

**Minnesota State True Team**  
**Section X AAA - Track & Field Championship**  
**XXX, Minnesota - 5/2/2009**

**Results**

**Boys 100 Meter Dash Boys**

Name	Yr	School	Finals
1 Gustafson, Anthony	10	Faribault	11.36
2 O'Donnell, Kyle	12	Glencoe-Silv	11.50
3 Collins, Justin	12	Delano	11.60
4 Weinrich, Tommy	11	Plainview-El	11.65
5 Kuester, Ryan	8	Glencoe-Silv	11.68
6 Teske, Brandon	10	Faribault	11.80
7 Flies, Landon	10	Plainview-El	11.83
8 Ceroll, Anthony	10	North Branch	11.95
9 Anderson, Kyler	11	Delano	11.98
10 Leason, David	10	North Branch	12.34
11 Parker, Jack	11	Pequot Lakes	12.41
12 Saye, Ericson	11	Fridley	12.47
13 HolyAngels, Boy1		AcadholAng	12.60
14 HolyAngels, Boy2		AcadholAng	12.63
15 Tengben, Paye	11	Fridley	12.67
16 Biley, TJ	12	Pequot Lakes	13.11

**Boys 200 Meter Dash Boys**

Name	Yr	School	Finals
1 Gustafson, Anthony	10	Faribault	22.87
2 Weinrich, Tommy	11	Plainview-El	23.19
3 Collins, Justin	12	Delano	23.24
4 Lightfoot, Cole	12	Glencoe-Silv	23.29
5 HolyAngels, Boy1		AcadholAng	23.80
6 Mireri, Jimmy	11	Fridley	23.84
7 Flies, Landon	10	Plainview-El	23.86
8 HolyAngels, Boy2		AcadholAng	24.36
9 Salaba, Ben	11	Faribault	24.38
9 Linden, Matt	10	Delano	24.38
11 Thompson, Mitchell	9	Glencoe-Silv	24.80
12 Anderson, Chad	12	North Branch	25.00
13 Judd, Cory	10	Fridley	25.36
14 Suparat, Tossaporn	12	North Branch	25.39
15 Hart, Kyle	12	Pequot Lakes	25.40
16 Headlee, Jacob	11	Pequot Lakes	27.11

**Boys 400 Meter Dash Boys**

Name	Yr	School	Finals
1 Abda, Harun	11	Fridley	49.01
2 Lightfoot, Cole	12	Glencoe-Silv	51.76
3 Collins, Justin	12	Delano	52.28
4 Abda, Abdulsalam	11	Fridley	53.12
5 Herrmann, Lukas	11	Plainview-El	53.19
6 Verchota, Ben	12	Delano	53.23
7 Broden, Kenneth	11	North Branch	53.88
8 Duval, Matt	12	Pequot Lakes	53.93
9 Schwarzrock, Jesse	12	Glencoe-Silv	53.95
10 Braren, Kellen	11	Pequot Lakes	54.26
11 Brueske, Matt	9	Plainview-El	54.32
12 Mulder, Cody	11	Faribault	55.42
13 HolyAngels, Boy1		AcadholAng	56.45
14 Heppner, Ben	11	Faribault	56.60
15 HolyAngels, Boy2		AcadholAng	57.04

16 Good, Zach	12	North Branch	57.82
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**Boys 800 Meter Run Boys**

Name	Yr	School	Finals
1 Abda, Harun	11	Fridley	1:58.86
2 Timm, Grant	10	Plainview-El	2:01.38
3 Foster, Clayton	12	Pequot Lakes	2:01.90
4 Alness, Paul	12	Plainview-El	2:04.62
5 Runberg, Adison	11	Pequot Lakes	2:06.36
6 Norman, Ryan	12	North Branch	2:06.89
7 Khan, Daanish	12	Fridley	2:07.32
8 Greenwood, Paul	11	Delano	2:08.58
9 Roth, Mike	12	Delano	2:08.82
10 HolyAngels, Boy2		AcadholAng	2:09.07
11 Palmer, Jon	12	Faribault	2:09.11
12 Greeley, Tyler	11	Glencoe-Silv	2:10.10
13 HolyAngels, Boy1		AcadholAng	2:11.75
14 McCormack, Simon	12	Faribault	2:13.15
15 Monk, Jacob	11	Glencoe-Silv	2:13.85
16 Fitcha, Erik	10	North Branch	2:15.50

**Boys 1600 Meter Run Boys**

Name	Yr	School	Finals
1 Timm, Grant	10	Plainview-El	4:34.18
2 Foster, Clayton	12	Pequot Lakes	4:40.30
3 Armbruster, Ethan	11	Delano	4:42.02
4 Haley, Aaron	10	Plainview-El	4:42.59
5 Arveson, Adam	11	Delano	4:43.02
6 Kostick, Robert	12	Fridley	4:48.34
7 Abda, Anwar	12	Fridley	4:48.58
8 Delwiche, Stephen	10	Glencoe-Silv	4:50.73
9 Burr, Jacob	9	Glencoe-Silv	4:51.30
10 Norman, Ryan	12	North Branch	4:51.81
11 HolyAngels, Boy1		AcadholAng	4:54.50
12 Favro, Adam	12	Faribault	4:54.66
13 Headlee, Jacob	11	Pequot Lakes	4:56.22
14 Ertl, Tyler	10	North Branch	5:03.78
15 Ronayne, Conor	11	Faribault	5:04.60
16 HolyAngels, Boy2		AcadholAng	5:18.15

**Boys 3200 Meter Run Boys**

Name	Yr	School	Finals
1 Coffin, Jason	12	Faribault	10:01.32
2 Haley, Aaron	10	Plainview-El	10:08.47
3 Armbruster, Ethan	11	Delano	10:17.45
4 Arveson, Adam	11	Delano	10:23.16
5 Kostick, Robert	12	Fridley	10:25.03
6 Abda, Anwar	12	Fridley	10:25.56
7 Lydeen, Silas	11	Pequot Lakes	10:32.31
8 Little, Nathan	10	Faribault	10:32.73
9 Charpentier, Colin	10	North Branch	10:33.39
10 Delwiche, Stephen	10	Glencoe-Silv	10:40.54
11 HolyAngels, Boy2		AcadholAng	10:41.45
12 HolyAngels, Boy1		AcadholAng	10:44.31
13 LeBeau, Andrew	10	Plainview-El	10:46.85
14 Heidelberger, Mike	12	North Branch	10:50.14

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**Results****(Boys 3200 Meter Run Boys)**

Name	Yr	School	Finals
15 Braam, Jake	11	Pequot Lakes	10:59.14
16 Burr, Jacob	9	Glencoe-Silv	11:03.60

**Boys 110 Meter Hurdles Boys**

Name	Yr	School	Finals
1 Koester, Trevor	11	Glencoe-Silv	15.87
2 Tjepkes, Tommy	11	Plainview-El	16.17
3 Dahl, Eric	12	Delano	16.22
4 Dennis, Nathan	11	Plainview-El	16.50
5 Halverson, Jordan	11	Fridley	16.59
6 Diggs, Lamont	11	Fridley	16.73
7 HolyAngels, Boy2		AcadholAng	16.84
8 Weiss, Joseph	11	Glencoe-Silv	17.07
9 HolyAngels, Boy1		AcadholAng	17.22
10 Collins, Travis	10	Delano	17.47
11 Salaba, Ben	11	Faribault	17.57
12 Kleidon, Vincent	11	North Branch	17.69
13 Benson, Andrew	10	Faribault	17.78
14 Mattson, Zach	10	North Branch	18.71
15 Anderson, Jordan	10	Pequot Lakes	18.94
16 Tiedemann, Brad	11	Pequot Lakes	23.76

**Boys 300 Meter Hurdles Boys**

Name	Yr	School	Finals
1 Diggs, Lamont	11	Fridley	41.39
2 Dahl, Eric	12	Delano	42.27
3 Koester, Trevor	11	Glencoe-Silv	42.40
4 HolyAngels, Boy1		AcadholAng	42.41
5 Tjepkes, Tommy	11	Plainview-El	42.48
6 HolyAngels, Boy2		AcadholAng	42.72
7 Collins, Travis	10	Delano	43.43
8 Weiss, Joseph	11	Glencoe-Silv	43.67
9 Greenup, Julian	10	Fridley	44.33
10 Salaba, Ben	11	Faribault	44.34
11 Anderson, Jordan	10	Pequot Lakes	44.97
12 Schuchard, Tyler	9	Plainview-El	45.46
13 Putrah, Ben	12	Faribault	45.89
14 Kleidon, Vincent	11	North Branch	47.66
15 Tiedemann, Brad	11	Pequot Lakes	47.80
16 Johnson, Kaj	10	North Branch	49.26

**Boys 4x100 Meter Relay Boys**

Team	Relay	Finals
1 Glencoe-Silver Lake		45.18
2 AcadholAng		45.82
3 Delano		46.31
3 Fridley High School		46.31
5 Plainview-El		46.69
6 Pequot Lakes		47.19
7 North Branch		47.42
8 Faribault		48.10

**Boys 4x200 Meter Relay Boys**

Team	Relay	Finals
1 Fridley High School		1:32.08
2 Plainview-El		1:34.76
3 AcadholAng		1:35.37
4 Glencoe-Silver Lake		1:35.45
5 Delano		1:36.81
6 Faribault		1:38.05
7 North Branch		1:39.44
8 Pequot Lakes		1:39.89

**Boys 4x400 Meter Relay Boys**

Team	Relay	Finals
1 Fridley High School		3:26.91
2 Faribault		3:30.14
3 Glencoe-Silver Lake		3:33.73
4 Delano		3:35.98
5 North Branch		3:36.31
6 Plainview-El		3:36.45
7 AcadholAng		3:37.55
8 Pequot Lakes		3:37.81

**Boys 4x800 Meter Relay Boys**

Team	Relay	Finals
1 Faribault		8:28.50
2 North Branch		8:32.64
3 Fridley High School		8:33.42
4 Delano		8:36.14
1) Roth, Mike 12	2) Estby, Ben 10	
3) Johnson, Lee 12	4) Greenwood, Paul 11	
5 Pequot Lakes		8:36.84
6 AcadholAng		8:43.30
7 Plainview-El		8:48.81
8 Glencoe-Silver Lake		9:00.36

**Boys High Jump Boys**

Name	Yr	School	Finals
1 Schiroo, Tyler	10	Glencoe-Silv	6-00.00
2 Teske, Brandon	10	Faribault	5-08.00
2 Good, Zach	12	North Branch	5-08.00
2 Ahlfs, Jonathan	11	Glencoe-Silv	5-08.00
5 Halverson, Jordan	11	Fridley	5-06.00
6 Kleidon, Vincent	11	North Branch	5-04.00
6 Hemmerich, Devin	11	Fridley	5-04.00
6 McCormack, Simon	12	Faribault	5-04.00
6 Montgomery, Chase	9	Plainview-El	5-04.00
6 HolyAngels, Boy1		AcadholAng	5-04.00
11 Duval, Matt	12	Pequot Lakes	5-02.00
11 Parker, Tomas	10	Pequot Lakes	5-02.00
11 HolyAngels, Boy2		AcadholAng	5-02.00
11 Wohlers, Josh	12	Plainview-El	5-02.00
11 Estby, Ben	10	Delano	5-02.00
11 Yahnke, Mike	10	Delano	5-02.00

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**Results**

**Boys Pole Vault Boys**

Name	Yr	School	Finals
1 Smith, Zackary	10	North Branch	12-06.00
2 Sadergaski, Luke	10	Faribault	12-00.00
2 HolyAngels, Boy1		AcadholAng	12-00.00
2 Jurgenson, Alex	10	Plainview-El	12-00.00
5 Campbell, Shane	11	Fridley	11-06.00
5 Schroer, Ryan	11	Fridley	11-06.00
5 Hart, Kyle	12	Pequot Lakes	11-06.00
5 Ahlfs, Jonathan	11	Glencoe-Silv	11-06.00
9 Kenyon, Seth	9	Plainview-El	11-00.00
9 Purfeerst, Matt	10	Faribault	11-00.00
9 Neumann, Carl	9	North Branch	11-00.00
12 Mathews, Josh	12	Glencoe-Silv	10-00.00
12 Wacholz, Will	11	Delano	10-00.00
14 Tiedemann, Brad	11	Pequot Lakes	9-00.00
14 Arveson, Adam	11	Delano	9-00.00
16 HolyAngels, Boy2		AcadholAng	8-00.00

**Boys Long Jump Boys**

Name	Yr	School	Finals
1 Anwey, Elijah	12	Fridley	21-03.50
2 Gustafson, Anthony	10	Faribault	20-08.50
3 Wohlers, Josh	12	Plainview-El	20-01.00
3 Mireri, Jimmy	11	Fridley	20-01.00
5 Weiss, Joseph	11	Glencoe-Silv	19-07.50
6 HolyAngels, Boy2		AcadholAng	19-02.25
6 HolyAngels, Boy1		AcadholAng	19-02.25
8 Teske, Brandon	10	Faribault	19-02.00
9 Koester, Trevor	11	Glencoe-Silv	19-01.50
10 Ceroll, Anthony	10	North Branch	19-00.25
11 Webster, Justin	11	Plainview-El	19-00.00
12 Leason, David	10	North Branch	18-09.75
13 Anderson, Jordan	10	Pequot Lakes	17-11.25
14 Runberg, Adison	11	Pequot Lakes	17-02.75
15 Collins, Justin	12	Delano	15-02.50

**Boys Triple Jump Boys**

Name	Yr	School	Finals
1 HolyAngels, Boy2		AcadholAng	42-00.00
2 HolyAngels, Boy1		AcadholAng	41-08.00
3 Martin, Tyler	12	Glencoe-Silv	41-05.50
4 Weiss, Joseph	11	Glencoe-Silv	41-04.50
5 Halverson, Jordan	11	Fridley	41-04.00
6 Klun, Joseph	11	North Branch	40-07.75
7 Good, Zach	12	North Branch	40-04.25
8 Hemmerich, Devin	11	Fridley	38-07.50
9 Webster, Justin	11	Plainview-El	38-01.50
10 Anderson, Jordan	10	Pequot Lakes	37-11.75
11 Salaba, Ben	11	Faribault	37-09.00
12 Flies, Landon	10	Plainview-El	37-07.00
13 Linden, Matt	10	Delano	35-01.00
14 Kittleson, Jimmy	11	Faribault	34-00.00
15 Arens, Joe	11	Pequot Lakes	31-01.75

**Boys Shot Put Boys**

Name	Yr	School	Finals
1 Morrison, John	11	North Branch	48-02.00
2 Johnson, Nick	11	Plainview-El	48-01.00
3 Yahnke, Mike	10	Delano	46-08.50
4 Dahl, Eric	12	Delano	44-09.00
5 Hutchings, Bryce	11	North Branch	44-03.50
6 Halligan, Tom	12	Glencoe-Silv	43-09.50
7 Witte, Jory	12	Faribault	41-03.50
8 Parker, Tomas	10	Pequot Lakes	41-02.00
9 Keenan, Mitch	11	Glencoe-Silv	40-02.25
10 Kroger, Nick	11	Fridley	38-10.50
11 Scheil, John	12	Faribault	38-07.50
12 Derksen, Casey	11	Pequot Lakes	37-07.50
13 HolyAngels, Boy2		AcadholAng	37-00.75
14 Gibertson-South, Thomas	12	Fridley	37-00.00
15 Makela, Coby	11	Plainview-El	36-09.00
16 HolyAngels, Boy1		AcadholAng	34-00.75

**Boys Discus Throw Boys**

Name	Yr	School	Finals
1 Morrison, John	11	North Branch	129-02
2 Sowers, Devin	11	Delano	125-07
3 Dahl, Eric	12	Delano	124-10
4 Scott, John	11	Glencoe-Silv	117-09
5 Gibertson-South, Thomas	12	Fridley	117-05
6 Parker, Tomas	10	Pequot Lakes	116-08
7 Johnson, Nick	11	Plainview-El	115-10
8 Besch, Andrew	12	North Branch	115-01
9 Hanna, Andrew	12	Fridley	107-07.50
10 Becker, Mat	9	Faribault	107-00
11 Wilson, Cole	11	Faribault	105-07
12 Derksen, Casey	11	Pequot Lakes	97-11
13 HolyAngels, Boy2		AcadholAng	85-11
14 HolyAngels, Boy1		AcadholAng	80-09

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**Men - Boys - Team Rankings - 18 Events Scored**

1) Fridley High School	373
2) Glencoe-Silver Lake	333
3) Plainview-Elgin Millville	328
4) Delano	319
5) Faribault	283.5
6) North Branch	257
7) Academy of Holy Angels	250.5
8) Pequot Lakes	187