

9/10 CONFERENCE MEET

Score: STILLWATER 192.5, FOREST LAKE 187, WHITE BEAR LAKE 150.5, ROSEVILLE 113.5, WOODBURY 101, MOUNDS VIEW 92.5, EAST RIDGE 83, PARK 38, CRETIN-DERHAM HALL 22

Wednesday, May 15, 2019

White Bear Lake High School

Sunny, 75 deg. Wind: S 5-10mph

110M High Hurdles		
1	Howlett, Ben	MV 10 16.89
2	Hegazy, Kareem	WD 16.95
3	Anderson, Sam	FL 17.25
4	Stachowiak, Justin	PK 17.64
5	Juan-Christiansen, Javie	RV 17.67
6	Perron, Arthur	WB 17.72
7	Weber, Ricky	RV 17.80
8	Smith, Garrett	WD 18.00
9	Freimuth, James	MV 10 18.56

300M IM Hurdles		
1	Odamtten, Jeffrey	WB 43.34
2	Rizzo, Antonio	WD 44.04
3	Valentini, Andrew	FL 46.32
4	Atilade, Josh	WB 46.37
5	Boche, Matthew	PK 46.66
6	Olson, Zach	SW 46.69
7	Juan-Christiansen, Javie	RV 46.69
8	Dahlke, Will	SW 47.87
9	Perron, Arthur	WB 48.45
15	Freimuth, James	MV 10 50.60
19	Rauenhorst, Daniel	MV 10 60.42

100M Dash		
1	Redd, Sanjay	CDH 11.64
2	Heald, Slade	FL 11.65
3	Walters, Isaiah	WD 11.77
4	Ebbert, Elijah	WB 11.78
5	Lyons, Alexander	RV 11.91
6	Holmboe, Ray	MV 10 11.92
7	Awason, Fru	FL 11.99
8	Brisbois, Cole	FL 12.02
9	Moore, Braden	ER 12.15
14	Wiggenhorn, Ben	MV 8 12.33
34	Hall, Langston	MV 8 13.37
35	Voz, Antoine	MV 9 13.38
41	Lubega, Csulemon	MV 8 15.22

200M Dash		
1	Rosengren, Thomas	SW 23.24
2	Redd, Sanjay	CDH 23.57
3	Baidoo, Nana-Kwadoo	ER 24.14
4	Lyons, Alexander	RV 24.30
5	Larson, Riley	FL 24.52
6	Smith, Garrett	WD 24.56
7	Gerlach, Graham	RV 24.61
8	McGough, Jefferson	ER 24.63
9	Bauer, Carter	SW 24.71
18	Scott, Michael	MV 10 25.96
19	Aqel, Tariq	MV 10 26.16
33	Thao, Ricky	MV 10 28.72
35	Lubega, Csulemon	MV 8 34.28

400M Dash		
1	Holmboe, Ray	MV 10 54.50
2	Wiggenhorn, Ben	MV 8 55.03
3	Lijewski, Mason	RV 56.28
4	Abdelkader, Baher	WD 56.29
5	DeRosier, Max	MV 9 56.95
6	Seck, Luke	SW 57.16
7	Long, Tyler	WB 57.17
8	Fleming, Reid	WB 58.64
9	Swanson, Hayden	FL 59.11

800M Run		
1	Yazachew, Moses	ER 2:04.39
2	Romain, Christopher	WD 2:05.29
3	Blodgett, Chase	WD 2:07.12
4	Longworth, Logan	WD 2:07.49
5	VanAcker, Daniel	FL 2:10.75
6	Johnson, Evan	ER 2:11.16
7	NcNiesh, Sean	ER 2:12.03
8	Herman, Augustus	FL 2:13.89
9	Bird, Ryan	WD 2:14.42

1600M Run		
1	VanAcker, Daniel	FL 4:34.78
2	Christian Faller, John	ER 4:35.42
3	Hesse-Withbroe, Jack	SW 4:50.49
4	Sampson, Drew	FL 4:54.80
5	Durdle, Sage	WB 4:55.78
6	Vagle, Mason	SW 4:55.93
7	Harrison-Michaels, Benne	RV 4:56.80
8	Koland, Daniel	ER 4:57.34
9	Lee, Joseph	RV 4:58.41
18	Brody, Charley	MV 10 75, 2:34, 3:53 5:11.19
24	Schulte, Nick	MV 8 82, 2:48, 4:14 5:29.4
25	Francisco, Canton	MV 8 82, 2:48, 4:14 5:29.6
33	Smith, Harrison	MV 9 91, 2:59, 4:31 5:50.4
34	Sparks, Ben	MV 8 83, 2:57, 4:26 5:50.6
39	Laberge, Caleb	MV 10 84, 2:59, 4:33 6:01.1
41	Wariar, Ashwin	MV 10 92, 3:06, 4:44 6:09.8
47	Rauenhorst, Justin	MV 10 2:18, 3:20, 5:07 6:52.5

3200M Run		
1	Sievers, Ethan	FL 10:57.60
2	Potter, Ryan	SW 11:15.28
3	Klarqvist, Leif	RV 11:17.37
4	Francisco, Carter	MV 10 78, 2:42, 4:07, 5:35 11:33.83
		7:03, 8:33, 10:06
5	Gardner, Alexander	SW 11:47.76
6	Hudrlik, Jonathan	FL 11:53.19
7	Schaefer, John	SW 12:04.01

4X800 Relay		
1	White Bear Lake	8:52.26
2	East Ridge	8:57.51
3	Stillwater	9:29.25
4	Roseville	9:45.25
5	Park	9:45.33
6	Forest Lake	10:22.86

Long Jump		
1	Heald, Slade	FL 19-10.00
2	Awason, Fru	FL 19-09.25
3	Rosengren, Thomas	SW 19-02.25
4	Odamtten, Jeffrey	WB 19-00.50
5	Seidel, Sawyer	SW 18-11.25
6	Hendrickson, Jack	SW 18-04.50
7	McDowell, Ryan	SW 17-10.00
8	Rogers, Gavin	WB 17-09.00
9	Vang, Alex	WB 17-07.75
17	Welsh, Luke	MV 10 16-05.00

Triple Jump		
1	Rosengren, Thomas	SW 39-09.50
2	Bartlett, Nicholas	FL 38-10.75
3	Rogers, Gavin	WB 38-06.75
4	Hegazy, Kareem	WD 38-01.00
5	Walters, Isaiah	WD 37-06.25
6	McDowell, Ryan	SW 36-08.75
7	Valentini, Andrew	FL 36-05.50
8	Hendrickson, Jack	SW 36-01.25
9	Anderson, Micah	WB 36-00.25
17	Welsh, Luke	MV 10 33-08.00

High Jump		
1	Heald, Slade	FL 6-00.00
2	Weber, Ricky	RV J6-00.00
3	McKenzie, Isaac	RV 5-08.00
4	Seidel, Sawyer	SW 5-06.00
5	Burger, Luke	ER J5-06.00
6	Lyons, Alexander	RV 5-04.00
7	Anderson, Elijah	MV 9 J5-04.00
7	Perron, Arthur	WB J5-04.00
9	Peterson, Jackson	SW J5-04.00

4X100 Relay		
1	White Bear Lake	45.95
2	Stillwater	47.09
3	Forest Lake	47.12
4	Roseville	48.42
5	Mounds View	48.98
	Logan Graff 10, Joey Stire 10, Mike Scott 10, George Cooper 10	
6	East Ridge	DQ
7	Park	DQ

4X200 Relay		
1	White Bear Lake	1:36.94
2	Park	1:37.27
3	Roseville	1:38.90
4	Woodbury	1:39.74
5	Stillwater	1:39.84
6	Forest Lake	1:40.24
7	East Ridge	1:40.33
8	Mounds View	1:45.57
	Tariq Aqel 10	25.7
	Matt Edgar 10	26.9
	Elijah Attwood 10	25.0
	Ricky Thao 10	28.0

Shot Put		
1	Vo, Anthony	RV 40-10.50
2	Latessa, Austin	FL 37-08.00
3	Freteg, Justin	SW 37-04.00
4	Hatzis, Dimitrios	WB 36-11.00
5	Rantila, Andrew	SW 36-10.50
6	Sloan, Mathew	WB 36-08.50
7	Peltier, Grant	MV 10 36-04.00
8	Alquist, Brady	MV 9 35-05.00
9	Sprung, Mike	MV 10 35-03.00
14	Austin, Nick	MV 10 33-00.50
16	Rasmussen, John	MV 10 33-00.00

Discus		
1	Rantila, Andrew	SW 124-11.50
2	Freteg, Justin	SW 121-07
3	Sprung, Mike	MV 10 107-01
4	Schoessow, Thomas	FL 106-11
5	Alquist, Brady	MV 9 104-06.50
	TIED 29TH FRESHMAN HONOR ROLL	
6	Gimpel, Harrison	SW 101-05
7	Tierney, Ryan	SW 100-07
8	Anene, Tobe	ER 99-10.50
9	Dale, Joseph	PK 97-07
14	Rasmussen, John	MV 10 92-11.50
17	Austin, Nick	MV 10 90-08.50
20	Holister, Ben	MV 9 82-01.50

Pole Vault		
1	Johnson, Blake	FL 12-09.00
2	Cashman, Brennan	WB 10-06.00
3	Berthiaume, Odin	MV 10 J10-06.00
4	Praught, Joseph	FL 10-04.00
5	Stonehousey, William	SW 9-06.00
6	Murphy-Carlson, Colton	WB J9-06.00
7	Nederloe, Ivan	SW J9-06.00
8	Berthiaume, Thor	MV 8 9-00.00
	TIED 24TH FRESHMAN HONOR ROLL	
9	Dahlke, Will	SW J9-00.00
10	McGann, John	MV 10 8-00.00

4X400 Relay		
1	Forest Lake	3:41.65
2	Woodbury	3:43.18
3	East Ridge	3:48.61
4	White Bear Lake	3:54.60
5	Stillwater	3:56.16
6	Roseville	4:03.93
7	Mounds View	4:07.50
	Logan Graff 10	56.2
	Joey Stire 10	65.2
	George Cooper 10	67.2
	Elijah Attwood 9	58.6
8	Park	4:12.66

PERSONAL BEST