

2021 LNHS TRACK Season Performance List

~~~~~Girls Results~~~~~

100m

Minnesota All-Time Best - 11.66, T'nia Riley, Minneapolis North, 2018

LHS/LNHS Honor Roll Minimum Performance - 13.03

LHS/LNHS Record - 12.39, Sarah Sells, 1997 & Sophie Lasko, 2009

Section 1AA Qualifying Standard -

State Meet Qualifier - 12.46

Name, Grade	Meet	Time	notes (honor roll, etc)
Mikki Naatjes, 12	Section 1AA 6/12	12.53	#4 on LHS/LNHS All-Time Honor Roll
Lauren Reynolds, 12	Section 1AA 6/12	13.20	
Sarah Babcock, 12	Lakeville North 4/27	13.42	
Lexi Singer, 10	Lakeville North 4/27	13.56	
Ashley Wagenbach, 9	Lakeville North 5/17	13.63	
Ayva Tobias, 8	Lakeville North 4/27	13.73	
McKenna Lehman, 11	Lakeville North 4/27	13.85	
Isabella Thomas, 9	Rosemount 5/4	14.30	
Isabella Kvale, 11	Lakeville North 5/4	14.31	
Morgan Albrecht, 12	Lakeville North 4/27	14.03	
Lindsay Meyer, 8	Lakeville North 4/27	14.21	
Abigail Sherman, 11	Lakeville North 4/27	14.72	
Gabrielle Betton, 9	Rosemount 4/20	14.87	
Paige Orosz, 10	Lakeville North 5/4	14.66	
Malia Zweber, 9	Lakeville North 5/4	14.85	
Isabella Akitoye, 9	Lakeville North 5/4	14.75	
Matu Mogaka, 10	Lakeville North 5/4	14.78	
Maria Bischel, 10	Lakeville North 5/4	14.93	
Sameria Battaforayen, 11	Lakeville North 5/4	14.95	
Lindsay Meyer, 8	Rosemount 4/20	15.31	
Avery McGee, 8	Lakeville North 4/27	15.36	
Olivia Grecco, 8	Lakeville North 5/4	14.85	
Olivia Frazier, 9	Rosemount 4/20	15.68	
Claire Thomas, 8	Lakeville North 5/4	14.65	
Sarah Ateka, 9	Lakeville North 5/4	16.01	
Camryn Klinker, 11	Lakeville North 4/27	16.21	
Madilyn Ingstad, 10	Lakeville North 5/4	16.06	
Emilie Baumgart, 12	Lakeville North 5/4	16.07	
Megan Meyer, 9	Lakeville North 5/4	16.14	
Payton Orosz, 8	Lakeville North 5/4	16.26	
Aamna Bashir, 10	Rosemount 4/20	16.84	
Delanie Timmerman, 10	Rosemount 4/20	17.36	
Kayana Sengsourichanh, 7	Lakeville North 5/4	16.63	
Linnea Gackle, 10	Lakeville North 5/4	17.45	

200m

Minnesota All-Time Best - 23.41, Jedah Caldwell, Chanhassen, 2016

LHS/LNHS Honor Roll Minimum Performance - 26.93

LHS/LNHS Record - 25.73, Brooke Campbell, 2007

Section 1AA Qualifying Standard -

State Meet Qualifier - 25.28

Name, Grade	Meet	Time	notes (honor roll, etc)
Mikki Naatjes, 12	Section 1AA 6/12	25.96	#4 on LHS/LNHS All-Time Honor Roll
Ashley Wagenbach, 9	SSC Champs 6/2	27.41	
McKenna Lehman, 11	Lakeville North TT 5/17	27.60	
Ayva Tobias, 8	Lakeville North 5/4	27.80	
Sarah Babcock, 12	Lakeville North 5/4	28.73	

Morgan Albrecht, 12	Lakeville North TT 5/17	29.14
Meridith Jensen, 11	Lakeville North 5/4	29.65
Kaydince Fetzek, 11	Lakeville North 5/4	30.96
Matu Mogaka, 10	Lakeville North 5/4	31.34
Aaimah Khawaja, 9	Lakeville North 5/4	33.13
Emilie Baumgart, 12	Lakeville North 5/4	34.14
Sarah Ateka, 9	Lakeville North 5/4	34.48
Danielle Casey, 8	Lakeville North 5/4	36.37
Camryn Kinker, 11	Rosemount 4/20	36.74
Delanie Timmerman, 10	Rosemount 4/20	37.14
Linnea Gackle, 10	Lakeville North 4/27	37.52
Kayana Sengsourichanh, 7	Lakeville North 4/27	38.66

400m

Minnesota All-Time Best - 53.96, Honour Finley, Bloomington Kennedy, 2016

LHS/LNHS Honor Roll Minimum Performance - 1:01.37 (61:37)

LHS/LNHS Record - 57.15, Ella Larson, 2018

Section 1AA Qualifying Standard -

State Meet Qualifier - 57.60

Name, Grade	Meet	Time	notes (honor roll, etc)
Alyssa Seal, 12	Section 1AA 6/12	1:04.59	
Danielle Casey, 8	SSC Champs 6/2	1:06.00	
Aubrey Brown	SSC Champs 6/2	1:06.82	
Isabella Thomas, 9	Lakeville North TT 5/17	1:08.74	
Meredith Jensen, 11	SSCC, 6/2	1:09.65	
Joelie Vossen, 9	Apple Valley 4/15	1:11.57	
Abigail Sherman, 11	Rosemount 4/20	1:11.13	
Caroline West, 9	Lakeville South SSC 5/24	1:12.44	
Claire Koznick, 9	Rosemount 4/20	1:15.81	
Ellyn Engels, 9	Rosemount 4/20	1:16.66	
Isabelle Fuerst, 12	Lakeville North 5/4	1:15:18	
Olivia Frazier, 9	Apple Valley 4/15	1:18.55	
Camila Fuerst, 10	Apple Valley 4/15	1:26.70	
Hannah Nephew, 10	Apple Valley 4/15	1:23.04	
Delanie Timmerman	Lakeville South SSC 5/24	1:23.84	
Grace Eddy, 10	Apple Valley 4/15	1:27.99	
Delaney McCabe, 12	Apple Valley 4/15	1:32.40	
Carly Setter, 10	Apple Valley 4/15	1:47.72	

800m

Minnesota All-Time Best - 2:03.43, Ruby Stauber, Wayzata, 2016

LHS/LNHS Honor Roll Minimum Performance - 2:22.87

LHS/LNHS Record - 2:10.56, Danielle Bellino, 2017

Section 1AA Qualifying Standard -

State Meet Qualifier - 2:14.88

Name, Grade	Meet	Time	notes (honor roll, etc)
Alyssa Seal, 12	SSC Champs 6/2	2:30.28	
Ellyn Engels, 9	Lakeville South SSC 5/24	2:41.49	
Grete Engels, 11	Rosemount 4/20	2:44.42	
Caroline White, 10	Rosemount 4/20	2:45.43	
Isabelle Fuerst, 12	SSC Champs 6/2	2:52.08	
Ella Raiche, 9	Lakeville North TT 5/17	2:55.33	
Danielle Casey, 8	Apple Valley 4/15	2:56.99	
Caroline West, 9	Lakeville North 4/27	3:06.86	
Aubrey Brown, 7	Rosemount 4/20	3:12.93	
Julia Loth, 10	Lakeville South SSC 5/24	3:14.09	

Claire Koznick, 9	Rosemount 4/20	3:14.66
Lauren Puncoschar, 9	Lakeville South SSC 5/24	3:19.16
Emma Niesen, 10	Apple Valley 4/15	3:33.77
Delaney McCabe, 12	Lakeville North 4/27	4:10.45

1600m

Minnesota All-Time Best - 4:41.42, Elizabeth Yetzer, Lakeville, 2005

LHS/LNHS Honor Roll Minimum Performance - 5:28.3

LHS/LNHS Record - 4:41.42, Elizabeth Yetzer, 2005

Section 1AA Qualifying Standard -

State Meet Qualifier - 5:02.62

Name, Grade	Meet	Time	notes (honor roll, etc)
Ellyn Engels, 9	SSC Champs 6/2	5:55.58	
Grete Engels, 11	Rosemount 4/20	5:57.08	
Ella Raiche, 9	SSC Relays 5/11	5:58.91	
Claire Koznick, 9	SSC Relays 5/11	6:11.43	
Paige Braegelmann, 9	SSC Champs 6/2	6:35.94	
Grace Eddy, 10	Lakeville South SSC 5/24	7:33.47	
Kate Bakke, 9	Rosemount 4/20	7:36.65	
Hannah Nephew, 10	Rosemount 4/20	7:54.91	
Emma Niesen 11	Apple Valley 4/15	7:52.08	
Camelia Fuerst 10	Rosemount 4/20	7:57.93	
Delaney McCabe, 12	Rosemount 4/20	8:44.81	
Carly Setter, 10	Apple Valley 4/15	9:11.89	

3200m

Minnesota All-Time Best - 10:01.67, Emily Covert, Minneapolis Washburn, 2018

LHS/LNHS Honor Roll Minimum Performance - 11:47.40

LHS/LNHS Record - 10:08.56, Elizabeth Yetzer, 2006

Section 1AA Qualifying Standard -

State Meet Qualifier - 10:53.47

Name, Grade	Meet	Time	notes (honor roll, etc)
Ella Raiche, 9	Section 1AA 6/12	13:54.89	
Caroline West, 10	Lakeville North TT 5/17	15:43.50	
Kate Bakke, 9	SSC Champs 6/2	15:58.20	
Grace Eddy, 10	Lakeville North TT 5/17	16:04.67	
Paige Braegemann, 9	Lakeville South SSC 5/24	16:40.01	

100m H

Minnesota All-Time Best - 13.94, Karina Joiner, East Ridge, 2017

LHS/LNHS Honor Roll Minimum Performance - 17.28

LHS/LNHS Record - 14.24, Michaela Preachuk, 2015

Section 1AA Qualifying Standard -

State Meet Qualifier - 14.89

Name, Grade	Meet	Time	notes (honor roll, etc)
Josie Liebl, 12	Section 1AA 6/12	15.66	8th on LHS/LNHS All-Time Honor Roll
Lexi Singer, 9	Section 1AA 6/12	17.87	
Avery McGee, 8	Lakeville N 5/4	18.49	
Gabrielle Betton, 9	Lakeville North TT 5/17	18.85	

300m LH

Minnesota All-Time Best – 41.35, Meleah Biermaier, Thief River Falls, 2017

LHS/LNHS Honor Roll Minimum Performance - 49.87

LHS/LNHS Record - 44.66, Sammy Laatsch, 2001

Section 1AA Qualifying Standard –

State Meet Qualifier – 44.57

<u>Name, Grade</u>	<u>Meet</u>	<u>Time</u>	<u>notes</u>
Josie Liebl, 12	SSC Champs 6/2	50.36	
Gabrielle Betton, 9	Lakeville North TT 5/17	50.85	
Abigail Sherman, 11	Lakeville N 5/4	51.70	
Lexi Singer, 9	Lakeville North TT 5/17	52.12	
Lauren Reynolds, 9	Rosemount 4/20	55.44	
Isabella Thomas, 9	Apple Valley 4/15	57.13	

4x100m relay

Minnesota All-Time Best - 47.21, Minneapolis Washburn, 2004

LHS/LNHS Honor Roll Minimum Performance - 50.81

LHS/LNHS Record - 48.32, Angie Anyaogu, Nicole Naatjes, Katrina Nicholson, Rachel Banham, 2010

State Meet Qualifier - 49.18

<u>Names</u>	<u>Meet</u>	<u>Time</u>	<u>notes</u>
Reynolds, Babcock, Lehman, Liebl	SSC Champs 6/2	51.39	
Babcock, Tobias, Liebl, Naatjes	SSC Relays 5/11	51.67	
Reynolds, Babcock, Wagenbach, Lehman	Section 1AA 6/12	52.47	
Babcock, Naatjes, Lehman, Liebl	LNHS 4/27	53.25	

4x200m relay

Minnesota All-Time Best – 1:39.20 North St. Paul, 2017

LHS/LNHS Honor Roll Minimum Performance - 1:47.9

LHS/LNHS Record - 1:43.13, Sarah Babcock, Ella Larson, Mikki Naatjes, Grace Butler 2018

State Meet Qualifier - 1:43.41

<u>Names</u>	<u>Meet</u>	<u>Time</u>	<u>notes</u>
Babcock, Lehman, Tobias, Wagenbach	Section 1AA 6/12	1:49.78	
Babcock, Lehman, Wagenbach, Tobias	LN TT 5/17	1:50.63	
Tobias, Lehman, Wagenbach, Naatjes	SSC Relays 5/11	1:52.43	
Albrecht, Sherman, Lehman, Jensen	LNHS 4/27	1:57.21	

4x400m relay

Minnesota All-Time Best - 3:50.12, Lakeville South, 2015

LHS/LNHS Honor Roll Minimum Performance - 4:06.8

LHS/LNHS Record - 3:54.90, Brenna Carda, Kim Engel, Kayla Engel, Brooke Campbell, 2007

State Meet Qualifier - 3:59.09

<u>Name, Grade</u>	<u>Meet</u>	<u>Time</u>	<u>notes</u>
Abbey Sherman, Aubrey Brown, Danielle Casey, Alyssa Seal	Section 1AA 6/12	4:26.95	
Danielle Casey, Aubrey Brown, Caroline White, Alyssa Seal	SSC Champs 6/2	4:27.92	
Caroline White, Alyssa Seal, Gabbi Betton, Abbey Sherman	SSC Relays 5/11	4:34.67	
Danielle Casey, Alyssa Seal, Meredith Jensen, Abbey Sherman	Lakeville North TT 5/17	4:38.55	
I. Thomas, Caroline White, Meredith Jensen, Alyssa Seal	Lakeville North 5/4	4:40.69	
Grete Engels, Danielle Casey, Caroline White, Alyssa Seal	Lakeville North 4/27	4:45.12	
Meredith Jensen, Caroline White, Grete Engels, Danielle Casey	Apple Valley 4/15	4:54.89	
Grete Engels, Caroline White, Aubrey Brown, Abby Sherman	Rosemount 4/20	5:02.00	
Kennedy Bueno, Ellyn Engels, Caroline West, Aubrey Brown	Lakeville North 4/27	5:25.29	
Isabella Thomas, Ella Raiche, Ellyn Engels, Caroline West	Rosemount 4/20	5:18.74	
Grace Eddy, Izzy Fuerst, Kate Bakke, Paige Braegemann	Rosemount 4/20	5:34.57	
Hannah Nephew, Lauren Puncoschar, Julia Loth, Cami Fuerst	Rosemount 4/20	5:54.26	
Delaney McCabe, Carly Setter, Cami Fuerst, Grace Eddy	Lakeville North 4/27	6:42.19	

Ellyn Engels, Gracie Titus, Delanie Timmerman, Meredith Jensen	Lakeville South SSC 5/24	5:22.15
Claire Koznick, Carly Setter, Delaney McCabe, Grace Eddy	Lakeville South SSC 5/24	6:10.29

4x800m relay

Minnesota All-Time Best – 8:59.69, Edina, 2017

LHS/LNHS Honor Roll Minimum Performance - 10:03.66

LHS/LNHS Record - 9:19.87, Ella Larson, Sofia Earle, Emma Drangstveit, Danielle Bellino, 2017

State Meet Qualifier - 9:22.60

Name, Grade	Meet	Time	notes
Ellyn Engels, Claire Koznick, Danielle Casey, Caroline White	Section 1AA 6/12	10:43.99	
Danielle Casey, Mia Sellers, Caroline White, Alyssa Seal	SSC Champs 6/2	10:51.25	
Danielle Casey, Caroline White, Ellyn Engels, Alyssa Seal	Lakeville North TT 5/17	10:58.88	
Alyssa Seal, Caroline White, Danielle Casey, Grete Engels	Lakeville North 4/27	11:06.23	
Danielle Casey, Ellyn Engels, Izzy Fuerst, Caroline White	SSC Relays 5/11	11:08.91	
Ella Raiche, Ellyn Engels, Mia Sellers, Caroline White	Apple Valley, 4/15	11:42.42	
Izzy Fuerst, Kennedy Bueno, Aubrey Brown, Claire Koznick	Lakeville North 4/27	12:09.66	
Izzy Fuerst, Julia Loth, Mia Sellers, Lauren Puncocar	Lakeville South SSC 5/24	12:23.19	
Alyssa Seal, Cami Fuerst, Hannah Nephew, Emma Niesen	Lakeville South SSC 5/24	12:34.38	
Emma Niesen, Lauren Puncocar, Julia Loth, Caroline West	Apple Valley, 4/15	13:00.11	
Lauren Pucocar, Julia Loth, Cami Fuerst, Kate Bakke	Lakeville North 4/27	13:28.96	

High Jump

Minnesota All-Time Best - 6-00, Madison Schmidt, Blaine, 2019

LHS/LNHS Honor Roll Minimum Performance - 5-00

LHS/LNHS Record - 5-6, Gretchen Hammond, 1981

Section 1AA Qualifying Standard -

State Meet Qualifier - 5-05

Name, Grade	Meet	Height	notes (honor roll, etc)
Sarah Babcock, 12	Lakeville N TT 5/17	5-2	12th (tie) LNHS Honor Roll
Josie Liebl, 12	Lakeville N 4/27	5-0	16th (tie) LNHS Honor Roll
Kaydince Fetzek, 11	Lakeville N TT 5/17	4-10	
Abigail Sherman, 11	Apple Valley 4/15	4-6	
Olivia Grecco, 8	Lakeville N 5/4	4-0	

Long Jump

Minnesota All-Time Best - 20-01.25, Anna Keefer, St. Michael -Albertville, 2017

LHS/LNHS Honor Roll Minimum Performance - 15-09.5

LHS/LNHS Record - 18-2.50, Angie Anyaogu, 2011

Section 1AA Qualifying Standard -

State Meet Qualifier - 17-07

Name, Grade	Meet	Distance	notes (honor roll, etc)
Mikki Naatjes, 12	Section 1AA 6/10	17-09.5	#5 on LNHS/LHS All-Time Honor Roll
Ayva Tobias, 8	SSC Relays 5/11	15-08.5	
Sameria Battaforayen	JV Conference 5/14	15-04	
McKenna Lehman, 11	SSC Relays 5/11	14-09.5	
Kaydince Fetzek, 11	LNHS 5/4	14-08.5	
Bella Kvale, 11	LNHS 5/4	13-10	
Aaimah Khawaja, 9	JV Conference 5/24	13-07.75	
Ashley Wagenbach, 9	LNHS 4/27	13-06	
Gabby Betton, 9	LNHS 5/4	13-01	
Joelie Vossen, 9	JV Conference 5/24	13-00.75	
Izzy Akitoye, 9	JV Conference 5/24	12-00.25	
Emily Grzadzieleski, 11	LNHS 5/4	11-06	
Camryn Klinker, 11	LNHS 4/27	11-04.5	
Grace Eddy, 10	LNHS 4/27	11-00	

Olivia Grecco, 8	LNHS 4/27	10-08.25
Lauren Reynolds, 9	Rosemount 4/20	10-06.5
Megan Meyer, 9	LNHS 5/4	10-01
Aamna Bashir, 10	JV Conference 5/24	10-00

Triple Jump

Minnesota All-Time Best - 41-02.25, Allyson Weiss, East Ridge, 2018

LHS/LNHS Honor Roll Minimum Performance - 32-05

LHS/LNHS Record - 37-2.25, Angie Anyaogu, 2011

Section 1AA Qualifying Standard -

State Meet Qualifier - 37-00

Name, Grade	Meet	Distance	notes (honor roll, etc)
Kaydince Fetzek, 11	Section 1AA 6/12	32-09.25	#22 on LHS/LNHS All-Time Honor Roll
Greta Lauer, 9	Section 1AA 6/12	32-04.75	
Paige Orosz, 10	LN TT 5/17	30-09	
Maria Bischel, 10	LNHS 5/4	28-06	

Pole Vault

Minnesota All-Time Best - 13-11.2,5 Julia Fixsen, Mounds View, 2018

LHS/LNHS Honor Roll Minimum Performance - 9-00

LHS/LNHS Record - 11-9, Nicole Naatjes, 2011 & Mikki Naatjes, 2019

Section 1AA Qualifying Standard -

State Meet Qualifier - 11-03

Name, Grade	Meet	Height	notes (honor roll, etc)
Mikki Naatjes, 12,	LN 5/4, SSC Champs 6/2	11'6	#3 (tie) on LNHS Honor Roll
Meredith Jensen 11	Section 1AA 6/12	9'0	#15 (tie) on LNHS Honor Roll
Morgan Albrecht, 12	SSC Champs 6/2	7'6	
Emilie Baumgart, 12	SSC Champs 6/2	7'0	
Ashely Wagenbach, 9	SSC Relays, 5/11	7'0	

Shot Put

Minnesota All-Time Best - 54-8.50, Maggie Ewen, St. Francis, 2013

LHS/LNHS Honor Roll Minimum Performance - 36-04.25

LHS/LNHS Record - 52-4.75, Liz Podominick, 2003

Section 1AA Qualifying Standard -

State Meet Qualifier - 41-03

Name, Grade	Meet	Distance	notes (honor roll, etc)
Brenna Akason	SSC Relays 5/11	34-10	
Megan Loth	Section 1AA 6/12	28-05.25	
Grace McCarthy	SSC Champs 6/2	26-00.25	
Annika Gorg	JV Conference 5/24	17-06.5	

Discus

Minnesota All-Time Best - 175-9, Maggie Ewen, St. Francis, 2013

LHS/LNHS Honor Roll Minimum Performance - 113-10

LHS/LNHS Record - Liz Podominick, 160-8, 2003

Section 1AA Qualifying Standard -

State Meet Qualifier - 130-09

Name, Grade	Meet	Distance	notes (honor roll, etc)
Brenna Akason	SSC Relays 5/11	120-04.5	#16 on LNHS Honor Roll
Megan Loth	LNHS TT 5/17	86-02	

Grace McCarthy	JV Conference 5/24	67-00
Annika Gorg	JV Conference 5/24	59-06

~~~~~Boys Results~~~~~

100m

Minnesota All-Time Best - 10.35, Joe Fahnbulleh, Hopkins, 2019 (10.23 w.a.)

LHS/LNHS Honor Roll Minimum Performance - 11.44

LHS/LNHS Record - 10.78, Nicholas Nelson, 2009

2021 Section 1AA Qualifying Standard - 11.47

2021 State Meet Qualifier - 11.00

Name, Grade	Meet	Time	notes (honor roll, etc)
Jackson Hanson, 11	SSCC 6/1	11.34	18th LNHS HR
Thomas Niggeling, 11	AV 4/13	11.42	25th LNHS HR
Logan McGee	LNHS 4/27	11.77	
Cody Hastings, 12	Rosemount 4/20	11.91	
Jarod Edwards, 12	Lakeville North 5/4	12.25	
Blake Licht, 10	Lakeville North 5/4	12.30	
Maxwell Hage, 9	LNHS 4/27	12.46	
Cole Maddio, 10	LNHS 4/27	12.47	
Carson Rennerfeldt, 12	LNHS 5/4	12.67	
Carter Brown, 9	LNHS 4/27	12.94	
Jayeden Sengsourichanh, 9	LNHS 5/4	12.72	

200m

Minnesota All-Time Best - 20.67, Joe Fahnbulleh, Hopkins, 2019

LHS/LNHS Honor Roll Minimum Performance - 23.45

LHS/LNHS Record - 21.76, Josh Wilske, 1997

2021 Section 1AA Qualifying Standard - 23.61

2021 State Meet Qualifier - 22.20

Name, Grade	Meet	Time	notes (honor roll, etc)
Jackson Hanson, 11	SSCC 6/1	22.87	9th LNHS HR
Tommy Niggeling, 11	LNHS 5/4	23.48	
Cody Hastings, 12	SSCC 6/1	23.74	
Jack Kocher, 11	Burnsville 5/24	23.88	
Blake Licht, 10	Lakeville North 5/4	24.47	
Parker Malmgren, 10	Rosemount 4/20	24.74	
Jarod Edwards, 12	Lakeville North 5/4	25.86	
Maxwell Haag, 9	LNHS 4/27	25.99	
Carson Rennerfeldt, 12	LNHS 5/4	26.10	
Cole Maddio, 10	Rosemount 4/20	26.27	
Vito Marchese, 10	Rosemount 4/20	26.82	
Tyler Christianson, 9	LNHS 4/27	26.46	
Payton Keultjes, 9	Rosemount 4/20	27.98	
Jayden Sengsourichanh, 9	LNHS 5/4	26.42	

400m

Minnesota All-Time Best - 47.18, Quinn Evans, 2007
 LHS/LNHS Honor Roll Minimum Performance - 53.42
 LHS/LNHS Record - 49.85, Chase Fetzek, 2002
 2021 Section 1AA Qualifying Standard - 52.66
2021 State Meet Qualifier - 49.67

<u>Name, Grade</u>	<u>Meet</u>	<u>Time</u>	<u>notes (honor roll, etc)</u>
Bryce Stachewicz, 10	LNHS 5/4	52.42	16th LNHS Honor Roll
Parker Malmgren, 10	SSCC 6/1, Section 1AA 6/12	53.22	24th LNHS Honor Roll
Logan McGee, 12	LNHS 4/27	56.19	
Blake Licht, 10	SSCC 6/1	56.82	
Robert Kovacic, 11	Rosemount 4/20	57.33	
Tyler Christianson, 9	LNHS 4/27	59.58	
Landon Wallace, 9	SSCC 6/1	58.98	
Christian Roepke	SSCC 6/1	59.36	
Peter Rhodes, 10	LNHS 4/27	1:04.48	
Kaeden Carter, 9	LNHS 4/27	1:12.18	

800m

Minnesota All-Time Best - 1:48.64, Zach Mellon, 2008
 LHS/LNHS Honor Roll Minimum Performance - 2:02.13
 LHS/LNHS Record - 1:54.34, Tyler King, 2008
 2021 Section 1AA Qualifying Standard - 2:03.83
2021 State Meet Qualifier - 1:56.08

<u>Name, Grade</u>	<u>Meet</u>	<u>Time</u>	<u>notes (honor roll, etc)</u>
Bryce Stachewicz, 10	SSCC, 6/1	1:54.03	1st LNHS HR (New School Record)
Andrew Casey, 10	SSCC, 6/1	1:55.72	3rd LNHS HR
Sam Rhodes, 12	SSCC, 6/1	2:10.19	
Brennan Jensen, 12	LNHS, 4/27	2:12.60	
Darby Griffin, 8	Prior Lake, 5/18	2:13.73	
Eli Olson, 9	LNHS, 5/4	2:13.86	
Luke Hendricks, 8	LNHS, 5/4	2:15.30	
Pete Rhodes, 10	LNHS, 4/27	2:24.23	
Chase Altergott, 9	Rosemount, 4/20	2:24.87	
Matt Ruhland, 10	Rosemount, 4/20	2:28.71	
Elliot Jensen, 9	Prior Lake, 5/18	2:44.96	
Alex Puncchar, 10	Prior Lake, 5/18	2:45.32	

1600m

Minnesota All-Time Best - 3:59.70, Rob Finnerty, 2008
 LHS/LNHS Honor Roll Minimum Performance - 4:30.16
 LHS/LNHS Record - 4:16.99, Jason Greene, 1996
 2021 Section 1AA Qualifying Standard - 4:39.79
2021 State Meet Qualifier - 4:18.29

<u>Name, Grade</u>	<u>Meet</u>	<u>Time</u>	<u>notes (honor roll, etc)</u>
Bryce Stachewicz, 10	Prior Lake, 5/18	4:21.74	9th LNHS Honor Roll
Andrew Casey, 10	Prior Lake, 5/18	4:24.65	13th LNHS Honor Roll
Niko Angell, 10	Section 1AA, 6/12	4:47.17	
Brennan Jensen, 12	SSCC, 6/1	4:53.42	
Luke Hendricks, 8	SSCC, 6/1	4:55.97	
Chase Altergott, 9	SSCC, 6/1	4:57.08	
Pete Rhodes, 10	SSC Relays, 5/11	5:14.54	
Sam Rhodes, 12	SSC Relays, 5/11	5:15.92	
Eli Olson, 9	LNHS, 4/27	5:16.60	
Joshua Aldrich, 11	Rosemount, 4/20	5:21.79	
Jack Grigsby, 10	Rosemount, 4/20	5:28.34	
Nate Renfors, 9	JV Conference, 5/24	5:32.93	
Darby Griffin, 8	LNHS, 4/27	5:33.51	

Matt Ruhland, 10	Prior Lake, 5/18	5:51.74
Elliot Jensen, 9	JV Conference, 5/24	6:08.20
Alex Puncoschar, 10	JV Conference, 5/24	6:25.92
Quentin Gilbertson, 10	LNHS, 4/27	7:21.18

3200m

Minnesota All-Time Best - 8:43.09, Elliott Heath, 2007
 LHS/LNHS Honor Roll Minimum Performance - 10:08.80
 LHS/LNHS Record - 9:08.6, Dave Morrison, 1979
 2021 Section 1AA Qualifying Standard - 10:01.60
 2021 State Meet Qualifier - 9:20.51

Name, Grade	Meet	Time	notes (honor roll, etc)
Niko Angell, 10	SSCC, 6/1	10:11.99	
Andrew Casey, 10	Section 1AA, 6/10	10:16.46	
Brennan Jensen, 12	LNHS, 5/4	11:12.57	
Jack Grigsby, 10	SSCC, 6/1	11:31.16	
Joshua Aldrich, 12	LNHS, 5/4	11:51.07	
Nate Renfers, 9	SSCC, 6/1	12:03.48	

110m HH

Minnesota All-Time Best - 13.66, Jon Tollefson, Saint Croix Lutheran, 2015
 LHS/LNHS Honor Roll Minimum Performance - 16.17
 LHS/LNHS Record - 14.64, Evan El-Halawani, 2016
 2021 Section 1AA Qualifying Standard - 16.02
 2021 State Meet Qualifier - 14.80

Name, Grade	Meet	Time	notes (honor roll, etc)
Jack Kocher, 11	Rosemount 4/20	15.60	8th LNHS Honor Roll
Robert Kovacic, 11	SSCC 6/1	18.43	
Tyler Christianson, 9	SSCC 6/1	19.11	
Vito Marchese, 10	SSC Relays 5/11	19.51	

300m IH

Minnesota All-Time Best - 36.38, RJ Alowonle, 2012
 LHS/LNHS Honor Roll Minimum Performance - 43.26
 LHS/LNHS Record - 38.07, Evan El-Halawani, 2016
 2021 Section 1AA Qualifying Standard - 41.83
 2021 State Meet Qualifier - 39.04

Name, Grade	Meet	Time	notes (honor roll, etc)
Jack Kocher, 11	SSC Relays 5/11	39.02	2nd LNHS Honor Roll
Robert Kovacic, 11	Section 1AA 6/12	43.62	
Tyler Christianson, 9	JV SSC Conference 5/24	45.90	
Cole Maddio, 10	TT Sections 5/18	46.77	
Christian Roepke, 9	JV SSC Conference 5/24	51.00	

4x100m relay

Minnesota All-Time Best - 41.23 Hopkins, 2019

LHS/LNHS Honor Roll Minimum Performance - 44.03

LHS/LNHS Record - 41.67, Trevor Jellum, Jonny Anyaogu, Nathan Sayler, Nicholas Nelson, 2009

2021 State Meet Qualifier - 42.96

<u>Names</u>	<u>Meet</u>	<u>Time</u>	<u>notes</u>
Hastings, McGee, Niggling, Hanson	SSCC, 6/1	43.45	16th LNHS HR
Hastings, McGee, Niggling, Hanson	LNHS 4/27	45.34	

4x200m relay

Minnesota All-Time Best - 1:25.58, Hopkins, 2019

LHS/LNHS Honor Roll Minimum Performance - 1:34.23

LHS/LNHS Record - 1:27.86, James Ewer, Forrest Randall, Tom Mazula, Justin Suss, 2005

State Meet Qualifier - 1:29.14

<u>Names</u>	<u>Meet</u>	<u>Time</u>	<u>notes</u>
Hastings, McGee, Malmgren, Kocher	SSCC, 6/1	1:31.44	7th LNHS HR
Malmgren, McGee, Niggling, Hanson	LNHS 5/4	1:35.79	

4x400m relay

Minnesota All-Time Best - 3:14.47, Mounds View, 2007

LHS/LNHS Honor Roll Minimum Performance - 3:34.99

LHS/LNHS Record - 3:26.9, Dave Johnson, John Tuma, Joachim Koester, Carl Trabant, 1980

2021 State Meet Qualifier - 3:23.90

<u>Names</u>	<u>Meet</u>	<u>Time</u>	<u>notes</u>
Logan McGee, Andrew Casey, Bryce Stachewicz, Jack Kocher	Section 1AA, 6/12	3:24.27	School Record
Logan McGee, Andrew Casey, Parker Malmgren, Jack Kocher	State Meet 6/19	3:25.16	2nd LNHS Honor Roll
Logan McGee, Andrew Casey, Parker Malmgren, Bryce Stachewicz	SSCC, 6/1	3:28.20	6th LNHS HR
Parker Malmgren, Jack Kocher, Andrew Casey, Bryce Stachewicz	Rosemount, 4/20	3:34.50	
Cody Hastings, Logan McGee, Andrew Casey, Bryce Stachewicz,	LNHS, 5/4	3:38.37	

4x800m relay

Minnesota All-Time Best - 7:41.94, Stillwater, 1998

LHS/LNHS Honor Roll Minimum Performance - 8:26.74

LHS/LNHS Record - 7:47.58, Tim Bruhn, Tyler King, Ben Plankis, Jeff Lombardo, 2006

2021 State Meet Qualifier - 7:57.13

<u>Names</u>	<u>Meet</u>	<u>Time</u>	<u>notes</u>
Bryce Stachewicz, Andrew Casey, Niko Angell, Brennan Jensen	SSC Relays, 5/11	8:18.07	11th LNHS Honor Roll
Sam Rhodes, Darby Griffin, Eli Olson, Peter Rhodes	SSCC, 6/1	8:49.07	
Sam Rhodes, Darby Griffin, Brennan Jensen, Eli Olson	Section 1AA 6/12	8:54.86	
Sam Rhodes, Luke Hendricks, Niko Angell, Brennan Jensen	Prior Lake, 5/18	8:59.57	

High Jump

Minnesota All-Time Best - 7-01, Rod Raver, 1973 & Jon Markuson, 1993

LHS/LNHS Honor Roll Minimum Performance - 5-10

LHS/LNHS Record - 6-08.75, Darrin Christensen, 1982

2021 Section 1AA Qualifying Standard - 5-08.75

2021 State Meet Qualifier - 6-04

<u>Name, Grade</u>	<u>Meet</u>	<u>Height</u>	<u>notes (honor roll, etc)</u>
Jamison Rowe, 9	LNHS 4/27	5-8	
Carson Rennerfeldt, 12	LNHS 4/27	5-8	
Landon Wallace, 9	JV SSC Conference 5/24	5-6	

Jacob Barnett, 11	LNHS 5/4	5-6
Vito Marchese, 10	Rosemount 4/20	5-2
Tyler Christianson, 9	LNHS 5/4	5-2
Christian Roepke, 9	JV SSC Conference 5/24	5-0
Brett Blaszczek, 9	Rosemount 4/20	4-10
Andrew Russeth, 12	Apple Valley 4/15	4-6

Long Jump

Minnesota All-Time Best - 24-9.25, Von Shepard, 1982
 LHS/LNHS Honor Roll Minimum Performance - 20-01.50
 LHS/LNHS Record - 23-06, James Ewer, 2005
 2021 Section 1AA Qualifying Standard - 19-00.5
 2021 State Meet Qualifier - 22-00

Name, Grade	Meet	Distance	notes (honor roll, etc)
Blake Licht, 10	Section 1AA 6/12	19-05	
Tommy Niggling, 11	SSC Championships 6/1	17-05.5	
Parker Malmgren, 10	Rosemount 4/20	17-00	
Vito Marchese, 10	Rosemount 4/20	16-11	
Jacob Barnett, 11	LNHS 5/4	16-09	
Jayden Sengsourichanh, 9	JV Conference 5/24	16-02	
Avery Hanson, 9	JV Conference 5/24	16-00.5	
Max Hage, 9	JV Conference 5/24	15-02	
Brett Blaszczek, 9	JV Conference 5/24	15-00.5	
Sam Russeth, 9	JV Conference 5/24	14-09	
Jerome Barbour, 9	LNHS 5/4	14-01.5	
Jacob Hynes, 12	LNHS 5/4	13-10	
Jarod Edwards, 12	JV Conference 5/24	13-07.5	
Kaeden Carter, 9	JV Conference 5/24	13-01	
AJ Giebel, 9	LNHS 5/4	10-11	

Triple Jump

Minnesota All-Time Best - 50-04.5, Mike Sandle, 2011
 LHS/LNHS Honor Roll Minimum Performance - 40-03.25
 LHS/LNHS Record - 45-10, James Ewer, 2005
 2021 Section 1AA Qualifying Standard - 41-4.25
 2021 State Meet Qualifier - 44-09

Name, Grade	Meet	Distance	notes (honor roll, etc)
Logan McGee, 12	Section 1AA 6/10	40-08	#20 on LNHS/LHS All-Time Honor Roll
Vito Marchese, 10	Rosemount 4/20	36-10.5	
Robert Kovacic, 11	SSC Relays 5/11	35-03	
Brett Blaszczek, 9	JV Conference 5/24	29-06.5	

Pole Vault

Minnesota All-Time Best - 16-1.75, Calvin Ciganik, Mounds View, 2018
 LHS/LNHS Honor Roll Minimum Performance - 12-00
 LHS/LNHS Record - 15-0, Kyle Meyer, 2015
 2021 Section 1AA Qualifying Standard - 11-10
 2021 State Meet Qualifier - 13-10

Name, Grade	Meet	Height	notes (honor roll, etc)
Jack Kocher, 11,	LN 5/4	12'6	#10 on LNHS/LHS All-Time Honor Roll
Cole Maddio 10,	Shak	10'0	
Cole Maddio, 10,	LN 5/4	9'0	
Jamison Rowe, 9,	SSCC	8'6	
Christian Roepke, 9,	PL	7'6	

Shot Put

Minnesota All-Time Best - 65-08, Thomas Anderson, 2013
 LHS/LNHS Honor Roll Minimum Performance - 51-00.25

LHS/LNHS Record - 59-08.75, Jon Jellum, 1993
2021 Section 1AA Qualifying Standard - 46-1.75
2021 State Meet Qualifier - 54-06

<u>Name, Grade</u>	<u>Meet</u>	<u>Distance</u>	<u>notes (honor roll, etc)</u>
Ryan Dolejs	Section 1AA 6/12	42-04	
Connor Popp	SSC Relays 5/11	39-09.25	
Kyle Sindelir	JV Conference 5/24	38-07.5	

Discus

Minnesota All-Time Best - 201-07, Karl Erickson, 2001
LHS/LNHS Honor Roll Minimum Performance - 151-00
LHS/LNHS Record - 183-00, Jon Jellum, 1993
2021 Section 1AA Qualifying Standard - 139-03
2021 State Meet Qualifier - 158-02

<u>Name, Grade</u>	<u>Meet</u>	<u>Distance</u>	<u>notes (honor roll, etc)</u>
Ryan Dolejs	Apple Valley 4/15	126-07	
Connor Popp	SSC Championship 6/1	92-10	
Kyle Sindelir	SSC Championship 6/1	83-03	