

# MOUNDS VIEW INDOOR INVITE

Score: Mounds View 58, Spring Lake Park 56, Richfield 39, Elk River 35

Friday, March 29, 2019

Bethel University

### 55M High Hurdles

1	Ben Howlett	10 MV	9.74
2	Ben Goldman	11 MV	9.87
3	Caleb Janikowski	11 ER	10.3
4	Vishall Manikaran	12 RF	10.32
5	Carter Oestreich	9 ER	10.63

### 55M Dash

1	Emmanuel Danso	11 MV	6.89
2	Adam Nelson	12 ER	6.94
3	Matthew Beaudry	8 ER	6.97
4	Demetrius Coleman	12 RF	7.22
5	Michael Johnson	12 ER	7.29
10	Ben Wiggenhorn	8 MV	7.49
11	Nate Farm	12 MV	7.51
13	George Cooper	10 MV	7.58
17	Joey Stire	9 MV	7.73
18	Bryce Dillum	8 MV	7.86

### 200M Dash

1	Adam Nelson	12 ER	24.84
2	Emmanuel Danso	11 MV	25.10
3	Josh Peterson	12 RF	25.19
4	Allen Carr	12 RF	25.46
5	Joshua Lown	9 SLP	25.68
8	Nate Farm	12 MV	26.16
13	Joey Stire	9 MV	27.35
14	George Cooper	10 MV	27.38
17	Bryce Dillum	8 MV	27.66

### Pole Vault

1	Tenzin Gyaltsen	11 SLP	10-06.00
2	Sam Magnuson	10 MV	10-00.00
3	Liam Edgar	11 MV	9-06.00
4	Kevin Nelson	12 MV	9-06.00
5	Albis Almanzar	11 ER	9-00.00
6	Garret Wride	11 MV	9-00.00

### 400M Dash

1	Ted Rogers	12 SLP	55.20	
2	Michael Johnson	12 ER	56.83	
3	Joel Alexander	12 SLP	57.87	
4	Ben Wiggenhorn	8 MV	26.8	57.96
5	Ryan Wingard	9 ER	58.39	
14	Ethan Farm	10 MV	27.0	64.05

### 800M Run

1	Terry Towah	11 SLP	2:09.42	
2	Steve McCoy	12 MV	63.2	2:10.00
3	Alan Nguyen	12 RF	2:18.96	
4	Ayub Abdirazak	9 SLP	2:19.83	
5	Cameron Lehmann	9 ER	2:19.98	

### 1600M Run

1	Nehemiah Gaim	12 MV	76, 2:31, 3:49	5:05.68
2	Henry Brooks	10 SLP	5:13.52	
3	Brendan Smith	10 SLP	5:15.18	
4	Don Pham	10 SLP	5:16.05	
5	Vitaliy Strelchuk	7 ER	5:16.15	
8	Charley Brody	10 MV	80, 2:43, 4:03	5:22.58

### 4X400 Relay

1	Mounds View	3:50.78		
	Ben Howlett	10	27.5	58.3
	Tino Preciado	11	26.5	55.6
	Steve McCoy	12	27.4	59.5
	Nehemiah Gaim	12	27.3	57.2
2	Spring Lake Park - A	3:56.75		
3	Spring Lake Park-B	3:57.95		
4	Elk River	4:16.99		

### Long Jump

1	Efoe Agbenowossi	11 RF	19-05.00
2	Romeo Sackie	11 MV	19-02.75
3	Brandon Moore	11 RF	19-00.50
4	Josh Peterson	12 RF	19-00.25
5	Diego Niquio	12 RF	16-10.00
6	Ted Rogers	12 SLP	16-07.00
7	Josh Albers	12 MV	16-06.00
10	Luke Welsh	10 MV	16-01.50
13	Collin Hoyhtya	10 MV	15-10.75
16	Luke Koehn	9 MV	14-11.50

### Triple Jump

1	Jesse Sills	11 SLP	36-04.00
2	Matthew Beaudry	8 ER	36-01.00
3	Henry Schaefer	9 RF	35-03.50
4	LaQwes Miner	12 RF	34-05.50
5	Collin Hoyhtya	10 MV	33-02.00
7	Josh Albers	12 MV	32-08.00
9	Luke Koehn	9 MV	31-08.00
10	Luke Welsh	10 MV	31-07.00

### High Jump

1	Jesse Sills	11 SLP	6-00.00
2	LaQwes Miner	12 RF	5-08.00
3	Dylan Ball	10 ER	5-04.00
4	Austin Ramert	9 ER	5-02.00
5	Ben Howlett	10 MV	5-02.00

### Shot Put

1	Raymond Haar IV	12 RF	43-06.75
2	x Valenzuel	SLP	36-11.00
3	Jed Liang	10 MV	36-10.50
4	Grant Peltier	10 MV	36-09.75
5	Juan Molina Escondon	11 RF	36-09.75
13	Ben Holister	9 MV	29-10.00
16	Anthony Brown	10 MV	28-01.50

PERSONAL BEST