

2019 Performance List

Girls Results

100m

Minnesota All-Time Best - 11.67, Jedah Caldwell, Chanhassen, 2016

LHS/LNHS Honor Roll Minimum Performance - 13.03

LHS/LNHS Record - 12.39, Sarah Sells, 1997 & Sophie Lasko, 2009

Section 1AA Qualifying Standard - 13.12

State Meet Qualifier - 12.53

Angie Grassl, 11	Mega Meet 5/16	13.16	
Sarah Babcock 10	Mega Meet 5/16	13.36	
Mikki Naatjes, 10	Farmington 5/3	13.53	
Josie Liebl, 10	Mega Meet 5/16	13.54	
		13.74	Lettering standard
Vanessa Duong, 10	Mega Meet 5/16	13.75	
Sameria Battaforayen, 9	Mega Meet 5/16	13.77	
Jada Bobeldyk, 11	Hopkins 4/23	13.79	
Marlee Williams, 9	Mega Meet 5/16	13.94	
Jayla Richardson, 10	Mega Meet 5/16	13.96	
Isabelle Kvale, 9	Apple Valley 4/25	14.23	
Isabella Akitoye, 7	Mega Meet 5/16	14.25	
Abbey Sherman, 9	Farmington 5/3	14.29	
Kaydince Fetzek, 9	JV Championships 5/13	14.44	
Isabelle Tume, 10	Apple Valley 4/25	14.47	
Sarah Patullo, 9	Lakeville South 4/9	14.77	
Maria Bischel, 8	JV Championships 5/13	14.96	
Jessica Mroska, 12	Lakeville South 4/9	15.11	
Paige Orosz, 8	Farmington 5/3	15.42	
Camryn Klinker, 9	Mega Meet 5/16	15.60	
Hannah Slaikeu, 9	Lakeville South 4/9	15.66	
Malia Zweber, 7	JV Championships 5/13	15.69	
Daneille Awere, 9	Mega Meet 5/16	15.71	
Gabby Betton, 7	Lakeville South 4/9	15.83	
Sophie Schaeffer, 9	Mega Meet 5/16	16.08	
Grace Eddy, 8	Farmington 5/3	16.09	
Emma Niesen, 9	Lakeville South 4/9	17.26	

200m

Minnesota All-Time Best - 23.59, Jedah Caldwell, Chanhassen, 2016

LHS/LNHS Honor Roll Minimum Performance - 26.93

LHS/LNHS Record - 25.73, Brooke Campbell, 2007

Section 1AA Qualifying Standard – 26.83

State Meet Qualifier - 25.34

Mikki Naatjes, 10	Section 1AAA TT 5/7	26.43	#18 LHS/LNHS All-Time Honor Roll
Ella Larson, 11	Section 1AA 5/30	27.04	
Sarah Babcock, 10	Mega Meet 5/16	27.70	
		27.84	Lettering standard
Angie Grassl, 11	Mega Meet 5/16	27.98	
Isabella Kvale, 9	Apple Valley 4/25	28.74	
Abbey Sherman, 9	Hopkins 4/23	28.85	PR
Vaness Duong, 10	JV Championships 5/13	29.40	
Isabelle Tume, 10	Farmington 5/3	29.78	
Marlee Williams, 9	Lakeville South 4/9	29.89	
Sameria Battaforayen, 9	Farmington 5/3	30.05	
Isabella Akitoye, 7	Lakeville South 4/9	30.36	
Jada Bobeldyk, 11	Lakeville South 4/9	30.53	
Maria Bischel, 8	Farmington 5/3	30.62	

Ellie Peterson, 9	Apple Valley 4/25	30.83
Kaydince Fetzek, 9	JV Championships 5/13	30.95
Ilsa Khawaja, 11	Lakeville South 4/9	31.26
Jessica Mroska, 12	Lakeville South 4/9	31.79
Gabby Betton, 7	Apple Valley 4/25	32.03
Hannah Slaikeu, 9	Lakeville South 4/9	32.05
Emilie Baumgart, 10	JV Championships 5/13	33.18
Sophie Schaeffer, 9	Mega Meet 5/16	33.81
Malia Zweber, 7	Farmington 5/3	33.84
Camryn Klinker, 9	Apple Valley 4/25	34.34
Daneille Awere, 9	Apple Valley 4/25	34.47
Grace Eddy, 8	Lakeville South 4/9	34.60
Emma Niesen, 9	Lakeville South 4/9	36.56

400m

Minnesota All-Time Best- 53.96, Honour Finley, Bloomington Kennedy, 2016

LHS/LNHS Honor Roll Minimum Performance - 61.37

LHS/LNHS Record - 57.15, Ella Larson, 2018

Section 1AA Qualifying Standard – 61.86

State Meet Qualifier - 57.69

Ella Larson, 11	Section 1AA 5/30	61.24		
		62.74		Lettering standard
Bayliss Flynn, 8	LNHS Megameet 5/16	63.73	PR	
Abbey Sherman, 9	SSC Championships 5/22	64.60	PR	
Sarah Babcock, 10	Section 1AAA TT 5/7	65.41		
Meredith Jensen, 9	SSC Championships 5/22	65.56	PR	
Alyssa Seal, 10	Lakeville South 4/9	71.89	PR	
Ellie Peterson, 9	Lakeville South 4/9	75.90	PR	
Grace Eddy, 8	Farmington 5/3	79.89	PR	
Mykaela Ashley, 9	JV Championships 5/13	85.78	PR	

800m

Minnesota All-Time Best - 2:03.43, Ruby Stauber, Wayzata, 2016

LHS/LNHS Honor Roll Minimum Performance - 2:22.87

LHS/LNHS Record - 2:10.56, Danielle Bellino, 2017

Section 1AA Qualifying Standard - 2:25.42

State Meet Qualifier - 2:15.05

Bayliss Flynn, 8	SSC Championships 5/23	2:20.87	PR	
Alyssa Seal, 10	SSC Championships 5/22	2:31.07	PR	
		2:31.74		Lettering standard
Elizabeth Swenson, 12	SSC Championships 5/22	2:31.94	PR	
Lauren Smits, 11	LNHS Megameet 5/16	2:38.76		
Abby Fenske, 9	Hopkins 4/23	2:41.30	PR	
Meredith Jensen, 9	Hopkins 4/23	2:43.53	PR	
Mia Sellers, 8	Hopkins 4/23	2:43.66	PR	
Courtney Loth, 12	SEC Open 4/16	2:45.06		
Ella Raiche, 7	SEC Open 4/16	2:53.50	PR	
Ellyn Engles, 7	LNHS Megameet 5/16	2:57.65	PR	
Dakota Lopez, 12	JV Championships 5/13	2:57.96		
Kaela Ashley, 9	Farmington 5/3	3:32.73	PR	

1600m

Minnesota All-Time Best - 4:41.42, Elizabeth Yetzer, Lakeville, 2005

LHS/LNHS Honor Roll Minimum Performance - 5:28.3

LHS/LNHS Record - 4:41.42, Elizabeth Yetzer, 2005

Section 1AA Qualifying Standard - 5:26.06

State Meet Qualifier - 5:01.41

Bayliss Flynn, 8	SSC Championships 5/23	5:23.13	PR
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Abby Fenske, 9	SSC Championships 5/23	5:35.24	Lettering standard
Elizabeth Swenson, 12	Section 1AAA TT 5/7	5:45.29 PR	
Ella Raiche, 7	Hopkins 4/23	5:48.35	
Mia Sellers, 8	Section 1AAA TT 5/7	5:52.34 PR	
		5:58.64	
Courtney Loth, 12	Lakeville South 4/9	6:13.24	
Ellyn Engels, 7	JV Championships 5/13	6:13.66 PR	
Dakota Lopez, 12	SEC Open 4/16	6:29.61	
Hannah Hunoff, 11	JV Championships 5/13	6:36.43 PR	
Emma Niesen, 9	LNHS Megameet 5/16	7:01.31 PR	
Akason, Brenna, 9	Farmington 5/3	7:24.36 PR	
Kaela Ashley, 9	Hopkins 4/23	8:04.23 PR	

3200m

Minnesota All-Time Best - 10:06.98, Bria Wetsch, Chaska, 2006

LHS/LNHS Honor Roll Minimum Performance - 11:47.40

LHS/LNHS Record - 10:08.56, Elizabeth Yetzer, 2006

Section 1AA Qualifying Standard - 11:49.15

State Meet Qualifier - 10:48.92

Ella Raiche, 7	Section 1AAA TT 5/7	12:15.24	Lettering standard
Courtney Loth, 12	Hopkins 4/23	12:43.96 PR	
Mia Sellers, 8	SSC Championships 5/22	12:45.38	
Abby Fenske, 9	Section 1AAA TT 5/7	12:50.23	
Elizabeth Swenson, 12	SEC Open 4/16	12:53.47 PR	
Alyssa Seal, 10	Farmington 5/3	13:05.10 PR	
Lauren Smits, 11	Farmington 5/3	13:46.61 PR	
Dakota Lopez, 12	SSC Championships 5/22	13:46.68 PR	
		13:52.14 PR	

100m HH

Minnesota All-Time Best – 13.94, Karina Joiner, East Ridge, 2017

LHS/LNHS Honor Roll Minimum Performance - 17.28

LHS/LNHS Record - 14.24, Michaela Preachuk, 2015

Section 1AA Qualifying Standard - 16.82

State Meet Qualifier – 14.93

Josie Liebl, 10	Section 1AA 6/1	15.22	#4 LHS/LNHS All-Time Honor Roll
Lydia Kurz, 11	Section 1AA 6/1	15.81	#9 LHS/LNHS All-Time Honor Roll
Megan Kovacic, 12	Mega Meet 5/16	16.88	#22 LHS/LNHS All-Time Honor Roll
		17.24	Lettering standard
Ilsa Khawaja, 11	Hopkins 4/23	18.36	
Lydia Selig, 9	Apple Valley 4/25	19.81	

300m LH

Minnesota All-Time Best – 41.35, Meleah Biermaier, Thief River Falls, 2017

LHS/LNHS Honor Roll Minimum Performance - 49.87

LHS/LNHS Record - 44.66, Sammy Laatsch, 2001

Section 1AA Qualifying Standard – 49.63

State Meet Qualifier – 44.73

Megan Kovacic, 12	SSC Championships 5/23	47.50	
Josie Liebl, 10	Hopkins 4/23	49.31	
Lydia Kurz, 11	Mega Meet 5/16	49.87	
		51.24	Lettering standard
Lydia Selig, 9	Lakeville South 4/9	61.19	

4x100m relay

Minnesota All-Time Best - 47.21, Minneapolis Washburn, 2004

LHS/LNHS Honor Roll Minimum Performance - 50.84

LHS/LNHS Record - 48.32, Angie Anyaogu, Nicole Naatjes, Katrina Nicholson, Rachel Banham, 2010

State Meet Qualifier - 49.22

Angie Grassl, Mikki Naatjes, Sarah Babcock, Josie Liebl	SSC Championships 5/23	50.51 #20 HR
Angie Grassl, Mikki Naatjes, Jada Bobeldyk, Josie Liebl	Section 1AAA TT 5/7	52.13
Angie Grassl, Sarah Babcock, Ella Larson, Mikki Naatjes	Lakeville South 4/9	53.90
Sameria Battaforayen, Vanessa Duong, Jayla Richardson, Jada Bobeldyk	SEC Open 4/16	54.36
Jada Bobeldyk, Vanessa Duong, Marlee Williams, Jayla Richardson	Lakeville South 4/9	56.97
Vanessa Duong, Malia Zweber, Paige Orosz, Maria Bischel	JV Championships 5/13	57.08
Gabby Betton, Malia Zweber, Paige Orosz, Maria Bischel	Apple Valley 4/25	58.91
Angie Grassl, Mikki Naatjes, Sameria Battaforayen, Jada Bobeldyk	Hopkins 4/23	59.98
Gabby Betton, Malia Zweber, Paige Orosz, Maria Bischel	Lakeville South 4/9	60.92
Sameria Battaforayen, Sarah Patullo, Camryn Klinker, Hannah Slaikeu	Lakeville South 4/9	61.24
Jessica Mroska, Emilie Baumgart, Jasmine Bussie, Abby Golden	Lakeville South 4/9	62.07

4x200m relay

Minnesota All-Time Best – 1:39.81 North St. Paul, 2017

LHS/LNHS Honor Roll Minimum Performance - 1:48.23

LHS/LNHS Record - 1:43.13, Sarah Babcock, Ella Larson, Mikki Naatjes, Grace Butler 2018

State Meet Qualifier - 1:43.67

Angie Grassl, Ella Larson, Sarah Babcock, Mikki Naatjes	1AA Sections 6/1	1:45.79 #8 HR
Josie Liebl, Ella Larson, Sarah Babcock, Mikki Naatjes	SEC Open 4/16	1:51.81
Megan Kovacic, Lydia Kurz, Josie Liebl, Abbey Sherman	Lakeville South 4/9	1:56.31

4x400m relay

Minnesota All-Time Best - 3:50.12, Lakeville South, 2015

LHS/LNHS Honor Roll Minimum Performance - 4:06.8

LHS/LNHS Record - 3:54.90, Brenna Carda, Kim Engel, Kayla Engel, Brooke Campbell, 2007

State Meet Qualifier - 3:58.85

Ella Larson, Bayliss Flynn, Sarah Babcock, Mikki Naatjes	SEC Open 4/16	4:14.61
Bayliss Flynn, Alyssa Seal, Meredith Jensen, Abbey Sherman	SSC Championships, 5/23	4:21.70
Bayliss Flynn, Megan Kovacic, Abbey Sherman, Josie Liebl	Hopkins 4/23	4:27.74
Meredith Jensen, Mia Sellers, Ellyn Engels, Grace Eddy	Farmington 5/3	4:49.35
Dakota Lopez, Elizabeth Swenson, Lauren Smits, Courtney Loth	Lakeville South 4/9	5:06.00
Abby Fenske, Kaela Ashley, Hannah Hunhoff, Ellyn Engels	Lakeville South 4/9	5:28.16
Hannah Hunhoff, Kaela Ashley, Abby Fenske, Emma Niesen	Lakeville North 4/18	5:31.67

4x800m relay

Minnesota All-Time Best – 8:59.69, Edina, 2017

LHS/LNHS Honor Roll Minimum Performance - 10:03.66

LHS/LNHS Record - 9:19.87, Ella Larson, Sofia Earle, Emma Drangstveit, Danielle Bellino, 2017

State Meet Qualifier - 9:22.05

Alyssa Seal, Mia Sellers, Courtney Loth, Elizabeth Swensen	Section 1AA 6/1	10:22.39
Alyssa Seal, Lauren Smits, Elizabeth Swenson, Courtney Loth	SSC Championships, 5/23	10:24.22
Alyssa Seal, Elizabeth Swenson, Courtney Loth, Bayliss Flynn	SEC Open 4/16	10:35.49
Courtney Loth, Alyssa Seal, Abby Fenske, Lauren Smits	Section 1AAA TT 5/7	10:38.07
Alyssa Seal, Dakota Lopez, Lauren Smits, Elizabeth Swenson	Hopkins 4/23	10:51.23
Meredith Jensen, Dakota Lopez, Elizabeth Swenson, Ella Raiche	Farmington 5/3	11:09.85
Elizabeth Swenson, Alyssa Seal, Dakota Lopez, Meredith Jensen	Lakeville South 4/9	11:16.64
Alyssa Seal, Abby Fenske, Hannah Hunhoff, Kaela Ashley	LNHS Megameet 5/16	11:54.85
Alyssa Seal, Lauren Smits, Kaela Ashley, Emma Niesen	JV Championships 5/13	11:58.94
Abby Fenske, Kaela Ashley, Hannah Hunhoff, Ellyn Engels	Apple Valley 4/25	12:45.45
Ella Raiche, Hannah Hunhoff, Kaela Ashley, Abby Fenske	Lakeville South 4/9	12:42.47
Hannah Hunhoff, Kaela Ashley, Brenna Akason, Emma Niesen	Lakeville North 4/18	14:01.27

High Jump

Minnesota All-Time Best - 5-11, Taylor Wiebke, Kasson-Mantorville, 2014

LHS/LNHS Honor Roll Minimum Performance - 5-00

LHS/LNHS Record - 5-6, Gretchen Hammond, 1981

Section 1AA Qualifying Standard - 4-11.50
State Meet Qualifier - 5-05

Josie Liebl, 10	Section 1AAA TT 5/7	5-02	
Sarah Babcock, 10	Section 1AAA TT 5/7	5-00	
Abby Sherman, 9	Farmington 5/3	4-10	
		4-10	Lettering standard
Kaydince Fetzek, 9	Apple Valley 4/25	4-08	

Long Jump

Minnesota All-Time Best - 19-10, Mia Barron, Minnetonka, 2014

LHS/LNHS Honor Roll Minimum Performance - 15-09.5

LHS/LNHS Record - 18-2.50, Angie Anyaogu, 2011

Section 1AA Qualifying Standard – 16-01.50

State Meet Qualifier - 17-07

Mikki Naatjes, 10	SSC Championships 5/22	17-01	#8 LHS/LNHS All-Time Honor Roll
Lydia Kurz, 11	True Team Sections 5/7	16-11.5	#9 LHS/LNHS All-Time Honor Roll
Marlee Williams, 9	True Team Sections 5/7	15-02	
		15-00	Lettering standard
Ilsa Khawaja, 11	SEC Open 4/16	14-09	
Sameria Battaforayen, 9	LNHS Mega Meet 5/16	14-05.5	
Bella Kvale, 9	Apple Valley 4/25	14-00	
Kaydince Fetzek, 9	LNHS Mega Meet 5/16	14-05.5	
Izzyie Akitoye, 7	LNHS Quad 4/18	13-07	
Vanessa Duong, 10	JV Conference 5/13	12-11.5	
Ellie Peterson, 9	LNHS Mega Meet 5/16	12-11	
Jessica Mroska, 12	Farmington Dual 5/3	11-11.5	
Camryn Klinker, 9	LNHS Mega Meet 5/16	10-09	
Sophie Schaeffer, 9	Lakeville South 4/9	8-11	

Triple Jump

Minnesota All-Time Best - 41-1.75, Jordan Helgren, Wayzata, 2008

LHS/LNHS Honor Roll Minimum Performance - 32-05

LHS/LNHS Record - 37-2.25, Angie Anyaogu, 2011

Section 1AA Qualifying Standard – 33-08.25

State Meet Qualifier - 37-01

Lydia Kurz, 11	True Team Sections 5/7	35-01.5	#6 LHS/LNHS All-Time Honor Roll
Ilsa Khawaja, 11	True Team Sections 5/7	33-10.5	#14 LHS/LNHS All-Time Honor Roll
Megan Kovacic, 12	True Team Sections 5/7	32-01	
		31-06	Lettering standard
Isabelle Tume, 10	JV Conference 5/13	29-06.5	
Paige Orosz, 8	JV Conference 5/13	29-06	
Jessica Mroska, 12	LNHS Mega Meet 5/16	28-08.5	
Maria Bischel, 8	Apple Valley 4/25	28-05	

Pole Vault

Minnesota All-Time Best - 13-7.25, Adrianna Jacobs, Rochester Century, 2015

LHS/LNHS Honor Roll Minimum Performance - 9-00

LHS/LNHS Record - 11-9, Nicole Naatjes, 2011

Section 1AA Qualifying Standard – 9-00

State Meet Qualifier - 11-01

Mikki Naatjes, 10	MSHSL State Meet	11-09	#1 LHS/LNHS All-Time Honor Roll (tied)
Meredith Jensen 9	1AA Sections 6/1	9-00	#15 LHS/LNHS All-Time Honor Roll
			Lettering standard
Jasmine Bussie, 12	Lakeville South 4/9	7-07	
Emma Mulcare, 9	Lakeville South 4/25	7-00	
Ellie Peterson 9	Apple Valley 4/25	6-06	
Emilie Baumgart, 9	Lakeville South 4/9	6-01	

Abby Golden, 10	Lakeville South 4/9	6-01
Abbey Sherman, 9	Lakeville South 4/9	6-01

Shot Put

Minnesota All-Time Best - 54-8.50, Maggie Ewen, St. Francis, 2013

LHS/LNHS Honor Roll Minimum Performance - 36-04.25

LHS/LNHS Record - 52-4.75, Liz Podominick, 2003

Section 1AA Qualifying Standard – 36-04.50

State Meet Qualifier – 41-03

Kate Battaforyen, 12	SSC Conference	39-07.25	#11 LHS/LNHS All-Time Honor Roll
		33-00	
Cami Starin, 11	Farmington 5/3	29-08	Lettering standard
Brenna Akason, 9	Mega Meet	29-04	
Marla Reuvers, 12	Mega Meet	27-00	
Sela Garncarz, 10	JV Championships	26-02	
Josie Liebl, 10	LNHS Quad 4/18	22-06	
Ella Matheis, 8	Apple Valley 4/25	21-07	
Megan Loth, 9	Lakeville South 4/9	20-07	

Discus

Minnesota All-Time Best - 175-9, Maggie Ewen, St. Francis, 2013

LHS/LNHS Honor Roll Minimum Performance - 113-10

LHS/LNHS Record - Liz Podominick, 160-8, 2003

Section 1AA Qualifying Standard – 108-04

State Meet Qualifier – 130-11

Kate Battaforyen, 12	1AA Sections	131-11	8th LHS/LNHS All-Time Honor Roll
Brenna Akason, 9	Mega Meet	101-00	
Sela Garncarz, 10	SSC Conference	94-06	Lettering standard
		90-00	
Marla Reuvers, 12	Mega Meet	80-01	
Cami Starin, 11	Lakeville South 4/9	78-04	
Megan Loth, 9	JV Championships	70-08	
Ella Matheis, 8	Apple Valley 4/25	65-07	
Josie Liebl, 10	LNHS Quad 4/18	43-09	

Boys Results

100m (Raceberryjam honor roll - 11.1 HT or 11.34 FAT)

Minnesota All-Time Best - 10.36, Evan McClellon, Armstrong, 2016

LHS/LNHS Honor Roll Minimum Performance - 11.44

LHS/LNHS Record - 10.78, Nicholas Nelson, 2009

Section 1AA Qualifying Standard - 11.47

State Meet Qualifier - 11.01

Freeburg, Logan 10	Section 1AA 6/1	11.25	PR	#15 LHS/LNHS All-Time Honor Roll
Freeburg, Logan 10	Mega Meet 5/16	11.35		
Awere, Eustace 11	Mega Meet 5/16	11.45	PR	
Pond, Seth 12	Mega Meet 5/16	11.64	PR	
Wypy, Nicholas 11	Mega Meet 5/16	11.65	PR	
McGee, Logan 11	Mega Meet 5/16	11.71	PR	
Young, Jacob 11	Mega Meet 5/16	11.82	PR	
Hanson, Jackson 9	Prior Lake Invite 4/9	11.84		
Nelson, Raja 11	Mega Meet 5/16	11.88	PR	
Hastings, Cody 10	Apple Valley 4/25	11.91		
Langenfeld, Jacob 12	Prior Lake Invite 4/9	11.97		
Barrett, Devon 10	Apple Valley 4/25	12.19		

Fahrenkamp, Benjamin 10	Apple Valley 4/25	12.31
Edwards, Jarod 10	Apple Valley 4/25	12.41
Russeth, Andrew 10	Apple Valley 4/25	12.42
Nelson, Naji 8	JV Champ 5/13	12.46
Reisinger, Chris 12	Prior Lake Invite 4/9	12.49
Glick, Charles 10	Apple Valley 4/25	12.53
Young, Jacob 11	Prior Lake Invite 4/9	12.56
Hunyh, Ryan 12	Apple Valley 4/25	12.73
Rosa, Luis 12	Apple Valley 4/25	12.80
Edwards, Jarod 10	Prior Lake Invite 4/9	12.91
Demo, Abram 10	Apple Valley 4/25	13.04
Larson, Evan 10	Prior Lake Invite 4/9	13.05
Maddio, Cole 8	Mega Meet 5/16	13.05
Rosa, Luis 12	Prior Lake Invite 4/9	13.13
Ren, Daniel 11	Prior Lake Invite 4/9	13.34
Glick, Charles 10	Prior Lake Invite 4/9	13.51
Rice, Justin 10	Prior Lake Invite 4/9	13.54
Westerman, Ryan 10	Prior Lake Invite 4/9	13.55
Rice, Justin 10	Apple Valley 4/25	13.61
Miller, Jacob 10	Apple Valley 4/25	13.65

200m (Raceberryjam honor roll - 22.9 HT or 23.14 FAT)

Minnesota All-Time Best - 20.92, Jon Boyd, 2004

LHS/LNHS Honor Roll Minimum Performance - 23.45

LHS/LNHS Record - 21.76, Josh Wilske, 1997

Section 1AA Qualifying Standard - 23.61

State Meet Qualifier - 22.18

Awere, Eustace 11	Section 1AA 6/1	23.62	PR
Awere, Eustace 11	Mega Meet 5/16	23.69	
McGee, Logan 10	Mega Meet 5/16	23.72	PR
Freeburg, Logan 10	Mega Meet 5/16	23.83	PR
Pond, Seth 12	Mega Meet 5/16	23.87	PR
Langenfeld, Jacob 12	Prior Lake Invite 4/9	23.96	
Young, Jacob 11	Mega Meet 5/16	24.07	PR
Wypy, Nick 11	LN Tri 4/18	24.12	
McGee, Logan 10	Section 1AA TT 5/7	24.20	
Niggeling, Tommy 9	LN Tri 4/18	24.71	
Hastings, Cody 10	LN Tri 4/18	25.10	
Risinger, Chris 12	LN Tri 4/18	25.32	
Russeth, Drew 10	Apple Valley 4/25	25.51	
Fahrenkamp, Benjamin 10	Prior Lake Invite 4/9	25.55	
Knell, Jackson 10	Prior Lake Invite 4/9	26.30	
Hunyh, Ryan 12	LN TRi 4/18	26.40	
Marchese, Vito 8	Prior Lake Invite 4/9	26.51	
Nelson, Naji 8	Prior Lake Invite 4/9	26.62	
Glick, Charles 10	Apple Valley 4/25	26.64	
Larson, Evan 10	LN Tri 4/18	26.77	
Edwards, Jarod 10	Prior Lake Invite 4/9	26.82	
Rosa, Luis 12	LN Tri 4/18	26.97	
Licht, Blake 8	Prior Lake Invite 4/9	27.08	
Frazier, Anders	Apple Valley 4/25	27.31	
Larson, Evan 10	Prior Lake Invite 4/9	27.38	
Demo, Abram 10	LN TRi 4/18	27.40	
Jones, Dalen 12	Apple Valley 4/25	28.34	
Rice, Justin 10	Apple Valley 4/25	28.70	

400m (Raceberryjam honor roll - 51.7 HT or 51.94 FAT)
Minnesota All-Time Best - 47.18, Quinn Evans, 2007
LHS/LNHS Honor Roll Minimum Performance - 53.4
LHS/LNHS Record - 49.85, Chase Fetzek, 2002
Section 1AA Qualifying Standard – 52.66
State Meet Qualifier - 49.65

Brandon Stachewicz, 11	SSC Championships 5/23	50.62
Logan McGee, 10	Section 1AAA TT 5/7	52.82
Langenfeld, Jacob 12	Mega Meet 5/16	53.31
Joey Hammer, 12	SSC Championships 5/22	53.78
Dexter Hein-Harrison, 12	SSC Championships 5/22	53.93
Blake Peterson, 11	Farmington JV 5/3	57.46
Nenneman, Himan, 11	Apple Valley 4/25	58.51
Zeshaan Sarwar, 11	Prior Lake Invite 4/9	62.04
Malmgren, Parker, 8	Apple Valley 4/25	62.78

#7 LHS/LNHS All-Time Honor Roll
#19 LHS/LNHS All-Time Honor Roll
#24 LHS/LNHS All-Time Honor Roll

800m (Raceberryjam honor roll - 2:01.0 HT or 2:01.24 FAT)
Minnesota All-Time Best - 1:48.64, Zach Mellon, 2008
LHS/LNHS Honor Roll Minimum Performance - 2:02.5
LHS/LNHS Record - 1:54.34, Tyler King, 2008
Section 1AA Qualifying Standard - 2:03.83
State Meet Qualifier - 1:55.86

Brandon Stachewicz 11	Hopkins TT 4/23	1:56.82
Bryce Stachewicz 8	Mega Meet 5/16	1:57.12
Tyler Osen 12	LNHS Quad 4/18	2:01.05
Dawson Ashley 12	SSC Championships 5/22	2:07.78
Ben Drangstveit 11	SSC Championships 5/22	2:08.68
Josh Gorman 8	Hopkins TT 4/23	2:09.76
Andrew Casey 8	LNHS Quad 4/18	2:13.85
Aiden Regan 11	Prior Lake Invite 4/9	2:18.02
Sam Rhodes 10	Farmington JV 5/3	2:19.29
Brennan Jensen 10	LNHS Quad 4/18	2:19.86
Ebenezer Eshetu 11	JV Conference 5/13	2:21:81
Cole Eigner 8	JV Conference 5/13	2:24.54
TJ Klinkner 10	JV Conference 5/13	2:28.86
Nico Angell 8	JV Conference 5/13	2:31.59
Marcus Satterlee 9	AV JV Meet 4/25	2:31.68
Cohlby Hernandez 11	Prior Lake Invite 4/9	2:33.78
Jacques Miller 11	Farmington JV 5/3	2:34.15
Trentin Bussie 9	Prior Lake Invite 4/9	2:35.14
Sam Treptau 11	JV Conference 5/13	2:41.58

#3 LHS/LNHS All-Time Honor Roll
#5 LHS/LNHS All-Time Honor Roll

1600m (Raceberryjam honor roll - 4:33.0 HT or 4:33.24 FAT)
Minnesota All-Time Best - 3:59.70, Rob Finnerty, 2008
LHS/LNHS Honor Roll Minimum Performance - 4:30.16
LHS/LNHS Record - 4:16.99, Jason Greene, 1996
Section 1AA Qualifying Standard - 4:39.79
State Meet Qualifier - 4:18.25

Tyler Osen, 12	Section 1AA	4:20.01
Bryce Stachewicz, 8	SSC Championships 5/23	4:30.49
Andrew Casey, 8	Mega Meet 5/16	4:49.70
Elliot Bach, 12	True Team Section 5/7	4:50.34
Aiden Regan, 11	SSC Championships 5/23	4:53.14
Dawson Ashley, 12	Mega Meet 5/16	4:54.53
Brennan Jensen, 10	Prior Lake Invite 4/9	4:57.62
Ben Drangstveit, 11	LNHS Quad 4/18	5:01.02

#4 LHS/LNHS All-Time Honor Roll
#24 LHS/LNHS All-Time Honor Roll

Marcus Satterlee, 9	JV Conference 5/13	5:18.18
Sam Rhodes, 10	JV Conference 5/13	5:18.43
Jackson Krell, 10	Prior Lake Invite 4/9	5:19.93
Cole Einger, 8	Farmington JV 5/3	5:24.55
Jack Giebel, 10	JV Conference 5/13	5:28.25
Zeshaan Sarwar, 11	Farmington JV 5/3	5:29.42
Ryan McKinley, 11	LNHS Quad 4/18	5:30.19
Nico Angell, 8	LNHS Quad 4/18	5:32.68
TJ Klinkner, 10	AV JV Meet 4/25	5:46.31
Josh Aldrich, 9	AV JV Meet 4/25	5:48.23
Sam Treptau, 10	AV JV Meet 4/25	6:03.80
Jacque Miller 11	JV Conference 5/13	6:08.14

3200m (Raceberryjam honor roll - 9:58.0 HT or 9:58.24 FAT)

Minnesota All-Time Best - 8:43.09, Elliott Heath, 2007

LHS/LNHS Honor Roll Minimum Performance - 10:09.6

LHS/LNHS Record - 9:08.6, Dave Morrison, 1979

Section 1AA Qualifying Standard - 10:01.60

State Meet Qualifier - 9:16.95

Tyler Osen, 12	Mega Meet 5/16	10:03.50
Andrew Casey, 8	True Team Section 5/7	10:20.79
Brennan Jensen, 10	SSC Championships 5/22	10:41.13
Elliot Bach, 12	SSC Championships 5/22	10:41.80
Aiden Regan, 11	Hopkins TT 4/23	10:43.19
Nico Angell, 8	Prior Lake Invite 4/9	11:41.46
Josh Aldrich	JV Conference 5/13	11:54.47
Ryan McKinley, 11	Prior Lake Invite 4/9	12:19.60

#24 LHS/LNHS All-Time Honor-Roll

110m HH (Raceberryjam honor roll - 15.6 HT or 15.84 FAT)

Minnesota All-Time Best - 13.85, Rick Schroeder, 1981

LHS/LNHS Honor Roll Minimum Performance - 16.17

LHS/LNHS Record - 14.64, Evan El-Halawani, 2016

Section 1AA Qualifying Standard - 16.02

State Meet Qualifier - 14.91

Jack Kocher, 9	SSC Championship 5/23	15.93
Andrew Wyatt, 11	True Team Section 5/7	16.39
Tristan Schmidt, 10	Mega Meet 5/16	17.48
Cam Sand, 12	Prior Lake Invite 4/9	17.62
Dalan Jones, 12	Mega Meet 5/16	18.05
Anders (Eli) Frazier, 10	Apple Valley 4/25	18.27
Sam Anderson, 11	JV Conference 5/13	18.33

#16 LHS/LNHS All-Time Honor Roll

300m IH (Raceberryjam honor roll - 41.6 HT or 41.84 FAT)

Minnesota All-Time Best - 36.38, RJ Alowonle, 2012

LHS/LNHS Honor Roll Minimum Performance - 43.5

LHS/LNHS Record - 38.07, Evan El-Halawani, 2016

Section 1AA Qualifying Standard - 41.83

State Meet Qualifier - 39.27

Jack Kocher, 9	Section 1AA 6/1	40.85
Andrew Wyatt, 11	Section 1AA 6/1	42.79
Tristan Schmidt, 10	SSC Championships 5/22	43.54
Cam Sand, 12	Hopkins 4/23	45.08
Sam Anderson, 11	JV Conference 5/13	46.16
Sam Wheatcraft, 8	Mega Meet 5/16	48.83
Anders (Eli) Frazier, 10	JV Conference 5/13	49.32

#5 LHS/LNHS All-Time Honor Roll

#19 LHS/LNHS All-Time Honor Roll

Vito Marchese, 8	JV Conference 5/13	49.76
Maddox Craig, 9	Farmington 5/3	51.76
Dalan Jones, 12	Apple Valley 4/25	52.18
Cole Maddio, 8	JV Conference 5/13	52.53

4x100m relay (Raceberryjam honor roll - 45.2 HT or 45.46 FAT)

Minnesota All-Time Best - 41.52, Eagan, 2015

LHS/LNHS Honor Roll Minimum Performance – 44.12

LHS/LNHS Record - 41.67, Trevor Jellum, Jonny Anyaogu, Nathan Sayler, Nicholas Nelson, 2009

State Meet Qualifier - 43.09

Logan Feeburg, Evan Peterson, Seth Pond, Eustace Awere	State Track 6/7	43.15	#7 LHS/LNHS HR
Logan Freeburg, Seth Pond, Nick Wypy, Eustace Awere	SSC Champion 5/23	44.00	#23 LHS/LNHS HR
Logan Freeburg, Evan Peterson, Nick Wypy, Seth Pond	Hopkins 4/23	44.30	
Logan Freeburg, Seth Pond, Nick Wypy, Eustace Awere	Mega Meet 5/16	44.32	
Logan Freeburg, Nick Wypy, Raja Nelson, Seth Pond	FMTN Duals 5/3	45.13	
Logan Freeburg, Jackson Hanson, Raja Nelson, Seth Pond	LN Quad 4/18	45.21	
Nick Wypy, Jackson Hanson, Seth Pond, Eustace Awere	Prior Lake Invite 4/9	45.29	
Varsity Team	LN Tri 4/18	45.30	
Logan Freeburg, Nick Wypy, Raja Nelson, Seth Pond	Section 1AA TT 5/7	45.51	
Cody Hastings, Luis Rosa, Tristan Shmidt, Devon Barrett	FMTN Duals 5/3	48.06	
Cody Hastings, Luis Rosa, Abram Demo, Devon Barrett	Apple Valley 4/25	48.16	
JV Team	LN Tri 4/18	49.56	
Naji Nelson, Sam Wheatcraft, Veto Marchese, Parker Malmgren	Apple Valley 4/25	49.83	MS Elite Qualify
MS Team	LN Tri 4/18	50.56	

4x200m relay (Raceberryjam honor roll - 1:34.0 HT or 1:34.24 FAT)

Minnesota All-Time Best - 1:26.91, Eagan, 2015

LHS/LNHS Honor Roll Minimum Performance – 1:34.38

LHS/LNHS Record - 1:27.86, James Ewer, Forrest Randall, Tom Mazula, Justin Suss, 2005

State Meet Qualifier - 1:29.50

Eustace Awere, Evan Peterson, Logan McGee, Jacob Langenfeld	Hopkins TT 4/23	1:33.10	#15 LHS/LNHS HR
Eustace Awere, Logan Freeburg, Logan McGee, Jacob Langenfeld	Section 1AA TT 5/7	1:33.13	#16 LHS/LNHS HR
Logan Freeburg, Evan Peterson, Logan McGee, Jacob Langenfeld	SSC Champion 5/23	1:33.29	#19 LHS/LNHS HR
Eustace Awere, Chris Reisinger, Logan McGee, Jacob Langenfeld	Section 1AA 6/1	1:33.87	#23 LHS/LNHS HR
Logan McGee, Evan Peterson, Seth Pond, Jacob Langenfeld	LN Tri 4/18	1:35.21	
Najee Nelson, Blake Licht, Vito Marchese, Parker Malmgren	Mega Meet 5/16	1:42.35	MS Elite Qualify
Najee Nelson, Blake Licht, Vito Marchese, Parker Malmgren	Prior Lake Invite 4/9	1:43.66	MS Elite Qualify

4x400m relay (Raceberryjam honor roll - 3:34.0 HT or 3:34.24 FAT)

Minnesota All-Time Best - 3:14.47, Mounds View

LHS/LNHS Honor Roll Minimum Performance – 3:35.45

LHS/LNHS Record - 3:26.9, Dave Johnson, John Tuma, Joachim Koester, Carl Trabant, 1980

State Meet Qualifier - 3:24.21

Logan McGee, Tyler Osen, Jacob Langenfeld, Brandon Stachewicz	SSC Meet 5/23	3:30.86	#6 LHS/LNHS HR
Jack Kocher, Dexter Hein-Harrison, J. Langenfeld, Brandon Stachewicz	True Team Section 5/7	3:34.03	#21 LHS/LNHS HR
Jack Kocher, Dawson Ashley, Jacob Langenfeld, Brandon Stachewicz	Mega Meet 5/16	3:42.07	
Dexter Hein-Harrison, Dawson Ashley, Andrew Casey, Tyler Osen	Prior Lake Invite 4/9	3:42.35	
Logan McGee, Eustace Awere, Seth Pond, Jacob Langenfeld	Prior Lake Invite 4/9	3:45.03	
Blake Peterson, Dexter Hein-Harrison, Dawson Ashley, Joey Hammer	LNHS Quad 4/18	3:50.50	

4x800m relay (Raceberryjam honor roll - 8:31.0 HT or 8:31.24 FAT)

Minnesota All-Time Best - 7:41.94, Stillwater, 1998

LHS/LNHS Honor Roll Minimum Performance – 8:26.74

LHS/LNHS Record - 7:47.58, Tim Bruhn, Tyler King, Ben Plankis, Jeff Lombardo, 2006

State Meet Qualifier - 7:58.85

Dexter Hein-Harrison, Ben Drangstveit, Aiden Regan, Dawson Ashley	True Team Section 5/7	8:37.28
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Dexter Hein-Harrison, Josh Gorman, Ben Drangstveit, Dawson Ashley	Hopkins TT 4/23	8:40.45
Dexter Hein-Harrison, Ben Drangstveit, Aiden Regan, Dawson Ashley	SSC Meet 5/23	8:40.53
Josh Gorman, Andrew Casey, Dexter Hein-Harrison, Dawson Ashley	LNHS Quad 4/18	8:49.89
Dexter Hein-Harrison, Aiden Regan, Ben Drangstveit, Josh Gorman	Prior Lake Invite 4/9	9:04.62

High Jump (Raceberryjam honor roll - 6-00)

Minnesota All-Time Best - 7-01, Raver, 1973 & Markuson, 1993

LHS/LNHS Honor Roll Minimum Performance – 5-10

LHS/LNHS Record - 6-08.75, Darrin Christensen, 1982

Section 1AA Qualifying Standard - 5-08.75

State Meet Qualifier - 6-04

Dalan Jones 12	Sections 1AA 6/1	5'6"
Tristan Schmidt, 10	Prior Lake Invite 4/9	5'2"
Eli Frazier 10	Apple Valley 4/25	5'0"
Chris Reisinger 12	True Team Section 5/7	5'2"

Long Jump (Raceberryjam honor roll - 20-05)

Minnesota All-Time Best - 24-9.25, Von Shepard, 1982

LHS/LNHS Honor Roll Minimum Performance - 20-00.75

LHS/LNHS Record - 23-06, James Ewer, 2005

Section 1AA Qualifying Standard - 19-11.50

State Meet Qualifier - 21-10

RaJa Nelson, 11	SSC Championships 5/23	20-11.75	#14 LHS/LNHS All-Time Honor Roll
Evan Peterson, 12	Hopkins True Team 4/23	19-10	
Jake Langenfeld, 12	Prior Lake Invite 4/9	19-00.5	
Chris Reisinger, 12	True Team Sections 5/7	18-06.5	
Eustace Awere, 11	LNHS Quad 4/18	18-01	
Tommy Niggling, 9	LNHS Quad 4/18	17-08.5	
Drew Russeth, 10	Apple Valley 4/25	17-05	
Vito Marchese, 8	MS Elite Meet 5/24	17-05	
Najee Nelson, 8	JV Conference 5/13	17-03	
Blake Licht, 8	MS Elite Meet 5/24	16-07.5	
Kris Sawyerr, 11	LNHS Quad 4/18	16-02.5	
Charlie Glick, 10	JV Conference 5/13	16-00.5	
Parker Malmgren, 8	Farmington Dual 5/3	16-00	
Sam Wheatcraft, 8	Prior Lake Invite 4/9	15-01.5	
Collin Byrne, 8	LNHS Quad 4/18	13-07	

Triple Jump (Raceberryjam honor roll - 41-04)

Minnesota All-Time Best - 50-04.5, Mike Sandle, 2011

LHS/LNHS Honor Roll Minimum Performance – 40-01

LHS/LNHS Record - 45-10, James Ewer, 2005

Section 1AA Qualifying Standard - 41-00.50

State Meet Qualifier - 44-05

Logan McGee, 10	SSC Championships 5/22	40-04	#22 LHS/LNHS All-Time Honor Roll
Chris Reisinger, 12	True Team Sections 5/7	38-10.5	
Eustace Awere, 11	Prior Lake Invite 4/9	38-07.5	
Kris Sawyerr, 11	LNHS Quad 4/18	36-10	

Pole Vault (Raceberryjam honor roll - 12-03)

Minnesota All-Time Best - 16-00, Grant Kreiger, 2013

LHS/LNHS Honor Roll Minimum Performance – 12-00

LHS/LNHS Record - 14-8, Kyle Meyer, 2015

Section 1AA Qualifying Standard - 11-10

State Meet Qualifier - 13-08

Jack Kocher, 9	Section 1AA 5/30	12-00	#17 LHS/LNHS All-Time Honor Roll
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Cam Sand, 12	Hopkins 4/23	11-00
Jacob Young, 11	SSC Championships 5/22	11-00
Ryan Westerman, 10	Mega Meet 5/16	9-00
Jacques Miller, 11	Prior Lake Invite 4/9	8-00
Himal Nenneman 11	Apple Valley 4/25	6-00

Shot Put (Raceberryjam honor roll - 49-00)

Minnesota All-Time Best - 65-08, Thomas Anderson, 2013

LHS/LNHS Honor Roll Minimum Performance - 51-00.25

LHS/LNHS Record - 59-08.75, Jon Jellum, 1993

Section 1AA Qualifying Standard - 46-01.75

State Meet Qualifier – 54-10

Will Mostaert, 12	Section 1AAA TT 5/7	53-01.75	#11 LHS/LNHS All-Time Honor Roll
Eli Mostaert, 12	Section 1AAA TT 5/7	51-03.25	#20 LHS/LNHS All-Time Honor Roll
Jack Hansen, 12	Prior Lake Invite 4/9	48-06	
Brady Sindelir, 11	JV Championships	43-01	
Lucas Stevenson, 12	LNHS Quad 4/18	40-05	
Kobe Schroeder, 12	Hopkins 4/23	39-03.75	
Cohlby Hernandez, 11	Apple Valley 4/25	38-10	
Ryan Dolejs, 10	Prior Lake Invite 4/9	38-06	
Jacob Witsitt, 11	Apple Valley 4/25	35-08.5	
Alex Mcfadden, 12	LNHS Quad 4/18	33-01	
Chris Sawyer, 11	Apple Valley 4/25	33-05	
Jackson Curry, 11	LNHS Quad 4/18	32-04	
Trace Hochsprung, 10	Apple Valley 4/25	31-08	
Reese Kankel, 11	Apple Valley 4/25	31-03	
Alik Schreiber, 11	LNHS Quad 4/18	31-02	
Ben Talley, 11	Apple Valley 4/25	29-07	
Cole Evans, 11	Apple Valley 4/25	28-2	
Louis Nguyen, 11	Prior Lake Invite 4/9	27-07	
Sam Talley, 9	LNHS Quad 4/18	22-02	
Josh Williamson, 11	Apple Valley 4/25	18-10	

Discus (Raceberryjam honor roll - 142-06)

Minnesota All-Time Best - 201-07, Karl Erickson, 2001

LHS/LNHS Honor Roll Minimum Performance – 151-00

LHS/LNHS Record - 183-00, Jon Jellum, 1993

Section 1AA Qualifying Standard – 139-03

State Meet Qualifier - 157-07

Will Mostaert, 12	SSC Conference	144-00
Jack Hansen, 12	Hopkins 4/23	133-00
Eli Mostaert, 12	Mega Meet	123-00
Cohlby Hernandez, 11	JV Championships	121-03
Ryan Dolejs, 10	TT Sections	120-02
Alex Mcfadden, 12	Apple Valley 4/25	115-06
Trace Hochsprung, 10	Apple Valley 4/25	106-08
Brady Sindelir, 11	LNHS Quad 4/18	103-10
Kobe Schroeder, 12	JV Championships	105-08
Chris Sawyer, 11	Apple Valley 4/25	95-11
Jacob Witsitt, 11	JV Championships	95-10
Alik Schreiber, 11	Apple Valley 4/25	87-07
Ben Talley, 11	Prior Lake Invite 4/9	83-04

Louis Nguyen, 11	LNHS Quad 4/18	81-11
Jackson Curry, 11	LNHS Quad 4/18	77-09
Reese Kankel, 11	Prior Lake Invite 4/9	65-06
Cole Evans, 11	Apple Valley 4/25	60-07
Sam Talley, 9	LNHS Quad 4/18	49-01

Lucas Stevenson, 12