

# WHITE BEAR LAKE JV

Teams : Forest Lake, Mounds View, Roseville, White Bear Lake

Monday, April 18, 2016

White Bear Lake High School

Cloudy, 75 deg. Wind: E 5-10mph

### 110M High Hurdles

Will Goldman 9 **19.63**

### 300M IM Hurdles

Will Goldman 9 49.38

### 100M Dash

**Nick Sharma** 9 **11.78**

TIED 13TH FRESHMAN HONOR ROLL

Jacob Gray 10 12.08  
 Jeremy Wiste 11 **12.09**  
 Peter Goodwin 10 12.35  
 George Mata 11 12.42  
 Souayang Xiong 10 **12.64**  
 Sam Wong 9 12.65  
 Omar Abuheileh 11 **12.80**  
 Manasse Mutamba 10 **12.87**  
 Kenny Vue 9 **13.01**  
 Nate Farm 9 **13.35**  
 Frankie Wang 9 **13.50**  
 Ahmed Mohamed 9 **13.56**  
 Spencer Pauly 11 13.64  
 Ben Ebert 11 16.38  
 Yacub Mohamed 11 DNF

### 200M Dash

**Nick Sharma** 9 **24.01**

TIED 13TH FRESHMAN HONOR ROLL

Peter Goodwin 10 **24.67**  
 George Mata 11 25.23  
 Tommy Rolfs 11 25.48  
 Sam Wong 9 **25.80**  
 Xavier Zengue 9 26.11  
 Souayang Xiong 10 **26.16**  
 Manasse Mutamba 10 **26.49**  
 Kenny Vue 9 26.50  
 Omar Abuheileh 11 **26.52**  
 Nate Farm 9 **26.87**  
 Frankie Wang 9 **27.57**  
 Ahmed Mohamed 9 28.43

### 4X100 Relay

Mounds View 46.99  
 Brandon Lee 12  
 Peter Goodwin 10  
 Nick Sharma 9  
 Jacob Gray 10

### 4X200 Relay

Mounds View 1:33.56  
 Xavier Myles 11 24.6  
 Jake Zastrow 12 23.2  
 Charlie Haik 11 23.1  
 Michael DeGroot 12 22.5

### 400M Dash

Spencer Tuominen 10 60.44  
 Nate Farm 9 **61.47**  
 Spencer Pauly 11 **61.71**  
 Ben Ebert 11 77.01

### 800M Run

Filipos Gilbert 10 66.0 2:16.80

### 1600M Run

Aaron Marx 11 73, 2:31, 3:49 **5:00.96**  
 Sam Morrisette 9 77, 2:40, 4:06 5:25.88  
 Lyndon Hills 12 79, 2:44, 4:15 5:35.67  
 Henri Derosier 9 80, 2:47, 4:22 5:51.61  
 Sebastian Thompson 9 81, 2:48, 4:22 5:52.03

### 3200M Run

Kyle Goodwiler 11 80, 2:49, 4:19, 5:52  
 7:21, 8:52, 10:23 11:39.06  
 Eddie Brody 10 80, 2:49, 4:20, 5:52  
 7:23, 8:59, 10:34 **11:57.02**  
 JP Braun 10 82, 2:54, 4:28, 6:04  
 7:40, 9:18, 10:52 **12:14.28**  
 Felix Zhang 10 80, 2:50, 4:21, 5:58  
 7:37, 9:18, 10:57 12:29.18  
 Brian Paulson 11 85, 3:04, 4:42, 6:22  
 8:01, 9:40, 11:16 **12:47.25**  
 Connor McCallum 9 86, 3:06, 4:47, 6:33  
 8:14, 9:57, 11:40 13:09.19  
 Nathan Hohenshell 9 86, 3:06, 4:46, 6:30  
 8:13, 9:56, 11:39 13:11.54

### 4X400 Relay

No Team

### 4X800 Relay

Not Run

PERSONAL BEST

### Long Jump

Jacob Gray 10 **18' 11 1/2"**  
 Collin Jones 10 17' 6"  
 Brandon Lee 12 17' 4"  
 Souayang Xiong 10 **16' 11 1/4"**  
 Tommy Rolfs 11 16' 7 1/2"  
 Micah Smith 10 16' 7"  
 Jeremy Wiste 11 16' 1 1/2"  
 Paul Freimuth 10 16' 0"  
 Trent Oberreit 9 15' 1/2"

### Triple Jump

Collin Jones 10 **37' 11"**  
 Xavier Zengue 9 37' 7 1/2"  
 Tommy Rolfs 11 36' 9 1/2"  
 Billy Howlett 12 35' 11 3/4"  
 Paul Freimuth 10 35' 6 1/2"  
 Souayang Xiong 10 **35' 4"**  
 Micah Smith 10 34' 1"  
 Trent Oberreit 9 **30' 8"**  
 Kyle Durbin 10 ND

### High Jump

Kyle Durbin 10 NH  
 Paul Freimuth 10 NH

### Pole Vault

Mike Louderback 9 11' 6"  
 Spencer Tuominen 10 9' 0"  
 Kevin Nelson 9 **8' 0"**  
 Kent Tuominen 9 **8' 0"**

### Shot Put

Brendan Kauls 9 37' 4"  
 Wyatt Roe 10 **36' 2"**  
 Dan Heilman 11 34' 0"  
 Thoger Boyum 10 33' 10"  
 Ian Boyles 9 **33' 3"**  
 Jake Vogel 9 32' 6"  
 Ben Davis 10 27' 3"

### Discus

Billy Howlett 12 **119' 8"**  
 Joey Tillman 10 **101' 4"**  
 Dan Heilman 11 96' 9"  
 Ian Boyles 9 **92' 10"**  
 Thoger Boyum 10 86' 3"  
 Wyatt Roe 10 **84' 6"**  
 Brendan Kauls 9 77' 9"  
 Jake Vogel 9 **70' 2"**  
 Ben Davis 10 **59' 7"**