

**Mississippi Valley Conference Meet**  
**UW- La Crosse**  
**La Crosse, Wisconsin - 5/13/2023**  
**Results**

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

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 Meet Record: \* 10.78 2017 Seth Holden, Holmen

Name	Year	School	Prelims	H#
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Preliminaries				
1 Collin Conzemius	12	Aquinas	11.17Q	2
2 Alex Boyko	10	Tomah	11.57Q	1
3 Kasey Barth	11	Onalaska	11.62q	2
4 David Malin	11	Aquinas	11.63q	2
5 Matt Jarrett	11	La Crosse Logan	11.64q	1
6 Elijah Brown	11	Tomah	11.67q	1
7 Jewel Jackson	11	Holmen	11.74q	1
8 Jaxon Ruland	9	Tomah	11.94q	2
9 Leo Orlikowski	11	La Crosse Central	12.03q	1
10 Jackson Flottmeyer	12	Aquinas	12.24q	1
11 Dain Pitsenbarger	12	Sparta	12.29	2
12 Gavin Shepard	10	La Crosse Central	12.39	2
13 Payton Johnson	12	Sparta	12.42	2
14 Jaylon Calvert	10	La Crosse Central	12.71	1

**Boys 100 Meter Dash**

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 Meet Record: \* 10.78 2017 Seth Holden, Holmen

Name	Year	School	Finals	Points
=====				
Finals				
1 Collin Conzemius	12	Aquinas	10.58*	10
2 Alex Boyko	10	Tomah	10.70*	8
3 Kasey Barth	11	Onalaska	11.24	6
4 Matt Jarrett	11	La Crosse Logan	11.28	5
5 David Malin	11	Aquinas	11.39	4
6 Jewel Jackson	11	Holmen	11.52	3
7 Leo Orlikowski	11	La Crosse Central	11.71	2
8 Jackson Flottmeyer	12	Aquinas	11.77	1
9 Jaxon Ruland	9	Tomah	11.79	
10 Elijah Brown	11	Tomah	12.74	

**Boys 200 Meter Dash**

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 Meet Record: \* 21.85 2017 Seth Holden, Holmen

Name	Year	School	Finals	H#	Points
=====					
1 Collin Conzemius	12	Aquinas	21.48*	2	10
2 Bennett Fried	12	La Crosse Central	21.73*	2	8
3 Alex Boyko	10	Tomah	22.26	2	6
4 Andrew Hackbarth	12	La Crosse Logan	22.56	2	5
5 Kasey Barth	11	Onalaska	22.60	2	4
6 Lucas Strauss	11	Holmen	23.30	2	3
7 Logan Becker	9	Aquinas	24.05	2	2

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

8	Seth Heiser	11	Holmen	24.14	2	1
9	Logan Walley	12	Sparta	24.39	1	
10	Sean Gilles	12	Onalaska	24.50	1	
11	Leo Orlikowski	11	La Crosse Central	24.77	1	
12	Dusty Morrow	10	Sparta	25.19	1	

**Boys 400 Meter Dash**

Meet Record: * 49.02 2015 Brandon Christinovich, Holmen						
Name	Year	School	Finals	H#	Points	
1	Andrew Hackbarth	12	La Crosse Logan	50.51	2	10
2	Braden Burke	11	Onalaska	50.64	2	8
3	Alex Boyko	10	Tomah	52.21	2	6
4	Nicky Odom	12	Onalaska	52.25	2	5
5	Kyle Jackson	12	Holmen	52.66	2	4
6	Cody Morrow	11	Sparta	52.99	2	3
7	Andrew Stanton	9	La Crosse Logan	53.69	2	2
8	Jordan Hyler	12	Sparta	55.18	1	1
9	Collin Erickson	12	La Crosse Central	56.03	2	
10	Hunter Odegaard	10	La Crosse Central	56.05	1	
11	Micah Mosley	12	La Crosse Central	58.05	2	

**Boys 800 Meter Run**

Meet Record: * 1:55.21 2011 Derek Finsterwalder, Central					
Name	Year	School	Finals	Points	
1	Blake Burnstad	11	Onalaska	2:01.68	10
2	Dominic Kreiling	12	La Crosse Logan	2:02.54	8
3	Cody Morrow	11	Sparta	2:03.35	6
4	Drew Symons	11	Onalaska	2:04.56	5
5	Nick Rudrud	12	Onalaska	2:04.58	4
6	Sam Horman	11	Holmen	2:05.43	3
7	Isaac Trohkimoinen	11	La Crosse Logan	2:05.74	2
8	Clayton Lowman	12	Holmen	2:08.41	1
9	Ben Lenz	12	La Crosse Logan	2:09.98	
10	Andrew Batchelor	10	Tomah	2:12.68	
11	Sean Erickson	9	La Crosse Central	2:12.94	
12	Jaden Kondor	11	Sparta	2:14.64	
13	David Castro	12	Sparta	2:14.86	
14	Cale Ollendick	9	Tomah	2:27.07	
15	Tim Barrett	10	Aquinas	2:59.86	

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**Boys 1600 Meter Run**

Meet Record: * 4:16.64 2008 Zach Wilhelmy, Aquinas				
Name	Year	School	Finals	Points
1 Blake Burnstad	11	Onalaska	4:27.29	10
2 Jonathan Skemp	11	Aquinas	4:30.18	8
3 Carl Oskar Wilcox-borg	12	Tomah	4:33.80	6
4 Arlo White	10	Onalaska	4:36.27	5
5 Ethan Archer	11	Holmen	4:40.85	4
6 Sam Horman	11	Holmen	4:46.16	3
7 Joel Johnson	9	Sparta	4:48.84	2
8 Ryan Topolski	12	Onalaska	4:50.03	1
9 Dylan Whiteaker	10	Holmen	4:51.50	
10 Andrew Batchelor	10	Tomah	5:03.01	
11 Jaden Kondor	11	Sparta	5:03.72	
12 Logan Larson	11	Tomah	5:05.21	
13 Kaleb Azene	9	Aquinas	5:11.89	
14 Silas Bratsch	10	La Crosse Central	5:16.17	
15 Braedyn Novak	9	Sparta	5:17.50	
16 Anthony Petullo	9	Aquinas	6:11.74	

**Boys 3200 Meter Run**

Meet Record: * 9:27.82 2011 Paul Escher, Logan				
Name	Year	School	Finals	Points
1 Blake Burnstad	11	Onalaska	10:19.19	10
2 Arlo White	10	Onalaska	10:20.87	8
3 Carl Oskar Wilcox-borg	12	Tomah	10:23.05	6
4 Daniel Wilson	12	La Crosse Logan	10:33.84	5
5 Ryan Topolski	12	Onalaska	10:36.96	4
6 Ethan Archer	11	Holmen	10:37.17	3
7 Joseph Duffrin	11	La Crosse Logan	10:41.76	2
8 Declan Gregg	10	Aquinas	10:47.26	1
9 Spencer Lowman	9	Holmen	10:56.23	
10 Nicholas Lueth	10	Sparta	11:01.30	
11 Charles Devine	12	Tomah	11:22.40	
12 Oliver Buck	9	Aquinas	11:28.41	
13 Colin Sans Crainte	11	Aquinas	11:36.93	
14 Logan Larson	11	Tomah	11:52.86	
15 Isaiah Yard	10	La Crosse Central	12:05.92	
-- Joel Johnson	9	Sparta	DQ	

**Boys 110 Meter Hurdles**

Meet Record: * 14.50 2017 Dion Smith, Logan				
Name	Year	School	Finals	Points
1 Avin Smith	12	La Crosse Logan	15.09	10
2 Kyle Jackson	12	Holmen	15.25	8

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**....Boys 110 Meter Hurdles**

3 Aaron Poelma	11 La Crosse Central	15.58	6
4 Gavin Ridge	12 Onalaska	15.84	5
5 Mitchell Schroeder	12 Tomah	15.85	4
6 Robert Wimbish	12 La Crosse Logan	16.06	3
7 Brandon Tarnow	11 Holmen	16.50	2
8 Latrel Bailey	12 Sparta	17.09	1
9 Carson Jolly	11 La Crosse Central	17.37	
10 Bryce Buchanan	12 Onalaska	18.05	

**Boys 300 Meter Hurdles**

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Meet Record: \* 39.07 2012 Aron Klos, Central

Name	Year	School	Finals	H#	Points
1 Avin Smith	12	La Crosse Logan	39.89	2	10
2 Gavin Ridge	12	Onalaska	40.91	2	8
3 Robert Wimbish	12	La Crosse Logan	42.21	2	6
4 Aaron Poelma	11	La Crosse Central	42.95	2	5
5 Zachary Fink	11	Onalaska	43.00	2	4
6 Brandon Tarnow	11	Holmen	43.54	1	3
7 Mitchell Schroeder	12	Tomah	43.58	2	2
8 Bryce Buchanan	12	Onalaska	43.97	2	1
9 Jacob Hackbarth	10	La Crosse Logan	44.77	2	
10 Gillie Suarez	12	Holmen	45.41	1	
11 Trevor Paulson	10	Aquinas	47.72	1	

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**Boys 4x100 Meter Relay**

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Meet Record: \* 43.32 2012 Holmen  
D Martinez, G Sua, DJ Meagher, M Jesseski

School	Finals	Points
1 Aquinas	44.21	10
1) David Malin 11	2) Jackson Flottmeyer 12	
3) Logan Becker 9	4) Collin Conzemius 12	
2 La Crosse Logan	45.32	8
1) Justis Arellano 12	2) Quade Haverland 11	
3) Matt Jarrett 11	4) Henry Reinders 10	
3 Holmen	46.00	6
1) Max Steffens 11	2) Elijah Heerts 11	
3) Jewel Jackson 11	4) Kaden Layland 11	
4 Tomah	46.09	5
1) Elijah Brown 11	2) Jaden Johnson 9	
3) Bruce Rezin 10	4) Jaxon Ruland 9	
5 Onalaska	46.13	4
1) Cornell Banks 12	2) Sean Gilles 12	
3) Cameron Cornett 10	4) Will Drazkowski 9	
6 La Crosse Central	46.60	3
1) Jaylon Calvert 10	2) Gavin Shepard 10	

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

3) Leo Orlikowski 11	4) Alex Wagner 11		
7 Sparta		46.84	2
1) Dain Pitsenbarger 12	2) Logan Walley 12		
3) Payton Johnson 12	4) Latrel Bailey 12		

**Boys 4x200 Meter Relay**

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Meet Record: * 1:30.51	2017	La Crosse Central	
		B Parral, A Steele, L McCloud, J Davis	
School		Finals	Points
=====			
1 La Crosse Central		1:32.24	10
1) Peyton Strittmater 11	2) Carson Jolly 11		
3) Micah Mosley 12	4) Bennett Fried 12		
2 La Crosse Logan		1:33.89	8
1) Justis Arellano 12	2) Quade Haverland 11		
3) Matt Jarrett 11	4) Henry Reinders 10		
3 Aquinas		1:34.08	6
1) David Malin 11	2) Logan Becker 9		
3) Eli Horstman 10	4) Andrew Sutton 12		
4 Holmen		1:34.77	5
1) Lucas Strauss 11	2) Jewel Jackson 11		
3) Elijah Heerts 11	4) Seth Heiser 11		
5 Onalaska		1:35.40	4
1) Zachary Fink 11	2) Sean Gilles 12		
3) Cameron Cornett 10	4) Will Drazkowski 9		
6 Sparta		1:36.09	3
1) Grant Geier 10	2) Logan Walley 12		
3) Dain Pitsenbarger 12	4) Kayden Kaat 9		
7 Tomah		1:36.15	2
1) Mitchell Schroeder 12	2) Jaxon Ruland 9		
3) Keaton Vonderehe 11	4) Tyler Sonie 10		

**Boys 4x400 Meter Relay**

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Meet Record: * 3:25.87	2008	Logan	
		K Winslow, J Mills, J Bottcher, J Losby	
School		Finals	Points
=====			
1 La Crosse Logan		3:28.00	10
1) Dominic Kreiling 12	2) Isaac Trohkimoinen 11		
3) Andrew Stanton 9	4) Avin Smith 12		
2 Holmen		3:33.85	8
1) Kyle Jackson 12	2) Lucas Strauss 11		
3) Dylan Whiteaker 10	4) Sam Horman 11		
3 Onalaska		3:34.97	6
1) Gavin Ridge 12	2) Drew Symons 11		
3) Jackson Hughes 11	4) Braden Burke 11		
4 Sparta		3:36.05	5



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

1) Jordan Hyler 12	2) Grant Geier 10		
3) Cody Morrow 11	4) Kayden Kaat 9		
5 La Crosse Central		3:42.49	4
1) Carson Jolly 11	2) Micah Mosley 12		
3) Collin Erickson 12	4) Alex Wagner 11		
6 Tomah		3:53.69	3
1) Brody Habelman 9	2) Keaton Vonderehe 11		
3) Nico Holtz 11	4) Trent Lord 11		

**Boys 4x800 Meter Relay**

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 Meet Record: \* 8:15.44 1995 Tomah  
 Zupancich, Eckelberg, Nicol, Martens

School		Finals	Points
1 La Crosse Logan		8:41.93	10
1) Adrian Bye 9	2) Gavin Kreiling 9		
3) Ben Lenz 12	4) Daniel Lenz 10		
2 Holmen		8:43.28	8
1) Nathan Novak 12	2) Clayton Lowman 12		
3) Camden Lichucki 11	4) Gillie Suarez 12		
3 Onalaska		8:52.54	6
1) Matias Dahl 11	2) Jackson Hughes 11		
3) Luke Archer 9	4) Nathan Luebke 12		
4 La Crosse Central		8:56.21	5
1) Silas Bratsch 10	2) Sean Erickson 9		
3) Gabriel Wood 12	4) Lyndon Torkelson 9		
5 Tomah		9:01.88	4
1) Carl Oskar Wilcox-borg 12	2) Andrew Batchelor 10		
3) Nico Holtz 11	4) Trent Lord 11		
6 Sparta		9:25.55	3
1) Braedyn Novak 9	2) Xavier Centeno 9		
3) Sam Parent 12	4) David Castro 12		

**Boys High Jump**

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 Meet Record: \* 6-08.50 2017 Kobe King, La Crosse Ce

Name	Year School	Finals	Points
1 Leo Orlikowski	11 La Crosse Central	6-04.00	10
2 Aaron Poelma	11 La Crosse Central	6-02.00	8
3 Peyton Strittmater	11 La Crosse Central	6-00.00	6
4 Kaden Layland	11 Holmen	J5-08.00	5
5 Broden Steiner	10 Onalaska	J5-08.00	4
6 Conner Greeno	10 Sparta	J5-08.00	2.50
6 Grant Geier	10 Sparta	J5-08.00	2.50
8 Jayden Brieske	11 Tomah	J5-08.00	1
9 Robert Wimbish	12 La Crosse Logan	5-06.00	
10 Colin Williams	9 Holmen	5-04.00	

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**....Boys High Jump**

-- Gavin Ridge 12 Onalaska NH

**Boys Pole Vault**

Meet Record: * 15-00 1995 Craig Jeranek, Logan				
Name	Year	School	Finals	Points
1 Alex Wagner	11	La Crosse Central	13-00.00	10
2 Dane Rosenow	12	Holmen	J11-06.00	7
2 Jacob Hackbarth	10	La Crosse Logan	J11-06.00	7
4 Ben Lenz	12	La Crosse Logan	J11-06.00	5
5 Isaiah Wedan	11	Holmen	J11-06.00	4
6 Zeagan Williams	10	Tomah	J10-00.00	2.50
6 Elijah Le Febre	11	Onalaska	J10-00.00	2.50
8 Brett Jeffries	10	La Crosse Logan	J10-00.00	1
9 Milo Mach	9	La Crosse Central	8-06.00	
-- Payton Johnson	12	Sparta	NH	
-- Keaton Vonderehe	11	Tomah	NH	

**Boys Long Jump**

Meet Record: * 23-05.50 5/14/2022 Bennett Fried, La Crosse Ce				
Name	Year	School	Finals	Points
1 Bennett Fried	12	La Crosse Central	22-06.50	10
2 Alex Boyko	10	Tomah	21-07.00	8
3 Kasey Barth	11	Onalaska	21-02.50	6
4 Elijah Brown	11	Tomah	21-01.50	5
5 Peyton Strittmater	11	La Crosse Central	20-08.50	4
6 Eli Reynolds	12	La Crosse Logan	20-06.00	3
7 Cornell Banks	12	Onalaska	20-04.50	2
8 Andrew Sutton	12	Aquinas	19-11.50	1
9 Aidan Koll	11	Tomah	19-04.50	
10 Kaden Layland	11	Holmen	19-04.00	
11 Matt Jarrett	11	La Crosse Logan	19-00.50	
12 Conner Greeno	10	Sparta	18-01.50	
13 Trevor Paulson	10	Aquinas	17-09.00	
14 Isiah Futch	12	Sparta	17-02.50	
15 Dane Rosenow	12	Holmen	16-05.50	

**Boys Triple Jump**

Meet Record: * 47-08.50 1992 Travis Horstman, Holmen				
Name	Year	School	Finals	Points
1 Bennett Fried	12	La Crosse Central	46-00.50	10
2 Avin Smith	12	La Crosse Logan	43-00.50	8
3 Max Erdmann	11	Onalaska	42-00.50	6
4 Kasey Barth	11	Onalaska	41-07.00	5

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**....Boys Triple Jump**

5	Aaron Poelma	11	La Crosse Central	41-01.00	4
6	Peyton Strittmater	11	La Crosse Central	41-00.00	3
7	Jacob Hackbarth	10	La Crosse Logan	39-09.50	2
8	Andrew Hackbarth	12	La Crosse Logan	39-06.00	1
9	Kaden Layland	11	Holmen	38-08.75	
10	Logan Walley	12	Sparta	38-01.50	
11	Harry Griffith	9	Aquinas	35-11.50	
12	Jaren Nygren	10	Holmen	35-04.00	

**Boys Shot Put**

Meet Record: * 63-03 2000		Jim Nelson, Logan				
Name	Year	School	Finals	H#	Points	
1	Anden Schieldt	12	La Crosse Central	52-01.00	2	10
2	Atlin Steinhoff	10	Tomah	47-01.50	2	8
3	Jayden Brieske	11	Tomah	45-08.75	2	6
4	Sterling Meyer	12	La Crosse Logan	45-06.00	2	5
5	Damian Lee	12	Aquinas	45-03.50	2	4
6	Weston Blazek	11	Sparta	44-10.00	1	3
7	Jackson Flottmeyer	12	Aquinas	44-08.50	2	2
8	Travon Thompson	10	La Crosse Central	44-01.50	1	1
9	Ron White	12	Holmen	43-10.25	2	
10	Brady Lehnherr	12	Aquinas	43-07.25	1	
11	Michael Helixon	12	Onalaska	42-10.00	2	
12	Christian Parcher	10	La Crosse Logan	42-04.75	2	
13	Colin Mosser	11	Holmen	41-03.00	1	
14	Bret Schultenover	12	Sparta	38-08.00	1	
15	Joseph Baranowski	11	Holmen	37-05.75	1	
16	Robert Nagle	12	Sparta	34-09.75	1	
17	Jshaun Jester	12	Tomah	31-03.75	1	

**Boys Discus Throw**

Meet Record: * 209-09 5/2017		Austin Glynn, Onalaska				
Name	Year	School	Finals	H#	Points	
1	Anden Schieldt	12	La Crosse Central	157-08	2	10
2	Colin Mosser	11	Holmen	144-09	2	8
3	Atlin Steinhoff	10	Tomah	140-04	2	6
4	Weston Blazek	11	Sparta	139-00	2	5
5	Sterling Meyer	12	La Crosse Logan	133-00	2	4
6	Jacob Hackbarth	10	La Crosse Logan	127-01	2	3
7	Jayden Brieske	11	Tomah	126-03	2	2
8	Oscar Moesch	11	La Crosse Logan	J120-11	1	1
9	Ron White	12	Holmen	J120-11	2	
10	Gavin Rhead	10	Sparta	114-07	1	
11	Brady Lehnherr	12	Aquinas	109-09	1	
12	Ty Baseman	10	Sparta	106-11	1	



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**....Boys Discus Throw**

13 David Bene	12 La Crosse Central	103-09	1
14 Henry Suttie	12 Aquinas	97-11	1
15 Isaac Schumacher	12 Aquinas	97-04	1
16 Jshaun Jester	12 Tomah	95-02	1

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Women - Team Rankings - 18 Events Scored

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1) Onalaska	202.50	2) Holmen	194
3) La Crosse Logan	109.50	4) Tomah	52
5) La Crosse Central	50	6) Aquinas	43
7) Sparta	38		

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Men - Team Rankings - 18 Events Scored

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1) La Crosse Logan	144	2) Onalaska	143.50
3) La Crosse Central	129	4) Tomah	90.50
5) Holmen	89	6) Aquinas	59
7) Sparta	39		