

Thursday March 24, 2016

St. Thomas University

<u>55M High Hurdles</u>		
Jeremy Wiste	11	8.79
Joel Smith	10	8.98
Josh Sampson	9	9.72
William Goldman	9	11.22

<u>55M Dash</u>		
Xavier Myles	11	6.95
Jacob Gray	10	7.09
Nick Sharma	9	7.10
Nick Varichak	12	7.17
Hassan Lubega	12	7.21
Souayang Xiong	10	7.50
Sam Wong	9	7.52
Omar Abuhejleh	11	7.68

<u>200M Dash</u>		
Xavier Myles	11	24.78
Nick Varichak	12	25.35
Josh Sampson	9	25.49
Hassan Lubega	12	25.61
Jeremy Wiste	11	26.16
Sam Wong	9	26.78
Omar Abuhejleh	11	27.66
William Goldman	9	28.22
Paul Freimuth	10	29.56

<u>400 M Run</u>			
Josh Hintz	12	26.5	54.61
Micah Smith	10	26.0	55.40

<u>800 M Run</u>			
Michael Brown	12	60.1	2:10.63
Thomas Wong	11	66.0	2:12.48
Harry Lien	12	63.2	2:18.34

<u>1600 M Run</u>			
Ezekiel Lelinga	11	70, 2:27, 3:47	4:57.12

<u>Shot Put</u>		
Ryan Murphy	11	41' 10 3/4"
Dan Heilman	11	32' 11 1/2"
Thoger Boyuem	10	32' 3 1/2"
Jake Vogel	9	28' 5 1/2"
Ben Davis	10	23' 7 3/4"

Distance Medley Relay
NONE

PERSONAL BEST

<u>Long Jump</u>		
Josh Hintz	12	19' 8 1/2"
Brian Stone	11	19' 2"
Nick Sharma	9	18' 7"

TIED 22ND FRESHMAN HONOR ROLL

Jacob Gray	10	17' 5"
Joel Smith	10	16' 9 1/4"
Paul Freimuth	10	16' 1"
Micah Smith	10	15' 11"
Jeremy Wiste	11	15' 8 1/2"
Trent Oberreit	9	14' 5"
Souayang Xiong	10	14' 1"
Xavier Myles	11	9' 1 3/4"
Collin Jones	10	ND

<u>Triple Jump</u>		
Brian Stone	11	40' 2"
Billy Howlett	12	36' 1/2"
Souayang Xiong	10	33' 11 1/2"
Paul Freimuth	10	32' 11"
Micah Smith	10	32' 5"

<u>High Jump</u>		
Josh Hintz	12	5' 10"
Paul Freimuth	10	5' 0"

<u>Pole Vault</u>		
Calvin Ciganik	10	13' 6"
Mike Louderbock	9	9' 0"

TIED 23ND FRESHMAN HONOR ROLL

Spencer Touminen	10	8' 0"
Kevin Nelson	9	7' 0"