

WHITE BEAR LAKE RELAYS

Score: White Bear Lake 102, Stillwater 90, Mounds View 88, Cambridge-Isanti 83, Roseville 79, Forest Lake 60, East Ridge 28

Thursday, April 13, 2017

White Bear Lake High School

Cloudy 52 deg. Wind: E-SE 5-10mph

110M High Hurdles

1 Mounds View	1:07.62
Joel Smith	11 15.71
Josh Sampson	10 16.11
Jeremy Wiste	12 16.70
Will Goldman	10 19.10
2 White Bear Lake	1:13.00
3 Cambridge-Isanti	1:13.35
4 Stillwater	1:14.60
5 Forest Lake	1:21.21

300M IM Hurdles

1 Mounds View	2:57.78
Joel Smith	11 40.14
18TH VARSITY HONOR ROLL	
Josh Sampson	10 42.19
9TH SOPHOMORE HONOR ROLL	
Jeremy Wiste	12 46.80
Will Goldman	10 48.65
2 Roseville	3:03.06
3 White Bear Lake	3:04.27
4 Cambridge-Isanti	3:07.39
5 Stillwater	3:08.15

100m Dash

1 Cambridge-Isanti	47.55
2 Roseville	47.62
3 Forest Lake	47.78
4 Stillwater	48.14
5 Mounds View	48.38
Nick Sharma	11 11.36
Peter Goodwin	11 12.23
Omar Abuhejjeh	12 12.36
Xavier Myles	12 12.43
6 East Ridge	48.48
7 White Bear Lake	49.91

200m Dash

1 East Ridge	1:35.66
2 Roseville	1:36.42
3 Cambridge-Isanti	1:37.15
4 Mounds View	1:37.16
Nick Sharma	11 23.46
TIED 13TH SOPHOMORE HONOR ROLL	
Charlie Haik	12 23.92
Souayang Xiong	11 24.67
Adam Coltvet	11 25.11
5 Forest Lake	1:37.18
6 White Bear Lake	1:39.46
7 Stillwater	1:40.79

4X100 Relay

1 Roseville	43.95
2 Mounds View	44.22
Xavier Myles	12
Charlie Haik	12
Souayang Xiong	11
Nick Sharma	10
3 Forest Lake	44.75
4 Cambridge-Isanti	44.83
5 East Ridge	45.98
6 White Bear Lake	46.72
7 Stillwater	DQ

4X100 Relay Wt. Man

1 White Bear Lake	50.05
2 Forest Lake	50.22
3 Stillwater	51.54
East Ridge	NT
Roseville	DQ
Cambridge-Isanti	DQ
Mounds View	NT

400m Dash

1 Stillwater	3:32.97
2 Cambridge-Isanti	3:38.63
3 Mounds View	3:39.25
Micah Smith	11 24.9 53.58
Adam Coltvet	11 25.0 54.13
Peter Goodwin	11 26.3 54.85
Spencer Pauly	12 26.1 56.69
4 Forest Lake	3:41.06
5 Roseville	3:46.20

800m Run

1 Stillwater	8:13.87
2 Mounds View	8:18.71
Ezekiel Lelinga	12 61.1 2:02.00
David Dahl	11 61.6 2:02.85
Lukas Hessini	10 61.4 2:06.49
Will Sacay	9 62.3 2:07.37
5TH FRESHMAN HONOR ROLL	
3 White Bear Lake	8:47.00
4 Roseville	8:51.52
5 Cambridge-Isanti	8:51.80
6 Forest Lake	9:10.33
7 East Ridge	9:16.50

1600m Run

1 White Bear	18:46.64
2 Stillwater	18:49.06
3 Mounds View	18:57.12
Austin Streit	10 67, 2:17, 3:26 4:33.00
8TH SOPHOMORE HONOR ROLL	
Jackson Denny	12 68, 2:19, 3:30 4:41.27
Thomas Wong	12 71, 2:27, 3:42 4:50.74
Anders Bandt	11 72, 2:28, 3:43 4:52.11
4 Roseville	18:59.21
5 Forest Lake	20:10.49
6 Cambridge-Isanti	20:42.99

3200m Run

1 Stillwater	42:40.78
2 White Bear Lake	42:51.95
3 Roseville	43:09.91
4 Mounds View	43:15.46
Aaron Marx	12 75, 2:34, 3:53, 5:11 6:29, 7:51, 9:12 10:27.41
Alec Nelson	9 76, 2:32, 4:01, 5:26 6:49, 8:13, 9:35 10:47.87
26TH FRESHMAN HONOR ROLL	
Finn Solokowski	9 78, 2:41, 4:02, 5:26 6:49, 8:13, 9:35 10:48.26
27TH FRESHMAN HONOR ROLL	
Harry Lien	12 79, 2:41, 4:03, 5:26 6:52, 8:23, 9:50 11:11.92
5 Forest Lake	43:23.36
6 Cambridge-Isanti	45:14.58

Pole Vault

1 Stillwater	47' 6"
2 Roseville	41' 6"
3 Forest Lake	38' 0"
4 White Bear Lake	37' 0"
5 Mounds View	31' 0"
Mike Louderback	10 12' 6"
TIED 5TH SOPHOMORE HONOR ROLL	
Spencer Tuominen	11 11' 0"
Kevin Nelson	9 9' 6"
Kent Tuominen	10 9' 0"
6 East Ridge	23' 6"
7 Cambridge-Isanti	14' 0"

Long Jump

1 White Bear Lake	76' 4 3/4"
2 Roseville	73' 10"
3 Stillwater	73' 0"
4 Forest Lake	69' 6 3/4"
5 Cambridge-Isanti	68' 5"
6 Mounds View	66' 7 1/4"
Micah Smith	11 17' 5 1/4"
Jack Roeber	9 17' 1 1/5"
Tommy Rolfs	12 16' 6 1/2"
John Montgomery	9 15' 6"
7 East Ridge	16' 6"

Triple Jump

1 White Bear Lake	159' 3"
2 Cambridge-Isanti	154' 7"
3 Stillwater	154' 4 1/4"
4 Mounds View	150' 3 3/4"
Micah Smith	11 38' 5"
Tommy Rolfs	12 37' 7"
Paul Freimuth	11 37' 2"
Xavier Zengue	10 37' 1 3/4"
5 Roseville	138' 6 3/4"
6 Forest Lake	131' 6"
7 East Ridge	29' 2"

High Jump

1 White Bear Lake	22' 0"
2 Cambridge-Isanti	21' 6"
3 Stillwater	21' 2"
4 Mounds View	20' 10"
Joel Smith	11 5' 4"
Paul Freimuth	11 5' 4"
Kyle Durbin	11 5' 2"
John Montgomery	9 5' 0"
5 Roseville	15' 4"
6 Forest Lake	10' 4"

Shot Put

1 Mounds View	179' 4 1/2"
Ryan Murphy	12 49' 3"
JT Kripotos	12 43' 10"
Michael Fahim	11 43' 3 1/2"
Wyatt Roe	11 43' 0"
2 Cambridge-Isanti	171' 11 1/2"
3 White Bear Lake	171' 9"
4 Roseville	165' 1"
5 Forest Lake	159' 8"
6 Stillwater	148' 11 1/2"
7 East Ridge	106' 1/2"

Discus

1 Cambridge-Isanti	514' 0"
2 White Bear Lake	465' 3"
3 Mounds View	462' 8"
Ryan Murphy	12 134' 6"
Michael Fahim	11 130' 2"
Dan Heilman	12 107' 4"
Thoger Boyuerm	11 90' 8"
4 Stillwater	455' 1"
5 Forest Lake	434' 0"
6 Roseville	369' 2"
7 East Ridge	273' 7"

PERSONAL BEST