

Star of the North - 6/27/2009

Sauk Rapids Middle School
Results

Event 2 M30 5000 Meter Dash

Name	Age Team	Finals
1 Paur, Daniel	M30 Bird Island, MN	21:30.71

Event 2 M45 5000 Meter Dash

Name	Age Team	Finals
1 Bergthold, William	M46 Roberts, WI	18:16.05

Event 2 M50 5000 Meter Dash

Name	Age Team	Finals
1 Langhout, William	M51 Woodbury, MN	18:38.58

Event 3 W29&U 100 Short Hurdles

Name	Age Team	Finals
1 Simons, Danielle	W23 Brooklyn Park, MN	16.63

Event 4 M29&U 110 Short Hurdles

Name	Age Team	Finals
1 Held, Ben	M22 St. Cloud, MN	15.47
2 Davis, Jeremy	M20 St. Cloud, MN	15.70

Event 4 M55 110 Short Hurdles

Name	Age Team	Finals
1 Koshiol, Ronald	M55 St. Cloud, MN	24.85

Event 4 M65 110 Short Hurdles

Name	Age Team	Finals
1 Burns, Michael	M66 Milan, MN	21.55

Event 4 M70 110 Short Hurdles

Name	Age Team	Finals
1 LaBelle, George	M70 Zimmerman, MN	17.46

Event 5 W45 100 Meter Dash

Name	Age Team	Finals
1 Jackson-Matthews, JoeAnn	W46 Minneapolis, MN	13.82

Event 6 M29&U 100 Meter Dash

Name	Age Team	Finals	H#
1 Udia, Gabe	M22 St. Cloud, MN	11.51	5
2 Saltsgaver, Peter	M26 St. Paul, MN	11.68	4
3 Montgomery, Jerome	M29 Woodbury, MN	11.72	4
4 Dickinsen, Scott	M27 Saint Paul, MN	11.86	4
5 Davis, Jeremy	M20 St. Cloud, MN	11.91	5
6 Held, Ben	M22 St. Cloud, MN	11.92	5
7 Jokinen, Brandon	M22 Stanchfield, MN	12.50	5
8 Fixsen, Michael	M22 Redwood Falls, MN	13.85	5

Event 6 M35 100 Meter Dash

Name	Age Team	Finals	H#
1 Beale, Garrick	M39 Rochester, MN	12.28	3
2 Slater, Brady	M37 Cloquet, MN	14.82	3

Event 6 M40 100 Meter Dash

Name	Age Team	Finals	H#
1 Hirdler, Troy	M44 Maple Grove, MN	14.07	3

Event 6 M50 100 Meter Dash

Name	Age Team	Finals	H#
1 Prabhakar, Samuel	M54 Rochester, MN	13.33	2
2 Byron, Rick	M51 Minnetonka, MN	13.94	2
3 Bjorgan, Stewart	M52 St. Paul, MN	15.37	2

Event 6 M55 100 Meter Dash

Name	Age Team	Finals	H#
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1	Schoffman, Jim	M55 Fridley, MN	12.91	2
2	Ingle, Jim	M59 Onamia, MN	14.84	2
3	Koshiol, Ronald	M55 St. Cloud, MN	15.04	2
4	Holmes, Carter	M59 Minneapolis, MN	2:07.82	1

Event 6 M60 100 Meter Dash

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	Name	Age Team	Finals	
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1	Montgomery, Paul	M63 Woodbury, MN	14.27	
2	Morrisette, Larry	M64 Red Wing, MN	14.79	
3	Anteronen, Russ	M61 Minneapolis, MN	15.65	

Event 6 M65 100 Meter Dash

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	Name	Age Team	Finals	
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1	Bjorklund, Wendell	M65 Maple Grove, MN	14.06	
2	Burns, Michael	M66 Milan, MN	16.96	

Event 6 M70 100 Meter Dash

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	Name	Age Team	Finals	
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1	LaBelle, George	M70 Zimmerman, MN	17.01	

Event 6 M75 100 Meter Dash

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	Name	Age Team	Finals	
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1	Furman, Joseph	M76 Cold Spring, MN	26.00	

Event 8 M30 1500 Meter Dash

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	Name	Age Team	Finals	
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1	Jackson, Joseph	M31 Minneapolis, MN	5:22.11	

Event 10 M29&U 400 Meter Dash

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	Name	Age Team	Finals	H#
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1	Mignard, Ethan	M20 Andover, MN	49.51	3
2	Queck, David	M22 St. Cloud, MN	51.32	3
3	Johnson, Lance	M27 Sauk Rapids, MN	53.31	3
4	Dickinsen, Scott	M27 Saint Paul, MN	1:00.11	3
5	Fixsen, Michael	M22 Redwood Falls, MN	1:12.55	3

Event 10 M30 400 Meter Dash

Name	Age Team	Finals	H#
1 Haack, Peter	M34 La Crescent, MN	54.23	2

Event 10 M55 400 Meter Dash

Name	Age Team	Finals	H#
1 Schoffman, Jim	M55 Fridley, MN	57.25	2
2 Olson, Marv	M55 Apple Valley, MN	1:02.13	2
3 Sheehan, Jim	M59 Ham Lake, MN	1:04.22	1
4 Paur, Kenneth	M58 Bird Island, MN	1:22.84	2
5 Holmes, Carter	M59 Minneapolis, MN	9:10.24	1

Event 10 M60 400 Meter Dash

Name	Age Team	Finals
1 Morrissette, Larry	M64 Red Wing, MN	1:07.91
2 O'Regan, Patrick	M62 Inver Grove Heights	1:21.15
3 Anteronen, Russ	M61 Minneapolis, MN	1:28.31

Event 10 M65 400 Meter Dash

Name	Age Team	Finals
1 Etter, Carl	M65 Duluth, MN	1:10.42

Event 10 M70 400 Meter Dash

Name	Age Team	Finals
1 LaBelle, George	M70 Zimmerman, MN	1:58.00

Event 12 M29&U 4x100 Meter Relay

Team	Finals
1 Star of the North 'A'	1:27.85
1) LaBelle, George 70	2) LaBelle, Doug 65
3) Leibel, David 66	4) Anteronen, Russ 61

Event 14 M29&U 800 Meter Dash

Name	Age Team	Finals
1 Fixsen, Michael	M22 Redwood Falls, MN	3:16.83

Event 14 M50 800 Meter Dash

Name	Age Team	Finals
1 Peterson, Rick	M51 Maple Grove, MN	2:22.10

Event 14 M55 800 Meter Dash

Name	Age Team	Finals
1 Paur, Kenneth	M58 Bird Island, MN	3:46.78

Event 15 W29&U 300 Long Hurdles

Name	Age Team	Finals
1 Simons, Danielle	W23 Brooklyn Park, MN	52.71

Event 16 M29&U 300 Long Hurdles

Name	Age Team	Finals
1 Davis, Jeremy	M20 St. Cloud, MN	41.49

Event 16 M50 300 Long Hurdles

Name	Age Team	Finals
1 Bjorgan, Stewart	M52 St. Paul, MN	1:08.99

Event 16 M65 300 Long Hurdles

Name	Age Team	Finals
1 Burns, Michael	M66 Milan, MN	1:07.27

Event 16 M70 300 Long Hurdles

Name	Age Team	Finals
1 LaBelle, George	M70 Zimmerman, MN	1:17.08

Event 17 W45 200 Meter Dash

Name	Age Team	Finals
1 Jackson-Matthews, JoeAnn	W46 Minneapolis, MN	30.36

Event 18 M29&U 200 Meter Dash

Name	Age Team	Finals	H#
1 Mignard, Ethan	M20 Andover, MN	22.70	5
2 Udia, Gabe	M22 St. Cloud, MN	23.62	5
3 Queck, David	M22 St. Cloud, MN	23.97	5
4 Saltsgaver, Peter	M26 St. Paul, MN	24.19	5
5 Montgomery, Jerome	M29 Woodbury, MN	24.58	4
6 Bitz, Josh	M28 Brooklyn Park, MN	25.07	5
7 Dickinsen, Scott	M27 Saint Paul, MN	25.66	5
8 Fixsen, Michael	M22 Redwood Falls, MN	31.56	5

Event 18 M30 200 Meter Dash

Name	Age Team	Finals	H#
1 Haack, Peter	M34 La Crescent, MN	25.72	4
2 Jackson, Joseph	M31 Minneapolis, MN	29.83	4
3 Nelson, Adam	M32 Stillwater, MN	29.99	4

Event 18 M35 200 Meter Dash

Name	Age Team	Finals	H#
1 Freeman, Mike	M36 Minneapolis, MN	26.52	4

Event 18 M40 200 Meter Dash

Name	Age Team	Finals	H#
1 Hirdler, Troy	M44 Maple Grove, MN	30.77	3

Event 18 M50 200 Meter Dash

Name	Age Team	Finals	H#
1 Prabhakar, Samuel	M54 Rochester, MN	28.34	2
2 Byron, Rick	M51 Minnetonka, MN	31.48	3

Event 18 M55 200 Meter Dash

Name	Age Team	Finals	H#
1 Schoffman, Jim	M55 Fridley, MN	27.19	2
2 Olson, Marv	M55 Apple Valley, MN	29.33	2
3 Ingle, Jim	M59 Onamia, MN	32.99	2
4 Koshiol, Ronald	M55 St. Cloud, MN	35.49	2
5 Holmes, Carter	M59 Minneapolis, MN	5:23.19	2

Event 18 M60 200 Meter Dash

Name	Age Team	Finals
1 Montgomery, Paul	M63 Woodbury, MN	30.10
2 Morrissette, Larry	M64 Red Wing, MN	30.89
3 Anteronen, Russ	M61 Minneapolis, MN	35.27
4 O'Regan, Patrick	M62 Inver Grove Heights	36.48

Event 18 M65 200 Meter Dash

Name	Age Team	Finals
1 Etter, Carl	M65 Duluth, MN	31.74

Event 18 M70 200 Meter Dash

Name	Age Team	Finals
1 LaBelle, George	M70 Zimmerman, MN	43.47

Event 18 M75 200 Meter Dash

Name	Age Team	Finals
1 Furman, Joseph	M76 Cold Spring, MN	1:02.14

Event 23 W45 Long Jump

Name	Age Team	Finals
1 Jackson-Matthews, JoeAnn	W46 Minneapolis, MN	15-05.75 4.71m

Event 24 M29&U Long Jump

Name	Age Team	Finals
1 Dickinsen, Scott	M27 Saint Paul, MN	18-03.00 5.56m
2 Jensen, Chris	M22 Hutchinson, MN	13-09.00 4.19m

Event 24 M50 Long Jump

Name	Age Team	Finals
1 Allen, Rick	M52 Star of the Nort	15-06.00 4.72m
2 Parker, Randy	M51 St. Cloud, MN	12-11.00 3.93m

Event 24 M55 Long Jump

Name	Age Team	Finals
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Name	Age Team	Finals
1 Koshiol, Ronald	M55 St. Cloud, MN	13-07.50 4.15m

Event 24 M60 Long Jump

Name	Age Team	Finals
1 Morrissette, Larry	M64 Red Wing, MN	10-10.50 3.31m
2 Anteronen, Russ	M61 Minneapolis, MN	9-06.25 2.90m

Event 24 M65 Long Jump

Name	Age Team	Finals
1 Etter, Carl	M65 Duluth, MN	14-10.00 4.52m
2 Bjorklund, Wendell	M65 Maple Grove, MN	14-00.50 4.27m

Event 24 M70 Long Jump

Name	Age Team	Finals
1 LaBelle, George	M70 Zimmerman, MN	9-07.00 2.92m

Event 26 M29&U Pole Vault

Name	Age Team	Finals
1 Jokinen, Brandon	M22 Stanchfield, MN	12-06.00 3.81m

Event 26 M55 Pole Vault

Name	Age Team	Finals
1 Lund, John	M56 Stillwater, MN	11-00.00 3.35m

Event 26 M60 Pole Vault

Name	Age Team	Finals
1 Kranz, Robert	M62 Apple Valley, MN	11-06.00 3.50m

Event 27 W45 Shot Put

Name	Age Team	Finals
1 Jackson-Matthews, JoeAnn	W46 Minneapolis, MN	24-00.00 7.31m
2 Dierking, Kirsten	W47 Arden Hills, MN	23-01.00 7.03m

Event 28 M29&U Shot Put

Name	Age Team	Finals
1 Jensen, Chris	M22 Hutchinson, MN	35-02.00 10.71m

Event 28 M45 Shot Put

Name	Age Team	Finals
1 Koppenhaver, Jeff	M46 Barnesville, MN	43-11.00 13.38m

Event 28 M50 Shot Put

Name	Age Team	Finals
1 Zabee, Paul	M51 Elk River, MN	34-07.00 10.54m

Event 28 M55 Shot Put

Name	Age Team	Finals
1 Anderson, David	M58 Elk River, MN	29-02.00 8.89m
2 Holmes, Carter	M59 Minneapolis, MN	8-09.00 2.66m

Event 28 M60 Shot Put

Name	Age Team	Finals
1 Kranz, Robert	M62 Apple Valley, MN	29-00.00 8.83m

Event 28 M65 Shot Put

Name	Age Team	Finals
1 LaBelle, Doug	M65 Rush City, MN	25-10.00 7.87m
2 Leibel, David	M66 Star of the Nort	21-03.00 6.47m

Event 28 M70 Shot Put

Name	Age Team	Finals
1 LaBelle, George	M70 Zimmerman, MN	32-10.00 10.00m

Event 28 M75 Shot Put

Name	Age Team	Finals
1 Lohman, Gene	M75 St. Paul, MN	27-09.00 8.45m

2	Luse, Earl (Buzz)	M77 Wichita, MN	22-05.00	6.83m
3	Furman, Joseph	M76 Cold Spring, MN	18-06.00	5.63m

Event 30 M29&U High Jump

Name	Age Team	Finals
1 Bitz, Josh	M28 Brooklyn Park, MN	5-06.00 1.67m

Event 30 M50 High Jump

Name	Age Team	Finals
1 Allen, Rick	M52 Star of the Nort	4-08.00 1.42m
1 Parker, Randy	M51 St. Cloud, MN	4-08.00 1.42m

Event 30 M70 High Jump

Name	Age Team	Finals
1 Langenfeld, Tom	M73 Edina, MN	4-06.00 1.37m
2 LaBelle, George	M70 Zimmerman, MN	3-04.00 1.01m

Event 31 W29&U Triple Jump

Name	Age Team	Finals
1 Simons, Danielle	W23 Brooklyn Park, MN	33-05.50 10.19m

Event 32 M29&U Triple Jump

Name	Age Team	Finals
1 Johnson, Lance	M27 Sauk Rapids, MN	39-09.25 12.12m

Event 32 M45 Triple Jump

Name	Age Team	Finals
2 Bergthold, William	M46 Roberts, WI	35-11.00 10.94m

Event 32 M65 Triple Jump

Name	Age Team	Finals
1 Etter, Carl	M65 Duluth, MN	29-07.00 9.01m
2 Bjorklund, Wendell	M65 Maple Grove, MN	26-01.50 7.96m
3 Burns, Michael	M66 Milan, MN	21-01.00 6.42m

Event 32 M70 Triple Jump

Name	Age Team	Finals
1 LaBelle, George	M70 Zimmerman, MN	19-01.00 5.81m

Event 33 W45 Discus Throw

Name	Age Team	Finals
1 Dierking, Kirsten	W47 Arden Hills, MN	82-05 25.12m

Event 34 M29&U Discus Throw

Name	Age Team	Finals
1 Jensen, Chris	M22 Hutchinson, MN	96-11 29.54m
2 Jokinen, Brandon	M22 Stanchfield, MN	72-08 22.14m

Event 34 M45 Discus Throw

Name	Age Team	Finals
1 Koppenhaver, Jeff	M46 Barnesville, MN	117-00 35.66m

Event 34 M50 Discus Throw

Name	Age Team	Finals
1 Zabee, Paul	M51 Elk River, MN	109-09 33.45m
2 Parker, Randy	M51 St. Cloud, MN	87-03 26.59m

Event 34 M55 Discus Throw

Name	Age Team	Finals
1 Anderson, David	M58 Elk River, MN	90-10 27.68m
2 Koshiol, Ronald	M55 St. Cloud, MN	52-00 15.84m
3 Holmes, Carter	M59 Minneapolis, MN	14-11 4.54m

Event 34 M60 Discus Throw

Name	Age Team	Finals
1 Kranz, Robert	M62 Apple Valley, MN	100-04 30.58m

Event 34 M65 Discus Throw

Name	Age Team	Finals
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1 LaBelle, Doug	M65 Rush City, MN	72-03	22.02m
3 Leibel, David	M66 Star of the Nort	57-09	17.60m

Event 34 M70 Discus Throw

Name	Age Team	Finals	
1 Stewart, Robert	M72 Shoreview, MN	103-05	31.52m
2 LaBelle, George	M70 Zimmerman, MN	84-08	25.80m

Event 34 M75 Discus Throw

Name	Age Team	Finals	
1 Lohman, Gene	M75 St. Paul, MN	76-08	23.36m
2 Luse, Earl (Buzz)	M77 Wichita, MN	63-10	19.45m
3 Furman, Joseph	M76 Cold Spring, MN	52-07	16.02m

Event 35 W29&U Javelin Throw

Name	Age Team	Finals	
1 Simons, Danielle	W23 Brooklyn Park, MN	56-10	17.32m

Event 35 W45 Javelin Throw

Name	Age Team	Finals	
1 Dierking, Kirsten	W47 Arden Hills, MN	71-05	21.76m

Event 36 M29&U Javelin Throw

Name	Age Team	Finals	
1 Jokinen, Brandon	M22 Stanchfield, MN	134-10	41.09m
2 Bitz, Josh	M28 Brooklyn Park, MN	120-10	36.83m
3 Johnson, Lance	M27 Sauk Rapids, MN	103-02	31.44m

Event 36 M45 Javelin Throw

Name	Age Team	Finals	
1 Koppenhaver, Jeff	M46 Barnesville, MN	123-02	37.54m

Event 36 M55 Javelin Throw

Name	Age Team	Finals	
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1 Holmes, Carter M59 Minneapolis, MN 19-02 5.84m

Event 36 M60 Javelin Throw

Name	Age Team	Finals
1 Kranz, Robert	M62 Apple Valley, MN	78-04 23.87m
2 Anteronen, Russ	M61 Minneapolis, MN	54-03 16.53m

Event 36 M65 Javelin Throw

Name	Age Team	Finals
1 LaBelle, Doug	M65 Rush City, MN	83-02 25.34m
2 Etter, Carl	M65 Duluth, MN	82-03 25.06m
4 Leibel, David	M66 Star of the Nort	49-03 15.01m

Event 36 M70 Javelin Throw

Name	Age Team	Finals
1 LaBelle, George	M70 Zimmerman, MN	81-03 24.76m

Event 36 M75 Javelin Throw

Name	Age Team	Finals
1 Lohman, Gene	M75 St. Paul, MN	61-01 18.61m
2 Luse, Earl (Buzz)	M77 Wichita, MN	49-01 14.96m