

**2011 USATF Minnesota  
Junior Olympic Championships - 6/12/2011 to 6/19/2011  
St. Louis Park High School**

**JO State - Records**

1	100 Meter Dash Sub-Bantam Girls	15.14	6/20/2009	J'anna Cager - ICAA Breeze
2	200 Meter Dash Sub-Bantam Girls	31.78	6/20/2009	J'anna Cager - ICAA Breeze
3	400 Meter Dash Sub-Bantam Girls	1:14.62	6/21/2009	J'anna Cager - ICAA Breeze
4	800 Meter Run Sub-Bantam Girls	3:05.85	6/18/2011	Yasmin Nachmias - Track Minnes
5	1500 Meter Run Sub-Bantam Girls	7:08.25	6/20/2010	Amelia Wagner - Unattached
8	Long Jump Sub-Bantam Girls	3.03m	6/20/2010	Annika Evans - Unattached
9	Shot Put 2k Sub-Bantam Girls	4.06m	6/19/2010	Juliana Palmer - Willmar Wing
10	Javelin Throw 300g Sub-Bantam Girl	8.05m	6/21/2009	Juliana Palmer - Willmar Wing
51	100 Meter Dash Sub-Bantam Boys	15.57	6/18/2011	Rashad Mckinley - Icaabreeze-0
52	200 Meter Dash Sub-Bantam Boys	33.23	6/19/2011	Rashad Mckinley - Icaabreeze-0
53	400 Meter Dash Sub-Bantam Boys	1:17.07	6/21/2009	Tylan Brooks - ICAA Breeze
54	800 Meter Run Sub-Bantam Boys	2:51.43	6/18/2011	Aiden Kilibarda - East Ridge A
55	1500 Meter Run Sub-Bantam Boys	6:59.71	6/20/2010	Russell Gokemeijer - Unattached
56	4x100 Meter Relay Sub-Bantam Boys	1:11.63	6/20/2010	0830 Track Minnesota Elite - 0830 Track M R Hill, M Jackson, W Klein, A Madyum
58	Long Jump Sub-Bantam Boys	2.96m	6/19/2011	Connor Swanson - Minnesota Tr
59	Shot Put 2k Sub-Bantam Boys	4.01m	6/20/2009	Stephen Pruitt - Unattached
60	Javelin Throw 300g Sub-Bantam Boy	13.66m	6/21/2009	Stephen Pruitt - Unattached
102	100 Meter Dash Bantam Girls	13.91	6/25/2006	Taloria Stiffin - Track Minnesota
103	200 Meter Dash Bantam Girls	29.08	6/20/2010	Jianna Cager - ICAA Breeze
104	400 Meter Dash Bantam Girls	1:07.49	2003	Alyssa Warren - Hospitality House Stride
105	800 Meter Run Bantam Girls	2:43.73	2000	Danielle Berndt - Flying Pigs T C
106	1500 Meter Run Bantam Girls	5:24.97	2000	Danielle Berndt - Flying Pigs T C
107	1500 Meter Race Walk Bantam Girls	9:47.00	2003	Emily Dallager - Flying Pigs T C
108	4x100 Meter Relay Bantam Girls	57.23	6/26/2005	Track Minnesota - Track Minnesota E Anderson, R Michael, S Saulsberry, N Coffey
109	4x400 Meter Relay Bantam Girls	5:08.03	2001	Track Minnesota - Track Minnesota Neil, Jackson, Thomas, Liggins
110	High Jump Bantam Girls	1.17m	1989	Steph Williams & Christine Jezusko (01) - Flying Pigs T C
111	Long Jump Bantam Girls	3.93m	2001	Taylor Gerr - Flying Pigs T C
112	Shot Put 6 lb. Bantam Girls	6.90m	6/18/2011	Samantha Hedtke - Unattached
113	Javelin Throw 300g Bantam Girls	16.46m	6/19/2011	Samantha Hedtke - Unattached
114	Triathlon Bantam Girls	414	6/23/2006	Beaner McManus - Flying Pigs
152	100 Meter Dash Bantam Boys	13.67	1998	Renaldo Ulmer - Unknown
153	200 Meter Dash Bantam Boys	28.34	6/19/2010	Keylan Jackson - ICAA Breeze
154	400 Meter Dash Bantam Boys	1:06.13	6/26/2005	Chris Johnston - Unattached
155	800 Meter Run Bantam Boys	2:33.78	6/19/2010	Benjamin Olson - Unattached
156	1500 Meter Run Bantam Boys	5:07.19	6/20/2010	Benjamin Olson - Unattached
158	4x100 Meter Relay Bantam Boys	57.84	1991	Martin Luther King Jr - Martin Luther King Jr
159	4x400 Meter Relay Bantam Boys	5:06.25	2000	Flying Pigs - Flying Pigs Gehlen, Kasdagly, Grinnell, Toepfer
160	High Jump Bantam Boys	1.35m	6/25/2005	Chris Johnston - Unattached
161	Long Jump Bantam Boys	4.25m	1989	John Wahlstrom - Unattached
162	Shot Put 6 lb. Bantam Boys	8.45m	2000	Michael Dralle - Unattached
163	Javelin Throw 300g Bantam Boys	21.75m	6/21/2009	Hassan Jones - HospitalityHouse
164	Triathlon Bantam Boys	202	6/23/2006	Caleb Ringkob - Flying Pigs
202	100 Meter Dash Midget Girls	12.84	1999	Kadeshia Fortune - Hospitality House Stride
203	200 Meter Dash Midget Girls	27.28	1999	Kadeshia Fortune - Hospitality House Stride
204	400 Meter Dash Midget Girls	59.80	1993	Kathryn Chapman - Unknown
205	800 Meter Run Midget Girls	2:30.58	2000	Whitney McCluskey - Unknown
206	1500 Meter Run Midget Girls	5:08.6h	1991	Katie Mulally - Unknown
207	3000 Meter Run Midget Girls	10:57.1h	2002	Danielle Berndt - Flying Pigs T C
208	1500 Meter Race Walk Midget Girls	9:07.25	6/26/2005	Emily Dallager - Flying Pigs T C
209	80 Meter Hurdles Midget Girls	13.94	6/18/2011	Maria Versaguis - Team Woodbur
210	4x100 Meter Relay Midget Girls	52.57	2000	Track Minnesota - Track Minnesota Horne, Beecham, Zutz, Springfield

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211	4x400 Meter Relay Midget Girls	4:23.63	2000	Track Minnesota - Track Minnesota McCluskey, Springfield, Beecham, Zutz
212	4x800 Meter Relay Midget Girls	11:18.0h	2000	Flying Pigs T C - Flying Pigs T C Sanford, Piskor, Noel, Tierney
213	High Jump Midget Girls	1.48m	1996	Jacenta Spandl - Unattached
214	Long Jump Midget Girls	4.42m	1993	Alesha Bowens - Unknown
215	Shot Put 6 lb. Midget Girls	10.53m	1991	Shylla McKibbin - Unknown
216	Discus Throw 1kg Midget Girls	25.79m	6/19/2010	Cameron Downey - 0830 Track M
217	Javelin Throw 300g Midget Girls	21.14m	6/24/2007	Morgan Jensen - HospitalityHouse
218	Outdoor Pentathlon Midget Girls	2246	6/23/2006	Leena Jaakola - Flying Pigs
252	100 Meter Dash Midget Boys	12.53	6/23/2007	Casey Lewis - UnattachedMN
253	200 Meter Dash Midget Boys	25.45	1996	Cedric Springfield - Unattached
254	400 Meter Dash Midget Boys	59.23	6/19/2011	Dominik London - Team Woodbur
255	800 Meter Run Midget Boys	2:21.16	6/18/2011	Jackson Sokolowski - Park Flyers
256	1500 Meter Run Midget Boys	4:50.40	6/19/2011	Jackson Sokolowski - Park Flyers
257	3000 Meter Run Midget Boys	10:17.0h	1984	Billy Kelly - Unattached
258	1500 Meter Race Walk Midget Boys	9:56.81	2004	Seantrel Henderson - Unattached
259	80 Meter Hurdles Midget Boys	13.04	6/18/2011	Evan El-Halawani - Team Woodbur
260	4x100 Meter Relay Midget Boys	52.58	2000	Track Minnesota - Track Minnesota
261	4x400 Meter Relay Midget Boys	4:37.70	2001	Minnesota Breeze - Minnesota Breeze R Carter, B McKenzie, D Williamson, J Scott
262	4x800 Meter Relay Midget Boys	11:18.0h	2000	Flying Pigs - Flying Pigs TC
263	High Jump Midget Boys	1.48m	2003	Gus Gehlen - Flying Pigs T C
264	Long Jump Midget Boys	4.98m	1992	Jesse Reed - Unattached
265	Shot Put 6 lb. Midget Boys	10.55m	6/19/2010	Benjamin Hedtke - Unattached
266	Discus Throw 1kg Midget Boys	27.12m	6/19/2010	Benjamin Hedtke - Unattached
267	Javelin Throw 300g Midget Boys	31.50m	6/24/2007	Jonathan Sutton - UnattachedMN
268	Outdoor Pentathlon Midget Boys	1803	6/23/2006	Chris Johnston - Unattached
302	100 Meter Dash Youth Girls	12.34	6/18/2011	Wensia Johnson - Unattached
303	200 Meter Dash Youth Girls	25.23	1998	Natasha Holt - Unknown
304	400 Meter Dash Youth Girls	58.90	2000	Sandra Jorgensen - Unknown
305	800 Meter Run Youth Girls	2:21.42	6/18/2011	Jenna Truedson - Unattached
306	1500 Meter Run Youth Girls	4:31.3h	1982	Kim Kauls - Unknown
307	3000 Meter Run Youth Girls	10:46.2h	1982	Kim Kauls - Unknown
308	3000 Meter Race Walk Youth Girls	23:40.20	6/22/2008	Morgan Jensen - HospitalityHouse
309	100 Meter Hurdles Youth Girls	15.57	1991	Heidi Lundervold - Unknown
310	200 Meter Hurdles Youth Girls	30.73	6/21/2008	Kelly Fogelson - Track Minnesota
311	4x100 Meter Relay Youth Girls	50.69	2002	Track Minnesota - Track Minnesota A Horne, A Beecham, C Zutz, K Hargrow
312	4x400 Meter Relay Youth Girls	4:16.98	2001	Track Minnesota - Track Minnesota C Zutz, W McClusky, A Beecham, E Govrick
313	4x800 Meter Relay Youth Girls	10:32.7h	2001	Mighty Mites - Mighty Mites K Griffith, E Milless, H Landecker, C Robinson
314	High Jump Youth Girls	1.63m	1998	Jacenta Spandl - Unattached
315	Pole Vault Youth Girls	2.88m	6/23/2007	Alexandra Miller - UnattachedMN
316	Long Jump Youth Girls	5.33m	6/18/2011	Wensia Johnson - Unattached
317	Triple Jump Youth Girls	11.79m	2001	Emily Ilkka - Unknown
318	Shot Put 6 lb. Youth Girls	11.97m	2003	Felisha Willaert - Unattached
319	Discus Throw 1kg Youth Girls	37.06m	2003	Felisha Willaert - Unattached
320	Javelin Throw 600g Youth Girls	27.00m	1982	Susan Chubb - Unknown
321	Outdoor Pentathlon Youth Girls	2014	6/23/2006	Emily Dallager - Northstar United
352	100 Meter Dash Youth Boys	11.64	1991	Jordan Knosalla - Unattached
353	200 Meter Dash Youth Boys	23.70	6/23/2007	Calvin Clark - I.C.A.A
354	400 Meter Dash Youth Boys	53.15	6/20/2010	Matthew Rosen - Unattached
355	800 Meter Run Youth Boys	2:04.25	6/19/2010	Matthew Rosen - Unattached
356	1500 Meter Run Youth Boys	4:25.15	6/20/2010	Matthew Rosen - Unattached

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357	3000 Meter Run Youth Boys	9:33.0h	1990	Travis Boland - Unattached
358	3000 Meter Race Walk Youth Boys	19:15.9h	2003	Andrew Carlson - Unattached
359	100 Meter Hurdles Youth Boys	15.18	6/24/2006	Rumeal Harris - Hospitality Hous
360	200 Meter Hurdles Youth Boys	26.82	1996	Chris Mattke - Unattached
361	4x100 Meter Relay Youth Boys	47.43	2002	Track Minnesota - Track Minnesota C Abram, I Ellison, M Neil, I Anderson
362	4x400 Meter Relay Youth Boys	4:00.34	2002	Track Minnesota - Track Minnesota I Ellison, M Neil, I Anderson, C Abram
363	4x800 Meter Relay Youth Boys	9:39.4h	2000	Flying Pigs - Flying Pigs Zorich, Sicoli, Hill, Hager
364	High Jump Youth Boys	1.77m	1999	Robert Springfield - Unattached
365	Pole Vault Youth Boys	3.36m	6/24/2006	Macauley Spandl - Unattached
366	Long Jump Youth Boys	6.15m	1999	Jason Mershon - Unattached
367	Triple Jump Youth Boys	11.61m	6/24/2007	Anthony Gustafson - UnattachedMN
368	Shot Put 4kg Youth Boys	13.39m	1998	Mark Slinden - Unattached
369	Discus Throw 1kg Youth Boys	48.46m	1989	David Galvan - Unattached
370	Javelin Throw 600g Youth Boys	35.33m	2000	Bryan Andurs - Flying Pigs
371	Outdoor Pentathlon Youth Boys	1993	6/23/2006	Macauley Spandl - Unattached
402	100 Meter Dash Intermediate Girls	12.17	2000	Jennifer Dalhed - Unknown
403	200 Meter Dash Intermediate Girls	25.31	1999	Natasha Holt - Unknown
404	400 Meter Dash Intermediate Girls	57.37	6/26/2005	Sade Pollard - ICAA
405	800 Meter Run Intermediate Girls	2:18.93	6/18/2011	Samantha Nielsen - Icaabreeze-0
406	1500 Meter Run Intermediate Girls	4:46.50	6/19/2011	Samantha Nielsen - Icaabreeze-0
407	3000 Meter Run Intermediate Girls	10:37.02	2003	Dana Peters - Unattached
408	2000 Meter Steeplechase Intermediat	8:00.53	6/25/2006	Jessica Dallager - Northstar United
410	100 Meter Hurdles Intermediate Girls	15.87	1991	Janet Redwing - Unattached
411	400 Meter Hurdles Intermediate Girls	1:07.27	2003	Alison Gamacne - Unattached
412	4x100 Meter Relay Intermediate Girls	49.65	2002	Track Minnesota - Track Minnesota T Govrik, K Truong, E Govrik, K Fortune
413	4x400 Meter Relay Intermediate Girls	4:10.12	2003	Northstar United - Northstar United
414	4x800 Meter Relay Intermediate Girls	10:08.4h	2003	Northstar United - Northstar United L Herrmann, A Olson, J Piskor, H Dorniden
415	High Jump Intermediate Girls	1.65m	1984	Linda Barsness - Unknown
416	Pole Vault Intermediate Girls	3.48m	6/18/2011	Hannah Linder - Fuzion Athle
417	Long Jump Intermediate Girls	5.21m	1984	Dawn Sollie - Unattached
418	Triple Jump Intermediate Girls	10.78m	2000	Jacenta Spandl - Unattached
419	Shot Put 4kg Intermediate Girls	13.37m	1991	Jamie McKibbon - Unattached
420	Discus Throw 1kg Intermediate Girls	40.06m	1991	Sandy Fuchs - Unattached
421	Javelin Throw 600g Intermediate Girl	36.32m	1994	Meghan Beck - Unattached
422	Hammer Throw Intermediate Girls	8.59m	6/12/2011	Aiko Ploog - Eagles Wings
423	Heptathlon Intermediate Girls	4262		
452	100 Meter Dash Intermediate Boys	10.98	6/22/2008	Calvin Clark - ICAA/MN Breeze
453	200 Meter Dash Intermediate Boys	22.36	6/21/2009	Calvin Clark - ICAA Breeze
454	400 Meter Dash Intermediate Boys	50.21	6/21/2009	Calvin Clark - ICAA Breeze
455	800 Meter Run Intermediate Boys	2:01.0h	1993	James Billings - Unattached
456	1500 Meter Run Intermediate Boys	4:06.93	1999	Nick Schneider - Unattached
457	3000 Meter Run Intermediate Boys	9:01.4h	1999	Nick Schneider - Unattached
458	2000 Meter Steeplechase Intermediat	6:27.79	1996	Luke Watson - Unattached
460	110 Meter Hurdles Intermediate Boys	16.12	6/21/2008	Derrick Mora - Northstar United
461	400 Meter Hurdles Intermediate Boys	59.88	1998	Jordan Bremer - Unattached
462	4x100 Meter Relay Intermediate Boy:	45.21	2004	Hospitality House Striders - Hospitality House Stride C Lemon, B Ratcliff, X Rucker, A Robinson
463	4x400 Meter Relay Intermediate Boy:	3:37.50	2004	Hospitality House Striders - Hospitality House Stride C Lemon, B Ratcliff, X Rucker, A Robinson
464	4x800 Meter Relay Intermediate Boy:	10:24.7h	2002	Mighty Mites - Mighty Mites
465	High Jump Intermediate Boys	1.88m	6/25/2005	Ryan Boeddeker - Waseca Area

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466	Pole Vault Intermediate Boys	4.25m	6/21/2008	Christian Kolb - SouthMN Vault
467	Long Jump Intermediate Boys	6.81m	1984	Steve Bordeau - Unattached
468	Triple Jump Intermediate Boys	13.42m	6/22/2008	Rumeal Harris - HospitalityHouse
469	Shot Put 12 lb. Intermediate Boys	15.44m	2000	Adam Schnaible - Unattached
470	Discus Throw 1.6kg Intermediate Boy	47.20m	6/25/2005	Michale Shaver - Waseca Area
471	Javelin Throw 800g Intermediate Boy	41.20m	1982	Bryan Christensen - Unattached
472	Hammer Throw Intermediate Boys	30.27m	6/24/2007	Bjorn Rostad - UnattachedMN
502	100 Meter Dash Young Women	11.90	2004	Kadeshia Fortune - Track Minnesota
503	200 Meter Dash Young Women	24.95	1998	Deborah Cordner - Unknown
504	400 Meter Dash Young Women	57.10	6/25/2006	Sade Pollard - ICAA Breeze
505	800 Meter Run Young Women	2:16.91	2000	Megan Manthe - Unknown
506	1500 Meter Run Young Women	4:45.7h	1992	Molly Moulton - Unknown
507	3000 Meter Run Young Women	10:11.54	6/18/2011	Maria Hauger - Unattached
508	2000 Meter Steeplechase Young Womr	7:30.20	6/12/2011	Erica Seidenkranz - Unattached
510	100 Meter Hurdles Young Women	14.8h	1987	Trend Fields - Unknown
511	400 Meter Hurdles Young Women	1:05.88	6/24/2006	Alison Gamache - Unattached
512	4x100 Meter Relay Young Women	48.64	6/26/2005	Track Minnesota - Track Minnesota K Fortune, A Beecham, E Govrick, A Anderson
513	4x400 Meter Relay Young Women	4:22.49	6/25/2005	Track Minnesota - Track Minnesota K Fortune, A Beecham, E Govrick, A Anderson
514	4x800 Meter Relay Young Women	9:39.4h	2000	Flying Pigs - Flying Pigs
515	High Jump Young Women	1.73m	6/25/2005	Tressa Beckel - Unattached
516	Pole Vault Young Women	3.69m	6/25/2006	Katelin Rains - Unattached
517	Long Jump Young Women	5.81m	6/20/2009	Analisa Huschle - Unattached
518	Triple Jump Young Women	11.75m	6/21/2009	Analisa Huschle - Unattached
519	Shot Put 4kg Young Women	14.85m	2003	Brianne Carmichael - Hospitality House Stride
520	Discus Throw 1kg Young Women	44.98m	1998	Diane Sliniden - Unattached
521	Javelin Throw 600g Young Women	37.98m	1996	Meghan Beck - Unknown
522	Hammer Throw Young Women	35.59m	6/12/2011	Hannah Steele - Southwest Mn
523	Heptathlon Young Women	3777	6/22/2006	Kaelene Lundstrum - Unattached
552	100 Meter Dash Young Men	10.72	6/22/2008	Sean King - Unattached MN
553	200 Meter Dash Young Men	21.32	1996	Ricky Thomas - Unattached
554	400 Meter Dash Young Men	49.44	1999	Ryan Noreen - Unattached
555	800 Meter Run Young Men	1:53.40	2000	Ryan Ford - Unattached
556	1500 Meter Run Young Men	4:04.04	2000	Yonas Seyum - Unattached
558	2000 Meter Steeplechase Young Men	6:14.75	1996	Ryan Kollmann - Unattached
560	110 Meter Hurdles Young Men	14.61	6/20/2009	Laquone Robinson - HospitalityHouse
561	400 Meter Hurdles Young Men	55.17	1994	Niles Deneen - Unattached
562	4x100 Meter Relay Young Men	42.50	2000	Hospitality House Stride - Hospitality House Stride Hicks, Burks, Floyd, Merritt
563	4x400 Meter Relay Young Men	3:20.52	2000	Hospitality House Striders - Hospitality House Stride Ware, Thaden, Shannon, Merritt
565	High Jump Young Men	1.98m	2004	Julian Morris & Mark Hartung (82) - Hospitality House Stride
566	Pole Vault Young Men	4.61m	1982	Matt Kolb - Unattached
567	Long Jump Young Men	6.95m	1990	Leonard Jones - Unattached
568	Triple Jump Young Men	14.47m	1990	Leonard Jones - Unattached
569	Shot Put 12 lb. Young Men	18.78m	6/18/2011	Tom Anderson - Unattached
570	Discus Throw 1.6kg Young Men	51.28m	1992	Robb Hydukovich - Unattached
571	Javelin Throw 800g Young Men	51.38m	2003	Nathan Englin - Unattached
572	Hammer Throw Young Men	32.96m	6/13/2010	Jordan Paukert - 0830 Rochest
573	Decathlon Young Men	5147	6/22/2006	Kevin Wolf - Unattached