

# 2019 Knight's Intra-Squad Meet

100 Hurdles - Girls	100 M. Dash Girls	100 M. Dash Boys	1,600 Meter - Girls	800 Meter - Boys	Girls 200 Meter
M Semakula 19.9	W Ellingson 13.5	W Larson 11.7	M VanLoon 5:39	W Danko 2:14	W Ellingson 28.2
W Bravo 20.1	W Casey 14.1	B Thomas 11.8	W Teff 6:22	G Caitier 2:28	W Cooper 29.5
W Jideofor 20.9	W Cooper 14.1	B Mahmutovic 12.1	G McKay 6:36	B Bly 2:29	M Natere 29.8
M Sirleaf 21.1	G Letnes 14.2	G Momsen 12.1	G Osmond 6:47	W Salaya-Moli 2:33	G Letnes 29.9
G Creighton 21.4	W Alexander 14.6	M Ramsay 12.1	G Martin 6:50	B Torres-Riva 2:36	W Alexander 32.0
100 Hurdles - Boys	M Natere 14.9	G Naimah 12.3	W Ahmed-Ba 6:51	M Ferrier 2:38	M Sawyer 32.2
B Thomas 17.5	G Young 15.1	B Lawrence 12.4	G Lammi 7:01	M Jensen 2:39	W Jideofor 32.6
B Houfek 20.6	G Nwosu 15.1	G Semakula 12.4	B Bierbach 7:11	M Piper 2:47	G Young 32.7
W Cortez 20.7	G Kimlinger 15.2	G Tenzin 12.4	G Berman 7:13	W Gonzalez 2:50	G To 33.3
W Dickinson 21.3	G To 15.3	M Shaw 12.4	M Stolen 7:34	B Lansing 3:40	B Tran 33.4
G Semakula 22.7	G Imholte 15.3	W Doku, E 12.5	M Hammitt-Ke 7:42	G Shayen DNR	M Morris 33.7
B Ogwethi 23.6	B Paredes 15.5	W Okoro 12.5	G Momsen 7:47	W Zastrow DNR	G Imholte 33.8
Pole Vault Girls	G Dean 15.6	G O'Leary 12.5	M Trombley 7:48	B Heuss DNR	B Kimba 35.6
M McNeil 10'6"	B Lawrence 15.8	W Hughes 12.6	W Goligowski DNR		G Kimlinger 35.7
W Bravo 6'0"	B Tran 15.8	W Price 12.8	W Rodefelf DNR		G Dean DNR
B Lawrence 8'6"	M McNeil 15.9	W Bendix 13.4	W Saylor DNR		B Paredes DNR
Pole Vault Boys	M Morris 16.4	W Besemann 13.5	G Townsend DNR	<b>1,600 Meter - Boys</b>	W Casey DNR
B Lawrence 15'0"	B Kimba 16.5	W Joe 13.7	G Ramsey DNR	G Merrell 4:54	<b>Boys 400 Meter</b>
B Pearson 13'6"	B Zuk 16.5	B Ogwethi 13.7	B Johnson DNR	M Ongera 4:55	W Larson 55.3
M Fluth 13'6"	G Izuora 16.8	M Brown 13.9	W Hockemeyer	M Rodefelf 5:12	B Thomas 55.9
W Bendix 10'0"	M Dennis 18	W Cortez 14.1		M Fluth 5:15	W Doku, E 58.0
W Gonzalez 9'6"	W Quito 19.7	M Sepulveda 14.2	<b>Long Jump Girls</b>	B Doku, F 5:22	B Lawrence 58.6
		B Rasmussen, DNR	W Caldwell 15'4"	G Alexander 5:24	G Shayen 60.5
		M Rasmussen, DNR	W Bravo 15'2"	M Davis 5:26	M Ramsay 60.6
<b>Discus Girls</b>		B Ronin DNR	G Miller 15'10"		B Houfek 61.4
B France	<b>Discus Boys</b>	B Favre DNR	M Hammitt-Ke 13'4"	<b>Long Jump Boys</b>	G Momsen 64.0
M Waldemar	M Collins		B Matthews 13'2"	B Mahmutovic 18'5"	W Cortez 64.4
B Ballwanz	M Martin		M Sawyer 12'8"	B Pearson 18'3"	W Besemann 66.1
M Hayes	M Sepulveda		W Jideofor 12'4"	W Joe 18'1"	G Semakula 66.9
B Rossiter			G Bergman 11'3"	B Houfek 17'9"	B Ogwethi 76.9
<b>High Jump Boys</b>	<b>High Jump Girls</b>		G Kimlinger 11'1"	W Okoro 17'6"	<b>Team Scores</b>
W Price 5'0"	B Matthews 4'8"		G Lammi 10'7"	W Price 16'10"	<b>White</b>
W Joe	W Caldwell 4'6"			W Besemann 15'5"	<b>Gold</b>
B Mahmutovic	W Bravo 4'2"			W Dickinson 14'5"	<b>Black</b>
W Okoro	G Izuora 4'2"			B Thomas	<b>Maroon</b>
	W Casey 4'0"				