

Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009
Coon Rapids High School
Results - Tuesday

Event 1 Girls 3200 Meter Run

Conference: 10:37.16 \$ 2003

Heidi Lindeman

Name

School

Finals

Finals

1	Sjostrom, Stephanie	Champlin Park	11:46.28
2	Soli, Cassidy	Champlin Park	11:51.98
3	Shagen, Kaley	Osseo	11:59.21
4	Fritz, Katelyn	Anoka	12:03.60
5	Hereid, Tera	Blaine	12:09.87
6	Mead, Laura	Andover	12:10.71
7	Rudin, Danielle	Maple Grove	12:21.93
8	Aaron, Miranda	Maple Grove	12:22.23
9	Simonet, Kate	Park Center	12:26.21
10	Mead, Elise	Andover	12:28.11
11	Bohne, Briza	Centennial	12:28.12
12	Kallemeyn, Jane	Elk River	12:29.91
13	Loveland, Allie	Centennial	12:32.78
14	Billett, Kayla	Anoka	12:33.55
15	Martens, Karissa	Coon Rapids	12:34.59
16	Guimont, Gabbi	Anoka	12:37.66
17	Yovetich, Marissa	Andover	12:47.09
18	Richter, Becca	Osseo	12:48.68
19	White, Susan	Osseo	12:49.54
20	Johnson, Kayla	Coon Rapids	12:57.28
21	Johnson, Cherry	Blaine	13:11.52
22	Metzger, Renae	Park Center	13:12.75
23	Schlitter, Mari	Champlin Park	13:13.61
24	Waananen, Amy	Maple Grove	13:14.30
25	Benson, Natalie	Centennial	13:22.10
26	Buchner, Alyssa	Coon Rapids	13:30.31
27	Lundstrom, Danni	Park Center	13:33.85
28	Frjl, Adisa	Blaine	13:42.52
---	Keller, Helena	Elk River	DNF

Event 2 Boys 3200 Meter Run

Conference: 9:43.44 \$ 1994

Steve Leuer

Name

School

Finals

Finals

1	Evans, Ryan	Centennial	9:42.19 \$
2	Richards, Kyle	Champlin Park	10:02.85
3	Johnson, Alex	Maple Grove	10:05.52
4	Hartmann, Jeff	Osseo	10:09.28
5	Rose, JP	Champlin Park	10:11.64
6	Johanson, Peter	Anoka	10:11.67

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7	Mason, Jake	Osseo	10:12.46
8	Schmidt, Adam	Andover	10:12.47
9	Nielsen, Dan	Andover	10:13.40
10	Kennedy, David	Coon Rapids	10:23.79
11	Beyer, Matt	Maple Grove	10:25.10
12	Hartmann, Brad	Osseo	10:28.21
13	Olson, Tyler	Maple Grove	10:29.07

Finals ... (Event 2 Boys 3200 Meter Run)

	Name	School	Finals
14	Stevens, Tyler	Elk River	10:31.29
15	Volk, Eric	Elk River	10:35.64
16	Woetzel, Austin	Blaine	10:39.90
17	Celis, Renzo	Anoka	10:40.96
18	Brintz, Zach	Centennial	10:41.16
19	Stevens, Austin	Elk River	10:43.90
20	Schroer, Sam	Anoka	10:44.12
21	Kruse, Patrick	Blaine	10:49.18
22	Coughlin, Daniel	Coon Rapids	10:51.51
23	Mueggenberg, Matt	Coon Rapids	10:51.74
24	Kosir, Shane	Blaine	10:56.84
25	Goertzen, Chad	Centennial	11:06.58
26	pheneger, Caleb	Champlin Park	11:10.43
27	Gilkerson, Mark	Park Center	11:11.08
28	Handorff, Aaron	Andover	11:16.80
29	Kelly, Joe	Park Center	11:28.83
30	Crockett, Jacob	Park Center	12:51.66

Event 3 Girls 100 Meter Hurdles

Conference: 14.99 \$ 2000

Jen Albers

	Name	School	Prelims	H#
Preliminaries				
1	Okonkwo, Chiamaka	Osseo	15.15 Q	2
2	Schnittker, Laura	Maple Grove	15.84 Q	1
3	Bair, Maggie	Blaine	16.03 Q	3
4	Maciej, Michelle	Elk River	16.24 Q	4
5	Prouty, Keisha	Anoka	16.59 q	4
6	Denler, Melissa	Champlin Park	17.02 q	1
7	Abbott, Nicole	Anoka	17.42 q	2
8	Smith, LaShonte	Osseo	17.47 q	3
9	Jones, Erin	Centennial	17.52	1
10	Metzger, Mayem	Coon Rapids	17.62	2
11	Evanson, Olivia	Maple Grove	17.76	3
12	Sohns, Jordyn	Elk River	17.91	4
13	Reff, Haidee	Andover	18.02	2
14	House, Madison	Maple Grove	18.06	3
15	Young, Amanda	Blaine	18.06	4
16	Ohmann, Andrea	Blaine	18.06	1
17	Johnson, Emma	Coon Rapids	18.11	4
18	Rodman, Shauna	Anoka	18.15	3

Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009**Coon Rapids High School****Results - Tuesday**

19	Ketter, Rachel	Champlin Park	18.16	4
20	Hill, Jalen	Champlin Park	18.23	1
21	Lu, Tina	Coon Rapids	18.41	1
22	Bagley, Ashley	Centennial	18.79	3
23	Reynoldson, Katie	Andover	18.94	2
24	Abernathy, Tara	Osseo	18.95	3
25	Majkrzak, Natalie	Centennial	19.42	1
26	Givens, Danielle	Park Center	19.47	4
27	Olson, Addie	Andover	19.53	2
28	Wakayo, Yubo	Park Center	20.88	3

Preliminaries ... (Event 3 Girls 100 Meter Hurdles)

Name	School	Prelims	H#
29 Byrd, Tiffany	Park Center	22.44	4

Event 4 Boys 110 Meter Hurdles

Conference: 14.20 \$ 2001

Peter Stuart, Blaine

Name	School	Prelims	H#
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Preliminaries

1	Boye-Weah, Snonsio	Park Center	15.38 Q	2
2	Barett, Derek	Andover	15.47 Q	1
3	Rice, Mark	Maple Grove	15.60 Q	3
4	Maloney, Ryan	Elk River	15.62 Q	4
5	Djerf, Nick	Osseo	15.88 q	3
6	Knoop, Jake	Anoka	15.92 q	4
7	Leslie, Mike	Blaine	16.07 q	1
8	Hanson, Zach	Coon Rapids	16.07 q	1
9	Budish, Dave	Andover	16.34	3
10	Probert, Michael	Andover	16.39	2
11	Ackermann, David	Blaine	16.41	2
12	Courtright, Aaron	Blaine	16.48	4
13	Wolfe, Jesse	Centennial	16.65	1
14	Thielen, Ryan	Maple Grove	17.01	1
15	Peterson, Tim	Elk River	17.04	4
16	Myren, Lance	Anoka	17.39	3
17	Blevins, Jordan	Park Center	17.91	3
18	Buhmann, Matt	Elk River	17.93	2
19	Greenberg, Nolan	Anoka	17.99	1
20	Alexander, Jay	Champlin Park	18.14	2
21	Rader, Chris	Coon Rapids	18.19	2
22	Erding, Tyler	Centennial	18.68	4
23	Tilleskjer, Weijing	Centennial	18.75	3
24	Cleveland, Phil	Champlin Park	18.79	2
25	Kleba, Jon	Coon Rapids	19.09	3
26	Hickman, Marquis	Park Center	20.16	4
---	Jones, Tori	Maple Grove	DNF	1

Event 5 Girls 100 Meter Dash

Conference: 12.34 \$ 1995

Amber Affeldt

Name	School	Prelims	H#
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Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009
Coon Rapids High School
Results - Tuesday

Preliminaries

1	Lewis, Katelyn	Osseo	12.70 Q	3
2	Davis, Sasha	Park Center	13.11 Q	4
3	Krause, Bekkah	Centennial	13.21 Q	1
4	Okonkwo, Anuli	Osseo	13.28 Q	2
5	Hickerson, Rochelle	Andover	13.36 q	3
6	Hawkins, Elizabeth	Blaine	13.58 q	1
7	Bredeson, Shelby	Andover	13.60 q	3
8	Funfar, Shelby	Coon Rapids	13.63 q	2
9	Jackson, Raven	Park Center	13.67	1
10	Mosley, Chrystel	Blaine	13.70	1
11	Hill, Melanie	Champlin Park	13.72	4
12	Huston, Megan	Centennial	13.88	2

Preliminaries ... (Event 5 Girls 100 Meter Dash)

	Name	School	Prelims	H#
13	Gross, Nia	Osseo	13.90	4
14	Robinson, Brianna	Park Center	13.91	4
15	Ezell, Kierra	Maple Grove	13.93	2
16	Detloff, Molli	Elk River	13.94	1
17	Nelson, Haley	Maple Grove	14.08	4
18	Kyne, Kim	Coon Rapids	14.10	3
19	Merchant, Patience	Coon Rapids	14.15	2
20	Schnevenius, Laura	Centennial	14.16	2
21	Bednorz, Katlin	Anoka	14.18	3
22	Hoover, Trish	Andover	14.30	3
23	Ederer, Katie	Blaine	14.33	3
24	Abbott, Nicole	Anoka	14.34	1
25	Brown, Josie	Elk River	14.41	2
26	Jacobs, Abby	Maple Grove	14.45	4
27	Holden, Kaitlyn	Anoka	14.75	4
28	Dickson, Deborah	Champlin Park	15.15	4

Event 6 Boys 100 Meter Dash

Conference: 10.50 \$ 2001

	Name	School	Prelims	H#
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Preliminaries

1	Brownell, Tendeh	Osseo	11.36 Q	3
2	Fuller, Zerrick	Champlin Park	11.51 Q	1
3	Blix, John	Maple Grove	11.66 Q	4
4	Lewis, Casey	Coon Rapids	11.73 Q	2
5	Fort-Baker, Kiemonte	Coon Rapids	11.52 q	3
6	Givens, Quentin	Park Center	11.81 q	4
7	Conner, Sam	Osseo	11.84 q	2
8	Christenson, Dane	Centennial	11.84 q	3
9	Chea, Moses	Champlin Park	11.93	3
10	Dahl, Keith	Centennial	11.94	4
11	Woodbury, Maurquise	Park Center	11.96	2
12	Berger, Taylor	Elk River	11.98	1

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13	Umanzor, Omar	Andover	12.04	1
14	Duncan, Ben	Champlin Park	12.05	2
15	Jeska, Isaac	Anoka	12.06	2
16	Nelson, Zach	Andover	12.06	1
17	Guar, Trokon	Coon Rapids	12.09	2
18	Bugs, Elliott	Park Center	12.12	3
19	Wilson, Derek	Blaine	12.15	4
20	Ricks, Stephen	Blaine	12.18	1
21	Olson, Evan	Elk River	12.23	4
22	Roberts, Casey	Maple Grove	12.26	3
23	Whelan, Chris	Maple Grove	12.31	1
24	Nah, Smokey	Osseo	12.33	1
25	Elvig, Josh	Anoka	12.38	3
26	Schuldt, Ben	Anoka	12.41	4
27	Oawster, Matthias	Centennial	12.51	3
28	Brummer, Logan	Elk River	13.02	4

Event 7 Girls 400 Meter Dash

Conference: 56.85 \$ 2003

Laura Mottaz

Name	School	Prelims	H#
Preliminaries			
1	Davis, Sasha	Park Center	57.78 Q 2
2	Jones, Kyanna	Osseo	59.83 Q 3
3	Schnittker, Laura	Maple Grove	1:01.52 Q 1
4	Vermette, Sydney	Anoka	1:03.19 Q 4
5	Murphey, Nicole	Blaine	1:00.20 q 3
6	Olson, Paige	Osseo	1:01.46 q 2
7	Weigel, Abbie	Maple Grove	1:01.53 q 1
8	Philips, Emily	Maple Grove	1:02.68 q 2
9	Oldenburg, Breanna	Centennial	1:03.55 3
10	Heyl, Tannyr	Blaine	1:03.92 2
11	Young, Malorie	Coon Rapids	1:04.17 4
12	Osborne, Leah	Blaine	1:04.35 1
13	Pipenhagen, Mary	Anoka	1:04.76 4
14	Hayes, Megan	Coon Rapids	1:04.76 4
15	Hauptert, Mackenzie	Andover	1:04.77 3
16	Moriarty, Cecilia	Champlin Park	1:04.84 1
17	Bezdicek, Kaitlyn	Osseo	1:05.22 1
18	Weeks, Erin	Elk River	1:05.57 2
19	Esperum, Dani	Elk River	1:05.75 3
20	Wallace, Tommaneka	Andover	1:05.88 1
21	Jech, Natalie	Centennial	1:06.22 1
22	Krambeer, Mary	Park Center	1:06.40 4
23	Kettler, Mariah	Andover	1:06.75 2
24	Pope, Allison	Coon Rapids	1:07.06 4
25	Luogon, Nehwoen	Park Center	1:07.67 3
26	Bjerke, Sarah	Champlin Park	1:07.98 2
27	Ernster, Maria	Centennial	1:08.03 3
28	Jones, Katelyn	Anoka	1:09.40 4
29	Floyd, Deja	Champlin Park	1:12.41 4

Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009

Coon Rapids High School

Results - Tuesday

Event 8 Boys 400 Meter Dash

Conference: 49.44 \$ 2007

Jerrell Hancock, Anoka

Name	School	Prelims	H#
Preliminaries			
1 Zrust, Mike	Blaine	51.19 Q	3
2 Holewa, Trent	Maple Grove	51.30 Q	2
3 Cotter, Pat	Anoka	51.83 Q	1
4 Anderson, Jordon	Centennial	51.90 Q	4
5 Davies, Phil	Coon Rapids	51.83 q	3
6 Bangen, Andrew	Coon Rapids	51.97 q	2
7 Pearson, Branden	Blaine	52.01 q	2
8 Reinholdson, Yonas	Andover	52.43 q	1
9 Borowicz, Austin	Centennial	52.47	1
10 Wicker, Peter	Maple Grove	52.78	1
11 Norris, Ernest	Park Center	52.78	3
12 Halstead, Jaerrod	Park Center	52.88	2
13 Yochim, Derek	Blaine	52.92	4

Preliminaries ... (Event 8 Boys 400 Meter Dash)

Name	School	Prelims	H#
14 Hedin, TJ	Andover	53.12	3
15 Wesley, Michael	Coon Rapids	53.41	3
16 Albright, Mason	Andover	53.60	4
17 Dixon, Emmit	Osseo	53.67	2
18 Lindsay, chris	Maple Grove	53.95	4
19 Orth, Jake	Centennial	54.75	4
20 Wilson, John	Osseo	54.93	3
21 McMahan, Keegan	Anoka	55.80	4
22 Segal, Nate	Champlin Park	55.85	3
23 Eicher, Chris	Osseo	56.00	2
24 Mujib, Musa	Park Center	56.19	1
25 Kaba, Ibrahim	Champlin Park	57.55	1
26 Castro, Omar	Anoka	57.89	1
27 Haugen, Joe	Elk River	58.15	4
28 Heinrichs, Zach	Champlin Park	59.07	4
29 Forrest, Garrett	Elk River	59.97	2
30 Brummer, Ben	Elk River	1:02.45	3

Event 9 Girls 300 Meter Hurdles

Conference: 45.13 \$ 1996

Katie Bestul

Name	School	Prelims	H#
Preliminaries			
1 Okonkwo, Chiamaka	Osseo	47.27 Q	1
2 Prouty, Keisha	Anoka	47.73 Q	4
3 Hooker, Brehana	Park Center	47.94 Q	2
4 Metzger, Mayem	Coon Rapids	48.18 Q	3
5 Lu, Tina	Coon Rapids	48.40 q	4
6 Bair, Maggie	Blaine	49.04 q	3

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7	Sollars, Sasha	Anoka	49.46 q	2
8	Jones, Erin	Centennial	49.59 q	2
9	Smith, LaShonte	Osseo	50.18	3
10	Johnson, Emma	Coon Rapids	50.32	1
11	Evanson, Olivia	Maple Grove	50.36	4
12	Reff, Haidee	Andover	50.50	1
13	Rodman, Shauna	Anoka	50.60	3
14	Hertz, Hope	Elk River	50.71	4
15	Givens, Danielle	Park Center	51.06	2
16	Forbes, Lizzy	Maple Grove	51.19	3
17	Majkrzak, Natalie	Centennial	51.38	1
18	Sohns, Jordyn	Elk River	51.43	1
19	Kitzmann, Kellie	Osseo	51.61	1
20	House, Madison	Maple Grove	51.79	2
21	Young, Amanda	Blaine	52.02	1
22	Reynoldson, Katie	Andover	52.07	3
23	Ohmann, Andrea	Blaine	52.30	4
24	Herman, Kaley	Champlin Park	52.34	4
25	Denler, Melissa	Champlin Park	52.35	3
26	Volk, Christine	Champlin Park	53.03	2
27	Carpenter, Morgan	Elk River	53.96	4
28	Bagley, Ashley	Centennial	55.26	4

Preliminaries ... (Event 9 Girls 300 Meter Hurdles)

	Name	School	Prelims	H#
29	Ekman, Sarah	Andover	55.60	2
30	Byrd, Tiffany	Park Center	58.86	3

Event 10 Boys 300 Meter Hurdles

Conference: 38.98 \$ 5/21/2008 Snonsio Boye-Weah, Park Center

	Name	School	Prelims	H#
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Preliminaries

1	Boye-Weah, Snonsio	Park Center	39.56 Q	1
2	Maloney, Ryan	Elk River	40.37 Q	2
3	Djerf, Nick	Osseo	41.63 Q	3
4	Budish, Dave	Andover	41.88 Q	4
5	Turner, Kevin	Blaine	41.80 q	1
6	Schneider, Jason	Andover	42.07 q	1
7	Leslie, Mike	Blaine	42.20 q	2
8	Barett, Derek	Andover	42.38 q	3
9	Ablamunets, Andrey	Maple Grove	43.29	2
10	Davis, Josh	Centennial	43.38	3
11	Myren, Lance	Anoka	43.57	3
12	Hanson, Zach	Coon Rapids	43.87	2
13	Rader, Chris	Coon Rapids	44.06	4
14	Rice, Mark	Maple Grove	44.65	3
15	Alexander, Jay	Champlin Park	44.79	4
16	Blevins, Jordan	Park Center	44.88	4
17	Peterson, Tim	Elk River	45.13	1
18	Greenberg, Nolan	Anoka	45.30	2

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19	Theus, Shaquille	Coon Rapids	45.43	1
20	Wolfe, Jesse	Centennial	45.48	1
21	Buhmann, Matt	Elk River	46.26	4
22	Tilleskjor, Weijing	Centennial	46.64	2
23	Cleveland, Phil	Champlin Park	46.91	1
24	Schuldt, Ben	Anoka	47.73	3
25	Walden, Derek	Maple Grove	48.90	3
26	Hickman, Marquis	Park Center	50.48	4
---	Courtright, Aaron	Blaine	FS	4

Event 11 Girls 800 Meter Run

Conference: 2:15.93 \$ 2004

Alissa Kurke

Name

School

Prelims

Preliminaries

1	Eason, Alana	Champlin Park	2:20.91	Q
2	Biederman, Rachel	Maple Grove	2:24.29	Q
3	Engstrom, Melissa	Coon Rapids	2:25.40	Q
4	Haugen, Anna	Elk River	2:25.64	Q
5	Steinwand, Natalie	Andover	2:25.65	Q
6	Halfrich, Sara	Maple Grove	2:29.13	Q
7	Bowler, Sarah	Centennial	2:25.74	Q
8	Kienholz, Megan	Centennial	2:25.89	Q
9	Eder, Kelsey	Osseo	2:29.30	Q
10	Embury, Alana	Elk River	2:28.60	q
11	Huffman, Britta	Coon Rapids	2:28.79	q

Preliminaries ... (Event 11 Girls 800 Meter Run)

Name

School

Prelims

12	Haskins, Danielle	Andover	2:30.34	q
13	Foote, Laura	Maple Grove	2:30.44	
14	Sawyer, Madison	Champlin Park	2:30.94	
15	Robinson, Molly	Osseo	2:32.45	
16	Ball, Nicole	Park Center	2:33.08	
17	Peters, Laura	Anoka	2:33.50	
18	Harper, Erin	Blaine	2:35.50	
19	Holschbach, Kelsey	Blaine	2:35.61	
20	Ellefson, Brittini	Elk River	2:36.83	
21	Solberg, Kaila	Centennial	2:37.12	
22	Odden, Jonna	Coon Rapids	2:37.27	
23	Hambleton, Jenny	Anoka	2:39.01	
24	Nelson, Taylor	Anoka	2:39.26	
25	Ehlert, Sara	Park Center	2:40.22	
26	Hartmann, Heidi	Osseo	2:40.84	
27	Opat, Kacie	Park Center	2:40.86	
28	McDonald, Isabella	Blaine	2:41.31	
29	Weiss, Taylor	Andover	2:42.51	
30	Kasper, Leidy	Champlin Park	2:42.91	

Event 12 Boys 800 Meter Run

Conference: 1:57.15 \$ 2007

Anthony Held, Elk River

Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009**Coon Rapids High School****Results - Tuesday**

Name	School	Prelims
Preliminaries		
1 Dulian, Blayne	Coon Rapids	1:59.24 Q
2 Tilleskjer, Joe	Centennial	2:00.51 Q
3 Fenske, Andy	Park Center	2:01.84 Q
4 Vasquez, Chase	Andover	2:00.90 Q
5 Gooley, Brian	Osseo	2:01.69 Q
6 Peplinski, Garet	Maple Grove	2:03.08 Q
7 Kremer, Dan	Blaine	2:01.35 Q
8 Jorgenson, Eric	Osseo	2:01.92 Q
9 Gilkerson, Mark	Park Center	2:05.10 Q
10 Sorman, Dylan	Coon Rapids	2:01.44 q
11 Stangl, Charlie	Anoka	2:02.71 q
12 Iverson, Luke	Maple Grove	2:05.23 q
13 Grow, Spencer	Anoka	2:05.36
14 Davenport, Tanner	Blaine	2:07.06
15 Spencer, Mark	Park Center	2:07.42
16 Kildahl, Sean	Andover	2:07.57
17 Brown, Ryan	Centennial	2:08.82
18 Rausch, Nathan	Maple Grove	2:08.95
19 Metzmaker, Steve	Centennial	2:09.18
20 Barthold, Billy	Andover	2:11.98
21 Herrala, Jeff	Anoka	2:13.01
22 Novak, Dillion	Champlin Park	2:13.22
23 Nordahl, Mitch	Elk River	2:14.76
24 Renter, Lucas	Coon Rapids	2:15.61
25 Bostrom, Derek	Blaine	2:15.65
26 Stevens, Eric	Elk River	2:17.54

Preliminaries ... (Event 12 Boys 800 Meter Run)

Name	School	Prelims
27 counce, tony	Champlin Park	2:17.60
28 Taverna, Andrew	Osseo	2:22.54
29 Konczal, Andrew	Elk River	2:29.50

Event 13 Girls 200 Meter Dash

Conference: 25.40 \$ 2004

Laura Mottaz

Name	School	Prelims	H#
Preliminaries			
1 Okonkwo, Anuli	Osseo	26.17 Q	1
2 Murphey, Nicole	Blaine	26.32 Q	2
3 Detloff, Dani	Elk River	26.90 Q	4
4 Krause, Bekkah	Centennial	27.53 Q	3
5 Schnevenius, Laura	Centennial	27.72 q	1
6 Nivala, Taylor	Andover	27.87 q	4
7 Pawlik, Hannah	Blaine	27.94 q	1
8 Sollars, Sasha	Anoka	28.04 q	2
9 Edwards, Kelly	Elk River	28.11	2
10 Robinson, Brianna	Park Center	28.21	2

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11	Philips, Emily	Maple Grove	28.21	2
12	Young, Shakita	Osseo	28.32	1
13	Fitzsimmons, Sheri	Champlin Park	28.41	3
14	Brown, Josie	Elk River	28.45	2
15	Richards, Diona	Andover	28.47	4
16	Swanson, Linnea	Andover	28.94	4
17	Bialke, Morgan	Osseo	29.02	3
18	Lister, Marissa	Maple Grove	29.04	4
19	Bowman, kelsey	Maple Grove	29.06	1
20	Kyne, Kim	Coon Rapids	29.17	1
21	Anderson, Jasmine	Centennial	29.24	1
22	Holden, Kaitlyn	Anoka	29.34	2
23	Ndely, Michelle	Champlin Park	29.39	4
24	Venditto, Sarah	Blaine	29.65	3
25	Sellberg, Carly	Park Center	29.75	3
26	Pearson, Andrea	Coon Rapids	29.82	4
27	Bednorz, Katlin	Anoka	29.96	3
28	Merchant, Patience	Coon Rapids	30.35	4
29	Diallo, Binta	Champlin Park	31.39	3
30	Wakayo, Yubo	Park Center	31.42	3

Event 14 Boys 200 Meter Dash

Conference: 21.10 \$ 2004

Ibrahim Kabia, Champlin Park

Name

School

Prelims

H#

Preliminaries

1	Allen, Jarrett	Anoka	22.86 Q	1
2	Youngquist, Tommy	Champlin Park	23.13 Q	3
3	Berger, Taylor	Elk River	23.29 Q	4
4	Fuller, Zerrick	Champlin Park	23.49 Q	2
5	Browne, Whitney	Osseo	23.16 q	1
6	Blix, John	Maple Grove	23.29 q	3
7	Herber, Kory	Andover	23.60 q	1

Preliminaries ... (Event 14 Boys 200 Meter Dash)

Name

School

Prelims

H#

8	Beeskow, Brad	Andover	23.61 q	4
9	Matrious, Ryan	Centennial	23.61	2
10	Adler, JT	Anoka	23.70	3
11	Gbarbea, Darka	Osseo	23.74	4
12	elsnes, Jack	Champlin Park	23.93	2
13	Rusin, Nick	Blaine	24.16	3
14	Whelan, Chris	Maple Grove	24.19	4
15	Ellena, Carter	Coon Rapids	24.20	1
16	Sarvela, Brain	Centennial	24.24	1
17	Kitzerow, Alex	Centennial	24.42	3
18	Chase, Sam	Blaine	24.47	1
19	Nah, Smokey	Osseo	24.49	4
20	Dixon, Emannual	Maple Grove	24.50	2
21	Jeska, Isaac	Anoka	24.55	3
22	Guar, Trokon	Coon Rapids	24.56	1

Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009**Coon Rapids High School****Results - Tuesday**

23	Santiago, Tim	Coon Rapids	24.65	2
24	Hintze, Mike	Park Center	24.71	2
25	Pratt, Wynn	Andover	24.78	2
26	Olson, Evan	Elk River	25.22	4
27	Brummer, Logan	Elk River	25.89	4

Event 30 Boys Triple Jump

Conference: 48-04 \$ 1998

Reondo Davis

Name

School

Finals

Finals

1	Ekpo, Eyo	Andover	44-04.75
2	Leslie, Mike	Blaine	43-06.50
3	Amoako, Patrick	Osseo	43-06.00
4	Moore, Ian	Anoka	42-06.50
5	Shaw, Juante	Park Center	42-02.75
6	Wilson, Dan	Anoka	41-10.00
7	Harstad, Jeff	Blaine	41-09.00
8	Rice, Mark	Maple Grove	41-04.50
9	Mortenson, Nate	Blaine	40-08.25
10	Matrious, Ryan	Centennial	40-02.00
11	Dahl, Keith	Centennial	40-01.50
11	Dowdy, Torren	Coon Rapids	40-01.50
11	Geier, Jeff	Andover	40-01.50
14	Rademacher, Kyle	Andover	39-11.75
14	Dixon, Emmit	Osseo	39-11.75
16	Bergerson, Jake	Centennial	39-03.25
17	Palmer, Oscar	Maple Grove	38-08.75
18	Mckeeon, Adam	Champlin Park	38-07.00
19	Christianson, Trevor	Osseo	38-05.25
20	Quiram, Charles	Elk River	38-00.50
21	Rader, Chris	Coon Rapids	37-10.00
22	Givens, Quentin	Park Center	37-08.00
23	Lynn, Jordan	Park Center	37-03.50
24	McConnel, JeBraun	Champlin Park	37-01.75
25	Malone, Chris	Maple Grove	36-03.50

Finals ... (Event 30 Boys Triple Jump)

Name

School

Finals

26	Quigley, Kevin	Anoka	35-07.50
27	Butler, Mikhail	Coon Rapids	35-03.00
28	Erdahl, Dallas	Elk River	34-04.00
29	Her, Tony	Champlin Park	33-10.00
30	Evert, Darby	Elk River	33-09.50

Event 27 Girls Long Jump

Conference: 18-00 \$ 2001

Leah Herrboldt

Name

School

Finals

Finals

1	Murphey, Nicole	Blaine	18-01.50 \$
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Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009**Coon Rapids High School****Results - Tuesday**

2	Bilderback, Kayla	Centennial	17-06.00
3	Davis, Sasha	Park Center	17-01.75
4	Funfar, Shelby	Coon Rapids	17-01.00
5	Sorensen, Keelie	Park Center	16-11.50
6	Maciej, Michelle	Elk River	16-11.00
7	Hickerson, Rochelle	Andover	16-04.00
8	Hooker, Brehana	Park Center	16-03.75
9	Hill, Melanie	Champlin Park	16-02.50
10	Miller, Moriah	Centennial	15-05.50
11	Carroll, Ellyn	Osseo	15-05.25
12	Edwards, Kelly	Elk River	15-05.00
13	Johnson, Emma	Coon Rapids	15-04.50
14	Johnson, Jaclyn	Champlin Park	15-04.00
15	Mosley, Chrystel	Blaine	15-00.00
16	Detloff, Dani	Elk River	14-09.00
17	Holt, Amanda	Champlin Park	14-08.75
18	DeRoo, Jen	Anoka	14-08.50
19	Gebers, Bekkah	Coon Rapids	14-07.50
20	Meidtke, Katie	Osseo	14-07.00
20	Kurtovich, Maggie	Andover	14-07.00
22	Doeway, Unis	Osseo	13-11.00
23	Osborne, Leah	Blaine	13-09.50
24	Walker, Sarah	Centennial	13-07.75
25	Prouty, Keisha	Anoka	13-04.00
26	Niesen, Cora	Maple Grove	12-10.75
27	House, Madison	Maple Grove	12-10.00
28	Neumann, Rachel	Andover	12-08.75
29	Abbott, Nicole	Anoka	11-10.00

Event 23 Girls High Jump

Conference: 5-08 \$ 1996

Gina Curtis

Name

School

Finals

Finals

1	Schnittker, Laura	Maple Grove	5-05.00
2	Rafferty, Sara	Coon Rapids	5-04.00
3	Miller, Moriah	Centennial	5-02.00
4	McNallan, Jenna	Andover	5-01.00
5	Sawyer, Jenna	Champlin Park	5-00.00
6	Meidtke, Katie	Osseo	J5-00.00

Finals ... (Event 23 Girls High Jump)

Name

School

Finals

7	Webb, Phyllis	Park Center	J5-00.00
8	Bilderback, Kayla	Centennial	4-10.00
8	Clarke, Bridget	Coon Rapids	4-10.00
8	Kurtovich, Maggie	Andover	4-10.00
8	Young, Amanda	Blaine	4-10.00
12	Seba, Colleen	Osseo	J4-10.00
12	Johnson, Jaclyn	Champlin Park	J4-10.00
12	Bakke, Allison	Osseo	J4-10.00

Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009**Coon Rapids High School****Results - Tuesday**

12	Okuneye, Victoria	Champlin Park	J4-10.00
12	Hambleton, Jenny	Anoka	J4-10.00
12	Daulton, Kelsey	Elk River	J4-10.00
12	Christensen, Katie	Anoka	J4-10.00
12	Loberg, Kelli	Elk River	J4-10.00
12	Hooker, Brehana	Park Center	J4-10.00
21	Buyse, Emily	Anoka	4-08.00
22	Patterson, Allie	Centennial	4-06.00
22	Ordener, Madison	Maple Grove	4-06.00
24	Dormanen, Casey	Coon Rapids	4-04.00
24	Robinson, Brianna	Park Center	4-04.00

Event 34 Boys Shot Put

Conference: 54-11 \$ 2004

Steve Moore

Name

School

Finals

Finals

1	Starr, Dijon	Blaine	55-10.00	\$
2	Thompson, Chad	Maple Grove	50-10.75	
3	Anderson, Thomas	Andover	50-02.75	
4	Mulrooney, Kyle	Andover	49-09.50	
5	Amoako, Patrick	Osseo	47-09.00	
6	Gavin, Travis	Blaine	47-08.50	
7	Johnson, Bryce	Champlin Park	46-05.00	
8	Heidelberg, Justin	Park Center	45-03.00	
9	Mestrich, Phil	Andover	44-10.50	
10	Otto, Ross	Coon Rapids	44-06.75	
11	Samuelson, Nick	Coon Rapids	44-01.00	
11	Blais, Nate	Champlin Park	44-01.00	
13	Gorowsky, Robbie	Centennial	43-10.50	
14	Schmidt, Shawn	Centennial	41-11.00	
15	Hixson, Cameron	Champlin Park	41-04.00	
16	Block, Doug	Park Center	41-00.75	
17	Day, Sam	Anoka	40-07.75	
18	Grengs, Shawn	Osseo	40-02.00	
19	Ramberg, Jordan	Anoka	38-11.25	
20	Schreer, Peter	Centennial	38-09.25	
21	Smith, Nick	Elk River	38-00.75	
22	Flower, Don	Osseo	37-08.50	
23	Graber, Michael	Elk River	36-05.50	
24	Jellum, Tyler	Park Center	35-00.00	
25	Czeck, Addison	Anoka	34-06.75	
26	Neisen, Sam	Maple Grove	34-04.00	

Finals ... (Event 34 Boys Shot Put)

Name

School

Finals

27	B Bedford, C	Maple Grove	33-01.00	
28	Wiemann, Kyle	Elk River	31-09.25	
---	Wallenbecker, Patryck	Blaine	ND	
---	Eagan, Tom	Coon Rapids	ND	

Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009

Coon Rapids High School

Results - Tuesday

Event 31 Girls Discus Throw

Conference: 133-04 \$ 2000

Jessica Stephan

Name	School	Finals
Finals		
1 Culp, Becky	Centennial	127-11
2 Ford, Emily	Osseo	115-02
3 Fife, Jessica	Osseo	111-02
4 Lesser, Emily	Maple Grove	109-01
5 Thorndal, Nicole	Elk River	107-02
6 Scott, Ty	Champlin Park	104-03
7 Skobel, Brittany	Anoka	101-09
8 Detloff, Molli	Elk River	99-09
9 Johnston, Trysha	Blaine	98-10
10 Williams, Sarah	Elk River	98-08
11 Gillund, Tracie	Blaine	97-11
12 Keith, Maya	Park Center	97-01
13 Ngongang, Tatiania	Centennial	94-03
14 Norman, Jocelyn	Maple Grove	92-03
15 Jergensen, Stephanie	Blaine	92-01
16 Dahl, Tori	Anoka	87-01
17 Struck, Sarah	Champlin Park	85-01
18 Hilliard, Erin	Anoka	83-10
19 Pack, Lauren	Centennial	83-04
20 Richter, Kendra	Park Center	83-03
21 McCall, Courtney	Andover	82-04
22 Olarinde, Kemi	Park Center	81-07
23 Markfort, Stephanie	Coon Rapids	79-10
24 Laurent, Lisa	Maple Grove	75-03
25 Stuart, Jen	Osseo	73-01
26 Kath, Renee	Coon Rapids	72-07
27 Peterson, Bethany	Andover	70-11
28 Abeler, Micaela	Coon Rapids	65-11

Event 26 Boys Pole Vault

Conference: 13-00 \$ 5/21/2008

Christopher Sluis, Anoka

Name	School	Finals
Finals		
1 Sluis, Chris	Anoka	14-00.00 \$
2 Backous, Jerrick	Andover	13-06.00 \$
3 Owens, Josh	Champlin Park	12-06.00
4 McLain, Josh	Anoka	12-00.00
5 Newtonson, Chase	Osseo	J12-00.00
6 Laing, David	Centennial	J12-00.00
7 Lueck, Matt	Blaine	J12-00.00
8 Deveaux, Marcel	Blaine	11-06.00
Finals ... (Event 26 Boys Pole Vault)		
Name	School	Finals
9 Kuha, Brandon	Andover	J11-06.00

Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009**Coon Rapids High School****Results - Tuesday**

10	Tilleskjer, Weijing	Centennial	J11-06.00
11	Cardinal, Garret	Champlin Park	J11-06.00
12	Smulka, Andy	Andover	11-00.00
13	Ethan, Barquist	Coon Rapids	J11-00.00
14	Brink, Tyler	Elk River	10-00.00
14	Hendricks, Alex	Coon Rapids	10-00.00
14	Agamawi, Yusuf	Maple Grove	10-00.00
14	Jones, Gus	Maple Grove	10-00.00
18	Burkand, Clay	Elk River	9-06.00
18	Williams, Donovan	Elk River	9-06.00
18	Boggs, Eric	Anoka	9-06.00
21	Crowley, Jake	Champlin Park	9-00.00
22	Mansfield, Jordan	Park Center	8-00.00
22	Phenow, Charlie	Osseo	8-00.00
---	Skibsted, Richard	Centennial	NH
---	Miller, Josh	Coon Rapids	NH
---	Davlin, Jeff	Blaine	NH
---	Grandique, Josue	Park Center	NH
---	Rosenbloom, Donyale	Park Center	NH
---	Tramm, Reese	Osseo	NH
---	Walner, Alex	Maple Grove	NH

Women - Team Rankings - 4 Events Scored

1) Champlin Park	25	2) Centennial	24.25
3) Osseo	23	4) Maple Grove	18
5) Blaine	14.25	6) Coon Rapids	13.25
7) Park Center	13	8) Andover	10.25
9) Elk River	8	10) Anoka	7

Men - Team Rankings - 4 Events Scored

1) Andover	30	2) Blaine	26
2) Anoka	26	4) Osseo	21
5) Champlin Park	20	6) Maple Grove	15
7) Centennial	13	8) Park Center	5