

2025 MCAA BOYS CONFERENCE CHAMPIONSHIP

May 15, 2025 at University of Minnesota, Minneapolis, MN

Boys Team Scores:

1. Spectrum	166
2. West Lutheran	163
3. International School of MN/Eagle Ridge Acad	131
4. PACT/Legacy	74
5. Mayer Lutheran	66
6. Parnassus Preparatory School	59
7. NLA/LILA	25

Boys Varsity 100 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Gabe Miest 12 West Lutheran 10.94a
2 Gabriel Shimanski 9 Mayer Lutheran 11.23a
3 Holden Dvorak 12 Spectrum 11.51a
4 Michael Witkowski 11 Eagle Ridge Academy 11.57a
5 Everett Hoppe 12 West Lutheran 11.59a
6 Andre Ringwelski 8 Spectrum 11.71a
7 Aaron Daniels 11 Spectrum 11.80a
8 Cameron Foster 9 Eagle Ridge Academy 11.81a
9 Colten Schommer 10 PACT/Legacy 11.82a
10 Aden Frischholz 11 Spectrum 11.95a
11 Michael Penning 10 West Lutheran 11.98a
12 Shuangcheng Li 10 Eagle Ridge Academy 11.98a
13 Chase Sonderup 11 Parnassus Preparatory School 12.31a
14 David Van Gorp 10 PACT/Legacy 12.44a
15 Carson Franze 12 PACT/Legacy 12.50a
16 Jacob Johnson 9 PACT/Legacy 12.51a
17 Arun Supramaniam 10 Eagle Ridge Academy 12.64a
18 Parker Aurich 12 Mayer Lutheran 12.66a
19 Payton Stanley 12 Mayer Lutheran 12.66a
20 Evan Morrison 11 NLA/LILA 12.83a
21 Jonathan Nguyen 11 Parnassus Preparatory School 12.87a
22 Henry Daniels 10 Parnassus Preparatory School 13.35a
23 Quinten Eckberg 9 Parnassus Preparatory School 13.59a
24 Jackson Earl 8 NLA/LILA 14.03a
25 Cruso Yarphel 8 NLA/LILA 15.82a

Boys Varsity 200 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Gabe Miest 12 West Lutheran 22.73
2 Gabriel Shimanski 9 Mayer Lutheran 23.20
3 Holden Dvorak 12 Spectrum 23.57
4 Liam Liston 10 Eagle Ridge Academy 23.68
5 Everett Hoppe 12 West Lutheran 23.75
6 John Fischer 11 Spectrum 23.98
7 Aden Frischholz 11 Spectrum 24.42
8 Michael Penning 10 West Lutheran 24.57
9 Cameron Foster 9 Eagle Ridge Academy 24.61
10 Birkir Gudmundson 11 Eagle Ridge Academy 25.02
11 Kaden Chitwood 11 Spectrum 25.40
12 Carson Franze 12 PACT/Legacy 25.48
13 Taylor Olson 12 PACT/Legacy 25.49
14 Payton Stanley 12 Mayer Lutheran 26.32
15 Jonathan Nguyen 11 Parnassus Preparatory School 27.16
16 Wyatt Sunde 10 Mayer Lutheran 27.96
17 Henry Daniels 10 Parnassus Preparatory School 28.82
18 Lincoln Williams 9 NLA/LILA 29.58
19 Jackson Earl 8 NLA/LILA 30.30

20 Quinten Eckberg 9 Parnassus Preparatory School 35.78
Cooper Anderson 8 NLA/LILA DNS
Drew Larmouth 7 Parnassus Preparatory School DNS
Daniel Khomich 12 PACT/Legacy DNS
Luke Nolder 12 Mayer Lutheran DNS
Colten Schommer 10 PACT/Legacy DNS

Boys Varsity 400 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Gabriel Shimanski 9 Mayer Lutheran 52.34
2 Brennen Bawek 11 Eagle Ridge Academy 53.08
3 John Fischer 11 Spectrum 53.47
4 Tommy Ellis 12 West Lutheran 54.23
5 Chase Lesyinski 12 Spectrum 55.67
6 Justin Kucala 12 PACT/Legacy 56.22
7 Zachary Kranitz 12 Spectrum 57.87
8 Jennings Huth 10 West Lutheran 58.67
9 Gabriel Phelps-Johnson 9 NLA/LILA 58.97
10 Carter Stripling 9 West Lutheran 1:00.20
11 Maxwell Sandstrom 12 NLA/LILA 1:00.65
12 Arun Supramaniam 10 Eagle Ridge Academy 1:01.23
13 Connor Shuman 9 Parnassus Preparatory School 1:01.25
14 Adriell Jauregui 10 Spectrum 1:02.73
15 Jeremias Cruz 11 Parnassus Preparatory School 1:02.89
16 Tristan Noggle 10 NLA/LILA 1:09.19
17 Simon Lohstreter 8 Parnassus Preparatory School 1:14.00
Cullen Goshaw 9 Parnassus Preparatory School DNS
Dylan Sunde 8 Mayer Lutheran DNS
Jacob Johnson 9 PACT/Legacy DNS
Michael Onyinkwa 11 PACT/Legacy DNS
Luke Nolder 12 Mayer Lutheran DNS

Boys Varsity 800 Meters Finals

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Athlete Yr Team Mark H# Wind

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1 Jacob Pfothenhauer 12 West Lutheran 2:02.79
2 Tommy Ellis 12 West Lutheran 2:06.69
3 Dominick Larson 10 West Lutheran 2:08.10
4 Ethan McDermott 12 PACT/Legacy 2:09.31
5 Noah Soden 12 Spectrum 2:15.39
6 Johnathan Vick 12 Spectrum 2:16.47
7 Alex Hittle 10 Mayer Lutheran 2:17.99
8 Jack Montgomery 10 PACT/Legacy 2:22.02
9 Nikhil Hurkadli 11 Eagle Ridge Academy 2:22.82
10 Connor Shuman 9 Parnassus Preparatory School 2:29.03
11 Quinton Bobadilla 9 Eagle Ridge Academy 2:29.95
12 Geoffrey Morrison 9 Eagle Ridge Academy 2:33.51
13 Trais Triplett 11 Eagle Ridge Academy 2:34.23
14 Alex Guntzel 11 Spectrum 2:35.02
15 Tyhler Bevis 9 Parnassus Preparatory School 2:37.35
16 Jeremias Cruz 11 Parnassus Preparatory School 2:42.82
17 Jayce Jopp 7 Mayer Lutheran 2:43.85
18 Rhett Noyes 10 PACT/Legacy 2:49.19
19 Cooper Anderson 8 NLA/LILA 2:59.32
20 Landen Schrupp 7 Mayer Lutheran 2:59.33
Colton Johnson 7 NLA/LILA DNS
Simon Lohstreter 8 Parnassus Preparatory School DNS
Armand Prest 10 PACT/Legacy DNS

Boys Varsity 1600 Meters Finals

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Athlete	Yr	Team	Mark	H#	Wind
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1	Jacob	Pfotenhauer	12	West Lutheran	4:37.61a
2	Dominick	Larson	10	West Lutheran	4:53.25a
3	Isaiah	Boerner	12	West Lutheran	4:55.03a
4	Kaleb	Jones	10	Spectrum	4:57.07a
5	Alex	Hittle	10	Mayer Lutheran	5:05.48a
6	Ryan	Guntzel	11	Spectrum	5:11.32a
7	Beck	Stevens	9	NLA/LILA	5:12.26a
8	Samuel	Spinti	8	Eagle Ridge Academy	5:12.92a
9	Erik	Larsen	9	Parnassus Preparatory School	5:20.60a
10	Sawyer	Crookes	9	Parnassus Preparatory School	5:22.82a
11	Noah	Woodlee	9	Eagle Ridge Academy	5:24.69a
12	Gabriel	Hirano	8	Eagle Ridge Academy	5:29.79a
13	Connor	Shuman	9	Parnassus Preparatory School	5:31.32a
14	Isaiah	Tazelaar	11	PACT/Legacy	5:31.41a
15	Garrett	Malik	10	PACT/Legacy	5:33.53a
16	Justin	Eaton	11	Eagle Ridge Academy	5:33.62a
17	Sawyer	Brandel	9	NLA/LILA	5:46.11a
18	Simon	Lohstreter	8	Parnassus Preparatory School	5:46.33a
19	Adriell	Jauregui	10	Spectrum	5:51.31a
20	Hunter	Montgomery	8	PACT/Legacy	5:53.02a
21	Eddie	Truwe	11	Spectrum	5:53.50a
22	Rhett	Noyes	10	PACT/Legacy	6:00.18a
23	Colton	Johnson	7	NLA/LILA	6:11.15a

Boys Varsity 3200 Meters Finals

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Athlete	Yr	Team	Mark	H#	Wind
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1	Isaiah	Boerner	12	West Lutheran	10:33.14
2	Tristan	Lampe	10	Eagle Ridge Academy	10:38.58
3	Samuel	Spinti	8	Eagle Ridge Academy	10:45.37
4	Kaleb	Jones	10	Spectrum	10:47.92
5	Tanner	Rosenthal	12	NLA/LILA	11:12.20
6	Beck	Stevens	9	NLA/LILA	11:46.85
7	Chase	Sonderup	11	Parnassus Preparatory School	11:47.01
8	Zeke	Borcherding	9	West Lutheran	11:55.10
9	Isaiah	Tazelaar	11	PACT/Legacy	12:01.61
10	Gabriel	Hirano	8	Eagle Ridge Academy	12:25.99
11	Aidan	Le	11	Eagle Ridge Academy	12:28.05
12	Alfonso	Erickson	9	West Lutheran	12:41.03
13	Henryk	Shear	7	Spectrum	12:45.71
14	Hunter	McKinney	9	PACT/Legacy	12:45.89
15	Sawyer	Crookes	9	Parnassus Preparatory School	12:48.70
16	Daniel	Hart	8	Parnassus Preparatory School	12:50.30
17	Michael	Ramsey	7	Parnassus Preparatory School	12:50.55
18	Sawyer	Brandel	9	NLA/LILA	12:53.36
	Ryland	Schweninger	7	Spectrum	DNS

Boys Varsity 110m Hurdles Finals

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Athlete	Yr	Team	Mark	H#	Wind
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1	Jacob	Arnold	12	PACT/Legacy	15.66a
2	Igor	Chernyak	12	Parnassus Preparatory School	17.26a
3	Noah	Hollander	10	West Lutheran	17.87a
4	Logan	Frette	11	Spectrum	18.19a
5	Zavier	Khouth	10	West Lutheran	18.66a
6	Devin	Goshaw	11	Parnassus Preparatory School	19.62a
7	Elijah	Miller	11	Spectrum	19.70a
8	CJ	Reading	12	Mayer Lutheran	20.65a
9	Evan	Morrison	11	NLA/LILA	20.67a

10	Leonardo (Leo)	Gullekson	10	Eagle Ridge Academy	20.68a
11	Aaron	Voigt	10	Spectrum	22.77a
12	Cale	Fiereck	11	Spectrum	23.06a
13	Caden	Palmquist	8	NLA/LILA	27.64a
	Dimitry	Morgan	8	NLA/LILA	DNS

Boys Varsity 300m Hurdles Finals

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Athlete	Yr	Team	Mark	H#	Wind
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1	Jacob	Arnold	12	PACT/Legacy	43.15
2	Igor	Chernyak	12	Parnassus Preparatory School	45.31
3	Logan	Frette	11	Spectrum	46.21
4	Kevin	Bruski	9	Eagle Ridge Academy	46.64
5	Devin	Goshaw	11	Parnassus Preparatory School	48.05
6	Zavier	Khouth	10	West Lutheran	49.20
7	Evan	Morrison	11	NLA/LILA	49.97
8	Leonardo (Leo)	Gullekson	10	Eagle Ridge Academy	50.26
9	Noah	Edwards	10	West Lutheran	50.58
10	CJ	Reading	12	Mayer Lutheran	50.65
11	Bravin	Mokomba	11	Eagle Ridge Academy	50.94
12	Aaron	Voigt	10	Spectrum	53.45
13	Cale	Fiereck	11	Spectrum	54.51
14	Caden	Palmquist	8	NLA/LILA	1:04.32
	Dimitry	Morgan	8	NLA/LILA	DNS
	David Van Gorp		10	PACT/Legacy	DNS

Boys Varsity 4x100m Relay Finals

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Team	Time	H#
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1	Eagle Ridge Academy	45.36a
1)	Shuangcheng Li	2) Greg Hovey
3)	Brennen Bawek	4) Michael Witkowski
2	Spectrum	45.55a
1)	Andre Ringwelski	2) Aaron Daniels
3)	Aden Frischholz	4) Holden Dvorak
3	PACT/Legacy	48.67a
1)	Carson Franze	2) Jayden Dart
3)	Jacob Johnson	4) Taylor Olson
4	West Lutheran	48.71a
1)	Nate Speidel	2) Evan Bare
3)	Ben Schaefer	4) Michael Penning
5	Parnassus Preparatory School	50.63a
1)	Igor Chernyak	2) Jonathan Nguyen
3)	Quinten Eckberg	4) Drew Larmouth

Boys Varsity 4x200m Relay Finals

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Team	Time	H#
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1	Eagle Ridge Academy	1:35.91a
1)	Liam Liston	2) Greg Hovey
3)	Birkir Gudmundson	4) Brennen Bawek
2	Spectrum	1:43.91a
1)	Jacob Edgar	2) Logan Frette
3)	Chase Lesyinski	4) Kaden Chitwood
3	West Lutheran	1:44.87a
1)	Nate Speidel	2) Evan Bare
3)	Ben Schaefer	4) Jennings Huth
4	Parnassus Preparatory School	1:45.40a
1)	Nicholas Lander	2) Chase Sonderup
3)	Parker Anderson	4) John Lander
5	Mayer Lutheran	1:48.30a
1)	Luke Nolder	2) Payton Stanley

3) Wyatt Sunde 4) CJ Reading
PACT/Legacy DQ
1) Taylor Olson 2) Michael Onyinkwa
3) Colten Schommer 4) Justin Kucala

Boys Varsity 4x400m Relay Finals

Team Time H#

1 Spectrum 3:39.02a
1) Andre Ringwelski 2) Ryan Guntzel
3) Chase Lesyinski 4) John Fischer
2 West Lutheran 3:40.98a
1) Tommy Ellis 2) Jacob Pfothenhauer
3) Gabe Miest 4) Dominick Larson
3 PACT/Legacy 3:45.53a
1) Michael Onyinkwa 2) Justin Kucala
3) Daniel Khomich 4) Ethan McDermott
4 Parnassus Preparatory School 3:55.12a
1) Alex Kochendorfer 2) John Lander
3) Nicholas Lander 4) Parker Anderson
5 Eagle Ridge Academy 3:58.62a
1) Birkir Gudmundson 2) Kevin Bruski
3) Bravin Mokomba 4) Arjun Damodaran
6 NLA/LILA 4:46.05a
1) Lincoln Williams 2) Jackson Earl
3) Jack Beaudin 4) Cooper Anderson

Boys Varsity 4x800m Relay Finals

Team Time H#

1 PACT/Legacy 8:58.87a
1) Armand Prest 2) Jack Montgomery
3) Garrett Malik 4) Ethan McDermott
2 Parnassus Preparatory School 9:21.27a
1) Nicholas Lander 2) Parker Anderson
3) Erik Larsen 4) John Lander
3 Spectrum 9:29.48a
1) Zachary Kranitz 2) Johnathan Vick
3) Noah Soden 4) Alex Guntzel
4 Eagle Ridge Academy 9:36.58a
1) Nikhil Hurkadli 2) Quinton Bobadilla
3) Kevin Bruski 4) Geoffrey Morrison
5 West Lutheran 10:15.36a
1) Aiden Emter 2) Noah Edwards
3) Isaiah Hahm 4) Zeke Borcharding
6 NLA/LILA 10:49.81a
1) Tanner Rosenthal 2) Lincoln Williams
3) Tristan Noggle 4) Jack Beaudin

Boys Varsity Shot Put Finals

Athlete Yr Team Mark H#

1 Aaron Daniels 11 Spectrum 46-0"
2 Hans Burfeind 11 Spectrum 40-2"
3 Jacob Gieseke 10 West Lutheran 39-5"
4 Aaron Karger 10 Mayer Lutheran 38-4.5"
5 Jonah Caswell 11 Spectrum 36-7"
6 Takunda Munyaradzi 10 Eagle Ridge Academy 36-2"
7 Daniel Khomich 12 PACT/Legacy 36-1.5"
8 Karsten Kromschroeder 12 West Lutheran 36-1"
9 Theodore Hance 12 Eagle Ridge Academy 35-9.5"
10 Cooper Eveslage 11 Mayer Lutheran 35-9"

11 Paul Hahm 11 West Lutheran 35-7"
12 David Bruski 12 Eagle Ridge Academy 35-1"
13 Jerry Williams 10 Parnassus Preparatory School 34-9"
14 Wyatt Wilson 10 NLA/LILA 32-9.5"
15 Mikko Johnson 10 Eagle Ridge Academy 32-7.5"
16 Mason Hoernemann 9 Mayer Lutheran 32-3"
17 Adam Erdman 12 Mayer Lutheran 31-0.5"
18 Henry Daniels 10 Parnassus Preparatory School 30-11"
19 Evan Morrison 11 NLA/LILA 30-5.5"
20 Matthew Berry 12 PACT/Legacy 28-5"
21 Beck Stevens 9 NLA/LILA 27-11"

Boys Varsity Discus Finals

Athlete Yr Team Mark H#

1 Elijah Sorensen 11 Spectrum 133-10"
2 Karsten Kromschroeder 12 West Lutheran 122-0"
3 Theodore Hance 12 Eagle Ridge Academy 116-7"
4 Aaron Daniels 11 Spectrum 110-4"
5 Daniel Khomich 12 PACT/Legacy 109-9"
6 Jonah Caswell 11 Spectrum 106-5"
7 Adam Erdman 12 Mayer Lutheran 102-6"
8 Wyatt Wilson 10 NLA/LILA 101-11"
9 Jacob Gieseke 10 West Lutheran 101-10"
10 Paul Hahm 11 West Lutheran 98-4"
11 John Lander 11 Parnassus Preparatory School 95-11"
12 Wyatt Sunde 10 Mayer Lutheran 95-3"
13 Matthew Berry 12 PACT/Legacy 92-8"
14 Josh Carpenter 10 Parnassus Preparatory School 90-1"
15 Aaron Karger 10 Mayer Lutheran 88-9"
16 Takunda Munyaradzi 10 Eagle Ridge Academy 83-10"
17 David Bruski 12 Eagle Ridge Academy 78-10"
18 Mason Hoernemann 9 Mayer Lutheran 77-8"
19 Henry Daniels 10 Parnassus Preparatory School 77-3"
20 Jerry Williams 10 Parnassus Preparatory School 73-11"
21 Tristan Noggle 10 NLA/LILA 70-0"
22 Gabriel Phelps-Johnson 9 NLA/LILA 66-1"
23 Mikko Johnson 10 Eagle Ridge Academy 61-1"

Boys Varsity High Jump Finals

Athlete Yr Team Mark H# Wind

1 Alex Kochendorfer 9 Parnassus Preparatory School 5-8"
2 Greg Hovey 11 Eagle Ridge Academy 5-8"
3 Gabe Miest 12 West Lutheran 5-6"
4 Brandon Knebel 11 West Lutheran 5-4"
4 Evan Bare 11 West Lutheran 5-4"
6 Kaden Chitwood 11 Spectrum 5-2"
7 Parker Anderson 10 Parnassus Preparatory School 5-2"
8 Emmanuel McClure 9 Spectrum 5-0"
9 CJ Reading 12 Mayer Lutheran 5-0"
10 Nicholas Lander 9 Parnassus Preparatory School 5-0"
11 Jarren Mitchell 9 Spectrum 4-10"
Dimitry Morgan 8 NLA/LILA DNS
Dylan Sunde 8 Mayer Lutheran DNS
Jacob Johnson 9 PACT/Legacy DNS

Boys Varsity Pole Vault Finals

Athlete Yr Team Mark H# Wind

1 David Van Gorp 10 PACT/Legacy 12-0"
2 Parker Aurich 12 Mayer Lutheran 11-0"

3 Birkir Gudmundson 11 Eagle Ridge Academy 10-6"
3 Spencer Lampe 10 Eagle Ridge Academy 10-6"
5 Cooper Eveslage 11 Mayer Lutheran 10-0"
6 Andre Ringwelski 8 Spectrum 10-0"
7 Jayden Dart 12 PACT/Legacy 9-6"
8 Ben Burns 9 Spectrum 8-6"
9 Cale Fiereck 11 Spectrum 8-6"
10 Logan Anderson 9 Eagle Ridge Academy 8-0"
11 Elijah Chickering 11 Spectrum 7-0"
Andrew Van Gorp 7 PACT/Legacy NH
Javi Shearer 12 Eagle Ridge Academy NH
Chase Aurich 8 Mayer Lutheran NH

Boys Varsity Long Jump Finals

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Athlete	Yr	Team	Mark	H#	Wind
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1	Gabriel Shimanski	9	Mayer Lutheran	20-1.5"
2	Elijah Miller	11	Spectrum	20-1.5"
3	Brennen Bawek	11	Eagle Ridge Academy	19-7"
4	Michael Witkowski	11	Eagle Ridge Academy	19-3"
5	Logan Frette	11	Spectrum	18-6.5"
6	Cameron Foster	9	Eagle Ridge Academy	18-5.5"
7	Everett Hoppe	12	West Lutheran	17-11.75"
8	Maxwel Sandstrom	12	NLA/LILA	17-6.5"
9	Igor Chernyak	12	Parnassus Preparatory School	17-0"
10	Alex Kochendorfer	9	Parnassus Preparatory School	16-8"
11	Taylor Olson	12	PACT/Legacy	16-7.75"
12	Justin Kucala	12	PACT/Legacy	16-0.5"
13	Gabriel Phelps-Johnson	9	NLA/LILA	16-0.25"
14	Kaden Chitwood	11	Spectrum	15-6.5"
15	Aaron Voigt	10	Spectrum	15-6.5"
16	Jayden Dart	12	PACT/Legacy	15-4.5"
17	Brandon Knebel	11	West Lutheran	15-3"
18	Cullen Goshaw	9	Parnassus Preparatory School	14-10.5"
19	Tristan Noggle	10	NLA/LILA	14-8"
20	Jeremias Cruz	11	Parnassus Preparatory School	14-6"
21	Jayce Jopp	7	Mayer Lutheran	13-6"
	Luke Nolder	12	Mayer Lutheran	DNS
	Keagan Randall	9	West Lutheran	DNS

Boys Varsity Triple Jump Finals

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Athlete	Yr	Team	Mark	H#	Wind
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1	Greg Hovey	11	Eagle Ridge Academy	44-6"
2	Cameron Foster	9	Eagle Ridge Academy	41-4"
3	Maxwel Sandstrom	12	NLA/LILA	40-5"
4	Jacob Arnold	12	PACT/Legacy	39-11"
5	Elijah Miller	11	Spectrum	37-11"
6	Elijah Sorensen	11	Spectrum	37-8"
7	Bravin Mokomba	11	Eagle Ridge Academy	37-0"
8	Noah Hollander	10	West Lutheran	34-9"
9	Geoffrey Morrison	9	Eagle Ridge Academy	33-9"
10	Brandon Knebel	11	West Lutheran	33-2"
11	Gabriel Phelps-Johnson	9	NLA/LILA	31-11"
12	Cooper Eveslage	11	Mayer Lutheran	31-7"
13	Nate Speidel	12	West Lutheran	30-9.5"
14	Simon Lohstreter	8	Parnassus Preparatory School	28-2.75"
	Jack Beaudin	9	NLA/LILA	ND
	Parker Aurich	12	Mayer Lutheran	ND
	Cullen Goshaw	9	Parnassus Preparatory School	DNS
	Chase Lesyinski	12	Spectrum	DNS
	Alex Kochendorfer	9	Parnassus Preparatory School	DNS