

BOYS' TRACK WEEKLY RELEASE - JUNE 3

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Starting Block

2016 season complete.

Cool Down

A WDA teams has won the last 13 state titles (BHS, 11: Century, 2)....The three Bismarck public schools finished 1-2-3 (Century, Bismarck High, Legacy)...BHS Sam Clausnitzer was co-senior athlete of the year with W Fargo's Alex Talley...Century's Tim Jacobsen was Class A coach of the year...The Bismarck Community Bowl has hosted the last 13 state meets...WDA athletes Hunter Johnson (100 Meters and 200 Meters) and Zach Sweep, 110 Hurdles and High Jump) were double winners...Century placed in 17 of 19 events.

Team of the Week

Century capped off another impressive season by winning its second straight Class A title. The Patriots finished well ahead of the field. Century won three events en route to the title.

Past WDA Champions

2016: Century 2015: Bismarck High 2014: Bismarck High 2013: Bismarck High 2012: Bismarck High 2010: Bismarck High 2009: Bismarck High 2009: Bismarck High 2007: Bismarck High 2006: Bismarck High

By the numbers

That is the number of WDA teams (Bismarck High, Century, Dickinson, Mandan and St. Mary's)... which had at least one individual event champion at the Class A Meet This week's schedule No meets scheduled. Last week May 27-28

Class A-B Meet, Bismarck MDU Resources Community Bowl Team totals

 Century, 141; 2. Bismarck High, 103; 3. Legacy, 65.5; 4. Fargo Davies, 55; 75. G.F. Red River, 48; 75. Minot, 48; 7. Mandan, 40; 8. Fargo North, 37; 9. Williston, 31; 10. Fargo South, 30; 11. West Fargo, 28; 12. West Fargo Sheynene, 25; 13. Jamestown, 22; 14. St. Mary's, 19; T15. G.F. Central, 14; T15. Wahpeton, 14; 17. Dickinson, 12.5; 18. Fargo Shanley, 5; 19. Devils Lake, 3
 Event winners

100 Meters: Hunter Johnson, BHS, :11.08 200 Meters: H. Johnson, BHS, :21.87 400 Meters: Gabe Meschke, Man., :48.55 800 Meters: Gabe Meschke, Man., :48.55 800 Meters: H. Lucas, F Davies, 9:09.87 3200 Meters: H. Lucas, F Davies, 9:09.87

2016 SEASON SCHEDULE/RESULTS

110 Hurdles: Zach Sweep, Cent., 1:4, 74 300 Hurdles: Arnes Dargbeh, F Davies, 1:39.62 High Jump: Z. Sweep, Cent., 6-06 Long Jump: Max Cook, Cent., 22-07 Triple Jump: Devon Pope, CFRR, 45-09.5 Pole Vault: Mike Herauf, Dick., 14-09 Shot Put: Alex Talley, WF, 162-06 Javelin: Bradyn Thomas, BHS, 186-08 400 Relay: Century, 1:43.33 (Z. Sweep, Cole Anderson, Roarick Schollmeyer, M. Cook) 800 Relay: Bismarck High, 1:28.91 (Derek Leingang, Hunter Johnson, Jordan Sanford, Isaiah Olsen) 1600 Relay: Bigo South, 3:22.71 (Titus Gruanue, Menkeh Mendin, Isaiah Fletcher, Alphonso Gowah) 3200 Relay: Fargo North, 8:01.22 (Garrett Krom, David Dowdell, Maxwell Evenson, Alex Lu2)

BISMARCK HIGH: The Demons ended its season with a runner-up finish at the Class A Meet, May 27-28, in Bismarck. BHS had 103 points fueled by wins by Hunter Johnson in the 100 and 200 meters. The squad placed in 15 events. Senior Sam Clausnitzer was co-senior athlete of the year. Class A Meet

Lious Hutter, J. Hunter Johnson, i11.08; 200 Meters: 1. H. Johnson, :21.87; 800 Meters: 8. Sam Clausnitzer, 159.54; 1600 Meters: 3. S. Clausnitzer, 4:20.63; 3200 Meters: 2. S. Clausnitzer, 9:10.79; 6. Matt Bakken, 9:37.40; 300 Hurdles: 7. Jordan Sanford; 4:13.11; Long Jump: 6. Derek Leingang, 21.03; Triple Jump: 6. Bradyn Just, 42-08.5; 8. Colton Arman, 42-03; Javelin: 1. Bradyn Thomas, 186-08; Discus: 6. Tyler Mahoney, 144-04; 7. B. Thomas, 142-07; Pole Vault: 6. Eric Krug, 12-06; 7. Thomas Kellington, 12-06; Shot Put: 2. B. Thomas, 52-05; 5. S. Preston Meyer, 51-03; 400 Relay: 3. Bismarck High, 43.61 (D. Leingang, H. Johnson, J. Sanford, Isaiah Olsen); 800 Relay: 1. Bismarck High, 1:28.91 (D. Leingang, H. Johnson, J. Sanford, J. Osen); 3200 Relay: 6. Bismarck High, 8:08.19 (Dan Finley, S. Clausnitzer, M. Bakken, Stuart Wolf);

CENTURY: The Patriots successfully defended its Class A title on May 27-28, in Bismarck. The squad scored 141 points. Century's Zach Sweep was a double winner, taking first in the 110 hurdles and high jump. The Patriots placed in 17 events. Century's Tim Jacobsen was named Class A coach of the year. Class A Meet

Liass A meet 100 Meters: 4. Cole Anderson, :11.25; 200 Meters: 4. C. Anderson, :22.51; 8. Max Cook, :22.81; 1600 Meters: 8. Evan Sayler, 4:26.84; 3200 Meters: 8. E. Sayler, 9:38.69; 110 Hurdles: 2.1 Morrissette, :40.04; 6. Roarick Schollmeyer, :40.63; High Jump: 1. Z. Sweep, 5-06; 2. Lucas Mayer, 6-03; 4. Josh Sibas, 6-02; 8. Kade Amundson, 6-0; Long Jump: 1. Max Cook, 22-07; 4. Z. Sweep, 21-08; 7. Talon Studinger, 21-02.25; Triple Jump: 2. T. Staudinger, 44-03; Javelin: 4. T. Staudinger, 12-06; 8. Bostin Svihovec, 164-03; Discus: 3. B. Svihovec, 148-07; 5. Levi Rockey, 144-09; Pole Vault: 4. Kevin Vanderpan, 13-06; Shot Put: 3. B. Svihovec, 148-07; 5. Levi Rockey, 144-09; Pole Vault: 4. Kevin Vanderpan, Schollmeyer, M. Cook); 800 Relay: 2. Century, 1:29.51 (J. Morrissette, C. Anderson, Logan Gross, M. Cook); 1600 Relay: 8. Century, 3:23.111 (Hunter Wilmes, L. Gross, Thomas Brink, Drew Cady); 3200 Relay, 3. Century, 80:57 (Brandon Kraenzel, Joey Felton, T. Brink, Jamison Dietrich)

DICKINSON: The Midgets ended their season with a 17th place finish at the Class A Meet, May 27-28, in Bismarck. The squad scored 12.5 points. Dickinson had an individual winner in pole vaulter Mike Herauf.

Class A Meet

800 Meters: 5. Collin Schock, 2:03.22; Pole Vault: 1. Mike Herauf, 14-09; T8. Logan Ackerman, 12-06; 1600 Relay: 7. Dickinson, 3:30.81 (Collin Schock, Tanner Davidson, M. Herauf, Chris Irakoze)

JAMESTOWN: The Blue Jays finished their season with a 13th place finish at the Class A Meet in Bismarck, May 27-28. Jamestown scored 22 points. Dylan Koenig was third in the 300 hurdles and Noah Wanzek finished third in the long jump. Class A Meet

400 Meters: 8. Brady Carlson, :50.85; 300 Hurdles: 3. Dylan Koenig, :40.52; Long Jump: 3. Noah Wanzek, 21-09.5; High Jump: 7. N. Wanzek, 6-0; Javellin: 7. Travis Beach, 166-06; Holoo Relay: 4. Jamestown, 3:29.58 (Andrew Hornung, Kyle Schumacher, D. Koenig, B. Carlson) LEGACY: The Sabers turned in their best-ever performance at the Class A Meet, finishing third. Legacy placed in 16 events and scored 65.5 points. Brandon Lewis was runner-up in the long jump.

Class A Meet

100 Meters: 3. Alex Brosseau, :11.21; 200 Meters: 7. A. Brosseau, :22.74; 400 Meters: 6. Thomas Tieszen, :50.78; 800 Meters: 3. Beau Brannan, 1:57.82; 110 Hurdle: 8. Jason Fetch, :15.78; 300 Hurdles: 4. J. Fetch, :40.55; High Jump: 5. Austin Wolf, 6-02; Long Jump: 2. Brandon Lewis, 22-01; Triple Jump: 4. B. Lewis, 43-06; Javelin: 3. Derek Wax, 174-02; Pole Vault: T8. Grant Schmeichel, 12-05; Shot Put: 7. Corps Helm, 49-10; 400 Relay: 5. Legacy, :43.98 (Brent Myers, B. Lewis, Patrick Doan, A. Brosseau); 800 Relay: 4. Legacy, 1:30.99 (B. Myers, B. Lewis, Elijah Monroe, A. Brosseau); 1600 Relay: 5. Legacy, 3:29.64 (Alex Anderson, B. Brannan, T. Tieszen, A. Wolf); 3200 Relay: 5. Legacy, 8:06.82 (Jaeger Marchant, B. Brannan, Braxton Erhardt, T. Tieszen)

MANDAN: The Braves finished their season with a seventh place finish at the Class A Meet in Bismarck, May 27-28. Mandan scored 40 points. Gabe Meschke was a individual champion in the 400 meters. The squad's 1600 relay was runner-up. Class A Meet

Charles T. Christopher Koester; 11.49; 200 Meters: 3. Gabe Meschke, :22.28; 400 Meters: 1. G. Meschke, :48.55; 4. Andrew Morgan, :50.31; 400 Relay: 4. Mandan, :43.61 (Jacob Harm, Sawyer Schmidt, G. Meschke, C. Koester); 800 Relay: 5. Mandan, 1:31.28 (Casey Bonagofsky, S. Schmidt, A. Morgan, C. Koester); 1600 Relay: 2. Mandan, 3:23.23 (G. Meschke, S. Schmidt, C. Bonagofsky, A. Morgan)

MINOT: The Magicians tied for fifth at the Class A Meet in Bismarck, May 27-28. Minot scored 48 points. Matthew Marler was runner-up in the discus to lead the squad. Minot placed in nine events.

Class A Meet

200 Meters: 5. Adrian Davis-Aguilar, :22.58; 400 Meters: 3. Logan Goheen, :49.33; 7. Jace Johnson, :50.80; 800 Meters: 7. L. Goheen, 1:59.40; 110 Hurdles: 5. Preson Johnson, :15.61; Shot Put: 6. Je-Mario Jones, 50-105; Discus: 2. Matthew Marler, 155-11; 400 Relay: 2. Minot, :43.43 (Austin Smith, A. Davis-Aguilar, Johann Madrid, Devin Kramer); 1600 Relay: 3. Minot, 3:26.63 (Gabe Hegstad, John Mathistad, J. Johnson, L. Goheen); 3200 Relay: 4. Minot, 8:06.57 (G. Hegstad, Austin Folk, Brady Halvorson, L. Goheen)

ST. MARY'S: The Saints finished 14th at the Class A Meet, May 27-28 in Bismarck. Sam Wilke won the 800 meters. SM scored 19 team points. Class A Meet

800 Meters: 1. Sam Wilke, 1:56.61; 1600 Meters: 4. S. Wilke, 4:22.89; Javelin: 6. Casey Uhler, 167-01; 3200 Relay: 8. St. Mary's, 8:22.42 (Michael Salwei, Charles Koebele, Zach Vetter, S. Wilke)

WILLISTON: The Coyotes ended their season with a ninth place finish at the Class A Meet, May 27-28, in Bismarck. Leif Everson finished runner-up in the 1600 meters. He placed in two other events. Dominic Martinez was runner-up in the 100 hurdles. Class A Meet

800 Meters: 4. Leif Everson, 1:58.21; 1600 Meters: 2. L. Everson, 4:20.57; 3200 Meters: 3. L. Everson, 9:19.91; 110 Hurdles: 2. Dominic Martinez, :14.82; 300 Hurdles: 5. D. Martinez, :40.58



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Starting Block

WDA teams will be in Bismarck on Friday, May 27 and Saturday, May 28 for the Class A Meet. Century is the defending champion.

Cool Down

The top six finishers in each event at the WDA Championships automatically qualified for the state meet...Eight WDA teams had at least one individual champion...Century's Zach Sweep (110 Hurdles, High Jump) Century's Bostin Svi-hovec (Discus, Javelin) and BHS' Hunter Johnson (100M and 200M) were double winners at the WDA Meet.

Team of the Week

Century finally earned its first WDA Championship. The Patriots won eight events, including three relays. It scored 205.5 points which was well ahead of runner-up BHS

Past WDA Champions

2016: Century 2015: Bismarck High 2014: Bismarck High 2013: Bismarck High 2012: Bismarck High 2011: Bismarck High 2010: Bismarck High 2009: Bismarck High 2008: Bismarck High 2007: Bismarck High 2006: Bismarck High

By the numbers

That is the number of consecutive Class A titles the WDA has won. The last time the WDA didn't win the track and field crown was 2003 when Fargo South was champion.

Friday, May 27 Class A Meet, 9:30 a.m., Bismarck MDU Resources Community Bowl Saturday, May 28 Class A Meet, 9 a.m., Bismarck MDU Resources Community Bowl

May 20 WDA Championships, Dickinson Biesiot Activities Center

Team totals Century, 205.5; 2. Bismarck High, 153; 3. Legacy, 90; 4. Minot, 86; 5. Williston, 53; 6.
 Jamestown, 49.5; 7. Dickinson, 42; 8. Mandan, 33; 9. St. Mary's, 29; 10. TMCHS (Belcourt) 0

Event winners 100 Meters: Hunter Johnson, BHS, :10.80 200 Meters: H. Johnson, BHS, :21.95 400 Meters: Gabe Meschke, Man, :49.03 800 Meters: Sabe Meschke, Man, :49.03 800 Meters: Sam Wilke, SM, 1:58.05 1600 Meters: Leif Everson, Will., 4:20.71

This week's schedule

2016 SEASON SCHEDULE/RESULTS

3200 Meters: Sam Clausnitzer BHS 9:49 26 110 Hurdles: Zach Sweep, Cent., :14.34 300 Hurdles: D. Koenig, Jam., :40.11 High Jump: Z. Sweep, Cent., 6-04 Triple Jump: Dax Cook, Cent., 23-04 Triple Jump: Derek Leingang, BHS, 43-11.25 Pole Vault: Mike Herauf, Dick., 14-06 Shot Put: Bradyn Thomas, BHS, 53-04.5 Joseus: Bostin Svihovec, Cent., 167-11 Javelin: B. Svihovec, Cent., 170-01 400 Relay: Century, :42.65 (Z. Sweep, Cole Anderson, Roarick Schollmeyer, M. Cook) Schollmeyer, M. Cook) 800 Relay: Century, 1:30.61 (Jeremiah Morrissette, Josh Sipes, Logan Gross, M. Cook) 1600 Relay: Minot. 3:26.05 (L. Goheen, Jace Johnson, Gabe Hegstad, Jonathan Mathistad 3200 Relay: Century, 8:23.11 (Sam Honeyman, Jamison Dietrich, Austin Wald, J. Wolfe)

BISMARCK HIGH: The Demons will compete at this week's Class A Meet in Bismarck. BHS was runner-up a year ago. Last week, BHS finished runner-up at the WDA Championships on May 20 in Dickinson. Hunter Johnson won the 100 and 200 meters. Bradyn Thomas wor the shot put. Sam Clausnitzer was winner of the 3200 meters and Derek Leingang won the triple jump.

WDA Championships 100 Meters: 1. Hunter Johnson, :10.80; 200 Meters: 1. H. Johnson, :21.95; 1600 Meters: 2. Sam Clausnitzer, 4:21.85; 3. Dan Finley, 4:32.37; 4. Stuart Wolf, 4:32.72; 3200 Meters: 1. S. Clausnitzer, BHS, 9:49,262, Watt Bakken, 9:59,09; 5, Dyna Rohrich, 10:12.33; 6. Morgan Fairbairn, 10:15.37 Long Jump: 4. Derek Leingang, 22-00; Triple Jump: 1. D. Leingang, 43-11.25; Pole Vault: 6. Thomas Kellington, 12-06; Shot Put: 1. Bradyn Thomas, 53-04.50; 3. Preston Mayer, 50-05; 4. Jared Rath, 48-02; Discus: 5. Tayler Mahoney, 147-09; 6. B. Thomas, 144-11; Javelin: 2. Nick Carter, 161-03; 4. B Thomas, 160-02; 400 Relay: 2. Bismarck High, :43.03; 1600 Relay: 2. Bismarck High, 3:28.75; 3200 Relay: 4. Bismarck High, 8:33.91

CENTURY: The Patriots will look to defend its Class A title this week in Bismarck. Last week Century made history by winning its first-ever WDA title. Zach Sweep won the 110 hurdles and high jump. Bostin Svihovec won the discus and javelin. Max Cook won the long jump. The Patriots also won the 400, 800 and 3200 relays.

WDA Championships 100 Meters: 2. Cole Anderson, :10.92; 200 Meters: 3. Max Cook, :22.66; 5. Cole Anderson, :22.69 800 Meters: 3. Brandon Kraenzel, 2:02.59; 6. Joey Fenton, 2:03.27; 1600 Meters: 5. Evan Sayler, 4:34.63; 6. Mason Stenehjem, 4:35.15; 3200 Meters: 3. Joseph Wolfe, 9:59:77; 110 Hurdles: Zach Sweep, 14:34; 3. Jeremiah Morriszter, 15:36; 30:1 Hurdles: 4. J. Morrisette, 14:175; High Jump: Z. Sweep, 6-04; T2. Josh Sipes, 6-00; 4. Lucas Mayer, 6-00; T5. Kade Amundson, 5-10; Long Jump: Max Cook, Cent., 23-04; 5. Talon Staudinger, 21-10.25; Triple Jump: 2. T. Staudinger, 43-11; 6. Cade Rauser, 41-03; Pole Vault: T2. Kevin Vanderpan, 13-00; Discus: 1. Bostin Svihovec, 167- Levi Rock, 159-09; Al Nathan Kraft, 148-0; Javelin: 1. B. Svihovec, 170-01; 400 Relay: 1. Century, :42.65 (Z. Sweep, Cole Anderson, Roarick Schollmeyer, M. Cook); 800 Relay: 1. Century, 1:30.61 (Jeremiah Morrissette, Josh Sipes, Logan Gross, M. Cook); 3200 Relay: 1. Century, 8:23.11 (Sam Honeyman, Jamison Dietrich, Austin Wald, J. Wolfe)

DICKINSON: The Midgets will compete at this week's Class A Meet in Bismarck. Dickinsor placed sixth a year ago. Last week, Dickinson was seventh the WDA Championships on May 20 in Dickinson. Mike Herauf won the pole vault event.

WDA Championships 800 Meters: 5. Collin Schock, 2:03.22; 300 Hurdles: 4. Chris Irakoze, :41.73; Pole Vault: 1. Mike Herauf, 14-06; 4. Logan Ackerman, 13-00; Javelin: 6. Tanner Binstock, 157-07; 400 Relay: 6. Dickinson, :44.83 (Connor Hoenke, Dalton Wolf, Michael Mpezeni, Colin Roller); 1600 Relay: 3. Dickinson, 3:31.34 (Tanner Davison, M. Herauf, Dalton Wolf, C. Irakoze)

JAMESTOWN: The Blue Javs will compete at this week's Class A Meet in Bismarck Jamestown was ninth at state a year ago. Last week, Jamestown was sixth at the WDA Championships on May 20 in Dickinson. Dylan Koenig won the 300 hurdles. WDA Championships

100 Meters: 6. Brady Carlson, :11.25; 200 Meters: 6. B. Carlson, :22.80; 110 Hurdles: 4. Dylan Koenig, 15.41; 300 Hurdles: 1. D. Koenig, 40.11; High Jump: T5. Noah Wanzek, 5-10; Long Jump: 3 N. Wanzek, 22-00.50; 800 Relay: 5. Jamestown, 1:33.77 (D. Koenig, B. Carlson, Andrew Hornung, Chris Hare); 1600 Relay: 6. Jamestown, 3:32.77 (D. Koenig, B. Carlson, Kyle Schumacher, A. Hornung) LEGACY: The Sabers will compete at this week's Class A Meet in Bismarck. Jamestown was nionships on May 11th at state a year ago. Last week, Legacy finished third at the WDA Championships on Ma 20 in Dickinson. Despite not having an individual champion, the team had several top three finishers.

WDA Championships

Viol Communication (1997) 100 Meters: A. Homas Tieszen, :50.87; 110 Hurdles: 6. Jason Fetch, :15.58; 300 Hurdles: 2. J. Fetsch, :41.12; High Jump: T2. Austin Wolf, 6-00; Long Jump: 2. Brandon Lewis, 22-04.25; 6. Hunter Humann, 21-03.25; Triple Jump: 3. B. Lewis, 43-04.50; Pole Vault: T2. Conor Wight, 13-00, S. Grant Schmeich, 13-00, Shot Put: Corey Helm, 48-02; 400 Relay: 4. Legacy, 43.77 (Brent Myers, A. Brosseau, Patrick Doan, B. Lewis); 800 Relay: 2. Legacy, 1:31.84 (Brent Myers, A. Brosseau, Beau Brannan, B. Lewis); 1600 Relay: 4. Legacy, 3:31.61 (Alex Anderson, B. Brannan, T. Tieszen, A. Wolf); 3200 Relay: 2. Legacy, 8:23.60 (Jaeger Marchant, Jack Markle, Braxton Erhardt, Blake Hansted)

MANDAN: The Braves will compete at this week's Class A Meet in Bismarck. Mandan was 15th at state a year ago. Last week, Legacy finished eighth at the WDA Championships on May 20 in Dickinson. Gabe Meschke won the 400 meters. WDA Championships 200 Meters: 2. Gabe Meschke, :22.34; 400 Meters: 1. G. Meschke, :49.03; 6. Andrew

Morgan, :51.43; 300 Hurdles: Casey Bonagofsky. :41.87; 400 Relay: 5. Mandan, :43.77 (G. Meschke, Sawyer Schmidt, Jacob Harn, Christopher Koester)

MINOT: The Magicians will compete at this week's Class A Meet in Bismarck. Minot was fourth at state a year ago. Last week, Minot finished fourth at the WDA Championships on May 20 in Dickinson. The Magi's 1600 meter relay took first. WDA Championships

100 Meters: 4. Devin Kramer, :11.16; 5. Austin Smith, :11.24; 200 Meters: 4. Adrian Davis-Aguilar, 2:02:98; 4:00 Meters: 2. Logan Gohen; ;;49:80; 3. Jace Johnson, 5:05;6; 8:00 Meters: 4. Gabe Hegstead, 2:02:98; 110 Hurdles: 5. Preston Johnson, 15:54; Triple Jump: 5. Jalen Ballard, 42:00; Shot Put: 6. Je-Mario Jones, 47-09; Discus: 3. Mathew Marler; 155-02; Javelin: 5. Alan Palda, 157-09; 400 Relay: 3. Minor, 43.32 (Austin Smith, Adrian Devis-Aguillar, Johann Markid, Devin Kramer); 800 Relay: 4. Minot, 1:33.49 (Brett Lunde, J. Johnson, Dominic Magpali, Jaydon Mehlhoff); 1600 Relay: 1. Minot, 3:26.05 (L. Goheen, Jace Johnson, Gabe Hegstad, Jonathan Mathistad); 3200 Relay: 5. Minot, 8:43.25 (Brady Halvorson, Deven Forbes, Keston Van Dusen, Thor Nelson)

ST. MARY'S: The Saints will compete at this week's Class A Meet in Bismarck. St. Mary's was 10th at state a year ago. Last week, SM finished ninth. Sam Wilke won the 800 meters. WDA Championships

800 Meters: 1. Sam Wilke, 1:58.05; Javelin: 3. Casey Uhler, 160-02; 800 Relay: 6. St. Mary's, 1:33.77 (Ben Grinsteiner, Cole Spies, Casey Uhler, Adam Fortney); 3200 Relay: 3. St. Mary's, 8:31.46 (Michael Salwei, Charles Koebele, Zachary Vetter, S. Wilke)

TMCHS (Belcourt): The Braves wrapped its season at the WDA Championships in Dickinson last week. The squad did not have any top six finishers. Jacob Jensen tied for 10th in the high jump and was 17th in the 1600 meters.

WILLISTON: The Coyotes will compete at this week's Class A Meet in Bismarck. Williston was 14th at state a year ago. Last week, Williston finished fifth at the WDA Championships on May 20 in Dickinson. Leif Everson won the 1600 meters. WDA Championships

800 Meters: 2. Leif Everson, 2:00.68; 1600 Meters: 1. L. Everson, 4:20.71; 3200 Meters: 4. Keaton Mack, 10:08.99; 110 Hurdles: 2. Dominic Martinez, :14.72; 300 Hurdles: 3. D. Martinez, :41.28; Storie Markey, Starborn Markey, A. 2000 Hordes J. 5 Markey, Analysis, J. 2000 Hordes J. 5 Markey, J. 2000 Hordes J. 2000 Hordes J. 2000 Hordes J. 2000 Hordes J. 2000 Hordes



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Starting Block

The regular season will wrap up this week before WDA athletes gear up for the WDA Championship in Dickinson on Friday, May 20, beginning at 3 p.m.

Cool Down

BHS' senior Sam Clausnitzer won the 3200 meter event at the Howard Wood Relays in Sioux Falls, SD on May 6-7...Minot won a pair meets last week...Century won the Packers Relavs...Currently, 10 WDA individuals have the top performance in the state and three WDA relays teams also have the top time.

Team of the Week

Minot won a pair of meets last week, defeating the field at the Dickinson Carlson Booster Meet and the Mandan MAR Club.

Past WDA Champions

2015: Bismarck High 2014: Bismarck High 2013: Bismarck High 2012: Bismarck High 2011: Bismarck High 2010: Bismarck High 2009: Bismarck High 2008: Bismarck High 2007: Bismarck High 2006: Bismarck High 2005: Bismarck High

By the numbers

That is the number of weeks of regular season competition re maining until the postseason begins.

2016 SEASON SCHEDULE/RESULTS

Halvorson, Gabe Hegstad, Austin Folk, Logan Goheen)

May 6 Packer Relays, West Fargo

Team totals

1. Century, 205; 2. West Fargo, 105; 3. Fargo Davies, 99; 4. Fargo South, 90; 5. Fargo North, 66; 6. West Fargo Sheyenne, 60; 7. Fargo Shanley,

34: 8, G.F. Red River, 30: 9, Wahpeton, 25: 10, G.F. Central, 11: 11, Valley City, 10: 12, Central Cass, 6

May 5 Dickinson Carlson Meet

 Dicking and Carson Week
 J. Minot, 216: 50; 2. Dickinson, 124; 3. Sidney, MT, 91.5; 4. Dick. Trinity, 80; 5. Mandan,
 68; 6. Watford City, 38; 7. Killdeer, 33; 8. Mott-Regent, 30; 9. Beulah, 23; 10. Bowman, 18;
 11. New England, 6 Event Winners

 D0 Meters: Dawson Kram, DT, :11.13; 200 Meters: Gabe Meschke, Man., :22.86;
 400 Meters: G. Meschke, Man., :49.86; 800 Meters: Gabe Hegstad, Min., 2:05.71; 1600
 Meters: Collin Shock, Dick., 4:34.36; 3200 Meters: Keston Van Dusen, Min., 10:53.04; 110 Hurdles: Brady Wegh, Mott-R. :15.61: 300 Hurdles: Mike Herauf, Dick., :42.13: Hurdles: Brady Wegh, Mott-K, 1:5-b1; 300 Hurdles: Mike Heraut, Dick., 142, 13; Discus: Matthew Marler, Min., 152-11; Javelin: Tanner Binstock, Dick., 153-00; Shot Put: Je-Mario Jones, Min., 47-01; High Jump: Cole McGorman, WC, 6-02; Long Jump: Michael McGinnis, Sidn, 21-00; Triple Jump: Kaden Kuntz, DT, 42-00; Pole Vault: Garrison Hughes, Sidn, 15-02; 400 Relay: Sidney, MT, 43-58 Boo Relay: Dickinson Trinity, 1:31.30 1600 Relay: Minot, 3:32.61 3200 Relay: Beulah, 8:37.35

ndan MAR Club Meet

200 Meters: 5, Brent Myers, :24.54: 8, Elijah Monroe, :24.68: 800 Meters: 6, Blake Hansted, 2:10.14: 240 Weters, J. Bertynes, 24-34, 6 Linan Wolfield, 24-06, 600 Weters & Diake Frankeev 21:01-19, 1600 Meters, 4 Braden Gilbertson, 4:48.62; 6 Isaiah Germolus, 4:55.46; 101 Wrdlers, 5: Travis Hoop man, :17.38; 7. Julian Schock, :17.92 300 Hurdles: 5. T. Hoopman, :44.13; High Jump: 2. Koby Bosch, 08; Long Jump: 1. Hunter Humann, 20-02; 6. Patrick Doan, 18-08; 8. K. Bosch, 18-06.5; Pole Vault; 2. Conor Wright, 12-06: 3. Grant Schmeichel, 11-06: Shot Put; 6. Jake Hurt, 45-00: 7. Corev Helm, 44-08: 8. Kyle Niemeyr, 44-00; Discus: 2. Devin Beck, 145-02; 7. K. Niemeyr, 132-04; 8. Tanner Holzer, 127-08; Javelin: 3. Derek Wax, 139-06; 5. T. Holzer, 140-04; 400 Relay: 3. Legacy, 1:37.07; 1600 Relay: 5. Legacy, 3:52.43

Howard Wood Relays

100 Meters: 8. Alex Brosseau, :11.73; 800 Meters: 5. Beau Brannan, 1:55.14 MANDAN: The Braves will compete at the Minot Classic on Friday, May 13 and then compete at the Dickinson Last Chance Meet on May 16. Mandan was second at its home event, MAR Club Meet, and was fourth at the Dickinson Carlson Booster Meet, Gabe Meschke has the current best time in the 400 meters. Mandan MAR Club Meet

100 Meters: 3. Gabe Meschke, :11.59: 4. Christopher Koester, :11.72: 200 Meters: 1. Sawyer Schmidt. .23.41; 2. C. Koester, :23.70; 400 Meters: 1. G. Meschke, :50.14; 5. Andrew Morgan, :53.00; 1600 Meters: 2. Landon Kleingartner, 4:46.32; 110 Hurdles: 4. Casey Beck, :17.10; 300 Hurdles: 6. C. Beck, :44.14; High Jump: 3. Chris VanderWal, 5-06; Long Jump: 2. G. Meschke, 19-06; Triple Jump: 3 Isaac Watson, 37-10.5; 8. C. VanderWal, 33-00; Pole Vault; 4. J. Watson, 11-06; 5. Dylan Fleck, 11-06; Discus: 3. Devan Rohrich, 142-04; Javelin: 8. Treyton Barstad, 129-09; 400 Relay: 4. Mandan, 1:37.61; 1600 Relay: 2. Mandan, 3:36.63

Dickinson Carlson Booster Meet

Dockmon Carlson booster Weet 100 Meters: 5. Christopher Koester, :11.58; 200 Meters: 1. Gabe Meschke, :22.86; 400 Meters: 1. G. Meschke, :49.86; 1600 Meters: 6. Landon Kleingartner, 4:47.94; 3200 Meters: 4. Trajon Vigen, 11:29.40; 110 Hurdles: 4. Bonagofsky, :16.42; Long Jump: 4. G. Meschke, 20-04; Triple Jump: 4. Isaac Watson, 38-11: 800 Relay: 3. Mandan, 1:33.04

III, our ready. 5: Martinal 71:53:04 MINOT: The Magicians will host the Minot Classic on Friday, May 13 and then compete at the Dickinson Last Chance Meet on Monday, May 16. Last week, the squad won the Dickinson Carlson Meet and the Mandan MAR Club Meet.

Minot Carlson Meet

Nult Canson Weet 100 Meters: 1. Devin Kramer, :11.52; 2. Austin Smith, :11.53; 5. Adrian DavisAguilar, :11.75; 7. Drew Holtz, :11.86; 8. Johann Madrid, :11.87;200 Meters: 3. Austin Smith, :23.82; 7. Jonathan Mathistad, :24.58; 400 Meters: 3. J. Mathistad, :52.71; 6. Dominic Magpali, :54.64; 800 Meters: 1. Logan Goheen, :24.58; 400 Meters: 3. J. Mathistad; 752.71; 6. Dominic Magpali, 54.64; 800 Meters: 1. Logan Goheen, 2:04.50; 3. Gobe Hegstad; 2:06.52; 4. Austin Folk; 2:08.11; 5. Brady Halvorson, 2:09.91; 7. Carson Tofte-land; 2:10.81; 8. Deven Forbes; 2:12.40; 1600 Meters: 5. Keston Van Dusen, 4:54.04; 110 Hurdles: 1. Preston Johnson, Min., 15.63; 2. Brett Davis; 1:6.48; 6. Elijah Wickum; 1:7.62; 300 Hurdles: 8. Davis; 4:3.80; Long Jump: 7. Austin Smith, 18-07; Triple Jump: 1. Ty Nygaard, 41-01; 2. Jalen Ballard, 38-01; 5. Mason Sys, 37-05; 7. Owen Wheeler; 3:5-00; Shot Put: 1. Je-Mario Jones; 50-0; 2. Matthew Marler, 48-02; 5. Kyle Routledge, 45-06; Discus: 1. Matthew Marler, 15:-05 Javelin; 2: 0.2 and Padda, 142-11; 6. Dylan Lautanen, 132-10; 400 Relay: 1. Minot, 1:34.39; 3200 Relay: 1. Minot, 8:22.20; 2. Minot B, 8:46.01 Dickinson Carlson Booster Meet

Dickingon Carbon Car Johanna Wathsadu, J.S.J.S., Bod Weits, J. Cade Hegsadu, 2007. J. Austin Foix, 2007. J. Bod Metris, J. Keston Van Dusen, 10:53.04; 3.
Thor Nelson, 11:14.92; 110 Hurdles: 2. Preston Johnson, :15.71; Shot Put: 1. Je-Mario Jones, 47-01; 2.
Matthew Marler, 45-09; 4. Logan Krueger, 44-10; 6. Kyle Routledge, 44-08; Discus: M. Marler, 151-11; 3. Dalton Shipley, 131-01; 5, J. Jones, 124-07; Javelin; 3, Alan Palda, 144-00; 4, Dylan Lautanen, 137-11; Dele Vault: 3. Eric Shaper, 14-00; S. Cole Armagost, 12-06; High Jump: 5. Jack Ziegler, 5-10; Triple Jump: 3. Jalen Ballard, 39-10; 6. Owen Wheeler, 38-07; 400 Relay: 2. Minot, :44.33; 1600 Relay: 1. Minot, 3:32.61; 3200 Relay: 2. Minot, 8:15.16

ST. MARY'S: The Saints will compete at the BPS 2-hour meet on Friday. May 13 and then participate in the Dickinson Last Chance meet on Monday, May 16. Last week, a handful of ath-letes competed at the Howard Wood Relays in Sioux Falls, S.D. while others participated at the Mandan MAR Club Met. Mandan MAR Club Meet

110 Hurdles: 8. Ethan Leingang, :18.47; 300 Hurdles: 3. Evan Leingang, :43.58; 8. Et. Leingang, :45.86

Howard Wood Relays

1000 Meters: 10. Sam Wilk, 4:28.78; 1600 Meter Sprint Medley: 3. St. Mary's, 3:38.18 TMCHS (Belcourt): The Braves are scheduled to next compete at the WDA Championships on Friday, May 20 in Dickinson. Rugby Mariya Tate Memorial

100 Meters: Keisin Peltier, :12.43; 1600 Meters: 2. Jacob Jensen, 5:00.63; 800 Meters: 4. J. Jensen,

218.37; High Jump: 5. J. Jensen, 5-04 WILLISTON: The Coyotes are scheduled to compete at the Minot Meet on Friday, May 13 and then finish the regular season at the Dickinson Last Chance Meet on Monday, May 16.

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and then participate in the Dickinson Last Chance meet on Monday, May 16 to wrap up the regular season. Last week, a split squad competed in meets. BHS athletes took part in the Howard Wood Relays in Sioux Falls, SD while others competed at the Mandan MAR Club Meet. BHS' Hunter Johnson has the state's top time in the 100 and 200; S. Clausnitzer has top time in the 1600. BHS' 800 relay is ranked first. Mandan MAR Club Meet 400 Meters: 8. Dan Carpenter, :54.92; 800 Meters: 2. Dan Finley, 2:06.53;

This week's schedule Friday, May 13

Minot Classic, 4 p.m.

Monday, May 16

Last week Mandan MAR Club Meet Team totals

Valley City Meet, 3 p.m.

Saturday, May 14 Jamestown Al Cassel Relays, 10 a.m. BPS 2-Hour Meet, 12 noon

Dickinson Last Chance Meet, TBA

6. Century, 45; 7. St. Mary's, 8 Event winners

1600 Meters: 1. D. Finley, 4:34.60; 3200 Meters: 1. Morgan Fairbairn, 10:19.63 Dylan Rohrin, 10:28.95; Nolan Maher, 10:47.55; 110 Hurdles: 3. Christian Walth, 16.68;
 High Jump: 4. Dane Allen, 5-04; Triple Jump: 6. D. Allen, 37-04.5; Pole Vault: 6. Eric Krug, 11-00; Discus: 5. Josh Lawyer, 139-09; 6. Tyler Mahoney, 137-00; Javelin: 7. Zack Kuhn, 131-03; 1600 Relay: 3. Bismarck High, 3:40.11; 3200 Relay: 3. Bismarck High, 9:05.57

1. Minot. 207; T2. Mandan. 117; T2. Dickinson. 117; 4. Legacy. 104; 5. Bismarck High. 83;

100 Meters: Devin Kramer, Min., :11.52; 200 Meters: Sawyer Schmidt, Man., :23.41;

100 Meters: Devin Kramer, Min.; 11.52; 200 Meters: Sawyer Schmidt, Man.; 23.41; 400 Meters: Gabe Meschke, Man.; 50.14; 800 Meters: Logan Goheen, Min., 2:04.50; 1600 Meters: Dan Finley, BHS, 4:34.60; 3200 Meters: Morgan Fairbairn, BHS, 10:19.63; 110 Hurdles: Preston Johnson, Min., :15.63; 300 Hurdles: Mike Herauf, Dick., :42.63; Long Jump: Hunter Humann, Leg., 2:0-02; Triple Jump: Ty Nygaard, Min., 41-01; High Jump: Wyatt Kainz, Dick., 6-04; Pole Vault: M. Herauf, Dick., :14-06; Shot Put: Je-Mario Jones, Min., 50-0; Discus: Matthew Marler, Min., 155-05; Javelin: Tanner Binstock, Dick., 143-05; 400 Relay: Minot, :44:14 (Austin Smith, Adrian Davis-AguilarJohann Madrid, Devin Kramer); 800 Relay: Minot, 1:34.39 (Johann Madrid, Kramer, D. Maropli A. Duria, Amuliah; Efon Palvar, Dickingen, 3:34 (6 (Alibe Nerzurf, Direk, Javie, Marchi, Davie, Amuliah; Efon Palvar, Dickingen, 2:34 (6 (Alibe Nerzurf, Kramer, D. Maropli A. Duria, Amuliah; Efon Palvar, Dickingen, 2:34 (6 (Alibe Nerzurf,

D. Kramer, D. Magpoli, A. Davis-Aguilar); **1600 Relay**: Dickinson, 3:34.86 (Mike Herauf, Tanner Davidson, Connor Hoenke, Chris Irakoze); **3200 Relay**: Minot, 8:22.20 (Brady

BISMARCK HIGH: The Demons will compete at the BPS 2-hour meet on Saturday, May 14

Damater (ng), 3-50-14, 320 (relay), 3-5 (analytic (ng), 3-53-3)
Howard Wood Relays
100 Meters: 4. Hunter Johnson, :11.06; 1600 Meters: 3. Sam Clausnitzer, 4:18.05; 3200 Meters: 1. S Clausnitzer, 9:16.88; 9. Matt Bakken, 9:42.65 Pole Vault: 5. Thomas Kellington, 12-09; Shot Put: 2. Cadamizet, 9:10-66; 9: Mait Bakkett, 9:42-65 Pole Value: 5: Hornas kellington, 12-09; Stot Put: 2: Bradyn Thomas, 54-04; 7: Preston Mayer, 50-75; Discus: 10. P. Mayer, 140-05; 400 Relay: 5: Bismarck High, 342-88; 800 Relay: 6: Bismarck High, 1:32:31 CENTURY: The Patriots will compete at the BPS 2-hour meet on Saturday, May 14 and then

participate in the Dickinson Last Chance meet on Monday, May 16 to wrap up the regular season. Last week, Century competed at the Packer Relays in West Fargo as well as had some athletes compete at the Mandan MAR Club Meet. Zach Sweep has the top time in the 100 hurldes; Talon Staudinger is tops in the long jump; Bostin Svihovic is first in the discus. Century's 400 relay is ranked first.

Mandan MAR Club Meet 200 Meters: 6. Issac Bolton, :24.56; 400 Meters: 2. Mitch Honeyman, :52.32; 1600 Meters: 3. Logan Brown, 4:47.30; 7. Evan Markel, 4:56.53; 8. Grant Bushaw, 4:57.93; 3200 Meters: 4. Alex Hilzer boom, 147, 357, 176 pl Jump: 4. Luke Little, 37-08.5; 400 Relay: 5. Century, 1:37.90; 1600 Relay: 4. Century, 3:44.47 Packer Relays

100 Meters: 2. Cole Anderson, :10.94; 200 Meters: 4. Logan Gross, :23.10 800 Meters: 4. Brandor Teornetis, F. Cott, and S. K. Sternetis, and S. Sternetism, 4:36:57; 5. Josev Felton, 4:39:86; Sternetel, 2:06:64; 1600 Meters: 3. Mason Sternehijem, 4:36:57; 5. Joev Felton, 4:39:86; 3200 Meters: 1. Evan Sayler, 9:59:06; Joseph Wolfe, 10:01.06; 4. Tyler Brennan, 10:02:28; 5. Ryan Kohler, 10:03:97; 110 Hurdles: 1. Jeremiah Morrissette, :15:41; 5. Roarick Schollmeyer, :16:16; Xonda, J. Kooszy, Tao Huddis, T. Koty, S. Morrissette, 2416, 27, 19 Marker Chamberger, 1942, Solo Hurdles, Y. Schollmeyer, 41, 50; S. J. Morrissette, 2416, 27, High Jump: 1. Josh Sipes, Fo-Q2, 3. Kade Amundson, 6-0; Long Jump: 1. Talon Staudinger, 22-02, 25; Triple Jump: 1. T. Staudinger, :43.11; Pole Yault: 3. Kevin Vanderpan, 12-6; Shot Put: 2. Bostin Svihovec, 50-05; Discus: 1. Rockey Levi, and a start and 165-0; 3. B. Svihovec, 160-4; Javelin: 2. T. Staudinger, 162-7; 4. B. Svihovec, 158-47; 800 Relay: 2

133.04, 160 Millery 3, Century, 3:38.71, 3200 Relay: 2, Century, 8:35.29
DICKINSON: The Midgets were scheduled to compete at the Dawson Co. Meet on Friday, May 13 and then host a Last Chance Meet on Monday, May 16. Last week, the squad hosted the Carlson Booster Meet, taking second. It competed at the Mandan MAR Club Meet for second. Mike Herauf has the state's best Class A effort in the pole vault Mandan MAR Club Meet

200 Meters: 4. Connor Hoenke, :24.21; 400 Meters: 4. Collin Schock, :52.78; 7. Chris Loo metals 4: Common Motine, 12-12, 400 metals, 42-13, 400 metals, 42-10, 71 cmmon Inakaze, 154, 79; 300 Hurdles: I. Mike Herauf, 42.83; 2. Tanner Davidson, 42.92; High Jump: 1. Wyatt Kainz, 6-04; Long Jump: 3. Connor Hoenke, 19-05; 4. W. Kainz, 19-04.5; 5. Collin Roller, 19-02.00; Pole Vault: 1. M. Herauf, 14-06; Shot Put: 3. Drew Heiser, 48-01; 4. Dual Keck, 47-02; Javelin: 1. Tanner Binstock, 143-05; 4. M. Herauf, 136-10; Dickinson: 4. D. Heck, 141-03; 400 Relay: 2. Dickinson, 1:35.46; 1600 Relay: 1. Dickinson, 3:34.86

Too Netay, 1: Dickinson Carlson Boost Meet 100 Meters: 3. Tevan Thompson, :11.49; 6. Dalton Wolf, :11.67; 1600 Meters: 1. Collin Shock, 4:34.46; 3200 Meters: 2. Aiden Jung, 11:03.80; 300 Hurdles: 1. Mike Herauf; 42.13 Shot Put: 3. Dual Keck, 45-03; 5. Drew Heiser; 44-10; Discus: 2. Dual Keck, 139-11; Javelin: 1. Tanner Binstock, 153-00; 2. Mike Herauf; 148-11; 5. Kali Larsen; 135-06; Pole Vault: 2. M. Herauf; 14-09; Long Jump: 5. Connor Hoenke, 19-10; High Jump: 2. Wyatt Kainz, 6-02; 400 Relay: 3. Dickinson, :44.90: 1600 Relay: 2. Dickinson, 3:35.75

JAMESTOWN: The Blue Jays are scheduled to host its All Cassell Relays on Saturday, May 14 and then finish the regular season with a meet in Valley City on May 16. Jamestown last week competed in a meet in Carrington. Jamestown's Dylan Koenig has the top time in the state in the 300 hurdles.

LEGACY: The Sabers will compete at the BPS 2-hour meet on Saturday, May 14 and then participate in the Dickinson Last Chance meet on Monday, May 16 to wrap up the regular season. Last week, the squad competed at the Mandan MAR Club. A handful of athletes competed at the Howard Wood Relays in Sioux Falls, SD. Beau Brannon has the state's top time in the 800 meters and the Sabers' 3200 relay is ranked first.



Contact: Matt Mullally, director of sports information - E-mail: wdasports@wdasports.org - Cell: 701.776-5836 - Twitter: @WDAsports

Starting Block

It's a busy week on the track with WDA teams competing in a number of events. There are just two more weeks of regular season competition remaining.

Cool Down

Several of the top WDA ath letes will compete in Sioux Falls, SD on May 6-7 at the Howard Wood Relavs...Jamestown was the only WDA team to compete at the Fargo Shanley Invite on April 28, finishing seventh...The four Bismarck WDA members held its Twilight Meet on May 3...Bismarck High won its first meet of the season, taking the title at the Kiwanis Meet on April 29.

Team of the Week

Dickinson turned in a solid day competing at the Bismarck Kiwanis Meet on April 29, finishing fifth out of 14 teams. Mike Herauf won the pole vault title.

Past WDA Champions

2015: Bismarck High
2014: Bismarck High
2013: Bismarck High
2012: Bismarck High
2011: Bismarck High
2010: Bismarck High
2009: Bismarck High
2008: Bismarck High
2007: Bismarck High
2006: Bismarck High
2005: Bismarck High

By the numbers

That is the number of individ ual titles that Jamestown picked up at the . Fargo Shanley In∙ vite on Thursday. April 28.

2016 SEASON SCHEDULE/RESULTS

bon, 174-04.00; 400 Relay: G.F. Red River, :44.68 (Mo Kamara, Kassim Nsibirwa, Parker Wenzel, Devon Pope): 1600 Relay: Fargo South, 3:31.65 (T. Grunane, Isaiha Fletcher, Carter Steffes, Alphonso Gowah); 800 Relay: G.F. Central, 1:32.41 (Alex Grove, Izaiah Reynolds, Sam Cherilus, Zane Miller); 3200 Relay: Fargo South, 8:20.09 (Muni Isahak, Muqsin Hussein, Titus Gruanue, Menek Mendin)

April 29 Bismarck Kiwanis Invite

Team totals 1. Bismarck High, 179; 2. Century, 175; 3. Fargo Davies, 92; 4. Legacy, 74; 5. Dickinson, 50; Mandan, 40; 7. Watford City, 30; 8. St. Mary's, 28; 9. Washburn, 19; 10. New Town, 17;
 Grant Co., 11; 12. Bowman, 10; 13. Hazen, 7; 14. Underwood, 5 Event winners

100 Meters: Hunter Johnson, BHS, :10.91; 200 Meters: H. Johnson, BHS, :22.36:

400 Meters: Hunter Johnson, Bris, 1203, 200 Meters: Hunter Lucas, F Davies, 1:58.37; 1600 Meters: Beau Brannon, Leg., :52.14; 800 Meters: Hunter Lucas, F Davies, 1:58.37; 1600 Meters: Sam Wilke, SM, 4:33.45; 3200 Meters: H. Lucas, F Davies, 9:15.02; 110 Hur-dles: Zach Sweep, Cent., :15.00; 300 Hurdles: Roarick Schollmeyer, Cent., :42.26; High Jump: Austin Wolf, Leg., 6-02; Long Jump: Brandon Lewis, Leg, 21-11; Triple Jump: Talon Staudinger, Cent., 42-01.5; Shot Put: Bradyn Thomas, BHS, 55-02; Discus: Preston Mayer, BHS, 149-07; Javelin: B. Thomas, BHS, 171-08; Pole Vault: Mike Herauf, Dick., 14-00; 400 Relay: Century, 43.97 (Z. Sweep, R. Schollmeyer, Cole Anderson, Josh Sipes); 800 Relay: Keisy, Century, 43.57 (2) Sweep, in Schömineyer, Cole Anderson, Josh Spezi, Boo Relay, Bismarck High, 1:32.02 (Derek Leingang, H. Johnson, Jordan Sanford), Isaiah Olsen); 1600 Relay: Legacy, 3:32.19 (Alex Anderson, B. Brannan, Thomas Tieszen, A. Wolf); 3200 Relay: Century, 8:26.69 (Joey Felton, Joseph Wolfe, Brandon Kraenzel, Mason Stenehjem) Mav 3

BPS Twilight Meet

Team total

1. Century, 221; 2. Bismarck High, 208; 3. Legacy, 145; 4. St. Mary's, 76

LEGACY: The Sabers will compete at the Mandan MAR Club Meet on Saturday, May 7, Last

100 Meters: 2. Alex Brosseau, :10.98; 3. Brandon Lewis, :11.14; 400 Meters: 1. Beau Brannon, :52.14; 3. Loometers 1: Pieters 2: Pieters 2: A constraint Wolf, 6-02; Long Jump; 1: Brandon Lewis, 21-11; Pole Vault: 4. Conor Wright, 13-00; 1600 Relay: Legacy, 3:32.19 (Alex Anderson, B. Brannan, Thomas Tieszen, A. Wolf); 3200 Relay: 4. Legacy, 8:56.36 **BPS Twilight Meet**

10 Meters: 3. Alex Brosseau, :11.29; 4. Brandon Lewis, :11.39; 200 Meters: 1. A. Brosseau, :22.71; 3. B. Lewis, :23.04; 5. Brent Myers, :24.31; 400 Meters: :51.32; 2. Thomas Tieszen, :52.24; 4. Alex Anderson, :53.30; 110 Hurdles: 1. Jason Fetch, :16.10; 5. Travis Hoopman, :17.40; 300 Hurdles: 1. J. Fetch, :41.84; 4. T. Hoopman, :43.99; High Jump: 1. Austin Wolf, 6-0; Triple Jump: 1. B. Lewis, 42-10 Pole Vault: 2. Conor Wright, 13-03; 4, Grant Schmeichel, 11-10; 1600 Relay: Legacy, 3:31.19 (Alex Anderson, B. Bran-nan, Thomas Tieszen, A. Wolf); 3200 Relay: Legacy, 8:12.12 (Jaeger Marchant, B. Brannan, Braxton Erhardt, T. Tieszen)

MANDAN: The Braves will host the Mandan MAR Club on Saturday, May 7. Last week, Man-dan finished sixth at the Bismarck Kiwanis Meet.

Bismarck Kiwanis 200 Meters: 2. Gabe Meschke, :22.50; 5. Christopher Koester, :23.52; 400 Meters: 2. Andrew Morgan, :53.25; 800 Relay: 4. Mandan, 1:34.34

MINOT: The Magicians will compete at the Dickinson Carlson Invite on Thursday, May 5 and the Mandan MAR Club Meet on May 7. Last week. Minot capture the team title at the Carlson Meet

Minot Carlson Meet

100 Meters: 1. Devin Kramer, :11.35; 3. Johann Madrid, :11.72; 6. Jaydon Mehlhoff, :12.06 400 Meters: 4. Carson Mosser. :56.35: 800 Meters: 2. Logan Goheen. 2:03.59: 3. Brady Halvorson. Colo, City, A. Austin Folk, 2:08.68; S. Deven Forbes, 2:09.09; G. Carson Tofteland, 2:10.31;
 Colo, City, A. Austin Folk, 2:08.68; S. Deven Forbes, 2:09.09; G. Carson Tofteland, 2:10.31;
 Colo Hurdles: I. Preston Johnson, :45.00; Z. Brett Davis, :45.62; S. Nicholas Dockter, :46.13; S. Cutter Flory, :46.71; High Jump: I. Justin Engg, 5-08; Z. Jack Ziegler, 5-08; T3. Paolo Cabatingan, 5-04; S. Cole Armagost, T5-04, Pole Vault: 1. C. Armagost, 11-00; 2. Noa Ranger, 9-06; 3. Luke Kobes, 9-00; 4. Devin Nehring, 9-00; 5. John Morman, 8-06; 6. Elijah Armstrong, 8-00; Long Jump: 1. Austin Smith, 19-08.00; 2. J. Engg, 18-11.50; 3. Mason Sys, 18-10.50; 5. Ty Nygaard, 18-02.50; Triple Jump: 2. T. Nygaard, 39-10; 4. J. Ziegler, 37-06.5: 5. Jalen Ballard, 36-11: 6. Owen Wheeler, 36-03: Shot Put: 1. Matthew Marler, 47-4. J. Legger, S. 2003, J. Jack Baland, So 11, O. Ower Witeler, So O. S. Hor Yu, I. Mattlew Mailey, A. O. S. 3. I. March, 243-05, 3. Jack Baland, S. J. S. 2005, S. Relay: 1, Minot, :44,51; 4, Minot, :47,67; 400 Throwers Relay: 1, Minot, :50,90; 3, Minot, :53,19; 4 Minot, 153.99; 800 Relay: 2. Minot, 1:33.85; 1600 Relay: 1. Minot, 3:30.20; 3. Minot, 3:48.78; 1600 Sprint Medley Relay: 3. Minot, 4:07.70; 4. Minot, 4:08.48; 440 Shuttle Hurdle: 1. Minot, 1:10.69; 2. Minot. 1:11.37

ST. MARY'S: A handful of Saints will compete at the Howard Wood Relays in Sioux Falls, SD, May 6-7, while others will compete at the Mandan MAR Club meet on Saturday, May 7. Last week, SM finished eighth at the Bismarck Kiwanis Meet and was fourth at the BPS Twilight Meet

Bismarck Kiwanis 800 Meters: 3. Sam Wilke, 1:59.95; 1600 Meters: 1. S. Wilke, 4:33.45; 110 Hurdles: 4. David Schwartz, :16.35 BPS Twilight Meet

3200 Meters: 5. Zachary Vetter, 10:49.04; 110 Hurdles: 3. David Schwartz, :16.48; Long Jump: 3. Evan Leingang,19-06.6; 4. Casey Uhler, 19-06.5; 5. D. Schwartz, 1903.5; Triple Jump: 5. C. Uhler, 39-11; Javelin: 4. C. Uhler, 146-09; 800 Relay: 2. St.Mary's, 1:35.65

TMCHS (Belcourt): The Braves are scheduled to compete next at the Devils Lake Meet on Monday, May 9

WILLISTON: The Coyotes will compete at the Dawson Co. MT Meet on Saturday, May 7. Last week, Williston competed at the Carlson Meet in Minot. Minot Carlson Meet

100 Meters: 4. Brett Ralph, :11.82: 400 Meters: 3. Ben Olson, :55.85: 800 Meters: 1. Lief Everson 1:58.48; 400 Relay: 3. Williston, 47.23; 400 Throwers Relay: 2. Williston, 51.74; 800 Relay: 3. Williston, 1:34.00; 1600 Relay: 2. Williston, 3:31.72; 1600 Sprint Medley Relay: 1. Williston, 3:58.78

other information, log on to wdasports.org

For more game boxscores and

100 Meters: 1, Hunter Johnson, :10.91: 200 Meters: 1, H. Johnson, :22,26: 800 Meters: 5, Jack Sullivan, 2:07.14; 1600 Meters: S. Matt Bakken, 4:37.62; 3200 Meters: J. Sac Van Berger, 9:17.56; S. Morgan Fairbairn, 10:17.96; 300 Hurdles: Z. Jordan Sanford; 4:2.57; 4. Keegan Schwab, 4:3.44 Long Jump: 3. Derek Leingang, 20-09; Triple Jump: 2. Bradyn Just, 41-03; 3. Colton Arman, 39-11; 4. Nick Hagen, 38-03.5: Shot Put: 1, Bradyn Thomas, 55-02; 5, Preston Mayer, 50-02; Discus; 1, P. Mayer, 149-07; 3. Tyler Mahoney, 145-03; Javelin: 1. B. Thomas, 171-08; Pole Vault: 2. Thomas Kellingtor 13-00; 400 Relay: 3. Bismarck High, :44.98; 800 Relay: Bismarck High, 1:32.02 (Derek Leingang, H. Johnson, Jordan Sanford, Isajah Olsen): 1600 Relay: 3. Bismarck High, 3:39.32: 3200 Relay: 3. Bismarck High 8.37 95

BPS Twilight Meet

Bismarck Kiwanis

This week's schedule

Dickinson Carlson Meet. 3 p.m.

Mandan MAR Club Meet, 11 a.m. Carrington Invite, 11 a.m. Custer Co. MT Meet, 12:30 p.m.

argo Shanley Meet, Moorhead, MN

Moorhead, MN, 6; 11. Devils Lake, 5.

was second at the BPS Twilight Meet.

Friday, May 6 Howard Wood Relays, 4 p.m., Sioux Falls, SD

Saturday, May 7 Howard Wood Relays, 8 p.m., Sioux Falls, SD

Thursday, May 5

May 9 Devils Lake Meet, TBA

Last week

April 28

100 Meters: 1. Hunter Johnson, :11.10; 400 Meters: 3. Isaiah Olsen, :53.19; 800 Meters: 2. Sam Clausnitzer, 1:58.76: 1600 Meters: 1, Matt Bakken, 4:32.55: 3, Dan Finley, 4:37.18: 5, Russell Swag-Gadamice, 1...6.70, 1000 Meters, 1. Mait bankeli, 4.2.2.37 St. Dair Inite, 4.37, 43, 5. Nossen 3wag ger, 4:42, 79; 3200 Meters; 1. Morgan Fairbairn, 10:20.49; 3. Nolan Maher, 10:29.10; 1101 Hurdles Christian Walth, 17.32; 300 Hurdles; 2. Keegan Schwab, 4:2.32; 3. Jordan Sanford, :42.64; 5. C. Walth, :45.62; High Jump; T3. Bradyn Just, 5-06; T3. Derek Leingang, 5-06; Long Jump; 1. D. Lein-13-06 Shot Put: 1. Bradyn Thomas, 54-09; 3. Jacet Rath, 49-11; Discus: 3. Tyler Mahoney, 147-04; 4. Lucas Mayer, 146-0; 5. Josh Lawyer, 141-0; Javelin: 1. B. Thomas, 179-09; 400 Relay: Bismarck High, :43,79 (Derek Leingang, Hunter Johnson, Jordan Sanford, Isaiah Olsen): 800 Relay: 3, Bismarck High 1:35.65; 1600 Relay: 3. Bismarck High, 3:34.38

Team totals 1. G.F. Red River, 148; 2. Fargo South, 104; 3. West Fargo, 90; 4. Fargo North, 89; 5. WF

Sheyenne, 78; 6. G.F. Central, 71; 7. Jamestown, 66; 8. Lisbon, 50; 9. Shanley, 34; 10.

100 Meters: Alessandro Genova, West Fargo, :11.32; 200 Meters: Jacob Levin, West

BISMARCK HIGH: The Demons will have some athletes compete at the Howard Wood

Relay in Sioux Falls, SD., May 6-7. Last week the squad won the Bismarck Kiwanis Meet and

Lou meters: Alessandro Genova, west Fargo, 11.32; 200 meters: Jacob Levin, west Fargo, 13.26; 400 Meters: Jesse Schorma, WF Sheyenen, 52.08; 800 Meters: David Het-tich, GF Central, 2:01.95; 1600 Meters: David Hettich, GF Central, 4:39.75; 3200 Meters: Leif Larsen, GF Central, 9:50.26; 110 Hurdles: Mo Kamara, GF Red River, 15.32; 300 Hurdles: Dylan Koenig, Jam, :41.13; High Jump: Jack Pifer, Fargo South, 6-02; Long Jump: Noah Wanzek, Jamestown, 21-02.25; Triple Jump: Carlos Horcacitas, GF Red River, 42-06.00; Pole Vault: Connor Fuglesth, Fargo North, 14-06; Discus: Alex Talley, West Fargo, 158-05; Shot Put: A. Talley, West Fargo, 57-01.50; Javelin: Kyle Odegard, Lis-

CENTURY: The Patriots will have some athletes compete at the Howard Wood Relay in Sioux Falls, SD., May 6-7, Last week, Century was runner-up at the Bismarck Kiwanis Meet and won the team title at the BPS Twilight Meet.

Bismarck Kiwanis

200 Meters: 3. Cole Anderson, :22.76; 400 Meters: 5. Brandon Kraenzel, :54.16; 1600 Meters: 2 Loor Floton, 4:35.43; 3. Mason Stenehjem, 4:36.05; 3200 Meters: 4. Brennan Ylper, 10:14.18; 110 Hurdles: 1. Zach Sweep, 15.00; 5. Roarick Schollmeyer, 16.62; 300 Hurdles: 1. R. Schollmeyer, :42.26 High Jump: 2. Z. Sweep, 6-02; 3. Josh Sipes, 6-00; 5. Kade Amundson, 5-10; Long Jump: 2. Max Cook, 21-07, 4. Taion Staudinger, 20-09; Triple Jump: 1. T. Staudinger, 42-01,5; Shot Put: 3. Bostin Svihovec, 51-09 Discus: 2. Levi Rockey, 145-03; Javelin: 2. T. Staudinger, 166-01; 3. B. Svihovec, 15109 Dole Vault: 3. Kevin Vanderpan, 13-00, 400 Relay: Century, 43-397 (Zsweep, R. Schollmeyer, Cole Anderson, Josh Sipes); 800 Relay: 2. Century, 1:32.80; 1600 Relay: 2. Century, 3:33,75: 3200 Relay: Century, 8:26.69 (Joev Felton, Joseph Wolfe, Brandon Kraenzel, Mason Stene

BPS Twilight Meet

100 Meters: 2. Cole Anderson, :11.23; 5. Jeremiah Morrissette, :11.45; 200 Meters: 3. Logan Gross, :23,46: 4. Hunter Wilmes. :24,22: 400 Meters: 5. Drew Cady. :53,53: 800 Meters: 3. Brandon Kraen zel, 2:03.83; 4. Joey Felton, 2:04.91; 5. Jamison Dietrich, 2:06.36; 1600 Meters: 3. Evan Sayler, 4:40.40; 4. Joseph Wolfe, 4:41.26; 3200 Meters: 2. Jaden Rittenbach, 10:24.36; 4. Grant Bushaw, 10:33,71: 110 Hurdles: J. Morrissette, :16.12: High Jump: 2, Kade Amundson, 5-10: Long Jump: 2 10:35.7 (10) Toto Toto S. Molinsecte; 16:12; high Joinp. 2: Aade Antoniosi, 5:40; Cong Joinp. 2: Ach Sweep, 19-08; Triple Jump: 2: Andrew Molen, 41-06; Pole Vault: 3: Kevin Vanderpan, 13-0; Shot Put: 2: Bostin Svihovec, 54-02; 4. Levin Rockey, 47-03; 5. Christian Bowlinger, 46-08 Discus: 1. L. Rockey, 159-01; 2: B. Svihovec, 158-09; Javelin: 2. A. Holen, 162-02; 3: C. Bowlinger, 146-03; 400 Relay: 2. Century, :50.12: 800 Relay: Century, 1:34.43 (Caleb Monger, Adam Foerderer, Hunt Wilmes, Josh Sipes); 1600 Relay: 2. Century, 3:33.58; 4. Century B, 3:46.79; 3200 Relay: 2. Century, 8:15.96

DICKINSON: The Midgets will host the Carlson Invite on Thursday, May 5, Last week, the squad was fifth at the Bismarck Kiwanis Meet. Bismarck Kiwanis

800 Meters: 4. Collin Schock. 2:05.70: 300 Hurdles: 5. Mike Herauf. :43.66: Shot Put: 4. Dual Keck 51-03: Javelin: 5. Tanner Binstock, 154-05; Pole Vault: 1. Mike Herauf, 14-00; 5. Logan Ackerman, 12-06; 400 Relay: 4. Dickinson, :45:61; 1600 Relay: 4. Dickinson, 3:40.04

JAMESTOWN: A handful of Blue Javs athletes will compete at the Howard Wood Relays in Sioux Falls, SD, May 6-7, while others will compete at the Carrington Invite on May 7. Last week, the squad was seventh at the Fargo Shanley Invite. Fargo Shanley Invite

Solo Hurdles: 1. Dylan Koenig, Jam., :41.13; 1600 Meters: 8. Kyle Schumacher, 4:54.34; High Jump: 2. Noah Wanzek, 6-00; 5. Travis Beach, 5-08; Long Jump: 1. N. Wanzek, 21-02.25; 6. Chris Hare, 19-11.00; Triple Jump: 6. N. Wanzek, 39-07.00; 8. C. Hare, 38-05.5; Discus: 3. Logan Anderson, 142-10: 4. Ben Hanson, 136-03: Javelin: 4. T. Beach, 157-02: 8. B. Hanson, 147-09:

Shot Put: 5. L. Anderson, 45-04; 800 Relay: 6. Jamestown, 1:34.26; 1600 Meters: 7. Jamestown 3:42.70



Contact: Matt Mullally, director of sports information - E-mail: wdasports@wdasports.org - Cell: 701.776-5836 - Twitter: @WDAsports

Starting Block

Weather permitting, WDA teams will compete this week. including several teams taking part in the Bismarck Kiwanis Meet on Friday, April 29.

Cool Down

Several meets were cancelled last week due to weather...Century has won all five meets its entered...Currently. WDA individuals/relays have the state's top time/qualifving standard in 10 events (BHS Hunter Johnson, 100, 200: Mandan's Gabe Meschke 400: St. Mary's Sam Wilke. 800; Legacy's Brandon Lewis, Long Jump; Century's Bostin Svihovec, discus; Dickinson's Mike Herauf, pole vault: Century, 400 relay; Minot 1600 relay; BHS 3200 relay).

Team of the Week

Bismarck High was runner-up at the Bismarck Denton Relays last week. BHS won three individual events and one relay. It was the third straight meet BHS finished second.

Past WDA Champions

2015: Bismarck High
2014: Bismarck High
2013: Bismarck High
2012: Bismarck High
2011: Bismarck High
2010: Bismarck High
2009: Bismarck High
2008: Bismarck High
2007: Bismarck High
2006: Bismarck High
2005: Bismarck High

By the numbers

That is the number of WDA teams that had at least one in dividual champion at the recent Bismarck Charlie Denton Relays.



This week's schedule Thursday, April 28 Fargo Shanley Invite, 2 p.m. CT. Moorhead, MN Rugby Meet, 3:30 p.m Friday, April 29 Bismarck Kiwanis, 2 p.m. CT

Denton Relays, Bismarck

Team totals . Century 184.5; 2. Bismarck High, 108; 3. Minot, 68.5; 4. Legacy, 67.5; 5. Fargo South, 31. Control 12 Cont Event winners

100 Meters: Hunter Johnson, BHS, :10.90 200 Meters: H. Johnson, BHS, i21.97 400 Meters: Logan Goheen, Minot, i52.13 800 Meters: Sam Wilke, St. Mary's, 1:59.66 1600 Meters: Ryan Wheeling, New Town, 4:28.44 3200 Meters: Leif Everson, Williston, 9:51.67

2016 SEASON SCHEDULE/RESULTS

110 Hurdles: Dominic Martinez, Williston, :15.13 300 Hurdles: Jeremiah Morrissette, Century, :41.87 High Jump: Austin Wolf, Legacy, 6-04 Long Jump: Brandon Lewis, Legacy, 21-10 Triple Jump: Talon Staudinger, Century, 42-11 Pole Vault: Mike Herauf, Dickinson, 14-00 Shot Put: Bradyn Thomas, BHS, 53-10 Josef R. Brayn Honlas, Bris Josef Discus: Bostin Svihovec, Century, 170-03 Javelin: Travis Beach, Jamestown, 178-08 400 Relay: Century, :44.14 (Zach Sweep, Cole Anderson, Talon Staudinger, Josh Sipes) 800 Relay: Dickinson Trinity, 1:33.10 (Kaden Kuntz, Aric Knopik, Noah Sickler, Dawson Kram) 1600 Relay: Fargo South, 3:33.11 (Titus Graunue, Menkeh Mendin, Isaiah Fletcher,

Alphonso Gowah)

3200 Relay: Bismarck High, 8:23.18 (Dan Finley, Sam Clausnitzer, Matt Bakken, Stuart

BISMARCK HIGH: The Demons will compete, weather permitting, at the Bismarck Kiwanis Invite on Friday, April 29. Last week, BHS finished second at the Denton Relays. Hunter Johnson won the 100 and 200 meters. Bradyn Thomas won the shot put. The 3200 meter relay squad took first.

Bismarck Denton Relays

100 Meters: 1. Hunter Johnson, :10.90; 200 Meters: 1. H. Johnson, :21.97; 400 Meters: 5. Sam Claus Torrer, 2:06,23; 8: Stuart Wolf, 2:09.07; 1600 Meters: 5. Russell Swagger, 4:44.48; 300 Hurdles: 4. Keegan Schwab, 42.77; 5. Jordan Sanford, 42.78; High Jump: 8. Bradyn Just, 5-10.00; Long Jump: 3. Derek Leingang, 21-02.5; Pole Vault: 3. Thomas Kellington, 12-05,50-09; Shot Put: 1. Bradyn Thomas, 53-10; 4. Preston Mayer; Discus: 5. Tyler Mahoney, 139-10; 6. P. Mayer, 138-11; 8. Josh Honday, S. 10, H. Heiden Mayer, Discuss S. Her Manney, 199 10, H. Hayer, 130 11, S. Honday, M. Hayer, 133 (1997), Javelin: 3. B. Thomas, 163-117, Zack Zuhn, 155-09; 400 Relay: 2. Bismarck High, :44.36; 800 Relay: 7. Bismarck High, 1:37.93; 1600 Relay: 6. Bismarck High, 3:39.43; 3200 Relay: Bismarck High, 8:23.18 (Dan Finley, S. Clausnitzer, Matt Bakken, Stuart Wolf)

CENTURY: The Patriots will compete, weather permitting, at the Bismarck Kiwanis Invite on Friday, April 29. Last week, Century won the Denton Relays. Jeremiah Morrissette won the 300 hurdles; Talon Staudinger won the triple jump. Bostin Svihovec won the discus. The 400 relay took first.

Bismarck Denton Relays 100 Meters: 2. Cole Anderson, :10.95; 6. Max Cook, :11.20; 200 Meters: 2. M. Cook, :22.40; 7. Jeremiah Morrissette, :22.93; 800 Meters: 4. Brandon Kraenzel, 2:05.14; 1600 Meters: 3. Jaden Ritten-bach, 4:2.15; 6. Mason Stenehjem, 4:45.88; 3200 Meters: 2. Evan Sayler, 10:04.86; 5. Ryan Kohler, 10:7.29; 6. Joseph Wolfe, 18:18.18; 7. M. Stenehjem, 10:18.72; 110 Hurdles: 4. J. Morrissette, :15.90; 6. Roarick Schollmeyer, :16.20; 300 Hurdles: 1. J. Morrissette,

:41.87; 2. R. Schollmeyer, :42.44; High Jump: 3. Lucas Mayer, 6-00.00; T5. Kade Amundson, 5-10.00; 7. Zach Sweep, 5-10.00; Long Jump: 2. M. Cook, 21-03.25; 4. Josh Sipes, 20-03.25; 6. Talon Staudinger, 20-01; Triple Jump: 1. T. Staudinger, 42-11; 3. Andrew Holen, 41-05; Pole Vault: 2. Kevin Vanderpan, 12-06; Shot Put: 3. Bostin Svihovec, 53-00; 7. Levi Rockey, 48-09; Discus: 1. B. Svihovec, 170-03; 2. L. Rockey, 152-00; Javelin: 2. T. Staudinger, 168-06; 400 Relay: 1. Century, :44.14 (Zach Sweep, Cole Anderson, T. Staudinger, J. Sipes); 800 Relay: 4. Century, 1:34.53; 1600 Relay: 3. Century, 3:34.58

DICKINSON: The Midgets will compete, weather permitting, at the Bismarck Kiwanis Invite on Friday, April 29. Dickinson was seventh at the Denton Relays last week. Mike Herauf won the pole vault. Bismarck Denton Relays

Ado Meters: 7, Tanner Davidson, :54.30; 300 Hurdles: 7. Mike Herauf, :43.75; Long Jump: 8. Aanen Moody, 19-11.5; Pole Vault: 1. M. Herauf, 14-00; 5. Logan Ackerman, 11-06; Shot Put: 6. Dual Keck, 49-04; Discus: 3. D. Keck, 142-00; 400 Relay: 8. Dickinson, :46.25; 800 Relay: 2. Dickinson, 1:33.90; 1600 Relay: 5. Dickinson, 3:26.33

JAMESTOWN: The Blue Jays will compete at the Fargo Shanley Invite. Last week, Jamestown finished 10th at the Denton Relays. Travis Beach won the javelin

Simarck Denton Relays 400 Meters: 8. Andrew Hornung, :54.47; 110 Hurdles: 2. Dylan Koenig, :15.73; High Jump: TS. Noah Wanzek, 5-10.00; Long Jump: 5. N. Wanzek, 20-02.75; Triple Jump: 6. N. Wanzek, 40-08.5; Javelin: 1 Travis Beach, 178-08; 8. Ben Hanson, 151-02

LEGACY: The Sabers will compete, weather permitting, at the Bismarck Kiwanis Invite on Fri-day, April 29. Last week, Legacy placed fourth at the Denton Relays. Austin Wolf won the high jump and Brandon Lewis won the long jump.

Bismarck Denton Relays 100 Meters: 4. Brandon Lewis, :11.16; 200 Meters: 6. Alex Brosseau, :22.88; 400 Meters: 3. Thoma Tieszen, :52,99: 800 Meters: 2, Beau Brannan, 2:00.77: High Jump: 1, Austin Wolf, 6-04,00: Long Jump: B. Lewis, 21-10; Pole Vault: 4. Conor Wright, 11-06; T6. Grant Schmeichel, 11-00;
 Discus: 7. Devin Beck, 135-05; Javelin: 4. Derek Wax, 160-00; 400 Relay: 3. Legacy, :44.77; 1600 Relay: 4. Legacy, 3:36.00

MANDAN: The Braves will compete, weather permitting, at the Bismarck Kiwanis Invite on Fri-day, April 29. Last week, Mandan finished 17th at the Denton Relays. Isaac Watson was eighth in the pole vault. Bismarck Denton Relays

Pole Vault: 8. Isaac Watson, 11-00; 3200 Relay: 5. Mandan, 9:09.32

MINOT: The Magicians will compete, weather permitting, at the Bismarck Kiwanis Invite on Friday, April 29. Last week, Minot finished third at the Denton Relays. Logan Goheen won the 400 meters

Bismarck Denton Relays

100 Meters: 5. Devin Kramer, :11.19; 8.Adrian Davis-Aguilar, :11.23; 200 Meters: 3. A. Davis-Aguilar, 120 metals is between the second s Discus: 4. Matthew Marler, 141-06; 400 Relay: 4. Minot, :44.95; 800 Relay: 3. Minot, 1:34.12; 3200 Relay: 4. Minot, 8:53.59

ST. MARY'S: The Saints will compete, weather permitting, at the Bismarck Kiwanis Invite on Friday, April 29. St. Mary's finished 11th at the Denton Relays last week. Sam Wilke won the 800 meter

Bismarck Denton Relay: Bismarck Denton Relay: B00 Meters: 1. Sam Wilks, 1:59.66; 110 Hurdles: 8. David Schwartz, :16.30; Triple Jump: 8. Casey Uhler, 40-01.5; Javelin S. C. Uhler, 158-02

TMCHS (Belcourt): The Braves are scheduled to compete in a meet in Rugby on Thursday April 28

WILLISTON: The Covotes will compete, weather permitting, at the Bismarck Kiwanis Invite on Friday, April 29. Last week, Williston finished nith at the Denton Relays. Leif Everson won the 3200 meters. Dominic Martinez won the 110 hurdles. Bismarck Denton Relays

200 Meters: 1. Leif Everson, 9:51.67; 8. Keaton Mack, 10:23.96; 110 Hurdles: 1. Dominic Martinez, :15.13; 300 Hurdles: 3. D. Martinez, :42.67; 400 Relay: 5. Williston, :45.31



Contact: Matt Mullally, director of sports information - E-mail: wdasports@wdasports.org - Cell: 701.776-5836 - Twitter: @WDAsports

Starting Block

WDA teams will be in action in Bismarck on Friday, April 22 for the Charles Denton Relays TMCHS (Belcourt) is set to host a meet on April 25.

Cool Down

Seven WDA teams have at least one athlete who current has the top qualifying standards in the state (BHS; Hunter Johnson, 100, 200; Mandan Gabe Meschke, 400; St. Mary's, Sam Wilke, 800: Williston's Leif Everson, 1600; Dickinson's Mike Herauf, pole vault; Century's Max Cook, long jump; Century's Josh Sipes, high jump; Legacy's Jason Fetch, 300 hurdles). Century has the current top time in the 400 relay: BHS in the 800 relay and Mandan in 1600 relay as of April 18.

Team of the Week

Minot finished runner-up at the recent G.F. Sertoma Invite and were fourth at its Duane Carlson Meet earlier this month.

Past WDA Champions

2015: Bismarck High 2014: Bismarck High 2013: Bismarck High 2012: Bismarck High 2011: Bismarck High 2010: Bismarck High 2009: Bismarck High 2008: Bismarck High 2007: Bismarck High 2006: Bismarck High 2005: Bismarck High

By the numbers

That is the number of WDA individuals or relays that currently have the fastest or best state qualifying standards.

2016 SEASON SCHEDULE/RESULTS

116 April 19 GF Sertoma Invite

Team totals

Lake, 24.5.

Pole Vault: Mike Herauf Dickinson 14-03

Friday, April 22 Bismarck Denton Relays, 2 p.m. CT Shot Put: Bostin Svihovec, Century, 52-09 Discus: Levi Rockney, Century, 150-06 Monday, April 25 Javelin: B. Svihovec, Century, 170-09 TMCHS (Belcourt) Meet. 3 p.m. 400 Relay: Century, :43.63 (Roarick Schollmeyer, Jeremiah Morrissette, Cole Anderson, Last week M. Cook) 800 Relay: Bismarck High, 1:32.87 (Isaac Marchall, Derek Leingang, Hunter Johnson, Jor-April 14 Duane Carlson Meet Minot dan Sanford) Team totals 1600 Relay: Mandan, 3:31.41 (Gabe Meschke, Sawyer Schmidt, Andrew Morgan, Dale Century 197; 2. Bismarck High, 145.5; 3. Legacy, 108.5; 4. Minot, 100; 5. Williston, 49; Spilman) 3200 relay: Minot. 8:31.30 (Zach Ennis, Gabe Hegstad, Deven Fobes, Brady Halvorson) 6. Dickinson, 46: 7. Mandan, 37: 8. St. Marv's, 36 Event winners Anril 15 100 Meters: Max Cook, Century, :11.45 200 Meters: Adrian Davis-Aguilar, Minot, :22.94 Fargo Gelaine Orvik Invite Team totals 1. Fargo South 221; 2. Fargo Davies 214.5; 3. West Fargo-Sheyenne 133.5; 4. Jamestown

400 Meters: Gabe Meschke, Mandan, :50.38 800 Meters: Sam Wilke, St. Mary's, 1:58.73 1600 Meters: Leif Everson, Williston, 4:18.97 3200 Meters: Mason Stenehjem, Century, 10:01.23 110 Hurdles: Dominic Martinez, Williston, :15.38 300 Hurdles: Jason Fetch, Legacy, :41.62 High Jump: Austin Wolf, Legacy, 6-04 Long Jump: M. Cook, Century, 20-01 Triple Jump: Colton Arman, BHS, 41-01

This week's schedule

BISMARCK HIGH: The Demons will compete at the Bismarck Denton Relays on Friday, April 22. BHS finished second at the Minot Carlson Meet last week. Colton Arman won the triple jump. The Demons also won the 800 relay.

jump. The Demons also won the Buu relay. Minot Carlson Meet 200 Meters: 4. Jordan Sanford, :23.64 1600 Meters: 2. Sam Clausnitzer, 4:19.34; 3. Stuart Wolf, 4:35.03; 4. Matt Bakken, 4:33.33 3200 Meters: 3. Russell Swagger, 10:04.32; 4. Nolan Maher, 10:21.51; 5. Dylan Rohrich, 10:25.02; 6. Morgan Fairbairn, 10:33.85 110 Hurdles: 6. Schwab, :16.80 300 Hurdles: 3. Schwab, :42.56 Long Jump: 2. Derek Leingang, 20-06; 6. Bradyn Just, 19-01.5 Triple Jump: 1. Colton Arman, 41:1 Pole Vault: 2. Thomas Kellington, 13-0 Javelin: 3. Bradyn Thomas, 154-08 Shot Put: 3. Preston Mayer, 47-08; 6. Bennett Beehler, 45-10 Dis-rer: 7. P. Maxer, 145-14. CHI Publich, 214.106; 5. Josh Lawyer, 129-10 400 Relay: 3. Bismarck cus: 2. P. Mayer, 145-1; 4. Tyler Mahoney, 141-06; 5. Josh Lawyer, 129-10 400 Relay: 3. Bismarck High, :44.61 800 Relay: 1. Bismarck High, 1:32.87 (Isaac Marschall, Derek Leingang, Hunter Johns Hunter Johnson J. Sanford) 1600 Relay: 5. Bismarck High, 3:35.86 3200 Relay: 3. Bismarck High, 9:03.87

CENTURY: The Patriots will compete at the Bismarck Denton Relays on Friday, April 22. Century won the Minot Carlson Meet last week. Max Cook won the 100 meters and long jump. Bostin Svihovec won the shot put and javelin. Levi Rockney won the discus; Masor Stenehjem won the 3200 meters. Century also won the 400 relay. Minot Carlson Meet

100 Meters: 1. Max Cook,:11.45; 2. Cole Anderson, :11.47 200 Meters: 2. C. Anderson, :23.14 800 Meters: 4. Joey Felton, 2:05.13 1600 Meters: 5. J. Felton, 4:40.49; 6. Ryan Kohler, 4:42.28 3200 Me ters: 1. Mason Stenehjem, 10:01.23; 2 Joseph Wolfe, 10:01.45 110 Hurdles: 4. Roarick Schollmeyer ters: 1. Mason Stenenjem, 10:01.2; 2 Joseph Wolfe, 10:01.45:110 Hurdles: 4. Koantx Schollmeyer, 15:10:300 Hurdles: 4. Jeremin Morrissette, 4:29 4H jdh Jump: 2. JosS hjess, 6-04; 4. Lucas Mayer, 5-1; 5: Kade Amundson, 5-08 Long jump: 1. M. Cook, 0-1; 3. Sipes, 2005.5; 4. Talon Staudinger, 20-20 Triple Jump: 2. T. Staudinger, 41:09; 6. Andrew Holen, 40:02.5 Pole Vault: 3. Kevin Vanderpan, 12-06 Javelin: 1. Bostin Svihovec, 170-09; 2. Staudinger, 158-09 Shot put: 1. B. Svihovec, 52-09 Discus: 1. Levi Rockney, 150:06 400 Relay: 1. Century, 34:36 (Schollmeyer, Morrissette, Anderson, Cook) 800 Relay: 5. Century, 1:38.44 1600 Relay: 2. Century, 3:32.12 3200 Relay: 2. Century, 8:40.36

DICKINSON: The Midgets will compete at the Bismarck Denton Relays on Friday. April 22. Dickinson was sixth at the Minot Carlson Meet last week. Mike Herauf won the p Minot Carlson Meet

300 Meters: 2. Collin Schock, 2:00.49 300 Hurdles: 5. Mike Herauf, :44.06 Pole Vault: 1. Mike Herauf, 14-03 Shot Put: 2. Dual Keck, 48-09 800 Relay: 3. Dickinson, 1:34.92 1600 Relay: 6. Dickinson, 3:41.94

JAMESTOWN: The Blue Jays will compete at the Bismarck Denton Relays on Friday, April 22. Jamestown was fourth at the Fargo Gelaine Orvik Invite last week. Travis Beach won the Javelin and Logan Anderson won the discus.

Javelin and Logan Anderson won the discus. **Fargo Oriki Inivite** 3200 Meters: 3. Kyle Schumacher, 10:26.66 300 Hurdles: 1. Dylan Koenig, :42.12 High jump: T2. Noah Wanzek 5-10; 4. Travis Beach, 5-8 Long jump: 2. N. Wanzek, 20-2; 4. C. Hare, 19-9 Triple jump: 2. N. Wanzek, 39-3; 3. C. Hare, 38-9 Discus: 1. Logan Anderson, 143-10. JHS: 3. Ben Hanson, 130-11 Javelin: 1. T. Beach, 170-5; 4. B. Hanson, 149-2 Shot put: 3. L. Anderson, 46-11 1600 relay: 3. Jamestown, 3:43.95, (Koenig, Beach, Moser, Hor-nung), 3:43.95, 3:200 relay: 3. Jamestown, 9:15.82 (Andrew Hornung, Carter Moser, Justus Nau-mean. Vide Schwarsched)

mann, Kyle Schumacher)

LEGACY: The Sabers will compete at the Bismarck Denton Relays on Friday, April 22. Legacy was third at the Minot Carlson Meet last week. Austin Wolf won the high jump while Jason Fetch won the 300 hurdles. Minot Carlson Meet

100 Meters: 3 Brandon Lewis: 11 48 200 Meters: 3 Alex Brosseau: 23 17: 5 B Lewis: 23 17 400 100 Meters: 3. Brandon Lewis; 11,48 200 Meters: 3. Alex Brosseau, 23.17; 5. B. Lewis, 23.17 400 Meters: 3. Beau Branan, 3:094 800 Meters: 6. Thomas Tieszen, 2:06.03 110 Hurdles: 3. Jason Fetch, 15.97 300 Hurdles: 1. J. Fetch, :41.62 High jump: 1. Austin Wolf, 6-04; 3. Koby Bosch, 6-0 Pole Vault: 4. Conor Wright, 12-06; 6. Grant Schmeichel, 11-0 Triple Jump: 4. B. Lewis, 40-01 Javelin 4. Derek Wax, 152-01 Discus: 6. Corey Helm, Legacy, 127-03. 400 Relay: 2. Legacy, :44.33 800 Relay: 2. Legacy, 1:34.62 1600 Relay: 4. Legacy, 3:33.54

MANDAN: The Braves will compete at the Bismarck Denton Relays on Friday, April 22. Mandan

G.F. Red River 203; 2. Minot 139.5; 3. Fargo North 108; 4. West Fargo Sheyenne 85; 5.
 West Fargo 76; T6. G.F. Central, 40; T6. Wahpeton, 40; 7. Fargo Shanley, 25; 8. Devils

finished seventh at the Minot Carlson Meet last week. Gabe Meschke won the 400 meters Mandan also won the 1600 relay.

Wahdan also won the Lobo relay. Minot Carlson Meet 100 Meters: S. Gabe Meschke, :11.65 400 Meters: 1. G. Meschke, :50.38; 5. Andrew Morgan, :52.76; 6. Sawyer Schmidt, :52.98 Pole Vault: 5. Isaac Watson, 12-0 1600 Relay: 1. Mandan, 3:31.41 (Gabe Meschke, Sawyer Schmidt, Andrew Morgan, Dale Spilman)

MINOT: The Magicians will compete at the Bismarck Denton Relays on Friday, April 22. Minot finished fourth at the Minot Carlson Meet last week. Adrian Davis-Aguilar won the 200 meters. Minot also won the 3200 relay. Minot then finished second at the G.F. Sertoma Invite on April 19. Kyle Routledge won the shot put and Matthew Marler won the discus. Minot also won the 1600 and 3200 relays

Minot Carlson Meet

Minot Carison Meet 100 Meters: A. Adrian Davis-Aguilar, :11.61; 6. Devin Kramer, :11.86 200 Meters: A. Davis-Aguilar, :22.94 400 Meters: Z. Logan Goheen, :50.69 800 Meters: 5. Gabe Hegstad, 2:05.88 110 Hurdles: Z. Preston Johnson, :15.78 High Jump; 5. Justin Engg, :5-06 Long Jump; 5. Justin Smith, 19-08.5 Triple Jump; 5. Jalen Ballard, 40-04 Pole Vault: 6. Cole Armagost, 11-04 Shot Put: 4. Kyle Routledge, 47-04; 5. Matthew Marler, 46-07 Discus: 3. M. Marler, 143-04 400 Relay: 4. Minot, :45.12 800 Relay: 4. Minot, 136.01 1600 Relay: 3, Minot, 3:32.86 3200 Relay: 1. Minot, 8:31.30 (Zach Ennis, G. Hegstad, Deven Fobe

1600 Relay: 3, Minot, 3:32.86 3200 Relay: 1. Minot, 8:31.30 (Zach Ennis, G. Hegstad, Deven Fobes, Brady Halvorson) GF Sertoma Invite 200 Meters: 3. Adrian Davis-Aguilar, :23.17. 400 Meters: 2. Logan Goheen, :50.75 800 Meters: 2. Gabe Hegstad, 2:01.53 1,600 relay: 1. Minot, 3:31.33 (Goheen, Jace Johnson, Jonathan Mathistad, Dominic Magaili) 3:200 relay: 1. Minot, 8:26.32, (Goheen, Johnson, Brady Halvorson, Gabe Hegstad) Shot put: 1. Kyle Routledge, 48-10; 2. 3. Matthew Marler, 46-07. Discus: 1. M. Marler, Minot, 139-06

ST MARY'S: The Saints will compete at the Bismarck Denton Belays on Friday April 22 St Mary's was eighth at the Minot Carlson Meet last week. Sam Wilke won the 800 meter Minot Carlson Meet

400 Meters: 4. Sam Wilke, :52.76 800 Meters: 1. S. Wilke, 1:58.73 110 Hurdles: 5. David Schwartz, :16.55 Triple Jump: 3. Casey Uhler, 40-10.5 Javelin: 5. C. Uhler, 149-03 400 Relay: 6. St. Mary's, :46.59

TMCHS (Belcourt): The Braves are scheduled to host a meet on April 25

WILLISTON: The Coyotes will compete at the Bismarck Denton Relays on Friday, April 22. Williston was fifth at the Minot Carlson Meet last week. Leif Everson won the 1600 meters. Dominic Martinez won the 110 hurdles. Minot Carlson Meet

200 Meters: 6. Derek Schneider. :23.99 800 Meters: 3. Leif Everson. 2:00.90 1600 Meters: 1. L. Everson. 4:18.97 100 Hurdles: 1. Dominic Martinez, :15.38 300 Hurdles: 2. D. Martinez, :42.37; 6. Achibald, :44.13 400 Relay: 5. Williston. :45.81





Contact: Matt Mullally, director of sports information - E-mail: wdasports@wdasports.org - Cell: 701.776-5836 - Twitter: @WDAsports

Starting Block

Several WDA teams will com pete at the Minot Duane Carl-. son Meet on Thursday, April 14. Jamestown will take part in the Fargo South Invite on Friday, April 15.

Cool Down

BHS' Hunter Johnson (100 and 200) Williston's Leif Everson (1600 and 3200 meters); and Century's Bostin Svihovec (shot put, discus, javelin) won two or more events at the Karlgaard Invite last week...Several WDA athletes have reached state qualifying standards after the Karlgaard Invite...Century has won all three meets its entered

Team of the Week

Century scored 194 points behind six event titles, including three for Bostin Svihovec in the throwing events.

Past WDA Champions

2015: Bismarck High 2014: Bismarck High 2013: Bismarck High 2012: Bismarck High 2011: Bismarck High 2010: Bismarck High 2009: Bismarck High 2008: Bismarck High 2007: Bismarck High 2006: Bismarck High 2005: Bismarck High

By the numbers

That is the number of WDA teams that had at least one individual champion at the . Karlgaard Invite 6 in Bismarck (BHS Century, Legacy, Minot, St. Mary's, Willis ton).

This week's schedule Thursday, April 14 Minot Duane Carlson Meet, 2 p.m. CT Friday, April 15 Fargo South Invite, 1 p.m. Last week April 8

Karlgaard Invite, Bismarck

Team totals 1. Century 194.5; 2. Bismarck High, 175; 3. Minot, 115.5; 4. Legacy, 97; 5. Williston, 68; 6. St. Mary's, 27; 7. Mandan, 22; 8. Dickinson, 11 Event winners 100 Meters: Hunter Johnson, BHS, :11.08

200 Meters: H. Johnson, BHS, :22.67 400 Meters: Logan Goheen, Min., :51.48 800 Meters: Sam Wilke, SM, 1:58,58 1600 Meters: Leif Everson, Will., 4:30.05 3200 Meters: L. Everson, Will., 9:50.19

BISMARCK HIGH: The Demons are scheduled to compete at the Minot Carlson Meet on Thursday, April 14, Last week, BHS was second at the Karlgaard Invite, Hunter Johnson won the 100 and 200 meters. Thomas Kellington won the pole vault. The 400 and 3200 relays also finished first.

Bismarck Karlgaard Invite

100 Meters: 1. Hunter Johnson, :11.08: 200 Meters: 1. H. Johnson, :22.67: 8. Derek Leingang, :23.82; 400 Meters: 4. Jordan Sanford, :53.92; 800 Meters: 6. Dan Filey, 2:05.88; 1600 Meters: 5. Nolan Maher, 4:48.16; 3200 Meters: 2. Matt Bakken, 9:59.05; 3. Russell Swagger, 10:05.31; 4. Stuart Wolf, 10:15.82; 7. Dyan Rohrich, 10:26.94; 8. Morgan Fairbairn, Natschart Bragger, Bolszi, F. Stafford, 43.37; 7. Keegan Schwab, 43.88; High Jump: S. Bradyn Just, 5-10; 8. Christian Walth, 5-06; Long Jump: 3. Derek Leingang, 20-09.00; Triple Jump: 2. Colton Arman, 40-07; 5. Bradyn Just, 39-00; Shot Put: 2. Bradyn Thomas, 53-04; 3. Jared Rath, 50-02; 4. Preston Mayer, 49-11; Discus: 4. Tyler Mahoney, 142-03; 5. Preston Mayer, 142-00; Javelin: 3. B. Thomas, Hay 11, Jised Rath, 143-03; Pole Vault: 1. Thomas Kellington, 12-00; 5. K. rug, 10-6; 400 relay: Bismarck High, :44.74 (Derek Leingang, H. Johnson, Christian Walth, Isaiah Olsen); 800 relay: 3. Bis-marck High, 1:38.22 1600 relay: 3. Bismarck High, 3:37.77 3200 relay: Bismarck High, 8:28.20 (Sam Clausnitzer, Matt Bakken, Dan Finley, Jack Sullivan)

CENTURY: The Patriots will compete at the Minot Carlson Meet on Thursday, April 14. Last week, the squad won the Karlgaard Invite. Bostin Svihovec won all three throwing events. Max Cook won the long jump. Jeremiah Morrissette won the 300 hurdles. The 800 relay also won.

Bismarck Karlgaard Invite

Adol Meters: 2. Thomas Brink, ;53.47; 8. Hunter Wilmes, :56.74 800 Meters: 4. Joey Felton, 2:03.35; 5. Brandon Kraenzel, 2:05.27; 8. Drew Cady, 2:10.07; 1600 Meters: 3. Mason Stenehjem, 4:42.90; 3200 Meters: 5. Tyler Bennan, 10:19.38; 6. Ryan Kohler, 10:20.11; 110 Hurdles: 2. Jeremiah Morris-Szor Weets, S. Tylet Bernari, 2013-35, 0. Kyan Kone, 10.2011, 101 Mutues, 2. Freeman Works sette, 116.05, 5. Roarick Schollmeyer, 136.77; 300 Murdles: 1. J. Morrissette, '42.04; 3. R. Schollmey (43.21; 8. Thomas Brink, '44.23; High Jump: 2. Lucas Mayer, 6-02; 3. Kade Amundson, 6-00, 6. J. Sipes, 5-08; Long Jump: 1. Max Cook, 21-08.75; 6. J. Sipes, 19-10.75; Triple Jump: 4. Talon Staudinger, 39-07.5; 6, Andrew Holen, 38-08; 8, Lucas Maver, 37- 09.5; Shot Put; 1, Bostin Svihovec 53-09; 7. Levi Rockey, 46-04; Discus: 1. B. Svihovec, 155-05; 2. L. Rockey, 150-10; Javelin: 1. B. Svi-hovec, 166-11; 2. T. Staudinger, 153-07; 8. A. Holen, 138-03; Pole Vault: 3. Kevin Vanderpan, 11-06; 5. Josh Pikarski, 11-00; 400 relay: 2. Century, :45.38; 800 relay: Century, 1:33.78 (Josh Sipes, Cole Anderson, Talon Staudinger, Max Cook); 1600 relay: 2. Century, 3:36.55; 3200 relay: 4. Century, 9.06.61

DICKINSON: The Midgets will compete at the Minot Carlson Meet on Thursday, April 14. Last week, the squad was eighth at the Karlgaard Invite. Dual Keck was sith in the shot put and discus. A small number of athletes competed for the Midgets.

Bismarck Karlgaard Invite Shot Put: 6. Dual Keck, 47-04 Discus: 6. D. Keck. 136-00

JAMESTOWN: The Blue Jays are scheduled to compete at the Fargo South Invite on Friday, April 15.

LEGACY: The Sabers are scheduled to compete the Minot Carlson Meet on Thursday, April 14. Last week, Legacy was fourth at the Karlgaard Invite. Austin Wolf won the high jump.

Bismarck Karlgaard Invite Domarck Narigadru invice 100 Meters: 2. Brandon Lewis, :11.23; 3. Alex Brosseau, :11.31; 5. Tyler Boone, :11.58 200 Meters: 4. Tyler Boone, :23.24 800 Meters: 2. Beau Brannan, 1:58.69; 7. Thomas Tieszen, 2:09.01 110 Hurdles: 4. Jason Fetch, :16.26 300 Hurdles: 5. J. Fetch, :43.56; High Honna Hazel, 2007 10 Hondra, A. Jahn Hung, 2007 1, 2007 10, 100 10,

2016 SEASON SCHEDULE/RESULTS

110 Hurdles: Dominic Martinez, Will, :15.55 300 Hurdles: Jeremiah Morrissette, Cent., :42.04 High Jump: Austin Wolf, Leg., 6-02 Long Jump: Max Cook, Cent., 21-08.75 Triple Jump: Ty Nygaard, Min., 41-10 Shot Put: Bostin Svihovec, Cent., 53-09 Discus: B. Svihovec, Cent., 155-05 Javelin: B. Svihovec, Cent., 166-11 Pole Vault: Thomas Kellington, BHS, 12-00 400 relay: Bismarck High, :44.74 (Derek Leingang, H. Johnson, Christian Walth, Isaiah Olsen) 800 relay: Century, 1:33.78 (Josh Sipes, Cole Anderson, Talon Staudinger, Max Cook) 1600 relay: Minot, 3:35.68 (L. Goheen, Jace Johnson, Tyler Ringen, Brady Halvorson) 3200 relay: Bismarck High, 8:28.20 (Sam Clausnitzer, Matt Bakken, Dan Finley, Jack Sullivan)

MANDAN: The Braves will next compete at the Carlson Meet in Minot on Thursday, April 14. Last week, the team was seventh at the Karlgaard Invite. Gabe Meschke was second in the 200 meters. Isaac Watson was second in the 300 hurdles.

Bismarck Karlgaard Invite Dometers: A. Gabe Meschke, :11.43; 200 Meters: 2. G. Meschke, :22.74; 400 Meters: 6. Andrew Mor-gan, :54.29; 110 Hurdles: 7. Casey Beck, :17.64; 300 Hurdles: 2. Isaac Watson, :46.93; 8. Dylan Fleck, :49.93; 1600 relay: 5. Mandan, 3:43.54

MINOT: The Magicians will host the Carlson Meet on Thursday, April 14. Last week, Minot was third at the Karlgaard Invite. Logan Goheen won the 400 meters. Ty Nygaard won the triple jump. The 1600 relay also won first.

Bismarck Karlgaard Invite 100 Meters: 6. Devin Kramer, :11.59; 8. Austin Smith, :11.62; 200 Meters: 3. Adrian Davis-Aguilar, :23.17; 400 Meters: 1. Logan Goheen, :51.48; 3. Jace Johnson, :53.49; 5. Dominic Magpail, :54.11; 7. Brady Halvorson, :54.63; 1600 Meters: 7. Zach Ennis, 4:53.67; 8. Austin Folk, 4:54.88; 110 Hur-dies: 3. Preston Johnson, :16.09; 8. Brett Davis, :17.65; High Jump: 8. Austin Smith, 5-66; Long Jump: 4. Justin Engg, 19-11.5; 5. A. Smith, 19-11; Triple Jump: 1. T. Nygaard, 41-10; 3. Nixon Rondeau, 40-04; 7. Jalen Ballard, 38-07.5; Shot Put: 5. Matthew Marler, 48-07; Discus: 3. M. Marler, 148-02; 8. Logan Krueger, 127-05; Javelin: 5. Alan Palda, 146-00; Pole Vault: 7. Cole Armagost, 10-00; 400 relay: 4. Minot, :46.19; 800 relay: 2. Minot, 1:36.18; 1600 relay: Minot, 3:35.68 (L. Goheen, Jace Johnson, Tyler Ringen, Brady Halvorson); 3200 relay: 3. Minot, 8:56.31

ST. MARY'S: The Saints will compete at the Carlson Meet in Minot on Thursday, April 14, Last week, SM finished sixth at the Karlgaard Invite. Sam Wilke won the 800 meters.

Bismarck Karlgaard Invite

200 Meters: 7. Ben Grinsteiner. :23.81: 800 Meters: 1. Sam Wilke. 1:58.58: 1600 Meters: 2. S. Wilke. 4:32.37; 110 Hurdles: 6. David Schwartz, :16.78; Javelin: 7. Casey Uhler, 141-02; 1600 relay: 7. St. Marv's, 3:43.75

TMCHS (Belcourt): The Braves are scheduled to compete at the Minot Carlson Meet on Thursday, April 14.

WILLISTON: The Covotes will compete at the Minot Carlson Meet on Thursday, April 14. Last week, Williston was fifth at the Karlgaard Invite. Leif Everson won the 1600 and 3200 meters. Dominic Martinez won the 110 hurdles.

Bismarck Karlgaard Invite

Dol Meters: 7. Derek Schneider, :11.59; 200 Meters: 5. D. Schneider, :23.62; 6. Dominic Martinez, :23.79; 1600 Meters: 1. Leif Everson, 4:30.05; 4. Keaton Mack, 4:47.60; 3200 Meters: 1. L. Everson, 9:50.19; 110 Hurdles: 1. Dominic Martinez, :15.55; 300 Hurdles: 2. D. Martinez, :42.28; 6 Letrony, Storiky, Starting and Hardes and Dominic material (1993). Solution and the start and the start halp in 1992. Solution and the start halp in the start halp i



Contact: Matt Mullally, director of sports information - E-mail: wdasports@wdasports.org - Cell: 701.776-5836 - Twitter: @WDAsports

Starting Block

Weather permitting, the outdoor season will get underway for many WDA teams.

Cool Down

Century won the State Indoor earlier this month...Jamestown was the first WDA team to compete in an outdoor event, placing 11th at the Kindred Invite on April 5.

2016 SEASON SCHEDULE/RESULTS

Friday, April 8 Bismarck Karlgaard Invite, 1 p.m. Monday, April 11 Lisbon Meet, 3 p.m. Thursday, April 14 Minot Meet, 2 p.m.

This week's schedule

Last week April 1 State Indoor, Fargo

Team totals

1. Century 113; 2. GF Red River 68.5; T3. Legacy, 65; T3. Bismarck 65; T5. West Fargo, 39; T5. Fargo South 39; 7. Fargo North 36.5; 8. Fargo Davies, 35.5; 9. Minot 28; 10. GF Central 19; 11. Mandan 18; 12. Devils Lake 16; 13. Jamestown 14.5; 14 St. Mary's 14; 15. WF Sheyenne 8, T16. Valley City, 3; T16. Shanley 3. Event winners

60 Meter Dash: Bradley Davidson, DL, :7.18 200 Meter Dash: Max Cook, Cent., :23.32 400 Meter Dash: Gabe Meschke, Man., :52.05 800 Meter Run: Beau Brannan, Leg.,2:00.15 1600 Meter Run: Sam Clausnitzer, BHS, 4:24.59 3200 Meter Run: Sam Clausnitzer, BHS, 9:33.31 60 Meter Hurdles: Mo Kamara, GFRR: :8.44 Long Jump: Brandon Lewis, Leg., 21-7.5 Triple Jump: Devon Pope, GFRR, 43-8.25 High Jump: Austin Wolf, Leg., 6-3 Pole Vault: Connor Fuglseth, FN, 13-6

Pole Vault: Connor Fuglseth, FN, 13-6 Shot Put: Alex Talley, WF, 55-9 800 Meter Relay: Century, 1:33.23 1600 Meter Relay: West Fargo, 3:34.97 3200 Meter Relay: Century, 8:34.76

April 5

Kindred Invite (Top 5 and WDA teams) 1. Lisbon, 149; 2. Milinor-W-L, 81; 3. Richland, 80; 4. Wahpeton, 66; 5. Northern Cass, 54; 11. Jamestown, 20 Shot Put: Logan Anderson, Jam., 46-05

BISMARCK HIGH: The Demons are scheduled to compete at the Bismarck Karlgaard Invite on Friday, April 8. BHS finished in a tie for third at the State Indoor in Fargo. Sam Clausnitzer won both the 1600 and 3200 meters to pace BHS. State Indoor

Add Meters: 5. Jordan Sanford, :53.57; 800 Meters: 5. Dan Finley, 2:07.29; 8. Stuart Wolf, 2:09.28; 1600 Meters: 1. Sam Clausnitzer, 4:24.59; 5. Stuart Wolf, 4:35.17; Pole Vault: 4. Thomas Kellington, 12-0; 3200 Meter: S. Clausnitzer, 9:33.31; 2. Matt Bakken, 9:54.23; Triple Jump: 4. Colton Arman, 41-5; Shot Put: 3. Bradyn Thomas, 52-6; 800 Meter Relay: 7. Bismarck, 1:37.08; 1600 Meter Relay: 4. Bismarck, 3:39.44; 3200 Meter Relay: 8. Bismarck 8:58.94

Team of the Week

Legacy put together an impressive performance at the State Indoor, finishing tied for third. The squad had three individual champions.

Past WDA Champions

2015: Bismarck High	
2014: Bismarck High	
2013: Bismarck High	
2012: Bismarck High	
2011: Bismarck High	
2010: Bismarck High	
2009: Bismarck High	
2008: Bismarck High	
2007: Bismarck High	
2006: Bismarck High	
2005: Bismarck High	

By the numbers

That is the number of first place finishes WDA individual/relay teams won at the recent State Indoor in Fargo earlier this month. **CENTURY:** The Patriots are scheduled to compete at the Bismarck Karlgaard Invite on Friday, April 8. Century is coming off the team title at the recent State Indoor in Fargo. Max Cook won the 200 meters and the Patriots 800 and 3200 meter relays finished first. WDA Indoor 60 Meter: 5. Cole Anderson, :7.31; 6. Roarick Schollmeyer, :7.32; 200 Meters: 1. Max Cook, :23.32;

Bu meter: S. Cole Anterson, 7:3-1; 6. Noards Schulmerger, 7:3-2; 200 meters: 1. Nax Cobx, 25:3-2; 7. Cole Anderson, 7:3-88; 400 Meters: 6. Logan Gross, 5:3-99; 3200 Meters: 4. Mason Stenehjem, 10:02.76; Evan Sayler, 10:03.30; 6. Joseph Wolfe, 10:03.49; 60 Meter Hurdles: 2. Zach Sweep, 8:51; A Jeremiah Morrissette, 8:76; Long Jump: 2. M. Cook, 21:-275; 7. Talon Staudinger, 20:-82 Triple Jump: 3. T. Staudinger, 41:-6.75; High Jump: 3. Lucas Meyer, 6:3; 4. Josh Sipes, 6:-3; Pole Yault: 2. Kevin Yanderpan, 12:-6; Shot Put: 2. Bostin Svihovec, 5:3-4.5; 800 Meter Relay: 1. Century 1:33.23; 1600 Meter Relay: 6. Century, 3:40:03; 3200 Meter Relay: 1. Century 3:47.6

DICKINSON: The Midgets are scheduled to compete at the Bismarck Karlgaard Invite on Friday, April 8.

JAMESTOWN: The Blue Jays competed at the Kind.

Jamestown finished 13th at the recent State Indoor in Fargo. Andrew Hornung was fourth in the 400 meters and Noah Wanzek was fourth in the long jump to pace the squad.

State Indoor 400 Meters: 4. Andrew Hornung, :53.48; Long Jump: 4. Noah Wanzek, 20-10.5; High Jump: 6. N. Wanzek, 5-11; 7. Travis Beach, 5-9

Kindred Invite Shot Put: Logan Anderson, 46-05.00; Discus: 8. L. Anderson, 108-00; Javelin: 2. Travis Beach, 167-00: 8. Aaron Mack. 135-07

LEGACY: The Sabers are scheduled to compete at the Bismarck Karlgaard Invite on Friday, April 8. Legacy finished in a tie for third at the State Indoor earlier this month. The squad had three individual winners. Beau Brannon, 800 meters; Austin Wolf, high jump; and Brandon

Lewis, long jump

State Indoor 60 Meter Dash: 2. Alex Brosseau, :7.19; 4. Brandon Lewis, :7.22; 7. Tyler Boone, :7.39 800 Meters: 1. Beau Brannan, 2:00.15; Long Jump: 1. Brandon Lewis, 21-7.5; Triple Jump: 6. Brandon Lewis, 41-1.5 High Jump: 1. Austin Wolf, 6-3; Pole Vault: 8. Conor Wright, 11-0; Shot Put: 8. Jake Hurt, 45-6; 800 Meter Relay: 2. Legacy 1:34.03; 1600 Meter Relay: 5. Legacy 3:39.70; 3200 Meter Relay: 6. Legacy 8:50.65 MANDAN: The Braves are scheduled to compete at the Bismarck Karlgaard Invite on Friday, April 8. Mandan was 11th at the recent State Indoor in Fargo. Gabe Meschke won the 400 meters to pace the team. State Indoor

400 Meter: 1. Gabe Meschke, :52.05; 1600 Meter Relay: 2. Mandan, 3:37.83

MINOT: The Magicians are scheduled to compete at the Bismarck Karlgaard Invite on Friday, April 8. Last week, the squad was ninth at the State Indoor in Fargo. Logan Goheen had the top individual performance, placing second in the 400 meters. State Indoor

200 Meters: 3. Adrian Davis-Aguilar, :23.50; 8. Devin Kramer, :24.04; 400 Meters: 2. Logan Goheen, :52.39; 60 Meter Hurdles: 5. Preston Johnson, 8.93; Shot Put: 4. Matthew Marler, 47-11; 5. Kyle Routledge, 47-8

ST. MARY'S: The Saints are scheduled to compete at the Bismarck Karlgaard Invite on Friday, April 8. St. Mary's placed 14th at the State Indoor in Fargo earlier this month. Sam Wilke was second in the 800 meters and third in the 1600 to lead SM.

800 Meters: 2. Sam Wilke, 2:00.15; 1600 Meters: 3. Sam Wilke, 4:34.11

TMCHS (Belcourt): The Braves are scheduled to compete this week at the State Indoor in Fargo on Friday, April 1. TMCHS's Jacob Jensen competed in the varsity division of the WDA Indoor earlier this month. The Braves team competed in the JV division. WDA Indoor

1600 Meters: 12. Jacob Jensen, 5:00.56

WILLISTON: The Coyotes are scheduled to compete at the Bismarck Karlgaard Invite on Friday, April 8.



BOYS' TRACK WEEKLY RELEASE -MARCH 31

Contact: Matt Mullally, director of sports information - E-mail: wdasports@wdasports.org - Cell: 701.776-5836 - Twitter: @WDAsports

Starting Block

WDA teams will head to Fargo for the State Indoor on Friday, April 1.

Cool Down

Nine of the 10 WDA teams competed at the WDA Indoor in Williston...Legacy's Brandon Lewis was the only double winner a the WDA Indoor (Long jump and triple jump)...Williston hosted the meet for the first time.

This week's schedule Friday, April 1 State Indoor Meet, Fargo, 2:30 p.m.

Last week March 21 WDA Indoor Meet

Team totals

L. Century, 114; 2. Minot, 100; 3. Legacy, 87.5; 4. Bismarck High, 80.50; 5. Williston, 55.5; 6. Dickinson, 49.5; 7. St. Mary's, 27; 8. Minot, 7
Individual winners
60 Meters: Alex Brosseau, Leg, :7.22
200 Meters: Adrian Davis-Aguilar, Min., :23.80
400 Meters: Logan Goheen, Min., :52.24

400 Meters: Logan Goneen, Min., 52,24 800 Meters: Sam Wilke, SM, 2:00.01 1600 Meters: Leif Everson, Will., 4:25.45

with several runner-up and third place finishes.

2016 SEASON SCHEDULE/RESULTS

Baker)

3200 Meters: Keaton Mack, Will., 10:49.45 60 Hurdles: Dominic Martinez, Will., :8.67 High Jump: Derek Leingang, BHS, 5-08 Long Jump: Brandon Lewis, Leg., 21-08.25 Triple Jump: B. Lewis, Leg., 43-04.75 Pole Vault: Mike Herauf, Dick., 14-00 Shot Put: Dual Keck, Dick., 49-03 800 Meter Relay: Century, 1:36.77 (Jeremiah Morrisette, Cole Anderson, Roarick Schollmeyer, Talon Staudinger) 1600 Meter Relay: Legacy, 3:39.56 (Alex Anderson, Thomas Tieszen, Travis Hoopman, Beau Brannan) 3200 Meter Relay: Century, 8:46 (Joey Felton, Drew Cady, Grant Bushaw, Zane

BISMARCK HIGH: The Demons will compete at the State Indoor Meet in Fargo on Friday, April 1. BHS finished fourth at the WDA Indoor Meet in Williston earlier this month. Derek Leingang won the high jump, 5-08

WDA Indoor

200 Meters: T3. Jordan Sanford, :24.16; 400 Meters: 3. J. Sandford, :53.63; 800 Meters: 4. Matt Bakken, 2:10.23; 6. Stuart Wolf, 2:11.54; 1600 Meters: 2. Sam Clausnitzer, 4:26.14; 3. Bakken, 4:45.12; 7. Wolf, 4:50.98; 8. Aussell Swager, 4:57.24; 60 Meters: Keegan Schwab, 9:65; high Jump: 1. Derek Leingang, 5-08; Long Jump: 6. Leingang, 19-08.25; Triple Jump: 6. Kyle Sease, 38-01; Shot Put: 2. Preston Mayer, 48-03.50; 6. Josh Lawyer, 45-03; 7. Jared Rath, 45-00; Pole Vault: 4. Thomas Kellington, 11-06; 7. Firk Furg, 11-0; 800 Meter Relay: 3. Bismarck High, 140.29

CENTURY: The Patriots will compete at the State Indoor Meet in Fargo

month in Williston. The Patriots won the 3200 meter relay to go along

on Friday, April 1. Century won the WDA Indoor Meet earlier this

Team of the Week

Century opened the season with the meet title at the WDA Indoor in Williston earlier this month.

Past WDA Champions

2015: Bismarck High
2014: Bismarck High
2013: Bismarck High
2012: Bismarck High
2011: Bismarck High
2010: Bismarck High
2009: Bismarck High
2008: Bismarck High
2007: Bismarck High
2006: Bismarck High
2005: Bismarck High

By the numbers

That is the number of first place finishes Legacy posted at the WDA Indoor Meet in Williston on March 21. WDA Indoor 60 Meters: 3. Cole Anderson, :7.30; 200 Meters: 2. Jeremiah Morrisette, :23.90; 400 Meters: 4. Drew Cady, :55.01; 5. Hunter Wilmes, :55.69; 800 Meters: 5. Joey Felton, 2:11.20; 8. Grant Bushaw, 2:16.09; 1600 Meters: 4. Mason Stenehjem, 4:48.81; 5. Joseph Wolfe, 4:49.40; 6. Evan Sayler, 4:49.82; 60 Hurdles: 2. Morrissette, :8.82; 6. Roarick Schollmeyer, 9:28; Pole Vault: 2. Kevin Vander pan, 12-06; Long Jump: 2. Talon Staudinger, 21-01.50; 3. Max Cook, 20-06.25; Triple Jump: 2. Staudinger, 41-10.00; 7. Luke Little, 36-11.00; Shot Put: 8. Levi Rockey, 44-11.00; 800 Meter Relay:

1. Century, 1:36.77 (Morrissette, Schollmeyer, Anderson, Staudinger); 1600 Meter Relay: 2. Century 3:41.89; 3200 Meter Relay: 1. Century, 8:46.00 (Felton, Cady, Bushaw, Zane Baker)

DICKINSON: The Midgets will take part at the State Indoor Meet in Fargo on Friday, April 1. Dickinson was fourth at the WDA Indoor Meet in Williston earlier this month. Mike Herauf won the pole vault while Dual Keck won the shot put.

60 Meters: 5. Tevan Thompson, :7.39; 200 Meters: 6. Thompson, :24.52; 8. Dalton Wolf, :24.70; 3200 Meters: 4. Daniel Lerew, 12:37.49; Pole Vault: 1. Mike Herauf, 14-00; 3. Logan Ackerman, 12-00; Shot Put: 1. Dual Keck, 49-03.00; 800 Meter Relay: 5. Dickinson, 1:41.55; 1600 Meter Relay: 3. Dickinson, 3:42.76

JAMESTOWN: The Blue Jays will compete at this week at the State Indoor in Fargo on Friday, April 1.

LEGACY: The Sabers will compete at the State Indoor Meet in Fargo on Friday, April 1. Legacy finished third at the WDA Indoor Meet in Williston earlier this month. Brandon Lewis won the long and triple jump events. The 1600 meter relay also took first. WDA Indoor

60 Meters: 1. Alex Brosseau, :7.22; 2. Brandon Lewis, :7.24; 200 Meters: 3. Brosseau, :24.16; 400 Meters: 2. Beau Brannan, :52.40; 7. Alex Anderson, :56.42; 800 Meters: 3. Thomas Tieszen, 2:08.60; 60 Meter Hurdles: 7. Jason Fetch, :947; Pole Vault: 5. Conor Wright, 11-06; Long Jump: 1. Brandon Lewis, 21-08.25; 5. Clark Stampley, 19-10.50; Triple Jump: 1. Lewis, 43-04.75; 5. Stampley, 39-06.50; 800 Meter Relay: 6. Legacy, 1:43.25; 1600 Meter Relay: 1. Legacy, 3:39.56 (Alex Anderson, Tieszen, Travis Hoopman, Brannan) MANDAN: The Braves will compete at the State Indoor Meet in Fargo on Friday, April 1. Mandan finished eighth at the WDA Indoor in Williston earlier this month. WDA Indoor

3200 Meters: 3. Trajon Vigan, 11:36.42

MINOT: The Magicians will compete at this week's State Indoor Meet in Fargo on Friday, April 1. Minot placed second at the WDA Indoor in Williston earlier this month. Logan Goheen won the 400 meters. Adrian Davis-Aguilar won the 200 meters. WDA Indoor

60 Meters: 4. Devin Kramer, :7.37; 6. Adrian Davis-Aguilar, :7.43; 200 Meters: 1. Davis-Aguilar, :23.80; 400 Meters: 1. Logan Goheen, :52.24; 6. Brady Halvorson, :55.87; 8. Dominic Magpali, :56.54; 800 Meter Relay 7. Gabe Hegstad, 21:4.57; 60 Hurdles: 3. Brett Davis, :9.19; 4. Preston Johnson, :9.22; Long Jump: 4. Austin Smith, 20-04.75; Pole Vault: 6. Cole Armagost, 11:00; Shot Put: 3. Je-Mario Jones, 47-04.50; 4. Mathew Marler, 47-03; 5. Kyle Routledge, 46-06.50; 800 Meter Relay: 2. Minot, 13:31:5; 1600 Meter Relay: 4. Minot, 34:24.20; 3200 Meter Relay: 2. Minot, 905.72

ST. MARY'S: The Saints are scheduled to compete this week at the State Indoor in Fargo on Friday, April 1. St. Mary's finished seventh at the WDA Indoor in Williston earlier this month. WDA Indoor

800 Meters: 1. Sam Wilke, 2:00.01; 3200 Meters: 2. Zachary Vetter, 11:09.59; 60 Meter Hurdles: 5. Davis Schwartz, :9.23; Long Jump: 7. Casey Uhler, 19-05.25; 1600 Meter Relay: 6. St. Mary's, 3:58.77

TMCHS (Belcourt): The Braves are scheduled to compete this week at the State Indoor in Fargo on Friday, April 1. TMCHS's Jacob Jensen competed in the varsity division of the WDA Indoor earlier this month. The Braves team competed in the JV division.

WDA Indoor 1600 Meters: 12. Jacob Jensen, 5:00.56

WILLISTON: The Coyotes will take part at the State Indoor Meet in Fargo on Friday, April 1. Williston was fifth at the WDA Indoor Meet in Williston earlier this month. Leif Everson won the 1600 meters. Keaton Mack won the 3200 meters. Dominic Martinez won the 60 meter hurdles.

WDA Indoor

60 Meters: 7. Derek Schneider, :7.45; 8. Brett Ralph, :7.45; 200 Meters: 5. Dominic Martinez, :24.26; 7. Schneider, :24.56; 800 Meters: 2. Leif Eveson, 2:04.34; 1600 Meters: 1. Everson, 4:25.45; 3200 Meters: 1. Keaton Mack, 10:49.45; 60 Hurdles: 1. Martinez, :8.67; 800 Meter Relay: 4. Williston, 1:40.48; 1600 Meter Relay: 5. Williston, 3:50.89