

Minnesota State True Team
Section 5AA - Track & Field Championship
Fridley, Minnesota - 5/7/2009
Results - Fridley True Team

Girls 100 Meter Dash

Name	Yr	School	Finals
1 Femrite, Mel	11	Zimmerman	13.41
2 Gapinski, Claire	9	Foley	13.50
3 Rachel, Trentor	9	Totino-Grace	13.63
4 Alexandra, McDonald	12	Totino-Grace	13.65
5 Wesson, Kendra	11	Fridley	13.75
6 Olson, Amber	11	Monticello	13.93
7 Gerzema, Katrina	12	Monticello	13.97
8 Cox, Courtney	8	Becker	14.07
9 Hoover, Sabrina	10	Rogers	14.37
10 Roehl, Dayna	12	Milaca	14.42
11 Reichert, Emily	9	Rogers	14.49
12 Churness, Sara	12	Big Lake	14.55
13 Fordahl, Hannah	10	Zimmerman	14.59
14 Bell, Amanda	10	Big Lake	14.67
15 Allen, Dana	10	Fridley	14.68
16 Landwehr, Heather	9	Foley	14.71
17 Haus, Alyssa	8	Becker	14.79
18 Carlson, LeAndra	11	Milaca	15.05
19 Kolhoff, Naomi	9	Princeton	15.33
20 Conger, Courtney	10	Princeton	15.54

Girls 200 Meter Dash

Name	Yr	School	Finals
1 Sarah, Schutta	9	Totino-Grace	27.36
2 Gapinski, Claire	9	Foley	27.37
3 Witschen, Mandy	11	Monticello	27.54
4 Gerzema, Katrina	12	Monticello	27.70
5 Wesson, Kendra	11	Fridley	27.98
6 Danielle, Dickson	10	Totino-Grace	28.03
7 Churness, Sara	12	Big Lake	28.63
8 Petersen, Cara	10	Big Lake	28.76
9 Cox, Courtney	8	Becker	28.78
10 Lee, Dani	12	Rogers	28.83
11 Fordahl, Hannah	10	Zimmerman	28.91
12 Forker, Rebekah	10	Milaca	28.94
13 Allen, Dana	10	Fridley	29.12
14 Paulson, Whitney	10	Becker	29.23
15 Reichert, Emily	9	Rogers	29.32
16 Dahlquist, Kiah	10	Foley	29.86
17 Conger, Courtney	10	Princeton	31.19
18 Reek, Amelia	10	Princeton	31.42
19 Kratzke, Allie	8	Zimmerman	32.31
20 Albertson, Nicole	9	Milaca	32.44

Girls 400 Meter Dash

Name	Yr	School	Finals
1 Witschen, Mandy	11	Monticello	60.62
2 Sarah, Schutta	9	Totino-Grace	61.56
3 Miles, Corrine	10	Fridley	62.75
4 Petersen, Cara	10	Big Lake	63.16
5 Libby, Norris	11	Totino-Grace	63.53
6 Dohmen, Brittany	12	Rogers	63.60
7 Miller, Hannah	12	Becker	64.16

8 Bakken, Brooke	9	Becker	64.54
9 Churness, Sara	12	Big Lake	65.11
10 Cole, Sammi	9	Monticello	65.45
11 Al-Hadramy, Yasmeeen	11	Fridley	65.65
12 Metz, Arista	9	Rogers	65.96
13 Brenny, Kortney	12	Foley	66.33
14 Karst, Brooke	10	Princeton	67.55
15 Scott, Audrey	7	Princeton	67.67
16 Roehl, Karlee	11	Milaca	70.21
17 Eidsvoog, Leah	11	Milaca	71.34
18 Landwehr, Heather	9	Foley	71.74
19 Carr, Jasmine	9	Zimmerman	72.60
20 Johansson, Camilla	7	Zimmerman	73.16

Girls 800 Meter Run

Name	Yr	School	Finals
1 Lamp, Ashton	12	Rogers	2:24.95
2 Ally, McSherry	11	Totino-Grace	2:25.59
3 Churness, Kim	12	Big Lake	2:27.68
4 Elizabeth, Wanner	9	Totino-Grace	2:31.13
5 Stoick, Amber	9	Monticello	2:33.07
6 Nalepka, Christine	11	Fridley	2:34.12
7 Reeves, Caitlin	9	Princeton	2:34.26
8 Maass, Alisson	9	Big Lake	2:34.96
9 Olson, Heidi	11	Zimmerman	2:35.14
10 Tessier, Kirstie	12	Monticello	2:35.32
11 Gudmundson, Kayla	12	Becker	2:36.03
12 Schilling, Whitney	9	Fridley	2:39.14
13 Tripp, Roseanne	9	Becker	2:39.90
14 Martinez, Iesha	12	Rogers	2:40.35
15 Dorr, Alyssa	10	Milaca	2:41.52
16 Meyer, Melania	10	Princeton	2:42.68
17 Katke, Kelsey	10	Foley	2:43.69
18 Timinski, Emily	9	Zimmerman	2:49.84
19 Dorr, Amber	10	Milaca	2:57.76
20 Richardson, Rebecca	10	Foley	2:59.81

Girls 1600 Meter Run

Name	Yr	School	Finals
1 Ally, McSherry	11	Totino-Grace	5:22.82
2 Seidenkranz, Erica	9	Monticello	5:24.31
3 Churness, Kim	12	Big Lake	5:26.08
4 Lamp, Ashton	12	Rogers	5:26.75
5 Ortberg, Cassie	8	Zimmerman	5:26.83
6 Jennifer, Dillon	11	Totino-Grace	5:33.52
7 Gudmundson, Kayla	12	Becker	5:46.93
8 Tripp, Roseanne	9	Becker	5:49.60
9 Bianchi, Jessica	9	Rogers	5:50.65
10 Steele, Corinne	9	Monticello	5:52.32
11 Putz, Julia	8	Milaca	5:53.79
12 Reeves, Caitlin	9	Princeton	5:56.00
13 Schilling, Whitney	9	Fridley	5:56.67
14 Bright, Alyssa	8	Zimmerman	5:56.92
15 Ralph, Emily	11	Big Lake	6:03.38
16 Buirge, Daelynn	9	Fridley	6:09.19

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(Girls 1600 Meter Run)

Name	Yr	School	Finals
17 Lyon, Ashley	11	Foley	6:16.32
18 Wendt, Jordyn	9	Foley	6:16.44
19 Palme, Katie	12	Princeton	6:28.47
20 Hathaway, Dedria	8	Milaca	6:32.32

Girls 3200 Meter Run

Name	Yr	School	Finals
1 Smith, Ella	12	Becker	11:36.74
2 Seidenkranz, Erica	9	Monticello	11:48.58
3 Yoerg, Kaitlyn	10	Becker	11:48.59
4 Seidenkranz, Amber	7	Monticello	11:54.63
5 Jurek, Kennedy	8	Foley	12:14.61
6 Jennifer, Dillon	11	Totino-Grace	12:18.46
7 Emily, Kindelspire	11	Totino-Grace	12:34.34
8 Vensland, Paige	11	Big Lake	12:51.67
9 Anderson, Amy	12	Foley	13:14.75
10 Putz, Julia	8	Milaca	13:19.48
11 Olson, Margret	9	Zimmerman	13:38.08
12 Britven, Kristine	11	Fridley	13:41.55
13 Bright, Bailey	8	Zimmerman	13:42.80
14 Johnson, Heather	12	Rogers	13:56.97
15 Sontag, Samantha	10	Big Lake	13:58.35
16 Beltran, Karen	10	Fridley	14:03.23
17 Olson, Alexandra	8	Rogers	14:16.04
18 Robinson, Kaitlin	8	Milaca	14:41.44
19 Krotzer, Danielle	9	Princeton	15:02.20

Girls 100 Meter Hurdles

Name	Yr	School	Finals
1 Prine, Abby	11	Monticello	17.06
2 Emily, King	12	Totino-Grace	17.16
3 Pitts, Samantha	9	Monticello	17.39
4 Jennings, Meagan	11	Fridley	17.49
5 Niewald, Hannah	9	Fridley	17.62
6 Margaret, Paul	10	Totino-Grace	17.68
7 Totzke, Kelsey	9	Foley	17.93
8 Anderson, Nikki	9	Becker	18.00
9 Swenson, Emily	12	Milaca	18.14
10 Lowe, Lindsey	8	Zimmerman	18.21
11 Speidel, Aundria	10	Rogers	18.27
12 Coryell, Jessi	11	Zimmerman	18.49
13 Kershaw, Ashley	11	Foley	18.52
14 Schaeffer, Madeline	9	Rogers	18.79
15 Zimmerman, Maria	10	Becker	19.08
16 Savage, Kadie	10	Princeton	19.13
17 Bell, Amanda	10	Big Lake	19.17
18 Farrell, Brittany	10	Big Lake	19.66
19 Jorgenson, Brooke	9	Princeton	21.01

Girls 300 Meter Hurdles

Name	Yr	School	Finals
1 Savage, Kadie	10	Princeton	46.63
2 Niewald, Hannah	9	Fridley	48.55
3 Margaret, Paul	10	Totino-Grace	48.60

4 Zimmerman, Maria	10	Becker	48.68
5 Schaeffer, Madeline	9	Rogers	49.06
6 Prine, Abby	11	Monticello	49.16
7 Taylor, Hara	10	Totino-Grace	50.24
8 Ortberg, Cassie	8	Zimmerman	50.36
9 Jennings, Meagan	11	Fridley	50.65
10 Speidel, Aundria	10	Rogers	50.66
11 Pitts, Samantha	9	Monticello	51.23
12 Schmit, Christine	11	Zimmerman	51.66
13 Anderson, Nikki	9	Becker	51.88
14 Lapham, Liea	9	Big Lake	53.19
15 Swenson, Emily	12	Milaca	53.40
16 Beckers, Marissa	9	Big Lake	54.65
17 Jorgenson, Brooke	9	Princeton	56.94
18 Albertson, Kayla	9	Milaca	58.31
19 Kjaer, Brooke	12	Foley	58.55
20 Wittwer, Josephine	10	Foley	60.09

Girls 4x100 Meter Relay

Team	Relay	Finals
1 Totino-Grace		50.49
2 Foley		52.31
3 Zimmerman High School		52.69
4 Monticello		53.11
5 Fridley High School		53.33
6 Rogers		53.81
6 Milaca High School		53.81
8 Becker High School		55.24
9 Big Lake		55.54

Girls 4x200 Meter Relay

Team	Relay	Finals
1 Totino-Grace		1:48.21
2 Fridley High School		1:52.93
3 Rogers		1:53.61
4 Foley		1:54.79
5 Monticello		1:55.02
6 Big Lake		1:57.36
7 Milaca High School		1:58.16
8 Princeton High School		2:01.57
9 Zimmerman High School		2:03.79
--- Becker High School		DQ

Girls 4x400 Meter Relay

Team	Relay	Finals
1 Rogers		4:12.97
2 Big Lake		4:15.08
3 Totino-Grace		4:15.09
4 Fridley High School		4:15.39
5 Monticello		4:16.10
6 Becker High School		4:22.71
7 Princeton High School		4:24.56
8 Foley		4:29.46
9 Zimmerman High School		4:39.91
10 Milaca High School		4:41.80

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Girls 4x800 Meter Relay

Team	Relay	Finals
1 Becker High School		10:05.43
2 Totino-Grace		10:22.06
3 Monticello		10:25.14
4 Big Lake		10:38.68
5 Foley		10:48.13
6 Rogers		10:48.51
7 Zimmerman High School		11:30.55
8 Fridley High School		11:38.74
9 Milaca High School		11:54.07

Girls High Jump

Name	Yr	School	Finals
1 Loberg, Katie	12	Princeton	5-06.00
2 Goracke, Brooke	10	Big Lake	5-02.00
3 Kapala, Brittany	11	Fridley	J5-02.00
4 Coryell, Jessi	11	Zimmerman	J5-02.00
5 Erin, Daugherty	11	Totino-Grace	4-10.00
6 Lee, Dani	12	Rogers	J4-10.00
7 Churness, Sara	12	Big Lake	J4-10.00
8 Lindenfelser, Morgan	9	Monticello	J4-10.00
9 Forsythe, Madison	10	Becker	4-08.00
9 Swenson, Emily	12	Milaca	4-08.00
11 Ortberg, Cassie	8	Zimmerman	J4-08.00
12 Zimmerman, Maria	10	Becker	4-06.00
13 Dahlquist, Kiah	10	Foley	J4-06.00
14 Lizzi, Nauman	12	Totino-Grace	J4-06.00
14 Duehn, Rachel	9	Fridley	J4-06.00
16 LaRoque, Jenny	10	Monticello	4-04.00
17 Landwehr, Heather	9	Foley	4-02.00
18 Crowe, Kaija	8	Milaca	J4-02.00
19 Winsor, Kelly	11	Rogers	4-00.00

Girls Pole Vault

Name	Yr	School	Finals
1 Pflipsen, Chelsey	11	Foley	9-06.00
2 Backes, Tiffany	9	Becker	9-00.00
3 Beckers, Marissa	9	Big Lake	8-06.00
3 Davis, Liz	12	Princeton	8-06.00
5 Forker, Rebekah	10	Milaca	J8-06.00
6 Prine, Abby	11	Monticello	8-00.00
7 Cox, Karlee	11	Monticello	J8-00.00
8 Pamela, Daniels	11	Totino-Grace	J8-00.00
9 Hince, Brianna	10	Rogers	J8-00.00
10 Rebecca, Iten	11	Totino-Grace	7-06.00
11 Wittwer, Josephine	10	Foley	J7-06.00
11 Kornovich, Sarah	9	Rogers	J7-06.00
11 Coffee, Jayne	10	Milaca	J7-06.00
14 Hardekopf, Paige	10	Becker	J7-06.00
15 Nalepka, Christine	11	Fridley	J7-06.00
16 Rathmanner, Shannon	12	Big Lake	7-00.00
17 Reek, Amelia	10	Princeton	J7-00.00
18 Cieluch, Tricia	12	Fridley	6-00.00

Girls Long Jump

Name	Yr	School	Finals
1 Loberg, Katie	12	Princeton	17-04.50
2 Femrite, Mel	11	Zimmerman	16-09.50
3 Jennifer, Dillon	11	Totino-Grace	16-08.00
4 Niewald, Hannah	9	Fridley	16-06.50
5 Gerzema, Katrina	12	Monticello	16-06.00
6 Witschen, Mandy	11	Monticello	15-10.75
7 Kapala, Brittany	11	Fridley	15-05.75
8 Ball, Alexa	12	Rogers	15-01.50
9 Reichert, Emily	9	Rogers	15-00.75
10 Goracke, Brooke	10	Big Lake	14-06.00
11 Antonia, Meyers	11	Totino-Grace	14-05.00
12 Bakken, Brooke	9	Becker	14-04.50
13 Churness, Kim	12	Big Lake	14-01.50
14 Petersen, Joanna	11	Foley	13-10.75
15 Schmit, Christine	11	Zimmerman	13-07.50
16 Kershaw, Ashley	11	Foley	13-03.00
17 Forsythe, Madison	10	Becker	13-01.50
18 Carlson, LeAndra	11	Milaca	12-05.25
19 Coffee, Jayne	10	Milaca	11-05.75
20 Karst, Brooke	10	Princeton	11-03.00

Girls Triple Jump

Name	Yr	School	Finals
1 Loberg, Katie	12	Princeton	35-04.50
2 Hoover, Sabrina	10	Rogers	33-11.50
3 Erin, Daugherty	11	Totino-Grace	33-04.50
4 Petersen, Joanna	11	Foley	32-07.50
5 Leah, Tousignant	12	Totino-Grace	32-02.75
6 Goracke, Brooke	10	Big Lake	32-00.25
7 Duehn, Rachel	9	Fridley	31-10.25
8 Blomberg, Kerry	12	Monticello	J31-10.25
9 Schwint, Carli	9	Fridley	31-08.50
10 Schmit, Christine	11	Zimmerman	31-05.25
11 Johnson, Alli	12	Becker	30-11.50
12 Prine, Abby	11	Monticello	30-08.50
13 Bistodeau, Brook	11	Rogers	29-10.00
14 Samson, Alex	11	Becker	29-05.75
15 Czech, Kelly	12	Big Lake	29-04.50
16 Kjaer, Brooke	12	Foley	27-06.00
17 Ivers, Heidi	12	Zimmerman	27-03.00
18 Roehl, Dayna	12	Milaca	27-00.50
19 Meyer, Melania	10	Princeton	26-10.00
20 Coffee, Jayne	10	Milaca	24-00.75

Girls Shot Put

Name	Yr	School	Finals
1 Ubl, Sam	11	Fridley	34-08.00
2 Cardinal, Cassandra	9	Foley	33-09.50
3 Simone, Harney	11	Totino-Grace	33-01.50
4 Lizzi, Nauman	12	Totino-Grace	32-02.50
5 Garrett, Tatiana	9	Rogers	30-04.50
6 Ellis, Katie	11	Becker	30-02.50
7 Grambow, Heather	12	Fridley	30-00.50

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Name	Yr	School	Finals
8 Brown, Shawna	12	Foley	29-08.00
9 Sawatzke, Morgan	9	Monticello	28-09.00
10 Holker, Susan	10	Monticello	28-05.50
11 Snyder, Jamee	10	Milaca	28-05.00
12 Anderson, Nikki	9	Becker	28-00.50
13 Phillippe, Samantha	12	Big Lake	26-01.50
14 Winsor, Kelly	11	Rogers	25-08.50
15 Olson, Amanda	11	Big Lake	25-05.50
16 Bond, Bailey	10	Zimmerman	25-00.50
17 Fordahl, Hannah	10	Zimmerman	24-08.00
18 Burt, Genna	10	Princeton	23-11.00
19 Schindeldecker, Kristin	9	Milaca	19-01.00

Girls Discus Throw

Name	Yr	School	Finals
1 Lisa, Beacher	12	Totino-Grace	99-09.50
2 Lizzi, Nauman	12	Totino-Grace	96-05
3 Cardinal, Cassandra	9	Foley	90-02
4 Garrett, Tatiana	9	Rogers	89-06.50
5 Ellis, Katie	11	Becker	82-10
6 Wilson, Tara	10	Monticello	82-08
7 Coryell, Jessi	11	Zimmerman	82-04.50
8 Okwulehie, Chinyere	10	Fridley	78-02
9 Ubl, Sam	11	Fridley	78-00
10 Burr, Kendra	9	Rogers	77-01.50
11 Olson, Amanda	11	Big Lake	76-09.50
12 Shipman, Brittney	11	Monticello	73-05
13 Teeter, Lindsay	11	Becker	73-01
14 Snyder, Jamee	10	Milaca	72-02
15 Ernst, Samantha	12	Foley	72-01.50
16 Burt, Genna	10	Princeton	69-06
17 Schoepke, Cassandra	11	Zimmerman	68-00
18 Stockstead, Jenny	10	Big Lake	61-10.50
19 Farmer, Emily	11	Milaca	59-06.50

Boys 100 Meter Dash

Name	Yr	School	Finals
1 Matt, Schroeder	11	Totino-Grace	11.72
2 Johnathon, Crockett	11	Totino-Grace	12.12
3 Vogt, Tyler	12	Big Lake	12.22
4 Berning, David	11	Monticello	12.35
5 Larsen, Neil	12	Milaca	12.37
6 Scapanski, Christian	10	Foley	12.44
7 Hoglund, Jordan	10	Monticello	12.45
8 Swenson, Myles	12	Milaca	12.45
9 Saye, Ericson	11	Fridley	12.47
10 Campbell, Jake	11	Becker	12.52
11 Hassler, Dalton	11	Big Lake	12.58
12 Hill, Ian	11	Becker	12.61
13 Neepaye, Monsio	11	Rogers	12.65
14 Tengben, Paye	11	Fridley	12.67
15 Swenson, Adam	11	Princeton	12.79
16 Dean, RJ	10	Rogers	12.80

17 Dombrowski, Shane	12	Foley	12.99
18 Neseth, Erik	12	Zimmerman	13.00
19 Samaha, Mohamed	11	Zimmerman	13.04
20 Doeyoue, Trokeun	9	Minneapolis	13.05
21 Gipson, Eric	9	Minneapolis	13.24
22 Ahlbrecht, Alex	10	Princeton	13.52

Boys 200 Meter Dash

Name	Yr	School	Finals
1 Matt, Schroeder	11	Totino-Grace	22.84
2 Pride, JD	11	Totino-Grace	23.58
3 Mireri, Jimmy	11	Fridley	23.84
4 Vogt, Tyler	12	Big Lake	24.00
5 Soper, Steve	12	Milaca	24.10
6 Brenny, Wayne	11	Foley	24.16
7 Berning, David	11	Monticello	24.18
8 Hassler, Dalton	11	Big Lake	24.18
9 Cox, Cameron	11	Becker	24.48
10 Hill, Ian	11	Becker	24.78
11 Ries, Zach	12	Rogers	24.89
12 Dean, RJ	10	Rogers	24.93
13 Stone, Jon	11	Princeton	25.05
14 Sikkink, Jerad	12	Milaca	25.17
15 Samaha, Mohamed	11	Zimmerman	25.25
16 Judd, Cory	10	Fridley	25.36
17 Gorton, Keith	12	Monticello	25.54
18 Doeyoue, Trokeun	9	Minneapolis	25.55
19 Burchett, Tanner	9	Foley	25.82
20 Lind, Tevin	10	Princeton	25.98
21 Spence-Zurek, Dakota	10	Zimmerman	26.24
22 Ray, Kendall	10	Minneapolis	27.30

Boys 400 Meter Dash

Name	Yr	School	Finals
1 Abda, Harun	11	Fridley	49.01
2 Matt, Schroeder	11	Totino-Grace	50.50
3 Jacob, Schauer	10	Totino-Grace	51.65
4 Larsen, Neil	12	Milaca	51.82
5 Abda, Abdulsalam	11	Fridley	53.12
6 Pollworth, James	10	Becker	53.12
7 Berning, David	11	Monticello	53.21
8 Cleveland, Chase	9	Rogers	53.33
9 Stone, Jon	11	Princeton	53.55
10 Brenny, Wayne	11	Foley	53.89
11 Baumann, Mike	12	Rogers	54.26
12 Hassler, Dalton	11	Big Lake	54.39
13 Nohner, Nathan	10	Becker	54.70
14 Scapanski, Christian	10	Foley	55.28
15 Vogt, Tyler	12	Big Lake	55.37
16 Peterson, Jacob	9	Monticello	56.86
17 McEnaney, Patrick	9	Zimmerman	57.28
18 Palkovich, Robby	11	Zimmerman	58.00
19 Telford, Raejeun	12	Minneapolis	59.27
20 Moore, Aaron	10	Princeton	59.52
21 Peterson, Lewis	9	Milaca	63.09

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Boys 800 Meter Run

Name	Yr	School	Finals
1 Abda, Harun	11	Fridley	1:58.86
2 Nick, Wanner	11	Totino-Grace	2:04.15
3 Johnson, Karl	12	Foley	2:04.29
4 Whitacre, Clayton	12	Big Lake	2:06.12
5 Aeshliman, Anthony	11	Rogers	2:06.45
6 Khan, Daanish	12	Fridley	2:07.32
7 Sontag, Shane	12	Big Lake	2:10.16
8 Rob, Wicks	11	Totino-Grace	2:10.51
9 Hass, Dylan	10	Princeton	2:12.75
10 Nelson, Jeremy	12	Rogers	2:12.87
11 Peterson, Jacob	9	Monticello	2:12.92
12 Pederson, Devon	10	Princeton	2:13.90
13 Packard, Mike	11	Milaca	2:14.75
14 Duelli, Max	11	Milaca	2:17.64
15 Michaelis, Charlie	10	Monticello	2:18.09
16 Terwey, Nicholas	10	Foley	2:18.91
17 Huss, John	12	Zimmerman	2:25.79
18 O'neil, Clay	7	Becker	2:25.88
19 Wilson, Ty	11	Zimmerman	2:29.93

Boys 1600 Meter Run

Name	Yr	School	Finals
1 Steven, Dado	10	Totino-Grace	4:40.42
2 Crocker, Andrew	11	Big Lake	4:44.82
3 Rob, Wicks	11	Totino-Grace	4:45.00
4 Bauer, Austin	11	Milaca	4:45.15
5 Wentzel, Andrew	12	Rogers	4:48.23
6 Kostick, Robert	12	Fridley	4:48.34
7 Abda, Anwar	12	Fridley	4:48.58
8 Biachi, Jonathon	12	Rogers	4:49.38
9 Albares, Scott	11	Monticello	4:58.05
10 Thole, Jonathan	11	Foley	5:02.49
11 Adams, John	10	Big Lake	5:02.91
12 Lawrence, Charlie	8	Foley	5:05.76
13 Hass, Dylan	10	Princeton	5:06.42
14 Palmer, Kyle	10	Princeton	5:07.83
15 Shipman, Adam	9	Milaca	5:08.75
16 Brakob, Ted	9	Monticello	5:09.57
17 Plude, Eric	11	Zimmerman	5:15.44
18 O'neil, Clay	7	Becker	5:17.00
19 Lowe, Cody	10	Zimmerman	5:21.48
20 Palmquist, Stephen	11	Becker	5:38.88
21 Pearson, Patrick	12	Minneapolis	6:01.73

Boys 3200 Meter Run

Name	Yr	School	Finals
1 Steven, Dado	10	Totino-Grace	10:08.52
2 Bauer, Austin	11	Milaca	10:14.93
3 LeClaire, Caleb	9	Rogers	10:21.53
4 Kostick, Robert	12	Fridley	10:25.03
5 Adam, Braun	10	Totino-Grace	10:25.49
6 Abda, Anwar	12	Fridley	10:25.56
7 Biachi, Jonathon	12	Rogers	10:28.13

8 Kopff, Hunter	10	Monticello	10:32.66
9 Moore, John	11	Big Lake	10:49.85
10 Lawrence, Charlie	8	Foley	10:51.11
11 LaVallee, Phillip	9	Monticello	10:51.45
12 Sundburg, Brandon	12	Milaca	11:10.95
13 Krieger, Justin	11	Zimmerman	11:36.64
14 Prosser, Justin	9	Big Lake	11:43.90
15 Wold, Carl	9	Princeton	11:51.97
16 Palmer, Kyle	10	Princeton	11:56.80
17 Thole, Jonathan	11	Foley	12:11.67
18 Hannay, Benjamin	10	Zimmerman	12:21.84

Boys 110 Meter Hurdles

Name	Yr	School	Finals
1 Gabbert, Leonard	12	Foley	16.14
2 Holtman, Sam	12	Monticello	16.41
3 Halverson, Jordan	11	Fridley	16.59
4 Diggs, Lamont	11	Fridley	16.73
5 Michael, Frisbie	9	Totino-Grace	17.69
6 Andrew, Million	12	Totino-Grace	17.72
7 Gelle, Erik	12	Rogers	17.82
8 Seppelt, Brandon	11	Foley	17.98
9 Johnson, Sam	10	Milaca	18.15
10 Hanson, Brian	11	Zimmerman	18.72
11 Dial, Brad	11	Monticello	18.73
12 Smith, Ryan	11	Zimmerman	19.35
13 Arrington, Brad	10	Rogers	19.39
14 Dehn, Josh	11	Princeton	20.04
15 Howell, Matt	9	Big Lake	21.63
16 Benker, Justin	9	Big Lake	21.76

Boys 300 Meter Hurdles

Name	Yr	School	Finals
1 Diggs, Lamont	11	Fridley	41.39
2 Andrew, Million	12	Totino-Grace	41.65
3 Brandon, Meath	12	Totino-Grace	43.65
4 Seppelt, Brandon	11	Foley	43.93
4 Holtman, Sam	12	Monticello	43.93
6 Greenup, Julian	10	Fridley	44.33
7 Milner, Alex	10	Monticello	45.05
8 Smith, Ryan	11	Zimmerman	45.17
9 Gelle, Erik	12	Rogers	45.27
10 Demeules, Chris	12	Big Lake	45.42
11 Dehn, Josh	11	Princeton	46.46
12 Downing, Lynk	10	Zimmerman	46.87
13 Gabbert, Leonard	12	Foley	47.05
14 Arrington, Brad	10	Rogers	48.74
15 Popp, Josh	10	Becker	50.25
16 Howell, Matt	9	Big Lake	52.03
17 Draper, Tyler	10	Becker	55.57

Boys 4x100 Meter Relay

Team	Relay	Finals
1 Totino-Grace		44.38
2 Rogers		45.50
3 Fridley High School		46.31

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(Boys 4x100 Meter Relay)

Team	Relay	Finals
4 Zimmerman High School		47.11
5 Monticello		47.13
6 Becker High School		48.48
7 Big Lake		48.66
8 Princeton High School		55.06
--- Foley		DQ
--- Milaca High School		DQ

Boys 4x200 Meter Relay

Team	Relay	Finals
1 Fridley High School		1:32.08
2 Totino-Grace		1:32.53
3 Milaca High School		1:34.39
4 Rogers		1:35.06
5 Becker High School		1:35.24
6 Monticello		1:37.45
7 Foley		1:38.84
8 Big Lake		1:38.97
9 Princeton High School		1:39.05
10 Zimmerman High School		1:41.66

Boys 4x400 Meter Relay

Team	Relay	Finals
1 Fridley High School		3:26.91
2 Rogers		3:35.53
3 Totino-Grace		3:36.73
4 Big Lake		3:39.19
5 Foley		3:43.60
6 Becker High School		3:44.76
7 Zimmerman High School		3:46.96
8 Monticello		3:48.73
9 Princeton High School		4:00.96
10 Milaca High School		4:02.28

Boys 4x800 Meter Relay

Team	Relay	Finals
1 Fridley High School		8:33.42
2 Rogers		8:35.37
3 Big Lake		8:35.57
4 Totino-Grace		8:44.12
5 Zimmerman High School		9:04.41
6 Monticello		9:05.36
7 Milaca High School		9:26.32
8 Foley		9:31.59
9 Princeton High School		9:42.05

Boys High Jump

Name	Yr	School	Finals
1 Johnathon, Crockett	11	Totino-Grace	6-00.00
2 Knop, Nathan	11	Monticello	J6-00.00
3 Oines, Erik	11	Foley	5-10.00
4 Swenson, Myles	12	Milaca	J5-10.00
5 Dean, RJ	10	Rogers	5-06.00
6 Halverson, Jordan	11	Fridley	J5-06.00

7 Hass, Dylan	10	Princeton	5-04.00
7 Sikkink, Riley	10	Milaca	5-04.00
7 Ries, Zach	12	Rogers	5-04.00
7 Hemmerich, Devin	11	Fridley	5-04.00
11 John, O'Rourke	11	Totino-Grace	J5-04.00
12 Janson, Tyler	11	Foley	J5-04.00
12 Kratee, George	10	Zimmerman	J5-04.00
14 Benker, Justin	9	Big Lake	J5-04.00
15 Hagens, Jacob	12	Zimmerman	5-02.00
16 Reed, Andrew	9	Becker	5-00.00
17 Howell, Matt	9	Big Lake	J5-00.00
17 Karjala, Taylor	10	Monticello	J5-00.00
--- Palmer, Kyle	10	Princeton	NH

Boys Pole Vault

Name	Yr	School	Finals
1 Sikkink, Riley	10	Milaca	12-00.00
2 Campbell, Shane	11	Fridley	11-06.00
3 Schroer, Ryan	11	Fridley	J11-06.00
4 Gerzema, Ethan	11	Monticello	11-00.00
4 Salas Valasquez, Nico	10	Rogers	11-00.00
6 Janson, Travis	11	Foley	J11-00.00
7 Tyler, Jones	11	Totino-Grace	10-00.00
8 Patch, Charlie	10	Monticello	J10-00.00
9 Mark, Green	11	Totino-Grace	9-06.00
10 Stellmach, Martin	9	Milaca	8-06.00
10 Pope, Travis	9	Princeton	8-06.00
12 Suter, Ben	11	Rogers	J8-06.00
--- Roehl, Keith	11	Foley	NH

Boys Long Jump

Name	Yr	School	Finals
1 Anwey, Elijah	12	Fridley	21-03.50
2 Andrew, Million	12	Totino-Grace	21-02.50
3 Johnathon, Crockett	11	Totino-Grace	20-09.00
4 Mireri, Jimmy	11	Fridley	20-01.00
5 Stone, Jon	11	Princeton	19-01.50
6 Cox, Cameron	11	Becker	J19-01.50
7 Johnson, Sam	10	Milaca	18-11.00
8 Rennie, Pliccaid	12	Big Lake	18-08.50
9 Berning, David	11	Monticello	18-04.50
10 Hanson, Brian	11	Zimmerman	J18-04.50
11 Dombrowski, Shane	12	Foley	J18-04.50
12 Brenny, Wayde	11	Foley	J18-04.50
13 Aanerud, Victor	10	Rogers	18-03.50
14 Salas Valasquez, Nico	10	Rogers	18-02.50
15 Spence-Zurek, Dakota	10	Zimmerman	18-01.50
16 Knop, Nathan	11	Monticello	17-10.50
17 Reed, Andrew	9	Becker	17-09.50
18 Sikkink, Riley	10	Milaca	17-04.50
19 Pribula, Nolan	10	Big Lake	16-03.50
20 Telford, Raejeun	12	Minneapolis	15-10.00
21 Gipson, Eric	9	Minneapolis	15-04.00
22 Moore, Aaron	10	Princeton	15-02.00

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Boys Triple Jump

Name	Yr	School	Finals
1 Andrew, Million	12	Totino-Grace	43-01.00
2 Dombrowski, Shane	12	Foley	42-06.00
3 Halverson, Jordan	11	Fridley	41-04.00
4 Oines, Erik	11	Foley	40-05.50
5 Salas Valasquez, Nico	10	Rogers	39-07.50
6 Berkely, Trevor	10	Rogers	39-05.00
7 Hemmerich, Devin	11	Fridley	38-07.50
8 Tyler, Jones	11	Totino-Grace	37-11.50
9 Karjala, Taylor	10	Monticello	36-08.50
10 Lunning, Caleb	9	Zimmerman	36-08.00
11 Downing, Lynk	10	Zimmerman	36-07.00
12 Johnson, Sam	10	Milaca	35-10.00
13 Rennie, Pliccaid	12	Big Lake	34-11.00
14 Peterson, Adam	11	Big Lake	34-00.00
15 Gerzema, Ethan	11	Monticello	33-03.50
16 Mohs, Mickey	9	Becker	32-11.00
17 Popp, Josh	10	Becker	31-09.00
18 Moore, Aaron	10	Princeton	31-06.75
19 Zdrzil, Matt	11	Princeton	29-07.00

Boys Shot Put

Name	Yr	School	Finals
1 Feldman, Jamie	12	Monticello	48-04.50
2 Mohammed, Kromah	11	Totino-Grace	46-08.50
3 Charmoli, Tim	11	Rogers	46-06.50
4 Saunders, Mikhail	12	Monticello	45-05.50
5 Bodien, Brandon	12	Becker	44-04.00
6 Demeules, Chris	12	Big Lake	43-06.00
7 Hines, Charlie	10	Rogers	40-09.50
8 Snyder, Kyle	12	Big Lake	40-08.00
9 Ash, Marshal	11	Milaca	40-03.50
10 Hansmeier, Mitchell	12	Foley	39-06.50
11 Heger, Jon	12	Foley	39-01.50
12 Kroger, Nick	11	Fridley	38-10.50
13 Adam, Mortiko	12	Totino-Grace	38-07.00
14 Gibertson-South, Thomas	12	Fridley	37-00.00
15 Walker, Torey	12	Princeton	36-07.00
16 Zdrzil, Matt	11	Princeton	36-02.00
17 Hanson, Joshua	12	Zimmerman	36-00.00
18 Seymour, Alec	9	Zimmerman	35-00.50
19 Mumbleau, Aaron	11	Becker	34-10.00
20 Kephart, Mitch	10	Milaca	31-06.00

Boys Discus Throw

Name	Yr	School	Finals
1 Schmidt, Joe	11	Monticello	143-01
2 Saunders, Mikhail	12	Monticello	131-07
3 Matthew, Fautsch	12	Totino-Grace	124-02
4 Charmoli, Tim	11	Rogers	118-03.50
5 Gibertson-South, Thomas	12	Fridley	117-05
6 Walker, Torey	12	Princeton	116-07.50
7 Gilyard, Dustin	12	Foley	113-05
8 Demeules, Chris	12	Big Lake	111-09

9 Spencer, Ellis	10	Totino-Grace	108-05
10 Hanna, Andrew	12	Fridley	107-07.50
11 Snyder, Kyle	12	Big Lake	105-09
12 Lunning, Ethan	9	Zimmerman	102-05.50
13 Ash, Marshal	11	Milaca	97-05
14 Hannen, Brady	11	Becker	97-02.50
15 Kephart, Mitch	10	Milaca	94-00
16 Frie, Alex	10	Rogers	92-05
17 Fiore, Andrew	11	Foley	88-02.50
18 Buntrock, Andrew	10	Becker	85-00
19 Jacobs, Jordan	11	Zimmerman	77-10
20 Hunt, Joe	11	Princeton	76-07

Women - Team Rankings - 18 Events Scored

1) Totino-Grace	673.5
2) Monticello High School	578
3) Fridley High School	510.5
4) Rogers	497
5) Becker High School	454.5
6) Big Lake	451.5
7) Foley	427
8) Zimmerman High School	367
9) Milaca High School	272.5
10) Princeton High School	262.5

Men - Team Rankings - 18 Events Scored

1) Totino-Grace	680
2) Fridley High School	644.5
3) Rogers	546
4) Monticello High School	494.5
5) Big Lake	426.5
6) Foley	423
7) Milaca High School	372
8) Zimmerman High School	293.5
9) Princeton High School	261
10) Becker High School	260
11) Minneapolis Patrick Henry	22