

Tuesday, April 28, 2015

Mounds View High School

Partly sunny, 65 Degrees, Wind: N -5-10mph

110M High Hurdles				400 M Run				Long Jump				Shot Put			
Matt Baker	12	14.68		Josh Rydberg	12	57.96		Denis Li	12	20' 4 3/4"		Matt Wong	12	46' 11"	
John McMillan	12	15.87		Nedal Zaro	10	61.85		Ryan Kaczynski	12	20' 3"		Jack Thurner	11	44' 7 1/2"	
Joel Smith	9	17.55		Nate Farm	8	62.90		Jake Zastrow	11	18' 10"		Riley Stephens	12	40' 11 1/4"	
				800 M Run											
300M IM Hurdles				Devon McDonald	12	58.2	2:01.07	Andrew Bjorklund	11	16' 11 3/4"		Ryan Murphy	10	40' 10"	
Matt Baker	12	40.04		Hans Adamsson	11	60.6	2:04.85	Joel Smith	9	16' 2 1/2"		Dan Hanson	11	40' 8 1/2"	
John McMillan	12	42.03		Ben Snuggerud	12	61.0	2:06.77	Mateo Dietsche	12	15' 4 1/4"		Alec Edgett	11	40' 1"	
Joel Smith	9	46.04		Henry Henson	11	62.3	2:09.11	Tommy Rolfs	10	15' 1 1/2"		Ean Deno	11	38' 10"	
100M Dash				Thomas Wong	10	72.2	2:25.98	Paul Freimuth	9	15' 1 1/2"		J.T. Kripotos	10	38' 1"	
Connor Stamper	12	12.00		Andrew Fortmeyer	9	72.5	2:26.37	Nedal Zaro	10	14' 5 1/2"		Alex Reiling	9	33' 11"	
Nik Hegstrand	12	12.08		John Carlson	8	72.8	2:27.42	Ali Manzoor	11	14' 4 1/4"		Danny Heilman	10	33' 9"	
Nate VanBuesekom	11	12.15		Kyle Goodwiler	10	72.8	2:27.43	Souayang Xiong	9	14' 2 1/4"		Michael Fahim	9	33' 4"	
Hassan Lubega	11	12.17		Jared Herbert	9	73.6	2:34.08	Rudy Emolins	9	13' 6 1/2"		Jackson Gray	11	32' 6"	
Andrew Bjorklund	11	12.37		Shihab Ahmed	11	70.0	2:38.37	Omer Muhammad	10	13' 2"		Thoger Boyuem	9	31' 4 1/2"	
Jack Graham	10	12.49		1600 M Run				Josh Warner	10	12' 7"		Joe Tillman	9	28' 7 1/2"	
Ali Manzoor	11	12.61		Alex Plasencia	12	67, 2:19, 3:29	4:34.37	Micah Smith	9	ND		Ben Davis	9	24' 3"	
Jon Cincotta	11	12.78		Ben Carpenter	12	68, 2:20, 3:45	4:40.63	Triple Jump				Discus			
Shihab Ahmed	11	12.82		Grant Delaune	11	70, 2:22, 3:47	4:58.27	Ryan Kaczynski	12	41' 6 1/2"		Matt Wong	12	124' 5"	
Souayang Xiong	9	12.91		Anders Bandt	9	73, 2:26, 3:49	4:59.71	Tommy Rolfs	10	36' 2 1/2"		Ryan Murphy	10	114' 6"	
Nedal Zaro	10	13.07		Mark Ousidagan	10	73, 2:32, 3:49	5:04.80	Micah Smith	9	35' 6"		Riley Stephens	12	107' 7"	
Kevin Ameyaw	11	13.23		Harry Lien	10	74, 2:33, 3:50	5:05.12	Paul Freimuth	9	34' 7 1/2"		Billy Howlett	11	102' 1"	
Omar Abuhejeh	10	13.29		Spencer Pauly	10	78, 2:38, 3:56	5:11.95	Andrew Bjorklund	11	34' 1"		Joe Tillman	9	95' 1"	
Nate Farm	8	13.44		Aaron Marx	10	78, 2:39, 3:56	5:12.72	Jake Zastrow	11	ND		Dan Hanson	11	94' 9"	
Omer Muhammad	10	13.48		Brian Paulson	10	82, 2:49, 4:20	5:51.25	High Jump				Alec Edgett	11	93' 8"	
				Eddy Brody	9	84, 2:53, 4:26	5:53.30	Jake Zastrow	11	5' 8"		J.T. Kripotos	10	92' 1"	
				Alex Gillespie	10	83, 2:57, 4:27	5:53.49	Joel Smith	9	5' 2"		Michael Fahim	9	91' 3"	
200M Dash				3200 M Run								Danny Heilman	10	87' 5"	
Ryan Kaczynski	12	23.67		Tim Pease	10	73, 2:32, 3:51, 5:12	10:17.69	Paul Freimuth	9	NH		Alex Reiling	9	81' 10"	
Xavier Myles	10	24.45		<small>28TH SOPHMORE HONOR ROLL</small>		6:30, 7:57, 9:05						Ean Deno	11	80' 7"	
George Mata	10	24.46		Matt Ericson	12	73, 2:32, 3:53, 5:12	10:25.42					Jackson Gray	11	78' 4"	
Nick Varichak	11	24.55				6:31, 7:58, 9:14						Andrew Bjorklund	11	76' 11"	
Brandon Lee	11	25.44		Sean Wentworth	12	75, 2:33, 3:53, 5:13	10:28.62					Thoger Boyuem	9	69' 4"	
Jack Graham	10	25.47				6:35, 8:16, 9:15						Ben Davis	9	34' 7"	
Ali Manzoor	11	25.67		Mark Sheldon	12	75, 2:34, 4:03, 5:14	10:46.37					4X400 Relay - 6		4:17.07	
Jon Cincotta	11	26.23		Jackson Denny	10	78, 2:42, 4:04, 5:28	10:54.47					Joey Eggers	12	12' 6"	
Nedal Zaro	10	27.27				6:51, 8:16, 9:38						Hayden Oliver	12	12' 0"	
Omar Abuhejeh	10	27.44		Lucas Hessini	8	79, 2:43, 4:05, 5:30	10:57.06					Calvin Ciganik	9	10' 6"	
Kevin Ameyaw	11	27.64				6:53, 8:17, 9:38						Jake Osgood	10	9' 0"	
Omer Muhammad	10	28.44		Austin Streit	8	73, 2:40, 4:02, 5:27	10:59.77					4X400 Relay - 2		3:52.98	
				J.P. Braun	9	82, 2:56, 4:31, 6:09	12:36.42					Ben Carpenter	12	61.0	
				Ben Ebert	10	74.8, 9:26, 11:05	13:01.38					Hans Adamsson	11	57.6	
				Ben Lindahl	10	83, 2:57, 4:37, 6:15	14:02.36					Henry Henson	11	58.3	
						7:58, 9:42, 11:24						Ben Snuggerud	12	55.9	
								4X400 Relay - 3				4X400 Relay - 7		4:20.53	
												Charlie Etuko	10	55.2	
												Alec Edgett	11	69.9	
												Joel Smith	9	60.2	
												Matt Wong	12	74.8	
												4X400 Relay - 8		4:36.00	
												Aaron Marx	10	69.5	
												Brian Paulson	10	68.8	
												Harry Lien	10	69.5	
												Spencer Pauly	10	68.2?	
												4X400 Relay - 9		4:38.72	
												Andrew Fortmeyer	9	63.2	
												J.P. Braun	9	69.1	
												Ben Lindahl	10	75.8	
												Eddy Brody	9	70.4	
												4X400 Relay - 10		4:43.25	
												Danny Heilman	10	70.8	
												Ryan Murphy	10	73.2	
												J.T. Kripotos	10	81.1	
												Devon McDonald	12	57.9	
												PERSONAL BEST			