

Metro Athletic Conference - 4/26/2019**Track and Field Championships****Howard Wood Field****Results - Friday****Girls 100 Meter Dash**

Name	Year	School	Finals	H#
Finals				
1 Merkley, Ellen	7	SF Lincoln	12.89	3
2 Petterson, Laura	11	SF Washington	12.96	3
3 Kelley, Jadyne	12	SF Roosevelt	13.16	3
4 Merkley, Lauren	9	SF Lincoln	13.36	3
5 BelHaj, Emira	12	SF Lincoln	13.46	3
6 Pujado, Elisabeth	10	O'Gorman	13.58	3
7 White, Sydney	10	O'Gorman	13.73	2
8 Blogg, Jenna	11	SF Roosevelt	13.78	2
9 Gall, Jaida	8	SF Roosevelt	13.83	2
10 Sorensen, Alaina	9	SF Lincoln	x13.87	2
11 Van Hulzen, Aysia	9	Brandon Valley	13.88	2
12 Mitchell, Lauren	10	SF Washington	13.89	2
13 McIrahy, Olivia	11	Brandon Valley	13.96	3
14 Jarovski, Emma	10	Brandon Valley	14.01	1
15 Labahn, Madelyn	7	Brandon Valley	x14.02	3
16 Crouch, Allison	11	O'Gorman	14.29	1
17 Gaston, Jamiya	9	SF Roosevelt	x14.49	2
18 Hullinger, Eden	10	SF Washington	14.57	1
19 Heinert, Brynn	12	SF Washington	x14.58	1
20 Severson, Bailey	12	O'Gorman	x15.76	1

Girls 200 Meter Dash

Name	Year	School	Finals	H#
1 Bickley, Krista	12	Brandon Valley	26.27	3
2 Nuebel, Kennedy	10	Brandon Valley	26.85	3
3 Merkley, Ellen	7	SF Lincoln	27.16	3
4 Thompson, Morgan	12	Brandon Valley	27.27	3
5 Sudbeck, Caroline	11	SF Lincoln	27.44	3
6 Jerstad, Elizabeth	10	SF Lincoln	27.47	3
7 Petterson, Laura	11	SF Washington	27.59	3
8 BelHaj, Emira	12	SF Lincoln	x27.75	3
9 Dixon, Brielle	10	Brandon Valley	x27.75	2
10 Kelley, Jadyne	12	SF Roosevelt	27.89	2
11 Gall, Jaida	8	SF Roosevelt	28.68	2
12 Crouch, Allison	11	O'Gorman	29.48	1
13 Heinert, Brynn	12	SF Washington	29.89	1
14 Hunt, Tabitha	12	O'Gorman	30.37	1
15 Hullinger, Eden	10	SF Washington	30.59	1
16 Pitzl, Veronica	11	O'Gorman	30.75	2
17 Nielson, Macey	11	SF Roosevelt	32.39	1

Girls 400 Meter Dash

Name	Year	School	Finals	H#
1 Bickley, Krista	12	Brandon Valley	58.49	3
2 Espino, Soraya	9	SF Roosevelt	1:00.98	3
3 Nuebel, Kennedy	10	Brandon Valley	1:01.02	3
4 Van Roekel, Emily	9	Brandon Valley	1:01.18	3

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5	Sudbeck, Caroline	11	SF Lincoln	1:02.32	3
6	Tschetter, Allison	10	O'Gorman	1:04.35	3
7	Thornton, Claire	9	O'Gorman	1:04.92	1
8	Van Hulzen, Aysia	9	Brandon Valley	x1:05.23	3
9	Wietfeld, Sydni	10	SF Lincoln	1:05.53	3
10	Sahly, Emma	10	SF Lincoln	1:05.86	2
11	Huber, Sydney	11	SF Lincoln	x1:06.00	2
12	Kinzer, Shelby	9	SF Washington	1:07.88	1
13	Thorstenson, Kate	11	SF Roosevelt	1:08.68	2
14	Johnson, Halle	10	SF Washington	1:09.48	2
15	Cochrun, Taysia	10	SF Washington	1:10.41	1
16	Krueger, Charm	9	SF Washington	x1:10.50	2
17	Kouri, Lauren	12	O'Gorman	1:14.08	1

Girls 800 Meter Run

Name	Year	School	Finals	H#	
1	Bindert, Elizabeth	12	SF Lincoln	2:24.11	2
2	Geurts, Jaide	11	SF Roosevelt	2:25.16	2
3	Van Roekel, Emily	9	Brandon Valley	2:30.24	2
4	Moose, Natalie	10	Brandon Valley	2:31.23	2
5	Batcheller, Lila	9	SF Lincoln	2:32.23	2
6	Kashi, Adaga	10	SF Washington	2:35.36	2
7	Pickering, Megan	11	Brandon Valley	2:35.58	2
8	Johnson, Emma	11	SF Washington	2:36.21	1
9	Towe, Hayley	9	SF Lincoln	2:39.83	1
10	Kocer, Danica	12	Brandon Valley	x2:40.23	1
11	Lent, Anna	8	O'Gorman	2:40.69	1
12	Hericks, Abby	10	O'Gorman	2:41.66	1
13	Debeer, Kayla	10	SF Washington	2:41.77	2
14	Olson, Marlana	7	SF Lincoln	x2:41.92	1
15	Vavra, Ashton	11	O'Gorman	2:43.11	1
16	Severson, Katelyn	11	SF Washington	x2:43.81	1

Girls 1600 Meter Run

Name	Year	School	Finals	
1	Hardie, Alea	9	O'Gorman	5:05.23
2	Derenge, Leah	9	SF Lincoln	5:16.46
3	Batcheller, Lila	9	SF Lincoln	5:16.50
4	Wells, Lauren	12	Brandon Valley	5:22.43
5	Bergan, Haley	7	Brandon Valley	5:30.78
6	Weiland, Saylor	11	SF Roosevelt	5:33.71
7	Kashi, Adaga	10	SF Washington	5:40.13
8	Debeer, Kayla	10	SF Washington	5:40.86
9	Houwman, Emma	12	SF Lincoln	5:49.48
10	Howard, Madison	11	SF Roosevelt	5:51.96
11	Mandery, Zoey	9	Brandon Valley	5:54.08
12	Olson, Marlana	7	SF Lincoln	x5:54.78
13	Severson, Katelyn	11	SF Washington	5:54.97
14	Kovalenko, Kathryn	9	SF Roosevelt	5:59.25
15	Sprecher, Hannah	9	Brandon Valley	x6:05.63

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Howard Wood Field
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....Girls 1600 Meter Run

16 Heldenbrand, Claire	10	O'Gorman	6:06.81
17 Czarnecki, Genet	9	O'Gorman	6:14.45
18 Waltman, Madi	9	SF Washington	x6:14.77
19 Theobald, Maggie	10	O'Gorman	x6:21.86

Girls 3200 Meter Run

Name	Year	School	Finals
1 Derenge, Leah	9	SF Lincoln	11:30.49
2 Dumansky, Hannah	9	SF Lincoln	11:42.40
3 Lather, Sydney	11	SF Washington	11:49.64
4 Wells, Lauren	12	Brandon Valley	11:59.49
5 Wentzy, Katie	9	Brandon Valley	12:06.12
6 Rief, Allison	12	Brandon Valley	12:09.01
7 Bergan, Haley	7	Brandon Valley	x12:09.11
8 Howard, Danielle	12	SF Roosevelt	12:11.06
9 Dekam, Addalai	7	SF Lincoln	12:14.21
10 Weiland, Saylor	11	SF Roosevelt	12:17.28
11 Sugrue, George	11	O'Gorman	12:20.66
12 Kolb, Ella	10	SF Washington	12:26.17
13 Houwman, Emma	12	SF Lincoln	x12:31.43
14 Howard, Madison	11	SF Roosevelt	13:24.12

Girls 100 Meter Hurdles

Name	Year	School	Finals	H#
1 Dal, Josephine	12	SF Lincoln	15.44	2
2 Dixon, Brielle	10	Brandon Valley	15.64	2
3 Rude, Taia	10	Brandon Valley	16.03	2
4 Vockler, Katie	12	O'Gorman	17.07	2
5 Nave, Dymonde	8	Brandon Valley	17.23	2
6 Hemenway, Anaka	11	SF Roosevelt	17.30	2
7 Langseth, Anna	11	SF Lincoln	17.53	2
8 Moore, Isabelle	10	O'Gorman	17.63	2
9 Hansen, Morgan	11	SF Lincoln	17.73	1
10 Moore, Ava	9	O'Gorman	18.42	1
11 Bilal, Joy	9	SF Roosevelt	18.71	1
12 Mannes, Laine	9	SF Lincoln	x19.01	1
13 Krause, Janai	11	SF Roosevelt	19.28	1
14 Bennett, Taryn	11	O'Gorman	x19.44	1
15 Quizon, Denise	9	SF Roosevelt	x20.60	1

Girls 300 Meter Hurdles

Name	Year	School	Finals	H#
1 Rude, Taia	10	Brandon Valley	45.40	3
2 Dal, Josephine	12	SF Lincoln	46.52	3
3 Vockler, Katie	12	O'Gorman	48.21	3
4 Dixon, Brielle	10	Brandon Valley	49.59	3
5 Langseth, Anna	11	SF Lincoln	49.79	3
6 Moore, Isabelle	10	O'Gorman	51.20	3

Metro Athletic Conference - 4/26/2019**Track and Field Championships****Howard Wood Field****Results - Friday****....Girls 300 Meter Hurdles**

7	Johannsen, Jacee	11	SF Washington	51.59	2
8	Siegel, Sophie	8	SF Lincoln	52.09	2
9	Giblin, Hattie	11	SF Roosevelt	52.98	2
10	Cihak, Jacey	10	O'Gorman	53.65	3
11	Moore, Ava	9	O'Gorman	x53.72	1
12	Reck, Gabby	11	SF Washington	53.75	2
13	Krause, Janai	11	SF Roosevelt	55.02	2
14	Nave, Dymonde	8	Brandon Valley	55.70	1
15	Flock, Rey	11	SF Washington	57.50	1
16	Quizon, Denise	9	SF Roosevelt	57.88	2
17	Bilal, Joy	9	SF Roosevelt	x58.77	1
18	Mannes, Laine	9	SF Lincoln	x1:00.95	1

Girls 4x100 Meter Relay

School		Finals
1 SF Roosevelt 'A'		50.99
1) Kelley, Jadyn 12	2) Nelson, Katherine 10	
3) Roggenbuck, Myah 11	4) Gall, Jaida 8	
2 SF Lincoln 'A'		51.19
1) BelHaj, Emira 12	2) Jerstad, Elizabeth 10	
3) Merkley, Lauren 9	4) Merkley, Ellen 7	
3 O'Gorman 'A'		51.90
1) White, Sydney 10	2) Wambach, Sydney 11	
3) Pujado, Elisabeth 10	4) Reyes, Karla 11	
4 SF Washington 'A'		53.73
1) Petterson, Laura 11	2) Mitchell, Lauren 10	
3) Reck, Gabby 11	4) Johannsen, Jacee 11	
5 Brandon Valley 'A'		54.33
1) McClavy, Olivia 11	2) Bunker, Mya 12	
3) Labahn, Madelyn 7	4) Law, Trinity 12	

Girls 4x200 Meter Relay

School		Finals
1 Brandon Valley 'A'		1:45.23
1) Dixon, Brielle 10	2) Nuebel, Kennedy 10	
3) Thompson, Morgan 12	4) Bickley, Krista 12	
2 SF Lincoln 'A'		1:48.20
1) Merkley, Lauren 9	2) Merkley, Ellen 7	
3) Jerstad, Elizabeth 10	4) Sudbeck, Caroline 11	
3 SF Washington 'A'		1:51.41
1) Reck, Gabby 11	2) Wrightsman, Jocelyn 10	
3) Barber, Leah 11	4) Petterson, Laura 11	
4 SF Roosevelt 'A'		1:59.83
1) Schuring, Ava 11	2) Thorstenson, Kate 11	
3) Nielson, Macey 11	4) Drager, Mya 10	

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Girls 4x400 Meter Relay

School	Finals
1 Brandon Valley 'A'	4:07.79
1) Rude, Taia 10	2) Nuebel, Kennedy 10
3) Van Roekel, Emily 9	4) Foss, Kylie 9
2 SF Lincoln 'A'	4:11.29
1) Dal, Josephine 12	2) Bindert, Elizabeth 12
3) Wietfeld, Sydni 10	4) Sudbeck, Caroline 11
3 SF Roosevelt 'A'	4:14.17
1) Espino, Soraya 9	2) Geurts, Jaide 11
3) Roggenbuck, Myah 11	4) Nelson, Katherine 10
4 SF Washington 'A'	4:28.72
1) Barber, Leah 11	2) Reck, Gabby 11
3) Wrightsman, Jocelyn 10	4) Juac, Khot 11

Girls 4x800 Meter Relay

School	Finals
1 SF Lincoln 'A'	9:47.98
1) Dumansky, Hannah 9	2) Dekam, Addalai 7
3) Bindert, Elizabeth 12	4) Simeonova, Radiana 10
2 Brandon Valley 'A'	10:00.10
1) Wells, Lauren 12	2) Wentzy, Mia 7
3) Foss, Kylie 9	4) Kocer, Danica 12
3 SF Roosevelt 'A'	10:04.46
1) Geurts, Jaide 11	2) Espino, Soraya 9
3) Howard, Danielle 12	4) Weigelt, Raina 9
4 O'Gorman 'A'	10:15.43
1) Waage, Grace 10	2) Tschetter, Allison 10
3) Vavra, Ashton 11	4) Althoff, Olivia 12
5 SF Washington 'A'	10:24.64
1) Juac, Khot 11	2) Kashi, Adaga 10
3) Johnson, Emma 11	4) Debeer, Kayla 10

Girls 1600 Sprint Medley

School	Finals
1 Brandon Valley 'A'	4:29.52
1) Hendrick, Halayna 11	2) Mclravy, Olivia 11
3) Foss, Kylie 9	4) Wentzy, Mia 7
2 SF Lincoln 'A'	4:30.76
1) Sorensen, Alaina 9	2) Raak, Taylor 11
3) Schroeder, Isabelle 10	4) Simeonova, Radiana 10
3 SF Washington 'A'	4:33.96
1) Johnson, Halle 10	2) Wrightsman, Jocelyn 10
3) Barber, Leah 11	4) Juac, Khot 11
4 SF Roosevelt 'A'	4:38.60
1) Roggenbuck, Myah 11	2) Nelson, Katherine 10
3) Schuring, Ava 11	4) Weigelt, Raina 9
5 O'Gorman 'A'	4:44.51
1) Kolb, Kat 10	2) Pujado, Elisabeth 10
3) Reyes, Karla 11	4) Althoff, Olivia 12

Metro Athletic Conference - 4/26/2019**Track and Field Championships****Howard Wood Field****Results - Friday****Girls High Jump**

Name	Year	School	Finals
1 Rude, Taia	10	Brandon Valley	5-02.00
2 Thompson, Morgan	12	Brandon Valley	5-00.00
3 Kong, Phekran	11	SF Washington	J5-00.00
4 Immecker, Aliyah	11	SF Roosevelt	J5-00.00
5 Croghan, Sara	10	SF Lincoln	4-10.00
6 Hansen, Morgan	11	SF Lincoln	4-08.00
6 Moore, Isabelle	10	O'Gorman	4-08.00
6 Beltman, Teya	10	Brandon Valley	4-08.00
6 Bradfield, India	10	Brandon Valley	x4-08.00
10 Flynn, Mariah	11	O'Gorman	4-06.00
10 Allen, Abigail	11	SF Lincoln	4-06.00
10 Gough, Madison	9	SF Washington	4-06.00
10 Thornton, Claire	9	O'Gorman	x4-06.00
10 Denevan, Liz	9	SF Roosevelt	4-06.00
10 Moore, Ava	9	O'Gorman	4-06.00

Girls Pole Vault

Name	Year	School	Finals
1 Hendrick, Halayna	11	Brandon Valley	10-00.00
2 Johannsen, Jacee	11	SF Washington	J10-00.00
3 Clausen, Daphne	10	O'Gorman	J10-00.00
4 Pelletier, Sydney	11	Brandon Valley	J10-00.00
5 Kelley, Jadyn	12	SF Roosevelt	9-06.00
6 Burdick, Carolyne	12	SF Roosevelt	8-06.00
7 Dybdahl, Bethany	9	Brandon Valley	8-00.00
8 Spencer, Rachael	9	Brandon Valley	x7-06.00
8 Mueller, Morgan	10	SF Roosevelt	7-06.00
10 Mueller, Millie	11	SF Lincoln	7-00.00
10 Nielsen, Grace	12	O'Gorman	7-00.00
-- Clausen, Paige	7	O'Gorman	NH
-- Tycz, Tia	9	SF Roosevelt	NH
-- Walgenbach, Sydney	12	O'Gorman	NH

Girls Long Jump

Name	Year	School	Finals	H#
1 Dal, Josephine	12	SF Lincoln	16-11.50	2
2 Wambach, Sydney	11	O'Gorman	16-09.75	2
3 Merkley, Lauren	9	SF Lincoln	16-00.00	2
4 Law, Trinity	12	Brandon Valley	15-11.75	2
5 Bunker, Mya	12	Brandon Valley	14-08.75	2
6 Snelling, Sarah	12	SF Washington	14-07.50	2
7 Johannsen, Jacee	11	SF Washington	14-04.00	2
8 Allen, Abigail	11	SF Lincoln	14-03.00	1
9 Croghan, Sara	10	SF Lincoln	x13-11.00	1
10 Immecker, Aliyah	11	SF Roosevelt	13-08.75	1
11 Robbins, Jadyn	9	O'Gorman	13-07.50	1
12 McIrahy, Olivia	11	Brandon Valley	13-02.75	2
13 Blogg, Jenna	11	SF Roosevelt	13-02.00	1

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....Girls Long Jump

14 Pancich, Morgan	11 SF Roosevelt	13-00.00	1
-- Olson, Kylee	9 SF Washington	ND	1

Girls Triple Jump

Name	Year	School	Finals	H#
1 Wambach, Sydney	11	O'Gorman	34-09.00	2
2 Law, Trinity	12	Brandon Valley	34-05.50	2
3 Thompson, Morgan	12	Brandon Valley	33-07.50	2
4 Jerstad, Elizabeth	10	SF Lincoln	33-05.75	2
5 Raak, Taylor	11	SF Lincoln	33-02.50	2
6 Bunker, Mya	12	Brandon Valley	33-00.00	2
7 Kolb, Kat	10	O'Gorman	32-06.75	2
8 Siegel, Sophie	8	SF Lincoln	32-05.00	2
9 Snelling, Sarah	12	SF Washington	30-09.50	1
10 Mueller, Millie	11	SF Lincoln	x30-09.00	2
11 Immecker, Aliyah	11	SF Roosevelt	30-06.00	1
12 Wrightsman, Jocelyn	10	SF Washington	30-03.75	1
13 Mitchell, Lauren	10	SF Washington	30-00.00	1
14 Hunt, Tabitha	12	O'Gorman	29-09.00	1
15 Goeden, Brooke	11	Brandon Valley	x29-08.25	2
16 Hyz, Elise	11	SF Washington	x28-11.00	1
17 Blogg, Jenna	11	SF Roosevelt	28-08.00	1
-- Pancich, Morgan	11	SF Roosevelt	ND	1

Girls Shot Put

Name	Year	School	Finals	H#
1 Greer, Jasmine	11	SF Roosevelt	41-09.00	2
2 Saylor, Jenna	12	SF Washington	39-02.00	2
3 Brady, Lexie	10	O'Gorman	38-11.00	2
4 Wittry, Avery	9	O'Gorman	36-03.00	2
5 Hughes, Morgan	12	SF Lincoln	35-06.00	2
6 Osmundson, Emma	11	SF Lincoln	34-11.00	2
7 Paluch, Makilie	12	O'Gorman	31-07.50	2
8 Nieuwsma, Addison	10	SF Washington	31-06.00	2
9 Vandenheimel, Megan	9	O'Gorman	x31-05.00	2
10 VanDrongelen, Allie	11	SF Lincoln	31-04.00	1
11 Allen, Amari	10	Brandon Valley	29-10.00	1
12 Aberson, Paige	10	SF Roosevelt	29-09.00	1
13 Tuschen, Shayla	11	SF Roosevelt	29-04.00	1
14 Heintz, Cassie	12	SF Washington	29-03.00	2
15 Rysdon, Olivia	10	SF Washington	x28-06.00	1
16 Denevan, Erin	12	SF Roosevelt	x26-02.50	1
17 Oleson, Morgan	10	Brandon Valley	25-08.00	1
18 Kranz, Kimberly	10	Brandon Valley	22-08.00	1
-- Syverson, Sienna	11	SF Lincoln	ND	1
-- Houser-Mertz, Jayden	10	Brandon Valley	ND	1

Metro Athletic Conference - 4/26/2019**Track and Field Championships****Howard Wood Field****Results - Friday****Girls Discus Throw**

Name	Year	School	Finals	H#
1 Brady, Lexie	10	O'Gorman	122-04	2
2 Hughes, Morgan	12	SF Lincoln	115-08	2
3 Tuschen, Shayla	11	SF Roosevelt	112-07	2
4 Wittry, Avery	9	O'Gorman	112-03	2
5 Greer, Jasmine	11	SF Roosevelt	111-08	2
6 Witt, Abigail	11	SF Washington	103-07	2
7 Saylor, Jenna	12	SF Washington	94-09	1
8 Denevan, Erin	12	SF Roosevelt	94-08	2
9 Rysdon, Olivia	10	SF Washington	94-07	1
10 Paluch, Makilie	12	O'Gorman	94-06	1
11 Allen, Amari	10	Brandon Valley	89-11	1
12 Heintz, Cassie	12	SF Washington	x89-00	2
13 Houser-Mertz, Jayden	10	Brandon Valley	81-03	1
14 Aberson, Paige	10	SF Roosevelt	x80-08	1
15 Vandenheimel, Megan	9	O'Gorman	x77-00	1
16 Osmundson, Emma	11	SF Lincoln	76-07	2
17 VanDrongelen, Allie	11	SF Lincoln	76-01	1
18 Oleson, Morgan	10	Brandon Valley	61-01	1
19 Kranz, Kimberly	10	Brandon Valley	x48-08	1
-- Syverson, Sienna	11	SF Lincoln	ND	2

Boys 100 Meter Dash

Name	Year	School	Finals	H#
1 Furula, Wilson	12	SF Lincoln	11.34	3
2 Ladu, Zaki	12	SF Washington	11.42	3
3 Freese, Nate	12	SF Washington	11.49	3
4 Merkley, Hunter	11	SF Lincoln	11.57	3
5 Pujado, Andrew	12	O'Gorman	11.71	3
6 Shaw, Jerome	12	SF Lincoln	11.73	3
7 Bauer, Canyon	12	O'Gorman	11.77	2
8 Johnson, Michael	10	SF Washington	11.85	3
9 Piper, Josh	9	SF Washington	x11.90	3
10 Sorensen, Austin	12	SF Lincoln	x11.99	2
11 Johnson, Tate	10	Brandon Valley	12.02	1
12 Pavelko, Conor	10	O'Gorman	12.03	2
13 VanderVelde, Kyler	10	SF Roosevelt	12.07	2
14 Thompson, Noah	9	Brandon Valley	12.12	1
15 Ratzloff, Daniel	11	O'Gorman	x12.18	1
16 Mutschelknaus, Mark	10	Brandon Valley	12.25	1
17 Hughes, Joey	10	SF Roosevelt	12.27	2
18 Johnson, Jordan	9	Brandon Valley	x12.36	1
19 Kusler, Adam	11	SF Roosevelt	12.37	2
20 Miller, Max	11	SF Roosevelt	x12.49	1

Boys 200 Meter Dash

Name	Year	School	Finals	H#
1 Reindl, Trey	12	Brandon Valley	23.20	3
2 Martens, Andrew	10	SF Lincoln	23.25	3

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3	Fischer, Gavin	10	SF Lincoln	23.54	3
4	Freese, Nate	12	SF Washington	23.61	3
5	Larson, Joe	11	O'Gorman	23.64	3
6	Ladu, Zaki	12	SF Washington	23.71	3
7	Stahl, Matt	10	SF Washington	23.92	3
8	Pujado, Andrew	12	O'Gorman	23.95	2
9	Behrens, Luke	10	SF Washington	x24.50	2
10	Fischer, Jackson	12	SF Lincoln	24.52	2
11	Johnson, Jordan	9	Brandon Valley	24.58	1
12	Gietzen, Matthew	12	SF Lincoln	x24.59	2
13	Olthoff, Carter	12	Brandon Valley	24.95	3
14	Nichols, Caden	11	Brandon Valley	x24.99	2
15	Kusler, Aaron	11	SF Roosevelt	25.28	1
16	Langston, Carson	10	O'Gorman	25.29	1
17	Mix, Ryan	11	SF Roosevelt	25.52	1
18	Kieso, Jabe	10	SF Roosevelt	25.81	1
19	Jordan, Cayden	11	SF Roosevelt	x25.93	1

Boys 400 Meter Dash

Name	Year	School	Finals	H#	
1	Fischer, Gavin	10	SF Lincoln	51.45	3
2	Reindl, Trey	12	Brandon Valley	51.72	3
3	Boll, Garret	9	SF Roosevelt	52.97	3
4	Hardie, Cole	11	O'Gorman	53.71	2
5	Amidu, Kudra	10	SF Roosevelt	53.84	2
6	Sarbacker, Isaac	11	SF Lincoln	53.92	3
7	Ratzloff, Daniel	11	O'Gorman	54.91	1
8	Schmidt, Joshua	12	SF Lincoln	54.98	3
9	Muhindo, Christian	10	SF Lincoln	x55.33	2
10	Maalim, Aweys	12	SF Washington	55.43	3
11	Huitt, Bryce	11	SF Washington	55.89	2
12	Ramazani, Kevin	12	SF Roosevelt	56.19	3
13	Goehring, Matthew	9	SF Roosevelt	x56.46	1
14	Alberts, Aaron	9	SF Washington	57.08	1
15	Nichols, Caden	11	Brandon Valley	57.53	3
16	Thompson, Blake	11	Brandon Valley	57.59	2
17	Burgers, Benjamin	9	SF Washington	x57.87	2
18	Klein, Eli	11	Brandon Valley	x59.71	1
19	Langston, Carson	10	O'Gorman	1:00.05	1

Boys 800 Meter Run

Name	Year	School	Finals	H#	
1	Elliott, Samuel	12	SF Lincoln	2:03.33	2
2	Sylliaasen, Cole	11	Brandon Valley	2:04.75	2
3	Dannenbring, Brady	11	SF Roosevelt	2:04.78	2
4	Fendrich, Gabriel	12	SF Lincoln	2:07.55	2
5	Mashlan, Carson	10	Brandon Valley	2:08.67	2
6	Wilson, Brady	11	O'Gorman	2:08.81	2
7	Breidenbach, Alex	12	SF Washington	2:09.11	1
8	Reese, Carson	10	SF Roosevelt	2:09.46	2

Metro Athletic Conference - 4/26/2019**Track and Field Championships****Howard Wood Field****Results - Friday****....Boys 800 Meter Run**

9 Ferri, Colin	12 SF Roosevelt	2:09.95	2
10 Hackman, Tyler	12 O'Gorman	2:10.48	1
11 Gide, Dan	10 SF Washington	2:13.82	1
12 Peyton, Riley	9 Brandon Valley	2:14.03	1
13 Cheever, Eli	11 Brandon Valley	x2:14.33	2
14 Baker, Robert	10 SF Lincoln	2:17.77	1
15 Goitom, Isiayas	12 SF Washington	2:20.21	1
16 Hernan, Angel	10 SF Washington	x2:22.21	1
17 Jaimes, Diego	12 SF Roosevelt	x2:23.22	2
18 Nielsen, Drew	10 O'Gorman	2:24.94	1

Boys 1600 Meter Run

Name	Year School	Finals
1 Lauer, Andrew	11 SF Lincoln	4:25.98
2 Elliott, Jack	12 SF Lincoln	4:27.47
3 Elliott, Samuel	12 SF Lincoln	4:30.64
4 Hilger, Dylan	11 O'Gorman	4:39.68
5 Elkin, Britton	10 Brandon Valley	4:40.47
6 Hentschel, Zach	11 Brandon Valley	4:41.81
7 Baker, Robert	10 SF Lincoln	x4:45.35
8 Cheever, Eli	11 Brandon Valley	4:48.56
9 Stanton, Zachary	12 SF Roosevelt	4:51.93
10 Shaw, Hunter	10 SF Roosevelt	4:52.14
11 Reeser, Brysen	12 SF Roosevelt	4:56.32
12 Stanford, Avery	10 SF Washington	4:59.51
13 Dykstra, Zach	12 Brandon Valley	x4:59.60
14 Rodman, Lucas	10 SF Washington	5:06.83
15 Johnson, Jordan	10 SF Roosevelt	x5:07.70
16 Goitom, Isiayas	12 SF Washington	5:10.36
17 Sugrue, Will	9 O'Gorman	5:16.94
18 Pardy, Sam	9 O'Gorman	5:17.39
19 Ripperda, Gabe	9 O'Gorman	x5:20.00
20 Hoffman, Deven	10 SF Washington	x5:20.57

Boys 3200 Meter Run

Name	Year School	Finals
1 Lauer, Andrew	11 SF Lincoln	9:45.55
2 Mendel, Zeb	10 SF Lincoln	9:53.99
3 Elliott, Jack	12 SF Lincoln	9:55.46
4 Lather, Chase	11 SF Washington	10:01.74
5 Elkin, Britton	10 Brandon Valley	10:19.01
6 Dixon, Slater	11 SF Lincoln	x10:26.04
7 Baneta, Abdisa	12 SF Washington	10:32.84
8 Ferri, Colin	12 SF Roosevelt	10:41.74
9 Reese, Carson	10 SF Roosevelt	10:49.54
10 Stanford, Avery	10 SF Washington	10:50.14
11 Stanton, Zachary	12 SF Roosevelt	11:02.13
12 Woolridge, Jacob	11 SF Roosevelt	x11:02.55

Metro Athletic Conference - 4/26/2019**Track and Field Championships****Howard Wood Field****Results - Friday****Boys 110 Meter Hurdles**

Name	Year	School	Finals	H#
1 Martens, Andrew	10	SF Lincoln	15.61	2
2 VanHemert, Jesse	11	Brandon Valley	15.62	2
3 Furula, Wilson	12	SF Lincoln	15.69	2
4 Zweifel, Jacob	12	SF Roosevelt	16.92	2
5 Pfeiffer, Levi	10	Brandon Valley	17.14	1
6 Howell, Ethan	11	SF Roosevelt	17.25	2
7 McCubbin, Kamren	10	SF Washington	17.45	1
8 Turuk, Guguk	12	SF Washington	17.76	1
9 Koepke, Russell	10	SF Lincoln	17.77	2
10 Southwick, Samuel	10	SF Lincoln	x17.95	2
11 Landsem, Dylan	12	SF Roosevelt	18.10	1
12 Donahoe, Jeremiah	9	Brandon Valley	18.19	1
13 Stone, Lane	11	SF Roosevelt	x18.49	1
-- Carda, Will	11	SF Washington	DNF	1

Boys 300 Meter Hurdles

Name	Year	School	Finals	H#
1 VanHemert, Jesse	11	Brandon Valley	40.91	2
2 Martens, Andrew	10	SF Lincoln	41.14	2
3 Koepke, Russell	10	SF Lincoln	41.61	2
4 Fleming, Paxon	10	SF Roosevelt	42.62	2
5 Kandolo, Junior	11	SF Washington	42.90	2
6 Norton, Zach	11	O'Gorman	43.21	1
7 Pfeiffer, Levi	10	Brandon Valley	44.54	2
8 Southwick, Samuel	10	SF Lincoln	44.91	2
9 Donahoe, Jeremiah	9	Brandon Valley	45.28	1
10 Zweifel, Jacob	12	SF Roosevelt	45.55	1
11 Currier, Gabriel	9	SF Lincoln	x45.58	1
12 Howell, Ethan	11	SF Roosevelt	45.60	1
13 Stone, Lane	11	SF Roosevelt	x45.89	1
14 McCubbin, Kamren	10	SF Washington	46.11	2
15 Carda, Will	11	SF Washington	46.27	1
16 Burkhart, Stephan	11	SF Washington	x47.95	1

Boys 4x100 Meter Relay

School	Finals
1 SF Lincoln 'A'	43.82
1) Merkley, Hunter 11	
2) Popkes, Nathan 12	
3) Shaw, Jerome 12	
4) Furula, Wilson 12	
2 Brandon Valley 'A'	45.70
1) Johnson, Tate 10	
2) Mutschelknaus, Mark 10	
3) Swift, Aidan 10	
4) Nemece, Joey 10	
3 SF Roosevelt 'A'	47.96
1) Kusler, Adam 11	
2) Hughes, Joey 10	
3) Miller, Max 11	
4) VanderVelde, Kyler 10	
4 O'Gorman 'A'	49.64
1) Nelson, Andrew 9	
2) Hermanson, Wyatt 9	
3) White, Jack 9	
4) Konechne, Preston 9	

Metro Athletic Conference - 4/26/2019
Track and Field Championships
Howard Wood Field
Results - Friday

....Boys 4x100 Meter Relay

-- SF Washington 'A' DQ Interference
 1) Freese, Nate 12 2) Johnson, Michael 10
 3) Stahl, Matt 10 4) Ladu, Zaki 12

Boys 4x200 Meter Relay

School	Finals
1 Brandon Valley 'A'	1:33.97
1) VanHemert, Jesse 11	2) Nemec, Joey 10
3) Olthoff, Carter 12	4) Reindl, Trey 12
2 SF Lincoln 'A'	1:34.32
1) Martens, Andrew 10	2) Southwick, Samuel 10
3) Koepke, Russell 10	4) Gietzen, Matthew 12
3 SF Washington 'A'	1:34.54
1) Behrens, Luke 10	2) Strom, Carson 10
3) Stahl, Matt 10	4) Freese, Nate 12
4 SF Roosevelt 'A'	1:39.84
1) Kusler, Aaron 11	2) Mix, Ryan 11
3) Kieso, Jabe 10	4) Roggenbuck, Caleb 11
5 O'Gorman 'A'	1:42.65
1) Nelson, Andrew 9	2) Hermanson, Wyatt 9
3) White, Jack 9	4) Konechne, Preston 9

Boys 4x400 Meter Relay

School	Finals
1 SF Lincoln 'A'	3:32.65
1) Fischer, Gavin 10	2) Schmidt, Joshua 12
3) Sarbacher, Isaac 11	4) Auen, Bailey 12
2 O'Gorman 'A'	3:32.74
1) Blount, Beau 12	2) Bauer, Canyon 12
3) Norton, Zach 11	4) Larson, Joe 11
3 Brandon Valley 'A'	3:36.50
1) Vigants, Austin 10	2) VanHemert, Jesse 11
3) Reindl, Trey 12	4) Sylliaasen, Cole 11
4 SF Roosevelt 'A'	3:36.74
1) Boll, Garret 9	2) Roggenbuck, Caleb 11
3) Fleming, Paxon 10	4) Dannenbring, Brady 11
5 SF Washington 'A'	3:40.40
1) Maalim, Aweys 12	2) Stahl, Matt 10
3) Bittner, Alex 9	4) Breidenbach, Alex 12

Boys 4x800 Meter Relay

School	Finals
1 Brandon Valley 'A'	8:16.75
1) Mashlan, Carson 10	2) Sylliaasen, Cole 11
3) Cheever, Eli 11	4) Vigants, Austin 10
2 SF Lincoln 'A'	8:19.02
1) Fendrich, Gabriel 12	2) Mendel, Zeb 10
3) Schroeder, Ryan 11	4) Schmidt, Joshua 12

Metro Athletic Conference - 4/26/2019
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....Boys 4x800 Meter Relay

3 SF Roosevelt 'A'	8:23.55
1) Dannenbring, Brady 11	2) Jaimes, Diego 12
3) Ferri, Colin 12	4) Reese, Carson 10
4 SF Washington 'A'	8:35.84
1) Omar, Abdishikur 11	2) Gide, Dan 10
3) Breidenbach, Alex 12	4) Baneta, Abdisa 12
5 O'Gorman 'A'	8:46.26
1) Wilson, Brady 11	2) Hackman, Tyler 12
3) Hove, Alex 11	4) Hardie, Cole 11

Boys 1600 Sprint Medley

School	Finals
1 SF Lincoln 'A'	3:47.35
1) Barway, Sundayboy 11	2) Blazeovich, Andrew 10
3) Auen, Bailey 12	4) Schroeder, Ryan 11
2 Brandon Valley 'A'	3:48.27
1) Swift, Aidan 10	2) Nemecek, Joey 10
3) Klatt, Caleb 11	4) Vigants, Austin 10
3 SF Roosevelt 'A'	3:49.27
1) Hughes, Joey 10	2) VanderVelde, Kyler 10
3) Roggenbuck, Caleb 11	4) Jaimes, Diego 12
4 SF Washington 'A'	3:51.48
1) Piper, Josh 9	2) Kpai, Randolph 10
3) Bittner, Alex 9	4) Omar, Abdishikur 11
5 O'Gorman 'A'	3:59.78
1) Lynch, Joe 10	2) Krouse, Drew 11
3) Jones, Logan 11	4) Hove, Alex 11

Boys High Jump

Name	Year School	Finals
1 Popkes, Nathan	12 SF Lincoln	6-03.00
2 Redd, Sharif	11 SF Washington	J6-03.00
3 Jaros, Jared	12 SF Lincoln	6-02.00
4 Olthoff, Carter	12 Brandon Valley	6-00.00
5 Lynch, Joe	10 O'Gorman	5-10.00
5 McCann, Ty	11 Brandon Valley	5-10.00
7 Struck, Manny	9 O'Gorman	5-08.00
8 Gilo, Thoralingo	9 SF Roosevelt	5-06.00
8 McManus, Mason	9 Brandon Valley	5-06.00
8 Johnson, Presley	10 SF Roosevelt	5-06.00
8 Borchers, Vance	9 SF Roosevelt	5-06.00
8 Byrd, Jacob	11 O'Gorman	5-06.00
13 Muhindo, Christian	10 SF Lincoln	5-04.00
13 Wuestewald, Jacob	11 O'Gorman	x5-04.00
-- Ladd, Kesean	11 SF Lincoln	NH
-- Niyonshuti, Patrick	12 SF Roosevelt	NH
-- Williams, Elijah	10 SF Washington	NH
-- Ramm, Logan	10 SF Washington	NH
-- Piper, Josh	9 SF Washington	NH

Metro Athletic Conference - 4/26/2019**Track and Field Championships****Howard Wood Field****Results - Friday****Boys Pole Vault**

Name	Year	School	Finals
1 Tellinghuisen, Ethan	12	Brandon Valley	13-06.00
2 Clausen, Tycho	12	O'Gorman	J13-06.00
3 Kramer, Brandon	12	SF Lincoln	13-00.00
4 Moon, Nathan	11	SF Roosevelt	12-00.00
5 Beavers, Beau	10	O'Gorman	J12-00.00
6 Turuk, Guguk	12	SF Washington	11-06.00
7 Jellis, Devan	10	Brandon Valley	J11-06.00
8 Westcott, Tyler	10	Brandon Valley	11-00.00
9 Lacey, Ethan	10	Brandon Valley	x10-00.00
-- Lunstra, Braeden	10	SF Lincoln	NH
-- Blind, Collin	9	SF Lincoln	NH
-- Sorensen, Austin	12	SF Lincoln	NH
-- Link, Zach	11	SF Roosevelt	NH
-- Clark, Bryce	11	SF Roosevelt	NH
-- Bennett, Mikal	9	O'Gorman	NH
-- Gulseth, Luke	9	O'Gorman	NH

Boys Long Jump

Name	Year	School	Finals	H#
1 Merkley, Hunter	11	SF Lincoln	22-05.00	2
2 Redd, Sharif	11	SF Washington	20-06.75	2
3 Alex, Michael	11	SF Lincoln	20-02.00	2
4 Popkes, Nathan	12	SF Lincoln	20-00.00	2
5 Kayee, Leo	11	SF Lincoln	x19-11.75	2
6 Karpen, Mason	12	SF Roosevelt	19-10.00	1
7 Blok, Jordan	12	Brandon Valley	18-11.00	2
8 Kandolo, Junior	11	SF Washington	18-08.50	2
9 Johnson, Michael	10	SF Washington	18-07.50	2
10 Johnson, Malcolm	10	SF Washington	x18-06.50	2
11 Byrd, Jacob	11	O'Gorman	18-05.50	1
12 Jones, Gunnar	11	O'Gorman	18-03.25	1
13 Pavelko, Conor	10	O'Gorman	18-01.50	2
14 McManus, Mason	9	Brandon Valley	18-00.50	1
15 Thompson, Noah	9	Brandon Valley	17-09.50	1
16 Struck, Manny	9	O'Gorman	x16-10.00	1
17 Muhammad, Amir	11	SF Roosevelt	16-00.50	1
18 Mahammad, Asmerom	9	SF Roosevelt	15-00.00	1
-- Paulson, Michael	10	SF Roosevelt	ND	1

Boys Triple Jump

Name	Year	School	Finals	H#
1 Kayee, Leo	11	SF Lincoln	41-03.75	2
2 Furula, Wilson	12	SF Lincoln	40-09.00	2
3 Diedrich, Aiden	12	O'Gorman	39-00.50	2
4 Jones, Gunnar	11	O'Gorman	J38-05.25	2
5 Merkley, Hunter	11	SF Lincoln	J38-10.50	2
6 Karpen, Mason	12	SF Roosevelt	J38-10.00	2
7 Wilcox, Garyn	12	O'Gorman	37-09.00	1

Metro Athletic Conference - 4/26/2019**Track and Field Championships****Howard Wood Field****Results - Friday****....Boys Triple Jump**

8	Agyeman, Matthew	9	SF Washington	37-07.00	1
8	Blok, Jordan	12	Brandon Valley	37-07.00	1
10	McManus, Mason	9	Brandon Valley	37-04.00	1
11	Alex, Michael	11	SF Lincoln	x37-03.00	2
12	Moon, Nathan	11	SF Roosevelt	36-05.75	1
13	Kappenman, Carson	11	SF Washington	35-06.00	1
14	Ramazani, Kevin	12	SF Roosevelt	34-03.00	1
--	Byrd, Jacob	11	O'Gorman	ND	2
--	Turuk, Guguk	12	SF Washington	ND	2
--	Borchers, Vance	9	SF Roosevelt	ND	1
--	Kandolo, Junior	11	SF Washington	ND	2

Boys Shot Put

Name	Year	School	Finals	H#	
1	Hiatt, Tyler	11	SF Lincoln	56-04.00	2
2	Treiber, Grant	12	SF Lincoln	51-07.50	2
3	Beck, Brady	12	O'Gorman	48-11.00	2
4	Kolbeck, Alex	12	Brandon Valley	46-07.00	2
5	Grode, Quinn	12	Brandon Valley	44-04.00	2
6	Amato, Mason	12	SF Roosevelt	43-04.00	2
7	Dwyer, Caleb	11	SF Roosevelt	42-02.00	2
8	Rausch, Ethan	12	O'Gorman	41-11.00	1
9	Kohls, Ben	11	SF Roosevelt	41-09.00	2
10	Oppold, Alex	11	SF Lincoln	41-03.00	2
11	Kpai, Randolph	10	SF Washington	41-01.00	1
12	Meylor, Ed	10	O'Gorman	40-10.00	1
13	Bennett, Zach	11	Brandon Valley	40-08.50	1
14	Batt, Joseph	10	SF Roosevelt	x40-03.50	1
15	Roggow, Zach	11	Brandon Valley	x40-00.00	1
16	Ruesch, Matt	12	SF Washington	39-00.00	1
17	Berthelsen, Lucas	11	O'Gorman	x38-11.00	1
18	Nieuwsma, Peyton	12	SF Washington	38-09.50	2
19	Day, Mattias	12	SF Washington	x37-10.00	1
19	Hughes, Jack	10	SF Lincoln	x37-10.00	1

Boys Discus Throw

Name	Year	School	Finals	H#	
1	Hiatt, Tyler	11	SF Lincoln	168-09	2
2	Sorenson, Jorey	11	Brandon Valley	155-01	2
3	Kolbeck, Alex	12	Brandon Valley	134-11	2
4	Weber, Burke	12	Brandon Valley	130-05	2
5	Beck, Brady	12	O'Gorman	130-03	2
6	Kohls, Ben	11	SF Roosevelt	126-01	2
7	Batt, Joseph	10	SF Roosevelt	116-06	2
7	Dwyer, Caleb	11	SF Roosevelt	116-06	1
9	Meylor, Ed	10	O'Gorman	114-05	1
10	Egger, Cody	9	SF Lincoln	113-11	2
11	Bekele, Ablante	12	SF Lincoln	111-10	1
12	Amato, Mason	12	SF Roosevelt	x111-03	1
13	Ruesch, Matt	12	SF Washington	110-08	1

Metro Athletic Conference - 4/26/2019

Track and Field Championships

Howard Wood Field

Results - Friday

....Boys Discus Throw

14 Mieras, John	10 O'Gorman	105-01	1
15 Berthelsen, Lucas	11 O'Gorman	x97-10	1
16 Ludens, Alex	11 SF Washington	95-06	1
17 Vilayphone, Randy	11 SF Washington	87-00	1
-- Treiber, Grant	12 SF Lincoln	ND	2
-- Grode, Quinn	12 Brandon Valley	ND	2

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Women - Team Rankings - 19 Events Scored

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1) Brandon Valley	130	2) SF Lincoln	120
3) O'Gorman	54	4) SF Roosevelt	52
5) SF Washington	38		

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Men - Team Rankings - 19 Events Scored

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1) SF Lincoln	199	2) Brandon Valley	95.50
3) SF Washington	35	4) O'Gorman	32.50
5) SF Roosevelt	32		