

2013 MSHSL (Section 1A) - Sub-section 3
Track & Field Championships
hosted by Lewiston-Altura - 5/22/2013
Results - Meet Program

Girls 100 Meter Dash Class A

Sub-Sec 3A: 12.20 \$ Heidi Kruger/Sarah Daley
1A Standard: 13.32 *

Name	Yr	School	Finals
Finals			
1 Morgan Shindelar	8	Plainview-El	13.51 10
2 Victoria Corey	9	Lake City	13.96 8
3 Grayce Adler	8	Lake City	14.02 6
4 Meghan Patel	9	Rochester Lo	14.07 5
5 Shannon Ting	11	Lake City	14.11 4
6 Madeson Sylvester	7	Plainview-El	14.41 3
7 Annabelle Paulik	10	Rochester Lo	14.62 2
8 Tia Standing	9	Plainview-El	14.63 1
9 Peyton Breuer	8	Wabasha-Kell	15.02
10 Elizabeth Prigge	9	Lewiston-Alt	15.46
11 Holly McElmury	9	Lewiston-Alt	16.04
12 Analiv Bell	8	Schaeffer Ac	16.37
13 Abbi Prigge	8	Lewiston-Alt	16.44
14 Gracie Caraballo	11	Rochester Lo	20.12

Girls 200 Meter Dash Class A

Sub-Sec 3A: 25.10 \$ 1989 Karla Stromme
1A Standard: 27.36 *

Name	Yr	School	Finals
Finals			
1 Mallory Adamson	10	Rochester Lo	27.69 10
2 Geffan Carter	11	Plainview-El	28.01 8
3 Emily Iverson	11	Plainview-El	28.07 6
4 Paige Thieke Clough	12	Plainview-El	28.33 5
5 Victoria Corey	9	Lake City	29.32 4
6 Grayce Adler	8	Lake City	29.47 3
7 Krissy Resman	12	Rochester Lo	29.50 2
8 Annabelle Paulik	10	Rochester Lo	30.00 1
9 Emelia Schindeldecker	9	Lewiston-Alt	30.15
10 AnnElise Ender	9	Lake City	30.44
11 Abbi Prigge	8	Lewiston-Alt	31.25
12 Ashley Haxton	7	Wabasha-Kell	31.92
13 Kylie Webb	9	Lewiston-Alt	32.13
14 Peyton Breuer	8	Wabasha-Kell	35.19
15 Analiv Bell	8	Schaeffer Ac	35.35

Girls 400 Meter Dash Class A

Sub-Sec 3A: 59.00 \$ 1993 Trisha Schumacher
1A Standard: 1:02.44 *

Name	Yr	School	Finals
Finals			
1 Mallory Adamson	10	Rochester Lo	59.98* 10
2 Katie Eidem	8	Schaeffer Ac	1:02.77 8
3 Krissy Resman	12	Rochester Lo	1:05.12 6
4 Alyssa Armstrong	10	Plainview-El	1:06.90 5

5 Grace Dearani	10	Rochester Lo	1:07.61 4
6 Taylor Heitman	9	Lake City	1:07.69 3
7 Madeson Sylvester	7	Plainview-El	1:08.08 2
8 Grayce Adler	8	Lake City	1:10.16 1
9 Ashley Haxton	7	Wabasha-Kell	1:13.84
10 Ruth Johnson	8	Schaeffer Ac	1:16.07
11 Macy Jensen	8	Lewiston-Alt	1:17.77
12 Skylar Kamrowski	8	Lewiston-Alt	1:20.86
13 Kiana Ties-Olson	8	Lewiston-Alt	1:22.63

Girls 800 Meter Run Class A

Sub-Sec 3A: 2:15.50 \$ 1982 Lori Phipps
1A Standard: 2:25.71 *

Name	Yr	School	Finals
Finals			
1 Kalyn Biever	12	Wabasha-Kell	2:25.04* 10
2 Morgan Dammann	9	Lake City	2:33.03 8
3 Chloe Holtz	9	Plainview-El	2:35.91 6
4 Rose Doda	10	Schaeffer Ac	2:37.66 5
5 Hannah Hanlon	9	Plainview-El	2:42.79 4
6 Abby Ziebell	8	Lake City	2:43.47 3
7 Ashton Haake	9	Lewiston-Alt	2:45.01 2
8 Elsa Paradis	8	Schaeffer Ac	2:46.08 1
9 Maren Daley	10	Lewiston-Alt	2:46.72
10 Lizzy Bauer	9	Rochester Lo	2:51.32
11 Olivia Renelt	8	Lake City	2:52.07
12 Katie Scanlon	10	Plainview-El	2:55.45
13 Ruth Johnson	8	Schaeffer Ac	2:57.58
14 Ally Haake	8	Lewiston-Alt	3:01.45
15 Natalie Boyce	10	Rochester Lo	3:02.08

Girls 1600 Meter Run Class A

Sub-Sec 3A: 5:06.30 \$ Monica Schliep/Lori Phipps
1A Standard: 5:35.67 *

Name	Yr	School	Finals
Finals			
1 Shannon Strickland	12	Rochester Lo	5:32.06* 10
2 Sierra Stucky	9	Plainview-El	5:40.61 8
3 Kristen Peterson	9	Schaeffer Ac	5:47.96 6
4 Ashton Haake	9	Lewiston-Alt	5:55.04 5
5 Olivia Sailer	7	Wabasha-Kell	5:55.11 4
6 Lizzy Bauer	9	Rochester Lo	6:02.41 3
7 Samantha Keller	11	Lake City	6:02.46 2
8 Olivia Renelt	8	Lake City	6:06.85 1
9 Hannah Finne	11	Plainview-El	6:20.60
10 Kaitlin Fry	9	Schaeffer Ac	6:21.43
11 Kate Beech	8	Schaeffer Ac	6:24.32
12 Natalie Boyce	10	Rochester Lo	6:33.82
13 Julia Anderson	8	Lake City	6:40.55
14 Courtney Hall	9	Plainview-El	6:54.75

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Girls 3200 Meter Run Class A

Sub-Sec 3A: 11:17.60 \$ 1986 Monica Schleip

1A Standard: 11:59.00 *

Name	Yr	School	Finals
Finals			
1 Sierra Stucky	9	Plainview-El	12:22.13 10
2 Shannon Strickland	12	Rochester Lo	12:27.88 8
3 Linnea Clark	8	Plainview-El	12:35.17 6
4 Rebecca Goertzen	10	Lake City	12:38.37 5
5 Liv Kozlowski	7	Lake City	12:54.64 4
6 Hellen Powley	9	Plainview-El	13:06.50 3
7 Katherine Michelson	9	Schaeffer Ac	13:13.81 2
8 Hannah Alitz	10	Lake City	13:37.46 1
9 Josie Meyers	7	Rochester Lo	14:11.57
10 Hannah McMillin	7	Wabasha-Kell	14:29.18

Girls 100 Meter Hurdles Class A

Sub-Sec 3A: 14.90 \$ 1985 Gretchen Otto

1A Standard: 16.72 *

Name	Yr	School	Finals
Finals			
1 Andrea Bartz	12	Plainview-El	16.40* 10
2 Angela Patel	11	Rochester Lo	17.08 8
3 Becca Mehling	12	Rochester Lo	17.35 6
4 Beth Petersen	10	Lake City	17.73 5
5 Angalee Schmidt	10	Plainview-El	17.88 4
6 Abbi Dennis	11	Plainview-El	17.90 3
7 Johanna Ender	11	Lake City	18.45 2
8 Samantha Garvin	11	Wabasha-Kell	18.74 1
9 Riley Pennington	8	Lake City	19.24
10 Mahsima Kamooneh	9	Lewiston-Alt	21.28
11 Kaitlin Fry	9	Schaeffer Ac	22.16
12 Anna Frisch	8	Lewiston-Alt	27.82

Girls 300 Meter Hurdles Class A

Sub-Sec 3A: 45.10 \$ 1985 Gretchen Otto

1A Standard: 49.23 *

Name	Yr	School	Finals
Finals			
1 Mikayla McCullough	9	Plainview-El	50.62 10
2 Angela Patel	11	Rochester Lo	51.59 8
3 Angalee Schmidt	10	Plainview-El	52.50 6
4 Beth Petersen	10	Lake City	53.46 5
5 Lisa Bjork	11	Rochester Lo	53.85 4
6 Samantha Garvin	11	Wabasha-Kell	55.10 3
7 Riley Pennington	8	Lake City	55.46 2
8 Ashley Gates	12	Lake City	56.91 1
9 Mahsima Kamooneh	9	Lewiston-Alt	1:05.15
10 Anna Frisch	8	Lewiston-Alt	1:12.16

Girls 4x100 Meter Relay Class A

Sub-Sec 3A: 49.70 \$ 1979 Plainview

Susan C, Antoinett D, Sandy C, Heidi K

1A Standard: 52.91 *

Team	Relay	Finals
Finals		
1 Plainview-El		52.44* 10
1) Geffan Carter 11	2) Paige Thieke Clough 12	
3) Morgan Shindelar 8	4) Emily Iverson 11	
2 Lake City		52.98 8
1) Brandy White 11	2) Braeden McElmury 10	
3) Shannon Ting 11	4) Taylor Koller 12	
3 Rochester Lourdes		56.47 6
1) Meghan Patel 9	2) Annabelle Paulik 10	
3) Lisa Bjork 11	4) Gracie Caraballo 11	
4 Lewiston-Altura		58.03 4
1) Morgan Repts 9	2) Abbi Prigge 8	
3) Kylie Webb 9	4) Lauren Daley 10	

Girls 4x200 Meter Relay Class A

Sub-Sec 3A: 1:45.70 \$ 1986 Chatfield

Jessie W, Lisa C, Angie Z, Thieke

1A Standard: 1:50.67 *

Team	Relay	Finals
Finals		
1 Lake City		1:51.17 10
1) Brandy White 11	2) Braeden McElmury 10	
3) Bailey Cronin 10	4) Taylor Koller 12	
2 Plainview-El		1:51.42 8
1) Geffan Carter 11	2) Paige Thieke Clough 12	
3) Morgan Shindelar 8	4) Emily Iverson 11	
3 Rochester Lourdes		1:58.32 6
1) Becca Mehling 12	2) Meghan Patel 9	
3) Gracie Caraballo 11	4) Angela Patel 11	
4 Lewiston-Altura		2:03.83 4
1) Rebecca Dailey 9	2) Emelia Schindeldecker 9	
3) Morgan Repts 9	4) Lauren Daley 10	
5 Wabasha-Kellogg		2:10.13 2
1) Ashley Haxton 7	2) Peyton Breuer 8	
3) Samantha Garvin 11	4) Megan Kelly 12	

Girls 4x400 Meter Relay Class A

Sub-Sec 3A: 4:04.40 \$ 1993 Plainview

Brenda H, Trisha S, Michelle H, Gretchen W.

1A Standard: 4:15.06 *

Team	Relay	Finals
Finals		
1 Lake City		4:18.34 10
1) Brandy White 11	2) Bailey Cronin 10	
3) Madi Green 9	4) Braeden McElmury 10	

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Finals ... (Girls 4x400 Meter Relay Class A)

Team	Relay	Finals
2 Rochester Lourdes		4:20.85 8
1) Becca Mehling 12	2) Krissy Resman 12	
3) Grace Dearani 10	4) Mallory Adamson 10	
3 Plainview-El		4:24.10 6
1) Mikayla McCullough 9	2) Madeson Sylvester 7	
3) Angalee Schmidt 10	4) Chloe Holtz 9	
4 Schaeffer Academy		4:26.45 4
1) Katie Eidem 8	2) Kristen Peterson 9	
3) Elsa Paradis 8	4) Rose Doda 10	
5 Lewiston-Altura		4:39.47 2
1) Ashton Haake 9	2) Maren Daley 10	
3) Rebecca Dailey 9	4) Emelia Schindeldecker 9	

Girls 4x800 Meter Relay Class A

Sub-Sec 3A: 9:35.60 \$ 1995

Rochester Lourdes

Kim B, Rebecca B, Jill H, Lisa P

1A Standard: 10:20.71 *

Team	Relay	Finals
1 Lake City		10:21.86 10
1) Morgan Dammann 9	2) Taylor Heitman 9	
3) Abby Ziebell 8	4) Hannah Alitz 10	
2 Schaeffer Academy		10:22.64 8
1) Katie Eidem 8	2) Kristen Peterson 9	
3) Elsa Paradis 8	4) Rose Doda 10	
3 Plainview-El		11:29.19 6
1) Hannah Hanlon 9	2) Elyse Root 12	
3) Hayley Rau 11	4) Chloe Holtz 9	
4 Lewiston-Altura		12:25.43 4
1) Ally Haake 8	2) Macy Jensen 8	
3) Skylar Kamrowski 8	4) Kiana Ties-Olson 8	

Girls High Jump Class A

Sub-Sec 3A: 5-07 \$ 1982

Penee Quiram

1A Standard: 4-11 *

Name	Yr	School	Finals
1 Hayley Rau	11	Plainview-El	4-11.00* 10
2 Madi Green	9	Lake City	4-11.00* 8
3 Chloe Holtz	9	Plainview-El	4-09.00 6
4 Taylor Heitman	9	Lake City	4-09.00 5
5 Abbi Dennis	11	Plainview-El	4-07.00 4
6 Rebecca Goertzen	10	Lake City	4-01.00 3
--- Kate Beech	8	Schaeffer Ac	NH
--- Lizzy Bauer	9	Rochester Lo	NH

Girls Long Jump Class A

Sub-Sec 3A: 17-10 \$ 1994

Liz Melquist

1A Standard: 15-03 *

Name	Yr	School	Finals
1 Andrea Bartz	12	Plainview-El	16-02.25* 10
2 Karlie Gilbeck	10	Plainview-El	16-01.00* 8
3 Emily Iverson	11	Plainview-El	15-01.00 6
4 Grayce Adler	8	Lake City	13-11.50 5
5 Sydney Ziebell	7	Lake City	13-07.50 4
6 Lisa Bjork	11	Rochester Lo	13-05.50 3
7 Elizabeth Prigge	9	Lewiston-Alt	12-04.75 2
8 Morgan Reps	9	Lewiston-Alt	11-02.50 1
9 Laura Zilincanova	8	Rochester Lo	11-00.50
10 Brandy White	11	Lake City	9-01.75
11 Holly McElmury	9	Lewiston-Alt	8-07.25

Girls Triple Jump Class A

Sub-Sec 3A: 37-03.50 \$ 2010

Andrea Bartz

1A Standard: 34-00 *

Name	Yr	School	Finals
1 Andrea Bartz	12	Plainview-El	35-00.00* 10
2 Karlie Gilbeck	10	Plainview-El	34-10.00* 8
3 Mikayla McCullough	9	Plainview-El	32-09.00 6
4 Angela Patel	11	Rochester Lo	32-03.00 5
5 Meghan Patel	9	Rochester Lo	30-10.00 4
6 Riley Pennington	8	Lake City	30-08.75 3
7 Julia Anderson	8	Lake City	29-00.00 2
8 Taiya Brown	11	Lewiston-Alt	28-05.50 1
9 Kylie Webb	9	Lewiston-Alt	28-04.25
10 Rebecca Dailey	9	Lewiston-Alt	27-06.50
11 Laura Zilincanova	8	Rochester Lo	27-04.00
12 Ashley Gates	12	Lake City	27-01.50
13 Megan Kelly	12	Wabasha-Kell	26-06.00
14 Ashley Haxton	7	Wabasha-Kell	26-00.00

Girls Shot Put Class A

Sub-Sec 3A: 45-11 \$ 2000

Jackie Luehmann

1A Standard: 31-04 *

Name	Yr	School	Finals
1 Caroline Rother	12	Plainview-El	30-09.00 10
2 Kristen Getschmann	11	Lake City	30-05.00 8
3 Kathryn Haeska	11	Lake City	29-03.00 6
4 Lauren Daley	10	Lewiston-Alt	29-00.50 5
5 Mariah Denzer	11	Lake City	28-04.00 4
6 Claire Stelow	10	Plainview-El	27-11.25 3
7 Jasmine Boynton	11	Lewiston-Alt	27-03.50 2
8 Taiya Brown	11	Lewiston-Alt	25-01.50 1

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Finals ... (Girls Shot Put Class A)

Name	Yr	School	Finals
9 Michaela Thompson	9	Rochester Lo	24-09.00
10 Macey Hofschulte	10	Plainview-El	23-08.50
11 Julia Furst	8	Schaeffer Ac	21-07.00
12 Alliyah Beisell	8	Wabasha-Kell	20-06.50
13 Rihanna Donner	11	Wabasha-Kell	19-08.00
14 Jennifer Keller	11	Wabasha-Kell	18-00.50
15 Emily Homme	8	Schaeffer Ac	17-07.00

Girls Discus Throw Class A

Sub-Sec 3A: 134-03 \$ 2002 Ashley Luehmann
1A Standard: 96-00 *

Name	Yr	School	Finals
1 Claire Stelow	10	Plainview-El	111-05* 10
2 Kristen Getschmann	11	Lake City	87-06 8
3 Michaela Thompson	9	Rochester Lo	81-08 6
4 Mariah Denzer	11	Lake City	80-01 5
5 Taylor Emery	11	Rochester Lo	72-00 4
6 Lauren Daley	10	Lewiston-Alt	70-11 3
7 Natalie Poss	10	Lake City	65-05 2
8 Jasmine Boynton	11	Lewiston-Alt	51-02 1
9 Macey Hofschulte	10	Plainview-El	50-09
10 Rihanna Donner	11	Wabasha-Kell	50-06
11 Julia Furst	8	Schaeffer Ac	49-11
12 Alliyah Beisell	8	Wabasha-Kell	49-09
13 Emily Homme	8	Schaeffer Ac	43-04
14 Jennifer Keller	11	Wabasha-Kell	40-03
--- Taiya Brown	11	Lewiston-Alt	FOUL
--- Caroline Rother	12	Plainview-El	FOUL

Boys 100 Meter Dash Class A

Sub-Sec 3A: 10.90 \$ Joe Packer/Dan Tentis
1A Standard: 11.55 *

Name	Yr	School	Finals
1 Alex Slawson	11	Plainview-El	11.78 10
2 Zachary Ziebell	11	Plainview-El	11.90 8
3 Elijah Kroll	11	Lake City	11.97 6
4 Calvin Kim	11	Rochester Lo	12.02 5
5 Tristan Creeley	11	Lake City	12.32 4
6 Michael Brooks-Harris	11	Lake City	12.36 3
7 Andrew Speedling	8	Plainview-El	12.48 2
8 Sheldon Knutson	12	Lewiston-Alt	12.51 1
9 Jordan Treder	12	Rochester Lo	12.56
10 Paul Novak	10	Wabasha-Kell	12.60
11 Soren Jacobson	12	Rochester Lo	12.71
12 Jimmy Warren	12	Wabasha-Kell	13.24
13 Brady Lange	9	Lewiston-Alt	13.63
14 Quy Ho	8	Schaeffer Ac	13.88

15 Jens Ackerman	8	Schaeffer Ac	14.02
16 Michael Bjork	9	Lewiston-Alt	14.04
17 Eli Ward	8	Schaeffer Ac	14.13
18 Elijah Hager	7	Wabasha-Kell	15.80

Boys 200 Meter Dash Class A

Sub-Sec 3A: 22.30 \$ Keith Hartman/David Von Walstein
1A Standard: 23.21 *

Name	Yr	School	Finals
1 Kane Carstens	11	Rochester Lo	23.55 10
2 Zachary Ziebell	11	Plainview-El	24.14 8
3 Andre Stewart	11	Rochester Lo	24.16 6
4 Tanner Jensen	12	Lewiston-Alt	24.37 5
5 Cody Hansen	12	Lake City	24.37 4
6 Jimmy Elit	10	Plainview-El	24.59 3
7 Connor Tapp	12	Lewiston-Alt	24.69 2
8 Mason Carstens	9	Rochester Lo	24.85 1
9 Elijah Hodgell	10	Lake City	25.35
10 Dylan Tradup	11	Plainview-El	25.47
11 Levi Norman	9	Lake City	26.49
12 Jimmy Warren	12	Wabasha-Kell	27.20
13 Tucker Speltz	12	Lewiston-Alt	28.57
14 Quy Ho	8	Schaeffer Ac	28.58
15 Eli Ward	8	Schaeffer Ac	29.18
16 Devon Kelly	8	Wabasha-Kell	31.35
17 Elijah Hager	7	Wabasha-Kell	32.05
18 Gabe Storm	8	Schaeffer Ac	32.69

Boys 400 Meter Dash Class A

Sub-Sec 3A: 50.10 \$ 1995 Lance Meinche
1A Standard: 53.31 *

Name	Yr	School	Finals
1 McKay Carstens	11	Rochester Lo	52.38* 10
2 Nate Evers	12	Plainview-El	53.84 8
3 Nelson Finne	10	Plainview-El	55.39 6
4 Nick Steinmetz	10	Rochester Lo	55.74 5
5 Ben Hager	11	Wabasha-Kell	56.95 4
6 Colt Smith	11	Lewiston-Alt	58.06 3
7 Gage Kranz	11	Lake City	58.14 2
8 David Bui	11	Rochester Lo	59.12 1
9 Taylor Flaherty	10	Plainview-El	59.31
10 Noah Thesing	8	Lewiston-Alt	1:00.98
11 Mitch Warthen	12	Lake City	1:01.99
12 Ryan Flathers	9	Lewiston-Alt	1:07.03

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Results - Meet Program

Boys 800 Meter Run Class A

Sub-Sec 3A: 1:57.96 \$ 2003 Pat Lehmann

1A Standard: 2:06.30 *

Name	Yr	School	Finals
Finals			
1 Dakota Streit	10	Rochester Lo	2:08.02 10
2 Sam Jewson	11	Wabasha-Kell	2:08.19 8
3 Montana Streit	8	Rochester Lo	2:13.13 6
4 Thomas Zimmerman	10	Plainview-El	2:14.74 5
5 Jordan Meyer	11	Wabasha-Kell	2:15.15 4
6 Adam Hannan	10	Rochester Lo	2:15.62 3
7 Mathew Folkert	10	Plainview-El	2:15.66 2
8 Antonio Sprout	10	Lake City	2:17.21 1
9 Micah Christiansen	10	Lake City	2:19.60
10 Nick Ziebell	12	Lake City	2:20.04
11 Shelby Hilke	9	Lewiston-Alt	2:25.30
12 Antonio Judson-Red Elk	8	Schaeffer Ac	2:26.36
13 Kyle Powley	12	Plainview-El	2:27.59
14 Josiah McMillin	12	Wabasha-Kell	2:29.76
15 Brandon Huddleston	8	Lewiston-Alt	2:30.91
16 Josiah Bell	10	Schaeffer Ac	2:37.72
17 Joey Veerkamp	8	Lewiston-Alt	2:40.13
18 Joshua Fry	8	Schaeffer Ac	3:03.93

Boys 1600 Meter Run Class A

Sub-Sec 3A: 4:23.80 \$ 1986 Donovan Bergstrom

1A Standard: 4:46.91 *

Name	Yr	School	Finals
Finals			
1 Ian Torchia	11	Rochester Lo	4:36.73* 10
2 Dakota Streit	10	Rochester Lo	4:48.47 8
3 Carston Dammann	12	Lake City	4:51.93 6
4 Pat Reinschmidt	12	Plainview-El	4:58.59 5
5 Antonio Judson-Red Elk	8	Schaeffer Ac	5:06.40 4
6 Dillon Clark	11	Plainview-El	5:08.90 3
7 Grant Rubin	8	Plainview-El	5:09.13 2
8 Tyler Rademacher	11	Rochester Lo	5:13.74 1
9 Josiah Bell	10	Schaeffer Ac	5:17.48
10 Cole Willers	8	Lake City	5:18.95
11 Trinity DeRooy	12	Lewiston-Alt	5:20.08
12 Hunter Herber	9	Lewiston-Alt	5:21.31
13 Austin OFlaherty	9	Lake City	5:22.55
14 Nicholas Meyer	7	Wabasha-Kell	5:25.18
15 Kenny Veerkamp	8	Lewiston-Alt	5:47.91
16 Alex Joersz	10	Wabasha-Kell	5:49.31
17 David Shapiro	12	Wabasha-Kell	6:02.10
18 Joshua Fry	8	Schaeffer Ac	6:22.53

Boys 3200 Meter Run Class A

Sub-Sec 3A: 9:14.10 \$ 1989 Donovan Bergstrom

1A Standard: 10:25.36 *

Name	Yr	School	Finals
Finals			
1 Ian Torchia	11	Rochester Lo	10:13.56* 10
2 Pat Reinschmidt	12	Plainview-El	10:30.09 8
3 Carston Dammann	12	Lake City	10:35.99 6
4 Peter Huber	10	Plainview-El	10:36.32 5
5 Carl Kozlowski	8	Lake City	10:42.85 4
6 Aaron Timm	12	Plainview-El	11:10.46 3
7 Josiah Nelson	8	Schaeffer Ac	11:17.18 2
8 Nick Sievers	11	Lake City	11:38.72 1
9 John Beckman	12	Rochester Lo	11:39.04
10 Logan Lien	10	Wabasha-Kell	11:42.87
11 Jack Thull	9	Rochester Lo	12:27.39
12 Shawn Wegman	9	Lewiston-Alt	12:40.13

Boys 110 Meter Hurdles Class A

Sub-Sec 3A: 14.60 \$ Brad Todd/Mike Mercer

1A Standard: 16.46 *

Name	Yr	School	Finals
Finals			
1 Zach Hebl	11	Rochester Lo	16.82 10
2 Frank Cerar	10	Plainview-El	18.59 8
3 Joseph Murray	11	Rochester Lo	18.62 6
4 Nate Thieke Clough	10	Plainview-El	18.83 5
5 Javon Kunkel	9	Rochester Lo	19.26 4
6 Colten Kruempel	12	Lake City	20.23 3
7 Quillan Hovey	11	Wabasha-Kell	20.50 2
8 Skylar Butts	11	Wabasha-Kell	20.51 1
9 Daniel Hoepfner	12	Wabasha-Kell	21.17
10 Brady Ziebell	9	Plainview-El	21.83
11 Ethan Ellinghuysen	9	Lewiston-Alt	22.74

Boys 300 Meter Hurdles Class A

Sub-Sec 3A: 39.60 \$ 1979 Gordy Meyers

1A Standard: 41.76 *

Name	Yr	School	Finals
Finals			
1 Frank Cerar	10	Plainview-El	43.88 10
2 Zach Hebl	11	Rochester Lo	44.00 8
3 Riley Mickow	10	Plainview-El	44.37 6
4 James Randle	12	Rochester Lo	45.56 5
5 Daniel Hoepfner	12	Wabasha-Kell	46.74 4
6 Sheldon Knutson	12	Lewiston-Alt	47.88 3
7 Quillan Hovey	11	Wabasha-Kell	48.78 2
8 Javon Kunkel	9	Rochester Lo	51.04 1
9 Cody Colburn	9	Plainview-El	52.30
10 Connor Kropp	8	Wabasha-Kell	53.33

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Track & Field Championships

hosted by Lewiston-Altura - 5/22/2013

Results - Meet Program

Finals ... (Boys 300 Meter Hurdles Class A)

Name	Yr	School	Finals
11 Ethan Ellinghuysen	9	Lewiston-Alt	53.91
12 Dominick DePestel	9	Lewiston-Alt	54.16
13 Ben Gardner	9	Lake City	54.62

Boys 4x100 Meter Relay Class A
Sub-Sec 3A: 44.00 \$ 1989 Wabasha-Kellogg
Corey M, Bryan R, Leigh H, Dan T
1A Standard: 45.44 *

Team	Relay	Finals
Finals		
1 Plainview-El		46.06 10
1) Andrew Speedling 8	2) Bryce Heim 10	
3) Alex Slawson 11	4) Nate Thieke Clough 10	
2 Rochester Lourdes		46.08 8
1) Jordan Treder 12	2) Andre Stewart 11	
3) Calvin Kim 11	4) Alex Glynn 12	
3 Lake City		46.44 6
1) Michael Brooks-Harris 11	2) Cody Hansen 12	
3) Elijah Hodgell 10	4) Elijah Kroll 11	
4 Wabasha-Kellogg		50.45 4
1) Paul Novak 10	2) Skylar Butts 11	
3) Josiah McMillin 12	4) Jimmy Warren 12	
--- Lewiston-Altura		DQ
1) Hunter Moe 12	2) Brady Lange 9	
3) Sheldon Knutson 12	4) Justin Wise 12	

Boys 4x200 Meter Relay Class A
Sub-Sec 3A: 1:32.40 \$ 2001 DESC
Nick D, Trevor M, Reece V, Tyler J
1A Standard: 1:35.45 *

Team	Relay	Finals
Finals		
1 Plainview-El		1:34.64* 10
1) Jimmy Elit 10	2) Zachary Ziebell 11	
3) Alex Slawson 11	4) Nate Evers 12	
2 Rochester Lourdes		1:34.88* 8
1) Andre Stewart 11	2) Alex Glynn 12	
3) Kane Carstens 11	4) McKay Carstens 11	
3 Lake City		1:39.46 6
1) Michael Brooks-Harris 11	2) Cody Hansen 12	
3) Elijah Hodgell 10	4) Elijah Kroll 11	
4 Lewiston-Altura		1:40.08 4
1) Hunter Moe 12	2) Tanner Jensen 12	
3) Colt Smith 11	4) Connor Tapp 12	
5 Wabasha-Kellogg		2:07.14 2
1) Elijah Hager 7	2) Will Yager 7	
3) Devon Kelly 8	4) Connor Kropp 8	

Boys 4x400 Meter Relay Class A
Sub-Sec 3A: 3:28.40 \$ 1987 Chatfield
Kyle H, Terry S, Mike H, Mark H
1A Standard: 3:34.81 *

Team	Relay	Finals
Finals		
1 Rochester Lourdes		3:37.35 10
1) Alex Glynn 12	2) Kyle Besch 12	
3) Kane Carstens 11	4) McKay Carstens 11	
2 Plainview-El		3:45.41 8
1) Nelson Finne 10	2) Riley Mickow 10	
3) Andrew Speedling 8	4) Nate Evers 12	
3 Lewiston-Altura		3:49.51 6
1) Tanner Jensen 12	2) Colt Smith 11	
3) Justin Wise 12	4) Connor Tapp 12	
4 Lake City		3:51.05 4
1) Shane Siewert 10	2) Gage Kranz 11	
3) Tristan Creeley 11	4) Carston Dammann 12	
5 Wabasha-Kellogg		3:55.46 2
1) Ben Hager 11	2) Daniel Hoepfner 12	
3) Sam Jewson 11	4) Jordan Meyer 11	
6 Schaeffer Academy		4:21.77 1
1) Josiah Bell 10	2) Jens Ackerman 8	
3) Josiah Nelson 8	4) Antonio Judson-Red Elk 8	

Boys 4x800 Meter Relay Class A
Sub-Sec 3A: 8:20.16 \$ 2001 Plainview
Adam B, Pat L, Anthony D, Jordan B
1A Standard: 8:47.49 *

Team	Relay	Finals
Finals		
1 Wabasha-Kellogg		9:00.28 10
1) Sam Jewson 11	2) Jordan Meyer 11	
3) David Shapiro 12	4) Josiah McMillin 12	
2 Plainview-El		9:02.81 8
1) Mathew Folkert 10	2) PJ Aarsvold 11	
3) Kyle Powley 12	4) Thomas Zimmerman 10	
3 Rochester Lourdes		9:03.56 6
1) Adam Hannan 10	2) Ian Cierzan 11	
3) Blake Welper 11	4) Nick Steinmetz 10	
4 Lake City		9:05.90 4
1) Antonio Sprout 10	2) Gage Kranz 11	
3) Risdon Kaartinen 9	4) Micah Christiansen 10	
5 Lewiston-Altura		9:54.06 2
1) Brandon Huddleston 8	2) Trinity DeRooy 12	
3) Hunter Herber 9	4) Shelby Hilke 9	

2013 MSHSL (Section 1A) - Sub-section 3

Track & Field Championships

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Results - Meet Program

Boys High Jump Class A

Sub-Sec 3A: 6-05 \$ 1979 Karl Weinman

1A Standard: 5-10 *

Name	Yr	School	Finals
Finals			
1 Tanner Jensen	12	Lewiston-Alt	5-08.00 10
2 Tim Dale	11	Wabasha-Kell	5-06.00 8
3 Montana Streit	8	Rochester Lo	5-04.00 6
4 Riley Mickow	10	Plainview-El	5-02.00 4.5
4 Taylor Flaherty	10	Plainview-El	5-02.00 4.5
6 Hunter Moe	12	Lewiston-Alt	5-02.00 3
7 Nelson Finne	10	Plainview-El	5-02.00 1.5
7 Andrew Winkles	12	Rochester Lo	5-02.00 1.5
--- Matt Kempinger	12	Rochester Lo	NH
--- Jens Ackerman	8	Schaeffer Ac	NH
--- Robert Barts	9	Lake City	NH
--- Connor Tapp	12	Lewiston-Alt	NH
--- Elijah Kroll	11	Lake City	NH

Boys Long Jump Class A

Sub-Sec 3A: 23-02 \$ 1978 Scott Myhre

1A Standard: 19-07 *

Name	Yr	School	Finals
Finals			
1 Alex Slawson	11	Plainview-El	20-11.25* 10
2 Michael Brooks-Harris	11	Lake City	19-05.00 8
3 Jordan Treder	12	Rochester Lo	18-09.50 6
4 Dalten Fox	10	Plainview-El	18-03.50 5
5 Tim Dale	11	Wabasha-Kell	18-00.50 4
6 Taylor Flaherty	10	Plainview-El	17-06.25 3
7 Noah Hillman	8	Rochester Lo	17-04.25 2
8 Soren Jacobson	12	Rochester Lo	17-01.00 1
9 Sheldon Knutson	12	Lewiston-Alt	16-05.75
10 Colt Smith	11	Lewiston-Alt	16-04.75
11 Jens Ackerman	8	Schaeffer Ac	15-04.75
12 Josiah McMillin	12	Wabasha-Kell	15-02.75
13 Nick Sievers	11	Lake City	14-00.25
14 Paul Novak	10	Wabasha-Kell	13-05.00
15 Michael Bjork	9	Lewiston-Alt	13-00.50
16 Quy Ho	8	Schaeffer Ac	12-05.75
--- Zach Peterson	10	Lake City	FOUL

Boys Triple Jump Class A

Sub-Sec 3A: 44-05 \$ 1989 David Wright

1A Standard: 40-06 *

Name	Yr	School	Finals
Finals			
1 Nate Evers	12	Plainview-El	40-02.25 10
2 Dalten Fox	10	Plainview-El	38-11.00 8
3 James Randle	12	Rochester Lo	38-06.50 6

4 Austin OFlaherty	9	Lake City	36-11.00 5
5 Andrew Winkles	12	Rochester Lo	36-01.00 4
6 Justin Wise	12	Lewiston-Alt	34-06.25 3
7 Carl Kozlowski	8	Lake City	34-01.75 2
8 Elijah Hodgell	10	Lake City	34-01.75 1
9 Matt Kempinger	12	Rochester Lo	33-00.50
10 Brady Ziebell	9	Plainview-El	31-01.75
11 Trinity DeRooy	12	Lewiston-Alt	30-03.50
12 Tucker Speltz	12	Lewiston-Alt	29-11.00
13 Quy Ho	8	Schaeffer Ac	28-11.00
14 Alex Joersz	10	Wabasha-Kell	28-01.25
15 Elijah Hager	7	Wabasha-Kell	26-09.75
16 Will Yager	7	Wabasha-Kell	25-11.25
17 Gabe Storm	8	Schaeffer Ac	25-01.50

Boys Shot Put Class A

Sub-Sec 3A: 60-09 \$ 1980 Chris Waltman

1A Standard: 44-05 *

Name	Yr	School	Finals
Finals			
1 Evan Bain	12	Lewiston-Alt	48-00.00* 10
2 Josh Langmade	12	Wabasha-Kell	43-05.00 8
3 Colten Kruempel	12	Lake City	43-01.00 6
4 Landon Clark	12	Plainview-El	41-09.00 5
5 Khoa Nguyen	12	Rochester Lo	39-06.00 4
6 AJ Hines	9	Lewiston-Alt	39-03.00 3
7 Briar Peters	12	Lewiston-Alt	37-05.00 2
8 Travis Ryan	12	Lake City	36-08.00 1
9 Zachary Ziebell	11	Plainview-El	34-10.00
10 Garrison McDermott	10	Rochester Lo	34-02.00
11 Tristan Creeley	11	Lake City	33-10.50
12 Mike Schively	11	Wabasha-Kell	31-07.00
13 Austin Bartsh	12	Plainview-El	30-07.00
14 Garrett Greeley	11	Wabasha-Kell	29-03.00
15 Spencer Berning	10	Rochester Lo	28-05.50
16 Joshua Fry	8	Schaeffer Ac	25-07.50
17 Eli Ward	8	Schaeffer Ac	19-08.00

Boys Discus Throw Class A

Sub-Sec 3A: 171-05 \$ 1987 Peter Svien

1A Standard: 133-00 *

Name	Yr	School	Finals
Finals			
1 Colten Kruempel	12	Lake City	147-07* 10
2 Travis Ryan	12	Lake City	137-05* 8
3 Josh Langmade	12	Wabasha-Kell	124-05 6
4 Khoa Nguyen	12	Rochester Lo	111-01 5
5 Nick Keller	12	Lake City	106-08 4
6 Landon Clark	12	Plainview-El	98-05 3
7 Emir Gasca	9	Lewiston-Alt	98-04 2
8 Evan Bain	12	Lewiston-Alt	90-06 1

2013 MSHSL (Section 1A) - Sub-section 3

Track & Field Championships
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Results - Meet Program

Finals ... (Boys Discus Throw Class A)

	Name	Yr	School	Finals
9	Nate Thieke Clough	10	Plainview-El	90-06
10	Briar Peters	12	Lewiston-Alt	88-06
11	Garrett Greeley	11	Wabasha-Kell	87-02
12	Austin Bartsh	12	Plainview-El	85-06
13	Garrison McDermott	10	Rochester Lo	80-10
14	Eli Ward	8	Schaeffer Ac	64-10
15	Mike Schively	11	Wabasha-Kell	63-05
16	Spencer Berning	10	Rochester Lo	51-02
17	Tanner Snyder	8	Schaeffer Ac	38-08

Women - Class A - Team Rankings - 17 Events Scored

1)	Plainview-Elgin-Millville	231
2)	Lake City	169
3)	Rochester Lourdes	129
4)	Lewiston-Altura	37
5)	Schaeffer Academy	34
6)	Wabasha-Kellogg	20

Men - Class A - Team Rankings - 17 Events Scored

1)	Plainview-Elgin-Millville	197.5
2)	Rochester Lourdes	187.5
3)	Lake City	105
4)	Wabasha-Kellogg	69
5)	Lewiston-Altura	60
6)	Schaeffer Academy	7