

WHITE BEAR LAKE JV

Non-scored

Wednesday, April 15, 2015

White Bear High School

Mostly sunny, 70 Degrees, Wind: S-SE -10-15mph

110M High Hurdles

Joel Smith	9	17.80
Charlie Etuko	10	17.83

300M IM Hurdles

Joel Smith	9	46.51
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100M Dash

George Mata	10	12.55
Hassan Lubega	11	12.81
Ali Manzoor	11	12.82
Brandon Lee	11	12.95
Jon Cincotta	11	13.04
Mateo Dietsche	12	13.11
Christian Verley	11	13.15
Kevin Ameyaw	11	13.21
Danny Sullivan	10	13.84

200M Dash

Ali Manzoor	11	26.76
Kevin Ameyaw	11	27.76

4X100 Relay - A

Mateo Dietsche	12	49.04
Shihab Ahmed	11	
Jon Cincotta	11	
Hassan Lubega	11	

400 M Run

George Mata	10	25.6	55.70
Josh Rydberg	12	26.6	58.31
Christian Verley	11	27.5	61.13

800 M Run

Harry Lien	10	65.2	2:18.87
Mark Ousidagan	10	64.3	2:21.36
Thomas Wong	10	72.4	2:28.01
Aaron Marx	10	73.6	2:29.23
Jared Herbert	9	73.9	2:30.93
Ben Ebert	10	74.4	2:34.27
Shihab Ahmed	11	72.0	2:34.67
Andrew Fortmeyer	9	75.3	2:36.05
J.P. Braun	9	75.7	2:39.44
Ben Lindahl	9	80.8	2:49.22

1600 M Run

David Dahl	9	74, 2:30, 3:47	4:57.59
Jackson Denny	10	74, 2:31, 3:48	4:58.33
Spencer Pauly	10	77, 3:38, 4:05	5:28.16
Eddy Brody	9	84, 2:58, 4:37	6:08.82

3200 M Run

Ben Yoch	9	81, 2:50, 4:19, 5:49 7:17, 8:51, 10:21	11:34.32
Kyle Goodwiler	10	79, 2:51, 4:21, 5:54 7:28, 9:06, 10:41	12:00.18
Brian Paulson	10	88, 3:13, 5:02, 6:39 8:22, 10:09, 11:53	13:33.77
Alex Gillespie	10	92, 3:20, 5:12, 7:05 8:50, 10:55, 12:53	14:24.92

4X400 Relay - A

Thomas Wong	10	4:18.50
Spnecer Pauly	10	
Ben Ebert	10	
Aaron Marx	10	

4X400 Relay - B

Harry Lien	10	4:20.33
J.P. Braun	9	
Jared Herbert	9	
Mark Ousidagan	10	

4X800 Relay - A
NOT RUN

Long Jump

Brandon Lee	11	18' 1"
Joel Smith	9	16' 8 3/4"
Tommy Rolfs	10	16' 8 1/2"
Ali Manzoor	11	15' 10"
Paul Freimuth	9	15' 1/2"
Mateo Dietsche	12	14' 7"

Triple Jump

Tommy Rolfs	10	36' 3 3/4"
Billy Howlett	11	34' 7"
Paul Freimuth	9	33' 3 1/4"

High Jump

Paul Freimuth	9	5' 2"
Charlie Etuko	10	NH

Pole Vault

Calvin Cignanik 9 11' 6"
FRESHMAN RECORD

Tristan Fairchild	12	9' 6"
Jake Osgood	10	8' 0"
Dan Crist	12	8' 0"
Cameron Tomczyk	10	8' 0"

Discus

Dan Hanson	11	93' 3"
Michael Fahim	9	92' 2"
Phillip Meyers	10	89' 2"
Danny Heilman	10	88' 3"
John Kriposos	10	87' 6"
Joe Tillman	9	85' 3"
Jackson Gray	11	82' 2"
Ean Deno	11	70' 1"
Ben Davis	9	42' 4"

Shot Put

Dan Hanson	11	40' 5"
John Kriposos	10	40' 5"
Phillip Meyers	10	36' 4 1/2"
Ean Deno	11	34' 9"
Michael Fahim	9	32' 11 1/2"
Jackson Gray	11	32' 9 1/2"
Danny Heilman	10	32' 5 1/2"
Thoger Boyuem	9	29' 0"
Joe Tillman	9	27' 9"
Ben Davis	9	20' 9 1/2"

PERSONAL BEST