

Longfellow Middle School Invitational
La Crosse Central High School
La Crosse, Wisconsin - 4/11/2024
Results

Boys 100 Meter Dash

Name	Year	School	Finals	H#	Points
Finals					
1 Ian Honaker	8	Aquinas	12.62	3	6
2 Kehler Trost	7	Longfellow (12.72	8	4
3 Aj Korger	8	Aquinas	13.06	1	3
4 Lukas Valentine	8	Longfellow (13.28	8	2
5 Liam Wilkinson	7	Longfellow (13.30	8	1
6 Landon Schlittler	7	Longfellow (13.36	6	
7 D'Artagnan Wilk	8	Longfellow (13.38	8	
7 Gabe Yang	8	Longfellow (13.38	8	
9 Eddie Carey	8	Longfellow (13.50	6	
9 Reese Haerer	7	Aquinas	13.50	4	
11 Nolan Vandenlanegberg	7	Aquinas	13.59	4	
11 Robert Seehafer	8	Longfellow (13.59	8	
13 Isaiah Hundt-Fiksdal	7	Longfellow (13.80	6	
14 Levi Klum	8	Westby	13.81	3	
14 Ethan Krautkramer	8	Aquinas	13.81	4	
16 Logan Olinger	8	Longfellow (13.91	7	
17 Javell Clark	7	Longfellow (14.15	6	
17 Sawyer Schultz	8	Westby	14.15	4	
19 Jabbar Muhammad	7	Longfellow (14.34	6	
20 David Parker	7	Aquinas	14.46	3	
21 Dawson Zielke	7	Longfellow (14.69	8	
21 Tayson Barrett	7	Longfellow (14.69	7	
21 Rylon Pfeifer	7	Longfellow (14.69	7	
24 Samuel Hansen	8	Longfellow (14.77	7	
25 Ezra Ashby	8	Aquinas	14.78	1	
26 Teegan Rothen	8	Westby	14.79	2	
27 Liam McMichael	8	Longfellow (14.81	7	
28 Landon Goodman	7	Longfellow (14.90	7	
29 Breyer Bothe	8	Westby	14.91	1	
30 Jess Hutzler	8	Westby	15.09	3	
31 Dylan Salaski	8	Longfellow (15.21	7	
32 Matthew Klar	7	Aquinas	15.23	4	
33 James Melde	7	Aquinas	15.34	3	
34 Keagan Gerling	7	Aquinas	15.43	3	
35 Benet Berendes	7	Aquinas	15.46	4	
36 Clayton Taylor	7	Longfellow (15.66	5	
36 Clayton Schams	6	Aquinas	15.66	5	
38 Konstantin Van Hoof	7	Providence A	15.87	7	
39 Anders Van rooyen	7	Aquinas	15.92	4	
40 Kai Kunbal	6	Westby	15.96	4	
41 Hudson Zehren	7	Aquinas	15.97	1	
42 Cameron Christianson	7	Westby	16.10	2	
43 Preston Atherton	6	Aquinas	16.28	2	
43 Riley Clements	8	Longfellow (16.28	5	
45 Iver Odegaard	6	Longfellow (16.31	6	
45 Joe Jorstad	7	Westby	16.31	3	

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47	Joseph Hermanson	8 Longfellow (16.43	6
48	Andrew Woyczik	7 Longfellow (16.44	6
49	Rowan Osowski	7 Aquinas	16.72	3
50	Elijah Wood	8 Westby	16.85	2
51	Theo Portner	6 Westby	17.25	5
52	Calvin Wolf	7 Longfellow (18.22	5
53	Scott Rinkenberger	7 Longfellow (19.31	5
54	Eli Walker	6 Westby	20.50	2
55	Dylan Weidenmann	6 Westby	20.51	2

Boys 200 Meter Dash

Name	Year	School	Finals	H#	Points
1	James Freund	8 Providence A	27.09	4	6
2	Kehler Trost	7 Longfellow (28.06	4	4
3	Liam Wilkinson	7 Longfellow (28.27	4	3
4	Nolan Vandenlanegberg	7 Aquinas	28.55	3	2
5	Gabe Yang	8 Longfellow (28.81	4	1
6	Ethan Krautkramer	8 Aquinas	29.12	3	
7	Reese Haerer	7 Aquinas	29.34	2	
8	Cameron Christianson	7 Westby	30.52	2	
9	Alexander Boland	7 Aquinas	30.61	3	
10	Lucas Timm	8 Aquinas	30.75	2	
11	Sawyer Schultz	8 Westby	30.96	3	
12	Ezra Ashby	8 Aquinas	31.14	3	
13	David Parker	7 Aquinas	31.18	3	
14	Jacob Penzkover	7 Aquinas	31.61	1	
15	Mason Meindl	8 Aquinas	31.84	2	
16	D'Artagnan Wilk	8 Longfellow (32.06	4	
17	William Mayer	7 Westby	32.07	4	
18	James Melde	7 Aquinas	32.49	2	
19	Clayton Schams	6 Aquinas	34.09	3	

Boys 400 Meter Dash

Name	Year	School	Finals	H#	Points
1	James Freund	8 Providence A	1:00.38	3	6
2	Cullen MacGlashin	8 Longfellow (1:03.09	3	4
3	Kameron Hulst	8 Westby	1:03.41	1	3
4	Owen Skemp	8 Longfellow (1:04.81	3	2
5	Theran Hamilton	8 Longfellow (1:06.43	3	1
6	Ryan Wilder	8 Longfellow (1:07.40	3	
7	Ethan Krautkramer	8 Aquinas	1:08.90	2	
8	Lucas Timm	8 Aquinas	1:09.12	2	
9	Lincoln Stanek	8 Aquinas	1:10.56	1	
10	Jacob Penzkover	7 Aquinas	1:10.75	2	
11	Max Benson	8 Longfellow (1:11.40	3	

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....Boys 400 Meter Dash

12 Reid Nicklay	7 Aquinas	1:13.12	1
13 David Parker	7 Aquinas	1:13.78	1
14 Mason Meindl	8 Aquinas	1:15.37	2
15 Henry Merkey	7 Longfellow (1:18.62	2
16 Ryan Buchholz	6 Westby	1:21.43	2
17 Isaac Vanberg	6 Longfellow (1:30.15	2
18 Kellen Hamilton	6 Longfellow (1:31.15	2

Boys 800 Meter Run

Name	Year School	Finals	H#	Points
1 Theran Hamilton	8 Longfellow (2:41.02	2	6
2 Charles Nordeen	6 Aquinas	2:45.21	1	4
3 Jacob Penzkover	7 Aquinas	2:46.93	1	3
4 Jackson Dahl	7 Aquinas	2:55.02	1	2
5 Dawson Weiss	7 Aquinas	2:56.08	1	1
6 Spencer Buck	7 Aquinas	2:57.65	2	
7 Henry Merkey	7 Longfellow (2:59.12	2	
8 William Mayer	7 Westby	3:07.52	1	
9 Trevor Boland	7 Westby	3:14.43	2	
10 Cooper Sonsalla	7 Aquinas	3:15.09	2	
11 Corbin Lee	6 Westby	3:18.34	2	
12 David Parker	7 Aquinas	3:18.75	1	
13 Charlie Hall	7 Longfellow (3:20.59	2	
14 Dominic Sullivan	6 Aquinas	3:25.21	1	
15 Tait Moore	6 Aquinas	3:33.17	1	
16 Aiden Humm	7 Westby	3:34.06	2	
17 Eli Tusynski	8 Westby	3:44.00	2	

Boys 1600 Meter Run

Name	Year School	Finals	Points
1 Charles Nordeen	6 Aquinas	5:35.38	6
2 Ryan Wilder	8 Longfellow (5:48.74	4
3 Wesley Olson	8 Longfellow (5:52.96	3
4 Dawson Weiss	7 Aquinas	6:24.77	2
5 Ryan Buchholz	6 Westby	6:35.02	1
6 Isaac Vanberg	6 Longfellow (6:52.59	
7 Corbin Lee	6 Westby	6:53.55	
8 Kellen Hamilton	6 Longfellow (7:00.37	
9 Dominic Sullivan	6 Aquinas	7:19.34	
10 Tait Moore	6 Aquinas	7:32.72	

**Longfellow Middle School Invitational
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Boys 100 Meter Hurdles Low

Name	Year	School	Finals	Points
1 Wesley Olson	8	Longfellow (16.06	6
2 Lane Thrush	7	Aquinas	18.21	4
3 Landon Goodman	7	Longfellow (18.74	3
4 Rylan Gale	6	Aquinas	19.09	2
5 Kai Kunbal	6	Westby	20.50	1
6 Mason Peterson	7	Longfellow (21.24	
7 Thomas Binsfeld	6	Aquinas	22.00	
8 Eli Tusynski	8	Westby	22.64	

Boys 200 Meter Hurdles

Name	Year	School	Finals	Points
1 Wesley Olson	8	Longfellow (34.18	6
2 Lydon Boberg	7	Aquinas	38.84	4
3 Thomas Binsfeld	6	Aquinas	38.85	3

Boys 4x100 Meter Relay

School	Finals	H#	Points
1 Aquinas 1) Ian Honaker 8 3) Martez Sheard 8	53.28	1	6
2 Aquinas 'C' 1) Adiel Onyeabor 7 3) Alexander Boland 7	x56.40	2	
3 Longfellow (La Crosse) 'B' 1) Ayden Olson 8 3) Robert Seehafer 8	56.84	2	4
4 Longfellow (La Crosse) 'E' 1) Isaiah Hundt-Fiksdal 7 3) Landon Goodman 7	x1:01.68	2	
5 Longfellow (La Crosse) 'C' 1) Bennett Folkers 8 3) Liam McMichael 8	x1:01.90	2	
6 Longfellow (La Crosse) 'D' 1) Tayson Barrett 7 3) Landon Schlittler 7	x1:03.52	2	
7 Aquinas 'B' 1) Preston Atherton 6 3) Rylan Gale 6	x1:04.62	1	
8 Longfellow (La Crosse) 'F' 1) Andrew Woyczik 7 3) Riley Clements 8	x1:06.87	2	
9 Westby 1) Eli Tusynski 8	1:07.52	2	2

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....Boys 4x100 Meter Relay

3) Joe Jorstad 7	4) Adam Steiner 8		
10 Westby 'B'		x1:07.53	1
1) Eli Walker 6	2) Eli Preston 6		
3) Ryan Buchholz 6	4) Corbin Lee 6		

Boys 4x200 Meter Relay

School	Finals	H#	Points
1 Aquinas	1:50.30	1	6
1) Ian Honaker 8	2) Alex Penzkover 8		
3) Martez Sheard 8	4) Korbin Neher 8		
2 Longfellow (La Crosse)	1:55.52	2	4
1) Gabe Yang 8	2) Liam Wilkinson 7		
3) Kehler Trost 7	4) D'Artagnan Wilk 8		
3 Longfellow (La Crosse) 'B'	x1:59.71	2	
1) Ayden Olson 8	2) Logan Olinger 8		
3) Robert Seehafer 8	4) Samuel Hansen 8		
4 Aquinas 'B'	x2:06.18	1	
1) Alexander Boland 7	2) Jackson Dahl 7		
3) Lydon Boberg 7	4) Keagan Gerling 7		
5 Longfellow (La Crosse) 'D'	x2:09.96	2	
1) Tayson Barrett 7	2) Javell Clark 7		
3) Landon Schlittler 7	4) Jabbar Muhammad 7		
5 Longfellow (La Crosse) 'C'	x2:09.96	2	
1) Bennett Folkers 8	2) Joseph Hermanson 8		
3) Liam McMichael 8	4) Dylan Salaski 8		
7 Longfellow (La Crosse) 'E'	x2:18.58	2	
1) Isaiah Hundt-Fiksdal 7	2) Mason Peterson 7		
3) Landon Goodman 7	4) Dawson Zielke 7		
8 Westby	2:19.58	2	2
1) Adam Steiner 8	2) William Mayer 7		
3) Sawyer Schultz 8	4) Joe Jorstad 7		
9 Longfellow (La Crosse) 'F'	x2:20.58	2	
1) Andrew Woyczik 7	2) Rylen Pfeifer 7		
3) Eddie Carey 8	4) Iver Odegaard 6		
10 Westby 'B'	x2:22.68	1	
1) Kai Kunbal 6	2) Trevor Boland 7		
3) Cameron Christianson 7	4) Aiden Humm 7		

Boys 4x400 Meter Relay

School	Finals	Points
1 Aquinas	4:16.43	6
1) Ian Honaker 8	2) Korbin Neher 8	
3) Alex Penzkover 8	4) Martez Sheard 8	
2 Longfellow (La Crosse)	4:23.34	4
1) Owen Skemp 8	2) Ryan Wilder 8	



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....Boys 4x400 Meter Relay

3) Cullen MacGlashin 8	4) Lukas Valentine 8
3 Longfellow (La Crosse) 'B'	x5:01.43
1) Henry Merkey 7	2) Max Benson 8
3) Theran Hamilton 8	4) Isaac Vanberg 6

Boys High Jump

Name	Year School	Finals	Points
1 Adiel Onyeabor	7 Aquinas	5-00.00	6
2 Cullen MacGlashin	8 Longfellow (4-08.00	4
3 Jackson Noel	8 Longfellow (4-04.00	3
-- Lincoln Stanek	8 Aquinas	NH	
-- Anders Van rooyen	7 Aquinas	NH	

Boys Long Jump

Name	Year School	Finals	Points
1 James Freund	8 Providence A	14-09.00	6
2 Kameron Hulst	8 Westby	14-01.00	4
3 Reese Haerer	7 Aquinas	14-00.00	3
4 Alex Penzkover	8 Aquinas	13-06.00	2
5 Ayden Olson	8 Longfellow (13-05.00	1
6 Lincoln Stanek	8 Aquinas	13-02.50	
7 Jacob Penzkover	7 Aquinas	13-02.00	
8 Jackson Noel	8 Longfellow (13-00.00	
9 Reid Nicklay	7 Aquinas	12-07.00	
10 James Melde	7 Aquinas	12-06.50	
11 Lukas Valentine	8 Longfellow (12-06.00	
12 Ethan Krautkramer	8 Aquinas	12-02.00	
13 Cameron Christianson	7 Westby	12-01.00	
13 Mason Meindl	8 Aquinas	12-01.00	
15 Anders Van rooyen	7 Aquinas	12-00.00	
16 Sawyer Schultz	8 Westby	11-11.00	
16 Trevor Boland	7 Westby	11-11.00	
18 Ezra Ashby	8 Aquinas	11-05.00	
19 Jackson Dahl	7 Aquinas	11-01.00	
20 Lydon Boberg	7 Aquinas	11-00.00	
21 Hudson Zehren	7 Aquinas	10-10.00	
22 Benet Berendes	7 Aquinas	10-07.00	
23 Adam Steiner	8 Westby	10-03.00	
23 Keagan Gerling	7 Aquinas	10-03.00	
25 Logan Olinger	8 Longfellow (10-01.00	
26 Eli Tusynski	8 Westby	9-11.00	
27 Theo Portner	6 Westby	9-10.00	
28 Ryan Buchholz	6 Westby	9-05.00	
29 Lane Thrush	7 Aquinas	9-01.00	
30 Eli Preston	6 Westby	9-00.00	

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....Boys Long Jump

30 Cooper Sonsalla	7 Aquinas	9-00.00
32 Kai Kunbal	6 Westby	6-02.00
-- Jess Hutzler	8 Westby	ND
-- Robert Seehafer	8 Longfellow (ND
-- Ryan Wilder	8 Longfellow (ND
-- Teegan Rochen	8 Westby	ND

Boys Triple Jump

Name	Year School	Finals	Points
1 Jackson Noel	8 Longfellow (31-00.00	6
2 Adiel Onyeabor	7 Aquinas	29-07.00	4
3 Cullen MacGlashin	8 Longfellow (29-02.00	3
4 Lincoln Stanek	8 Aquinas	29-00.00	2
5 William Mayer	7 Westby	26-08.00	1
6 Trevor Boland	7 Westby	26-00.00	
7 Hudson Zehren	7 Aquinas	25-03.00	
8 Reid Nicklay	7 Aquinas	24-08.00	
9 Anders Van rooyen	7 Aquinas	24-06.00	
10 Joe Jorstad	7 Westby	24-02.00	
11 Corbin Lee	6 Westby	22-09.00	

Boys Shot Put

Name	Year School	Finals	Points
1 Breyer Bothe	8 Westby	38-02.00	6
2 Oliver Walker	8 Longfellow (33-01.00	4
3 Riley Clements	8 Longfellow (31-08.00	3
4 Aj Korger	8 Aquinas	31-04.00	2
5 Max Benson	8 Longfellow (29-02.00	1
6 Eddie Carey	8 Longfellow (28-07.00	
7 Will Nordeen	8 Aquinas	27-06.00	
8 Clayton Taylor	7 Longfellow (25-05.00	
9 Alexander Moore	8 Aquinas	22-10.00	
10 Eli Walker	6 Westby	19-11.00	
11 Calvin Wolf	7 Longfellow (19-10.00	
12 Aiden Humm	7 Westby	19-03.00	

Boys Discus Throw

Name	Year School	Finals	H#	Points
1 Breyer Bothe	8 Westby	114-07.50	1	6
2 James Freund	8 Providence A	95-10	2	4
3 Levi Klum	8 Westby	72-11	2	3
4 Max Benson	8 Longfellow (70-05	2	2
5 Aj Korger	8 Aquinas	68-02	1	1

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....Boys Discus Throw

6 Konstantin Van Hoof	7 Providence A	66-08.50	2
7 Oliver Walker	8 Longfellow (65-10.50	1
8 Alexander Moore	8 Aquinas	65-01	2
8 Clayton Taylor	7 Longfellow (65-01	1
10 Will Nordeen	8 Aquinas	63-11.50	2
11 Aiden Humm	7 Westby	61-11	1
12 Riley Clements	8 Longfellow (58-08.50	1
13 Eddie Carey	8 Longfellow (47-05.50	2
14 Eli Walker	6 Westby	43-01	2
15 Calvin Wolf	7 Longfellow (41-05	1
16 Dylan Weidenmann	6 Westby	30-09.50	2
-- Donell Washington	8 Longfellow (ND	1
-- Isaiah Groth	8 Westby	ND	1

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Women - Team Rankings - 15 Events Scored

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1) Aquinas	101.50	2) Longfellow (La Crosse)	66.50
3) Westby	32	4) Providence Academy (La Cr	17

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Men - Team Rankings - 15 Events Scored

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1) Longfellow (La Crosse)	89	2) Aquinas	80
3) Westby	29	4) Providence Academy (La Cr	22