

WAYZATA RELAYS

Friday, May 1, 2015

Wayzata High School

Mostly sunny, 65 Degrees, Wind: N-NE -5-10mph

110M High Hurdles

Charlie Etuko	10	17.24
Joel Smith	9	17.82
Tommy Sletten	12	DNF

400 M Run

George Mata	10	25.5	54.60
Josh Rydberg	12	24.0	58.03
Hassan Lubega	11	27.9	58.22

Long Jump

Ryan Kaczynski	12	20' 7 1/2"
Jake Zastrow	11	19' 11 1/2"
Denis Li	12	ND

300M IM Hurdles

Charlie Etuko 10 **43.03**
TIED 15TH SOPHOMORE HONOR ROLL

Joel Smith 9 **44.10**
7TH FRESHMAN HONOR ROLL

Nathan Duchenes 10 **46.43**

800 M Run

Michael Brown	11	65.0	2:10.75
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1600 M Run

Ben Snuggerud	12	73, 2:26, 3:42	4:54.26
Henry Henson	11	74, 2:27, 3:43	4:55.15
Ben Yoch	9	75, 2:29, 3:49	4:55.49

28TH FRESHMAN HONOR ROLL

Triple Jump

Ryan Kaczynski	12	41' 7 1/2"
Charlie Etuko	10	37' 10"
Denis Li	12	37' 4 1/2"

100M Dash

Michael DeGroot 11 **11.39**
TIED 16TH VARSITY HONOR ROLL

Connor Stamper 12 **11.80**

Charlie Haik 10 **11.96**

3200 M Run

David Dahl	9	79, 2:43, 4:10, 5:36 7:01, 8:28, 9:54	11:14.92
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High Jump

Charlie Etuko	10	5' 10"
Josh Hintz	11	5' 10"
Jake Zastrow	11	5' 8"

200M Dash

Ryan Kaczynski	12	23.65
Nate VanBuesekom	11	23.84
Connor Stamper	12	24.15

4X400 Relay 3:37.93

Nik Hegstrand	12	25.9	53.9
Micah Smith	9	25.5	54.2
Dennis Acheampong	12	25.3	53.9
Nick Varichak	11	26.0	55.7

Pole Vault

Joey Eggers	12	13' 0"
Hayden Oliver	12	12' 6"
Calvin Ciganik	9	10' 0"

4X100 Relay 44.39

Denis Li	12	
Charlie Haik	10	
Nate VanBuesekom	11	
Michael DeGroot	11	

4X800 Relay 8:54.15

Ben Carpenter	12	63.1	2:09.9
Mark Sheldon	12	66.2	2:13.7
Sean Wentworth	12	65.2	2:15.0
Matt Ericson	12	61.3	2:15.4

Distance Medley Relay 11:05.35

Tim Pease	10	59.6	2:01.1
Grant Delaune	11	26.3	54.7
Alex Plasencia	11	62.8, 2:11.7	3:18.2
Hans Adamsson	11	66, 2:21, 3:38	4:51.3

Shot Put

Matt Wong	12	49' 8"
Jack Thurner	11	41' 4 1/2"
Riley Stephens	12	40' 3"

4X200 Relay 1:34.79

Dennis Acheampong	12	24.4
Josh Hintz	11	23.7
Jake Zastrow	11	23.9
Nik Hegstrand	12	22.7

Sprint Medley Relay 3:46.63

Nick Varichak	11		24.3
Josh Hintz	11		24.0
Grant Delaune	11	26.5	54.6
Devon McDonald	12	58.8	2:03.5

Discus

Matt Wong	12	130' 0"
Ryan Murphy	10	122' 2"
Riley Stephens	12	115' 8"

PERSONAL BEST