

Shot Put

1

2

3

Cole Howard
 Aspen Park
 Matt McDonald
 Kyle Wise
 Maxx Gentry
 Joe Stohl
 Sam Bridges
 Cody Brower
 Ian Larson
 Heath Henderson
 Gabe Desplinter

x	30'1	27'8.5
24'5	23'3.5	24'1/4
22'9	21'7 3/4	24'1/4
20'8	20'9	20'9
22'2	17'9 1/2	22'5
18'2	x	17'5 1/2
17'8 1/2	17' 6 1/4	17'3 1/2
18'11	18' 9 1/2	17' 5 1/2
22'1 1/2	22' 5	23'7
16'5	18'9 1/2	19'6
11' 5 1/2	20'2	20'3

Long Jump

Ryver Griffin
 Arlan Tiedeman
 Drew Rapps
 Jarran Nordstrom
 Adam Deyoung
 Nick Swain
 Reed Vanderheyden
 TJ Mattan
 Ben Ford
 Jordan Iwinski
 Ryan Mahsem

13'8	13'8.5	13'3
9'11	x	9'2
14'3	14'6	x
15'4	15'6	16'3.75
10'2	11'9	11'9
10'2	10'6	11'3.5
12'4	12'6	12'2
8'10	9'4	x
9'11.5	8'4	9'10
3'8	4'3	5'6

High Jump

Cameron Darin
Brandon Kisner
Hunter Draminski

4'2
3'6
3'8

55 Hurdles

Time

Reed Vanderheyden
Jack Hinton
Nick Swain
Shane Holmstrom

10.2
10.1

11.1

55 Dash

Time

Cameron Darin
Arlan Tiedeman
Jordan Iwinski
Blake Burklund
Brandon Kisner
Jarron Nordstrom
Drew Rapps
Hunter Olson
Maxx Gentry
Adam Deyoung
Adam Wells
Cole Howard

7.9
10.9
9.4
8.8
9.4
7.2
7.6
8.6
8.2
7.7
9.4
8.9

1600 Meter Run**Time**

Ben Ford

6:36

Adam Wells

4 x 200 Meter Relay*Relay #1***Split**

Hunter Olson

37.3

Ryver Griffin

32.2

Adam Deyoung

28.2

Nick Swain

35.4

Time

02:13.5

Relay #2

Jarron Nordstrom

27.1

Jack Hinton

31

Drew Rapps

29.9

Cameron Darin

30

Time

01:57.3

Relay #3

Heath Henderson

34.6

Aspen Park

31.8

Shane Holmstrom

34.9

Blake Burklund

34.3

Time

02:15.7

400 Meter Dash**200 Meter Dash**

Shane Holmstrom
 Hunter Draminski
 Jordan Iwinski
 Ben Ford

32.8
33.4
39.1
36.1

800 Meter Run

Time

TJ Mattan

2:50

4 x 400 Meter Relay
Relay #1

Split

Nick Swain
 Drew Rapps
 Jack Hinton
 Blake Duncan

1.26.6
01:02.3
01:13.2
01:15.1

Time

04:57.9

Relay #2

Adam Deyoung
 Jarron Nordstrom
 Ryver Griffin
 Cameron Darin

01:12.4
01:03.6
01:09.9
01:10.5

Time

04:36.1