ST. THOMAS TIME TRIAL

Tuesday, March 31, 2015 St. Thomas University

55M High Hurdles

Jeremy Wiste	10	8.74
Joel Smith	9	9.10

55M Dash

Danny Sullivan	10	7.46
Christain Verley	11	7.63
Souayang Xiong	9	7.68
Grant Mohlenhoff	11	7.91
Eli Onkwani	9	9.31

200M Dash

Joel Smith	9	25.92
Nedal Zaro	10	27.66
Omer Muhammad	10	28.56
Souayang Xiong	9	28.66

4X200 Relay A 1:44.47

Jack Graham	10	26.0
Luke Alex	11	26.8
D Lon Thompson	9	26.9
Jeremy Wiste	10	24.5

400 M Run

Grant Mohlenhoff	11	30.3	66.06
Christain Verley	11	28.7	66.12
Danny Sullivan	10	29.5	67.31

800 M Run

NONE

1600 M Run

Jackson Denny	10	76, 2:38, 4:01	5:16.26
Mark Ousidagan	10	69, 2:27, 3:52	5:17.30
David Dahl	9	76, 2:40, 4:03	5:18.76
Eddy Brody	9	85, 3:03, 4:40	6:12.57

3200M Run

Aaron Marx	10	81, 2:55, 4:34, 6:15 7:59, 9:41, 11:18	12:46.95
Spencer Pauly	10	81, 2:50, 4:34, 6:15 7:59, 9:44, 11:30	13:08.23
Brian Paulson	10	84, 3:00, 4:41, 6:25 8:11, 9:58, 11:42	13:27.07
Alex Gillespie	10	86, 3:02, 4:45, 6:35 8:28, 10:23, 12:20	13:57.59

4X400 Relay - B

Jack Graham	10	26.5	59.8
Luke Alex	11	27.2	58.4
D Lon Thompson	9	29.8	67.3
Omar Abduhejleh	10	30.3	68.7

4X800 Relay - A 10:26.80

Andrew Fortmeyer	9	69.0	2:31.0
J.P. Braun	9	73.0	2:39.0
Ben Lindahl	9	82.0	2:51.0
Ben Yoch	9	71.0	2:23.7

Long Jump

Ryan Kaczynski	12	18' 0"
Joel Smith	9	17' 4"
Jeremy Wiste	10	16' 9"
D Lon Thompson	9	15' 11"
Jack Graham	10	15' 9"

Triple Jump

Ryan Kaczynski	12	37' 10 1/2"
D Lon Thompson	9	34' 7 1/2"
Jack Graham	10	32' 7 1/2"

High Jump

Ryan Kaczynski	12	5' 6"
Joel Smith	9	5' 3"

Pole Vault

OPEN PIT

Shot Put

Thoger Boyam	9	26' 7"
Ben Davis	9	23' 7 3/4"
Wes Wickstrom	9	19' 6"

PERSONAL BEST