

2017 North Star Athletic Association Outdoor Track and Field Championships
May 11-12, Jamestown, N.D.

WOMEN

10000 Meter Run

1	Amber Posner, So, Jamestown	41:44.48
2	Jade Sheffield, Fr, Dickinson St.	43:08.17
3	Brittney Grove, So, Dickinson St.	44:32.09
4	Allison Foster, So, Jamestown	45:16.02
5	Austyn Copp, Jr, Dickinson St.	48:34.23
6	Paola Silvestre, Sr, Dickinson St.	48:57.10
7	Geneva Espinoza, Fr, Valley City State	49:24.55

4x800 Meter Relay

1	Dickinson St. (Jacey Wilson, Amanda Wolff, Lisa Townsend, Paitton Herbst)	9:41.66
2	Jamestown (Lindi Chadwick, Hannah Christenson, Christa Lysne, Rachel Heuchert)	10:21.69
3	Viterbo (Karen Dascent, Kateri Hansen, Hannah Conroy, Makala Teske)	12:03.94
4	Waldorf (Marissa Kuik, Charley Buddenhagen, Bailey Matthaiddess, Danielle Holt)	12:39.30

3000m Steeplechase

1	Paitton Herbst, Fr, Dickinson St.	11:45.28
2	Paola Silvestre, Sr, Dickinson St.	12:51.83
3	Lindi Chadwick, Fr, Jamestown	12:57.00
4	Bailey Matthaiddess, Jr, Waldorf	14:56.25
5	Hannah Conroy, Jr, Viterbo	16:28.23

4x100 Meter Relay

1	Dickinson St. (Danna Hanks, Abby Honeyman, Shelbi McGee, Lorna Shepherd)	49.60
2	Jamestown (Sophia Bruckner, Julia Johnson, Madelaine Rue, Kylee Voigt)	50.37
3	Waldorf (Danielle Holt, Taylor Navratil, Morgan Straight, Markai Wotoe)	51.03
4	Viterbo (Alile Browne, Molly Jump, Makala Teske, Kayla King)	51.07
5	Valley City State (Macy Dimler, Geneva Espinoza, Seri Geisler, Keauna Hansen)	56.28

1500 Meter Run

1	Christa Lysne, Jr, Jamestown	4:54.85
2	Amanda Wolff, So, Dickinson St.	4:56.09
3	Jacey Wilson, So, Dickinson St.	5:01.87
4	Lisa Townsend, Fr, Dickinson St.	5:18.78
5	Cassidy Peterson, Jr, Jamestown	5:33.33
6	Austyn Copp, Jr, Dickinson St.	5:38.91
7	Marissa Kuik, Fr, Waldorf	5:46.55
8	Kateri Hansen, So, Viterbo	5:50.43
9	Mercedes Jochims, Jr, Dakota State	6:29.44
	Amber Posner, So, Jamestown	DNF

100 Meter Hurdles

Round 1, Heat 1

1 Kaiann Arellano, Fr, Jamestown	15.07Q
2 Macy Dimler, Fr, Valley City State	15.97q
3 Danna Hanks, Fr, Dickinson St.	16.35q
4 Danielle Holt, Jr, Waldorf	17.30q

Round 1, Heat 2

1 Abby Honeyman, So, Dickinson St.	15.24Q
2 Madelaine Rue, Fr, Jamestown	16.34q
3 Morgan Straight, Fr, Waldorf	16.37q
4 Eliana Luke, So, Viterbo	16.97q
Asia Bell, Fr, Waldorf	DNC

Final

1 Abby Honeyman, So, Dickinson St.	14.98
2 Kaiann Arellano, Fr, Jamestown	15.00
3 Macy Dimler, Fr, Valley City State	15.69
4 Morgan Straight, Fr, Waldorf	15.92
5 Danna Hanks, Fr, Dickinson St.	16.14
6 Madelaine Rue, Fr, Jamestown	16.46
7 Eliana Luke, So, Viterbo	16.55
8 Danielle Holt, Jr, Waldorf	16.88

400 Meter Dash

1 Lorna Shepherd, So, Dickinson St.	59.23	H2
2 Kylee Voigt, Fr, Jamestown	59.31	H2
3 Hannah Christenson, Fr, Jamestown	59.62	H2
4 Keauna Hansen, So, Valley City State	61.18	H2
5 Markai Wotoe, Fr, Waldorf	61.38	H2
6 Makala Teske, So, Viterbo	62.01	H1
7 Allison Hert, So, Dickinson St.	66.79	H2
8 Taylor Navratil, Fr, Waldorf	67.00	H1
9 Charley Buddenhagen, Jr, Waldorf	76.27	H1
10 Katelin Clements, Jr, Viterbo	85.42	H1

100 Meter Dash

Round 1, Heat 1

1 Sophia Bruckner, Fr, Jamestown	12.73Q
2 Kayla King, So, Viterbo	12.81q
3 Shelbi McGee, So, Dickinson St.	12.82q
4 BreeAna Olson, Fr, Dakota State	13.19q
5 Emily Stier, Fr, Jamestown	13.20q
6 Megan Schrempp, Fr, Dakota State	13.44

Round 1, Heat 2

1 Abby Honeyman, So, Dickinson St.	12.73Q
2 Alile Browne, Sr, Viterbo	13.00q
3 Lorna Shepherd, So, Dickinson St.	13.01q
4 Taylor Navartil, Fr, Waldorf	13.21
5 Breanna Adsit, Sr, Dakota State	13.72
Kaila Jackson, Fr, Waldorf	DNC

Final

1 Shelbi McGee, So, Dickinson St.	12.820
2 Sophia Bruckner, Fr, Jamestown	12.830

3	Abby Honeyman, So, Dickinson St.	12.84	
4	Kayla King, So, Viterbo	12.85	
5	Alile Browne, Sr, Viterbo	13.00	
6	BreeAna Olson, Fr, Dakota State	13.02	
7	Emily Stier, Fr, Jamestown	13.20	
8	Lorna Shepherd, So, Dickinson St.	13.30	
800 Meter Run			
1	Rachel Heuchert, Sr, Jamestown	2:21.29	
2	Paitton Herbst, Fr, Dickinson St.	2:22.24	
3	Christa Lysne, Jr, Jamestown	2:26.38	
4	Jacey Wilson, So, Dickinson St.	2:31.25	
5	Shayna Tonderum, Sr, Dickinson St.	2:36.47	
6	Victoria Sopko, Sr, Dakota State	2:40.78	
7	Tyra Laws, Jr, Dakota State	2:50.21	
	Charley Buddenhagen, Jr, Waldorf	DNC	
	Haley Swanson, So, Viterbo	DNC	
	Marissa Kuik, Fr, Waldorf	DNC	
	Lisa Townsend, Fr, Dickinson St.	DNC	
400 Meter Hurdles			
1	Eliana Luke, So, Viterbo	65.37	
2	Kaiann Arellano, Fr, Jamestown	67.34	
3	Danna Hanks, Fr, Dickinson St.	68.68	
4	Morgan Straight, Fr, Waldorf	68.72	
5	Madelaine Rue, Fr, Jamestown	71.57	
6	Macy Dimler, Fr, Valley City State	71.59	
7	Karen Dascent, So, Viterbo	75.90	
8	Lindi Chadwick, Fr, Jamestown	78.35	
200 Meter Dash			
1	Shelbi McGee, So, Dickinson St.	25.99	H2
2	Abby Honeyman, So, Dickinson St.	26.13	H2
3	Sophia Bruckner, Fr, Jamestown	26.20	H2
4	Kylee Voigt, Fr, Jamestown	26.22	H2
5	Hannah Christenson, Fr, Jamestown	26.80	H2
6	Alile Browne, Sr, Viterbo	26.84	H1
7	BreeAna Olson, Fr, Dakota State	26.88	H2
8	Lorna Shepherd, So, Dickinson St.	26.89	H2
9	Emily Stier, Fr, Jamestown	27.31	H1
10	Keauna Hansen, So, Valley City State	27.35	H1
11	Breanna Adsit, Sr, Dakota State	29.15	H1
	Shania Pokorny, Jr, Viterbo	DNC	H1
	Kayla King, So, Viterbo	DNC	H1
5000 Meter Run			
1	Amanda Wolff, So, Dickinson St.	19:51.91	
2	Christa Lysne, Jr, Jamestown	20:02.89	
3	Jade Sheffield, Fr, Dickinson St.	20:26.88	
4	Allison Foster, So, Jamestown	20:39.27	
5	Brittney Grove, So, Dickinson St.	20:55.00	
6	Cassidy Peterson, Jr, Jamestown	22:00.45	
	Jacey Wilson, So, Dickinson St.	DNC	

Amber Posner, So, Jamestown

DNC

4x400 Meter Relay

1	Jamestown (Kylee Voigt, Kaiann Arellano, Hannah Christenson, Rachel Heuchert)	4:08.30
2	Viterbo (Eliana Luke, Makala Teske, Karen Dascent, Shania Pokorny)	4:15.49
3	Dickinson St. (Shelbi McGee, Lorna Shepherd, Danna Hanks, Paitton Herbst)	4:17.03
4	Dakota State (Breanna Adsit, BreeAna Olson, Tyra Laws, Victoria Sopko)	4:30.69

Pole Vault

1	Lexee Craig, Fr, Dickinson St.	10-0 (3.05m)
	(2.60, 2.75, 2.90[3], 3.05)	
2	Jade Derby, Fr, Dickinson St.	9-6 1/4 (2.90m)
	(2.60, 2.75, 2.90)	
3	Makala Teske, So, Viterbo	9-6 1/4 (2.90m)
	(2.00, 2.30, 2.45, 2.60, 2.75, 2.90[2])	
4	Molly Jump, So, Viterbo	6-6 3/4 (2.00m)
	(2.00)	
5	Natalie Semrad, Sr, Viterbo	6-6 3/4 (2.00m)
	(2.00[3])	
	Madison Mach, So, Jamestown	DNC

Javelin Throw

Round 1, Flight 1

1	Moira McNally, Fr, Jamestown	86-3 (26.28m)
2	Courtney Lundmark, Fr, Viterbo	83-2 (25.34m)
3	Jobi McCreary, Fr, Dakota State	80-8 1/2 (24.60m)
4	Katelin Clements, Jr, Viterbo	74-10 1/2 (22.82m)
5	Kylie Martin, Sr, Dakota State	62-6 1/2 (19.06m)

Round 1, Flight 2

1	Seri Geisler, Jr, Valley City State	151-10 (46.28m)q
2	Paitton Herbst, Fr, Dickinson St.	117-11 (35.95m)q
3	Peyton Russell, Jr, Waldorf	116-11 (35.65m)q
4	Krista Thielges, Sr, Jamestown	114-2 (34.81m)q
5	Adele Keller, Fr, Jamestown	111-5 (33.96m)q
6	Shania Pokorny, Jr, Viterbo	101-4 (30.89m)q
7	Alicia Weiland, Fr, Jamestown	100-3 (30.56m)q
8	Whitney Leuenberger, Sr, Dickinson St.	98-1 (29.91m)q

Final

1	Seri Geisler, Jr, Valley City State	151-10 (46.28m)
	(46.28, F, F, F, F, F)	
2	Peyton Russell, Sr, Waldorf	125-3 (38.19m)
	(34.80, F, 35.65, F, 37.26, 38.19)	
3	Paitton Herbst, Fr, Dickinson St.	117-11 (35.95m)
	(35.67, 35.95, F, 34.32, 35.33, 34.69)	
4	Krista Thielges, Sr, Jamestown	114-2 (34.81m)
	(32.77, 34.81, F, F, F, 33.09)	
5	Adele Keller, Fr, Jamestown	111-5 (33.96m)
	(33.96, 30.01, 29.47, 31.81, 31.73, 31.27)	
6	Shania Pokorny, Jr, Viterbo	104-3 (31.79m)

	(30.89, 27.60, 30.06, 31.79, 30.48, 28.10)	
7 Alicia Weiland, Fr, Jamestown		100-3 (30.56m)
	(30.56, 29.79, 27.72, 27.83, 29.54, 30.05)	
8 Whitney Leuenberger, Sr, Dickinson St.		98-1 (29.91m)
	(28.36, 29.91, F, F, F, 23.34)	

Hammer Throw

Round 1, Flight 1

1 Seri Geisler, Jr, Valley City State	127-8	(38.92m)q
2 Jobi McCreary, Fr, Dakota State	115-10	(35.32m)q
3 Kelli Wallace, So, Waldorf	101-0	(30.78m)
4 Katie Brandt, Jr, Jamestown	100-8	(30.69m)
5 Jennifer Plancarte, Fr, Waldorf	92-3	(28.13m)
6 Kerry Strock, Fr, Viterbo	84-4	(25.71m)

Round 1, Flight 2

1 Samantha Reilly, Jr, Viterbo	160-9	(49.01m)q
2 Kylie Martin, Sr, Dakota State	158-8	(48.36m)q
3 Whitney Leuenberger, Sr, Dickinson St.	145-5	(44.33m)q
4 Paulina Haak, So, Jamestown	139-8	(42.58m)q
5 Marilyn Quintero, Jr, Valley City State	133-10	(40.79m)q
6 Rebecca Nord, Jr, Jamestown	120-6	(36.74m)q
7 MacKinze Thill-Urbaneck, Fr, Waldorf	109-3	(33.30m)
8 Moira McNally, Fr, Jamestown	109-1	(33.24m)

Final

1 Samantha Reilly, Jr, Viterbo	160-9	(49.01m)
	(49.01, 44.20, 44.40, 45.71, 46.45, 47.47)	
2 Kylie Martin, Sr, Dakota State	158-8	(48.36m)
	(46.43, 48.36, 47.50, 46.92, F, F)	
3 Paulina Haak, So, Jamestown	152-3	(46.40m)
	(F, 39.57, 42.58, 44.07, 46.40, 45.76)	
4 Whitney Leuenberger, Sr, Dickinson St.	145-5	(44.33m)
	(39.97, 43.86, 44.33, F, 43.16, 43.32)	
5 Marilyn Quintero, Jr, Valley City State	133-10	(40.79m)
	(40.79, F, F, F, F, F)	
6 Rebecca Nord, Jr, Jamestown	132-7	(40.41m)
	(36.15, 36.74, F, F, 40.41, 38.45)	
7 Seri Geisler, Jr, Valley City State	127-8	(38.92m)
	(36.34, 38.92, 38.86, F, 36.24, 35.87)	
8 Jobi McCreary, Fr, Dakota State	115-10	(35.32m)
	(32.51, 32.48, 35.32, 34.66, 32.43, 34.44)	

Triple Jump

Round 1, Flight 1

1 Shania Pokorny, Jr, Viterbo	35-1 3/4	(10.71m)q
2 Kaitlin Connor, So, Valley City State	33-8 1/2	(10.27m)q
3 Jordan Thomas, Fr, Jamestown	33-8	(10.26m)q
4 Shelby Gustafson, So, Dickinson St.	33-8	(10.26m)q
5 Julia Johnson, Fr, Jamestown	33-4 3/4	(10.18m)q
6 Megan Dailey, Jr, Dickinson St.	32-6 3/4	(9.92m)q
7 Lindsey Martin, Fr, Viterbo	32-3 1/2	(9.84m)q
8 Kaiann Arellano, Fr, Jamestown	32-2 1/4	(9.81m)q
9 Jade Derby, Fr, Dickinson St.	31-9 1/2	(9.69m)
10 Makala Teske, So, Viterbo	31-5 3/4	(9.59m)

11	Lexee Craig, Fr, Dickinson St.	31-5 3/4	(9.59m)
	Megan Johnson, Fr, Valley City State		ND
Final			
1	Shania Pokorny, Jr, Viterbo	35-6 1/2	(10.83m)
	(10.47, F, 10.71, 10.17, 10.57, 10.83)		
2	Kaitlin Connor, So, Valley City State	34-3	(10.44m)
	(F, 10.27, 10.17, 10.44, F, 10.32)		
3	Jordan Thomas, Fr, Jamestown	33-9 1/2	(10.30m)
	(10.26, 10.13, 10.10, 10.15, 10.30, 10.26)		
4	Shelby Gustafson, So, Dickinson St.	33-8	(10.26m)
	(9.97, 10.26, F, 10.17, F, 10.02)		
5	Julia Johnson, Fr, Jamestown	33-6	(10.21m)
	(F, 10.18, F, F, 10.21, F)		
6	Megan Dailey, Jr, Dickinson St.	33-0 1/2	(10.07m)
	(9.88, 9.92, F, 9.94, 9.87, 10.07)		
7	Lindsey Martin, Fr, Viterbo	32-11 3/4	(10.05m)
	(9.84, 9.72, 9.79, 9.99, 9.85, 10.05)		
8	Kaiann Arellano, Fr, Jamestown	32-8 1/2	(9.97m)
	(9.81, 9.41, 9.76, F, 9.62, 9.97)		
High Jump			
1	Kaiann Arellano, Fr, Jamestown	5-3	(1.60m)
	(1.45, 1.50, 1.55, 1.60)		
2	Shelby Gustafson, So, Dickinson St.	5-3	(1.60m)
	(1.45, 1.50, 1.55[2], 1.60)		
3	Aubrey Aspen, So, Viterbo	5-1	(1.55m)
	(1.45[2], 1.50, 1.55[3])		
4	Alile Browne, Sr, Viterbo	4-11	(1.50m)
	(1.40, 1.45[3], 1.50[2])		
5	Megan Dailey, Jr, Dickinson St.	4-9	(1.45m)
	(1.40, 1.45)		
	Megan Johnson, Fr, Valley City State		DNC
Discus Throw			
Round 1, Flight 1			
1	Jennifer Plancarte, Fr, Waldorf	101-1	(30.82m) q
2	Katie Brandt, Jr, Jamestown	97-9	(29.79m)
3	Alicia Weiand, Fr, Jamestown	94-5	(28.78m)
4	Courtney Lundmark, Fr, Viterbo	87-6	(26.67m)
5	Katelin Clements, Jr, Viterbo	78-1	(23.80m)
6	Kerry Strock, Fr, Viterbo	77-9 1/4	(23.70m)
7	Kelli Wallace, So, Waldorf	66-4 1/2	(20.23m)
8	MacKinze Thill-Urbaneck, Fr, Waldorf	63-3 1/4	(19.28m)
Round 1, Flight 2			
1	Whitney Leuenberger, Sr, Dickinson St.	130-8	(39.83m) q
2	Kylie Martin, Sr, Dakota State	124-0	(37.80m) q
3	Mackenzie Huber, Fr, Valley City State	110-8	(33.73m) q
4	Samantha Reilly, Jr, Viterbo	108-5	(33.04m) q
5	Jobi McCreary, Fr, Dakota State	103-2	(31.45m) q
6	Rebekah Hilgemann, So, Jamestown	101-8	(31.00m) q
7	Marilyn Quintero, Jr, Valley City State	100-2	(30.53m) q
8	Moira McNally, Fr, Jamestown	95-7	(29.13m)
Final			

1 Whitney Leuenberger, Sr, Dickinson St.	130-8	(39.83m)
	(37.47, 39.83, F, 37.54, F, F)	
2 Mackenzie Huber, Fr, Valley City State	126-5	(38.53m)
	(F, 33.73, F, 37.58, 38.53, 35.38)	
3 Marilyn Quintero, Jr, Valley City State	125-2	(38.16m)
	(30.53, F, F, 38.16, 37.27, 35.63)	
4 Kylie Martin, Sr, Dakota State	124-0	(37.80m)
	(37.80, F, F, F, 34.66, 33.75)	
5 Samantha Reilly, Jr, Viterbo	110-5	(33.66m)
	(F, 26.38, 33.04, F, 33.66, 32.89)	
6 Rebekah Hilgemann, So, Jamestown	106-2	(32.36m)
	(31.00, F, 30.34, 31.89, 32.36, 32.29)	
7 Jobi McCreary, Fr, Dakota State	103-2	(31.45m)
	(31.45, F, F, F, F, 29.32)	
8 Jennifer Plancarte, Fr, Waldorf	101-1	(30.82m)
	(27.38, 29.52, 30.82, F, 28.40, F)	

Long Jump

Round 1, Flight 1

1 Markai Wotoe, Fr, Waldorf	18-1 1/2	(5.52m)q
2 Emily Stier, Fr, Jamestown	15-9 3/4	(4.82m)q
3 Kaitlin Connor, So, Valley City State	15-7	(4.75m)q
4 Lindsey Martin, Fr, Viterbo	15-6 1/4	(4.73m)q
5 Jordan Thomas, Fr, Jamestown	15-4 3/4	(4.69m)q
6 Kaiann Arellano, Fr, Jamestown	15-4 1/4	(4.68m)q
7 Jade Derby, Fr, Dickinson St.	15-4	(4.67m)q
8 Shania Pokorny, Jr, Viterbo	15-3 1/4	(4.65m)q
9 Lexee Craig, Fr, Dickinson St.	15-2 1/4	(4.63m)
10 Julia Johnson, Fr, Jamestown	14-3 3/4	(4.36m)
Molly Jump, So, Viterbo	ND	
Megan Johnson, Fr, Valley City State	DNC	

Final

1 Markai Wotoe, Fr, Waldorf	18-1 1/2	(5.52m)
	(5.52, 5.41, 5.42, 5.04, 5.45, 5.30)	
2 Jordan Thomas, Fr, Jamestown	16-1 3/4	(4.92m)
	(F, F, 4.69, 4.90, 4.92, 4.87)	
3 Kaitlin Connor, So, Valley City State	16-0 1/2	(4.89m)
	(F, 4.75, F, 4.87, 4.70, 4.89)	
4 Lindsey Martin, Fr, Viterbo	15-10 3/4	(4.84m)
	(9.97, 10.16, 10.26, 10.40, 10.30, 10.33)	
5 Emily Stier, Fr, Jamestown	15-9 3/4	(4.82m)
	(F, 4.82, F, F, 4.78, F)	
6 Shania Pokorny, Jr, Viterbo	15-5 1/2	(4.71m)
	(F, F, 4.65, F, 4.71, 4.53)	
7 Kaiann Arellano, Fr, Jamestown	15-4 1/4	(4.68m)
	(F, 4.68, 4.63, 4.52, F, F)	
8 Jade Derby, Fr, Dickinson St.	15-4	(4.67m)
	(4.67, 4.51, 4.66, 4.48, 4.43, 4.67)	

Shot Put

Round 1, Flight 1

1 Mackenzie Huber, Fr, Valley City State	41-10 3/4	(12.77m)q
2 Seri Geisler, Jr, Valley City State	41-4 1/2	(12.61m)q

3 Whitney Leuenberger, Sr, Dickinson St.	41-1 3/4	(12.54m)q
4 Kylie Martin, Sr, Dakota State	40-1 1/4	(12.22m)q
5 Jobi McCreary, Fr, Dakota State	36-2	(11.02m)q
6 Samantha Reilly, Jr, Viterbo	34-11 3/4	(10.66m)q
7 Paulina Haak, So, Jamestown	34-4 1/4	(10.47m)q
8 Moira McNally, Fr, Jamestown	33-8	(10.26m)q
9 Rebecca Nord, Jr, Jamestown	33-5 1/4	(10.19m)
10 Alicia Weiand, Fr, Jamestown	32-4 3/4	(9.87m)
11 Kerry Strock, Fr, Viterbo	30-3	(9.22m)
MacKinze Thill-Urbaneck, Fr, Waldorf	DNC	

Final

1 Seri Geisler, Jr, Valley City State	43-10	(13.36m)
	(12.29, 12.61, 11.97, 13.32, 13.36, 12.36)	
2 Mackenzie Huber, Fr, Valley City State	42-5 1/4	(12.93m)
	(12.62, F, 12.77, 12.41, F, 12.93)	
3 Whitney Leuenberger, Sr, Dickinson St.	41-1 3/4	(12.54m)
	(12.28, 12.46, 12.54, 11.79, F, F)	
4 Kylie Martin, Sr, Dakota State	40-5	(12.32m)
	(12.22, F, 12.16, 12.32, 12.30, F)	
5 Samantha Reilly, Jr, Viterbo	37-3 3/4	(11.37m)
	(10.66, F, 10.30, 11.37, F, 11.30)	
6 Jobi McCreary, Fr, Dakota State	36-2	(11.02m)
	(10.69, 11.02, 10.00, F, F, F)	
7 Paulina Haak, So, Jamestown	34-7 3/4	(10.56m)
	(10.47, 10.30, 10.27, 10.29, 10.27, 10.56)	
8 Moira McNally, Fr, Jamestown	34-1 1/2	(10.40m)
	(9.97, 10.16, 10.26, 10.40, 10.30, 10.33)	

Heptathlon

1 Kaiann Arellano, Fr, Jamestown	4244
	(15.10, 1.59, 8.78, 26.99, 4.89, 22.06, 2:31.66)
2 Paitton Herbst, Fr, Dickinson St.	3833
	(17.58, 1.35, 8.90, 28.47, 4.53, 36.49, 2:25.40)
3 Karen Dascent, So, Viterbo	2678
	(18.86, 1.20, 8.33, 27.90, NM, 23.81, 2:42.66)

100 Meter Hurdles (Heptathlon)

Final

1 Kaiann Arellano, Jr, Jamestown	15.10	828 points
2 Paitton Herbst, Jr, Dickinson St.	17.58	533 points
3 Karen Dascent, Jr, Viterbo	18.86	403 points
Patricia Molina, So, Waldorf	DNC	

High Jump (Heptathlon)

Final

1 Kaiann Arellano, Jr, Jamestown	5-2 1/2 (1.59m)	724 points
	(1.47, 1.53, 1.56[2], 1.59)	
2 Paitton Herbst, Jr, Dickinson St.	4-5 (1.35m)	460 points
	(1.20[2], 1.23, 1.29, 1.35[2])	
3 Karen Dascent, Jr, Viterbo	3-11 1/4 (1.20m)	312 points
	(1.20[3])	
Patricia Molina, So, Waldorf	DNC	

STANDINGS AFTER 2 EVENTS

1	Kaiann Arellano	Jamestown	1552
2	Paitton Herbst	Dickinson St.	993
3	Karen Dascent	Viterbo	715

Shot Put (Heptathlon)

Final

1	Paitton Herbst, Jr, Dickinson St.	29-2 1/2 (8.90m) (8.30, 8.77, 8.90)	458 points
2	Kaiann Arellano, Jr, Jamestown	28-9 3/4 (8.78m) (8.78, 8.78, 8.54)	450 points
3	Karen Dascent, Jr, Viterbo	27-4 (8.33m) (F, F, 8.33)	421 points
	Patricia Molina, So, Waldorf	DNC	

STANDINGS AFTER 3 EVENTS

1	Kaiann Arellano	Jamestown	2002
2	Paitton Herbst	Dickinson St.	1451
3	Karen Dascent	Viterbo	1136

200 Meter Dash (Heptathlon)

Final

1	Kaiann Arellano, Jr, Jamestown	26.99	713 points
2	Karen Dascent, Jr, Viterbo	27.90	639 points
3	Paitton Herbst, Jr, Dickinson St.	28.47	594 points
	Patricia Molina, So, Waldorf	DNC	

STANDINGS AFTER 4 EVENTS

1	Kaiann Arellano	Jamestown	2715
2	Paitton Herbst	Dickinson St.	2045
3	Karen Dascent	Viterbo	1775

Long Jump (Heptathlon)

Final

1	Kaiann Arellano, Jr, Jamestown	16-0 1/2 (4.89m) (4.89, 4.76, 4.46)	530 points
2	Paitton Herbst, Jr, Dickinson St.	14-10 1/2 (4.53m) (4.22, 4.53, 4.11)	436 points
	Karen Dascent, Jr, Viterbo	ND (F, F, F)	
	Patricia Molina, So, Waldorf	DNC	

STANDINGS AFTER 5 EVENTS

1	Kaiann Arellano	Jamestown	3245
2	Paitton Herbst	Dickinson St.	2481
3	Karen Dascent	Viterbo	1775

Javelin Throw (Heptathlon)

Final

1	Paitton Herbst, Jr, Dickinson St.	119-8 (36.49m)	600 points
		(36.43, 35.01, 36.49)	
2	Karen Dascent, Jr, Viterbo	78-1 1/2 (23.81m)	360 points
		(23.81, F, 19.50)	
3	Kaiann Arellano, Jr, Jamestown	72-4 1/2 (22.06m)	327 points
		(22.06, 19.46, 15.80)	
	Patricia Molina, So, Waldorf	DNC	

STANDINGS AFTER 6 EVENTS

1	Kaiann Arellano	Jamestown	3572
2	Paitton Herbst	Dickinson St.	3081
3	Karen Dascent	Viterbo	2135

800 Meter Run (Heptathlon)

1	Paitton Herbst, Jr, Dickinson St.	2:25.40	752 points
2	Kaiann Arellano, Jr, Jamestown	2:31.66	672 points
3	Karen Dascent, Jr, Viterbo	2:42.66	543 points
	Patricia Molina, So, Waldorf	DNC	

STANDINGS AFTER 7 EVENTS

1	Kaiann Arellano	Jamestown	4244
2	Paitton Herbst	Dickinson St.	3833
3	Karen Dascent	Viterbo	2678

TEAM SCORES

Scored 10-8-6-4-2-1

1	Dickinson St.	241.0
2	Jamestown	192.0
3	Viterbo	96.0
4	Valley City State	71.0
5	Waldorf	42.0
6	Dakota State	23.0

NSAA Women's Coach of the Year: Nick Walker, Dickinson State

NSAA Women's Track Athlete of the Meet: Abby Honeyman, Dickinson State

NSAA Women's Co-Field Athlete of the Meet: Kaiann Arellano, Jamestown

NSAA Women's Co-Field Athlete of the Meet: Seri Geisler, Valley City State

NSAA Women's Co-Field Athlete of the Meet: Whitney Leuenberger, Dickinson St.