

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
Shahan Ameen	100 meters	Champion	XX	Champion
Shahan Ameen	200 meters	XX	XX	
Shahan Ameen	4 x 100 meter relay		Champions	
Shahan Ameen	4 x 200 meter relay			XX
Caleb Feda	1600 meters	XX	XX	
Caleb Feda	3200 meters	XX		
Peter Folkerts	Pole vault	XX		XX
Reid Gerber	Shot put	Champion	XX	
Davonte Jones	300 meter hurdles	XX		
Abdul Mustapha	100 meters	XX	XX	XX
Abdul Mustapha	200 meters	Champion	XX	
Abdul Mustapha	4 x 100 meter relay		Champions	
Abdul Mustapha	4 x 200 meter relay			XX
Mitch Olson	1600 meters	XX		
Mitch Olson	3200 meters	XX	XX	
Jared Poole	110 meter hurdles	XX	XX	
Jared Poole	300 meter hurdles	XX	XX	XX
Jared Poole	Long jump	XX	XX	
Jared Poole	Triple jump	XX	XX	XX
Jared Poole	4 x 200 meter relay			XX
Cole Ray	Discus throw	XX		
Cole Ray	Shot put	XX		
Gavin Schaefer	Discus throw	Champion		
Sam Sonnabend	800 meters	XX	XX	
Ethan Sor	High jump	XX		
Ethan Sor	Long jump		XX	XX
Ethan Sor	Triple jump	XX		
Dane Stearns	100 meters	XX	XX	
Dane Stearns	200 meters	XX		
Dane Stearns	4 x 100 meter relay		Champions	
Dane Stearns	4 x 200 meter relay			XX
Matthew Thompson	Shot put	XX	XX	
Matthew Thompson	Discus throw	XX		
Simon Werven	400 meters	XX		
Simon Werven	High jump	Champion	XX	XX
Jordan Velez-Hames	4 x 100 meter relay		Champions	

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

JM track and field letter – qualifiers by standard

In 2017, nineteen 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 has met the lettering standard in five events, while Sam Sonnabend and Ethan Sor have done so in three events. Eight others have met the standard in two events:

*Shahan Ameen (senior)	100 meter dash, 200 meter dash
*Reid Gerber (senior)	Shot put
*Jordan Velez-Hames (senior)	100 meter dash
*Sam Sonnabend (senior)	400 meter dash, 800 meter run, 1600 meter run
*Ethan Sor (senior)	High jump, long jump, triple jump
Peter Folkerts (junior)	Pole vault
*Carter McKenzie (junior)	400 meter dash
*Mitch Olson (junior)	1600 meter run, 3200 meter run
*Jared Poole (junior)	110 meter hurdles, 300 meter hurdles, 200 meter dash, long jump, triple jump
*Gavin Schaefer (junior)	Discus throw, shot put
*Dane Stearns (junior)	100 meter dash, 200 meter dash
*Matthew Thompson (junior)	Discus throw, shot put
Ian Baba-Lola (sophomore)	100 meter dash
*Caleb Feda (sophomore)	1600 meter run, 3200 meter run
*Abdul Mustapha (sophomore)	100 meter dash, 200 meter dash
Justin Vutha (sophomore)	200 meter dash
*Simon Werven (sophomore)	High jump, 400 meter dash
Davonte Jones (freshman)	300 meter hurdles
Trevalle Moe (eighth grader)	200 meter dash

There are five seniors, seven juniors, five sophomores, one freshman, and one eighth grader on the list.

Section qualifying standard

Eleven athletes have met the section qualifying standard in a total of eighteen events:

*Shahan Ameen (senior)	100 meter dash, 200 meter dash
Reid Gerber (senior)	Shot put
*Sam Sonnabend (senior)	800 meter run
*Ethan Sor (senior)	Long jump, high jump
Peter Folkerts (junior)	Pole vault
Jared Poole (junior)	110 meter hurdles, long jump, triple jump
*Gavin Schaefer (junior)	Discus throw
*Dane Stearns (junior)	100 meter dash, 200 meter dash
Caleb Feda (sophomore)	1600 meter run
*Abdul Mustapha (sophomore)	100 meter dash, 200 meter dash
*Simon Werven (sophomore)	400 meter dash, high jump

State Honor Roll qualifiers

Six athletes and two relay teams have qualified in a total of ten 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, Shahan Ameen
*4x200 meter relay	Dane Stearns, Abdul-Hakeem Mustapha, Shahan Ameen, Jared Poole

State Qualifying standard

Two athletes and one relay have met the state qualifying standard:

*Shahan Ameen (senior)	100 meter dash
Abdul Mustapha (sophomore)	100 meter dash
*4x100 meter relay	Dane Stearns, Abdul-Hakeem Mustapha, Jordan Velez-Hames, Shahan Ameen

State Meet participants

Shahan Ameen	100 meter dash
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2017 Performances on All-Time JM Event Lists

Twelve performers earned a spot on the top 25 all-time marks in their event, including one school record:

Athlete(s)	Event	All-Time Rank	Mark
Dane Stearns, Abdul Mustapha, Jordan Velez, Shahan Ameen	4 x 100 Meter Relay	1 st	42.71
Dane Stearns, Abdul Mustapha, Shahan Ameen, Jared Poole	4 x 200 Meter Relay	3 rd	1:30.65
Shahan Ameen	100 Meter Dash	4 th (tie)	11.01
Abdul Mustapha	100 Meter Dash	4 th (tie)	11.01
Jared Poole	110 Meter Hurdles	4 th (tie)	15.24
Abdul Mustapha	200 Meter Dash	7 th	22.48
Dane Stearns	100 Meter Dash	9 th	11.18
Gavin Schaefer	Discus Throw	9 th	151-04
Jared Poole	300 Meter Hurdles	14 th	42.18
Peter Folkerts	Pole Vault	19 th (tie)	12-00.00
Reid Gerber	Shot Put	20 th	48-00.00
Davonte Jones	300 Meter Hurdles	23 rd	43.06
Jared Poole	Triple Jump	24 th	41-00.75

2017 School Class Records

Four JM class records were set or tied in 2017:

- Davonte Jones Freshman school record, 300 meter hurdles 43.06
- Jared Poole Junior school record, 110 meter hurdles (tied) 15.24
- Abdul Mustapha Sophomore school record, 100 meter dash 11.01
- Abdul Mustapha Sophomore school record, 200 meter dash 22.48

Note: The all-time lists are a work in progress. The years 1968 to 1987 and 2014 to 2017 are generally well documented. The years prior to 1968, and the years from 1988 to 2013, range from moderately well to poorly documented. On-going research is seeking to make these lists more comprehensive and accurate. Other than the 4 x 800 meter relay and possibly the 300 meter hurdles, we expect only minor changes, if any, in the lists as more research is completed.

Performance points

Top performers:

1-Shahan Ameen	819 pts	100 meter dash	11.01
Abdul-Hakeem Mustapha	819 pts	100 meter dash	11.01
3-Dane Stearns	786 pts	100 meter dash	11.18
4-Jared Poole	776 pts	110 meter hurdles	15.24
5-Gavin Schaefer	759 pts	Discus throw	151-04
6-Sam Sonnabend	728 pts	800 meter run	2:02.51
7-Simon Werven	724 pts	400 meter dash	52.69
8-Caleb Feda	703 pts	1600 meter run	4:39.35
9-Reid Gerber	702 pts	Shot put	48-00.00
10-Ethan Sor	692 pts	Long jump	20-01.75
11-Matthew Thompson	678 pts	Shot put	46-06.50
Peter Folkerts	678 pts	Pole vault	12-00.00
13-Trevalle Moe	677 pts	200 meter dash	23.97
14-Mitch Olson	672 pts	3200 meter run	10:18.76
15-Jordan Velez-Hames	669 pts	100 meter dash	11.83
Justin Vutha	669 pts	200 meter dash	24.07
17-Carter McKenzie	656 pts	400 meter dash	54.82
18-Ian Baba-Lola	644 pts	100 meter dash	11.98
Davonte Jones	644 pts	300 meter hurdles	43.06
20-Patrick Gerdt	639 pts	400 meter dash	55.38
21-Anders Narum	632 pts	800 meter run	2:10.25
22-Jason Tlougan	621 pts	100 meter dash	12.12
Cole Ray	621 pts	Shot put	43-02.75
24-Seth Petersen	620 pts	400 meter dash	56.02
25-Jesse Parrott	616 pts	200 meter dash	24.76

Top performers, seniors/juniors:

1-Shahan Ameen	819 pts	100 meter dash	11.01
2- Dane Stearns	786 pts	100 meter dash	11.18
3- Jared Poole	776 pts	110 meter hurdles	15.24
4-Gavin Schaefer	759 pts	Discus throw	151-04
5-Sam Sonnabend	728 pts	800 meter run	2:02.51
6- Reid Gerber	702 pts	Shot put	48-00.00
7- Ethan Sor	692 pts	Long jump	20-01.75
8- Matthew Thompson	678 pts	Shot put	46-06.50
Peter Folkerts	678 pts	Pole vault	12-00.00
10-Mitch Olson	672 pts	3200 meter run	10:18.76

Top performers, sophomores/freshmen:

1- Abdul-Hakeem Mustapha	819 pts	100 meter dash	11.01
2-Simon Werven	724 pts	400 meter dash	52.69
3-Caleb Feda	703 pts	1600 meter run	4:39.35
4-Justin Vutha	669 pts	200 meter dash	24.07
5-Ian Baba-Lola	644 pts	100 meter dash	11.98
5-Davonte Jones	644 pts	300 meter hurdles	43.06
7-Patrick Gerdt	639 pts	400 meter dash	55.38
8-Jesse Parrot	616 pts	200 meter dash	24.76
9-Derek Lartey	611 pts	200 meter dash	24.82
10-Said Lopez	610 pts	100 meter dash	12.19
10-Dakota Dowd	610 pts	800 meter run	2:12.08

Top performers, middle schoolers:

1-Trevale Moe	677 pts	200 meter dash	23.97
2-Peter Dahlen	531 pts	3200 meter run	11:26.15
3-Anthony Velez-Hames	470 pts	100 meter dash	13.13
4-Ethan Daniels	361 pts	Discus throw	75-00
5-Peter Ladu	354 pts	Long jump	14-02.00
6-Danny Ta	347 pts	100 meter dash	14.09
7-Adam Knapp	343 pts	200 meter dash	29.04
8-Demyrous Ward	326 pts	100 meter dash	14.27
9-Logan McEachern	313 pts	1600 meter run	6:14.81
Ian Hensley	313 pts	1600 meter run	6:15.07

Performance level	Number of athletes at or above
800 points	2 (2%)
700 points	9 (10%)
600 points	30 (32%)
500 points	55 (59%)
400 points	70 (75%)
300 points	90 (96%)
Total athletes	94

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.