

ST. THOMAS INDOOR

Tuesday March 26, 2019

St. Thomas University

| <u>55M High Hurdles</u> | | | <u>400 M Run</u> | | | <u>Long Jump</u> | | | | |
|-------------------------|----|---------|----------------------|----|------|--------------------|-----------------|---------|--------|--------|
| Josh Thomsen | 11 | 8.71 | Tariq Aqel | 10 | 27.7 | 62.33 | John Montgomery | 11 | 19' 6" | |
| Will Goldman | 12 | 9.19 | Elijah Attwood | 9 | 29.3 | 62.69 | Romeo Sackie | 11 | 19' 5" | |
| Alex Breen | 11 | 9.27 | Matt Edgar | 10 | 29.3 | 64.27 | Jack Roeber | 11 | 19' 1" | |
| Ben Howlett | 10 | 9.81 | Brady Alquist | 9 | 30.6 | 65.90 | Noah Turnquist | 12 | 18' 0" | |
| | | | <u>800 M Run</u> | | | <u>Triple Jump</u> | | | | |
| | | | NO ENTRIES | | | Jack Roeber | | | 11 | 42' 9" |
| | | | | | | Romeo Sackie | | | 11 | 40' 7" |
| | | | | | | John Montgomery | | | 11 | 38' 7" |
| | | | | | | Noah Turnquist | | | 12 | 38' 4" |
| <u>55M Dash</u> | | | <u>1600 M Run</u> | | | <u>High Jump</u> | | | | |
| Noah Turnquist | 12 | 7.17 | NO ENTRIES | | | Romeo Sackie | 11 | 5' 10" | | |
| Adam Collins | 11 | 7.45 | | | | Noah Turnquist | 12 | 5' 6" | | |
| Jack Valentine | 11 | 7.82 | | | | Kobe Franks | 11 | 5' 6" | | |
| Matt Edgar | 10 | 8.01 | | | | John Montgomery | 11 | 5' 4" | | |
| Brady Alquist | 9 | 8.05 | | | | <u>Pole Vault</u> | | | | |
| Elijah Attwood | 9 | 8.10 | | | | Sam Magnuson | 10 | 9' 6" | | |
| Ricky Thao | 10 | 8.14 | | | | Garrett Wride | 11 | 9' 0" | | |
| Tmim Oyinloye | 10 | 8.52 | | | | Odin Berthiaume | 10 | 9' 0" | | |
| | | | <u>3200 M Run</u> | | | Thor Berthiaume | 8 | 7' 0" | | |
| <u>200M Dash</u> | | | NO ENTRIES | | | <u>Shot Put</u> | | | | |
| George Cooper | 10 | 26.81 | | | | Jake Vogel | 12 | 41' 6" | | |
| Collin Hoyhtya | 10 | 27.16 | | | | Thomas Van Oort | 11 | 35' 10" | | |
| Alex Breen | 11 | 27.20 | | | | Elliott Lee | 11 | 34' 11" | | |
| Ricky Thao | 10 | 29.95 | | | | Bill Ketola | 10 | 34' 6" | | |
| <u>4 X 200 Relay</u> | | | <u>4 X 400 Relay</u> | | | | | | | |
| | | 1:37.34 | Ray Holmboe | 10 | 26.7 | 4:05.25 | | | | |
| Josh Thomsen | 10 | 23.7 | Logan Graff | 10 | 27.5 | 58.0 | | | | |
| Ryan Hill | 11 | 24.3 | Mike Scott | 10 | 30.9 | 61.9 | | | | |
| Colby Flanagan | 12 | 24.4 | Jack Valentine | 11 | 29.9 | 64.3 | | | | |
| Josh Albers | 12 | 24.6 | | | | 61.8 | | | | |
| <u>4 X 200 Relay</u> | | | <u>4 X 800 Relay</u> | | | | | | | |
| | | 1:46.52 | NO ENTRIES | | | | | | | |
| Ray Holmboe | 10 | 25.4 | | | | | | | | |
| Logan Graff | 10 | 26.3 | | | | | | | | |
| Mike Scott | 10 | 26.9 | | | | | | | | |
| George Cooper | 10 | 27.8 | | | | | | | | |
| | | | PERSONAL BEST | | | | | | | |