

Northwest Suburban Conference Championships - 5/21/2013 to 5/23/2013

Coon Rapids High School

Results

Girls 100 Meter Dash

Conference: 12.08 \$ 2010 Sasha Davis

Name	School	Prelims
Preliminaries		
1 Webb, Phillis	Osseo	12.81Q
2 Purcell, Courtney	Blaine	12.93Q
3 Morgan, Taylor	Blaine	12.99Q
4 Nielsen, Stephanie	Anoka	13.23Q
5 Detloff, Molli	Elk River	13.38q
6 Lister, Marissa	Maple Grove	13.42q
7 Agbonkhese, Monika	Park Center	13.49q
8 Salem, Rachel	Maple Grove	13.54q
9 Lee, Zenitra	Maple Grove	13.56
10 Puckett, Brianna	Osseo	13.56
11 Marciniak, Katie	Blaine	13.64
12 Mischke, Monica	Centennial	13.69
13 Stalboerger, Allie	Coon Rapids	13.72
14 Ayobamidele, Feyisayo	Park Center	13.76
15 Porte, Mina	Osseo	13.84
16 Babatunde, Daniella	Champlin Par	13.84
17 Borner, Sequola	Armstrong	13.89
18 Metzmaker, Ana	Centennial	13.90
19 Stalboerger, Nicole	Coon Rapids	13.90
20 Schoenfelder, Shayne	Elk River	14.01
21 Rubin, Payton	Anoka	14.06
22 Baker, Michaela	Armstrong	14.09
23 VanEps, Hannah	Elk River	14.13
24 Nahrning, Lexi	Anoka	14.17
25 Agboola, Brianka	Coon Rapids	14.38
26 Horton, Tanya	Champlin Par	14.43
27 Munoz, Rebekah	Andover	14.51
28 Fetting, Missy	Centennial	14.58
29 Vatne, Allie	Andover	14.66
30 Rosen, Ashley	Champlin Par	14.86
31 Turmon, Leteah	Armstrong	14.97
32 Zadnik, Brianna	Andover	15.02

Girls 100 Meter Dash

Conference: 12.08 \$ 2010 Sasha Davis

Name	School	Finals
Finals		
1 Morgan, Taylor	Blaine	12.28 10
2 Webb, Phillis	Osseo	12.49 8
3 Purcell, Courtney	Blaine	12.93 6
4 Nielsen, Stephanie	Anoka	13.08 5
5 Detloff, Molli	Elk River	13.31 4
6 Agbonkhese, Monika	Park Center	13.39 3
7 Lister, Marissa	Maple Grove	13.43 2
8 Salem, Rachel	Maple Grove	13.58 1

Girls 200 Meter Dash

Conference: 25.27 \$ 2010 Anuli Okonkwo

Name	School	Prelims
Preliminaries		
1 Webb, Phillis	Osseo	25.92Q

2 Monteon, Britney	Blaine	26.74Q
3 Caldwell, Jedah	Centennial	26.79Q
4 Salem, Rachel	Maple Grove	27.51Q
5 Ayobamidele, Feyisayo	Park Center	27.42q
6 Marciniak, Katie	Blaine	27.52q
7 Lee, Zenitra	Maple Grove	27.66q
8 Puckett, Brianna	Osseo	27.83q
9 Stalboerger, Allie	Coon Rapids	28.13
10 Finnes, Taylor	Andover	28.14
11 Nielsen, Stephanie	Anoka	28.30
11 Lindsey, Elisha	Blaine	28.30
13 Babatunde, Daniella	Champlin Par	28.31
14 Schoenfelder, Shayne	Elk River	28.36
15 Penshorn, Liz	Coon Rapids	28.50
16 Kejleh, Candy	Armstrong	28.54
17 Lewis, Ashley	Park Center	28.66
18 Axt, Shelby	Centennial	28.68
19 Petrich, Chelsey	Elk River	28.88
20 Rubin, Payton	Anoka	28.91
21 Nahrning, Lexi	Anoka	28.94
22 Staggert, Madison	Andover	29.09
23 Studer, Andrea	Maple Grove	29.11
24 Hayes, Mikayla	Park Center	29.11
25 Windingstad, Kayla	Centennial	29.16
26 Williams, Lyrik	Armstrong	29.32
27 DelCastillo, Britni	Coon Rapids	29.46
28 Kramer, Ava	Elk River	29.66
29 Scott, Imani	Champlin Par	29.86
30 Toweh, Tenneh	Osseo	29.96
31 Borner, Sequola	Armstrong	29.97
32 Gayflor, Jerso	Champlin Par	30.53

Girls 200 Meter Dash

Conference: 25.27 \$ 2010 Anuli Okonkwo

Name	School	Finals
Finals		
1 Webb, Phillis	Osseo	25.21\$ 10
2 Caldwell, Jedah	Centennial	25.83 8
3 Monteon, Britney	Blaine	25.90 6
4 Marciniak, Katie	Blaine	26.69 5
5 Salem, Rachel	Maple Grove	26.73 4
6 Puckett, Brianna	Osseo	27.01 3
7 Lee, Zenitra	Maple Grove	27.45 2
8 Ayobamidele, Feyisayo	Park Center	28.12 1

Girls 400 Meter Dash

Conference: 56.85 \$ 2003 Laura Mottaz

Name	School	Prelims
Preliminaries		
1 Boespflug, Jessica	Centennial	1:00.42Q
2 Ayobamidele, Feyisayo	Park Center	1:00.75Q
3 Lindsey, Elisha	Blaine	1:03.58Q
4 Falck, Kiersten	Blaine	1:05.54Q
5 Mahoney, Breanna	Blaine	1:03.99q
6 Petrich, Chelsey	Elk River	1:04.09q
7 Dame, Sarah	Centennial	1:04.45q

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Preliminaries ... (Girls 400 Meter Dash)

Name	School	Prelims
8 Sieben, Estee	Anoka	1:05.34q
9 Stringer, Paige	Park Center	1:05.48
10 Isaacs, Edyn	Maple Grove	1:05.65
11 Zimay, Dei	Osseo	1:05.77
12 Combo, Sierra	Maple Grove	1:05.99
13 DelCastillo, Britni	Coon Rapids	1:06.30
14 Watson, Sarah	Champlin Par	1:06.36
15 Floding, Briana	Anoka	1:06.37
16 Neely, Tamera	Champlin Par	1:06.47
17 Boehne, Nikki	Centennial	1:06.49
18 Hofer, Chyanna	Armstrong	1:06.58
19 Beisner, Lindsey	Osseo	1:06.94
20 Heckard, Dez	Osseo	1:07.02
21 Odegard, Taylor	Elk River	1:08.77
22 Doe, Sedeah	Park Center	1:08.89
23 Kabaka, Daisy	Champlin Par	1:09.81
24 Graham, Olivia	Andover	1:10.45
25 Johnson, Linnea	Andover	1:10.67
26 Truong, Melissa	Coon Rapids	1:11.72
27 Madsen, Camille	Andover	1:12.01
28 Garrone, Gaia	Coon Rapids	1:13.16
29 Turmon, Leteah	Armstrong	1:13.33
--- Scheidler, Lauren	Maple Grove	FS

Girls 400 Meter Dash

Conference: 56.85 \$ 2003 Laura Mottaz

Name	School	Finals
1 Ayobamidele, Feyisayo	Park Center	1:00.11 10
2 Boespflug, Jessica	Centennial	1:00.16 8
3 Mahoney, Breanna	Blaine	1:02.66 6
4 Lindsey, Elisha	Blaine	1:03.06 5
5 Petrich, Chelsey	Elk River	1:03.28 4
6 Falck, Kiersten	Blaine	1:03.59 3
7 Dame, Sarah	Centennial	1:03.84 2
8 Sieben, Estee	Anoka	1:05.00 1

Girls 800 Meter Run

Conference: 2:15.93 \$ 2004 Alissa Kurke

Name	School	Prelims
1 Sather, Kelsey	Armstrong	2:27.11Q
2 Stuart, Megan	Armstrong	2:27.53Q
3 Kienholz, Megan	Centennial	2:27.91Q
4 Corbin, Nicole	Anoka	2:27.77Q
5 Haugen, Anna	Elk River	2:28.86Q
6 Danzel, Emily	Centennial	2:28.90Q
7 Halfrich, Sara	Maple Grove	2:29.13Q
8 Schmitz, Jane	Andover	2:29.23Q
9 Breuckman, Katie	Andover	2:31.76Q
10 Thompson, Jenna	Osseo	2:31.49q
11 Anderson, Stephanie	Centennial	2:32.35q
12 Hendricks, Samantha	Elk River	2:32.56q
13 Weimholt, Stefani	Coon Rapids	2:32.61

14 Nelson, Anna	Coon Rapids	2:33.02
15 Novak, Katherine	Champlin Par	2:33.66
16 Sharp, Cassidy	Maple Grove	2:34.22
17 Porter, Susan	Coon Rapids	2:34.38
18 Ubl, Elle	Anoka	2:34.52
19 Shepard, Aubrey	Blaine	2:35.07
20 Klutch, Jessica	Elk River	2:35.86
21 Ruehle, Emma	Armstrong	2:35.96
22 Anderson, Kaitlyn	Osseo	2:36.57
23 Olzenak, Kelly	Maple Grove	2:36.60
24 Howell, Bridgette	Osseo	2:37.06
25 Pafko, Ashley	Blaine	2:37.25
26 Peterson, Danielle	Blaine	2:39.32
27 Billett, Kayla	Anoka	2:42.95
28 Morke, Ababa	Park Center	2:48.62
29 Perry, Caitlyn	Champlin Par	2:51.26
30 McEnelly, Katelyn	Andover	2:53.25
31 Mattson, Karli	Champlin Par	2:53.46
32 Williams, Sarah	Park Center	2:56.96
33 Abuisnaneh, Sarah	Park Center	3:01.53

Girls 800 Meter Run

Conference: 2:15.93 \$ 2004 Alissa Kurke

Name	School	Finals
1 Sather, Kelsey	Armstrong	2:21.41 10
2 Kienholz, Megan	Centennial	2:21.68 8
3 Halfrich, Sara	Maple Grove	2:25.65 6
4 Haugen, Anna	Elk River	2:26.26 5
5 Corbin, Nicole	Anoka	2:26.74 4
6 Danzel, Emily	Centennial	2:27.43 3
7 Stuart, Megan	Armstrong	2:27.85 2
8 Hendricks, Samantha	Elk River	2:28.08 1
9 Schmitz, Jane	Andover	2:29.01
10 Anderson, Stephanie	Centennial	2:30.17
11 Thompson, Jenna	Osseo	2:31.49
--- Breuckman, Katie	Andover	DNF

Girls 1600 Meter Run

Conference: 4:59.60 \$ 2003 Heidi Lindeman

Name	School	Finals
1 Ness, Rachel	Elk River	5:21.24 10
2 Fritz, Alexis	Anoka	5:22.55 8
3 Warner, Kennedy	Elk River	5:23.76 6
4 Soli, Cassidy	Champlin Par	5:26.36 5
5 Weimholt, Elise	Coon Rapids	5:27.60 4
6 McKeefry, Maddie	Andover	5:29.71 3
7 Weimholt, Stefani	Coon Rapids	5:33.41 2
8 Rafferty, Erin	Centennial	5:36.12 1
9 D'Heilly, Paige	Coon Rapids	5:36.47
10 Peterson, Danielle	Blaine	5:38.61
11 Shepard, Aubrey	Blaine	5:39.04
12 Heitzman, Nicole	Andover	5:39.33
13 Simonet, Kate	Park Center	5:40.00
14 Brown, Maria	Elk River	5:40.56

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Finals ... (Girls 1600 Meter Run)

Name	School	Finals
15 Smith, Mackenzie	Centennial	5:41.13
16 Gast, Lindsey	Anoka	5:42.43
17 Johnson, Danielle	Champlin Par	5:43.43
18 Hvidston, Madelyn	Osseo	5:43.76
19 Andersen, Kara	Armstrong	5:47.81
20 Koskela, Grace	Osseo	5:48.42
21 Hemming, Cassie	Park Center	5:50.29
22 Johnson, Kendall	Maple Grove	5:50.31
23 Domingues, Allison	Armstrong	5:50.36
24 Thieschafer, Shawna	Anoka	5:50.38
25 Gray, Jordan	Armstrong	5:53.27
26 Schweiters, Nicole	Maple Grove	5:56.00
27 Francisco, Megan	Andover	5:56.00
28 Lee, Joanna	Osseo	5:57.02
29 Quale, Jordan	Maple Grove	6:02.52
30 Lininoga, Jenna	Park Center	6:11.84
31 Wald, Shannon	Champlin Par	6:16.78
32 Langlee, Dana	Blaine	6:20.46

Girls 3200 Meter Run

Conference: 10:37.16 \$ 2003		Heidi Lindeman	
Name	School	Finals	
Finals			
1 Ness, Rachel	Elk River	11:32.32	10
2 Soli, Cassidy	Champlin Par	11:38.32	8
3 Warner, Kennedy	Elk River	11:46.19	6
4 McKeefry, Maddie	Andover	11:46.89	5
5 Rudd, Hannah	Armstrong	11:50.70	4
6 Fritz, Alexis	Anoka	11:57.97	3
7 Heitzman, Nicole	Andover	11:59.47	2
8 Sweeney, Clara	Centennial	12:13.00	1
9 Rosenow, Olivia	Maple Grove	12:16.69	
10 Brown, Maria	Elk River	12:18.64	
11 Benson, Kaitlyn	Coon Rapids	12:19.30	
12 Beaver, Kylee	Park Center	12:21.05	
13 Andersen, Kara	Armstrong	12:26.96	
14 Domingues, Allison	Armstrong	12:27.46	
15 Peck, Megan	Centennial	12:29.22	
16 Smith, Mackenzie	Centennial	12:29.84	
17 Hvidston, Madelyn	Osseo	12:33.05	
18 Koskela, Grace	Osseo	12:34.63	
19 Hauch, Jena	Maple Grove	12:42.79	
20 Johnson, Lindsey	Coon Rapids	12:51.04	
21 Davis, Hannah	Coon Rapids	12:58.29	
22 Hamilton, Marissa	Maple Grove	13:08.74	
23 Rose, Emily	Champlin Par	13:10.31	
24 Lundstrom, Kenzie	Park Center	13:17.18	
25 Wald, Shannon	Champlin Par	13:29.67	
26 Beaver, Abby	Park Center	13:31.57	
27 Cherney, Emma	Blaine	13:34.63	
28 Rozmark, Morgan	Blaine	13:35.22	
29 Durand, Abby	Blaine	13:35.25	
30 Jorgensen, Lauren	Andover	13:44.98	
31 Strootman, Maren	Osseo	14:08.96	

Girls 100 Meter Hurdles

Conference: 14.73 \$ 2010		Maggie Bair	
Name	School	Prelims	
Preliminaries			
1 Williams, Alex	Blaine	15.27Q	
2 Sohns, Jordyn	Elk River	16.28Q	
3 Meade, Peyton	Blaine	16.39Q	
4 Guimont, Gabbi	Anoka	16.50Q	
5 Harris, Amber	Coon Rapids	16.71q	
6 Lowe, Lindsey	Elk River	16.75q	
7 Bluford, Amanda	Armstrong	17.00q	
8 Shepard, Mikeala	Blaine	17.30q	
9 Niesen, Cora	Maple Grove	17.34	
10 Stoebe, Hannah	Champlin Par	17.40	
11 Tryba, Michelle	Anoka	17.90	
12 Newburg, Kyra	Maple Grove	17.97	
13 Larson, Merissa	Maple Grove	17.99	
14 Hudgens, Julia	Centennial	18.00	
15 Andersen, Marissa	Armstrong	18.03	
16 Wolf, Elizabeth	Centennial	18.50	
17 Truong, Anna	Coon Rapids	18.62	
18 Nelson, Courtney	Armstrong	18.72	
19 Rehm, Katie	Coon Rapids	18.75	
20 Reynolds, Alayah	Osseo	18.83	
21 Bahl, Shantel	Osseo	18.83	
22 Lass, Madison	Anoka	18.90	
23 Duffney, Andrea	Andover	19.07	
24 Flemister-Smith, Miatta	Champlin Par	19.12	
25 Truong, Lily	Park Center	19.49	
26 Heitzig, Maddie	Park Center	19.99	
27 Jopp, Jadie	Elk River	20.02	
28 Jones, Sharice	Andover	20.03	
29 Burton, Leah	Champlin Par	20.32	

Girls 100 Meter Hurdles

Conference: 14.73 \$ 2010		Maggie Bair	
Name	School	Finals	
Finals			
1 Williams, Alex	Blaine	15.49	10
2 Sohns, Jordyn	Elk River	16.10	8
3 Meade, Peyton	Blaine	16.14	6
4 Lowe, Lindsey	Elk River	16.28	5
5 Guimont, Gabbi	Anoka	16.41	4
6 Bluford, Amanda	Armstrong	16.65	3
7 Harris, Amber	Coon Rapids	16.78	2
8 Shepard, Mikeala	Blaine	17.57	1

Girls 300 Meter Hurdles

Conference: 45.13 \$ 1996		Katie Bestul	
Name	School	Prelims	
Preliminaries			
1 Lowe, Lindsey	Elk River	46.77Q	
2 Harris, Amber	Coon Rapids	46.98Q	
3 Guimont, Gabbi	Anoka	47.50Q	
4 Sohns, Jordyn	Elk River	48.68Q	

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Results

Preliminaries ... (Girls 300 Meter Hurdles)

Name	School	Prelims
5 Williams, Alex	Blaine	47.12q
6 Stoebe, Hannah	Champlin Par	47.49q
7 Flemister-Smith, Miatta	Champlin Par	49.61q
8 Reynolds, Alayah	Osseo	50.03q
9 Fink, Emma	Maple Grove	50.19
10 Johnson, Jenna	Anoka	50.48
11 Niesen, Cora	Maple Grove	50.57
12 Ciesynski, Emily	Blaine	51.14
13 Nwaokolo, Awele	Champlin Par	51.52
14 Frizell, Bailie	Maple Grove	51.59
15 Shepard, Mikeala	Blaine	51.65
16 Bahl, Shantel	Osseo	51.76
17 Sultany, Rebecca	Elk River	51.77
18 Truong, Anna	Coon Rapids	52.65
19 Loch, Gabby	Centennial	52.85
20 Truong, Lily	Park Center	53.56
21 Renneke, Hannah	Centennial	54.20
22 Lass, Madison	Anoka	54.29
23 Heitzig, Maddie	Park Center	54.68
24 Duffney, Andrea	Andover	54.76
25 Johnson, Rachel	Armstrong	54.96
26 Andersen, Marissa	Armstrong	55.27
27 Agboola, Brianka	Coon Rapids	56.32
28 Belschner, Anna	Andover	56.59
29 Schoening, Maria	Armstrong	58.24

Girls 300 Meter Hurdles

Conference: 45.13 \$ 1996

Katie Bestul

Name	School	Finals
Finals		
1 Lowe, Lindsey	Elk River	45.68 10
2 Harris, Amber	Coon Rapids	46.03 8
3 Williams, Alex	Blaine	46.85 6
4 Stoebe, Hannah	Champlin Par	47.08 5
5 Guimont, Gabbi	Anoka	47.20 4
6 Flemister-Smith, Miatta	Champlin Par	48.41 3
7 Sohns, Jordyn	Elk River	49.68 2
8 Reynolds, Alayah	Osseo	51.78 1

Girls 4x100 Meter Relay

Conference: 48.53 \$ 2012

Osseo

Team	Relay	Finals
Finals		
1 Blaine	A	49.14 10
2 Elk River	A	52.02 8
3 Coon Rapids	A	52.33 6
4 Osseo	A	52.60 5
5 Andover	A	52.79 4
6 Robbinsdale Armstrong	A	52.94 3
7 Champlin Park	A	52.99 2
8 Centennial	A	53.38 1
9 Anoka	A	53.64
10 Maple Grove	A	54.34
11 Park Center	A	54.84

Girls 4x200 Meter Relay

Conference: 1:43.26 \$ 2012

Osseo

Team	Relay	Finals
Finals		
1 Blaine	A	1:43.24\$ 10
2 Osseo	A	1:46.57 8
3 Centennial	A	1:47.16 6
4 Anoka	A	1:48.72 5
5 Maple Grove	A	1:49.35 4
6 Coon Rapids	A	1:51.36 3
7 Park Center	A	1:51.39 2
8 Elk River	A	1:52.14 1
9 Robbinsdale Armstrong	A	1:54.48
10 Champlin Park	A	1:54.73
11 Andover	A	1:58.32

Girls 4x400 Meter Relay

Conference: 4:00.13 \$ 2003

Anoka

Team	Relay	Finals
Finals		
1 Maple Grove	A	4:09.96 10
2 Elk River	A	4:10.80 8
3 Robbinsdale Armstrong	A	4:12.01 6
4 Blaine	A	4:12.20 5
5 Centennial	A	4:13.98 4
6 Champlin Park	A	4:14.61 3
7 Park Center	A	4:18.18 2
8 Anoka	A	4:19.69 1
9 Osseo	A	4:20.17
10 Coon Rapids	A	4:20.48
11 Andover	A	4:29.80

Girls 4x800 Meter Relay

Conference: 9:32.06 \$ 2008

Coon Rapids

Team	Relay	Finals
Finals		
1 Centennial	A	9:45.58 10
2 Robbinsdale Armstrong	A	9:48.73 8
3 Anoka	A	10:00.18 6
4 Coon Rapids	A	10:03.17 5
5 Elk River	A	10:07.59 4
6 Maple Grove	A	10:30.04 3
7 Osseo	A	10:37.06 2
8 Champlin Park	A	10:57.01 1
9 Blaine	A	11:03.53
10 Andover	A	11:13.28
11 Park Center	A	11:21.55

Girls High Jump

Conference: 5-08 \$ 1996

Gina Curtis

Name	School	Finals
Finals		
1 Guimont, Gabbi	Anoka	5-02.00 10
2 Lundberg, Claire	Anoka	5-00.00 8
3 Olsen, Kirsten	Blaine	J5-00.00 5.5

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Finals ... (Girls High Jump)

Name	School	Finals	
3 Ordner, Madison	Maple Grove	J5-00.00	5.5
5 Mcleod, Taylor	Maple Grove	4-10.00	3.5
5 Hlavka, Courtney	Anoka	4-10.00	3.5
7 Hedin, Taylor	Andover	J4-10.00	2
8 Metz, Taylor	Centennial	4-08.00	1
9 Duffney, Andrea	Andover	J4-08.00	
10 Finnes, Taylor	Andover	J4-08.00	
11 Kinnunen, Carla	Maple Grove	J4-08.00	
11 Meade, Peyton	Blaine	J4-08.00	
13 Watson, Sarah	Champlin Par	4-06.00	
13 Jonason, Kelsey	Champlin Par	4-06.00	
13 Jensen, Jerlie	Coon Rapids	4-06.00	
13 Namyst, Emily	Centennial	4-06.00	
13 Jung, Olivia	Coon Rapids	4-06.00	
13 Lachinski, Hailey	Blaine	4-06.00	
19 Gray, Margaret	Osseo	4-04.00	
19 Loberg, Emily	Elk River	4-04.00	
19 Williams, Lyrik	Armstrong	4-04.00	
19 Lee, Megan	Osseo	4-04.00	
19 Hayes, Mikayla	Park Center	4-04.00	
19 Robinson, Miranda	Armstrong	4-04.00	
19 Clarke, Brianna	Coon Rapids	4-04.00	
19 Stoebe, Hannah	Champlin Par	4-04.00	
27 Lachmiller, Danielle	Elk River	4-02.00	
27 Beisner, Lindsey	Osseo	4-02.00	
27 Hofer, Chyanna	Armstrong	4-02.00	
27 Doe, Sedeah	Park Center	4-02.00	
--- Werth, Katelyn	Centennial	NH	
--- Kil, Hannah	Park Center	NH	
--- Sohns, Jordyn	Elk River	NH	

Girls Pole Vault

Conference: 11-00 \$ 2004		Carrie Hinners	
Name	School	Finals	
Finals			
1 Delaney, Emily	Armstrong	9-11.00	10
2 Martens, Linnea	Andover	9-05.00	8
3 Johnson, Allie	Champlin Par	8-11.00	5.5
3 Schoenrock, Jenny	Osseo	8-11.00	5.5
5 Haas, McKenzie	Coon Rapids	J8-11.00	4
6 Mattson, Karli	Champlin Par	8-05.00	3
7 Ewald, Allison	Andover	J8-05.00	2
8 Lefaive, Sam	Coon Rapids	J8-05.00	0.3
8 Dahmus, Kali	Blaine	J8-05.00	0.3
8 Heller, Hannah	Maple Grove	J8-05.00	0.3
11 Rolf, Madeline	Andover	7-11.00	
11 Rowles, Jenna	Armstrong	7-11.00	
11 Vantassel, Marissa	Elk River	7-11.00	
11 Stuart, Megan	Armstrong	7-11.00	
11 Sieben, Estee	Anoka	7-11.00	
11 Taggart, Rebecca	Anoka	7-11.00	
11 McGrath, Molly	Blaine	7-11.00	
11 Roertering, Katherine	Maple Grove	7-11.00	
19 Colstar, Maria	Anoka	7-05.00	

19 Stenzel, Charlotte	Blaine	7-05.00
21 Pearson, Kaitlyn	Elk River	6-05.00
21 Brummer, Becca	Elk River	6-05.00
21 Orjinta, Nkem	Park Center	6-05.00
21 Brezinka, Madison	Osseo	6-05.00
21 Westlund, Amber	Champlin Par	6-05.00
21 Arel, Grace	Park Center	6-05.00
21 Debuhr, Lydia	Centennial	6-05.00
21 McHenry, Megan	Maple Grove	6-05.00
--- Dahl, Samantha	Osseo	NH
--- Farrell, Hannah	Park Center	NH
--- Polovinkina, Veronica	Coon Rapids	NH

Girls Long Jump

Conference: 19-01.75 \$ 2012

Brianna Puckett

Name	School	Finals	
Finals			
1 Roertering, Katherine	Maple Grove	16-03.00	10
2 Nielsen, Stephanie	Anoka	16-00.00	8
3 Eggerich, Marissa	Blaine	15-04.25	6
4 Staggert, Madison	Andover	15-03.50	5
5 Puckett, Brianna	Osseo	J15-03.50	4
6 Kejleh, Candy	Armstrong	15-02.25	3
7 Farley, Erin	Centennial	14-09.25	2
8 McGrath, Molly	Blaine	14-06.75	1
9 Watson, Sarah	Champlin Par	14-06.00	
10 Hanowski, Stephanie	Elk River	14-04.50	
11 Hlavka, Courtney	Anoka	14-03.75	
12 Asp, Annie	Anoka	14-03.00	
13 Baker, Michaela	Armstrong	14-02.75	
14 Clarke, Brianna	Coon Rapids	14-02.50	
15 Nebo, Alyssa	Blaine	14-01.50	
16 Hedin, Taylor	Andover	14-00.00	
16 Waters, Chanel	Osseo	14-00.00	
18 Anderson, Taylor	Park Center	13-06.75	
19 Szurek, Christine	Andover	13-06.50	
19 Jung, Olivia	Coon Rapids	13-06.50	
21 Johnson, Emily	Elk River	13-05.25	
22 Kaiser, Kayla	Maple Grove	13-03.50	
23 Heitzig, Maddie	Park Center	13-01.75	
24 Honek, Gina	Elk River	13-01.25	
25 Fettig, Missy	Centennial	13-00.50	
26 Kabaka, Daisy	Champlin Par	12-09.00	
27 Vang, Pahli	Champlin Par	12-08.50	
28 LeVasseur, Caitlin	Coon Rapids	12-05.00	
29 Werth, Katelyn	Centennial	12-02.25	
30 Browen, Kylie	Park Center	12-00.50	
--- Hofer, Chyanna	Armstrong	ND	

Girls Triple Jump

Conference: 38-01.75 \$ 2009

Michelle Maciej

Name	School	Finals	
Finals			
1 Roertering, Katherine	Maple Grove	36-00.75	10
2 Ordner, Madison	Maple Grove	35-09.00	8
3 Morgan, Taylor	Blaine	35-06.50	6

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Finals ... (Girls Triple Jump)

Name	School	Finals	
4 Jung, Olivia	Coon Rapids	34-08.00	5
5 Staggert, Madison	Andover	34-04.25	4
6 Asp, Annie	Anoka	34-02.50	3
7 Eggerich, Marissa	Blaine	33-08.75	2
8 Lundberg, Claire	Anoka	33-07.25	1
9 Hlavka, Courtney	Anoka	33-06.00	
10 Peck, Megan	Centennial	32-07.25	
11 Lowe, Lindsey	Elk River	32-07.00	
12 Harris, Kalley	Coon Rapids	32-05.75	
13 Nwaokolo, Awele	Champlin Par	32-04.50	
14 Schmidt, Katherine	Armstrong	32-03.25	
15 Browen, Kylie	Park Center	32-00.75	
15 Anderson, Taylor	Park Center	32-00.75	
17 Horton, Tanya	Champlin Par	31-06.00	
18 Wentland, Sidney	Elk River	31-04.75	
19 Porte, Mina	Osseo	31-02.50	
20 LeVasseur, Caitlin	Coon Rapids	31-01.25	
21 Kaiser, Kayla	Maple Grove	31-00.50	
22 Hayes, Mikayla	Park Center	30-11.50	
23 Nwachi, Eurel	Blaine	30-10.00	
24 Anderson, Abby	Champlin Par	30-06.25	
25 Farley, Erin	Centennial	30-05.75	
26 Peterson, Hannah	Andover	29-09.75	
27 Honek, Gina	Elk River	29-04.00	
28 Mester, Carly	Andover	29-01.00	
29 Sanders, Clarke	Osseo	28-03.00	
30 Scheldrup, Sarah	Armstrong	26-07.00	
--- Young, Shakita	Osseo	ND	

Girls Shot Put

Conference: 43-01 \$ 1997		Trisha Curtis	
Name	School	Finals	
Finals			
1 Pasiowitz, Courtney	Coon Rapids	43-00.50	10
2 Wentland, Sidney	Elk River	37-09.75	8
3 Detloff, Molli	Elk River	37-07.75	6
4 Miller, ShaRon	Blaine	37-02.25	5
5 Bebeau, Karleigh	Anoka	35-03.00	4
6 Wolfe, Hannah	Andover	34-06.00	3
7 Adegeye, Oyinkonsola	Champlin Par	34-06.00	2
8 McNallan, Marissa	Andover	33-11.50	1
9 Graham, Olivia	Andover	33-03.75	
10 Anderson, Courtney	Champlin Par	32-03.75	
11 Cole, Tori	Anoka	31-10.00	
12 Webb, Phillis	Osseo	31-07.25	
13 Buchanan, Caprisha	Centennial	31-02.00	
14 MacMurdo, Heather	Park Center	30-11.50	
15 McGrath, Natalie	Blaine	30-08.00	
16 Scheid, Abi	Elk River	30-03.50	
17 Oawster, Erica	Centennial	30-02.75	
18 Igboh, Bariture	Osseo	30-01.75	
19 Babatunde, Daniella	Champlin Par	30-01.00	
20 VanSeth, Devin	Coon Rapids	30-00.00	
21 Kingman, Jaclyn	Blaine	29-01.00	

22 Slaton, Dene	Anoka	28-11.00
23 Haeska, Emily	Coon Rapids	28-02.75
24 Kuusisto, Kali	Armstrong	28-02.25
25 Vinokur, Valerie	Maple Grove	26-04.00
26 Schmid, Cassie	Maple Grove	25-08.50
27 Moore, Maddie	Centennial	25-06.50
28 Okonkwo, Ijeoma	Park Center	25-04.50
29 Perschbacher, Brenna	Park Center	25-00.25
30 Blakely, Jelilah	Osseo	24-11.50
31 Buck, Erin	Maple Grove	23-09.75
32 Reeve, Emma	Armstrong	23-02.25

Girls Discus Throw

Conference: 133-04 \$ 2000

Jessica Stephan

Name	School	Finals	
Finals			
1 Detloff, Molli	Elk River	123-06	10
2 Oawster, Erica	Centennial	118-06	8
3 Kingman, Jaclyn	Blaine	107-06	6
4 Wentland, Sidney	Elk River	107-00	5
5 Haeska, Emily	Coon Rapids	106-10	4
6 McNallan, Marissa	Andover	102-11	3
7 Pasiowitz, Courtney	Coon Rapids	101-03	2
8 Adegeye, Oyinkonsola	Champlin Par	100-07	1
9 Graham, Olivia	Andover	96-10	
10 Backous, Kailee	Andover	92-09	
11 Anderson, Samantha	Champlin Par	91-06	
12 Zabee, Sophie	Elk River	90-04	
13 Kuusisto, Kali	Armstrong	89-04	
14 Anderson, Courtney	Champlin Par	89-01	
15 Berg, Lauren	Maple Grove	86-04	
16 MacMurdo, Heather	Park Center	86-02	
16 McGrath, Natalie	Blaine	86-02	
18 Schmid, Cassie	Maple Grove	84-11	
19 Moore, Maddie	Centennial	84-05	
20 Remme, Callie	Blaine	83-03	
21 Ellingson, Amanda	Anoka	81-02	
22 Cole, Tori	Anoka	80-10	
23 Tucker, Linnea	Armstrong	80-05	
24 Fitzer, Hannah	Coon Rapids	73-05	
25 Vail, Alyssa	Centennial	72-09	
26 Okonkwo, Ijeoma	Park Center	72-04	
27 Hoenigschmidt, Kaylea	Anoka	68-06	
28 Perschbacher, Brenna	Park Center	68-00	
29 Igboh, Bariture	Osseo	66-06	
30 Reeve, Emma	Armstrong	64-00	
31 Hampton, Sydney	Osseo	52-03	

Boys 100 Meter Dash

Conference: 10.50 \$ 2001

Anthony Dew

Name	School	Prelims
Preliminaries		
1 Egbujor, Emmanuel	Champlin Par	11.22Q
2 Mulsumo, Datrice	Champlin Par	11.41Q
3 Sando, Joe	Champlin Par	11.48Q
4 Harless, Duncan	Armstrong	11.57Q

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Preliminaries ... (Boys 100 Meter Dash)

Name	School	Prelims
5 Scott, Antoine	Park Center	11.52q
6 Sherva, Teddy	Anoka	11.52q
7 Leclair, Sam	Andover	11.57q
8 Wieneke, Jake	Maple Grove	11.58q
9 Lewis, Casey	Coon Rapids	11.59
10 Mendin, Patrick	Blaine	11.62
11 Dautbegovic, Muke	Blaine	11.63
12 Perdew, Grant	Maple Grove	11.72
13 Wallick, Jack	Maple Grove	11.76
14 Rainwater-Walker, Ted	Blaine	11.80
15 Trettel, Tucker	Centennial	11.80
16 Madsen, Jack	Andover	11.84
17 Dennis, Morris	Elk River	11.87
18 Licari, Sam	Anoka	11.90
19 Rayford, Jordan	Coon Rapids	11.97
20 Harris, Nush	Anoka	12.04
21 Kettler, Kyle	Andover	12.07
22 Wallestad, Nate	Elk River	12.08
23 Busari, Quadri	Osseo	12.15
24 Macias, Oscar	Centennial	12.17
25 Donelson, Devin	Elk River	12.21
25 Koroma, Frances	Park Center	12.21
27 Kruah, Prince	Osseo	12.27
28 Ruuska, Chase	Centennial	12.29
29 Whitley, Rajon	Armstrong	12.51
30 Amusan, Timonthy	Park Center	14.89
31 Thompson, Richardo	Osseo	16.03

Boys 100 Meter Dash

Conference: 10.50 \$ 2001 Anthony Dew

Name	School	Finals
1 Egbujor, Emmanuel	Champlin Par	11.16 10
2 Mulsumo, Datrice	Champlin Par	11.38 8
3 Scott, Antoine	Park Center	11.39 6
4 Harless, Duncan	Armstrong	11.57 5
5 Sherva, Teddy	Anoka	11.57 4
6 Wieneke, Jake	Maple Grove	11.59 3
7 Sando, Joe	Champlin Par	11.61 2
8 Leclair, Sam	Andover	11.63 1

Boys 200 Meter Dash

Conference: 21.10 \$ 2004 Ibrahim Kabia

Name	School	Prelims
1 Egbujor, Emmanuel	Champlin Par	22.48Q
2 Wieneke, Jake	Maple Grove	22.94Q
3 Mendin, Patrick	Blaine	22.98Q
4 Bardashevskiy, Denis	Elk River	23.33Q
5 Larson, Chris	Andover	23.03q
6 Mulsumo, Datrice	Champlin Par	23.20q
7 Sherva, Teddy	Anoka	23.35q
8 Harless, Duncan	Armstrong	23.51q
9 Baynes, Ky'Eric	Anoka	23.55

10 Schwab, Isaac	Elk River	23.57
11 Rummels, Juwan	Armstrong	23.61
12 Wieneke, Clark	Maple Grove	23.62
13 Iaquinto, Tyler	Centennial	23.65
14 Robel, Joe	Blaine	23.67
15 Erickson, Tony	Anoka	23.87
16 Scott, Antoine	Park Center	23.90
17 Whitmore, Isaiah	Coon Rapids	23.95
18 Hanson, Ian	Maple Grove	23.97
19 Jevne, Scott	Blaine	24.11
20 Rayford, Jordan	Coon Rapids	24.15
21 Busari, Quadri	Osseo	24.23
22 Madsen, Jack	Andover	24.24
23 Trettel, Tucker	Centennial	24.29
24 Wallestad, Nate	Elk River	24.57
25 Ruuska, Chase	Centennial	24.65
26 Carter, Chris	Park Center	24.67
27 Gaitan, Stefan	Coon Rapids	24.73
28 Lucas, Josh	Armstrong	24.96
29 Sando, Joe	Champlin Par	25.51

Boys 200 Meter Dash

Conference: 21.10 \$ 2004 Ibrahim Kabia

Name	School	Finals
1 Egbujor, Emmanuel	Champlin Par	22.12 10
2 Wieneke, Jake	Maple Grove	22.57 8
3 Mendin, Patrick	Blaine	22.64 6
4 Larson, Chris	Andover	22.85 5
5 Bardashevskiy, Denis	Elk River	22.86 4
6 Sherva, Teddy	Anoka	23.48 3
7 Harless, Duncan	Armstrong	23.70 2
8 Mulsumo, Datrice	Champlin Par	25.52 1

Boys 400 Meter Dash

Conference: 49.03 \$ 2012 Emmanuel Egbujor

Name	School	Prelims
1 Dennis, Morris	Elk River	50.92Q
2 Egbujor, Emmanuel	Champlin Par	50.94Q
3 Mendin, Patrick	Blaine	51.44Q
4 Queenan, Ryan	Armstrong	51.48Q
5 Wiagbe, Leo	Osseo	51.57q
6 Fatunbi, Charles	Coon Rapids	51.85q
7 Galamue, Gabriel	Osseo	52.33q
8 Baynes, Ky'Eric	Anoka	52.44q
9 Etim, Patrick	Andover	52.97
10 Hachaba, Vernan	Coon Rapids	53.09
11 Young, Paul	Blaine	53.10
12 Tawfick, Jon	Anoka	53.89
13 Woods, Justin	Blaine	54.15
14 Filipovich, Riley	Elk River	54.27
15 Nyabuto, Obadiah	Maple Grove	54.96
16 Pray, Jackson	Centennial	55.08
17 Deutsch, Brandon	Centennial	55.09
18 Fortin, Blake	Maple Grove	55.25

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Preliminaries ... (Boys 400 Meter Dash)

Name	School	Prelims
19 Koimene, Josh	Osseo	55.29
20 Bolgai, Bol	Champlin Par	55.37
21 Stiebler, Jake	Centennial	55.49
22 Barringer, Cameron	Elk River	55.69
23 Branger, Dan	Champlin Par	55.84
24 Berry, George	Park Center	55.87
25 Hamlin, Andrew	Armstrong	55.97
26 Barnes, Chi-Cori	Anoka	56.08
27 Martin, Kane	Armstrong	56.50
28 Tang, Rauch	Coon Rapids	57.55
29 Kane, Nick	Andover	57.55
30 Carter, Chris	Park Center	58.35
31 Stieg, Ryan	Maple Grove	1:03.07

Boys 400 Meter Dash

Conference: 49.03 \$ 2012		Emmanuel Egbujor	
Name	School	Finals	
1 Egbujor, Emmanuel	Champlin Par	49.10	10
2 Dennis, Morris	Elk River	49.40	8
3 Queenan, Ryan	Armstrong	50.23	6
4 Mendin, Patrick	Blaine	50.28	5
5 Baynes, Ky'Eric	Anoka	51.02	4
6 Fatunbi, Charles	Coon Rapids	51.10	3
7 Wiagbe, Leo	Osseo	51.51	2
8 Galamue, Gabriel	Osseo	51.55	1

Boys 800 Meter Run

Conference: 1:56.19 \$ 2010		Mark Gilkerson	
Name	School	Prelims	
1 Bednar, Jackson	Coon Rapids	2:01.51Q	
2 Cotter, Steven	Andover	2:02.83Q	
3 Trapp, Ryan	Elk River	2:03.94Q	
4 Jacobson, Nathaniel	Blaine	2:04.13Q	
5 Johnson, Zach	Champlin Par	2:04.78Q	
6 Hokkanen, Spencer	Centennial	2:05.78Q	
7 Naughton, Alex	Osseo	2:05.31Q	
8 Wright, Zach	Blaine	2:06.67Q	
9 Raasch, Charlie	Maple Grove	2:07.24Q	
10 Schlafmann, Kyle	Champlin Par	2:06.52q	
11 Nord, Gavin	Coon Rapids	2:06.85q	
12 Comer, Nathan	Armstrong	2:07.17q	
13 Lung, Nate	Osseo	2:07.68	
14 Gooley, Mark	Osseo	2:07.97	
15 Webster, Nate	Elk River	2:08.11	
16 Ernster, Mike	Centennial	2:10.20	
17 Mohamed, Nabil	Armstrong	2:10.84	
18 Leonard, Mark	Anoka	2:11.02	
19 Vallencourt, Corey	Coon Rapids	2:11.26	
20 Bongers, Austin	Blaine	2:11.58	
21 Peter, Cole	Champlin Par	2:11.66	
22 Thayer, Joel	Armstrong	2:12.06	
23 Hanson, Jeremy	Elk River	2:12.43	

24 Toronto, Simeon	Andover	2:12.99
25 Olsen, Nathan	Park Center	2:13.22
26 Phillips, Sawyer	Andover	2:14.53
27 Hagerty, Thomas	Anoka	2:15.12
28 Blanchard, Devin	Anoka	2:16.98
29 Willerton, Derek	Centennial	2:18.90
30 Pumarlo, Dustin	Park Center	2:22.43
31 Evanson, Cole	Maple Grove	2:27.65
32 Brown, Kevin	Maple Grove	2:32.75
33 Cole Evarts, Bennett	Park Center	2:34.98

Boys 800 Meter Run

Conference: 1:56.19 \$ 2010		Mark Gilkerson	
Name	School	Finals	
1 Cotter, Steven	Andover	1:57.10	10
2 Bednar, Jackson	Coon Rapids	2:00.81	8
3 Johnson, Zach	Champlin Par	2:01.54	6
4 Hokkanen, Spencer	Centennial	2:03.49	5
5 Trapp, Ryan	Elk River	2:05.55	4
6 Raasch, Charlie	Maple Grove	2:05.75	3
7 Comer, Nathan	Armstrong	2:05.85	2
8 Naughton, Alex	Osseo	2:06.44	1
9 Schlafmann, Kyle	Champlin Par	2:06.62	
10 Wright, Zach	Blaine	2:11.91	
11 Nord, Gavin	Coon Rapids	2:13.49	
12 Jacobson, Nathaniel	Blaine	2:15.15	

Boys 1600 Meter Run

Conference: 4:16.12 \$ 2010		Blayne Dulan	
Name	School	Finals	
1 Trapp, Ryan	Elk River	4:26.57	10
2 Meados, Chris	Andover	4:28.34	8
3 Trapp, Lucas	Elk River	4:30.92	6
4 Dickerson, Mitch	Maple Grove	4:31.28	5
5 Keller, Jonathan	Centennial	4:32.02	4
6 Hassan, Ramadan	Champlin Par	4:32.54	3
7 Graham, Ryan	Maple Grove	4:34.71	2
8 Jacobson, Nathaniel	Blaine	4:35.24	1
9 Heaton, Sean	Maple Grove	4:35.24	
10 Delaney, Jon	Armstrong	4:37.08	
11 Jack, Ben	Centennial	4:38.35	
12 Dujmovic, David	Coon Rapids	4:42.25	
13 Berkowitz, Adam	Osseo	4:44.52	
14 Grow, Kevin	Centennial	4:46.98	
15 Hickman, Breck	Elk River	4:49.89	
16 Hiel, Eric	Blaine	4:52.25	
17 Brecheisen, Justin	Armstrong	4:52.74	
18 Durbin, Ian	Blaine	4:53.22	
19 Simon, Peter	Champlin Par	4:56.05	
20 Hill, Tim	Armstrong	4:56.72	
21 Wetzal, Tanner	Osseo	4:57.10	
22 Mehrhof, Kyle	Coon Rapids	4:57.75	
23 Herman, Nathen	Coon Rapids	4:57.86	
24 Robichaud, Luc	Osseo	4:58.17	

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Finals ... (Boys 1600 Meter Run)

Name	School	Finals
25 Barstow, Jeff	Anoka	4:59.10
26 Heisterkamp, Kirk	Park Center	4:59.92
27 Gast, Ken	Anoka	5:03.45
28 Hecker, Chris	Anoka	5:03.86
29 Holm, Jacob	Champlin Par	5:04.34
30 Pahr, John	Andover	5:05.57
31 Engstrom, Nathan	Andover	5:18.20
32 Johnson, Nathaniel	Park Center	5:44.32
33 Haag, Peyton	Park Center	5:50.15

Boys 3200 Meter Run

Conference: 9:24.98 \$ 2010

Andy Fenske

Name	School	Finals
1 Meados, Chris	Andover	9:43.51 10
2 Trapp, Lucas	Elk River	9:44.66 8
3 Keller, Jonathan	Centennial	9:54.16 6
4 Cotter, Steven	Andover	9:58.37 5
5 Graham, Ryan	Maple Grove	10:01.81 4
6 Dickerson, Mitch	Maple Grove	10:04.37 3
7 Heaton, Sean	Maple Grove	10:04.39 2
8 Jack, Ben	Centennial	10:05.70 1
9 Weege, Mitchell	Elk River	10:13.55
10 Kaufmann, Ben	Armstrong	10:15.42
11 Grow, Kevin	Centennial	10:16.21
12 Berkowitz, Adam	Osseo	10:18.03
13 Dujmovic, David	Coon Rapids	10:27.29
14 Hickman, Breck	Elk River	10:28.45
15 Tesfu, Ahmed	Champlin Par	10:33.60
16 Ali, Abdurahman	Coon Rapids	10:34.68
17 Lorimer, Alec	Andover	10:39.90
18 Johnson, Robby	Park Center	10:40.21
19 Wetzal, Tanner	Osseo	10:42.98
20 Hiel, Eric	Blaine	10:43.34
21 Cramer, Mitchell	Osseo	10:45.68
22 Delaney, Jon	Armstrong	10:48.86
23 Morff, Ryan	Blaine	10:49.42
24 Michael, Caughlin	Coon Rapids	10:52.78
25 Holm, Jacob	Champlin Par	11:00.11
26 Sweeney, Kyle	Armstrong	11:03.84
27 Anderson, Tommy	Blaine	11:05.66
28 Kraemer, Brian	Anoka	11:14.47
29 Gast, Ken	Anoka	11:22.69
30 Dahl, Nicholas	Park Center	11:28.25
31 Lundberg, John	Anoka	11:51.88
32 Volk, Michael	Champlin Par	11:56.08

Boys 110 Meter Hurdles

Conference: 14.20 \$ 2001

Peter Stuart

Name	School	Prelims
1 Butler, Caleb	Blaine	15.62Q
2 Grace, Logan	Elk River	15.63Q
3 Copeland, Dajuan	Blaine	15.65Q

Preliminaries

1 Grace, Logan Elk River 40.27Q

2 Wood, Grant Andover 41.11Q

3 Copeland, Dajuan Blaine 41.50Q

4 Oba, Fawaz Osseo 43.05Q

5 Butler, Caleb Blaine 42.22q

6 Brown, Logan Andover 42.54q

7 Jackson, Harvey Coon Rapids 42.78q

8 Ciesynski, Matt Blaine 42.89q

9 Peterzen, Mitch Elk River 42.93

10 Fotso, Jason Maple Grove 43.33

11 Dahl, Duncan Anoka 43.34

4 Oba, Fawaz	Osseo	15.83Q
5 Wood, Grant	Andover	15.91q
6 Agboola, Seyi	Coon Rapids	16.18q
7 Syler, Colton	Andover	16.22q
8 Peterzen, Mitch	Elk River	16.36q
9 Brown, Logan	Andover	16.86
10 Smith, Terrance	Champlin Par	16.98
11 Kwia, Robertson	Champlin Par	17.05
12 Peterson, Tyler	Anoka	17.12
13 Ciesynski, Matt	Blaine	17.20
14 Obami, Engji	Anoka	17.34
15 Dahl, Duncan	Anoka	17.40
16 Thayer, Jeremiah	Armstrong	17.60
17 Stanley, Cortez	Osseo	17.67
18 Clark, Jordan	Centennial	17.84
19 Henrikson, Jake	Centennial	18.20
20 Kainz, Teddy	Maple Grove	18.50
21 Frisell, Quinn	Armstrong	18.53
22 Cross, Derek	Elk River	18.58
23 Bakkenheck, Lucas	Armstrong	18.85
24 Weis, Alec	Champlin Par	18.95
25 Fotso, Jason	Maple Grove	19.63
26 Smith, Sam	Osseo	19.72
27 Burmeister, Sam	Maple Grove	19.78
28 Engen, Josh	Coon Rapids	20.51
29 Hasse Bruek, Alex	Coon Rapids	20.75
30 Lougiu, Dalton	Park Center	22.52

Boys 110 Meter Hurdles

Conference: 14.20 \$ 2001

Peter Stuart

Name	School	Finals
1 Copeland, Dajuan	Blaine	14.97 10
2 Butler, Caleb	Blaine	15.73 8
3 Grace, Logan	Elk River	15.86 6
4 Wood, Grant	Andover	16.04 5
5 Syler, Colton	Andover	16.46 4
6 Peterzen, Mitch	Elk River	17.08 3
7 Oba, Fawaz	Osseo	17.83 2
8 Agboola, Seyi	Coon Rapids	18.38 1

Boys 300 Meter Hurdles

Conference: 38.23 \$ 2009

Snonsio Boye-Weah

Name	School	Prelims
1 Grace, Logan	Elk River	40.27Q
2 Wood, Grant	Andover	41.11Q
3 Copeland, Dajuan	Blaine	41.50Q
4 Oba, Fawaz	Osseo	43.05Q
5 Butler, Caleb	Blaine	42.22q
6 Brown, Logan	Andover	42.54q
7 Jackson, Harvey	Coon Rapids	42.78q
8 Ciesynski, Matt	Blaine	42.89q
9 Peterzen, Mitch	Elk River	42.93
10 Fotso, Jason	Maple Grove	43.33
11 Dahl, Duncan	Anoka	43.34

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Preliminaries ... (Boys 300 Meter Hurdles)

Name	School	Prelims
12 Burmeister, Sam	Maple Grove	43.36
13 Tollakson, Trevor	Coon Rapids	43.75
14 Schaaf, Connor	Anoka	43.78
15 Thayer, Jeremiah	Armstrong	44.01
16 Culp, Ray	Centennial	44.12
17 Smith, Terrance	Champlin Par	44.12
18 Stanley, Cortez	Osseo	44.17
19 Edwards, Bryan	Elk River	44.20
20 Myren, Royce	Anoka	44.31
21 Nyakundi, Jim	Osseo	44.31
22 Frisell, Quinn	Armstrong	44.56
23 Kainz, Teddy	Maple Grove	44.81
24 Fitzpatrick, Brock	Centennial	45.30
25 Kwia, Robertson	Champlin Par	45.35
26 Goss, Travis	Andover	46.00
27 Schutta, Nik	Centennial	46.30
28 Bakkenheck, Lucas	Armstrong	46.53
29 Weis, Alec	Champlin Par	47.04
30 Lougiu, Dalton	Park Center	54.29
--- Engen, Josh	Coon Rapids	DNF

Boys 300 Meter Hurdles

Conference: 38.23 \$ 2009		Snonsio Boye-Weah	
Name	School	Finals	
Finals			
1 Grace, Logan	Elk River	39.76	10
2 Copeland, Dajuan	Blaine	40.52	8
3 Wood, Grant	Andover	40.72	6
4 Brown, Logan	Andover	41.34	5
5 Butler, Caleb	Blaine	42.01	4
6 Oba, Fawaz	Osseo	42.17	3
7 Ciesynski, Matt	Blaine	42.82	2
8 Jackson, Harvey	Coon Rapids	42.95	1

Boys 4x100 Meter Relay

Conference: 42.71 \$ 2004		Champlin Park	
Team	Relay	Finals	
Finals			
1 Robbinsdale Armstrong	A	43.26	10
2 Park Center	A	43.74	8
3 Maple Grove	A	43.82	6
4 Andover	A	43.90	5
5 Coon Rapids	A	45.16	4
6 Centennial	A	45.18	3
7 Anoka	A	45.44	2
8 Champlin Park	A	45.49	1
9 Osseo	A	46.40	
--- Blaine	A	DQ	
--- Elk River	A	DQ	

Boys 4x200 Meter Relay

Conference: 1:29.83 \$ 2008		Anoka	
Team	Relay	Finals	
Finals			
1 Osseo	A	1:29.85	10
2 Blaine	A	1:31.34	8
3 Elk River	A	1:31.53	6
4 Andover	A	1:31.56	5
5 Coon Rapids	A	1:32.40	4
6 Robbinsdale Armstrong	A	1:32.68	3
7 Anoka	A	1:33.11	2
8 Maple Grove	A	1:33.70	1
9 Champlin Park	A	1:35.80	
10 Centennial	A	1:37.03	
--- Park Center	A	DNF	

Boys 4x400 Meter Relay

Conference: 3:24.48 \$ 2010		Maple Grove	
Team	Relay	Finals	
Finals			
1 Osseo	A	3:26.53	10
2 Elk River	A	3:27.96	8
3 Coon Rapids	A	3:28.14	6
4 Park Center	A	3:28.28	5
5 Andover	A	3:30.17	4
6 Blaine	A	3:32.35	3
7 Maple Grove	A	3:33.68	2
8 Champlin Park	A	3:35.75	1
9 Anoka	A	3:38.04	
10 Centennial	A	3:38.17	
11 Robbinsdale Armstrong	A	3:46.58	

Boys 4x800 Meter Relay

Conference: 7:55.09 \$ 2010		Blaine	
Team	Relay	Finals	
Finals			
1 Champlin Park	A	8:16.59	10
2 Coon Rapids	A	8:19.84	8
3 Elk River	A	8:26.40	6
4 Osseo	A	8:29.21	5
5 Maple Grove	A	8:30.35	4
6 Robbinsdale Armstrong	A	8:34.54	3
7 Blaine	A	8:37.01	2
8 Anoka	A	8:39.51	1
9 Park Center	A	8:41.60	
10 Centennial	A	8:47.51	
11 Andover	A	8:50.12	

Boys High Jump

Conference: 6-09.25 \$ 2009		Eyo Ekpo	
Name	School	Finals	
Finals			
1 Johnson, Jeremy	Champlin Par	6-04.00	10
2 Strong, Moe	Anoka	J6-04.00	8
3 Rainwater-Walker, Ted	Blaine	6-03.00	6

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Results

Finals ... (Boys High Jump)

Name	School	Finals	
4 Macfarlane, Nick	Andover	6-00.00	5
5 Ayinde, Kunle	Blaine	J6-00.00	3.5
5 Abram, Taylor	Champlin Par	J6-00.00	3.5
7 Kordah, Barinedum	Park Center	J6-00.00	2
8 Lilja, Jason	Coon Rapids	J6-00.00	1
9 Adeyemi, Adewale	Park Center	5-10.00	
10 Daniels, Treyton	Park Center	J5-10.00	
11 Obami, Engji	Anoka	J5-10.00	
12 King, Sam	Champlin Par	J5-10.00	
13 Fatunbi, Charles	Coon Rapids	J5-10.00	
14 Hoff, Will	Elk River	5-08.00	
14 Wold, Cameron	Andover	5-08.00	
14 Smith, Dylan	Maple Grove	5-08.00	
14 Person, Max	Elk River	5-08.00	
18 McNallen, Jake	Maple Grove	5-06.00	
18 Twumasi, Raymond	Coon Rapids	5-06.00	
18 Rieck, Riley	Anoka	5-06.00	
18 Leuis, Jack	Armstrong	5-06.00	
18 Normie, Tyrone	Maple Grove	5-06.00	
23 Brewer, Kiante	Osseo	5-04.00	
23 Ameyah, Stephan	Osseo	5-04.00	
23 Hill, Elijah	Osseo	5-04.00	
23 Gerard, Brady	Blaine	5-04.00	
23 Whitley, Rajon	Armstrong	5-04.00	
28 Gbeve, Jovan	Armstrong	5-02.00	
29 Kramer, Joe	Elk River	2.00	
--- Kalgren, James	Centennial	NH	

Boys Pole Vault

Conference: 14-00 \$ 2009 Chris Sluis

Name	School	Finals	
Finals			
1 Synowczyski, Kyle	Andover	11-11.00	10
2 Enright, Brenon	Maple Grove	J11-11.00	8
3 Palmer, Austen	Coon Rapids	J11-11.00	6
4 Oglesby, Logan	Champlin Par	11-05.00	4
4 Becktel, Odrey	Elk River	11-05.00	4
4 Schulte, Jason	Osseo	11-05.00	4
7 Himes, Jack	Armstrong	J11-05.00	2
8 Erickson, Tony	Anoka	10-11.00	0.5
8 Barringer, Cameron	Elk River	10-11.00	0.5
10 Reichert, Jacob	Andover	J10-11.00	
10 Benson, Noah	Centennial	J10-11.00	
12 Pharo, Aaron	Champlin Par	J10-11.00	
12 Hedstrom, Riley	Blaine	J10-11.00	
13 Pham, Thanh	Park Center	J10-11.00	
14 Bechler, Jared	Anoka	J10-11.00	
16 Vetruba, Chase	Andover	10-05.00	
16 Thordahl, Chris	Elk River	10-05.00	
16 Wetzal, Tanner	Osseo	10-05.00	
16 Brenning, Levi	Coon Rapids	10-05.00	
16 Licari, Sam	Anoka	10-05.00	
16 White, Justin	Maple Grove	10-05.00	
16 Comer, Nathan	Armstrong	10-05.00	

16 Wallman, .	Park Center	10-05.00
24 Carline, Austin	Osseo	9-11.00
24 Johnson, Micah	Coon Rapids	9-11.00
24 Pumarlo, Dustin	Park Center	9-11.00
24 Zrust, Sam	Blaine	9-11.00
24 Karp, Andrew	Champlin Par	9-11.00
29 Gaffron, Erik	Maple Grove	8-11.00
29 DeLaPointe, Nick	Armstrong	8-11.00
--- Genin, Matt	Blaine	NH

Boys Long Jump

Conference: 22-08.50 \$ 2009

Randy Khieu

Name	School	Finals	
Finals			
1 Strong, Moe	Anoka	21-08.75	10
2 Daniels, Treyton	Park Center	21-04.00	8
3 Holth, Chris	Blaine	20-10.75	6
4 Lilja, Jason	Coon Rapids	20-10.00	5
5 Kordah, Barinedum	Park Center	20-09.00	4
6 Larson, Chris	Andover	20-08.75	3
7 Erickson, Tony	Anoka	20-05.25	2
8 Horton, John	Champlin Par	20-01.75	1
9 Mendin, Patrick	Blaine	19-06.00	
9 McNallen, Jake	Maple Grove	19-06.00	
11 Buhl, Jacob	Elk River	19-01.00	
12 Agboola, Seyi	Coon Rapids	19-00.50	
13 Drewlo, Tyler	Blaine	19-00.25	
14 Edwards, Bryan	Elk River	18-07.75	
14 Ndege, Fanaka	Elk River	18-07.75	
16 Kabaka, Davis	Champlin Par	18-04.00	
16 Gyasse, Jeff	Osseo	18-04.00	
18 Normie, Tyrone	Maple Grove	18-02.25	
19 Kalgren, James	Centennial	18-01.75	
20 Twamasi, Raymond	Coon Rapids	17-09.00	
21 Harless, Duncan	Armstrong	17-08.75	
22 Anderson, Shawn	Osseo	17-06.50	
23 Whitley, Rajon	Armstrong	17-04.25	
24 Sherva, Teddy	Anoka	17-02.75	
25 Krouse, Nick	Andover	17-01.00	
26 Englekan, Jake	Maple Grove	16-08.25	
27 Berry, George	Park Center	16-04.75	
28 Roberts, Herb	Armstrong	16-01.75	
29 Macias, Oscar	Centennial	15-11.25	
30 Wiagbe, Leo	Osseo	15-10.75	
31 Clark, Jordan	Centennial	15-09.25	

Boys Triple Jump

Conference: 48-04 \$ 1998

Reondo Davis

Name	School	Finals	
Finals			
1 Daniels, Treyton	Park Center	46-02.50	10
2 Strong, Moe	Anoka	44-02.50	8
3 Krouse, Nick	Andover	J44-02.50	6
4 Abram, Taylor	Champlin Par	43-08.00	5
5 Baynes, Ky'Eric	Anoka	43-03.00	4
6 Ndege, Fanaka	Elk River	42-05.50	3

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Coon Rapids High School

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Finals ... (Boys Triple Jump)

Name	School	Finals	
7 Grahek, Ryan	Blaine	42-02.75	2
8 Twamasi, Raymond	Coon Rapids	41-11.25	1
9 Hedstrom, Riley	Blaine	41-07.00	
10 Lilja, Jason	Coon Rapids	41-03.25	
11 Adeyemi, Adewale	Park Center	41-03.00	
12 Ayinde, Kunle	Blaine	41-01.75	
13 Long, Trevor	Champlin Par	40-08.25	
14 McNallen, Jake	Maple Grove	40-06.50	
15 Hachaba, Vernan	Coon Rapids	40-00.50	
16 Buhl, Jacob	Elk River	39-10.50	
17 Bird, Andrew	Andover	39-10.25	
18 King, Sam	Champlin Par	39-02.50	
19 Normie, Tyrone	Maple Grove	39-01.50	
20 Oba, Fawaz	Osseo	38-10.00	
21 Burge, Adam	Park Center	38-07.50	
22 Gyasse, Jeff	Osseo	38-06.25	
23 Anderson, Shawn	Osseo	36-11.00	
24 Badio, Queety	Elk River	36-05.75	
25 Frisell, Quinn	Armstrong	36-05.50	
26 Rieck, Riley	Anoka	35-11.50	
27 Evanson, Cole	Maple Grove	35-03.25	
28 Bakkenheck, Lucas	Armstrong	35-02.00	
29 Yunger, John	Maple Grove	34-10.50	
30 Gbeve, Jovan	Armstrong	33-08.00	
31 Heron, Tommy	Centennial	31-08.00	
32 Hill, Brandon	Centennial	31-02.50	

Boys Shot Put

Conference: 65-04.50 \$ 2012		Tom Anderson	
Name	School	Finals	
1 Stephens, Joe	Champlin Par	54-10.00	10
2 Peters, Cody	Coon Rapids	50-03.00	8
3 Grant, Matt	Blaine	50-01.00	6
4 Ringwelski, Jake	Blaine	49-10.50	5
5 Butler, Caleb	Blaine	49-09.00	4
6 Bateman, Peter	Armstrong	46-10.00	3
7 Olson, Erik	Maple Grove	46-05.25	2
8 Cooperson, Ryan	Armstrong	43-10.00	1
9 Kuusisto, Jesse	Armstrong	43-07.00	
10 Ziegler, Andrew	Champlin Par	43-06.75	
11 Kessler, Zach	Andover	43-02.75	
12 Engen, Zach	Anoka	42-09.75	
13 Ross, Tim	Champlin Par	42-06.25	
14 Olson, Kevin	Anoka	41-11.00	
15 Braschayko, Stephen	Coon Rapids	41-10.25	
16 Vetch, Derek	Coon Rapids	41-03.25	
17 Dehn, AJ	Osseo	41-01.75	
18 Nelson, Jake	Centennial	40-08.25	
19 Thomson, Steven	Centennial	40-04.00	
20 Tobin, Christian	Elk River	39-08.00	
21 Johns, Jake	Centennial	39-06.00	
22 Howard, Terrance	Park Center	38-11.00	
23 Hastings, Peter	Anoka	38-00.00	

24 Catterton, Andy	Maple Grove	37-10.50
25 Arel, Noah	Park Center	37-10.25
26 Thompson, Luke	Osseo	37-07.00
27 Florez, Romelo	Osseo	37-06.00
28 Sanders, Chase	Maple Grove	34-10.00
29 Medlock, Quinton	Park Center	33-05.50

Boys Discus Throw

Conference: 179-05 \$ 2012

Tom Anderson

Name	School	Finals	
1 Kuusisto, Jesse	Armstrong	161-06	10
2 Butler, Caleb	Blaine	156-07	8
3 Howard, Terrance	Park Center	154-08	6
4 Stephens, Joe	Champlin Par	151-11	5
5 Grainger, Jacob	Coon Rapids	148-11	4
6 Grant, Matt	Blaine	143-00	3
7 Gillund, Chris	Blaine	141-05	2
8 Ziegler, Andrew	Champlin Par	129-08	1
9 Thomson, Steven	Centennial	127-11	
10 Ihli, Matt	Maple Grove	120-03	
11 Vetsch, Derek	Coon Rapids	117-09	
12 Martin, Chandler	Maple Grove	117-04	
13 Holmes, Jacob	Anoka	116-09	
14 Voelker, Alex	Centennial	114-00	
15 Weber, Blake	Coon Rapids	112-07	
16 Arel, Noah	Park Center	111-10	
17 Mueller, Michael	Anoka	111-01	
18 Nelson, Jake	Centennial	109-03	
19 Groll, Jordan	Armstrong	108-10	
20 Nortrom, Riley	Osseo	103-11	
21 Walstad, Wesley	Andover	98-11	
22 Kessler, Zach	Andover	97-09	
23 Salti, Hamzeh	Osseo	95-05	
24 Derhaag, Brent	Maple Grove	94-10	
25 Larson, Andrew	Elk River	93-04	
26 Lillis, Mike	Osseo	89-09	
27 Odom, Cory	Anoka	89-01	
28 Jovanovich, Robbie	Elk River	75-03	
--- Ross, Tim	Champlin Par	ND	
--- Bateman, Peter	Armstrong	ND	

Women - Team Rankings - 18 Events Scored

1) Elk River	121
2) Blaine	120.833
3) Anoka	78.5
4) Maple Grove	69.3333
5) Centennial	63
6) Coon Rapids	55.3333
7) Robbinsdale Armstrong	49
8) Osseo	46.5
9) Andover	42
10) Champlin Park	38.5
11) Park Center	18

Northwest Suburban Conference Championships - 5/21/2013 to 5/23/2013**Coon Rapids High School****Results**

Men - Team Rankings - 18 Events Scored

1) Blaine	102.5
2) Champlin Park	101.5
3) Andover	97
4) Elk River	86.5
5) Coon Rapids	60
6) Maple Grove	53
7) Park Center	49
8) Anoka	48.5
9) Robbinsdale Armstrong	47
10) Osseo	38
11) Centennial	19