

Pony Classic Relays

MOUNDS VIEW 1ST

Friday, April 17, 2015

Stillwater High School

Sunny, 70 degrees
Wind: N-NE 5-10

<p>100m HH Shuttle <u>61.3</u></p> <p>Matt Baker 12 13.0 John McMillan 12 14.3 Tommy Sletten 12 16.2 Jeremy Wiste 10 17.8</p> <p>300 IM Hurdles <u>2:06.8</u></p> <p>Matt Baker 12 40.3 John McMillan 12 42.1 Charlie Etuko 10 44.1</p> <p>4 X 100m Relay <u>44.7</u></p> <p>Connor Stamper 12 Denis Li 12 Charlie Haik 10 Michael DeGroot 11</p> <p>4 X 200m Relay <u>1:31.9</u></p> <p>Dennis Acheampong 12 23.6 Grant Herbert 12 23.6 Charlie Haik 10 22.7 Michael DeGroot 12 22.0</p> <p>8 X 200m Relay <u>3:12.7</u></p> <p>Dennis Acheampong 12 24.3 Nik Hegstrand 12 23.6 Micah Smith 9 24.2 Ryan Kaczynski 11 23.9 Michael Brown 11 24.9 Jake Zastrow 11 24.0 Nick Varichak 11 24.2 Grant Herbert 12 23.4</p> <p>4 X 100m Relay (9th) <u>49.8</u></p> <p>Joel Smith 9 Souayang Xiong 9 Paul Freimuth 9 Micah Smith 9</p> <p>Short Sprint Medley <u>1:40.4</u></p> <p>Connor Stamper 12 11.9 Denis Li 12 10.8 Nate VanBeusekom 11 24.0 Josh Hintz 11 53.7</p>	<p>Throwers 4 X 100m Relay <u>52.9</u></p> <p>Ryan Murphy 10 Jack Thurner 11 Matt Wong 12 Riley Stephens 12</p> <p>4 X 400m Relay <u>3:31.5</u></p> <p>Michael DeGroot 11 52.4 Grant Delaune 11 52.7 Charlie Haik 10 53.2 Josh Hintz 11 53.2</p> <p>Distance Medley Relay <u>11:15.3</u></p> <p>Tim Pease 10 3:26.1 62, 2:17 Grant Herbert 12 52.7 24.2 Ben Snuggerud 12 2:07.3 59.0 Devon McDonald 12 4:48.6 65, 2:20, 3:37</p> <p>4X800 Relay <u>8:23.4</u></p> <p>Devon McDonald 12 2:04.2 58.0 Grant Delaune 11 2:09.9 61.6 Tim Pease 10 2:05.6 61.3 Alex Plasencia 11 2:03.9 60.5</p> <p>4 X 1600m Relay <u>19:59.2</u></p> <p>Anders Bandt 9 5:01.5 69, 2:24, 3:43 Hans Adamsson 11 5:01.0 71, 2:28, 3:46 Henry Henson 11 5:04.1 75, 2:32, 3:44 Mark Sheldon 12 4:52.6 70, 2:26, 3:42</p> <p>4 X 3200m Relay <u>41:54.0</u></p> <p>Ben Carpenter 12 10:12.9 74, 2:31, 3:47, 5:04 6:29, 7:41, 9:00 Sean Wentworth 11 10:23.9 73, 2:31, 3:47, 5:04 6:24, 7:47, 9:09 Matt Ericson 12 10:32.3 79, 2:39, 3:57, 5:17 6:36, 7:58, 9:19 Harrison Hirsch 11 10:45.9 79, 2:39, 3:58, 5:20 6:44, 8:08, 9:33</p>	<p>Open 1600m Run</p> <p>NONE</p> <p>Long Jump <u>60' 4 1/2"</u></p> <p>Denis Li 11 21' 4 3/4" <i>18TH VARSITY HONOR ROLL</i> Tommy Sletten 12 20' 1 1/4" Ryan Kaczynski 12 18' 10 1/2"</p> <p>Triple Jump <u>114' 5"</u></p> <p>Ryan Kaczynski 12 39' 10 1/2" Charlie Etuko 10 38' 0" Tommy Rolfs 10 36' 6 1/2"</p> <p>High Jump <u>18' 0"</u></p> <p>Matt Baker 11 6' 6" <i>TIED 4TH VARSITY HONOR ROLL</i> Tommy Sletten 11 6' 0" Charles Etuko 9 5' 6"</p> <p>Pole Vault <u>35' 6"</u></p> <p>Joey Eggers 12 12' 6" Hayden Oliver 12 12' 0" Calvin Cignanik 9 11' 0"</p> <p>Shot Put <u>137' 1 1/2"</u></p> <p>Matt Wong 12 50' 7" <i>22ND VARSITY HONOR ROLL</i> Jack Thurner 11 45' 5" John Kripotos 10 41' 6"</p> <p>Discus <u>354' 3"</u></p> <p>Matt Wong 12 130' 7" Riley Stephens 12 117' 0" Ryan Murphy 10 105' 0"</p> <p>PERSONAL BEST </p>
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