

## PAL Track Meet - 4/13/2024

## Ralston High School

## Results

## Girls 100 Meter Dash

Name	Year School	Seed	Finals	H#	Points
Finals					
1 Ohlman, Ava	St. Cecilians	14.62	14.25	15	10
2 Kuhn, Alivia	St. Pius-St. Leo	14.90	14.31	14	8
3 Valentine, Malia	St. Cecilians	14.32	14.38	15	6
4 Losole, Evelyn	Holy Cross Catholic	14.21	14.42	15	4
5 Loftin, Ava	St. Patricks	14.25	14.97	15	2
6 Gregory, Isabella	St. Vincent de Paul	14.75	15.09	14	1
7 Jantz, Emma	Cornerstone	14.65	15.13	15	
8 Blackburn, Brailey	St Albert		15.18	1	
9 DeMuth, Brynlee	St. Patricks	14.50	15.28	15	
10 Martin, Scarlet	St. Pius-St. Leo	15.00	15.33	14	
11 Schill, Emily	St. Cecilians	14.98	15.36	14	
12 McMahon, Ella	St. Margaret Mary	14.72	15.40	15	
13 McLaughlin, Julia	St. Cecilians	15.59	15.42	13	
14 Matson, Lexi	Cornerstone	15.67	15.75	13	
15 Macapinlac, Mari	St. Cecilians	15.93	x15.76	12	
16 Bartak, Hayley	St. Gerald's	17.47	15.77	8	
17 Grohs, Lela	St. Cecilians	15.29	x15.78	13	
18 Jetter, CeCe	St. Margaret Mary	17.00	15.83	9	
19 Langel, Maggie	St. Vincent de Paul	14.80	15.85	14	
20 Kirlin, Alexandra	St Albert	17.08	15.88	9	
21 Mayer, Samantha	St. Vincent de Paul	15.39	15.90	13	15.899
21 Coit, Savannah	St. James-Seton	16.20	15.90	12	15.899
23 Franzluebbers, Bella	St. Vincent de Paul	15.27	15.95	14	
24 Harris, Morgan	St. Margaret Mary	16.50	15.96	11	
25 Ridder, Parker	St. Patricks	16.50	15.98	11	
26 Newman, Aspen	Cornerstone	15.23	16.00	14	
27 Hike, Ava	Cornerstone	15.67	16.03	13	
28 Feltz, Kennedy	St. Vincent de Paul	17.20	x16.09	8	
29 Waters, Lucy	St. Patricks	17.71	16.14	7	
30 Blacketer, Bailey	St. James-Seton	16.24	16.19	11	
31 Swartz, Eloise	St. Margaret Mary	16.00	16.20	12	
32 Dial, Nakia	St. James-Seton	15.64	16.21	13	
33 Madison, Avery	Holy Cross Catholic		16.23	2	
34 Smith, Talexis	Cornerstone	16.82	x16.28	9	
35 Niemeyer, Brielle	Cornerstone	16.80	x16.30	9	
36 Bryen, Sophia	St Albert		16.32	2	
37 Johnson, Amelia	St. Margaret Mary	18.00	x16.34	6	
38 Bauman, Millie	Holy Cross Catholic		16.37	1	
39 Beers, Avery	St. Patricks	17.61	x16.40	7	
40 Mead, Ashley	St. Vincent de Paul	15.82	x16.41	13	
41 Mether, Eastyn	St Albert	17.53	16.52	8	16.516
42 Montgomery, Ella	Holy Cross Catholic		16.52	1	16.517
43 Vance, Lindyn	St. Patricks	17.75	x16.55	7	
44 Dawson, Madelyn	St Albert	18.00	x16.69	6	
45 Gannon, Adison	St. Vincent de Paul	17.15	x16.74	8	16.732
46 Samuels, Temple	St. Pius-St. Leo	17.91	16.74	6	16.738
47 Ruhland, Kennedy	St. Vincent de Paul	16.00	x16.76	12	16.751
48 Maynes, Aniella	St. Vincent de Paul	16.80	x16.76	10	16.754
49 Hinrichs, Laura	St. Vincent de Paul	16.55	x16.77	10	
50 Riedemann, Evelyn	St. James-Seton	15.93	16.81	12	
51 VonBehren, Avery	St. Patricks	17.56	x16.82	7	
52 Hoy, Isabelle	Holy Cross Catholic	15.85	x16.83	13	

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## Results

## ...Girls 100 Meter Dash

53	Goliber, Macie	St. Patricks	18.19	x16.87	5	
54	Igwenma, Mya	St. Vincent de Paul	16.22	x16.90	12	
55	Skradski, Savannah	St. Vincent de Paul	16.52	x17.05	11	
56	Rushing, Autumn	Cornerstone	16.31	x17.11	11	
57	Schinasi, Harper	St. Vincent de Paul	16.71	x17.12	10	
58	White, Layla	St. Gerald's	18.18	17.13	5	
59	Marsh, Vivian	St Albert	19.00	x17.14	4	
60	HighHorse, Rowan	St Albert	18.25	x17.15	5	17.145
61	Barth, Molly	St. Vincent de Paul	16.53	x17.15	10	17.149
62	Abraham, Sophya	Holy Cross Catholic	16.70	x17.18	10	
63	Adovlo, Sophia	St. Pius-St. Leo	17.63	17.21	7	
64	Pappas, Stephania	St. Margaret Mary	16.80	x17.23	10	
65	Perez, Lillian	St. Pius-St. Leo	18.53	x17.29	5	
66	Allington, Aleah	St. Patricks	17.51	x17.37	8	
67	James, Mazie	St Albert	19.20	x17.43	4	
68	Weathers, Magdalena	St. James-Seton	17.48	x17.44	8	
69	Khoune, JuJu	St. Cecilians	16.07	x17.45	12	
70	Flodine, Addie	St. Vincent de Paul	16.80	x17.46	10	
71	Maxson, Madelyn	St. Vincent de Paul	16.50	x17.47	11	
72	Jones, Addie	St. Vincent de Paul	17.39	x17.52	8	
73	Narmi, Rubi	St Albert	17.20	x17.53	8	
74	Lewis, Abby	St Albert	18.13	x17.58	6	
75	Jackson, Morgan	St. Patricks	18.00	x17.63	6	
76	Ngantar, Mary	St. James-Seton	17.14	x17.66	9	
77	Greco, Sophia	St. Patricks	18.75	x17.75	4	
78	Kleber, Ruby	St. Vincent de Paul	17.55	x17.78	7	
79	Stuhr, Sloane	St Albert		x17.91	1	
80	Cupich, Luci	St. Patricks	19.00	x17.94	4	
81	Cihacek, Bianca	St Albert	18.48	x17.96	5	
82	Larsen, Khloe	St Albert	19.18	x17.97	4	17.961
83	Houlden, Dezirae	Cornerstone	16.42	x17.97	11	17.962
84	Kenny, Celeste	St. Vincent de Paul	17.00	x18.05	9	
85	Burcham, Kendall	St. Vincent de Paul	16.77	x18.08	10	
86	Vescio, Aurora	St. Cecilians	18.29	x18.10	5	
87	Volker, Gretchen	Cornerstone	17.98	x18.21	6	
88	Sumaoang, Gabby	St. Pius-St. Leo	19.46	x18.26	3	18.253
89	Amyai, Bennis	St. Pius-St. Leo	19.24	x18.26	3	18.257
90	McKee, Jenna	St. Vincent de Paul	17.00	x18.49	9	
91	Townley, Abby	St. Pius-St. Leo	19.08	x18.50	4	
92	McColloch, Makayla	St Albert	19.20	x18.51	3	
93	Fox, Nora	St. Margaret Mary		x18.53	1	
94	Smith, Lacey	St. Vincent de Paul	17.54	x18.59	7	
95	Jackson, Avery	St. Patricks	20.18	x18.60	2	
96	Ryan, Ashling	St Albert	17.86	x18.61	6	
97	Carson, Margot	St. Vincent de Paul	16.99	x18.63	9	
98	Brown, Evie	St. Margaret Mary		x18.74	1	
99	Hyslop, Cecilia	St. Patricks	19.17	x18.92	4	
100	Marsh, Julia	St Albert	20.30	x19.24	2	
101	Kozal, Claire	St. James-Seton	17.84	x19.25	6	
102	Carney, Ella	St. Pius-St. Leo	19.62	x19.26	3	
103	Berthelsen, Kate	St. Pius-St. Leo	19.38	x19.34	3	
104	Lynch, Cecilia	St. Pius-St. Leo	20.81	x19.49	2	
105	Heder, Adylae	Cornerstone	16.48	x20.08	11	
106	Ullerich, Audrey	St. James-Seton	20.84	x21.82	2	

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Name	Year School	Seed	Finals	H#	Points
1 Larmie, Ellie	St Albert	28.00	28.84	15	10
2 Kuhn, Alivia	St. Pius-St. Leo	30.10	29.67	15	8
3 Mansour, Ruth	Holy Cross Catholic	31.60	29.87	15	6
4 Losole, Evelyn	Holy Cross Catholic	31.50	30.60	15	4
5 Loftin, Ava	St. Patricks	29.80	30.82	15	2
6 Ohlman, Ava	St. Cecilians	33.41	30.95	13	1
7 Huang, Hana	St. Vincent de Paul	32.00	31.06	14	
8 Schill, Emily	St. Cecilians	32.03	31.32	14	
9 Gregory, Isabella	St. Vincent de Paul	32.60	31.37	14	
10 Blackburn, Brailey	St Albert		31.84	2	
11 Riley, Harper	Cornerstone	32.67	31.86	13	
12 Mayer, Samantha	St. Vincent de Paul	33.91	31.92	12	
13 McMahon, Ella	St. Margaret Mary	32.00	31.95	14	
14 Jantz, Emma	Cornerstone	32.37	32.05	14	
15 Ochoa Perez, Aaliyah	Holy Cross Catholic	31.90	32.06	14	
16 Till, Sammi	St Albert	34.72	32.07	11	
17 Haynes, Harper	St. Pius-St. Leo	34.22	32.10	12	
18 Grohs, Lela	St. Cecilians	32.94	32.18	13	
19 Pellett, Piper	St Albert	35.00	32.28	11	
20 Martin, Scarlet	St. Pius-St. Leo	32.00	32.51	14	
21 Coit, Savannah	St. James-Seton	36.45	32.65	9	
22 Forney, Nora	St. Patricks	34.50	32.68	12	
23 Tomasek, Everly	Holy Cross Catholic	32.50	32.91	14	
24 Poulos-Schweer, Kety	St Albert	35.62	x33.05	11	
25 Matson, Lexi	Cornerstone	34.70	33.07	12	
26 Dial, Nakia	St. James-Seton	33.98	33.13	12	
27 Forney, Melia	St. Patricks	35.00	33.24	11	
28 Franzluebbers, Bella	St. Vincent de Paul	38.00	33.32	7	
29 Ridder, Parker	St. Patricks	33.00	33.38	13	
30 Harris, Morgan	St. Margaret Mary	33.00	33.43	13	
31 Feltz, Kennedy	St. Vincent de Paul	36.00	x33.45	10	
32 Jochim, Livia	St. Margaret Mary	31.00	33.47	15	
33 Kirlin, Alexandra	St Albert	37.66	x33.58	8	
34 Franzluebbers, Aubrey	St. Patricks	36.00	x33.59	10	
35 Waters, Lucy	St. Patricks	36.59	x33.64	9	
36 Venner, Paysen	St Albert	39.00	x33.92	6	
37 Newman, Aspen	Cornerstone	34.00	34.08	12	
38 Boswell, Joslyn	St Albert	33.80	x34.11	12	
39 Jankowski, Lily	St. Gerald's	35.92	34.13	10	34.123
40 Mead, Ashley	St. Vincent de Paul	35.00	x34.13	11	34.130
41 Khoune, JuJu	St. Cecilians	35.23	34.17	11	
42 Vance, Lindyn	St. Patricks	35.50	x34.59	11	
43 VonBehren, Avery	St. Patricks	36.14	x34.72	9	
44 Evans, Bella	St. Vincent de Paul	38.00	x35.21	7	
45 Wandrey, Lilly	St. James-Seton	36.79	35.35	9	35.350
45 Zavaletta, Beya	St. Vincent de Paul	37.20	x35.35	8	35.350
47 Heder, Adylae	Cornerstone	36.09	x35.36	10	35.351
48 Niemeyer, Brielle	Cornerstone	36.04	x35.36	10	35.359
49 Sparano, Izzy	St. Gerald's	36.53	35.51	9	
50 Bryen, Sophia	St Albert		x35.58	2	
51 Flodine, Addie	St. Vincent de Paul	36.20	x35.63	9	
52 Maynes, Aniella	St. Vincent de Paul	37.00	x35.65	9	
53 O'Leary, Charleigh Rae	St. James-Seton	36.32	35.66	9	

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**...Girls 200 Meter Dash**

54	Igwenma, Mya	St. Vincent de Paul	34.00	x35.76	12	
55	Clayton, Olivia	St. Vincent de Paul	33.77	x35.77	13	
56	Colgrove, Jocelyn	Cornerstone	36.00	x35.84	10	
57	McKee, Jordyn	St. Vincent de Paul	35.63	x35.90	10	
58	Pappas, Stephania	St. Margaret Mary	35.00	36.07	11	
59	Crist, Maylin	St. Patricks	37.00	x36.34	8	
60	Kozeal, Aubree	Holy Cross Catholic		x36.37	2	
61	HighHorse, Rowan	St Albert	37.74	x36.56	7	
62	Schinasi, Harper	St. Vincent de Paul	37.35	x36.64	8	
63	Buescher, Anna	Holy Cross Catholic	38.53	x36.65	6	
64	Stuhr, Sloane	St Albert		x36.80	1	
65	Lewis, Abby	St Albert	37.88	x36.91	7	
66	James, Mazie	St Albert	41.00	x36.92	4	
67	Smith, Talexis	Cornerstone	37.00	x37.06	8	37.055
68	Jackson, Morgan	St. Patricks	38.00	x37.06	6	37.057
69	Gibson, MacKenzie	St. Margaret Mary	31.84	x37.09	15	
70	Barth, Molly	St. Vincent de Paul	37.81	x37.12	7	
71	Marsh, Vivian	St Albert	40.00	x37.16	5	
72	Hinrichs, Laura	St. Vincent de Paul	37.00	x37.18	8	
73	Ngantar, Mary	St. James-Seton	38.64	x37.32	6	
74	Maxson, Madelyn	St. Vincent de Paul	36.00	x37.38	10	
75	Gannon, Adison	St. Vincent de Paul	37.57	x37.44	8	
76	Wester, Abigail	St. Gerald's	39.69	37.68	5	
77	Larsen, Khloe	St Albert	41.05	x38.15	4	
78	Yiel, Guach	St. James-Seton	39.23	x38.17	5	
79	Adovlo, Sophia	St. Pius-St. Leo	37.00	38.20	8	
80	Kenny, Maria	St. Margaret Mary	39.34	x38.26	5	
81	Sumaoang, Gabby	St. Pius-St. Leo	40.65	x38.27	4	
82	Amyai, Bennis	St. Pius-St. Leo	40.35	x38.62	5	
83	Dolezal, Macy	St. Margaret Mary	39.79	x38.68	5	
84	Ryan, Ashling	St Albert	38.65	x39.04	6	
85	Burcham, Kendall	St. Vincent de Paul	37.71	x39.37	7	
86	Johnson, Amelia	St. Margaret Mary		x39.40	2	
87	Kenny, Zeva	Holy Cross Catholic		x39.47	1	
88	McKee, Jenna	St. Vincent de Paul	38.00	x39.76	6	
89	Kenny, Celeste	St. Vincent de Paul	38.00	x39.80	7	
90	Jackson, Avery	St. Patricks	43.59	x40.06	3	
91	Carson, Margot	St. Vincent de Paul	38.00	x40.13	7	
92	Samuels, Temple	St. Pius-St. Leo	41.16	x40.24	4	
93	Vescio, Aurora	St. Cecilians	39.68	x40.40	5	
94	Berthelsen, Kate	St. Pius-St. Leo	43.96	x41.02	3	
95	Carney, Ella	St. Pius-St. Leo	43.12	x41.38	3	
96	Marsh, Julia	St Albert	43.58	x42.82	3	
97	Kozal, Claire	St. James-Seton	42.12	x42.96	4	
98	Smith, Lacey	St. Vincent de Paul	43.50	x43.24	3	
99	Lynch, Cecilia	St. Pius-St. Leo	46.62	x43.31	3	
100	Morrison, Celine	St. James-Seton	49.30	x46.75	2	
101	Ullerich, Audrey	St. James-Seton	55.65	x52.34	2	

**Girls 400 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
1 Henningsen, Mabel		St. Pius-St. Leo	1:00.00	59.17	5	10
2 Ryan, Maeve		St Albert	1:10.50	1:08.18	5	8

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## ...Girls 400 Meter Dash

3 Kubat, Julia	St. Pius-St. Leo	1:12.27	1:09.44	5	6
4 Schmaderer, Madeline	St. Patricks	1:12.95	1:10.66	5	4
5 Adovlo, Doris	St. Pius-St. Leo	1:16.00	1:12.32	5	2
6 Thompson, Brynley	St. Patricks	1:11.00	1:12.82	5	1
7 Hike, Ava	Cornerstone	1:29.00	1:14.34	3	
8 Clayton, Olivia	St. Vincent de Paul	1:22.00	1:14.60	4	
9 Banks, Kinley	St Albert	1:16.00	1:15.08	5	
10 Camerer, Grace	St. Pius-St. Leo	1:20.00	1:15.52	4	
11 Swartz, Eloise	St. Margaret Mary	1:20.00	1:16.03	4	
12 Riedemann, Evelyn	St. James-Seton	1:29.45	1:17.96	3	
13 Johnson, Amelia	St. Margaret Mary	1:30.00	1:18.68	2	
14 Freed, Aubree	Holy Cross Catholic	1:32.00	1:18.69	2	
15 Flanagan, Tinley	St Albert	1:24.39	1:20.73	3	
16 DeSmet, Mikayla	St. Margaret Mary	1:20.00	1:21.13	4	
17 Perez, Lillian	St. Pius-St. Leo	1:35.00	x1:21.15	2	
18 Mether, Eastyn	St Albert	1:27.07	1:21.17	3	
19 Quinn, Stella	St. Margaret Mary	1:25.00	1:21.61	3	
20 Langel, Maggie	St. Vincent de Paul	1:20.00	1:21.81	4	
21 Proski, Elizabeth	St. Gerald's		1:22.45	1	
22 Carne, Josephine	St. Cecilians	1:21.59	1:23.10	4	
23 Rushing, Autumn	Cornerstone	1:23.57	1:23.31	3	
24 Espinosa, Amelie	St. Margaret Mary	1:30.00	x1:23.42	2	
25 Ondo-Ovono, Eva	Cornerstone	1:33.47	1:26.58	2	
26 Kenny, Maria	St. Margaret Mary		x1:27.04	1	
27 Hannan, Allison	St Albert	1:30.00	x1:28.21	2	
28 Gaul, Mila	St Albert	1:27.00	x1:32.40	3	
29 Yiel, Guach	St. James-Seton	1:31.59	1:32.87	2	
30 Knoble, Kalliope	St. Cecilians	1:22.30	1:36.11	3	
31 Garfias, Lyla	Holy Cross Catholic	1:50.25	1:43.63	2	
32 Morrison, Celine	St. James-Seton	2:02.59	1:52.37	1	

## Girls 800 Meter Run

Name	Year School	Seed	Finals	H#	Points
1 Henningsen, Mabel	St. Pius-St. Leo	2:24.00	2:22.28	2	10
2 Sabata, Lena	St. Patricks	2:47.65	2:42.62	2	8
3 Beller, Harper	St. Margaret Mary	3:02.20	2:51.50	2	6
4 Preston, Molly	St. Gerald's	3:03.38	2:53.43	2	4
5 Gallagher, Olivia	St. Gerald's	3:00.00	2:54.13	2	2
6 Rodgers, Erin	St. Patricks	3:02.17	2:54.61	2	1
7 Bigelow, Evie	Cornerstone	3:03.00	2:54.63	2	
8 Cook, Elisabeth	St. Patricks	2:59.42	2:57.62	2	
9 Kenny, Gabrielle	St. Vincent de Paul	3:07.97	3:03.05	2	
10 Preto, Audri	Cornerstone	3:05.00	3:04.91	2	
11 Flanagan, Tinley	St Albert	3:22.20	3:07.10	1	
12 Walker, Charlie	St. Patricks	3:23.53	3:09.01	1	
13 Meysenburg, Natalee	St. Patricks	3:12.43	x3:09.12	2	
14 Jantz, Grace	Cornerstone	3:12.00	3:09.17	2	
15 Wharton, Bridget	St. Pius-St. Leo	3:16.69	3:13.74	2	
16 DeSmet, Mikayla	St. Margaret Mary	3:15.00	3:13.86	2	
17 Proski, Elizabeth	St. Gerald's		3:14.36	1	
18 Flodine, Grace	St. Vincent de Paul	3:21.00	3:16.85	1	
19 Hannan, Allison	St Albert	3:27.53	3:20.44	1	
20 Gaul, Mila	St Albert	3:22.00	3:24.13	1	

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**Results**

**...Girls 800 Meter Run**

21 Espinosa, Amelie	St. Margaret Mary		3:25.92	1
22 Kroenke, Skylar	St. Vincent de Paul	3:57.01	3:35.94	1
23 Valdivia, Valentina	St. Vincent de Paul	3:58.98	3:38.48	1

**Girls 1600 Meter Run**

Name	Year School	Seed	Finals	Points
1 Henningsen, Mabel	St. Pius-St. Leo	5:32.42	5:15.46	10
2 Kubat, Julia	St. Pius-St. Leo	5:46.00	5:56.90	8
3 Bigelow, Evie	Cornerstone	6:20.00	6:07.78	6
4 Morgan, Elizabeth	St. Patricks	6:17.12	6:09.00	4
5 Gallagher, Olivia	St. Gerald's	6:00.00	6:09.85	2
6 Kenny, Gabrielle	St. Vincent de Paul	8:00.00	6:10.92	1
7 Beninato, Vivian	St. Pius-St. Leo	6:15.00	6:12.57	
8 Willson, Lillian	St Albert	6:28.00	6:15.25	
9 Beller, Harper	St. Margaret Mary	6:38.55	6:16.78	
10 Rodgers, Erin	St. Patricks	6:49.13	6:17.73	
11 Preston, Molly	St. Gerald's	6:32.94	6:18.84	
12 Valasek, Adelyn	St. Cecilians	6:42.78	6:28.10	
13 Preto, Audri	Cornerstone	6:28.00	6:41.95	
14 Carne, Josephine	St. Cecilians	6:56.79	6:57.61	
15 Walker, Charlie	St. Patricks	7:07.71	7:00.57	
16 Meysenburg, Natalee	St. Patricks	7:20.00	7:12.32	

**Girls 100 Meter Hurdles**

Name	Year School	Seed	Finals	H#	Points
1 Mansour, Ruth	Holy Cross Catholic	18.51	17.87	5	10
2 Miller, Penny	St. Gerald's	20.00	19.77	5	8
3 Valentine, Malia	St. Cecilians	20.40	19.90	5	6
4 Igwenma, Mya	St. Vincent de Paul	20.06	20.31	5	4
5 Wessling, Genevieve	Holy Cross Catholic	22.92	20.43	3	2
6 Nwabueze, Alison	St. Margaret Mary		20.52	1	1
7 Willson, Elise	St Albert	22.00	20.66	4	
8 Mead, Ashley	St. Vincent de Paul	22.34	20.80	4	20.799
9 Niemeyer, Brielle	Cornerstone	21.01	20.80	5	20.800
10 Ochoa Perez, Aaliyah	Holy Cross Catholic	21.03	20.82	5	
11 Huang, Hana	St. Vincent de Paul	20.97	20.83	5	
12 Forney, Melia	St. Patricks	23.28	21.14	3	
13 Forney, Nora	St. Patricks	21.87	21.37	4	
14 Blacketer, Bailey	St. James-Seton	21.79	21.43	4	
15 Jetter, CeCe	St. Margaret Mary	22.23	21.70	4	
16 Macapinlac, Mari	St. Cecilians	25.43	21.83	2	
17 Schinasi, Harper	St. Vincent de Paul	21.78	21.92	4	
18 Zoungbowenon, Abby	St. Pius-St. Leo	22.14	22.08	4	
19 Beers, Avery	St. Patricks	24.16	22.41	3	
20 Greco, Sophia	St. Patricks	26.36	23.07	2	
21 Skradski, Savannah	St. Vincent de Paul	25.00	x23.47	3	
22 Mikuls, Sloan	St. Margaret Mary	25.32	23.53	3	
23 Wandrey, Lilly	St. James-Seton	25.33	23.63	2	
24 Hinrichs, Laura	St. Vincent de Paul	22.87	x23.90	4	
25 Ferguson, Vivian	St. Patricks	26.27	x24.05	2	
26 Jankowski, Lily	St. Gerald's		24.67	2	

## PAL Track Meet - 4/13/2024

## Ralston High School

## Results

## ....Girls 100 Meter Hurdles

27	Skradski, Elliette	St. Vincent de Paul	25.00	x24.73	3
28	Ondo-Ovono, Eva	Cornerstone	25.38	24.76	2
29	White, Layla	St. Gerald's		24.91	1
30	Britton, Lainey	St Albert		25.63	1
31	Fogarty, Natalie	Holy Cross Catholic	26.38	26.68	2
32	Narmi, Rubi	St Albert	26.00	29.19	2

## Girls 4x100 Meter Relay

School	Seed	Finals	H#	Points
1 St. Cecilians 'A'	59.88	57.26	4	10
1) Ohlman, Ava				
3) McLaughlin, Julia				
2) Schill, Emily				
4) Valentine, Malia				
2 St. Pius-St. Leo 'A'	1:00.00	58.95	4	8
1) Kuhn, Alivia				
3) Haynes, Harper				
2) Matuella, Alice				
4) Adovlo, Doris				
3 St. Patricks - Elkhorn 'A'	59.00	1:00.03	4	6
1) Loftin, Ava				
3) Thompson, Brynley				
2) DeMuth, Brynlee				
4) Forney, Marianne				
4 St. Vincent de Paul 'A'	59.00	1:01.07	4	4
1) Clayton, Olivia				
3) Langel, Maggie				
2) Huang, Hana				
4) Gregory, Isabella				
5 St. Margaret Mary 'A'	1:10.00	1:02.46	2	2
1) Harris, Morgan				
3) Swartz, Eloise				
2) Jetter, CeCe				
4) Guy, Avery				
6 St. Patricks - Elkhorn 'B'	1:05.00	x1:02.81	3	
1) Beers, Avery				
3) Forney, Nora				
2) Forney, Melia				
4) VonBehren, Avery				
7 St. Gerald's 'A'	1:12.00	1:03.44	2	1
1) Bartak, Hayley				
3) Jankowski, Lily				
2) White, Layla				
4) Miller, Penny				
8 St Albert 'A'	1:08.00	1:03.54	3	
1) Boswell, Joslyn				
3) Till, Sammi				
2) Kirlin, Alexandra				
4) Poulos-Schweer, Kety				
9 St. Patricks - Elkhorn 'D'	1:07.00	x1:03.72	3	
1) Waters, Lucy				
3) Franzluebbers, Aubrey				
2) Goliber, Macie				
4) Balch, Mariella				
10 Cornerstone Christian 'A'	1:04.00	1:04.05	4	
1) Hike, Ava				
3) Newman, Aspen				
2) Matson, Lexi				
4) Niemeyer, Brielle				
11 Holy Cross Catholic 'A'	1:08.50	1:04.54	3	
1) Kozeal, Aubree				
3) Wessling, Genevieve				
2) Montgomery, Ella				
4) Freed, Aubree				
12 St. Margaret Mary 'C'	1:20.00	x1:05.02	1	
1) Brown, Evie				
3) Nwabueze, Alison				
2) Johnson, Amelia				
4) Anzalone, Ella				
13 St. Vincent de Paul 'B'	1:01.00	x1:06.51	4	
1) Schinasi, Harper				
3) Mayer, Samantha				
2) Evans, Bella				
4) Igwenma, Mya				
14 St Albert 'B'	1:10.00	x1:06.56	2	
1) HighHorse, Rowan				
3) Mether, Eastyn				
2) Narmi, Rubi				
4) Venner, Paysen				
15 St. Margaret Mary 'B'	1:15.00	x1:06.58	2	
1) Mikuls, Sloan				
2) Kenny, Maria				

**PAL Track Meet - 4/13/2024**

**Ralston High School**

**Results**

**....Girls 4x100 Meter Relay**

3) McMahon, Ella	4) McGrath, Sophia			
16 St. James-Seton 'A'	1:07.30	1:06.75	3	
1) Dial, Nakia	2) DePorte, Lia			
3) O'Leary, Charleigh Rae	4) Riedemann, Evelyn			
17 Holy Cross Catholic 'B'	1:10.00	x1:06.91	2	
1) Buescher, Anna	2) Abraham, Sophya			
3) Madison, Avery	4) Fogarty, Natalie			
18 St Albert 'E'	1:19.00	x1:07.76	1	
1) Britton, Lainey	2) McColloch, Makayla			
3) Dawson, Madelyn	4) Monahan, Nora			
19 St. Vincent de Paul 'C'	1:05.00	x1:07.84	4	
1) Hinrichs, Laura	2) Gannon, Adison			
3) McKee, Jenna	4) McKee, Jordyn			
20 St. Patricks - Elkhorn 'C'	1:08.00	x1:07.88	3	
1) Allington, Aleah	2) Ferguson, Vivian			
3) Vance, Lindyn	4) Christensen, Carly			
21 St. Vincent de Paul 'D'	1:05.00	x1:08.35	4	
1) Jones, Addie	2) Skradski, Elliette			
3) Zavaletta, Beya	4) Barth, Molly			
22 Cornerstone Christian 'B'	1:10.00	x1:08.71	2	
1) Ondo-Ovono, Eva	2) Rushing, Autumn			
3) Smith, Talexis	4) Volker, Gretchen			
23 St Albert 'D'	1:18.00	x1:08.74	1	
1) Blackburn, Brailey	2) Gaul, Mila			
3) Hannan, Allison	4) Flanagan, Tinley			
24 St. Patricks - Elkhorn 'E'	1:13.00	x1:09.63	2	
1) Crist, Maylin	2) Greco, Sophia			
3) Jackson, Avery	4) Jackson, Morgan			
25 St. Vincent de Paul 'E'	1:07.00	x1:09.64	3	
1) Smith, Lacey	2) Mead, Ashley			
3) Kleber, Ruby	4) Franzluebbers, Bella			
26 St. Pius-St. Leo 'B'	1:10.00	x1:09.65	2	
1) Perez, Lillian	2) Townley, Abby			
3) Amyai, Bennis	4) Sumaoang, Gabby			
27 St. Cecilians 'B'	1:06.75	x1:09.93	3	
1) Vescio, Aurora	2) Knoble, Kalliope			
3) Carne, Josephine	4) Grohs, Lela			
28 St Albert 'C'	1:18.00	x1:13.29	1	
1) Marsh, Julia	2) Ryan, Ashling			
3) Larsen, Khloe	4) James, Mazie			
29 St. Pius-St. Leo 'C'	1:20.00	x1:14.19	1	
1) Adovlo, Sophia	2) Carney, Ella			
3) Kneifl, Maya	4) Lynch, Cecilia			

**Girls 4x200 Meter Relay**

School	Seed	Finals	H#	Points
1 St. Cecilians 'A'	2:06.52	2:00.06	3	10
1) Ohlman, Ava	2) McLaughlin, Julia			
3) Schill, Emily	4) Valentine, Malia			
2 St. Patricks - Elkhorn 'A'	2:05.00	2:03.93	3	8
1) DeMuth, Brynlee	2) Thompson, Brynley			
3) Schmaderer, Madeline	4) Balch, Mariella			
3 St. Pius-St. Leo 'A'	2:05.00	2:05.18	3	6



## PAL Track Meet - 4/13/2024

## Ralston High School

## Results

## ....Girls 4x200 Meter Relay

1) Zoungbowenon, Abby	2) Adovlo, Doris				
3) Haynes, Harper	4) Camerer, Grace				
4 St. Vincent de Paul 'A'		2:05.00	2:06.79	3	4
1) Gregory, Isabella	2) Huang, Hana				
3) Clayton, Olivia	4) Niehaus, Zelie				
5 Cornerstone Christian 'A'		2:15.00	2:06.88	3	2
1) Hike, Ava	2) Jantz, Emma				
3) Matson, Lexi	4) Riley, Harper				
6 St Albert 'A'		2:10.00	2:08.62	3	1
1) Banks, Kinley	2) Till, Sammi				
3) Boswell, Joslyn	4) Poulos-Schweer, Kety				
7 St. Patricks - Elkhorn 'B'		2:15.00	x2:10.77	2	
1) VonBehren, Avery	2) Beers, Avery				
3) Forney, Melia	4) Forney, Nora				
8 St. Margaret Mary 'A'		2:08.00	2:12.00	3	
1) Harris, Morgan	2) McGrath, Sophia				
3) Swartz, Eloise	4) Nwabueze, Alison				
9 Holy Cross Catholic 'A'		2:10.00	2:12.57	3	
1) Bauman, Millie	2) Kozeal, Aubree				
3) Tomasek, Everly	4) Wessling, Genevieve				
10 St Albert 'B'		2:20.00	x2:18.08	2	
1) Bryen, Sophia	2) McColloch, Makayla				
3) Monahan, Nora	4) Venner, Paysen				
11 St. Vincent de Paul 'C'		2:20.00	x2:18.64	2	
1) Barth, Molly	2) Valdivia, Valentina				
3) Feltz, Kennedy	4) Flodine, Addie				
12 Holy Cross Catholic 'B'		2:15.00	x2:20.49	2	
1) Hoy, Isabelle	2) Fogarty, Natalie				
3) Freed, Aubree	4) Montgomery, Ella				
13 St. Patricks - Elkhorn 'C'		2:20.00	x2:20.88	2	
1) Franzluebbers, Aubrey	2) Allington, Aleah				
3) Christensen, Carly	4) Vance, Lindyn				
14 St. James-Seton 'A'		2:36.37	2:23.47	1	
1) DePorte, Lia	2) Wandrey, Lilly				
3) Weathers, Magdalena	4) Yiel, Guach				
15 St. Vincent de Paul 'B'		2:15.00	x2:24.36	2	
1) Evans, Bella	2) Flodine, Grace				
3) Ruhland, Kennedy	4) Jones, Addie				
16 St. Gerald's 'A'		2:35.02	2:24.95	1	
1) Sorensen, Allison	2) Wester, Abigail				
3) Gallagher, Norah	4) Sparano, Izzy				
17 St. Patricks - Elkhorn 'D'		2:30.00	x2:25.60	1	
1) Crist, Maylin	2) Greco, Sophia				
3) Hyslop, Cecilia	4) Jackson, Morgan				
18 St. Cecilians 'B'		2:21.61	x2:25.78	2	
1) Rock, Ella	2) Macapinlac, Mari				
3) Khoune, JuJu	4) Grohs, Lela				
19 Holy Cross Catholic 'C'			x2:27.47	1	
1) Anzalone, Mia	2) Kenny, Zeva				
3) Lugang, Favor	4) Buescher, Anna				
20 St. Vincent de Paul 'D'		2:20.00	x2:28.43	2	
1) Kenny, Celeste	2) McKee, Jordyn				
3) Gannon, Adison	4) Maynes, Aniella				
21 St. Margaret Mary 'B'		2:40.00	x2:29.35	1	
1) Guy, Avery	2) Mikuls, Sloan				

**PAL Track Meet - 4/13/2024**

**Ralston High School**

**Results**

**....Girls 4x200 Meter Relay**

- 3) Kenny, Maria
- 4) Fox, Nora

**Girls 4x400 Meter Relay**

School	Seed	Finals	H#	Points
1 St. Patricks - Elkhorn 'A'	4:45.00	4:45.03	2	10
1) West, Ava				
3) Sabata, Lena				
2 St Albert 'A'	4:50.00	4:46.86	2	8
1) Ryan, Maeve				
3) Banks, Kinley				
4) Schmaderer, Madeline				
2) Pellett, Piper				
3) Larmie, Ellie				
3 St. Pius-St. Leo 'A'	5:00.00	5:01.20	2	6
1) Zoungbowenon, Abby				
3) McCreery, Anna				
2) Camerer, Grace				
4) Kubat, Julia				
4 St. Patricks - Elkhorn 'B'	5:00.00	x5:08.49	2	
1) Meysenburg, Natalee				
3) Rodgers, Erin				
2) Morgan, Elizabeth				
4) Cook, Elisabeth				
5 Holy Cross Catholic 'A'	5:35.00	5:12.36	1	4
1) Bauman, Millie				
3) Mansour, Ruth				
2) Tomasek, Everly				
4) Ochoa Perez, Aaliyah				
6 St. James-Seton 'A'	5:45.06	5:16.92	1	2
1) Blacketer, Bailey				
3) Riedemann, Evelyn				
2) Coit, Savannah				
4) Peklo, Elana				
7 Cornerstone Christian 'A'	5:30.00	5:24.09	1	1
1) Bigelow, Evie				
3) Jantz, Emma				
2) Colgrove, Jocelyn				
4) Preto, Audri				
8 St. Margaret Mary 'B'	5:20.00	5:29.89	2	
1) Candler, Liv				
3) Gibson, MacKenzie				
2) Anzalone, Ella				
4) McGrath, Sophia				
9 St. Vincent de Paul 'A'	5:00.00	5:39.67	2	
1) Kenny, Gabrielle				
3) Flodine, Grace				
2) Kroenke, Skylar				
4) Mayer, Samantha				
10 St. Margaret Mary 'A'	5:20.00	x5:41.04	2	
1) DeSmet, Mikayla				
3) Pappas, Stephanie				
2) Quinn, Stella				
4) Jochim, Livia				

**Girls 1600 Sprint Medley**

School	Seed	Finals	H#	Points
1 St Albert 'A'	4:55.00	4:58.50	2	10
1) Ryan, Maeve				
3) Larmie, Ellie				
2) Pellett, Piper				
4) Willson, Lillian				
2 St. Patricks - Elkhorn 'A'	5:25.00	5:08.57	2	8
1) Greco, Bella				
3) West, Ava				
2) Franzluebbers, Aubrey				
4) Cook, Elisabeth				
3 St. Pius-St. Leo 'A'	5:45.00	5:30.45	2	6
1) Matuella, Alice				
3) Wharton, Bridget				
2) Haynes, Harper				
4) McCreery, Anna				
4 St. Gerald's 'A'	5:42.00	5:33.38	2	4
1) Wester, Abigail				
3) Sparano, Izzy				
2) Jankowski, Lily				
4) Preston, Molly				
5 St. Margaret Mary 'A'	5:10.00	5:36.00	2	2
1) Jochim, Livia				
2) McMahan, Ella				

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**Results**

**....Girls 1600 Sprint Medley**

3) DeSmet, Mikayla	4) Beller, Harper				
6 St. James-Seton 'B'		5:59.08	5:58.67	1	1
1) DePorte, Lia	2) Coit, Savannah				
3) O'Leary, Charleigh Rae	4) Peklo, Elana				
7 St. Vincent de Paul 'B'		5:47.00	6:02.09	2	
1) Burcham, Kendall	2) Gross-Rhode, Quinn				
3) Carson, Margot	4) Kenny, Gabrielle				
8 St. Vincent de Paul 'A'		5:47.00	x6:09.82	2	
1) Maynes, Aniella	2) Ruhland, Kennedy				
3) Valdivia, Valentina	4) Kroenke, Skylar				
9 Holy Cross Catholic 'A'		6:29.44	6:41.54	1	
1) Abraham, Sophya	2) Kenny, Zeva				
3) Buescher, Anna	4) Garfias, Lyla				
10 St. James-Seton 'A'		6:40.44	x6:59.79	1	
1) Morrison, Celine	2) Ullerich, Audrey				
3) Ngantar, Mary	4) Yiel, Guach				

**Girls High Jump**

Name	Year	School	Seed	Finals	Points
1 Loftin, Ava		St. Patricks	4-04.00	4-02.00	10
3-08 3-10 4-00 4-02 4-04					
0 0 0 0 XXX					
2 Allington, Aleah		St. Patricks	4-00.00	4-00.00	8
3-08 3-10 4-00 4-02					
0 0 XXO XXX					
3 Riley, Harper		Cornerstone	3-10.00	3-10.00	6
3-08 3-10 4-00					
0 0 XXX					
4 Martin, Scarlet		St. Pius-St. Leo	4-00.00	J3-10.00	4
3-08 3-10 4-00					
XXO 0 XXX					
5 Wessling, Genevieve		Holy Cross Catholic	3-10.00	3-08.00	2
3-08 3-10					
0 XXX					
-- Smith, Talexis		Cornerstone		NH	
3-08					
XXX					
-- Mikuls, Sloan		St. Margaret Mary		NH	
3-08					
XXX					
-- Townley, Abby		St. Pius-St. Leo	3-08.00	NH	
3-08					
XXX					
-- Candler, Liv		St. Margaret Mary		NH	
3-08					
XXX					
-- Dolezal, Macy		St. Margaret Mary		NH	
3-08					
XXX					
-- Montgomery, Ella		Holy Cross Catholic	3-08.00	NH	
3-08					
XXX					

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**Results**

**....Girls High Jump**

-- Fogarty, Natalie	Holy Cross Catholic	3-10.00	NH
3-08			
XXX			
-- Wandrey, Lilly	St. James-Seton	3-08.00	NH
3-08			
XXX			
-- DePorte, Lia	St. James-Seton	3-08.00	NH
3-08			
XXX			

**Girls Long Jump**

Name	Year	School	Seed	Finals	H#	Points
1 Willson, Elise		St Albert	15-03.75	13-07.50	3	10
FOUL 13-07.50 FOUL						
2 Losole, Evelyn		Holy Cross Catholic	13-01.50	12-09.75	3	8
12-09.75 12-05.25 12-09.75						
3 Jochim, Livia		St. Margaret Mary	13-00.00	12-06.75	3	6
FOUL 12-06.75 11-04.25						
4 West, Ava		St. Patricks	12-00.00	11-11.25	3	4
11-11.25 11-03 FOUL						
5 Langel, Maggie		St. Vincent de Paul		11-08.75	1	2
9-09.50 11-08 11-08.75						
6 Schmaderer, Madeline		St. Patricks	12-09.50	J11-08.75	3	1
11-04.25 FOUL 11-08.75						
7 DeMuth, Brynlee		St. Patricks	12-00.00	11-08.25	3	
11-07.75 11-08.25 10-08						
8 Madison, Avery		Holy Cross Catholic	11-07.00	11-07.50	3	
FOUL 11-07.50 10-06						
9 Matuella, Alice		St. Pius-St. Leo	12-05.00	11-06.00	3	
FOUL 10-04.75 11-06						
10 Dial, Nakia		St. James-Seton	11-03.00	11-03.50	3	
FOUL FOUL 11-03.50						
11 Skradski, Elliette		St. Vincent de Paul		11-02.75	1	
11-02.75 9-07.75 9-10.50						
12 Willson, Lillian		St Albert	14-05.25	11-00.75	3	
11-00.75 FOUL 10-06.25						
13 Nwabueze, Alison		St. Margaret Mary		10-09.75	1	
10-03.50 9-05.25 10-09.75						
14 Ngantar, Mary		St. James-Seton	10-01.00	10-07.00	2	
9-09.50 10-07 9-11.75						
15 Anzalone, Ella		St. Margaret Mary		10-04.75	1	
9-02 10-02 10-04.75						
16 Adovlo, Doris		St. Pius-St. Leo	10-08.50	10-04.00	2	
9-01.75 10-04 8-05.25						
17 Rushing, Autumn		Cornerstone	10-07.75	10-02.75	2	
9-07 9-06.50 10-02.75						
18 Riley, Harper		Cornerstone	11-00.00	10-02.25	3	
8-03.75 10-02.25 9-09						
19 Dawson, Madelyn		St Albert		10-02.00	2	
10-02 10-00.50 9-05.75						
20 Bauman, Millie		Holy Cross Catholic		10-00.75	1	
9-10 9-04.25 10-00.75						

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**Ralston High School**

**Results**

**....Girls Long Jump**

21	Sorensen, Allison	St. Gerald's	10-10.50	10-00.50	2
	10-00.50 FOUL 9-08.25				
22	Kenny, Celeste	St. Vincent de Paul		9-10.00	1
	9-10 FOUL 8-11.50				
23	O'Leary, Charleigh Rae	St. James-Seton	9-00.00	9-09.50	2
	9-09.50 9-03 FOUL				
24	Wester, Abigail	St. Gerald's		9-07.25	1
	9-07.25 9-06 8-06.25				
25	Preston, Molly	St. Gerald's	11-02.50	9-06.75	3
	9-06.75 8-08.75 7-08				
26	Espinosa, Amelie	St. Margaret Mary		9-06.50	1
	9-01.75 9-06.50 9-04.75				
27	Ochoa Perez, Aaliyah	Holy Cross Catholic		9-00.00	1
	7-07.75 7-08.50 9-00				
28	Volker, Gretchen	Cornerstone	8-09.00	8-11.00	2
	FOUL 8-11 8-02.25				
29	Heder, Adylae	Cornerstone	9-10.75	8-10.50	2
	7-10.50 8-10.50 FOUL				
30	Sparano, Izzy	St. Gerald's		8-07.50	2
	6-08.25 8-07.50 8-04.25				
31	Colgrove, Jocelyn	Cornerstone	9-04.50	x8-05.50	2
	8-05.50 8-04.25 8-00.25				
32	Knoble, Kalliope	St. Cecilians		8-02.50	2
	8-02.50 7-07.50 7-04.75				
33	Britton, Lainey	St Albert		7-08.50	2
	7-08.50 FOUL 6-08				
34	Brown, Evie	St. Margaret Mary	7-01.25	x6-11.00	2
	6-09 6-11 6-00.25				
35	Ullerich, Audrey	St. James-Seton	5-08.75	5-07.25	2
	5-04.25 5-05 5-07.25				
--	Garfias, Lyla	Holy Cross Catholic		FOUL	1
	FOUL FOUL FOUL				

**Girls Triple Jump**

=====						
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Thompson, Brynley	St. Patricks	30-00.00	28-08.25	2	10
	24-08.50 27-11.50 28-08.25					
2	Mansour, Ruth	Holy Cross Catholic	29-09.50	27-09.50	2	8
	27-09.50 27-02.50 27-07.50					
3	Candler, Liv	St. Margaret Mary	26-05.00	26-08.50	2	6
	26-08.50 25-04.75 26-02.25					
4	Greco, Bella	St. Patricks	27-00.00	26-02.25	2	4
	24-08 26-02.25 25-10.25					
5	Hoy, Isabelle	Holy Cross Catholic	27-02.50	26-01.50	2	2
	25-01 26-01.50 FOUL					
6	Beller, Harper	St. Margaret Mary	25-07.50	25-10.75	2	1
	25-10.75 25-07 25-05					
7	Borer, Kinley	St. Vincent de Paul	23-02.50	23-06.25	2	
	22-11 22-05.50 23-06.25					
8	Ridder, Parker	St. Patricks		23-03.25	1	
	22-11 22-09.75 23-03.25					
9	Feltz, Kennedy	St. Vincent de Paul		23-01.50	1	
	23-01.50 22-05.25 22-11.50					

**PAL Track Meet - 4/13/2024**

**Ralston High School**

**Results**

**....Girls Triple Jump**

10	Jetter, CeCe	St. Margaret Mary	22-08.00	2	
	FOUL FOUL 22-08				
11	Flodine, Addie	St. Vincent de Paul	22-03.50	1	
	22-03.50 FOUL 20-04.50				
12	Skradski, Savannah	St. Vincent de Paul	21-06.00	2	
	20-08.75 21-06 20-08.25				
13	Colgrove, Jocelyn	Cornerstone	20-06.00	20-05.75	2
	20-05.75 FOUL 19-05.75				
14	Guy, Avery	St. Margaret Mary	19-10.25	1	
	FOUL FOUL 19-10.25				
15	Volker, Gretchen	Cornerstone	18-02.00	2	
	18-01.75 18-02 FOUL				
16	Heder, Adylae	Cornerstone	17-06.25	17-11.25	2
	17-11.25 16-05.25 16-10.25				
17	Morrison, Celine	St. James-Seton	18-03.50	16-03.75	2
	FOUL 16-03.75 FOUL				
--	Quinn, Stella	St. Margaret Mary		FOUL	1
	FOUL FOUL FOUL				

**Girls Shot Put**

Name	Year	School	Seed	Finals	H#	Points
1 Balch, Mariella		St. Patricks	29-05.00	32-05.25	2	10
	31-05.50 29-07 32-05.25					
2 Hollibaugh, Brianna		St. Margaret Mary	24-03.00	28-00.50	2	8
	22-05 28-00.50 21-01					
3 Cupich, Luci		St. Patricks	28-00.00	27-01.00	2	6
	27-01 24-03.50 26-01.75					
4 Losole, Evelyn		Holy Cross Catholic		J27-01.00	1	4
	23-00 23-05.50 27-01					
5 Jantz, Grace		Cornerstone	28-01.00	26-05.00	2	2
	26-05 26-01 21-08.50					
6 Weathers, Magdalena		St. James-Seton	23-06.00	26-00.50	2	1
	21-04 26-00.50 23-00.50					
7 Kozal, Claire		St. James-Seton	26-02.00	25-07.50	2	
	25-07.50 21-11.50 22-10.25					
8 Guy, Avery		St. Margaret Mary		23-00.00	1	
	21-09.50 20-11 23-00					
9 Ferguson, Vivian		St. Patricks	20-11.00	22-06.00	2	
	22-00 21-07.50 22-06					
10 Anzalone, Mia		Holy Cross Catholic	23-04.00	22-04.50	2	
	22-04.50 17-08 17-08					
11 Jones, Addie		St. Vincent de Paul	24-03.00	22-03.25	2	
	22-03.25 20-07 21-00					
12 Evans, Bella		St. Vincent de Paul		22-03.00	1	
	19-08 22-03 21-07					
13 Peklo, Elana		St. James-Seton	20-05.00	22-00.00	2	
	22-00 20-11 19-01.50					
14 Goliber, Macie		St. Patricks	24-09.50	21-06.50	2	
	21-00 21-04.25 21-06.50					
15 Tejral, Lucy		St. Gerald's	21-00.00	21-02.00	2	
	21-02 20-07.50 19-03.25					
16 Hoy, Isabelle		Holy Cross Catholic		20-03.50	1	
	16-08.75 20-00.50 20-03.50					

**PAL Track Meet - 4/13/2024**

**Ralston High School**

**Results**

**....Girls Shot Put**

17	Houlden, Dezirae	Cornerstone	17-09.00	20-00.00	1
	20-00 FOUL 19-00.50				
18	Tomasek, Everly	Holy Cross Catholic	20-00.00	19-07.50	2
	18-03 14-09.25 19-07.50				
19	Blacketer, Bailey	St. James-Seton	18-09.00	19-06.25	2
	19-06.25 17-00 17-02				
20	Gallagher, Norah	St. Gerald's		19-03.50	1
	19-03.50 19-03 18-08.50				
21	Hollibaugh, Olivia	St. Margaret Mary	18-09.00	19-03.00	1
	19-03 16-00.25 17-10				
22	Dolezal, Macy	St. Margaret Mary	17-09.00	18-08.00	1
	18-08 18-00.50 16-07				
23	Christensen, Carly	St. Patricks	16-06.50	x18-03.00	1
	17-01 17-09 18-03				
24	Berthelsen, Kate	St. Pius-St. Leo	16-04.00	18-00.25	1
	17-02 17-02 18-00.25				
25	Zavaletta, Beya	St. Vincent de Paul	16-07.00	17-09.00	1
	17-09 15-09 16-02				
26	Samuels, Temple	St. Pius-St. Leo	21-06.00	17-00.00	2
	16-06 16-03.50 17-00				
27	Kleber, Ruby	St. Vincent de Paul	15-07.00	15-00.00	1
	15-00 13-01.50 13-02				
28	Cihacek, Bianca	St Albert	13-00.00	13-10.00	1
	13-10 13-06.75 11-10				
29	Lewis, Abby	St Albert	12-06.00	13-04.50	1
	13-04.50 13-03.50 11-07				

**Girls Discus Throw**

=====						
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Balch, Mariella		St. Patricks	89-04	82-00.50	2	10
	79-06					
	82-00.50 x					
2 Jantz, Grace		Cornerstone	63-08	74-10	2	8
	74-10					
	FOUL x					
3 Anzalone, Mia		Holy Cross Catholic	63-03	56-11	2	6
	56-11					
	54-03 x					
4 Cupich, Luci		St. Patricks	80-00	55-01	2	4
	55-01					
	53-09 x					
5 Tejral, Lucy		St. Gerald's	51-10	J55-01	2	2
	43-02.50					
	55-01 x					
6 Peklo, Elana		St. James-Seton	50-06	54-01	2	1
	54-01					
	51-05 x					
7 Weathers, Magdalena		St. James-Seton	48-04	51-01.50	2	
	FOUL					
	51-01.50 x					
8 Boswell, Joslyn		St Albert		48-08	1	
	48-08					
	36-02 x					
9 Kozal, Claire		St. James-Seton	53-07	48-05	2	
	FOUL					
	48-05 x					
10 Kozeal, Aubree		Holy Cross Catholic		45-09	1	
	45-09					
	FOUL x					
11 Skradski, Elliette		St. Vincent de Paul		44-07	1	
	44-07					
	FOUL x					
12 Gallagher, Norah		St. Gerald's		44-03	1	
	44-03					
	41-03 x					

**PAL Track Meet - 4/13/2024**

**Ralston High School**

**Results**

**...Girls Discus Throw**

13	Hollibaugh, Brianna 39-07 43-08 x	St. Margaret Mary	45-11	43-08	2
14	Goliber, Macie 43-07 41-03 x	St. Patricks	42-00	43-07	2
15	Dolezal, Macy 38-11 35-09 x	St. Margaret Mary	39-11	38-11	2
16	Ferguson, Vivian 35-01 FOUL x	St. Patricks	34-06	35-01	2
17	Christensen, Carly 33-10 34-10 x	St. Patricks	30-04	x34-10	1
18	Fox, Nora 34-05 0.25 x	St. Margaret Mary	33-03	34-05	2
19	Hollibaugh, Olivia 24-10 31-06 x	St. Margaret Mary	37-03	31-06	2
20	Britton, Lainey FOUL 31-03 x	St Albert		31-03	1
21	Lewis, Abby 28-08 30-03 x	St Albert		30-03	1
22	Cihacek, Bianca FOUL 29-06 x	St Albert	28-05	29-06	1
23	Houlden, Dezirae 25-05 29-03 x	Cornerstone	30-10	29-03	2
24	Marsh, Julia FOUL 29-02 x	St Albert	21-04	x29-02	1
25	Ryan, Ashling 27-02 29-01 x	St Albert	21-04	x29-01	1
26	Maxson, Madelyn 25-01 26-01 x	St. Vincent de Paul		26-01	1
27	Stuhr, Sloane 15-05 16-11 x	St Albert		x16-11	1

**Boys 100 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
1 Fricke, Preston	St. Gerald's	13.10	12.54	13	10
2 Bledje, Sean	St. James-Seton	13.00	12.61	14	8
3 Bockelman, Caleb	St. Patricks	12.20	12.72	14	6
4 Watkins, Charlie	St. Patricks	12.60	13.22	14	4
5 Mueller, Matt	St. Margaret Mary	13.00	13.50	14	2
6 Heldmann, Lukas	St. Cecilians	13.60	13.60	13	1
7 Martin, Joey	St. Vincent de Paul	12.30	13.80	14	
8 England, Jackson	Cornerstone	12.90	13.85	14	
9 Wah, Sweety	St. Pius-St. Leo	14.64	13.91	12	
10 Lyons, Sam	St. Cecilians	15.59	14.15	10	
11 Nigro, Luca	St. Margaret Mary	14.00	14.26	13	
12 Santos, Drew	St. Vincent de Paul	12.71	14.38	14	
13 Harrer, Isaac	St. Cecilians	15.98	14.42	9	
14 Stockman, Tyler	St. Patricks	15.43	14.44	10	
15 Clark, Keenan	Holy Cross Catholic	15.20	14.45	11	
16 Bywater, Cole	Holy Cross Catholic	15.10	14.56	11	
17 Hauser, Jameson	St. Patricks	15.63	14.63	10	
18 Towey, Declan	St. Cecilians	14.65	14.70	12	
19 Mane, Kendrick	St. Vincent de Paul	12.50	14.74	14	
20 Simons, Alies	St. Patricks	15.00	x14.79	11	



## PAL Track Meet - 4/13/2024

## Ralston High School

## Results

## ...Boys 100 Meter Dash

21 Lynch, Judah	St. Pius-St. Leo	16.19	14.91	9	
22 Whitman, Leo	St. Gerald's	16.00	14.97	9	
23 Podjenski, Nathan	Holy Cross Catholic		15.02	2	15.015
24 Harr, Leo	St. Pius-St. Leo	17.27	15.02	6	15.020
25 Sanderson, Brandon	St. Gerald's	17.00	15.03	7	
26 Fisher, Brock	St. Patricks	16.50	x15.17	8	
27 Thompson, Jasaun	St. Cecilians	16.32	x15.26	8	15.254
28 Arnold, Camden	Cornerstone	13.60	15.26	13	15.260
29 Audino, Hayden	St. Vincent de Paul	14.80	15.30	11	15.296
30 Gregory, Gabriel	St. Vincent de Paul	13.53	x15.30	13	15.300
31 Melkus, Jacob	St. Margaret Mary		15.32	2	
32 Ballard, Titus	Cornerstone	14.67	15.42	12	
33 Pfeifer, Aiden	St. James-Seton	13.80	15.70	13	
34 Brannen, Charlie	St. Pius-St. Leo	14.69	15.74	12	
35 Addy, George	St. Margaret Mary	14.00	15.89	13	
36 Gammel, Nace	St. Patricks	18.04	x16.00	5	
37 Dibelka, Mason	Holy Cross Catholic	15.90	16.06	9	16.056
38 Estell, Brody	St Albert	17.50	16.06	6	16.059
39 Pahl, Harrison	Holy Cross Catholic	15.80	x16.09	10	
40 Heimes, Aaron	St. James-Seton	14.00	16.11	13	16.105
41 Ridder, Wrigley	St. Patricks	16.87	x16.11	8	16.107
42 Klein, William	St. Vincent de Paul	14.54	x16.13	12	
43 Wandrey, Reid	St. James-Seton	16.00	16.15	9	
44 Mitchell, Diondre	Holy Cross Catholic		x16.16	2	
45 Broders, Alex	St. Vincent de Paul	15.01	x16.21	11	
46 Krejci, Troy	St. Patricks	17.00	x16.32	7	
47 Ratcliff, William	St Albert	17.20	16.34	7	
48 Caniglia, Rosario	St. Vincent de Paul	14.83	x16.37	11	
49 Kelly, Branden	St. Pius-St. Leo	17.21	x16.40	6	
50 DeBruhl, Micah	St. Pius-St. Leo	17.09	x16.47	7	
51 Abraham, Dono	Holy Cross Catholic		x16.55	1	
52 McWilliams, Jaden	St. Patricks	17.75	x16.56	6	
53 Horgan, Will	St. Vincent de Paul	15.50	x16.68	10	
54 Bierman, Hunter	St. Vincent de Paul	15.00	x16.69	11	
55 Kirlin, Gus	St Albert	18.00	16.76	5	
56 Noon, Connor	St Albert	18.00	16.80	5	
57 Mingarelli, Pasquale	Cornerstone	17.50	16.83	6	
58 Irwin, Keaton	St Albert	17.67	x16.84	6	
59 Reiser, Ayden	St. Vincent de Paul	16.00	x16.89	9	
60 Yrkoski, Dane	St Albert	18.00	x16.90	5	
61 Langdon, John	St. Vincent de Paul	18.00	x16.92	5	
62 Shea, Sy	St. Margaret Mary		x16.95	1	16.941
63 Kinney, Jack	St. Patricks	18.00	x16.95	5	16.950
64 Maynes IV, Domingo	St. Vincent de Paul	15.31	x16.98	10	16.972
65 Lauer, Peter	St. Margaret Mary		x16.98	2	16.980
66 Kreifels, Johnathan	St. Patricks	18.23	x17.04	4	
67 Bosiljevac, Cian	St. Pius-St. Leo	18.11	x17.13	5	
68 Sherwood, Gus	St. Patricks	18.71	x17.20	4	
69 Eichele, Luke	St. Vincent de Paul	15.40	x17.23	10	
70 Hotz, Hayden	St Albert	18.37	x17.28	4	
71 Burke, Bennet	St. Pius-St. Leo	16.63	x17.29	8	
72 Armbruster, Jake	St. Vincent de Paul	15.72	x17.35	10	
73 McLaughlin, Dominic	St. Cecilians	17.00	x17.38	7	17.371
73 Bisson, Isaac	Cornerstone	16.00	x17.38	9	17.371
75 Mackintosh, Cole	St. Vincent de Paul	16.00	x17.38	9	17.377

**PAL Track Meet - 4/13/2024**

**Ralston High School**

**Results**

**...Boys 100 Meter Dash**

76	Turner, Hank	St Albert	18.10	x17.43	5	
77	Flynn, Jack	Holy Cross Catholic		x17.50	1	
78	Collins, Cedrick	Holy Cross Catholic		x17.63	2	
79	Gorringer, Sam	St. Margaret Mary		x17.65	2	
80	Walters, Johnathon	St. Vincent de Paul	17.00	x17.70	7	
81	Clausen, Tucker	St. Patricks	18.19	x17.75	4	
82	Naatz, Gabriel	St. Pius-St. Leo	18.55	x17.79	4	17.781
83	Budke, Andrew	St. Gerald's	17.50	17.79	6	17.786
84	Schwartz, Henry	St. Patricks	18.14	x18.20	4	
85	Brons, Gabriel	Cornerstone	17.00	x18.23	7	
86	Buonomo, Kolbe	St. Gerald's	19.17	x18.31	3	
87	Ewing, Isaac	Cornerstone	16.50	x18.71	8	
88	Grace, Miles	St. Cecilians	17.50	x18.93	6	
89	Rohen, Gabe	St. James-Seton	19.00	x19.46	4	
90	Euteneuer, Teddy	St. Patricks	21.52	x19.51	3	
91	Koehn, Liam	St. Cecilians		x19.62	1	
92	Nelson, Peter	St. Pius-St. Leo	22.66	x19.66	3	
93	Wepfer, Benjamin	St. Vincent de Paul	17.00	x20.12	7	
94	Slater, Rorik	St. Pius-St. Leo	21.69	x20.77	3	
95	Munson, Kohen	St. James-Seton	21.00	x20.81	3	
96	Haskell, James	St. Margaret Mary		x22.25	1	

**Boys 200 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
1		Watkins, Charlie	St. Patricks	27.95	26.73	9 10
2		Chapeau, Bronson	St. Pius-St. Leo	29.64	27.36	9 8
3		Weilage, Mekai	St Albert	30.63	27.59	8 6
4		Ostdiek, Connor	St. Patricks	28.50	27.64	9 4
5		Haynes, Noah	St. Pius-St. Leo	29.66	28.05	9 2
6		Wah, Sweety	St. Pius-St. Leo	30.05	28.56	8 1
7		England, Jackson	Cornerstone	29.21	28.69	9
8		Heimes, Evan	St. James-Seton	28.93	29.08	9
9		Lux, Jack	Holy Cross Catholic		29.35	1
10		Sherrill, Joel	St Albert	31.28	29.54	8
11		Lyons, Sam	St. Cecilians	30.71	29.87	8
12		Harrer, Isaac	St. Cecilians	29.82	29.97	9
13		Clark, Keenan	Holy Cross Catholic	32.50	30.13	6
14		Chapeau, Roman	St. Pius-St. Leo	29.37	30.28	9
15		Nigro, Luca	St. Margaret Mary	30.38	31.01	8
16		Shelton, Kei'Chaun	Holy Cross Catholic	31.83	31.14	7
17		Pfeifer, Aiden	St. James-Seton	31.33	31.26	7
18		Sample, Jon	St. Pius-St. Leo	32.52	x31.27	6
19		Melkus, Jacob	St. Margaret Mary	32.07	31.51	7
20		Cannon, Jacorey	Holy Cross Catholic	32.00	31.55	7
21		Brannen, Charlie	St. Pius-St. Leo	32.69	x31.70	6
22		Ballard, Titus	Cornerstone	33.04	31.86	6
23		Simons, Alies	St. Patricks	30.00	31.96	8
24		Rock, Grayson	Holy Cross Catholic	32.50	x32.06	6
25		Heimes, Aaron	St. James-Seton	32.41	32.14	7
26		Harr, Leo	St. Pius-St. Leo	36.50	x32.23	4
27		Cady, Walter	St Albert	34.01	32.24	5
28		Halverson, Kylum	St. Pius-St. Leo	33.58	x32.26	5
29		Sani Ali, Mohammed	Holy Cross Catholic	38.48	x32.30	3

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**Results**

**...Boys 200 Meter Dash**

30 Ebers, Henry	St. Margaret Mary		32.54	1	
31 Johnsen, Bennett	St Albert	32.00	33.10	7	
32 Gregory, Gabriel	St. Vincent de Paul	34.56	33.21	5	33.201
33 Rosloniec, Michael	St Albert	36.41	x33.21	4	33.202
34 List, Tyler	St. James-Seton	35.43	33.54	4	
35 Thompson, Jasaun	St. Cecilians	33.30	33.58	6	
36 Dorhout, Hunter	Cornerstone	32.27	34.20	7	
37 Becker, Drew	St. Vincent de Paul	33.68	34.57	5	
38 Klein, William	St. Vincent de Paul	34.07	34.61	5	
39 Shadden, Kason	St Albert		x34.83	1	
40 Philippe, Mason	St. Patricks	33.00	34.91	6	
41 Shea, Sy	St. Margaret Mary	35.00	34.96	4	
42 Petzoldt, Grayson	St. Gerald's	36.91	35.09	3	
43 McWilliams, Jaden	St. Patricks	36.55	x35.12	4	
44 Kinney, Jack	St. Patricks	40.00	x35.16	2	
45 Yrkoski, Dane	St Albert	39.00	x35.30	2	
46 Reiser, Ayden	St. Vincent de Paul	35.00	35.44	4	
47 Sherwood, Gus	St. Patricks	34.50	x35.57	5	
48 Wandrey, Reid	St. James-Seton	35.40	x35.71	4	
49 Langdon, John	St. Vincent de Paul	38.00	x36.24	3	
50 Kirlin, Gus	St Albert	39.00	x36.60	2	
51 Gorringer, Sam	St. Margaret Mary	37.83	x36.67	3	
52 Clausen, Tucker	St. Patricks	36.55	x36.96	4	
53 Abraham, Dono	Holy Cross Catholic	34.10	x36.97	5	
54 Brons, Gabriel	Cornerstone	37.75	37.52	3	
55 Schaben, Danny	St. Cecilians	37.94	37.66	3	
56 Turner, Hank	St Albert	39.00	x37.73	2	
57 Stoffel, Sam	St. James-Seton	41.97	x40.44	2	
58 Zimmer, Max	St. James-Seton		x40.82	1	
59 Ewing, Isaac	Cornerstone	38.18	x40.94	3	
60 Appenzeller, Will	St. Margaret Mary		x41.87	1	
61 Euteneuer, Teddy	St. Patricks	45.30	x42.14	1	
62 Rohen, Gabe	St. James-Seton	43.96	x43.20	2	
63 Nelson, Peter	St. Pius-St. Leo	43.12	x45.20	2	
64 Munson, Kohen	St. James-Seton	47.13	x46.92	1	
65 Slater, Rorik	St. Pius-St. Leo	45.02	x47.72	2	

**Boys 400 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
1 Bockelman, Caleb		St. Patricks	58.00	59.24	7	10
2 Heldmann, Lukas		St. Cecilians	1:07.96	1:00.53	7	8
3 Olson, Chris		St. Patricks	1:05.17	1:00.87	7	6
4 Lechner, Tyler		St. Gerald's	1:06.08	1:02.14	7	4
5 Martin, Joey		St. Vincent de Paul	1:10.00	1:05.62	7	2
6 Stockman, Tyler		St. Patricks	1:12.00	1:06.67	6	1
7 Carroll, Matthew		Cornerstone	1:10.94	1:08.06	6	
8 Lynch, Judah		St. Pius-St. Leo	1:11.32	1:08.78	6	
9 Hansen, Mark		St. Pius-St. Leo	1:13.14	1:09.14	5	
10 Glow, Evan		St. Vincent de Paul	1:16.90	1:10.04	5	
11 Fisher, Brock		St. Patricks	1:12.00	1:10.52	6	
12 Dorhout, Hunter		Cornerstone	1:15.90	1:10.75	5	
13 Whitman, Leo		St. Gerald's	1:11.22	1:12.03	6	
14 Sheffield, Cade		Cornerstone	1:09.00	1:12.14	7	

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**...Boys 400 Meter Dash**

15	Johnsen, Bennett	St Albert	1:15.00	1:12.57	5
16	Haske, Michael	St. Cecilians	1:13.05	1:13.63	6
17	Rock, Joseph	Holy Cross Catholic	1:17.26	1:13.84	5
18	Goliber, Cooper	St. Patricks	1:15.00	x1:14.26	5
19	Gaffney, Patrick	St. Margaret Mary		1:14.73	1
20	Hoffman, Matthew	St. Margaret Mary	1:16.02	1:15.34	5
21	Manning, Colin	St. Margaret Mary	1:25.42	1:15.82	3
22	Langenegger, Grant	St. Pius-St. Leo	1:22.65	1:16.56	3
23	Arnold, Camden	Cornerstone	1:25.06	1:16.59	3
24	Hoffmann, Beau	St. Patricks	1:17.94	x1:17.41	4
25	Johnson, Max	St Albert	1:20.00	1:17.62	4
26	Dupre, Maddox	Cornerstone	1:16.27	x1:17.92	5
27	King, Jordan	Cornerstone	1:20.00	x1:18.78	4
28	Noon, Connor	St Albert	1:25.23	1:20.00	3
29	Maynes IV, Domingo	St. Vincent de Paul	1:25.00	1:20.56	3
30	Audino, Hayden	St. Vincent de Paul	1:22.00	1:20.57	4
31	Sanderson, Brandon	St. Gerald's	1:20.85	1:21.06	4
32	Eikmeier, Landon	St. Vincent de Paul	1:25.00	x1:21.83	3
33	Bosiljevac, Cian	St. Pius-St. Leo	1:25.18	1:21.90	3
34	DeBruhl, Micah	St. Pius-St. Leo	1:39.77	x1:22.45	2
35	Bierman, Hunter	St. Vincent de Paul	1:20.00	x1:22.50	4
36	Manley, Daniel	St. Gerald's		1:25.57	1
37	Appenzeller, Will	St. Margaret Mary		1:27.97	1
38	Naatz, Gabriel	St. Pius-St. Leo	1:30.06	x1:28.16	2
39	Burke, Bennet	St. Pius-St. Leo		x1:29.47	1
40	Mane, Kendrick	St. Vincent de Paul	1:11.00	x1:30.11	6
41	Walters, Johnathon	St. Vincent de Paul	1:30.00	x1:30.30	2
42	Gardner, Noah	St. James-Seton	1:37.79	1:31.30	2
43	Davis, Jack	St. James-Seton	1:30.23	1:32.62	2
44	Wepfer, Benjamin	St. Vincent de Paul	1:37.84	x1:44.91	2
45	Nelson, Peter	St. Pius-St. Leo	1:49.31	x1:50.49	2

**Boys 800 Meter Run**

Name	Year	School	Seed	Finals	H#	Points	
1		Mueller, Matt	St. Margaret Mary	2:30.00	2:25.85	2	10
2		Gaul, Aiden	St Albert	2:40.00	2:33.78	2	8
3		Cook, Sean	St. Patricks	2:40.94	2:41.18	2	6
4		Thiel, Harrison	St. James-Seton	2:46.29	2:45.69	2	4
5		Carney, Samuel	St. Margaret Mary	2:49.73	2:46.96	2	2
6		Gaffney, Patrick	St. Margaret Mary	3:00.51	2:48.08	2	1
7		Werner, Max	St. Patricks	3:02.65	2:51.80	2	
8		Hartz, Liam	St. Patricks	2:59.21	2:51.83	2	
9		Kelly, Branden	St. Pius-St. Leo	3:29.28	2:53.57	1	
10		Glow, Evan	St. Vincent de Paul	3:15.00	2:56.40	1	
11		Asselin, Christian	St. James-Seton	3:15.23	2:58.85	1	
12		Erspamer, Gideon	St. Gerald's	3:10.95	3:00.97	1	
13		Kirkpatrick, Declan	St. James-Seton	3:15.00	3:02.87	1	
14		Hoffman, Matthew	St. Margaret Mary	3:06.62	3:03.22	1	
15		Lampert, Joey	St. Patricks	3:14.07	3:09.47	1	
16		Sheffield, Cade	Cornerstone	2:53.00	3:09.60	2	
17		Preble, Camden	St. James-Seton	3:25.48	3:10.23	1	
18		King, Jordan	Cornerstone	3:05.00	3:12.42	2	
19		Honz, Evan	St. Patricks	3:15.28	x3:12.47	1	

**PAL Track Meet - 4/13/2024**

**Ralston High School**

**Results**

**...Boys 800 Meter Run**

20 Johnson, Max	St Albert	3:15.00	3:14.45	1
21 McLaughlin, Dominic	St. Cecilians	3:30.78	3:20.86	1
22 Schmaderer, Alexander	St. Patricks	3:23.82	x3:24.73	1
23 Gardner, Noah	St. James-Seton	3:30.54	x3:25.73	1
24 Budke, Andrew	St. Gerald's	3:14.00	3:29.08	1
25 Manning, Colin	St. Margaret Mary		x3:34.71	1
26 Langenfeld, Conor	St. Vincent de Paul		3:35.42	1

**Boys 1600 Meter Run**

Name	Year School	Seed	Finals	H#	Points
1 Stricklett, Leveret	St. Pius-St. Leo	5:29.31	5:08.56	2	10
2 Lickteig, Peter	St. Margaret Mary	5:34.71	5:21.61	2	8
3 Schumacher, Mitch	St. Patricks	5:29.37	5:21.64	2	6
4 Heldmann, Lukas	St. Cecilians	5:38.74	5:28.46	2	4
5 Gaul, Aiden	St Albert	6:00.11	5:34.86	2	2
6 Thompson, Ben	St Albert	5:55.72	5:44.59	2	1
7 Thiel, Harrison	St. James-Seton	6:10.68	5:48.51	2	
8 Smith, Thomas	St. Pius-St. Leo	6:04.04	5:49.93	2	
9 Carney, Samuel	St. Margaret Mary	6:20.47	5:56.30	2	
10 Hartz, Liam	St. Patricks	6:17.15	6:01.53	2	
11 Soma, Evan	St. Patricks	6:01.79	6:10.94	2	
12 Dupre, Maddox	Cornerstone	6:40.00	6:11.05	1	
13 Werner, Max	St. Patricks	6:43.94	6:15.73	1	
14 Honz, Evan	St. Patricks	6:46.51	x6:35.37	1	
15 Applegate, William	St Albert	6:35.00	6:36.16	2	
16 Hoffman, Matthew	St. Margaret Mary	6:47.77	6:37.07	1	
17 Lampert, Joey	St. Patricks	6:48.45	x6:43.28	1	
18 List, Tyler	St. James-Seton	6:55.41	6:48.03	1	
19 Budke, Andrew	St. Gerald's		6:51.19	1	
20 Kirkpatrick, Declan	St. James-Seton	6:55.63	7:04.74	1	
21 Schmaderer, Alexander	St. Patricks	7:18.51	x7:07.18	1	
22 Gardner, Noah	St. James-Seton	7:45.30	8:00.29	1	
23 Mangus, Mason	St. James-Seton	8:26.21	x8:12.88	1	
24 Stoffel, Sam	St. James-Seton	8:30.92	x8:25.97	1	

**Boys 110 Meter Hurdles**

Name	Year School	Seed	Finals	H#	Points
1 Fricke, Preston	St. Gerald's	19.00	17.93	3	10
2 Donaldson, Cole	St. Gerald's	21.00	19.59	3	8
3 Olson, Owen	St. Patricks	20.65	19.78	3	6
4 Wells, Wyatt	St. Cecilians	21.61	20.33	3	4
5 Asselin, Christian	St. James-Seton	21.91	20.99	3	2
6 Yrkoski, Cael	St Albert	23.00	21.02	2	1 21.012
7 Anzalone, Sal	Holy Cross Catholic	20.94	21.02	3	21.016
8 Fisher, Brock	St. Patricks	22.41	21.50	2	
9 Whitaker, Geovanni	Holy Cross Catholic	21.98	21.88	3	
10 Hoffmann, Beau	St. Patricks	24.36	21.93	2	
11 Krejci, Troy	St. Patricks	22.42	22.07	2	
12 Addy, George	St. Margaret Mary	22.66	22.71	2	22.701
13 Gregory, Gabriel	St. Vincent de Paul	22.47	22.71	2	22.708
14 McWilliams, Jaden	St. Patricks	26.58	x22.80	1	

**PAL Track Meet - 4/13/2024**

**Ralston High School**

**Results**

**....Boys 110 Meter Hurdles**

15	Becker, Drew	St. Vincent de Paul	26.00	22.99	1
16	Lynch, Judah	St. Pius-St. Leo		23.44	1
17	Langenegger, Grant	St. Pius-St. Leo	26.02	24.45	1
18	Shea, Sy	St. Margaret Mary	24.96	26.28	1
19	Dupre, Maddox	Cornerstone	23.40	26.42	2
--	Buyske, Leo	St Albert	22.69	DQ	2

**Boys 4x100 Meter Relay**

School		Seed	Finals	H#	Points
1	St. Patricks - Elkhorn 'A'	51.00	50.33	3	10
	1) Watkins, Charlie				
	2) Ostdiek, Connor				
	3) Phillips, Colin				
	4) Bockelman, Caleb				
2	St. Pius-St. Leo 'A'	54.38	54.15	3	8
	1) Haynes, Noah				
	2) Sample, Jon				
	3) Wah, Sweety				
	4) Chapeau, Bronson				
3	St. Gerald's 'A'	59.00	54.93	3	6
	1) Lechner, Tyler				
	2) Donaldson, Cole				
	3) Whitman, Leo				
	4) Fricke, Preston				
4	St. Ceciliias 'A'	1:03.49	55.22	2	4
	1) Lyons, Sam				
	2) Say Ro, Shae				
	3) Kwapnioski, Joseph				
	4) Harrer, Isaac				
5	Holy Cross Catholic 'A'	1:00.50	56.46	3	2
	1) Anzalone, Sal				
	2) Bywater, Cole				
	3) Podjenski, Nathan				
	4) Clark, Keenan				
6	St. Patricks - Elkhorn 'B'	59.00	x59.04	3	
	1) Hauser, Jameson				
	2) Goliber, Cooper				
	3) Stockman, Tyler				
	4) Jennings, Heaton				
7	St. Vincent de Paul 'A'	1:02.00	1:00.57	3	1
	1) Audino, Hayden				
	2) Broders, Alex				
	3) Becker, Drew				
	4) Mane, Kendrick				
8	St. Margaret Mary 'A'	1:00.00	1:00.60	3	
	1) Shea, Jonah				
	2) Eckert, Brendan				
	3) Melkus, Jacob				
	4) Deane, Liam				
9	St. James-Seton 'A'	1:06.17	1:02.09	2	
	1) Heimes, Aaron				
	2) Avalos, Nico				
	3) Myles, Izeiah				
	4) Wandrey, Reid				
10	Holy Cross Catholic 'B'	1:07.00	x1:03.32	2	
	1) Rock, Grayson				
	2) Mitchell, Diondre				
	3) Whitaker, Geovanni				
	4) Cannon, Jacorey				
11	St. Patricks - Elkhorn 'C'	1:03.00	x1:04.20	3	
	1) Sherwood, Gus				
	2) Gammel, Nace				
	3) Krejci, Troy				
	4) Philippe, Mason				
12	St Albert 'A'	1:11.00	1:05.04	1	
	1) Estell, Brody				
	2) Hotz, Hayden				
	3) Irwin, Keaton				
	4) Noon, Connor				
13	St Albert 'B'	1:11.00	x1:05.32	1	
	1) Cady, Walter				
	2) Turner, Hank				
	3) Yrkoski, Dane				
	4) Rosloniec, Michael				
14	St Albert 'C'	1:16.00	x1:05.62	1	
	1) Ratcliff, William				
	2) Johnson, Max				
	3) Buyske, Macky				
	4) Kirlin, Gus				
15	St. Patricks - Elkhorn 'D'	1:07.00	x1:07.22	2	
	1) Clausen, Tucker				
	2) Kinney, Jack				

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**Results**

**....Boys 4x100 Meter Relay**

3) Sorensen, Ethan	4) McWilliams, Jaden			
16 St. Pius-St. Leo 'B'	1:10.00	x1:08.54	1	
1) Bosiljevac, Cian	2) DeBruhl, Micah			
3) Naatz, Gabriel	4) Burke, Bennet			
17 Holy Cross Catholic 'C'		x1:09.34	1	
1) Dibelka, Mason	2) Brannen, Nolan			
3) Sani Ali, Mohammed	4) Sleper, Connor			
18 St. Patricks - Elkhorn 'E'	1:15.00	x1:09.50	1	
1) Eden, Alex	2) Euteneuer, Teddy			
3) Kreifels, Johnathan	4) Becker, Tyler			
19 St. Vincent de Paul 'C'	1:05.00	x1:10.05	2	
1) Johnson, Lucas	2) Caniglia, Rosario			
3) Maynes IV, Domingo	4) Eikmeier, Landon			
20 St. Vincent de Paul 'B'	1:04.00	x1:11.07	2	
1) Eichele, Luke	2) Reiser, Ayden			
3) Wepfer, Benjamin	4) Bierman, Hunter			
21 Cornerstone Christian 'A'	1:10.00	1:11.14	2	
1) Ballard, Titus	2) Bisson, Isaac			
3) Ewing, Isaac	4) Brons, Gabriel			
22 St. James-Seton 'B'	1:45.02	x1:18.12	1	
1) Rohen, Gabe	2) Munson, Kohen			
3) Gardner, Noah	4) Schraut, Samuel			

**Boys 4x200 Meter Relay**

School	Seed	Finals	H#	Points
1 St. Patricks - Elkhorn 'A'	1:52.00	1:48.62	3	10
1) Olson, Chris	2) Olson, Owen			
3) Ostdiek, Connor	4) Phillips, Colin			
2 St. James-Seton 'A'	1:58.64	1:54.59	3	8
1) Heimes, Evan	2) Pfeifer, Aiden			
3) Bledje, Sean	4) Asselin, Christian			
3 St. Vincent de Paul 'A'	2:00.00	1:59.54	3	6
1) Mane, Kendrick	2) Harris, Ethan			
3) Audino, Hayden	4) Martin, Joey			
4 St. Patricks - Elkhorn 'B'	2:05.00	x2:00.27	3	
1) Hauser, Jameson	2) Stockman, Tyler			
3) Sorensen, Ethan	4) Hoffmann, Beau			
5 Holy Cross Catholic 'A'	2:12.00	2:00.80	2	4
1) Lux, Jack	2) Bywater, Cole			
3) Rock, Joseph	4) Podjenski, Nathan			
6 St Albert 'B'		2:00.84	1	2
1) Johnsen, Bennett	2) Yrkoski, Cael			
3) Beckman, Andrew	4) Sherrill, Joel			
7 St. Pius-St. Leo 'A'	2:02.02	2:01.28	3	1
1) Hansen, Mark	2) Lynch, Judah			
3) Halverson, Kylum	4) Chapeau, Roman			
8 Cornerstone Christian 'A'	2:10.00	2:03.05	2	
1) Arnold, Camden	2) Dorhout, Hunter			
3) King, Jordan	4) Sheffield, Cade			
9 St. Gerald's 'A'	2:16.00	2:03.38	2	
1) Sanderson, Brandon	2) Petzoldt, Grayson			
3) Donaldson, Cole	4) Whitman, Leo			
10 St. Ceciliias 'A'	2:07.04	2:07.37	3	

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**....Boys 4x200 Meter Relay**

1) Lyons, Sam	2) Towey, Declan		
3) Say Ro, Shae	4) Thompson, Jasaun		
11 St Albert 'A'	1:10.00	x2:10.53	3
1) Rosloniec, Michael	2) Shadden, Kason		
3) Estell, Brody	4) Cady, Walter		
12 St. Margaret Mary 'A'	2:20.00	2:10.98	1
1) Melkus, Jacob	2) Eckert, Brendan		
3) Ebers, Henry	4) Gorringer, Sam		
13 St. Vincent de Paul 'C'	2:10.00	x2:12.53	3
1) Gregory, Gabriel	2) Caniglia, Rosario		
3) Maynes IV, Domingo	4) Eikmeier, Landon		
14 Holy Cross Catholic 'B'	2:18.00	x2:15.16	2
1) Cannon, Jacorey	2) Shelton, Kei'Chaun		
3) Collins, Cedrick	4) Flores, Pio		
15 Holy Cross Catholic 'C'		x2:15.97	1
1) Willis, DJ	2) Whitaker, Geovanni		
3) Flynn, Jack	4) Rock, Grayson		
16 St. Vincent de Paul 'B'	2:10.00	x2:17.44	2
1) Eichele, Luke	2) Broders, Alex		
3) Becker, Drew	4) Glow, Evan		
17 St. James-Seton 'B'	2:10.19	x2:17.86	2
1) Avalos, Nico	2) Zimmer, Max		
3) Myles, Izeiah	4) Wandrey, Reid		
18 St. Patricks - Elkhorn 'C'	2:11.00	x2:19.41	2
1) Clausen, Tucker	2) Ridder, Wrigley		
3) Becker, Tyler	4) Krejci, Troy		
19 St. Vincent de Paul 'D'	2:18.00	x2:25.28	2
1) Harris, Charlie	2) Langenfeld, Conor		
3) Klein, William	4) Horgan, Will		
20 St. Cecilians 'B'	2:28.86	x2:31.86	1
1) Schaben, Danny	2) Koehn, Liam		
3) Grace, Miles	4) McLaughlin, Dominic		

**Boys 4x400 Meter Relay**

School	Seed	Finals	Points
1 St. Patricks - Elkhorn 'A'	4:40.00	4:35.71	10
1) Cook, Sean	2) Olson, Chris		
3) Schumacher, Mitch	4) Ostdiek, Connor		
2 St. Pius-St. Leo 'A'	4:30.48	4:40.76	8
1) Stricklett, Leveret	2) Smith, Thomas		
3) Patch, Ken	4) Borer, Ben		
3 St. James-Seton 'A'	4:37.72	4:42.51	6
1) Heimes, Evan	2) Pfeifer, Aiden		
3) Bledje, Sean	4) Thiel, Harrison		
4 St Albert 'A'	4:45.00	4:48.29	4
1) Buyske, Leo	2) Yrkoski, Cael		
3) Applegate, William	4) Thompson, Ben		
5 St. Cecilians 'A'	5:10.80	5:08.43	2
1) Towey, Liam	2) Borome, Charles		
3) O'Keefe, Finn	4) Kwapnioski, Joseph		
6 Holy Cross Catholic 'A'	5:00.00	5:10.92	1
1) Rock, Joseph	2) Lux, Jack		
3) Anzalone, Sal	4) Shelton, Kei'Chaun		



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**Results**

**....Boys 4x400 Meter Relay**

7 St. Margaret Mary 'A'	5:10.00	5:20.55
1) Gaffney, Patrick	2) Manning, Colin	
3) Carney, Samuel	4) Hoffman, Matthew	
8 St. James-Seton 'B'	5:57.29	x5:54.08
1) Davis, Jack	2) Zimmer, Max	
3) Preble, Camden	4) Nounadonde, Mahuton	

**Boys 1600 Sprint Medley**

School	Seed	Finals	H#	Points
1 St. Margaret Mary 'A'	4:40.00	4:27.78	2	10
1) Nigro, Luca	2) Ebers, Henry			
3) Lauer, Peter	4) Appenzeller, Will			
2 St Albert 'A'	4:49.00	4:29.55	2	8
1) Sherrill, Joel	2) Weilage, Mekai			
3) Buyske, Leo	4) Thompson, Ben			
3 St. Patricks - Elkhorn 'A'	4:54.07	4:38.61	2	6
1) Phillips, Colin	2) Sorensen, Ethan			
3) Jennings, Heaton	4) Cook, Sean			
4 St. Pius-St. Leo 'A'	4:26.89	4:39.74	2	4
1) Haynes, Noah	2) Chapeau, Bronson			
3) Chapeau, Roman	4) Townley, Zach			
5 St. Ceciliias 'A'	4:48.72	4:54.87	2	2
1) Wells, Wyatt	2) Harrer, Isaac			
3) Kwapnioski, Joseph	4) Haske, Michael			
6 Cornerstone Christian 'A'	5:09.00	5:02.88	2	1
1) Arnold, Camden	2) England, Jackson			
3) Dupre, Maddox	4) Carroll, Matthew			
7 St. Gerald's 'A'	5:40.00	5:38.92	1	
1) Petzoldt, Grayson	2) Manley, Daniel			
3) Budke, Andrew	4) Erspamer, Gideon			
8 Holy Cross Catholic 'A'	5:30.69	5:42.86	2	
1) Abraham, Dono	2) Flores, Pio			
3) Pahl, Harrison	4) Sani Ali, Mohammed			
9 St. James-Seton 'B'	6:09.84	5:50.52	1	
1) Avalos, Nico	2) Zimmer, Max			
3) Preble, Camden	4) Davis, Jack			
10 St. James-Seton 'A'	5:38.33	x5:58.21	1	
1) Myles, Izeiah	2) Nounadonde, Mahuton			
3) List, Tyler	4) Kirkpatrick, Declan			

**Boys High Jump**

Name	Year	School	Seed	Finals	H#	Points
1 Fricke, Preston		St. Gerald's	4-08.00	5-02.00	2	10
4-04 4-06 4-08 4-10 5-00 5-02 5-04						
O XO O XXO O XO XXX						
2 Donaldson, Cole		St. Gerald's	4-08.00	5-00.00	2	8
4-04 4-06 4-08 4-10 5-00 5-02						
O O O O O XXX						
3 Shelton, Kei'Chaun		Holy Cross Catholic	4-04.00	4-10.00	2	6
4-04 4-06 4-08 4-10 5-00						
O O XXO O XXX						

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**Results**

**....Boys High Jump**

4 Anzalone, Sal	Holy Cross Catholic	4-06.00	4-08.00	2	4
4-04 4-06 4-08 4-10					
O O O XXX					
5 Buyske, Leo	St Albert		J4-08.00	1	2
4-04 4-06 4-08 4-10					
O O XXO XXX					
6 Martin, Joey	St. Vincent de Paul		4-06.00	1	1
4-04 4-06 4-08					
O XO XXX					
7 Cook, Sean	St. Patricks	4-04.00	4-04.00	2	
4-04 4-06					
O XXX					
8 Santos, Drew	St. Vincent de Paul		J4-04.00	1	
4-04 4-06					
XO XXX					
9 Lickteig, Peter	St. Margaret Mary		J4-04.00	1	
4-04 4-06					
XXO XXX					
-- Eichele, Luke	St. Vincent de Paul		NH	1	
4-04					
XXX					
-- Simons, Alies	St. Patricks		NH	1	
4-04					
XXX					
-- Abraham, Dono	Holy Cross Catholic		NH	1	
4-04					
XXX					
-- Hoffmann, Beau	St. Patricks	4-04.00	NH	2	
4-04					
XXX					
-- Fisher, Brock	St. Patricks	4-02.00	NH	2	
4-04					
XXX					
-- Bledje, Sean	St. James-Seton	4-04.00	NH	2	
4-04					
XXX					
-- Lux, Jack	Holy Cross Catholic		NH	1	
4-04					
XXX					
-- Schwartz, Henry	St. Patricks		NH	1	
4-04					
XXX					
-- Gaffney, Patrick	St. Margaret Mary	4-02.00	NH	2	
4-04					
XXX					

**Boys Long Jump**

Name	Year	School	Seed	Finals	H#	Points
1 Wah, Sweety		St. Pius-St. Leo	15-08.75	16-09.00	3	10
FOUL	15-08.50	16-09				
2 Weilage, Mekai		St Albert	16-01.00	16-07.50	3	8
15-02.50	16-04.50	16-07.50				

## PAL Track Meet - 4/13/2024

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## Results

## ...Boys Long Jump

3	Watkins, Charlie	St. Patricks	16-00.00	16-02.50	3	6
	16-01 16-02.50 15-11					
4	Martin, Joey	St. Vincent de Paul		15-08.25	3	4
	14-04.50 15-08.25 14-05					
5	Santos, Drew	St. Vincent de Paul	15-00.00	15-02.50	3	2
	14-06.50 15-02.50 FOUL					
6	Lechner, Tyler	St. Gerald's	13-04.00	15-00.00	3	1
	14-05 14-06 15-00					
7	Heldmann, Lukas	St. Cecilians	15-02.25	14-11.00	3	
	14-06.75 14-01.50 14-11					
8	Phillips, Colin	St. Patricks	13-03.50	14-04.50	3	
	14-02 FOUL 14-04.50					
9	Heimes, Evan	St. James-Seton	13-09.50	13-09.00	3	
	12-10.50 12-10.75 13-09					
10	Yrkoski, Cael	St Albert		13-07.50	1	
	13-00.50 12-03 13-07.50					
11	Hauser, Jameson	St. Patricks	13-03.00	J13-07.50	3	
	12-08.75 12-09.25 13-07.50					
12	Simons, Alies	St. Patricks	13-00.00	13-02.75	3	
	12-04.50 13-02.75 12-00					
13	Towey, Declan	St. Cecilians	13-02.00	12-07.50	3	
	11-08 12-07.50 10-11.75					
14	Ratcliff, William	St Albert		12-06.50	1	
	FOUL 11-09.50 12-06.50					
15	Goliber, Cooper	St. Patricks	12-03.00	x12-06.00	3	
	12-06 11-06 12-00					
16	Avalos, Nico	St. James-Seton	12-10.00	12-05.75	3	
	12-05.75 10-07 10-07.50					
17	Jennings, Heaton	St. Patricks	12-10.50	x12-04.50	3	
	12-04.50 11-06.75 11-06.50					
18	Mitchell, Diondre	Holy Cross Catholic		J12-04.50	1	
	12-04.50 FOUL FOUL					
19	Eckert, Brendan	St. Margaret Mary	11-00.50	11-09.00	2	
	11-05 9-11 11-09					
20	Kirkpatrick, Declan	St. James-Seton	11-06.00	11-08.00	2	
	FOUL 11-08 FOUL					
21	Kinney, Jack	St. Patricks	11-00.00	x11-05.75	2	
	10-09 11-05.75 11-01					
22	Addy, George	St. Margaret Mary	11-10.00	11-05.50	2	
	10-11.25 11-01.25 11-05.50					
23	Haske, Michael	St. Cecilians	11-05.75	11-02.00	2	
	11-02 10-07.50 10-04.50					
24	Schwab, Hudson	St. Vincent de Paul		J11-02.00	1	
	10-05.75 10-06 11-02					
25	Flores, Pio	Holy Cross Catholic		11-01.00	1	
	10-07 11-01 8-01					
26	Hotz, Hayden	St Albert	11-03.00	J11-01.00	2	
	10-04 11-01 10-04.75					
27	Manley, Daniel	St. Gerald's	9-07.00	10-10.00	2	
	10-10 10-05.50 FOUL					
28	Kirlin, Gus	St Albert		x10-09.50	1	
	10-09.50 10-03 10-06.25					
29	Bosiljevac, Cian	St. Pius-St. Leo		10-09.00	2	
	10-04.75 9-01.50 10-09					

**PAL Track Meet - 4/13/2024**  
**Ralston High School**  
**Results**

**...Boys Long Jump**

30	Armbruster, Jake	St. Vincent de Paul	9-11.50	10-01.50	2
	8-05.50 8-04.25 10-01.50				
31	Pahl, Harrison	Holy Cross Catholic	9-04.00	10-00.00	2
	10-00 8-10 9-02				
32	Appenzeller, Will	St. Margaret Mary		9-10.00	1
	9-06.50 5-04.25 9-10				
33	Shea, Sy	St. Margaret Mary	11-00.00	9-07.00	2
	8-05.50 9-05.50 9-07				
34	Collins, Cedrick	Holy Cross Catholic		9-06.00	1
	9-06 9-03.25 8-11.75				
35	Borman, Cody	St. Pius-St. Leo	8-07.00	9-05.50	2
	9-05.50 7-01 6-07.50				
36	Gorringer, Sam	St. Margaret Mary	8-02.50	x8-06.50	2
	8-06.50 8-06 6-05.75				
37	Buonomo, Kolbe	St. Gerald's		8-03.00	1
	FOUL 8-03 8-01.50				
38	Slater, Rorik	St. Pius-St. Leo	7-02.00	7-00.00	2
	6-07.50 5-11 7-00				
39	Haskell, James	St. Margaret Mary		x5-00.50	1
	5-00.50 4-06.25 3-11				
--	Gammel, Nace	St. Patricks	12-00.00	FOUL	3
	FOUL FOUL FOUL				

**Boys Triple Jump**

Name	Year	School	Seed	Finals	H#	Points
1 Bockelman, Caleb		St. Patricks	37-00.00	35-04.00	2	10
	31-07.75 32-06.25 35-04					
2 Lechner, Tyler		St. Gerald's	28-00.00	32-09.75	2	8
	32-09.75 31-10.50 FOUL					
3 Mueller, Matt		St. Margaret Mary		31-06.25	1	6
	FOUL FOUL 31-06.25					
4 Soma, Evan		St. Patricks	27-09.25	29-07.75	2	4
	29-07.75 29-02.25 29-03.25					
5 Lickteig, Peter		St. Margaret Mary	26-04.00	28-11.75	2	2
	27-05.75 28-11.75 27-07.25					
6 Olson, Owen		St. Patricks	29-01.50	28-08.25	2	1
	28-08.25 28-04 28-07					
7 Goliber, Cooper		St. Patricks	27-03.50	27-08.75	2	
	27-08.75 26-09.50 27-05.50					
8 Addy, George		St. Margaret Mary		26-10.75	1	
	FOUL 26-10.75 26-06.50					
9 Jennings, Heaton		St. Patricks	26-08.25	x26-07.75	2	
	26-06 25-11.75 26-07.75					
10 Gammel, Nace		St. Patricks	23-07.25	x26-01.00	2	
	25-01.25 26-01 24-04.25					
11 Sherwood, Gus		St. Patricks	25-07.50	x25-10.50	2	
	25-07.25 FOUL 25-10.50					
12 Cannon, Jacorey		Holy Cross Catholic	25-01.00	24-11.00	2	
	24-11 FOUL 23-00.50					
13 Heimes, Aaron		St. James-Seton	20-06.00	23-05.75	2	
	23-05.75 19-08.75 21-05.25					
14 Manning, Colin		St. Margaret Mary	21-04.00	22-06.75	2	
	20-07.75 19-09.75 22-06.75					

**PAL Track Meet - 4/13/2024**

**Ralston High School**

**Results**

**....Boys Triple Jump**

15 List, Tyler	St. James-Seton	22-06.25	21-11.75	2
20-06.50 21-11.75 21-01.25				
16 Langenfeld, Conor	St. Vincent de Paul	21-08.00	20-05.25	2
FOUL 19-07 20-05.25				
17 Borman, Cody	St. Pius-St. Leo	20-04.25	19-07.00	1
19-07 18-07.75 18-00				

**Boys Shot Put**

Name	Year	School	Seed	Finals	H#	Points
1 Spencer, Colt		St Albert	33-09.00	38-03.00	3	10
35-04 37-06 38-03						
2 Kreifels, Johnathan		St. Patricks	36-01.00	34-06.00	3	8
33-04 33-03 34-06						
3 Beckman, Andrew		St Albert	30-00.00	33-03.00	3	6
31-05 33-03 30-01						
4 Deane, Liam		St. Margaret Mary	25-11.00	31-03.00	3	4
31-03 FOUL 26-06						
5 Sanderson, Brandon		St. Gerald's	26-07.00	31-02.00	3	2
29-05 31-02 30-09						
6 Sigmund, Trey		St. Gerald's	29-06.00	30-03.00	3	1
28-08 29-07 30-03						
7 Ridder, Wrigley		St. Patricks	26-11.00	28-09.00	3	
28-09 27-01 28-03						
8 Armstrong, C.J.		St. Gerald's		28-03.00	1	
26-01 28-03 27-04						
9 Lauer, Peter		St. Margaret Mary	30-09.00	27-00.00	3	
27-00 26-08 25-06						
10 Thiel, Harrison		St. James-Seton	26-06.00	26-01.00	3	
25-05 25-04 26-01						
11 Koory, Kolin		St. Gerald's	26-02.50	25-04.00	3	
25-01 25-04 24-08						
12 Philippe, Mason		St. Patricks	28-00.00	24-06.00	3	
24-05 22-04 24-06						
13 Petersen, Brody		St. Patricks	23-08.00	24-03.00	3	
21-09 23-01 24-03						
14 Sample, Jon		St. Pius-St. Leo	24-00.00	24-01.00	3	
23-03 23-05 24-01						
15 Mangus, Mason		St. James-Seton	21-06.00	J24-01.00	3	
24-01 22-08 22-06						
16 Shea, Jonah		St. Margaret Mary		23-11.00	1	
23-11 21-08 23-09						
17 Irwin, Keaton		St Albert	21-01.50	22-09.00	2	
22-08 19-08 22-09						
18 Podjenski, Nathan		Holy Cross Catholic	28-08.50	22-04.00	3	
18-01 18-02 22-04						
19 Mingarelli, Pasquale		Cornerstone		20-10.00	1	
19-11 20-10 20-00						
20 True, Danny		St. Gerald's	16-08.00	x20-02.00	2	
19-01 18-07 20-02						
21 Buyske, Macky		St Albert	17-10.50	19-11.00	2	
14-07 18-04 19-11						
22 Stoffel, Sam		St. James-Seton	17-00.00	19-04.00	2	
18-07 18-01 19-04						

**PAL Track Meet - 4/13/2024**  
**Ralston High School**  
**Results**

**....Boys Shot Put**

23	Bisson, Isaac	Cornerstone	17-08.00	19-00.00	2
	18-02 19-00 16-07				
24	Fehrman, Liam	St. Gerald's	17-09.50	x18-06.00	2
	17-02 16-05 18-06				
25	Brannen, Nolan	Holy Cross Catholic	18-11.00	18-03.00	2
	18-03 16-08 18-03				
26	Ewing, Isaac	Cornerstone	16-09.00	J18-03.00	2
	18-03 FOUL 16-00				
27	Schwartz, Henry	St. Patricks	18-11.50	x18-02.00	2
	18-02 17-01 17-06				
28	Meyer, Cole	St. Gerald's	17-08.00	x18-00.00	2
	17-00 FOUL 18-00				
29	Langenfeld, Conor	St. Vincent de Paul	18-05.00	J18-00.00	2
	15-09 13-06 18-00				
30	Mackintosh, Cole	St. Vincent de Paul		16-05.00	1
	15-07 16-05 15-02				
31	Schraut, Samuel	St. James-Seton	15-07.00	16-04.00	2
	15-04 16-04 15-05				
32	Langdon, John	St. Vincent de Paul	17-05.00	16-02.00	2
	14-07 16-02 13-08				
33	Ryan, Patrick	St Albert		xJ16-02.00	1
	12-05 13-08 16-02				
34	Horgan, Will	St. Vincent de Paul		15-08.00	1
	12-09 14-03 15-08				
35	Mazzella, Cruz	St Albert	16-05.00	x15-07.00	2
	15-07 15-03 15-03				
36	Gray, Connor	St. Patricks	16-07.00	x15-05.00	2
	15-05 14-04 15-01				
37	Becker, Tyler	St. Patricks	14-02.00	x14-01.00	1
	13-01 14-01 12-07				

**Boys Discus Throw**

=====						
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Kreifels, Johnathan	St. Patricks	92-02	96-09	3	10
	96-09 87-01 x					
2	Armstrong, C.J.	St. Gerald's	100-02	88-04	3	8
	88-04 88-02 x					
3	Lauer, Peter	St. Margaret Mary	82-04	83-04	3	6
	76-09 83-04 x					
4	Spencer, Colt	St Albert	69-00	83-01	3	4
	83-01 67-08 x					
5	Asselin, Christian	St. James-Seton	83-03	80-08	3	2
	80-08 80-08 x					
6	Philippe, Mason	St. Patricks	67-00	J80-08	3	1
	65-11 80-08 x					
7	Beckman, Andrew	St Albert	64-07	73-04	3	
	73-04 68-01 x					
8	Ridder, Wrigley	St. Patricks	74-04	71-07	3	
	68-08 71-07 x					
9	Petersen, Brody	St. Patricks	56-01	71-03	2	
	71-03 66-03 x					
10	Shea, Jonah	St. Margaret Mary		70-11	1	
	70-11 56-06 x					

## PAL Track Meet - 4/13/2024

## Ralston High School

## Results

## ...Boys Discus Throw

11 Ballard, Titus	Cornerstone	52-05	68-04	2
0.50 68-04 x				
12 Deane, Liam	St. Margaret Mary	66-01	67-01	3
65-11 67-01 x				
13 England, Jackson	Cornerstone	67-07	64-11	3
60-09 64-11 x				
14 Sorensen, Ethan	St. Patricks	69-00	x62-08	3
55-04 62-08 x				
15 Bisson, Isaac	Cornerstone	60-09	60-08	3
60-08 50-07 x				
16 Mingarelli, Pasquale	Cornerstone	51-05	60-05	2
50-02 60-05 x				
17 Sigmund, Trey	St. Gerald's	70-10	58-09	3
58-09 58-04 x				
18 Koory, Kolin	St. Gerald's	56-08	53-03	2
53-03 FOUL x				
19 Mangus, Mason	St. James-Seton	60-00	52-10	2
43-10 52-10 x				
20 Brannen, Nolan	Holy Cross Catholic	54-08	52-03	2
52-03 FOUL x				
21 Irwin, Keaton	St Albert	58-06	50-08	2
FOUL 50-08 x				
22 Davis, Jack	St. James-Seton	60-01	49-11	3
49-11 FOUL x				
22 Meyer, Cole	St. Gerald's	48-01	49-11	2
FOUL 49-11 x				
24 Carney, Samuel	St. Margaret Mary	54-03	49-06	2
46-11 49-06 x				
25 Fehrman, Liam	St. Gerald's	43-07	x48-05	1
47-01 48-05 x				
26 Stoffel, Sam	St. James-Seton	53-03	48-02	2
47-05 48-02 x				
27 Buyske, Macky	St Albert	46-04	46-07	2
46-07 FOUL x				
28 Dibelka, Mason	Holy Cross Catholic	50-05	43-05	2
43-05 42-04 x				
29 Mazzella, Cruz	St Albert	36-08	x43-02	1
43-02 42-01 x				
30 Schwartz, Henry	St. Patricks	52-10	x41-07	2
41-07 39-11 x				
31 True, Danny	St. Gerald's	43-11	x41-02	1
FOUL 41-02				
32 Sample, Jon	St. Pius-St. Leo	58-04	37-09	2
34-01 36-03 37-09				
33 Gray, Connor	St. Patricks	26-07	x37-05	1
31-06 37-05 x				
34 Becker, Tyler	St. Patricks	36-09	x36-08	1
33-02 36-08 36-00				
35 Ryan, Patrick	St Albert		x35-02	1
29-05 35-02 x				
36 Schraut, Samuel	St. James-Seton	42-08	x32-11	1
28-02 32-11 x				
37 Flynn, Jack	Holy Cross Catholic		24-11	1
24-11 FOUL x				

**PAL Track Meet - 4/13/2024**

**Ralston High School**

**Results**

**....Boys Discus Throw**

-- Nigro, Luca	St. Margaret Mary	FOUL	1
FOUL FOUL FOUL			

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Women - Team Rankings - 15 Events Scored

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1) St. Patricks - Elkhorn	121	2) St. Pius-St. Leo	92
3) Holy Cross Catholic	60	4) St Albert	47
5) St. Cecilians	43	6) St. Margaret Mary	32
7) Cornerstone Christian	25	8) St. Gerald's	23
9) St. Vincent de Paul	16	10) St. James-Seton	5

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Men - Team Rankings - 15 Events Scored

=====

1) St. Patricks - Elkhorn	135	2) St. Gerald's	76
3) St Albert	62	4) St. Pius-St. Leo	52
5) St. Margaret Mary	51	6) St. James-Seton	30
7) St. Cecilians	25	8) Holy Cross Catholic	17
9) St. Vincent de Paul	16	10) Cornerstone Christian	1