

2021 NORTH DAKOTA STATE GIRLS' SWIMMING & DIVING MEET

BSC Aquatic & Wellness Center - Bismarck
November 12-13



2020 State Champions - Century Patriots





Matthew J. Fetsch
Executive Director



Brian Bubach
Associate Director



Justin Fletsch
Assistant Director



Kevin Morast
Assistant Director



Nick Walton
Technology Director



Tom Mix
Media Specialist



Dr. Mark Rerick
President
Grand Forks



Jeremy Brandt
Vice President
Buxton



Josh Johnson
Valley City



Dave Schoch
Velva



Guy Fridley
Dickinson



Paul Jundt
Bismarck



Rick Diegel
Steele



Andrew Jordan
Wilton



Ned Clooten
Wahpeton



Kirsten Baesler, Bismarck
Dept. of Public Instruction



Alexis Baxley, Bismarck
School Boards Association

TOURNAMENT OFFICIALS

Tournament Manager
Meet Referee/Diving Judge
Diving Referee/Turn Judge
Starter/Diving Judge
Stroke/Diving Judge
Stroke/Diving Judge
Turn/Diving Judge
Turn/Diving Judge
Turn/Diving Judge
Anthem Singers

Dave Zittleman
Kathy Aspaas
Deb Slack
Grant Richardson
Ted Alme
Tom Potter
Dan Heckaman
Wallace Twist
Lisa Montplaisir

Friday - November 12th
Saturday - November 13th

Faith Magstadt, Legacy High School
Taylor Malloy, Legacy High School

MEET SCHEDULE

Friday, November 12, 2021

11:00A.M. Coaches Meeting
11:00A.M. Diving Warm-Ups Begin
11:15A.M. Diving Sheets Due
Officials Meeting
12:30P.M. Diving Preliminaries
2:15P.M. * Swim Warm-Ups Begin
3:15P.M. * Clear Pool
3:30P.M. * Introduction of teams/Anthem
Swimming prelims

Saturday, November 13, 2021

9:00A.M. Coaches Meeting - Scheduling
9:30A.M. Diving warm-ups
10:30A.M. Diving semi-finals
11:30A.M. Coaches and Officials Meeting
12:00P.M. Swimming & Diving warm-ups
1:00P.M. Clear pool
1:15P.M. Introduction of teams/Anthem
Swimming and Diving Finals

* (Depending on diving finishing)

ORDER OF EVENTS

200 Yard Medley Relay
200 Yard Freestyle
200 Yard Individual Medley
50 Yard Freestyle
Diving
100 Yard Butterfly
100 Yard Freestyle
500 Yard Freestyle
200 Yard Freestyle Relay
100 Yard Backstroke
100 Yard Breaststroke
400 Yard Freestyle Relay

CHAMPIONSHIP SCORING

Relays
40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
Individual Events
20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

DIVING COMPETITION

Number of Contestants..... 1-38
Preliminaries..... 2 Voluntary & 3 optional
Semi-Finals..... 2 Voluntary & 1 optional
Finals..... 1 Voluntary & 2 optional

Each contestant shall submit a signed, diving score sheet which includes the number, written description, position, degree of difficulty, and order in which the dives will be performed for all levels of the competition, preliminaries through finals.

Points shall be awarded by judges on a scale of 10 to 0 at ½ increments according to the following:

Excellent 10
Very Good 8½ to 9½
Good 7 to 8
Satisfactory 5 to 6½
Deficient 2½ to 4½
Unsatisfactory ½ to 2
Failed..... 0

To determine the score for each dive when using a seven-judge format, the two high and two low scores are cancelled. The remaining three judges' awards are added together and then taken times the Degree of Difficulty to determine the total points for that dive. Each dive total is added in succession to determine the final score for each diver. After the preliminary round, the number of contestants is cut to 20. After the semi-final round, the number of contestants is cut to 16. The order of finish shall be determined by the cumulative score for each diver achieved in all rounds of the diving competition.

NORTH DAKOTA GIRLS' STATE SWIMMING & DIVING TEAM SCORES

1974	1979	1983	1987	1991
1. Fargo North 238	1. Minot 301	1. Minot 254	1. Minot 255	1. Mandan 269
2. Bismarck 216	2. Fargo North 172	2. Jamestown 181	2. Mandan 242	2. Century 234
3. Fargo South 168	3. Fargo South 158	3. Mandan 139	3. Williston 135	3. Minot 181
4. Minot 145	4. Bismarck 108	4. GF Central 99	4. Century 121	4. West Fargo 160
5. Fargo Shanley 78	5. GF Red River 108	5. Bismarck 95	5. Jamestown 116	5. Fargo South 141.5
6. Jamestown 68	6. Century 83	6. Century 75	6. Fargo South 89	6. Fargo North 129
7. GF Central 54	7. Jamestown 79	7. Fargo North 74	7. GF Red River 69	7. Jamestown 94
8. GF Red River 31	8. Fargo Shanley 76	8. Williston 73	8. Fargo North 61	8. GF Red River 60.5
1975	9. Williston 48	9. GF Red River 67	9. Fargo Shanley 44	9. Bismarck 43
1. Fargo North 246	10. GF Central 45	10. Fargo South 54	10. West Fargo 41	10. Williston 41
2. Minot 191.5	11. Mandan 27	11. Fargo Shanley 53	11. Bismarck 17	11. GF Central 24
3. Bismarck 173	12. West Fargo 4	12. West Fargo 34	12. GF Central 8	12. Fargo Shanley 12
4. Jamestown 122	1980	1984	1988	1992
5. Fargo Shanley 121	1. Minot 227	1. Minot 258	1. Minot 281.5	1. Mandan 294
6. Fargo South 114.5	2. Fargo North 168	2. Mandan 228	2. Mandan 246.5	2. Century 244
7. Century 88	3. Fargo South 122	3. Jamestown 193	3. Century 116	3. Minot 222
8. GF Central 65	4. GF Red River 116	4. Fargo South 95	4. Jamestown 106	4. Fargo North 113
9. GF Red River 48	5. Jamestown 101	5. Bismarck 85	5. Williston 104	5. Williston 105
10. Mandan 19	6. Bismarck 98	6. GF Red River 77	6. Fargo South 87	6. West Fargo 101
1976	7. Century 90	7. West Fargo 67	7. GF Red River 81	7. Jamestown 96
1. Fargo North 265	8. Fargo Shanley 79	8. Century 66	8. Fargo Shanley 53	8. Fargo South 89
2. Fargo Shanley 190	9. Williston 71	9. Fargo North 51	9. Bismarck 42	9. Bismarck 41
3. Fargo South 154	10. Mandan 67	10. GF Central 43	10. Fargo North 38	10. GF Red River 36
4. Minot 123	11. GF Central 56	11. Williston 29	11. West Fargo 24	11. Fargo Shanley 23
5. Century 108	12. West Fargo 10	12. Fargo Shanley 11	12. GF Central 15	12. GF Central 16
6. Jamestown 96	1981	1985	1989	1993
7. Bismarck 88	1. Minot 279	1. Minot 296	1. Mandan 228	1. Century 282
8. GF Central 69	2. Bismarck 137	2. Mandan 181	2. Minot 212	2. Minot 217
9. Williston 47	3. Fargo North 132	3. Jamestown 126	3. Williston 142	3. Mandan 195
10. Mandan 29	4. Century 124	4. Century 119	4. Century 125	4. West Fargo 152
11. GF Red River 14	5. Fargo Shanley 107	5. Fargo South 112	5. Jamestown 107	5. Williston 133
1977	6. Jamestown 99	6. Williston 94	6. GF Red River 91	6. Jamestown 105
1. Fargo North 215	7. GF Central 79	7. GF Central 72	7. West Fargo 79	7. Fargo South 105
2. Fargo South 209	8. Williston 65	8. Fargo North 52	8. Fargo South 73	8. Fargo North 91
3. Minot 168	9. Fargo South 62	9. GF Red River 48	9. Fargo North 49	9. Bismarck 70
4. Williston 121	10. Mandan 62	10. West Fargo 44	10. Fargo Shanley 44	10. Fargo Shanley 17
5. Fargo Shanley 106	11. GF Red River 47	11. Bismarck 38	11. Bismarck 33	11. GF Red River 17
6. GF Central 95	12. West Fargo 16	12. Fargo Shanley 25	12. GF Central 23	12. GF Central 10
7. Jamestown 77	1982	1986	1990	1994
8. Century 66	1. Minot 339	1. Minot 269	1. Mandan 265	1. Minot 475
9. GF Red River 61	2. Bismarck 152	2. Mandan 177	2. Century 251	2. Century 379
10. Bismarck 49	3. Fargo North 144	3. Jamestown 160	3. Fargo North 159	3. Mandan 223.5
11. Mandan 37	4. Jamestown 123	4. Century 153	4. Minot 155	4. Williston 222
1978	5. Mandan 118	5. Fargo South 117	5. Fargo South 143	5. Fargo North 190
1. Minot 239	6. Century 93	6. Fargo Shanley 69	6. Jamestown 107	6. Jamestown 182
2. Fargo South 214	7. GF Central 81	7. West Fargo 58	7. West Fargo 84	7. West Fargo 178
3. Fargo North 163	8. Fargo Shanley 61	8. Williston 51	8. Bismarck 67	8. Fargo South 167.5
4. Williston 143	9. Fargo South 42	9. GF Central 51	9. Williston 58	9. Bismarck 141
5. Fargo Shanley 97	10. GF Red River 30	10. GF Red River 40	10. GF Red River 56	10. Fargo Shanley 37
6. GF Red River 86	11. West Fargo 17	11. Fargo North 37	11. GF Central 26	11. GF Central 34
7. Bismarck 81	12. Williston 12	12. Bismarck 15	12. Fargo Shanley 21	12. GF Red River 28
8. Century 68				
9. Jamestown 43				
10. GF Central 40				
11. Mandan 31				

1995			1999			2003			2007			2011		
1.	Minot	538.5	1.	Mandan	411.5	1.	Minot	424.5	1.	Minot	330	1.	Century	352
2.	Century	424	2.	Minot	406.5	2.	Williston	328	2.	Fargo North	255	2.	Fargo North	338
3.	Mandan	233	3.	Jamestown	292	3.	Mandan	224.5	3.	West Fargo	240	3.	Minot	227
4.	Fargo South	201	4.	Fargo South	226	4.	Fargo North	206	4.	Fargo South	206	4.	West Fargo	226
5.	Fargo North	181.5	5.	Fargo North	192.5	5.	GF Central	197.5	5.	Williston	192	5.	Williston	201
6.	Jamestown	147	6.	Century	167	6.	GF Red River	177.5	6.	GF Central	188	6.	GF Central	177
7.	Williston	127	7.	GF Central	143	7.	West Fargo	171	7.	Century	184	7.	Jamestown	175
8.	West Fargo	124	8.	Williston	122	8.	Century	152	8.	Wahpeton	157	8.	Mandan	137
9.	Bismarck	110	9.	GF Red River	113	9.	Fargo South	138	9.	GF Red River	150	9.	Fargo South	115
10.	GF Red River	72	10.	Bismarck	78	10.	Jamestown	115	10.	Shanley	119	10.	GF Red River	109
11.	Fargo Shanley	52	11.	West Fargo	71.5	11.	Bismarck	67	11.	Jamestown	91	11.	Bismarck	104
12.	GF Central	34 ^[P] _[SEP]	12.	Fargo Shanley	32	12.	Fargo Shanley	40	12.	Bismarck	77	12.	Fargo Davis	67
1996			2000			2004			2008			2012		
1.	Minot	536.5	1.	Mandan	402	1.	Minot	351	1.	Minot	331	1.	Fargo North	386
2.	Century	372	2.	Minot	324	2.	Williston	292	2.	West Fargo	287	2.	Century	336
3.	Mandan	211	3.	Jamestown	245	3.	Fargo North	268.5	3.	Century	250	3.	Minot	266
4.	Fargo North	205	4.	Fargo North	219	4.	Mandan	232.5	4.	Williston	199	4.	West Fargo	220
5.	Fargo South	194	5.	Fargo South	219	5.	West Fargo	208	5.	Fargo South	182	5.	Williston	218
6.	Williston	190	6.	GF Central	187	6.	GF Central	199	6.	GF Red River	177	6.	GF Central	167
7.	Jamestown	175.5	7.	Century	157	7.	Jamestown	136	7.	Mandan	169	7.	Bismarck	157
8.	West Fargo	105	8.	Williston	152	8.	GF Red River	135	8.	GF Central	159	8.	Mandan	142
9.	Bismarck	93	9.	GF Red River	121	9.	Century	133	9.	Shanley	147	9.	Jamestown	132
10.	GF Red River	67	10.	West Fargo	88	10.	Fargo South	114	10.	Jamestown	117	10.	Fargo South	85
11.	Fargo Shanley	61	11.	Bismarck	84	11.	Bismarck	91	11.	Wahpeton	111	11.	Fargo Davies	71
12.	GF Central	45	12.	Fargo Shanley	20	12.	Wahpeton	54	12.	Fargo North	94	12.	Shanley	58
1997			2001			2005			2009			2013		
1.	Minot	478	1.	Mandan	352	1.	Minot	362	1.	Century	290	1.	Minot	337
2.	Mandan	274	2.	Minot	342	2.	Williston	313	2.	Williston	262.5	2.	West Fargo	326
3.	Fargo North	266	3.	Jamestown	259	3.	Fargo North	254	3.	Minot	225	3.	Fargo North	315
4.	Fargo South	221	4.	Fargo South	254	4.	West Fargo	212	4.	GF Red River	219	4.	Century	277
5.	Century	216	5.	Williston	220	5.	GF Central	198	5.	GF Central	210	5.	GF Central	192
6.	Jamestown	164	6.	Century	204	6.	Century	189	6.	West Fargo	193	6.	Williston	177
7.	Williston	150	7.	Fargo North	149	7.	Mandan	168	7.	Fargo North	183.5	7.	Bismarck	177
8.	West Fargo	127	8.	GF Central	134	8.	Fargo South	147	8.	Fargo South	166	8.	Mandan	111
9.	GF Red River	110	9.	GF Red River	130	9.	GF Red River	113	9.	Mandan	143	9.	Fargo Davies	103
10.	Bismarck	62	10.	West Fargo	122	10.	Jamestown	98	10.	Shanley	121	10.	Jamestown	91
11.	Fargo Shanley	50	11.	Bismarck	69	11.	Bismarck	91	11.	Jamestown	120	11		

NORTH DAKOTA GIRLS' STATE SWIMMING & DIVING TEAM SCORES

2014			2016			2018			2020		
1.	Minot	339	1.	Century	458	1.	Century	400	1.	Century	413
2.	West Fargo	313	2.	Fargo Davies	249	2.	Minot	281	2.	WF Sheyenne	349
3.	Fargo North	300	3.	Minot	175	3.	Fargo Davies	236.5	3.	Minot	244.5
4.	Century	287.5	4.	Mandan	158.5	4.	WF Sheyenne	220.5	4.	West Fargo	185
5.	Fargo Davies	187	5.	WF Sheyenne	151	5.	West Fargo	168	5.	Williston	162
6.	GF Red River	160	5.	GF Red River	151	6.	GF Red River	167	6.	Dickinson	142
7.	Bismarck	152	7.	Fargo North	149	7.	Williston	164	7.	Legacy	129
8.	Jamestown	127	8.	Bismarck	140	8.	Dickinson	124.5	8.	GF Central	125
9.	GF Central	104	9.	Jamestown	125	9.	GF Central	122.5	9.	Fargo Davies	117
10.	Mandan	99	10.	West Fargo	124	10.	Legacy	80.5	10.	Shanley	109
11.	Fargo South	79	11.	Williston	118	11.	Fargo North	74	11.	Fargo South	92
12.	Williston	64.5	12.	GF Central	113	12.	Mandan	68	12.	Fargo North	84
13.	Shanley	49	13.	Fargo South	80.5	13.	Fargo South	58	13.	Jamestown	67
14.	WF Sheyenne	44	14.	Dickinson	63	14.	Shanley	57	14.	Mandan	42
15.	Wahpeton	9	15.	Legacy	39	15.	Bismarck	55.5	15.	Bismarck	30.5
			16.	Shanley	17	16.	Jamestown	45	16.	Wahpeton	18
									17.	GF Red River	14
2015			2017			2019					
1.	Century	310.5	1.	Century	400	1.	Century	355.5			
2.	West Fargo	273	2.	Fargo Davies	315	2.	WF Sheyenne	329			
3.	Fargo North	249	3.	Minot	243.5	3.	Fargo Davies	292.5			
4.	Minot	231	4.	GF Red River	195	4.	West Fargo	177			
5.	GF Red River	228	5.	West Fargo	174.5	5.	Minot	155			
6.	Fargo Davies	186	6.	WF Sheyenne	156	6.	Dickinson	148			
7.	GF Central	137	7.	GF Central	146	7.	Williston	147			
8.	Williston	128	8.	Williston	137	8.	GF Central	133			
9.	Bismarck	103	9.	Fargo North	114	9.	GF Red River	118			
10.	Mandan	96	10.	Fargo South	104.5	10.	Legacy	98			
11.	Jamestown	77	11.	Legacy	93.5	11.	Fargo South	90			
12.	Fargo South	73	12.	Mandan	90	12.	Mandan	65			
13.	Dickinson	68.5	13.	Dickinson	56	13.	Jamestown	57			
14.	WF Sheyenne	63	14.	Bismarck	53	14.	Bismarck	53			
15.	Shanley	53	15.	Shanley	25	15.	Shanley	52			
16.	Legacy	21	16.	Jamestown	20	16.	Fargo North	34			
17.	Wahpeton	4				17.	Wahpeton	8			

NDHSAA MINIMAL BEHAVIOR EXPECTATIONS FOR REGULAR AND POSTSEASON COMPETITIONS:

- Respect the American flag and the National Anthem.
- Contesting schools shall each have an authorized faculty representative present who shall be responsible for his/her school's participants, students, and fans throughout the contest.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the facility if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, trash talk, name-calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school/tournament administrators.
- Any attendee ejected from a NDHSAA tournament venue will be banned from the venue(s) for the remainder of the event.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Hand held signs and flags, which do not obstruct the view of others, are permitted provided they are in good taste. Signs or other similar items contest/tournament officials deem to be in poor taste will be removed. Message or "white" boards are prohibited. The carrying of flags around the playing surface is NOT allowed.
- Artificial noisemakers of any kind (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed at any indoor events, including outdoor sports played at indoor venues. Exception – Megaphones appropriately used by cheerleaders are permitted if allowed by contest officials.
- Laser lights or any other lights deemed distracting to participants are strictly prohibited.
- Confetti is banned at all NDHSAA tournament venues. Tournament staff is instructed to confiscate such articles at the door.
- Objects shall not be thrown into the stands at any NDHSAA tournament venue.
- The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited for any persons at NDHSAA tournament venues.

SENIOR SWIMMER/DIVER OF THE YEAR

1995	Sara Stevenson	Minot
1996	Holly Skarsgard	Minot
1997	Marie Burckhard	Minot
	Katie Bjerke	Fargo North
1998	Lisa Haunz	Bismarck Century
1999	Talia Merritt	Fargo North
2000	Katie Garvey	Fargo North
2001	Lauren Mickelson	Jamestown
2002	Heather Harris	Fargo South
2003	Emily Weeks	Minot
2004	Linzey Bachmeier	Mandan
2005	Carissa Gormally	Williston
2006	Kelsey Schoonhoven	West Fargo
2007	Hannah Whitehead	GF Central
2008	Ashley Reiter	West Fargo
2009	Dagny Knutson	Minot
2010	Erin Grabanski	GF Red River
2011	Ali Church	GF Central
2012	Emily Roche	Fargo North
2013	Danica Dutt	West Fargo
2014	Dani Bergeson	Century
2015	Breah Anderson	Fargo North
2016	Olivia Roche	Fargo North
2017	Vanessa Herrmann	Century
2018	Carly Palmer	Century
2019	Mayson Sheldon	Mandan
2020	Demi Peterson	Williston

COACH OF THE YEAR

1976	Nancy Tidd	Fargo Shanley
1977	Jan Cossette	Fargo South
1978	Kathy Aspaas	Minot
1979	Don Hulbert	Fargo North
1980	Phil Bingenheimer	Bismarck Century
1981	Marney Shirley	Jamestown
1982	Kathy Aspaas	Minot
	Connie Kirchoffner	Mandan
1983	Marney Shirley	Jamestown
1984	Kathy Aspaas	Minot
	Marney Shirley	Jamestown
1985	Marsha Dahl	Fargo North
1986	Marney Shirley	Jamestown
1987	Kathy Aspaas	Minot
1988	Marney Shirley	Jamestown
1989	Dick Fisher	Fargo North
	Scott Fjeld	Williston
1990	Dick Fisher	Fargo North
1991	Marsha Dahl	West Fargo
1992	Phil Bingenheimer	Bismarck Century
1993	Kathy Aspaas	Minot
1994	Cathy Kruse	Williston
1995	Janine Roaldson	GF Central/Red River
1996	Kathy Aspaas	Minot
1997	Ralph Manley	Mandan
1998	Marney Shirley	Jamestown
1999	Marney Shirley	Jamestown
2000	Jeff Steele	Fargo North
2001	Cathy Kruse	Williston
2002	Cathy Kruse	Williston
2003	Brock Mitzel	Minot
2004	Jeff Steele	Fargo North
2005	Cathy Kruse	Williston
	Jeff Steele	Fargo North
2006	Anne Retzlaff	Wahpeton
2007	Loic Joseph	Bismarck Century
2008	Jody Bolinske	Williston
2009	Jody Bolinske	Williston
2010	Loic Joseph	Bismarck Century
2011	Talia Butery	Fargo North
2012	Talia Butery	Fargo North
2013	Talia Butery	Fargo North
	Bryan Walls	GF Central/Red River
2014	Jeff Steele	Century
2015	Celestine Richardson	West Fargo
2016	Anne Retzlaff	Wahpeton
2017	Skip Fisher	Fargo South
2018	Emily Jensen	Minot
2019	Skip Fisher	Fargo South
2020	Kathy Aspaas	Century

STATE RECORDS

Event	Present Holder	School	Record	Year
200 Yard Medley Relay	Briana Rittenbach, Vanessa Herrmann Carly Palmer, Lexi Duchsherer	Century	1:44.81	2016
200 Yard Freestyle	Dagny Knutson	Minot	1:42.81 (prelims)	2008
200 Yard Individual Medley	Dagny Knutson	Minot	1:53.82 (prelims)	2009
50 Yard Freestyle	Lexi Duchsherer	Century	:22.54	2020
Diving	Madison Hischer	Fargo Davies	479.95	2020
100 Yard Butterfly	Tierney Howell	WF Sheyenne	:55.44	2020
100 Yard Freestyle	Dagny Knutson	Minot	:48.15 (prelims)	2009
500 Yard Freestyle	Dagny Knutson	Minot	4:34.78 (prelims)	2008
200 Yard Freestyle Relay	Sarah Dorrheim, Paige Keller Carly Palmer, Lexi Duchsherer	Century	1:37.38	2018
100 Yard Backstroke	Briana Rittenbach	Century	:55.67 :55.67 (prelims)	2016 2018
100 Yard Breaststroke	Vanessa Hermann	Century	1:02.75 (prelims)	2016
400 Yard Freestyle Relay	Lexi Duchscherer, Olivia Schuchard Sarah Dorrheim, Erin Palmer	Century	3:29.58	2020

NORTH DAKOTA GIRLS' ALL STATE AND HONORABLE MENTION

1982 ALL STATE TEAM

Nancy Dahl Minot
Holly Flickinger Minot
Christy Forsberg Minot
Denise Hanna Minot
Carolyn Hanna Minot
Heidi Hill Jamestown
Erin Jilek Fargo North
Vicky Pomaville Minot
Michelyn Rudser Minot
Kim Warren Minot

HONORABLE MENTION

Maulin Adlerborn Century
Heidi Anderson Mandan
Mary Foster Fargo North
Steph Henning Fargo North
Cindy Holden Jamestown
Jenny Kremer Mandan
Michelle Muri Bismarck
Becky Solberg Fargo North
Beth Sornson Shanley
Janet Thorndahl Bismarck

1983 ALL STATE TEAM

Christy Forsberg Minot
Carolyn Hanna GF Central
Jennifer Hunkele Minot
Cindy Marten Minot
Vicky Pomaville Minot
Beth Sornson Shanley
Audrey Swann Minot
Su-Lin Woo Century
Missy Yantzer Minot

HONORABLE MENTION

Heidi Hill Jamestown
Patty Job Bismarck
Kathy Johansen Fargo North
Jenny Kremer Mandan
Michelle Muri Bismarck
Renae Newman Minot
Kari Okerlund Fargo South
Jill Schmidt Fargo North
Julie Teckenburg Jamestown
Kim Warren Williston
Debbie Woo Century

1984 ALL STATE TEAM

Nancy Dahl Minot
Heidi Hill Jamestown
Stacy Hurd Minot
Sonya Iverson Minot
Cindy Marten Minot
Michelle Muri Bismarck
Vicky Pomaville Minot
Jenny Reidinger Mandan
Jenny Romine Minot
Paula Rudser Minot
Paula Triepke Jamestown
Cherle Volk Minot
Tricia Walker GF Red River
Missy Yantzer Minot

HONORABLE MENTION

Michelle Cox Jamestown
Wendy Gramum Fargo South
Sue Halvorson Bismarck
Tiffany Hollands GF Red River
Traci Jukkala Jamestown
Kerry Killander Fargo South
Jenny Kremer Mandan
Rhonda Moyer Jamestown
Michelle Shepard West Fargo
Jody Thompson Minot

1985 ALL STATE TEAM

Stacy Burkhart Minot
Dawn Hiller Mandan
Shannon Hiller Mandan
Sonya Iverson Minot
Krina Kabanuk Fargo South
Alisha Peterson Mandan
Vicky Pomaville Minot
Jenny Reidinger Mandan
Jenny Romine Minot
Paula Rudser Minot
Paula Triepke Jamestown
Missy Yantzer Minot

HONORABLE MENTION

Cara Beazley Century
Missy Berglof Jamestown
Kris Ann Erickson Williston
Marianne Helm Mandan
Heidi Hulbert Fargo South
Patty Job Bismarck
Karen Owens GF Central
Shelia Shafer Fargo North
Laurie Smid Century
Kim Spain Fargo North
Julie Teckenburg Jamestown
Tricia Walker GF Red River
Su-Lin Woo Century

1986 ALL STATE TEAM

Cara Beazley Century
Teresa Bertson Minot
Stacy Burkhart Minot
Stephanie Disrud Minot
Heidi Hulbert Fargo South
Angie Johnson Minot
Krina Kabanuk Fargo South
Andrea Rudser Minot
Paula Rudser Minot
Su-Lin Woo Century
Missy Yantzer Century
Tisha Yantzer Century

HONORABLE MENTION

Teri Bartl Minot
Michelle Becker Minot
Missy Berglof Jamestown
Robyn Loveland Jamestown
Karen Owens GF Central
Kara Thon Bismarck
Paula Triepke Jamestown
Tricia Walker GF Red River

1987 ALL STATE TEAM

Stacy Burkhart Minot
Cindy Gramum Fargo South
Tonya Hess GF Red River
Krina Kabanuk Fargo South
Jenny Reidinger Mandan
Heidi Roerber Jamestown
Paula Rudser Minot
Andrea Rudser Minot
Royann Wagner Mandan
Missy Yantzer Century
Tisha Yantzer Century

HONORABLE MENTION

Sherl Bjerke GF Red River
Pam Hartleib Mandan
Missy Johnson Jamestown
Susie Resell Fargo South
Kristi Rice GF Red River
Sue Russel Shanley
Lisa Schlieman Minot
Stacy Snider Williston
Jenny Solberg Fargo North
Thora Thomsen Williston
Tonia Timm Minot

1988 ALL STATE TEAM

Tonya Hess GF Red River
Missy Johnson Jamestown
Angie Johnson Minot
Krina Kabanuk Fargo South
Alisha Peterson Mandan
Tami Rhodes Shanley
Paula Rudser Minot
Andrea Rudser Minot
Barb Stork Mandan
Tonia Timm Minot
Tisha Yantzer Century

HONORABLE MENTION

Colleen Barth Shanley
Jonna Gaustad Century
Cindy Goeddert Century
Shannon Hiller Mandan
Kristi Rice GF Red River
Lisa Rodriguez Williston
Heidi Roerber Jamestown
Tasha Shipman Minot
Mary Storbakken Williston
Sara Wallace Jamestown
Abbie Walter Mandan

1989 ALL STATE TEAM

Julie Bitz Century
Cindy Goeddert Century
Suzie Helvig Mandan
Tonya Hess GF Red River
Kelley LeRoy Mandan
Tami Rhodes West Fargo
Andrea Rudser Minot
Stacy Snider Williston
Barb Stork Mandan
Amy Vigers Minot
Tisha Yantzer Century

HONORABLE MENTION

Nicole Fiest Mandan
Amy Gormally Williston
Kelley Grant West Fargo
Molly Huber Century
Nicole Orman Jamestown
Melissa Parker Minot
Kristi Rice GF Red River
Heather Roerber Jamestown
Charissa Rohrich Century
Mary Storbakken Williston
Sharlene Wagner Mandan
Sara Wallace Jamestown

1990 ALL STATE TEAM

Julie Bitz Century
Nicole Fiest Mandan
Cindy Goeddert Century
Suzie Helvig Mandan
Kelley LeRoy Mandan
Melissa Parker Minot
Lisa Rodriguez Williston
Charissa Rohrich Century
Barb Stork Mandan
Kris Wagner Mandan
Tisha Yantzer Century

HONORABLE MENTION

Summer Bourdeau Century
Rachel Gracia Bismarck
Tasha Greer Minot
Janell Harding Mandan
Molly Huber Century
Connie Koski Fargo North
Nicole Orman Jamestown
Dawn Pratt Fargo South
Heather Roerber Jamestown
Cindy Saylor Fargo South
Sara Wallace Jamestown

1991 ALL STATE TEAM

Julie Bitz Century
Nicole Fiest Mandan
Cindy Goeddert Century
Suzie Helvig Mandan
Molly Huber Century
Kelley LeRoy Mandan
Angie McGuire West Fargo
Charissa Rohrich Century
Cindy Saylor Fargo South
Megan Thiel West Fargo
Missy Utley West Fargo
Sara Wallace Jamestown

HONORABLE MENTION

Carman Adam GF Red River
Summer Bourdeau Century
Tasha Greer Minot
Deborah Koski Fargo North
Nicole Orman Jamestown
Melissa Parker Minot
Dawn Pratt Fargo South
Kelly Raaf Fargo South
Kirsten Renick GF Red River
LaVonne Sletten Mandan
Sara Stevenson Minot
Mara Vorachek Fargo North
Kris Wagner Mandan

1992 ALL STATE TEAM

Summer Bourdeau Century
Nicole Fiest Mandan
Amy Gormally Williston
Kelley Grant West Fargo
Suzie Helvig Mandan
Molly Huber Century
Melissa Parker Minot
Pamela Richmond Mandan
Charissa Rohrich Century
Kara Schmitz Century
Sara Stevenson Minot
Megan Thiel West Fargo

HONORABLE MENTION

Marie Burckhard Minot
Elise Holtan Fargo North
Andi Kindschi Century
Deborah Koski Fargo North
Heather Kuznia Fargo South
Linn Little Mandan
Molly McDonald Century
Nada Phinney Century
Elizabeth Pierce Century
Kelly Raaf Fargo South
DeDe Sletten Mandan
Mara Vorachek Fargo North

1993 ALL STATE TEAM

Summer Bourdeau Century
Marie Burckhard Minot
Nicole Fiest Mandan
Amy Gormally Williston
Elise Holtan Fargo North
Molly McDonald Century
Elizabeth Pierce Century
Kelly Raaf Fargo South
Kara Schmitz Century
Holly Skarsgard Minot
Sara Stevenson Minot
Megan Thiel West Fargo

HONORABLE MENTION

Tara Bruels Minot
Crystal Cummins Fargo South
Sarah Doeden Williston
Sara Fryslic Mandan
Lisa Haunz Century
Molly Huber Century
JoEllen Kohlman Williston
Deborah Koski Fargo North
Heather Kuznia Fargo South

Linn Little Mandan
Jocelyn Pogue Jamestown
Missy Utley West Fargo

1994 ALL STATE TEAM

Marie Burckhard Minot
Amy Gormally Williston
Lisa Haunz Century
Elise Holtan Fargo North
Deborah Koski Fargo North
Molly McDonald Century
Elizabeth Pierce Century
Kara Schmitz Century
Holly Skarsgard Minot
Sara Stevenson Minot
Megan Thiel West Fargo
Tiffany White Jamestown

HONORABLE MENTION

Jessie Angell Bismarck
Tara Bruels Minot
Crystal Cummins Fargo South
Sarah Doeden Williston
Kate Giese Century
Kelley Grant West Fargo
Kate Holland Minot
JoEllen Kohlman Williston
Linn Little Mandan
Jennifer Lowe Minot
Emily Russell Bismarck
Heather Skarsgard Minot
Renee Waliser Bismarck

1995 ALL STATE TEAM

Marie Burckhard Minot
Crystal Cummins Fargo South
Kate Giese Century
Amy Gormally Williston
Lisa Haunz Century
Kate Holland Minot
Elise Holtan Fargo North
Linn Little Mandan
Molly McDonald Century
Elizabeth Pierce Century
Holly Skarsgard Minot
Sara Stevenson Minot

HONORABLE MENTION

Jessie Angell Bismarck
Stephanie Bower Jamestown
Tara Bruels Minot
Rachelle Giese Mandan
Nicole Griffin Fargo South
Erin Krueger Fargo North
Lauren Little Mandan
Jennifer Lowe Minot
Jocelyn Pogue Jamestown
Britt Selbo Fargo South
Christina Traen Fargo South
Renee Waliser Bismarck

1996 ALL STATE TEAM

Katie Bjerke Fargo North
Stephanie Bower Jamestown
Marie Burckhard Minot
Crystal Cummins Fargo South
Kate Giese Century
Amy Gormally Williston
Lisa Haunz Century
Kate Holland Minot
Lauren Little Mandan
Jennifer Lowe Minot
Molly McDonald Century
Elizabeth Pierce Century
Jocelyn Pogue Jamestown
Holly Skarsgard Minot
Christina Traen Fargo South

HONORABLE MENTION

Jessie Angell Bismarck
Michelle Boyeff Minot

Tara Bruels Minot
Amber Fiest Mandan
Rachelle Giese Mandan
Keri Hehn Fargo North
Katie Hill GF Red River
Amy Jundt Century
Andi Kindschi Century
Britt Selbo Fargo South
Megan Smith Fargo North

1997 ALL STATE TEAM

Jill Ament Jamestown
Katie Bjerke Fargo North
Stephanie Bower Jamestown
Marie Burckhard Minot
Crystal Cummins Fargo South
Rachelle Giese Mandan
Amy Gormally Williston
Lisa Haunz Century
Keri Hehn Fargo North
Katie Hill GF Red River
Katie Holland Minot
Lauren Little Mandan
Jennifer Lowe Minot
Tallie Merritt Fargo North
Christina Traen Fargo South

HONORABLE MENTION

Amy Jundt Century
Amanda Kelly Shanley
Erin Krueger Fargo North
Amy Loberg West Fargo
Katie Lowe Minot
Sarah Nerland Fargo North
Erika Pawluk Fargo South
Alyssa Severn Fargo South
Megan Smith Fargo North
Jamie Wendt Minot

1998 ALL STATE TEAM

Jill Ament Jamestown
Jenny Bachmeier Mandan
Marie Boyeff Minot
Katie Giese Century
Lisa Grabar Century
Heather Harris Fargo South
Lisa Haunz Century
Keri Hehn Fargo North
Katie Hill GF Red River
Kate Holland Minot
Missy Johnson Jamestown
Amanda Kelly Shanley
Jessie Kindschi Century
Cristi Lindsey Century
Lauren Little Mandan
Katie Lowe Minot
Talia Merritt Fargo North
Lauren Mickelson Jamestown
Nicole Saur Mandan
Christina Traen Fargo South
Jamie Wendt Minot

HONORABLE MENTION

Alecia Aspaas Minot
Jaunita Braun Century
Katie Deutsch Minot
Janet Eklund Fargo North
Tessa Goldade Minot
Randi Keller Mandan
Amy Loberg West Fargo
Kelsi Merritt Fargo North
Maggie Mostad Minot
Sarah Olin Jamestown
Amy Ricker Mandan
Lindsay Schafer Mandan
Jessica Szarkowski GF Central
Jessica Tietz Williston
Emily Weeks Minot
Anne Whitman Shanley

NORTH DAKOTA GIRLS' ALL STATE AND HONORABLE MENTION

1999 ALL STATE TEAM

Emily Ament Jamestown
Jill Ament Jamestown
Jenny Bachmeier Mandan
Linzey Bachmeier Mandan
Marie Boyeff Minot
Janet Eklund Fargo North
Katie Garvey Fargo North
Tessa Goldade Minot
Alecia Gooch Minot
Lisa Grabar Century
Heather Harris Fargo South
Kelli Henke Mandan
Katie Hill GF Red River
Bethany Hirst Minot
Missy Johnson Jamestown
Randi Keller Mandan
Cristi Lindsey Century
Katie Lowe Minot
Talia Merritt Fargo North
Lauren Mickelson Jamestown
Maggie Mostad Minot
Kari Nolz Bismarck
Holly Ripplinger Minot
Jodi Rosborough Bismarck
Nicole Saur Mandan
Lindsey Schafer Mandan
Jessica Szarkowski GF Central
Jessica Tietz Williston
Laura Watkins Fargo South
Emily Weeks Minot

HONORABLE MENTION

Mandi Bowman Fargo South
Santana Dougherty Mandan
Tiffany Loeb Mandan
Brittany Reemts Mandan
Emily Seibel Fargo South
Kendra Siefken Jamestown
Abby Szarkowski GF Central
Danielle Templeton Minot
Ashley Weigel Jamestown

2000 ALL STATE TEAM

Amy Anderson GF Central
Jenny Bachmeier Mandan
Linzey Bachmeier Mandan
Bridget Bossert Minot
Lisa Grabar Century
Heather Harris Fargo South
Missy Johnson Jamestown
Cristi Lindsey Century
Lauren Mickelson Jamestown
Kari Nolz Bismarck
Sara Pfau Century
Brittany Reemts Mandan
Angela Renner Mandan
Nicole Saur Mandan
Emily Seibel Fargo South
Jessica Szarkowski GF Central
Dani Visina Minot
Laura Watkins Fargo North
Emily Weeks Minot
Brooke Wehri Mandan
Sarah Ziegelmann Fargo North

HONORABLE MENTION

Santana Dougherty Mandan
Kristen Fiest Mandan
Katie Garvey Fargo North
Tessa Goldade Minot
Alecia Gooch Minot
Mandy Herberholz Mandan
Bethany Hirst Minot
Hannah Nohlen Jamestown
Michelle Omdahl GF Red River
Lauren Page Fargo North
Amy Roness Williston
Jodi Rosborough Bismarck
Jessica Scherr Jamestown
Kendra Siefken Jamestown

Abby Szarkowski GF Central
Kit Wickel Century

2001 ALL STATE TEAM

Amy Anderson GF Central
Alissa Andrus Jamestown
Jenny Bachmeier Mandan
Linzey Bachmeier Mandan
Bridget Bossert Minot
Jenna Buskohl Fargo South
Kristen Fiest Mandan
Heather Harris Fargo South
Courtney Haug GF Red River
Mandy Herberholz Mandan
Missy Johnson Jamestown
Jennifer Kelly Minot
Cristi Lindsey Century
Lauren Mickelson Jamestown
Kari Nolz Bismarck
Michelle Omdahl GF Red River
Sara Pfau Century
Amy Roness Williston
Kelsey Schoonhoven West Fargo
Dani Visina Minot
Emily Weeks Minot
Brooke Wehri Mandan
Sarah Ziegelmann Fargo North

HONORABLE MENTION

Stephanie Bachmeier Mandan
Alecia Gooch Minot
Carissa Gormally Williston
Ashley Miller Minot
Angela Nissen Minot
Lauren Page Fargo North
Angela Renner Mandan
Brittany Reemts Mandan
Jessie Scherr Jamestown
Abby Szarkowski Century
Jessica Tietz Williston
Kelsey Vibeto Minot
Erin Wessman Fargo South
Kristy Wood Williston

2002 ALL STATE TEAM

Amy Anderson GF Central
Alissa Andrus Jamestown
Jenny Bachmeier Mandan
Linzey Bachmeier Mandan
Steffany Bachmeier Mandan
Kristen Fiest Mandan
Alecia Gooch Minot
Carissa Gormally Williston
Heather Harris Fargo South
Mandy Herberholz Mandan
Allison Maxwell Williston
Ashley Miller Minot
Angela Nissen Minot
Kari Nolz Bismarck
Michelle Omdahl GF Red River
Sara Pfau Century
Brittany Reemts Mandan
Angela Renner Mandan
Amy Roness Williston
Jessica Scherr Jamestown
Kelsey Schoonhoven West Fargo
Dani Visina Minot
Laura Watkins Fargo South
Emily Weeks Minot
Brooke Wehri Mandan
Erin Wessman Fargo South
Hannah Whitehead GF Central
Kristy Wood Williston
Sarah Ziegelmann Fargo North

HONORABLE MENTION

Bridget Bossert Minot
Emma Espel Fargo North
Brooke Harris Fargo South
Courtney Haug GF Red River

Brittany Johnston Minot
Jenna LeDoux Fargo North
Kaylee Miller Williston
Kelly O'Leary Bismarck
Katy Rau GF Central
Sarah Shortall Williston
Brie Siefken Jamestown
Abby Szarkowski Century

2003 ALL STATE TEAM

Amy Anderson GF Central
Linzey Bachmeier Mandan
Steffany Bachmeier Mandan
Kathryn Berg Fargo North
Bailey Bolinske Williston
Emma Espel Fargo North
Alecia Gooch Minot
Carissa Gormally Williston
Courtney Haug GF Red River
Katie Hopfauf Mandan
Brittany Johnston Minot
Jessica Kelly Minot
Dana Lair Minot
Janel Lawonn Fargo South
Jenna LeDoux Fargo North
Lindsey Lowe Minot
Dani Maddock Century
Allison Maxwell Williston
Angela Nissen Minot
Michelle Omdahl GF Red River
Sara Pfau Century
Katy Rau GF Central
Ashley Reiter West Fargo
Amy Roness Williston
Kelsey Schoonhoven West Fargo
Amy Vanlighthouse Fargo North
Dani Visina Minot
Emily Weeks Minot
Erin Wessman Fargo South
Hannah Whitehead GF Central
Kristy Wood Minot
Sara Ziegelman Fargo North

HONORABLE MENTION

Alyssa Anderson Minot
Melissa Bonzer GF Central
Carlye Burd Fargo South
Katie Haunz Century
Brianna Hirst Minot
Alyssa Jenkins Minot
Erin Maetzold Williston
Morgan Maxwell Williston
Ashley Miller Minot
Kaylee Miller Williston
Lindsey Moe West Fargo
Erin Pederson GF Red River
Jessica Scherr Jamestown
Sarah Shortall Williston

2004 ALL STATE TEAM

Steffany Bachmeier Mandan
Linzey Bachmeier Mandan
Maggi Beck Minot
Kathryn Berg Fargo North
Bailey Bolinske Williston
Melissa Bonzer GF Central
Arenne Clark GF Central
Emma Espel Fargo North
Kathryn Frisad GF Central
Carissa Gormally Williston
Courtney Haug GF Red River
Katie Haunz Century
Mandy Herberholz Mandan
Kati Hopfauf Mandan
Brittany Johnston Minot
Amanda Kankelfritz Fargo South
Dagny Knutson Minot
Dana Lair Minot
Jenna LeDoux Fargo North
Lindsey Lowe Minot
Dani Maddock Century

Allison Maxwell Williston
Angela Nissen Minot
Meri Orseth Fargo South
Ashley Reiter West Fargo
Jessi Scherr Jamestown
Kelsey Schoonhoven West Fargo
Elsie Stromsvik West Fargo
Amy Vanlighthouse Fargo North
Hannah Whitehead GF Central
Sarah Ziegelmann Fargo North

HONORABLE MENTION

Amber Alexander Minot
Emily Baasch West Fargo
Amber Brandenburger Jamestown
Emily Evanoff Minot
Joslyn Fellbaum Fargo South
Andrea Flaten West Fargo
Lexie Halberstadt Shanley
Alyssa Jenkins Minot
Cassie Jensen Jamestown
Kalee Kemmesat Century
Andrea Kraft Minot
Samantha Kramer Bismarck
Erin Maetzold Williston
Kaylee Miller Williston
Tracy Olson West Fargo
Katy Rau GF Central
Christine Retzlaff Wahpeton
Nikkie Reza Fargo North
Katie Sanner GF Red River
Katie Sautner Minot
Brittany Schmidt GF Red River
Alaina Steele Jamestown
Sara Weinberg Century
Aleina Weisz Williston
Kristy Wood Williston

2005 ALL STATE TEAM

Amber Alexander Minot
Steffany Bachmeier Mandan
Maggi Beck Minot
Bailey Bolinske Williston
Megan Brennan West Fargo
Emily Evanoff Minot
Joslyn Fellbaum Fargo South
Carissa Gormally Williston
Lexie Halberstadt Shanley
Kati Hopfauf Mandan
Dagny Knutson Minot
Amanda Kankelfritz Fargo South
Megan Keidel Bismarck
Kalee Kemmesat Century
Dana Lair Minot
Danielle Maddock Century
Allison Maxwell Williston
Meri Orseth Fargo South
Ashley Reiter West Fargo
Kathryn Sanner GF Red River
Brittany Schmidt GF Red River
Kelsey Schoonhoven West Fargo
Amy Vanlighthouse Fargo North
Hannah Whitehead GF Central
Sarah Ziegelman Fargo North

HONORABLE MENTION

Kathryn Berg Fargo North
Kaitlin Bolinske Williston
Arienne Clark GF Central
Kathryn Frisad GF Central
Katie Haunz Century
Haley Koehn Fargo South
Kaylee Miller Williston
Christine Retzlaff Wahpeton
Nikkie Reza Fargo North
Kelsey Richels Wahpeton
Christina Taylor Mandan
Sara Weinberg Century

2006 ALL STATE TEAM

Amber Alexander Minot
Maggi Beck Minot
Bailey Bolinske Williston
Emily Evanoff Minot
Joslyn Fellbaum Fargo South
Kathryn Frisad GF Central
Chelsea Gentzkow West Fargo
Lexie Halberstadt Shanley
Kati Hopfauf Mandan
Megan Keidel Bismarck
Kalee Kemmesat Century
Dagny Knutson Minot
Ashley Reiter West Fargo
Kelsey Richels Wahpeton
Brittany Schmidt GF Red River
Kelsey Schoonhoven West Fargo
Allison Tracy Minot
Amy Vanlighthouse Fargo North
Hannah Whitehead GF Central

HONORABLE MENTION

Stephanie Bachmeier Mandan
Kathryn Berg Fargo North
Alex Eades GF Central
Katie Haunz Century
Alexis Klug Williston
Christine Retzlaff Wahpeton
Nikkie Reza Fargo North
Vanessa Stumpf Mandan
Marta Tacchini GF Red River

2007 ALL STATE TEAM

Amber Alexander Minot
Maggi Beck Minot
Kathryn Berg Fargo North
Bailey Bolinske Williston
Ali Church GF Central
Chelsea Gentzkow West Fargo
Lexie Halberstadt Shanley
Alexis Hogan Mandan
Megan Keidel Bismarck
Kalee Kemmesat Century
Dagny Knutson Minot
Kasey Lasch Wahpeton
Sadie Miller Williston
Ashley Reiter West Fargo
Nikkie Reza Fargo North
Kelsey Richels Wahpeton
McKenzie Rudolph Minot
Brittany Schmidt GF Red River
Jessica Tauber Fargo South
Allison Tracy Minot
Amy Vanlighthouse Fargo North
Sara Weinberg Century
Rachael Wessman Fargo North
Hannah Whitehead GF Central

HONORABLE MENTION

Megan Brennan West Fargo
Carissa Bucholz Wahpeton
Miah Dabill Jamestown
Ashley Elsbernd Fargo South
Alex Eades GF Central
Emily Evanoff Minot
Joslyn Fellbaum Fargo South
Courtney Fisk GF Red River
Courtney Funk Minot
Jennifer Jacobson Fargo North
Sara Joersz Bismarck
Alexis Klug Williston
Haley Koehn Fargo South
Nicole Koehn Fargo South
Lauren Lyngstad Fargo North
Christine Retzlaff Wahpeton
Vanessa Stumpf Mandan
Cassie Walth Century

2008 ALL STATE TEAM

Maggi Beck Minot
Ali Church GF Central
Ashley Elsbernd Fargo South
Chelsea Gentzkow West Fargo
Lexie Halberstadt Shanley
Erin Hart Jamestown
Alexis Hogan Mandan
Kalee Kemmesat Century
Dagny Knutson Minot
Mirna Kojic GF Red River
Madison Porter Williston
Ashley Reiter West Fargo
Kelsey Richels Wahpeton
McKenzie Rudolph Minot
Kaitlin Walsh Jamestown
Cassie Walth Century
Sara Weinberg Century

HONORABLE MENTION

Kaitlin Bolinske Williston
Miah Dabill Jamestown
Lydia Engberg Century
Joslyn Fellbaum Fargo South
Courtney Fisk GF Red River
Courtney Funk Minot
Mairin Jameson Shanley
Kasey Lasch Wahpeton
Sadie Miller Williston
Serena Olsen Minot
Bridget Riley Bismarck
Emily Roche Fargo North
Emily Smallbeck Century
Kelsey Stenson Williston
Rachel Svendsen GF Central
Paige Weisz West Fargo
Rachael Wessman Fargo North

2009 ALL STATE TEAM

Kaitlin Bolinske Williston
Ali Church GF Central
Miah Dabill Jamestown
Danica Dutt West Fargo
Courtney Funk Minot
Chelsea Gentzkow West Fargo
Erin Grabanski GF Red River
Alexis Habersat Shanley
Erin Hart Jamestown
Alexis Hogan Mandan
Mairin Jameson Shanley
Kayli Johnson Mandan
Kalee Kemmesat Century
Mirna Kojic GF Red River
Dagny Knutson Minot
Gabriela Kostelna GF Central
Sadie Miller Williston
Madison Porter Williston
Kelsey Richels Wahpeton
Bridget Riley Bismarck
Ellie Roche Fargo North
Emily Roche Fargo North
Jamie Skavlem GF Red River
Emily Smallbeck Century
Cassie Walth Century

HONORABLE MENTION

Dani Bergeson Century
Katie Clark Minot
Addy DiCristina GF Red River
Alex Eades GF Central
Lydia Engberg Century
Rachel Erickson Fargo South
Jarren Fallgatter Century
Joslyn Fellbaum Fargo South
Courtney Fisk GF Red River
Jerrica Kelly Minot
Alexis Klug Williston
Haley Koehn Fargo South
Hannah Mastel Fargo South
Serena Olson Minot
Kelsey Stenson Williston

NORTH DAKOTA GIRLS' ALL STATE AND HONORABLE MENTION

Rachel Svendsen..GF Central
Kaitlin Walsh.....Jamestown
Paige Weisz..... West Fargo
Rachael WessmanFargo North

2010 ALL STATE TEAM

Dani Bergeson.....Century
Ali Church.....GF Central
Miah Dabill.....Jamestown
Maddie Derby...Fargo North
Addy DiCristinaGF Red River
Danica Dutt..... West Fargo
Courtney Funk.....Minot
Erin Grabanski GF Red River
Erin Hart.....Jamestown
Veronica Herrmann...Century
Mirna Kojic.....GF Red River
Brooke Lukach.....Jamestown
Emily Roche.....Fargo North
Ellie Roche.....Fargo North
Jamie Skavlem GF Red River
Emily Smallbeck.....Century
Madeline Smith...Fargo South
Katie Svendsen...GF Central
Cassie Walth.....Century

HONORABLE MENTION

McKenna Brown.....Minot
Katie Clark.....Minot
Lydia Engberg.....Century
Bryn Everson.....Williston
Courtney Fisk..GF Red River
Dallas Hepper.....Fargo South
Connor Hoff.....Fargo North
Kayli Johnson.....Mandan
Ashley KankelfritzFargo South
Rachel Kranda.....West Fargo
Megan Sanford.....Century
Rachel Svendsen..GF Central

2011 ALL STATE TEAM

Abby Astrup.....Fargo North
Dani Bergeson.....Century
Sarah Bogenrief.....Minot
Chelsea Brandt.....Davies
Nicole Brele.....GF Central
Ali Church.....GF Central
Katie Clark.....Minot
Sydney Clark.....Minot
Maddie Derby...Fargo North
Addy DiCristinaGF Red River
Danica Dutt.....West Fargo
Lexie Eissinger.....Davies
Bryn Evenson.....Williston
Jarren Fallgatter.....Century
Courtney Funk.....Minot
Lauren Gietzen.....Century
Annie Hart.....Jamestown
Erin Hart.....Jamestown
Nicolette Haug.....Mandan
Veronica Herrmann...Century
Conner Hoff.....Fargo North
McKenzie Jeske.....Century
Carley LeDoux...Fargo North
Alex Lind.....Jamestown
Tori Meyer.....Fargo North
Sam Miller.....Williston

Kristina Nelson.....Bismarck
Hallie Peterson....West Fargo
Ketti Ringwall.....Williston
Anna Reinholz.....Shanley
Elizabeth Roche..Fargo North
Emily Roche.....Fargo North
Laura Schott.....Fargo South
Emily Smallbeck.....Century
Madeline Smith..Fargo South
EmmaLee Stach.....Minot
Katie Svendsen...GF Central
Rachel Svendsen..GF Central
Shantha Trotter.....Williston
Cassie Walth.....Century
Abbie Wanzek.....Jamestown
Paige Weisz.....West Fargo
Mercedes Westereng Jamestown
Ashlee Wiebe.....Fargo North

HONORABLE MENTION

Kate Astrup.....Fargo North
McKenna Brown.....Minot
Alexis Clark.....Minot
Katie Clark.....Minot
Kyra Ekre.....Century
Kristin Engberg.....Bismarck
Rachel Ford.....Mandan
Emma Hepper.....Bismarck
Julissa Johnson....West Fargo
Rachel Kranda.....West Fargo
Alexa Martel.....Williston
Alyssa Olson.....West Fargo
Paige Peterson.....Jamestown
Breanna Schmidt GF Red River
Katie Tkachyk.....Williston
Aubrey Wentz.....West Fargo

2012 ALL STATE TEAM

Amy Anfinrud.....Shanley
Abby Astrup.....Fargo North
Dani Bergeson.....Century
Sarah Bogenrief.....Minot
Nicole Brele.....GF Central
McKenna Brown.....Minot
Maddie Derby...Fargo North
Danica Dutt.....West Fargo
Kyra Ekre.....Century
Bryn Evenson.....Williston
Jarren Fallgatter.....Century
Lauren Gietzen.....Century
Emily Hamel.....Minot
Annie Hart.....Jamestown
Nicolette Haug.....Mandan
Emma Hepper.....Bismarck
Veronica Herrmann...Century
McKenzie Jeske.....Century
Karli Knutson.....Century
Carley LeDoux...Fargo North
Alexis Ljunggren..GF Central
Alex Lind.....Jamestown
Tori Meyer.....Fargo North
Sam Miller.....Williston
Hallie Peterson....West Fargo
Anna Reinholz.....Shanley
Ketti Ringwall.....Williston
Elizabeth Roche..Fargo North
Emily Roche.....Fargo North

Sophi Simonson..Fargo North
Katie Svendsen....GF Central
Abbie Wanzek.....Jamestown
Ashlee Wiebe.....Fargo North

HONORABLE MENTION

Cassandra Askig.....Minot
Kate Astrup.....Fargo North
Carlie Borchers.....Mandan
Emily Bourassa...West Fargo
Chelsea Brandt..Fargo Davies
Alexis Clark.....Minot
Sydney Clark.....Minot
Hailey Dempsey....Bismarck
Kristen Engberg....Bismarck
AK Koebele.....Bismarck
Leann MengelkochFargo North
Emma Nordin.....Fargo South
Madison Remer....GF Central
Shaylee Schaf.....Mandan
Erin Slack.....Fargo North

2013 ALL STATE TEAM

Amy Anfinrud.....Shanley
Dani Bergeson.....Century
Kiara Bock.....Fargo Davies
Sarah Bogenrief.....Minot
Nicole Brele.....GF Central
McKenna Brown.....Minot
Sydney Clark.....Minot
Suzie Cox.....Century
Maddie Derby...Fargo North
Brittany Dixon.....Shanley
Danica Dutt.....West Fargo
Lauren Gietzen.....Century
Mykin Gunning...West Fargo
Emily Hamel.....Minot
Emma Hepper.....Bismarck
AK Koebele.....Bismarck
Alexis Ljunggren..GF Central
Sam Miller.....Williston
Jenny Nelson.....Bismarck
Andie Peterson....West Fargo
Hallie Peterson....West Fargo
Anna Reinholz.....Shanley
Madi Remer.....GF Central
Ketti Ringwall.....Williston
Elizabeth Roche..Fargo North
Erin Slack.....Fargo North
Katie Svendsen...GF Central
Katie Tkachyk.....Williston
Francesca Walker-Rozo..Minot

HONORABLE MENTION

Breah Anderson..Fargo North
Anna Astrup.....Fargo North
Kate Astrup.....Fargo North
Emily Bourassa...West Fargo
Abby Bourgeois.....Century
Chelsea Brandt..Fargo Davies
Kristen Engberg....Bismarck
Brianna Faul.....West Fargo
Taylor Holweger...GF Central
Julissa Johnson....West Fargo
Leann MengelkochFargo North
Tess Sether.....Century
Devin Scott.....Minot

Katie Tkachyk.....Williston

2014 ALL STATE TEAM

Breah Anderson..Fargo North
Danielle Bergeson.....Century
Brittany Dixon.....Shanley
Morgan Gietzen.....Century
Emily Hamel.....Minot
Annie Hart.....Jamestown
Emma Hepper.....Bismarck
Vanessa Herrmann.....Century
Erin Hillerud.....Jamestown
Alexis Ljunggren..GF Central
Andie Peterson....West Fargo
Hallie Peterson....West Fargo
Madi Remer.....GF Central
Ellie Roche.....Fargo North

HONORABLE MENTION

Anna Astrup.....Fargo North
Abby Bourgeois.....Century
McKenna Brown.....Minot
Alexis Clark.....Minot
Alexis Doherty GF Red River
Mykin Gunning...West Fargo
AK Koebele.....Bismarck
Olivia Roche.....Fargo North
Francesca Walker-RozoMinot

2015 ALL STATE TEAM

Breah Anderson..Fargo North
Brittany Dixon.....Shanley
Alexis Doherty GF Red River
Mykin Gunning...West Fargo
Emily Hamel.....Minot
Emma Hepper.....Bismarck
Vanessa Herrmann...Century
Erin Hillerud.....Jamestown
Alexis Ljunggren..GF Central
Chantell Mindt.....Mandan
Carly Palmer.....Century
Andie Peterson....West Fargo
Hallie Peterson....West Fargo
McKenna Quintus...Mandan
Briana Rittenbach.....Century
Sara Zachmeier.....Mandan

HONORABLE MENTION

Anna Astrup.....Fargo North
Abby Bourgeois.....Century
Jordan Danielson GF Red River
Morgan Gietzen.....Century
Gracie Lingle...Fargo Davies
Jenny Logan.....Williston
Haley Pederson...West Fargo
Tess Sether.....Century

2016 ALL STATE TEAM

Anna Astrup.....Fargo North
Emma Hepper.....Bismarck
Vanessa Herrmann...Century
Gracie Lingle...Fargo Davies
Briana Rittenbach.....Century

Quincee SimonsonFargo South
Addisyn Widdel.....Minot

HONORABLE MENTION

Abby Bourgeois.....Century
Jordan Danielson GF Red River
Lexie Duchserer.....Century
Carly Palmer.....Century
Mayson Sheldon.....Mandan
Rylie Webb.....Minot

2017 ALL STATE TEAM

Anna Astrup.....Fargo North
Isabelle Chambers Fargo Davies
Alexis Duchsherer.....Century
Vanessa Herrmann...Century
Olivia Hettinger..West Fargo
Olivia Lacher.....Mandan
Gracie Lingle...Fargo Davies
Lexi Ljunggren.....GF Central
Liddy Ohe.....GF Red River
Carly Palmer.....Century
Briana Rittenbach.....Century
Olivia Schoffstall.....Minot
Rylie Webb.....Minot
Addisyn Widdel.....Minot
Mya Winjum....Fargo Davies

HONORABLE MENTION

Madison HischerFargo Davies
Johanna Jones..WF Sheyenne
Breanna Lund..WF Sheyenne
Elsa MusselmanGF Red River
Demi Peterson.....Williston
Morgan VarebergFargo Davies

2018 ALL STATE 1ST TEAM

Greta Bellas...WF Sheyenne
Alexis Duchsherer...Century
Liv Hettinger.....West Fargo
Madison HischerFargoDavies
Gracie Lingle..Fargo Davies
Elsa Musselman GF Red River
Liddy Ohe.....GF Red River
Carly Palmer.....Century
Briana Rittenbach...Century
Riley Webb.....Minot
Adisynn Widdel.....Minot

2ND TEAM

Isabelle ChambersFargo Davies
Jordyn DanielsonGF Red River
Sarah Dorrheim.....Century
Tierney Howell WF Sheyenne
Katie Iverson.....Fargo South
Isabella Koebele.....Century
Jenny Logan.....Williston
Avery Meyhoff.....Century
Demi Peterson.....Williston
Regan Wical....Fargo Davies

Mya Winjum....Fargo Davies
Hannah Zaderaka.....Minot

2019 ALL STATE 1ST TEAM

Greta Bellas..WF Sheyenne
Marissa Branham..Williston
Tatum Brooks.....West Fargo
McKayla Donat.....Legacy
Alexis Duchsherer...Century
Madeline Elseth..GF Central
Olivia Hettinger..West Fargo
Madison Hischer Fargo Davies
Tierney Howell..WF Sheyenne
Katie Iverson....Fargo South
Gracie Lingle..Fargo Davies
Elsa Musselman GF Red River
Liddy Ohe.....Fargo Davies
Erin Palmer.....Century
Mya Winjum....Fargo Davies

2ND TEAM

Jordyn Danielson GF Red River
Sarah Dorrheim.....Century
Mara Ellerkamp.....Dickinson
Zoie Frattin.....GF Central
Tara Hendrickson..Fargo Davies
Isabella Koebele.....Century
Breanna Lund..WF Sheyenne
Demi Peterson.....Williston
Olivia Schuchard.....Century
Mayson Sheldon.....Mandan
Breanna Triplett...WF Sheyenne
Regan Wical....Fargo Davies
Madison Yonke..WF Sheyenne

2020 ALL STATE 1ST TEAM

Lexi Duchsherer.....Century
Paige Davis.....Legacy
Taylor Lee.....West Fargo
Liv Hettinger.....West Fargo
Erin Palmer.....Century
Tierney Howell..WF Sheyenne
Greta Bellas...WF Sheyenne
Sarah Dorrheim.....Century
Izzy Koebele.....Century
Zoie Frattin.....GF Central
Madison Hischer..Fargo Davies

2ND TEAM

Halle Braaflat..Fargo Davies
Peyton Coombs..Fargo Davies
Paige Harry....WF Sheyenne
McKayla Donat.....Legacy
Marissa Branham..Williston
Demi Peterson.....Williston
Bree Triplett..WF Sheyenne
Olivia Schuchard....Century

On the cover:

2020 STATE CHAMPIONS - BISMARCK CENTURY PATRIOTS

FRONT ROW L TO R: Jenna Mongeon, McKenna Matt, Izzy Koebele, Lauryn Caster, Lindsey Dawson

FRONT ROW L TO R: Sage Blickensderfer, Rachael Lubale, Olivia Schuchard, Kylie Duchsherer, Paige Keller, Lexi Duchsherer, Sarah Dorrheim, Erin Palmer

BACK ROW L TO R: Bryne Huncovsky, Hannah Smither, Taylor Cook, Caylee Michela, Cadence Cook, Mady Tivis, Emma Vallie



Bismarck Demons

Head CoachEmily Poppe

Assistant Coaches..... Matt Poppe
Jenny Unruh
Alaina Woock

Athletic Director.....Dave Zittleman

Building AD.....Scott Nustad

Superintendent..Dr. Jason Hornbacher

Principal David Wisthoff

Trainer..... Sanford Sports Medicine

Team CaptainsNatalie Becker
Madison Becker

Student Managers.....Noah Zaidi
Bennett Vatnsdal

School Colors Maroon & White

School Song BHS Pep Song



FRONT ROW L TO R: Sophi Schaidle, Stella Brandt, Aubrey Vatnsdal
SECOND ROW L TO R: Jerni Betsill, Kya Sease, Jocelyn Jahner, Anna Duckwitz, Addysen Geerdes, Jorja Klaudt
THIRD ROW L TO R: Coach Emily Poppe, Bennett Vatnsdal, Noah Zaidi, Nora Traynor, Madeline VerDouw, Riley Kummer, Elizabeth Sikes, Elizabeth Kerzman, Coach Matt Poppe
BACK ROW L TO R: Coach Jenny Unruh, Coach Alaina Woock, Addison Koch, Keelin Traynor, Kahlan Hamlin, Emma Auch, Madisen Becker, Natalie Becker, Isabelle Forde



Bismarck Century Patriots

Head Coach Spencer Wheeling

Assistant Coaches.....Dani Miller
Mikayla Brackin
Alaina Woock
Jennifer Unruh

Athletic Director.....Dave Zittleman

Building AD.....Ben Lervick

Superintendent..Dr. Jason Hornbacher

Principal Steve Madler

Trainer..... Sanford Sports Medicine

Team CaptainsSarah Dorrheim
Izzy Koebele
Olivia Schuchard
Erin Palmer

School Colors Red, White & Blue

School SongBismarck Century



FRONT ROW L TO R: Norah Stafford, Maren Francetich, Aubrey Caster, Jurnee Wolf, Mckenna Hendricks, Paige Spomer, Bree Wilmes, Maya Clark, Ella Clark
SECOND ROW L TO R: Ellie Cave, Ava Erickson, Jayda Pudwill, Norah Walker, Sienna Mrachek, Abby Jablonsky, Hannah McEvers, Luisa Stafford, Miranda Zainhofsky, Elysis Meberg Ewald, Alynna Buck Elk, Sydney Sheehan
THIRD ROW L TO R: Kylie Duchsherer, Sady Nelson, Anna-Lena Birkenhauer, Izzy Koebele, Taylor Cook, Clare Tamisiea, Cadence Cook, Rachael Lubale, Madeline Erickson, Ava Abryzo
FOURTH ROW L TO R: Brooklyn Richards, Shea Polk, Jenna Mongeon, Emma Vallie, Hannah Smithers, Rylie Pudwill, Nevaeh Barth, Bailey Ferderer, Lydia Jacobson, Delaney Rush
FIFTH ROW L TO R: Emma Smithers, Caylee Michela, Lexi Richter, Erin Palmer, Sarah Dorrheim, Olivia Schuchard, Morgan Harvey, Mady Tivis, Lauryn Caster, Ruby Stankiewicz
BACK ROW L TO R: Assistant Coach Dani Miller, Assistant Coach Jenny Unruh, Head Coach Spencer Wheeling, Assistant Coach Alaina Woock, Assistant Coach Miki Brackin



Bismarck Legacy Sabers

Head Coach Thomas Wheeling

Assistant Coaches..... Amber Donat
Jenny Unruh
Alaina Woock

Athletic Director.....Dave Zittleman

Building AD..... Paul Jundt

Superintendent....Dr. Jason Hornbacher

Principal Tom Schmidt

Trainer.....Sanford Sports Medicine

Team CaptainsLaney Vilhauer

School ColorsBlack &
Vegas Gold

School SongSaber Fight Song



FRONT ROW L TO R: Brielle Hochhalter, Elizabeth Hagel, Kendall Hochhalter, Madison Lamberth, Emma McKenzie, Erin Wiedmeier
SECOND ROW L TO R: Morgan Noonan, Joanne Lee, Kadee McKenzie, Faith Magstadt, Piper Freborg, Elizabeth Ellefson, Zada Kunz
THIRD ROW L TO R: Asst Coach Alaina Woock, Asst Coach Amber Donat, Avery Krumwiede, Taylor Malloy, Katie Gruman, Olivia Kobes, Grace Schick, Nova Beckler-Bell, Jillian Schick
BACK ROW L TO R: Head Coach Thomas Wheeling, Asst Coach Jenny Unruh, Abby Erickson, Jewel Zimmer, Avery Brousseau, Camie Larson, Tova Blikre, Samantha Bergrud, Laney Vilhauer, McKayla Donat



Breckenridge/Wahpeton Storm

Head Coach Danae Riley

Athletic Director.....Mike McCall
Chad Fredrickson

Superintendent.....Rick Jacobson
Brad Strand

PrincipalNed Clooten
Craig Pederson

Trainer.....Shantell Shutt
Shawn Owens

Team CaptainKenna Remily

Student Manager.....Abby Cherry

School ColorsBlack & Silver

School SongNotre Dame
Victory March



FRONT ROW L TO R: Kenna Remily, Sydni Roberts
SECOND ROW L TO R: Alaina LaJesse, Ellistin Hendrickson, Lily Miranowski
BACK ROW L TO R: Coach Danae Riley, Popi Miranowski, Maddy Beyer, Syrina Seibold



Dickinson Midgets

Head CoachJenna Wolf

Assistant Coaches.....Samie Bohl
Lexee Craig

Athletic Director.....Guy Fridley

Superintendent. Dr. Marcus Lewton

PrincipalKevin Hoherz

Trainer..... Colin Hulm

School ColorsOrange &
Black

School Song Notre Dame Victory
March



FRONT ROW L TO R: Savanna Baranko, Emily LaQua, Aliyah Braun, Shaylynn Ziman, Molly Ellerkamp, Hailey LaQua, Averie Wax
SECOND ROW L TO R: Brenna Jo Wolbaum, Hannah Meschke, Alexis Hallan, Hedvig Brakel, Eryn Bird, Mara Ellerkamp, Allanah Davis, Kendra Erickson
BACK ROW L TO R: Coach Jenna Wolf, Abigale Haller, Ericka Williams, Reilly Meyer, McKenzie Swisher, Taylor Miller, Charley Rathgeber, McKenna Mettler, Aryana Twist, Coach Samie Bohl



Fargo Davies Eagles

Head CoachesKrystle Leidholm
Tyler Hetland

Assistant Coaches.....Jon Adams
Morgan Staffne
Kori Hennebry

Athletic Director.....Lenny Ohlhauser

Superintendent.... Dr. Rupak Gandhi

PrincipalTroy Cody

Trainers.....Scott Witte
Jered Steen

Team CaptainsMadison Hischer
Tara Hendrickson
Reilly Jorud

Student Manager ...Emma Hendrickson

School Colors Cardinal Red &
Vegas Gold

School Song Davies School Song



FRONT ROW L TO R: Carley Hoff, Ava Martodam, Sophia Myers, Alyssa Morgenroth, Lauren Watson, Seayun Park, Hanna Hoff
SECOND ROW L TO R: Evelyn Meidinger, Dagney Erickson, Sienna Eissinger, Mariah Nelson, Aubrey Piechoski, Riley Schroder
THIRD ROW L TO R: Halle Braaflat, Piper Hennebry, Tearzyn Livingood, Moran Mielke, Erika Miller, Madeline Sinner, Karina Repina
FOURTH ROW L TO R: Jordyn Mastel, Kate Borowiecki, Leighton Koepplin, Lauren Sturma, Lauren Schluchter, Tayana Nelson, Tara Hendrickson, Kayley Bischoff
FIFTH ROW L TO R: Gwen Ellingson, Emma Hendrickson, Hadley Hegland, Selena Larson, Ameila Gaddie, Jane Donut, Laeny Preister
BACK ROW L TO R: Reilly Jorud, Madison Hischer, Alecia Jorud, Shelia-Marie Reinert, Sarah Eckroth



Fargo North Spartans

Head Coach Talia Butery

Assistant Coaches..... Sarah Volk
Dick Fisher
Morgan Anderson

Athletic Director..... Dan Shultis

Superintendent..... Dr. Rupak Gandhi

Principal Travis Christensen

Trainer..... Jon Darling
Jordan Wolf

Team CaptainsKenzie Anderson
Abby Lind
Aarya Panwalkar
Mallory Pladson
Colette Smith
Carly Swanson

School Colors Navy & Gold

School Song Go U Northwestern



FRONT ROW L TO R: Manager Maren Mansour, Eleanor Iversen, Bella Clairmont, Avery Fick, Anna Lacher, Ellory Boutwell, Josslyn Salinas, Berit Hillmer, Nora Vein, Harper Meyer
SECOND ROW L TO R: Liv Nordeng, Carly Swanson, Kenzie Anderson, Grace Bosch, Willow Schutt, Mallory Pladson, Lydia Boser, Grace Mansour, Amelia Zosel
THIRD ROW L TO R: Elena Terrel, Izzy Miller, Ali Toay, Taryn Winkler, Colette Smith, Melinda Chen, Abby Lind, Cayla Walker, Grace Zhong
BACK ROW L TO R: Jennifer Klundt, Molly Hoffman, Aarya Panwalkar, Addison Cerney, Alaina Vein, Samantha Christensen, Arianna Clairmont, Anna French, Talia Butery



Fargo South Bruins

Head Coach Skip Fisher

Assistant Coaches..... Jenna Booth
Emily Pascavis
Kenna Kuhn

Athletic Director..... Mike Beaton

Superintendent... Dr. Rupak Gandhi

Principal Dr. Todd Bertsch

Trainers..... Levi Tande
Tom Peterson

Team Captains Katie Iverson
Darby Humann

Student Manager Taryn Troyer

School Colors Brown & Gold

School Song On Wisconsin



FIRST ROW L TO R: Jaclyn Maughan, Katie Iverson, Darby Humann, Isabella Graves
SECOND ROW L TO R: Catherine Fehr, Katherine Mahli, Ella Bourke, Kylee Silvers, Bethany Mehl
THIRD ROW L TO R: Ava Owens, Maddy Hoss, Ava Martin, Sierra Martin, Ava Miller, Kyrie Korinta
BACK ROW L TO R: Katelyn Vasichuk, Nora Becker, Audrey Komrosky, Elsie Becker, Hailey Schmitz, Abby Guttormson, Abigail Sharbono



Grand Forks Central Knights

Head CoachBryan Walls

Assistant Coaches.....Beau Simon
Sara Walls
Nichole Smithson
Heather Wages

Athletic Director.....Dr. Mark Rerick

Superintendent..... Dr. Terry Brenner

Principal Jon Strandell

Team CaptainsMadeline Elseth
Megan Schill
Bella Stockeland

School Colors Maroon & Grey

School SongCentral Knights



FRONT ROW L TO R: L. Ostenson, J. Kidd, G. Tack, R. Bancroft, M. Behm, R. Walls, M. Walls
SECOND ROW L TO R: L. Campani, S. Sandberg, M. Bry, G. Evanson, C. Finny, M. Uhler
BACK ROW L TO R: I. Stockeland, M. Uhler, C. Schill, M. Elseth, J. Mize, M. Schill, K. Twedell



Grand Forks Red River Roughriders

Head CoachBryan Walls

Assistant Coaches.....Beau Simon
Sara Walls
Nichole Smithson
Heather Wages

Athletic Director.....Dr. Mark Rerick

Superintendent..... Dr. Terry Brenner

PrincipalDr. Kris Arason

Team CaptainsOliva Olson
Abby Zola

School ColorsRed, White & Black

School Song Rider Fight Song



FRONT ROW L TO R: R. Lunnie, R. Anderson, L. Kvernann, A. Olson, m. Dupont, A. Salgado, R. Garre
SECOND ROW L TO R: G. Fish, J. Post, A. Kosteletzky, M. Gasaprin, J. Kvernann, O. Whitney
BACK ROW L TO R: O. Olson, C. Clement, A. Meberg, S. Salyes, J. Anderson, A. Zola, E. Stevens



Jamestown Blue Jays

Head Coach Ben Smith

Assistant Coaches... Bridget Opdahl
Harry Baden

Athletic Director..... Jim Roaldson

Superintendent..... Rob Lech

Principal Adam Gehlhar

Trainer..... Nolan Love

Team Captains Delanie Finck
Meeghan McNear
Paris Eslick
Abby Gilbertson

Student Managers.. Teddy Solenksy
Josh Molina

School Colors Royal Blue & White

School Song Blue Jay Booster



FRONT ROW L TO R: Lana Mack, Abby Boehm, Tori Nelson, Delanie Finck, Meeghan McNear, Paris Eslick, Abbie Gilbertson, Julia Skari, Ella Brown, Coach Opdahl

SECOND ROW L TO R: Hattie McDonald, Corinne Schmidt, Becca Lloyd, Allysa Larson, Cloe Nelson, Mia Kaiser, Marley Roach, Coach Smith

THIRD ROW L TO R: Emily Trevithick, Miah Tyson, Gabby Romans, Regan Keller, Jordyn Larson, Chea Baugh, Marissa Moltzen, Kendra Kruger

BACK ROW L TO R: Rhemmi Geinert, Bernie Belzer, Zoe Bjerke, Georgia Lettenmaier, Alexes Prasek, Isabelle Jones, Anabelle Cramer, Sydney Fisher



Mandan Braves

Head Coach Claudia Schoellkopf

Assistant Coaches..... Jake Goergen
Linn Schroeder

Athletic Director..... Mark Wiest

Superintendent..... Dr. Mike Bitz

Principal Mark Andresen

Trainer..... Sanford Orthopedics
& Sports Medicine

Team Captains Natalie Haroldson
Josey Jackson

Student Managers.... Connor Grube
Jacob Thomas

School Colors Black & White

School Song Here's to Mandan



FRONT ROW L TO R: Aliya Hilfer, Kate Beckler, Kylie Brew, Corinne Lindsey, Taylor Adamski, Cadence Erhardt, Jasper Fowler, Grace Goettle, Kelbie Bender, Kelby Seefeldt, Sky Alyea

SECOND ROW L TO R: Aubrielle Rebel, Natalie Haroldson, Lucia Aguerro-Montero, Katie Prescott, Brooklyn Leingang, Kylie Jasso, Geri Berg, Sophia Anderson, McKayla Lindbo, Sophia Carter

THIRD ROW L TO R: Coach Claudia Schoellkopf, Coach Linn Schroeder, Megan LaFleur, Vanessa Vogel, Lynnea Jackson, Sophia Koenig, Brennalyn Fewson, Grace Bugbee, Coach Jake Goergen

BACK ROW L TO R: Thalia Logsdon, Alyea Satnan, Molly McGarvey, Josie Jackson, Alyssa David, Monica Gerhardt, Mya Becker, Malayna Gerhardt

NOT PICTURED: Connor Gruebe, Jake Thomas



Minot Majettes

Head CoachEmily Jensen

Assistant Coaches.....Jordan Keller
McKenna Brown
Barb McPeak

Athletic Director..... Mitch Lunde

Superintendent.....Dr. Mark Vollmer

Principal Dr. Scott Faul
Harlan Johnson

Trainer..... Trinity Sports Medicine

Team Captains Payton Luzardo
Emma Rouse
Jordan Wolsky

School Colors Maroon & Gold

School SongLoyal and True



FFIRST ROW L TO R: Havanna Metzger, Beatriz Casada, Autumn Steckler, Ava Neumann, Kassidy King, Kambria Hall, Lillian Leys, Sophie Bell, Ave Conejo, Sydney Lyman
SECOND ROW L TO R: Erin Kerzmann, Ellie Schaefer, Gabby Osborn, Ava Williamson, Julia Kraft, Kaylee Jaensch, Gianna Osborn, Haili Metzger, Isabelle Aberle, Madison Lyman
THIRD ROW L TO R: Sam VonBokern, Mattie Jacobson, Ashlyn Nielsen, Reese Goodman, Madilyne Senger, Heaven Laber, Jade Stack, Ella Kesler, Haley Conklin, Sophia VonBokern
BACK ROW L TO R: Bella Price, Abigail Rogers, Bostyn Edwards, Caelin Flaten, Olivia Peatross, Emma Rouse, Elise Altringer, Jordn Wolsky, Emily Brugman, Payton Luzardo
NOT PICTURED: Avery Burdette



Shanley Deacons

Head Coach Jackie Snyder

Assistant Coaches.....Josie Breen
Billy Hanson

Athletic Director.....Reggie Jackson

Superintendent.....Mike Hagstrom

PrincipalFr. Kyle Metzger

Trainer..... Becca Erickson

Team CaptainsMiriam Breen
Emily Hoedl
Olivia Johnson

Student Managers.....Allison Ries
Erin Dummer

School Colors Red & White

School SongForward to
Shanley High



FRONT ROW L TO R: Nora Andrist, Maddie Fischer, Sarah Ostlie, Kayla Mathison, Emily Hoedl, Olivia Jones
SECOND ROW L TO R: Mgr. Allison Ries, Alexa Heckaman, Sara Noah, Sunisha Tangpong, Emma Swanson, Mgr. Erin Dummer
THIRD ROW L TO R: Lydia Potter, Miriam Breen, Brooklyn Hanson, Olivia Johnson, Hadley Christianson, Kendall Jones, Alexis Appletoft, Becca Wenstrom
BACK ROW L TO R: Coach Breen, Coach Snyder, Coach Hanson
NOT PICTURED: Terezia Kaci



West Fargo Packers

Head Coaches Matt Stinar
Barb Fisher

Assistant Coaches...Sarah Montplaisir
Maren Seljevold

Athletic Director.....Jay DeCann

Superintendent.....Beth Slette

Principal Dr. Jennifer Fremstad

Trainers..... Alex Gebeke
Jesse Differding

Team CaptainsLiv Hettinger
Anna Montplaisir
Olivia Gaebe
Morgan Bents
Maya Steinkopf
Kordiea Rerick

Student Managers.Courtney Docktor
Sophie Ochocki

School ColorsGreen & White

School Song Minnesota Rouser



FRONT ROW L TO R: Andie Stewart, Emma Bueng, Taylor Halvorson, Paityn Olson, Anna Montplaisir, Maya Steinkopf, Ellie Nelson, Evy Jacobson, Julia Vickers, Keira Steiner
SECOND ROW L TO R: Hailey Metcalfe, Jordyn George, Emery Aasen, McKayla Walker, Addison Smith, Mara Lick, Olivia Gaebe, Kordiea Rerick, Helena Stanton, Hailey Carling
THIRD ROW L TO R: Addison Iverson, Aaliyah Gramm, Elly Butts, Rachel Kunz, Ella Montplaisir, Heidi Unser, Lily Martin, Mallory Docktor, Hallie Schatzke
BACK ROW L TO R: Matt Stinar (Co Head Coach), Sarah Montplaisir (Asst. Coach), Courtney Docktor (Manager), Morgan Bents, Liv Hettinger, Hannah Potter, Sadie Wavrin, Laura Iverson, Sophie Ochoki (Manager), Barb Fisher (Co-Head Coach)
NOT PICTURED: Maren Seljevold (Diving Coach)



West Fargo Horace Hawks

Head Coach Andrea Smith

Assistant Coach Natalie Kampa

Athletic Director.....Logan Midthun

Superintendent.....Beth Slette

PrincipalDr. Pam Cronin

Trainers..... Morgan Frey
Rebekah Zerbe

Team CaptainsKatie Smith
Veda Voegelé
Savannah Mauch

School ColorsBlack and Gold

School SongFight on Hawks



FRONT ROW L TO R: Jewelina Hagen, Sandra Wyum, Alora Rude, Joley Lerum, Sophie Hetland, Anna Enright, Isabelle Hogness, Emery Strobl
SECOND ROW L TO R: Colby Mauch, Maddie Novak, Jocelyn Wettlaufer, Reese Richard, Emelia LaHaise, Quinn Danielson, Payton Hetland
BACK ROW L TO R: Coach Natalie Kampa, Becca Smith, Savannah Mauch, Katie Smith, Maiah Fuchs, Ava Schuster, Veda Voegelé, Coach Andrea Smith



West Fargo Sheyenne Mustangs

Head CoachErich Richardson

Assistant Coaches..... Hannah Kranz
Amber Westereng
Sydney Graf

Athletic Director.....Cory Herrmann

SuperintendentBeth Slette

Principal Ryan Salisbury

Trainers.....Tessa Martin
Ali Hoffman

Team CaptainsGreta Bellas
Halee Wersinger
Bree Triplett
Mariah Clute
Paige Harry

School Colors ..Royal Blue & Orange

School Song Mustang Stampede



FRONT ROW L TO R: Emma Riegal, Maddi Wersinger, Sam May, Halee Wersinger, Tyndale Archer, Paige Harry, Sophia Domitrovich, Lauren Lopez

SECOND ROW L TO R: Peyton Topp, Emma Kern, Evie Sevald, Sophia Markell, Bree Triplett, Myah Lund, Ella McDonagh

THIRD ROW L TO R: Claire Nilson, Mariah Clute, Greta Bellas, Ava DeVaney, Brooklyn Keney, Signey Webb, Isabelle Markell, Karlie Lund

FOURTH ROW L TO R: Ezri Cline, Kate Lenoir, Ella Troska, Maddy Walters, Madee Shea, Kiera Lund, Jillian McMahon

BACK ROW L TO R: Caitlyn Bjerke, Reagan Chambers, Anna Froemke, Lauren McDonah, Alli Lapujade, Allison Syverson, Tayler Bjerke



Williston Coyotes

Head CoachJoe Kemp

Assistant Coaches..... Katrina Teskey
Amanda Messner

Athletic Director.....Robert Conley

Superintendent Dr. Jeff Thake

PrincipalJason Germundson

Trainer..... Jordahn White

Team Captains Marissa Branham
Reagan Coughlin
Leah Jorgenson

Student Managers. Emma Enriquez
Audrey JaFolla

School Colors Orange & Black

School Song ... Williston Fight Song



FRONT ROW L TO R: Coach Teskey, Karen Hoffman, Kaylee Cloud, Katelyn Jackson, Jayden Woodward, Kara Hansen, Lucy Coughlin, Brekyn Haugen, Savanna Olsen

SECOND ROW L TO R: Kearyn Woodward, Kaylynn Riely, Ella Richards, Suzie Schug, Myah Tofte, Katelyn Kolness, Emmy Sorenson, Adelle Cotton, Natalie Pfau, Gracie Fuhrmann, Coach Messner

BACK ROW L TO R: Coach Kemp, Maleah Ramsey, Samantha Ward, Lola Senderhauf, Anika Grunenwald, Reagan Coughlin, Hailey Sorenson, Reagan Coughlin, Karen Hoem, Leah Jorgenson, Kloe Billings, Savannah Goehring, Lexi Daley

NOT PICTURED: Dru Zander, Olivia Tveter, Audrey JaFolla



≡ **PREMIERE PARTNER OF THE NDHSAA** ≡



INVESTING IN NORTH DAKOTA'S FUTURE

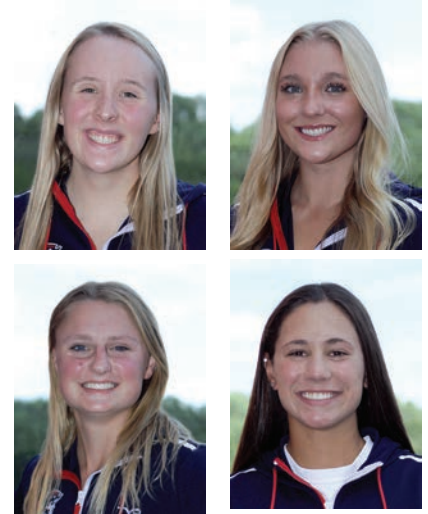
Today's youth are the future of North Dakota and healthy activity builds better community involvement and personal character.

That's why Farmers Union Insurance proudly invests in our state's youth with a continuing commitment as the Premiere Partner of the North Dakota High School Activities Association.

200 YARD MEDLEY RELAY

State Record (2016): Briana Rittenbach, Vanessa Herrmann
Carly Palmer, Lexi Duchsherer, Bismarck Century, 1:44.81

1974	Fargo North.....	D. Johansen, J. Hallee, M. Dahl, K. Malm.....	2:06.90
1975	Fargo North.....	D. Johansen, L. Schilmoeller, K. Malm, L. McDonald	2:03.30
1976	Fargo North.....	D. Johansen, L. Geiger, K. Malm, L. McDonald.....	2:00.11
1977	Minot	J. Pankow, B. Flickinger, A. Kincheloe, J. Bredahl.....	2:00.98
1978	Minot	B. Flickinger, A. Kincheloe, H. Flickinger, M. Rudser	1:59.02
1979	Minot	T. Guthrie, J. Hubbard, H. Flickinger, A. Kincheloe.....	2:01.63
1980	Minot	T. Guthrie, J. Hubbard, H. Flickinger, K. Edwards	2:01.06
1981	Minot	C. Hanna, J. Hubbard, H. Flickinger, M. Hanson	2:01.73
1982	Minot	C. Hanna, H. Flickinger, V. Pomaville, S. Iverson.....	2:00.56
1983	Minot	M. Yantzer, J. Romine, V. Pomaville, N. Dahl.....	1:59.28
1984	Minot	S. Iverson, J. Romine, V. Pomaville, N. Dahl	2:00.22
1985	Minot	S. Iverson, J. Romine, V. Pomaville, S. Burckhart	1:59.14
1986	Bismarck Century	M. Yantzer, T. Yantzer, S. Woo, C. Beazley.....	1:57.60
1987	Bismarck Century	M. Yantzer, T. Yantzer, C. Goeddertz, J. Bitz.....	1:56.76
1988	Bismarck Century	J. Gaustad, T. Yantzer, C. Goeddertz, J. Bitz.....	1:55.35
1989	Minot	A. Vigars, A. Rudser, M. Parker, J. Alme.....	1:56.22
1990	Mandan.....	B. Stork, N. Fiest, K. Wagner, S. Helvig.....	1:53.23
1991	Mandan.....	N. Fiest, D. Sletten, K. Wagner, S. Helvig.....	1:54.05
1992	Mandan.....	S. Frysle, R. Mahutga, P. Richmond, D. Sletten.....	1:54.70
1993	Minot	T. Bruels, J. Lowe, H. Skarsgard, S. Stevenson.....	1:52.84
1994	Minot	T. Bruels, J. Lowe, M. Burckhard, H. Skarsgard	1:50.70
1995	Minot	T. Bruels, J. Lowe, M. Burckhard, H. Skarsgard	1:50.15
1996	Bismarck Century	L. Haunz, K. Giese, E. Pierce, A. Kindschi.....	1:48.62
1997	Minot	J. Wendt, J. Lowe, K. Lowe, T. Goldade.....	1:52.73
1998	Bismarck Century	J. Kindschi, K. Giese, L. Haunz, C. Peterson	1:52.09
1999	Mandan.....	J. Bachmeier, K. Henke, T. Loeb, R. Keller	1:51.28
2000	Mandan.....	J. Bachmeier, K. Fiest, T. Loeb, N. Saur.....	1:53.06
2001	Fargo South	H. Harris, E. Wessman, B. Anderson, L. Watkins.....	1:52.19
2002	Mandan.....	J. Bachmeier, S. Bachmeier, L. Bachmeier, A. Renner	1:51.32
2003	Williston	K. Wood, C. Gormally, A. Maxwell, E. Maetzold	1:52.83
2004	West Fargo.....	K. Schoonhoven, A. Reiter, E. Stromsvik, A. Flaten	1:49.75
2005	Minot	M. Beck, E. Evanoff, D. Knutson, A. Jenkins.....	1:51.62
2006	Minot	M. Beck, A. Alexander, D. Knutson, A. Kraft.....	1:51.40
2007	Minot	M. Beck, A. Alexander, D. Knutson, K. Beechie.....	1:49.73
2008	Minot	M. Beck, K. Webster, D. Knutson, C. Funk.....	1:48.32
2009	Williston	K. Bolinske, S. Miller, M. Porter, K. Stenson	1:48.98
2010	GF Red River.....	J. Skavlem, C. Fisk, E. Grabanski, M. Kojic	1:50.56
2011	Bismarck Century	D. Bergeson, V.Herrmann, E.Smallbeck, J. Fallgatter.....	1:47.97
2012	Bismarck Century	D. Bergeson, V. Herrmann, M. Jeske, J. Fallgatter	1:46.98
2013	Minot	M. Brown, S. Bogenrief, F. Walker-Rozo, E. Hamel	1:48.43
2014	Bismarck Century	D. Bergeson, V. Herrmann, T. Sether, A. Bourgois.....	1:47.54
2015	Bismarck Century	B. Rittenbach, C. Palmer, T. Sether, A. Bourgois.....	1:47.45
2016	Bismarck Century	B. Rittenbach, V. Herrmann, C. Palmer, L. Duchsherer	1:44.81
2017	Bismarck Century	B. Rittenbach, V.Herrmann, C. Palmer, L. Duchsherer	1:45.27
2018	Bismarck Century	B. Rittenbach, A. Meyhoff, P. Keller, L. Duchsherer	1:46.14
2019	West Fargo.....	L. Hettinger, H. Potter, T. Brooks, A. Doeling.....	1:48.51
2020	Bismarck Century	M. Matt, P. Keller, E. Palmer, L. Duchsherer	1:45.95



McKenna Matt, Paige Keller,
Erin Palmer, Lexi Duchsherer

HEAT 1 Timed Finals

LN	SCHOOL	SEED	TIME
3	Wahpeton	2:09.44	_____
4	Shanley	2:05.07	_____
5	WF Horace	2:05.86	_____

HEAT 2 Timed Finals

LN	SCHOOL	SEED	TIME
1	Grand Forks Central	2:03.52	_____
2	Dickinson	2:01.89	_____
3	Bismarck	2:00.89	_____
4	Mandan	2:00.79	_____
5	Fargo South	2:00.86	_____
6	Fargo North	2:01.24	_____

HEAT 3 Timed Finals

LN	SCHOOL	SEED	TIME
1	Jamestown	1:57.69	_____
2	Williston	1:54.82	_____
3	West Fargo	1:52.32	_____
4	Century	1:50.42	_____
5	West Fargo Sheyenne	1:52.16	_____
6	Minot	1:54.43	_____
7	Legacy	1:57.07	_____
8	Fargo Davies	2:00.48	_____

200 YARD FREESTYLE

State Record (2008):

Dagny Knutson, Minot, (Prelims) 1:42.81

1974	Linda Soli.....	GF Red River	2:10.60	1997	Lauren Little.....	Mandan	1:55.95
1975	Linda Soli.....	GF Red River	2:05.40	1998	Heather Harris.....	Fargo South	1:55.77
1976	Ingrid Lawrence.....	GF Red River	2:03.41	1999	Heather Harris.....	Fargo South	1:51.78
1977	Laura Johanson.....	Fargo North	2:10.09	2000	Heather Harris.....	Fargo South	1:52.81
1978	Ingrid Lawrence.....	GF Red River	2:01.33	2001	Heather Harris.....	Fargo South	1:53.08
1979	Michelyn Rudser.....	Minot	1:56.79	2002	Heather Harris.....	Fargo South	1:56.28
1980	Michelyn Rudser.....	Minot	2:00.59	2003	Michelle Omdahl.....	GF Red River	1:56.47
1981	Denise Hanna.....	Minot	2:05.32	2004	Hannah Whitehead.....	GF Central	1:52.86
1982	Erin Jilek.....	Fargo North	2:01.09	2005	Hannah Whitehead.....	GF Central	1:50.09
1983	Missy Yantzer.....	Minot	2:01.23	2006	Hannah Whitehead.....	GF Central	1:50.86
1984	Jenny Reidinger.....	Mandan	2:05.56	2007	Hannah Whitehead.....	GF Central	1:50.12
1985	Paula Rudser.....	Minot	2:02.08	2008	Dagny Knutson.....	Minot	1:43.00
1986	Krina Kabanuk.....	Fargo South	1:58.09	2009	Ali Church.....	GF Central	1:52.08
1987	Paula Rudser.....	Minot	1:59.03	2010	Ali Church.....	GF Central	1:52.09
1988	Paula Rudser.....	Minot	1:57.71	2011	Ali Church.....	GF Central	1:50.28
1989	Andrea Rudser.....	Minot	2:01.12	2012	Dani Bergeson.....	Century	1:52.37
1990	Suzie Helvig.....	Mandan	1:56.39	2013	Ketti Ringwall.....	Williston	1:54.07
1991	Suzie Helvig.....	Mandan	1:55.07	2014	Alexis Ljunggren.....	GF Central	1:51.44
1992	Suzie Helvig.....	Mandan	1:54.48	2015	Alexis Ljunggren.....	GF Central	1:51.45
1993	Kara Schmitz.....	Century	1:58.97	2016	Emma Hepper.....	Bismarck	1:54.97
1994	Sara Stevenson.....	Minot	1:54.45	2017	Alexis Ljunggren.....	GF Central	1:51.74
1995	Sara Stevenson.....	Minot	1:56.95	2018	Elsa Musselman.....	GF Red River	1:53.93
1996	Kate Holland.....	Minot	1:57.98	2019	Elsa Musselman.....	GF Red River	1:53.12
				2020	Sarah Dorrheim.....	Century	1:53.49



Sarah Dorrheim

Qualifying Time:
2:11.19

SEED TIMES		LN	NAME	YR	SCHOOL	SEED	TIME
Sarah Dorrheim	Century1:56.61	HEAT 1	1	Carley Hoff	10	Fargo Davies	2:10.01
Greta Bellas	WFargo1:56.69		2	Erin Kerzmann	11	Minot	2:08.16
Elise Altringer	Minot High School2:01.06		3	Mara Ellerkamp	10	Dickinson	2:05.17
Brooklyn Keney	WF Sheyenne2:01.41		4	Elise Altringer	11	Minot	2:01.06
Madeline Elseth	GF Central.....2:01.63		5	Charley Rathgeber	11	Dickinson	2:01.72
Charley Rathgeber	Dickinson.....2:01.72		6	Olivia Schuchard	12	Century	2:06.21
Taylor Cook	Century2:02.82		7	Maya Steinkopf	12	West Fargo	2:09.42
Myah Lund	WF Sheyenne2:03.10		8	Gabbie Evanson	10	GF Central	2:10.89
Mara Ellerkamp	Dickinson2:05.17						
Georgia Lettenmaier	Jamestown2:06.16	HEAT 2	1	Emma Rouse	12	Minot	2:09.97
Izzy Miller	Fargo North2:06.19		2	Alexes Prasek	11	Jamestown	2:07.95
Olivia Schuchard	Century2:06.21		3	Myah Lund	10	WF Sheyenne	2:03.10
Caelin Flaten	Minot2:07.83		4	Greta Bellas	12	WF Sheyenne	1:56.69
Alexes Prasek	Jamestown2:07.95		5	Madeline Elseth	11	GF Central	2:01.63
Erin Kerzmann	Minot2:08.16		6	Izzy Miller	10	Fargo North	2:06.19
Sienna Mrachek	Century2:08.56		7	Joely Anderson	9	GF Red River	2:09.21
Joely Anderson	GF Red River2:09.21		8	Olivia Johnson	12	Shanley	2:10.21
Maya Steinkopf	West Fargo2:09.42						
Ellie Nelson	West Fargo2:09.87	HEAT 3	1	Ellie Nelson	8	West Fargo	2:09.87
Emma Rouse	Minot2:09.97		2	Caelin Flaten	9	Minot	2:07.83
Carley Hoff	Fargo Davies2:10.01		3	Taylor Cook	12	Century	2:02.82
Elizabeth Ellefson	Legacy2:10.01		4	Sarah Dorrheim	12	Century	1:56.61
Olivia Johnson	Shanley2:10.21		5	Brooklyn Keney	10	WF Sheyenne	2:01.41
Gabbie Evanson	GF Central.....2:10.89		6	Georgia Lettenmaier	9	Jamestown	2:06.16
			7	Sienna Mrachek	8	Century	2:08.56
			8	Elizabeth Ellefson	9	Legacy	2:10.01

200 YARD INDIVIDUAL MEDLEY

State Record (2009):
Dagny Knutson, Minot, (Prelims) 1:53.82

1974	Julie Beckman	Fargo North	2:26.80
1975	Terri Leupp	Bismarck	2:30.60
1976	Diane Johansen	Fargo North	2:26.60
1977	Lori Miller	Fargo North	2:19.03
1978	Trish Cole	Fargo South	2:20.88
1979	Bonnie Flickinger	Minot	2:17.92
1980	Heidi Hill	Jamestown	2:18.63
1981	Michelyn Rudser	Minot	2:18.68
1982	Michelyn Rudser	Minot	2:18.68
1983	Carolyn Hanna	GF Central	2:15.13
1984	Missy Yantzer	Minot	2:17.64
1985	Missy Yantzer	Minot	2:12.77
1986	Angie Johnson	Minot	2:17.68
1987	Missy Yantzer	Century	2:15.01
1988	Tisha Yantzer	Century	2:12.18
1989	Tisha Yantzer	Century	2:13.56
1990	Tisha Yantzer	Century	2:12.96
1991	Nicole Fiest	Mandan	2:12.85
1992	Nicole Fiest	Mandan	2:13.48
1993	Amy Gormally	Williston	2:12.56
1994	Elizabeth Pierce	Century	2:09.40
1995	Elizabeth Pierce	Century	2:11.73
1996	Elizabeth Pierce	Century	2:09.06

1997	Jennifer Lowe	Minot	2:10.15
1998	Lisa Haunz	Century	2:09.92
1999	Jenny Bachmeier	Mandan	2:11.37
2000	Jenny Bachmeier	Mandan	2:11.62
2001	Jenny Bachmeier	Mandan	2:10.80
2002	Jenny Bachmeier	Mandan	2:11.69
2003	Emily Weeks	Minot	2:12.39
2004	Dagny Knutson	Minot	2:10.01
2005	Dagny Knutson	Minot	2:08.04
2006	Dagny Knutson	Minot	2:03.24
2007	Dagny Knutson	Minot	1:58.58
2008	Maggi Beck	Minot	2:08.18
2009	Dagny Knutson	Minot	1:55.79
2010	Erin Grabanski	GF Red River	2:08.76
2011	Dani Bergeson	Century	2:07.35
2012	Ellie Roche	Fargo North	2:08.67
2013	Ellie Roche	Fargo North	2:07.75
2014	Ellie Roche	Fargo North	2:06.50
2015	Vanessa Herrmann	Century	2:05.75
2016	Vanessa Herrmann	Century	2:02.77
2017	Vanessa Herrmann	Century	2:03.49
2018	Gracie Lingle	Fargo Davies	2:08.24
2019	Marissa Branham	Williston	2:09.34
2020	Erin Palmer	Century	2:05.89



Erin Palmer

Qualifying Time:
2:30.27

SEED TIMES	LN	NAME	YR	SCHOOL	SEED	TIME
Marissa Branham	Williston 2:11.40	2	Natalie Haroldson	12	Mandan	2:29.67
Addison Cerney	Fargo North 2:16.12	3	Ali Toay	9	Fargo North	2:29.41
Izzy Koebele	Century 2:16.68	4	Olivia Whitney	9	GF Red River	2:28.88
Ava Williamson	Minot 2:17.36	5	Grace Fish	9	GF Red River	2:28.98
Katie Iverson	Fargo South 2:18.16	6	Evie Sevald	7	WF Sheyenne	2:29.59
Lauren McDonagh	WF Sheyenne 2:18.29					
Bree Triplett	WF Sheyenne 2:19.02	1	Emma Vallie	11	Century	2:26.96
Emily Brugman	Minot 2:19.66	2	Savannah Goehring	11	Williston	2:25.91
Bella Stockeland	GF Central 2:20.61	3	Bella Stockeland	12	GF Central	2:20.61
Chea Baugh	Jamestown 2:21.44	4	Izzy Koebele	12	Century	2:16.68
Ella Montplaisir	West Fargo 2:22.16	5	Lauren McDonagh	9	WF Sheyenne	2:18.29
Alexa Heckaman	Shanley 2:24.09	6	Alexa Heckaman	8	Shanley	2:24.09
Payton Luzardo	Minot 2:24.43	7	Rachael Lubale	10	Century	2:26.29
Nova Beckler-Bell	Legacy 2:24.83	8	Ericka Williams	11	Dickinson	2:27.82
Savannah Goehring	Williston 2:25.91					
Morgan Uhlir	GF Central 2:26.23	1	Havanna Metzger	9	Minot	2:26.63
Savannah Mauch	WF Horace 2:26.24	2	Nova Beckler-Bell	10	Legacy	2:24.83
Rachael Lubale	Century 2:26.29	3	Emily Brugman	12	Minot	2:19.66
Madeline VerDouw	Bismarck 2:26.55	4	Addison Cerney	9	Fargo North	2:16.12
Havanna Metzger	Minot 2:26.63	5	Katie Iverson	12	Fargo South	2:18.16
Emma Vallie	Century 2:26.96	6	Ella Montplaisir	10	West Fargo	2:22.16
Caitlyn Bjerke	WF Sheyenne 2:27.26	7	Savannah Mauch	9	WF Horace	2:26.24
Abby Jablonsky	Century 2:27.71	8	Abby Jablonsky	8	Century	2:27.71
Ericka Williams	Dickinson 2:27.82					
Olivia Whitney	GF Red River 2:28.88	1	Madeline VerDouw	7	Bismarck	2:26.55
Grace Fish	GF Red River 2:28.98	2	Payton Luzardo	12	Minot	2:24.43
Ali Toay	Fargo North 2:29.41	3	Bree Triplett	11	WF Sheyenne	2:19.02
Evie Sevald	WF Sheyenne 2:29.59	4	Marissa Branham	12	Williston	2:11.40
Natalie Haroldson	Mandan 2:29.67	5	Ava Williamson	9	Minot	2:17.36
		6	Chea Baugh	11	Jamestown	2:21.44
		7	Morgan Uhlir	10	GF Central	2:26.23
		8	Caitlyn Bjerke	11	WF Sheyenne	2:27.26

50 YARD FREESTYLE

State Record (2020): Lexi Duchsherer, :22.54

1974	Carrie Caufield	Fargo South	:27.30
1975	Helen Thorndahl	Bismarck	:27.10
1976	Bonnie Flickinger	Minot	:26.58
1977	Anne Kincheloe	Minot	:25.93
1978	Anne Kincheloe	Minot	:26.26
1979	Kim Edwards	Minot	:25.18
1980	Ingrid Lawrence	GF Red River	:24.17
1981	Janine Owens	GF Central	:25.48
1982	Christy Forsberg	Minot	:25.43
1983	Christy Forsberg	Minot	:25.23
1984	Tricia Wacker	GF Red River	:25.60
1985	Krina Kabanuk	Fargo South	:25.06
1986	Stacy Burckhart	Minot	:25.75
1987	Krina Kabanuk	Fargo South	:25.06
1988	Andrea Rudser	Minot	:24.71
1989	Suzie Helvig	Mandan	:24.92
1990	Cindy Goeddert	Century	:24.68
1991	Cindy Goeddert	Century	:24.65
1992	Megan Thiel	West Fargo	:25.38
1993	Megan Thiel	West Fargo	:24.67
1994	Megan Thiel	West Fargo	:24.68
1995	Christina Traen	Fargo South	:25.50
1996	Christina Traen	Fargo South	:25.01

1997	Jill Ament	Jamestown	:25.01
1998	Jill Ament	Jamestown	:25.35
1999	Nicole Saur	Mandan	:25.15
2000	Lauren Mickelson	Jamestown	:25.17
2001	Sarah Ziegelmann	Fargo North	:24.74
2002	Linzey Bachmeier	Mandan	:24.61
2003	Linzey Bachmeier	Mandan	:24.71
2004	Linzey Bachmeier	Mandan	:24.39
2005	Carissa Gormally	Williston	:24.08
2006	Lexie Halberstadt	Shanley	:24.77
2007	Lexie Halberstadt	Shanley	:23.77
2008	Lexie Halberstadt	Shanley	:24.66
2009	Lexie Halberstadt	Shanley	:23.52
2010	Courtney Funk	Minot	:24.18
2011	Courtney Funk	Minot	:23.36
2012	Emily Roche	Fargo North	:24.20
2013	Emily Hamel	Minot	:24.38
2014	Breah Anderson	Fargo North	:23.71
2015	Breah Anderson	Fargo North	:23.48
2016	Gracie Lingle	Fargo Davies	:23.94
2017	Lexi Duchsherer	Century	:23.55
2018	Lexi Duchsherer	Century	:23.31
2019	Lexi Duchsherer	Century	:22.91
2020	Lexi Duchsherer	Century	:22.54



Lexi Duchsherer

Qualifying Time:
:27.48

SEED TIMES

Liv Hettinger	West Fargo	:24.54
Tierney Howell	WF Sheyenne	:24.94
Lauryn Caster	Century	:25.09
Sam Vonbokern	Minot	:25.22
McKayla Donat	Legacy	:25.30
Lucia Aguero-Montero	Mandan	:25.35
Abby Erickson	Legacy	:25.46
Taylor Miller	Dickinson	:25.48
Madee Shea	WF Sheyenne	:25.61
Aryana Twist	Dickinson	:26.02
Brooklyn Hanson	Shanley	:26.03
Hannah Potter	West Fargo	:26.07
Bostyn Edwards	Minot	:26.09
Reese Goodman	Minot	:26.30
Olivia Tveter	Williston	:26.37
Mady Tivis	Century	:26.43
Reilly Meyer	Dickinson	:26.44
Megan Schill	GF Central	:26.46
Lynnea Jackson	Mandan	:26.46
Sophia Markell	WF Sheyenne	:26.47
Isabelle Forde	Bismarck	:26.49
Allysah Larson	Jamestown	:26.56
Dru Zander	Williston	:26.57
Gabby Osborn	Minot	:26.66
Darby Humann	Fargo South	:26.70
Nora Andrist	Shanley	:26.87
Bernadette Belzer	Jamestown	:26.94
Anna Duckwitz	Bismarck	:27.17
Luisa Stafford	Century	:27.20
Marley Uhler	GF Central	:27.23
Mara Lick	West Fargo	:27.24
Delanie Finck	Jamestown	:27.29
Abigail Sharbono	Fargo South	:27.31
Lola Senderhauf	Williston	:27.31
Aarya Panwalkar	Fargo North	:27.34
Maddie Novak	WF Horace	:27.36
Natalie Becker	Bismarck	:27.37
Kiera Lund	WF Sheyenne	:27.38
Lauren Sturma	Fargo Davies	:27.39
Hanna Hoff	Fargo Davies	:27.40
Hannah Meschke	Dickinson	:27.46
Jenna Mongeon	Century	:27.47

LN	NAME	YR	SCHOOL	SEED	TIME
3	Jenna Mongeon	11	Century	27.47	
4	Hanna Hoff	10	Fargo Davies	27.40	
5	Hannah Meschke	9	Dickinson	27.46	
1	Lauren Sturma	11	Fargo Davies	27.39	
2	Natalie Becker	12	Bismarck	27.37	
3	Aarya Panwalkar	12	Fargo North	27.34	
4	Lola Senderhauf	9	Williston	27.31	
5	Abigail Sharbono	10	Fargo South	27.31	
6	Maddie Novak	9	WF Horace	27.36	
7	Kiera Lund	8	WF Sheyenne	27.38	
1	Mara Lick	11	West Fargo	27.24	
2	Luisa Stafford	10	Century	27.20	
3	Bernadette Belzer	11	Jamestown	26.94	
4	Darby Humann	12	Fargo South	26.70	
5	Nora Andrist	8	Shanley	26.87	
6	Anna Duckwitz	10	Bismarck	27.17	
7	Marley Uhler	7	GF Central	27.23	
8	Delanie Finck	12	Jamestown	27.29	
1	Isabelle Forde	11	Bismarck	26.49	
2	Olivia Tveter	8	Williston	26.37	
3	Madee Shea	11	WF Sheyenne	25.61	
4	Lauryn Caster	10	Century	25.09	
5	Lucia Aguero-Montero	12	Mandan	25.35	
6	Hannah Potter	11	West Fargo	26.07	
7	Lynnea Jackson	8	Mandan	26.46	
8	Gabby Osborn	9	Minot	26.66	
1	Sophia Markell	10	WF Sheyenne	26.47	
2	Reese Goodman	10	Minot	26.30	
3	Taylor Miller	9	Dickinson	25.48	
4	Tierney Howell	11	WF Sheyenne	24.94	
5	McKayla Donat	11	Legacy	25.30	
6	Brooklyn Hanson	9	Shanley	26.03	
7	Reilly Meyer	12	Dickinson	26.44	
8	Dru Zander	8	Williston	26.57	
1	Megan Schill	11	GF Central	26.46	
2	Bostyn Edwards	9	Minot	26.09	
3	Abby Erickson	9	Legacy	25.46	
4	Liv Hettinger	12	West Fargo	24.54	
5	Sam Vonbokern	8	Minot	25.22	
6	Aryana Twist	10	Dickinson	26.02	
7	Mady Tivis	10	Century	26.43	
8	Allysah Larson	10	Jamestown	26.56	

DIVING

State Record (2020): Madison Hischer, Fargo Davies, 479.95

1974	Karen Hegre	Fargo South....	284.80
1975	Laurie Moe	Century	284.30
1976	Mary Ann Gallagher	Mandan	356.50
1977	Mary Ann Gallagher	Mandan	407.70
1978	Julie Pankow.....	Minot	404.65
1979	Jane Vanyo.....	Fargo South....	394.25
1980	Jane Borman.....	Fargo South....	410.20
1981	Jenny Holm	Fargo North ...	391.50
1982	Jennifer Hunkele.....	Bismarck.....	393.25
1983	Jennifer Hunkele.....	Minot	440.25
1984	Stacy Hurd.....	Minot	397.85
1985	Stacy Hurd.....	Minot	430.60
1986	Heidi Hulberg	Fargo South....	359.60
1987	Tonia Timm	Minot	328.50
1988	Tonia Timm	Minot	340.95
1989	Kelley LeRoy	Mandan	393.85
1990	Kelley LeRoy	Mandan	377.65
1991	Kelley LeRoy	Mandan	407.25
1992	Summer Bourdeau	Century	369.95
1993	Summer Bourdeau	Century	393.80
1994	Molly McDonald	Century	424.65
1995	Molly McDonald	Century	451.45
1996	Molly McDonald	Century	479.05

1997	Rachelle Giese.....	Mandan	438.55
1998	Marie Boyeff.....	Minot	404.75
1999	Cristi Lindsey.....	Century	419.95
2000	Kari Nolz	Bismarck.....	478.45
2001	Cristi Lindsey.....	Century	419.05
2002	Brooke Wehri.....	Mandan	398.60
2003	Dani Visina.....	Minot	430.50
2004	Kati Hopfauf.....	Mandan	436.80
2005	Meri Orseth.....	Fargo South....	415.90
2006	Kati Hopfauf.....	Mandan	449.65
2007	Megan Keidel	Bismarck	410.45
2008	McKenzie Rudolph.....	Minot	418.15
2009	Mairin Jameson	Shanley	435.75
2010	Ashley Kankelfritz.....	Fargo South....	385.70
2011	Alex Lind	Jamestown.....	430.70
2012	Alex Lind	Jamestown.....	453.80
2013	Anna Reinholz	Shanley	438.65
2014	Brittany Dixon	Shanley	412.60
2015	Brittany Dixon	Shanley	442.80
2016	Isabelle Chambers	Fargo Davies ..	391.35
2017	Mya Winjum	Fargo Davies ..	427.85
2018	Madison Hischer	Fargo Davies ..	408.80
2019	Mya Winjum	Fargo Davies ..	412.20
2020	Madison Hischer.....	Fargo Davies	479.95



Madison Hischer

Qualifying:
275 Points (11 dives)

	NAME	YEAR	SCHOOL	PRELIMS	SEMIS	FINALS
1	Kylie Brew	7	Mandan	_____	_____	_____
2	Brielle Hochhalter	9	Legacy	_____	_____	_____
3	Camille Finney	11	GF Central	_____	_____	_____
4	Leah Jorgenson	11	Williston	_____	_____	_____
5	Jaclyn Maughan	11	Fargo South	_____	_____	_____
6	Jennifer Klundt	11	Fargo North	_____	_____	_____
7	Sydnee Sandberg	8	GF Central	_____	_____	_____
8	Hedvig Brakel	12	Dickinson	_____	_____	_____
9	Reagan Chambers	12	WF Sheyenne	_____	_____	_____
10	Rylie Pudwill	11	Century	_____	_____	_____
11	Brenna Jo Wolbaum	9	Dickinson	_____	_____	_____
12	Carly Swanson	12	Fargo North	_____	_____	_____
13	Morgan Bents	12	West Fargo	_____	_____	_____
14	Jillian McMahon	11	WF Sheyenne	_____	_____	_____
15	Bella Price	12	Minot	_____	_____	_____
16	McKayla Lindbo	12	Mandan	_____	_____	_____
17	Zoe Bjerke	11	Jamestown	_____	_____	_____
18	Anna Froemke	12	WF Sheyenne	_____	_____	_____
19	Kahlan Hamlin	12	Bismarck	_____	_____	_____
20	Ella Kesler	10	Minot	_____	_____	_____
21	Joanne Lee	11	Legacy	_____	_____	_____
22	Aubrey Piechowski	8	Fargo Davies	_____	_____	_____
23	Kenzie Swisher	12	Dickinson	_____	_____	_____
24	Anabelle Cramer	11	Jamestown	_____	_____	_____
25	Kelbie Bender	11	Mandan	_____	_____	_____
26	Lucia Campani	10	GF Central	_____	_____	_____
27	Madison Hischer	12	Fargo Davies	_____	_____	_____
28	Katelyn Kolness	9	Williston	_____	_____	_____
29	Mallory Docktor	11	West Fargo	_____	_____	_____
30	Harper Meyer	9	Fargo North	_____	_____	_____
31	Haley Conklin	9	Minot	_____	_____	_____
32	Halle Braaflat	10	Fargo Davies	_____	_____	_____
33	Sarah Ostlie	11	Shanley	_____	_____	_____
34	Kylie Jasso	10	Mandan	_____	_____	_____
35	Maddie Fischer	11	Shanley	_____	_____	_____
36	Julia Skari	9	Jamestown	_____	_____	_____
37	Paige Harry	12	WF Sheyenne	_____	_____	_____
38	Ashlyn Nielsen	11	Minot	_____	_____	_____

100 YARD BUTTERFLY

State Record (2020): Tierney Howell, WF Sheyenne, :55.44

1974	Sara Bingenheimer.....Bismarck	1:06.40	
1975	Linda Soli.....GF Red River...	1:06.20	
1976	Cathy Traynor.....Shanley.....	1:05.03	
1977	Trish Cole.....Fargo South	1:01.94	
1978	Trish Cole.....Fargo South	1:02.24	
1979	Janine Owens.....GF Central.....	1:00.28	
1980	Janine Owens.....GF Central.....	1:00.44	
1981	Janine Owens.....GF Central.....	:58.86	
1982	Holly Flickinger.....Minot	1:00.93	
1983	Vicky Pomaville.....Minot	1:04.73	
1984	Michelle Muri.....Bismarck	1:03.00	
1985	Vicky Pomaville.....Minot	1:04.37	
1986	Andrea Rudser	Minot	1:02.49
1987	Andrea Rudser	Minot	1:00.08
1988	Andrea Rudser	Minot	:58.51
1989	Andrea Rudser	Minot	:57.92
1990	Lisa Rodriquez	Williston	1:00.69
1991	Missy Utley	West Fargo	1:01.26
1992	Pamela Richmond.....Mandan.....	:58.09	
1993	Sarah Doeden	Williston	1:00.87
1994	Holly Skarsgard	Minot	:58.58
1995	Holly Skarsgard	Minot	:59.37
1996	Holly Skarsgard	Minot	:58.99

1997	Katie Hill	GF Red River.....	:58.61
1998	Katie Hill	GF Red River...	1:00.32
1999	Katie Hill	GF Red River...	1:00.19
2000	Linzey Bachmeier	Mandan.....	1:00.02
2001	Mandy Herberholz.....	Mandan.....	1:00.72
2002	Linzey Bachmeier	Mandan.....	:59.03
2003	Linzey Bachmeier	Mandan.....	:57.88
2004	Linzey Bachmeier	Mandan.....	:57.75
2005	Allison Maxwell	Williston	:57.50
2006	Dagny Knutson	Minot	:55.60
2007	Lexie Halberstadt.....	Shanley.....	:57.51
2008	Lexie Halberstadt.....	Shanley.....	:57.50
2009	Lexie Halberstadt.....	Shanley.....	:55.99
2010	Danica Dutt	West Fargo.....	:57.47
2011	Danica Dutt	West Fargo.....	:57.01
2012	Danica Dutt	West Fargo.....	:57.09
2013	Danica Dutt	West Fargo.....	:56.20
2014	Dani Bergeson	Century.....	:56.13
2015	Hallie Peterson	West Fargo.....	:57.49
2016	Anna Astrup	Fargo North	:58.46
2017	Anna Astrup	Fargo North.....	:57.85
2018	Demi Peterson.....	Williston	:59.33
2019	Elsa Musselman.....	GF Red River.....	:57.57
2020	Tierney Howell.....	WF Sheyenne	:55.44



Tierney Howell

Qualifying Time:
1:08.98

SEED TIMES

SEED TIMES		LN	NAME	YR	SCHOOL	SEED	TIME
Erin Palmer	Century.....	58.23	1	Eleanor Iversen	8	Fargo North	1:08.82
Tierney Howell	WF Sheyenne	59.17	2	Grace Fish	9	GF Red River	1:08.52
Lucia Aguero-Montero	Mandan	1:01.27	3	Jordan Stauffer	11	Williston	1:08.44
Jordn Wolsky	Minot	1:01.76	4	Evie Sevald	7	WF Sheyenne	1:08.36
Bree Triplett	WF Sheyenne	1:02.06	5	Morgan Uhlir	10	GF Central	1:08.43
Josey Jackson	Mandan	1:02.55	6	Amelia Zosel	8	Fargo North	1:08.49
Chea Baugh	Jamestown	1:02.58	7	Hadley Christianson	9	Shanley	1:08.67
Dru Zander	Williston	1:02.94	8	Abby Jablonsky	8	Century	1:08.95
Tara Hendrickson	Fargo Davies	1:03.41	1	Maya Steinkopf	12	West Fargo	1:07.39
Aryana Twist	Dickinson	1:03.76	2	Emma Vallie	11	Century	1:04.45
Payton Luzardo	Minot	1:03.95	3	Tara Hendrickson	11	Fargo Davies	1:03.41
Emily Brugman	Minot	1:04.22	4	Lucia Aguero-Montero	12	Mandan	1:01.27
Sierra Martin	Fargo South	1:04.42	5	Josey Jackson	11	Mandan	1:02.55
Olivia Peatross	Minot	1:04.45	6	Emily Brugman	12	Minot	1:04.22
Emma Vallie	Century	1:04.45	7	Halee Wersinger	12	WF Sheyenne	1:05.62
Olivia Gaebe	West Fargo	1:05.51	8	Cloe Nelson	10	Jamestown	1:07.59
Hanna Hoff	Fargo Davies	1:05.59	1	Cadence Cook	10	Century	1:07.30
Halee Wersinger	WF Sheyenne	1:05.62	2	Olivia Peatross	12	Minot	1:04.45
Addison Olson	GR Red River	1:06.71	3	Dru Zander	8	Williston	1:02.94
Cadence Cook	Century	1:07.30	4	Tierney Howell	11	WF Sheyenne	59.17
Maya Steinkopf	West Fargo	1:07.39	5	Bree Triplett	11	WF Sheyenne	1:02.06
Becca Smith	WF Horace	1:07.45	6	Payton Luzardo	12	Minot	1:03.95
Elizabeth Ellefson	Legacy	1:07.53	7	Hanna Hoff	10	Fargo Davies	1:05.59
Cloe Nelson	Jamestown	1:07.59	8	Elizabeth Ellefson	9	Legacy	1:07.53
Evie Sevald	WF Sheyenne	1:08.36	1	Addison Olson	8	GF Red River	1:06.71
Morgan Uhlir	GF Central.....	1:08.43	2	Sierra Martin	11	Fargo South	1:04.42
Jordan Stauffer	Williston	1:08.44	3	Chea Baugh	11	Jamestown	1:02.58
Amelia Zosel	Fargo North	1:08.49	4	Erin Palmer	12	Century	58.23
Grace Fish	GF Red River	1:08.52	5	Jordn Wolsky	12	Minot	1:01.76
Hadley Christianson	Shanley	1:08.67	6	Aryana Twist	10	Dickinson	1:03.76
Eleanor Iversen	Fargo North	1:08.82	7	Olivia Gaebe	12	West Fargo	1:05.51
Abby Jablonsky	Century	1:08.95	8	Becca Smith	9	WF Horace	1:07.45

100 YARD FREESTYLE

State Record (2009): Dagny Knutson, Minot, (Prelims) :48.15

1974	Coleen Miller	Fargo North	:59.10
1975	Lori McDonald	Fargo North	:57.90
1976	Lori McDonald	Fargo North	:56.72
1977	Bonnie Flickinger	Minot	:57.79
1978	Ingrid Lawrence	GF Red River	:54.88
1979	Ingrid Lawrence	GF Red River	:54.04
1980	Ingrid Lawrence	GF Red River	:52.58
1981	Christy Forsberg	Minot	:56.28
1982	Christy Forsberg	Minot	:55.32
1983	Christy Forsberg	Minot	:54.66
1984	Missy Yantzer	Minot	:55.82
1985	Krina Kabanuk	Fargo South	:55.16
1986	Krina Kabanuk	Fargo South	:55.20
1987	Krina Kabanuk	Fargo South	:54.96
1988	Krina Kabanuk	Fargo South	:55.00
1989	Cindy Goeddert	Century	:55.06
1990	Julie Bitz	Century	:54.68
1991	Megan Thiel	West Fargo	:53.69
1992	Suzie Helvig	Mandan	:52.38
1993	Megan Thiel	West Fargo	:53.66
1994	Sara Stevenson	Minot	:53.02
1995	Sara Stevenson	Minot	:54.44
1996	Elizabeth Pierce	Century	:53.87

1997	Christina Traen	Fargo South	:53.77
1998	Lauren Mickelson	Jamestown	:54.70
1999	Heather Harris	Fargo South	:51.75
2000	Heather Harris	Fargo South	:52.45
2001	Lauren Mickelson	Jamestown	:53.53
2002	Emily Weeks	Minot	:53.35
2003	Kelsey Schoonhoven	West Fargo	:53.59
2004	Dani Maddock	Century	:52.91
2005	Kelsey Schoonhoven	West Fargo	:51.52
2006	Hannah Whitehead	GF Central	:52.01
2007	Dagny Knutson	Minot	:48.80
2008	Cassie Walth	Century	:53.20
2009	Dagny Knutson	Minot	:48.30
2010	Courtney Funk	Minot	:52.13
2011	Courtney Funk	Minot	:51.74
2012	Emily Roche	Fargo North	:53.42
2013	Dani Bergeson	Century	:51.07
2014	Breah Anderson	Fargo North	:51.72
2015	Breah Anderson	Fargo North	:51.71
2016	Gracie Lingle	Fargo Davies	:52.12
2017	Gracie Lingle	Fargo Davies	:51.73
2018	Lexi Duchsherer	Century	:51.60
2019	Lexi Duchsherer	Century	:50.36
2020	Lexi Duchsherer	Century	:50.26



Lexi Duchsherer

Qualifying Time:
1:00.59

SEED TIMES

Sarah Dorrheim	Century	53.85
Taylor Cook	Century	55.15
Sydni Roberts	Wahpeton	55.19
Sam Vonbokern	Minot	55.27
Elise Altringer	Minot	55.30
Brooklyn Hanson	Shanley	56.09
Madee Shea	WF Sheyenne	56.11
Abby Erickson	Legacy	56.12
Charley Rathgeber	Dickinson	56.20
Megan Schill	GF Central	56.91
Reese Goodman	Minot	57.48
Lynnea Jackson	Mandan	57.63
Isabelle Forde	Bismarck	58.34
Olivia Tveter	Williston	58.41
Darby Humann	Fargo South	58.44
Isabelle Markell	WF Sheyenne	58.54
Lola Senderhauf	Williston	58.65
Reilly Meyer	Dickinson	58.78
Sam May	WF Sheyenne	58.82
Maddie Novak	WF Horace	58.97
Kearyn Woodward	Williston	59.15
Carley Hoff	Fargo Davies	59.16
Gabby Osborn	Minot	59.25
Aarya Panwalkar	Fargo North	59.40
Natalie Becker	Bismarck	59.54
Bernadette Belzer	Jamestown	59.75
Alaina Vein	Fargo North	59.97
Marley Uhlir	GF Central	59.98
Hannah Meschke	Dickinson	1:00.02
Lauren Sturma	Fargo Davies	1:00.07
Kayley Bischoff	Fargo Davies	1:00.07
Hannah McEvers	Century	1:00.22
Delanie Finck	Jamestown	1:00.25
Sady Nelson	Century	1:00.27
Ella McDonagh	WF Sheyenne	1:00.37
Anna Montplaisir	West Fargo	1:00.38
Becca Smith	WF Horace	1:00.40
Myah Tofte	Williston	1:00.44
Nora Andrist	Shanley	1:00.47

LN	NAME	YR	SCHOOL	SEED	TIME
1	Nora Andrist	8	Shanley	1:00.47	
2	Becca Smith	9	WF Horace	1:00.40	
3	Ella McDonagh	7	WF Sheyenne	1:00.37	
4	Delanie Finck	12	Jamestown	1:00.25	
5	Sady Nelson	10	Century	1:00.27	
6	Anna Montplaisir	12	West Fargo	1:00.38	
7	Myah Tofte	10	Williston	1:00.44	
1	Kayley Bischoff	10	Fargo Davies	1:00.07	
2	Hannah Meschke	9	Dickinson	1:00.02	
3	Alaina Vein	11	Fargo North	59.97	
4	Natalie Becker	12	Bismarck	59.54	
5	Bernadette Belzer	11	Jamestown	59.75	
6	Marley Uhlir	7	GF Central	59.98	
7	Lauren Sturma	11	Fargo Davies	1:00.07	
8	Hannah McEvers	8	Century	1:00.22	
1	Kearyn Woodward	10	Williston	59.15	
2	Darby Humann	12	Fargo South	58.44	
3	Charley Rathgeber	11	Dickinson	56.20	
4	Sydni Roberts	9	Wahpeton	55.19	
5	Brooklyn Hanson	9	Shanley	56.09	
6	Lynnea Jackson	8	Mandan	57.63	
7	Reilly Meyer	12	Dickinson	58.78	
8	Aarya Panwalkar	12	Fargo North	59.40	
1	Maddie Novak	9	WF Horace	58.97	
2	Olivia Tveter	8	Williston	58.41	
3	Abby Erickson	9	Legacy	56.12	
4	Taylor Cook	12	Century	55.15	
5	Elise Altringer	11	Minot	55.30	
6	Reese Goodman	10	Minot	57.48	
7	Lola Senderhauf	9	Williston	58.65	
8	Gabby Osborn	9	Minot	59.25	
1	Sam May	11	WF Sheyenne	58.82	
2	Isabelle Forde	11	Bismarck	58.34	
3	Madee Shea	11	WF Sheyenne	56.11	
4	Sarah Dorrheim	12	Century	53.85	
5	Sam Vonbokern	8	Minot	55.27	
6	Megan Schill	11	GF Central	56.91	
7	Isabelle Markell	10	WF Sheyenne	58.54	
8	Carley Hoff	10	Fargo Davies	59.16	

500 YARD FREESTYLE

State Record (2008): Dagny Knutson, Minot, (Prelims) 4:34.78

1974	Coleen Miller.....	Fargo North...	5:50.40
1975	Jean Miller.....	Bismarck.....	6:04.50
1976	Marj Laskey	Fargo North...	5:41.66
1977	Marj Laskey	Fargo North...	5:39.76
1978	Michelyn Rudser	Minot	5:36.00
1979	Michelyn Rudser	Minot	5:18.70
1980	Michelyn Rudser	Minot	5:25.58
1981	Michelyn Rudser	Minot	5:29.04
1982	Michelyn Rudser	Minot	5:22.42
1983	Beth Sornsins	Shanley.....	5:31.40
1984	Paula Rudser.....	Minot	5:38.95
1985	Paula Rudser.....	Minot	5:28.24
1986	Paula Rudser.....	Minot	5:23.48
1987	Paula Rudser.....	Minot	5:18.51
1988	Paula Rudser.....	Minot	5:18.02
1989	Suzie Helvig	Mandan.....	5:26.92
1990	Suzie Helvig	Mandan.....	5:13.70
1991	Suzie Helvig	Mandan.....	5:11.28
1992	Sara Stevenson.....	Minot	5:23.65
1993	Marie Burckhard	Minot	5:20.56
1994	Marie Burckhard	Minot	5:13.04
1995	Kate Holland.....	Minot	5:18.42
1996	Kate Holland.....	Minot	5:20.08

1997	Kate Holland.....	Minot	5:19.61
1998	Heather Harris.....	Fargo South ...	5:11.63
1999	Lauren Mickelson	Jamestown	5:20.71
2000	Lauren Mickelson	Jamestown	5:17.42
2001	Heather Harris.....	Fargo South ...	5:07.62
2002	Heather Harris.....	Fargo South ...	5:15.85
2003	Hannah Whitehead ...	GF Central.....	5:11.45
2004	Hannah Whitehead ...	GF Central.....	5:00.36
2005	Hannah Whitehead ...	GF Central.....	4:59.76
2006	Brittany Schmidt	GF Red River.	5:11.89
2007	Hannah Whitehead ...	GF Central	4:55.78
2008	Dagny Knutson	Minot	4:40.26
2009	Ali Church	GF Central.....	5:04.57
2010	Ali Church	GF Central.....	5:02.46
2011	Ali Church	GF Central.....	5:01.30
2012	Katie Svendsen	GF Central	5:06.25
2013	Alexis Ljunggren.....	GF Central.....	5:04.10
2014	Alexis Ljunggren.....	GF Central.....	5:00.61
2015	Alexis Ljunggren.....	GF Central.....	4:57.98
2016	Emma Hepper	Bismarck	5:12.82
2017	Alexis Ljunggren.....	GF Central.....	5:05.20
2018	Jordyn Danielson	GF Red River.	5:15.20
2019	Madeline Elseth.....	GF Central.....	5:15.62
2020	Greta Bellas.....	WF Sheyenne	5:13.21



Greta Bellas

Qualifying Time:
5:59.70

SEED TIMES

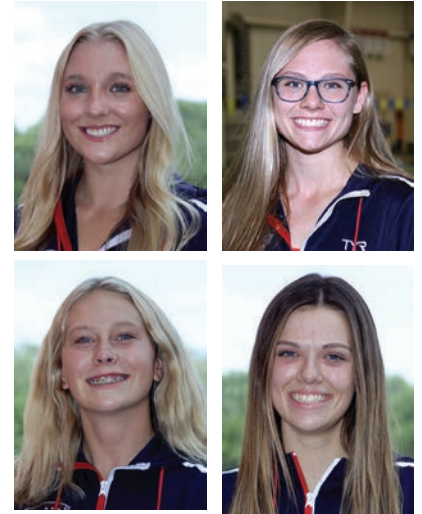
Greta Bellas	WF Sheyenne	5:15.86
Izzy Koebele	Century.....	5:23.62
Madeline Elseth	GF Central.....	5:28.06
Taylor Miller	Dickinson	5:30.16
Olivia Schuchard	Century	5:31.21
Brooklyn Keney	WF Sheyenne	5:32.33
Mara Ellerkamp	Dickinson.....	5:33.79
Georgia Lettenmaier	Jamestown.....	5:36.20
Myah Lund	WF Sheyenne	5:36.31
Caelin Flaten	Minot	5:40.60
Halee Wersinger	WF Sheyenne	5:41.91
Tova Blikre	Legacy	5:42.20
Izzy Miller	Fargo North	5:42.60
Gabbie Evanson	GF Central.....	5:43.54
Natalie Pfau	Williston	5:44.30
Sienna Mrachek	Century.....	5:44.50
Addison Olson	GF Red River	5:44.98
Olivia Johnson	Shanley.....	5:46.03
Joely Anderson	GF Red River	5:47.96
Olivia Gaebe	West Fargo	5:49.51
Rainy Bancroft	GF Central.....	5:50.26
Caylee Michela	Century	5:51.47
Savanna Baranko	Dickinson	5:51.92
Grace Schick	Legacy	5:52.39
Ava Neumann	Minot	5:52.70
Emma Rouse	Minot	5:54.84
Cloe Nelson	Jamestown.....	5:54.85
Elsie Becker	Fargo South	5:56.35
Eleanor Iversen	Fargo North	5:56.64
Jillian Schick	Legacy	5:56.66
Jewel Zimmer	Legacy	5:57.30
Sophie Hetland	WF Horace	5:57.35
Nora Becker	Fargo South	5:57.69
Taylor Adamski	Mandan	5:57.69
Erin Kerzmann	Minot	5:57.74
Sienna Eissinger	Fargo Davies.....	5:59.13
Savannah Mauch	WF Horace.....	5:59.48

LN	NAME	YR	SCHOOL	SEED	TIME
2	Savannah Mauch	9	WF Horace	5:59.48	
3	Erin Kerzmann	11	Minot	5:57.74	
4	Taylor Adamski	11	Mandan	5:57.69	
5	Nora Becker	10	Fargo South	5:57.69	
6	Sienna Eissinger	10	Fargo Davies	5:59.13	
1	Jewel Zimmer	10	Legacy	5:57.30	
2	Eleanor Iversen	8	Fargo North	5:56.64	
3	Cloe Nelson	10	Jamestown	5:54.85	
4	Ava Neumann	9	Minot	5:52.70	
5	Emma Rouse	12	Minot	5:54.84	
6	Elsie Becker	8	Fargo South	5:56.35	
7	Jillian Schick	9	Legacy	5:56.66	
8	Sophie Hetland	8	WF Horace	5:57.35	
1	Rainy Bancroft	7	GF Central	5:50.26	
2	Natalie Pfau	10	Williston	5:44.30	
3	Myah Lund	10	WF Sheyenne	5:36.31	
4	Madeline Elseth	11	GF Central	5:28.06	
5	Brooklyn Keney	10	WF Sheyenne	5:32.33	
6	Tova Blikre	9	Legacy	5:42.20	
7	Olivia Johnson	12	Shanley	5:46.03	
8	Grace Schick	10	Legacy	5:52.39	
1	Olivia Gaebe	12	West Fargo	5:49.51	
2	Gabbie Evanson	10	GF Central	5:43.54	
3	Georgia Lettenmaier	9	Jamestown	5:36.20	
4	Izzy Koebele	12	Century	5:23.62	
5	Olivia Schuchard	12	Century	5:31.21	
6	Halee Wersinger	12	WF Sheyenne	5:41.91	
7	Addison Olson	8	GF Red River	5:44.98	
8	Savanna Baranko	12	Dickinson	5:51.92	
1	Joely Anderson	9	GF Red River	5:47.96	
2	Izzy Miller	10	Fargo North	5:42.60	
3	Mara Ellerkamp	10	Dickinson	5:33.79	
4	Greta Bellas	12	WF Sheyenne	5:15.86	
5	Taylor Miller	9	Dickinson	5:30.16	
6	Caelin Flaten	9	Minot	5:40.60	
7	Sienna Mrachek	8	Century	5:44.50	
8	Caylee Michela	11	Century	5:51.47	

200 YARD FREESTYLE RELAY

State Record (2018): Sarah Dorrheim, Paige Keller, Carly Palmer, Lexi Duchsherer, Century, 1:37.38

1990	Mandan	C. Hohbein, N. Reidinger, K. Wagner, J. Harding	1:53.23
1991	Mandan	L. Sletten, N. Fiest, K. Wagner, S. Helvig	1:40.48
1992	Mandan	M. Braunberger, N. Fiest, S. Frysle, S. Helvig	1:42.15
1993	West Fargo	M. Thiel, T. Springer, K. Grant, M. Utley	1:41.96
1994	Bismarck Century	K. Schmitz, A. Kindschi, K. Delvo, E. Pierce	1:40.66
1995	Bismarck Century	K. Delvo, J. Farnsworth, A. Kindschi, E. Pierce	1:41.51
1996	Minot	T. Bruels, K. Holland, T. Goldade, J. Lowe	1:41.71
1997	Minot	M. Burckhard, K. Holland, J. Lowe, T. Goldade	1:40.60
1998	Jamestown	N. Nygaard, A. Weigel, L. Mickelson, J. Ament	1:41.27
1999	Mandan	L. Bachmeier, N. Saur, K. Fiest, R. Keller	1:39.27
2000	Mandan	L. Bachmeier, A. Renner, S. Dougherty, N. Saur	1:41.68
2001	Mandan	L. Bachmeier, K. Fiest, A. Renner, M. Herberholz	1:41.42
2002	Williston	A. Maxwell, C. Gormally, K. Wood, A. Roness	1:40.30
2003	Minot	B. Johnston, A. Jenkins, A. Gooch, E. Weeks	1:41.23
2004	Fargo North	S. Ziegelmann, N. Reza, A. Vanlishout, E. Espel	1:40.78
2005	Williston	A. Maxwell, E. Maetzold, C. Gormally, B. Bolinske	1:39.46
2006	Grand Forks Central	K. Fristad, A. Eades, B. Peterson, H. Whitehead	1:41.67
2007	Fargo North	R. Wessman, K. Henze, N. Reza, A. Vanlishout	1:40.79
2008	Bismarck Century	S. Weinberg, C. Walth, L. Engberg, K. Kemmesat	1:40.96
2009	Bismarck Century	C. Walth, L. Engberg, J. Fallgatter, K. Kemmesat	1:39.42
2010	Bismarck Century	L. Engberg, J. Fallgatter, M. Jeske, C. Walth	1:41.43
2011	Bismarck Century	C. Walth, N. Johnson, V. Herrmann, K. Ekre	1:40.95
2012	West Fargo	H. Peterson, B. Faul, J. Johnson, D. Dutt	1:39.90
2013	Minot	M. Brown, J. Gillund, F. Walker-Rozo, E. Hamel	1:38.21
2014	Minot	C. Askvig, M. Brown, J. Gillund, E. Hamel	1:38.65
2015	West Fargo	M. Gunning, M. Steinkopf, A. Peterson, H. Peterson	1:38.45
2016	Bismarck Century	A. Bourgois, L. Duchsherer, A. Warren, C. Palmer	1:39.66
2017	Bismarck Century	L. Duchsherer, A. Frank, G. Zottnick, P. Keller	1:39.04
2018	Bismarck Century	S. Dorrheim, P. Keller, C. Palmer, L. Duchsherer	1:37.38
2019	Fargo Davies	G. Lingle, V. Soforenko, R. Wical, L. Ohe	1:38.45
2020	Bismarck Century	P. Keller, T. Cook, L. Caster, S. Dorrheim	1:39.39



Paige Keller, Taylor Cook,
Lauryn Caster, Sarah Dorrheim

HEAT 1 Timed Finals

LN	SCHOOL	SEED	TIME
3	Wahpeton	1:54.78	_____
4	Fargo South	1:52.43	_____
5	Grand Forks Red River	1:53.46	_____

HEAT 2 Timed Finals

LN	SCHOOL	SEED	TIME
1	WF Horace	1:52.26	_____
2	Mandan	1:51.27	_____
3	Shanley	1:49.60	_____
4	Fargo North	1:48.74	_____
5	Fargo Davies	1:49.07	_____
6	Williston	1:50.85	_____

HEAT 3 Timed Finals

LN	SCHOOL	SEED	TIME
1	West Fargo	1:47.18	_____
2	Grand Forks Central	1:45.18	_____
3	Minot	1:43.94	_____
4	Century	1:37.53	_____
5	West Fargo Sheyenne	1:42.74	_____
6	Dickinson	1:44.04	_____
7	Legacy	1:46.96	_____
8	Jamestown	1:47.96	_____

100 YARD BACKSTROKE

State Record (2016 & 2018(prelims)):
Briana Rittenbach, Bismarck Century, :55.67

1974	Diane Johansen	Fargo North	1:07.40
1975	Diane Johansen	Fargo North	1:06.50
1976	Diane Johansen	Fargo North	1:05.45
1977	Lori Miller	Fargo North	1:05.41
1978	Bonnie Flickinger	Minot	1:05.08
1979	Bonnie Flickinger	Minot	1:04.72
1980	Lori Miller	Fargo North	1:06.15
1981	Debbie Dickson	Century	1:04.27
1982	Carolyn Hanna	Minot	1:05.37
1983	Carolyn Hanna	GF Central	1:02.72
1984	Heidi Hill	Jamestown	1:04.70
1985	Missy Yantzer	Minot	1:04.47
1986	Missy Yantzer	Century	1:04.42
1987	Missy Yantzer	Century	1:02.00
1988	Amy Vigers	Minot	1:01.82
1989	Amy Vigers	Minot	1:02.40
1990	Melissa Parker	Minot	1:03.27
1991	Molly Huber	Century	1:01.85
1992	Molly Huber	Century	1:03.13
1993	Kara Schmitz	Century	1:00.70
1994	Kara Schmitz	Century	:59.71
1995	Lisa Haunz	Century	:59.95
1996	Lisa Haunz	Century	:58.07

1997	Lisa Haunz	Century	:58.04
1998	Lisa Haunz	Century	:58.61
1999	Jenny Bachmeier	Mandan	:59.27
2000	Jenny Bachmeier	Mandan	:59.58
2001	Jenny Bachmeier	Mandan	:59.03
2002	Jenny Bachmeier	Mandan	:59.00
2003	Kelsey Schoonhoven	West Fargo	:59.66
2004	Kelsey Schoonhoven	West Fargo	:57.32
2005	Kelsey Schoonhoven	West Fargo	:56.72
2006	Kelsey Schoonhoven	West Fargo	:57.26
2007	Maggi Beck	Minot	:59.90
2008	Maggi Beck	Minot	:58.73
2009	Kaitlin Bolinske	Williston	:59.29
2010	Erin Grabanski	GF Red River	:57.83
2011	Erin Hart	Jamestown	:57.82
2012	Dani Bergeson	Century	:55.68
2013	Dani Bergeson	Century	:56.27
2014	Dani Bergeson	Century	:56.30
2015	Emma Hepper	Bismarck	:57.54
2016	Briana Rittenbach	Century	:55.67
2017	Briana Rittenbach	Century	:57.11
2018	Briana Rittenbach	Century	:55.93
2019	Liv Hettinger	West Fargo	:56.93
2020	Liv Hettinger	West Fargo	:57.18



Liv Hettinger

Qualifying Time:
1:09.24

SEED TIMES

		LN	NAME	YR	SCHOOL	SEED	TIME
Liv Hettinger	West Fargo	2	Caylee Michela	11	Century	1:09.12	
Marissa Branham	Williston	3	Ellie Schaefer	9	Minot	1:09.09	
Addison Cerney	Fargo North	4	Anika Grunenwald	9	Williston	1:08.88	
McKayla Donat	Legacy	5	Hailey Sorensen	11	Williston	1:09.00	
Katie Iverson	Fargo South	6	Liv Olson	12	GF Red River	1:09.12	
Jordn Wolsky	Minot	7	Colette Smith	12	Fargo North	1:09.12	
Sydni Roberts	Wahpeton	1	Emma Auch	12	Bismarck	1:08.79	
Allysah Larson	Jamestown	2	Ellie Nelson	8	West Fargo	1:08.57	
Tova Blikre	Legacy	3	Rachael Lubale	10	Century	1:08.52	
Ava Wiliamson	Minot	4	Zada Kunz	7	Legacy	1:08.48	
Bella Stockeland	GF Central	5	Taylor Bjerke	12	WF Sheyenne	1:08.50	
Caitlyn Bjerke	WF Sheyenne	6	Jocelyn Wettlaufer	7	WF Horace	1:08.55	
Josey Jackson	Mandan	7	Hadley Hegland	10	Fargo Davies	1:08.76	
Kara Hansen	Williston	8	Alena Meberg	12	GF Red River	1:08.84	
Sophia Markell	WF Sheyenne	1	Anna French	11	Fargo North	1:07.69	
McKenna Mettler	Dickinson	2	Sophia Markell	10	WF Sheyenne	1:05.96	
Isabelle Markell	WF Sheyenne	3	Tova Blikre	9	Legacy	1:03.51	
Alexes Prasek	Jamestown	4	Addison Cerney	9	Fargo North	1:00.92	
Mara Lick	West Fargo	5	Jordn Wolsky	12	Minot	1:02.51	
Natalie Haroldson	Mandan	6	Caitlyn Bjerke	11	WF Sheyenne	1:04.91	
Anna French	Fargo North	7	Alexes Prasek	11	Jamestown	1:06.10	
Hallie Schatzke	West Fargo	8	Kylie Duchsherer	9	Century	1:08.35	
Hannah Smithers	Century	1	Natalie Haroldson	12	Mandan	1:07.19	
Kylie Duchsherer	Century	2	Kara Hansen	8	Williston	1:05.91	
Zada Kunz	Legacy	3	Allysah Larson	10	Jamestown	1:03.10	
Taylor Bjerke	WF Sheyenne	4	Marissa Branham	12	Williston	59.98	
Rachael Lubale	Century	5	Katie Iverson	12	Fargo South	1:02.48	
Jocelyn Wettlaufer	WF Horace	6	Bella Stockeland	12	GF Central	1:04.30	
Ellie Nelson	West Fargo	7	Isabelle Markell	10	WF Sheyenne	1:06.04	
Hadley Hegland	Fargo Davies	8	Hannah Smithers	11	Century	1:08.13	
Emma Auch	Bismarck	1	Anna French	11	Fargo North	1:07.69	
Alena Meberg	GF Red River	2	Sophia Markell	10	WF Sheyenne	1:05.96	
Anika Grunenwald	Williston	3	Tova Blikre	9	Legacy	1:03.51	
Hailey Sorensen	Williston	4	Addison Cerney	9	Fargo North	1:00.92	
Ellie Schaefer	Minot	5	Jordn Wolsky	12	Minot	1:02.51	
Liv Olson	GF Red River	6	Caitlyn Bjerke	11	WF Sheyenne	1:04.91	
Caylee Michela	Century	7	Alexes Prasek	11	Jamestown	1:06.10	
Colette Smith	Fargo North	8	Kylie Duchsherer	9	Century	1:08.35	

100 YARD BREASTSTROKE

State Record (2016): Vanessa Herrmann, Bismarck Century,
1:02.75 (prelims)

1974	Cheryl Zitzow	Fargo South ...	1:18.30
1975	Lori McDonald	Fargo North ...	1:14.40
1976	Lori McDonald	Fargo North ...	1:12.56
1977	Anne Kincheloe	Minot	1:13.12
1978	Anne Kincheloe	Minot	1:12.71
1979	Anne Kincheloe	Minot	1:10.92
1980	Heidi Hill	Jamestown	1:13.87
1981	Heidi Hill	Jamestown	1:15.10
1982	Heidi Hill	Jamestown	1:15.00
1983	Su-Lin Woo	Century	1:15.15
1984	Paula Triepke	Jamestown	1:14.57
1985	Paula Triepke	Jamestown	1:12.31
1986	Angie Johnson	Minot	1:10.65
1987	Tisha Yantzer	Century	1:08.92
1988	Tisha Yantzer	Century	1:07.09
1989	Tisha Yantzer	Century	1:07.63
1990	Tisha Yantzer	Century	1:08.71
1991	Nicole Fiest	Mandan	1:08.70
1992	Nicole Fiest	Mandan	1:09.17
1993	Amy Gormally	Williston	1:08.17
1994	Amy Gormally	Williston	1:07.59
1995	Kate Giese	Century	1:06.61
1996	Kate Giese	Century	1:04.81

1997	Keri Hehn	Fargo North ...	1:05.31
1998	Keri Hehn	Fargo North ...	1:06.33
1999	Kelli Henke	Mandan	1:06.64
2000	Amy Anderson	GF Central	1:07.54
2001	Amy Anderson	GF Central	1:07.67
2002	Amy Anderson	GF Central	1:07.19
2003	Carissa Gormally	Williston	1:07.86
2004	Carissa Gormally	Williston	1:07.54
2005	Ashley Reiter	West Fargo	1:07.67
2006	Bailey Bolinske	Williston	1:07.39
2007	Ashley Reiter	West Fargo	1:05.87
2008	Ashley Reiter	West Fargo	1:06.42
2009	Sadie Miller	Williston	1:07.16
2010	Ellie Roche	Fargo North ...	1:07.05
2011	Elizabeth Roche	Fargo North ...	1:05.59
2012	Veronica Herrmann	Century	1:05.59
2013	Ellie Roche	Fargo North ..	1:06.28
2014	Vanessa Herrmann	Century	1:04.45
2015	Vanessa Herrmann	Century	1:03.23
2016	Vanessa Herrmann	Century	1:02.96
2017	Vanessa Herrmann	Century	1:02.89
2018	Carly Palmer	Century	1:05.84
2019	Marissa Branham	Williston	1:05.59
2020	Erin Palmer	Century	1:02.95



Erin Palmer

Qualifying Time:
1:18.65

SEED TIMES

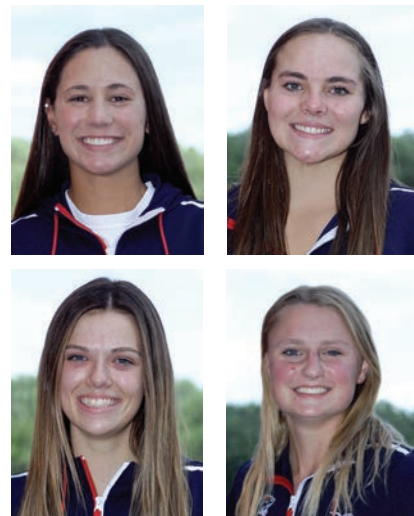
Erin Palmer	Century	1:04.31
Lauren McDonagh	WF Sheyenne	1:08.72
Lauryn Caster	Century	1:10.49
Tara Hendrickson	Fargo Davies	1:10.68
Alexa Heckaman	Shanley	1:10.96
Ella Montplaisir	West Fargo	1:11.40
Mady Tivis	Century	1:11.72
Madeline VerDouw	Bismarck	1:12.67
Hannah Potter	est Fargo	1:13.19
Havanna Metzger	Minot	1:13.38
Brooklyn Richards	Century	1:13.49
Savannah Goehring	Williston	1:13.62
Olivia Whitney	GF Red River	1:13.99
Katie Gruman	Legacy	1:14.84
Tyndale Archer	WF Sheyenne	1:14.94
Sam May	WF Sheyenne	1:15.33
Haili Metzger	Minot	1:16.17
Madison Lyman	Minot	1:16.70
Bethany Mehl	Fargo South	1:16.97
Nova Beckler-Bell	Legacy	1:17.29
Bostyn Edwards	Minot	1:17.40
Reilly Jorud	Fargo Davies	1:17.80
Myah Tofte	Williston	1:17.84
Ericka Williams	Dickinson	1:17.88
Emma McKenzie	Legacy	1:18.04
Berit Hillmer	Fargo North	1:18.05
Ali Toay	Fargo North	1:18.21
Maddie Becker	Bismarck	1:18.33
Signey Webb	WF Sheyenne	1:18.34

LN	NAME	YR	SCHOOL	SEED	TIME
2	Signey Webb	10	WF Sheyenne	1:18.34	
3	Ali Toay	9	Fargo North	1:18.21	
4	Emma McKenzie	11	Legacy	1:18.04	
5	Berit Hillmer	8	Fargo North	1:18.05	
6	Maddie Becker	12	Bismarck	1:18.33	
1	Bostyn Edwards	9	Minot	1:17.40	
2	Tyndale Archer	10	WF Sheyenne	1:14.94	
3	Hannah Potter	11	West Fargo	1:13.19	
4	Lauryn Caster	10	Century	1:10.49	
5	Ella Montplaisir	10	West Fargo	1:11.40	
6	Savannah Goehring	11	Williston	1:13.62	
7	Madison Lyman	10	Minot	1:16.70	
8	Ericka Williams	11	Dickinson	1:17.88	
1	Nova Beckler-Bell	10	Legacy	1:17.29	
2	Katie Gruman	10	Legacy	1:14.84	
3	Madeline VerDouw	7	Bismarck	1:12.67	
4	Lauren McDonagh	9	WF Sheyenne	1:08.72	
5	Alexa Heckaman	8	Shanley	1:10.96	
6	Brooklyn Richards	7	Century	1:13.49	
7	Haili Metzger	9	Minot	1:16.17	
8	Myah Tofte	10	Williston	1:17.84	
1	Bethany Mehl	7	Fargo South	1:16.97	
2	Olivia Whitney	9	GF Red River	1:13.99	
3	Mady Tivis	10	Century	1:11.72	
4	Erin Palmer	12	Century	1:04.31	
5	Tara Hendrickson	11	Fargo Davies	1:10.68	
6	Havanna Metzger	9	Minot	1:13.38	
7	Sam May	11	WF Sheyenne	1:15.33	
8	Reilly Jorud	12	Fargo Davies	1:17.80	

400 YARD FREESTYLE RELAY

State Record (2020): Lexi Duchsherer, Olivia Schuchard, Sarah Dorrheim, Erin Palmer, Century, 3:29.58

1974	Fargo North	L. Geiger, J. Beckman, M. Dahl, C. Miller	4:04.70
1975	Bismarck	J. Miller, T. Leupp, H. Thorndahl, M. Irving	4:09.80
1976	Fargo North	M. Flaagan, L. Ridgeway, L. Geiger, M. Laskey	4:02.41
1977	Fargo North	L. McDonald, L. Johanson, M. Laskey, L. Miller	3:51.65
1978	Williston	C. Hagan, J. Conlin, K. Erickson, B. Birkeland	3:58.08
1979	Minot	M. Rudser, C. Forsberg, K. Edwards, B. Flickinger	3:47.87
1980	Minot	D. Smith, N. Andrews, C. Forsberg, M. Rudser	3:57.32
1981	Minot	D. Hanna, D. Smith, C. Forsberg, M. Rudser	3:54.21
1982	Minot	D. Hanna, K. Warren, C. Forsberg, M. Rudser	3:47.88
1983	Minot	C. Marten, A. Swann, S. Iverson, C. Forsberg	3:54.51
1984	Minot	C. Marten, P. Rudser, C. Volk, M. Yantzer	3:53.73
1985	Mandan	J. Reidinger, D. Hilfer, A. Peterson, S. Hilfer	3:53.30
1986	Minot	S. Disrud, T. Berntson, P. Rudser, S. Burkhart	3:52.58
1987	Minot	T. Berntson, J. Ostad, S. Burkhart, P. Rudser	3:47.99
1988	Minot	T. Berntson, L. Loeffler, P. Rudser, A. Rudser	3:42.48
1989	Mandan	J. Harding, N. Fiest, B. Stork, S. Helvig	3:48.95
1990	Bismarck Century	C. Goeddert, C. Rohrich, T. Yantzer, J. Bitz	3:39.71
1991	Bismarck Century	C. Goeddert, K. Schmitz, C. Rohrich, J. Bitz	3:42.46
1992	Mandan	N. Fiest, S. Helvig, L. Little, P. Richmond	3:44.11
1993	West Fargo	M. Thiel, T. Springer, K. Grant, M. Utley	3:43.25
1994	Minot	K. Holland, H. Skarsgard, M. Burckhard, S. Stevenson	3:37.64
1995	Minot	T. Bruels, K. Holland, H. Skarsgard, S. Stevenson	3:41.31
1996	Bismarck Century	A. Jundt, L. Haunz, A. Kindschi, E. Pierce	3:37.52
1997	Minot	K. Holland, K. Deutsch, J. Wendt, M. Burckhard	3:40.79
1998	Mandan	L. Little, N. Saur, K. Fiest, J. Bachmeier	3:41.85
1999	Jamestown	J. Ament, A. Weigel, M. Johnson, L. Mickelson	3:39.55
2000	Mandan	L. Bachmeier, M. Herberholz, J. Bachmeier, K. Fiest	3:41.10
2001	Fargo South	J. Buskohl, L. Watkins, C. Burd, H. Harris	3:40.01
2002	Mandan	K. Fiest, M. Herberholz, S. Bachmeier, J. Bachmeier	3:41.00
2003	Williston	A. Maxwell, E. Maetzold, K. Wood, A. Roness	3:42.19
2004	West Fargo	E. Stromsvik, A. Flaten, A. Reiter, K. Schoonhoven	3:37.92
2005	West Fargo	T. Olson, M. Brennan, A. Reiter, K. Schoonhoven	3:37.23
2006	Minot	L. Greer, K. Beechie, M. Beck, D. Knuston	3:39.17
2007	Minot	S. Olsen, K. Nelson, M. Beck, D. Knutson	3:37.35
2008	Bismarck Century	C. Walth, S. Weinberg, L. Engberg, K. Kemmesat	3:37.70
2009	Bismarck Century	C. Walth, L. Engberg, M. Jeske, K. Kemmesat	3:37.03
2010	Grand Forks Red River	E. Grabanski, B. Schmidt, A. DiCristina, M. Kojic	3:37.20
2011	Bismarck Century	C. Walth, D. Bergeson, M. Jeske, J. Fallgatter	3:36.47
2012	Fargo North	E. Roche, L. Mengelkoch, E. Roche, M. Derby	3:34.29
2013	West Fargo	H. Peterson, M. Gunning, B. Faul, D. Dutt	3:33.33
2014	Fargo North	B. Anderson, O. Roche, L. Mengelkoch, E. Roche	3:31.81
2015	West Fargo	H. Peterson, E. Bourassa, A. Peterson, M. Gunning	3:33.15
2016	Bismarck Century	A. Warren, A. Bourgois, V. Herrmann, B. Rittenbach	3:34.83
2017	Bismarck Century	B. Rittenbach, S. Dorrheim, V. Herrmann, C. Palmer	3:36.48
2018	Bismarck Century	S. Dorrheim, A. Frank, C. Palmer, B. Rittenbach	3:34.24
2019	Bismarck Century	O. Schuchard, S. Dorrheim, E. Palmer, L. Duchsherer	3:32.22
2020	Bismarck Century	L. Duchsherer, O. Schuchard, S. Dorrheim, E. Palmer	3:29.58



Lexi Duchsherer, Olivia Schuchard
Sarah Dorrheim, Erin Palmer

HEAT 1 Timed Finals

LN	SCHOOL	SEED	TIME
3	Grand Forks Red River	4:12.28	_____
4	Bismarck	4:03.28	_____
5	WF Horace	4:11.88	_____

HEAT 2 Timed Finals

LN	SCHOOL	SEED	TIME
2	Shanley	3:59.28	_____
3	Fargo North	3:57.16	_____
4	Fargo South	3:56.66	_____
5	West Fargo	3:56.86	_____
6	Jamestown	3:58.24	_____
7	Fargo Davies	4:02.69	_____

HEAT 3 Timed Finals

LN	SCHOOL	SEED	TIME
1	Mandan	3:52.15	_____
2	Williston	3:48.22	_____
3	Minot	3:42.35	_____
4	Century	3:38.27	_____
5	West Fargo Sheyenne	3:40.91	_____
6	Dickinson	3:47.17	_____
7	Legacy	3:52.12	_____
8	Grand Forks Central	3:53.31	_____

NDHSAA MINIMAL BEHAVIOR EXPECTATIONS FOR REGULAR AND POSTSEASON COMPETITIONS:

- Respect the American flag and the National Anthem.
- Contesting schools shall each have an authorized faculty representative present who shall be responsible for his/her school's participants, students, and fans throughout the contest.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the facility if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, trash talk, name-calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school/tournament administrators.
- Any attendee ejected from a NDHSAA tournament venue will be banned from the venue(s) for the remainder of the event.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Hand held signs and flags, which do not obstruct the view of others, are permitted provided they are in good taste. Signs or other similar items contest/tournament officials deem to be in poor taste will be removed. Message or "white" boards are prohibited. The carrying of flags around the playing surface is NOT allowed.
- Artificial noisemakers of any kind (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed at any indoor events, including outdoor sports played at indoor venues. Exception – Megaphones appropriately used by cheerleaders are permitted if allowed by contest officials.
- Laser lights or any other lights deemed distracting to participants are strictly prohibited.
- Confetti is banned at all NDHSAA tournament venues. Tournament staff is instructed to confiscate such articles at the door.
- Objects shall not be thrown into the stands at any NDHSAA tournament venue.
- The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited for any persons at NDHSAA tournament venues.

Here's an effective way for you and your community to prevent the **#1 KILLER OF TEENS.**

The ND Association of Counties has teamed up with the "Impact Teen Drivers – What Do You Consider Lethal" Campaign with a free interactive program for students, teachers and law enforcement. "Impact Teen Drivers" will help teens think about the deadly impact of distractions while driving.

To book this program, please contact:

Ryan Gellner, rgellner@ndaco.org
Traffic Safety Outreach Program



Impact
---Teen Drivers---

VISION ZERO

NDACo
NORTH DAKOTA ASSOCIATION OF COUNTIES

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