

2006 MSHSL Section 5A 5/31/2006 at St. John's University

Teams: Glencoe-Silver Lake 112, St. Cloud Cathedral 84, Mayer Lutheran 66 ½, Foley 57 ½, Melrose Area 48, Milaca 40, Watertown-Mayer 40, Litchfield 37, New London-Spicer 32, Howard Lake-Waverly-Winsted 28, Annandale 27, Delano 18, Atwater-Cosmos-Grove City 17, Lester Prairie-Holy Trinity 16, Zimmerman 14, Holdingford 14, Albany 10, Crosby-Ironton 10, Maple Lake 9, Pierz 9, Paynesville Area 5, Royalton 5, Aitkin 2.

100 Meter Dash

- 1 Nick Trisko, Melrose 11.21 (11.26p)
- 2 Alex Williams, Lester Prairie/HT 11.48 (11.26p)
- 3 Matt Ramsdell, St Cloud Cath 11.63 (11.56p)
- 4 Scott Harloff, Annandale 11.67 (11.71p)
- 5 Kyle Winkleman, Foley 11.68 (11.60p)
- 6 Blake Noennig, Mayer Luth 11.68 (11.58p)
- 7 Jon Puchalla, St Cloud Cath 11.69 (11.55p)
- 8 Kyle O'Donnell, Glencoe-SL 11.83 (11.68p)

200 Meter Dash

- 1 Nick Trisko, Melrose 22.92 (22.84p)
- 2 Alex Williams, Lester Prairie/HT 23.04 (23.13p)
- 3 Chris Lefler, Foley 23.14 (23.36p)
- 4 Matt Ramsdell, St Cloud Cath 23.16 (23.14p)
- 5 Daren Thompson, Glencoe-SL 23.52 (23.15p)
- 6 Blake Noennig, Mayer Luth 23.56 (23.22p)
- 7 Jon Puchalla, St Cloud Cath 23.57 (23.39p)
- 8 Scott Harloff, Annandale 23.61 (23.57p)

400 Meter Dash

- 1 Lucas Mueller, Mayer Luth 51.16
- 2 Rob Field, Delano 51.44
- 3 Travis Welle, Glencoe-SL 51.83
- 4 Hector Tercero, Hoawd Lk-W-W 52.40
- 5 Brad Salveson, Maple Lake 52.51
- 6 Joey Blackmore, Albany 52.88
- 7 Matt Muenchow, Glencoe-SL 52.97
- 8 Matt Triche, Litchfield 53.26

800 Meter Run

- 1 David Christensen, Mayer Luth 1:58.62
- 2 Dain Haukos, Glencoe-SL 2:00.67
- 3 Austin Babler, Foley 2:01.46
- 4 Andrew Larson, Annandale 2:03.49
- 5 Zach Ley, St Cloud Cath 2:04.34
- 6 Steve Swanson, Glencoe-SL 2:04.70
- 7 Tyler Trettel, Royalton 2:04.78
- 8 Louis Hughes, Milaca 2:05.14

1600 Meter Run

- 1 Ryan Noack, St Cloud Cath 4:31.25
- 2 Rob Aderman, St Cloud Cath 4:33.42
- 3 Steve Gall, Pierz 4:35.36
- 4 Daniel Merritt, Howard Lk-W-W 4:37.68
- 5 Dan Allen, St Cloud Cath 4:39.48
- 6 Tyler Trettel, Royalton 4:43.07
- 7 Steven Parker, Annandale 4:46.30
- 8 Luke Jordan, Watertown-M 4:47.99

3200 Meter Run

- 1 Ryan Noack, St Cloud Cath 9:56.65
- 2 McLean Severson, Crosby-I 10:03.26
- 3 Kenny Fillbrandt, Glencoe-SL 10:08.40
- 4 Connor Gjerve, Annandale 10:14.80
- 5 Adam Arveson, Delano 10:18.36
- 6 Steve Gall, Pierz 10:19.66
- 7 Ben Meyer, Atwater-C-GC 10:22.64
- 8 Matt Lashinski, Annandale 10:23.56

High Hurdles

- 1 Brian Lemke, Watertown-M 15.81 (15.69p)
- 2 Zach Boettcher, St Cloud Cath 16.16 (16.20p)
- 3 Zac Nielsen, Zimmerman 16.25 (16.10p)
- 4 Justin Hanson, Atwater-C-GC 16.65 (16.72p)
- 5 Ryan Exsted, Glencoe-SL 16.68 (16.47p)
- 6 Eduardo Martinez, Melrose 16.73 (16.64p)
- 7 Ryan Bergstrom, Atwater-C-GC 16.80 (16.04p)
- 8 Matt Molde, Annandale 17.27 (16.61p)

Intermediate Hurdles

- 1 Robert Schultzenberg, Melrose 41.17
- 2 Matt Burns, Watertown-M 41.30
- 3 Ryan Exsted, Glencoe-SL 42.07
- 4 Josiah Powell, St Cloud Cath 42.62
- 5 Scott Neaton, Watertown-M 42.68
- 6 Chris Leither, St Cloud Cath 42.89
- 7 Zac Nielsen, Zimmerman 43.26
- 8 Aaron Sanken, Glencoe-SL 43.50

4x100 Relay

- 1 Foley 44.08 (LaVigne, Lefler, Roden, Winkleman)
- 2 Glencoe-SL 45.15
- 3 Delano 45.73
- 4 Milaca 46.20
- 5 Melrose 47.16
- 6 Albany 47.26
- 7 Atwater-C-GC 47.63
- Annandale DQ

4x200 Relay

- 1 Glencoe-SL 1:32.49 (O'Donnell, Thompson, Hoese, Welle)
- 2 New London-S 1:34.50
- 3 Milaca 1:34.79
- 4 Howard Lk-W-W 1:35.04
- 5 Watertown-M 1:36.21
- 6 Albany 1:36.92
- 7 Aitkin 1:39.51
- 8 St Cloud Cath 1:39.68

4x400 Relay

- 1 Mayer Luth 3:28.27 (Noennig, Schwanke, Mueller, Christensen)
- 2 St Cloud Cath 3:33.00
- 3 Glencoe-SL 3:33.82
- 4 Maple Lake 3:36.06
- 5 Howard Lake-W-W 3:37.39
- 6 Foley 3:38.35
- 7 Milaca 3:38.95
- 8 Albany 3:45.28

4x800 Relay

- 1 Foley 8:12.01 (Babler, AJohnson, KJohnson, Svihla)
- 2 Glencoe-SL 8:28.20
- 3 Howard Lk-W-W 8:30.27
- 4 Watertown-M 8:32.24
- 5 New London-S 8:36.70
- 6 St Cloud Cath 8:41.27
- 7 Crosby-I 8:47.14
- 8 Holdingford 9:12.57

Shot Put

- 1 Adam Kershaw, Foley 54-0
- 2 Matthew Maresh, Glencoe-SL 52-0 ¼
- 3 Adam Freeh, Zimmerman 51-2 ¾
- 4 Josh Rose, Litchfield 50-4
- 5 Nick Davis, Litchfield 48-9 ½
- 6 Jake Brinkman, Mayer Luth 46-11
- 7 Wade Powers, New London-S 45-3
- 8 Jared Peterson, Atwater-C-GC 44-9

Discus Throw

- 1 Wade Powers, New London-S 146-6
- 2 Nick Davis, Litchfield 145-6
- 3 Adam Kershaw, Foley 144-8
- 4 Jake Brinkman, Mayer Luth 144-5
- 5 Mike Planer, Annandale 144-0
- 6 Justin Peterson, Mayer Luth 141-8
- 7 Ryan Ackman, Litchfield 139-5
- 8 Aaron Wright, Milaca 131-6

Long Jump

- 1 Eric Rose, Glencoe-SL 20-3 ½
- 2 Matt Muenchow, Glencoe-SL 19-8 ¼
- 3 Daren Sangren, Litchfield 19-7 ½
- 4 Justin Weisbrich, Melrose 19-5 ¼
- 5 Joel Panning, Mayer Luth 19-3 ½
- 6 Eric Anderson, St Cloud Cath 19-2 ¾
- 7 Tom Argabrite, Mayer Luth 18-10
- 8 Lance Kierzek, Holdingford 18-9 ¾

Triple Jump

- 1 Andrew Bernstetter, Holdingford 42-1 ¼
- 2 Eric Rose, Glencoe-SL 40-9 ¼
- 3 Justin Weisbrich, Melrose 40-8 ¾
- 4 Ryan Bergstrom, Atwater-C-GC 39-11
- 5 Kolt Therikilsen, New London-S 39-10 ½
- 6 Tom Udermann, Foley 39-8 ¾
- 7 Lance Kierzek, Holdingford 39-8 ½
- 8 Mike Bredeson, Litchfield 39-5 ¼

High Jump

- 1 Mike Bredeson, Litchfield 6-3
- 2 Adam Hendricks, Watertown-M 6-1
- 3 Andrew Tewes, Mayer Luth 6-1
- 4 Eric Rose, Glencoe-SL 6-1
- 5 Justin Haats, New London-S 5-11
- 6 Brian Pettit, Howard Lk-W-W 5-11
- 7 Dan Allen, St Cloud Cath 5-9
- 7 Lewis Johnson, Milaca 5-9
- 7 Eric Anderson, St Cloud Cath 5-9

Pole Vault

- 1 Caleb Coffee, Milaca 13-2
- 2 Steven Vedders, Milaca 13-2
- 3 Torin Erickson, Milaca 13-2
- 4 Aaron Bachman, Paynesville 12-8
- 5 David Christensen, Mayer Lutheran 12-2
- 6 Travis Lundquist, Annandale 11-8
- 7 Matt Oltrogge, Mayer Luth 11-8
- 8 Lee Radde, Mayer Luth 11-8

** Meet Record

Notes: