

9/10 CONFERENCE MEET

Tuesday, May 12, 2015

White Bear Lake High School

Mostly sunny, 58 Degrees, Wind: N -NW 10-15mph

110M High Hurdles

Jeremy Wiste	10	17.63
Joel Smith	9	17.90

300M IM Hurdles

Joel Smith	9	45.02
Nathan Duchenes	10	46.13

100M Dash
Xavier Myles
TIED 20TH SOPHOMORE HONOR ROLL

Xavier Myles	10	11.72
Luke Alex	10	12.26
Jack Graham	10	12.34
Omer Muhammad	10	13.28
Eli Onkwani	9	15.38

200M Dash

Nedal Zaro	10	27.16
Souayang Xiong	9	27.44
Eli Onkwani	9	32.35

4X100 Relay - A 46.53

Jack Graham	10
Micah Smith	9
Elijah Paulin	9
Jeremy Wiste	10

4X200 Relay - A 1:47.38

Nedal Zaro	10	27.0
Nate Farm	8	26.5
Omar Abuhejleh	10	27.4
Souayang Xiong	9	26.7

400 M Run

Nedal Zaro	10	28.5	61.39
Nate Farm	8	27.0	62.18

800 M Run

Jared Herbert	9	71.0	2:22.50
Lukas Hessini	8	71.0	2:23.32

1600 M Run
David Dahl
20TH FRESHMAN HONOR ROLL

David Dahl	9	71, 2:28, 3:42	4:51.15
Mark Ousidagan	10	72, 2:29, 3:46	4:59.98
Harry Lien	10	72, 2:29, 3:46	5:00.29
Spencer Pauly	10	73, 2:30, 3:49	5:04.63
Aaron Marx	10	73, 2:29, 3:49	5:05.47
Austin Streit	8	78, 2:39, 3:59	5:12.49
John Carlson	8	78, 2:39, 4:01	5:13.53
Thomas Wong	10	77, 2:40, 4:02	5:18.03
Andrew Fortmeyer	9	80, 2:41, 4:04	5:18.75
Kyle Goodwiler	10	77, 2:40, 4:02	5:19.24
Ben Ebert	10	79, 2:41, 4:05	5:34.41
J.P. Braun	9	80, 2:46, 4:13	5:37.59
Eddie Brody	9	78, 2:49, 4:21	5:49.84
Jordan Bergstrom	9	79, 2:50, 4:22	5:50.34
Brian Paulson	10	86, 2:58, 4:30	5:56.75
Ben Lindahl	10	86, 3:00, 4:38	6:08.78

3200 M Run

Jackson Denny	10	77, 2:40, 4:03, 5:26	6:49, 8:13, 9:36	10:49.46
<i>Anders Bandt</i>	9	78, 2:42, 4:03, 5:26	6:49, 8:12, 9:35	10:50.32
<i>Ben Yoch</i>	9	78, 2:43, 4:04, 5:27	6:50, 8:14, 9:41	10:50.79

23rd FRESHMAN HONOR ROLL
25TH FRESHMAN HONOR ROLL

4X400 Relay - A 4:24.56

David Dahl	9	60.9
Thomas Wong	10	62.2
Eddie Brody	9	76.7
Jared Herbert	9	64.6

4X800 Relay - A
NONE

Long Jump

Jeremy Wiste	10	17' 6 1/4"
Micah Smith	9	16' 5 3/4"
Joel Smith	9	16' 2 3/4"
Paul Freimuth	9	15' 2"
Rudy Emolins	9	13' 6 3/4"

Triple Jump

Tommy Rolfs	10	35' 8 1/4"
Paul Freimuth	9	34' 3/4"
Micah Smith	9	32' 2"

High Jump

Joel Smith	9	5' 0"
Paul Freimuth	9	NH

Pole Vault

Calvin Ciganik	9	11' 0"
Jake Osgood	10	10' 0"

Shot Put

J.T. Kripotos	10	41' 7"
Ryan Murphy	10	40' 4 1/2"
Danny Heilman	10	35' 3 1/2"
Michael Fahim	9	34' 8"
Alex Relling	9	33' 4 1/2"

Discus

Ryan Murphy	10	123' 5"
J.T. Kripotos	10	102' 0"
Michael Fahim	9	94' 5"
Danny Heilman	10	90' 1"
Alex Relling	9	82' 2"

PERSONAL BEST