

SEC CHAMPIONSHIP

Score: White Bear Lake 191, Mounds View 185.5, Roseville 144.5, Stillwater 109, Forest Lake 103.5, East Ridge 99, Park 70, Woodbury 58, Cretin-Derham Hall 24.5

Tuesday, May 22 & Thursday, May 24, 2018

East Ridge High School

Sunny, 88 deg. Wind: S-SE 15-20 mph

110M High Hurdles			400M Dash			Long Jump			Shot Put				
	PRELIMS	FINALS		PRELIMS	FINALS								
1 Conor Mcmanamon	11 WB	15.20	15.77	1 Joseph Timp	12 PK	50.05	50.20	1 Zach Johnson	12 SW	22-10.75	1 Michael Fahim	12 MV	52-03.00
2 Gerrit Christenson	12 WB	16.08	16.73	2 Quinn Walker	10 RV	51.53	51.22	2 Jaeveon Mottley	12 RV	22-04.50	2 Wyatt Roe	12 MV	50-11.75
3 Justus White	11 PK	17.07	16.88	3 Tristan Cordie	11 FL	51.71	51.36	3 Fidel Deleon-Paramo	11 WB	21-06.50	20TH VARSITY HONOR ROLL		
4 Stephen Tolentino	10 WD	16.63	16.98	4 Ben Anderson	9 FL	51.98	51.92	4 Andrew Kraemer	11 WD	21-04.75	3 Max Carlson	12 FL	50-01.25
5 Joshua Thomsen	9 MV	16.86	17.36	5 Isaiah Rinehart	12 ER	52.11	52.46	5 Johnathan McMillan	11 RV	21-02.75	4 Andrew Kohnen	11 WB	49-06.50
6 Shamus Boe	11 SW	16.71	17.42	6 Rajiv Redd	11 CD	53.22	52.59	6 John Montgomery 10 MV 20-11.75			5 Shawn Brodie Jr.	12 CD	48-08.25
7 Dyshawn Mitchell	10 WB	16.67	17.86	7 Joseph Frommelt	10 WD	52.68	52.93	6TH SOPHOMORE HONOR ROLL			6 Sean Ruohomaki	11 WB	46-05.75
8 Josh Framke	11 SW	17.38	17.99	8 Benjamin Misgen	10 WB	53.13	53.03	7 Jack Roeber 10 MV 20-08.25			7 Isaac Mamboleo	12 PK	44-06.50
- Zeb Kauth	11 RV	17.14	DNS	9 Jack Anderson	11 FL	52.26	53.35	11TH SOPHOMORE HONOR ROLL			8 Quinton Olsey	12 RV	44-05.50
16 Alex Breen	10 MV	18.63		19 Ray Holmboe 9 MV 24.6 54.35			8 Noah Turnquist	11 MV	20-07.50	9 Tom Kasi	12 FL	44-01.50	
24 Will Goldman	11 MV	19.53		TIED 17TH FRESHMAN HONOR ROLL			9 Dyshawn Mitchell	10 WB	20-07.25	17 Thoger Boyuem	12 MV	41-00.75	
27 Ben Goldman	10 MV	20.30		23 Colby Flanagan	11 MV	25.6	54.86	14 Nick Sharma	11 MV	19-07.25	10 Elliot Lee	10 MV	38-09.75
31 Ben Howlett	9 MV	21.27		26 Henri Derosier	11 MV	25.8	55.07	20 Paul Freimuth	12 MV	19-02.50	23 Jake Vogel	11 MV	38-08.25
				27 Sam Wong	11 MV	25.2	55.20	32 Romeo Sackie	10 MV	18-01.50	26 Joe Tillman	12 MV	38-05.50
				29 Bobby Moua	10 MV	25.1	55.34	Triple Jump			29 William Ketola 9 MV 37-01.25		
				38 Jack Valentine	10 MV	26.5	58.74	1 Romeo Sackie	10 MV	43-02.00	TIED 29TH FRESHMAN HONOR ROLL		
				39 Adam Collins	10 MV	27.8	59.14	2 Jerald Hall	11 ER	43-01.00	30 Thomas Van Oort	10 MV	37-00.50
								3 Kevin Boeing	11 WB	42-02.25	Discus		
								5 Zach Johnson	12 SW	41-11.75	1 Connor Thiesfeld	12 WB	156-09
								6 Joyce Mubikayi Kabamba	11 RV	41-10.00	2 Christen Hurt	11 RV	142-03
								7 Isiah Dancy	11 PK	41-03.25	3 Ashley Scaife	10 RV	139-00
								8 Ty Hawkins	10 SW	40-11.00	4 Max Carlson	12 FL	138-10
								9 Gerrit Christenson	12 WB	40-08.00	5 Andrew Kohnen	11 WB	135-02
								11 Noah Turnquist	11 MV	39-08.75	6 Brook Stansbury	11 SW	133-10
								12 Micah Smith	12 MV	39-04.00	7 Edric Waindim	11 PK	132-01
								14 Paul Freimuth	12 MV	39-02.75	8 Monte Collins	10 WB	130-10
								25 Josiah Wiest	10 MV	37-01.00	9 Shawn Brodie Jr.	12 CD	128-01
								27 Souayang Xiong	12 MV	36-11.75	10 Thoger Boyuem	12 MV	122-05
								28 Joshua Thomsen	9 MV	36-11.00	15 Elliot Lee	10 MV	116-09
								High Jump			16 Evan Smith	12 MV	116-06
								1 Slade Heald	9 FL	6-00.00	19 Joe Tillman	12 MV	111-10
								2 Kevin Boeing	11 WB	5-10.00	20 Jake Vogel	11 MV	110-11
								2 Justus White	11 PK	5-10.00	- Michael Fahim	12 MV	FOUL
								4 Fidel Deleon-Paramo	11 WB	5-10.00	Pole Vault		
								5 John Montgomery	10 MV	5-08.00	1 Alec Wittman	11 ER	14-00.00
								9 Ricky Weber	9 RV	5-08.00	2 Mike Louderback	11 MV	13-06.00
								5 Paul Freimuth	12 MV	5-08.00	3 Carson Tuomien	11 RV	13-00.00
								8 Quinn Walker	10 FL	5-08.00	4 Spencer Tuominen	12 MV	12-06.00
								9 Mason Vanvleet	11 RV	5-06.00	5 Ebenezer Pierre	11 PK	12-06.00
								9 Noah Turnquist	11 MV	5-06.00	6 Robbie Peck	12 WB	12-06.00
								18 Ben Howlett	9 MV	5-02.00	7 Tyler Cullen	12 SW	12-00.00
								4X100 Relay			8 Joshua Ebner	12 SW	11-06.00
								1 Roseville Area		43.39	9 Nate Gatcliffe	11 SW	11-06.00
								2 East Ridge		43.56	- Liam Edgar	10 MV	NH
								3 Mounds View		43.97	4X400 Relay		
								Mike Louderback	11		1 Mounds View		3:24.60
								Jacob Gray	12		Micah Smith	12	23.2 50.2
								Souayang Xiong	12		Jared Herbert	12	23.6 52.7
								Nick Sharma	11		Josh Sampson	11	23.2 50.2
								4 Woodbury		44.34	Joel Smith	12	24.3 51.4
								5 Stillwater Area		44.59	2 Woodbury		3:29.23
								6 White Bear Lake Area		44.95	3 White Bear Lake Area		3:30.43
								7 Park		46.75	4 East Ridge		3:32.36
								8 Cretin-Derham Hall		49.24	5 Forest Lake		3:33.42
								- Forest Lake		DNF	6 Park		3:41.34
								4X200 Relay			7 Roseville Area		3:46.38
								1 Mounds View		1:28.96	8 Stillwater Area		DNS
								4TH VARSITY HONOR ROLL			4X800 Relay		
								Nick Sharma	11	21.5	1 Mounds View		8:11.80
								TIED 4TH VARSITY HONOR ROLL			Austin Streit	11	60.3 1:59.9
								Micah Smith	12	23.1	Nehemiah Gaim	11	63.9 2:07.3
								Joel Smith	12	22.2	Alec Nelson	10	59.1 2:03.3
								Josh Sampson	11	22.0	Lukas Hessini	11	59.9 2:01.1
								TIED 20TH VARSITY HONOR ROLL			2 White Bear Lake Area		8:13.76
								2 East Ridge		1:29.21	3 Forest Lake		8:24.61
								3 Roseville Area		1:32.40	4 East Ridge		8:35.16
								4 Woodbury		1:32.60	5 Stillwater Area		8:46.01
								5 White Bear Lake Area		1:33.00	6 Park		8:57.28
								6 Forest Lake		1:33.37	7 Roseville Area		9:03.06
								7 Stillwater Area		1:34.31			
								8 Park		1:37.94			
								9 Cretin-Derham Hall		1:44.76			

PERSONAL BEST