bachamp

#	Name of Contestant	V	UPB	BB	FX	AA
402	Acacia Fossum					
404	McKenzie Kostelecky					
405	Mikaela Kessel					
406	Chantal Urlacher					
407	Jenna Mueller					
408	Keana Kudrna					
409	Jill Mueller					
410	Faith Beck					
416	Abby Kessel					
419	Makenzie Heiser					

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

2013 8 TEAM DOUBLE GROUPINGS

FARGO DAVIES Coaches: Mike Merritt, Samantha Palmer, Amber Diemert, Kyrstin Emil

#	Name of Contestant	V	UPB	BB	FX	AA
300	Kiara Bock					
303	Leigh Bauer					
304	Lexi Brundin					
306	Kim Hansen					
307	Brittney Hall					
308	Paige Hall					

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

FARGO NORTH / SOUTH Coaches: Mike Merritt, Samantha Palmer, Amber Diemert, Kyrstin Emil

#	Name of Contestant	Grade	V	UPB	BB	FX	AA
909	Natasha Usselman						
915	Tori Carroll						
917	Madie Uglem						
918	Jackie Kelsh						
919	Hattie Gompf						
920	Faith Marty						

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


MINOT HIGH SCHOOL Coaches: Robbie Werchau, Gary Leslie, Marisa Albertson Billy Kjelson

#	Name of Contestant	V	UPB	BB	FX	AA
5	Samantha Huether					
6	Stephanie Huether					
7	Jenna Breuer					
8	Madison Reiter					
12	Hannah Werchau					

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

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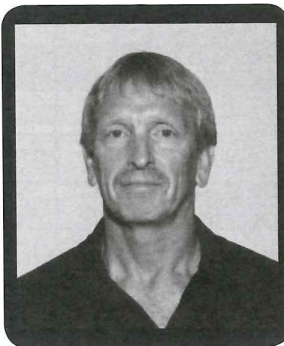
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Good Luck Hi-Liners

2013

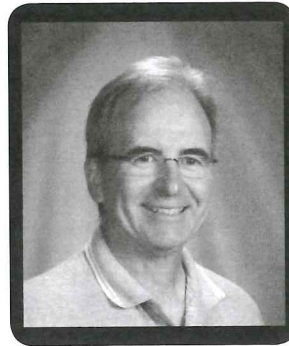
MEET THE COACHES



**Bismarck High &
Bismarck Century**

Curt Sherbrooke

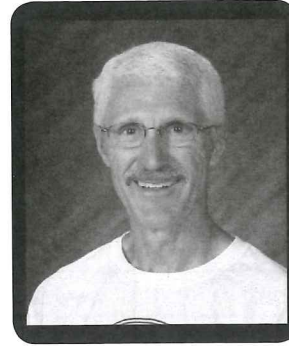
Curt Sherbrooke graduated from Audubon High School, Audubon, MN in 1973. He attended Moorhead State University, Moorhead, MN and graduated in 1977. Curt taught in Albert Lea, MN in 1978. He taught and coached in Hawley, MN from 1978 to 1981. Curt was assistant coach at MinKota Gymnastics Academy and 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.



**Dickinson
High School**

Kent Van Ells

Kent Van Ells has been a public school teacher and head gymnastics coach at Dickinson High School since 1983. He has a bachelor's degree in political science and a master's degree in physical education from South Dakota State University. He is married to Valerie and has two children, Mara and Luke.



**Fargo
Davies / North & South**

Mike Merritt

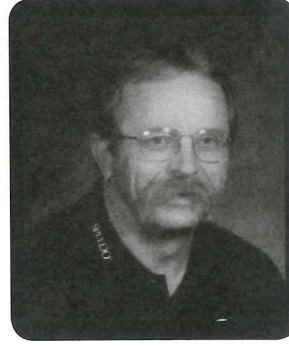
I received my Bachelor's degree from Moorhead State College and my Master's degree from NDSU. I presently teach Elementary Physical Education. I began my coaching career in 1972 at South High. I have been head gymnastics coach at North High since 1985, South High since 1998 and Davies last year. I am also head girls track coach and an assistant 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, 12 grandchildren and 2 great grandchildren.



**Grand Forks
Central & Red River**

Courtney Gripentrog

From Maple Grove, MN where I competed on their high school gymnastic team for three years. Before high school I competed for Twin City Twisters and Midwest Gymnastics where I was a level 9. This is my second year with the Knightriders gymnastics team, and it is my first year as head coach. I am a senior at University of North Dakota, and I will be graduating with a degree in Anthropology and Psychology in December 2013.



**Jamestown
High School**

Dave Tews

Dave Tews has been coaching the Blue Jays for 35 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 29 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.

2013

MEET THE COACHES



**Mandan
High School**

Amanda Lantz

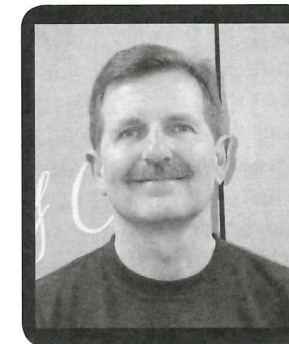
Amanda Lantz, a former Braves gymnast herself (2003-2007), is the new head coach of the Mandan Braves gymnastics team. The team is happy to return to competition for the 2012-2013 season after five years of inactivity. Amanda has ten years of gymnastics coaching experience with ability levels ranging from beginner recreational to advanced competitive teams, with her main focus being competitive teams since 2006. In addition to her Braves team duties, Amanda is currently the Program Director at Dakota Star Gymnastics in Mandan, where she has been overseeing the recreational programs, administrative processes, and has been the head coach for the USA Gymnastics competitive club teams since 2010.



**Minot
High School**

Robbie Werchau

I started doing gymnastics at the age of eight. I continued doing gymnastics into junior high school and through senior high school. During my senior year of high school I was recruited by VCSU. I accepted a scholarship and competed for VCSU for three years. In 1991, I moved to Minot and we were the State High School Team Champions. The next year I became co-head coach for the Minot High gymnastics team and remained so until 1996. After 1998, I began coaching USA gymnastics at Gymagic Gymnastics. I reentered the high school scene in 2010. Minot won the State Title that year. In 2011, I co-coached with Marisa Albertson and we won the State Title again. In 2012 I became the head coach for Minot High School.



**Valley City
High School**

Dave Fisher

Dave Fisher has coached gymnastics for 19 years, from pre-school thru the elite level. He has coached numerous state champions, as well as regional and national competitors. Dave is married and has three daughters, all of whom are gymnasts!



**Wahpeton
High School**

Raquel Pearson

I graduated with Honors from NDSCS, May '12 with an Associate in Health, P.E. and Recreation. Since then, I have been full time coaching at Three Rivers Gymnastics, recreational and teams. I have been married to my husband, Capt. Brandon Pearson, and the Marine Corps for 13 years. We have two amazing children, Alexa 12 and Korbin 8, that both love gymnastics, along with their other activities. We are due to move to our next duty station sometime this year and I will miss my girls dearly. Good luck in the future girls!



We're proud to be a part of Valley City!
Good Luck Gymnasts!



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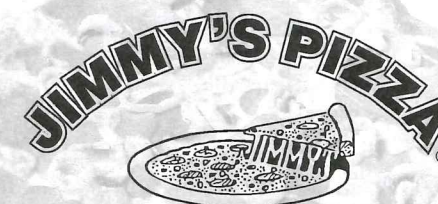
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2013 STATE INDIVIDUAL PARTICIPANTS

ROTATION 1

VAULT

8	Madison Reiter..... Minot
12	Hannah Werchau Minot
299	Kiara Bassingthwaite Waheton
194	Alex Lind Jamestown
185	Jenna Stilwell Jamestown
419	Makenzie Heiser..... Dickinson
955	Sarah Ashley Bismarck Century
303	Leigh Bauer Fargo Davies
404	McKenzie Kostecky..... Dickinson
856	Taylor Johnson..... Valley City
952	Whitney Perrin Bismarck Century

BEAM

213	Megan Kelley.....Bismarck
870	Rebekah FisherValley City
212	Kaitlin Kelley.....Bismarck
406	Chantal UrlacherDickinson
252	Mikki BraunWahpeton
405	Mikaela Kessel.....Dickinson
160	Madison Mandan.....Jamestown
868	Brienne RoehrichValley City
5	Samantha Huether.....Minot
150	Abbie ConlonJamestown

BARS

917	Madie Uglem.....Fargo
915	Tori CarrollFargo
960	Jessica Gabriel.....Bismarck Century
7	Jenna Breuer.....Minot
863	Abby BrownValley City
159	Kaiann ArellanoJamestown
920	Faith MartyFargo
180	Erin HillerudJamestown
207	Blythe Ehrmantraut....Bismarck
872	Emilee FisherValley City
408	Keana Kudrna.....Dickinson
6	Stephanie HuetherMinot
188	Jayden DiemertJamestown

FLOOR

409	Jill MuellerDickinson
909	Natasha UsselmanFargo
593	Kaytlyn BowersMandan
961	Sophia ThompsonBismarck Century
300	Kiara Bock.....Fargo Davies
582	McKenzie Swallow.....Mandan
504	Ashley Castellanos.....Grand Forks
543	Mia TreuerGrand Forks
211	Kaylee KellerBismarck
402	Acacia FossumDickinson

ROTATION 2

VAULT

504	Ashley Castellanos..... Grand Forks
961	Sophia Thompson Bismarck Century
211	Kaylee Keller Bismarck
543	Mia Treuer..... Grand Forks
402	Acacia Fossum Dickinson
409	Jill Mueller Dickinson
909	Natasha Usselman Fargo
300	Kiara Bock..... Fargo Davies
866	Sara Gilbertson Valley City
177	Kailey Alber Jamestown

BEAM

920	Faith Marty Fargo
159	Kaiann Arellano Jamestown
180	Erin Hillerud Jamestown
6	Stephanie Huether Minot
408	Keana Kudrna Dickinson
188	Jayden Diemert Jamestown
872	Emilee Fisher Valley City
7	Jenna Breuer..... Minot
960	Jessica Gabriel..... Bismarck Century
207	Blythe Ehrmantraut.... Bismarck
915	Tori Carroll Fargo
917	Madie Uglem..... Fargo

BARS

955	Sarah Ashley Bismarck Century
208	Ashley Meyer Bismarck
12	Hannah Werchau Minot
952	Whitney Perrin Century
404	McKenzie Kostecky... Dickinson
8	Madison Reiter..... Minot
954	Ashley Gessele Bismarck Century
856	Taylor Johnson..... Valley City
194	Alex Lind Jamestown
185	Jenna Stilwell..... Jamestown
419	Makenzie Heiser Dickinson

FLOOR

252	Mikki BraunWahpeton
406	Chantal UrlacherDickinson
160	Madison Mandan.....Jamestown
870	Rebekah FisherValley City
5	Samantha HuetherMinot
212	Kaitlin KelleyBismarck
868	Brienne RoehrichValley City
213	Megan Kelley.....Bismarck
405	Mikaela Kessel.....Dickinson
268	Shannon ThompsonWahpeton

2013 STATE INDIVIDUAL PARTICIPANTS

ROTATION 3

VAULT

5	Samantha Huether..... Minot
868	Brienne Roehrich Valley City
405	Mikaela Kessel..... Dickinson
213	Megan Kelley..... Bismarck
516	Madison Weiland Grand Forks
268	Shannon Thompson Wahpeton
270	Kennedey Wixo..... Wahpeton
252	Mikki Braun Wahpeton
410	Faith Beck Dickinson
212	Kaitlin Kelley Bismarck
406	Chantal Urlacher Dickinson
870	Rebekah Fisher Valley City

BEAM

952	Whitney Perrin Bismarck Century
856	Taylor Johnson..... Valley City
303	Leigh Bauer Fargo Davies
8	Madison Reiter..... Minot
185	Jenna Stilwell..... Jamestown
194	Alex Lind Jamestown
404	McKenzie Kostecky... Dickinson
12	Hannah Werchau Minot
416	Abby Kessel..... Dickinson
555	Kati Kruckenberg Mandan

BARS

175	Hannah Schiele.....Jamestown
211	Kaylee KellerBismarck
407	Jenna Mueller.....Dickinson
504	Ashley Castellanos.....Grand Forks
402	Acacia FossumDickinson
300	Kiara Bock.....Fargo Davies
409	Jill MuellerDickinson
961	Sophia ThompsonCentury
909	Natahsa UsselmanFargo

FLOOR

6	Stephanie HuetherMinot
917	Madie Uglem.....Fargo
872	Emilee FisherValley City
207	Blythe Ehrmantraut....Bismarck
915	Tori CarrollFargo
862	Hunter Sayler.....Valley City
408	Keana Kudrna.....Dickinson
960	Jessica Gabriel.....Bismarck Century
920	Faith MartyFargo
7	Jenna Breuer.....Minot
180	Erin HillerudJamestown

ROTATION 4

VAULT

180	Erin Hillerud Jamestown
915	Tori Carroll Fargo
7	Jenna Breuer..... Minot
207	Blythe Ehrmantraut.... Bismarck
960	Jessica Gabriel..... Bismarck Century
6	Stephanie Huether..... Minot
917	Madie Uglem..... Fargo
920	Faith Marty..... Fargo
408	Keana Kudrna..... Dickinson
267	Elise Pietron Wahpeton

BEAM

504	Ashley Castellanos.....Grand Forks
300	Kiara Bock.....Fargo Davies
582	McKenzie Swallow.....Mandan
961	Sophia ThompsonBismarck Century
909	Natasha UsselmanFargo
409	Jill MuellerDickinson
866	Sara GilbertsonValley City
407	Jenna Mueller.....Dickinson
402	Acacia FossumDickinson
211	Kaylee KellerBismarck

BARS

150	Abbie ConlonJamestown
252	Mikki BraunWahpeton
405	Mikaela Kessel.....Dickinson
213	Megan Kelley.....Bismarck
212	Kaitlin KelleyBismarck
870	Rebekah FisherValley City
406	Chantal UrlacherDickinson
5	Samantha HuetherMinot

FLOOR

299	Kiara BassingthwaiteWahpeton
194	Alex LindJamestown
952	Whitney PerrinBismarck Century
955	Sarah AshleyBismarck Century
856	Taylor Johnson.....Valley City
8	Madison ReiterMinot
555	Kati KruckenbergMandan
12	Hannah WerchauMinot
404	McKenzie Kostecky....Dickinson
185	Jenna Stilwell.....Jamestown

2013 CLASS A & SINGLE CLASS SYSTEM RECORDS

TEAM CHAMPIONS AND RUNNER-UP SINCE 1969

Year	Champion	Runner Up	Year	Champion	Runner Up	Year	Champion	Runner Up
1969	Jamestown	Bismarck St. Mary's	1984	Minot	Dickinson	1999	Century	Bismarck
1970	Jamestown	Fargo South	1985	Fargo South	Dickinson	2000	Century	Bismarck
1971	Fargo South	Jamestown	1986	Fargo South	Bismarck	2001	Bismarck	Century
1972	Fargo South	Dickinson	1987	Dickinson	Fargo South	2002	Bismarck	Century
1973	Fargo South	Dickinson	1988	Dickinson	Century	2003	Bismarck	Grand Forks
1974	Dickinson (tie)	Fargo South	1989	Fargo South	Minot	2004	Grand Forks	Minot
1975	Dickinson	Fargo South	1990	Fargo South	Minot	2005	Grand Forks	Bismarck
1976	Dickinson	Fargo South	1991	Minot	Fargo South	2006	Grand Forks	Minot
1977	Fargo South	Dickinson	1992	Minot	Fargo South	2007	Dickinson	Minot
1978	Fargo South	Dickinson	1993	Minot	Fargo South	2008	Dickinson	Minot
1979	Fargo South	Dickinson	1994	Minot	Fargo South	2009	Minot	Dickinson
1980	Fargo South	Dickinson	1995	Century	Minot	2010	Minot	Dickinson
1981	Fargo South	Dickinson	1996	Century	Minot	2011	Minot	Dickinson
1982	Fargo South	Valley City	1997	Minot	Century	2012	Minot	Dickinson
1983	Fargo South	Dickinson	1998	Minot	Century			

BEST ALL TIME TEAM SCORES SINCE 1981

151.017	Grand Forks	2004	149.799	Century	1996	149.083	Grand Forks	2006
150.532	Minot	2004	149.349	Century	1999	148.930	Bismarck	1986
150.283	Grand Forks	2005	149.332	Minot	1997	148.920	Dickinson	1986
150.183	Bismarck	2002	149.267	Century	2000	148.883	Century	2001
150.133	Bismarck	2001	149.150	Minot	2011	148.800	Fargo South	1990
150.083	Bismarck	2003	149.150	Fargo South	1986	148.500	Minot	1994

INDIVIDUAL CHAMPIONSHIPS

ALL TIME (BY TEAM)

Fargo South	58
Minot	35
Dickinson	33
Bismarck	32
Century	29
Jamestown	13
Grand Forks	7
Minot Ryan	7
Fargo North	5
West Fargo	2
Devils Lake	1
St. Mary's	1
Fargo Davies	1

TEAM CHAMPIONSHIP ALL TIME

Fargo South	15
Minot	11
Dickinson	7
Century	4
Bismarck	3
Grand Forks	3
Jamestown	2

2013 CLASS A & SINGLE CLASS SYSTEM RECORDS

MOST INDIVIDUAL TITLES (CAREER) WITH 2 OR MORE

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

BEST ALL TIME ALL AROUND SCORES SINCE 1981

39.166	Jade Beattie	Bismarck	2004	38.317	Gina Lang	Bismarck	1998	38.150	Chelsea Preston	Fargo South	2005
38.750	Heidi Goehring	Century	2000	38.310	Rachel Johnson	Bismarck	1986	38.150	Kim Sveum	Minot	1992
38.717	Tiffany Tello	Bismarck	2002	38.300	Kari Nolz	Bismarck	2001	38.117	Heidi Goehring	Century	1998
38.667	Hied Goehring	Century	1999	38.283	Acacia Fossum	Dickinson	2012	38.101	Tami Russell	Century	1988
38.600	Andrea Albertson	Minot	1999	38.250	Acacia Fossum	Dickinson	2011	38.090	Jodi Schwehr	Century	1995
38.567	Jodi Schwehr	Century	1996	38.201	Marie Boyeff	Minot	1997	38.067	Andrea Albertson	Minot	2000
38.483	Tiffany Tello	Bismarck	2003	38.200	Lindsey Wong	Grand Forks	2004	38.033	Tiffany Tello	Bismarck	2001
38.467	Jade Beattie	Bismarck	2002	38.200	Kaitlyn Towery	Minot	2004	38.020	Tami Russell	Century	1986
38.400	Cassie Osborn	Fargo South	1989	38.200	Cassie Osborn	Fargo South	1990	38.017	Briana Jones	Grand Forks	2006
38.400	Kim Sveum	Minot	1993	38.200	Brooklyn Bender	Minot	2010	38.000	Teri Ann Kerfting	Minot	1996
38.400	Kim Sveum	Minot	1994	38.150	Jade Beattie	Bismarck	2003				



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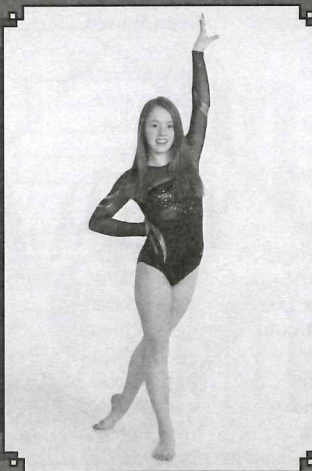
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Jessi Gabriel of
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2013 CLASS A & INDIVIDUAL EVENT CHAMPIONS

1969	Tumbling Balance Beam Trampoline Uneven Bars Floor Exercise All Around	Marilyn Falk.....Jamestown Heather Snell.....Jamestown Kathy Ohnstad..... Fargo South Julie Nelson.....Jamestown Barbara Mitchell.....Jamestown Barbara Mitchell.....Jamestown
1970	Beam Uneven Bars Vault Floor Exercise All Around	Barbara Mitchell.....Jamestown Barbara Mitchell.....Jamestown Tracy Gunkelman..... Fargo South Barbara Mitchell.....Jamestown Barbara Mitchell.....Jamestown
1971	Beam Uneven Bars Vault Floor Exercise All Around	Jo Pavicic..... Fargo South Kathy Sullivan.....Jamestown Margaret Hagen..... St. Mary's Melissa Henning..... Fargo South Jo Pavicic..... Fargo South
1972	Beam Uneven Bars Vault Floor Exercise All Around	Kathy Sullivan.....Jamestown Kathy Sullivan.....Jamestown Tracy Gunkelman..... Fargo South Kathy Sullivan.....Jamestown Melissa Henning..... Fargo South
1973	Beam Uneven Bars Vault Floor Exercise All Around	Linda Basaraba..... Dickinson Tracy Gunkelman..... Fargo South Tracy Gunkelman..... Fargo South Linda Basaraba..... Dickinson Tracy Gunkelman..... Fargo South
1974	Beam Uneven Bars Vault Floor Exercise All Around	Robin Huebner..... Dickinson Marcia Urban..... Fargo South Tracy Gunkelman..... Fargo South Robin Huebner..... Dickinson Robin Huebner..... Dickinson
1975	Beam Uneven Bars Vault Floor Exercise All Around	Robin Huebner..... Dickinson Robin Huebner..... Dickinson Robin Huebner..... Dickinson Robin Huebner..... Dickinson Robin Huebner..... Dickinson
1976	Beam Uneven Bars Vault Floor Exercise All Around	Robin Huebner..... Dickinson Robin Huebner..... Dickinson Robin Huebner..... Dickinson Robin Huebner..... Dickinson Robin Huebner..... Dickinson
1977	Beam Uneven Bars Vault Floor Exercise All Around	Susie Schraufek..... Fargo South Stacey Simle..... Fargo South Mo Day..... Fargo South Greta Sjursen..... Dickinson Greta Sjursen..... Dickinson
1978	Beam Uneven Bars Vault Floor Exercise All Around	Susie Schraufek..... Fargo South Stacey Simle..... Fargo South Nancy Davis..... Dickinson Jane Vanyo..... Fargo South Stacey Simle..... Fargo South
1979	Beam Uneven Bars Vault Floor Exercise All Around	Susie Schraufek..... Fargo South Stacey Simle..... Fargo South Nancy Davis..... Dickinson Susie Schraufek..... Fargo South Susie Schraufek..... Fargo South
1980	Beam Uneven Bars Vault Floor Exercise All Around	Stacey Simle..... Fargo South Stacey Simle..... Fargo South Kristi Tryhus..... Fargo South Stacey Simle..... Fargo South Stacey Simle..... Fargo South
1981	Beam Uneven Bars Vault Floor Exercise All Around	Cindy Rodlund..... Fargo South Stacey Simle..... Fargo South Kristi Tryhus..... Fargo South Stacey Simle..... Fargo South Cindy Rodlund..... Fargo South
1982	Beam Uneven Bars Vault Floor Exercise All Around	Cindy Rodlund..... Fargo South Cindy Rodlund..... Fargo South Lori Malsom..... Minot Ryan Cindy Rodlund..... Fargo South Cindy Rodlund..... Fargo South
1983	Beam Uneven Bars Vault Floor Exercise All Around	Robin Wheeler..... Dickinson Julie Visina..... Minot Ryan Julie Visina..... Minot Ryan Cindy Rodlund..... Fargo South Julie Visina..... Minot Ryan
1984	Beam Uneven Bars Vault Floor Exercise All Around	Shelby Young..... Bismarck Century Julie Visina..... Minot Ryan Robin Wheeler..... Dickinson Cindy Rodlund..... Fargo South Robin Wheeler..... Dickinson
1985	Beam Uneven Bars Vault Floor Exercise All Around	Stacie Lowman..... Devils Lake Julie Visina..... Minot Ryan Cindy Rodlund..... Fargo South Tami Russell..... Bismarck Century Julie Visina..... Minot Ryan
1986	Beam Uneven Bars Vault Floor Exercise All Around	Jodi Hansen..... Dickinson Rachel Johnson..... Bismarck Rachel Johnson..... Bismarck Tami Russell..... Bismarck Century Rachel Johnson..... Bismarck
1987	Beam (tie) Uneven Bars Vault Floor Exercise All Around	Kristi Dewald..... West Fargo Cassie Osborn..... Fargo South Julie Winje..... Minot Cassie Osborn..... Fargo South Cassie Osborn..... Fargo South Kristi Dewald..... West Fargo
1988	Beam Uneven Bars Vault Floor Exercise All Around	Tami Russell..... Bismarck Century Tami Russell..... Bismarck Century Cassie Osborn..... Fargo South Tami Russell..... Bismarck Century Tami Russell..... Bismarck Century
1989	Beam Uneven Bars Vault Floor Exercise All Around	Cassie Osborn..... Fargo South Teri Zimbelman..... Minot Stacie Lowman..... Fargo North Cassie Osborn..... Fargo South Cassie Osborn..... Fargo South
1990	Beam Uneven Bars (tie) Vault Floor Exercise All Around	Cassie Osborn..... Fargo South Jenny Nelson..... Fargo North Cassie Osborn..... Fargo South Stacie Lowman..... Fargo North Cassie Osborn..... Fargo South Cassie Osborn..... Fargo South
1991	Beam Uneven Bars Vault Floor Exercise All Around	Tara Lefor..... Dickinson Kim Sveum..... Minot Kim Sveum..... Minot Jenny Nelson..... Fargo North Kim Sveum..... Minot
1992	Beam Uneven Bars Vault Floor Exercise All Around	Nicole Ziegler..... Bismarck Century Kim Sveum..... Minot Kim Sveum..... Minot Kim Sveum..... Minot Kim Sveum..... Minot
1993	Beam Uneven Bars Vault Floor Exercise All Around	Kim Sveum..... Minot Kim Sveum..... Minot Kim Sveum..... Minot Kim Sveum..... Minot Kim Sveum..... Minot
1994	Beam Uneven Bars Vault Floor Exercise All Around	Jodi Schwehr..... Bismarck Century Kim Sveum..... Minot Kim Sveum..... Minot Kim Sveum..... Minot Kim Sveum..... Minot
1995	Beam (tie) Uneven Bars Vault Floor Exercise All Around	Molly McDonald..... Bismarck Century Nicole Ziegler..... Bismarck Century Krista Isakson..... Minot Jodi Schwehr..... Bismarck Century Jodi Schwehr..... Bismarck Century
1996	Beam Bars Vault Floor Exercise All Around	Jodi Schwehr..... Bismarck Century Jodi Schwehr..... Bismarck Century Gina Lang..... Bismarck Teri Ann Krefting..... Minot Jodi Schwehr..... Bismarck Century
1997	Beam Bars Vault Floor Exercise All Around	Marie Boyeff..... Minot Teri Ann Krefting..... Minot Heidi Goehring..... Bismarck Century Teri Ann Krefting..... Minot Marie Boyeff..... Minot
1998	Beam Bars Vault Floor Exercise All Around	Teri Ann Krefting..... Minot Gina Lang..... Bismarck Heidi Goehring..... Bismarck Century Heidi Goehring..... Bismarck Century Gina Lang..... Bismarck
1999	Beam Bars Vault Floor Exercise All Around	Heidi Goehring..... Bismarck Century Andrea Albertson..... Minot Heidi Goehring..... Bismarck Century Heidi Goehring..... Bismarck Century Heidi Goehring..... Bismarck Century
2000	Beam Bars Vault Floor Exercise All Around	Kari Nolz..... Bismarck Andrea Albertson..... Minot Andrea Albertson..... Minot Heidi Goehring..... Bismarck Century Heidi Goehring..... Bismarck Century
2001	Beam Bars Vault Floor Exercise All Around	Tiffany Tello..... Bismarck Kari Nolz..... Bismarck Tiffany Tello..... Bismarck Kari Nolz..... Bismarck Kari Nolz..... Bismarck
2002	Beam Bars Vault Floor Exercise All Around	Tiffany Tello..... Bismarck Whitney Buchholz..... Bis. Century Tiffany Tello..... Bismarck Tiffany Tello..... Bismarck Tiffany Tello..... Bismarck
2003	Beam Bars Vault Floor Exercise All Around	Tiffany Tello..... Bismarck Tiffany Tello..... Bismarck Kari Nolz..... Bismarck Tiffany Tello..... Bismarck Tiffany Tello..... Bismarck
2004	Beam Bars Vault Floor Exercise All Around	Jade Beattie..... Bismarck Jade Beattie..... Bismarck Jade Beattie..... Bismarck Jade Beattie..... Bismarck Jade Beattie..... Bismarck

2013 CLASS A & INDIVIDUAL EVENT CHAMPIONS

2005	Beam Bars Vault Floor Exercise All Around	Krista Riley..... Bismarck Jade Beattie..... Bismarck Chelsea Preston..... Fargo South Chelsea Preston..... Fargo South Chelsea Preston..... Fargo South
2006	Beam Bars Vault Floor Exercise All Around	Briana Jones..... Grand Forks Emily Wong..... Grand Forks Krista Riley..... Bismarck Emily Wong..... Grand Forks Briana Jones..... Grand Forks
2007	Beam Bars Vault Floor Exercise All Around	Joley Beeler..... Minot Chelsea Preston..... Fargo South Chelsea Preston..... Fargo South Chelsea Preston..... Fargo South Chelsea Preston..... Fargo South
2008	Beam Bars Vault Floor Exercise All Around	Jennifer Bachamp..... Dickinson Brogan Burwick..... Dickinson Brooklyn Bender..... Minot Brittany Johnson..... Grand Forks Mackenzie Keidel..... Bismarck
2009	Beam Bars Vault Floor Exercise All Around	Brogan Burwick..... Dickinson Alex Braaten..... Grand Forks Brooklyn Bender..... Minot Kelsey Dukart..... Dickinson Alex Braaten..... Grand Forks
2010	Beam Bars Vault Floor Exercise All Around	Faith Marty..... Fargo North Kaylee Keller..... Bismarck Brooklyn Bender..... Minot Brooklyn Bender..... Minot Brooklyn Bender..... Minot
2011	Beam Bars Vault Floor Exercise All Around	Acacia Fossum..... Dickinson Jennifer Albers..... Bismarck Century Samantha Huether..... Minot Acacia Fossum..... Dickinson Acacia Fossum..... Dickinson
2012	Beam Bars Vault Floor Exercise All Around	Kiara Bock..... Fargo Davies Jennifer Albers..... Bismarck Century Mackenzie Keidel..... Bismarck Acacia Fossum..... Dickinson Acacia Fossum..... Dickinson

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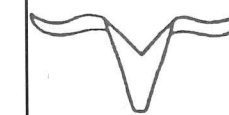
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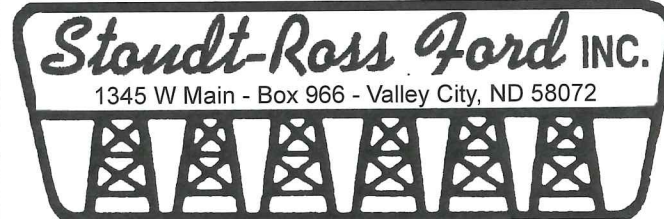


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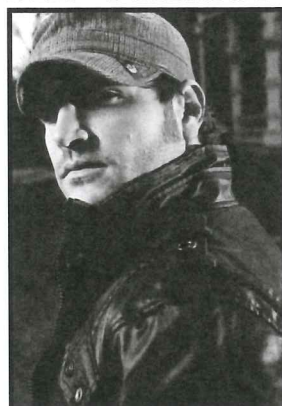
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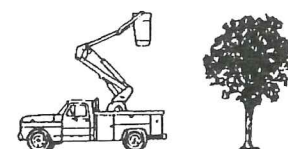


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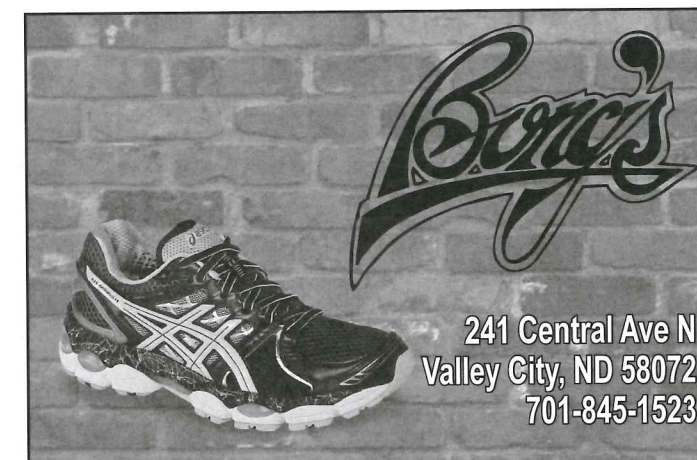
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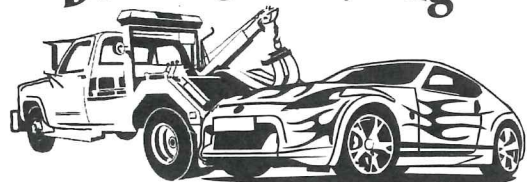
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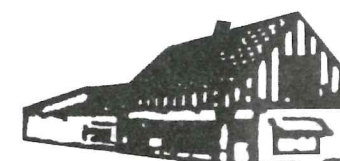
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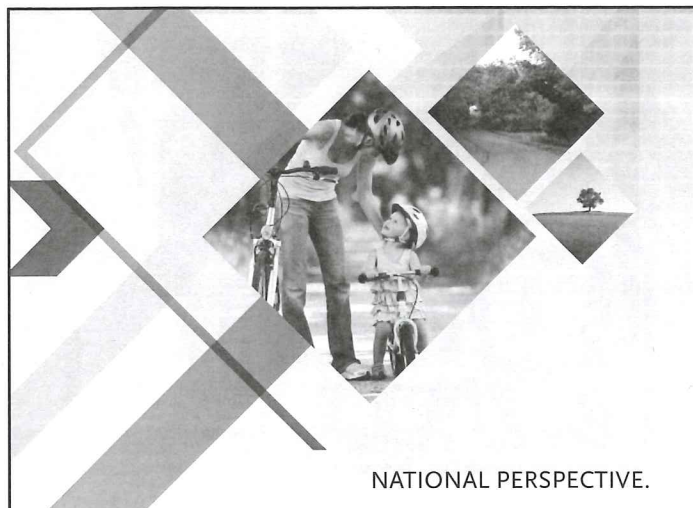
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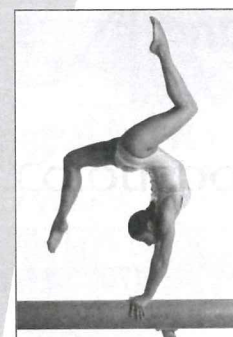
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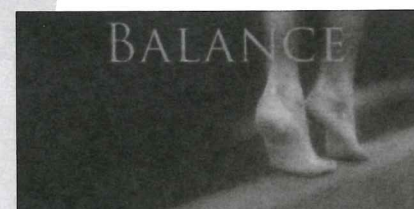
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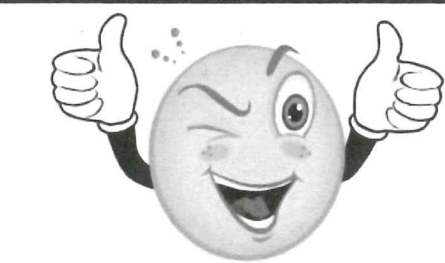
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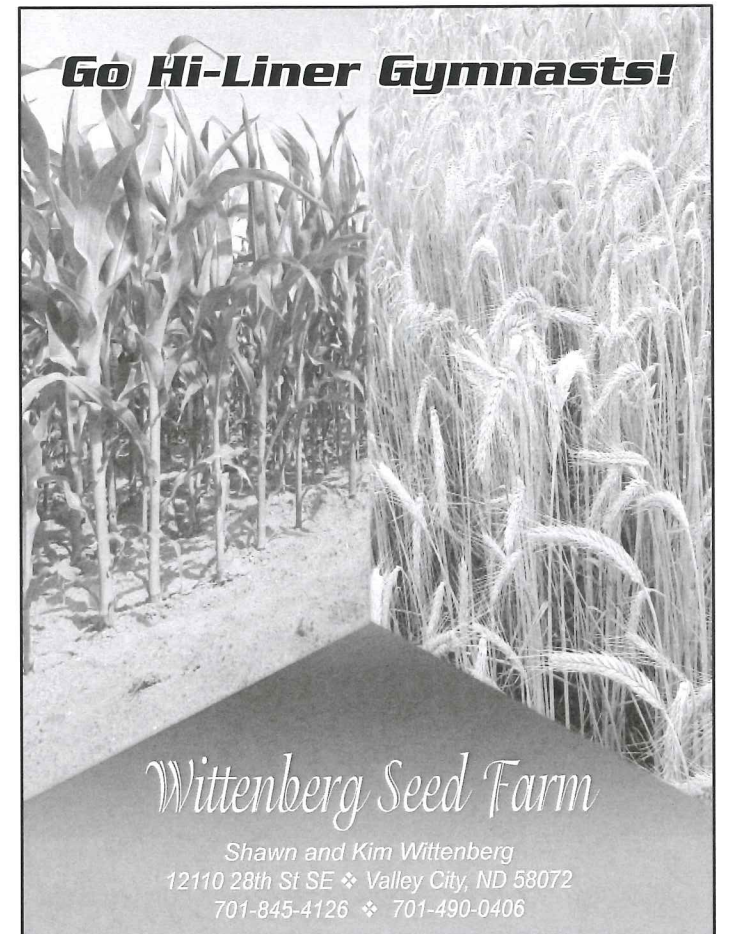
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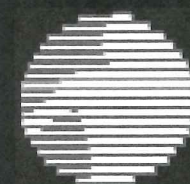
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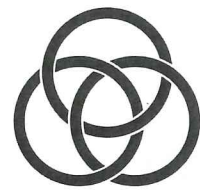
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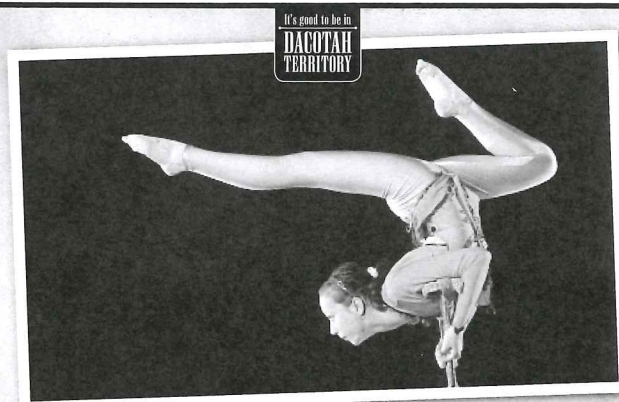
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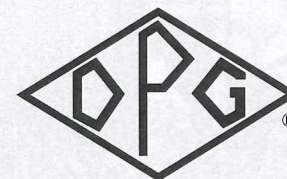
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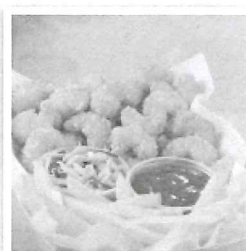
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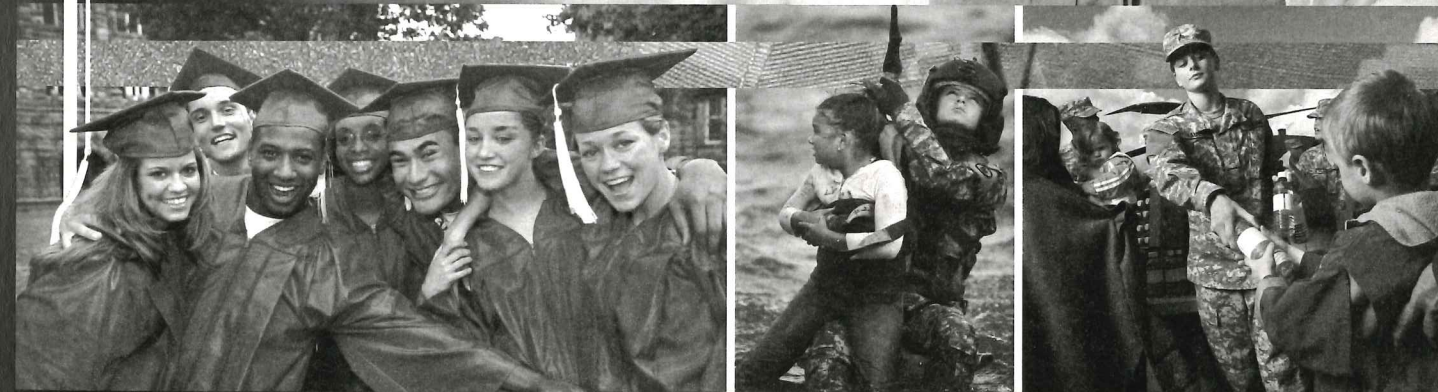
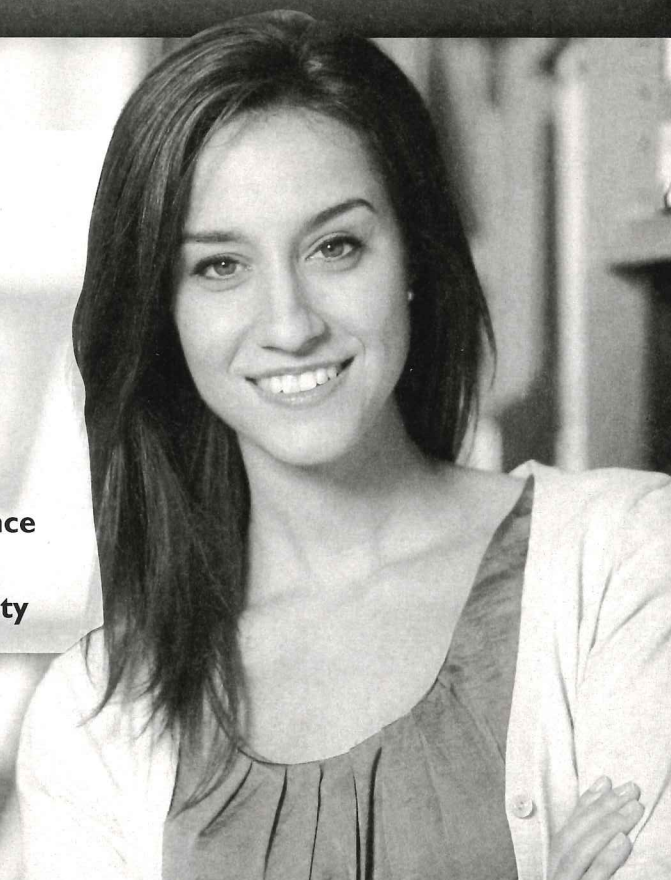
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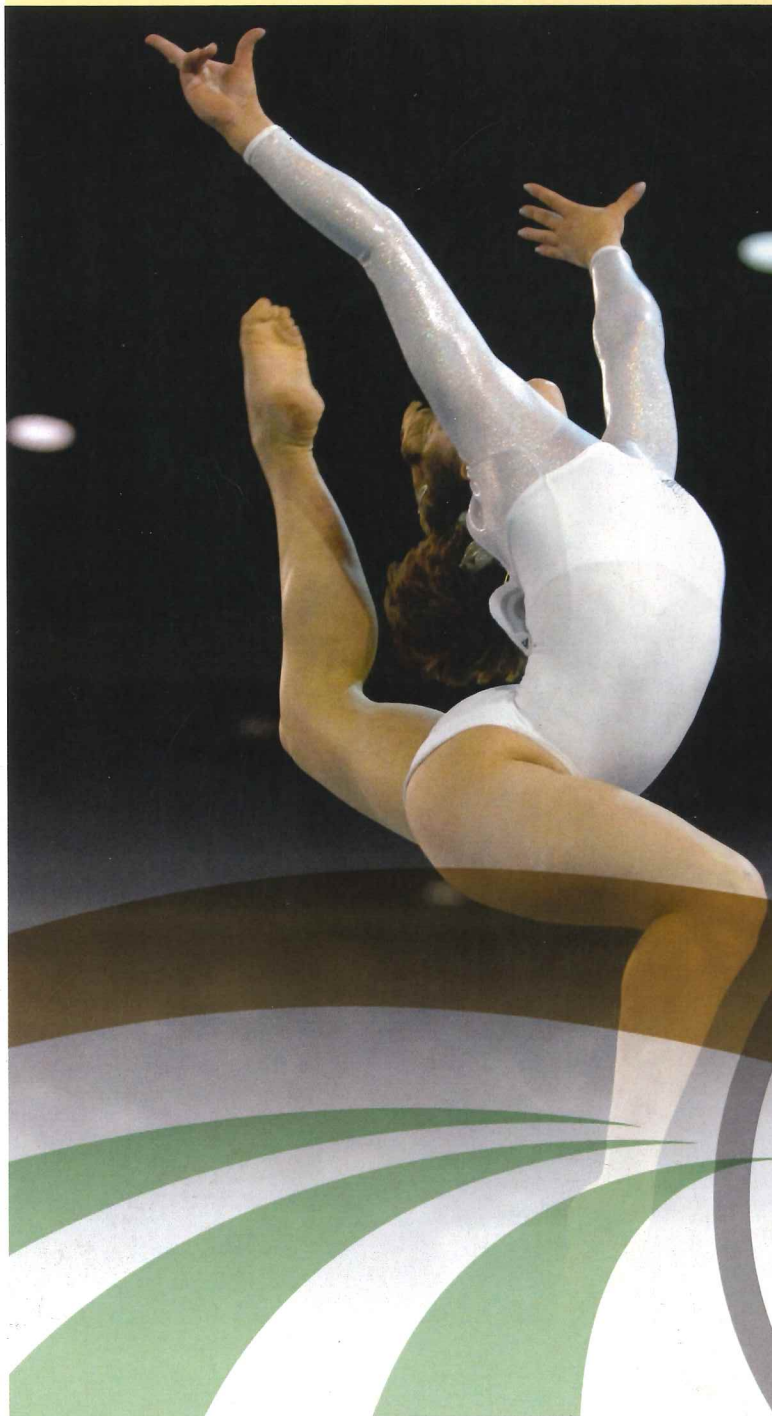
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VALLEY CITY, NORTH DAKOTA

FEBRUARY 22ND & 23RD

