

NORTH DAKOTA GIRLS WRESTLING -- Coaches' First Poll 2023

Wt.	First	Second	Third	Fourth	Fifth	Sixth
100	Jennifer Verdin	Anna White	Keeley Kainoa	Brooklyn LaFrenz	Emily Youboty	Monica Boayke
	Hettinger	Central Cass	Mandan	Mandan	Legacy	Minot
105	Alicia Kenfack	ElizabethMortenson	Gabby Hanning	Vada Hoffman	Izzy Owens	Taya Lura
	Legacy	Minot	Valley City	South Border	Bismarck	Carrington
110	Elizabeth Youboty	Mallory DeVries	Danika Bennett	Keisha Tomac	Alyssa Nitschke	Maggie Thielges
	Legacy	Central Cass	Pembina County	New Salem	South Border	Bismarck
115	Alexis Schneider	Julia Araujo	Hallie Nash	Sophia Johnson	Hannah Johnson	Clancy Meyer
	Napoleon	Bismarck	Minot	Legacy	Stanley	Dickinson
120	Rei Ogden	Shayla DeBlaere	Sanie Ganfor	Kashtyn Bredahl	Adriana Steidler	Mercedes Lura
	Century	West Fargo	Fargo	DLB	Legacy	Carrington
125	Avery Mohr	Karyssa Meidinger	Ellie Roseland	Brynlee Hartsoch	Cambrie Feist	Fatima Ceja
	Fargo	LaMoure	Hettinger	West Fargo	Bismarck	South Border
130	Lindsey Anderson	Grace Lemar	Mylee Christenson	Kaylee Kurz	Makenzie Stoddart	T. Rittenbach
	West Fargo	Central Cass	Valley City	Grand Forks	Jamestown	Bismarck
135	Alyssa Johnson	Aleyia Cullinan	Haleigh Carr	Kariss Mann	Maddison Reems	Lois Schneider
	Grand Forks	Legacy	Minot	Napoleon	Bismarck	Central Cass
140	PaigeBaumgartner	Jennifer Keller	Kerrington Lee	Shelby Sherman	KeelyShiermeister	Adela Heberlie
	Bismarck	South Border	Stanley	Central Cass	Legacy	DLB
145	MaKenna Belling	Kierra Aguilar	Gracia Wolf	Victoria Pasterz	Summer Hanna	Aubrie Overson
	Northern Cass	Minot	Lisbon	DLB	Legacy	Bismarck
155	Jordan Flynn	Lexi Beckler	Arianna Aguilar	Emily Novak	Jasmine Schaeffer	Gabby Romans
	Central Cass	Bismarck	Minot	Grand Forks	Fargo	Jamestown
170	Alexis Storsved	Emma Buee	Sadie Richmond	Mireya Sanchez	Kiley Cline	Paige Spomer
	Mandan	DLB	Minot	West Fargo	Beulah-Hazen	Century
190	Phoenix Lindstrom	Koline Novargo	Hannah Sjostrom	CambreeAnderson	Audrey Fueher	Brooke Bundy
	Legacy	Fargo	Jamestown	Bismarck	EEK	Valley City
250	Catie Sinner	Aleena Meza	Brinley Buechler	Belinda Perry	Love Hopkins	Omoye Igiehon
	Central Cass	Jamestown	Bismarck	Century	White Shield	Mandan

POLL NUMBER

COACHES' Deadline

PUBLISH Date

First Poll

9-Jan

11-Jan

Second Poll

23-Jan

25-Jan

Third Poll

6-Feb

8-Feb