

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024****Jerry Schrempf Field****Results****Girls 100 Meter Dash**

Name	Year School	Finals	H#	Points
Finals				
1 Royal, Amari	Coon Rapids	13.21	2	
2 Barkon, Solange	Coon Rapids	13.25	1	
3 Cooper, Shiaflyn	Elk River	13.36	1	
4 Keckeisen, Sydney	Elk River	13.50	1	
5 Ude, Danielle	Coon Rapids	13.57	5	
6 Parker, Tatianna	Elk River	13.59	7	
7 Worloma, Gabby	Elk River	x13.73	4	
8 Riewe, Olivia	Elk River	x13.78	2	
9 Mbuba, Makena	Blaine	13.83	4	
9 Galimah, Mahlia	Coon Rapids	x13.83	4	
11 Bahnson, Jada	Blaine	13.83	1	
12 Williams, Marlvina	Coon Rapids	x13.93	1	
13 Hollins, Velicity	Coon Rapids	x13.95	9	
14 Nelson, Princess	Coon Rapids	x13.96	4	
15 Dweh, Valerie	Coon Rapids	x13.99	3	
16 Young, Brookelyn	Blaine	13.99	3	
17 Kruah, Odessa	Elk River	x14.05	3	
17 Cook, Kayla	Elk River	x14.05	5	
19 Lindsey, TaTianna	Blaine	x14.07	5	
20 Edwards, Teri	Blaine	x14.14	10	
21 Perry, Bella	Blaine	x14.15	2	
22 Zakama, Louise	Elk River	x14.17	4	
22 Raida, Natalie	Blaine	x14.17	1	
24 Ostmoe, Elsie	Elk River	x14.18	1	
25 Moeller, McKaila	Elk River	x14.23	2	
26 Boyce, Klady	Coon Rapids	x14.30	4	
27 Bakri, Sophia	Coon Rapids	x14.33	1	
28 Zeller, Ruthie	Elk River	x14.35	7	
29 Spanier, Taylor	Elk River	x14.48	5	
30 Beals, Aubriana	Blaine	x14.49	6	
31 Arika, Hannah	Elk River	x14.55	3	
32 Cooper, Roshia	Elk River	x14.56	6	
33 Yang-Nguyen, Erilyn	Coon Rapids	x14.60	4	
34 Adeogun, Oluwateniayo	Blaine	x14.68	3	
34 Wozniak, Amie	Blaine	x14.68	1	
36 Boakye-Danquah, Gavrila	Elk River	x14.75	9	
37 Phan, Isabella	Blaine	x14.81	2	
38 Orina, Diana	Coon Rapids	x14.86	6	
39 Henderson, Elise	Elk River	x14.92	9	
40 Chloe, Anderson	Elk River	x15.02	11	
41 Muriithi, Milkahlyne	Coon Rapids	x15.08	8	
42 Smith, Kaylee	Coon Rapids	x15.11	3	
43 Biahomba, Adlynne	Elk River	x15.11	9	
44 Thomas, Maya	Coon Rapids	x15.13	5	
45 Denis, Bree	Elk River	x15.18	6	
46 Oval, Gemma	Elk River	x15.19	5	
47 Hampton, Taylor	Coon Rapids	x15.20	9	
48 Beckman, Madison	Elk River	x15.27	7	
49 Moy, Eden	Blaine	x15.33	5	
50 Lin, Michelle	Elk River	x15.34	6	
51 Bogale-Williams, Kamea	Blaine	x15.35	9	
52 Flanagan, Shaylee	Blaine	x15.36	3	

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024**  
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**Results**

**....Girls 100 Meter Dash**

53	koenig, aubrey	Elk River	x15.39	8
54	Williams, Jordan	Coon Rapids	x15.40	10
55	Nguyen, Rose	Coon Rapids	x15.41	8
56	Crandall, Chloe	Blaine	x15.44	6
57	Castro, Nevaeh	Coon Rapids	x15.49	3
58	Kiawu, Sydney	Coon Rapids	x15.61	10
59	Rattana, Nathalie	Coon Rapids	x15.65	6
60	DoBrava, Kate	Elk River	x15.65	11
61	Thell, Catherine	Blaine	x15.71	7
62	Hines, Joslynn	Elk River	x15.72	7
63	Komara, Fahtima	Elk River	x15.79	9
64	Ngungkpan, Vanessa	Elk River	x15.84	11
65	Williams, Aaliyah	Coon Rapids	x15.84	6
66	Arens, Dylan	Elk River	x15.84	4
67	Agyapong, Brandy	Blaine	x15.88	8
68	Al - Maksousi, Rawand	Blaine	x15.90	2
69	Turner, Aniya	Coon Rapids	x15.96	11
70	Brewer, Jordin	Coon Rapids	x15.98	7
71	Gad, Salma	Blaine	x16.08	9
72	Berhanu, Yeabsra	Coon Rapids	x16.12	9
73	Raivala, Bethany	Elk River	x16.17	10
74	McLain, Lauren	Blaine	x16.20	6
75	Schaffran, Myah	Elk River	x16.24	8
76	Keckeisen, Gigi	Elk River	x16.25	11
77	Gutierrez, Genesis	Elk River	x16.30	11
78	Westermeyer, Malca	Elk River	x16.31	11
79	Coffee, Mia	Elk River	x16.32	11
80	Mwaga, Natalie	Elk River	x16.35	5
81	Cumatz-Medina, Abigail	Coon Rapids	x16.39	8
82	Walker, Mattie	Coon Rapids	x16.40	10
83	Rauh, Bailey	Coon Rapids	x16.45	2
84	Amelsberg, Casey	Coon Rapids	x16.61	10
85	khamdamova, amena	Elk River	x16.89	7
86	Miantona, Nadia	Coon Rapids	x16.89	7
87	Eklund, Kira	Coon Rapids	x16.92	3
88	grenier, kaitte	Elk River	x17.01	8
89	Joyce, Zana	Coon Rapids	x17.44	8
90	Yager, Lillyan	Elk River	x17.71	10
91	Hustvedt, Vivian	Elk River	x18.67	10
92	Sands, Sierra	Coon Rapids	x18.93	7
93	Ondicho, Brianna	Elk River	x19.07	10
94	Lopez, Jacqueline Sierra	Coon Rapids	x19.17	8
95	Ahadu, Eyael	Coon Rapids	x19.19	5
96	Jones, Evalyn	Blaine	x28.38	2

**Girls 200 Meter Dash**

=====				
Name	Year	School	Finals	H# Points
=====				
1	Dweh, Hope	Blaine	26.83	3
2	Stadden, Addison	Blaine	27.01	1
3	Castro, Nevaeh	Coon Rapids	27.19	2
4	Kowhegba, Grace	Blaine	27.36	1
5	Royal, Amari	Coon Rapids	27.52	2
6	Goya, Alice	Blaine	x27.54	1

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024**

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**....Girls 200 Meter Dash**

7	Kruah, Odell	Elk River	27.79	1
8	Blair, Jordan	Blaine	x27.82	2
9	Williams, Marlvin	Coon Rapids	27.85	1
10	Barkon, Solange	Coon Rapids	x27.91	1
11	Ude, Danielle	Coon Rapids	x28.29	1
12	Simons, Anita	Blaine	x28.66	4
13	Kruah, Odessa	Elk River	28.84	1
14	Swenson, Skylar	Blaine	x29.16	3
15	Borh, Tayalekay	Blaine	x29.19	2
16	Riewe, Olivia	Elk River	29.21	1
17	Kostrzewski, Samantha	Blaine	x29.82	3
18	Luciano, Sonnie	Blaine	x30.00	4
19	Bakri, Sophia	Coon Rapids	x30.03	2
20	Zakama, Louise	Elk River	x30.20	5
21	Wilber, Madelyn	Coon Rapids	x30.41	3
22	Boecker, Taya	Blaine	x30.62	5
23	Beals, Aubriana	Blaine	x30.85	4
24	Cooper, Roshia	Elk River	x31.18	5
25	Sund, Summer	Blaine	x31.20	4
26	Thomas, Maya	Coon Rapids	x31.50	4
27	Nyembwe, Eli	Blaine	x31.62	5
28	Muriithi, Milkahlyne	Coon Rapids	x31.75	6
29	Ombwori, Mitchelle	Coon Rapids	x31.76	3
30	Kamwendo, Magret	Coon Rapids	x31.78	7
31	Denis, Bree	Elk River	x31.84	2
32	Torgerson, Isabella	Blaine	x31.97	5
33	Keckeisen, Gigi	Elk River	x32.00	2
34	Adepoju, Aliyah	Blaine	x32.01	2
35	Oyetunde, Eunice	Coon Rapids	x32.10	4
36	Al-Nidawi, Zainab	Coon Rapids	x32.35	5
37	Osburn, Demiah	Coon Rapids	x32.53	3
38	Bogale-Williams, Kamea	Blaine	x32.88	6
39	Deline, Antoniya	Blaine	x33.24	6
40	Williams, Jordan	Coon Rapids	x33.31	6
41	Aljabri, Fatima	Coon Rapids	x33.61	7
42	Thell, Catherine	Blaine	x33.72	4
43	Brewer, Jordin	Coon Rapids	x33.73	5
44	Reil, Harper	Elk River	x34.02	3
45	Berhanu, Yeabsra	Coon Rapids	x34.06	4
46	Mwaga, Natalie	Elk River	x34.42	2
47	Koon, Crystal	Blaine	x34.69	6
48	Gad, Salma	Blaine	x35.30	7
49	Williams, Aaliyah	Coon Rapids	x35.35	5
50	koenig, aubrey	Elk River	x35.90	3
51	Schaffran, Myah	Elk River	x36.06	3
52	McLain, Lauren	Blaine	x36.63	4
53	Sands, Sierra	Coon Rapids	x41.63	6
54	Ahadu, Eyael	Coon Rapids	x46.35	7

**Girls 400 Meter Dash**

Name	Year	School	Finals	H#	Points
1 Wozniak, Katelyn		Blaine	1:01.72	1	
2 Claussen, Hannah		Blaine	1:04.35	1	

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**Jerry Schrempf Field**

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**....Girls 400 Meter Dash**

3	Rauh, Bailey	Coon Rapids	1:11.18	1
4	Bridgeford, Alexandra	Blaine	1:11.42	2
5	Bescheinen, Erin	Elk River	1:11.84	1
6	Ehrhardt, Alexis	Blaine	x1:12.03	2
7	Buerman, Kaylee	Coon Rapids	1:14.28	1
8	Al-Nidawi, Zainab	Coon Rapids	1:15.33	2
9	Mbuba, Makena	Blaine	x1:17.06	2
10	Smith, Sophia	Coon Rapids	x1:17.85	1
11	Reil, Harper	Elk River	1:18.88	1
12	Dove, Kaleigh	Blaine	x1:18.89	2
13	Flanagan, Shaylee	Blaine	x1:19.13	1
14	Erickson, Addison	Coon Rapids	x1:19.88	1
15	Wu, Echiwa	Coon Rapids	x1:20.04	2
16	Aljabri, Fatima	Coon Rapids	x1:26.40	2
17	Mustafa, Mahubeh	Coon Rapids	x1:34.34	2
18	Temesgen, Bethlehem	Coon Rapids	x1:41.27	2

**Girls 800 Meter Run**

Name	Year School	Finals	Points
1	Wegener, Brynlee	Blaine	2:34.86
2	Demmer, Ruby	Coon Rapids	2:39.33
3	Kurland, Alayna	Blaine	2:39.65
4	Erickson, Grace	Blaine	2:42.34
5	Vasseur, Elissa	Elk River	2:43.84
6	Warnke, Kira	Elk River	2:46.34
7	Ruby, Kailey	Elk River	2:46.66
8	Meuer, Katie	Blaine	x2:47.01
9	Kral, Hailey	Blaine	x2:47.18
10	Hillier, Emily	Elk River	x2:48.99
11	Strasser, Abigail	Blaine	x2:51.67
12	Fratte, Tessa Del	Coon Rapids	2:55.05
13	Gitzen, Claire	Blaine	x2:58.48
14	Martinek, Kendall	Coon Rapids	3:01.81
15	Quinones, Emerine	Coon Rapids	x3:02.67
16	Fruth, Nyah	Coon Rapids	x3:04.72
17	Menth, Breanna	Elk River	x3:09.87
18	Fuller, Emelia	Coon Rapids	x3:09.98
19	Graham, Greta	Coon Rapids	x3:20.02
20	Larson, Jessika	Coon Rapids	x3:20.03
21	Fischbach, Vanessa	Blaine	x3:21.19
22	DuBois, Ava	Blaine	x3:23.07
23	Terry, Aurianna	Blaine	x3:25.64
24	Scott, Madeleine	Blaine	x3:30.66
25	Jeon, Laela	Blaine	x3:53.32

**Girls 1600 Meter Run**

Name	Year School	Finals	Points
1	Auel, Erin	Elk River	5:47.03
2	Demmer, Ruby	Coon Rapids	5:47.13
3	Emmans, Savannah	Elk River	5:48.23
4	Horton, Amelia	Elk River	6:14.95

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5 Soli, Elly	Blaine	6:18.20
6 Hartley, Elizabeth	Blaine	6:28.00
7 Fredin, Janelle	Blaine	6:29.25
8 Spence, Bailey	Elk River	x6:31.44
9 LaGree, Ella	Coon Rapids	6:36.09
10 Menth, Breanna	Elk River	x6:40.98
11 Amelsberg, Casey	Coon Rapids	6:41.50
12 Kalina, Sydney	Blaine	x7:00.32
13 DuBois, Ava	Blaine	x7:06.05
14 Terry, Aurianna	Blaine	x7:27.83
15 Fischbach, Vanessa	Blaine	x7:38.00
16 Scott, Madeleine	Blaine	x7:41.15
17 Forbis, Gracia	Blaine	x8:01.05

**Girls 3200 Meter Run**

Name	Year School	Finals	Points
1 Wegener, Brynlee	Blaine	12:12.00	
2 Meuer, Katie	Blaine	12:46.92	
3 Erickson, Grace	Blaine	13:07.06	
4 Hoard, Lily	Elk River	13:39.23	

**Girls 100 Meter Hurdles**

Name	Year School	Finals	H#	Points
1 Jock, Nyebol	Coon Rapids	15.42	1	
2 Vawah, Domayoun	Blaine	17.28	1	
3 Miles, Cameron	Blaine	17.54	2	
4 Griswold, Megan	Blaine	17.77	2	
5 Ferguson, Youkonjay	Blaine	x18.05	1	
6 Voss-Goeb, Mollie	Elk River	18.19	1	
7 Arrington, Namya	Coon Rapids	18.21	1	
8 Matchette, Ajah	Blaine	x18.51	1	
9 thom, chelsie	Elk River	18.67	1	
10 Ellingson, Raegan	Elk River	18.77	1	
11 Wegener, Isabelle	Blaine	x18.82	1	
12 Arika, Hannah	Elk River	x18.83	3	
13 Riewe, Olivia	Elk River	x19.19	2	
14 Hagen, Ellie	Blaine	x19.25	2	
15 Bojorge, Sofia	Blaine	x19.64	2	
16 Cavanaugh, Olivia	Blaine	x19.87	3	
17 Jacobs, Eleanore	Blaine	x20.34	3	
18 Liptak, Madilyn	Blaine	x20.70	3	
19 zzz, zzz	Elk River	x21.02	4	
20 Clark, Avery	Blaine	x21.11	2	
21 Msuya, Imani	Blaine	x21.15	2	
22 Timm, Madelyn	Blaine	x21.18	3	
23 Breneman, Marissa	Blaine	x21.40	2	
24 Patel, Heidi	Blaine	x21.49	4	
25 Juntunen, Lilah	Blaine	x21.56	3	
26 Moeller, McKaila	Elk River	x21.63	2	
27 Biahomba, Adlynne	Elk River	x21.72	5	
28 Vonbargen, Kaylee	Blaine	x21.73	4	

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024****Jerry Schrempf Field****Results****...Girls 100 Meter Hurdles**

29 Carlson, Katrina	Blaine	x21.80	4
30 Nnolim, Amara	Blaine	x22.05	4
31 Kuglitsch, Kinzi	Blaine	x22.25	3
32 Tran, Emily	Blaine	x22.27	4
33 Kiawu, Sydney	Coon Rapids	22.30	5
34 Mohamed, Ilhan	Blaine	x22.37	4
35 Warren, Grace	Blaine	x22.51	5
36 De Zibi, Christjoy	Blaine	x23.00	3
37 Aganmwonyi, Sena	Blaine	x23.01	4
38 Lopez, Mariah	Blaine	x23.58	4
39 Morris, Shaneal	Blaine	x30.43	3

**Girls 300 Meter Hurdles**

Name	Year School	Finals	H#	Points
1 Jock, Nyebol	Coon Rapids	47.78	1	
2 Miles, Cameron	Blaine	52.17	1	
3 Lindsey, TaTianna	Blaine	52.24	3	
4 Wegener, Isabelle	Blaine	52.82	3	
5 Marsh, Yvonne	Blaine	x53.59	4	
6 Arrington, Namyia	Coon Rapids	53.60	1	
7 Peterson, Vanessa	Blaine	x54.10	2	
8 Huynh, Sarah	Blaine	x54.43	3	
9 Vawah, Domayoun	Blaine	x54.53	4	
10 Bojorge, Sofia	Blaine	x54.79	2	
11 Beckman, Ana	Blaine	x54.88	2	
12 Cavanaugh, Olivia	Blaine	x56.36	4	
13 Arika, Hannah	Elk River	56.99	3	
14 Matchette, Ajah	Blaine	x57.55	1	
15 Jacobs, Eleanore	Blaine	x57.65	3	
16 Juntunen, Lilah	Blaine	x58.01	3	
17 Hagen, Ellie	Blaine	x59.03	1	
18 Msuya, Imani	Blaine	x59.47	2	
19 De Zibi, Christjoy	Blaine	x59.49	2	
20 Griswold, Megan	Blaine	x59.62	1	
21 Lopez, Mariah	Blaine	x1:00.13	2	
22 Breneman, Marissa	Blaine	x1:00.14	1	
23 Keckeisen, Gigi	Elk River	1:00.17	1	
24 Warren, Grace	Blaine	x1:00.32	4	
25 Timm, Madelyn	Blaine	x1:00.50	4	
26 Liptak, Madilyn	Blaine	x1:00.69	3	
27 Kuglitsch, Kinzi	Blaine	x1:01.69	2	
28 Carlson, Katrina	Blaine	x1:02.09	2	
29 Patel, Heidi	Blaine	x1:03.77	4	
30 Vonbargen, Kaylee	Blaine	x1:05.42	4	
31 Nnolim, Amara	Blaine	x1:05.45	4	
32 Flegel, Jenna	Elk River	1:07.26	3	
33 Aganmwonyi, Sena	Blaine	x1:13.86	3	
34 Morris, Shaneal	Blaine	x1:15.03	2	

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024****Jerry Schrempf Field****Results****Girls 4x100 Meter Relay**

School	Finals	H#	Points
1 Coon Rapids 'A'	54.17	1	
2 Elk River 'B'	x54.46	1	
3 Blaine 'E'	x55.49	2	
4 Coon Rapids 'B'	x56.00	2	
5 Coon Rapids 'C'	x56.88	2	
6 Elk River 'A'	57.60	1	
7 Blaine 'C'	x58.63	2	
8 Elk River 'D'	x58.73	2	
9 Blaine 'A'	59.23	1	
10 Blaine 'D'	x59.25	2	
11 Blaine 'B'	x59.79	1	
12 Elk River 'E'	x1:02.59	2	
13 Elk River 'C'	x1:03.42	2	

**Girls 4x200 Meter Relay**

School	Finals	Points
1 Elk River 'A'	2:00.52	
2 Blaine 'C'	x2:06.64	
3 Blaine 'A'	2:07.16	
4 Blaine 'B'	x2:07.87	
5 Elk River 'B'	x2:14.76	
6 Coon Rapids 'B'	x2:15.35	

**Girls 4x400 Meter Relay**

School	Finals	Points
1 Elk River 'A'	4:48.25	
2 Elk River 'B'	x4:58.21	
3 Coon Rapids 'A'	4:58.76	

**Girls 4x800 Meter Relay**

School	Finals	Points
1 Coon Rapids 'A'	10:54.32	
2 Blaine 'A'	11:30.63	
3 Blaine 'B'	x11:33.78	
4 Coon Rapids 'B'	x12:31.40	
5 Coon Rapids 'C'	x13:29.21	

**Girls High Jump**

Name	Year School	Finals	Points
1 Goya, Alice	Blaine	4-10.00	
1 Claussen, Hannah	Blaine	4-10.00	
1 Horton, Shanyah	Coon Rapids	4-10.00	
1 Wozniak, Katelyn	Blaine	4-10.00	
5 Miles, Cameron	Blaine	x4-08.00	
6 Omollo, Lori	Elk River	4-06.00	

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024**

**Jerry Schrempf Field**

**Results**

**....Girls High Jump**

6 frank, carley	Elk River	4-06.00
6 Spanier, Taylor	Elk River	4-06.00
6 Beckman, Ana	Blaine	x4-06.00
10 Evans, Elyse	Blaine	x4-04.00
10 Bridgeford, Alexandra	Blaine	x4-04.00
10 Gaskins, Jaida	Coon Rapids	4-04.00
10 Beckman, Madison	Elk River	x4-04.00
14 Raida, Natalie	Blaine	x4-02.00
14 Hines, Joslynn	Elk River	x4-02.00
14 Zeller, Ruthie	Elk River	x4-02.00
14 Wilber, Madelyn	Coon Rapids	4-02.00
14 Hayden, Adrian	Coon Rapids	x4-02.00
19 Torgerson, Isabella	Blaine	x4-00.00
19 Tibontchou, Zani	Blaine	x4-00.00
19 Ehrhardt, Alexis	Blaine	x4-00.00
19 Wozniak, Amie	Blaine	x4-00.00
-- Boecker, Taya	Blaine	NH
-- Miller, Adeline	Blaine	NH
-- khamdamova, amena	Elk River	NH
-- Rauh, Bailey	Coon Rapids	NH
-- Fratte, Tessa Del	Coon Rapids	NH
-- Erickson, Addison	Coon Rapids	NH
-- Dove, Kaleigh	Blaine	NH

**Girls Pole Vault**

Name	Year School	Finals	Points
1 Rekstad, Ally	Elk River	9-00.00	
2 Benton, Isabelle	Blaine	7-06.00	
3 Coffee, Mia	Elk River	7-00.00	
3 Bialka, Katelyn	Blaine	7-00.00	
3 Kruah, Odessa	Elk River	7-00.00	
6 Allen, Breanna	Elk River	x6-06.00	
6 Henderson, Elise	Elk River	x6-06.00	
6 Stephans, Tessa	Blaine	6-06.00	
6 Bahnson, Jada	Blaine	x6-06.00	
10 Muriithi, Milkahlyne	Coon Rapids	6-00.00	
10 Fratte, Tessa Del	Coon Rapids	6-00.00	
-- Barker, Kalista	Coon Rapids	NH	
-- Eklund, Kira	Coon Rapids	NH	
-- DoBrava, Kate	Elk River	NH	
-- Raivala, Bethany	Elk River	NH	

**Girls Long Jump**

Name	Year School	Finals	Points
1 Marsh, Yvonne	Blaine	15-09.25	
2 Borh, Tayalekay	Blaine	15-02.50	
3 Blair, Jordan	Blaine	15-02.00	
4 Nowells, Quiandiya	Blaine	x15-00.00	
5 Mehrer, Dillon	Elk River	14-05.75	
6 Evans, Elyse	Blaine	x13-11.50	
6 Adeogun, Oluwateniayo	Blaine	x13-11.50	



**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024**

**Jerry Schrempf Field**

**Results**

**...Girls Long Jump**

8 Pasiowitz, Payton	Blaine	x13-07.50
9 Wilber, Madelyn	Coon Rapids	13-07.25
10 thom, chelsie	Elk River	13-04.50
11 Young, Brookelyn	Blaine	x13-03.75
12 Barry, Nadaline	Blaine	x13-01.00
13 De Zibi, Christjoy	Blaine	x13-00.75
14 Omollo, Lori	Elk River	13-00.00
15 Orina, Diana	Coon Rapids	12-11.00
16 Dove, Kaleigh	Blaine	x12-09.50
17 Nelson, Princess	Coon Rapids	12-07.50
18 Warnke, Kira	Elk River	x12-07.25
19 Zakama, Louise	Elk River	x12-03.00
20 Okon, Seno	Blaine	x11-11.50
21 Miller, Ericka	Blaine	x11-11.00
22 Jacobs, Eleanore	Blaine	x11-09.75
23 Lin, Michelle	Elk River	x11-09.50
24 Smith, Kaylee	Coon Rapids	x11-05.00
25 Komara, Fahtima	Elk River	x11-00.25
26 Flegel, Jenna	Elk River	x11-00.00
27 Smith, Sophia	Coon Rapids	x10-07.50
28 Neba, Bright	Blaine	x9-09.50
29 Gutierrez, Genesis	Elk River	x9-05.00
30 Westermeyer, Malca	Elk River	x9-03.00
-- Lopez, Jacqueline Sierra	Coon Rapids	FOUL
-- Cumatz-Medina, Abigail	Coon Rapids	FOUL
-- Nyembwe, Eli	Blaine	FOUL
-- Tibontchou, Zani	Blaine	FOUL

**Girls Triple Jump**

=====				
Name	Year	School	Finals	Points
=====				
1 Cooper, Shiaflyn		Elk River	36-04.00	
2 Blair, Jordan		Blaine	33-01.00	
3 Marsh, Yvonne		Blaine	33-00.00	
4 Borh, Tayalekay		Blaine	30-10.00	
5 Pasiowitz, Payton		Blaine	x30-08.00	
6 Nelson, Princess		Coon Rapids	30-01.00	
7 Horton, Shanyah		Coon Rapids	29-11.50	
8 Arika, Hannah		Elk River	29-11.00	
9 Ostmoe, Elsie		Elk River	29-09.00	
10 Worloma, Gabby		Elk River	x29-04.00	
11 Nowells, Quiandiya		Blaine	x29-03.00	
12 Adeogun, Oluwateniayo		Blaine	x28-04.00	
13 Okon, Seno		Blaine	x28-03.50	
14 Orina, Diana		Coon Rapids	27-04.00	
15 Smith, Kaylee		Coon Rapids	x27-01.50	
16 De Zibi, Christjoy		Blaine	x27-01.00	
17 Dove, Kaleigh		Blaine	x26-08.50	
18 Miller, Ericka		Blaine	x26-00.00	

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024****Jerry Schrempf Field****Results****Girls Shot Put**

Name	Year School	Finals	Points
1 Gunter, Miyah	Blaine	35-01.00	
2 Mehrer, Dillon	Elk River	30-11.50	
3 Cook, Kayla	Elk River	30-09.00	
4 Tieden, Sophia	Blaine	29-09.00	
5 Hahn, Matisse	Elk River	27-11.50	
6 Hayden, Adrian	Coon Rapids	27-07.00	
7 Brustuen, Bella	Blaine	26-10.50	
8 Kwakye, Adwoa Omari	Coon Rapids	26-07.75	
9 Stadden, Addison	Blaine	x26-06.50	
10 English, Macy	Coon Rapids	25-09.00	
11 Kpahn, Melody	Coon Rapids	x25-05.50	
12 Dahn, Nimeesha	Blaine	x25-03.75	
13 Barry, Nadaline	Blaine	x24-09.00	
14 Lawrence, Madeline	Blaine	x24-07.50	
15 Liptak, Madilyn	Blaine	x24-06.50	
16 Cummings-Coleman, Kania	Coon Rapids	x23-09.50	
17 De Zibi, Chrisfaith	Blaine	x23-06.50	
18 Huber, Mia	Blaine	x23-04.25	
19 Johnson, Ellie	Blaine	x22-03.25	
20 Singer, Mackenzie	Blaine	x22-03.00	
21 Offerdahl, Aurelia	Blaine	x21-11.50	
22 Etti, Adizat	Blaine	x21-10.25	
23 Roby, Marlana	Blaine	x21-09.25	
24 Atia, Selma	Blaine	x21-07.00	
25 Douth, Nyabuay	Coon Rapids	x21-06.00	
26 Freeman, Isabella	Coon Rapids	x21-00.25	
27 Johnson, Cherish	Coon Rapids	x20-02.50	
28 Smith, Kelsi	Blaine	x20-01.75	
29 Oluwole, Lolu	Blaine	x19-08.50	
30 Loven, Emily	Coon Rapids	x19-08.00	
31 Thomas, Zekira	Coon Rapids	x19-06.00	
32 Zick, Avalon	Blaine	x19-03.75	
33 Schumann, Sofia	Coon Rapids	x18-11.00	
34 Nelson, Charlotte	Blaine	x18-06.25	
35 Thao, Evelyn	Coon Rapids	x18-02.00	
36 Schwartz, Alexandria	Elk River	x14-02.00	
37 Jones, Evalyn	Blaine	x8-07.00	

**Girls Discus Throw**

Name	Year School	Finals	Points
1 Cook, Kayla	Elk River	91-11	
2 Mehrer, Dillon	Elk River	83-04	
3 Kpahn, Melody	Coon Rapids	80-10	
4 Brustuen, Bella	Blaine	78-01	
5 Gunter, Miyah	Blaine	77-11	
6 Hahn, Matisse	Elk River	77-05	
7 Singer, Mackenzie	Blaine	77-01	
8 Miller, Ericka	Blaine	x74-00	
9 De Zibi, Chrisfaith	Blaine	x72-00	
10 Tieden, Sophia	Blaine	x71-10	
11 Bellfield, Tiffany	Blaine	x69-01	

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024****Jerry Schrempf Field****Results****...Girls Discus Throw**

12 Hayden, Adrian	Coon Rapids	67-10
13 Auel, Erin	Elk River	x66-03
14 English, Macy	Coon Rapids	66-02
15 Dahn, Nimeesha	Blaine	x65-00
15 Johnson, Ellie	Blaine	x65-00
17 Huber, Mia	Blaine	x64-05
18 Etti, Adizat	Blaine	x62-07
19 Stadden, Addison	Blaine	x62-06
20 Nelson, Charlotte	Blaine	x59-09
20 Kurland, Alayna	Blaine	x59-09
22 Lawrence, Madeline	Blaine	x59-05
23 Freeman, Isabella	Coon Rapids	x56-07
24 Kwakye, Adwoa Omari	Coon Rapids	x55-09
25 Roby, Marlana	Blaine	x55-02
26 Arif, Iman	Blaine	x54-07
27 Zick, Avalon	Blaine	x54-01
28 Douth, Nyabuay	Coon Rapids	x53-01
29 Thao, Evelyn	Coon Rapids	x52-11
30 Oluwole, Lolu	Blaine	x52-09
31 Schumann, Sofia	Coon Rapids	x51-09
32 Offerdahl, Aurelia	Blaine	x51-00
33 Schwartz, Alexandria	Elk River	x50-10
34 Thomas, Zekira	Coon Rapids	x50-03
35 Johnson, Cherish	Coon Rapids	x49-05
36 Smith, Kelsi	Blaine	x46-07
37 Loven, Emily	Coon Rapids	x42-03

**Boys 100 Meter Dash**

Name	Year School	Finals	H#	Points
1 Cummings-Coleman, Khijoh	Coon Rapids	11.11	1	
2 Cole, Haevian	Blaine	11.33	1	
3 Klark, Devin	Blaine	11.40	1	
4 Larson, Zachary	Blaine	11.47	1	
5 Beckstrom, Jonathan	Blaine	x11.70	2	
6 Dick, Micheal	Coon Rapids	11.73	1	
7 VanGuilder, Zane	Blaine	x11.76	2	
8 Novak, Nolan	Blaine	x11.84	3	
9 Walton, Justin	Blaine	x11.85	2	
10 Hibbler, Alijah	Coon Rapids	11.90	2	
11 Lineberger, Jeremiah	Coon Rapids	x11.96	1	
12 Klein, Parker	Elk River	12.01	3	
13 Kerns, Gavin	Elk River	12.03	8	
14 Jones, De'Milliown	Coon Rapids	x12.07	5	
15 Neal, Taylor	Coon Rapids	x12.12	3	
16 Mattson, Ashton	Blaine	x12.13	4	
17 Dequeemani, Fidel	Coon Rapids	x12.17	1	
18 Cummings-Coleman, Kammer	Coon Rapids	x12.22	4	
19 Davies, Jessie	Blaine	x12.24	11	
20 Hernandez, Hayden	Blaine	x12.25	4	
21 Ramnarace, Deven	Coon Rapids	x12.28	3	
22 Flaws, Rick	Elk River	12.28	1	
23 Browne, Dmer	Blaine	x12.29	8	
24 Martin, Mekhai	Coon Rapids	x12.29	2	

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024****Jerry Schrempf Field****Results****....Boys 100 Meter Dash**

25 Brewer, Jemel	Coon Rapids	x12.32	4
26 Shade, Nicholas	Elk River	x12.33	3
27 Agem, Teddy	Blaine	x12.33	3
28 Obwaya, Derrick	Blaine	x12.39	6
29 Moua, Evan	Blaine	x12.41	5
30 Kleffner, Eric	Blaine	x12.43	6
31 Barott, Sullivan	Blaine	x12.49	3
32 Miantona, Augustus	Coon Rapids	x12.52	6
33 Kamara, Alieu	Blaine	x12.53	7
34 Neal, Ja'Quarius	Blaine	x12.56	10
35 Fowoshere, Muizz	Blaine	x12.58	10
36 Nagbe, John	Elk River	x12.60	5
37 Kyei, Alex	Blaine	x12.61	7
38 Adams, Keshawn	Blaine	x12.61	8
39 Gbadamosi, Adams	Coon Rapids	x12.63	4
40 Girma, Malka	Coon Rapids	x12.64	8
41 Hawkinson, Rylan	Elk River	x12.66	4
42 Mattson, Austin	Blaine	x12.67	3
43 Dube, Rayya	Coon Rapids	x12.69	4
44 Willms, Mason	Elk River	x12.71	4
45 Strasser, Alexander	Blaine	x12.72	5
46 Horner, Roman	Elk River	x12.80	9
47 Smith, Archer	Elk River	x12.81	10
48 Adeuga, Boluwatife	Coon Rapids	x12.83	10
49 Kennedy, Robert	Coon Rapids	x12.85	10
50 Howell, Jace	Elk River	x12.88	9
51 Goins, Keeghan	Elk River	x12.88	4
52 Barreto Solorio, Gael	Coon Rapids	x12.90	9
53 Langmade, Joshua	Elk River	x12.95	2
54 Sengsourignet, Rota	Blaine	x13.11	9
55 Sloan, Easton	Blaine	x13.14	6
56 Grenier, Sean	Elk River	x13.15	1
57 Funkhouser, Cameron	Blaine	x13.16	7
58 DeRisi, Michael	Elk River	x13.17	6
59 Nick, Parker	Coon Rapids	x13.21	7
60 Osterman, Trey	Elk River	x13.25	2
61 Compton, Ethan	Coon Rapids	x13.28	10
62 xxx, xxx	Coon Rapids	x13.30	9
63 Ibister, Kyle	Elk River	x13.30	5
64 Kindvall, Justin	Elk River	x13.44	10
65 Cook, Carter	Elk River	x13.51	6
66 Thomas, Augustus	Elk River	x13.53	5
67 Seubert, Anthony	Elk River	x13.54	5
68 Bicek, Simon	Elk River	x13.56	7
69 Lee, Keithan	Blaine	x13.56	11
70 Romero Jimenez, Jahiro	Elk River	x13.59	8
71 Khan, Ali	Blaine	x13.65	10
72 Solares, Dorion	Coon Rapids	x13.68	8
73 McAdams, Chase	Elk River	x13.71	2
74 Carter, Jackson	Blaine	x13.73	11
75 Fields, Cayden	Elk River	x13.75	7
76 Zeon, Gabriel	Blaine	x13.76	6
77 Benta, Foge	Blaine	x13.93	6
78 Voight, Carter	Elk River	x13.97	9
79 Momorie, Sahr	Coon Rapids	x13.98	9

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024**

**Jerry Schrempf Field**

**Results**

**...Boys 100 Meter Dash**

80 Cufaude, Grayson	Elk River	x14.04	5
81 Kennedy, Gerald	Coon Rapids	x14.07	8
82 Schneider, Lincoln	Elk River	x14.25	11
83 Fleming, Jacob	Elk River	x14.30	12
84 Onkware, Ethan	Coon Rapids	x14.44	7
85 Tawfeek, Peter	Coon Rapids	x14.51	12
86 Brandt, Jaxon	Elk River	x14.52	7
87 Cartelli, Bryson	Elk River	x14.63	8
88 Lin, Aydin	Elk River	x14.63	10
89 Ford, Logan	Elk River	x14.68	7
90 Costa, Carmien	Coon Rapids	x14.71	12
91 Andrews, Matthew	Elk River	x14.80	3
92 Moss, Landon	Elk River	x14.84	6
93 Babadjide, Iranola	Elk River	x14.89	9
94 Shefveland, Isaiah	Elk River	x14.96	11
95 Abalo, Steve	Elk River	x15.07	9
96 Mohammed, Nuraddin	Coon Rapids	x15.14	11
97 Zeman, Luke	Elk River	x15.19	8
98 Mikir, Bereket	Coon Rapids	x15.55	12
98 Nelson, Lincoln	Elk River	x15.55	12
100 Mustafa, Mohammed	Coon Rapids	x16.28	12

**Boys 200 Meter Dash**

Name	Year School	Finals	H#	Points
1 Cummings-Coleman, Khijoh	Coon Rapids	22.37	1	
2 Hauge, Joseph	Coon Rapids	22.77	1	
3 Hickman, Benjamin	Elk River	23.59	1	
4 Westberg, Owen	Elk River	23.61	1	
5 Beckstrom, Jonathan	Blaine	24.12	1	
6 Cramer, Ryan	Elk River	24.33	3	
7 Djiotsa, Loic	Coon Rapids	24.64	2	
8 Oyeleye, Daniel	Blaine	24.67	1	
9 Klein, Parker	Elk River	x24.85	4	
10 Clark, Caeden	Blaine	24.91	4	
11 Agem, Teddy	Blaine	x24.97	3	
12 VanGuilder, Zane	Blaine	x24.98	2	
13 Waldron, Brayden	Coon Rapids	x25.06	4	
14 Ramnarace, Deven	Coon Rapids	x25.18	2	
15 Brewer, Jemel	Coon Rapids	x25.29	6	
16 Obwaya, Derrick	Blaine	x25.31	6	
17 Strasser, Alexander	Blaine	x25.36	1	
18 Kamara, Alieu	Blaine	x25.39	8	
19 Shade, Nicholas	Elk River	x25.44	2	
20 Dequeemani, Fidel	Coon Rapids	x25.44	3	
21 Akinola, Daniel	Coon Rapids	x25.70	2	
22 Hawkinson, Rylan	Elk River	x26.25	4	
23 Seubert, Anthony	Elk River	x26.26	5	
24 Willms, Mason	Elk River	x26.35	2	
25 Moua, Evan	Blaine	x26.43	4	
26 Adams, Keshawn	Blaine	x26.58	3	
27 Girma, Malka	Coon Rapids	x26.61	7	
28 Gbadamosi, Adams	Coon Rapids	x26.69	7	
29 Clark, Alexander	Blaine	x26.71	2	

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024****Jerry Schrempf Field****Results****....Boys 200 Meter Dash**

30 Barreto Solorio, Gael	Coon Rapids	x26.77	3
31 Sengsourignet, Rota	Blaine	x26.81	8
32 Nagbe, John	Elk River	x26.85	5
33 Kennedy, Robert	Coon Rapids	x27.11	1
34 Citrowske, Tyler	Blaine	x27.27	3
35 Carter, Jackson	Blaine	x27.41	8
36 Funkhouser, Cameron	Blaine	x27.50	5
37 Compton, Ethan	Coon Rapids	x27.64	6
38 Nick, Parker	Coon Rapids	x27.74	4
39 Horner, Roman	Elk River	x27.75	6
40 DeRisi, Michael	Elk River	x27.89	3
41 Lee, Keithan	Blaine	x28.21	2
42 McAdams, Chase	Elk River	x28.47	1
43 Solares, Dorion	Coon Rapids	x28.70	5
44 Benta, Foge	Blaine	x28.78	5
45 Voight, Carter	Elk River	x28.88	3
46 Thomas, Augustus	Elk River	x29.26	7
47 Momorie, Sahr	Coon Rapids	x29.33	6
48 Wolski, Parker	Blaine	x29.65	5
49 Brandt, Jaxon	Elk River	x29.87	3
50 Adane, Alazar	Coon Rapids	x29.89	5
51 Fleming, Jacob	Elk River	x30.39	6
52 Cufaude, Grayson	Elk River	x30.41	4
53 Schneider, Lincoln	Elk River	x30.45	7
54 Tawfeek, Peter	Coon Rapids	x30.76	6
55 Shefveland, Isaiah	Elk River	x30.82	7
56 Mohammed, Nuraddin	Coon Rapids	x31.14	7
57 Abalo, Steve	Elk River	x31.64	6
58 Zeman, Luke	Elk River	x31.95	5
59 Moss, Landon	Elk River	x32.43	6
60 Babadjide, Iranola	Elk River	x32.44	4
61 Smith, Archer	Elk River	x32.70	5
62 Nelson, Lincoln	Elk River	x33.86	7
63 Yahya, Ayham	Blaine	x37.72	4
64 Phonngavong, Ivan	Elk River	x38.19	2

**Boys 400 Meter Dash**

Name	Year School	Finals	H#	Points
1 Freeman, Jerry	Coon Rapids	52.72	1	
2 Lifaka, Cyril	Coon Rapids	55.07	2	
3 Robinson, Carnell	Coon Rapids	55.11	1	
4 Klein, Parker	Elk River	56.09	1	
5 Geisel, Andrew	Blaine	57.32	1	
6 Strasser, Benjamin	Blaine	59.82	1	
7 Mayan, Guom	Coon Rapids	x1:00.86	2	
8 Langmade, Joshua	Elk River	1:01.34	1	
9 Dube, Rayya	Coon Rapids	x1:02.06	3	
10 Akinbamijo, Praise	Coon Rapids	x1:02.20	2	
11 Smith, James	Blaine	1:03.05	1	
12 Beckman, Logan	Elk River	1:04.92	1	
13 Seubert, Anthony	Elk River	x1:05.14	2	
14 Miller, Brooks	Coon Rapids	x1:05.65	2	
15 Horner, Roman	Elk River	x1:05.98	2	

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024****Jerry Schrempf Field****Results****....Boys 400 Meter Dash**

16 Howell, Jace	Elk River	x1:06.07	2
17 Nagbe, John	Elk River	x1:06.19	3
18 Voight, Carter	Elk River	x1:07.02	3
19 Ford, Logan	Elk River	x1:07.16	3
20 www, www	Blaine	x1:07.48	3
21 Osterman, Trey	Elk River	x1:10.90	1

**Boys 800 Meter Run**

Name	Year School	Finals	H#	Points
1 Rueckert, Sawyer	Elk River	2:00.56	2	
2 James, Owen	Coon Rapids	2:14.18	1	
3 Holt, Thomas	Blaine	2:15.91	1	
4 Rueckert, Sam	Elk River	2:16.07	2	
5 Cleaveland, Beck	Elk River	2:16.08	2	
6 Ludwig, Alberto	Coon Rapids	2:17.88	1	
7 Kasahun, Natnael	Coon Rapids	2:18.14	1	
8 Pearson, Blake	Blaine	2:23.33	1	
9 Schurr, Gabriel	Blaine	2:28.21	2	
10 Aguilar, Oscar	Blaine	x2:28.72	2	
11 Burnett, Tate	Coon Rapids	x2:31.55	1	
12 Velasquez, Marco	Coon Rapids	x2:32.98	1	
13 Dronen, Gavin	Blaine	x2:33.04	2	
14 Cullen, Caleb	Coon Rapids	x2:35.48	1	
15 Finstrom, Winter	Coon Rapids	x2:35.92	1	
16 Jallah, Xavier	Coon Rapids	x2:36.01	1	
17 Powers, Dylan	Blaine	x2:36.11	2	
18 Patullo, Vincent	Elk River	x2:36.29	2	
19 Kue, Aidan	Blaine	x2:36.64	1	
20 Holt, Joseph	Blaine	x2:37.76	2	
21 Bauer, Justin	Coon Rapids	x2:38.11	1	
22 St Martin, Benjamin	Elk River	x2:39.78	2	
23 Fung Bautista, Fernando	Blaine	x2:40.62	2	
24 Vetsch, Brodyn	Elk River	x2:41.13	2	
25 Lin, Aydin	Elk River	x2:43.45	2	
26 Simon, Benjamin	Coon Rapids	x2:43.68	1	
27 Dang, Toby	Blaine	x2:48.26	1	
28 Jacobson, Nolan	Elk River	x2:50.87	2	
29 Hinton, Tristian	Elk River	x2:53.04	2	
30 Monson, Leif	Elk River	x2:59.74	2	
31 Sofio, Maxwell	Elk River	x3:03.39	2	
32 Gubrub, Coltin	Blaine	x3:19.74	2	
33 Schurr, Karsten	Blaine	x3:24.19	2	

**Boys 1600 Meter Run**

Name	Year School	Finals	Points
1 James, Owen	Coon Rapids	4:54.10	
2 Jund, Alexander	Blaine	4:58.85	
3 yyy, yyy	Elk River	4:59.71	
4 Haller, Davis	Blaine	5:20.48	
5 Velasquez, Marco	Coon Rapids	5:26.77	
6 Cullen, Caleb	Coon Rapids	5:56.77	

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024****Jerry Schrempf Field****Results****....Boys 1600 Meter Run**

7	Vera, William	Blaine	5:56.96
8	Johnson, Tyler	Blaine	x5:58.41
9	Powers, Dylan	Blaine	x6:05.30
10	Simon, Benjamin	Coon Rapids	x6:07.93
11	Elias, Connor	Coon Rapids	x6:09.39

**Boys 3200 Meter Run**

Name	Year School	Finals	Points
1 Cullen, Caleb	Coon Rapids	12:23.84	
2 Bauer, Justin	Coon Rapids	12:24.99	
3 Ethen, Levi	Elk River	12:29.85	

**Boys 110 Meter Hurdles**

Name	Year School	Finals	H#	Points
1 Moore, Jarrett	Coon Rapids	16.58	1	
2 Djiotsa, Loic	Coon Rapids	16.76	1	
3 Westerberg-Olsen, Austin	Blaine	17.56	1	
4 Ogunse, Olayide	Blaine	17.88	1	
5 Dick, Micheal	Coon Rapids	17.91	1	
6 Sekizovic, Elvis	Blaine	18.03	1	
7 Hickman, Benjamin	Elk River	18.06	1	
8 Flaws, Rick	Elk River	18.10	2	
9 Akinola, Daniel	Coon Rapids	x18.27	2	
10 Robinson, Carnell	Coon Rapids	x18.31	3	
11 Stoll, Kennan	Elk River	18.69	1	
12 Denis, Judd	Elk River	x19.72	3	
13 Fields, Cayden	Elk River	x20.70	3	
14 Cook, Carter	Elk River	x20.86	1	
15 Kue, Nehemiah	Coon Rapids	x20.88	3	
16 Desota-Weston, Evan	Blaine	x21.15	2	
17 Ibister, Kyle	Elk River	x22.38	2	
18 Lizakowski, Zachary	Blaine	x22.40	3	
19 Romero Jimenez, Jahiro	Elk River	x24.36	2	
20 Tripp, Mikael	Elk River	x28.07	3	

**Boys 300 Meter Hurdles**

Name	Year School	Finals	H#	Points
1 Moore, Jarrett	Coon Rapids	41.41	1	
2 Hickman, Benjamin	Elk River	42.78	1	
3 Djiotsa, Loic	Coon Rapids	44.78	1	
4 Sekizovic, Elvis	Blaine	44.88	1	
5 Ogunse, Olayide	Blaine	45.80	2	
6 Dick, Micheal	Coon Rapids	45.81	1	
7 Westerberg-Olsen, Austin	Blaine	45.95	1	
8 Tanem, Hudson	Coon Rapids	x45.97	1	
9 Akinola, Daniel	Coon Rapids	x46.21	1	
10 Kue, Nehemiah	Coon Rapids	x47.42	3	
11 Stoll, Kennan	Elk River	48.34	1	
12 Denis, Judd	Elk River	48.52	2	



**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024****Jerry Schrempf Field****Results****....Boys 300 Meter Hurdles**

13	Flaws, Rick	Elk River	x48.74	3
14	Cook, Carter	Elk River	x50.49	3
15	Romero Jimenez, Jahiro	Elk River	x51.50	2
16	Ibister, Kyle	Elk River	x53.68	2
17	Fields, Cayden	Elk River	x53.94	2
18	Desota-Weston, Evan	Blaine	x55.07	2
19	Lizakowski, Zachary	Blaine	x55.31	2
20	Schneider, Lincoln	Elk River	x59.44	2
21	Tripp, Mikael	Elk River	x1:10.70	3

**Boys 4x100 Meter Relay**

School	Finals	Points
1 Elk River 'B'	x44.21	
2 Blaine 'A'	45.54	
3 Coon Rapids 'A'	46.12	
4 Blaine 'C'	x47.33	
5 Elk River 'A'	47.86	
6 Coon Rapids 'D'	x49.72	
7 Blaine 'B'	x52.39	
8 Coon Rapids 'C'	x1:07.29	
-- Coon Rapids 'B'	DQ	3rd handoff

**Boys 4x200 Meter Relay**

School	Finals	Points
1 Blaine 'B'	x1:38.56	
2 Elk River 'A'	1:39.93	
3 Coon Rapids 'B'	x1:40.74	
4 Elk River 'B'	x1:41.95	
5 Blaine 'A'	1:44.47	
6 Coon Rapids 'A'	1:48.57	

**Boys 4x400 Meter Relay**

School	Finals	Points
1 Coon Rapids 'A'	3:38.54	
2 Elk River 'A'	3:40.99	
3 Coon Rapids 'B'	x3:58.93	
4 Elk River 'B'	x4:05.11	
5 Elk River 'C'	x4:24.91	
6 Elk River 'D'	x4:38.80	

**Boys 4x800 Meter Relay**

School	Finals	Points
1 Blaine 'A'	9:25.62	
2 Elk River 'A'	10:58.71	

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024****Jerry Schrempf Field****Results****Boys High Jump**

Name	Year School	Finals	Points
1 Aluka, Devian	Coon Rapids	5-08.00	
2 Stoll, Kennan	Elk River	5-06.00	
2 Mayer, Kolvin	Elk River	5-06.00	
2 Neal, Taylor	Coon Rapids	5-06.00	
5 Ramert, Dylan	Elk River	5-02.00	
5 Jones, De'Milliown	Coon Rapids	5-02.00	
7 Hawkinson, Rylan	Elk River	x5-00.00	
7 Cramer, Ryan	Elk River	x5-00.00	
7 Obwaya, Derrick	Blaine	5-00.00	
7 Aroloye, Demi (Oluwademi)	Blaine	5-00.00	
-- Nick, Parker	Coon Rapids	NH	
-- Adeuga, Boluwatife	Coon Rapids	NH	
-- Cufaude, Grayson	Elk River	NH	

**Boys Pole Vault**

Name	Year School	Finals	Points
1 Babineau, Mitchell	Blaine	10-00.00	
2 Beckstrom, Jonathan	Blaine	9-06.00	
2 Kah, Komona	Coon Rapids	9-06.00	
2 Hernandez, Hayden	Blaine	9-06.00	
5 Sharp, Luke	Blaine	x9-00.00	
6 Scott, Owen	Blaine	x8-00.00	
7 Ford, Logan	Elk River	7-00.00	
7 Jones, De'Milliown	Coon Rapids	7-00.00	
7 Tucker, Caleb	Coon Rapids	7-00.00	
7 Burnett, Tate	Coon Rapids	x7-00.00	
11 Martin, Mekhai	Coon Rapids	x6-00.00	
11 Atolani, Oluwafemi	Coon Rapids	x6-00.00	
11 Grenier, Sean	Elk River	6-00.00	
-- Andrews, Matthew	Elk River	NH	
-- Rathburn, Alex	Blaine	NH	
-- Altaboutkhi, Mahmoud	Coon Rapids	NH	
-- Barker, Logan	Coon Rapids	NH	

**Boys Long Jump**

Name	Year School	Finals	Points
1 Aluka, Devian	Coon Rapids	19-10.25	
2 Nyapan, Aloysius	Coon Rapids	19-08.00	
2 Waldron, Brayden	Coon Rapids	19-08.00	
4 Jones, De'Milliown	Coon Rapids	x18-10.00	
5 Hibbler, Alijah	Coon Rapids	x18-07.00	
6 Ndege, Zion	Blaine	17-06.00	
7 Freeman, Jackson	Elk River	17-04.50	
8 Groen, Kooper	Elk River	17-03.50	
9 Matthews, Andre	Coon Rapids	x17-01.00	
10 Gbadamosi, Adams	Coon Rapids	x16-08.75	
11 Obwaya, Derrick	Blaine	16-08.25	
12 Robinson, Tylone	Coon Rapids	x16-02.25	
13 Boreen, Roman	Blaine	16-00.00	

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024**  
**Jerry Schrempf Field**  
**Results**

**...Boys Long Jump**

14 Seubert, Anthony	Elk River	15-11.00
15 Aroloye, Demi (Oluwademi)	Blaine	x15-10.25
15 Horner, Roman	Elk River	x15-10.25
17 Bridgeford, Matthew	Blaine	x15-04.75
18 Goins, Keeghan	Elk River	x15-03.75
19 Busch, Mason	Blaine	x15-00.50
20 Dent, Avion	Blaine	x14-11.00
21 Hardel, Hayden	Blaine	x14-07.50
22 Udoh, Prince	Blaine	x14-03.25
23 Khan, Ali	Blaine	x14-02.50
24 Abalo, Steve	Elk River	x12-01.75
25 Gedow, Khalid	Blaine	x12-00.00
26 Fleming, Jacob	Elk River	x11-02.00
27 Muhamed, Abdulbasit	Blaine	x11-01.00
28 Nelson, Lincoln	Elk River	x10-11.75
-- Grenier, Sean	Elk River	FOUL
-- Cummings-Coleman, Khijoh	Coon Rapids	FOUL
-- Ndikum, Denzel-Jones	Blaine	FOUL
-- Dequeemani, Fidel	Coon Rapids	FOUL

**Boys Triple Jump**

Name	Year School	Finals	Points
1 Dagogo, Cody	Coon Rapids	41-00.00	
2 Gemta, Tuulla	Blaine	40-04.00	
3 Ndege, Zion	Blaine	38-08.50	
4 Nyapan, Aloysius	Coon Rapids	38-07.50	
5 Adeuga, Boluwatife	Coon Rapids	37-09.00	
6 Boreen, Roman	Blaine	37-02.50	
7 Busch, Mason	Blaine	x36-11.50	
8 Aluka, Trevian	Coon Rapids	x36-10.25	
9 Willms, Mason	Elk River	35-02.25	
10 Bridgeford, Matthew	Blaine	x35-02.00	
11 Gedow, Khalid	Blaine	x34-06.00	
12 Obwaya, Derrick	Blaine	x33-08.00	
13 Aroloye, Demi (Oluwademi)	Blaine	x33-07.00	
14 Dent, Avion	Blaine	x32-04.00	
15 Brewer, Jemel	Coon Rapids	x31-05.00	
16 Ndikum, Denzel-Jones	Blaine	x30-09.00	
17 Udoh, Prince	Blaine	x30-07.00	
18 Abdule, Fedhi	Coon Rapids	x30-03.00	
19 Khan, Ali	Blaine	x30-00.00	
20 Muhamed, Abdulbasit	Blaine	x29-00.00	
21 Adane, Alazar	Coon Rapids	x28-08.00	
22 Hardel, Hayden	Blaine	x27-07.50	
-- Jones, De'Milliown	Coon Rapids	DQ	

**Boys Shot Put**

Name	Year School	Finals	Points
1 Dennis, Samuel	Coon Rapids	47-09.00	
2 Bicek, Simon	Elk River	45-04.25	
3 Peterson, Jacoby	Coon Rapids	41-03.00	

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024**

**Jerry Schrempf Field**

**Results**

**...Boys Shot Put**

4	Jensen, Alexander	Elk River	39-11.00
5	Tawfeek, Peter	Coon Rapids	39-05.25
6	Wiitanen, Hunter	Coon Rapids	x38-09.00
7	Fladung, Hoyt	Elk River	36-11.25
8	Monemy, Christopher	Coon Rapids	x35-11.25
9	Hughes, James	Coon Rapids	x33-08.00
9	Thoen, Jacob	Coon Rapids	x33-08.00
11	Fruke, Nathan	Blaine	33-03.25
12	Ishtaiwi, Hamza	Blaine	32-02.00
13	Davis, Zander	Elk River	x30-07.00
14	Lewandowski, Jacob	Coon Rapids	x30-05.25
15	McCutchan, Mason	Coon Rapids	x30-01.00
16	Akinola, Kingston	Coon Rapids	x29-10.00
17	Gibson, Cayden	Blaine	29-06.50
18	Formosa, Joseph	Blaine	x29-05.00
19	Peschong, Cash	Blaine	x29-02.00
20	Mazurek, Drew	Blaine	x29-00.00
21	Wolfgram, Daniel	Blaine	x28-09.50
22	Taylor, Spencer	Blaine	x28-05.00
23	Miller, Carter	Coon Rapids	x28-03.00
24	Boe, Conner	Coon Rapids	x27-04.00
25	Carr, Jacob	Blaine	x27-01.50
26	Sheik, Ifa	Blaine	x26-07.00
27	Perovich, Carson	Blaine	x26-04.00
28	O'Hara, Kason	Blaine	x25-07.00
29	Carlson, Kyler	Coon Rapids	x25-04.50
30	Alhasainawy, Hussain	Coon Rapids	x25-00.25
31	Katkov, Matthew	Elk River	x24-07.00
32	Gerth, Carson	Elk River	x24-04.00
33	Stanislowski, Ayden	Elk River	x23-08.00
34	Matros, Jackson	Coon Rapids	x22-06.75
35	Alameddine, Daniel	Blaine	x21-06.50

**Boys Discus Throw**

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Name	Year	School	Finals Points
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1	Bicek, Simon	Elk River	139-03
2	Peterson, Jacoby	Coon Rapids	135-00
3	Dennis, Samuel	Coon Rapids	131-06
4	Jensen, Alexander	Elk River	114-09
5	Monemy, Christopher	Coon Rapids	105-08.50
6	Fladung, Hoyt	Elk River	100-06
7	Thoen, Jacob	Coon Rapids	x99-07
8	Wiitanen, Hunter	Coon Rapids	x99-04
9	Hughes, James	Coon Rapids	x95-05
10	Fruke, Nathan	Blaine	91-07
11	McCutchan, Mason	Coon Rapids	x91-00
12	Tawfeek, Peter	Coon Rapids	x88-08
13	Miller, Carter	Coon Rapids	x87-03.50
14	Peschong, Cash	Blaine	83-07.50
15	Hernandez, Giovanni	Blaine	79-11
15	Davis, Zander	Elk River	x79-11
17	Mazurek, Drew	Blaine	x79-09
18	Carr, Jacob	Blaine	x79-08.50

**Coon Rapids, Blaine, & ER Triangular - 4/23/2023 to 4/23/2024****Jerry Schrempf Field****Results****....Boys Discus Throw**

19 VanGuilder, Zane	Blaine	x78-09
20 Gibson, Cayden	Blaine	x78-01
21 DeRisi, Michael	Elk River	x77-11
22 Cook, Carter	Elk River	x76-07
23 Lewandowski, Jacob	Coon Rapids	x75-08
24 Goins, Keeghan	Elk River	x73-08
25 Perovich, Carson	Blaine	x73-00
26 Gerth, Carson	Elk River	x72-03
27 Alhasainawy, Hussain	Coon Rapids	x71-10
28 Sheik, Ifa	Blaine	x71-04
29 Formosa, Joseph	Blaine	x67-01
30 Stanislawski, Ayden	Elk River	x66-03
31 O'Hara, Kason	Blaine	x62-09
32 Boe, Conner	Coon Rapids	x61-03
33 Jensen, Beau	Elk River	x60-10
34 Anbesse, Nahoma	Blaine	x57-03
35 Wolfgram, Daniel	Blaine	x57-01
36 Matros, Jackson	Coon Rapids	x49-01
-- Skillings, Hayden	Coon Rapids	FOUL