

Northwest Suburban Conference Championships

Irondale High School

May 25, 2017

TRACK EVENTS

GIRLS' 4X800 METER RELAY Thursday 3:00 pm 1-3 in alley 1, 4-6 in alley 2, etc

Honor roll qualifier: 10:10.0
Meet record: 9:32.06; Coon Rapids, 2008

| Lane Name | Team | Qual Time |
|-----------|-----------------------|-----------|
| 1 | Blaine | 10:01.48 |
| 2 | Coon Rapids | 10:21.23 |
| 3 | Maple Grove | 10:39.63 |
| 4 | Anoka | 9:37.51 |
| 5 | Irondale | 10:11.30 |
| 6 | Champlin Park | 10:28.44 |
| 7 | Elk River | 9:48.20 |
| 8 | Centennial | 10:16.00 |
| 9 | Robbinsdale Armstrong | 10:33.07 |
| 10 | Andover | 10:08.16 |
| 11 | Osseo | 10:22.0 |
| 12 | SpringLkPk/St Anthony | 11:14.98 |
| 13 | Park Center | 11:53.28 |

BOYS' 4X800 METER RELAY Thursday 3:15 pm 1-3 in alley 1, 4-6 in alley 2, etc

Honor roll qualifier: 8:31.00
Meet record: 7:55.09; Blaine, 2010

| Lane Name | Team | Qual Time |
|-----------|-----------------------|-----------|
| 1 | Irondale | 8:18.79 |
| 2 | Andover | 8:31.06 |
| 3 | Robbinsdale Armstrong | 8:52.0 |
| 4 | Centennial | 7:56.00 |
| 5 | Anoka | 8:27.64 |
| 6 | Champlin Park | 8:37.15 |
| 7 | Elk River | 8:14.13 |
| 8 | Blaine | 8:29.25 |
| 9 | SpringLkPk/St Anthony | 8:47.14 |
| 10 | Maple Grove | 8:27.0 |
| 11 | Totino-Grace | 8:32.65 |
| 12 | Coon Rapids | 8:54.00 |
| 13 | Osseo | 8:59.0 |
| 14 | Park Center | 9:51.13 |

GIRLS' 100 METER HURDLES FINAL

Thursday 3:30 pm

Heat winners plus next 2 fastest advance

Honor roll qualifier: 16.6
Meet record: 14.45; Amber Harris, Coon Rapids, 2014

| Lane | Name | Team | Qual Time |
|------|-----------------------|-----------------------|-----------|
| 1 | Samantha Jacobson, 12 | Blaine | 16.32 |
| 2 | Gabrielle Bodin, 9 | Osseo | 16.28 |
| 3 | Heather Ryan, 10 | Maple Grove | 15.86 |
| 4 | Julia Hayes, 11 | Irondale | 15.08 |
| 5 | Michaela Baker, 12 | Robbinsdale Armstrong | 15.72 |
| 6 | Kalley Harris, 12 | Coon Rapids | 16.17 |
| 7 | Erin Becker, 11 | Andover | 16.86 |
| 8 | Lauren Ives, 11 | Elk River | 16.56 |

BOYS' 110 METER HURDLES FINAL

Thursday 3:40 pm

Heat winners plus next 3 fastest advance

Honor roll qualifier: 15.6
Meet record: 14.20; Peter Stuart, Blaine, 2001

| Lane | Name | Team | Qual Time |
|------|---------------------|-----------------------|-----------|
| 1 | Jared Stanke, 10 | Elk River | 16.15 |
| 2 | Sealock Tyler, 11 | Osseo | 16.33 |
| 3 | Joe Frasier, 12 | Robbinsdale Armstrong | 15.84 |
| 4 | Taylor Rooney, 12 | Andover | 14.48 |
| 5 | Matthew Dahlson, 12 | Elk River | 15.46 |
| 6 | John Romes, 11 | Irondale | 16.18 |
| 7 | Samuel Martin, 12 | Maple Grove | 16.12 |
| 8 | Tj Jok, 10 | Osseo | 16.24 |

GIRLS' 100 METER DASH FINAL

Thursday 3:50 pm

Heat winners plus next 2 fastest advance

Honor roll qualifier: 12.8
Meet record: 12.08; Sasha Davis, Park Center, 2010

| Lane | Name | Team | Qual Time |
|------|----------------------|-----------------------|-----------|
| 1 | Adaeze Udalla, 8 | Elk River | 13.16 |
| 2 | Maureen Obwogi, 10 | Blaine | 13.28 |
| 3 | Noelle Josephson, 11 | Anoka | 12.97 |
| 4 | Brielle Clarke, 11 | Coon Rapids | 12.83 |
| 5 | Aidan Senior, 10 | Anoka | 12.89 |
| 6 | Phoebe Carson, 10 | Blaine | 13.06 |
| 7 | Jazmyn McClellon, 8 | Robbinsdale Armstrong | 13.35 |
| 8 | Esther Stoy, 11 | Blaine | 13.24 |

BOYS' 100 METER DASH FINAL Thursday 3:55 pm

Heat winners plus next 2 fastest advance

Honor roll qualifier: 11.1

Meet record: 10.37; Evan McClellon, Robbinsdale Armstrong, 2016

| Lane | Name | Team | Qual Time |
|------|------------------------|-----------------------|-----------|
| 1 | Jesse Bentrup, 11 | Centennial | 11.31 |
| 2 | Justin Naklen, 11 | Park Center | 11.72 |
| 3 | Evan Hull, 10 | Maple Grove | 11.51 |
| 4 | Mark Buley, 12 | SpringLkPk/St Anthony | 11.23 |
| 5 | Michael Kruse, 11 | Irondale | 11.34 |
| 6 | Justin Pearson, 12 | Elk River | 11.64 |
| 7 | Hitchcock Samahjay, 10 | Osseo | 11.75 |
| 8 | Ben Steckman, 9 | Andover | 11.53 |

GIRLS' 800 METER RELAY Thursday 4:05 pm

Timed final

Honor roll qualifier: 1:50.5

Meet record: 1:43.24; Osseo, 2009

| Lane | Name | Team | Qual Time |
|-----------|-----------------------|------|-----------|
| Section 1 | | | |
| 2 | Coon Rapids | | 1:54.84 |
| 3 | Robbinsdale Armstrong | | 1:53.27 |
| 4 | Anoka | | 1:51.90 |
| 5 | SpringLkPk/St Anthony | | 1:53.16 |
| 6 | Maple Grove | | 1:54.33 |
| 7 | Totino-Grace | | 2:02.54 |
| Section 2 | | | |
| 1 | Centennial | | 1:50.76 |
| 2 | Elk River | | 1:48.20 |
| 3 | Osseo | | 1:47.8 |
| 4 | Blaine | | 1:46.94 |
| 5 | Park Center | | 1:47.79 |
| 6 | Champlin Park | | 1:48.09 |
| 7 | Andover | | 1:49.94 |
| 8 | Irondale | | 1:51.35 |

BOYS' 800 METER RELAY Thursday 4:15 pm

Timed final

Honor roll qualifier: 1:34.0

Meet record: 1:28.86; Osseo, 2014

| Lane | Name | Team | Qual Time |
|-----------|-----------------------|------|-----------|
| Section 1 | | | |
| 2 | SpringLkPk/St Anthony | | 1:40.77 |
| 3 | Elk River | | 1:36.63 |
| 4 | Anoka | | 1:33.84 |
| 5 | Maple Grove | | 1:35.79 |
| 6 | Totino-Grace | | 1:38.78 |
| 7 | Coon Rapids | | 3:37.64 |
| Section 2 | | | |
| 1 | Blaine | | 1:32.47 |
| 2 | Osseo | | 1:32.24 |
| 3 | Irondale | | 1:31.95 |
| 4 | Champlin Park | | 1:31.48 |
| 5 | Park Center | | 1:31.89 |

| | | |
|---|-----------------------|---------|
| 6 | Robbinsdale Armstrong | 1:31.98 |
| 7 | Centennial | 1:32.42 |
| 8 | Andover | 1:33.08 |

GIRLS' 1600 METER RUN Thursday 4:30 pm

Timed final. 1-3 in alley 1, 4-6 in alley 2, etc.

Honor roll qualifier: 5:22.0

Meet record: 4:49.60; Heidi Lindeman, Coon Rapids, 2003

| Lane | Name | Team | Qual Time |
|-----------|----------------------------|-----------------------|-----------|
| Section 1 | | | |
| 1 | Elizabeth Donner, 9 | Andover | 5:49.41 |
| 2 | Elizabeth Mattson, 10 | Park Center | 5:53.0 |
| 3 | Emma Curran, 11 | SpringLkPk/St Anthony | 6:03.18 |
| 4 | Jena Wachowiak, 12 | Champlin Park | 5:49.08 |
| 5 | Brianna Fischer, 12 | Anoka | 5:51.24 |
| 6 | Annika Beuning, 9 | Centennial | 5:57.00 |
| 7 | Taylor Cristen, 12 | Osseo | 5:49.0 |
| 8 | Carlene Neuville, 9 | Robbinsdale Armstrong | 5:52.0 |
| 9 | Lily Saddoris, 10 | SpringLkPk/St Anthony | 6:01.83 |
| 10 | Lia Gentilini, 11 | Centennial | 5:51.18 |
| 11 | Skylar Sandin, 11 | Andover | 5:55.24 |
| 12 | Camille Corniea, 9 | Osseo | 6:05.0 |
| 13 | Rachel Zastoupil, 9 | Totino-Grace | 6:05.78 |
| 14 | Delaney Butler, 11 | Anoka | 6:06.24 |
| 15 | Sarah Heuss, 9 | Irondale | 6:18.14 |
| 16 | Abigail Ellenbecker, 9 | Coon Rapids | 6:18.42 |
| 17 | Emily Christensen, 12 | Robbinsdale Armstrong | 6:19.89 |
| 18 | Abby Beaver, 12 | Park Center | 6:25.0 |
| 19 | Becca Luebke, 10 | Osseo | 6:29.0 |
| 20 | Kari McKay, 9 | Irondale | 6:37.01 |
| 21 | Madie Beaver, 10 | Park Center | 6:41.0 |
| Section 2 | | | |
| 1 | Elizabeth Vanloon, 7 | Irondale | 5:31.55 |
| 2 | Ellen Mickelson, 11 | Blaine | 5:36.00 |
| 3 | Avery Erickson, 8 | Maple Grove | 5:37.86 |
| 4 | Audrey Neuerburg-Chapma, 8 | Elk River | 5:27.35 |
| 5 | Maria Brown, 12 | Elk River | 5:34.24 |
| 6 | Alexa Havon, 10 | Andover | 5:37.24 |
| 7 | Sara Moen, 12 | Centennial | 5:27.81 |
| 8 | Sarah Olson, 10 | Blaine | 5:35.00 |
| 9 | Norah Trost, 7 | Maple Grove | 5:37.33 |
| 10 | Leah Rudd, 10 | Robbinsdale Armstrong | 5:31.77 |
| 11 | Haily Gislason, 10 | Blaine | 5:37.00 |
| 12 | Diana Glebova, 12 | Champlin Park | 5:39.00 |
| 13 | Sarina Lindell, 11 | Champlin Park | 5:40.00 |
| 14 | Jenna Terrio, 9 | SpringLkPk/St Anthony | 5:40.38 |
| 15 | Maria Kalkman, 12 | Anoka | 5:42.24 |
| 16 | Lindsey Young, 7 | Maple Grove | 5:45.6 |
| 17 | Hope Kanenwisher, 7 | Elk River | 5:45.89 |
| 18 | Bryna DelCastillo, 12 | Coon Rapids | 5:46.81 |
| 19 | Sarah Eichstadt, 9 | Coon Rapids | 5:47.81 |

BOYS' 1600 METER RUN Thursday 4:45 pm

Timed final. 1-3 in alley 1, 4-6 in alley 2, etc.

Honor roll qualifier: 4:33.0

Meet record: 4:16.12; Blaine Dulian, Coon Rapids, 2010

| Lane | Name | Team | Qual Time |
|------------------|--------------------------|-----------------------|-----------|
| Section 1 | | | |
| 1 | Dylan Sable, 11 | Totino-Grace | 4:52.27 |
| 2 | Brendan Smith, 8 | SpringLkPk/St Anthony | 4:55.79 |
| 3 | Noah Haaf, 11 | Elk River | 4:59.54 |
| 4 | Ryan Behnke-Nead, 8 | Anoka | 4:49.24 |
| 5 | Taron Townsend, 12 | Anoka | 4:54.24 |
| 6 | Carter Crawford, 10 | Robbinsdale Armstrong | 4:56.28 |
| 7 | Miles Olofson, 9 | Elk River | 4:50.24 |
| 8 | Connor Janostin, 11 | Champlin Park | 4:54.90 |
| 9 | Drew Carlson, 12 | Champlin Park | 4:57.60 |
| 10 | Thomas Marrah, 10 | Centennial | 4:53.00 |
| 11 | Spenser Brown, 11 | Irondale | 4:56.17 |
| 12 | Vaughn Thomas, 11 | Osseo | 5:00.41 |
| 13 | Noah Christiansen, 9 | Coon Rapids | 5:01.23 |
| 14 | Michael Hall, 12 | Andover | 5:02.24 |
| 15 | Kojo Herzog, 11 | Irondale | 5:02.36 |
| 16 | Joseph Coughlin, 12 | Coon Rapids | 5:07.00 |
| 17 | Thomas Leonard, 12 | Anoka | 5:09.24 |
| 18 | Sean Collins, 12 | Osseo | 5:10.0 |
| 19 | Kyle Derby, 11 | Andover | 5:13.24 |
| 20 | Angel Cuate, 8 | Park Center | 5:32.0 |
| 21 | Ethan Strom, 11 | Park Center | 5:36.0 |
| 22 | Jonathan Christianson, 9 | Park Center | 5:42.0 |
| Section 2 | | | |
| 1 | Ben Olson, 11 | Blaine | 4:26.24 |
| 2 | Vinayak Rajesh, 12 | Blaine | 4:32.29 |
| 3 | Andrew Kempf, 12 | Robbinsdale Armstrong | 4:35.7 |
| 4 | Christian Leonard, 12 | Elk River | 4:20.82 |
| 5 | Corey Moody, 12 | Osseo | 4:30.31 |
| 6 | McEwan Rodefled, 12 | Irondale | 4:33.24 |
| 7 | Kevin Dado, 12 | Totino-Grace | 4:21.10 |
| 8 | Tom Breuckman, 11 | Andover | 4:30.93 |
| 9 | Xaiver Mansfield, 12 | SpringLkPk/St Anthony | 4:35.90 |
| 10 | Alex Miley, 12 | Maple Grove | 4:29.42 |
| 11 | Sam Himes, 11 | Robbinsdale Armstrong | 4:32.6 |
| 12 | George Elsesser, 12 | SpringLkPk/St Anthony | 4:37.69 |
| 13 | Alexander Thayer, 11 | Totino-Grace | 4:38.59 |
| 14 | Nicholas Foreman, 12 | Centennial | 4:40.27 |
| 15 | Jonathan Sweeney, 12 | Centennial | 4:40.77 |
| 16 | Ian Ivens, 12 | Champlin Park | 4:42.79 |
| 17 | Paul Breitbach, 11 | Coon Rapids | 4:43.22 |
| 18 | Tyler Anderson, 9 | Blaine | 4:45.38 |
| 19 | Jared Wiens, 12 | Maple Grove | 4:45.6 |
| 20 | Isaac Holcomb, 12 | Maple Grove | 4:46.72 |

GIRLS' 4X100 METER RELAY Thursday 5:00 pm

Timed final

Honor roll qualifier: 52.5

Meet record: 49.14; Elk River, 2009

| Lane | Name | Team | Qual Time |
|------------------|-----------------------|------|-----------|
| Section 1 | | | |
| 2 | Coon Rapids | | 54.15 |
| 3 | SpringLkPk/St Anthony | | 53.27 |
| 4 | Irondale | | 52.87 |
| 5 | Park Center | | 52.94 |
| 6 | Champlin Park | | 53.46 |
| 7 | Totino-Grace | | 54.22 |
| Section 2 | | | |
| 1 | Anoka | | 52.76 |
| 2 | Maple Grove | | 52.28 |
| 3 | Osseo | | 51.61 |
| 4 | Blaine | | 50.46 |
| 5 | Elk River | | 50.55 |
| 6 | Robbinsdale Armstrong | | 51.62 |
| 7 | Centennial | | 52.30 |
| 8 | Andover | | 52.83 |

BOYS' 4X100 METER RELAY Thursday 5:15 pm

Timed final

Honor roll qualifier: 45.2

Meet record: 42.71; Champlin Park, 2004

| Lane | Name | Team | Qual Time |
|------------------|-----------------------|------|-----------|
| Section 1 | | | |
| 2 | SpringLkPk/St Anthony | | 44.92 |
| 3 | Anoka | | 44.83 |
| 4 | Maple Grove | | 44.55 |
| 5 | Andover | | 44.67 |
| 6 | Irondale | | 44.87 |
| 7 | Coon Rapids | | 45.48 |
| Section 2 | | | |
| 1 | Robbinsdale Armstrong | | 44.28 |
| 2 | Blaine | | 44.14 |
| 3 | Osseo | | 43.96 |
| 4 | Park Center | | 43.07 |
| 5 | Elk River | | 43.79 |
| 6 | Centennial | | 44.01 |
| 7 | Totino-Grace | | 44.25 |
| 8 | Champlin Park | | 44.32 |

GIRLS' 400 METER DASH FINAL

Thursday 5:30 pm

Heat winners plus next 3 fastest advance

Honor roll qualifier: 61.5

Meet record: 56.85; Laura Mottaz, Maple Grove, 2003

| Lane | Name | Team | Qual Time |
|------|---------------------|---------------|-----------|
| 1 | Emily Mulberry, 11 | Centennial | 62.64 |
| 2 | Olivia Stensvad, 10 | Champlin Park | 63.18 |
| 3 | Lauryn Samuel, 10 | Champlin Park | 61.29 |
| 4 | Aidan Senior, 10 | Anoka | 59.56 |
| 5 | Jolene Daninger, 12 | Andover | 60.99 |

| | | | |
|---|-----------------------|-----------------------|-------|
| 6 | Mackenzie McDonald, 9 | Centennial | 62.54 |
| 7 | Claire Orth, 11 | Centennial | 62.57 |
| 8 | Sophia Clark, 10 | SpringLkPk/St Anthony | 62.73 |

BOYS' 400 METER DASH FINAL Thursday 5:40 pm

Heat winners plus next 2 fastest advance

Honor roll qualifier: 51.7

Meet record: 48.90; Morris Dennis, Elk River, 2014

| Lane Name | Team | Qual Time |
|-----------|------------------------------------|-----------|
| 1 | Nicholas Kuharski, 12 Totino-Grace | 51.59 |
| 2 | Branden Boleman, 12 Irondale | 51.85 |
| 3 | Donny Guimont, 12 Anoka | 51.43 |
| 4 | Cade Lizotte, 10 Champlin Park | 50.83 |
| 5 | Jacob Namyst, 12 Centennial | 51.27 |
| 6 | Austin Peters, 11 Park Center | 51.61 |
| 7 | Justin Pearson, 12 Elk River | 52.12 |
| 8 | Bill Pouyo, 10 Park Center | 52.27 |

GIRLS' 300 METER HURDLES FINAL

Thursday 5:50 pm

Heat winners plus next 2 fastest advance

Honor roll qualifier: 49.00

Meet record: 43.56; Julia Hayes, Irondale, 2015

| Lane Name | Team | Qual Time |
|-----------|-------------------------------|-----------|
| 1 | Erin Becker, 11 Andover | 48.37 |
| 2 | Kelsie Sealock, 10 Osseo | 47.78 |
| 3 | Angel Fredin, 10 Elk River | 47.09 |
| 4 | Kalley Harris, 12 Coon Rapids | 45.14 |
| 5 | Julia Hayes, 11 Irondale | 45.77 |
| 6 | Rachel Studer, 12 Maple Grove | 47.59 |
| 7 | Heather Ryan, 10 Maple Grove | 48.09 |
| 8 | Lauren Ives, 11 Elk River | 48.65 |

BOYS' 300 METER HURDLES FINAL

Thursday 6:00 pm

Heat winners plus next 3 fastest advance

Honor roll qualifier: 41.6

Meet record: 38.23; Snonsio Boye-Weah, Park Center, 2009

| Lane Name | Team | Qual Time |
|-----------|--|-----------|
| 1 | Zach Fritz, 12 Anoka | 41.53 |
| 2 | Andrew Probst, 11 Andover | 41.44 |
| 3 | Sealock Tyler, 11 Osseo | 41.06 |
| 4 | Matthew Dahlson, 12 Elk River | 39.51 |
| 5 | John Romes, 11 Irondale | 40.74 |
| 6 | Joe Frasier, 12 Robbinsdale Armstrong | 41.28 |
| 7 | Anthony Fleischfresser, 12 SpringLkPk/St Anthony | 41.21 |
| 8 | Kyle Hockert, 12 Blaine | 41.56 |

GIRLS' 800 METER RUN FINAL Thursday 6:10 pm

Top 3 in each heat plus next 3 fastest advance. Four alleys

Honor roll qualifier: 2:24.0

Meet record: 2:15.93; Alissa Kurke, Anoka, 2004

| Lane Name | Team | Qual Time |
|-----------|--|-----------|
| 1-1 | Isabelle Brezinka, 12 Anoka | 2:22.74 |
| 1-2 | Michelle Meyer, 12 Irondale | 2:21.66 |
| 1-3 | Emily Brown, 12 Blaine | 2:25.58 |
| 2-1 | Taylor Krone, 11 Anoka | 2:17.70 |
| 2-2 | Aria Burgess, 9 Centennial | 2:24.20 |
| 2-3 | Maria Brown, 12 Elk River | 2:24.72 |
| 3-1 | Jena Hauch, 12 Maple Grove | 2:22.41 |
| 3-2 | Emma Fournier, 8 Maple Grove | 2:24.69 |
| 3-3 | Elizabeth Peterson, 12 Robbinsdale Armstrong | 2:24.93 |
| S-1 | Madison Schmidt, 9 Blaine | 2:21.44 |
| S-2 | Audrey Neuerburg-Chapma, 8 Elk River | 2:24.37 |
| S-3 | Stephanie Lewis, 10 Blaine | 2:26.37 |

BOYS' 800 METER RUN FINAL Thursday 6:20 pm

Top 3 in each heat plus next 3 fastest advance. Four alleys

Honor roll qualifier: 2:01.0

Meet record: 1:54.69; Lucas Trapp, Elk River, 2014

| Lane Name | Team | Qual Time |
|-----------|----------------------------------|-----------|
| 1-1 | Jacob Beltman, 12 Totino-Grace | 2:02.42 |
| 1-2 | Jacob Heyne, 12 Elk River | 2:02.26 |
| 1-3 | Bruce Muehlhauser, 10 Anoka | 2:02.63 |
| 2-1 | Blake Iverson, 11 Maple Grove | 2:00.97 |
| 2-2 | Christian Leonard, 12 Elk River | 2:02.65 |
| 2-3 | Vinayak Rajesh, 12 Blaine | 2:03.11 |
| 3-1 | Reed Kurak, 12 Centennial | 2:01.62 |
| 3-2 | Andrew Nordquist, 11 Centennial | 2:02.67 |
| 3-3 | Mark Sipahimalani, 10 Irondale | 2:02.60 |
| S-1 | Noah Weege, 12 Elk River | 2:02.23 |
| S-2 | Josiah Huffman, 11 Andover | 2:02.92 |
| S-3 | Joshua Gilliam, 12 Champlin Park | 2:03.48 |

GIRLS' 200 METER DASH FINAL

Thursday 6:30 pm

Heat winners plus next 2 fastest advance

Honor roll qualifier: 26.5

Meet record: 25.21; Phyllis Webb, Osseo, 2013

| Lane Name | Team | Qual Time |
|-----------|---|-----------|
| 1 | Mikayla Whiteford, 10 Maple Grove | 27.22 |
| 2 | Aidan Senior, 10 Anoka | 26.81 |
| 3 | Kalaina Verdict, 12 Coon Rapids | 26.41 |
| 4 | Noelle Josephson, 11 Anoka | 26.22 |
| 5 | Lauryn Samuel, 10 Champlin Park | 26.29 |
| 6 | Brielle Clarke, 11 Coon Rapids | 26.62 |
| 7 | Kyra Scales, 9 Blaine | 27.10 |
| 8 | Claire Floersch, 11 Robbinsdale Armstrong | 27.26 |

BOYS' 200 METER DASH FINAL Thursday 6:35 pm

Heat winners plus next 2 fastest advance

Honor roll qualifier: 22.90

Meet record: 21.10; Ibrahim Kabia, Champlin Park, 2004

| Lane | Name | Team | Qual Time |
|------|---------------------|-----------------------|-----------|
| 1 | Evan Hull, 10 | Maple Grove | 22.80 |
| 2 | Thomas Sylla, 11 | Coon Rapids | 23.02 |
| 3 | Mark Buley, 12 | SpringLkPk/St Anthony | 22.863 |
| 4 | Justin Pearson, 12 | Elk River | 22.69 |
| 5 | Ron Gray, 12 | Osseo | 22.85 |
| 6 | Branden Boleman, 12 | Irondale | 22.863 |
| 7 | Matthew Greene, 12 | Robbinsdale Armstrong | 23.06 |
| 8 | Cade Lizotte, 10 | Champlin Park | 22.98 |

GIRLS' 4X400 METER RELAY Thursday 6:40 pm

Timed final

Honor roll qualifier: 4:15.0

Meet record: 4:00.13; Anoka, 2003

| Lane | Name | Team | Qual Time |
|-----------|-----------------------|------|-----------|
| Section 1 | | | |
| 2 | Coon Rapids | | 4:24.25 |
| 3 | Park Center | | 4:20.38 |
| 4 | Champlin Park | | 4:18.38 |
| 5 | Blaine | | 4:19.35 |
| 6 | SpringLkPk/St Anthony | | 4:22.87 |
| Section 2 | | | |
| 1 | Robbinsdale Armstrong | | 4:17.38 |
| 2 | Elk River | | 4:14.98 |
| 3 | Andover | | 4:09.85 |
| 4 | Anoka | | 3:58.50 |
| 5 | Centennial | | 4:08.72 |
| 6 | Maple Grove | | 4:10.56 |
| 7 | Irondale | | 4:16.86 |
| 8 | Osseo | | 4:18.0 |

BOYS' 4X400 METER RELAY Thursday 6:55 pm

Timed final

Honor roll qualifier: 3:34.0

Meet record: 3:24.48; Maple Grove, 2010 & Elk River, 2014

| Lane | Name | Team | Qual Time |
|-----------|-----------------------|------|-----------|
| Section 1 | | | |
| 2 | Robbinsdale Armstrong | | 3:49.44 |
| 3 | SpringLkPk/St Anthony | | 3:40.09 |
| 4 | Osseo | | 3:36.5 |
| 5 | Andover | | 3:37.14 |
| 6 | Coon Rapids | | 3:43.1 |
| 7 | Totino-Grace | | 4:35.66 |
| Section 2 | | | |
| 1 | Blaine | | 3:32.05 |
| 2 | Elk River | | 3:31.45 |
| 3 | Park Center | | 3:28.94 |
| 4 | Centennial | | 3:24.84 |
| 5 | Champlin Park | | 3:28.73 |
| 6 | Maple Grove | | 3:31.0 |

| | | |
|---|----------|---------|
| 7 | Irondale | 3:31.65 |
| 8 | Anoka | 3:32.84 |

FIELD EVENTS**BOYS' LONG JUMP Thursday 2:30 pm**

Top 9 advance to final. Flight 2 at 3:30, flight 3 at 4:30.

Honor roll qualifier: 20-5

Meet record: 23-62; Reondo Davis, Blaine, 1998

| Name | Team | Qual Distance |
|------|----------------------------|--------------------------------|
| 1 | Manasse Mutamba, 11 | Andover 18-3 |
| 2 | Vincent Clark, 12 | Andover 20-8 1/2 |
| 3 | Taylor Rooney, 12 | Andover 20-8 3/4 |
| 4 | Anthony Homsombath, 12 | Robbinsdale Armstrong 18-0 |
| 5 | Joshua Doely, 11 | Robbinsdale Armstrong 17-9 |
| 6 | Nicholas Burakowski, 12 | Robbinsdale Armstrong 18-2 |
| 7 | Antuan Sobocinski, 10 | Centennial 18-5 1/2 |
| 8 | Elijah Dahl, 11 | Centennial 18-10 1/4 |
| 9 | Keshaun Story, 12 | Centennial 21-4 1/2 |
| 10 | Johnston Freeman, 10 | Champlin Park 19-2 |
| 11 | Salomon Cisse, 10 | Champlin Park 20-1 |
| 12 | Ernest Wortjloh, 11 | Champlin Park 21-9 |
| 13 | Jerred Bradford, 11 | Park Center 19-4 |
| 14 | Stephen Ayobamidele, 11 | Park Center 19-1 |
| 15 | Maululi Mensah, 11 | Park Center 19-10 |
| 16 | Anthony Hagerty, 11 | Anoka 19-1 |
| 17 | Dakotah McKenzie, 11 | Anoka 19-3 |
| 18 | Daniel Belii, 11 | Anoka 19-4 |
| 19 | Dj Gurley, 10 | Blaine 20-1 |
| 20 | Byron Bynum, 11 | Blaine 20-9 |
| 21 | Peyton Downey, 10 | Blaine 20-10 |
| 22 | Dino Mahmutovic, 9 | Irondale 17-6 |
| 23 | Jamil Joe, 10 | Irondale 18-1 |
| 24 | Connor Mann, 12 | Irondale 20-1 |
| 25 | Gavin Spencer, 10 | SpringLkPk/St Anthony 18-3 |
| 26 | Anthony Fleischfresser, 12 | SpringLkPk/St Anthony 22-4 1/2 |
| 27 | Mark Buley, 12 | SpringLkPk/St Anthony 20-7 1/2 |
| 28 | Justin Pearson, 12 | Elk River 20-6 1/2 |
| 29 | Maxwell Friese, 12 | Elk River 18-3 |
| 30 | Christopher Udalla, 12 | Elk River 22-9 |
| 31 | Michael Engelken, 12 | Maple Grove 18-11 1/2 |
| 32 | Clay Larson, 12 | Maple Grove 16-1 |
| 33 | Kyle Hansen, 12 | Maple Grove 16-0 |
| 34 | Luke Madson, 10 | Totino-Grace 16-0 |
| 35 | Zach Santos, 9 | Totino-Grace 15-11 |
| 36 | Michael Miller, 10 | Totino-Grace 16-10 |
| 37 | Chike Okonkwo, 11 | Osseo 19-11 |
| 38 | Jok Tj, 10 | Osseo 19-11 |
| 39 | Adeyinka Omotoyinbo, 12 | Osseo 21-5 |
| 40 | Jared Heida, 9 | Coon Rapids 17-9 |
| 41 | Abdisa Koji, 10 | Coon Rapids 19-6 |

BOYS' DISCUS THROW Thursday 2:30 pm

Top 9 advance to final

Honor roll qualifier: 142-6

Meet record: 184-6; Terrance Howard, Park Center, 2015

| Name | Team | Qual Distance |
|------------------------------|-----------------------|---------------|
| Flight 1 | | |
| 1 Adam Carpenter, 11 | Totino-Grace | 87-0 |
| 2 Ashton Singer, 9 | SpringLkPk/St Anthony | 90-4 |
| 3 Kingson Ofor, 11 | Irondale | 97-10 |
| 4 Zachary Collins, 11 | Totino-Grace | 98-0 |
| 5 Eugene Horton, 12 | Maple Grove | 102-5 |
| 6 Mitchell Fox, 11 | Totino-Grace | 102-7 |
| 7 Peyton Greve, 11 | Centennial | 104-11 |
| 8 Donte Harris, 12 | Anoka | 105-0 |
| Flight 2 | | |
| 1 Matt Kremer, 12 | Anoka | 107-0 |
| 2 Elton Dahn, 10 | Osseo | 109-9 |
| 3 Quincy Taylor, 10 | Coon Rapids | 110-0 |
| 4 David Dolney, 11 | Centennial | 110-10 |
| 5 John Rosby, 11 | Park Center | 111-11 |
| 6 Trent Tatur, 11 | Maple Grove | 112-0 |
| 7 Payton Houston Keomany, 11 | Park Center | 113-3 |
| 8 Dilan Bhakta, 11 | Anoka | 116-0 |
| Flight 3 | | |
| 1 Jared LeClair, 11 | Elk River | 117-7 |
| 2 Jeffrey Onwualu, 12 | Robbinsdale Armstrong | 117-7 |
| 3 Brandon Lieder, 12 | Maple Grove | 118-5 |
| 4 Zachary Thoennes, 11 | SpringLkPk/St Anthony | 119-3 |
| 5 Nicholas Norman, 12 | Osseo | 121-0 |
| 6 Alexander Zink, 12 | Andover | 121-3 |
| 7 Carter Baldwin, 11 | Elk River | 121-6 |
| 8 Dashed Anderson, 12 | Champlin Park | 122-8 |
| Flight 4 | | |
| 1 Garrett Prentis, 12 | Andover | 123-6 |
| 2 Timothy Mandyck, 12 | Coon Rapids | 129-0 |
| 3 Jacob Steiner, 12 | Centennial | 129-4 |
| 4 Ricky Soto, 11 | Coon Rapids | 129-5 |
| 5 Tyheem Cobb, 11 | Irondale | 130-9 |
| 6 Terrell Howard, 12 | Park Center | 130-10 |
| 7 Matthew Moczynski, 12 | Robbinsdale Armstrong | 134-0 |
| 8 Justin Schlangen, 12 | Blaine | 137-6 |
| 9 Thomas Zinnah, 11 | Champlin Park | 138-4 |
| Flight 5 | | |
| 1 John McClay, 12 | Elk River | 138-5 |
| 2 Evan Williams, 12 | Osseo | 139-0 |
| 3 Austin Olson, 12 | Blaine | 139-10 |
| 4 Anthony Guzman, 12 | Champlin Park | 144-8 |
| 5 Alexander Jacobson, 12 | Robbinsdale Armstrong | 147-0 |
| 6 Ronney Trass, 11 | Irondale | 150-5 |
| 7 Ben Kytta, 12 | Blaine | 157-11 |
| 8 John Herlofsky, 11 | SpringLkPk/St Anthony | 158-6 |
| 9 Jason Titus, 12 | Andover | 163-1 |

BOYS' HIGH JUMP

Thursday 2:30 pm

Honor roll qualifier: 6-0

Meet record: 6-10; Anthony Fleishfresser, SpringLkPk/St Anthony, 2016

| Name | Team | Qual Height |
|-------------------------------|-----------------------|-------------|
| 1 Carson Smith, 10 | Maple Grove | 5-0 |
| 2 Cole Carlson, 10 | Maple Grove | 5-0 |
| 3 Brandon Gustafson, 12 | Coon Rapids | 5-2 |
| 4 Nolan Foy, 10 | Andover | 5-2 |
| 5 James Young, 9 | Robbinsdale Armstrong | 5-2 |
| 6 Alex Brovick, 12 | Coon Rapids | 5-4 |
| 7 Gerald Shepherd, 10 | Robbinsdale Armstrong | 5-4 |
| 8 Jaylan Robinson, 10 | Robbinsdale Armstrong | 5-4 |
| 9 Gael Ntambwe, 11 | Coon Rapids | 5-6 |
| 10 Oblayon Nyemah, 12 | Osseo | 5-6 |
| 11 Chike Okonkwo, 11 | Osseo | 5-6 |
| 12 Ethan Kalmes, 9 | Andover | 5-6 |
| 13 Bryce Johnson, 10 | Maple Grove | 5-6 |
| 14 Zach Proulx, 11 | SpringLkPk/St Anthony | 5-6 |
| 15 David Ojika, 11 | Irondale | 5-6 |
| 16 Jonahvan Okoro, 9 | Irondale | 5-6 |
| 17 Blake Wilkins, 11 | Park Center | 5-6 |
| 18 Chineme Orjinta, 11 | Park Center | 5-6 |
| 19 Jc Hollins, 11 | Champlin Park | 5-6 |
| 20 binna Evuleocha, 9 | Champlin Park | 5-6 |
| 21 Dillon Adams, 12 | Centennial | 5-6 |
| 22 Jesse Sills, 9 | SpringLkPk/St Anthony | 5-8 |
| 23 Erik Knutson, 9 | Centennial | 5-8 |
| 24 John Glanton, 11 | Irondale | 5-11 |
| 25 Joel Peterson, 11 | Centennial | 5-11 |
| 26 Jared Stanke, 10 | Elk River | 6-0 |
| 27 Grant Pelletier, 11 | Anoka | 6-0 |
| 28 Dakotah McKenzie, 11 | Anoka | 6-0 |
| 29 Maululi Mensah, 11 | Park Center | 6-0 |
| 30 Jok Tj, 10 | Osseo | 6-2 |
| 31 Obiamalu Egbujor, 10 | Elk River | 6-2 |
| 32 Brandon Wittig, 10 | Blaine | 6-2 |
| 33 Sam Browne, 11 | Blaine | 6-2 |
| 34 Levi Yeebahn, 8 | Anoka | 6-2 |
| 35 Ernest Worjloh, 11 | Champlin Park | 6-2 |
| 36 Christopher Udalla, 12 | Elk River | 6-4 |
| 37 Taylor Rooney, 12 | Andover | 6-4 |
| 38 Kyle Hockert, 12 | Blaine | 6-8 |
| 39 Anthony Fleischfresser, 12 | SpringLkPk/St Anthony | 6-11 |

GIRLS' TRIPLE JUMP

Thursday 2:30 pm

Top 9 advance to final. Flight 2 at 3:30, flight 3 at 4:30.

Honor roll qualifier: 33-4

Meet record: 38-1 3/4; Michelle Maciej, 2009, & Allison Gerads, Champlin Park, 2015

| Name | Team | Qual Distance |
|-------------------------|-----------------------|---------------|
| 1 Sydney Farber, 9 | Andover | 30-11 3/4 |
| 2 Bryana Leverentz, 11 | Andover | 30-11 3/4 |
| 3 Madison Gustafson, 10 | Andover | 32-9 |
| 4 Hanna Sedqi, 12 | Robbinsdale Armstrong | 32-0 |
| 5 Julia Rowles, 10 | Robbinsdale Armstrong | 33-4 |
| 6 Michaela Baker, 12 | Robbinsdale Armstrong | 38-7 |

| | | | |
|----|---------------------------|-----------------------|----------|
| 7 | Makayla Krohnberg, 10 | Blaine | 31-6 |
| 8 | Emily Fleek, 12 | Blaine | 31-10 |
| 9 | Theresa Grace Mbanefo, 11 | Blaine | 34-8 |
| 10 | Jordan Walker, 11 | SpringLkPk/St Anthony | 29-0 1/4 |
| 11 | Sidney Wallraff, 10 | SpringLkPk/St Anthony | 32-0 |
| 12 | Tori LaBerge, 7 | SpringLkPk/St Anthony | 32-6 |
| 13 | Kayln Sheak-Blair, 12 | Centennial | 30-9 1/2 |
| 14 | Madison Dorn, 11 | Centennial | 32-8 1/4 |
| 15 | Andrea Gessner, 12 | Centennial | 34-6 3/4 |
| 16 | Avery Donovan, 9 | Champlin Park | 28-9 |
| 17 | Sydney Paine, 10 | Champlin Park | 29-4 |
| 18 | Allison Gerads, 12 | Champlin Park | 36-1 1/2 |
| 19 | Savannah Juetten, 12 | Park Center | 28-8 |
| 20 | Michaela Hobin, 10 | Park Center | 31-9 |
| 21 | Kaylee Fisher, 9 | Park Center | 31-0 |
| 22 | Madison Sieben, 10 | Anoka | 31-4 |
| 23 | Hannah Wachtler, 10 | Anoka | 31-1 |
| 24 | Hannah Tuomela, 11 | Anoka | 32-8 |
| 25 | Brittney White, 10 | Coon Rapids | 27-6 3/4 |
| 26 | Courtney Killian, 10 | Coon Rapids | 30-5 1/2 |
| 27 | Kalaina Verdict, 12 | Coon Rapids | 33-4 |
| 28 | Alexandra Ciesielski, 9 | Maple Grove | 25-0 |
| 29 | Alexie Pyrd, 10 | Maple Grove | 30-1 |
| 30 | Jaiden Linnell, 9 | Maple Grove | 27-2 1/2 |
| 31 | Alaina Schoenfelder, 9 | Elk River | 32-10 |
| 32 | Julia Kramer, 10 | Elk River | 31-0 |
| 33 | Katherine Buhl, 10 | Elk River | 35-0 |
| 34 | Megan Zurbay, 12 | Totino-Grace | 34-0 |
| 35 | Hajaysen Kwateh, 10 | Osseo | 32-0 |
| 36 | Margaret Gray, 12 | Osseo | 32-0 |
| 37 | Gabrielle Bodin, 9 | Osseo | 34-1 |
| 38 | Megan Ellingson, 8 | Irondale | 28-1 |
| 39 | Iva Hammitt-Kess, 9 | Irondale | 31-7 3/4 |
| 40 | Araceli Engel, 9 | Irondale | 32-3 3/4 |

GIRLS' SHOT PUT

Thursday 2:30 pm

Top 9 advance to final

Honor roll qualifier: 34-6

Meet record: 46-7 1/2; Alexandra Hurst, Robbinsdale Armstrong, 2016

| | Name | Team | Qual Distance |
|----------|-------------------------|-----------------------|---------------|
| Flight 1 | | | |
| 1 | Olivia Loveless, 10 | Maple Grove | 23-10 |
| 2 | Jehdessa Borreson, 11 | Robbinsdale Armstrong | 24-5 |
| 3 | Anna Badger, 12 | Maple Grove | 24-8 |
| 4 | Amanda Engeman, 11 | Park Center | 25-2 |
| 5 | Kailee Medved, 12 | Totino-Grace | 25-4 |
| 6 | Anna Schroeder, 11 | Irondale | 26-8 1/2 |
| 7 | Callie Kitoski, 12 | Champlin Park | 27-0 |
| 8 | Emily Elias, 11 | Maple Grove | 27-1 |
| Flight 2 | | | |
| 1 | Naomi Perry, 11 | Osseo | 28-6 |
| 2 | Sarah Andrews, 11 | SpringLkPk/St Anthony | 28-8 1/2 |
| 3 | Faith Olagbaju, 11 | Champlin Park | 28-9 |
| 4 | Lillian France, 10 | Irondale | 29-0 |
| 5 | Sophia Baker, 10 | Totino-Grace | 29-2 |
| 6 | Oluwasetitun Amusan, 11 | Park Center | 30-3 |

| | | | |
|----------|-------------------------|-----------------------|-----------|
| 7 | Lillian Nwaokorie, 10 | Osseo | 30-8 |
| 8 | Mallory Alinder, 10 | Blaine | 30-11 |
| Flight 3 | | | |
| 1 | Skye Juneau, 12 | Coon Rapids | 31-2 |
| 2 | Paige Kringle, 11 | Andover | 31-2 |
| 3 | Megan Andrews, 9 | SpringLkPk/St Anthony | 31-2 1/2 |
| 4 | Audrey Hopwood, 12 | Champlin Park | 31-4 1/2 |
| 5 | Destiny Cummings, 11 | Andover | 31-6 1/2 |
| 6 | Alyssa Schlangen, 10 | Blaine | 32-0 |
| 7 | Destiny Truly, 11 | Park Center | 32-1 1/2 |
| 8 | Olivia Kramer, 8 | Elk River | 32-4 1/2 |
| Flight 4 | | | |
| 1 | Claudia Afamefune, 12 | Osseo | 32-5 |
| 2 | Sara Clark, 11 | Centennial | 32-8 3/4 |
| 3 | Emily Josephson, 9 | Anoka | 33-0 |
| 4 | Kaley Waldemar, 10 | Irondale | 33-2 |
| 5 | Brianna Cummings, 10 | Andover | 33-6 1/2 |
| 6 | Victoria Make, 11 | Coon Rapids | 33-10 |
| 7 | Sydney Schuster, 11 | Elk River | 34-1 1/2 |
| 8 | Elizabeth Biggins, 10 | Coon Rapids | 34-5 |
| Flight 5 | | | |
| 1 | Taylor Thoennes, 11 | Anoka | 34-5 |
| 2 | Nyjah Willis, 12 | Blaine | 34-6 |
| 3 | Marvellous Ngongang, 12 | Centennial | 35-6 |
| 4 | Jackie Krieger, 10 | SpringLkPk/St Anthony | 35-8 |
| 5 | Haley McCauley, 11 | Anoka | 35-11 3/4 |
| 6 | Olivia Anizor, 12 | Centennial | 36-11 |
| 7 | Ashmera Patterson, 12 | Robbinsdale Armstrong | 38-8 |
| 8 | Sidney Wentland, 12 | Elk River | 41-7 |
| 9 | Alexandra Hurst, 12 | Robbinsdale Armstrong | 45-5 |

GIRLS' POLE VAULT

Thursday 2:30 pm

Honor roll qualifier: 9-0

Meet record: 11-0; Carrie Himmers, 2004

| | Name | Team | Qual Height |
|----|------------------------|-----------------------|-------------|
| 1 | Olivia Hanzak, 12 | Robbinsdale Armstrong | 6-6 |
| 2 | Keira Scanlan, 11 | Robbinsdale Armstrong | 6-6 |
| 3 | Brenna Scott, 11 | Irondale | 7-0 |
| 4 | Lily Hamel, 12 | Osseo | 7-0 |
| 5 | Grace Collier, 9 | Maple Grove | 7-0 |
| 6 | Mikayla Kanenwisher, 9 | Elk River | 7-0 |
| 7 | Grace Lokken, 11 | Maple Grove | 7-0 |
| 8 | Madelyn Clausen, 12 | Park Center | 7-0 |
| 9 | Hannah Kil, 12 | Park Center | 7-6 |
| 10 | Ally Hainlin, 11 | Robbinsdale Armstrong | 7-6 |
| 11 | Kaylee Omland, 12 | Osseo | 8-0 |
| 12 | Clarissa Hilary, 9 | Elk River | 8-0 |
| 13 | Madelyn Christian, 7 | Elk River | 8-0 |
| 14 | Andie Takkunen, 11 | Anoka | 8-0 |
| 15 | Hannah Farrell, 11 | Park Center | 8-0 |
| 16 | Jacquiline Pfautz, 10 | Andover | 8-0 |
| 17 | Whitney Onyanacha, 11 | Irondale | 8-6 |
| 18 | Christina Heroux, 11 | Maple Grove | 8-6 |
| 19 | Mia Sabin, 10 | Anoka | 8-6 |
| 20 | Madison Sieben, 10 | Anoka | 8-6 |
| 21 | Greta Schnur, 11 | Blaine | 8-6 |
| 22 | Lainey Isaacson, 9 | Andover | 8-6 |
| 23 | Lisa Pahr, 12 | Andover | 8-6 |

| | | | |
|----|-----------------------|-----------------------|------|
| 24 | Hannah Wiste, 11 | Irondale | 9-0 |
| 25 | Madison Dorn, 11 | Centennial | 9-0 |
| 26 | Rae Johannessen, 12 | SpringLkPk/St Anthony | 9-0 |
| 27 | Jaida Weige, 10 | Blaine | 9-0 |
| 28 | Annika Daley, 9 | Blaine | 9-0 |
| 29 | Samantha Dahl, 11 | Osseo | 9-6 |
| 30 | Kalaina Verdict, 12 | Coon Rapids | 9-6 |
| 31 | Camika Hurdle, 11 | Coon Rapids | 9-6 |
| 32 | Charis Lawson, 8 | SpringLkPk/St Anthony | 9-6 |
| 33 | Nathalie Doeur, 12 | SpringLkPk/St Anthony | 9-6 |
| 34 | Galadriel O'Grady, 12 | Coon Rapids | 10-0 |
| 35 | Andrea Gessner, 12 | Centennial | 10-6 |