

WHITE BEAR LAKE RELAYS

Score: White Bear Lake 118, Stillwater 114, Mounds View 94, Forest Lake 82, East Ridge 42. Cretin-Derham Hall 39

Tuesday, April 9, 2019

White Bear Lake High School

Cloudy 50 deg. Wind: N-NE 10-15 mph

110M High Hurdles

1 White Bear Lake	1:12.53
2 Mounds View	1:13.63
Josh Thomsen	10 16.82
Alex Breen	11 18.01
Will Goldman	12 18.52
Ben Goldman	11 20.28
3 Forest Lake	1:13.94
4 Stillwater	1:17.12
5 Cretin-Derham Hall	1:35.71

300M IM Hurdles

1 White Bear Lake	2:58.00
2 Forest Lake	2:58.56
3 Mounds View	3:04.33
Santino Preciado	11 44.46
Ben Howlett	10 45.57
Will Goldman	12 46.11
Josh Thomsen	11 48.19
4 Stillwater	3:04.51
5 Cretin-Derham Hall	3:28.93
6 East Ridge	3:33.30

100m Dash

1 Mounds View	47.45
Nick Sharma	12 11.29
Emmanuel Danso	11 11.92
Bobby Moua	11 12.04
Ryan Hill	11 12.20
2 Forest Lake	47.52
3 Stillwater	48.04
4 White Bear Lake	48.56
5 East Ridge	48.88
6 Cretin-Derham Hall	49.52

200m Dash

1 Stillwater	1:33.85
2 Forest Lake	1:36.51
3 Cretin-Derham Hall	1:36.51
4 Forest Lake	1:37.77
5 White Bear Lake	1:38.33
6 Mounds View	1:40.45
John Montgomery	11 23.49
Josh Albers	12 24.60
Adam Collins	11 26.07
Jack Valentine	11 26.29

4X100 Relay

1 Mounds View	44.21
Bobby Moua	11
Emmanuel Danso	11
Ryan Hill	11
Nick Sharma	12
2 Forest Lake	44.39
2 Stillwater	44.89
4 Cretin-Derham Hall	45.61
5 White Bear Lake	46.23
6 East Ridge	46.62

400m Dash

1 White Bear Lake	3:40.01
2 Forest Lake	3:44.78
3 East Ridge	3:47.94
4 Stillwater	3:50.02
5 Mounds View	3:53.33
Santino Preciado	11 26.0 55.18
Colby Flanagan	12 26.3 56.39
Nate Farm	12 26.9 56.76
No Athlete	65.00
6 Cretin-Derham Hall	4:06.19

800m Run

1 Stillwater	8:39.07
2 White Bear Lake	8:44.43
3 East Ridge	9:06.80
4 Forest Lake	9:18.74
5 Cretin-Derham Hall	9:54.25
6 Mounds View	9:56.89
Mikey Gennaro	11 65.0 2:15.91
Tanner Ware	11 66.0 2:23.41
Levi Christopherson	11 74.0 2:36.47
Ezra Albright	11 76.0 2:41.10

1600m Run

1 Stillwater	18:30.39
2 East Ridge	18:53.42
3 White Bear Lake	19:01.81
4 Forest Lake	19:36.28
5 Mounds View	20:49.68
Matt Miller	10 69, 2:17, 3:28 4:34.38
14TH SOPHOMORE HONOR ROLL	
Ezra Gaim	11 70, 2:23, 3:38 4:57.00
Eric Feng	10 73, 2:36, 4:07 5:33.30
No Athlete	5:45.00
6 Cretin-Derham Hall	21:21.24

3200m Run

1 Stillwater	41:03.12
2 White Bear Lake	41:26.69
3 Forest Lake	44:08.22
4 Mounds View	45:13.33
Will Sacay	11 71, 2:30, 3:43, 4:55 6:09, 7:27, 8:40 9:50.86
Jon Pfenning-Wendt	11 78, 2:43, 4:08, 5:38 7:09, 8:40, 10:15 11:33.65
Tad Tomczyk	12 77, 2:47, 4:10, 5:39 7:10, 8:42, 10:17 11:48.60
Collin Wentworth	12 79, 2:43, 4:14, 5:45 7:20, 8:54, 10:32 12:00.22
5 East Ridge	45:44.33

4X100 Relay Wt. Man

1 White Bear Lake	51.86
2 Mounds View	52.22
Jed Liang	
Jake Vogel	
Jaylan Lomax	
A.J. Hunt	
3 Stillwater	56.03
4 Cretin-Derham Hall	58.50

Long Jump

1 Stillwater	74' 2 1/4"
2 Cretin-Derham Hall	68' 1/4"
3 White Bear Lake	67' 11 1/4"
4 Mounds View	66' 10 3/4"
John Montgomery	11 18' 6 1/2"
Trent Oberreit	12 17' 7"
Josh Albers	12 16' 3"
Brock Nelson	11 14' 6 1/4"
5 Forest Lake	65' 1 1/2"
6 East Ridge	64' 10"

Triple Jump

1 Stillwater	155' 6 1/4"
2 Mounds View	152' 5 3/4"
Noah Turnquist	12 41' 0"
Romeo Sackie	11 40' 10"
Trent Oberreit	12 37' 2 3/4"
Collin Hoyhtya	11 33' 5"
3 White Bear Lake	144' 6"
4 Forest Lake	103' 2"
5 East Ridge	75' 2 1/45"
6 Cretin-Derham Hall	36' 2 3/4"

High Jump

1 Forest Lake	16' 6"
2 White Bear Lake	16' 2"
3 Mounds View	15' 10"
Romeo Sackie	11 5' 6"
Josh Albers	12 5' 2"
Matt Van Beusekom	12 5' 2"
Noah Turnquist	12 NH
4 Stillwater	15' 8"
5 Cretin-Derham Hall	5' 4"

Pole Vault

1 Mounds View	42' 6"
Mike Louderback	12 13' 0"
Liam Edgar	11 10' 6"
Sam Magnuson	10 10' 0"
Kent Tuominen	12 9' 0"
2 White Bear Lake	40' 0"
3 Stillwater	30' 0"
4 East Ridge	25' 0"
5 Forest Lake	20' 0"

Shot Put

1 White Bear Lake	182' 9"
2 Mounds View	153' 5"
Bill Ketola	10 39' 7 1/2"
Jed Liang	10 38' 11"
Jake Vogel	12 38' 9 1/2"
A.J. Hunt	11 36' 1"
3 Stillwater	146' 1"
4 Forest Lake	117' 4 1/2"
5 Cretin-Derham Hall	113' 4 1/2"
6 East Ridge	33' 9 1/2"

Discus

1 White Bear Lake	473' 6"
2 Mounds View	469' 10"
Elliot Lee	11 131' 1"
Jaylan Lomax	11 119' 6"
Jake Vogel	12 111' 3"
Thomas Van Oort	11 108' 0"
3 Stillwater	422' 2"
4 Forest Lake	404' 3"
5 Cretin-Derham Hall	279' 6"
6 East Ridge	204' 8"

PERSONAL BEST