

# Mayo Triangular Results (MHS, WHS, CHS) 4/23/19

## 100 Meters Varsity - Finals X

1. 10 Demonte Simmons	11.23aPR	Rochester Mayo
2. 9 Noah Smith	11.57aPR	Rochester Mayo
3. 9 Leian Mulatre	11.93aPR	Rochester Mayo
4. 11 Jackson Nibbelink	11.96aPR	Winona
5. 12 Isaiah Tamte	11.98aSR	Rochester Century
6. 10 Jack Butrum	11.99aPR	Rochester Mayo
7. 12 Isaiah Chhin	12.00a	Rochester Mayo
8. 12 Daniel Meier	12.06aPR	Winona
9. 9 Cole Elbing	12.33aPR	Rochester Century
10. 10 Adam Kimmes	12.34aPR	Rochester Century
11. 11 Kyle Alexander	12.41aPR	Rochester Mayo
12. 10 Mason Greseth	12.49aPR	Rochester Mayo
13. 7 Carter Holcomb	12.51aPR	Rochester Mayo
14. 9 David Caynor	12.56aSR	Rochester Mayo
15. 10 Derek Shamblin	12.59aSR	Rochester Century
16. 8 Caleb Socwell	12.73aPR	Rochester Mayo
17. 10 Ignacio Michelena	12.74aPR	Rochester Mayo
18. 10 Jacob Watson	12.74aPR	Rochester Century
19. 9 Ayden Messmer	12.77aPR	Rochester Mayo
20. 11 Francisco Martinez	12.83aSR	Rochester Mayo
21. 9 Grant Yolch	12.92aPR	Rochester Century
22. 10 Tommy Tankhamvang	12.93aPR	Rochester Century
23. 9 Nathan Meier	12.94aPR	Rochester Century
24. 9 Dominic Stencel	13.06aPR	Rochester Mayo
25. 9 Yaih Marial	13.14aPR	Rochester Mayo
26. 10 Dominic Presa	13.33aPR	Rochester Mayo
27. 9 Dakota Erdman	13.40aPR	Rochester Mayo
28. 9 Bennett Ellsworth	13.56aPR	Rochester Mayo
29. 9 Damian Gerads	13.58aPR	Rochester Century
30. 9 Devin LaPolice	13.71aPR	Rochester Mayo
31. 11 John Weisenbeck	13.78a	Rochester Mayo
32. 9 Aydin Lancaster	13.79aPR	Rochester Century
33. 7 Gabriel Lovric	13.84aPR	Rochester Century
34. 8 Nathan Nelson	13.92aPR	Rochester Century
35. 9 Ryann Lindner	13.99aPR	Rochester Century
36. 7 Shaun Wysocki	14.04aPR	Rochester Century
37. 9 Nolyn Martinson	14.24a	Rochester Mayo
38. 7 Jacob Wills	14.27aPR	Rochester Century
39. 10 Bryce Cummings	14.36aPR	Winona
40. 9 Assad Mohamed	14.58aPR	Rochester Mayo
41. 7 Ethan Casey	14.66aPR	Rochester Century
42. 9 Matthew Myren	15.11aPR	Rochester Mayo
43. 9 Ethan Wills	15.24aPR	Rochester Century
44. 7 Wyatt Grubbs	15.29aPR	Rochester Century
45. 9 Hassan Abdimalik	15.62aPR	Rochester Mayo
46. 11 Keegan Ernste	16.02aPR	Rochester Mayo
47. 9 Caden DeJong	17.03aPR	Rochester Mayo

48. 10 Eric Cajigas	19.25aPR	Rochester Century
-- 11 Ethan Irvin	DQ	Rochester Mayo
-- 11 Zachary Andreen	DQ	Rochester Mayo

### 200 Meters [Varsity](#) - Finals X

1. 10 Isaiah Huber	23.03aPR	Rochester Century
2. 12 Steven Nah	23.16aSR	Rochester Century
3. 9 Noah Smith	23.77a	Rochester Mayo
4. 10 Demonte Simmons	23.85aPR	Rochester Mayo
5. 10 Ethan Vanderwaerdт	24.70aPR	Rochester Mayo
6. 12 Daniel Meier	24.89aPR	Winona
7. 11 Jorge Olvera	25.15aPR	Winona
8. 12 Levi Schewe	25.30a	Winona
9. 8 Jared Roberson	25.45aPR	Rochester Mayo
10. 10 Adam Kimmes	25.49aPR	Rochester Century
11. 11 Zachary Man	25.70aPR	Rochester Century
12. 10 Eric Cajigas	25.76aPR	Rochester Century
13. 12 Fernando Castanon Duran	26.05a	Winona
14. 10 Donaven Johnson	26.33aPR	Rochester Century
15. 11 Francisco Martinez	26.42aSR	Rochester Mayo
16. 9 David Caynor	26.55a	Rochester Mayo
17. 10 Coltan Rasmussen	26.67a	Winona
18. 10 Ignacio Michelena	26.76aPR	Rochester Mayo
19. 9 Thomas Modjeski	26.77a	Winona
20. 10 Reece Jensen	27.33aSR	Rochester Century
21. 10 Zachary Motz	27.33a	Winona
22. 12 Terrell Hall	27.52a	Winona
23. 10 John Hurt	27.66a	Rochester Mayo
24. 7 Gabriel Lovric	27.67aPR	Rochester Century
25. 9 Bennett Ellsworth	28.80a	Rochester Mayo
26. 12 Isaac Dulek	28.84aPR	Winona
27. 10 Bryce Cummings	29.82aSR	Winona
28. 8 Nathan Nelson	29.91aSR	Rochester Century
29. 9 Nolyn Martinson	30.09aPR	Rochester Mayo
30. 10 Ahn McGeeney	30.30aPR	Rochester Mayo
31. 9 Ethan Wills	31.75aPR	Rochester Century

### 400 Meters [Varsity](#) - Finals X

1. 12 Steven Nah	51.89aSR	Rochester Century
2. 10 Ethan Vanderwaerdт	55.66aPR	Rochester Mayo
3. 9 Leian Mulatre	57.17a	Rochester Mayo
4. 8 Jared Roberson	57.58aPR	Rochester Mayo
5. 12 Levi Schewe	57.82a	Winona
6. 11 Kyle Alexander	57.93aPR	Rochester Mayo
7. 11 Jorge Olvera	58.05aPR	Winona
8. 12 Andrew Lemmer	58.56aSR	Winona
9. 11 Zachary Man	58.57aPR	Rochester Century
10. 9 Ayden Messmer	59.59aPR	Rochester Mayo
11. 10 Jack Elfstrand	59.64aPR	Rochester Mayo

12. 10	Hans Larsen	59.83aPR	Winona
13. 11	Noah Decker	1:00.04aPR	Rochester Mayo
14. 12	Braden Fritz	1:00.97a	Winona
15. 10	Ignacio Michelena	1:01.15aPR	Rochester Mayo
16. 10	Samuel Gathje	1:02.30aPR	Rochester Mayo
17. 10	Zachary Motz	1:02.37aPR	Winona
18. 11	Asa Cummings	1:04.68aPR	Rochester Mayo
19. 7	Carson Skime	1:05.95aPR	Rochester Century
20. 12	Isaac Dulek	1:07.42a	Winona

## 800 Meters Varsity - Finals X

1. 10	Satoshi Ishizaki	2:11.23aPR	Winona
2. 11	Gabriel Hanson	2:11.68aSR	Rochester Century
3. 12	Joseph Ruff	2:12.52aPR	Rochester Century
4. 9	Tyler White	2:13.35aPR	Rochester Century
5. 11	Ryan Meyer	2:15.83aSR	Winona
6. 12	Peter Mullady	2:18.46aPR	Rochester Century
6. 10	Markus Melsness	2:18.46a	Rochester Century
8. 11	Maxwell Cothern	2:18.70a	Rochester Mayo
9. 10	William Roden	2:21.17aPR	Rochester Mayo
10. 10	Ryan Horton	2:21.77aPR	Rochester Century
11. 11	Zachary Reuter	2:23.63aPR	Winona
12. 9	Luke Attlesey	2:23.91aPR	Rochester Century
13. 9	Benjamin Timmerman	2:24.00aPR	Rochester Mayo
14. 9	Ethan Binnicker	2:24.71aPR	Rochester Century
15. 10	Cardon Leske	2:26.66aPR	Rochester Century
16. 12	William Dean	2:27.08aPR	Rochester Mayo
17. 10	Tate Goretzke	2:33.98a	Rochester Mayo
18. 11	Mason Pretzer	2:34.57a	Rochester Mayo
19. 10	Sammy Murad	2:38.81aPR	Rochester Mayo
20. 10	Wyatt Murphy	2:39.43aPR	Rochester Mayo
21. 10	Alexander Garland	2:42.32aPR	Rochester Mayo
22. 9	Akhil Kollengode	3:20.89a	Rochester Mayo
-- 11	Kolby Johnson	NT	Winona

## 1600 Meters Varsity - Finals X

1. 10	Cody Peterson	4:43.23aSR	Winona
2. 10	William Roden	4:53.64aPR	Rochester Mayo
3. 10	Seth Hill	4:58.80a	Rochester Century
4. 11	Zachary Reuter	5:02.36aPR	Winona
5. 11	Benjamin Larson	5:06.06aSR	Rochester Century
6. 11	Benjamin Ritz	5:06.14aPR	Rochester Century
7. 11	Eric Welch	5:10.55aPR	Rochester Century
8. 10	Ian Thompson	5:11.57aPR	Rochester Century
9. 10	Ryan Horton	5:12.67aPR	Rochester Century
10. 9	Ethan Binnicker	5:15.57aPR	Rochester Century
11. 10	Lucas Neisen	5:17.13aPR	Rochester Mayo
12. 9	Graham Sine	5:17.42aPR	Rochester Mayo
13. 9	Benjamin Timmerman	5:19.79aPR	Rochester Mayo

14. 7	Justin Sutton	5:20.20aPR	Rochester Century
15. 9	Luke Attlesey	5:21.25aPR	Rochester Century
16. 9	Matthew Hadad	5:21.47aPR	Rochester Mayo
17. 7	Reid Weckwerth	5:23.18aPR	Rochester Century
18. 11	Cole Beetcher	5:27.63aPR	Rochester Mayo
19. 10	John Hurt	5:33.56aPR	Rochester Mayo
20. 10	Tate Goretzke	5:33.92aPR	Rochester Mayo
21. 10	Sammy Murad	5:35.36aPR	Rochester Mayo
22. 8	Tait Deedrick	5:44.99aPR	Rochester Century
23. 9	Senam Kebede	7:02.98a	Rochester Mayo

### 3200 Meters Varsity - Finals X

1. 11	Carter Briggs	10:05.89aSR	Winona
2. 12	Colten Brand	10:07.45aSR	Winona
3. 10	Seth Hill	10:34.21aPR	Rochester Century
4. 10	Jason Dong	10:36.58aPR	Rochester Century
5. 9	Carter Poncelet	10:40.90aPR	Rochester Century
6. 10	Lance Pfrimmer	10:56.22aPR	Rochester Mayo
7. 10	Joshua Brunholzl	11:16.38aSR	Rochester Century
8. 8	Levi Hanson	11:17.03aPR	Rochester Mayo
9. 9	Matthew Hadad	11:57.58a	Rochester Mayo
10. 9	Gavin Nelson	13:30.86aPR	Winona

### 100m Hurdles - 33" Varsity - Finals X

1. 12	Andrew Coleman	15.95aPR	Rochester Century
2. 12	Elijah Swift	16.45aPR	Rochester Century
3. 9	Cayden Holcomb	16.64aPR	Rochester Mayo
4. 10	Warsame Abdi	18.97aPR	Rochester Century
5. 10	James Molitor	19.76aPR	Winona
6. 9	Spencer Pearson	20.50aPR	Rochester Mayo
7. 10	Truman Dangerfield	20.64aPR	Rochester Century
8. 9	Austin Crane	20.67aPR	Rochester Century
9. 9	Maxwell Vande Kieft	20.78aPR	Rochester Mayo
10. 8	Douglas Lee	20.79aPR	Rochester Century
11. 10	Deandre Van	20.85aPR	Rochester Century
12. 10	Daniel Florness	21.93aPR	Winona
13. 9	Jay Whitney	22.22aPR	Rochester Century
14. 7	Elijah Thompson	22.29aPR	Rochester Century
15. 9	Joshua Marquardt	22.41aPR	Rochester Century
16. 9	John Amusan	22.92aPR	Rochester Century
17. 9	Jerry Jerabek	25.42aPR	Rochester Century
-- 8	Ashton Olson	NT	Rochester Century

### 300m Hurdles - 36" Varsity - Finals X

1. 9	Cayden Holcomb	43.39a	Rochester Mayo
2. 12	Elijah Swift	45.42a	Rochester Century
3. 12	Andrew Coleman	46.44a	Rochester Century
4. 7	Carter Holcomb	46.83aPR	Rochester Mayo

5. 10	Warsame Abdi	47.42aPR	Rochester Century
6. 10	James Molitor	47.57aSR	Winona
6. 10	Daniel Florness	47.57aPR	Winona
8. 10	Derek Shamblin	47.78a	Rochester Century
9. 10	Deandre Van	49.18aPR	Rochester Century
10. 8	Douglas Lee	49.39aPR	Rochester Century
11. 9	Maxwell Vande Kieft	49.77a	Rochester Mayo
12. 10	Truman Dangerfield	51.48aPR	Rochester Century
13. 7	Elijah Thompson	54.82aPR	Rochester Century
14. 9	Austin Crane	55.49aPR	Rochester Century
15. 8	Ashton Olson	56.02aPR	Rochester Century
16. 9	Jay Whitney	57.44aPR	Rochester Century
17. 9	John Amusan	57.66aPR	Rochester Century
18. 9	Joshua Marquardt	58.08aPR	Rochester Century
19. 9	Jerry Jerabek	1:01.40aPR	Rochester Century
20. 10	Ahn McGeeney	1:02.00aSR	Rochester Mayo

#### 4x100 Relay Varsity - Finals X

1.	Relay Team	44.02a	Rochester Century
2.	Relay Team	46.24a	Rochester Mayo
3.	Relay Team	47.94a	Rochester Century
4.	Relay Team	48.12a	Winona
5.	Relay Team	49.64a	Rochester Century
6.	Relay Team	51.34a	Rochester Century
7.	Relay Team	52.37a	Rochester Mayo
8.	Relay Team	52.96a	Rochester Mayo
9.	Relay Team	54.10a	Rochester Century
10.	Relay Team	55.47a	Rochester Century

#### 4x200 Relay Varsity - Finals X

1.	Relay Team	1:32.30a	Rochester Century
2.	Relay Team	1:38.81a	Rochester Mayo
3.	Relay Team	1:44.02a	Winona
4.	Relay Team	1:45.11a	Rochester Century
5.	Relay Team	1:51.76a	Rochester Century

#### 4x400 Relay Varsity - Finals X

1.	Relay Team	3:36.52a	Rochester Century
2.	Relay Team	3:51.57a	Rochester Century
3.	Relay Team	3:53.74a	Winona
4.	Relay Team	3:57.65a	Rochester Century
5.	Relay Team	4:05.02a	Rochester Mayo
6.	Relay Team	4:06.70a	Rochester Mayo
7.	Relay Team	4:10.54a	Rochester Century
8.	Relay Team	4:10.70a	Rochester Century
9.	Relay Team	4:23.69a	Rochester Century
10.	Relay Team	4:24.52a	Rochester Century

## 4x800 Relay Varsity - Finals X

1. Relay Team	8:33.28a	Rochester Century
2. Relay Team	9:16.19a	Rochester Mayo

## Shot Put - 12lb Varsity - Finals X

1. 12 Thomas Mergen	44-04.50PR	Rochester Century
2. 12 Ethan Heinzel	42-10.25	Rochester Mayo
3. 10 Dedric Burger	39-05.25PR	Rochester Mayo
4. 12 Trey Pozanc	38-08.75	Winona
5. 12 Jared Johnson	37-08.25	Winona
6. 11 Ethan Vik	37-04.50PR	Rochester Century
7. 11 Shawn Paul Mugo	36-06.50PR	Winona
8. 9 Gideon Heng	36-00.75PR	Rochester Mayo
9. 11 Jack Jensen	36-00.50	Rochester Century
10. 10 Jack Liedel	35-05.25PR	Winona
11. 11 Casey Neumann	35-04.25	Rochester Century
12. 11 Zachary Andreen	33-07.00PR	Rochester Mayo
13. 9 Ian Hensley	33-06.25PR	Rochester Century
14. 9 Ethan Greene	33-05.50	Winona
15. 10 Hayden Martin	32-11.00PR	Rochester Century
16. 10 Andrew Meyer	31-02.25	Winona
17. 10 Tommy Tankhamvang	31-01.50PR	Rochester Century
18. 10 Per Boyum	31-01.25PR	Rochester Century
19. 10 Wyatt Olson	30-10.25PR	Rochester Century
20. 11 Keegan Ernste	30-05.50PR	Rochester Mayo
21. 9 Caden DeJong	30-02.25SR	Rochester Mayo
22. 11 Ethan Irvin	29-09.75SR	Rochester Mayo
23. 10 Thomas Flannery	29-09.25PR	Rochester Mayo
24. 9 Matthew Myren	28-03.25	Rochester Mayo
25. 11 Tyler Hanson	28-00.75PR	Rochester Century
26. 9 Jose Perez-Lozoya	27-07.75PR	Rochester Mayo
27. 12 Cale Wilson	27-04.00PR	Rochester Century
28. 11 Spencer Peterson	26-09.75	Rochester Mayo
29. 11 Andrew Pasternak	26-00.75SR	Rochester Mayo
30. 11 Connor Martin	25-11.00SR	Rochester Century
31. 9 Brayden McDevitt	25-02.50PR	Winona
32. 10 Keenan Day	25-01.50PR	Rochester Mayo
33. 9 Jack Weiser	24-02.75PR	Rochester Century
34. 9 Devin LaPolice	23-10.00	Rochester Mayo
35. 10 Brandon Scott	22-11.75	Winona
36. 9 Zachary Scharf	21-09.75PR	Rochester Mayo

## Discus - 1.6kg Varsity - Finals X

1. 11 Casey Neumann	127-04	Rochester Century
2. 12 Trey Pozanc	126-00PR	Winona
3. 11 Brock Shamblin	123-03	Rochester Century
4. 12 Ethan Heinzel	120-09PR	Rochester Mayo
5. 10 William Morrissey	113-11PR	Rochester Century

6. 12	Dean Mackenzie	110-06	SR	Winona
7. 9	Ian Hensley	104-11	PR	Rochester Century
8. 10	Dedric Burger	100-09	PR	Rochester Mayo
9. 9	Gideon Heng	100-07	PR	Rochester Mayo
10. 11	Ethan Vik	94-06	SR	Rochester Century
11. 11	Andrew Pasternak	93-07	SR	Rochester Mayo
12. 11	Ethan Irvin	91-05	PR	Rochester Mayo
13. 10	Thomas Flannery	89-03	PR	Rochester Mayo
14. 11	Shawn Paul Mugo	86-09	SR	Winona
15. 9	Jose Perez-Lozoya	82-03	PR	Rochester Mayo
16. 11	Zachary Andreen	79-07	PR	Rochester Mayo
17. 9	Caden DeJong	77-02	SR	Rochester Mayo
17. 10	Per Boyum	77-02	PR	Rochester Century
19. 10	Jack Liedel	76-08	PR	Winona
20. 10	Andrew Meyer	76-07	PR	Winona
21. 11	Spencer Peterson	75-04		Rochester Mayo
21. 12	Cale Wilson	75-04	PR	Rochester Century
23. 9	Devin LaPolice	73-08	PR	Rochester Mayo
24. 11	Jaden Berg	73-03	PR	Winona
25. 10	Hayden Martin	71-06	PR	Rochester Century
26. 11	Connor Martin	71-02	SR	Rochester Century
27. 9	Matthew Myren	68-07		Rochester Mayo
28. 11	Keegan Ernste	67-08		Rochester Mayo
29. 9	Brayden McDevitt	67-05	PR	Winona
30. 11	Tyler Hanson	66-10	PR	Rochester Century
31. 9	Ethan Greene	64-08		Winona
32. 10	Keenan Day	61-09	PR	Rochester Mayo
33. 9	Zachary Scharf	56-11	PR	Rochester Mayo
34. 10	Brandon Scott	53-06	PR	Winona

### High Jump Varsity - Finals X

1. 12	Andrew Coleman	5-10.00	SR	Rochester Century
1. 11	Luke Wiltshire	5-10.00	PR	Rochester Mayo
3. 12	Eli Eberhard	5-08.00	SR	Rochester Century
4. 9	Dominic Stencil	5-02.00	PR	Rochester Mayo
5. 11	Francisco Martinez	5-02.00	PR	Rochester Mayo
6. 11	Jaden Berg	5-00.00		Winona
7. 8	Tait Deedrick	4-10.00	PR	Rochester Century
-- 8	Ashton Olson	NH		Rochester Century

### Pole Vault Varsity - Finals X

1. 12	Aidan Mohan	12-00.00		Winona
2. 9	Cayden Holcomb	11-06.00		Rochester Mayo
3. 12	Coltin Stadler	11-00.00	SR	Rochester Century
4. 11	Riley Leif	11-00.00		Rochester Century
5. 8	Nathan Nelson	8-06.00	PR	Rochester Century
5. 7	Carter Holcomb	8-06.00	PR	Rochester Mayo
7. 10	Mason Greseth	7-06.00		Rochester Mayo

## Long Jump Varsity - Finals X

1. 12	Neftali Medina	19-02.00	SR	Rochester Century
2. 10	Isaiah Huber	18-10.50	SR	Rochester Century
3. 11	Jack Fisher	18-09.75	SR	Rochester Century
4. 11	Ethan Loehrer	18-05.25	PR	Rochester Mayo
5. 11	Nicholas Sanders	17-05.25	PR	Rochester Century
6. 11	Luke Wiltshire	17-01.00	PR	Rochester Mayo
7. 11	Asa Cummings	16-11.00	PR	Rochester Mayo
8. 10	Demonte Simmons	16-06.00		Rochester Mayo
9. 11	Francisco Martinez	16-04.00	SR	Rochester Mayo
10. 8	Caleb Socwell	16-03.25	PR	Rochester Mayo
11. 9	Jonathan Torbenson	16-01.00	PR	Rochester Century
12. 10	Zachary Motz	15-10.00	PR	Winona
13. 10	Jack Elfstrand	15-09.75	PR	Rochester Mayo
14. 11	Jaden Berg	15-08.00	PR	Winona
15. 10	Hans Larsen	15-05.00		Winona
16. 11	Kyle Alexander	15-04.75		Rochester Mayo
17. 10	Noah Barry	15-03.50		Rochester Mayo
18. 7	Gabriel Lovric	14-11.00	PR	Rochester Century
19. 9	Bennett Ellsworth	14-10.00	PR	Rochester Mayo
20. 7	Shaun Wysocki	14-08.25	PR	Rochester Century
21. 9	Cole Elbing	14-06.50	PR	Rochester Century
22. 10	John Hurt	14-03.75	PR	Rochester Mayo
23. 9	Nathan Meier	13-10.50	PR	Rochester Century
24. 9	Ethan Greene	13-07.75	PR	Winona
25. 7	Peter Schuler	12-11.00	PR	Rochester Century
26. 9	Assad Mohamed	12-01.25	PR	Rochester Mayo
27. 10	Coltan Rasmussen	11-10.00		Winona
28. 9	Charles Paul	11-04.50	PR	Rochester Century
28. 7	Jacob Wills	11-04.50	PR	Rochester Century
-- 9	Aydin Lancaster	ND		Rochester Century

## Triple Jump Varsity - Finals X

1. 11	Riley Leif	39-04.25	PR	Rochester Century
2. 12	Neftali Medina	39-00.50	SR	Rochester Century
3. 11	Ethan Loehrer	37-09.50	PR	Rochester Mayo
4. 9	Spencer Pearson	37-02.00		Rochester Mayo
5. 11	Kyle Alexander	36-11.00	PR	Rochester Mayo
6. 8	Jared Roberson	35-03.25	PR	Rochester Mayo
7. 9	Yaih Marial	35-02.00	PR	Rochester Mayo
8. 11	Henry Paul	33-11.00	SR	Rochester Century
9. 9	Maxwell Vande Kieft	32-07.00	PR	Rochester Mayo
10. 12	Andrew Coleman	26-11.50	SR	Rochester Century
-- 11	Nicholas Sanders	ND		Rochester Century
-- 8	Caleb Socwell	ND		Rochester Mayo
-- 11	Jaden Berg	ND		Winona
-- 11	Luke Wiltshire	ND		Rochester Mayo