

PONY CLASSIC RELAYS

Score: Mounds View 252, Roseville 214, Cambridge-Isanti 194, Owatonna 184, Stillwater 172, Forest Lake 116, White Bear Lake 114, East Ridge 28

Friday, May 11, 2018

Mounds View High School

Cloudy 50 deg. Wind: E-SE 5-10mph

4X100M High Hurdle Shuttle

1	Cambridge-Isanti	1:06.47
2	Mounds View	1:08.72
	Josh Thomsen	9
	Josh Sampson	11
	Santin Preciado	10
	Alex Breen	10
3	Owatonna	1:10.30
4	Stillwater	1:11.86
5	Roseville	1:12.03
6	Forest Lake	1:14.42
7	White Bear Lake	1:15.60
	East Ridge	DNC

300M IM Hurdles

1	Cambridge-Isanti	2:08.48
2	Owatonna	2:09.11
3	Stillwater	2:10.32
4	Mounds View	2:12.77
	Josh Sampson	11 39.48
	Alex Breen	10 47.06
	Ben Howlett	9 46.24
21ST FRESHMAN HONOR ROLL		
5	Forest Lake	2:17.11
6	White Bear Lake	2:19.52
7	Roseville	2:26.34
	East Ridge	DNC

4X100 Relay

1	Roseville	44.18
2	Mounds View	44.65
	Mike Louderback	11
	Colby Flanagan	11
	Bobby Moua	10
	Nick Sharma	11
3	Cambridge-Isanti	45.08
4	Stillwater	45.35
5	East Ridge	45.95
6	Owatonna	46.81
7	White Bear Lake	47.16
	Forest Lake	DNC

4X200 Relay

1	Roseville	1:31.39
2	Owatonna	1:32.15
3	Mounds View	1:32.31
	Micah Smith	12 23.2
	John Montgomery	10 23.8
	Jared Herbert	12 23.2
	Nick Sharma	11 21.9
4	Forest Lake	1:32.58
5	Cambridge-Isanti	1:32.86
6	East Ridge	1:33.02
7	White Bear Lake	1:40.17
8	Stillwater	DQ

8X200 Relay

1	Mounds View	3:07.86
	Varsity Record	Meet Record
	Micah Smith	12 23.5
	Josh Thomsen	9 22.9
	Sam Wong	11 23.8
	Ryan Hill	10 24.3
	Jared Herbert	12 23.0
	Adam Coltvet	12 23.9
	Bobby Moua	10 23.9
	Nick Sharma	11 22.4
2	White Bear Lake	3:11.89
3	Cambridge-Isanti	3:20.90
4	Stillwater	3:23.42
5	Forest Lake	3:23.68
6	Owatonna	3:24.30
7	East Ridge	3:35.12
8	Roseville	DQ

4X400 Relay

1	Mounds View	3:28.36
	Micah Smith	12 23.3
	Jared Herbert	12 24.7
	Adam Coltvet	12 25.1
	Josh Sampson	11 23.5
2	Roseville	3:39.14
3	Owatonna	3:40.31
4	White Bear Lake	3:42.64
5	Forest Lake	3:46.70
6	Stillwater	3:48.31
7	Cambridge-Isanti	3:49.88
	East Ridge	DNC

4X800 Relay

1	Stillwater	8:15.56
2	Mounds View	8:32.74
	Will Sacay	10 59.3
	Steve McCoy	11 63.8
	John Carlson	11 62.6
	Lukas Hessini	11 59.4
3	Owatonna	8:35.69
4	Roseville	8:43.30
5	Cambridge-Isanti	8:52.77
6	White Bear Lake	8:59.29
7	Forest Lake	9:00.49
	East Ridge	DNC

4X1600 Relay

1	Stillwater	18:40.03
2	Forest Lake	18:54.62
3	Mounds View	19:03.36
	Finn Sokolowski	10 67, 2:19, 3:29 4:34.04
TIED 12TH SOPHOMORE HONOR ROLL		
	Nehemiah Gaim	11 68, 2:20, 3:29 4:34.24
	JP Braun	12 72, 2:29, 3:46 4:57.28
	Ellis Maloney	9 73, 2:30, 3:47 4:57.81
4	Roseville	19:24.16
5	White Bear Lake	19:50.30
6	Owatonna	20:18.59
7	Cambridge-Isanti	21:58.67
	East Ridge	DNF

4X3200 Relay

1	Mounds View	40:17.14
	Austin Steit	11 69, 2:21, 3:31, 4:43 9:33.44
11TH VARSITY HONOR ROLL		
	Elliot McArthur	7 71, 2:28, 3:45, 5:01 10:05.23
		6:19, 7:29, 8:53
	Matt Miller	9 73, 2:31, 3:50, 5:09 10:18.76
10TH FRESHMAN HONOR ROLL		
	Nate Moller	11 5, 11.5 10:19.72
		6:30, 7:47, 9:04
2	Roseville	40:24.22
3	Stillwater	40:26.90
4	Owatonna	42:36.25
	Forest Lake	DNF
	White Bear Lake	DNF
	Cambridge-Isanti	DNF
	East Ridge	DNF

Distance Medley Relay

1	Stillwater	10:42.12
2	Mounds View	11:10.55
	Will Sacay	10 60.3
	Eddie Brody	12 26.0
	Lukas Hessini	11 64, 2:11 3:18.1
	Nathan Apostle	10 68, 2:23, 3:40 4:53.9
3	Roseville	11:20.81
4	Owatonna	11:28.43
5	Forest Lake	11:39.60
6	Cambridge-Isanti	11:56.95
7	White Bear Lake	11:59.40
	East Ridge	DNC

Long Jump

1	Roseville	59-09.50
2	Cambridge-Isanti	58-05.25
3	Mounds View	55-07.75
	Nick Sharma	11 19-02.50
	Jack Roeber	10 18-11.25
	Noah Turnquist	11 17-06.00
4	Owatonna	53-01.50
5	White Bear Lake	52-10.25
6	Stillwater	52-07.25
7	East Ridge	50-03.50
	Forest Lake	ND

Triple Jump

1	Mounds View	119-08.00
	Romeo Sackie	10 41-11.50
	Paul Freimuth	12 39-03.00
	Noah Turnquist	11 38-05.50
2	Owatonna	114-00.00
3	Cambridge-Isanti	113-03.00
4	Roseville	112-10.00
5	Stillwater	111-10.00
6	White Bear Lake	101-00.00
7	Forest Lake	ND
	East Ridge	ND

800m Sprint Medley

1	Roseville	1:37.70
2	Owatonna	1:39.53
3	Forest Lake	1:40.74
4	White Bear Lake	1:42.33
5	Cambridge-Isanti	1:43.61
6	Mounds View	1:47.70
	Ray Holmboe	9 11.7
	Terrance Lee	9 12.5
	Colby Flanagan	11 23.5
	Kenny Vue	11 59.8
7	East Ridge	1:49.47
8	Stillwater	1:54.19

Open 1600m Run (not scored)

Sam Morrisette	11	5:00.3
Noah Xiong	12	5:09.8
Zach Allie	10	5:14.4
Jon Pfenning-Wendt	10	5:15.3
Collin Wentworth	11	5:17.2
Eric Feng	9	5:22.9
Lars Schmidt	9	5:23.0
Carter Francisco	9	5:24.2
Charley Brody	9	5:30.2
Brady Leiser	9	5:30.8
Sebastian Thompson	11	5:38.6
Mikey Gennaro	10	5:38.8
Ashwin Wariar	9	5:42.5
Tad Tomczyk	11	5:43.0
Frankie Wang	11	5:45.6
Tanner Ware	10	5:49.7
Trent Oberreit	11	5:54.2
Caleb Labeqge	9	5:54.4
Levi Christopherson	10	5:57.6
Daniel Rauenhorst	9	5:59.6
Joeseoph Roqalski	10	6:04.4
Ezra Albright	10	6:06.6
Justin Rauenhorst	9	6:12.8

Shot Put

1	Cambridge-Isanti	186-02
2	Mounds View	183-09
	Michael Fahim	12 50-02.25
	Wyatt Roe	12 49-07.00
	Max Janes	12 45-03.75
	Thoger Boyuem	12 38-08.75
3	Roseville	166-00
4	Forest Lake	161-09
5	Owatonna	160-06
6	White Bear Lake	151-05
7	Stillwater	145-05
8	East Ridge	92-03

Discus

1	Cambridge-Isanti	581-03
2	Mounds View	495-11
	Michael Fahim	12 148-07
	Max Janes	12 139-09
	Elliot Lee	10 123-01
	Thoger Boyuem	12 84-06
3	Roseville	481-06
4	Forest Lake	454-10
5	Owatonna	445-00
6	White Bear Lake	400-03
7	Stillwater	ND
8	East Ridge	ND

Weight Men 4X100 Relay

1	Roseville Area	50.97
2	Mounds View	51.22
	Elliot Lee	10
	Michael Fahim	12
	Thoger Boyuem	12
	Max Janes	12
3	Cambridge-Isanti	51.33
4	Stillwater Area	51.80
5	Owatonna	52.21
6	White Bear Lake Area	52.67
7	Forest Lake	54.41

Pole Vault

1	Mounds View	34-06.00
	Calvin Ciganik	12 15-00.00
	Spencer Tuominen	12 12-06.00
	Mike Louderback	11 NH
2	Owatonna	30-06.00
3	Cambridge-Isanti	29-06.00
4	Stillwater	28-00.00
5	White Bear Lake	26-00.00
6	Forest Lake	23-00.00
7	Roseville	20-00.00

High Jump

1	Stillwater	17-00.00
2	Roseville	16-10.00
3	Mounds View	16-06.00
	Paul Freimuth	12 5-08.00
	Calvin Ciganik	12 5-08.00
	John Montgomery	10 5-02.00
4	Cambridge-Isanti	16-04.00
5	Forest Lake	16-02.00
6	Owatonna	15-10.00
7	White Bear Lake	15-02.00
	East Ridge	NH

Freshman 4X100 Relay (not scored)
 NOT RUN
 PERSONAL BEST