

WHITE BEAR LAKE TRIANGULAR

Teams : Mounds View, White Bear Lake, Stillwater

Friday, April 20, 2018

White Bear Lake High School

Sunny, 56 deg. Wind: S 5-10

110M High Hurdles

Josh Sampson	11	15.13
Alex Breen	10	18.76
Ben Goldman	10	21.30
James Freimuth	9	21.40

300M IM Hurdles

Josh Sampson	11	39.1
Santino Preciado	10	46.4
Alex Breen	10	48.1
Ben Goldman	10	52.0
James Freimuth	9	57.8

100M Dash

Jacob Gray	12	11.0
TIED 8TH VARSITY HONOR ROLL		
Nick Sharma	11	11.0
Mike Louderback	11	11.6
Souayang Xiong	12	11.8
Bobby Moua	10	12.0
Colby Flanagan	11	12.0
Ray Holmboe	9	12.0
Sam Wong	11	12.1
Terrance Lee	9	12.2
Kenny Vue	11	12.3
Logan Graff	9	12.3
Ryan Hill	10	12.3
Adam Collins	10	12.6
Frankie Wang	11	12.6
Ben Howlett	9	12.7
Jack Valentine	10	12.7
Collin Hoyhtya	10	13.0
Joey Mattfield	9	13.1
Matt Van Buesekom	11	13.1
Michael Hu	10	13.2
Evan Leebens	9	13.3
Karsten Grenz	11	13.3
Grant Knoll	9	13.7
Elijah Attwood	8	13.8
Jude Houle	9	13.9
Sahill Raine	10	13.9
Shivam Jha	10	14.1

200M Dash

Nick Sharma	11	22.2
Bobby Moua	10	24.0
Ray Holmboe	9	24.0
TIED 19TH FRESHMAN HONOR ROLL		
Josh Thomsen	9	24.2
TIED 30TH FRESHMAN HONOR ROLL		
Colby Flanagan	11	24.3
Kenny Vue	11	24.3
Sam Wong	11	24.6
Ryan Hill	10	24.7
Logan Graff	9	25.2
Terrance Lee	9	25.3
Adam Collins	10	26.0
Ben Howlett	9	26.2
Jack Valentine	10	26.3
Karsten Grenz	11	26.7
Evan Leebens	9	27.2
Sahill Raine	10	27.5
Elijah Attwood	8	27.7
Grant Knoll	9	28.4
Michael Hu	10	28.4
Jude Houle	9	28.5
Shivam Jha	10	29.2
Joey Mattfield	9	29.3

400M Dash

No Athletes Competed

800M Run

Lukas Hessini	11	58.4	1:57.75
21ST VARSITY HONOR ROLL			
Alec Nelson	10	60.1	2:02.9
TIED 21ST SOPHOMORE HONOR ROLL			
Eddie Brody	12	60.6	2:05.6
Nate Apostle	10	61.9	2:07.4
Jared Herbert	12	61.1	2:13.1
Adam Coltvet	12	63.5	2:13.7
John Carlson	11	63.9	2:14.1
Henri DeRosier	11	64.9	2:18.1
Sam Morrisette	11	68.1	2:20.4
Lars Schmidt	9	73.3	2:26.7
Will Goldman	11	73.9	2:32.9
Levi Christopherson	10	74.4	2:33.2
Tanner Ware	10	74.9	2:35.5
Joseph Rogalski	10	75.4	2:36.8
Ezra Albright	10	75.8	2:38.8

1600M Run

Austin Streit	11	69, 2:16, 3:24	4:29.1
Will Sacay	10	69, 2:18, 3:30	4:35.3
14TH SOPHOMORE HONOR ROLL			
Finn Sokolowski	10	70, 2:19, 3:31	4:37.3
19TH SOPHOMORE HONOR ROLL			
Elliot McArthur	7	70, 2:21, 3:34	4:44.0
TIED 9TH FRESHMAN HONOR ROLL			
Nathan Moller	11	72, 2:25, 3:37	4:51.5
Ellis Maloney	9	73, 2:27, 3:47	5:02.3
Steve McCoy	11	73, 2:32, 3:49	5:03.8
Erik Swenson	11	74, 2:32, 3:51	5:04.9
Noah Xiong	12	75, 2:33, 3:54	5:15.7
JP Braun	12	75, 2:33, 3:58	5:19.2
John Pfenning-Wendt	10	77, 2:41, 4:06	5:21.4
Carter Francisco	9	77, 2:41, 4:07	5:28.0
Eric Feng	9	78, 2:46, 4:10	5:30.7
Sebastian Thompson	11	78, 2:46, 4:11	5:34.1
Charley Brody	9	79, 2:46, 4:14	5:34.4
Brady Leiser	9	79, 2:47, 4:25	5:51.6
Ashwin Wariar	9	86, 2:59, 4:28	5:55.4
Caleb Laberge	9	87, 3:02, 4:37	6:09.7
Daniel Rauenhorst	9	88, 3:05, 4:39	6:14.7
Nick Austin	9	88, 3:05, 4:41	6:15.0
Justin Rauenhorst	9	96, 3:24, 5:12	6:46.9

3200M Run

David Dahl	12	75, 2:32, 3:45, 4:58	9:48.8
		6:15, 7:28, 8:42	
Nehemiah Gaim	11	76, 2:33, 3:50, 5:08	10:08.1
		6:24, 7:40, 8:59	
Anders Bandt	12	77, 2:34, 3:51, 5:08	10:14.7
		6:24, 7:41, 9:00	
Matt Miller	9	80, 2:31, 3:54, 5:13	10:27.4
16TH FRESHMAN HONOR ROLL			
Zach Allie	10	81, 2:45, 4:10, 5:40	11:36.8
		7:11, ???, ???	
Collin Wentworth	11	83, 2:49, 4:17, 5:53	11:54.2
		7:24, ???, ???	

PERSONAL BEST

Long Jump

John Montgomery	10	18-00.50
Romeo Sackie	10	17-11.00
Josh Thomsen	9	16-07.25
Trent Oberreit	11	16-01.25
Will Hegele	9	15-09.00
Matt Van Buesekom	11	15-07.75
Brock Nelson	10	15-02.50
Josiah Wiest	11	14-10.25
Eric Cerkvenik	9	14-08.50
Luke Welsh	9	13-06.50

Triple Jump

Jacob Gray	12	44-00.00
TIED 20TH VARSITY HONOR ROLL		
Romeo Sackie	10	40-08.75
Jack Roeber	10	40-00.00
Paul Freimuth	12	37-10.50
Souayang Xiong	12	35-02.75
Trent Oberreit	11	33-06.25
Josiah Wiest	11	33-04.75
Luke Welsh	9	32-01.25
Eric Cerkvenik	9	31-11.75

High Jump

Paul Freimuth	12	5-10.00
John Montgomery	10	5-06.00
Romeo Sackie	10	5-04.00
Jack Roeber	10	5-02.00
Eric Cerkvenik	9	5-00.00
Matt Van Buesekom	11	5-00.00
Ben Howlett	9	NH
Luke Welsh	9	NH
Will Hegele	9	NH

Pole Vault

Liam Edgar	10	9-00.00
Calvin Ciganik	12	NH
Garrett Wride	10	NH
John McGann	9	NH
Mike Louderback	11	NH
Odin Berthiaume	9	NH
Sam Magnuson	9	NH
Spencer Tuominen	12	NH

Shot Put

Wyatt Roe	12	50-00.00
TIED 27TH VARSITY HONOR ROLL		
Michael Fahim	12	46-05.50
Thoger Boyuem	12	38-10.00
Jake Vogel	11	36-11.00
Bill Ketola	9	35-04.50
Joe Tillman	12	35-03.50
Thomas Van Oort	10	34-01.50
Elliot Lee	10	34-00.00
Ben Davis	12	31-06.50
Jed Liang	9	30-09.00
Thomas Stevens	11	28-04.50
Luke Hermanson	11	25-08.00
Kyle Oberreit	9	22-03.00
Alex Waugh	9	20-06.00

Discus

Michael Fahim	12	149-10
Max Janes	12	103-00
Elliot Lee	10	101-04
Thoger Boyuem	12	98-08
Thomas Van Oort	10	95-04
Joe Tillman	12	94-03
Jake Vogel	11	85-00
Wyatt Roe	12	84-00
Thomas Stevens	11	64-11
Luke Hermanson	11	55-09