

Lake Conf. 9th/10th Championships - Tuesday, May 12, 2026

WHS Stadium - 65 degrees, partly sunny, wind 15-25mph (Perfect!)

4x800m Relay - 8:45.78 (1st) Splits

2:08.5	Ryan Haag	29.9, 33.5, 32.0, 33.1
2:09.7	Troy Tong	30.5, 32.5, 32.5, 34.2
2:13.8	Quentin Freeman	32.1, 33.5, 33.1, 35.1
2:13.6	Jack Paris	29.0, 33.4, 35.2, 36.0

1600m

4:32.81 Jack Dudycha
4:39.35 Hudson Pawlowski
4:46.38 Jack Lueder
4:56.78 Shivam Patel
5:03.19 Jonathan Marshall
5:04.04 Oliver Martinson
5:10.54 Aiden McNallan
5:15.68 James Tanaka
5:17.40 Benson Allen
5:18.20 Benjy Orkin
5:19.85 Ethan Parr
5:26.06 Kieran Finnegan
5:35.23 Camden Rigg
5:41.14 Harrison Turner
5:48.25 Eric Halldorson
5:49.63 Rubaine Singh
5:55.38 Ranbir Apradh
6:04.67 Jadon Gordon

800m

2:05.69 Jack Paris
2:06.11 Lachlan Ruffing
2:08.36 Troy Tong
2:10.02 Charlie Williams
2:10.14 Quentin Freeman
2:11.91 Ryan Haag
2:18.81 Harshav Madasamy
2:19.54 Landon Kubat
2:20.66 Sam Hagen
2:24.37 Michael Ostrow
2:26.81 Beckett King
2:29.34 Ryan Felty
2:41.27 Pahul Mann
2:44.80 Saket Prasad
3:01.08 Suraj Pothakamuri

4x400m Relay

57.8 Cooper Lam
54.5 Lachlan Ruffing
58.4 Ian Willing
57.3 Jonathan Marshall