SECTION 5AA

Score: Blaine 148.5, Mounds View 130.5, Champlin Park 118, St. Michael-Albertville 93, Centennial 70, Osseo 63, Anoka 57, Irondale 50, Totino-Grace 49, Spring Lake Park 39.5, Maple Grove 37, Park Center 22, Rogers 19, Fridley 14, Coon Rapids 7.5

Wednesday, June 1 & Friday, June 3, 2016 — Hamline University — Day 1- Cloudy 75 deg. Wind: S 5-10 mph, Day 2 - Cloudy, Rain, 70 deg. Wind: S 5-10 mph

110M High Hurdles

				PRELIMS	FINALS
1	Isaiah Weston	SMA	12	14.45	14.42
2	Abraham Dukuly	CP	12	14.96	15.14
3	Eneji Obami	AN	12	15.30	15.25
4	Zack Baker	BL	12	15.37	15.59
5	Jake Johnson	RG	12	15.66	15.80
6	Eldridge Joyce	CP	12	15.66	15.93
7	Jake Brown	BL	12	15.67	15.99
8	Jacob Potratz	SLP	12	15.95	16.22
9	Jonathan Arzola	FR	11	16.08	16.89
13	**Jeremy Wiste**	**MV**	**11**	**16.38**	
15	**Josh Sampson**	**MV**	**9**	**16.47**	
18	**Joel Smith**	**MV**	**10**	**16.65**	

300M IM Hurdles

				PRELIMS	FINALS
1	Zack Baker	BL	12	40.82	39.54
2	Tyler Sealock	OS	10	40.82	40.34
3	**Charles Etuko**	**MV**	**11**	**41.86**	**40.98**
4	**Joel Smith**	**MV**	**10**	**41.14**	**41.06**
5	John Romes	BL	10	41.82	41.29
6	Jake Johnson	RG	12	42.56	41.83
7	**Josh Sampson**	**MV**	**9**	**41.75**	**42.18**
8	Jonathan Arzola	FR	11	42.95	43.12
9	Leroy Kwateh	MG	12	41.10	46.36

100M Dash

				PRELIMS	FINALS
1	Derick Sneh	CP	12	10.77	11.18
2	Mitchell Kartes	SMA	10	11.05	11.31
3	Ryan Miller	TG	11	10.98	11.33
4	Chris Carter	PC	12	11.21	11.43
5	Tai Mohaned	SLP	12	11.24	11.55
6	Neil Opare-Addo	FR	12	11.26	11.59
7	Mark Buley	SLP	11	11.22	11.59
8	Talin Scherping	OS	12	11.21	11.60
9	Adolphus Summervil	OS	10	11.24	11.64
13	**Jacob Gray**	**MV**	**10**	**11.39**	
	TIED 17TH VARSITY HONOR ROLL				
	TIED 3RD SOPHOMORE HONOR ROLL				
21	**Xavier Myles**	**MV**	**12**	**11.57**	
26	**Brandon Lee**	**MV**	**12**	**11.61**	

200M Dash

				PRELIMS	FINALS
1	Michael Cloud-Gran	CP	12	22.33	22.21
2	Derick Sneh	CP	12	22.12	22.58
3	Eldridge Joyce	CP	12	22.73	22.87
4	***Nick Sharma***	***MV***	***9***	***22.88***	***22.88***
	TIED 19TH VARSITY HONOR ROLL				
	FRESHMAN RECORD				
5	Riley Trettel	CT	11	23.07	23.07
6	Michael Kruse	IR	10	23.03	23.20
7	Mark Buley	SLP	11	22.65	23.42
8	Chance Freeman	SMA	11	22.91	23.70
9	Leroy Kwateh	MG	12	22.78	27.43
25	**Nick Varichak**	**MV**	**12**	**24.12**	
37	**Omar Abuhejieh**	**MV**	**10**	**25.52**	

400M Dash

					PRELIMS	FINALS
1	Michael Cloud-Gran	CP	12		51.21	49.20
2	Jacob Baldus	AN	12		49.62	49.52
3	Branden Boleman	IR	11		51.30	49.86
4	AJ Belchak	BL	12		51.57	50.26
5	Jacob Namyst	CT	11		51.38	50.31
6	Kyle Swanson	BL	12		51.65	50.91
7	Adam Kelner	IR	11		51.73	51.65
8	Nicholas Kuharski	TG	11		52.02	51.78
9	Phillip Toweh	CP	11		51.83	52.52
17	**Micah Smith**	**MV**	**10**	**25.3**	**53.91**	
24	**Hassan Lubega**	**MV**	**12**	**25.9**	**54.97**	
33	**Peter Goodwin**	**MV**	**10**	**27.8**	**56.09**	

800 M Run

					PRELIMS	FINALS
1	Corey Moody	OS	12		1:59.97	1:59.29
2	**Grant Delaune**	**MV**	**12**	**60.7, 59.7**	**2:02.03**	**1:59.36**
3	**Hans Adamsson**	**MV**	**12**	**60.4, 59.3**	**2:02.22**	**2:00.59**
4	Dylan Johnson	CT	11		2:01.79	2:00.88
5	**Tim Pease**	**MV**	**10**	**61.1, 60.3**	**2:02.79**	**2:01.58**
6	Andrew Nordquist	CT	9		2:03.27	2:01.59
7	Joshua Gilliam	CP	11		2:02.07	2:01.72
8	Alex Wolseth	SMA	11		2:03.41	2:02.00
9	James Challou	TG	12		2:04.06	2:02.15

1600 M Run

					FINALS
1	Alex Miley	MG	11		4:19.71
2	**Alex Plasencia**	**MV**	**12**	**66, 2:13, 3:18**	**4:20.33**
	6TH VARSITY HONOR ROLL				
3	Kevin Dado	TG	11		4:23.32
4	**David Dahl**	**MV**	**10**	**66, 2:15, 3:24**	**4:31.62**
5	Vinayak Rajesh	BL	11		4:31.85
6	Jackson Connelly	SMA	12		4:31.91
7	Ben Olson	BL	10		4:32.86
8	Nathan Mueggenberg	CR	12		4:35.44
9	McEwan Rodefeld	IR	11		4:36.71
13	**Harrison Hirsch**	**MV**	**12**	**67, 2:17, 3:32**	**4:42.09**

3200 M Run

					FINALS
1	Reed Kurak	CT	11		9:27.02
2	Alex Miley	MG	11		9:28.96
3	Kevin Dado	TG	11		9:36.01
4	Ben Olson	BL	10		9:53.04
5	**Jackson Denny**	**MV**	**11**	**74, 2:30, 3:45, 5:01 6:16, 7:33, 8:49**	**9:58.54**
6	**David Dahl**	**MV**	**10**	**73, 2:29, 3:44, 5:00 6:15, 7:31, 8:50**	**10:07.29**
7	Jackson Connelly	SMA	12		10:09.49
8	**Harrison Hirsch**	**MV**	**12**	**73, 2:30, 3:45, 5:01 6:18, 7:40, 9:02**	**10.14.61**
9	Paul Breitbach	CR	10		10:16.51

PERSONAL BEST

Long Jump

1	Isaiah Weston	SMA	12	22-03.00
2	Ernest Worjloh	CP	10	21-06.75
3	Yinka Otomoyimbo	OS	11	21-05.75
4	Keshaun Story	CT	11	21-04.25
5	Riley Rieck	AN	12	20-04.75
6	Joseph Russell	TG	11	20-03.50
7	Mitchell Schaack	BL	12	20-03.50
8	Mitchell Kartes	SMA	10	20-01.25
9	Maurice Hudson	CP	12	19-08.75
12	**Jacob Gray**	**MV**	**10**	**19-06.50**
13	**Jake Zastrow**	**MV**	**12**	**19-06.00**
14	**Brandon Lee**	**MV**	**12**	**19-04.75**

Triple Jump

1	Mitchell Schaack	BL	12	45-06.75
2	Keshaun Story	CT	11	43-09.50
3	Abraham Dukuly	CP	12	43-03.00
4	Ron Gray	OS	11	42-08.50
5	Oblayon Nyemah	OS	11	42-06.25
6	Collin Kirby	RG	11	42-02.25
7	Omuya Obami	AN	10	42-02.00
8	**Jacob Gray**	**MV**	**10**	**42-00.50**
9	Derrick Kabaka	CP	12	41-11.00
21	**Thomas Rolfs**	**MV**	**11**	**39-02.25**
31	**Paul Freimuth**	**MV**	**10**	**34-08.25**

High Jump

1	Anthony Fleischfre	SLP	11	6-07.00
2	Kyle Hockert	BL	11	6-06.00
3	Riley Rieck	AN	12	6-04.00
3	Isaiah Weston	SMA	12	6-04.00
5	Sam Carl	BL	10	6-02.00
6	Derrick Kabaka	CP	12	6-00.00
7	Xavier Thurman	SMA	10	6-00.00
8	Brandon Wittig	BL	9	6-00.00
8	Neil Opare-Addo	FR	12	6-00.00
8	Jordan Markuson	MG	12	6-00.00
13	**Charles Etuko**	**MV**	**11**	**5-10.00**

4X100 Relay

1	St. Michael-Albert		43.12
2	Park Center		43.58
3	Osseo		43.66
4	Totino-Grace		43.72
5	Blaine		43.77
6	Spring Lk Pk/St. A		43.81
7	**Mounds View**		**44.33**
	Xavier Myles	**11**	
	Brandon Lee	**12**	
	Nick Sharma	**9**	
	Nick Varichak	**12**	
8	Centennial		44.44
9	Maple Grove		45.24

4X200 Relay

1	Champlin Park		1:28.67
2	Irondale		1:29.21
3	**Mounds View**		**1:29.65**
	TIED 7TH VARSITY HONOR ROLL		
	Charlie Haik	**11**	**22.5**
	Josh Hintz	**12**	**22.8**
	Nick Sharma	**9**	**21.9**
	TIED 11TH VARSITY RELAY HONOR ROLL		
	Michael DeGroot	**12**	**22.3**
4	Blaine		1:30.87
5	Osseo		1:31.69
6	St. Michael-Albert		1:31.92
7	Park Center		1:32.42
8	Rogers		1:33.18
9	Anoka		1:33.74

Shot Put

1	Clint Lockwood	BL	12	57-05.25
2	Ben Kytta	BL	11	52-11.00
3	Lewis Kidd	TG	12	48-04.00
4	Ahmad Abdallah	SLP	12	48-03.00
5	John Zimmer	SMA	12	48-01.75
6	**Ryan Murphy**	**MV**	**11**	**48-00.75**
7	Thomas Zinnah	CP	10	47-11.75
8	Chris Lachinski	BL	12	47-08.00
9	Zachary Aanerud	RG	11	47-07.25
11	**John Kripotos**	**MV**	**11**	**45-10.25**
23	**Michael Fahim**	**MV**	**10**	**40-04.75**

Discus

1	Clint Lockwood	BL	12	151-04
2	**Michael Fahim**	**MV**	**10**	**140-03**
3	Ben Kytta	BL	11	138-03
4	Tony Guzman	CP	11	137-08
5	Chris Lachinski	BL	12	136-01
6	David Espe	CT	12	135-03
7	Zachary Aanerud	RG	11	134-02
8	John Herlofsky	SLP	10	130-09
9	Tyheem Cobb	IR	10	130-00
14	**Billy Howlett**	**MV**	**12**	**119-10**
16	**Ryan Murphy**	**MV**	**12**	**117-03**

Pole Vault

1	**Calvin Ciganik**	**MV**	**10**	**14-00.00**
2	Lee Waddell	IR	11	13-06.00
3	Mike Bury	SMA	12	13-06.00
4	Dylan Glumac	FR	12	12-09.00
5	Caleb Sieben	AN	11	12-03.00
6	Evan Stenslie	MG	10	12-03.00
7	Bailey Kowng	SLP	10	11-09.00
7	Tanner Gullekson J	CR	11	11-09.00
9	**Mike Louderback**	**MV**	**9**	**11-09.00**
9	Bradley Nelson	BL	12	11-09.00
15	**Jake Osgood**	**MV**	**11**	**10-09.00**

4X400 Relay

1	Blaine			3:24.23
2	Anoka			3:24.50
3	**Mounds View**			**3:24.58**
	Charlie Haik	**11**	**24.1**	**50.4**
	Josh Hintz	**12**	**25.8**	**51.4**
	Grant Delaune	**12**	**25.2**	**51.8**
	Michael DeGroot	**12**	**23.5**	**50.8**
4	Osseo			3:26.71
5	Irondale			3:27.61
6	Centennial			3:27.67
7	Park Center			3:33.12
8	Maple Grove			3:33.48
9	St. Michael-Albert			3:35.64

4X800 Relay

1	Centennial			7:58.74
2	**Mounds View**			**7:59.10**
	8TH VARSITY HONOR ROLL			
	Hans Adamsson	**12**	**57.4**	**1:59.2**
	Grant Delaune	**12**	**57.4**	**1:58.1**
	Tim Pease	**11**	**58.4**	**2:00.2**
	Ezekiel Lelinga	**11**	**58.6**	**2:01.0**
3	Anoka			8:04.93
4	St. Michael-Albert			8:08.63
5	Maple Grove			8:24.67
6	Totino-Grace			8:27.46
7	Irondale			8:32.62
8	Coon Rapids			8:33.43
9	Champlin Park			8:41.82