

Fargo North "High 5" Invitational

Fargo North/West Fargo/Shanley

Devils Lake/Wahpeton

4 x 800 Relay:

1.	Fargo North	9:49.04
	(Breitbach,J.Dirksen,Watson,Bean)	
2.	Devils Lake	9:49.08
	(Alfonso,Good,Morken,Mohr)	
3.	Wahpeton	10:22.35
4.	Shanley	10:41.58
	(Niles,Tupa,Floyd,Hingst)	

300 m Hurdles:

1.	Jay Gjestvang (WF)	43.60
2.	Alex Kaiser (W)	44.76
3.	Grant Mjelstad (FN)	44.98
4.	Caleb Krom (FN)	45.77
5.	Sunny Nyanfor (FN)	48.18
6.	Ian Cote (DL)	49.06
7.	Jeffrey Keller (WF)	51.44
8.	Dwane Eckes (DL)	53.11

100 m Dash:

1.	Ryan Smith (W)	10.84
2.	Brandon Gibson (WF)	11.02
3.	Alex Spacek (WF)	11.38
4.	Kendal Christianson (DL)	11.63
5.	Sunny Nyanfor (FN)	11.67
6.	Kole Jensen (DL)	11.68
7.	JD McDougall (FN)	11.80
8.	Shane Siverson (WF)	11.82

4 x 200 m Relay:

1.	West Fargo	1:34.06
	(Hillen,Solum,Kuehn,Gibson)	
2.	Shanley	1:40.47
	(Lee,Beauclair, Wolf,Karaz)	
3.	Devils Lake	1:44.08
	(Thompson,Jenson,Allard,Windjue)	

1600 m Run:

1.	Jamison Gehrig (WF)	4:38.80
2.	Trevor Hoglund (W)	5:00.10
3.	Emmanuel Salah (FN)	5:06.90
4.	Darin Baltezore (WF)	5:07.40
5.	Mack Travis (DL)	5:10.90
6.	Richard Tai (FN)	5:11.60
7.	Chris Savageau (SH)	5:13.70
8.	Tyler Pederson (SH)	5:24.30

4 x 100 m Relay:

1.	West Fargo	:46.03
	(Spacek,Solum,Gibson,Mugavero)	
2.	Fargo North	:46.10
	(P.Saintel,Draeger,Radebaugh,McDouga II)	
3.	Shanley	:48.25
	(Beauclair, Lee, Wolf, Karaz)	
4.	Devils Lake	:49.44
	(Christianson,Jenson,Crawford,Thomps on)	

400 m Dash:

1.	Francelet Charles (FN)	:51.51
2.	Billy Kuehn (WF)	:51.56
3.	Shane Hillen (WF)	:52.18
4.	Waha Sem (FN)	:53.19
5.	Shane Siverson (WF)	:54.37
6.	Landon Melchior (FN)	:56.16
7.	David Breitbach (FN)	:57.12
8.	David Beauclaire (SH)	:58.07

110 m Hurdles:

1.	Jay Gjestvang (WF)	:17.16
2.	Grant Mjelstad (FN)	:17.20
3.	Dwane Eckes (DL)	:20.50
4.	Jeffrey Keller (WF)	:21.38
5.	Nathan Jahnke (WF)	:22.52
6.	Chaz Holman (FN)	:24.64

800 m Run:

1.	John Mayer (FN)	2:02.50
2.	Spencer Uetz (WF)	2:03.19
3.	Jake Kroke (WF)	2:13.53
4.	Francis Landman (FN)	2:14.19
5.	Emmanuel Salah (FN)	2:14.53
6.	Trevor Hogle (W)	2:20.35
7.	Travis Mack (DL)	2:22.47
8.	Justin Dirksen (FN)	2:27.91

200 m Dash:

1.	Francelet Charles (FN)	:22.90
2.	Brandon Girbson (WF)	:22.98
3.	Alex Spacek (WF)	:23.44
4.	Sunny Nyanfor (FN)	:24.25
5.	Landon Melchior (FN)	:24.28
6.	Dustin Null (WF)	:24.43
7.	Peter Saintel (FN)	:24.50
8.	Dominic Mugavero (WF)	:24.51

3200 m Run:

1.	Josh Hanson (WF)	10:51.82
2.	Owen Alfonso (DL)	10:54.82
3.	Darin Baltezure (WF)	11:23.56
4.	Richard Tai (FN)	11:48.25
5.	Tyler Pederson (SH)	11:55.60
6.	Thomas Startz (SH)	12:21.58
7.	Jayden Hanson (W)	13:39.66

4 x 400 m Relay:

1.	West Fargo (Uetz,Solum,Null,Gehrig)	3:42.66
2.	Fargo North (Sem,Radebaugh,Breitbach,Landman)	3:45.54
3.	Devils Lake (Crawford,Alfonso,Cote,Good)	4:05.82
4.	Shanley (Glogoza,Kautzman,Buth,Donahue)	4:32.06

Triple Jump:

1.	Elliott Radebaugh (FN)	39-10.5
2.	Zack Pfau (FN)	36-03.5
3.	Eugene Lee (SH)	35-09.5
4.	Austin Nelson (DL)	35-00.0
5.	Kenny Olson (DL)	33-09.0
6.	Austin Althoff (WF)	33-03.0
7.	Alex Schuler (DL)	30-05.0

Long Jump:

1.	Nick Williams (WF)	20-05.0
2.	Kendal Christianson (DL)	19-05.0
3.	Zayne Medhaug (W)	18-07.0
4.	Austin Nelson (DL)	17-10.5
5.	Austin Althoff (WF)	17-08.5
6.	Aaron Schmit (W)	17-08.0
7.	Chris Bertsch (DL)	17-00.0
8.	Adam Richard (SH)	16-09.0

Pole Vault:

1.	Dave Karaz (SH)	12-06
2.	Levi Bachmeier (WF)	12-00
3.	Aiden Alfonso (DL)	11-06
4.	Britt Helton (DL)	11-06
5.	Connor Baker (DL)	11-00
6.	Andrew Krosbakken (FN)	10-06
7.	Branden Smith (WF)	10-00
8.	Brandon Myhre (DL)	9-00

Shot Put:

1.	Cody Mammenga (WF)	53-03
2.	Sam Trappen (W)	51-09
3.	Nathan Kavli (DL)	48-11
4.	Zac Akers (FN)	48-02
5.	Dillon Myrum (DL)	46-03
6.	Landin Rognlin (FN)	42-02
7.	Mason Herman (WF)	40-08
8.	Gentry Lee (WF)	40-00

High Jump:

1.	Cullen Ross (SH)	5-11
2.	Adam Salter (WF)	5-08
3.	Bryant Friskop (W)	5-08
4.	Chris Bertsch (DL)	5-08
5.	Dominic Mugavero (WF)	5-08
6.	Austin Althoff (WF)	5-06
7.	Tyler Kovarik (WF)	5-02
8.	Levi Boehm (WF)	5-02

TEAM SCORES:

West Fargo	221
Fargo North	198
Devils Lake	117
Wahpeton	67
Shanley	55

Javelin:

1.	Landin Rognlin (FN)	144-02
2.	Cody Mammenga (WF)	142-02
3.	Dillon Rylum (DL)	136-06
4.	Grant Fischer (FN)	136-05
5.	Connor Burgad (FN)	125-00
6.	Josh Wolf (SH)	124-08
7.	Zac Akers (FN)	124-07
8.	Bryant Friskop (W)	124-06

Discus:

1.	Justin Hamilton (FN)	135-10.5
2.	Sam Trappen (W)	128-08.5
3.	Landin Rognlin (FN)	127-01.0
4.	Zac Akers (FN)	120-03.0
5.	Nathan Kavli (DL)	116-01.5
6.	Kene Okigbo (WF)	114-05.0
7.	Connor Swiontek (DL)	112-04.5
8.	Ross Montgomery (WF)	108-04.5