1ST CHANCE MEET

Wednesday, April 1, 2015 | Stillwater High School | Sunny, 84 Degrees, Wind: S -20-35mph

110M High Hurdles

Joel Smith	**9**	**18.7**
28TH FRESHMAN HONOR ROLL		
Jeremy Wiste	10	19.1

300M IM Hurdles

Charlie Etuko	10	46.8
Joel Smith	**9**	**47.1**
TIED 25TH FRESHMAN HONOR ROLL		
Jeremy Wiste	10	52.8

100M Dash

Michael DeGroot	11	12.0
Connor Stamper	12	12.3
Charlie Haik	10	12.4
Nick Varichak	11	12.5
Andrew Bjorklund	11	12.6
Josh Hintz	11	12.7
Micah Smith	9	12.7
Dennis Acheampong	12	12.8
Mateo Dietsche	12	12.9
Nate VanBeuskom	11	13.0
Michael Brown	11	13.0
Josh Rydberg	12	13.2
Ali Manzool	11	13.2
Shihab Ahmed	11	13.2
Jon Cincotta	11	13.3

200M Dash

Michael DeGroot	11	23.2
Dennis Acheampong	12	24.3
Connor Stamper	12	24.8
Jake Zastrow	11	25.1
Nate VanBeuskom	11	25.2
Josh Hintz	11	25.2
Charlie Haik	10	25.2
Ryan Kaczynski	12	25.4
Nick Varichak	11	25.5
Micah Smith	9	25.7
Michael Brown	11	25.8
Andrew Bjorklund	11	26.4
Josh Rydberg	12	26.5
Ali Manzool	11	26.8
Mateo Dietsche	12	27.7
Shihab Ahmed	11	27.8
Paul Freimuth	9	29.2

400 M Run

Charlie Haik	10	27.0	55.5
Jon Cincotta	11	30.0	63.0

800 M Run

NONE

1600 M Run

Devon McDonald	12	70, 2:28, 3:45	4:56.5
Tim Pease	10	70, 2:29, 3:47	5:02.4
Ben Snuggerud	12	71, 2:32, 3:52	5:08.9
Grant Delaune	11	72, 2:30, 3:52	5:12.3
Grant Herbert	12	74, 2:39, 4:06	5:27.8

3200 M Run

Ben Carpenter	12	80, 2:43, 4:05, 5:29	
		6:54, 8:18, 9:41	10:57.4
Matt Ericson	12	81, 2:43, 4:07, 5:31	
		6:57, 8:27, 9:57	11:18.9
Henry Henson	11	82, 2:45, 4:12, 5:48	
		7:23, 8:58, 10:34	11:59.9

4X400 Relay - A

3:50.1

Michael DeGroot	11	55.0
Nate VanBeuskom	11	60.3
Micah Smith	9	58.1
Dennis Acheampong	12	56.7

4X400 Relay - B

3:54.6

Josh Hintz	11	55.9
Nick Varichak	11	59.8
Michael Brown	11	57.8
Josh Rydberg	12	60.9

4X400 Relay - C

3:54.6

Grant Delaune	11	56.8
Devon McDonald	12	57.8
Ben Snuggerud	12	58.4
Shihab Ahmed	11	65.1

PERSONAL BEST

Long Jump

Jake Zastrow	11	19' 4"
Nate VanBeusekom	11	18' 7"
Ryan Kaczynski	12	18' 2 1/2"
Brandon Lee	11	17' 8 1/4"
Micah Smith	9	17' 2"
Andrew Bjorklund	11	16' 8 1/4"
Jeremy Wiste	10	16' 8"
Mateo Dietsche	12	16' 5"
Tommy Sletten	12	16' 4 1/4"
D Lon Thompson	9	16' 1 1/4"
Ali Manzool	11	15' 1"
Nedal Zaro	10	14' 11"
Paul Freimuth	9	13' 5"
Omer Muhammad	10	13' 1 3/4"
Rudy Emolins	9	11' 8 1/4"

Triple Jump

Charlie Etuko	10	40' 4"
Ryan Kaczynski	12	37' 7 1/2"
D Lon Thompson	9	36' 4"
Billy Howlett	11	35' 11"
Tommy Rolfs	10	35' 5"
Andrew Bjorklund	11	34' 9 1/2"
Paul Freimuth	9	31' 7 3/4"

High Jump

Charlie Etuko	**10**	**6' 0"**
TIED 9TH SOPHOMORE HONOR ROLL		
Tommy Sletten	12	5' 10"
Joel Smith	9	5' 2"
Rudy Emolins	9	NH
Paul Freimuth	9	NH

Shot Put

Matt Wong	12	49' 0"
Jack Thurner	11	46' 6"
Riley Stephens	12	45' 6"
J.T. Kripotos	10	41' 0"
Ryan Murphy	10	39' 10"
Jackson Gray	11	35' 4"
Alex Reiling	9	33' 4"
Dan Heilman	10	32' 3"
Will Wickstrom	10	27' 3"

Discus

Ryan Murphy	**10**	**125' 3"**
TIED 26TH SOPHOMORE HONOR ROLL		
Matt Wong	12	121' 0"
Riley Stephens	12	107' 4"
Jackson Gray	11	92' 7"
J.T. Kripotos	10	89' 2"
Michael Fahim	9	75' 5"
Alex Reiling	9	72' 9"
Will Wickstrom	10	68' 7"
Dan Heilman	10	59' 9"