

## 2013 Section 8A Subsection 31 - 5/23/2013 Roseau High School

Teams: Roseau 211, West Marshall 163.5, Warroad 89, Grygla-Gatzke 58, Lake of the Woods/Rainy River 53, BGMR Freeze 49.5, Red Lake County 44, Clearbrook-Gonvick 7.

### 4x100 Meter Relay

1	Roseau	45.79
	Stroot, Otto, Pahlen, Johnson	
2	West Marshall	47.54
3	Warroad	48.68
4	Lake of the Woods/RR	49.36
5	Grygla-Gatzke*	49.42
6	Clearbrook-Gonvick	52.18

### 4x200 Meter Relay

1	Roseau	1:37.23
	Stroot, Otto, Wokasch, Haman	
2	Red Lake County	1:39.56
3	Warroad	1:39.67
4	West Marshall	1:41.62
5	Grygla-Gatzke	1:48.75
6	Lake of the Woods/RR	1:51.60

### 4x400 Meter Relay

1	BGMR Freeze	3:47.30
	Sillanpaa, Thompson, Bring, Bring	
2	Roseau	3:48.04
3	Lake of the Woods/RR	3:58.18
4	Warroad	3:59.05
5	Red Lake County	4:13.92
6	West Marshall	4:15.44

### 4x800 Meter Relay

1	Roseau	8:51.03
	Watson, Erickson, Nelson, Nelson	
2	Warroad	9:38.28
3	West Marshall	10:09.35

### 110 Meter Hurdles

1	Pederson, Jase	11	W Marsh	18.14
2	Gryskiewicz, Tom	8	W Marsh	18.83
3	Paradis, Anthony	10	Warroad	19.08
4	Negen, Jordan	10	Roseau	19.14
5	Lambert, Devin	9	Red Lk C	19.79
6	Tinnes, Logan	8	Grygla-G	21.06
7	Pearson, Kirk	9	Warroad	21.23
8	Abrahamson, Noah	8	Roseau	21.88

### 100 Meter Dash

1	Pahlen, Jared	11	Roseau	12.24
2	Johnson, Trevor	12	Roseau	12.26
3	Yeong Shin, Dae	10	Lk W/RR	12.52
4	Pineda, Jesse	11	W Marsh	12.56
5	DuBore, Cameron	10	W Marsh	12.92
6	Kempenich, Darian	11	Lk W/RR	13.05
7	Kiesow, Justin	12	Grygla-G	13.07
8	Duong, Phuong	10	Warroad	13.10

### 1600 Meter Run

1	Nelson, Weston	10	Roseau	4:51.34
2	Polansky, Daniel	12	Grygla-G	4:59.03
3	Olsen, Derek	10	Roseau	5:07.01
4	Lowes, Dylan	9	Lk W/RR	5:10.02
5	Steer, Jake	9	W Marsh	5:16.59
6	Olson, Caleb	9	Grygla-G	5:18.69
7	Hepner, Zach	7	Warroad	5:20.05
8	Nemec, Alan	9	Red Lk C	5:35.56

### 400 Meter Dash

1	Johnson, Trevor	12	Roseau	52.82
2	Bring, Tory	11	BGMR F	53.04
3	Sillanpaa, Jeffrey	12	BGMR F	55.38
4	Schmisek, Matthew	11	Lk W/RR	57.56
5	Kordasch, Georg	11	Warroad	58.19
6	Gagner, Cody	10	Red Lk C	58.28
7	Friemoth, Matthew	11	Lk W/RR	58.54
8	Wokasch, Nathan	10	Roseau	58.59

### 300 Meter Hurdles

1	Helgeson, Jack	11	Roseau	44.54
2	Pederson, Jase	11	W Marsh	45.25
3	Polansky, Daniel	12	Grygla-G	46.36
4	Pearson, Kirk	9	Warroad	47.39
5	Paradis, Anthony	10	Warroad	48.36
6	Prestebak, Alan	10	Grygla-G	48.53
7	ONEILL, Logan	12	Red Lk C	49.75
8	Negen, Jordan	10	Roseau	50.13

### 800 Meter Run

1	Gagner, Cody	10	Red Lk C	2:07.44
2	Nelson, Scott	9	Roseau	2:09.80
3	Bring, Logan	9	BGMR F	2:11.36
4	Watson, Kendle	12	Roseau	2:12.39
5	Bring, Tory	11	BGMR F	2:21.53
6	Steer, Jake	9	W Marsh	2:23.08
7	Hrynshyn, Kyle	12	W Marsh	2:23.23
8	Runnels, Tommy	12	Warroad	2:25.18

### 200 Meter Dash

1	Pahlen, Jared	11	Roseau	23.62
2	Yeong Shin, Dae	10	Lk W/RR	24.64
3	Perius, Alex	12	Warroad	25.03
4	Sillanpaa, Jeffrey	12	BGMR F	25.21
5	George, Quincy	10	Warroad	25.42
6	Vela, George	10	W Marsh	25.83
7	Carlson, Alex	10	Grygla-G	26.17
8	Wulff, Jeremy	11	Roseau	26.22

### 3200 Meter Run

1	Erickson, Tyler	11	Roseau	10:34.29
2	Olsen, Derek	10	Roseau	11:38.57
3	Kaiser, Anthony	12	W Marsh	12:37.33
4	Halvorson, Zach	10	W Marsh	12:45.56
5	Erickson, Brett	7	Roseau	14:07.27
6	Lockner, Brandon	12	Lk W/RR	14:54.00

### High Jump

1	Lunos, Kruger	12	Warroad	6-00
2	Yutzenka, Nick	10	W Marsh	5-06
3	Carlson, Elias	10	Roseau	5-06
4	Jessen, Erik	9	Roseau	5-06
5	Hess, Jon	12	W Marsh	5-04
6	Bring, Logan	9	BGMR F	5-04
7	Kvien, Pierce	9	Roseau	5-02
8	Kaiser, Anthony	12	W Marsh	5-02

### Pole Vault

1	Stroot, Braden	12	Roseau	12-00
2	Stroot, Reily	9	Roseau	11-00
3	Otto, Mark	12	Roseau	10-06
4	Thompson, Michael	10	BGMR F	9-06
4	Pederson, Jase	11	W Marsh	9-06
6	Ubel, Cale	11	Lk W/RR	9-06
7	Pineda, Jesse	11	W Marsh	9-06
8	McGlynn, Chris	8	W Marsh	8-06

### Long Jump

1	Lunos, Kruger	12	Warroad	19-11.50
2	Yutzenka, Nick	10	W Marsh	17-11.25
3	Wokasch, Nathan	10	Roseau	17-11.00
4	Jobman, Ryan	9	Roseau	17-04.25
5	Hess, Jon	12	W Marsh	17-01.50
6	Korynta, Matthew	8	W Marsh	17-00.75
7	Shaw, Nathan	9	Roseau	16-03.75
8	Olson, Caleb	9	Grygla-G	15-11.25

### Triple Jump

1	Hess, Jon	12	W Marsh	40-06.00
2	Lorenz, Tobias	12	W Marsh	37-02.50
3	Yutzenka, Nick	10	W Marsh	36-02.50
4	ONEILL, Logan	12	Red Lk C	35-07.00
5	Krause, Kalvin	10	Lk W/RR	34-07.00
6	Bring, Logan	9	BGMR F	34-01.50
7	Stroot, Reily	9	Roseau	33-11.50
8	Grove, Zach	12	Red Lk C	33-10.50

### Discus Throw

1	Banks, Caleb	12	W Marsh	115-03
2	Sczepanski, Hayden	12	W Marsh	114-03
3	Fevold, Matt	12	Roseau	112-08
4	Schirrick, Wyatt	10	Red Lk C	109-02
5	Kiesow, Justin	12	Grygla-G	96-04
6	Phrakonekham, Cameron	9	Warro	96-00
7	Abrahamson, Hawken	11	Roseau	94-03
8	Hamrick, Alex	10	W Marsh	94-01

### Shot Put

1	Swanson, Brady	11	Grygla-G	38-03
2	Polansky, Daniel	12	Grygla-G	37-07
3	George, Quincy	10	Warroad	37-03
4	Olson, Jordan	11	Roseau	37-03
5	West, John	9	Clearb-G	37-01
6	Hamrick, Alex	10	W Marsh	36-08
7	Banks, Caleb	12	W Marsh	36-01
8	Knott, Kayler	12	Red Lk C	35-05