

4/15/25  
Atlantic MS Boys Meet

| Shot Put          | Distance   | Place        |  | Discus            | Distance   | Place        |
|-------------------|------------|--------------|--|-------------------|------------|--------------|
| Jose Ramirez      | 27-07.00   |              |  | Saul Bello        | 69-04      |              |
| Simon Htoo        | 30-04.00   |              |  | Ivan Contreras    | SCR        |              |
| Oscar Nieto       | 27-07.00   |              |  | Henri Gonzalez    | 77-01      |              |
| Saul Bello        | 23-10.50   |              |  | Noah Westphalen   | 69-06      |              |
| Ivan Contreras    | SCR        |              |  | Simon Htoo        | 72-07      |              |
| Henri Gonzalez    | 25-05.50   |              |  |                   |            |              |
| Long Jump         | Distance   | Place        |  | High Jump         | Distance   | Place        |
| Pedro Luna        | 11-07.00   |              |  | Rocky Thao        | 4-02.00    |              |
| David Serrano     | 9-2.00     |              |  | Luis Zavala       | NH         |              |
| Charlie Logan     | 13-06.00   |              |  | Gavin Lidgett     | NH         |              |
|                   |            |              |  | Tyler Stanton     | 4-00.00    |              |
| 4 X 800 O         | Split Time | Place & Pts. |  | 4 X 800 O         | Split Time | Place & Pts. |
|                   |            |              |  |                   |            |              |
|                   |            |              |  |                   |            |              |
|                   |            | Total Time   |  |                   |            | Total time   |
|                   |            |              |  |                   |            |              |
| Shuttle Hurdle    | Split Time | Place & Pts. |  | Shuttle Hurdle    | Split Time | Place & Pts. |
|                   |            |              |  |                   |            |              |
|                   |            |              |  |                   |            |              |
|                   |            | Total Time   |  |                   |            | Total Time   |
|                   |            |              |  |                   |            |              |
| 100 M Dash        | Time       | Place & Pts. |  | 100 M Dash        | Time       | Place & Pts. |
| Simon Htoo        | SCR        |              |  | Saul Bello        | 17.3       |              |
| Ivan Contreras    | SCR        |              |  | Henri Gonzalez    | 16.05      |              |
| David Serrano     | 16.88      |              |  | Jose Ramirez      | 16.83      |              |
| Gavin Lidgett     | 14.78      |              |  | Noah Westphalen   | 17.27      |              |
| Oscar Nieto       | 15.03      |              |  | Rocky Thao        | 15.32      |              |
| Charlie Logan     | 15.33      |              |  |                   |            |              |
| 1600 Distance Med | Split Time | Place & Pts. |  | 1600 Distance Med | Time       | Place & Pts. |
| David Raymundo    |            | 3rd & 4pts   |  |                   |            |              |
| Tyler Stanton     |            |              |  |                   |            |              |
| Luis Zavala       |            | Total Time   |  |                   |            | Total Time   |
| Quinn Vetter      |            | 4:47.17      |  |                   |            |              |
| 400 M Dash        | Time       | Place & Pts. |  | 400 M Dash        | Time       | Place & Pts. |
| Reylan Gonzalez   | SCR        |              |  | Noah Westphalen   | 1:26.51    |              |
| Gavin Lidgett     | 1:31.07    |              |  | Jorge Barajas     | 1:09.39    |              |
| David Serrano     | 1:21.26    |              |  |                   |            |              |
| 4 x 200 X         | Split Time | Place & Pts. |  | 4 x 200 X         | Split Time | Place & Pts. |
| Pedro Luna        | 30.29      |              |  |                   |            |              |
| Anyang Majook     | 27.58      |              |  |                   |            |              |
| Oscar Nieto       | 30.46      | Total Time   |  |                   |            | Total Time   |
| David Raymundo    | 29.99      | 1:58.59      |  |                   |            |              |
| 1600 M Run        | Time       | Place & Pts. |  | 1600 M Run        | Time       | Place & Pts. |
| Quinn Vetter      | 5:48.45    | 4th & 2pts   |  | Reylan Gonzalez   | SCR        |              |
| Jorge Barajas     | 6:34.92    |              |  |                   |            |              |
| 10 Flt Hurdles    | Time       | Place & Pts. |  | 10 Flt Hurdles    | Time       | Place & Pts. |
|                   |            |              |  |                   |            |              |

|                                                                    |                   |                         |  |                       |                   |                         |
|--------------------------------------------------------------------|-------------------|-------------------------|--|-----------------------|-------------------|-------------------------|
| <b>200 M Dash</b>                                                  | <b>Time</b>       | <b>Place &amp; Pts.</b> |  | <b>200 M Dash</b>     | <b>Time</b>       | <b>Place &amp; Pts.</b> |
| Simon Htoo                                                         | 34.33             |                         |  | Saul Bello            | 38.63             |                         |
| Ivan Contreras                                                     | SCR               |                         |  | Henri Gonzalez        | 34.6              |                         |
| David Serrano                                                      | 35.32             |                         |  | Gavin Lidgett         | 31.2              |                         |
| Jose Ramirez                                                       | 36.68             |                         |  | Noah Westphalen       | 38.45             |                         |
| Luis Zavala                                                        | 31.74             |                         |  | Rocky Thao            | 31.69             |                         |
| <b>800 Sprint Med</b>                                              | <b>Split Time</b> | <b>Place &amp; Pts.</b> |  | <b>800 Sprint Med</b> | <b>Split Time</b> | <b>Place &amp; Pts.</b> |
| Anyang Majook                                                      | 12.56             |                         |  |                       |                   |                         |
| Tyler Stanton                                                      | 16.09             |                         |  |                       |                   |                         |
| Pedro Luna                                                         | 36.23             | Total Time              |  |                       |                   | Total Time              |
| Charlie Logan                                                      | 1:10.08           | 2:15.40                 |  |                       |                   |                         |
| <b>200 Hurdles</b>                                                 | <b>Time</b>       | <b>Place &amp; Pts.</b> |  | <b>200 Hurdles</b>    | <b>Time</b>       | <b>Place &amp; Pts.</b> |
|                                                                    |                   |                         |  |                       |                   |                         |
| <b>800 M. Run</b>                                                  | <b>Time</b>       | <b>Place &amp; Pts.</b> |  | <b>800 M. Run</b>     | <b>Time</b>       | <b>Place &amp; Pts.</b> |
| Jorge Barajas                                                      | 2:44.36           |                         |  | Reylan Gonzalez       | SCR               |                         |
| Quinn Vetter                                                       | 2:35.05           |                         |  |                       |                   |                         |
| <b>4 x 100 X</b>                                                   | <b>Split Time</b> | <b>Place &amp; Pts.</b> |  | <b>4 x 100 X</b>      | <b>Split Time</b> | <b>Place &amp; Pts.</b> |
| Pedro Luna                                                         | NA                |                         |  |                       |                   |                         |
| Oscar Nieto                                                        | NA                |                         |  |                       |                   |                         |
| David Raymundo                                                     | NA                | Total Time              |  |                       |                   | Total Time              |
| Anyang Majook                                                      | NA                | 56.7                    |  |                       |                   |                         |
| <b>4 x 400</b>                                                     | <b>Split Time</b> | <b>Place &amp; Pts.</b> |  | <b>4 x 400</b>        | <b>Split Time</b> | <b>Place &amp; Pts.</b> |
| Luis Zavala                                                        | 1:11.37           |                         |  |                       |                   |                         |
| Charlie Logan                                                      | 1:14.14           |                         |  |                       |                   |                         |
| Rocky Thao                                                         | 1:24.13           | Total Time              |  |                       |                   | Total Time              |
| Tyler Stanton                                                      | 1:31.92           | 5:21.85                 |  |                       |                   |                         |
|                                                                    |                   |                         |  |                       |                   |                         |
|                                                                    |                   |                         |  |                       |                   |                         |
|                                                                    |                   |                         |  |                       |                   |                         |
| B means use<br>starting blocks                                     |                   |                         |  |                       |                   |                         |
| X means closed<br>hand off                                         |                   |                         |  |                       |                   |                         |
| O means open hand<br>off                                           |                   |                         |  |                       |                   |                         |
|                                                                    |                   |                         |  |                       |                   |                         |
| Please report<br>distances from field<br>events to Coach<br>Jones! |                   |                         |  |                       |                   |                         |
| <b>Excuses?</b>                                                    |                   |                         |  |                       |                   |                         |

Notes: Shot/Discus (**at high school**)

Shot put - 4 tosses

Discus - 4 tosses

LJ - 3 jumps

HJ - 4'4"

1/8 inch spikes

Denison - 6

Kuemper Catholic - 54

Atlantic - 118

Coon Rapids-Bayard -  
46

Lewis Central - 94.5

Harlan - 50.5