#1

Bethel Time Trials

Teams: Blaine, East Ridge, Mounds View, Roseville — Thursday, March 16, 2017 — Bethel University

55M High Hurdles

Joel Smith	11	7.8
Jeremy Wiste	12	8.2

55M Dash

Nick Sharma	10	6.4
Jacob Gray	11	6.6
Souayang Xiong	11	6.6
Xavier Myles	12	6.7
Charlie Haik	12	6.8
Micah Smith	11	6.8
Omar Abuhejleh	12	6.9
Tommy Rolfs	12	7.0
Kenny Vue	10	7.0
Bobby Moua	9	7.0
Nedal Zaro	12	7.2
Rhone Gavois	10	7.2
Ramon Salguero	10	7.2
Ethan Von Grey	10	7.2
Sam Wong	10	7.2
Nate Farm	10	7.3
Felix Zhang	11	7.4
Frankie Wang	10	7.5
Omer Mohammed	12	7.6
Chris Moua	11	7.6
Sebastian Thompson	10	7.6
Adam Collins	9	7.6
Cooper Goureau	9	7.6
Mustaf Abdi	11	7.8
Matt Martinson	9	7.8
Lucio Vazquez	11	8.0

200M Dash

Joel Smith	11	23.5
Jeremy Wiste	12	24.7
Omar Abuhejleh	12	25.7
Ethan Von Grey	10	25.7
Kenny Vue	10	25.7
Bobby Moua	9	26.4
Ramon Salguero	10	26.7
Chris Moua	11	27.4
Will Goldman	10	27.5
Frankie Wang	10	27.6
Cooper Goureau	9	27.9
Mustaf Abdi	11	28.1
Adam Collins	9	28.2
Sebastian Thompson	10	28.6
Matt Martinson	9	28.8
Lucio Vazquez	11	29.2

400 M Run

Ezekiel Lelinga	12		55.1
Tim Pease	12		57.0
Lukas Hesinni	10		57.0
Thomas Wong	12		57.7
Felix Zhang	11	26.5	60.0
Rhone Gavois	10	28.0	60.8

800 M Run

Austin Streit	10	2:10.1
Nehemiah Gaim	10	2:17.9
Santino Preciado	9	2:37.6

1600 M Run

No Entries

4X400 Relay - A

			3:48.9
Charlie Haik	12	25	55.2
Micah Smith	11		54.6
Nick Sharma	10		56.6
Xavier Myles	12		62.6

4X400 Relay - B

			3:58.4
Souayang Xiong	11	26.0	57.2
Sam Wong	10		60.4
Nate Farm	10		59.3
Nedal Zaro	12		61.5

4X400 Relay - C

			3:56.8
Thomas Wong	12		59.5
Austin Streit	10		58.2
Ezekiel Lelinga	12		56.6
Rhone Gavois	10		62.5

Pole Vault

Calvin Ciganik	11	14' 6"
Spencer Tuominen	11	10' 0"
Kent Tuominen	10	NH
Liam Edgar	9	NH
Ben Wynia	9	NH

Long Jump

Jacob Gray	11	20' 5"
Nick Sharma	10	19'
Micah Smith	11	17' 11"
Souayang Xiong	11	17' 9"
Jack Roeber	?	17' 1"
John Montgomery	9	17' 1/2"
Tommy Rolfs	12	16' 11"
Jeremy Wiste	12	16' 11"
Omer Mohammed	12	16' 8"
Spencer Pauly	12	16' 1"
Kyle Durbin	11	15' 8"
Zach Liston	10	15' 6"
Andres Salquero	12	13' 9 1/2"
Steven Ha	?	12' 6"

Triple Jump

Jacob Gray	11	39' 7"
Xavier Zengue	10	36' 11 1/2"
Paul Freimuth	11	34' 10"
Tommy Rolfs	12	34' 3"
Spencer Pauly	12	33' 11"
John Montgomery	9	32' 0"

High Jump

Paul Freimuth	11	5' 0"
Spencer Pauly	12	4' 9"
Kyle Durbin	11	4' 9"
Jack Roeber	?	4' 6"
Tommy Rolfs	12	4' 3"
John Montgomery	9	NH

Shot Put

Ryan Murphy	**12**	**49' 10 3/4"**
27th VARSITY HONOR ROLL		
Thoger Boyuem	11	38' 2"
Wyatt Roe	11	37' 10 1/2"
Dan Heilman	12	34' 9 1/2"
Ben Davis	11	29' 4 1/2"
Thomas Van Dort	10	28' 1"
Nadeem Aqel	10	25' 5"
Elliot Lee	10	25' 1"
Ian Anderson	12	24' 4 1/4"

PERSONAL BEST