

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

**Results**

**Event 2 Boys 4x800 Meter Relay Boys**

Team	Relay	Finals
<b>Finals</b>		
1	Canby/Minneota*	8:49.48
2	Chatfield	8:49.69
3	Lcwm-Nicollet*	9:01.84
4	Maple Lake	9:06.47
5	Hawley/Ulen-	9:07.74
6	Murray County Central	9:24.30
7	Concordia Ac	9:52.19
8	Crookston	10:09.72

**Event 4 Boys 110 Meter Hurdles Boys**

Name	Yr	School	Finals
<b>Finals</b>			
1	Imlay, Jarret	11 Lcwm-Nicolle	15.42
2	Haffner, Nick	11 Chatfield	16.24
3	Moe, Gavin	11 Hawley/Ulen-	16.96
4	Porch, Mitch	11 Concordia Ac	17.09
5	Barker, Josh	12 Lcwm-Nicolle	17.53
6	Boy, 2	Murray County C	17.72
7	Hendrickson, Issac	10 Maple Lake	17.77
8	Winkelman, Ben	10 Maple Lake	17.95
9	Falk, Josh	11 Concordia Ac	18.27
10	Boy 2, Crookston	Crookston	18.43
11	Teeples, Eric	11 Hawley/Ulen-	18.45
12	Boy 1, Crookston	Crookston	18.85
13	Haffner, Alex	9 Chatfield	19.01
14	Sotek, Jiri	11 Canby/Minneo	19.22
15	Boy, 1	Murray County C	19.27
16	Longhenry, Travis	12 Canby/Minneo	20.05

**Event 6 Boys 100 Meter Dash Boys**

Name	Yr	School	Finals
<b>Finals</b>			
1	Murphy, Sean	11 Lcwm-Nicolle	11.32
2	Ness, Cody	12 Canby/Minneo	11.34
3	Swedzinski, Andrew	11 Canby/Minneo	11.44
4	Boy, 2	Murray County C	11.55
5	Meixell, Nate	11 Lcwm-Nicolle	11.82
6	Julian, Jesse	11 Chatfield	11.92
6	Boy 2, Crookston	Crookston	11.92
8	Tensaie, Baeza	10 Concordia Ac	11.95
9	Boy, 1	Murray County C	12.08
10	Bjorndahl, Nick	11 Hawley/Ulen-	12.15
11	Heck, Connor	10 Concordia Ac	12.23
12	Benike, Jeremy	11 Chatfield	12.28
13	Stevens, Dillon	12 Hawley/Ulen-	12.38
14	Goelz, Jordan	12 Maple Lake	12.39
15	Puncochar, Jesse	12 Maple Lake	12.41
16	Boy 1, Crookston	Crookston	13.89

**Event 8 Boys 4x200 Meter Relay Boys**

Team	Relay	Finals
<b>Finals</b>		
1	Hawley/Ulen-	1:36.35
2	Canby/Minneota*	1:36.79
3	Lcwm-Nicollet*	1:37.28
4	Concordia Ac	1:37.34
5	Crookston	1:38.83
6	Chatfield	1:39.22
7	Maple Lake	1:39.90
8	Murray County Central	1:41.01

**Event 10 Boys 1600 Meter Run Boys**

Name	Yr	School	Finals
<b>Finals</b>			
1	Zeller, Steven	11 Concordia Ac	4:41.60
2	Stoks, Nick	10 Canby/Minneo	4:48.21
3	Dorow, Greg	10 Maple Lake	4:49.23
4	Paulson, Alex	11 Chatfield	4:53.50
5	Knox, Caleb	11 Concordia Ac	4:55.98
6	Boy, 1	Murray County C	4:56.95
7	Voigt, Ben	12 Chatfield	5:03.20
8	Becker, Danny	10 Maple Lake	5:05.44
9	Herauf, Austin	9 Hawley/Ulen-	5:05.94
10	Lacek, Terrence	11 Canby/Minneo	5:12.09
11	Boy 2, Crookston	Crookston	5:14.59
12	Bernau, Stephen	11 Lcwm-Nicolle	5:28.73
13	Olson, Jordan	11 Hawley/Ulen-	5:29.31
14	Kjeldahl, Wyatt	10 Lcwm-Nicolle	5:31.76
15	Boy, 2	Murray County C	5:41.03
16	Boy 1, Crookston	Crookston	5:46.51

**Event 12 Boys 4x100 Meter Relay Boys**

Team	Relay	Finals
<b>Finals</b>		
1	Hawley/Ulen-	45.82
2	Lcwm-Nicollet*	46.61
3	Concordia Ac	46.65
4	Crookston	46.81
5	Maple Lake	47.24
6	Chatfield	47.35
7	Canby/Minneota*	49.52
8	Murray County Central	51.62

**Event 14 Boys 400 Meter Dash Boys**

Name	Yr	School	Finals
<b>Finals</b>			
1	Salveson, Kevin	11 Maple Lake	51.88
2	Boy, 1	Murray County C	53.03
3	Cheadle, Jacob	12 Canby/Minneo	53.39
4	Ness, Cody	12 Canby/Minneo	53.55
5	Murphy, Sean	11 Lcwm-Nicolle	53.81
6	Chase, Than	12 Chatfield	54.00
7	Wibe, Adam	12 Hawley/Ulen-	54.32

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**Finals ... (Event 14 Boys 400 Meter Dash Boys)**

Name	Yr	School	Finals
8 Julian, Jesse	11	Chatfield	54.71
9 Coughlin, Forrest	11	Maple Lake	55.03
10 Boy, 2		Murray County C	55.23
11 Brocker, Corbin	11	Lcwm-Nicolle	57.01
12 Boy 2, Crookston		Crookston	58.28
13 Boy 1, Crookston		Crookston	61.55
14 Carlson, Nick	10	Hawley/Ulen-	61.82
15 Cullen, David	9	Concordia Ac	67.54

**Event 16 Boys 300 Meter Hurdles Boys**

Name	Yr	School	Finals
<b>Finals</b>			
1 Haffner, Nick	11	Chatfield	43.82
2 Winkelman, Ben	10	Maple Lake	44.51
3 Brundridge, Bradee	11	Chatfield	45.03
4 Allums, Quentin	11	Concordia Ac	45.07
5 Barker, Josh	12	Lcwm-Nicolle	45.38
6 Hendrickson, Issac	10	Maple Lake	45.42
7 Moe, Gavin	11	Hawley/Ulen-	45.90
8 Boy 1, Crookston		Crookston	45.96
9 Imlay, Jarret	11	Lcwm-Nicolle	46.06
10 Teeples, Philip	9	Hawley/Ulen-	46.86
11 Beasy, Jake	10	Concordia Ac	46.92
12 Boy 2, Crookston		Crookston	47.38
13 Citrowske, Cedric	11	Canby/Minneo	47.55
14 Brusven, Zach	12	Canby/Minneo	48.55
15 Boy, 1		Murray County C	49.25
16 Boy, 2		Murray County C	49.65

**Event 18 Boys 800 Meter Run Boys**

Name	Yr	School	Finals
<b>Finals</b>			
1 Johnson, Josh	11	Chatfield	2:07.15
2 Voigt, Ben	12	Chatfield	2:08.29
3 Hinrichs, Keifer	11	Hawley/Ulen-	2:11.00
4 Frolek, Nick	12	Hawley/Ulen-	2:12.80
5 Pauman, Wes	12	Maple Lake	2:13.27
6 Moldenhauer, Drew	11	Concordia Ac	2:13.39
7 Wilking, Derek	11	Lcwm-Nicolle	2:13.63
8 Jessen, Luke	12	Canby/Minneo	2:13.64
9 Vershelde, Ryan	12	Canby/Minneo	2:13.87
10 Boy 1, Crookston		Crookston	2:14.00
11 Boy, 1		Murray County C	2:14.12
12 Thomas, Michael	11	Maple Lake	2:16.19
13 Boy, 2		Murray County C	2:19.31
14 Bindig, Brad	12	Lcwm-Nicolle	2:22.02
15 Vallin, Joe	9	Concordia Ac	2:26.86
16 Boy 2, Crookston		Crookston	2:27.52

**Event 20 Boys 200 Meter Dash Boys**

Name	Yr	School	Finals
<b>Finals</b>			
1 Boy, 2		Murray County C	23.01

2 Murphy, Sean	11	Lcwm-Nicolle	23.39
3 Salveson, Kevin	11	Maple Lake	23.59
4 Julian, Jesse	11	Chatfield	23.82
5 Swedzinski, Andrew	11	Canby/Minneo	23.95
6 Boy, 1		Murray County C	24.33
7 Cheadle, Jacob	12	Canby/Minneo	24.51
8 Stover, Peter	10	Concordia Ac	24.53
9 Benike, Jeremy	11	Chatfield	24.57
10 Goelz, Jordan	12	Maple Lake	24.75
11 Bode, Blake	12	Lcwm-Nicolle	24.89
12 Tensaie, Baeza	10	Concordia Ac	24.98
13 Boy 1, Crookston		Crookston	25.48
14 Ames, Alex	10	Hawley/Ulen-	25.61
15 Aakre, Shaun	9	Hawley/Ulen-	27.95
16 Boy 2, Crookston		Crookston	28.20

**Event 22 Boys 3200 Meter Run Boys**

Name	Yr	School	Finals
<b>Finals</b>			
1 Zeller, Steven	11	Concordia Ac	10:18.87
2 Stoks, Nick	10	Canby/Minneo	10:21.12
3 Knox, Caleb	11	Concordia Ac	11:02.03
4 Boy 1, Crookston		Crookston	11:06.91
5 Dorow, Greg	10	Maple Lake	11:11.40
6 Becker, Danny	10	Maple Lake	11:12.78
7 Friedrich, Justin	9	Chatfield	11:17.33
8 Paulson, Alex	11	Chatfield	11:18.34
9 Klingfus, Sam	12	Hawley/Ulen-	11:23.96
10 Bernau, Stephen	11	Lcwm-Nicolle	11:32.81
11 Roth, John	7	Lcwm-Nicolle	11:40.72
12 Johansen, Wyatt	9	Canby/Minneo	11:43.34
13 Bencker, Brandon	12	Hawley/Ulen-	12:15.87
14 Boy 2, Crookston		Crookston	12:26.71
15 Boy, 1		Murray County C	12:30.45
16 Boy, 2		Murray County C	13:08.22

**Event 24 Boys 4x400 Meter Relay Boys**

Team	Relay	Finals
<b>Finals</b>		
1 Hawley/Ulen-		3:34.74
2 Maple Lake		3:40.06
3 Canby/Minneota*		3:41.90
4 Chatfield		3:43.17
5 Lcwm-Nicollet*		3:43.73
6 Concordia Ac		3:44.58
7 Murray County Central		3:46.25
8 Crookston		4:20.82

**Event 26 Boys Long Jump Boys**

Name	Yr	School	Finals
<b>Finals</b>			
1 Guffey, Evan	10	Lcwm-Nicolle	20-02.00
2 Brundridge, Bradee	11	Chatfield	20-00.50
3 Murphy, Sean	11	Lcwm-Nicolle	19-08.75
4 Hinrichs, Keifer	11	Hawley/Ulen-	19-08.00

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**Finals ... (Event 26 Boys Long Jump Boys)**

Name	Yr	School	Finals
5 Webb, Charlie	10	Maple Lake	19-05.00
6 Paluch, Dan	12	Canby/Minneo	19-00.00
7 Cheadle, Jacob	12	Canby/Minneo	18-10.50
8 Boy, 1		Murray County C	18-08.25
9 Julian, Jesse	11	Chatfield	18-06.50
10 Coughlin, Forrest	11	Maple Lake	18-04.50
11 Boy, 2		Murray County C	18-00.50
12 Pekas, Brady	11	Hawley/Ulen-	18-00.25
13 Boy 2, Crookston		Crookston	16-11.50
14 Friberg, Christian	10	Concordia Ac	16-03.50
15 Boy 1, Crookston		Crookston	16-02.75

**Event 28 Boys Triple Jump Boys**

Name	Yr	School	Finals
1 Imlay, Jarret	11	Lcwm-Nicolle	41-05.25
2 Bode, Blake	12	Lcwm-Nicolle	40-06.75
3 Feikema, Nick	10	Maple Lake	40-05.00
4 Teeples, Eric	11	Hawley/Ulen-	39-08.75
5 Verschelde, Ryan	12	Canby/Minneo	38-11.00
6 Porch, Mitch	11	Concordia Ac	38-08.50
7 Brundridge, Bradee	11	Chatfield	38-08.00
7 Boy, 1		Murray County C	38-08.00
9 Mooney, Joey	11	Maple Lake	36-08.50
10 Moe, Gavin	11	Hawley/Ulen-	36-08.25
11 Paluch, Dan	12	Canby/Minneo	36-05.50
12 Allums, Quentin	11	Concordia Ac	36-04.50
13 Wondrow, Tyler	10	Chatfield	35-11.50
14 Boy, 2		Murray County C	35-08.00
15 Boy 1, Crookston		Crookston	35-04.50
16 Boy 2, Crookston		Crookston	31-01.75

**Event 30 Boys High Jump Boys**

Name	Yr	School	Finals
1 Hendrickson, Issac	10	Maple Lake	5-10.00
1 Teeples, Eric	11	Hawley/Ulen-	5-10.00
3 Imlay, Jarret	11	Lcwm-Nicolle	5-08.00
3 Mooney, Joey	11	Maple Lake	5-08.00
3 Paluch, Dan	12	Canby/Minneo	5-08.00
3 Boy 2, Crookston		Crookston	5-08.00
7 Niemeyer, Blaise	10	Chatfield	5-06.00
7 Wondrow, Tyler	10	Chatfield	5-06.00
7 Hesser, Lucas	10	Lcwm-Nicolle	5-06.00
7 Boy, 1		Murray County C	5-06.00
11 Teeples, Philip	9	Hawley/Ulen-	5-04.00
12 Allums, Quentin	11	Concordia Ac	5-02.00
13 Beasy, Jake	10	Concordia Ac	5-00.00
14 Boy, 2		Murray County C	4-10.00
15 Citrowske, Cedric	11	Canby/Minneo	4-08.00
15 Boy 1, Crookston		Crookston	4-08.00

**Event 32 Boys Pole Vault Boys**

Name	Yr	School	Finals
1 Porch, Mitch	11	Concordia Ac	12-00.00
2 Friberg, Christian	10	Concordia Ac	10-00.00
2 Boy 1, Crookston		Crookston	10-00.00
4 Grover, Tyler	11	Chatfield	9-06.00
4 Haffner, Nick	11	Chatfield	9-06.00
4 Loftis, Jon	12	Maple Lake	9-06.00
4 Hruby, Justin	11	Lcwm-Nicolle	9-06.00
4 Boy 2, Crookston		Crookston	9-06.00
9 Klingfus, Sam	12	Hawley/Ulen-	9-00.00
9 Wilking, Derek	11	Lcwm-Nicolle	9-00.00
9 Herauf, Austin	9	Hawley/Ulen-	9-00.00
12 Citrowske, Levi	10	Canby/Minneo	8-00.00
12 Deslauriers, Billy	7	Canby/Minneo	8-00.00
12 Cranston, D.J.	10	Maple Lake	8-00.00
15 Boy, 1		Murray County C	7-06.00
16 Boy, 2		Murray County C	7-00.00

**Event 34 Boys Shot Put Boys**

Name	Yr	School	Finals
1 Zalesky, Nic	11	Lcwm-Nicolle	48-09.75
2 Boy 1, Crookston		Crookston	46-05.00
3 Boy, 1		Murray County C	45-01.00
4 Meixell, Nate	11	Lcwm-Nicolle	42-06.25
5 Boy 2, Crookston		Crookston	41-01.00
6 Dahlgren, Kris	12	Maple Lake	40-04.00
7 Schultz, Mike	12	Chatfield	39-07.00
8 Paulson, David	10	Concordia Ac	39-05.75
9 LaPlante, Jayme	9	Chatfield	39-05.50
10 Boy, 2		Murray County C	39-05.00
11 Longhenry, Travis	12	Canby/Minneo	38-03.00
12 Goodrich, Ben	12	Concordia Ac	37-08.75
13 Hudek, Ben	10	Maple Lake	37-07.50
14 Violet, Cassidy	11	Hawley/Ulen-	37-01.50
15 Christianson, Jeff	10	Hawley/Ulen-	36-10.75
16 Kraus, Wyatt	10	Canby/Minneo	35-05.00

**Event 36 Boys Discus Throw Boys**

Name	Yr	School	Finals
1 Boy, 1		Murray County C	133-01
2 Schultz, Mike	12	Chatfield	132-09
3 LaPlante, Jayme	9	Chatfield	131-09
4 Boy, 2		Murray County C	125-05
5 Giere, Weston	11	Hawley/Ulen-	118-11
6 Rudenick, Taylor	11	Lcwm-Nicolle	117-11
7 Salveson, Kevin	11	Maple Lake	117-09
8 Zalesky, Nic	11	Lcwm-Nicolle	114-11
9 Davis, Nick	11	Maple Lake	112-04
10 Longhenry, Travis	12	Canby/Minneo	109-11
11 Brusven, Zach	12	Canby/Minneo	109-07.50

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**Finals ... (Event 36 Boys Discus Throw Boys)**

	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Finals</b>
12	Paulson, David	10	Concordia Ac	106-02
12	Boy 2, Crookston		Crookston	106-02
14	Weingarth, Riley	11	Concordia Ac	105-04
15	Boy 1, Crookston		Crookston	103-10
16	Stumbo, Taylor	10	Hawley/Ulen-	102-10

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

1)	LCWM-Nicollet*	367
2)	Chatfield	355
3)	Maple Lake	329
4)	Canby/Minneota*	298
5)	Hawley/Ulen-Hitterdal*	292.5
6)	Concordia Academy-Roseville	270
7)	MURRAY COUNTY CENTRAL	225
8)	Crookston	197.5