

# Metro East Conference Championships

May 21, 2019 May 23, 2019 Simley HS Inver Grove Heights, MN

## Boys Teams:

1. Henry Sibley	110
2. Hastings	109
3. Mahtomedi	94
4. St Thomas Academy	92
5. North HS	76
6. Hill-Murray	71
7. South St. Paul	57.5
8. Tartan	55.5
9. Simley	36

## Girls Teams:

1. Mahtomedi	163
2. Henry Sibley	123
3. Hastings	105.5
4. Simley	81
5. Hill-Murray	64.66
6. North HS	63.33
7. South St. Paul	53
8. Tartan	45.5

## Varsity Boys 100 Meters Finals

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### Athlete Yr Team Mark

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- 1 Rashad McKinley 9 Hill-Murray 11.48
- 2 William Burciaga 11 South St. Paul 11.50
- 3 Tien Dang 11 Tartan 11.60
- 4 Amar Thomas 12 Hastings 11.64
- 5 Alec Frederick 12 Simley 11.72
- 6 Tyion Grissom 9 Tartan 11.77
- 7 James Leeth 12 North HS 11.83
- 8 Desean Thompson 11 South St. Paul 11.96

## Varsity Boys 100 Meters Prelims

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### Athlete Yr Team Mark

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- 1 William Burciaga 11 South St. Paul 11.80
- 2 James Leeth 12 North HS 11.87
- 3 Rashad McKinley 9 Hill-Murray 11.88
- 4 Tien Dang 11 Tartan 11.90
- 5 Alec Frederick 12 Simley 11.98
- 6 Desean Thompson 11 South St. Paul 12.07
- 7 Amar Thomas 12 Hastings 12.10
- 8 Tyion Grissom 9 Tartan 12.11
- 9 Joe Deyak 11 St Thomas Academy 12.11
- 10 Riley Gannon 12 Hill-Murray 12.14
- 11 Quinn Christoffersen 10 South St. Paul 12.15
- 12 Mekeil Twyman 12 North HS 12.18
- 13 Ben Kritsberg 9 Henry Sibley 12.26
- 14 Patrick O'Keefe 11 St Thomas Academy 12.42
- 15 Jack Kuchemeister 12 North HS 12.43
- 16 Austin Campbell 9 Mahtomedi 12.45
- 17 Vincent Hurley 12 Hill-Murray 12.53
- 18 Colby Zak 11 Hastings 12.54
- 19 Elijah Coleman 10 Tartan 12.69
- 20 Benjamin Hogan 11 Mahtomedi 12.79
- 21 Brett Halverson 9 Hastings 12.82

22 John Griffin 11 St Thomas Academy 12.93  
23 Diego Urena 10 Henry Sibley 13.01  
24 Josh Burns 11 Henry Sibley 13.06  
25 Marcelino Makar 10 Simley 13.12  
26 George Allaire 12 Simley 13.27

#### Varsity Boys 200 Meters Finals

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Athlete Yr Team Mark

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1 Isaac Huntington 11 Hastings 23.00  
2 Gianni Hurley 9 Hill-Murray 23.32  
3 Alex Monack 12 South St. Paul 23.35  
4 Alexander Halatsis 11 Mahtomedi 23.82  
5 Amar Thomas 12 Hastings 23.90  
6 Ian Fosdick 12 Mahtomedi 24.02  
7 Grady O'Neil 9 St Thomas Academy 24.05  
8 Mekeil Twyman 12 North HS 24.34

#### Varsity Boys 200 Meters Prelims

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Athlete Yr Team Mark

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1 Isaac Huntington 11 Hastings 23.41  
2 Alex Monack 12 South St. Paul 23.63  
5 Grady O'Neil 9 St Thomas Academy 23.73  
3 Gianni Hurley 9 Hill-Murray 23.91  
6 Amar Thomas 12 Hastings 24.06  
4 Alexander Halatsis 11 Mahtomedi 24.13  
7 Mekeil Twyman 12 North HS 24.38  
8 Ian Fosdick 12 Mahtomedi 24.39  
9 Alec Frederick 12 Simley 24.45  
10 Beau DuRand 11 Hastings 24.48  
11 Tien Dang 11 Tartan 24.59  
12 J Cooke 9 North HS 24.72  
13 Patrick O'Keefe 11 St Thomas Academy 24.73  
14 Shawn Richardson 10 Henry Sibley 25.04  
15 Riley Gannon 12 Hill-Murray 25.23  
16 Hope Adebayo 11 Simley 25.57  
17 John Bakken 10 South St. Paul 25.63  
18 John Odeku 12 Tartan 25.72  
19 Elijah Coleman 10 Tartan 26.08  
20 Adam Bennett 12 Hill-Murray 26.26  
21 Miles Hill 10 Henry Sibley 26.40  
22 Pablo Moreno-Castro 10 Henry Sibley 26.66  
23 Jackson Luhrs 12 South St. Paul 26.67  
24 Stephen Betts 11 St Thomas Academy 31.75  
Marcelino Makar 10 Simley DNS  
Dylon Lee 9 North HS DNS

#### Varsity Boys 400 Meters Finals

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Athlete Yr Team Mark

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1 Isaac Huntington 11 Hastings 49.94  
2 Brandon Morris 10 Henry Sibley 52.13  
3 Grady O'Neil 9 St Thomas Academy 52.51  
4 Logan Dalmas 11 Hastings 52.87  
5 Cameron Latvis 10 Henry Sibley 52.91

- 6 Thomas Thurlow 12 St Thomas Academy 53.81
- 7 David Blasena 12 Mahtomedi 54.82
- 8 Jack Mogren 11 Mahtomedi 55.11

Varsity Boys 400 Meters Prelims

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Athlete Yr Team Mark

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- 1 Isaac Huntington 11 Hastings 51.33
- 2 Brandon Morris 10 Henry Sibley 53.54
- 3 Grady O'Neil 9 St Thomas Academy 53.68
- 4 Thomas Thurlow 12 St Thomas Academy 53.82
- 5 Cameron Latvis 10 Henry Sibley 53.90
- 6 David Blasena 12 Mahtomedi 54.51
- 7 Jack Mogren 11 Mahtomedi 56.44
- 8 Logan Dalmas 11 Hastings 56.76
- 9 Matias Mendez 11 Hill-Murray 56.79
- 10 Cameron Olsen 10 Hastings 56.83
- 11 Abraham Yosef 11 St Thomas Academy 56.89
- 12 M'akil Weems 12 Tartan 57.29
- 13 Bao-Phong Nguyen 11 North HS 58.09
- 14 Desean Thompson 11 South St. Paul 58.64
- 15 Enock Moindi 10 Henry Sibley 59.22
- 16 Patrick Kelley 12 South St. Paul 59.64
- 17 Ryan Hurdt 9 South St. Paul 1:00.16
- 18 Grant Sullivan 12 North HS 1:00.64
- 19 Joseph Newman 12 Mahtomedi 1:00.68
- 20 Adam Bennett 12 Hill-Murray 1:00.71
- 21 Caleb Ranweiler 12 Hill-Murray 1:01.13
- 22 Evan Batca 11 North HS 1:01.14
- 23 Blake Stinnett 8 Simley 1:02.65
- Byamun Bigabwa 11 Simley DNS

Varsity Boys 800 Meters Finals

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Athlete Yr Team Mark

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- 1 Jakub Youngstrom 11 Hastings 2:01.75
- 2 Thomas Thurlow 12 St Thomas Academy 2:03.70
- 3 Daniel Brown 11 Hastings 2:05.82
- 4 Dave Diesslin 11 North HS 2:05.97
- 5 Charlie Giese 10 Simley 2:07.42
- 6 Luigi Viggiano 12 Mahtomedi 2:08.11
- 7 Brad Alton 12 Henry Sibley 2:08.56
- 8 Luis Ronaldo Rodriguez 11 South St. Paul 2:09.19
- 9 Carl Strohoffer 9 Henry Sibley 2:09.26
- 10 Kyle Stoltz 10 Hastings 2:14.26
- 11 James McLachlan 12 Mahtomedi 2:16.19
- P.J. Doran 12 St Thomas Academy DNS

Varsity Boys 800 Meters Prelims

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Athlete Yr Team Mark

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- 1 Brad Alton 12 Henry Sibley 2:07.84
- 2 Jakub Youngstrom 11 Hastings 2:07.87
- 3 Thomas Thurlow 12 St Thomas Academy 2:09.70
- 4 Daniel Brown 11 Hastings 2:09.83
- 5 P.J. Doran 12 St Thomas Academy 2:10.47

7 Luis Ronaldo Rodriguez 11 South St. Paul 2:10.85  
6 Luigi Viggiano 12 Mahtomedi 2:10.96  
8 Kyle Stoltz 10 Hastings 2:11.64  
9 Charlie Giese 10 Simley 2:11.87  
10 Carl Stroffner 9 Henry Sibley 2:12.50  
11 Dave Diesslin 11 North HS 2:13.67  
12 James McLachlan 12 Mahtomedi 2:15.61  
13 Aidan Latterell 10 Tartan 2:17.36  
14 Alexander Journey 12 Mahtomedi 2:18.38  
15 Ethan Hughes 11 Tartan 2:19.14  
16 Angel Ortiz 11 South St. Paul 2:19.63  
17 Nolan Conners 9 Hill-Murray 2:20.85  
18 Peter Wertzler 11 Tartan 2:21.50  
19 Thomas Adams 9 St Thomas Academy 2:22.18  
20 Owen Langfield 8 Henry Sibley 2:24.33  
21 Alex Anaya 8 Simley 2:25.07  
22 Caleb Streich 9 Simley 2:25.98  
23 Kane Hickman 12 South St. Paul 2:29.07  
24 Robert Provost 10 North HS 2:53.29  
Ignacio Martinez 11 North HS DNS

#### Varsity Boys 1600 Meters Finals

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Athlete Yr Team Mark

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1 Jakub Youngstrom 11 Hastings 4:38.96  
2 Luke Kolar 12 St Thomas Academy 4:40.61  
3 Magnus Herchbach 9 Henry Sibley 4:43.00  
4 Ethan Barr 11 Mahtomedi 4:43.13  
5 Padon Kinzley 9 St Thomas Academy 4:43.35  
6 Matthew Krummel 10 Tartan 4:45.64  
7 Sam Lehmann 12 South St. Paul 4:54.06  
8 Nolan Myers 10 Hastings 4:56.09  
9 Luke Harris 11 Hastings 4:57.93  
10 Nicholas Holton 8 Tartan 5:01.26  
11 Thomas Chandler 10 Henry Sibley 5:03.72  
12 Aaron Holslin 12 Mahtomedi 5:05.04  
13 Evan Hansen 9 South St. Paul 5:05.54  
14 Payton Weber-Rolfes 12 Henry Sibley 5:05.97  
15 Nolan Conners 9 Hill-Murray 5:09.96  
16 Gabe Alvear 10 Simley 5:10.29  
17 Alexander Johnson 9 Tartan 5:11.22  
18 Daniel Bakken 10 South St. Paul 5:13.51  
19 Lucas Granec 9 Mahtomedi 5:17.08  
20 James (Tre) Montague 10 Hill-Murray 5:17.18  
21 Hank Cleary 10 Simley 5:24.25  
22 Carter Bollman 11 Simley 5:25.81  
23 Moritz Cremer 11 North HS 5:29.82  
24 Adam Jones 9 Hill-Murray 5:32.41  
25 Gaberik Holm 9 North HS 5:43.21  
26 Reyna Lam 12 North HS 5:46.60  
P.J. Doran 12 St Thomas Academy DNS

#### Varsity Boys 3200 Meters Finals

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Athlete Yr Team Mark

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1 Luke Kolar 12 St Thomas Academy 10:13.70  
2 Magnus Herchbach 9 Henry Sibley 10:18.78  
3 Matthew Krummel 10 Tartan 10:28.11

- 4 Padon Kinzley 9 St Thomas Academy 10:30.20
- 5 Bennett Challifour 11 Henry Sibley 10:36.75
- 6 Xander McFaul 9 Henry Sibley 10:38.62
- 7 Nolan Myers 10 Hastings 10:46.65
- 8 Luke Harris 11 Hastings 10:50.71
- 9 Ethan Barr 11 Mahtomedi 10:53.15
- 10 Alexander Smith 9 Hastings 10:58.76
- 11 Evan Hansen 9 South St. Paul 11:01.85
- 12 Teddy Lawder 10 St Thomas Academy 11:02.14
- 13 Nicholas Holton 8 Tartan 11:11.18
- 14 Aaron Holslin 12 Mahtomedi 11:16.07
- 15 Gabe Alvear 10 Simley 11:23.01
- 16 Henry Piepgras 10 Tartan 11:23.91
- 17 Sam Bade 12 South St. Paul 11:28.78
- 18 Lucas Yang 10 North HS 11:33.37
- 19 Benjamin Lundsten 12 Mahtomedi 11:37.26
- 20 Eli Winslow Brewer 11 South St. Paul 11:40.00
- 21 Hank Cleary 10 Simley 11:41.36
- 22 Jacob Scheffer 9 Simley 11:41.86
- 23 Cody Albrecht 11 North HS 12:15.37

Varsity Boys 110m Hurdles Finals

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Athlete Yr Team Mark

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- 1 Hope Adebayo 11 Simley 15.26
- 2 Evan Johnson 11 Mahtomedi 16.60
- 3 Jorge Julio-Argel 10 Tartan 16.68
- 4 Steven Nickson 11 Henry Sibley 16.96
- 5 Gabe Sirek 11 St Thomas Academy 17.18
- 6 Dominic Fedie 11 Mahtomedi 17.58
- 7 Randy Keumogne 11 Tartan 17.72
- 8 Naeem Williams 12 Mahtomedi 17.79

Varsity Boys 110m Hurdles Prelims

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Athlete Yr Team Mark

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- 1 Randy Keumogne 11 Tartan 16.83
- 2 Hope Adebayo 11 Simley 16.89
- 4 Evan Johnson 11 Mahtomedi 17.13
- 3 Jorge Julio-Argel 10 Tartan 17.27
- 5 Gabe Sirek 11 St Thomas Academy 17.70
- 6 Steven Nickson 11 Henry Sibley 17.82
- 7 Dominic Fedie 11 Mahtomedi 18.40
- 8 Naeem Williams 12 Mahtomedi 18.43
- 9 William Johnson 11 Hastings 18.54
- 10 Grant Baker 11 South St. Paul 19.01
- 11 Jake Stone 12 North HS 19.32
- 12 Dennis Canada 11 Henry Sibley 19.42
- 13 Kyle McFadden 11 Hill-Murray 19.49
- 14 Morris McCollum 12 North HS 19.70
- 15 Yasiel Santiago-Castillo 11 Henry Sibley 20.56
- 16 Austin Weeks 12 Hastings 20.71
- 17 Matthew Carda 9 Hastings 21.32
- 18 Kyle Splinter 12 North HS 22.04
- 19 Maceo Warren 10 South St. Paul 22.47
- 20 Stephen Betts 11 St Thomas Academy 25.64

Varsity Boys 300m Hurdles Finals

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Athlete Yr Team Mark

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- 1 Hope Adebayo 11 Simley 41.03
- 2 Marco Gonzalez 12 South St. Paul 41.09
- 3 Evan Johnson 11 Mahtomedi 41.17
- 4 Gabe Sirek 11 St Thomas Academy 42.82
- 5 Kole McKeown 9 Mahtomedi 44.04
- 6 Paul Kendall 12 Hastings 44.27
- 7 Tyler Wilebski-Hendrickso 11 South St. Paul 45.55
- 8 Jamie Smith 10 St Thomas Academy 45.83

Varsity Boys 300m Hurdles Prelims

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Athlete Yr Team Mark

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- 1 Gabe Sirek 11 St Thomas Academy 42.00
- 2 Marco Gonzalez 12 South St. Paul 42.50
- 3 Evan Johnson 11 Mahtomedi 43.30
- 4 Hope Adebayo 11 Simley 43.93
- 5 Paul Kendall 12 Hastings 44.53
- 6 Kole McKeown 9 Mahtomedi 44.82
- 7 Tyler Wilebski-Hendrickso 11 South St. Paul 45.06
- 8 Jamie Smith 10 St Thomas Academy 45.59
- 9 Randy Keumogne 11 Tartan 45.70
- 10 Jorge Julio-Argel 10 Tartan 45.79
- 11 Jake Stone 12 North HS 46.80
- 12 Dominic Fedie 11 Mahtomedi 46.83
- 13 Grant Baker 11 South St. Paul 46.94
- 14 Steven Nickson 11 Henry Sibley 47.31
- 15 Kyle Splinter 12 North HS 47.92
- 16 Kyle McFadden 11 Hill-Murray 48.37
- 17 Dennis Canada 11 Henry Sibley 48.88
- 18 Austin Weeks 12 Hastings 49.30
- 19 Morris McCollum 12 North HS 49.62
- 20 Yasiel Santiago-Castillo 11 Henry Sibley 49.72
- 21 Caleb Smit 10 St Thomas Academy 49.84
- 22 Matthew Carda 9 Hastings 52.16

Varsity Boys 4x100m Finals

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Team Time

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- 1 Hill-Murray 44.69  
Riley GannonRashad McKinleyVincent HurleyGianni Hurley
- 2 North HS 45.46  
James LeethMekeil TwymanKyle VangJack Kuchemeister
- 3 St Thomas Academy 45.71  
Grady O'NeilPatrick O'KeefeStephen BettsJoe Deyak
- 4 Tartan 45.88  
Tyion GrissomRandy KeumogneNicholas SpinksTien Dang
- 5 South St. Paul 46.31  
John BakkenPatrick KelleyQuinn ChristoffersenDesean Thompson
- 6 Mahtomedi 46.44  
Tristan TuttleAustin CampbellBenjamin HoganAlexander Halatsis
- 7 Henry Sibley 46.78  
Shawn RichardsonEnock MoindiMiles HillBen Kritsberg
- 8 Hastings 47.12  
Beau DuRandNoah KullmannColby ZakBrett Halverson

Simley DQ  
Alec FrederickJamonte FranklinZeke DiazJustin Sok

Varsity Boys 4x200m Finals

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Team Time  
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1 South St. Paul 1:32.06  
Tyler Wilebski-HendricksonMarco GonzalezWilliam BurciagaAlex Monack  
2 Hill-Murray 1:34.68  
Robert WitzanyMatias MendezVincent HurleyGianni Hurley  
3 Hastings 1:34.69  
Noah KullmannBeau DuRandColby ZakAmar Thomas  
4 Henry Sibley 1:35.11  
Shawn RichardsonGrady ClemCameron LatvisBrandon Morris  
5 North HS 1:38.50  
Jack KuchemeisterDale RodriguezGrant SullivanJames Leeth  
6 Tartan 1:38.99  
Jorge Julio-ArgelJacob TrojeJohn OdekuElijah Coleman  
7 St Thomas Academy 1:39.10  
Abraham YosefJohn GriffinJose MelendezJamie Smith  
8 Simley 1:40.46  
Jamonte FranklinZeke DiazGeorge AllaireEric Moore  
Mahtomedi DQ  
Ian FosdickAlexander HalatsisEvan JohnsonDavid Blasena

Varsity Boys 4x400m Finals

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Team Time  
=====

1 Hastings 3:26.56  
Noah KullmannJakub YoungstromDaniel BrownIsaac Huntington  
2 South St. Paul 3:27.78  
Tyler Wilebski-HendricksonMarco GonzalezWilliam BurciagaAlex Monack  
3 Henry Sibley 3:32.17  
Grady ClemBrad AltonCameron LatvisBrandon Morris  
4 Mahtomedi 3:42.68  
David BlasenaLuigi ViggianoBrock HansenJames McLachlan  
5 Tartan 3:44.09  
M'akil WeemsMatthew KrummelNicholas SpinksAidan Latterell  
6 St Thomas Academy 3:48.47  
Gabe SirekCaleb SmitAlex AdamsAbraham Yosef  
7 North HS 3:48.91  
TyJon JenkinsAnthony AlmeidaBao-Phong NguyenDave Diesslin  
Simley SCR  
Byamun BigabwaBlake StinnettJustin SokTay Harmon

Varsity Boys 4x800m Finals

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Team Time  
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1 Henry Sibley 8:39.38  
Bennett ChallifourCarl StrohofferAlexander McFaulBrad Alton  
2 Mahtomedi 8:45.07  
Alexander JourneyJames McLachlanLuigi ViggianoJoseph Newman  
3 Hastings 9:00.08  
Matt MyersChristian BrennyKyle StoltzPaul Kendall  
4 St Thomas Academy 9:07.38  
Joey MotzelAndrew ThurlowKevin MurphyThomas Adams

5 Tartan 9:11.83  
Ethan HughesAidan LatterellPeter WertzlerHenry Piepgras  
6 South St. Paul 9:17.42  
Uriel Cuate roldanMark SchusterZach StandleyAngel Ortiz  
7 North HS 9:32.29  
TyJon JenkinsAnthony AlmeidaDylan AnacletoLucas Yang  
8 Simley 9:48.70  
Caleb StreichJacob SchefferAlex AnayaConnor Hassing

Varsity Boys Shot Put Finals

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Athlete Yr Team Mark

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1 Cade Feist 11 North HS 45-03.50  
2 Jack Nulty 12 Henry Sibley 43-09.50  
3 Ben Reppenhagen 11 St Thomas Academy 43-09.00  
4 Trajan Kaeppe 11 St Thomas Academy 43-03.50  
5 Sullivan Levos 12 Hastings 43-02.75  
6 Isaac Rabaey 12 Hastings 42-05.50  
7 Sam Dwelle 11 South St. Paul 42-02.50  
8 Al-Ghazaali Touray 12 Mahtomedi 41-10.00  
9 Nick Foster 12 Hastings 41-06.75

Varsity Boys Shot Put Prelims

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Athlete Yr Team Mark

=====

1 Cade Feist 11 North HS 45-03.50  
2 Jack Nulty 12 Henry Sibley 43-09.50  
3 Ben Reppenhagen 11 St Thomas Academy 43-09.00  
4 Sullivan Levos 12 Hastings 43-02.75  
5 Isaac Rabaey 12 Hastings 42-05.50  
6 Sam Dwelle 11 South St. Paul 42-02.50  
7 Al-Ghazaali Touray 12 Mahtomedi 41-10.00  
8 Nick Foster 12 Hastings 41-06.75  
9 Trajan Kaeppe 11 St Thomas Academy 40-00.75  
10 Lucas Heyer 9 Hill-Murray 39-10.00  
11 Shaquille Young 12 Tartan 38-04.00  
12 Tala Fondungallah 12 St Thomas Academy 38-00.00  
13 Aric Anderson 12 Mahtomedi 37-00.75  
14 Drake Knapp 11 South St. Paul 35-07.25  
15 Elliot Heinrichs 10 Hill-Murray 35-05.75  
16 Patrick Ernst 12 Henry Sibley 35-00.50  
17 Jamonte Frankiin 11 Simley 34-06.25  
18 Joseph Mensen 10 Hill-Murray 34-05.75  
19 Marshall Spychalla 10 Simley 34-05.50  
20 Haoxeng Thao 10 North HS 33-11.50  
21 Devin Powe 10 Tartan 33-07.75  
22 Tristen Thill 12 Mahtomedi 33-04.25  
23 Gavin McPhillip 10 North HS 33-02.25  
24 Sem Yebyo 11 South St. Paul 30-11.50  
Jason Marlowe 10 Simley DNS  
Tyler Brunelle 10 Henry Sibley DNS

Varsity Boys Discus Finals

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Athlete Yr Team Mark

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1 Cade Feist 11 North HS 131-11



- 2 Sullivan Levos 12 Hastings 129-07
- 3 Bennett Tabor 10 Simley 128-08
- 4 Gabe Delmont 12 Henry Sibley 123-06
- 5 Joe Ayd 12 Henry Sibley 122-06
- 6 Joe Mensen 10 Hill-Murray 120-03
- 7 Sully Bluhm 11 St Thomas Academy 116-05
- 8 Lucas Knoll 10 Hastings 114-08
- 9 Al-Ghazaali Touray 12 Mahtomedi 113-08

Varsity Boys Discus Prelims

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Athlete Yr Team Mark

=====

- 1 Cade Feist 11 North HS 131-11
- 2 Bennett Tabor 10 Simley 128-08
- 3 Sullivan Levos 12 Hastings 121-04
- 4 Joe Ayd 12 Henry Sibley 120-10
- 5 Joe Mensen 10 Hill-Murray 118-03
- 6 Sully Bluhm 11 St Thomas Academy 116-05
- 7 Lucas Knoll 10 Hastings 114-08
- 8 Al-Ghazaali Touray 12 Mahtomedi 113-08
- 9 Gabe Delmont 12 Henry Sibley 112-07
- 10 Shaquille Young 12 Tartan 112-02
- 11 Darien Foster 11 South St. Paul 108-04
- 12 Marshall Thor 9 North HS 107-11
- 13 Aric Anderson 12 Mahtomedi 107-00
- 14 Everitt Moder 11 North HS 103-10
- 15 Jack Horst 12 St Thomas Academy 101-07
- 16 Marshall Spychalla 10 Simley 99-03
- 17 Luke Koeneman 11 Mahtomedi 97-11
- 18 Ben Reppenhagen 11 St Thomas Academy 97-10
- 19 Isaac Rabaey 12 Hastings 96-05
- 20 Devin Powe 10 Tartan 89-09
- 21 Rylan Trouten 12 South St. Paul 86-04
- 22 Lucas Heyer 9 Hill-Murray 82-08
- 23 Carter Viner 11 South St. Paul 79-07
- Jack Nulty 12 Henry Sibley SCR
- Jason Marlowe 10 Simley DNS
- Elliot Heinrichs 10 Hill-Murray SCR

Varsity Boys High Jump Finals

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Athlete Yr Team Mark

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- 1 Malik Toure 12 North HS 6-00.00
- 2 Grady Clem 12 Henry Sibley 6-00.00
- 3 Hamse Warfa 11 Henry Sibley 5-10.00
- 4 AJ Graham 10 Henry Sibley 5-10.00
- 5 Ryan Millington 11 Mahtomedi 5-10.00
- 6 M'akil Weems 12 Tartan 5-08.00
- 6 Alex Monack 12 South St. Paul 5-08.00
- 8 Robert Witzany 11 Hill-Murray 5-08.00
- 9 Isaac Rabaey 12 Hastings 5-08.00
- 10 Mekeil Twyman 12 North HS 5-06.00
- 10 Tate Goaley 9 St Thomas Academy 5-06.00
- 10 Thomas Thurlow 12 St Thomas Academy 5-06.00
- 10 Kyle McFadden 11 Hill-Murray 5-06.00
- 14 Kyle Splinter 12 North HS 5-04.00
- 14 John Bakken 10 South St. Paul 5-04.00
- Tyion Grissom 9 Tartan NH

Tre Harmon 9 Simley DNS  
Tay Harmon 9 Simley NH  
Connor Hassing 10 Simley NH  
Dominic Fedie 11 Mahtomedi NH  
Ryan Offstein 10 Hill-Murray DNS  
Benjamin Thayer 11 Mahtomedi NH  
Tucker Bakko 9 St Thomas Academy NH

#### Varsity Boys Pole Vault Finals

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Athlete Yr Team Mark

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1 Noah Hurley 12 North HS 13-06.00  
2 Luke Koeneman 11 Mahtomedi 12-06.00  
3 Kase Kolberg 12 Tartan 10-06.00  
3 Logan Jones 12 Tartan 10-06.00  
5 Ryan Creamer 10 St Thomas Academy 10-06.00  
6 Jackson Kirchoff 11 Hastings 10-00.00  
7 Kieran Viggiano 12 Mahtomedi 10-00.00  
8 Jacob Draxler 10 St Thomas Academy 10-00.00  
9 Sam Martinez 11 North HS 9-06.00  
9 Andrew O'Brien 11 Hastings 9-06.00  
11 Seth Anderson 10 North HS 9-00.00  
11 Evan Johnson 11 Mahtomedi 9-00.00  
Matt Myers 12 Hastings NH  
Ben Rocheford 11 Hill-Murray NH  
Ryan Offstein 10 Hill-Murray NH  
Joel Nikula 10 Tartan NH  
Blake Stinnett 8 Simley SCR  
Michael Driscoll 10 St Thomas Academy NH

#### Varsity Boys Long Jump Finals

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Athlete Yr Team Mark

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1 Ian Fosdick 12 Mahtomedi 21-00.00  
2 Malik Toure 12 North HS 20-08.00  
3 Brian Adkins 11 Hill-Murray 20-04.50  
4 Rashad McKinley 9 Hill-Murray 20-04.00  
5 Cameron Latvis 10 Henry Sibley 20-03.50  
6 Joey Phillips 10 Henry Sibley 19-08.00  
7 David Blasena 12 Mahtomedi 19-05.50  
8 Robert Witzany 11 Hill-Murray 18-07.50  
9 Noah Kullmann 12 Hastings 18-06.50

#### Varsity Boys Long Jump Prelims

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Athlete Yr Team Mark

=====

1 Malik Toure 12 North HS 20-08.00  
2 Ian Fosdick 12 Mahtomedi 20-07.00  
3 Cameron Latvis 10 Henry Sibley 20-03.00  
4 Brian Adkins 11 Hill-Murray 19-10.00  
5 Joey Phillips 10 Henry Sibley 19-08.00  
6 Rashad McKinley 9 Hill-Murray 19-04.00  
7 David Blasena 12 Mahtomedi 18-11.00  
8 Robert Witzany 11 Hill-Murray 18-07.50  
9 Noah Kullmann 12 Hastings 18-05.00  
10 Quinn Christoffersen 10 South St. Paul 18-04.50

11 Nicholas Spinks 12 Tartan 18-01.50  
12 Stephen Betts 11 St Thomas Academy 18-00.50  
13 M'akil Weems 12 Tartan 17-11.50  
14 Jake Larson 9 Mahtomedi 17-11.00  
15 Grady O'Neil 9 St Thomas Academy 17-05.50  
16 Jacob Troje 10 Tartan 17-05.00  
17 William Meyer 9 Hastings 17-01.50  
18 Evan Batuca 11 North HS 16-08.00  
19 Patrick Kelley 12 South St. Paul 16-01.50  
20 Chris Bergthold 11 North HS 15-07.00  
William Johnson 11 Hastings SCR  
Joe Deyak 11 St Thomas Academy SCR  
Byamun Bigabwa 11 Simley DNS  
Blake Stinnett 8 Simley DNS  
Tre Harmon 9 Simley DNS  
Tyler Wilebski-Hendrickso 11 South St. Paul SCR  
Enock Moindi 10 Henry Sibley SCR

#### Varsity Boys Triple Jump Finals

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Athlete Yr Team Mark

=====

1 Ian Fosdick 12 Mahtomedi 43-11.50  
2 Brian Adkins 11 Hill-Murray 42-09.25  
3 Robert Witzany 11 Hill-Murray 41-04.50  
4 Rashad McKinley 9 Hill-Murray 41-01.50  
5 Malik Toure 12 North HS 40-04.00  
6 Grady Clem 12 Henry Sibley 40-01.00  
7 Joe Deyak 11 St Thomas Academy 39-10.50  
8 Hamse Warfa 11 Henry Sibley 39-09.50  
9 Mike Jones 12 South St. Paul 39-06.50

#### Varsity Boys Triple Jump Prelims

=====

Athlete Yr Team Mark

=====

1 Ian Fosdick 12 Mahtomedi 43-11.50  
2 Brian Adkins 11 Hill-Murray 42-09.50  
3 Robert Witzany 11 Hill-Murray 41-04.50  
4 Rashad McKinley 9 Hill-Murray 41-01.50  
5 Malik Toure 12 North HS 40-04.00  
6 Grady Clem 12 Henry Sibley 40-01.00  
7 Joe Deyak 11 St Thomas Academy 39-10.50  
8 Hamse Warfa 11 Henry Sibley 39-09.50  
9 Mike Jones 12 South St. Paul 39-06.50  
10 Joey Phillips 10 Henry Sibley 39-00.50  
11 Benjamin Hogan 11 Mahtomedi 38-08.00  
12 Benjamin Thayer 11 Mahtomedi 38-05.50  
13 Thomas Thurlow 12 St Thomas Academy 37-11.50  
14 Byamun Bigabwa 11 Simley 37-07.50  
15 Kyle Splinter 12 North HS 37-06.00  
16 Hope Adebayo 11 Simley 37-04.50  
17 William Johnson 11 Hastings 37-01.50  
18 Chris Bergthold 11 North HS 36-10.50  
19 Griffin Rohrer 12 South St. Paul 35-03.00  
20 Ryan Hurdt 9 South St. Paul 35-00.50  
21 Jamie Smith 10 St Thomas Academy 34-03.00  
22 William Meyer 9 Hastings 33-07.00  
23 Michael Gruwell 10 Hastings 33-03.50

Varsity Girls 100 Meters Finals

=====

Athlete Yr Team Mark

=====

- 1 Shaliciah Jones 11 North HS 12.20
- 2 Aliah Jackson 11 Simley 12.79
- 3 Tamia Horton 9 North HS 12.82
- 4 Kendra Ekereke 12 Tartan 12.96
- 5 Sarah Stellmach 11 Mahtomedi 13.00
- 6 Maria Bloemendal 11 Hill-Murray 13.09
- 7 Kate Carlson 10 Simley 13.10
- 8 Zoe Boughton 10 Simley 13.41

Varsity Girls 100 Meters Prelims

=====

Athlete Yr Team Mark

=====

- 1 Shaliciah Jones 11 North HS 12.69
- 2 Aliah Jackson 11 Simley 12.92
- 4 Sarah Stellmach 11 Mahtomedi 13.25
- 3 Tamia Horton 9 North HS 13.40
- 5 Maria Bloemendal 11 Hill-Murray 13.40
- 6 Zoe Boughton 10 Simley 13.43
- 7 Kendra Ekereke 12 Tartan 13.50
- 8 Kate Carlson 10 Simley 13.64
- 9 Shamara Gurley 9 Henry Sibley 13.68
- 10 Tayghan Wilkerson 8 Hastings 13.78
- 11 Clarice Gustafson 10 South St. Paul 13.81
- 12 A'Kyla Howard 10 Henry Sibley 13.88
- 13 Anna Holst 9 Mahtomedi 13.98
- 14 Taylor McCoy 9 Hastings 14.22
- 15 Kate Ryan 11 Mahtomedi 14.25
- 15 Katy vanNatta 12 Henry Sibley 14.25
- 17 Erin Young 9 Tartan 14.29
- 18 Madison Kennedy 9 Hastings 14.44
- 19 Claire Pearson 10 Hill-Murray 14.58
- 20 Megan Haugh 10 Hill-Murray 14.64
- 21 Brooklyn Fischbach 10 South St. Paul 14.68
- 22 Paige Livingston 12 North HS 14.96
- 23 Ella Rohrer 9 South St. Paul 15.04

Varsity Girls 200 Meters Finals

=====

Athlete Yr Team Mark

=====

- 1 Shaliciah Jones 11 North HS 25.00
- 2 Kendra Ekereke 12 Tartan 26.48
- 3 Aurora Roberts 11 Tartan 26.57
- 4 Sarah Stellmach 11 Mahtomedi 27.04
- 5 Aliah Jackson 11 Simley 27.19
- 6 Zoe Boughton 10 Simley 27.44
- 7 Shamara Gurley 9 Henry Sibley 27.64
- 8 Rachel Anderson 11 Simley 29.02

Varsity Girls 200 Meters Prelims

=====

Athlete Yr Team Mark

=====

- 1 Shalicia Jones 11 North HS 26.53
- 2 Aliah Jackson 11 Simley 26.70
- 4 Kendra Ekereke 12 Tartan 26.97
- 3 Sarah Stellmach 11 Mahtomedi 27.07
- 5 Aurora Roberts 11 Tartan 27.37
- 6 Zoe Boughton 10 Simley 27.80
- 7 Shamara Gurley 9 Henry Sibley 28.19
- 8 Rachel Anderson 11 Simley 28.48
- 9 Tayghan Wilkerson 8 Hastings 28.49
- 10 Clair Lehmann 12 South St. Paul 28.57
- 11 Anna Holst 9 Mahtomedi 28.60
- 12 Samantha Molitor 9 Hastings 29.40
- 13 Megan Haugh 10 Hill-Murray 29.87
- 14 Meghan Smith 12 Mahtomedi 29.92
- 15 Claire Pearson 10 Hill-Murray 29.99
- 16 Valencia Oliva 8 Henry Sibley 30.01
- 17 Hayley Pedersen 12 North HS 30.07
- 18 Hannah Marthaler 9 Hastings 30.49
- 19 Justina Shenouda 12 Henry Sibley 30.68
- 20 Amanda Salazar 12 South St. Paul 31.22
- 21 Brianna Parsons 11 North HS 32.07
- 22 Glory Johanson 7 South St. Paul 32.21

#### Varsity Girls 400 Meters Finals

=====

Athlete Yr Team Mark

=====

- 1 Shalicia Jones 11 North HS 57.69
- 2 Aurora Roberts 11 Tartan 1:00.79
- 3 Anna Ayd 12 Hill-Murray 1:01.09
- 4 Sarah Stellmach 11 Mahtomedi 1:01.35
- 5 Liberty Larcholey 11 Hastings 1:02.64
- 6 Mallory Brake 12 Hastings 1:02.78
- 7 Karla Kroschel 11 Mahtomedi 1:03.25
- 8 Elise Atkins 7 Hastings 1:04.22

#### Varsity Girls 400 Meters Prelims

=====

Athlete Yr Team Mark

=====

- 1 Anna Ayd 12 Hill-Murray 1:00.90
- 4 Sarah Stellmach 11 Mahtomedi 1:01.09
- 2 Shalicia Jones 11 North HS 1:01.77
- 3 Mallory Brake 12 Hastings 1:02.91
- 5 Aurora Roberts 11 Tartan 1:02.97
- 6 Liberty Larcholey 11 Hastings 1:03.48
- 7 Karla Kroschel 11 Mahtomedi 1:04.15
- 8 Elise Atkins 7 Hastings 1:04.75
- 9 Gabrielle Ogren 8 South St. Paul 1:04.96
- 10 Sydney Stone 11 Hill-Murray 1:05.55
- 11 Corrine Brown 11 Hill-Murray 1:05.72
- 12 Anna Erickson 8 South St. Paul 1:07.94
- 13 Haley Pedersen 12 Simley 1:08.43
- 14 Amelia Forsman 10 Tartan 1:08.60
- 15 Leila Rajput 12 Henry Sibley 1:08.69
- 16 Ava Rohleder 10 Henry Sibley 1:08.89
- 17 Kayla Garcia 7 South St. Paul 1:09.40
- 18 Hanna Bradt 10 Mahtomedi 1:09.74
- 19 Clare Fleming 9 Henry Sibley 1:11.75
- 20 Alexandra Loomis 9 Simley 1:12.00

21 Amelia Jessen 9 Simley 1:13.16  
22 Alec Vruno 9 Tartan 1:14.55

Varsity Girls 800 Meters Finals

=====

Athlete Yr Team Mark

=====

1 Jaylen Rosga 9 Henry Sibley 2:25.84  
2 Breanna Brenard 8 South St. Paul 2:29.59  
3 Giorgia Birkeland 11 Mahtomedi 2:30.38  
4 Avery Daley 10 Hastings 2:31.42  
5 Emma Raab 11 Simley 2:32.49  
6 Emmeline Nelson 11 Mahtomedi 2:34.17  
7 Bauston Lenarz 12 South St. Paul 2:34.79  
8 Francisca Franco-Omana 10 Henry Sibley 2:34.85  
9 Emily Biscoe 11 Hastings 2:34.89  
10 Sydney Hassing 12 Simley 2:37.55  
11 Kaia Kapfer 10 Mahtomedi 2:40.57  
12 Brooke Laska 10 Tartan 2:41.80

Varsity Girls 800 Meters Prelims

=====

Athlete Yr Team Mark

=====

1 Jaylen Rosga 9 Henry Sibley 2:32.56  
2 Breanna Brenard 8 South St. Paul 2:32.60  
3 Emmeline Nelson 11 Mahtomedi 2:34.63  
5 Francisca Franco-Omana 10 Henry Sibley 2:35.11  
7 Bauston Lenarz 12 South St. Paul 2:35.12  
8 Emily Biscoe 11 Hastings 2:36.09  
4 Avery Daley 10 Hastings 2:36.50  
6 Emma Raab 11 Simley 2:37.38  
9 Giorgia Birkeland 11 Mahtomedi 2:38.10  
10 Sydney Hassing 12 Simley 2:39.64  
11 Kaia Kapfer 10 Mahtomedi 2:41.63  
12 Brooke Laska 10 Tartan 2:43.44  
13 Crystal Bonilla-Rios 9 Simley 2:43.75  
14 Daniela Sanchez-Castillo 9 Henry Sibley 2:44.35  
15 Emily Masterson 12 North HS 2:46.25  
16 Aselya Gullickson 9 South St. Paul 2:46.40  
17 Autumn Adricula 9 Hastings 2:46.46  
18 Megan Kohel 12 Tartan 2:46.48  
19 Gretchen Draves 9 Tartan 2:50.46

Varsity Girls 1600 Meters Finals

=====

Athlete Yr Team Mark

=====

1 Linnea Urban 10 Hastings 5:25.06  
2 Sarah Anaya 12 Simley 5:28.21  
3 Makayla Fischer 9 Mahtomedi 5:34.80  
4 Nicole Gonzalez 9 Henry Sibley 5:36.04  
5 Clare Fleming 9 Henry Sibley 5:45.41  
6 Olivia Segura 12 Henry Sibley 5:48.82  
7 Lauren Whiterabbit 10 Mahtomedi 5:51.88  
8 Nicole Kelly 10 South St. Paul 5:55.00  
9 Amanda Kelly 11 South St. Paul 6:04.03  
10 Rae Fuerst 8 Hill-Murray 6:09.87  
11 Arlie Kapun 9 Tartan 6:11.24

- 12 Aselya Gullickson 9 South St. Paul 6:11.50
- 13 Alyne Torenvliet 11 Mahtomedi 6:14.09
- 14 Brooke Erickson 10 Hastings 6:14.76
- 15 Kate Smith 10 Hill-Murray 6:16.63
- 16 Brenda Tellez 9 Simley 6:16.72
- 17 Abaigeal Kavanagh 7 Hill-Murray 6:17.89
- 18 Emma-Grace Cleary 12 Simley 6:20.80
- 19 Emily Staken 12 North HS 6:28.01
- 20 Ella Kelly 9 Hastings 6:32.19
- 21 Goodness Adekanmi 12 Tartan 6:42.49

Varsity Girls 3200 Meters Finals

=====

Athlete Yr Team Mark

=====

- 1 Sarah Anaya 12 Simley 11:48.20
- 2 Rose Dill 12 Henry Sibley 11:49.88
- 3 Linnea Urban 10 Hastings 12:12.85
- 4 Nicole Gonsalez 9 Henry Sibley 12:27.29
- 5 Amanda Tuvey 11 Henry Sibley 12:38.59
- 6 Nicole Kelly 10 South St. Paul 12:44.95
- 7 Linnea Hanson 10 Hastings 12:58.18
- 8 Lauren Whiterabbit 10 Mahtomedi 13:02.76
- 9 Amanda Kelly 11 South St. Paul 13:05.73
- 10 Arlie Kapun 9 Tartan 13:11.49
- 11 Maya Tarnowski 9 Mahtomedi 13:59.05
- 12 Emma-Grace Cleary 12 Simley 14:15.76
- 13 Brenda Tellez 9 Simley 14:16.82
- 14 Brooke Erickson 10 Hastings 14:30.83
- 15 Lauren Johnson 10 Mahtomedi 14:32.63
- 16 Jessica Kelly 7 South St. Paul 15:22.29
- Jessica Northouse 12 Tartan DNF

Varsity Girls 100m Hurdles Finals

=====

Athlete Yr Team Mark

=====

- 1 Anna Ardito 12 Mahtomedi 16.58
- 2 Kylie Krawczyk 12 Mahtomedi 16.69
- 3 Anna Schafhauser 9 Hill-Murray 16.93
- 4 Abigail Smith 11 Mahtomedi 17.00
- 5 Ariana Green 11 Hastings 17.45
- 6 Annika Overvig 10 Henry Sibley 17.78
- 7 Rachel Hughes 11 Hastings 17.87
- 8 Olivia Schuh 9 South St. Paul 18.05

Varsity Girls 100m Hurdles Prelims

=====

Athlete Yr Team Mark

=====

- 1 Kylie Krawczyk 12 Mahtomedi 16.41
- 2 Anna Ardito 12 Mahtomedi 17.39
- 4 Ariana Green 11 Hastings 17.58
- 3 Anna Schafhauser 9 Hill-Murray 17.86
- 5 Abigail Smith 11 Mahtomedi 18.19
- 6 Annika Overvig 10 Henry Sibley 18.23
- 7 Rachel Hughes 11 Hastings 18.35
- 8 Olivia Schuh 9 South St. Paul 18.71
- 9 Ellie Rud 10 Simley 18.86

- 10 Jerryn Storm 11 Simley 19.07
- 11 Skyla Ward 9 Simley 20.13
- 12 Bridget Blaney 10 Hill-Murray 20.25
- 13 Najwa Hassan 9 North HS 20.38
- 14 Molly Jeffrey 7 South St. Paul 20.66
- 15 Rukayat Oluwa 12 Tartan 20.85
- 16 Taylor Pelava 9 Hastings 21.43
- 17 Karissa Florance 9 South St. Paul 21.44

Varsity Girls 300m Hurdles Finals

=====

Athlete Yr Team Mark

=====

- 1 Anna Schafhauser 9 Hill-Murray 47.98
- 2 Rachel Hughes 11 Hastings 50.53
- 3 Kylie Krawczyk 12 Mahtomedi 51.79
- 4 Annika Overvig 10 Henry Sibley 52.03
- 5 Bridget Blaney 10 Hill-Murray 52.44
- 6 Ariana Green 11 Hastings 53.34
- 7 Katja Bastiaens 12 Mahtomedi 53.92
- 8 Leanna Froeming 9 South St. Paul 56.98

Varsity Girls 300m Hurdles Prelims

=====

Athlete Yr Team Mark

=====

- 1 Anna Schafhauser 9 Hill-Murray 49.42
- 2 Leanna Froeming 9 South St. Paul 49.70
- 3 Kylie Krawczyk 12 Mahtomedi 50.25
- 4 Katja Bastiaens 12 Mahtomedi 52.12
- 5 Rachel Hughes 11 Hastings 52.22
- 6 Bridget Blaney 10 Hill-Murray 52.84
- 7 Annika Overvig 10 Henry Sibley 53.59
- 8 Ariana Green 11 Hastings 53.68
- 9 Anna Ardito 12 Mahtomedi 54.08
- 10 Jerryn Storm 11 Simley 54.35
- 11 Geraldine Stoerzinger 10 Hill-Murray 55.79
- 12 Ellie Rud 10 Simley 58.55
- 13 Olivia Schuh 9 South St. Paul 58.56
- 14 Karissa Florance 9 South St. Paul 59.05
- 15 Taylor Pelava 9 Hastings 1:01.45
- 16 Skyla Ward 9 Simley 1:04.82

Varsity Girls 4x100m Finals

=====

Team Time

=====

- 1 Simley 50.58  
Kate CarlsonAliah JacksonZoe BoughtonRachel Anderson
- 2 South St. Paul 53.56  
Ella RohrerClair LehmannAbbigail RoseburClarice Gustafson
- 3 Mahtomedi 53.61  
Halley GraneckKate RyanIsabella FrattaloneCaylee Greeder
- 4 Henry Sibley 53.81  
Katy vanNattaJustina ShenoudaA'Kyla HowardShamara Gurley
- 5 Hastings 54.27  
Taylor McCoyMadison KennedyHannah MarthalerTayghan Wilkerson
- 6 North HS 54.59  
Colette AnigboguHayley PedersenBrianna ParsonsOlivia Rolland



7 Hill-Murray 55.57  
Fiona NathAjibola OmoyeniClaire PearsonMegan Haugh  
8 Tartan 55.58  
Jillian TabakaErin YoungRaquel ZambranoEmma Christopherson

Varsity Girls 4x200m Finals

=====  
Team Time  
=====

1 Hill-Murray 1:50.23  
Corrine BrownSydney StoneMaria BloemendalAnna Ayd  
2 Mahtomedi 1:50.33  
Karla KroschelGrace McCormickCaylee GreederAnna Holst  
3 South St. Paul 1:50.88  
Jessica JugovichGabriella OgrenClair LehmannLeanna Froeming  
4 North HS 1:52.59  
Colette AnigboguHayley PedersenBrianna ParsonsTamia Horton  
5 Simley 1:54.68  
Clara ThoemkeEllie RudLucy MatthewsRachel Anderson  
6 Hastings 1:55.45  
Madison KennedyLillian HayesCourtney DahlerSamantha Molitor  
7 Henry Sibley 1:56.34  
Caroline AndersonKaty vanNattaClara DupontValencia Oliva  
8 Tartan 2:01.02  
Jillian TabakaEmma ChristophersonRukayat OluwaYasmiin Abdi

Varsity Girls 4x400m Finals

=====  
Team Time  
=====

1 Hill-Murray 4:09.96  
Corrine BrownAnna SchafhauserMaria BloemendalAnna Ayd  
2 South St. Paul 4:12.56  
Jessica JugovichBauston LenarzTessa LaskaLeanna Froeming  
3 Henry Sibley 4:14.42  
Caroline AndersonLeila RajputJaylen RosgaRose Dill  
4 Hastings 4:15.58  
Elise AtkinsLinnea UrbanLiberty LarcholeyMallory Brake  
5 Mahtomedi 4:22.00  
Karla KroschelGrace McCormickMeghan SmithMakayla Fischer  
6 North HS 4:32.62  
Colette AnigboguEmily MastersonNicki EmptingHannah Semlak  
7 Simley 4:33.00  
Amelia JessenHaley PedersenAlexandra LoomisClara Thoemke  
8 Tartan 4:47.31  
Brooke LaskaAmelia ForsmanGoodness AdekanmiAlec Vruno

Varsity Girls 4x800m Finals

=====  
Team Time  
=====

1 Henry Sibley 9:57.26  
Francisca Franco-OmanaAmanda TuveyJaylen RosgaRose Dill  
2 South St. Paul 9:58.45  
Jessica JugovichBauston LenarzTessa LaskaBreanna Bernard  
3 Mahtomedi 10:08.85  
Giorgia BirkelandMakayla FischerKaia KapferEmmeline Nelson  
4 Hastings 10:36.17  
Elise AtkinsLinnea HansonEmily BiscoeAvery Daley

5 Simley 11:34.99  
Crystal Bonilla-RiosAmelia JessenJerryn StormLaura Rydahl  
6 Tartan 11:40.54  
Brooke LaskaAmelia ForsmanGoodness AdekanmiMegan Kohel

Varsity Girls Shot Put Finals

=====

Athlete Yr Team Mark

=====

- 1 Abby Hepper 10 Simley 36-01.00
- 2 Ruby Filhart 12 Henry Sibley 32-04.00
- 3 Jessica Davison 12 Hastings 31-06.25
- 4 Nkobwa Ngunu 9 Mahtomedi 31-03.50
- 5 Lindsey Khang 11 North HS 31-03.00
- 6 Megan Tietjen 12 Hastings 30-11.50
- 7 Abigail Brown 10 Mahtomedi 30-08.00
- 8 Victoria Ellsworth 10 Hastings 30-02.00
- 9 Madelynn Rausch 12 Hill-Murray 29-10.00

Varsity Girls Shot Put Prelims

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Athlete Yr Team Mark

=====

- 1 Abby Hepper 10 Simley 35-03.50
  - 2 Ruby Filhart 12 Henry Sibley 31-04.00
  - 3 Nkobwa Ngunu 9 Mahtomedi 31-03.50
  - 4 Lindsey Khang 11 North HS 31-03.00
  - 5 Jessica Davison 12 Hastings 30-09.00
  - 6 Abigail Brown 10 Mahtomedi 30-08.00
  - 7 Victoria Ellsworth 10 Hastings 30-02.00
  - 8 Madelynn Rausch 12 Hill-Murray 29-10.00
  - 9 Megan Tietjen 12 Hastings 29-07.00
  - 10 Peyton Irsfeld 11 Mahtomedi 29-04.00
  - 11 Aaliyah Johnson 10 Henry Sibley 27-07.00
  - 12 Amanda Brings 8 South St. Paul 27-05.00
  - 13 Evelyn Bakken 12 Tartan 26-11.00
  - 14 Alisa Quale 10 North HS 26-10.00
  - 15 Olasubomi Omoyeni 11 Hill-Murray 26-08.00
  - 16 Cecelia Brazil 9 Tartan 26-06.50
  - 17 Zainab Adebayo 9 Simley 26-05.00
  - 18 Grace Prokosch 12 Hill-Murray 25-03.25
  - 19 Katy vanNatta 12 Henry Sibley 24-04.50
  - 20 Rheanna Deal 12 Simley 24-03.75
  - 21 Meaghan Miller 8 South St. Paul 23-09.50
  - 22 Kjersten Casseday 11 Tartan 23-03.50
  - 23 Sienna Boatman 11 South St. Paul 19-01.00
- Jayda Flor 12 North HS SCR

Varsity Girls Discus Finals

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Athlete Yr Team Mark

=====

- 1 Jessica Davison 12 Hastings 112-06
- 2 Abby Hepper 10 Simley 104-11
- 3 Peyton Irsfeld 11 Mahtomedi 92-03
- 4 Abbigail Hemenway 11 Mahtomedi 90-05
- 5 Madelynn Rausch 12 Hill-Murray 87-09
- 6 Lindsey Khang 11 North HS 86-01
- 7 Joella Chamberlain 11 Hastings 85-02

8 Jayda Flor 12 North HS 83-10  
9 Gabi Franco 12 Mahtomedi 80-07

Varsity Girls Discus Prelims

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Athlete Yr Team Mark

=====

1 Jessica Davison 12 Hastings 112-06  
2 Abby Hepper 10 Simley 100-03  
3 Abbigail Hemenway 11 Mahtomedi 90-05  
4 Madelynn Rausch 12 Hill-Murray 87-09  
5 Peyton Irsfeld 11 Mahtomedi 86-01  
6 Lindsey Khang 11 North HS 85-07  
7 Joella Chamberlain 11 Hastings 85-02  
8 Jayda Flor 12 North HS 83-10  
9 Gabi Franco 12 Mahtomedi 79-09  
10 Olasubomi Omoyeni 11 Hill-Murray 79-05  
11 Grace Prokosch 12 Hill-Murray 78-08  
12 Megan Tietjen 12 Hastings 75-11  
13 Zainab Adebayo 9 Simley 74-00  
14 Rheanna Deal 12 Simley 71-07  
14 Amanda Brings 8 South St. Paul 71-07  
16 Cecelia Brazil 9 Tartan 69-00  
17 Meaghan Miller 8 South St. Paul 65-05  
18 Alisa Quale 10 North HS 62-06  
19 Jasmyn Harris 8 Tartan 52-04  
20 Sienna Boatman 11 South St. Paul 44-05  
Alondra Sanchez 10 Henry Sibley DNS  
Evelyn Bakken 12 Tartan SCR

Varsity Girls High Jump Finals

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Athlete Yr Team Mark

=====

1 Caroline Anderson 10 Henry Sibley 5-04.00  
2 Leila Rajput 12 Henry Sibley 5-00.00  
3 Grace McCormick 12 Mahtomedi 4-10.00  
4 Hadley Witham 9 Henry Sibley 4-10.00  
5 Megan Kohel 12 Tartan 4-10.00  
5 Peyton Morrell 11 Mahtomedi 4-10.00  
7 Olivia Hauge 10 Hill-Murray 4-08.00  
8 Hannah Semlak 12 North HS 4-06.00  
8 Lauren Hinrichs 12 Hill-Murray 4-06.00  
8 Alyssa Masco-Isackson 10 Hill-Murray 4-06.00  
11 Anna Ardito 12 Mahtomedi 4-06.00  
11 Kalli Kimmes 9 Hastings 4-06.00  
11 Hannah Peterson 12 Hastings 4-06.00  
11 Reilly Johnson 11 Hastings 4-06.00  
Ella Rohrer 9 South St. Paul NH  
Rukayat Oluwa 12 Tartan NH  
Sarah Coates 10 Simley NH  
Angelin Natlin 8 Simley NH  
Karissa Florance 9 South St. Paul NH  
Jessica Northouse 12 Tartan NH  
Natalie Casalenda 7 South St. Paul NH

Varsity Girls Pole Vault Finals

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Athlete Yr Team Mark

- 
- 
- 1 Molly Vaughan 10 Hastings 9-00.00
  - 2 Lucita Zoya 9 North HS 8-06.00
  - 3 Kaela Offstein 12 Hill-Murray 8-00.00
  - 3 Carolina Gathright 10 Hastings 8-00.00
  - 5 Isabella Frattalone 11 Mahtomedi 7-06.00
  - 6 Lara Deshler 9 Hastings 7-06.00
  - 7 Grace Prokosch 12 Hill-Murray 7-00.00
  - 7 Caylee Greeder 11 Mahtomedi 7-00.00
  - 9 Ava Johnson 8 Hill-Murray 7-00.00
  - 10 Kate Ryan 11 Mahtomedi 6-06.00
  - 10 Andrieana Aurelius 11 Tartan 6-06.00
  - 12 Laurren Carrol 9 North HS 6-00.00
  - 12 Naomi Davis 11 Tartan 6-00.00
  - 12 Margaret Pawlenty 9 Tartan 6-00.00

#### Varsity Girls Long Jump Finals

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##### Athlete Yr Team Mark

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- 1 Kylie Krawczyk 12 Mahtomedi 16-01.75
- 2 Jackelyn Ong 9 Mahtomedi 15-08.50
- 3 Leanna Froeming 9 South St. Paul 15-05.75
- 4 Isabella Frattalone 11 Mahtomedi 15-04.25
- 5 Annika Overvig 10 Henry Sibley 15-04.00
- 6 Erin Young 9 Tartan 15-00.00
- 7 Jillian Tabaka 9 Tartan 14-10.25
- 8 Clair Lehmann 12 South St. Paul 14-09.25
- 9 Clara Dupont 11 Henry Sibley 14-04.75
- 9 Geraldine Stoerzinger 10 Hill-Murray 14-04.75

#### Varsity Girls Long Jump Prelims

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##### Athlete Yr Team Mark

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- 1 Jackelyn Ong 9 Mahtomedi 15-08.50
- 2 Leanna Froeming 9 South St. Paul 15-05.75
- 3 Annika Overvig 10 Henry Sibley 15-04.00
- 4 Isabella Frattalone 11 Mahtomedi 15-02.50
- 5 Erin Young 9 Tartan 15-00.00
- 5 Kylie Krawczyk 12 Mahtomedi 15-00.00
- 7 Clair Lehmann 12 South St. Paul 14-09.25
- 8 Jillian Tabaka 9 Tartan 14-07.25
- 9 Clara Dupont 11 Henry Sibley 14-04.75
- 9 Geraldine Stoerzinger 10 Hill-Murray 14-04.75
- 11 Malia Miller 9 Simley 14-03.50
- 12 Tayghan Wilkerson 8 Hastings 14-02.50
- 13 Linnea Hanson 10 Hastings 14-01.50
- 14 Ajibola Omoyeni 10 Hill-Murray 14-01.25
- 15 Lauren Hinrichs 12 Hill-Murray 14-00.50
- 16 Amelia Jessen 9 Simley 13-09.25
- 17 Hannah Peterson 12 Hastings 13-05.75
- 18 Ericka Bacon 12 Simley 13-03.75
- 19 Aaliyah Gurley 11 Henry Sibley 13-02.75
- 20 Anna Erickson 8 South St. Paul 13-02.50
- 21 Paige Livingston 12 North HS 12-11.50
- 22 Maiya Smith 12 North HS 12-06.00
- 23 Emma Christopherson 10 Tartan 11-04.25
- 24 Najwa Hassan 9 North HS 11-02.50

Varsity Girls Triple Jump Finals

=====

Athlete Yr Team Mark

=====

- 1 Jackelyn Ong 9 Mahtomedi 35-03.00
- 2 Clara Dupont 11 Henry Sibley 34-04.50
- 3 Aaliyah Gurley 11 Henry Sibley 34-04.00
- 4 Caylee Greeder 11 Mahtomedi 33-06.00
- 5 Kendra Ekereke 12 Tartan 33-02.00
- 6 Kylie Krawczyk 12 Mahtomedi 32-10.50
- 7 Clara Thoemke 9 Simley 32-03.00
- 8 Annika Overvig 10 Henry Sibley 32-02.50
- 9 Jillian Tabaka 9 Tartan 31-04.00

Varsity Girls Triple Jump Prelims

=====

Athlete Yr Team Mark

=====

- 1 Clara Dupont 11 Henry Sibley 34-04.50
- 2 Aaliyah Gurley 11 Henry Sibley 34-04.00
- 3 Jackelyn Ong 9 Mahtomedi 34-02.50
- 4 Caylee Greeder 11 Mahtomedi 33-06.00
- 5 Kendra Ekereke 12 Tartan 33-02.00
- 6 Clara Thoemke 9 Simley 32-03.00
- 7 Kylie Krawczyk 12 Mahtomedi 32-02.50
- 8 Annika Overvig 10 Henry Sibley 31-08.00
- 9 Jillian Tabaka 9 Tartan 31-04.00
- 10 Ajibola Omoyeni 10 Hill-Murray 31-03.00
- 11 Rachel Hughes 11 Hastings 30-06.50
- 12 Hannah Semlak 12 North HS 29-06.50
- 12 Clarice Gustafson 10 South St. Paul 29-06.50
- 14 Hannah Peterson 12 Hastings 29-04.00
- 15 Yasmiin Abdi 9 Tartan 28-11.50
- 16 Ericka Bacon 12 Simley 28-11.00
- 17 Lauren Hinrichs 12 Hill-Murray 28-06.00
- 18 Olivia Rolland 11 North HS 28-01.50
- 19 Kallista Spurgeon 12 Hastings 27-11.00
- 20 Amanda Salazar 12 South St. Paul 27-09.00
- 21 Laura Star 11 North HS 27-00.00
- 22 Fiona Nath 12 Hill-Murray 26-04.00
- 23 Sawyer Grathen 12 Simley 26-00.50
- Glory Johanson 7 South St. Paul DNS