

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

**Girls 100 Meter Dash**

Conference: 12.34 \$ 1995

Amber Affeldt

Name	School	Prelims	
1 Lewis, Katelyn	Osseo	12.70	Q
2 Davis, Sasha	Park Center	13.11	Q
3 Krause, Bekkah	Centennial	13.21	Q
4 Okonkwo, Anuli	Osseo	13.28	Q
5 Hickerson, Rochelle	Andover	13.36	q
6 Hawkins, Elizabeth	Blaine	13.58	q
7 Bredeson, Shelby	Andover	13.60	q
8 Funfar, Shelby	Coon Rapids	13.63	q
9 Jackson, Raven	Park Center	13.67	
10 Mosley, Chrystel	Blaine	13.70	
11 Hill, Melanie	Champlin Par	13.72	
12 Huston, Megan	Centennial	13.88	
13 Gross, Nia	Osseo	13.90	
14 Robinson, Brianna	Park Center	13.91	
15 Ezell, Kierra	Maple Grove	13.93	
16 Detloff, Molli	Elk River	13.94	
17 Nelson, Haley	Maple Grove	14.08	
18 Kyne, Kim	Coon Rapids	14.10	
19 Merchant, Patience	Coon Rapids	14.15	
20 Schnevenius, Laura	Centennial	14.16	
21 Bednorz, Katlin	Anoka	14.18	
22 Hoover, Trish	Andover	14.30	
23 Ederer, Katie	Blaine	14.33	
24 Abbott, Nicole	Anoka	14.34	
25 Brown, Josie	Elk River	14.41	
26 Jacobs, Abby	Maple Grove	14.45	
27 Holden, Kaitlyn	Anoka	14.75	
28 Dickson, Deborah	Champlin Par	15.15	

**Girls 100 Meter Dash**

Conference: 12.34 \$ 1995

Amber Affeldt

Name	School	Finals	
1 Davis, Sasha	Park Center	12.34	\$
2 Lewis, Katelyn	Osseo	12.41	
3 Hickerson, Rochelle	Andover	12.75	
4 Okonkwo, Anuli	Osseo	12.78	
5 Krause, Bekkah	Centennial	12.81	
6 Hawkins, Elizabeth	Blaine	13.23	
7 Bredeson, Shelby	Andover	13.25	
8 Funfar, Shelby	Coon Rapids	13.35	

**Girls 200 Meter Dash**

Conference: 25.40 \$ 2004

Laura Mottaz

Name	School	Prelims	
1 Okonkwo, Anuli	Osseo	26.17	Q
2 Murphey, Nicole	Blaine	26.32	Q
3 Detloff, Dani	Elk River	26.90	Q
4 Krause, Bekkah	Centennial	27.53	Q
5 Schnevenius, Laura	Centennial	27.72	q

6 Nivala, Taylor	Andover	27.87	q
7 Pawlik, Hannah	Blaine	27.94	q
8 Sollars, Sasha	Anoka	28.04	q
9 Edwards, Kelly	Elk River	28.11	
10 Robinson, Brianna	Park Center	28.21	
11 Philips, Emily	Maple Grove	28.21	
12 Young, Shakita	Osseo	28.32	
13 Fitzsimmons, Sheri	Champlin Par	28.41	
14 Brown, Josie	Elk River	28.45	
15 Richards, Diona	Andover	28.47	
16 Swanson, Linnea	Andover	28.94	
17 Bialke, Morgan	Osseo	29.02	
18 Lister, Marissa	Maple Grove	29.04	
19 Bowman, kelsey	Maple Grove	29.06	
20 Kyne, Kim	Coon Rapids	29.17	
21 Anderson, Jasmine	Centennial	29.24	
22 Holden, Kaitlyn	Anoka	29.34	
23 Ndely, Michelle	Champlin Par	29.39	
24 Venditto, Sarah	Blaine	29.65	
25 Sellberg, Carly	Park Center	29.75	
26 Pearson, Andrea	Coon Rapids	29.82	
27 Bednorz, Katlin	Anoka	29.96	
28 Merchant, Patience	Coon Rapids	30.35	
29 Diallo, Binta	Champlin Par	31.39	
30 Wakayo, Yubo	Park Center	31.42	

**Girls 200 Meter Dash**

Conference: 25.40 \$ 2004

Laura Mottaz

Name	School	Finals
1 Okonkwo, Anuli	Osseo	25.50
2 Murphey, Nicole	Blaine	25.97
3 Detloff, Dani	Elk River	26.43
4 Krause, Bekkah	Centennial	26.64
5 Nivala, Taylor	Andover	26.90
6 Schnevenius, Laura	Centennial	27.01
7 Pawlik, Hannah	Blaine	27.66
8 Sollars, Sasha	Anoka	28.35

**Girls 400 Meter Dash**

Conference: 56.85 \$ 2003

Laura Mottaz

Name	School	Prelims	
1 Davis, Sasha	Park Center	57.78	Q
2 Jones, Kyanna	Osseo	59.83	Q
3 Schmittker, Laura	Maple Grove	1:01.52	Q
4 Vermette, Sydney	Anoka	1:03.19	Q
5 Murphey, Nicole	Blaine	1:00.20	q
6 Olson, Paige	Osseo	1:01.46	q
7 Weigel, Abbie	Maple Grove	1:01.53	q
8 Philips, Emily	Maple Grove	1:02.68	q
9 Olderburg, Breanna	Centennial	1:03.55	
10 Heyl, Tannyr	Blaine	1:03.92	
11 Young, Malorie	Coon Rapids	1:04.17	
12 Osborne, Leah	Blaine	1:04.35	
13 Pipenhagen, Mary	Anoka	1:04.76	

**Preliminaries ... (Girls 400 Meter Dash)**

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

## Coon Rapids High School

## Results

Name	School	Prelims			
14 Hayes, Megan	Coon Rapids	1:04.76	22 Odden, Jonna	Coon Rapids	2:37.27
15 Hauptert, Mackenzie	Andover	1:04.77	23 Hambleton, Jenny	Anoka	2:39.01
16 Moriarty, Cecilia	Champlin Par	1:04.84	24 Nelson, Taylor	Anoka	2:39.26
17 Bezdicek, Kaitlyn	Osseo	1:05.22	25 Ehlert, Sara	Park Center	2:40.22
18 Weeks, Erin	Elk River	1:05.57	26 Hartmann, Heidi	Osseo	2:40.84
19 Esperum, Dani	Elk River	1:05.75	27 Opat, Kacie	Park Center	2:40.86
20 Wallace, Tommaneka	Andover	1:05.88	28 McDonald, Isabella	Blaine	2:41.31
21 Jech, Natalie	Centennial	1:06.22	29 Weiss, Taylor	Andover	2:42.51
22 Krambeer, Mary	Park Center	1:06.40	30 Kasper, Leidy	Champlin Par	2:42.91
23 Kettler, Mariah	Andover	1:06.75	<b>Girls 800 Meter Run</b>		
24 Pope, Allison	Coon Rapids	1:07.06	<b>Conference: 2:15.93 \$ 2004</b>		
25 Luogon, Nehwoen	Park Center	1:07.67	<b>Name</b>	<b>School</b>	<b>Finals</b>
26 Bjerke, Sarah	Champlin Par	1:07.98	<b>Finals</b>		
27 Ernster, Maria	Centennial	1:08.03	1 Eason, Alana	Champlin Par	2:22.84
28 Jones, Katelyn	Anoka	1:09.40	2 Biederman, Rachel	Maple Grove	2:23.83
29 Floyd, Deja	Champlin Par	1:12.41	3 Engstrom, Melissa	Coon Rapids	2:24.63
<b>Girls 400 Meter Dash</b>			4 Kienholz, Megan	Centennial	2:25.07
<b>Conference: 56.85 \$ 2003</b>			5 Steinwand, Natalie	Andover	2:26.22
<b>Name</b>	<b>School</b>	<b>Finals</b>	6 Haugen, Anna	Elk River	2:26.98
<b>Finals</b>			7 Eder, Kelsey	Osseo	2:29.42
1 Schnittker, Laura	Maple Grove	58.45	8 Huffman, Britta	Coon Rapids	2:30.10
2 Davis, Sasha	Park Center	58.72	9 Bowler, Sarah	Centennial	2:32.28
3 Murphey, Nicole	Blaine	1:00.13	10 Haskins, Danielle	Andover	2:34.56
4 Jones, Kyanna	Osseo	1:00.84	11 Embury, Alana	Elk River	2:35.05
5 Weigel, Abbie	Maple Grove	1:01.26	12 Halfrich, Sara	Maple Grove	2:36.44
6 Olson, Paige	Osseo	1:02.30	<b>Girls 1600 Meter Run</b>		
7 Philips, Emily	Maple Grove	1:03.02	<b>Conference: 4:59.60 \$ 2003</b>		
8 Vermette, Sydney	Anoka	1:04.25	<b>Name</b>	<b>School</b>	<b>Finals</b>
<b>Girls 800 Meter Run</b>			<b>Finals</b>		
<b>Conference: 2:15.93 \$ 2004</b>			1 Sjostrom, Stephanie	Champlin Par	5:14.46
<b>Name</b>	<b>School</b>	<b>Prelims</b>	2 Fritz, Katelyn	Anoka	5:17.45
<b>Preliminaries</b>			3 Brase, Kaylea	Centennial	5:18.49
1 Eason, Alana	Champlin Par	2:20.91 Q	4 Shagen, Kaley	Osseo	5:18.56
2 Biederman, Rachel	Maple Grove	2:24.29 Q	5 Kallemeyn, Jane	Elk River	5:24.01
3 Engstrom, Melissa	Coon Rapids	2:25.40 Q	6 Wojack, Alyssa	Coon Rapids	5:26.69
4 Haugen, Anna	Elk River	2:25.64 Q	7 Soli, Cassidy	Champlin Par	5:27.51
5 Steinwand, Natalie	Andover	2:25.65 Q	8 Hereid, Tera	Blaine	5:29.55
6 Halfrich, Sara	Maple Grove	2:29.13 Q	9 Rudin, Danielle	Maple Grove	5:30.25
7 Bowler, Sarah	Centennial	2:25.74 Q	10 Guimont, Gabbi	Anoka	5:34.57
8 Kienholz, Megan	Centennial	2:25.89 Q	11 Bjstrom, Molly	Maple Grove	5:35.68
9 Eder, Kelsey	Osseo	2:29.30 Q	12 Mead, Elise	Andover	5:38.41
10 Embury, Alana	Elk River	2:28.60 q	13 Bohne, Briza	Centennial	5:40.18
11 Huffman, Britta	Coon Rapids	2:28.79 q	14 Simonet, Kate	Park Center	5:40.38
12 Haskins, Danielle	Andover	2:30.34 q	15 Ball, Nicole	Park Center	5:40.43
13 Foote, Laura	Maple Grove	2:30.44	16 Yetter, Hayli	Blaine	5:40.78
14 Sawyer, Madison	Champlin Par	2:30.94	17 Aaron, Miranda	Maple Grove	5:40.92
15 Robinson, Molly	Osseo	2:32.45	18 Crepeau, Renee	Elk River	5:41.47
16 Ball, Nicole	Park Center	2:33.08	19 Ewing, Kristina	Osseo	5:42.20
17 Peters, Laura	Anoka	2:33.50	20 Billett, Kayla	Anoka	5:43.03
18 Harper, Erin	Blaine	2:35.50	21 Kretschmer, Lexie	Centennial	5:45.28
19 Holschbach, Kelsey	Blaine	2:35.61	22 King, Taylor	Blaine	5:49.25
20 Ellefson, Brittini	Elk River	2:36.83	23 Ehlert, Sara	Park Center	5:49.73
21 Solberg, Kaila	Centennial	2:37.12	24 Yovetich, Marissa	Andover	5:50.20
			<b>Finals ... (Girls 1600 Meter Run)</b>		
			<b>Name</b>	<b>School</b>	<b>Finals</b>

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

25	Robillard, Dani	Coon Rapids	5:52.36
26	McCullough, Kelli	Osseo	6:02.27
27	Dahlquist, Laura	Coon Rapids	6:10.21
28	Lundstrom, Alyxis	Champlin Par	6:13.01
29	Horton, Bethany	Andover	6:14.55

**Girls 3200 Meter Run**

Conference: 10:37.16 \$ 2003

Heidi Lindeman

Name	School	Finals
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**Finals**

1	Sjostrom, Stephanie	Champlin Par	11:46.28
2	Soli, Cassidy	Champlin Par	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	Crepeau, Renee	Elk River	12:22.38
10	Simonet, Kate	Park Center	12:26.21
11	Mead, Elise	Andover	12:28.11
12	Bohne, Briza	Centennial	12:28.12
13	Kallemeyn, Jane	Elk River	12:29.91
14	Loveland, Allie	Centennial	12:32.78
15	Billett, Kayla	Anoka	12:33.55
16	Martens, Karissa	Coon Rapids	12:34.59
17	Guimont, Gabbi	Anoka	12:37.66
18	Yovetich, Marissa	Andover	12:47.09
19	Richter, Becca	Osseo	12:48.68
20	White, Susan	Osseo	12:49.54
21	Johnson, Kayla	Coon Rapids	12:57.28
22	Johnson, Cherry	Blaine	13:11.52
23	Metzger, Renae	Park Center	13:12.75
24	Schlitter, Mari	Champlin Par	13:13.61
25	Waananen, Amy	Maple Grove	13:14.30
26	Benson, Natalie	Centennial	13:22.10
27	Buchner, Alyssa	Coon Rapids	13:30.31
28	Lundstrom, Danni	Park Center	13:33.85
29	Frjl, Adisa	Blaine	13:42.52
---	Keller, Helena	Elk River	DNF

**Girls 100 Meter Hurdles**

Conference: 14.99 \$ 2000

Jen Albers

Name	School	Prelims
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**Preliminaries**

1	Okonkwo, Chiamaka	Osseo	15.15	Q
2	Schnittker, Laura	Maple Grove	15.84	Q
3	Bair, Maggie	Blaine	16.03	Q
4	Maciej, Michelle	Elk River	16.24	Q
5	Prouty, Keisha	Anoka	16.59	q
6	Denler, Melissa	Champlin Par	17.02	q
7	Abbott, Nicole	Anoka	17.42	q
8	Smith, LaShonte	Osseo	17.47	q
9	Jones, Erin	Centennial	17.52	
10	Metzger, Mayem	Coon Rapids	17.62	
11	Evanson, Olivia	Maple Grove	17.76	

12	Sohns, Jordyn	Elk River	17.91
13	Reff, Haidee	Andover	18.02
14	House, Madison	Maple Grove	18.06
15	Young, Amanda	Blaine	18.06
16	Ohmann, Andrea	Blaine	18.06
17	Johnson, Emma	Coon Rapids	18.11
18	Rodman, Shauna	Anoka	18.15
19	Ketter, Rachel	Champlin Par	18.16
20	Hill, Jalen	Champlin Par	18.23
21	Lu, Tina	Coon Rapids	18.41
22	Bagley, Ashley	Centennial	18.79
23	Reynoldson, Katie	Andover	18.94
24	Abernathy, Tara	Osseo	18.95
25	Majkrzak, Natalie	Centennial	19.42
26	Givens, Danielle	Park Center	19.47
27	Olson, Addie	Andover	19.53
28	Wakayo, Yubo	Park Center	20.88
29	Byrd, Tiffany	Park Center	22.44

**Girls 100 Meter Hurdles**

Conference: 14.99 \$ 2000

Jen Albers

Name	School	Finals
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**Finals**

1	Okonkwo, Chiamaka	Osseo	14.96	\$
2	Schnittker, Laura	Maple Grove	15.13	
3	Maciej, Michelle	Elk River	15.67	
4	Bair, Maggie	Blaine	15.92	
5	Prouty, Keisha	Anoka	16.20	
6	Denler, Melissa	Champlin Par	16.44	
7	Abbott, Nicole	Anoka	16.62	
8	Smith, LaShonte	Osseo	17.26	

**Girls 300 Meter Hurdles**

Conference: 45.13 \$ 1996

Katie Bestul

Name	School	Prelims
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**Preliminaries**

1	Okonkwo, Chiamaka	Osseo	47.27	Q
2	Prouty, Keisha	Anoka	47.73	Q
3	Hooker, Brehana	Park Center	47.94	Q
4	Metzger, Mayem	Coon Rapids	48.18	Q
5	Lu, Tina	Coon Rapids	48.40	q
6	Bair, Maggie	Blaine	49.04	q
7	Sollars, Sasha	Anoka	49.46	q
8	Jones, Erin	Centennial	49.59	q
9	Smith, LaShonte	Osseo	50.18	
10	Johnson, Emma	Coon Rapids	50.32	
11	Evanson, Olivia	Maple Grove	50.36	
12	Reff, Haidee	Andover	50.50	
13	Rodman, Shauna	Anoka	50.60	
14	Hertz, Hope	Elk River	50.71	
15	Givens, Danielle	Park Center	51.06	
16	Forbes, Lizzy	Maple Grove	51.19	
17	Majkrzak, Natalie	Centennial	51.38	
18	Sohns, Jordyn	Elk River	51.43	

**Preliminaries ... (Girls 300 Meter Hurdles)**

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

19	Kitzmann, Kellie	Osseo	51.61
20	House, Madison	Maple Grove	51.79
21	Young, Amanda	Blaine	52.02
22	Reynoldson, Katie	Andover	52.07
23	Ohmann, Andrea	Blaine	52.30
24	Herman, Kaley	Champlin Par	52.34
25	Denler, Melissa	Champlin Par	52.35
26	Volk, Christine	Champlin Par	53.03
27	Carpenter, Morgan	Elk River	53.96
28	Bagley, Ashley	Centennial	55.26
29	Ekman, Sarah	Andover	55.60
30	Byrd, Tiffany	Park Center	58.86

**Girls 300 Meter Hurdles**

Conference: 45.13 \$ 1996

Katie Bestul

Name	School	Finals
<b>Finals</b>		
1	Okonkwo, Chiamaka	Osseo 45.90
2	Hooker, Brehana	Park Center 46.08
3	Prouty, Keisha	Anoka 46.91
4	Metzger, Mayem	Coon Rapids 48.42
5	Lu, Tina	Coon Rapids 48.72
6	Jones, Erin	Centennial 49.00
7	Bair, Maggie	Blaine 49.17
8	Sollars, Sasha	Anoka 49.32

**Girls 4x100 Meter Relay**

Conference: 49.64 \$ 5/21/2008 Andover

Team	Relay	Finals
<b>Finals</b>		
1	Elk River	A 49.48 \$
2	Anoka	A 49.89
3	Osseo	A 49.98
4	Andover	A 50.71
5	Champlin Park	A 51.03
6	Maple Grove	A 51.30
7	Blaine	A 51.74
8	Coon Rapids	A 52.46
9	Park Center	A 54.03
---	Centennial	A DNF

**Girls 4x200 Meter Relay**

Conference: 1:44.11 \$ 1994

Coon Rapids

Team	Relay	Finals
<b>Finals</b>		
1	Osseo	A 1:43.34 \$
2	Park Center	A 1:43.58 \$
3	Blaine	A 1:46.85
4	Anoka	A 1:46.86
5	Coon Rapids	A 1:47.57
6	Elk River	A 1:47.67
7	Centennial	A 1:48.75
8	Andover	A 1:49.10
9	Champlin Park	A 1:50.37
10	Maple Grove	A 1:50.91

**Girls 4x400 Meter Relay**

Conference: 4:00.13 \$ 2003

Anoka

Team	Relay	Finals
<b>Finals</b>		
1	Maple Grove	A 4:04.70
2	Anoka	A 4:06.41
3	Champlin Park	A 4:09.63
4	Osseo	A 4:10.81
5	Coon Rapids	A 4:11.16
6	Andover	A 4:12.30
7	Blaine	A 4:12.47
8	Centennial	A 4:13.09
9	Elk River	A 4:18.91
10	Park Center	A 4:29.59

**Girls 4x800 Meter Relay**

Conference: 9:32.06 \$ 5/21/2008 Coon Rapids

Team	Relay	Finals
<b>Finals</b>		
1	Maple Grove	A 9:49.90
2	Centennial	A 9:52.14
3	Coon Rapids	A 9:52.18
4	Osseo	A 10:03.48
5	Andover	A 10:07.14
6	Elk River	A 10:13.40
7	Anoka	A 10:19.41
8	Champlin Park	A 10:29.20
9	Blaine	A 10:31.58
10	Park Center	A 11:42.79

**Girls High Jump**

Conference: 5-08 \$ 1996

Gina Curtis

Name	School	Finals
<b>Finals</b>		
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 Par 5-00.00
6	Meidtke, Katie	Osseo J5-00.00
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 Par J4-10.00
12	Bakke, Allison	Osseo J4-10.00
12	Okuneye, Victoria	Champlin Par 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

**Finals ... (Girls High Jump)**

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

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

**Girls Pole Vault**

Conference: 11-00 \$ 2004

Carrie Hinners

Name	School	Finals
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**Finals**

1	Haas, Breanna	Coon Rapids	9-06.00
2	Burton, Katie	Champlin Par	J9-06.00
3	Berning, Kayla	Anoka	9-00.00
4	Bednarz, Layni	Elk River	J9-00.00
5	Wylie, Paxton	Blaine	J9-00.00
6	Crepeau, Laura	Elk River	8-06.00
7	Bair, Maggie	Blaine	J8-06.00
8	McNallan, Jenna	Andover	J8-06.00
9	Gillberg, Mollie	Coon Rapids	J8-06.00
10	Kackman, Kellee	Anoka	8-00.00
10	Felt, Alex	Elk River	8-00.00
10	Holden, Kaitlyn	Anoka	8-00.00
10	Burkholder, Amanda	Maple Grove	8-00.00
10	Sanborn, Hannah	Maple Grove	8-00.00
10	Hingos, Steffany	Maple Grove	8-00.00
10	Polverari, Grace	Andover	8-00.00
10	Osterheim, Hannah	Blaine	8-00.00
18	Okuneye, Victoria	Champlin Par	7-06.00
18	Drake, Alexandra	Champlin Par	7-06.00
18	Parisian, Shelby	Osseo	7-06.00
18	McDermond-Spies, Nikki	Centennial	7-06.00
18	Thompson, Margaret	Osseo	7-06.00
23	OGrady, Marissa	Centennial	6-06.00
23	Salo, Hannah	Park Center	6-06.00
23	Sexton, Ashley	Osseo	6-06.00
23	Nelson, Nikki	Park Center	6-06.00
23	Skaja, Taylor	Andover	6-06.00
23	Barron, Angie	Centennial	6-06.00
---	Pream-Anderson, Alicia	Coon Rapids	NH
---	Hook, Kathryn	Park Center	NH

**Girls Long Jump**

Conference: 18-00 \$ 2001

Leah Herrboldt

Name	School	Finals
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**Finals**

1	Murphey, Nicole	Blaine	18-01.50	\$
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 Par	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 Par	15-04.00
15	Mosley, Chrystel	Blaine	15-00.00
16	Detloff, Dani	Elk River	14-09.00
17	Holt, Amanda	Champlin Par	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

**Girls Triple Jump**

Conference: 35-10.75 \$ 5/21/2008 Kayla Bilderback

Name	School	Finals
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**Finals**

1	Maciej, Michelle	Elk River	38-01.75	\$
2	Bilderback, Kayla	Centennial	35-09.00	
3	Abbott, Nicole	Anoka	35-00.00	
4	Hawkins, Elizabeth	Blaine	34-09.00	
5	Sorensen, Keelie	Park Center	34-03.50	
6	Dimke, Sydney	Blaine	33-07.00	
7	Aroboken, Fumi	Osseo	33-03.50	
8	Holt, Amanda	Champlin Par	33-03.00	
9	Doeway, Unis	Osseo	32-01.50	
10	Clarke, Bridget	Coon Rapids	31-09.50	
11	Hertz, Hope	Elk River	31-09.00	
12	Carroll, Ellyn	Osseo	31-08.00	
13	McDonald, Megan	Andover	31-06.00	
13	Gebers, Bekkah	Coon Rapids	31-06.00	
15	House, Madison	Maple Grove	31-03.50	
15	Luogon, Nehwoen	Park Center	31-03.50	
17	Wylie, Paxton	Blaine	30-11.75	
18	Miller, Moriah	Centennial	30-10.50	
19	Edwards, Kelly	Elk River	30-08.50	
20	Rodman, Shauna	Anoka	30-08.00	
21	Olarinde, Kemi	Park Center	30-06.25	
22	Jamus, Subah	Andover	29-11.50	
23	Terhark, Jennifer	Champlin Par	29-10.00	
24	Forbes, Lizzy	Maple Grove	29-08.00	
25	Reynoldson, Katie	Andover	29-06.25	
26	Korsah, Georgia	Coon Rapids	29-05.00	
26	Anderson, Rachelann	Maple Grove	29-05.00	
28	Thieschafer, Jackie	Anoka	29-02.00	
29	Crocker, Nicole	Centennial	28-10.50	

**Girls Shot Put**

Conference: 43-01 \$ 1997

Trisha Curtis

Name	School	Finals
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**Finals**

1	Lesser, Emily	Maple Grove	40-01.50
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## Northwest Suburban Conference Championships - 5/19/2009 to 5/21/2009

## Coon Rapids High School

## Results

2	Michael, LaBrisha	Osseo	38-00.25
3	Gillund, Tracie	Blaine	37-07.00
4	Ford, Emily	Osseo	37-04.00
5	Jergensen, Stephanie	Blaine	36-04.75
6	Nwaokolo, Amaka	Champlin Par	35-11.75
7	Culp, Becky	Centennial	35-08.25
8	Markfort, Stephanie	Coon Rapids	34-03.50
9	Riggler, Amber	Osseo	34-01.75
10	Lorge, Ashley	Anoka	32-10.00
11	Ngongang, Vivian	Centennial	32-07.75
12	Johnston, Trysha	Blaine	32-04.25
13	Thorndal, Nicole	Elk River	32-01.50
14	Gaffer, Rebecca	Maple Grove	32-01.00
15	Williams, Sarah	Elk River	31-08.50
16	Skobel, Brittany	Anoka	31-04.50
17	Sarazine, Stephanie	Anoka	31-04.25
18	Ngongang, Tatiana	Centennial	31-04.00
19	Nwaokolo, Nkem	Champlin Par	31-02.25
20	Kuntz, Ali	Champlin Par	30-06.25
21	Keith, Maya	Park Center	30-04.25
22	Detloff, Molli	Elk River	30-03.75
23	Zapzalka, Peyton	Andover	30-01.75
24	Olarinde, Kemi	Park Center	29-11.00
25	Kath, Renee	Coon Rapids	29-08.50
26	Andrews, Julia	Coon Rapids	29-03.50
27	Richter, Kendra	Park Center	28-00.25
28	Glime, Marina	Maple Grove	25-09.00
29	McCall, Courtney	Andover	25-03.50
30	Peterson, Bethany	Andover	24-03.75

## 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 Par	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, Tatiana	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 Par	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

## Boys 100 Meter Dash

Conference: 10.50 \$ 2001

Anthony Dew

Name School Prelims

## Preliminaries

1	Brownell, Tendeh	Osseo	11.36	Q
2	Fuller, Zerrick	Champlin Par	11.51	Q
3	Blix, John	Maple Grove	11.66	Q
4	Lewis, Casey	Coon Rapids	11.73	Q
5	Fort-Baker, Kiemonte	Coon Rapids	11.52	q
6	Givens, Quentin	Park Center	11.81	q
7	Conner, Sam	Osseo	11.84	q
8	Christenson, Dane	Centennial	11.84	q
9	Chea, Moses	Champlin Par	11.93	
10	Dahl, Keith	Centennial	11.94	
11	Woodbury, Maurquise	Park Center	11.96	
12	Berger, Taylor	Elk River	11.98	
13	Umanzor, Omar	Andover	12.04	
14	Duncan, Ben	Champlin Par	12.05	
15	Jeska, Isaac	Anoka	12.06	
16	Nelson, Zach	Andover	12.06	
17	Guar, Trokon	Coon Rapids	12.09	
18	Bugs, Elliott	Park Center	12.12	
19	Wilson, Derek	Blaine	12.15	
20	Ricks, Stephen	Blaine	12.18	
21	Olson, Evan	Elk River	12.23	
22	Roberts, Casey	Maple Grove	12.26	
23	Whelan, Chris	Maple Grove	12.31	
24	Nah, Smokey	Osseo	12.33	
25	Elvig, Josh	Anoka	12.38	
26	Schuldt, Ben	Anoka	12.41	
27	Oawster, Matthias	Centennial	12.51	
28	Brummer, Logan	Elk River	13.02	

## Boys 100 Meter Dash

Conference: 10.50 \$ 2001

Anthony Dew

Name School Finals

## Finals

1	Fuller, Zerrick	Champlin Par	11.04
2	Brownell, Tendeh	Osseo	11.11
3	Fort-Baker, Kiemonte	Coon Rapids	11.21
4	Blix, John	Maple Grove	11.25
5	Givens, Quentin	Park Center	11.39
6	Conner, Sam	Osseo	11.41

## Finals ... (Boys 100 Meter Dash)

Name School Finals

7	Lewis, Casey	Coon Rapids	11.60
8	Christenson, Dane	Centennial	11.85

## Boys 200 Meter Dash

Conference: 21.10 \$ 2004

Ibrahim Kabia

Name School Prelims

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

**Preliminaries**

1	Allen, Jarrett	Anoka	22.86	Q
2	Youngquist, Tommy	Champlin Par	23.13	Q
3	Berger, Taylor	Elk River	23.29	Q
4	Fuller, Zerrick	Champlin Par	23.49	Q
5	Browne, Whitney	Osseo	23.16	q
6	Blix, John	Maple Grove	23.29	q
7	Herber, Kory	Andover	23.60	q
8	Beeskow, Brad	Andover	23.61	q
9	Matrious, Ryan	Centennial	23.61	
10	Adler, JT	Anoka	23.70	
11	Gbarbea, Darka	Osseo	23.74	
12	elsnes, Jack	Champlin Par	23.93	
13	Rusin, Nick	Blaine	24.16	
14	Whelan, Chris	Maple Grove	24.19	
15	Ellena, Carter	Coon Rapids	24.20	
16	Sarvela, Brain	Centennial	24.24	
17	Kitzerow, Alex	Centennial	24.42	
18	Chase, Sam	Blaine	24.47	
19	Nah, Smokey	Osseo	24.49	
20	Dixon, Emannual	Maple Grove	24.50	
21	Jeska, Isaac	Anoka	24.55	
22	Guar, Trokon	Coon Rapids	24.56	
23	Santiago, Tim	Coon Rapids	24.65	
24	Hintze, Mike	Park Center	24.71	
25	Pratt, Wynn	Andover	24.78	
26	Olson, Evan	Elk River	25.22	
27	Brummer, Logan	Elk River	25.89	

**Boys 200 Meter Dash**

<b>Conference:</b>	<b>21.10 \$ 2004</b>	<b>Ibrahim Kabia</b>
<b>Name</b>		<b>School Finals</b>

**Finals**

1	Allen, Jarrett	Anoka	22.45
2	Youngquist, Tommy	Champlin Par	22.58
3	Browne, Whitney	Osseo	22.67
4	Blix, John	Maple Grove	22.70
5	Berger, Taylor	Elk River	22.91
6	Herber, Kory	Andover	23.47
7	Beeskow, Brad	Andover	35.70

**Boys 400 Meter Dash**

<b>Conference:</b>	<b>49.44 \$ 2007</b>	<b>Jerrell Hancock</b>
<b>Name</b>		<b>School Prelims</b>

**Preliminaries**

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

13	Yochim, Derek	Blaine	52.92
14	Hedin, TJ	Andover	53.12
15	Wesley, Michael	Coon Rapids	53.41
16	Albright, Mason	Andover	53.60
17	Dixon, Emmit	Osseo	53.67
18	Lindsay, chris	Maple Grove	53.95
19	Orth, Jake	Centennial	54.75
20	Wilson, John	Osseo	54.93
21	McMahon, Keegan	Anoka	55.80
22	Segal, Nate	Champlin Par	55.85
23	Eicher, Chris	Osseo	56.00
24	Mujib, Musa	Park Center	56.19
25	Kaba, Ibrahim	Champlin Par	57.55
26	Castro, Omar	Anoka	57.89
27	Haugen, Joe	Elk River	58.15
28	Heinrichs, Zach	Champlin Par	59.07
29	Forrest, Garrett	Elk River	59.97
30	Brummer, Ben	Elk River	1:02.45

**Boys 400 Meter Dash**

<b>Conference:</b>	<b>49.44 \$ 2007</b>	<b>Jerrell Hancock</b>
<b>Name</b>		<b>School Finals</b>

**Finals**

1	Cotter, Pat	Anoka	50.11
2	Holewa, Trent	Maple Grove	51.19
3	Zrust, Mike	Blaine	51.58
4	Bangen, Andrew	Coon Rapids	51.71
5	Anderson, Jordon	Centennial	51.75
6	Pearson, Branden	Blaine	52.68
7	Davies, Phil	Coon Rapids	53.19
8	Reinholdson, Yonas	Andover	54.26

**Boys 800 Meter Run**

<b>Conference:</b>	<b>1:57.15 \$ 2007</b>	<b>Anthony Held</b>
<b>Name</b>		<b>School Prelims</b>

**Preliminaries**

1	Dulian, Blayne	Coon Rapids	1:59.24	Q
2	Tilleskjoer, 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, Garett	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

**Preliminaries ... (Boys 800 Meter Run)**

<b>Name</b>	<b>School</b>	<b>Prelims</b>
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

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

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 Par	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
27 counce, tony	Champlin Par	2:17.60
28 Taverna, Andrew	Osseo	2:22.54
29 Konczal, Andrew	Elk River	2:29.50

**Boys 800 Meter Run**

Conference: 1:57.15 \$ 2007

Anthony Held

Name	School	Finals
<b>Finals</b>		
1 Dulian, Blayne	Coon Rapids	1:56.48 \$
2 Fenske, Andy	Park Center	1:58.80
3 Tilleskjoer, Joe	Centennial	1:59.88
4 Jorgenson, Eric	Osseo	2:00.41
5 Kremer, Dan	Blaine	2:01.35
6 Gilkerson, Mark	Park Center	2:01.85
7 Stangl, Charlie	Anoka	2:02.56
8 Sorman, Dylan	Coon Rapids	2:03.00
9 Vasquez, Chase	Andover	2:03.56
10 Gooley, Brian	Osseo	2:03.85
11 Peplinski, Garet	Maple Grove	2:04.20
12 Iverson, Luke	Maple Grove	2:06.72

**Boys 1600 Meter Run**

Conference: 4:19.10 \$ 1996

Steve Leuer

Name	School	Finals
<b>Finals</b>		
1 Evans, Ryan	Centennial	4:24.98
2 Eason, Ryan	Coon Rapids	4:26.24
3 Fenske, Andy	Park Center	4:27.73
4 Johnson, Alex	Maple Grove	4:32.28
5 Vasquez, Chase	Andover	4:35.61
6 Gooley, Brian	Osseo	4:35.91
7 Stevens, Tyler	Elk River	4:37.33
8 Rodeback, Kyle	Champlin Par	4:38.32
9 Rose, JP	Champlin Par	4:38.39
10 Johanson, Peter	Anoka	4:39.51
11 Mason, Jake	Osseo	4:39.72
12 Hartmann, Jeff	Osseo	4:39.98
13 Olson, Tyler	Maple Grove	4:40.38
14 Nurie, Kadiro	Blaine	4:40.50
15 pheneger, Caleb	Champlin Par	4:41.38
16 Celis, Renzo	Anoka	4:42.40
17 Schmidt, Adam	Andover	4:43.45
18 Nielsen, Dan	Andover	4:43.90
19 Mehrhoff, Calvin	Coon Rapids	4:44.40
20 Brintz, Zach	Centennial	4:44.92
21 Volk, Eric	Elk River	4:48.13
22 Rasmussen, Joel	Maple Grove	4:48.57
23 Trapp, Ryan	Elk River	4:49.08
24 Kruse, Patrick	Blaine	4:53.26
25 Kosir, Shane	Blaine	4:57.34

26 O'Grady, Dan	Coon Rapids	4:57.39
27 Sugden, Scott	Centennial	4:58.30
28 Pearson, Travis	Anoka	4:58.86
29 Kelly, Joe	Park Center	5:00.89
30 Heimark, Drew	Park Center	5:30.26

**Boys 3200 Meter Run**

Conference: 9:43.44 \$ 1994

Steve Leuer

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

**Boys 110 Meter Hurdles**

Conference: 14.20 \$ 2001

Peter Stuart

Name	School	Prelims
<b>Preliminaries</b>		
1 Boye-Weah, Snonsio	Park Center	15.38 Q
2 Barrett, Derek	Andover	15.47 Q
3 Rice, Mark	Maple Grove	15.60 Q
4 Maloney, Ryan	Elk River	15.62 Q
5 Djerf, Nick	Osseo	15.88 q
6 Knoop, Jake	Anoka	15.92 q
7 Leslie, Mike	Blaine	16.07 q
8 Hanson, Zach	Coon Rapids	16.07 q
9 Budish, Dave	Andover	16.34
10 Probert, Michael	Andover	16.39
11 Ackermann, David	Blaine	16.41
12 Courtright, Aaron	Blaine	16.48
13 Wolfe, Jesse	Centennial	16.65

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

14	Thielen, Ryan	Maple Grove	17.01
15	Peterson, Tim	Elk River	17.04
16	Myren, Lance	Anoka	17.39
17	Blevins, Jordan	Park Center	17.91
18	Buhmann, Matt	Elk River	17.93
19	Greenberg, Nolan	Anoka	17.99
20	Alexander, Jay	Champlin Par	18.14
21	Rader, Chris	Coon Rapids	18.19
22	Erding, Tyler	Centennial	18.68
23	Tilleskjoer, Weijing	Centennial	18.75
24	Cleveland, Phil	Champlin Par	18.79
25	Kleba, Jon	Coon Rapids	19.09
26	Hickman, Marquis	Park Center	20.16
---	Jones, Tori	Maple Grove	DNF

**Boys 110 Meter Hurdles**

Conference: 14.20 \$ 2001

Peter Stuart

Name	School	Finals
<b>Finals</b>		
1	Boye-Weah, Snonsio	Park Center 14.82
2	Barett, Derek	Andover 14.86
3	Maloney, Ryan	Elk River 15.37
4	Knoop, Jake	Anoka 15.39
5	Rice, Mark	Maple Grove 15.52
6	Djerf, Nick	Osseo 15.64
7	Hanson, Zach	Coon Rapids 15.83
8	Leslie, Mike	Blaine 16.06

**Boys 300 Meter Hurdles**

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

Name	School	Prelims
<b>Preliminaries</b>		
1	Boye-Weah, Snonsio	Park Center 39.56 Q
2	Maloney, Ryan	Elk River 40.37 Q
3	Djerf, Nick	Osseo 41.63 Q
4	Budish, Dave	Andover 41.88 Q
5	Turner, Kevin	Blaine 41.80 q
6	Schneider, Jason	Andover 42.07 q
7	Leslie, Mike	Blaine 42.20 q
8	Barett, Derek	Andover 42.38 q
9	Ablamunets, Andrey	Maple Grove 43.29
10	Davis, Josh	Centennial 43.38
11	Myren, Lance	Anoka 43.57
12	Hanson, Zach	Coon Rapids 43.87
13	Rader, Chris	Coon Rapids 44.06
14	Rice, Mark	Maple Grove 44.65
15	Alexander, Jay	Champlin Par 44.79
16	Blevins, Jordan	Park Center 44.88
17	Peterson, Tim	Elk River 45.13
18	Greenberg, Nolan	Anoka 45.30
19	Theus, Shaquille	Coon Rapids 45.43
20	Wolfe, Jesse	Centennial 45.48
21	Buhmann, Matt	Elk River 46.26
22	Tilleskjoer, Weijing	Centennial 46.64
23	Cleveland, Phil	Champlin Par 46.91
24	Schuldt, Ben	Anoka 47.73
25	Walden, Derek	Maple Grove 48.90
26	Hickman, Marquis	Park Center 50.48

--- Courtright, Aaron Blaine FS

**Boys 300 Meter Hurdles**

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

Name	School	Finals
<b>Finals</b>		
1	Boye-Weah, Snonsio	Park Center 38.23 \$
2	Maloney, Ryan	Elk River 39.76
3	Djerf, Nick	Osseo 40.86
4	Barett, Derek	Andover 41.08
5	Turner, Kevin	Blaine 41.36
6	Leslie, Mike	Blaine 41.66
7	Schneider, Jason	Andover 42.06
8	Budish, Dave	Andover 45.90

**Boys 4x100 Meter Relay**

Conference: 42.71 \$ 2004

Champlin Park

Team	Relay	Finals
<b>Finals</b>		
1	Anoka A	43.12
2	Osseo A	43.33
3	Andover A	43.36
4	Champlin Park A	43.79
5	Blaine A	44.63
6	Coon Rapids A	44.79
7	Elk River A	47.18
8	Centennial A	47.27
9	Park Center A	55.44
---	Maple Grove A	DQ

**Boys 4x200 Meter Relay**

Conference: 1:29.83 \$ 5/21/2008 Anoka

Team	Relay	Finals
<b>Finals</b>		
1	Anoka A	1:29.90
2	Champlin Park A	1:31.63
<b>Finals ... (Boys 4x200 Meter Relay)</b>		
Team	Relay	Finals
3	Coon Rapids A	1:32.13
4	Andover A	1:32.26
5	Osseo A	1:32.50
6	Blaine A	1:32.63
7	Centennial A	1:33.38
8	Maple Grove A	1:34.52
9	Park Center A	1:36.25
---	Elk River A	DQ

**Boys 4x400 Meter Relay**

Conference: 3:25.54 \$ 2004

Blaine

Team	Relay	Finals
<b>Finals</b>		
1	Park Center A	3:28.26
2	Centennial A	3:29.00

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

## Coon Rapids High School

## Results

3	Maple Grove	A	3:29.08
4	Andover	A	3:29.16
5	Blaine	A	3:29.85
6	Coon Rapids	A	3:32.64
7	Osseo	A	3:32.73
8	Champlin Park	A	3:38.80
9	Anoka	A	3:41.11
10	Elk River	A	3:44.06

## Boys 4x800 Meter Relay

Conference: 8:05.28 \$ 5/21/2008 Andover

Team	Relay	Finals
<b>Finals</b>		
1	Blaine	A 8:09.77
2	Maple Grove	A 8:13.20
3	Centennial	A 8:24.86
4	Coon Rapids	A 8:27.48
5	Anoka	A 8:28.04
6	Andover	A 8:41.32
7	Osseo	A 8:49.67
8	Champlin Park	A 9:05.40
9	Elk River	A 9:11.40
10	Park Center	A 9:23.05

## Boys High Jump

Conference: 6-09 \$ 2000 Jesse Richert

Name	School	Finals
<b>Finals</b>		
1	Ekpo, Eyo	Andover 6-09.25 \$
2	Mbali, Alex	Maple Grove 6-04.00
3	Djerf, Nick	Osseo 6-03.00
4	Hastings, Matt	Anoka J6-03.00
4	Schaaf, Darik	Coon Rapids J6-03.00
6	Broman, Dan	Maple Grove J6-03.00
7	Berger, Taylor	Elk River J6-03.00
8	Moore, Ian	Anoka 6-00.00
8	Sharber-Pikula, Jake	Coon Rapids 6-00.00
10	Doran, Chris	Andover J6-00.00
11	Buhmann, Matt	Elk River 5-10.00
11	Mason, Kyle	Osseo 5-10.00
11	Khieu, Randy	Champlin Par 5-10.00
11	Dixon, Emmit	Osseo 5-10.00
15	Mckeeon, Adam	Champlin Par 5-08.00
15	Backous, Jerrick	Andover 5-08.00
15	Huhne, Tyler	Blaine 5-08.00
15	Bachler, Adam	Anoka 5-08.00
19	Santiago, Tim	Coon Rapids 5-06.00
19	Ecklund, Patrick	Centennial 5-06.00
19	Baadsgaard, Jarrod	Blaine 5-06.00
22	Turner, Kevin	Blaine 5-04.00
22	Monkam, Kevin	Park Center 5-04.00
24	Norris, Ernest	Park Center 5-02.00
24	Hoff, Phil	Elk River 5-02.00

## Boys Pole Vault

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

Name	School	Finals
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## Finals

1	Sluis, Chris	Anoka	14-00.00	\$
2	Backous, Jerrick	Andover	13-06.00	\$
3	Owens, Josh	Champlin Par	12-06.00	
4	McLain, Josh	Anoka	12-00.00	
5	Newtson, 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	
9	Kuha, Brandon	Andover	J11-06.00	
10	Tilleskjaer, Weijing	Centennial	J11-06.00	
11	Cardinal, Garret	Champlin Par	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 Par	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	

## Boys Long Jump

Conference: 21-03.50 \$ 5/21/2008 Eyo Ekpo

Name	School	Finals
<b>Finals</b>		
1	Khieu, Randy	Champlin Par 22-08.50 \$
2	Boye-Weah, Snonsio	Park Center 21-06.75 \$
<b>Finals ... (Boys Long Jump)</b>		
Name	School	Finals
3	Ekpo, Eyo	Andover 21-04.50 \$
4	Mckeeon, Adam	Champlin Par 20-02.50
5	Conner, Sam	Osseo 20-01.75
6	Rusin, Nick	Blaine 20-00.75
7	Amoako, Patrick	Osseo 19-03.25
7	Palmer, Oscar	Maple Grove 19-03.25
9	Leslie, Mike	Blaine 18-11.50
10	Kline, Eric	Blaine 18-09.50
11	Wilson, Dan	Anoka 18-04.75
12	Rademacher, Kyle	Andover 18-04.50
13	Hintze, Mike	Park Center 18-04.00
14	Monkam, Kevin	Park Center 18-02.75
15	Matrious, Ryan	Centennial 18-02.00
16	Ablamunets, Andrey	Maple Grove 18-00.50
17	Rice, Mark	Maple Grove 17-11.75
18	McConnel, JeBraun	Champlin Par 17-11.00
19	Erding, Tyler	Centennial 17-09.00

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

## Coon Rapids High School

## Results

19	Perkins, Kameron	Anoka	17-09.00	9	Mestrich, Phil	Andover	44-10.50
19	Quiram, Charles	Elk River	17-09.00	10	Otto, Ross	Coon Rapids	44-06.75
22	Dahl, Keith	Centennial	17-07.75	11	Samuelson, Nick	Coon Rapids	44-01.00
23	Bachler, Adam	Anoka	17-05.50	11	Blais, Nate	Champlin Par	44-01.00
24	Schaaf, Darik	Coon Rapids	17-03.50	13	Gorowsky, Robbie	Centennial	43-10.50
25	Santiago, Tim	Coon Rapids	16-11.50	14	Schmidt, Shawn	Centennial	41-11.00
26	Togba, Rundell	Osseo	16-01.50	15	Hixson, Cameron	Champlin Par	41-04.00
26	Rader, Chris	Coon Rapids	16-01.50	16	Block, Doug	Park Center	41-00.75
28	Riche, Kevin	Elk River	16-01.25	17	Day, Sam	Anoka	40-07.75
---	Geier, Jeff	Andover	ND	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
				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

## 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, Emmitt	Osseo	39-11.75
16	Bergerson, Jake	Centennial	39-03.25
17	Palmer, Oscar	Maple Grove	38-08.75
18	Mckeeon, Adam	Champlin Par	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 Par	37-01.75
25	Malone, Chris	Maple Grove	36-03.50
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 Par	33-10.00
30	Evert, Darby	Elk River	33-09.50

## 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 Par	46-05.00	
8	Heidelberg, Justin	Park Center	45-03.00	

## Boys Discus Throw

Conference: 170-02 \$ 2004

Lucas Scheel

Name School Finals

## Finals

1	Lehman, Jon	Coon Rapids	166-03
2	Starr, Dijon	Blaine	160-10
3	Blais, Nate	Champlin Par	149-09
4	Gavin, Travis	Blaine	142-11
5	Heidelberg, Justin	Park Center	141-02
6	Wallenbecker, Patryck	Blaine	136-10
7	Thompson, Chad	Maple Grove	134-03
8	Grengs, Shawn	Osseo	126-11

## Finals ... (Boys Discus Throw)

Name School Finals

9	Johnson, Bryce	Champlin Par	121-06
10	Marigi, Erick	Champlin Par	120-08
11	Anderson, Thomas	Andover	119-06
12	Neisen, Sam	Maple Grove	119-04
13	Melby, Anders	Centennial	118-10
13	Harper, William	Coon Rapids	118-10
15	Schmidt, Shawn	Centennial	116-09
16	Mestrich, Phil	Andover	115-07
17	Petersen, Bennet	Anoka	111-08
18	Kramer, Collin	Anoka	110-09
19	Otto, Ross	Coon Rapids	110-00
20	Harris, Stephen	Andover	109-03
21	McCormack, Brendan	Maple Grove	108-00
22	Gorowsky, Robbie	Centennial	107-07
23	Block, Doug	Park Center	106-07
24	Olson, Evan	Elk River	104-06
25	Wiemann, Kyle	Elk River	101-00
26	Jellum, Tyler	Park Center	98-08
27	Stewart, Luke	Anoka	94-03
28	Laberda, Cody	Osseo	87-08
29	Hall, Harry	Osseo	82-02

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

30 Smith, Nick                      Elk River                      79-08

Women - Team Rankings - 18 Events Scored

1) Osseo	123
2) Maple Grove	83
3) Blaine	75.25
4) Champlin Park	73
5) Centennial	71.25
6) Anoka	65
7) Elk River	61
8) Coon Rapids	59.25
9) Park Center	51
10) Andover	40.25

Men - Team Rankings - 18 Events Scored

1) Andover	91
2) Blaine	87
3) Osseo	83.5
4) Anoka	82
5) Champlin Park	75
6) Maple Grove	71.5
7) Park Center	68
7) Coon Rapids	68
9) Centennial	51
10) Elk River	24