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You are lucky to be who you are.

It is your responsibility to make something of yourself.

Your character is up to you.

Garrison Keillor

**RUM RIVER CONFERENCE INDOOR TRACK AND FIELD MEET
SATURDAY, MARCH 22, 1997
PINE CITY GIRL'S RESULTS**

55 METER DASH: 1. Lezlie Ballis 8.7 LONG 1. Sarah Odegard 12' 4 1/2"
2. Kim Odegard 8.7 JUMP 2. Lezlie Ballis 10' 2"
3. Susan Johnson 8.7 3. Susan Johnson 10' 7 3/4"
4. Kim Connaker 9.2
5. Stefanie Brown 9.6 HIGH 1. Stefani Brown -
JUMP 2. Jessica Ammann 4' 2" PB

4 x 800 METER RELAY:

TRIPLE 1. Jessica Ammann 28' 3 3/4" PB **6th**

3200 METER RUN: JUMP 2. Kim Odegard -

55 METER HURDLES: 1. Angie Filler 11.6

SHOT PUT: 1. Stefanie Brown 19' 3 1/2"

2. Kim Odegard 15' 9"

4 x 200 METER RELAY: 1. Sarah Odegard 33.3 3. Lena Filler 24' 1 1/2"
2. Christina Mosher 32.5
3. Stefani Brown 35.0
4. Kim Connaker 33.0
2:13.8 **6th**

1600 METER RUN:

4 x 100 METER RELAY: 1. Kim Odegard 16.8
2. Susan Johnson 15.2
3. Lezlie Ballis 14.5
4. Sarah Odegard 14.4
1:01.1 **6th**

400 METER DASH: 1. Lena Filler 1:12.9
2. Angie Filler 1:19.0

800 METER RUN: 1. Jessica Ammann 3:01 PB **7th**
(1:20, 1:41)

200 METER DASH: 1. Susan Johnson 32.7
2. Sarah Odegard 33.6
3. Kim Connaker 34.1

TEAM RESULTS:

1. Mora 136

2. Ch Lks 125

3. S Rapids 102

4. N Branch 87

5. Foley 69

6. Milaca 25

7. Princeton 19

8. Pine City 14

4 x 400 METER RELAY: 1. Christina Mosher 1:15
2. Angie Filler 1:21
3. Lena Filler 1:15
4. Jessica Ammann 1:27
5:19.4 **7th**

**RUM RIVER CONFERENCE INDOOR TRACK AND FIELD MEET
SATURDAY, MARCH 22, 1997
PINE CITY BOYS' RESULTS**

55 METER DASH: 1. Brian Olson 6.9 PB **6th**
 2. Stu Auers 7.4
 3. Shane Roach 7.4 HIGH 1. Nathan Anderson -
 4. Jeremy Breezee 8.3 JUMP 2. Patrick Stephan -
 5. Brandon Knutson 7.9 3. John Hanson 5' 2" PB

4 x 800 METER RELAY: LONG 1. Mike Johnson 15' 8"
 JUMP

3200 METER RUN:

55 METER HURDLES: 1. Nathan Anderson 9.1 PB **8th**

4 x 200 METER RELAY: 1. Randy Root 29.1 TRIPLE
 2. Brandon Knutson 28.3: JUMP
 3. Shane Roach 26.5
 4. Paul Johnson 28.1
 1:51.9 **3rd**

1600 METER RUN: POLE VAULT: 1. Patrick Stephan 9' 0" PB

4 x 100 METER RELAY: 1. Mike Johnson 12.3 SHOT 1. Mike Johnson 32' 1"
 2. John Hanson 12.3 PUT 2. Randy Root 30' 8"
 3. Brian Olson 12.3 3. Derrick Odegard 24' 4 3/4"
 4. Stu Auers 12.3
 49.1 **3rd**

400 METER DASH: 1. Jeremy Breezee 1:17.2

800 METER RUN:

200 METER DASH: 1. Brian Olson 26.1 **8th**

4 x 400 METER RELAY: 1. Mike Johnson 57.6 J.V. 1. Ben Mettling 69
 2. John Hanson 60.9 4 x 400 2. Patrick Stephan 67
 3. Nathan Anderson 62.2 3. Nate Thieman 67
 4. Paul Johnson 61.8 4. Shane Roach 67
 4:02.5 **5th** 4:31

TEAM RESULTS:

1. S Rapids	136	4. Mora	68	7. Milaca	37
2. N Branch	100.5	4. Foley	68	8. Pine City	15
3. Princeton	88.5	6. Ch Lks	53		

**GOLD BATON INDOOR TRACK MEET
NATIONAL SPORTS CENTER - BLAINE
MONDAY, APRIL 7, 1997 - 4:30 p. m.
Pine City Boys Results**

55 m Hurdles	1. Nathan Anderson	9.03 PB	4th	Shot Put	1. Mike Johnson	29' 8"
	2. Nathan Johnson	11.01			2. Randy Root	29' 10"
					3. Derrick Odegard	23' 11"

4 x 800 m Relay	1. J.R. Anderson	2:14		Long Jump	1. Brian Olson	16' 5-3/4"
	2. Ben Mettling	2:38			2. Stu Auers	16' 11-1/4" 9th
	3. John Hanson				3. Nathan Johnson	16' 2-3/4"
	4. Dan Pangerl	<u>2:30</u>				
		9:19.64	6th			

55 m Dash	1. Brian Olson	7.21	7th	Triple Jump	1. Jason McSherry	33' 2-1/2"
	2. Jeff Johnson	7.08 PB	3rd		2. Shane Roach	28' 10-1/4"
	3. Paul Johnson	7.66			3. Paul Johnson	29' 4-1/4"

1600 m Run	1. Dan Pangerl	5:34.11		High Jump	1. Nathan Anderson	5' 0"
	(1:17, 1:29, 1:22, 1:22)				2. John Hanson	5' 2"
	2. Ben Mettling	5:59.56			3. Patrick Stephan	5' 4" PB
	(1:24, 1:33, 1:59, 1:39)					

4 x 200 m Relay	1. Brian Olson	25.8				
	2. Stu Auers	25.8				
	3. Shane Roach	31.0		Pole Vault	1. Patrick Stephan	9' 0" 4th
	4. Jason McSherry	<u>26.0</u>			2. Josh Weiner	8' 0" 6th
		1:47.58	BTY 9th		3. Nate Thieman	-

400 m Dash	1. Jeff Johnson	DNS	
	2. Randy Root	63.92	
	3. Nathan Johnson	59.62	8th

800 m Run	1. J. R. Anderson	2:12.99	4th
	(64, 69)		

200 m Dash	1. Jason McSherry	26.12	7th
	2. Derek Sanders	28.58	
	3. Brandon Knutson	27.67	

3200 m Run

4 x 400 m Relay	1. Jeff Johnson	57.9	
	2. John Hanson	60.6 PB	
	3. Mike Johnson	55.8 PB	
	4. J. R. Anderson	<u>59.2</u>	
		3:53.89	BTY 4th

PARTICIPATING SCHOOLS

Atwater-Cosmos-Grove City
Blake
Braham
Byron
Grantsburg
Mounds Park Academy
Osceola
Pine City
St Paul Academy
Visitation

**GOLD BATON INDOOR TRACK MEET
NATIONAL SPORTS CENTER - BLAINE
MONDAY, APRIL 7, 1997 - 4:30 p. m.
Pine City Girls Results**

3200 m Run	1. Becky Haavisto (7:02,7:56)	14:58.94	9th	Shot Put	1. Tera Kazek	30' 9"	4th
	2. Bree Fischer (7:05, 7:45)	14:50.52	8th		2. Kim Odegard	19' 5"	PB
					3. Molly Sloan	26' 8"	

55 m Hurdles	1. Breckan Johnson	11.06	8th	Long Jump	1. Tera Kazek	13' 6"	5th
	2. Lena Filler	11.72			2. Molly Sloan	13' 10-1/2"	4th
	3. Angie Filler	11.57	PB		3. Sarah Odegard	12' 7"	PB

55 m Dash	1. Tera Kazek	8.17	7th
	2. Katie Meyer	8.49	
	3. Andrea Miller	8.72	

High Jump	1. Jessica Ammann	4' 2"
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4 x 800 m Relay	1. Lena Filler	2:49.7	PB
	2. Bree Fischer	3:00.1	
	3. Becky Haavisto	3:02.0	
	4. Alli Weidemann	<u>2:45.7</u>	
		11:38.05	6th

Triple Jump	1. Jessica Ammann	28' 1"
	2. Katie Meyer	25' 10-1/2"
	3. Andrea Miller	SCR

1600 m Run	1. Jessica Ammann	DNF	
	2. Nikki Carlson	6:54.45	PB

4 x 200 m Relay	1. Katie Meyer	30.3	
	2. Breckan Johnson	33.2	
	3. Molly Sloan	30.9	
	4. Tera Kazek	<u>29.5</u>	
		2:04.17	BTY 5th

PARTICIPATING SCHOOLS

Atwater-Cosmos-Grove City
Blake
Braham
Byron
Grantsburg
Mounds Park Academy
Osceola
Pine City
St Paul Academy
Visitation

400 m Dash	1. Susan Johnson	1:12.36	10th
	2. Lezlie Ballis	1:14.80	
	3. Angie Filler	1:15.52	PB

800 m Run	1. Ali Weidemann (1:20, 1:28)	2:47.82	6th
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200 m Dash	1. Breckan Johnson	32.96
	2. Andrea Miller	31.61
	3. Kim Odegard	33.53

4 x 400 m Relay	1. Alli Weidemann	1:09.6	
	2. Christina Mosher	1:13.8	
	3. Molly Sloan	1:11.5	
	4. Lena Filler	<u>1:11.4</u>	
		4:46.25	BTY 6th

RUM RIVER CONFERENCE RELAYS at Chisago Lakes
TUESDAY, April 22, 1997 - partly sunny - cool
Pine City Girls' Results

100 m Hurdles	1. Breckan Johnson 20.9 2. Christina Mosher 21.1 PB 3. Angie Filler <u>20.6</u> PB 61.7 5th	High Jump	
4 x 100 m Relay	1. Katie Meyer 14.5 2. Andrea Miller 13.4 3. Molly Sloan 15.3 4. Tera Kazek <u>13.6</u> 56.4 BTY 4th	Long Jump	1. Tera Kazek 13' 5" 2. Molly Sloan 3. Sarah Odegard <u>12' 4-1/2"</u> 36' 10" 5th
4 x 800 m Relay	1. Lena Filler 2:47 PB 2. Becky Haavisto 2:50 3. Bree Fischer 2:58 4. Alli Wiedemann <u>2:47</u> 11:23.3 BTY 6th	Discus	1. Angie Filler 52' 2. Kristina Gullickson 60' 3. Kim Connaker <u>35'</u> 147' 8th
800 m Medley Relay (100, 100, 200, 400)	1. Amanda Peil 15.0 2. Lezlie Ballis 15.0 3. Andrea Miller 30.3 4. Kim Odegard <u>72.0</u> 2:13.6 7th	Triple Jump	1. Lena Filler 27' 1/2" PB 2. Katie Meyer 27' 7-1/2" PB 3. Andrea Miller 25' ? 5th
300 m Hurdles	1. Christina Mosher 61.1 2. Lena Filler 57.1 BTY 3. Angie Filler <u>58.8</u> PB 2:57.0 8th	Shot Put	1. Tera Kazek 30' 5" 2. Lyndsay Mettling 23' 3. Kim Odegard <u>19' 2-1/4"</u> 74' 2-3/4" 7th
1600 m Medley Relay (200, 200, 400, 800)	1. Tera Kazek 30.5 2. Susan Johnson 35.5 3. Molly Sloan 70.4 4. Alli Wiedemann <u>2:46.5</u> 5:03.2 5th	Distance Medley (800, 400, 1200, 1600)	1. Christina Mosher 1:11.2 PB 2. Lyndsay Mettling 3:05 3. Becky Haavisto 4:43 4. Bree Fischer <u>6:54</u> 15:54 4th
Co-Ed Weight Relay	1. Kim Connaker 14.9 2. Kim Odegard 14.6 3. Derrick Odegard 14.5 4. Dan Pangerl <u>16.1</u> 59.8 4th	4 x 400 m Relay	1. Lena Filler 1:12 2. Susan Johnson 1:13 3. Molly Sloan 1:11 4. Alli Wiedemann <u>1:13</u> 6th 4:49.6
4 x 200 m Relay	1. Andrea Miller 33.4 2. Kim Connaker 34.2 3. Katie Meyer 29.5 4. Susan Johnson <u>30.7</u> 2:07.6 6th	Team Scores:	1. Sauk Rapids 106 2. Mora 100 3. Ch Lks 96 4. Foley 72 5. N. Branch 70 6. Princeton 54 7. Pine City 46 8. Milaca 27

RUM RIVER CONFERENCE RELAYS at Chisago Lakes
TUESDAY, APRIL 22, 1997 - partly cloudy - cool
Pine City Boys' Results

110 m Hurdles	1. Nathan Anderson	18.0	Distance Medley (800, 400, 1200, 1600)	1. Derek Sanders	1:02.9PB
				2. Nate Thieman	2:37
				3. Ben Mettling	4:16
				4. Dan Pangerl	<u>5:31</u>
					13:26.6 7th

4 x 100 m Relay	1. Jason McSherry	12.2	4 x 400 m Relay	1. Patrick Stephan	64.7
	2. John Hanson	12.4		2. Josh Wiener	60.2
	3. Brian Olson	11.8		3. Nathan Johnson	62.6
	4. Nathan Johnson	<u>12.1</u>		4. Nathan Johnson	<u>60.2</u>
		48.3 BTY			4:07.3 7th

4 x 800 m Relay		Discus	1. Derrick Odegard	
			2. Ben Mettling	
			3. Dan Pangerl	
				229' 7th

800 m Medley Relay (100, 100, 200, 400)	1. Brian Olson	13.2	Shot Put	1. Derrick Odegard	
	2. Paul Johnson	11.5		2. Derek Sanders	
	3. Jason McSherry	24.1			
	4. JR Anderson	<u>57.2</u>			
		1:45.8	2nd	Long Jump	1. Brian Olson

300 m Hurdles	1. Nathan Anderson	47.5	PB	2. Nathan Johnson	16'
	2. Josh Wiener	49.9			46' 9-1/2" 7th
	3. Nathan Johnson	<u>56.9</u>			
		153.7	7th	Triple Jump	1. Jason McSherry
					2. Shane Roach
					<u>31' 6-1/2"</u> PB
1600 m Medley Relay (200, 200, 400, 800)	1. John Hanson	25.5			98' 6th
	2. Paul Johnson	28.6			
	3. Randy Root	62.2			
	4. JR Anderson	<u>2:13.5</u>			

		4:09.5	6th	Pole Vault	1. Patrick Stephan	9' 6"
					2. Josh Wiener	9' 0"
					3. Nate Thieman	<u>8' 6"</u>
						27' 4th

Co-Ed Weight Relay	1. Kim Conaker	14.9		Team Results:	
	2. Kim Odegard	14.6		1. Princeton	99
	3. Derrick Odegard	14.5		2. Foley	92
	4. Dan Pangerl	<u>16.1</u>		3. N. Branch	87
		60.1	4th	4. S. Rapids	85

4 x 200 m Relay	1. Shane Roach	26.8		5. Ch Lks	83
	2. Derek Sanders	27.0		6. Mora	65
	3. Randy Root	29.4		7. Milaca	42
	4. Paul Johnson	<u>25.5</u>		8. Pine City	41
		1:48.1	8th		

GIRLS' TRACK TIGERAMA at RUSH CITY
THURSDAY, APRIL 17, 1997 - 3:45 - cool, partly sunny
Pine City Girls Results

4 x 800 m Relay	1. Lena Filler	2:53	Triple Jump	1. Jessica Ammann	28' 1"
	2. Lyndsey Mettling	2:59		2. Katie Meyer	27' 6" PB
	3. Bree Fischer	2:52		3. Andrea Miller	
	4. Alli Weidemann	<u>2:42</u>			
		11:27.4			2nd

100 m High Hurdles	1. Christina Mosher	21.4	High Jump	1. Jessica Ammann	4' 4" PB
	2. Angie Filler	20.8			

100 m Dash	1. Tera Kazek	13.5 p	4th	Long Jump	1. Tera Kazek	14'2" BTY	7th
	2. Katie Meyer	14.2	8th		2. Jessica Ammann	12' 7" PB	
	3. Kim Odegard	15.2			3. Angie Filler		

4 x 200 m Relay	1. Katie Meyer	33.7	Shot Put	1. Tera Kazek	32' 3-3/4" BTY	2nd
	2. Susan Johnson	29.3		2. Kim Odegard		
	3. Andrea Miller	31.7				
	4. Tera Kazek	<u>30.2</u>				
		2:04.8				

1600 m Run	1. Jessica Ammann	6:57	Discus	1. Lena Filler
	(1:28, 1:44, 1:55, 1:49)			2. Angie Filler
				3. Kim Connaker

4 x 100 m Relay	1. Susan Johnson	17.0	4 x 400 m Relay	1. Lena Filler	72.7
	2. Lezlie Ballis	14.7		2. Susan Johnson	71.7
	3. Andrea Miller	13.7		3. Christina Mosher	75.2
	4. Katie Meyer	<u>14.5</u>		4. Alli Wiedemann	<u>69.9</u>
		59.9			4:49.7
		BTY			3rd

400 m Dash	1. Christina Mosher	1:12.6
	2. Kim Odegard	1:18.4

300 m Low Hurdles	1. Lena Filler	57.9
	2. Angie Filler	59.3

800 m Run	1. Ali Wiedemann	2:41.1	1st
	(1:17, 1:24)		

200 m Dash	1. Andrea Miller	31.2	PB
	2. Kim Connaker	32.6	PB
	3. Lezlie Ballis	32.3	

3200 m Run	1. Bree Fischer	14:33.6	PB	8th
	(1:33, 1:45, 1:49, 1:51, 1:55, 1:58, 1:59, 1:47)			

TEAM RESULTS:

1. East Central	101
2. Hinckley/Finlayson	72
3. Barnum	54
4. Ogilvie	52
5. SCL	51
6. Pine City	36
7. Braham	31
Frederic	31
9. Siren	24
Grantsburg	24
11. Carlton	22
12. Rush City	17
13. Moose Lk/ Willow R	13

BOYS' TRACK TIGERAMA at RUSH CITY
THURSDAY, APRIL 24, 1997 - 3:45 -
Pine City Boys' Results

4 x 800 Relay

110 m High Hurdles	1. Nathan Anderson	18.1	7th	Discus	1. Derrick Odegard	sick
					2. Jeremy Breezee	60'
					3. Dan Pangerl	63'
100 m Dash	1. Brian Olson	12.4		Shot Put	1. Derrick Odegard	
	2. Jeff Johnson	12.2			2. Mike Johnson	32' 5-3/4" PB
	3. Paul Johnson	12.8			3. Randy Root	29' 9-1/4"
1600 m Run	1. J. R. Anderson	4:48.3	PB 3rd	High Jump	1. Nathan Anderson	
	(1:11, 1:14, 1:11, 1:11)				2. Patrick Stephan	
	2. Dan Pangerl	5:25.1	PB		3. John Hanson	5'2"
	(1:19, 1:24, 1:24, 1:17)			Long Jump	1. Brian Olson	16'
					2. Shane Roach	15' 6 1/4"
					3. Nathan Johnson	13'
4 x 100 m Relay	1. Mike Johnson	12.7		Triple Jump	1. Jason McSherry	36' 6" PB
	2. Jeff Johnson	10.8			2. Paul Johnson	
	3. Brian Olson	11.6			3. Shane Roach	31' 11" PB
	4. Paul Johnson	<u>11.9</u>				
		46.9	BTY 3rd			
400 m Dash	1. Randy Root	63.9		Pole Vault	1. Patrick Stephan	9' 6" 4th
	2. John Hanson	58.9	PB		2. Josh Wiener	9'0" 6th
	3. Derek Sanders	63.3			3. Nate Thieman	8'0"
300 m Hurdles	1. Nathan Anderson	47.8				
	2. Nathan Johnson	49.5	PB			
	3. Josh Wiener	48.1	PB			
800 m Run	1. Dan Pangerl	2:26.9	PB			
	(1:13, 1:14)					
200 m Dash	1. Jason McSherry	25.8				
	2. John Hanson	25.2	PB 6th			
	3. Brandon Knutson	27.8				
3200 m Run	1. Ben Mettling	12:36.4				
	(1:20, 1:28, 1:32, 1:37, 1:39, 1:42, 1:40, 1:36)					
4 x 400 m Relay	1. Jeff Johnson	61.6				
	2. Mike Johnson	51.8	PB			
	3. Nathan Johnson	56.4	PB			
	4. J. R. Anderson	<u>56.0</u>	PB			
		3:45.8	BTY 2nd			

TEAM RESULTS:

1. Grantsburg	151
2. Hinckley/Fin	63
3. Barnum	48
4. Moose Lk/ WR	45
5. Rush City	41
6. Frederick	39
7. Pine City	27
SCL	27
9. Braham	26
10. C-W	21
11. East Central	17
12. Siren	12
13. Ogilvie	10

NSC "SHOWCASE" TRACK MEET at Blaine
FRIDAY, APRIL 25, 1997 - partly sunny - slight breeze - nice
PINE CITY GIRLS' RESULTS

4 x 100 m Relay	Shot Put	1. Tera Kazek 31' 8" 2. Lena Filler 24' 8" PB 3. Lyndsay Mettling 21' 9"
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3200 m Run	Discus	1. Kim Odegard 42' 6"
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100 m Hurdles 1. Breckan Johnson 19.1 PB 11th

4 x 800 m Relay	1. Lena Filler 2:53 2. Becky Haavisto 2:57 3. Lyndsay Mettling 3:01 4. Alli Wiedemann <u>2:40</u> BTY 11:31.58 9th	High Jump 1. Jessica Ammann 4'2"	Long Jump 1. Tera Kazek 13' 10" 2. Molly Sloan 14' 5-1/4" BTY 7th 3. Jessica Ammann 13' 11-1/2" PB
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100 m Dash	1. Tera Kazek 13.7 8th	Triple Jump 1. Jessica Ammann 29' 11-1/2" PB 7th 2. Katie Meyer 28' 11-1/4" PB 3. Andrea Miller 26' 5-1/4" PB
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800 m Medley Relay (100, 100, 200, 400)	1. Katie Meyer 14.6 2. Andrea Miller 14.4 3. Kim Odegard 31.7 4. Molly Sloan <u>70.1</u> BTY 2:11.14 BTY 7th
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300 m Hurdles 1. Lena Filler 55.36 BTY 10th

4 x 200 m Relay	1. Andrea Miller 31.1 2. Alli Wiedemann 29.9 3. Molly Sloan 29.1 PB 4. Tera Kazek <u>30.5</u> 2:00.90 BTY 7th
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PARTICIPATING SCHOOLS:
(no team score)

- Esko
- Fargo Shanley
- Holdingford
- LaCrescent
- Mora
- Mound Park Academy
- Pine City
- St. Paul Academy
- Stewartville
- Visitation

1600 m Run 1. Becky Haavisto DNR (sick)

4 x 400 m Relay	1. Lena Filler 1:11.2 2. Kim Odegard 1:15.6 3. Molly Sloan 1:11.2 4. Alli Wiedemann <u>1:08.9</u> 4:47.25 8th
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NSC "SHOWCASE" TRACK MEET at Blaine
FRIDAY, APRIL 25, 1997 - partly sunny - slight breeze - nice
PINE CITY BOYS' RESULTS

4 X 100 m Relay	1. Jason McSherry 12.3	Shot Put	1. Mike Johnson 30'7"
	2. Jeff Johnson 11.9		2. Derrick Odegard 26' 8" PB
	3. Brian Olson 12.9		
	4. Nathan Johnson <u>10.7</u>		
	47.4 5th		

Discus	1. Derrick Odegard 64' 0"
	2. Dan Pangerl 57' 4"

3200 m Run	1. Dan Pangerl 11:19.73 5th
	(1:20, 1:24, 1:25, 1:27, 1:27, 1:27, 1:19)

Long Jump	1. Brian Olson
	2. Shane Roach 14' 8-3/4"
	3. Nathan Johnson 17' 7-1/4" PB

4 x 800 m Relay

100 m Dash	1. Brian Olson 12.48 8th
	2. Jeff Johnson 12.44 7th
	3. Shane Roach 12.79 10th

High Jump	1. Patrick Stephan 5' 0"
	2. Nathan Anderson -
	3. John Hanson -

1600 m Medley Relay (200, 200, 400, 800)	1. Jason McSherry 25.0	Triple Jump	1. Jason McSherry 37' 9" PB
	2. Paul Johnson 28.8 f		2. Paul Johnson
	3. Mike Johnson 52.5		3. Shane Roach 33' 2" PB
	4. J. R. Anderson <u>2:11.5</u> PB		
	3:57.85 BTY 3rd		

Triple Jump	1. Jason McSherry 37' 9" PB	<i>5th</i>
	2. Paul Johnson	
	3. Shane Roach 33' 2" PB	

Pole Vault	1. Patrick Stephan 8' 0"
	2. Josh Wiener 10' 0" PB 2nd
	3. Nate Thieman 8' 0"

300 m Hurdles	1. Nathan Anderson 48.32 8th
	2. Nathan Johnson 49.67 12th
	3. Josh Wiener 48.67 f 10th

PARTICIPATING SCHOOLS:
(no team scores)

4 x 200 m Relay	1. Jason McSherry 25.9
	2. Paul Johnson 26.9
	3. John Hanson 24.0
	4. Brian Olson <u>24.9</u>
	1:42.02 BTY 4th

- Esko
- Fargo Shanley
- Holdingford
- LaCrescent
- Mora
- Mound Park Academy
- Pine City
- St. Paul Academy
- Stewartville
- Visitation

1600 m Run	1. Dan Pangerl 5:18.55 PB 12th
	(1:14, 1:21, 1:26, 1:17)
	2. Ben Mettling 5:38.66 PB
	(1:15, 1:25, 1:31, 1:27)

4 x 400 m Relay	1. John Hanson 56.7 PB
	2. Mike Johnson 54.8
	3. Nathan Johnson 57.2
	4. J. R. Anderson <u>56.8</u>
	3:45.72 BTY 6th

**PINE CITY/SAUK RAPIDS/ CHISAGO LAKES at Sauk Rapids
TUESDAY, APRIL 29, 1997 - cloudy, windy, cold
Pine City Girls' Results**

4 x 800 m Relay

High Jump

100 m Hurdles 1. Breckan Johnson 19.4 **1st**

Long Jump 1. Tera Kazek

100 m Dash 1. Tera Kazek 13.5 **2nd**
2. Katie Meyer 14.1 PB **4th**
3. Andrea Miller 14.3

Triple Jump 1. Katie Meyer 28' 9"
2. Andrea Miller 28' 4" PB
3. Lena Filler 26' 9"

4 x 200 m Relay 1. Breckan Johnson 31.7
2. Lena Filler 30.1
3. Alli Weidemann 32.4
4. Katie Meyer 29.9
2:04.1 **3rd**

Discus 1. Kim Odegard

Shot Put 1. Tera Kazek 31' 9" **1st**

1600 m Run 1. Bree Fisher 6:36.6 BTY **1st**
(1:32, 1:41, 1:44, 1:39)

4 x 100 m Relay 1. Katie Meyer 14.3
2. Andrea Miller 14.7
3. Molly Sloan 14.3
4. Tera Kazek 13.4
55.7 BTY **1st**

400 m Dash 1. Kim Odegard 1:13.3 PB

300 m Hurdles 1. Lena Filler 58.8 **3rd**

800 m Run 1. Ali Weidemann 2:43.1 **1st**
(1:20, 1:23)

200 m Dash 1. Kim Odegard 31.5
2. Breckan Johnson 31.4 PB
3. Andrea Miller 31.6

Team Results:
1. Sauk Rapids 75 **83**
2. Chisago Lks 41 **44**
3. Pine City 35 **35**

3200 m Run

4 x 400 m Relay 1. Lena Filler 1:11.9
2. Bree Fischer 1:15.8
3. Kim Odegard 1:15.8
4. Ali Weidemann 1:12.7
4:56.4 **3rd**

**PINE CITY/SAUK RAPIDS/CHISAGO LAKES at Sauk Rapids
TUESDAY, APRIL 29, 1997 - cloudy, windy, cold
Pine City Boys' Results**

4 x 800 m Relay

110 m Hurdles	1. Nathan Anderson	19.3	2nd	High Jump	1. Nathan Anderson	5'4"	PB	2nd
					2. Patrick Stephan	5' 2"		3rd tie
					3. John Hanson	5' 0"		

100 m Dash	1. Brian Olson	12.2	BTY	2nd	Long Jump	1. Stu Auers	18' 3"	PB	2nd
	2. Shane Roach	12.8				2. Nathan Johnson	17' 9"	PB	4th
	3. Nathan Johnson	12.4				3. Shane Roach	15' 9"	PB	

1600 m Run	1. JR. Anderson	4:56.5	1st					
	(1:09, 1:18, 1:16, 1:13)							
	2. Dan Pangerl	5:34.1			Triple Jump	1. Jason McSherry	36' 8"	3rd
	(1:16, 1:26, 1:29, 1:23)					2. Shane Roach	31' 6"	
	3. Ben Mettling	5:39.4						
	(1:16, 1:27, 1:29, 1:27)				Shot Put	1. Derrick Odegard	25' 4"	

4 x 100 m Relay	1. Jason McSherry	12.0				2. Derek Sanders	27'	
	2. Mike Johnson	12.1				3. Brian Olson	37' 10-1/4"	3rd
	3. Brian Olson	12.1						
	4. Stu Auers	<u>11.7</u>			Discus	1. Derrick Odegard	68' 0"	
		47.9	1st			2. Dan Pangerl	73' 1/2"	PB

400 m Dash	1. Mike Johnson	55.9	1st			3. Ben Mettling	73' 6"	
	2. Randy Root	63.1	PB			4. Jeremy Breezee	54'	
	3. John Hanson	57.5	PB	3rd				

300 m Hurdles	1. Nathan Anderson	48.5	4th	Pole Vault	1. Josh Wiener	10' 0"	
					2. Patrick Stephan	10' 6"	PB
					3. Nate Thieman	9' 0"	PB

800 m Run

200 m Dash	1. Jason McSherry	25.9	4th	
	2. Stu Auers	26.5		
	3. JR Anderson	26.4		
	4. John Hanson	25.2	3rd	
	5. Randy Root	27.4		
	6. Nathan Johnson	24.9	1st	
	7. Derek Sanders	27.4		

TEAM RESULTS:

1. Sauk Rapids	78	88
2. Chisago Lks	33.5	32.5
3. Pine City	32.5	51.5

3200 m Run	1. Dan Pangerl	11:53.2	2nd
	(1:16, 1:27, 1:31, 1:31, 1:34, 1:35, 1:35, 1:25)		

4 x 400 m Relay	1. J. R. Anderson	57.1	
	2. Brian Olson	58.9	
	3. Nathan Johnson	58.6	
	4. Mike Johnson	<u>58.4</u>	
		3:52.9	1st

PINE CITY / MORA / CHISAGO LKS / N. BRANCH at North Branch
TUESDAY, MAY 6, 1997 - warm, sunny, gorgeous
Pine City Girls' Results

4 x 800 m Relay	1. Becky Haavisto	2:48	BTY	High Jump	
	2. Lena Filler	2:51			
	3. Bree Fischer	2:56		Long Jump	1. Tera Kazek
	4. Alli Wiedemann	<u>2:48</u>			
		11:25.4	3rd		
100 m Hurdles	1. Breckan Johnson	19.7			
	2. Angie Filler	20.1			
	3. Christina Mosher	21.2		Triple Jump	1. Jessica Ammann 30' 8" PB 4th
100 m Dash	1. Tera Kazek	14.0	4th		2. Katie Meyer 28' 7-1/2"
	2. Katie Meyer	14.3			3. Andrea Miller 26' 3-1/2"
	3. Andrea Miller	14.8			4. Lena Filler 26'
	4. Kim Odegard	14.7			
	5. Jessica Ammann	14.5		Shot Put	1. Tera Kazek 32' 10-1/2" BTY 1st
4 x 200 m Relay	1. Breckan Johnson	33.0		Discus	1. Kim Odegard
	2. Kim Odegard	36.8			
	3. Andrea Miller	30.9			
	4. Katie Meyer	<u>28.8</u>			
		2:09.6			
1600 m Run	1. Becky Haavisto	6:30.4			
	(1:29, 1:39, 1:45, 1:37)				
	2. Bree Fischer	6:39.8			
	(1:30, 1:42, 1:49, 1:38)				
4 x 100 m Relay	1. Katie Meyer	15.1			
	2. Andrea Miller	14.0			
	3. Molly Sloan				
	4. Tera Kazek	<u>27.3</u>			
		56.2			
400 m Dash	1. Alli Wiedemann	1:09.0	4th		
	2. Susan Johnson	1:10.2	PB	Team Results:	
	3. Christina Mosher	1:11.3	PB	1. Chisago Lakes	100.5
300 m Hurdles	1. Lena Filler	56.7		2. Mora	94.5
	2. Angie Filler	56.6	PB	3. North Branch	41
				4. Pine City	16
800 m Run					
200 m Dash	1. Lena Filler	30.2	4th		
	2. Lezlie Ballis	31.5			
3200 m Run					
4 x 400 m Relay					

**PINE CITY / MORA / CHISAGO LAKES / N. BRANCH at North Branch
TUESDAY, MAY 6, 1997 - warm, sunny, gorgeous
Pine City Boys' Resluts**

4 x 800 m Relay			High Jump	1. Nathan Anderson	
				2. Patrick Stephan	
110 m Hurdles	1. Nathan Anderson	19.0	5th	3. John Hanson	
100 m Dash	1. Jeff Johnson	12.1	BTY	Long Jump	1. Stu Auers 17' 0"
	2. Brian Olson	12.5		2. Nathan Johnson	17' 2" 5th
	3. Nathan Johnson	12.0	PB 4th		
	4. Jeremy Breezee	15.0			
1600 m Run	1. J. R. Anderson	4:55.2	2nd	Triple Jump	1. Jason McSherry 36' 5" 4th
	(1:09, 1:19, 1:14, 1:13)				
	2. Dan Pangerl	5:16.7	PB 5th		
	(1:15, 1:23, 1:23, 1:15)				
	3. Ben Mettling	5:49.5		Shot Put	1. Derrick Odegard
	(1:19, 1:27, 1:35, 1:28)			2. Mike Johnson	
				3. Brian Olson	39' 8-1/2" PB 5th
4 x 100 m Relay	1. Jason McSherry	14.3		Discus	1. Derrick Odegard
	2. Jeff Johnson	10.7		2. Dan Pangerl	77' 1" PB
	3. Brian Olson	12.0		3. Ben Mettling	77' 3" PB
	4. Stu Auers	<u>11.5</u>		4. Jeremy Breezee	
		48.4	2nd		
400 m Dash	1. Mike Johnson	54.8	PB 2nd	Pole Vault	1. Patrick Stephan 10' 0"
	2. John Hanson	61.0		2. Josh Wiener	10' 6" PB 4th
	3. Randy Root	62.4	PB	3. Nate Thieman	
300 m Hurdles	1. Josh Wiener	47.9	PB 4th		
800 m Run					
200 m Dash	1. Jeff Johnson	25.2	PB		
	2. John Hanson	24.7	PB 3rd		
	3. Jason McSherry	25.0	BTY 5th		
	4. Randy Root	25.8	PB		
3200 m Run	1. J. R. Anderson	11:29.9	1st		
	(1:17, 1:22, 1:22, 1:26, 1:29, 1:34, 1:35, 1:25)			Team Results:	
				1. North Branch	92.5
				2. Mora	74
4 x 400 m Relay	1. John Hanson	56.9	PB	3. Chisago Lakes	52.5
	2. Brian Olson	59.0		4. Pine City	37
	3. Mike Johnson	62.2			
	4. JR. Anderson	<u>55.4</u>	PB		
		3:53.5	3rd		

OGILVIE INVITATIONAL TRACK MEET
THURSDAY, MAY 8, 1997 - freezing cold, very windy, rainy
Pine City Girls' Results

4 x 800 m Relay	1. Lena Filler	3:00	High Jump	1. Jessica Ammann	4'3"
	2. Becky Haavisto	3:11			
	3. Bree Fischer	3:11	Long Jump	1. Tera Kazek	
	4. Alli Wiedemann	<u>3:00</u>		2. Molly Sloan	Injury
		12:21.9		3. Jessica Ammann	12' 8"
		5th			
100 m Hurdles	1. Breckan Johnson	injury	Triple Jump	1. Jessica Ammann	29' 2"
				2. Katie Meyer	28' 9-3/4"
100 m Dash	1. Tera Kazek	14.3		3. Lena Filler	
	2. Katie Meyer				
		2nd			
4 x 200 m Relay	1. Breckan Johnson	31.2	Shot Put	1. Tera Kazek	32' 9" 1st
	2. Kim Odegard	30.7			
	3. Jessica Ammann	32.3	Discus	1. Kim Odegard	
	4. Andrea Miller	<u>32.3</u>			
		2:10.8			
1600 m Run	1. Becky Haavisto	6:55.4			
	(1:38, 1:49, 1:52, 1:36)				
	2. Bree Fischer	7:01.2			
	(1:38, 1:51, 1:52, 1:40)				
4 x 100 m Relay	1. Katie Meyer	15.1			
	2. Andrea Miller	13.2			
	3. Molly Sloan	13.5			
	4. Tera Kazek	<u>14.5</u>			
		56.2			
		3rd			
400 m Dash	1. Molly Sloan	injury			
	2. Kim Odegard	1:26.1			
	3. Andrea Miller	1:23.3			
300 m Hurdles	1. Lena Filler	58.8			
800 m Run	1. Alli Wiedemann	2:52.2			
	(1:22, 1:30)				
200 m Dash	1. Breckan Johnson	injury			
3200 m Run					
4 x 400 m Relay					

Team Results:

1. Mora	117
2. Ogilvie	103
3. Braham	69
4. Moose lk/Willow R	44
5. Pine City	34
6. Milaca	31
7. Rush City	29
8. Royalton	25
9. Mille Lacs	22

OGILVIE INVITATIONAL TRACK MEET
THURSDAY, MAY 8, 1997 - freezing cold, very windy, rainy
Pine City Boys' Results

4 x 800 m Relay			High Jump	1. Nathan Anderson	
				2. John Hanson	
110 m Hurdles	1. Nathan Anderson	17.6	BTY 4th	3. Patrick Stephan	5' 3" 3rd
100 m Dash	1. Brian Olson	12.5	7th	Long Jump	1. Stu Auers 17' 1-1/2" 5th
	2. Stu Auers	13.1			2. Nathan Johnson
1600 m Run	1. J. R. Anderson	5:26.9		Triple Jump	1. Jason McSherry 36' 5" 3rd
	(1:07, 1:18, 1:32, 1:30)				
	2. Dan Pangerl	5:27.2			
	(1:17, 1:23, 1:28, 1:19)				
	3. Ben Mettling	6:04.2	Shot Put	1. Brian Olson	38' 11" 2nd
	(1:22, 1:37, 1:40, 1:25)			2. Mike Johnson	31' 1-1/2"
				3. Derek Sanders	24'
4 x 100 m Relay	1. Jason McSherry	12.7			
	2. Mike Johnson	11.1	Discus	1. Ben Mettling	85' PB
	3. Brian Olson	12.3		2. Dan Pangerl	
	4. Stu Auers	<u>12.1</u>		3. Derrick Odegard	82' PB
		48.1	1st		
			Pole Vault	1. Josh Wiener	-
400 m Dash	1. Mike Johnson	56.8	2nd	2. Patrick Stephan	-
	2. John Hanson	60.3		3. Nate Thieman	8' 6" 2nd
	3. Randy Root	66.6			
300 m Hurdles	1. Nathan Anderson	48.8	5th		
	2. Josh Wiener	49.7			
	3. Nathan Johnson	51.6			
				<u>Team Results:</u>	
800 m Run	1. JR Anderson	2:23.8	4th	1. Mora	94
	(1:01, 1:22)			2. Pine City	83
				3. Milaca	69
200 m Dash	1. Nathan Johnson	26.32	5th	4. Royalton	60
	2. John Hanson	26.27	4th	5. Rush City	59.5
	3. Jason McSherry	26.5		6. Braham	49
				7. Moose Lk/Willow R	48
3200 m Run	1. Dan Pangerl	12:16.4	2nd	8. Ogilvie	45.5
	(1:23, 1:31, 1:35, 1:24, 1:36, 1:38, 1:37, 1:31)			9. Mille Lacs	7
4 x 400 m Relay	1. John Hanson	58.7			
	2. J. R. Anderson	57.5			
	3. Nathan Johnson	57.5			
	4. Mike Johnson	<u>56.1</u>			
		3:49.8	1st		

RUM RIVER CONFERENCE TRACK MEET at Chisago Lakes
THURSDAY, MAY 15, 1997 - partly cloudy, cool, breezy
Pine City Girls' Results

4 X 800 m Relay	1. Lena Filler	2:48.6	3200 m Run			
	2. Becky Haavisto	2:48.8				
	3. Bree Fischer	2:55.2	4 x 400 m Relay	1. Lena Filler	1:09.9	
	4. Alli Wiedemann	<u>2:41.3</u>		2. Christina Mosher	1:13.3	
		11:13.9	BTY	3. Becky Haavisto	1:12.6	
				4. Alli Wiedemann	<u>1:12.8</u>	
100 m Hurdles	1. Angie Filler	19.9			8th 4:48.7	
	2. Christina Mosher	21.2				
			High Jump	1. Jessica Ammann		
100 m Dash	1. Tera Kazek	13.6	6th			
	2. Katie Meyer	13.8	PB			
	3. Amanda Peil	14.5		Long Jump	1. Tera Kazek	
4 x 200 m Relay	1. Katie Meyer	29.3			2. Molly Sloan	
	2. Andrea Miller	30.4			3. Jessica Ammann	13' 5"
	3. Lezlie Ballis	30.7	Triple Jump	1. Jessica Ammann	29' 3-1/4"	
	4. Susan Johnson	<u>29.5</u>		2. Katie Meyer	29' 1" PB	
		1:59.7	BTY	3. Andrea Miller	27' 3-1/4"	
			Shot Put	**1. Tera Kazek	32' 10" 3rd	
				RRC HONORABLE MENTION		
1600 m Run	1. Becky Haavisto	6:27	BTY	2. Lyndsay Mettling		
	(1:30, 1:28, 1:37, 1:32)			3. Lena Filler		
	2. Bree Fischer	6:38.7				
	(1:30, 1:41, 1:45, 1:41)		Discus	1. Kim Odegard		
4 x 100 m Relay	1. Katie Meyer	14.3				
	2. Andrea Miller	14.5				
	3. Molly Sloan	12.0		TEAM RESULTS:		
	4. Tera Kazek	<u>13.8</u>		1. Sauk Rapids	185	
		54.5	BTY	2. Chisago Lakes	145	
			4th	3. Mora	100	
400 m Dash	1. Susan Johnson	1:08.1	PB	4. North Branch	90	
	2. Kim Odegard	1:10.2	PB	5. Foley	80	
	3. Lezlie Ballis	1:11.9	PB	6. Princeton	44	
300 m Hurdles	1. Lena Filler	55.8		7. Pine City	22	
	2. Angie Filler	54.7	PB	8. Milaca	20	
	3. Christina Mosher	59.3	PB			
800 m Run	1. Alli Wiedemann	2:43.3	8th			
	(1:17, 1:26)					
	2. Lyndsay Mettling	2:54.9	PB			
	(1:25, 1:30)					
200 m Dash	1. Amanda Peil	29.3	PB			
	2. Susan Johnson	30.6	PB			
	3. Andrea Miller	31.1	PB			

RUM RIVER CONFERENCE TRACK MEET at Chisago Lakes
THURSDAY, MAY 15, 1997 - partly cloudy, cool, breezy
Pine City Boys' Results

4 x 800 m Relay			High Jump	1. Nathan Anderson	
				2. Patrick Stephan	5' 4" 8th tie
110 m Hurdles	1. Nathan Anderson	17.2 PB	8th		
			Long Jump	1. Stu Auers	19' 2" PB 4th
100 m Dash	1. Nathan Johnson	12.4		2. Nathan Johnson	17' 9" 8th
	2. Stu Auers	12.8 PB	7th		
		12.17	Triple Jump	1. Jason McSherry	37' 6-1/2" 7th
1600 m Run	**1. J. R. Anderson	4:53.6	2nd * ALL CONFERENCE*		
	(1:09, 1:15, 1:15, 1:14)		Shot Put	1. Mike Johnson	34' 1/2" PB
	2. Dan Pangerl	5:13 PB		2. Derek Sanders	24' 10"
	(1:12, 1:20, 1:23, 1:18)			3. Derrick Odegard	28' 4" PB
	3. Ben Mettling	5:41			
	(1:16, 1:25, 1:31, 1:29)		Discus	1. Ben Mettling	84'
				2. Derrick Odegard	66'
				3. Dan Pangerl	74'
4 x 100 m Relay	1. Jason McSherry	11.6		Pole Vault	1. Josh Wiener
	2. Mike Johnson	12.2			2. Patrick Stephan
	3. Randy Root	12.2			10' 8th
	4. Stu Auers	<u>11.6</u>			3. Nate Thieman
		47.8	5th		
400 m Dash	1. Mike Johnson	54.8	8th		
	2. John Hanson	57.5			
	3. Randy Root	63.1			
300 m Hurdles	1. Nathan Anderson	46.8	PB		
	2. Josh Wiener	46.0	PB		
	3. Nathan Johnson	47.1	PB		
				Team Results:	
800 m Run	1. Nate Thieman	2:40.2		1. Princeton	126
	(1:16, 1:24)			2. North Branch	120
				3. Foley	108.5
200 m Dash	1. John Hanson	25.3		4. Chisago Lakes	102
	2. Jason McSherry	24.5	PB	5. Milaca	76
				6. Mora	74.5
3200 m Run	1. Dan Pangerl	11:18.6	PB 8th	7. Pine City	28.5
	(1:14, 1:23, 1:27, 1:30, 1:29, 1:29, 1:28, 1:19)			8. Sauk Rapids	24.5
4 x 400 m Relay	1. John Hanson	58.0			
	2. Mike Johnson	55.6			
	3. Nathan Johnson	56.1	PB		
	4. J. R. Anderson	<u>54.9</u> PB			
		3:44.8	BTY 5th		

CHENGWATANATRACK MEET at Pine City
SATURDAY, MAY 17, 1997 - sunny, cool, perfect
Pine City Girls' Results

4 X 800 m Relay	1. Lena Filler	2:43	3200 m Run		
	2. Becky Haavisto	2:45			
	3. Bree Fischer	2:50	4 x 400 m Relay	1. Alli Wiedemann	1:08 BTY
	4. Alli Wiedemann	<u>2:36</u>		2. Lena Filler	1:09 BTY
		10:54.9 BTY		3. Christina Mosher	1:08.5 PB
		3rd		4. Susan Johnson	<u>1:09</u>
100 m Hurdles	1. Breckan Johnson	19.6			4:34.8 BTY 4th
	2. Angie Filler	20.4			
	3. Christina Mosher	20.4 PB			
100 m Dash	1. Tera Kazek	13.6 3rd	High Jump	1. Jessica Ammann	4' 2"
	2. Katie Meyer	13.9			
	3. Amanda Peil	14.3	Long Jump	1. Tera Kazek	14' 5" BTY 5th tie
4 x 200 m Relay	1. Katie Meyer	30.3		2. Sarah Odegard	12' 2"
	2. Andrea Miller	30.2		3. Jessica Ammann	12' 5"
	3. Breckan Johnson	31.6	Triple Jump	1. Jessica Ammann	28' 10"
	4. Susan Johnson	<u>29.4</u>		2. Katie Meyer	28' 5-1/2"
		2:01.7 5th		3. Andrea Miller	26' 2"
1600 m Run	1. Becky Haavisto	6:25 BTY			
	(1:28, 1:38, 1:42, 1:37)				
	2. Bree Fischer	6:38.9	Discus	1. Kim Odegard	54' 5" PB
	(1:31, 1:39, 1:48, 1:41)				
4 x 100 m Relay	1. Katie Meyer	14.3	Shot Put	1. Tera Kazek	34' 10-1/2" PB NEW SCHOOL RECORD**
	2. Andrea Miller	14.8		2. Lyndsay Mettling	22' 7-1/2"
	3. Amanda Peil	12.9		3. Lena Filler	22' 9-3/4"
	4. Tera Kazek	<u>13.4</u>			
		54.5 2nd			
400 m Dash	1. Sarah Odegard	1:14.3 PB			
	2. Kim Odegard	1:10.4			
	3. Lezlie Ballis	1:10.4 PB			
300 m Hurdles	1. Lena Filler	54.7 BTY	Team Results:		
	2. Angie Filler	56.8	1. Mora	142	
	3. Christina Mosher	56.8 PB	2. East Central	101	
800 m Run	1. Alli Wiedemann	2:35.0 BTY 2nd	3. Barnum	71	
	(1:14, 1:21)		4. Hinckley/Fin	61	
	2. Lyndsay Mettling	2:51.1 PB	5. Pine City	45.5	
	(1:25, 1:26)		6. Braham	40.5	
	3. Becky Haavisto	2:46.1	7. Rush City	28	
	(1:20, 1:26)		8. Moose Lk/Willow R	26	
			9. Princeton	12	
200 m Dash	1. Amanda Peil	29.0 PB			
	2. Susan Johnson	30.4 PB			
	3. Andrea Miller	30.3 PB			

CHENGWATANA TRACK MEET at Pine City
SATURDAY, MAY 17, 1997 - sunny, cool, perfect
Pine City Boys' Results

4 x 800 m Relay			High Jump	1. Nathan Anderson	5' 0"	
				2. Patrick Stephan	5' 6"	PB 2nd
110 m Hurdles	1. Nathan Anderson	17.2	5th			
			Long Jump	1. Stu Auers	18' 4-1/2"	2nd
100 m Dash	1. Nathan Johnson	12.1		2. Nathan Johnson	16' 2"	
	2. Jeff Johnson	11.9	BTY 4th			
	3. Stu Auers	12.2		Triple Jump	1. Jason McSherry	36' 3"
1600 m Run	1. J. R. Anderson	4:50.0	1st			
	(1:12, 1:13, 1:13, 1:12)			Shot Put	1. Brian Olson	41' 6-3/4" PB 2nd
	2. Ben Mettling	5:34.6	PB		2. Mike Johnson	34' 3-3/4" PB
	(1:18, 1:28, 1:28, 1:10)				3. Derek Sanders	25' 6"
			Discus	1. Ben Mettling	84' 1"	
				2. Derrick Odegard	76' 4"	
				3. Dan Pangerl	77' 3"	PB
4 x 100 m Relay	1. Jason McSherry	12.6				
	2. Jeff Johnson	11.5	Pole Vault	1. Josh Wiener	10' 0"	6th
	3. Brian Olson	11.1		2. Patrick Stephan	10' 6"	2nd tie
	4. Stu Auers	<u>11.3</u>		3. Nate Thieman	-	
		46.6	BTY 1st			
400 m Dash	1. Mike Johnson	54.8	5th			Team Results:
	2. John Hanson	56.8	PB			1. Hinckley/ Fin
	3. Randy Root	61.8	PB			107
						2. Mora
						105
300 m Hurdles	1. Nathan Anderson	46.7	PB			3. Pine City
						70
						4. Barnum
						64
						5. Braham
						38
						Moose Lk/Willow R
						38
800 m Run	1. J. R. Anderson	2:12.8	BTY 1st			7. East Central
	1:10, 1:02)					35
						8. Princeton
						37.5
						9. Rush City
						32.5
200 m Dash	1. Nathan Johnson					
	2. Brian Olson	25.1				
	3. Jason McSherry	24.6				
3200 m Run	1. Dan Pangerl	11:03.9	PB 3rd			
	(1:14, 1:20, 1:23, 1:22, 1:25, 1:26, 1:28, 1:23)					
4 x 400 m Relay	1. John Hanson	55.8	PB			
	2. Jeff Johnson	61.5				
	3. Nathan Johnson	56.6				
	4. J. R. Anderson	<u>57.2</u>				
		3:51.1	4th			

**SUB-SECTION TRACK MEET at Rush City
THURSDAY, MAY 22, 1997 - cloudy, cool
Pine City Girls' Results**

4 x 800 m Relay	1. Lena Filler	2:47		3200 m Run		
	2. Bree Fischer	2:49	PB			
	3. Becky Haavisto	2:44	PB	4 x 400 m Relay	1. Alli Wiedemann	70.6
	4. Alli Wiedemann	<u>2:35</u>	PB		2. Lena Filler	70.0
		10:56.3	4th		3. Christina Mosher	70.9
					4. Susan Johnson	<u>66.9</u> PB
100 m Hurdles	1. Breckan Johnson	19.0	PB 6th			3:38.2 3rd
	2. Angie Filler	19.8				
	3. Christina Mosher	20.7				
100 m Dash	**1. Tera Kazek	13.6	3rd **	High Jump	1. Jessica Ammann	-
				Long Jump	1. Tera Kazek	
4 x 200 m Relay	1. Breckan Johnson	33.9			2. Sarah Odegard	
	2. Andrea Miller	29.7	PB		3. Jessica Ammann	12' 5"
	3. Lezlie Ballis	32.3		Triple Jump	1. Jessica Ammann	28' 3"
	4. Susan Johnson	<u>29.6</u>			2. Lena Filler	
		2:05.6	6th		3. Andrea Miller	
1600 m Run	1. Becky Haavisto	6:13.1	PB 6th	Discus	1. Kim Odegard	59' 1" PB
	(1:28, 1:35, 1:39, 1:32)					
	2. Bree Fischer	6:38		Shot Put	** 1. Tera Kazek	35' 4-1/2" PB 1st **
	(1:34, 1:39, 1:45, 1:38)					NEW SCHOOL RECORD
4 x 100 m Relay	1. Breckan Johnson	14.6			2. Lyndsay Mettling	
	2. Andrea Miller	14.6				
	3. Molly Sloan	12.9				
	4. Tera Kazek	<u>13.1</u>				
		55.2	3rd			
400 m Run	1. Lezlie Ballis	1:12.8		Team Results:		
	2. Kim Odegard	1:11.9			1. Mora	151.5
	3. Sarah Odegard	1:15.1			2. Ogilvie	98
300 m Hurdles	1. Lena Filler	56.8			3. Hinckley	85
	2. Angie Filler	55.2	6th		4. Braham	58.5
	3. Christina Mosher	57.6			5. Rush City	47
800 m Run	**1. Alli Wiedemann	2:34.4	BTY 1st **		6. Pine City	46
	(1:14, 1:20)				7. Mille Lacs	40
	2. Lyndsay Mettling	2:52.9				
	(1:25, 1:28)					
200 m Dash	1. Susan Johnson	30.8				
	2. Andrea Miller	30.9				

**** Qualifies for the Section Track Meet on May 31 at Macalaster College**

**SUB-SECTION TRACK MEET at Rush City
THURSDAY, MAY 22, 1997 - cloudy, cool
Pine City Boys' Results**

4 x 800 m Relay		High Jump	1. Patrick Stephan 5' 6"	
			2. Nathan Anderson	
110 m Hurdles**1.	Nathan Anderson	17.2	4th	
		Long Jump	1. Stu Auers 17' 9" 6th	
			2. Nathan Johnson	
100 m Dash	**1. Jeff Johnson	11.9p	4th**	
	2. Stu Auers	12.4		
	3. Brian Olson	12.3		
		Triple Jump	1. Jason McSherry	
1600 m Run	**1. J. R. Anderson	4:53.9	1st**	
	(1:12, 1:12, 1:13, 1:17)			
		Discus	1. Dan Pangerl	
4 x 100 m Relay	**1. Jason McSherry	12.7		
	2. Jeff Johnson	10.8		
	3. Brian Olson	11.6		
	4. Stu Auers	<u>11.7</u>		
		46.8	1st**	
		Shot Put	**1. Brian Olson 42' 0" PB 1st**	
			2. Mike Johnson 37' 2-1/4" PB 5th	
400 m Dash	**1. Mike Johnson	53.5 PB	2nd **	
	2. John Hanson	56.3 PB	4th	
	3. Randy Root	60.3 PB		
			Pole Vault	
			1. Patrick Stephan 11' 0" PB 2nd	
			**2. Josh Wiener 9' 6" 4th tie **	
300 m Hurdles**1.	Nathan Anderson	45.6 PB	4th**	
	2. Josh Wiener	46.8	6th	
800 m Run	**1. J. R. Anderson	2:11.7 PB	2nd**	
	(69, 61)			
200 m Dash	1. Jason McSherry	25.2		
	2. John Hanson	25.4		
	3. Nathan Johnson	25.3		
3200 m Run **	1. Dan Pangerl	11:17.8	3rd**	
	(1:16, 1:24, 1:17, 1:26, 1:26, 1:31, 1:29, 1:18)			
4 x 400 m Relay **	1. John Hanson	55.6 PB		
	2. Nathan Johnson	55.1 PB		
	3. Mike Johnson	54.8		
	4. J. R. Anderson	<u>55.5</u>		
		3:40.9 PB	2nd **	
		Team Results:		
		1. Hinckley	138	
		2. Mora	129.5	
		3. Pine City	91	
		4. Rush City	73	
		5. Braham	38	
		6. Mille Lacs	36	
		7. Ogilvie	18.5	

**Qualifies for the Section Track Meet on May 31 at Macalaster College

***SUCCESS
COMES IN
CANS***

***NOT
CANNOTS***

**SECTION 4-A TRACK AND FIELD MEET
MACALASTER COLLEGE - sunny, very, very hot
MAY 31, 1997 - 10:00**

Shot Put 1. Brian Olson 40'

Pole Vault 1. Patrick Stephan 9' 6"
2. Josh Wiener -

Team Results:

Boys:

Girls:

100 m Dash 1. Tera Kazek 13.4 BTY

1. MayerL 106

1. Breck 133

100 m Dash 1. Jeff Johnson 11.8 PB

2. Benilde 93

2. Orono 78

3200 m Run 1. Dan Pangerl 11:17.24 **13th**
(1:15, 1:23, 1:27, 1:27, 1:27, 1:29, 1:28, 1:18)

3. Br Ctr 85

3. Minn A 71.5

4. Ac HA 70

4. Benilde 71

5. Mora 62

5. Con A 67.5

6. Waconia 60

6. St. P A 51

7. Con A 58

7. Mora 47

110 m Hurdles 1. Nathan Anderson 17.5

8. Hinckley 53

8. Blake 39

9. Visit 30

9. Mnd PA 36

Shot Put 1. Tera Kazek 34' 8-1/2" **3rd**

10. Orono 29

10. Mayer L 34

11. CHOF 27

11. Waconia 32

1600 m Run 1. J.R. Anderson 5:02.3 **12th**
(1:06, 1:11, 1:16, 1:28)

Rockford 27

12. Ogilvie 28

13. Mnd PA 26

13. Ac HA 23

14. Breck 14

Rush C 23

15. DeLaSa 16

St. Cr L 23

4 x 100 m Relay 1. Jason McSherry 12.6
2. Jeff Johnson 10.8
3. Brian Olson 10.8
4. Stu Auers 11.7
46.08 PB

Mnd W 16

16. Visit 21

17. Pine City 14

17. Br Ctr 17

Min A 14

18. Pine City 11

6th 19. Brah 11

19. Hinck 10

New LA 11

20. St. Ag 9.5

400 m Dash 1. Mike Johnson 53.30 PB
2. John Hanson 58.31

8th 21. St. Cr 6

21. Rock 9

22. Isle 3

22. Isle 8

300 m Hurdles 1. Nathan Anderson 46.02

23. De LaS 7

24. MWT 3

800 m Run 1. Alli Wiedemann 2:31.85 PB **7th**
(1:13, 1:19)

25. New L A .5

800 m Run 1. J. R. Anderson 2:10.6 PB **10th**
(1:02, 1:09)

4 x 400 m Relay 1. John Hanson 54.4 PB
2. Nathan Johnson 55.4
3. Mike Johnson 55.6
4. J. R. Anderson 54.7 PB

3:40.45 PB **5th**

GIRLS' "BESTS" - 1997

A	B	C	D	E	F	G
	yr	55 m dash	100 m dash	200 m dash	400 m dash	800m run
Alicia Peppin - 7	97		19.5 - PC jh			
Aimee Perreault - 7	97		16.2 - PC jh			
Nikki Plasek - 7	97		16.5 - PC jh			
Anna Scholin - 7	97					
Amanda Stephan - 7	97					
Melissa Thieman - 7	97		16.3 - PC jh			
Jana Wiener - 7	97					

M	N	O	P	Q	R
High jump	Long Jump	Triple jump	Discus	Shot put	Pole Vault
	15' 9" -Sauk	33' 2"-NSC out			
5' 0" - NSC in					8' 6"
5' 6" - Sub					11' 0" - Sub
					6' 0" - PC jh
					9' 0" - Sauk
	13' 8" - PC				
	12' 7" - Tig cub		59' - RRC jh		
	12' 2" - PC jh				
	11' 3" - PC				

BOYS' "BESTS" - 1997

A	B	C	D	E	F	G	H	I
	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Jeff Johnson - 12	96	7.2 - NSC	11.88 - Ch Lks	27.6 - NSC	55.6 - Sub S			
	97	7.08-NSCin	11.8 - Section	25.2 - NB	57.9 sp-NSCin			
Jason McSherry - 12	95	7.2 - NSC		26.1				
	96		12.2 - Ch Lks	24.7 - Sub S				
	97		12.0 sp-NSC	24.5 - RRC				
J. R. Anderson - 11	95					2:11.9 - Sub		
	96				57.1 - PC	2:13.4-NSC in	4:50.16 - Sec	11:10.7 - Sub
	97			26.4 - Sauk	54.7sp-Section	2:10.6-Section	4:48.3 - Tig	11:29.9 - NB
Nathan Anderson - 11	96				59.4 sp - Sub			
	97				60.2 sp-Ch Lks			
Stu Auers - 11	96		12.3 - PC	25.6 - Sub				
	97	7.4 - NSC in	12.17-RRC	26.5 - Sauk				
Nathan Johnson - 11	97		12.0 - NB	24.9 - SaukR	55.1 sp -Sub			
Brian Olson - 11	96	7.1 - NSC	11.7 - PC	24.3 - RRC				
	97	6.9 - NSC	12.2 - Sauk	25.1 - Cheng	58.9 sp-SaukR			
Josh Wiener -11	97				60.2 sp-Ch Lks			
Mike Johnson - 10	97		11.1 sp-Ogil		53.30-Section			
					51.8 sp - Tig			
Paul D. Johnson - 10	97	7.66 - NSC in	12.8 - Tig	25.5 sp - Ch Lk	61.8 sp-NSC in			
Brandon Knutson - 10	97	7.9 - NSC in		27.67 - NSC in				
Jan Pangerl - 10	97		16.1 sp -Ch Lk			2:30 sp-NSC in	5:13.0 - RRC	11:03.9 - Che
Randy Root - 10	97		12.2 sp -RRC	25.8 -NB	60.3 - Sub			
Derek Sanders - 10	96		15.1 sp-Cam	27.8 - Ch Lks	63.9 - Cheng	2:54.8 - Cam	7:14.3 - NSC	
	97			27.4 - Sauk	63.3 - Tig			
					62.9 sp-Ch Lks			
Jeremy Breezee - 9	97	8.3 - NSC in	15.0 - NB		77.2 - NSC in			
John Hanson - 9	96			26.3 - PC jh	63.5 sp-NSC in	2:42 sp-NSC in		
	97		12.4 sp-Ch Lks	24.7 - NB	56.3 - Sub			
					55.4sp-Section			
Ben Mettling - 9	96					6:17.0 PC jh		
	97				69 sp-NSC in	2:38 sp-NSC in	5:34.6 - Cheng	12:36.4 - Tic
Derrick Odegard - 9	97		14.5 sp-Ch Lks					

J	K	L	M	N	O	P	Q	Pole ✓
55 m hurdles	110 m hurdles	300 m hurdles	High jump	Long jump	Triple jump	Discus	Shot put	
				17'1-1/2" -PC	35' 3" - PC			
					34' 10" - PC			
					36'3-1/2"-ChL			
					37' 9"-NSC out			
10.3 - NSC in	17.3 - Sub	49.5 - Cheng	5' 3" - NSC in					
9.03 - NSC in	17.2-Sub	45.6 - Sub	5' 4" - Sauk					
				17'8-1/2"-NSC in				
				19' 2" - RRC				
11.01 - NSC in		47.1 - RRC		17' 9" - Sauk				
				18' 5-1/2"-Cam			42' 0" - Sub	
				16' 6-3/4" -NSC in				
		46.0 - RRC						10' 6" NB
				15' 8" - NSC in			37' 2-1/4" - Sub	
					29'4-1/4"-NSC in			
						77' 3" - Cheng		
							30' 8" - NSC in	
								27'1-1/2" -PC
								27' ? - Sauk
						54' - Sauk		
			5' 0" - NSC in					
			5' 2" - NSC om					
						70' 9" - PC jh	25' 9-1/4" - PCjh	
						85' - Ogil		
						82' - Ogil	28' 4" - RRC	

BOYS' "BESTS" - 1997

A	B	C	D	E	F	G
	y r	55 m dash	100 m dash	200 m dash	400 m dash	800 m run
Shane Roach - 9	97	7.4 - NSC in	12.79-NSC out	67 sp-NSC in		
Patrick Stephan - 9	96 97				64.7 sp-Ch lks	
Nate Thieman - 9	96 97		14.9 - PC jh		67 sp - NSC in	2:40.2 - RRC
Ryan Blad - 7	97		14.3 - PCjh		69.1 - Tig cub	
Greg Bunce - 7	97					2:59 - RRC jh
Aaron Hepburn - 7	97		13.7 - Tig cub	28.8 - PCjh		
Jimmy Howard - 7	97		15.6 - PC	33.1 - PC		
Brian Mansavage - 7	97					

K	L	M	N	O	P	Q
100 m hurdles	300 m hurdles	High jump	Long jump	Triple jump	Discus	Shot put
					45' 5" - PC jh	
			8' 11"			
21.7 - PC jh		4' 4" - RRC jh	12'1.5"-RRCjh			
			7' 7.5" PCjh		36' 4" - PC jh	16' 11" -PC jh
						19' 8" -Tig cub
			7' 4" - PC jh		34' 1/2"-PCjh	18'7-3/4"-PCjh

GIRLS' RELAY HISTORY - 1997

	RRC In	Gold Bat	RRC Rel	Tigerama	Showcase	Sauk R
4x100	K. Odegard S. Johnson L. Ballis S. Odegard 61.1		K. Meyer A. Miller M. Sloan T. Kazek 56.4	S. Johnson L. Ballis A. Miller K. Miller 59.9		K. Meyer A. Miller M. Sloan T. Kazek 55.7
4x200	S. Odegard C. Mosher S. Brown K. Connaker 2:13.8	K. Meyer B. Johnson M. Sloan T. Kazek 2:04.17.0	A. Miller K. Connaker K. Meyer S. Johnson 2:07.6	K. Meyer S. Johnson A. Miller T. Kazek 2:04.8	A. Miller A. Wiedemann M. Sloan T. Kazek 2:00.90	B. Johnson L. Filler A. Wiedemann K. Meyer 2:04.1
4x400	C. Mosher A. Filler L. Filler J. Ammann 5:19.4	A. Weidemann C. Mosher M. Sloan L. Filler 4:46.25	L. Filler S. Johnson M. Sloan A. Weidemann 4:49.6	L. Filler S. Johnson C. Mosher A. Weidemann 4:49.7	L. Filler K. Odegard M. Sloan A. Wiedemann 4:47.25	L. Filler B. Fischer K. Odegard A. Wiedemann 4:56.4
4x800		L. Filler B. Fischer B. Haavisto A. Wiedemann 11:38.05	L. Filler B. Haavisto B. Fischer A. Wiedemann 11:23.3	L. Filler L. Mettling B. Fischer A. Wiedemann 11:27.4	L. Filler B. Haavisto L. Mettling A. Weidemann 11:31.58	
800 medley (100, 100, 200, 400)			A. Peil L. Ballis A. Miller K. Odegard 2:13.6		K. Meyer A. Miller K. Odegard M. Sloan 2:11.14	
1600 medley (200, 200, 400, 800)			T. Kazek S. Johnson M. Sloan A. Weidemann 5:03.2			
Distance Medley (800, 400, 1200, 1600)			C. Mosher L. Mettling B. Haavisto B. Fischer 15:54.0			

	N. Br	Ogilvie	RRC	Cheng	Sub-Sec
4 x 100	K. Meyer A. Miller M. Sloan T. Kazek 56.2	K. Meyer A. Miller M. Sloan T. Kazek 56.2	K. Meyer A. Miller M. Sloan T. Kazek 54.5	K. Meyer A. Miller A. Peil T. Kazek 54.5	B. Johnson A. Miller M. Sloan T. Kazek 55.2
4 x 200	B. Johnson K. Odegard A. Miller K. Meyer 2:09.6	B. Johnson K. Odegard J. Ammann A. Miller 2:10.8	K. Meyer A. Miller L. Ballis S. Johnson 1:59.7	K. Meyer A. Miller B. Johnson S. Johnson 2:01.4	B. Johnson A. Miller L. Ballis S. Johnson 2:05.9
4 x 400			L. Filler C. Mosher B. Haavisto A. Wiedemann 4:48.7	A. Wiedemann L. Filler C. Mosher S. Johnson 4:34.8	
4 x 800	B. Haavisto L. Filler B. Fischer A. Wiedemann 11:25.4	L. Filler B. Haavisto B. Fisher A. Wiedemann 12:21.9	L. Filler B. Haavisto B. Fischer A. Wiedemann 11:13.9	L. Filler B. Haavisto B. Fischer A. Wiedemann 10:54.9	L. Filler B. Fischer B. Haavisto A. Wiedemann 10:56.3

BOYS' RELAY HISTORY - 1997

	RRC In	Gold Bat	RRC Rel	Tigerama	Showcase	Sauk R
4x100	M. Johnson J. Hanson B. Olson S. Auers 49.1		J. McSherry J. Hanson B. Olson N. Johnson 48.3	M. Johnson J. Johnson B. Olson P. Johnson 46.9	J. McSherry J. Johnson B. Olson N. Johnson 47.4	J. McSherry M. Johnson B. Olson S. Auers 47.9
4x400	M. Johnson J. Hanson N. Anderson P. Johnson 4:02.5	J. Johnson J. Hanson M. Johnson JR Anderson 3:53.89	P. Stephan J. Wiener N. Johnson N. Anderson 4:07.3	J. Johnson M. Johnson N. Johnson JR Anderson 3:45.8	J. Hanson M. Johnson N. Johnson JR Anderson 3:45.72	JR Anderson B. Olson N. Johnson M. Johnson 3:52.9
4x200	R. Root B. Knutson S. Roach P. Johnson 1:51.9	B. Olson S. Auers S. Roach J. McSherry 1:47.58	S. Roach D. Sanders R. Root P. Johnson 1:48.1		J. McSherry P. Johnson J. Hanson B. Olson 1:42.02	
4x800		JR Anderson B. Mettling J. Hanson D. Pangerl				
800 Medley (100, 100, 200, 400)			B. Olson P. Johnson J. McSherry JR Anderson 1:45.8			
1600 Medley (200, 200, 400, 800)			J. Hanson P. Johnson R. Root JR Anderson 4:09.5		J. McSherry P. Johnson M. Johnson JR Anderson 3:57.85	
Distance Medley (800, 400, 1200, 1600)			D. Sanders N. Theiman B. Mettling D. Pangerl 13:26.6			
3 x 300 Hurdles			N. Anderson J. Wiener N. Johnson 153.7			

	N. Br	Ogilvie	RRC	CHENG	SUB-SEC	SEC 4-A
4 x 100	J. McSherry J. Johnson B. Olson S. Auers 48.4	J. McSherry M. Johnson B. Olson S. Auers 48.1	J. McSherry M. Johnson R. Root S. Auers 47.8	J. McSherry J. Johnson B. Olson S. Auers 46.6	J. McSherry J. Johnson B. Olson S. Auers 46.8	J. McSherry J. Johnson B. Olson S. Auers 46.08
4 x 400	J. Hanson B. Olson M. Johnson JR Anderson 3:53.5	J. Hanson J.R. Anderson N. Johnson M. Johnson 3:49.8	J. Hanson M. Johnson N. Johnson JR Anderson 3:44.8	J. Hanson J. Johnson N. Johnson JR Anderson 3:51.1	J. Hanson N. Johnson M. Johnson JR Anderson 3:40.9	J. Hanson N. Johnson M. Johnson JR Anderson 3:40.45

1997 Track and Field Awards

MVP - Running Events	Alli Wiedemann	J.R. Anderson	
MVP - Track and Field Events	Tera Kazek	Brian Olson	
Dedication Award	Nathan Anderson	Molly Sloan	Becky Haavisto
Sportsmanship Award	Randy Root	Bree Fischer	
Rookie of the Year	Mike Johnson		
Most Improved Athlete	John Hanson		
New School Record	Shot Put	Tera Kazek	35' 4"

1997 Track Letterwinners:

Tera Kazek
J. R. Anderson
Brian Olson
Alli Wiedemann
John Hanson
Mike Johnson
Jason McSherry
Nathan Anderson
Lena Filler
Dan Pangerl
Patrick Stephan
Randy Root

Nathan Johnson
Andrea Miller
Jeff Johnson
Katie Meyer
Josh Wiener
Jessica Ammann
Bree Fischer
Becky Haavisto
Molly Sloan
Stu Auers
Breckan Johnson

Attitude

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our Attitudes."

- Charles Swindoll

GIRLS' "BESTS" - 1997

A	B	C	D	E	F	G	H	I
	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Bree Fischer - 12	95						6:23	
	96				1:16 sp	2:56 sp - Sub	6:34.8 - RC	
	97				1:15.8 sp-Sauk	2:49 sp-Sub	6:36.6 - Sauk	14:33.6 - Tig
Alli Weidemann - 12	95					2:32.8 - Sec		
	96			29.3 sp - PC	67.3 sp - Sub	2:32.01 - Sec		
	97			29.9 sp-NSC	68 sp-Cheng	2:31.85-Sec		
Stefanie Brown - 11	97	9.6 - NSC		35.0 sp - NSC				
Becky Haavisto - 11	95						6:25	
	96					2:46 sp -Cheng	6:26.5 - Ogil	
	97				1:12.6 sp-RRC	2:46.1 - Cheng	6:13.1 - Sub	14:58.94 -NSC
						2:44 sp - Sub		
Breckan Johnson - 11	95			33.8				
	96		14.3 sp					
	97		14.6 sp - Sub	31.4 - Sauk				
Tera Kazek - 11	95	7.9 - NSC	13.78					
	96	8.1 - NSC	13.39 - Sec	28.9 - Sub				
	97	8.17 - NSC in	13.5 -Tig,Sauk	29.5 sp-NCS				
			13.1 sp-Sub					
Dena Kirchberg - 11	95		13.6					
	97							
Molly Sloan - 11	95							
	96		12.3 sp	29.6 - Sub S	67.0 RRC			
	97		12.0 sp - RRC	29.1 sp-NSC	70.1 sp-NSC			
Jessica Ammann - 9	95						6:44	
	96		14.8 - PC jh	33.5 - PC jh		3:06 - NSC	6:33 - Cam	15:17.3 - Tig
	97			32.3 sp-Ogil	1:21 sp-NSC	3:01-NSC in	6:57 - Tig	
Lena Filler - 9	95							
	96				67.6 sp - Sub	2:52.2 sp		
	97			30.2 - NB	69 sp - Cheng	2:47 sp - Sub		
Katie Meyer - 9	97	8.49 - NSC in	13.8 - RRC	28.8 sp - NB				
Andrea Miller - 9	97	8.72 - NSC in	14.3 - Sauk R	30.3 - Cheng				
Kim Odegard - 9	96							
	97	8.7 - NSC in	14.6 sp- ChLk	31.5 - Sauk	70.2 - RRC			

GIRLS' "BESTS" - 1997

A	B	C	D	E	F	G	H
	y r	55 m dash	100 m dash	200 m dash	400 m dash	800 m dash	1600 m dash
Lezlie Ballis - 8	97	8.7 - NSC in	14.6 - RRC	31.3 - RRCjh	70.4 - Cheng		
Nikki Carlson - 8	96					3:15.6	6:57 - NSC in
	97					3:03.9 - PC jh	6:54.5-NSC in
Kim Connaker	96		14.9 - PC jh	31.9 - PC jh			
	97		14.9 sp - Ch Lk	31.4 - Tig cub			
Angie Filler - 8	96		16.4 - PC jh	34.9 - PC jh			
	97				1:16.8 - PCjh		
Kritina Gullickson - 8	96		16.4 - PC jh				
	97						
Susan Johnson - 8	97	8.7 - NSC in	17.0 sp-Tig	29.9 - RRC jh	68.1 - RRC		
				29.5 sp -RRC	66.9 sp - Sub		
Lyndsay Mettling - 8	96				78.2 - PC jh	3:24.7 - PC jh	
	97				75.5 - PC jh	2:51.1 - Cheng	
Sarah Odegard - 8	96		16.1 - PC jh	34.9 PC jh			
	97		15.7 - PC jh	33.6 - NSC in	74.3 - Cheng		
Amanda Peil - 8	97		14.2 - RRCjh	29.0 Cheng			
Miki Anderson - 7	97					2:57.2 - PC jh	
Julie Carlson - 7	97				1:23.7-PC jh		
Jillian Demarre - 7	97		17.8 - PC jh	36.3 - PC jh	1:30.3-PC jh		
Sandra Davis - 7	97		16.2 - PC jh	35.3 - PC jh			
Leanne Haugrud - 7	97						
Rochelle Johnson - 7	97		14.4 - RRC jh	33.8 - PC jh			
Abby Klinkhammer-7	97						
Anna Knutson - 7	97			36.8 - PC jh			
Jaime Kozisek - 7	97					3:09.4 - PC jh	6:49 - RRC jh
Ashley Mettling - 7	97		14.2 - RRC jh	31.3 - PC jh			
Cassie Milligan - 7	97		15.3 - PC jh	32.1 - Tig cub			

GIRLS' "BESTS" - 1997

A	B	C	D	E	F	G
	yr	55 m dash	100 m dash	200 m dash	400 m dash	800m run
Alicia Peppin - 7	97		19.5 - PC jh			
Aimee Perreault - 7	97		16.2 - PC jh			
Nikki Plasek - 7	97		16.5 - PC jh			
Anna Scholin - 7	97					
Amanda Stephan - 7	97					
Melissa Thieman - 7	97		16.3 - PC jh			
Jana Wiener - 7	97					

M	N	O	P	Q	R
High jump	Long Jump	Triple jump	Discus	Shot put	Pole Vault
	15' 9" -Sauk	33' 2"-NSC out			
5' 0" - NSC in					8' 6"
5' 6" - Sub					11' 0" - Sub
					6' 0" - PC jh
					9' 0" - Sauk
	13' 8" - PC				
	12' 7" - Tig cub		59' - RRC jh		
	12' 2" - PC jh				
	11' 3" - PC				

BOYS' "BESTS" - 1997

A	B	C	D	E	F	G	H	I
	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Jeff Johnson - 12	96	7.2 - NSC	11.88 - Ch Lks	27.6 - NSC	55.6 - Sub S			
	97	7.08-NSCin	11.8 - Section	25.2 - NB	57.9 sp-NSCin			
Jason McSherry - 12	95	7.2 - NSC		26.1				
	96		12.2 - Ch Lks	24.7 - Sub S				
	97		12.0 sp-NSC	24.5 - RRC				
J. R. Anderson - 11	95					2:11.9 - Sub		
	96				57.1 - PC	2:13.4-NSC in	4:50.16 - Sec	11:10.7 - Sut
	97			26.4 - Sauk	54.7sp-Section	2:10.6-Section	4:48.3 - Tig	11:29.9 - NB
Nathan Anderson - 11	96				59.4 sp - Sub			
	97				60.2 sp-Ch Lks			
Stu Auers - 11	96		12.3 - PC	25.6 - Sub				
	97	7.4 - NSC in	12.17-RRC	26.5 - Sauk				
Nathan Johnson - 11	97		12.0 - NB	24.9 - SaukR	55.1 sp -Sub			
Brian Olson - 11	96	7.1 - NSC	11.7 - PC	24.3 - RRC				
	97	6.9 - NSC	12.2 - Sauk	25.1 - Cheng	58.9 sp-SaukR			
Josh Wiener -11	97				60.2 sp-Ch Lks			
Mike Johnson - 10	97		11.1 sp-Ogil		53.30-Section			
					51.8 sp - Tig			
Paul D. Johnson - 10	97	7.66 - NSC in	12.8 - Tig	25.5 sp - Ch Lk	61.8 sp-NSC in			
Brandon Knutson - 10	97	7.9 - NSC in		27.67 - NSC in				
Dan Pangerl - 10	97		16.1 sp -Ch Lk			2:30 sp-NSC in	5:13.0 - RRC	11:03.9 - Che
Randy Root - 10	97		12.2 sp -RRC	25.8 -NB	60.3 - Sub			
Derek Sanders - 10	96		15.1 sp-Cam	27.8 - Ch Lks	63.9 - Cheng	2:54.8 - Cam	7:14.3 - NSC	
	97			27.4 - Sauk	63.3 - Tig			
					62.9 sp-Ch Lks			
Jeremy Breezee - 9	97	8.3 - NSC in	15.0 - NB		77.2 - NSC in			
John Hanson - 9	96			26.3 - PC jh	63.5 sp-NSC in	2:42 sp-NSC in		
	97		12.4 sp-Ch Lks	24.7 - NB	56.3 - Sub			
					55.4sp-Section			
Ben Mettling - 9	96						6:17.0 PC jh	
	97				69 sp-NSC in	2:38 sp-NSC in	5:34.6 - Cheng	12:36.4 - Tic
Derrick Odegard - 9	97		14.5 sp-Ch Lks					

J	K	L	M	N	O	P	Q	Pole ✓
55 m hurdles	110 m hurdles	300 m hurdles	High jump	Long jump	Triple jump	Discus	Shot put	
				17'1-1/2" -PC	35' 3" - PC			
					34' 10" - PC			
					36'3-1/2"-ChL			
					37' 9"-NSC out			
10.3 - NSC in	17.3 - Sub	49.5 - Cheng	5' 3" - NSC in					
9.03 - NSC in	17.2-Sub	45.6 - Sub	5' 4" - Sauk					
				17'8-1/2"-NSC in				
				19' 2" - RRC				
11.01 - NSC in		47.1 - RRC		17' 9" - Sauk				
				18' 5-1/2"-Cam			42' 0" - Sub	
				16' 6-3/4" -NSC in				
		46.0 - RRC						10' 6" - NB
				15' 8" - NSC in			37' 2-1/4" - Sub	
					29'4-1/4"-NSC in			
						77' 3" - Cheng		
							30' 8" - NSC in	
							27'1-1/2" -PC	
							27' ? - Sauk	
						54' - Sauk		
			5' 0" - NSC in					
			5' 2" - NSC om					
						70' 9" - PC jh	25' 9-1/4" - PCjh	
						85' - Ogil		
						82' - Ogil	28' 4" - RRC	

BOYS' "BESTS" - 1997

A	B	C	D	E	F	G
	y r	55 m dash	100 m dash	200 m dash	400 m dash	800 m run
Shane Roach - 9	97	7.4 - NSC in	12.79-NSC out	67 sp-NSC in		
Patrick Stephan - 9	96 97				64.7 sp-Ch lks	
Nate Thieman - 9	96 97		14.9 - PC jh		67 sp - NSC in	2:40.2 - RRC
Ryan Blad - 7	97		14.3 - PCjh		69.1 - Tig cub	
Greg Bunce - 7	97					2:59 - RRC jh
Aaron Hepburn - 7	97		13.7 - Tig cub	28.8 - PCjh		
Jimmy Howard - 7	97		15.6 - PC	33.1 - PC		
Brian Mansavage - 7	97					

K	L	M	N	O	P	Q
100 m hurdles	300 m hurdles	High jump	Long jump	Triple jump	Discus	Shot put
					45' 5" - PC jh	
			8' 11"			
21.7 - PC jh		4' 4" - RRC jh	12' 1.5" - RRCjh			
			7' 7.5" PCjh		36' 4" - PC jh	16' 11" -PC jh
						19' 8" -Tig cub
			7' 4" - PC jh		34' 1/2"-PCjh	18' 7-3/4"-PCjh

GIRLS' RELAY HISTORY - 1997

	RRC In	Gold Bat	RRC Rel	Tigerama	Showcase	Sauk R
4x100	K. Odegard S. Johnson L. Ballis S. Odegard 61.1		K. Meyer A. Miller M. Sloan T. Kazek 56.4	S. Johnson L. Ballis A. Miller K. Miller 59.9		K. Meyer A. Miller M. Sloan T. Kazek 55.7
4x200	S. Odegard C. Mosher S. Brown K. Connaker 2:13.8	K. Meyer B. Johnson M. Sloan T. Kazek 2:04.17.0	A. Miller K. Connaker K. Meyer S. Johnson 2:07.6	K. Meyer S. Johnson A. Miller T. Kazek 2:04.8	A. Miller A. Wiedemann M. Sloan T. Kazek 2:00.90	B. Johnson L. Filler A. Wiedemann K. Meyer 2:04.1
4x400	C. Mosher A. Filler L. Filler J. Ammann 5:19.4	A. Wiedemann C. Mosher M. Sloan L. Filler 4:46.25	L. Filler S. Johnson M. Sloan A. Wiedemann 4:49.6	L. Filler S. Johnson C. Mosher A. Wiedemann 4:49.7	L. Filler K. Odegard M. Sloan A. Wiedemann 4:47.25	L. Filler B. Fischer K. Odegard A. Wiedemann 4:56.4
4x800		L. Filler B. Fischer B. Haavisto A. Wiedemann 11:38.05	L. Filler B. Haavisto B. Fischer A. Wiedemann 11:23.3	L. Filler L. Mettling B. Fischer A. Wiedemann 11:27.4	L. Filler B. Haavisto L. Mettling A. Wiedemann 11:31.58	
800 medley (100, 100, 200, 400)			A. Peil L. Ballis A. Miller K. Odegard 2:13.6		K. Meyer A. Miller K. Odegard M. Sloan 2:11.14	
1600 medley (200, 200, 400, 800)			T. Kazek S. Johnson M. Sloan A. Wiedemann 5:03.2			
Distance Medley (800, 400, 1200, 1600)			C. Mosher L. Mettling B. Haavisto B. Fischer 15:54.0			

	N. Br	Ogilvie	RRC	Cheng	Sub-Sec
4 x 100	K. Meyer A. Miller M. Sloan T. Kazek 56.2	K. Meyer A. Miller M. Sloan T. Kazek 56.2	K. Meyer A. Miller M. Sloan T. Kazek 54.5	K. Meyer A. Miller A. Peil T. Kazek 54.5	B. Johnson A. Miller M. Sloan T. Kazek 55.2
4 x 200	B. Johnson K. Odegard A. Miller K. Meyer 2:09.6	B. Johnson K. Odegard J. Ammann A. Miller 2:10.8	K. Meyer A. Miller L. Ballis S. Johnson 1:59.7	K. Meyer A. Miller B. Johnson S. Johnson 2:01.4	B. Johnson A. Miller L. Ballis S. Johnson 2:05.9
4 x 400			L. Filler C. Mosher B. Haavisto A. Wiedemann 4:48.7	A. Wiedemann L. Filler C. Mosher S. Johnson 4:34.8	
4 x 800	B. Haavisto L. Filler B. Fischer A. Wiedemann 11:25.4	L. Filler B. Haavisto B. Fisher A. Wiedemann 12:21.9	L. Filler B. Haavisto B. Fischer A. Wiedemann 11:13.9	L. Filler B. Haavisto B. Fischer A. Wiedemann 10:54.9	L. Filler B. Fischer B. Haavisto A. Wiedemann 10:56.3

BOYS' RELAY HISTORY - 1997

	RRC In	Gold Bat	RRC Rel	Tigerama	Showcase	Sauk R
4x100	M. Johnson J. Hanson B. Olson S. Auers 49.1		J. McSherry J. Hanson B. Olson N. Johnson 48.3	M. Johnson J. Johnson B. Olson P. Johnson 46.9	J. McSherry J. Johnson B. Olson N. Johnson 47.4	J. McSherry M. Johnson B. Olson S. Auers 47.9
4x400	M. Johnson J. Hanson N. Anderson P. Johnson 4:02.5	J. Johnson J. Hanson M. Johnson JR Anderson 3:53.89	P. Stephan J. Wiener N. Johnson N. Anderson 4:07.3	J. Johnson M. Johnson N. Johnson JR Anderson 3:45.8	J. Hanson M. Johnson N. Johnson JR Anderson 3:45.72	JR Anderson B. Olson N. Johnson M. Johnson 3:52.9
4x200	R. Root B. Knutson S. Roach P. Johnson 1:51.9	B. Olson S. Auers S. Roach J. McSherry 1:47.58	S. Roach D. Sanders R. Root P. Johnson 1:48.1		J. McSherry P. Johnson J. Hanson B. Olson 1:42.02	
4x800		JR Anderson B. Mettling J. Hanson D. Pangerl				
800 Medley (100, 100, 200, 400)			B. Olson P. Johnson J. McSherry JR Anderson 1:45.8			
1600 Medley (200, 200, 400, 800)			J. Hanson P. Johnson R. Root JR Anderson 4:09.5		J. McSherry P. Johnson M. Johnson JR Anderson 3:57.85	
Distance Medley (800, 400, 1200, 1600)			D. Sanders N. Theiman B. Mettling D. Pangerl 13:26.6			
3 x 300 Hurdles			N. Anderson J. Wiener N. Johnson 153.7			

	N. Br	Ogilvie	RRC	CHENG	SUB-SEC	SEC 4-A
4 x 100	J. McSherry J. Johnson B. Olson S. Auers 48.4	J. McSherry M. Johnson B. Olson S. Auers 48.1	J. McSherry M. Johnson R. Root S. Auers 47.8	J. McSherry J. Johnson B. Olson S. Auers 46.6	J. McSherry J. Johnson B. Olson S. Auers 46.8	J. McSherry J. Johnson B. Olson S. Auers 46.08
4 x 400	J. Hanson B. Olson M. Johnson JRAnderson 3:53.5	J. Hanson J.R. Anderson N. Johnson M. Johnson 3:49.8	J. Hanson M. Johnson N. Johnson JR Anderson 3:44.8	J. Hanson J. Johnson N. Johnson JR Anderson 3:51.1	J. Hanson N. Johnson M. Johnson JR Anderson 3:40.9	J. Hanson N. Johnson M. Johnson JR Anderson 3:40.45