

# 2009 Lutheran Sports Association State T&F Championships Assignments

EZ T&F 1990-2006

Seeding by Kreppert Kompusport Software (630) 882-2364

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Lane	Seed	Bib#	Name • Team	Lane	Seed	Bib#	Name • Team	1012
<b>101: Girls 4x100 Relay Prelims - 1</b>				<b>Girls 400 Meter Dash Prelims - 2</b>				
1	1:00.8		Relay Team • Palatine (Immanuel)	1	1:10.5	326	Brandy Reinhardt • Red Bud (St. John)	
2	1:00.1		Relay Team • Roselle (Trinity)	2	1:09.0	114	Melissa Howell • Arlington Heights (St. Peter)	
3	59.1		Relay Team • Freeport (Immanuel)	3	1:07.0	302	Anna Kinell • Park Ridge (St. Andrew's)	
4	54.06		Relay Team • Yorkville (Cross)	4	1:04.0	340	Julie Buzzard • Rockford Lutheran	
5	58.86		Relay Team • Naperville (Bethany)	5	1:05.16	134	Katie Roustio • Belleville (Zion)	
6	59.95		Relay Team • Tinley Park (Trinity)	6	1:09.0	174	Sarah Slack • Champaign (St. John)	
7	1:00.7		Relay Team • Oak Lawn (St. Paul)	7	1:10.0	162	Kayla Cowan • Buckley (St. Joyn)	
8				8				
<b>Girls 4x100 Relay Prelims - 2</b>				<b>Girls 400 Meter Dash Prelims - 3</b>				
1	1:00.93		Relay Team • Morton (Bethel)	1	1:10.93	273	Eva Poznanski • Mount Prospect (St. Paul)	
2	1:00.23		Relay Team • Forest Park (St. John)	2	1:09.3	314	Roxanne Ibe • Peoria (Concordia)	
3	59.22		Relay Team • Belleville (Zion)	3	1:07.71	185	Brooke Blasingame • Collinsville (Good Shepherd)	
4	57.2		Relay Team • Rockford Lutheran	4	1:05.0	348	Grace Moss • Rockford Lutheran	
5	58.70		Relay Team • Peoria (Christ)	5	1:05.03	249	Katie Adams • Marengo (Zion)	
6	59.90		Relay Team • Centralia (Trinity)	6	1:07.95	283	Samantha Roth • Naperville (Bethany)	
7	1:00.61		Relay Team • Rockford (St. Paul)	7	1:09.7	299	Destiny Metyk • Palatine (Immanuel)	
8				8	1:10.94	294	Nicole Domel • Oak Lawn (St. Paul)	
<b>Girls 4x100 Relay Prelims - 3</b>				<b>103: Girls 100 Meter Dash Prelims - 1</b>				
1	1:01.0		Relay Team • La Grange (St. John's)	1	14.44	295	Marisa Gonzalez • Oak Lawn (St. Paul)	
2	1:00.25		Relay Team • Belvidere (Immanuel)	2	14.26	372	Mackenzie Doeding • Steeleville (St. Mark's)	
3	59.30		Relay Team • Collinsville (Good Shepherd)	3	13.94	216	Isimeme Edeko • Forest Park (St. John)	
4	58.19		Relay Team • Crystal Lake (Immanuel)	4	12.22	237	MaShayla Kirksey • La Grange (St. John's)	
5	58.52		Relay Team • Bloomington (Trinity)	5	13.91	181	HaSherria Strong • Chicago (St. Paul)	
6	59.84		Relay Team • Steeleville (St. Mark's)	6	14.25	257	Megan Reddersdorf • Marengo (Zion)	
7	1:00.6		Relay Team • Peoria (Concordia)	7	14.43	269	Rachael Meyer • Morton (Bethel)	
8	1:01.00		Relay Team • Wheaton (St. John)	8				
<b>Girls 4x100 Relay Prelims - 4</b>				<b>Girls 100 Meter Dash Prelims - 2</b>				
1	1:01.0		Relay Team • Staunton (Zion)	1	14.44	251	Taylor Carlson • Marengo (Zion)	
2	1:00.35		Relay Team • Lombard (St. John's)	2	14.27	393	Jessica Hetzel • Yorkville (Cross)	
3	59.41		Relay Team • Chicago (St. Paul)	3	13.97	226	Christine Slade • Geneva (Faith Christian)	
4	58.49		Relay Team • River Forest (Grace)	4	13.09	234	Nessa Enokian • La Grange (St. John's)	
5	58.51		Relay Team • Marengo (Zion)	5	13.9	381	Sarah Herold • Tinley Park (Trinity)	
6	59.53		Relay Team • Bethalto (Zion)	6	14.24	187	Katie Goetter • Collinsville (Good Shepherd)	
7	1:00.5		Relay Team • Arlington Heights (St. Peter)	7	14.42	103	Rachel Fredrick • Arlington Heights (St. Peter)	
8	1:01.0		Relay Team • Nashville (Trinity-St. John)	8				
<b>102: Girls 400 Meter Dash Prelims - 1</b>								
1	1:10.2	144	Andrea Whitehouse • Belvidere (Immanuel)					
2	1:09.0	375	Sara Potter • Steeleville (St. Mark's)					
3	1:07.0	175	Hannah Walker • Champaign (St. John)					
4	1:02.54	390	Mackenzie Bollinger • Yorkville (Cross)					
5	1:06.0	339	Kenzie Bakke • Rockford Lutheran					
6	1:08.0	305	Sarah Harms • Peoria (Christ)					
7	1:10.13	230	Hannah Rueter • Hoffman (Trinity)					
8								

# 2009 Lutheran Sports Association State T&F Championships

Lane	Seed	Bib#	Name • Team	Lane	Seed	Bib#	Name • Team
<b>Girls 100 Meter Dash Prelims - 3</b>				<b>Girls 100 Meter Dash Prelims - 8</b>			
1	14.44	193	Hyla Palermo • Collinsville (Holy Cross)	1	14.49	335	Ariana Martin • Rockford (St. Paul)
2	14.27	360	Anna Bednarko • Springfield (Our Savior's)	2	14.37	397	Kelsey Leedy • Yorkville (Cross)
3	14.0	308	Alexis Mathews • Peoria (Christ)	3	14.10	156	Imani Gilbert • Bloomington (Trinity)
4	13.2	227	Jessica Jump • Godfrey (Faith)	4	13.48	378	Ivy Peterson • Sterling (Christ)
5	13.89	402	Alexis Smith • Yorkville (Cross)	5	13.75	146	Jenna Gwaltney • Bethalto (Zion)
6	14.22	330	Noelani Ho • River Forest (Grace)	6	14.12	197	Jessy Helm • Crystal Lake (Immanuel)
7	14.41	182	Lydia White • Chicago (St. Paul)	7	14.4	342	Courtney Flanagan • Rockford Lutheran
8				8	14.5	303	Alyssa Matej • Park Ridge (St. Andrew's)
<b>Girls 100 Meter Dash Prelims - 4</b>				<b>Girls 100 Meter Dash Prelims - 9</b>			
1	14.45	215	McKensie Alexander • Forest Park (St. John)	1	14.5	320	Savannah Cowell • Red Bud (St. John)
2	14.28	328	Jaylah Brooks • River Forest (Grace)	2	14.36	208	Sierra Taylor • Decatur Lutheran
3	14.05	386	Hayley Deam • Wheaton (St. John)	3	14.10	145	Jennifer Guetersloh • Bethalto (Zion)
4	13.2	167	Stephanie Bahlmann • Burr Ridge (Trinity)	4	13.52	164	Andrea DeBella • Buckley (St. Joyn)
5	13.86	180	HaSheana Strong • Chicago (St. Paul)	5	13.67	365	Nicole Schwartz • Springfield (Our Savior's)
6	14.20	272	Allie Mueller • Mount Prospect (St. Paul)	6	14.11	394	Audrey Hoving • Yorkville (Cross)
7	14.4	173	Jayden Garth • Champaign (St. John)	7	14.39	263	Logan Kaufman • Milford (St. Paul)
8				8	14.5	336	Marissa Martin • Rockford (St. Paul)
<b>Girls 100 Meter Dash Prelims - 5</b>				<b>104: Girls 4x200 Relay Prelims - 1</b>			
1	14.45	196	Katie Green • Crystal Lake (Immanuel)	1			
2	14.3	241	Kathryn Arneaud • Lincoln (Zion)	2	2:06.88		Relay Team • Collinsville (Good Shepherd)
3	14.01	212	Kasi Hoeksema • Elmhurst (Immanuel)	3	2:05.53		Relay Team • Marengo (Zion)
4	13.24	388	Grace Pope • Wheaton (St. John)	4	1:57.33		Relay Team • Yorkville (Cross)
5	13.84	268	Hannah Goddard • Morton (Bethel)	5	2:04.2		Relay Team • Bloomington (Trinity)
6	14.2	210	Madison Henderson • Edwardsville (Trinity)	6	2:06.57		Relay Team • Hoffman (Trinity)
7	14.4	356	Haley Hasenstein • Roselle (Trinity)	7			
8				8			
<b>Girls 100 Meter Dash Prelims - 6</b>				<b>Girls 4x200 Relay Prelims - 2</b>			
1	14.47	219	Lakonka Collins • Freeport (Immanuel)	1			
2	14.34	203	Marissa Moyer • Decatur Lutheran	2	2:06.89		Relay Team • Morton (Bethel)
3	14.1	163	Jacey Crabb • Buckley (St. Joyn)	3	2:06.0		Relay Team • Buckley (St. Joyn)
4	13.36	399	Teresa Murray • Yorkville (Cross)	4	2:00.41		Relay Team • Chicago (St. Paul)
5	13.81	168	Caitlin Fuehne • Centralia (Trinity)	5	2:03.10		Relay Team • Peoria (Christ)
6	14.2	311	Kennedy Netters • Peoria (Christ)	6	2:06.18		Relay Team • Naperville (Bethany)
7	14.4	324	Brooke Moses • Red Bud (St. John)	7	2:09.91		Relay Team • Freeport (Immanuel)
8				8			
<b>Girls 100 Meter Dash Prelims - 7</b>				<b>Girls 4x200 Relay Prelims - 3</b>			
1	14.47	312	Gretchen Teske • Peoria (Christ)	1			
2	14.35	245	Taryn Bogda • Lombard (St. John's)	2	2:07.0		Relay Team • Champaign (St. John)
3	14.09	229	Brianne Paulsmeyer • Hoffman (Trinity)	3	2:06.0		Relay Team • Springfield (Our Savior's)
4	13.37	232	Alicia Barrientos • La Grange (St. John's)	4	2:00.97		Relay Team • Belleville (Zion)
5	13.77	165	Kandace Hofer • Buckley (St. Joyn)	5	2:01.13		Relay Team • Mount Prospect (St. Paul)
6	14.2	346	Phallen Lambert • Rockford Lutheran	6	2:06.0		Relay Team • Rockford Lutheran
7	14.4	109	Samantha Kay • Arlington Heights (St. Peter)	7	2:08.60		Relay Team • Belvidere (Immanuel)
8				8			

# 2009 Lutheran Sports Association State T&F Championships

Lane	Seed	Bib#	Name • Team	Lane	Seed	Bib#	Name • Team
<b>105: Girls 800 Meter Run Prelims - 1</b>				<b>106: Girls 200 Meter Dash Prelims - 1</b>			
4 (11)	2:49.79	258	Megan Semro • Marengo (Zion)	1	30.9	173	Jayden Garth • Champaign (St. John)
8 (12)	2:53.56	253	Lynsey Hoeske • Marengo (Zion)	2	30.22	200	Sophie Brown • Decatur Lutheran
12 (13)				3	29.45	265	Casey Brunton • Morton (Bethel)
3 (21)	2:44.0	309	Crishawna Nash • Peoria (Christ)	4	27.56	399	Teresa Murray • Yorkville (Cross)
7 (22)	2:52.14	230	Hannah Rueter • Hoffman (Trinity)	5	29.4	165	Kandace Hofer • Buckley (St. Joyn)
11 (23)				6	30.22	231	Shaelyn Tate • Hoffman (Trinity)
2 (31)	2:41.0	340	Julie Buzzard • Rockford Lutheran	7	30.87	195	Lauren Cropsey • Crystal Lake (Immanuel)
6 (32)	2:52.09	391	Skyler Bollinger • Yorkville (Cross)				
10 (33)							
1 (41)	2:26.81	249	Katie Adams • Marengo (Zion)	8			
5 (42)	2:50.52	137	Payton Seibel • Belleville (Zion)				
9 (43)	2:54.0	284	Meredyth Staunch • Naperville (Bethany)				
<b>Girls 800 Meter Run Prelims - 2</b>				<b>Girls 200 Meter Dash Prelims - 2</b>			
4 (11)	2:48.0	307	Sarah Livingston-Aupperle • Peoria (Christ)	1	30.9	357	Alyssa Konkol • Roselle (Trinity)
8 (12)	2:53.05	282	Nicole Roberts • Naperville (Bethany)	2	30.38	182	Lydia White • Chicago (St. Paul)
12 (13)				3	29.5	306	Erin Hayes • Peoria (Christ)
3 (21)	2:44.53	279	Brooke Gundersen • Naperville (Bethany)	4	28.2	227	Jessica Jump • Godfrey (Faith)
7 (22)	2:52.27	130	Kristin Goerger • Belleville (Zion)	5	29.36	268	Hannah Goddard • Morton (Bethel)
11 (23)				6	30.09	393	Jessica Hetzel • Yorkville (Cross)
2 (31)	2:40.37	259	Allie Sprague • Marengo (Zion)	7	30.83	264	Kaitlyn Redeker • Milford (St. Paul)
6 (32)	2:52.0	285	Lauren Van Horn • Naperville (Bethany)	8	31.00	215	McKensie Alexander • Forest Park (St. John)
10 (33)	2:55.00	178	Courtney Kiehm • Chicago (Pilgrim)				
1 (41)	2:37.5	256	Alexis Olson • Marengo (Zion)				
5 (42)	2:50.72	227	Jessica Jump • Godfrey (Faith)				
9 (43)	2:54.01	185	Brooke Blasingame • Collinsville (Good Shepherd)				
<b>Girls 800 Meter Run Prelims - 3</b>				<b>Girls 200 Meter Dash Prelims - 3</b>			
4 (11)	2:47.17	255	Catherine Meyn • Marengo (Zion)	1	30.92	280	Amy Jablonsky • Naperville (Bethany)
8 (12)	2:53.03	138	Sarah Striegel • Belleville (Zion)	2	30.43	333	Lauren Wilkes • River Forest (Grace)
12 (13)				3	29.53	276	Carissa Weis • Mount Prospect (St. Paul)
3 (21)	2:46.0	362	Jaelyn Heavisides • Springfield (Our Savior's)	4	28.45	216	Isimeme Edeko • Forest Park (St. John)
7 (22)	2:52.41	139	Rachel Walker • Belleville (Zion)	5	29.30	388	Grace Pope • Wheaton (St. John)
11 (23)				6	30.08	372	Mackenzie Doeding • Steeleville (St. Mark's)
2 (31)	2:40.0	310	Tashawna Nash • Peoria (Christ)	7	30.8	174	Sarah Slack • Champaign (St. John)
6 (32)	2:52.0	353	Jordan Stewart • Rockford Lutheran	8	31.00	271	Swackhamer Mary • Mount Prospect (St. Paul)
10 (33)	2:55.0	107	Rachel Henk • Arlington Heights (St. Peter)				
1 (41)	2:40.0	114	Melissa Whowell • Arlington Heights (St. Peter)				
5 (42)	2:51.60	261	Peyton Velasquez • Marengo (Zion)				
9 (43)	2:55.0	162	Kayla Cowan • Buckley (St. Joyn)				
				<b>Girls 200 Meter Dash Prelims - 4</b>			
				1	30.93	325	Jilliane Ostlund • Red Bud (St. John)
				2	30.45	262	Cassie Weck • Marengo (Zion)
				3	29.78	197	Jessy Helm • Crystal Lake (Immanuel)
				4	28.45	134	Katie Roustio • Belleville (Zion)
				5	29.28	180	HaSheana Strong • Chicago (St. Paul)
				6	30.05	129	Lindsey Frohbieter • Belleville (Zion)
				7	30.7	251	Taylor Carlson • Marengo (Zion)
				8	31.00	274	Patricia Ronczyk • Mount Prospect (St. Paul)

# 2009 Lutheran Sports Association State T&F Championships

Lane	Seed	Bib#	Name • Team	Lane	Seed	Bib#	Name • Team
<b>Girls 200 Meter Dash Prelims - 5</b>				<b>Girls 4x400m Relay Prelims - 2</b>			
1	30.96	367	Chaela Krueger • Springfield (Trinity)	1			
2	30.50	145	Jennifer Guetersloh • Bethalto (Zion)	2	5:05.82		Relay Team • Bethalto (Zion)
3	29.80	168	Caitlin Fuehne • Centralia (Trinity)	3	4:50.81		Relay Team • Belleville (Zion)
4	28.8	349	Bailey Peck • Rockford Lutheran	4	4:31.23		Relay Team • Yorkville (Cross)
5	29.12	272	Allie Mueller • Mount Prospect (St. Paul)	5	4:48.0		Relay Team • Rockford Lutheran
6	30.02	225	Kharis Louis • Geneva (Faith Christian)	6	5:00.5		Relay Team • Peoria (Christ)
7	30.63	212	Kasi Hoeksema • Elmhurst (Immanuel)	7	5:10.0		Relay Team • La Grange (St. John's)
8	31.0	332	Curissa Smith • River Forest (Grace)	8			
<b>Girls 200 Meter Dash Prelims - 6</b>				<b>108: Girls 100 Meter Hurdles Prelims - 1</b>			
1	31.0	336	Marissa Martin • Rockford (St. Paul)	1	20.46	277	Sarah Wille • Mount Prospect (St. Paul)
2	30.55	361	Jordan Cowles • Springfield (Our Savior's)	2	19.85	196	Katie Green • Crystal Lake (Immanuel)
3	29.81	237	MaShayla Kirksey • La Grange (St. John's)	3	19.05	108	Kristen Jackson • Arlington Heights (St. Peter)
4	28.84	395	Taylor Knauf • Yorkville (Cross)	4	16.23	390	Mackenzie Bollinger • Yorkville (Cross)
5	29.00	181	HaSherria Strong • Chicago (St. Paul)	5	19.02	177	Megan Swiderek • Chicago (Messiah)
6	30.02	230	Hannah Rueter • Hoffman (Trinity)	6	19.78	292	Olivia Anton • Norwood Park (St. Paul)
7	30.60	386	Hayley Deam • Wheaton (St. John)	7	20.4	359	McKenzie Wade • Springfield (Concordia)
8	31.0	316	Emily McCuiston • Peoria (Concordia)	8			
<b>Girls 200 Meter Dash Prelims - 7</b>				<b>Girls 100 Meter Hurdles Prelims - 2</b>			
1	31.0	346	Phallen Lambert • Rockford Lutheran	1	20.46	136	Kelsi Scaiefe • Belleville (Zion)
2	30.56	183	Imani Dawson • Chicago (St. Philip)	2	19.96	370	Kasey Harvey • Staunton (Zion)
3	29.92	394	Audrey Hoving • Yorkville (Cross)	3	19.25	194	Samantha Abbate • Crystal Lake (Immanuel)
4	29.0	164	Andrea DeBella • Buckley (St. Joyn)	4	17.03	148	Hannah Niemeier • Bethalto (Zion)
5	29.0	360	Anna Bednarko • Springfield (Our Savior's)	5	19.01	391	Skyler Bollinger • Yorkville (Cross)
6	30.0	345	Stephanie Jones • Rockford Lutheran	6	19.75	375	Sara Potter • Steeleville (St. Mark's)
7	30.6	257	Megan Reddersdorf • Marengo (Zion)	7	20.4	289	Megan Pick • Nashville (Trinity-St. John)
8	31.0	172	Mariah Drebes • Champaign (St. John)	8	20.50	318	Molly Burns • Prairietown (St. Peter's)
<b>107: Girls 4x400m Relay Prelims - 1</b>				<b>Girls 100 Meter Hurdles Prelims - 3</b>			
1				1	20.5	371	Sara Poletti • Staunton (Zion)
2	5:06.6		Relay Team • Bloomington (Trinity)	2	19.97	189	Brooke Mayhew • Collinsville (Good Shepherd)
3	4:52.0		Relay Team • Champaign (St. John)	3	19.3	357	Alyssa Konkel • Roselle (Trinity)
4	4:42.6		Relay Team • Marengo (Zion)	4	17.63	229	Brianne Paulsmeyer • Hoffman (Trinity)
5	4:45.0		Relay Team • Naperville (Bethany)	5	19.00	188	Claudia Hunsaker • Collinsville (Good Shepherd)
6	5:00.00		Relay Team • Red Bud (St. John)	6	19.68	378	Ivy Peterson • Sterling (Christ)
7	5:09.98		Relay Team • Aurora (St. Paul's)	7	20.31	193	Hyla Palermo • Collinsville (Holy Cross)
8				8	20.50	122	Sarah Baermann • Batavia (Immanuel)

# 2009 Lutheran Sports Association State T&F Championships

Lane	Seed	Bib#	Name • Team
<b>Girls 100 Meter Hurdles Prelims - 4</b>			
1	20.5	200	Sophie Brown • Decatur Lutheran
2	20.0	248	Sarah Schlaefke • Lombard (St. John's)
3	19.31	187	Katie Goetter • Collinsville (Good Shepherd)
4	17.78	168	Caitlin Fuehne • Centralia (Trinity)
5	19.0	106	Amy Harrison • Arlington Heights (St. Peter)
6	19.53	263	Logan Kaufman • Milford (St. Paul)
7	20.3	344	Abigail Harris • Rockford Lutheran
8	20.5	343	Jestacia Givens • Rockford Lutheran

<b>Girls 100 Meter Hurdles Prelims - 5</b>			
1	20.5	111	Kristi Orton • Arlington Heights (St. Peter)
2	20.03	401	Lindsey Schlichting • Yorkville (Cross)
3	19.35	131	Alexis Hardin • Belleville (Zion)
4	18.10	260	Holly Stout • Marengo (Zion)
5	18.85	206	Haley Salefski • Decatur Lutheran
6	19.5	169	Amanda Geiger • Centralia (Trinity)
7	20.22	261	Peyton Velasquez • Marengo (Zion)
8	20.5	137	Payton Seibel • Belleville (Zion)

<b>Girls 100 Meter Hurdles Prelims - 6</b>			
1	20.5	101	Katie Erdmann • Arlington Heights (St. Peter)
2	20.1	291	Kristen Anderson • Norwood Park (St. Paul)
3	19.38	247	Megan Fixel • Lombard (St. John's)
4	18.4	109	Samantha Kay • Arlington Heights (St. Peter)
5	18.84	330	Noelani Ho • River Forest (Grace)
6	19.46	376	Desirae Wilson • Steeleville (St. Mark's)
7	20.19	368	Marissa Feldmann • Staunton (Zion)
8	20.5	323	Maria Miller • Red Bud (St. John)

**109: Boys 110 Meter Hurdles Prelims - 1**

1	20.93	586	Donovan Resch • Decatur Lutheran
2	19.7	624	Craiton Nice • Marengo (Zion)
3	18.97	741	Alec Edwards • Yorkville (Cross)
4	17.53	555	Tyler Trenchard • Chicago (Messiah)
5	18.93	682	Grant Krueger • River Forest (Grace)
6	19.67	715	Tom Homeier • Staunton (Zion)
7	20.87	675	Riley Foster • Red Bud (St. John)
8			

Lane	Seed	Bib#	Name • Team
<b>Boys 110 Meter Hurdles Prelims - 2</b>			
1	20.93	633	Reese Ehling • Morton (Bethel)
2	19.72	719	Reid Wilson • Steeleville (St. Mark's)
3	19.03	630	Andrew Volkening • Marengo (Zion)
4	17.72	552	Devanchey Bell • Chicago (Holy Family)
5	18.79	526	Jonathan Babcock • Bethalto (Zion)
6	19.66	564	Ryan Brunton • Collinsville (Good Shepherd)
7	20.74	714	Dallas Foster • Staunton (Zion)
8			

<b>Boys 110 Meter Hurdles Prelims - 3</b>			
1	20.97	601	Luke Hooker • Elmhurst (Immanuel)
2	19.75	649	Bramwell Turner • Norwood Park (St. Paul)
3	19.1	505	Gavin Higgins • Arlington Heights (St. Peter)
4	17.92	652	Jeremy Weeke • Okawville (Immanuel)
5	18.63	518	Luke Mathews • Belleville (Zion)
6	19.64	610	Logan Zimmermann • Hoffman (Trinity)
7	20.5	504	Matt Haussmann • Arlington Heights (St. Peter)
8			

<b>Boys 110 Meter Hurdles Prelims - 4</b>			
1	20.97	613	Blake Kasten • Hoyleton (Trinity)
2	19.92	744	Logan Heck • Yorkville (Cross)
3	19.1	701	Austin Weil • Roselle (Trinity)
4	17.98	747	Cody Knudsen • Yorkville (Cross)
5	18.60	632	Elliott Adamson • Morton (Bethel)
6	19.6	598	Michael Christensen • Elmhurst (Immanuel)
7	20.44	716	Connor Wiles • Staunton (Zion)
8			

<b>Boys 110 Meter Hurdles Prelims - 5</b>			
1	21.0	664	Jeremy Jensen • Park Ridge (St. Andrew's)
2	20.00	609	Benjamin Pho • Geneva (Faith Christian)
3	19.17	578	Parker Tweeten • Crystal Lake (Immanuel)
4	18.0	628	Ricky Schulze • Marengo (Zion)
5	18.60	709	Jeff Baker • Springfield (Trinity)
6	19.58	545	Ryan Shipley • Centralia (Trinity)
7	20.37	579	Ross Anderson • Decatur Lutheran
8			

<b>Boys 110 Meter Hurdles Prelims - 6</b>			
1	19:09.0	737	Jonathan Soderlund • Wheaton (St. John)
2	20.00	572	John Ward • Collinsville (Good Shepherd)
3	19.2	699	Eric Dunn • Roselle (Trinity)
4	18.5	595	Noah Heupel • Edwardsville (Trinity)
5	18.5	501	Robert Dubinski • Arlington Heights (St. Peter)
6	19.3	582	Zach Gilbert • Decatur Lutheran
7	20.14	725	Andrew Sparapani • Sterling (Christ)
8			

# 2009 Lutheran Sports Association State T&F Championships

Lane	Seed	Bib#	Name • Team
<b>110: Boys 4x100 Relay Prelims - 1</b>			
1	56.67		Relay Team • Sterling (Christ)
2	54.92		Relay Team • Edwardsville (Trinity)
3	53.18		Relay Team • Champaign (St. John)
4	49.89		Relay Team • Yorkville (Cross)
5	52.96		Relay Team • Decatur Lutheran
6	54.84		Relay Team • Collinsville (Good Shepherd)
7	56.2		Relay Team • Rockford Lutheran
8			

<b>Boys 4x100 Relay Prelims - 2</b>			
1	57.2		Relay Team • Arlington Heights (St. Peter)
2	55.11		Relay Team • Marengo (Zion)
3	53.5		Relay Team • Bloomington (Trinity)
4	52.35		Relay Team • Peoria (Christ)
5	52.93		Relay Team • River Forest (Grace)
6	54.53		Relay Team • Tinley Park (Trinity)
7	55.87		Relay Team • Crystal Lake (Immanuel)
8			

<b>Boys 4x100 Relay Prelims - 3</b>			
1	57.43		Relay Team • Belleville (Zion)
2	55.46		Relay Team • Norwood Park (St. Paul)
3	53.6		Relay Team • Palatine (Immanuel)
4	52.45		Relay Team • Belvidere (Immanuel)
5	52.67		Relay Team • Elmhurst (Immanuel)
6	54.4		Relay Team • Roselle (Trinity)
7	55.5		Relay Team • Chicago (St. John)
8	58.0		Relay Team • Staunton (Zion)

<b>111: Boys 400 Meter Dash Prelims - 1</b>			
1	1:05.78	520	Bo Schmidt • Belleville (Zion)
2	1:03.96	564	Ryan Brunton • Collinsville (Good Shepherd)
3	1:02.0	697	Jaden Stigman • Rockford Lutheran
4	58.3	750	Ryan McQuade • Yorkville (Cross)
5	1:01.61	707	David Heppe • Springfield (Our Savior's)
6	1:03.8	655	Max Greiman • Palatine (Immanuel)
7	1:05.78	577	Colin O'Connor • Crystal Lake (Immanuel)
8			

<b>Boys 400 Meter Dash Prelims - 2</b>			
1	1:06.0	556	Caleb Guerrero • Chicago (St. John)
2	1:04.03	568	Kal Miller • Collinsville (Good Shepherd)
3	1:02.0	730	Alex Rohder • Tinley Park (Trinity)
4	58.8	541	Gage Swearingen • Bloomington (Trinity)
5	1:01.0	735	Nathan Hall • Wheaton (St. John)
6	1:03.63	598	Michael Christensen • Elmhurst (Immanuel)
7	1:05.72	642	Aaron Dierking • Naperville (Bethany)
8			

Lane	Seed	Bib#	Name • Team
<b>Boys 400 Meter Dash Prelims - 3</b>			
1	1:06.0	588	Skyler Taylor • Decatur Lutheran
2	1:04.07	510	Melvin Meeks III • Aurora (St. Paul's)
3	1:02.0	543	Ryan Junidi • Centralia (Trinity)
4	59.0	502	Paul Fredrick • Arlington Heights (St. Peter)
5	1:00.82	629	Brian Sebert • Marengo (Zion)
6	1:03.53	511	Peter West • Aurora (St. Paul's)
7	1:05.58	620	C.J. Brackmann • Marengo (Zion)
8			

<b>Boys 400 Meter Dash Prelims - 4</b>			
1	1:06.0	583	Gavin Kitson • Decatur Lutheran
2	1:04.1	674	Brandon Seyller • Peoria (Concordia)
3	1:02.25	561	Darron Gray • Chicago Heights (St. Pauls)
4	59.1	752	Roger Show • Yorkville (Cross)
5	1:00.54	521	Erik Westlund • Belleville (Zion)
6	1:03.43	710	Ian Erickson • Springfield (Tinity)
7	1:05.45	512	Steven Knappe • Batavia (Immanuel)
8			

<b>Boys 400 Meter Dash Prelims - 5</b>			
1	1:06.00	679	Michael Nebel • Red Bud (St. John)
2	1:04.3	533	Jorge Elmore • Bloomington (Trinity)
3	1:02.26	666	Corey Allen • Peoria (Christ)
4	59.12	513	Joel Swick • Batavia (Immanuel)
5	1:00.0	738	Joe Williamson-Link • Wheaton (St. John)
6	1:03.09	567	Micah Lance • Collinsville (Good Shepherd)
7	1:05.0	503	Jonathan Greer • Arlington Heights (St. Peter)
8			

<b>Boys 400 Meter Dash Prelims - 6</b>			
1			
2	1:04.82	717	Cole Diercks • Steeleville (St. Mark's)
3	1:02.67	751	Grant Riehle-Moeller • Yorkville (Cross)
4	59.27	705	Travis Brauer • Springfield (Our Savior's)
5	59.97	747	Cody Knudsen • Yorkville (Cross)
6	1:03.0	704	Hennig Joshua • Springfield (Concordia)
7	1:05.0	505	Gavin Higgins • Arlington Heights (St. Peter)
8			

# 2009 Lutheran Sports Association State T&F Championships

Lane Seed Bib# Name • Team

Lane Seed Bib# Name • Team

### 112: Boys 100 Meter Dash Prelims - 1

1	13.14	526	Jonathan Babcock • Bethalto (Zion)
2	12.9	632	Elliott Adamson • Morton (Bethel)
3	12.66	745	Dillon Howorth • Yorkville (Cross)
4	11.91	584	Kyle Merry • Decatur Lutheran
5	12.65	724	Blake Hudson • Sterling (Christ)
6	12.86	547	Dennis Freeman • Champaign (St. John)
7	13.12	646	Jeremy Cielak • Norwood Park (St. Paul)
8			

### Boys 100 Meter Dash Prelims - 2

1	13.17	574	Rob Blaul • Crystal Lake (Immanuel)
2	12.92	682	Grant Krueger • River Forest (Grace)
3	12.70	702	Fischer Tharp • Saint Peter (St. Peter)
4	12.15	525	Trevor Powell • Belvidere (Immanuel)
5	12.63	740	Chad Beebe • Yorkville (Cross)
6	12.85	543	Ryan Junidi • Centralia (Trinity)
7	13.1	692	Nicholas Grisby • Rockford Lutheran
8			

### Boys 100 Meter Dash Prelims - 3

1	13.2	680	Aaron Allen • River Forest (Grace)
2	12.94	736	Harrison Hernandez • Wheaton (St. John)
3	12.71	676	Alex Gunter • Red Bud (St. John)
4	12.19	614	Lucas Confaloneri • La Grange (St. John's)
5	12.62	652	Jeremy Weeke • Okawville (Immanuel)
6	12.81	610	Logan Zimmermann • Hoffman (Trinity)
7	13.05	551	Brian Potter • Champaign (St. John)
8			

### Boys 100 Meter Dash Prelims - 4

1	13.2	691	Michael Anderson • Rockford Lutheran
2	12.97	552	Devanchey Bell • Chicago (Holy Family)
3	12.75	561	Darron Gray • Chicago Heights (St. Pauls)
4	12.40	711	Dakota Follis • Springfield (Tinity)
5	12.53	746	Anton Jones • Yorkville (Cross)
6	12.8	665	Garret Graff • Pekin (Good Shepherd)
7	13.00	722	Indy Douglas • Sterling (Christ)
8			

### Boys 100 Meter Dash Prelims - 5

1	13.2	683	Ben Miller • River Forest (Grace)
2	12.97	563	John Bohnstadt • Collinsville (Good Shepherd)
3	12.75	576	Christopher Mitchell • Crystal Lake (Immanuel)
4	12.40	669	Jeremeye Johnson • Peoria (Christ)
5	12.48	690	Jetaviel Miller • Rockford (St. Paul)
6	12.8	589	Anthony Williams • Decatur Lutheran
7	13.0	606	Justin Rink • Elmhurst (Immanuel)
8	13.2	615	Daniel Ramirez • La Grange (St. John's)

### 113: Boys 4x200 Relay Prelims - 1

1			
2	1:59.76		Relay Team • Bethalto (Zion)
3	1:52.0		Relay Team • Elmhurst (Immanuel)
4	1:46.60		Relay Team • Yorkville (Cross)
5	1:51.96		Relay Team • Marengo (Zion)
6	1:58.64		Relay Team • Crystal Lake (Immanuel)
7	2:01.5		Relay Team • Red Bud (St. John)
8			

### Boys 4x200 Relay Prelims - 2

1			
2	1:59.98		Relay Team • Aurora (St. Paul's)
3	1:52.48		Relay Team • Collinsville (Good Shepherd)
4	1:49.73		Relay Team • Peoria (Christ)
5	1:50.9		Relay Team • Decatur Lutheran
6	1:58.6		Relay Team • Rockford Lutheran
7	2:01.2		Relay Team • Palatine (Immanuel)
8			

### Boys 4x200 Relay Prelims - 3

1			
2	2:00.0		Relay Team • Arlington Heights (St. Peter)
3	1:54.0		Relay Team • Springfield (Tinity)
4	1:50.2		Relay Team • Bloomington (Trinity)
5	1:50.24		Relay Team • Champaign (St. John)
6	1:57.06		Relay Team • Belleville (Zion)
7	2:00.13		Relay Team • Tinley Park (Trinity)
8			

# 2009 Lutheran Sports Association State T&F Championships

Lane	Seed	Bib#	Name • Team
<b>114: Boys 800 Meter Run Prelims - 1</b>			
4 (11)	2:27.1	538	Brendan Hoskins • Bloomington (Trinity)
8 (12)	2:34.0	697	Jaden Stigman • Rockford Lutheran
12 (13)			
3 (21)	2:23.13	739	Eric Baker • Yorkville (Cross)
7 (22)	2:31.6	660	David Norman • Palatine (Immanuel)
11 (23)	2:37.0	694	Adam Person • Rockford Lutheran
2 (31)	2:22.7	541	Gage Swearingen • Bloomington (Trinity)
6 (32)	2:31.24	550	Cameron Miller • Champaign (St. John)
10 (33)	2:35.84	527	Alex Myers • Bethalto (Zion)
1 (41)	2:19.62	638	Larry McLaughlin • Mount Prospect (St. Paul)
5 (42)	2:27.81	567	Micah Lance • Collinsville (Good Shepherd)
9 (43)	2:34.0	639	Kearns Ryan • Mount Prospect (St. Paul)

Lane	Seed	Bib#	Name • Team
<b>Boys 800 Meter Run Prelims - 2</b>			
4 (11)	2:26.19	521	Erik Westlund • Belleville (Zion)
8 (12)	2:33.1	672	James Lee • Peoria (Concordia)
12 (13)			
3 (21)	2:25.49	730	Alex Rohder • Tinley Park (Trinity)
7 (22)	2:31.89	516	Brennan Koester • Belleville (Zion)
11 (23)	2:37.0	700	Tyler Melby • Roselle (Trinity)
2 (31)	2:21.0	735	Nathan Hall • Wheaton (St. John)
6 (32)	2:30.0	703	Aaron Bain • Springfield (Concordia)
10 (33)	2:35.46	719	Reid Wilson • Steeleville (St. Mark's)
1 (41)	2:20.48	629	Brian Sebert • Marengo (Zion)
5 (42)	2:28.0	734	Joshua Doty • Wheaton (St. John)
9 (43)	2:34.16	668	Derek Heerman • Peoria (Christ)

Lane	Seed	Bib#	Name • Team
<b>115: Boys 200 Meter Dash Prelims - 1</b>			
1	27.84	576	Christopher Mitchell • Crystal Lake (Immanuel)
2	26.94	563	John Bohnstadt • Collinsville (Good Shepherd)
3	26.19	705	Travis Brauer • Springfield (Our Savior's)
4	25.00	584	Kyle Merry • Decatur Lutheran
5	26.13	724	Blake Hudson • Sterling (Christ)
6	26.88	547	Dennis Freeman • Champaign (St. John)
7	27.78	552	Devanchey Bell • Chicago (Holy Family)
8			

Lane	Seed	Bib#	Name • Team
<b>Boys 200 Meter Dash Prelims - 2</b>			
1	27.94	710	Ian Erickson • Springfield (Trinity)
2	26.96	707	David Heppe • Springfield (Our Savior's)
3	26.2	622	Jesse Henning • Marengo (Zion)
4	25.63	652	Jeremy Weeke • Okawville (Immanuel)
5	26.02	746	Anton Jones • Yorkville (Cross)
6	26.8	717	Cole Diercks • Steeleville (St. Mark's)
7	27.60	543	Ryan Junidi • Centralia (Trinity)
8			

Lane	Seed	Bib#	Name • Team
<b>Boys 200 Meter Dash Prelims - 3</b>			
1	27.98	593	Harry Garner • Edwardsville (Trinity)
2	27.01	667	Jamal Dabbs • Peoria (Christ)
3	26.21	599	Joshua Farrar • Elmhurst (Immanuel)
4	25.67	666	Corey Allen • Peoria (Christ)
5	26.0	502	Paul Fredrick • Arlington Heights (St. Peter)
6	26.76	626	Adam Rogutich • Marengo (Zion)
7	27.55	523	Tim Koehler • Belvidere (Immanuel)
8			

Lane	Seed	Bib#	Name • Team
<b>Boys 200 Meter Dash Prelims - 4</b>			
1	28.0	691	Michael Anderson • Rockford Lutheran
2	27.12	751	Grant Riehle-Moeller • Yorkville (Cross)
3	26.25	524	Matt Lenser • Belvidere (Immanuel)
4	25.79	513	Joel Swick • Batavia (Immanuel)
5	25.97	711	Dakota Follis • Springfield (Trinity)
6	26.63	745	Dillon Howorth • Yorkville (Cross)
7	27.43	551	Brian Potter • Champaign (St. John)
8			

Lane	Seed	Bib#	Name • Team
<b>Boys 200 Meter Dash Prelims - 5</b>			
1	28.0	631	Cylis West • Milford (St. Paul)
2	27.13	565	Ryan Fedder • Collinsville (Good Shepherd)
3	26.26	632	Elliott Adamson • Morton (Bethel)
4	25.8	669	Jeremeye Johnson • Peoria (Christ)
5	25.81	690	Jetaviel Miller • Rockford (St. Paul)
6	26.50	525	Trevor Powell • Belvidere (Immanuel)
7	27.4	610	Logan Zimmermann • Hoffman (Trinity)
8			

Lane	Seed	Bib#	Name • Team
<b>116: Boys 4x400m Relay Prelims - 1</b>			
1	4:45.1		Relay Team • Peoria (Concordia)
2	4:38.0		Relay Team • Marengo (Zion)
3	4:28.0		Relay Team • Elmhurst (Immanuel)
4	4:14.66		Relay Team • Steeleville (St. Mark's)
5	4:24.8		Relay Team • Bloomington (Trinity)
6	4:30.33		Relay Team • Belleville (Zion)
7	4:38.0		Relay Team • Decatur Lutheran
8	4:47.0		Relay Team • Tinley Park (Trinity)

Lane	Seed	Bib#	Name • Team
<b>Boys 4x400m Relay Prelims - 2</b>			
1	4:45.0		Relay Team • Chicago (St. John)
2	4:34.53		Relay Team • Red Bud (St. John)
3	4:25.06		Relay Team • Wheaton (St. John)
4	4:01.14		Relay Team • Yorkville (Cross)
5	4:25.0		Relay Team • Arlington Heights (St. Peter)
6	4:31.28		Relay Team • Collinsville (Good Shepherd)
7	4:41.44		Relay Team • Aurora (St. Paul's)
8			

# 2009 Lutheran Sports Association State T&F Championships

Lane	Seed	Bib#	Name • Team
<b>119: Girls 4x800m Relay Timed-Section Finals - 1</b>			
4	(11)	11:44.97	Relay Team • Belleville (Zion)
8	(12)	12:14.12	Relay Team • Collinsville (Good Shepherd)
12	(13)	12:59.04	Relay Team • Decatur Lutheran
16	(14)		
3	(21)	11:44.0	Relay Team • Springfield (Our Savior's)
7	(22)	12:02.23	Relay Team • Yorkville (Cross)
11	(23)	12:43.34	Relay Team • Batavia (Immanuel)
15	(24)		
2	(31)	11:21.0	Relay Team • Naperville (Bethany)
6	(32)	11:50.67	Relay Team • Peoria (Christ)
10	(33)	12:32.7	Relay Team • Bloomington (Trinity)
14	(34)		
1	(41)	10:29.07	Relay Team • Marengo (Zion)
5	(42)	11:50.0	Relay Team • Arlington Heights (St. Peter)
9	(43)	12:20.0	Relay Team • Champaign (St. John)
13	(44)		

Lane	Seed	Bib#	Name • Team
<b>122: Boys 4x800m Relay Timed-Section Finals - 1</b>			
4	(11)	10:47.55	Relay Team • Collinsville (Good Shepherd)
8	(12)		
12	(13)		
16	(14)		
3	(21)	10:40.0	Relay Team • Mount Prospect (St. Paul)
7	(22)	11:11.77	Relay Team • Bloomington (Trinity)
11	(23)		
15	(24)		
2	(31)	10:35.17	Relay Team • Belleville (Zion)
6	(32)	11:07.0	Relay Team • Marengo (Zion)
10	(33)		
14	(34)		
1	(41)	10:07.65	Relay Team • Yorkville (Cross)
5	(42)	11:01.1	Relay Team • Palatine (Immanuel)
9	(43)		
13	(44)		

Lane	Seed	Bib#	Name • Team
<b>125: Boys Long Jump - 1</b>			
1	15'10.25"	560	Niko Capello • Chicago (St. Philip)
2	16'00.00"	736	Harrison Hernandez • Wheaton (St. John)
3	16'00.00"	523	Tim Koehler • Belvidere (Immanuel)
4	16'01.00"	747	Cody Knudsen • Yorkville (Cross)
5	16'01.00"	606	Justin Rink • Elmhurst (Immanuel)
6	16'04.50"	707	David Heppe • Springfield (Our Savior's)
7	16'07.00"	711	Dakota Follis • Springfield (Trinity)
8	16'09.00"	705	Travis Brauer • Springfield (Our Savior's)
9	17'00.00"	740	Chad Beebe • Yorkville (Cross)
10	17'01.50"	639	Kearns Ryan • Mount Prospect (St. Paul)
11	17'04.75"	670	Blake Rayford • Peoria (Christ)

Lane	Seed	Bib#	Name • Team
<b>Boys Long Jump - 2</b>			
1	15'01.00"	742	Michael Giocolo • Yorkville (Cross)
2	15'02.00"	540	Cole Mikesell • Bloomington (Trinity)
3	15'02.00"	512	Steven Knappe • Batavia (Immanuel)
4	15'03.00"	507	Brandon Veenendaal • Arlington Heights (St. Peter)
5	15'03.50"	638	Larry McLaughlin • Mount Prospect (St. Paul)
6	15'05.00"	684	Adam Stahlke • River Forest (Grace)
7	15'06.00"	690	Jetaviel Miller • Rockford (St. Paul)
8	15'07.00"	506	Rob Kresnicka • Arlington Heights (St. Peter)
9	15'07.00"	687	Aaron Mehrings • Rochelle (St. Paul)
10	15'09.00"	702	Fischer Tharp • Saint Peter (St. Peter)

Lane	Seed	Bib#	Name • Team
<b>126: Boys Triple Jump - 1</b>			
1	29'00.00"	651	Jordan Moeller • Oak Lawn (St. Paul)
2	29'00.25"	585	Kevin Nutakor • Decatur Lutheran
3	29'01.00"	566	Henry Hunsaker • Collinsville (Good Shepherd)
4	29'03.50"	635	Rink Daniel • Mount Prospect (St. Paul)
5	29'04.00"	588	Skyler Taylor • Decatur Lutheran
6	29'05.00"	522	Luke Koehler • Belvidere (Immanuel)
7	29'06.00"	715	Tom Homeier • Staunton (Zion)
8	29'07.00"	663	Nate Turner • Palatine (Immanuel)
9	29'07.00"	607	Aaron Koehne • Forest Park (St. John)
10	29'11.50"	727	Brian Burgess • Tinley Park (Trinity)

Lane	Seed	Bib#	Name • Team
<b>Boys Triple Jump - 2</b>			
1	30'01.00"	515	Ben Harsin • Belleville (Zion)
2	30'01.00"	725	Andrew Sparapani • Sterling (Christ)
3	30'01.00"	730	Alex Rohder • Tinley Park (Trinity)
4	30'06.00"	704	Hennig Joshua • Springfield (Concordia)
5	30'07.50"	619	Ben Boyer • Marengo (Zion)
6	30'08.00"	526	Jonathan Babcock • Bethalto (Zion)
7	30'08.00"	571	Christian Vanhooser • Collinsville (Good Shepherd)
8	30'09.00"	527	Alex Myers • Bethalto (Zion)
9	31'00.00"	696	Brett Stewart • Rockford Lutheran
10	31'02.00"	593	Harry Garner • Edwardsville (Trinity)
11	31'02.00"	708	Matt Siebert • Springfield (Our Savior's)
12	31'06.00"	582	Zach Gilbert • Decatur Lutheran

# 2009 Lutheran Sports Association State T&F Championships

Lane	Seed	Bib#	Name • Team	Lane	Seed	Bib#	Name • Team
<b>Boys Triple Jump - 3</b>				<b>Boys Shot Put - 4</b>			
1	31'11.00"	523	Tim Koehler • Belvidere (Immanuel)	1	33'00.00"	720	Darin Winkelman • Steeleville (St. Mark's)
2	32'03.00"	518	Luke Mathews • Belleville (Zion)	2	33'01.00"	592	Austin Chappell • Edwardsville (Trinity)
3	32'08.00"	700	Tyler Melby • Roselle (Trinity)	3	33'01.00"	596	Zach Driscoll • Elgin (St. John's)
4	32'09.00"	568	Kal Miller • Collinsville (Good Shepherd)	4	33'03.00"	612	Devin Holle • Hoyleton (Trinity)
5	33'08.00"	599	Joshua Farrar • Elmhurst (Immanuel)	5	33'04.00"	529	Bryce Stabenow • Bethalto (Zion)
6	33'08.00"	674	Brandon Seyller • Peoria (Concordia)	6	33'04.25"	617	Drew Keller • Lombard (St. John's)
7	33'10.00"	622	Jesse Henning • Marengo (Zion)	7	33'05.00"	681	John Fuqua • River Forest (Grace)
8	34'03.75"	639	Kearns Ryan • Mount Prospect (St. Paul)	8	33'08.00"	590	Ethan Borchers • Edwardsville (Trinity)
9	35'03.00"	752	Roger Show • Yorkville (Cross)	9	33'08.00"	708	Matt Siebert • Springfield (Our Savior's)
10	35'05.00"	740	Chad Beebe • Yorkville (Cross)	<hr/>			
11	35'09.50"	626	Adam Rogutich • Marengo (Zion)	<b>128: Boys Discus - 1</b>			
12	36'01.00"	749	Haydn McNelis • Yorkville (Cross)	1	086'00"	726	Luke Baumgartner • Tinley Park (Trinity)
<hr/>				2	086'00"	732	Cody Starostka • Tinley Park (Trinity)
<b>127: Boys Shot Put - 1</b>				3	086'00"	590	Ethan Borchers • Edwardsville (Trinity)
1	37'00.00"	736	Harrison Hernandez • Wheaton (St. John)	4	086'06"	728	Robert Burgess • Tinley Park (Trinity)
2	37'01.00"	640	Frank Walter • Mount Prospect (St. Paul)	5	086'08"	596	Zach Driscoll • Elgin (St. John's)
3	37'08.00"	524	Matt Lenser • Belvidere (Immanuel)	6	087'04"	586	Donovan Resch • Decatur Lutheran
4	38'03.50"	643	Adam Zimmerman • Naperville (Bethany)	7	087'06"	616	Mike Stec • La Grange (St. John's)
5	38'06.00"	513	Joel Swick • Batavia (Immanuel)	8	088'01"	721	Clarence Carr III • Sterling (Christ)
6	38'09.00"	702	Fischer Tharp • Saint Peter (St. Peter)	9	088'03"	743	Josiah Hahn • Yorkville (Cross)
7	38'10.00"	579	Ross Anderson • Decatur Lutheran	10	088'04"	689	Jacob Aldrich • Rockford (St. Paul)
8	40'07.50"	581	Fred Gasper • Decatur Lutheran	<b>Boys Discus - 2</b>			
9	43'00.00"	676	Alex Gunter • Red Bud (St. John)	1	088'09"	634	Peter Litwiller • Morton (Bethel)
<b>Boys Shot Put - 2</b>				2	089'00"	718	Justin Meyerhoff • Steeleville (St. Mark's)
1	35'04.00"	678	Jacob Moll • Red Bud (St. John)	3	089'01"	614	Lucas Confaloneri • La Grange (St. John's)
2	35'05.00"	608	Steve Benson • Geneva (Faith Christian)	4	089'04"	536	Chris Fryer • Bloomington (Trinity)
3	35'06.00"	544	Dakota Kracht • Centralia (Trinity)	5	090'11"	708	Matt Siebert • Springfield (Our Savior's)
4	36'00.00"	594	Willie Garner • Edwardsville (Trinity)	6	091'00"	592	Austin Chappell • Edwardsville (Trinity)
5	36'01.75"	644	Joey Zuardo • Naperville (Bethany)	7	091'01"	628	Ricky Schulze • Marengo (Zion)
6	36'04.00"	553	Tavarus Petty • Chicago (Holy Family)	8	091'02"	602	Eli Jenkins • Elmhurst (Immanuel)
7	36'08.00"	525	Trevor Powell • Belvidere (Immanuel)	9	092'08"	648	Brandon McCallister • Norwood Park (St. Paul)
8	36'10.00"	557	Chris Hudie • Chicago (St. John)	10	093'00"	544	Dakota Kracht • Centralia (Trinity)
9	36'10.00"	641	Kevin Buck • Naperville (Bethany)	11	094'11"	530	Alex Ashley • Bloomington (Trinity)
<b>Boys Shot Put - 3</b>							
1	33'08.50"	726	Luke Baumgartner • Tinley Park (Trinity)				
2	33'09.00"	530	Alex Ashley • Bloomington (Trinity)				
3	33'09.50"	517	Ryan Lotz • Belleville (Zion)				
4	34'00.00"	597	Robert (RJ) Humes Jr • Elgin (St. John's)				
5	34'00.00"	712	Ian Mckinney • Springfield (Tinity)				
6	34'03.00"	748	Josh Kok • Yorkville (Cross)				
7	34'07.50"	673	Micah Rauch • Peoria (Concordia)				
8	34'08.00"	554	Nicholas Shores • Chicago (Messiah)				
9	35'03.00"	721	Clarence Carr III • Sterling (Christ)				

# 2009 Lutheran Sports Association State T&F Championships

Lane	Seed	Bib#	Name • Team	Lane	Seed	Bib#	Name • Team
<b>Boys Discus - 3</b>				<b>130: Girls Long Jump - 1</b>			
1	092'11"	688	Mitchell Meyers • Rochelle (St. Paul)	1	13'09.00"	381	Sarah Herold • Tinley Park (Trinity)
2	094'03"	603	Zachary Lembersky • Elmhurst (Immanuel)	2	13'09.00"	246	Kelly Eberle • Lombard (St. John's)
3	094'04"	650	Justin Ceh • Oak Lawn (St. Paul)	3	13'09.00"	132	Chelsea Hill • Belleville (Zion)
4	097'00"	641	Kevin Buck • Naperville (Bethany)	4	13'10.00"	349	Bailey Peck • Rockford Lutheran
5	097'04"	575	J.T. Covington • Crystal Lake (Immanuel)	5	14'01.25"	276	Carissa Weis • Mount Prospect (St. Paul)
6	097'06"	748	Josh Kok • Yorkville (Cross)	6	14'02.00"	165	Kandace Hofer • Buckley (St. Joyn)
7	099'04"	581	Fred Gasper • Decatur Lutheran	7	14'04.00"	395	Taylor Knauf • Yorkville (Cross)
8	099'08"	570	Harry Uyehara • Collinsville (Good Shepherd)	8	14'06.00"	226	Christine Slade • Geneva (Faith Christian)
9	101'00"	686	Graceon Hahn • Rochelle (St. Paul)	9	16'03.25"	402	Alexis Smith • Yorkville (Cross)
10	101'04"	532	Derek Durdle • Bloomington (Trinity)	<b>Girls Long Jump - 2</b>			
11	105'07"	720	Darin Winkelman • Steeleville (St. Mark's)	1	13'05.25"	324	Brooke Moses • Red Bud (St. John)
<b>Boys Discus - 4</b>				2	13'06.00"	387	Haley Hannenberg • Wheaton (St. John)
1	102'00"	611	Austin Grote • Hoyleton (Trinity)	3	13'06.00"	338	Bianca Alonzo • Rockford Lutheran
2	102'03"	597	Robert (RJ) Humes Jr • Elgin (St. John's)	4	13'06.00"	142	Cortney Kugath • Belvidere (Immanuel)
3	104'04"	519	Parker Roustio • Belleville (Zion)	5	13'07.00"	105	Courtney Gnan • Arlington Heights (St. Peter)
4	105'02"	640	Frank Walter • Mount Prospect (St. Paul)	6	13'07.75"	401	Lindsey Schlichting • Yorkville (Cross)
5	106'00"	738	Joe Williamson-Link • Wheaton (St. John)	7	13'08.00"	140	Brittany Baird • Belvidere (Immanuel)
6	111'05"	644	Joey Zuardo • Naperville (Bethany)	8	13'08.00"	169	Amanda Geiger • Centralia (Trinity)
7	111'09"	643	Adam Zimmerman • Naperville (Bethany)	<b>Girls Long Jump - 3</b>			
8	119'03"	712	Ian Mckinney • Springfield (Tinity)	1	13'00.00"	225	Kharis Louis • Geneva (Faith Christian)
9	119'06"	750	Ryan McQuade • Yorkville (Cross)	2	13'00.00"	109	Samantha Kay • Arlington Heights (St. Peter)
10	126'08"	517	Ryan Lotz • Belleville (Zion)	3	13'01.00"	193	Hyla Palermo • Collinsville (Holy Cross)
<b>129: Boys High Jump - 1</b>				4	13'01.00"	388	Grace Pope • Wheaton (St. John)
1	5'00"	561	Darron Gray • Chicago Heights (St. Pauls)	5	13'01.00"	327	Christina Braxton • River Forest (Grace)
2	5'00"	600	Jake Hooker • Elmhurst (Immanuel)	6	13'02.00"	209	Alex Zeller • Dundee (Immanuel)
3	5'00"	678	Jacob Moll • Red Bud (St. John)	7	13'02.00"	143	Kaitlyn Stradtman • Belvidere (Immanuel)
4	5'00"	514	Mason Going • Belleville (Zion)	8	13'04.00"	146	Jenna Gwaltney • Bethalto (Zion)
5	5'00"	680	Aaron Allen • River Forest (Grace)	9	13'04.00"	171	Rachael Lape • Centralia (Trinity)
6	5'00"	542	Zachary Schumacher • Burr Ridge (Trinity)	10	13'04.00"	170	Allison Haake • Centralia (Trinity)
7	5'00"	709	Jeff Baker • Springfield (Tinity)	11	13'04.00"	365	Nicole Schwartz • Springfield (Our Savior's)
8	5'02"	692	Nicholas Grisby • Rockford Lutheran	<b>131: Girls Triple Jump - 1</b>			
9	5'02"	750	Ryan McQuade • Yorkville (Cross)	1	25'00.50"	275	Maggie Smedberg • Mount Prospect (St. Paul)
10	5'02"	524	Matt Lenser • Belvidere (Immanuel)	2	25'07.00"	351	Samantha Runblade • Rockford Lutheran
11	5'03"	703	Aaron Bain • Springfield (Concordia)	3	25'10.00"	140	Brittany Baird • Belvidere (Immanuel)
12	5'03"	738	Joe Williamson-Link • Wheaton (St. John)	4	25'10.00"	123	Leah Hoffmann • Batavia (Immanuel)
13	5'04"	535	Cody Fox • Bloomington (Trinity)	5	26'00.25"	152	Emma Blickensderfer • Bloomington (Trinity)
14	5'05"	670	Blake Rayford • Peoria (Christ)	6	26'01.50"	262	Cassie Weck • Marengo (Zion)
15	5'05"	617	Drew Keller • Lombard (St. John's)	7	26'03.50"	197	Jessy Helm • Crystal Lake (Immanuel)
16	5'06"	658	Nicholas Mann • Palatine (Immanuel)	8	26'04.00"	362	Jaelyn Heavisides • Springfield (Our Savior's)

# 2009 Lutheran Sports Association State T&F Championships

Lane	Seed	Bib#	Name • Team	Lane	Seed	Bib#	Name • Team
<b>Girls Triple Jump - 2</b>				<b>Girls Shot Put - 3</b>			
1	26'05.00"	141	Abby Johns • Belvidere (Immanuel)	1	24'09.00"	278	Laura Dierking • Naperville (Bethany)
2	27'01.00"	378	Ivy Peterson • Sterling (Christ)	2	25'01.00"	379	Caitlyn Greenspan • Tinley Park (Trinity)
3	27'02.00"	124	Hannah Meyle • Batavia (Immanuel)	3	25'02.00"	341	Olivia Cain • Rockford Lutheran
4	27'04.00"	292	Olivia Anton • Norwood Park (St. Paul)	4	25'02.00"	207	Sydney Smith • Decatur Lutheran
5	27'07.00"	360	Anna Bednarko • Springfield (Our Savior's)	5	25'03.00"	321	Mackenzie Dilley • Red Bud (St. John)
6	28'01.00"	191	Kristen Ruffcorn • Collinsville (Good Shepherd)	6	25'04.50"	213	Stephanie Kolessar • Elmhurst (Immanuel)
7	28'07.25"	194	Samantha Abbate • Crystal Lake (Immanuel)	7	25'06.50"	239	Katherine Gentry • Lansing (St. John)
8	28'08.00"	209	Alex Zeller • Dundee (Immanuel)	8	25'07.00"	251	Taylor Carlson • Marengo (Zion)
9	29'00.00"	212	Kasi Hoeksema • Elmhurst (Immanuel)	<b>Girls Shot Put - 4</b>			
<b>Girls Triple Jump - 3</b>				1	24'00.00"	297	Tricia Pudowski • Oak Lawn (St. Paul)
1	28'05.00"	401	Lindsey Schlichting • Yorkville (Cross)	2	24'02.00"	126	Nicole Schewe • Batavia (Immanuel)
2	29'09.00"	252	Ashley Gruel • Marengo (Zion)	3	24'02.00"	374	Kearsten Opp • Steeleville (St. Mark's)
3	29'09.50"	131	Alexis Hardin • Belleville (Zion)	4	24'05.00"	118	Karnia Myrtill • Aurora (St. Paul's)
4	30'00.00"	367	Chaela Krueger • Springfield (Trinity)	5	24'05.00"	211	Libbi Thalmann • Edwardsville (Trinity)
5	30'05.00"	226	Christine Slade • Geneva (Faith Christian)	6	24'06.00"	325	Jilliane Ostlund • Red Bud (St. John)
6	31'03.00"	276	Carissa Weis • Mount Prospect (St. Paul)	7	24'06.00"	350	Johanna Ragland • Rockford Lutheran
7	32'00.00"	134	Katie Roustio • Belleville (Zion)	8	24'08.00"	361	Jordan Cowles • Springfield (Our Savior's)
8	33'04.00"	390	Mackenzie Bollinger • Yorkville (Cross)	9	24'08.00"	319	Karlie Schneck • Prairietown (St. Peter's)
9	33'04.00"	402	Alexis Smith • Yorkville (Cross)	<hr/>			
<b>132: Girls Shot Put - 1</b>				<b>133: Girls Discus - 1</b>			
1	27'03.00"	369	Taylor Gaudette • Staunton (Zion)	1	062'01"	204	Monica Niebrugge • Decatur Lutheran
2	27'03.75"	198	Christina Meinhardt • Crystal Lake (Immanuel)	2	062'03"	118	Karnia Myrtill • Aurora (St. Paul's)
3	28'04.00"	150	Heather Spa • Bethalto (Zion)	3	062'04"	347	Chrystal Mckiski • Rockford Lutheran
4	29'10.00"	210	Madison Henderson • Edwardsville (Trinity)	4	062'05"	380	Brittany Harmon • Tinley Park (Trinity)
5	29'10.50"	240	Brittney Smith • Lansing (St. John)	5	062'09"	244	Kaylee Arnold • Lombard (St. John's)
6	30'07.00"	290	Britney Thomas • Nashville (Trinity-St. John)	6	063'00"	321	Mackenzie Dilley • Red Bud (St. John)
7	30'07.00"	110	Morgan Keller • Arlington Heights (St. Peter)	7	063'04"	264	Kaitlyn Redeker • Milford (St. Paul)
8	30'10.00"	313	Asyia Williams • Peoria (Christ)	8	063'05"	322	Emily Harms • Red Bud (St. John)
9	31'09.00"	116	Adriana Garcia • Aurora (St. Paul's)	9	063'07"	392	Jamie Gebauer • Yorkville (Cross)
<b>Girls Shot Put - 2</b>				<b>Girls Discus - 2</b>			
1	26'00.00"	396	Mackenzie Lee • Yorkville (Cross)	1	062'10"	313	Asyia Williams • Peoria (Christ)
2	26'00.00"	192	Melissa Urban • Collinsville (Good Shepherd)	2	064'05"	242	Anna Sielaff • Lincoln (Zion)
3	26'01.00"	190	Leigh Ruckman • Collinsville (Good Shepherd)	3	065'00"	112	Katelyn Sommers • Arlington Heights (St. Peter)
4	26'03.00"	162	Kayla Cowan • Buckley (St. Joyn)	4	065'00"	113	Amy Walter • Arlington Heights (St. Peter)
5	26'03.00"	117	Molly Jordan • Aurora (St. Paul's)	5	065'01"	293	Allyson Gore • Norwood Park (St. Paul)
6	26'04.00"	303	Alyssa Matej • Park Ridge (St. Andrew's)	6	065'02"	136	Kelsi Scaiefe • Belleville (Zion)
7	26'06.00"	296	Kaylee Martinez • Oak Lawn (St. Paul)	7	065'03"	377	Stormy Douglas • Sterling (Christ)
8	26'10.00"	382	Nicole Kulovitz • Tinley Park (Trinity)	8	065'05"	374	Kearsten Opp • Steeleville (St. Mark's)
				9	068'10"	379	Caitlyn Greenspan • Tinley Park (Trinity)

# 2009 Lutheran Sports Association State T&F Championships

Lane	Seed	Bib#	Name • Team	Lane	Seed	Bib#	Name • Team
<b>Girls Discus - 3</b>				<b>134: Girls High Jump - 1</b>			
1	065'08"	274	Patricia Ronczy • Mount Prospect (St. Paul)	1	4'04"	224	Sarah Wichmann • Freeport (Immanuel)
2	066'05"	243	Elizabeth Tripplett • Lincoln (Zion)	2	4'04"	359	McKenzie Wade • Springfield (Concordia)
3	068'02"	319	Karlie Schneck • Prairietown (St. Peter's)	3	4'04"	129	Lindsey Frohbieter • Belleville (Zion)
4	068'07"	139	Rachel Walker • Belleville (Zion)	4	4'04"	265	Casey Brunton • Morton (Bethel)
5	068'11"	214	Kelsey Steiner • Elmhurst (Immanuel)	5	4'04"	314	Roxanne Ibe • Peoria (Concordia)
6	069'05"	151	Natalie Blair • Bloomington (Trinity)	6	4'04"	236	Emma Haugen • La Grange (St. John's)
7	070'04"	190	Leigh Ruckman • Collinsville (Good Shepherd)	7	4'04"	157	Kristina Harvey • Bloomington (Trinity)
8	070'10"	233	Angela Brown • La Grange (St. John's)	8	4'04"	213	Stephanie Kolessar • Elmhurst (Immanuel)
9	072'03"	290	Britney Thomas • Nashville (Trinity-St. John)	9	4'04"	159	Charlea Schueler • Bloomington (Trinity)
10	073'00"	198	Christina Meinhardt • Crystal Lake (Immanuel)	10	4'04"	288	Caitlin Kirgan • Nashville (Trinity-St. John)
<b>Girls Discus - 4</b>				11	4'04"	101	Katie Erdmann • Arlington Heights (St. Peter)
1	073'11"	161	Meagan Todd • Bloomington (Trinity)	12	4'05"	205	Ellie Paz • Decatur Lutheran
2	076'08"	382	Nicole Kulovitz • Tinley Park (Trinity)	13	4'05"	271	Swackhamer Mary • Mount Prospect (St. Paul)
3	077'01"	294	Nicole Domel • Oak Lawn (St. Paul)	14	4'05"	270	Michelle Korf • Mount Prospect (St. Paul)
4	077'02"	210	Madison Henderson • Edwardsville (Trinity)	15	4'06"	268	Hannah Goddard • Morton (Bethel)
5	078'04"	375	Sara Potter • Steeleville (St. Mark's)	16	4'06"	241	Kathryn Arneaud • Lincoln (Zion)
6	080'01"	116	Adriana Garcia • Aurora (St. Paul's)	17	4'06"	358	Morgan Retzer • Schaumburg (St. Peter)
7	081'00"	192	Melissa Urban • Collinsville (Good Shepherd)	18	4'07"	273	Eva Poznanski • Mount Prospect (St. Paul)
8	081'07"	150	Heather Spa • Bethalto (Zion)	19	4'07"	247	Megan Fixel • Lombard (St. John's)
9	082'00"	278	Laura Dierking • Naperville (Bethany)	20	4'07"	260	Holly Stout • Marengo (Zion)
10	086'00"	110	Morgan Keller • Arlington Heights (St. Peter)	21	4'08"	148	Hannah Niemeier • Bethalto (Zion)
				22	4'08"	357	Alyssa Konkel • Roselle (Trinity)
				23	4'08"	279	Brooke Gundersen • Naperville (Bethany)
				24	4'08"	167	Stephanie Bahlmann • Burr Ridge (Trinity)
				25	4'11"	185	Brooke Blasingame • Collinsville (Good Shepherd)
				26	4'11"	326	Brandy Reinhardt • Red Bud (St. John)

# 2009 Lutheran Sports Association State T&F Championships

Lane	Seed	Bib#	Name • Team
<b>207: Boys 1600 Meter Run Timed-Section Finals - 1</b>			
4 (11)	5:19.3	538	Brendan Hoskins • Bloomington (Trinity)
8 (12)	5:35.0	706	Joey Cowles • Springfield (Our Savior's)
12 (13)	5:44.16	613	Blake Kasten • Hoyleton (Trinity)
16 (14)	5:49.2	700	Tyler Melby • Roselle (Trinity)
20 (15)			
3 (21)	5:13.09	739	Eric Baker • Yorkville (Cross)
7 (22)	5:30.86	516	Brennan Koester • Belleville (Zion)
11 (23)	5:39.10	558	Tyler Kesner • Chicago (St. John)
15 (24)	5:47.7	660	David Norman • Palatine (Immanuel)
19 (25)	5:50.0	653	Michael Bogaert • Palatine (Immanuel)
2 (31)	5:12.0	735	Nathan Hall • Wheaton (St. John)
6 (32)	5:30.0	703	Aaron Bain • Springfield (Concordia)
10 (33)	5:37.0	534	Tom Evelsizer • Bloomington (Trinity)
14 (34)	5:45.0	753	Trevor Wills • Yorkville (Cross)
18 (35)	5:49.65	718	Justin Meyerhoff • Steeleville (St. Mark's)
1 (41)	5:12.0	734	Joshua Doty • Wheaton (St. John)
5 (42)	5:22.16	719	Reid Wilson • Steeleville (St. Mark's)
9 (43)	5:36.0	737	Jonathan Soderlund • Wheaton (St. John)
13 (44)	5:44.36	527	Alex Myers • Bethalto (Zion)
17 (45)	5:49.4	548	Nathaniel Hinds • Champaign (St. John)

Lane	Seed	Bib#	Name • Team
<b>208: Girls 1600 Meter Run Timed-Section Finals - 1</b>			
4 (11)	6:35.0	284	Meredyth Stauch • Naperville (Bethany)
8 (12)	6:37.91	254	Rayne Hoey • Marengo (Zion)
12 (13)			
3 (21)	6:31.66	186	Leah Cuddeback • Collinsville (Good Shepherd)
7 (22)	6:37.0	398	Olivia Ming • Yorkville (Cross)
11 (23)	6:40.0	153	Tess Campbell • Bloomington (Trinity)
2 (31)	6:28.9	158	Gracyn Paul • Bloomington (Trinity)
6 (32)	6:37.0	261	Peyton Velasquez • Marengo (Zion)
10 (33)	6:38.39	149	Karly Schley • Bethalto (Zion)
1 (41)	6:26.0	176	Kate Young • Champaign (St. John)
5 (42)	6:36.84	331	Kendra Murphy • River Forest (Grace)
9 (43)	6:37.99	130	Kristin Goerger • Belleville (Zion)

Lane	Seed	Bib#	Name • Team
<b>Girls 1600 Meter Run Timed-Section Finals - 2</b>			
4 (11)	5:54.0	340	Julie Buzzard • Rockford Lutheran
8 (12)	6:10.0	107	Rachel Henk • Arlington Heights (St. Peter)
12 (13)	6:22.4	373	Alana Grimm • Steeleville (St. Mark's)
3 (21)	5:48.22	259	Allie Sprague • Marengo (Zion)
7 (22)	6:10.0	362	Jaelyn Heavisides • Springfield (Our Savior's)
11 (23)	6:19.72	285	Lauren Van Horn • Naperville (Bethany)
2 (31)	5:42.0	256	Alexis Olson • Marengo (Zion)
6 (32)	6:05.84	137	Payton Seibel • Belleville (Zion)
10 (33)	6:13.44	258	Megan Semro • Marengo (Zion)
1 (41)	5:21.96	249	Katie Adams • Marengo (Zion)
5 (42)	5:55.0	255	Catherine Meyn • Marengo (Zion)
9 (43)	6:13.05	391	Skyler Bollinger • Yorkville (Cross)