

## 2012 North Suburban Conference

### 4 X 800 Relay

3rd	Vossler	2:07
	Doku	2:06
	Adelsmann	2:10
	Hennessey	2:09
		8:34

### 110 Hurdles

1st	Ojika	14.80
6th	Houfek	15.61
3rd	Canfield	15.48

### 100 Dash

4th	Kruse	11.38
3rd	Ogbonnaya	11.22
	James	11.77

### 4 X 200 Relay

3rd	Johnson	
	Yankey	
	Canfield	
	James	
		1:34.09

### 1600 Run

	J. Gilbert	5:04
	Adelsmann	5:02
	Cich	5:06
	Braun	4:17

### 4 X 100 Relay

1st	Johnson	
	Ogbonnaya	
	Yankey	
	Kruse	
		43.69

### 400 Dash

6th	Williams	52.36
	Hernadez	54.69
	Sprague	55.74

### 300 Hurdles

2nd	Ojika	40.51
5th	Houfek	41.66
6th	Canfield	41.93

### 800 Run

	Hennessey	2:08.0
	Doku	2:11.1
7th	Vossler	2:06.6
1st	Braun	2:09.6

### 200 Dash

	Ogbonnaya	23.56
3rd	Kruse	22.91
	James	23.72

### 3200 Run

	T. Gilbert	10:46
	Robinson	11:20
	Rodefled	11:25

### 4 X 400 Relay

4th	Hernadez	
	Houfek	
	Sprague	
	Williams	
		3:34.3

### Long Jump

	Siafah	18-6
4th	Williams	20-10
3rd	Poster	21-2

### Triple Jump

6th	Ojika	42'1-5
1st	Poster	44'7
	Cich	37'6

### High Jump

2nd	Ojika	6'2
1st	Poster	6'4
4th	T. Blair	5'10

### Pole Vault

	J. Kelner	11-6
8th	Paraskov	11-6

### Shot Put

3rd	T. Blair	47-7
	Raye	44-1
5th	Waite	45-4
1st	Braun	18-4

### Discus

5th	Waite	133-9
6th	T. Blair	133-6
	Walker	111-7
1st	Braun	53-0

### Team Scores

1	Irondale	152
2	Spring Lake Park	177
3	St. Francis	57
4	Benilde St. Marg.	42
5	Chisago Lakes	58
6	Fridley	25
7	St. Louis Park	63
8	North Branch	21
9	Cooper	67
10	Totino Grace	25
11	Columbia Heights	18