#1

Bethel Time Trials

Teams: Blaine, East Ridge, Forest Lake, Mounds View, Roseville — Thursday, March 21, 2019 — Bethel University

55M High Hurdles

Josh Thomsen	10	8.7
Alex Breen	11	9.1
Ben Goldman	11	9.7
Ben Howlett	10	10.0
James Freimuth	10	10.2

55M Dash

Emmanuel Danso	11	6.7
Bobby Moua	11	6.8
Noah Turnquist	12	7.0
Romeo Sackie	11	7.1
Ray Holmboe	10	7.1
Logan Graff	10	7.2
Adam Collins	11	7.3
Ben Wiggenhorn	8	7.3
Will Goldman	12	7.3
Jack Valentine	11	7.4
Mike Scott	10	7.4
George Cooper	10	7.5
Langston Hall	8	7.6
Tariq Aqel	10	7.7
Brady Alquist	9	7.9
Elijah Attwood	9	7.9

200M Dash

Emmanuel Danso	11	24.8
Benn Wiggenhorn	8	26.3
Mike Scott	10	27.1
George Cooper	10	27.2
Langston Hall	8	27.3
Tariq Aqel	10	28.1
Elijah Attwood	9	28.1
Brady Alquist	9	28.2

400 M Run

John Pfenning-Wendt	11	26.3	57.3
Ben Howlett	10	27.0	57.9
Jack Valentine	11	28.0	59.9
Alex Breen	11	27.5	60.8
Adam Collins	11	29.0	61.5

800 M Run

Santino Preciado	11	64.4	2:13.3

1600 M Run

Nate Moller	12	72, 2:27, 3:41	4:51.5
Ezra Gaim	11	73, 2:30, 3:49	5:06.9

4X400 Relay - A

3:47.5

Bobby Moua	11	26.4	58.7
Ray Holmboe	10	28.2	60.1
Josh Thomsen	10	24.7	53.8
Sam Wong	12	25.8	54.9

Pole Vault

NO ENTRIES

Long Jump

Jack Roeber	11	19' 2"
John Montgomery	11	19' 2"
Noah Turnquist	12	18' 10 1/2"
Romeo Sackie	11	18' 4"
Kobe Brown	11	17' 3"
Josh Albers	12	16' 7"

Triple Jump

Jack Roeber	11	40' 5"
Romeo Sackie	11	39' 7 1/2"
Noah Turnquist	12	37' 9"

High Jump

Noah Turnquist	12	5' 4 1/2"
Romeo Sackie	11	5' 4 1/2"
Josh Albers	12	5' 1 1/2"
Kobe Brown	11	5' 1 1/2"

Shot Put

Jake Vogel	12	39' 8 1/2"
Elliot Lee	11	37' 5 1/2"
Thomas Van Oort	11	36' 1/2"
Jed Liang	10	32' 0"
Grant Peltier	10	30' 8"
Kyle Oberreit	10	27' 9"
Nick Austin	10	27' 2 1/2"
John Rasmussen	9	25' 5 3/4"

PERSONAL BEST