

Section 3A Track and Field Championships - 5/31/2007

Benson High School

Results

Boys 100 Meter Dash Class A

Name	Yr	School	Finals
Finals			
1 Spronk, Jordan	11	Southwest MN	11.79 10
2 Citrowske, Colby	12	Canby/Minneota	11.81 8
3 Jansen, Brent		RenvilleCtyWest	11.83 6
4 VanderSchaaf, Kevin	12	HillBCr/Ells/Ed	11.86 5
5 Nehring, Jacob	12	Lac qui Parle/DB	11.96 4
6 Johnson, Kenton	12	YellowMedicineE	11.98 3
7 Kirk, Brandon	10	Tracy-Milroy	12.02 2
8 Kieper, Jacob	12	Cedar Mounta	12.22 1

Boys 200 Meter Dash Class A

Name	Yr	School	Finals
Finals			
1 Spronk, Jordan	11	Southwest MN	23.33 10
2 Pfeifle, Nicholas	10	Southwest MN	23.35 8
3 Citrowske, Colby	12	Canby/Minneota	23.40 6
4 Jansen, Brent		RenvilleCtyWest	23.76 5
5 Buboltz, Deron	10	Blh/Bold	23.80 4
6 Nehring, Jacob	12	Lac qui Parle/DB	24.03 3
7 VanderSchaaf, Kevin	12	HillBCr/Ells/Ed	24.23 2
8 Tews, Mike	11	Cedar Mounta	24.40 1

Boys 400 Meter Dash Class A

Name	Yr	School	Finals
1 Citrowske, Colby	12	Canby/Minneota	50.43 10
2 Heglund, Joey	11	YellowMedicineE	50.56 8
3 Gunderson, Andrew	11	YellowMedicineE	51.46 6
4 Pfeifle, Nicholas	10	Southwest MN	51.49 5
5 Holwerda, Brett	11	Blh/Bold	51.73 4
6 Tews, Mike	11	Cedar Mounta	51.83 3
7 Hodgson, Nicolas	12	Redwood Valley	53.17 2
8 Knapper, Dan		RenvilleCtyWest	54.20 1
9 Amundson, Garrett	9	WestbrookWG/R	54.53
10 Harmsen, Nick	12	Murray Cty Centr	54.67
11 Tinklenberg, Luke	12	Pipestone Area	54.87
12 Dieter, Dan	12	Tracy-Milroy	55.73
13 Falk, Tony		Murray Cty Centr	55.80
14 Spaeth, Will	11	WestbrookWG/R	57.47

Boys 800 Meter Run Class A

Name	Yr	School	Finals
1 Nieuwebeerta, JJ	12	Montevideo	2:00.25 10
2 Skillings, Tanner		Canby/Minneota	2:03.62 8
3 Lavoie, Miguel	12	Fulda	2:03.96 6
4 Brandt, Nathan	10	JacksonCtyCentra	2:04.82 5
5 Reisdorfer, Chris	10	Adrian	2:05.69 4
6 Paulsen, Tyler	10	HillBCr/Ells/Ed	2:06.66 3
7 Thooff, Nate	10	Redwood Valley	2:08.65 2
8 York, Mark		Murray Cty Centr	2:08.79 1
9 VanWyhe, Halden		HillBCr/Ells/Ed	2:09.85
10 Olson, Darin	12	Montevideo	2:10.09
11 Ewers, Vince	12	Cedar Mounta	2:10.69
12 Alwal, Ajuda		Adrian	2:12.69
13 Hein, Owen	11	Montevideo	2:18.73

14 Steffen, David	12	Pipestone Area	2:19.03
--- Felt, Michael	10	Redwood Valley	DQ

Boys 1600 Meter Run Class A

Name	Yr	School	Finals
1 Peters, Justin	12	Redwood Valley	4:27.44 10
2 Henderson, Jacob	12	YellowMedicineE	4:31.01 8
3 Swenson, Ryan	8	Lac qui Parle/DB	4:34.48 6
4 Tholen, Ryan	10	Tracy-Milroy	4:35.42 5
5 Wieneke, Ethan	12	Adrian	4:49.06 4
6 Ossefoort, Cody	12	Pipestone Area	4:51.40 3
7 Bodin, Taylor		MACCRAY	4:53.34 2
8 Strom, Marc	8	JacksonCtyCentra	4:56.17 1
9 Hinrichs, Austin	12	MACCRAY	5:01.01
10 Reuss, Darin		Montevideo	5:04.61
11 Nelson, Jeremy	10	SouthWesternUni	5:08.35
12 Pater, Jordan		Adrian	5:11.19
13 Kish, Andrew	11	Cedar Mounta	5:12.02
14 Vis, Grant		Southwest MN	5:15.39
15 Wright, Dugan	11	Redwood Valley	5:18.53
16 Spronk, Ethan	11	Southwest MN	5:20.73

Boys 3200 Meter Run Class A

Name	Yr	School	Finals
1 Bongard, Anthony	12	Redwood Valley	9:58.04 10
2 Henderson, Jacob	12	YellowMedicineE	10:06.50 8
3 Ellens, Nate	12	Murray Cty Centr	10:24.97 6
4 Swenson, Ryan	8	Lac qui Parle/DB	10:29.77 5
5 Wieneke, Ethan	12	Adrian	10:38.08 4
6 Hinrichs, Austin	12	MACCRAY	10:41.68 3
7 Lippert, Casey		RenvilleCtyWest	10:43.48 2
8 Verhey, Dustin	10	HillBCr/Ells/Ed	10:43.82 1
9 Kocak, Matthew	9	JacksonCtyCentral	10:50.22
10 Bodin, Taylor		MACCRAY	11:00.27
11 Kerkhoff, Dusty	10	Redwood Valley	11:01.77
12 Asp, Forrest	11	WestbrookWG/R	11:02.37
13 Reuss, Darin		Montevideo	11:04.37
14 Pater, Jordan		Adrian	11:16.88
15 Benson, Josh	9	WestbrookWG/R	11:47.85

Boys 110 Meter Hurdles Class A

Name	Yr	School	Finals
Finals			
1 Fragodt, Daniel	12	Benson/KMS	15.17 10
2 Spaeth, Nick	11	Montevideo	15.37 8
3 Uphoff, Ben	12	Luverne	15.98 6
4 Kirk, Dalton	9	Tracy-Milroy	16.41 5
5 Thomsen, Bryce	12	Rtr/Lake Ben	16.54 4
6 Wasberg, Tyler	11	Murray Cty Centr	16.74 3
7 Balfany, Bobby	12	YellowMedicineE	16.94 2
8 Schlecht, Cody	12	Canby/Minneota	16.98 1

Boys 300 Meter Hurdles Class A

Name	Yr	School	Finals
1 Fragodt, Daniel	12	Benson/KMS	39.86 10
2 Spaeth, Nick	11	Montevideo	40.03 8
3 Uphoff, Ben	12	Luverne	40.40 6

* State Standard

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(Boys 300 Meter Hurdles Class A)

Name	Yr	School	Finals	
4 Schlecht, Cody	12	Canby/Minneota	41.13	5
5 Gleis, Anthony	12	Murray Cty Centr	41.80	4
6 Larson, Zach		Ortonville	44.22	3
7 Balfany, Bobby	12	YellowMedicineE	44.30	2
8 Kuhl, Tom		Fulda	44.37	1
9 Knutson, Brooks	11	Southwest MN	44.44	
10 Van Meveren, Matt		Murray Cty Centr	45.19	
11 Kooiker, Brian		Pipestone Area	45.42	
12 Sanchez, Thomas	11	Redwood Valley	45.45	
13 Sawatzky, James	10	MtnLake/B-O	46.09	
14 Gladitsch, Mike	12	Wabasso	46.32	
15 Kirk, Dalton	9	Tracy-Milroy	47.05	
16 LaMaack, Jesse	10	Windom Area	47.39	

Boys 4x100 Meter Relay Class A

Team	Relay	Finals	
1 Tracy-Milroy	A	45.11	10
2 Yellow Medicine East	A	45.17	8
3 Lac qui Parle/DB	A	45.61	6
4 HillBCr/Ells/Ed	A	45.68	5
5 MACCRAY	A	45.74	4
6 Redwood Valley	A	45.76	3
7 Fulda	A	46.60	2
8 Lakeview	A	46.62	1
9 Southwestern Unified	A	46.81	
10 Blh/Bold	A	46.88	
11 Renville County West	A	47.24	
12 Montevideo	A	47.26	
13 Cedar Mounta	A	47.28	
14 Lurverne	A	47.88	
15 JacksonCityCentra	A	48.44	

Boys 4x200 Meter Relay Class A

Team	Relay	Finals	
1 Yellow Medicine East	A	1:32.71	10
2 Tracy-Milroy	A	1:33.41	8
3 Murray County Central	A	1:33.85	6
4 Southwest MN Chr	A	1:33.88	5
5 MACCRAY	A	1:35.75	4
6 Lac qui Parle/DB	A	1:37.40	3
7 Redwood Valley	A	1:37.62	2
8 JacksonCityCentra	A	1:38.02	1
9 Montevideo	A	1:38.17	
10 Rtr/Lake Ben	A	1:38.50	
11 Southwestern Unified	A	1:38.52	
12 Pipestone Area	A	1:39.53	
13 Lurverne	A	1:39.63	
14 Fulda	A	1:40.23	
15 Cedar Mounta	A	1:41.54	
16 HillBCr/Ells/Ed	A	1:42.36	

Boys 4x400 Meter Relay Class A

Team	Relay	Finals	
1 Tracy-Milroy	A	3:28.27	10
1) Paradis, Steve 11	2) Tholen, Ryan 10		
3) Swenhaugen, John 10	4) Nelson, Drew 11		
2 Yellow Medicine East	A	3:28.64	8
1) Heglund, Joey 11	2) Gunderson, Andrew 11		
3) Johnson, Dan 12	4) Luepke, Casey 12		
3 Montevideo	A	3:31.34	6
1) Dack, Erik 12	2) Nieuwbeerta, JJ 12		
3) Hein, Owen 11	4) Olson, Darin 12		
4 Murray County Central	A	3:34.78	5
5 WestbrookWG/RedR	A	3:35.75	4
1) Helmer, Andy 12	2) Kedl, Bevrn 10		
3) Amundson, Garrett 9	4) Spaeth, Will 11		
6 Adrian	A	3:37.51	3
7 Lac qui Parle/DB	A	3:37.91	2
8 HillBCr/Ells/Ed	A	3:38.11	1
9 Benson/KMS	A	3:38.31	
1) Carson, Turner 10	2) Baumann, Joel 9		
3) Lindahl, Aaron 10			
10 MACCRAY	A	3:39.24	
11 Redwood Valley	A	3:39.71	
1) Peters, Justin 12	2) Felt, Michael 10		
3) Hodgson, Nicolas 12	4) Thoof, Nate 10		
12 Pipestone Area	A	3:41.01	
13 Fulda	A	3:41.95	
14 Canby/Minneota	A	3:43.18	
1) Schlecht, Cody 12	2) Skillings, Tanner		
3) Whittier, Ben 11	4) Citrowske, Brett 10		
15 Cedar Mounta	A	3:53.12	
1) Ewers, Vince 12	2) Carlson, Ryan 8		
3) Heuchert, David 12	4) Robinson, Luke 12		
16 JacksonCityCentra	A	3:55.92	
1) Hinkeldey, Eric 12	2) Cook, Jason		
3) Bargfrede, Sterling 12	4) Brandt, Nathan 10		

Boys 4x800 Meter Relay Class A

Team	Relay	Finals	
1 Redwood Valley	A	8:20.93	10
1) Peters, Justin 12	2) Felt, Michael 10		
3) Bongard, Anthony 12	4) Thoof, Nate 10		
2 Montevideo	A	8:37.68	8
1) Dack, Erik 12	2) Hein, Owen 11		
3) Nieuwbeerta, JJ 12	4) Olson, Patrick 10		
3 Murray County Central	A	8:41.78	6
4 Adrian	A	8:48.56	5
5 HillBCr/Ells/Ed	A	9:01.80	4
6 Yellow Medicine East	A	9:05.14	3
1) Berends, Troy 11	2) Gronewald, Ashton 11		
3) HuntsAlong, Jerome 11	4) Muhl, Brad 11		
7 Benson/KMS	A	9:05.58	2
1) Carson, Turner 10	2) Berens, Jeff 9		
3) Lindahl, Aaron 10	4) Rheingans, Paul 11		

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(Boys 4x800 Meter Relay Class A)

Team	Relay	Finals	
8 WestbrookWG/RedR	A	9:07.24	1
1) Asp, Forrest 11	2) LeBoutillier, Jon 9		
3) Spaeth, Will 11	4) Knott, Spencer 9		
9 JacksonCtyCentra	A	9:08.18	
1) Strom, Marc 8	2) Fischer, Colin 9		
3) Cook, Justin 8	4) Kocak, Matthew 9		
10 Blh/Bold	A	9:16.52	
11 Lac qui Parle/DB	A	9:19.76	
12 Cedar Mounta	A	9:23.59	
1) Robinson, Luke 12	2) Ewers, Vince 12		
3) Scholtz, Andy 9	4) Carlson, Ryan 8		
13 Canby/Minnesota	A	9:29.47	
1) Kockleman, Ethan 9	2) Anderson, Mason 9		
3) McCoy, Casey 12	4) Gregor, Corey 12		
14 Fulda	A	9:46.69	
15 Luverne	A	9:46.82	
16 Renville County West	A	9:53.96	
1) Jared, Lingbeek 12	2) Cody, Groen 9		
3) Jose, Barajas 11	4) Anthony, Holwerda 12		

Boys High Jump Class A

Name	Yr	School	Finals	
1 Kieper, Jacob	12	Cedar Mounta	6-01.00	10
2 Steffen, David	12	Pipestone Area	J6-01.00	8
3 Spaeth, Nick	11	Montevideo	5-11.00	6
4 Knutson, Shane	12	YellowMedicineEJ5	-11.00	5
5 Seigert, Jameson	12	Lac qui Parle/DB	5-09.00	4
6 Pendleton, Kevin	11	Redwood Valley	J5-09.00	2.5
6 Johnson, Kenton	12	YellowMedicineEJ5	-09.00	2.5
8 Reid, Terence	10	HillBCr/Ells/Ed	J5-09.00	1
9 Paradis, Steve	11	Tracy-Milroy	5-07.00	
9 Johnson, Mike	11	Windom Area	5-07.00	
9 Remmele, Nate	11	Redwood Valley	5-07.00	
9 Tinklenberg, Luke	12	Pipestone Area	5-07.00	
9 Lindblad, Kruiz	9	Lac qui Parle/DB	5-07.00	
9 Wasberg, Tyler	11	Murray Cty Centr	5-07.00	
9 Dardis, Chris		Fulda	5-07.00	
9 Stark, Eric		Pipestone Area	5-07.00	

Boys Pole Vault Class A

Name	Yr	School	Finals	
1 Von Ohlen, Cole	11	JacksonCtyCentral	2-06.00	10
2 Peterson, Patrick	11	Murray Cty Centrl	2-06.00	8
3 Aus, Tanner	11	YellowMedicineEJ2	-00.00	6
4 Thompson, Ryan	9	Benson/KMS	J12-00.00	5
5 Juell, Tandy	10	Redwood Valley	11-06.00	4
6 Peterson, Alex	9	Murray Cty Centr	1-00.00	3
7 Hook, Josh	10	Tracy-Milroy	J11-00.00	1.5
7 Schwabach, Dillon	10	Windom Area	J11-00.00	1.5
9 Witzel, Chris	11	Fulda	J11-00.00	
10 Knutson, Brooks	11	Southwest MN	10-06.00	
10 Lingbeek, Jared		RenvilleCtyWest	10-06.00	
10 Skjefte, Destry	10	YellowMedicineEJ0	-06.00	
10 Johnson, Theo	10	WestbrookWG/R	10-06.00	

Boys Long Jump Class A

Name	Yr	School	Finals	
Finals				
1 Johnson, Dan	12	YellowMedicineEJ1	-02.00	10
2 Wall, Dalton	10	MtnLake/B-O	20-04.00	8
3 Nelson, Drew	11	Tracy-Milroy	20-00.00	6
4 Dack, Erik	12	Montevideo	19-10.50	5
5 Thomsen, Bryce	12	Rtr/Lake Ben	19-08.00	4
6 VanMiddendorp, Casey	10	HillBCr/Ells/Ed	19-05.50	3
7 Mathias, Shawn	12	SouthWesternUnil	9-04.50	2
8 Black, Shane	10	Montevideo	19-02.00	1
9 Tinklenberg, Luke	12	Pipestone Area	18-10.50	NWI

Boys Triple Jump Class A

Name	Yr	School	Finals	
Finals				
1 Johnson, Dan	12	YellowMedicineEJ3	-03.00	10
2 Thomsen, Bryce	12	Rtr/Lake Ben	42-05.00	8
3 Dack, Erik	12	Montevideo	42-04.25	6
4 Seigert, Jameson	12	Lac qui Parle/DB41	-11.50	5
5 Nelson, Drew	11	Tracy-Milroy	41-03.00	4
6 Aakre, Josh	11	Lac qui Parle/DB41	-00.50	3
7 Ober, Nick	10	SouthWesternUnil	40-03.50	2
8 Fragodt, Daniel	12	Benson/KMS	40-01.00	1
9 Wall, Dalton	10	MtnLake/B-O	38-08.00	NWI

Boys Shot Put Class A

Name	Yr	School	Finals	
Finals				
1 Luepke, Casey	12	YellowMedicineEJ9	-03.50	10
2 Plante, Joe	11	MACCRAY	49-01.25	8
3 Springman, Blake	12	Adrian	48-05.25	6
4 Paskewitz, Kyle	12	Redwood Valley	47-03.00	5
5 Dykema, Luke	11	MACCRAY	45-01.50	4
6 Nelson, Jeff	12	Redwood Valley	44-10.50	3
7 Johnson, Luke		Blh/Bold	44-00.50	2
8 DuFrane, Caleb	12	Lac qui Parle/DB43	-11.75	1
9 Jansen, Brent		RenvilleCtyWest	43-04.75	

Boys Discus Throw Class A

Name	Yr	School	Finals	
Finals				
1 Plante, Joe	11	MACCRAY	150-08	10
2 Sumption, Derek	11	Pipestone Area	143-05	8
3 Pietig, Kyle		Blh/Bold	142-11	6
4 Springman, Blake	12	Adrian	138-01	5
5 DuFrane, Caleb	12	Lac qui Parle/DB	128-10	4
6 Hartzler, Brad	12	JacksonCtyCentra	123-05	3
7 Houg, Ryan	12	Pipestone Area	122-07	2
8 Rogers, Craig	12	Luverne	119-00	1

Men - Class A - Team Rankings - 18 Events Scored

Section 3A Track and Field Championships - 5/31/2007

Benson High School

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1) Yellow Medicine East	109.5
2) Montevideo	58
3) Redwood Valley	53.5
4) Tracy-Milroy-Balaton/Yankton	51.5
5) Lac qui Parle Valley/Dawson B	46
6) Murray County Central	42
7) Southwest MN Christian	38
7) Canby/Minnesota	38
9) MACGRAY	35
10) Adrian	31
11) Benson/KMS	28
12) Hills-Beaver Cr/Ellsworth/Edger	25
13) Pipestone Area	21
14) Jackson County Central	20
15) Russel-Tyler-Ruthon/LE/LEF	16
15) BLH/Bold	16
17) Cedar Mtn/Comfrey/Springfield	15
18) Renville County West	14
19) Luverne	13
20) Fulda	9
21) Mountain Lake/B-O	8
22) Westbrook-WG/Red Rock Central	5
23) Southwestern Unified	4
24) Ortonville	3
25) Windom Area	1.5
26) Lakeview	1

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1) Chaska	109.5
2) Highland	58
3) ...	53.5
4) ...	51.5
5) ...	46
6) ...	42
7) ...	38
7) ...	38
9) ...	35
10) ...	31
11) ...	28
12) ...	25
13) ...	21
14) ...	20
15) ...	16
15) ...	16
17) ...	15
18) ...	14
19) ...	13
20) ...	9
21) ...	8
22) ...	5
23) ...	4
24) ...	3
25) ...	1.5
26) ...	1

1) ...	109.5
2) ...	58
3) ...	53.5
4) ...	51.5
5) ...	46
6) ...	42
7) ...	38
7) ...	38
9) ...	35
10) ...	31
11) ...	28
12) ...	25
13) ...	21
14) ...	20
15) ...	16
15) ...	16
17) ...	15
18) ...	14
19) ...	13
20) ...	9
21) ...	8
22) ...	5
23) ...	4
24) ...	3
25) ...	1.5
26) ...	1