

WHITE BEAR LAKE JV

Teams : Forest Lake, Mounds View, Roseville, White Bear Lake

Monday, April 17, 2017

White Bear Lake High School

Sunny, 60 deg. Wind: SW 5-10mph

110M High Hurdles

Josh Sampson	10	15.72
8TH SOPHOMORE HONOR ROLL		

Will Goldman 10 17.38

300M IM Hurdles

Josh Sampson	10	41.40
5TH SOPHOMORE HONOR ROLL		

Will Goldman 10 47.06

Santino Preciado 9 49.42

Spencer Pauly 12 50.12

Alex Breen 9 52.46

Ben Goldman 9 **58.10**

100M Dash

Bobby Moua	9	11.95
TIED 30TH FRESHMAN HONOR ROLL		

Elijah Paulin 11 12.02

Ryan Hill 9 **12.37**

Sam Wong 10 12.43

Felix Zhang 11 12.47

Ray Holmboe 8 **12.56**

Chris Moua 11 12.83

Rhone Gavois 10 12.83

Frankie Wang 10 **12.95**

Adam Collins 9 13.64

Lucio Vazques 11 **13.69**

Cooper Gourneau 9 13.76

Matt Martinson 9 13.80

200M Dash

Elijah Paulin 11 24.47

Kenny Vue 10 **25.14**

Spencer Pauly 12 **25.32**

Omar Abuhejeh 12 25.47

Ethan Von Grey 10 25.56

Ryan Hill 9 **25.88**

Rhone Gavois 10 26.20

Filipos Gilbert 11 26.92

Chris Moua 11 27.10

Matt Martinson 9 28.09

Lucio Vazques 11 28.41

Adam Collins 9 28.64

400M Dash

Charlie Haik 12 54.64

Henri Derosier 10 **56.63**

Filipos Gilbert 11 **57.90**

Cooper Gourneau 9 **61.17**

Ethan Stromquist 11 64.49

4X100 Relay

Mounds View 47.49

Bobby Moua 9

Nate Farm 10

Ray Holmboe 8

Kenny Vue 10

4X200 Relay

Mounds View "A" 1:38.30

Peter Goodwin 11 23.9

Ethan Von Grey 10 **23.6**

Omar Abuhejeh 12 25.3

Adam Coltvet 11 25.3

800M Run

Jared Herbert 11 64.1 **2:10.75**

Eddie Brody 11 64.6 **2:15.16**

Nehemiah Gaim 10 66.2 **2:16.85**

Sam Winters 10 67.7 **2:19.87**

Steve McCoy 10 68.2 **2:20.55**

Sam Morrisette 10 68.0 **2:20.80**

Noah Xiong 11 68.7 **2:23.47**

Ezra Gaim 9 69.1 **2:24.36**

JP Braun 11 72.7 **2:26.29**

Nathan Hohenshell 10 73.0 **2:27.43**

Mikey Gennaro 9 73.6 **2:27.46**

Jordan Bergstrom 11 74.3 **2:28.44**

Collin Wentworth 10 74.6 **2:29.11**

Mason Huberty 10 79.6 **2:45.08**

Naranjan Sankar 12 79.8 **2:48.06**

Levi Christopherson 9 81.6 **2:48.20**

Tanner Ware 9 83.6 **2:57.88**

1600M Run

Nate Moller 10 71, 2:27, 3:41 **4:56.52**

John Carlson 10 73, 2:31, 3:50 **5:09.37**

Zach Allie 9 77, 2:37, 4:01 **5:21.30**

Connor Beale 10 78, 2:44, 4:12 **5:33.30**

Chris Routhe 7 78, 2:44, 4:12 **5:33.68**

Sebastian Thompson 10 79, 2:45, 4:13 **5:41.32**

3200M Run

Nate Apostol 9 78, 2:43, 4:10, 5:38 **11:29.01**
7:07, 8:36, 10:04

Erik Swenson 10 81, 2:47, 4:15, 5:49 **11:34.74**
7:15, 8:43, 10:11

John Pfenning-Wendt 9 84, 2:52, 4:20, 5:49 **12:14.37**
7:26, 9:07, 10:45

4X400 Relay

Mounds View 'A' 3:46.48

Adam Coltvet 11 53.2

Nate Farm 10 **57.8**

Sam Wong 10 57.1

Ray Holmboe 8 58.1

Mounds View 'B' 3:56.01

Eddie Brody 11 58.3

Jared Herbert 11 **57.9**

Frankie Wang 10 **60.1**

Filipos Gilbert 11 59.7

Mounds View 'C' 4:00.65

Steve McCoy 10 **59.2**

Sam Morrisette 10 60.8

Nehemiah Gaim 10 59.0

Sam Winters 10 **61.6**

Mounds View 'D' 4:09.00

Nathan Hohenshell 10 62.3

Nate Moller 10 **62.0**

Collin Wentworth 10 67.8

Henri Derosier 10 56.9

Mounds View 'E' 4:10.39

Noah Xiong 11 **62.2**

Mikey Gennaro 9 60.1

Jordan Bergstrom 11 62.9

Ezra Gaim 9 65.2

Mounds View 'F' 63.0

JP Braun 11 **63.0**

Ethan Stromquist 11 69.0

Long Jump

Thomas Rolfs 12 16' 7 3/4"

Xiong Souayang 11 15' 11 3/4"

Trent Oberreit 10 15' 8"

Spencer Pauly 12 15' 7 1/2"

Kyle Durbin 11 13' 4 1/2"

Ben Ebert 12 12' 4 1/2"

Triple Jump

Xavier Zengue 10 **40' 3 3/4"**

Micah Smith 11 37' 3 1/2"

Thomas Rolfs 12 36' 9 1/2"

Paul Freimuth 11 36' 6 1/2"

Xiong Souayang 11 35' 0"

Jack Roeber 9 34' 4 1/2"

High Jump

Paul Freimuth 11 5' 6"

Kyle Durbin 11 **5' 6"**

Tommy Rolfs 12 NH

Pole Vault

Ben Wynia 9 **8' 0"**

Liam Edgar 9 NH

Shot Put

Thoger Boyuem 11 39' 6"

Joe Tilman 11 **37' 9"**

Jake Vogel 10 **36' 1"**

Cam Anderson 12 **33' 7"**

Ben Davis 11 31' 3"

Thomas Van Oort 9 29' 11"

Ahmed Mohamed 10 28' 8"

Elliot Lee 9 27' 5"

Ben Seymour 10 24' 7"

Bradyn Buganski 9 **23' 11"**

Luke Hermanson 10 22' 4"

Discus

Thoger Boyuem 11 105' 1"

Joe Tilman 11 103' 0"

Cam Anderson 12 94' 11"

Elliot Lee 9 **93' 10"**

Jake Vogel 10 87' 2"

Thomas Van Oort 9 78' 2"

Ahmed Mohamed 10 68' 2"

Bradyn Buganski 9 64' 11"

Luke Hermanson 10 56' 9"

Ben Seymour 10 54' 10"

4X200 Relay

Mounds View "B" 1:46.96

Spencer Pauly 12 26.6

Ben Ebert 12 27.4

Felix Zhang 11 26.5

Paul Freimuth 11 **26.3**

PERSONAL BEST