

2025 GIRLS PENTATHLON RESULTS

Name	Flying 55	600M Run	Vertical	Broad Jump	Shot Heave
Abby Hoffman	7.76 (9)	2:21	18 (T5)	6' 00"	19' 09" (T10)
Abigail Henslin	8.01	2:12	16	5' 08"	10' 02"
Alina Cheng	8.29	2:10	17 (T10)	6' 03"	12' 11"
Angie Zickrick	11.61	-	11	4' 02"	19' 09" (T10)
Ava Heim	9.25	3:01	15	5' 06"	11' 04"
Ava Koetz	-	-	-	-	-
Avery DeCook	9.32	3:00	14	5' 05"	18' 08"
Avery Klassen	9.30	2:56	13	5' 03"	10' 03"
Aylin Perez	8.96	2:10	13	5' 05"	23' 00" (5)
Belva Douangdy	7.55 (5)	2:18	19 (T1)	7' 02" (T2)	12' 10"
Brianne Torres	8.34	3:13	18 (T5)	5' 08"	16' 10"
Brooke Bunke	10.72	3:40	12	4' 11"	17' 06"
Cami Jerde	9.20	3:22	13	5' 05"	15' 11"
Cassandra Kramer	9.48	2:58	17 (T10)	5' 08"	14' 04"
Catherine Davidson	7.20 (1)	2:08 (9)	18 (T5)	7' 02" (T2)	19' 03"
Claire Siebenaler	7.71 (7)	2:04 (3)	17 (T10)	7' 01" (T4)	23' 02" (4)
Crystal Ortega	-	-	-	-	-
Elsie Hoffman	8.41	2:59	12	5' 01"	18' 03"
Emily Brogan	10.05	2:59	15	4' 06"	17' 09"
Emily Siebenaler	8.16	2:11	13	6' 03"	12' 10"
Emma Fort	8.61	2:58	13	5' 00"	8' 06"
Emma Nelson	8.41	2:24	16	5' 04"	16' 00"
Emma Schram	8.65	2:17	15	4' 09"	11' 07"
Emmalyn Mauskemo	8.65	2:39	15	5' 11"	21' 03" (9)
Evie Benedett	7.78 (10)	2:14	18 (T5)	5' 11"	19' 02"
Evie Ihrke	8.55	2:05 (T4)	15	5' 03"	13' 06"
Fiona Stodola	10.67	3:37	11	4' 05"	13' 09"
Grace Price	9.97	2:52	13	5' 07"	19' 09" (T10)
Greta Mosdal	-	-	17 (T10)	6' 00"	21' 10" (7)
Hannah Aust	9.20	2:34	12	5' 00"	11' 10"
Hannah Mueller	8.36	2:54	11	5' 04"	13' 02"
Ilah Daood	9.01	2:34	15	6' 03"	28' 07" (2)
Iris McGinley	9.83	3:03	10	5' 06"	21' 07" (8)
Ivana Juarez	-	-	-	-	-
Jocelyn Wolter	10.71	3:42	10	5' 02"	19' 06"

Name	Flying 55	600M Run	Vertical	Broad Jump	Shot Heave
Jordyn Gosch	9.04	2:43	13	4' 04"	16' 07"
Kate Vermilya	7.86	2:05 (T4)	16	6' 04" (T10)	28' 10" (1)
Kayla Kreidermacher	8.84	3:04	16	5' 08"	12' 02"
Kaylee Denning	8.90	3:10	9	4' 07"	11' 03"
Kaylee Nelson	9.03	2:39	13	4' 06"	11' 05"
Kennedy Phelps	9.29	2:27	12	5' 07"	13' 09"
Kiylee Diedrich	8.04	2:28	16	6' 03"	14' 04"
Lauryn Iverson	8.80	2:45	14	6' 03"	17' 04"
Lexi Burt	9.08	3:07	12	5' 01"	14' 02"
Lilli Hernandez	8.61	2:50	13	5' 00"	10' 06"
Lydia Warmkagathje	8.34	1:55 (2)	17 (T10)	6' 09" (7)	18' 02"
Madi Bjerke	7.21 (2)	2:05 (T4)	17 (T10)	6' 11" (6)	14' 03"
Marabelle Kurth	8.81	3:01	16	5' 10"	22' 04" (6)
Matti Phetsomphou	8.92	2:38	13	5' 05"	17' 01"
McKenzie Storm	9.00	2:39	15	4' 08"	18' 09"
Mira Paul	8.40	2:17	19 (T1)	7' 05" (1)	18' 04"
Natalie Kroening	8.33	3:09	16	5' 11"	19' 05"
Nevaeh Mitchell	9.12	3:23	14	5' 06"	12' 06"
Nicole Geib	7.75 (8)	2:15	19 (T1)	6' 05" (T8)	18' 11"
Paisley McIntire	7.95	2:50	15	5' 09"	17' 04"
Peyton Lewis	8.83	2:41	14	6' 01"	12' 03"
Rebekah Henslin	7.31 (4)	1:54 (1)	16	6' 03"	17' 00"
Rosa Zuniga	-	-	-	-	-
Sam Perez	7.24 (3)	2:05 (T4)	19 (T1)	7' 01" (T4)	27' 01" (3)
Sami Leistikow	8.32	2:05 (T4)	12	5' 03"	13' 08"
Sarah Puetz	9.29	2:55	7	4' 02"	10' 00"
Scarlet Chaney	8.36	2:44	15	5' 07"	15' 11"
Shaya Slavin	8.33	2:23	14	5' 08"	17' 03"
Sofia Rojas	8.58	2:48	15	5' 06"	15' 09"
Sophia Tuseth	8.59	2:09 (10)	14	6' 02"	17' 04"
Stella Wendt	7.66 (6)	2:15	18 (T5)	6' 05" (T8)	17' 09"
Sydney Heger	8.65	2:47	14	5' 08"	14' 11"
Tala Rounsaville	8.13	2:46	17 (T10)	6' 04" (T10)	17' 04"
Tessa Matzke	8.38	2:24	12	6' 03"	15' 11"
Vivian Heien	8.42	2:40	15	5' 01"	12' 08"
Yaret Samano-Hernandez	8.80	3:26	14	4' 08"	15' 08"
Ytzel Reynoso	-	-	-	-	-

2025 PENTATHLON LEADERBOARD:

Flying 55 — Catherine Davidson (7.20)

600 Meter Run — Rebekah Henslin (1:54)

***Shot Heave* — Kate Vermilya (28' 10") NEW RECORD**

Vertical Spring — Mira Paul, Sam Perez, Nicole Geib, Belva Douangdy (19.0")

Standing Long — Mira Paul (7' 5")

JH Leaderboard

***Flying 55* — Catherine Davidson (7.20) NEW RECORD**

***600 Meter Run* — Rebekah Henslin (1:54) NEW RECORD**

***Shot Heave* — Greta Mosdal (21'10") NEW RECORD**

Vertical Spring — Belva Douangdy (19.0")

Standing Long — Belva Douangdy, Catherine Davidson (7' 2")

2024 FINAL LIST OF SCORES

1. Samantha Perez	3650
2. Claire Siebenaler	2564
3. Catherine Davidson	2450
4. Belva Douangdy	2300
5. Madi Bjerke	1914
6. Mira Paul	1850
7. Rebekah Henslin	1700
8. Kate Vermilya	1550
9. Nicole Geib	1400
10. Lydia Warmkagathje	1314
11. Stella Wendt	1150
12. Ilah Daood	850
13. Abby Hoffman	633
14. Aylin Perez	600
T15. Marabelle Kurth	500
T15. Evie Benedett	500
T15. Sami Leistikow	500
T15. Evie Ihrke	500
19. Greta Mosdal	414
20. Brianne Torres	400
21. Iris McGinley	300
22. Emmalyn Mauskemo	200
23. Sophia Tuseth	100
24. Tala Rounsaville	64
T25. Grace Price	33
T25. Angie Zickrick	33
T27. Alina Cheng	14
T27. Cassie Kramer	14

PENTATHLON HISTORY

PENTATHLON CHAMPIONS

2014: Analise Fabre/Abby Ludens — 3400 (no vert. spring)
2015: Anna Smith — 4300
2016: Anna Smith — 4350
2017: Anna Smith — 4000
2018: Lindsey Root — 3450
2019: Lindsey Root — 4200
2020: Lindsey Root — 4650
2021: Lindsey Root — 4300
2022: Antonia Smith — 4100
2023: Shelby Mosdal—3200
2024: Claire Siebenaler—3450
2025: Samantha Perez—3650

EVENT RECORDS:

Flying 55—Lindsey Root 6.74 (2021)
600 Meter Run—Antonia Smith 1:50 (2021)
Shot Heave—Kate Vermilya 28' 10" (2025)
Shot Put—Hailey Soulier 30' 6" (2020)
Standing Long Jump—Anna Smith ('16) & Mira Paul ('22) 7' 7"
Vertical Spring—Katie Dailey 24.0" (2018 & 2021)

JH Event Records:

Flying 55—Catherine Davidson—7.20 (2025)
600—Rebekah Henslin—1:54 (2025)
Shot Heave—Greta Mosdal 21' 10" (2025)
Shot Put—Kate Vermilya—25' 1" (2024)
Standing LJ—Mira Paul—7' 3" (2021)
Vertical Spring—Abbie Disbrow—21.0" (2018)