

**110M High Hurdles**

	Prelims	Finals
Matt Baker	12 15.26	14.53
<b>John McMillan</b>	12 <b>15.94</b>	<b>15.35</b>
<i>TIED 24TH VARSITY HONOR ROLL</i>		
Charlie Etuko	10 17.07	
Jeremy Wiste	10 17.62	

**300M IM Hurdles**

Matt Baker	12 40.73	40.15
John McMillan	12 42.10	41.71
Charlie Etuko	10 43.11	
Nathan Duchenes	10 46.28	

**100M Dash**

Denis Li	12 11.37	11.05
Dennis Acheampong	12 <b>11.68</b>	
Connor Stamper	12 11.96	
Nick Varichak	11 12.16	
Jack Graham	10 <b>12.20</b>	
Micah Smith	9 <b>12.33</b>	

**200M Dash**

Ryan Kaczynski	12 23.89	
Dennis Acheampong	12 23.90	
Nik Hegstrand	12 24.36	
Nick Varichak	11 24.72	
Connor Stamper	12 25.18	
Jack Graham	10 <b>25.37</b>	

**4X100 Relay - A**

Connor Stamper	12	44.51
Nick Varichak	11	
Denis Li	12	
Michael DeGroot	11	

**4X200 Relay - A**

Charlie Haik	10	DQ
Nik Hegstrand	12	
Grant Herbert	12	
Michael DeGroot	11	

**400 M Run**

	Prelims	Finals
Grant Herbert	12 25.4 / 25.2	54.13 52.63
Dennis Acheampong	12 25.6 / 24.5	<b>52.65</b> 53.64
Micah Smith	9 28.0	55.44
Hassan Lubega	11 26.5	<b>56.47</b>
Josh Rydberg	12 26.5	59.40

**800 M Run**

Grant Delaune	11	??? / 62.2	<b>1:59.74</b>	2:01.59
<b>Ben Yoch</b>	9		<b>2:10.99</b>	
<i>TIED 14TH FRESHMAN HONOR ROLL</i>				
Michael Brown	11		2:11.43	
Ben Snuggerud	12		2:13.79	

**1600 M Run**

Matt Ericson	12	71, 2:25, 3:36	<b>4:48.40</b>
Ben Carpenter	12	70, 2:23, 3:39	4:50.05
Denny Jackson	10	72, 2:31, 3:48	<b>4:58.19</b>
Anders Bandt	9	73, 2:32, 3:48	<b>4:58.19</b>
Sean Wentworth	12	71, 2:26, 3:43	4:58.51
Spencer Pauly	10	74, 2:33, 3:49	<b>5:00.14</b>
Harry Lien	10	73, 2:33, 3:49	5:03.27
Aaron Marx	10	74, 2:35, 3:57	5:10.97
Mark Sheldon	12	72, 2:30, 3:54	5:20.51

**3200 M Run**

Harrison Hirsch	11	74, 2:30, 3:48, 5:07	<b>10:27.81</b>
		6:29, 7:54, 9:17	
David Dahl	9	76, 2:38, 3:58, 5:21	<b>10:45.53</b>
		6:43, 8:09, 9:31	
Mark Ousidigian	10	76, 2:38, 3:59, 5:22	11:13.94
		6:49, 8:18, 9:47	

**4X400 Relay - A**

Charlie Haik	10	24.3	53.6	3:28.31
Nik Hegstrand	12	25.2	51.6	
Grant Herbert	12	26.0	51.5	
Michael DeGroot	11	25.5	51.3	

**4X800 Relay - A**

<i>23RD VARSITY HONOR ROLL</i>				
Hans Adamsson	11	59.3	<b>2:01.4</b>	8:07.14
Alex Plasencia	11	56.1	<b>2:00.3</b>	
Devon McDonald	12	57.9	2:02.1	
Tim Pease	10	59.8	2:03.1	

**Long Jump**

<b>Denis Li</b>	12	<b>21' 10"</b>
<i>12TH VARSITY HONOR ROLL</i>		
<b>Matt Baker</b>	12	<b>21' 6"</b>
<i>18TH VARSITY HONOR ROLL</i>		
Ryan Kaczynski	12	20' 1 3/4"
Jake Zastrow	11	19' 6 3/4"
Brandan Lee	11	18' 4 1/4"
Jeremy Wiste	10	17' 5 3/4"

**Triple Jump**

Ryan Kaczynski	12	42' 7 3/4"
Charlie Etuko	10	37' 3 1/4"
Tommy Rolfs	10	37' 1/2"
Micah Smith	9	34' 2 3/4"

**High Jump**

Matt Baker	12	6' 4"
Charlie Etuko	10	5' 10"
Jake Zastrow	11	5' 6"
Tommy Sletten	12	NH

**Pole Vault**

Hayden Oliver	12	12' 6"
Joey Eggers	12	12' 6"
Calvin Ciganik	9	11' 0"
Jake Osgood	10	9' 0"

**Shot Put**

Matt Wong	12	48' 5"
Jack Thurner	11	43' 4"
J.T. Kripotos	10	41' 5"
Alec Edgett	11	40' 4"
Ryan Murphy	10	40' 2"
Riley Stephens	12	38' 2"

**Discus**

Ryan Murphy	10	125' 9"
Matt Wong	12	114' 1"
Alex Edgett	11	109' 0"
Riley Stephens	12	107' 9"
J.T. Kripotos	10	<b>105' 6"</b>
Billy Howlett	11	94' 2"

PERSONAL BEST

