

North Suburban Conference

Boys and Girls Track & Field Championship Meet

Final Results
And
Meet Records

Hosted by Spring Lake Park / St. Anthony

Boys

Place	Team	Points
1	Irondale	168.5
2	Buffalo	149.5
3	St. Francis	103
4	Totino Grace	63
5	Cambridge-Isanti	60
6	Centennial	57
7	Monticello	53
8	SLP/St. Anthony	52

Girls

Place	Team	Points
1	Irondale	134
2	SLP/St. Anthony	114
3	Buffalo	105
4	Monticello	95.5
5	Centennial	74
6	Cambridge-Isanti	66
7	St. Fancis	64
8	Totino Grace	39

Prelims: Monday, May 12, 2003

Finals: Thursday, May 12, 2003

Girls 3200 Meter Relay Finals

Thursday 4:45 p.m.

Lane	Name	Team	Qual Time	Final Time	Final Place
5	T. Bollig, N. Heinks, S. Toward, N. Schwab	Cambridge-Isanti	10:13.4	10:04.65	1
4	O, Felber, K. Krause, E. Steen, T. Steen	Buffalo	10:11.0	10:07.82	2
3	K. Suddard, J. Bourgeois, J. Doty, N. Pearson	Monticello	10:16.4	10:09.92	3
6	C. Gates, H. Johnson, C. Schafer, M. Richardson	Irondale	10:22.3	10:34.48	4
2	E. Brass, J. Olin T. Scheiber, M. Keller	Totino Grace	10:38.0	10:40.98	5
7	J. Hasling, A. Haugen, S. Tomczyk, H. Constant	SLP / St. Anthony	11:08.0	11:01.71	6
8	K. Rehani, A. Wright, M. Stahnke, E. Olson	St. Francis	11:14.0	11:04.31	7
1	A. Liesch, J. Dinnivs, C. Peterson, E. Fellows	Centennial	11:13.2	11:09.95	8

Boys 3200 Meter Relay Finals

Thursday 5:00 p.m.

Lane	Name	Team	Qual Time	Final Time	Final Place
3	K. Duerr, M. Pilon, S. Irvin, C. Duerr	SLP / St. Anthony	8:32.8	8:19.21	1
4	D. Ruter, J. Ortman, J. Fourre, D. Weege	Buffalo	8:20.1	8:21.88	2
5	P. Sobania, A. Jiru, B. Schneider, B. Schneider	Irondale	8:32.5	8:33.26	3
6	J. Erickson, T. Snook, C. Denzer, S. Krutzig	Monticello	8:36.7	8:45.00	4
2	K. Youker, J. Holen, T. Bator, D. Anderson	St. Francis	8:42.0	8:48.37	5
7	C. Sorenson, S. O'Rourke, A. McGuire, B. Castellano	Totino Grace	8:47.8	8:49.27	6
1	Z. Anderson, C. Skoglund, J. Chopp, S. Hussemuller	Cambridge-Isanti	9:00	9:19.64	7

Girls 100 Meter High Hurdles Finals

Thursday 5:15 p.m.

Lane	Name	Grade	Team	Qual Time	Final Time	Final Place
4	Merkley, Katie	12	Monticello	16.55	16.06	1
2	Enzler, Amanda	12	SLP / ST. ANTHONY	17.00	16.39	2
6	Larson, Julia	12	Buffalo	16.68	16.66	3
3	Hanson, Carlie	12	BUFFALO	16.80	16.89	4
5	Heglund, Nikki	10	ST. FRANCIS	16.58	16.96	5
7	Thelen, Allyson	12	Monticello	17.25	17.06	6
8	Block, Molly	11	Camb. - Isanti	17.32	17.53	7
1	Scherber, Callie	10	TOTINO GRACE	17.27	20.80	8

Boys 110 Meter High Hurdles Finals Thursday 5:25 p.m.

Lane	Name	Grade	Team	Qual Time	Final Time	Final Place
4	Thompson, Erik	12	Buffalo	14.93	14.92	1
3	Twomey, Alan	12	SLP / ST. ANTHONY	16.10	15.45	2
6	Salkowski, Matt	12	BUFFALO	16.11	15.68	3
5	Billingsley, DJ	12	ST. FRANCIS	15.71	16.08	4
7	Spitzenberger, Howard	12	Camb. - Isanti	16.40	16.12	5
2	Johnson, Erik	11	ST. FRANCIS	16.33	16.32	6
1	Johnson, Wes	11	Monticello	16.46	16.38	7
8	Rehani, Mark	10	ST. FRANCIS	16.77	17.32	8

Girls 100 Meter Dash Finals Thursday 5:35 p.m.

Lane	Name	Grade	Team	Qual Time	Final Time	Final Place
4	Omeoga, Chichi	10	IRONDALE	12.94	12.73	1
5	Omeoga, Ije	11	IRONDALE	13.29	13.06	2
2	Castellano, Janna	12	TOTINO GRACE	13.35	13.09	3
3	Obisakin, Esther	10	CENTENNIAL	13.31	13.11	4
6	Aronson, Jenny	10	Camb. - Isanti	13.11	13.13	5
1	Walker, Becca	10	SLP / ST. ANTHONY	13.73	13.66	6
8	Schake, Melissa	10	Camb. - Isanti	13.86	13.69	7
7	Hertog, Cynthia	10	CENTENNIAL	13.59	13.70	8

Boys 100 Meter Dash Finals Thursday 5:40 p.m.

Lane	Name	Grade	Team	Qual Time	Final Time	Final Place
4	Laclaire, Paul	12	IRONDALE	11.36	11.31	1
5	Sheppard, Mike	11	IRONDALE	11.53	11.32	2
3	Sharpe, David	12	ST. FRANCIS	11.70	11.51	3
6	Thompson, Eric	12	Buffalo	11.63	11.54	4
1	Ellis, Jade	11	TOTINO GRACE	11.66	11.64	5
2	Feigum, Shawn	11	ST. FRANCIS	11.73	11.74	6
7	Richie, Justin	10	CENTENNIAL	11.89	11.88	7
8	Roberts, Karif	12	IRONDALE	11.90	11.98	8

Girls 800 Meter Relay Finals Thursday 5:50 p.m.

Lane	Name	Team	Qual Time	Final Time	Final Place
3	J. Schaffer, B. Schroeder, Y. AbuAyed, . Weidenbacher	Monticello	1:50.4	1:49.76	1
4	D. Rappa, M. Morcoviller, L. Krinke, L. Jaede	Irondale	1:50.1	1:51.92	2
6	A. Voigtlander, A. Barnett, L. Foley, M. Bisset	Centennial	1:53.3	1:52.66	4
5	N. Bartz, D. Determan, N. Neglund, K. Zins	St. Francis	1:50.20	1:52.06	3
2	S. Zurbey, J. Arneson, C. Repetowski, B. Walker	SLP / St. Anthony	1:53.7	1:53.19	5
7	L. Porter, K. Goffin, M. Weber, J. Dixon	Totino Grace	1:55.9	1:55.06	6
8	J. Wahle, A. Lundebrek, A. Bethke, C. Young	Buffalo	1:57.10	1:56.20	7
1	M. Porta, M. Schake,	Cambridge-Isanti	1:55.9	1:58.83	8

Boys 800 Meter Relay Finals

Thursday 6:00 p.m.

Lane	Name	Team	Qual Time	Final Time	Final Place
4	Stenberg, D. Gullings, C. Castillo, W. Johnson	Monticello	1:33.6	1:33.24	1
5	J. McKenzie, T. Nordick, C. Buck, D. Stanislaw	St. Francis	1:34.00	1:34.61	2
6	K. Roberts, M. Hanzelka, S. Leary, M. Cashin	Irondale	1:36.1	1:34.74	3
2	M. Reynolds, J. Massey, J. Pals, A. Mayer	Centennial	1:36.1	1:34.87	4
7	Jaeger, T. Pastoors, R. Wilson, A. Rooker	Totino Grace	1:36.8	1:35.54	5
8	R. Olson, G. Anderson, Q. Wilson, C. Ostman	Cambridge-Isanti	1:37.5	1:37.04	6
1	Krueger, A. Perkins, J. Morin, P. Sunderlund	SLP / St. Anthony	1:37.2	1:39.68	7
3	S. Schroeder, M. Sulkowski, A. Poole, T. Lobertmann	Buffalo	1:35.72		DQ

Girls 1600 Meter Finals

Thursday 6:10 p.m.

Name	Grade	Team	Qual Time	Final Time	Final Place
DeDeyn, Rachel	11	Centennial	5:19.8	5:14.37	1
Brager, Jill	12	Buffalo	5:14.4	5:16.10	2
Lyons, Amy	12	Irondale	5:19.5	5:18.74	3
Diesting, Ashley	8	Buffalo	5:44.4	5:31.65	4
Olson, Melody	9	Monticello	5:32.9	5:32.49	5
Ganley, Greta	10	SLP / ST. ANTHONY	5:36.6	5:34.29	6
Bollig, Tera	12	Cambridge-Isanti	5:51.0	5:45.73	7
Heinks, Nicole	9	Cambridge-Isanti	5:32.1	5:46.73	8

Boys 1600 Meter Finals

Monday 5:50 p.m.

Name	Grade	Team	Final Time	Final Place
Van Beusekom	12	IRONDALE	4:24.18	1
Fadgen, Dan	10	Buffalo	4:27.11	2
Johnson, Todd	12	Cambridge-Isanti	4:27.65	3
Van Bruggen, Mitch	11	Buffalo	4:33.75	4
Moore, Scott	11	Centennial	4:42.66	5
Worwa, Brandon	12	ST. FRANCIS	4:45.33	6
McCarty, Chris	12	Buffalo	4:45.90	7
Irvin, Shawn	10	SLP / ST. ANTHONY	4:46.53	8

Girls 400 Meter Relay Finals

Thursday 6:30 p.m.

Lane	Name	Team	Qual Time	Final Time	Final Place
4	I. Omeoga, K. Johnson, L. Krinke, C. Omeoga	Irondale	51.1	50.66	1
5	A. Shamp, J. Dixon, L. Murphy, J. Castellano	Totino Grace	52.86	52.29	2
3	J. Schaffer, A. Thelen, K. Merkly, T. Weidenbacher	Monticello	53.4	53.03	3
1	A. Younker, A. Adu-bobi, C. Repetewski, J. Arneson	SLP / St. Anthony	54.40	53.59	4
6	E. Obisakin, C. Hertog, M. MacNiel, A. Kimball	Centennial	54.11	53.83	5
7	M. Porta, A. Adams, M. Schake, M. Johansen	Cambridge-Isanti	54.34	53.96	6
2	N. Bartz, D. Determan, K. Whalen, B. Lesnau	St. Francis	54.3	54.23	7
8	B. Kline, B. Emmel, T. Rohl, C. Young	Buffalo	55.0	54.69	8

Boys 400 Meter Relay Finals

Thursday 6:35 p.m.

Lane	Name	Team	Qual Time	Final Time	Final Place
5	K. Roberts, M. Hanzelka, S. Leary, P. LaClaire	Irondale	44.8	44.97	1
4	DJ Billingsley, S. Feigum, T. Nordick, A. Adrianes	St. Francis	44.68	45.01	2
3	C. Jaeger, A. Rooker, B. Klint, J. Azman	Totino Grace	45.95	45.37	3
6	B. Gulsvig, J. Wienke, J. Pals, M. Reynolds	Centennial	46.34	46.07	4
2	R. Olson, M. Whittief, G. Anderson, Q. Wilson	Cambridge-Isanti	46.63	46.31	5
7	R. Wurm, D. Wohlenhaus, R. Klatt, T. Lobertmann	Buffalo	46.9	46.64	6
8	J. Murphy, J. Lepage, O. Bcakci, E. Gerzema	Monticello	48.1	47.51	7
1	M. Henke, J. Sunderland, J. Morin, P. Sunderland	SLP / St. Anthony	47.84	47.84	8

Girls 400 Meter Dash Finals

Thursday 6:40 p.m.

Lane	Name	Grade	Team	Qual Time	Final Time	Final Place
4	Girard, Erica	12	Centennial	62.06	61.33	1
5	Hammer, Mary	9	Monticello	62.13	62.23	2
7	Foley, Laura	10	Centennial	63.86	62.56	3
1	Lundebrek, Ann	9	Buffalo	63.96	63.00	4
2	Zurbey, Sharon	10	SLP / St. Anthony	63.66	63.20	5
3	Jaede, Lindsey	11	Irondale	63.32	63.40	6
6	Rains, Katelin	10	SLP / St. Anthony	63.03	64.00	7
8	Steen, Trisha	10	Buffalo	64.13	65.67	8

Boys 400 Meter Dash Finals

Thursday 6:45 p.m.

Lane	Name	Grade	Team	Qual Time	Final Time	Final Place
5	Van Beusekom, Mike	12	Irondale	52.03	50.62	1
6	Anderson, Chad	11	Buffalo	51.83	51.29	2
4	Stenberg, Cody	11	Monticello	51.14	51.43	3
7	Massey, Jared	12	Centennial	53.53	51.96	4
3	Buck, Colin	11	St. Francis	52.83	52.53	5
1	Pastors, Tony	9	Totino Grace	53.04	52.59	6
8	McLaughlin, James	10	St. Francis	53.66	53.69	7
2	Sharpe, David	12	St. Francis	52.84	53.93	8

Girls 300 Meter Low Hurdles Finals

Thursday 6:55 p.m.

Lane	Name	Grade	Team	Qual Time	Final Time	Final Place
5	Hanson, Carlie	12	Buffalo	48.85	46.84	1
4	Enzler, Amanda	12	SLP / St. Anthony	48.66	47.24	2
3	Shamp, Andrea	11	Totino Grace	49.45	47.68	3
6	Pearce, Stacy	12	SLP / St. Anthony	49.95	49.38	4
2	Mendesh, Erica	11	SLP / St. Anthony	50.26	50.38	5
7	Thelen, Allyson	12	Monticello	51.78	50.82	6
1	Abuayed, Yasmin	11	Monticello	52.13	51.22	7
8	Dewitt, Katie	9	Centennial	52.26	51.72	8

Boys 300 Meter Int. Hurdles Finals

Thursday 7:00 p.m.

Lane	Name	Grade	Team	Qual Time	Final Time	Final Place
4	Thompson, Erik	12	Buffalo	41.38	40.41	1
5	Billingsley, DJ	12	St. Francis	41.87	41.31	2
3	Salkowski, Matt	12	Buffalo	41.94	41.48	3
7	Cashin, Matt	12	Irondale	42.92	41.51	4
8	Dybsky, Alex	11	Totino Grace	43.20	41.75	5
6	Rehani, Mark	10	St. Francis	42.10	42.25	6
1	Whittlef, Mike	12	Camb. - Isanti	42.87	42.28	7
2	Twomey, Alan	12	SLP / St. Anthony	42.60	42.91	8

Girls 800 Meter Run Finals

Thursday 7:10 p.m.

Name	Grade	Team	Qual Time	Final Time	Final Place
Diesting, Ashley	8	Buffalo	2:26.41	2:28.40	1
Schwab, Natice	9	Camb. - Isanti	2:29.81	2:29.10	2
Richardson, Maria	12	Irondale	2:28.57	2:30.16	3
Steen, Erin	12	Buffalo	2:32.81	2:30.56	4
Olson, Melody	9	Monticello	2:28.61	2:31.40	5
Suddard, Katrina	9	Monticello	2:30.61	2:31.43	6
Fellows, Emily	10	Centennial	2:32.65	2:32.57	7
Brass, Erin	12	Totino Grace	2:34.95	2:33.97	8

Boys 800 Meter Run Finals

Thursday 7:15 p.m.

Name	Grade	Team	Qual Time	Final Time	Final Place
Johnson, Todd	12	Camb. - Isanti	2:01.65	1:59.66	1
Van Bruggen, Mitch	11	Buffalo	2:01.87	2:00.26	2
Duerr, Cass	11	SLP / St. Anthony	2:01.63	2:00.60	3
Moore, Scott	11	Centennial	2:01.61	2:01.33	4
Ruter, Dan	12	Buffalo	2:03.17	2:02.93	5
Krutzig, Sam	11	Monticello	2:03.24	2:04.20	6
Duerr, Kelsey	9	SLP / St. Anthony	2:06.44	2:05.34	7
Balck, Andy	12	St. Francis	2:03.31	2:06.27	8

Girls 200 Meter Dash Finals

Thursday 7:20 p.m.

Lane	Name	Grade	Team	Qual Time	Final Time	Final Place
4	Omeoga, Chichi	10	Irondale	26.86	26.87	1
5	Schaffer, Julia	11	Monticello	27.75	27.10	2
3	Omeoga, Ije	11	Irondale	27.76	27.14	3
6	Aronson, Jenny	10	Camb. - Isanti	27.80	27.77	4
2	Walker, Becky	10	SLP / St. Anthony	27.81	27.80	5
8	Castellano, Janna	12	Totino Grace	28.32	27.84	6
1	Arneson, Jessica	10	SLP / St. Anthony	28.12	27.87	7
7	Weidenbacher, Traci	9	Monticello	27.96	28.27	8

Boys 200 Meter Dash Finals

Thursday 7:25 p.m.

Lane	Name	Grade	Team	Qual Time	Final Time	Final Place
4	Sheppard, Mike	11	Irondale	23.14	22.73	1
5	Laclaire, Paul	12	Irondale	23.33	23.17	2
3	Sharpe, David	12	St. Francis	23.84	23.63	3
6	Anderson, Chad	11	Buffalo	24.08	23.80	4
1	Jaeger, Chuck	12	Totino Grace	24.30	23.83	5
7	Gullings, Dan	11	Monticello	24.36	23.95	6
8	Reynolds, Marc	12	Centennial	24.31	23.97	7
2	Feigum, Shawn	11	St. Francis	24.28	24.10	8

Girls 3200 Meter Run Finals

Monday 7:30 p.m.

Lane	Name	Grade	Team	Final Time	Final Place
1	Brager, Jill	12	Buffalo	11:21.17	1
2	Lyons, Amy	12	Irondale	11:37.96	2
3	Dedyn, Rachel	11	Centennial	11:56.34	3
4	Ganley, Greta	10	SLP / St. Anthony	12:16.56	4
5	Doty, Jacki	9	Monticello	12:29.38	5
6	Sturges, Emily	10	Buffalo	12:45.83	6
7	Bourgeois, Jolene	9	Monticello	12:55.57	7
8	Pearson, N		Monticello	12:58.37	8

Boys 3200 Meter Run Finals

Thursday 7:30 p.m.

Name	Grade	Team	Qual Time	Final Time	Final Place
Van Beusekom, Mike	12	Irondale	09:58.5	9:39.47	1
Fadgen, Dan	10	Buffalo	09:48.9	9:43.71	2
Keller, Mat	11	Centennial	10:07.1	10:00.63	3
Ortmann, Joe	12	Buffalo	10:17.98	10:22.92	4
Worwa, Brandon	12	St. Francis	10:18.0	10:29.76	5
Hanson, Bobby	12	Cambridge-Isanti	10:44.8	10:30.89	6
Ramsay, Gerald	9	Centennial	10:52.2	10:34.43	7
Denzer, Cory	9	Monticello	10:39.1	10:39.80	8

Girls 1600 Meter Relay Finals

Thursday 7:45 p.m.

Lane	Name	Team	Qual Time	Final Time	Final Place
4	A. Barnett, E. Obisakin, L. Foley, E. Girard	Centennial	4:16.5	4:15.12	1
2	L. Stenhoff, M. Richardson, L. Jaede, A. Lyons	Irondale	4:21.9	4:16.05	2
6	K. Rains, S. Zurbey, S. Pearce, G. Ganley	SLP / St. Anthony	4:20.3	4:16.45	3
5	B. Hanson, A. Lundebrek, K. Krause, J. Brager	Buffalo	4:18.3	4:16.82	4
1	K. Zins, K. Wasche, A. Larson, S. Daniels	St. Francis	4:24.20	4:17.75	5
7	J. Aronson, S. Toward, K. Nelson, N. Schwab	Cambridge-Isanti	4:23.3	4:20.62	6
8	T. Scherber, M. Elverad, L. Murphy, J. Olin	Totino Grace	4:36.7	4:33.47	7
3	Y. AbuAyed, B. Schroeder, M. Olson, M. Hammer	Monticello	4:18.5		DQ

Boys 1600 Meter Relay Finals

Thursday 7:50 p.m.

Lane	Name	Team	Qual Time	Final Time	Final Place
4	J. Bremmer, D. Ruten, M. Van Bruggen, C. Anderson	Buffalo	3:31.0	3:30.18	1
2	J. Massey, S. Moore, J. Pals, J. Richie	Centennial	3:38.6	3:30.78	2
5	T. Snook, D. Gullings, S. Krutzig, C. Castillo	Monticello	3:33.1	3:32.65	3
6	R. Wilson, D. Sttrohman, A. Dubsley, T. Pastoors	Totino Grace	3:35.4	3:36.05	4
7	M. Pilon, S. Irvin, J. Morin, C. Duerr	SLP / St. Anthony	3:42.5	3:36.48	5
3	C. Buck, J. McLaughlin, M. Rehani, E. Johnson	St. Francis	3:34.0	3:37.72	6
8	P. Sobania, J. Carlson, S. Casin, J. Koch	Irondale	3:45.0	3:38.15	7
1	T. Johnson, B. Hanson, M. Wilson, E. Viedel	Cambridge-Isanti	3:43.5	3:46.56	8

Girls Discus Finals

Monday 4:30 p.m.

Name	Grade	Team	Final Distance	Final Place
Guinn, Danye	11	ST. FRANCIS	120'7"	1
Benz, Amanda	11	Irondale	117'4"	2
Widman, Brittany	11	SLP / St. Anthony	110'3"	3
Zaruba, Jill	9	Monticello	108'9.5"	4
Maynard, Marissa	11	SLP / St. Anthony	107'8"	5
Duoos, Jenny	11	Centennial	103'9"	6
Gave, Erin	11	Camb. - Isanti	93'0"	7
Hasling, Jennifer	12	SLP / St. Anthony	92'9"	8

Boys Discus Finals

Thursday 4:30 p.m.

Name	Grade	Team	Qual Distance	Final Distance	Final Place
Brown, Mickey	12	Irondale	151-4	153'11"	1
Lekang, Tyler	12	Irondale	151-8	152'5"	2
Berg, Zachery	10	Slp/Sta	160-9	148'8"	3
Olson, Seth	12	Buffalo	146-3	144'4"	4
Olsen, Matt	10	Cambridge-Isanti	132-3	141'9"	5
Perry, Marc	12	Irondale	147-4	137'2"	6
Hanson, Jordan	11	Slp/Sta	131-8	130'11"	7
Schmidt, Tony	10	Centennial	130-5	130'4"	8

Girls Shot Put Finals

Thursday 4:30 p.m.

Name	Grade	Team	Final Distance	Final Place
Benz Amanda	11	Irondale	41'10"	1
Guinn Danye	11	St. Francis	39'11"	2
Hammel Victoria	12	Irondale	36'1.5"	3
Hayes Abby	11	Slp/Sta	35'0"	4
Widman Brittany	11	Slp/Sta	34'6.5"	5
Lillyblad Meghan	10	Centennial	33'10"	6
House Margaret	11	Irondale	32'2"	7
Maynard Marissa	11	Slp/Sta	32'2"	8

Boys Shot Put Finals

Monday 4:30 p.m.

Name	Grade	Team	Final Distance	Final Place
Brown, Mickey	12	IRONDALE	54'5"	1
Lekang, Tyler	12	Irondale	46'6.5"	2
Stenberg, Cory	11	Monticello	45'4"	3
Olson, Seth	12	Buffalo	43'7"	4
Christ, Zach	12	Buffalo	43'3.5"	5
Smethers, Tyler	12	Camb. - Isanti	42'11.5"	6
LaPlant, Eric	11	Monticello	42'4"	7
Schmidt, Tony	10	Centennial	41'1"	8

Girls Pole Vault Finals

Thursday 4:30 p.m.

Name	Grade	Team	Qual Height	Final Height	Final Place
Thelen, Allyson	12	Monticello	11-0	10'7"	1
Rains, Katelin	10	Slp/Sta	9-0	9'6"	2
LaBute, Vera	10	Buffalo	10-0	9'6"	3
Timmerman, Gina	11	Cambridge-Isanti	8-6	9'	4
Castellano, Janna	12	Totino Grace	9-0	9'	4
Girard, Erica	12	Centennial	9-6	9'	4
Johnson, Annika	8	St. Francis	8-0	8'6"	7
Yunker, Ann	12	Slp/Sta	8-6	8'6"	8

Boys Pole Vault Finals

Thursday 4:30 p.m.

Name	Grade	Team	Final Height	Final Place
Sworsky, Brian	12	St. Francis	13'0"	1
Erickson, Phill	12	Irondale	12'6"	2
Scott, Justin	10	Centennial	12'0"	3
Pettit, Matt	12	Buffalo	11'6"	4
Brandyke, Phil	12	Irondale	11'0"	5
Farniok, Brett	10	Buffalo	11'0"	6
Molin, Isaac	10	St. Francis	11'0"	6
Lucas, David	10	Centennial	10'6"	8

Girls Long Jump Finals

Thursday 6:30 p.m.

Name	Grade	Team	Qual Height	Final Height	Final Place
Aronson, Jenny	10	Cambridge-Isanti	16-0 1/2	16'7.5"	1
Enzler, Amanda	12	Slp/Sta	15-4 1/2	15'11"	2
Larson, Julia	12	Buffalo	15-3 1/2	15'11"	3
Determan, Dani	12	St. Francis	15-6	15'10.5"	4
Omeoga, Ije	11	Irondale	16-6	15'10.5"	5
Hammer, Mary	9	Monticello	15-5	15'8"	6
Greene, Jenna	12	Cambridge-Isanti	15-1 3/4	15'6"	7
Mensah, Akua	11	Irondale	16-1	15'3"	8

Boys Long Jump Finals

Monday 6:30 p.m.

Name	Grade	Team	Final Distance	Final Place
Ellis, Jade	11	TOTINO GRACE	22'3"	1
Hickman, Cole	11	Camb. - Isanti	20'9.5"	2
Sheppard, Mike	11	Irondale	20'5"	3
Laclaire, Paul		Irondale	19'11"	4
Sharpe, David	12	St. Francis	19'10.5"	5
Thompson, Erik	12	Buffalo	19'10"	6
Twomey, Alan	12	SLP / St. Anthony	19'7.5"	7
Cardinal, Tommy	12	Centennial	19'6"	8

Girls Triple Jump Finals

Monday 6:30 p.m.

Name	Grade	Team	Final Distance	Final Place
Mensah, Akua	11	Irondale	34'1.5"	1
Greene, Jenna	12	Camb. - Isanti	33'10.5"	2
Enzler, Amanda	12	SLP / St. Anthony	33'8"	3
Omeoga, Chichi	10	Irondale	33'0.5"	4
Mendesh, Erica	11	SLP / St. Anthony	32'7"	5
Determan, Dani	12	St. Francis	32'1"	6
Hammer, Mary	9	Monticello	32'0.5"	7
O'Rourke, Julia	11	Totino Grace	32'0.5"	8

Boys Triple Jump Finals

Thursday 6:30 p.m.

Name	Grade	Team	Final Distance	Final Place
Ellis Jade	11	Totino Grace	46'10"	1
Sheppard, Mike	11	Irondale	43'2.5"	2
Hickman, Cole	11	Cambridge-Isanti	42'6.5"	3
Whittlef, Mike	12	Cambridge-Isanti	41'7.5"	4
Vanlith	12	Buffalo	40'11.5"	5
Cardinal, Tommy	12	Centennial	40'4"	6
Balck, Andy	12	St. Francis	40'3.5"	7
Roberts, Karif	12	Irondale	39'11.5"	8

Girls High Jump Finals

Monday 4:30 p.m.

Name	Grade	Team	Final Height	Final Place
Daniels, Shelli	12	St. Francis	5'	1
Letourneau, Ivy	11	St. Francis	5'	2
Larson, Julia	12	Buffalo	4'10"	3
AbuAyed, Yasmin	11	Monticello	4'10"	3
Locknikar, Kayla	10	Centennial	4'8"	5
Stanton, Katie	11	Buffalo	4'8"	6
McCourt, Kelli	10	Buffalo	4'8"	6
Merkley, Katie	12	Monticello	4'8"	8

Boys High Jump Finals

Thursday 4:30 p.m.

Name	Grade	Team	Final Height	Final Place
Ellis, Jade	11	Totino Grace	6'1"	1
Johnson, Wes	11	Monticello	5'10"	2
Schmeling, Micah	12	Buffalo	5'10"	2
Buck, Colin	11	St. Francis	5'10"	4
Balck, Andy	12	St. Francis	5'10"	4
Klatt, Rob	11	Buffalo	5'8"	6
Johnson, Erik	11	St. Francis	5'6"	7
Jensen, Jeff	10	Irondale	5'6"	7

North Suburban Conference

Track & Field Records

(Boys)

Event	Name	School	Year	Time/Dist	HH or Auto
100 Meter Dash	Garrett Veal	Buffalo	1991	10.8	Hand Held
	Jeremy Heckman	Centennial	1997	11.04	Auto
200 Meter Dash	Ramone Robinson	Totino Grace	1993	22.2 (22.44)	Hand Held Auto
400 Meter Dash	Bart Moseman	Irondale	1988	49.9 (50.14)	Hand Held Auto
800 Meter Run	Justin Stoltman	St. Francis	1997	1:56.7 (1:56.94)	Hand Held Auto
1600 Meter Run	Mike Van Beusekom	Irondale	2002	4:20.48 (4:20.7)	Auto Hand Held
3200 Meter Run	Ryan Kollmann	Centennial	1996	9:30.00 (9:29.7)	Auto Hand Held
110 Meter High Hurdles	Erik Thompson	Buffalo	2003	14.93	Auto
300 Meter Int. Hurdles	Roberto Tapiz	Monticello	1999	39.17 (38.9)	Auto Hand Held
400 Meter Relay	W. Kelsey, R. Robinson, R. Buller, J. Bezdichek	Totino Grace	1994	43.6 (43.84)	Hand Held Auto
800 Meter Relay	A. Zarracina, J. Martin, D. Dorsey, J. Schroeder	Buffalo	1999	1:32.98 (1:32.7)	Auto Hand Held
1600 Meter Relay	J. Diedrich, M. Larson, B. Lenz, M. Mann	St. Francis	1989	3:26.7 (3:26.94)	Hand Held Auto
3200 Meter Relay	K. Duerr, M. Pilon, S. Irvin, C. Duerr	Spring Lake Park / St. Anthony	2003	8:19.21	Auto
High Jump	Corey Bechtold Jeremy Hemmelgran	Buffalo Elk River	1993	6' 6"	
Long Jump	Jade Ellis	Totino Grace	2003	22'3"	
Triple Jump	Jade Ellis	Totino Grace	2003	46' 10"	
Shot Put	Leif Murphy	Spring Lake Park / St. Anthony	1998	54' 9.5"	
Discus	Jason Cook	Spring Lake Park / St. Anthony	2000	173' 1"	
Pole Vault	Jed Bergstrom	Buffalo	1996	14' 0"	