

Wednesday , May 8, 2013

White Bear Lake High School

Cloudy, Light rain towards, 68 Degrees, Wind: S -5-10mph

110M High Hurdles

Cole Nachtsheim	12	16.53
John McMillan	10	17.73
Kevin Duffy	10	20.07

300M IM Hurdles

Cole Nachtsheim	12	43.73
John McMillan	10	46.59
Connor Theisen	12	47.67
Kevin Duffy	10	49.46
Jeremy Wiste	8	51.65
Billy Howlett	9	52.36

100M Dash

Spencer Stueve	11	12.18
Nick Pack	11	12.33
Nick Varichak	9	12.48
Danny Dewitt	10	12.56
Chase Corliss	10	12.62
Dennis Achecimpong	10	12.64
Grant Tuominen	11	12.75
Mateo Dietsche	10	12.76
Jeremy Wiste	8	13.35
Kyle Harned	9	13.90
Jon Cincotta	9	14.52

200M Dash

Spencer Stueve	11	24.53
Andrew Bjorklund	9	24.69
Nick Pack	11	24.92
Nick Varichak	9	25.26
Chase Corliss	10	25.40
Dennis Achecimpong	10	25.45
Bobby Goldman	11	25.53
Danny Dewitt	10	25.58
Mateo Dietsche	10	25.90
Kyle Harned	9	27.28

4X100 Relay - A 47.03

Nick Pack	11
Danny Dewitt	10
Andrew Bjorklund	9
Spencer Stueve	11

4X200 Relay - A
No Team

4X400 Relay - A 4:03.70

Alex Placentia	9	60.8
Hans Adamsson	9	60.5
Nathan Kaeter	12	60.6
Peter Olson	12	61.9

4X800 Relay - A
No Team

400 M Run

Nate VanBeusekom	9	28.0	56.22
Grant Delaune	9	29.0	56.46
Bobby Goldman	11	26.5	56.86
Jake Zastrow	9	29.0	58.18
Dennis Achecimpong	10	28.0	58.22
Tommy Klotz	9	28.5	58.94
Nick Varichak	9	28.5	59.15
Grant Tuominen	11	30.0	60.78

800 M Run

Peter Olson	12	2:15.11
Nathan Kaeter	12	2:26.30

1600 M Run

Frank Floeder 9 70, 2:25, 3:40 **4:49.33**
15TH FRESHMAN HONOR ROLL

George Henson 11 72, 2:27, 3:44 **4:49.97**

Alex Placentia 9 71, 2:26, 3:43 **4:51.25**
18TH FRESHMAN HONOR ROLL

Ben Shuldes 11 72, 2:27, 3:44 **4:52.98**

Hans Adamsson 9 73, 2:28, 3:47 **4:53.26**
22ND FRESHMAN HONOR ROLL

Ben Carpenter	10	73, 2:28, 3:45	5:00.66
Henry Henson	9	77, 2:36, 3:55	5:10.50
Sean Wentworth	10		5:15.19
Jacob Lindmark	11		5:17.37
Josh Yuan	10		5:17.80
Matt Ericson	10		5:18.12
Zach Litzinger	11		5:34.63
Tristan Aschitino	11		5:42.20
Tommy Rauch	11		5:42.71

3200 M Run

Ben Shuldes	11	75, 2:41, 4:09, 5:36	10:58.82
		7:00, 8:22, 9:42	

High Jump

Henry Rudolph	12	5' 6"
Jake Zastrow	9	5' 0"
Nate VanBeusekom	9	NH
Kevin Duffy	10	NH
Grant Delaune	9	NH

Pole Vault

Keegan Tountas	12	11' 6"
Wes Lin	11	10' 6"
Joe Eggers	10	9' 0"
Hayden Oliver	9	8' 6"
Tucker LeBow	12	8' 0"
Daniel Crist	10	8' 0"
Tristan Fairchild	10	NH

Long Jump

Henry Rudolph	12	18' 8"
Jake Zastrow	9	17' 5"
Alex Moline	12	17' 1/2"
Mateo Dietsche	10	16' 6 1/2"
Grant Delaune	9	16' 4"
Nick Varichak	9	15' 11 1/2"
Oystein Skogvold	12	15' 10"
Billy Howlett	9	15' 5"
Brandon Lee	9	15' 3"
Andrew Bjorklund	9	14' 4"
Andrew Braun	11	14' 0"
Nolan Thomas	9	13' 10 1/2"

Triple Jump

Henry Rudolph	12	39' 10"
Oystein Skogvold	12	37' 6"
Billy Howlett	9	36' 5"
Jake Zastrow	9	35' 7"
Grant Delaune	9	33' 7"
Andrew Bjorklund	9	32' 7 1/2"
Alex Moline	12	32' 0"

Shot Put

Matt Wong	10	41' 3 1/2"
Tommy Klotz	9	38' 0"
Marty Koehn	12	36' 5"
Dan Roden	11	35' 7"
Peter Schlichting	11	35' 1"
Joe Molanar	11	34' 7"
John O'Dougherty	11	32' 8 1/2"
Luke Cincotta	10	32' 2 1/2"
Chris Wells	11	31' 7 1/2"
Dan Hanson	9	28' 4"
Jack Thurner	9	28' 2"

Discus

Peter Schlichting	11	112' 3"
Joe Molanar	11	110' 10"
Matt Wong	10	101' 8"
Billy Howlett	9	97' 2"
Tommy Klotz	9	88' 6"
Chris Wells	11	87' 3 1/2"
Luke Cincotta	10	87' 0"
Dan Hanson	9	79' 1"
Dan Roden	11	73' 2"
John O'Dougherty	11	69' 3"
Jack Thurner	9	68' 9"
Marty Koehn	12	59' 1"

PERSONAL BEST