

WHITE BEAR LAKE RELAYS

Score: White Bear Lake 106, Mounds View 94, Roseville 75, Stillwater 63, East Ridge 60, Forest Lake 53, Cretin-Derham Hall 21

Wednesday, April 20, 2016

White Bear Lake High School

Cloudy 60 deg. Wind: E-SE 5-10mph

110M High Hurdles

1 White Bear Lake	1:08.28
2 Mounds View	1:09.55
Joel Smith	10 17.13
Josh Sampson	9 17.21
<i>8TH FRESHMAN HONOR ROLL</i>	
Charlie Etuko	11 17.30
Jeremy Wiste	11 17.91
3 Roseville	1:09.70
4 Forest Lake	1:14.32
5 Stillwater	1:14.76
6 Cretin-Derham Hall	1:20.93
7 East Ridge	1:40.00

300M IM Hurdles

1 White Bear Lake	2:55.12
2 Mounds View	2:55.26
Charlie Etuko	11 42.69
Josh Sampson	9 43.47
<i>6TH FRESHMAN HONOR ROLL</i>	
Joel Smith	10 43.57
Jeremy Wiste	11 45.53
3 East Ridge	2:58.11
4 Roseville	2:59.81
5 Forest Lake	3:03.31
6 Stillwater	3:04.07
7 Cretin-Derham Hall	3:11.37

100m Dash

1 Roseville	47.67
2 White Bear Lake	47.93
3 Forest Lake	48.03
4 East Ridge	48.22
5 Mounds View	48.38
Xavier Myles	11 11.93
Nick Sharma	9 11.97
Jacob Gray	10 12.21
Nick Varichak	12 12.27
6 Cretin-Derham Hall	48.62
7 Stillwater	50.81

200m Dash

1 East Ridge	1:35.40
2 Forest Lake	1:37.23
3 Cretin-Derham Hall	1:37.66
4 Mounds View	1:38.38
Michael DeGroot	12 23.38
Jake Zastrow	12 24.73
Brandon Lee	12 25.04
Peter Goodwin	10 25.20
5 White Bear Lake	1:38.78
6 Roseville	1:39.01
7 Stillwater	1:42.41

Pole Vault

1 Mounds View	46' 0"
Calvin Ciganik	10 14' 0"
Jake Osgood	11 11' 6"
Mike Louderback	9 11' 6"
Spencer Tuominen	10 9' 0"
2 Stillwater	43' 6"
3 White Bear Lake	36' 0"
4 East Ridge	29' 6"
5 Roseville	20' 6"
6 Cretin-Derham Hall	18' 0"
7 Forest Lake	9' 0"

400m Dash

1 East Ridge	3:34.34
2 White Bear Lake	3:36.08
3 Roseville	3:37.35
4 Mounds View	3:39.53
Charlie Haik	11 23.1 52.64
Micah Smith	10 24.2 53.36
Gearge Mata	11 24.8 55.82
Sam Wong	9 27.1 57.71
5 Stillwater	3:42.27
6 Forest Lake	3:50.82
7 Cretin-Derham Hall	3:57.45

800m Run

1 White Bear Lake	8:18.40
2 Stillwater	8:22.40
3 Mounds View	8:30.25
Ezekiel Lelinga	11 59.4 2:04.72
Tim Pease	11 61.6 2:05.07
David Dahl	10 63.6 2:08.61
Jackson Denny	11 64.0 2:11.85
4 East Ridge	8:47.53
5 Roseville	8:51.36
6 Cretin-Derham Hall	10:22.49
7 Forest Lake	10:26.70

1600m Run

1 White Bear	18:38.41
2 Mounds View	18:40.97
Alex Plasencia	12 67, 2:16, 3:24 4:29.13
Harrison Hirsch	12 67, 2:17, 3:31 4:40.83
Hans Adamsson	12 66, 2:20, 3:34 4:44.73
Grant Delaune	12 68, 2:22, 3:38 4:46.28
3 Roseville	18:45.93
4 Stillwater	18:57.98
5 Forest Lake	20:11.90
6 East Ridge	20:17.71
7 Cretin-Derham Hall	22:03.61

3200m Run

1 Stillwater	41:36.43
2 White Bear Lake	41:42.28
3 Roseville	42:19.40
4 Mounds View	43:12.36
Austin Streit	9 71, 2:32, 3:52, 5:51 10:33.96
<i>16TH FRESHMAN HONOR ROLL</i>	
Mark Ousdigian	11 72, 2:31, 3:52, 5:15 6:38, 8:03, 9:27 10:46.19
Will Sacay	8 75, 2:36, 3:56, 5:20 10:47.16
<i>20TH FRESHMAN HONOR ROLL</i>	
Thomas Wong	11 78, 2:41, 4:07, 5:32 6:58, 8:26, 9:50 11:05.05
5 Forest Lake	45:25.92
6 East Ridge	48:59.94
7 Cretin-Derham Hall	50:00.00

Long Jump

1 Mounds View	73' 6 3/4"
Jake Zastrow	12 19' 7 1/2"
Nick Sharma	9 18' 5"
Jacob Gray	10 18' 1"
Brandon Lee	12 17' 5 1/4"
2 East Ridge	72' 10 1/4"
3 White Bear Lake	72' 4 3/4"
4 Roseville	70' 9 1/2"
5 Forest Lake	69' 7 1/4"
6 Stillwater	65' 7 1/4"
7 Cretin-Derham Hall	0' 0"

Triple Jump

1 White Bear Lake	156' 3 3/4"
2 Roseville	152' 3 1/2"
2 Mounds View	148' 1 1/2"
Xavier Zengue	9 38' 10 1/2"
<i>TIED 17TH FRESHMAN HONOR ROLL</i>	
Charlie Etuko	11 37' 7 1/2"
Jacob Gray	10 36' 2"
Nick Sharma	9 35' 5 1/2"
4 Stillwater	141' 0"
5 Forest Lake	140' 11 1/2"
6 East Ridge	40' 2"
7 Cretin-Derham Hall	37' 4 1/4"

High Jump

1 White Bear Lake	22' 6"
2 Mounds View	21' 10"
Charlie Etuko	6' 0"
Jake Zastrow	5' 8"
Joel Smith	5' 2"
Paul Freimuth	5' 0"
2 Roseville	21' 10"
4 Forest Lake	17' 2"
5 Stillwater	16' 4"
6 East Ridge	5' 4"
7 Cretin-Derham Hall	0' 0"

Shot Put

1 Mounds View	168' 7 1/2"
Michael Fahim	10 43' 11 1/2"
JT Kripotos	11 43' 9 1/2"
Ryan Murphy	11 42' 7"
Wyatt Roe	10 38' 3 1/2"
2 Roseville	164' 1/2"
3 Stillwater	161' 6"
4 East Ridge	159' 0"
5 White Bear Lake	153' 1 1/2"
6 Forest Lake	148' 0"
7 Cretin-Derham Hall	0' 0"

Discus

1 Forest Lake	508' 5"
2 Stillwater	491' 5"
3 Mounds View	470' 5"
Ryan Murphy	11 130' 7"
Michael Fahim	10 119' 6"
Billy Howlett	12 116' 5"
Dan Heilman	11 104' 1"
4 White Bear Lake	420' 3"
5 East Ridge	408' 4"
6 Roseville	399' 4"
7 Cretin-Derham Hall	0' 0"

PERSONAL BEST