

R-P/H 7&8 Track Meet - 5/2/2019

Ben Niggle Sports Complex

Results

Girls 100 Meter Dash

Name	School	Finals
Finals		
1 Rasmussen, Brielle	RPH	14.04 10
2 Broadwater, Kammry	LFCMC	14.32 8
3 Brogle, Lauren	LFCMC	14.49 6
4 Crosby, Kate	LaCr-Hokah	14.52 4
5 Benson, Ella	LaCr-Hokah	14.74 2
6 Dodson, Alivia	LaCr-Hokah	14.92 1
7 Gibbs, Jamie	LAHS	14.97
8 Koepke, Logan	CAL	15.02
9 Ruzek, Ciera	LAHS	15.06
10 Mundt, Georgia	LAHS	15.28
11 Gardner, Abbey	Cotter	15.32
12 Bubbers, Maya	LaCr-Hokah	15.64
13 Kittleson, Emme	CAL	15.68
14 Rojas, Rosie	LAHS	15.69
14 Leaf, Ella	Cotter	15.69
16 Hogan, Sydney	LaCr-Hokah	15.88
17 Knutson, Makenzie	RPH	15.94
18 Rasmussen, Sadie	RPH	15.95
19 Welters, Savanna	Cotter	16.17
20 Bergey, Madelyn	LFCMC	16.26
21 Costello, Colleen	Cotter	16.59
22 Piechowski, Anna	Cotter	17.22
23 Stensgard, Kristina	RPH	17.59
--- Raaen, Tori	LFCMC	SCR
--- Ristau, Jersey	LFCMC	SCR
--- Klug, Cameryn	CAL	SCR
--- Meyer, Maddy	CAL	SCR
--- Powell, Makesha	CAL	SCR

Girls 200 Meter Dash

Name	School	Finals
Finals		
1 Broadwater, Kammry	LFCMC	29.57 10
2 Brogle, Lauren	LFCMC	30.91 8
3 Benson, Ella	LaCr-Hokah	31.33 6
4 Crosby, Kate	LaCr-Hokah	31.37 4
5 Gibbs, Jamie	LAHS	31.52 2
6 Tostenson, Alex	CAL	32.05 1
7 Schell, Lilly	LAHS	32.21
8 Kruse, Kennedy	CAL	32.51
9 Helgemoe, Tayler	RPH	32.84
10 Tostenson, Arianna	CAL	33.22
11 Schutte, Madalyn	RPH	33.55
12 Pickett, Kathryn	LFCMC	33.56
13 Privet, Kandis	CAL	34.20
14 Ruzek, Ciera	LAHS	34.46
15 Rojas, Rosie	LAHS	34.51
16 Penhollow, Lydia	LFCMC	34.53
17 Klug, Cameryn	CAL	36.59
--- Raaen, Tori	LFCMC	SCR
--- Welters, Savanna	Cotter	SCR
--- Hogan, Sydney	LaCr-Hokah	SCR

--- Piechowski, Anna Cotter SCR

Girls 400 Meter Dash

Name	School	Finals
Finals		
1 Helgemoe, Tayler	RPH	1:11.23 10
2 Ristau, Jersey	LFCMC	1:12.83 8
3 Finnegan, Bethany	Cotter	1:14.78 6

Girls 800 Meter Run

Name	School	Finals
Finals		
1 Rabe, Autumn	LaCr-Hokah	2:48.89 10
2 Cognac, Campbell	CAL	2:49.09 8
3 Ernst, Serenity	RPH	3:05.41 5
3 Honken, Lauren	RPH	3:05.41 5
5 Ntiamoah, Vanessa	LaCr-Hokah	3:08.39 2
6 Arndt, Kyra	LFCMC	3:08.41 1
7 Stender, Ava	Cotter	3:25.18
8 York, Megan	RPH	3:52.64
--- Modjeski, Ann	Cotter	SCR
--- Ahmed, Lara	RPH	SCR

Girls 1600 Meter Run

Name	School	Finals
Finals		
1 Stavenau, Emma	LaCr-Hokah	6:41.38 10
2 Johnson, Ceona	RPH	6:41.41 8
3 Stender, Ava	Cotter	6:46.63 6
4 Meyer, Olivia	LaCr-Hokah	6:50.29 4
5 Arndt, Kyra	LFCMC	7:13.38 2
--- Modjeski, Ann	Cotter	SCR

Girls 100 Meter Hurdles

Name	School	Finals
Finals		
1 Check, Skyler	LFCMC	19.51 10
2 Hermann, Mya	LaCr-Hokah	19.58 8
3 Kingsley, Allie	RPH	20.34 6
4 Keasling, Claire	LFCMC	20.45 4
5 Boyum, Cassandra	RPH	20.71 2
6 Schell, Lilly	LAHS	21.10 1
7 Whitehill, Kaylee	LFCMC	21.61

Girls 200 Meter Hurdles

Name	School	Finals
Finals		
1 Rasmussen, Brielle	RPH	35.57 10
2 Check, Skyler	LFCMC	36.44 8
3 Kingsley, Allie	RPH	37.71 6
4 Boyum, Cassandra	RPH	38.29 4
5 Keasling, Claire	LFCMC	38.36 2
6 Whitehill, Kaylee	LFCMC	39.80 1
7 Grebin, Kate	Cotter	39.84
8 Bergey, Madelyn	LFCMC	39.88

R-P/H 7&8 Track Meet - 5/2/2019

Ben Niggle Sports Complex

Results

Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 LFCMC	A	56.52 10
1) Broadwater, Kammry	2) Brogle, Lauren	
3) Check, Skyler	4) Raaen, Tori	
2 Lewiston Altura	A	57.54 8
1) Schell, Lilly	2) Rojas, Rosie	
3) Ruzek, Ciera	4) Gibbs, Jamie	
3 CAL	A	59.36 6
1) Kittleson, Emme	2) Koepke, Logan	
3) Kruse, Kennedy	4) Tostenson, Arianna	
4 RPH	A	59.89 4
1) Honken, Lauren	2) Kingsley, Allie	
3) Knutson, Makenzie	4) Gallion, Kenna	
5 La Crescent-Hokah	A	1:01.01 2
1) Dodson, Alivia	2) Bubbers, Maya	
3) Benson, Ella	4) Crosby, Kate	
6 RPH	B	x1:04.66
1) Paulson, Arah	2) Stensgard, Kristina	
3) Ingvalson, Aubrey	4) Rasmussen, Sadie	
7 Cotter	A	1:05.73
1) Piechowski, Anna	2) Welters, Savanna	
3) Grebin, Kate	4) Costello, Colleen	

Girls 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 RPH	A	2:01.92 10
1) Helgemoe, Tayler	2) Gallion, Kenna	
3) Schutte, Madalyn	4) Rasmussen, Brielle	
2 Cotter	A	2:10.97 8
1) Gardner, Abbey	2) Finnegan, Bethany	
3) Costello, Colleen	4) Leaf, Ella	
3 LFCMC	A	2:11.49 6
1) Pickett, Kathryn	2) Whitehill, Kaylee	
3) Penhollow, Lydia	4) Ristau, Jersey	
4 CAL	A	2:12.09 4
1) Privet, Kandis	2) Tostenson, Alex	
3) Schuldt, Lexi	4) Powell, Makesha	
5 La Crescent-Hokah	A	2:12.16 2
1) Hogan, Sydney	2) Hermann, Mya	
3) Ntiamoah, Vanessa	4) Rabe, Autumn	

Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 La Crescent-Hokah	A	5:19.06 10
1) Dodson, Alivia	2) Stavenau, Emma	
3) Hermann, Mya	4) Meyer, Olivia	
2 RPH	A	5:56.08 8
1) Johnson, Ceona	2) York, Megan	
3) Ahmed, Lara	4) Ernst, Serenity	

---	Cotter	A	SCR
	1) Modjeski, Ann	2) Stender, Ava	
	3) Finnegan, Bethany	4) Leaf, Ella	

Girls High Jump

Name	School	Finals
Finals		
1 Boyum, Cassandra	RPH	4-04.00 10
2 Tostenson, Arianna	CAL	4-00.00 7
2 Honken, Lauren	RPH	4-00.00 7
4 Penhollow, Lydia	LFCMC	3-10.00 4

Girls Pole Vault

Name	School	Finals	
Finals			
1 Honken, Lauren	RPH	6-09.00 10	
---	Ernst, Serenity	RPH	NH
---	York, Megan	RPH	NH

Girls Long Jump

Name	School	Finals	
Finals			
1 Tostenson, Arianna	CAL	15-05.00 10	
2 Brogle, Lauren	LFCMC	14-06.75 8	
3 Gibbs, Jamie	LAHS	13-11.50 6	
4 Gardner, Abbey	Cotter	13-04.75 4	
5 Schutte, Madalyn	RPH	13-01.00 2	
6 Rojas, Rosie	LAHS	12-09.50 1	
7 Ristau, Jersey	LFCMC	12-06.25	
8 Finnegan, Bethany	Cotter	12-05.00	
9 Privet, Kandis	CAL	12-04.00	
10 Ruzek, Ciera	LAHS	12-03.25	
11 Check, Skyler	LFCMC	11-10.00	
12 Powell, Makesha	CAL	11-04.25	
13 Keasling, Claire	LFCMC	11-04.00	
14 Klug, Cameryn	CAL	11-01.75	
15 Ingvalson, Aubrey	RPH	11-00.00	
16 Costello, Colleen	Cotter	10-11.50	
16 Schell, Lilly	LAHS	10-11.50	
18 Schuldt, Lexi	CAL	10-09.50	
19 Rasmussen, Sadie	RPH	10-02.50	
20 Piechowski, Anna	Cotter	9-10.00	
21 Stender, Ava	Cotter	9-05.50	
---	Stensgard, Kristina	RPH	SCR
---	Helgemoe, Tayler	RPH	SCR
---	Bergey, Madelyn	LFCMC	SCR

Girls Triple Jump

Name	School	Finals
Finals		
1 Broadwater, Kammry	LFCMC	29-00.75 10
2 Kingsley, Allie	RPH	29-00.00 8
3 Schutte, Madalyn	RPH	28-11.50 6
4 Gardner, Abbey	Cotter	27-06.00 4
5 Ingvalson, Aubrey	RPH	25-02.50 2
6 Pickett, Kathryn	LFCMC	22-10.00 1

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Ben Niggle Sports Complex

Results

Finals ... (Girls Triple Jump)

Name	School	Finals
--- Ahmed, Lara	RPH	SCR

Girls Shot Put

Name	School	Finals
Finals		
1 Mundt, Georgia	LAHS	24-01.50 10
2 Apenhorst, Angel	LFCMC	124-01.50 8
3 Knutson, Makenzie	RPH	22-11.00 6
4 Hemenway, Eva	LFCMC	18-03.50 4
5 Paulson, Arah	RPH	17-10.00 2

Girls Discus Throw

Name	School	Finals
Finals		
1 Mundt, Georgia	LAHS	74-05 10
2 Apenhorst, Angel	LFCMC	64-04.50 8
3 Knutson, Makenzie	RPH	61-06.50 6
4 Hemenway, Eva	LFCMC	56-04.75 4
5 Paulson, Arah	RPH	52-04 2

Boys 100 Meter Dash

Name	School	Finals
Finals		
1 Harvey, Will	LFCMC	13.25 10
2 Burros, Isaak	LaCr-Hokah	13.31 8
3 Holland, Hunter	CAL	13.32 6
4 Beardmore, Josh	CAL	13.68 4
5 Mauss, Eric	CAL	13.75 2
6 Harper, Dayton	LAHS	14.19 1
7 Bonow, Garrett	LAHS	14.29
8 Coniff, Caleb	CAL	14.47
9 Whitford, Toby	LaCr-Hokah	14.64
10 Kemmer, Bode	LaCr-Hokah	14.66
11 Singer, Parker	Cotter	14.91
12 Heier, Nathan	LAHS	15.08
13 Daniels, Kyle	LFCMC	15.10
14 Bjerke-Wieser, Noah	LaCr-Hokah	15.16
15 Fitzgerald, Elliot	Cotter	15.75
16 Troke, Andrew	Cotter	15.87
17 Weist, Nicholas	LFCMC	16.17
18 Dierson, Riley	CAL	16.50
19 Bollman, Joe	LaCr-Hokah	16.67
--- Liew, Henry	LFCMC	SCR
--- Swartzentruber, Rueben	LFCMC	SCR

Boys 200 Meter Dash

Name	School	Finals
Finals		
1 Harper, Dayton	LAHS	28.50 10
2 Frauencron, Landon	CAL	28.84 8
3 Whitford, Toby	LaCr-Hokah	29.55 6
4 Lechner, Payton	CAL	29.91 4
5 Snyder, Isaac	LFCMC	30.91 2
6 Hellickson, Luke	LFCMC	31.86 1

7 Fuchsel, John	LaCr-Hokah	32.42
8 Yehle, Mason	LaCr-Hokah	32.89
9 Kemmer, Bode	LaCr-Hokah	32.92
10 Fitzgerald, Elliot	Cotter	33.32
11 Dierson, Riley	CAL	33.41
12 Peterson, Andrew	LFCMC	34.50
13 Bollman, Joe	LaCr-Hokah	34.56
14 Troke, Andrew	Cotter	34.65
15 Hodge, Noah	Cotter	35.93
--- Swartzentruber, Rueben	LFCMC	SCR

Boys 400 Meter Dash

Name	School	Finals
Finals		
1 Franzose, Ethan	LaCr-Hokah	59.66 10
2 Christensen, Chase	LFCMC	1:05.06 8
3 Myhre, Lyle	CAL	1:05.51 6
4 Wienbender, Alec	CAL	1:06.36 4
5 Scanlan, Cory	CAL	1:12.15 2
6 Yehle, Logan	LaCr-Hokah	1:23.68 1
--- Rothering, Noah	LFCMC	SCR
--- Daniels, Kyle	LFCMC	SCR

Boys 800 Meter Run

Name	School	Finals
Finals		
1 Ruen, Luke	LFCMC	2:24.74 10
2 Hoel, Dalton	RPH	2:25.60 8
3 Shay, Carter	LaCr-Hokah	2:34.11 6
4 Prinsen, Ryan	RPH	2:36.50 4
5 Kreutzman, Jack	LaCr-Hokah	2:42.15 2
6 Betthausen, Tyler	RPH	2:47.04 1
7 Smith, Austin	LaCr-Hokah	2:49.55
8 Adamczyk, Sam	LAHS	2:59.71
9 Singer, Parker	Cotter	3:07.25
10 Lange, Tyler	LFCMC	3:07.60
--- Tripp, Qwinton	LFCMC	SCR
--- Horton, Johnny	RPH	SCR

Boys 1600 Meter Run

Name	School	Finals
Finals		
1 Babinski, Jack	CAL	5:36.24 10
2 Culver, Sam	LaCr-Hokah	5:36.84 8
3 Hellickson, Luke	LFCMC	5:48.90 6
4 Betthausen, Tyler	RPH	5:49.55 4
5 Adamczyk, Sam	LAHS	5:57.29 2
6 Snyder, Isaac	LFCMC	5:57.69 1
7 Weist, Nicholas	LFCMC	6:00.11
8 Hodge, Noah	Cotter	6:32.76
9 Heise, Charles (C.J.)	LaCr-Hokah	7:07.68
10 Fahrendholz, Tel	RPH	7:12.40
11 Erickson, Cole	RPH	7:21.41
--- Tripp, Qwinton	LFCMC	SCR

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Results

Boys 100 Meter Hurdles

Name	School	Finals
Finals		
1 Harvey, Will	LFCMC	16.78 10
2 Blanck, Brayden	LFCMC	18.31 8
3 Storhoff, Parker	LFCMC	18.52 6
4 Sommer, Owen	LAHS	18.60 4
5 Rein, Michael	LFCMC	18.67 2

Boys 200 Meter Hurdles

Name	School	Finals
Finals		
1 Harvey, Will	LFCMC	30.09 10
2 Rein, Michael	LFCMC	31.47 8
3 Blanck, Brayden	LFCMC	32.14 6
4 Storhoff, Parker	LFCMC	33.24 4
5 Springer, Samuel	LFCMC	35.34 2
--- Foellmi, Mason	CAL	SCR
--- Knutson, Bronson	CAL	SCR

Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 CAL	A	J53.29 10
1) Holland, Hunter	2) Frauencron, Landon	
3) Myhre, Lyle	4) Mauss, Eric	
2 Lewiston Altura	A	J55.71 8
1) Bonow, Garrett	2) Heier, Nathan	
3) Sommer, Owen	4) Harper, Dayton	
3 CAL	B	x56.67
1) Lechner, Payton	2) Schock, Jason	
3) Beardmore, Josh	4) Doyle, Lewis	
4 LFCMC	A	J56.71 6
1) Wright, Boston	2) Blanck, Brayden	
3) Liew, Henry	4) Storhoff, Parker	
5 La Crescent-Hokah	A	J59.93 4
1) Fuchsel, John	2) Kemmer, Bode	
3) Yehle, Mason	4) Bollman, Joe	
6 Cotter	A	J1:03.73 2
1) Singer, Parker	2) Troke, Andrew	
3) Hodge, Noah	4) Fitzgerald, Elliot	

Boys 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 LFCMC	A	1:48.75 10
1) Wright, Boston	2) Christensen, Chase	
3) Ruen, Luke	4) Rein, Michael	
2 CAL	B	x1:55.94
1) Lechner, Payton	2) Beardmore, Josh	
3) Schock, Jason	4) Doyle, Lewis	
3 CAL	A	1:55.99 8
1) Mauss, Eric	2) Knutson, Bronson	
3) Coniff, Caleb	4) Holland, Hunter	

4 La Crescent-Hokah	A	1:59.42 6
1) Whitford, Toby	2) Smith, Austin	
3) Shay, Carter	4) Burros, Isaak	
5 RPH	A	2:00.16 4
1) Prinsen, Ryan	2) Bergan, Jackson	
3) Hoel, Dalton	4) Agrimson, Austin	
6 LFCMC	B	x2:08.13
1) Daniels, Kyle	2) Springer, Samuel	
3) Swartzentruber, Rueben	4) Lange, Tyler	

Boys 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 La Crescent-Hokah	A	4:24.16 10
1) Burros, Isaak	2) Bjerke-Wieser, Noah	
3) Culver, Sam	4) Franzose, Ethan	
2 LFCMC	A	4:33.72 8
1) Liew, Henry	2) Wright, Boston	
3) Rothering, Noah	4) Storhoff, Parker	
3 CAL	A	4:38.91 6
1) Wienbender, Alec	2) Myhre, Lyle	
3) Babinski, Jack	4) Scanlan, Cory	
4 RPH	A	4:53.79 4
1) Prinsen, Ryan	2) Bergan, Jackson	
3) Hoel, Dalton	4) Agrimson, Austin	

Boys High Jump

Name	School	Finals
Finals		
1 Rothering, Noah	LFCMC	5-00.00 10
2 Christensen, Chase	LFCMC	4-06.00 7
2 Blanck, Brayden	LFCMC	4-06.00 7
4 Peterson, Andrew	LFCMC	4-04.00 4
5 Knutson, Bronson	CAL	3-08.00 2
--- Liew, Henry	LFCMC	SCR

Boys Long Jump

Name	School	Finals
Finals		
1 Wright, Boston	LFCMC	15-07.50 10
2 Hoel, Dalton	RPH	15-04.50 8
3 Bjerke-Wieser, Noah	LaCr-Hokah	15-02.75 6
4 Rothering, Noah	LFCMC	15-01.00 4
5 Ruen, Luke	LFCMC	14-05.75 2
6 Coniff, Caleb	CAL	13-11.75 1
7 Sommer, Owen	LAHS	13-10.25
8 Harper, Dayton	LAHS	13-08.50
9 Adamczyk, Sam	LAHS	13-06.25
10 Fitzgerald, Elliot	Cotter	12-04.50
11 Scanlan, Cory	CAL	12-00.00
12 Burrichter, Carter	CAL	11-07.25
13 Troke, Andrew	Cotter	11-05.75
14 Snyder, Isaac	LFCMC	11-04.25
15 Hodge, Noah	Cotter	10-04.50
16 Fahrendholz, Tel	RPH	9-03.50
--- Harvey, Will	LFCMC	SCR

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Ben Niggle Sports Complex

Results

Finals ... (Boys Long Jump)

Name	School	Finals
--- Singer, Parker	Cotter	SCR

Boys Triple Jump

Name	School	Finals
Finals		
1 Prinsen, Ryan	RPH	30-11.75 10
2 Peterson, Andrew	LFCMC	30-07.00 8
3 Christensen, Chase	LFCMC	28-08.00 6
4 Hellickson, Luke	LFCMC	27-07.25 4
--- Swartzentruber, Rueben	LFCMC	SCR

Boys Shot Put

Name	School	Finals
Finals		
1 Kreutzman, Jack	LaCr-Hokah	35-10.00 10
2 Bonow, Garrett	LAHS	35-09.50 8
3 Bergan, Jackson	RPH	35-02.50 6
4 Peshon, Triton	LAHS	31-09.50 4
5 Taylor, Brock	LFCMC	30-08.00 2
6 Stuart, Will	LaCr-Hokah	28-05.50 1
7 Heise, Charles (C.J.)	LaCr-Hokah	24-07.50
8 Nikoloski, Lucas	LFCMC	22-10.50
8 Yehle, Logan	LaCr-Hokah	22-10.50
10 Vagts, Braedan	LFCMC	22-04.50
11 Krage, Zach	LFCMC	19-11.00
12 Erickson, Cole	RPH	18-07.50
--- Horton, Johnny	RPH	SCR
--- Oevering, Levi	LAHS	SCR

Boys Discus Throw

Name	School	Finals
Finals		
1 Bergan, Jackson	RPH	108-02.25 10
2 Bonow, Garrett	LAHS	107-09 8
3 Kreutzman, Jack	LaCr-Hokah	105-05 6
4 Taylor, Brock	LFCMC	92-09.75 4
5 Nikoloski, Lucas	LFCMC	84-05.50 2
6 Peshon, Triton	LAHS	80-06.50 1
7 Sommer, Owen	LAHS	73-01
8 Myhre, Lyle	CAL	69-00
9 Knutson, Bronson	CAL	68-00
10 Vagts, Braedan	LFCMC	65-01
11 Yehle, Logan	LaCr-Hokah	64-01
12 Heise, Charles (C.J.)	LaCr-Hokah	56-04.50
13 Krage, Zach	LFCMC	54-11
14 Stuart, Will	LaCr-Hokah	51-01.75
--- Oevering, Levi	LAHS	SCR

5) Caledonia - Spring Grove	36
6) Cotter	28

Men - Team Rankings - 15 Events Scored

1) Lanesboro-Fillmore Central-Mab	188
2) La Crescent-Hokah	84
3) Caledonia - Spring Grove	73
4) Rushford-Peterson/Houston	59
5) Lewiston Altura	46
6) Cotter	2

Women - Team Rankings - 16 Events Scored

1) Rushford-Peterson/Houston	149
2) Lanesboro-Fillmore Central-Mab	131
3) La Crescent-Hokah	65
4) Lewiston Altura	38