## 2021-2023 COMPETITIVE SECTIONS & SUBSECTIONS

### 7A Baseball (16)
- Barnum
- Carlton
- Cherry
- Chisholm
- Cook Co.
- Deer River
- Ely
- Littlefork-Big Falls
- Marshall
- Mountain Iron-Buhl
- Nashwauk-Keewatin
- North Woods
- Northeast Range
- Silver Bay
- South Ridge
- Wrenshall

### 7AA Baseball (15)
- Aitkin
- Crosby-Ironton
- Esko
- Greenway
- International Falls
- Mesabi East
- Milaca
- Mora
- ML/WR
- Pequot Lakes
- Pine City
- Proctor
- Rock Ridge
- Rush City
- Two Harbors

### 7A Basketball Boys (22)
- Bigfork
- Carlton
- Cherry
- Chisholm
- Cook Co.
- Deer River
- Ely
- Floodwood
- Fond du Lac
- Harbor City International
- Hill City
- Lakeview Chris Acad
- Littlefork-Big Falls
- Marshall
- Mountain Iron-Buhl
- Nashwauk-Keewatin
- North Woods
- Northeast Range
- Northland
- Silver Bay
- South Ridge
- Wrenshall

### 7AA Basketball Boys (16)
- Aitkin
- Crosby-Ironton
- Esko
- Eveleth-Gilbert
- Greenway
- Hinckley Finlayson
- International Falls
- Mesabi East
- MLWR
- Pequot Lakes
- Pierz
- Pillager
- Proctor
- Staples-Motley
- Two Harbors
- Virginia

### 7A Basketball Girls (19)
- Bigfork
- Carlton
- Cherry
- Chisholm
- Cook Co.
- Cromwell
- Deer River
- Ely
- Floodwood
- Fond du Lac
- Hill City/Northland
- Littlefork-Big Falls
- Marshall
- Mountain Iron-Buhl
- Nashwauk-Keewatin
- North Woods
- Northeast Range
- Silver Bay
- South Ridge
- Wrenshall

### 7AA Basketball Girls (14)
- Aitkin
- Crosby-Ironton
- Esko
- Eveleth-Gilbert
- Greenway
- Hinckley Finlayson
- International Falls
- Marshall/LCA
- Mesabi East
- MLWR
- Pequot Lakes
- Pierz
- Pillager
- Proctor
- Staples-Motley
- Two Harbors
- Virginia
7A Cross Country Run Boys (19)
Carlton/Wrenshall
Cherry
Chisholm
Cromwell-Floodwood
Crosby-Ironton
Deer River-Northland
Ely
Esko
Greenway-N-K
Hill City
International Falls
Lakeview Christian Academy
Marshall
McGregor
Mesabi East
Moose-Willow-Barnum
Mt. Iron/ Buhl
Pine River-Backus
Southridge/N.Woods/NE Range

7A Cross Country Run Girls (19)
Carlton/Wrenshall
Cherry
Chisholm
Cromwell-Floodwood
Crosby-Ironton
Deer River-Northland
Ely
Esko
Greenway-N-K
Hill City
International Falls
Lakeview Christian Academy
Marshall
McGregor
Mesabi East
Moose-Willow-Barnum
Mt. Iron/ Buhl
Pine River-Backus
Southridge/N.Woods/NE Range

Football Sec 5-9man (7)
Carlton/Wrenshall
Cromwell-Wright Area
Isle
McGregor
Ogilvie
Onamia
South Ridge

Football Sec 7-9man (9)
Bigfork
Cherry
Cook Co.
Ely
Hill City/Northland
North Central: Kelliher/LFBF/Northhome
Mt. Iron-Buhl
Northeast Range
Silver Bay

Football Sec. 7A (6)
Barnum
Braham
Chisholm
Deer River
East Central
North Woods

Football Sec. 7AA (5)
Crosby-Ironton
Hinckley-Finlayson
International Falls
Mesabi East
ML/WR
Football 7AAA (8)
Aitkin
Esko
Greenway/NK
Hibbing
Pequot Lakes
Proctor
Rock Ridge
Two Harbors

7A Visual Arts (26)
All 7A Registered Region Schools

7A Golf Boys (14)
Barnum
Bigfork
Blackduck
Carlton
Cass Lake-Bena
Deer River
Marshall
ML/WR
Nevis
North Woods
Northeast-Ely
Northome/Kelliher
Pine River Backus
Walker Hackensack

7AA Golf Boys (14)
Cloquet
Crosby-Ironton/Aitkin
Duluth Denfeld
GNK
Hibbing
International Falls
Mesabi East
Mora
Pine City
Proctor/Esko
Rock Ridge/MIB
Two Harbors-SB

7A Golf Girls (11)
Bigfork
Blackduck
Cass Lake- Bena
Deer River
Northeast-Ely
Marshall
Nevis
North Woods
Northome/Kelliher
Pine River Backus
Walker Hackensack

7AA Golf Girls (16)
Crosby-Ironton/Aitkin
Barnum
Cloquet/Carlton
Duluth Denfeld
GNK
Hermantown
Hibbing
International Falls
Mesabi East
ML/WR
Mora
Pine City
Proctor/Esko
Rush City
Two Harbors
Rock Ridge

7A Hockey Girls (7)
Cloquet-Esko-Carlton
Hibbing-Chisholm
Marshall
Moose/Willow/Barnum/HF/East Central
Proctor-Hermantown
Rock Ridge/ME/MIB
Silver Bay/Two Harbors

7A Hockey Boys (10)
Duluth Denfeld
Ely/Northeast Range
Greenway/N-K/Deer River
Hermantown
Hibbing-Chisholm
International Falls
ML/WR/Barnum/East Central
North Shore Storm
Proctor-South Ridge
Rock Ridge/MIB/Cherry/ME
### 7A Nordic Ski Boys (11)
- Cloquet-Carlton-Esko
- Denfeld
- East
- Ely
- Grand Rapids
- Hibbing-Chisholm
- Marshall/LCA
- ME/E-G/Virginia/MIB
- Mora
- Proctor/Hermantown
- Two Harbors/Cook County

### 7A Nordic Ski Girls (12)
- Cloquet-Carlton-Esko
- Denfeld
- East
- Ely
- Grand Rapids
- Hibbing-Chisholm
- Marshall/LCA
- ME/E-G/Virginia
- MIB
- Mora
- Proctor/Hermantown
- Two Harbors/Cook County

### 7A Speech (24)
- Bigfork
- Braham
- Cherry
- Chisholm
- Cromwell
- Ely
- Greenway
- Hill City
- Hinckley-Finlayson
- International Falls
- Marshall
- McGregor
- Mesabi East
- Mt. Iron-Buhl
- North Woods
- Northeast Range
- Northland
- Ogilvie
- Onamia/Isle
- Pine City
- Rock Ridge
- Rush City
- South Ridge
- Wrenshall

### 7A Music (30)
- Aitkin
- Barnum
- Bigfork
- Cherry
- Chisholm
- Cook County
- Cromwell
- Crosby-Ironton
- Deer River
- Ely
- Esko
- Eveleth-Gilbert
- Floodwood
- Greenway
- Harbor City
- Hill City
- Marshall
- McGregor
- Mesabi East
- Moose Lake
- Moutain Iron-Buhl
- Nashwauk-Keewatin
- North Woods
- Northeast Range
- Northland
- Proctor
- Silver Bay
- Two Harbors
- Virginia
- Willow River

### 7A Soccer (8)
- Esko
- Legacy Christian Academy
- Marshall
- North Lakes Academy
- PACT Charter
- Proctor
- Spectrum
- Two Harbors
### 7A Softball (16)

#### Sub-section 1
- Barnum
- Carlton
- Cook County
- Cromwell
- Floodwood
- ML/WR
- Silver Bay
- Wrenshall

#### Sub-section 2
- Cherry
- Chisholm
- Littlefork-Big Falls
- Mt. Iron-Buhl
- Nashwauk-Keewatin
- North Woods
- Northeast Range
- South Ridge

### 7AA Softball (15)

#### Sub-section 1
- Aitkin
- Crosby-Ironton
- Esko
- Mora
- North Lakes Academy
- Pine City
- Rush City

#### Sub-section 2
- Eveleth-Gilbert
- Greenway
- International Falls
- Marshall/LCA
- Mesabi East
- Proctor
- Two Harbors
- Virginia

### 6A Swimming Boys (7)
- Chisholm
- Grand Rapids
- Hibbing/Victory
- International Falls
- Mesabi East
- Proctor
- Rock Ridge

### 7A Swimming Girls (11)
- Chisholm
- CEC
- Duluth Denfeld
- Grand Rapids
- Hibbing/Victory
- International Falls
- Mesabi East
- Northeast Range-Ely
- Proctor-Hermantown
- Two Harbors-Silver Bay
- Rock Ridge/MIB

### 7A Tennis Boys (7)
- Aitkin
- Carlton
- Cloquet
- Hermantown
- Hibbing
- Marshall
- Rock Ridge

### 7A Tennis Girls (9)
#### Sub-section 1
- Aitkin
- Marshall
- Virginia
- Eve-Gilb/Mesabi E.

#### Sub-section 2
- Crosby-Ironton
- Mora
- Peirz
- Pine City

Scchs/St. John's Prep

### 7A One Act Play (25)
Subsections will be organized on Nov. 1st. They will be balanced based on the number of schools that have paid their entry by the Oct. 31st deadline.

- Aitkin
- Barnum
- Cherry
- Chisholm
- Cook County
- Cromwell
- Deer River
- East Central
- Esko
- Hill City
- Littlefork-Big Falls
- Marshall
- Mesabi East
- Moose Lake
- Mt. Iron / Buhl
- Nashwauk-Keewatin
- North Woods
- Northeast Range
- Proctor
- Rock Ridge
- Silver Bay
- Two Harbors
- Willow River
- Wrenshall
- Northland
- Proctor
- Rock Ridge
- Silver Bay
- Two Harbors
- Willow River
- Wrenshall
### 7A Track & Field Boys (25)

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### 7A Track & Field Girls (29)

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### 7A Volleyball (21)

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### 7AA Volleyball (15)

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