



ARCHIVES

MINNESOTA STATE HIGH SCHOOL LEAGUE

Individual Event State Gymnastics Champions – 1975-2023

VAULT

2023	AA-Taylor Schaefer, St. Cloud*
A-Reagan Kelley, Watertown-Mayer/Mound Westonka*	
2022	AA-Taylor Schaefer, St. Cloud*
A-Anna Mielke, Watertown-Mayer/Mound Westonka*	
2021	AA-Marley Michaud, Sartell
A-Jada Olsen, Perham/New York Mills*	
2020	AA-Bella Frattalone, Mahtomedi
A-Jada Olsen, Perham	
2019	AA-Chaney Neu, Champlin Park*
A-Cora Okeson, Detroit Lakes*	
2018	AA-Sophie Redding, Henry Sibley
A-Greta Klaphake, Melrose Area	
2017	AA-Chaney Neu, Champlin Park
A-Kasey Lenarz, Mahtomedi	
2016	AA-Sophie Redding, Henry Sibley
A-Greta Klaphake, Melrose Area	
2015	AA-Bailey DuPay, Northfield*
A-Hannah Wendel, Alexandria*	
2014	AA-Beth Etterman, Brainerd*
A-Sela Fadness, Austin	
2013	AA-Kaylee Jondahl, Elk River/Zimmerman*
A-Hannah Wendel, Alexandria	
2012	AA-Leah Robinette, East Ridge
A-Jessica Stelter, Detroit Lakes	
2011	AA-Chloe Leuma, Stillwater Area
A-Carly Petersen, Perham	
2010	AA-Natalia Merrifield, Bloomington Jefferson
A-Carly Petersen, Perham	
2009	AA-Natalia Merrifield, Bloomington Jefferson
A-Jenna Woelfel, Annandale	
2008	AA-Alise Post, St. Cloud Tech*
A-Carmen Lundell, Breck/West Lutheran*	
2007	AA-Alise Post, St. Cloud Tech*
A-Danielle Pallas, Watertown-Mayer/Mayer Lutheran*	
2006	AA-Alise Post, St. Cloud Tech*
A-Dana Dierkhising, Melrose Area	
2005	AA-Caroline Hilpisch, Stillwater Area
A-Amy Knudson, Mankato East	
2004	AA-Danielle Sneden, Stillwater Area
A-Katie Niehaus, Melrose Area	
2003	AA-Kasey Clausen, Apple Valley
A-Amy Knudson, Mankato East	
2002	AA-Kasey Clausen, Apple Valley
A-(tie)-Sammi Solheid, New Prague &	
A-(tie)-Amy Knudson, Mankato East	
2001	AA-Carolyn Yernberg, Blaine
Biz Landwehr, Mankato East	
2000	AA-Kelli Nygren, Lakeville
A-Emily Bergerson, Big Lake	
1999	AA-Stephanie Benson, Eagan
A-Laura Blank, Sauk Centre	
1998	AA-Courtney Norman, Cretin-Derham Hall
A-Laura Blank, Sauk Centre	
1997	AA-Courtney Norman, Cretin-Derham Hall
A-Chrissa Landweher, Mankato East	
1996	AA-Courtney Norman, Cretin-Derham Hall
A-Tina Rosengren, Big Lake	
1995	AA-Debbie Thompson, Roseville Area
A-Sherry Blommel, Melrose	
1994	AA-Molly Nemes, Lakeville
A-Alicia Winkler, Brooklyn Center	

VAULT CONT.

1993 AA-Steph Wegehaupt, Eden Prairie
A-Mindy Myhre, Mahtomedi

1992 AA-Charise Schrupp, Elk River
A-Diane Hill, Fairmont

1991 AA-Julie Beasley, Brainerd
A-Brandy Brown, Becker/Big Lake*

1990 AA-Sherri Dillehay, Hopkins
A-Jenny Olson, Mahtomedi

1989 AA-Leslie Bloedel, Park
A-Tracy Rohloff, Jackson

1988 AA-Lisa Trager, Eden Prairie
A-Heather Murphy, Mahtomedi

1987 AA-Kristin Opdahl, Apple Valley
A-Heather Murphy, Mahtomedi

1986 AA-Kelly Wilson, Lakeville
A-Jody Wicks, St. Anthony Village

1985 AA-Kris Gallagher, Mounds View
A-Amy Paulson, Mahtomedi

1984 AA-Liz Peter, Eden Prairie
A-Melissa Rosbacka, Grand Marais

1983 AA-Laurie Kaiser, Robbinsdale
A-Carolyn Boos, Blake

1982 AA-Sue Litschke, Hastings
A-Ellie Dunlavey, Jackson

1981 AA-Sue Litschke, Hastings
A-Libby Forbes, Blake

1980 AA-Teresa LaRock, Park Center
A-Gretchen Gunderson, Mahtomedi

1979 AA-Lisa Wahl, Edina West
A-Gretchen Gunderson, Mahtomedi

1978 Julie Palen, Derham Hall

1977 Julie Palen, Derham Hall

1976 Martha Olsen, Robbinsdale

1975 Bonnie Berning, Burnsville

UNEVEN PARALLEL BARS

2023	AA-Taylor Schaefer, St. Cloud*
	A-Dakota Esget, North Branch Area
2022	AA-Grace Squires, White Bear Lake Area
	A-Lola Visci, Big Lake
2021	AA-Marley Michaud, Sartell
	A-Jada Olsen, Perham/New York Mills*
2020	AA-Anna Altermatt, Lakeville North
	A-Becca Green, Annandale
2019	AA-Chaney Neu, Champlin Park*
	A-Jackson Hegg, Detroit Lakes*
2018	AA-Grace Treanor, Wayzata
	A-Jennifer Boyle, Austin
2017	AA-Olivia Rosenow, Roseville Area
	A-(tie)-Mady Brinkman, Melrose Area & A-(tie)-Jada Olsen, Perham
2016	AA-Natalia Jacobson, Rochester Century
	A-Mallery Dick, Big Lake
2015	AA-Bailey DuPay, Northfield*
	A-Jennifer Boyle, Austin
2014	AA-Bailey DuPay, Northfield*
	A-Jailyn Brinkman, Melrose Area
2013	AA-Carly Wagner, Roseville Area
	A-Sela Fadness, Austin
2012	AA-Mackenzie Dent, Eden Prairie*
	A-Hailey Brinkman, Melrose Area
2011	AA-Meaghan Howell, Northfield*
	A-Amy Crawford, Detroit Lakes
2010	AA-Jena Jondahl, Elk River/Zimmerman*
	A-Jenna Schmitz, Perham
2009	AA-Anna Gleason, Roseville Area
	A-Jenna Schmitz, Perham
2008	AA-Anna Gleason, Roseville Area
	A-Miranda Schmitz, Perham
2007	AA-Anna Gleason, Roseville Area
	A-Danielle Pallas, Watertown-Mayer/Mayer Lutheran*
2006	AA-Justine Jarnes, Bloomington Jefferson
	A-Kourtney Johnston, Perham
2005	AA-Cynthia Hertog, Centennial
	A-Danielle Atkinson, Little Falls
2004	AA-Megan Merritt, White Bear Lake Area
	A-Heidi Kick, New Prague
2003	AA-Ashley Koechel, Bloomington Jefferson
	A-Megan Close, Big Lake
2002	AA-Rachael Parker, Hopkins
	A-Sammi Solheid, New Prague
2001	AA-Carolyn Yernberg, Blaine
	A-Sammi Solheid, New Prague
2000	AA-Kelli Nygren, Lakeville
	A-Alyssa Cox, Big Lake
1999	AA-Tasha Pasch, Northfield
	A-Laura Blank, Sauk Centre
1998	AA-Carrie Hortsch, Eastview, Apple Valley
	A-Laura Blank, Sauk Centre
1997	AA-Molly Nemes, Lakeville
	A-Jessica Pink, Monticello
1996	AA-Debbie Thompson, Roseville Area
	A-Gretchen Staubly, Orono
1995	AA-Sarah Hodgson, Lakeville
	A-Gretchen Staubly, Orono
1994	AA-Michaela Grigg, Apple Valley
	A-Gretchen Staubly, Orono
1993	AA-Chanda Johnson, Lakeville
	A-Katie Kortuem, Mankato East
1992	AA-Charise Schrupp, Elk River
	A-Mindy Myhre, Mahtomedi
1991	AA-Kayo Merritt, Mounds View
	A-Mindy Myhre, Mahtomedi
1990	AA-Sherri Dillehay, Hopkins
	A-Merilee Healy, Watertown-Mayer
1989	AA-Dawn Ketcher, Park Center
	A-Heather Murphy, Mahtomedi
1988	AA-Dawn Ketcher, Park Center
	A-Leah Schmalzbauer, Mahtomedi
1987	AA-Lisa McCrady, Rosemount
	A-Leah Schmalzbauer, Mahtomedi

UNEVEN PARALLEL BARS CONT.

1986 AA-Kelly Wilson, Lakeville
A-(tie) Melanie Cowherd, Mahtomedi &
A-(tie)-Barb DuFresne, Two Harbors

1985 AA-Tana Call, New Prague
A-Amy Paulson, Mahtomedi

1984 AA-Karen Atkinson, Robbinsdale Cooper
A-Amy Paulson, Mahtomedi

1983 AA-Katie McCunn, Robbinsdale Armstrong
A-Carolyn Boos, Blake

1982 AA-Crystal Savage, Brainerd
A-Carolyn Boos, Blake

1981 AA-Jackie Nelson, F. B. Kellogg
A-Carolyn Boos, Blake

1980 AA-Angie Barnes, Edina West
A-Gretchen Gunderson, Mahtomedi

1979 AA-Teresa LaRock, Park Center
A-Nancy Pike, Chapel Hills

1978 Theresa Thompson, Burnsville

1977 Theresa Thompson, Burnsville

1976 Katie Coenen, Richfield

1975 Bonnie Berning, Burnsville

BALANCE BEAM

2023 AA-Taylor Schaefer, St. Cloud*
A-Avery McAllister, Perham/New York Mills*
2022 AA-Taylor Schaefer, St. Cloud*
A-Reagan Kelley, Watertown-Mayer/Mound Westonka*
2021 AA-Keely Sisco, Forest Lake
A-Libby McGearry, Benson/KMS*
2020 AA-Nadia Abid, Maple Grove
A-Becca Green, Annandale
2019 AA-Chaney Neu, Champlin Park*
A-Peyton Jernberg, Detroit Lakes*
2018 AA-Brenna Sommerland, Park
A-Peyton Jernberg, Detroit Lakes*
2017 AA-Megan Haug, Edina
A-Kasey Lenarz, Mahtomedi
2016 AA-Megan Trolen, East Ridge, Woodbury
A-Maddie Mullenbach, Austin
2015 AA-Maria McDonough, Faribault*
A-Mady Brinkman, Melrose Area
2014 AA-Bailey DuPay, Northfield*
A-Sela Fadness, Austin
2013 AA-Bailey DuPay, Northfield*
A-Briquelle Bowden, Alexandria
2012 AA-Katie Quigley, Roseville Area
A-Hailey Brinkman, Melrose Area
2011 AA-Sabrina Hoover, Rogers
A-Amy Crawford, Detroit Lakes
2010 AA-Sabrina Hoover, Rogers
A-Amy Crawford, Detroit Lakes
2009 AA-Anna Gleason, Roseville Area
A-Kelsi Vomacka, Perham
2008 AA-Anna Gleason, Roseville Area
A-Kelsi Vomacka, Perham
2007 AA-Cristina Ortiz, Park
A-Jessica Johnson, Big Lake
2006 AA-Sam Nalley, Bloomington Kennedy
A-Betsy Mann, Perham
2005 AA-Jennifer Easton, Eden Prairie
A-Steph Solheid, New Prague
2004 AA-Justine Jarnes, Bloomington Jefferson
A-Katie Niehaus, Melrose Area
2003 AA-Kasey Clausen, Apple Valley
A-Adrienne Maiers, Sauk Rapids-Rice
2002 AA-Jacenta Spandl, Moorhead
A-Amanda Knudson, Mankato East
2001 AA-Tami Hels, Wayzata
A-Allyson Thelen, Monticello
2000 AA-Amy Rempp, St. Francis
A-Allyson Thelen, Monticello
1999 AA-Stephanie Benson, Eagan
A-Jenny Struve, Waterville-Elysian-Morristown
1998 AA-Laura Jansen, Hopkins
A-Elizabeth Schulte, Sauk Rapids-Rice
1997 AA-Annie Renelt, Lakeville
A-Nikki Mares, Orono
1996 AA-Debbie Thompson, Roseville Area
A-Tina Rosengren, Big Lake
1995 AA-Debbie Thompson, Roseville Area
A-Tina Rosengren, Big Lake
1994 AA-Jill Ames, Eden Prairie
A-Mindy Myhre, Mahtomedi
1993 AA-Charise Schrupp, Elk River
A-Alicia Winkler, Brooklyn Center
1992 AA-Jill Ames, Eden Prairie
A-Mindy Myhre, Mahtomedi
1991 AA-Jennifer Mabley, Mounds View
A-Mindy Myhre, Mahtomedi
1990 AA-Jennifer Mabley, Mounds View
A-Jenny Olson, Mahtomedi
1989 AA-Jenny Kraling, Hopkins
A-Heather Murphy, Mahtomedi
1988 AA-Peggie Broderson, Park
A-Jenny Olson, Mahtomedi
1987 AA-Bridget Thompson, Bloomington Jefferson
A-Tasha Sween, Breck

BALANCE BEAM CONT.

1986	AA-Tana Call, New Prague A-Jami Anderson, Big Lake
1985	AA-Tana Call, New Prague A-Tasha Sween, Breck
1984	AA-Liz Peter, Eden Prairie A-Jessica Benton, St. Paul Academy
1983	AA-Vicki Lundquist, Anoka A-Carolyn Boos, Blake
1982	AA-Sue Litschke, Hastings A-Bridget Conroy, Mahtomedi
1981	AA-Angie Barnes, Edina West A-Cheryl Sether, Jackson
1980	AA-Angie Barnes, Edina West A-Carolyn Boos, Blake
1979	AA-Angie Barnes, Edina A-Cheryl Sether, Jackson
1978	Theresa Thompson, Burnsville
1977	Barb Summers, Edina West
1976	Jane Chapman, Woodbury
1975	Bonnie Berning, Burnsville

FLOOR EXERCISE

2023	AA-Taylor Schaefer, St. Cloud* A-Britney Krumrei, Big Lake
2022	AA-Taylor Schaefer, St. Cloud* A-Anna Mielke, Watertown-Mayer/Mound Westonka*
2021	AA-Claire O'Gorman, Forest Lake A-Sawyer Gorman, Pine Island/Zumbrota-Mazeppa*
2020	AA-Bella Frattalone, Mahtomedi A-Jackson Hegg, Detroit Lakes*
2019	AA-Chaney Neu, Champlin Park* A-Cora Okeson, Detroit Lakes*
2018	AA-Chaney Neu, Champlin Park* A-Cora Okeson, Detroit Lakes*
2017	AA-Chaney Neu, Champlin Park A-Maddie Mullenbach, Austin
2016	AA-Wren Anderson, East Ridge A-Emma Disse, Detroit Lakes*
2015	AA-Bailey DuPay, Northfield* A-Hannah Wendel, Alexandria*
2014	AA-Bailey DuPay, Northfield* A-Sela Fadness, Austin
2013	AA-Bailey DuPay, Northfield* A-Sela Fadness, Austin
2012	AA-Mackenzie Dent, Eden Prairie* A-(tie)-Hailey Brinkman, Melrose Area A-(tie)-Sela Fadness, Austin
2011	AA-Julia Stedman, North High School-North St. Paul A-Kelsi Vomacka, Perham
2010	AA-Jenna Johndahl, Elk River/Zimmerman* A-Katelyn Rittenour, Becker
2009	AA-Anna Gleason, Roseville Area A-Carmen Lundell, Breck/West Lutheran*
2008	AA-RachelAnn Anderson, Maple Grove A-Kelsi Vomacka, Perham
2007	AA-Kendra Klein, White Bear Lake Area A-Carmen Lundell, Breck School
2006	AA-Justine Jarnes, Bloomington Jefferson A-Kourtney Johnston, Perham
2005	AA-Caroline Hilpisch, Stillwater Area A-Kourtney Johnston, Perham
2004	AA-Cristina Ortiz, Park A-Krysta Mitchell, Monticello
2003	AA-Cristina Ortiz, Park A-KiKi Holman, Rockford
2002	AA-Amy Bickler, Austin A-Alyssa Cox, Big Lake
2001	AA-Beth Zimmer, Willmar A-Marin McCarthy, Breck School
2000	AA-Tara Schroeder, Maple Grove A-Sammi Solheid, New Prague
1999	AA-Stephanie Benson, Eagan A-Laura Blank, Sauk Centre
1998	AA-Stephanie Benson, Eagan A-Laura Blank, Sauk Centre
1997	AA-Bobbie Jo Saxe, Forest Lake A-Nicole Maiers, Sauk Rapids
1996	AA-Bobbie Jo Saxe, Forest Lake A-Sherry Blommel, Melrose
1995	AA-Debbie Thompson, Roseville Area A-Sherry Blommel, Melrose
1994	AA-Kayo Merritt, Mounds View A-Mindy Myhre, Mahtomedi
1993	AA-Steph Wegehaupt, Eden Prairie A-Sherry Blommel, Melrose
1992	AA-Stephanie Wegehaupt, Eden Prairie A-Mindy Myhre, Mahtomedi
1991	AA-Stephanie Wegehaupt, Eden Prairie A-Lynn Gramentz, Farmington
1990	AA-Jenny Kraling, Hopkins A-Merilee Healy, Watertown-Mayer
1989	AA-Nicki Miller, Owatonna A-Liza Swanson, Breck
1988	AA-Jenny Kraling, Hopkins A-Liza Swanson, Breck

FLOOR EXERCISE CONT.

1987 AA-Lisa McCrady, Rosemount
A-Leah Schmalzbauer, Mahtomedi

1986 AA-Tana Call, New Prague
A-Liza Swanson, Breck

1985 AA-Tana Call, New Prague
A-Karla Jenkinson, Sherburn

1984 AA-Nancy Bowles, Eden Prairie
A-Amy Marquardt, St. Cloud Cathedral

1983 AA-Laurie Kaiser, Robbinsdale Armstrong
A-Libby Forbes, Blake

1982 AA-Sue Litschke, Hastings
A-Ellie Dunlavey, Jackson

1981 AA-Angie Barnes, Edina West
A-Carolyn Boos, Blake

1980 AA-Nancy Johnson, Richfield
A-Gretchen Gunderson, Mahtomedi

1979 AA-Sue MacGibbon, Edina West
A-Gretchen Gunderson, Mahtomedi

1978 Nancy Pike, Minnetonka

1977 Theresa Thompson, Burnsville

1976 Jan Aslakson, Richfield

1975 Bonnie Berning, Burnsville

All-Around Champions

2023 AA-Taylor Schaefer, St. Cloud*
A-Reagan Kelley, Watertown-Mayer/Mound Westonka*
2022 AA-Taylor Schaefer, St. Cloud*
A-Reagan Kelley, Watertown-Mayer/Mound Westonka*
2021 AA-Marley Michaud, Sartell
A-Jada Olsen, Perham/New York Mills*
2020 AA-Bella Frattalone, Mahtomedi
A-Jada Olsen, Perham
2019 AA-Chaney Neu, Champlin Park*
A-Bella Frattalone, Mahtomedi
2018 AA-Chaney Neu, Champlin Park*
A-Aliah Williams, Chisago Lakes
2017 AA-Chaney Neu, Champlin Park
A-Kasey Lenarz, Mahtomedi
2016 AA-Megan Trollen, East Ridge
A-Maddie Mullenbach, Austin
2015 AA-Bailey DuPay, Northfield*
A-Molly Lyngaas, Detroit Lakes*
2014 AA-Bailey DuPay, Northfield*
A-Sela Fadness, Austin
2013 AA-Bailey DuPay, Northfield*
A-Sela Fadness, Austin
2012 AA-Julia Stedman,
North High School-North St. Paul
A-Hailey Brinkman, Melrose Area
2011 AA-Sabrina Hoover, Rogers
A-Kelsi Vomacka, Perham
2010 AA-Sabrina Hoover, Rogers
A-Jenna Schmitz, Perham
2009 AA-Anna Gleason, Roseville Area
A-Sabrina Hoover, Rogers
2008 AA-Anna Gleason, Roseville Area
A-Carmen Lundell, Breck/West Lutheran*
2007 AA-Kayla Land, Park
A-Danielle Pallas, Watertown-Mayer/Mayer Lutheran*
2006 AA-Justine Jarnes, Bloomington Jefferson
A-Kourtney Johnston, Perham
2005 AA-Bailey Young, Winona/Winona Cotter*
A-Ashley Brasel, Perham
2004 AA-Angie Cich, Robbinsdale Armstrong
A-Katie Niehaus, Melrose Area
2003 AA-Kasey Clausen, Apple Valley
A-Adrienne Maiers, Sauk Rapids-Rice
2002 AA-Rachael Parker, Hopkins
A-Alyssa Cox, Big Lake
2001 AA-Jacenta Spandl, Moorhead
Katie Niehaus, Melrose
2000 AA-Tara Schroeder, Maple Grove
A-Sammi Solheid, New Prague
1999 AA-Stephanie Benson, Eagan
A-Laura Blank, Sauk Centre
1998 AA-Tasha Pasch, Northfield
A-Laura Blank, Sauk Centre
1997 AA-Bobbie Jo Saxe, Forest Lake
A-Nicole Maiers, Sauk Rapids
1996 AA-Debbie Thompson, Roseville Area
A-Tina Rosengren, Big Lake
1995 AA-Debbie Thompson, Roseville Area
A-Sherry Blommel, Melrose
1994 AA-Kayo Merritt, Mounds View
A-Mindy Myhre, Mahtomedi
1993 AA-Charise Schrupp, Elk River
A-Mindy Myhre, Mahtomedi
1992 AA-Jill Ames, Eden Prairie
A-Mindy Myhre, Mahtomedi
1991 AA-Jennifer Mabley, Mounds View
A-Mindy Myhre, Mahtomedi
1990 AA-Sherri Dillehay, Hopkins
A-Jenny Olson, Mahtomedi
1989 AA-Jenny Kraling, Hopkins
A-Heather Murphy, Mahtomedi
1988 AA-Heather Gustafson, Apple Valley
A-Heather Murphy, Mahtomedi
1987 AA-Lisa McCrady, Rosemount
A-Tasha Sween, Breck

All-Around Champions cont.

1986 AA-Tana Call, New Prague
A-Jody Wicks, St. Anthony Village

1985 AA-Tana Call, New Prague
A-Tasha Sween, Breck

1984 AA-Liz Peter, Eden Prairie
A-Jody Wicks, St. Anthony Village

1983 AA-Laurie Kaiser, Robbinsdale Armstrong
A-Carolyn Boos, Blake

1982 AA-Sue Litschke, Hastings
A-Carolyn Boos, Blake

1981 AA-Jackie Nelson, F. B. Kellogg
A-Carolyn Boos, Blake

1980 AA-Angie Barnes, Edina West
A-Gretchen Gunderson, Mahtomedi

1979 AA-Angie Barnes, Edina West
A-Cheryl Sether, Jackson

1978 Theresa Thompson, Burnsville

1977 Theresa Thompson, Burnsville

1976 Martha Olsen, Robbinsdale

1975 Bonnie Berning, Burnsville