

Congratulations!

**2011 Girls' Golf
Kindred Vikings
Wild Rice Conference Champions
Region II Champions
State "B" (2nd Place)**



Congratulations!

**2011 Girls' Golf
Milnor/Wyndmere
State "B" (4th Place)**



Congratulations!

2011 Girls' Golf
Lidgerwood-Hankinson-Fairmount
State "B" (6th Place)



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Congratulations!

2011 Girls' Golf
Central Cass Squirrels
State "B" (7th Place)



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Congratulations!

2011 Girls' Golf
Oak Grove Grovers
State "B" (8th Place)



Congratulations!

All State Golfers
2011 State "B" Girls' Golf
Paige Tompkins - Milnor (3rd)
Laura Podolak - Kindred (4th)
Chelsie Aker - Lidg-Hank-FCT (6th)
Savanna Neeseimer - Kindred (10th)



Paige Tompkins
Milnor



Laura Podolak
Kindred



Chelsie Aker
Lidgerwood-Hankinson-Fairmount



Savanna Neeseimer
Kindred

**2011
WILD RICE CONFERENCE
BOYS' GOLF MEET RESULTS**

Name	School	Individual Finish	Score
David Talley	Kindred	1	76
Mike Rustvang	Oak Grove	2	77
Matt Hartman	Oak Grove	3	79
Tyler Holland	Kindred	4	79
Ian Anderson	Kindred	5	80
Ben Goehring	Oak Grove	6	80
Zach Buntrock	Central Cass	7	81
Mark Adams	Kindred	8	82
Austin Pulcinski	Kindred	9	83
Colton Buckhouse	Sargent Central	10	84
Jimmy Stein	Lindgerwood-Hankinson-Fairmount	10	84

School	Score	Team Finish
Kindred	317	1
Oak Grove	323	2
Lingerwood-Hankinson-Farimount	371	3
Sargent Central	375	4
Central Cass	375	5
Milnor/Wyndmere	393	6

**2011
STATE
BOYS' GOLF MEET RESULTS**

Name	Individual Finish	School	Day 1 Score	Day 2 Score	Total Score
Mike Rustvang	1st	Oak Grove	80	71	151
Mark Adams	5th	Kindred	83	72	155

School	Day 1 Score	Day 2 Score	Total Score	Team Finish
Kindred	337	301	638	1st
Oak Grove	343	310	653	3rd
Central Cass	358	331	689	10th
Sargent Central	374	343	717	16th

Congratulations!

**All State Golfers
2011 State "B" Boys' Golf
Mike Rustvang - Oak Grove (Medalist)
Mark Adams - Kindred (5th)**



**Mike Rustvang
Oak Grove**



**Mark Adams
Kindred**

Congratulations!

**2011 Boys' Golf
Kindred Vikings
Wild Rice Conference Champions
Region II Champions
State "B" Champions**



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Congratulations!

**2011 Boys' Golf
Oak Grove Grovers
State "B" (3rd Place)**



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**2011
WILD RICE CONFERENCE
GIRLS' OUTDOOR TRACK CHAMPIONS**

EVENT	NAME	SCHOOL	RESULT	WRC RECORD	CHAMPIONS	YEAR
100 M Dash	Gabby Grommesh	Central Cass	13.04	12.17	Oak Grove	1985
					Oak Grove	1986
200 M Dash	Kelly Schmit	Kindred	27.75	25.52	Central Cass	1987
					Oak Grove	1988
400 M Dash	Ally Erickson	Kindred	62.85	60.61	Kindred	1989
					Milnor	1990
800 M Run	Sierra Martinez	Kindred	2:29.59	2:24.60	Milnor/Wyndmere	1991
					North Sargent	1992
1600 M Run	Rachel Sakry	Mil-Wynd-Lidg	5:52.00	5:35.2	Central Cass	1993
					Central Cass	1994
3200 M Run	Bethany Oster	Mil-Wynd-Lidg	13:26.03	12:08.63	Central Cass	1995
					North Sargent	1996
100 M Hurdles	Jenni Wettstein	Mil-Wynd-Lidg	16.87	15.81	Kindred	1997
					North Sargent	1998
300 M Hurdles	Kellie Schmit	Kindred	48.40 SQ	46.46	Central Cass	1999
					Kindred	2000

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SQ=State Qualifying
CR-WRC Record

**2011
WILD RICE CONFERENCE
GIRLS' OUTDOOR TRACK CHAMPIONS**

EVENT	NAME	SCHOOL	RESULT	WRC RECORD	CHAMPIONS	YEAR
Shot Put	Olivia Johnson	Richland	40'4"SQ	41'7"	Central Cass	2001
					Kindred	2002
Discus	Olivia Johnson	Richland	104'9"	129'10"	Kindred	2003
					Kindred	2004
Javelin	Olivia Johnson	Richland	111'4"	130'10"	Mil-Wynd-Lidg	2005
					Mil-Wynd-Lidg	2006
High Jump	Abby Braaten	Mil-Wynd-Lidg	4'9"	5'10"	Mil-Wynd-Lidg	2007
					Mil-Wynd-Ling	2008
Long Jump	Sierra Martinez	Kindred	15'10.25"	19'5"	Mil-Wynd-Lidg	2009
					Mil-Wynd-Lidg	2010
Triple Jump	Tessa Heitkamp	Kindred	33'10.5"	37'7"	Mil-Wynd-Lidg	2011
Pole Vault	Ashtin Wittenburt	Mil-Wynd-Lidg	7'6"	10'9"		
4X100 Relay	Kellie Schmit	Kindred	53.08	51.8		
	Casey Allmaras				SQ=State Qualifying	
	Sierra Martinez				CR-WRC Record	
	Ally Erickson					

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**2011
WILD RICE CONFERENCE
GIRLS' OUTDOOR TRACK CHAMPIONS**

EVENT	NAME	SCHOOL	RESULT	WRC RECORD
4X200 Relay	Kasandra Ptacnik	Sargent County	1:54.06	1:49.40
	Hannah Schlecht			
	Karissa Kempel			
	Chelsey Anderson			
4X400 Relay	Ally Erickson	Kindred	4:11.82CR	4:11.82
	Sierra Martinez			
	Iveta Harner			
	Kellie Schmit			
4X800 Relay	Tessa Heitkamp	Kindred	10:55.07	10:08.95
	Iveta Harner			
	Casey Allmaras			
	Alexa Braaten			

SQ=State Qualifying
CR=WRC Record

Congratulations!

**2011 Girls' Indoor & Outdoor Track
Milnor-Wyndmere-Lidgerwood
Champions**

