

Northwest Suburban Conference Championships - 5/24/2011 to 5/26/2011
Coon Rapids High School
Results

Girls 100 Meter Dash

Conference: 12.08 \$ 5/25/2010 Sasha Davis
 Name School Prelims

Preliminaries

1	Floyd, Sid'Reshia	Robbinsdale	12.48	Q
2	Davis, Sasha	Park Center	12.69	Q
3	Purcell, Courtney	Blaine	13.23	Q
4	Hickerson, Rochelle	Andover	13.27	Q
5	Hill, Melanie	Champlin Par	13.29	q
6	Puckett, Brianna	Osseo	13.37	q
7	Arogbokun, Olufunmilayo	Osseo	13.38	q
8	Gross, Nia	Osseo	13.40	q
9	Embury, Alana	Elk River	13.48	
10	Kanu, Saramaya	Blaine	13.53	
11	Nelson, Katie	Blaine	13.66	
12	Krekelberg, Elizabeth	Centennial	13.67	
13	Officer, Alera	Champlin Par	13.70	
14	Kivley, Jenna	Elk River	13.80	
15	Thompson, Indigo	Robbinsdale	13.84	
16	Salem, Rachel	Maple Grove	13.87	
17	Merchant, Patience	Coon Rapids	13.87	
18	Fuechtmann, Kayla	Centennial	13.95	
19	Applequist, Jennifer	Champlin Par	14.00	
20	Karneh, Margarita	Robbinsdale	14.06	
21	Arbeiter, McKenzie	Maple Grove	14.08	
22	Bednorz, Katlin	Anoka	14.09	
23	Almquist, Tryniti	Andover	14.12	
24	Stalboerger, Nicole	Coon Rapids	14.23	
25	Nielsen, Stephanie	Anoka	14.31	
26	Jacobs, Abby	Maple Grove	14.32	
27	Sherva, Lauren	Anoka	14.35	
28	Holle, Nicole	Coon Rapids	14.49	
29	Brown, Josie	Elk River	14.55	
30	Vatne, Allie	Andover	14.68	
31	Kelly, Alleah	Park Center	14.74	
32	Piette, Maria	Centennial	14.78	

Girls 100 Meter Dash

Conference: 12.08 \$ 5/25/2010 Sasha Davis
 Name School Finals

Finals

1	Floyd, Sid'Reshia	Robbinsdale	12.41
2	Davis, Sasha	Park Center	12.62
3	Hickerson, Rochelle	Andover	13.13
4	Purcell, Courtney	Blaine	13.22
5	Gross, Nia	Osseo	13.34
6	Hill, Melanie	Champlin Par	13.44
7	Arogbokun, Olufunmilayo	Osseo	13.58
8	Puckett, Brianna	Osseo	13.61

Girls 200 Meter Dash

Conference: 25.27 \$ 5/25/2010 Anuli Okonkwo
 Name School Prelims

Preliminaries

1	Okonkwo, Anuli	Osseo	25.96	Q
2	Floyd, Sid'Reshia	Robbinsdale	26.02	Q
3	Detloff, Dani	Elk River	26.72	Q
4	Purcell, Courtney	Blaine	27.56	Q
5	Nivala, Taylor	Andover	26.16	q
6	Adams, Suzanna	Robbinsdale	26.78	q
7	Nelson, Haley	Maple Grove	27.18	q
8	Thelen, Raquel	Andover	27.97	q
9	Puckett, Brianna	Osseo	28.09	
10	Danielson, Emily	Robbinsdale	28.16	
11	Lister, Marissa	Maple Grove	28.16	
12	Bialke, Morgan	Osseo	28.19	
13	Windingstad, Kayla	Centennial	28.42	
14	Wilkenfeld, Payton	Maple Grove	28.42	
15	Fuechtmann, Kayla	Centennial	28.64	
16	Penshorn, Liz	Coon Rapids	28.76	
17	Kivley, Jenna	Elk River	28.83	
18	Thompson, Kaitlyn	Blaine	28.84	
19	Almquist, Tryniti	Andover	29.09	
20	Krekelberg, Elizabeth	Centennial	29.21	
21	Rehm, Katie	Coon Rapids	29.29	
22	Brown, Josie	Elk River	29.29	
23	Winters, Mackenzie	Anoka	29.33	
24	Watson, Sarah	Champlin Par	29.42	
25	Ogunti, Madia	Park Center	29.46	
26	Pearson, Andrea	Coon Rapids	29.49	
27	Miller, Abby	Blaine	29.59	
28	Sarazine, Cassidy	Anoka	29.59	
29	Dugbeh, Nathaline	Park Center	29.60	
30	Peterson, Emily	Anoka	29.67	
31	Heytens, Kelli	Champlin Par	30.05	

Girls 200 Meter Dash

Conference: 25.27 \$ 5/25/2010 Anuli Okonkwo
 Name School Finals

Finals

1	Okonkwo, Anuli	Osseo	25.47
2	Detloff, Dani	Elk River	25.57
3	Floyd, Sid'Reshia	Robbinsdale	25.60
4	Nivala, Taylor	Andover	25.96
5	Adams, Suzanna	Robbinsdale	26.04
6	Nelson, Haley	Maple Grove	26.69
7	Thelen, Raquel	Andover	26.95
8	Purcell, Courtney	Blaine	26.98

Northwest Suburban Conference Championships - 5/24/2011 to 5/26/2011
Coon Rapids High School
Results

Girls 400 Meter Dash

Conference: 56.85 \$ 2003
 Name

Laura Mottaz
 School Prelims

Preliminaries

1	Gillberg, Mollie	Coon Rapids	58.91	Q
2	Lachinski, Hailey	Blaine	59.07	Q
3	Webb, Phyllis	Osseo	59.14	Q
4	Falck, Kiersten	Blaine	1:01.61	Q
5	Kaine, Dustlynn	Robbinsdale	1:00.55	q
6	Thelen, Raquel	Andover	1:01.26	q
7	Schevenius, Laura	Centennial	1:01.29	q
8	Kurtovich, Maggie	Andover	1:01.48	q

Preliminaries ... (Girls 400 Meter Dash)

Name School Prelims

9	Neubauer, Brooke	Blaine	1:01.69	
10	Rasmussen, Sheridan	Robbinsdale	1:01.73	
11	Buggs, Alivia	Park Center	1:03.09	
12	Boehne, Nikki	Centennial	1:03.31	
13	McDonald, Abigail	Elk River	1:03.44	
14	Chelsey, Petrich	Elk River	1:03.70	
15	Philips, Emily	Maple Grove	1:04.45	
16	Scheidler, Lauren	Maple Grove	1:04.49	
17	Winters, Mackenzie	Anoka	1:04.86	
18	Culp, Megan	Centennial	1:04.99	
19	Esperum, Dani	Elk River	1:05.29	
20	Krismer, Katie	Maple Grove	1:05.63	
21	Anderson, Carrie	Coon Rapids	1:05.81	
22	Pipenhagen, Mary	Anoka	1:06.36	
23	Truong, Anna	Coon Rapids	1:06.50	
24	Yoder, Katie	Andover	1:06.79	
25	Darnell, Kate	Champlin Par	1:07.12	
26	Lundberg, Claire	Anoka	1:07.16	
27	Bialke, Morgan	Osseo	1:07.51	
28	Monson, Sydney	Champlin Par	1:08.17	
29	Huber, Amanda	Robbinsdale	1:08.50	
30	Kabaka, Daisy	Champlin Par	1:09.09	

Girls 400 Meter Dash

Conference: 56.85 \$ 2003
 Name

Laura Mottaz
 School Finals

Finals

1	Webb, Phyllis	Osseo	57.36	
2	Lachinski, Hailey	Blaine	58.82	
3	Gillberg, Mollie	Coon Rapids	59.35	
4	Kaine, Dustlynn	Robbinsdale	59.58	
5	Thelen, Raquel	Andover	1:00.58	
6	Schevenius, Laura	Centennial	1:00.97	
7	Falck, Kiersten	Blaine	1:00.98	
8	Kurtovich, Maggie	Andover	1:01.63	

Girls 800 Meter Run

Conference: 2:15.93 \$ 2004
 Name

Alissa Kurke
 School Prelims

Preliminaries

1	Kienholz, Megan	Centennial	2:21.68	Q
2	Shagen, Kaley	Osseo	2:22.43	Q
3	Fritz, Katelyn	Anoka	2:27.96	Q
4	Haugen, Anna	Elk River	2:23.00	Q
5	Engstrom, Melissa	Coon Rapids	2:24.19	Q
6	Corbin, Nicole	Anoka	2:30.09	Q
7	Ness, Erin	Elk River	2:24.50	Q
8	Haskins, Danielle	Andover	2:27.02	Q
9	Dutton, Courtney	Coon Rapids	2:30.53	Q
10	Stratton, Mandy	Blaine	2:27.24	q
11	Nachbor, Anna	Robbinsdale	2:27.36	q
12	Halfrich, Sara	Maple Grove	2:28.87	q
13	Glansman, Sam	Osseo	2:29.77	
14	Thompson, Jenna	Osseo	2:30.91	
15	Ederer, Rose	Blaine	2:30.92	
16	Harper, Erin	Blaine	2:31.54	
17	Simonet, Kate	Park Center	2:31.71	
18	Kallemeyn, Jane	Elk River	2:31.95	
19	Anderson, Stephanie	Centennial	2:33.15	
20	Metzger, Renae	Park Center	2:33.85	
21	Nelson, Anna	Coon Rapids	2:33.98	
22	Larson, Katie	Andover	2:34.69	
23	Gast, Lindsey	Anoka	2:36.04	
24	Hemming, Cassandra	Park Center	2:36.07	
25	Olzenak, Kelly	Maple Grove	2:36.18	
26	Moore, McKinley	Champlin Par	2:36.57	
27	Weiss, Taylor	Andover	2:36.90	
28	Kuball, Kristin	Robbinsdale	2:36.99	
29	DeSalvo, Veronica	Robbinsdale	2:37.60	
30	Foote, Laura	Maple Grove	2:38.80	
31	Martinson, Maddie	Champlin Par	2:42.65	
32	Mattson, Karli	Champlin Par	2:47.67	

Girls 800 Meter Run

Conference: 2:15.93 \$ 2004
 Name

Alissa Kurke
 School Finals

Finals

1	Kienholz, Megan	Centennial	2:19.56	
2	Shagen, Kaley	Osseo	2:21.12	
3	Fritz, Katelyn	Anoka	2:24.69	
4	Engstrom, Melissa	Coon Rapids	2:25.98	
5	Haugen, Anna	Elk River	2:26.38	
6	Haskins, Danielle	Andover	2:26.60	
7	Corbin, Nicole	Anoka	2:27.24	
8	Nachbor, Anna	Robbinsdale	2:27.68	
9	Ness, Erin	Elk River	2:30.66	
10	Stratton, Mandy	Blaine	2:30.90	
11	Halfrich, Sara	Maple Grove	2:30.92	
12	Dutton, Courtney	Coon Rapids	2:39.26	

Northwest Suburban Conference Championships - 5/24/2011 to 5/26/2011
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Girls 1600 Meter Run

Conference: 4:59.60 \$ 2003
Name

Heidi Lindeman
School **Finals**

Finals

1	Shagen, Kaley	Osseo	5:24.43
2	Soli, Cassidy	Champlin Par	5:24.47
3	D'Heilly, Paige	Coon Rapids	5:26.57
4	Butina, Madison	Centennial	5:28.36
5	Ness, Erin	Elk River	5:32.16
6	Ness, Rachel	Elk River	5:36.66
7	Odegard, Taylor	Elk River	5:38.50
8	Rosenow, Olivia	Maple Grove	5:38.97
9	Kretschmer, Lexie	Centennial	5:39.55
10	Weimholt, Stefani	Coon Rapids	5:39.67
11	Gross, Cathleen	Robbinsdale	5:39.87
12	Yetter, Hayli	Blaine	5:41.58
13	Nelson, Anna	Coon Rapids	5:42.84
14	Schweiters, Nicole	Maple Grove	5:44.67
15	Waananen, Amy	Maple Grove	5:46.02
16	Weinberger, Jenna	Anoka	5:46.88

Finals ... (Girls 1600 Meter Run)

Name **School** **Finals**

17	McElroy, Jenna	Champlin Par	5:48.40
18	Verbeten, Madeline	Robbinsdale	5:48.73
19	Steinwand, Natalie	Andover	5:50.42
20	Shogren, Maddie	Blaine	5:51.42
21	Gast, Lindsey	Anoka	5:51.92
22	Trescony, Maria	Champlin Par	5:53.39
23	Hockert, Katelyn	Blaine	5:54.27
24	Ubl, Ellie	Anoka	5:58.43
25	Jensen, Amanda	Andover	6:04.29
26	Merriam, Lauren	Andover	6:18.52
27	Fickle, Kaylee	Osseo	6:20.17
28	Morke, Ababa	Park Center	6:27.18
29	Peterson, Olivia	Park Center	6:30.01

Girls 3200 Meter Run

Conference: 10:37.16 \$ 2003
Name

Heidi Lindeman
School **Finals**

Finals

1	Knapczyk, Emily	Robbinsdale	11:16.44
2	Heitzman, Nicole	Andover	11:21.70
3	Mead, Laura	Andover	11:26.81
4	McKeefry, Madeline	Andover	11:36.90
5	Soli, Cassidy	Champlin Par	11:38.94
6	Ness, Rachel	Elk River	11:45.65
7	Cabak, Melissa	Robbinsdale	11:47.93
8	Beaver, Kylee	Park Center	12:06.81
9	Dills, Sam	Coon Rapids	12:08.27
10	Gusek, Lyndsay	Robbinsdale	12:10.04
11	Simonet, Kate	Park Center	12:13.21
12	Kretschmer, Lexie	Centennial	12:23.75
13	Sweeney, Clara	Centennial	12:27.25
14	Schweiters, Nicole	Maple Grove	12:33.34
15	Morrisette, Moriah	Maple Grove	12:33.51
16	McElroy, Jenna	Champlin Par	12:37.61
17	Waananen, Amy	Maple Grove	12:40.44
18	Koehler, Leah	Elk River	12:44.36
19	Trescony, Maria	Champlin Par	12:48.31
20	Shogren, Maddie	Blaine	12:56.37
21	Hohn, Jenn	Osseo	12:56.49
22	Schoenrock, Jenny	Osseo	12:56.50
23	Nemes, Candice	Elk River	13:01.79
24	Benson, Sam	Coon Rapids	13:05.98
25	Todey, Sarah	Osseo	13:17.16
26	Fennell, Nichole	Coon Rapids	13:17.19
27	Korby, Danille	Park Center	13:25.70
28	Hoyles, Katie	Blaine	13:45.06
29	Kobelinski, Sarah	Anoka	13:46.55
30	Dammer, Lakin	Anoka	13:50.15
31	Payeur, Chelsea	Anoka	13:53.68
32	Frjl, Adisa	Blaine	13:58.59

Northwest Suburban Conference Championships - 5/24/2011 to 5/26/2011
Coon Rapids High School
Results

Girls 100 Meter Hurdles

Conference: 14.73 \$ 5/25/2010 Maggie Bair
Name School Prelims

Preliminaries

1	Lowe, Lindsey	Elk River	16.17	Q
2	Abbott, Nicole	Anoka	16.33	Q
3	Ndely, Michelle	Champlin Par	16.42	Q
4	Evanson, Olivia	Maple Grove	16.57	Q
5	Bestman, Edwina	Park Center	16.24	q
6	Sohns, Jordyn	Elk River	16.53	q
7	Bluford, Amanda	Robbinsdale	16.84	q
8	Harris, Amber	Coon Rapids	17.21	q
9	Ohmann, Andrea	Blaine	17.62	
10	Olagbaiye, Nicole	Osseo	17.65	
11	Dehkes, Brienna	Elk River	17.93	
12	Anderson, Dominique	Champlin Par	18.04	
13	Clifford, Julia	Blaine	18.07	
14	Guimont, Gabbi	Anoka	18.08	
15	Volk, Christine	Champlin Par	18.17	
16	Tryba, Michelle	Anoka	18.30	
17	Klein, Natalie	Blaine	18.32	
18	Bagley, Ashley	Centennial	18.33	
19	Kochar-Mack, Haylee	Robbinsdale	18.46	
20	Hedin, Taylor	Andover	18.46	
21	Niesen, Cora	Maple Grove	18.49	
22	Ekman, Liz	Andover	18.54	
23	Reff, Haidee	Andover	18.85	
24	Callahan, Dakota	Coon Rapids	19.14	
25	Boggs, Olivia	Maple Grove	19.20	
26	Graham, Shatera	Osseo	19.23	
27	Corneliiuous, Gabby	Osseo	19.43	
28	Clark, Britta	Centennial	19.86	
29	Johnson, Natalie	Robbinsdale	19.93	
30	Kieselhorst, Suzie	Centennial	20.20	
31	Plessel, Lexi	Coon Rapids	20.45	
32	Kusick-Smith, Alexis	Park Center	21.38	

Girls 100 Meter Hurdles

Conference: 14.73 \$ 5/25/2010 Maggie Bair
Name School Finals

Finals

1	Ndely, Michelle	Champlin Par	15.96
2	Bestman, Edwina	Park Center	16.04
3	Evanson, Olivia	Maple Grove	16.53
4	Lowe, Lindsey	Elk River	16.54
5	Abbott, Nicole	Anoka	16.83
6	Bluford, Amanda	Robbinsdale	17.13
7	Harris, Amber	Coon Rapids	17.30
8	Sohns, Jordyn	Elk River	17.73

Girls 300 Meter Hurdles

Conference: 45.13 \$ 1996 Katie Bestul
Name School Prelims

Preliminaries

1	Bestman, Edwina	Park Center	46.66	Q
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Preliminaries ... (Girls 300 Meter Hurdles)

	Name	School	Prelims	
2	Lowe, Lindsey	Elk River	48.40	Q
3	Harris, Amber	Coon Rapids	48.65	Q
4	Rodman, Shauna	Anoka	49.59	Q
5	Jones, Paige	Coon Rapids	49.61	q
6	Dehkes, Brienna	Elk River	49.90	q
7	Sohns, Jordyn	Elk River	50.52	q
8	Reff, Haidee	Andover	50.58	q
9	Arbeiter, McKenzie	Maple Grove	50.64	
10	Meade, Peyton	Blaine	50.80	
11	Asp, Annie	Anoka	51.12	
12	Callahan, Dakota	Coon Rapids	51.77	
13	Guimont, Gabbi	Anoka	52.23	
14	Clifford, Julia	Blaine	52.36	
15	Alexander, Alexis	Champlin Par	52.42	
16	Olagbaiye, Nicole	Osseo	52.62	
17	Oakden, Jenna	Champlin Par	52.64	
18	Jellum, Madison	Park Center	52.74	
19	Herman, Kaley	Champlin Par	52.98	
20	Ohmann, Andrea	Blaine	53.11	
21	Niesen, Cora	Maple Grove	53.33	
22	Probert, Kylie	Andover	53.34	
23	Bahl, Shantel	Osseo	53.41	
24	Johnson, Brianna	Osseo	53.56	
25	Bluford, Amanda	Robbinsdale	54.04	
26	Hedin, Taylor	Andover	54.33	
27	Feist, Michaela	Maple Grove	55.66	
28	Speak, Nicole	Robbinsdale	55.95	
29	Kieselhorst, Suzie	Centennial	56.26	
30	Palme, Kayla	Park Center	1:01.01	

Girls 300 Meter Hurdles

Conference: 45.13 \$ 1996 Katie Bestul
Name School Finals

Finals

1	Bestman, Edwina	Park Center	46.25
2	Lowe, Lindsey	Elk River	47.87
3	Harris, Amber	Coon Rapids	48.38
4	Jones, Paige	Coon Rapids	49.11
5	Rodman, Shauna	Anoka	50.04
6	Sohns, Jordyn	Elk River	50.79
7	Reff, Haidee	Andover	50.94
8	Dehkes, Brienna	Elk River	51.19

Northwest Suburban Conference Championships - 5/24/2011 to 5/26/2011
Coon Rapids High School
Results

Girls 4x100 Meter Relay

Conference: 48.63 \$ 5/27/2010 Osseo

Team	Relay	Finals
Finals		
1 Osseo	A	48.53 \$
2 Andover	A	49.16
3 Elk River	A	49.48
4 Maple Grove	A	51.45
5 Champlin Park	A	51.79
6 Anoka	A	52.00
7 Robbinsdale Armstrong	A	52.07
8 Blaine	A	52.29
9 Park Center	A	53.21
10 Centennial	A	53.59
--- Coon Rapids	A	DQ

Girls 4x800 Meter Relay

Conference: 9:32.06 \$ 5/21/2008 Coon Rapids

Team	Relay	Finals
Finals		
1 Anoka	A	9:44.00
2 Andover	A	9:45.49
3 Centennial	A	9:53.17
4 Elk River	A	9:54.97
5 Coon Rapids	A	9:59.14
6 Robbinsdale Armstrong	A	10:11.27
7 Maple Grove	A	10:13.51
8 Blaine	A	10:26.44
9 Park Center	A	10:37.83
10 Champlin Park	A	10:37.86
11 Osseo	A	10:39.64

Girls 4x200 Meter Relay

Conference: 1:43.34 \$ 5/20/2009 Osseo

Team	Relay	Finals
Finals		
1 Robbinsdale Armstrong	A	1:44.46
2 Elk River	A	1:45.60
3 Maple Grove	A	1:46.90
4 Blaine	A	1:48.52
5 Centennial	A	1:49.31
6 Andover	A	1:50.85
7 Anoka	A	1:50.93
8 Champlin Park	A	1:52.86
9 Park Center	A	1:55.86
--- Osseo	A	DNF
--- Coon Rapids	A	DQ

Girls High Jump

Conference: 5-08 \$ 1996

Gina Curtis

Name	School	Finals
Finals		
1 Sherva, Lauren	Anoka	5-03.00
2 Olsen, Kirsten	Blaine	5-02.00
3 Clarke, Bridget	Coon Rapids	5-00.00
4 Christenson, Nicole	Coon Rapids	J5-00.00
5 Ordener, Madison	Maple Grove	4-10.00
6 Jung, Olivia	Coon Rapids	J4-10.00
7 Guimont, Gabbi	Anoka	J4-10.00
8 Johnson, Jaclyn	Champlin Par	J4-10.00
9 Hedin, Taylor	Andover	4-08.00
9 Loberg, Kelli	Elk River	4-08.00
9 Lachinski, Hailey	Blaine	4-08.00
9 Mcleod, Taylor	Maple Grove	4-08.00
9 Madden, Lindsay	Elk River	4-08.00
14 Piette, Maria	Centennial	4-06.00
14 Namyst, Emily	Centennial	4-06.00
14 Werth, Katelyn	Centennial	4-06.00
14 Okonkwo, Anuli	Osseo	4-06.00
14 Seba, Colleen	Osseo	4-06.00
14 Tombers, Sydney	Andover	4-06.00
14 Yoder, Katie	Andover	4-06.00
14 Hlavka, Courtney	Anoka	4-06.00
14 Meade, Peyton	Blaine	4-06.00
14 Kinnunen, Carla	Maple Grove	4-06.00
14 Reisner, Hannah	Robbinsdale	4-06.00
25 Denler, Carly	Champlin Par	4-04.00
25 Watson, Sarah	Champlin Par	4-04.00
25 Thompson, Indigo	Robbinsdale	4-04.00
25 Henriksen, Helena	Robbinsdale	4-04.00
25 Ziemer, Kara	Elk River	4-04.00
30 Anderson, Taylor	Park Center	4-02.00
30 Nichols, Raja	Osseo	4-02.00
--- Palme, Amanda	Park Center	NH
--- Agbonkhese, Monika	Park Center	NH

Girls 4x400 Meter Relay

Conference: 4:00.13 \$ 2003 Anoka

Team	Relay	Finals
Finals		
1 Blaine	A	4:07.29
2 Anoka	A	4:07.61
3 Robbinsdale Armstrong	A	4:09.97
4 Elk River	A	4:11.45
5 Coon Rapids	A	4:12.31
6 Osseo	A	4:13.09
7 Maple Grove	A	4:13.30
8 Andover	A	4:15.11
9 Centennial	A	4:16.11
10 Champlin Park	A	4:32.79
11 Park Center	A	4:47.94

Northwest Suburban Conference Championships - 5/24/2011 to 5/26/2011
Coon Rapids High School
Results

Girls Pole Vault

Conference: 11-00 \$ 2004
 Name

Carrie Hinners
 School Finals

Finals

1	Gillberg, Mollie	Coon Rapids	9-09.00
2	Embury, Alana	Elk River	9-03.00
3	Hoover, Jessica	Blaine	J9-03.00
4	Martens, Linnea	Andover	J9-03.00
5	Clifford, Julia	Blaine	J9-03.00
6	Thomsen, Emily	Coon Rapids	J9-03.00
7	Crepeau, Laura	Elk River	8-09.00
8	Delaney, Emily	Robbinsdale	J8-09.00
9	Bednarz, Layni	Elk River	J8-09.00
9	Deitchler, Abbie	Anoka	J8-09.00
11	Ness, Sam	Coon Rapids	8-03.00
11	Denler, Carly	Champlin Par	8-03.00
11	Smith, Kendra	Robbinsdale	8-03.00
11	Moe, Faith	Centennial	8-03.00
11	Jones, Katelyn	Anoka	8-03.00
11	Eisenbraun, Amber	Anoka	8-03.00
11	Knudson, Kirstey	Blaine	8-03.00
18	Probert, Kylie	Andover	7-03.00
18	Skaja, Taylor	Andover	7-03.00
18	Walker, Sarah	Centennial	7-03.00
18	Hayden, Christy	Centennial	7-03.00
18	Carstensen, Kayla	Maple Grove	7-03.00
18	Heller, Hannah	Maple Grove	7-03.00
18	Johnson, Allie	Champlin Par	7-03.00
18	Roertering, Katherine	Maple Grove	7-03.00
18	Nichols, Lauren	Robbinsdale	7-03.00
18	Sellberg, Carly	Park Center	7-03.00
---	Schumann, Courtney	Champlin Par	NH
---	Wallace, Sha-Kira	Park Center	NH
---	Orjinta, Nkemdirim	Park Center	NH

Girls Long Jump

Conference: 18-01.50 \$ 5/19/2009 Nicole Murphey
 Name School Finals

Finals

1	Hill, Melanie	Champlin Par	16-11.75
2	Hickerson, Rochelle	Andover	16-06.75
3	Johnson, Jaclyn	Champlin Par	16-06.00
4	Daulton, Logan	Elk River	16-03.75
5	Edwards, Kelly	Elk River	J16-03.75
6	Eggerich, Marissa	Blaine	15-11.50
7	Puckett, Brianna	Osseo	J15-11.50
8	Jones, Paige	Coon Rapids	15-10.00
9	Kurtovich, Maggie	Andover	15-08.00
10	Detloff, Dani	Elk River	15-06.50
11	Bestman, Edwina	Park Center	15-05.50
12	Kaiser, Kayla	Maple Grove	15-04.00
13	Hlavka, Courtney	Anoka	14-11.00
14	Bialke, Morgan	Osseo	14-09.00
15	Floyd, Sid'Reshia	Robbinsdale	14-08.50
16	Davis, Sasha	Park Center	14-08.25
17	LeVasseur, Caitlin	Coon Rapids	14-07.50
17	Bowe, Jessie	Anoka	14-07.50
19	McGrath, Molly	Blaine	14-07.00
19	Roertering, Katherine	Maple Grove	14-07.00
21	Steven, Claire	Robbinsdale	14-05.50
22	Korsah, Georgia	Coon Rapids	14-03.25
23	Rand, Cece	Anoka	14-01.50
24	Werth, Katelyn	Centennial	14-00.50
25	Peah, Peaches	Robbinsdale	13-09.75
26	Gonsior, Madison	Blaine	13-09.00
27	Peck, Sarah	Centennial	13-06.00
28	Gross, Nia	Osseo	13-04.75
29	Heytens, Kelli	Champlin Par	13-04.50
30	Forbes, Lizzy	Maple Grove	13-00.00
31	Freund, Isabella	Park Center	12-09.25
32	Nugent, Krystal	Andover	11-08.00

Northwest Suburban Conference Championships - 5/24/2011 to 5/26/2011
Coon Rapids High School
Results

Girls Triple Jump

Conference: 38-01.75 \$ 5/20/2009 Michelle Maciej

Name	School	Finals
Finals		
1 Hill, Melanie	Champlin Par	35-10.00
2 Asp, Annie	Anoka	35-05.50
3 Evanson, Olivia	Maple Grove	35-03.50
4 Arogbokun, Olufunmilayo	Osseo	34-10.00
5 Eggerich, Marissa	Blaine	34-06.25
6 Jones, Paige	Coon Rapids	33-09.75
7 Schmidt, Katherine	Robbinsdale	33-08.50
8 Peck, Sarah	Centennial	33-05.50
9 Miller, Abby	Blaine	32-09.25
10 Edwards, Kelly	Elk River	32-08.00
11 Carpenter, Morgan	Elk River	32-07.50
12 Dukuly, Jamillah	Champlin Par	32-04.00
13 Sherva, Lauren	Anoka	32-02.50
13 Reisner, Hannah	Robbinsdale	32-02.50
15 McLain, Mollie	Elk River	32-01.00
16 LeVasseur, Caitlin	Coon Rapids	31-11.50
17 Abbott, Nicole	Anoka	31-11.25
18 Werth, Katelyn	Centennial	31-07.50
19 Forbes, Lizzy	Maple Grove	31-05.50
20 Jamus, Subah	Andover	31-05.00
21 Kaiser, Kayla	Maple Grove	30-09.50
22 Bestman, Edwina	Park Center	30-05.50
23 Johnson, Brianna	Osseo	30-05.00
24 Novak, Lauren	Andover	29-09.00
25 Sellberg, Carly	Park Center	29-05.50
26 Strommen, Lindsay	Andover	28-10.25
27 Heitzig, Madelyn	Park Center	28-10.00
28 Schleif, Morgan	Champlin Par	28-03.00
29 Scheldrup, Sarah	Robbinsdale	27-11.75
30 Schoenrock, Emily	Osseo	24-06.75
--- Clarke, Bridget	Coon Rapids	ND
--- Raether, Marissa	Blaine	ND

Girls Shot Put

Conference: 43-01 \$ 1997

Trisha Curtis

Name	School	Finals
Finals		
1 Pasiowitz, Courtney	Coon Rapids	39-02.75
2 Detloff, Mollie	Elk River	38-02.50
3 Happke, Caitlynn	Coon Rapids	38-01.50
4 Vinokur, Vicky	Maple Grove	37-07.00
5 Nwankololuwa, Nkem	Champlin Par	36-09.75
6 McGill, Jazmyne	Robbinsdale	34-06.00
7 Seba, Colleen	Osseo	34-03.75
8 Hanson, Erin	Centennial	34-02.50
9 Bebeau, Karleigh	Anoka	33-07.25
10 Andrews, Julia	Coon Rapids	32-07.75
11 Richter, Kendra	Park Center	32-03.50
12 Kuntz, Ali	Champlin Par	31-08.50
13 Zapzalka, Peyton	Andover	31-02.75
14 Ngongang, Tatiana	Centennial	30-09.50
15 Anderson, Dani	Blaine	30-08.25
16 Karst, Kayla	Anoka	30-07.75
17 Kytta, Hayley	Blaine	30-06.00
18 Montgomery, Madison	Blaine	29-09.75
19 McNallan, Marissa	Andover	29-09.00
20 Mbariket, Yvonne	Osseo	29-07.25
21 Backous, Kailee	Andover	29-04.50
22 Sims, Sharai	Osseo	29-02.00
23 Jurchisin, Kristin	Centennial	28-06.75
24 Nugent, Samantha	Elk River	28-06.50
25 Bendiske, Anna	Anoka	28-04.00
26 Krismer, Katie	Maple Grove	24-08.25
27 Davey, Taylor	Maple Grove	23-00.50
28 Wallace, Sha-Kira	Park Center	22-04.50
29 Queenan, Kelsey	Robbinsdale	21-04.50
30 Ross, Sakinah	Park Center	19-02.25

Northwest Suburban Conference Championships - 5/24/2011 to 5/26/2011
Coon Rapids High School
Results

Girls Discus Throw

Conference: 133-04 \$ 2000
Name

Jessica Stephan
School **Finals**

Finals

1	Detloff, Mollie	Elk River	127-02
2	Vinokur, Vicky	Maple Grove	123-01
3	Nwalkolo, Nkem	Champlin Par	119-02
4	Richter, Kendra	Park Center	119-00
5	Kytta, Hayley	Blaine	116-11
6	Anderson, Dani	Blaine	111-11
7	Happke, Caitlynn	Coon Rapids	109-00
8	Thorndal, Nicole	Elk River	106-04
9	Sims, Sharai	Osseo	95-08
10	Haeska, Emily	Coon Rapids	95-05
11	Mbariket, Yvonne	Osseo	94-06
12	Kuntz, Ali	Champlin Par	94-02
13	Ngongang, Tatiana	Centennial	93-04
13	Seba, Colleen	Osseo	93-04
15	Backous, Kailee	Andover	93-03
16	Pasiowitz, Courtney	Coon Rapids	91-09
17	Zapzalka, Peyton	Andover	91-01
18	Pack, Lauren	Centennial	90-10
19	Denler, Carly	Champlin Par	89-11
20	Peterson, Laura	Andover	89-03
21	King, Marissa	Blaine	89-01
22	Piette, Maria	Centennial	84-08
23	Tacheny, Allison	Elk River	82-08
24	McGill, Jazmyne	Robbinsdale	75-02
25	Berault, Dani	Anoka	70-08
26	Schmid, Cassie	Maple Grove	69-00
27	Karst, Karly	Anoka	67-01
28	Wallace, Sha-Kira	Park Center	62-05
29	Bendiske, Anna	Anoka	61-07
30	Shpak, Sasha	Maple Grove	56-01
31	Ross, Sakinah	Park Center	52-09
32	Queenan, Kelsey	Robbinsdale	47-03

Boys 100 Meter Dash

Conference: 10.50 \$ 2001
Name

Anthony Dew
School **Prelims**

Preliminaries

1	Tambe, Ayuk	Blaine	11.36	Q
2	Forte, Kiemonte	Coon Rapids	11.42	Q
3	Gbarbea, Darkabolu	Champlin Par	11.50	Q
4	Buggs, Elliot	Champlin Par	11.57	Q
5	Ash, Tommy	Robbinsdale	11.57	q
6	Thomas, Kameron	Robbinsdale	11.59	q
7	Sando, Joe	Champlin Par	11.60	q
8	Lewis, Casey	Coon Rapids	11.64	q
9	Kubura, Reuben	Park Center	11.67	
10	Dixon, Emannual	Maple Grove	11.70	
11	Crockett, Shadeed	Maple Grove	11.80	
12	Sutton, Jevell	Osseo	11.88	
13	Robel, Joe	Blaine	11.90	
14	Curtis, Lemaun	Osseo	11.92	
15	Deveaux, Marcel	Blaine	11.98	
16	Erickson, Tony	Anoka	11.99	
17	Richardson, Ryan	Centennial	12.03	
18	Williams, Rodney	Coon Rapids	12.04	
19	Saylee, Rufus	Park Center	12.10	
20	Biyogo, Boniface	Robbinsdale	12.16	
21	Leclair, Sam	Andover	12.25	
22	Elrich, Emanuel	Maple Grove	12.27	
23	Pint, Matt	Anoka	12.32	
24	Smith, Nick	Elk River	12.48	
25	Schmidt, Guy	Centennial	12.49	
26	Larson, Drew	Anoka	12.50	
27	Larson, Chris	Andover	12.51	
28	Larkins, Michael	Elk River	12.53	
29	Westerlund, Cole	Andover	12.81	

Boys 100 Meter Dash

Conference: 10.50 \$ 2001
Name

Anthony Dew
School **Finals**

Finals

1	Tambe, Ayuk	Blaine	11.29
2	Forte, Kiemonte	Coon Rapids	11.44
3	Lewis, Casey	Coon Rapids	11.62
4	Gbarbea, Darkabolu	Champlin Par	11.65
5	Ash, Tommy	Robbinsdale	11.79
6	Sando, Joe	Champlin Par	11.81
7	Thomas, Kameron	Robbinsdale	11.87
8	Buggs, Elliot	Champlin Par	12.00

Northwest Suburban Conference Championships - 5/24/2011 to 5/26/2011
Coon Rapids High School
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Boys 200 Meter Dash

Conference: 21.10 \$ 2004
 Name

Ibrahim Kabia
 School Prelims

Preliminaries

1	Tambe, Ayuk	Blaine	23.03	Q
2	Forte, Kiemonte	Coon Rapids	23.10	Q
3	Gbarbea, Darkabolu	Champlin Par	23.12	Q
4	Kline, Eric	Blaine	23.31	Q
5	Boughner, Cole	Anoka	23.28	q
6	Dixon, Emannual	Maple Grove	23.34	q
7	Watkins, Ryan	Robbinsdale	23.36	q
8	Chouinard, Corey	Elk River	23.37	q
9	Robel, Joe	Blaine	23.59	
10	Clemons, Dien	Osseo	23.62	
11	Sando, Joe	Champlin Par	23.64	
12	Thomas, Kameron	Robbinsdale	23.71	
13	Lewis, Casey	Coon Rapids	23.82	
14	Kordah, Barinedum	Park Center	24.05	
15	Pint, Matt	Anoka	24.19	
16	Erickson, Tony	Anoka	24.38	
17	Palmer, Oscar	Maple Grove	24.40	
18	Laws, Jay	Osseo	24.42	
19	Koester, Mitch	Andover	24.53	
20	Kwabi, Kweku	Champlin Par	24.65	
21	Wallick, Jack	Maple Grove	24.70	
22	Stephens, Jahari	Osseo	24.81	
23	Sanchez, Cameron	Andover	24.81	
24	Hanson, Connor	Elk River	24.97	
25	Kamara, Alieu	Park Center	25.10	
26	Leclair, Sam	Andover	25.13	
27	Clark, Dxavier	Robbinsdale	25.38	
28	Plaisted, Alec	Elk River	25.42	
29	Pray, Jackson	Centennial	25.60	
30	Wilson, Nate	Centennial	25.63	

Boys 200 Meter Dash

Conference: 21.10 \$ 2004
 Name

Ibrahim Kabia
 School Finals

Finals

1	Boughner, Cole	Anoka	22.98
2	Forte, Kiemonte	Coon Rapids	23.02
3	Chouinard, Corey	Elk River	23.05
4	Gbarbea, Darkabolu	Champlin Par	23.11
5	Tambe, Ayuk	Blaine	23.12
6	Watkins, Ryan	Robbinsdale	23.12
7	Dixon, Emannual	Maple Grove	23.20
8	Kline, Eric	Blaine	23.53

Boys 400 Meter Dash

Conference: 49.44 \$ 2007
 Name

Jerrell Hancock
 School Prelims

Preliminaries

1	Zrust, Mike	Blaine	50.30	Q
2	Hansen, Tom	Coon Rapids	50.46	Q
3	Albright, Mason	Andover	50.54	Q
4	Gbarbea, Darkabolu	Champlin Par	51.14	Q
5	Kubura, Reuben	Park Center	51.60	q
6	Egbujor, Emmanuel	Champlin Par	51.86	q
7	Lindquist, Brandon	Anoka	52.34	q
8	Hacheba, Vernan	Coon Rapids	52.40	q
9	Rausch, Nathan	Maple Grove	52.60	
10	Meyer, Kevin	Blaine	52.88	
11	Davies, Phil	Coon Rapids	52.92	
12	Kallman, Jesse	Centennial	53.05	

Preliminaries ... (Boys 400 Meter Dash)

Name School Prelims

13	Madison, Devan	Osseo	53.27
14	Nyabuto, Obadiah	Osseo	53.38
15	Wenberg, Ben	Andover	53.66
16	Ruffcorn, David	Champlin Par	53.70
17	Busari, Quatri	Park Center	53.79
18	Thill, David	Centennial	53.90
19	Brown, Ryan	Centennial	54.07
20	Dickovich, Nick	Osseo	54.66
21	Cummings, Austin	Andover	54.69
22	Miranowski, Cody	Anoka	54.69
23	Pohto, Zach	Blaine	55.05
24	Chuba, Devin	Elk River	55.23
25	Yasosky, Brian	Maple Grove	55.68
26	Edwards, David	Robbinsdale	56.71
27	Hamlin, Andrew	Robbinsdale	56.97
28	Johnson, Nathan	Maple Grove	57.53
29	McSherry, Kyle	Anoka	58.13
30	Brummer, Ben	Elk River	58.93

Boys 400 Meter Dash

Conference: 49.44 \$ 2007
 Name

Jerrell Hancock
 School Finals

Finals

1	Zrust, Mike	Blaine	49.77
2	Hansen, Tom	Coon Rapids	50.11
3	Albright, Mason	Andover	50.36
4	Kubura, Reuben	Park Center	51.29
5	Gbarbea, Darkabolu	Champlin Par	51.78
6	Lindquist, Brandon	Anoka	51.94
7	Egbujor, Emmanuel	Champlin Par	52.31
8	Hacheba, Vernan	Coon Rapids	52.80

Northwest Suburban Conference Championships - 5/24/2011 to 5/26/2011
Coon Rapids High School
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Boys 800 Meter Run

Conference: 1:56.19 \$ 5/27/2010 Mark Gilkerson

Name	School	Prelims	
Preliminaries			
1 Nelson, Zach	Robbinsdale	1:59.89	Q
2 Nielsen, Dan	Andover	2:00.52	Q
3 Duemke, Thomas	Andover	2:00.74	Q
4 Urban, Scott	Blaine	2:00.86	Q
5 Kremer, Dan	Blaine	2:01.27	Q
6 Iverson, Luke	Maple Grove	2:02.01	Q
7 Grow, Spencer	Anoka	2:01.52	Q
8 Walden, Derek	Maple Grove	2:01.91	Q
9 Trapp, Ryan	Elk River	2:02.12	Q
10 Johantgen, Dustin	Maple Grove	2:02.80	q
11 Herrala, Jeff	Anoka	2:02.99	q
12 Johnson, Zach	Champlin Par	2:03.45	q
13 Tollakson, Tyler	Coon Rapids	2:03.73	
14 Gessner, Brendan	Centennial	2:03.94	
15 Otieno, Samuel	Park Center	2:04.00	
16 Fischer, Mateusz	Robbinsdale	2:04.32	
17 Stevens, Eric	Elk River	2:06.04	
18 Nortrom, Riley	Osseo	2:06.30	
19 Durbin, Ian	Blaine	2:06.64	
20 Fawole, Kunle	Osseo	2:07.91	
21 McCarger, Garrett	Centennial	2:08.43	
22 Bourdage, Joe	Centennial	2:08.49	
23 Lorimer, Mark	Andover	2:08.95	
24 Bednar, Jackson	Coon Rapids	2:09.01	
25 Swenson, Ryan	Osseo	2:09.71	
26 Sarazine, Zach	Anoka	2:10.39	
27 Petrich, Joey	Elk River	2:10.87	
28 Rausch, Isaac	Coon Rapids	2:14.45	
29 Bies, Joseph	Robbinsdale	2:14.50	
30 Olsen, Nathan	Park Center	2:18.84	
31 Dahl, Nicholas	Park Center	2:22.39	

Boys 800 Meter Run

Conference: 1:56.19 \$ 5/27/2010 Mark Gilkerson

Name	School	Finals
Finals		
1 Nelson, Zach	Robbinsdale	1:57.88
2 Urban, Scott	Blaine	1:59.89
3 Grow, Spencer	Anoka	2:00.15
4 Kremer, Dan	Blaine	2:00.48
5 Johantgen, Dustin	Maple Grove	2:00.50
6 Nielsen, Dan	Andover	2:01.20
7 Duemke, Thomas	Andover	2:01.62
8 Iverson, Luke	Maple Grove	2:02.67
9 Trapp, Ryan	Elk River	2:02.99
10 Johnson, Zach	Champlin Par	2:03.34
11 Walden, Derek	Maple Grove	2:04.20
12 Herrala, Jeff	Anoka	2:07.70

Boys 1600 Meter Run

Conference: 4:16.12 \$ 5/27/2010 Blayne Dulian

Name	School	Finals
Finals		
1 Nielsen, Dan	Andover	4:26.20
2 Johnson, Alex	Maple Grove	4:26.50
3 Olson, Conner	Maple Grove	4:26.97
4 Keller, Jonathon	Centennial	4:27.28
5 Hellmann, Kurt	Andover	4:31.02
6 Meados, Chris	Andover	4:31.29
7 Olson, Tyler	Maple Grove	4:31.32
8 Trapp, Ryan	Elk River	4:32.64
9 Kennedy, David	Coon Rapids	4:34.23
10 Longen, Matt	Centennial	4:36.34
11 Mehrhoff, Calvin	Coon Rapids	4:36.79
12 Hartmann, Brad	Osseo	4:37.60
13 Erdahl, Dallas	Elk River	4:41.80
14 Hassan, Ramadan	Champlin Par	4:43.66
15 Wright, Zach	Blaine	4:43.87
16 Durbin, Ian	Blaine	4:44.74
17 Trapp, Lucas	Elk River	4:44.86
18 Sugden, Scott	Centennial	4:44.87
19 Evenson, Anders	Osseo	4:45.44
20 Kelly, Joe	Park Center	4:46.51
21 Eshelman, Jared	Robbinsdale	4:51.73

Finals ... (Boys 1600 Meter Run)

Name	School	Finals
22 Slattery, Justin	Osseo	4:51.84
23 Hiel, Eric	Blaine	4:52.62
23 Barstow, Jeff	Anoka	4:52.62
25 Gross, paul	Robbinsdale	4:52.90
26 Motter, Brock	Anoka	4:54.58
27 Johnson, Brandon	Champlin Par	4:54.82
28 Herman, Nathen	Coon Rapids	4:54.84
29 Wachowiak, Derek	Champlin Par	4:54.86
30 Sarazine, Zach	Anoka	4:57.63
31 Thayer, Joel	Robbinsdale	4:59.11
32 Heisterkamp, Kirk	Park Center	5:25.64
33 Mickelson, Adam	Park Center	5:26.33

Northwest Suburban Conference Championships - 5/24/2011 to 5/26/2011
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Boys 3200 Meter Run

Conference: 9:24.98 \$ 5/25/2010 Andy Fenske

Name	School	Finals
Finals		
1 Johnson, Alex	Maple Grove	9:43.98
2 Olson, Conner	Maple Grove	9:44.92
3 Olson, Tyler	Maple Grove	9:52.73
4 Hartmann, Brad	Osseo	9:57.22
5 Keller, Jonathon	Centennial	9:57.45
6 Gust, Zach	Andover	9:57.72
7 Hellmann, Kurt	Andover	9:59.47
8 Woetzel, Austin	Blaine	10:01.59
9 Fisher, Mitch	Andover	10:02.34
10 Kennedy, David	Coon Rapids	10:03.72
11 Mehrhof, Calvin	Coon Rapids	10:05.50
12 Kutina, Christian	Anoka	10:12.80
13 Longen, Matt	Centennial	10:13.53
14 Erdahl, Dallas	Elk River	10:19.63
15 Nordahl, Mitch	Elk River	10:27.66
16 Kelly, Joe	Park Center	10:31.32
17 Bowler, Ryan	Centennial	10:32.07
18 Czech, Logan	Anoka	10:35.54
19 Eshelman, Jared	Robbinsdale	10:36.33
20 Johnson, Rob	Park Center	10:36.76
21 Gross, paul	Robbinsdale	10:45.69
22 Berkowitz, Adam	Osseo	10:45.81
23 Nurie, Kadiro	Blaine	10:46.85
24 Thompson, Blake	Elk River	11:09.00
25 Heimark, Drew	Park Center	11:10.67
26 Caughlin, Michael	Coon Rapids	11:11.73
27 Griffith, Pat	Osseo	11:16.66
28 Danielson, Matthew	Robbinsdale	11:24.74
29 Que, David	Blaine	11:27.18
30 Kraemer, Brian	Anoka	12:03.72

Boys 110 Meter Hurdles

Conference: 14.20 \$ 2001

Peter Stuart

Name	School	Prelims
Preliminaries		
1 Crutch, DeShawn	Andover	15.75 Q
2 Copeland, Dajuan	Blaine	15.83 Q
3 Alexander, Jay	Champlin Par	15.88 Q
4 Kaba, Ibrahim	Champlin Par	16.12 Q
5 Heltemes, Stewart	Anoka	15.97 q
6 Peterson, Tim	Elk River	16.30 q
7 Cleveland, Phil	Champlin Par	16.51 q
8 Wolfe, Jesse	Centennial	16.67 q
9 Kleba, Jon	Coon Rapids	16.71
10 Diakite, Moussa	Park Center	16.72
11 Theus, Shaquille	Coon Rapids	16.73
12 Mugwaneza, Derrick	Coon Rapids	16.73
13 Kretsu, Michael	Anoka	16.92
14 Oba, Fawaz	Osseo	17.05
15 Grace, Logan	Elk River	17.06
16 Erding, Tyler	Centennial	17.12
17 Butler, Caleb	Blaine	17.19
18 Sanchez, Luis	Blaine	17.33
19 Bragagna, Andrea	Robbinsdale	17.49
20 Wood, Grant	Andover	17.55
21 Mielke, Nick	Maple Grove	17.69
22 Culp, Ray	Centennial	17.92
23 Kelly, Tim	Osseo	17.93
24 Riehl, Remi	Andover	18.42
25 Gebhart, Thomas	Maple Grove	18.79
26 Cross, Derek	Elk River	18.82
27 Whitney, Jordan	Robbinsdale	19.00
28 Ellison, Tyler	Robbinsdale	19.03
29 Greenberg, Nolan	Anoka	19.54
30 Smith, Sam	Osseo	19.76

Boys 110 Meter Hurdles

Conference: 14.20 \$ 2001

Peter Stuart

Name	School	Finals
Finals		
1 Crutch, DeShawn	Andover	15.43
2 Heltemes, Stewart	Anoka	15.44
3 Copeland, Dajuan	Blaine	15.51
4 Alexander, Jay	Champlin Par	15.98
5 Wolfe, Jesse	Centennial	16.10
6 Kaba, Ibrahim	Champlin Par	16.22
7 Peterson, Tim	Elk River	16.23
8 Cleveland, Phil	Champlin Par	16.51

Northwest Suburban Conference Championships - 5/24/2011 to 5/26/2011
Coon Rapids High School
Results

Boys 300 Meter Hurdles

Conference: 38.23 \$ 5/20/2009 Snonsio Boye-Weah
Name School Prelims

Preliminaries

1	Copeland, Dajuan	Blaine	40.50	Q
2	Kaba, Ibrahim	Champlin Par	40.78	Q
3	Theus, Shaquille	Coon Rapids	40.90	Q
4	Greenberg, Nolan	Anoka	41.15	Q
5	Crutch, DeShawn	Andover	40.83	q
6	Alexander, Jay	Champlin Par	40.84	q
7	Peterson, Tim	Elk River	41.81	q
8	Rierson, Andrew	Coon Rapids	42.14	q
9	Mugwaneza, Derrick	Coon Rapids	42.22	
10	Wolfe, Jesse	Centennial	42.28	

Preliminaries ... (Boys 300 Meter Hurdles)

Name School Prelims

11	Grace, Logan	Elk River	42.32	
12	Jacox-Mann, Arrnytt	Osseo	42.38	
13	Bragagna, Andrea	Robbinsdale	42.54	
14	Kelly, Tim	Osseo	42.64	
15	Wiagbe, Gus	Osseo	42.81	
16	Cleveland, Phil	Champlin Par	43.04	
17	Kretsu, Michael	Anoka	43.12	
18	Deveaux, Marcel	Blaine	43.29	
19	Erding, Tyler	Centennial	43.38	
20	Wood, Grant	Andover	43.51	
21	Mortenson, Nate	Blaine	43.51	
22	Riehl, Remi	Andover	44.02	
23	Diakite, Moussa	Park Center	44.67	
24	Struwve, Tim	Anoka	44.88	
25	Mielke, Nick	Maple Grove	45.34	
26	Davis, Josh	Centennial	45.79	
27	Thayer, Jeremiah	Robbinsdale	46.69	
28	Gebhart, Thomas	Maple Grove	46.85	
29	Graham, Ryan	Maple Grove	47.31	
30	Burger, Rob	Elk River	47.54	

Boys 300 Meter Hurdles

Conference: 38.23 \$ 5/20/2009 Snonsio Boye-Weah
Name School Finals

Finals

1	Copeland, Dajuan	Blaine	40.26
2	Alexander, Jay	Champlin Par	40.49
3	Theus, Shaquille	Coon Rapids	40.78
4	Peterson, Tim	Elk River	41.40
5	Greenberg, Nolan	Anoka	41.85
6	Rierson, Andrew	Coon Rapids	42.67
7	Crutch, DeShawn	Andover	42.80
8	Kaba, Ibrahim	Champlin Par	43.47

Boys 4x100 Meter Relay

Conference: 42.71 \$ 2004 Champlin Park
Team Relay Finals

Finals

1	Blaine	A	43.20
2	Osseo	A	43.27
3	Anoka	A	44.24
4	Maple Grove	A	44.28
5	Robbinsdale Armstrong	A	44.42
6	Coon Rapids	A	44.65
7	Champlin Park	A	44.73
8	Elk River	A	44.83
9	Andover	A	45.12
10	Park Center	A	46.51
11	Centennial	A	46.69

Boys 4x200 Meter Relay

Conference: 1:29.83 \$ 5/21/2008 Anoka
Team Relay Finals

Finals

1	Osseo	A	1:30.13
2	Anoka	A	1:30.48
3	Blaine	A	1:31.81
4	Elk River	A	1:32.61
5	Coon Rapids	A	1:33.04
6	Robbinsdale Armstrong	A	1:33.74
7	Centennial	A	1:34.70
8	Maple Grove	A	1:34.82
9	Champlin Park	A	1:35.66
10	Park Center	A	1:38.63
---	Andover	A	DQ

Boys 4x400 Meter Relay

Conference: 3:24.48 \$ 5/27/2010 Maple Grove
Team Relay Finals

Finals

1	Blaine	A	3:26.32
2	Coon Rapids	A	3:26.56
3	Park Center	A	3:30.05
4	Andover	A	3:31.12
5	Centennial	A	3:31.78
6	Champlin Park	A	3:32.69
7	Maple Grove	A	3:33.16
8	Robbinsdale Armstrong	A	3:34.40
9	Anoka	A	3:36.41
10	Elk River	A	3:36.46
---	Osseo	A	DQ

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Boys 4x800 Meter Relay

Conference: 7:55.09 \$ 5/27/2010 Blaine

Team	Relay	Finals
Finals		
1 Blaine	A	7:59.74
2 Maple Grove	A	8:07.11
3 Anoka	A	8:15.33
4 Andover	A	8:15.80
5 Elk River	A	8:30.53
6 Park Center	A	8:34.41
7 Osseo	A	8:34.79
8 Centennial	A	8:36.39
9 Champlin Park	A	8:38.13
10 Coon Rapids	A	8:43.19
11 Robbinsdale Armstrong	A	8:46.03

Boys High Jump

Conference: 6-09.25 \$ 5/20/2009 Eyo Ekpo

Name	School	Finals
Finals		
1 Schaaf, Darik	Coon Rapids	6-06.00
2 Strong, Mo	Anoka	6-04.00
3 Abram, Taylor	Champlin Par	6-00.00
Finals ... (Boys High Jump)		
Name	School	Finals
4 Meath, Ryan	Robbinsdale	J6-00.00
4 Butorac, Dan	Maple Grove	J6-00.00
4 Mortenson, Nate	Blaine	J6-00.00
7 Ayinde, Kunle	Blaine	J6-00.00
8 Harris, Kaynan	Coon Rapids	J6-00.00
9 Macfarlane, Nick	Andover	5-10.00
9 Macklem, Nicholas	Robbinsdale	5-10.00
9 Hoff, Phil	Elk River	5-10.00
9 Grow, Spencer	Anoka	5-10.00
13 Lilja, Jason	Coon Rapids	5-08.00
13 Sales, Michael	Champlin Par	5-08.00
13 Lindquist, Brandon	Anoka	5-08.00
13 Romick, Jake	Blaine	5-08.00
17 Daniels, Treyton	Park Center	5-06.00
17 Grow, Ryan	Centennial	5-06.00
17 Mason, Sam	Osseo	5-06.00
17 Adeyemi, Adewale	Park Center	5-06.00
17 Bishop, Tyler	Maple Grove	5-06.00
22 Roy, Zach	Andover	5-04.00
22 Kordah, Barinedum	Park Center	5-04.00
22 Biyogo, Boniface	Robbinsdale	5-04.00
22 Koester, Mitch	Andover	5-04.00
22 Heglund, Tyler	Centennial	5-04.00
27 Dickovich, Nick	Osseo	5-02.00
27 Kittleson, Connor	Osseo	5-02.00
27 Qualah, Hansay	Maple Grove	5-02.00
27 Filipovich, Riley	Elk River	5-02.00
--- Thomas, Stephan	Elk River	NH

Boys Pole Vault

Conference: 14-00 \$ 5/19/2009 Chris Sluis

Name	School	Finals
Finals		
1 Lueck, Matt	Blaine	13-03.00
2 Fondie, Klyle	Coon Rapids	12-09.00
3 Stroot, Nick	Anoka	J12-09.00
4 Barquest, Ethan	Coon Rapids	12-03.00
4 Zingsheim, Stephen	Blaine	12-03.00
6 Cenaiko, Conner	Andover	11-09.00
6 Crowley, Jake	Champlin Par	11-09.00
8 Whitney, Jordan	Robbinsdale	11-03.00
9 Bohrer, Kyle	Andover	10-09.00
9 Mason, Sam	Osseo	10-09.00
9 Kuczarsky, Alex	Osseo	10-09.00
9 Schulte, Jacob	Osseo	10-09.00
9 Deveaux, Marcel	Blaine	10-09.00
9 Greenberg, Nolan	Anoka	10-09.00
15 Weeks, Kevin	Elk River	10-03.00
15 Stevens, Eric	Elk River	10-03.00
15 Synowczycki, Kyle	Andover	10-03.00
15 Anderson, Chet	Anoka	10-03.00
15 Jackson, Bobby	Champlin Par	10-03.00
15 Ogelsby, Logan	Champlin Par	10-03.00
21 Weisenburger, Josh	Maple Grove	9-03.00
21 Macklem, Nicholas	Robbinsdale	9-03.00
21 Coltron, Dalton	Centennial	9-03.00
24 Lang, Alex	Maple Grove	8-03.00
24 Stevens, Austin	Elk River	8-03.00
24 Mohlencamp, Sam	Maple Grove	8-03.00
24 Yang, Prasenth	Park Center	8-03.00
24 Pham, Thanh	Park Center	8-03.00
--- Miller, Josh	Coon Rapids	NH
--- Comer, Nathan	Robbinsdale	NH
--- Swain, Austin	Centennial	NH

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Boys Long Jump

Conference: 22-08.50 \$ 5/20/2009 Randy Khieu

Name	School	Finals
Finals		
1 Sales, Michael	Champlin Par	21-04.50
2 Hansen, Tom	Coon Rapids	21-02.25
3 Chouinard, Corey	Elk River	20-08.00
4 Crockett, Shadeed	Maple Grove	20-06.50
5 Kubura, Reuben	Park Center	20-04.00
6 Crutch, DeShawn	Andover	20-02.50
7 Kordah, Barinedum	Park Center	19-10.25
8 Gbarbea, Darkabolu	Champlin Par	19-08.25
9 Palmer, Oscar	Maple Grove	19-03.25
10 Kline, Eric	Blaine	18-11.00
11 Erding, Tyler	Centennial	18-10.75
12 Roy, Zach	Andover	18-10.25
13 Rand, Ryan	Anoka	18-10.00
14 Erickson, Tony	Anoka	18-08.75
15 Drewlo, Tyler	Blaine	18-07.50
16 Strong, Mo	Anoka	18-07.25
17 Oba, Fawaz	Osseo	18-06.00
18 Flemister-King, Gjullian	Champlin Par	18-04.25
19 Lilja, Jason	Coon Rapids	17-11.75
20 Butler, Mikhail	Coon Rapids	17-09.50
21 Ducharme, Nick	Andover	17-08.75
22 Thill, David	Centennial	17-08.25
23 Anderson, Denzel	Robbinsdale	17-07.50
24 Bishop, Tyler	Maple Grove	17-05.50
25 Mendin, Patrick	Blaine	17-04.00
25 Strong, Tyler	Centennial	17-04.00
27 Clemons, Dion	Osseo	17-03.00
28 Karyea, Lionel	Osseo	17-00.50
29 Saylee, Rufus	Park Center	16-11.75
30 Hepner, Adam	Elk River	16-11.00
31 Larkins, Michael	Elk River	16-02.75
32 Bakken Heck, Soren	Robbinsdale	15-10.00
33 Thomas, Kameron	Robbinsdale	14-07.00

Boys Triple Jump

Conference: 48-04 \$ 1998

Reondo Davis

Name	School	Finals
Finals		
1 Hansen, Tom	Coon Rapids	44-00.00
2 Strong, Mo	Anoka	43-06.25
3 Crockett, Shadeed	Maple Grove	42-08.00
Finals ... (Boys Triple Jump)		
Name	School	Finals
4 Mortenson, Nate	Blaine	42-04.50
5 Roy, Zach	Andover	41-02.25
6 Daniels, Treyton	Park Center	41-00.00
7 Grahek, Ryan	Blaine	40-10.50
8 Rand, Ryan	Anoka	40-03.75
9 Palmer, Oscar	Maple Grove	40-03.00
10 Krouse, Nick	Andover	40-02.25
11 Butler, Mikhail	Coon Rapids	39-08.25
12 Ndege, Fanaka	Elk River	39-06.25
13 Lilja, Jason	Coon Rapids	38-05.75
13 Anderson, Caven	Centennial	38-05.75
15 Okotete, Felix	Osseo	38-05.25
16 Ayinde, Kunle	Blaine	38-03.00
17 Johnson, Chris	Anoka	37-06.75
18 Sutton, Jevell	Osseo	36-11.50
19 Ruffcorn, David	Champlin Par	36-09.75
20 Dormoh, Eric	Champlin Par	36-08.50
21 Zheng, Wenshi	Robbinsdale	36-07.75
22 Hepner, Adam	Elk River	36-03.75
23 Bakken Heck, Soren	Robbinsdale	36-03.25
24 Pham, Stephen	Champlin Par	36-00.25
25 Bakkenheck, Lucas	Robbinsdale	35-08.50
26 Karyea, Lionel	Osseo	35-07.75
27 Kamara, Alieu	Park Center	35-07.25
28 Coltron, Dalton	Centennial	35-03.75
29 Phillips, Sawyer	Andover	34-08.50
30 Peterzen, Mitch	Elk River	33-05.25
31 Heimark, Drew	Park Center	28-10.00
--- Brown, Ryan	Centennial	ND

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Boys Shot Put

Conference: 58-11 \$ 5/25/2010 Dijon Starr
Name School Finals

Finals

1	Anderson, Tom	Andover	65-04.50	\$
2	Johnson, Bryce	Champlin Par	57-03.75	
3	Stephens, Joe	Champlin Par	50-07.00	
4	Foster, Kyle	Blaine	50-00.75	
5	Graber, Michael	Elk River	48-00.50	
6	Osowski, Lucas	Coon Rapids	47-06.00	
7	Daniels, Josh	Osseo	45-07.00	
7	McLeod, Chris	Blaine	45-07.00	
9	Putz, Joe	Andover	45-06.50	
10	Ness, Cal	Robbinsdale	44-03.25	
11	Flemister-King, Gjullian	Champlin Par	44-02.50	
12	Klatt, Matt	Anoka	44-01.50	
13	Czeck, Addison	Anoka	43-10.50	
14	Wallin, Matt	Robbinsdale	43-07.75	
15	Ringwelski, Jake	Blaine	43-06.00	
16	Erickson, Austin	Elk River	43-01.50	
17	Ostendorf, Brad	Andover	42-01.50	
18	Meyer, Jordan	Elk River	41-11.00	
19	Bateman, Peter	Blaine	41-03.00	
20	Engen, Zach	Anoka	40-05.50	
21	Lowe, Tanner	Coon Rapids	39-11.25	
22	Van Lithé, Brent	Coon Rapids	39-10.00	
23	Brateg, David	Osseo	39-03.25	
24	Harvey, Chris	Centennial	38-11.50	
25	Nelson, Jake	Centennial	37-06.00	
26	Catton, Matt	Osseo	36-10.75	
27	Lebert, Louis	Centennial	36-07.00	
28	Howard, Terrance	Park Center	35-04.00	
29	Ihli, Matt	Maple Grove	33-01.50	
30	Higgins, Jesse	Maple Grove	32-07.75	
31	Shittu, Hammed	Park Center	32-07.00	
32	Sanders, Chase	Maple Grove	30-00.50	
33	Arel, Noah	Park Center	29-08.75	

16	Klatt, Matt	Anoka	118-11
18	Stephens, Joe	Champlin Par	112-06
19	Bergerson, Taylor	Anoka	112-01
20	Wiemann, Kyle	Elk River	111-03
21	Stewart, Luke	Anoka	109-11
22	Peterson, Jake	Coon Rapids	106-10
23	Nelson, Jake	Centennial	101-04
24	Shittu, Hammed	Park Center	101-02
25	Brateg, David	Osseo	96-11
26	Ihli, Matt	Maple Grove	96-04
27	Howard, Terrance	Park Center	95-11
28	Durbin, Scott	Osseo	93-08
29	Lebert, Louis	Centennial	93-04
30	Martin, Chandler	Maple Grove	93-01
31	Arel, Noah	Park Center	88-01
32	Polson, Maximillan	Coon Rapids	86-03
33	Newell, Matt	Maple Grove	82-02

Women - Team Rankings - 18 Events Scored

1)	Elk River	104
2)	Coon Rapids	87
3)	Andover	75
4)	Robbinsdale Armstrong	68
5)	Osseo	67.5
6)	Champlin Park	67
7)	Blaine	64.5
8)	Anoka	59
9)	Maple Grove	48
10)	Park Center	32
11)	Centennial	30

Boys Discus Throw

Conference: 170-02 \$ 2004
Name School Finals

Finals

1	Anderson, Tom	Andover	174-02	\$
2	Wallin, Matt	Robbinsdale	161-02	
3	McLeod, Chris	Blaine	152-05	
4	Johnson, Bryce	Champlin Par	141-03	
5	Senst, Mark	Robbinsdale	140-04	
6	Ness, Cal	Robbinsdale	134-01	
7	Olson, Kevin	Andover	133-00	
8	Romashko, Zach	Blaine	131-07	
9	Witt, Zach	Champlin Par	130-10	
10	Graber, Michael	Elk River	129-04	
11	Heston, Pierce	Elk River	129-02	
12	Putz, Joe	Andover	127-06	
13	Foster, Kyle	Blaine	127-01	
14	Butler, Mikhail	Coon Rapids	120-01	
15	Catton, Matt	Osseo	119-05	
16	Harvey, Chris	Centennial	118-11	

Men - Team Rankings - 18 Events Scored

1)	Blaine	132
2)	Coon Rapids	99.5
3)	Andover	86.5
4)	Champlin Park	81.5
5)	Maple Grove	78
6)	Anoka	74
7)	Robbinsdale Armstrong	47
8)	Elk River	34
9)	Osseo	26.5
10)	Park Center	23
11)	Centennial	20