

Winona Triangular - 4/16/2019
Albert Lea and Rochester Mayo
Paul Giel Field

Results

Boys 100 Meter Dash

Facility: 10.86 F 5/1/2018 Robert Warren

School: 10.78 S 5/4/2018 Robert Warren

Name	School	Finals
Finals		
1 Simmons, Demonte	Rochester Ma	11.42 5
2 Javarus, Mucha-Owens	Albert Lea	11.49 3
3 Smith, Noah	Rochester Ma	11.89 2
4 Butrum, Jack	Rochester Ma	x12.08
5 Htoo, Gay Nay	Albert Lea	12.09 1
6 Meier, Daniel	Winona	12.16
7 Chhin, Isaiah	Rochester Ma	x12.16
8 Nienow, Luke	Rochester Ma	x12.26
9 Brownlow, Dane	Albert Lea	x12.28
10 Hall, Terrell	Winona	12.39
11 Kraft, Braden	Albert Lea	x12.41
12 Nibbelink, Jackson	Winona	x12.57
13 Htoo, Kloh	Albert Lea	x12.59
14 Castanon Duran, Fernando	Winona	x12.68
15 Greseth, Mason	Rochester Ma	x12.76
16 Caynor, David	Rochester Ma	x12.79
17 Martinez, Francisco	Rochester Ma	x13.16
18 Soe, Sah Eh	Albert Lea	x13.35
19 Franciso, Lopez	Albert Lea	x13.66
20 Elsabbagh, Zaid	Winona	x13.73
21 Ellsworth, Bennett	Rochester Ma	x13.78
22 Weisenbeck, John	Rochester Ma	x13.78
23 Michelena, Ignacio	Rochester Ma	x13.83
24 Decker, Noah	Rochester Ma	x14.07
25 Buendorf, Henry	Albert Lea	x14.11
26 Htoo, Kawmulasota	Albert Lea	x14.17
27 Martinson, Nolyn	Rochester Ma	x14.23
28 Cummings, Bryce	Winona	x14.60
29 Latham, Ian	Albert Lea	x14.63
30 Courneya, Eric	Rochester Ma	x14.76
31 Trutwin, Jamison	Albert Lea	x14.89
32 Schleisman, Jacob	Albert Lea	x15.13
33 Malakowsky, Jakob	Albert Lea	x15.27
34 Wangness, Luke	Albert Lea	x15.56
35 Espinosa, Kaleb	Albert Lea	x15.64
36 McGeeney, Ahn	Rochester Ma	x15.66
37 Abdimalik, Hassan	Rochester Ma	x15.81
38 Boites, Jesus	Albert Lea	x16.08
39 Zeferino, Oziel	Albert Lea	x16.73
40 Hardison, Merik	Albert Lea	x16.91

Boys 200 Meter Dash

Facility: 22.43 F 2011 Anthony Gustafson

School: 21.48 S 2013 Travion Clark

Name	School	Finals
Finals		
1 Hall, Terrell	Winona	23.26 5
2 Smith, Noah	Rochester Ma	24.20 3
3 Butrum, Jack	Rochester Ma	24.54

4 Simmons, Demonte	Rochester Ma	x24.64 2
5 Guen, Chay	Albert Lea	24.82 1
6 Kenis, Karter	Albert Lea	24.96
7 Schewe, Levi	Winona	24.96
8 Meier, Daniel	Winona	x25.00
9 Nibbelink, Jackson	Winona	x25.14
10 Nienow, Luke	Rochester Ma	x25.27
11 Vanderwaerdt, Ethan	Rochester Ma	x25.31
12 Javarus, Mucha-Owens	Albert Lea	x25.56
13 Ter, Phillip	Albert Lea	x25.73
14 Kuey, Bhan	Albert Lea	x25.80
15 Castanon Duran, Fernando	Winona	x26.00
16 Caynor, David	Rochester Ma	x26.34
17 Modjeski, Thomas	Winona	x26.45
18 Win, Aung	Albert Lea	x26.47
19 Cummings, Asa	Rochester Ma	x26.49
20 Fritz, Braden	Winona	x26.73
21 Pathammavong, Colby	Albert Lea	x26.91
22 Everett, Joshua	Albert Lea	x26.96
23 Martinez, Francisco	Rochester Ma	x27.00
24 Hurt, John	Rochester Ma	x27.05
25 Motz, Zachary	Winona	x27.11
26 Elsabbagh, Zaid	Winona	x27.38
27 Marial, Yaih	Rochester Ma	x27.43
28 Michelena, Ignacio	Rochester Ma	x27.52
29 Soe, Sah Eh	Albert Lea	x27.66
30 Franciso, Lopez	Albert Lea	x27.90
31 Weisenbeck, John	Rochester Ma	x28.09
32 Decker, Noah	Rochester Ma	x28.16
33 Anderson, Ashton	Albert Lea	x28.16
34 Ellsworth, Bennett	Rochester Ma	x28.38
35 Htoo, Kawmulasota	Albert Lea	x29.67
36 Moller, Judd	Albert Lea	x29.83
37 Cummings, Bryce	Winona	x30.22
38 Schleisman, Jacob	Albert Lea	x30.74
39 Courneya, Eric	Rochester Ma	x31.12
40 Maxwell, Irvine	Albert Lea	x31.69
41 Behrends, Joshua	Albert Lea	x31.81
42 Malakowsky, Jakob	Albert Lea	x31.92
43 Brekke, Pacey	Albert Lea	x32.06
44 Boites, Jesus	Albert Lea	x33.11
45 Landon, Anthony	Albert Lea	x33.60
46 McGeeney, Ahn	Rochester Ma	x33.90
47 Zeferino, Oziel	Albert Lea	x35.42
48 Trutwin, Jamison	Albert Lea	x35.86
49 Hardison, Merik	Albert Lea	x37.06

Boys 400 Meter Dash

Facility: 50.05 F 2011

School: 49.35 S 2010

Isaac Schrantz

Sam Miner

Name	School	Finals
Finals		
1 Bauers, Aaron	Albert Lea	55.36 5
2 Mulatre, Leian	Rochester Ma	56.40
3 Schewe, Levi	Winona	56.68 3

Winona Triangular - 4/16/2019
Albert Lea and Rochester Mayo
Paul Giel Field

Results**Finals ... (Boys 400 Meter Dash)**

Name	School	Finals	
4 Jensen, Travis	Albert Lea	56.84	2
5 Vanderwaerdt, Ethan	Rochester Ma	56.89	1
6 Koga, Brandon	Rochester Ma	x57.21	
7 Tadie, Auguste	Winona	58.06	
8 Meyer, Ryan	Winona	x58.86	
9 Olvera, Jorge	Winona	x59.75	
10 Fritz, Braden	Winona	x1:00.01	
11 Elfstrand, Jack	Rochester Ma	x1:00.21	
12 Ferstl, Cade	Winona	x1:00.28	
13 Larsen, Hans	Winona	x1:00.98	
14 Johnson, Kolby	Winona	x1:01.54	
15 Roden, William	Rochester Ma	x1:02.79	
16 Clark, Hayden	Rochester Ma	x1:03.97	
17 Amador Torres, Eliseo	Albert Lea	x1:04.83	
18 Dulek, Isaac	Winona	x1:05.35	
19 Garland, Alexander	Rochester Ma	x1:05.36	
20 Buendorf, Mason	Albert Lea	x1:06.18	
21 Everett, Lucas	Albert Lea	x1:11.05	

Boys 800 Meter Run

Facility: 1:57.29 F 5/17/2018 Matt Steiger
School: 1:51.69 S 2010 Sam Miner

Name	School	Finals	
Finals			
1 Peterson, Cody	Winona	2:06.50	5
2 Brand, Colten	Winona	2:07.11	3
3 Briggs, Carter	Winona	x2:08.50	
4 Jensen, Travis	Albert Lea	2:10.53	2
5 Ortega-Roseli, Sonny	Albert Lea	2:11.46	1
6 Cothorn, Maxwell	Rochester Ma	2:21.02	
7 Louters, Samuel	Albert Lea	x2:26.57	
8 Gathje, Samuel	Rochester Ma	2:26.59	
9 Pretzer, Mason	Rochester Ma	x2:28.03	
10 Hanke, Gavin	Albert Lea	x2:28.79	
11 Goretzke, Tate	Rochester Ma	x2:30.91	
12 Nelson, Gavin	Winona	x2:34.23	
13 Holcomb, Patrick	Albert Lea	x2:37.49	
14 Murad, Sammy	Rochester Ma	x2:40.36	
15 Murphy, Wyatt	Rochester Ma	x2:47.20	
16 McCalla, Brennan	Albert Lea	x2:47.30	
17 Garland, Alexander	Rochester Ma	x2:55.15	
18 Adams, Grant	Albert Lea	x2:59.33	
19 Kollengode, Akhil	Rochester Ma	x3:20.67	

Boys 1600 Meter Run

Facility: 4:26.24 F 2014 Ian Torchia
School: 4:09.00 S 2004 Garrett Heath

Name	School	Finals	
Finals			
1 Brand, Colten	Winona	4:30.10	5
2 Briggs, Carter	Winona	4:37.40	3
3 Peterson, Cody	Winona	x4:46.40	
4 Willner, Andrew	Albert Lea	4:58.20	2

5 Louters, Samuel	Albert Lea	5:14.60	1
6 Greiner, Isaac	Albert Lea	x5:16.70	
7 Neisen, Lucas	Rochester Ma	5:22.10	
8 Hadad, Matthew	Rochester Ma	5:23.80	
9 Timmerman, Benjamin	Rochester Ma	x5:23.90	
10 Everett, Joshua	Albert Lea	x5:38.30	
11 Goretzke, Tate	Rochester Ma	x5:42.10	
12 Hurt, John	Rochester Ma	x5:44.10	
13 Miller, Lee	Rochester Ma	x5:44.70	
14 Nelson, Gavin	Winona	x5:46.00	
15 McCalla, Brennan	Albert Lea	x5:47.10	
16 Kebede, Senam	Rochester Ma	x5:57.80	
17 Beetcher, Cole	Rochester Ma	x7:12.70	

Boys 3200 Meter Run

Facility: 9:29.84 F 2014 Ian Torchia
School: 8:42.81 S 2007 Elliott Heath

Name	School	Finals	
Finals			
1 Roden, William	Rochester Ma	10:54.60	5
2 Ishizaki, Satoshi	Winona	10:57.74	3
3 Reuter, Zachary	Winona	11:13.19	2
4 Pfrimmer, Lance	Rochester Ma	11:18.31	1
5 Sine, Graham	Rochester Ma	x11:52.36	
6 Hadad, Matthew	Rochester Ma	x12:02.52	
7 Lange, Henrik	Albert Lea	12:49.69	

Boys 110 Meter Hurdles

Facility: 14.71 F 2011 Colin Paarmann
School: 14.70 S 1983 Steve Rothering

Name	School	Finals	
Finals			
1 Rueti, Janyjor	Albert Lea	15.63	5
2 Holcomb, Cayden	Rochester Ma	16.92	3
3 Meyer, Theo	Winona	17.03	2
4 Peterson, Spencer	Rochester Ma	21.30	1
5 Vande Kieft, Maxwell	Rochester Ma	x21.35	
6 Gordon, Raiden	Albert Lea	21.85	
7 Mut, Khan	Albert Lea	x22.14	
8 Florness, Daniel	Winona	22.61	
9 Borland, Gavin	Winona	x22.71	
10 Alexander, Kyle	Rochester Ma	x22.97	

Boys 300 Meter Hurdles

Facility: 40.04 F 2014 Nick Sigrist
School: 39.94 S 1996 Matt Juaira

Name	School	Finals	
Finals			
1 Holcomb, Cayden	Rochester Ma	43.57	5
2 Meyer, Theo	Winona	46.14	3
3 Everett, Garrett	Albert Lea	46.81	2
4 Mut, Khan	Albert Lea	49.78	1
5 Vande Kieft, Maxwell	Rochester Ma	49.78	
6 Peterson, Spencer	Rochester Ma	x51.09	
7 Florness, Daniel	Winona	51.46	

Winona Triangular - 4/16/2019
Albert Lea and Rochester Mayo
Paul Giel Field

Results**Finals ... (Boys 300 Meter Hurdles)**

Name	School	Finals
8 Alexander, Kyle	Rochester Ma	x52.94
9 Gordon, Raiden	Albert Lea	x53.71
10 Borland, Gavin	Winona	x55.36
11 Indrelie, Kadin	Albert Lea	x55.62
12 McGeeney, Ahn	Rochester Ma	x1:05.28

Boys 4x100 Meter Relay

Facility: 43.80 F 2014 Rochester Lourdes
 School: 43.00 S 2013 Winona

E. Albrecht, K. Thomas, T. Clark, E. Birth

Team	Relay	Finals
1 Albert Lea	A	46.74 5
2 Rochester Mayo	B	x47.33
3 Winona	A	48.33 3
4 Rochester Mayo	C	x52.14
5 Rochester Mayo	A	55.05
6 Albert Lea	B	x1:00.41

Boys 4x200 Meter Relay

Facility: 1:30.03 F 2014 Rochester Lourdes
 School: 1:29.46 S 2013 Winona

E. Albrecht, E. Birth, K. Thomas, T. Clark

Team	Relay	Finals
1 Rochester Mayo	A	1:40.01 5
2 Albert Lea	A	1:43.12 3
3 Albert Lea	B	x1:44.35
4 Winona	A	2:01.53
5 Albert Lea	C	x2:02.24

Boys 4x400 Meter Relay

Facility: 3:22.95 F 2014 Rochester Lourdes
 School: 3:23.40 S 1974 Winona

T. Duffy, D. Emanuel, R. Thurley, M. Aeling

Team	Relay	Finals
1 Albert Lea	A	3:45.01 5
2 Winona	A	3:47.93 3
3 Rochester Mayo	A	3:57.94
4 Albert Lea	B	x4:01.44
5 Winona	B	x4:04.75
6 Winona	C	x4:23.26
7 Winona	D	x4:44.24
8 Albert Lea	C	x5:03.45

Boys 4x800 Meter Relay

Facility: 8:06.08 F 2013 Cotter
 School: 7:56.23 S 2001 Winona

B. Beckman, G. Heath, E. Lane, P. McLaughlin

Team	Relay	Finals
1 Winona	A	9:21.21 5

2 Rochester Mayo	A	9:24.95 3
3 Albert Lea	A	9:34.76
4 Albert Lea	B	x10:32.80

Boys High Jump

Facility: 6-05 F 2012 Chase Montgomery/ West Spier
 School: 6-05 S 1976 Brian Burke

Name	School	Finals
1 Ruei, Janyjor	Albert Lea	6-02.00 5
2 Guen, Chay	Albert Lea	5-08.00 2
2 Ter, Phillip	Albert Lea	x5-08.00
2 Koga, Brandon	Rochester Ma	5-08.00 2
2 Wiltshire, Luke	Rochester Ma	5-08.00 2
6 Everett, Joshua	Albert Lea	x5-04.00
6 Marial, Yaih	Rochester Ma	x5-04.00
6 Meyer, Theo	Winona	5-04.00
9 Vande Kieft, Maxwell	Rochester Ma	x5-02.00
10 Pathammavong, Colby	Albert Lea	x5-00.00
--- Martinez, Francisco	Rochester Ma	NH
--- Ellsworth, Bennett	Rochester Ma	NH

Boys Pole Vault

Facility: 14-08.25 F 2011 Chris Kolb
 School: 14-06 S 1994 Mike Edwards

Name	School	Finals
1 Mohan, Aidan	Winona	12-00.00 5
2 Holcomb, Cayden	Rochester Ma	10-06.00 3
3 Win, Aung	Albert Lea	9-00.00 2
4 Nienow, Luke	Rochester Ma	x8-00.00
4 Htoo, Gay Nay	Albert Lea	x8-00.00
4 Htoo, Kloh	Albert Lea	8-00.00 0.5
4 Greseth, Mason	Rochester Ma	8-00.00 0.5

Boys Long Jump

Facility: 22-10 F 2017 Noah Carlson
 School: 22-05 S 2001 Bryce Beckman

Name	School	Finals
1 Javarus, Mucha-Owens	Albert Lea	18-11.50 5
2 Ter, Phillip	Albert Lea	18-03.00 3
3 Bauers, Aaron	Albert Lea	x17-07.00
4 Loehrer, Ethan	Rochester Ma	17-05.00 2
5 Barry, Noah	Rochester Ma	17-02.50 1
6 Htoo, Gay Nay	Albert Lea	x16-09.00
7 Kuey, Bhan	Albert Lea	x16-08.00
8 Wiltshire, Luke	Rochester Ma	x16-05.50
9 Htoo, Lei	Albert Lea	x16-01.50
10 Martinez, Francisco	Rochester Ma	x16-00.00
11 Alexander, Kyle	Rochester Ma	x15-10.00
12 Elfstrand, Jack	Rochester Ma	x15-07.00
13 Cummings, Asa	Rochester Ma	x15-03.00
14 Larsen, Hans	Winona	15-02.00
15 Moller, Judd	Albert Lea	x14-06.50

Winona Triangular - 4/16/2019
Albert Lea and Rochester Mayo
Paul Giel Field

Results

Finals ... (Boys Long Jump)

Name	School	Finals
16 Behrends, Joshua	Albert Lea	x14-03.00
17 Franciso, Lopez	Albert Lea	x14-01.50
18 Buendorf, Henry	Albert Lea	x13-02.50
19 Hurt, John	Rochester Ma	x11-07.00
20 Wangsness, Luke	Albert Lea	x8-10.00
--- Motz, Zachary	Winona	ND
--- Guen, Chay	Albert Lea	ND

Boys Triple Jump

Facility: 44-05.25 F 2015 Noah Carlson
School: 44-03 S 1982 Mark Peters

Name	School	Finals
1 Wiltshire, Luke	Rochester Ma	37-11.00 5
2 Loehrer, Ethan	Rochester Ma	37-01.50 3
3 Peterson, Spencer	Rochester Ma	x36-04.00
4 Barry, Noah	Rochester Ma	x35-11.00
5 Alexander, Kyle	Rochester Ma	x35-01.00
6 Kuey, Bhan	Albert Lea	33-10.50 2
--- Pathammavong, Colby	Albert Lea	ND

Boys Shot Put

Facility: 55-00 F 2010 Jake Fenske
School: 59-09.25 S 1980 Kevin Henderson

Name	School	Finals
1 Heinzl, Ethan	Rochester Ma	42-10.50 5
2 Dauer, Brody	Albert Lea	41-00.00 3
3 Johnston, Hayden	Albert Lea	40-04.00 2
4 Pozanc, Trey	Winona	39-05.50 1
5 Bauers, Nathan	Albert Lea	x39-04.50
6 Burger, Detric	Rochester Ma	39-01.50
7 Johnson, Jared	Winona	38-08.50
8 Wollan, Garit	Winona	x38-00.00
9 Paul Mugo, Shawn	Winona	x36-00.00
10 Heng, Gideon	Rochester Ma	x35-06.50
11 Liedel, Jack	Winona	x35-02.00
12 Greene, Ethan	Winona	x34-10.00
13 Myers, Hayden	Rochester Ma	x32-11.00
14 Meyer, Andrew	Winona	x30-06.50
15 Myren, Matthew	Rochester Ma	x29-06.00
16 Ernste, Keegan	Rochester Ma	x28-00.00
17 Johnson, Jace	Albert Lea	x27-08.00
18 Peterson, Spencer	Rochester Ma	x27-05.50
19 DeJong, Caden	Rochester Ma	x26-11.50
20 Schellhas, Hunter	Winona	x26-11.00
21 Flannery, Thomas	Rochester Ma	x26-08.00
22 Perez-Lozoya, Jose	Rochester Ma	x26-04.00
23 Strom, Logan	Albert Lea	x26-00.00
24 Phatala, Cao	Albert Lea	x24-06.50
25 LaPolice, Devin	Rochester Ma	x24-06.00
26 Scott, Brandon	Winona	x23-08.50
27 McDevitt, Brayden	Winona	x23-07.00

28 Dye, Noah	Albert Lea	x23-03.00
29 Kong, Leon	Albert Lea	x22-01.50
30 Scharf, Zachary	Rochester Ma	x20-05.00

Boys Discus Throw

Facility: 171-08 F 2014 Jayme LaPlant
School: 189-06 S 1988 Joel Staats

Name	School	Finals
1 Pozanc, Trey	Winona	119-00 5
2 Bauers, Nathan	Albert Lea	117-06 3
3 Mackenzie, Dean	Winona	108-07 2
4 Dauer, Brody	Albert Lea	103-00 1
5 Heinzl, Ethan	Rochester Ma	101-06
6 Myers, Hayden	Rochester Ma	99-00
7 Burger, Detric	Rochester Ma	x98-05
8 Heng, Gideon	Rochester Ma	x97-10
9 Greene, Ethan	Winona	x95-03
10 Johnston, Hayden	Albert Lea	x95-02
11 Johnson, Jace	Albert Lea	x91-02
12 Wollan, Garit	Winona	x89-03
13 Perez-Lozoya, Jose	Rochester Ma	x80-01
14 Flannery, Thomas	Rochester Ma	x77-11
15 Paul Mugo, Shawn	Winona	x77-06
16 Peterson, Spencer	Rochester Ma	x75-08
17 Ernste, Keegan	Rochester Ma	x74-10
18 Liedel, Jack	Winona	x73-08
19 Amador Torres, Eliseo	Albert Lea	x70-00
20 Strom, Logan	Albert Lea	x69-06
21 Myren, Matthew	Rochester Ma	x69-04
22 McDevitt, Brayden	Winona	x64-09
23 LaPolice, Devin	Rochester Ma	x64-04
24 Meyer, Andrew	Winona	x62-09
25 DeJong, Caden	Rochester Ma	x62-08
26 Schellhas, Hunter	Winona	x62-02
27 Kong, Leon	Albert Lea	x60-11
28 Scott, Brandon	Winona	x52-05
29 Scharf, Zachary	Rochester Ma	x51-01
30 Dye, Noah	Albert Lea	x50-03

Men - Team Rankings - 18 Events Scored

1) Albert Lea	67.5
2) Rochester Mayo	59.5
3) Winona	58