

2023 Minnetonka Boys Track and Field State Meet Addendum

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MSHSL STATE MEET 2ND PLACE



Congratulations on a GREAT Minnetonka Tonka Track & Field Season



NEW AAA STATE MEET and MINNESOTA ALL TIME BEST 4x100 RELAY

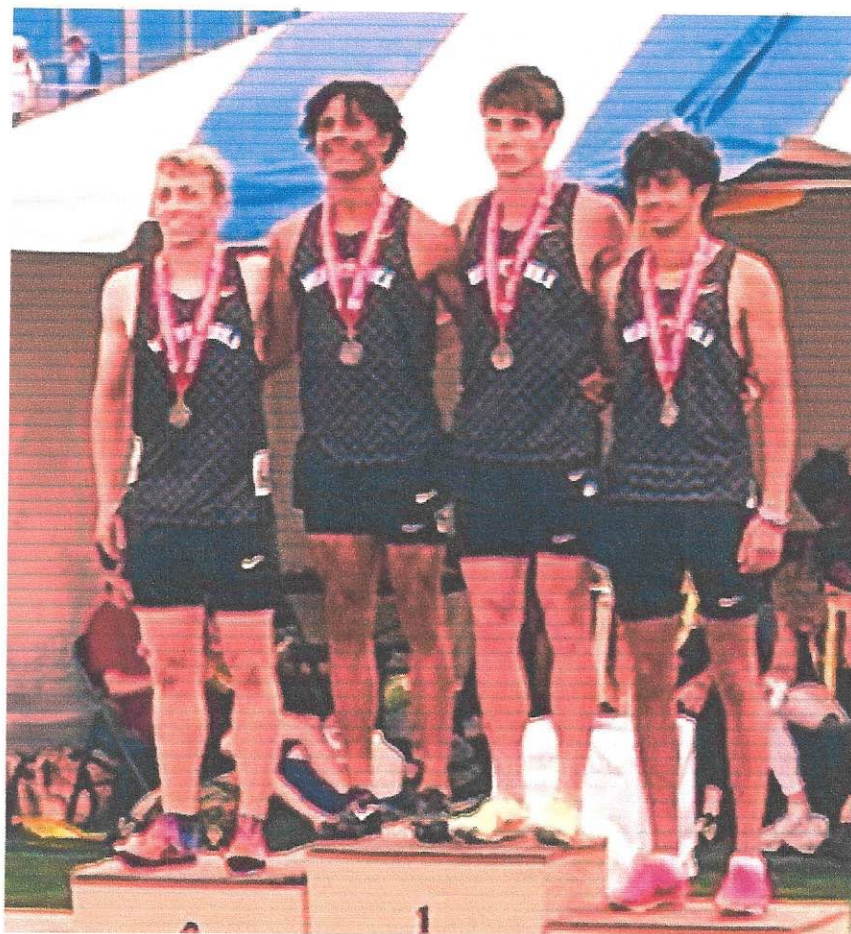
41.28

Lucas Poey

Tobias Williams

Cosmo Guion

Will Hairston



A RECORD BREAKING SEASON

NEW RECORD			OLD RECORD		
100 M	10.47	Tobias Williams	10.72	Vance Barnes	2015
200 M	21.29	Tobias Williams	21.63	Vance Barnes	2015
1600M	4:14.48	Max Westerlund	4:16.41	Will Leer	2003
4x100 R	41.28	Lucas Poey Tobias Williams Cosmo Guion Will Hairston	41.79	Goodness Akindemowo Paul Afflito Jack Samuelson Vance Barnes	2015
4x800 R	7:52.46	James Thomas Ryan Fries Max Westerlund Nick Gilles	7:55.94	Tom Kooy Brian Angle John Horner John Lawton	1980

Other Entries and Relay Alternates in the State Meet

Dave Allred

Macclaine Boge

Sean Fries

Alex Gonikman

Hadi Ibrahim

Tanner Smith

Jack Taddy

State Meet On the Podium (ALL STATE)

100 M - 1st Place

Tobias Williams



200 M - 2nd Place

Tobias Williams



1600 M - 6th Place

Max Westerlund



3200 M

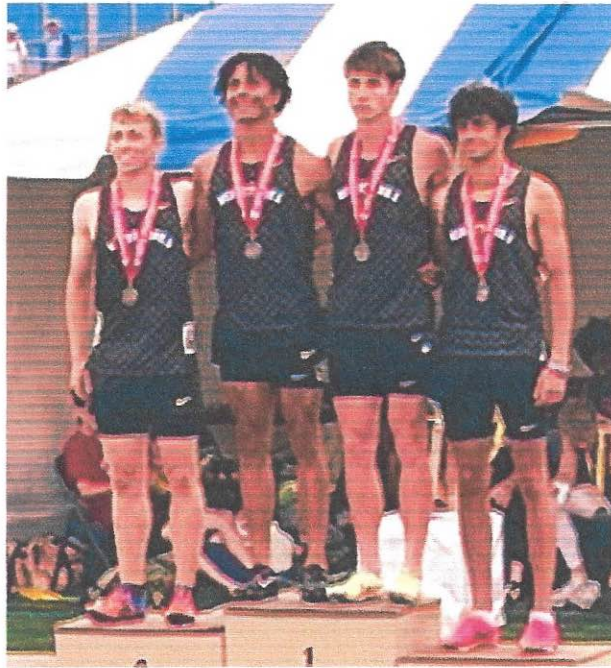
Nick Oiles - 8th Place

Max Westerlund - 6th Place



4x100 Relay - 2nd Place

Lucas Poey, Tobias Williams, Cosmo Gulon, Will Hairston



4x400 Relay - 5th Place

Cosmo Gulon, Nick Gilles, Tanner McPherson, Will Hairston



4x800 Relay - 3rd Place

Nick Oiles, Ryan Fries, James Thomas, Jackson Downin



Long Jump - 9th Place

Lucas Poey



Meet Performances State Meet

Meet Date - 6/8/2023

Minnetonka High School
Boys Outdoor 2023
Printed on 6/11/2023 at 10:57am

Team Result

2nd place out of 52 teams - 56.0 points

100M

Williams, Tobias	10.47	1st place	12 points
Williams, Tobias	10.84 (Trials)		

200M

Williams, Tobias	21.29	2nd place	10 points
Williams, Tobias	22.03 (Trials)		

300IH

Allred, David	40.75 (Trials)		
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1600M

Westerlund, Max	4:19.15	6th place	4 points
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3200M

Westerlund, Max	9:13.54	6th place	4 points
Gilles, Nick	9:24.19	8th place	2 points

Long Jump

Poey, Lucas	21-10.00	9th place	1 point
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Shot Put

Smith, Tanner	43-01.75		
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4X100M

41.28 (Trials Team)

1	Poey, Lucas
2	Williams, Tobias
3	Guion, Cosmo
4	Hairston, William

41.71	2nd place	10 points
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1	Poey, Lucas
2	Williams, Tobias
3	Guion, Cosmo
4	Hairston, William

4X200M

3.22.11 (Trials Team)

1	Hairston, William
2	Gilles, Nick
3	Guion, Cosmo
4	McPherson, Tanner

4X400M

3:22.80 5th place 5 points

1	Hairston, William
2	Gilles, Nick
3	Guion, Cosmo
4	McPherson, Tanner

4X800M

7:58.48 3rd place 8 points

1	Fries, Ryan
2	Downin, Jackson
3	Thomas, James
4	Gilles, Nick