

MCAA Championships - 5/18/2023

Championship Stadium

Results

Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Kehoe, Amanda	8	Nla/Lila	13.39 10
2 Fritel, Madisen	11	Spectrum	13.51 8
3 Shearer, Frankie	9	Era/Ism/Ca/G	13.62 6
4 Burney, Alaina	9	Spectrum	13.73 5
5 Palmieri, Ava	12	Spectrum	13.79 4
6 Padilla, Erica	12	Legacy Chris	13.80 3
7 Adetunji, Favour	8	Legacy Chris	13.80 2
8 Ramirez, Lucia	8	Era/Ism/Ca/G	14.02 1
9 Lai, Jayar	9	Parnassus Pr	14.18
10 Karto, Praise	7	Parnassus Pr	14.23
11 Forkpah, Torlah	10	Parnassus Pr	14.28
12 Nalick, Jaisa	12	Legacy Chris	14.31
13 Zurawski, Katie	11	Era/Ism/Ca/G	15.21
14 Glocke, Olivia	9	West Luthera	15.55
15 DeLuney, Mikayla	8	Nla/Lila	15.68
16 Erickson, Elisha	9	West Luthera	15.87
17 Watzl, Morgan	9	Nla/Lila	16.27
18 Brands, Skye	9	West Luthera	16.52

Girls 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Fritel, Madisen	11	Spectrum	27.56 10
2 Burney, Alaina	9	Spectrum	28.21 8
3 Shearer, Frantzise	9	Era/Ism/Ca/G	28.39 6
4 Temeh, Kebeh	12	Era/Ism/Ca/G	28.86 5
5 Priolo, Alexis	12	Legacy Chris	29.08 4
6 Serafin, Sofia	9	Era/Ism/Ca/G	29.31 3
7 Kollie, Ashley	10	Spectrum	29.33 2
8 Huerta, Violet	7	Legacy Chris	29.42 1
9 Adetunji, Favour	8	Legacy Chris	29.56
10 Forkpah, Torlah	10	Parnassus Pr	29.57
11 Daniels, Emeline	11	Parnassus Pr	29.87
12 Punt, Maya	11	West Luthera	29.99
13 Hunter, Ella	9	Nla/Lila	30.18
14 Kranz, Navaeh	11	West Luthera	30.21
15 Mihm, Emily	9	Nla/Lila	30.53
16 Glocke, Olivia	9	West Luthera	33.16
17 Meyer, Dani	10	Nla/Lila	36.21

Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Kehoe, Amanda	8	Nla/Lila	1:01.28 10
2 Kimmel, Addisyn	10	Legacy Chris	1:01.86 8
3 Gilbertson, Olivia	8	Era/Ism/Ca/G	1:04.67 6
4 Novotny, Molly	12	Spectrum	1:05.56 5
5 Priolo, Alexis	12	Legacy Chris	1:07.12 4
6 Koosman, Joy	10	West Luthera	1:08.29 3
7 Taylor, Sydney	10	Spectrum	1:08.90 2
8 Bolognino, Kara	9	Parnassus Pr	1:09.87 1
9 Hill, Sylvia	10	Parnassus Pr	1:10.83

10 Schempp, Jaidyn 11 Parnassus Pr 1:11.91

Girls 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Cruz, Reanna	12	Legacy Chris	2:19.88 10
2 Beck, Hope	9	Spectrum	2:21.77 8
3 Pahl, Lauren	10	Era/Ism/Ca/G	2:27.45 6
4 Heppner, Paige	11	Legacy Chris	2:32.35 5
5 Dahl, Addison	11	Spectrum	2:36.42 4
6 Peckham, Ellen	11	Spectrum	2:37.04 3
7 Baumgart, Ava	8	Nla/Lila	2:41.88 2
8 Kobielush, Haleigh	8	Parnassus Pr	2:43.93 1
9 McCallum, Grace	9	Parnassus Pr	2:50.35
10 Fritz, Claire	11	Era/Ism/Ca/G	2:51.85
11 Hahm, Grace	10	West Luthera	2:58.38
12 Schulz, Maura	9	Era/Ism/Ca/G	3:02.36
13 Welciek, Emilia	8	Nla/Lila	3:32.18

Girls 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Boese, Hannah	9	Spectrum	5:22.99 10
2 Heppner, Paige	11	Legacy Chris	5:39.39 8
3 Long, Greta	11	Era/Ism/Ca/G	5:41.70 6
4 Hahm, Grace	10	West Luthera	5:41.98 5
5 Kletti, Ava	11	Era/Ism/Ca/G	5:46.34 4
6 Sindelar, Vivian	9	Era/Ism/Ca/G	5:46.49 3
7 Stemper, Lauren	9	Nla/Lila	6:13.69 2
8 Person, Meisha	10	Spectrum	6:28.50 1
9 Remus, Cambell	8	Legacy Chris	6:30.64
10 Bejjam, Hannah	9	Parnassus Pr	6:35.42
11 Nash, Lila	11	Nla/Lila	6:47.55
12 Smith, Naomi	9	Parnassus Pr	6:47.57
13 Orton, Daniella	7	Spectrum	6:53.52
14 Welciek, Alice	9	Nla/Lila	7:12.93

Girls 3200 Meter Run

Name	Yr	School	Finals
Finals			
1 Boese, Hannah	9	Spectrum	11:58.08 10
2 Long, Greta	11	Era/Ism/Ca/G	12:09.96 8
3 Kletti, Ava	11	Era/Ism/Ca/G	12:35.26 6
4 Meyer, Ava	8	Spectrum	12:39.13 5
5 Larsen, Anja	9	Parnassus Pr	12:43.65 4
6 Sindelar, Vivian	9	Era/Ism/Ca/G	13:11.11 3
7 Omberg, Winifred	8	Parnassus Pr	13:41.97 2
8 Malinovskaya, Isabella	8	Legacy Chris	14:45.41 1
9 Rinowski, Sadie	7	Spectrum	14:49.07

Girls 100 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Fager, Cecily	12	Legacy Chris	16.66 10
2 Togba, Lola	10	Parnassus Pr	17.31 8
3 Horton, Joyce	11	Era/Ism/Ca/G	17.91 6

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Finals ... (Girls 100 Meter Hurdles)

Name	Yr	School	Finals	
4 Loren, Kylee	7	Legacy Chris	18.06	5
5 Virk, Navroz	12	Era/Ism/Ca/G	18.39	4
6 Daniels, Emeline	11	Parnassus Pr	18.49	3
7 Serafin, Sofia	9	Era/Ism/Ca/G	19.29	2
8 Remus, Cambell	8	Legacy Chris	20.37	1
9 Smith, Sarah	10	Spectrum	20.41	
10 Glinsek, Etta	11	Spectrum	20.89	
11 Beaudry, Ava	12	Spectrum	20.97	
12 Fry, Lily	9	Nla/Lila	22.30	
13 Winkler, Vivian	10	Nla/Lila	22.63	

Girls 300 Meter Hurdles

Name	Yr	School	Finals	
1 Fager, Cecily	12	Legacy Chris	49.30	10
2 Loren, Kylee	7	Legacy Chris	50.41	8
3 Ramirez, Lucia	8	Era/Ism/Ca/G	51.70	6
4 Goergen, Katherine	11	Era/Ism/Ca/G	53.32	5
5 Novotny, Maggie	9	Spectrum	55.02	4
6 Smith, Sarah	10	Spectrum	55.91	3
7 Glinsek, Etta	11	Spectrum	56.59	2
8 Otero-Ortiz, Tatiana	12	Parnassus Pr	56.62	1
9 Freese, Claire	9	Era/Ism/Ca/G	57.55	
10 Kuehn, Cassandra	10	Parnassus Pr	57.56	
11 Fry, Lily	9	Nla/Lila	1:00.54	
12 Hahm, Mary	11	West Luthera	1:06.88	
13 Winkler, Vivian	10	Nla/Lila	1:09.47	

Girls 4x100 Meter Relay

Team	Relay	Finals	
1 Parnassus Pr	A	52.53	10
1) Togba, Lola 10	2) Vandal, Peyton 10		
3) Forkpah, Torlah 10	4) Karto, Praise 7		
2 Era/Ism/Ca/Ga/Uca	A	53.47	8
1) Hendley, Gracie 10	2) Temeh, Kebeh 12		
3) Duclos, Elsa 12	4) Shearer, Frantzise 9		
3 Spectrum	A	54.05	6
1) Dimaze, Jezabel 11	2) Novotny, Maggie 9		
3) Palmieri, Ava 12	4) Burdick, Lela 9		
4 Legacy Chris	A	55.58	5
1) Adetunji, Favour 8	2) Huerta, Violet 7		
3) Bates, Addyson 8	4) Nalick, Jaisa 12		
5 Nla/Lila	A	58.57	4
1) Gray, Allison 12	2) Mihm, Emily 9		
3) Sinna, Cora 7	4) Richards, Ellen 9		

Girls 4x200 Meter Relay

Team	Relay	Finals	
1 Legacy Chris	A	1:50.32	10
1) Padilla, Erica 12	2) Cruz, Reanna 12		
3) Kimmel, Addisyn 10	4) Loren, Kylee 7		

2 Era/Ism/Ca/Ga/Uca	A	1:51.90	8
1) Hendley, Gracie 10	2) Temeh, Kebeh 12		
3) Duclos, Elsa 12	4) Shearer, Frantzise 9		
3 Spectrum	A	1:53.09	6
1) Beck, Grace 12	2) Novotny, Molly 12		
3) Burney, Alaina 9	4) Fritel, Madisen 11		
4 Nla/Lila	A	2:00.00	5
1) Jansen, Adalyn 7	2) Hunter, Ella 9		
3) Richards, Ellen 9	4) Sosnoski, Vanessa 11		
5 West Lutheran	A	2:00.76	4
1) Koosman, Joy 10	2) Erickson, Elisha 9		
3) Kranz, Navaeh 11	4) Punt, Maya 11		
6 Parnassus Pr	A	2:01.19	3
1) Daniels, Emeline 11	2) Togba, Lola 10		
3) Fehrenkamp, Mia 11	4) Karto, Praise 7		

Girls 4x400 Meter Relay

Team	Relay	Finals	
1 Legacy Chris	A	4:14.38	10
1) Cruz, Reanna 12	2) Kimmel, Addisyn 10		
3) Fager, Cecily 12	4) Padilla, Erica 12		
2 Era/Ism/Ca/Ga/Uca	A	4:18.12	8
1) Pahl, Lauren 10	2) Hendley, Gracie 10		
3) Horton, Joyce 11	4) Gilbertson, Olivia 8		
3 Spectrum	A	4:21.50	6
1) Novotny, Molly 12	2) Novotny, Maggie 9		
3) Beck, Grace 12	4) Beck, Hope 9		
4 Parnassus Pr	A	4:58.85	5
1) Schempp, Jaidyn 11	2) Hill, Sylvia 10		
3) McCallum, Grace 9	4) Otero-Ortiz, Tatiana 12		
5 West Lutheran	A	4:58.97	4
1) Koosman, Joy 10	2) Kranz, Navaeh 11		
3) Hahm, Grace 10	4) Punt, Maya 11		

Girls 4x800 Meter Relay

Team	Relay	Finals	
1 Era/Ism/Ca/Ga/Uca	A	11:41.37	10
1) Fritz, Claire 11	2) Kelash, Annabel 8		
3) Dobbmann, Lacey 9	4) Schulz, Maura 9		
2 Parnassus Pr	A	11:46.88	8
1) Bolognino, Kara 9	2) Hafstad, Taylor 10		
3) Kuehn, Cassandra 10	4) Krause, Lucy 8		
3 Spectrum	A	12:04.79	6
1) Meyer, Ava 8	2) Swanson, Finley 8		
3) Kollie, Ashley 10	4) Orton, Daniella 7		
4 Legacy Chris	A	12:08.75	5
1) Jackson, Xandra 8	2) Lindquist, Isabella 8		
3) Gordon, Katey 9	4) Tossey, Taylor 9		
5 Nla/Lila	A	12:26.32	4
1) Yuhanna, Isabelle 11	2) Stemper, Lauren 9		
3) Nash, Lila 11	4) Nash, Collette 9		

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Girls High Jump

Name	Yr	School	Finals
Finals			
1 Dimaze, Jezabel	11	Spectrum	4-10.00 10
2 Smith, Sarah	10	Spectrum	J4-08.00 8
3 Barnes, Lauren	8	Legacy Chris	J4-08.00 6
4 Jackson, Xandra	8	Legacy Chris	4-02.00 5
5 Vandal, Peyton	10	Parnassus Pr	4-00.00 4
6 Eckert, Hanna	11	Spectrum	3-10.00 2
6 Kochendorfer, Kayleigh	10	Parnassus Pr	3-10.00 2
6 Murphy, Alexia	8	Legacy Chris	3-10.00 2
--- Virk, Navroz	12	Era/Ism/Ca/G	NH

Girls Pole Vault

Name	Yr	School	Finals
Finals			
1 Fager, Cecily	12	Legacy Chris	11-00.00 10
2 Remus, Cambell	8	Legacy Chris	7-06.00 8
3 Loren, Kylee	7	Legacy Chris	J6-06.00 6
4 Orth, Danica	9	Spectrum	J6-06.00 5
5 Person, Meisha	10	Spectrum	6-00.00 4
6 Reich, Greta	7	Era/Ism/Ca/G	5-00.00 3

Girls Long Jump

Name	Yr	School	Finals
Finals			
1 Vandal, Peyton	10	Parnassus Pr	15-08.25 10
2 Burdick, Lela	9	Spectrum	15-06.25 8
3 Padilla, Erica	12	Legacy Chris	15-06.00 6
4 Kehoe, Amanda	8	Nla/Lila	15-01.75 5
5 Palmieri, Ava	12	Spectrum	15-01.50 4
6 Kollie, Ashley	10	Spectrum	14-11.25 3
7 Punt, Maya	11	West Luthera	14-06.75 2
8 Horton, Joyce	11	Era/Ism/Ca/G	14-06.00 1
9 Sosnoski, Vanessa	11	Nla/Lila	14-05.50
10 Serafin, Sofia	9	Era/Ism/Ca/G	14-02.00
11 Lai, Jayar	9	Parnassus Pr	14-00.75
12 Nalick, Jaisa	12	Legacy Chris	13-09.00
13 Heineman, Payton	7	Legacy Chris	13-07.00
14 Mihm, Emily	9	Nla/Lila	13-06.00
15 Kochendorfer, Kayleigh	10	Parnassus Pr	12-02.00
16 Koosman, Joy	10	West Luthera	12-00.50
17 Boeser, Elizabeth	11	Era/Ism/Ca/G	10-10.00
18 Kranz, Navaeh	11	West Luthera	10-05.25

Girls Triple Jump

Name	Yr	School	Finals
Finals			
1 Sosnoski, Vanessa	11	Nla/Lila	34-00.50 10
2 Horton, Joyce	11	Era/Ism/Ca/G	31-07.00 8
3 Vandal, Peyton	10	Parnassus Pr	30-11.50 6
4 Beck, Hope	9	Spectrum	30-06.00 5
5 Ramirez, Lucia	8	Era/Ism/Ca/G	29-02.00 4
6 Kollie, Ashley	10	Spectrum	28-08.00 3
7 Pahl, Lauren	10	Era/Ism/Ca/G	27-02.00 2

8 Kochendorfer, Kayleigh	10	Parnassus Pr	26-05.00 1
9 Olson, Anya	9	Parnassus Pr	23-06.75
10 Hollander, Lilly	11	West Luthera	22-03.00

Girls Shot Put

Name	Yr	School	Finals
Finals			
1 Hanson, Lucille	11	Spectrum	33-07.50 10
2 Walker, Lynae	12	Spectrum	32-08.50 8
3 Shearer, Frankie	9	Era/Ism/Ca/G	32-01.00 6
4 Wilson, Sophie	11	Nla/Lila	28-06.50 5
5 Trembath, Kiley	11	Spectrum	26-08.50 4
6 Murphy, Alexia	8	Legacy Chris	26-06.25 3
7 Gouchola, Debbie	12	Parnassus Pr	25-07.75 2
8 Hahm, Mary	11	West Luthera	24-03.25 1
9 Turner, Lucy	11	Nla/Lila	23-09.50
10 Sosnoski, Vanessa	11	Nla/Lila	23-06.75
11 Lubeck, Danielle	11	West Luthera	23-03.50
12 Kozlovska, Dominika	9	Era/Ism/Ca/G	23-02.00
13 Smith, Denise	10	Parnassus Pr	22-08.00
14 Bates, Addyson	8	Legacy Chris	21-09.00
15 Solorzano, Sharron	11	Parnassus Pr	21-08.25

Girls Discus Throw

Name	Yr	School	Finals
Finals			
1 Hanson, Lucille	11	Spectrum	101-08 10
2 Lubeck, Danielle	11	West Luthera	72-05 7
2 Gouchola, Debbie	12	Parnassus Pr	72-05 7
4 Solorzano, Sharron	11	Parnassus Pr	71-09 5
5 Hahm, Mary	11	West Luthera	71-04 4
6 Wilson, Sophie	11	Nla/Lila	J71-04 3
7 Walker, Lynae	12	Spectrum	69-05 2
8 Trembath, Kiley	11	Spectrum	68-08 1
9 Beimert, Aylee	12	Nla/Lila	66-01
10 Murphy, Alexia	8	Legacy Chris	63-08
11 Shearer, Frankie	9	Era/Ism/Ca/G	62-03
12 Bates, Addyson	8	Legacy Chris	56-11
13 Welciek, Alice	9	Nla/Lila	56-03
14 Smith, Denise	10	Parnassus Pr	55-02
15 DeMoss, Lessley	10	Era/Ism/Ca/G	49-00

Boys 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Waknitz, Jamison	12	Spectrum	11.51 10
2 Briggs, Aaron	10	Parnassus Pr	11.56 8
3 Miest, Gabe	10	West Luthera	11.77 6
4 Amiraes, Xander	11	Parnassus Pr	11.88 5
5 Matthews, Micah	12	Spectrum	11.92 4
6 Brandel, Jacob	11	Era/Ism/Ca/G	11.96 3
7 Li, Jerry	11	Parnassus Pr	12.03 2
8 Hovey, Greg	9	Era/Ism/Ca/G	12.04 1
9 Anderson, Eli	12	Nla/Lila	12.18
10 Suiter, Jack	12	Spectrum	12.24
11 Cissoko, Cheick	12	Legacy Chris	12.38

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Finals ... (Boys 100 Meter Dash)

Name	Yr	School	Finals
12 Jensen, Gabe	10	Nla/Lila	12.51
13 Patterson, Mar'sean	12	Legacy Chris	12.72
14 Kucala, Justin	10	Legacy Chris	12.90
15 Speidel, Nate	10	West Luthera	13.34

Boys 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Greig, Jonathan	12	Spectrum	23.43 10
2 Steinfeldt, Nick	11	Spectrum	23.53 8
3 Sorensen, Jairus	12	Spectrum	23.62 6
4 Miest, Gabe	10	West Luthera	24.29 5
5 Bawek, Brennen	9	Era/Ism/Ca/G	24.80 4
6 Olson, Taylor	10	Legacy Chris	24.94 3
7 Jensen, Gabe	10	Nla/Lila	25.10 2
8 Cissoko, Cheick	12	Legacy Chris	25.23 1
9 Komara, Ishmeal	10	Parnassus Pr	25.35
10 Komara, Abdulai	10	Parnassus Pr	25.73
11 Teekaye, Juelz	10	Parnassus Pr	25.80
12 Jafar, Bilal	11	Era/Ism/Ca/G	25.82
13 Alle, Hayden	10	Nla/Lila	26.60
14 Berry, Matthew	10	Legacy Chris	27.11
15 Speidel, Nate	10	West Luthera	27.49
16 Woehrl, Tyler	12	Nla/Lila	33.48

Boys 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Zoa, Dominic	11	Legacy Chris	52.47 10
2 Johnson, Caleb	12	Legacy Chris	52.78 8
3 Hoppe, Jack	12	West Luthera	53.57 6
4 Jafar, Bilal	11	Era/Ism/Ca/G	55.58 5
5 Fischer, John	9	Spectrum	55.60 4
6 Schempp, CJ	11	West Luthera	57.10 3
7 Brandel, Jacob	11	Era/Ism/Ca/G	57.14 2
8 Dvorak, Holden	10	Spectrum	57.37 1
9 Abumayaleh, Ilias	11	Parnassus Pr	57.98
10 Khamdamov, Aden	11	Spectrum	58.13
11 Kucala, Justin	10	Legacy Chris	58.82
12 Lander, John	9	Parnassus Pr	1:00.99
13 Lomando, Joey	8	West Luthera	1:02.13
14 Fagerstrom, Asher	8	Nla/Lila	1:02.83
15 Richards, William	11	Nla/Lila	1:03.17
16 Kabba, Yayah	8	Parnassus Pr	1:04.30
17 Flermoen, Logan	8	Nla/Lila	1:14.28

Boys 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Dick, Domanic	12	Spectrum	2:04.71 10
2 Hoppe, Jack	12	West Luthera	2:07.26 8
3 Fischer, John	9	Spectrum	2:11.28 6
4 Olsen-Gray, Aiden	11	Parnassus Pr	2:13.44 5
5 Topel, Xander	10	Spectrum	2:14.14 4

6 Vandermark, Zach	11	Era/Ism/Ca/G	2:14.57 3
7 Block, Charlie	12	Legacy Chris	2:17.61 2
8 Kohler, Gavin	11	Nla/Lila	2:17.82 1
9 Lander, John	9	Parnassus Pr	2:19.07
10 Kieke, Caleb	10	Parnassus Pr	2:21.29
11 Kinanga, Ernest	10	Era/Ism/Ca/G	2:24.70
12 Wolfe, James	9	Era/Ism/Ca/G	2:25.45
13 Sherrard, Matthew	12	Nla/Lila	2:28.49
14 Berry, Dallas	8	Legacy Chris	2:29.77
15 Lomando, Joey	8	West Luthera	2:33.63
16 Malik, Garrett	8	Legacy Chris	2:34.81
17 Flermoen, Logan	8	Nla/Lila	3:06.05

Boys 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Pfothenauer, Jacob	10	West Luthera	4:35.87 10
2 Nelson, Jack	11	West Luthera	4:36.17 8
3 Conway, Christian	12	Legacy Chris	4:38.70 6
4 Lander, Ronan	11	Parnassus Pr	4:40.34 5
5 Dobbmann, Miles	8	Era/Ism/Ca/G	4:49.89 4
6 Lampe, Tristan	8	Era/Ism/Ca/G	4:55.91 3
7 Guntzel, Ryan	9	Spectrum	4:57.36 2
8 Holland, Anders	9	Era/Ism/Ca/G	5:00.14 1
9 Kohler, Gavin	11	Nla/Lila	5:03.17
10 Carlson, Eliot	8	Legacy Chris	5:04.55
11 Jones, Kaleb	8	Spectrum	5:10.32
12 Anderson, Parker	8	Parnassus Pr	5:18.42
13 Johnson, Brady	9	Spectrum	5:27.40
14 Carlson, Brayden	11	Legacy Chris	5:51.99
15 Gilb, Colby	10	West Luthera	5:57.38
16 Fino, Andrew	8	Nla/Lila	6:19.98
17 Maki-Jones, Gavin	8	Nla/Lila	7:36.73

Boys 3200 Meter Run

Name	Yr	School	Finals
Finals			
1 Nelson, Jack	11	West Luthera	10:07.77 10
2 Lander, Ronan	11	Parnassus Pr	10:20.98 8
3 Conway, Christian	12	Legacy Chris	10:26.40 6
4 Lampe, Tristan	8	Era/Ism/Ca/G	10:51.05 5
5 Boerner, Isaiah	10	West Luthera	11:01.89 4
6 Nemeth, Jaden	12	Spectrum	11:05.41 3
7 Carlson, Eliot	8	Legacy Chris	11:06.97 2
8 Holland, Anders	9	Era/Ism/Ca/G	11:12.66 1
9 Dobbmann, Miles	8	Era/Ism/Ca/G	11:12.95
10 Guntzel, Ryan	9	Spectrum	11:18.02
11 Laporda-Alcaez, Marcos	10	Nla/Lila	11:24.03
12 Larson, Jake	12	Spectrum	11:27.21
13 Noyes, Rhett	8	Legacy Chris	11:51.74
14 Richards, William	11	Nla/Lila	12:08.18
15 Larsen, Erik	7	Parnassus Pr	12:20.28

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Boys 110 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Paulson, Jimmy	11	Spectrum	16.68 10
2 Rudzitis, Joren	11	Legacy Chris	16.73 8
3 Chernyak, Igor	10	Parnassus Pr	17.92 6
4 Koosman, Matthew	12	West Luthera	18.75 5
5 Frette, Logan	9	Spectrum	20.14 4
6 Daley, Trystan	11	Spectrum	20.33 3
7 Alle, Hayden	10	Nla/Lila	23.26 2

Boys 300 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Rudzitis, Joren	11	Legacy Chris	42.40 10
2 Chernyak, Igor	10	Parnassus Pr	45.35 8
3 Paulson, Jimmy	11	Spectrum	45.59 6
4 Schuler, Aaron	11	West Luthera	45.60 5
5 Christensen, Robert	11	Spectrum	45.71 4
6 Koosman, Matthew	12	West Luthera	46.01 3
7 Arnold, Jacob	10	Legacy Chris	46.79 2
8 Suiter, Jack	12	Spectrum	46.81 1
9 Bertram, Tyler	11	Legacy Chris	47.07
10 Gluharev, Daniel	10	Parnassus Pr	48.01
11 Vandermark, Alexander	11	Era/Ism/Ca/G	49.94
12 Bruski, Kevin	7	Era/Ism/Ca/G	59.51

Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Spectrum	A	44.90 10
1) Matthews, Micah 12	2) Suiter, Jack 12	
3) Thein, Carter 12	4) Waknitz, Jamison 12	
2 Parnassus Pr	A	45.52 8
1) Briggs, Aaron 10	2) Amiraes, Xander 11	
3) Browne, George 10	4) Li, Jerry 11	
3 West Lutheran	A	47.52 6
1) Miest, Gabe 10	2) Speidel, Nate 10	
3) Hoppe, Everett 10	4) Schuler, Aaron 11	
4 Nla/Lila	A	49.05 5
1) Anderson, Eli 12	2) Laporda-Alcaez, Marcos 10	
3) Alle, Hayden 10	4) Jensen, Gabe 10	
5 Era/Ism/Ca/Ga/Uca	A	49.20 4
1) Bawek, Brennen 9	2) Ramirez, Gabriel 9	
3) Schmitz, Jude 10	4) Vandermark, Alexander 11	
6 Legacy Chris	A	49.45 3
1) Patterson, Mar'sean 12	2) Hennessy, Jacob 11	
3) Bertram, Tyler 11	4) Berry, Matthew 10	

Boys 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Spectrum	A	1:34.12 10
1) Sorensen, Jairus 12	2) Waknitz, Jamison 12	
3) Steinfeldt, Nick 11	4) Greig, Jonathan 12	

2 Legacy Chris	A	1:36.24 8
1) Johnson, Caleb 12	2) Zoa, Dominic 11	
3) Bertram, Tyler 11	4) Olson, Taylor 10	
3 Era/Ism/Ca/Ga/Uca	A	1:43.21 6
1) Vandermark, Alexander 11	2) Tinega, Ethan 8	
3) Ramirez, Gabriel 9	4) Singh, Ruhaan 10	
4 Nla/Lila	A	1:58.40 5
1) Brezinka, Vincent 9	2) Morrison, Evan 9	
3) Park, Joseph 9	4) Richards, William 11	
--- Parnassus Pr	A	DQ
1) Teekaye, Juelz 10	2) Komara, Abdulai 10	
3) Komara, Ishmeal 10	4) Browne, George 10	

Boys 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Spectrum	A	3:33.56 10
1) Steinfeldt, Nick 11	2) Thein, Carter 12	
3) Dick, Domanic 12	4) Greig, Jonathan 12	
2 Legacy Chris	A	3:36.21 8
1) Zoa, Dominic 11	2) Olson, Taylor 10	
3) Johnson, Caleb 12	4) Block, Charlie 12	
3 West Lutheran	A	3:42.93 6
1) Pfothner, Jacob 10	2) Schempp, CJ 11	
3) Koosman, Matthew 12	4) Hoppe, Jack 12	
4 Parnassus Pr	A	3:55.96 5
1) Abumayaleh, Ilias 11	2) Amiraes, Xander 11	
3) Olsen-Gray, Aiden 11	4) Browne, George 10	
5 Era/Ism/Ca/Ga/Uca	A	4:06.87 4
1) Vandermark, Zach 11	2) Gudmundson, Birkir 9	
3) Vandermark, Alexander 11	4) Singh, Ruhaan 10	
6 Nla/Lila	A	4:32.93 3
1) Sherrard, Matthew 12	2) Fino, Andrew 8	
3) Woehrl, Tyler 12	4) Fagerstrom, Asher 8	

Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Spectrum	A	9:29.04 10
1) Khamdamov, Aden 11	2) Nemeth, Jaden 12	
3) Kranitz, Zachary 10	4) Christensen, Robert 11	
2 Legacy Chris	A	9:32.25 8
1) Arnold, Jacob 10	2) Berry, Dallas 8	
3) Stromberg, Timothy 7	4) Block, Charlie 12	
3 Era/Ism/Ca/Ga/Uca	A	10:03.87 6
1) Wolfe, James 9	2) Mohamed, Sabir 9	
3) Kinanga, Ernest 10	4) Montville, Ben 11	
4 Parnassus Pr	A	10:06.77 5
1) Carpenter, Josh 8	2) Anderson, Parker 8	
3) Pei, Benjamin 8	4) Kabba, Yayah 8	
5 Nla/Lila	A	11:45.76 4
1) Fino, Andrew 8	2) Flermoen, Logan 8	
3) Beaudin, Jack 7	4) Morrison, Evan 9	

MCAA Championships - 5/18/2023

Championship Stadium

Results

Boys High Jump

Name	Yr	School	Finals
Finals			
1 Sorensen, Jairus	12	Spectrum	5-08.00 10
2 Paulson, Jimmy	11	Spectrum	J5-06.00 7
2 Thein, Carter	12	Spectrum	J5-06.00 7
4 Ochoa, Reese	11	Legacy Chris	J5-06.00 5
5 Koosman, Matthew	12	West Luthera	J5-06.00 4
6 Hovey, Greg	9	Era/Ism/Ca/G	5-02.00 3
7 Cissoko, Cheick	12	Legacy Chris	5-00.00 2
8 Anderson, Parker	8	Parnassus Pr	4-10.00 1
9 Kochendorfer, Alexander	7	Parnassus Pr	4-08.00
--- Gluharev, Daniel	10	Parnassus Pr	NH
--- Laporda-Alcaarez, Marcos	10	Nla/Lila	NH

Boys Pole Vault

Name	Yr	School	Finals
Finals			
1 Topel, Xander	10	Spectrum	10-06.00 10
2 Christensen, Robert	11	Spectrum	9-00.00 8
3 Gudmundson, Birkir	9	Era/Ism/Ca/G	8-00.00 6
4 Suiter, Jack	12	Spectrum	J7-06.00 4.5
4 Carlson, Myles	10	Era/Ism/Ca/G	J7-06.00 4.5
6 Van Gorp, David	8	Legacy Chris	J7-06.00 3
7 Shearer, Javi	10	Era/Ism/Ca/G	J7-06.00 2
8 Stromberg, Timothy	7	Legacy Chris	7-00.00 1
--- Simon, Preston	8	Legacy Chris	NH

Boys Long Jump

Name	Yr	School	Finals
Finals			
1 Anderson, Eli	12	Nla/Lila	19-10.50 10
2 Li, Jerry	11	Parnassus Pr	19-03.25 8
3 Schuler, Aaron	11	West Luthera	19-01.75 6
4 Miller, Elijah	9	Spectrum	18-01.75 5
5 Steinfeldt, Nick	11	Spectrum	18-00.00 4
6 Hoppe, Everett	10	West Luthera	17-09.25 3
7 Ochoa, Reese	11	Legacy Chris	17-08.75 2
8 Olsen-Gray, Aiden	11	Parnassus Pr	17-07.50 1
9 Cissoko, Cheick	12	Legacy Chris	17-04.50
9 Greig, Jonathan	12	Spectrum	17-04.50
11 Abumayaleh, Ilias	11	Parnassus Pr	16-09.75
12 Liston, Liam	8	Era/Ism/Ca/G	15-11.50
13 Bawek, Brennen	9	Era/Ism/Ca/G	15-09.00
14 Kucala, Justin	10	Legacy Chris	15-07.50
15 Bare, Evan	9	West Luthera	14-08.00
16 Fagerstrom, Asher	8	Nla/Lila	14-04.50
17 Kohler, Gavin	11	Nla/Lila	14-03.00
18 Schmitz, Jude	10	Era/Ism/Ca/G	13-04.00

Boys Triple Jump

Name	Yr	School	Finals
Finals			
1 Paulson, Jimmy	11	Spectrum	41-04.25 10
2 Anderson, Eli	12	Nla/Lila	41-02.25 8

3 Schuler, Aaron	11	West Luthera	41-02.00 6
4 Sorensen, Jairus	12	Spectrum	41-01.50 5
5 Miller, Elijah	9	Spectrum	40-10.00 4
6 Hovey, Greg	9	Era/Ism/Ca/G	39-07.00 3
7 Li, Jerry	11	Parnassus Pr	38-09.50 2
8 Arnold, Jacob	10	Legacy Chris	37-05.25 1
9 Jafar, Bilal	11	Era/Ism/Ca/G	34-07.00
10 Tinega, Ethan	8	Era/Ism/Ca/G	33-08.00
11 Rudzitis, Joren	11	Legacy Chris	33-02.00
12 Kochendorfer, Alexander	7	Parnassus Pr	31-11.00
13 Pei, Benjamin	8	Parnassus Pr	31-03.25
14 Fagerstrom, Asher	8	Nla/Lila	29-06.25

Boys Shot Put

Name	Yr	School	Finals
Finals			
1 Waknitz, Jamison	12	Spectrum	38-09.75 10
2 Valteau, Wyatt	12	West Luthera	36-11.50 8
3 Matthews, Micah	12	Spectrum	36-00.00 6
4 Dzubay, Denny	12	West Luthera	34-11.50 5
5 Brandel, Jacob	11	Era/Ism/Ca/G	33-02.25 4
6 Schulz, Carter	11	Parnassus Pr	32-00.00 3
7 Hance, Theodore	10	Era/Ism/Ca/G	31-09.00 2
8 Daniels, Aaron	9	Spectrum	30-02.00 1
9 Cairo, Brandon	9	Parnassus Pr	29-11.00
10 Gouchola, Elohim	8	Parnassus Pr	28-07.25
11 Park, Joseph	9	Nla/Lila	27-11.00
12 Woehrl, Tyler	12	Nla/Lila	27-07.75
13 Taft, Eli	10	Legacy Chris	26-04.00
14 Hahm, Paul	9	West Luthera	25-11.75
15 Brezinka, Vincent	9	Nla/Lila	25-00.25
--- Blakley, Finneas	11	Legacy Chris	FOUL

Boys Discus Throw

Name	Yr	School	Finals
Finals			
1 Gouchola, Elohim	8	Parnassus Pr	110-07 10
2 Valteau, Wyatt	12	West Luthera	109-00.25 8
3 Schulz, Carter	11	Parnassus Pr	101-05 6
4 Matthews, Micah	12	Spectrum	96-02.25 5
5 Sorenson, Elijah	9	Spectrum	88-02 4
6 Hahm, Paul	9	West Luthera	86-05 3
7 Dzubay, Denny	12	West Luthera	83-09.50 2
8 Taft, Eli	10	Legacy Chris	83-08.50 1
9 Park, Joseph	9	Nla/Lila	78-11
10 Hance, Theodore	10	Era/Ism/Ca/G	78-09
11 Hennessy, Jacob	11	Legacy Chris	77-04
12 Cairo, Brandon	9	Parnassus Pr	69-10
13 Morrison, Evan	9	Nla/Lila	67-07.50
14 Ringwelski, Tom	10	Spectrum	67-05.50
15 Block, Charlie	12	Legacy Chris	55-09.50
16 Fino, Andrew	8	Nla/Lila	48-09
17 Demoss, Tilden	7	Era/Ism/Ca/G	48-03

MCAA Championships - 5/18/2023**Championship Stadium****Results**

Women - Team Rankings - 18 Events Scored

1) Spectrum	205
2) Legacy Christian Academy	156
3) ERA/ISM/CA/GA/UCA	144
4) Parnassus Preparatory School	83
5) NLA/LILA	60
6) West Lutheran	30

Men - Team Rankings - 18 Events Scored

1) Spectrum	236.5
2) West Lutheran	130
3) Legacy Christian Academy	100
4) Parnassus Preparatory School	96
5) ERA/ISM/CA/GA/UCA	76.5
6) NLA/LILA	40