

John Marshall Boys Track and Field

End of season honor roll

All City, All Conference, and All Section Honors

(In individual events, placed in the top 5 in the Rochester All-City meet, top 8 in the Big Nine Conference meet or Section 1AA meet; In relays, first in the Rochester All-City meet, top 3 in Big Nine Conference or Section 1AA meet)

Name	Event	All City	All Conference	All Section
Ian Baba-Lola	100 meters	XX		
Ian Baba-Lola	4 x 100 meter relay		Champions	
Hunter Backholm	Shot put	XX	XX	
Caleb Feda	800 meters	XX		
Caleb Feda	1600 meters	Champion	XX	
Peter Folkerts	Pole vault	XX	XX	XX
Henrik Gilbertson	800 meters	XX		
Charles Hickman	1600 meters	XX		
Abdul Mustapha	200 meters	XX		
Abdul Mustapha	4 x 100 meter relay		Champions	
Jared Poole	110 meter hurdles	XX	XX	XX
Jared Poole	300 meter hurdles		XX	
Jared Poole	High jump	XX		
Jacob Rindflesch	High jump	XX		
Jacob Rindflesch	Long jump	XX		
Gavin Schaefer	Discus throw	Champion	XX	XX
Gavin Schaefer	Shot put	Champion	XX	
Kpeweh Smith	100 meters	Champion	XX	XX
Kpeweh Smith	4 x 100 meter relay		Champions	
Dane Stearns	100 meters	XX		XX
Dane Stearns	4 x 100 meter relay		Champions	
Dane Stearns	4 x 200 meter relay			
Matthew Thompson	Shot put	XX	XX	
Justin Vutha	200 meters		XX	XX
Simon Werven	400 meters	Champion	XX	XX
Simon Werven	High jump	Champion	Champion	XX

(* denotes athletes who have earned the specified honor in past years.)

JM track and field letter – qualifiers by standard

In 2018, sixteen members of the John Marshall track team have met the qualifying performance standard for lettering. (Please note that the coaching staff makes the final determination of letter awards, based on all relevant criteria.) Jared Poole and Simon Werven met the lettering standard in four individual events, while Justin Vutha and Caleb Feda have done so in three events. Five others have met the standard in two events:

Hunter Backholm (senior)	Shot put
*Peter Folkerts (senior)	Pole vault
Charles Hickman (senior)	800 meter run
Anders Narum (senior)	1600 meter run
Seth Petersen (senior)	400 meter dash
*Jared Poole (senior)	110 meter hurdles, 300 meter hurdles, high jump, triple jump
Jacob Rindflesch (senior)	Long jump
*Gavin Schaefer (senior)	Discus throw, shot put
*Dane Stearns (senior)	100 meter dash, 200 meter dash
*Matthew Thompson (senior)	Discus throw, shot put
*Ian Baba-Lola (junior)	100 meter dash
*Caleb Feda (junior)	800 meter run, 1600 meter run, 3200 meter run
*Abdul Mustapha (junior)	100 meter dash, 200 meter dash
Kpeweh Smith (junior)	100 meter dash
Justin Vutha (junior)	100 meter dash, 200 meter dash, 400 meter dash
*Simon Werven (junior)	100 meter dash, 200 meter dash, 400 meter dash, high jump

(* denotes athletes who have earned the specified honor in past years.)

There are ten seniors, six juniors, no sophomores, and no freshman on the list.

Section qualifying standard

Nine athletes have met the section qualifying standard in a total of fourteen events:

*Jared Poole (senior)	110 meter hurdles, high jump
Jacob Rindflesch (senior)	Long jump
*Gavin Schaefer (senior)	Discus throw
*Dane Stearns (senior)	100 meter dash
Caleb Feda (junior)	800 meter run, 1600 meter run
*Abdul Mustapha (junior)	200 meter dash
Kpeweh Smith (junior)	100 meter dash
Justin Vutha (junior)	100 meter dash, 200 meter dash
*Simon Werven (junior)	200 meter dash, 400 meter dash, high jump

State Honor Roll qualifiers

Eight athletes and four relay teams have qualified in a total of thirteen events for the state track and field honor roll:

*Shahan Ameen (senior)	100 meter dash, 200 meter dash
*Gavin Schaefer (junior)	Discus throw
Jared Poole (junior)	110 meter hurdles
Dane Stearns (junior)	100 meter dash
Simon Werven (sophomore)	High jump
Abdul Mustapha (sophomore)	100 meter dash, 200 meter dash
*4x100 meter relay	Dane Stearns, Abdul-Hakeem Mustapha, Jordan Velez-Hames,

*4x200 meter relay

Shahan Ameen
Dane Stearns, Abdul-Hakeem Mustapha, Shahan Ameen,
Jared Poole

State Qualifying standard

No athletes or relay teams met the state qualifying standard

State Meet participants

Gavin Schaefer
Simon Werven

Discus throw
High jump

2018 Performances on All-Time JM Event Lists

Nine performers earned a spot on the top 25 all-time marks in their event:

Athlete(s)	Event	All-Time Rank	Mark
Dane Stearns, Abdul Mustapha, Kpeweh Smith, Ian Baba-Lola	4 x 100 Meter Relay	4 th	43.51
Dane Stearns, Abdul Mustapha, Kpeweh Smith, Justin Vutha	4 x 200 Meter Relay	7 th	1:31.31
Gavin Schaefer	Discus Throw	7 th	153-00
Dane Stearns	100 Meter Dash	7 th	11.13
Charles Hickman, Stephen Akin, Anders Narum, Caleb Feda	4 x 800 Meter Relay	10 th	8:29.48
Kpeweh Smith	100 Meter Dash	19 th	11.31
Simon Werven	High Jump	19 th (tie)	6-02.00
Simon Werven	400 Meter Dash	21 st	51.45
Caleb Feda	1600 Meter Run	21 st	4:32.31

In addition, two other performers had marks that would have been in the top 25 all-time. However, in each of these cases, the performer is already on the top 25 list with a better mark from a previous year.

Jared Poole recorded 15.26 in the 110 meter hurdles, which would be 7th all-time in that event; however, he ran 15.24 last year, which is tied for 4th all-time.

Jared Poole recorded 42.34 in the 300 meter hurdles, which would be 22nd all-time in that event; however, he ran 42.18 last year, which is 16th all-time.

2018 School Class Records

Two JM class records were set or tied in 2018:

- Peter Jones 7th/8th grade school record, 800 meter run 2:25.64
- Luke Backholm 7th/8th grade school record, shot put 28-08.50

Note: The all-time lists and class records are a work in progress and are subject to revision if historical but previously unknown marks come to light. However, considerable research has been undertaken over the last four years to make these lists more accurate and comprehensive, and it is therefore believed that they are generally accurate.

Performance points

Top performers:

1-Dane Stearns	795 pts	100 meter dash	11.13
2-Justin Vutha	791 pts	200 meter dash	22.63
3-Jared Poole	775 pts	110 meter hurdles	15.26
4-Gavin Schaefer	767 pts	Discus throw	153-00
Simon Werven	767 pts	400 meter dash	51.45
6-Kpeweh Smith	762 pts	100 meter dash	11.31
7-Abdul-Hakeem Mustapha	746 pts	200 meter dash	23.13
8-Caleb Feda	742 pts	1600 meter run	4:32.31
9-Ian Baba-Lola	722 pts	100 meter dash	11.53
10-Charles Hickman	681 pts	800 meter run	2:06.53
11-Jacob Rindflesch	671 pts	Long jump	19-09.50
12-Hunter Backholm	670 pts	Shot put	46-01.00
13-Seth Petersen	667 pts	400 meter dash	54.47
14-Peter Folkerts	664 pts	Pole vault	11-10.00
15-Matthew Thompson	653 pts	Discus throw	128-10
16-Henrik Gilbertson	634 pts	800 meter dash	2:10.03
17-Dylon Thammavongsa	629 pts	Long jump	19-01.00
18-Anders Narum	627 pts	1600 meter run	4:53.99
19-Forti Smith	619 pts	110 meter hurdles	16.91
20-Nicholas Leidig	616 pts	800 meter run	2:11.59
21-Emmanuel Akande	609 pts	100 meter dash	12.20
Sean Baba-Lola	609 pts	100 meter dash	12.20
23-Fawas Abubakar	607 pts	100 meter dash	12.21
24-Dalton Simms	602 pts	Long jump	18-07.50
25-Ogden Sikel	596 pts	1600 meter run	5:00.40

Top performers, seniors/juniors:

1-Dane Stearns	795 pts	100 meter dash	11.13
2-Justin Vutha	791 pts	200 meter dash	22.63
3-Jared Poole	775 pts	110 meter hurdles	15.26
4-Gavin Schaefer	767 pts	Discus throw	153-00
Simon Werven	767 pts	400 meter dash	51.45
6-Kpeweh Smith	762 pts	100 meter dash	11.31
7-Abdul-Hakeem Mustapha	746 pts	200 meter dash	23.13
8-Caleb Feda	742 pts	1600 meter run	4:32.31
9-Ian Baba-Lola	722 pts	100 meter dash	11.53
10-Charles Hickman	681 pts	800 meter run	2:06.53

Top performers, sophomores/freshmen:

1-Forti Smith	619 pts	110 meter hurdles	16.91
2-Emmanuel Akande	609 pts	100 meter dash	12.20
3-Fawas Abubakar	607 pts	100 meter dash	12.21
4-Ogden Sikel	596 pts	1600 meter run	5:00.40
5-Dakota Dowd	589 pts	800 meter run	2:13.98
6-Stephen Akin	577 pts	800 meter run	2:15.11
7-Peter Dahlen	576 pts	1600 meter run	5:04.96
8-Dominic Gillard	563 pts	200 meter run	25.48
9-Dominic Rentz	556 pts	200 meter dash	25.58
10-Nicholas Sonnabend	550 pts	Pole vault	10-06.00

Top performers, middle schoolers:

1-Michael Nicometo	569 pts	200 meter dash	25.40
2-Danny Ta	528 pts	Long jump	17-04.00
3-Demyreous Ward	517 pts	100 meter dash	12.80
4-Keondre Bryant	515 pts	100 meter dash	12.81
5-Peter Jones	470 pts	800 meter run	2:25.64
6-Thout Aguek	431 pts	Long jump	15-07.00
7-Hudson Fix	379 pts	100 meter dash	13.83
8-Parker Dunham	363 pts	800 meter run	2:38.00
9-Daniel Evans	355 pts	1600 meter run	6:02.09
10-Luke Backholm	316 pts	Shot put	28-08.50

Performance level	Number of athletes at or above
800 points	0 (0%)
700 points	9 (11%)
600 points	24 (30%)
500 points	44 (54%)
400 points	63 (78%)
300 points	74 (91%)
Total athletes	81

Note: The performance points are designed to approximate the following distribution:

900 points – Elite. In or near the top 25 Minnesota high school marks of all time in the event.

800 points – Outstanding. All-state level performance.

700 points – Very Good. All-section level performance, In the top 10% of Minnesota high school track athletes.

600 points – Performance-wise, in the top 25% of Minnesota high school track athletes. John Marshall's lettering standards are generally close to 600 points.

500 points – Performance-wise, in the middle of Minnesota high school track and field participants.

400 points – Approximately the 25th percentile of high school track and field participants.

300 points – Approximately the 10th percentile of high school track and field participants.