

2017 North Star Athletic Association Outdoor Track and Field Championships
May 11-12, Jamestown, N.D.

MEN

10000 Meter Run

1	Dennis Gonzalez, Jr, Valley City State	33:19.17
2	Aaron Ward, Sr, Waldorf	34:33.89
3	Nathan Meiners, Jr, Waldorf	34:38.86
4	Max Cruse, Fr, Dakota State	34:52.30
5	Trey Smollack, So, Dickinson St.	35:24.38
6	William Jeffries, Sr, Viterbo	36:52.16
7	Donavan Moser, Jr, Jamestown	37:15.07
8	Andrew Murley, Fr, Waldorf	37:26.50

110 Meter Hurdles

1	Jose Chorro, Sr, Dickinson St.	14.53
2	Matt Matel, So, Viterbo	15.18
3	Justin Jacobi, So, Waldorf	15.34

4x800 Meter Relay

1	Dakota State (Alex Derr, Cameron Harming, Corey Hermann, Mark Moeller)	7:48.97
2	Dickinson St. (Daniel Aguirre, Christopher Moreno, Dakota Mansfield, Tristen Guillot)	7:49.99
3	Jamestown (Andrew Hornung, Dakota Wagner, Daniel Sampers, Matthew Young)	8:24.53
4	Waldorf (Chasen Selsor, Cassidy Warson, James Blankenship, Mark Ahlers)	8:31.42
5	Viterbo (Noah Strohm, Jorge Pichardo, Justin Paschall, David Alvarado)	8:32.89
6	Valley City State (Martin Mena, Royce Brawley, Smith Tuya, Daniel Machado)	9:38.10

3000m Steeplechase

1	Nicholas Ganzeveld, Jr, Waldorf	10:09.12
2	Aaron Ward, Sr, Waldorf	10:22.32
3	Jorge Pichardo, Jr, Viterbo	10:43.06
4	Smith Tuya, Sr, Valley City State	11:02.54
5	Taylor Hauge, Sr, Dakota State	11:06.25
6	Richard Timmermans, Jr, Dickinson St.	11:18.22
7	Michael Sampers, Jr, Jamestown	11:50.79
8	Alden Zeller, So, Waldorf	11:59.11
9	Caleb Hemphill, Sr, Dakota State	14:10.18

4x100 Meter Relay

1	Dickinson St. (Cain Boschee, Jose Chorro, Gabe Meschke, Ty Stanton)	42.958
2	Dakota State (D'Artist Williams, Mark Moeller, Austin Opdahl, Bailey Ludens)	42.960
3	Valley City State (Lenzel Koskela, Josh Manzke, Brady Morden, Isaiah Tivis)	43.24
4	Jamestown (Brady Carlson, Noah Knutson, Ed Mata, Cameron White)	44.32
5	Viterbo (Cameron Henrickson, Joshua Housel, Matt Bartels, Paxton Smith)	44.99

1500 Meter Run

1	Christopher Moreno, Jr, Dickinson St.	4:02.06
2	Matthew Young, Fr, Jamestown	4:03.94
3	Cameron Harming, So, Dakota State	4:10.28
4	Daniel Aguirre, Jr, Dickinson St.	4:12.45
5	Claudio Tejada, Sr, Dakota State	4:14.17
6	Braden Curnow, Fr, Dakota State	4:15.36

7	Martin Mena, Fr, Valley City State	4:17.60
8	David Alvarado, Jr, Viterbo	4:17.76
9	Daniel Sampers, So, Jamestown	4:25.64
10	Justin Paschall, Jr, Viterbo	4:32.59
11	Dakota Wagner, Fr, Jamestown	4:37.55
12	James Blankenship, Sr, Waldorf	5:14.0

400 Meter Dash

1	Gabe Meschke, Sr, Dickinson St.	49.72	H2
2	Lenzel Koskela, So, Valley City State	49.97	H2
3	Brady Carlson, Fr, Jamestown	50.35	H2
4	Mark Moeller, So, Dakota State	50.84	H2
5	Tristan Allen, So, Dickinson St.	50.87	H2
6	Andrew Hornung, Fr, Jamestown	51.04	H2
7	Jonah Remker, So, Waldorf	52.36	H1
8	Kyle Thompson, So, Dickinson St.	52.73	H1
9	Steven Sam, Fr, Viterbo	54.58	H1

100 Meter Dash

Final

1	Cain Boschee, Sr, Dickinson St.	10.84
2	D'Artist Williams, So, Dakota State	11.00
3	Jose Chorro, Sr, Dickinson St.	11.01
4	Paxton Smith, Jr, Viterbo	11.199
4	Isaiah Tivis, Fr, Valley City State	11.199
6	Bailey Ludens, Jr, Dakota State	11.523
7	Jonah Remker, So, Waldorf	11.528
8	Brady Morden, Fr, Valley City State	11.530

800 Meter Run

1	Alex Derr, Sr, Dakota State	1:54.81	H2
2	Mark Ahlers, So, Waldorf	1:56.48	H2
3	Christopher Moreno, Jr, Dickinson St.	1:57.70	H2
4	Orin Rambow, Fr, Valley City State	1:58.31	H2
5	Dakota Mansfield, Jr, Dickinson St.	2:00.24	H2
6	Daniel Aguirre, Jr, Dickinson St.	2:03.73	H2
7	Chasen Selsor, Jr, Waldorf	2:04.17	H2
8	Noah Strohm, Jr, Viterbo	2:04.75	H1
9	Corey Hermann, So, Dakota State	2:05.31	H2
10	Daniel Machado, Fr, Valley City State	2:07.98	H1
11	Daniel Sampers, So, Jamestown	2:09.39	H1
12	Dakota Wagner, Fr, Jamestown	2:13.78	H1
13	Royce Brawley, Fr, Valley City State	2:14.38	H1
14	Cassidy Warson, Jr, Waldorf	2:15.07	H1
15	Taylor Hauge, Sr, Dakota State	2:19.59	H1
16	Luke Gonzalez-Ruiz, Fr, Viterbo	2:19.95	H1
17	Lee Helfgott-Waters, So, Viterbo	2:38.94	H1

400 Meter Hurdles

1	Joshua Housel, Sr, Viterbo	56.56
2	Dylan Koenig, So, Jamestown	56.93
3	Jose Chorro, Sr, Dickinson St.	57.12
4	Niklas Ernst, Sr, Valley City State	57.30
5	Justin Jacobi, So, Waldorf	58.09
6	Bryce Dretske, So, Viterbo	60.18
7	Noah Knutson, Jr, Jamestown	62.70
8	Michael Kosmann, Sr, Viterbo	67.29

200 Meter Dash

1	Cain Boschee, Sr, Dickinson St.	21.73	H2
2	D'Artist Williams, So, Dakota State	21.78	H2
3	Paxton Smith, Jr, Viterbo	22.577	H2
4	Brady Carlson, Fr, Jamestown	22.584	H1

5	Cameron White, Fr, Jamestown	22.688	H2
5	Isaiah Tivis, Fr, Valley City State	22.688	H2
7	Gabe Meschke, Sr, Dickinson St.	22.83	H2
8	Josh Manzke, Jr, Valley City State	23.23	H1
9	Matt Bartels, Sr, Viterbo	23.36	H2
10	Bailey Ludens, Jr, Dakota State	23.45	H1
11	Austin Anderson, So, Waldorf	24.03	H1
12	Mark Esquivel, Fr, Waldorf	25.14	H1
13	Jared Rolo, So, Viterbo	26.59	H1

5000 Meter Run

1	Dennis Gonzalez, Jr, Valley City State	15:56.09
2	Braden Curnow, Fr, Dakota State	16:19.76
3	Nathan Meiners, Jr, Waldorf	16:24.52
4	Matthew Young, Fr, Jamestown	16:49.35
5	Aaron Ward, Sr, Waldorf	16:55.86
6	Trey Smollack, So, Dickinson St.	17:11.53
7	Donavan Moser, Jr, Jamestown	17:27.65
8	Daniel Palmer, Fr, Jamestown	17:38.46
9	Ovan Garcia, Sr, Waldorf	17:57.90
10	Michael Carson, Sr, Dakota State	18:49.34
11	Jonathan Lein, Fr, Dakota State	19:01.03

4x400 Meter Relay

1	Dickinson St. (Cain Boschee, Gabe Meschke, Kyle Thompson, Tristan Allen)	3:26.95
2	Dakota State (Cameron Harming, D'Artist Williams, Alex Derr, Mark Moeller)	3:27.14
3	Waldorf (Mark Ahlers, Austin Anderson, Isaiah Craig, Jonah Remker)	3:27.58
4	Valley City State (Niklas Ernst, Royce Brawley, Orin Rambow, Lenzel Koskela)	3:29.61
5	Viterbo (Justin Paschall, Jared Rolo, Steven Sam, Noah Strohm)	3:29.99
6	Jamestown (Andrew Hornung, Cameron White, Dylan Koenig, Brady Carlson)	3:30.76

Hammer Throw

1	Drew Larsen, Sr, Jamestown	154-4 (47.05m)
	(42.12, 45.00, 45.50, F, 47.05, 43.69)	
2	Ty Malone, Sr, Dickinson St.	148-5 (45.24m)
	(F, 42.93, 42.40, 45.24, 43.12, F)	
3	Demetrius Baker, Sr, Waldorf	141-1 (43.00m)
	(F, 38.27, 43.00, F, F, 36.91)	
4	Tyler Lems, So, Dakota State	134-7 (41.03m)
	(37.22, F, 37.26, 37.97, 40.56, 41.03)	
5	Jeff Fisher, So, Dickinson St.	126-7 (38.59m)
	(37.35, F, 38.59, 36.80, 37.56, 37.94)	
6	Delwin Potter, Fr, Jamestown	121-4 (36.98m)
	(35.41, 36.35, 36.98, F, 33.76, 33.33)	
7	Garret Roemmich, Fr, Valley City State	113-8 (34.66m)
	(32.78, 33.62, 33.53, 32.83, 32.28, 34.66)	
8	Evan McCreary, Fr, Dakota State	78-10 1/2 (24.04m)
	(F, 22.28, F, 23.19, 24.04, F)	
9	James Scoles, So, Viterbo	69-10 3/4 (21.30m)
	(16.62, 17.19, 18.98, 21.30, 17.18, 20.43)	

Triple Jump

Final

1	Tyler Quilling, So, Dickinson St.	45-7 1/4 (13.90m)
	(13.53, 13.20, 13.41, 13.29, 13.69, 13.90)	
2	Jay Liggins, So, Dickinson St.	45-1 1/2 (13.75m)
	(13.09, 13.15, 13.47, 13.56, 13.50, 13.75)	

3 Ty Stanton, Fr, Dickinson St.	44-10 3/4	(13.68m)
	(F, 13.52, F, 13.23, 13.61, 13.68)	
4 Isaiah Craig, So, Waldorf	43-6 1/2	(13.27m)
	(12.46, 12.92, 12.87, 12.99, 12.93, 13.27)	
5 Josh Torgerson, Sr, Dickinson St.	43-4 1/4	(13.21m)
	(12.64, 12.41, 12.47, 13.21, F, F)	
6 Ellwood Ellenson, So, Valley City State	41-9 1/4	(12.73m)
	(F, 12.67, 12.69, 12.73, 12.40, F)	
7 Ed Mata, So, Jamestown	41-2 1/4	(12.55m)
	(12.55, 11.61, 10.86, F, F, F)	
8 Noah Knutson, Jr, Jamestown	40-4 1/4	(12.30m)
	(12.30, 11.59, 11.89, F, F, F)	

Pole Vault

1 Matt Matel, So, Viterbo	13-1 1/2	(4.00m)
	(3.40, 3.70, 4.00[3])	
2 Dalton Yocum, Sr, Viterbo	12-1 1/2	(3.70m)
	(3.25, 3.55, 3.70)	
3 Joshua Housel, Sr, Viterbo	11-1 3/4	(3.40m)
	(3.10, 3.25[2], 3.40[3])	
4 Justin Jacobi, So, Waldorf	10-2	(3.10m)
	(2.80, 2.95, 3.10[2])	
5 Bennett Sauve, Fr, Jamestown	9-8	(2.95m)
	(2.65, 2.80, 2.95[3])	
6 James Scoles, So, Viterbo	9-2 1/4	(2.80m)
	(2.50[3], 2.65[2], 2.80)	

Javelin Throw

Final

1 Paxton Miller, Fr, Dickinson St.	176-7	(53.82m)
	(F, 51.91, 49.34, 51.10, 53.82, 52.35)	
2 Garret Roemmich, Fr, Valley City State	169-10	(51.77m)
	(49.90, 47.97, 47.87, 49.73, 50.52, 51.77)	
3 Jamison Gray, Jr, Jamestown	165-7	(50.46m)
	(50.27, 50.46, 49.95, 48.14, 46.42, 48.20)	
4 Ellwood Ellenson, So, Valley City State	160-9	(49.00m)
	(45.07, 47.04, 46.03, F, F, 49.00)	
5 Matthew Hust, So, Jamestown	153-11	(46.92m)
	(45.49, 46.92, 45.40, 44.64, 43.45, 46.77)	
6 Gabriel Antonio, Sr, Waldorf	147-1	(44.83m)
	(40.70, 44.83, 42.60, F, 42.64, 39.60)	
7 Chris Peterson, Jr, Jamestown	133-1	(40.56m)
	(40.56, 37.47, 39.96, 37.04, F, F)	
8 Zach Miller, So, Jamestown	131-0	(39.94m)
	(37.24, F, 35.90, F, 37.49, 39.94)	

Long Jump

Final

1 Jay Liggins, So, Dickinson St.	23-2 1/2	(7.07m)
	(7.07, 6.35, 6.65, 6.62, 6.89, 6.66)	
2 Zach Girard, Jr, Dickinson St.	21-4 1/4	(6.51m)
	(6.51, 6.42, 6.51, 6.29, 6.33, F)	
3 Ty Stanton, Fr, Dickinson St.	21-2 1/2	(6.46m)
	(F, F, 6.46, F, F, F)	
4 Ellwood Ellenson, So, Valley City State	21-2	(6.45m)
	(6.42, F, 5.84, 6.00, 6.30, 6.45)	
5 Keith Rogers, Jr, Jamestown	21-0 3/4	(6.42m)
	(6.39, 6.42, F, 6.03, 6.20, 6.20)	
6 Carson Oakland, Fr, Dickinson St.	21-0	(6.40m)
	(F, 6.40, F, F, 6.24, F)	
7 Josh Manzke, Jr, Valley City State	19-0	(5.79m)
	(5.76, 5.46, 5.79, F, F, F)	
8 Ed Mata, So, Jamestown	18-10 3/4	(5.76m)

(5.76, F, F, F, F, F)

Discus Throw

Final

1 Tyler Lems, So, Dakota State	140-3 (42.76m)
(39.90, 42.39, F, 42.76, 42.60, P)	
2 Jeff Fisher, So, Dickinson St.	135-8 (41.37m)
(32.20, 38.13, 41.37, 37.17, F, 41.04)	
3 Brandon Schmit, Fr, Dakota State	133-1 (40.57m)
(36.83, 38.15, 40.57, F, 40.11, 36.24)	
4 Garret Roemmich, Fr, Valley City State	133-1 (40.56m)
(39.17, 38.74, 38.13, F, 40.56, 40.36)	
5 Ty Malone, Sr, Dickinson St.	129-3 (39.41m)
(F, 39.00, 37.09, 39.41, F, F)	
6 Drew Larsen, Sr, Jamestown	125-4 (38.21m)
(37.50, F, 36.92, 38.21, 37.58, 37.62)	
7 Joshua Lawyer, Fr, Valley City State	121-2 (36.93m)
(36.79, 36.27, 34.23, 34.98, 36.93, 36.63)	
8 Jacob Pinedo, Jr, Waldorf	114-0 (34.74m)
(34.47, F, F, F, 34.74, F)	

High Jump

1 Austin Opdahl, Fr, Dakota State	6-6 1/4 (1.99m)
2 Cameron Newsome, So, Waldorf	6-4 1/4 (1.94m)
3 Zach Girard, Jr, Dickinson St.	6-0 1/2 (1.84m)
4 Josh Torgerson, Sr, Dickinson St.	6-0 1/2 (1.84m)
5 Ed Mata, So, Jamestown	5-10 1/2 (1.79m)
6 Jamison Gray, Jr, Jamestown	5-6 1/2 (1.69m)
7 Chris Peterson, Jr, Jamestown	5-4 1/2 (1.64m)
7 Justin Jacobi, So, Waldorf	5-4 1/2 (1.64m)

Shot Put

Final

1 Ty Malone, Sr, Dickinson St.	48-8 (14.83m)
(12.93, 14.83, 14.70, 14.30, 14.50, 14.54)	
2 Jeff Fisher, So, Dickinson St.	46-2 3/4 (14.09m)
(13.85, 14.00, F, 13.81, 14.09, 13.32)	
3 Brandon Schmit, Fr, Dakota State	44-10 3/4 (13.68m)
(13.00, 13.46, 13.08, 13.30, 13.01, 13.68)	
4 Joshua Lawyer, Fr, Valley City State	42-9 (13.03m)
(13.03, F, 12.34, F, 11.52, 12.05)	
5 Gabriel Antonio, Sr, Waldorf	39-10 3/4 (12.16m)
(12.16, F, F, F, F, F)	
6 Drew Larsen, Sr, Jamestown	38-6 1/4 (11.74m)
(F, F, 11.38, 11.74, F, F)	
7 Delwin Potter, Fr, Jamestown	38-4 3/4 (11.70m)
(10.94, 11.10, 11.21, 11.47, 11.70, 11.68)	
8 Joshua Sauren, So, Waldorf	35-1 1/4 (10.70m)
(9.43, 10.70, 10.57, 10.45, 10.64, 10.62)	

TEAM SCORES

1 Dickinson St.	200.0
2 Dakota State	110.0
3 Waldorf	99.0
4 Jamestown	82.5
5 Viterbo	81.0
6 Valley City State	76.5

NSAA Men's Coach of the Year: Nick Walker, Dickinson State

NSAA Women's Coach of the Year: Nick Walker, Dickinson State

NSAA Women's Track Athlete of the Meet: Abby Honeyman, Dickinson State

NSAA Women's Field Athlete of the Meet: Kaiann Arellano, Jamestown

NSAA Men's Track Athlete of the Meet: Cain Boschee, Dickinson State

NSAA Men's Field Athlete of the Meet: Ty Malone, Dickinson State