

**Mississippi Valley Conference Meet**  
**UW-La Crosse - Veterans Memorial Complex**  
**La Crosse, WI - 5/14/2016**  
**Results**

**Boys 100 Meter Dash****10 Advance: Top 1 Each Heat plus Next 8 Best Times**

Meet Record: \* 10.82 2013 Byron Neal, Tomah

Name	Year	School	Prelims	H#
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**Preliminaries**

1	Seth Holden	11	Holmen	11.10Q	1
2	Aaron Zmolek	12	Holmen	11.13Q	2
3	Seth Wilson	11	Holmen	11.30q	1
4	Austin Steele	11	La Crosse Central	11.52q	1
5	Eddie Wagner	11	Tomah	11.66q	2
6	Conley Malone	10	Aquinas	11.70q	2
7	Wally Barros	10	Sparta	11.79q	1
8	Spencer Curren	11	Onalaska	11.82q	2
9	Tommy Kratt	10	Aquinas	11.88q	1
10	Mike Bartley	12	Aquinas	11.99q	2
11	Nate Figgins	09	Tomah	12.54	1

**Boys 100 Meter Dash**

Meet Record: \* 10.82 2013 Byron Neal, Tomah

Name	Year	School	Finals	Points
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**Finals**

1	Seth Holden	11	Holmen	10.88	10
2	Aaron Zmolek	12	Holmen	11.05	8
3	Seth Wilson	11	Holmen	11.27	6
4	Austin Steele	11	La Crosse Central	11.44	5
5	Eddie Wagner	11	Tomah	11.53	4
6	Spencer Curren	11	Onalaska	11.71	3
7	Conley Malone	10	Aquinas	11.75	2
8	Mike Bartley	12	Aquinas	11.86	1
9	Tommy Kratt	10	Aquinas	11.89	
10	Wally Barros	10	Sparta	11.94	

**Boys 200 Meter Dash**

Meet Record: \* 21.87 2013 Byron Neal, Tomah

Name	Year	School	Finals	H#	Points
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1	Seth Holden	11	Holmen	22.33	2	10
2	Aaron Zmolek	12	Holmen	23.02	2	8
3	Joe Bond	11	La Crosse Logan	23.53	2	6
4	Eddie Wagner	11	Tomah	23.71	2	5
5	Austin Brown	12	Onalaska	23.73	2	4
6	Ryan Bennet	12	Holmen	23.80	1	3
7	Isaac Lock	11	Onalaska	23.82	2	2
8	Tommy Kratt	10	Aquinas	24.29	1	1
9	Anthony Adams	11	Tomah	24.72	2	
10	Nick Cambio	10	Aquinas	24.87	1	

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**....Boys 200 Meter Dash**

-- Queto Weber 11 La Crosse Central FS 2

**Boys 400 Meter Dash**

=====					
Meet Record: * 49.02 5/16/2015 Brandon Christinovich, Holmen					
Name	Year	School	Finals	H#	Points
=====					
1 Seth Holden	11	Holmen	50.21	2	10
2 Aaron Zmolek	12	Holmen	50.45	2	8
3 Austin Brown	12	Onalaska	52.56	2	6
4 Queto Weber	11	La Crosse Central	53.02	2	5
5 Isaac Lock	11	Onalaska	53.11	2	4
6 Joah Strauss	11	Holmen	54.52	2	3
7 Eddie Wagner	11	Tomah	54.80	2	2
8 Paul Hughes	12	Sparta	55.31	1	1
9 Anthony Adams	11	Tomah	55.79	2	
10 Marcus Jarrett	10	La Crosse Logan	56.16	2	
11 CJ Siegel	10	La Crosse Logan	56.74	2	
12 Joe Georgeson	11	Tomah	57.21	1	
13 Jackson Mashak	09	Aquinas	57.64	1	

**Boys 800 Meter Run**

=====					
Meet Record: * 1:55.21 2011 Derek Finsterwalder, Central					
Name	Year	School	Finals	Points	
=====					
1 Sam Pinkowski	11	La Crosse Central	1:58.79	10	
2 Jett Mickelson	10	La Crosse Central	1:59.83	8	
3 Spencer Runde	12	Onalaska	2:03.13	6	
4 Zachary Phillips	12	Aquinas	2:04.49	5	
5 Braxton Haines	11	La Crosse Logan	2:05.51	4	
6 Jackson Overby	10	La Crosse Central	2:05.91	3	
7 Connor Birdsong	11	Onalaska	2:06.49	2	
8 Isaiah Sample	12	Onalaska	2:06.51	1	
9 Max Engh	11	Sparta	2:07.24		
10 Adam Novak	12	Holmen	2:08.22		
11 Dan Villare	11	Aquinas	2:11.15		
12 Trevin Nelson	10	Tomah	2:12.34		
13 Bret VonRuden	09	Sparta	2:15.98		
14 Blake Johnson	09	Holmen	2:16.50		
15 Ryan Wildes	11	Tomah	2:20.17		

**Boys 1600 Meter Run**

=====					
Meet Record: * 4:16.64 2008 Zach Wilhelmy, Aquinas					
Name	Year	School	Finals	Points	
=====					
1 Sam Pinkowski	11	La Crosse Central	4:34.96	10	
2 Jett Mickelson	10	La Crosse Central	4:37.39	8	

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**....Boys 1600 Meter Run**

3 Jackson Overby	10 La Crosse Central	4:39.58	6
4 Trevin Nelson	10 Tomah	4:41.32	5
5 Caleb Pokorny	11 Sparta	4:41.82	4
6 Isaiah Sample	12 Onalaska	4:41.88	3
7 Adam Novak	12 Holmen	4:42.08	2
8 Evan Schultz	10 La Crosse Logan	4:42.31	1
9 Nick Victor	11 Onalaska	4:42.46	
10 Ben Pierce	11 La Crosse Logan	4:47.91	
11 Nick Stritchko	09 Sparta	4:55.93	
12 Ethan Gregg	09 Aquinas	4:56.41	
13 Andy Goldsmith	10 Aquinas	4:59.34	
14 Kade Steinbrecher	10 Holmen	5:00.62	

**Boys 3200 Meter Run**

=====				
Meet Record: * 9:27.82 2011 Paul Escher, Logan				
Name	Year	School	Finals	Points
=====				
1 Sam Pinkowski	11	La Crosse Central	10:08.34	10
2 Nick Victor	11	Onalaska	10:13.97	8
3 Ben Pierce	11	La Crosse Logan	10:15.88	6
4 Chad Richter	10	La Crosse Central	10:16.52	5
5 AJ Ervin	09	Onalaska	10:27.29	4
6 Evan Schultz	10	La Crosse Logan	10:30.77	3
7 Jack Richter	10	La Crosse Central	10:34.56	2
8 Alan Ella	11	Tomah	10:39.30	1
9 Tanner Boge	09	La Crosse Logan	10:39.91	
10 Alex Wick	12	Holmen	10:53.12	
11 Kole Nelson	11	Sparta	11:07.40	
12 Riley Krultz	09	Tomah	11:43.66	

**Boys 110 Meter Hurdles**

=====				
Meet Record: * 14.64 1995 Scott Crothers, Onalaska				
Name	Year	School	Finals	Points
=====				
1 Joe Bond	11	La Crosse Logan	15.73	10
2 Isiah Brown	12	Aquinas	15.79	8
3 Austin Collins-Martin	11	La Crosse Central	16.19	6
4 Tyler Hinytzke	12	Onalaska	16.22	5
5 Cody Hoeth	11	La Crosse Logan	16.82	4
6 Theo Carr	11	La Crosse Logan	16.90	3
7 Matt Kosin	12	Holmen	17.15	2
8 Greg Kohler	10	La Crosse Central	17.59	1
9 Brayden Friant	12	Tomah	18.21	

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**Boys 300 Meter Hurdles**

Meet Record: * 39.07 2012		Aron Klos, Central				
Name	Year	School	Finals	H#	Points	
1 Joe Bond	11	La Crosse Logan	41.10	2	10	
2 Austin Collins-Martin	11	La Crosse Central	43.61	2	8	
3 Connor Williams	11	La Crosse Central	43.89	2	6	
4 Tyler Hinytzke	12	Onalaska	44.03	2	5	
5 Tyler Turriff	11	Onalaska	45.00	1	4	
6 Theo Carr	11	La Crosse Logan	45.12	2	3	
7 Joe Georgeson	11	Tomah	45.54	2	2	
8 Ben Medema	10	Holmen	46.76	1	1	
9 Cody Hoeth	11	La Crosse Logan	47.71	2		
10 Aaron Springman	09	Tomah	48.56	1		
-- Greg Kohler	10	La Crosse Central	FS	2		

**Boys 4x100 Meter Relay**

Meet Record: * 43.32 2012		Holmen				
School		D Martinez, G Sua, DJ Meagher, M Jessesski		Finals	Points	
1 Aquinas			44.73	10		
1) Alec Pham 10		2) Spencer Lund 10				
3) Connor Haag 12		4) Mike Bartley 12				
2 Holmen			45.17	8		
1) Abe Molling 10		2) Seth Wilson 11				
3) Ryan Bennet 12		4) Jonah Johnson 09				
3 Onalaska			46.17	6		
1) Noah Skifton 10		2) Zach Rinartz 11				
3) Spencer Curren 11		4) James Parker 12				
4 La Crosse Logan			46.22	5		
1) Lavontay Basley 11		2) Griffin Sullivan 09				
3) Tyler Harris 09		4) Josh McGrath 10				
5 Tomah			48.76	4		
1) Jacob Babcock 11		2) Nate Figgins 09				
3) Jarod Whaley 11		4) Brayden Friant 12				
-- Sparta			DNF			
1) Wally Barros 10		2) Sirrus Bier 11				
3) Rrig Falmngar 09		4) Ryan Wisniewski 11				
-- La Crosse Central			DQ	out of ex zone		
1) Greg Kohler 10		2) Sam Bahr 10				
3) Ben Richmond 11		4) Austin Steele 11				

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**Boys 4x200 Meter Relay**

=====			
Meet Record: *	1:31.49	2010	Logan
		M Orcutt, D Hellerud, K Winslow, D LaRoche	
School		Finals	Points
=====			
1 Aquinas		1:32.51	10
1) Spencer Lund 10	2) Conley Malone 10		
3) Isiah Brown 12	4) Connor Haag 12		
2 Holmen		1:34.23	8
1) Ryan Bennet 12	2) Seth Wilson 11		
3) Austin George 12	4) Colton LeClaire 11		
3 La Crosse Central		1:34.26	6
1) Sam Bahr 10	2) Austin Steele 11		
3) Ben Richmond 11	4) Austin Collins-Martin 11		
4 Sparta		1:35.83	5
1) Wally Barros 10	2) Sirrus Bier 11		
3) Paul Hughes 12	4) Ryan Wisniewski 11		
5 La Crosse Logan		1:37.26	4
1) Josh McGrath 10	2) Griffin Sullivan 09		
3) Tae Holmes 11	4) Lavontay Basley 11		
6 Tomah		1:40.20	3
1) Jacob Babcock 11	2) Nate Figgins 09		
3) Brian Huneck 11	4) Brayden Friant 12		
-- Onalaska		DQ	out of ex zone
1) Noah Skifton 10	2) Zach Rinartz 11		
3) James Parker 12	4) Kyle Berger 11		

**Boys 4x400 Meter Relay**

=====			
Meet Record: *	3:25.87	2008	Logan
		K Winslow, J Mills, J Bottcher, J Losby	
School		Finals	Points
=====			
1 Aquinas		3:33.64	10
1) Spencer Lund 10	2) Conley Malone 10		
3) Connor Haag 12	4) Evan Weber 09		
2 Onalaska		3:35.13	8
1) Noah Skifton 10	2) Spencer Runde 12		
3) Austin Brown 12	4) Isaac Lock 11		
3 La Crosse Central		3:37.51	6
1) Jackson Overby 10	2) Queto Weber 11		
3) Drew Stinson 10	4) Jett Mickelson 10		
4 La Crosse Logan		3:42.00	5
1) Theo Carr 11	2) Alec Tulus 12		
3) Jack Blomberg 10	4) CJ Siegel 10		
5 Holmen		3:45.83	4
1) Joah Strauss 11	2) Colton LeClaire 11		
3) Austin George 12	4) Blake Johnson 09		
6 Tomah		3:48.10	3
1) Joe Georgeson 11	2) Jacob Babcock 11		

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**....Boys 4x400 Meter Relay**

3) Damien Hernandez 09

4) Anthony Adams 11

**Boys 4x800 Meter Relay**

=====			
Meet Record: *	8:15.44	1995	Tomah
	Zupancich, Eckelberg, Nicol, ?		
School		Finals	Points
=====			
1 Aquinas		8:31.07	10
1) Zachary Phillips 12	2) Jeremiah DeGroot 10		
3) Evan Weber 09	4) Rory Campbell 10		
2 La Crosse Central		8:33.25	8
1) Jack Richter 10	2) Connor Stenslien 10		
3) Chad Richter 10	4) Drew Stinson 10		
3 Holmen		8:41.03	6
1) Adam Novak 12	2) Blake Johnson 09		
3) Kade Steinbrecher 10	4) Alex Wick 12		
4 Sparta		8:43.94	5
1) Max Engh 11	2) Caleb Pokorny 11		
3) Bret VonRuden 09	4) Nick Stritchko 09		
5 La Crosse Logan		8:45.80	4
1) Braxton Haines 11	2) Jack Blomberg 10		
3) Michael Felix 11	4) Keoni Young 09		
6 Onalaska		8:52.18	3
1) Connor Birdsong 11	2) Zylan Mageria-Kmieccek 11		
3) Isaac Burnette 10	4) Spencer Runde 12		
7 Tomah		9:36.27	2
1) Ryan Wildes 11	2) Wyatt Spohn 09		
3) Riley Krultz 09	4) Brandon Jackson 10		

**Boys High Jump**

=====			
Meet Record: *	6-06	2013	Joe Gasper, Central
Name	Year	School	Finals Points
=====			
1 Chase Johnson	12	La Crosse Logan	6-00.00 10
2 Sirrus Bier	11	Sparta	J6-00.00 8
3 Dan Fischer	11	Holmen	5-10.00 6
4 Joe Bond	11	La Crosse Logan	5-06.00 5
5 Joe Georgeson	11	Tomah	J5-06.00 4
6 Ben Jones	11	Holmen	J5-06.00 2.50
6 Dalton Blihovde	09	Tomah	J5-06.00 2.50
8 Zach Holcomb	12	Sparta	5-04.00 1
9 Tatum Grass	09	Holmen	J5-04.00
10 Grant Joslyn	12	Aquinas	J5-04.00
11 Peter Riley	10	Aquinas	5-02.00
11 Matthew Dunnum	09	La Crosse Central	5-02.00
11 Brian Huneck	11	Tomah	5-02.00
-- Tim Schwantes	10	Onalaska	NH

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**Boys Pole Vault**

=====				
Meet Record: * 15-00 1995 Craig Jeranek, Logan				
Name	Year	School	Finals	Points
=====				
1 Ben Jones	11	Holmen	10-06.00	10
2 Ben Krueger	11	La Crosse Central	J10-06.00	8
3 Michael Prindiville	11	Tomah	J10-06.00	6
4 Chase Penzkover	09	La Crosse Central	9-06.00	5
5 James Baumler	12	La Crosse Central	J9-06.00	4
6 Jalen Lincoln	10	La Crosse Logan	J9-06.00	3
-- Michah LeFebre	10	Onalaska	NH	
-- Jesse Schmidt	11	Tomah	NH	

**Boys Long Jump**

=====				
Meet Record: * 23-04.50 2005 Andy Johnson, Logan				
Name	Year	School	Finals	Points
=====				
1 Connor Haag	12	Aquinas	20-05.00	10
2 CJ Siegel	10	La Crosse Logan	20-04.00	8
3 Austin Brown	12	Onalaska	J20-04.00	6
4 Isiah Brown	12	Aquinas	20-02.00	5
5 Ben Richmond	11	La Crosse Central	J20-02.00	4
6 Aaron Zmolek	12	Holmen	19-07.50	3
7 Tim Schwantes	10	Onalaska	19-07.25	2
8 Wally Barros	10	Sparta	19-07.00	1
9 Brian Huneck	11	Tomah	19-02.00	
10 Jaydon Butzman	10	Holmen	18-11.00	
11 Josh McGrath	10	La Crosse Logan	18-03.50	
12 Rrig Falmngar	09	Sparta	17-10.50	
13 Nick Cambio	10	Aquinas	17-02.50	
14 Paul Hughes	12	Sparta	16-09.50	

**Boys Triple Jump**

=====				
Meet Record: * 47-08.50 1992 Travis Horstman, Holmen				
Name	Year	School	Finals	Points
=====				
1 CJ Siegel	10	La Crosse Logan	44-08.25	10
2 Ben Richmond	11	La Crosse Central	44-02.00	8
3 Chase Johnson	12	La Crosse Logan	42-03.50	6
4 Tyler Hinytzke	12	Onalaska	41-04.25	5
5 Vince Hamilton	12	La Crosse Logan	40-07.75	4
6 Tim Schwantes	10	Onalaska	39-11.75	3
7 Tarek Schraith	09	La Crosse Central	39-03.75	2
8 William Allen	11	La Crosse Central	38-02.50	1
9 Jeff Young	12	Holmen	38-00.50	
10 Brayden Friant	12	Tomah	36-00.25	
11 Jarod Whaley	11	Tomah	35-09.50	
12 Jackson Mashak	09	Aquinas	35-07.50	

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**....Boys Triple Jump**

13 Damien Hernandez	09 Tomah	35-04.75
-- Zach Holcomb	12 Sparta	FOUL

**Boys Shot Put**

=====				
Meet Record: * 63-03 2000 Jim Nelson, Logan				
Name	Year	School	Finals	Points
=====				
1 Jared Banks	12	Holmen	48-00.00	10
2 Andrew Jarrett	12	La Crosse Logan	47-07.00	8
3 Konrad Ernst	12	Onalaska	45-08.50	6
4 Elijah Johnson	11	Holmen	43-05.50	5
5 Manny Buckhanan	12	La Crosse Logan	42-08.00	4
6 Jacob Trussoni	12	La Crosse Logan	42-02.00	3
7 Jake Woods	12	La Crosse Central	41-11.50	2
8 Allan Bonner	12	Onalaska	41-08.00	1
9 Nate Dickens	12	Tomah	39-06.00	
10 Derek Millard	10	Tomah	38-04.00	
11 Jack Horihan	10	Aquinas	34-04.00	
-- Austin Glynn	11	Onalaska	FOUL	
-- Sawyer Brown	11	Sparta	FOUL	

**Boys Discus Throw**

=====				
Meet Record: * 166-10 2011 Andrew Brekke, Central				
Name	Year	School	Finals	Points
=====				
1 Austin Glynn	11	Onalaska	181-03*	10
2 Andrew Jarrett	12	La Crosse Logan	146-03	8
3 Jared Banks	12	Holmen	143-10	6
4 Derek Stafslie-Dumali	12	La Crosse Central	138-06	5
5 Konrad Ernst	12	Onalaska	138-02	4
6 Grant Sanger	11	La Crosse Central	136-02	3
7 Manny Buckhanan	12	La Crosse Logan	130-01	2
8 Seth Heerts	12	Holmen	123-06	1
9 Logan Graff	11	Holmen	122-03	
10 Sawyer Brown	11	Sparta	114-09	
11 Derek Millard	10	Tomah	111-05	
12 Allan Bonner	12	Onalaska	100-03	
13 Michael Cummings	11	Tomah	96-10	
14 Jack Horihan	10	Aquinas	82-04	

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Women - Team Rankings - 18 Events Scored

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1) La Crosse Central	170	2) La Crosse Logan	154.50
3) Holmen	136	4) Onalaska	121
5) Sparta	45	6) Aquinas	36
7) Tomah	28.50		



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**....Boys Discus Throw**

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Men - Team Rankings - 18 Events Scored

=====

1) La Crosse Central	155	2) Holmen	140.50
3) La Crosse Logan	139	4) Onalaska	111
5) Aquinas	72	6) Tomah	43.50
7) Sparta	25		