

Section 4AA True Team

Fridley - 5/11/2023

Results

Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Ashley Fisher	11	Academy Of H	12.12
2 Janiya Moore	11	Richfield	12.67
3 Sierra Halverson	12	St. Anthony	12.69
4 Kiya Gilliand	11	Benilde-St M	12.71
5 Naja Giles	11	DeLaSalle	12.76
6 Ayanna Zarlee	9	DeLaSalle	12.78
7 Lulu McGarry	9	Breck School	13.09
8 Arriell Demry	12	Fridley	13.10
9 Isabella Bonadonna	10	Academy Of H	13.15
10 La'Nae Fernandes	11	Breck School	13.23
11 Melissa Torres	11	Columbia Hei	13.25
12 Lyra Carter	10	Benilde-St M	13.37
13 Nyla Fisher	9	Richfield	13.48
14 Denitsa Zaharieva	10	Totino-Grace	13.48
15 Itoro Etuko	11	Totino-Grace	13.58
16 Katelyn Evenson	9	St. Anthony	13.93
17 Christelle Kotor	10	Fridley	13.99
18 Maggie Mixon	11	Breck School	14.33
19 Kiara Smith	9	Minneapolis	14.36
20 May Carson	11	Minneapolis	14.38
21 Mya Sinchi Sanchez	11	Columbia Hei	14.65
22 Daiyah Klatt	8	Brooklyn Cen	14.82
23 Cynthia Perkins-wells	9	Minneapolis	15.02
24 Jeriphine Nelson	10	Brooklyn Cen	15.38

Girls 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Ashley Fisher	11	Academy Of H	25.11
2 Lulu McGarry	9	Breck School	26.48
3 Janiya Moore	11	Richfield	26.49
4 Mara Larson	12	St. Anthony	26.64
5 Kiya Gilliand	11	Benilde-St M	26.69
6 Sierra Halverson	12	St. Anthony	26.98
7 Naja Giles	11	DeLaSalle	27.10
8 Audrey Garton	11	Academy Of H	27.35
9 Mallory Mathwig	12	Benilde-St M	27.56
10 Anna Gries	11	DeLaSalle	27.63
11 Arriell Demry	12	Fridley	28.20
12 La'Nae Fernandes	11	Breck School	28.23
13 Olivia Warbler	12	Columbia Hei	28.75
14 Arcelia Abalo	10	Totino-Grace	28.85
15 Jaci Hintz	12	Richfield	29.18
16 Abby Lord	12	Totino-Grace	29.29
17 Samarriana Hall	11	Fridley	30.21
18 Anya Brown		Minneapolis	30.54
19 Mya Sinchi Sanchez	11	Columbia Hei	31.30
20 Tahriyah Wooley	11	Minneapolis	32.37
21 Noriah Alexander-Rhine	10	Brooklyn Cen	32.65
22 Miara Gross	10	Brooklyn Cen	37.53

Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Janiya Moore	11	Richfield	1:02.33
2 Ames Leber	9	Benilde-St M	1:02.72
3 Rebecca Nelson	9	St. Anthony	1:03.46
4 Annabelle Ellenbogen	9	Breck School	1:04.50
5 Molly Vance	12	Totino-Grace	1:04.69
6 Adeline Judson	9	Academy Of H	1:05.63
7 Kaya Williams	9	DeLaSalle	1:06.15
8 Abby Lord	12	Totino-Grace	1:06.51
9 Stevie Harris	9	Benilde-St M	1:06.66
10 Rory Higgins	10	DeLaSalle	1:07.46
11 Jaci Hintz	12	Richfield	1:07.61
12 Ingrid Kuhfuss	11	Academy Of H	1:08.21
13 Leilani Abraham	10	St. Anthony	1:08.32
14 Aven Leventhal	9	Breck School	1:08.79
15 Anya Brown		Minneapolis	1:10.58
16 Shyia Soward	10	Columbia Hei	1:10.95
17 Iris Bergan	11	Columbia Hei	1:11.47
18 Jana Kathem	9	Fridley	1:16.15
19 Rose Hylton	10	Minneapolis	1:21.52

Girls 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Claire Prindiville	12	Benilde-St M	2:33.73
2 Piper Gushwa	10	St. Anthony	2:37.57
3 Cora Kmiec	10	Academy Of H	2:38.62
4 Meghan Przybilla	11	St. Anthony	2:39.88
5 Parker Pollis	11	Richfield	2:43.75
6 McKenzie Keane	11	Totino-Grace	2:44.54
7 Lauren Scott	10	DeLaSalle	2:45.06
8 Caroline Pierce	11	Academy Of H	2:45.50
9 Paige Parry	11	Benilde-St M	2:45.96
10 Aubrey Cochran-Starr	10	Fridley	2:47.32
11 Maria Liiste	10	Totino-Grace	2:49.60
12 Clara Stevens	9	DeLaSalle	2:49.66
13 Eva Patenaude	12	Richfield	2:51.04
14 Allison Giles	10	Columbia Hei	3:11.88
15 Isabel Hernandez Monroy	11	Columbia Hei	3:16.89
16 Emily Duba	11	Fridley	3:23.82
17 Cidrew Wright	10	Brooklyn Cen	3:28.18

Girls 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Vivienne Larson	12	Benilde-St M	5:32.33
2 Esme Gulbransen	10	Breck School	5:38.41
3 Laney Knutson	11	Academy Of H	5:38.48
4 Caroline Pierce	11	Academy Of H	5:44.93
5 Piper Gushwa	10	St. Anthony	5:48.21
6 Sophie Rokala	7	Benilde-St M	5:51.30
7 Breonna Hurry	10	Totino-Grace	6:13.80
8 Anna Harrington	8	Breck School	6:16.47

Section 4AA True Team

Fridley - 5/11/2023

Results

Finals ... (Girls 1600 Meter Run)

Name	Yr	School	Finals
9 Libby Krocak	9	DeLaSalle	6:19.75
10 Celia Wyckoff	10	DeLaSalle	6:26.30
11 Alana McGrath	12	St. Anthony	6:32.59
12 Amayramy Ruiz Barrios	12	Fridley	6:36.49
13 Signe Linne	9	Richfield	6:42.80
14 Mya Sinchi Sanchez	11	Columbia Hei	6:44.05
15 Sophia Bemis	11	Totino-Grace	6:53.05
--- Sofia Isirdia Ceja	10	Richfield	DNF

Girls 3200 Meter Run

Name	Yr	School	Finals
1 Vivienne Larson	12	Benilde-St M	11:44.73
2 Genevieve Larson	12	Benilde-St M	12:17.81
3 Selah Binsfeld	9	Totino-Grace	12:36.54
4 Maggie Moe	10	Academy Of H	13:06.21
5 Laney Knutson	11	Academy Of H	13:19.30
6 Samantha Solboe	12	St. Anthony	13:31.87
7 Mari Rummel	12	Richfield	14:07.07
8 Breonna Hurry	10	Totino-Grace	14:27.34
9 Celia Wyckoff	10	DeLaSalle	14:31.61
10 Sofie Jax	11	St. Anthony	15:03.03
11 Lauren Scott	10	DeLaSalle	15:03.49
12 Avery Lampe	10	Breck School	15:48.42
13 Elizabeth Hernandez	9	Richfield	15:48.46
14 Samantha Dvorak	10	Breck School	16:06.51
15 Ada Popp	9	Minneapolis	16:15.24
16 Rose Hylton	10	Minneapolis	16:16.00
17 Zoe Zuehlke	9	Columbia Hei	16:40.88
18 Barbie Ortiz Robles	9	Columbia Hei	18:01.88

Girls 100 Meter Hurdles

Name	Yr	School	Finals
1 Brooke Cina	12	Totino-Grace	16.52
2 Audrey Garton	11	Academy Of H	18.05
3 Il m'aime Ntambwe	11	Columbia Hei	18.25
4 Anabel Desouza	8	St. Anthony	18.55
5 Olivia Tri	9	Academy Of H	18.64
6 Jasumer Robinson	9	Richfield	18.72
7 Anya Adelgren	12	DeLaSalle	18.74
8 Mya Bain	12	Minneapolis	18.91
9 Brandi Washington	10	Fridley	19.02
10 Kate Celichowski	11	DeLaSalle	19.53
11 Cori Thibodeaux	11	Breck School	19.75
12 Eva Snyder	11	Breck School	19.90
13 Talia Loes	10	Benilde-St M	20.42
14 Angel Tillman	9	Richfield	20.94
15 Grace Cool	11	Totino-Grace	21.48
16 Sydelle Godmare	7	St. Anthony	21.54
17 Juliette Larson	10	Benilde-St M	22.72
18 Valentina Moua	10	Fridley	34.19

Girls 300 Meter Hurdles

Name	Yr	School	Finals
1 Brooke Cina	12	Totino-Grace	46.61
2 Mara Larson	12	St. Anthony	48.97
3 Olivia Tri	9	Academy Of H	50.74
4 Anya Adelgren	12	DeLaSalle	52.43
5 Althea Schachtele	9	St. Anthony	52.90
6 Cori Thibodeaux	11	Breck School	55.65
7 Tatiana Vasquez	9	Minneapolis	56.38
8 Lilah Bergan	10	Columbia Hei	58.02
9 Kate Celichowski	11	DeLaSalle	58.34
10 Ca'Mari Clevenger	9	Richfield	58.40
11 Mya Bain	12	Minneapolis	58.54
12 Grace Cool	11	Totino-Grace	58.61
13 Mia Elm	9	Academy Of H	58.83
14 Talia Loes	10	Benilde-St M	59.13
15 Abigail Marusich	9	Benilde-St M	1:01.40
16 Eva Snyder	11	Breck School	1:02.13
17 Priti Rana	9	Fridley	1:02.17
18 Esther Aminga	10	Richfield	1:10.27
19 Stephanie Romero penaloz	11	Columbia Hei	1:12.29

Girls 4x100 Meter Relay

Team	Relay	Finals
1 DeLaSalle		50.43
2 Academy Of H		50.65
3 Benilde-St Margaret's		51.56
4 Columbia Heights		53.16
5 Breck School		53.84
6 Fridley		54.45
7 Richfield		55.14
8 St. Anthony Village		55.36
9 Totino-Grace		55.42
10 Minneapolis		55.81
11 Brooklyn Center		1:00.30
12 Minneapolis Edison		1:00.37

Girls 4x200 Meter Relay

Team	Relay	Finals
1 DeLaSalle		1:50.43
2 Breck School		1:51.43
3 Columbia Heights		1:52.12
4 Academy Of H		1:52.18
5 Benilde-St Margaret's		1:53.04
6 Fridley		1:54.23
7 Richfield		2:00.48
8 Totino-Grace		2:01.19
9 Minneapolis		2:05.46
10 Minneapolis Edison		2:10.75
--- St. Anthony Village		DQ

Section 4AA True Team

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Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1	St. Anthony Village	4:22.68
2	DeLaSalle	4:22.85
3	Academy Of H	4:24.57
4	Benilde-St Margaret's	4:25.83
5	Totino-Grace	4:30.86
6	Breck School	4:44.02
7	Richfield	4:45.45
8	Minneapolis Edison	5:17.05
9	Columbia Heights	5:28.07

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1	Totino-Grace	10:31.07
2	Breck School	10:45.92
3	St. Anthony Village	11:05.12
4	Richfield	11:10.77
5	Academy Of H	11:24.45
6	Benilde-St Margaret's	11:53.15
7	Columbia Heights	12:56.39
---	DeLaSalle	DNF

Girls High Jump

Name	Yr	School	Finals
Finals			
1	Anna Lervick	12 Benilde-St M	4-10.00
2	Noelle Murray	12 Breck School	4-10.00
3	Mara Larson	12 St. Anthony	4-10.00
4	Mya Bain	12 Minneapolis	4-08.00
4	Brooke Wisdom	11 Academy Of H	4-08.00
4	Purpose Price	9 Totino-Grace	4-08.00
7	Rebecca Nelson	9 St. Anthony	4-08.00
8	Cori Thibodeaux	11 Breck School	4-06.00
9	Angel Tillman	9 Richfield	4-04.00
10	Celia Lind	10 Academy Of H	4-04.00
11	Danchau Le	9 Columbia Hei	4-04.00
12	Jaci Hintz	12 Richfield	4-02.00
12	Erica Lee	11 Benilde-St M	4-02.00
14	Tatiana Vasquez	9 Minneapolis	4-02.00
15	Ahsia Freels	11 Fridley	4-02.00
16	Danquyen Le	12 Columbia Hei	4-00.00
17	Lyelia Victor	9 DeLaSalle	4-00.00
---	Valecia Massaquoi	10 Totino-Grace	NH
---	Naomi Whittaker-Hill	10 DeLaSalle	NH

Girls Pole Vault

Name	Yr	School	Finals
Finals			
1	Brooke Wisdom	11 Academy Of H	8-00.00
2	Adalia Taylor	9 Richfield	7-00.00
3	Juliette Larson	10 Benilde-St M	7-00.00
4	Mackenzie Nicholas	9 St. Anthony	6-06.00

5	Alaina DeCrans	11 Academy Of H	6-06.00
6	Lucy Loes	10 Benilde-St M	6-06.00
7	Maria Morrison	9 Totino-Grace	6-00.00
8	Lyelia Victor	9 DeLaSalle	6-00.00
9	Mari Rummel	12 Richfield	6-00.00
---	Connie Thao	10 Fridley	NH
---	Kathryn Piersma	10 DeLaSalle	NH

Girls Long Jump

Name	Yr	School	Finals
Finals			
1	Brooke Wisdom	11 Academy Of H	16-02.50
2	Sierra Halverson	12 St. Anthony	15-02.75
3	Cherish Dixon	9 Benilde-St M	15-02.25
4	Romina Santos	12 Richfield	15-00.00
5	Molly Vance	12 Totino-Grace	14-10.00
6	Denitsa Zaharieva	10 Totino-Grace	14-09.00
7	Danchau Le	9 Columbia Hei	14-09.00
8	Svea Frantzich	10 Breck School	14-08.00
9	Audrey Erickson	10 Academy Of H	14-08.00
10	Linnea Cary	11 St. Anthony	14-06.75
11	Angelina Gonzalez	12 Columbia Hei	14-04.75
12	Brandi Washington	10 Fridley	14-04.25
13	Jesica Capetillo	10 Richfield	13-02.50
14	Lulu McGarry	9 Breck School	13-01.25
15	Lara DePauw	11 Benilde-St M	12-11.00
16	Aubrey Larson	9 Minneapolis	12-06.25
17	Naomi Whittaker-Hill	10 DeLaSalle	12-03.25
18	Cynthia Perkins-wells	9 Minneapolis	11-11.75
19	Yasmin Smaller	12 Minneapolis	11-04.75
20	Hosana Essiomley	10 Minneapolis	11-03.75
21	Cidrew Wright	10 Brooklyn Cen	11-02.75
22	Stalayjia Gleason	10 Fridley	10-05.50

Girls Triple Jump

Name	Yr	School	Finals
Finals			
1	Ashley Fisher	11 Academy Of H	37-00.00
2	Anna Lervick	12 Benilde-St M	34-06.50
3	Molly O'Malley	11 Academy Of H	31-10.25
4	Svea Frantzich	10 Breck School	31-09.75
5	Danchau Le	9 Columbia Hei	31-09.00
6	Linnea Cary	11 St. Anthony	30-03.50
7	Brandi Washington	10 Fridley	30-01.50
8	Il m'aime Ntambwe	11 Columbia Hei	29-06.75
9	Leilani Abraham	10 St. Anthony	29-06.25
10	Grace Murphy	9 Breck School	29-03.50
11	Romina Santos	12 Richfield	29-00.00
12	Abigail Collins	10 Totino-Grace	28-11.25
13	Erica Lee	11 Benilde-St M	28-05.50
14	Ahsia Freels	11 Fridley	28-02.00
15	Jessica Russell	12 Totino-Grace	28-00.50
16	Elise Ashland	10 Minneapolis	27-04.00
---	Evey Lightner	10 Richfield	FOUL
---	Zaiga Herron	9 Minneapolis	FOUL

Section 4AA True Team

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Results

Girls Shot Put

Name	Yr	School	Finals
Finals			
1	Janysha Ferguson	12 Richfield	31-03.00
2	Manuella Gbedjangni	11 DeLaSalle	30-05.50
3	Lilah Bergan	10 Columbia Hei	30-00.50
4	Saniah Howard Reynolds	12 Columbia Hei	27-06.00
5	Sakaya Nimley	10 Fridley	27-05.00
6	Ava Telep	11 Academy Of H	27-03.00
7	Parker Pollis	11 Richfield	26-05.00
8	Juliette Larson	10 Benilde-St M	26-05.00
9	Aliyannah Tresvant	10 Fridley	26-05.00
10	Grace Armstrong	11 Totino-Grace	26-01.00
11	Laura Logan	12 Breck School	25-00.00
12	Jessica Russell	12 Totino-Grace	24-00.00
13	Ruth Iyegha	10 St. Anthony	23-04.50
14	Kylie Wagner	12 Benilde-St M	23-01.50
15	Josie Bossen	10 St. Anthony	22-07.50
16	Avery Lampe	10 Breck School	22-06.00
17	Reymie Keenan	9 Minneapolis	21-10.00
17	Shannon Maxwell	12 Academy Of H	21-10.00
19	Nora Ly	12 Brooklyn Cen	21-01.00
20	Angel Ofori	10 DeLaSalle	19-00.00
21	Yuki Rogers	10 Minneapolis	15-09.00
22	Esther Allebach	10 Totino-Grace	14-01.00

Girls Discus Throw

Name	Yr	School	Finals
Finals			
1	Manuella Gbedjangni	11 DeLaSalle	91-07
2	Sophia Moracco	11 St. Anthony	74-09
3	Heaven Gg	12 Columbia Hei	72-09
4	Nora Ly	12 Brooklyn Cen	71-03
5	Shannon Maxwell	12 Academy Of H	69-10
6	Reymie Keenan	9 Minneapolis	68-11
7	Sakaya Nimley	10 Fridley	66-08
8	Laura Logan	12 Breck School	65-09
9	Kalise Lewis	10 Columbia Hei	65-06
10	Lilyann Jansma	11 St. Anthony	63-05
11	Juliette Larson	10 Benilde-St M	63-00
12	Elizabeth Pierce	12 Academy Of H	58-09
13	Bryn Belland	10 Richfield	57-10
14	Grace Armstrong	11 Totino-Grace	55-10
15	Celia Wyckoff	10 DeLaSalle	52-05
16	Molly Swanson	12 Totino-Grace	51-08
17	Kylie Wagner	12 Benilde-St M	49-05
18	Zoe Diederich	11 Fridley	48-03
19	Ariet Onyongo	11 Richfield	47-05
20	Rose Hylton	10 Minneapolis	45-10
21	Yuki Rogers	10 Minneapolis	42-08
22	Daniya Larkins Lucas	10 Brooklyn Cen	38-04
23	Cori Thibodeaux	11 Breck School	37-03

Boys 100 Meter Dash

Name	Yr	School	Finals
Finals			
1	Kieran Murnan	12 Academy Of H	10.87
2	EJ Mathis	12 Totino-Grace	11.20
3	Elijah Randle	12 Richfield	11.35
4	Rashad Fisher	10 DeLaSalle	11.40
5	Khalif Brown	10 Benilde-St M	11.49
6	Justin Kuharski	11 Totino-Grace	11.58
7	Rayshawn Williams	10 Minneapolis	11.69
8	Kerome Thompson	12 Fridley	11.74
9	Tate Wiese	11 St. Anthony	11.83
10	Ke'Tavion Colton	10 Minneapolis	11.83
11	Ezra Satran	10 Breck School	11.84
12	Himie Brewer	12 Benilde-St M	11.84
13	Charlie Fisher	11 DeLaSalle	11.89
14	Roosevelt Gipply	11 Fridley	11.90
15	Jonathan Retana	11 Richfield	11.97
16	Patrick Eyres	10 Breck School	12.00
17	Bruce Thomas	12 Columbia Hei	12.00
18	Damian Devine	10 Academy Of H	12.09
19	Devon Wheeler	11 Columbia Hei	12.13
20	Hans Asare	12 St. Anthony	12.60
21	Eli Jones	11 Minneapolis	12.60
22	Tyrese Kaigboyah	9 Minneapolis	13.20
23	Braylon Thao	8 Brooklyn Cen	13.99

Boys 200 Meter Dash

Name	Yr	School	Finals
Finals			
1	Kieran Murnan	12 Academy Of H	22.00
2	EJ Mathis	12 Totino-Grace	22.45
3	Justin Kuharski	11 Totino-Grace	23.31
4	Isreal Moses	12 DeLaSalle	23.33
5	Joaquin Jamison	11 Richfield	23.37
6	Jaden Alexander	10 DeLaSalle	23.48
7	Diego Adair	12 Benilde-St M	23.88
8	Cartez Cook	11 Fridley	23.98
9	Patrick Eyres	10 Breck School	24.06
10	Khoi Le	10 Columbia Hei	24.07
11	Himie Brewer	12 Benilde-St M	24.19
12	Ezra Satran	10 Breck School	24.34
13	Kefelen Martin	12 St. Anthony	24.41
14	Antonio Borom	11 Fridley	24.50
15	Henry Banbah	10 Richfield	24.84
16	Newmann Thomas	12 Minneapolis	25.25
17	Laron Collins	10 Columbia Hei	25.33
18	Gavin Villagomez	10 Minneapolis	25.55
19	Sam Young	10 Minneapolis	25.58
20	Marcel Williams-Allen	12 St. Anthony	25.71
21	Michael Murphy	11 Academy Of H	25.84
22	Henrik Wilcox	9 Minneapolis	26.21
23	Erick Gutierrez	9 Brooklyn Cen	26.76
24	Braylon Thao	8 Brooklyn Cen	29.27

Section 4AA True Team

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Results

Boys 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Kieran Murnan	12	Academy Of H	51.58
2 Darius Irvin	10	DeLaSalle	51.59
3 Casey Gay	12	Richfield	52.87
4 Micah Young	12	Minneapolis	54.49
5 Owen Lamb	11	Totino-Grace	54.55
6 William Lapinski	12	St. Anthony	54.73
7 Rhikeishi Lee	12	Totino-Grace	55.76
8 William Snyder	12	Academy Of H	56.03
9 Ben Davis	12	Fridley	56.60
10 Charles Scroggins	11	Benilde-St M	56.60
11 Juvenal Romero penaloza	10	Columbia Hei	56.76
12 Samuel Hart	10	St. Anthony	57.01
13 Spencer Lewis	10	Richfield	57.29
14 Ray James	9	DeLaSalle	57.40
15 Roosevelt Gipply	11	Fridley	58.28
16 Henrik Wilcox	9	Minneapolis	58.30
17 Gage Mueller	10	Benilde-St M	58.96
18 Dexter Kingsley	9	Breck School	59.77
19 Alex Sanchez Romero	11	Columbia Hei	1:00.42
20 Arthur Hoffman	9	Breck School	1:01.90
21 Cameron Rush	12	Minneapolis	1:03.30
22 Darius Hubbard Jr	9	Minneapolis	1:03.92
23 Erick Gutierrez	9	Brooklyn Cen	1:06.08

Boys 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Matthew Lindgren	10	Totino-Grace	2:03.09
2 Nathan Gay	12	Richfield	2:03.62
3 Alexander Bjork	12	St. Anthony	2:03.75
4 Charles Iyegha	12	St. Anthony	2:03.90
5 Thomas Madrid	11	Richfield	2:06.95
6 Thomas Hopkins	9	Academy Of H	2:08.31
7 Samuel Rodriguez-Paiz	9	Academy Of H	2:15.70
8 Linus Lee	12	Columbia Hei	2:16.77
9 Juvenal Romero penaloza	10	Columbia Hei	2:17.00
10 Liam Lynch	10	Benilde-St M	2:18.45
11 Thomas Dill	9	Breck School	2:18.72
12 Sebastian Cerda	10	Benilde-St M	2:19.26
13 Harper McCandless	11	Fridley	2:19.40
14 Alejandro Villagomez	11	DeLaSalle	2:20.26
15 Malik Alkatout	11	Minneapolis	2:20.65
16 Jackson Herr	10	Totino-Grace	2:21.10
17 Derek Murphy	11	Fridley	2:22.40
18 Sidney Larson	9	Minneapolis	2:25.29
19 Nick Iwan	10	Breck School	2:29.08
20 Elijah Avent	12	DeLaSalle	2:29.31
21 Rowan Kennedy-Logan	9	Minneapolis	2:56.04

Boys 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Alden Keller	12	Breck School	4:20.16
2 Matthew Lindgren	10	Totino-Grace	4:22.37
3 Isaac Meyer	11	Totino-Grace	4:50.41
4 Oliver Foley	11	Benilde-St M	4:53.11
5 Nate Merrell	10	DeLaSalle	4:54.46
6 Mason Rokala	10	Benilde-St M	4:55.66
7 Philip Kram	11	St. Anthony	4:57.93
8 Kevin Romero Rivera	11	Columbia Hei	5:01.96
9 Adam Katalinich	12	Academy Of H	5:04.63
10 Lami Andea	12	St. Anthony	5:06.80
11 Sawyer Johnson	11	Academy Of H	5:07.77
12 Aidan Cosette	12	Richfield	5:10.93
13 Malik Alkatout	11	Minneapolis	5:11.83
14 David Trout	11	Minneapolis	5:13.18
15 Graham Bailey	10	Breck School	5:13.29
16 Owen Caputo Sullivan	9	DeLaSalle	5:14.05
17 Bryan Estrada Riera	10	Columbia Hei	5:17.05
18 Yassir Ali	11	Fridley	5:23.04
19 Nafkot Makonnen	12	Minneapolis	5:28.32
20 Tait Johnson	10	Richfield	5:36.41
21 Jude Takyi	12	Fridley	5:53.28
22 Alex Rodebaugh	10	Brooklyn Cen	6:20.14
23 Avery Zimmerman	12	Minneapolis	6:34.75

Boys 3200 Meter Run

Name	Yr	School	Finals
Finals			
1 Isaac Meyer	11	Totino-Grace	10:37.72
2 Mason Rokala	10	Benilde-St M	10:45.58
3 Elijah Katter	11	Academy Of H	10:58.50
4 John Steines	10	DeLaSalle	11:03.00
5 Kevin Romero Rivera	11	Columbia Hei	11:03.65
6 Louis Ahern	9	Academy Of H	11:03.78
7 Jackson Garrison	11	Breck School	11:07.72
8 Knut Linne	11	Richfield	11:20.91
9 Mac West	9	Breck School	11:21.61
10 Owen Caputo Sullivan	9	DeLaSalle	11:25.84
11 Dylan Casey	10	Benilde-St M	11:34.46
12 Jack Peterson	11	St. Anthony	11:39.80
13 Harry Kohan	10	St. Anthony	11:48.56
14 Zach Embacher	12	Totino-Grace	11:57.18
15 Nafkot Makonnen	12	Minneapolis	12:13.27
16 Isaac Garay Cruz Jr	11	Fridley	12:18.50
17 Cameron Spencer	10	Richfield	12:19.00
18 Yassir Ali	11	Fridley	12:22.45
19 Adrian Neri Ochoa	9	Columbia Hei	13:06.91
20 Hanad Aden	12	Minneapolis	13:09.69
21 Romie Rhiger	12	Minneapolis	13:56.20
22 Jonathan Sims	10	Minneapolis	14:19.27

Section 4AA True Team

Fridley - 5/11/2023

Results

Boys 110 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Michael Strong	10	Totino-Grace	15.62
2 Anthony Rutherford	12	Richfield	17.66
3 Jackson Croom	10	Breck School	19.06
4 Trey Petersen	12	Richfield	19.33
5 Ryan Larson	11	Academy Of H	19.43
6 Dai'Veone Ellis	12	Fridley	20.00
7 Jacob Szopa	9	Academy Of H	20.35
8 Kurt Cedillo	11	Fridley	20.49
9 Francis Endrizzi	11	Minneapolis	20.90
10 Abdihafid Mohamed	11	Minneapolis	21.12
11 Dorian Fleming	11	Minneapolis	21.15
12 Benjamin Terry	10	Benilde-St M	21.31
13 Grant Ravndal	12	St. Anthony	21.61
14 Isaac Mandycyk	9	St. Anthony	21.74
15 Benjamin Wolfson	10	Benilde-St M	22.73
16 Darrius Hubbard Jr	9	Minneapolis	23.11
17 Robert Stachowski	11	Totino-Grace	23.66

Boys 300 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Michael Strong	10	Totino-Grace	41.92
2 Lorenzo Hampton III	9	Fridley	43.89
3 Tate Wiese	11	St. Anthony	44.33
4 Isaiah Watson	11	Fridley	45.68
5 Jackson Croom	10	Breck School	46.60
6 Will Russell	12	Totino-Grace	47.26
7 Abel Abay	12	Richfield	47.61
8 Ryan Larson	11	Academy Of H	48.29
9 Trey Petersen	12	Richfield	48.34
10 Cullen Arneson	12	Minneapolis	48.53
11 Anthony Starks II	10	DeLaSalle	49.58
12 Carnell Ivie	12	Minneapolis	51.61
13 Jesus Gaytan santana	10	Minneapolis	51.78
14 Samuel Nelson	10	Academy Of H	51.84
15 Benjamin Wolfson	10	Benilde-St M	52.44
16 Quintin Turner	12	DeLaSalle	52.47
17 Benjamin Terry	10	Benilde-St M	53.51
18 Dorian Fleming	11	Minneapolis	53.87
19 Grant Ravndal	12	St. Anthony	54.39
20 Victor Hernandez Ramales	11	Columbia Hei	56.92
21 Jaime Delacruz Lopez	10	Columbia Hei	59.81
22 Phoenix Flamenbaum	9	Breck School	1:03.13

Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Fridley		44.32
2 DeLaSalle		44.36
3 Totino-Grace		45.15
4 Benilde-St Margaret's		45.18
5 Minneapolis		45.96

6 Columbia Heights	46.29
7 Academy Of H	47.46
8 St. Anthony Village	47.57
9 Richfield	47.68
10 Breck School	48.54
11 Minneapolis Edison	50.36

Boys 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 DeLaSalle		1:31.28
2 Fridley		1:34.89
3 Totino-Grace		1:37.21
4 Minneapolis		1:38.30
5 Benilde-St Margaret's		1:38.96
6 St. Anthony Village		1:39.00
7 Academy Of H		1:39.79
8 Minneapolis Edison		1:41.75
9 Breck School		1:44.10
10 Columbia Heights		1:51.99
--- Richfield		DQ

Boys 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Richfield		3:31.94
2 St. Anthony Village		3:35.29
3 Totino-Grace		3:44.09
4 Benilde-St Margaret's		3:50.06
5 Fridley		3:51.70
6 Minneapolis Edison		3:51.83
7 Academy Of H		3:52.19
8 DeLaSalle		3:58.83
9 Breck School		4:20.25
10 Minneapolis		4:24.25
11 Columbia Heights		4:27.95

Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Richfield		8:26.68
2 St. Anthony Village		8:28.46
3 Academy Of H		9:16.08
4 Totino-Grace		9:18.23
5 Minneapolis Edison		9:22.53
6 DeLaSalle		9:28.53
7 Breck School		9:40.16
8 Fridley		9:46.11
9 Columbia Heights		10:14.37
10 Benilde-St Margaret's		10:18.45
--- Minneapolis		DQ

Boys High Jump

Name	Yr	School	Finals
Finals			
2 DeShawn Harrison	11	DeLaSalle	6-04.00

Section 4AA True Team

Fridley - 5/11/2023

Results

Finals ... (Boys High Jump)

Name	Yr	School	Finals
2 Myles Evans	12	St. Anthony	6-02.00
3 Joaquin Jamison	11	Richfield	6-00.00
4 Tykelian Moore	11	Fridley	5-10.00
5 William Lapinski	12	St. Anthony	5-08.00
6 Khalif Brown	10	Benilde-St M	5-08.00
7 Diamante Hudson	12	Fridley	5-08.00
8 Andrew Colgan	11	Breck School	5-06.00
9 Patrick OMalley	12	Academy Of H	5-06.00
10 Damian Devine	10	Academy Of H	5-06.00
11 Emmanuel Benson	10	Totino-Grace	5-06.00
12 Brennan Thimm	11	Richfield	5-04.00
13 Rhikeishi Lee	12	Totino-Grace	5-04.00
14 Cameron Rush	12	Minneapolis	5-02.00
15 Justin Johnson	9	DeLaSalle	5-02.00
15 Francis Endrizzi	11	Minneapolis	5-02.00
17 Izsaiah Wilson	11	Columbia Hei	5-00.00
18 Sam Young	10	Minneapolis	5-00.00
--- Jabari Stader	9	Benilde-St M	NH
--- Christopher Caballero Her	9	Columbia Hei	NH

Boys Pole Vault

Name	Yr	School	Finals
1 Ben Ertl	12	Academy Of H	11-06.00
2 Trey Petersen	12	Richfield	11-00.00
3 Xavier Case	11	Totino-Grace	10-06.00
4 Frank Denton	12	Totino-Grace	10-06.00
5 Grant Ravndal	12	St. Anthony	9-00.00
6 Dylan Casey	10	Benilde-St M	9-00.00
7 Damian Pinduisaca	12	Columbia Hei	9-00.00
8 Jayden Gardner	12	Fridley	8-06.00
8 Brendan Smith	9	Richfield	8-06.00
10 Nicholas Richard	12	Fridley	8-06.00
11 Tate Wiese	11	St. Anthony	8-06.00
12 Christopher Anderson	9	DeLaSalle	8-00.00
13 Andrew Egan	11	Academy Of H	8-00.00
14 Dane Kindred	9	Breck School	8-00.00
15 Max Kloss	10	Benilde-St M	7-00.00

Boys Long Jump

Name	Yr	School	Finals
1 Tykelian Moore	11	Fridley	21-06.50
1 Fadel Johnson	11	Fridley	20-10.00
2 Elijah Randle	12	Richfield	20-03.00
3 Damian Devine	10	Academy Of H	20-00.50
4 Himie Brewer	12	Benilde-St M	19-10.25
5 Will Russell	12	Totino-Grace	19-01.75
6 Tate Wiese	11	St. Anthony	19-01.25
7 Newmann Thomas	12	Minneapolis	19-00.00
8 DeShawn Harrison	11	DeLaSalle	18-10.75
9 Marquel Keten	10	Totino-Grace	18-10.00
10 Patrick Eyres	10	Breck School	18-08.50
11 Khoi Le	10	Columbia Hei	18-05.00

12 Spencer Lewis	10	Richfield	18-02.00
13 Isreal Moses	12	DeLaSalle	18-01.50
14 Devon Wheeler	11	Columbia Hei	17-09.75
15 Reid Davenport	11	Academy Of H	16-02.75
16 Dylan Remjeske	11	Benilde-St M	16-01.25
17 Sam Young	10	Minneapolis	16-00.00
18 Dane Kindred	9	Breck School	15-11.50
19 Dominic Hawkins	12	St. Anthony	15-10.75
20 Dorian Fleming	11	Minneapolis	14-07.50
21 Rio Mississippi	9	Minneapolis	14-00.00

Boys Triple Jump

Name	Yr	School	Finals
1 Fadel Johnson	11	Fridley	43-09.50
2 Isaiah Watson	11	Fridley	41-07.00
3 Will Russell	12	Totino-Grace	40-10.00
4 Khoi Le	10	Columbia Hei	40-01.75
5 DeVon Irvin	12	DeLaSalle	40-01.00
6 Merrick Lyons	10	DeLaSalle	38-10.00
7 Patrick Eyres	10	Breck School	38-03.75
8 Damian Devine	10	Academy Of H	37-10.25
9 Hans Asare	12	St. Anthony	37-08.50
10 John Schletty	10	Academy Of H	36-01.75
11 Rhikeishi Lee	12	Totino-Grace	35-03.50
12 Marcel Williams-Allen	12	St. Anthony	34-11.00
13 Henry Banbah	10	Richfield	34-10.25
14 Eli Jones	11	Minneapolis	34-10.00
15 Drew Bartle	10	Richfield	33-10.75
16 Jackson Snyder	11	Breck School	33-07.25
17 Max Kloss	10	Benilde-St M	32-05.50
18 Diego Paucar Deleg	12	Columbia Hei	32-01.00
19 Tangney Steven	12	Benilde-St M	31-09.75

Boys Shot Put

Name	Yr	School	Finals
1 Louie DeMedici	12	Totino-Grace	46-08.50
2 Jake Zitek	11	Academy Of H	40-08.00
3 Myer Sonkarley	12	Fridley	39-06.00
4 CJ Sauer	12	Benilde-St M	38-07.00
5 Keenan Paschal	11	DeLaSalle	37-07.00
6 Josh Lor	11	Minneapolis	37-07.00
7 Tayjhon Turley	11	Richfield	36-08.00
8 Nathan Riley	11	Academy Of H	35-02.00
9 Dylan Luebke	11	Breck School	35-01.00
10 Cameron Smith	10	Minneapolis	34-06.00
11 Brody Johnson	10	Richfield	34-02.50
12 Amir Downs	12	Minneapolis	34-02.00
13 Jack Modahl	12	Totino-Grace	33-06.00
14 Ethan Kirkwood	12	Brooklyn Cen	33-00.50
15 Grant McCombs	10	Benilde-St M	32-03.00
16 Connor Severt	12	Breck School	31-09.00
16 Mathias Lundgren	12	St. Anthony	31-09.00
18 Taymoi Epps	10	Columbia Hei	30-03.00
19 Jalue Dorjee	10	Columbia Hei	30-00.00

Section 4AA True Team

Fridley - 5/11/2023

Results

Finals ... (Boys Shot Put)

Name	Yr	School	Finals
20 Jaden Ramsey	11	Brooklyn Cen	28-00.00
21 Isaiah Maldonado	10	Fridley	21-08.00
--- Gerald Jones	12	DeLaSalle	FOUL

9) Minneapolis Edison	313.5
10) Columbia Heights	309

Boys Discus Throw

Name	Yr	School	Finals
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Finals

1 Louie DeMedici	12	Totino-Grace	139-02
2 Jake Zitek	11	Academy Of H	117-08
3 Josh Lor	11	Minneapolis	112-01
4 Ezra Diederich	11	Fridley	110-06
5 CJ Sauer	12	Benilde-St M	107-03
6 Dylan Luebke	11	Breck School	104-08
7 Taymoi Epps	10	Columbia Hei	101-07
8 Quinn Cossette	11	Richfield	95-07
9 Jelani Waynewood	12	Benilde-St M	93-01
9 Myer Sonkarley	12	Fridley	93-01
11 Oliver Boesflug	9	DeLaSalle	92-07
12 Tayjhon Turley	11	Richfield	91-00
13 Andrew Colgan	11	Breck School	89-06
14 Ethan Kirkwood	12	Brooklyn Cen	82-04
15 Jaden Ramsey	11	Brooklyn Cen	80-07
16 Mathias Lundgren	12	St. Anthony	79-11
17 Jack Modahl	12	Totino-Grace	79-02
18 Amir Downs	12	Minneapolis	78-10
19 Joseph Warmka	11	Academy Of H	78-06
20 Charley Crowson	9	St. Anthony	73-01
21 Lawrence Thukral	10	DeLaSalle	69-08
22 Jalue Dorjee	10	Columbia Hei	69-04
23 Mason Nelson	10	Minneapolis	69-02
24 Kesean Mitchell	10	Minneapolis	66-06

Women - Team Rankings - 18 Events Scored

1) Academy Of Holy Angels	651.5
2) Benilde-St Margaret's	576.5
3) St. Anthony Village	565
4) Richfield	486.5
5) Totino-Grace	484
6) Breck School	477
7) DeLaSalle	467
8) Columbia Heights	406
9) Fridley	280
10) Minneapolis Patrick Henry	169
11) Minneapolis Edison	97.5
12) Brooklyn Center	61

Men - Team Rankings - 18 Events Scored

1) Totino-Grace	637
2) Academy Of Holy Angels	556
3) Fridley	544
4) Richfield	536.5
5) Benilde-St Margaret's	477.5
6) St. Anthony Village	476
7) DeLaSalle	466
8) Breck School	378.5

Section 4AA True Team

Fridley - 5/11/2023

Results

11) Minneapolis Patrick Henry	238
12) Brooklyn Center	47