

# Section 7A T & F Championships - 5/31/2013 @ Griggs Field - UM - Duluth

**Team results:** (10,8,6,5,4,3,2,1) Esko 110.5, Moose Lake/Willow River 66, Crosby-Ironton 56.5, Proctor 51.5, Eveleth-Gilbert 50, Virginia 50, Mesabi East 45, Ely 31, International Falls 29, South Ridge/Cherry/Northw 29, Hinckley-Finlayson 28, Greenway/Nashwauk/Keewati 22.5, Cromwell 17, Wrenshall 17, Bigfork 15, Cook County 14, Deer River/Northland 14, Chisholm 10, Silver Bay 10, Barnum 9, Two Harbors 8, East Central 7, Carlton 6, Lakeview Christian Academy 3, Marshall School, Duluth 2, Aitken 1

## 100 Meter Dash (wind 1.9)

1 Sella, Mitchell 12 Virginia 11.62p 11.20  
2 Mudek, Riley 12 Esko 11.53p 11.25  
3 Warren, Peter 12 CookCty 11.65p 11.31  
4 Stackpool, Cade 12 Virginia 11.65p 11.34  
5 Christensen, Drew 11 TwoHarbors 11.66p 11.49  
6 Oconnor, Justin 10 Wrenshall 11.83p 11.66  
7 Pettersen, Josh 10 MooseLkWillRv 11.77p 11.75  
8 Day, Steven 11 Eveleth-Gilb 12.02p 11.76

## 200 Meter Dash

1 Sella, Mitchell 12 Virginia 22.85  
2 Mudek, Riley 12 Esko 22.86  
3 Oconnor, Justin 10 Wrenshall 23.85  
4 Virginia, Marcus 11 Wrenshall 24.16  
5 Engel, Josh 12 Greenway/Nas 24.22  
6 Oconnor, Caleb 10 Wrenshall 24.33  
7 Skadsem, Cole 12 Virginia 24.50  
8 Ettestad, Jakob 11 Internationa 24.54

## 400 Meter Dash

1 Mudek, Riley 12 Esko 50.06  
2 Warren, Peter 12 CookCty 51.68  
3 Weston, Chris 12 Eveleth-Gilb 52.70  
4 Hintsala, Brandt 11 Esko 53.43  
5 Jacobs, Riley 11 Crosby-Iront 53.72  
6 Thiry, Joe 12 Proctor 54.74  
7 Stephan, Jeremy 10 MarshallDuluth 55.36  
8 Piekarski, Jake 11 Internationa 56.02

## 800 Meter Run

1 Blood, Kyle 12 SilverBay 1:59.96  
2 Moonen, Ben 12 MooseLkWillRiv 2:00.83  
3 Stockman, John 11 Crosby-Iront 2:02.45  
4 Goodwin, William 11 Crosby-Iront 2:03.21  
5 Paul, Alex 12 Mesabi East 2:04.32  
6 Radtke, Dan 10 Mesabi East 2:05.28  
7 Heiman, Mark 11 Ely 2:05.87  
8 Novak, Isaac 12 Aitken 2:09.63

## 1600 Meter Run

1 Welch, Matt 12 Proctor 4:33.17  
2 Johnson, Sam 11 Mesabi East 4:36.42  
3 LeTourneau, Jeremiah 12 HinckFin 4:37.56  
4 Melicher, Reed 10 Eveleth-Gilb 4:41.05  
5 Hanson, Ben 12 Esko 4:49.65  
6 Carlton, Isaac 10 Crosby-Iront 4:50.15  
7 Hebl, Eli 11 TwoHarbors 4:54.01  
8 Rodriguez, Daniel 11 Eveleth-Gilb 4:54.60

## 3200 Meter Run

1 Severson, Jude 11 Crosby-Iront 10:13.08  
2 Smith, Zach 11 Proctor 10:14.71  
3 Johnson, Joey 12 Esko 10:42.79  
4 Rengo, Matt 11 Esko 10:46.35  
5 Larson, Cameron 11 Crosby-Iront 10:54.52  
6 Rodriguez, Daniel 11 Eveleth-Gilb 11:00.08  
7 Sargent, Garrett 10 Proctor 11:03.31  
8 Stanisich, Sam 10 Eveleth-Gilb 11:12.32

## 110 Meter Hurdles (wind 2.1)

1 Meloche, Paul 10 Mesabi East 15.64  
2 Pender, Michael 12 MooseLkWillRiv 15.70  
3 Bauer, Derek 11 Carlton 16.42  
4 Tucker, Jacob 11 Esko 16.43  
5 Wood, Zach 12 Eveleth-Gilb 16.66  
6 Jordan, Sean 11 Ely 17.15  
7 Tonner, Matthew 12 Esko 17.27  
8 Gunderson, Steven 12 East Central 17.81

## 300 Meter Hurdles

1 Pender, Michael 12 MooseLkWillRiv 41.78  
2 Welch, Jake 10 Proctor 42.59  
3 Meloche, Paul 10 Mesabi East 43.12  
4 Redding, Bill 11 South Ridge/ 43.69  
5 Gunderson, Steven 12 East Central 43.76  
6 Martinson, John 11 Eveleth-Gilb 43.85  
7 Wood, Zach 12 Eveleth-Gilb 43.87  
8 Drotts, Kevin 12 Deer River/N 45.32

## 4x100 Meter Relay

1 Proctor 45.34  
2 Esko 45.66  
3 Moose Lake/Willow River 45.90  
4 Virginia 47.00  
5 International Falls 47.25  
6 Cromwell 47.77  
7 Bigfork 47.98  
8 Mesabi East 48.96

## 4x200 Meter Relay

1 Moose Lake/Willow River 1:34.99  
2 Virginia 1:35.96  
3 Eveleth-Gilbert 1:35.97  
4 Esko 1:36.81  
5 International Falls 1:38.33  
6 Mesabi East 1:39.35  
7 East Central 1:41.05  
8 Cromwell 1:43.82

## 4x400 Meter Relay

1 Eveleth-Gilbert 3:34.20  
2 Esko 3:34.96  
3 Crosby-Ironton 3:36.33  
4 Moose Lake/Willow River 3:38.08  
5 Mesabi East 3:45.53  
6 Virginia 3:47.07  
7 Proctor 3:50.82  
8 Hinckley-Finlayson 3:51.54

## 4x800 Meter Relay

1 Crosby-Ironton 8:14.93  
2 Esko 8:18.68  
3 Mesabi East 8:19.45  
4 Cromwell 8:45.08  
5 Proctor 8:46.69  
6 Hinckley-Finlayson 8:57.24  
7 Eveleth-Gilbert 9:05.50  
8 Ely 9:24.77

## High Jump

1 Culbert, Justin 9 Chisholm 6-02  
2 Bisel, Ben 12 Esko 6-01  
3 Disterhaupt, Jake 12 MooseLkWillRiv 5-10  
4 Beaudot, Cal 11 Esko J5-10  
5 Wood, Zach 12 Eveleth-Gilb J5-10  
6 Drotts, Kevin 12 Deer River/N 5-07  
7 Lysaker, Shannon 10 TwoHarbors J5-07  
8 Prouty, Logan 12 Proctor 5-04

## Pole Vault

1 Drotts, Kevin 12 Deer River/N 14-03  
2 Engel, Josh 12 Greenway/Nas 13-00  
3 German, Jacob 10 Greenway/Nas 12-06  
4 Gray, Tim 12 Greenway/Nas 11-06  
4 Tvedt, Kory 12 Esko 11-06  
6 MacKay, Cade 12 Internationa 10-06  
7 Ettestad, Jakob 11 Internationa J10-06  
8 Greene, Alex 12 Proctor J10-06

## Long Jump (wind 0.1 to 0.2)

1 Evenson, Jon 11 MooseLkWillRiv 20-06.5  
2 Redding, Bill 11 South Ridge/ 20-03.5  
3 Heiman, Mark 11 Ely 20-03.0  
4 Peterson, Colton 11 South Ridge/ 19-09.0  
5 Huderlik, Daniel 10 Crosby-Iront 19-05.5  
6 Lovdahl, Zac 12 Bigfork 18-08.0  
7 Thiry, Joe 12 Proctor 18-07.0  
8 Heiman, Josh 8 Ely J18-07.0

## Triple Jump

1 Heiman, Mark 11 Ely 43-07 w 1.9  
2 Heiman, Josh 8 Ely 41-00 w 1.8  
3 Peterson, Colton 11 South Ridge/ 40-04 w 2.0  
4 Redding, Bill 11 South Ridge/ 39-11.5 w 2.0  
5 Pumper, Jason 12 Internationa 38-11 w 1.4  
6 Chiu, Marc 10 LakeChrAcad 38-04 w 1.0  
7 Johnson, Rick 11 Esko 38-03 w 0.7  
8 Coil, Isaac 12 MooseLkWillRiv 37-09 w 0.4

## Discus Throw

1 Anderson, Andrew 11 Bigfork 140-00  
2 Youngberg, Brady 11 Barnum 136-00  
3 Rupert, Austin 10 Internationa 135-09  
4 Colton, Josh 12 HinckFin 134-02  
5 Borden, Joshua 10 Crosby-Iront 132-01  
6 Denzler, Tyler 12 Esko 128-07  
7 Hill, Kyle 12 Eveleth-Gilb 127-07  
8 Morberg, Brad 10 Proctor 121-00

## Shot Put

1 Carlstrom, Chris 12 HinckFin 48-10.00  
2 Oliver, Josh 12 Cromwell 46-11.00  
3 Denzler, Tyler 12 Esko 46-08.50  
4 Carey, Josh 12 Virginia 45-04.50  
5 Janttie, Nick 12 Internationa 45-03.50  
6 Colton, Josh 12 HinckFin 43-04.00  
7 Sella, Mitchell 12 Virginia 43-01.50  
8 Youngberg, Brady 11 Barnum 41-09.00