

**Mississippi Valley Conference  
Track and Field Championships  
Veterans Memorial Complex, La Crosse, WI - 5/11/2013**

**Results****Girls 100 Meter Dash**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Chloe Malin	10 La Crosse Lo	12.67Q
2	Ashley Sprain	09 La Crosse Lo	13.36Q
3	Tore Washa	10 La Crosse Lo	12.76q
4	Abbi Klos	10 La Crosse Ce	13.14q
5	Kirsten Olson	09 Holmen	13.25q
6	Sydney Skogen	11 Onalaska	13.32q
7	Sage Swanson	12 La Crosse Ce	13.34q
8	Janae Conley	11 Tomah	13.59q
9	Katie Hanson	11 La Crosse Ce	13.60q
10	Amanda Wiebke	09 Onalaska	13.70q
11	Jessica McWain	12 Onalaska	13.85
12	Kristin Iverson	09 Aquinas	13.95
13	Alia Schuster	12 Holmen	14.08
14	Maya Walters	09 Aquinas	14.47
15	Rachel Seidel	09 Aquinas	14.53
16	Nikki Meagher	10 Holmen	15.87
---	Haley Beckjordan	09 Tomah	DNF

**Girls 100 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1	Chloe Malin	10 La Crosse Lo	12.90 10
2	Tore Washa	10 La Crosse Lo	12.98 8
3	Abbi Klos	10 La Crosse Ce	13.39 6
4	Ashley Sprain	09 La Crosse Lo	13.48 5
5	Janae Conley	11 Tomah	13.57 4
6	Sage Swanson	12 La Crosse Ce	13.59 3
7	Kirsten Olson	09 Holmen	13.63 2
8	Sydney Skogen	11 Onalaska	13.68 1
9	Katie Hanson	11 La Crosse Ce	13.79
10	Amanda Wiebke	09 Onalaska	13.96

**Girls 200 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1	Chloe Malin	10 La Crosse Lo	26.59 10
2	Tore Washa	10 La Crosse Lo	26.90 8
3	Kemmesha Thomas	09 La Crosse Lo	27.33 6
4	Kirsten Olson	09 Holmen	27.46 5
5	Rachel Lukas	12 Onalaska	27.70 4
6	Whitney Malin	12 La Crosse Ce	28.05 3
7	Sage Swanson	12 La Crosse Ce	28.39 2
8	Tessa Erickson	11 La Crosse Ce	28.60 1
9	Grace Riley	11 Aquinas	29.40
10	Nicole Kelemen	09 Onalaska	29.82

11	Brooke Holden	11 Holmen	29.97
12	Aubrey Aspen	10 Sparta	31.11
13	Brena Davis	11 Holmen	31.89
14	Jackie Page	09 Sparta	32.40

**Girls 400 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1	Rachel Lukas	12 Onalaska	59.98 10
2	Tore Washa	10 La Crosse Lo	59.99 8
3	Kemmesha Thomas	09 La Crosse Lo	1:02.66 6
4	Sophie Cieslicki	10 Holmen	1:03.75 5
5	Whitney Malin	12 La Crosse Ce	1:04.02 4
6	Olivia Woyak	11 Onalaska	1:04.06 3
7	Sadie Ottow	11 La Crosse Ce	1:05.64 2
8	Laura Berry	12 Tomah	1:06.48 1
9	Grace Riley	11 Aquinas	1:07.12
10	Amanda Wiebke	09 Onalaska	1:07.91
11	Makinsey Schmidt	10 Holmen	1:13.90
12	Leah Tolvstad	10 Holmen	1:15.04
---	Haley Swanson	11 Sparta	FS

**Girls 800 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1	Rachel Lukas	12 Onalaska	2:30.19 10
2	Violet Weibel	12 La Crosse Ce	2:32.56 8
3	Dani Sorenson	11 La Crosse Ce	2:33.04 6
4	Haley Swanson	11 Sparta	2:33.28 5
5	Emily Symons	12 Onalaska	2:34.02 4
6	Kellyn Lamore	10 Holmen	2:37.65 3
7	Laura Berry	12 Tomah	2:39.85 2
8	Anna Smith	11 Aquinas	2:41.32 1
9	Olivia Woyak	11 Onalaska	2:43.20
10	Amber Krause	09 Tomah	2:43.96

**Girls 1600 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1	Violet Weibel	12 La Crosse Ce	5:29.05 10
2	Emily Symons	12 Onalaska	5:30.37 8
3	Sydney Pretasky	12 La Crosse Ce	5:30.55 6
4	Kellyn Lamore	10 Holmen	5:33.75 5
5	Bailey Oettel	11 La Crosse Lo	5:35.26 4
6	Jennifer Lichter	10 Aquinas	5:36.82 3
7	Josey Reiber	12 Holmen	5:38.03 2
8	Jaden Roddick	12 Sparta	5:44.17 1
9	Katie Repka	12 Tomah	6:15.93
10	Marissa Pieper	12 Tomah	6:45.30

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**Girls 3200 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Sydney Pretasky	12	La Crosse Ce	11:42.61 10
2 Bailey Oettel	11	La Crosse Lo	11:49.29 8
3 Jennifer Lichter	10	Aquinas	11:58.62 6
4 Kendal Miller	10	La Crosse Lo	12:19.96 5
5 Jaden Roddick	12	Sparta	12:21.83 4
6 Mara Wiebke	11	Onalaska	12:30.29 3
7 Josey Reiber	12	Holmen	12:30.97 2
8 Kayla Guepfer	12	La Crosse Ce	12:43.27 1
9 Mackenzie Davis	09	Onalaska	12:54.35
10 Katie Repka	12	Tomah	13:17.95
11 Marissa Pieper	12	Tomah	14:06.69

**Girls 100 Meter Hurdles**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Danielle Kohlwey	10	Holmen	15.38Q
2 Abbi Klos	10	La Crosse Ce	16.77Q
3 Pamela Fuchsel	10	Aquinas	17.33q
4 Kaitlyn Ganrude	10	La Crosse Lo	17.37q
5 Lexi Carl	11	Onalaska	17.80q
6 Jennifer Perez	11	Onalaska	18.51q
7 Alyssa Matl	11	Holmen	18.60q
8 Kaitlyn Lee	09	La Crosse Ce	18.95q
9 Andrea Pieper	11	Sparta	19.63q
10 Julie Rabe	11	Tomah	20.49q
11 Shania Gudgeon	11	Tomah	22.22
12 Hailley Steines	10	Tomah	22.28
--- Yvora Thomas	10	La Crosse Lo	DQ

**Girls 100 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Danielle Kohlwey	10	Holmen	15.23 10
2 Abbi Klos	10	La Crosse Ce	16.93 8
3 Pamela Fuchsel	10	Aquinas	16.95 6
4 Alyssa Matl	11	Holmen	17.24 5
5 Kaitlyn Ganrude	10	La Crosse Lo	17.43 4
6 Kaitlyn Lee	09	La Crosse Ce	18.20 3
7 Lexi Carl	11	Onalaska	18.38 2
8 Jennifer Perez	11	Onalaska	18.45 1
9 Andrea Pieper	11	Sparta	19.02
10 Julie Rabe	11	Tomah	20.35

**Girls 300 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Abbi Klos	10	La Crosse Ce	48.53 10
2 Danielle Kohlwey	10	Holmen	48.90 8
3 Pamela Fuchsel	10	Aquinas	49.36 6
4 Casey Kriewald	10	Onalaska	53.60 5
5 Megan Strittmater	11	Onalaska	53.88 4
6 Lexi Carl	11	Onalaska	54.27 3
7 Alyssa Matl	11	Holmen	54.62 2
8 Grace Weber	11	La Crosse Ce	55.96 1
9 Kelsey Farmer	11	Tomah	56.50

**Girls 4x100 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Onalaska		53.20 10
	1) Sydney Skogen 11	2) Elise Nolte 12
	3) Jessica McWain 12	4) Kristen Schafer 11
2 La Crosse Logan		53.86 8
	1) Shanelle Kendrick 10	2) Alexis Stika 11
	3) Ashley Sprain 09	4) Yvora Thomas 10
3 La Crosse Central		54.19 6
	1) Kaitlyn Lee 09	2) Tessa Erickson 11
	3) Katie Hanson 11	4) Jennifer Thorson 11
4 Tomah		55.88 5
	1) Kelsey Farmer 11	2) Alexa Byrum 11
	3) Emily Reise 11	4) Janae Conley 11
5 Holmen		56.56 4
	1) Alia Schuster 12	2) Kirsten Olson 09
	3) McKenzie Ellis 11	4) Maia Heineck 10
6 Sparta		56.87 3
	1) Kayla Rodgers 11	2) Madelyn Blaha 09
	3) Sadie Brooks 10	4) Jackie Page 09
7 Aquinas		57.54 2
	1) Rachel Seidel 09	2) Laura Pham 11
	3) Mara Anderson 09	4) Maya Walters 09

**Girls 4x200 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 La Crosse Logan		1:55.26 10
	1) Shanelle Kendrick 10	2) Caitlin Barth 10
	3) Andrea Happel 10	4) Ashley Sprain 09
2 La Crosse Central		1:55.35 8
	1) Katie Hanson 11	2) Anna Weber 12
	3) Tessa Erickson 11	4) Jennifer Thorson 11



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**Finals ... (Girls 4x200 Meter Relay)**

Team	Relay	Finals
3 Aquinas		1:57.33 6
1) Ivy Gierszewski 10	2) Laney McCartney 10	
3) Kristin Iverson 09	4) Pamela Fuchsel 10	
4 Onalaska		1:59.00 5
1) Jessica McWain 12	2) Elise Nolte 12	
3) Nicole Kelemen 09	4) Casey Kriewald 10	
5 Sparta		2:00.35 4
1) Kayla Rodgers 11	2) Madelyn Blaha 09	
3) Sadie Brooks 10	4) Aubrey Aspen 10	
--- Tomah		DQ
1) Samantha Storkel 09	2) Makayla Marten-Steidl 09	
3) Shania Gudgeon 11	4) Jynna Ambrosia-Brown 10	
--- Holmen		DQ
1) Jenna Legler 09	2) Katlyn Long 09	
3) Brooke Holden 11	4) McKenzee Ellis 11	

**Girls 4x400 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Holmen		4:21.39 10
1) Danielle Kohlwey 10	2) Alia Schuster 12	
3) Maia Heineck 10	4) Sophie Cieslicki 10	
2 La Crosse Central		4:24.24 8
1) Dani Sorenson 11	2) Sadie Ottow 11	
3) Morgan Sanger 12	4) Grace Weber 11	
3 Onalaska		4:25.22 6
1) Elise Nolte 12	2) Casey Kriewald 10	
3) Olivia Woyak 11	4) Emily Symons 12	
4 La Crosse Logan		4:26.90 5
1) Caitlin Barth 10	2) Kaitlyn Ganrude 10	
3) Andrea Happel 10	4) Kemmesha Thomas 09	
5 Tomah		5:09.59 4
1) Amber Krause 09	2) Shania Gudgeon 11	
3) Samantha Storkel 09	4) Jynna Ambrosia-Brown 10	

**Girls 4x800 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 La Crosse Central		10:25.93 10
1) Natalie Ahern 11	2) Hannah Brekke 12	
3) Amanda Ruetten 11	4) Sadie Ottow 11	
2 La Crosse Logan		10:29.66 8
1) Morgan Allen 11	2) Lizzy Schmida 10	
3) Kendal Miller 10	4) Caitlin Barth 10	
3 Tomah		10:53.51 6
1) Laura Berry 12	2) Kelsey Farmer 11	
3) Katie Repka 12	4) Amber Krause 09	

4 Onalaska		11:13.20 5
1) Sierra Dygert 09	2) Emma Guinta 09	
3) Jenni Tomashek 10	4) Mara Wiebke 11	
5 Holmen		12:08.11 4
1) Marlee Pronschinske 11	2) Kaitlin Lubinsky 11	
3) Abiel Wettstein 10	4) Sami Helgeson 10	

**Girls High Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Yvora Thomas	10	La Crosse Lo	5-02.00 10
2 Alexis Stika	11	La Crosse Lo	5-00.00 8
3 Aubrey Aspen	10	Sparta	J5-00.00 6
4 Carly Morris	10	La Crosse Lo	J5-00.00 5
5 Aly Mickschl	11	Onalaska	4-10.00 4
6 Whitney Malin	12	La Crosse Ce	4-06.00 3
7 Mara Anderson	09	Aquinas	J4-06.00 2
8 Hailley Steines	10	Tomah	J4-06.00 1
9 Alexa Byrum	11	Tomah	4-04.00

**Girls Pole Vault**

Name	Yr	School	Finals
<b>Finals</b>			
1 Emma Madsen	12	Holmen	9-06.00 10
2 Hannah Brekke	12	La Crosse Ce	8-00.00 8
3 Kaitlyn Ganrude	10	La Crosse Lo	J8-00.00 6
4 Julie Rabe	11	Tomah	7-06.00 5
5 Ashley Sprain	09	La Crosse Lo	7-00.00 3
5 Lucee Laursen	10	Onalaska	7-00.00 3
5 Maggie Fellenz	11	La Crosse Lo	7-00.00 3
8 Kelsie Jarzowski	11	Holmen	J7-00.00 1
9 Heather Lager	09	Holmen	6-06.00

**Girls Long Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Sage Swanson	12	La Crosse Ce	17-04.50 10
2 Alexis Stika	11	La Crosse Lo	16-05.75 8
3 Laney McCartney	10	Aquinas	16-01.25 6
4 Kaitlyn Ganrude	10	La Crosse Lo	16-01.00 5
5 Ivy Gierszewski	10	Aquinas	16-00.50 4
6 Amanda Wiebke	09	Onalaska	15-09.50 3
7 Emily Reise	11	Tomah	15-06.50 2
8 Kristin Iverson	09	Aquinas	14-11.50 1
9 Jessica McWain	12	Onalaska	14-11.25
10 Jennifer Thorson	11	La Crosse Ce	14-08.75
11 Aly Mickschl	11	Onalaska	13-01.50
--- Janae Conley	11	Tomah	FOUL
--- Brena Davis	11	Holmen	FOUL

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**Girls Triple Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Sage Swanson	12	La Crosse Ce	35-02.75 10
2 Alexis Stika	11	La Crosse Lo	34-01.75 8
3 Janae Conley	11	Tomah	34-01.50 6
4 Yvora Thomas	10	La Crosse Lo	33-04.25 5
5 Amanda Wiebke	09	Onalaska	32-11.00 4
6 Jennifer Thorson	11	La Crosse Ce	32-08.75 3
7 Madelyn Blaha	09	Sparta	31-09.75 2
8 Sadie Brooks	10	Sparta	31-02.00 1
9 Ivy Gierszewski	10	Aquinas	30-03.00
10 Lucee Laursen	10	Onalaska	29-11.75
11 Andrea Pieper	11	Sparta	29-01.75
12 Hailley Steines	10	Tomah	29-00.50

**Girls Shot Put**

Name	Yr	School	Finals
<b>Finals</b>			
1 Shianne Fair	11	La Crosse Ce	34-11.00 10
2 Megan Gunderson	10	Aquinas	34-04.25 8
3 Katherine Gibson	12	Aquinas	33-03.25 6
4 Kassera Hansen	10	La Crosse Lo	31-10.50 5
5 Karyssa Symons	11	Holmen	31-00.25 4
6 Kaliegh Gosa	10	La Crosse Lo	30-06.25 3
7 Calie Gaarder	12	Tomah	30-01.50 2
8 Caitlin Krueger	11	La Crosse Ce	29-07.00 1
9 Jaden Maas	10	Tomah	27-05.50
10 Nicolette Smith	11	Sparta	27-00.00
11 Katie Hedrick	12	Sparta	26-01.50
12 Christine Buhrow	12	Onalaska	25-04.00
13 Allison Klauke	10	Aquinas	24-10.75

**Girls Discus Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Shianne Fair	11	La Crosse Ce	107-02 10
2 Megan Gunderson	10	Aquinas	99-07 8
3 Maia Heineck	10	Holmen	99-06 6
4 Stacia Munson	10	La Crosse Lo	93-00 5
5 Caitlin Krueger	11	La Crosse Ce	91-03 4
6 Jaden Maas	10	Tomah	88-00 3
7 Macy Hembd	11	La Crosse Lo	87-04 2
8 Katherine Gibson	12	Aquinas	82-06 1
9 Karyssa Symons	11	Holmen	81-10
10 Nicolette Smith	11	Sparta	77-04
11 Annmarie Flatten	11	Onalaska	75-00
12 Katie Hedrick	12	Sparta	72-03
13 Calie Gaarder	12	Tomah	59-01

**Boys 100 Meter Dash**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Byron Neal	12	Tomah	10.95Q
2 Sawyer Smith	12	La Crosse Ce	11.00Q
3 Dillon Martinez	11	Holmen	11.32q
4 David Hellerud	12	La Crosse Lo	11.33q
5 William Moe	10	La Crosse Ce	11.38q
6 Aric Elmore	10	La Crosse Lo	11.38q
7 Robert Wettstein	11	Aquinas	11.40q
8 Rae Tillman	11	La Crosse Lo	11.47q
9 Aaron Zmolek	09	Holmen	11.68q
10 Dillon Racicot	12	Onalaska	11.68q
11 Braden Haley	11	Tomah	11.69
12 Max Holden	12	Holmen	12.14
13 Brody Christopherson	11	Sparta	12.34
14 Ben Stidham	09	Sparta	12.52

**Boys 100 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Byron Neal	12	Tomah	10.82 10
2 Sawyer Smith	12	La Crosse Ce	10.94 8
3 Dillon Martinez	11	Holmen	11.28 6
4 David Hellerud	12	La Crosse Lo	11.34 5
5 Rae Tillman	11	La Crosse Lo	11.42 4
6 William Moe	10	La Crosse Ce	11.52 3
7 Aric Elmore	10	La Crosse Lo	11.66 2
8 Dillon Racicot	12	Onalaska	11.75 1
9 Aaron Zmolek	09	Holmen	11.96

**Boys 200 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Byron Neal	12	Tomah	21.87 10
2 Sawyer Smith	12	La Crosse Ce	22.31 8
3 Aron Klos	12	La Crosse Ce	22.94 6
4 Gabe Henry	12	Onalaska	23.03 5
5 Jake Roh	12	La Crosse Ce	23.30 4
6 Carson Helmke	12	Tomah	23.42 3
7 Peter Heglund-Lohman	11	La Crosse Lo	23.49 2
8 Dillon Martinez	11	Holmen	23.50 1
9 Miles Beckjorden	11	Tomah	23.62
10 Collin Meyer	10	Aquinas	23.72
11 Aric Elmore	10	La Crosse Lo	24.44
12 Andrew Weber	12	Aquinas	24.52
13 Adam Johnson	09	Holmen	24.87
14 Max Holden	12	Holmen	25.29

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**Results**

**Finals ... (Boys 200 Meter Dash)**

Name	Yr	School	Finals
15 Zach Holcomb	09	Sparta	27.39

**Boys 400 Meter Dash**

Name	Yr	School	Finals
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**Finals**

1 Jake Roh	12	La Crosse Ce	51.79	10
2 Zach Hawkinson	12	Onalaska	52.74	8
3 Christian Strauss	10	Holmen	53.20	6
4 Sam Fleming	12	Tomah	53.42	5
5 Todor Andonov	10	La Crosse Ce	53.75	4
6 Cody Dwyer	12	Tomah	54.04	3
7 Jarrod Besl	10	La Crosse Lo	54.07	2
8 Mitch Johnson	11	La Crosse Ce	54.30	1
9 Kyle Haggerty	12	Onalaska	54.95	
10 Aaron Ruff	12	Aquinas	57.08	
11 Zach Snyder	09	Aquinas	1:03.10	

**Boys 800 Meter Run**

Name	Yr	School	Finals
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**Finals**

1 Blake Reynolds	11	Onalaska	2:02.12	10
2 Chris Ganrude	11	La Crosse Lo	2:02.54	8
3 Forrest Stehula	12	La Crosse Ce	2:03.52	6
4 Hunter Stinson	10	La Crosse Ce	2:03.85	5
5 Ted Caya	11	La Crosse Lo	2:04.43	4
6 Michael Christianson	12	Aquinas	2:05.63	3
7 Matt Hibshman	12	Onalaska	2:06.96	2
8 Kyle Haggerty	12	Onalaska	2:07.40	1
9 Tyler Grade	10	Holmen	2:08.88	
10 Kyle Colburn	12	La Crosse Lo	2:12.19	

**Boys 1600 Meter Run**

Name	Yr	School	Finals
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**Finals**

1 Michael Christianson	12	Aquinas	4:37.89	10
2 Damian Roers	12	Onalaska	4:39.77	8
3 Chris Ganrude	11	La Crosse Lo	4:42.22	6
4 James Logan	12	La Crosse Lo	4:42.72	5
5 Matt Hibshman	12	Onalaska	4:43.46	4
6 Blake Reynolds	11	Onalaska	4:45.49	3
7 Andy Pederson	12	La Crosse Lo	4:55.55	2
8 Paul Schmitt	10	La Crosse Ce	5:00.60	1
9 Isaac Pokorny	11	Sparta	5:17.53	
10 Alex Boruch	11	Aquinas	5:18.20	
11 Michael Kelley	09	Tomah	5:20.10	
12 Devin Johnson	11	Holmen	5:23.62	

**Boys 3200 Meter Run**

Name	Yr	School	Finals
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**Finals**

1 Colin Kenow	12	La Crosse Lo	9:53.32	10
2 Damian Roers	12	Onalaska	9:53.49	8
3 Taylor Gruntzel	12	La Crosse Lo	9:56.22	6
4 Henry Meger	10	La Crosse Lo	10:15.69	5
5 Dylan Cooper	10	Holmen	10:29.25	4
6 Josh Baumgartner	11	La Crosse Ce	10:31.26	3
7 Nate Simon	09	Onalaska	10:32.70	2
8 Zachary Phillips	09	Aquinas	10:43.32	1
9 Alex Egbert	10	Aquinas	10:55.22	
10 Alex Jaffery	11	Onalaska	11:00.69	
11 John Roddick	10	Sparta	11:05.26	
12 Rob Lecheler	12	Holmen	11:10.54	
13 Henry Sayner	11	Aquinas	11:14.82	

**Boys 110 Meter Hurdles**

Name	Yr	School	Prelims
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**Preliminaries**

1 Ross Kinderman	11	Holmen	15.39Q
2 Aron Klos	12	La Crosse Ce	15.63Q
3 Gabe Henry	12	Onalaska	15.97q
4 Evan Kyte	11	La Crosse Lo	16.19q
5 Peter Heglund-Lohman	11	La Crosse Lo	16.48q
6 Max Hether	11	La Crosse Ce	16.66q
7 Erik Kernozek	11	La Crosse Ce	16.71q
8 Kaden Jahnke	10	Holmen	17.24q
9 Alex LaFleur	10	Holmen	17.41q
10 John Albrecht	12	Tomah	17.82q
11 Charlie Hlavacka	10	Aquinas	20.53

**Boys 110 Meter Hurdles**

Name	Yr	School	Finals
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**Finals**

1 Ross Kinderman	11	Holmen	15.08	10
2 Gabe Henry	12	Onalaska	15.59	8
3 Aron Klos	12	La Crosse Ce	15.79	6
4 Evan Kyte	11	La Crosse Lo	16.21	5
5 Max Hether	11	La Crosse Ce	16.38	4
6 Peter Heglund-Lohman	11	La Crosse Lo	16.69	3
7 Erik Kernozek	11	La Crosse Ce	16.72	2
8 Kaden Jahnke	10	Holmen	17.07	1
9 Alex LaFleur	10	Holmen	17.77	
10 John Albrecht	12	Tomah	18.48	

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**Boys 300 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Aron Klos	12	La Crosse Ce	39.93 10
2 Ross Kinderman	11	Holmen	40.47 8
3 Peter Heglund-Lohman	11	La Crosse Lo	40.71 6
4 Evan Kyte	11	La Crosse Lo	42.75 5
5 Austin Lubinsky	10	Onalaska	43.86 4
6 Max Hether	11	La Crosse Ce	44.16 3
7 John Albrecht	12	Tomah	44.41 2
8 Alex LaFleur	10	Holmen	46.81 1

**Boys 4x100 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Holmen		44.67 10
1) Dillon Martinez 11	2) Max Holden 12	
3) Ross Kinderman 11	4) Aaron Zmolek 09	
2 Onalaska		44.89 8
1) Dillon Racicot 12	2) Gabe Henry 12	
3) Sam Rinartz 11	4) Brandon Dawson 11	
3 Tomah		44.96 6
1) Byron Neal 12	2) Collin Eswein 10	
3) Braden Haley 11	4) Devon Terry 11	
4 La Crosse Logan		46.10 5
1) Dakota Horton 10	2) David Hellerud 12	
3) Josh Stevens 10	4) Terrell Mallett 12	
5 La Crosse Central		46.18 4
1) William Moe 10	2) Noah Stinson 10	
3) Jalen Mathes 11	4) Max Hether 11	
6 Sparta		51.31 3
1) Brody Christopherson 11	2) Rylan Schauf 11	
3) Zach Holcomb 09	4) Ben Stidham 09	

**Boys 4x200 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Tomah		1:34.66 10
1) Miles Beckjorden 11	2) Carson Helmke 12	
3) Devon Terry 11	4) Braden Haley 11	
2 La Crosse Logan		1:35.50 8
1) David Hellerud 12	2) Max Harter 11	
3) Sam O'Bryant 11	4) Josh Stevens 10	
3 Onalaska		1:36.70 6
1) Dillon Racicot 12	2) Sam Rinartz 11	
3) Nate Sweeney 10	4) Bill Keane 11	
4 La Crosse Central		1:37.18 5
1) William Moe 10	2) Noah Stinson 10	
3) Jalen Mathes 11	4) Erik Kernocek 11	

5 Holmen	1:38.50 4
1) Adam Johnson 09	2) Chris Magnuson 10
3) Brandon Christinovich 10	4) Austin George 09
6 Sparta	1:46.68 3
1) Brody Christopherson 11	2) Rylan Schauf 11
3) Zach Holcomb 09	4) Trenton Thompson 10
--- Aquinas	DNF
1) Bronson Koenig 12	2) Ben Bettis 12
3) Reggie Rabb 11	4) Collin Meyer 10

**Boys 4x400 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Tomah		3:35.47 10
1) Cody Dwyer 12	2) Miles Beckjorden 11	
3) Sam Fleming 12	4) Devon Terry 11	
2 Onalaska		3:35.48 8
1) Sam Rinartz 11	2) Kyle Haggerty 12	
3) Blake Reynolds 11	4) Zach Hawkinson 12	
3 La Crosse Logan		3:35.82 6
1) Rae Tillman 11	2) Aric Elmore 10	
3) Jarrod Besl 10	4) Max Harter 11	
4 Holmen		3:36.42 5
1) Chris Magnuson 10	2) Aaron Zmolek 09	
3) Christian Strauss 10	4) Brandon Christinovich 10	
5 La Crosse Central		3:38.70 4
1) Todor Andonov 10	2) Mason Guild 10	
3) Mitch Johnson 11	4) Jalen Mathes 11	

**Boys 4x800 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 La Crosse Central		8:37.39 10
1) Forrest Stehula 12	2) Hunter Stinson 10	
3) Alex Rodriguez 12	4) Ryan Andersen 12	
2 La Crosse Logan		8:38.81 8
1) Ethan Schneider 12	2) Soren Johnson 11	
3) Ben Deetz 12	4) Andy Pederson 12	
3 Tomah		8:55.53 6
1) Alan Atha 10	2) Cody Dwyer 12	
3) Nick Osborne 12	4) Sam Fleming 12	
4 Onalaska		8:56.61 5
1) Andy Achenreiner 11	2) Joe Culligan 12	
3) Tony Thorson 12	4) Spencer Runde 09	
5 Aquinas		9:12.06 4
1) Sean Van Domelen 12	2) McHale Sterba 10	
3) Chris Poellinger 12	4) Riley Campbell 10	
6 Holmen		10:01.33 3
1) Alex Wick 09	2) Ryan Holman 10	
3) Josh Butzman 09	4) Noah Carpenter 09	

**Mississippi Valley Conference  
Track and Field Championships  
Veterans Memorial Complex, La Crosse, WI - 5/11/2013**

**Results****Boys High Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Joe Gasper	12	La Crosse Ce	6-06.00 10
2 Sawyer Smith	12	La Crosse Ce	6-02.00 8
3 Dillon Martinez	11	Holmen	6-00.00 6
4 Wyatt Westpfahl	11	Tomah	5-10.00 5
5 Lucas Wavra	12	Onalaska	J5-10.00 3.5
5 Carson Helmke	12	Tomah	J5-10.00 3.5
7 Clint Rihn	12	Onalaska	5-08.00 2
8 Eldred Jones	11	Aquinas	J5-08.00 1
9 Reggie Rabb	11	Aquinas	5-06.00
9 Max Hether	11	La Crosse Ce	5-06.00
--- Zach Holcomb	09	Sparta	NH
--- Austin Lema	09	Holmen	NH
--- Max Holden	12	Holmen	NH
--- Brandon Dawson	11	Onalaska	NH
--- Charlie Hlavacka	10	Aquinas	NH

**Boys Pole Vault**

Name	Yr	School	Finals
<b>Finals</b>			
1 Cody Jennings	12	Holmen	13-06.00 10
2 Avery Hackett	12	Holmen	13-00.00 8
3 Dave Nigon	12	La Crosse Ce	J13-00.00 6
4 Rylan Schauf	11	Sparta	12-00.00 5
5 Levi Kotek	11	La Crosse Lo	J12-00.00 4
6 Ben Bettis	12	Aquinas	11-00.00 2.5
6 Paul McGettigan	12	Aquinas	11-00.00 2.5
8 Jarred Schmidt	12	Tomah	J11-00.00 1
--- John Visgar	09	Tomah	NH
--- Lucas Eber	12	La Crosse Ce	NH

**Boys Long Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Sawyer Smith	12	La Crosse Ce	22-03.00 10
2 Robert Wettstein	11	Aquinas	21-08.50 8
3 Brandon Dawson	11	Onalaska	21-06.25 6
4 Aric Elmore	10	La Crosse Lo	21-03.50 5
5 Jake Roh	12	La Crosse Ce	21-01.00 4
6 Michael Conway	12	Aquinas	20-11.25 3
7 Joe Gasper	12	La Crosse Ce	20-08.25 2
8 Eldred Jones	11	Aquinas	19-06.00 1
9 Brandon Sumlar	10	Onalaska	19-03.75
10 Devon Terry	11	Tomah	18-10.00
11 Aaron Zmolek	09	Holmen	18-05.50
12 Miles Beckjorden	11	Tomah	18-04.75
13 Rae Tillman	11	La Crosse Lo	18-01.75

14 Adam Johnson	09	Holmen	18-01.50
15 Clint Rihn	12	Onalaska	13-02.00

**Boys Triple Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Jake Roh	12	La Crosse Ce	45-10.75 10
2 Joe Gasper	12	La Crosse Ce	45-04.00 8
3 Ross Kinderman	11	Holmen	43-07.75 6
4 Rae Tillman	11	La Crosse Lo	43-02.00 5
5 Clint Rihn	12	Onalaska	43-01.50 4
6 Byron Neal	12	Tomah	42-10.50 3
7 Brandon Dawson	11	Onalaska	42-03.50 2
8 Carson Helmke	12	Tomah	41-11.00 1
9 Brandon Sumlar	10	Onalaska	40-05.00
10 Dakota Horton	10	La Crosse Lo	40-04.00
11 Matt Dietzman	12	Tomah	38-08.75
12 Trenton Thompson	10	Sparta	33-10.25

**Boys Shot Put**

Name	Yr	School	Finals
<b>Finals</b>			
1 Kyle Whaley	12	Tomah	53-04.00 10
2 Hunter Clark	11	Onalaska	50-06.25 8
3 Lucas Strombergwindau	12	Tomah	49-05.00 6
4 Sam Leinfelder	12	La Crosse Lo	45-07.00 5
5 Calvin Wright	11	La Crosse Lo	J45-07.00 4
6 Cody Marquardt	11	Onalaska	44-04.00 3
7 Michael Flock	11	La Crosse Ce	43-09.25 2
8 Trevor Caswell	12	Tomah	42-05.00 1
9 Paul McGettigan	12	Aquinas	37-07.50
10 Jared Banks	09	Holmen	36-08.00

**Boys Discus Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Kyle Whaley	12	Tomah	146-01 10
2 Cody Marquardt	11	Onalaska	140-09 8
3 Calvin Wright	11	La Crosse Lo	138-08 6
4 Hunter Clark	11	Onalaska	135-05 5
5 Jonah Stuhr	12	La Crosse Lo	135-03 4
6 Lucas Strombergwindau	12	Tomah	128-05 3
7 Jared Banks	09	Holmen	107-09 2
8 Paul McGettigan	12	Aquinas	103-04 1
9 Sam Scheidt	12	Aquinas	103-00
10 Christian Strauss	10	Holmen	98-01
11 Trevor Caswell	12	Tomah	96-02

**Mississippi Valley Conference**  
**Track and Field Championships**  
**Veterans Memorial Complex, La Crosse, WI - 5/11/2013**  
**Results**

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Women - Team Rankings - 18 Events Scored

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1) La Crosse Logan	189
2) La Crosse Central	175
3) Onalaska	98
4) Holmen	88
5) Aquinas	66
6) Tomah	41
7) Sparta	26

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Men - Team Rankings - 18 Events Scored

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1) La Crosse Central	167
2) La Crosse Logan	140
3) Onalaska	132.5
4) Tomah	108.5
5) Holmen	91
6) Aquinas	37
7) Sparta	11