

## Lions Coed Relay Track Meet - 4/25/2024

## Maple Lake High School

## Results

## Girls 100 Meter Hurdles Relay

Name	Yr	School	Finals	
<b>Finals</b>				
1 Buehler, Madison	10	Howard Lake-	18.16	2.7
2 Rauschendorfer, Mary	10	Dassel-Cokat	18.35	3.3
3 Aho, Laina	12	Dassel-Cokat	18.81	3.3
4 Earley, Teagan	9	Zimmerman	18.85	2
5 Remer, Olivia	9	Howard Lake-	18.99	2.7
6 Zeidler, Lily	10	Dassel-Cokat	20.33	3.3
7 Walberg, Peyton	7	Maple Lake	21.00	1.3
8 Eastlack, Cooper	10	Howard Lake-	21.56	2.7
9 Litchey, Abigail	7	Holdingford	21.99	
10 Smith, Lola	9	Zimmerman	22.15	2
11 Johnson, Lily	9	Zimmerman	22.25	2
12 Poseley, Ava	10	Zimmerman	22.43	
13 Lang, Eve	7	Maple Lake	23.57	1.3
14 Chouinard, Stephanie	8	Maple Lake	23.72	1.3
15 Hofer, Grace	9	St. John's P	23.97	
16 Muyres, Layla	7	Holdingford	25.57	

## Girls 300 Meter Hurdles Relay

Name	Yr	School	Finals	
<b>Finals</b>				
1 Remer, Olivia	9	Howard Lake-	52.70	3.3
2 Tepley, Jackie	12	Howard Lake-	53.84	3.3
3 Walberg, Peyton	7	Maple Lake	54.46	2.7
4 Buehler, Madison	10	Howard Lake-	57.46	3.3
5 Theis, Ellie	7	Holdingford	57.88	
6 Sagerhorn, Gabby	8	St. John's P	1:00.23	2
7 Litchey, Abigail	7	Holdingford	1:01.22	
8 Chouinard, Stephanie	8	Maple Lake	1:05.84	2.7
9 Lang, Eve	7	Maple Lake	1:07.54	2.7
10 Elsenpeter, Evelyn	7	Maple Lake	1:09.48	
11 Keyser, Natalie	11	St. John's P	1:12.41	2
12 Hofer, Grace	9	St. John's P	1:14.48	2

## Girls 4x100 Meter Relay Freshmen

Team	Relay	Finals
<b>Finals</b>		
1 Zimmerman	A	53.56 10
2 Maple Lake	A	56.63 8
3 Zimmerman	B	x57.50
4 Holdingford	A	1:01.03 6
5 Dassel-Cokato	A	1:01.30 4
6 Maple Lake	B	x1:01.99
7 Howard Lake-	A	1:03.01 3
8 Maple Lake	C	x1:03.50
9 St. John's Prep	A	1:03.82 2
10 Holdingford	B	x1:03.87
11 Maple Lake	D	x1:08.91

## Girls 400 Sprint Medley

Team	Relay	Finals
<b>Finals</b>		
1 Zimmerman	A	54.23 10

2 Dassel-Cokato	A	57.46 8
3 Maple Lake	A	59.65 6
4 Howard Lake-	A	1:01.01 4
5 Holdingford	A	1:01.36 3
6 Maple Lake	B	x1:03.93
7 St. John's Prep	A	1:06.84 2
8 Maple Lake	C	x1:07.65

## Girls 800 Sprint Medley

Team	Relay	Finals
<b>Finals</b>		
1 Maple Lake	A	2:00.70 10
2 Holdingford	A	2:02.09 8
3 Dassel-Cokato	A	2:05.12 6
4 St. John's Prep	A	2:13.37 4
5 Zimmerman	A	2:20.35 3
6 Howard Lake-	A	2:28.29 2
7 Maple Lake	B	x2:28.57
8 Holdingford	B	x2:31.16

## Girls Distance Medley

Team	Relay	Finals
<b>Finals</b>		
1 Holdingford	A	4:38.90 10
2 St. John's Prep	A	4:45.22 8
3 Howard Lake-	A	4:48.20 6
4 Zimmerman	A	4:55.60 4
5 Maple Lake	A	4:58.74 3
6 Dassel-Cokato	A	5:07.62 2
7 Maple Lake	B	x5:42.43

## Girls High Jump Relay

Name	Yr	School	Finals
<b>Finals</b>			
1 Rotz, Marissa	12	Zimmerman	4-10.00 2.7
2 Thorson, Victoria	10	Howard Lake-	4-08.00 3.3
2 Sorenson, Capri	9	Howard Lake-	4-08.00 3.3
4 Valencia, Isabelle	12	Zimmerman	4-06.00 2.7
4 Mosey, Jada	12	Holdingford	4-06.00
6 Kramer, Addison	11	Maple Lake	J4-06.00 2
7 Koch, Alaina	10	Howard Lake-	J4-06.00 3.3
8 Como, Avery	8	Maple Lake	4-04.00 2
9 Hall, Joanna	12	Maple Lake	4-02.00 2
10 Asplin, Karmen	9	Dassel-Cokat	4-00.00 1.3
10 Lohoff, Mia	11	Zimmerman	4-00.00 2.7
10 Holmquist, Sophia	9	Dassel-Cokat	4-00.00 1.3
13 Kramber, Ava	9	Dassel-Cokat	3-00.00 1.3

## Girls Pole Vault Relay

Name	Yr	School	Finals
<b>Finals</b>			
1 Anderson, Addison	10	Dassel-Cokat	9-03.00 3.3
2 Poppler, Dani	12	Howard Lake-	7-06.00 2.7
3 Poseley, Ava	10	Zimmerman	7-00.00
3 Harren, Kenzie	10	Holdingford	7-00.00
5 Enerson, McKenna	9	Dassel-Cokat	6-06.00 3.3

## Lions Coed Relay Track Meet - 4/25/2024

## Maple Lake High School

## Results

## Finals ... (Girls Pole Vault Relay)

Name	Yr	School	Finals
5 Diakite, Angelika	10	Holdingford	6-06.00
7 Kelly, Unity	12	Howard Lake-	J6-06.00 2.7
8 Bekkala, Charlotte	10	Dassel-Cokat	J6-06.00 3.3
8 Wendorf, Brooke	9	Zimmerman	J6-06.00
10 Torblaa, Abby	11	Maple Lake	6-00.00 2
11 Tepley, Jackie	12	Howard Lake-	5-00.00 2.7
11 Anderson, Carmyn	10	Maple Lake	5-00.00 2
13 Uecker, Khloe	8	Maple Lake	J5-00.00 2

## Girls Long Jump Relay

Name	Yr	School	Finals
1 Rotz, Marissa	12	Zimmerman	17-00.50 3.3
2 Mitchell, Carly	9	Holdingford	16-04.50 2.7
3 Kiebel, Alex	11	Maple Lake	15-06.50 1
4 Peters, Lindsay	11	Zimmerman	15-05.75 3.3
5 Rotz, Christina	9	Zimmerman	15-03.00 3.3
6 Breth, Rilee	10	Holdingford	14-09.50 2.7
7 Aho, Laina	12	Dassel-Cokat	14-05.50 1.3
8 Koch, Alaina	10	Howard Lake-	J14-05.50 2
9 Christensen, Saraven	11	Dassel-Cokat	14-05.25 1.3
10 Tepley, Jackie	12	Howard Lake-	14-02.00 2
11 Valencia, Isabelle	12	Zimmerman	13-11.75
12 Boonstra, Alexis	10	Howard Lake-	13-07.00 2
13 Turner, Brooklyn	7	Maple Lake	13-06.50 1
14 Swenson, Addison	11	Zimmerman	13-04.50
15 Butturff, Devinity	10	Howard Lake-	13-02.50
16 Niemela, Erica	10	Dassel-Cokat	13-02.00 1.3
17 Smith, Lola	9	Zimmerman	13-01.50
18 Welinski, Shailyn	11	Holdingford	12-11.00 2.7
19 Gnitka, Amber	12	Howard Lake-	12-09.50
20 Rowe, Avery	11	Maple Lake	12-09.00 1
21 Westling, Izzy	10	St. John's P	J12-09.00 0.7
22 Bobrowske, Abbie	11	Howard Lake-	12-06.50
23 Mamedov, Jessica	10	St. John's P	12-03.00 0.7
24 Lohoff, Mia	11	Zimmerman	11-09.25
25 Duffy, Margaret	9	St. John's P	11-08.25 0.7
26 Rice, Archer	9	Zimmerman	11-04.25
27 Hernandez, Ekhine	12	Maple Lake	10-07.50
28 Rauch, Afton	9	St. John's P	10-02.75
29 Tamm, Larissa	10	Maple Lake	9-10.50
30 Boyce, Izzy	8	St. John's P	8-09.50
--- Krautbauer, Zimil	11	Maple Lake	ND

## Girls Triple Jump Relay

Name	Yr	School	Finals
1 Hogan, Kaisa	12	Zimmerman	32-11.25 3.3
2 Rotz, Christina	9	Zimmerman	31-04.25 3.3
3 Rowe, Avery	11	Maple Lake	30-10.25 2
4 Walberg, Peyton	7	Maple Lake	30-07.50 2
5 Hohbein, Makenna	12	Holdingford	29-10.75 2.7
6 Westling, Izzy	10	St. John's P	28-11.00
7 Sand, Kirstyn	12	Holdingford	28-09.25 2.7

8 LeBlanc, Felicity	12	Holdingford	28-00.50 2.7
9 Fiecke, Ava	10	Howard Lake-	28-00.00 1.3
10 Lanars, Aleah	11	Howard Lake-	27-03.00 1.3
11 Welinski, Shailyn	11	Holdingford	27-02.75
12 Bouley, Marissa	8	Zimmerman	26-07.00 3.3
13 Schmidt, Ally	9	Howard Lake-	25-11.75 1.3
14 Thomas, Victoria	12	Maple Lake	24-10.50 2
15 Lodermeier, Natasha	10	Maple Lake	23-06.25
16 Jo, Sooji	11	Maple Lake	23-00.00
17 Morato, Mar	10	Maple Lake	18-04.50
--- Johnson, Lily	9	Zimmerman	ND

## Girls Shot Put Relay

Name	Yr	School	Finals
1 Koch, Lexi	12	Howard Lake-	38-01.50 2.7
2 Lee, Avery	11	Maple Lake	33-03.00 2
3 Hohbein, Makenna	12	Holdingford	30-06.00 3.3
4 Gedde, Josie	10	Dassel-Cokat	29-02.00 1.3
5 LeBlanc, Felicity	12	Holdingford	28-10.50 3.3
6 Gulickson, Keira	10	Zimmerman	27-07.00 1
7 Salmen, Kaisa	12	Dassel-Cokat	27-03.00 1.3
8 Reither, Grace	11	Howard Lake-	26-08.50 2.7
9 Pellett, Morgan	11	Holdingford	26-06.00 3.3
10 Zeidler, Carly	12	Dassel-Cokat	26-02.00 1.3
11 Johannes, Kendra	12	Holdingford	26-00.00
12 Lee, Claire	7	Maple Lake	25-07.00 2
13 Duvall, Lauren	10	Zimmerman	25-00.00 1
14 Lee, Taylor	8	Maple Lake	24-01.00 2
15 Martinson, Lauren	9	St. John's P	23-07.00 0.7
16 Chalich, Brianna	10	St. John's P	22-11.00 0.7
17 Dulka, Bella	7	St. John's P	22-10.00 0.7
18 Palmer, Alayna	9	Zimmerman	22-08.00 1
19 Isder, Kendall	12	Holdingford	22-07.00
20 Fremo, Maia	8	St. John's P	21-08.50
21 Reiker, Joella	8	St. John's P	20-09.00
22 Peters, Lindsay	11	Zimmerman	20-04.00
23 Cruz, Clara	9	Howard Lake-	19-04.00 2.7
24 Burris, Madison	11	St. John's P	16-09.00
25 Rowe, Ainsley	7	Maple Lake	16-01.00
26 Stanina, Brianna	11	Zimmerman	14-09.00
27 Swenson, Addison	11	Zimmerman	12-05.00

## Girls Discus Throw Relay

Name	Yr	School	Finals
1 Koch, Lexi	12	Howard Lake-	96-06 1.3
2 Zeidler, Carly	12	Dassel-Cokat	95-04 2.7
3 Duvall, Lauren	10	Zimmerman	94-07 2
4 Reither, Grace	11	Howard Lake-	91-00 1.3
5 Hohbein, Makenna	12	Holdingford	87-05 3.3
6 LeBlanc, Felicity	12	Holdingford	85-07 3.3
7 Zeidler, Lily	10	Dassel-Cokat	85-03 2.7
8 Palmer, Alayna	9	Zimmerman	72-03 2
9 Gulickson, Keira	10	Zimmerman	72-02 2
10 Pellett, Morgan	11	Holdingford	71-02 3.3

Lions Coed Relay Track Meet - 4/25/2024

Maple Lake High School

Results

Finals ... (Girls Discus Throw Relay)

Name	Yr	School	Finals
11 Lee, Claire	7	Maple Lake	67-08 0.7
12 Reiker, Joella	8	St. John's P	67-06 1
13 Johannes, Kendra	12	Holdingford	67-02
14 Martinson, Lauren	9	St. John's P	62-04 1
15 Isder, Kendall	12	Holdingford	60-11
16 Wieweck, Chloe	10	Dassel-Cokat	60-03 2.7
17 Chalich, Brianna	10	St. John's P	58-04 1
18 Dulka, Bella	7	St. John's P	51-03
19 Lee, Taylor	8	Maple Lake	49-02 0.7
20 Elsenpeter, Evelyn	7	Maple Lake	47-06 0.7
21 Rowe, Ainsley	7	Maple Lake	46-02
22 Baker, Emily	12	Zimmerman	45-06
23 Cruz, Clara	9	Howard Lake-	44-03 1.3
24 Swenson, Addison	11	Zimmerman	24-04

Boys 110 Meter Hurdles Relay

Name	Yr	School	Finals
1 Brown, Hayden	12	Howard Lake-	15.96 2.7
2 Sales, Gavin	10	Holdingford	16.37 2
3 Gallagher, Mick	11	Dassel-Cokat	16.90 3.3
4 Vaale, Corbin	11	Zimmerman	17.40 1.3
5 Asplin, Erik	12	Dassel-Cokat	18.18 3.3
6 Asplin, Ryan	9	Dassel-Cokat	18.92 3.3
7 Knott, Jaxon	10	Howard Lake-	19.17 2.7
8 Riviere, Gus	12	Maple Lake	19.58
9 Figallo, Rainer	12	St. John's P	19.66
10 Krattenmaker, Grant	9	Holdingford	19.84 2
11 Eberhard, Orin	9	Howard Lake-	19.85 2.7
12 Murphy, Nolan	10	Howard Lake-	20.35
13 Fiedler, Hunter	12	Zimmerman	20.55 1.3
14 Johannes, Trevor	10	Holdingford	21.31 2
15 Dircks, Hayden	10	Maple Lake	21.40
16 Roman, Tucsen	12	Zimmerman	21.41 1.3
17 Jenc, Brodrick	12	Zimmerman	22.14
18 Hogan, Markus	10	Zimmerman	23.05

Boys 300 Meter Hurdles Relay

Name	Yr	School	Finals
1 Gallagher, Mick	11	Dassel-Cokat	42.41 3.3
2 Brown, Hayden	12	Howard Lake-	43.05 2
3 Gross, Carter	11	Holdingford	43.96 2.7
4 Asplin, Erik	12	Dassel-Cokat	44.47 3.3
5 Knott, Jaxon	10	Howard Lake-	45.73 2
6 Krattenmaker, Grant	9	Holdingford	45.75 2.7
7 Asplin, Ryan	9	Dassel-Cokat	46.42 3.3
8 Haglin, Alan	12	Maple Lake	46.81 1.3
9 Sales, Gavin	10	Holdingford	46.89 2.7
10 Riviere, Gus	12	Maple Lake	47.14 1.3
11 Eberhard, Orin	9	Howard Lake-	48.91 2
12 Figallo, Rainer	12	St. John's P	50.68 1
13 Crue, Thomas	9	St. John's P	51.37 1
14 Murphy, Nolan	10	Howard Lake-	51.47

15 Rodney, Eaden	9	Zimmerman	53.82
16 Mahowald, Ryan	9	St. John's P	54.13 1
17 Dircks, Hayden	10	Maple Lake	57.21 1.3
18 Jentzsch, Logan	12	Zimmerman	59.76
19 Newman, Aksel	9	St. John's P	1:03.09
--- Schultz, Timothy	12	Zimmerman	DQ

Boys 4x100 Meter Relay Freshmen

Team	Relay	Finals
1 Holdingford	A	47.74 10
2 Dassel-Cokato	A	49.70 8
3 Zimmerman	A	54.27 6
4 Zimmerman	B	x57.81
5 Howard Lake-	A	57.98 4
6 St. John's Prep	A	58.27 3
7 Maple Lake	A	1:00.09 2
8 Holdingford	B	x1:03.09
9 Maple Lake	B	x1:08.24

Boys 400 Sprint Medley

Team	Relay	Finals
1 Dassel-Cokato	A	47.84 10
2 Zimmerman	A	48.54 8
3 Holdingford	A	48.96 6
4 Maple Lake	A	49.68 4
5 Maple Lake	B	x54.66
6 Howard Lake-	A	54.87 3
7 St. John's Prep	A	54.95 2
8 Maple Lake	C	x1:04.11

Boys 800 Sprint Medley

Team	Relay	Finals
1 Holdingford	A	1:39.42 10
2 Dassel-Cokato	A	1:42.57 8
3 Maple Lake	A	1:47.59 6
4 Howard Lake-	A	1:48.03 4
5 Zimmerman	A	1:53.39 3
6 Howard Lake-	B	x1:59.10
7 Maple Lake	B	x2:01.79

Boys Distance Medley

Team	Relay	Finals
1 Holdingford	A	3:48.58 10
2 St. John's Prep	A	4:18.80 8
3 Howard Lake-	A	4:20.42 6
4 Dassel-Cokato	A	4:21.15 4
5 Maple Lake	A	4:24.51 3
6 Zimmerman	A	4:26.37 2
7 Howard Lake-	B	x4:35.02
8 Maple Lake	B	x4:35.44

## Lions Coed Relay Track Meet - 4/25/2024

## Maple Lake High School

## Results

## Boys High Jump Relay

Name	Yr	School	Finals	
<b>Finals</b>				
1 Webber, Timmy	10	Howard Lake-	6-00.00	2.7
2 Hofer, Dawson	9	Holdingford	5-10.00	3.3
3 Gross, Carter	11	Holdingford	5-08.00	3.3
4 Smock, Elijah	9	Dassel-Cokat	5-06.00	2
5 Greene, Drystin	12	Howard Lake-	5-04.00	2.7
6 Hoffmann, Caleb	10	Dassel-Cokat	5-02.00	2
6 Jenc, Brodrick	12	Zimmerman	5-02.00	1.3
8 Eberhard, Orin	9	Howard Lake-	5-00.00	2.7
8 Streit, Nolan	12	Holdingford	5-00.00	3.3
10 Carl, Jonathon	12	Maple Lake	4-10.00	1
11 Peterson, Hans	11	Maple Lake	4-08.00	1
11 Luthens, Chase	10	Dassel-Cokat	4-08.00	2
13 Jentzsch, Logan	12	Zimmerman	J4-08.00	1.3
14 Hass, Mason	12	Zimmerman	4-00.00	1.3
14 Peterson, Hunter	7	Maple Lake	4-00.00	1

## Boys Pole Vault Relay

Name	Yr	School	Finals	
<b>Finals</b>				
1 Matheson, Porter	12	Howard Lake-	11-00.00	
2 Vaale, Corbin	11	Zimmerman	10-00.00	
3 Gustafson, Broden	10	Holdingford	9-06.00	3.3
4 Bengston, Mason	12	Holdingford	J9-06.00	3.3
5 Mills, Garrett	9	Dassel-Cokat	9-00.00	2.7
6 Kivisto, Henry	9	Dassel-Cokat	J9-00.00	2.7
7 Stoeber, Blake	9	Maple Lake	8-00.00	2
8 Martini, Cameron	10	Holdingford	7-06.00	3.3
9 Anglin, Logan	11	Maple Lake	7-00.00	2
10 Gottwalt, Simon	9	Holdingford	6-06.00	
11 Decker, Sullivan	9	Dassel-Cokat	6-00.00	2.7
12 Menz, Luke	9	Zimmerman	J6-00.00	
13 Borgert, David	9	Maple Lake	J6-00.00	2
--- Karels, Isaiah	12	Howard Lake-	NH	
--- Medina, Hector	12	Howard Lake-	NH	
--- Englund, Gavin	10	Zimmerman	NH	

## Boys Long Jump Relay

Name	Yr	School	Finals	
<b>Finals</b>				
1 Okoro, Kingsley	12	Maple Lake	20-00.75	1.3
2 Gillman, Monte	12	Dassel-Cokat	19-11.50	2
3 Buehrer, Henry	12	St. John's P	19-01.50	1
4 Christopherson, Liam	12	Howard Lake-	19-00.75	3.3
5 Sales, Gavin	10	Holdingford	18-10.25	2.7
6 Webber, Timmy	10	Howard Lake-	18-08.50	3.3
7 Burau, Bruce	12	Howard Lake-	18-02.50	3.3
8 Sand, Kameron	10	Holdingford	18-01.75	2.7
9 Frink, Garrett	11	Holdingford	18-00.25	2.7
10 Smock, Caleb	11	Dassel-Cokat	17-05.50	2
11 Wick, Wyatt	10	Zimmerman	17-03.25	0.7
12 Wegner, Nolan	10	Zimmerman	16-07.75	0.7
13 Asplin, Erik	12	Dassel-Cokat	16-01.50	2

14 Aasen, Joe	10	Maple Lake	15-11.50	1.3
15 Carl, Jonathon	12	Maple Lake	J15-11.50	1.3
16 Ruesink, Aaron	12	St. John's P	15-07.25	1
17 Hansen, Nick	12	St. John's P	15-06.50	1
18 Zillmer, Keenan	11	Howard Lake-	14-11.00	
19 Hass, Mason	12	Zimmerman	13-11.75	0.7
20 Ertel, Carter	9	Maple Lake	13-07.50	
21 Limanen, Kyle	9	Dassel-Cokat	12-11.50	
22 Chlan, Brolin	9	Maple Lake	12-11.00	
23 Peterson, Charlie	9	Maple Lake	11-11.00	
--- Spence, Mason	10	Zimmerman	ND	
--- Brown, Hayden	12	Howard Lake-	ND	
--- Meyer, Zach	12	St. John's P	ND	

## Boys Triple Jump Relay

Name	Yr	School	Finals	
<b>Finals</b>				
1 Spsychala, Liam	11	St. John's P	37-11.50	
2 Hansen, Nick	12	St. John's P	37-06.25	
3 Knott, Jaxon	10	Howard Lake-	37-04.25	2.7
4 Wick, Wyatt	10	Zimmerman	37-03.50	1.3
5 Sand, Kameron	10	Holdingford	37-00.50	3.3
6 Mochinski, Mason	12	Howard Lake-	36-11.50	2.7
7 Sales, Gavin	10	Holdingford	36-10.00	3.3
8 Krattenmaker, Caleb	10	Holdingford	J36-10.00	3.3
9 Smock, Elijah	9	Dassel-Cokat	36-07.00	2
10 Webber, Timmy	10	Howard Lake-	36-02.75	2.7
11 Lind, Nick	12	Maple Lake	35-09.00	1
12 Franklin, Caiden	10	Dassel-Cokat	34-00.00	2
13 Seijdel, Hunter	10	Dassel-Cokat	33-10.25	2
14 Jenc, Brodrick	12	Zimmerman	33-08.75	1.3
15 Schurmann, Jack	9	Howard Lake-	31-10.75	
16 Christopherson, Liam	12	Howard Lake-	30-04.00	
17 Jentzsch, Logan	12	Zimmerman	29-00.00	1.3
18 Tulenich, Vander	8	Maple Lake	28-04.75	1
19 Larson, Gabe	9	Howard Lake-	25-08.25	
20 Terzich, Lucas	9	Maple Lake	21-08.00	1

## Boys Shot Put Relay

Name	Yr	School	Finals	
<b>Finals</b>				
1 Winston, Octavius	11	Dassel-Cokat	45-05.50	3.3
2 Courtright, Carter	11	Maple Lake	42-00.00	0.7
3 Ailie, Markus	12	Dassel-Cokat	40-04.00	3.3
4 Cruz, Aidan	12	Howard Lake-	38-04.00	2.7
5 Ruesink, Aaron	12	St. John's P	37-02.00	1.3
6 Berg, Johnny	10	Dassel-Cokat	36-01.00	3.3
7 Lindenfelser, Thomas	10	Howard Lake-	35-03.50	2.7
8 Westbrook, Parker	10	Holdingford	35-00.00	2
9 Wentland, Chris	10	Holdingford	34-10.00	2
10 Pawelk, Lucas	11	Howard Lake-	34-08.00	2.7
11 Gibson, Wyatt	10	Zimmerman	34-00.00	1
12 Streit, Nolan	12	Holdingford	33-09.50	2
13 Goldsberry, Orrin	10	Dassel-Cokat	33-07.00	
14 Aderman, Jacob	9	Zimmerman	J33-07.00	1
15 Johnson, Anthony	10	St. John's P	33-00.00	1.3

Lions Coed Relay Track Meet - 4/25/2024

Maple Lake High School

Results

Finals ... (Boys Shot Put Relay)

Name	Yr	School	Finals
16 Krattenmaker, Caleb	10	Holdingford	32-11.00
17 Sale, Jaxon	12	Howard Lake-	32-08.00
18 Thompson, Vincent	11	Holdingford	32-05.50
19 Revermann, Bradley	10	Holdingford	32-03.00
20 Kerkow, Dalton	12	Maple Lake	31-01.00 0.7
21 Heroux, Anthony	11	St. John's P	30-00.50 1.3
22 Buehrer, Henry	12	St. John's P	29-07.00
23 Kirk, Benjamin	12	Zimmerman	28-05.00 1
24 Cooke, Devin	9	Zimmerman	28-03.00
25 Spychala, Liam	11	St. John's P	27-09.00
26 Forcier, Jack	12	Howard Lake-	27-04.00
27 Walstrom, John	12	Howard Lake-	26-04.00
28 Hintgen, Leo	7	St. John's P	25-06.00
29 Cholfin, Aiden	12	Zimmerman	24-08.00
30 Zieba, Ryan	12	Zimmerman	24-04.00
31 Montesinos, Alejandro	12	Maple Lake	19-05.00 0.7

Boys Discus Throw Relay

Name	Yr	School	Finals
1 Decker, Jacob	12	Dassel-Cokat	135-02 3.3
2 Winston, Octavius	11	Dassel-Cokat	130-02 3.3
3 Courtright, Carter	11	Maple Lake	124-05 1
4 Ruesink, Aaron	12	St. John's P	115-10 1.3
5 Krattenmaker, Caleb	10	Holdingford	113-02 2
6 Gedde, Sam	11	Dassel-Cokat	112-05 3.3
7 Cruz, Aidan	12	Howard Lake-	100-05 2.7
8 Karels, Isaiah	12	Howard Lake-	97-07 2.7
9 Diers, Logan	10	Howard Lake-	96-11 2.7
10 Gibson, Wyatt	10	Zimmerman	96-04 0.7
11 Westbrook, Parker	10	Holdingford	95-07 2
12 Aderman, Jacob	9	Zimmerman	87-05 0.7
13 Revermann, Bradley	10	Holdingford	85-00 2
14 Goldsberry, Orrin	10	Dassel-Cokat	82-01
15 Spychala, Liam	11	St. John's P	J82-01 1.3
16 Johnson, Anthony	10	St. John's P	81-09 1.3
17 Lindenfesler, Thomas	10	Howard Lake-	J81-09
18 Gutierrez, Jesus	10	Howard Lake-	80-03
19 Thompson, Vincent	11	Holdingford	76-08
20 Cooke, Devin	9	Zimmerman	76-03 0.7
21 Heroux, Anthony	11	St. John's P	75-00
22 Haglin, Alan	12	Maple Lake	J75-00 1
23 Pawelk, Lucas	11	Howard Lake-	69-02
24 Kerkow, Dalton	12	Maple Lake	66-00 1
--- Wentland, Chris	10	Holdingford	ND

Mixed 1600 Meter Run Relay

Name	Yr	School	Finals
1 Hansen, Nick	M12	St. John's P	4:59.48 2.5
2 McMahon, Connor	M7	St. John's P	4:59.52 2.5
3 Pauly, Olivia	W12	St. John's P	5:05.47 2.5
4 Koivisto, Tate	M11	Dassel-Cokat	5:09.03 1
5 Johnson, Calvin	M10	Dassel-Cokat	5:09.60 1

6 Klish, Owen	M11	Holdingford	5:12.15 1.5
7 Eldred, Jackson	M9	Howard Lake-	5:18.30 2
8 Ruzanic, Louise	W11	St. John's P	5:26.29 2.5
9 Michels, Gabriel	M12	Howard Lake-	5:32.75 2
10 Penk, Brett	M11	St. John's P	5:38.55
11 Wiskur, Logan	M9	Zimmerman	5:39.05
12 Eberhard, Ivan	M12	Howard Lake-	5:47.79 2
13 Stoeber, Blake	M9	Maple Lake	5:48.59 0.8
14 Nelson, Drake	M12	Zimmerman	5:50.04
15 Martini, Cameron	M10	Holdingford	5:50.38 1.5
16 Kuznia, Cade	M11	Howard Lake-	5:53.97 2
17 Gallagher-Mancini, Adrian	M8	St. John's P	5:54.89
18 Schelper, Owen	M12	St. John's P	5:57.55
19 Stoeber, Tristin	M11	Maple Lake	5:59.18 0.8
20 Anglin, Lauren	W8	Maple Lake	6:09.38 0.8
21 Zulganj, John	M7	St. John's P	6:09.61
22 Lenzmeier, Lauren	W8	St. John's P	6:09.78
23 Johnson, Izabellah	W8	Dassel-Cokat	6:17.69 1
24 Bechtold, Sylvie	W11	St. John's P	6:19.87
25 Mrosla, Loretta	W10	Holdingford	6:22.90 1.5
26 Hartung, Neila	W9	Holdingford	6:25.67 1.5
27 Sand, Kirstyn	W12	Holdingford	6:30.28
28 Uecker, Khloe	W8	Maple Lake	6:47.45 0.8
29 Bechtold, Leah	W8	St. John's P	7:02.77
30 Heinen, Holly	W10	Holdingford	7:17.06
31 Sagerhorn, Gabby	W8	St. John's P	7:18.40
32 Kronenberg, Jenna	W10	Maple Lake	7:22.10
33 Anderson, Miriam	W11	Dassel-Cokat	7:37.58 1
34 Amundson, Ellynn	W10	Dassel-Cokat	7:44.85
--- Stonelake, Jake	M9	Dassel-Cokat	X5:12.90
--- Johnson, Nicodemus	M10	Dassel-Cokat	X5:13.13
--- Wilzbacher, Jack	M10	St. John's P	X5:14.41
--- Josephson, Parker	M9	Dassel-Cokat	X5:18.20
--- McIntyre, Lane	M10	St. John's P	X5:18.98
--- Johnson, Graham	M9	Dassel-Cokat	X5:19.35
--- Meyer, Zach	M12	St. John's P	X5:25.64
--- Schurmann, Jack	M9	Howard Lake-	X5:43.44
--- Boonstra, Jack	M12	Howard Lake-	X5:47.98
--- Jiminez, Maliki	M9	Dassel-Cokat	X5:49.18
--- Schlude, Hendrick	M9	St. John's P	X6:01.07
--- Christopherson, Owen	M9	Dassel-Cokat	X6:02.02
--- Mrosla, Samuel	M8	Holdingford	X6:02.18
--- Paech, Carter	M10	Dassel-Cokat	X6:04.48
--- Mahowald, Megan	W12	St. John's P	X6:06.30
--- Luke, Austen	M10	Zimmerman	X6:08.02
--- McKee, Noah	M10	Dassel-Cokat	X6:09.20
--- Wegner, Nolan	M10	Zimmerman	X6:19.99
--- Herzog, Gabe	M11	Dassel-Cokat	X6:23.79
--- Lodermeier, Ryne	M10	Maple Lake	X6:29.70
--- Bechtold, Ellen	W8	St. John's P	X6:34.00
--- Ertel, Carter	M9	Maple Lake	X6:35.17
--- Nguyen, Benjamin	M9	Zimmerman	X6:40.98
--- Bechtold, Lucy	W8	St. John's P	X6:44.44
--- Kirk, Benjamin	M12	Zimmerman	X6:51.11
--- Jentsch, Logan	M12	Zimmerman	X6:56.87
--- Calderas, Hannah	W10	St. John's P	X7:16.76

Lions Coed Relay Track Meet - 4/25/2024

Maple Lake High School

Results

Finals ... (Mixed 1600 Meter Run Relay)			
Name	Yr	School	Finals
---		Hoffmann, Caleb	M10 Dassel-Cokat X7:18.21

Mixed 4x100 Meter Relay Weightmen's			
Team	Relay	Finals	
<b>Finals</b>			
1	Maple Lake	A	50.65 10
2	Holdingford	A	52.81 8
3	Dassel-Cokato	A	54.10 6
4	Howard Lake-	A	55.42 4
5	Zimmerman	A	57.49 3
6	Maple Lake	B	x59.72
7	St. John's Prep	A	1:03.53 2

Mixed 4x100 Meter Relay			
Team	Relay	Finals	
<b>Finals</b>			
1	Dassel-Cokato	A	48.47 10
2	Maple Lake	A	49.03 8
3	Holdingford	A	50.68 6
4	Howard Lake-	A	53.71 4
5	Zimmerman	A	55.27 3
6	St. John's Prep	A	59.25 2
7	Maple Lake	B	x1:04.25

Mixed 4x200 Meter Relay			
Team	Relay	Finals	
<b>Finals</b>			
1	Howard Lake-	A	1:44.18 10
2	Holdingford	A	1:44.83 8
3	Dassel-Cokato	A	1:45.79 6
4	Maple Lake	A	1:46.75 4
5	St. John's Prep	A	1:55.89 3
6	Maple Lake	B	x2:01.16
7	Zimmerman	A	2:25.14 2

Mixed 4x400 Meter Relay			
Team	Relay	Finals	
<b>Finals</b>			
1	Holdingford	A	3:57.45 10
2	Maple Lake	A	4:03.72 8
3	Howard Lake-	A	4:05.15 6
4	Dassel-Cokato	A	4:09.13 4
5	Howard Lake-	B	x4:10.09
6	Zimmerman	A	4:11.94 3
7	St. John's Prep	A	4:34.63 2
8	Maple Lake	B	x4:46.33

Mixed 4x800 Meter Relay			
Team	Relay	Finals	
<b>Finals</b>			
1	Dassel-Cokato	A	9:34.68 10
2	St. John's Prep	A	9:40.61 8
3	Maple Lake	A	10:11.34 6
4	Zimmerman	A	10:13.32 4
5	Howard Lake-	A	10:28.76 3

6	Holdingford	A	10:49.23	2
---	-------------	---	----------	---

Mixed 4x1200 Meter Relay				
Team	Relay	Finals		
<b>Finals</b>				
1	Dassel-Cokato	A	16:16.47	10
2	St. John's Prep	A	16:47.29	8
3	Zimmerman	A	16:47.64	6
4	Maple Lake	A	17:16.44	4
5	Holdingford	A	17:20.61	3

Combined Team Scores - 31 Events Scored	
1) Holdingford	206
2) Dassel-Cokato	206
3) Howard Lake-Waverly-Winsted	181
4) Maple Lake	151
5) Zimmerman	129
6) St. John's Prep	91