

**Section 4A True Team
Howard-Lake/Waverly-Winsted - 5/7/2019
Results**

Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1	Zoe Mulvihill	8 Mounds Park Acad	13.26
2	Hannah George	11 New Life Academy	13.53
3	Emily Bakken	12 New Life Academy	13.54
4	Madi Carroll	9 Nla/Lila	13.62
4	Maggie Larson	10 Maple Lake	13.62
6	Gracie Elsenpeter	12 Maple Lake	13.66
7	Madison Severson	10 Howard Lake-Waverly	13.70
8	Michaella Hartinger	12 Concordia Academy	13.91
9	Zoe Rahberg	9 Tca/Great River	13.93
10	Kaylynn Kuehn	12 Nla/Lila	13.99
11	Anna Kuhn	10 Northwest Nighth	14.01
12	Paige Heimerl	10 Lester Prairie/H	14.04
13	Myia Schuessler	12 Concordia Academy	14.13
14	Zoe Freeby	8 Spectrum	14.23
15	Alexa Hanrahan	8 Mounds Park Acad	14.29
16	Alexa Carlson	8 Mayer Lutheran	14.31
17	Courtney Long	12 Howard Lake-Waverly	14.35
18	Sophia Morschen	9 Mayer Lutheran	14.72
19	Emily Rademacher	11 Lester Prairie/H	14.75
20	Zoe Hoiland	9 Nova Classical A	14.77
21	Onie Brown	10 Nova Classical A	14.85
22	Dorian Taylor	8 Tca/Great River	15.50
23	Olivia Boudjouk	10 Math & Science A	15.53
24	Apoorva Godavarn	7 Math & Science A	16.27
25	Darlene Schutz	8 Chof	16.71
26	Dominique Spencer	12 Northwest Nighth	17.43
27	Aislinn Johnston	9 Chof	17.87

Girls 200 Meter Dash

Name	Yr	School	Finals
Finals			
1	Haily Johnson	12 Spectrum	26.60
2	Zoe Mulvihill	8 Mounds Park Acad	27.42
3	Amari Piepkorn	11 Chof	27.66
4	Bionca Peterson	12 Maple Lake	28.03
5	Greta Meyers	8 Mounds Park Acad	28.06
6	Kaylynn Kuehn	12 Nla/Lila	28.72
7	Hannah George	11 New Life Academy	28.80
8	Emily Bakken	12 New Life Academy	28.91
9	Adrienne Foell	10 Spectrum	28.96
10	Madison Severson	10 Howard Lake-Waverly	29.19
11	Anna Kuhn	10 Northwest Nighth	29.42
12	Courtney Long	12 Howard Lake-Waverly	29.50
13	Madelyn Peltier	9 Nla/Lila	29.62
14	Myia Schuessler	12 Concordia Academy	29.64
15	Alexa Carlson	8 Mayer Lutheran	29.97
16	Callie Lafave	12 Maple Lake	30.04
17	Taylor Meyers	11 Concordia Academy	30.22
18	Emily Rademacher	11 Lester Prairie/H	30.49
19	Mckenna Kutz	10 Lester Prairie/H	30.55
20	Zoe Hoiland	9 Nova Classical A	31.65
21	Virginia Schutz	7 Chof	32.22

22	Maren Anderson	11 Math & Science A	32.34
23	Sharon Glover	10 Northwest Nighth	32.60
24	Adrianna Lopez	11 Tca/Great River	32.86
25	Apoorva Godavarn	7 Math & Science A	33.30
26	Dorian Taylor	8 Tca/Great River	33.31
27	Katrina Vutov	9 Nova Classical A	33.83
28	Sophia Ecklund	9 Mayer Lutheran	41.41

Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1	Greta Meyers	8 Mounds Park Acad	1:02.44
2	Haily Johnson	12 Spectrum	1:02.85
3	Robin Ahlquist	12 New Life Academy	1:03.86
4	Ella Kiebel	9 Maple Lake	1:05.27
5	Seyi Akinmusire	9 Nova Classical A	1:05.72
6	Abigail Johnson	10 Northwest Nighth	1:06.72
7	Zoe Matre	10 Nova Classical A	1:07.07
8	Mide Ogundare	10 New Life Academy	1:07.29
9	Augustus Demarais	10 Maple Lake	1:07.43
10	Raquel Scherping	10 Howard Lake-Waverly	1:08.10
11	Jayden Gray	10 Lester Prairie/H	1:08.28
12	Makayla Harmer	9 Spectrum	1:08.58
13	Arianna Paul	9 Howard Lake-Waverly	1:08.66
14	Aria Peng	8 Math & Science A	1:09.19
15	Mckenna Kutz	10 Lester Prairie/H	1:09.23
16	Grace Erickson	9 Concordia Academy	1:10.05
17	Cara Sajevic	8 Mounds Park Acad	1:10.41
18	Grace Timm	8 Nla/Lila	1:10.97
19	Maren Anderson	11 Math & Science A	1:11.76
20	Naomi Oren	10 Concordia Academy	1:11.77
21	Sharon Glover	10 Northwest Nighth	1:13.33
22	Micaela Marcelle	9 Tca/Great River	1:15.84
23	Brooke Sauter	9 Mayer Lutheran	1:16.13
24	Isabel Garcia-Zapata	12 Nla/Lila	1:18.79
25	Adrianna Lopez	11 Tca/Great River	1:24.00
26	Sophia Ecklund	9 Mayer Lutheran	1:29.26

Girls 800 Meter Run

Name	Yr	School	Finals
Finals			
1	Sofia Walker	12 Mounds Park Acad	2:26.04
2	Martha Bergley	11 Spectrum	2:28.22
3	Sophia Pribyl	9 Maple Lake	2:29.29
4	Gracie Mallak	11 Howard Lake-Waverly	2:29.50
5	Ava Mergen	12 Maple Lake	2:33.53
6	Paige Sahr	7 Math & Science A	2:39.47
7	Linnea Johnston	10 Nova Classical A	2:39.78
8	Izzy Quam	10 Mounds Park Acad	2:40.50
9	Erin Brabec	12 Howard Lake-Waverly	2:43.63
10	Morgan Carlson	10 Concordia Academy	2:50.25
11	Hannah Wicklund	9 Concordia Academy	2:50.64
12	Molly Novotny	8 Spectrum	2:50.86
13	Alyssa Sherrard	10 Nla/Lila	2:50.87
14	Lucy Blood	8 Nova Classical A	2:55.47
15	Olivia Bratzel	10 Chof	2:56.22

**Section 4A True Team
Howard-Lake/Waverly-Winsted - 5/7/2019
Results**

Finals ... (Girls 800 Meter Run)

Name	Yr	School	Finals
16 Gabby Murphy	8	Nla/Lila	2:57.60
17 Kara Lee	9	Lester Prairie/H	2:58.07
18 Sydney Sheehan	10	Lester Prairie/H	3:00.02
19 Cosette Isakson	11	Chof	3:01.10
20 Jayda Hill	8	Tca/Great River	3:04.83
21 McKenna Kjelshus	10	New Life Academ	3:07.50
22 Lila Hutchinson	9	Northwest Nighth	3:13.43
23 Marli Hansen	7	Math & Science A	3:20.55
24 Lexie Denton	8	New Life Academ	3:22.88
25 Honor Czarnik	11	Tca/Great River	3:47.70

Girls 1600 Meter Run

Name	Yr	School	Finals
1 Erika Swanson	12	Northwest Nighth	5:20.03
2 Sophia Pribyl	9	Maple Lake	5:25.23
3 Gracie Mallak	11	Howard Lake-Wav	5:26.22
4 Gwen Helgeson	12	Howard Lake-Wav	5:38.15
5 Mary Miller	10	Maple Lake	5:39.57
6 Margaret Myskowski	11	Northwest Nighth	5:43.77
7 Jessa Heimerl	7	Lester Prairie/H	5:54.01
8 Molly Novotny	8	Spectrum	5:55.52
9 Margo Nightingale	8	Mounds Park Aca	5:56.27
10 Grace Beck	8	Spectrum	5:57.50
11 Emily Erickson	9	Concordia Acaden	5:59.66
12 Kathryn Ousdigian	11	Concordia Acaden	6:02.60
13 Talia Tomhave	8	Nova Classical A	6:10.72
14 Cosette Isakson	11	Chof	6:14.00
15 Jana Lynch	10	Nova Classical A	6:15.66
16 Danielle Koperski	9	Math & Science A	6:16.67
17 Katie Dahiya	10	Mounds Park Aca	6:19.00
18 Kara Lee	9	Lester Prairie/H	6:23.77
19 Olivia Bratzel	10	Chof	6:24.77
20 Mia Kortebien	8	Tca/Great River	6:41.61
21 McKenna Kjelshus	10	New Life Academ	6:47.12
22 Lexie Denton	8	New Life Academ	7:07.80
23 Lauren Beamond	8	Nla/Lila	7:11.39
24 Clara Getchell	10	Nla/Lila	7:54.95

Girls 3200 Meter Run

Name	Yr	School	Finals
1 Augustus Demarais	10	Maple Lake	12:16.37
2 Gwen Helgeson	12	Howard Lake-Wav	12:21.78
3 Greta Hansen	8	Math & Science A	12:26.13
4 Mary Miller	10	Maple Lake	12:41.52
5 Jackie Tepley	7	Howard Lake-Wav	12:48.36
6 Talia Tomhave	8	Nova Classical A	13:25.63
7 Katie Dahiya	10	Mounds Park Aca	13:30.19
8 Kathryn Ousdigian	11	Concordia Acader	13:48.89
9 Jana Lynch	10	Nova Classical A	13:56.84
10 Lydia Loomis	9	Concordia Acader	14:02.31
11 Emily Hattling	8	Spectrum	15:06.46
12 Gabby Rinowski	9	Spectrum	15:08.93

13 Isabelle Yuhanna	7	Nla/Lila	15:12.58
14 Maia Otten	7	Nla/Lila	15:12.63
15 Izzy George	11	Mounds Park Aca	15:18.09
16 Lorelei Wigginton	10	Northwest Nighth	15:18.19
17 Maura Putzer	8	Tca/Great River	15:22.78
18 Kayley Hyland	11	New Life Academ	15:25.38
19 Zoe Edlund	11	Lester Prairie/H	15:54.35
20 Sydney Sheehan	10	Lester Prairie/H	16:05.18

Girls 100 Meter Hurdles

Name	Yr	School	Finals
1 Gracie Elsenpeter	12	Maple Lake	16.17
2 Shaina Zinter	9	Concordia Acaden	16.51
3 Arianna Paul	9	Howard Lake-Wav	17.25
4 Jerilynn Simmer	11	Northwest Nighth	17.99
5 Paige Stahlke	11	Mayer Lutheran	18.22
6 Mikayla Scherping	11	Howard Lake-Wav	18.58
7 Kira Fallert	10	Concordia Acaden	18.65
8 Emily Bos	8	Mounds Park Aca	19.13
9 Alicia Moening	12	Spectrum	19.53
10 Kylie Edmonson	9	Maple Lake	19.58
11 Katie Danielzuk	12	Nla/Lila	19.67
12 Jessica Simmer	9	Northwest Nighth	19.89
13 Sara Garcia	11	Nova Classical A	19.92
14 Lyse Yuqui-Luna	9	Spectrum	20.45
15 Sarah Jeong	10	Nova Classical A	21.17
16 Havana Otten	8	Nla/Lila	22.02
17 Brooke Sauter	9	Mayer Lutheran	22.11
18 Jessa Heimerl	7	Lester Prairie/H	22.17
19 Hallie Millerbernd	8	Lester Prairie/H	23.14
20 Anyiah Ries	10	Tca/Great River	23.75
21 Emma Cohen	10	Mounds Park Aca	24.74

Girls 300 Meter Hurdles

Name	Yr	School	Finals
1 Shaina Zinter	9	Concordia Acaden	44.84
2 Brooke Baumann	9	Howard Lake-Wav	50.32
3 Sara Garcia	11	Nova Classical A	50.45
4 Gracie Elsenpeter	12	Maple Lake	51.55
5 Jerilynn Simmer	11	Northwest Nighth	52.12
6 Anika Jilek	9	Mayer Lutheran	52.52
7 Abbie Swenson	11	New Life Academ	52.91
8 Kylie Edmonson	9	Maple Lake	52.98
9 Kira Fallert	10	Concordia Acaden	53.73
10 Delanie Lundgren	12	Mayer Lutheran	53.81
11 Jessica Simmer	9	Northwest Nighth	54.38
12 Katie Danielzuk	12	Nla/Lila	54.77
13 Marit Gueningsman	10	Howard Lake-Wav	54.94
14 Gabrielle Kappes	8	Spectrum	57.32
15 Emily Bos	8	Mounds Park Aca	57.46
16 Alicia Moening	12	Spectrum	57.75
17 Faith Fogarty	9	Math & Science A	58.92
18 Emma Cohen	10	Mounds Park Aca	1:01.18
19 Mia Kortebien	8	Tca/Great River	1:02.90

**Section 4A True Team
Howard-Lake/Waverly-Winsted - 5/7/2019
Results**

Finals ... (Girls 300 Meter Hurdles)

Name	Yr	School	Finals
20 Anyiah Ries	10	Tca/Great River	1:04.11
21 Lydia Leverich	10	Lester Prairie/H	1:04.95
22 Elizabeth Zewdu	9	Math & Science A	1:09.65

Girls 4x100 Meter Relay

Team	Relay	Finals
------	-------	--------

Finals

1 Mounds Park Academy		53.04
1) Greta Meyers 8	2) Ella Fruchterman 9	
3) Catherine Moore 11	4) Zoe Mulvihill 8	
2 Nla/Lila		53.28
1) Madi Carroll 9	2) Madelyn Peltier 9	
3) Briana Henaman 9	4) Kaylynn Kuehn 12	
3 New Life Academy		53.40
1) Hannah George 11	2) Robin Ahlquist 12	
3) Abbie Swenson 11	4) Emily Bakken 12	
4 Maple Lake		54.09
1) Callie Lafave 12	2) Bionca Peterson 12	
3) Emma Payne 11	4) Maggie Larson 10	
5 Concordia Academ		54.77
1) Sydney Hackett 11	2) Michaela Hartinger 12	
3) Myia Schuessler 12	4) Paige Winterfeldt 12	
6 Howard Lake-Wave		55.82
1) Hailey Schumacher 11	2) Isabelle Roufs 12	
3) Madison Severson 10	4) Mikayla Scherping 11	
7 Mayer Lutheran		56.11
1) Anika Jilek 9	2) Brooke Sauter 9	
3) Alexa Carlson 8	4) Delanie Lundgren 12	
8 Spectrum		56.70
1) Gabrielle Kappes 8	2) Abigail Klingelhofer 8	
3) Zoe Freeby 8	4) Emily O'Connell 12	
9 Chof		57.97
1) Jocelyn Johnston 10	2) Meadow Eckman 9	
3) Claire Isakson 9	4) Jalena Person 11	
10 Lester Prairie/H		58.94
1) Lydia Leverich 10	2) Jayden Gray 10	
3) Hallie Millerbernd 8	4) Brooke Heimerl 8	
11 Nova Classical A		1:00.56
1) Shay Scanlon 9	2) Katrina Vutov 9	
3) Onie Brown 10	4) Seyi Akinmusire 9	

Girls 4x200 Meter Relay

Team	Relay	Finals
------	-------	--------

Finals

1 Maple Lake		1:54.31
1) Callie Lafave 12	2) Bionca Peterson 12	
3) Allison Zander 9	4) Grace Heying 11	
2 Howard Lake-Wave		1:58.67
1) Arianna Paul 9	2) Raquel Scherping 10	
3) Isabelle Roufs 12	4) Jackie Tepley 7	
3 Mounds Park Academy		2:00.44
1) Alexa Hanrahan 8	2) Ella Fruchterman 9	
3) Emily Bos 8	4) Catherine Moore 11	

4 Chof		2:01.31
1) Jocelyn Johnston 10	2) Meadow Eckman 9	
3) Claire Isakson 9	4) Virginia Schutz 7	
5 Lester Prairie/H		2:01.44
1) Paige Heimerl 10	2) Emily Rademacher 11	
3) Brooke Heimerl 8	4) Mckenna Kutz 10	
6 New Life Academy		2:01.95
1) Mide Ogundare 10	2) Cara Grohn 10	
3) Abbie Swenson 11	4) Abby Olson 9	
7 Northwest Nighthawks		2:02.80
1) Jessica Simmer 9	2) Sharon Glover 10	
3) Mary Ana Plotts 11	4) Anna Kuhn 10	
8 Spectrum		2:03.24
1) Gabrielle Kappes 8	2) Abigail Klingelhofer 8	
3) Zoe Freeby 8	4) Emily O'Connell 12	
9 Concordia Academ		2:04.07
1) Naomi Oren 10	2) Angela Siglin 10	
3) Taylor Meyers 11	4) Esther Kohlmetz 10	
10 Nla/Lila	B	2:07.58
1) Vanessa Sosnoski 7	2) Clara Getchell 10	
3) Allison Gray 8	4) Grace Timm 8	
11 Nova Classical A		2:09.19
1) Denasia Quiroga-Macouzet 5	2) Katrina Vutov 9	
3) Shay Scanlon 9	4) Zoe Hoiland 9	

Girls 4x400 Meter Relay

Team	Relay	Finals
------	-------	--------

Finals

1 Concordia Academ		4:14.08
1) Michaela Hartinger 12	2) Sydney Hackett 11	
3) Kira Fallert 10	4) Shaina Zinter 9	
2 Spectrum		4:24.86
1) Haily Johnson 12	2) Martha Bergley 11	
3) Makayla Harmer 9	4) Adrienne Foell 10	
3 Nova Classical A		4:25.95
1) Sara Garcia 11	2) Linnea Johnston 10	
3) Zoe Matre 10	4) Seyi Akinmusire 9	
4 Maple Lake		4:27.00
1) Ava Mergen 12	2) Sophia Pribyl 9	
3) Allison Zander 9	4) Grace Heying 11	
5 Howard Lake-Wave		4:30.12
1) Brooke Baumann 9	2) Isabelle Roufs 12	
3) Raquel Scherping 10	4) Gwen Helgeson 12	
6 Mayer Lutheran		4:31.71
1) Anika Jilek 9	2) Paige Stahlke 11	
3) Sophia Morschen 9	4) Delanie Lundgren 12	
7 Northwest Nighthawks		4:38.91
1) Mary Ana Plotts 11	2) Margaret Myskowski 11	
3) Abigail Johnson 10	4) Erika Swanson 12	
8 Math & Science A		4:42.33
1) Maren Anderson 11	2) Lily Swanson 11	
3) Keagan Eng 11	4) Faith Fogarty 9	
9 Mounds Park Academy		4:47.44
1) Catherine Moore 11	2) Gabby Law 12	
3) Cara Sajevic 8	4) Emma Cohen 10	

**Section 4A True Team
Howard-Lake/Waverly-Winsted - 5/7/2019
Results**

Finals ... (Girls 4x400 Meter Relay)

Team	Relay	Finals
10 Lester Prairie/H		4:59.57
1) Jessa Heimerl 7	2) Josie Tonn 8	
3) Jayden Gray 10	4) Zoe Edlund 11	
11 Nla/Lila		5:21.75
1) Katie Danielzuk 12	2) Annalise Schaaf 12	
3) Aylee Beimert 8	4) Anna Povolny 10	

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Maple Lake		10:15.89
1) Ava Mergen 12	2) Grace Heying 11	
3) Elizabeth Borgert 9	4) Augustus Demarais 10	
2 Northwest Nighthawks		10:22.22
1) Jerilynn Simmer 11	2) Margaret Myskowski 11	
3) Abigail Johnson 10	4) Erika Swanson 12	
3 Mounds Park Academy		10:27.09
1) Sofia Walker 12	2) Margo Nightingale 8	
3) Gabby Law 12	4) Izzy Quam 10	
4 Howard Lake-Wave		10:41.93
1) Erin Brabec 12	2) Taylor Kriesel 9	
3) Jackie Tepley 7	4) Brooke Baumann 9	
5 Spectrum		10:56.22
1) Adrienne Foell 10	2) Makayla Harmer 9	
3) Nina Aberra 9	4) Grace Beck 8	
6 Math & Science A		11:18.18
1) Greta Hansen 8	2) Danielle Koperski 9	
3) Aria Peng 8	4) Paige Sahr 7	
7 Concordia Academ		11:23.33
1) Hannah Wicklund 9	2) Morgan Carlson 10	
3) Lydia Loomis 9	4) Emily Erickson 9	
8 Tca/Great River		13:19.05
1) Mia Kortebien 8	2) Micaila Marcelle 9	
3) Honor Czarnik 11	4) Maura Putzer 8	
9 Nla/Lila		13:22.38
1) Isabelle Yuhanna 7	2) Sophia Aschittino 9	
3) Maia Otten 7	4) Havana Otten 8	

Girls High Jump

Name	Yr	School	Finals
Finals			
1 Adrienne Foell	10	Spectrum	5-02.00
2 Mikayla Scherping	11	Howard Lake-Wav	4-10.00
3 Amari Piepkorn	11	Chof	4-10.00
4 Isabelle Roufs	12	Howard Lake-Wav	4-08.00
5 Kylie Edmonson	9	Maple Lake	4-08.00
6 Naomi Oren	10	Concordia Acaden	4-08.00
7 Elizabeth Borgert	9	Maple Lake	4-06.00
8 Cara Grohn	10	New Life Academ	4-06.00
9 Jessica Simmer	9	Northwest Nighth	4-06.00
10 Anna Kuhn	10	Northwest Nighth	4-06.00
11 Gabby Law	12	Mounds Park Aca	4-04.00
12 Abigail Klingelhofer	8	Spectrum	4-04.00
13 Meadow Eckman	9	Chof	4-02.00

13 Brooke Sauter	9	Mayer Lutheran	4-02.00
15 Kira Fallert	10	Concordia Acaden	4-02.00
16 Sofia Walker	12	Mounds Park Aca	4-00.00
16 Katie Danielzuk	12	Nla/Lila	4-00.00
18 Abby Olson	9	New Life Academ	4-00.00
19 Greta Hansen	8	Math & Science A	4-00.00
20 Briana Henaman	9	Nla/Lila	4-00.00
21 Faith Fogarty	9	Math & Science A	3-10.00
--- Josie Tonn	8	Lester Prairie/H	NH
--- Kara Lee	9	Lester Prairie/H	NH

Girls Pole Vault

Name	Yr	School	Finals
Finals			
1 Paige Winterfeldt	12	Concordia Acaden	10-03.00
2 Gracie Elsenpeter	12	Maple Lake	8-03.00
3 Elizabeth Borgert	9	Maple Lake	8-03.00
4 Alicia Moening	12	Spectrum	7-09.00
5 Madison Severson	10	Howard Lake-Wav	7-03.00
6 Mikayla Thorson	10	Howard Lake-Wav	7-03.00
7 Esther Kohlmetz	10	Concordia Acaden	6-03.00
8 Olivia Bratzel	10	Chof	6-03.00
9 Gabrielle Kappes	8	Spectrum	5-03.00

Girls Long Jump

Name	Yr	School	Finals
Finals			
1 Maggie Larson	10	Maple Lake	17-00.50
2 Arianna Paul	9	Howard Lake-Wa	16-07.00
3 Amari Piepkorn	11	Chof	16-01.00
4 Shaina Zinter	9	Concordia Acaden	15-08.50
5 Madelyn Peltier	9	Nla/Lila	15-06.00
6 Mary Miller	10	Maple Lake	14-11.00
7 Nina Aberra	9	Spectrum	14-07.50
8 Zoe Mulvihill	8	Mounds Park Aca	14-04.50
9 Hailey Schumacher	11	Howard Lake-Wa	14-04.00
10 Greta Meyers	8	Mounds Park Aca	14-04.00
11 Paige Heimerl	10	Lester Prairie/H	14-03.00
12 Sydney Hackett	11	Concordia Acaden	14-03.00
13 Sophia Morschen	9	Mayer Lutheran	14-02.00
14 Paige Stahlke	11	Mayer Lutheran	14-00.50
15 Cara Grohn	10	New Life Academ	13-11.00
16 Annalise Schaaf	12	Nla/Lila	13-11.00
17 Mary Ana Plotts	11	Northwest Nighth	13-05.00
18 Mckenna Kutz	10	Lester Prairie/H	13-04.00
19 Abby Olson	9	New Life Academ	13-03.00
20 Zoe Rahberg	9	Tca/Great River	13-01.50
21 Sydney Mackenthun	8	Spectrum	12-11.00
22 Olivia Boudjouk	10	Math & Science A	12-04.50
23 Sarah Jeong	10	Nova Classical A	12-01.00
24 Onie Brown	10	Nova Classical A	11-04.00
25 Sharon Glover	10	Northwest Nighth	10-11.00
--- Jocelyn Johnston	10	Chof	FOUL

**Section 4A True Team
Howard-Lake/Waverly-Winsted - 5/7/2019
Results**

Girls Triple Jump

Name	Yr	School	Finals
Finals			
1 Maggie Larson	10	Maple Lake	38-08.00
2 Sydney Hackett	11	Concordia Academi	33-03.50
3 Hailey Schumacher	11	Howard Lake-Wa	32-05.00
4 Paige Winterfeldt	12	Concordia Academi	31-07.50
5 Ashley Schumacher	10	Howard Lake-Wa	31-06.00
6 Gabby Law	12	Mounds Park Aca	30-11.00
7 Eva McClelland	9	Maple Lake	30-08.00
8 Anika Jilek	9	Mayer Lutheran	29-10.75
9 Annalise Schaaf	12	Nla/Lila	29-05.50
10 Paige Heimerl	10	Lester Prairie/H	28-10.00
11 Nina Aberra	9	Spectrum	28-05.50
12 Claire Isakson	9	Chof	28-03.00
13 Paige Stahlke	11	Mayer Lutheran	27-10.50
14 Zoe Freeby	8	Spectrum	27-10.50
15 Mary Ana Plotts	11	Northwest Nighth	26-06.50
16 Sydney Sheehan	10	Lester Prairie/H	26-01.50
17 Maren Anderson	11	Math & Science	25-09.00
18 Cara Sajevic	8	Mounds Park Aca	24-09.50
19 Micaila Marcelle	9	Tca/Great River	24-02.00
20 Aislinn Johnston	9	Chof	24-00.00
--- Aylee Beimert	8	Nla/Lila	FOUL

Girls Shot Put

Name	Yr	School	Finals
Finals			
1 Bethany Groos	11	Howard Lake-Wa	34-08.50
2 Naomi Bunker	12	Concordia Academi	34-06.00
3 Bri Deringer	12	Maple Lake	34-00.50
4 Courtney Long	12	Howard Lake-Wa	32-09.00
5 Isabel Romay	12	Concordia Academi	32-00.75
6 Natalie Neumann	9	Maple Lake	31-00.00
7 Lydia Parrish	10	Mayer Lutheran	30-11.00
8 Shayla Dellwo	12	Spectrum	30-10.00
9 Rebecca Fasching	9	Lester Prairie/H	28-06.50
10 Jalena Person	11	Chof	26-06.00
11 Lauren Meyer	11	New Life Academ	25-03.00
12 Sarah Parrish	12	Mayer Lutheran	24-07.00
13 Katrine Kompanets	10	Nova Classical A	24-02.00
14 Annalise Schaaf	12	Nla/Lila	23-11.00
15 Rose Thompson-Nelson	9	Mounds Park Aca	23-07.50
16 Ellie Schuett	11	Chof	23-06.25
17 Ellen Voiss	12	Spectrum	23-06.00
18 Izzy Quam	10	Mounds Park Aca	23-03.50
19 Peighton Ruzicka	10	Lester Prairie/H	23-03.00
20 Isabella Ramirez	9	Nova Classical A	22-08.50
21 Grace Timm	8	Nla/Lila	22-08.25
22 Lorelei Wigginton	10	Northwest Nighth	22-00.75
23 Honor Czarnik	11	Tca/Great River	21-06.75
24 Dominique Spencer	12	Northwest Nighth	20-00.00
25 Lily Stout	9	Math & Science A	19-01.00

Girls Discus Throw

Name	Yr	School	Finals
Finals			
1 Bri Deringer	12	Maple Lake	106-09.50
2 Courtney Long	12	Howard Lake-Wa	100-03.50
3 Isabel Romay	12	Concordia Academi	99-02
4 Natalie Neumann	9	Maple Lake	98-09
5 Ellie Horn	10	Howard Lake-Wa	95-09.50
6 Lydia Parrish	10	Mayer Lutheran	93-10.50
7 Sarah Parrish	12	Mayer Lutheran	87-07
8 Lauren Meyer	11	New Life Academ	84-06
9 Alicia Moening	12	Spectrum	81-09
10 Catherine Moore	11	Mounds Park Aca	80-06
11 Jalena Person	11	Chof	79-00
12 Nora Wilhelm	9	Concordia Academi	73-01
13 Brooke Albers	8	Lester Prairie/H	71-01.50
14 Ellie Schuett	11	Chof	70-06
15 Shayla Dellwo	12	Spectrum	70-03
16 Anna Povolny	10	Nla/Lila	68-10
17 Katrine Kompanets	10	Nova Classical A	68-07
18 Zoe Hutton	11	Mounds Park Aca	65-00
19 Rebecca Fasching	9	Lester Prairie/H	63-11.50
20 Grace Timm	8	Nla/Lila	60-02
21 Isabella Ramirez	9	Nova Classical A	58-11
22 Lily Stout	9	Math & Science	48-08.50
23 Lorelei Wigginton	10	Northwest Nighth	46-08.50
24 Honor Czarnik	11	Tca/Great River	45-09.50
25 Dominique Spencer	12	Northwest Nighth	44-09
26 Elizabeth Zewdu	9	Math & Science A	40-05

Boys 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Elias Aberra	10	Spectrum	11.70
2 Keegan Casey	10	Math & Science A	11.95
3 Tae'Vion Wilkins	12	Mounds Park Aca	11.96
4 Connor Reed	12	Spectrum	12.04
5 Hunter Brandel	12	Nla/Lila	12.08
6 AJ Gatz	10	Howard Lake-Wa	12.21
7 Kingsley Ocoro	7	Maple Lake	12.23
8 Henry Greenfield	12	Nova Classical A	12.28
9 Riley Hall	8	Maple Lake	12.31
10 Joe Welk	11	Mayer Lutheran	12.33
11 Emmet Heck	12	Concordia Academi	12.35
12 Simon Mendoza	11	Lester Prairie/H	12.38
13 Drake Eckman	10	Chof	12.45
14 Felix McNally	11	Nova Classical A	12.50
15 Kaleb Winter	12	Mayer Lutheran	12.61
16 Quinn Mathisen	11	Howard Lake-Wa	12.63
17 Joe Winters	9	Northwest Nighth	12.76
18 Simon Swenson	9	New Life Academ	12.85
19 Ian Sandau	10	Concordia Academi	12.98
20 Andrew Mosely	10	Mounds Park Aca	13.08
21 Matthew Mendolia	9	Lester Prairie/H	13.12
22 Creighton Lewis	8	Math & Science A	13.36

**Section 4A True Team
Howard-Lake/Waverly-Winsted - 5/7/2019
Results**

Finals ... (Boys 100 Meter Dash)

Name	Yr	School	Finals
23 Michael Davis	9	Tca/Great River	13.41
24 Ahmad McGruder	11	Tca/Great River	13.87
25 James Burns	9	Nla/Lila	13.98
26 Mason Becker	9	Northwest Nighth	14.93

Boys 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Elias Aberra	10	Spectrum	23.64
2 Jaden Quast	10	Concordia Acaden	23.78
3 Tae'Vion Wilkins	12	Mounds Park Aca	24.11
4 Tobias Liu	10	Nova Classical A	24.21
5 Isaac Collins	11	Chof	24.40
6 Hunter Brandel	12	Nla/Lila	24.45
7 Keegan Casey	10	Math & Science A	24.46
8 Emmet Heck	12	Concordia Acaden	24.53
9 Henry Greenfield	12	Nova Classical A	24.54
10 Simon Mendoza	11	Lester Prairie/H	24.74
11 Erik Strandlund	12	Chof	24.93
12 John Featherstone	11	Math & Science A	25.01
13 Collin Boese	8	Howard Lake-Wav	25.01
14 Max Reis	9	Spectrum	25.05
15 Remington Albright	11	Howard Lake-Wav	25.09
16 Caden Thornton	11	New Life Academ	25.65
17 Ibrahima Diagne	10	Tca/Great River	25.70
18 Alex Stuedeman	12	Mayer Lutheran	25.72
19 Brayden Belanger	10	Maple Lake	25.83
20 Caleb Rhodes	10	Mounds Park Aca	25.91
21 Kimbel Linebaugh	10	Northwest Nighth	25.92
22 Joe Winters	9	Northwest Nighth	26.02
23 Micah Loder	11	Mayer Lutheran	26.04
24 Matthew Mendolia	9	Lester Prairie/H	26.39
25 Nathan Paumen	9	Maple Lake	26.47
26 Michael Davis	9	Tca/Great River	28.51
27 Owen Berg	9	Nla/Lila	29.21

Boys 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Dare Akinmusire	11	Nova Classical A	52.20
2 Cole Cummings	12	Mayer Lutheran	52.92
3 Joey Switch	12	Mayer Lutheran	54.26
4 Flynn Opatz	12	Mounds Park Aca	54.43
5 Eric Williams	10	Howard Lake-Wav	54.65
6 Nathan Harvanko	11	Mounds Park Aca	56.55
7 John Featherstone	11	Math & Science A	56.97
8 Justin Fobbe	12	Maple Lake	57.58
9 Solomon Abebayehu	12	Concordia Acaden	57.79
10 Zachary Kopp	12	Spectrum	57.96
11 Judah Rogers	10	Spectrum	58.08
12 Isaac Winters	12	Northwest Nighth	58.61
13 Cole Leukuma	10	Howard Lake-Wav	58.77
14 Ian Sandau	10	Concordia Acaden	59.68
15 Ricardo Murphy	9	Nla/Lila	59.91

16 Daniel Ruelas	10	Lester Prairie/H	1:00.06
17 Edgar Dominguez	10	Tca/Great River	1:00.29
18 Beau Schmidt	10	Lester Prairie/H	1:00.75
19 Curtis Piepkorn	12	Chof	1:00.77
20 Sean Cranston	12	Maple Lake	1:02.09
21 Sebastian Michael	9	Northwest Nighth	1:04.42
22 William Harms	9	Chof	1:04.83
23 Lars Croyle	8	Nla/Lila	1:20.04

Boys 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Matthew Helser	11	Spectrum	2:03.75
2 Tavin Zeise	11	Nova Classical A	2:06.28
3 Jaad Stout	10	Math & Science A	2:06.38
4 Caleb Rogers	11	Spectrum	2:07.05
5 Matthew Bourne	12	Mounds Park Aca	2:07.93
6 Grant Olson	11	Northwest Nighth	2:08.19
7 Isaiah Avery	11	New Life Academ	2:10.60
8 Cullen Moore	9	Mounds Park Aca	2:12.35
9 Seth Calcamuggio	9	Northwest Nighth	2:12.40
10 Ethan Winterfeldt	11	Concordia Acaden	2:12.55
11 Caleb Karg	9	Howard Lake-Wav	2:15.40
12 Will Krisko	10	Math & Science A	2:16.37
13 Gerrick Prine	12	Howard Lake-Wav	2:17.51
14 Joe Fynboh	10	Maple Lake	2:21.95
15 Alex Borner	11	New Life Academ	2:23.70
16 Eli Salonek	11	Mayer Lutheran	2:24.76
17 Jordan Mortenson	12	Maple Lake	2:26.64
18 Jared Harms	9	Chof	2:27.61
19 Micah Gertz	9	Concordia Acaden	2:32.93
20 Charlie Guggemos	9	Lester Prairie/H	2:33.24
21 Zach Zebell	9	Lester Prairie/H	2:37.15
22 Johann Albrecht	9	Chof	2:41.87
23 Ahmad McGruder	11	Tca/Great River	2:42.40
24 Justus Shimanski	7	Mayer Lutheran	2:50.39
25 Adonis Osborn	9	Tca/Great River	2:57.93
26 Austin Amborn	8	Nla/Lila	3:12.30
27 Garrett Rheault	7	Nla/Lila	3:48.18

Boys 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Henry Snider	11	Mounds Park Aca	4:41.03
2 Mike Miller	12	Maple Lake	4:43.91
3 Evan Lee	11	Lester Prairie/H	4:52.98
4 Gerrick Prine	12	Howard Lake-Wav	4:53.31
5 Nickolai Farber	8	Nova Classical A	4:54.84
6 Isak Nightingale	9	Mounds Park Aca	4:54.98
7 Jeremiah Gavin	9	Northwest Nighth	4:56.72
8 Nick Czanstowski	12	Howard Lake-Wav	4:58.61
9 Ryan Roberts	10	Nova Classical A	5:01.69
10 Zachary Reese	10	Spectrum	5:02.32
11 A.J. Ulwelling	12	Northwest Nighth	5:03.77
12 Domanic Dick	8	Spectrum	5:07.72
13 Ben Karel	11	Math & Science A	5:12.55

**Section 4A True Team
Howard-Lake/Waverly-Winsted - 5/7/2019
Results**

Finals ... (Boys 1600 Meter Run)

Name	Yr	School	Finals
14 Mccaleb Alleman	12	Chof	5:15.79
15 Josh Hoefs	10	Concordia Acaden	5:22.02
16 Ben Lewis	11	Maple Lake	5:23.99
17 Jared Harms	9	Chof	5:27.71
18 Jagar Hansen	11	Math & Science A	5:28.88
19 Zach Zebell	9	Lester Prairie/H	5:34.39
20 Teddy Newville	9	Concordia Acaden	5:44.52
21 Charlie Weiss	8	Nla/Lila	5:49.26
22 Kyle Winter	9	Mayer Lutheran	6:18.53
23 Edward Gronau	7	Tca/Great River	6:19.13
24 Austin Amborn	8	Nla/Lila	6:44.09
25 Jackson Heil	10	Mayer Lutheran	7:03.90

Boys 3200 Meter Run

Name	Yr	School	Finals
1 Henry Snider	11	Mounds Park Aca	9:53.70
2 Harris Anderson	11	Math & Science A	9:59.23
3 Luke Swanson	9	Northwest Nighth	10:03.57
4 Mike Miller	12	Maple Lake	10:32.47
5 Finn McCormick	9	Nova Classical A	10:34.61
6 Kyle Haben	9	Spectrum	10:38.93
7 Will Mattes	11	Math & Science A	10:49.98
8 Arman Church	10	Nova Classical A	11:04.88
9 Nick Czanstowski	12	Howard Lake-Wav	11:07.53
10 Peter Manolis	10	Mounds Park Acad	11:10.12
11 Sebastian Michael	9	Northwest Nighth	11:12.38
12 Noah Ritter	11	Spectrum	11:30.35
13 Chase Deiter	8	Howard Lake-Wav	11:38.08
14 Noah Hampton	11	Nla/Lila	11:41.91
15 Josh Hoefs	10	Concordia Acaden	11:44.56
16 Preston Alleman	11	Chof	11:52.08
17 Daniel Neutz	10	Maple Lake	12:01.91
18 Eric Lizalde	11	Mayer Lutheran	12:04.85
19 Teddy Newville	9	Concordia Acaden	12:50.38
20 Andrew Klesk	8	Nla/Lila	13:02.27
21 Zachary Otten	9	Chof	13:18.21
22 Edward Gronau	7	Tca/Great River	14:16.04
23 Luke Erdmann	9	Mayer Lutheran	15:42.31

Boys 110 Meter Hurdles

Name	Yr	School	Finals
1 Caden Zillmer	11	Howard Lake-Wav	15.89
2 Jack Klug	10	Maple Lake	17.40
3 Daryn Strub	12	Maple Lake	17.64
4 Earl Foster	11	Spectrum	18.03
5 Kieran Johnston	12	Chof	18.20
6 Spencer Lade	10	Howard Lake-Wav	18.22
7 Kaden Demer	11	Math & Science A	18.67
8 Barnabas Preble	12	Concordia Acaden	18.96
9 Dylan Dickinson	12	Mounds Park Aca	19.36
10 Ike Tacheny	11	Concordia Acaden	19.54
11 Charles Grimes	11	Mounds Park Aca	19.80

12 Ibrahima Diagne	10	Tca/Great River	20.18
13 Thaddeus Kuehn	9	Nla/Lila	20.27
14 Roman Garduno	10	Spectrum	20.39
15 Ricardo Murphy	9	Nla/Lila	20.69
16 Andy Kuhnau	11	Mayer Lutheran	21.17
17 Matthew Mendolia	9	Lester Prairie/H	21.43
18 Samuel Otten	11	Chof	22.60
19 Collin Manley	10	Mayer Lutheran	23.95

Boys 300 Meter Hurdles

Name	Yr	School	Finals
1 Caden Zillmer	11	Howard Lake-Wav	42.49
2 Daryn Strub	12	Maple Lake	42.54
3 Jack Klug	10	Maple Lake	43.50
4 Barnabas Preble	12	Concordia Acaden	44.07
5 Alex Stuedeman	12	Mayer Lutheran	44.86
6 Spencer Lade	10	Howard Lake-Wav	45.52
7 Earl Foster	11	Spectrum	45.69
8 Kieran Johnston	12	Chof	46.28
9 Dylan Dickinson	12	Mounds Park Aca	46.76
10 Noah Ritter	11	Spectrum	47.24
11 Matt Curtice	11	Math & Science A	47.66
12 Charles Grimes	11	Mounds Park Aca	49.43
13 Ike Tacheny	11	Concordia Acaden	49.71
14 Eric Lizalde	11	Mayer Lutheran	49.73
15 Samuel Otten	11	Chof	49.73
16 Noah Hampton	11	Nla/Lila	51.38
17 Steve Petzold	10	Northwest Nighth	51.42
18 Charlie Weiss	8	Nla/Lila	53.56
19 Edgar Dominguez	10	Tca/Great River	53.79
20 Harris Anderson	11	Math & Science A	54.26
21 Evin Corrigan	9	Nova Classical A	55.32
22 Victor Spencer	9	Northwest Nighth	59.69

Boys 4x100 Meter Relay

Team	Relay	Finals
1 Nova Classical A		46.75
1) Henry Greenfield 12	2) Dhayalan Balasubramanian 9	
3) Felix McNally 11	4) Tobias Liu 10	
2 Mounds Park Academy		46.82
1) Tae'Vion Wilkins 12	2) Ian Olson 12	
3) Nick Sajevic 10	4) Shane Fruchterman 11	
3 Howard Lake-Wave		47.49
1) AJ Gatz 10	2) Remington Albright 11	
3) Jacob Rheault 10	4) Quinn Mathisen 11	
4 Mayer Lutheran		47.54
1) Kaleb Winter 12	2) John Nygaard 12	
3) Andy Kuhnau 11	4) Baden Noennig 12	
5 Maple Lake		48.87
1) Nathan Paumen 9	2) Kingsley Ocoro 7	
3) Charlie Berndt 10	4) Riley Hall 8	
6 Spectrum		48.97
1) Brendan Perkins 9	2) Caleb Sorensen 12	
3) Bryce Bozich 11	4) Roman Garduno 10	

Section 4A True Team
Howard-Lake/Waverly-Winsted - 5/7/2019
Results

Finals ... (Boys 4x100 Meter Relay)		
Team	Relay	Finals
7 Concordia Academ		49.90
1) Solomon Abebayehu 12	2) Josiah Nielsen 11	
3) Aaron TerHaar 11	4) David Lopez 9	
8 Chof		50.00
1) August Eckman 11	2) Drake Eckman 10	
3) Deven Schuett 10	4) Steven Schutz 10	
9 Nla/Lila		50.58
1) Nathan Dufour 12	2) Elijah Lawson 9	
3) Carter Dahlstrom 10	4) Hunter Brandel 12	
10 Lester Prairie/H		52.79
1) David Dahn Gr	2) Brian Vega 10	
3) Adrian Montano 10	4) Michael Dietz 12	
11 Northwest Nighthawks		53.31
1) Kimbel Linebaugh 10	2) Joe Winters 9	
3) Mason Becker 9	4) Victor Spencer 9	

Boys 4x200 Meter Relay		
Team	Relay	Finals
Finals		
1 Mayer Lutheran		1:37.33
1) Joe Welk 11	2) John Nygaard 12	
3) Baden Noennig 12	4) Cole Cummings 12	
2 Concordia Academ		1:37.47
1) Emmet Heck 12	2) Barnabas Preble 12	
3) Aaron TerHaar 11	4) Jaden Quast 10	
3 Howard Lake-Wave		1:37.93
1) Remington Albright 11	2) Eric Williams 10	
3) Zach Koosman 11	4) Collin Boese 8	
4 Mounds Park Academy		1:38.32
1) Shane Fruchterman 11	2) Ian Olson 12	
3) Nathan Harvanko 11	4) Flynn Opatz 12	
5 Maple Lake		1:43.07
1) Nathan Paumen 9	2) Charlie Berndt 10	
3) Kingsley Ocoro 7	4) Brayden Belanger 10	
6 Spectrum		1:43.98
1) Brendan Perkins 9	2) Caleb Sorensen 12	
3) Bryce Bozich 11	4) Max Reis 9	
7 Nova Classical A		1:45.93
1) Will Shea 9	2) Parker Oelrich 9	
3) Benny Kleingarn 9	4) Dhayalan Balasubramanian 5	
8 Northwest Nighthawks		1:46.13
1) Nate Kilsdonk 11	2) Isaac Winters 12	
3) Grant Becker 10	4) Kimbel Linebaugh 10	
9 Nla/Lila		1:48.12
1) Tallen Johnson 12	2) Elijah Lawson 9	
3) Matteo Sosa 10	4) Nathan Dufour 12	
10 Tca/Great River		1:51.65
1) Michael Davis 9	2) Adonis Osborn 9	
3) Ahmad McGruder 11	4) Edgar Dominguez 10	
11 Lester Prairie/H		1:52.52
1) Adrian Montano 10	2) Brian Vega 10	
3) Charlie Guggemos 9	4) Mathew Wood 10	

---	Chof	DQ
1) August Eckman 11	2) Erik Strandlund 12	
3) Nicholas Otten 12	4) Isaac Collins 11	

Boys 4x400 Meter Relay		
Team	Relay	Finals
Finals		
1 Spectrum		3:36.12
1) Caleb Rogers 11	2) Desmond Orton 12	
3) Connor Reed 12	4) Matthew Helser 11	
2 Nova Classical A		3:40.30
1) Tavin Zeise 11	2) Tobias Liu 10	
3) Noah Johnson 11	4) Dare Akinmusire 11	
3 Mayer Lutheran		3:40.47
1) Harry Green 12	2) Joey Switch 11	
3) Cole Cummings 12	4) Sam Olson 10	
4 Howard Lake-Wave		3:43.33
1) Caden Zillmer 11	2) Gerrick Prine 12	
3) Cole Leukuma 10	4) William Soley 10	
5 Mounds Park Academy		3:44.79
1) Nathan Harvanko 11	2) Matthew Bourne 12	
3) Cullen Moore 9	4) Henry Peterson 12	
6 Maple Lake		3:45.82
1) Daryn Strub 12	2) Jack Klug 10	
3) Justin Fobbe 12	4) Mike Miller 12	
7 Concordia Academ		3:53.37
1) Ethan Winterfeldt 11	2) Jake Kato 11	
3) Ian Sandau 10	4) Solomon Abebayehu 12	
8 Chof		3:53.56
1) Nicholas Otten 12	2) Mccaleb Alleman 12	
3) Samuel Otten 11	4) Kieran Johnston 12	
9 Math & Science A		4:00.82
1) Charlie Eng 11	2) Theo Kroells 10	
3) Ben Karel 11	4) Jaad Stout 10	
10 New Life Academy		4:02.12
1) Caden Thornton 11	2) Simon Swenson 9	
3) Alex Borner 11	4) Isaiah Avery 11	
11 Northwest Nighthawks		4:02.74
1) Phillip Kippley 12	2) Jeremiah Gavin 9	
3) A.J. Ulwelling 12	4) Seth Calcamuggio 9	
12 Lester Prairie/H		4:08.59
1) Simon Mendoza 11	2) Beau Schmidt 10	
3) Charlie Guggemos 9	4) Mathew Wood 10	
13 Nla/Lila		4:44.33
1) Jose Murphy 9	2) Gabe Fry 8	
3) Austin Amborn 8	4) Ricardo Murphy 9	

Boys 4x800 Meter Relay		
Team	Relay	Finals
Finals		
1 Nova Classical A		8:30.42
1) Anthony Shea 11	2) Noah Johnson 11	
3) Tavin Zeise 11	4) Dare Akinmusire 11	
2 Northwest Nighthawks		8:34.04
1) Phillip Kippley 12	2) Jeremiah Gavin 9	
3) Grant Olson 11	4) Luke Swanson 9	

Section 4A True Team
Howard-Lake/Waverly-Winsted - 5/7/2019
Results

Finals ... (Boys 4x800 Meter Relay)		
Team	Relay	Finals
3 Mounds Park Academy		8:34.78
1) Henry Peterson 12	2) Cullen Moore 9	
3) Isak Nightingale 9	4) Matthew Bourne 12	
4 Spectrum		8:51.51
1) Desmond Orton 12	2) Zachary Reese 10	
3) Judah Rogers 10	4) Noah Ritter 11	
5 Howard Lake-Wave		9:12.94
1) Drew Burau 9	2) Diego Kurst 10	
3) Preston Helgeson 9	4) Cole Leukuma 10	
6 Chof		9:18.47
1) Mccaleb Alleman 12	2) Curtis Piepkorn 12	
3) Preston Alleman 11	4) Nicholas Otten 12	
7 Mayer Lutheran		9:31.06
1) Harry Green 12	2) Eli Salonek 11	
3) Kyle Winter 9	4) Sam Olson 10	
8 Maple Lake		9:48.95
1) Jordan Mortenson 12	2) Justin Fobbe 12	
3) Joe Fynboh 10	4) Sean Cranston 12	
9 Math & Science A		9:58.31
1) Will Krisko 10	2) Jagar Hansen 11	
3) Ben Karel 11	4) Theo Kroells 10	
10 Concordia Academ		10:15.49
1) Johnny Knight 9	2) Ryan Kroonblawd 11	
3) Luke Daenzer 9	4) Micah Gertz 9	
11 Nla/Lila		10:25.68
1) Charlie Weiss 8	2) Andrew Klesk 8	
3) Blade Geerman 8	4) Noah Hampton 11	

Boys High Jump			
Name	Yr	School	Finals
Finals			
1 Yahya Madar	12	Mounds Park Aca	6-07.00
2 Baden Noennig	12	Mayer Lutheran	5-10.00
3 Kaden Demer	11	Math & Science A	5-08.00
4 Spencer Lade	10	Howard Lake-Wav	5-08.00
5 Luke Raymond	12	Concordia Acaden	5-08.00
6 Drake Eckman	10	Chof	5-06.00
6 Steven Schutz	10	Chof	5-06.00
8 Earl Foster	11	Spectrum	5-06.00
9 Carson Woolhouse	10	Howard Lake-Wav	5-06.00
10 Simon Swenson	9	New Life Academ	5-06.00
11 Max Reis	9	Spectrum	5-04.00
12 Matt Curtice	11	Math & Science A	5-04.00
13 Elijah Rust	9	Concordia Acaden	5-04.00
14 Jordan Mortenson	12	Maple Lake	5-02.00
15 Collin Manley	10	Mayer Lutheran	5-02.00
15 Charlie Berndt	10	Maple Lake	5-02.00
17 Benny Kleingarn	9	Nova Classical A	5-00.00
18 Quincy Lewis	11	Mounds Park Aca	4-10.00
19 Daniel Ruelas	10	Lester Prairie/H	4-10.00
20 Victor Spencer	9	Northwest Nighth	4-08.00
21 Kimbel Linebaugh	10	Northwest Nighth	4-08.00
22 Zach Zebell	9	Lester Prairie/H	4-06.00
23 James Burns	9	Nla/Lila	4-00.00

23 Owen Berg	9 Nla/Lila	4-00.00
--------------	------------	---------

Boys Pole Vault			
Name	Yr	School	Finals
Finals			
1 Nicholas Otten	12	Chof	11-06.00
2 Parker Helmbrecht	10	Howard Lake-Wa	10-09.00
3 Elijah Orton	7	Spectrum	10-09.00
4 Sean Cranston	12	Maple Lake	10-03.00
5 Earl Foster	11	Spectrum	9-09.00
6 Nate Griffin	11	Concordia Acaden	9-09.00
7 John Nygaard	12	Mayer Lutheran	9-03.00
8 Aaron TerHaar	11	Concordia Acaden	9-03.00
9 Ryan Tutchtenhagen	11	Howard Lake-Wav	8-09.00
10 Daniel Neutz	10	Maple Lake	8-06.00
11 Eli Salonek	11	Mayer Lutheran	8-06.00
12 William Harms	9	Chof	7-03.00

Boys Long Jump			
Name	Yr	School	Finals
Finals			
1 Joey Switch	11	Mayer Lutheran	21-10.00
2 Joe Welk	11	Mayer Lutheran	21-01.00
3 Erik Strandlund	12	Chof	20-09.00
4 Remington Albright	11	Howard Lake-Wa	20-06.00
5 Isaac Collins	11	Chof	20-03.00
6 Simon Swenson	9	New Life Academ	19-11.00
7 Spencer Lade	10	Howard Lake-Wa	19-10.50
8 Elias Aberra	10	Spectrum	19-06.50
9 Kaden Demer	11	Math & Science A	19-01.50
10 Jaden Quast	10	Concordia Acaden	18-06.50
11 Hunter Brandel	12	Nla/Lila	18-03.50
12 Matt Curtice	11	Math & Science A	17-09.50
13 Quincy Lewis	11	Mounds Park Aca	17-04.50
14 Ibrahim Diagne	10	Tca/Great River	17-04.00
15 Steve Petzold	10	Northwest Nighth	17-04.00
16 Nathan Harvanko	11	Mounds Park Aca	17-02.25
17 Benny Kleingarn	9	Nova Classical A	16-10.00
18 Joe Fynboh	10	Maple Lake	16-10.00
19 Riley Severson	9	Maple Lake	16-08.00
20 Nathan Dufour	12	Nla/Lila	16-07.50
21 Max Reis	9	Spectrum	16-01.00
22 Solomon Abebayehu	12	Concordia Acaden	15-07.00
23 Will Shea	9	Nova Classical A	15-04.50
24 Daniel Ruelas	10	Lester Prairie/H	14-07.50
25 Nate Kilsdonk	11	Northwest Nighth	13-02.00
--- Andrew Mendoza	9	Lester Prairie/H	FOUL

Boys Triple Jump			
Name	Yr	School	Finals
Finals			
1 Elias Aberra	10	Spectrum	41-00.00
2 Erik Strandlund	12	Chof	40-05.50
3 Joey Switch	11	Mayer Lutheran	39-09.50
4 Curtis Piepkorn	12	Chof	39-07.00
5 Tae'Vion Wilkins	12	Mounds Park Aca	38-11.75

Section 4A True Team
Howard-Lake/Waverly-Winsted - 5/7/2019
Results

Finals ... (Boys Triple Jump)

Name	Yr	School	Finals
6 Caden Zillmer	11	Howard Lake-Wa	38-10.50
7 Joe Welk	11	Mayer Lutheran	38-00.00
8 Jaden Quast	10	Concordia Academ	37-10.00
9 Daryn Strub	12	Maple Lake	37-02.00
10 Kaden Demer	11	Math & Science A	36-11.00
11 Matt Curtice	11	Math & Science A	36-10.50
12 Dylan Dickinson	12	Mounds Park Aca	36-09.50
13 AJ Gatz	10	Howard Lake-Wa	35-02.25
14 Jake Kato	11	Concordia Academ	35-01.50
15 Matthew Mendolia	9	Lester Prairie/H	35-01.00
16 Jordan Mortenson	12	Maple Lake	34-09.50
17 Steve Petzold	10	Northwest Nighth	33-08.00
18 Jairus Sorensen	8	Spectrum	33-02.00
19 Noah Hampton	11	Nla/Lila	30-08.50
20 Mason Becker	9	Northwest Nighth	28-11.50
21 Tallen Johnson	12	Nla/Lila	28-06.50

Boys Shot Put

Name	Yr	School	Finals
1 Quinn Mathisen	11	Howard Lake-Wa	40-11.50
2 Kaleb Winter	12	Mayer Lutheran	39-08.00
3 Zachary Kopp	12	Spectrum	38-06.25
4 Duke Iverson	11	Nova Classical A	38-05.00
5 Joe Schanus	11	Howard Lake-Wa	38-04.00
6 Evan Larsen	10	Concordia Academ	37-11.25
7 Wyatt Jacobs	12	Maple Lake	37-06.50
8 Connor Reed	12	Spectrum	36-07.00
9 Matthew Fasching	12	Lester Prairie/H	35-10.50
10 Preston Alleman	11	Chof	34-01.75
11 Braden Peterson	9	Maple Lake	33-11.75
12 Alton Proctor	11	Math & Science A	33-07.75
13 Zakariah Rogers	11	Nova Classical A	33-01.50
14 Grant Becker	10	Northwest Nighth	32-02.00
15 Aubrey White	10	Concordia Academ	30-07.75
16 Isaiah Favorite	11	Mayer Lutheran	30-05.25
17 Ahmad McGruder	11	Tca/Great River	30-00.00
18 Zachary Linebaugh	9	Northwest Nighth	29-09.50
19 Logan Roush	10	Lester Prairie/H	29-04.75
20 Deven Schuett	10	Chof	28-10.00
21 Shane Fruchterman	11	Mounds Park Aca	28-08.00
22 Carter Dahlstrom	10	Nla/Lila	27-05.25
23 Lleyton Meier	9	New Life Academ	26-09.00
24 Kalile Hainey	9	Math & Science A	25-11.75
25 Jose Murphy	9	Nla/Lila	25-09.75
26 Andrew Mosely	10	Mounds Park Aca	25-05.75

Boys Discus Throw

Name	Yr	School	Finals
1 Quinn Mathisen	11	Howard Lake-Wav	142-04
2 Alton Proctor	11	Math & Science A	123-11
3 Kaleb Winter	12	Mayer Lutheran	119-04
4 Zachary Kopp	12	Spectrum	116-05

5 Joe Schanus	11	Howard Lake-Wav	108-04
6 Caleb Sorensen	12	Spectrum	107-02
7 Austin Bonk	12	Mayer Lutheran	102-04
8 Evan Larsen	10	Concordia Academ	100-02
9 Zakariah Rogers	11	Nova Classical A	99-09
10 Duke Iverson	11	Nova Classical A	99-08
11 Matthew Fasching	12	Lester Prairie/H	96-01
12 Wyatt Jacobs	12	Maple Lake	95-00
13 Michael Dietz	12	Lester Prairie/H	93-04
14 Lleyton Meier	9	New Life Academ	86-11
15 Grant Becker	10	Northwest Nighth	85-03
16 Braden Peterson	9	Maple Lake	83-06
17 Isaac Ursel	9	Concordia Academ	80-02
18 Shane Fruchterman	11	Mounds Park Aca	79-02
19 Kalile Hainey	9	Math & Science A	78-05
20 Zachary Linebaugh	9	Northwest Nighth	75-09
21 Kieran Johnston	12	Chof	70-07
22 Carter Dahlstrom	10	Nla/Lila	69-09
23 Tallen Johnson	12	Nla/Lila	65-03
24 Nick Sajevic	10	Mounds Park Aca	62-08

Women - Team Rankings - 18 Events Scored

1) Maple Lake	829.5
2) Howard Lake-Waverly-Winsted	773
3) Concordia Academy-Roseville	684
4) Spectrum	620
5) Mounds Park Academy	595.5
6) NLA/LILA	425
7) Northwest Nighthawks	409
8) New Life Academy of Woodbury	362
9) Lester Prairie/Holy Trinity	361
10) Nova Classical Academy	356
11) Mayer Lutheran	344.5
12) Christs Household Of Faith	319.5
13) Math & Science Academy	233
14) Twin Cities Academy/Great Ri	159

Men - Team Rankings - 18 Events Scored

1) Howard Lake-Waverly-Winsted	741
2) Spectrum	724
3) Mayer Lutheran	617.5
4) Mounds Park Academy	610
5) Maple Lake	600.5
6) Concordia Academy-Roseville	586
7) Christs Household Of Faith	508
8) Nova Classical Academy	490
9) Math & Science Academy	475
10) Northwest Nighthawks	390
11) NLA/LILA	303
12) Lester Prairie/Holy Trinity	274
13) New Life Academy of Woodbury	138
14) Twin Cities Academy/Great Ri	130