

5/6/25
Cherokee MS Tomahawk Relays

Shot Put	Distance	Place		Discus	Distance	Place
Jose Ramirez	33-04.00	5th & 1pt		Saul Bello	68-08	
Simon Htoo	33-08.00	4th & 2pts		Henri Gonzalez	77-11	
Ivan Contreras	29-05.00			Noah Westphalen	76-01	
Long Jump	Distance	Place		High Jump	Distance	Place
Pedro Luna	11-09.00			Charlie Logan	5-00.00	2nd & 4pts
Anyang Majook	13-02.00			Luis Zavala	4-04.00	
David Raymundo	13-06.50			Tyler Stanton	NH	
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.
Jose Ramirez	16.19			Tyler Stanton	16.42	
Charlie Logan	15.04					
1600 Distance Med	Split Time	Place & Pts.		1600 Distance Med	Time	Place & Pts.
David Raymundo	25.46	1st & 6pts				
David Serrano	30.69					
Luis Zavala	1:12.76	Total Time				Total Time
Quinn Vetter	2:23.71	4:33.03				
400 M Dash	Time	Place & Pts.		400 M Dash	Time	Place & Pts.
Jorge Barajas	1:07.56			Noah Westphalen	1:20.60	
4 x 200 X	Split Time	Place & Pts.		4 x 200 X	Split Time	Place & Pts.
Anyang Majook	23.9			Jose Ramirez	31.66	
Rocky Thao	30.03			Simon Htoo	31.1	
Pedro Luna	32.72	Total Time		Ivan Contreras	35.24	Total Time
Charlie Logan	31.4	1:59.27		Henri Gonzalez	34.7	2:12.44
1600 M Run	Time	Place & Pts.		1600 M Run	Time	Place & Pts.
Quinn Vetter	5:45.11	3rd & 3pts		Jorge Barajas	5:38.81	2nd & 4pts
10 Flt Hurdles	Time	Place & Pts.		10 Flt Hurdles	Time	Place & Pts.
David Raymundo	16.9	2nd & 4pts				
200 M Dash	Time	Place & Pts.		200 M Dash	Time	Place & Pts.
David Serrano	31.76			Henri Gonzalez	31.2	
Tyler Stanton	34.66					
800 Sprint Med	Split Time	Place & Pts.		800 Sprint Med	Split Time	Place & Pts.
Anyang Majook	11.31			Jose Ramirez	16.93	
Pedro Luna	14.17			Simon Htoo	11.05	
Rocky Thao	31.75	Total Time		Saul Bello	43.81	Total Time
Luis Zavala	1:11.95	2:09.69		Noah Westphalen	1:20.86	2:31.94
200 Hurdles	Time	Place & Pts.		200 Hurdles	Time	Place & Pts.
Jorge Barajas	34.96					
800 M. Run	Time	Place & Pts.		800 M. Run	Time	Place & Pts.

Quinn Vetter	2:30.47	2nd & 4pts				
4 x 100 X	Split Time	Place & Pts.		4 x 100 X	Split Time	Place & Pts.
Anyang Majook	11.89			Henri Gonzalez	12.12	
David Raymundo	12.89			Simon Htoo	14.27	
David Serrano	13.91	Total Time		Saul Bello	16.73	Total Time
Pedro Luna	16.73	56.65		Ivan Contreras	18.55	1:02.30
4 x 400	Split Time	Place & Pts.		4 x 400	Split Time	Place & Pts.
Luis Zavala	1:08.84					
Charlie Logan	1:06.11					
Rocky Thao	1:14.75	Total Time				Total Time
Tyler Stanton	1:20.17	4:50.27				

B means use
starting blocks
X means closed
hand off
O means open hand
off

Please report
distances from field
events to Coach
Jones!

Excuses?

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

Shot put - 4 tosses

Discus - 4 tosses

LJ - 3 jumps

HJ - 4'4"

1/8 inch spikes

Cherokee - 66

Denison - 28

Lemars - 79

Storm Lake - 85