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LEGACY OF SECTIONS

59 athletes competed. 30 boys and 29 girls...

 **32 podium performances**

 **8 Section Championships**

37 Personal Bests at the Finals Meet on Friday. 1 school record set!

We look forward to celebrating these and ALL our student athletes on Tuesday. See results here: [MGSB Section Results](#)

NEW SCHOOL RECORD

Congrats to the girls 4x200m Relay Team- Sophia, Nora, Eva, Lilly. Putting their name up on the board with [MGSB record setters!!](#)



SCHOOL RECORD

2026



4X200M RELAY

SOPHIA WAITE | NORA SHELTON | EVA WILLIAMS | LILLY WAITE

1:41.02

ON TO STATE!

What a week for Crimson Track & Field.

FRIDAY WAS A SIGHT TO SEE! Our student athletes shined by sending **18 athletes** to the MSHSL State Meet, including **9 athletes with individual state-qualifying performances** and **5 state-qualifying relay teams!**

Congratulations to our Crimson State Qualifiers:



MAPLE GROVE STATE QUALIFIERS

18 ATHLETES ADVANCING TO THE STATE MEET!



9 ATHLETES WITH
INDIVIDUAL STATE-
QUALIFYING PERFORMANCES

5 STATE-QUALIFYING
RELAY TEAMS



18 TOTAL ATHLETES
ADVANCING TO THE STATE MEET
(COUNTING RELAY ONLY QUALIFIERS)

★ INDIVIDUAL STATE-QUALIFYING PERFORMANCES ★

ATHLETE	EVENT(S)	ATHLETE	EVENT(S)
ALLEE, KEYNAN	<ul style="list-style-type: none"> • 300m Hurdles • Long Jump • Boys 4x400 Relay 	LUNDE, JON	<ul style="list-style-type: none"> • 100m • 200m • Boys 4x100 Relay
CAPISTRANT, LUCAS	<ul style="list-style-type: none"> • 1600m • 3200m 	STEEL, AUBREY	<ul style="list-style-type: none"> • 100m Hurdles • 300m Hurdles • Girls 4x400 Relay
KALKWARF, COLE	<ul style="list-style-type: none"> • Long Jump • Boys 4x100 Relay 	WAITE, LILLIAN	<ul style="list-style-type: none"> • 400m • Girls 4x200 Relay • Girls 4x400 Relay
LANG, REBECCA	<ul style="list-style-type: none"> • 800m • Girls 4x400 Relay • Girls 4x800 Relay 	WILLIAMS, EVA	<ul style="list-style-type: none"> • 200m • 400m • Girls 4x200 Relay
LAUX, MACKENZIE	<ul style="list-style-type: none"> • 800m • Girls 4x400 Relay • Girls 4x800 Relay 		

RELAY STATE QUALIFIERS

ATHLETE	EVENT
EBEL, BRODY	Boys 4x400 Relay
HAGER, BENJAMIN	Boys 4x100 Relay
LAUX, DAKOTA	Girls 4x800 Relay
MULAWARMAN, BENJAMIN	Boys 4x400 Relay
SHELTON, NORA	Girls 4x200 Relay
SHER, DANIEL	Boys 4x400 Relay
WAITE, SOPHIA	Girls 4x200 Relay
WATSON, APRIL	Girls 4x800 Relay
WEGSCHEID, DRAKE	Boys 4x100 Relay

STATE-QUALIFYING RELAY TEAMS

RELAY TEAM	EVENT
BOYS 4x100 RELAY	
BOYS 4x400 RELAY	
GIRLS 4x200 RELAY	
GIRLS 4x400 RELAY	
GIRLS 4x800 RELAY	

**THE LEGACY
IS BUILT DAILY.**



**ON TO
STATE!**

Congratulations to all athletes and coaches on an incredible Sections performance. The hard work, commitment, and daily pursuit of excellence continues to pay off.

The Legacy is Built Daily.

STATE WEEK INFORMATION

The Crimson will compete at the MSHSL State Track & Field Championships next week. Prelims Thursday AM & Finals Saturday PM.

All info in HelloTeams or on MSHSL website: <https://www.mshsl.org/sports-and-activities/track-and-field-girls>

Spectator guide: <https://www.mshsl.org/sites/default/files/2026-05/2026-track-and-field-spectator-guide.pdf>

Let's pack the stands and cheer on our Crimson athletes as they compete against the best in Minnesota. If you can't make it join us at bag stuffing to send them on with success.

STATE BAG STUFFING & SOCIAL HOUR

STATE BAG STUFFING & SOCIAL HOUR TODAY!!!

Sunday (5/31)

7:00–9:00 PM

OMNI Brewing

This is always a fun event to **meet more track families**, ask about the booster club, give feedback, and support athletes heading to State.

A bag stuffing gift/donation is not required to attend.

FINAL DINE2DONATE

Monday, June 1, 4-8pm

Jersey Mike's generously donates 50% of all sales!

JERSEY MIKE'S

FUNDRAISER

Monday, June 1st • 4pm to 8pm



Good goes beyond the sub! **Visit our store or order on our app using promo code *JMGIVES* on June 1st 4pm to 8pm**—and we'll happily **donate 50% of your sale** in support of **Maple Grove Track & Field**. Enjoy some great subs and help Jersey Mike's support this worthy cause.

VALID ONLY AT: 16375 COUNTY ROAD 30 • MAPLE GROVE, MN • 763-762-8954

Valid in app with promo code JMGIVES or mention this fundraiser in store. 4484.

[Shareable link here.](#)

One final chance to support the team this season. Let's finish strong with a fundraising PB.

SENIORS

Senior families, please pass the message along to your athletes: Don't forget to complete your Senior Board and bring it to the End of Year Banquet!

Tuesday, June 2, 5-8PM

Maple Grove Senior High

5:00–6:00 PM — Food & Social Time

6:00–8:00 PM — Awards & Program

Food Assignments - we ask all families to bring passing dish:

- 8th Grade — Chips or Cheese & Crackers
 - 9th Grade — Salads or Breadsticks
 - 10th Grade — Drinks
 - 11th Grade — Fruit
 - 12th Grade — Desserts
-

Thank you to every athlete, coach, volunteer, and family who has helped make this season special.

One more week to chase greatness.

Go Crimson!

-MGTF Boosters

