

Individual Event State Champions – 1975-2020

VAULT

1975	Bonnie Berning, Burnsville
1976	Martha Olsen, Robbinsdale
1977	Julie Palen, Derham Hall
1978	Julie Palen, Derham Hall
1979	AA-Lisa Wahl, Edina West A-Gretchen Gunderson, Mahtomedi
1980	AA-Teresa LaRock, Park Center A-Gretchen Gunderson, Mahtomedi
1981	AA-Sue Litschke, Hastings A-Libby Forbes, Blake
1982	AA-Sue Litschke, Hastings A-Ellie Dunlavey, Jackson
1983	AA-Laurie Kaiser, Robbinsdale Armstrong A-Carolyn Boos, Blake
1984	AA-Liz Peter, Eden Prairie A-Melissa Rosbacka, Grand Marais
1985	AA-Kris Gallagher, Mounds View A-Amy Paulson, Mahtomedi
1986	AA-Kelly Wilson, Lakeville A-Jody Wicks, St. Anthony Village
1987	AA-Kristin Opdahl, Apple Valley A-Heather Murphy, Mahtomedi
1988	AA-Lisa Trager, Eden Prairie A-Heather Murphy, Mahtomedi
1989	AA-Leslie Bloedel, Park, Cottage Grove A-Tracy Rohloff, Jackson
1990	AA-Sherri Dillehay, Hopkins A-Jenny Olson, Mahtomedi
1991	AA-Julie Beasley, Brainerd A-Brandy Brown, Becker/Big Lake
1992	AA-Charise Schrupp, Elk River A-Diane Hill, Fairmont
1993	AA-Steph Wegehaupt, Eden Prairie A-Mindy Myhre, Mahtomedi
1994	AA-Molly Nemes, Lakeville A-Alicia Winkler, Brooklyn Center
1995	AA-Debbie Thompson, Roseville Area A-Sherry Blommel, Melrose
1996	AA-Courtney Norman, Cretin-Derham Hall A-Tina Rosengren, Big Lake
1997	AA-Courtney Norman, Cretin-Derham Hall A-Chrissa Landweher, Mankato East
1998	AA-Courtney Norman, Cretin-Derham Hall A-Laura Blank, Sauk Centre
1999	AA-Stephanie Benson, Eagan A-Laura Blank, Sauk Centre
2000	AA-Kelli Nygren, Lakeville A-Emily Bergerson, Big Lake
2001	AA-Carolyn Yernberg, Blaine Biz Landwehr, Mankato East
2002	AA-Kasey Clausen, Apple Valley A-(tie)-Sammi Solheid, New Prague & A-(tie)-Amy Knudson, Mankato East
2003	AA-Kasey Clausen, Apple Valley A-Amy Knudson, Mankato East
2004	AA-Danielle Sneden, Stillwater Area A-Katie Niehaus, Melrose Area
2005	AA-Caroline Hilpisch, Stillwater Area A-Amy Knudson, Mankato East
2006	AA-Alise Post, St. Cloud Tech* A-Dana Dierkhising, Melrose Area
2007	AA-Alise Post, St. Cloud Tech* A-Danielle Pallas, Watertown-Mayer/Mayer Lutheran*
2008	AA-Alise Post, St. Cloud Tech* A-Carmen Lundell, Breck/West Lutheran*
2009	AA-Natalia Merrifield, Bloomington Jefferson A-Jenna Woelfel, Annandale
2010	AA-Natalia Merrifield, Bloomington Jefferson A-Carly Petersen, Perham
2011	AA-Chloe Leuma, Stillwater Area A-Carly Petersen, Perham

VAULT CONT.

2012 AA-Leah Robinette, East Ridge, Woodbury
A-Jessica Stelter, Detroit Lakes

2013 AA-Kaylee Jondahl, Elk River/Zimmerman*
A-Hannah Wendel, Alexandria

2014 AA-Beth Etterman, Brainerd*
A-Sela Fadness, Austin

2015 AA-Bailey DuPay, Northfield*
A-Hannah Wendel, Alexandria*

2016AA-Sophie Redding, Henry Sibley, Mendota Heights
A-Greta Klaphake, Melrose Area

2017 AA-Chaney Neu, Champlin Park
A-Kasey Lenarz, Mahtomedi

2018AA-Sophie Redding, Henry Sibley, Mendota Heights
A-Greta Klaphake, Melrose Area

2019 AA-Chaney Neu, Champlin Park*
A-Cora Okeson, Detroit Lakes*

2020 AA-Bella Frattalone, Mahtomedi
A-Jada Olsen, Perham

UNEVEN PARALLEL BARS

1975	Bonnie Berning, Burnsville
1976	Katie Coenen, Richfield
1977	Theresa Thompson, Burnsville
1978	Theresa Thompson, Burnsville
1979	AA-Teresa LaRock, Park Center A-Nancy Pike, Chapel Hills
1980	AA-Angie Barnes, Edina West A-Gretchen Gunderson, Mahtomedi
1981	AA-Jackie Nelson, F. B. Kellogg A-Carolyn Boos, Blake
1982	AA-Crystal Savage, Brainerd A-Carolyn Boos, Blake
1983	AA-Katie McCunn, Robbinsdale Armstrong A-Carolyn Boos, Blake
1984	AA-Karen Atkinson, Robbinsdale Cooper A-Amy Paulson, Mahtomedi
1985	AA-Tana Call, New Prague A-Amy Paulson, Mahtomedi
1986	AA-Kelly Wilson, Lakeville A-Melanie Cowherd, Mahtomedi & A-Barb DuFresne, Two Harbors (Tie)
1987	AA- Lisa McCrady, Rosemount A-Leah Schmalzbauer, Mahtomedi
1988	AA-Dawn Ketcher, Park Center A-Leah Schmalzbauer, Mahtomedi
1989	AA-Dawn Ketcher, Park Center A-Heather Murphy, Mahtomedi
1990	AA-Sherri Dillehay, Hopkins A-Merilee Healy, Watertown-Mayer
1991	AA-Kayo Merritt, Mounds View A-Mindy Myhre, Mahtomedi
1992	AA-Charise Schrupp, Elk River A-Mindy Myhre, Mahtomedi
1993	AA-Chanda Johnson, Lakeville A-Katie Kortuem, Mankato East
1994	AA-Michaela Grigg, Apple Valley A-Gretchen Staubly, Orono
1995	AA-Sarah Hodgson, Lakeville A-Gretchen Staubly, Orono
1996	AA-Debbie Thompson, Roseville Area A-Gretchen Staubly, Orono
1997	AA-Molly Nemes, Lakeville A-Jessica Pink, Monticello
1998	AA-Carrie Hortsch, Eastview, Apple Valley A-Laura Blank, Sauk Centre
1999	AA-Tasha Pasch, Northfield A-Laura Blank, Sauk Centre
2000	AA-Kelli Nygren, Lakeville A-Alyssa Cox, Big Lake
2001	AA-Carolyn Yernberg, Blaine A-Sammi Solheid, New Prague
2002	AA-Rachael Parker, Hopkins A-Sammi Solheid, New Prague
2003	AA-Ashley Koechel, Bloomington Jefferson A-Megan Close, Big Lake
2004	AA-Megan Merritt, White Bear Lake Area A-Heidi Kick, New Prague
2005	AA-Cynthia Hertog, Centennial, Circle Pines A-Danielle Atkinson, Little Falls
2006	AA-Justine Jarnes, Bloomington Jefferson A-Kourtney Johnston, Perham
2007	AA-Anna Gleason, Roseville Area A-Danielle Pallas, Watertown-Mayer/Mayer Lutheran*
2008	AA-Anna Gleason, Roseville Area A-Miranda Schmitz, Perham
2009	AA-Anna Gleason, Roseville Area A-Jenna Schmitz, Perham
2010	AA-Jena Jondahl, Elk River/Zimmerman* A-Jenna Schmitz, Perham
2011	AA-Meaghan Howell, Northfield* A-Amy Crawford, Detroit Lakes
2012	AA-Mackenzie Dent, Eden Prairie* A-Hailey Brinkman, Melrose Area
2013	AA-Carly Wagner, Roseville Area A-Sela Fadness, Austin

UNEVEN PARALLEL BARS CONT.

2014	AA-Bailey DuPay, Northfield*
	A-Jailyn Brinkman, Melrose Area
2015	AA-Bailey DuPay, Northfield*
	A-Jennifer Boyle, Austin
2016	AA-Natalia Jacobson, Rochester Century
	A-Mallery Dick, Big Lake
2017	AA-Olivia Rosenow, Roseville Area
	A-Mady Brinkman, Melrose Area (Tie)
	A-Jada Olsen, Perham (Tie)
2018	AA-Grace Treanor, Wayzata
	A-Jennifer Boyle, Austin
2019	AA-Chaney Neu, Champlin Park*
	A-Jackson Hegg, Detroit Lakes*
2020	AA-Anna Altermatt, Lakeville North
	A-Becca Green, Annandale

BALANCE BEAM

1975 Bonnie Berning, Burnsville
1976 Jane Chapman, Woodbury
1977 Barb Summers, Edina West
1978 Theresa Thompson, Burnsville
1979 AA-Angie Barnes, Edina
A-Cheryl Sether, Jackson
1980 AA-Angie Barnes, Edina West
A-Carolyn Boos, Blake
1981 AA-Angie Barnes, Edina West
A-Cheryl Sether, Jackson
1982 AA-Sue Litschke, Hastings
A-Bridget Conroy, Mahtomedi
1983 AA-Vicki Lundquist, Anoka
A-Carolyn Boos, Blake
1984 AA-Liz Peter, Eden Prairie
A-Jessica Benton, St. Paul Academy
1985 AA-Tana Call, New Prague
A-Tasha Sween, Breck
1986 AA-Tana Call, New Prague
A-Jami Anderson, Big Lake
1987 AA-Bridget Thompson, Bloomington Jefferson
A-Tasha Sween, Breck
1988 AA-Peggie Broderson, Park, Cottage Grove
A-Jenny Olson, Mahtomedi
1989 AA-Jenny Kraling, Hopkins
A-Heather Murphy, Mahtomedi
1990 AA-Jennifer Mabley, Mounds View
A-Jenny Olson, Mahtomedi
1991 AA-Jennifer Mabley, Mounds View
A-Mindy Myhre, Mahtomedi
1992 AA-Jill Ames, Eden Prairie
A-Mindy Myhre, Mahtomedi
1993 AA-Charise Schrupp, Elk River
A-Alicia Winkler, Brooklyn Center
1994 AA-Jill Ames, Eden Prairie
A-Mindy Myhre, Mahtomedi
1995 AA-Debbie Thompson, Roseville Area
A-Tina Rosengren, Big Lake
1996 AA-Debbie Thompson, Roseville Area
A-Tina Rosengren, Big Lake
1997 AA-Annie Renelt, Lakeville
A-Nikki Maresh, Orono
1998 AA-Laura Jansen, Hopkins
A-Elizabeth Schulte, Sauk Rapids-Rice
1999 AA-Stephanie Benson, Eagan
A-Jenny Struve, Waterville-Elysian-Morristown
2000 AA-Amy Rempp, Saint Francis
A-Allyson Thelen, Monticello
2001 AA-Tami Hels, Wayzata
A-Allyson Thelen, Monticello
2002 AA-Jacenta Spandl, Moorhead
A-Amanda Knudson, Mankato East
2003 AA-Kasey Clausen, Apple Valley
A-Adrienne Maiers, Sauk Rapids-Rice
2004 AA-Justine Jarnes, Bloomington Jefferson
A-Katie Niehaus, Melrose Area
2005 AA-Jennifer Easton, Eden Prairie
A-Steph Solheid, New Prague
2006 AA-Sam Nalley, Bloomington Kennedy
A-Betsy Mann, Perham
2007 AA-Cristina Ortiz, Park, Cottage Grove
A-Jessica Johnson, Big Lake
2008 AA-Anna Gleason, Roseville Area
A-Kelsi Vomacka, Perham
2009 AA-Anna Gleason, Roseville Area
A-Kelsi Vomacka, Perham
2010 AA-Sabrina Hoover, Rogers
A-Amy Crawford, Detroit Lakes
2011 AA-Sabrina Hoover, Rogers
A-Amy Crawford, Detroit Lakes
2012 AA-Katie Quigley, Roseville Area
A-Hailey Brinkman, Melrose Area
2013 AA-Bailey DuPay, Northfield*
A-Briquelle Bowden, Alexandria

BALANCE BEAM CONT.

2014	AA-Bailey DuPay, Northfield*
	A-Sela Fadness, Austin
2015	AA-Maria McDonough, Faribault*
	A-Mady Brinkman, Melrose Area
2016	AA-Megan Trolen, East Ridge, Woodbury
	A-Maddie Mullenbach, Austin
2017	AA-Megan Haug, Edina
	A-Kasey Lenarz, Mahtomedi
2018	AA-Brenna Sommerland, Park, Cottage Grove
	A-Peyton Jernberg, Detroit Lakes*
2019	AA-Chaney Neu, Champlin Park*
	A-Peyton Jernberg, Detroit Lakes*
2020	AA-Nadia Abid, Maple Grove
	A-Becca Green, Annandale

FLOOR EXERCISE

1975 Bonnie Berning, Burnsville
1976 Jan Aslakson, Richfield
1977 Theresa Thompson, Burnsville
1978 Nancy Pike, Minnetonka
1979 AA-Sue MacGibbon, Edina West
A-Gretchen Gunderson, Mahtomedi
1980 AA-Nancy Johnson, Richfield
A-Gretchen Gunderson, Mahtomedi
1981 AA-Angie Barnes, Edina West
A-Carolyn Boos, Blake
1982 AA-Sue Litschke, Hastings
A-Ellie Dunlavey, Jackson
1983 AA-Laurie Kaiser, Robbinsdale Armstrong
A-Libby Forbes, Blake
1984 AA-Nancy Bowles, Eden Prairie
A-Amy Marquardt, St. Cloud Cathedral
1985 AA-Tana Call, New Prague
A-Karla Jenkinson, Sherburn
1986 AA-Tana Call, New Prague
A-Liza Swanson, Breck
1987 AA-Lisa McCrady, Rosemount
A-Leah Schmalzbauer, Mahtomedi
1988 AA-Jenny Kraling, Hopkins
A-Liza Swanson, Breck
1989 AA-Nicki Miller, Owatonna
A-Liza Swanson, Breck
1990 AA-Jenny Kraling, Hopkins
A-Merilee Healy, Watertown-Mayer
1991 AA-Stephanie Wegehaupt, Eden Prairie
A-Lynn Gramentz, Farmington
1992 AA-Stephanie Wegehaupt, Eden Prairie
A-Mindy Myhre, Mahtomedi
1993 AA-Steph Wegehaupt, Eden Prairie
A-Sherry Blommel, Melrose
1994 AA-Kayo Merritt, Mounds View
A-Mindy Myhre, Mahtomedi
1995 AA-Debbie Thompson, Roseville Area
A-Sherry Blommel, Melrose
1996 AA-Bobbie Jo Saxe, Forest Lake
A-Sherry Blommel, Melrose
1997 AA-Bobbie Jo Saxe, Forest Lake
A-Nicole Maiers, Sauk Rapids
1998 AA-Stephanie Benson, Eagan
A-Laura Blank, Sauk Centre
1999 AA-Stephanie Benson, Eagan
A-Laura Blank, Sauk Centre
2000 AA-Tara Schroeder, Maple Grove
A-Sammi Solheid, New Prague
2001 AA-Beth Zimmer, Willmar
A-Marin McCarthy, Breck School, Golden Valley
2002 AA-Amy Bickler, Austin
A-Alyssa Cox, Big Lake
2003 AA-Cristina Ortiz, Park, Cottage Grove
A-KiKi Holman, Rockford
2004 AA-Cristina Ortiz, Park, Cottage Grove
A-Krysta Mitchell, Monticello
2005 AA-Caroline Hilpisch, Stillwater Area
A-Kourtney Johnston, Perham
2006 AA-Justine Jarnes, Bloomington Jefferson
A-Kourtney Johnston, Perham
2007 AA-Kendra Klein, White Bear Lake Area
A-Carmen Lundell, Breck School, Golden Valley
2008 AA-RachelAnn Anderson, Maple Grove
A-Kelsi Vomacka, Perham
2009 AA-Anna Gleason, Roseville Area
A-Carmen Lundell, Breck/West Lutheran*
2010 AA-Jenna Johndahl, Elk River/Zimmerman*
A-Katelyn Rittenour, Becker
2011 AA-Julia Stedman, North, North St. Paul
A-Kelsi Vomacka, Perham
2012 AA-Mackenzie Dent, Eden Prairie*
A-(tie)-Hailey Brinkman, Melrose Area
A-(tie)-Sela Fadness, Austin
2013 AA-Bailey DuPay, Northfield*
A-Sela Fadness, Austin

FLOOR EXERCISE CONT.

2014	AA-Bailey DuPay, Northfield* A-Sela Fadness, Austin
2015	AA-Bailey DuPay, Northfield* A-Hannah Wendel, Alexandria*
2016	AA-Wren Anderson, East Ridge, Woodbury A-Emma Disse, Detroit Lakes*
2017	AA-Chaney Neu, Champlin Park A-Maddie Mullenbach, Austin
2018	AA-Chaney Neu, Champlin Park* A-Cora Okeson, Detroit Lakes*
2019	AA-Chaney Neu, Champlin Park* A-Cora Okeson, Detroit Lakes*
2020	AA-Bella Frattalone, Mahtomedi A-Jackson Hegg, Detroit Lakes*

All-Around Champions

1975	Bonnie Berning, Burnsville
1976	Martha Olsen, Robbinsdale
1977	Theresa Thompson, Burnsville
1978	Theresa Thompson, Burnsville
1979	AA-Angie Barnes, Edina West A-Cheryl Sether, Jackson
1980	AA-Angie Barnes, Edina West A-Gretchen Gunderson, Mahtomedi
1981	AA-Jackie Nelson, F. B. Kellogg A-Carolyn Boos, Blake
1982	AA-Sue Litschke, Hastings A-Carolyn Boos, Blake
1983	AA-Laurie Kaiser, Robbinsdale Armstrong A-Carolyn Boos, Blake
1984	AA-Liz Peter, Eden Prairie A-Jody Wicks, St. Anthony Village
1985	AA-Tana Call, New Prague A-Tasha Sween, Breck
1986	AA-Tana Call, New Prague A-Jody Wicks, St. Anthony Village
1987	AA-Lisa McCrady, Rosemount A-Tasha Sween, Breck
1988	AA-Heather Gustafson, Apple Valley A-Heather Murphy, Mahtomedi
1989	AA-Jenny Kraling, Hopkins A-Heather Murphy, Mahtomedi
1990	AA-Sherri Dillehay, Hopkins A-Jenny Olson, Mahtomedi
1991	AA-Jennifer Mabley, Mounds View A-Mindy Myhre, Mahtomedi
1992	AA-Jill Ames, Eden Prairie A-Mindy Myhre, Mahtomedi
1993	AA-Charise Schrupp, Elk River A-Mindy Myhre, Mahtomedi
1994	AA-Kayo Merritt, Mounds View A-Mindy Myhre, Mahtomedi
1995	AA-Debbie Thompson, Roseville Area A-Sherry Blommel, Melrose
1996	AA-Debbie Thompson, Roseville Area A-Tina Rosengren, Big Lake
1997	AA-Bobbie Jo Saxe, Forest Lake A-Nicole Maiers, Sauk Rapids
1998	AA-Tasha Pasch, Northfield A-Laura Blank, Sauk Centre
1999	AA-Stephanie Benson, Eagan A-Laura Blank, Sauk Centre
2000	AA-Tara Schroeder, Maple Grove A-Sammi Solheid, New Prague
2001	AA-Jacenta Spandl, Moorhead Katie Niehaus, Melrose
2002	AA-Rachael Parker, Hopkins A-Alyssa Cox, Big Lake
2003	AA-Kasey Clausen, Apple Valley A-Adrienne Maiers, Sauk Rapids-Rice
2004	AA-Angie Cich, Robbinsdale Armstrong A-Katie Niehaus, Melrose Area
2005	AA-Bailey Young, Winona / Winona Cotter A-Ashley Brasel, Perham
2006	AA-Justine Jarnes, Bloomington Jefferson A-Kourtney Johnston, Perham
2007	AA-Kayla Land, Park, Cottage Grove A-Danielle Pallas, Watertown-Mayer/Mayer Lutheran*
2008	AA-Anna Gleason, Roseville Area A-Carmen Lundell, Breck/West Lutheran*
2009	AA-Anna Gleason, Roseville Area A-Sabrina Hoover, Rogers
2010	AA-Sabrina Hoover, Rogers A-Jenna Schmitz, Perham
2011	AA-Sabrina Hoover, Rogers A-Kelsi Vomacka, Perham
2012	AA-Julia Stedman, North, North St. Paul A-Hailey Brinkman, Melrose Area
2013	AA-Bailey DuPay, Northfield* A-Sela Fadness, Austin

All-Around Champions cont.

2014	AA-Bailey DuPay, Northfield* A-Sela Fadness, Austin
2015	AA- Bailey DuPay, Northfield* A-Molly Lyngaas, Detroit Lakes*
2016	AA-Megan Trolen, East Ridge, Woodbury A-Maddie Mullenbach, Austin
2017	AA-Chaney Neu, Champlin Park A-Kasey Lenarz, Mahtomedi
2018	AA-Chaney Neu, Champlin Park* A-Allah Williams, Chisago Lakes, Lindstrom
2019	AA-Chaney Neu, Champlin Park* A-Bella Frattalone, Mahtomedi
2020	AA-Bella Frattalone, Mahtomedi A-Jada Olsen, Perham