

Bethel Time Trials

Teams: Blaine, East Ridge, Mounds View, Roseville

Thursday, March 15, 2018

Bethel University

<u>55M High Hurdles</u>			<u>400 M Run</u>				<u>Long Jump</u>		
Joel Smith	12	7.7	Nick Sharma	11	25.0	54.7	Romeo Sackie	10 18' 10"	
Josh Sampson	11	7.8	Sam Wong	11	26.0	55.8	Paul Freimuth	12 17' 10"	
Will Goldman	11	8.5	Nate Apostol	10	27.6	58.8	Josiah Welsh	10 15' 5"	
Ben Goldman	10	10.7	Bobby Moua	10	26.0	60.2	Elijah Anderson	8 15' 1"	
			Henri Derosier	11	28.0	60.4	Will Hegele	9 13' 4"	
			Adam Collins	10	28.0	61.9	Karsten Grenz	11 13' 0"	
<u>55M Dash</u>			<u>800 M Run</u>				<u>Triple Jump</u>		
Jacob Gray	12	6.4	Alec Nelson	10	64.0	2:10.2	Romeo Sackie	10 39' 7"	
Nick Sharma	11	6.5	Anders Bandt	12	65.0	2:10.6	Paul Freimuth	12 35' 10"	
Micah Smith	12	6.6					Josiah Welsh	10 32' 1/2"	
Bobby Moua	10	6.9	<u>1600 M Run</u>				Elijah Anderson	8 28' 6"	
Sam Wong	11	7.1	Elliot McArthur	7	70, 2:27, 3:41	4:53.9			
Henri Derosier	11	7.3	TIED 30TH FRESHMAN HONOR ROLL						
Ben Howlett	9	7.3	Nate Moller	11	70, 2:27, 3:41	4:55.4			
Adam Collins	10	7.4	Daniel Rauenhorst	9	1:37, 3:18, 5:03	6:49.4			
Jack Valentine	10	7.4	Justin Rauenhorst	9	1:43, 3:35, 5:29	7:03.9			
Logan Graff	9	7.5	<u>4X400 Relay - A</u>						
Evan Leebens	9	7.5				3:33.3			
Michael Hu	10	7.6	Micah Smith	12	25.9	54.0	<u>Shot Put</u>		
Sahil Raina	10	7.7	Josh Sampson	11	24.7	52.7	Michael Fahim	12 46' 8 1/2"	
Grant Knoll	9	7.8	Joel Smith	12	25.7	52.8	Thoger Boyuem	12 38' 6 1/2"	
Elijah Attwood	8	7.8	Jacob Gray	12	24.9	53.8	Thomas Van Dort	10 35' 6 1/2"	
Duncan Loegering	8	7.8	<u>Pole Vault</u>					Ben Davis	12 31' 11"
James Freimuth	9	8.0	Calvin Ciganik	12	15' 0"		Jed Liang	9 25' 9 3/4"	
Jude Houle	9	8.1	VARSITY INDOOR RECORD						
Shivam Jha	10	8.2	Mike Louderback	11	13' 0"				
Sandesh Jha	8	8.2	Spencer Tuominen	12	12' 0"				
			Kevin Nelson	11	8' 6"				
			John McCann	9	NH				
							PERSONAL BEST		