

2008 Section 8AA Track and Field Championship

Apollo High School - 5/28/2008 to 5/31/2008

Teams: Moorhead 125.5, Brainerd 114.5, Sartell-St.Stephen 88, Bemidji 78.5, Alexandria 61.5, St. Cloud Tech 57, St. Cloud Apollo 44.5, Sauk Rapids-Rice 36, Rocori 34, Becker 21, Big Lake 16, Monticello 14.5, Fergus Falls 7, Detroit Lakes 2, Little Falls 1.

100 Meter Dash		Prelim	Final
1 Bork, Zach	12 Rocori	11.52	11.16
2 Morris, Otis	12 St. Cloud Te	11.57	11.27
3 Struss, T J	11 Brainerd	11.79	11.31
3 Johnson, Trent	11 Moorhead	11.62	11.31
5 Altenbernd, Alex	11 Moorhead	11.80	11.34
6 Greenwaldt, Travis	11 Bemidji	11.70	11.43
7 Rietsema, Dustin	11 DetroitLkes	11.77	11.68
8 Anderson, Paul	12 Becker	11.89	---

200 Meter Dash		Prelim	Final
1 Bork, Zach	12 Rocori	22.96	22.67
2 Rengel, Nick	11 SartelStStep	23.23	22.84
3 Greenwaldt, Travis	11 Bemidji	23.45	23.21
4 Stewart, James	11 StClApoll	23.43	23.27
5 Altenbernd, Alex	11 Moorhead	23.54	23.37
6 Lauer, Dan	9 Brainerd	23.51	23.38
7 Johnson, Trent	11 Moorhead	23.46	23.43
8 Ohlin, Joe	12 Brainerd	23.67	24.06

400 Meter Dash		Prelim	Final
1 McGriff, Nate	11 Bemidji	50.54	50.68
2 Anderson, Grady	12 SaukRpds-R	51.66	50.74
3 Strehlow, Travis	12 Becker	52.67	51.41
4 Peck, Cody	12 Fergus Falls	52.90	52.66
5 Kasper, Brandon	12 Becker	52.87	52.97
6 Coffin, Jess	12 SartelStStep	53.20	53.22
7 Johnson, Turner	12 Brainerd	52.83	53.43
8 Deering, Derek	12 SaukRpds-R	53.54	54.06

800 Meter Run		Prelim	Final
1 Musse, Liban	11 StClApoll	2:01.59	1:58.40
2 Lorenz, Mitch	12 Brainerd	1:59.43	1:58.56
3 Sorby, Jake	12 Bemidji	1:58.98	2:00.69
4 Doyscher, Joey	10 Brainerd	2:03.27	2:01.45
5 Gregory, Joel	12 Rocori	2:01.27	2:01.47
6 Sontag, Shane	11 Big Lake	2:03.09	2:03.29
7 Lillehaugen, Tim	11 Moorhead	2:01.04	2:03.48
8 Jenson, Robbie	12 Bemidji	2:02.58	2:07.94

1600 Meter Run		Prelim	Final
1 Delaney, Luke	12 Brainerd	4:22.79	4:24.46
2 Paradis, Drew	11 Alexandria	4:32.74	4:28.95
3 Gemar, Lucas	9 Moorhead	4:38.62	4:33.00
4 Dean, Jimmy	10 Brainerd	4:40.44	4:35.12
5 Davis, Jared	12 Bemidji	4:35.17	4:36.45
6 Albares, Luke	12 Monticello	4:39.35	4:37.63
7 Iverson, Tyler	12 Moorhead	4:27.00	4:39.10
8 Lindaas, Jakob	11 Moorhead	4:43.93	4:39.54

3200 Meter Run		Prelim	Final
1 Iverson, Tyler	12 Moorhead	9:50.00	9:35.34
2 Truedson, Erik	11 Bemidji	9:31.00	9:37.20
3 Paradis, Drew	11 Alexandria	9:36.53	9:40.02
4 Ruttger, Tom	11 Brainerd	9:45.15	9:43.28
5 Rose, Tyler	12 Brainerd	9:45.28	9:54.98
6 Gemar, Lucas	9 Moorhead	9:55.78	9:55.24
7 Dean, Jimmy	10 Brainerd	10:04.12	9:58.11
8 Lindaas, Jakob	11 Moorhead	9:59.36	10:00.76

4x100 Meter Relay		Prelim	Final
1 Brainerd (Colby Ring, Alex Rahn, Joe Ohlin, TJ Struss)		43.63	
2 St. Cloud Tech		43.69	
3 Sartell-St.Stephen		44.25	
4 St. Cloud Apollo		44.45	
4 Alexandria		44.45	
6 Sauk Rapids-Rice		44.65	
7 Moorhead		45.53	
8 Becker		45.94	

110 Meter Hurdles		Prelim	Final
1 Weeks, Matthews	12 Moorhead	15.48	14.87
2 Bye, John	11 Moorhead	16.47	15.00
3 Schwinghammer, Log	12 SartelS	15.82	15.06
4 Daniely III, Paul	12 Moorhead	16.04	15.39
5 Caouette, Nic	12 Big Lake	16.14	15.68
6 Grube, Tyler	12 Monticello	16.46	15.75
7 Kloehn, Travis	12 Alexandria	16.14	15.78
8 Barnes, Ryan	12 Brainerd	16.21	15.87

300 Meter Hurdles		Prelim	Final
1 Weeks, Matthews	12 Moorhead	39.68	38.66
2 Bye, John	11 Moorhead	39.95	39.78
3 Kloehn, Travis	12 Alexandria	40.65	40.47
4 Schwinghammer, Log	12 SartelS	41.24	41.19
5 Lewis, Jordan	11 St. Cloud Te	41.88	41.30
6 Daniely III, Paul	12 Moorhead	40.73	42.10
7 Kolle, Chase	11 Fergus Falls	42.98	42.39
8 Westphal, Jacob	11 Brainerd	42.38	42.60

4x200 Meter Relay		Prelim	Final
1 Sartell-St.Stephen (Brent Omdorff, Nick Rengel, Josh Kremer, David Grow)		1:31.22	
2 St. Cloud Apollo		1:31.79	
3 Bemidji		1:32.08	
4 St. Cloud Tech		1:33.86	
5 Moorhead		1:34.02	
6 Becker		1:34.40	
7 Alexandria		1:36.30	
8 Sauk Rapids-Rice		1:38.53	

4x400 Meter Relay		Prelim	Final
1 Moorhead (Alex Altenbend, Paul Daniely, Matt Weeks, John Bye)		3:26.37	
2 Bemidji		3:30.28	
3 Sauk Rapids-Rice		3:34.24	
4 Brainerd		3:34.89	
5 St. Cloud Tech		3:35.00	
6 Becker		3:37.13	
7 St. Cloud Apollo		3:41.54	
8 Alexandria		3:41.72	

4x800 Meter Relay		Prelim	Final
1 Brainerd (Tom Ruttger, Luke Delaney, Tyler Rose, Mitch Lorenz)		7:50.50 **	
2 Bemidji		7:54.81	
3 Moorhead		8:25.25	
4 Big Lake		8:27.14	
5 Sauk Rapids-Rice		8:35.28	
6 St. Cloud Apollo		8:36.94	
7 Alexandria		8:39.41	
8 St. Cloud Tech		8:44.69	

High Jump		Prelim	Final
1 Barnes, Ryan	12 Brainerd	6-05	
2 Nielson, Mike	12 SartelStStep	6-03	
3 Wistrom, Mike	10 SartelStSt	5-11	
4 Monke-Lundberg, Is	12 Moorhd	J5-11	
5 Allex, Brandon	10 Becker	J5-11	
6 Smith, Kendall	12 StClApoll	5-09	
7 Caouette, Nic	12 Big Lake	J5-09	
8 Knop, Nathan	10 Monticello	J5-09	
8 Davis, Derek	SO Bemidji	J5-09	

Pole Vault		Prelim	Final
1 Weis, Nick	10 SaukRpds-Ric	13-06	
2 Fischer, Bryan	12 SartelStStep	13-00	
3 Spandl, Macauley	10 Moorhead	12-06	
4 Lahr, Chad	11 St. Cloud Te	J12-06	
5 Westhoff, Alex	12 StCloudApoll	J12-06	
6 Kloehn, Travis	12 Alexandria	J12-06	
7 Granzow, Nathan	10 Moorhead	12-00	
8 Bruns, Luke	11 Bemidji	J12-00	

Long Jump		Prelim	Final
1 Bork, Zach	12 Rocori	22-08	
2 Trebelhorn, Jack	12 Alexandria	20-09	
3 McGriff, Nate	11 Bemidji	20-08.5	
4 Struss, T J	11 Brainerd	20-06.5	
5 Hansen, Brent	12 SartelStStep	20-04.75	
6 Iverson, James	11 StClApoll	20-03.5	
7 Anderson, Wes	10 Moorhead	20-02	
8 Dhein, Lee	11 St. Cloud Te	19-10.5	

Triple Jump		Prelim	Final
1 Hansen, Brent	12 SartelStStep	43-03.5	
2 Trebelhorn, Jack	12 Alexandria	43-01.5	
3 Warnes, Charlie	11 Alexandria	41-05	
4 Weihrauch, Joe	12 SartelStStep	41-01.75	
5 Weeks, Matthews	12 Moorhead	40-11.75	
6 Lieberg, Justin	10 SartelStStep	40-05.5	
7 Morris, Otis	12 St. Cloud Te	40-03.75	
8 Wasland, Matt	11 Little Falls	40-00.25	

Discus Throw		Prelim	Final
1 Kaczor, Mark	11 St. Cloud Te	148-0	
2 Lyscio, Tom	12 Brainerd	145-0	
3 Orgon, Casey	12 Bemidji	137-01	
4 Schmidt, Joe	10 Monticello	133-10	
5 Ramey, Scott	11 Brainerd	132-03	
6 Saunders, Mikhail	11 Monticello	128-0	
7 Owen, Jordan	11 StCloudApoll	J128-0	
8 Guetter Jr, Robert	10 Alexandria	126-07	

Shot Put		Prelim	Final
1 Lyscio, Tom	12 Brainerd	54-08	
2 Kelley, Eli	12 St. Cloud Te	50-01.5	
3 Binsfeld, Tim	12 SartelStStep	48-06.5	
4 Orgon, Casey	12 Bemidji	47-08	
5 Vacek, Jon	12 Alexandria	45-10.5	
6 Fragodt, Lucas	12 SaukRpds-R45-02.50		
7 Demeules, Chris	11 Big Lake	44-10.50	
8 Kaczor, Mark	11 St. Cloud Te	44-08.00	

Notes: