

## 2012 North Suburban Conference Championships Irondale High School May 15-17, 2012

**TEAMS:** Spring Lake Park/St Anthony 177, Irondale 151.5, Cooper 66.5, St. Louis Park 63, Chisago Lakes 58, St. Francis 57, Benilde-St. Margaret's 42, Totino-Grace 25, Fridley 25, North Branch 21, Columbia Heights 18.

### 100 Meter Dash

1 Javon Snelson, 12, Benilde-SM (11.00p) 11.09  
2 David Shadduck, 12, SpringLkPk/SA (11.39p) 11.22  
3 K C. Ogbonnaya, 12, Irondale (11.32p) 11.23  
4 James Kruse, 11, Irondale (11.52p) 11.38  
5 Daireus Mock, 9, Columbia Heights (11.48p) 11.43  
6 Eric Brown, 11, Chisago Lakes (11.30p) 11.46  
7 Narris Uzzell, 10, St Louis Park (11.48p) 11.47  
- Odell Howard, 10, Fridley (11.07p)

7 Joe Britven, 12, Fridley 10:40.12  
8 Matthew Racchini, 11, Benilde-SM 10:40.89

### 110 Meter Hurdles

1 Ben Ojika, 11, Irondale (15.09p) 14.80  
2 Cj Janu, 11, SpringLkPk/SA (14.56p) 14.89  
3 Justice Canfield, 11, Irondale (15.64p) 15.48  
4 Micah Kortan, 10, StFrancis (15.56p) 15.71  
5 Lukman Kalejaiye, 11, Cooper (16.03p) 15.80  
6 Brad Houfek, 12, Irondale (15.61p) 16.06  
7 Chris Wakefield, 11, SpringLkPk/SA (15.97p) 16.08  
8 Gideon Moranga, 11, St Louis Park (16.36p) 16.14

### 200 Meter Dash

1 David Shadduck, 12, SpringLkPk/SA (22.60p) 22.32  
2 Javon Snelson, 12, Benilde-SM (22.79p) 22.56  
3 James Kruse, 11, Irondale (23.35p) 22.91  
4 Daireus Mock, 9, Columbia Heights (23.18p) 22.94  
5 Eric Brown, 11, Chisago Lakes (23.23p) 23.10  
6 Jacob Ojile, 11, SpringLkPk/SA (23.32p) 23.48  
7 Jordan Young, 12, St Louis Park (23.30p) 23.79  
- Odell Howard, 10, Fridley (22.72p)

### 300 Meter Hurdles

1 Cj Janu, 11, SpringLkPk/SA (39.61p) 39.61  
2 Ben Ojika, 11, Irondale (41.65p) 40.51  
3 Lukman Kalejaiye, 11, Cooper (41.75p) 41.55  
4 Austen Wek, 10, North Branch (41.57p) 42.11  
5 Justice Canfield, 11, Irondale (41.93p) 42.37  
6 Brad Houfek, 12, Irondale (41.66p) 42.50  
7 Micah Kortan, 10, StFrancis (42.31p) 42.63  
8 Chris Wakefield, 11, SpringLkPk/SA (41.87p) 42.76

### 400 Meter Dash

1 Jordan Young, 12, St Louis Park (51.22p) 50.00  
2 David Shadduck, 12, SpringLkPk/SA (53.52p) 50.09  
3 Tyler Greaves, 12, SpringLkPk/SA (52.20p) 52.20  
4 Malik Rucker, 11, Cooper (52.57p) 52.23  
5 Jacob Ojile, 11, SpringLkPk/SA (52.33p) 52.74  
6 Shannon Williams, 12, Irondale (52.36p) 52.75  
7 Hunnan Khan, 10, Fridley (53.89p) 54.19  
8 Anthony Cole, 10, StFrancis (53.86p) 54.51

### 4x100 Meter Relay

1 Irondale 43.69  
2 SpringLkPk/SA 44.32  
3 St Louis Park 44.41  
4 Columbia Heights 44.69  
5 Cooper 45.73  
6 Benilde-SM 45.89  
7 Fridley 46.05  
8 StFrancis 46.37

### 800 Meter Run

1 Luke McKenzie, 12, Chisago Lakes (2:01.82p) 1:59.31  
2 Grant Olsen, 10, StFrancis (2:04.76p) 2:03.55  
3 Isaac Krause, 11, SpringLkPk/SA (2:06.48p) 2:04.48  
4 Nicholas Sokolowski, 10, St Louis Park (2:04.27p) 2:05.42  
5 Michael Cork, 12, St Louis Park (2:06.08p) 2:07.35  
6 Haysam Bokku, 9, Cooper (2:06.08p) 2:08.16  
7 Sam Vossler, 9, Irondale (2:06.65p) 2:09.13  
8 Nathan Woods, 12, SpringLkPk/SA (2:07.24p) 2:09.46

### 800 Meter Relay

1 SpringLkPk/SA 1:31.79  
2 Chisago Lakes 1:33.85  
3 Irondale 1:34.09  
4 StFrancis 1:34.67  
5 Columbia Heights 1:35.18  
6 Fridley 1:35.85  
7 Cooper 1:36.08  
8 North Branch 1:36.10

### 1600 Meter Run

1 Grant Olsen, 10, StFrancis 4:35.98  
2 Michael Rosenberg, 12, SpringLkPk/SA 4:36.86  
3 Michael Cork, 12, St Louis Park 4:37.92  
4 Nicholas Sokolowski, 10, St Louis Park 4:38.17  
5 Andy Magnuson, 10, Chisago Lakes 4:38.97  
6 Chris Lawson, 12, SpringLkPk/SA 4:39.02  
7 Aaron Jacques, 11, StFrancis 4:48.54  
8 Joe Britven, 12, Fridley 4:53.16

### 4x400 Meter Relay

1 St Louis Park 3:31.10  
2 Chisago Lakes 3:31.69  
3 SpringLkPk/SA 3:33.21  
4 Irondale 3:34.39  
5 North Branch 3:36.52  
6 StFrancis 3:39.59  
7 Cooper 3:41.23  
8 Fridley 3:45.91

### 3200 Meter Run

1 Chris Lawson, 12, SpringLkPk/SA 10:02.62  
2 Michael Rosenberg, 12, SpringLkPk/SA 10:13.91  
3 Andy Magnuson, 10, Chisago Lakes 10:15.91  
4 Jake Ajax, 10, SpringLkPk/SA 10:16.52  
5 Bashir Adeed, 11, Fridley 10:30.68  
6 Carl Osterburg, 10, Chisago Lakes 10:37.95

### 4x800 Meter Relay

1 SpringLkPk/SA 8:28.92  
2 StFrancis 8:29.22  
3 Irondale 8:34.50

4 Cooper 8:39.67  
5 Benilde-SM 8:47.21  
6 Totino-Grace 8:56.18  
7 St Louis Park 8:56.80  
8 Chisago Lakes 8:56.98

6 Bryant Lymburn, 12, SpringLkPk/SA 12-6  
7 Jered Hoff, 12, SpringLkPk/SA 12-0  
8 Victor Paraskov, 12, Irondale 11-6  
8 Matthew Kelly, 11, Cooper 11-6

#### Wheelchair 800

1 Mark Braun, 12, Irondale 2:09.66

#### Wheelchair 1600

1 Mark Braun, 12, Irondale 4:17.43

#### Wheelchair Shot Put

1 Mark Braun, 12, Irondale 18-4 1/2

#### Wheelchair Discus

1 Mark Braun, 12, Irondale 53-0

#### Long Jump

1 Pilgrim Brooks, 11, Cooper 21-5 1/4  
2 Malik Rucker, 11, Cooper 21-3  
3 Kevin Poster, 12, Irondale 21-2 3/4  
4 Shannon Williams, 12, Irondale 20-10 1/2  
5 Joe Ikier, 12, Fridley 20-5 3/4  
6 Thomas Gorrilla, 11, Benilde-SM 20-3 1/4  
7 Connor Keefe, 11, SpringLkPk/SA 20-3 1/4  
8 David Shaddock, 12, SpringLkPk/SA 20-2 3/4

#### Triple Jump

1 Kevin Poster, 12, Irondale 44-7 1/4  
2 Eji Ejiya, 10, SpringLkPk/SA 43-2 1/2  
3 Joe Ikier, 12, Fridley 42-6 1/2  
4 Denzell Oats, 11, St Louis Park 42-6  
5 Connor Keefe, 11, SpringLkPk/SA 42-4 1/2  
6 Ben Ojika, 11, Irondale 42-1 1/4  
7 Lukman Kalejaiye, 11, Cooper 41-9  
8 Malik Rucker, 11, Cooper 41-9

#### Shot Put

1 Matthew Schauer, 12, Totino-Grace 51-11  
2 Breion c, 12, Benilde-SM 51-3 1/2  
3 Trey Blair, 11, Irondale 47-7  
4 Daulton Olinger, 11, SpringLkPk/SA 46-1  
5 Alec Waite, 12, Irondale 45-4 1/2  
6 Derek Malbrue, 11, SpringLkPk/SA 45-4  
7 Jonathan Sutton, 11, Benilde-SM 45-2  
8 Kai Barber, 10, Totino-Grace 45-1 1/2

#### Discus Throw

1 Ashanti Payne, 11, Cooper 141-2  
2 Isaac Lindahl, 11, StFrancis 137-9  
3 Ryan Delmonico, 11, SpringLkPk/SA 137-3  
4 Christopher Compton, 10, St Louis Park 136-3  
5 Alec Waite, 12, Irondale 133-9  
6 Trey Blair, 11, Irondale 133-6  
7 Jonathan Sutton, 11, Benilde-SM 133-4  
8 Breion Creer, 12, Benilde-SM 132-6

#### High Jump

1 Kevin Poster, 12, Irondale 6-4  
2 Ben Ojika, 11, Irondale 6-2  
3 Robert Ben, 11, SpringLkPk/SA 6-2  
4 Trey Blair, 11, Irondale 5-10  
5 Pilgrim Brooks, 11, Cooper 5-8  
6 Brandon Thuawald, 10, North Branch 5-8  
7 Lee Josh, 12, SpringLkPk/SA 5-6  
8 Peter Tengwall, 12, Chisago Lakes 5-6

#### Pole Vault

1 Brent Seaton, Chisago Lakes 13-6  
2 Carl Neumann, 12, North Branch 12-6  
3 Justin Jones, 12, Totino-Grace 12-6  
3 Mike Hoefer, 11, Totino-Grace 12-6  
5 Wayne Ruble, 11, StFrancis 12-6