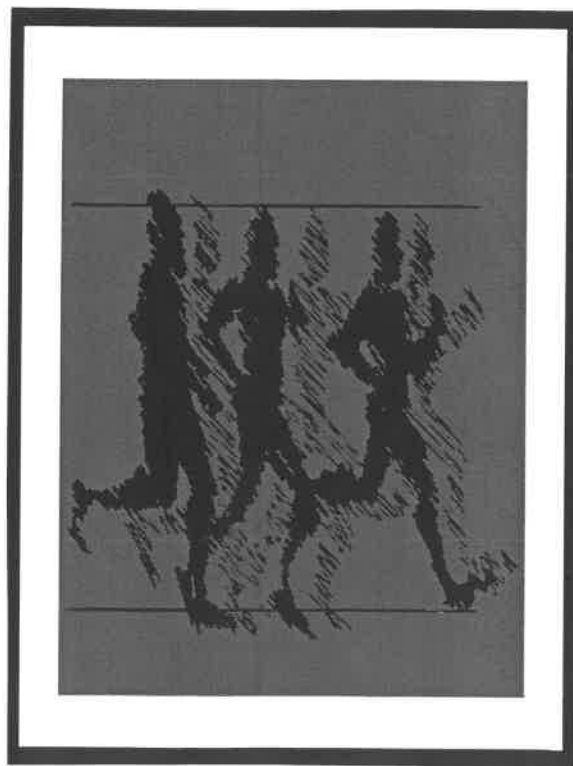


# DRAGON CROSS COUNTRY

19



97

## A CROSS COUNTRY RUNNER IS . . . . .

Between the innocence of youth and the dignity of adulthood, one finds an extraordinarily dedicated creature called a cross-country runner.

He/she is generally a composite of the American boy/girl - skinny or heavy, short-legged or long-legged, long-haired or short-haired, bubbly or shy, wise-cracking or stammering.

Whatever he/she looks like he/she lives by the creed of every genuine cross-country runner: "To run every race to the very best of my ability."

The cross-country runner is found everywhere . . . slipping through the halls . . . wallowing through the crowded winter traffic . . . taking in a beautiful sunrise on the local golf course . . . disappearing in the dust of cars on a lonely, dry summer road . . . running softly along the painfully hot tar roads of July . . . whipping into whirlpool baths . . . intervalling on indoor tracks . . . loping around lakes.

Motorists chastise them, teammates rib them, coaches criticize them, students cheer them, kid sisters idolize them, football players don't understand them, fathers encourage them, and moms worry about them.

A cross-country runner eats like UCLA . . . sleeps like Oregon . . . thinks about distance running like the University of Texas-El Paso . . . but often runs like Pumpkin Center Unified.

He/she can be observed in a host of unusual activities . . . fartleking . . . over-distancing . . . intervalling . . . speed working . . . hilling . . . circuiting . . . peaking . . . weight-lifting . . . and, when the pain of it all becomes too much, simply "walking" or "sitting" . . .

When he/she's not running well, he/she has too many other interests, like girls/boys . . . chemistry . . . girls/boys . . . physics . . . girls/boys . . . algebra . . . girls/boys . . . just can't concentrate . . . can't dedicate . . . or is just a bag of injuries.

When he/she's running well he/she is one of the hardest-working, most coachable athletes in school . . . is totally dedicated . . . will undoubtedly be a state champion . . . and is just a "physically tough" kid.

To the opponents' public relations man, he/she is sure to be a national leader and is probably the best distance runner in the history of the conference. She is Miki Gormann, Francie Lareau, Susie Hamilton, Frank Shorter, Bob Kennedy, and Todd Williams wrapped up in one.

To the coach, for press purposes, he/she lacks the real killer instinct demanded by great runners . . . he/she has the emotional stability of a playful cricket . . . the sprinting ability of a large snail . . . and is as coachable as a mule (though the coach knows all the time he/she will win the state).

To the alumnus, the cross-country runner is a nice kid who simply doesn't have the background . . . has not developed the distance base . . . will not go with the competition . . . can't run uphill . . . and hasn't the ability to kick like the five great runners on the 1967 team that finished second in the conference and almost qualified for state.

The cross-country runner likes news releases, "video tapes of winning efforts", recognition of a victory in the morning announcements . . . medals . . . ribbons . . . flat courses . . . overnight trips . . . new shoes . . . rub-downs . . . pictures in the yearbook . . . new uniforms . . . practice sessions the night before the meets . . . conference championships . . . trips to the state meet . . . and school records.

He/she is especially fond of blisters . . . shorts that rub . . . heavy running shirts . . . time-trials . . . team warm-ups, especially calisthenics . . . weight-training . . . circuit training . . . washing sweats . . . obnoxious motorists . . . hilly courses . . . big dogs . . . waiting for the race (but he/she lives with these things and has fond memories of them).

No one else looks forward as much to fall or so little to November . . . No one else can look at a field of 150 runners and know that he will finish 67th . . . No one else can have so many aches and pains and yet turn in excellent performances when the name of the game is "the big meet" . . . No one else feels defeat as deeply or as personally as the cross-country runner who had devoted 500 miles of training in preparation for the big race . . . No one else finds the same satisfaction and exhilaration in forcing every part of his/her body to the limit.

The cross-country runner is a wonderful creature . . . You can criticize him/her, but you can't discourage him/her . . . You can beat him/her, but you can't make him/her quit . . . You can take him/her out of cross-country, but you can't take cross-country out of him/her . . .

You might as well admit it - - - alumnus, fan, coach - - - he/she is your representative in the great international sport of American competitiveness . . . your totem of fair play and determination.

He/she may not be a state champion or qualifier for the Olympic team . . . He/she is not judged by color, religion, or social standing . . . he/she is measured simply by the democratic yardstick of how fast he/she can run, how far he/she can run, and how much the sacrifice for the good of his/her team and school.

The cross-country runner is a hard-working, untiring, and determined young person. When you leave the cross-country course moaning about a second or third place finish in a quality meet; he/she is the youngster, who, with a smudge of dirt on his/her cheek, sweat of his/her brow, pain in his/her body, and a tear in his/her eye, humbles and enriches you with a few simple words: "You tried!"

# ***THE TRADITION BEGINS:***

	<u>1996</u>		<u>1997</u>		<u>1998</u>	
	<u>girls</u>	<u>boys</u>	<u>girls</u>	<u>boys</u>	<u>girls</u>	<u>boys</u>
Milaca Invitational	Inc	9th	12th	6th		
Grantsburg Invitational				<b>1st</b>		
Cambridge Invitational	7th	7th	8th	<b>1st</b>		
Pine City Invitational	8th	3rd	Inc	<b>1st</b>		
Rush City Invitational	Inc	4th	3rd	<b>1st</b>		
Princeton Invitational			28th	13th		
Chisago Lks Invitational	Inc	4th	6th	<b>1st</b>		
Swain Invitational				11th		
Conference Meet	7th	5th	5th	3rd		
Mora Invitational	Inc	3rd	3rd	<b>1st</b>		
Section 7A Meet	11th	5th	9th	3rd		

Why Do I Run?

***PRIDE***

**OLSON INVITATIONAL CROSS COUNTRY MEET  
AT MILACA GOLF COURSE**

**AUGUST 25, 1997  
sunny, humid, windy**

**PINE CITY GIRLS' RESULTS:**

**Varsity - 4000 m - 92 runners**

	<u>place</u>	<u>time</u>
1. Becky Haavisto	71	20:34
2. Nikki Carlson	74	20:49
3. Jamie Johnson	76	20:54
4. Kim Connaker	77	20:55
5. Jenny Johnson	80	21:40 BTC
6. Megan Merrick	86	22:32

**#1 runner:** Krista Anderson - Crosby-Ironton -16:12

**Jr High - 2500 m - 50 runners**

1. Jaime Kozisek	2 jh - 1 (8th)	10:55 PB
2. Heidi Larson	3 jh - 2 (7th)	10:56

**PINE CITY BOYS' RESULTS:**

**Varsity - 5000 m - 97 runners**

**Jr Varsity - 5000 m - 60 runners**

	<u>place</u>	<u>time</u>
1. Peter Johnson	1 JV	19:04
2. Jason Larson	32 V	19:26
3. Ricky Wasson	34 V	19:35
4. Paul Johnson	38 V	19:54
5. Ryan Anderson	39 V	19:55
6. Sam France	48 V	20:13 PB
7. Nathan Johnson	58 V	20:46
8. Joe Bombard	9 JV	21:50
9. Jamie Stephan	17 JV	22:22 BTC
10. Nick Jones	19 JV	22:42
11. Jason Oare	21 JV	22:46
12. John Hanson	29 JV	23:39
13. Ben Mettling	37 JV	23:58
J.R. Anderson	dropped out - injury	

**#1 runner-Varsity:** Joel Reasoner - Cambridge-16:58

**#1 runner-Jr Varsity:** Peter Johnson - Pine City - 19:04

**GIRLS' TEAM RESULTS:**

1. Pierz	76
2. Little Falls	101
3. St. Francis	104
4. Sauk Rapids	126
5. Chisago Lakes	141
6. Hinckley-Finlayson	161
7. Milaca	174
8. Albany	212
9. Cambridge	226
10. St. Michael-Albert	258
11. North Branch	269
<b>12. Pine City</b>	<b>278</b>
13. Crosby Ironton	296

**BOYS' TEAM RESULTS:**

Varsity

1. St. Michael Albert	103
2. Sauk Rapids	117
3. Cambridge	119
4. Pierz	139
5. Milaca	160
<b>6. Pine City</b>	<b>191</b>
7. Little Falls	193
8. St. Francis	210
9. Crosby -Ironton	222
10. Albany	224
11. Chisago Lakes	235
12. North Branch	247
13. Mora	260
14. Princeton	362
15. Hermantown	370

Jr Varsity

1. Cambridge	61
2. St. Michael Albert	65
<b>3. Pine City</b>	<b>67</b>
4. Little Falls	158
5. Albany	168
6. Sauk Rapids	197

PB - Personal Best

BTC - Best time this course

# GRANTSBURG INVITATIONAL CROSS COUNTRY MEET

Thursday, August 28, 1997  
sunny, hot, breezy

## GIRLS' RESULTS:

### Varsity - 4000 m - 45 runners

	<u>place</u>	<u>time</u>
1. Becky Haavisto	29	21:51
2. Megan Merrick	31	22:10

#1 runner: Barnum - 16:47

### Junior high - 2500 m - 12 runners

	<u>place</u>	<u>time</u>
1. Heidi Larson	2	11:39
2. Jaime Kozisek	3	11:39 BTC

#1 runner: Barnum -10:51

## TEAM RESULTS:

(Boys & Girls combined)

1. Pine City	15
2. Spooner	13
3. Grantsburg	10
Barnum	10
5. Bruce	9
6. Hinckley-Fin	8
Webster	8
8. Siren	7
Frederick	7
10. Shell Lake	6

## BOYS' RESULTS:

### Varsity - 5000 m - 52 runners

	<u>place</u>	<u>time</u>
1. Peter Johnson	7	19:14
2. Ricky Wasson	8	19:15 BTC
3. Jason Larson	9	19:36
4. Paul Johnson	12	19:58
5. Ryan Anderson	13	20:02 BTC
6. Nathan Johnson	19	20:47
7. Sam France	20	20:57 BTC
8. Jason Oare	21	20:58 PB
9. Jamie Stephan	29	21:46 BTC
10. Joe Bombard	33	21:54 PB
11. Nick Jones	36	23:23
12. John Hanson	40	23:42
13. Ben Mettling	41	23:57 BTC
J. R. Anderson	injury	

#1 runner: Webster - 17:55

\* BTC - Best time this course

\* PB - Personal best time

# CAMBRIDGE INVITATIONAL CROSS COUNTRY MEET

September 5, 1997  
very hot, humid

## PINE CITY GIRLS' RESULTS:

### Varsity - 4000 m - 59 runners

	<u>place</u>	<u>time</u>
1. Becky Haavisto	31	19:52 <i>BTY</i>
2. Nikki Carlson	40	20:24 <i>BTY</i>
3. Kim Connaker	44	21:19
4. Jenny Johnson	51	22:00
5. Jamie Johnson	52	22:12
6. Megan Merrick	DNF	

#1 runner: S. Pollema, Milaca, 17:17

### Jr High - 2000 m - 65 runners

	<u>place</u>	<u>time</u>
1. Heidi Larsen	3	7:25
2. Jamie Kozisek	10	7:50 <i>PB</i>

#1 time: 7:09

## PINE CITY BOY'S RESULTS:

### Varsity - 5000 m - 76 runners

### Jr. Varsity - 5000 m - 145 runners

	<u>place</u>	<u>time</u>
1. Peter Johnson	14 V	18:41 <i>PB</i>
2. JR Anderson	15 V	18:44 <i>BTY</i>
3. Ricky Wasson	18 V	18:51 <i>BTC</i>
4. Jason Larson	21 V	18:55 <i>BTY</i>
5. Paul Johnson	23 V	19:58
6. Nathan Johnson	41 V	19:52 <i>PB</i>
7. Ryan Anderson	43 V	20:09
8. Jamie Stephan	72 JV	22:29
9. John Hanson	82 JV	22:44 <i>BTY</i>
10. Nick Jones	95 JV	23:22
11. Ben Mettling	110 JV	24:12
12. Bob Teich	135 JV	27:15 <i>PB</i>
Sam France	DNF	
Garrett Haugrud	DNF	

#1 runner: E. Dahlstrom, Milaca, 17:26

### 9th Grade - 400 m - 67 runners

1. Jason Oare	6	16:17
2. Joe Bombard	14	16:59

#1 time: 15:08

## GIRLS' TEAM RESULTS:

1. Chisago Lakes	41
2. Milaca	91
3. Brooklyn Center	96
4. Proctor	99
Hinckley-Finlayson	99
6. North Branch	157
7. Mora	160
8. <b>Pine City</b>	<b>218</b>
Princeton	Inc
Columbia Heights	Inc
Fridley	Inc
Minnehaha Academy	Inc
Concordia Academy	Inc
Rush City	Inc

## BOYS' TEAM RESULTS:

### Varsity:

1. <b>Pine City</b>	<b>91</b>
2. Chisago Lakes	95
3. Minnehaha Academy	105
4. Proctor	110
5. Concordia Academy	131
6. Fridley	135
7. Milaca	173
8. North Branch	177
9. Brooklyn Center	210
10. Princeton	217
11. Mora	237
Columbia Heights	Inc
Hinckley-Finlayson	Inc
Rush City	Inc

### Jr. Varsity:

1. White Bear	15	8. Hudson	300
2. Centennial	132	9. Sp Lk Pk	316
3. Forest Lk	202	10. Pat Henry	364
4. Maple Grove	252	11. Rice Lk	484
5. Cambridge	256	<b>12 Pine City</b>	<b>494</b>
6. Irondale	282		
7. Minnehaha	297		

# PINE CITY INVITATIONAL CROSS COUNTRY MEET

**September 11, 1997**  
**sunny, hot - beautiful**

## **PINE CITY GIRLS' RESULTS:**

### **Varsity - 4000 m - 65 runners**

	<u>place</u>	<u>time</u>	
1. Becky Haavisto	27	19:23	BTY
2. Kim Connaker	28	19:24	PB
3. Nikki Carlson	32	19:42	BTY
4. Megan Merrick	43	20:43	PB
5. Jenny Johnson	DNF		

**#1 runner:** Holly Fellers, Barnum, 16:24

### **Jr High - 2000 m - 54 runners**

	<u>place</u>	<u>time</u>
1. Heidi Larsen	4 (3rd - 7th)	8:15
2. Jaime Kozisek	8 (3rd - 8th)	8:38

**#1 time:** 8:05

## **PINE CITY BOYS' RESULTS:**

### **Varsity - Jr Varsity - 5000 m 64 runners - 98 runners**

	<u>place</u>	<u>time</u>	
1. Peter Johnson	4	18:23	PB
2. Ricky Wasson	9	18:37	PB
3. Paul Johnson	10	18:41	PB
4. Jason Larson	12	18:42	
5. J.R. Anderson	15	18:49	
6. Nathan Johnson	5 JV	19:18	PB
7. Ryan Anderson	22	19:23	BTY
8. Sam France	25	19:48	PB
9. Jason Oare	19 JV	20:01	PB
10. Joe Bombard	32 JV	21:10	PB
11. Jamie Stephan	33 JV	21:11	BTY
12. Nick Jones	42 JV	21:47	PB
13. John Hanson	52 JV	22:29	BTY
14. Ben Mettling	55 JV	22:35	BTY - BTC
15. Garrett Haugrud	58 JV	22:48	
16. Bob Teich	88 JV	25:21	PB

**#1 runner :** Eric Dahlstrom, Milaca, 17:05

**#1 JV runner:** John Prout, Sibley, 18:14

## **GIRLS' TEAM RESULTS:**

1. Barnum	48
2. Hinckley	68
3. Milaca	69
4. Cromwell	93
5. Mora	146
6. Hermantown	170
7. Foley	188
8. MLWR	236
Siren	Inc
<b>Pine City</b>	<b>Inc</b>
Rush City	Inc
Grantsburg	Inc

## **BOYS' TEAM RESULTS:**

<b>1. Pine City</b>	<b>51</b>
2. Concordia Academy	64
3. Mora	85
4. Moose Lk/WR	132
5. Milaca	144
6. Hermantown	155
7. Grantsburg	163
Foley	Inc
Cromwell	Inc
East Central	Inc
Siren	Inc
<b><u>Jr. Varsity</u></b>	
1. Sibley	26
2. Centennial	54
<b>3. Pine City</b>	<b>131</b>
4. Spring LK PK	165
5. Mora	190
6. So. St. Paul	271
7. Chisago Lks	331
8. Concordia Ac	396

\*\*\*\*\*PB - Personal best time

BTY-Best time this year

BTC - Best time on this course

**SUCCESS**  
**IS**  
**THE RESULT OF**  
**HARD WORK**  
**AND**  
**HONEST EFFORT.**



# RUSH CITY INVITATIONAL CROSS COUNTRY MEET

**September 18, 1997**  
**hot, very very humid**

## **PINE CITY GIRLS' RESULTS:**

### **Varsity - 4000 m - 33 runners**

	<u>place</u>	<u>time</u>	
1. Becky Haavisto	11	19:07	BTY
2. Kim Connaker	12	19:09	PB
3. Nikki Carlson	13	19:29	PB
4. Jamie Johnson	18	19:54	BTY
5. Jenny Johnson	22	20:43	BTY
6. Mia Wuorinen	25	21:02	
7. Megan Merrick	27	21:30	

**#1 runner:** Holly Fetters, Barnum, 16:06

### **Jr High - 1600 m - 11 runners**

1. Heidi Larsen	4	6:52
2. Jaime Kozisek	5	6:52

**#1 runner:** Rush City, 6:41

## **PINE CITY BOYS' RESULTS:**

### **Varsity - J V - 5128 m - 30 runners**

	<u>place</u>	<u>time</u>	
<b>- 21 runners</b>			
1. Peter Johnson	3	18:34	
2. Ricky Wasson	5	18:49	
3. Jason Larson	7	18:59	
4. Paul Johnson	8	19:10	
5. Ryan Anderson	12	20:02	
6. Nathan Johnson	1 JV	20:13	
7. JR Anderson	18	20:48	
8. Sam France	23	20:56	
9. Jamie Stephan	2 JV	21:16	
10. Nick Jones	6 JV	22:35	
11. Garrett Haugrud	10 JV	23:15	
12. John Hanson	11 JV	23:26	
13. Ben Mettling	15 JV	23:33	
14. Bob Teich	17 JV	25:53	

**#1 runner:** Blaze, Frederick, 18:10

**#1 runner JV:** Nathan Johnson, Pine City, 20:13

### **9th Grade - 4000 m - 8 runners**

1. Jason Oare	2	15:16	PB
2. Joe Bombard	3	16:14	PB

**#1 runner:** Frederick, 15:12

## **GIRLS' TEAM RESULTS:**

1. Barnum	21
2. North Branch	73
<b>3. Pine City</b>	<b>76</b>
4. Moose LK/WR	122
Rush City	Inc
Siren	Inc
Frederick	Inc
East Central	Inc
Chisago Lks	Inc

## **BOYS' TEAM RESULTS:**

<b>1. Pine City</b>	<b>35</b>
2. North Branch	45
3. Moose LK/WR	68
Chisago Lks	Inc
Siren	Inc
Frederick	Inc
East Central	Inc
Rush City	Inc

## **Junior Varsity Results:**

<b>1. Pine City</b>	<b>30</b>
2. East Central	51
North Branch	Inc
Moose Lk WR	Inc
Rush City	Inc
Chisago Lks	Inc

# PRINCETON INVITATIONAL CROSS COUNTRY MEET

**September 20, 1997**  
cool and sunny

## PINE CITY GIRLS' RESULTS:

### Varsity - 4000 m - 252 runners

	<u>place</u>	<u>time</u>	
1. Kim Connaker	181	18:05	PB
2. Becky Haavisto	183	18:06	BTY
3. Nikki Carlson	193	18:23	PB
4. Jamie Johnson	212	18:46	PB
5. Jenny Johnson	234	20:02	BTY
6. Mia Wuorinen	241	20:35	BTY

#1 runner: Jill Field, Barnsville, 14:24

### 7th grade - 2000 m - 216 runners

1. Heidi Larsen	10	7:51
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#1 runner: Courtney Dauwalter, Hopkins, 7:04

### 8th grade - 2000 m - 200 runners

1. Jaime Kozisek	68	8:27
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#1 runner:: Abby Rogasheske, Tech/South, 7:18

## PINE CITY BOYS' RESULTS:

### Varsity - Jr. Varsity - 5000 m - 278 runners - 547 runners

	<u>place</u>	<u>time</u>	
1. Peter Johnson	65	17:33	PB
2. Ricky Wasson	68	17:35	PB
3. Paul Johnson	82	17:47	PB
4. Jason Larson	83	17:47	PB
5. JR Anderson	119	18:15	BTY
6. Ryan Anderson	154	18:42	PB
7. Nathan Johnson	173	18:55	PB
8. Sam France	85 JV	18:56	PB
9. Jason Oare	JV	19:28	PB
10. Jamie Stephan	JV	20:30	PB
11. Nick Jones	JV	21:13	PB
12. Ben Mettling	JV	21:30	PB
13. Garrett Haugrud	JV	22:35	PB
14. Bob Teich	JV	23:27	PB
John Hansen	DNF		

#1 runner : Derek Mattila, Staples, 15:43

### 9th grade boys - 2000 m - 234 runners

1. Joe Bombard	91	7:27	PB
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#1 runner: Ben Hanson, Buffalo, 6:11

## GIRLS' TEAM RESULTS:

1. New London 142	20. ESC 649
Glenco-SL 142	Waconia 649
3. Lake City 199	22. Paynesville 665
4. Holdingford 208	23. Visitation 676
5. Pierz 232	24. LCWM 798
6. USC 244	25. BBE 905
7. Northland 263	26. Kasson M 910
8. CML 314	27. Mora 1073
9. Mesabi East 383	<b>28. Pine City 1083</b>
10. Murray Cty 387	29. MLWR 1187
11. Perham 405	Inc: Becker, Pine Riv,
12. St. Peter 414	Bold, Albany, Milaca,
13. SSCSVRLB431	Pequot Lks, Rockford,
14. Norwood 471	Annandale, Big Lk,
15. Osceola 486	Montgomery, Barnsville,
16. Morris 515	Blue Earth, Hill Murray,
17. Delano 554	Rushford, Breck,
18. Holy Angels624	Staples, Wadena,
19. St. Michael 648	Barnum

## BOYS' TEAM RESULTS:

1. Staples 37	25. Holy Angel 719
2. USC 189	26. Glenco 724
3. Mesabi E 190	27. Delano 747
4. Morris 192	28. Albany 764
5. Rockford 220	29. St Paul Cat 821
6. Osceola 223	30. SCSSVRVB 864
7. CML 255	31. Martin Cty W 899
8. St. Michael 266	32. MLWR 914
9. St. Cloud Cat279	33. Pine River 938
10. Loyola 305	34. Northland 1063
11. Redwood V328	35. Hill Murray 1075
12. Lake City 412	36. Blue Earth 1086
<b>13. Pine City 417</b>	37. LCWM 1087
14. St. Peter 455	38. Mora 1120
15. Pierz 471	39. Luth of BI 1140
16. Paynesville477	40. Waconia 1204
17. New Lon 525	Inc: Holdingford,
18. Dassal Cok 531	Becker, Wadena.
19. Norwood 538	Kasson, Grantsburg,
20. Sauk Ctr 648	Annandale, Breck,
21. Montgomry 658	Big Lk, BBE, Blake,
22. Marshall 674	Milaca, Pequot Lks,
23. DESC 685	Rush City, Barnum
24. Murray Cty C697	

# CHISAGO LAKES INVITATIONAL CROSS COUNTRY MEET

**Kichi-Saga Park**  
**September 23, 1997**  
**cool, sunny - rough, hilly course**

## PINE CITY GIRLS' RESULTS:

**Varsity - 4000 m - 40 runners**

	<u>place</u>	<u>time</u>
1. Kim Connaker	19	19:06
2. Jamie Johnson	22	19:11
3. Becky Haavisto	23	19:12
4. Megan Merrick	30	20:34 PB
5. Jenny Johnson	32	20:59
Mia Wuorinen	DNF	

## GIRLS' TEAM RESULTS:

1. Chisago Lakes	19
2. Brooklyn Center	79
3. Hinckley-Finlayson	81
4. Mora	111
5. North Branch	117
6. <b>Pine City</b>	<b>126</b>
Princeton	Inc

#1 runner: Tessa, Chisago Lks, 16:52

## 7th grade - 2000 m

1. Heidi Larsen	1	8:19
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## 8th grade - 2000 m

1. Jaime Kozisek	2	8:44
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## PINE CITY BOYS' RESULTS:

**Varsity - Jr Varsity - 5000 m - 42 runners**

	<u>place</u>	<u>time</u>
<b>-32 runners</b>		
1. Peter Johnson	5	18:34
2. Ricky Wasson	6	18:35 BTC
3. Paul Johnson	7	18:37
4. Jason Larson	10	18:44
5. JR. Anderson	14	19:03
6. Nathan Johnson	20	19:39
7. Ryan Anderson	21	19:41
8. Sam France	1 JV	19:44 BTC
9. Jason Oare	3 JV	20:36
10. Joe Bombard	5 JV	21:09
11. Jamie Stephan	10 JV	22:11
12. John Hansen	20 JV	23:12
13. Ben Mettling	21 JV	23:14
14. Bob Teich	28 JV	24:47
Garrett Haugrud	DNF	

## BOYS' TEAM RESULTS:

1. <b>Pine City</b>	<b>42</b>
2. Chisago Lakes	61
3. North Branch	79
4. Mora	89
5. Brooklym Center	129
6. Princeton	168
Rush City	Inc
Hinckley	Inc

## Junior Varsity:

1. <b>Pine City</b>	<b>39</b>
2. Chisago Lks	58
3. East Central	80
North Branch	Inc
Princeton	Inc
Mora	Inc
Brooklyn Ctr	Inc
Rush City	Inc

#1 runner : Josh Slattengren, Chisago Lks, 18:11

#1 JV runner: Sam France, Pine City, 19:44

# SWAIN INVITATIONAL CROSS COUNTRY MEET

Saturday, October 4, 1997

beautiful fall day - sunny, cool, windy - very hilly course

70 schools - 1500 runners

## PINE CITY GIRLS' RESULTS:

### Junior Varsity - 4000 m - 177 runners

	<u>place</u>	<u>time</u>
1. Jenny Johnson	119	21:30
2. Mia Wuorinen	120	21:32

#1 runner: S Mayer, Lake City, 16:31

### Sophomore - 4000 m - 94 runners

	<u>place</u>	<u>time</u>
1. Kim Connaker	35	19:35
2. Nikki Carlson	46	20:00
3. Jamie Johnson	53	20:16
4. Megan Merrick	72	21:19

#1 runner: T. Foucault, Proctor, 17:28

### Junior High - 2600 m - 131 runners

	<u>place</u>	<u>time</u>
1. Jaime Koxisek	25	11:53 BTC

#1 runner: A. Carroll, Proctor, 10:58

## PINE CITY BOYS' RESULTS:

### Varsity -162 runners - 5000 m

### Jr. Varsity -223 runners - 5000 m

	<u>place</u>	<u>time</u>
1. Ricky Wasson	2 JV	18:48
2. Jason Larson	47	19:00
3. Paul Johnson	50	19:07
4. Peter Johnson	52	19:09
5. Sam France	88	19:54
6. Nathan Johnson	22 JV	19:58
7. JR Anderson	114	20:45
8. Jason Oare	116	20:48
9. Jamie Stephan	89 JV	21:27
10. Nick Jones	162 JV	23:12
11. Ben Mettling	164 JV	23:14
12. John Hansen	179 JV	23:49
Ryan Anderson	DNF	

#1 varsity runner: M. Loberg, Mesabi East, 17:03

#1 JV runner: N. Peters, Mellen, 18:29

## GIRLS' TEAM RESULTS:

<u>Varsity</u>	<u>Jr. Varsity</u>	<u>Sophomore</u>
1. Lake City 88	1. Lake City 54	1. Duluth E 67
2. SCC 92	2. Duluth E 55	2. Gr. Rpds 117
3. Ironwood 117	3. Rockford 146	3. SpLK P 118
4. Glencoe 135	4. N Western 188	4. Proctor 141
5. Northland 174	5. Sp Lk Pk 195	5. Esko 159
6. St Paul Ac 204	6. Mellen 269	6 Duluth Cen 333
7. Perham 237	7. For Lk 285	7. Totino 373
8. Int'l Falls 242	8. St. Francis 369	
9. Rockford 255	9. MBV 385	
10. Calumet 283	10. Osseo 390	
11. NWest 303	11. High Pk 426	
12. Morris 324	12. Duluth Cen 477	
13. Avery 326	13. Maple Gr. 479	
14. Norwood 343	14. N St.Paul 492	
15. Visitation 347	15. Superior 505	
16. Barnum 372	16. Fargo N 505	
17. Mt Lk 399	17. Hastings 566	
18. Hinckley 486	18. Visitation 567	
19. Hermantown 645		
20. MLWR 649		

## BOYS' TEAM RESULTS:

<u>Varsity</u>	<u>Jr Varsity</u>	<u>Sophomore</u>
1. Rockford 92	1. Osseo 62	1. Elgin 53
2. Mesabi E 105	2. Duluth E 102	2. Mesabi E 56
3. Lake City 121	3. Mellen 155	3. Chisholm 141
4. USC 123	4. St.Paul Ac 173	4. Northland 150
5. Amery 133	5. Hastings 185	5. NWestern 152
6. Morris 152	6. Amery 193	6. Lake City 168
7. Calumet 282	7. Gr Rapids 229	7. Houton 196
8. St.Paul Ac 287	8. MIB-V 252	8. Int'l Falls 220
9. Int'l Falls 323	9. Rockford 272	
10. Chetek 331	10. St. Thom Ac 290	
11.Pine City 351	11. Bloom Jef 292	
12. Norwood 368	12. N St.Paul 325	
13. Glencoe 377	13. Superior 362	
14. Mt Lk 384	14. Hibbing 398	
15. Marshall 441	15. Maple Gr 433	
16. Ironwood 501	16. Pine City 439	
17. MLWR 506	17. Pat Henry 471	
18. Elgin 513	18. Totino 484	
	19. Eveleth 574	19. Glencoe 550
20. Chisholm 584	20. Bloom Ken 651	
21. Siren 743		

# RUM-RIVER CONFERENCE CROSS COUNTRY MEET at Sartell

Thursday, October 9, 1997  
cool, gusty wind - hilly course

## GIRLS' RESULTS:

### Varsity - 4000 m - 54 runners

	<u>place</u>	<u>time</u>	
1. Becky Haavisto	21	18:11	
2. Heidi Larsen	26	18:37	
3. Jaime Kozisek	27	18:37	PB
4. Jamie Johnson	29	18:45	PB
5. Kim Connaker	38	19:12	
6. Nikki Carlson	39	19:12	
7. Jenny Johnson	48	21:27	

## Girls' team scores:

1. Sauk Rapids	19
2. Chisago Lakes	37
3. Milaca	72
4. Foley	136
<b>5. Pine City</b>	<b>141</b>
6. Mora	145
7. North Branch	157
8. Princeton	Inc

#1 runner: Carmen Meyer, SR, 15:55

## BOY'S RESULTS:

### Varsity-Junior Varsity -5000 m - 56 runners - 40 runners

	<u>place</u>	<u>time</u>	
1. Jason Larsn	7	17:59	All-Conference
2. Paul Johnson	13	18:13	All-Conference
3. Peter Johnson	15	18:16	All Conference
4. Ricky Wasson	17	18:18	All-Conference Honorable Mention
5. Nathan Johnson	23	18:46	PB
6. Ryan Anderson	25	19:15	
7. JR Anderson	28	19:21	
8. Sam France	1 JV	19:30	
9. Jason Oare	3 JV	19:51	
10. Jamie Stephan	4 JV	20:10	PB
11. Joe Bombard	8 JV	20:29	PB
12. John Hansen	18JV	21:46	BTY
13. Ben Mettling	24JV	22:06	
14. Nick Jones	26JV	22:20	
15. Bob Teich	36JV	24:13	

## Boys' team scores:

	<u>Varsity</u>	<u>Jr. Varsity</u>
1. Sauk Rapids	54	<b>1. Pine City 34</b>
2. Chisago Lks	70	2. North Branch 62
<b>3. Pine City 75</b>		3. Chisago Lks 78
4. North Branch	91	4. Sauk Rapids 82
5. Mora	95	5. Mora 114
6. Milaca	110	6. Milaca Inc
7. Princeton	201	7. Princeton Inc
8. Foley	Inc	

#1 Varsity runner: Steve Pekarek, SR, 17:08

#1 Jr Varsity runner: Sam France, PC, 19:30

# MORA LAST CHANCE CROSS COUNTRY MEET

at Trailview Elementary

October 14, 1997

cold, cloudy, windy

## PINE CITY GIRLS' RESULTS:

Varsity - Jr. Varsity - 4000 m

21 runners - 15 runners

	<u>place</u>	<u>time</u>	
1. Heidi Larsen	5	18:28	PB
2. Jaime Kozisek	6	18:28	PB
3. Becky Haavisto	9	18:40	
4. Jamie Johnson	11	18:43	PB
5. Mia Wuorinen	1 JV	20:00	PB
6. Nikki Carlson	13	20:01	
7. Megan Merrick	2 JV	20:08	PB
8. Kim Connaker	15	20:17	
9. Jenny Johnson	18	20:49	

#1 varsity runner: Gina Miller, Mora 17:56

#1 Jr varsity runner: Mia Wuorinen, Pine City, 20:00

## GIRLS' TEAM RESULTS:

1. Mora	35
2. North Branch	42
3. Pine City	44

## PINE CITY BOYS' RESULTS:

Varsity - Jr Varsity - 5000 m

21 runners - 21 runners

	<u>place</u>	<u>time</u>	
1. Peter Johnson	5	18:02	
2. Jason Larson	6	18:05	
3. Paul Johnson	8	18:25	
4. Nathan Johnson	9	18:30	PB
5. Ryan Anderson	12	18:38	PB
6. Sam France	14	19:04	
7. Jason Oare	1 JV	19:11	PB
8. J.R. Anderson	15	19:19	
9. Joe Bombard	2 JV	20:01	PB
10. Jamie Stephan	3 JV	20:18	
11. Nick Jones	8 JV	21:31	
12. Garrett Haugrud	13 JV	22:30	PB
13. Ben Mettling	15 JV	22:55	BTC
14. John Hansen	19 JV	24:11	
15. Bob Teich	20 JV	24:12	

#1 varsity runner : Dan H., Mora, 17:33

#1 Jr varsity runner: Jason Oare, Pine City, 19:11

## BOYS' TEAM RESULTS:

### Varsity

1. Pine City	40
2. Mora	45
3. North Branch	48

### Jr Varsity

1. Pine City	27
2. Mora	38
North Branch	Inc

*To achieve all that is possible,*

*We must attempt*

*the impossible. . . . .*

*To be as much as we can be,*

*We must DREAM of being more.*

# SECTION 7A

## CROSS COUNTRY MEET - CLOQUET

Thursday, October 23, 1997  
partly-cloudy, cold, slight breeze

### GIRLS' RESULTS:

#### 4000 m -110 runners

	<u>place</u>	<u>time</u>
1. Becky Haavisto	42	17:57 BTY
2. Heidi Larsen	43	17:57 PB
3. Kim Connaker	56	18:07
4. Jamie Johnson	59	18:10 PB
5. Jaime Kozisek	61	18:13 PB
6. Nikki Carlson	79	18:57
7. Jenny Johnson	88	19:06 PB

#### Top seven runners:

1. Krista Anderson	Crosby -Ironton	15:22
2. Teresa Patchin	Mesabi East	15:29
3. Sara Getty	Deer River	
4. Loni Kallerman	Int'l Falls	
5. Angie Fetters	Barnum	
6. Sara Huotari	Deer River	
7. Amber Vaneps	Deer River	

### Girls' team scores:

1. International Falls	50
2. Deer River	52
3. Barnum	113
4. Duluth Marshall	124
5. Mesabi East	129
6. Hinckley/Finlayson	178
7. Cromwell	220
8. Hermantown	230
<b>9. Pine City</b>	<b>261</b>
10. Ely	262
11. Rush City	269
12. Crosby-Ironton	297
13. Chisholm	322
14. Mora	392
15. MLWR	423

### BOY'S RESULTS:

#### 5000 m - 112 runners

	<u>place</u>	<u>time</u>
1. Ricky Wasson	15	17:51 BTC
2. Jason Larson	21	18:04 BTC
3. Paul Johnson	23	18:09
4. J. R. Anderson	28	18:26 BTC
5. Peter Johnson	29	18:27
6. Nathan Johnson	30	18:28 PB
7. Ryan Anderson	54	19:21 BTC

#### Top seven runners:

1. Matt Loberg	Mesabi East	16:25
2. Eric Loberg	Mesabi East	
3. Andy	Crosby Ironton	
4. Adam Gilerstad	Duluth Marshall	
5.	Crosby Ironton	
6. Kyle Gererau	Barnum	
7. Dennis Easer	Cromwell	

### Boys' team scores:

1. Mesabi East	43
2. Duluth Marshall	108
<b>3. Pine City</b>	<b>116</b>
4. International Falls	165
5. Crosby-Ironton	166
6. MLWR	179
7. Mora	187
8. Chisholm	210
9. Babbitt	248
10. Hinckley/Finlayson	252
11. Hermantown	269
12. Deer River	274
13. Eveleth	326
14. Rush City	373
15. East Central	446

\*BTC Best time on this course

\* PB Best time ever

\*BTY Best time this year



## CROSS COUNTRY HISTORY -

Name	g r	year	Milaca	Grantsburg	Cambridge	Pine City	Rush City
Becky Haavisto	12	1997	20:34 (4 K)	21:51 (4 K)	19:52 (4K)	19:23 (4K)	19:07 (4K)
	11	1996	*19:03 (4 K)	*19:46 (4 K)	18:48 (4K)	18:24 (4K)	18:51 (4K)
	10	1995	*19:42 (4 K)	20:43 (4 K)			19:45 (4K)
	9	1994	14:15 (3.2 K)	9:11 (2 K)	20:39 (4K)	18:35 (4K)	19:05 (4K)
	8	1993	7:16 (1.6 K)		14:54 (3.2K)	14:23 (3.2K)	13:52 (3.2K)
	7	1992	7:14 (1.6 K)		7:46 (1.6K)	14:23 (3.2K)	14:09 (3.2K)
Jenny Johnson	12	1997	21:40 (4 K)		22:00 (4K)		20:43 (4K)
	11	1996	22:21 (4 K)	*22:55 (4 K)	21:20 (4 K)	20:14 (4 K)	
Mia Wuorinen	11	1997					21:02 (4K)
Nikki Carlson	9	1997	20:49 (4K)		20:24 (4K)	19:42 (4K)	18:29 (4K)
	8	1996	11:23 (2.5 K)	12:57 (2.5K)	9:29 (2 K)	8:58 (2K)	7:19 (1.6K)
	7	1995	9:59 (2 K)	12:49 (2.6K)		8:51 (2K)	7:19 (1.6K)
Kim Connaker	9	1997	20:55 (4 K)		21:19 (4K)	19:24 (4K)	19:09 (4K)
Jamie Johnson	9	1997	20:54 (4K)		22:12 (4K)		19:54 (4K)
	8	1996	11:32 (2.5K)	13:05 (2.5K)	9:30 (2K)	9:02 (2K)	7:23 (1.6K)
	7	1995		14:04 (2.6K)	9:26 (2K)		
Megan Merrick	9	1997	22:32 (4K)	22:10 (4 K)		20:43 (4K)	21:30 (4K)
	8	1996	12:14 (2.5K)	13:18 (2.5K)	9:37 (2K)	9:40 (2K)	7:36 (1.6K)
	7	1995	10:13 (2 K)	13:38 (2.6K)	9:09 (2K)	9:21 (2K)	7:20 (1.6K)
Jaime Kozisek	8	1997	<b>10:55 (2.5K)</b>	11:39 (2.5K)	<b>7:50 (2K)</b>	8:38 (2K)	6:52 (1.6K)
	7	1996	11:28 (2.5K)	12:19 (2.5K)	9:00 (2K)	9:01 (2K)	7:15 (1.6K)
Heidi Larson	7	1997	<b>10:56 (2.5K)</b>	11:39 (2.5K)	<b>7:25 (2K)</b>	8:15 (2K)	6:52 (1.6K)

\* new course

## GIRLS' MEET TIMES

Princeton	Chs Lks	Swain	Conference	Mora	Section	PB - Ave
18:06 (4K)	*19:12 (4K)		SR-18:11 (4K)	18:40 (4K)	<b>17:57 (4K)</b>	17:57 - 19:17
	18:40 (4K)	18:56 (4K)	Pr-17:51 (4K)	*18:55 (4K)	17:20 (4K)	17:20 - 18:46
	20:19 (4K)	19:51 (4K)	PC-19:46 (4K)		18:31 (4K)	18:31 - 19:47
	18:56 (4K)	18:10 (4K)	Mi-18:10 (4K)		19:52 (4K)	18:10 - 19:14
	14:06 (3.2K)	13:18 (3.2K)	Mo-18:18 (3.2K)	14:31(3.2K)	13:14 (3.2K)	
	6:41 (1.6K)	6:22 (1.6K)	Fo- 6:22 (1.6K)	9:09(1.6K)	13:18 (3.2K)	
20:02 (4K)	*20:59 (4K)	21:30 (4K)	21:27 (4K)	20:49 (4K)	<b>19:06 (4K)</b>	19:06 - 20:55
	20:35 (4K)	20:38 (4K)		21:22 (4K)	19:06 (4 K)	19:06 - 21:07
20:35 (4K)		21:32 (4K)		<b>20:00 (4K)</b>		20:00 - 20:47
<b>18:23 (4K)</b>		20:00 (4K)	SR-19:12 (4K)	20:01 (4K)	18:57 (4K)	18:23 - 19:33
	7:19 (1.6K)	12:36 (2.5K)	Pr- 9:00 (2K)	11:59 (2.5K)		8:58 (2K) -
	9:17 (2 K)	12:15 (2.5K)	PC- 9:08 (2K)	9:57 (2 K)	19:41 (4K)	8:51 (2K) -
<b>18:05 (4K)</b>	19:06 (4K)	19:35 (4K)	SR-19:12 (4K)	20:17 (4K)	18:07 (4K)	18:05 - 19:31
18:46 (4K)	19:11 (4K)	20:16 (4K)	SR-18:45 (4K)	18:43 (4K)	<b>18:10 (4K)</b>	18:10 - 19:39
	7:01 (1.6K)	12:19 (2.5K)	Pr- 8:47 (2K)	11:57 (2.5K)	18:48 (4K)	8:47 (2K) -
		13:17 (2.5K)	PC- 9:22 (2K)		19:40 (4K)	9:22 (2K) -
	20:34 (4K)	21:19 (4K)		<b>20:08 (4K)</b>		20:08 - 21:17
	7:38 (1.6K)	13:38 (2.5K)	Pr- 9:28 (2K)	12:18 (2.5K)		9:28 (2K) -
	9:18 (2K)	13:02 (2.5K)	PC- 9:24 (2K)	9:26 (2 K)		9:09 (2K)
8:27 (2K)	8:44 (2K)	11:53 (2.5K)	SR-18:37 (4K)	18:28 (4K)	<b>18:13 (4K)</b>	18:13 - 18:26
	7:09 (1.6K)	12:17 (2.5K)	Pr-19:12 (4K)	11:53 (2.5K)	19:12 (4K)	9:00 (2K)
7:51 (2K)	8:19 (2K)		SR-18:37 (4K)	18:28 (4K)	<b>17:57 (4K)</b>	17:57 - 18:21

## CROSS COUNTRY HISTORY -

Name	g r	year	Milaca	Grantsburg	Cambridge	Pine City	Rush City
J.R. Anderson	12	1997	muscle pull	muscle pull	18:44 (5K)	18:49 (5K)	20:48 (5.1K)
	11	1996	*18:45 (5K)	*19:12 (5K)	18:51 (5K)	18:04 (5K)	17:57 (5K)
	10	1995	*19:06 (5K)	19:46 (5K)	18:36 (5K)	*19:08 (5K)	19:12 (5K)
	9	1994	19:10 (5K)	7:30 (2K)	20:12 (5K)	19:07 (5K)	20:34 (5K)
	8	1993	20:07 (5K)		5:53 (1.6K)	5:53 (1.6K)	19:00 (5K)
	7	1992	24:37 (5K)		6:13 (1.6K)	21:57 (5K)	20:11 (5K)
Nathan Johnson	12	1997	20:46 (5K)	20:47 (5K)	19:52 (5K)	19:18 (5K)	20:13 (5.1K)
Cory Renwick	12	1997					
Ryan Anderson	11	1997	19:55 (5K)	20:02 (5K)	20:09 (5K)	19:23 (5K)	20:02 (5.1K)
	10	1996	19:33 (5K)	21:06 (5K)	19:28 (5K)	19:13 (5K)	19:21 (5K)
Sam France	11	1997	20:13 (5K)	20:57 (5K)		19:48 (5K)	20:56 (5.2K)
	10	1996	22:04 (5K)	24:02 (5K)	22:01 (5K)	20:21 (5K)	20:34 (5K)
	9	1995					18:17 (4K)
Garrett Haugrud	11	1997				22:48 (5K)	23:15 (5.1K)
Paul Johnson	11	1997	19:54 (5K)	19:58 (5K)	18:58 (5K)	18:41 (5K)	19:10 (5.1K)
Nick Jones	11	1997	22:42 (5K)	23:23 (5K)	23:22 (5K)	21:47 (5K)	22:35 (5.1K)
Jason Larson	11	1997	19:26 (5K)	19:36 (5K)	18:55 (5K)	18:42 (5K)	18:59 (5.1K)
	10	1996					
Jamie Stephan	11	1997	22:22 (5K)	21:46 (5K)	22:29 (5K)	21:11 (5K)	21:16 (5.1K)
	10	1996	22:41 (5K)	25:39 (5K)	22:02 (5K)	21:29 (5K)	20:34 (5K)
	9	1995					18:40 (4K)
Bob Teich	11	1997			27:15 (5K)	25:21 (5K)	25:53 (5.1K)
	10	1996					
Ricky Wasson	11	1997	19:35 (5K)	19:15 (5K)	18:51 (5K)	18:37 (5K)	18:49 (5.1K)
	10	1996		19:55 (5K)	19:56 (5K)	19:11 (5K)	18:53 (5K)
John Hansen	10	1997	23:39 (5K)	23:42 (5K)	22:44 (5K)	22:29 (5K)	23:26 (5.1K)
	9	1996	22:04 (5K)	22:41 (5K)	22:07 (5K)	22:14 (5K)	17:06 (4K)
	8	1995	13:28 (3K)	12:09 (2.6K)	7:28 (2K)	7:44 (2K)	5:59 (1.6K)
Ben Mettling	10	1997	23:58 (5K)	23:57 (5K)	24:12 (5K)	22:35 (5K)	23:33 (5.1K)
	9	1996	23:45 (5K)	24:17 (5K)	24:01 (5K)	22:50 (5K)	17:50 (4K)
Joe Bombard	9	1997	21:50 (5K)	21:54 (5K)	16:59 (4K)	21:10 (5K)	<b>16:14 (4K)</b>
	8	1996	9:35 (2.5K)	10:49 (2.5K)	8:21 (2K)	7:46 (2K)	6:10 (1.6K)
	7	1995		12:26 (2.6K)	8:13 (2K)	8:13 (2K)	6:31 (1.6K)
Peter Johnson	9	1997	19:04 (5K)	19:14 (5K)	18:41 (5K)	18:23 (5K)	18:34 (5.1 K)
Jason Oare	9	1997	22:46 (5K)	20:58 (5K)	16:17 (4K)	20:01 (5K)	<b>15:16 (4K)</b>

## BOYS' MEET TIMES

Princeton	Chs Lks	Swain	Conference	Mora	Section	PB - Ave
<b>18:15 (5K)</b>	*19:03 (5K)	20:45 (5K)	SR-19:21 (5K)	19:19 (5K)	18:26 (5K)	18:15 - 19:17
	18:01 (5K)		Pr-18:31 (5K)	*18:49 (5K)	19:06 (5K)	17:57 - 18:42
	19:47 (5K)	15:34 (4K)		*19:57 (5K)	20:08 (5K)	18:36 - 19:17
	20:00-5k-15:41-4k	15:36 (4K)	Mi-19:38 (5K)		22:01 (5K)	19:07 - 20:06
	23:34 (5K)	13:35 (3.2K)	Mo-19:40 (5K)	6:00 (1.6K)	19:46 (5K)	
	21:02 (5K)	13:04 (3.2K)	Fo-21:45 (5K)	7:26 (1.6K)	20:33 (5K)	
18:55 (5K)	19:39 (5K)	19:58 (5K)	SR-18:46 (5K)	18:30 (5K)	<b>18:28 (5K)</b>	18:28 - 19:23
18:42 (5K)	*19:41 (5K)		SR-19:15 (5K)	<b>18:38 (5K)</b>	19:21 (5K)	18:38 - 19:31
	19:31 (5K)	15:36 (4K)	Pr-18:42 (5K)	19:35 (5K)	19:46 (5K)	18:42 - 19:42
<b>18:56 (5K)</b>	*19:44 (5K)	19:54 (5K)	SR-19:30 (5K)	19:04 (5K)		18:56 - 19:54
	20:45 (5K)			22:08 (5K)	20:17 (5K)	20:17 - 21:38
	18:01 (4K)	18:24 (4K)				18:01(4K) -
22:33 (5K)				<b>22:30 (5K)</b>		22:30 - 22:47
<b>17:47 (5K)</b>	18:37 (5K)	19:07 (5K)	SR-18:13 (5K)	18:25 (5K)	18:09 (5K)	17:47 - 18:49
<b>21:13(5K)</b>		23:12 (5K)	SR-22:20 (5K)	21:31 (5K)		21:13 - 22:27
<b>17:47 (5K)</b>	18:44 (5K)	19:00 (5K)	SR-17:59 (5K)	18:05 (5K)	18:04 (5K)	17:47 - 18:40
		15:41 (4K)	Pr-18:41 (5K)		19:50 (5K)	18:41 - 20:18
20:30 (5K)	*22:11 (5K)	21:27 (5K)	<b>SR-20:10(5K)</b>	20:18 (5K)		20:10 - 21:22
	22:38 (5K)			21:54 (5K)		21:29 - 22:40
		18:41 (4K)				18:40(4K) -
<b>23:27(5K)</b>	24:47 (5K)		SR-24:13 (5K)	24:12 (5K)		23:27 - 25:00
		22:11 (4K)	Pr-27:24 (5K)			27-24 - 28:59
<b>17:35 (5K)</b>	*18:35 (5K)	18:48 (5K)	SR-18:18 (5K)		17:51 (5K)	17:35 - 18:37
	19:08 (5K)	15:45 (4K)	Pr-18:41 (5K)	19:45 (5K)	19:14 (5K)	18:41 - 19:25
	23:12 (5K)	23:49 (5K)	<b>SR-21:46(5K)</b>	24:11 (5K)		21:46 - 23:13
	13:19 (3.2K)	17:40 (4K)	Pr-21:40 (5K)	22:21 (5K)		21:40 - 22:23
	7:58 (2K)	11:08 (2.5K)	PC- 8:12 (2K)	7:53 (2K)	23:14 (5K)	7:28(2K)-
<b>21:30(5K)</b>	23:14 (5K)	23:14 (5K)	SR-22:06 (5K)	22:55 (5K)		21:30 - 23:07
	13:50 (3.2K)	18:33 (4K)	Pr-22:19 (5K)	23:09 (5K)		22:19 - 23:40
<b>7:25 (2K)</b>	21:09 (5 K)		SR-20:29 (5K)	<b>20:01 (5K)</b>		20:01 - 21:05
	5:59 (1.6K)	10:23 (2.5K)	Pr- 7:28 (2K)	22:09 (5K)		7:28(2K)-
	8:18 (2 K)	11:20 (2.5K)	PC- 8:13 (2K)	8:22 (2K)	22:07 (5K)	8:13(2K)-
<b>17:33 (5K)</b>	18:34 (5K)	19:09 (5K)	SR-18:16 (5K)	18:02 (5K)	18:27 (5K)	17:33 - 18:32
19:28 (5K)	20:36 (5K)	20:48 (5K)	SR-19:51 (5K)	<b>19:11 (5K)</b>		19:11 - 20:27



## GIRLS' TEAM POSITIONS -1997

	Milaca	Grants- burg	Cam- bridge	Pine City	Rush City	Prince	Chs Lks	Swain	Conf	Mora	Section		Average
Becky Haavisto (12)	1	1	1	1	1	2	3		1	3	1		1.5
Jenny Johnson (12)	5		4		5	5	5	1 JV	7	9	7		5.875
Mia Wuorinen (11)					6	6		2 JV		5			5.7
Nikki Carlson (9)	2		2	3	3	3		2-10th	6	6	6		3.875
Kim Connaker (9)	4		3	2	2	1	1	1 - 10th	5	8	3		3.1
Jamie Johnson (9)	3		5		4	4	2	3 - 10th	4	4	4		3.75
Megan Merrick (9)	6	2		4	7		4	4 - 10th		7			5
Jaime Kozisek (8)	1 jh	2 jh	2 jh	1 jh	2jh	1-8th	1 - 8th	1 - 8th	3	2	5	1.4 jh	3.3 V
Heidi Larson (7)	2 jh	1 jh	1 jh	1jh	1jh	1-7th	1 - 7th		2	1	2	1.1jh	1.7 V

## BOYS' TEAM POSITIONS at MEETS - 1997

	Milaca	Grants burg	Camb bridge	Pine City	Rush City	Princ	Ch Lks	Swain	Conf	Mora	Section	Ave
J. R. Anderson (12)			2	5	7	5	5	7	7	8	4	5.6
Nathan Johnson (12)	7	6	6	6	6	7	6	6	5	4	6	5.9
Cory Renwick (12)												
Ryan Anderson (11)	5	5	7	7	5	6	7		6	5	7	6.0
Sam France (11)	6	7		8	8	8	8	5	8	6		7.1
Garrett Haugrud (11)				15	11	13				12		12.75
Paul Johnson (11)	4	4	5	3	4	3	3	3	2	3	3	3.3
Nick Jones (11)	10	11	10	12	10	11		10	14	11		11
Jason Larson (11)	2	3	4	4	3	4	4	2	1	2	2	2.8
Jamie Stephan (11)	9	9	8	11	9	10	10	9	10	10		9.5
Bob Teich (11)			12	16	14	14	14		15	15		14.3
Ricky Wasson (11)	3	2	3	2	2	2	2	1	4		1	2.2
John Hansen (10)	12	12	9	13	12	DNF	12	12	12	14		11.9
Ben Mettling (10)	13	13	11	14	13	12	13	11	13	13		12.5
Joe Bombard (9)	8	10	2 - 9th	10	2-9th	1-9th	10		11			9.8
Peter Johnson (9)	1	1	1	1	1	1	1	4	3	1	5	1.8
Jason Oare (9)	11	8	1 - 9th	9	1-9th	9	9	8	9	7		8.75



## BOYS' PLACE FINISHES at MEETS - 1997

	Milaca	Grants- burg	Cam- bridge	Pine City	Rush City	Princ	ChLks	Swain	Conf	Mora	Section	Ave
J.R. Anderson (12)			15	15	18	119	14	114	28	15	28	40.7
Nathan Johnson (12)	58	19	41	5 JV	1 JV	173	20	22 JV	23	9	30	46.625
Cory Renwick (12)												
Ryan Anderson (11)	39	13	43	22	12	154	21		25	12	54	39.5
Sam France (11)	48	20		25	23	85 JV	1 JV	88	1 JV	14		36.3
Garrett Haugrud (11)				56 JV	10JV	JV				13 JV		19.75 JV
Paul Johnson (11)	38	12	23	10	8	82	7	50	13	8	23	24.9
Nick Jones (11)	19 JV	36	95 JV	42 JV	6JV	JV		162JV	26JV	8 JV		51.1 JV
Jason Larson (11)	32	9	21	12	7	83	10	47	7	6	21	23.2
Jamie Stephan (11)	17 JV	29	72 JV	33 JV	2JV	JV	10JV	89 JV	4 JV	3JV		28.75 JV
Bob Teich (11)			135 JV	88 JV	17JV	JV	28JV		36 JV	20 JV		54 JV
Ricky Wasson (11)	34	8	18	9	5	68	6	2 JV	17		15	20
John Hanson (10)	29 JV	40	82 JV	52 JV	11JV		20JV	179JV	18 JV	19 JV		51.25 JV
Ben Mettling (10)	37 JV	41	110 JV	55 JV	15JV	JV	21JV	164JV	24 JV	15 JV		55.125 JV
Joe Bombard (9)	9 JV	33	14-9th	32 JV	3-9th	91-9th	5 JV		8 JV	2 JV		11.2 JV
Peter Johnson (9)	1 JV	7	14	4	3	65	5	52	15	5	29	19.9
Jason Oare (9)	21 JV	21	6-9th	19 JV	2-9th	JV	3 JV	116	3JV	1 JV		9.4 JV

*Be*

*a champion*

*in practice,*

*that's where*

*champions*

*are made.*



## 1997 CROSS COUNTRY MILEAGE

	<u>total miles</u>
1. J. R. Anderson	194.7
2. Ryan Anderson	193.9
3. Sam France	182.5
4. Jason Oare	180.7
5. Ben Mettling	177.5
6. Peter Johnson	174.6
7. John Hanson	174.2
8. Paul Johnson	174.0
9. Ricky Wasson	174.0
10. Nathan Johnson	173.8
11. Jason Larson	169.0
12. Jaime Kozisek	159.8
13. Kim Connaker	159.4
14. Nikki Carlson	157.9
15. Jamie Johnson	156.6
16. Jamie Stephan	155.4
17. Bob Teich	151.7
18. Heidi Larsen	151.1
19. Becky Haavisto	150.7
20. Megan Merrick	149.3
21. Jenny Johnson	140.0
22. Joe Bombard	129.5
23. Nick Jones	128.4
24. Garrett Haugrud	106.1
25. Mia Wuorinen	72.5
26. Cory Renwick	16.6

## GIRLS' PRACTICE COURSE RECORDS

Course	Time	Date	Runner
1. Golf course loop -4.5	34:31	October 18, 1995	Amy Johnson
2. 580th Street - 4	34:14	September 25, 1996	Becky Haavisto
3. Connaker's loop - 2.7	21:10	August 22, 1996	Becky Haavisto
4. The loop x 3 - 3.3	23:42	August 30, 1996	Becky Haavisto
5. Cty Rd 110 west - 3	22:35	October 16, 1996	Becky Haavisto
6. Connaker's loop - 2.7	20:38	October 6, 1997	Heidi Larsen
7. Track - 3200 m	15:06	August 16, 1996	Becky Haavisto
8. H.S. loops - 3200 m	16:09	August 22, 1997	Becky Haavisto
9. G C loop - 1.1	7:09	September 25, 1995	Amy Johnson
10. Cty Rd 117 - 1	6:41	October 18, 1996	Bree Fischer
11. H.S. loop - 1600 m	7:51	September 25, 1997	Jamie Johnson
12. 2000-1000-600	15:12	September 29, 1997	Heidi Larsen
13. Track - 8 x 400	11:41	September 4, 1995	Becky Haavisto
14. 800,1000,1200,1400,1600	26:47 1:28 ave.	September 28, 1995	Amy Johnson
15. 2 x 1200	9:32 4:46 ave.	October 21, 1996	Becky Haavisto
16. 1 x 2000	8:47	October 20, 1997	Becky Haavisto
17. 800, 600, 400	7:19	September 12, 1997	Becky Haavisto
18. 4 x 400	5:30 1:23 ave.	October 5, 1995	Amy Johnson
19. 2 x 400, 2 x 800, 2 x 400	11:31	October 16, 1995	Amy Johnson
20. 2 x 1 mi, 1 x 800, 2 x 400	20:45	August 21, 1995	Bree Fischer

## BOYS' PRACTICE COURSE RECORDS

Course	Time	Date	Runner
1. Golf course loops -5.6	38:42	August 11, 1997	J. R. Anderson
2. Golf Course loop - 4.5	28:28	August 18, 1997	J.R. Anderson
3. 580th Street - 4	26:15	August 12, 1997	J. R. Anderson
4. Connaker's loops - 3.8	23:00	August 20, 1997	J. R. Anderson
5. The loop x 3 - 3.3	18:15	Sept. 8, 1997	J. R. Anderson
6. Cty Rd 110 west - 3	19:12	October 16, 1996	J. R. Anderson
7. Connaker's loop - 2.7	15:55	October 6, 1997	Peter Johnson
8. Track - 3200 m	10:47	August 16, 1996	J. R. Anderson
9. H.S. Loops - 3200 m	11:37	August 22, 1997	J. R. Anderson
10. G C loop - 1.1	5:48	Sept 22, 1997	J. R. Anderson
11. Cty Rd 117 - 1	5:26	October 18, 1996	J. R. Anderson
12. H.S. loop - 1600 m	5:30	Sept. 25, 1997	J. R. Anderson
13. 2000-1000-600	11:29	Sept 29, 1997	J. R. Anderson
14. Track - 8 x 400	9:04	Sept 4, 1995	J. R. Anderson
15. 800, 1000, 1200, 1400, 1600	1:08 ave. 21:46	Sept. 28, 1995	J. R. Anderson
16. 2 x 1200	7:27	October 2, 1997	J. R. Anderson
17. 1 x 2000	3:43 ave. 6:50	October 20, 1997	Jason Larson
18. 800, 600, 400	5:11	Sept. 12, 1997	J. R. Anderson
19. 4 x 400	4:14	October 16, 1997	J. R. Anderson
20. 2 x 400, 2 x 800, 2 x 400	1:03.5 ave. 9:28	Sept. 15, 1997	J. R. Anderson
21. 2 x 1 mi, 1 x 800, 2 x 400	15:45	August 21, 1995	J. R. Anderson

## 1997 PINE CITY CROSS COUNTRY

### AWARDS:

MOST VALUABLE RUNNER	Peter Johnson	Becky Haavisto
MOST IMPROVED RUNNER	Jason Larson Ricky Wasson	Jamie Johnson
SPORTSMANSHIP AWARD	Sam France	Jenny Johnson
ROOKIE OF THE YEAR	Paul Johnson	Heidi Larsen
LEADERSHIP AWARD	J. R. Anderson	

### LETTERWINNERS:

J. R. Anderson

Becky Haavisto

Ryan Anderson

Paul Johnson

Jason Larson

Ricky Wasson

Jenny Johnson

Sam France

Nathan Johnson

Peter Johnson

Nikki Carlson

Jamie Johnson

Kim Connaker

WORDS TO LIVE BY  
FOR THE  
CROSS COUNTRY RUNNER

**When you put them all together they mean the difference  
between being just average and being great!**

**DESIRE**

**DEDICATION**

**PRIDE**

**FAITH**

**PAIN**

**ENTHUSIASM**

**SPIRIT**

**CHARACTER**

**COURAGE**

**GOALS**

**TOUGHNESS**

**MODESTY**

**GUTS**

**SACRIFICE**

**HEART**

**IDEALS**

**LEADERSHIP**

**PERSERVERENCE**

**CONFIDENCE**

**WILL POWER**

**HOPE**

**DURABILITY**

**HUMBLENESS**

**EXCELLENCE**

**NO GOAL IS TOO HIGH**

**IF WE CLIMB WITH**

**CARE AND**

**CONFIDENCE.**

## LESSONS FROM GEESE

1. As each bird flaps it's wings, it creates an uplift for others behind it. There is 71% more flying range in V-formation than flying alone.

***Lesson: People who share a common direction and sense of common purpose can get there quicker.***

2. Whenever a goose flies out of formation it quickly feels the drag and tries to get back into position.

***Lesson: It's harder to do something alone than together.***

3. When the lead goose gets tired, it rotates back into formation and another goose flies at the head.

***Lesson: Shared leadership and interdependence gives us each a chance to lead as well as opportunities to support others.***

4. The geese in formation honk from behind to encourage those up front to keep up their speed.

***Lesson: We need to make sure that our "honking" is encouraging rather than discouraging.***

5. When a goose gets sick or is wounded and falls, two geese fall out of formation and stay with it until it revives or dies. They then catch up or join another flock.

***Lesson: Stand by each other in difficult times as well as in good times.***

# CROSS COUNTRY HISTORY -

Name	g r	year	Milaca	Grantsburg	Cambridge	Pine City	Rush City
Becky Haavisto	12	1997	20:34 (4 K)	21:51 (4 K)	19:52 (4K)	19:23 (4K)	19:07 (4K)
	11	1996	*19:03 (4 K)	*19:46 (4 K)	18:48 (4K)	18:24 (4K)	18:51 (4K)
	10	1995	*19:42 (4 K)	20:43 (4 K)			19:45 (4K)
	9	1994	14:15 (3.2 K)	9:11 (2 K)	20:39 (4K)	18:35 (4K)	19:05 (4K)
	8	1993	7:16 (1.6 K)		14:54 (3.2K)	14:23 (3.2K)	13:52 (3.2K)
	7	1992	7:14 (1.6 K)		7:46 (1.6K)	14:23 (3.2K)	14:09 (3.2K)
Jenny Johnson	12	1997	21:40 (4 K)		22:00 (4K)		20:43 (4K)
	11	1996	22:21 (4 K)	*22:55 (4 K)	21:20 (4 K)	20:14 (4 K)	
Mia Wuorinen	11	1997					21:02 (4K)
Nikki Carlson	9	1997	20:49 (4K)		20:24 (4K)	19:42 (4K)	18:29 (4K)
	8	1996	11:23 (2.5 K)	12:57 (2.5K)	9:29 (2 K)	8:58 (2K)	7:19 (1.6K)
	7	1995	9:59 (2 K)	12:49 (2.6K)		8:51 (2K)	7:19 (1.6K)
Kim Connaker	9	1997	20:55 (4 K)		21:19 (4K)	19:24 (4K)	19:09 (4K)
Jamie Johnson	9	1997	20:54 (4K)		22:12 (4K)		19:54 (4K)
	8	1996	11:32 (2.5K)	13:05 (2.5K)	9:30 (2K)	9:02 (2K)	7:23 (1.6K)
	7	1995		14:04 (2.6K)	9:26 (2K)		
Megan Merrick	9	1997	22:32 (4K)	22:10 (4 K)		20:43 (4K)	21:30 (4K)
	8	1996	12:14 (2.5K)	13:18 (2.5K)	9:37 (2K)	9:40 (2K)	7:36 (1.6K)
	7	1995	10:13 (2 K)	13:38 (2.6K)	9:09 (2K)	9:21 (2K)	7:20 (1.6K)
Jaime Kozisek	8	1997	<b>10:55 (2.5K)</b>	11:39 (2.5K)	<b>7:50 (2K)</b>	8:38 (2K)	6:52 (1.6K)
	7	1996	11:28 (2.5K)	12:19 (2.5K)	9:00 (2K)	9:01 (2K)	7:15 (1.6K)
Heidi Larson	7	1997	<b>10:56 (2.5K)</b>	11:39 (2.5K)	<b>7:25 (2K)</b>	8:15 (2K)	6:52 (1.6K)

\* new course



# GIRLS' MEET TIMES

Princeton	Chs Lks	Swain	Conference	Mora	Section	PB - Ave
18:06 (4K)	*19:12 (4K)		SR-18:11 (4K)	18:40 (4K)	<b>17:57 (4K)</b>	17:57 - 19:17
	18:40 (4K)	18:56 (4K)	Pr-17:51 (4K)	*18:55 (4K)	17:20 (4K)	17:20 - 18:46
	20:19 (4K)	19:51 (4K)	PC-19:46 (4K)		18:31 (4K)	18:31 - 19:47
	18:56 (4K)	18:10 (4K)	Mi-18:10 (4K)		19:52 (4K)	18:10 - 19:14
	14:06 (3.2K)	13:18. (3.2K)	Mo-13:18 (3.2K)	14:31(3.2K)	13:14 (3.2K)	
	6:41 (1.6K)	6:22 (1.6K)	Fo- 6:22 (1.6K)	9:09(1.6K)	13:18 (3.2K)	
20:02 (4K)	*20:59 (4K)	21:30 (4K)	21:27 (4K)	20:49 (4K)	<b>19:06 (4K)</b>	19:06 - 20:55
	20:35 (4K)	20:38 (4K)		21:22 (4K)	19:06 (4 K)	19:06 - 21:07
20:35 (4K)		21:32 (4K)		<b>20:00 (4K)</b>		20:00 - 20:47
<b>18:23 (4K)</b>		20:00 (4K)	SR-19:12 (4K)	20:01 (4K)	18:57 (4K)	18:23 - 19:33
	7:19 (1.6K)	12:36 (2.5K)	Pr- 9:00 (2K)	11:59 (2.5K)		8:58 (2K) -
	9:17 (2 K)	12:15 (2.5K)	PC- 9:08 (2K)	9:57 (2 K)	19:41 (4K)	8:51 (2K) -
<b>18:05 (4K)</b>	19:06 (4K)	19:35 (4K)	SR-19:12 (4K)	20:17 (4K)	18:07 (4K)	18:05 - 19:31
18:46 (4K)	19:11 (4K)	20:16 (4K)	SR-18:45 (4K)	18:43 (4K)	<b>18:10 (4K)</b>	18:10 - 19:39
	7:01 (1.6K)	12:19 (2.5K)	Pr- 8:47 (2K)	11:57 (2.5K)	18:48 (4K)	8:47 (2K) -
		13:17 (2.5K)	PC- 9:22 (2K)		19:40 (4K)	9:22 (2K) -
	20:34 (4K)	21:19 (4K)		<b>20:08 (4K)</b>		20:08 - 21:17
	7:38 (1.6K)	13:38 (2.5K)	Pr- 9:28 (2K)	12:18 (2.5K)		9:28 (2K) -
	9:18 (2K)	13:02 (2.5K)	PC- 9:24 (2K)	9:26 (2 K)		9:09 (2K)
8:27 (2K)	8:44 (2K)	11:53 (2.5K)	SR-18:37 (4K)	18:28 (4K)	<b>18:13 (4K)</b>	18:13 - 18:26
	7:09 (1.6K)	12:17 (2.5K)	Pr-19:12 (4K)	11:53 (2.5K)	19:12 (4K)	9:00 (2K)
7:51 (2K)	8:19 (2K)		SR-18:37 (4K)	18:28 (4K)	<b>17:57 (4K)</b>	17:57 - 18:21

# CROSS COUNTRY HISTORY -

Name	gr	year	Milaca	Grantsburg	Cambridge	Pine City	Rush City
J.R. Anderson	12	1997	muscle pull	muscle pull	18:44 (5K)	18:49 (5K)	20:48 (5.1K)
	11	1996	*18:45 (5K)	*19:12 (5K)	18:51 (5K)	18:04 (5K)	17:57 (5K)
	10	1995	*19:06 (5K)	19:46 (5K)	18:36 (5K)	*19:08 (5K)	19:12 (5K)
	9	1994	19:10 (5K)	7:30 (2K)	20:12 (5K)	19:07 (5K)	20:34 (5K)
	8	1993	20:07 (5K)		5:53 (1.6K)	5:53 (1.6K)	19:00 (5K)
	7	1992	24:37 (5K)		6:13 (1.6K)	21:57 (5K)	20:11 (5K)
Nathan Johnson	12	1997	20:46 (5K)	20:47 (5K)	19:52 (5K)	19:18 (5K)	20:13 (5.1K)
Cory Renwick	12	1997					
Ryan Anderson	11	1997	19:55 (5K)	20:02 (5K)	20:09 (5K)	19:23 (5K)	20:02 (5.1K)
	10	1996	19:33 (5K)	21:06 (5K)	19:28 (5K)	19:13 (5K)	19:21 (5K)
Sam France	11	1997	20:13 (5K)	20:57 (5K)		19:48 (5K)	20:56 (5.2K)
	10	1996	22:04 (5K)	24:02 (5K)	22:01 (5K)	20:21 (5K)	20:34 (5K)
	9	1995					18:17 (4K)
Garrett Haugrud	11	1997				22:48 (5K)	23:15 (5.1K)
Paul Johnson	11	1997	19:54 (5K)	19:58 (5K)	18:58 (5K)	18:41 (5K)	19:10 (5.1K)
Nick Jones	11	1997	22:42 (5K)	23:23 (5K)	23:22 (5K)	21:47 (5K)	22:35 (5.1K)
Jason Larson	11	1997	19:26 (5K)	19:36 (5K)	18:55 (5K)	18:42 (5K)	18:59 (5.1K)
	10	1996					
Jamie Stephan	11	1997	22:22 (5K)	21:46 (5K)	22:29 (5K)	21:11 (5K)	21:16 (5.1K)
	10	1996	22:41 (5K)	25:39 (5K)	22:02 (5K)	21:29 (5K)	20:34 (5K)
	9	1995					18:40 (4K)
Bob Teich	11	1997			27:15 (5K)	25:21 (5K)	25:53 (5.1K)
	10	1996					
Ricky Wasson	11	1997	19:35 (5K)	19:15 (5K)	18:51 (5K)	18:37 (5K)	18:49 (5.1K)
	10	1996		19:55 (5K)	19:56 (5K)	19:11 (5K)	18:53 (5K)
John Hansen	10	1997	23:39 (5K)	23:42 (5K)	22:44 (5K)	22:29 (5K)	23:26 (5.1K)
	9	1996	22:04 (5K)	22:41 (5K)	22:07 (5K)	22:14 (5K)	17:06 (4K)
	8	1995	13:28 (3K)	12:09 (2.6K)	7:28 (2K)	7:44 (2K)	5:59 (1.6K)
Ben Mettling	10	1997	23:58 (5K)	23:57 (5K)	24:12 (5K)	22:35 (5K)	23:33 (5.1K)
	9	1996	23:45 (5K)	24:17 (5K)	24:01 (5K)	22:50 (5K)	17:50 (4K)
Joe Bombard	9	1997	21:50 (5K)	21:54 (5K)	16:59 (4K)	21:10 (5K)	<b>16:14 (4K)</b>
	8	1996	9:35 (2.5K)	10:49 (2.5K)	8:21 (2K)	7:46 (2K)	6:10 (1.6K)
	7	1995		12:26 (2.6K)	8:13 (2K)	8:13 (2K)	6:31 (1.6K)
Peter Johnson	9	1997	19:04 (5K)	19:14 (5K)	18:41 (5K)	18:23 (5K)	18:34 (5.1 K)
Jason Oare	9	1997	22:46 (5K)	20:58 (5K)	16:17 (4K)	20:01 (5K)	<b>15:16 (4K)</b>

## BOYS' MEET TIMES

Princeton	Chs Lks	Swain	Conference	Mora	Section	PB - Ave
18:15 (5K)	*19:03 (5K) 18:01 (5K) 19:47 (5K) 20:00-5k-15:41-4k 23:34 (5K) 21:02 (5K)	20:45 (5K)  15:34 (4K) 15:36 (4K) 13:35 (3.2K) 13:04 (3.2K)	SR-19:21 (5K) Pr-18:31 (5K)  Mi-19:38 (5K) Mo-19:40 (5K) Fo-21:45 (5K)	19:19 (5K)  *18:49 (5K) *19:57 (5K)  6:00 (1.6K) 7:26 (1.6K)	18:26 (5K) 19:06 (5K) 20:08 (5K) 22:01 (5K) 19:46 (5K) 20:33 (5K)	18:15 - 19:17 17:57 - 18:42 18:36 - 19:17 19:07 - 20:06
18:55 (5K)	19:39 (5K)	19:58 (5K)	SR-18:46 (5K)	18:30 (5K)	18:28 (5K)	18:28 - 19:23
18:42 (5K)	*19:41 (5K) 19:31 (5K)	15:36 (4K)	SR-19:15 (5K) Pr-18:42 (5K)	18:38 (5K) 19:35 (5K)	19:21 (5K) 19:46 (5K)	18:38 - 19:31 18:42 - 19:42
18:56 (5K)	*19:44 (5K) 20:45 (5K) 18:01 (4K)	19:54 (5K)  18:24 (4K)	SR-19:30 (5K)	19:04 (5K) 22:08 (5K)	20:17 (5K)	18:56 - 19:54 20:17 - 21:38 18:01(4K) -
22:33 (5K)				22:30 (5K)		22:30 - 22:47
17:47 (5K)	18:37 (5K)	19:07 (5K)	SR-18:13 (5K)	18:25 (5K)	18:09 (5K)	17:47 - 18:49
21:13 (5K)		23:12 (5K)	SR-22:20 (5K)	21:31 (5K)		21:13 - 22:27
17:47 (5K)	18:44 (5K)	19:00 (5K) 15:41 (4K)	SR-17:59 (5K) Pr-18:41 (5K)	18:05 (5K)	18:04 (5K) 19:50 (5K)	17:47 - 18:40 18:41 - 20:18
20:30 (5K)	*22:11 (5K) 22:38 (5K)	21:27 (5K)  18:41 (4K)	SR-20:10 (5K)	20:18 (5K) 21:54 (5K)		20:10 - 21:22 21:29 - 22:40 18:40(4K) -
23:27 (5K)	24:47 (5K)	22:11 (4K)	SR-24:13 (5K) Pr-27:24 (5K)	24:12 (5K)		23:27 - 25:00 27:24 - 28:59
17:35 (5K)	*18:35 (5K) 19:08 (5K)	18:48 (5K) 15:45 (4K)	SR-18:18 (5K) Pr-18:41 (5K)	19:45 (5K)	17:51 (5K) 19:14 (5K)	17:35 - 18:37 18:41 - 19:25
	23:12 (5K) 13:19 (3.2K) 7:58 (2K)	23:49 (5K) 17:40 (4K) 11:08 (2.5K)	SR-21:46 (5K) Pr-21:40 (5K) PC- 8:12 (2K)	24:11 (5K) 22:21 (5K) 7:53 (2K)	23:14 (5K)	21:46 - 23:13 21:40 - 22:23 7:28(2K)-
21:30 (5K)	23:14 (5K) 13:50 (3.2K)	23:14 (5K) 18:33 (4K)	SR-22:06 (5K) Pr-22:19 (5K)	22:55 (5K) 23:09 (5K)		21:30 - 23:07 22:19 - 23:40
7:25 (2K)	21:09 (5 K) 5:59 (1.6K) 8:18 (2 K)	10:23 (2.5K) 11:20 (2.5K)	SR-20:29 (5K) Pr- 7:28 (2K) PC- 8:13 (2K)	20:01 (5K) 22:09 (5K) 8:22 (2K)	22:07 (5K)	20:01 - 21:05 7:28(2K)- 8:13(2K)-
17:33 (5K)	18:34 (5K)	19:09 (5K)	SR-18:16 (5K)	18:02 (5K)	18:27 (5K)	17:33 - 18:32
19:28 (5K)	20:36 (5K)	20:48 (5K)	SR-19:51 (5K)	19:11 (5K)		19:11 - 20:27

# AVERAGE MILE TIMES

	Milaca	Grantsburg	Cambridge	Pine City	Rush	City	Princeton
1							
2							
3	Becky Haavisto-(PB-6:56)	8:14	8:44	7:57	7:45	7:39	7:14
4	Jenny Johnson-(PB-7:38)	8:40		8:48	DNF-dehydr	8:17	8:01
5	Mia Wuorinen					8:25	8:14
6	Nikki Carlson	8:20		8:09	7:53	7:24	7:21
7	Kim Connaker	8:22		8:31	7:46	7:40	7:14
8	Jamie Johnson	8:22		8:53	sick	7:58	7:30
9	Megan Merrick	9:01		DNF-heat	8:17	8:36	
10	Jaime Kozisek-(7:12-2K)	7:17 - 2.5K	7:46 - 2.5K	6:16 - 2K	6:54 - 2K	6:52 - 1.6K	6:46 - 2K
11	Heidi Larsen	7:17 - 2.5K	7:46 - 2.5K	5:56 - 2K	6:36 - 2K	6:52 - 1.6K	6:17 - 2K
12							
13							
14							
15							
16	JR Anderson - (PB-5:46)	DNF-muscle	DNF-muscle	6:01	6:04	6:41	5:52
17	Nathan Johnson	6:41	6:41	6:23	6:12	6:30	6:05
18	Cory Renwick						
19	Ryan Anderson - (PB-6:00)	6:24	6:26	6:29	6:14	6:26	6:00
20	Sam France- (PB-6:31)	6:30	6:44	DNF-heat	6:22	6:44	6:05
21	Garrett Haugrud			DNF-heat	7:20	7:29	7:15
22	Paul Johnson	6:24	6:26	6:06	6:00	6:10	5:43
23	Nick Jones	7:18	7:31	7:31	7:00	7:16	6:49
24	Jason Larson- (PB-6:00)	6:15	6:18	6:05	6:01	6:06	5:39
25	Jamie Stephan-(PB-6:54)	7:12	7:00	7:14	6:49	6:50	6:35
26	Bob Teich-(PB-8:49)			8:46	8:09	8:19	7:32
27	Ricky Wasson-(PB-6:00)	6:18	6:11	6:04	5:59	6:03	5:39
28	John Hansen- (6:50-4K)	7:36	7:37	7:18	7:14	7:32	DNF-lost
29	Ben Mettling - (7:08-4K)	7:42	7:42	7:47	7:16	7:34	6:55
30	Joe Bombard	7:01	7:03	6:47 - 4K	6:48	6:30 - 4K	5:58 - 2K
31	Peter Johnson	6:07	6:11	6:00	5:55	5:58	5:38
32	Jason Oare	7:19	6:45	6:31 - 4K	6:26	6:06 - 4K	6:16
33							
34							
35							
36							

