#1

Bethel Time Trials

Teams: Blaine, East Ridge, Forest Lake, Mounds View, Roseville

Thursday, March 17, 2016 Bethel University

55M High Hurdles

Charlie Etuko	11	8.4
Joel Smith	10	8.9
Josh Sampson	9	10.2

55M Dash

Xavier Myles	11	6.7
Brandon Lee	12	6.8
Nick Varichak	12	6.8
Jake Zastrow	12	6.8
Charlie Haik	11	6.8
Nick Sharma	9	6.8
Hassan Lubega	12	6.9
Josh Hintz	12	7.0
Yaquub Mohamed	11	7.0
Jacob Gray	10	7.0
Souayang Xiong	10	7.1
Sam Wong	9	7.2
Xavier Zengue	9	7.3
Kevin Ameyaw	12	7.6
Omar Abuhejleh	11	7.6
Ahmed Mohamed	9	7.6

200M Dash

Josh Sampson	9	24.9
Xavier Myles	11	25.2
Billy Howlett	12	26.2

400 M Run

Sam Wong	9	27.3	58.6
Trent Oberreit	9	28.8	65.9

800 M Run

Harry Lien	11	64.0	2:15.1
Ezekiel Lulinga	11	65.0	2:19.1
Anders Bandt	10	66.0	2:20.1

1600 M Run

David Dahl	10	77, 2:31, 3:44	4:54.0
Jackson Denny	11	78, 2:31, 3:45	4:56.9
Thomas Wong	11	79, 2:36, 3:57	5:10.3

4X400 Relay - A

3:50.5

Charlie Haik	11	27.5	56.3
Josh Hintz	12	27.4	56.1
Micah Smith	10	27.8	57.8
Nick Varichak	12	28.0	60.3

4X400 Relay - B

4:25.8

Hassan Lubega	12	27.0	59.8
Omar Abuhejleh	11	31.0	69.1
Frankie Wang	9	30.0	69.4
Souayang Xiong	10	29.0	67.5

Pole Vault

Calvin Ciganik	***10***	***13' 6"***
SOPHOMORE INDOOR RECORD		
Jake Osgood	11	10' 0"
Mike Louderback	9	8' 6"
Spencer Tuominen	9	7' 6"
Kent Tuominen	9	7' 0"

Long Jump

Jake Zastrow	**12**	**21' 5"**
TIED 19TH VARSITY HONOR ROLL		
Jacob Gray	10	18' 6"
Nick Sharma	**9**	**18' 6"**
TIED 23RD FRESHMAN HONOR ROLL		
Micah Smith	10	18' 5"
Brandon Lee	12	18' 1"
Joel Smith	10	18' 1"
Xavier Zengue	9	18' 1"
Josh Hintz	12	17' 9"
Tommy Rolfs	11	16' 7"
Paul Freimuth	10	16' 2 1/2"
Trent Oberreit	9	15' 9"
Rudi Emolins	10	15' 1"

Triple Jump

Billy Howlett	12	36' 1 1/2"
Tommy Rolfs	11	35' 6 1/2"
Xavier Zengue	9	33' 0"
Micah Smith	10	32' 9"
Paul Freimuth	10	32' 4"

High Jump

Nothing Officially Measured

Shot Put

Ryan Murphy	11	43' 0"
Michael Fahim	10	41' 2"
Thoger Boyuem	10	33' 10"
Dan Heilman	11	32' 10 1/2"
Kevin Ameyaw	12	28' 6 1/2"
Jake Vogel	9	27' 3 1/2"
Ian Boyles	9	22' 10 1/2"

PERSONAL BEST