

Tuesday, May 5, 2015

Mounds View High School

Partly sunny, 67 Degrees, Wind: S-SE 10-20mph

<u>110M High Hurdles</u>		
Matt Baker	12	15.23
John McMillan	12	16.36
Charlie Etuko	10	16.84

TIED 29TH SOPHOMORE HONOR ROLL

<u>300M IM Hurdles</u>		
Matt Baker	12	40.99
John McMillan	12	42.33
Charlie Etuko	11	45.11

<u>100M Dash</u>		
Denis Li	12	12.07
Connor Stamper	12	12.23
Nick Varichak	11	12.23

<u>200M Dash</u>		
Michael DeGroot	11	23.42
Ryan Kaczynski	12	23.99
Denis Li	12	24.48

<u>4X100 Relay - A</u>		
		45.60
Connor Stamper	12	
Nick Varichak	11	
Charlie Haik	10	
Nik Hegstrand	12	

<u>4X200 Relay - A</u>		
		1:32.95
Michael DeGroot	11	22.9w
Charlie Haik	10	23.5a
Nik Hegstrand	12	22.9w
Grant Herbert	12	23.5a

<u>400 M Run</u>				
Michael DeGroot	11	24.7	51.75	
Grant Herbert	12	25.7	53.12	
Josh Hintz	11	25.0	54.14	

<u>800 M Run</u>				
Tim Pease	10	61.5	2:03.06	
Alex Plasencia	11	62.1	2:03.12	
Devon McDonald	12	62.4	2:03.43	

<u>1600 M Run</u>				
Alex Plasencia	11	65, 2:14, 3:25	4:32.11	
Devon McDonald	12	66, 2:15, 3:25	4:33.10	
Tim Pease	10	66, 2:15, 3:27	4:36.55	

12TH SOPHOMORE HONOR ROLL

<u>3200 M Run</u>				
Ben Carpenter	12	75, 2:31, 3:47, 5:04		
		6:21, 7:39, 8:57	10:09.07	
Matt Ericson	12	75, 2:31, 3:48, 5:06		
		6:27, 7:48, 9:08	10:19.34	
Sean Wentworth	12	75, 2:32, 3:48, 5:07		
		6:28, 7:49, 9:09	10:23.46	

<u>4X400 Relay - A</u>				
			3:37.81	
Charlie Haik	10	25.0	54.3	
Nik Hegstrand	12	25.7	53.8	
Micah Smith	9	25.8	54.5	
Dennis Acheampong	12	23.8	54.1	

<u>4X800 Relay - A</u>				
			8:40.06	
Hans Adamsson	11	63.4	2:07.0	
Henry Henson	11	62.9	2:09.3	
Ben Sunggerud	12	61.2	2:08.7	
Grant Delaune	11	66.1	2:14.7	

<u>Long Jump</u>		
Ryan Kaczynski	12	20' 11 1/4"
Denis Li	12	20' 3/4"
Jake Zastrow	11	19' 4 1/2"

<u>Triple Jump</u>		
Ryan Kaczynski	12	42' 9"
Denis Li	12	39' 0"
Charlie Etuko	10	38' 6"

<u>High Jump</u>		
Matt Baker	12	6' 4"
Charlie Etuko	10	6' 0"
Jake Zastrow	11	5' 8"

<u>Pole Vault</u>		
Joey Eggers	12	13' 0"
Hayden Oliver	12	12' 6"
Calvin Ciganik	9	10' 6"

<u>Shot Put</u>		
Matt Wong	12	48' 7 1/2"
Jack Thurner	11	44' 1/2"
Riley Stephens	12	40' 9 1/2"

<u>Discus</u>		
Matt Wong	12	135' 1"
Riley Stephens	12	120' 7"
Ryan Murphy	10	120' 0"

PERSONAL BEST