

# MUSTANG 9/10 MEET

Teams : Forest Lake, Mounds View, Owatonna, Rosemount, Roseville

Saturday, April 22, 2017

Mounds View High School

Sunny, 67 deg. Wind: N-NE 5-10

### 110M High Hurdles

Will Goldman 10 **16.7**

### 300M IM Hurdles

Will Goldman 10 **45.5**  
Ben Goldman 9 **57.2**

### 100M Dash

**Ray Holmboe** 8 **11.6**  
TIED 14TH FRESHMAN HONOR ROLL  
Ryan Hill 9 **12.0**  
Rhone Gavois 10 **12.2**  
Matt Martinson 9 **13.0**  
Giaolong Nguyen 10 **13.9**

### 200M Dash

Bobby Moua 9 24.8  
Ray Holmboe 8 **24.9**  
Kenny Vue 10 25.0  
Jack Roeber 9 26.9  
Matt Martinson 9 27.6  
Giaolong Nguyen 10 **29.4**

### 4X200 Relay

Mounds View 48.6  
Ryan Hill 9  
Matt Martinson 9  
Ray Holmboe 8  
Bobby Moua 9

### 4X200 Relay

Mounds View 1:39.2  
Nate Farm 10 26.4  
Kenny Vue 10 **24.0**  
Sam Wong 10 **24.3**  
Bobby Moua 9 **24.5**

### 400M Dash

Henri DeRosier 10 26.2 **54.9**

### 800M Run

NO ENTRIES

### 1600M Run

Nehemiah Gaim 10 72, 2:33, 3:54 5:09.8  
Sam Winters 10 74, 2:35, 3:59 5:19.3  
Steve McCoy 10 75, 2:37, 4:03 5:20.0  
Sam Morrisette 10 75, 2:38, 4:03 5:20.8  
Nathan Hohenshel 10 76, 2:38, 4:03 **5:21.2**  
Erik Swensen 10 77, 2:39, 4:04 **5:21.9**  
Connor Beale 10 77, 2:39, 4:05 **5:25.2**  
Mason Huberty 10 79, 2:44, 4:22 **5:59.6**

### 3200M Run

NOT RUN

### 4X400 Relay

Mounds View 3:48.9  
Sam Wong 10 57.0  
Nate Farm 10 **57.2**  
Rhone Gavois 10 **56.7**  
Ryan Hill 9 58.1

PERSONAL BEST

### Long Jump

Nick Sharma 10 18' 2 1/2"  
John Montgomery 9 17' 6 1/2"  
Josh Sampson 10 17' 2 1/2"  
Jack Roeber 9 16' 4 1/2"  
Zach Liston 10 15' 2"

### Triple Jump

Josh Sampson 10 **38' 6"**  
Jack Roeber 9 35' 9"  
John Montgomery 9 ND  
Zach Liston 10 ND

### High Jump

John Montgomery 9 5' 0"

### Shot Put

Thomas Van Oort 9 30' 4 1/2"  
Elliot Lee 9 28' 8"  
Frankie Seymour 10 26' 8 1/2"  
Bradyn Buganski 9 **24' 11"**

### Discus

Elliot Lee 9 90' 10"  
Thomas Van Oort 9 **87' 1"**  
Frankie Seymour 10 **69' 1"**  
Bradyn Buganski 9 **68' 4"**

### Pole Vault

Kevin Nelson 10 9' 6"  
Ben Wynia 9 7' 6"  
Liam Edgar 9 NH