#7

LIGHTNING 9/10 INVITE

Score: Rosemount 192.5, Owatonna 105, Eastview 88.5, Stillwater 75, Lakeville South 67, White Bear Lake 65, Apple Valley 57, Mounds View 38

Monday, April 8, 2019 — Eastview High School — Sunny70 deg. Wind: W 20-30mph

110M High Hurdles

1	Titchenal, Jack	OW	10	16.91
2	Appold, Sean	RM	10	17.58
3	Gregory, Ryan	OW	9	18.45
4	Freimuth, James	MV	10	18.75
5	Mollenhauer, Tyler	OW	9	19.52
6	Perron, Arthur	WB	9	19.65
7	Dahlke, Will	SW	10	20.01
8	Langevin, Maxon	RM	10	20.48
9	Lempi, Christian	LS	9	20.64
10	Toso, Peter	RM	10	20.76

300M IM Hurdles

1	Gregory, Ryan	OW	9	45.64
2	Odamtten, Jeffrey	WB	10	46.72
3	Dahlke, Will	SW	10	48.30
4	Langevin, Maxon	RM	10	49.42
5	Lempi, Christian	LS	9	50.20
6	Freimuth, James	MV	10	50.52
7	Mollenhauer, Tyler	OW	9	50.61
8	Just, Max	LS	8	50.97
9	Perron, Arthur	WB	9	52.07
10	Toso, Peter	RM	10	52.87

100M Dash

1	Alam, Basheer	RM	11	11.66
2	Townsend, Miles	RM	9	11.68
3	Delbridge, Seth	OW	9	11.73
4	Landwer, Noah	EV	9	12.11
5	LaMotte, Austin	AV	10	12.11
6	O'Connor, Ryan	RM	10	12.13
7	Hall, Tanner	OW	10	12.22
8	Pyne, Vicar	RM	9	12.23
9	Schegolkov, Matthew	LS	10	12.24
10	Walton, De'marco	AV	10	12.25
13	Holmboe, Ray	MV	10	12.37
16	Cooper, George	MV	10	12.45
19	Graff, Logan	MV	10	12.5
59	Thao, Ricky	MV	10	13.66
71	Oyinloye, Timi	MV	10	14.32
72	Edgar, Matt	MV	10	14.33

200M Dash

1	Delbridge, Seth	OW	9	24.10
2	Townsend, Miles	RM	9	24.22
3	Landwer, Noah	EV	9	24.44
4	Pyne, Vincent	RM	9	24.76
5	Stransky, Zach	OW	10	24.92
6	Schulz, Payton	LS	9	24.95
7	O'Connor, Ryan	RM	10	24.95
8	Schegolkov, Matthew	LS	10	25.05
9	Stewart, Mikai	LS	9	25.05
10	Titchenal, Jack	OW	10	25.38
22	Cooper, George	MV	10	26.05
37	Dullum, Bryce	MV	8	27.09
60	Attwood, Elijah	MV	9	28.14
62	Edgar, Matt	MV	10	28.42
77	Thao, Ricky	MV	10	29.78
78	Oyinloye, Timi	MV	10	30.02

PERSONAL BEST

800M Run

1	Khalif, Abdikafi	AV	9		2:06.64
2	Weber, Matthew	RM	10		2:13.23
3	Dunne, Hunter	EV	9		2:14.42
4	Vijay, Pranav	RM	10		2:19.70
5	Farah, Saed	SW	10		2:19.71
6	Johnson, Jaden	LS	9		2:19.92
7	Hesse-Withbroe, Jack	SW	10		2:20.49
8	Thomas, Zachary	WB	10		2:22.36
9	Kilibarda, Ryan	SW	8		2:22.74
10	Setterlund, Sam	EV	10		2:22.79
21	DeRosier, Max	MV	9	36, 75, 1:55	2:31.42
23	Schulte, Nick	MV	8	35, 73, 1:55	2:32.34
34	Smith, Harrison	MV	9	40, 83, 2:04	2:43.94
36	Wariar, Ashwin	MV	10	40, 83, 2:05	2:47.23

1600M Run

1	Mahlen, Gabriel	EV	10		4:45.22
2	Rubischko, Colby	EV	10		4:53.97
3	Khalif, Abdikafi	AV	9		4:56.69
4	Labno, Hudson	RM	10		5:04.09
5	Beise, Micah	RM	9		5:10.85
6	McLaughlin, Ben	WB	10		5:11.22
7	Starfield, Ethan	LS	8		5:16.71
8	Smith, Riley	AV	10		5:17.30
9	Johnson, Jonah	SW	10		5:17.45
10	Potter, Ryan	SW	9		5:20.78
11	Brody, Charley	MV	10	75, 2:39, 4:03	5:23.12
41	Laberge, Caleb	MV	10	96, 3:21, 5:06	6:28.06
42	Rauenhorst, Justin	MV	10	96, 3:22, 5:05	6:28.77

3200M Run

1	Roux, Jonathan	SW	9		10:57.28
2	Roback, Anders	RM	10		10:57.53
3	Adams, Cole	RM	9		11:09.63
4	Nicholson, Elliott	RM	10		11:16.30
5	LaSota, Payton	EV	9		11:19.21
6	Edelen, Brock	RM	9		11:22.69
7	Vagle, Mason	SW	9		11:22.78
8	Piller, Grant	EV	10		11:25.99
9	Buck, Evan	OW	10		11:36.27
10	Degonda, Robert	SW	10		11:39.10
14	Francisco, Carter	MV	10	81, 2:52, 4:22, 5:53 7:23, 8:57, 10:30	11:58.11
15	Francisco, Canton	MV	8	85, 2:53, 4:25, 5:55 7:28, 9:03, 10:39	12:06.62

4X400 Relay

1	Eastview			3:45.57
2	Rosemount			3:51.01
3	Mounds View 'A'			3:54.41
	Ben Wiggenhorn	8	26.0	58.4
	Ray Holmboe	10	26.2	57.4
	Tariq Aqel	10	29.0	59.5
	Logan Graff	10	27.4	58.9
4	Apple Valley			3:56.20
5	White Bear Lake			3:58.04
6	Stillwater Area			4:11.45
11	Mounds View 'B'			4:32.32
	Luke Welsh	10		64.6
	Charlie Brody	10		65.4
	Ashwin Wariar	10		74.8
	Justin Rauenhorst	10		67.3

Long Jump

1	Alam, Basheer	RM	10	19-04.00
2	Abdelkader, Adham	AV	10	18-10.25
3	Rogers, Gavin	WB	9	18-07.50
4	Jacobson, Joshua	LS	9	18-02.00
5	Appold, Sean	RM	10	18-01.00
6	Zirngible, Max	OW	9	17-10.00
7	Kirschling, Kaleb	WB	10	17-09.75
8	Remker, Nick	OW	10	17-09.50
9	Odamtten, Jeffrey	WB	10	17-08.50
10	Vang, Alex	WB	9	17-07.75
15	Welsh, Luke	MV	10	17-00.00
28	Koehn, Luke	MV	9	14-08.00
37	Freimuth, James	MV	10	13-02.00

Triple Jump

1	Negussie, Joshua	EV	10	41-09.00
2	Alam, Basheer	RM	10	41-04.00
3	McDowell, Ryan	SW	9	37-09.00
4	Buendorf, Aiden	RM	10	37-04.00
5	Anderson, Micah	WB	10	36-08.00
6	Welsh, Luke	MV	10	35-03.00
7	Hendrickson, Jack	SW	9	35-01.00
8	Nti-Yeboah, Nana	AV	10	34-07.00
9	Reinardy, Jacob	OW	9	34-04.00
10	Otterson, Jack	LS	10	33-04.00
10	Koehn, Luke	MV	9	33-04.00
17	Freimuth, James	MV	10	29-07.00

High Jump

1	Titchenal, Jack	OW	10	5-08.00
1	Negussie, Joshua	EV	10	5-08.00
3	Rogers, Gavin	WB	9	5-04.00
4	Buendorf, Aiden	RM	10	5-02.00
5	Gregory, Ryan	OW	9	J5-02.00
6	Meyer, Luke	LS	8	5-00.00
6	Olson, Dylan	SW	10	5-00.00
6	Odamtten, Jeffrey	WB	10	5-00.00
9	Johnson, Jaden	LS	8	J5-00.00

4X100 Relay

1	White Bear Lake		47.09
2	Rosemount		48.06
3	Mounds View		49.31
	Ben Wiggenhorn	8	
	George Cooper	10	
	Logan Graff	10	
	Ray Holmboe	10	
4	Lakeville South		49.62
5	Owatonna		49.68
6	Stillwater		49.83
--	Apple Valley		DQ

4X200 Relay

1	White Bear Lake		1:38.79
2	Apple Valley		1:42.44
3	Stillwater		1:43.14
4	Rosemount		1:43.22
5	Lakeville South		1:46.26
6	Mounds View		1:49.60
	Mike Scott	10	27.7
	Tariq Aqel	10	25.7
	Elijah Attwood	9	29.0
	Bryce Dullum	8	27.0

Shot Put

1	Rother, Cameron	RM	10	43-05.00
2	Elliott, Jonathan	LS	10	41-10.00
3	Freteg, Justin	SW	9	40-00.00
4	Ebner, Weston	RM	9	39-08.50
5	Smith, Nate	OW	10	38-09.00
6	Lawrance, Alexander	LS	10	38-01.00
7	Rantila, Andrew	SW	10	37-11.50
8	Hatzis, Dimitrios	WB	10	37-03.00
9	Kuegah-Chouchouda, Mel	AV	10	35-09.00
10	Greenbush, Brady	RM	10	35-04.00
20	Alquist, Brady	MV	9	32-04.00
22	Rasmussen, John	MV	10	31-07.50
40	Austin, Nick	MV	10	27-09.00
47	Oberreit, Kyle	MV	10	26-03.75

Discus

1	Reiland, Samuel	RM	9	115-00
2	Rantila, Andrew	SW	10	109-06.50
3	Beise, Micah	RM	9	107-07
4	Framke, Josh	SW	10	106-06
4	Leenderts, Koye	RM	10	106-06
6	Cummins, Nick	OW	10	106-01
7	Elliott, Jonathan	LS	10	104-11
8	Smith, Nate	OW	10	104-07
9	Lawrance, Alexander	LS	10	103-02
9	Kuegah-Chouchouda, Mel	AV	10	103-02
17	Alquist, Brady	MV	9	89-03
35	Rasmussen, John	MV	10	74-03
42	Oberreit, Kyle	MV	10	68-04
46	Austin, Nick	MV	10	67-00

Pole Vault

1	Hammann, Zander	OW	10	11-00.00
2	Magnuson, Sam	MV	10	10-06.00
3	Fast, Jacob	OW	10	10-00.00
4	Daubenspeck, Jeremy	WB	10	9-06.00
5	Berthiaume, Odin	MV	10	9-00.00
6	Kedir, Inman	LS	10	8-00.00
7	Hernandez-Sanchez, Lucio	LS	10	J8-00.00
8	Plotnik, Matthew	EV	10	7-06.00
8	Dahlke, Will	SW	10	7-06.00
10	Fronczak, Michael	SW	10	J7-06.00
14	McGann, John	MV	9	7-00.00
15	Berthaume, Thor	MV	8	J7-00.00

400M Dash

1	Kloss, Cade	EV	10	55.04
2	Lee, Kam'ren	AV	10	55.75
3	Nti-Yeboah, Nana	AV	10	57.41
4	Stewart, Mikai	LS	9	57.51
5	Bode, Evan	LS	9	58.64
6	Bennett, Nathan	LS	10	59.36
7	Marazes, RJ	OW	10	60.45
8	Green, Grantham	RM	8	61.47
9	Smith, Tyler	SW	10	61.84
10	Parada Romero, Allen	WB	10	61.90
12	Scott, Michael	MV	10	62.45

4X800 Relay

1	Eastview	9:14.66
2	Rosemount	9:23.58
3	Stillwater	9:30.29
4	Lakeville South	9:37.70
5	Owatonna	9:38.52