

Cardinal Relays
Breitenbach Stadium - Middleton High School
Middleton, WI - 4/26/2013

Results

Girls 3200 Meter Run

Name	Yr	School	Finals
Finals			
1 Katie Hietpas	09	Sun Prairie	11:57.62 10
2 Rachel Wians	10	Middleton	11:58.33 8
3 Abbey Schmidt	11	Sun Prairie	12:05.41 6
4 Jenny Mangus		Middleton	12:15.83 4
5 Kayla Guepfer	12	La Crosse Ce	12:26.77 2
6 Kelsi Kruchten		Middleton	12:56.57
7 Loralee Snodgrass	11	Sun Prairie	13:04.02
8 Kathleen Becker	11	La Crosse Ce	13:08.99
9 Mattie Krause	09	La Crosse Ce	13:18.09

Girls 300 Meter Hurdles Relay

Name	Yr	School	Finals
Finals			
1 Monica Miggins	12	Sun Prairie	49.03 1.3
2 Abbi Klos	10	La Crosse Ce	49.51 2.7
3 Kayla Bauhs	11	Middleton	49.95 3.3
4 Grace Weber	11	La Crosse Ce	50.78 2.7
5 Kaitlyn Montour	12	Middleton	50.92 3.3
6 Casey Kriewald	10	Onalaska	52.01 2
7 Payton Bills	11	Middleton	52.23 3.3
8 Alyssa Matl	11	Holmen	53.40
9 Megan Strittmater	11	Onalaska	54.26 2
10 Maddie Singer	09	Sun Prairie	54.42 1.3
11 Lexi Carl	11	Onalaska	54.62 2
12 Taylor Balistreri	10	Waunakee	55.94 0.7
13 Kaitlyn Lee	09	La Crosse Ce	56.62 2.7
14 Lizi Endres	11	Waunakee	56.87 0.7
15 Sami Helgeson	10	Holmen	58.02
16 Bailey Greiber	10	Waunakee	1:01.09 0.7
17 Tierney Lindner	10	Sun Prairie	1:03.41 1.3
--- Danielle Kohlwey	10	Holmen	DNF

Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Sun Prairie		50.99 10
1) Tori Sharpe 11	2) Mika Saldana 11	
3) Abby Millard 10	4) Tayler Hughes 12	
2 Waunakee		51.70 8
1) Taylor Balistreri 10	2) Michelle Kienow 10	
3) Marley Harman 09	4) Brianna Mueller 11	
3 Middleton		52.97 6
1) Maddy Matush 11	2) Celia Mayne 09	
3) Abbey Webber 09	4) Emily Bergum 10	
4 La Crosse Central		53.90 4
1) Katie Hanson 11	2) Sage Swanson 12	
3) Anna Weber 12	4) Jennifer Thorson 11	

5 Holmen	58.86 2
1) Nikki Meagher 10	2) Makinsey Schmidt 09
3) Heather Lager 09	4) Leah Tolvstad 10
6 Onalaska	1:01.08
1) Sydney Skogen 11	2) Mara Wiebke 11
3) Jessica McWain 12	4) Kristen Schafer 11

Girls 4x100 Meter Relay Field Event

Team	Relay	Finals
Finals		
1 Sun Prairie		51.95 10
2 La Crosse Central		53.91 8
3 Middleton		55.67 6
4 Holmen		58.79 4
5 Waunakee		1:00.81 2
6 Onalaska		1:04.65

Girls 4x100 Meter Relay Fresh/Soph

Team	Relay	Finals
Finals		
1 Middleton		54.09 10
2 Sun Prairie		55.28 8
3 Onalaska		55.41 6
4 Holmen		56.19 4
5 Waunakee		57.53 2
6 La Crosse Central		1:04.98

Girls 4x100 Meter Relay Weightperson

Team	Relay	Finals
Finals		
1 Middleton		57.43
1) Lydia Meier 12	2) Kiara Cruz 09	
3) Cierra Clay 11	4) Emily Douglas 11	
2 Waunakee		59.86
1) Shannon Meinholz 11	2) Gabby Schmitz 11	
3) Sammy Schmitz 12	4) Danielle Kind 09	
3 Sun Prairie		1:01.12
1) Kamry Gipson 12	2) Paige Smithback 12	
3) Jackie Broyles 12	4) Adahja Weathers 09	

Girls 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Middleton		1:49.08 10
1) Emily Zeker 10	2) Anna Garren 10	
3) Emily Bergum 10	4) Bobbi Patrick 10	
2 Sun Prairie		1:51.39 8
1) Bradleigh Algiers 09	2) Laura Skornia 11	
3) Mika Saldana 11	4) Abby Millard 10	

Cardinal Relays
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Results

Finals ... (Girls 4x200 Meter Relay)

Team	Relay	Finals
3 Onalaska		1:53.85 6
1) Sydney Skogen 11	2) Elise Nolte 12	
3) Jessica McWain 12	4) Rachel Lukas 12	
4 Holmen		1:56.54 4
1) Brena Davis 11	2) Brooke Holden 11	
3) McKenzee Ellis 11	4) Sophie Cieslicki 10	
5 Waunakee		1:59.46 2
1) Danielle Kind 09	2) Abby Larsen 09	
3) Jenna Norris 09	4) Abby McGowan 10	
6 La Crosse Central		2:00.04
1) Katie Hanson 11	2) Tess Jerome 10	
3) Anna Weber 12	4) Erynn McNeill 10	

Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Middleton		4:12.87 10
1) Kayla Bauhs 11	2) Bobbi Patrick 10	
3) Darcy Dean 12	4) Anna Garren 10	
2 Sun Prairie		4:17.76 8
1) Briana Mitchell 09	2) Tori Sharpe 11	
3) Monica Miggins 12	4) Hannah Helstad 11	
3 Onalaska		4:18.15 6
1) Emily Symons 12	2) Monica Delgado 11	
3) Mara Wiebke 11	4) Olivia Woyak 11	
4 Holmen		4:20.41 4
1) Alia Schuster 12	2) Kellyn Lamore 10	
3) Maia Heineck 10	4) Danielle Kohlwey 10	
5 La Crosse Central		4:43.56 2
1) Hannah Brekke 12	2) Dani Sorenson 11	
3) Violet Weibel 12	4) Kayla Guepfer 12	
6 Waunakee		4:55.19
1) Meg Mathison 09	2) Sam Slattery 10	
3) Maggie Heinemann 11	4) Grace Gaugert 09	

Girls 4x400 Meter Relay Grade Level

Team	Relay	Finals
Finals		
1 Middleton		4:11.18 10
2 Waunakee		4:12.35 8
3 Sun Prairie		4:16.14 6
4 La Crosse Central		4:33.73 4
5 Holmen		4:41.38 2
6 Onalaska		4:53.40

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Middleton		10:05.92 10
1) Darcy Dean 12	2) Bobbi Patrick 10	
3) Jenny Phillips 10	4) Sam Valentine 09	
2 Sun Prairie		10:30.38 8
1) Josey Stock 12	2) Hannah Helstad 11	
3) Tayler Studinski 12	4) Ellie Blake 09	
3 La Crosse Central		10:37.48 6
1) Natalie Ahern 11	2) Amanda Ruetten 11	
3) Hannah Brekke 12	4) Sadie Ottow 11	
4 Waunakee		10:42.76 4
1) Maggie Heinemann 11	2) Sam Slattery 10	
3) Niki Kulcyk 11	4) Grace Gaugert 09	

Girls 800 Sprint Medley

Team	Relay	Finals
Finals		
1 Waunakee		1:55.78 10
1) Michelle Kienow 10	2) Marley Harman 09	
3) Brianna Mueller 11	4) Lizi Endres 11	
2 Holmen		1:58.01 8
1) Alia Schuster 12	2) Kirsten Olson 09	
3) Maia Heineck 10	4) Sophie Cieslicki 10	
3 Middleton		1:58.69 6
1) Emily Bergum 10	2) Loren Skibba 09	
3) Abbey Webber 09	4) Emily Zeker 10	
4 Onalaska		1:59.77 4
1) Natalie Sopher 11	2) Taylor Fitzpatrick 11	
3) Sydney Skogen 11	4) Elise Nolte 12	
5 La Crosse Central		2:01.63 2
1) Kaitlyn Lee 09	2) Abbi Klos 10	
3) Grace Weber 11	4) Jennifer Thorson 11	
6 Sun Prairie		2:11.14
1) Danaree Sercye 11	2) Brittany Ollerman 12	
3) Bekah Guthrie 12	4) Kelli Clostermery 11	

Girls 1600 Sprint Medley Fresh/Soph

Team	Relay	Finals
Finals		
1 Middleton		4:43.72 10
2 Waunakee		4:51.25 8
3 Sun Prairie		4:52.57 6
4 Onalaska		4:56.77 4
5 La Crosse Central		5:13.71 2
6 Holmen		5:20.03

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Girls Distance Medley

Team	Relay	Finals
Finals		
1 Onalaska		13:20.36 10
1) Mara Wiebke 11	2) Olivia Woyak 11	
3) Emily Symons 12	4) Monica Delgado 11	
2 Middleton		13:32.71 8
1) Jenny Mangas 10	2) Jenny Phillips 10	
3) Rachel Wians 10	4) Sam Valentine 09	
3 Sun Prairie		13:32.76 6
1) Abbey Schmidt 11	2) Ellie Blake 09	
3) Josey Stock 12	4) Katie Hietpas 09	
4 La Crosse Central		13:43.40 4
1) Sydney Pretasky 12	2) Sadie Ottow 11	
3) Dani Sorenson 11	4) Violet Weibel 12	
5 Waunakee		13:51.25 2
1) Grace Gaugert 09	2) Lindsay Denu 09	
3) Sara Freimuth 09	4) Maggie Heinemann 11	
6 Holmen		13:55.51
1) Kellyn Lamore 10	2) Kaitlin Lubinsky 11	
3) Marlee Pronschinske 11	4) Josey Reiber 12	

Girls 3x100 Meter Shuttle Hurdle Grade Level

Team	Relay	Finals
Finals		
1 Middleton		52.99 10
2 Sun Prairie		53.14 8
3 La Crosse Central		55.94 6
4 Onalaska		57.59 4
--- Holmen		DNF

Girls High Jump Relay

Name	Yr	School	Finals
Finals			
1 Tierney Lindner	10	Sun Prairie	5-02.00 3.3
2 Aly Mickschl	11	Onalaska	4-10.00
3 Kelly Roach	11	Middleton	4-08.00 2
3 Courtney Denny	12	Sun Prairie	4-08.00 3.3
3 Amanda Wiebke	09	Onalaska	4-08.00
3 Whitney Malin	12	La Crosse Ce	4-08.00 2.7
7 Tessa Erickson	11	La Crosse Ce	4-06.00 2.7
7 Betsi Faga	09	La Crosse Ce	4-06.00 2.7
9 Kirsten Olson	09	Holmen	4-04.00
9 Sydney Marsh	12	Sun Prairie	4-04.00 3.3
9 Meg Mathison	09	Waunakee	4-04.00
12 Molly Zeinemann	09	Middleton	4-02.00 2
12 Emily Bergum	10	Middleton	4-02.00 2

Girls Pole Vault Relay

Name	Yr	School	Finals
Finals			
1 Gracie Erdman	11	Sun Prairie	9-00.00 3.3
2 Hannah Brekke	12	La Crosse Ce	8-00.00
2 Taylor Bradley	09	Sun Prairie	8-00.00 3.3
4 Heather Lager	09	Holmen	7-00.00 2.7
4 Lucee Laursen	10	Onalaska	7-00.00
6 Jayde Babler	09	Middleton	6-06.00
6 Makinsey Schmidt	09	Holmen	6-06.00 2.7
6 Kelsie Jarzemski	11	Holmen	6-06.00 2.7
9 Erika Mueller	09	La Crosse Ce	6-00.00
9 Emily Dusenberg	09	Onalaska	6-00.00
9 Laura Skornia	11	Sun Prairie	6-00.00 3.3
--- Kiara Rivera	10	Onalaska	NH
--- Allison Thompson	09	Middleton	NH
--- Hope Sternberg	09	La Crosse Ce	NH
--- Hailey Thompson	09	Middleton	NH

Girls Long Jump Relay

Name	Yr	School	Finals
Finals			
1 Sage Swanson	12	La Crosse Ce	16-08.50 3.3
2 Taylor Balistreri	10	Waunakee	16-06.50
3 Allissa Nelson	12	Sun Prairie	16-04.00 2.3
4 Emily Bergum	10	Middleton	16-02.00 1.3
5 Michelle Kienow	10	Waunakee	16-01.00
6 Amanda Wiebke	09	Onalaska	15-10.50 2.3
6 Laura Skornia	11	Sun Prairie	15-10.50 2.3
8 McKenzie Ellis	11	Holmen	15-07.00 0.7
9 Jessica McWain	12	Onalaska	15-06.50 2.3
10 Aly Mickschl	11	Onalaska	15-04.50 2.3
11 Tessa Erickson	11	La Crosse Ce	15-04.00 3.3
12 Jennifer Thorson	11	La Crosse Ce	14-10.00 3.3
13 Bekah Guthrie	12	Sun Prairie	14-07.00 2.3
14 Celia Mayne	09	Middleton	14-05.00 1.3
15 Maygan Neisius	10	Middleton	14-02.00 1.3
16 Kirsten Olson	09	Holmen	13-07.50 0.7
17 Hannah Erickson	10	Holmen	12-06.50 0.7

Girls Triple Jump Relay

Name	Yr	School	Finals
Finals			
1 Sage Swanson	12	La Crosse Ce	34-10.00 2
2 Kayla Bauhs	11	Middleton	34-04.50 3.3
3 Tayler Hughes	12	Sun Prairie	33-07.50 2.7
4 Sam Scheel	12	Waunakee	31-00.50 1.3
5 Marie Lawton	10	Middleton	30-11.75 3.3
6 Kelly Roach	11	Middleton	30-08.50 3.3
7 Sydney Marsh	12	Sun Prairie	30-08.25 2.7

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Finals ... (Girls Triple Jump Relay)

Name	Yr	School	Finals
8 Bradleigh Algiers	09	Sun Prairie	30-06.50 2.7
9 Lucee Laursen	10	Onalaska	29-07.25 0.7
10 Erika Mueller	09	La Crosse Ce	29-03.00 2
11 Morgan Sanger	12	La Crosse Ce	28-11.75 2
12 Jenni Tomashek	10	Onalaska	27-10.00 0.7
13 Alyssa Polley	09	Waunakee	27-07.00 1.3
14 Natalie Mutch	11	Onalaska	27-00.25 0.7
15 Sammy Schmitz	12	Waunakee	26-11.75 1.3

Girls Shot Put Relay

Name	Yr	School	Finals
1 Kamry Gipson	12	Sun Prairie	39-04.00 3.3
2 Jackie Broyles	12	Sun Prairie	34-08.00 3.3
3 Shianne Fair	11	La Crosse Ce	33-05.00 2.7
4 Adahja Weathers	09	Sun Prairie	32-11.00 3.3
5 Kiara Cruz	09	Middleton	31-10.50 2
6 Caitlin Krueger	11	La Crosse Ce	30-10.00 2.7
7 Lydia Meier	12	Middleton	28-10.00 2
8 Karyssa Symons	11	Holmen	28-07.50 0.7
9 Heidi Kramer	12	La Crosse Ce	26-09.00 2.7
10 Christine Buhrow	12	Onalaska	26-05.00
11 Sammy Schmitz	12	Waunakee	25-06.00 1.3
12 Cierra Clay	11	Middleton	24-02.00 2
13 Annmarie Flatten	11	Onalaska	24-01.00
14 Shannon Meinholz	11	Waunakee	24-00.00 1.3
15 Gabby Schmitz	11	Waunakee	23-01.50 1.3
16 Kellyn Lamore	10	Holmen	18-07.00 0.7
17 Nikki Meagher	10	Holmen	15-03.50 0.7

Girls Discus Throw Relay

Name	Yr	School	Finals
1 Shianne Fair	11	La Crosse Ce	116-01 3.3
2 Lydia Meier	12	Middleton	102-05 2
3 Danielle Kind	09	Waunakee	96-01 1.3
4 Adahja Weathers	09	Sun Prairie	93-07 2.7
5 Maia Heineck	10	Holmen	93-04 0.7
6 Annmarie Flatten	11	Onalaska	91-04
7 Cierra Clay	11	Middleton	86-11 2
8 Kamry Gipson	12	Sun Prairie	84-10 2.7
9 Paige Smithback	12	Sun Prairie	83-06 2.7
10 Sammy Schmitz	12	Waunakee	83-04 1.3
11 Caitlin Krueger	11	La Crosse Ce	83-01 3.3
12 Gabby Schmitz	11	Waunakee	72-11 1.3
13 Christine Buhrow	12	Onalaska	72-04
14 Kiara Cruz	09	Middleton	71-11 2
15 Heidi Kramer	12	La Crosse Ce	71-07 3.3
16 Karyssa Symons	11	Holmen	67-00 0.7

17 Sophie Cieslicki	10	Holmen	59-04 0.7
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Boys 100 Meter Dash Wheelchair

Name	Yr	School	Finals
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Finals

1 Travis Dring		Sun Prairie	26.07
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Boys 400 Meter Dash Wheelchair

Name	Yr	School	Finals
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Finals

1 Travis Dring		Sun Prairie	1:37.51
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Boys 3200 Meter Run

Name	Yr	School	Finals
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Finals

1 Scott Helstad	09	Sun Prairie	10:33.51 10
2 David Marrone	09	Middleton	10:42.02 8
3 Alex Jaffery	11	Onalaska	10:42.43 6
4 Andrew Plumb	10	Middleton	10:43.30 4
5 Ryan Amann	11	La Crosse Ce	10:48.88 2
6 Johnathon Edwards	11	La Crosse Ce	10:52.34
6 Mike O'Shea	12	Middleton	10:52.34
8 Bryan Aughey	11	Sun Prairie	10:54.27
9 Peter Jones	10	Sun Prairie	11:02.75
10 Andrew Ertz	12	Onalaska	11:05.56
11 Pat Ballweg	12	Waunakee	11:10.75
12 Omar Jandal	11	La Crosse Ce	11:15.31
13 Joe Witt	12	Waunakee	11:29.52
14 Jack Flinchum	11	Waunakee	11:43.55
15 Alex Taylor	11	Onalaska	11:52.15

Boys 300 Meter Hurdles Relay

Name	Yr	School	Finals
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Finals

1 Aron Klos	12	La Crosse Ce	40.56 2.7
2 Noah Boehnen	12	Middleton	41.81 3.3
3 Hans Kunsch	11	Middleton	42.36 3.3
4 Ian Geocaris	12	Middleton	43.04 3.3
5 Max Hether	11	La Crosse Ce	43.55 2.7
6 Ross Kinderman	11	Holmen	43.64 0.7
7 Alec Putnam	11	Waunakee	44.41 2
8 Drake Lindholm	11	Sun Prairie	45.21 1.3
9 Erik Kernozek	11	La Crosse Ce	45.78 2.7
10 Ben Pike	11	Waunakee	45.86 2
11 Jacob Melhoff	12	Waunakee	45.99 2
12 Kelton Heinemann	12	Sun Prairie	46.23 1.3
13 Alex LaFleur	10	Holmen	46.67 0.7
14 Faizon Thomas	09	Sun Prairie	47.49 1.3
15 Tyler Burke	09	Holmen	49.23 0.7
16 Kellen Gorman	11	Onalaska	50.72
17 Tyler Hobson	09	Onalaska	52.32

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Results

Finals ... (Boys 300 Meter Hurdles Relay)

Name	Yr	School	Finals
18 Tyler Hinytzke	09	Onalaska	52.73

Boys 4x100 Meter Relay Weightperson

Team	Relay	Finals
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Finals

1 Waunakee		48.70
1) Jake Defnet 10	2) Adam Fiore 10	
3) PJ Koopmans 10	4) Jack Flinchum 11	
2 La Crosse Central		53.20
1) Ulrich Von Lichtenstein 12	2) Jamison Hoff 12	
3) Michael Flock 11	4) Hudson Haley 11	
3 Sun Prairie		54.03
1) Nick Wewetzer 11	2) Oscar Jamaica 11	
3) Eli Schmidt 12	4) Craig Evans 11	
4 Onalaska		54.06
1) Hunter Clark 11	2) Cody Marquardt 11	
3) Tyler Hobson 09	4) Austin Seidel 11	
5 Middleton		55.28
1) Tanner Rahman 11	2) Cody VanHaren 11	
3) Evan Swain 11	4) Josh Kampe 12	
6 Holmen		1:01.09
1) Charles Serauskas 10	2) Jared Banks 09	
3) James Decker 10	4) Willie Stetter 09	

Boys 4x100 Meter Relay Fresh/Soph

Team	Relay	Finals
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Finals

1 Holmen		46.42	10
2 La Crosse Central		46.57	8
3 Sun Prairie		47.02	6
4 Middleton		48.42	4
--- Onalaska		DQ	

Boys 4x100 Meter Relay

Team	Relay	Finals
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Finals

1 Holmen		44.47	10
1) Dillon Martinez 11	2) Max Holden 12		
3) Aaron Zmolek 09	4) Ross Kinderman 11		
2 Middleton		44.63	8
1) Jake Cain 12	2) James Moreland 11		
3) Alex Leahy 10	4) Nnamdi Okoli 10		
3 Onalaska		45.20	6
1) Nate Sweeney 10	2) Gabe Henry 12		
3) Sam Rinartz 11	4) Clint Rihn 12		
4 Sun Prairie		45.21	4
1) Andrei Slaughter 12	2) James Wilson 12		
3) Luke Kiefer 11	4) James Stewart 12		

5 Waunakee		46.15	2
1) Austin Gerber 11	2) Sam Musso 09		
3) Troy Laufenberg 10	4) Josh Williams 12		
6 La Crosse Central		50.06	
1) James Baumler 09	2) Reid Crayton 10		
3) RJ Hackett 11	4) Ted Silha 11		

Boys 4x100 Meter Relay Field Event

Team	Relay	Finals
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Finals

1 Middleton		46.04	10
2 Sun Prairie		46.91	8
3 Waunakee		48.64	6
4 Onalaska		49.06	4
5 La Crosse Central		49.93	2
6 Holmen		50.28	

Boys 4x200 Meter Relay

Team	Relay	Finals
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Finals

1 Sun Prairie		1:33.69	10
1) James Wilson 12	2) Marcus Weathers 12		
3) Luke Kiefer 11	4) James Stewart 12		
2 Middleton		1:35.49	8
1) Jake Cain 12	2) James Moreland 11		
3) RJ Pertzborn 11	4) Nnamdi Okoli 10		
3 Onalaska		1:36.10	6
1) Sam Rinartz 11	2) Zach Hawkinson 12		
3) Clint Rihn 12	4) Blake Reynolds 11		
4 Waunakee		1:37.79	4
1) Austin Gerber 11	2) Avery Wescott 12		
3) Sam Musso 09	4) Shane Legatzke 11		
5 Holmen		1:49.89	2
1) Kyle Gamoke 10	2) Colton Kenowski 10		
3) Kyle Kenowski 11	4) Sam Steinhoff 10		

Boys 4x400 Meter Relay

Team	Relay	Finals
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Finals

1 Middleton		3:28.47	10
1) Hunter Jones 12	2) Travis Zander 10		
3) Alec Meixelsperger 12	4) Steven Harris 12		
2 Waunakee		3:36.38	8
1) Stephen Cruz 11	2) Noah Stamsta 11		
3) Shane Legatzke 11	4) Ben Young 12		
3 Holmen		3:39.36	6
1) Brandon Christinovich 10	2) Aaron Zmolek 09		
3) Chris Magnuson 10	4) Dillon Martinez 11		
4 Sun Prairie		3:40.08	4
1) Freddie Bobo 11	2) Tom Berkholtz 11		
3) Jimmy Spitz 11	4) Brody Ellis 11		

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Finals ... (Boys 4x400 Meter Relay)

Team	Relay	Finals
5 La Crosse Central		3:40.11 2
1) Mason Guild 10	2) Sawyer Smith 12	
3) Noah Stinson 10	4) Mitch Johnson 11	
6 Onalaska		3:55.53
1) Joe Culligan 12	2) Andy Achenreiner 11	
3) Tony Thorson 12	4) Ari Sysimaki 11	

Boys 4x400 Meter Relay Grade Level

Team	Relay	Finals
1 Middleton		3:34.64 10
2 Sun Prairie		3:45.98 8
3 La Crosse Central		3:54.06 6
4 Onalaska		3:55.66 4
5 Holmen		4:06.22 2

Boys 4x800 Meter Relay

Team	Relay	Finals
1 Middleton		8:15.38 10
1) Mike Hoot 12	2) Hunter Jones 12	
3) Alec Meixelsperger 12	4) Steven Harris 12	
2 La Crosse Central		8:37.95 8
1) Forrest Stehula 12	2) Alex Rodriguez 12	
3) Keaton Misch-Mattison 11	4) Jake Roh 12	
3 Waunakee		8:42.49 6
1) Nathan Dorn 09	2) Ben Young 12	
3) Stephen Cruz 11	4) Kyle Scrivens 10	
4 Sun Prairie		9:14.35 4
1) Bryan Aughey 11	2) Evan Kaminski 11	
3) Ravin Abeyskera 11	4) Bradon Dega 12	
5 Onalaska		9:17.73 2
1) Joe Culligan 12	2) Andy Achenreiner 11	
3) Ari Sysimaki 11	4) Tony Thorson 12	
6 Holmen		9:31.46
1) Rob Lecheler 12	2) Noah Carpenter 09	
3) Alex Wick 09	4) Ryan Holman 10	

Boys 800 Sprint Medley

Team	Relay	Finals
1 La Crosse Central		1:36.61 10
1) Sawyer Smith 12	2) Max Hether 11	
3) Mitch Johnson 11	4) Aron Klos 12	
2 Middleton		1:36.70 8
1) Jake Cain 12	2) James Moreland 11	
3) Noah Kern 11	4) Travis Zander 10	

3 Onalaska		1:39.85 6
1) Gabe Henry 12	2) Nate Sweeney 10	
3) Sam Rinartz 11	4) Zach Hawkinson 12	
4 Waunakee		1:42.18 4
1) Troy Laufenberg 10	2) Austin Gerber 11	
3) Avery Wescott 12	4) Shane Legatzke 11	
5 Sun Prairie		1:43.12 2
1) Lucas Miller 12	2) James Wilson 12	
3) Freddie Bobo 11	4) Marcus Weathers 12	
--- Holmen		DQ
1) Adam Johnson 09	2) Chris Magnuson 10	
3) Max Holden 12	4) Alex LaFleur 10	

Boys 1600 Sprint Medley Fresh/Soph

Team	Relay	Finals
1 Middleton		3:47.26 10
2 La Crosse Central		3:51.21 8
3 Waunakee		4:01.73 6
4 Sun Prairie		4:09.81 4
5 Holmen		4:11.83 2
--- Onalaska		DQ

Boys Distance Medley

Team	Relay	Finals
1 Onalaska		11:00.16 10
1) Matt Hibshman 12	2) Blake Reynolds 11	
3) Kyle Haggerty 12	4) Damian Roers 12	
2 Waunakee		11:18.72 8
1) Ben Young 12	2) JJ Pfister 12	
3) Stephen Cruz 11	4) Noah Stamsta 11	
3 Middleton		11:31.66 6
1) Peter Friedl 12	2) Jackson Rock 11	
3) Kyle Beuchner 11	4) Mike Hoot 12	
4 La Crosse Central		11:31.66 4
1) Ryan Andersen 12	2) Mitch Johnson 11	
3) Hunter Stinson 10	4) Josh Baumgartner 11	
5 Holmen		11:41.06 2
1) Devin Johnson 11	2) Matt Powell 09	
3) Tyler Grade 10	4) Dylan Cooper 10	
6 Sun Prairie		11:47.28
1) Dylen Carter 12	2) Jimmy Spitz 11	
3) Tom Berkholtz 11	4) Scott Helstad 09	

Boys 3x110 Meter Shuttle Hurdle Grade Level

Team	Relay	Finals
1 Middleton		51.52 10
2 La Crosse Central		53.72 8
3 Sun Prairie		53.94 6

Cardinal Relays
Breitenbach Stadium - Middleton High School
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Results

Finals ... (Boys 3x110 Meter Shuttle Hurdle Grade Level)			
Team	Relay	Finals	
4	Waunakee	54.78	4
5	Holmen	56.34	2
---	Onalaska	DQ	

Boys High Jump Relay			
Name	Yr	School	Finals
Finals			
1	Andy Keeler	11	Middleton 6-04.00
2	Joe Gasper	12	La Crosse Ce 6-02.00 1.3
2	Dillon Martinez	11	Holmen 6-02.00 2
4	Lucas Wavra	12	Onalaska 5-10.00 3.3
5	Clint Rihn	12	Onalaska 5-08.00 3.3
5	Brandon Dawson	11	Onalaska 5-08.00 3.3
7	Noah Diaz	10	Sun Prairie 5-06.00 2.7
7	Noah Medley		Sun Prairie 5-06.00 2.7
7	cody Sempf		Sun Prairie 5-06.00 2.7
10	Nick Maes	10	Middleton 5-04.00
10	JJ Pfister	12	Waunakee 5-04.00
12	Matt Kosin	09	Holmen 5-02.00 2
13	Max Holden	12	Holmen 5-00.00 2
14	Alex Beinborn	12	La Crosse Ce 4-10.00 1.3
15	Victor Yegorov	10	Waunakee 4-08.00
15	Ted Silha	11	La Crosse Ce 4-08.00 1.3
15	Lucas Miller	12	Sun Prairie 4-08.00

Boys Pole Vault Relay			
Name	Yr	School	Finals
Finals			
1	Cody Jennings	12	Holmen 13-00.00
2	Andy Wessels	11	Sun Prairie 12-00.00 3.3
2	Luke Kiefer	11	Sun Prairie 12-00.00 3.3
4	Cole Woods	11	La Crosse Ce 11-00.00
5	Parker Johnson	11	Middleton 10-06.00 2.7
6	Lucas Eber	12	La Crosse Ce 10-00.00
6	Alex Valigera	11	Sun Prairie 10-00.00 3.3
6	Noah Meeteer	10	Middleton 10-00.00 2.7
9	Thomas Hanson	10	Onalaska 9-00.00 2
9	RJ Pertzborn	11	Middleton 9-00.00 2.7
11	Christian Rombaoa	10	Onalaska 8-00.00 2
12	Tristen True-Miller	09	Onalaska 7-00.00 2
---	Jordan Johnson	10	Holmen NH
---	Dave Nigon	12	La Crosse Ce NH

Boys Long Jump Relay			
Name	Yr	School	Finals
Finals			
1	Andrei Slaughter	12	Sun Prairie 20-10.00 3.3
2	James Stewart	12	Sun Prairie 19-10.50 3.3
3	Joe Gasper	12	La Crosse Ce 19-09.50 1.3

4	Clint Rihn	12	Onalaska	19-07.00	2.7
5	Josh Williams	12	Waunakee	19-05.50	2
6	Adam Johnson	09	Holmen	19-05.00	
7	Troy Laufenberg	10	Waunakee	19-04.50	2
8	Blake Clyce	11	Middleton	18-08.50	0.7
9	Jack Jesse	09	Middleton	18-05.50	0.7
10	Brandon Sumlar	10	Onalaska	18-05.00	2.7
11	Freddie Bobo	11	Sun Prairie	18-04.00	3.3
12	Lawton Riness	09	La Crosse Ce	18-02.00	1.3
13	Brett Joers	10	Middleton	18-00.00	0.7
13	Michael Lind	12	Onalaska	18-00.00	2.7
15	Kyle Gamoke	10	Holmen	17-05.50	
16	Reid Crayton	10	La Crosse Ce	17-05.00	1.3
17	Bryce Liebe	10	Waunakee	16-08.00	2
18	Seth Lessard	10	Holmen	15-06.00	

Boys Triple Jump Relay			
Name	Yr	School	Finals
Finals			
1	Simon Adam	12	Middleton 42-03.50 3.3
2	Ross Kinderman	11	Holmen 42-01.25 0.7
3	Brandon Dawson	11	Onalaska 41-09.50 2.7
4	Brandon Sumlar	10	Onalaska 41-01.00 2.7
5	Andy Keeler	11	Middleton 40-10.50 3.3
6	Nick Maes	10	Middleton 40-03.50 3.3
7	Josh Williams	12	Waunakee 40-00.50 2
8	Drake Lindholm	11	Sun Prairie 39-03.75 1.3
9	PJ Koopmans	10	Waunakee 39-00.00 2
10	Dylen Carter	12	Sun Prairie 38-10.00 1.3
11	Michael Lind	12	Onalaska 37-07.00 2.7
12	Sean Larson	11	Sun Prairie 37-02.00 1.3
13	Tim Dies		Waunakee 37-01.50 2
14	Brandon Christinovich	10	Holmen 35-02.75 0.7
15	Ted Silha	11	La Crosse Ce 33-10.50
16	Kyle Gamoke	10	Holmen 33-03.25 0.7
17	Reid Crayton	10	La Crosse Ce 32-09.50

Boys Shot Put Relay			
Name	Yr	School	Finals
Finals			
1	Craig Evans	11	Sun Prairie 49-06.00 2
2	Hunter Clark	11	Onalaska 47-05.50 3.3
3	Charles Serauskas	10	Holmen 44-04.00 0.7
4	Cody Marquardt	11	Onalaska 43-07.50 3.3
5	Michael Flock	11	La Crosse Ce 43-02.00 2.7
6	Jamison Hoff	12	La Crosse Ce 41-07.00 2.7
7	Ulrich Von Lichtenstein	12	La Crosse Ce 40-10.00 2.7
8	Oscar Jamaica	11	Sun Prairie 40-06.50 2
9	Jack Flinchum	11	Waunakee 38-04.00 1.3
10	Jake Defnet	10	Waunakee 37-08.00 1.3
11	Josh Kampe	12	Middleton 36-06.50

Cardinal Relays
Breitenbach Stadium - Middleton High School
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Results

Finals ... (Boys Shot Put Relay)

	Name	Yr	School	Finals	
12	Austin Seidel	11	Onalaska	35-07.50	3.3
13	Tanner Rahman	11	Middleton	35-00.00	
14	Jared Banks	09	Holmen	34-07.00	0.7
15	Evan Swain	11	Middleton	34-04.00	
16	Adam Fiore	10	Waunakee	34-03.50	1.3
17	Nick Wewetzer	11	Sun Prairie	34-01.50	2
18	Willie Stetter	09	Holmen	27-09.00	0.7

Boys Discus Throw Relay

	Name	Yr	School	Finals	
1	Charles Serauskas	10	Holmen	140-05	0.7
2	Hunter Clark	11	Onalaska	123-09	2.7
3	Craig Evans	11	Sun Prairie	122-10	1.3
4	Josh Kampe	12	Middleton	121-06	
5	Jake Defnet	10	Waunakee	121-03	3.3
6	Cody Marquardt	11	Onalaska	119-05	2.7
7	Erik Kernozeck	11	La Crosse Ce	115-04	2
8	Lucas Miller	12	Sun Prairie	112-10	1.3
9	Jamison Hoff	12	La Crosse Ce	112-01	2
10	Tanner Rahman	11	Middleton	111-02	
11	Jack Flinchum	11	Waunakee	110-05	3.3
12	PJ Koopmans	10	Waunakee	110-02	3.3
13	Jared Banks	09	Holmen	106-02	0.7
14	Hudson Haley	11	La Crosse Ce	105-02	2
15	Austin Seidel	11	Onalaska	95-00	2.7
16	Jacob Jenning		Sun Prairie	90-11	1.3
17	Cody VanHaren	11	Middleton	90-01	
18	James Decker	10	Holmen	77-08	0.7

Women - Team Rankings - 19 Events Scored

1)	Sun Prairie	161
2)	Middleton	158
3)	La Crosse Central	96
4)	Waunakee	60
5)	Onalaska	55
6)	Holmen	42

Men - Team Rankings - 19 Events Scored

1)	Middleton	146
2)	Sun Prairie	120
3)	Onalaska	100
4)	La Crosse Central	92
5)	Waunakee	82
6)	Holmen	50