

SF JV Invite

Everyone is dismissed from school at 2:30. Camp will be set up in our normal spot when we host home meets. The meet is seeded and you will need to check in and get a hip number before your race. For some of you, this will be your last meet. If your event coach tells you that this is your last meet, you will need to bring a change of clothes and turn all of your gear in to Coach Bonte at team camp. At 5:30, we will have an elementary 100m Dash. Make sure and go over and cheer those kids on. They are the future of our programs. #trusttheprocess

Field Event	Unlimited Entries
4:00 pm Girls High Jump	Denevan, Carpenter
4:00 pm Boys Discus	S. Kohls, Dahmen, Velarde, Przybillia, Hoeck, Rathsachack, Camp, Sanchez, Alpers, Ferguson, Hagi, Hanson, Dwyer
4:00 pm Girls Shot Put	Dicus, Denevan, Tuschen, Armstrong, Aberson, Dzwonek
4:00 pm Boys Long Jump	E. Reed, Mix, Stone, B. Bjomsen, M. Alic, A. Mahammed, A. Valland, Am. Muhammed, C. Amankwaa, N. Dixon, D. Joeseeph, Goehring, Halvosen, B. Miles, Feldkamp
4:00 pm Girls Triple Jump	Pancich, Fields, Immeker
4:00 pm Girls/Boys Pole Vault	Girls: Mueller, Tiyucz, Borys: Clark, Z. Link, Dorris
Girls Discus to follow Boys	Armstrong, Aberson, Dzwonek
Boys Shot Put to follow Girls	S. Kohls, Dahmen, Velarde, Przybillia, Hoeck, Rathsachack, Batt, Camp, Sanchez, Alpers, Ferguson, Hagi, Hanson
Girls Long Jump to follow Boys	A. Halvorsen, A. Peters, A. Carpenter, T. Raymond, S. Fields
Boys High Jump to follow Girls	Borchers, Gilo, Niyonshuti, P. Johnson, Ibrahim, Geohring, Potus, Jordan, Joseph, Paulson, Alpers
Boys Triple Jump to follow girls	Goehring, D. Joeseeph
Running Events	4:00 PM start - rolling time schedule - Unlimited individual - two relays per school
4 x 800 Relay Girls Heat/Boys Heat	Smith, Kovalenko, Edquist, Martinez Alt. Breidenbach C.Johnson, Brown, Goley, Illiev Alt. Kuenzi
Girls 100m Hurdles	A. Madison B. Madison, Samo, Y. Marquez, Bilal, Quiznos, Krause
Boys 110m Hurdles	Stone, Landsem, BlueHorse, E. Marquez, Arop, SmithMendez, Patel, MendezGarcia, Yol, Poppens
Girls 100m Dash	Fields, Gamrden, Gaston, Gaye, E. Johnson, Rick
Boys 100m Dash	Alic, Amidu, Bjornson, Chaudhari, Dixon, Hagi, P. Johnson, Joseph, C. Keiser, Kottman, Lohnes, Mahammad, S. Miller, Mix, Muhammad, Munce, Nave, Paulson, Prince, Reid, Skramstad, D. Stone, Trautmann, Valland, Wulff, Yol
Girls 4 x 200m Relay	Bilal, Drager, Schuring, Raymond
Boys 4 x 200m Relay	Goehring, Jordan, Kieso, Ramazani
Girls 1600m Run	Meissner, Paasch, Breidenbach, Kuhl,
Boys 1600m Run	S.Johnson, J. Keiser, J.Johnson, Woolridge,
Girls 4 x 100m Relay	Blogg, Drager, Rick, Schuring
Boys 4 x 100m Relay	Mix, Kieso, Amidu, Lohnes
Girls 400m Dash	Smith, Ellwein, Dooley, Thorstenson
Boys 400m Dash	Eckert, Gilo, Ibrahim, Knudson, Munce
Girls 300m Hurdles	A. Madison B. Madison, Samo, Y. Marquez, Bilal, Quiznos
Boys 300m Hurdles	Stone, Landsem, BlueHorse, E. Marquez, Arop, SmithMendez, Patel, MendezGarcia, Yol, Poppens
Girls Sprint Medley	No Entry
Boys Sprint Medley	No Entry
Girls 800m Run	Edquist, Kovalenko, Schaefer, Martinez, Meissner, Paasch, Kuhl,
Boys 800m Run	Goley, Keiser, S.Johnson, Kuenzi, Brown, Illiev
Girls 200m Dash	Blogg, Drager, Gamrden, Gaston, Gaye, E. Johnson, Rick
Boys 200m Dash	Amidu, Chaudhari, Dixon, Goehring, P. Johnson, Jordan, Joseph, C. Keiser, Kieso, Kottman, Mahammad, Marquez, MendezGarcia, Mix, Nave, Patel, Paulson, Prince, Reid, SmithMendez, D. Stone, Trautmann, Wulff
3200m Run Together	No Entry
Girls 4 x 400 Relay	Raymond, Smith, Thorstenson, Schuring
Boys 4 x 400 Relay	Ibrahim, C.Johnson, Ramazani, Eckert Knudson, Brown, Goley, Kuenzi