

# White Bear Lake Relays

Wednesday, April 8, 2015

White Bear Lake High School

Cloudy 48 degrees, Wind; N-NE 5-10 mph

<b>110M High Hurdles</b>		
John McMillan	12	16.58
Tommy Sletten	12	17.30
Jeremy Wiste	10	17.83
<b>Joel Smith</b>	9	<b>17.84</b>
12th FRESHMAN HONOR ROLL		
<b>300 IM Hurdles</b>		
John McMillan	12	43.08
Charlie Etuko	10	44.48
<b>Joel Smith</b>	9	<b>46.23</b>
18th FRESHMAN HONOR ROLL		
Jeremy Wiste	10	47.50
<b>4 X 100m Relay</b> 45.58		
Connor Stamper	12	
Nick Varichak	11	
Charlie Haik	10	
Michael DeGroot	11	
<b>4 X 200m Relay</b> 1:34.48		
Dennis Acheampong	12	23.9
Connor Stamper	12	24.5
Charlie Haik	10	23.2
Michael DeGroot	11	22.7
<b>8 X 200m Relay</b> 3:16.35		
Jake Zastrow	11	24.2
Hassan Lubbeqa	11	25.5
Nate VanBeusekom	11	23.5
Ryan Kaczynski	12	24.0
Nick Varichak	11	25.1
Micah Smith	9	24.9
Michael Brown	11	24.8
Josh Hintz	11	24.2
<b>Short Sprint Medley</b> 1:49.93		
Hassan Lubbeqa	11	12.4
Nate VanBeusekom	11	11.3
George Mata	10	29.6
Dennis Acheampong	12	56.4

<b>Long Sprint Medley</b> 3:50.67			
Jeremy Wiste	10	25.1	
Michael Brown	11	25.3	
Micah Smith	9	55.8	
Tim Pease	10	2:04.3	
<b>4 X 400m Relay A</b> 3:34.73			
Michael DeGroot	11	25.9	53.6
Grant Herbert	12	25.5	53.7
Charlie Haik	10	24.9	53.4
Josh Hintz	11	24.7	53.8
<b>Distance Medley Relay</b> 12:30.95			
George Mata	10	26.2	57.3
Ben Snuggerud	12	63.5	2:10.9
Jared Herbert	9	74, 2:43	4:07.1
Harry Lien	10	75, 2:37, 4:00	5:15.4
<b>4X800 Relay</b> 8:34.57			
Grant Delaune	11	60.7	2:07.8
Alex Plasencia	11	61.7	2:08.1
Grant Herbert	12	62.0	2:13.2
Devon McDonald	12	61.2	2:05.3
<b>4 X 1600m Relay</b> 20:17.18			
Hans Adamsson	11	73, 2:30, 3:47	4:57.40
Harrison Hirsch	11	73, 2:30, 3:49	5:00.19
Anders Bandt	9	78, 2:36, 3:51	5:08.09
Mark Ousidagan	10	79, 2:36, 3:55	5:11.50
<b>4 X 3200m Relay</b>			
Ben Carpenter	12	76, 2:34, 3:53, 5:12	6:30, 7:49, 9:09
			10:22.08
Sean Wentworth	12	76, 2:34, 3:53, 5:12	6:33, 7:54, 9:14
			10:27.79
Matt Ericson	12	76, 2:36, 3:55, 5:18	6:42, 8:06, 9:38
			10:52.81
Mark Sheldon	12	78, 2:42, 4:12, 5:46	7:24, 9:05, 10:54
			12:34.96
PERSONAL BEST			

<b>Long Jump</b>		
Jake Zastrow	11	18' 11"
Ryan Kaczynski	12	18' 10 1/2"
Tommy Sletten	12	18' 4 1/2"
Nate VanBeusekom	11	17' 10 1/2"
<b>Triple Jump</b>		
Ryan Kaczynski	12	39' 6"
Charlie Etuko	10	37' 4"
Tommy Rolfs	10	35' 0"
D Lon Thompson	9	33' 3"
<b>High Jump</b>		
Tommy Sletten	12	5' 10"
Charlie Etuko	10	5' 8"
Ryan Kaczynski	12	5' 4"
Joel Smith	9	5' 2"
<b>Pole Vault</b>		
<b>Joey Eggers</b>	12	<b>13' 0"</b>
TIED 26TH VARSITY HONOR ROLL		
Hayden Oliver	12	12' 6"
<b>Calvin Ciganik</b>	9	<b>10' 6"</b>
TIED 6TH FRESHMAN HONOR ROLL		
Jake Osgood	10	9' 0"
<b>Shot Put</b>		
Matt Wong	12	46' 7"
Jack Thurner	11	43' 10"
J.T. Kripotos	10	40' 2 1/2"
Riley Stephens	12	39' 5"
<b>Discus</b>		
Ryan Murphy	10	122' 0"
Matt Wong	12	120' 10"
Alec Edgett	12	100' 3"
Riley Stephens	12	98' 11"
<b>Throwers 4 X 100m Relay</b> 54.42		
Jack Thurner	11	
Alec Edgett	12	
Matt Wong	12	
Riley Stephens	12	