

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010
Coon Rapids High School
Results

Girls 100 Meter Dash

Conference: 12.34 \$ 1995
 Name

Amber Affeldt
 School Prelims

Preliminaries

Name	School	Time	Qual
1 Davis, Sasha	Park Center	12.08	Q
2 Murphey, Nicole	Blaine	12.66	Q
3 Hill, Melanie	Champlin PK	12.81	Q
4 Lewis, Katelyn	Osseo	12.82	Q
5 Hickerson, Rochelle	Andover	12.92	q
6 Nelson, Haley	Maple Grove	12.95	q
7 Gross, Nia	Osseo	13.03	q
8 Prouty, Keisha	Anoka	13.07	q
9 Nelson, Katie	Blaine	13.25	
10 Kanu, Saramaya	Blaine	13.27	
11 Lister, Marissa	Maple Grove	13.28	
12 Almquist, Tryniti	Andover	13.33	
13 Slough, Katie	Osseo	13.34	
14 Schnevenius, Laura	Centennial	13.36	
15 Edwards, Kelly	Elk River	13.37	
16 Ighovojah, Wakpor	Coon Rapids	13.41	
17 McNallan, Jenna	Andover	13.46	
18 Wuo, Georgetta	Champlin PK	13.56	
19 Bednorz, Katlin	Anoka	13.65	
20 Arbeiter, McKenzie	Maple Grove	13.72	
21 Sherva, Lauren	Anoka	13.76	
22 Duc, Jenna	Coon Rapids	13.82	
23 Brown, Josie	Elk River	13.82	
24 Pearson, Andrea	Coon Rapids	13.84	
25 Robinson, Brianna	Park Center	13.84	
26 Haarstad, Allie	Champlin PK	13.97	
27 Anderson, Suzette	Centennial	13.98	
27 Buggs, Alevia	Park Center	13.98	
29 Hanson, Erin	Centennial	14.07	
30 McLain, Molli	Elk River	14.20	

Girls 100 Meter Dash

Conference: 12.34 \$ 1995
 Name

Amber Affeldt
 School Finals

Finals

Name	School	Time	Place
1 Davis, Sasha	Park Center	12.48	10
2 Lewis, Katelyn	Osseo	12.95	8
3 Murphey, Nicole	Blaine	13.05	6
4 Hill, Melanie	Champlin PK	13.14	5
5 Hickerson, Rochelle	Andover	13.24	4
6 Prouty, Keisha	Anoka	13.37	3
7 Nelson, Haley	Maple Grove	13.39	2
8 Gross, Nia	Osseo	13.40	1

Girls 200 Meter Dash

Conference: 25.40 \$ 2004
 Name

Laura Mottaz
 School Prelims

Preliminaries

Name	School	Time	Qual
1 Okonkwo, Anuli	Osseo	25.27	Q
2 Detloff, Dani	Elk River	25.53	Q
3 Nivala, Taylor	Andover	25.62	Q
4 Nelson, Haley	Maple Grove	26.32	Q
5 McPhillips, Lindsay	Andover	26.50	q
6 Bair, Maggie	Blaine	26.56	q
7 Schnevenius, Laura	Centennial	26.75	q
8 Gross, Nia	Osseo	27.15	q
9 Jacobs, Abby	Maple Grove	27.45	
10 Sorensen, Keelie	Park Center	27.48	
11 Loth, Morgan	Champlin PK	27.56	
12 Young, Shakita	Osseo	27.59	
13 Lachinski, Hailey	Blaine	27.66	
14 Applequist, Jennifer	Champlin PK	27.76	
15 Pearson, Andrea	Coon Rapids	28.07	
16 Nehring, Lexi	Anoka	28.11	
17 Ordner, Madison	Maple Grove	28.23	
18 Wuo, Georgetta	Champlin PK	28.32	
19 Bednorz, Katlin	Anoka	28.46	
20 Kanu, Saramaya	Blaine	28.52	
21 McLain, Molli	Elk River	28.55	
22 Peshorn, Liz	Coon Rapids	28.61	
23 Brown, Josie	Elk River	28.62	
24 Sellberg, Carly	Park Center	28.64	
25 Duc, Jenna	Coon Rapids	28.77	
26 Piette, Maria	Centennial	29.30	
27 Robinson, Brianna	Park Center	30.67	
28 Deters, Bailey	Anoka	30.97	

Girls 200 Meter Dash

Conference: 25.40 \$ 2004
 Name

Laura Mottaz
 School Finals

Finals

Name	School	Time	Place
1 Okonkwo, Anuli	Osseo	25.50	10
2 Detloff, Dani	Elk River	25.56	8
3 Nivala, Taylor	Andover	26.09	6
4 Nelson, Haley	Maple Grove	26.69	5
5 Bair, Maggie	Blaine	26.97	4
6 Schnevenius, Laura	Centennial	26.98	3
7 McPhillips, Lindsay	Andover	26.99	2
8 Gross, Nia	Osseo	27.60	1

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010
Coon Rapids High School
Results

Girls 400 Meter Dash

Conference: 56.85 \$ 2003
 Name

Laura Mottaz
 School Prelims

Preliminaries

1	Philips, Emily	Maple Grove	1:01.16	Q
2	Weigel, Abbie	Maple Grove	1:01.20	Q
3	Davis, Sasha	Park Center	1:01.40	Q
4	Hauptert, Mackenzie	Andover	1:02.19	Q
5	Lachinski, Hailey	Blaine	1:01.18	q
6	Neubauer, Brooke	Blaine	1:02.30	q
7	Jones, Katelyn	Anoka	1:02.72	q
8	Pafko, Ashley	Blaine	1:03.18	q
9	Olson, Paige	Osseo	1:03.34	
10	Culp, Megan	Centennial	1:03.41	
11	Hendricks, Samantha	Elk River	1:03.80	
12	Young, Malorie	Coon Rapids	1:03.96	
13	Pipenhagen, Mary	Anoka	1:04.12	

Preliminaries ... (Girls 400 Meter Dash)

Name School Prelims

14	Johnson, Emma	Coon Rapids	1:04.31	
15	Esperum, Dani	Elk River	1:04.34	
16	Weeks, Erin	Elk River	1:04.84	
17	Bialke, Morgan	Osseo	1:04.88	
18	Boehne, Nikki	Centennial	1:04.90	
19	Dame, Sarah	Centennial	1:05.13	
20	Moriarty, Cecilia	Champlin PK	1:05.18	
21	Rodman, Shauna	Anoka	1:05.38	
22	Wanda, Lisa	Osseo	1:05.52	
23	Szurek, Christine	Andover	1:06.40	
24	Buchner, Alyssa	Coon Rapids	1:06.63	
25	Olzenak, Kelly	Maple Grove	1:06.68	
26	Larson, Katie	Andover	1:07.09	
27	Ndely, Michelle	Champlin PK	1:07.77	
28	Sievers, Katherine	Champlin PK	1:08.96	
29	Dugbeh, Natalie	Park Center	1:10.78	

Girls 400 Meter Dash

Conference: 56.85 \$ 2003
 Name

Laura Mottaz
 School Finals

Finals

1	Davis, Sasha	Park Center	58.52	10
2	Weigel, Abbie	Maple Grove	59.87	8
3	Lachinski, Hailey	Blaine	1:01.36	6
4	Hauptert, Mackenzie	Andover	1:01.38	5
5	Philips, Emily	Maple Grove	1:01.39	4
6	Neubauer, Brooke	Blaine	1:01.47	3
7	Jones, Katelyn	Anoka	1:02.52	2
8	Pafko, Ashley	Blaine	1:02.63	1

Girls 800 Meter Run

Conference: 2:15.93 \$ 2004
 Name

Alissa Kurke
 School Prelims

Preliminaries

1	Bates, Emma	Elk River	2:24.45	Q
2	Kienholz, Megan	Centennial	2:24.77	Q
3	Haugen, Anna	Elk River	2:30.14	Q
4	Haskins, Danielle	Andover	2:27.26	Q
5	Harper, Erin	Blaine	2:27.38	Q
6	Halfrich, Sara	Maple Grove	2:32.03	Q
7	McDonald, Abigail	Elk River	2:27.81	Q
8	Steinwand, Natalie	Andover	2:28.11	Q
9	Parent, McKenna	Anoka	2:32.78	Q
10	O'Donnell, Jenna	Maple Grove	2:28.87	q
11	Huffman, Britta	Coon Rapids	2:28.91	q
12	Stratton, Mandy	Blaine	2:31.30	q
13	Anderson, Ally	Blaine	2:32.01	
14	Foote, Laura	Maple Grove	2:33.34	
15	Dutton, Courtney	Coon Rapids	2:33.42	
16	Ball, Nicole	Park Center	2:33.61	
17	Bezdicsek, Kaitlin	Osseo	2:33.90	
18	Nelson, Anna	Coon Rapids	2:35.07	
19	Bowler, Sarah	Centennial	2:36.42	
20	Tonn, Gina	Park Center	2:37.52	
21	Kasper, Leidy	Champlin PK	2:40.72	
22	Fallon, Kendra	Champlin PK	2:41.76	
23	Ubl, Ellie	Anoka	2:41.83	
24	Marquardt, Nicolette	Champlin PK	2:43.74	
25	Morke, Ababa	Park Center	2:51.69	
---	Turkowski, Courtney	Anoka	DNF	

Girls 800 Meter Run

Conference: 2:15.93 \$ 2004
 Name

Alissa Kurke
 School Finals

Finals

1	Bates, Emma	Elk River	2:18.21	10
2	Kienholz, Megan	Centennial	2:20.69	8
3	Haugen, Anna	Elk River	2:21.38	6
4	McDonald, Abigail	Elk River	2:24.21	5
5	Harper, Erin	Blaine	2:24.85	4
6	Haskins, Danielle	Andover	2:25.49	3
7	O'Donnell, Jenna	Maple Grove	2:29.99	2
8	Huffman, Britta	Coon Rapids	2:30.05	1
9	Halfrich, Sara	Maple Grove	2:30.31	
10	Stratton, Mandy	Blaine	2:31.66	
11	Parent, McKenna	Anoka	2:34.48	
12	Steinwand, Natalie	Andover	2:35.58	

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010
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Girls 1600 Meter Run

Conference: 4:59.60 \$ 2003
 Name

Heidi Lindeman
 School Finals

Finals

1	Bates, Emma	Elk River	5:02.89	10
2	Shagen, Kaley	Osseo	5:21.15	8
3	Soli, Cassidy	Champlin PK	5:26.02	6
4	D'Heilly, Paige	Coon Rapids	5:26.80	5
5	Hereid, Tera	Blaine	5:31.67	4
6	Bowler, Sarah	Centennial	5:32.25	3
7	Simonet, Kate	Park Center	5:36.54	2
8	Fritz, Katelyn	Anoka	5:37.06	1
9	Heitzman, Nicole	Andover	5:38.76	
10	Moore, McKinley	Champlin PK	5:38.87	
11	Richter, Becca	Osseo	5:39.44	
12	Kretschmer, Lexie	Centennial	5:41.40	
13	Leone, Amanda	Park Center	5:41.72	
14	Dills, Sam	Coon Rapids	5:41.84	
15	Aaron, Miranda	Maple Grove	5:43.36	
16	Ness, Erin	Elk River	5:45.15	
17	Kapphahn, Natalile	Champlin PK	5:46.44	
18	Johnson, Kayla	Coon Rapids	5:47.18	
19	Ellefson, Brittini	Elk River	5:47.82	
20	Waananen, Amy	Maple Grove	5:49.83	
21	Weinberger, Jenna	Anoka	5:53.77	
22	Benson, Natalie	Centennial	5:54.24	
23	Lundstrom, Danni	Park Center	5:54.39	
24	Shogren, Maddie	Blaine	5:54.99	
25	McCullough, Colleen	Osseo	5:55.29	
26	Johnson, Kendhal	Maple Grove	6:00.56	
27	Billett, Kayla	Anoka	6:04.45	
28	Merriam, Lauren	Andover	6:05.39	
29	Johnson, Julia	Blaine	6:10.64	
30	Clark, Paige	Andover	6:12.47	
---	Duhaime, Claire	Maple Grove	DNF	

Girls 3200 Meter Run

Conference: 10:37.16 \$ 2003
 Name

Heidi Lindeman
 School Finals

Finals

1	Soli, Cassidy	Champlin PK	11:32.84	10
2	Fritz, Katelyn	Anoka	11:33.43	8
3	Shagen, Kaley	Osseo	11:47.61	6
4	Wojack, Alyssa	Coon Rapids	12:05.47	5
5	Heitzman, Nicole	Andover	12:05.52	4
6	Engstrom, Melissa	Coon Rapids	12:06.51	3
7	Simonet, Kate	Park Center	12:08.32	2
8	D'Heilly, Paige	Coon Rapids	12:20.59	1
9	Kallemeyn, Jane	Elk River	12:21.65	
10	Aaron, Miranda	Maple Grove	12:24.34	
11	Korby, Danielle	Park Center	12:25.70	
12	Hereid, Tera	Blaine	12:27.62	
13	Janasz, Victoria	Elk River	12:28.10	
14	Benson, Natalie	Centennial	12:41.27	
15	Richter, Becca	Osseo	12:46.37	
16	Waananen, Amy	Maple Grove	12:51.18	
17	Trescony, Maria	Champlin PK	13:16.22	
18	Janzen, Annika	Centennial	13:20.57	
19	Nemes, Candice	Elk River	13:23.56	
20	Schoenrock, Jenny	Osseo	13:28.65	
21	Shogren, Maddie	Blaine	13:28.80	
22	Jensen, Amanda	Andover	13:35.88	
23	Metzger, Renae	Park Center	13:48.28	
24	Aarons, Jenny	Maple Grove	13:52.18	
25	McElroy, Jenna	Champlin PK	13:57.42	
26	Billett, Kayla	Anoka	13:59.77	
27	Hoyles, Katie	Blaine	14:09.69	
28	Tolkinen, Jane	Centennial	15:42.55	
---	Bell, Haley	Andover	DNF	
---	Weinberger, Jenna	Anoka	DNF	

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010
Coon Rapids High School
Results

Girls 100 Meter Hurdles

Conference: 14.96 \$ 5/20/2009 Chiamaka Okonkwo
Name School Prelims

Preliminaries

1	Bair, Maggie	Blaine	\$ 14.73	Q
2	Ndely, Michelle	Champlin PK	15.57	Q
3	Lowe, Lindsey	Elk River	16.27	Q
4	Denler, Melissa	Champlin PK	16.46	Q
5	Lu, Tina	Coon Rapids	16.28	q
6	Evanson, Olivia	Maple Grove	16.37	q
7	Sohns, Jordyn	Elk River	16.59	q
8	Prouty, Keisha	Anoka	16.60	q
9	Jones, Erin	Centennial	16.61	
10	Abbott, Nicole	Anoka	16.81	
11	Bestman, Edwina	Park Center	16.92	
12	Ohmann, Andrea	Blaine	17.02	
13	Hedin, Taylor	Andover	17.35	
14	Sollars, Sasha	Anoka	17.47	
15	Johnson, Emma	Coon Rapids	17.57	
16	Volk, Christine	Champlin PK	17.63	
17	Horton, Ashley	Elk River	17.64	
18	Reff, Haidee	Andover	17.66	
19	Olagbaiye, Nicole	Osseo	17.76	
20	House, Madison	Maple Grove	17.77	
21	Robinson, Molly	Osseo	17.91	
22	Clifford, Julia	Blaine	18.23	
23	Ekman, Liz	Andover	18.37	
24	Durand, Lauren	Maple Grove	18.62	
25	Cannon, Emma	Centennial	18.67	
26	watson, darien	Osseo	18.76	
27	Bagley, Ashley	Centennial	18.96	
28	Vreeland, Lexy	Coon Rapids	20.57	
29	Shupare, B	Park Center	23.84	

Girls 100 Meter Hurdles

Conference: 14.96 \$ 5/20/2009 Chiamaka Okonkwo
Name School Finals

Finals

1	Bair, Maggie	Blaine	15.20	10
2	Ndely, Michelle	Champlin PK	15.70	8
3	Lowe, Lindsey	Elk River	16.17	6
4	Evanson, Olivia	Maple Grove	16.50	5
5	Prouty, Keisha	Anoka	16.56	4
6	Denler, Melissa	Champlin PK	16.65	3
7	Sohns, Jordyn	Elk River	16.70	2
8	Lu, Tina	Coon Rapids	16.75	1

Girls 300 Meter Hurdles

Conference: 45.13 \$ 1996 **Katie Bestul**
Name School Prelims

Preliminaries

1	Bestman, Edwina	Park Center	47.10	Q
2	Lowe, Lindsey	Elk River	47.26	Q
3	Hertz, Hope	Elk River	47.83	Q
4	Denler, Melissa	Champlin PK	48.76	Q
5	Sollars, Sasha	Anoka	48.75	q
6	Hooker, Brehana	Park Center	48.75	q
7	Lu, Tina	Coon Rapids	49.35	q
8	Guimont, Gabbi	Anoka	49.40	q
9	Sohns, Jordyn	Elk River	49.71	
10	Jones, Erin	Centennial	49.82	
11	Reff, Haidee	Andover	49.86	
12	Evanson, Olivia	Maple Grove	50.01	
13	House, Madison	Maple Grove	50.32	
14	Ohmann, Andrea	Blaine	50.65	
15	Clifford, Julia	Blaine	51.22	
16	Forbes, Lizzy	Maple Grove	51.35	
17	Probert, Kylie	Andover	52.07	
18	Robinson, Molly	Osseo	52.16	
19	Olagbaiye, Nicole	Osseo	52.16	
20	Hedin, Taylor	Andover	52.25	
21	Oakden, Jenna	Champlin PK	52.84	
22	Corneliuous, Gabby	Osseo	53.03	
23	Bostrom, Karissa	Blaine	53.52	
24	Asp, Annie	Anoka	53.57	
25	Herman, Kaley	Champlin PK	54.63	
26	Cannon, Emma	Centennial	54.87	
27	Vreeland, Lexy	Coon Rapids	56.01	
28	Edmond, Nicole	Coon Rapids	56.16	
29	Bagley, Ashley	Centennial	57.51	

Girls 300 Meter Hurdles

Conference: 45.13 \$ 1996 **Katie Bestul**
Name School Finals

Finals

1	Lowe, Lindsey	Elk River	46.61	10
2	Bestman, Edwina	Park Center	47.73	8
3	Hooker, Brehana	Park Center	48.20	6
4	Lu, Tina	Coon Rapids	48.34	5
5	Sollars, Sasha	Anoka	48.55	4
6	Denler, Melissa	Champlin PK	48.73	3
7	Hertz, Hope	Elk River	48.74	2
8	Guimont, Gabbi	Anoka	49.64	1

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010
Coon Rapids High School
Results

Girls 4x100 Meter Relay

Conference: 49.48 \$ 5/20/2009 Elk River

Team	Relay	Finals
Finals		
1 Osseo	A	48.63 \$ 10
2 Elk River	A	49.38 \$ 8
3 Anoka	A	49.71 6
4 Andover	A	49.74 5
5 Blaine	A	50.07 4
6 Champlin Park	A	50.43 3
7 Maple Grove	A	50.66 2
8 Park Center	A	53.87 1
9 Centennial	A	54.06
--- Coon Rapids	A	DQ

Girls 4x800 Meter Relay

Conference: 9:32.06 \$ 5/21/2008 Coon Rapids

Team	Relay	Finals
Finals		
1 Elk River	A	9:47.53 10
2 Coon Rapids	A	9:54.14 8
3 Anoka	A	9:57.97 6
4 Centennial	A	10:05.09 5
5 Blaine	A	10:05.12 4
6 Maple Grove	A	10:06.89 3
7 Champlin Park	A	10:20.19 2
8 Osseo	A	10:31.73 1
9 Park Center	A	10:58.31
10 Andover	A	11:20.74

Girls 4x200 Meter Relay

Conference: 1:43.34 \$ 5/20/2009 Osseo

Team	Relay	Finals
Finals		
1 Osseo	A	1:44.24 10
2 Elk River	A	1:44.51 8
3 Park Center	A	1:45.36 6
4 Anoka	A	1:45.55 5
5 Andover	A	1:45.75 4
6 Maple Grove	A	1:47.19 3
7 Champlin Park	A	1:47.75 2
8 Blaine	A	1:49.10 1
9 Centennial	A	1:51.56
10 Coon Rapids	A	1:51.94

Girls High Jump

Conference: 5-08 \$ 1996 Gina Curtis

Name	School	Finals
Finals		
1 Olsen, Kirsten	Blaine	5-02.00 10
2 Sherva, Lauren	Anoka	5-00.00 8
3 Hedin, Taylor	Andover	J5-00.00 6
4 Johnson, Jaclyn	Champlin PK	J5-00.00 5
5 Miedtke, Katie	Osseo	4-10.00 4
6 Ighovojah, Wakpor	Coon Rapids	J4-10.00 2.5
6 Bennethum, Kylie	Maple Grove	J4-10.00 2.5
8 McNallan, Jenna	Andover	J4-10.00 0.5
8 Loberg, Kelli	Elk River	J4-10.00 0.5
10 Jung, Olivia	Coon Rapids	J4-10.00
11 Lowe, Lindsey	Elk River	4-08.00
11 Carroll, Ellyn	Osseo	4-08.00
11 Clarke, Bridget	Coon Rapids	4-08.00
11 Ordner, Madison	Maple Grove	4-08.00
11 Denler, Carly	Champlin PK	4-08.00
11 Hlavka, Courtney	Anoka	4-08.00
11 Piette, Maria	Centennial	4-08.00
11 Zoumanougui, Antionette	Blaine	4-08.00
11 Sitarz, Sammi	Andover	4-08.00
20 Bestman, Edwina	Park Center	4-06.00
20 Madden, Lindsay	Elk River	4-06.00
20 Hinich, Liz	Centennial	4-06.00
23 Hooker, Bre	Park Center	4-04.00
23 Asp, Annie	Anoka	4-04.00
25 Patterson, Allie	Centennial	4-02.00
25 Schoenrock, Emily	Osseo	4-02.00
--- Mcleod, Taylor	Maple Grove	NH
--- Rogers, Hannah	Blaine	NH

Girls 4x400 Meter Relay

Conference: 4:00.13 \$ 2003 Anoka

Team	Relay	Finals
Finals		
1 Anoka	A	4:04.24 10
2 Elk River	A	4:04.67 8
3 Maple Grove	A	4:05.39 6
4 Andover	A	4:10.28 5
5 Blaine	A	4:11.90 4
6 Champlin Park	A	4:13.01 3
7 Coon Rapids	A	4:13.40 2
8 Centennial	A	4:14.08 1
9 Osseo	A	4:21.30
10 Park Center	A	4:27.10

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010
Coon Rapids High School
Results

Girls Pole Vault

Conference: 11-00 \$ 2004
Name

Carrie Hinners
School **Finals**

Finals

1	McNallan, Jenna	Andover	9-07.00	10
2	Haas, Breanna	Coon Rapids	J9-07.00	8
3	Embury, Alana	Elk River	J9-07.00	6
4	Bair, Maggie	Blaine	9-01.00	5
5	Bednarz, Layni	Elk River	J9-01.00	4
6	Burton, Katie	Champlin PK	J9-01.00	3
7	Pream-Anderson, Alicia	Coon Rapids	8-07.00	2
8	Martens, Linnea	Andover	J8-07.00	1
9	Clifford, Julia	Blaine	J8-07.00	
10	Crepeau, Laura	Elk River	8-01.00	
10	Carstensen, Kayla	Maple Grove	8-01.00	
10	Pierson, Linsey	Coon Rapids	8-01.00	
10	Knudson, Kirstey	Blaine	8-01.00	
10	Hingos, Steffany	Maple Grove	8-01.00	
15	Sellberg, Carly	Park Center	7-07.00	
15	Sexton, Ashley	Osseo	7-07.00	
15	Walker, Sarah	Centennial	7-07.00	
15	Cosgrove, Mary	Anoka	7-07.00	
15	Eisenbraun, Amber	Anoka	7-07.00	
20	Polverari, Grace	Andover	6-07.00	
20	OlGrady, Marissa	Centennial	6-07.00	
20	Burkholder, Amanda	Maple Grove	6-07.00	
20	Deitchler, Abbie	Anoka	6-07.00	
20	Nelson, Nikki	Park Center	6-07.00	
---	Sanford, Kimberly	Champlin PK	NH	
---	Holten, Bekah	Osseo	NH	
---	Parisian, Shelby	Osseo	NH	
---	Denler, Carly	Champlin PK	NH	
---	Therrien, Sparky	Park Center	NH	

Girls Long Jump

Conference: 18-01.50 \$ 5/19/2009 Nicole Murphey
Name **School** **Finals**

Finals

1	Murphey, Nicole	Blaine	17-08.00	10
2	Davis, Sasha	Park Center	16-10.00	8
3	Detloff, Dani	Elk River	16-09.25	6
4	Johnson, Jaclyn	Champlin PK	16-07.75	5
5	Johnson, Emma	Coon Rapids	15-11.75	4
6	Loth, Morgan	Champlin PK	15-09.00	3
7	Bilderback, Kayla	Centennial	15-06.00	2
8	Ighovojah, Wakpor	Coon Rapids	15-05.50	1
9	DeRoo, Jen	Anoka	15-05.25	
10	Sorensen, Keelie	Park Center	14-11.75	
11	Gebers, Bekkah	Coon Rapids	14-10.75	
12	Arogbokun, Olufunmilayo	Osseo	14-10.00	
13	Asp, Annie	Anoka	14-09.00	
14	Mosley, Chrystel	Blaine	14-08.00	
15	Forbes, Lizzy	Maple Grove	14-07.00	
15	Bednorz, Katlin	Anoka	14-07.00	
17	Kaiser, Kayla	Maple Grove	14-06.75	
18	Shaw, Keyanna	Blaine	14-06.00	
19	Kinnunen, Carla	Maple Grove	14-04.75	
20	Kurtovich, Maggie	Andover	14-04.50	
21	Hill, Melanie	Champlin PK	14-02.50	
21	Carroll, Ellyn	Osseo	14-02.50	
23	Szurek, Christine	Andover	14-00.50	
24	Hooker, Bre	Park Center	14-00.00	
24	Walker, Sarah	Centennial	14-00.00	
26	Colbert, Aubrey	Osseo	13-09.50	
27	Gehring, Shannon	Centennial	13-08.50	
28	Jamus, Subah	Andover	12-08.25	

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010
Coon Rapids High School
Results

Girls Triple Jump

Conference: 38-01.75 \$ 5/20/2009 Michelle Maciej

Name	School	Finals
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Finals

1	Evanson, Olivia	Maple Grove	35-05.75	10
2	Clarke, Bridget	Coon Rapids	34-10.75	8
3	Bilderback, Kayla	Centennial	34-08.50	6
4	Murphey, Nicole	Blaine	33-11.00	5
5	Asp, Annie	Anoka	33-03.75	4
6	Carpenter, Morgan	Elk River	33-01.25	3
7	Sorensen, Keelie	Park Center	32-08.00	2
8	Sievers, Katherine	Champlin PK	32-06.50	1
9	Emilie, Darling	Elk River	32-03.75	
10	Edwards, Kelly	Elk River	32-01.75	
11	Hlavka, Courtney	Anoka	32-01.25	
12	Jamus, Subah	Andover	31-11.75	
13	Ederer, Katie	Blaine	31-09.00	
13	Sherva, Lauren	Anoka	31-09.00	
15	Brown, Kylie	Park Center	31-08.25	
16	Shaw, Keyanna	Blaine	31-05.50	
17	Colbert, Aubrey	Osseo	31-04.50	
18	Forbes, Lizzy	Maple Grove	31-01.75	
19	Gebers, Bekkah	Coon Rapids	31-00.50	
20	Carroll, Ellyn	Osseo	30-10.50	
21	Dukuly, Jamillah	Champlin PK	30-06.75	
22	House, Madison	Maple Grove	30-00.50	
23	Novak, Lauren	Andover	30-00.00	
24	Sellberg, Carly	Park Center	29-10.25	
25	Korshah, Georgia	Coon Rapids	29-09.00	
26	Anderson, Alyssa	Centennial	29-01.50	
27	Schleif, Morgan	Champlin PK	28-10.75	
28	Crocker, Nicole	Centennial	28-09.75	
29	Strommen, Lindsay	Andover	28-06.00	
---	Arogbokun, Olufunmilayo	Osseo	DQ	

Girls Shot Put

Conference: 43-01 \$ 1997

Trisha Curtis

Name	School	Finals
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Finals

1	Lesser, Emily	Maple Grove	40-00.00	10
2	Ford, Emily	Osseo	39-10.25	8
3	Jergensen, Stephanie	Blaine	38-01.25	6
4	Detloff, Molli	Elk River	37-04.50	5
5	Lorge, Ashley	Anoka	36-04.00	4
6	Nwaokolo, Amaka	Champlin PK	36-02.00	3
7	Ngongang, Vivian	Centennial	35-04.00	2
8	Happke, Caitlynn	Coon Rapids	35-01.50	1
9	Nwalkolo, Nkem	Champlin PK	34-09.50	
10	Coffland, Bri	Anoka	34-04.00	
11	Pasiowitz, Courtney	Coon Rapids	34-02.25	
12	Vinokur, Vicky	Maple Grove	33-08.75	
13	Ngongang, Tatiania	Centennial	33-04.00	
14	Richter, Kendra	Park Center	32-07.00	
15	Thorndal, Nicole	Elk River	32-06.00	
16	Kath, Renee	Coon Rapids	32-05.00	
17	Seba, Colleen	Osseo	32-01.75	
18	Anderson, Dani	Blaine	31-09.50	
19	Hanson, Erin	Centennial	31-09.00	
20	Zapzalka, Peyton	Andover	31-07.75	
21	Riggle, Amber	Osseo	31-07.50	
22	Kuntz, Ali	Champlin PK	31-07.00	
23	Dahl, Tori	Anoka	31-04.00	
24	Nugent, Samantha	Elk River	31-02.50	
25	Backous, Kailee	Andover	30-08.50	
26	King, Marissa	Blaine	30-03.00	
27	Peterson, Bethany	Andover	29-00.00	
28	Glime, Marina	Maple Grove	28-02.50	
29	Ogunti, Madia	Park Center	26-06.00	
---	Jones, Danielle	Park Center	DQ	

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010
Coon Rapids High School
Results

Girls Discus Throw

Conference: 133-04 \$ 2000

Jessica Stephan

Name	School	Finals
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Finals

1 Lesser, Emily	Maple Grove	127-04	10
2 Kytta, Hayley	Blaine	109-10	8
3 Fife, Jessica	Osseo	109-06	6
4 Ford, Emily	Osseo	108-07	5
5 Detloff, Molli	Elk River	108-06	4
6 Vinokur, Vicky	Maple Grove	107-02	3
7 Richter, Kendra	Park Center	105-08	2
8 Scott, Ty	Champlin PK	101-10	1
9 Dahl, Tori	Anoka	99-04	
10 Jergensen, Stephanie	Blaine	98-08	
11 Anderson, Dani	Blaine	97-00	
12 Sims, Sharai	Osseo	94-00	
13 Nwaokolo, Nkem	Champlin PK	93-04	
14 Ngongang, Tatiana	Centennial	92-10	
15 Kath, Renee	Coon Rapids	92-04	
16 Thorndal, Nicole	Elk River	91-02	
17 Pasiowitz, Courtney	Coon Rapids	90-08	
18 Lorge, Ashley	Anoka	89-00	
19 Backous, Kailee	Andover	88-03	
20 Laurent, Lisa	Maple Grove	88-00	
21 Happke, Caitlynn	Coon Rapids	84-11	
22 Lynch, Maria	Centennial	83-08	
23 Struck, Sarah	Champlin PK	82-10	
24 Tacheny, Allison	Elk River	82-07	
25 Jones, Danielle	Park Center	80-09	
26 Peterson, Bethany	Andover	79-11	
27 McCall, Courtney	Andover	75-11	
28 Coffland, Bri	Anoka	74-09	

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010

Coon Rapids High School

Results

Boys 100 Meter Dash

Conference: 10.50 \$ 2001

Name	School	Prelims	Anthony Dew
Preliminaries			
1 Mendin, Patrick	Blaine	11.23	Q
2 Fort-Baker, Kiemonte	Coon Rapids	11.24	Q
3 Berger, Taylor	Elk River	11.29	Q
4 elsnes, Jack	Champlin PK	11.30	Q
5 Conner, Sam	Osseo	11.37	q
6 Williams, BenJay	Andover	11.44	q
7 Ellena, Carter	Coon Rapids	11.46	q
8 Dixon, Emmanuel	Maple Grove	11.50	q
9 Wilson, Derek	Blaine	11.52	
10 Deveaux, Marcel	Blaine	11.54	
11 Nelson, Zach	Andover	11.64	
12 Chouinard, Corey	Elk River	11.65	
13 Togba, Rundell	Osseo	11.66	
14 Shannon, Steve	Park Center	11.69	
15 Saylee, Rufus	Park Center	11.76	
16 Rusinak, Patrick	Centennial	11.77	
17 Kahnke, Jon-Martin	Maple Grove	11.80	
18 Buggs, Eliot	Park Center	11.81	
19 Wallick, Jack	Maple Grove	11.83	
20 Koesler, Mitch	Andover	11.88	
21 Fleming, Jackie	Champlin PK	11.88	
22 Holbrook, Zach	Elk River	11.91	
23 Christenson, Dane	Centennial	11.96	
24 Elvig, Josh	Anoka	12.00	
25 Kwia, Peter	Champlin PK	12.01	
26 Oawster, Matthias	Centennial	12.03	
27 Erickson, Tony	Anoka	12.04	
28 Ford, Antonio	Coon Rapids	12.43	
29 Roschen, Tyler	Anoka	12.44	

Boys 100 Meter Dash

Conference: 10.50 \$ 2001

Name	School	Finals	Anthony Dew
Finals			
1 Fort-Baker, Kiemonte	Coon Rapids	11.26	10
2 Mendin, Patrick	Blaine	11.43	8
3 Berger, Taylor	Elk River	11.43	6
4 elsnes, Jack	Champlin PK	11.58	5
5 Ellena, Carter	Coon Rapids	11.65	4
6 Williams, BenJay	Andover	11.73	3
7 Dixon, Emmanuel	Maple Grove	11.84	2

Boys 200 Meter Dash

Conference: 21.10 \$ 2004

Name	School	Prelims	Ibrahim Kabia
Preliminaries			
1 Berger, Taylor	Elk River	22.33	Q
2 Fort-Baker, Kiemonte	Coon Rapids	22.62	Q
3 Mendin, Patrick	Blaine	22.65	Q
4 Holewa, Trent	Maple Grove	22.97	Q
5 Yochim, Derek	Blaine	22.85	q
6 Williams, BenJay	Andover	23.08	q
7 Clemons, Dion	Osseo	23.21	q
8 Ellena, Carter	Coon Rapids	23.21	q
9 Corgwell, Michael	Osseo	23.29	
10 Miamen, Prince	Osseo	23.30	
11 Wilson, Derek	Blaine	23.33	
12 Halstead, Jaread	Park Center	23.45	
13 Shannon, Steve	Park Center	23.55	
14 Rusinak, Patrick	Centennial	23.74	
15 Chouinard, Corey	Elk River	23.78	
16 Wicker, Peter	Maple Grove	23.82	
17 Kwabi, Kweku	Champlin PK	23.86	
18 elsnes, Jack	Champlin PK	23.88	
19 Wagner, Bryar	Anoka	23.90	
20 Ruffcorn, David	Champlin PK	24.02	
21 Rand, Ryan	Anoka	24.07	
22 Wesley, Michael	Coon Rapids	24.40	
23 Westerlund, Cole	Andover	24.42	
24 Johnson, Christian	Anoka	24.50	
25 Wallick, Jack	Maple Grove	24.55	
26 Holbrook, Zach	Elk River	24.63	
27 Gould, David	Centennial	24.85	
28 Dickey, John	Andover	25.22	
29 Ballard, Jesse	Park Center	25.43	

Boys 200 Meter Dash

Conference: 21.10 \$ 2004

Name	School	Finals	Ibrahim Kabia
Finals			
1 Holewa, Trent	Maple Grove	22.48	10
2 Berger, Taylor	Elk River	22.68	8
3 Fort-Baker, Kiemonte	Coon Rapids	22.86	6
4 Mendin, Patrick	Blaine	23.11	5
5 Yochim, Derek	Blaine	23.21	4
6 Ellena, Carter	Coon Rapids	23.22	3
7 Williams, BenJay	Andover	23.63	2
8 Clemons, Dion	Osseo	23.74	1

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Boys 400 Meter Dash

Conference: 49.44 \$ 2007
 Name

Jerrell Hancock
 School Prelims

Preliminaries

1	Hansen, Tom	Coon Rapids	51.69	Q
2	Yochim, Derek	Blaine	51.78	Q
3	Zrust, Mike	Blaine	51.88	Q
4	Whelan, Chris	Maple Grove	52.23	Q
5	Meyer, Kevin	Blaine	52.08	q
6	Davies, Phil	Coon Rapids	52.73	q
7	Albright, Mason	Andover	53.39	q
8	Wesley, Michael	Coon Rapids	53.40	q
9	Walden, Derek	Maple Grove	53.47	
10	Linquist, Brandon	Anoka	53.64	
11	Wagner, Bryar	Anoka	53.66	
12	Kallman, Jesse	Centennial	53.77	
13	Curtis, Lemaun	Osseo	54.01	
14	Abdulla, Ali	Maple Grove	54.45	
15	Peterson, Ryan	Centennial	54.86	
16	Freeman, Dwayne	Osseo	55.08	
17	Ruffcorn, David	Champlin PK	55.16	
18	Wenberg, Ben	Andover	55.31	
19	Barthold, Billy	Andover	55.39	
20	Oba, Fawaz	Osseo	55.59	
21	Leach, Lance	Anoka	55.75	
22	Bodum, Yaw	Park Center	55.80	
23	Lesner, Colin	Centennial	55.91	
24	Peters, Cole	Champlin PK	56.55	
25	Brummer, Ben	Elk River	57.53	
26	Kabaka, Davis	Champlin PK	57.53	
27	Haugen, Joe	Elk River	59.39	
28	Ndege, Fanaka	Elk River	1:00.81	

Boys 400 Meter Dash

Conference: 49.44 \$ 2007
 Name

Jerrell Hancock
 School Finals

Finals

1	Whelan, Chris	Maple Grove	49.83	10
2	Zrust, Mike	Blaine	50.74	8
3	Yochim, Derek	Blaine	51.10	6
4	Hansen, Tom	Coon Rapids	51.16	5
5	Meyer, Kevin	Blaine	52.46	4
6	Davies, Phil	Coon Rapids	53.07	3
7	Wesley, Michael	Coon Rapids	53.67	2
8	Albright, Mason	Andover	53.93	1

Boys 800 Meter Run

Conference: 1:56.48 \$ 5/20/2009 Blayne Dulian
 Name

School Prelims

Preliminaries

1	Gilkerson, Mark	Park Center	1:59.50	Q
2	Dulian, Blayne	Coon Rapids	1:59.91	Q
3	Johanson, Peter	Anoka	2:01.08	Q
4	Nurie, Mammad	Blaine	2:00.33	Q
5	Unold, Jason	Osseo	2:01.39	Q
6	Jorgenson, Eric	Osseo	2:01.49	Q
7	Davenport, Tanner	Blaine	2:01.57	Q
8	Grow, Spencer	Anoka	2:02.03	Q
9	Lewis, Terrence	Coon Rapids	2:02.90	Q
10	Stangl, Charlie	Anoka	2:01.62	q
11	Vasquez, Chase	Andover	2:02.44	q
12	Johantgen, Dustin	Maple Grove	2:03.39	q
13	Tilleskjor, Joe	Centennial	2:03.50	
14	Johnson, Zach	Champlin PK	2:03.75	
15	Iverson, Luke	Maple Grove	2:03.94	
16	Rausch, Nathan	Maple Grove	2:04.04	
17	Morris, Steve	Coon Rapids	2:04.21	
18	Brown, Ryan	Centennial	2:04.43	
19	Musa, Mujib	Park Center	2:04.58	
20	Konczal, Andrew	Elk River	2:06.34	
21	Limberg, Josh	Blaine	2:06.38	
22	Trapp, Ryan	Elk River	2:06.45	
23	Schwarz, Matt	Andover	2:06.58	
24	Taverna, Andrew	Osseo	2:07.53	
25	Novak, Dillion	Champlin PK	2:08.03	
26	Stevens, Eric	Elk River	2:09.45	
27	Lorimer, Mark	Andover	2:10.34	
28	Metzmaker, Steve	Centennial	2:10.88	
29	Heimark, Drew	Park Center	2:11.22	

Boys 800 Meter Run

Conference: 1:56.48 \$ 5/20/2009 Blayne Dulian
 Name

School Finals

Finals

1	Gilkerson, Mark	Park Center	1:56.19	\$ 10
2	Dulian, Blayne	Coon Rapids	1:56.67	8
3	Johanson, Peter	Anoka	1:58.42	6
4	Jorgenson, Eric	Osseo	1:59.63	5
5	Nurie, Mammad	Blaine	2:00.34	4
6	Unold, Jason	Osseo	2:00.45	3
7	Grow, Spencer	Anoka	2:00.94	2
8	Davenport, Tanner	Blaine	2:02.05	1
9	Stangl, Charlie	Anoka	2:02.51	
10	Johantgen, Dustin	Maple Grove	2:04.70	
11	Lewis, Terrence	Coon Rapids	2:07.96	
12	Vasquez, Chase	Andover	2:09.80	

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010
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Boys 1600 Meter Run

Conference: 4:19.10 \$ 1996

Steve Leuer

Name	School	Finals
Finals		
1 Dulian, Blayne	Coon Rapids	4:16.12 \$ 10
2 Fenske, Andy	Park Center	4:18.64 \$ 8
3 Gooley, Brian	Osseo	4:21.30 6
4 Johnson, Alex	Maple Grove	4:28.90 5
5 Brintz, Zach	Centennial	4:31.34 4
6 Keller, Jonathon	Centennial	4:31.58 3
7 Urban, Scott	Blaine	4:34.00 2
8 Olson, Tyler	Maple Grove	4:34.39 1
9 Stevens, Tyler	Elk River	4:36.05
10 Hartmann, Brad	Osseo	4:37.50
11 Duale, Saleban	Coon Rapids	4:38.13
12 Kremer, Dan	Blaine	4:41.70
13 Nurie, Kadiro	Blaine	4:42.47
14 Olson, Conner	Maple Grove	4:43.03
15 Grosse, Nico	Champlin PK	4:43.36
16 Mehrhof, Calvin	Coon Rapids	4:44.01
17 Fisher, Mitch	Andover	4:44.17
18 Croteau, Kevin	Anoka	4:44.49
19 Trapp, Ryan	Elk River	4:44.76
20 Herrala, Jeff	Anoka	4:45.57
21 Rodeback, Kyle	Champlin PK	4:46.40
22 Kelly, Joe	Park Center	4:47.42
23 Hyllested, Wes	Centennial	4:49.49
24 Evenson, Anders	Osseo	4:51.20
25 Stevens, Eric	Elk River	4:54.59
26 Sjostrom, Brett	Champlin PK	4:57.86
27 Kutina, Christian	Anoka	4:58.30
28 Wold, Brandon	Andover	4:58.89
29 Hellmann, Kyle	Andover	5:06.09
30 Omer, Ture	Park Center	5:11.59

Boys 3200 Meter Run

Conference: 9:42.19 \$ 5/19/2009 Ryan Evans

Name	School	Finals
Finals		
1 Fenske, Andy	Park Center	9:24.98 \$ 10
2 Woetzel, Austin	Blaine	9:56.08 8
3 Keller, Jonathon	Centennial	9:56.12 6
4 Hartmann, Brad	Osseo	10:01.22 5
5 Stevens, Tyler	Elk River	10:02.49 4
6 Brintz, Zach	Centennial	10:03.32 3
7 Nielsen, Dan	Andover	10:05.52 2
8 Olson, Tyler	Maple Grove	10:07.91 1
9 Nurie, Kadiro	Blaine	10:16.16
10 Urban, Scott	Blaine	10:20.60
11 Kennedy, David	Coon Rapids	10:20.69
12 Mueggenberg, Matt	Coon Rapids	10:24.68
13 Pearson, Travis	Anoka	10:28.36
14 Olson, Conner	Maple Grove	10:28.47
15 Croteau, Kevin	Anoka	10:30.69
16 Mason, Jake	Osseo	10:33.52
17 Nordahl, Mitch	Elk River	10:35.04
18 Grosse, Nico	Champlin PK	10:35.11
19 Fisher, Mitch	Andover	10:50.44
20 Kelly, Joe	Park Center	10:50.91
21 Kutina, Christian	Anoka	10:53.71
22 Rose, JP	Champlin PK	10:55.51
23 Evenson, Anders	Osseo	10:59.67
24 Handorff, Aaron	Andover	11:02.95
25 Coughlin, Daniel	Coon Rapids	11:03.30
26 Bowler, Ryan	Centennial	11:08.51
27 Mann, Adam	Maple Grove	11:29.86
28 Hauck, Aaron	Champlin PK	11:31.56
29 Johnson, Robby	Park Center	11:32.83
30 Thompson, Blake	Elk River	11:35.59

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010
Coon Rapids High School
Results

Boys 110 Meter Hurdles

Conference: 14.20 \$ 2001
 Name

Peter Stuart
 School Prelims

Preliminaries

1	Rice, Mark	Maple Grove	15.09	Q
2	Crutch, DeShawn	Andover	15.53	Q
3	Courtright, Aaron	Blaine	15.60	Q
4	Ackermann, David	Blaine	15.74	Q
5	Probert, Michael	Andover	15.61	q
6	Buhmann, Matt	Elk River	15.74	q
7	Emmerich, Justin	Andover	15.93	q
8	Cleveland, Phil	Champlin PK	16.08	q
9	Wolfe, Jesse	Centennial	16.09	
10	Alexander, Jay	Champlin PK	16.23	
11	Kaba, Ibrahim	Champlin PK	16.34	
12	Peterson, Tim	Elk River	16.46	
13	Kleba, Jon	Coon Rapids	16.52	
14	Erding, Tyler	Centennial	16.69	
15	Copeland, Dajuan	Blaine	16.70	
16	Greenberg, Nolan	Anoka	16.76	
17	Togba, Rundell	Osseo	16.80	
18	Theus, Shaquille	Coon Rapids	17.16	
19	Zyskowski, Ryan	Maple Grove	17.23	
20	Rierson, Andrew	Coon Rapids	17.28	
21	Grace, Logan	Elk River	17.81	
22	Jacox-Mann, Arnytt	Osseo	18.17	
23	Davis, Josh	Centennial	18.26	
24	Kelly, Tim	Osseo	18.45	
25	Anderson, Chet	Anoka	18.66	
26	Linn, Blake	Maple Grove	20.43	

Boys 110 Meter Hurdles

Conference: 14.20 \$ 2001
 Name

Peter Stuart
 School Finals

Finals

1	Rice, Mark	Maple Grove	15.62	10
2	Ackermann, David	Blaine	15.88	8
3	Courtright, Aaron	Blaine	15.97	6
4	Crutch, DeShawn	Andover	16.15	5
5	Buhmann, Matt	Elk River	16.19	4
6	Emmerich, Justin	Andover	16.21	3
7	Probert, Michael	Andover	16.58	2
8	Cleveland, Phil	Champlin PK	16.87	1

Boys 300 Meter Hurdles

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

Preliminaries

1	Courtright, Aaron	Blaine	39.64	Q
2	Buhmann, Matt	Elk River	39.76	Q
3	Rice, Mark	Maple Grove	40.49	Q
4	Rader, Chris	Coon Rapids	40.92	Q
5	Emmerich, Justin	Andover	41.26	q
6	Rierson, Andrew	Coon Rapids	41.66	q
7	Wiagbe, Gus	Osseo	41.76	q
8	Alexander, Jay	Champlin PK	41.78	q
9	Probert, Michael	Andover	42.12	
10	Wolfe, Jesse	Centennial	42.13	
11	Erding, Tyler	Centennial	42.24	
12	Theus, Shaquille	Coon Rapids	42.64	
13	Crutch, DeShawn	Andover	42.88	
14	Jacox-Mann, Arnytt	Osseo	42.94	
15	Rueben, A	Park Center	42.96	
16	Cleveland, Phil	Champlin PK	43.22	
17	Greenberg, Nolan	Anoka	43.35	
18	Ackermann, David	Blaine	43.44	
19	Thai, Mike	Blaine	43.65	
20	Kelly, Tim	Osseo	43.83	
21	Zyskowski, Ryan	Maple Grove	43.96	
22	Peterson, Tim	Elk River	43.96	
23	Kaba, Ibrahim	Champlin PK	44.34	
24	Struwve, Tim	Anoka	45.45	
25	Braaten, Alex	Maple Grove	46.23	
26	Grace, Logan	Elk River	46.36	
27	Jackson, Brad	Park Center	46.88	
---	Blevins, Jordan	Park Center	DNF	
---	Davis, Josh	Centennial	DNF	

Boys 300 Meter Hurdles

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

Finals

1	Courtright, Aaron	Blaine	38.95	10
2	Buhmann, Matt	Elk River	39.87	8
3	Rice, Mark	Maple Grove	40.34	6
4	Emmerich, Justin	Andover	40.91	5
5	Rader, Chris	Coon Rapids	41.43	4
6	Rierson, Andrew	Coon Rapids	41.67	3
7	Wiagbe, Gus	Osseo	41.72	2
8	Alexander, Jay	Champlin PK	41.89	1

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010
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Boys 4x100 Meter Relay

Conference: 42.71 \$ 2004 Champlin Park
Team Relay Finals

Finals

1	Maple Grove	A	43.46	10
2	Elk River	A	43.65	8
3	Blaine	A	43.66	6
4	Osseo	A	43.69	5
5	Andover	A	44.68	4
6	Coon Rapids	A	45.72	3
7	Park Center	A	45.77	2
8	Anoka	A	45.93	1
---	Centennial	A	DNF	
---	Champlin Park	A	DQ	

Boys 4x800 Meter Relay

Conference: 8:05.28 \$ 5/21/2008 Andover
Team Relay Finals

Finals

1	Blaine	A	7:55.09	\$ 10
2	Osseo	A	7:58.86	\$ 8
3	Anoka	A	8:11.71	6
4	Andover	A	8:15.52	5
5	Maple Grove	A	8:16.67	4
6	Centennial	A	8:18.94	3
7	Champlin Park	A	8:25.94	2
8	Coon Rapids	A	8:33.43	1
9	Elk River	A	8:50.88	
10	Park Center	A	8:56.70	

Boys 4x200 Meter Relay

Conference: 1:29.83 \$ 5/21/2008 Anoka
Team Relay Finals

Finals

1	Osseo	A	1:30.85	10
2	Blaine	A	1:31.31	8
3	Park Center	A	1:32.60	6
4	Andover	A	1:34.36	5
5	Champlin Park	A	1:35.28	4
6	Coon Rapids	A	1:35.83	3
7	Maple Grove	A	1:36.57	2
8	Anoka	A	1:36.68	1
9	Elk River	A	1:37.66	
---	Centennial	A	DQ	

Boys High Jump

Conference: 6-09.25 \$ 5/20/2009 Eyo Ekpo
Name School Finals

Finals

1	Mbali, Alex	Maple Grove	6-07.00	10
2	Ayinde, Kunle	Blaine	6-03.00	8
3	Schaaf, Darik	Coon Rapids	6-02.00	6
4	Sharber-Pikula, Jake	Coon Rapids	6-00.00	5
5	Huhne, Tyler	Blaine	5-10.00	4
6	Hastings, Matt	Anoka	J5-10.00	2.5
6	Sonnefeld, Joe	Osseo	J5-10.00	2.5
8	Grow, Spencer	Anoka	J5-10.00	1
9	Dowdy, Torren	Coon Rapids	5-08.00	
9	Wieneke, Jake	Maple Grove	5-08.00	
9	Backous, Jerrick	Andover	5-08.00	
9	Heglund, Tyler	Centennial	5-08.00	
9	Macfarlane, Nick	Andover	5-08.00	
14	Monkham, Kevin	Park Center	5-06.00	
14	Nolen, Trevaour	Champlin PK	5-06.00	
14	Mckeon, Adam	Champlin PK	5-06.00	
14	Batchler, Adam	Anoka	5-06.00	
14	Hoff, Phil	Elk River	5-06.00	
19	Forrest, Garrett	Elk River	5-04.00	
19	Urban, Scott	Blaine	5-04.00	
21	Rios, Jared	Champlin PK	5-02.00	
21	Mason, Sam	Osseo	5-02.00	
21	Ballard, Jesse	Park Center	5-02.00	
21	Anderson, Caven	Centennial	5-02.00	
25	Paulus, John	Maple Grove	8.00	
---	Berger, Taylor	Elk River	NH	
---	Jackson, Brad	Park Center	NH	

Boys 4x400 Meter Relay

Conference: 3:25.54 \$ 2004 Blaine
Team Relay Finals

Finals

1	Maple Grove	A	3:24.48	\$ 10
2	Blaine	A	3:28.03	8
3	Osseo	A	3:28.66	6
4	Coon Rapids	A	3:28.82	5
5	Anoka	A	3:30.32	4
6	Park Center	A	3:32.56	3
7	Andover	A	3:35.04	2
8	Centennial	A	3:37.79	1
9	Elk River	A	3:41.23	
10	Champlin Park	A	3:43.06	

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010
Coon Rapids High School
Results

Boys Pole Vault

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

Finals

1	Backous, Jerrick	Andover	13-06.00	10
2	Lueck, Matt	Blaine	13-00.00	8
3	Barquest, Ethan	Coon Rapids	12-00.00	6
4	Deveaux, Marcel	Blaine	11-06.00	5
5	Jones, Gus	Maple Grove	J11-06.00	4
6	Miller, Josh	Coon Rapids	J11-06.00	3
7	Burkland, Clay	Elk River	11-00.00	2
8	Fondie, Klyle	Coon Rapids	J11-00.00	1
9	Crowley, Jake	Champlin PK	J11-00.00	
10	Stroot, Nick	Anoka	J11-00.00	
11	Weigel, Austin	Maple Grove	10-06.00	
11	Zingsheim, Stephen	Blaine	10-06.00	
11	Croaston, Todd	Champlin PK	10-06.00	
11	Boggs, Eric	Anoka	10-06.00	
15	Jackson, Bobby	Champlin PK	10-00.00	
15	Haberman, Tim	Osseo	10-00.00	
15	Anderson, Chet	Anoka	10-00.00	
15	Bohrer, Kyle	Andover	10-00.00	
15	Kuha, Brandon	Andover	10-00.00	
15	Mason, Sam	Osseo	10-00.00	
21	Weeks, Kevin	Elk River	9-00.00	
21	Schulte, Jacob	Osseo	9-00.00	
21	Weisenburger, Josh	Maple Grove	9-00.00	
21	Ruprecht, Jake	Elk River	9-00.00	

Boys Long Jump

Conference: 22-08.50 \$ 5/20/2009 Randy Khieu
 Name School Finals

Finals

1	Courtright, Aaron	Blaine	21-01.00	10
2	Mbali, Alex	Maple Grove	J21-01.00	8
3	Crutch, DeShawn	Andover	20-07.50	6
4	Abdulla, Ali	Maple Grove	20-02.75	5
5	Hansen, Tom	Coon Rapids	20-01.50	4
6	Monkham, Kevin	Park Center	19-10.75	3
7	Palmer, Oscar	Maple Grove	19-10.00	1.5
7	Roy, Zach	Andover	19-10.00	1.5
9	Kline, Eric	Blaine	19-07.50	
10	Conner, Sam	Osseo	19-03.75	
10	Mendin, Patrick	Blaine	19-03.75	
12	Mckeon, Adam	Champlin PK	19-01.75	
13	Togba, Rundell	Osseo	18-10.50	
14	Rader, Chris	Coon Rapids	18-07.00	
15	Sonnefeld, Joe	Osseo	18-06.50	
16	Rand, Ryan	Anoka	18-05.50	
17	Briggity, Camden	Andover	18-04.00	
18	Pham, Stephen	Champlin PK	18-00.25	
19	Fondie, Klyle	Coon Rapids	18-00.00	
20	Hoff, Phil	Elk River	17-11.75	
21	Hoaglund, Luke	Elk River	17-06.00	
22	Erding, Tyler	Centennial	16-08.50	
23	Diekman, Kalvin	Elk River	16-07.50	
24	Erickson, Tony	Anoka	16-03.75	
25	Vetaw, Terrance	Park Center	16-02.00	
26	Farrington, Jake	Centennial	16-00.25	
27	Unruh, Austin	Centennial	15-11.75	
28	Ballard, Jesse	Park Center	15-09.25	
29	Nolen, Trevaur	Champlin PK	14-08.75	
---	Bachler, Adam	Anoka	ND	

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010
Coon Rapids High School
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Boys Triple Jump

Conference: 48-04 \$ 1998
Name

Reondo Davis
School **Finals**

Finals

1	Dowdy, Torren	Coon Rapids	44-10.25	10
2	Courtright, Aaron	Blaine	44-06.25	8
3	Hansen, Tom	Coon Rapids	43-04.00	6
4	Rice, Mark	Maple Grove	41-06.75	5
5	Rand, Ryan	Anoka	41-04.00	4
6	Mckeon, Adam	Champlin PK	41-03.00	3
7	Roy, Zach	Andover	40-11.00	2
8	Mortenson, Nate	Blaine	40-10.25	1
9	Abdulla, Ali	Maple Grove	40-08.00	
10	Togba, Rundell	Osseo	39-07.75	
11	Huhne, Tyler	Blaine	39-06.50	
12	Crutch, DeShawn	Andover	39-03.50	
13	Butler, Mikhail	Coon Rapids	39-02.50	
14	Buhmann, Matt	Elk River	39-00.00	
15	Lynn, Jordan	Park Center	38-11.75	
16	Wold, Cameron	Andover	38-11.50	
16	Halstead, Jaread	Park Center	38-11.50	
18	Ruffcorn, David	Champlin PK	38-04.50	
19	Gault, Justin	Centennial	38-01.00	
20	Khoury, Tom	Maple Grove	37-11.25	
21	Pham, Stephen	Champlin PK	36-10.00	
22	Johnson, Charles	Anoka	36-07.25	
23	Rotich, Kevin	Park Center	36-07.00	
24	Irlbeck, Justin	Centennial	36-06.75	
25	Ley, Nathan	Elk River	36-01.50	
26	Karyea, Lionel	Osseo	35-11.50	
27	Quigley, Kevin	Anoka	35-01.75	
28	Erdahl, Dallas	Elk River	34-11.00	
29	Okotete, Felix	Osseo	33-04.75	
30	Unruh, Austin	Centennial	32-10.00	

Boys Shot Put

Conference: 55-10 \$ 5/19/2009 Dijon Starr
Name **School** **Finals**

Finals

1	Starr, Dijon	Blaine	58-11.00	\$ 10
2	Anderson, Thomas	Andover	55-07.50	8
3	Gavin, Travis	Blaine	50-09.50	6
4	Johnson, Bryce	Champlin PK	50-05.00	5
5	Somers, Jake	Andover	48-08.75	4
6	Samuelson, Nick	Coon Rapids	47-06.25	3
7	McLeod, Chris	Blaine	46-11.25	2
8	Flemister-King, Gjullian	Champlin PK	46-06.75	1
9	Otto, Ross	Coon Rapids	46-03.50	
10	Klatt, Matt	Anoka	46-00.25	
11	Schmidt, Shawn	Centennial	45-07.50	
12	Thompson, Chad	Maple Grove	45-07.00	
13	Kemp, Jim	Andover	44-08.50	
14	Graber, Michael	Elk River	44-06.00	
15	Czeck, Addison	Anoka	44-02.50	
16	Erickson, Austin	Elk River	42-02.50	
17	Battis, Kevin	Centennial	41-00.25	
18	Ross, Tim	Champlin PK	40-02.75	
19	Lynn, Jordan	Park Center	39-08.50	
20	Daniels, Josh	Osseo	39-00.00	
21	Neisen, Sam	Maple Grove	38-08.00	
22	Brateg, David	Osseo	38-03.25	
23	Outlaw, Shelby	Park Center	37-10.50	
24	Meyer, Jordan	Elk River	37-08.00	
25	Kramer, Collin	Anoka	37-07.25	
26	Anderson, Chris	Osseo	36-09.00	
27	Nerison, Grant	Maple Grove	36-04.00	
28	Griffiths, Brandyn	Park Center	35-10.50	
---	Scheerer, Peter	Centennial	ND	
---	Eagan, Tom	Coon Rapids	ND	

Northwest Suburban Conference Championships - 5/25/2010 to 5/27/2010
Coon Rapids High School
Results

Boys Discus Throw

Conference: 170-02 \$ 2004

Lucas Scheel

Name	School	Finals	
Finals			
1 Starr, Dijon	Blaine	162-10	10
2 Anderson, Thomas	Andover	159-05	8
3 Gavin, Travis	Blaine	158-10	6
4 Otto, Ross	Coon Rapids	151-11	5
5 Johnson, Bryce	Champlin PK	143-06	4
6 Thompson, Chad	Maple Grove	142-10	3
7 McLeod, Chris	Blaine	139-11	2
8 Melby, Anders	Centennial	135-02	1
9 Williams, Airron	Champlin PK	130-09	
10 Neisen, Sam	Maple Grove	126-09	
11 Petersen, Bennet	Anoka	126-07	
12 Kemp, Steve	Andover	124-09	
13 Schmidt, Shawn	Centennial	120-03	
14 Samuelson, Nick	Coon Rapids	119-02	
15 Flemister-King, Gjullian	Champlin PK	117-05	
16 Dahl Sparks, Derek	Anoka	116-04	
17 Fransen, Scott	Andover	114-10	
18 Garski, Dylan	Coon Rapids	113-10	
19 Ethen, Nate	Maple Grove	111-11	
20 Bergeson, Taylor	Anoka	111-09	
21 Graber, Michael	Elk River	110-04	
22 Heston, Pierce	Elk River	107-07	
23 Wiemann, Kyle	Elk River	104-08	
24 Hall, Harry	Osseo	104-04	
25 Griffiths, Brandyn	Park Center	99-02	
26 Anderson, Chris	Osseo	95-09	
27 Jackson, Brad	Park Center	95-08	
28 Lynn, Jordan	Park Center	80-08	
29 Brateg, David	Osseo	71-04	
--- Scheerer, Peter	Centennial	ND	

Women - Team Rankings - 18 Events Scored

1) Elk River	121.5
2) Blaine	95
3) Osseo	78
4) Maple Grove	75.5
5) Champlin Park	66
5) Anoka	66
7) Coon Rapids	57.5
8) Park Center Senior High School	57
9) Andover	55.5
10) Centennial	30

Men - Team Rankings - 18 Events Scored

1) Blaine	186
2) Coon Rapids	119
3) Maple Grove	107.5
4) Andover	78.5
5) Osseo	53.5
6) Park Center Senior High School	42
7) Elk River	40
8) Anoka	27.5
9) Champlin Park	26
10) Centennial	21