

Minnesota State True Team
Section 5 AAA - Track & Field Championship
White Bear Lake, Minnesota - 5/5/2009
Results

Girls 100 Meter Dash Girls

Name	School	Finals
1 Miller, Kristie	Forest Lake	12.79
2 Koebele, Paige	Mahtomedi	12.80
3 Krause, Bekkah	Centennial	13.09
4 Schmidt, Rebecca	White Bear Lake	13.25
5 Hawkins, Elizabeth	Blaine	13.39
6 Turi, Emily	North	13.40
7 Allen, Molly	Stillwater	13.43
8 Robinson, Ciara	Forest Lake	13.47
9 Pawlik, Hannah	Blaine	13.48
10 Stang, Cassie	Mahtomedi	13.49
11 Murphey, Gabrielle	North	13.55
12 Holmberg, Kelsey	Cambridge-Isanti	13.66
12 Anderson, Chelsey	North	13.66
14 Huston, Megan	Centennial	13.67
15 Eder-Zdechlik, Allison	Stillwater	13.69
16 Schevenius, Laura	Centennial	13.78
16 Seltz-Drew, Claire	Blaine	13.78
18 Shryer, Maja	White Bear Lake	13.79
19 Zamzow, Emily	Forest Lake	13.81
20 Holmberg, Roxanne	Cambridge-Isanti	13.87
21 Kinnel, Skye	White Bear Lake	13.93
21 Scholz, Rachel	Stillwater	13.93
23 Kroshus, Lizzi	Mahtomedi	14.03
24 Anderson, Rocelle	Cambridge-Isanti	14.22

Girls 200 Meter Dash Girls

Name	School	Finals
1 Murphey, Nicole	Blaine	26.42
2 Koebele, Paige	Mahtomedi	26.81
3 Miller, Kristie	Forest Lake	26.94
4 Miller, Moriah	Centennial	27.52
5 Weidner, Maddie	Stillwater	27.57
6 Kuschel, Alli	Mahtomedi	27.90
7 Crain, Alex	Stillwater	28.04
8 Ternes, Caitlin	White Bear Lake	28.09
8 Shryer, Maja	White Bear Lake	28.09
10 Brastad, Kristin	North	28.24
11 Schmidt, Rebecca	White Bear Lake	28.29
12 Acosta, Adri	Forest Lake	28.41
13 Horn, Anna	North	28.42
14 Lueders, Tes	Stillwater	28.62
15 Stedman, Julia	North	28.74
15 Suess, Kayla	Forest Lake	28.74
17 Illg, Alex	Cambridge-Isanti	28.96
18 Heyl, Tannyr	Blaine	29.04
19 Nester, Sara	Mahtomedi	29.13
20 Douglass, Sarah	Cambridge-Isanti	29.32
21 Johnson, Maggie	Cambridge-Isanti	29.54
22 Anderson, Jasmine	Centennial	29.67
23 Rozmark, Taylor	Blaine	29.73
24 Ernster, Maria	Centennial	30.14

Girls 400 Meter Dash Girls

Name	School	Finals
1 Murphey, Nicole	Blaine	61.10
2 Woehrl, Samantha	White Bear Lake	61.87
3 Kuschel, Alli	Mahtomedi	62.09
4 Kempenich, Kelcie	Stillwater	62.34
5 Arveson, Ellie	Mahtomedi	62.39
6 Turi, Emily	North	62.91
7 Osborne, Leah	Blaine	63.31
8 KIRKLAND, aMANDA	White Bear Lake	63.43
9 Phiopen, Natalie	Stillwater	63.45
10 Oldenburg, Breanna	Centennial	64.37
11 Cartony, Amanda	Stillwater	64.56
12 Keller, Annie	White Bear Lake	65.48
13 Hagen, Sarah	Forest Lake	65.78
14 Heyl, Tannyr	Blaine	65.86
15 Jech, Natalie	Centennial	66.83
16 Murphey, Gabrielle	North	67.05
17 Solberg, Kaila	Centennial	67.08
18 Ledahl, Victoria	Cambridge-Isanti	67.47
19 Vavra, Deandra	Cambridge-Isanti	68.48
20 Larson, Natalie	Cambridge-Isanti	68.82
21 Gooley, Megan	Forest Lake	69.23
22 Wittnebel, Christina	Forest Lake	69.57
23 Maas, Jennifer	Mahtomedi	71.00

Girls 800 Meter Run Girls

Name	School	Finals
1 Potter, Danielle	White Bear Lake	2:26.87
2 Diem, Haley	Stillwater	2:27.70
3 Morzczewski, Katie	White Bear Lake	2:27.99
4 Lange, Gina	Forest Lake	2:28.35
5 Bowler, Sarah	Centennial	2:29.62
6 Boldt, Anne	Stillwater	2:30.69
7 Medellin, Anastasia	Mahtomedi	2:32.15
8 Mueller, Kristin	Stillwater	2:32.36
9 Holschbach, Kelsey	Blaine	2:33.91
10 Perry, Erin	White Bear Lake	2:33.98
11 Thobe, Cassie	Forest Lake	2:35.63
12 Winberg, Holly	Forest Lake	2:35.78
13 Moore, Courtney	Cambridge-Isanti	2:35.96
14 Walsh, Anna	Mahtomedi	2:36.02
15 Harper, Erin	Blaine	2:37.63
16 Muehlhauser, Paige	Cambridge-Isanti	2:40.99
17 Kissell, Jenna	Centennial	2:41.15
18 Heyda, McKenna	Blaine	2:41.50
19 Head, Emily	Cambridge-Isanti	2:43.07
20 Thiets, Emma	North	2:44.09
21 Murphey, Hilary	North	2:47.10
22 Sward, Grace	Mahtomedi	2:47.12
23 Janssen, Cassie	North	2:47.18

Girls 1600 Meter Run Girls

Name	School	Finals
1 Salava, Alyssa	North	5:18.71

Minnesota State True Team
Section 5 AAA - Track & Field Championship
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Results

(Girls 1600 Meter Run Girls)

Name	School	Finals
2 Morzczewski, Katie	White Bear Lake	5:24.37
3 Stedman, Julia	North	5:31.55
4 Hewes, Caitlin	Stillwater	5:32.82
5 Brase, Kaylea	Centennial	5:33.05
6 Coulter, Kelsey	White Bear Lake	5:36.09
7 White, Wendy	Stillwater	5:36.47
8 Hereid, Tera	Blaine	5:37.79
9 Knickerbocker, Hannah	Cambridge-Isanti	5:39.24
10 Gregory, Elizabeth	Mahtomedi	5:39.89
11 McGill, Megan	Mahtomedi	5:41.01
12 Chamberlain, Jamie	North	5:41.53
13 Yetter, Hayli	Blaine	5:42.93
14 Nelson, Alex	Cambridge-Isanti	5:48.59
15 Reed, Kaitlyn	Stillwater	5:49.75
16 Steele, Emily	Cambridge-Isanti	5:50.37
17 Kretschmer, Lexie	Centennial	5:53.86
18 Schroeder, Abigale	White Bear Lake	5:54.88
19 King, Taylor	Blaine	5:58.88
20 Willerton, Megan	Centennial	6:00.01
21 Lauzon, Megan	Mahtomedi	6:20.78
22 Enrooth, April	Forest Lake	6:20.95
23 Anderson, Amber	Forest Lake	6:30.48
24 Mackey, Melissa	Forest Lake	6:37.92

Girls 3200 Meter Run Girls

Name	School	Finals
1 Salava, Alyssa	North	11:18.81
2 Drake, Rachel	White Bear Lake	11:41.93
3 Knickerbocker, Hannah	Cambridge-Isanti	11:58.20
4 Stedman, Julia	North	12:00.70
5 Hereid, Tera	Blaine	12:09.99
6 Gregory, Elizabeth	Mahtomedi	12:10.05
7 Olson, Annie	Stillwater	12:10.78
8 McGill, Megan	Mahtomedi	12:21.69
9 Loveland, Allie	Centennial	12:24.59
10 Pratt, Cassie	Stillwater	12:25.01
11 Bilderback, Kayla	Centennial	12:29.71
12 Nelson, Alex	Cambridge-Isanti	12:37.09
13 Sneden, Kate	Stillwater	12:42.21
14 Steele, Emily	Cambridge-Isanti	12:43.78
15 Schlafke, Katie	White Bear Lake	12:49.51
16 Winberg, Holly	Forest Lake	12:52.52
17 Yonker, Janelle	White Bear Lake	12:53.05
18 Benson, Natalie	Centennial	13:01.91
19 Fahnbulleh, Bintu	North	13:05.08
20 Johnson, Cherry	Blaine	13:11.42
21 Galleberg, Mackenzie	Forest Lake	13:11.44
22 Lauzon, Megan	Mahtomedi	13:36.91
23 Fryjl, Adisa	Blaine	13:40.98

Girls 100 Meter Hurdles Girls

Name	School	Finals
1 Keesling, Jessica	White Bear Lake	15.27

2 Bair, Maggie	Blaine	15.65
3 Kalk, Rachel	Cambridge-Isanti	15.78
4 Townley, Kirsten	White Bear Lake	15.82
5 Kroschel, Skyle	Stillwater	15.90
6 Van Heel, Ann	Forest Lake	16.52
7 Lueders, Tes	Stillwater	16.64
8 Yorkovich, Jenna	North	16.70
9 Furlong, Abigail	White Bear Lake	16.88
10 McGarry, Kelly	Stillwater	17.01
11 Jones, Erin	Centennial	17.10
12 Destache, Jackie	Mahtomedi	17.35
13 Ohmann, Andrea	Blaine	17.71
14 Destache, Tera	Mahtomedi	17.73
15 Young, Amanda	Blaine	17.84
16 Pieper, Brittany	Mahtomedi	17.88
17 Chies, Kelly	Cambridge-Isanti	17.98
18 Harvey, Sydney	North	18.20
19 Michel, Mollie	North	18.23
20 Redfield, Megan	Cambridge-Isanti	18.28
21 Bagley, Ashley	Centennial	18.58
22 Majkrzak, Natalie	Centennial	18.61
23 Faffler, Libby	Forest Lake	18.88
24 Jandrich, Esther	Forest Lake	20.06

Girls 300 Meter Hurdles Girls

Name	School	Finals
1 Keesling, Jessica	White Bear Lake	46.44
2 Townley, Kirsten	White Bear Lake	48.31
3 Kuntz, Cayleigh	Stillwater	48.42
4 Van Heel, Ann	Forest Lake	49.09
5 Furlong, Abigail	White Bear Lake	49.67
6 Holmberg, Kelsey	Cambridge-Isanti	49.68
7 Jones, Erin	Centennial	49.73
8 Yorkovich, Jenna	North	50.01
9 Meads, Megan	Stillwater	50.09
10 McGarry, Kelly	Stillwater	50.20
11 Bair, Maggie	Blaine	50.21
12 Destache, Jackie	Mahtomedi	50.54
13 Majkrzak, Natalie	Centennial	51.72
14 Destache, Tera	Mahtomedi	52.12
15 Ohmann, Andrea	Blaine	52.56
16 Young, Amanda	Blaine	52.78
17 Kalk, Rachel	Cambridge-Isanti	53.14
18 Faffler, Libby	Forest Lake	53.27
19 Jandrich, Esther	Forest Lake	54.25
20 Michel, Mollie	North	54.53
21 Chies, Kelly	Cambridge-Isanti	54.55
22 Bagley, Ashley	Centennial	55.02
23 Hakanson, Tatianna	Mahtomedi	55.18
24 Harvey, Sydney	North	56.81

Girls 4x100 Meter Relay Girls

Team	Relay	Finals
1 Stillwater		51.82
2 Forest Lake		52.28

Minnesota State True Team
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(Girls 4x100 Meter Relay Girls)

Team	Relay	Finals
3 Blaine		52.32
4 North		52.63
5 Mahtomedi		52.68
6 Cambridge-Isanti		54.48
7 Centennial		55.09
--- White Bear Lake		DQ

Girls 4x200 Meter Relay Girls

Team	Relay	Finals
1 Blaine		1:50.20
2 White Bear Lake		1:50.87
3 Centennial		1:51.16
4 Mahtomedi		1:51.49
5 Stillwater		1:51.66
6 North		1:52.36
7 Forest Lake		1:53.69
8 Cambridge-Isanti		1:55.06

Girls 4x400 Meter Relay Girls

Team	Relay	Finals
1 Stillwater		4:07.13
2 White Bear Lake		4:08.70
3 Mahtomedi		4:12.23
4 Centennial		4:15.19
5 Blaine		4:15.22
6 Forest Lake		4:17.57
7 North		4:20.03
8 Cambridge-Isanti		4:26.90

Girls 4x800 Meter Relay Girls

Team	Relay	Finals
1 Stillwater		9:54.47
2 White Bear Lake		9:54.71
3 Centennial		10:11.74
4 Blaine		10:38.12
5 North		10:38.89
6 Cambridge-Isanti		10:40.84
7 Mahtomedi		10:46.14
--- Forest Lake		DQ

Girls High Jump Girls

Name	School	Finals
1 Bilderback, Kayla	Centennial	5-00.00
2 Stormont, Maureen	Stillwater	5-00.00
3 Douglass, Sarah	Cambridge-Isanti	5-00.00
4 Miller, Moriah	Centennial	4-10.00
5 Giebel, Alie	Stillwater	4-10.00
6 Townley, Kirsten	White Bear Lake	4-10.00
7 Mirza, Jordan	White Bear Lake	4-10.00
8 Suess, Kayla	Forest Lake	4-08.00
8 Harvey, Sydney	North	4-08.00
10 Michel, Mollie	North	4-08.00
11 Nelson, Grace	Cambridge-Isanti	4-08.00
12 Young, Amanda	Blaine	4-08.00

13 Ogne, Taylor	North	4-08.00
14 Longfellow, Ann	Forest Lake	4-08.00
15 Adams, Jenna	Mahtomedi	4-06.00
16 Kroshus, Lizzi	Mahtomedi	4-06.00
16 Beaufeaux, Emily	Cambridge-Isanti	4-06.00
18 Simons, Shelby	Forest Lake	4-06.00
19 Gapp, Elizabeth	White Bear Lake	4-06.00
20 Rogers, Hannah	Blaine	4-04.00
20 Kempenich, Kelcie	Stillwater	4-04.00
22 Patterson, Allie	Centennial	4-04.00
22 Huisinga, Hannah	Blaine	4-04.00
24 Greeder, Ashley	Mahtomedi	4-04.00

Girls Pole Vault Girls

Name	School	Finals
1 Brett, Taylor	Forest Lake	10-00.00
2 Kroschel, Skyle	Stillwater	10-00.00
3 Heit, Jamie	White Bear Lake	9-06.00
4 Heit, Jennifer	White Bear Lake	9-00.00
5 Chies, Kelly	Cambridge-Isanti	9-00.00
6 Bair, Maggie	Blaine	8-06.00
7 Dueber, Cady	White Bear Lake	8-06.00
8 Johnson, Maggie	Cambridge-Isanti	8-00.00
9 Parker, Erica	Forest Lake	7-06.00
9 Bierbrauer, Devin	Stillwater	7-06.00
11 Seltz-Drew, Claire	Blaine	7-06.00
12 Berg, Estee	Stillwater	7-06.00
13 Beaufeaux, Emily	Cambridge-Isanti	7-00.00
13 Vaske, Samantha	Mahtomedi	7-00.00
15 Barron, Angie	Centennial	7-00.00
16 Ramberg, Jessica	Forest Lake	7-00.00
16 McDermond-S., Niki	Centennial	7-00.00
18 Dekko, Kara	Mahtomedi	7-00.00
19 Weber, Bethann	North	7-00.00
20 Hensley, Mariah	North	7-00.00
21 Larson, Trista	North	6-00.00
21 Holm, Katie	Mahtomedi	6-00.00
21 Walker, Sarah	Centennial	6-00.00
--- Osterheim, Hannah	Blaine	NH

Girls Long Jump Girls

Name	School	Finals
1 Bilderback, Kayla	Centennial	16-06.75
2 Murphey, Nicole	Blaine	16-06.25
3 Schmidt, Rebecca	White Bear Lake	16-03.00
4 Holmberg, Kelsey	Cambridge-Isanti	15-04.25
5 Douglass, Sarah	Cambridge-Isanti	15-01.25
6 Kroschel, Skyle	Stillwater	15-00.00
7 Buberl, Hailey	Stillwater	14-09.75
8 Murphey, Gabrielle	North	14-08.75
9 Gapp, Sara	White Bear Lake	14-06.50
10 Pieper, Brittany	Mahtomedi	14-06.50
11 Springer, Jessica	Forest Lake	14-05.25
12 Ramberg, Jessica	Forest Lake	14-05.00
13 Osborne, Leah	Blaine	14-04.75

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(Girls Long Jump Girls)

Name	School	Finals
14 Shryer, Maja	White Bear Lake	14-04.50
15 Miller, Moriah	Centennial	14-03.75
16 Johnson, Natalie	Stillwater	14-02.75
17 Kalk, Rachel	Cambridge-Isanti	14-02.75
18 Maas, Jennifer	Mahtomedi	14-00.25
19 Kirchner, Krista	Forest Lake	14-00.00
20 Nester, Sara	Mahtomedi	13-09.75
21 Krepel, Kendra	North	13-06.50
22 Walker, Sarah	Centennial	13-04.00
23 Rozmark, Taylor	Blaine	13-03.00
24 Kennedy, Erin	North	12-01.50

Girls Triple Jump Girls

Name	School	Finals
1 Bilderback, Kayla	Centennial	34-07.50
2 Douglass, Sarah	Cambridge-Isanti	34-03.25
3 Gapp, Sara	White Bear Lake	34-03.25
4 Miller, Kristie	Forest Lake	34-00.00
5 Kalk, Rachel	Cambridge-Isanti	33-02.00
6 Furlong, Abigail	White Bear Lake	32-11.50
7 Stang, Cassie	Mahtomedi	32-09.75
8 Hawkins, Elizabeth	Blaine	32-05.25
9 Townley, Kirsten	White Bear Lake	32-02.75
10 Sampair, Scotti	Forest Lake	32-00.75
11 Dimke, Sydney	Blaine	31-11.00
12 Krepel, Kendra	North	31-09.50
13 de St. Aubin, Sarah	Stillwater	31-08.25
14 Murphey, Gabrielle	North	31-07.50
15 Pieper, Brittany	Mahtomedi	30-05.50
16 Pederson, Kelsey	Stillwater	30-05.00
17 Kennedy, Erin	North	29-10.00
18 Gilbertson, Nora	Stillwater	29-04.75
19 Wylie, Paxton	Blaine	29-04.50
20 Johnson, Delany	Mahtomedi	29-04.00
21 Larson, Natalie	Cambridge-Isanti	29-03.00
22 Crocker, Nicole	Centennial	28-05.00
23 Walker, Sarah	Centennial	27-00.25
--- Benson, Lynette	Forest Lake	ND

Girls Shot Put Girls

Name	School	Finals
1 Guenther, Samantha	White Bear Lake	36-11.00
2 Gillund, Tracie	Blaine	36-05.50
3 Culp, Becky	Centennial	36-05.00
4 Jergenson, Stephanie	Blaine	35-11.00
5 Nora, Audrey	Stillwater	35-10.00
6 Zajac, Haley	Mahtomedi	35-10.00
7 Lange, Gina	Forest Lake	35-02.50
8 Johnson, Amanda	Forest Lake	34-06.50
9 Young, Jordan	North	34-05.50
10 Johnston, Trysha	Blaine	34-00.00
11 Lacza, Airi	White Bear Lake	33-11.00
12 Holmes, Amy	Forest Lake	33-00.00

13 Buberl, Hailey	Stillwater	32-11.00
14 Winn, Laura	Mahtomedi	31-08.00
15 Buberl, Torie	Stillwater	31-06.00
16 Ngongong, Tatiana	Centennial	30-07.50
17 Lagoon, Courtney	Mahtomedi	30-04.00
18 Jennissen, Amanda	Cambridge-Isanti	30-03.00
19 Ngongong, Vivian	Centennial	30-02.00
20 Kirtland, Brynn	North	29-00.00
21 Guenther, Angela	White Bear Lake	28-01.50
22 Oberlander, Shana	Cambridge-Isanti	27-08.00
23 Shugren, Kara	Cambridge-Isanti	27-02.00
24 Kane, Amanda	North	26-11.50

Girls Discus Throw Girls

Name	School	Finals
1 Culp, Becky	Centennial	135-07
2 Zajac, Haley	Mahtomedi	121-11
3 Buberl, Hailey	Stillwater	114-08
4 Guenther, Samantha	White Bear Lake	114-07
5 Jergenson, Stephanie	Blaine	105-11
6 Gillund, Tracie	Blaine	103-07
7 Winn, Laura	Mahtomedi	100-07
8 Zajac, Jocey	Mahtomedi	98-10
9 Lacza, Airi	White Bear Lake	95-07
10 Daninger, Erin	Forest Lake	94-10
11 Guenther, Angela	White Bear Lake	94-04
12 Young, Shawna	Cambridge-Isanti	93-01
13 Young, Jordan	North	90-09
14 Swanson, Ellen	North	88-07
15 Ngongong, Tatiana	Centennial	87-08
16 Kamps, Heather	Stillwater	84-07
17 Finn, Caitlin	Stillwater	82-09
18 Johnston, Trysha	Blaine	82-00
19 Kirtland, Brynn	North	78-06
20 Selg, Gabrielle	Forest Lake	76-05
21 Jennissen, Amanda	Cambridge-Isanti	73-05
22 Holmes, Amy	Forest Lake	69-06
23 Treichel, Savanna	Cambridge-Isanti	69-05
24 Pack, Lauren	Centennial	59-04

Boys 100 Meter Dash Boys

Name	School	Finals
1 Tester, Brandon	Forest Lake	10.94
2 Cicchese, Joe	North	11.12
3 Blaser, Dan	Forest Lake	11.31
4 Dahl, Keith	Centennial	11.34
5 Steiner, Chuck	White Bear Lake	11.40
6 Glasgow, Matt	White Bear Lake	11.47
7 Jefferson, Ty	Mahtomedi	11.52
8 McCoy, John	White Bear Lake	11.54
9 Wilson, Derek	Blaine	11.64
10 McKenna, Lee	North	11.69
11 Helsten, Connor	Stillwater	11.71
11 Tambe, Ayuk	Blaine	11.71
13 Guild, Michael	Stillwater	11.79

Minnesota State True Team
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(Boys 100 Meter Dash Boys)

Name	School	Finals
13 Buerkle, Mark	Forest Lake	11.79
15 Rusin, Nick	Blaine	11.81
15 Tessier, Andrew	Mahtomedi	11.81
17 Cunningham, Derek	Cambridge-Isanti	11.82
18 Jungbauer, Henry	Mahtomedi	11.85
19 Heifort, Jake	North	11.89
20 Holmberg, Joe	Cambridge-Isanti	11.95
21 Graebner, Sam	Stillwater	11.97
22 Christensen, Dane	Centennial	12.08
23 Monroe, Spencer	Cambridge-Isanti	12.21
24 Ecklund, Patrick	Centennial	12.23

Boys 200 Meter Dash Boys

Name	School	Finals
1 Falzone, Frank	Stillwater	22.61
2 Steiner, Chuck	White Bear Lake	22.96
3 Cicchese, Joe	North	22.97
4 Olson, Ryan	White Bear Lake	23.08
5 Blaser, Dan	Forest Lake	23.14
6 McCoy, John	White Bear Lake	23.35
7 Jefferson, Ty	Mahtomedi	23.53
8 Tester, Brandon	Forest Lake	23.54
9 Nielson, Josh	Forest Lake	23.58
10 Zrust, Mike	Blaine	23.64
11 Wilson, Derek	Blaine	23.83
11 Helsten, Connor	Stillwater	23.83
13 Matrious, Ryan	Centennial	24.03
14 Tessier, Andrew	Mahtomedi	24.09
15 Kitzerow, Alex	Centennial	24.16
16 McKenna, Lee	North	24.27
17 Moley, Steven	Mahtomedi	24.28
18 Sarvela, Brian	Centennial	24.29
19 Tambe, Ayuk	Blaine	24.47
20 Ostrom, Garret	Stillwater	24.58
21 Heifort, Jake	North	24.61
22 Daniels, Kish	Cambridge-Isanti	25.19
23 Estes, Josh	Cambridge-Isanti	25.24
24 Monroe, Spencer	Cambridge-Isanti	25.29

Boys 400 Meter Dash Boys

Name	School	Finals
1 Falzone, Frank	Stillwater	50.20
2 Nielson, Josh	Forest Lake	51.03
3 Gebeke, Eric	White Bear Lake	51.86
4 Zrust, Mike	Blaine	52.03
5 Buerkle, Mark	Forest Lake	52.48
6 Yochim, Derek	Blaine	52.63
7 Pearson, Branden	Blaine	52.78
8 Swanson, Patrick	Stillwater	53.13
9 New, Mitch	Forest Lake	53.25
10 Steiner, Chuck	White Bear Lake	53.43
11 Mercer, Sean	North	53.66
12 Metz, Christian	Cambridge-Isanti	53.78

13 Herringer, Nick	White Bear Lake	53.80
14 Slagle, Adam	North	54.13
15 Harvieux, Paxton	Stillwater	54.77
16 Carlson, Tyler	Mahtomedi	54.78
17 Lewis, Jesse	Mahtomedi	54.87
18 Kitzerow, Alex	Centennial	55.20
19 Rawleigh, Aaron	Centennial	55.97
20 Schuster, Blake	Mahtomedi	56.07
21 Gilbreath, Michael	Centennial	56.64
22 Kleppe, Sam	North	56.72
23 Stewart, Zach	Cambridge-Isanti	56.77
24 Codner, Adam	Cambridge-Isanti	57.02

Boys 800 Meter Run Boys

Name	School	Finals
1 Brochman, Brian	Stillwater	2:01.18
2 Moen, Nate	Forest Lake	2:01.71
3 Tilleskjor, Weijing	Centennial	2:02.19
4 Haecherl, Matt	White Bear Lake	2:02.66
5 Gregory, Ryan	Mahtomedi	2:04.58
6 Hauswirth, Justin	White Bear Lake	2:04.91
7 Davenport, Tanner	Blaine	2:05.26
8 Carlsgaard, Zak	Mahtomedi	2:05.27
9 Orth, Andrew	Forest Lake	2:05.28
10 Weigel, Justin	Forest Lake	2:06.88
11 Kremer, Dan	Blaine	2:07.10
12 Prendo, Brett	Stillwater	2:07.26
13 Bailey, Rio	Stillwater	2:07.93
14 Peterson, Ryan	Centennial	2:08.30
15 Gjerdie, Chad	White Bear Lake	2:08.52
16 Brown, Ryan	Centennial	2:10.35
17 Bostrom, Derek	Blaine	2:10.38
18 Olawsky, Steve	North	2:11.24
19 Jones, Steve	Cambridge-Isanti	2:11.42
20 Westerberg, Sam	Cambridge-Isanti	2:11.57
21 Krueger, Joel	North	2:12.67
22 Frederick, Andy	Cambridge-Isanti	2:13.24
23 Peterson, Ryan	North	2:13.28
24 Kirkland, Ryan	Mahtomedi	2:14.57

Boys 1600 Meter Run Boys

Name	School	Finals
1 Nichols, Ryan	Stillwater	4:34.30
2 Moen, Nate	Forest Lake	4:34.33
3 Struntz, Bill	White Bear Lake	4:36.63
4 Waldoch, Zach	Forest Lake	4:38.83
5 Westerberg, Sam	Cambridge-Isanti	4:42.19
6 Meuwissen, Matt	White Bear Lake	4:44.36
7 Koser, Shane	Blaine	4:45.94
8 Young, Tyler	White Bear Lake	4:46.76
9 Linner, Tom	Stillwater	4:46.96
10 Kremer, Dan	Blaine	4:49.02
11 Wright, Ryan	Forest Lake	4:49.03
12 Brintz, Zach	Centennial	4:49.43
13 Neaton, Kirby	Mahtomedi	4:49.51

Minnesota State True Team
Section 5 AAA - Track & Field Championship
White Bear Lake, Minnesota - 5/5/2009

Results

(Boys 1600 Meter Run Boys)

Name	School	Finals
14 Nurie, Kadiro	Blaine	4:53.45
15 Hanson, Gabe	Stillwater	4:54.75
16 Foster, Nathan	North	4:55.22
17 Treichel, Jered	Cambridge-Isanti	4:58.55
18 Kirkland, Ryan	Mahtomedi	4:58.83
19 Knickerbocker, Cal	Mahtomedi	4:59.69
20 Gill, Chris	North	5:00.96
21 Galligan, Trevor	Cambridge-Isanti	5:03.82
22 Sugden, Scott	Centennial	5:04.53
23 Books, Hunter	North	5:09.62
24 Metzmaker, Steve	Centennial	5:15.09

Boys 3200 Meter Run Boys

Name	School	Finals
1 Becker, Tom	North	9:38.29
2 Nichols, Ryan	Stillwater	9:44.73
3 Evans, Ryan	Centennial	9:50.76
4 Struntz, Bill	White Bear Lake	10:00.12
5 Meuwissen, Matt	White Bear Lake	10:09.90
6 Howe, Michael	Forest Lake	10:10.87
7 Zenk, Lucas	Stillwater	10:11.85
8 Waldoch, Zach	Forest Lake	10:13.37
9 Bartz, Trevor	White Bear Lake	10:16.02
10 Eifert, Billy	Cambridge-Isanti	10:16.91
11 Woetzel, Austin	Blaine	10:21.40
12 Allen, Joel	Cambridge-Isanti	10:21.66
13 Kruse, Patrick	Blaine	10:21.96
14 Jackson, Joe	Forest Lake	10:22.55
15 Neaton, Kirby	Mahtomedi	10:35.09
16 Koser, Shane	Blaine	10:35.86
17 Linner, Tom	Stillwater	10:38.75
18 Cariveau, Desmond	Cambridge-Isanti	10:53.73
19 Knickerbocker, Cal	Mahtomedi	10:56.00
20 Stangl, Jack	Mahtomedi	10:56.20
21 Merritt, Mike	North	10:58.67
22 Lindstrom, Jon	North	11:04.29
23 Goertzen, Chad	Centennial	11:10.33
24 Hyllsted, Weston	Centennial	11:42.06

Boys 110 Meter Hurdles Boys

Name	School	Finals
1 Pederson, Zach	White Bear Lake	15.01
2 Jans, Nate	White Bear Lake	15.09
3 Bolton, Adam	Mahtomedi	15.32
4 McKenzie, Charlie	Forest Lake	15.77
5 Gilbertson, Lewis	Mahtomedi	15.81
6 Leslie, Mike	Blaine	15.91
7 Davis, Marshall	Stillwater	15.97
8 Vance, Videl	White Bear Lake	16.23
9 Ackerman, David	Blaine	16.26
10 Turner, Kevin	Blaine	16.84
11 Kaufenberg, Peter	North	17.05
12 Ellingson, Davis	Stillwater	17.08

13 Miller, Sean	Forest Lake	17.09
14 Wathen, Gerald	Forest Lake	17.20
15 Kjeldahl, Dave	Mahtomedi	17.33
16 Boldt, Ben	Stillwater	17.40
17 Erding, Tyler	Centennial	17.41
18 Tilleskjoer, Weijing	Centennial	17.49
19 Wolfe, Jesse	Centennial	17.69
20 Andres, Matt	Cambridge-Isanti	17.92
21 Golla, Casey	Cambridge-Isanti	17.93
22 Blakey, John	Cambridge-Isanti	18.96
23 Ryan, James	North	19.16
24 Beigle, Luke	North	19.31

Boys 300 Meter Hurdles Boys

Name	School	Finals
1 Courtright, Aaron	Blaine	40.74
2 Pederson, Zach	White Bear Lake	41.21
3 Jans, Nate	White Bear Lake	41.30
4 Leslie, Mike	Blaine	41.45
5 Bolton, Adam	Mahtomedi	41.75
6 Davis, Marshall	Stillwater	42.07
7 Turner, Kevin	Blaine	42.35
8 McKenzie, Charlie	Forest Lake	43.12
9 Wathen, Gerald	Forest Lake	43.25
10 Richter, Mike	White Bear Lake	43.27
11 Golla, Casey	Cambridge-Isanti	43.94
12 Beigle, Luke	North	44.16
13 Gilbertson, Lewis	Mahtomedi	44.32
14 Miller, Sean	Forest Lake	44.37
15 Ellingson, Davis	Stillwater	44.38
16 Boldt, Ben	Stillwater	44.80
17 Kaufenberg, Peter	North	45.10
18 Wolfe, Jesse	Centennial	45.39
19 Andres, Matt	Cambridge-Isanti	45.40
20 Tilleskjoer, Weijing	Centennial	46.65
21 Davis, Joshua	Centennial	46.82
22 Blakey, John	Cambridge-Isanti	47.04
23 Mayer, Derek	Mahtomedi	47.39
24 Ryan, James	North	47.90

Boys 4x100 Meter Relay Boys

Team	Relay	Finals
1 Forest Lake		44.25
2 White Bear Lake		44.73
3 Blaine		45.45
4 Mahtomedi		45.60
5 Stillwater		45.67
6 Cambridge-Isanti		47.12
7 Centennial		48.59
--- North		DQ

Boys 4x200 Meter Relay Boys

Team	Relay	Finals
1 White Bear Lake		1:33.47
2 Centennial		1:34.09
3 Forest Lake		1:35.43

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(Boys 4x200 Meter Relay Boys)

Team	Relay	Finals
4 Blaine		1:35.45
5 Stillwater		1:35.64
6 Mahtomedi		1:36.49
7 Cambridge-Isanti		1:38.73
8 North		1:39.08

Boys 4x400 Meter Relay Boys

Team	Relay	Finals
1 Stillwater		3:26.93
2 Forest Lake		3:28.87
3 White Bear Lake		3:29.32
4 Blaine		3:29.47
5 Centennial		3:32.11
6 Mahtomedi		3:34.98
7 North		3:36.09
8 Cambridge-Isanti		3:43.00

Boys 4x800 Meter Relay Boys

Team	Relay	Finals
1 North		8:18.16
2 Stillwater		8:19.12
3 Forest Lake		8:23.48
4 Blaine		8:24.17
5 White Bear Lake		8:30.23
6 Centennial		8:38.66
7 Mahtomedi		8:40.93
8 Cambridge-Isanti		8:41.75

Boys High Jump Boys

Name	School	Finals
1 Lentsch, Griffin	Forest Lake	6-02.00
2 Sandor, Jake	Stillwater	6-00.00
2 Plain, James	Forest Lake	6-00.00
4 Schauvieller, Nathan	North	5-10.00
5 Olson, Ryan	White Bear Lake	5-08.00
5 Gebeke, Eric	White Bear Lake	5-08.00
7 Peters, Seth	Forest Lake	5-08.00
8 Ecklund, Patrick	Centennial	5-08.00
8 Turner, Kevin	Blaine	5-08.00
10 Gilbertson, Lewis	Mahtomedi	5-08.00
11 Baadsgaard, Jarrod	Blaine	5-08.00
12 Huhne, Tyler	Blaine	5-08.00
13 Johnson, Josh	Stillwater	J8.00
14 Sandquist, Eric	Stillwater	J5-06.00
15 Waalen, Isaac	Mahtomedi	J5-06.00
16 Whyte, Kyle	North	J5-06.00
17 Vance, Videll	White Bear Lake	J5-06.00
18 Thell, Kyle	Mahtomedi	J5-04.00
18 Svoboda, Pat	North	J5-04.00
20 Andersen, Caven	Centennial	J5-04.00
21 Dunbar, Aaron	Cambridge-Isanti	J5-02.00
21 Peterson, Ryan	Centennial	J5-02.00
--- Head, John	Cambridge-Isanti	NH
--- Kalk, Jordan	Cambridge-Isanti	NH

Boys Pole Vault Boys

Name	School	Finals
1 Alt, Rory	Forest Lake	13-00.00
2 Patraw, Dan	White Bear Lake	12-06.00
3 Davlin, Jeff	Blaine	12-06.00
4 Massey, Tyler	Forest Lake	12-06.00
5 Laing, David	Centennial	12-06.00
6 Volker, Mark	Cambridge-Isanti	12-00.00
6 Lueck, Matt	Blaine	12-00.00
6 Shepherd, Shane	White Bear Lake	12-00.00
6 Tilleskjoer, Weijing	Centennial	12-00.00
10 Anderson, Conner	Cambridge-Isanti	12-00.00
11 Colling, Tyler	Forest Lake	11-06.00
12 Ylonen, Brett	Stillwater	11-06.00
13 Strohbahn, Parker	White Bear Lake	11-06.00
14 Koerschnek, Nathan	Mahtomedi	11-00.00
15 Deveaux, Marcel	Blaine	11-00.00
16 Martinez, Andy	North	10-06.00
17 Sandor, Joey	Stillwater	10-06.00
18 Skibsted, Richard	Centennial	10-06.00
19 Severson, Ben	North	9-06.00
20 Dummer, Ben	Cambridge-Isanti	9-00.00
21 Uttley, Spencer	Mahtomedi	9-00.00
22 Perzichilli, Micah	North	8-00.00
22 Hagel, Alex	Stillwater	8-00.00
--- Linder, Joe	Mahtomedi	NH

Boys Long Jump Boys

Name	School	Finals
1 Metz, Christian	Cambridge-Isanti	21-06.75
2 Thibault, Cody	White Bear Lake	20-05.25
3 Matrious, Ryan	Centennial	20-05.00
4 Leslie, Mike	Blaine	20-02.25
5 Glasgow, Matt	White Bear Lake	20-00.00
6 Rusin, Nick	Blaine	19-08.75
7 McCoy, John	White Bear Lake	19-07.50
8 Buerkle, Mark	Forest Lake	19-05.75
9 Graebner, Sam	Stillwater	19-01.50
10 Kline, ERIC	Blaine	19-01.25
11 Moley, Steven	Mahtomedi	19-00.75
12 Guild, Michael	Stillwater	19-00.25
13 Braunig, Nick	Mahtomedi	18-10.75
14 Dahl, Keith	Centennial	18-10.50
15 Whyte, Kyle	North	18-07.00
16 Ristow, Brad	Forest Lake	18-04.25
17 Alt, Rory	Forest Lake	18-01.75
18 Jungbauer, Henry	Mahtomedi	17-06.25
19 Poradek, Nate	North	17-05.50
20 Monroe, Spencer	Cambridge-Isanti	17-04.50
21 Baglio, Jack	Stillwater	17-03.75
22 Svoboda, Pat	North	16-09.75
23 Erding, Tyler	Centennial	16-08.75
24 Blakey, John	Cambridge-Isanti	15-06.75

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Boys Triple Jump Boys

Name	School	Finals
1 Plain, James	Forest Lake	42-09.75
2 Leslie, Mike	Blaine	42-06.00
3 Metz, Christian	Cambridge-Isanti	40-11.00
4 Lentsch, Griffin	Forest Lake	40-09.00
5 Thibault, Cody	White Bear Lake	40-08.75
6 Dahl, Keith	Centennial	40-00.75
7 Kjellberg, Jake	White Bear Lake	39-06.00
8 Harstad, Jeff	Blaine	39-03.50
9 Vanden Avond, Sean	Blaine	38-04.75
10 Gilbertson, Lewis	Mahtomedi	38-04.00
11 Sewall, Doug	Forest Lake	37-10.25
12 Swanson, Patrick	Stillwater	37-08.50
13 Harvieux, Paxton	Stillwater	37-04.50
14 Thell, Kyle	Mahtomedi	37-03.50
15 Dunbar, Aaron	Cambridge-Isanti	37-03.00
16 Glasgow, Matt	White Bear Lake	36-09.50
17 Thell, Bryan	Mahtomedi	36-01.50
18 Baglio, Jack	Stillwater	36-01.25
19 Eng, Chris	North	35-11.25
20 Schauvieller, Nathan	North	35-09.75
21 Bergerson, Jake	Centennial	35-09.50
22 Mann, Quentin	North	35-00.00
23 Andres, Matt	Cambridge-Isanti	34-02.50
--- Farrington, Jake	Centennial	ND

Boys Shot Put Boys

Name	School	Finals
1 Starr, Dijon	Blaine	56-07.50
2 Thienes, Nate	Mahtomedi	51-02.50
3 Roettger, John	Stillwater	50-08.50
4 Lepisto, Jacob	Forest Lake	49-09.25
5 Gavin, Travis	Blaine	48-06.00
6 Wallenbecker, Patryck	Blaine	47-05.50
7 Thell, Bryan	Mahtomedi	46-02.00
8 Foley, Creighton	Stillwater	46-01.00
9 Anderson, Kyle	Forest Lake	45-01.75
10 Grove, Dan	White Bear Lake	44-10.50
11 Lorsung, Jeff	Cambridge-Isanti	44-07.00
12 Radmonovich, Josh	Stillwater	44-04.00
13 Kliethermes, Dave	North	43-02.50
14 King, Brian	White Bear Lake	43-00.00
15 Longendyke, Donny	White Bear Lake	42-11.00
16 Christiansen, Will	North	41-11.75
17 Ginnis, Alexander	Forest Lake	41-10.00
18 Asmus, Kyle	Cambridge-Isanti	41-07.50
19 Schmidt, Shaun	Centennial	41-05.00
20 Dahlquist, Marcus	Cambridge-Isanti	41-02.50
21 Gorowsky, Robbie	Centennial	40-00.00
22 Moimoi, Gordon	Mahtomedi	39-10.00
23 Scheerer, Peter	Centennial	39-05.00
24 Tarvin, Matt	North	38-10.00

Boys Discus Throw Boys

Name	School	Finals
1 Omot, Aba	Mahtomedi	170-03
2 Starr, Dijon	Blaine	163-00
3 Gavin, Travis	Blaine	156-06
4 Asmus, Chris	Cambridge-Isanti	140-10
5 Roettger, John	Stillwater	138-00
6 Wallenbecker, Patryck	Blaine	137-11
7 Lepisto, Jacob	Forest Lake	135-06
8 Kliethermes, Dave	North	133-02
9 Thienes, Nate	Mahtomedi	130-05
10 Lane, Hayden	Forest Lake	128-07
11 Melby, Anders	Centennial	126-10
12 Thell, Bryan	Mahtomedi	125-07
13 Nielsen, William	White Bear Lake	121-02
14 Dunbar, Aaron	Cambridge-Isanti	120-09
15 Kuehn, Nick	Stillwater	119-11
16 Schmidt, Shaun	Centennial	118-07
17 Zitzer, Nick	North	118-03
18 Christiansen, Will	North	115-00
19 Cox, Julian	White Bear Lake	114-06
20 Gorowsky, Robbie	Centennial	113-04
21 Grove, Dan	White Bear Lake	112-01
22 Beaufeaux, Nate	Cambridge-Isanti	107-08
23 Wick, John	Forest Lake	94-06
--- Foley, Creighton	Stillwater	ND

Women - Girls - Team Rankings - 18 Events Scored

1) White Bear Lake	797.5
2) Stillwater	756.5
3) Blaine	627.5
4) Mahtomedi	560
5) Centennial	534.5
6) Forest Lake	504
7) North	502.5
8) Cambridge-Isanti	480.5

Men - Boys - Team Rankings - 18 Events Scored

1) White Bear Lake	822.5
2) Forest Lake	821
3) Blaine	778.5
4) Stillwater	656.5
5) Mahtomedi	526
6) Centennial	423.5
7) North	391
8) Cambridge-Isanti	347