

# 2019 White Bear Lake Invite

## IV 1,600 M. Run

Lansing  
Bly  
Jensen  
Vargas  
Salaya  
Bly  
Erickson  
Gonzalez Roberts  
Heuss

## 1600 M. Run

Alexander  
Davis  
Ferrier  
Cartier  
Torres

## 4X800 M. Relay

F.Doku  
D.Rodefeld  
D. Fluth  
Merrell

## 110 Hurdles

Thomas  
Cortez  
Dickinson  
Ogwethi

## 100 M. Dash

Besemann  
Hughes  
Mahmutovic  
M. Rasmussen  
Semakula  
Thomas

## 4X200 Relay

Ramsay  
Lawrence  
Naimah  
Larson

## S. Med Relay

Shayen  
Semakula  
Danko  
Ongera

## 400 M. Dash

Favre  
Larson  
J. Rasmussen  
Sepulveda  
E. Doku

## 300 Hurdles

Fluth  
Cortez  
Dickinson  
Ogwethi

## 800 M. Run

F.Doku  
Sandkuhler

## 4X100 Relay

Ronin  
E. Doku  
Mahmutovic  
Thomas

## 9th 4X100

Hughes  
Shayen  
Semakula  
Naimah

## Weights 4X100

Joe  
Martin  
Sepulveda  
Collins

## 200 M. Dash

Besemann  
Larson  
Naimah  
Ramsay  
M. Rasmussen

## 3,200 M. Run

Ongera  
Sandkuhler  
Danko  
D.Rodefeld

## 4X400M Relay

Ramsay  
Lawrence  
Fluth

Cortez  
Shayen  
Ronin

## Discus

Collins  
Martin  
Mahmutovic  
Joe  
Sepulveda

## Shot Put

Collins  
Larson  
Ramsay  
Martin  
Sepulveda

## Long Jump

Pearson  
Mahmutovic  
Price  
Besemann  
Naimah  
Brown

## Triple Jump

Joe  
Thomas  
Price  
Fluth  
Dickinson  
Besemann

## High Jump

Price  
Pearson  
Okoro  
Joe

## Pole Vault

Pearson  
Lawrence  
Fluth  
Bendix

## Teams

- 1 White Bear Lake
- 2 Spring Lake Park
- 3 Irondale
- 4 Mahtomedi
- 5 Buffalo
- 6 South St. Paul
- 7 Tartan

