Thursday March 23, 2017 St. Thomas University

55M High Hurdles

Joel Smith	11	7.97
Jeremy Wiste	12	8.59
William Goldman	10	10.33

55M Dash

Nick Sharma	10	6.81
Jacob Gray	11	6.90
Charlie Haik	12	6.96
Souayang Xiong	11	7.05
Xavier Myles	12	7.06
Bobby Moua	9	7.22
Omar Abuhejleh	12	7.35
Kenny Vue	10	7.37
Sam Wong	10	7.42
Ramon Salguero	10	7.46
Ethan Von Grey	10	7.48
Rhone Gavois	10	7.57
Chris Moua	11	7.72
Frankie Wang	10	7.77
Cooper Goureau	9	7.80
Nedal Zaro	12	7.91
Adam Collins	9	7.91
Matt Martinson	9	7.96
Andres Salguero	12	8.15
Lucio Vazquez	11	8.17

200M Dash

Joel Smith	11	23.66
Charlie Haik	12	23.79
Nick Sharma	10	23.86
Josh Sampson	10	24.17
Souayang Xiong	11	24.56
Jeremy Wiste	12	24.88
Ethan Von Grey	10	25.74
Omar Abuhejleh	12	26.06
Kenny Vue	10	26.19
Xavier Myles	12	26.20
Bobby Moua	9	26.40
Rhone Gavois	10	26.74
Ramon Salguero	10	27.11
Frankie Wang	10	27.72
Nedal Zaro	12	27.80
Chris Moua	11	27.86
Matt Martinson	9	28.30
Cooper Goureau	9	28.43
Adam Collins	9	28.46
Lucio Vazquez	11	28.73

400 M Run

Micah Smith	11	25.4	53.57
Sam Wong	10	27.1	59.29
Jeffrey Hu	11	29.0	61.78
Felix Zhang	11	28.5	62.51

800 M Run

Jackson Denny	12	64.8	2:08.49
Harry Lien	12	66.8	2:14.05

1600 M Run

Lukas Hessini	10	72, 2:28, 3:43	4:50.63
Thomas Wong	12	72, 2:26, 3:42	4:59.77
Collin Wentworth	10	78, 2:42, 4:09	5:33.83

Shot Put

Ryan Murphy 12 **51' 9 1/2"**

13th VARSITY HONOR ROLL

Michael Fahim	11	43' 7 1/4"
Dan Heilman	12	36' 5 1/4"
Thoger Boyuem	11	36' 4 3/4"
Ben Davis	11	30' 9"
Thomas VanDort	10	29' 3 1/2"
Cam Anderson	12	29' 3"
Elliot Lee	10	26' 1/2"

Distance Medley Relay

NONE

PERSONAL BEST

Long Jump

Jacob Gray	11	19' 6"
Micah Smith	11	18' 5 1/2"
Nick Sharma	10	18' 3 1/2"
Jeremy Wiste	12	17' 4"
Souayang Xiong	11	16' 11 1/2"
Tommy Rolfs	12	16' 5 3/4"
Spencer Pauly	12	16' 0"
Omar Mohammed	12	15' 9 3/4"
Xavier Myles	12	15' 4 1/4"
Zach Liston	10	15' 3/4"
Nedal Zaro	12	15' 0"
Kyle Durbin	11	14' 2 3/4"
Andres Salguero	12	13' 10 3/4"

Triple Jump

Jacob Gray	11	39' 4"
Josh Sampson	10	36' 0"
Tommy Rolfs	12	34' 11"
Spencer Pauly	12	34' 9"
Zach Liston	10	32' 11"
Souayang Xiong	11	32' 8"

High Jump

Joel Smith	11	5' 4"
Kyle Durbin	11	5' 4"
Spencer Pauly	12	5' 0"
Tommy Rolfs	12	NH

Pole Vault

Calvin Ciganik	11	13' 6"
Spencer Touminen	11	11' 0"
Kevin Nelson	10	9' 0"
Kent Touminen	10	9' 0"
Liam Edgar	9	NH
Ben Wynia	9	BY