



2010 Mn Valley Lutheran Track & Field

As Gathered by New Ulm Sports Central



Enrollment (9-12):
222
Year Founded:
1979
Admin. Region: **2A**

A collection of articles and photos gathered by New Ulm Sports Central to preserve the legacy of the area's sports history.

Material secured from websites of New Ulm Daily Journal and other newspapers, contributions of teams and schools, NUSC and others.
REPRODUCTION POLICY With exception of major errors (scores, winners, etc.) articles reprinted from media posts on the internet are not presented as posted.

Coach: Rollin Timm
Assistants:
Denni Jaspersen &
Heath Dobberpohl
Managers:

Minnesota Valley Lutheran Boy's & Girl's Track and Field Schedule and Results

	Opponents	Site	Boy's Score	Boy's Place	W or L	Accum Record	Page	Girl's Score	Girl's Place	W or L	Accum Record	Page
3/25/2010	Mankato East Indoor	<u>Minnesota State</u>	22	4th of 4			5					
		Boys-East 108, Marshall 48, Waseca 46 Girls-East 77, Marshall 58, Waseca						55	3 of 4		0-1	5
4/6/2010	Sleepy Eye Unified 2A	Sleepy Eye HS Postponed										
4/8/2010	Mankato Loyola Indoor	<u>Minnesota State</u>	74.5	1st of 4	W		7					
		Boy's-Cedar Mtn/Springfield 71, Mankato Loyola 42.5, SE United 41 Girls-Sleepy Eye United 80, Mankato Loyola 50 Cedar Mtn/Springfield 32.5						71.5	1st of 4	W		7
4/16/2010	Waseca 2A	Waseca	66	3rd of 5			9	76	2nd of 5			7
		Boys-Waseca 109, Albert Lea 106, NRHEG NR, WEM NR Girl's—Waseca 161.,5, Albert Lea 62 NRHEG 44.5, Welc-Elysian-Morristown 7										
4/20/2010	USC Invitational	United SC HS	44	4th of 4			10	59.7	4th of 4			11
		Boys -BE 110, USC 102, Was 86 Girl's Was 146, BE 119.5 NRHEG 74										
4/22/2010	Sleepy Eye Unified 2A	Sleepy Eye HS	85	3rd of 4			10	104	2nd of 4			11
		Boys-GFW 16, CM/C/S 98, SE 52 Girls-SE 157, CM/C/S 65, GFW 16										
4/27/2010	Maple River 2A	Maple River HS	58	5th of ?			16	85.3	3rd of ?			16
4/30/2010	Sibley East Vrkian Relays2A	Arlington Meet without team scores										
5/3/2010	NUHS Invitational	New Ulm HS	57	4th of 4			17	79	2 of 4			17
		Boy's—NUHS 72, CM/C/S 65, BEA 62 Girl's—BE 89, NUHS 45CM/C/S 37										
5/7/2010	Sibley East 2A	Arlington	0-0									
5/11/2010	Maple River 2A	Maple River HS	0-0									
5/14/2010	LeSueur-Henderson 2A	LS/Hend. HS	0-0									
5/17/2010	Sibley East Lions	Arlington	55	4th of 4			21	123	2nd of 4			21
		Boy's—Sibley East 149, LeSueur-Henderson 132 GFW 63.3, MVL 55 Girl's—LeSueur-Henderson 166, MVL 123 Sibley East 100, GFW 18										
5/20/2010	Tomahawk Conference	Sleepy Eye HS	78	3rd Of 5			22	101.3	2nd of 5			21
		Boy's: 1-GFW 119. 2-CM/C/S 103. 3-MVL 78. 4.—SE United 35. 5-Wabasso 14. Girls: 1-SEU 140, 2-MVL 101.3. 3-CM/C/S 55, 4-Wabasso 34. 5-GFW 17.										
5/27/2010	Section 2A Sub-Section	Lake Crystal	99.5	5th of 7			24	114.5	4th of 6			24
		Boy's: 1-Glencoe-Silver Lake 248.,5, Lake Crystal,/WEM/Nicollet 149.5 3-GFW 114.5. 4. MVL 99.5. 6-Mankato Loyola 91. 7-Norwood-Young America 71, Sleepy Eye United 40. Girl's: 1-Sleepy Eye United 174.6 2-LCWMN 157. 3. Mankato Loyola 121.1. 4-MVL 114.5. 5. NYA 94.8. 6. GFW 30.										
6/5/2010	Section 2A	Mankato West	000									
6/12/2010	State	St. Paul						8				28



2010 Mn Valley Lutheran Track & Field

As Gathered by New Ulm Sports Central



A collection of articles and photos to preserve the legacy of track and field in the area's sports history.





2010 Mn Valley Lutheran Track & Field

As Gathered by New Ulm Sports Central



A collection of articles and photos gathered by New Ulm Sports Central to preserve the legacy of the area's sports history.

Reserved for Final Season Stats and Awards



Team Rosters for Boy's Track and Field Team

BOY'S

SENIORS— Kyle Bergemann, Richard Davis, Christian Evers, Jacob Flitter, Eric Hahn, Cody Howe, Josh Hoffmann, Corey Plath, John Ristow.

JUNIORS— Cole Brown, Ben Dose.

SOPHOMORES— Jordan Besemer, Philip Biedenbender, Jacob Krall, Brian Kneprath, Daniel Stelljes, Brady Tetzloff, Bobby Tisch.

NINTH GRADE— Jack Bumgarner, Sam Dose, Mark Grunke, Justin Steffl, Ryan Plath, Zachary Scharelemann, Matt Tessmer, John Wendler

MVL hopes to carry on momentum

By Jonas Leyrer, Journal Sports Writer

POSTED: March 28, 2010

(Ed. Note: Picture used in Journal was not posted on website)

NEW ULM - Last season the Minnesota Valley Lutheran Track Team did quite well. The boys won all but one of their meets, took the True Team section, and competed in the True Team State Competition.

Though the girls' team did not make it to state for True Team, they competed quite well and held high spots at most of their meets. MVL also saw great individual skill as it sent a total of five runners, from both teams, to the state individual competition.

So what's the plan for this year? Keep up the momentum as the Chargers bring some new runners to help out the veterans.

"I want to help the athletes improve," says coach Rollin Timm. "We lost a lot of quality athletes from last year, but we have a lot of freshmen and other new athletes out for the team. We need to help them find their events so that they can work to improve and enjoy the sport."

Undoubtedly, these rookie runners will be looking to the upperclassmen to lead the way. Of the five MVL state competitors from last year, three are returning to the team this year in hopes of duplicating their outstanding performance.

For the boys, Kyle Bergemann and Fred Evers, who competed in the state 4x400 relay team last season, will be leading the middle-distance (200m to 800m) runners. Captain Jacob Flitter will be heading up the long-distance runners while fellow senior Josh Hoffman will be the team experience for the jumping events.

The girls will be looking to captain Irayna Fischer this season. She and senior Amy Hopp have great experience and will be the center of the long-distance runners. Jenny Petersen, who ran the 100m dash at the state competition last year, will certainly be looked to lead the sprinters.

Also to keep an eye out for: junior captain Bailey Lange and senior Alicia Evenson. Lange will be leading the girls' middle-distance group, while Evenson is a proven high-jumper and sprinter who will have plenty to share with the team.

The race for conference and state competition is on, but despite the impressive talent seen among the MVL ranks, the season will be anything but a leisurely stroll. Though it will be tough to get all the new runners adjusted, the biggest challenge for the Chargers will be the competition from other schools.

Once again, Gibbon-Fairfax-Winthrop will likely have an impressive track team who will be ready for MVL boys.

"The boys will have to be deep enough to counter some amazing athletes that GFW has," Timm says. "We will need to place several athletes in many of the events to counter their strength."

As for the girls, quality will matter, but quantity may tip the scales.

"With the girls, it will be a numbers game," Timm continues. "Sleepy Eye/Sleepy Eye St. Mary's had a lot of athletes out for the team last year, and they were able to outnum us with their depth. It might be a similar situation this year. We will need all of the girls to have outstanding performances."

If the Chargers can keep their strength up and their injuries down, they stand in a good position to put both girls and boys into the True Team state competition. Only time will tell whether or not they have what it takes to push themselves even further than last year.



MVL track teams open at Mankato East Indoor Invite

MANKATO—Minnesota Valley Lutheran's track teams opened their season at the Mankato East High School invitational indoor meet March 27th with varied results.

The boy's team finished fourth with 22 points, well behind champion Mankato East (108), Marshall (48), Waseca (46).

The girls scored 55 points in a closer meet with East (77), Marshall (58), Waseca (55).

Best showings for MVL boy's were a first in the high jump with a first place on a personal best of 6-1 and Matt Tessmer who took first in the 400 meter dash in a 55.15 plus third places in the 60 and 200 dashes.

Ashley Evers won the 60-yard high hurdles and was shird in long jump Jenny Peterson won the 60-yard dash. Ashley Spooner second in 400 meter dash.Sara Burk finished second in long jump and fifth in 60-yard high hurdles. The 1600 meter medley won first with (200) Alida Evenson ((200) Jenny Petersen, (400) Bailey Lange and (800) Ashley Evers .

Mankato East Indoor MVL Boy's Results

Pole Vault

Jacob Flitter 10' 3rd NIR

Long Jump

1. Josh Hoffman 17' 7"
2. Christian Evers 17' 7"
3. John Wendler 14' 4" NPR
Jordan Besemer 13' 6" PR

Triple Jump

Josh Hoffman 30'

High Jump

1. Christian Evers 6' 1" 1st PR
2. **Josh Hoffman 5' 6" 5th**
3. Bobby Tisch 5' NPR
Matt Tessmer NH

Shot Put

1. Cole Brown 37' 1 1/2" PR
2. Cody Howe 31' 1" PR
3. Brady Tetzloff 34' 7 1/2" NPR
4. Mark Grunke 32' 9" NPR
Sam Dose 26' 3" NPR

4 x 800 Relay 10:37.06 BTY

1. Justin Steffl 2:30.3
2. Bobby Tisch 2:33.3
3. Brian Knepprath 2:42.5
Zack Scharlemann 2:51.1

60 Meter High Hurdles

1. Phil Biedenbender 11.12
John Wendler 11.9

60 Meter Dash

1. **Matt Tessmer 7.29 3rd**
2. Cole Brown 7.51
3. Sam Dose 8.31
4. John Wendler 9.85
Jordan Besemer 8.35

4 x 200 Meter Relay 2:03 BTY

1. John Wendler 29
2. Ryan Plath 34
3. Phil Biedenbender 26
Jordan Besemer 34

1600 Meter Run

1. Jacob Flitter 5:15.23
2. Daniel Stelljes 5:23.3
Justin Steffl 5:30.45

1600 Meter Medley 4:38.3 BTY

1. (200) Cole Brown 25
2. (200) Fred Evers 24.2
3. (400) Bobby Tisch 62.1
(800) Richard Davis 2:47

400 Meter Dash

1. **Matt Tessmer 55.15 1st NPR**
2. Jacob Kral 71 NPR
3. Ryan Plath 75.9 NPR
Phil Biedenbender 65.23 NPR

800 Meter Run

1. Zack Scharlemann 2:52 NPR
2. Cody Howe 2:59
3. Brian Knepprath 2:50.33 NPR
Dmitri Zimmerman 2:28.77 NPR

200 Meter Dash

1. **Matt Tessmer 25 3rd NPR**
2. Ryan Plath 33.44 NPR
Jordan Besemer 30.8 PR

4 x 400 Meter Relay 4:16.1 BTY

Daniel Stelljes 66
Josh Hoffman 58.2
Jacob Flitter 62.8
Cody Howe 89.1

Team Scores

Mankato East	108
Marshall	48
Waseca	46

Mankato East Indoor MVL Girls' Results

Pole Vault

Kaitlin Apitz 5'
Alicia Evenson 6' NPR

Long Jump

Sarah Burk 15' 3" 2nd NPR
Ashley Evers 14' 11" 3rd
Annaliese Hoffman 14' 3" NPR

Triple Jump

Raquel Wendler 26' 2" NPR

High Jump

Alicia Evenson 4' 10" 4th
Bailey Lange 4' 6"

Shot Put

Annaliese Hoffman 27' 8"
Martha Johnston 25' 5" NPR
Larissa DeRousse 25' 8" NPR
Raquel Wendler 23' ½" NPR

4 x 800 Relay 11:57.5 BTY

Irayna Fischer 2:46.2
Lydia Balge 3:14.1
Triah Meyer 2:54.8
Amy Hopp 3:02.2

60 Meter High Hurdles

Sarah Burk 10.9 5th
Ashley Evers 10.41 1st

60 Meter Dash

Jenny Petersen 8.13 1st
Alicia Evenson 8.5 5th
Sarah Burk 8.56
Allison Collum 9.06
Martha Johnston 9.3
Stephanie Oliver 8.9

4 x 200 Meter Relay 2:07.2 BTY

Allison Collum 31.9
Martha Johnston 32.6
Larissa DeRousse 31.4
Kaitlin Apitz 31.3

1600 Meter Run

Amy Hopp 6:46
Irayna Fischer 6:05 5th
Lydia Balge 7:18

1600 Medley Relay 4:44.53 1st BTY

(200) Alicia Evenson 30.5
(200) Jenny Petersen 27
(400) Bailey Lange 65.3
(800) Ashley Evers 2:41.8

400 Meter Dash

Ashley Spooner 69.07 2nd

800 Meter Run

Meghan Shult 3:10

200 Meter Dash

Allison Collum 32.44
Kaitlin Apitz 32.02

4 x 400 Meter Relay 4:52.1 BTY

Bailey Lange 69.4
Ashley Spooner 72.2
Triah Meyer 77
Ashley Evers 73.5

Team Scores

Mankato East 77
Marshall 58
Waseca 55
MVL 35



MVL boys win Loyla invitational

POSTED April 12, 2010 by New Ulm Sports Central

MANKATO — MVL's boy's track team captured the Mankato Loyola invitational Thursday April 9, 2010 at Mankato topping the short field which included Mankato Loyola 50, Cedar Mountain/Comfrey/Springfield, and Sleepy Eye public 41.

Matt Tessmer took three firsts in 55 meter hurdles, 400 meter and 200 meter dashes. Daniel Stelljes won both the 1500 and 800 meter runs. Cole Brown and Kyle Bergemann tied for second in the 55-meter dash with Cole also taking second in 200 meter dash. Spring medley team of Josh Ristow, Same Dose, Richard Davis and Zack Scharlemann also copped second.

The girl's team ran a close second behind Sleepy Eye (80) with 71.5 points. Loyola had 50 and Cedar Mountain/Comfrey/Springfield 32.5.

Sarah Burke took the long jump and 55 meter high hurdles, Ashley Evers won the 55 meter hurdles and was third in 55 meter low hurdles. Jenny Peterson won the 200 meters. Thee sprint medley relay team of Alicia Evenson, Sarah Burk, Ashley Evers and Irayna Fischer took first. Annaliese Hoffmann, Alicia Evenson, Irayna Fischer and Ashley Spooner had second place finishes.

Performances by MVL team individuals follow the New Ulm Journal website posting below. Records for both boys and girls are on page eight.

SE girls take first

POSTED: April 10, 2010 As reported in New Ulm Journal.

MANKATO - The Sleepy Eye girls track and field team took first in Mankato Thursday.

Sleepy Eye won with a score of 80, followed by Minnesota Valley Lutheran (71.5), Loyola (50) and Cedar Mountain/Comfrey/Springfield (32.5).

The 4x800 relay team took first in 11:05 and Jessica Busch took first in the 55-low hurdles (9.3) and the 55-high hurdles (9.4).

The 4x200 relay team won in 1:57 and the 4x400 relay team won in 4:39. Sam Seidl won the shot put with a throw of 36-feet.

The sprint medley relay team was second in 4:52 and Kari Schumacher was second in the 1,600 in 6:02. Claire Krumbach was second in the 55-low hurdles in 9.5 and Jamie Marti was second in the 200 in 28.7. Madeline Schmitz was second in the high jump with a mark of 5-feet and Busch was second in the triple jump (30-3.5).

The Sleepy Eye boys finished last with 41 points. MVL won (74.5), followed by CM/C/S (71) and Loyola (42.5).

The 4x200 relay team won in 1:42 and Michael Sprenger was second in the 55-high hurdles (9.4). Marcus Marques was second in the 400 (57.3) and the 4x400 relay team was second in 3:59. Joe Berdan was second in shot put (35-3).

Loyola Indoor 3/25/2010 MVL Girls' Results

Pole Vault

Kaitlin Apitz NH
Alicia Evenson 6' 2nd

Long Jump

1. Sarah Burk 16' 1st PR
2. Ashley Evers 15' 2 ½" 2nd
Annaliese Hoffman 14' 3 ½" 4th PR

Triple Jump

Annaliese Hoffman 28' 11 ½" 4th PR
Raquel Wendler Scratched

High Jump

1. Alicia Evenson 4' 6" 3rd tie
Jenny Petersen 4' 4" 5th

Shot Put

1. Annaliese Hoffman 29' 5" 2nd PR
2. Ashley Dinse 27' 7" 3rd PR
3. Larissa DeRousse 25' 8 ½" 5th PR
4. Martha Johnston 26' 7 ½" 4th PR
Raquel Wendler 23' 4" PR

4 x 800 Relay 11:57 BTY

1. Amy Hopp 2:59.8
2. Meghan Shult 3:03.9
3. Triah Meyer 2:54.1 4.
4. Kaitlin Apitz 2:59.2

55 Meter High Hurdles

1. Sarah Burk 9.6 3rd
2. Ashley Evers 9.4 1st Tie
Ashley Dinse 10.3 5th

55 Meter Dash

1. Jenny Petersen DQ
2. Alicia Evenson 7.7 2nd Tie
3. Allison Collum 7.9 5th
Stephanie Oliver 7.8 4th

Sprint Medley Relay 4:45.5 1st

1. 200 – Alicia Evenson 29.8
2. 200 – Sarah Burk 27.7
3. 400 – Ashley Evers 69.1
800 – Irayna Fischer 2:39.2

1600 Meter Run

Amy Hopp 6:43

4 x 200 Meter Relay 2:05.6 3rd BTY

1. Stephanie Oliver 30.6
2. Martha Johnston 30.8
3. Larissa DeRousse 31.6
Kaitlin Apitz 32.8

400 Meter Dash

1. Triah Meyer 74.9 5th
Ashley Spooner 68.2 2nd

55 Meter Low Hurdles

1. Sarah Burk 9.6 4th
2. Ashley Evers 9.5 3rd
Ashley Dinse 10.4 5th

800 Meter Run

Irayna Fischer 2:38.5 2nd

200 Meter Dash

1. Jenny Petersen 28.4 1st
2. Ashley Spooner 30.4
3. Raquel Wendler 33.6 NPR
Allison Collum 31.1 PR

4 x 400 Meter Relay

None

Team Standings

1. Sleepy Eye United	80
2. MVL	71.5
3. Mankato Loyola	50
4. CM/C/S	32.5

Loyola Indoor 4/8/2010 MVL Boys' Roster

Pole Vault

Long Jump

1. Fred Evers 17' 8" 3rd
2. Josh Hoffman 17' 1 ½"
3. Jordan Besemer 13' 2"
John Wendler 15' 1" PR

Triple Jump

1. Josh Hoffman 34' 9 ¾" 5th
2. Richard Davis 32' ½" NPR
Josh Ristow 32' 6 ½" NPR

High Jump

1. Fred Evers 6' 1st
2. Josh Hoffman 5' 4"
3. Matt Tessmer 5' 2" PR
Bobby Tisch 5'

Shot Put

1. Cole Brown 33' 9 ½" 4th
2. Brady Tetzloff 32' ½"
3. Mark Grunke 29' 6 ½"
4. Sam Dose 26' 11 ½" PR
Jack Bumgarner 21' 6" NPR

4 x 800 Relay 10:07.1 2nd BTY

1. Justin Steffl 2:30
2. Dmitri Zimmerman 2:25.4
3. Bobby Tisch 2:32
Brian Kneprath 2:41.8

55 Meter High Hurdles

John Wendler 10.7 4th

55 Meter Dash

1. Matt Tessmer 6.8 1st
2. Cole Brown 7 2nd Tie
3. Kyle Bergemann 7 2nd Tie
Sam Dose 7.7

Sprint Medley Relay 4:39.7 2nd

1. 200 – Josh Ristow 25.8
2. 200 – Sam Dose 27.7
3. 400 – Richard Davis 67.9
800 – Zack Scharlemann 2:38.7

1600 Meter Run

1. Daniel Stelljes 5:15.7 1st PR
2. Justin Steffl 5:21.9 3rd PR
Jordan Besemer 7:09.2

4 x 200 Meter Relay 2:02.1 BTY

1. Cole Brown 26.3
2. Kyle Bergemann 27.9
3. Josh Ristow 26.1
Fred Evers 25.7

400 Meter Dash

1. Matt Tessmer 56.5 1st
2. Dmitri Zimmerman 61.4 5th
Ryan Plath 71.2 PR

55 Meter Intermediate Hurdles

1. Sam Dose 9.3 4th Tie
John Wendler 9.8

800 Meter Run

1. Daniel Stelljes 2:24.7 1st NPR
2. Brian Kneprath 2:40 PR
3. Zack Scharlemann 2:49 PR
4. Jake Kral 2:44 NPR
Jordan Besemer 2:58.9 NPR

200 Meter Dash

1. Matt Tessmer 25.4 1st
2. Cole Brown 25.6 2nd
3. Josh Ristow 26.5
Ryan Plath 33.6

4 x 400 Meter Relay 3:56.3 1st BTY

1. Kyle Bergemann 60
2. Josh Hoffman 59
3. Bobby Tisch 60.5
Fred Evers 56.7

Team Scores

1. MVL	74.5
2. CM/C/S	71
3. Mankato Loyola	42.5
Sleepy Eye Unified	41



2010 Minn Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



Girls Second, Boys Third at Waseca Invitational

WASECA – MVL's girl's finished second and the boy's were third in the Waseca invitational April 16. New personal bests and team event highs for the season were established. Matt Tessmer won the 400 meter dash and was second in 100 and 200 meter. The 4x200 meter relay team of Cole Brown, Josh Ristow, Kyle Bergemann and Fred Evers were champions. Fred Evers went 5-10 for second in high jump. Sara Burk highlighted the girl's results with wins in long jump, 100 meter hurdles, and ran on the first place 4x100 meter relay. She also took second in 200 meter dash. Jenny Peterson had second in 100 and 4x200 meter relay. Ashley Evers had a second in 300 meter hurdles, a third, fourth and 4x200 meter second. Bailey Lange won the 300 meter hurdles.

Waseca Invite 4/16 MVL Boy's Roster

- Long Jump**
1. John Wendler 13' 10"
 2. Jordan Besemer 12' 8"
 3. Jack Bumgarner 7' 11" NPR
- Triple Jump**
1. Eric Hahn 35' 11" 3rd PR
 2. Josh Hoffman 33' 2 1/2"
 3. Matt Tessmer 33' 6" NPR
 4. Josh Ristow 33' 2 1/2" PR
 5. Sam Dose 33' 7" NPR
- High Jump**
1. Fred Evers 5' 10" 2nd
 2. Josh Hoffman 5' 2"
- Shot Put**
1. Cole Brown 38' 6" 4th PR
 2. Brady Tetzloff 33'
 3. Eric Hahn 36' 8" PR
 4. Cody Howe 31' 5" PR
 5. Mark Grunke 29' 7"
 6. Jack Bumgarner 22' 5" NPR
- Discus**
1. Ben Dose 108' 3" PR
 2. Cody Howe 89' PR
 3. Brady Tetzloff 97' 2" NPR
 4. Mark Grunke 108' 8" 6th NPR
 5. Eric Hahn 72' 4"
 6. Jack Bumgarner 65' 4" NPR
- 4 x 800 Relay 9:51.1 BTY**
1. Justin Steffl 2:21.4
 2. Dmitri Zimmerman 2:27.2
 3. Zack Scharlemann 2:40.6
 4. Jacob Flitter 2:21.9
- 110 Meter High Hurdles**
1. Ben Dose 18.29 1st
 2. Phil Bledenbender 20.88 5th PR
 3. John Wendler 22.96 NPR
- 100 Meter Dash**
1. Matt Tessmer 11.67 2nd NPR
 2. Cole Brown 12.3
 3. Jake Kral 13.93 NPR
 4. Ryan Plath 14.83 NPR
 5. Jack Bumgarner 15.94 NPR
- 4 x 200 Meter Relay 1:40.26 1st BTY**
1. Cole Brown 25.2
 2. Josh Ristow 25.3
 3. Kyle Bergemann 25.9
 4. Fred Evers 24.2
- 1600 Meter Run**
1. Dan Stelljes 5:08.13 3rd PR
- 4 x 100 Meter Relay 49.58 BTY**
1. Cole Brown 11.9
 2. Josh Ristow 12.3
 3. Sam Dose 13
 4. Phil Bledenbender 12.4
- 400 Meter Dash**
1. Matt Tessmer 53.17 1st PR
 2. Ryan Plath 78
- 300 Meter Hurdles**
1. Ben Dose 47.35 4th
 2. Phil Bledenbender 50.59
 3. John Wendler 54.47 NPR
 4. Sam Dose 50.1 NPR

- 800 Meter Run**
1. Dan Stelljes 2:23.11 4th PR
 2. Dmitri Zimmerman 2:29.8 5th
 3. Zack Scharlemann 2:40
 4. Brian Knepprath 2:33.11 6th PR
 5. Jordan Besemer 2:52 NPR
- 200 Meter Dash**
1. Matt Tessmer 24 2nd PR
 2. Kyle Bergemann 25.5
 3. Josh Ristow 26.13 NPR
 4. Jake Kral 28.87 NPR
 5. Ryan Plath 33.37 PR
- 3200 Meter Run**
1. Jacob Flitter 11:45.25 4th
 2. Justin Steffl 11:34.58 3rd NPR
- 4 x 400 Meter Relay 4:05.63**
- Team 2 4:30.5**
1. Ben Dose 59
 2. Fred Evers 58.6
 3. Dan Stelljes 64.2
 4. Dmitri 63.9
- Team Scores**
1. Waseca 109
 2. Albert Lea 108
 3. MVL 66
 4. NRHEG 57
 5. WEM 15

Waseca Invite – MVL Girl's Roster

- Long Jump**
1. Sara Burk 16' 3 1/2" 1st PR
 2. Ashley Evers 14' 4th
 3. Irayna Fischer 12' 4" NPR
- Triple Jump**
1. Raquel Wendler 23' 2"
- High Jump**
1. Alicia Evenson 4' 8" 3rd
 2. Bailey Lange 4' 8" 4th
 3. Ashley Spooner 4' 6" 6th
- Discus**
1. Ashley Dinse 98' 3" 4th PR
 2. Annaliese Hoffman 88' 10" 6th PR
 3. Martha Johnston 66' 6" NPR
 4. Larissa DeRousse 75' 5" NPR
 5. Raquel Wendler 61' 5" NPR
- Shot Put**
1. Ashley Dinse 25' 9"
 2. Annaliese Hoffman 25' 3"
 3. Martha Johnston 23'
 4. Larissa DeRousse 22' 4"
 5. Raquel Wendler 21' 10"
- 4 x 800 Relay 12:13.9 4th**
1. Triah Meyer 2:53
 2. Lydia Balge 3:06
 3. Kaitlin Apitz 2:59
 4. Meghan Shult 3:14
- 100 Meter Hurdles**
1. Sara Burk 17.02 1st NPR
 2. Ashley Evers 18.14 3rd NPR
 3. Ashley Dinse 19.74
- 100 Meter Dash**
1. Jenny Petersen 12.72 2nd PR
 2. Allison Collum 14.71 NPR
 3. Raquel Wendler 15.1 NPR
- 4 X 200 Relay 1:54.85 2nd BTY**
1. Alicia Evenson 29.6
 2. Ashley Evers 28.3
 3. Ashley Spooner 29
 4. Jenny Petersen 28
- Eric 66.5 1600 Meter Run**
- Zack 71.3 1. Lydia Balge 7:13 PR**
- Brian 65.2**
- John 67.54 X 100 Meter Relay 52.88 1st BTY**
1. Alicia Evenson 14.2
 2. Sara Burk 11.9
 3. Bailey Lange 13.4
 4. Jenny Petersen 13.6
- 106 4. Jenny Petersen 13.6**
- 4x100 Relay Team 2 58.16**
- 57 1. Ashley Dinse 13.4
 - 15 2. Martha Johnston 15.3
 3. Larissa DeRousse 15
 4. Ashley Spooner 14
- 400 Meter Dash**
1. Triah Meyer 73
- 300 Meter Hurdles**
1. Ashley Evers 53.46 2nd
 2. Bailey Lange 52.69 1st NPR
- 800 Meter Run**
1. Irayna Fischer 2:46.5 5th
 2. Meghan Shult 3:14.7
- 200 Meter Dash**
1. Sara Burk 27.93 2nd NPR
 2. Alicia Evenson 29.51 5th
 3. Allison Collum 31.49
 4. Martha Johnston 31.83 NPR
 5. Larissa DeRousse 31.44 NPR
- 4 x 400 Meter Relay 4:40.52 3rd BTY**
1. Ashley Spooner 67
 2. Irayna Fischer 71
 3. Triah Meyer 76
 4. Bailey Lange 66
- Team Scores**
1. Waseca
 2. MVL
 3. Albert Lea
 4. NRHEG

Results provided by MVL Track



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



MVL runs at USC

POSTED: April 22, 2010

WELLS - The Minnesota Valley Lutheran boys and girls track and field team competed at the United South Central/Alden-Conger Invitational Tuesday.

Blue Earth Area won the boys title with 110 points, USC had 102 and Waseca was third with 86 points. MVL was six with 44 points.

Matt Tessmer won the 400 meter dash with time of 51.99 seconds and was third in the 100 in 12.1 seconds. He was fourth in the 200 with a time of 24.18 seconds.

Eric Hahn was fourth in the long jump with a leap of 17-feet, 3 1/2-inches. Justin Steffl was fourth in the 3,200 in 11:07.07. The 4x200 meter relay team of Cole Brown, Josh Ristow, Hahn and Ben Dose was fourth in 1:42.85. Brown was fourth in the shot put with a toss of 39-feet.

On the girls side, Waseca won the meet with 146 points, BEA was second with 119.5 and New Richland-Hartland-Ellendale-Geneva was third with 74 points. MVL was fourth with 59.7 points.

Sarah Burk won the long jump with a leap of 16-6 and the 100-meter hurdles with a time of 17.15 seconds. She was fourth in the 100 with a time of 13.44 seconds. The 4x100 relay team of Alicia Evenson, Burk, Ashley Evers and Jenny Petersen won in 51.78 seconds.

The 4x200 relay team of Evenson, Petersen, Ashley Spooner and Bailey Lange was second in 1:52.27. Petersen finished third in the 100 in 13.29 seconds. Ashley Evers was fourth in both the 100 hurdles (18.34) and the 300 hurdles (51.51).

USC Meet MVL Girls' Roster

Pole Vault

1. Alicia Evenson 5' 6"
- Bailey Lange 6' 3" PR

Long Jump

1. Sarah Burk 16' 6" 1st PR
- Ashley Evers 13' 11 ½"

Triple Jump

1. Annaliese Hoffman 28' 5 ¾"
- Raquel Wendler 26' 2"

High Jump

1. Alicia Evenson 4' 8" 6th Tie
 2. Bailey Lange 4' 8" 6th Tie
- Ashley Spooner 4' 6"

Discus

1. Ashley Dinse 89' 8" 6th
 2. Annaliese Hoffman 84' 3"
 3. Martha Johnston 73' 6"
- Larissa DeRousse 66' 9"

Shot Put

1. Annaliese Hoffman 29' 1"
 2. Ashley Dinse 28' ½" PR
 3. Martha Johnston 26' 4"
- Larissa DeRousse 24' 3 ½"

4 x 800 Relay 11:26.18 6th BTY

1. Irayna Fischer 2:39
 2. Amy Hopp 2:57
 3. Triah Meyer 2:53
- Kaitlin Apitz 2:56

100 Meter Hurdle

1. Ashley Evers 18.34 4th
 2. Sarah Burk 17.15 1st
- Ashley Dinse 18.85

100 Meter Dash

1. Jenny Petersen 13.29 3rd
 2. Sarah Burk 13.44 4th
 3. Ashley Spooner 14.81
- Allison Collum 14.74

4 X 200 Relay 1:52.27 2nd BTY

1. Alicia Evenson 28.4

2. Ashley Spooner 29.8
 3. Bailey Lange 27.7
- Jenny Petersen 26.5

1600 Meter Run

Lydia Balge 6:46.67 PR

4 X 100 Meter Relay 51.78 1st BTY

1. Alicia Evenson 14.1
 2. Sarah Burk 12.6
 3. Ashley Evers 12.6
- Jenny Petersen 12.4

400 Meter Dash

Triah Meyer 72.47

300 Meter Hurdles

1. Bailey Lange 52.07 5th PR
 2. Ashley Evers 51.51 4th
- Ashley Dinse 55.17

800 Meter Run

1. Irayna Fischer 2:39
- Meghan Shult 3:01.09

200 Meter Dash

1. Ashley Spooner 30.09
 2. Allison Collum 30.93
- Martha Johnston 30.85

3200 Meter Run

1. Amy Hopp 13:47.95
- Kaitlin Apitz 14:49.66 NPR
- ## 4 x 400 Meter Relay 4:57.29
1. Triah Meyer 74.3
 2. Allison Collum 70.5
 3. Lydia Balge 74.8
- Kaitlin Apitz 76.9

Team Results

Waseca	146
Blue Earth Area	119.5
NRHEG	74
MVL	59.7
St. Clair	59
USC/AC	48.3
St. James	31.5
JWP	16

USC Meet - MVL Boys' Roster

Pole Vault

Jacob Flitter NH

Long Jump

1. Josh Hoffman WD
 2. John Wendler 14' 2 ¼"
 3. Eric Hahn 17' 3 ½" 4th PR
- Jordan Besemer 11' 8 ¾"

Triple Jump

1. Eric Hahn 35' 3 ¼"
 2. Sam Dose 32' 7 ½"
 3. Josh Ristow 34' 6" PR
- Matt Tessmer 33' 10 ¼" PR

High Jump

1. Josh Hoffman 5' 2"
 2. Bobby Tisch NH
- Josh Ristow 5' NPR

Discus

1. Mark Grunke 94' 2"
 2. Ben Dose 104' 2"
 3. Brady Tetzloff 94' 1"
- Cody Howe 87' 9"

Shot Put

1. Cole Brown 39' 4th PR
 2. Eric Hahn 37' ½" PR
 3. Mark Grunke 32' 7 ½"
- Brady Tetzloff 33' 9 ½"

4 x 800 Relay 9:35.22 6th BTY

1. Jacob Flitter 2:18
2. Justin Steffl 2:20
3. Bobby Tisch 2:33

Dmitri Zimmerman 2:24

110 Meter Hurdles

1. Ben Dose 20.25
 2. Phil Biedenbender 21.25
- John Wendler 22.79 PR

100 Meter Dash

1. Matt Tessmer 12.1 3rd
 2. Cole Brown 12.39 5th
 3. Richard Davis 14.1
- Ryan Plath 14.93

2. Josh Ristow 25.3

3. Eric Hahn 25.5

Ben Dose 26.9

1600 Meter Run

1. Dan Stelljes 5:00.9 6th PR
 2. Jacob Flitter 5:16.28
- Zack Scharlemann 6:01.52 NPR

4 X 100 Meter Relay 49.29 5th BTY

1. Cole Brown 12
 2. Josh Ristow 11.4
 3. Sam Dose 13.7
- Phil Biedenbender 12.3

400 Meter Dash

1. Matt Tessmer 51.99 1st PR
2. Kyle Bergemann 56.32 6th
3. Bobby Tisch 63.73 NPR

Ryan Plath 75.68

300 Meter Hurdles

1. Ben Dose 48.81
2. Sam Dose 50.12
3. Phil Biedenbender 51.45

John Wendler 54.15

800 Meter Run

1. Dan Stelljes 2:19.73 PR
2. Dmitri Zimmerman 2:24.17 PR
3. Brian Kneprath 2:27.83 PR

Zack Scharlemann 2:38 PR

200 Meter Dash

1. Matt Tessmer 24.18 4th
2. Kyle Bergemann 24.62 5th
3. Jordan Besemer 30.38 PR

Ryan Plath 33.47

3200 Meter Run

Justin Steffl 11:07.07 4th PR

4 x 400 Meter Relay 4:16.31

1. Brian Kneprath 65.8
2. Dmitri Zimmerman 63.3

Sam Dose 61.7

Team Results

Blue Earth Area	110
USC	102
Waseca	86
St. Clair	70
St. James	59
MVL	44
NRHEG	43
JWP	40



Sleepy Eye Unified girls win home meet

POSTED: April 23, 2010 New Ulm Journal

SLEEPY EYE - The Sleepy Eye Unified girls track team won the Indians Relays with 157 points Thursday.

Minnesota Valley Lutheran was second with 104, Cedar Mountain/Comfrey/Springfield was third with 65 and Gibbon-Fairfax-Winthrop was fourth with 16 points.

Sleepy Eye Unified won 9 events. Sam Seidl won two events as she took the discus with a toss of 112-feet, 6-inches and the shot put with a toss of 38-1. Jessica Busch won the triple jump with a leap of 30-9 3/4, Kari Schumacher took the 1,600 (5:54.7) and the 3,200 (12:59.2).

Jamie Marti took the 200 (26.9 seconds) and Madeline Schmitz took the high jump with a height of 5-feet. The 4x800 relay won in 10:50 and the 4x200 won in 1:50.3

MVL had six champions led by Ashley Evers, who won the long jump (14-7) and the 300-meter hurdles (50.2). Sarah Burk won the 100 hurdles (16.6 seconds), Irayna Fischer won the 800 (2:39.7) and Jenny Petersen took the 100 in 13 seconds.

The Chargers also won the 4x100 (52.8 seconds) and the 4x400 (4:41).

CM/C/S' lone champion was Rachel Hoffbeck, who took the 400 in 1:03.6.

For the boys, GFW won the meet with 116 points, followed by CM/C/S with 98 and MVL with 85. Sleepy Eye Unified finished with 52.

The Thunderbirds crowned eight champions. Josh Boyda won the 110 hurdles (15.7 seconds) and the 300 hurdles (43.3 seconds). Jay Rogotzke won two titles taking the 100 (11.5 seconds) and the 200 (23.2 seconds). James Albrecht and Kyle Hoffman also won two events. Albrecht won the 1,600 (4:52.7) and the 800 (2:15.1). Hoffman won the shot (41-6) and the discus (118-2).

CM/C/S won four events as Andy Scholtz won the triple jump (39-11.5) and the long jump (18-6 1/5). Nate Golden won the high jump with a leap of 6-feet and the 4x800 won with a time of 9:11.

MVL had three champions including the 4x200 relay with a time of 1:39. Justin Steffl won the 3,200 in 11:25.6 and Matt Tessmer won the 400 in 52.1.

Sleepy Eye Unified won the 4x100 (48.4) and the 4x400 (4:04.6)

Indian Relays — MVL Boys' Roster

Long Jump

1. Fred Evers 17' 7 1/2" 2nd
2. Josh Ristow 16' 2" NPR
3. Josh Hoffman 15' 9" 4th
4. Matt Tessmer 17' 4" 4th NPR
5. John Wendler 12' 2"
6. Jordan Besemer 13' 3/4"
- Jack Bumgarner 8' 11" PR

Triple Jump

1. Eric Hahn 35' 9 1/2" 5th
2. Josh Ristow 34'
3. Josh Hoffman 33' 3 1/2"
4. Sam Dose Scratched
- Richard Davis 29' 1 1/2"

High Jump

1. Fred Evers 5' 10" 3rd
2. Josh Hoffman 5' 4"
- Bobby Tisch 5'

Shot Put

1. Cole Brown 38' 11" 4th
2. Eric Hahn 37' 1" 5th PR
3. Brady Tetzloff 32' 7"
4. Mark Grunke 30' 10"
5. Cody Howe 31' 2"
- Jack Bumgarner 20' 6"

Discus

- Ben Dose 89' 6 1/2"
- Mark Grunke 97' 1"
- Brady Tetzloff 99' 2" PR
- Cody Howe 84' 8"
- Jack Bumgarner 64' 7"

4 x 800 Relay 9:55.8 3rd

1. Jacob Flitter 2:20
2. Brian Kneprath 2:37
3. Zack Scharlemann 2:32
- Dmitri Zimmerman 2:24

110 Meter High Hurdles

1. Ben Dose 18.4 4th
2. John Wendler 22.2 PR
- Sam Dose 20.9 5th NPR

100 Meter Dash

1. Cole Brown 12.2 4th
2. Eric Hahn 13.5 NPR
3. Jake Kral 13.5 PR
4. Bobby Tisch 13.7 NPR
5. Richard Davis 13.9
6. Jordan Besemer 14.1 PR
- Ryan Plath 15.2

4 x 200 Meter Relay 1:39 1st BTY

1. Cole Brown 25.2
2. Josh Ristow 26.1
3. Fred Evers 25.2
- Matt Tessmer 22.7

1600 Meter Run

1. Dan Stelljes 5:04.5 2nd
- Justin Steffl 5:12.2 4th PR

4 x 100 Meter Relay DQ 56 4th

1. Cole Brown Brady 13.1
2. Josh Ristow Richard 13.1
3. Eric Hahn Mark 16.5
4. Kyle Bergemann Cody 14.5

400 Meter Dash

1. Matt Tessmer 52.1 1st
2. Fred Evers 55.6 5th
3. Bobby Tisch 63 PR
4. Dmitri Zimmerman 61.1 NPR
5. Ryan Plath 74.9
- Jordan Besemer 70 PR

300 Meter Hurdles

1. Ben Dose 46.3 3rd
2. Sam Dose 49 PR
- John Wendler 54.3

800 Meter Run

1. Jacob Flitter 2:18.9 3rd PR
2. Brian Kneprath 2:34.2
3. Jake Kral 2:35 PR
4. Zack Scharlemann 2:40
5. Richard Davis 2:37.4
- Josh Hoffman 2:19.8 4th PR

200 Meter Dash

1. Matt Tessmer 23.9 2nd PR
2. Kyle Bergemann 24 4th PR
3. Jordan Besemer 29.8 PR
- Ryan Plath 32.3 PR

3200 Meter Run

1. Dan Stelljes 11:30.6 3rd NPR
- 2.

Justin Steffl 11:25.6 1st

4 x 400 Meter Relay DQ 4:22 4th

1. Kyle Bergemann 59.3 Dmitri 61
2. Ben Dose 58.1 Brian 66
3. Josh Ristow 62.8 John 69
- Sam Dose 63.1 Zack 70

Team Scores

GFW	116
CM/C/S	98
MVL	85



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



Indian Relays MVL Girls' Roster

Long Jump

1. Ashley Evers 14' 7" 1st
2. Irayna Fischer 12' 5" 5th

Triple Jump

- Annaliese Hoffman 28' 7 1/2" 4th
Raquel Wendler 24' 6 3/4"

High Jum

1. Bailey Lange 4' 8" 4th
2. Ashley Spooner 4' 8" 3rd

Discus

1. Ashley Dinse 87' 4 1/2" 3rd
2. Annaliese Hoffman 82' 1" 4th
3. Martha Johnston 72' 7"
4. Larissa DeRousse 76' 3 1/2" 5th PR
5. Raquel Wendler 44' 10"

Shot Put

1. Ashley Dinse 26' 6" 4th
2. Annaliese Hoffman 29' 10" 3rd PR
3. Martha Johnston 25' 6" 5th
4. Larissa DeRousse 24' 9"
5. Raquel Wendler 23' 5" PR

4 x 800 Relay 11:27.4 3rd

1. Amy Hopp 2:57.7
2. Irayna Fischer 2:38.8
3. Triah Meyer 2:50
4. Meghan Shult 2:59.9

100 Meter Hurdles

1. Sarah Burk 16.6 1st PR
2. Ashley Evers 17.5 2nd PR
3. Ashley Dinse 18.6 5th

100 Meter Dash

1. Jenny Petersen 13 1st
2. Alicia Evenson 13.6 4th NPR
3. Allison Collum 14.5 PR
4. Raquel Wendler 14.9 PR
- 5.

4 X 200 Relay 1:53.3 2nd

1. Ashley Evers 31
2. Bailey Lange 28
3. Sarah Burk 27.5
4. Jenny Petersen 27.5

1600 Meter Run

1. Lydia Balge 6:49.5 5th
2. Larissa DeRousse 6:52 PR

4 X 100 Meter Relay 52.8 1st

1. Alicia Evenson 15.1
2. Sarah Burk 12
3. Ashley Spooner 12.8
4. Jenny Petersen 12.8

400 Meter Dash

1. Triah Meyer 71.5 4th

300 Meter Hurdles

1. Ashley Evers 50.2 1st PR
2. Bailey Lange 50.6 2nd PR
3. Ashley Dinse 55.1

800 Meter Run

1. Irayna Fischer 2:39.7 1st

200 Meter Dash

1. Alicia Evenson 28 4th PR
2. Ashley Spooner 29.6
3. Martha Johnston 31.1
4. Allison Collum 30.3 PR
- 5.

3200 Meter Run

1. Amy Hopp 14:50.8 4th
- 2.

4 x 400 Meter Relay 4:41 1st

1. Ashley Spooner 67.8
2. Allison Collum 71
3. Lydia Balge 75
4. Bailey Lange 66

Team Scores

Sleepy Eye	157
MVL	104
CM/C/S	65
GFW	16



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



MVL competes at MR track meet

POSTED: April 28, 2010

MAPLETON - The Minnesota Valley Lutheran boys track and field team finished fifth at the Maple River Invitational Tuesday with 58 points.

Matt Tessmer was first in the 400-meter dash (52.44) and second in the long jump (18-51/2) for the Chargers. The 4x100 relay team finished third in 49.9 seconds and the 4x400 relay team was third in 3:56.8.

On the girls side, the Chargers were third with 85.3 points. Sarah Burk won the long jump with a mark of 4-10 the 100-meter hurdles in 16.13 and the 200-meter dash in 27.32. The 4x100 relay team was second in 53.61 and Bailey Lange was second in the 300-hurdles in 51.41. Alicia Evenson was third in the 100-meter dash in 13.51 and Annalise Hoffman was third in the discus with a mark of 96-2.

MVL competes at Vrklan Relays

POSTED: May 1, 2010

ARLINGTON - Jacob Flitter won the pole vault with a school record height of 11-feet to lead Minnesota Valley Lutheran at the Mike Vrklan Relays in Arlington Friday.

No team scores were kept.

Kyle Bergemann was second with height of 10-feet in the pole vault.

Fred Evers won the high jump with a leap of 5-10 and the 4x100 meter relay team of Cole Brown, Josh Ristow, Bergemann and Matt Tessmer won with a time of 46.32 seconds. The co-ed throwers relay team of Ashley Dinse, Brady Tetzloff, Annaliese Hoffman and Eric Hahn which won with a time of 56 seconds.

The co-ed shuttle hurdle relay team of Ben Dose, Phil Biedenbender, Sarah Burk and Ashley Evers won in 1:21.1.

The mid-distance relay team of Dose, Dimitri Zimmerman, Flitter and Dan Stelljes was second in 6:54.83.

The 4x800 team of Justin Steffl, Flitter, Zimmerman and Bobby Tisch was second in 9:29.1. Tessmer was second in the 400 with a time of 52.11 seconds and Bergemann was second in the 200 with a time of 24.3 seconds.

For the girls, the sprint medley team of Alicia Evenson, Burk, Ashley Evers and Bailey Lange won in 1:59.05.

The 4x400 team of Ashley Spooner, Lange, Evenson and Ashley Evers won in 4:25.61.

Burk won the 200 dash in 27.6 seconds and Evenson won the high jump with a leap of 4-8.

The 4x800 relay team of Amy Hopp, Irayna Fischer, Triah Meyer and Kaitlin Apitz won in 11:27.41. The Chargers also won the ninth grade 4x200 relay in 2:02.21. That team was made up of Allison Collum, Larissa DeRousse, Martha Johnston and Stephanie Oliver.

Spooner was second in the 400 (67.35) and Lange was second pole vault with a height of 6-6.

Mike Vrklan Relays

April 30 Arlington, Minnesota

MVL Girls' Results

Pole Vault

1. Bailey Lange 6' 6" 2nd PR
2. Alicia Evenson NH
Kaitlin Apitz 5' 5th

Long Jump

1. Sarah Burk 13' 4 1/2" 3rd
- Ashley Evers 13' 4th

Triple Jump

1. Annaliese Hoffman 28' 6" 3rd
- Raquel Wendler 25' 1/2"

High Jump

1. Alicia Evenson 4' 8" 1st
2. Bailey Lange 4' 8" 3rd
- Ashley Spooner 4' 2" 4th

Discus

1. Annaliese Hoffman 93' 9" 3rd
2. Ashley Dinse 89' 7" 4th
- Larissa DeRousse 66' 1"

Shot Put

1. Annaliese Hoffman 28' 4 1/2" 3rd
2. Ashley Dinse 26' 2" 6th
- Martha Johnston 23' 1"

4 x 800 Relay 11:27.41 1st

1. Amy Hopp 2:57
2. Irayna Fischer 2:42.5
3. Triah Meyer 2:50
- Kaitlin Apitz 2:59

Co-ed Shuttle Hurdle Relay 1:21.1 2nd BTY

1. Sarah Burk 19.6
2. Ashley Evers 21.3
3. Phil Biedenbender 20.7
- Ben Dose 19.6

100 Meter Dash

1. Ashley Spooner 14.66 5th
2. Allison Collum 14.62 4th
- Raquel Wendler 15.65

Sprint Medley Relay 1:59.05 1st BTY

1. 100 – Alicia Evenson 13.1
2. 100 – Sarah Burk 13.7
3. 200 – Ashley Evers 27.5
- 400 – Bailey Lange 64.4

1600 Meter Run

1. Lydia Balge 6:49.98
- Kaitlin Apitz 6:55.5 NPR

400 Meter Dash

1. Ashley Spooner 67.35 2nd
2. Triah Meyer 70.8 3rd
- Allison Collum 73.64

800 Meter Run

Meghan Shult 3:06.81

9th Grade 4 x 200 Relay 2:02.21 1st

1. Allison Collum 31
2. Larissa DeRousse 30.3
3. Martha Johnston 33
- Stephanie Oliver 27.4

Mid- Distance Relay 8:21.49 3rd

1. 300 – Ashley Dinse 49
2. 300 – Lydia Balge 53.4
3. 600 – Amy Hopp 2:08.6
- 1200 – Irayna Fischer 4:29

200 Meter Dash

1. Sarah Burk 27.6 1st
2. Larissa DeRousse 30.81 PR
- Raquel Wendler 32.76 PR

Co-ed Throwers' Relay 56 1st

1. Ashley Dinse 15
2. Brady Tetzloff 12.9
3. Annaliese Hoffman 15
- Eric Hahn 13.5

4 x 400 Meter Relay 4:25.61 1st BTY

1. Ashley Spooner 65.5
2. Bailey Lange 65.1
3. Alicia Evenson 66
- Ashley Evers 67.5

MVL Boys' Results

Pole Vault

1. Jacob Flitter 11' 1st PR NSR!!!
- Kyle Bergemann 10' 2nd

Long Jump

1. Fred Evers 17'
2. Matt Tessmer 17' 8 1/2" 6th
- Eric Hahn 15' 4"

Triple Jump

1. Josh Ristow 35' 11 1/2" 4th PR
2. Eric Hahn 34' 1" 5th
- Sam Dose 32' 9" 6th

High Jump

1. Fred Evers 5' 10" 1st
 2. Josh Hoffman 5' 2" 5th
 - Bobby Tisch 5' 4" 4th PR
- ### Discus

1. Ben Dose 95' 10"
 2. Brady Tetzloff 89' 1"
 - Mark Grunke 98' 10"
- ### Shot Put

1. Cole Brown 38' 6" 6th
2. Eric Hahn 34' 5 1/2"
- Mark Grunke 29' 10"

4 x 800 Relay 9:29.1 2nd BTY

1. Justin Steffl 2:20
2. Jacob Flitter 2:16
3. Dimitri Zimmerman 2:20
- Bobby Tisch 2:30

Co-ed Shuttle Hurdle Relay 1:21.1 2nd BTY

1. Ben Dose 19.6
 2. Phil Biedenbender 20.7
 3. Sarah Burk 19.6
 - Ashley Evers 21.3
- ### 100 Meter Dash

1. Kyle Bergemann 12.17 4th
2. Cole Brown 12.38 5th
- Jake Kral 13.99

Sprint Medley Relay 1:44.03 3rd BTY

1. 100 – Cole Brown 11.8
2. 100 – Josh Ristow 12.3
3. 200 – Ben Dose 25.6
- 400 – Fred Evers 54.3

1600 Meter Run

1. Dan Stelljes 5:03.98 4th
- Justin Steffl 5:12.98

4 X 100 Meter Relay 46.32 1st BTY

1. Cole Brown 11.6
2. Josh Ristow 11.7
3. Kyle Bergemann 10.8
- Matt Tessmer 11.9

400 Meter Dash

1. Matt Tessmer 52.11 2nd
2. John Wendler 68.85 NPR
- Ryan Plath 75.05

800 Meter Run

1. Brian Knepprath 2:30.99 5th
2. Zack Scharlemann 2:41.98
- Richard Davis 2:38.42

9th Grade 4 x 200 Relay 1:55.2

1. Sam Dose 29.3
2. Justin Steffl 27.8
3. Ryan Plath 34.1
- Matt Tessmer 24

Mid- Distance Relay 6:54.83 2nd BTY

1. 300 – Ben Dose 42
2. 300 – Dimitri Zimmerman 42
3. 600 – Jacob Flitter 1:37
- 1200 – Dan Stelljes 3:53.8

200 Meter Dash

1. Kyle Bergemann 24.3 2nd
2. Fred Evers 25.29 5th
- John Wendler 29.92 NPR

Co-ed Throwers' 4 x 100 Relay 56 1st

1. Ashley Dinse 15
2. Brady Tetzloff 12.9
3. Annaliese Hoffman 15
- Eric Hahn 13.5

4 x 400 Meter Relay 4:13.85 3rd

1. Brian Knepprath 64.9
2. Phil Biedenbender 59.9
3. Jake Kral 64.2
- Richard Davis 64.6



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



NU boys win Invite

POSTED: May 4, 2010 New Ulm Journal

By Toni Tweten, Journal Sports Writer

NEW ULM - It came down to a final race between the New Ulm and Cedar Mountain/Comfrey/Springfield boys to determine who would win the New Ulm track and field invitational Monday night.

New Ulm pulled ahead in the 4x400 relay to win the race by five-tenths of a second and won the meet 72-65 over CMCS. Blue Earth Area scored 62 and Minnesota Valley Lutheran had 57 points.

"The kids have been working hard this season," CM/C/S head coach Mike Freitag said. "Our field events really carry us. We score a lot of quiet points there. The boys have a lot of depth."

Freitag is also looking ahead to the end of the season.

"The boys have a goal of winning the conference," Freitag said. "From there on, it's all individual.

"I know that we can send boys on to sectionals and even state. Last year was the first year in my time as head coach we didn't send a kid to state. I want to see someone get back there."

The CM/C/S girls also have postseason goals.

"The girls don't have enough depth to win the conference," Freitag said. "But we do have some solid athletes that could go on in post-season competition. Nicole Kerkhoff has been a great jumper for us and the 4x800 relay team has been doing really well. Rachel Hoffbeck has also been having a great season as a sprinter in the one hundred, two hundred and four hundred meter dashes."

New Ulm senior weight man Jacob Schmidt, who placed first in both the shot put and discus, is striving to reach personal goals as well.

"My main goal this season is to hit 50 feet with the shot put," Schmidt said. "I've hit 49 feet, 11.5 inches so I'm almost there. This should put me in a good spot for conferences and sectionals."

However, it has taken Schmidt a lot of work to get there.

For New Ulm, Luke Guggisberg won the 200-meter dash, and placed second in the 100. Brandon Berg won the long jump and placed second in the triple jump.

The Minnesota Valley Lutheran boys track team is recovering from injuries and a slow start to the season.

"The beginning of our season wasn't as good as we had hoped," MVL head coach Rollin Timm said. "But we're coming around. We've struggled with some injuries but today everyone is looking healthy."

Timm acknowledged some standout athletes.



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



"Josh Ristow has been a surprise for us. He's been consistent and a leader for the team."

Also for MVL, Justin Steffl won the two-mile run in 11:06.96 and Matt Tessmer won the 100-meter dash and placed second in the 400. The 4x100 relay team won their event.

Timm also has goals for the rest of the season.

"We're hoping to peak at sub-sections," Timm said. "And we're pushing to see our times continue to drop. We're also hoping to send some kids on to sections and maybe even state. They've been running well lately."

For the girls, BEA won the meet with 89 points, followed by MVL with 79 points. New Ulm scored a 45 CM/C/S had 37 points.

For MVL, Sarah Burk broke a school record in the 100-meter hurdles in 15.87 seconds and won the 200-meter dash and the long jump. The 4x100 and 4x200 relays teams also won their events.

Hoffbeck won the 100 and 400-meter dash for CM/C/S and Kerkhoff won the high jump.

For New Ulm, Marissa Klimmek won the 800 and 1,600-meter and Shalyn Salonek placed first in the shot put.

Team scores

Boys: NU 72 CM/C/S 65 BEA 62 MVL 57 Girls: BEA 89 MVL 79 NU 45 CM/C/S 37

Girls

Relays

4x1: MVL 53.18, BEA 53.32, NU 54:87, CMCS 1:00.84
4x2: MVL 1:59.79, NU 2:04.19, BEA 2:04.23, CMCS 2:06.51
4x4: BEA 4:21.03, MVL 4:27.65, NU 4:31.30, CMCS 5:05.89
4x8: BEA 10:32.42, CM/C/S 11:13.15, NU 11:17.08, MVL 11:43.16

Running events

100m Hoffbeck CMCS 12.83, Evenson MVL 12.84, Holland BEA 13.16, Evers MVL 13.21, Schmidt NU 13.56
200m Burk MVL 27.26, Gulden NU 30.38, Walterman NU 30.86, Warmka BEA 29.37, Leng NU 31.14
400m Hoffbeck CMCS 1:03.51, Krieger BEA 1:06.70, Enright NU 1:08.16, Becker NU 1:09.73, Madsen CMCS 1:10.33
800m Klimmek NU 2:30.64, Robinson CMCS 2:39.91, Mitijuschkin CMCS 2:42.10, Shult MVL 2:57.43, Royer BEA 3:00.5
1600m Klimmek NU 5:34.81, Illikman NU 6:07.86, Fischer MVL 6:13.02, Warmka BEA 6:22.49, Balge MVL 6:39.33
3200m Waker BEA 13:05.10, Hopp MVL 14:03.39

Hurdles

100m. Hurdles Burk MVL 15.84, Hagedorn BEA 17.03, Tyler BEA 18.56, Dinse MVL 18.84, Plotz CMCS 19.44
300m hurdles Hagedorn BEA 49.87, Lange MVL 50.73, Evers MVL 50.78, Auke BEA 55.37

Field Events

High Jump: Kerkhoff CMCS 4'10, Lange MVL 4'8, Evenson MVL 4'6, Wagner BEA 4'6, Meyer BEA 4'4.
Triple Jump: Hassing BEA 33'11, Warmka BEA 31'9.5, Kerkhoff CMCS 31'3.5, Hildebrandt NU 30'10, Hoffman MVL 28'11.5
Long Jump: Burk MVL 15-7.5, Hassling BEA 14-11.75, Holland BEA 14-6.75, Kerkhoff MVL 14-0.75, Evers MVL 13-5
Discus: Krieger BEA 100'7, Dinse MVL 98'7, Hoyt BEA 98'6, Hoffman MVL 93'2.5, Salonek NU 90'4
Shot Put: Salonek NU 35'1, Ristau BEA 32'3, Hoffman MVL 28'10.25, Krieger BEA 26'9, Evers NU 25'10.25



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



Boys

Relays

4x1: MVL 46.44, CMCS 47.27, NU 47.54, BEA 47.61

4x2: BEA 1:38.36, MVL 1:40.15, NU 1:41.53, CMCS 1:42.95

4x4: NU 3:41.93, BEA 3:46.48, CMCS 3:54.93

4x8: CM/C/S 9:25.83, BEA 9:27.29, NU 10:00.30, MVL 10:48.50

Running events

100m Tessmer MVL 11:17, Guggisburg NU 11:39, Anderson CMCS 11:43, Bergemann MVL 11:64, Wenzel NU 12:21

200m Guggisberg NU 23.25, Dyslin BEA 23.84, Tessmer MVL 24.11, Bergemann MVL 24.38, Zebedee BEA 24.45

400m Carr BEA 51.36, Tessmer MVL 52.17, Hillesheim NU 52.80, Olson BEA 55.27, Soukup NU 58.21

800m Hamperl BEA 2:04.48, Hillesheim NU 2:15.23, Vasquez BEA 2:16.64, Hoffman MVL 2:16.82, Stelljes MVL 2:18.86

1600m Larson CMCS 4:56.00, Stelljes MVL 4:59.67, Zastrow BEA 5:09.13, Wagner BEA 5:14.82

3200m Steffi MVL 11:06.95, Ewers CMCS 11:52.00, Sehrama NU 11:52.23, Vasquez BEA 12:53.51, Gorackowski BEA 12:55.39

Hurdles

110m Hurdles Carr BEA 15.07, Boettger CMCS 15.83, Berg NU 16.40, B. Dose MVL 18.09, S. Dose MVL 19.93.

300m hurdles Boettger CMCS 43.67, Berg NU 44.13, Wilfahrt NU 45.28, B. Dose MVL 45.53, Plocker BEA 49.31

Field Events

High Jump: Golden CMCS 5'10, Carlson CMCS 5'10, Evers MVL 5'8, Hoffman MVL 5'6, C. Schmidt 5'2

Triple Jump: Sholtz CMCS 39-4, Berg NU 39-1, Carlson CMCS 37-0.5, Flores BEA 36-8.75, Plocker BEA 35-7.5,

Long Jump: Berg NU 19-0.5, Schultz CMCS 19-0.25, Carlson 18-3, Tessmer MVL 18-0.75, Sanchez BEA 17-6.25

Discus: J. Schmidt NU 134'11, Stubbs CMCS 107'8.5, Lee BEA 106'10, Ryberg NU 105'7.5, B. Dose MVL 91'11.

Shot Put: J.Schmidt NU 49'6.25, Lee BEA 45'0.5, Ryberg NU 43'7. J. Andrew BEA 42'4, Brown MVL 38'2

MVL girls second at Meet

(Note—Newspaper article was not posted on New Ulm Journal website. Following is re-keyed from newspaper without editing or correcting.)

ARLINGTON—The Minnesota Valley Lutheran boys and girls track and field teams competed at the Arlington Lions **meet Monday.**

The girls took second and the boys were fourth overall.

For the girl's LeSueur-Henderson was the overall champ with 166 points, MVL was second with 123 points and Sibley East was third with 100 points. Gibbon-Fairfax-Winthrop finished with 18 points.

Sarah Burk set a school record in the long jump with a leap of 17-feet-3 1/4 inches to take first. She was also first in the 100 hurdles (16.15) and 200 dash (27.2 seconds). Alicia Evenson won the high jump with a leap of five feet.

The 4x100 relay team of Evenson, Burk, Ashley Evers and Jenney Petersen won in 52.21 seconds and the 4xs200 relay team of Evenson, Ashley Spooner, Bailey Lange and Stephanie Oliver took first in 1:53.59.

Evers was second in 300 hurdles (49.87 seconds) and Peterson was second in the 200 with a time of 27.5.

Lange was third in the 300 with a time of 51.69. The 4x400 relay team of Spooner, Lange, Allison Collum and Evenson was third (4:31.93) and the 4x800 team of Irayna Fischer, Triah Meyer, Amy Hopp and Lydia Balge was third in 11:31.56.

For the boys, Sibley East won with 149 points, followed by LSH with 132 and GFW with 63.3. MVL had 55 points.

Fred Evers on the high jump (5-10) and was on the 4x100 relay team with Cole Brown, Eric Hahn and Matt Tessmer that finished first in 47.08 seconds. Jacob flitter was third in the pole vault with a height of 9-feet.



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



Staff photo by Steve Muscatello
Minnesota Valley Lutheran's Sarah Burk competes in the long jump during the Tomahawk Conference Track and Field Meet Thursday in Sleepy Eye. For more photos of this event, go to cu.nujournal.com

Burk has a field day

POSTED May 21, 2010 New Ulm Journal

By Michael Gassett, Journal Sports Writer

GIRL'S TEAM SCORES

1-Sleepy Eye United 140. 2-Minnesota Valley Lutheran 101. 3- Cedar Mountain/Comfrey/Springfield 55, 4-Wabasso 34, 5-Gibbon-Fairfax-Winthrop 17

SLEEPY EYE - Sarah Burk had some big shoes to fill at Minnesota Valley Lutheran.

Her older sister Amanda was a three-sport standout for the Chargers and even made it to the state track and field meet. Sarah Burk seems to be handling her role just fine.

Just a freshman, Burk set school records as she won the long jump and the 100 hurdles and she took second in the 200-meter dash as she was named the Tomahawk Conference Athlete of the Year Thursday at the Tomahawk Track and Field Meet in Sleepy Eye.

"It's really exciting and I am just surprised, it's unexpected," Sarah Burk said. Sleepy Eye Unified won the meet with 140 points. MVL was second with 101, followed by Cedar Mountain/Comfrey/Springfield with 55, Wabasso with 34 and Gibbon-Fairfax-Winthrop with 17

Both the records that Burk broke were her sister's. Sarah had already set the school record in the long jump and Thursday her 100 hurdles time of 15.5 seconds broke Amanda's record of 16.1 seconds.

"It's a little family rivalry," Sarah Burk said. "It's a little weird but she pushes me and it's nice to have an encouraging sister."

She won the long jump with a leap of 17-feet-5-inches. She finished second to teammate Jenny Petersen in the 200. Petersen won in 25.8 seconds and Burk had 26.4 seconds. She was also on the 4x100 relay team that took first in 51.9 seconds. Alicia Evenson, Ashley Evers and Petersen were also on that team.

"Jenny pushes me really hard and I wouldn't be able to get the time I did without her," Burk said. "I have been doing pretty good. I expected to be an underdog coming into the meet but it really turned around for me."

Petersen also won the 100 dash in 12.5 seconds. Evers was first in the 300 hurdles with a time of 49 seconds.

For Sleepy Eye Unified, Sam Seidl had the big day. She easily won both the shot put and the discus outpacing GFW's Lexi Platz in both. Seidl won the shot with a toss of 37-4 to Platz 33-7. Seidl took the discus with a throw of 104-7. Platz finished with a toss of 98-10.

"I started out a little on the rough side but I got it back up there," Seidl said. "I have been throwing past her the whole season so I kind of expected to do that today too."

With the subsection and section meets coming up she has a goal of reaching 38-6 in the shot and she had just about a foot to go.

"I am just going to continue to work towards that goal," Seidl said. "I am just working on my form, working on the stuff that I need to fix and what not and hitting the weight room. My goal is to go to state, hopefully I can get there." Also winning twice for Sleepy Eye Unified was Kari Schumacher, who won the 1,600 (5:56.0) and the 3,200 (12:54.7). Cassie Cselovski won the 800 in 2:36.9. Madeline Schmitz won the high jump with a height of 5-4. Sleepy Eye Unified also won all the other relay races taking the 4x200 (1:51.6), the 4x400 (2:36.9) and the 4x800 (10:52.9)

For CM/C/S, Nicole Kerkhoff won the triple jump with a leap of 31-2, Rachel Hoffbeck won the 400 in 1:04.7.



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



Girl's Tomahawk Conference Track Results 2010

Relays

4x100 MVL 51.9, SEU 52.8, W 58.4, CMCS 58.8

4x200 SEU 1:51.6, MVL 1:55.5, W 2:04.1, GFW 2:09.0, CMCS 2:09.3

4x400 SEU 4:31.7, MVL 4:35.6, W 4:53.3, CMCS 5:11.1, GFW 5:20.0

4x800 SEU 10:52.9, CMCS 11:13.3, MVL 11:52.3, W 11:56.81

Running events

100m Petersen, MVL 12.5, Hoffbeck 13.0, Schmitz SEU 13.0, Carr SEU 13.1, Oliver MVL 13.3

200m Peterson MVL 25.8, Burk 26.4, Marti SEU 26.41, Schmitz SEU 26.7, Hoffbeck CMCS 26.71

400m Hoffbeck CMCS 1:04.7, Spooner MVL 1:06.3, Banken SEU 1:07.5, Opitz 1:07.9, Palmer GFW 1:07.9

800m Cseloviski SEU 2:36.9, Mijuschkin CMCS 2:37.9, Schwartz SEU 2:39.4, Ibberson SEU 2:43.0, Robinson CMCS 2:49.2

1600m Schumacher SEU 5:56.0, Goblirsch SEU 6:03.2, Roiger SEU 6:04.2, Fischer 6:19.4, Trebesch CMCS 6:31.9

3200m Schumacher SEU 12:54.7, Roiger SEU 13:23.1, Goblirsch SEU 13:44.4, Hopp MVL 14:34.0, Meyer MVL 14:53.5

Hurdles

100m Burk MVL 15.5, Salfer W 15.7, Krumbach SEU 16.9, Evers MVL 17.0, Busch SEU 17.5

300m Evers MVL 49.0, Salfer W 50.1, Krumbach SEU 50.7, Lange MVL 51.2, Busch SEU 53.4

Field Events

Long Jump Burk MVL 17'5, Krumbach SEU 14'4, Kerkhoff CMCS 14'2.25, Spotted Bear CMCS 13'6.5, Mathiowetz SEU 13'2.5

High Jump Schmitz SEU 5'4, Evenson MVL 5'2, Kerkhoff CMCS 4'6, Lange MVL 4'6,

Triple Jump Kerkhoff CMCS 31'2, Schmitz SEU 31'11, Busch J. SEU 31'2, Busch K. SEU 30'3.25, Salfer M. W 29'5.25

Discus Seidl SEU 104'7, Platz GFW 98'10, Dinse MVL 89'11, Trettin MVL 87'10, Prokosch W 78'2

Shot Put Seidl SEU 37'4, Platz GFW 33'7, Kletscher W 29'4.5, Dinse MVL 29'0.5, Prokosch W 28'10.5

Boyda returns to dominate the competition

POSTED May 21, 2010 New Ulm Journal

By Michael Gassett Journal Sports Writer

BOY'S TEAM SCORES
1-Gibbon-Fairfax-Winthrop 119. 2-Cedar Mountain/Comfrey/Springfield 103, Minnesota Valley Lutheran 78, Sleepy Eye United 35, Wabasso 14

SLEEPY EYE - Josh Boyda's best events by far are the 100 and 300-meter hurdles. But about a month ago, the Gibbon-Fairfax-Winthrop senior rolled his ankle and he hasn't run those events since.

Thursday's Tomahawk Conference Track and Field Meet marked Boyda's return to the hurdles and no one would be able to tell that he had a month layoff.

Boyda won the 100 hurdles in 15.6 seconds, the 300 hurdles in 42.3 seconds and he was fourth in the 100-meter dash in 11.53 seconds.

"I was a little nervous after not being able to run for month," Boyda said. "It was actually pretty tough because I was still a little nervous for the ankle. But I felt pretty good."

GFW had a great day at the meet. Along with Boyda's success, James Albrecht won two events and Jay Rogotzke swept the sprint events and was named the Tomahawk Conference Player of the Year.

GFW won the meet with 119 points. Cedar Mountain/Comfrey/Springfield was second with 103 and Minnesota Valley Lutheran was third with 78. Sleepy Eye Unified finished with 35 points and Wabasso had 14.

Boyda may not have been doing any hurdles the past month but he did keep in shape by running in other events.

"I was just running open events and not hurdles," Boyda said. "Coach [Roger Rogotzke] wanted to save me for conference. For the first time back not running these events I am pretty happy with my performance."



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



"I think that I have a pretty decent chance of making it back," Boyda said. "I just need to run some pretty good times, practice hard and stay healthy."

In both hurdle events, Boyda beat CM/C/S's Dylan Boettger. Boettger finished the 100 hurdles in 16.3 seconds and the 300 in 44.7. He was leading the 300 hurdles for most of the way before tripping over the last hurdle, which allowed Boyda to pull ahead.

Rogotzke easily outpaced the competition. He won the 100 in 11.1 seconds just ahead of MVL's Kyle Bergemann who finished in 11.51 seconds. The two finished the same way in the 200 with Rogotzke winning in 22.6 seconds to Bergemann's 24 seconds.

In the 400, Rogotzke won with a time of 51.9 as he beat out MVL's Matt Tessmer, who finished second in 55.5 seconds.

"I think I ran well and jumping went mediocre but overall it was a good meet," Rogotzke said. "I was expecting to win the 1, 2 and 4 and I was just hoping the long jump would work out."

Rogotzke has been injured off and on the past few track seasons and he says he is finally healthy this year. And he is going strong heading into the postseason.

"I have dealt with injuries two years in a row but this year I am feeling healthy," he said. "I am ready to give it a last shot."

Albrecht won the 800 in 2:12.3 and the 1,600 in 4:55.6. He also was second in the triple jump with a leap of 38-feet-10-inches.

Also for GFW, Kirk Hartmann won the discus with a toss of 122-3 and Kyle Hoffman won the shot with a throw of 42-8 1/2

For CM/C/S Andy Sholtz had a good day as he won the long jump with a distance of 19-9, the triple jump (39-8) and was third in the high jump with a height of 5-10.

Boys Tomahawk Conference Track Meet 2010

Relays

4x100 MVL 47.4, CMCS 47.7, SEU 48.0, W 50.1, GFW 54.1

4x200 SEU 1:38.2, MVL 1:40.8, CMCS 1:41.0, GFW 1:43.4, W 1:48.7

4x400 SEU 3:45.0, CMCS 3:53.1, GFW 3:53.3, MVL 4:01.0

4x800 CMCS 9:32.5, GFW 9:35.9, MVL 9:50.0

Running events

100m Rogotzke GFW 11.1, Bergemann MVL 11.51, Anderson CMCS 11.52, Boyda GFW 11.53, Tessmer MVL 11.54

200m Rogotzke GFW 22.6, Bergemann MVL 24.0, Tessmer MVL 24.1, Anderson CMCS 24.2, Stoll GFW 24.22

400m Rogotzke GFW 51.9, Tessmer MVL 55.5, Stoll GFW 56.1, Evers MVL 56.11, Wells CMCS 57.8

800m Albrecht GFW 2:12.3, Tarlseth GFW 2:13.0, Larson CMCS 2:15.6, Sherman CMCS 2:19.0, Stelljes MVL 2:20.9

1600m Albrecht GFW 4:55.6, Larson CMCS 4:58.2, Stelljes MVL 5:01.5, Steffl MVL 5:06.2, Butler SEU 5:31.3

3200m Steffl MVL 11:17.9, Flitter MVL 11:27.7, Butler SEU 11:32.5, Ewers CMCS 11:35.3, McDurmont GFW 11:36.6

Hurdles

110m Boyda GFW 15.6, Boettger CMCS 16.3, Sprenger 17.5, Dose MVL 17.7, Fairchild GFW 21.0

300m Boyda GFW 42.3, Boettger CMCS 44.7, Marquez SEU 44.9, Sprenger SEU 45.4, Dose MVL 45.5

Field Events

Long Jump Scholtz CMCS 19'9, Evers 19'0.75, Rogotzke GFW 18'11, Carlson CMCS 18'8, Boyda GFW 18'6.75

High Jump Golden CMCS 6'0, Carlson CMCS 6'0, Scholtz CMCS 5'10, Evers MVL 5'8, Tisch MVL 5'8

Triple Jump Scholtz CMCS 39'8, Albrecht GFW 38'10, Berg MVL 38'9.75, Carlson CMCS 37'8.75, Guillermo GFW 37'1.5

Discus Hartmann GFW 122'3, Salfer W 119'6, Hillmann GFW, 106'5, Stubbs CMCS 103'2, Grunke MVL 98'4

Shot Put Hoffman GFW 42'8.5, Salfer W 41'3, Hartmann GFW 40'8, Stubbs CMCS 39'2, Brown MVL 38-feet.



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



Sleepy Eye girls win subsection meet

POSTED May 29, 2010 New Ulm Journal

By Fritz Busch, Staff Writer

LAKE CRYSTAL - A number of subsection and school records fell by the wayside Thursday as Gibbon Fairfax Winthrop (GFW) senior Jay Rogotzke won three events and the Sleepy Eye United girls track team won its first-ever subsection team title.

Rogotzke won the 200 and 400 meter dashes and anchored the 4x400 relay team that edged the 1989 school record set by Tim Sandgren, Mike Liebl, Matt Miller and Paul Jones by 16 hundredths of a second.

Trailing Lake Crystal Wellcome Memorial Nicollet by a few yards when he got the baton, Rogotzke finished more than 2 seconds ahead of LCWMN.

Rogotzke had personal bests, winning the 200 in 22.67 and the 400 in 51.26.

He finished fourth in the long jump, reaching 17 feet, 10 1/2 inches on one jump.

Kyle Hoffman of GFW won the discus with a 162-foot toss, shattering subsection and school records.

Old subsection record was 156 feet, 5 inches by Travis Zins of Nicollet in 1996. Old GFW mark was 156 feet, 7 inches by Jared Christensen in 2007.

Sleepy Eye United (SEU) won its first subsection team title ever with 174.6 points. LCWMN was second with 157 points.

Kris Bloedel, who has been coaching Sleepy Eye track for 18 years, said the 33 girls on the team are the greatest group of athletes she's ever had. Just 3 of them are seniors this year - Madeline Schmitz, Sam Seidl and Kristina Busch.

RESULTS are as published by New Ulm Journal.

Boys team scores - GSL 248.5, LCWMN 149.5, GFW 114.5, MVL 99.5, Loyola 91, NYA 71, SEU 40.

4x800-1. LCWMN 8:41.21. 3. GFW 9:47.72. 4. MVL 10:21.54.

110 hurdles-1. Koester GSL 15.03. 2. Boyda 15.43. 5. Dose 17.72. 6. Sprenger 17.82.

100 dash-1. Koester 11.51. 2. Tessmer MVL 11.74. 3. Bergmann MVL 11.93.

4x200-1. GSL 1:32.1. 2. MVL 1:35.86. 4. SEU 1:36.74. 7. GFW 1:43.78.

1600-1. Burr GSL 4:52.68. 2. Stelljes MVL 4:54.28. 4. Ahlbrecht GFW 4:57.7. 7. Butler SEU 5:12.35.

4x100-1. GSL 44.89. 2. MVL 45.1. 4. SEU 47.44.

400-1. Rogotzke GFW 51.26. 2. Murphy LCWMN 52.89. 6. Stoll GFW 56.86.

300 hurdles-1. Koester 39.3 (record) 2. Boyda 43.33. 3. Marquez SEU 44.0. 5. Sprenger 44.99. 6. Dose 45.65.

800-1. Schaefer GSL 2:08.77. 7. Briones SEU 2:16.17. 8. Stelljes 2:17.74. 9. Albrecht GFW 2:17.88. 10. Bussler GFW 2:21.06.

200-1. Rogotzke 22.67. 2. Alsleben 23.07. Murphy LCWMN 23.64.

3200-1. Goettl Loyola 10:18.44. 2. Bernau LCWMN 10:35.84. 5. Steffi MVL 11:00.84. 6. Butler 11:17.19.

4x400-1. GFW 3:34.52. 2. LCWMN 3:36.41. 3. GSL 3:40.53. 4. SEU 3:42.13. 7. MVL 4:03.77.

Long jump-1. Weiss GSL 20-10. 4. Rogotzke 17-10.5. 5. Boyda 17-7.

Triple jump-1. Imlay LCWMN 41.06.75. Bode LCWMN 39.02. 5. Ristow MVL 36.08.5. 6. Albrecht 36.06.75.

High jump-1. Evers MVL 6-0. 6. Tisch MVL 5-06.

Pole vault-1. Ahlfs GSL 13-3. 4. Flitter 10.06.0. 6. Wilking LCWMN 8-06. 7. Hill LCWMN 8-0.

Shot put-1. Scott GSL-45-09. 3. Hoffman GFW 42-8.75.

Discus-1. Hoffman 162-0. 6. Hartmann GFW 119-11.



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



Girls team scores - SEU 174.6, LCWMN 157, Loyola 121.1, MVL 114.5, NYA 94.8, GFW 30.

4x800-1. Loyola 10:37.39. 2. SEU 10:44.56. MVL 11:32.69.

100 hurdles-1. Burk MVL 15.91. 3. Sorensen LCWMN 16.66. 4. Evers MVL 16.82. 5. Krumbach SEU 17.86.

100-1. Petersen 12.76. 2. Carr 13.35. M. Schmitz 13.4.

4x200-1. SEU 1:48.58. MVL 150.7.

1600-1. Hendriksen Loyola 5:39.65. 3. Schumacher SEU 5:47.99. 4. Emich LCWMN 5:51.79.

4x100-1. SEU 52.53. 5. LCWMN 55.45. MVL DQ.

400-1. Roelofs LCWMN 59.34. 3. Swenson LCWMN 62.68. 5. Palmer GFW 66.75. 6. Apitz MVL 67.73.

300 hurdles-1. Evers 48.39. 2. Lange MVL 49.41. 3. Krumbach 50.16 .4. Sorensen 50.39 5. Tagatz LCWMN 53.01.

800-1. Giefer LCWMN 2:29.9. 3. Sorensen 2:34.01. 5. Schwartz SEU 2:37.73. 6. Cselovszki SEU 2:40.56.

200-1. Marti SEU 27.41. 2. M. Schmitz 27.61. 3. K. Swensen 28.06. 5. J. Schmitz 28.36. 3200-2. Schumacher SEU 12:30.97.

4x400-1. GSL 4:16.07. 4. SEU 4:28.45. 6. GFW 5:09.72.

Long jump-1. Burk MVL 15-06.5. 6. Krumbach 14-05.

Triple jump-3. J. Schmitz 31-11.25. 7. Evers 29-3.25.

High jump-4. M. Schmitz 4-8, Lange 4-8. Pole vault 2. Roelofs LCWMN 8-0. 3. Christensen LCWMN 8-0.

Shot put-2. Seidl SEU 37.02. 3. Platz GFW 33.06.

Discus-1. Seidl 120-09. 3. Platz 110-08. 4. Trettin 90-06.5.



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



Area athletes ready for state

POSTED June 10, 2010 New Ulm Journal

By Michael Gassett. Journal Sports Writer

NEW ULM - A handful of area athletes will run at the Class A Track and Field Meet Friday at Hamline University.

Freshman Sarah Burke is continuing her stellar season by competing in two events at the state meet.

Burk holds one of the top times in the 100-meter hurdles with a seed time of 15.27 seconds. She also qualified in the long jump, where she will participate in the second flight of Friday's finals as she qualified with a distance of 16-feet-11 3/4-inches. The top distance is from defending state champion Analisa Huschle of Bagley-Fosston at 18-10 1/2.

Joining Burk at state is teammate Alicia Evenson, who qualified in the high jump with a height of 5-4. Caledonia/Spring Grove's Emma Lange has the top height at 5-6.

Sam Seidl of Sleepy Eye Unified qualified for her first state meet in the shot put with a toss of 38-6 1/2. The finals in the shot will be Saturday.

BOLD/Buffalo Lake-Hector has two girls in the meet. Jamila Stimpel qualified in the 400 dash with a time of 1:00.23 and will run in the first heat. Ashley Peterson is in the 100-meter dash with and qualified with a time of 13.14 seconds.

The other area girls that advanced are Emily Zaharia from Madelia/Truman that qualified in the 800. She will run in the first heat with a time of 2:20.03. Tara Roelofs of Lake Crystal-Wellcome Memorial/Nicollet is back at the state meet in the 400. She has the second fastest time in her heat at 58.72 seconds.

Redwood Valley's Gabi Swoboda is the final area girl that made it to state. She made it in the 3,200-meter run with a time of 11:29.7.

For the boys, Gibbon-Fairfax-Winthrop has two boys that qualified for state. Jay Rogotzke, who qualified in the 400 last year, made it back to state this season in the 400. He qualified with a time of 23.20 seconds.

Joining him at state is senior Kyle Hoffman in the discus. Hoffman qualified with a toss of 149-02 and is in the second flight, which will compete Saturday.

Sibley East's Andrew Thies, who qualified in the 1,600 and 3,200 last year is back in the two different events this year. In the 1,600, he made it with a time of 4:33.55 and he qualified in the 800 with a time of 2:05.01.

Tyler Minkel of BOLD/BLH qualified in the shot put with a toss of 48-8. The shot put finals are Friday. Randy Juell of Redwood Valley made it in the high jump with a height of 6-5 and those finals are Saturday.

Jarrett Imlay of LCWM/Nicollet is the final area qualifier. He made it in the triple jump with a leap of 43-3 1/2. The triple jump finals are Friday.



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



A big day for Burk

POSTED June 11, 2010 New Ulm Journal

By Michael Gasset, Journal Sports Writer

ST. PAUL Sarah Burk said she had a hard time getting to sleep Thursday night in preparation for Friday's Class A State Track and Field Meet at Hamline University.

Getting to sleep Friday night might be even more troublesome.

The Minnesota Valley Lutheran freshman qualified for the today's finals in the 100-meter hurdles with a time of 15.29 seconds.

"This is really exciting," Burk said. "It was hard. You get put in your own lanes and you don't have any idea what the people next to you are like. Hopefully [Saturday] goes well."

Burk came into the state meet with one of the best qualifying times but she said that didn't matter.

"A time is just a time," she said. "You still have to pull it through the day that it counts. Just because you got that time once, doesn't mean you are going to get it again. You just have to push yourself."

Jenni Romsdahl of Mountain Lake/Butterfield-Odin has the top time in the event with a time of 15.12 seconds.



Photo courtesy of Chip Pearson/
Fairmont Sentinel
Minnesota Valley Lutheran's Sarah Burk competes in the 100-meter hurdles at the State Track and Field Meet at Hamline University Friday.

"I am pumped we will see how it goes," Burk said.

Burk also qualified in the long jump. After competing in the second flight, she made finals and eventually finished sixth with a jump of 16-feet-7-inches. Analisa Huschle of Bagley/Fosston repeated as the champion with a leap of 18-4.75.

"It was pretty hard," she said. "I knew that there were people jumping 18 [feet] so I just went out there and gave it my all. It's hard to catch up to them because they have years ahead of me and I still have three years."

As a freshman, Burk didn't expect to make it to state in her first year.

"It's a privilege and I wasn't expecting this," Burk said. "I am happy I am here and hopefully I can come back again next year."

It isn't Burk's first time at the state track meet, she has come up to Hamline before to watch her sister Amanda compete in the long jump.

"I knew what it was like here," she said. "I knew the pit, I knew what it looked like and I was excited to do it."

Teammate Alicia Evenson competed in the high jump and finished with a height of 5-feet and didn't qualify for finals.

Ashley Peterson of BOLD/Buffalo Lake-Hector ran in the 100-meter dash and finished with a time of 13.10 seconds but she didn't qualify for Saturday's finals. Her teammate Jamila Stimpel finished the 400-meter dash in 1:03.70 and didn't qualify for finals.

But Lake Crystal-Wellcome Memorial/Nicollet's Tara Roelofs did make the finals in the 400 as she finished in a time of 59.81 seconds. Malaysia George of Breck has the best time at 57.51 seconds.



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



Madelia/Truman's Emily Zahria qualified for the finals in the 800-meter run with a time of 2:20.05. Savana Weller of Sauk Center has the best time going into today's finals at 2:17.90.

The only other area girl that ran Friday was Gabi Swoboda of Redwood Valley, who took second in the 3,200 with a time of 11:08.63.

This has been a little bit different state track meet for Gibbon-Fairfax-Winthrop's Jay Rogotzke. He is used to qualifying in multiple events but this year he made it in just the 200-meter run.

But he did find himself in familiar territory as he qualified for today's finals with a time of 22.92.

"It's kind of different only being in one event," Rogotzke said. "But it's exciting and tons of fun."

Rogotzke was the last runner to qualify for finals and when he finished his race he didn't think he had a shot of making it.

"I thought I ran well but I still came in fifth," he said. "That just shows the level of competition. It shows that everyone is fast."

But now he is ready for his final career race at approximately 5:10 p.m. today.

"It's a great feeling anytime you make it to state," he said. "It's something that I expect of myself and this year, I just want to go out and run to the best of my abilities."

Calvin Clark of St. Paul Humboldt has the best time coming into today's finals at 21.98.

Sibley East's Andrew Thies qualified for today's finals in the 800-meter run with a time of 2:02.99. Thies will also run in the 1,600-meter run today.

LCWM/Nicollet's Jarret Imlay finished seventh in the triple jump with a distance of 42-1.25. Tim Halvorson of Concordia Academy was the overall champ with a leap of 45-3.

The other area boy to participate Friday was Tyler Minkel of BOLD/BLH he finished seventh in the shot put with a toss of 49-11.25.

Area athletes that will compete today in finals events are Sam Seidl of Sleepy Eye Unified in the shot put, Kyle Hoffman of GFW in the discus and Randy Juell of Redwood Valley in the high jump.

Rogotzke, Burk and Hoffman all place

POSTED Sunday, June 13, 2010 New Ulm Journal

ST. PAUL - The Class A State Track and Field Meet wrapped up Saturday at Hamline University in St. Paul.

Minnesota Valley Lutheran freshmen Sarah Burk capped a stellar first year by taking fourth in the 100-meter hurdles. She finished with a time of 15.48 seconds. Katlyn Sawtell of Luverne won the event in 15.10 seconds.

On Friday, Burk also placed in the long jump as she finished eighth with a leap of 16-feet-7 1/2 inches.

Sleepy Eye Unified's Sam Siedl placed eighth in the shot put with a toss of 36-8 1/4. Ashley Thooft of St. Clair won the title with a put of 41-feet-3/4-inches.



2010 Man Valley Lutheran Track & Field

Preserving New Ulm Sports History on the world-wide web



Rounding out the area girls at state, LCWM-Nicollet's Tara Roelofs was eighth in the 400 in 1:00.50 and Emily Zaharia of Madelia-Truman was ninth in the 800 with a time of 2:20.95.

Gibbon-Fairfax-Winthrop had a good day on the boys side. The Thunderbirds sent two participants to state and both ended up placing.

In the discus, Kyle Hoffman finished third with a toss of 153-1. Eveleth/Gilbert's Shawn Johnson was the champion with a throw of 178-4. Ryan Obele of LeSueur-Henderson was second at 156-08.

In the 200, Jay Rogotzke took sixth with a time of 23.02 seconds. Calvin Clark of St. Paul Humboldt was the champion finishing in a time of 22.01 seconds.

Sibley East's Andrew Thies ran in two events Saturday. He finished ninth in the 800 with a time of 2:05.66 and he was 13th in the mile with a time of 4:30.5.

Redwood Valley's Randy Juell finished seventh in the high jump with a height of 6-2.