

**Three Rivers Middle School Conference Meet**  
**La Crosse Logan High School**  
**La Crosse, Wisconsin - 5/23/2019**  
**Results**

**Boys 100 Meter Dash**

Name	Year	School	Finals	H#	Points	
<b>Finals</b>						
1 Colin Conzemius	8	Aquinas Midd	11.72	5	10	
2 Carson Kelsey	8	Sparta Middl	11.94	5	8	
3 Nicklaus Odom	8	Onalaska Mid	12.00	5	6	
4 Cornell Banks	8	Longfellow/L	12.65	4	5	
5 Alex Hebel	8	Westby Area	12.72	5	4	12.716
6 Jeffrey Paulson	8	Longfellow/L	12.72	3	3	12.718
7 David Malin	7	Aquinas Midd	12.74	5	2	
8 Nathan Vang	8	Winona Junior High	13.02	3	1	
9 Seth Lock	8	Onalaska Mid	13.18	3		
10 Isaiah Milton	8	Onalaska Mid	13.32	4		
11 Devon Arlt	7	Aquinas Midd	13.39	4		
12 Eli Brown	7	Tomah Middle School	13.56	3		
13 Matthew Jarrett	7	Lincoln Midd	13.81	4		
14 Oscar Moesch	6	Lincoln Midd	13.92	4		
15 Loa Moua	7	Lincoln Midd	13.95	4		
16 Kaleb Zielke	8	Holmen Middl	14.23	2		
17 Brennan Kennedy	8	West Salem M	14.33	3		
18 Devin Vain	8	Sparta Middl	14.35	2		
19 Jalen Boyle	6	La Crosse Lo	14.48	1		
20 Jeremiah Parrott	8	Tomah Middle School	14.49	1		
21 Lane Fisher	8	Westby Area	14.57	2		
22 Darius Myren	8	La Crosse Lo	14.67	2		
23 Mason Glynn	8	West Salem M	14.80	5		
24 Reid Fisher	6	Westby Area	19.58	1		

**Boys 200 Meter Dash**

Name	Year	School	Finals	H#	Points
1 Colin Conzemius	8	Aquinas Midd	24.48	4	10
2 Bennett Fried	8	Longfellow/L	25.20	4	8
3 Sean Gilles	8	Onalaska Mid	25.58	3	6
4 Logan Walley	8	Sparta Middl	26.10	3	5
5 Kaleb Bebar	8	Sparta Middl	26.27	3	4
6 Alex Hebel	8	Westby Area	26.40	4	3
7 Cornell Banks	8	Longfellow/L	26.56	2	2
8 Brayden Draheim	8	Winona Junior High	26.88	2	1
9 David Malin	7	Aquinas Midd	26.96	4	
10 Evan Larson	7	Holmen Middl	27.00	3	
11 Xanally Lee	8	Onalaska Mid	27.60	2	
12 Noah Betthauser	8	Holmen Middl	27.70	2	
13 Eli Brown	7	Tomah Middle School	28.21	4	
14 Julian Fox	8	La Crosse Lo	28.32	1	
15 Sam Stenberg	7	West Salem M	28.57	2	
16 Loa Moua	7	Lincoln Midd	28.77	3	
17 Garrett Lawrynk	7	Aquinas Midd	29.49	4	

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18 Matthew Jarrett	7 Lincoln Midd	29.73	3
19 Zeke Larrington	8 Westby Area	30.36	1
20 Billy Phung	8 La Crosse Lo	32.42	1
21 Donnavon Yang	6 Lincoln Midd	32.51	2

**Boys 400 Meter Dash**

Name	Year School	Finals	H#	Points
1 Nicklaus Odom	8 Onalaska Mid	55.63	4	10
2 Bennett Fried	8 Longfellow/L	57.49	5	8
3 Xavier Schultz	8 Winona Junior High	59.30	4	6
4 Andy Sutton	8 Aquinas Midd	59.78	5	5
5 Evan Larson	7 Holmen Middl	59.84	5	4
6 Gilly Suarez	8 Holmen Middl	1:00.06	4	3
7 Isaak Trohkmoinen	7 Lincoln Midd	1:01.46	5	2
8 Sam Stenberg	7 West Salem M	1:01.60	4	1
9 Monteris McMillian	6 Sparta Middl	1:01.86	4	
10 Michael O'Rourke	8 Sparta Middl	1:02.88	5	
11 Payton Strittmater	7 Longfellow/L	1:04.93	4	
12 Jack Moe	8 Winona Junior High	1:05.44	3	
13 Noah Ertz	7 Holmen Middl	1:06.09	3	
14 Daniel Wilson	7 Lincoln Midd	1:06.67	5	
15 Devin Lee	7 Westby Area	1:07.32	2	
16 Roman Westrich	8 Lincoln Midd	1:07.43	3	
17 Vincent Bahr	6 Aquinas Midd	1:08.97	3	
18 Austin Zieme	8 Longfellow/L	1:09.19	2	
19 Luke Lyga	8 La Crosse Lo	1:10.90	3	
20 Alex Pedretti	8 La Crosse Lo	1:10.91	3	
21 Leo Chen	8 La Crosse Lo	1:11.45	2	
22 Caleb Crick	7 Westby Area	1:11.65	2	
23 Nicolas Holtz	7 Tomah Middle School	1:12.21	1	
24 Isaac Schniepp-Duffy	7 West Salem M	1:12.97	2	
25 Conner Laidlaw	8 West Salem M	1:14.89	1	
26 Andrew Batchelor	6 Tomah Middle School	1:15.24	2	
27 Adam Gluch	6 Westby Area	1:17.88	1	

**Boys 800 Meter Run**

Name	Year School	Finals	H#	Points
1 Wesley Barnhart	8 Longfellow/L	2:12.91	2	10
2 Isaac Allred	8 Winona Junior High	2:19.71	2	8
3 Evan Bucknam	7 Winona Junior High	2:20.35	2	6
4 Gabe Kattchee	8 Lincoln Midd	2:21.34	2	5
5 Nathan Novak	8 Holmen Middl	2:25.04	2	4
6 Ryan Titcomb	8 Longfellow/L	2:28.78	2	3
7 James Vanderloop	7 Onalaska Mid	2:29.23	2	2
8 Drew Symons	7 Onalaska Mid	2:31.44	1	1

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**....Boys 800 Meter Run**

9	Jacob Hackbarth	6	La Crosse Lo	2:34.75	1
10	Chris Mcgaff	8	Lincoln Midd	2:34.93	2
11	Zeagan Williams	8	Tomah Middle School	2:38.75	1
12	Nathan Luebke	8	Holmen Middl	2:38.89	2
13	Dawson Gronemus	7	West Salem M	2:38.92	1
14	Brayden DePaolo	7	La Crosse Lo	2:41.83	1
15	Chase Schilling	8	Lincoln Midd	2:44.21	2
16	Trey Bahr	6	Aquinas Midd	2:44.54	2
17	Brennon Garbers	7	West Salem M	2:48.69	1
18	Nicolas Holtz	7	Tomah Middle School	2:54.98	1
19	David Simonson	6	Westby Area	2:55.66	1
20	Colin Sans Crainte	6	Aquinas Midd	2:57.65	1
21	Andrew Batchelor	6	Tomah Middle School	2:58.78	1
22	Kasey Wilbur	6	Westby Area	2:58.91	1

**Boys 1600 Meter Run**

Name	Year	School	Finals	H#	Points
1	Wesley Barnhart	8	Longfellow/L	4:49.35	2 10
2	Andrew Hackbarth	8	La Crosse Lo	5:10.18	2 8
3	Gabe Kattchee	8	Lincoln Midd	5:12.34	2 6
4	Nicholas Rudrud	8	Onalaska Mid	5:13.57	2 5
5	Daniel Wilson	7	Lincoln Midd	5:13.75	2 4
6	Drew Symons	7	Onalaska Mid	5:15.52	2 3
7	Myles Rasmussen	8	Winona Junior High	5:17.04	2 2
8	Nathan Luebke	8	Holmen Middl	5:27.03	2 1
9	David Castro	8	Sparta Middl	5:28.26	2
10	Dalton Thienes	7	Holmen Middl	5:36.33	1
11	Maxwell Rauch	7	Lincoln Midd	5:36.88	2
12	Dawson Gronemus	7	West Salem M	5:40.13	1
13	Trey Bahr	6	Aquinas Midd	5:45.24	2
14	Zeagan Williams	8	Tomah Middle School	5:45.85	1
15	Brennon Garbers	7	West Salem M	5:56.14	1
16	Dominic Kreiling	8	La Crosse Lo	5:57.26	1
17	Junior Schmidt-Miranda	7	West Salem M	6:07.33	1
18	David Simonson	6	Westby Area	6:08.24	1
19	Joe Duffrin	7	La Crosse Lo	6:14.08	1
20	Kasey Wilbur	6	Westby Area	6:19.63	1
21	Colin Sans Crainte	6	Aquinas Midd	6:36.57	1
22	Malachi Headrick	6	Westby Area	7:02.34	1

**Boys 100 Meter Hurdles Low**

Name	Year	School	Finals	H#	Points
1	Mason Elsten	8	Longfellow/L	14.59	4 10
2	Sam Parent	8	Sparta Middl	15.31	4 8 15.303
3	Ethan Oines	8	Holmen Middl	15.31	4 6 15.304

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4	Layden Ott	8	Sparta Middl	15.38	4	5
5	Jon Gustafson	7	West Salem M	15.68	4	4
6	Aiden Miller	7	Onalaska Mid	15.86	2	3
7	Thor Matthews	8	Tomah Middle School	16.02	3	2
8	Josh Smith	8	Sparta Middl	16.12	3	1
9	Johnny Lever	7	Longfellow/L	16.13	4	
10	Elijah Heerts	7	Holmen Middl	16.36	2	
11	James Siegel	7	Onalaska Mid	16.54	3	
12	Koen Molling	7	West Salem M	16.83	2	
13	Quade Haverland	7	La Crosse Lo	16.94	3	
14	Evan Maurud	7	Winona Junior High	16.96	2	
15	Judah Hyer	8	West Salem M	17.24	3	
16	Devin Brown	6	Westby Area	17.25	1	
17	Broden Steiner	6	Aquinas Midd	17.92	1	
18	Colby Cade	8	Westby Area	17.94	2	
19	Nathan White	8	Onalaska Mid	18.03	3	
20	Kobe Szafran	7	La Crosse Lo	18.26	1	
21	Brogan Timm	7	Aquinas Midd	18.47	2	
22	Zach Bjorklund	6	Westby Area	19.04	1	
23	Ike Erdmanczyk	7	Winona Junior High	19.14	1	

**Boys 200 Meter Hurdles**

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Name	Year	School	Finals	H#	Points	
=====						
1	Mason Elsten	8	Longfellow/L	30.58	4	10
2	Sam Parent	8	Sparta Middl	30.62	4	8
3	Layden Ott	8	Sparta Middl	31.54	4	6
4	Avin Munson-Smith	8	La Crosse Lo	31.64	3	5
5	Ethan Oines	8	Holmen Middl	31.81	4	4
6	Thor Matthews	8	Tomah Middle School	32.45	4	3
7	Koen Molling	7	West Salem M	33.31	3	2
8	Johnny Lever	7	Longfellow/L	33.60	4	1
9	Layden Bender	8	Sparta Middl	34.06	3	
10	Quade Haverland	7	La Crosse Lo	34.10	2	
11	James Siegel	7	Onalaska Mid	34.42	3	
12	Austin Bruley	7	Lincoln Midd	34.69	3	
13	Joshua Fenn	8	Onalaska Mid	34.85	3	
14	Jacob Zagrodnick	8	Holmen Middl	36.27	2	
15	Julien Vinson-Audetat	7	Winona Junior High	37.58	2	
16	McKay Schultz	7	Winona Junior High	37.76	1	
17	Cullen McDowell	6	Westby Area	38.65	2	
18	Brogan Timm	7	Aquinas Midd	38.69	1	

**Boys 4x100 Meter Relay**

=====				
School	Finals	H#	Points	
=====				
1	Sparta Middle School	49.33	2	10

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**....Boys 4x100 Meter Relay**

1) Kaleb Bebar 8	2) Layden Ott 8			
3) Logan Walley 8	4) Carson Kelsey 8			
2 Aquinas Middle School		49.47	2	8
1) David Malin 7	2) Andy Sutton 8			
3) Trevor Paulson 6	4) Colin Conzemius 8			
3 Onalaska Middle School		50.82	2	6
1) Sean Gilles 8	2) Nicklaus Odom 8			
3) Isaiah Milton 8	4) Zavier Lawrence 7			
4 Holmen Middle School		53.05	2	5
1) Elijah Heerts 7	2) Noah Betthausen 8			
3) Bronsen Mathison 8	4) Ethan Wateski 8			
5 La Crosse Logan Middle School		54.42	1	4
1) Julian Fox 8	2) Kong Meng Thao 8			
3) Kobe Szafran 7	4) Omar Coxbey 8			
6 Lincoln Middle School		54.52	2	3
1) Chase Schilling 8	2) Isaak Trohkmoinen 7			
3) Loa Moua 7	4) Oscar Moesch 6			
7 West Salem Middle School		57.02	1	2
1) Brennan Kennedy 8	2) Jon Gustafson 7			
3) Corbyn Apfel 8	4) Judah Hyer 8			
8 Tomah Middle School		58.89	1	1
1) Andrew Batchelor 6	2) Eli Brown 7			
3) Nicolas Holtz 7	4) Jeremiah Parrott 8			
-- Longfellow/LDI Middle School		DQ	2	
1) Mason Elsten 8	2) Collin Erickson 8			
3) Jeffrey Paulson 8	4) Cornell Banks 8			

**Boys 4x200 Meter Relay**

School		Finals	H#	Points
1 Sparta Middle School		1:42.87	2	10
1) Kaleb Bebar 8	2) Logan Walley 8			
3) Cody Morrow 7	4) Carson Kelsey 8			
2 Longfellow/LDI Middle School		1:45.91	2	8
1) Collin Erickson 8	2) Christian Blank 8			
3) Ryan Titcomb 8	4) Jeffrey Paulson 8			
3 Onalaska Middle School		1:50.03	2	6
1) Michael Helixon 8	2) Kasey Barth 7			
3) Isaac Singvah 8	4) Sean Gilles 8			
4 La Crosse Logan Middle School		1:50.81	2	5
1) Omar Coxbey 8	2) Kong Meng Thao 8			
3) Julian Fox 8	4) Avin Munson-Smith 8			
5 Holmen Middle School		1:51.06	2	4
1) Adam Troyanek 8	2) Ethan Wateski 8			
3) Kyle Jackson 8	4) Noah Betthausen 8			
6 Winona Junior High		1:52.63	1	3
1) Ayden Criger 8	2) Brayden Draheim 8			
3) Nathan Vang 8	4) Asher Wardwell 8			



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**....Boys 4x200 Meter Relay**

7 West Salem Middle School	1:54.11	1	2
1) Jon Gustafson 7	2) Brennan Kennedy 8		
3) Corbyn Apfel 8	4) Sam Stenberg 7		
8 Aquinas Middle School	1:59.16	1	1
1) Declan Hass 6	2) Trevor Paulson 6		
3) Devon Arlt 7	4) Garrett Lawrynk 7		
9 Lincoln Middle School	2:05.86	2	
1) Alex Niviam 6	2) Mason Rauch 7		
3) Oscar Moesch 6	4) Ben Lenz 8		

**Boys 4x400 Meter Relay**

School	Finals	H#	Points
1 Longfellow/LDI Middle School	4:03.65	2	10
1) Ryan Titcomb 8	2) Collin Erickson 8		
3) Christian Blank 8	4) Wesley Barnhart 8		
2 Winona Junior High	4:07.56	1	8
1) Isaac Allred 8	2) Evan Bucknam 7		
3) Myles Rasmussen 8	4) Xavier Schultz 8		
3 Sparta Middle School	4:09.86	2	6
1) Michael O'Rourke 8	2) Cody Morrow 7		
3) Monteris McMillian 6	4) David Castro 8		
4 Holmen Middle School	4:12.15	2	5
1) Adam Troyanek 8	2) Nathan Novak 8		
3) Owen Zielke 7	4) Gilly Suarez 8		
5 Onalaska Middle School	4:13.73	2	4
1) Isaiah Milton 8	2) Nicholas Rudrud 8		
3) Seth Lock 8	4) James Vanderloop 7		
6 Lincoln Middle School	4:18.95	1	3
1) Ben Lenz 8	2) Isaak Trohkmoinen 7		
3) Daniel Wilson 7	4) Gabe Kattchee 8		
7 La Crosse Logan Middle School	4:26.70	1	2
1) Kong Meng Thao 8	2) Alex Pedretti 8		
3) Avin Munson-Smith 8	4) Andrew Hackbarth 8		
8 Aquinas Middle School	4:41.89	2	1
1) Broden Steiner 6	2) Declan Hass 6		
3) Vincent Bahr 6	4) Garrett Lawrynk 7		
9 West Salem Middle School	4:50.36	2	
1) Isaac Schniepp-Duffy 7	2) Conner Laidlaw 8		
3) Dawson Gronemus 7	4) Junior Schmidt-Miranda 7		
10 Westby Area Middle School	5:06.86	1	
1) Kasey Wilbur 6	2) Caleb Crick 7		
3) Devin Lee 7	4) Malachi Headrick 6		

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**Boys High Jump**

Name	Year	School	Finals	Points
1 James Siegel	7	Onalaska Mid	4-10.00	10
2 Sam Parent	8	Sparta Middl	J4-10.00	8
3 Sam Stenberg	7	West Salem M	4-08.00	6
4 Colby Cade	8	Westby Area	J4-08.00	5
5 Bryce Buchanan	8	Onalaska Mid	J4-08.00	4
6 Thor Matthews	8	Tomah Middle School	J4-08.00	2.50
6 Brodie Mickschl	7	Onalaska Mid	J4-08.00	2.50
8 Cody Morrow	7	Sparta Middl	4-06.00	1
9 Andrew Hackbarth	8	La Crosse Lo	J4-06.00	
10 Vincent Bahr	6	Aquinas Midd	4-04.00	
-- Zach Bjorklund	6	Westby Area	NH	
-- Josh Carlson	8	Sparta Middl	NH	
-- Broden Steiner	6	Aquinas Midd	NH	

**Boys Long Jump**

Name	Year	School	Finals	Points
1 Bennett Fried	8	Longfellow/L	17-11.00	10
2 Nicklaus Odom	8	Onalaska Mid	17-06.00	8
3 Andy Sutton	8	Aquinas Midd	J17-06.00	6
4 Nathan Vang	8	Winona Junior High	16-08.00	5
5 David Malin	7	Aquinas Midd	16-04.50	4
6 Eli Jepson	8	Westby Area	16-01.00	3
7 Mason Elsten	8	Longfellow/L	15-06.50	2
8 Logan Walley	8	Sparta Middl	15-04.00	1
9 Brayden Draheim	8	Winona Junior High	15-02.00	
10 Alex Hebel	8	Westby Area	15-01.50	
11 Kaden Layland	7	Holmen Middl	14-08.00	
12 Evan Larson	7	Holmen Middl	14-03.00	
13 Dain Pitsenbarger	8	Sparta Middl	14-02.00	
14 Trevor Paulson	6	Aquinas Midd	13-09.00	
15 Conner Laidlaw	8	West Salem M	13-00.00	
16 Quade Haverland	7	La Crosse Lo	12-09.00	
16 Mason Glynn	8	West Salem M	12-09.00	

**Boys Triple Jump**

Name	Year	School	Finals	Points
1 Bennett Fried	8	Longfellow/L	38-02.50	10
2 Andy Sutton	8	Aquinas Midd	35-09.00	8
3 Seth Lock	8	Onalaska Mid	34-04.00	6
4 Payton Strittmater	7	Longfellow/L	34-02.00	5
5 Xavier Schultz	8	Winona Junior High	33-06.00	4
6 Gilly Suarez	8	Holmen Middl	33-05.50	3
7 Avin Munson-Smith	8	La Crosse Lo	31-08.00	2

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**....Boys Triple Jump**

8 Ethan Wateski	8 Holmen Middl	31-05.50	1
9 Brodie Mickschl	7 Onalaska Mid	31-00.50	
10 Johnny Lever	7 Longfellow/L	30-09.00	
11 Adam Troyanek	8 Holmen Middl	30-02.00	
12 Julien Vinson-Audetat	7 Winona Junior High	27-05.50	
13 Brennan Kennedy	8 West Salem M	26-06.50	
14 Nate Feyen	7 West Salem M	25-04.00	

**Boys Shot Put**

Name	Year	School	Finals	H#	Points
1 Landen Massey	8	Sparta Middl	41-06.25	2	10
2 Sam Pica	8	Onalaska Mid	38-09.50	2	8
3 Anden Schieldt	8	Longfellow/L	37-07.25	2	6
4 Michael Helixon	8	Onalaska Mid	37-07.00	2	5
5 Cornell Banks	8	Longfellow/L	35-10.50	2	4
6 Christian Blank	8	Longfellow/L	35-00.75	1	3
7 Omar Coxbey	8	La Crosse Lo	33-01.75	2	2
8 Jesse Schaitel	7	Sparta Middl	32-01.00	2	1
9 Sterling Meyer	8	La Crosse Lo	31-09.75	2	
10 Westin Blazek	7	Sparta Middl	31-06.00	2	
11 Atlin Steinhoff	7	Tomah Middle School	31-04.75	2	
12 Alex Hendrickson	8	Westby Area	31-02.75	1	
13 Lane Fisher	8	Westby Area	30-02.00	1	
14 Eli Jepson	8	Westby Area	29-09.75	1	
14 Austin Hangartner	8	Tomah Middle School	29-09.75	1	
16 Jacob Squires	6	Tomah Middle School	29-08.25	1	
17 Bronsen Mathison	8	Holmen Middl	29-05.75	2	
18 Ben Lenz	8	Lincoln Midd	27-08.50	1	
19 Luis Attenondo	8	Lincoln Midd	25-11.50	1	
20 Colin Mosser	7	Holmen Middl	25-10.75	1	
21 Brogan Timm	7	Aquinas Midd	22-02.75	1	

**Boys Discus Throw**

Name	Year	School	Finals	H#	Points
1 Sean Gilles	8	Onalaska Mid	114-08.75	2	10
2 Landen Massey	8	Sparta Middl	113-05	2	8
3 Jeffrey Paulson	8	Longfellow/L	101-07.50	2	6
4 Colin Mosser	7	Holmen Middl	98-01.75	2	5
5 Austin Hangartner	8	Tomah Middle School	96-01.25	1	4
6 Anden Schieldt	8	Longfellow/L	93-03.50	2	3
7 Omar Coxbey	8	La Crosse Lo	92-04.75	2	2
8 Johnathen Pipkin	8	Sparta Middl	89-04.50	2	1
9 Roman Westrich	8	Lincoln Midd	86-00	1	
10 Bronsen Mathison	8	Holmen Middl	83-00	2	
11 Sterling Meyer	8	La Crosse Lo	78-06	2	



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**....Boys Discus Throw**

12	Garrett Depooter	7	Westby Area	75-03.50	1
13	Atlin Steinhoff	7	Tomah Middle School	74-06.25	1
14	Judah Hyer	8	West Salem M	74-03.25	2
15	Brogan Timm	7	Aquinas Midd	74-00.25	1
16	Luis Attenondo	8	Lincoln Midd	69-03	1
17	Jacob Squires	6	Tomah Middle School	66-05.50	1
18	Brayden DePaolo	7	La Crosse Lo	63-09.50	1
19	Jayden Johnson	7	Westby Area	57-11.75	1