

2021-2023 COMPETITIVE SECTIONS & SUBSECTIONS

7A Baseball (16)

| | |
|----------------------|--------------------|
| Barnum | Marshall |
| Carlton | Mountain Iron-Buhl |
| Cherry | Nashwauk-Keewatin |
| Chisholm | North Woods |
| Cook Co. | Northeast Range |
| Deer River | Silver Bay |
| Ely | South Ridge |
| Littlefork-Big Falls | Wrenshall |

7AA Baseball (15)

| | |
|---------------------|--------------|
| Aitkin | MLWR |
| Crosby-Ironton | Pequot Lakes |
| Esko | Pine City |
| Greenway | Proctor |
| International Falls | Rock Ridge |
| Mesabi East | Rush City |
| Milaca | Two Harbors |
| Mora | |

7A Basketball Boys (22)

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

7AA Basketball Boys (15)

| | |
|---------------------|----------------|
| Aitkin | MLWR |
| Crosby-Ironton | Pequot Lakes |
| Esko | Pierz |
| Greenway | Pillager |
| Hinckley Finlayson | Proctor |
| International Falls | Rock Ridge |
| Mesabi East | Staples-Motley |
| | Two Harbors |

7A Basketball Girls (19)

| | |
|-------------|----------------------|
| Bigfork | Hill City/Northland |
| Carlton | Littlefork-Big Falls |
| Cherry | Mountain Iron-Buhl |
| Chisholm | Nashwauk-Keewatin |
| Cook Co. | North Woods |
| Cromwell | Northeast Range |
| Deer River | Silver Bay |
| Ely | South Ridge |
| Floodwood | Wrenshall |
| Fond du Lac | |

7AA Basketball Girls (13)

| | |
|---------------------|----------------|
| Aitkin | MLWR |
| Crosby-Ironton | Pequot Lakes |
| Esko | Pierz |
| Greenway | Pillager |
| Hinckley Finlayson | Proctor |
| International Falls | Rock Ridge |
| Marshall/LCA | Staples-Motley |
| Mesabi East | Two Harbors |

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 (5)

Carlton/Wrenshall
Cromwell-Wright Area
McGregor
Ogilvie
South Ridge

Football Sec. 7-9man (8)

Bigfork
Cherry
Cook Co.
Ely/Northeast Range
Hill City/Northland
North Central: Kelliher/LFBF/Northhome
Mt. Iron-Buhl
Silver Bay

Football Sec.7A (7)

Barnum
Braham
Chisholm
Deer River
East Central
Mille Lacs
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
 Hermantown
 Hibbing
 International Falls
 Mesabi East
 Mora
 Pine City
 Proctor/Esko
 Rock Ridge/MIB
 Rush City
 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/Rock Ridge
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 (29)

Aitkin
Barnum
Bigfork
Cherry
Chisholm
Cook County
Cromwell
Crosby-Ironton
Deer River
Ely
Esko
Floodwood
Greenway
Harbor City
Hill City
Marshall
McGregor
Mesabi East
Moose Lake
Mountain Iron-Buhl
Nashwauk-Keewatin
North Woods
Northeast Range
Northland
Proctor
Rock Ridge
Silver Bay
Two Harbors
Willow River

7A Soccer (8)

Esko
Legacy Christian Academy
Marshall
North Lakes Academy
PACT Charter
Proctor
Spectrum
Two Harbors

7A Softball (16)

Barnum
Carlton
Cook County
Cromwell
Floodwood
ML/WR
Silver Bay
Wrenshall

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

7AA Softball (14)

Aitkin
Crosby-Ironton
Esko
Mora
North Lakes Academy
Pine City
Rush City

Greenway
International Falls
Marshall/LCA
Mesabi East
Proctor
Rock Ridge
Two Harbors

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 (6)

Aitkin
Crosby-Ironton
Marshall
Mora
Peirz
Pine City

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

Northland
Proctor
Rock Ridge
Silver Bay
Two Harbors
Willow River
Wrenshall

7A Track & Field Boys (25)

| Sub-section 1 (12) | Sub-section 2 (13) |
|---------------------------|---------------------------|
| Bigfork | Aitkin |
| Chisholm | Barnum |
| Cook County | Carlton |
| Deer River/Northland | Cromwell |
| Ely | Crosby-Ironton |
| Floodwood | Esko |
| GNK | Fond du Lac |
| International Falls | Lakeview Christian |
| Mesabi East | Marshall |
| MIB | McGregor |
| SR/Cherry/NW/Northeast | ML/WR |
| Silver Bay | Two Harbors |
| | Wrenshall |

7A Track & Field Girls (29)

| Sub-section 1 (12) | Sub-section 2 (13) |
|---------------------------|---------------------------|
| Bigfork | Aitkin |
| Chisholm | Barnum |
| Cook County | Carlton |
| Deer River/Northland | Cromwell |
| Ely | Crosby-Ironton |
| Floodwood | Esko |
| GNK | Fond du Lac |
| International Falls | Lakeview Christian |
| Mesabi East | Marshall |
| MIB | McGregor |
| SR/Cherry/NW/Northeast | ML/WR |
| Silver Bay | Two Harbors |
| | Wrenshall |

7A Volleyball (21)

| Sub-section 1 (11) | Sub-section 2 (10) |
|---------------------------|---------------------------|
| Barnum | Bigfork |
| Carlton | Cherry |
| Cook County | Chisholm |
| Cromwell | Deer River |
| Floodwood | Ely |
| Fond du Lac | Littlefork-Big Falls |
| Lakeview Christian | MIB |
| Marshall | Nashwaul-Keewatin |
| Silver Bay | North Woods |
| South Ridge | Northeast Range |
| Wrenshall | |

7AA Volleyball (14)

| Sub-section 1 | Sub-section 2 |
|----------------------|----------------------|
| Esko | Aitkin |
| H/F | Crosby Ironton |
| ML/WR | Greenway |
| Mora | International Falls |
| Pine City | Mesabi East |
| Proctor | Rock Ridge |
| Rush City | Two Harbors |