

<b>John Marshall Boys Track and Field</b>					<b>Standards Met</b>				<b>Performance Points</b>
<b>Top Performers by Event</b>					<b>Letter</b>	<b>Section</b>	<b>Honor Roll</b>	<b>State</b>	
<b>2016 Track Season</b>									
<b>Rank</b>	<b>Last Name</b>	<b>First Name</b>	<b>Grade</b>	<b>Mark</b>					
<b>100 Meter Dash</b>									
1	Martin	Cazz	12	00:11.01	XX	XX	XX	XX	819
2	Ameen	Shahan	11	00:11.06	XX	XX	XX	XX	808
3	Johnson	Dontrel	12	00:11.47	XX	XX			733
4	Stearns	Dane	10	00:11.47	XX	XX			733
5	Charles	Bernard	10	00:11.61	XX	XX			708
6	Velez-Hames	Jordan	11	00:11.76	XX				682
7	Schreader	Riley	12	00:11.89	XX				659
8	Mustapha	Abdul-Hakeem	9	00:11.97	XX				646
9	Tuckner	Brady	12	00:12.18					612
10	Burks	Ron	11	00:12.35					585
11	Hanson	Jesse	12	00:12.46					568
12	Mlenar	Mason	10	00:12.47					566
13	Rentz	Dominic	8	00:12.47					566
14	Jones	Davonte	8	00:12.49					563
15	Hill	Devante	10	00:12.54					555
16	McKenzie	Carter	10	00:12.62					543
17	Nguyen	Ken	10	00:12.73					527
18	Stensland	Jacob	10	00:12.83					512
19	Petersen	Seth	10	00:12.84					511
20	Ibrahim	Mustafa	11	00:12.90					502
21	Poirier	Anthony	10	00:12.91					500
22	Narum	Anders	10	00:12.94					496
23	Sor	Ethan	11	00:12.94					496
24	Tran	Johnny	9	00:12.96					494
25	Martinez	Mark	10	00:12.97					492
26	Ellefson	Benjamin	9	00:12.98					491
27	Yap	Steve	10	00:12.98					491
28	Hickman	Jonathan	12	00:12.99					489
29	Baba-Lola	Ian	9	00:13.00					488
30	Thomas	Mikai	11	00:13.11					473
31	Sutter	Dylan	11	00:13.28					449
32	Thompson	Matthew	10	00:13.36					439
33	Sztajnkrzyer	Luke	9	00:13.38					436
34	Zierdt-Thorson	Benjamin	9	00:13.59					409
35	Tlougan	Jason	10	00:13.62					406
36	Hernandez	Cesar	8	00:13.77					387
37	Savedra	Devin	9	00:13.78					386
38	Quirarte	Jeremiah	N/A	00:13.98					361
39	Laku	Lado	8	00:14.01					357
40	Egglar	Ethan	8	00:14.51					298
41	Gee	Caleb	12	00:15.54					190
<b>200 Meter Dash</b>									
1	Ameen	Shahan	11	00:22.67	XX	XX	XX		787
2	Martin	Cazz	12	00:22.68	XX	XX	XX		786
3	Johnson	Dontrel	12	00:23.13	XX	XX	XX		746
4	Charles	Bernard	10	00:23.69	XX	XX			699
5	Mustapha	Abdul-Hakeem	9	00:23.78	XX	XX			692

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6	Schreader	Riley	12	00:24.39	XX				644
7	Stearns	Dane	10	00:24.50					635
8	Werven	Simon	9	00:24.60					628
9	Velez-Hames	Jordan	11	00:24.70					620
10	Parrott	Jesse	9	00:25.20					583
11	Hanson	Jesse	12	00:25.30					576
12	Petersen	Seth	10	00:25.37					571
13	McKenzie	Carter	10	00:25.57					557
14	Stensland	Jacob	10	00:25.60					555
15	Shedivy	Adam	10	00:25.86					537
16	Tran	Johnny	9	00:25.91					534
17	Tlougan	Jason	10	00:26.08					522
18	Hill	Devante	10	00:26.30					507
19	Ibrahim	Mustafa	11	00:26.81					474
20	Mlenar	Mason	10	00:26.82					474
21	Jones	Davonte	8	00:26.91					468
22	Martinez	Mark	10	00:27.04					459
23	Poirier	Anthony	10	00:27.08					457
24	Rentz	Dominic	8	00:27.09					456
25	Hickman	Jonathan	12	00:27.12					454
26	Ellefson	Benjamin	9	00:27.30					443
27	Hernandez	Cesar	8	00:27.86					410
28	Mattern	Lucas	8	00:28.55					370
29	Zierdt-Thorson	Benjamin	9	00:28.97					346
30	Savedra	Devin	9	00:28.99					345
31	Quirarte	Jeremiah	N/A	00:29.41					323
32	Yap	Steve	10	00:29.41					323
33	Tuckner	Brady	12	00:29.46					320
34	Egglar	Ethan	8	00:29.86					299
35	Burns	Nicholas	10	00:30.41					271
36	Laku	Lado	8	00:30.66					259
37	Folkerts	Peter	10	00:31.49					220
38	Martinez	Jordan	12	00:35.18					67
<b>400 Meter Dash</b>									
1	Werven	Simon	9	00:53.65	XX	XX			693
2	McKenzie	Carter	10	00:54.14	XX	XX			677
3	Petersen	Seth	10	00:55.10					647
4	Hickman	Jonathan	12	00:57.62					574
5	Moon	Brant	12	00:58.12					559
6	Parrott	Jesse	9	00:58.69					544
7	Mlenar	Mason	10	00:58.80					541
8	Stensland	Jacob	10	00:59.93					511
9	Shedivy	Adam	10	01:00.15					505
10	Poole	Jared	10	01:01.37					475
11	Simms	Dalton	9	01:01.88					462
12	Baba-Lola	Ian	9	01:01.99					460
13	Dowd	Dakota	8	01:02.22					454
14	Yap	Steve	10	01:02.34					451

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15	Baldwin	Alexander	10	01:02.85					439
16	Poirier	Anthony	10	01:03.30					429
17	Ellefson	Benjamin	9	01:03.33					428
18	Huang	Joshua	8	01:03.68					420
19	Leidig	Nicholas	9	01:04.14					409
20	Perez	Diego	10	01:04.26					407
21	Mitchell	Steele	11	01:04.38					404
22	Gilbertson	Ethan	9	01:05.47					380
23	Sikel	Ogden	8	01:05.83					372
24	Vargan Ortiz	Victor	10	01:06.66					355
25	Marschall	Gabriel	8	01:07.59					336
26	Savedra	Devin	9	01:08.09					326
27	Haug	Peter	8	01:08.87					310
28	Quirarte	Jeremiah	N/A	01:10.28					283
29	Zierdt-Thorson	Benjamin	9	01:10.52					279
30	Blas	Benjamin	8	01:12.04					250
31	Peterson	Andrew	10	01:12.46					243
32	Biermeier	Tanner	8	01:12.66					240
33	Dahlen	Peter	7	01:14.88					202
34	Younk	Nicholas	9	01:16.31					179
35	Shellhart	Ethan	8	01:17.03					167
<b>800 Meter Run</b>									
1	Sonnabend	Sam	11	02:02.40	XX	XX			730
2	Andrews	Kevin	12	02:03.05	XX	XX			721
3	Jones	Andrew	12	02:10.66					627
4	Gilbertson	Henrik	10	02:13.74					592
5	Feda	Caleb	9	02:16.58					561
6	Olson	Mitchell	10	02:16.97					556
7	Werven	Simon	9	02:17.72					548
8	Hickman	Charles	10	02:22.56					499
9	Shedivy	Adam	10	02:23.22					493
10	Poirier	Anthony	10	02:23.64					489
11	Narum	Anders	10	02:24.49					481
12	Sikel	Ogden	8	02:28.24					446
13	Perez	Diego	10	02:30.53					426
14	Gilbertson	Ethan	9	02:31.98					413
15	Dowd	Dakota	8	02:32.32					410
16	Blas	Benjamin	8	02:34.92					388
17	Larsen	Chase	8	02:38.13					362
18	Bitz	John	9	02:39.23					354
19	Dahlen	Peter	7	02:40.04					347
20	Mitchell	Steele	11	02:40.35					345
21	Ranfranz	Joshua	9	02:40.68					342
22	Huang	Joshua	8	02:42.48					329
23	Biermeier	Tanner	8	02:43.34					322
24	Baldwin	Alexander	10	02:46.01					302
25	Marschall	Gabriel	8	02:50.74					270
26	Peterson	Andrew	10	02:52.10					260

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<b>Rank</b>	<b>Last Name</b>	<b>First Name</b>	<b>Grade</b>	<b>Mark</b>						
27	Haug	Peter	8	02:55.41						239
28	Shellhart	Ethan	8	02:59.42						213
29	Younk	Nicholas	9	03:03.07						191
30	Vargan Ortiz	Victor	10	03:03.31						190
<b>1600 Meter Run</b>										
1	Feda	Caleb	9	04:51.08	XX					642
2	Gilbertson	Henrik	10	04:52.43	XX					635
3	Olson	Mitchell	10	04:55.01	XX					622
4	Sonnabend	Sam	11	04:56.92						613
5	Andrews	Kevin	12	04:59.00						603
6	Poirier	Anthony	10	05:12.91						540
7	Hickman	Charles	10	05:15.31						530
8	Gilbertson	Ethan	9	05:18.90						515
9	Engle	Grant	10	05:22.15						501
10	Narum	Anders	10	05:27.95						478
11	Dowd	Dakota	8	05:29.33						473
12	Ammerman	Benjamin	8	05:31.31						465
13	Baldwin	Alexander	10	05:31.65						464
14	Sikel	Ogden	8	05:32.41						461
15	Dukek	Ambrose	9	05:33.21						457
16	Leidig	Nicholas	9	05:38.14						439
17	Blas	Benjamin	8	05:38.38						438
18	Jones	Andrew	12	05:43.65						419
19	Dahlen	Peter	7	05:45.56						412
20	Marschall	Gabriel	8	05:47.19						406
21	Novak	Andrew	8	05:48.74						401
22	Mitchell	Steele	11	05:49.27						399
23	Bitz	John	9	05:57.56						370
24	Peterson	Andrew	10	06:03.89						349
25	Haug	Peter	8	06:08.13						335
26	Vargan Ortiz	Victor	10	06:08.10						335
27	Huang	Joshua	8	06:10.38						328
28	Biermeier	Tanner	8	06:13.89						316
29	Younk	Nicholas	9	06:19.95						297
30	Shellhart	Ethan	8	06:25.15						281
<b>3200 Meter Run</b>										
1	Feda	Caleb	9	10:37.31	XX					630
2	Andrews	Kevin	12	10:51.56						599
3	Hickman	Charles	10	11:13.16						556
4	Gilbertson	Henrik	10	11:14.64						553
5	Poirier	Anthony	10	11:18.20						546
6	Olson	Mitchell	10	11:45.92						494
7	Sonnabend	Sam	11	11:54.23						480
8	Dahlen	Peter	7	12:14.21						446
9	Engle	Grant	10	12:15.13						444
10	Baldwin	Alexander	10	12:30.34						420
11	Novak	Andrew	8	12:36.69						410

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12	Dukek	Ambrose	9	12:37.93					408
13	Dowd	Dakota	8	12:48.37					391
14	Sikel	Ogden	8	12:55.03					381
15	Vargan Ortiz	Victor	10	13:25.01					337
16	Bitz	John	9	13:31.54					328
17	Perez	Diego	10	13:48.35					304
18	Mitchell	Steele	11	13:48.64					303
19	Haug	Peter	8	14:04.22					283
20	Blas	Benjamin	8	14:12.53					272
21	Younk	Nicholas	9	14:12.97					271
22	Huang	Joshua	8	15:07.10					204
23	Shellhart	Ethan	8	15:13.83					196
24	Biermeier	Tanner	8	15:14.33					195
<b>110 Meter Hurdles</b>									
1	Hanson	Jesse	12	00:15.91	XX	XX			711
2	Poole	Jared	10	00:16.24	XX				680
3	Burks	Ron	11	00:18.67					471
4	Nguyen	Ken	10	00:19.18					430
5	Rentz	Dominic	8	00:19.55					401
6	Jones	Davonte	8	00:19.83					380
7	Tlougan	Jason	10	00:21.01					293
8	Mattern	Lucas	8	00:22.97					157
<b>300 Meter Hurdles</b>									
1	Hanson	Jesse	12	00:41.49	XX	XX	XX		713
2	Burks	Ron	11	00:43.39	XX				630
3	Poole	Jared	10	00:44.74					576
4	Rentz	Dominic	8	00:45.90					531
5	Jones	Davonte	8	00:46.53					508
6	Nguyen	Ken	10	00:49.82					396
7	Narum	Anders	10	00:49.87					395
8	Sonnabend	Sam	11	00:51.28					351
9	Tlougan	Jason	10	00:51.69					339
10	Mattern	Lucas	8	00:55.66					230
<b>Long Jump</b>									
1	Sor	Ethan	11	19-09.00	XX	XX			668
2	Burks	Ron	11	19-01.00					629
3	Velez-Hames	Jordan	11	19-00.25					625
4	Poole	Jared	10	18-08.75					608
5	Rentz	Dominic	8	18-00.50					569
6	Johnson	Dontrel	12	17-11.00					561
7	Tran	Johnny	9	17-01.25					515
8	Mustapha	Abdul-Hakeem	9	17-00.00					509
9	Stearns	Dane	10	16-07.25					487
10	Moon	Brant	12	16-03.00					468
11	Charles	Bernard	10	16-02.00					463
12	Thomas	Mikai	11	16-01.50					461

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13	McKenzie	Carter	10	15-11.75					453
14	Jones	Davonte	8	15-09.00					440
15	Hill	Devante	10	15-04.75					421
16	Sztajnkrzyer	Luke	9	15-04.50					420
17	Hickman	Jonathan	12	15-04.00					418
18	Mitchell	Steele	11	15-00.75					403
19	Ibrahim	Mustafa	11	14-11.00					395
20	Shedivy	Adam	10	14-09.75					389
21	Ellefson	Benjamin	9	13-09.50					334
22	Burns	Nicholas	10	13-04.50					311
23	Laku	Lado	8	11-04.00					195
24	Egglar	Ethan	8	11-02.00					185
<b>Triple Jump</b>									
1	Sor	Ethan	11	41-03.50	XX	XX			664
2	Poole	Jared	10	38-05.75					575
3	Moon	Brant	12	36-05.00					509
4	Shedivy	Adam	10	35-03.00					471
1	Rentz	Dominic	8	34-09.75					457
2	Sztajnkrzyer	Luke	9	30-03.75					309
3	Burks	Ron	11	29-11.00					295
<b>High Jump</b>									
1	Werven	Simon	9	5-10.00	XX				627
2	Sor	Ethan	11	5-08.00	XX				583
3	Parrott	Jesse	9	5-02.00					437
4	Moon	Brant	12	4-10.00					344
5	Schaefer	Gavin	10	4-08.00					300
6	Simms	Dalton	9	4-08.00					300
7	Folkerts	Peter	10	4-04.00					200
8	Perez	Diego	10	4-02.00					155
<b>Pole Vault</b>									
1	Hanson	Jesse	12	11-10.00	XX				664
2	Folkerts	Peter	10	10-03.00					528
3	Burns	Nicholas	10	9-03.00					442
<b>Shot Put</b>									
1	Jada	Emmanuel	12	51-10.00	XX	XX	XX		762
2	Gerber	Reid	11	47-00.50	XX				686
3	Thompson	Matthew	10	44-02.75	XX				639
4	Ray	Jonathan	11	41-11.00					598
5	Schaefer	Gavin	10	39-05.75					552
6	Backholm	Hunter	10	36-08.25					496
7	Gee	Caleb	12	34-07.00					451
8	Martinez	Jordan	12	26-08.00					269
9	Veney	Deontae	8	24-02.75					212
<b>Discus Throw</b>									

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Rank	Last Name	First Name	Grade	Mark	Letter	Section	Honor Roll	State	
1	Jada	Emmanuel	12	162-02	XX	XX	XX	XX	807
2	Schaefer	Gavin	10	145-11	XX	XX	XX		734
3	Ray	Jonathan	11	125-06					636
4	Thompson	Matthew	10	115-03					584
5	Backholm	Hunter	10	101-03					511
6	Gee	Caleb	12	97-01					488
7	Gerber	Reid	11	95-03					478
8	Poirier	Anthony	10	84-11					419
9	Martinez	Jordan	12	74-02					356
10	Veney	Deontae	8	62-01					280