SEC CHAMPIONSHIP

Score: Mounds View 184, White Bear Lake 172, Stillwater 147.5, Roseville 129, Forest Lake 122, East Ridge 76, Woodbury 73, Park 46, Cretin-Derham Hall 38.5

Tuesday, May 21 & Thursday, May 23, 2019 — East Ridge High School — Cloudy, 58 deg. Wind: W-NW 10-15 mph

110M High Hurdles

				PRELIMS	FINALS
1	Josh Sampson	12	MV	16.08	14.65
2	Joshua Thomsen	10	MV	16.18	14.94
3	Conor Mcmanamon	12	WBL	15.35	15.02
4	Keanu Zurita	12	FL	16.26	15.59
5	Justus White	12	PK	16.05	15.70
6	Stephen Tolentino	11	WD	16.83	16.01
7	Shamus Boe	12	SW	16.81	16.20
8	Zeb Kauth	12	RV	16.81	16.57
--	Sammy Russ	11	WBL	16.98	DNF
12	Ben Howlett	10	MV	17.52	
13	Alex Breen	11	MV	17.55	
17	Will Goldman	12	MV	17.85	
26	James Freimuth	10	MV	19.01	
29	Ben Goldman	11	MV	19.30	

300M IM Hurdles

				PRELIMS	FINALS
1	Joshua Thomsen	10	MV	42.07	39.15
2	Conor Mcmanamon	12	WBL	40.54	39.52
3	Keanu Zurita	12	FL	41.48	41.26
4	Justus White	12	PK	44.18	42.16
5	Stephen Tolentino	11	WD	43.30	42.91
6	Aran Koob	11	RV	43.36	43.00
7	Jeffrey Odamtten	10	WBL	44.50	43.13
8	Levi Prunty	12	SW	43.67	43.21
9	Santino Preciado	11	MV	43.35	43.68
10	Ben Howlett	10	MV	44.56	
14	Will Goldman	12	MV	45.63	
15	Alex Breen	11	MV	45.65	
34	Ben Goldman	11	MV	49.48	
35	James Freimuth	10	MV	49.94	

100M Dash

				PRELIMS	FINALS
1	Seyi Afinni	11	RV	11.35	11.03
2	Ty Hawkins	11	SW	11.82	11.06
3	Sawyer Seidel	8	SW	11.84	11.3
4	Andres Pettis	11	ER	11.91	11.41
5	Kendall Moore	11	ER	11.85	11.43
6	Payton Shafer	12	PK	11.88	11.45
7	Donovan Blatcher	11	PK	12.08	11.63
8	Bobby Moua	11	MV	11.93	11.65
--	Nick Sharma	12	MV	11.42	DNS
12	Emmanuel Danso	11	MV	12.11	
24	Noah Turnquist	12	MV	12.51	
27	Josh Albers	12	MV	12.64	
37	Ryan Hill	11	MV	12.84	
39	George Cooper	10	MV	13.03	

200M Dash

				PRELIMS	FINALS
1	Seyi Afinni	11	RV	22.84	22.49
2	Ty Hawkins	11	SW	22.69	22.79
3	Jack Anderson	12	FL	23.07	22.93
4	Rajiv Redd	12	CDH	23.18	23.29
5	Payton Shafer	12	PK	23.10	23.46
6	Latham Streeter	12	RV	23.32	23.60
7	Jerald Hall	12	ER	23.34	23.68
8	Zion Guerra	11	CDH	23.15	23.72
9	Donovan Blatcher	11	PK	23.38	23.88
14	Bobby Moua	11	MV	23.71	
15	Josh Albers	12	MV	24.15	
17	Emmanuel Danso	11	MV	24.16	
20	Ray Holmboe	10	MV	24.49	
25	Ryan Hill	11	MV	24.76	
32	Nate Farm	12	MV	25.07	
38	Logan Graff	10	MV	25.63	
40	Sam Wong	12	MV	25.74	

PERSONAL BEST

400M Dash

				PRELIMS	FINALS
1	Quinn Walker	11	RV	51.96	49.90
2	Jack Anderson	12	FL	54.31	50.23
3	Josh Sampson	12	MV	51.99	50.34
4	Thomas Rosengren	9	SW	54.15	50.47
5	Matthew Schoessow	12	FL	52.58	51.40
6	Markus Wagner	12	WD	53.36	51.44
7	Adam Bear	12	WBL	53.07	52.40
8	Matthew Miller	12	SW	53.48	53.00
9	Thomas Meyer	12	SW	53.75	53.63
18	Sam Wong	12	MV	56.87	
19	Ray Holmboe	10	MV	56.92	
24	Logan Graff	10	MV	57.98	
25	Jack Valentine	11	MV	58.00	
28	Nate Farm	12	MV	58.61	
31	Adam Collins	11	MV	59.21	

800 M Run

					PRELIMS	FINALS
1	Grant Wittman	12	WD		2:04.27	1:57.93
2	**Nehemiah Gaim**	**12**	**MV**	**63.3 / 59.2**	**2:05.22**	**1:58.88**
	TIED 29TH VARSITY HONOR ROLL					
3	Dylan Olson	12	SW		2:02.22	1:59.11
4	Logan Tanttu	11	WBL		2:04.77	1:59.89
5	Braden Hilde	11	SW		2:04.23	2:00.74
6	**Ellis Maloney**	**10**	**MV**	**60.6 / 59.8**	**2:04.49**	**2:01.22**
	8TH SOPHOMORE HONOR ROLL					
7	Elliot Flack	11	RV		2:05.98	2:01.29
8	Samuel Verkerke	11	WBL		2:05.54	2:02.09
9	Austin Sievers	11	FL		2:06.31	2:03.30
10	Max Charlsen	11	FL		2:03.58	2:04.11
11	John Christian Faller	10	ER		2:07.44	2:05.07
12	Owen Kiser	11	SW		2:07.03	2:10.18
15	Nathan Apostol	11	MV	62.6	2:08.20	
31	John Pfenning-Wendt	11	MV	63.3	2:15.36	

1600 M Run

					FINALS
1	Addison Stansbury	12	SW		4:19.16
2	Acer Iverson	12	RV		4:20.20
3	Joseph Reimann	12	ER		4:25.27
4	Finn Sokolowski	11	MV	67, 2:14, 3:22	4:27.22
5	Aidan Browne	11	WD		4:28.47
6	Isaac Maruyama	11	WBL		4:29.29
7	Lars Dewall	12	SW		4:30.10
8	Max Charlsen	11	FL		4:30.43
9	Aiden Kilibarda	10	SW		4:31.04
10	**Matt Miller**	**10**	**MV**	**68, 2:15, 3:22**	**4:31.60**
	9TH SOPHOMORE HONOR ROLL				
18	Ezra Gaim	11	MV	69, 2:18, 3:30	4:42.18
19	Nathan Moller	12	MV	69, 2:19, 3:31	4:42.38
22	Steve McCoy	12	MV	69, 2:20, 3:31	4:43.51
26	Nathan Apostle	11	MV	70, 2:20, 3:33	4:45.73

3200 M Run

					FINALS
1	Austin Streit	12	MV	71, 2:27, 3:44, 4:58 6:10, 7:22, 8:32	9:40.35
2	Addison Stansbury	12	SW		9:42.29
3	Aiden Kilibarda	10	SW		9:47.80
4	Elliott McArthur	8	MV	72, 2:27, 3:45, 4:59 6:12, 7:30, 8:45	9:48.10
5	Lars Dewall	12	SW		9:57.42
6	Max Nelson	11	WBL		9:59.99
7	Tryg Solberg	12	WBL		10:00.92
8	Ethan Selph	11	SW		10:01.95
9	Isaac Maruyama	11	WBL		10:03.46
13	Nathan Moller	12	MV	74, 2:30, 3:50, 5:10 6:27, 7:46, 9:05	10:21.60
28	Zach Allie	11	MV	80, 2:40, 4:03, 5:28 6:55, 8:27, 9:59	11:22.47

Long Jump

1	Jaison Moore	12	CDH	21-11.00
2	Slade Heald	10	FL	21-09.75
3	Jack Roeber	11	MV	21-08.25
4	Jonathan Loera	11	PK	20-08.00
5	Fahim Belfatmi	11	WD	20-06.00
6	Sawyer Seidel	8	SW	20-01.25
7	Romeo Sackie	11	MV	19-07.00
8	Will Flemons	11	WBL	19-05.50
9	Noah Turnquist	12	MV	19-05.00
15	Nick Sharma	12	MV	18-09.00
24	Trent Oberreit	12	MV	17-06.50
29	Matt Van Beusekom	12	MV	16-11.25
32	John Montgomery	11	MV	16-10.50
33	Josh Albers	12	MV	16-07.50
35	Luke Welsh	10	MV	16-03.50
36	Elijah Anderson	9	MV	15-10.25

Triple Jump

1	Kevin Boeing	12	WBL	44-10.00
2	**Jack Roeber**	**11**	**MV**	**44-06.00**
	15TH VARSITY HONOR ROLL			
3	Jay Kabamba	12	RV	44-05.00
4	Romeo Sackie	11	MV	42-11.50
5	Slade Heald	10	FL	42-10.50
6	Ty Hawkins	11	SW	41-08.50
7	Jerald Hall	12	ER	41-08.00
8	Zach Ames	12	WD	41-06.50
9	Nicholas Bartlett	9	FL	40-09.50
11	Noah Turnquist	12	MV	38-11.50
17	Trent Oberreit	12	MV	37-09.00
28	Luke Welsh	10	MV	35-04.00
30	Collin Hoyhtya	10	MV	35-02.25

High Jump

1	Kevin Boeing	12	WBL	6-02.00
2	Slade Heald	10	FL	6-02.00
3	Romeo Sackie	11	MV	6-00.00
4	Ricky Weber	10	RV	5-10.00
5	Justus White	12	PK	5-10.00
6	Mason Vanvleet	12	FL	5-08.00
7	Elijah Anderson	9	MV	5-08.00
8	Nicholas Simcik	11	SW	5-08.00
9	Sawyer Seidel	8	SW	5-06.00
9	Tyson Schilling	11	CDH	5-06.00
14	John Montgomery	11	MV	5-06.00
16	Noah Turnquist	12	MV	5-04.00
19	Matt Van Beusekom	12	MV	5-04.00

4X100 Relay

1	Cretin-Derham Hall		44.10
2	White Bear Lake Area		44.30
3	Forest Lake		44.31
4	Mounds View		44.95
	Emmanuel Danso	11	
	John Montgomery	11	
	Bobby Moua	11	
	Ryan Hill	11	
5	East Ridge		44.96
6	Woodbury		45.27
7	Roseville Area		45.83
8	Stillwater Area		47.2
--	Park		DNF

4X200 Relay

1	Stillwater Area		1:29.39
2	Forest Lake		1:30.21
3	White Bear Lake Area		1:31.16
4	East Ridge		1:32.22
5	Roseville Area		1:32.29
6	Woodbury		1:34.29
7	Mounds View		1:34.58
	Santino Preciado	11	23.7
	Josh Albers	12	23.2
	Nate Farm	12	23.9
	Sam Wong	12	23.6
8	Park		1:37.43
--	Cretin-Derham Hall		DQ

Shot Put

1	Jacob Dingee	12	RV	52-03.00
2	Andrew Kohnen	12	WBL	51-10.50
3	Sean Ruohmaki	12	WBL	50-01.00
4	Luke Parzyck	12	WBL	48-05.50
5	Logan Rowe	11	FL	46-02.50
6	Mitchell Landsberger	11	WBL	45-08.75
7	William Schad	12	RV	45-02.25
8	William Ketola	10	MV	42-04.25
9	Matthew Patri	12	RV	41-05.75
11	Thomas Van Oort	11	MV	41-03.50
12	A.J. Hunt	11	MV	40-10.25
13	Jake Vogel	12	MV	40-04.00
38	Elliot Lee	11	MV	31-10.75
--	Mike Sprung	10	MV	SCR
--	Nick Austin	10	MV	SCR
--	Brady Alquist	9	MV	SCR
--	Anthony Brown	10	MV	SCR
--	John Rasmussen	9	MV	SCR

Discus

1	Andrew Kohnen	12	WBL	149-04
2	Ashley Scaife	11	RV	144-06
3	Sean Ruohmaki	12	WBL	142-03
4	Elliot Lee	11	MV	139-10
5	Edric Waindim	12	PK	139-09
6	Logan Rowe	11	FL	138-08
7	Matthew Patri	12	RV	137-01
8	Luke Parzyck	12	WBL	135-01
9	Sam Locke	12	FL	129-01
14	Thomas Van Oort	11	MV	113-10
22	Jake Vogel	12	MV	104-02
24	Mike Sprung	10	MV	101-03
25	John Rasmussen	9	MV	98-03
33	Ben Holister	9	MV	87-00
34	Brady Alquist	9	MV	85-01
--	Jaylan Lomax	11	MV	DNS
--	William Ketola	10	MV	SCR
--	Nick Austin	10	MV	SCR

Pole Vault

1	Alec Wittman	12	ER	15-00.00
2	Carson Dittel	12	RV	13-00.00
3	Blake Johnson	10	FL	12-06.00
4	Sam Magnuson	10	MV	12-00.00
5	Caleb Craven	11	WD	11-06.00
6	Trey Francis	11	WD	11-00.00
7	Ryan Pedersen	11	WBL	10-06.00
8	Maxwell Pearson	12	RV	10-00.00
8	Isaiah Olson	11	WD	10-00.00
8	Brennan Cashman	10	WBL	10-00.00
16	Odin Berthiaume	10	MV	9-00.00
18	Garret Wride	11	MV	9-00.00
--	Liam Edgar	11	MV	NH
--	Kevin Nelson	12	MV	NH

4X400 Relay

1	Mounds View			3:26.45
	Josh Thomsen	**10**	**23.5**	**49.6**
	21ST VARSITY RELAY HONOR ROLL			
	Lukas Hessini	12	24.3	51.8
	Santino Preciado	11	25.0	53.0
	Josh Sampson	12	24.1	51.9
2	Stillwater Area			3:28.07
3	East Ridge			3:28.48
4	Woodbury			3:29.11
5	White Bear Lake Area			3:29.74
6	Forest Lake			3:33.23
7	Roseville Area			3:33.25
8	Park			3:48.83

4X800 Relay

1	**Mounds View**			**7:59.28**
	8TH VARSITY HONOR ROLL			
	CONFERENCE RECORD			
	Will Sacay	11	58.4	2:03.1
	Alec Nelson	11	57.6	2:01.3
	Lukas Hessini	12	56.5	1:59.3
	Austin Streit	**12**	**56.1**	**1:55.5**
	TIED 4TH VARSITY RELAY HONOR ROLL			
2	White Bear Lake Area			8:05.28
3	East Ridge			8:15.79
4	Woodbury			8:26.78
5	Stillwater Area			8:36.79
6	Roseville Area			8:50.61
7	Forest Lake			8:50.87
8	Park			9:52.68