

Northwest Suburban Conference Championships - 5/22/2012 to 5/24/2012

Coon Rapids High School

Results

Girls 100 Meter Dash

Conference: 12.08 \$ 5/25/2010 Sasha Davis

Name	School	Prelims
Preliminaries		
1 Webb, Phillis	Osseo	12.34Q
2 Morgan, Taylor	Blaine	12.64Q
3 Purcell, Courtney	Blaine	12.81Q
4 Nivala, Taylor	Andover	12.95Q
5 Russell, Titi	Champlin Par	12.80q
6 Lund, Rozlynn	Coon Rapids	13.00q
7 Hauer, Karlie	Andover	13.01q
8 Hill, Melanie	Champlin Par	13.05q
9 Nebo, Alyssa	Blaine	13.09
10 Kurtovich, Maggie	Andover	13.20
11 Detloff, Molli	Elk River	13.20
12 Salem, Rachel	Maple Grove	13.21
13 Lee, Zenitra	Maple Grove	13.26
14 Arogbokun, Olufunmilayo	Osseo	13.27
15 Agbonkhese, Monika	Park Center	13.27
16 Nielsen, Stephanie	Anoka	13.31
17 Lister, Marissa	Maple Grove	13.37
18 Kivley, Jenna	Elk River	13.57
19 Mischke, Monica	Centennial	13.62
20 Bednorz, Katlin	Anoka	13.64
21 Lewis, Ashley	Park Center	13.64
22 Krekelberg, Elizabeth	Centennial	13.71
23 Crego, Madison	Armstrong	13.75
24 Wright, Carrine	Armstrong	13.77
25 Kameh, Margretta	Armstrong	13.80
26 Barmon, Alexis	Coon Rapids	13.81
27 Nelson, Brianna	Centennial	13.85
28 Davis, Ashlee	Anoka	14.03
29 Stalboerger, Nicole	Coon Rapids	14.05
30 Chillious, Stephanie	Osseo	14.15
31 Officer, Alera	Champlin Par	14.15
32 Vinvick, Cynthia	Park Center	15.17

Girls 200 Meter Dash

Conference: 25.27 \$ 5/25/2010 Anuli Okonkwo

Name	School	Prelims
Preliminaries		
1 Okonkwo, Anuli	Osseo	25.78Q
2 Nivala, Taylor	Andover	26.17Q
3 Purcell, Courtney	Blaine	26.74Q
4 Monteon, Britney	Blaine	27.07Q
5 Russell, Titi	Champlin Par	26.64q
6 Puckett, Brianna	Osseo	26.84q
7 Kaine, Dustlynn	Armstrong	26.99q
8 Salem, Rachel	Maple Grove	27.35q
9 Nelson, Haley	Maple Grove	27.51
10 Thelen, Raquel	Andover	27.54
11 Adams, Suzanna	Armstrong	27.55
12 Enderle, Holly	Armstrong	27.83

13 Lee, Zenitra	Maple Grove	27.98
14 Kivley, Jenna	Elk River	28.14
15 Cornelious, Gabby	Osseo	28.27
15 Mahoney, Breanna	Blaine	28.27
17 Peshorn, Liz	Coon Rapids	28.33
18 Brown, Josie	Elk River	28.40
19 Stalboerger, Allie	Coon Rapids	28.61
20 Hutchings, Madi	Coon Rapids	28.65
21 Windingsted, Kayla	Centennial	28.73
22 Applequist, Jennifer	Champlin Par	28.87
23 Krekelberg, Elizabeth	Centennial	28.92
24 Davis, Ashlee	Anoka	29.02
25 Sieben, Estee	Anoka	29.19
26 Ogunti, Madia	Park Center	29.19
27 Sarazine, Cassidy	Anoka	29.23
28 Richards, Diona	Andover	29.33
29 Watson, Sarah	Champlin Par	29.35
30 Metzmaker, Ana	Centennial	29.58
31 Hayes, Mikala	Park Center	30.25

Girls 400 Meter Dash

Conference: 56.85 \$ 2003 Laura Mottaz

Name	School	Prelims
Preliminaries		
1 Lund, Rozlynn	Coon Rapids	58.69Q
2 Lachinski, Hailey	Blaine	1:01.02Q
3 McMorris, Cayla	Park Center	1:01.19Q
4 Rasmussen, Sheridan	Armstrong	1:01.26Q
5 Pafko, Ashley	Blaine	1:01.62q
6 Scheidler, Lauren	Maple Grove	1:01.74q
7 Thelen, Raquel	Andover	1:01.77q
8 Porte, Ayo	Osseo	1:02.00q
9 Parent, Blair	Anoka	1:02.09
10 Kurtovich, Maggie	Andover	1:02.54
11 Axt, Shelby	Centennial	1:03.38
12 Dame, Sarah	Centennial	1:04.04
13 Boehne, Nikki	Centennial	1:04.30
14 Jones, Jackie	Osseo	1:04.48
15 Agboola, Brianka	Coon Rapids	1:04.62
16 Isaacs, Edyn	Maple Grove	1:04.67
17 Stringer, Paige	Park Center	1:04.97
18 Swan, Karisa	Park Center	1:05.20
19 Bialke, Morgan	Osseo	1:05.21
20 Danielson, Emily	Armstrong	1:05.93
21 Corbin, Elli	Maple Grove	1:06.03
22 Petrich, Chelsey	Elk River	1:06.85
23 Ziegler, Hannah	Champlin Par	1:07.22
24 Johnson, Emily	Elk River	1:07.34
25 Duc, Jenna	Coon Rapids	1:08.08
26 Dennard, Edriana	Champlin Par	1:08.17
27 Reed, Hannah	Champlin Par	1:08.20
28 Erdahl, Kailee	Elk River	1:09.07
29 Vatne, Allie	Andover	1:09.27
30 Hagerty, Mariah	Anoka	1:11.77
31 Falck, Kiersten	Blaine	1:12.55

Northwest Suburban Conference Championships - 5/22/2012 to 5/24/2012

Coon Rapids High School

Results

Girls 800 Meter Run

Conference: 2:15.93 \$ 2004

Alissa Kurke

Name	School	Prelims
Preliminaries		
1 Kienholz, Megan	Centennial	2:21.25Q
2 Boespflug, Jessica	Centennial	2:25.97Q
3 Sather, Kelsey	Armstrong	2:28.93Q
4 Weimholt, Stefani	Coon Rapids	2:26.85Q
5 Halfrich, Sara	Maple Grove	2:26.90Q
6 Bezdicek, Sarah	Osseo	2:30.35Q
7 Thompson, Jenna	Osseo	2:27.41Q
8 Simonet, Ann	Park Center	2:27.84Q
9 Heytens, Kelli	Champlin Par	2:33.38Q
10 Haugen, Anna	Elk River	2:29.49q
11 Hendricks, Samantha	Elk River	2:31.57q
12 Namyst, Emily	Centennial	2:31.94q
13 Nelson, Anna	Coon Rapids	2:32.14
14 Dills, Sam	Coon Rapids	2:32.90
15 Haskins, Danielle	Andover	2:34.16
16 Quale, Jordan	Maple Grove	2:35.54
17 Olzenak, Kelly	Maple Grove	2:35.80
18 Jung, Gabriella	Elk River	2:36.21
19 Howe, Alex	Blaine	2:37.07
20 Larson, Katie	Andover	2:37.36
21 Peterson, Danielle	Blaine	2:37.99
22 Ubl, Elle	Anoka	2:38.21
23 Glansman, Sam	Osseo	2:38.34
24 Novak, Katherine	Champlin Par	2:38.87
25 Kragt, Haley	Andover	2:39.54
26 Wessel, Abby	Park Center	2:41.74
27 Andersen, Kara	Armstrong	2:42.36
28 Metzger, Renee	Park Center	2:45.98
29 Alexander, Alexandra	Champlin Par	2:48.14
30 Young, Destiny	Armstrong	2:49.45
31 Stratton, Hanna	Blaine	2:49.66

Girls 3200 Meter Run

Conference: 10:37.16 \$ 2003

Heidi Lindeman

Name	School	Finals
Finals		
1 Cabak, Melissa	Armstrong	11:07.08 10
2 Knapczyk, Emily	Armstrong	11:15.14 8
3 Gross, Cathleen	Armstrong	11:28.28 6
4 Fritz, Katelyn	Anoka	11:33.99 5
5 Ness, Rachel	Elk River	11:38.28 4
6 McKeefry, Madeline	Andover	11:45.39 3
7 Simonet, Ann	Park Center	11:47.91 2
8 Schlegal, Chelsea	Elk River	11:55.47 1
9 Kretschmer, Lexie	Centennial	11:58.57
10 Bentson, Maria	Centennial	11:59.20
11 Davis, Hannah	Coon Rapids	12:01.43
12 Sweeney, Clara	Centennial	12:02.69
13 Johnson, Lindsey	Coon Rapids	12:04.17
14 Warner, Kennedy	Elk River	12:05.79

15 Soli, Cassidy	Champlin Par	12:07.77
16 D'Heilly, Paige	Coon Rapids	12:18.30
17 Beaver, Kylee	Park Center	12:25.29
18 Rosenow, Olivia	Maple Grove	12:32.00
19 Gast, Lindsey	Anoka	12:37.36
20 Schmitz, Jane	Andover	12:39.39
21 Johnson, Kendall	Maple Grove	12:54.56
22 White, Shelby	Andover	13:03.29
23 Trescony, Maria	Champlin Par	13:14.49
24 Schweiters, Nicole	Maple Grove	13:22.88
25 Hohn, Jenn	Osseo	13:31.05
26 Cherney, Emma	Blaine	13:45.54
27 Goldsberry, Alexandra	Champlin Par	13:45.56
28 Borgman, Taylor	Blaine	13:46.63
29 Ernst, Rachel	Park Center	15:43.24

Girls 100 Meter Hurdles

Conference: 14.73 \$ 5/25/2010 Maggie Bair

Name	School	Prelims
Preliminaries		
1 Williams, Alex	Blaine	15.74Q
2 Sohns, Jordyn	Elk River	15.76Q
3 Ndely, Michelle	Champlin Par	16.00Q
4 Abbott, Nicole	Anoka	16.14Q
5 Bestman, Edwina	Park Center	15.81q
6 Harris, Amber	Coon Rapids	16.41q
7 Lowe, Lindsey	Elk River	16.59q
8 Sheapard, Mikeala	Blaine	16.97q
9 Niesen, Cora	Maple Grove	17.00
10 Peck, Sarah	Centennial	17.05
11 Meade, Peyton	Blaine	17.13
12 Reynolds, Alayah	Osseo	17.44
13 Bluford, Amanda	Armstrong	17.54
14 Watt, Katarina	Anoka	17.61
15 Olagbaiye, Nicole	Osseo	17.64
16 Larson, Merissa	Maple Grove	17.73
17 Newburg, Kyra	Maple Grove	17.77
18 Kochar-Mack, Haylee	Armstrong	17.81
19 Probert, Kylie	Andover	17.86
20 Jopp, Jadie	Elk River	17.95
21 Callahan, Dakota	Coon Rapids	18.09
22 Tryba, Michelle	Anoka	18.13
23 Ekman, Liz	Andover	18.16
24 Oakden, Jaclyn	Champlin Par	18.23
25 Nelson, Ashley	Centennial	18.24
26 Rehm, Katie	Coon Rapids	18.27
27 Graham, Shatera	Osseo	18.42
28 Andersen, Marissa	Armstrong	18.45
29 Ekman, Sarah	Andover	18.55
30 Oakden, Jenna	Champlin Par	18.58
31 Kieselhorst, Suzie	Centennial	19.96
32 Palme, Kayla	Park Center	20.55

Northwest Suburban Conference Championships - 5/22/2012 to 5/24/2012

Coon Rapids High School

Results

Girls 300 Meter Hurdles

Conference: 45.13 \$ 1996

Katie Bestul

Name	School	Prelims
Preliminaries		
1 Williams, Alex	Blaine	47.35Q
2 Harris, Amber	Coon Rapids	47.80Q
3 Bestman, Edwina	Park Center	48.74Q
4 Sheapard, Mikeala	Blaine	49.39Q
5 Stoebe, Hannah	Champlin Par	49.28q
6 Ndely, Michelle	Champlin Par	49.45q
7 Sohns, Jordyn	Elk River	50.18q
8 Reynolds, Alayah	Osseo	50.48q
9 Niesen, Cora	Maple Grove	50.51
10 Lowe, Lindsey	Elk River	51.14
11 Truong, Anna	Coon Rapids	51.44
12 Johnson, Jenna	Anoka	51.46
13 Oakden, Jenna	Champlin Par	51.70
14 Larson, Merissa	Maple Grove	52.47
15 Olagbaiye, Nicole	Osseo	52.53
16 Nelson, Ashley	Centennial	52.59
17 Hudgens, Julia	Centennial	52.60
18 Probert, Kylie	Andover	52.80
19 Ciesynski, Emily	Blaine	52.92
20 Arbeiter, McKenzie	Maple Grove	53.08
21 Bahl, Shantel	Osseo	53.18
22 Callahan, Dakota	Coon Rapids	53.35
23 Sultany, Rebecca	Elk River	53.59
24 Renneke, Hannah	Centennial	54.05
25 Heitzig, Madeline	Park Center	54.06
26 Lass, Madison	Anoka	54.25
27 Andersen, Marissa	Armstrong	54.41
28 Tryba, Michelle	Anoka	54.66
29 Stolis, Elizabeth	Armstrong	55.50
30 Verbeten, Madeline	Armstrong	55.81
31 Ekman, Sarah	Andover	55.85
32 Ekman, Liz	Andover	57.69

Girls High Jump

Conference: 5-08 \$ 1996

Gina Curtis

Name	School	Finals
Finals		
1 Christenson, Nicole	Coon Rapids	5-04.00 10
2 Lundberg, Claire	Anoka	5-00.00 8
3 Hauer, Karlie	Andover	J5-00.00 6
4 Watson, Sarah	Champlin Par	4-10.00 4.5
4 Webb, Phillis	Osseo	4-10.00 4.5
6 Madden, Lindsay	Elk River	J4-10.00 2.5
6 Hedin, Taylor	Andover	J4-10.00 2.5
8 Hlavka, Courtney	Anoka	J4-10.00 1
9 Ordner, Madison	Maple Grove	J4-10.00
10 Jung, Olivia	Coon Rapids	J4-10.00
10 Sherva, Lauren	Anoka	J4-10.00
10 Mcleod, Taylor	Maple Grove	J4-10.00
10 Kinnunen, Carla	Maple Grove	J4-10.00

10 Jensen, Jerlie	Coon Rapids	J4-10.00
10 Olsen, Kirsten	Blaine	J4-10.00
10 Duffney, Andrea	Andover	J4-10.00
17 Sohns, Jordyn	Elk River	4-08.00
17 Werth, Katelyn	Centennial	4-08.00
17 Namyst, Emily	Centennial	4-08.00
17 Reisner, Hannah	Armstrong	4-08.00
21 Schotters, Brooke	Centennial	4-06.00
21 Seba, Colleen	Osseo	4-06.00
21 Kaiyeepeu, Nathel	Champlin Par	4-06.00
21 Lowe, Lindsey	Elk River	4-06.00
25 Meade, Peyton	Blaine	4-04.00
25 Denler, Carly	Champlin Par	4-04.00
25 Schoenrock, Emily	Osseo	4-04.00
28 Kuusisto, Kali	Armstrong	4-02.00
28 Crego, Madison	Armstrong	4-02.00
28 Ayobamidele, Feyisayo	Park Center	4-02.00
28 Agbonkhesse, Monika	Park Center	4-02.00
--- Oduro, Abena	Blaine	NH
--- Kil, Hannah	Park Center	NH

Girls Long Jump

Conference: 18-01.50 \$ 5/19/2009 Nicole Murphey

Name	School	Finals
Finals		
1 Puckett, Brianna	Osseo	19-01.75\$ 10
2 Hill, Melanie	Champlin Par	17-07.50 8
3 Hauer, Karlie	Andover	17-05.50 6
4 Detloff, Dani	Elk River	17-01.50 5
5 Nebo, Alyssa	Blaine	17-00.25 4
6 Eggerich, Marissa	Blaine	16-10.50 3
7 Edwards, Kelly	Elk River	16-08.50 2
8 Daulton, Logan	Elk River	16-06.00 1
9 Kurtovich, Maggie	Andover	16-01.00
10 Jung, Olivia	Coon Rapids	15-07.50
11 Roertering, Katherine	Maple Grove	15-07.00
12 Chillious, Stephanie	Osseo	15-06.00
12 Fettig, Missy	Centennial	15-06.00
14 Stevens, Claire	Armstrong	15-04.00
15 McGrath, Molly	Blaine	15-03.75
15 Thompson, Indigo	Armstrong	15-03.75
17 Hlavka, Courtney	Anoka	15-03.00
18 Nielsen, Stephanie	Anoka	15-01.00
19 Brown, Kylie	Park Center	15-00.50
20 Christenson, Nicole	Coon Rapids	15-00.00
21 Kaiser, Kayla	Maple Grove	14-09.00
21 Bednorz, Katlin	Anoka	14-09.00
23 Nivala, Taylor	Andover	14-08.75
24 Kinnunen, Carla	Maple Grove	14-06.50
25 Kabaka, Daisy	Champlin Par	14-04.50
25 Danielson, Emily	Armstrong	14-04.50
27 Bialke, Morgan	Osseo	14-04.00
28 Farley, Erin	Centennial	14-02.50
29 Werth, Katelyn	Centennial	13-10.25
30 Applequist, Jennifer	Champlin Par	13-05.00
31 Heitzig, Madeline	Park Center	13-03.50

Northwest Suburban Conference Championships - 5/22/2012 to 5/24/2012

Coon Rapids High School

Results

Finals ... (Girls Long Jump)

Name	School	Finals
31 Zurbay, Megan	Park Center	13-03.50

Girls Discus Throw

Conference: 133-04 \$ 2000 Jessica Stephan

Name	School	Finals
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Finals

1 Detloff, Molli	Elk River	130-03	10
2 Nwaokolo, Nkem	Champlin Par	122-11	8
3 Kytta, Hayley	Blaine	118-09	6
4 Adegeye, Oyinkonsola	Champlin Par	104-08	5
5 Seba, Colleen	Osseo	104-03	4
6 Oawster, Erica	Centennial	101-09	3
7 Haeska, Emily	Coon Rapids	101-03	2
8 Pasiowitz, Courtney	Coon Rapids	100-04	1
9 Backous, Kailee	Andover	100-02	
10 McGill, Jazmyne	Armstrong	91-10	
11 Anderson, Courtney	Champlin Par	91-07	
12 Zapzalka, Peyton	Andover	91-04	
13 Tucker, Linnea	Armstrong	89-06	
14 McNallan, Marissa	Andover	89-02	
15 Zabee, Sophie	Elk River	88-09	
16 Kingman, Jaelyn	Blaine	85-05	
17 Ngongang, Tatiana	Centennial	85-02	
18 Anderson, Rachel	Coon Rapids	84-02	
19 Glime, Marina	Maple Grove	82-05	
20 Gregerson, Madeline	Elk River	79-06	
21 Moore, Maddie	Centennial	79-05	
22 Ellingson, Amanda	Anoka	78-04	
23 Albert, Adriana	Armstrong	72-08	
24 Wallace, Sha-Kira	Park Center	72-00	
25 Breault, Dani	Anoka	71-09	
26 McGrath, Natalie	Blaine	70-09	
27 Berg, Lauren	Maple Grove	69-06	
28 Schmid, Cassie	Maple Grove	67-08	
29 Schoeben, Annie	Osseo	67-02	
30 Watt, Katarina	Anoka	59-04	
31 Chatmon, Ricca	Osseo	58-08	
32 Ross, Sakinah	Park Center	56-05	
33 Jefferson, Tyreeka	Park Center	54-06	

Boys 100 Meter Dash

Conference: 10.50 \$ 2001 Anthony Dew

Name	School	Prelims
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Preliminaries

1 Sando, Joe	Champlin Par	11.08Q
2 Tambe, Ayuk	Blaine	11.24Q
3 Boughner, Cole	Anoka	11.27Q
4 Zeon, Frank	Osseo	11.67Q
5 Ash, Tommy	Armstrong	11.26q
6 Adedeji, Tosin	Park Center	11.35q
7 Mulbah, Mitchel	Coon Rapids	11.55q
8 Wiberg, Dallin	Coon Rapids	11.72q
9 Buggs, Elliot	Champlin Par	11.74

10 Brooks, TyKarius	Park Center	11.75
11 Morris, James	Armstrong	11.75
12 Lindberg, Andrew	Centennial	11.77
13 Pilarski, Matt	Blaine	11.78
14 Trettle, Tucker	Centennial	11.81
15 Giwa, Emmanuel	Osseo	11.83
16 Anderson, Denzel	Armstrong	11.83
17 Ehrich, Emanuel	Maple Grove	11.89
18 Price, Deirre	Park Center	11.90
19 Crockett, Shadeed	Maple Grove	11.93
19 Sanchez, Cameron	Andover	11.93
21 Strong, Moe	Anoka	11.99
22 Olson, Peder	Maple Grove	11.99
23 Madsen, Jack	Andover	12.00
24 Sullivan, Dylan	Elk River	12.02
25 Thompson, Trevor	Blaine	12.08
26 Wilson, Nate	Centennial	12.12
27 Nyenatnae, Joe	Champlin Par	12.13
28 Myren, Royce	Anoka	12.13
29 Plaisted, Alec	Elk River	12.17
30 Koester, Mitch	Andover	12.18
31 Larson, Austin	Elk River	12.27
32 Nagbe, Bill	Coon Rapids	12.32

Boys 200 Meter Dash

Conference: 21.10 \$ 2004 Ibrahim Kabia

Name	School	Prelims
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Preliminaries

1 Egbujor, Emmanuel	Champlin Par	22.67Q
2 Boughner, Cole	Anoka	22.90Q
3 Tambe, Ayuk	Blaine	22.92Q
4 Sando, Joe	Champlin Par	22.96Q
5 Mendin, Patrick	Blaine	22.93q
6 Larson, Chris	Andover	23.31q
7 Rummels, Juwan	Armstrong	23.33q
8 Kwabi, Kweku	Champlin Par	23.39q
9 Wieneke, Jake	Maple Grove	23.44
10 Robel, Joe	Blaine	23.49
11 Mulbah, Mitchel	Coon Rapids	23.70
12 Wallick, Jack	Maple Grove	23.85
13 Lindberg, Andrew	Centennial	23.87
14 Adedeji, Tosin	Park Center	23.92
15 Anderson, Denzel	Armstrong	24.04
16 Heglund, Tyler	Centennial	24.05
16 Sherva, Teddy	Anoka	24.05
18 Roy, Zach	Andover	24.08
19 Bardashevskiy, Denis	Elk River	24.16
20 Schwab, Isaac	Elk River	24.17
21 Rand, Ryan	Anoka	24.18
22 Iaquinto, Tyler	Centennial	24.42
23 Price, Deirre	Park Center	24.43
24 Koester, Mitch	Andover	24.91
25 Luke Browne, St	Coon Rapids	24.98
26 Yasosky, Brian	Maple Grove	25.05
27 Hanson, Connor	Elk River	25.40

Northwest Suburban Conference Championships - 5/22/2012 to 5/24/2012

Coon Rapids High School

Results

Preliminaries ... (Boys 200 Meter Dash)

Name	School	Prelims
28 Zeon, Frank	Osseo	25.72
29 Smith, Mikael	Coon Rapids	26.03
30 Clark, Dxavier	Armstrong	26.27

Boys 400 Meter Dash

Conference: 49.44 \$ 2007 Jerrell Hancock

Name	School	Prelims
Preliminaries		
1 Egbujor, Emmanuel	Champlin Par	50.26Q
2 Mendin, Patrick	Blaine	50.51Q
3 Queenan, Ryan	Armstrong	51.98Q
4 Larson, Jesse	Centennial	52.25Q
5 Thill, David	Centennial	51.21q
6 Kwabi, Kweku	Champlin Par	52.45q
7 Young, Paul	Blaine	52.75q
8 Lindquist, Brandon	Anoka	52.91q
9 Fatunbi, Charles	Coon Rapids	52.98
10 Thompson, Richardo	Osseo	53.15
11 Brown, Ryan	Centennial	53.20
12 Corbin, Zach	Maple Grove	53.31
13 Cummings, Austin	Andover	53.76
14 Walden, Jake	Maple Grove	53.89
15 Rogers, Alex	Armstrong	53.89
16 Yasosky, Brian	Maple Grove	53.90
17 Alvarado, Sebastian	Blaine	54.02
18 Dennis, Morris	Elk River	54.11
19 Tawfick, Jon	Anoka	54.17
20 Wenberg, Ben	Andover	54.58
21 Tollakson, Trevor	Coon Rapids	54.60
22 Miranowski, Cody	Anoka	55.29
23 Galamue, Gabriel	Osseo	55.29
24 Kamara, Alieu	Park Center	55.52
25 Peters, Cole	Champlin Par	55.73
26 Berry, George	Park Center	55.79
27 Ernst, Zach	Elk River	56.18
28 Barrett, James	Andover	56.46
29 Smith, Mikael	Coon Rapids	56.77
30 Minervini-Blue, Jake	Elk River	58.07
31 Biyogo, Boniface	Armstrong	59.66
32 Carter, Chris	Park Center	59.80

Boys 800 Meter Run

Conference: 1:56.19 \$ 5/27/2010 Mark Gilkerson

Name	School	Prelims
Preliminaries		
1 Cotter, Steven	Andover	1:57.58Q
2 Gessner, Brendan	Centennial	1:58.71Q
3 Johantgen, Dustin	Maple Grove	1:59.69Q
4 Hokkanen, Spencer	Centennial	2:00.16Q
5 Trapp, Ryan	Elk River	2:01.69Q
6 Bednar, Jackson	Coon Rapids	2:03.41Q
7 Que, David	Blaine	2:03.30Q

8 Otieno, Samuel	Park Center	2:03.59Q
9 Herrala, Jeff	Anoka	2:05.36Q
10 Raasch, Charlie	Maple Grove	2:03.88q
11 Madsen, Chris	Park Center	2:05.19q
12 McCarger, Garrett	Centennial	2:05.90q
13 Kivimaki, Lucas	Andover	2:06.46
14 Fawole, Kunle	Osseo	2:06.80
15 Nortrom, Riley	Osseo	2:07.34
16 Meados, Chris	Andover	2:07.46
17 Dickovich, Nick	Osseo	2:07.52
18 Comer, Nathan	Armstrong	2:08.12
19 Jacobson, Nathaniel	Blaine	2:09.08
20 Jones, Harrison	Champlin Par	2:10.61
21 Schlafmann, Kyle	Champlin Par	2:11.29
22 Schroeder, Jake	Elk River	2:11.47
23 Hamlin, Andrew	Armstrong	2:13.15
24 Rausch, Isaac	Coon Rapids	2:13.21
25 Bare, Alex	Maple Grove	2:13.40
26 Crawford, Marjace	Coon Rapids	2:14.44
27 Lenertz, Logan	Elk River	2:14.82
28 Bongers, Austin	Blaine	2:15.62
29 Hagerty, Thomas	Anoka	2:16.39
30 Mohamed, Nabil	Armstrong	2:16.99
31 Dittrich, Brett	Champlin Par	2:17.03
32 White, Aaron	Anoka	2:18.04

Boys 3200 Meter Run

Conference: 9:24.98 \$ 5/25/2010 Andy Fenske

Name	School	Finals
Finals		
1 Keller, Jonathon	Centennial	9:57.71 10
2 Heaton, Sean	Maple Grove	9:59.03 8
3 Hellmann, Kurt	Andover	10:01.91 6
4 Trapp, Lucas	Elk River	10:03.31 5
5 Fisher, Mitch	Andover	10:05.56 4
6 Longen, Matt	Centennial	10:09.10 3
7 Weege, Mitchell	Elk River	10:10.53 2
8 Bowler, Ryan	Centennial	10:14.10 1
9 Graham, Ryan	Maple Grove	10:22.28
10 Mehrhoff, Calvin	Coon Rapids	10:23.62
11 Slattery, Justin	Osseo	10:28.08
12 Johnson, Robby	Park Center	10:31.30
13 Dickerson, Mitch	Maple Grove	10:34.96
14 Berkowitz, Adam	Osseo	10:35.40
15 Hiel, Eric	Blaine	10:40.56
16 Wright, Zach	Blaine	10:41.57
17 Kaufmann, Ben	Armstrong	10:48.64
18 Tesfu, Ahmed	Champlin Par	10:55.93
19 Thayer, Joel	Armstrong	11:00.25
20 Olson, Trevor	Andover	11:02.57
21 Johnson, Tyler	Blaine	11:03.45
22 Thompson, Blake	Elk River	11:03.79
23 Caughlin, Michael	Coon Rapids	11:06.19
24 Wetzler, Tanner	Osseo	11:11.21
25 Hill, Tim	Armstrong	11:12.64
26 Kraemer, Brian	Anoka	11:18.58

Northwest Suburban Conference Championships - 5/22/2012 to 5/24/2012

Coon Rapids High School

Results

Finals ... (Boys 3200 Meter Run)

Name	School	Finals
27 Caughlin, Stephen	Coon Rapids	11:33.13
28 Doppler, Connor	Anoka	11:48.35
29 Dahl, Nicholas	Park Center	12:06.59

Boys 110 Meter Hurdles

Conference: 14.20 \$ 2001 Peter Stuart

Name	School	Prelims
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Preliminaries

1 Alexander, Jay	Champlin Par	15.07Q
2 Copeland, Dajuan	Blaine	15.21Q
3 Crutch, DeShawn	Andover	15.22Q
4 Erding, Tyler	Centennial	15.62Q
5 Grace, Logan	Elk River	15.74q
6 Butler, Caleb	Blaine	15.77q
7 Anyanwu, Duke	Blaine	15.81q
8 Meaway, Wilbert	Maple Grove	15.87q
9 Diakite, Moussa	Park Center	15.99
10 Oba, Fawaz	Osseo	16.02
11 Wolfe, Jesse	Centennial	16.07
12 Wood, Grant	Andover	16.24
13 Riehl, Remi	Andover	16.43
14 Thayer, Jeremiah	Armstrong	16.74
15 Robinson, Jake	Osseo	16.76
16 Velasquez, Victor	Champlin Par	16.93
17 Gifford, Nick	Coon Rapids	17.28
18 Edwards, Bryan	Elk River	17.55
19 Peterzen, Mitch	Elk River	17.61
20 Clark, Jordan	Centennial	17.74
21 Fotso, Jason	Maple Grove	17.92
22 Stanley, Cortez	Osseo	18.10
23 Wesley, Chris	Coon Rapids	18.14
24 Hannan, Brendan	Anoka	18.30
25 Matthews, Brian	Maple Grove	18.42
26 Bakkenheck, Lucas	Armstrong	18.89
27 Baker, Kaynu	Coon Rapids	18.96
28 Colon-Ramirez, Angel	Champlin Par	19.59
29 Baynes, Ky'Eric	Anoka	20.20
30 Self, Jacquari	Park Center	20.63
31 Peterson, Tyler	Anoka	22.49

Boys 300 Meter Hurdles

Conference: 38.23 \$ 5/20/2009 Snonsio Boye-Weah

Name	School	Prelims
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Preliminaries

1 Grace, Logan	Elk River	40.48Q
2 Crutch, DeShawn	Andover	40.58Q
3 Alexander, Jay	Champlin Par	41.27Q
4 Wiagbe, Gus	Osseo	41.40Q
5 Copeland, Dajuan	Blaine	41.29q
6 Brostrom, Cody	Blaine	41.78q
7 Erding, Tyler	Centennial	42.21q
8 Fotso, Jason	Maple Grove	42.43q

9 Wood, Grant	Andover	42.50
10 Ciesynski, Matt	Blaine	42.56
11 Meaway, Wilbert	Maple Grove	43.37
12 Riehl, Remi	Andover	43.67
13 Thayer, Jeremiah	Armstrong	43.82
14 Larson, Drew	Anoka	43.86
15 Velasquez, Victor	Champlin Par	43.91
16 Jackson, Harvey	Coon Rapids	44.04
17 Dahl, Duncan	Anoka	44.40
18 Edison, Matt	Maple Grove	44.42
19 Mazanec, Tanner	Centennial	45.20
20 Burger, Rob	Elk River	45.28
21 Smith, Terrance	Champlin Par	45.34
22 Wesley, Chris	Coon Rapids	45.34
23 Edwards, Bryan	Elk River	45.97
24 Cortez, Stanley	Osseo	46.35
25 Peterson, Tyler	Anoka	46.51
26 Diakite, Moussa	Park Center	46.57
27 Clark, Jordan	Centennial	47.24
28 Lucas, Josh	Armstrong	48.83
29 Smith, Sam	Osseo	50.06
30 Ruffin, Charles	Park Center	52.54
31 Gifford, Nick	Coon Rapids	56.75

Boys Pole Vault

Conference: 14-00 \$ 5/19/2009 Chris Sluis

Name	School	Finals
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Finals

1 Cenaiko, Conner	Andover	13-03.00	10
2 Weigel, Austin	Maple Grove	J13-03.00	8
3 Carollo, Ben	Anoka	12-09.00	6
4 Lange, Alex	Maple Grove	11-09.00	5
5 Erickson, Tony	Anoka	J11-09.00	4
6 Dalton, Nick	Osseo	11-03.00	3
7 Bressler, Dietrich	Blaine	J11-03.00	2
8 Schulte, Jason	Osseo	J11-03.00	1
9 Brenning, Aaron	Coon Rapids	J11-03.00	
10 Luiken, Jarrick	Armstrong	J11-03.00	
11 Weeks, Kevin	Elk River	10-09.00	
11 Bohrer, Kyle	Andover	10-09.00	
11 Jackson, Bobby	Champlin Par	10-09.00	
14 Synowczyski, Kyle	Andover	10-03.00	
14 Karp, Andrew	Champlin Par	10-03.00	
14 Benson, Noah	Centennial	10-03.00	
14 Oglesby, Logan	Champlin Par	10-03.00	
18 Himes, Jack	Armstrong	9-03.00	
18 Merritt, Austin	Elk River	9-03.00	
18 Pumalo, Dustin	Park Center	9-03.00	
18 Licari, Sam	Anoka	9-03.00	
18 Pham, Thanh	Park Center	9-03.00	
--- Drewlo, Tyler	Blaine	NH	
--- Hartmann, Kyle	Centennial	NH	
--- Zingsheim, Stephen	Blaine	NH	
--- Malgren, Jason	Osseo	NH	
--- Palmer, Austen	Coon Rapids	NH	
--- Duckert, Alex	Coon Rapids	NH	

Northwest Suburban Conference Championships - 5/22/2012 to 5/24/2012

Coon Rapids High School

Results

Finals ... (Boys Pole Vault)

Name	School	Finals
--- DeLaPointe, Nick	Armstrong	NH
--- Williams, DeAngelo	Park Center	NH
--- Barringer, Cameron	Elk River	NH
--- Enright, Brenon	Maple Grove	NH

Boys Triple Jump

Conference: 48-04 \$ 1998 Reondo Davis

Name	School	Finals
Finals		
1 Strong, Moe	Anoka	43-05.00 10
2 Daniels, Treyton	Park Center	42-10.00 8
3 Ayinde, Kunle	Blaine	42-00.25 6
4 Krouse, Nick	Andover	41-10.75 5
5 Abram, Taylor	Champlin Par	41-04.50 4
6 Ndege, Fanaka	Elk River	41-03.00 3
7 Butler, Mikhail	Coon Rapids	41-00.50 2
8 Baynes, Ky'Eric	Anoka	40-09.00 1
9 Hampton, Jaimen	Osseo	40-09.00
10 Curry, Melvin	Armstrong	40-01.00
11 Grahek, Ryan	Blaine	39-11.00
12 Roy, Zach	Andover	39-08.00
13 Limberg, Josh	Blaine	39-05.00
14 Orrock, Kaleb	Elk River	39-04.50
15 Twumasi, Raymond	Coon Rapids	38-11.00
16 Dormoh, Eric	Champlin Par	38-10.25
17 Lilja, Jason	Coon Rapids	38-09.00
18 Adeyemi, Adewale	Park Center	38-04.75
19 Anderson, Caven	Centennial	38-03.50
20 Anderson, Shawn	Osseo	37-10.50
21 Morris, James	Armstrong	37-08.00
22 Wold, Cameron	Andover	37-06.50
23 Mutombo, Oscar	Anoka	37-06.00
24 Coltron, Dalton	Centennial	36-09.00
25 Pumalo, Dustin	Park Center	36-03.25
26 Bakkenheck, Lucas	Armstrong	35-09.00
27 Buhl, Jacob	Elk River	35-08.50
28 Skroch, Hayden	Maple Grove	32-09.00
--- Flemister-King, Gjullian	Champlin Par	ND
--- Solberg, Blake	Centennial	ND
--- Meaway, Wilbert	Maple Grove	ND

Boys Shot Put

Conference: 65-04.50 \$ 5/22/2012 Tom Anderson

Name	School	Finals
Finals		
1 Anderson, Tom	Andover	55-05.00 10
2 Stephens, Joe	Champlin Par	53-08.50 8
3 Johnson, Bryce	Champlin Par	52-06.25 6
4 Osowski, Lucas	Coon Rapids	51-09.00 5
5 Putz, Joe	Andover	51-00.75 4
6 McLeod, Chris	Blaine	48-06.00 3
7 Hruska, Jake	Blaine	47-02.00 2
8 Ostendorf, Brad	Andover	46-10.00 1
9 Bateman, Peter	Armstrong	46-06.25

10 Ringwelski, Jake	Blaine	46-03.50
11 Daniels, Josh	Osseo	45-06.50
12 Ross, Tim	Champlin Par	45-05.00
13 Peterson, Jake	Coon Rapids	45-01.25
14 Hyland, Samuel	Armstrong	43-11.25
15 Olson, Kevin	Anoka	43-02.50
16 Brown, Zach	Elk River	42-08.25
17 Swenson, Alex	Anoka	42-05.25
18 Hastings, Peter	Anoka	42-02.00
19 Senst, Mark	Armstrong	41-07.25
20 Nelson, Jake	Centennial	40-04.75
21 Catton, Matt	Osseo	39-05.50
22 Tobin, Christian	Elk River	39-02.00
23 Howard, Terrance	Park Center	38-03.50
24 Johns, Jake	Centennial	38-03.00
25 Dehn, AJ	Osseo	38-01.25
26 Ihli, Matt	Maple Grove	37-04.75
27 Nelson, Joe	Centennial	36-06.50
28 Labatt, Nick	Elk River	36-04.75
29 Arel, Noah	Park Center	36-04.25
30 Sanders, Chase	Maple Grove	35-08.25
31 Higgins, Jesse	Maple Grove	35-06.00
--- Peters, Cody	Coon Rapids	ND

Women - Team Rankings - 4 Events Scored

1) Champlin Park	25.5
1) Elk River	25.5
3) Robbinsdale Armstrong	24
4) Osseo	18.5
5) Andover	17.5
6) Anoka	14
7) Coon Rapids	13
7) Blaine	13
9) Centennial	3
10) Park Center	2

Men - Team Rankings - 4 Events Scored

1) Andover	40
2) Maple Grove	21
2) Anoka	21
4) Champlin Park	18
5) Centennial	14
6) Blaine	13
7) Elk River	10
8) Park Center	8
9) Coon Rapids	7
10) Osseo	4