

## 2009 Central/Red River Dual - 4/28/2009

## Cushman Field

## Results - GF Dual Meet

**Girls 100 Meter Dash**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Knoell, Caitlin	10	GF Red River	13.45	12
2 Shabb, Carolyn	10	GF Red River	13.68	11
3 Lindsay, Jessica	10	GF Central	13.95	10
4 Church, Ali	09	GF Central	14.20	9
5 Robinson, Jasmine	09	GF Red River	14.37	8
6 Hollingworth, Andrea	09	GF Red River	14.39	7
7 Lund, Sydney	09	GF Central	14.41	6
8 Weiland, Ashley	09	GF Red River	14.55	5
9 Ames, Jill	09	GF Red River	14.98	4
10 Sabol, Colie	09	GF Red River	15.02	3
11 Burkholder, Jessica	12	GF Red River	15.03	2
12 Osowski, Abby	08	GF Central	15.11	1
13 Jorgensen, Kally	12	GF Red River	15.35	
14 Deck, Erin	10	GF Red River	15.47	
15 Allen, Kristen	12	GF Red River	16.15	
16 Spies, Tara	10	GF Red River	16.18	
17 Bridgeford, Briana	09	GF Central	16.34	
18 McMillan, Lauren	08	GF Central	16.42	
19 Bunde, Brittany	10	GF Central	16.57	
20 Thorsen, Katie	12	GF Red River	16.62	
21 Uhrich, Jewel	12	GF Red River	16.64	
22 Lockett, Mary	09	GF Central	17.07	
23 Stewart, Morgan	10	GF Central	17.66	

**Girls 200 Meter Dash**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Fee, Rebecca	10	GF Central	27.77	12
2 Wysocki, Erin	10	GF Red River	28.09	11
3 Shabb, Carolyn	10	GF Red River	28.40	10
4 Lund, Sydney	09	GF Central	29.18	9
5 Gavere, Katie	09	GF Central	29.39	8
6 Church, Ali	09	GF Central	29.67	7
7 Larson, Brooke	12	GF Red River	30.02	6
8 Hollingworth, Andrea	09	GF Red River	30.25	5
9 Weiland, Ashley	09	GF Red River	30.27	4
10 Sansburn, Hayley	09	GF Central	30.75	3
11 Sabol, Colie	09	GF Red River	30.95	2
12 Jorgensen, Jana	09	GF Red River	30.98	1
13 Peterson, Taylor	09	GF Central	31.55	
14 Asche, Emily	10	GF Red River	31.83	
15 Lockett, Mary	09	GF Central	34.71	
16 Greenlees, Jenna	09	GF Red River	35.31	
17 Stewart, Morgan	10	GF Central	36.36	
18 Christian, Abby	10	GF Red River	36.72	

**Girls 400 Meter Dash**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Fee, Rebecca	10	GF Central	1:02.69	12
2 Wysocki, Erin	10	GF Red River	1:03.94	11
3 Knoell, Caitlin	10	GF Red River	1:05.04	10

4 Novotny, Kari	12	GF Central	1:05.59	9
5 Strand, Annika	09	GF Red River	1:05.60	8
6 Gavere, Katie	09	GF Central	1:06.78	7
7 Church, Ali	09	GF Central	1:07.69	6
8 Medal, Kaitlin	11	GF Central	1:11.93	5
9 Bunde, Brittany	10	GF Central	1:12.48	4
10 Simonson, Olivia	10	GF Red River	1:13.24	3
11 Sand, Jaelyn	10	GF Central	1:13.41	2
12 Petty, Paige	10	GF Central	1:18.76	1

**Girls 800 Meter Run**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Lindsay, Jessica	10	GF Central	2:31.47	12
2 Ronkowski, Katie	10	GF Red River	2:37.08	11
3 Stoley, Megan	11	GF Red River	2:40.37	10
4 Lindsay, Ali	08	GF Central	2:43.31	9
5 Smith, Alicia	10	GF Central	2:44.57	8
6 Ray, Taylor	08	GF Central	2:47.50	7
7 Todhunter, Rachel	09	GF Red River	2:48.81	6
8 Walsh, Brenda	11	GF Red River	3:07.79	5
9 Millspaugh, Jaye	12	GF Central	3:36.81	4

**Girls 1600 Meter Run**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Sand, Jaelyn	10	GF Central	5:43.80	12
2 Ferry, Maggi	10	GF Red River	5:58.11	11
3 McMillan, Lauren	08	GF Central	6:00.13	10
4 Ray, Taylor	08	GF Central	6:20.20	9
5 Brown, Hanna	09	GF Central	6:34.22	8
6 Erickson, Jennifer	10	GF Central	6:36.88	7
7 Bollingberg, Kaitlyn	10	GF Red River	6:38.13	6

**Girls 3200 Meter Run Hand Held**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Sand, Jaelyn	10	GF Central	12:42.86	12
2 McMillan, Lauren	08	GF Central	12:55.00	11
3 Bunde, Brittany	10	GF Central	13:33.00	10
4 Medal, Kaitlin	11	GF Central	13:52.00	9
5 Conneran, Kelsey	10	GF Red River	14:11.00	8
6 Petty, Paige	10	GF Central	14:16.00	7
7 Bollingberg, Kaitlyn	10	GF Red River	15:31.00	6
8 Allen, Kristen	12	GF Red River	15:48.00	5
9 Uhrich, Jewel	12	GF Red River	15:48.01	4

**Girls 100 Meter Hurdles**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Larson, Brooke	12	GF Red River	18.07	12
2 Smith, Alicia	10	GF Central	18.47	11
3 Robinson, Jasmine	09	GF Red River	18.98	10
4 Weiland, Ashley	09	GF Red River	19.10	9
5 Thingelstad, Laura	11	GF Central	19.19	8
6 Kratochvil, Katie	10	GF Central	19.64	7

## 2009 Central/Red River Dual - 4/28/2009

## Cushman Field

## Results - GF Dual Meet

**Finals ... (Girls 100 Meter Hurdles)**

Name	Yr	School	Finals
7 Haaven, Megan	11	GF Red River	19.79 6
8 Deck, Erin	10	GF Red River	20.44 5
9 Sansburn, Hayley	09	GF Central	20.50 4
10 Hollingworth, Andrea	09	GF Red River	20.60 3
11 Altman, Bailey	09	GF Central	20.81 2
12 Rustebakke, Carly	10	GF Red River	21.42 1
13 Gourneau, Nicole	10	GF Red River	22.64
14 Letzring, Kayla	11	GF Central	22.74
15 Spies, Tara	10	GF Red River	22.83
16 Christian, Abby	10	GF Red River	27.01

**Girls 300 Meter Hurdles**

Name	Yr	School	Finals
1 Smith, Alicia	10	GF Central	52.19 12
2 Larson, Brooke	12	GF Red River	52.73 11
3 Zeitvogel, Ashley	10	GF Red River	53.26 10
4 Haaven, Megan	11	GF Red River	56.43 9
5 Todhunter, Rachel	09	GF Red River	56.68 8
6 Gourneau, Nicole	10	GF Red River	57.03 7
7 Kratochvil, Katie	10	GF Central	58.56 6
8 Rustebakke, Carly	10	GF Red River	59.68 5
9 Thingelstad, Laura	11	GF Central	1:00.35 4
10 Altman, Bailey	09	GF Central	1:01.24 3
11 Letzring, Kayla	11	GF Central	1:03.91 2
12 Christian, Abby	10	GF Red River	1:06.00 1

**Girls 4x100 Meter Relay**

Team	Relay	Finals
1 GF Central	A	55.52 15
1) Osowski, Abby 08	2) Church, Ali 09	
3) Gavere, Katie 09	4) Lund, Sydney 09	
2 Grand Forks Red River	C	55.82 12
1) Wysocki, Erin 10	2) Stoley, Megan 11	
3) Ferry, Maggi 10	4) Ronkowski, Katie 10	
3 GF Central	B	56.67 9
1) Sansburn, Hayley 09	2) Bridgeford, Briana 09	
3) Peterson, Taylor 09	4) Thingelstad, Laura 11	
4 Grand Forks Red River	A	57.15 6
1) Todhunter, Rachel 09	2) Dufault, Brianna 11	
3) Jorgensen, Kally 12	4) Burkholder, Jessica 12	
5 Grand Forks Red River	B	1:02.05 3
1) Christian, Abby 10	2) Thorsen, Katie 12	
3) Spies, Tara 10	4) Steffen, Jordyn 11	
6 GF Central	C	1:04.82
1) Lockett, Mary 09	2) MacNaughton, Ashley 10	
3) Stewart, Morgan 10	4) Letzring, Kayla 11	

**Girls 4x200 Meter Relay**

Team	Relay	Finals
1 Grand Forks Red River	A	1:51.09 15
1) Knoell, Caitlin 10	2) Wysocki, Erin 10	
3) Larson, Brooke 12	4) Shabb, Carolyn 10	
2 GF Central	A	1:51.87 12
1) Lindsay, Jessica 10	2) Fee, Rebecca 10	
3) Gavere, Katie 09	4) Novotny, Kari 12	
3 Grand Forks Red River	B	2:00.91 9
1) Weiland, Ashley 09	2) Robinson, Jasmine 09	
3) Kringstad, Melissa 12	4) Haaven, Megan 11	
4 GF Central	B	2:03.09 6
1) Kratochvil, Katie 10	2) Bushee, Brianna 10	
3) Osowski, Abby 08	4) Medal, Kaitlin 11	
5 Grand Forks Red River	C	2:03.56 3
1) Jorgensen, Jana 09	2) Rustebakke, Carly 10	
3) Grabanski, Laura 11	4) Simonson, Olivia 10	
6 GF Central	C	2:05.59
1) Peterson, Taylor 09	2) Ray, Taylor 08	
3) Brown, Hanna 09	4) Lindsay, Ali 08	
7 Grand Forks Red River	D	2:09.51
1) Deck, Erin 10	2) Herting, Kjersten 10	
3) Spies, Tara 10	4) Thorsen, Katie 12	

**Girls 4x400 Meter Relay**

Team	Relay	Finals
1 Grand Forks Red River	A	4:28.33 15
1) Todhunter, Rachel 09	2) Ronkowski, Katie 10	
3) Zeitvogel, Ashley 10	4) Strand, Annika 09	
2 GF Central	A	4:31.32 12
1) Lindsay, Jessica 10	2) Lund, Sydney 09	
3) Ray, Taylor 08	4) Peterson, Taylor 09	
3 Grand Forks Red River	B	4:48.45 9
1) Jorgensen, Jana 09	2) Stoley, Megan 11	
3) Robinson, Jasmine 09	4) Ferry, Maggi 10	
4 Grand Forks Red River	C	4:52.83 6
1) Gourneau, Nicole 10	2) Deck, Erin 10	
3) Kringstad, Melissa 12	4) Grabanski, Laura 11	
5 GF Central	B	4:54.04 3
1) Brown, Hanna 09	2) Erickson, Jennifer 10	
3) Lindsay, Ali 08	4) Sand, Jaclyn 10	
6 GF Central	C	5:04.24
1) Warner, Ashleigh 12	2) Lockett, Mary 09	
3) MacNaughton, Ashley 10	4) Millsbaugh, Jaye 12	

**Girls 4x800 Meter Relay**

Team	Relay	Finals
1 Grand Forks Red River	A	10:53.69 15
1) Stoley, Megan 11	2) Strand, Annika 09	
3) Conneran, Kelsey 10	4) Ferry, Maggi 10	

## 2009 Central/Red River Dual - 4/28/2009

## Cushman Field

## Results - GF Dual Meet

**Finals ... (Girls 4x800 Meter Relay)**

Team	Relay	Finals	
2 GF Central	A	11:01.77	12
1) Lindsay, Ali 08	2) Brown, Hanna 09		
3) Medal, Kaitlin 11	4) Erickson, Jennifer 10		
3 Grand Forks Red River	B	12:24.60	9
1) Allen, Kristen 12	2) Walsh, Brenda 11		
3) Uhrich, Jewel 12	4) Ames, Jill 09		
4 GF Central	B	12:48.72	6
1) Bunde, Brittany 10	2) Petty, Paige 10		
3) MacNaughton, Ashley 10	4) Millspaugh, Jaye 12		

**Girls High Jump**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Strand, Annika	09	GF Red River	4-09.00	12
2 Ronkowski, Katie	10	GF Red River	J4-09.00	11
3 Conneran, Kelsey	10	GF Red River	4-05.00	10
4 Bridgeford, Briana	09	GF Central	J4-05.00	9
5 Letzring, Kayla	11	GF Central	4-03.00	8
6 Bollingberg, Kaitlyn	10	GF Red River	3-11.00	7
7 MacNaughton, Ashley	10	GF Central	J3-11.00	6
8 Petty, Paige	10	GF Central	J3-11.00	5
--- Byzewski, Angie	12	GF Central	NH	
--- Olson, Hannah	09	GF Central	NH	

**Girls Pole Vault**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Zeitvogel, Ashley	10	GF Red River	10-06.00	12
2 Novotny, Kari	12	GF Central	9-00.00	11
3 Grabanski, Laura	11	GF Red River	7-06.00	10
4 Bushee, Brianna	10	GF Central	7-00.00	9
5 Ames, Jill	09	GF Red River	J7-00.00	8
6 Bridgeford, Briana	09	GF Central	J7-00.00	7
7 Osowski, Abby	08	GF Central	6-00.00	6
8 Warner, Ashleigh	12	GF Central	J6-00.00	5
9 Rustebakke, Carly	10	GF Red River	5-00.00	4

**Girls Long Jump**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Novotny, Kari	12	GF Central	15-00.50	12
2 Sabol, Colie	09	GF Red River	14-08.00	11
3 Ames, Jill	09	GF Red River	14-06.50	9.5
3 Dufault, Brianna	11	GF Red River	14-06.50	9.5
5 Asche, Emily	10	GF Red River	14-05.00	8
6 Jorgensen, Kally	12	GF Red River	14-01.00	7
7 Burkholder, Jessica	12	GF Red River	13-10.00	6
8 Haaven, Megan	11	GF Red River	13-09.00	5
9 Hollingworth, Andrea	09	GF Red River	13-05.50	4
10 Jorgensen, Jana	09	GF Red River	13-05.00	3
11 Sansburn, Hayley	09	GF Central	13-02.00	1.5
11 Gourneau, Nicole	10	GF Red River	13-02.00	1.5
13 Conneran, Kelsey	10	GF Red River	12-11.00	
14 Bushee, Brianna	10	GF Central	12-10.00	

15 Warner, Ashleigh	12	GF Central	12-00.50
16 Kringstad, Melissa	12	GF Red River	11-08.00
17 Thorsen, Katie	12	GF Red River	11-04.50
18 Stewart, Morgan	10	GF Central	10-06.00
19 Millspaugh, Jaye	12	GF Central	8-11.50
--- Olson, Hannah	09	GF Central	ND

**Girls Triple Jump**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Fee, Rebecca	10	GF Central	32-08.00	12
2 Dufault, Brianna	11	GF Red River	32-01.00	11
3 Asche, Emily	10	GF Red River	31-04.00	10
4 Sabol, Colie	09	GF Red River	30-00.50	9
5 Burkholder, Jessica	12	GF Red River	29-11.00	8
6 Bushee, Brianna	10	GF Central	29-00.50	7
7 Kratochvil, Katie	10	GF Central	28-06.25	6
8 Warner, Ashleigh	12	GF Central	28-03.00	5
9 Smith, Alicia	10	GF Central	27-06.00	4
10 Jorgensen, Kally	12	GF Red River	27-00.00	3
11 Kringstad, Melissa	12	GF Red River	26-10.00	2
--- Olson, Hannah	09	GF Central	ND	

**Girls Shot Put**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Iseminger, Candyce	12	GF Central	36-00.50	12
2 Reich, Kate	10	GF Red River	33-04.00	11
3 Evers, Emily	11	GF Red River	33-03.00	10
4 Simpson, Kayla	10	GF Central	33-00.00	9
5 Storstad, Megan	12	GF Red River	30-09.50	8
6 Johnson, Alyssa	10	GF Central	30-08.50	7
7 Ferry, Erin	12	GF Red River	30-04.00	6
8 Farroh, Caitlin	10	GF Central	27-02.00	5
9 Campbell, Megan	11	GF Red River	26-04.00	4
10 Cole, Heather	11	GF Central	24-00.00	3
11 Fick, Anna	11	GF Red River	23-01.00	2
12 Martin, Rebecca	10	GF Central	22-05.00	1
--- Dahl, Cass	12	GF Red River	ND	

**Girls Discus Throw**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Iseminger, Candyce	12	GF Central	106-00	12
2 Storstad, Megan	12	GF Red River	101-05	11
3 Evers, Emily	11	GF Red River	94-08	10
4 Simpson, Kayla	10	GF Central	94-06	9
5 Reich, Kate	10	GF Red River	83-10	8
6 Ferry, Erin	12	GF Red River	82-07	7
7 Farroh, Caitlin	10	GF Central	75-03	6
8 Martin, Rebecca	10	GF Central	71-11	5
9 Johnson, Alyssa	10	GF Central	70-05	4
10 Campbell, Megan	11	GF Red River	67-00	3
11 Fick, Anna	11	GF Red River	62-03	2
12 Byzewski, Angie	12	GF Central	60-07	1
13 Greenlees, Jenna	09	GF Red River	49-01	

2009 Central/Red River Dual - 4/28/2009

Cushman Field

Results - GF Dual Meet

**Finals ... (Girls Discus Throw)**

Name	Yr	School	Finals
14 Cole, Heather	11	GF Central	46-08
--- Simonson, Olivia	10	GF Red River	ND

**Girls Javelin Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Storstad, Megan	12	GF Red River	108-04 12
2 Evers, Emily	11	GF Red River	96-10 11
3 Campbell, Megan	11	GF Red River	96-08 10
4 Asche, Emily	10	GF Red River	96-01 9
5 Steffen, Jordyn	11	GF Red River	96-00 8
6 Erickson, Jennifer	10	GF Central	91-11 7
7 Zeitvogel, Ashley	10	GF Red River	83-02 6
8 Ferry, Erin	12	GF Red River	78-09 5
9 Farroh, Caitlin	10	GF Central	77-05 4
10 Simonson, Olivia	10	GF Red River	72-06 3
11 Reich, Kate	10	GF Red River	71-06 2
12 Fick, Anna	11	GF Red River	67-04 1
13 Byzewski, Angie	12	GF Central	57-11
14 Greenlees, Jenna	09	GF Red River	55-08
15 Martin, Rebecca	10	GF Central	54-10
--- Johnson, Alyssa	10	GF Central	ND
--- Cole, Heather	11	GF Central	ND
--- Iseminger, Candyce	12	GF Central	ND
--- Simpson, Kayla	10	GF Central	ND

**Boys 100 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Gefroh, Tyler	11	GF Red River	11.65 11.5
1 Todhunter, Ryan	12	GF Red River	11.65 11.5
3 Prout, Ben	11	GF Red River	11.79 10
4 Dingle, Chris	11	GF Red River	11.85 9
5 Pope, Elby	11	GF Red River	11.97 8
6 Ferry, Logan	09	GF Red River	12.16 7
7 White, Ciaran	09	GF Central	12.24 6
8 Schober, Matt	12	GF Red River	12.26 5
9 Ford, Casey	10	GF Central	12.46 4
10 Parks, Grant	10	GF Central	12.49 2.5
10 Burns, Tom	12	GF Central	12.49 2.5
12 Carlson, Jon	10	GF Central	12.64 1
13 Anderson, Travis	11	GF Red River	12.70
14 Adams, Carrington	08	GF Central	12.84
15 Ericson, Brian	11	GF Red River	12.92
16 Unger, Sam	10	GF Red River	12.99
17 Mathews, Glen	10	GF Red River	13.03
18 Padilla, Luis	10	GF Red River	13.11
19 Wicken, Tyler	09	GF Red River	13.26
20 Marek, Spencer	12	GF Red River	13.34
21 Halvorson, Steven	09	GF Red River	13.35
22 Marek, Dayton	09	GF Red River	13.42
23 Pavlichek, Justin	10	GF Red River	13.43
24 Johnson, Ben	09	GF Red River	13.52
25 Carpenter, Ben	10	GF Red River	13.79

26 Aviles, Kelvin	09	GF Central	14.28
27 Lee, Joe	10	GF Red River	14.42
27 Spencer, Brady	09	GF Central	14.42
29 Ziggelman, Austin	09	GF Central	14.68

**Boys 200 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Gefroh, Tyler	11	GF Red River	23.12 12
2 Todhunter, Ryan	12	GF Red River	23.28 11
3 Dingle, Chris	11	GF Red River	23.91 10
4 McCreary, Matt	12	GF Central	24.51 9
5 Parks, Grant	10	GF Central	25.31 8
6 Bothun, Chris	12	GF Red River	25.34 7
7 Carlson, Jon	10	GF Central	25.46 6
8 McGregor, Brett	12	GF Central	25.68 5
9 Padilla, Luis	10	GF Red River	25.99 4
10 Evers, Jimmy	09	GF Red River	26.09 3
11 Mathews, Glen	10	GF Red River	26.64 2
12 Halvorson, Steven	09	GF Red River	26.74 1
13 Meagher, Nick	10	GF Red River	26.97
14 Wicken, Tyler	09	GF Red River	27.32
15 Foster, Cameron	10	GF Central	28.01
16 Ullness, Cody	10	GF Red River	28.37
17 Spencer, Brady	09	GF Central	28.79
18 Nelson, Casey	09	GF Red River	29.35
19 Aviles, Kelvin	09	GF Central	30.15
20 Ziggelman, Austin	09	GF Central	31.20
21 Zettler, Mikkell	09	GF Central	31.99

**Boys 400 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Schober, Matt	12	GF Red River	53.67 12
2 Burns, Tom	12	GF Central	54.29 11
3 Thompson, Navy	10	GF Red River	54.95 10
4 Waind, Chris	11	GF Red River	55.53 9
5 Glennen, Brady	10	GF Red River	56.89 8
6 Ford, Casey	10	GF Central	57.47 7
7 Pavlichek, Justin	10	GF Red River	1:02.02 6
8 Spencer, Brady	09	GF Central	1:04.35 5
9 Jones, Erik	09	GF Central	1:05.00 4
10 Aviles, Kelvin	09	GF Central	1:05.34 3
11 Ziggelman, Austin	09	GF Central	1:05.89 2

**Boys 800 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Shafer, Paul	09	GF Central	2:04.58 12
2 Torrey, Mike	11	GF Central	2:05.51 11
3 Harlow, Shane	10	GF Central	2:09.17 10
4 Francios, Habimana	10	GF Red River	2:14.88 9
5 Sanner, Brady	10	GF Red River	2:15.30 8
6 Lappe, Chris	11	GF Central	2:16.87 7
7 Lennon, Cody	09	GF Central	2:18.46 6
8 Smith, RJ	10	GF Central	2:24.85 5

## 2009 Central/Red River Dual - 4/28/2009

## Cushman Field

## Results - GF Dual Meet

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

Name	Yr	School	Finals
9 Stack, Steven	11	GF Red River	2:43.40 4
10 Christen, Brady	09	GF Red River	2:43.58 3
11 Bhetwal, Krishna	10	GF Red River	2:50.75 2
12 Ajjimaporn, Pann	10	GF Central	2:54.25 1

**Boys 1600 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Harlow, Shane	10	GF Central	4:37.18 12
2 Rosales, Johnny	10	GF Red River	4:47.56 11
3 Mendee, Francis	10	GF Red River	4:51.53 10
4 Francios, Habimana	10	GF Red River	4:55.50 9
5 Christen, Brady	09	GF Red River	5:33.13 8
6 Kraft, Zach	09	GF Central	5:40.92 7
7 Torrey, Andrew	08	GF Central	5:51.11 6
8 Hudson, Nick	10	GF Central	5:55.14 5
9 Qualley, Riley	10	GF Central	5:58.89 4
10 Stack, Steven	11	GF Red River	6:00.40 3
11 Burris, Tyler	09	GF Red River	6:14.53 2
12 Griggs, Dustin	10	GF Central	6:22.84 1
13 Ajjimaporn, Pann	10	GF Central	6:30.74

**Boys 3200 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Mendee, Francis	10	GF Red River	10:23.53 12
2 Rosales, Johnny	10	GF Red River	10:31.79 11
3 Fisher, Tom	09	GF Central	10:38.64 10
4 Torrey, Alex	09	GF Central	11:11.28 9
5 Carlson, Jordan	10	GF Red River	11:47.07 8
6 Houska, Ben	09	GF Central	11:59.80 7
7 Olson, Zach	09	GF Red River	12:22.16 6
8 Torrey, Andrew	08	GF Central	12:28.60 5
9 Kraft, Zach	09	GF Central	12:59.64 4
10 Koppang, Zach	11	GF Red River	13:05.18 3
11 Qualley, Riley	10	GF Central	13:52.14 2
12 Hudson, Nick	10	GF Central	14:05.44 1

**Boys 110 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Todhunter, Ryan	12	GF Red River	14.84 12
2 Schmidt, Ger	11	GF Central	16.44 11
3 McCreary, Matt	12	GF Central	17.20 10
4 Bothun, Chris	12	GF Red River	17.22 9
5 Shabb, Ben	12	GF Red River	18.09 8
6 Osowski, Ryan	10	GF Red River	18.16 7
7 Hollingworth, Nathan	11	GF Red River	18.30 6
8 Plutowski, Kellen	10	GF Red River	18.54 5
9 Evers, Jimmy	09	GF Red River	18.59 4
10 Brooks, Michael	09	GF Central	21.46 3
11 Foster, Cameron	10	GF Central	22.33 2

**Boys 300 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Todhunter, Ryan	12	GF Red River	39.66 12
2 Schmidt, Ger	11	GF Central	41.40 11
3 Bothun, Chris	12	GF Red River	42.11 10
4 McCreary, Matt	12	GF Central	42.13 9
5 Shabb, Ben	12	GF Red River	42.71 8
6 Plutowski, Kellen	10	GF Red River	45.79 7
7 Osowski, Ryan	10	GF Red River	46.21 6
8 Evers, Jimmy	09	GF Red River	46.26 5
9 Norton, Evan	10	GF Red River	46.40 4
10 Smith, RJ	10	GF Central	50.31 3
11 Foster, Cameron	10	GF Central	51.90 2

**Boys 4x100 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Grand Forks Red River	A	44.90 15
1) Shabb, Ben 12	2) Pope, Elby 11	
3) Dingle, Chris 11	4) Gefroh, Tyler 11	
2 Grand Forks Red River	B	46.48 12
1) Bothun, Chris 12	2) Hollingworth, Nathan 11	
3) Norton, Evan 10	4) Ferry, Logan 09	
3 GF Central	A	46.68 9
1) Dukes, Ossie 12	2) Burns, Tom 12	
3) Ford, Casey 10	4) Parks, Grant 10	
4 GF Central	C	47.69 6
1) Brooks, Michael 09	2) White, Ciaran 09	
3) Goering, Chad 09	4) Adams, Carrington 08	
5 Grand Forks Red River	C	48.34 3
1) Evers, Jimmy 09	2) Griffin, Cody 10	
3) Mohammed, Said 09	4) Osowski, Ryan 10	
6 GF Central	B	50.11
1) Peterson, Logan 11	2) Carlson, Jon 10	
3) Zahradka, Brandon 09	4) Lofgren, Ben 10	

**Boys 4x200 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 GF Central	A	1:36.18 15
1) Dukes, Ossie 12	2) Torrey, Mike 11	
3) Schmidt, Ger 11	4) Ford, Casey 10	
2 Grand Forks Red River	B	1:38.98 12
1) Norton, Evan 10	2) Hollingworth, Nathan 11	
3) Thompson, Navy 10	4) Waind, Chris 11	
3 GF Central	C	1:39.72 9
1) Brooks, Michael 09	2) White, Ciaran 09	
3) Goering, Chad 09	4) Adams, Carrington 08	
4 Grand Forks Red River	C	1:41.83 6
1) Glennen, Brady 10	2) Mathews, Glen 10	
3) Hanson, Matt 10	4) Roche, Conor 10	
5 GF Central	B	1:48.11 3
1) McGregor, Brett 12	2) Clemetson, Jake 10	
3) Aviles, Kelvin 09	4) Cornell, Matt 10	

2009 Central/Red River Dual - 4/28/2009

Cushman Field

Results - GF Dual Meet

**Boys 4x400 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 GF Central	B	3:37.93 15
1) Torrey, Mike 11	2) Schmidt, Ger 11	
3) Burns, Tom 12	4) McCreary, Matt 12	
2 Grand Forks Red River	A	3:38.77 12
1) Schober, Matt 12	2) Hickle, Alex 11	
3) Ferry, Logan 09	4) Waind, Chris 11	
3 GF Central	A	3:46.85 9
1) White, Ciaran 09	2) Goering, Chad 09	
3) Shafer, Paul 09	4) Brooks, Michael 09	
4 Grand Forks Red River	B	3:52.01 6
1) Francios, Habimana 10	2) Glennen, Brady 10	
3) Osowski, Ryan 10	4) Norton, Evan 10	
5 Grand Forks Red River	C	3:54.97 3
1) Padilla, Luis 10	2) Roche, Conor 10	
3) Mathews, Glen 10	4) Sanner, Brady 10	
6 GF Central	C	3:55.37
1) Harlow, Shane 10	2) McGregor, Brett 12	
3) Lappe, Chris 11	4) Lennon, Cody 09	

**Boys 4x800 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 GF Central	C	8:52.79 15
1) Fisher, Tom 09	2) Torrey, Alex 09	
3) Lennon, Cody 09	4) Shafer, Paul 09	
2 Grand Forks Red River	A	9:19.23 12
1) Carlson, Jordan 10	2) Koppang, Zach 11	
3) Roche, Conor 10	4) Black, Isaac 12	
3 GF Central	A	9:44.51 9
1) Lappe, Chris 11	2) McGregor, Brett 12	
3) Kobilansky, Caleb 11	4) Houska, Ben 09	
4 Grand Forks Red River	B	10:18.66 6
1) Ullness, Cody 10	2) Adkins, Caylor 10	
3) Olson, Zach 09	4) Burris, Tyler 09	

**Boys High Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Plutowski, Kellen	10	GF Red River	5-04.00 11.5
1 Pope, Elby	11	GF Red River	5-04.00 11.5
3 Griffin, Cody	10	GF Red River	5-02.00 10
4 Fisher, Tom	09	GF Central	J5-02.00 9
5 Mohammed, Said	09	GF Red River	5-00.00 8
6 Marek, Dayton	09	GF Red River	4-10.00 7
7 Kobilansky, Caleb	11	GF Central	J4-10.00 5
7 Shafer, Paul	09	GF Central	J4-10.00 5
7 Johnson, Ben	09	GF Red River	J4-10.00 5
10 Davis, Matt	09	GF Red River	J4-10.00 2.5
10 McLaren, Lucas	11	GF Central	J4-10.00 2.5
--- Mesteth, Rogan	09	GF Central	NH
--- Lee, Joe	10	GF Red River	NH
--- O'Conner, Shaun	09	GF Central	NH

---	Hanson, Matt	10	GF Red River	NH
---	Burris, Tyler	09	GF Red River	NH
---	Cornell, Matt	10	GF Central	NH
---	Clemetson, Jake	10	GF Central	NH

**Boys Pole Vault**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Meagher, Nick	10	GF Red River	11-06.00 12	
2 Ericson, Brian	11	GF Red River	10-00.00 11	
3 Mesteth, Rogan	09	GF Central	J10-00.00 10	
4 Fisher, Tom	09	GF Central	8-00.00 9	
5 Kraft, Zach	09	GF Central	J8-00.00 8	
6 Torrey, Alex	09	GF Central	J8-00.00 7	
7 Lee, Joe	10	GF Red River	7-00.00 5.5	
7 Jones, Erik	09	GF Central	7-00.00 5.5	
9 Johnson, Ben	09	GF Red River	J7-00.00 4	
---	Nelson, Casey	09	GF Red River	NH
---	Gruba, Zach	11	GF Red River	NH
---	Smith, Marcus	08	GF Central	NH
---	Deem, Marshall	11	GF Central	DQ

**Boys Long Jump**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Dukes, Ossie	12	GF Central	19-02.00 12	
2 Prout, Ben	11	GF Red River	18-11.50 11	
3 Marek, Dayton	09	GF Red River	18-04.00 10	
4 Torrey, Mike	11	GF Central	17-11.00 9	
5 McLaren, Lucas	11	GF Central	17-06.00 8	
6 Mohammed, Said	09	GF Red River	17-05.00 7	
7 Koppang, Zach	11	GF Red River	17-03.00 6	
8 Parks, Grant	10	GF Central	J17-03.00 5	
9 Glennen, Brady	10	GF Red River	16-08.00 4	
10 Goering, Chad	09	GF Central	16-07.50 3	
11 Ullness, Cody	10	GF Red River	15-11.50 2	
12 Hollingworth, Nathan	11	GF Red River	15-11.00 1	
13 Smith, RJ	10	GF Central	15-10.00	
14 Kobilansky, Caleb	11	GF Central	15-09.00	
15 Ziggelman, Austin	09	GF Central	15-03.50	
15 Clemetson, Jake	10	GF Central	15-03.50	
17 Cornell, Matt	10	GF Central	15-00.00	
18 Hanson, Matt	10	GF Red River	14-07.00	
19 Unger, Sam	10	GF Red River	14-01.00	
20 Carpenter, Ben	10	GF Red River	14-00.00	
20 Foster, Cameron	10	GF Central	14-00.00	
22 Spencer, Brady	09	GF Central	13-09.50	
23 O'Conner, Shaun	09	GF Central	12-07.00	
---	Griffin, Cody	10	GF Red River	ND
---	Thompson, Navy	10	GF Red River	ND
---	Lee, Joe	10	GF Red River	ND

**Boys Triple Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Hickle, Alex	11	GF Red River	41-03.50 12

2009 Central/Red River Dual - 4/28/2009

Cushman Field

Results - GF Dual Meet

**Finals ... (Boys Triple Jump)**

Name	Yr	School	Finals
2 Dukes, Ossie	12	GF Central	40-10.00 11
3 Pope, Elby	11	GF Red River	38-09.50 10
4 Marek, Dayton	09	GF Red River	38-01.50 9
5 Meagher, Nick	10	GF Red River	37-11.50 8
6 Griffin, Cody	10	GF Red River	36-07.00 7
7 Mohammed, Said	09	GF Red River	36-01.25 6
8 Mesteth, Rogan	09	GF Central	36-00.00 5
9 Shabb, Ben	12	GF Red River	35-09.50 4
10 Cornell, Matt	10	GF Central	35-04.50 3
11 Plutowski, Kellen	10	GF Red River	35-02.50 2
12 Goering, Chad	09	GF Central	35-01.25 1
13 Johnson, Ben	09	GF Red River	34-07.25
14 Smith, RJ	10	GF Central	33-09.50
15 Clemetson, Jake	10	GF Central	33-02.00
16 Davis, Matt	09	GF Red River	32-06.00
17 Kobilansky, Caleb	11	GF Central	32-01.00
18 Carpenter, Ben	10	GF Red River	31-00.00
19 Zahradka, Brandon	09	GF Central	30-01.00
20 O'Conner, Shaun	09	GF Central	27-08.50
--- McLaren, Lucas	11	GF Central	ND

**Boys Shot Put**

Name	Yr	School	Finals
<b>Finals</b>			
1 Marek, Spencer	12	GF Red River	43-02.00 12
2 Coen-Tuff, Matt	11	GF Red River	40-07.00 11
3 Pryor, Jake	12	GF Red River	38-01.00 10
4 Malm, Jake	12	GF Red River	38-00.00 9
5 McDonald, Alex	10	GF Central	37-08.00 8
6 Bunn, Tanner	12	GF Central	37-01.00 7
7 Jenkins, Josh	12	GF Central	37-00.00 6
8 Mahar, Evan	10	GF Red River	36-00.00 5
9 Blue, Jason	11	GF Central	34-11.50 4
10 Lofgren, Ben	10	GF Central	34-06.00 3
11 Zahradka, Brandon	09	GF Central	34-05.00 2
12 Borst, Tyler	11	GF Central	34-00.00 1
13 Winkler, Zach	09	GF Red River	33-04.00
14 Krause, Mike	10	GF Central	33-02.00
15 Proctor, Dillon	11	GF Red River	32-00.00
16 Evenson, Brandon	12	GF Red River	29-10.00
--- Phillips, Ricky	09	GF Central	ND
--- Black, Isaac	12	GF Red River	ND
--- Jurkic, Tony	09	GF Red River	ND
--- Galbreath, Joel	09	GF Red River	ND
--- Zettler, Mikkel	09	GF Central	ND

**Boys Discus Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Malm, Jake	12	GF Red River	129-00 12
2 Bunn, Tanner	12	GF Central	121-02 11
3 Hickler, Alex	11	GF Red River	120-00 10
4 Marek, Spencer	12	GF Red River	119-09 9
5 Lofgren, Ben	10	GF Central	118-01 8

6 Johnson, Josh	11	GF Red River	116-03 7
7 Coen-Tuff, Matt	11	GF Red River	110-08 6
8 Zahradka, Brandon	09	GF Central	106-09 5
9 Jenkins, Josh	12	GF Central	102-02 4
10 McDonald, Alex	10	GF Central	100-10 3
11 Krause, Mike	10	GF Central	100-03 2
12 Winkler, Zach	09	GF Red River	99-06 1
13 Blue, Jason	11	GF Central	99-05
14 Borst, Tyler	11	GF Central	90-05
15 Zettler, Mikkel	09	GF Central	79-06
16 Phillips, Ricky	09	GF Central	74-04
17 Evenson, Brandon	12	GF Red River	72-09.50
--- Mahar, Evan	10	GF Red River	ND
--- Proctor, Dillon	11	GF Red River	ND
--- Meagher, Nick	10	GF Red River	ND
--- Galbreath, Joel	09	GF Red River	ND

**Boys Javelin Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Malm, Jake	12	GF Red River	173-00 12
2 Hickler, Alex	11	GF Red River	167-01 11
3 Ericson, Brian	11	GF Red River	163-08 10
4 Anderson, Travis	11	GF Red River	147-09 9
5 Koppang, Zach	11	GF Red River	144-05 8
6 Mahar, Evan	10	GF Red River	136-07 7
7 Johnson, Josh	11	GF Red River	131-04 6
8 Blue, Jason	11	GF Central	125-07 5
9 Hoplin, John		GF Red River	125-05 4
10 Hanson, Matt	10	GF Red River	119-10 3
11 Peterson, Logan	11	GF Central	117-04 2
12 Pryor, Jake	12	GF Red River	115-06 1
13 Carlson, Jon	10	GF Central	113-05
14 Simpson, Jeff		GF Central	107-06
15 Bernhardson, Adam	10	GF Red River	107-05
16 Proctor, Dillon	11	GF Red River	104-04
17 Halvorson, Steven	09	GF Red River	99-08
18 Bunn, Tanner	12	GF Central	99-04
18 Zahradka, Brandon	09	GF Central	99-04
20 Phillips, Ricky	09	GF Central	99-01
21 Jenkins, Josh	12	GF Central	92-03
22 Jurkic, Tony	09	GF Red River	86-06
23 Evenson, Brandon	12	GF Red River	78-07
24 Zettler, Mikkel	09	GF Central	77-11
25 Wicken, Tyler	09	GF Red River	70-07
26 Krause, Mike	10	GF Central	65-02
26 McDonald, Alex	10	GF Central	65-02
--- Winkler, Zach	09	GF Red River	ND
--- Lofgren, Ben	10	GF Central	ND

**Women - Team Rankings - 19 Events Scored**

1) Grand Forks Red River	724.5
2) Grand Forks Central Knights	578.5

**2009 Central/Red River Dual - 4/28/2009**

**Cushman Field**

**Results - GF Dual Meet**

---

---

Men - Team Rankings - 19 Events Scored

---

- |                                |     |
|--------------------------------|-----|
| 1) Grand Forks Red River       | 806 |
| 2) Grand Forks Central Knights | 531 |