

Knights of Columbus Relays
La Crosse Aquinas High School
Veterans Memorial Stadium - La Crosse, WI - 4/30/2016
Results

Boys 100 Meter Dash**10 Advance: Top 1 Each Heat plus Next 4 Best Times**

Name	Year	School	Prelims	H#
Preliminaries				
1 Aaron Zmolek	12	Holmen	11.18Q	3
2 Brent Heilman	11	West Salem	11.23Q	6
3 Seth Holden	11	Holmen	11.26Q	5
4 Jacob Slaby	12	Arcadia	11.51Q	1
5 Zach Pierce	12	West Salem	11.57Q	2 11.568
6 Queto Weber	11	La Crosse Central	11.67Q	4
7 Ryan Bennet	12	Holmen	11.57q	1 11.568
8 Lucas Fisher	11	Rochester Century	11.65q	2
9 Austin Steele	11	La Crosse Central	11.71q	5
10 Dylan Langer	12	Mauston	11.73q	6
11 Alvin Parker	09	Adams-Friendship	11.80	6
12 Spencer Curren	11	Onalaska	11.84	5
13 Mike Bartley	12	Aquinas	11.87	6
14 Eddie Wagner	11	Tomah	11.88	1
15 Alec Tulus	12	La Crosse Logan	11.93	1
16 Riley Donaghue	10	Hayward	11.97	4
17 Brady Ferguson	11	Winona	11.98	2
18 Steven Nah	09	Rochester Century	12.07	3
19 Tyler Harris	09	La Crosse Logan	12.08	2
20 Dylan Bednar	12	Mosinee	12.10	4
21 Dan Jonsgaard	10	Winona	12.12	4
22 Kyle Schmidt	10	Adams-Friendship	12.13	4
23 Zach Rinartz	11	Onalaska	12.17	3
24 Bryant Meyer	09	Aquinas B	12.22	6
25 Tommy Kratt	10	Aquinas	12.25	2
26 Henry Hilmanowski	12	Arcadia	12.31	5 12.302
27 Alec Pham	10	Aquinas	12.31	3 12.307
28 Nick Cambio	10	Aquinas B	12.37	4
29 Ethan Reid	12	Aquinas B	12.40	1
30 Nolan Hellegers	09	Fall Creek	12.49	5
31 Caleb Miedema	10	Bangor	12.52	3
32 Kolten Wright	10	Altoona	12.55	5
33 Terrell Hall	09	Winona	12.57	5
34 Ilya Maro	11	Mondovi	12.72	1
35 Walker Larson	10	Altoona	12.73	6
36 Aaron Benson	12	Arcadia	12.80	2
37 Joseph Weggen	09	Fall Creek	12.81	4
38 Nate Figgins	09	Tomah	12.85	3
39 Chance Ewing-McGrath	12	Viroqua	12.99	5
40 Steve Diehl	10	Viroqua	13.02	6
41 Josh Domenech	10	Mauston	13.26	3
42 Ty Parker	12	Mondovi	13.34	3
43 Hayden D'Anza	09	Adams-Friendship	13.56	5
44 Demari Alston	11	Viroqua	13.68	2
45 Marcus VonRuden	10	Cashton	13.75	1

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46 Mitchel Kuhn	11 Cashton	13.83	6
47 Josiah Harding	09 Mondovi	14.01	4
48 Nate Strasburg	09 Fall Creek	14.11	6

Boys 100 Meter Dash

Name	Year	School	Finals	Points
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Finals

1 Aaron Zmolek	12 Holmen	11.02	10
2 Seth Holden	11 Holmen	11.06	8
3 Brent Heilman	11 West Salem	11.15	6
4 Jacob Slaby	12 Arcadia	11.31	5
5 Ryan Bennet	12 Holmen	11.39	4
6 Zach Pierce	12 West Salem	11.40	3
7 Queto Weber	11 La Crosse Central	11.67	2
8 Lucas Fisher	11 Rochester Century	11.68	1
9 Dylan Langer	12 Mauston	11.69	
10 Austin Steele	11 La Crosse Central	11.86	

Boys 200 Meter Dash

Name	Year	School	Finals	H#	Points
1 Aaron Zmolek	12	Holmen	22.35	6	10
2 Seth Holden	11	Holmen	22.44	6	8
3 Adam Johnson	12	Holmen	22.66	6	6 22.652
4 Brandon Lierman	12	Mauston	22.66	6	5 22.658
5 Jacob Slaby	12	Arcadia	22.77	6	4
6 Brent Heilman	11	West Salem	23.07	6	3
7 Mike Bartley	12	Aquinas	23.53	6	2
8 Dylan Langer	12	Mauston	23.59	5	1 23.581
9 Joe Bond	11	La Crosse Logan	23.59	4	23.586
10 Eddie Wagner	11	Tomah	23.77	6	
11 Sam Bahr	10	La Crosse Central	23.79	4	
12 Noah Skifton	10	Onalaska	23.90	5	
13 Tim Schauf	12	West Salem	23.98	6	
14 Lucas Fisher	11	Rochester Century	24.02	5	
15 Jake Marshall	12	Mosinee	24.18	5	
16 CJ Siegel	10	La Crosse Logan	24.20	5	
17 James Parker	12	Onalaska	24.23	4	
18 Kyle Schmidt	10	Adams-Friendship	24.33	3	
19 Christian Ellefson	11	Viroqua	24.37	4	
20 Alvin Parker	09	Adams-Friendship	24.43	3	
21 Tommy Kratt	10	Aquinas	24.45	5	
22 Ben Olson	12	Bangor	24.49	4	
23 Alec Tulus	12	La Crosse Logan	24.57	4	
24 Austin Steele	11	La Crosse Central	24.60	4	
25 Anthony Adams	11	Tomah	24.61	5	



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26	Jacob Babcock	11	Tomah	24.78	5
27	Nick Cambio	10	Aquinas B	24.92	4
28	Thomas Hanson	12	Rochester Century	24.98	3
29	Justin Obiofu	10	Winona	25.06	2
30	Miles Nielson	11	Mauston	25.17	5
31	Logan Comero	12	Winona	25.20	2
32	Greg Whalen	10	Arcadia	25.30	4
33	Bryant Meyer	09	Aquinas B	25.34	3
34	Terrell Hall	09	Winona	25.60	3
35	Peter Riley	12	Aquinas B	25.72	2
36	Ryan Thomas	10	Mosinee	26.22	3
37	Graham King	12	Bangor	26.39	2
38	Jake Baumgartner	11	Viroqua	26.83	2
39	Brock Hansen	10	Viroqua	27.24	2
40	Logan Johnson	09	Mondovi	27.77	2
41	Jory Thunder	09	Hayward	27.81	1
42	Marcus VonRuden	10	Cashton	27.86	2
43	Samual Perfecto	11	Hayward	28.54	1
44	Hayden D'Anza	09	Adams-Friendship	28.89	1

Boys 400 Meter Dash

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Name	Year	School	Finals	H#	Points
=====					
1	Aaron Zmolek	12	Holmen	49.98	5 10
2	Seth Holden	11	Holmen	50.14	5 8
3	Brandon Lierman	12	Mauston	51.09	5 6
4	Rob Hoesley	12	Arcadia	52.32	5 5
5	Andrew Schweyen	12	Rochester Century	52.33	5 4
6	Queto Weber	11	La Crosse Central	53.16	5 3
7	Ben Olson	12	Bangor	53.36	5 2
8	Eddie Wagner	11	Tomah	53.92	4 1
9	Noah Schultz	10	Winona	54.10	5
10	Seth Plenge	12	Bangor	54.30	4
11	Dylan Wolfe	12	Arcadia	54.35	5
12	Brandon Nee	11	Rochester Century	54.96	4
13	Joe Georgeson	11	Tomah	55.10	4
14	Ronnie Snider	10	Hayward	55.38	3
15	Garrett Olson	10	La Crosse Logan	55.95	4
16	Brian Aeling	11	Winona	55.98	4
17	Brendan Ellefson	10	Viroqua	57.18	3
18	Colin Buchloz	10	Bangor	57.20	3
19	Miles Nielson	11	Mauston	57.70	4
20	Tyler Hobson	12	Onalaska	57.83	3
21	Chad Slaght	10	Adams-Friendship	57.97	2
22	Preston Shields	10	Mauston	58.05	3
23	Ethan Wolfe	11	Hayward	58.08	2
24	Oliver Hamilton	11	Winona	59.49	2
25	Tucker Kasten	09	Adams-Friendship	59.86	2



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26	Ethan Pueschner	09	La Crosse Logan	59.94	3
27	Malik Brown	09	La Crosse Logan	1:01.50	3
28	Josh Inman	10	Mosinee	1:01.61	2
29	Mark Kluge	11	Mondovi	1:02.11	1
30	Isaac Wirzbinski	12	Mosinee	1:02.68	2
31	Ethyn Tews	10	Altoona	1:03.55	2
32	Demari Alston	11	Viroqua	1:03.69	2
33	Josiah Harding	09	Mondovi	1:06.92	1

Boys 800 Meter Run

Name	Year	School	Finals	H#	Points	
1	Jett Mickelson	10	La Crosse Central	2:00.98	3	10
2	Isaiah Sample	12	Onalaska	2:02.20	3	8
3	Spencer Runde	12	Onalaska	2:02.57	3	6
4	Jackson Overby	10	La Crosse Central	2:04.64	3	5
5	Riley Scallon	12	West Salem	2:05.48	3	4
6	Evan Schultz	10	La Crosse Logan	2:07.43	3	3
7	Rory Campbell	10	Aquinas B	2:07.99	3	2
8	John Maki	12	Mauston	2:08.14	3	1
9	Drew Peterson	10	West Salem	2:09.74	3	
10	Jack Blomberg	10	La Crosse Logan	2:11.03	2	
11	Blake Johnson	09	Holmen	2:13.70	2	
12	Colin Weber	12	Rochester Century	2:13.75	2	
13	Jacob Clements	09	Holmen	2:14.01	3	
14	Andy Goldsmith	10	Aquinas	2:14.24	2	
15	Dan Villare	11	Aquinas B	2:14.30	2	
16	Patrick Mullan	11	Rochester Century	2:14.88	3	
17	Dakota Kull	09	Hayward	2:16.08	1	
18	Mason Tomany	12	Mosinee	2:16.20	3	
19	Adam Tallman	10	Bangor	2:18.60	2	
20	Oliver Hamilton	11	Winona	2:19.00	2	
21	Aidan Mohan	09	Winona	2:19.05	2	
22	Townes Adams	11	Altoona	2:20.22	2	
23	Wyatt Spohn	09	Tomah	2:21.43	1	
24	Preston Shields	10	Mauston	2:21.63	2	
25	James Gouge	09	Hayward	2:22.63	2	
26	Kyle Motszko	10	Arcadia	2:23.63	1	
27	Nick Hanson	09	Altoona	2:25.39	2	
28	Sam Saner	09	Viroqua	2:25.83	1	
29	Xavier Elena	12	Arcadia	2:26.52	2	
30	Peter Glodosky	09	Aquinas B	2:26.96	1	
31	Matt Thill	12	Aquinas B	2:30.74	1	
32	Keagen Kuhn	09	Cashton	2:30.80	1	
33	Ethan Krzanowski	10	Mosinee	2:33.15	1	
34	Alec Watson	11	Mosinee	2:34.10	1	
35	Mark Kluge	11	Mondovi	2:34.26	1	
36	Ben Mayer	11	Mondovi	2:38.35	1	

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....Boys 800 Meter Run

37 Ethyn Tews	10 Altoona	2:46.96	1
38 Ben Wooten	11 Hayward	2:59.53	1
39 Kyler Bork	10 Adams-Friendship	3:17.84	1

Boys 1600 Meter Run

Name	Year	School	Finals	H#	Points
1 Sam Pinkowski	11	La Crosse Central	4:22.74	2	10
2 Riley Scallon	12	West Salem	4:36.29	2	8
3 Adam Novak	12	Holmen	4:41.02	2	6
4 Evan Schultz	10	La Crosse Logan	4:42.59	2	5
5 Ben Pierce	11	La Crosse Logan	4:43.17	2	4
6 Nick Zolondek	12	Mauston	4:43.34	2	3
7 Bailey Nelson	11	Viroqua	4:45.76	2	2
8 Mason Tomany	12	Mosinee	4:48.54	2	1
9 Trevin Nelson	10	Tomah	4:49.44	2	
10 Jack Richter	10	La Crosse Central	4:51.42	2	
11 Joshua Larson	12	Rochester Century	4:51.77	2	
12 Ethan Gregg	09	Aquinas	4:59.79	1	
13 Jackson Robelia	11	Rochester Century	5:00.22	2	
14 Dakota Kull	09	Hayward	5:00.75	1	
15 Colten Brand	09	Winona	5:01.21	2	
16 Nick Hass	10	Holmen	5:01.98	2	
17 Grayson Barrett	09	Mosinee	5:02.99	2	
18 Logan Swenson	11	Winona	5:03.08	2	
19 Marshall Nelson	09	Arcadia	5:06.70	1	
20 Jonathan Kruger	09	Onalaska	5:09.09	2	
21 Andrew Murphy	09	West Salem	5:10.26	1	
22 Townes Adams	11	Altoona	5:10.67	2	
23 Riley Barka	11	Fall Creek	5:12.25	1	
24 Kyle Motszko	10	Arcadia	5:15.51	1	
25 Garret Dekan	11	Altoona	5:15.72	1	
26 Tim Hicks	10	Adams-Friendship	5:16.58	2	
27 Ray Firebaugh	11	Viroqua	5:16.85	1	
28 Riley Krultz	09	Tomah	5:18.82	1	
29 Zach Kluge	11	Mondovi	5:20.17	1	
30 Ryan Wildes	11	Tomah	5:22.31	1	
31 Foster Erickson	12	Bangor	5:22.94	2	
32 Dylan Dearth	10	Mauston	5:24.11	1	
33 Ben Mayer	11	Mondovi	5:34.18	1	
34 Keagen Kuhn	09	Cashton	5:34.73	1	
35 Logan Knaack	10	Altoona	5:37.51	1	
36 Matt Thill	12	Aquinas B	5:48.33	1	
37 Alec Watson	11	Mosinee	5:50.44	1	
38 Ben Wooten	11	Hayward	6:27.69	1	

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Boys 3200 Meter Run

Name	Year	School	Finals	Points
1 Nick Zolondek	12	Mauston	9:49.85	10
2 Ramon Romero	10	Arcadia	9:59.19	8
3 Jackson Clements	11	Onalaska	10:03.11	6
4 Nick Victor	11	Onalaska	10:05.76	5
5 Matthew Ryan	12	Rochester Century	10:13.45	4
6 Chad Richter	10	La Crosse Central	10:23.93	3
7 AJ Ervin	09	Onalaska	10:24.07	2
8 Erick Sells	11	West Salem	10:25.56	1
9 Zeke Green	11	Rochester Century	10:35.28	
10 Tanner Boge	09	La Crosse Logan	10:44.02	
11 Carter Briggs	8	Winona	10:46.11	
12 Evan Veres	11	Viroqua	10:51.68	
13 Andrew Martinson	09	Holmen	10:52.34	
14 Yousef Almatrok	11	Winona	10:55.66	
15 Connor Koepnick	11	West Salem	11:02.24	
16 Alan Ella	11	Tomah	11:09.20	
17 Trevin Nelson	10	Tomah	11:15.76	
18 Noah Stockheimer	11	West Salem	11:26.96	
19 Ben Patschull	12	La Crosse Central	11:38.16	
20 Preston Halleck	09	Winona	11:40.98	
21 Jacob Cafferty	09	Mauston	11:41.00	
22 Zach Kluge	11	Mondovi	12:02.46	
23 Riley Alcoba	09	Mosinee	12:17.26	
24 Shaun Kelley	12	Hayward	14:36.01	

Boys 110 Meter Hurdles**10 Advance: Top 1 Each Heat plus Next 7 Best Times**

Name	Year	School	Prelims	H#
Preliminaries				
1 Jim Hoesley	12	Arcadia	15.33Q	3
2 Isiah Brown	12	Aquinas	15.40Q	1
3 Sawyer Rubeck	12	Fall Creek	16.00Q	2
4 Devon Kuykendall	11	Hayward	15.97q	1
5 Austin Collins-Martin	11	La Crosse Central	16.52q	2
6 Noah Olson	12	Arcadia	16.89q	2
7 John Meier	12	Rochester Century	16.92q	1
8 Tyler Hinytzke	12	Onalaska	16.94q	2
9 Theo Carr	11	La Crosse Logan	16.98q	1
10 Joel Nielsen	11	Rochester Century	17.75q	2
11 Ben Medema	10	Holmen	17.91	1
12 Jared Novitzke	12	Mosinee	18.03	3
13 Nathan Schomberg	12	West Salem	18.26	2
14 Kyle Livingston	10	Adams-Friendship	19.71	1
15 Jake Meyer	09	Altoona	19.96	3
16 Ryan Haessly	12	Mosinee	20.71	2

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....Boys 110 Meter Hurdles

17 Ronnie Snider	10 Hayward	20.84	3
18 Matt Kosin	12 Holmen	21.38	3

Boys 110 Meter Hurdles

Name	Year	School	Finals	Points
Finals				
1 Jim Hoesley	12	Arcadia	14.64	10
2 Isiah Brown	12	Aquinas	15.54	8
3 Devon Kuykendall	11	Hayward	15.58	6
4 Sawyer Rubeck	12	Fall Creek	15.74	5
5 John Meier	12	Rochester Century	16.55	4
6 Austin Collins-Martin	11	La Crosse Central	16.79	3
7 Tyler Hinytzke	12	Onalaska	16.82	2
8 Theo Carr	11	La Crosse Logan	16.94	1
9 Noah Olson	12	Arcadia	17.06	
10 Joel Nielsen	11	Rochester Century	17.63	

Boys 300 Meter Hurdles

Name	Year	School	Finals	H#	Points
1 Jim Hoesley	12	Arcadia	40.14	4	10
2 Joe Bond	11	La Crosse Logan	40.26	4	8
3 John Dougherty	11	Rochester Century	41.27	4	6
4 Sawyer Rubeck	12	Fall Creek	41.41	4	5
5 Kellen Kravik	12	Bangor	42.18	4	4
6 Devon Kuykendall	11	Hayward	42.61	3	3
7 Luke Harding	12	Mondovi	43.14	4	2
8 Joel Nielsen	11	Rochester Century	43.58	3	1
9 Jared Novitzke	12	Mosinee	43.84	4	
10 Connor Williams	11	La Crosse Central	43.96	3	
11 Austin Collins-Martin	11	La Crosse Central	44.02	4	
12 Nathan Schomberg	12	West Salem	44.35	4	
13 Tyler Hinytzke	12	Onalaska	45.10	3	
14 Theo Carr	11	La Crosse Logan	45.11	3	
15 Joe Georgeson	11	Tomah	45.21	3	
16 Chase Roehl	09	Hayward	46.31	2	
17 Zylan Mageria-Kmiecek	11	Onalaska	46.44	3	
18 Luke Bopart	10	Mauston	46.94	3	
19 Johniel Buenrostro	12	Tomah	48.51	2	
20 Jaymeson Freit	09	Bangor	49.11	2	
21 Josiah Ziebell	09	Mauston	50.48	2	
22 Trevor Jones	09	Bangor	50.96	2	
23 Mitchel Kuhn	11	Cashton	52.01	1	
24 Jake Meyer	09	Altoona	52.39	2	
25 Noah Olson	12	Arcadia	56.99	3	
26 Nathan Normann	11	Viroqua	57.05	1	

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Boys 4x100 Meter Relay

School	Finals	H#	Points
1 Aquinas 1) Alec Pham 10 3) Connor Haag 12	44.96	2	10
2 La Crosse Central 1) Steven Cross 09 3) Ben Richmond 11	45.28	2	8
3 Onalaska 1) Spencer Curren 11 3) Noah Skifton 10	45.37	2	6
4 Holmen 1) Colton LeClaire 11 3) Abe Molling 10	45.58	2	5
5 Winona 1) Christopher Wisted 12 3) Jared Boelter 12	46.30	2	4
6 Rochester Century 1) Matthew Kallis 12 3) Jonathan Muhs 10	47.06	2	3
7 La Crosse Logan 1) Justin Dion 10 3) Nhia Thao 11	47.14	2	2
8 Mosinee 1) Jake Marshall 12 3) Bobby Wenman 12	47.83	1	1
9 Tomah 1) Jacob Babcock 11 3) Nate Figgins 09	47.98	1	
10 Bangor 1) Connor Zager 10 3) Theo Muellenberg 10	49.08	2	
11 Mondovi 1) Hunter Evans 11 3) Ilya Maro 11	49.46	1	
12 Hayward 1) Lane Deyo 12 3) Gabe Luedke 11	49.70	2	
13 Adams-Friendship 1) Hayden D'Anza 09 3) Terry Drake 09	50.96	1	
14 Viroqua 1) Chance Ewing-McGrath 12 3) Jordan Pedretti 11	50.99	1	
15 Mauston 1) Josh Domenech 10 3) Trevor Galagher 09	51.24	1	
-- West Salem 1) Zach Pierce 12	DQ	2	Out of Zone 3-4
2) Spencer Lund 10 4) Mike Bartley 12			
2) Greg Kohler 10 4) Austin Steele 11			
2) Isaac Lock 11 4) Austin Brown 12			
2) Jonah Johnson 09 4) Austin George 12			
2) Tanner Remlinger 12 4) Brady Ferguson 11			
2) Thomas Hanson 12 4) Steven Nah 09			
2) Lavontay Basley 11 4) Josh McGrath 10			
2) Dylan Bednar 12 4) Kalib Hofman 12			
2) Brayden Friant 12 4) Damien Hernandez 09			
2) Kellen Kravik 12 4) Derek Johnson 12			
2) Logan Johnson 09 4) Jake West 10			
2) Chase Roehl 09 4) Riley Donaghue 10			
2) Michael Gulrud 09 4) John Wolf 12			
2) Jake Baumgartner 11 4) Brock Hansen 10			
2) Josiah Ziebell 09 4) Andy Schwedersky 12			
2) Tyler LeDoux 11			



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....Boys 4x100 Meter Relay

- | | | | |
|-------------------------|--------------------|----|-------------------|
| 3) Conner Dunn 11 | 4) Mark Harris 12 | | |
| -- Arcadia | | DQ | 1 Out of Zone 1-2 |
| 1) Henry Hilmanowski 12 | 2) Aaron Benson 12 | | |
| 3) Charlie Reit 12 | 4) Greg Whalen 10 | | |

Boys 4x200 Meter Relay

School	Finals	H#	Points
1 West Salem	1:32.18	2	10
1) Zach Pierce 12	2) Conner Dunn 11		
3) Mark Harris 12	4) Brent Heilman 11		
2 Aquinas	1:32.28	2	8
1) Spencer Lund 10	2) Conley Malone 10		
3) Connor Haag 12	4) Isiah Brown 12		
3 Holmen	1:34.87	2	6
1) Ryan Bennet 12	2) Adam Johnson 12		
3) Austin George 12	4) Nick Shupe 11		
4 Rochester Century	1:35.81	2	5
1) Matthew Kallis 12	2) Thomas Hanson 12		
3) Jonathan Muhs 10	4) Lucas Fisher 11		
5 La Crosse Central	1:35.82	2	4
1) Sam Bahr 10	2) Connor Williams 11		
3) Steven Cross 09	4) Austin Collins-Martin 11		
6 Onalaska	1:36.79	2	3
1) Kyle Burger 11	2) Alex Franzini 09		
3) James Parker 12	4) Konrad Ernst 12		
7 Winona	1:37.24	2	2
1) Christopher Wisted 12	2) Jonah Boelter 10		
3) Kale Milek 12	4) Tanner Remlinger 12		
8 La Crosse Logan	1:37.91	1	1
1) Tae Holmes 11	2) Ethan Pueschner 09		
3) Nhia Thao 11	4) Lavontay Basley 11		
9 Tomah	1:38.10	2	
1) Jacob Babcock 11	2) Brayden Friant 12		
3) Anthony Adams 11	4) Damien Hernandez 09		
10 Adams-Friendship	1:39.23	1	
1) Kyle Livingston 10	2) Kyle Schmidt 10		
3) John Wolf 12	4) Alvin Parker 09		
11 Bangor	1:41.07	2	
1) Connor Zager 10	2) Theo Muellenberg 10		
3) Derek Johnson 12	4) Drew Johnson 10		
12 Mosinee	1:41.93	1	
1) Ryan Haessly 12	2) Kalib Hofman 12		
3) Bobby Wenman 12	4) Ryan Thomas 10		
13 Arcadia	1:42.69	2	
1) Greg Whalen 10	2) Henry Hilmanowski 12		
3) Aaron Benson 12	4) Charlie Reit 12		
14 Fall Creek	1:45.21	1	



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- | | | | |
|-----------------------|-----------------------------|---------|-------------------|
| 1) Joseph Weggen 09 | 2) Spencer Shellenbarger 09 | | |
| 3) Isaiah Kennedy 09 | 4) Nolan Hellegers 09 | | |
| 15 Altoona | | 1:47.40 | 1 |
| 1) Issac Koehler 11 | 2) Walker Larson 10 | | |
| 3) Kolten Wright 10 | 4) Jake Meyer 09 | | |
| 16 Viroqua | | 1:54.95 | 1 |
| 1) Logan Hanson 12 | 2) Nathan Normann 11 | | |
| 3) Sawyer Felton 09 | 4) Luke Gross 09 | | |
| -- Hayward | | DQ | 1 Out of Zone 2-3 |
| 1) Samual Perfecto 11 | 2) Jory Thunder 09 | | |
| 3) Miskwa Hall 12 | 4) Larry Butler 09 | | |

Boys 4x400 Meter Relay

School	Finals	H#	Points
1 Arcadia	3:31.95	2	10
1) Rob Hoesley 12	2) Jim Hoesley 12		
3) Jacob Slaby 12	4) Dylan Wolfe 12		
2 La Crosse Central	3:33.70	2	8
1) Drew Stinson 10	2) Queto Weber 11		
3) Jett Mickelson 10	4) Sam Pinkowski 11		
3 Onalaska	3:34.99	2	6
1) Spencer Runde 12	2) Austin Brown 12		
3) Kyle Burger 11	4) Isaac Lock 11		
4 Aquinas	3:36.51	2	5
1) Spencer Lund 10	2) Connor Haag 12		
3) Conley Malone 10	4) Evan Weber 09		
5 Mauston	3:39.51	1	4
1) Luke Bopart 10	2) John Maki 12		
3) Miles Nielson 11	4) Brandon Lierman 12		
6 Winona	3:40.21	2	3
1) Joseph Tadie 12	2) Kale Milek 12		
3) Carter Fritz 12	4) Christopher Wisted 12		
7 Rochester Century	3:40.70	2	2
1) Andrew Schweyen 12	2) Brandon Nee 11		
3) Dut Deng 11	4) John Dougherty 11		
8 Bangor	3:41.06	1	1
1) Foster Erickson 12	2) Kellen Kravik 12		
3) Ben Olson 12	4) Seth Plenge 12		
9 La Crosse Logan	3:41.07	2	
1) Braxton Haines 11	2) Cody Hoeth 11		
3) Dylan Johnston 11	4) Marcus Jarrett 10		
10 West Salem	3:41.70	2	
1) Tim Schauf 12	2) Conner Dunn 11		
3) Nathan Schomberg 12	4) Mitch Lehmann 12		
11 Holmen	3:43.98	2	
1) Joah Strauss 11	2) Adam Novak 12		
3) Jacob Clements 09	4) Nick Hass 10		



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....Boys 4x400 Meter Relay

12 Mosinee	3:49.30	2
1) Jared Novitzke 12	2) Grayson Barrett 09	
3) Mason Tomany 12	4) Jake Marshall 12	
13 Viroqua	3:54.27	1
1) Elliot Leum 11	2) Bailey Nelson 11	
3) Jordan Pedretti 11	4) Brendan Ellefson 10	
14 Mondovi	4:00.09	1
1) Luke Harding 12	2) Shane Van Roo 11	
3) Jake West 10	4) Hunter Evans 11	
15 Hayward	4:01.74	1
1) Ronnie Snider 10	2) Ethan Wolfe 11	
3) James Gouge 09	4) Devon Kuykendall 11	
16 Adams-Friendship	4:09.98	1
1) Michael Gulrud 09	2) Chad Slaght 10	
3) John Wolf 12	4) Tucker Kasten 09	

Boys 4x800 Meter Relay

School	Finals	Points
1 Winona	8:26.73	10
1) Noah Schultz 10	2) Carter Fritz 12	
3) Joseph Tadie 12	4) Cale Rinn 12	
2 West Salem	8:29.98	8
1) Connor Koepnick 11	2) Noah Stockheimer 11	
3) Drew Peterson 10	4) Erick Sells 11	
3 Aquinas	8:33.28	6
1) Jeremiah DeGroot 10	2) Andy Goldsmith 10	
3) Zachary Phillips 12	4) Evan Weber 09	
4 Rochester Century	8:34.95	5
1) Matthew Ryan 12	2) Zeke Green 11	
3) Mark Lucivansky 12	4) Seth Massot 12	
5 Mauston	8:35.04	4
1) John Maki 12	2) Nick Zolondek 12	
3) Luke Bopart 10	4) Josiah Ziebell 09	
6 La Crosse Logan	8:37.44	3
1) Ben Pierce 11	2) Michael Felix 11	
3) Marcus Jarrett 10	4) Braxton Haines 11	
7 La Crosse Central	8:43.87	2
1) Chad Richter 10	2) Connor Stenslien 10	
3) Ahmad Jandal 09	4) Drew Stinson 10	
8 Arcadia	8:44.24	1
1) Rob Hoesley 12	2) Ramon Romero 10	
3) Xavier Elena 12	4) Chance Yarrington 11	
9 Onalaska	8:53.54	
1) Isaiah Sample 12	2) Caleb Wallace 09	
3) Andrew Runde 10	4) Connor Birdsong 11	
10 Holmen	8:54.74	
1) Jacob Clements 09	2) Adam Novak 12	



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....Boys 4x800 Meter Relay

3) Andrew Martinson 09	4) Blake Johnson 09	
11 Tomah		9:35.77
1) Ryan Wildes 11	2) Riley Krultz 09	
3) Wyatt Spohn 09	4) Brandon Jackson 10	
12 Mosinee		9:50.98
1) Grayson Barrett 09	2) Ryan Pozorski 11	
3) Isaac Wirzbinski 12	4) Alec Watson 11	
13 Altoona		9:56.44
1) Garret Dekan 11	2) Nick Hanson 09	
3) Logan Knaack 10	4) Gage Turner 09	
14 Viroqua		9:57.43
1) Elliot Leum 11	2) Cameron Mastin 11	
3) Trevor Howe 09	4) Sam Saner 09	
15 Bangor		10:38.42
1) Isaac Bachman 09	2) Brayden Horstman 09	
3) Thor Anderson 09	4) Trevor Theurer 10	

Boys High Jump

Name	Year	School	Finals	Points
1 Elijah Anderson	12	Rochester Century	6-02.00	10
2 Bennett Robelia	12	Rochester Century	6-00.00	8
3 Chase Johnson	12	La Crosse Logan	J6-00.00	6
4 Dan Fischer	11	Holmen	5-10.00	5
5 David Anderson	09	Fall Creek	5-06.00	4
6 Ben Jones	11	Holmen	J5-06.00	3
7 Jared Novitzke	12	Mosinee	5-04.00	1
7 Matt Kosin	12	Holmen	5-04.00	1
7 Luke Bopart	10	Mauston	5-04.00	1
10 Kyle Livingston	10	Adams-Friendship	J5-04.00	
11 Brian Huneck	11	Tomah	J5-04.00	
11 Dalton Blihovde	09	Tomah	J5-04.00	
13 Drew Stinson	10	La Crosse Central	J5-04.00	
14 Ben Hundt	09	Aquinas	5-02.00	
14 Ronnie Snider	10	Hayward	5-02.00	
14 Brock Hansen	10	Viroqua	5-02.00	
14 Grant Joslyn	12	Aquinas	5-02.00	
18 Preston Shields	10	Mauston	J5-02.00	
18 Nolan Hellegers	09	Fall Creek	J5-02.00	
-- Zach Pierce	12	West Salem	NH	
-- Damian Boberg	10	Arcadia	NH	
-- James Gouge	09	Hayward	NH	
-- Peter Riley	10	Aquinas	NH	
-- Issac Koehler	11	Altoona	NH	
-- Isaiah Kennedy	09	Fall Creek	NH	

Knights of Columbus Relays
La Crosse Aquinas High School
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Boys Pole Vault

Name	Year	School	Finals	Points
1 Kellen Kravik	12	Bangor	14-00.00	10
2 Isaac Lock	11	Onalaska	13-00.00	8
3 Lane Deyo	12	Hayward	12-06.00	6
4 Noah Reedy	12	West Salem	J12-06.00	5
5 Dylan Bednar	12	Mosinee	11-06.00	4
6 Jesse Schmidt	11	Tomah	J11-06.00	3
7 Ray Firebaugh	11	Viroqua	11-00.00	2
8 Michael Prindiville	11	Tomah	J11-00.00	1
9 Jacob Frandsen	10	Rochester Century	10-06.00	
10 Simon Buchanan	11	West Salem	J10-06.00	
11 Bobby Wenman	12	Mosinee	J10-06.00	
12 James Baumler	12	La Crosse Central	10-00.00	
12 Drew Johnson	10	Bangor	10-00.00	
14 Nathan Bidinger	11	Rochester Century	J10-00.00	
15 Trevor Howe	09	Viroqua	9-06.00	
16 Jalen Lincoln	10	La Crosse Logan	J9-06.00	
16 Andrew Brown	09	Onalaska	J9-06.00	
-- Ben Krueger	11	La Crosse Central	NH	
-- Trevor Jones	09	Bangor	NH	
-- Luke Harding	12	Mondovi	NH	

Boys Long Jump

Name	Year	School	Finals	Points
1 Mark Harris	12	West Salem	20-07.00	10
2 Isiah Brown	12	Aquinas	20-06.50	8
3 Bennett Robelia	12	Rochester Century	20-04.50	6
4 CJ Siegel	10	La Crosse Logan	20-02.00	5
5 Sawyer Rubeck	12	Fall Creek	19-10.00	4
6 Ben Richmond	11	La Crosse Central	19-06.50	3
7 Spencer Lund	10	Aquinas	19-06.50	2
8 Brent Heilman	11	West Salem	19-06.00	1
9 Josh McGrath	10	La Crosse Logan	19-04.50	
10 Tim Schauf	12	West Salem	19-04.00	
11 Chase Roehl	09	Hayward	19-03.00	
12 Jacob Slaby	12	Arcadia	19-02.00	
13 Riley Donaghue	10	Hayward	18-11.00	
14 Jaydon Butzman	10	Holmen	18-08.50	
15 Brandon Lierman	12	Mauston	18-05.00	
16 Connor Haag	12	Aquinas	J18-05.00	
17 Brian Huneck	11	Tomah	18-04.50	
18 Jim Hoesley	12	Arcadia	18-04.00	
19 Noah Skifton	10	Onalaska	18-03.00	
20 Jake Marshall	12	Mosinee	17-10.50	
21 Abe Molling	10	Holmen	17-07.50	
22 Seth Plenge	12	Bangor	17-07.00	

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La Crosse Aquinas High School
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....Boys Long Jump

23 Noah Leeser	09 Holmen	17-06.00
24 Hunter Evans	11 Mondovi	17-05.50
25 Tarek Schraith	09 La Crosse Central	17-03.00
26 Dylan Langer	12 Mauston	17-01.00
27 Albert Lin	12 Rochester Century	16-11.50
28 Miles Nielson	11 Mauston	16-11.00
29 Jonah Boelter	10 Winona	J16-11.00
30 Issac Koehler	11 Altoona	16-10.00
31 Jarod Whaley	11 Tomah	16-09.50
32 Sam Bahr	10 La Crosse Central	16-07.00
33 Jordan Pedretti	11 Viroqua	16-06.50
34 Nick Cambio	10 Aquinas B	15-09.00
35 Logan Johnson	09 Mondovi	15-06.00
36 Cody Dureske	11 Winona	15-03.00
37 Ilya Maro	11 Mondovi	J15-03.00
38 Demari Alston	11 Viroqua	14-01.00
39 Kyler Bork	10 Adams-Friendship	12-11.00
40 Tucker Kasten	09 Adams-Friendship	12-09.50
-- Kalib Hofman	12 Mosinee	ND
-- Anthony Adams	11 Tomah	ND

Boys Triple Jump

Name	Year School	Finals	Points
1 Ben Richmond	11 La Crosse Central	42-08.00	10
2 CJ Siegel	10 La Crosse Logan	42-05.00	8
3 Sawyer Rubeck	12 Fall Creek	42-04.00	6
4 Mark Harris	12 West Salem	41-01.00	5
5 Bennett Robelia	12 Rochester Century	40-08.00	4
6 Tim Schauf	12 West Salem	40-00.00	3
7 Ben Olson	12 Bangor	39-07.00	2
8 Tyler Hinytzke	12 Onalaska	39-05.00	1
9 Kalib Hofman	12 Mosinee	39-00.00	
10 Ty Eder	11 Rochester Century	38-07.00	
11 Adam Tallman	10 Bangor	38-01.00	
12 Chase Roehl	09 Hayward	37-07.00	
13 Gabe Luedke	11 Hayward	37-03.00	
14 Garrett Olson	10 La Crosse Logan	37-01.00	
15 Tyler LeDoux	11 West Salem	37-00.00	
16 Damien Hernandez	09 Tomah	36-07.00	
17 Tarek Schraith	09 La Crosse Central	36-00.00	
18 Chance Yarrington	11 Arcadia	35-09.00	
19 Jarod Whaley	11 Tomah	35-05.00	
20 Chad Slaght	10 Adams-Friendship	35-00.00	
21 Jaydon Butzman	10 Holmen	34-08.00	
22 Colin Buchloz	10 Bangor	33-10.00	
23 Issac Koehler	11 Altoona	33-08.00	
24 Jake Meyer	09 Altoona	33-07.00	



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....Boys Triple Jump

25 Sawyer Phillips 09 Holmen 33-04.00

Boys Shot Put

Name	Year	School	Finals	Points
1 Austin Glynn	11	Onalaska	50-05.50	10
2 Jared Banks	12	Holmen	48-07.00	8
3 Andrew Jarrett	12	La Crosse Logan	44-07.50	6
4 Jacob Trussoni	12	La Crosse Logan	43-06.00	5
5 Michael Lampman	11	Viroqua	43-03.50	4
6 Konrad Ernst	12	Onalaska	43-00.00	3
7 Manny Buckhanan	12	La Crosse Logan	42-01.00	2
8 Allan Bonner	12	Onalaska	41-10.00	1
9 Jake Woods	12	La Crosse Central	41-01.50	
10 Layne Anderson	11	West Salem	40-03.00	
11 Gabe Sweeney	11	West Salem	39-07.00	
12 Brady Heftman	12	Winona	39-05.50	
13 Garrett Krueger	10	Bangor	39-04.00	
14 Hunter Miner	12	Winona	39-02.00	
15 Jordan Barthelme	12	Winona	39-00.50	
16 Bryce Rheinschmidt	12	Mosinee	38-07.00	
17 Steve Diehl	10	Viroqua	38-04.00	
18 Luke Fredrick	12	Bangor	38-02.00	
19 Derek Stafslie-Dumali	12	La Crosse Central	36-11.00	
20 Ben Miller	11	La Crosse Central	36-10.50	
21 Colton Meyer	11	West Salem	36-06.00	
22 Matthew Kallis	12	Rochester Century	36-00.50	
23 Derek Millard	10	Tomah	35-11.75	
24 Andrew Murray	12	Holmen	35-11.00	
25 Cole Struck	11	Altoona	35-10.00	
26 Jack Horihan	10	Aquinas	35-07.00	
27 Chris Ancius	12	Aquinas	34-08.00	
28 Jose Mohr	10	Mosinee	34-06.50	
29 Andy Schwedersky	12	Mauston	33-10.00	
30 Jake West	10	Mondovi	33-04.50	
31 Logan Graff	11	Holmen	33-03.50	
32 Douglas Ohara	12	Rochester Century	32-07.00	
33 Collin Bays	10	Adams-Friendship	31-06.50	
34 Koby Gutsch	11	Altoona	31-00.00	
35 Marcus VonRuden	10	Cashton	28-06.00	
36 Thomas Geist	09	Adams-Friendship	27-09.00	
37 Sam Olson	10	Arcadia	27-01.00	
38 Ben Wendland	10	Cashton	26-00.00	
39 Ryan Osuski	12	Cashton	13-11.00	
-- Nate Dickens	12	Tomah		ND
-- D.J. Davis	12	Mosinee		ND
-- Jake Baumgartner	11	Viroqua		ND
-- Michael Cummings	11	Tomah		ND



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Boys Discus Throw

Name	Year	School	Finals	Points
1 Austin Glynn	11	Onalaska	165-07	10
2 Grant Sanger	11	La Crosse Central	146-05	8
3 Manny Buckhanan	12	La Crosse Logan	142-11	6
4 Michael Lampman	11	Viroqua	142-08	5
5 Andrew Jarrett	12	La Crosse Logan	136-11	4
6 Konrad Ernst	12	Onalaska	136-08	3
7 Bryce Rheinschmidt	12	Mosinee	134-03	2
8 Logan Graff	11	Holmen	130-02	1
9 Luke Fredrick	12	Bangor	129-08	
10 Riley Butler	11	Winona	125-01	
11 Jared Banks	12	Holmen	124-03	
12 Derek Stafslie-Dumali	12	La Crosse Central	123-04	
13 Layne Anderson	11	West Salem	122-04	
14 Colton Meyer	11	West Salem	J122-04	
15 Devon Kuykendall	11	Hayward	121-03	
16 Derek Millard	10	Tomah	120-01	
17 Steve Diehl	10	Viroqua	117-02	
18 Trevor Hemmersbach	11	Cashton	117-01	
19 Houston Dorn	11	Onalaska	115-06	
20 Evan Mohan	11	Winona	112-06	
21 Damian Boberg	10	Arcadia	110-05	
22 Garrett Krueger	10	Bangor	J110-05	
23 Dalton Scharmer	11	Winona	105-07	
24 Andrew Murray	12	Holmen	104-05	
25 Tanner Kurth	11	Fall Creek	101-08	
26 Jose Mohr	10	Mosinee	100-03	
27 Carter Jensen	10	Rochester Century	97-03	
28 Andy Schwedersky	12	Mauston	96-01	
29 Travis Johnson	10	Mauston	91-05	
30 Cole Struck	11	Altoona	89-10	
31 Thomas Geist	09	Adams-Friendship	88-09	
32 Avery Stringer	11	Rochester Century	88-08	
33 Jared Carley	10	Hayward	86-07	
34 Jake West	10	Mondovi	85-10	
35 Collin Bays	10	Adams-Friendship	83-05	
36 Marcus VonRuden	10	Cashton	83-00	
37 Ethan Reid	12	Aquinas	79-06	
38 Jake Baumgartner	11	Viroqua	76-09	
39 Jack Horihan	10	Aquinas	76-05	
40 Sam Olson	10	Arcadia	75-01	
41 Azi Ickovich	11	Altoona	75-00	
42 Ben Wendland	10	Cashton	67-00	
-- Derek Johnson	12	Bangor	ND	
-- Jordan Samson	11	Adams-Friendship	ND	
-- Randy Pronschinske	09	Arcadia	ND	
-- D.J. Davis	12	Mosinee	ND	
-- Michael Cummings	11	Tomah	ND	

**Knights of Columbus Relays
La Crosse Aquinas High School
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....Boys Discus Throw

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Women - Team Rankings - 18 Events Scored

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1) Rochester Century	118	2) La Crosse Central	75
3) La Crosse Logan	55.50	4) Hayward	52.50
5) Viroqua	52	6) Holmen	43
7) Cashton	42	7) Onalaska	42
9) Altoona	33	10) West Salem	31
11) Mosinee	26.33	12) Aquinas	23.50
13) Arcadia	23	14) Winona	22
14) Bangor	22	16) Franklin	16.66
17) Mauston	16.50	18) Adams-Friendship	8

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Men - Team Rankings - 18 Events Scored

=====

1) Holmen	99	2) Onalaska	80
3) La Crosse Central	79	4) La Crosse Logan	69
5) West Salem	67	6) Rochester Century	63
7) Arcadia	53	8) Aquinas	49
9) Mauston	35	10) Fall Creek	24
11) Winona	19	11) Bangor	19
13) Hayward	15	14) Viroqua	13
15) Mosinee	9	16) Tomah	5
17) Aquinas B	2	17) Mondovi	2

Knights of Columbus Relays
La Crosse Aquinas High School
Veterans Memorial Stadium - La Crosse, WI - 4/30/2016
Team Rankings - Through Event 36
Female Team Scores - Large Schools

Place	School		Points
1	Rochester Century	RCEN	118
2	La Crosse Central	LACE	75
3	La Crosse Logan	LALO	55.50
4	Holmen	HOLM	43
5	Onalaska	ONAL	42
6	Winona	WINO	22
7	Franklin	FRAN	16.67
Total			372.17

Female Team Scores - Small Schools

Place	School		Points
1	Hayward	HAYW	52.50
2	Viroqua	VIRO	52
3	Cashton	CASH	42
4	Altoona	ALTO	33
5	West Salem	WESA	31
6	Mosinee	MOSI	26.33
7	Aquinas	AQUI	23.50
8	Arcadia	ARCA	23
9	Bangor	BANG	22
10	Mauston	MAUS	16.50
11	Adams-Friendship	ADAM	8
Total			329.83

Male Team Scores - Large Schools

Place	School		Points
1	Holmen	HOLM	99
2	Onalaska	ONAL	80
3	La Crosse Central	LACE	79
4	La Crosse Logan	LALO	69
5	Rochester Century	RCEN	63
6	Winona	WINO	19
7	Tomah	TOMA	5
Total			414.00

Male Team Scores - Small Schools

Place	School		Points
1	West Salem	WESA	67
2	Arcadia	ARCA	53
3	Aquinas	AQUI	49
4	Mauston	MAUS	35



Knights of Columbus Relays
La Crosse Aquinas High School
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Team Rankings - Through Event 36
Male Team Scores - Small Schools

Place	School		Points
5	Fall Creek	FLCK	24
6	Bangor	BANG	19
7	Hayward	HAYW	15
8	Viroqua	VIRO	13
9	Mosinee	MOSI	9
10	Aquinas B	AQU2	2
10	Mondovi	MOND	2
Total			288.00