

2016 Performance List

Girls Results

100m (Raceberryjam honor roll - 12.8 HT or 13.04 FAT)
Minnesota All-Time Best - 11.60, Wensia Johnson, 2013
LHS/LNHS Honor Roll Minimum Performance - 13.03
LHS/LNHS Record - 12.39, Sarah Sells, 1997 & Sophie Lasko, 2009
Section 1AA Qualifying Standard - 13.26
State Meet Qualifier - 12.57

Temí Carda, 11	TT Sections	12.92*
Grace Butler, 10	TT Sections	13.32
Christina Harrison, 10	SSC Championships	13.38
Bailey Naatjes, 11	Rosemount Meet	13.55
Sarah Babcock, 7	JV Conference	13.69
Paige Banham, 11	SSC Championships	13.70
Grace Sandberg, 8	JV Conference	13.78
Bailey McNulty, 11	JV Conference	13.92
Mikki Naatjes, 7	JV Conference	14.01
Megan Manes, 9	JV Conference	14.16
Dani Morris, 12	Farmington Invite	14.18
Jasmine Bussie, 9	JV Conference	14.29
Elise Griffith, 11	Rosemount Meet	14.30
Allyse Kleiber, 9	Rosemount Meet	14.30
Mikelle Naatjes, 7	Rosemount Meet	14.31
Olivia Reid, 9	JC Conference	14.43
Jayla Richardson, 8	JV Conference	14.48
Jose Liebl, 8	JV Conference	14.55
McKenna Nelson, 9	Rosemount Meet	14.61
Fiona Rouse, 9	JV Conference	14.79
Peyton Hefele, 9	Apple Valley Meet	14.94
Lucy Koss, 10	Farmington Invite	14.94
Jessica Mroska, 9	Rosemount Meet	15.03
Breanna Lindsey, 10	JV Conference	15.17
Nicole Cummings, 8	JV Conference	15.21
Morgan Adams, 8	JV Conference	15.35
Ellissa Chaouch, 9	Apple Valley Meet	15.74
Jenna Harrison, 8	Eastview Meet	15.6
Ilsa Khawaja, 8	Eastview Meet	15.6
Jordyn McKamie, 10	Eastview Meet	15.8
Emily Levin, 11	Rosemount Meet	16.21
Serena Bono, 12	Eastview Meet	16.8

200m (Raceberryjam honor roll - 26.5 HT or 26.74 FAT)
Minnesota All-Time Best - 23.93, Vanessa Claride, 2001
LHS/LNHS Honor Roll Minimum Performance - 26.93
LHS/LNHS Record - 25.73, Brooke Campbell, 2007
Section 1AA Qualifying Standard - 27.15
State Meet Qualifier - 25.54

Temí Carda, 11	TT Sections	26.80
Grace Butler, 10	SSC Championships	26.89
Christina Harrison, 10	SSC Championships	27.94
Anna Larson, 11	Wildcat Invite	28.3
Megan Kovacic, 9	Prior Lake Meet	28.46
Bailey McNulty, 11	JV Conference	28.58
Sarah Babcock, 7	JV Conference	28.63
Bailey Naatjes, 11	Eastview Meet	28.4
Paige Banham, 11	Apple Valley Meet	29.25
Olivia Reid, 9	Rosemount Meet	29.55
Allyse Kleiber, 9	Rosemount Meet	29.63
McKenna Nelson, 9	Rosemount Meet	29.65

(#21 All-Time LHS/LNHS Honor Roll)

Elise Griffith, 11	Rosemount Meet	29.79
Jasmine Bussie, 9	Farmington Invite	29.88
Megan Manes, 9	JV Conference	30.16
Tsega Getachew, 10	Prior Lake Meet	30.37
Grace Sandberg, 8	Rosemount Meet	30.71
Josie Liebl, 8	Prior Lake Meet	30.75
Molly Wilson, 12	Farmington Invite	31.06
Jenna Harrison, 8	Rosemount Meet	31.36
Alex Moorhouse, 11	Rosemount Meet	32.46
Elena Senftner, 10	Apple Valley Meet	32.56
Alyssa Smits, 10	JV Conference	31.94
Lisa Khawaja, 9	Rosemount Meet	32.91
Fiona Rouse	Eastview Meet	32.7

400m (Raceberryjam honor roll - 61.5 HT or 61.74 FAT)

Minnesota All-Time Best- 54.36, Vanessa Clarida,

LHS/LNHS Honor Roll Minimum Performance - 61.37

LHS/LNHS Record - 57.39, Brooke Campbell, 2007

Section 1AA Qualifying Standard - 62.31

State Meet Qualifier - 57.22

Grace Butler, 10	TT Sections	61.52*
Danielle Bellino, 10	Rosemount Meet	61.55*
Brooke Anderson, 12	SSC Championship	62.64
Temi Carda, 11	TT Sections	64.34
Megan Kovacic 9	Wildcat Invite	66.74
Jasmine Bussie, 9	SSC Championship	67.13
Brianna Styles, 9	Rosemount Meet	69.33
Molly Wilson, 12	Rosemount Meet	69.54
Allyse Klieber, 9	UW-River Falls Indoor	72.80
Elena Senftner, 10	Eastview Meet	72.60
Christina Jensen, 8	Rosemount Meet	79.01

800m (Raceberryjam honor roll - 2:24.0 HT or 2:24.24 FAT)

Minnesota All-Time Best - 2:08.24, Jeanne Kruckeberg, 1984

LHS/LNHS Honor Roll Minimum Performance - 2:22.87

LHS/LNHS Record - 2:10.77, Elizabeth Yetzer, 2004

Section 1AA Qualifying Standard - 2:26.80

State Meet Qualifier - 2:15.18

Ella Larson, 8	Section 1AA Championship	2:14.46	(#2 All-Time LHS/LNHS Honor Roll)
Danielle Bellino, 10	Section 1AA Championship	2:15.92	(#4 All-Time LHS/LNHS Honor Roll)
Emma Drangstveit, 11	TT Sections	2:26.00	
Taylor Loth, 12	Eastview Meet	2:29.20	
Kaori Zeller, 7	Wildcat Invitational	2:31.51	
Sofia Earle, 11	SSC Championship	2:31.83	
Brooke Anderson, 12	Eastview Meet	2:32.10	
Courtney Loth, 9	Wildcat Invitational	2:34.96	
Molly Wilson, 12	Mega Meet	2:37.99	
Elizabeth Swenson, 9	Apple Valley Meet	2:43.37	
Lauren McGillick, 9	Apple Valley Meet	2:48.84	
Emily Hillis, 9	Rosemount Meet	2:51.70	
Bri Styles, 9	Eastview Meet	2:52.00	
Isabel Demo, 9	JV Conference Meet	2:53.25	
Emmalyn Johnson, 9	JV Conference Meet	2:54.66	
Olivia Anderson, 9	Rosemount Meet	2:54.71	
Elena Senftner, 9	Rosemount Meet	2:55.16	
Ashley Lau, 11	Apple Valley Meet	3:02.61	
Grace Dietz, 12	JV Conference Meet	3:22.16	

1600m (Raceberryjam honor roll - 5:22.0 HT or 5:22.24 FAT)

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

LHS/LNHS Honor Roll Minimum Performance - 5:28.3

LHS/LNHS Record - 4:41.42, Elizabeth Yetzer, 2005**Section 1AA Qualifying Standard - 5:28.40****State Meet Qualifier - 5:00.97**

Taylor Loth, 12	Section 1AA Championship	5:13.36	(#7 All-Time LHS/LNHS Honor Roll)
Danielle Bellino, 10	TT Sections	5:19.99*	(#14 All-Time LHS/LNHS Honor Roll)
Emma Drangstveit, 11	TT Sections	5:20.92*	(#15 All-Time LHS/LNHS Honor Roll)
Ella Larson, 8	Rosemount Meet	5:23.44	(#18 All-Time LHS/LNHS Honor Roll)
Kaori Zeller, 7	SSC Championship	5:34.72	
Courtney Loth, 9	SSC Championship	5:37.49	
Elizabeth Swenson, 9	SSC Championship	5:43.60	
Kenzie Teague, 10	JV Conference Meet	5:52.92	
Monica Toussaint, 11	JV Conference Meet	6:05.15	
Lauren McGillick, 9	Wildcat Invitational	6:05.96	
Olivia Anderson, 9	Wildcat Invitational	6:06.52	
Isabel Demo, 9	Rosemount Meet	6:17.15	
Emily Hillis, 9	JV Conference Meet	6:21.04	
Emmalyn Johnson, 9	Rosemount Meet	6:47.51	

3200m (Raceberryjam honor roll - 11:54.0 HT or 11:54.24 FAT)**Minnesota All-Time Best - 10:06.98, Bria Wetsch, 2006****LHS/LNHS Honor Roll Minimum Performance - 11:47.40****LHS/LNHS Record - 10:08.56, Elizabeth Yetzer, 2006****Section 1AA Qualifying Standard - 11:59.02****State Meet Qualifier - 10:54.09**

Taylor Loth, 12	SSC Championship	11:34.48*	(#9 All-Time LHS/LNHS Honor Roll)
Emma Drangstveit, 11	SSC Championship	11:47.30*	(#17 All-Time LHS/LNHS Honor Roll)
Kaori Zeller, 7	SSC Championship	11:48.46*	(#20 All-Time LHS/LNHS Honor Roll)
Kenzie Teague, 10	TT Sections	12:35.75	
Olivia Anderson, 9	Eastview Meet	13:16.10	
Elizabeth Swenson, 9	Conference Relays	13:22.75	
Lauren McGillick, 9	Rosemount Meet	13:28.59	

100m HH (Raceberryjam honor roll - 16.6 HT or 16.84 FAT)**Minnesota All-Time Best - 14.21, Alexandra Williams, 2014****LHS/LNHS Honor Roll Minimum Performance - 17.28****LHS/LNHS Record - 14.24, Michaela Preachuk, 2015****Section 1AA Qualifying Standard - 16.61****State Meet Qualifier - 15.20**

Sam Ray, 12	SSC Championships	16.52*	
Dani Morris, 12	1AA Sections	16.72	(Tied #17 All-Time LHS/LNHS Honor Roll)
Elise Griffith, 11	Farmington Invite	18.21	
Anna Brandeen, 11	Prior Lake Meet	18.45	
Jenna Harrison, 8	JV Conference	19.04	
Ilsa Khawaja, 8	Prior Lake Meet	20.43	
Jessica Mroska, 9	Apple Valley Meet	23.14	

300m LH (Raceberryjam honor roll - 49.0 HT or 49.24 FAT)**Minnesota All-Time Best - 42.62, Liesa Bratang, 1987****LHS/LNHS Honor Roll Minimum Performance - 50.04****LHS/LNHS Record - 44.66, Sammy Laatsch, 2001****Section 1AA Qualifying Standard - 49.78****State Meet Qualifier - 45.14**

Anna Larson, 11	TT Sections	50.64	
Anna Brandeen, 11	JV Conference	51.47	
Sam Ray, 12	TT Sections	52.21	
Elise Griffith, 11	Farmington Invite	53.18	
Jenna Harrison, 8	JV Conference	55.13	
Ilsa Khawaja, 8	Prior Lake Meet	59.00	

4x100m relay (Raceberryjam honor roll - 52.5 HT or 52.74 FAT)**Minnesota All-Time Best - 47.21, Minneapolis Washburn, 2004****LHS/LNHS Honor Roll Minimum Performance - 50.93****LHS/LNHS Record - 48.32, Angie Anyaogu, Nicole Naatjes, Katrina Nicholson, Rachel Banham, 2010****State Meet Qualifier - 49.15**

Sarah Babcock, Christina Harrison, Paige Banham, Temi Carda
 Paige Banham, Grace Butler, Christina Harrison, Temi Carda
 Grace Sandberg, Christina Harrison, Paige Banham, Bailey Naatjes
 Grace Sandberg, Mikki Naajtes, Sarah Babcock, Alysse Kleiber
 Grace Sandberg, Temi Carda, Paige Banham, Bailey Naajtes
 Grace Sandberg, Mikki Naajtes, Sarah Babcock, Elise Griffin
 Megan Manes, Peyton Heffele, McKenna Nelson, Jessica Mroska
 Lucy Koss, Marissa Keeley, Emily Levine, Kendell Goodman
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Section 1AA	51.45*
SSC Championships	51.53
TT Sections	52.45
Prior Lake Invite	52.50
Eagan Invite	52.88
JV Conference	55.09
Rosemount	55.90
JV Conference	57.81
Prior Lake Invite	58.60

4x200m relay (Raceberryjam honor roll - 1:50.5 HT or 1:50.74 FAT)**Minnesota All-Time Best - 1:40.08, Hopkins, 2010****LHS/LNHS Honor Roll Minimum Performance - 1:48.79****LHS/LNHS Record - 1:43.21, Carrie Edmunds, Liz Kooistra, Katie Sheets, Jada Narveson, 2005****State Meet Qualifier - 1:43.72**

Anna Larson, Sarah Babcock, Christina Harrison, Paige Banham
 Anna Larson, Sarah Babcock, Mikelle Naatjes, Bailey Naatjes
 Anna Larson, Sarah Babcock, Mikelle Naatjes, Paige Banham
 Bailey Naajtes, Anna Larson, Anna Brandeen, Paige Banham
 Paige Banham, Anna Larson, McKenna Nelson, Allyse Kleiber
 Grace Sandberg, Bailey McNulty, Olivia Reid, Megan Manes

Section 1AA	1:51.67
TT Sections	1:51.86
SSC Championships	1:52.37
Rosemount	1:54.12
Wildcat Invite	1:54.79
PL Invite	2:01.94
Prior Lake Invite	2:05.90

4x400m relay (Raceberryjam honor roll - 4:15.0 HT or 4:15.24 FAT)**Minnesota All-Time Best - 3:51.26, Hopkins, 2011****LHS/LNHS Honor Roll Minimum Performance - 4:07.58****LHS/LNHS Record - 3:54.90, Brenna Carda, Kim Engel, Kayla Engel, Brooke Campbell, 2007****Section 1AA Qualifying Standard -****State Meet Qualifier - 3:57.35**

Ella Larson, Brooke Anderson, Danielle Bellino, Grace Butler
 Ella Larson, Emma Drangstveit, Brooke Anderson, Danielle Bellino
 Danielle Bellino, Ella Larson, Emma Drangstveit, Grace Butler
 Danielle Bellino, Ella Larson, Brooke Anderson, Anna Larson
 Brooke Anderson, Anna Larson, Taylor Loth, Courtney Loth
 Anna Larson, Sofia Earle, McKenna Nelson, Elise Griffith
 Sofia Earle, Monica Toussaint, Elizabeth Swenson, Bailey McNulty
 Megan Kovacic, Sofia Earle, Jasmine Bussie, Isabel Demo
 Elizabeth Swenson, Lauren McGillick, Elena Senftner, Monica Toussaint
 Bri Styles, Kaori Zeller, Emily Hillis, Elena Senftner

Section 1AA	4:02.91 (Tied #10 HR)
TT Section Meet	4:10.63*
Rosemount Meet	4:12.62
Mega Meet	4:13.81
Rosemount Meet	4:27.26
Conference Relays	4:34.81
JV Conference	4:39.68
Prior Lake Meet	4:42.70
Apple Valley Meet	4:43.91
Rosemount Meet	4:44.68

4x800m relay (Raceberryjam honor roll - 10:10.0 HT or 10:10.24 FAT)**Minnesota All-Time Best - 9:00.99, Minnetonka, 2005****LHS/LNHS Honor Roll Minimum Performance - 10:04.84****LHS/LNHS Record - 9:19.97, Ella Larson, Brooke Anderson, Emma Drangstveit, Danielle Bellino, 2016****State Meet Qualifier - 9:24.81**

Ella Larson, Brooke Anderson, Emma Drangstveit, Danielle Bellino
 Taylor Loth, Kaori Zeller, Courtney Loth, Brooke Anderson
 Monica Toussaint, Courtney Loth, Molly Wilson, Sofia Earle
 Isabel Demo, Emmalyn Johnson, Elena Senftner, Ashley Lau

MSHSL State	9:19.19.97 (#1 HR)
TT Section Meet	10:06.15
Conference Relays	10:48.41
JV Conference	11:44.01

High Jump (Raceberryjam honor roll - 5-0)**Minnesota All-Time Best - 5-11, Taylor Wiebke, Kasson-Mantorville, 2014****LHS/LNHS Honor Roll Minimum Performance - 5-00****LHS/LNHS Record - 5-6, Gretchen Hammond, 1981**

Section 1AA Qualifying Standard - 4-10.00**State Meet Qualifier - 5-4**

Jessica Montouri, 12	Mega Meet	5'2"*	(#11 All-Time LHS/LNHS Honor Roll)
Sarah Babcock, 7	Rosemount Meet	4'10"	
Alyssa Smits, 10	Prior Lake Invite	4'8"	
Sam Ray, 12	UW River Falls	4'6"	
Josie Liebl, 8	JV Conference	4'6"	
Marla Reuvers, 9	JV Conference	4'4"	
Lauren Snyder, 9	JV Conference	4'4"	
MaryGrace Wanda, 11	Eastview Meet	4'4"	

Long Jump (Raceberryjam honor roll - 16-0)**Minnesota All-Time Best - 19-10, Mia Barron, Minnetonka, 2014****LHS/LNHS Honor Roll Minimum Performance - 15-09.5****LHS/LNHS Record - 18-2.50, Angie Anyaogu, 2011****Section 1AA Qualifying Standard - 16-2.00****State Meet Qualifier - 17-4**

Temi Carda, 11	Eastview Meet	18'2"*	(#2 All-Time LHS/LNHS Honor Roll)
Bailey Naatjes, 11	Mega Meet	15'8.25"	
Mikki Naatjes, 7	Apple Valley Meet	15'6"	
Grace Sandberg, 8	JV Conference	15'3"	
Bailey McNulty, 11	Eastview Meet	15'0.5"	
Allyse Kleiber, 9	Prior Lake Meet	14'6"	
Olivia Reid, 9	Rosemount Meet	14'0.5"	
Lucy Koss, 10	JV Conference	13'10"	
Jessica Mroska, 9	Rosemount Meet	13'6"	
McKenna Nelson, 9	Rosemount Meet	13'5.25"	
Sarah Babcock, 7	Rosemount Meet	13'3"	
Megan Manes, 9	Eastview Meet	13'2.25"	
Fiona Rouse, 9	Apple Valley Meet	13'0.25"	
Alyssa Smits, 10	Apple Valley Meet	12'11"	
Breanna Lindsey, 10	JV Conference	12'8"	
Nicole Cummings, 8	Prior Lake Meet	12'6.5"	
Marissa Keeley, 11	Prior Lake Meet	12'3.75"	
Morgan Adams, 8	Farmington Meet	12'2.75"	
Jayla Richardson, 7	Farmington Meet	12'2.5"	
Peyton Heffele, 9	Apple Valley Meet	11'5"	

Triple Jump (Raceberryjam honor roll - 33-4)**Minnesota All-Time Best - 41-1.75, Jordan Helgren, Wayzata, 2008****LHS/LNHS Honor Roll Minimum Performance - 32-00****LHS/LNHS Record - 37-2.25, Angie Anyaogu, 2011****Section 1AA Qualifying Standard - 33-5.75****State Meet Qualifier - 36-7**

Lauren McDonald, 12	Farmington Meet	32'7.5"	(#19 All-Time LHS/LNHS Honor Roll)
Sam Ray, 12	Rosemount Meet	31'6.75"	
Tsega Getachew, 10	SSC Championships	31'6"	
Jessica Montouri, 12	SSC Relays	30'1.75"	
Anna Larson, 11	SSC Relays	29'0.75"	
Macy Winter, 9	Prior Lake Meet	28'8"	
Anika Weber, 10	Eagan Wildcat Invite	25'8"	

Pole Vault (Raceberryjam honor roll - 9-0)**Minnesota All-Time Best - 13-4, Stacie Manuel, 2000****LHS/LNHS Honor Roll Minimum Performance - 9-00****LHS/LNHS Record - 11-9, Nicole Naatjes, 2011****Section 1AA Qualifying Standard - 9-2.00****State Meet Qualifier - 11-2**

Bailey Naatjes, 11	Eastview	9'6"	(Tied #8 All-Time LHS/LNHS Honor Roll)
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Molly Wilson, 12	Eagan	8'0
Dani Morris, 12.	River Falls	7'6
Lauren McDonald, 12	Eastview	7'6
Mikki Naatjes, 7	Apple Valley	7'0
Jasmine Bussie, 9	Apple Valley	6'6
Emmalyn Johnson, 9.	Apple Valley	6'0

Shot Put (Raceberryjam honor roll - 34-6)

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 - 35-4.00

State Meet Qualifier - 40-8

Madi Moorhouse, 11	MSHSL State	42-11.75*	(#4 All-Time LHS/LNHS Honor Roll)
Anika Weber, 10	True Team Meet	37-06*	(#20 All-Time LHS/LNHS Honor Roll)
Katie Wilson, 12	Rosemount Meet	36-01.50*	
Macy Winter, 9	SSC Championships	34-9	
Lara Manikowski, 10	Eastview Meet	33-9	
Taylor McNulty, 10	Rosemount Meet	27-03.50	
Madi Drent, 11	JV Championships	28-05.00	
Payton Drent, 9	Rosemount Meet	24-10.00	

Discus (Raceberryjam honor roll - 107-6)

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 - 105-7

State Meet Qualifier - 130-10

Anika Weber, 10	Farmington Meet	118-11*	(#16 All-Time LHS/LNHS Honor Roll)
Katie Wilson, 12	Eastview Meet	114-02*	(#22 All-Time LHS/LNHS Honor Roll)
Lara Manikowski, 10	Eastview Meet	104-09	
Madi Moorhouse, 11	Apple Valley Meet	103-11	
Macy Winter, 9	Rosemount Meet	96-00	
Taylor McNulty, 10	Eastview Meet	88-0	
Madi Drent	Prior Lake Meet	85-1	
Payton Drent, 9	Apple Valley Meet	68-7	

Boys Results

100m (Raceberryjam honor roll - 11.1 HT or 11.34 FAT)

Minnesota All-Time Best - 10.45, Ibrahim Kabia, 2003

LHS/LNHS Honor Roll Minimum Performance - 11.44

LHS/LNHS Record - 10.78, Nicholas Nelson, 2009

Section 1AA Qualifying Standard - 11.69

State Meet Qualifier - 11.14

Alex Hunter, 11	SSC Championships	11.19*	(#13 All-Time LHS/LNHS Honor Roll)
Riley Grim, 12	Section 1AA	11.44	(Tied #24 All-Time LHS/LNHS Honor Roll)
Evan Erickson, 11	SSC Championships	11.56	
Wade Sullivan, 11	SSC Championships	11.58	
Logan Freeburg, 7	JV Conference	11.83	
Richard Whorton, 11	JV Conference	11.94	
Jack Larish, 11	JV Conference	12.13	
Seth Pond, 9	JV Conference	12.21	
Zachary Amborn, 11	JV Conference	12.22	
James Megarry, 11	Mega Meet	12.26	
Derrin Carr, 8	JV Conference	12.34	
Daniel Fenske, 11	JV Conference	12.34	
Dylan Smith, 11	JV Conference	12.42	
Anthony Stone, 11	JV Conference	12.46	
Chris Reisinger, 9	JV Conference	12.46	

Gandi Kelly, 12	TT Sections	12.48
Jakeel Lucas, 9	JV Conference	12.54
Brian Curtis, 9	Rosemount Meet	12.65
Silas Adamson, 10	Rosemount Meet	12.68
Reed Smith, 11	Rosemount Meet	12.85
Rayn Dalrymple, 10	JV Conference	12.86
Benjamin Wagner, 10	JV Conference	13.04
Anders Engwall, 11	JV Conference	13.13
Derrick Carr, 8	JV Conference	13.19
Jacob Smith, 10	Rosemount Meet	13.35
Evan Peterson, 9	Rosemount Meet	13.36
Christopher Tomzak, 9	JV Conference	13.68
Hunter Willman, 11	JV Conference	13.71
Isaiah Hafen, 9	Rosemount Meet	13.94
Trevor Thompson, 11	Rosemount Meet	13.97
Jeremy Ziemer, 11	Rosemount Meet	14.00
Seth Pelkie, 12	JV Conference	14.42
Issac Griffin, 9	JV Conference	15.30

100m - Wheelchair Division

Minnesota All-Time Best - - 21.70, Jayson Gorton, Buffalo, 2015

LHS/LNHS Record - 19.90, Jonathan Laing, 2016

Jonathan Laing	SSC Championships	19.90
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200m (Raceberryjam honor roll - 22.9 HT or 23.14 FAT)

Minnesota All-Time Best - 20.92, Jon Boyd, 2004

LHS/LNHS Honor Roll Minimum Performance - 23.76

LHS/LNHS Record - 21.76, Josh Wilske, 1997

Section 1AA Qualifying Standard - 23.83

State Meet Qualifier - 22.34

Alex Hunter, 11	SSC Championships	22.90	(#9 All-Time LHS/LNHS Honor Roll)
Gandi Kelly, 12	SSC Championships	22.99	
Wade Sullivan, 11	Section 1AA	23.54	(Tied #24 All-Time LHS/LNHS Honor Roll)
Patrick Koss, 12	SSC Championships	23.75	
Riley Grim, 12	Wildcat Invite	24.10	
Evan Erickson, 11	Mega Meet	24.43	
Richard Whorton, 11	JV Conference	24.46	
Zach Amborn, 11	JV Conference	24.71	
Jack Larish, 11	Rosemount Meet	25.10	
Daniel Fenske, 11	JV Conference	25.13	
Chris Reisinger, 9	JV Conference	25.51	
Matthieu Meredith, 11	JV Conference	25.52	
Derrin Carr, 8	JV Conference	25.65	
Payton Miller, 12	JV Conference	25.99	
Silas Adamson, 10	Rosemount Meet	26.00	
Dylan Smith, 11	Rosemount Meet	26.18	
Jacob Smith, 10	JV Conference	27.24	
Anthony Alojado, 8	Rosemount Meet	27.25	
Hunter Willman, 11	JV Conference	27.57	
Anders Engwall, 11	JV Conference	27.66	
Derrick Carr, 10	Apple Valley Meet	27.72	
Cameron Sand, 9	JV Conference	28.69	
Seth Pelkie, 12	Apple Valley Meet	29.15	
Issac Griffin, 9	Apple Valley Meet	31.26	

200m - Wheelchair Division

Minnesota All-Time Best - - 37.57, Jayson Gorton, Buffalo, 2015

LHS/LNHS Record - 36.47, Jonathan Laing, 2016

Jonathan Laing, 12	SSC Championships	36.47
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400m (Raceberryjam honor roll - 51.7 HT or 51.94 FAT)
Minnesota All-Time Best - 47.18, Quinn Evans, 2007
LHS/LNHS Honor Roll Minimum Performance - 53.71
LHS/LNHS Record - 49.85, Chase Fetzek, 2002
Section 1AA Qualifying Standard - 54.29
State Meet Qualifier - 49.25

Justin Paschall, 12	Section 1AA	53.13	(#18 All-Time LHS/LNHS Honor Roll)
Jack German, 10	SSC Championships	54.12	
Sion Boguszewicz, 10	SSC Championships	55.27	
Alex Hunter, 11	TT Sections	56.59	
Patrick Koss, 12	TT Sections	56.82	
Jacob Young, 8	Mega Meet	56.86	
Mathieu Merideth, 11	Mega Meet	57.26	
Reed Smith, 11	Rosemount Meet	57.30	
Jacob Langenfeld, 9	SSC Championships	57.53	
Anthony Alojado, 8	Rosemount Meet	58.41	
Seth Pond, 9	Wildcat Invite	58.85	
Spencer Fossey, 10	Apple Valley Meet	59.74	
Jakeel Lucas, 9	Rosemount Meet	62.82	
Jeremy Ziemer, 11	Rosemount Meet	69.92	

800m (Raceberryjam honor roll - 2:01.0 HT or 2:01.24 FAT)
Minnesota All-Time Best - 1:48.64, Zach Mellon, 2008
LHS/LNHS Honor Roll Minimum Performance - 2:02.5
LHS/LNHS Record - 1:54.34, Tyler King, 2008
Section 1AA Qualifying Standard - 2:05.91
State Meet Qualifier - 1:55.54

Collin VanDussen, 12	Wildcat Invite	2:03.82
Justin Paschall, 12	Wildcat Invite	2:07.90
Duncan Ince, 11	SSC Championships	2:07.97
Evan El-Halawani, 11	Rosemount Meet	2:09.33
Tyler Osen, 9	SSC Championships	2:09.90
Connor Bach, 12	Rosemount Meet	2:11.94
Hudson Fredericks, 11	SSC Championships	2:12.25
Jack German, 10	Rosemount Meet	2:12.93
Jacob Beckstrom, 12	Wildcat Invite	2:13.22
Dawson Ashley, 9	Apple Valley	2:16.19
Mathieu Merideth, 12	Apple Valley	2:16.99
Connor Glinski, 10	JV Conference	2:18.16
Anthony Alojado, 8	JV Conference	2:21.62
Anthony Baratto, 10	Farmington Invite	2:21.78
Evan Peterson, 9	Apple Valley	2:24.54
Sion Boguszewics, 10	Mega Meet	2:24.85
Seth Pelkie, 12	Apple Valley	2:26.13
Jack O'Donnell, 10	Mega Meet	2:28.84
Nathan Christenson, 10	Rosemount Meet	2:29.39
Cole Zeller, 10	Eastview Meet	2:29.5
Joe Quaal, 10	Eastview Meet	2:29.7
Trevor Paschall, 10	Prior Lake	3:30.00
Aiden Regan, 8	Rosemount Meet	2:31.86
Josh Dagastino, 10	Rosemount Meet	2:33.69
Derek Carr, 10	Eastview Meet	2:34.0
Jacob Thornton, 10	Apple Valley	2:36.11

1600m (Raceberryjam honor roll - 4:33.0 HT or 4:33.24 FAT)
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
Section 1AA Qualifying Standard - 4:41.03
State Meet Qualifier - 4:16.83

Collin VanDussen, 12	SSC Championships	4:31.04
Justin Paschall, 12	TT Sections	4:42.76
Connor Bach, 12	Mega Meet	4:46.95
Will McKinley, 10	SSC Championships	4:51.38
Duncan Ince, 11	Mega Meet	4:53.17
Tyler Osen, 9	Mega Meet	4:54.73
Jacob Beckstrom, 12	River Falls	4:58.39
Dawson Ashley, 9	Farmington Invite	5:00.08
Hudson Frederick, 11	Wildcat Invite	5:03.00
Jack German, 10	Wildcat Invite	5:03.89
Trevor Paschall, 10	Farmington Invite	5:12.09
Jacob Langenfeld, 9	Rosemount	5:15.02
Joe Quaal, 10	JV Conference	5:15.62
Ben Drangstveit, 8	Rosemount	5:19.45
Aiden Regan, 8	JV Conference	5:19.61
Max Omdal, 11	Rosemount	5:20.13
Elliot Bach, 9	Rosemount	5:20.62
Cole Zeller, 10	JV Conference	5:25.72
Jack O'Donnell, 10	Prior Lake	5:25.75
Nathan Christenson, 10	JV Conference	5:28.59
Connor Glinski, 10	Eastview	5:33.1
Josh Dagastino, 10	Farmington Invite	5:36.50
Anthony Baratto, 10	Prior Lake	5:38.02

3200m (Raceberryjam honor roll - 9:58.0 HT or 9:58.24 FAT)

Minnesota All-Time Best - 8:43.09, Elliott Heath, 2007

LHS/LNHS Honor Roll Minimum Performance - 10:09.6

LHS/LNHS Record - 9:08.6, Dave Morrison, 1979

Section 1AA Qualifying Standard - 10:22.21

State Meet Qualifier - 9:13.30

Justin Paschall, 12	SSC Championships	10:00.98
Connor Bach, 12	SSC Championships	10:10.63
Jacob Beckstrom, 12	SSC Championships	10:15.42
Collin VanDussen, 12	Mega Meet	10:19.89
Will McKinley, 10	TT Sections	10:26.58
Jack O'Donnell, 10	JV Conference	11:25.08
Dawson Ashley, 9	Rosemount	11:25.84
Elliot Bach, 9	SSC Relays	11:33.18

(#19 All-Time LHS/LNHS Honor Roll)

110m HH (Raceberryjam honor roll - 15.6 HT or 15.84 FAT)

Minnesota All-Time Best - 13.85, Rick Schroeder, 1981

LHS/LNHS Honor Roll Minimum Performance - 16.17

LHS/LNHS Record - 14.64, Evan El-Halawani, 2016

Section 1AA Qualifying Standard - 15.98

State Meet Qualifier - 14.95

Evan El-Halawani, 11	MSHSL State	14.64*
Kyle Meyer, 12	Section 1AA	15.20*
Luke Blascziek, 10	Prior Lake Meet	17.26

(#1 All-Time LHS/LNHS Honor Roll)

(#4 All-Time LHS/LNHS Honor Roll)

300m IH (Raceberryjam honor roll - 41.6 HT or 41.84 FAT)

Minnesota All-Time Best - 36.38, RJ Alowonle, 2012

LHS/LNHS Honor Roll Minimum Performance - 43.5

LHS/LNHS Record - 38.07, Evan El-Halawani, 2016

Section 1AA Qualifying Standard - 42.20

State Meet Qualifier - 39.28

Evan El-Halawani, 11	MSHSL State	38.07*
Kyle Meyer, 12	TT Sections	43.01
Logan Freeburg, 7	TT Sections	44.49
Luke Blascziek, 10	SSC Championships	46.31
Spencer Fosse, 10	Mega Meet	50.11

(#1 All-Time LHS/LNHS Honor Roll)

4x100m relay (Raceberryjam honor roll - 45.2 HT or 45.46 FAT)**Minnesota All-Time Best - 41.67, Lakeville North, 2009****LHS/LNHS Record - 41.67, Trevor Jellum Jonny Anyaogu, Nathan Sayler, Nicholas Nelson, 2009****Section 1AA Qualifying Standard -****State Meet Qualifier - 43.11**

Evan Erickson, Alex Hunter, Wade Sullivan, Riley Grim	Mega Meet	43.53* (#13 HR)
Evan Erickson, Gandi Kelly, Wade Sullivan, Riley Grim	Rosemount Meet	44.49
Josh Post, Logan Finne, Payton Miller, Matt Meredith	Apple Valley Meet	46.89
Matt Merideth, Payton Miller, Logan Freeburg, Logan Finne	JV Conference	47.23
Seth Pond, Anthony Stone, Josh Post, Payton Miller	PL Invite	48.34
Richard Wharton, Zack Amborn, Dylan Smith, Jack Larish	JV Conference	48.57
Payton Miller, Derrick Carr, Brian Curtis, Evan Peterson	Mega Meet	49.04
Chris Reisinger, Derrin Carr, Evan Peterson, Brian Curtis	PL Invite	49.53
Silas Adamson, Jack Larish, Dylan Smith, Brian Curtis	Apple Valley Meet	49.46
Payton Miller, Logan Freeburg, Richard Whorton, Jacob Young	Rosemount Meet	50.00
Evan Peterson, Brian Curtis, Anthony Aojado, Seth Pond	JV Conference	54.43

4x200m relay (Raceberryjam honor roll - 1:34.0 HT or 1:34.24 FAT)**Minnesota All-Time Best - 1:26.92, Wayzata, 2013****LHS/LNHS Record - 1:27.86, James Ewer, Forrest Randall, Tom Mazula, Justin Suss, 2005****Section 1AA Qualifying Standard -****State Meet Qualifier - 1:29.56**

Evan Erickson, Patrick Koss, Wade Sullivan, Alex Hunter	Section 1AA	1:32.09 (#7 HR)
Patrick Koss, Riley Grim, Wade Sullivan, Alex Hunter	Hamline Elite	1:32.27* (#8 HR)
Evan Erickson, Gandi Kelly, Wade Sullivan, Alex Hunter	Eastview	1:32.34 (#10 HR)
Patrick Koss, Evan Erickson, Wade Sullivan, Riley Grim	TT Sections	1:33.41 (#14 HR)
Justin Babcock, Jacob Young, Jack Larish, Patrick Koss	Eagan Invite	1:38.04
Justin Babcock, Patrick Koss, Jack Larish, Jacob Young	Mega Meet	1:38.40
Logan Freeburg, Jacob Young, Richard Whorton, Justin Babcock	Rosemount Meet	1:40.13
Ryan Dalrymple, Derrin Carr, Payton Miller, Jacob Young	Apple Valley Meet	1:41.37
Seth Pond, Richard Whorton, Zach Amborn, Payton Miller	PL Invite	1:42.62
Silas Adamson, Dylan Smith, Chris Reisinger, Derrin Carr	PL Invite	1:44.97

4x400m relay (Raceberryjam honor roll - 3:34.0 HT or 3:34.24 FAT)**Minnesota All-Time Best - 3:14.47, Mounds View****LHS/LNHS Record - 3:26.9, Dave Johnson, John Tuma, Joachim Koester, Carl Trabant, 1980****Section 1AA Qualifying Standard -****State Meet Qualifier - 3:22.79**

Evan El-Halawani, Jack German, Dawson Ashley, Justin Paschall	SSC Championships	3:35.01 (#20 HR)
Evan El-Halawani, Jack German, Sion Boguszewicz, Justin Paschall	Section 1AA	3:35.45 (#21 HR)
Evan El-Halawani, Evan Erickson, Justin Paschall, Jack German	TT Sections	3:38.59
Justin Paschall, Jack German, Sion Boguszewicz, Jacob Langenfeld	Mega Meet	3:45.50
Derrin Carr, Evan Peterson, Dylan Smith, Anthony Aojado	Apple Valley Meet	3:53.33
Tyler Osen, Trevor Paschall, Connor Glinski, Dawson Ashley	Farmington Invite	3:53.70
Justin Paschall, Connor Bach, Duncan Ince, Hudson Frederick	Eastview Meet	3:54.7
Justin Paschall, Connor Bach, Collin VanDussen, Trevor Paschall	Rosemount Meet	3:54.79
Tyler Osen, Trevor Paschall, Connor Glinski, Dawson Ashley	JV Conference	3:54.81
Derek Carr, Darren Carr, Evan Peterson???, Anthony Baratto	Farmington Invite	3:55.77
Payton Miller, Seth Pond, Jack Larish Matt Mathieu	Wildcat Invite	3:56.6
Sion Boguszewicz, Evan Peterson, Reed Smith, Jack Larish	Prior Lake Meet	4:01.45
Anthony Aojado, Derrin Carr, Dawson Ashley, Trevor Paschall	Prior Lake Meet	4:06.98
Tyler Osen, Ben Drangstveit, Elliot Bach, Jacob Langenfeld	Rosemount Meet	4:07.28
Sion Boguszewicz, Nathan Christenson, Anthony Baratto, Connor Glinski	Rosemount Meet	4:08.02
Josh Dagastino, Joe Quaal, Aiden Regan, Nathan Christenson	Farmington invite	4:08.21
Jacob Langenfeld, Dawson Ashley, Cole Zeller, Anthony Baratto	Apple Valley Meet	4:08.43
Jack German, Will McKinley, Jack O'Donnell, Dawson Ashley	Rosemount Meet	4:09.84
Josh Dagastino, Joe Quaal, Aiden regan, Nathan Christenson	JV Conference	4:10.15
Dawson Ashley, Ben Drangstveit, Elliot Bach, Jacob Langenfeld	Eastview Meet	4:13.1

Aiden Regan, Josh Dagastino, Joe Quaal, Jacob Thornton	Apple Valley Meet	4:14.67
Aiden Regan, Joe Quaal, Jacob Thornton, Sion Boguszweicz	Eastview Meet	4:22.4
Trevor Paschall, Connor Glinski, Nathan Christenson, Cole Zeller	Eastview Meet	4:24.4
Joe Quaal, Aiden Regan, Josh Dagastino, Jacob Thornton	Rosemount Meet	4:29.65

4x800m relay (Raceberryjam honor roll - 8:31.0 HT or 8:31.24 FAT)

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

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

Section 1AA Qualifying Standard -

State Meet Qualifier - 7:59.59

Jack German, Jacob Beckstrom, Duncan Ince, Justin Paschall	SSC Championships	8:41.14
Jack German, Hudson Fredericks, Jacob Beckstrom, Duncan Ince	TT Sections	8:42.51
Jack German, Hudson Fredericks, Jacob Langenfeld, Duncan Ince	SSC Relays	9:13.39
Hudson Fredericks, Duncan Ince, Max Omdal, Connor Bach	Eastview Meet	9:21.7
Dawson Ashley, Ben Drangstveit, Elliot Bach, Jacob Langenfeld	Mega Meet	9:23.22
Justin Paschall, Max Omdal, Trevor Paschall, Jack O'Donnell	River Falls	9:32.51
Jack O'Donnell, Nathan Christenson, Aiden Regan, Cole Zeller	Prior Lake Meet	10:09.23

High Jump (Raceberryjam honor roll - 6-0)

Minnesota All-Time Best - 7-1, Raver, 1973 & Markuson, 1993

LHS/LNHS Record - 6-8.75, Darrin Christensen, 1982

Section 1AA Qualifying Standard - 5-10.75

State Meet Qualifier - 6-4

Alex Hunter, 11	TT Sections	6'0"*	(Tied #7 All-Time LHS/LNHS Honor Roll)
Derrick Carr, 10	JV Conference	5'8"	
Ezekial Nnaji, 9	River Falls Indoor	5'6"	
Luke Blaszczek, 10	True Team	5'6"	
Isaiah Hafen, 9	Rosemount Meet	5'2"	
Dylan Smith 10	Apple Valley	5'2"	
Payton Miller 12	Apple Valley	5'2"	

Long Jump (Raceberryjam honor roll - 20-5)

Minnesota All-Time Best - 24-9.25, Von Shepard, 1982

LHS/LNHS Honor Roll Minimum Performance - 19-11

LHS/LNHS Record - 23-6, James Ewer, 2005

Section 1AA Qualifying Standard - 19-6.25

State Meet Qualifier - 21-9

Gandi Kelly, 12	River Falls Indoor	20'0"
JR Megarry, 11	Mega Meet	19'9"
Riley Grim, 12	Mega Meet	19'7.75"
Evan Erickson, 11	SSC Relays	19'1.25"
Alex Hunter, 11	Farmington Meet	18'11"
Jack Larish, 11	SSC Championships	18'7"
Mathieu Merideth, 11	Rosemount Meet	18'5"
Justin Babcock, 11	Mega Meet	18'0.75"
Wade Sullivan, 11	SSC Relays	17'9.25"
Evan Peterson, 9	Apple Valley Meet	17'9"
Jacob Young, 8	Eastview Meet	17'6.75"
Anthony Alojado, 8	Eastview Meet	17'4"
Payton Miller, 12	Apple Valley Meet	17'2.5"
Derrick Carr, 10	Eastview Meet	17'1.75"
Chris Reisinger, 9	Eastview Meet	17'1"
Hunter Willman, 11	Apple Valley Meet	16'7.5"
Isaiah Hafen, 9	JV Conference	15'2.5"
Seth Pelkie, 12	JV Conference	14'4"
Chris Tomzak, 10	Eastview Meet	14'3"

Triple Jump (Raceberryjam honor roll - 41-4)

Minnesota All-Time Best - 50-4.5, Mike Sandle, 2011

LHS/LNHS Honor Roll Minimum Performance - 39-11.5

LHS/LNHS Record - 45-10, James Ewer, 2005**Section 1AA Qualifying Standard - 40-0.25****State Meet Qualifier - 44-10**

Kyle Meyer, 12	Rosemount Meet	40'3.5"	(#21 All-Time LHS/LNHS Honor Roll)
Mathieu Merideth, 11	True Team Sections	40'3.25"	(#23 All-Time LHS/LNHS Honor Roll)
Justin Babcock, 11	River Falls Indoor	40'0.5"	
Evan El-Halawani, 11	River Falls Indoor	39'0.25"	
Payton Miller, 12	Eastview Meet	35'11.5"	

Pole Vault (Raceberryjam honor roll - 12-3)**Minnesota All-Time Best - 16-0, Grant Kreiger, 2013****LHS/LNHS Record - 14-8, Kyle Meyer, 2015****Section 1AA Qualifying Standard - 12-0.00****State Meet Qualifier - 13-9**

Kyle Meyer, 12	SSC Relays	15'0*	(#1 All-Time LHS/LNHS Honor Roll)
Justin Babcock, 11	Mega meet	12'0	(Tied #16 All-Time LHS/LNHS Honor Roll)
Daniel Fenske, 11	JV Conference	11'0	
JR Megarry, 11	Mega meet	9'0	
Trevor Thompson, 11	JV Conference	8'6	
Cameron Sand, 9	JV Conference	7'6	

Shot Put (Raceberryjam honor roll - 49-0)**Minnesota All-Time Best - 65-8, Thomas Anderson, 2013****LHS/LNHS Honor Roll Minimum Performance - 51-00.25****LHS/LNHS Record - 59-8.75, Jon Jellum, 1993****Section 1AA Qualifying Standard - 47-5.50****State Meet Qualifier - 54-10**

Charles Vogel, 12	Farmington Meet	47-11
Ryan Melin, 11	SSC Championship	47-00
Will Mostaert, 9	Wildcat Meet	45-4.25
Brent Laing, 11	Mega Meet	45-02.25
Tom Dunnett, 11	Mega Meet	41-2.50
Cam DeVries, 12	MegaMeet	42-0.50
William Schneider, 10	SSC JV Meet	38-08.25
Andrew Patullo, 12	Eastview Meet	36-3.5
Seth Bacon, 12	Rosemount Meet	34-6
Bryce Benhart, 9	SSC JV Meet	36-2
Jack Hansen, 9	SSC JV Meet	38-06.75
Eric Xiong	Apple Valley Meet	35
Caleb Whitsitt, 12	SSC JV Meet	33-00.25
Tyreese Peterson, 9	Apple Valley Meet	30-1.5
Alex McFadden, 9	Rosemount Meet	31-5
Kobe Schroeder, 9	Apple Valley Meet	30-01.5
Josh Post, 11	Rosemount Meet	38-02.5

Shot Put - Wheelchair Division**Minnesota All-Time Best - 20-00.75, Mark Braun, Irondale, 2012****LHS/LNHS Record - 22-09, Jonathan Laing, 2016**

Jonathan Laing	Rosemount Meet	22-09
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Discus (Raceberryjam honor roll - 142-6)**Minnesota All-Time Best - 201-7, Karl Erickson, 2001****LHS/LNHS Honor Roll Minimum Performance -****LHS/LNHS Record - 183-0, Jon Jellum, 1993****Section 1AA Qualifying Standard - 137-1****State Meet Qualifier - 155-10**

Brent Laing	Section 1AA	145-08
Tom Dunnett	Rosemount meet	131-08

Cam DeVries	Apple Valley Meet	123-04
Josh Post	Rosemount meet	120-05
Seth Bacon	SSC JV meet	121-03
Ryan Melin	Eastview meet	113-05
Will Schneider	SSC JV meet	117-09
Will Mostaert	Rosemount meet	106-06
Andrew Patullo	Eastview meet	100-03
Alex McFadden	SSC JV meet	104-05
Charles Vogel	Eastview meet	87-08
Eric Young	Eastview meet	86-03.5
Anthony Stone	Eastview meet	85-06
Jack Hansen	Apple Valley meet	84-07
Bryce Benhart	Eastview meet	83-02.5
Caleb Whitsitt	Apple Valley meet	88-10
Kobe Schroeder	Rosemount meet	82-09
Tyreese Peterson	Rosemount meet	66-05
Eric Xiong	Rosemount Meet	89-09

Discus - Wheelchair Division

Minnesota All-Time Best - 58-08, Mark Braun, Irondale, 2012

LHS/LNHS Record - 39-10, Jonathan Laing, 2016

Jonathan Laing	SSC Championships	41-08
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* Denotes performances worthy on raceberryjam.com