

**MCAA Conference Championships - 5/13/2019 at St. Croix Prep**

Women - Team Rankings - 18 Events Scored

1) Spectrum	193	2) St Croix Preparatory Acad	127
3) New Life Academy of Woodbu	89	4) Legacy Christian Academy	81
5) Lester Prairie/Holy Trinit	50	6) West Lutheran	40
7) Trinity School at River Ri	27		

Men - Team Rankings - 18 Events Scored

1) Spectrum	281	2) St Croix Preparatory Acad	135
3) Legacy Christian Academy	48	4) Lester Prairie/Holy Trini	45
5) West Lutheran	36	6) New Life Academy of Woodb	30
7) Trinity School at River Ri	14		

Girls 100 Meter Dash

Conference: C 12.74 5/15/2018 Grace Scott, Southwest Christ  
 Facility: F 13.37 2019 Essence Boe, St. Croix Prep

Name	Year	School	Seed	Finals	H#	Points
Finals						
1 Haily Johnson	12	Spectrum	12.88	12.99F	3	10
2 Hannah George	11	New Life Academy	13.21	13.36F	3	8
3 Essence Boe	12	St Croix Prepara	13.37	13.48	3	6
4 Emily Bakken	12	New Life Academy	13.54	13.60	3	4
5 Zoe Freeby	8	Spectrum	14.23	14.18	3	3
6 Paige Heimerl	10	Lester Prairie/H	14.04	14.27	3	2
7 Emily O'Connell	12	Spectrum	14.31	14.53	3	1
8 Jaisa Nalick	8	Legacy Christian	14.39	14.55	3	
9 Emily Rademacher	11	Lester Prairie/H	14.75	14.60	2	
10 Alaina Jamison	12	Legacy Christian	15.11	14.72	2	
11 Anna Warmka	10	St Croix Prepara	14.49	14.93	2	
12 Anna Becker	7	Trinity School a	15.18	14.97	2	
13 Jayden Gray	10	Lester Prairie/H	15.10	15.04	2	
14 Lauren Erickson	10	Legacy Christian	15.77	15.80	2	
15 Eduarda Contreras Hill	11	St Croix Prepara	15.96	16.32	1	
16 Janine Libbus	7	Trinity School a	16.83	16.76	1	
17 Eliza Willard	7	Trinity School a	17.25	17.36	1	
18 Grace Kordus	9	West Lutheran	15.80	17.66	2	

Girls 200 Meter Dash

Conference: C 26.21 5/17/2016 Grace Scott, Southwest Christ  
 Facility: F 27.68 2019 Taylor Joa, St. Croix Prep

Name	Year	School	Seed	Finals	H#	Points
1 Haily Johnson	12	Spectrum	26.60	26.94F	3	10
2 Hannah George	11	New Life Academy	28.80	27.56F	3	8
3 Taylor Joa	11	St Croix Prepara	27.68	28.28	3	6
4 Emily Bakken	12	New Life Academy	28.91	28.84	3	4
28.834						
5 Elise Arps	10	West Lutheran	29.94	28.84	3	3
28.838						
6 Abby Rau	9	West Lutheran	30.18	29.62	3	2
7 Emily Rademacher	11	Lester Prairie/H	30.49	30.08	2	1
8 Abigail Klingelhofer	8	Spectrum	30.13	30.13	3	
9 Mckenna Kutz	10	Lester Prairie/H	30.46	30.71	2	
10 Alyson Hovda	11	Spectrum	30.60	30.91	2	
11 Jaisa Nalick	8	Legacy Christian	30.53	30.92	2	
12 Lindsey Austin	9	West Lutheran	30.60	31.10	2	

13	Brooke Heimerl	8	Lester Prairie/H	31.50	31.62	2
14	Clare Willson	8	Trinity School a	31.03	32.23	2
15	Alicia Guo	7	Trinity School a	32.01	32.69	2
16	Mariah Willard	7	Trinity School a	32.59	34.89	1
17	Alexsandra Sachajko	12	St Croix Prepara		36.80	1
--	Clara Trautmann	12	St Croix Prepara		DNS	1
--	Charissa Gee	8	Legacy Christian	28.15	DNS	3
--	Alyssa Danger	8	Legacy Christian		DNS	1

#### Girls 400 Meter Dash

Conference: C 59.92 5/17/2016 Grace Scott, Southwest Christ

Facility: F 1:03.65 2019 Robin Ahlquist, New Life

Name	Year	School	Seed	Finals	H#	Points
1	Haily Johnson	12	Spectrum	1:02.85	1:01.65F	2 10
2	Robin Ahlquist	12	New Life Academy	1:03.65	1:03.34F	2 8
3	Taylor Joa	11	St Croix Prepara	1:04.87	1:04.15	2 6
4	Adrienne Foell	10	Spectrum	1:05.24	1:04.54	2 4
5	Jayden Gray	10	Lester Prairie/H	1:08.28	1:08.13	2 3
6	Mckenna Kutz	10	Lester Prairie/H	1:09.23	1:09.50	2 2
7	Alia Hitchcock	10	Spectrum	1:12.41	1:11.33	2 1
8	Veronica Moran	7	Legacy Christian	1:12.73	1:11.63	1
9	Anna Westby	11	St Croix Prepara	1:11.70	1:11.67	2
10	Aliyah Givand	9	Legacy Christian	1:15.93	1:14.04	1
11	Corrin Charlson	10	West Lutheran	1:15.23	1:14.28	1
12	Ava Fritze	9	West Lutheran	1:17.00	1:15.21	1
13	Jenna Charlson	10	West Lutheran	1:16.90	1:15.33	1
14	Celia Witt	10	St Croix Prepara	1:12.84	1:15.88	1
15	Victoria Nosun	8	Trinity School a	1:24.92	1:25.77	1
--	Sophia McConnell	7	Legacy Christian		DNS	1

#### Girls 800 Meter Run

Conference: C 2:24.71 5/17/2016 Carly Scheuerman, St. Croix Prep

Facility: F 2:54.85 2019 Emily Erickson, Concordia

Name	Year	School	Seed	Finals	Points
1	Reanna Cruz	8	Legacy Christian	2:31.80F	10
2	Martha Bergley	11	Spectrum	2:36.09F	8
3	Makayla Harmer	9	Spectrum	2:42.06F	6
4	Nina Aberra	9	Spectrum	2:42.34F	4
5	Carly Hager	11	New Life Academy	2:49.56F	3
6	Aliyah Dubale	7	St Croix Prepara	2:52.79F	2
7	Isabel Cunningham	7	Trinity School a	2:54.34F	1
8	Jessa Heimerl	7	Lester Prairie/H	2:56.71	
9	Carissa Chute	8	Legacy Christian	3:00.94	
10	Sydney Sheehan	10	Lester Prairie/H	3:01.98	
--	Maisie Beagan	10	St Croix Prepara	DNS	
--	Dana Ellingson	9	Trinity School a	DNS	
--	Zoe Edlund	11	Lester Prairie/H	DNS	

#### Girls 1600 Meter Run

Conference: C 5:33.85 5/16/2017 Grace Ennis, Trinity

Facility: F 6:16.04 2019 Emily Erickson, Concordia

Name	Year	School	Seed	Finals	Points
1	Jessa Heimerl	7	Lester Prairie/H	5:43.80F	10
2	Molly Novotny	8	Spectrum	5:45.82F	8
3	Martha Bergley	11	Spectrum	5:49.21F	6
4	Bethany Boerner	8	West Lutheran	5:50.55F	4
5	Aliyah Dubale	7	St Croix Prepara	6:01.91F	3

6	Chloe Johnson	9	Legacy Christian	6:19.73	6:10.98F	2
7	Kayla Anderson	7	St Croix Prepara	6:20.01	6:16.65	1
8	Isabella Warren	8	Trinity School a	6:18.38	6:21.23	
9	Maria Flaherty	8	Legacy Christian	6:36.00	6:24.38	
10	Paige Heppner	7	Legacy Christian	6:49.00	6:30.98	
11	Kara Lee	9	Lester Prairie/H	6:23.77	6:52.59	
12	Faith Boerner	10	West Lutheran	6:05.00	6:53.32	
13	Kayley Hyland	11	New Life Academy	6:51.25	6:59.68	
14	Julia Fahrner	11	Spectrum	6:59.31	7:04.03	
15	McKenna Kjelskus	10	New Life Academy	6:47.12	7:05.76	
16	Lexie Denton	8	New Life Academy	7:07.80	7:29.27	

#### Girls 3200 Meter Run

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Conference: C 12:04.86		5/17/2016	Rebecca Wilkin, Trinity School			
Facility: F 15:55.99		2019	Jennae Curtis, St. Croix Prep			
Name	Year	School	Seed	Finals	Points	
=====						
1	Bethany Boerner	8	West Lutheran	13:00.00	12:56.55F	10
2	Molly Novotny	8	Spectrum	13:14.64	13:06.21F	8
3	Grace Beck	8	Spectrum	13:22.70	13:11.71F	6
4	Jennae Curtis	12	St Croix Prepara	16:02.75	13:38.59F	4
5	Reanna Cruz	8	Legacy Christian	13:45.00	14:16.44F	3
6	Kendra DeRosa	12	Legacy Christian	14:53.20	15:13.65F	2
7	Emily Hattling	8	Spectrum	14:51.61	16:16.32	1
--	Maria Flaherty	8	Legacy Christian	13:56.70	DNS	

#### Girls 100 Meter Hurdles

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Conference: C 15.99		5/16/2017	Lorna Bechtel, Spectrum			
Facility: F 18.19		2019	Taylor Lanners, St. Croix Prep			
Name	Year	School	Seed	Finals	Points	
=====						
1	Cecily Fager	8	Legacy Christian	18.40	17.93F	10
2	Taylor Lanners	12	St Croix Prepara	18.19	17.94F	8
3	Emma Wiering	11	St Croix Prepara	18.31	18.59	6
4	Alicia Moening	12	Spectrum	19.53	18.94	4
5	Lyse Yuqui-Luna	9	Spectrum	20.26	19.98	3
6	Annika Scheuerman	10	St Croix Prepara	20.76	20.48	2
7	Lexie Lemcke	8	Spectrum	24.29	24.23	1

#### Girls 300 Meter Hurdles

=====						
Conference: C 48.99		5/15/2018	Anna Frenz, Trinity School a			
Facility: F 52.35		2019	Taylor Lanners, St. Croix Prep			
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Taylor Lanners	12	St Croix Prepara	52.35	51.93F	2 10
2	Abbie Swenson	11	New Life Academy	52.91	52.88	2 8
3	Emma Wiering	11	St Croix Prepara	53.97	54.96	2 6
4	Bella Mork	8	Legacy Christian	1:03.26	56.16	1 4
5	Alicia Moening	12	Spectrum	57.75	56.49	2 3
6	Gabrielle Kappes	8	Spectrum	57.32	59.23	2 2
7	Lauren Erickson	10	Legacy Christian	1:00.27	1:00.72	2 1
8	McKenzie Alders	11	Spectrum	1:02.24	1:01.13	1
9	Annika Scheuerman	10	St Croix Prepara	1:01.35	1:01.54	2
10	Jessa Heimerl	7	Lester Prairie/H	1:03.05	1:02.51	1
11	Mariah Willard	7	Trinity School a		1:02.56	1
12	Katy Nguyen	10	Trinity School a	1:01.43	1:02.75	2

#### Girls 4x100 Meter Relay

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Conference: C 51.17		5/15/2018	Southwest Christian, Southwest Christ			

C Ertel, S Jones, L Richards, G Scott

Facility: F 53.87 2019 New Life, New Life

School	Seed	Finals	Points
1 New Life Academy of Woodbury 'A'	53.40	52.59F	10
1) Hannah George 11	2) Robin Ahlquist 12		
3) Emma Lindahl 11	4) Emily Bakken 12		
2 Spectrum 'A'	55.98	56.44	8
1) Gabrielle Kappes 8	2) Abigail Klingelhofer 8		
3) Zoe Freeby 8	4) Emily O'Connell 12		
3 Legacy Christian Academy 'A'	58.10	56.92	6
1) Carissa Chute 8	2) Lauren Erickson 10		
3) Hannah Johnson 12	4) Alaina Jamison 12		
4 St Croix Preparatory Academy 'A'	56.15	57.34	4
1) Celia Witt 10	2) Tess Jack 8		
3) Essence Boe 12	4) Anna Warmka 10		
5 West Lutheran 'A'		58.63	3
1) Lindsey Austin 9	2) Darya Gunderman 9		
3) Abby Rau 9	4) Elise Arps 10		
6 Trinity School at River Ridge 'A'	59.72	58.93	2
1) Anna Becker 7	2) Isabel Cunningham 7		
3) Ailish Koerpel 9	4) Clare Willson 8		
7 Lester Prairie/Holy Trinity 'A'	58.40	59.19	1
1) Lydia Leverich 10	2) Jayden Gray 10		
3) Ashley Forcier 11	4) Brooke Heimerl 8		

#### Girls 4x200 Meter Relay

Conference: C 1:52.88 5/17/2016 Legacy Christian Academy, Legacy Christian  
E Fischer, S Manske, L Conradi, N Makhnach

Facility: F 2:01.78 2019 Concordia, Concordia

School	Seed	Finals	Points
1 Legacy Christian Academy 'A'	2:00.26	2:00.69F	10
1) Charissa Gee 8	2) Cecily Fager 8		
3) Lauren Flansberg 9	4) Clare Moran 8		
2 Lester Prairie/Holy Trinity 'A'	2:00.45	2:00.94F	8
1) Paige Heimerl 10	2) Emily Rademacher 11		
3) Brooke Heimerl 8	4) Mckenna Kutz 10		
3 West Lutheran 'A'	2:10.00	2:01.21F	6
1) Abby Rau 9	2) Ava Fritze 9		
3) Lindsey Austin 9	4) Elise Arps 10		
4 New Life Academy of Woodbury 'A'	2:01.95	2:02.91	4
1) Emma Lindahl 11	2) Mide Ogundare 10		
3) Abby Olson 9	4) Cara Grohn 10		
5 St Croix Preparatory Academy 'A'	2:04.00	2:03.59	3
1) Emma Wiering 11	2) Anna Westby 11		
3) Annika Scheuerman 10	4) Anna Warmka 10		
6 Trinity School at River Ridge 'A'	2:06.16	2:07.00	2
1) Ailish Koerpel 9	2) Clare Willson 8		
3) Alicia Guo 7	4) Lily Jacobs 8		
-- Spectrum 'A'	1:54.37	DQ	Exchange 3-4
1) Gabrielle Kappes 8	2) Abigail Klingelhofer 8		
3) Zoe Freeby 8	4) Emily O'Connell 12		

#### Girls 4x400 Meter Relay

Conference: C 4:15.18 5/17/2016 Southwest Christian, Southwest Christ  
M Streed, S Henke, C Chase, G Scott

Facility: F 4:47.30 2019 St. Croix Prep, St. Croix Prep

School	Seed	Finals	Points
1 Spectrum 'A'	4:18.59	4:24.24F	10

1) Martha Bergley 11	2) Makayla Harmer 9			
3) Nina Aberra 9	4) Adrienne Foell 10	4:34.46	4:33.03F	8
2 New Life Academy of Woodbury 'A'				
1) Emma Lindahl 11	2) Mide Ogundare 10			
3) Abbie Swenson 11	4) Robin Ahlquist 12	4:39.11	4:37.99F	6
3 St Croix Preparatory Academy 'A'				
1) Taylor Joa 11	2) Kayla Anderson 7			
3) Tess Jack 8	4) Aliyah Dubale 7	4:41.58	4:48.47	4
4 Legacy Christian Academy 'A'				
1) Clare Moran 8	2) Veronica Moran 7			
3) Chloe Johnson 9	4) Reanna Cruz 8	4:47.12	4:52.41	3
5 Trinity School at River Ridge 'A'				
1) Lydia Brewer 9	2) Isabella Warren 8			
3) Lily Jacobs 8	4) Cassie Matthews 9	5:13.00	5:04.71	2
6 West Lutheran 'A'				
1) Corrin Charlson 10	2) Jenna Charlson 10			
3) Faith Boerner 10	4) Ava Fritze 9	4:40.20	5:09.67	1
7 Lester Prairie/Holy Trinity 'A'				
1) Ashley Forcier 11	2) Sophia Cruz 9			
3) Anna Litzau 10	4) Zoe Edlund 11			

#### Girls 4x800 Meter Relay

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Conference: C	10:02.40	5/17/2016	Trinity School, Trinity School		
			K Cunningham, K Michalak, C Howland, R Wilkin		
Facility: F	12:04.52	2019	Concordia, Concordia		
School			Seed	Finals	Points
=====					
1 Spectrum 'A'			10:56.22	11:29.20F	10
1) Grace Beck 8		2) Olivia Durushia 8			
3) Gabby Rinowski 9		4) McKenzie Alders 11			
2 Trinity School at River Ridge 'A'			11:46.83	11:53.98F	8
1) Lydia Brewer 9		2) Isabella Warren 8			
3) Dana Ellingson 9		4) Cassie Matthews 9			
3 Lester Prairie/Holy Trinity 'A'				12:08.48	6
1) Ashley Forcier 11		2) Zoe Edlund 11			
3) Sydney Sheehan 10		4) Kara Lee 9			
4 West Lutheran 'A'			12:00.00	12:10.42	4
1) Corrin Charlson 10		2) Jenna Charlson 10			
3) Darya Gunderman 9		4) Faith Boerner 10			
5 New Life Academy of Woodbury 'A'			12:38.60	12:33.78	3
1) Carly Hager 11		2) Kayley Hyland 11			
3) Lexie Denton 8		4) McKenna Kjelshus 10			
6 St Croix Preparatory Academy 'A'			12:40.72	12:59.29	2
1) Maisie Beagan 10		2) Jennae Curtis 12			
3) Elin Benson 8		4) Anja Krueger 10			

#### Girls High Jump

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Conference: C	5-02	5/16/2017	Lorna Bechtel, Spectrum		
Conference: C	5-02	5/15/2018	Olivia Witt, St Croix Prepara		
Facility: F	4-08	2019	Tess Jack, St. Croix Prep		
Name	Year	School	Seed	Finals	Points
=====					
1 Adrienne Foell	10	Spectrum	5-02.00	5-00.00F	10
2 Tess Jack	8	St Croix Prepara	4-08.00	4-08.00F	8
3 Cara Grohn	10	New Life Academy	4-08.00	4-04.00	6
4 Anna Davenport	12	St Croix Prepara	4-03.00	4-04.00	4
5 Cecily Fager	8	Legacy Christian	4-02.00	4-02.00	3
6 Abigail Klingelhofer	8	Spectrum	4-04.00	4-02.00	2
7 Kara Lee	9	Lester Prairie/H		3-10.00	1
-- Abby Rosell	8	St Croix Prepara	4-00.00	NH	
-- Lydia Leverich	10	Lester Prairie/H		NH	

-- Lexie Lemcke	8	Spectrum	4-02.00	NH
-- Abby Olson	9	New Life Academy	4-00.00	NH
-- Charissa Gee	8	Legacy Christian	4-04.00	DNS

#### Girls Pole Vault

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Conference: C	9-06	5/15/2018	Sidney Manske, Legacy Christian		
Conference: C	8-06	5/16/2017	Sidney Manske, Legacy Chris		
Facility: F	9-06	2019	Paige Winterfeldt, Concordia		
Name	Year	School	Seed	Finals	Points
=====					
1	Cecily Fager	8	Legacy Christian	9-06.00	9-06.00C 10
2	Alicia Moening	12	Spectrum	7-09.00	8-00.00 8
3	Emma Wiering	11	St Croix Prepara	6-00.00	6-06.00 5
3	Amelia McMullin	8	Legacy Christian	6-06.00	6-06.00 5
5	Sydney Mackenthun	8	Spectrum	6-00.00	6-00.00 3
--	Abby Rosell	8	St Croix Prepara		NH
--	Gabrielle Kappes	8	Spectrum	6-00.00	NH
--	Shayla Chuinard	8	Legacy Christian	6-06.00	DNS

#### Girls Long Jump

=====					
Conference: C	16-04	5/15/2018	Sydney Jones, Southwest Christ		
Facility: F	15-05	2019	Taylor Lanners, St. Croix Prep		
Name	Year	School	Seed	Finals	Points
=====					
1	Katy Nguyen	10	Trinity School a	14-11.25	14-06.50 10
2	Taylor Joa	11	St Croix Prepara	14-08.25	14-05.00 8
3	Alaina Jamison	12	Legacy Christian	13-04.50	14-00.00 6
4	Nina Aberra	9	Spectrum	14-07.50	13-11.00 4
5	Hannah Johnson	12	Legacy Christian	12-03.50	13-03.50 3
6	Paige Heimerl	10	Lester Prairie/H	14-03.00	13-03.25 2
7	Alicia Guo	7	Trinity School a	12-02.50	13-02.00 1
8	Cara Grohn	10	New Life Academy	13-11.00	13-01.00
8	Essence Boe	12	St Croix Prepara	13-09.00	13-01.00
10	Veronica Moran	7	Legacy Christian	12-08.00	13-00.50
11	Sydney Mackenthun	8	Spectrum	12-11.00	12-11.25
12	Abby Olson	9	New Life Academy	13-03.00	12-07.00
13	Mckenna Kutz	10	Lester Prairie/H	13-04.00	12-05.50
14	Lydia Leverich	10	Lester Prairie/H	12-03.00	12-05.25
15	Mekenna Johnson	9	Spectrum	12-07.00	11-11.00
16	Eliza Willard	7	Trinity School a	10-10.50	11-00.00
--	Abby Rau	9	West Lutheran	12-00.00	FOUL
--	Taylor Lanners	12	St Croix Prepara	15-05.00	FOUL

#### Girls Triple Jump

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Conference: C	35-08	5/16/2017	Olivia Witt, St Croix Pre		
Facility: F	33-04.50	2019	Taylor Lanners, St. Croix Prep		
Name	Year	School	Seed	Finals	Points
=====					
1	Taylor Lanners	12	St Croix Prepara	33-04.50	33-01.00 10
2	Adrienne Foell	10	Spectrum	29-00.00	32-03.50 8
3	Nina Aberra	9	Spectrum	31-08.00	31-01.50 6
4	Elise Arps	10	West Lutheran	30-04.00	30-11.50 4
5	Paige Heimerl	10	Lester Prairie/H	28-10.00	29-07.25 3
6	Zoe Freeby	8	Spectrum	29-07.00	28-00.50 2
7	Hannah Johnson	12	Legacy Christian	28-05.00	27-10.00 1
8	Brooke Heimerl	8	Lester Prairie/H	26-10.00	27-07.00
9	Sydney Sheehan	10	Lester Prairie/H	26-01.50	26-07.25
10	Kendra DeRosa	12	Legacy Christian	26-01.00	25-02.00
--	Darya Gunderman	9	West Lutheran		FOUL
--	Victoria Nosun	8	Trinity School a	20-01.50	FOUL

## Girls Shot Put

Conference: C 36-01 5/17/2016 Abbey Bakken, New Life Academy							
Facility: F 33-02 2019 Naomi Bunker, Concordia							
Name	Year	School	Seed	Finals	H#	Points	
1	Shayla Dellwo	12	Spectrum	30-10.00	31-00.50	2	10
2	Olivia Thomas	12	New Life Academy	28-11.00	28-05.50	2	8
3	Rebecca Fasching	9	Lester Prairie/H	28-06.50	27-06.00	2	6
4	Alecia Poppe	11	St Croix Prepara	26-03.00	26-10.00	2	4
5	Ellen Voiss	12	Spectrum	25-10.00	24-08.50	2	3
6	Maggie Menges	10	West Lutheran	24-07.00	24-06.00	2	2
7	Lauren Meyer	11	New Life Academy	25-03.00	23-10.00	2	1
8	Anna Davenport	12	St Croix Prepara		23-03.00	1	
9	Peighton Ruzicka	10	Lester Prairie/H	24-00.50	23-00.50	2	
10	Lyse Yuqui-Luna	9	Spectrum	23-08.00	22-08.50	1	
11	Celia Witt	10	St Croix Prepara	21-02.50	22-02.00	1	
12	Lana Schiebout	8	Legacy Christian		21-01.50	1	
13	Anna Stromberg	8	Legacy Christian	18-09.00	20-00.50	1	
14	Grace Kordus	9	West Lutheran	19-11.00	19-05.00	1	
--	Olani Aboro	7	New Life Academy	14-05.00	DNS	1	

## Girls Discus Throw

Conference: C 125-08 5/17/2016 Abbey Bakken, New Life Academy							
Facility: F 90-08 2019 Isabel Romay, Concordia							
Name	Year	School	Seed	Finals	H#	Points	
1	Alecia Poppe	11	St Croix Prepara	91-05	86-08	2	10
2	Alicia Moening	12	Spectrum	81-09	86-03	2	8
3	Lauren Meyer	11	New Life Academy	84-06	73-01	2	6
4	Rebecca Fasching	9	Lester Prairie/H	63-11	66-08	2	4
5	Anna Davenport	12	St Croix Prepara		64-03	1	3
6	Shayla Dellwo	12	Spectrum	73-04	62-07	2	2
7	Kendra DeRosa	12	Legacy Christian	53-06	58-06	1	1
8	Maggie Menges	10	West Lutheran	66-08	58-02	2	
9	Peighton Ruzicka	10	Lester Prairie/H	58-03	56-00	1	
10	Anna Warmka	10	St Croix Prepara	62-08	55-08	2	
10	Ellen Voiss	12	Spectrum	72-01	55-08	2	
12	Anna Stromberg	8	Legacy Christian	55-11	47-08	1	
13	Lana Schiebout	8	Legacy Christian		45-01	1	
14	Grace Kordus	9	West Lutheran	41-05	42-04	1	
--	Olani Aboro	7	New Life Academy	40-05	DNS	1	

## Boys 100 Meter Dash

Conference: C 11.48 5/15/2018 Zachary Ertel, Southwest Christ							
Facility: F 11.88 2019 William Nixon, St. Croix Prep							
Name	Year	School	Seed	Finals	H#	Points	
1	Elias Aberra	10	Spectrum	11.36	11.63F	2	10
2	William Nixon	12	St Croix Prepara	11.71	11.71F	2	8
3	Max Reis	9	Spectrum	12.14	12.09	2	6
4	Simon Mendoza	11	Lester Prairie/H	12.38	12.32	2	4
5	William Peteson	9	St Croix Prepara	12.59	12.46	2	3
12.452							
6	Calder Erickson	11	St Croix Prepara	12.35	12.46	2	2
12.455							
7	Brendan Perkins	9	Spectrum	12.44	12.56	2	1
8	Ethan Cline-Cole	10	Trinity School a		12.85	1	
9	Daniel Ruelas	10	Lester Prairie/H	13.38	13.13	1	
10	Charlie Block	8	Legacy Christian	13.42	13.23	1	13.221

11	Matthew Mendiola	9	Lester Prairie/H	13.10	13.23	2	13.224
12	Nyaga Kariuki	12	Trinity School a	13.69	13.87	1	
--	Caleb Pratt	10	Legacy Christian		DNS	1	
--	Josh Davie	8	Legacy Christian	13.87	DNS	1	

#### Boys 200 Meter Dash

=====							
Conference: C 23.08		5/15/2018	Zach Ertel, Southwest Christ				
Facility: F 23.61		2019	William Nixon, St. Croix Prep				
Name	Year	School	Seed	Finals	H#	Points	
=====							
1	Elias Aberra	10	Spectrum	23.59	23.56F	3	10
2	Connor Reed	12	Spectrum	23.94	23.64	3	8
3	Caleb Rogers	11	Spectrum	24.60	24.32	3	6
4	Simon Mendoza	11	Lester Prairie/H	24.74	24.99	3	4
5	William Peteson	9	St Croix Prepara	25.68	25.32	3	3
6	Aaron Ernst	10	West Lutheran	26.52	25.73	3	2
7	Caden Thornton	11	New Life Academy	25.65	25.93	3	1
8	Ethan Cline-Cole	10	Trinity School a	26.34	26.16	3	
9	Adrian Montano	10	Lester Prairie/H	28.36	26.77	2	
10	Nyaga Kariuki	12	Trinity School a	27.66	27.71	2	
11	Erich Schultz	9	St Croix Prepara	26.58	28.20	2	
12	Mason Vail	8	St Croix Prepara		28.99	1	
13	Mark Frenz	9	Trinity School a	27.65	29.05	2	
14	Chris Rizner	9	Legacy Christian	29.93	29.74	2	
15	Cal Paulson	9	Legacy Christian	30.27	29.80	1	
--	David Dahn	Gr	Lester Prairie/H	29.12	DNS	2	
--	Caleb Pratt	10	Legacy Christian		DNS	1	

#### Boys 400 Meter Dash

=====							
Conference: C 53.39		5/17/2016	Dietrich Balsbaugh, Trinity School				
Facility: F 55.49		2019	Nico Zinos, St. Agnes				
Name	Year	School	Seed	Finals	H#	Points	
=====							
1	Caleb Rogers	11	Spectrum	52.34	52.70C	2	10
2	William Nixon	12	St Croix Prepara	53.42	54.77F	2	8
3	Taaron Rudzits	10	Legacy Christian	59.04	55.56	2	6
4	Judah Rogers	10	Spectrum	58.08	57.61	2	4
5	Jae Curtis	10	St Croix Prepara	57.57	57.76	2	3
6	Troy Kokkinen	11	West Lutheran	1:03.65	57.94	1	2
7	Tim Nixon	10	St Croix Prepara	59.63	58.28	2	1
8	Ethan Cline-Cole	10	Trinity School a		58.41	1	
9	Zachary Kopp	12	Spectrum	57.96	58.98	2	
10	Thomas Gilbert	8	Legacy Christian	1:00.25	1:00.44	1	
11	Beau Schmidt	10	Lester Prairie/H	1:00.75	1:01.44	1	
12	Mathew Wood	10	Lester Prairie/H	1:02.74	1:01.57	1	
13	Matthew Mendiola	9	Lester Prairie/H	1:00.20	1:04.60	2	
14	Mark Frenz	9	Trinity School a	1:05.67	1:07.98	1	

#### Boys 800 Meter Run

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Conference: C 1:58.75		5/15/2018	Jebadiah Merkle, Southwest Christ				
Facility: F 2:19.29		2019	Isaiah Avery, New Life				
Name	Year	School	Seed	Finals	Points		
=====							
1	Desmond Orton	12	Spectrum	2:10.94	2:09.38F	10	
2	Isaiah Avery	11	New Life Academy	2:10.60	2:12.07F	8	
3	Riley Johnson	9	Spectrum	2:15.73	2:18.64F	6	
4	Zachary Reese	10	Spectrum	2:13.24	2:22.24	4	
5	Blake Weiss	11	Legacy Christian	2:26.45	2:22.56	3	
6	Brenden Janokowski	10	Legacy Christian	2:28.00	2:25.96	2	
7	Hayden Kunnary	11	St Croix Prepara	2:35.22	2:26.76	1	



8	Charlie Guggemos	9	Lester Prairie/H	2:33.24	2:34.45
9	Soren Jacobs	7	Trinity School a		2:35.48
10	Sam Smith	10	St Croix Prepara	2:34.27	2:35.50
11	Azariah Wohler	8	Trinity School a	2:36.70	2:36.24
12	Zach Zebell	9	Lester Prairie/H	2:37.15	2:38.54
13	Andrew Mendoza	9	Lester Prairie/H		2:40.49
14	Christian Conway	8	Legacy Christian	2:53.00	2:47.19
--	Prasoon Tandon	10	St Croix Prepara	2:14.57	DNS
--	Alex Borner	11	New Life Academy	2:22.62	DNS

#### Boys 1600 Meter Run

Conference: C 4:35.22 5/17/2016 Jebadiah Merkle, Southwest Christ

Facility: F 4:57.01 2019 Vaughan Wolf, St. Agnes

Name	Year	School	Seed	Finals	Points
1	Matthew Helser	11	Spectrum	4:55.70	4:50.04F 10
2	Evan Lee	11	Lester Prairie/H	4:52.98	4:51.19F 8
3	Jeremy Davie	11	Legacy Christian	4:55.00	4:51.55F 6
4	Kyle Haben	9	Spectrum	5:00.40	4:59.31 4
5	Prasoon Tandon	10	St Croix Prepara	4:57.42	4:59.40 3
6	Zachary Reese	10	Spectrum	4:58.55	5:00.15 2
7	Peter Bittner	11	Trinity School a	5:05.88	5:05.51 1
8	Andrew Horgan	11	St Croix Prepara	5:20.69	5:18.98
9	River Santiago	7	Legacy Christian	5:24.12	5:23.51
10	Soren Jacobs	7	Trinity School a	5:34.86	5:37.28
11	Sam Smith	10	St Croix Prepara	5:36.06	5:38.34
12	Zach Zebell	9	Lester Prairie/H	5:34.39	5:38.38
13	Derek Gottwalt	9	Trinity School a	5:32.29	5:53.64
--	Ted Ferret	12	Legacy Christian	5:24.00	DNS

#### Boys 3200 Meter Run

Conference: C 10:12.51 5/17/2016 Jon Shirley, Southwest Christ

Facility: F 11:33.44 2019 Gabriel Beagan, St. Croix Prep

Name	Year	School	Seed	Finals	Points
1	Matthew Helser	11	Spectrum	10:30.24	10:35.24F 10
2	Peter Bittner	11	Trinity School a	10:54.38	10:36.33F 8
3	Jeremy Davie	11	Legacy Christian	11:01.00	10:36.57F 6
4	Kyle Haben	9	Spectrum	10:30.95	10:41.18F 4
5	Andrew Hattling	11	Spectrum	10:52.15	11:29.23F 3
6	Gabe Beagan	8	St Croix Prepara	11:33.44	11:35.52 2
7	Gavin Grams	8	Legacy Christian	11:51.71	11:44.69 1
8	Tyler Ledbetter	8	St Croix Prepara	12:04.95	12:05.36
9	Jack Hoppe	8	West Lutheran		12:28.93
10	TJ Hubers	7	Trinity School a	13:37.94	13:37.31
11	Owen Fager	7	St Croix Prepara		13:43.49
--	Ted Ferret	12	Legacy Christian	11:40.70	DNS
--	Derek Gottwalt	9	Trinity School a	11:53.25	DNS

#### Boys 110 Meter Hurdles

Conference: C 16.23 5/16/2017 Tyler Schwinghammer, Spectrum

Facility: F 17.23 2019 Barnabas Prebel, Concordia

Name	Year	School	Seed	Finals	Points
1	Earl Foster III	11	Spectrum	17.10	17.33 10
2	Cade Hanson	8	St Croix Prepara	18.39	17.63 8
3	Peyton Gremmels	9	St Croix Prepara	19.13	19.62 6
4	Jonah Hahn	11	West Lutheran	20.00	21.88 4
5	Tanner Gangl	8	Spectrum	21.96	22.24 3
6	Tyler Kordosky Swanson	9	St Croix Prepara	22.31	22.47 2

-- Roman Garduno 10 Spectrum 20.39 DNS

Boys 300 Meter Hurdles

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Conference: C 41.14 5/16/2017 Tyler Schwinghammer, Spectrum  
Facility: F 44.33 2019 Barnabas Preble, Concordia

Name	Year	School	Seed	Finals	H#	Points
1 Earl Foster III	11	Spectrum	45.69	45.70	2	10
2 Cade Hanson	8	St Croix Prepara	47.55	45.71	2	8
3 Calder Erickson	11	St Croix Prepara	46.87	47.06	2	6
4 Noah Ritter	11	Spectrum	47.24	48.36	2	4
5 Jake Swaja	11	Spectrum	52.18	49.72	2	3
6 Peyton Gremmels	9	St Croix Prepara	54.62	50.88	2	2
7 Matthew Mendiola	9	Lester Prairie/H		54.26	1	1
8 Carter Serna	11	Lester Prairie/H	51.30	55.38	2	
9 Jacob Schuler	9	West Lutheran	57.00	58.01	1	
10 Jonah Hahn	11	West Lutheran	57.00	1:02.47	1	

Boys 4x100 Meter Relay

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Conference: C 44.16 5/15/2018 Southwest Christian, Southwest Christ  
I Colman, J Colman, A DuMoulin, Z Ertel  
Facility: F 49.81 2019 Concordia, Concordia

School	Seed	Finals	Points
1 Spectrum 'A'	48.21	48.65F	10
1) Brendan Perkins 9			
2) Bryce Bozich 11			
3) Caleb Sorensen 12			
4) Roman Garduno 10			
2 St Croix Preparatory Academy 'A'	47.93	48.94F	8
1) William Peteson 9			
2) Calder Erickson 11			
3) Peyton Gremmels 9			
4) Dan Cove 12			
3 West Lutheran 'A'	50.00	50.06	6
1) Jacob Schuler 9			
2) Niles Charlson 12			
3) Aaron Ernst 10			
4) Troy Kokkinen 11			
4 Lester Prairie/Holy Trinity 'A'	51.40	52.76	4
1) Adrian Montano 10			
2) Brian Vega 10			
3) David Dahn Gr			
4) Michael Dietz 12			
5 Legacy Christian Academy 'A'	56.39	56.06	3
1) Josh Davie 8			
2) Charlie Block 8			
3) Cal Paulson 9			
4) Chris Rizner 9			

Boys 4x200 Meter Relay

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Conference: C 1:36.92 5/17/2016 Trinity School, Trinity School  
H Leighton, T Rumpza, D Balsbaugh, P Valentas  
Facility: F 1:46.59 2019 St. Croix Prep, St. Croix Prep

School	Seed	Finals	Points
1 Spectrum 'A'	1:42.44	1:40.50F	10
1) Brendan Perkins 9			
2) Bryce Bozich 11			
3) Caleb Sorensen 12			
4) Max Reis 9			
2 St Croix Preparatory Academy 'A'	1:43.05	1:42.61F	8
1) Enrique Mendez-Gaytan 11			
2) Jae Curtis 10			
3) Daniel Cove 11			
4) Cade Hanson 8			
3 West Lutheran 'A'	1:47.00	1:45.27F	6
1) Jacob Schuler 9			
2) Jack Hoppe 8			
3) Aaron Ernst 10			
4) Troy Kokkinen 11			
4 Lester Prairie/Holy Trinity 'A'	1:52.52	1:45.95F	4
1) Carter Serna 11			
2) Adrian Montano 10			
3) Daniel Ruelas 10			
4) Beau Schmidt 10			

Boys 4x400 Meter Relay

Conference: C 3:34.49 5/17/2016 Trinity School, Trinity School						
H Leighton, H Brink, D Balsbaugh, P Valentas						
Facility: F 3:55.03 2019 St. Croix Prep, St. Croix Prep						
School		Seed	Finals	Points		
1	Spectrum 'A'	3:36.12	3:46.05F	10		
	1) Caleb Rogers 11	2) Desmond Orton 12				
	3) Connor Reed 12	4) Matthew Helser 11				
2	St Croix Preparatory Academy 'A'	3:41.17	3:51.93F	8		
	1) William Nixon 12	2) Jae Curtis 10				
	3) Prason Tandon 10	4) Andrew Horgan 11				
3	Lester Prairie/Holy Trinity 'A'	4:08.59	3:55.41	6		
	1) Simon Mendoza 11	2) Mathew Wood 10				
	3) Beau Schmidt 10	4) Evan Lee 11				
4	New Life Academy of Woodbury 'A'	4:02.12	3:56.81	4		
	1) Caden Thornton 11	2) Simon Swenson 9				
	3) Alex Borner 11	4) Isaiah Avery 11				
5	Legacy Christian Academy 'A'	4:09.32	3:57.19	3		
	1) Thomas Gilbert 8	2) Cooper Manske 11				
	3) Jeremy Davie 11	4) Taaron Rudzits 10				

#### Boys 4x800 Meter Relay

Conference: C 8:51.30 5/17/2016 Trinity School, Trinity School						
W Rachac, D Votel, E Maruggi, D Kintz						
Facility: F 9:45.16 2019 St. Agnes, St. Agnes						
School		Seed	Finals	Points		
1	Spectrum 'A'	8:51.51	9:14.83F	10		
	1) Noah Ritter 11	2) Judah Rogers 10				
	3) Cole Schwinghammer 12	4) Riley Johnson 9				
2	Legacy Christian Academy 'A'	9:22.41	9:23.61F	8		
	1) Cooper Manske 11	2) Blake Weiss 11				
	3) Taaron Rudzits 10	4) Brenden Janokowski 10				
3	St Croix Preparatory Academy 'A'	9:31.35	9:49.94	6		
	1) Gabriel Beagan 8	2) Tyler Ledbetter 8				
	3) Tim Nixon 10	4) Hayden Kunnary 11				

#### Boys High Jump

Conference: C 5-10 5/15/2018 Connor Maxwell, New Life Academy						
Facility: F 5-07 2019 Ben Gansler, St. Agnes						
Name	Year	School	Seed	Finals	Points	
1	Earl Foster III	11 Spectrum	5-08.00	5-08.00F	10	
2	William Peteson	9 St Croix Prepara	5-02.00	5-06.00	8	
3	Simon Swenson	9 New Life Academy	5-08.00	5-06.00	6	
4	Max Reis	9 Spectrum	5-04.00	5-00.00	4	
5	Bryce Bozich	11 Spectrum	5-00.00	4-10.00	3	
6	Tyler Kordosky Swanson	9 St Croix Prepara	5-00.00	4-10.00	2	
7	Daniel Ruelas	10 Lester Prairie/H	4-10.00	4-08.00	1	
--	Patrick Brown	7 St Croix Prepara		NH		
--	Beau Schmidt	10 Lester Prairie/H		NH		
--	Zach Zebell	9 Lester Prairie/H	4-06.00	NH		

#### Boys Pole Vault

Conference: C 12-00 5/16/2017 Henry Leighton, Trinity						
Facility: F 10-00 2019 Nate Griffin, Concordia						
Name	Year	School	Seed	Finals	Points	
1	Cooper Manske	11 Legacy Christian	11-00.00	10-06.00F	10	

2	Earl Foster III	11	Spectrum	10-00.00	10-00.00F	7
2	Elijah Orton	7	Spectrum	10-09.00	10-00.00F	7
4	Dan Cove	12	St Croix Prepara	9-00.00	9-00.00	4
5	Alex Russell	9	Spectrum	8-00.00	8-00.00	3
6	Jake Chermak	9	St Croix Prepara	7-00.00	8-00.00	2
7	Joseph Arens	7	St Croix Prepara	7-00.00	7-06.00	1
--	Lucas Anderson	10	Legacy Christian		NH	
--	Charlie Block	8	Legacy Christian	6-06.00	NH	

#### Boys Long Jump

Conference: C 21-08		5/15/2018	Alexander DuMoulin, Southwest Christ			
Facility: F 17-05		2019	Jaden Quast, Concordia			
Name	Year	School	Seed	Finals	Points	
1	Simon Swenson	9	New Life Academy	19-11.00	18-11.25F	10
2	Elias Aberra	10	Spectrum	19-06.50	18-04.00F	8
3	Calder Erickson	11	St Croix Prepara	18-07.50	17-08.00F	6
4	Cade Hanson	8	St Croix Prepara	18-07.75	17-05.00F	4
5	Niles Charlson	12	West Lutheran		16-06.00	3
6	Jonah Hahn	11	West Lutheran	16-01.00	16-01.00	2
7	Aaron Ernst	10	West Lutheran	15-05.00	16-00.25	1
8	Simon Mendoza	11	Lester Prairie/H	15-02.00	16-00.00	
9	Evan Lee	11	Lester Prairie/H	15-07.50	15-11.00	
10	Max Reis	9	Spectrum	17-05.50	15-05.25	
11	Charlie Block	8	Legacy Christian	14-09.00	15-05.00	
12	Jairus Sorensen	8	Spectrum	17-05.00	15-02.50	
13	Brian Vega	10	Lester Prairie/H	14-08.00	14-08.50	
14	Enrique Mendez-Gaytan	11	St Croix Prepara	16-06.50	14-06.00	
15	Josiah Oquend	7	Legacy Christian		12-07.00	
--	Josh Davie	8	Legacy Christian	15-06.00	FOUL	

#### Boys Triple Jump

Conference: C 44-10.50		5/15/2018	Alexander DuMoulin, Southwest Christ			
Facility: F 33-10		2019	Jake Kato, Concordia			
Name	Year	School	Seed	Finals	Points	
1	Elias Aberra	10	Spectrum	41-00.00	41-03.00F	10
2	Niles Charlson	12	West Lutheran	33-08.00	34-06.00F	8
3	Dan Cove	12	St Croix Prepara	33-09.75	34-05.00F	6
4	Ethan Cline-Cole	10	Trinity School a	33-10.00	34-05.00F	4
5	Jairus Sorensen	8	Spectrum	33-08.00	33-06.00	3
6	Alex Russell	9	Spectrum	32-05.00	33-05.50	2
7	Mark Frenz	9	Trinity School a	31-11.00	33-05.00	1
8	Tim Nixon	10	St Croix Prepara	32-03.50	33-04.50	
9	Jonah Hahn	11	West Lutheran		32-10.00	
--	Matthew Mendiola	9	Lester Prairie/H	35-01.00	FOUL	

#### Boys Shot Put

Conference: C 42-11.50		5/17/2016	Evan Smith, St. Croix Prep			
Facility: F 32-11		2019	Camden Heistand, St. Croix Prep			
Name	Year	School	Seed	Finals	Points	
1	Zachary Kopp	12	Spectrum	40-03.00	38-07.00F	10
2	Connor Reed	12	Spectrum	38-06.00	37-02.50F	8
3	Matthew Fasching	12	Lester Prairie/H	35-10.50	35-10.50F	6
4	Caleb Sorensen	12	Spectrum	37-07.50	34-02.00F	4
5	Camden Heistand	10	St Croix Prepara	33-11.00	32-09.00	3
6	Cole Veach	9	West Lutheran	32-02.00	32-03.50	2
7	Logan Roush	10	Lester Prairie/H	30-07.00	30-05.50	1
8	Ethan Hahn	9	West Lutheran	30-09.00	30-01.00	

9 Nathan Bogel	11 St Croix Prepara	32-00.00	29-06.00
10 Brian Vega	10 Lester Prairie/H	26-06.00	27-03.50
10 Lleyton Meier	9 New Life Academy	26-09.00	27-03.50
12 Josh Pratt	12 Legacy Christian	21-04.00	23-07.50
13 Ben Bydlon	11 St Croix Prepara	21-01.00	21-09.50

Boys Discus Throw

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Conference: C 124-02		5/17/2016	Anthony Priebe, Lester Prairie/H		
Facility: F 86-04		2019	Eli Griffin, Concordia		
Name	Year	School	Seed	Finals	Points
=====					
1 Zachary Kopp	12	Spectrum	118-06	115-07F	10
2 Caleb Sorensen	12	Spectrum	112-03	109-00F	8
3 Connor Reed	12	Spectrum	106-02	103-01F	6
4 Matthew Fasching	12	Lester Prairie/H	96-01	90-02F	4
5 Nathan Bogel	11	St Croix Prepara	90-02	87-00F	3
6 Michael Dietz	12	Lester Prairie/H	93-04	85-02	2
7 Lleyton Meier	9	New Life Academy	86-11	83-04	1
8 Camden Heistand	10	St Croix Prepara	95-00	79-06	
9 Ethan Hahn	9	West Lutheran	61-01	77-01	
10 Dylan Krieg	10	Lester Prairie/H	70-05	72-01	
11 Ben Bydlon	11	St Croix Prepara	55-01	62-08	
12 Cole Veach	9	West Lutheran	58-07	56-05	