

# 8AA Championship Meet

Day 1 Alexandria - Day 2 Sartell - 5/27/2009 to 5/30/2009

Teams: Brainerd 117, Moorhead 111.66, St. Cloud Tech 91, Alexandria 66.5, Sauk Rapids-Rice 63, Sartell-St.Stephen 62.33, Monticello 57, Bemidji 44.5, Big Lake 23, Fergus Falls 23, St. Cloud Apollo 13, Little Falls 12, Detroit Lakes 7, Becker 5, Rocori 3.

## 100 Meter Dash

1 Dhein, Lee	12 StCl Tech	11.06
2 Lipp, Bradye	12 SartStStev	11.15
3 Kremer, Josh	11 SartStStev	11.30
4 Altenbernd, Alex	12 Moorhead	11.35
5 Johnson, Trent	12 Moorhead	11.55
6 Vogt, Tyler	12 BigLake	11.59
7 Landowski, Corey	10 SaukRapR	11.63
-- Travis Greenwaldt	12 Bemidji	(11.50p)

## 200 Meter Dash

1 Dhein, Lee	12 StCloudTech	22.47
2 Struss, T J	12 Brainerd	22.51
3 Thelen, Adam	12 SaukRapR	22.97
4 Lauer, Dan	10 Brainerd	23.13
5 Vogt, Tyler	12 BigLake	23.30
6 Geraghty, Nick	10 Moorhead	23.49
7 Berning, David	11 Monticello	24.04
-- Travis Greenwaldt	12 Bemidji	(23.17p)

## 400 Meter Dash

1 Rahn, Alex	12 Brainerd	51.89
2 Gorghuber, Dan	10 Alexandria	51.90
3 Berning, David	11 Monticello	52.87
4 Pollworth, James	10 Becker	53.37
5 Krafnick, Ian	12 StCloudTech	53.66
6 Humeniuk, Peter	11 Bemidji	54.69
7 Fark, Eli	11 StCloudTech	56.51
-- Nate McGriff	12 Bemidji	(51.68p)

## 800 Meter Run

1 Heddens, Brandon	12 SaukRapR	2:00.54
2 Kuefler, Thomas	12 SaukRapR	2:02.45
3 Ruttger, Thomas	12 Brainerd	2:03.49
4 Whitacre, Clayton	12 BigLake	2:04.40
5 Yapp, Josh	12 SartStStev	2:04.80
6 Sontag, Shane	12 BigLake	2:04.98
7 Lillehaugen, Timot	12 Moorhead	2:05.20
8 Schoneberger, Alex	10 Bemidji	2:06.71

## 1600 Meter Run

1 Truedson, Erik	12 Bemidji	4:24.35
2 Paradis, Drew	12 Alexandria	4:25.81
3 Lillehaugen, Timot	12 Moorhead	4:31.40
4 Lindaas, Jakob	12 Moorhead	4:33.10
5 Hodgson, Zach	10 Alexandria	4:41.17
6 Scherber, Matt	12 SartStStev	4:42.39
7 Yapp, Josh	12 SartStStev	4:44.85
8 Weiss, Matt	12 DetroitLks	4:46.82

## 4x100 Meter Relay

1 Brainerd	43.19	
1) Ring, Colby	2) Rahn, Alex	12
3) Swanson, Chris	4) Struss, T J	12
2 Sartell-St. Stephen	43.21	
3 Sauk Rapids-Rice	43.68	
4 Moorhead	44.76	
5 St. Cloud Tech	45.59	
6 Monticello	46.55	
7 Alexandria	46.89	
8 Fergus Falls	47.07	

## 3200 Meter Run

1 Paradis, Drew	12 Alexandria	9:20.95
2 Truedson, Erik	12 Bemidji	9:29.08
3 Lindaas, Jakob	12 Moorhead	9:37.39
4 Scherber, Matt	12 SartStStev	9:54.87
5 Nelson, Derrick	10 Moorhead	10:01.69
6 Dean, Jimmy	11 Brainerd	10:05.58
7 Sieling, William	9 Alexandria	10:13.33
8 Broadwell, Tyler	9 SartStStev	10:14.02

## 110 Meter Hurdles

1 Bye, John	12 Moorhead	15.23
2 Swenson, Dakota	9 Brainerd	15.47
3 Hecht, Noah	12 LittleFalls	15.60
4 Golling, Michael	11 Moorhead	15.74
5 Holtman, Sam	12 Monticello	15.78
6 Westphal, Jacob	12 Brainerd	16.14
7 Illies, Mathew	12 StCloudApp	16.20
8 Spandl, Macauley	11 Moorhead	16.34

## 300 Meter Hurdles

1 Bye, John	12 Moorhead	40.32
2 Lewis, Jordan	12 StCloudTech	40.44
3 Millette, Gil	12 Brainerd	41.11
4 Westphal, Jacob	12 Brainerd	41.83
5 Swenson, Dakota	9 Brainerd	41.98
6 Pederson, Mark	10 Rocori	42.05
7 Kolle, Chase	12 FergusFalls	42.26
8 Golling, Michael	11 Moorhead	42.56

## 4x200 Meter Relay

1 Brainerd	1:30.82	
1) Ring, Colby	2) Rahn, Alex	12
3) Lauer, Dan	4) Struss, T J	12
2 St. Cloud Tech	1:32.17	
3 Sartell-St. Stephen	1:32.32	
4 Alexandria	1:35.34	
5 Moorhead	1:35.55	
6 Sauk Rapids-Rice	1:38.49	
7 Big Lake	1:39.47	
8 St. Cloud Apollo	1:39.67	

## 4x400 Meter Relay

1 Sauk Rapids-Rice	3:29.37	
1) Thelen, Adam	2) Bates, Kiwon	12
3) Kuefler, Tom	4) Heddens, Brandon	12
2 St. Cloud Tech	3:30.23	
3 Moorhead	3:32.53	
4 Brainerd	3:33.58	
5 Alexandria	3:35.21	
6 St. Cloud Apollo	3:35.28	
7 Monticello	3:38.30	
8 Fergus Falls	3:38.97	

## 4x800 Meter Relay

1 Moorhead	8:13.21	
1) Nelson, Derrick	2) Nicolai, Matt	11
3) Valen, Matthias	4) Doohar, Joe	11
2 Brainerd	8:13.87	
3 Big Lake	8:22.50	
4 Bemidji	8:25.09	
5 St. Cloud Apollo	8:35.56	
6 Sartell-St. Stephen	8:37.09	
7 Alexandria	8:38.88	
8 St. Cloud Tech	8:54.70	

## High Jump

1 Kingery, Joe	12 Bemidji	6-03
2 Chuk, Lul	10 StCloudTech	J6-03
3 Wistrom, Mike	11 SartStStev	6-01
4 Lauer, Dan	10 Brainerd	5-11
5 Usovich, Sergey	12 SaukRapR	J5-11
6 Hecht, Noah	12 LittleFalls	5-09
7 Knop, Nathan	11 Monticello	J5-09
8 Anderson, Wes	11 Moorhead	J5-09
8 Ziegler, Evan	12 SartStStev	J5-09
8 Sederquist, Dan	11 Moorhead	J5-09

## Pole Vault

1 Weis, Nick	11 SaukRapR	12-11
2 Johnson, Brendan	10 Moorhead	12-05
3 Lahr, Chad	12 StCloudTech	J12-05
4 Murrey, Britton	10 Brainerd	11-11
5 Comstock, Taylor	12 Brainerd	J11-11
6 Wasland, Matt	12 LittleFalls	11-05
7 Patch, Charlie	10 Monticello	10-11
7 Gerzema, Ethan	11 Monticello	10-11

## Long Jump

1 Dhein, Lee	12 StCloudTech	21-08.25
2 Anderson, Wes	11 Moorhead	20-09.5
3 Struss, T J	12 Brainerd	20-07
4 Mithaugen, Matt	12 FergusFalls	20-04.25
5 Nelson, Joe	10 Brainerd	20-04
6 McGriff, Nate	12 Bemidji	20-00.25
7 Gaughan, Ben	11 Moorhead	19-05
8 Champa, Luke	11 DetroitLks	19-03.25

## Triple Jump

1 Lieberg, Justin	11 SartStStev	42-11
2 Erlandson, Simon	12 FergusFalls	42-05
3 Anderson, Wes	11 Moorhead	42-03
4 Champa, Luke	11 DetroitLks	41-06.5
5 Khalaj, Nick	11 SaukRapR	41-04
6 Bergstraser, Timot	12 StClApp	41-03.5
7 Yeh, Philip	11 Brainerd	41-02.25
8 Cole, Nathan	10 FergusFalls	40-10.25

## Discus Throw

1 Schmidt, Joe	11 Monticello	155-05
2 Quist, Thomas	12 Alexandria	155-03
3 Kaczor, Mark	12 StCloudTech	149-11
4 Ronnevik, Lars	11 FergusFalls	146-05
5 Saunders, Mikhail	12 Monticello	141-06
6 Moran, Nick	10 Monticello	138-08
7 Ahlquist, James	12 Alexandria	138-07
8 Kingery, Joe	12 Bemidji	136-05
8 Guetter, Robert	11 Alexandria	136-05

## Shot Put

1 Saunders, Mikhail	12 Monticello	50-02.25
2 Guetter, Robert	11 Alexandria	50-0
3 Feldman, Jamie	12 Monticello	48-05.75
4 Kaczor, Mark	12 StCloudTech	47-11
5 Kingery, Joe	12 Bemidji	46-11.75
6 Dybdal, Landon	12 Alexandria	46-10.25
7 Schmidt, Joe	11 Monticello	46-07.5
8 Hedlund, Jack	12 StCloudTech	46-03.5

Notes: Brainerd was coached by Rod Reuer.