

5/12/25
H10 Middle School Boys' Track Meet

Shot Put	Distance	Place		Discus	Distance	Place
Jose Ramirez	28-01.00			Ivan Contreras	57-09	
Simon Htoo	33-00.00			Henri Gonzalez	81-05	
Long Jump	Distance	Place		High Jump	Distance	Place
David Raymundo	14-02.50			Charlie Logan	4-08.00	
Anyang Majook	15-02.00			Luis Zavala	4-04.00	
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.
Tyler Stanton	17.33			Gavin Lidgett	14.74	
Ivan Contreras	15.21			Simon Htoo	14.28	
Bryan Lara	14.41			Charlie Logan	14.8	
Jose Ramirez	14.53			Henri Gonzalez	15.39	
1600 Distance Med	Split Time	Place & Pts.		1600 Distance Med	Time	Place & Pts.
David Raymundo	25.54	4th & 5pts				
Anyang Majook	28.25					
Luis Zavala	1:05.93	Total Time				Total Time
Quinn Vetter	2:30.10	4:30.72				
400 M Dash	Time	Place & Pts.		400 M Dash	Time	Place & Pts.
Jorge Barajas	1:10.44			Bryan Lara	1:11.75	
4 x 200 X	Split Time	Place & Pts.		4 x 200 X	Split Time	Place & Pts.
Luis Zavala	27					
Rocky Thao	30.47					
Pedro Luna	30.54	Total Time				Total Time
Charlie Logan	32.04	2:00.61				
1600 M Run	Time	Place & Pts.		1600 M Run	Time	Place & Pts.
Quinn Vetter	5:24.72	4th & 5pts		Jorge Barajas	5:46.04	
10 Flt Hurdles	Time	Place & Pts.		10 Flt Hurdles	Time	Place & Pts.
David Raymundo	18.61					
200 M Dash	Time	Place & Pts.		200 M Dash	Time	Place & Pts.
Tyler Stanton	35.8			Anyang Majook	27.23	9th & 1pt
Ivan Conteras	34.18			Simon Htoo	32.6	
Bryan Lara	32.13			Gavin Lidgett	34.03	
Jose Ramirez	30.5			Henri Gonzalez	30.5	
800 Sprint Med	Split Time	Place & Pts.		800 Sprint Med	Split Time	Place & Pts.
Charlie Logan	12.22					
Pedro Luna	14.94					
Rocky Thao	33.29	Total Time				Total Time
Luis Zavala	1:09.64	2:11.06				
200 Hurdles	Time	Place & Pts.		200 Hurdles	Time	Place & Pts.

David Raymundo	30.47	8th & 1pt				
800 M. Run	Time	Place & Pts.		800 M. Run	Time	Place & Pts.
Quinn Vetter	2:25.36	5th & 4pts		Jorge Barajas	2:29.90	
4 x 100 X	Split Time	Place & Pts.		4 x 100 X	Split Time	Place & Pts.
Anyang Majook	11.75					
Rocky Thao	14.35					
Henri Gonzalez	14.12	Total Time				Total Time
Pedro Luna	16.81	57.46				
4 x 400	Split Time	Place & Pts.		4 x 400	Split Time	Place & Pts.
		Total Time				Total Time
B means use starting blocks						
X means closed hand off						
O means open hand off						
Please report distances from field events to Coach Jones!	Notes: Shot/Discus (<u>at high school</u>)					
	Shot put - 4 tosses					
	Discus - 4 tosses					
Excuses!	Javelin - 3 jumps					
	HJ - 4'4"					
	1/8 inch spikes					
				Atlantic - 154		
				Clarinda - 47		
				Creston - 72		
				Denison - 17		
				Glenwood - 105		
				Harlan - 52		
				Kuemper Catholic - 65		
				Lewis Central - 118		
				Red Oak - 18		
				Shenandoah - 52		
				St. Albert - NA		