

## State

### Boys Teams

- 2015- 4<sup>th</sup>
- 2016- 5<sup>th</sup>
- 2017- 8<sup>th</sup>
- 2018- 2<sup>nd</sup>
- 2019- 2<sup>nd</sup>

### Boys Participants      \*All-State

- 2008- 10 Kyle Toms- 44<sup>th</sup>
- 2009- 11 Kyle Toms- 30<sup>th</sup>
- **2010- 12 Kyle Toms- 22<sup>nd</sup>**
- 2013- 12 Alex Toms- 78<sup>th</sup>
- 2014- 12 Devin Nelson- 68<sup>th</sup>
- **2015- 11 Ryley Nelson- 8<sup>th</sup>**
- **2015- 12 Christian Swenson- 15<sup>th</sup>**
- 2015- 11 Ethan Olson- 68<sup>th</sup>
- 2015- 8 Jacob Bright- 86<sup>th</sup>
- 2015- 11 Drake Swanson- 154<sup>th</sup>
- 2015- 7 Kyle Schill- 166<sup>th</sup>
- 2015- 8 Jack Van Kempen- 169<sup>th</sup>
- **2016- 12 Ryley Nelson- 6<sup>th</sup>**
- **2016- 9 Jacob Bright- 20<sup>th</sup>**
- 2016- 12 Ethan Olson- 39<sup>th</sup>
- 2016- 12 Drake Swanson- 134<sup>th</sup>
- 2016- 9 Jack Van Kempen- 137<sup>th</sup>
- 2016- 8 Kyle Schill- 156<sup>th</sup>
- 2016- 11 Chase Veldhouse- 168<sup>th</sup>
- **2017- 10 Jacob Bright- 9<sup>th</sup>**
- 2017- 10 Jack Van Kempen- 70<sup>th</sup>
- 2017- 8 Kade Runge- 91<sup>th</sup>
- 2017- 9 Kyle Schill- 121<sup>st</sup>
- 2017- 10 Kaleb Getz- 134<sup>th</sup>
- 2017- 8 Alex Salwasser- 149<sup>th</sup>
- 2017- 8 Reubens Swanson- 158<sup>th</sup>
- **2018- 11 Jacob Bright- 8<sup>th</sup>**
- 2018- 11 Jack Van Kempen- 30<sup>th</sup>
- 2018- 9 Kade Runge- 42<sup>nd</sup>
- 2018- 10 Kyle Schill- 49<sup>th</sup>
- 2018- 9 Alex Salwasser- 112<sup>th</sup>
- 2018- 9 Reubens Swanson- 130<sup>th</sup>
- 2018- 12 Bennett Grove- 161<sup>st</sup>
- **2019- 12 Jacob Bright- 3<sup>rd</sup>**

- **2019- 12 Jack Van Kempen- 9<sup>th</sup>**
- **2019- 10 Alex Salwasser- 19<sup>th</sup>**
- 2019- 10 Kade Runge- 45<sup>th</sup>
- 2019- 11 Kyle Schill- 53<sup>rd</sup>
- 2019- 10 Reubens Swanson- 131<sup>st</sup>
- 2019- 10 Shad Swanson- 143<sup>rd</sup>

#### Girls Teams

- 2016- 15<sup>th</sup>
- 2017- 15<sup>th</sup>
- 2018- 9<sup>th</sup>

#### Girls Participants

- 2011- 8 Abby Van Kempen- 90<sup>th</sup>
- 2012- 9 Abby Van Kempen- 125<sup>th</sup>
- 2013- 10 Abby Van Kempen- 111<sup>th</sup>
- 2014- 8 Ella Van Kempen- 136<sup>th</sup>
- 2015- 9 Ella Van Kempen- 60<sup>th</sup>
- 2015- 7 Brynn Fernholz- 85<sup>th</sup>
- 2016- 7 Lexi Bright- 92<sup>nd</sup>
- 2016- 10 Ella Van Kempen- 105<sup>th</sup>
- 2016- 8 Brynn Fernholz- 117<sup>th</sup>
- 2016- 9 Teagan Nelson- 138<sup>th</sup>
- 2016- 8 Chloe Larue- 161<sup>st</sup>
- 2016- 7 Kennedy Porter- 169<sup>th</sup>
- 2016- 7 Kaitlyn Hanson- 175<sup>th</sup>
- 2017- 8 Lexi Bright- 39<sup>th</sup>
- 2017- 9 Brynn Fernholz- 103<sup>th</sup>
- 2017- 10 Teagan Nelson- 109<sup>th</sup>
- 2017- 11 Ella Van Kempen- 110<sup>th</sup>
- 2017- 8 Kennedy Porter- 160<sup>th</sup>
- 2017- 12 Stephanie Toms- 172<sup>nd</sup>
- 2017- 9 Carly Steiner- 174<sup>th</sup>
- 2018- 9 Lexi Bright- 54<sup>th</sup>
- 2018- 11 Teagan Nelson- 61<sup>st</sup>
- 2018- 10 Brynn Fernholz- 100<sup>th</sup>
- 2018- 12 Ella Van Kempen- 101<sup>st</sup>
- 2018- 7 Terina Blascyk- 136<sup>th</sup>
- 2018- 7 Taylor Bennett- 147<sup>th</sup>
- 2018- 9 Kennedy Porter- 154<sup>th</sup>
- 2019- 12 Teagan Nelson- 91<sup>st</sup>
- 2019- 10 Lexi Bright- 117<sup>th</sup>

## Section 6A

### Boys State Qualifying Teams

- 2015
- 2016
- 2017
- 2018
- 2019

### Boys Section 6A Championships

- 2015
- 2016
- 2018
- 2019

### Boys State Qualifiers

- 2008- 10 Kyle Toms- 3<sup>rd</sup>
- 2009- 11 Kyle Toms- 6<sup>th</sup>
- 2010- 12 Kyle Toms- 1<sup>st</sup>
- 2013- 12 Alex Toms- 10<sup>th</sup>
- 2014- 12 Devin Nelson- 9<sup>th</sup>
- 2015- 11 Ryley Nelson- 1<sup>st</sup>
- 2015- 12 Christian Swenson- 3<sup>rd</sup>
- 2015- 11 Ethan Olson- 5<sup>th</sup>
- 2016- 12 Ryley Nelson- 1<sup>st</sup>
- 2016- 9 Jacob Bright- 2<sup>nd</sup>
- 2016- 12 Ethan Olson- 9<sup>th</sup>
- 2017- 10 Jacob Bright- 2<sup>nd</sup>
- 2017- 10 Jack Van Kempen- 11<sup>th</sup>
- 2018- 11 Jacob Bright- 2<sup>nd</sup>
- 2018- 11 Jack Van Kempen- 10<sup>th</sup>
- 2018- 9 Kade Runge- 11<sup>th</sup>
- 2018- 10 Kyle Schill- 12<sup>th</sup>
- 2019- 12 Jacob Bright- 2<sup>nd</sup>
- 2019- 10 Alex Salwasser- 5<sup>th</sup>
- 2019- 12 Jack Van Kempen- 6<sup>th</sup>
- 2019- 10 Kade Runge- 10<sup>th</sup>
- 2019- 11 Kyle Schill- 12<sup>th</sup>

### Boys Section 6A Champions

- 2010- 12 Kyle Toms
- 2015- 11 Ryley Nelson
- 2016- 12 Ryley Nelson

### Girls State Qualifiers

- 2011- 8 Abby Van Kempen- 4<sup>th</sup>
- 2012- 9 Abby Van Kempen- 6<sup>th</sup>
- 2013- 10 Abby Van Kempen- 7<sup>th</sup>
- 2014- 8 Ella Van Kempen- 9<sup>th</sup>
- 2015- 7 Brynn Fernholz- 3<sup>rd</sup>
- 2015- 9 Ella Van Kempen- 8<sup>th</sup>
- 2016- 7 Lexi Bright- 4<sup>th</sup>
- 2017- 8 Lexi Bright- 2<sup>nd</sup>
- 2018- 9 Lexi Bright- 2<sup>nd</sup>
- 2018- 11 Teagan Nelson- 4<sup>th</sup>
- 2018- 12 Ella Van Kempen- 12<sup>th</sup>
- 2018- 10 Brynn Fernholz- 14<sup>th</sup>
- 2019- 12 Teagan Nelson- 11<sup>th</sup>
- 2019- 10 Lexi Bright- 12<sup>th</sup>

## Heart of Lakes Conference

### Best Team Finish

- Boys- 2<sup>nd</sup>- 2013, 2014, 2015, 2016, 2017, 2018, 2019
- Girls- 2<sup>nd</sup>- 2017, 2018

### Boys All-Conference

- 2008- 10 Kyle Toms- 4<sup>th</sup>
- 2010- 12 Kyle Toms- 3<sup>rd</sup>
- 2013- 12 Alex Toms- 10<sup>th</sup>
- 2013- 9 Ryley Nelson- 13<sup>th</sup>
- 2013- 11 Devin Nelson- 14<sup>th</sup>
- 2014- 12 Devin Nelson- 4<sup>th</sup>
- 2014- 11 Christian Swenson- 6<sup>th</sup>
- 2014- 10 Ryley Nelson- 11<sup>th</sup>
- 2014- 11 Ethan Olson- 15<sup>th</sup>
- 2015- 11 Ryley Nelson- 2<sup>nd</sup>
- 2015- 12 Christian Swenson- 3<sup>rd</sup>
- 2015- 11 Ethan Olson- 8<sup>th</sup>
- 2016- 12 Drake Swanson- 15<sup>th</sup>
- 2017- 10 Jacob Bright- 1<sup>st</sup>
- 2017- 10 Jack Van Kempen- 12<sup>th</sup>
- 2017- 9 Kyle Schill- 13<sup>th</sup>
- 2018- 11 Jacob Bright- 2<sup>nd</sup>
- 2018- 11 Jack Van Kempen- 6<sup>th</sup>
- 2018- 9 Kade Runge- 7<sup>th</sup>
- 2018- 10 Kyle Schill- 10<sup>th</sup>
- 2019- 12 Jacob Bright- 1<sup>st</sup>
- 2019- 12 Jack Van Kempen- 6<sup>th</sup>
- 2019- 10 Kade Runge- 6<sup>th</sup>
- 2019- 10 Alex Salwasser- 9<sup>th</sup>
- 2019- 11 Kyle Schill- 11<sup>th</sup>

### Boys Conference Champions

- 2016- 12 Ryley Nelson
- 2017- 10 Jacob Bright
- 2019- 12 Jacob Bright

### Girls All-Conference

- 2008- 7 Kylee Fernholz- 4<sup>th</sup>
- 2009- 8 Kylee Fernholz- 2<sup>nd</sup>
- 2010- 7 Abby Van Kempen- 5<sup>th</sup>
- 2010- 9 Kylee Fernholz- 6<sup>th</sup>
- 2011- 10 Kylee Fernholz- 4<sup>th</sup>

- 2011- 8 Abby Van Kempen- 5<sup>th</sup>
- 2012- 9 Abby Van Kempen- 5<sup>th</sup>
- 2012- 11 Kylee Fernholz- 7<sup>th</sup>
- 2013- 12 Kylee Fernholz- 6<sup>th</sup>
- 2013- 10 Abby Van Kempen- 7<sup>th</sup>
- 2013- 7 Ella Van Kempen- 12<sup>th</sup>
- 2014- 8 Ella Van Kempen- 13<sup>th</sup>
- 2015- 9 Ella Van Kempen- 10<sup>th</sup>
- 2015- 7 Brynn Fernholz- 13<sup>th</sup>
- 2016- 7 Lexi Bright- 6<sup>th</sup>
- 2016- 10 Ella Van Kempen- 11<sup>th</sup>
- 2016- 8 Brynn Fernholz- 12<sup>th</sup>
- 2016- 9 Teagan Nelson- 13<sup>th</sup>
- 2017- 8 Lexi Bright- 3<sup>rd</sup>
- 2017- 10 Teagan Nelson- 13<sup>th</sup>
- 2017- 11 Ella Van Kempen- 15<sup>th</sup>
- 2018- 9 Lexi Bright- 3<sup>rd</sup>
- 2018- 11 Teagan Nelson- 10<sup>th</sup>
- 2018- 10 Brynn Fernholz- 14<sup>th</sup>
- 2018- 12 Ella Van Kempen- 15<sup>th</sup>
- 2019- 10 Lexi Bright- 8<sup>th</sup>
- 2019- 12 Teagan Nelson- 9<sup>th</sup>

## Best Meet Finishes

### Morris

- Boys: 1st- 2013, 2016
- Girls: 2nd- 2013, 2018

### Breckenridge/Wahpeton

- Boys: 1st- 2009, 2010, 2014, 2015, 2019
- Girls: 1st- 2009

### Holdingsford

- Boys: 1st- 2015
- Girls: 5th- 2015

### Detroit Lakes

- Boys: 3rd- 2017
- Girls: 2nd- 2017

### MSUM

- Boys: 3rd- 2019
- Girls: 3rd- 2018

### Long Prairie-Grey Eagle

- Boys: 1st- 2017
- Girls: 1st- 2017

### New London/Spicer

- Boys: 1st- 2016, 2018
- Girls: 1st- 2016

### Pelican Rapids

- Boys: 2nd- 2010
- Girls: 2nd- 2010

### Pierz

- Boys: 1st- 2019
- Girls: 8th- 2019

### Frazee

- Boys: 2nd- 2013
- Girls: 2nd- 2011

## Melrose

- Boys: 1st- 2017, 2018
- Girls: 1st- 2017, 2018

## Milaca (D4/A)

- Boys: 1st- 2015, 2016, 2018, 2019
- Girls: 1st- 2017

## Fergus Falls

- Boys: 1st- 2018, 2019
- Girls: 2nd- 2018

## Perham

- Boys: 5th- 2013, 2018
- Girls: 3rd- 2008

## Litchfield

- Boys: 2nd- 2019
- Girls: 10th- 2019

## Heart of Lakes

- Boys: 2nd- 2013, 2014, 2015, 2016, 2017, 2018, 2019
- Girls: 2nd- 2017, 2018

## Benson/KMS

- Boys: 3rd- 2007
- Girls: 4th- 2007

## Park Rapids

- Boys: 2nd- 2015, 2016
- Girls: 1st- 2016, 2017

## Section 6A

- Boys: 1st- 2015, 2016, 2018, 2019
- Girls: 2nd- 2016, 2017, 2018

## State

- Boys: 2nd- 2018, 2019
- Girls: 9th- 2018



## All-Time Teams

### Boys

- 15:25.30- 2019 12 Jacob Bright: Litchfield
- 15:57.00- 2016 12 Ryley Nelson: New London-Spicer
- 16:08.40- 2019 12 Jack Van Kempen: MSUM
- 16:26.00- 2019 10 Kade Runge: MSUM
- 16:27.30- 2019 10 Alex Salwasser: Litchfield
- 16:29.98- 2010 12 Kyle Toms: HOL Conference @ Warroad
- 16:40.41- 2015 12 Christian Swenson- Perham

### Girls 5K

- 19:21.32- 2017 8 Lexi Bright- Perham
- 19:45.50- 2018 11 Teagan Nelson- Section 6A @ New London-Spicer
- 20:13.90- 2018 10 Brynn Fernholz- Section 6A @ New London-Spicer
- 20:22.00- 2018 12 Ella Van Kempen- Perham
- 20:50.90- 2016 8 Chloe LaRue- Section 6A @ New London-Spicer
- 20:56.40- 2018 7 Terina Blascyk- Section 6A @ New London-Spicer
- 20:57.50- 2019 8 Taylor Bennett- Litchfield

### Girls 4K

- 14:42.11- 2011 8 Abby Van Kempen: Section 6A @ Long Prairie-Grey Eagle
- 14:56.96- 2009 8 Kylee Fernholz: Park Rapids
- 15:55.78- 2014 8 Ella Van Kempen: Park Rapids
- 16:09.14- 2008 12 Hillary Anderson: Perham
- 16:31.28- 2009 8 Holly Van Kempen- Park Rapids
- 16:43.05- 2012 12 Tee Rudnitski: Park Rapids
- 17:10.38- 2009 8 Mikaylah Stark: Park Rapids

## Other

### Boys Individual Varsity Winners

- 2007- 9 Kyle Toms: Breckenridge
- 2008- 10 Kyle Toms: Breckenrdige
- 2008-10 Kyle Toms: Pelican Rapids
- 2009- 11 Kyle Toms: Morris Area/Chokio-Alberta
- 2009- 11 Kyle Toms: Breckenridge
- 2010- 12 Kyle Toms: Morris Area/Chokio-Alberta
- 2010- 12 Kyle Toms: Breckenridge
- 2010- 12 Kyle Toms: Section 6A
- 2013- 12 Alex Toms: Morris Area/Chokio-Alberta
- 2015- 12 Christian Swenson: Morris Area/Chokio-Alberta
- 2015- 11 Ryley Nelson: Breckenridge
- 2015: 11 Ryley Nelson: Holdingford
- 2015: 11 Ryley Nelson: Long Prairie-Grey Eagle
- 2015- 11 Ryley Nelson: Park Rapids
- 2015- 11 Ryley Nelson: Section 6A
- 2016- 12 Ryley Nelson: Morris Area/Chokio-Alberta
- 2016- 12 Ryley Nelson: New London-Spicer
- 2016- 12 Ryley Nelson: HOL Conference
- 2016- 12 Ryley Nelson: Park Rapids
- 2016- 12 Ryley Nelson: Section 6A
- 2017- 10 Jacob Bright: Melrose
- 2017- 10 Jacob Bright: HOL Conference
- 2018- 11 Jacob Bright: Melrose
- 2019- 12 Jacob Bright: Morris Area/Chokio-Alberta
- 2019- 12 Jacob Bright: Breckenridge/Wahpeton
- 2019- 12 Jacob Bright: Milaca Mega Meet D4
- 2019- 12 Jacob Bright: Fergus Falls
- 2019- 12 Jacob Bright: Litchfield
- 2019- 12 Jacob Bright: HOL Conference

### Girls Individual Varsity Winners

- 2009- 8 Kylee Fernholz: Breckenridge
- 2011- 8 Abby Van Kempen: Frazee
- 2012- 9 Abby Van Kempen: Detroit Lakes
- 2012- 9 Abby Van Kempen: Frazee
- 2013- 10 Abby Van Kempen: Frazee
- 2017- 8 Lexi Bright: Long Prairie-Grey Eagle

#### Lowest Winning Varsity Team Score

- Boys- 19: 2018 @ Melrose
- Girls- 35: 2018 @ Melrose

#### JH Boys Meet Victories

- 2016- Breckenridge
- 2016- HOL Conference
- 2019- MSUM

#### JH Girls Meet Victories

- 2008- Morris
- 2008- Milaca
- 2010- Frazee
- 2018- Morris Area/Chokio-Alberta

#### JH Boys Individual Meet Winners

- 2008- 7 Alex Toms: Morris Area/Chokio-Alberta
- 2008- 7 Alex Toms: Pelican Rapids
- 2008- 7 Alex Toms: Perham
- 2012- 8 Ethan Olson: Frazee
- 2015- 7 Kyle Schill: Morris Area/Chokio-Alberta
- 2015- 8 Jacob Bright: Morris Area/Chokio-Alberta
- 2015- 8 Jacob Bright: Long Prairie-Grey Eagle
- 2015- 8 Jacob Bright: Frazee
- 2016- 7 Ruebens Swanson: Morris Area/Chokio-Alberta
- 2016- 8 Kyle Schill: Breckenridge
- 2017- 8 Kade Runge: Morris Area/Chokio-Alberta
- 2017- 8 Kade Runge: Detroit Lakes
- 2017- 8 Alex Salwasser: Long Prairie-Grey Eagle
- 2017- 8 Kade Runge: Fergus Falls
- 2017- 8 Kade Runge: Park Rapids

#### JH Girls Individual Meet Winners

- 2008- 7 Kylee Fernholz: Morris Area/Chokio-Alberta
- 2010- 7 Abby Van Kempen: Frazee
- 2014- 8 Ella VanKempen: Morris Area/Chokio-Alberta
- 2015- 7 Brynn Fernholz Breckenridge
- 2016- 7 Lexi Bright: Morris Area/Chokio-Alberta
- 2016- 7 Lexi Bright: Detroit Lakes

#### JV Girls Individual Meet Winners

- 2019- 10 Lexi Bright: Morris Area/Chokio-Alberta
- 2019- 10 Lexi Bright: Breckenridge/Wahpeton