

P  
I  
N  
E  
C  
I  
T  
Y

*1999*

Year in Review



*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.*

**RUM RIVER CONFERENCE INDOOR TRACK AND FIELD MEET  
SATURDAY, MARCH 27, 1999  
PINE CITY GIRL'S RESULTS**

55 M DASH: 1. Jenelle Stahlke 8.2  
(Exhibition)

4 x 400 M RELAY: 1. Christina Mosher 1:16.6

55 M DASH 1. Katie Meyer 8.0 **6th**  
2. Ashley Mettling 8.8  
3. Cassie Milligan 8.5

2. Lezlie Ballis 1:20.4  
3. Katie Ovik 1:17.3  
4. Susan Johnson 1:12.4  
5:06.7 **6th**

4 x 800 M RELAY: 1. Lena Filler (79, 92) 2:52  
2. Jenelle Stahlke (88, 96) 3:04  
3. Lezlie Ballis (86, 93) 2:59  
4. Lyndsay Mettling (83, 89) 2:52  
11:46 **5th**

LONG JUMP: 1. Susan Johnson 13' 7.25" **6th**  
2. Lezlie Ballis 11' 3.5"  
3. Kati Ovik 12' 6"

3200 M RUN:

TRIPLE JUMP: 1. Katie Meyer 28' 2.5" **2nd**  
2. Andrea Miller 26' 7.75" **5th**  
3. Jessica Ammann 25' 7" **7th**

55 M HURDLES: 1. Lena Filler 10.8  
2. Christina Mosher 11.8  
3. Jaime Kozisek 10.6 **8th**

4 x 200 M RELAY: 1. Cassie Milligan 32.7  
2. Ashley Mettling 32.5  
3. Andrea Miller 34.8  
4. Katie Meyer 29.7  
2:09.3 **8th**

HIGH JUMP: 1. Jessica Ammann  
2. Katie Ovik 4' 4" **7th tie**  
3. Jenelle Stahlke

1600 METER RUN: 1. Jaime Kozisek 6:38.0 PB  
(1:20, 1:45, 1:45, 1:37)  
3. Abbey Carlson 7:33.2  
(1:33, 1:57, 2:03, 2:00)

SHOT PUT: 1. Lyndsay Mettling 26' 3.5"  
2. Melissa Thieman 25' 6" PB

4 x 100 METER RELAY: 1. Katie Meyer 15.1  
2. Andrea Miller 13.3  
3. Cassie Milligan 14.5  
4. Ashley Mettling 15.6  
58.3 **3rd**

POLE VAULT: 1. Susan Johnson 7' 0" **2nd**

400 METER DASH: 1. Susan Johnson 1:10.1 **7th**  
2. Christina Mosher 1:18.9  
3. Kati Ovik 1:13.2

TEAM RESULTS

1. Sauk Rapids 118  
2. Chisago Lks 112  
3. Foley 81.5  
4. North Branch 70.5  
5. Milaca 67  
6. Mora 62  
7. Pine City 46  
8. Princeton 41

800 METER RUN: 1. Lyndsay Mettling (1:21, 1:32) 2:52.6  
2. Lena Filler (1:22, 1:33) 2:54.3

200 METER DASH: 1. Andrea Miller 31.2  
2. Jenelle Stahlke 30.5

**RUM RIVER CONFERENCE INDOOR TRACK AND FIELD MEET  
SATURDAY, MARCH 27, 1999  
PINE CITY BOYS' RESULTS**

55 METER DASH: 1. Travour Long 7.8	SHOT PUT	1. Derick Odegard 34' 1" PB
(Exhibition) 2. Mark Hagen 7.8		2. Mike Rydberg 34' 9"
		3. Ben Mettling 37' 2.5" PB
55 METER DASH: 1. Mike Johnson 7.4	LONG JUMP	1. Shane Roatch 16' 3"
2. Zach Mettling 7.4		2. Mark Hagen 16' 1.5"
3. Shane Roatch 7.2		3. Treavour Long 12' 0"

4 x 800 METER RELAY: 1. Ryan Hammill (64,69) 2:13 PB  
 2. Greg Bunce (77,89) 2:46  
 3. Jeremy Lee (66,74) 2:20  
 4. Sam France (79,77) 2:36  
 9:54.8 5th

3200 METER RUN:  
 55 METER HURDLES:

	HIGH JUMP	1. Patrick Stephan 5' 2"
4 x 200 METER RELAY: 1. Andy Wirth 25.9		2. Travis Schwartz 5' 6" 7th
2. Randy Root 26.6		
3. Levi Williams 25.6	POLE VAULT	1. Patrick Stephan 8'
4. Paul Johnson <u>24.6</u>		2. Nate Thieman 10' 6" 6th
		1:42.9 5th

1600 METER RUN: 1. Sam France 5:33.7  
 (1:18, 1:23, 1:27, 1:26)  
 2. Michael Doerfer 5:58.7  
 (1:17, 1:30, 1:38, 1:33)

4 X 100 METER RELAY 1. Shane Roatch 13.7  
 2. Nate Thieman 11.6  
 3. Zach Mettling 11.8  
 4. Mike Johnson 12.4  
 49.6 7th

**TEAM RESULTS**

1. Sauk Rapids 136.5
2. Foley 100
3. Milaca 98.3
4. North Branch 95
5. Chisago Lks 68.3
6. Mora 51.8
7. Princeton 46
8. Pine City 21

400 METER DASH: 1. Paul Johnson  
 2. Andy Wirth  
 3. Mike Stahlke 1:04.4

800 METER RUN: 1. Ryan Hammill (66,69) 2:15.1 PB 5th  
 2. Jeremy Lee (68,79) 2:27.1  
 3. Jason Johnson (84,86) 2:50.6

200 METER DASH: 1. Mike Johnson  
 2. Mark Hagen 28.4  
 3. Chris Wiener 29.1

4 x 400 METER RELAY: 1. Levi Williams 58.3  
 2. Travis Schwartz 59.3  
 3. Travour Long 67.3  
 4. Andy Wirth 58.8  
 4:03.3 7th

**GOLD BATON INDOOR TRACK MEET  
NATIONAL SPORTS CENTER - BLAINE  
MONDAY, March 29, 1999 - 4:00 p. m.  
Pine City Girls Results**

3200 m Run			Shot Put	1. Lyndsay Mettling	26' 6.5"	4th
				2. Melissa Thieman	23' 11"	
55 m Hurdles	1. Angie Filler	10.95	PB	4th		
	2. Jaime Kozisek	10.77		3rd		
	3. Christina Mosher	11.83		9th		
			Long Jump	1. Sarah Odegard	12' 9.5"	
				2. Angie Filler	11' 10"	
55 m Dash	1. Katie Meyer	8.27		3. Kati Ovik	12' .5"	
	2. Ashley Mettling	8.68	PB			
	3. Cassie Milligan	8.80		Pole Vault	1. Susan Johnson	6' 3rd
4 x 800 m Relay	1. Jenelle Stahlke	2:54	PB			
	2. Miki Anderson	2:56				
	3. Lyndsay Mettling	2:55		Triple Jump	1. Jessica Ammann	25' 10.25" BTY
	4. Lena Filler	<u>2:54</u>			2. Katie Meyer	28' 2.25" 3rd
		11:39.15	BTY	2nd	3. Andrea Miller	27' 5.5" BTY 5th
1600 m Run	1. Jaime Kozisek	6:34.44	PB	8th		
	(1:31, 1:43, 1:48, 1:32)				High Jump	1. Jessica Ammann 3' 10"
	2. Abbey Carlson	7:20.78	PB			2. Sarah Odegard
	(1:36, 1:53, 1:59, 1:31)					3. Kati Ovik 4' 1"
4 x 200 m Relay	1. Katie Meyer	30.5				
	2. Andrea Miller	30.2	BTY			
	3. Lezlie Ballis	31.3				
	4. Cassie Milligan	<u>31.6</u>	PB			
		2:03.68	BTY	3rd		
400 m Dash	1. Jenelle Stahlke	1:11.88		8th		
	2. Kim Odegard	1:15.47				
800 m Run	1. Lyndsay Mettling	(1:24, 1:29)	2:53.09	5th		
	2. Rebecca Craighead	(1:22, 1:35)	2:57.26	8th		
200 m Dash	1. Andrea Miller	30.88	BTY			
	2. Kati Ovik	31.67				
	3. Nikki Plasek	35.15				
4 x 400 m Relay	1. Lezlie Ballis	1:13				
	2. Miki Anderson	1:13				
	3. Christina Mosher	1:13				
	4. Lena Filler	<u>1:13</u>				
		4:54.48	BTY	5th		

**PARTICIPATING SCHOOLS**

Cooper  
Braham  
Byron  
Grantsburg  
Mounds Park Academy  
Osceola  
Pine City  
St Paul Academy  
Visitation  
Northwestern

**GOLD BATON INDOOR TRACK MEET  
NATIONAL SPORTS CENTER - BLAINE  
MONDAY, MARCH 29, 1999 - 4:00 p. m.**

**Pine City Boys Results**

55 m Hurdles	1. Randy Root	10.28	<b>8th</b>	Shot Put	1. Derrick Odegard	35' 1.5"
					2. Tony Rank	33' 10.5" PB
					3. Nathan Humann	33' 2"
4 x 800 m Relay	1. Sam France	2:23	BTY	Long Jump	1. Nick Jones	15' 9.75" <b>8th</b>
	2. Dan Pangerl	2:29	PB		2. Shane Roatch	17' 1.75" PB <b>3rd</b>
	3. Jeremy Lee	2:19	PB		3. Mark Hagen	15' 6.5" <b>10th</b>
	4. Ryan Hammill	<u>2:12</u>	PB			
		9:26.31	<b>4th</b>	Triple Jump	1. Paul Johnson	33' 1" <b>8th</b>
					2. Derek Sanders	29' 10.5"
55 m Dash	1. Mike Johnson	7.26	BTY <b>7th</b>		3. Treavour Long	25' 1.25"
	2. Shane Roatch	7.51				
	3. Mark Hagen	7.85				
1600 m Run	1. Dan Pangerl	5:24.4	<b>6th</b>	High Jump	1. James Jahnz	
	(1:18, 1:19, 1:27, 1:19)				2. Patrick Stephan	5'
	2. Sam France	5:29.69	BTY <b>8th</b>		3. Travis Schwartz	5' 3"
	(1:17, 1:24, 1:25, 1:22)					
4 x 200 m Relay	1. James Jahnz	29.1		Pole Vault	1. Patrick Stephan	9' 6" <b>4th</b>
	2. Levi Williams	24.4			2. Nate Thieman	10' 6" <b>2nd</b>
	3. Paul Johnson	25.1				
	4. Mike Johnson	<u>24.1</u>				
		1:42.91	<b>4th</b>			
400 m Dash	1. Andy Wirth	57.51	<b>4th</b>			
	2. Derek Sanders	64.19				
	3. Travis Schwartz	60.97	<b>8th</b>			
800 m Run	1. Ryan Hammill	(63,69) 2:13.20	PB <b>2nd</b>			
	2. Jeremy Lee	(65, 74) 2:16.79	PB <b>4th</b>			
	3. Mike Stahlke	(76, 78) 2:34.66				
200 m Dash	1. Mark Hagen	28.44				
	2. Shane Roatch	26.57	<b>8th</b>			
	3. Treavour Long	29.58				
3200 m Run						
4 x 400 m Relay	1. Andy Wirth	58.4	BTY			
	2. Levi Williams	58.3				
	3. Paul Johnson	55.6				
	4. Mike Johnson	<u>56.5</u>				
		3:49.03	BTY <b>1st</b>			

**PARTICIPATING SCHOOLS**

Siren  
Cooper  
Braham  
Byron  
Grantsburg  
Mounds Park Academy  
Osceola  
Pine City  
Northwestern  
St Paul Academy  
Visitation

**RUSH CITY INVITATIONAL**  
**Thursday, April 8, 1999 - cloudy, gusty winds**  
**Pine City Girls' Results**

4 X 800 m Relay	1. Jenelle Stahlke	2:59.1		3200 m Run	1. Jamie Johnson	14:56.8
	2. Miki Anderson	2:53.6	PB		(1:32, 1:41, 1:52, 2:00, 2:02, 2:01, 1:53)	
	3. Lyndsay Mettling	2:50.5	PB			
	4. Kim Connaker	<u>2:52.4</u>				
		11:35.5	BTY	<b>2nd</b>		
				4 x 400 m Relay	1. Susan Johnson	70.5
					2. Miki Anderson	71.3
100 m hurdles	1. Jaime Kozisek	19.3	<b>6th</b>		3. Lyndsay Mettling	70.9
	2. Leanne Haugrud	21.2			4. Lena Filler	<u>73.5</u>
	3. Angie Filler	20.9				4:46.2
						BTY
				<b>3rd</b>		
				High Jump	1. Kati Ovik	4' 6" PB
100 m Dash	1. Katie Meyer	14.7	<b>4th</b>		2. Heidi Larsen	4' 6" <b>5th</b>
	2. Ashley Mettling	15.8				
	3. Marta Laurden	18.0				
				Triple Jump	1. Andrea Miller	27' 11" BTY
4 x 200 m Relay	1. Katie Meyer	29.7			2. Katie Meyer	30' 8" PB
	2. Andrea Miller	32.9			3. Jessica Ammann	25' 10" <b>3rd</b>
	3. Jenelle Stahlke	30.0				
	4. Ashley Mettling	<u>30.6</u>				
		2:03.1	BTY	<b>4th</b>	Pole Vault	1. Susan Johnson
						6' 0" <b>1st</b>
					2. Jessica Ammann	
1600 m Run	1. Nikki Carlson	6:56.7			3. Lena Filler	
	(1:34, 1:50, 1:51, 1:43)					
	2. Jaime Kozisek	6:36.1	<b>6th</b>	Discus	1. Melissa Thieman	68' 6" PB
	(1:31, 1:45, 1:49, 1:29)				2. Abbey Carlson	65' 2"
	3. Heidi Larsen	6:36.9	PB		3. Lyndsay Mettling	
	(1:31, 1:45, 1:49, 1:31)					
4 x 100 m Relay	1. Katie Meyer	13.6				
	2. Andrea Miller	13.8		Shot Put	1. Lyndsay Mettling	24' 5.25"
	3. Kati Ovik	14.7			2. Melissa Thieman	24' 5.75"
	4. Ashley Mettling	<u>15.1</u>			3. Heather Hallan	17'
		57.3	BTY	<b>2nd</b>		
				Long Jump	1. Susan Johnson	12' 10"
400 m Dash	1. Susan Johnson	1:10.5	<b>6th</b>		2. Lezlie Ballis	12' 11" BTY
	2. Lezlie Ballis	1:13.9			3. Kati Ovik	13' 2" PB
800 m Run	1. Rebecca Craighead	(1:25, 1:36)	3:01.6			<b>TEAM RESULTS</b>
	2. Nikiki Plasek	(1:22, 1:49)	3:11.2		1. Hermantown	136
	3. Mindy Soderbeck	(1:23, 1:43)	3:06.9		2. Ogilvie	118
					3. Braham	95
					4. Concordia Academy	75
300 m Hurdles	1. Lena Filler	59.7			5. Pine City	53
	2. Angie Filler	59.4			6. Barnum	38
	3. Christina Mosher	60.6			7. Rush City	2
200 m Dash	1. Jenelle Stahlke	30.4	PB	<b>6th</b>		
	2. Andrea Miller	31.5				
	3. Kati Ovik	31.8				

**RUSH CITY INVITATIONAL**  
**Thursday, April 8, 1999 - cloudy, gusty winds**  
**Pine City Boys' Result**

4 x 800 m Relay	1. Sam France	2:20.1 PB	High Jump	1. Travis Schwartz	5' 8" PB	<b>5th</b>
	2. Dan Pangerl	2:24.7 PB		2. Patrick Stephan	5' 6"	BTY
	3. Jeremy Lee	2:17.2 PB		3. James Jahnz		
	4. Ryan Hammill	<u>2:12.6</u>				
		9:14.7 PB	<b>1st</b>	Triple Jump	1. Mike Johnson	34' 9" <b>5th</b>
					2. Paul Johnson	36' 9" PB <b>2nd</b>
110 m Hurdles	1. Bud Root	20.6			3. Derek Sanders	32' 4" PB
				Long Jump	1. Mark Hagen	15' 4"
100 m Dash	1. Shane Roatch	13.3			2. Shane Roatch	15' 11"
	2. James Jahnz	13.0			3. Paul Johnson	16' 3"
	3. Chris Wiener	14.3				
4 x 200 m Relay	1. Levi Williams	25.1	Pole Vault	1. Patrick Stephan	10'	BTY <b>2nd</b>
	2. Randy Root	26.9		2. Nate Thieman	11' 1"	PB <b>1st</b>
	3. Andy Wirth	24.5 PB				
	4. John Hansen	<u>25.4</u>				
		1:41.8	BTY <b>2nd</b>			
1600 m Run	1. Michael Doerfer	5:49.3 PB	Shot Put	1. Ben Mettling	34' 6"	
	(1:21, 1:30, 1:32, 1:25)			2. Derrick Odegard	34' 11.5"	<b>6th</b>
	2. Sam France	tripped		3. Josh Brooke	34' 10.5"	
	3. Jason Johnson	6:01				
	(1:19, 1:34, 1:39, 1:29)		Discus	1. Ben Mettling	114' 10"	PB <b>4th</b>
				2. Derrick Odegard	102' 5"	PB <b>6th</b>
4 x 100 m Relay	1. Shane Roatch	13.3		3. Dan Pangerl	82' 7"	
	2. James Jahnz	11.2				
	3. Levi Williams	12.2				
	4. Mike Johnson	<u>12.4</u>				
		49.1	BTY <b>3rd</b>			
400 m Dash	1. Mike Johnson	57.7	<b>3rd</b>	3200 m Run	1. Dan Pangerl	11:26.1 <b>3rd</b>
	2. Andy Wirth	56.8	PB <b>1st</b>		(1:12, 1:24, 1:24, 1:24, 1:33, 1:34, 1:33, 1:19)	
300 m Hurdles				4 x 400 m Relay	1. John Hansen	56.3
					2. Andy Wirth	57.0
					3. Paul Johnson	53.5 PB
					4. Mike Johnson	<u>58.1</u>
200 m dash	1. Paul Johnson	24.6	<b>3rd</b>			3:45.0 BTY <b>1st</b>
	2. John Hansen	25.4	<b>4th</b>			
	3. Levi Williams	26.4				
800 m Run	1. Ryan Hammill	sick				
	2. Jeremy Lee	(69,71)	2:20.7 <b>1st</b>			
	3. Greg Bunce	(80,81)	2:41.9 PB			

**TEAM RESULTS:**

1. Concordia Academy	129
2. Pine City	112
3. Hermantown	108
4. Braham	82
5. Rush City	64
6. Barnum	50



**Pine City/ Mora/ North Branch @ Chisago Lakes**  
**Tuesday, April 13, 1999 - 4:30 p.m.**  
**Pine City Girls' Results**

4 x 800 m Relay	1. Heidi Larsen	2:40.5	3200 m Run	1. Jamie Johnson	15:08.6	5th		
	2. Miki Anderson	2:48.9 PB		1:41, 1:53, 1:58, 1:56, 2:00, 2:01, 1:57, 1:4				
	3. Lyndsay Mettling	2:44.0 PB						
	4. Lena Filler	2:43.7 BTY						
100 m Hurdles	1. Jaime Kozisek	19.0	3rd BTY	4 x 400 m Relay	1. Lyndsay Mettling	1:12.0		
	2. Leanne Haugrud	20.0	5th BTY		2. Miki Anderson	1:14.5		
					3. Kim Connaker	1:09.4		
					4. Susan Johnson	1:08.0 BTY		
100 m Dash	1. Katie Meyer	13.9	4th BTY	High Jump	1. Heidi Larsen	4' 8" BTY	5th	
	2. Ashley Mettling	14.8	BTY		2. Kati Ovik	4' 8" PB	5th	
	3. Marta Laorden	15.8	PB					
4 x 200 m Relay	1. Katie Meyer	30.5	Long Jump	1. Lezlie Ballis	13' 1.25"	BTY	5th	
	2. Andrea Miller	29.3		2. Jessica Ammann	12' 0"			
	3. Lezlie Ballis	31.3		3. Heather Hallan	10' 11.75"			
	4. Kati Ovik	28.7						
1600 m Run	1. Heidi Larsen	6:27.7	PB	Triple Jump	1. Kati Meyer	28' 8.75"	3rd	
		1:30, 1:42, 1:46, 1:29			2. Andrea Miller	28' 0" BTY	5th	
	2. Jaime Kosizek	6:26.5	PB		3. Jessica Ammann	26' 11.5" BTY		
		1:30, 1:42, 1:46, 1:28						
4 x 100 m Relay	1. Katie Meyer	14.1	Pole Vault	1. Susan Johnson	6' 6"	1st		
	2. Andrea Miller	14		2. Jessica Ammann	6' 0"			
	3. Kati Ovik	14.7		3. Lena Filler	6' 6"	3rd		
	4. Ashley Mettling	14						
400 m Dash		56.6	3rd BTY	Shot Put	1. Lyndsay Mettling	26' 6.5"	PB	5th
	1. Susan Johnson	68.1	BTY		2. Melissa Thieman	25' 4.5"		
	2. Nikki Plasek	1:16.3			3. Abbey Carlson			
300 m Hurdles	1. Lena Filler	55.1	4th BTY	Discus	1. Ashley Mettling			
	2. Christina Mosher	57.8	BTY		2. Lyndsay Mettling			
					3. Melissa Thieman	54' 10"		
					4. Abbey Carlson			
800 m Run				500 m Dash	5. Susan Johnson	60' 0"		
	1. Kim Connaker	(1:19, 1:28)	2:47.4		4th BTY			
	2. Rebecca Craighea	(1:22, 1:32)	2:54.9		PB			
	3. Mindy Soderbeck	(1:28, 1:30)	2:58.3					
200 m Run	4. Lezlie Ballis	(1:22, 1:30)	2:52.4	PB				
	1. Andrea Miller	32.4						
	2. Nikki Plasek	34.3	BTY					
<b>TEAM RESULTS</b>								
				1. Chisago Lakes		112		
				2. North Branch		55.5		
				3. Mora		59.5		
				4. Pine City		35		

**Pine City/ Mora/ North Branch @ Chisago Lakes**  
**Tuesday, April 13, 1999 - 4:30 p.m.**  
**Pine City Boys' Results**

4 x 800 m Relay	1. Sam France 2. Dan Pangerl 3. Jeremy Lee 4. Ryan Hammill	2:22.8 2:24.8 2:22.8 <u>2:17.3</u>		200 m Dash	1. Paul Johnson 2. John Hansen 3. Levi Williams 4. Shane Roatch	23.7 24.6 25.5 26.2	1st PB 4th BTY		
		9:27.7	2nd						
				3200 m Run	1. Dan Pangerl (1:17, 1:22, 1:23, 1:24, 1:23, 1:26, 1:20, 1:20) 2. Michael Doerfer (1:23, 1:29, 1:32, 1:34, 1:35, 1:37, 1:36, 1:28)	10:57.7 12:18.8	3rd BTY		
	1. Michael Doerfer 2. Greg Bunce 3. Jason Johnson 4. Mike Stahlke	2:34.1 2:44.5 2:35.0 <u>2:41.2</u>							
		10:34.8		4 x 400 m Relay	1. John Hansen 2. Mike Johnson 3. Paul Johnson 4. Andy Wirth	55.3 57.4 52.2 <u>54.8</u>	1. Travis Schwartz 2. Ryan Hammill 3. Sam France 4. Jeremy Lee	58.2 57 57.7 <u>60.2</u>	
110 m Hurdles									
100 m Dash	1. Paul Johnson 2. James Jahnz 3. Shane Roatch 4. Nick Jones 5. Mark Hagen 6. Aaron Hepburn 7. Nathan Humann	11.7 12.3 12.7 12.9 13.3 12.8 13.9	2nd			3:39.7	1st PB		3:53.0
				High Jump	1. Travis Schwartz 2. Patrick Stephan 3. James Jahnz	5' 8" 5' 2"	3rd		
				Long Jump	1. Shane Roatch 2. Mark Hagen 3. Travis Schwartz 4. Aaron Hepburn 5. Nick Jones 6. Andy Wirth 7. Greg Bunce	17' 2" 17' 9" 13' 10.5"	2nd PB		
4 x 200 m Relay	1. Levi Williams 2. Bud Root 3. Andy Wirth 4. John Hansen	26.1 24.8 25.2 <u>23.9</u>							
		1:40.0	1st PB						
1600 m Run	1. Sam France (1:14, 1:21, 1:24, 1:20) 2. Jeremy Lee (1:14, 1:19, 1:21, 1:17)	5:18.4 5:10.9	PB 5th PB	Triple Jump	1. Paul Johnson 2. Mike Johnson 3. Derek Sanders	35' 3.25"	4th		
4 x 100 m Relay	1. Nate Thieman 2. Shane Roatch 3. Levi Williams 4. Mike Johnson	12.1 12.3 14.3 <u>10</u>		Pole Vault	1. Nate Thieman 2. Patrick Stephan	11' 6" 9' 6"	1st PB 2nd		
		48.6		Shot Put	1. Ben Mettling 2. Derrick Odegard 3. Tony Rank 4. Nathan Humann 5. Josh Brooke 6. Patrick Stephan 7. Mike Rydberg	28' 32' 3" 37'			
400 m Run	1. Andy Wirth 2. Mike Stahlke	56.3 63.3	3rd BTY	Discus	1. Ben Mettling 2. Derrick Odegard 3. Tony Rank 4. Nathan Humann 5. Josh Brooke 6. Mike Rydberg 7. Mike Stahlke 8. Dan Pangerl	111 80' 2" 87' 3.5"			
300 m Hurdles	1. Bud Root 2. Ben Mettling 3. Chris Wiener 4. Jason Johnson	48.7 49.9 49.7 51.1	3rd 4th						
800m Run	1. Ryan Hammill 2. Mike Johnson 3. Greg Bunce	(62, 69) 2:11.3 (61, 80) 2:21.4 (77, 83) 2:40.5	3rd PB 5th PB						
								<b>TEAM RESULTS</b>	
								1. North Branch	78.5
								2. Chisago Lks	67
								3. Mora	64
								4. Pine City	62.5

# Rum River Conference Relays

## Tuesday, April 20, 1999 at Mora- cold and rainy

### Pine City Girls' Results

3 x 110 m Hurdles	1. Angie Filler	19.5	BTY	Distance Medley 400, 800, 1200, 1600	1. Rebecca Craighead	1:16.1	
	2. Leanne Haugrud	19.5	PB		2. Mindy Soderbeck	3:06.7	
	3. Jaime Kozisek	18.6	PB		3. Nikki Carlson	4:58.8	
		57.6	4th		4. Jamie Johnson	<u>7:31.2</u>	
						16:31.9	6th
4 x 100 m Relay	1. Katie Meyer		13.9	4 x 400 m Relay	1. Kim Connaker	1:09.4	
	2. Andrea Miller		13.8		2. Miki Anderson	1:12.9	
	3. Kati Ovik		14.9		3. Heidi Larsen	1:09.0	
	4. Lezlie Ballis		<u>13.7</u>		4. Susan Johnson	<u>1:09.7</u>	
		55.9	3rd			4:40.7	6th
4 x 800 m Relay	1. Heidi Larsen	2:44.5		High Jump	1. Heidi Larsen	4' 8"	
	2. Miki Anderson	2:52.5			2. Kati Ovik	4' 2"	
	3. Lena Filler	2:47.3			3. Jessica Ammann	<u>4' 0"</u>	
	4. Lyndsay Mettling	<u>2:48.3</u>				12' 10"	4th
		11:12.7	5th				
800 Medley Relay (100, 100, 200, 400)	1. Nikki Plasek		17.2	Long Jump	1. Lezlie Ballis	12' 8"	
	2. Leanne Haugrud		15.2		2. Kati Ovik	12' 8"	
	3. Lezlie Ballis		30.1		3. Heather Hallan	<u>10' 7.5"</u>	
	4. Jenelle Stahlke		<u>73.7</u>			35' 11.5"	5th
		2:16.1	6th				
3 x 300 m Hurdles	1. Lena Filler	55.0	BTY	Triple Jump	1. Katie Meyer		
	2. Angie Filler	56.6	BTY		2. Andrea Miller		
	3. Christina Mosher	<u>56.9</u>	BTY		3. Jessica Ammann		83' 6.5"
		48.7	3rd				
1600 Medley Relay (200, 200, 400, 800)	1. Katie Meyer		31.1	Pole Vault	1. Susan Johnson	7' 0"	
	2. Andrea Miller		29.5		2. Lena Filler	6' 6"	
	3. Susan Johnson		67.1		3. Jessica Ammann	<u>6' 0"</u>	
	4. Kim Connaker		<u>2:47.9</u>			19' 6"	3rd
		4:55.1	4th				
Co-Ed Weight Relay	1. Nathan Humann		15.1	Shot Put	1. Lyndsay Mettling	25' 8.5"	
	2. Melissa Thieman		15.3		2. Melissa Thieman	24' 8"	
	3. Lyndsay Mettling		14.1		3. Abbey Carlson	<u>19' 3"</u>	
	4. Ben Mettling		13.1			68' 7.5"	7th
		57.3	6th				
4 x 200 m Relay	1. Katie Meyer		29.9	Discus	1. Lyndsay Mettling	56' 3"	
	2. Andrea Miller		32		2. Melissa Thieman	58' 11"	
	3. Jenelle Stahlke		31		3. Abbey Carlson	<u>59' 10"</u>	
	4. Kati Ovik		<u>29</u>			175' 0"	7th
		2:01.1	4th				
				TEAM RESULTS			
				1. Sauk Rapids 133			
				2. Chisago Lks 95.5			
				3. Mora 78			
				4. North Branch 76			
				5. Pine City 71			
				6. Princeton 62			
				7. Foley 61.5			
				8. Milaca 34			

# Rum River Conference Relays

## Tuesday, April 20, 1999 at Mora - cold and rainy

### Pine City Boys' Results

3 x 110 m Hurdles			Distance Medley 400, 800, 1200, 1600	1. Levi Williams	0:57.1
				2. Sam France	2:19.5
4 x 100 m Relay	1. Nate Thieman	12.5		3. Jeremy Lee	3:44.5
	1. Shane Roatch	10.9		4. Ryan Hammill	<u>4:57.2</u>
	3. Mark Hagen	12.9			11:58.3 2nd
	4. Levi Williams	<u>13.1</u>			
		49.1 7th	4 x 400 m Relay	1. John Hansen	54.2
				2. Andy Wirth	56.4
4 x 800 m Relay	1. Jason Johnson	2:26.4		3. Mike Johnson	53.7
	2. Greg Bunce	2:45.9		4. Paul Johnson	<u>52.6</u>
	3. Mike Stahlke	2:35.4			3:36.8 BTY 3rd
	4. Michael Doerfer	<u>2:36.6</u>			
		10:24.3 8th	High Jump	1. Travis Schwartz	5' 6"
				2. Patrick Stephan	
800 Medley Relay (100, 100, 200, 400)	1. John Hansen	13.8			15' 6" 7th
	2. Andy Wirth	11.6			
	3. Mike Johnson	23.9	Long Jump	1. Travis Schwartz	16' 8"
	4. Paul Johnson	<u>54.5</u>		2. Andy Wirth	
		1:43.7 2nd		3. Mark Hagen	
					48' 8" 5th
3 x 300 m Hurdles	1. Randy Root	47.5 BTY			
	2. Chris Wiener	49.3 PB	Triple Jump	1. Paul Johnson	
	3. Jason Johnson	<u>50.1</u> PB		2. Mike Johnson	
		2:26.8 3rd		3. Derek Sanders	
					98' 11.5" 6th
1600 Medley Relay (200, 200, 400, 800)	1. Patrick Stephan	30.7			
	2. Levi Williams	26.8	Pole Vault	1. Nate Thieman	11' 0"
	3. Travis Schwartz	59		2. Patrick Stephan	<u>9' 0"</u>
	4. Dan Pangerl	<u>2:27.4</u>			28' 6" 3rd
		4:24.4 7th			
Co-Ed Weight Relay	1. Nathan Humann	15.1	Shot Put	1. Nathan Humann	32' 1"
	2. Melissa Thieman	15.3		2. Mike Rydberg	35'
	3. Lyndsay Mettlin	14.1		3. Tony Rank	
	4. Ben Mettling	<u>13.1</u>			97' 2.5" 7th
		57.3 6th			
			Discus	1. Ben Mettling	117' 9" PB
4 x 200 m Relay	1. John Hansen	25.5		2. Derrick Odegard	103' 3" PB
	2. Randy Root	25.7		3. Josh Brooke	77' 11"
	3. Andy Wirth	25.2			298' 11" 6th
	4. Mike Johnson	<u>26.2</u>			
		1:41.9 DQ			
				TEAM RESULTS	
				1. Sauk Rapids	135
				2. North Branch	85.5
				3. Chisago Lakes	71
				4. Foley	71
				5. Mora	70.5
				6. Princeton	65
				7. Pine City	57
				8. Milaca	56

**SUCCESS**

**IS**

**THE RESULT OF**

**HARD WORK**

**AND**

**HONEST EFFORT.**

**Tigerama at Rush City**  
**Thursday, April 22, 1999 - 3:45 p.m.**  
**Very cold, very windy**  
**Pine City Boys' Results**

4 x 800 m Relay	1. Dan Pangerl	2:25.6		200 m Dash	1. Paul Johnson	2nd	24.4
	2. Jason Johnson	2:32.2			2. John Hansen		25.3
	3. Michael Doerfer	2:33.4			3. Levi Williams		25.8
	4. Sam France	<u>2:23.7</u>					
		9:54.8	2nd	3200 m Run	1. Dan Pangerl	11:17.1	5th
					1:12, 1:22, 1:25, 1:29, 1:30, 1:27, 1:28, 1:24		
110 m Hurdles	1. Nick Koppy				2. Michael Doerfer	12:28.6	
					1:24, 1:30, 1:36, 1:38, 1:36, 1:37, 1:39, 1:37		
100 m Dash	1. Paul Johnson	4th	12.3				
	2. Nathan Humann		14.2	4 x 400 m Relay	1. John Hansen		55.7
	3. Shane Roatch		13.4		2. Andy Wirth		57.3
					3. Mike Johnson		55.1
4 x 200 m Relay	1. John Hansen		24.5		4. Paul Johnson		<u>53.8</u>
	2. Randy Root		26.6			1st	3:41.9
	3. Andy Wirth		24.9				
	4. Mike Johnson		<u>24.1</u>	High Jump	1. Travis Schwartz -		
		3rd	1:39.7		2. Patrick Stephan -		
1600 m Run	1. Ryan Hammill	5:03.8	2nd				
	(1:05, 1:18, 1:24, 1:16)			Long Jump	1. Andy Wirth	16' 3.5"	
	2. Jeremy Lee	5:24.5	4th		2. Travis Schwartz	15' 7"	
	(1:08, 1:19, 1:25, 1:22)				3. Shane Roatch	15' 2.5"	
	3. Sam France	5:24.8	5th				
	(1:16, 1:22, 1:25, 1:21)			Triple Jump	1. Paul Johnson	?	
					2. Mike Johnson	37' 3.75"	5th
					3. Derek Sanders	?	
4 x 100 m Relay	1. Chris Wiener		13.2				
	2. Levi Williams		12.8				
	3. Nate Thieman		12.2	Pole Vault	1. Nate Thieman	10'	1st
	4. Shane Roatch		<u>12.1</u>		2. Patrick Stephan	10'	3rd
			50.2		3. Sam France	-	
			5th				
400 m Dash	1. Andy Wirth	4th	56.9	Shot Put	1. Ben Mettling	?	
	2. Mike Johnson	1st	54.3		2. Derrick Odegard	?	
	3. Levi Williams		58.8		3. Mike Rydberg	37' 3.5"	
				Discus	1. Ben Mettling	118' 8" PB	3rd
300 m Hurdles	1. Randy Root		50.5		2. Derrick Odegard	?	
	2. Chris Wiener		50.5		3. Dan Pangerl	?	
	3. Tony Rank		75.1				
					TEAM RESULTS		
800 m Run	1. Ryan Hammill	2:14.6	4th		1. Frederick		127
	(63, 71)				2. Pine City		96
	2. Jeremy Lee	2:20.2			3. Braham		77
	(68, 72)				St. Croix Lutheran		77
	3. Mike Stahlke	2:39.6			5. Carlton-Wren		58
	((76, 83)				6. Ogilvie		26
					7. Hinckley-Fin		24
					8. Siren		23
					9. Rush City		18
					10. Riverview		8
					11. Grantsburg		6
					12. East Central		0

**Chisago Lks - Mora - Sauk Rapids - at Pine City  
Tuesday, April 27, 1999 - 4:30 - cool and breezy  
Pine City Girls' Results**

4 x 800 m Relay	1. Lena Filler	2:47.6		200 m Dash	1. Jenelle Stahlke	29.3	PB	4th
	2. Miki Anderson	2:49.3			2. Andrea Miller	30.1	BTY	
	3. Lyndsay Mettling	2:49.6			3. Nikki Plasek			
	4. Kim Connaker	2:51.4						
		11:18.1	2nd	3200 m Run				
100 m Hurdles	1. Jaime Kozisek	18.4	PB 2nd	4 x 400 m Relay	1. Kim Connaker	1:09.7		
	2. Lena Filler	18.8	4th		2. Miki Anderson	1:11.6		
	3. Angie Filler	19.1	PB 5th		3. Lezlie Ballis	1:12.7		
	4. Christina Mosher		21.3		4. Susan Johnson	1:07.2		
						4:40.9	2nd	
100 m Dash	1. Ashley Metting	14.4	BTY 5th					
	2. Marta Laorden	15.3	PB	High Jump	1. Kati Ovik	4' 4"		4th tie
					2. Sarah Odegard	4' 2"		
4 x 200 m Relay	1. Jaime Kozisek		33.5		3. Jessica Ammann			
	2. Andrea Miller		29.8					
	3. Jenelle Stahlke		31.2	Long Jump	1. Sarah Odegard	13' 0"		5th
	4. Kati Ovik		27.1		2/ Kati Ovik	12' 8.25"		
		2:01.5	1st		3. Lezlie Ballis	12' 11.25"		
1600 m Run	1. Jaime Kozisek	6:38.0	2nd	Triple Jump	1. Andrea Miller	28' 5"	BTY	3rd
		1:34, 1:45, 1:40, 1:31						
	2. Nikki Carlson	6:44.3	BTY	Pole Vault	1. Susan Johnson	7' 0"		2nd
		1:34, 1:46, 1:48, 1:36			2. Jessica Ammann	6' 0"		3rd
	3. Nikki Plasek	7:07.8			3. Lena Filler	5' 6"		4th
		1:35, 1:32, 1:54, 1:46						
	4. Abbey Carlson	7:21.1		Shot Put	1. Lyndsay Mettling	25' 9"		5th
		1:40, 1:52, 1:58, 1:51			2. Melissa Thieman	23' 6"		
					3. Abbey Carlson	20' 9"		PB
4 x 100 m Relay	1. Ashley Mettling		15.1					
	2. Andrea Miller		15.8	Discus	1. Lyndsay Mettling	56' 9"		PB
	3. Lezlie Ballis		13.2		2. Melissa Thieman	54' 4.5"		
	4. Kati Ovik		13.4		3. Abbey Carlson	56' 6"		
		55.4	2nd					
400 m Dash	1. Susan Johnson	65.9	PB 1st		TEAM RESULTS			
	2. Jessica Ammann	1:18.4			1. Chisago Lakes			99.5
					2. Mora			87
300 m Hurdles	1. Lena Filler	53.9	BTY 1st		3. Pine City			73.5
	2. Angie Filler		57.1		4. Sauk Rapids			15
	3. Christina Mosher	56.3	BTY					
800 m Run	1. Lyndsay Mettling	(82, 85)	2:47.1	PB				3rd
	2. Kim Connaker	(81, 84)	2:45.6	BTY				2nd
	3. Miki Anderson	(83, 86)	2:49.4	PB				5th
	4. Rebecca Craighead	(80, 88)	2:48.7	PB				4th

**Chisago Lks - Mora - Sauk Rapids - at Pine City  
Tuesday, April 27, 1999 - 4:30 - cool and breezy  
Pine City Boys' Results**

4 x 800 m Relay	Sam France	2:17.5	PB	200 m Dash	1. Paul Johnson	23.5	PB	1st
	Jason Johnson	2:30.3			2. Travis Schwartz			25.4
	3. Dan Pangerl	2:22.7			3. John Hansen	24.3	BTY	
	4. Jeremy Lee	2:19.3			4. Shane Roatch	26.0	PB	
		8:29.8	2nd		5. Levi Williams			25.7
110 m Hurdles	Nick Kopyy		22.3	4 x 400 m Relay	1. John Hansen			54.7
					2. Andy Wirth			56.7
100 m Dash	1. Paul Johnson	11.3	PB	1st	3. Mike Johnson			53.8
	2. Travis Schwartz	12.1		5th	4. Paul Johnson			54.2
	3. Shane Roatch	12.3	PB					3:39.3
								1st
4 x 200 m Relay	1. John Hansen		25.5	High Jump	Travis Schwartz	5'2"		2nd
	2. Randy Root		24.6		Patrick Stephan	5'2"		3rd tie
	3. Andy Wirth		24.9					
	4. Mike Johnson		23.4	Long Jump	1. Shane Roatch	17'10.25"	PB	2nd
<b>*****New School Record*****</b>		1:38.3	PB	1st	2. Andy Wirth	16' 0"		
					3. Greg Bunce	14' 5.5"	PB	
1600 m Run	1. Ryan Hammill	4:57.7	PB	2nd	4. Nick Kopyy	15' 3.5"		
	(1:09, 1:15, 1:33, 1:15)							
	2. Michael Doerfer			Triple Jump	1. Mike Johnson	37' 1"	PB	2nd
					2. Paul Johnson	36' 3.5"		3rd
4 x 100 m Relay	1. Chris Wiener		13.9		3. Derek Sanders	27' 10"		
	2. Travis Schwartz		12.1					
	3. Nate Thieman		11.4	Pole Vault	1. Nate Thieman	11' 0"		1st
	4. Shane Roatch		11.9		2. Patrick Stephan	10' 0"		2nd
		49.1	2nd		3. Sam France	-		
	1. Tony Rank		15.2	Shot Put	1. Ben Mettling	35' 10"		
	2. Dan Pangerl		16.8		2. Josh Brooke	32' 2"		
	3. Sam France		13.1		3. Mike Rydberg	39' 9"	PB	3rd
	4. Derek Sanders		11.2		4. Derrick Odegard	33' 5"		
			56.3		5. Nathan Humann	33' 6"	PB	
					6. Tony Rank	27' 11"		
400 m Dash	1. Mike Johnson	54.6		3rd	7. Patrick Stephan	35' 10"	PB	
400 m Dash	2. Andy Wirth	56.1	BTY	4th				
	3. Levi Williams	57.3		5th	Discus	1. Ben Mettling	117' 5"	2nd
						2. Josh Brooke	84' 4"	PB
300 m Hurdles	1. Randy Root		49.8		3. Mike Rydberg	78' 0"		
	2. Chris Wiener	48.2	PB	3rd	4. Derrick Odegard	83' 2"		
	3. Ben Mettling		50.1		5. Dan Pangerl	91' 6"	BTY	
					6. Tony Rank	76' 0"		
800 m Run	1. Ryan Hammill	(64, 68)	2:12.6	3rd	7. Mike Stahlke	78' 3"		
	2. Mike Stahlke	(69, 80)	2:29.2	PB	TEAM RESULTS			
					1. PINE CITY			91.5
3200 m Run	1. Dan Pangerl (1:10, 1:22, 1:23, 1:26, 1:26, 1:29, 1:28, 1:20)		11:04.5	2nd	2. MORA			88.5
	2. Jeremy Lee (1:14, 1:22, 1:25, 1:30, 1:33, 1:34, 1:30, 1:27)		11:35.7		3. CHISAGO LAKES			77
	3. Greg Bunce (1:30, 1:39, 1:43, 1:43, 1:44, 1:49, 1:46, 1:31)		13:25.6		4. SAUK RAPIDS			16



**Ogilvie Invitational**  
**Thursday, May 6, 1999 - 3:45 - cool and rainy**  
**Pine City Girls' Results**

4 x 800 m Relay	1. Lena Filler	2:42.7		200 m Dash	1. Jenelle Stahlke	29.3
	2. Miki Anderson	2:51.4			2. Andrea Miller	30.3
	3. Lyndsay Mettling	2:41.5			3. Nikki Plasek	34.0 PB
	4. Heidi Larsen	2:40.1				
		10:55.7	BTY 4th			
				3200 m Run	1. Jamie Johnson	15:06.4
100 m Hurdles	1. Jaime Kozisek	18.5	2nd	(1:32, 1:45, 1:51, 2:02, 2:01, 2:05, 2:04, 1:49)		
	2. Leanne Haugrud	19.5	6th		2. Nikki Carlson	15:15.9
	3. Angie Filler	19.7		(1:32, 1:45, 1:49, 1:59, 2:01, 2:04, 2:07, 1:56)		
100 m Dash	1. Katie Meyer	13.9	6th	4 x 400 m Relay	1. Kim Connaker	68.2
	2. Marta Laorden	15.3			2. Miki Anderson	70.2
	3. Ashley Mettling	14.4			3. Lezlie Ballis	70.9
					4. Susan Johnson	66
4 x 200 m Relay	1. Katie Meyer	32.1				4:34.5 BTY 4th
	2. Andrea Miller	30				
	3. Jenelle Stahlke	30.2	High Jump	1. Kati Ovik	4' 8"	3rd(tie)
	4. Kati Ovik	28.5		2. Sarah Odegard		
		2:00.8	4th	3. Heidi Larsen	4' 10"	PB 1st
					*****new school record*****	
1600 m Run	1. Jaime Kozisek	6:24.9	PB 6th			
	(1:29, 1:40, 1:45, 1:30)			Long Jump	1. Sarah Odegard	
	2. Rebecca Craighead	6:18.8	PB 4th		2. Kati Ovik	13' 2.5"
	(1:25, 1:40, 1:41, 1:32)				3. Lezlie Ballis	11' 8"
	3. Abbey Carlson	7:27.5				
	(1:40, 1:53, 2:00, 1:54)			Triple Jump	1. Katie Meyer	30' 11" PB 4th
					1. Andrea Miller	
4 x 100 m Relay	1. Katie Meyer	13.3				
	2. Andrea Miller	14.6			1. Susan Johnson	7' 0" 1st
	3. Lezlie Ballis	14.2	Pole Vault		2. Lena Filler	6' 6"
	4. Ashley Mettling	14			3. Jessica Ammann	7' 0" PB 3rd
		56.2	2nd			
400 m Dash	1. Susan Johnson	1:06	5th	Shot Put	1. Lyndsay Mettling	27' 8" PB
	2. Jenelle Stahlke	1:14.7	BTY		2. Melissa Thieman	25' 7" PB
	3. Lezlie Ballis	1:12.6	BTY		3. Abbey Carlson	
300 m Hurdles	1. Lena Filler	53.5	BTY 3rd	Discus	1. Lyndsay Mettling	67' 10.5" PB
	2. Angie Filler	58.8			2. Melissa Thieman	59' 4"
	3. Christina Mosher	55.7	BTY 6th		3. Abbey Carlson	59' .75"
800 m Run	1. Mindy Soderbeck	(88,90)	2:58.7		TEAM RESULTS	
	2. Kim Connaker	(75, 85)	2:40.8 BTY 5th		1. MORA	142
	3. Heidi Larsen	(78, 83)	2:41.9 PB 6th		2. OGILVIE	101.5
					3. PINE CITY	82
					4. BRAHAM	61.5
					5. MILLE LACS	54
					6. ROYALTON	45
					7. EAST CENTRAL	27
					7. MLWR	27
					9. RUSH CITY	18

**Ogilvie Invitational Track Meet**  
**Thursday, May 6, 1999 - 3:45 - cool and rainy**  
**Pine City Boys' Results**

4 x 800 m Relay	1. Michael Doerfer	2:28.5	3200 m Run	1. Dan Pangerl	11:27.7	4th
	2. Mike Stahlke	2:35.9		(1:17, 1:21, 1:26, 1:27,		
	3. Jason Johnson	2:29.0		1:29, 1:32, 1:32, 1:27)		
	4. Jeremy Lee	2:16.4				
		9:49.8	4th			
110 m Hurdles	1. Nick Kopyy	22.3	4 x 400 m Relay	1. John Hansen		55.3
				2. Andy Wirth		54.1
				3. Mike Johnson		53
				4. Paul Johnson		53.1
100 m Dash	1. Paul Johnson	11.3	2nd		3:35.5	PB 1st
	2. Shane Roatch	12.6				
	3. Mark Hagen		High Jump	1. Travis Schwartz	5' 10"	PB 2nd
				2. Patrick Stephan		
4 x 200 m Relay	1. John Hansen	25.5				
	2. Randy Root	24.8				
	3. Andy Wirth	24.3	Long Jump	1. Andy Wirth		
	4. Mike Johnson	22.2		2. Shane Roatch	18' 3.75"	PB 5th
		1:47.1	4th	3. Travis Schwartz	16' 5.75"	
1600 m Run	1. Ryan Hammill	4:51.6	PB 1st	Triple Jump	1. Mike Johnson	
	(1:07, 1:16, 1:17, 1:11)				2. Paul Johnson	37' 0" PB 3rd
	2. Sam France	5:13.2	BTY 5th		3. Derek Sanders	
	(1:10, 1:20, 1:23, 1:19)					
			Pole Vault	1. Nate Thieman	11' 0"	1st
4 x 100 m Relay	1. Chris Wiener	12.9		2. Patrick Stephan	9' 6"	2nd
	2. Travis Schwartz	11.3				
	2. Nate Thieman	11.8				
	3. Shane Roatch	12.1	Shot Put	1. Ben Mettling	35' 9"	6th
		48.1	BTY 3rd	2. Nathan Humann		
				3. Mike Rydberg	37' 3.5"	5th
400 m Dash	1. Mike Johnson	53.4	BTY 1st			
	2. Levi Williams	57.3	PB	Discus	1. Ben Mettling	117' 8.75" 5th
					2. Derrick Odegard	105' .5" PB
					3. Josh Brooke	
300 m Hurdles						
	2. Chris Wiener	48.1	PB 5th			
	3. Ben Mettling	49.8	PB	TEAM RESULTS		
				1. MORA		150
800 m Run	1. Jeremy Lee	(64, 69)	2:13.2 PB 4th	2. PINE CITY		111
	2. Greg Bunce	(81, 78)	2:39.6 PB	3. BRAHAM		92
				4. ROYALTON		59
				5. MLWR		42
200 m Dash	1. Paul Johnson	23.3	PB 2nd	6. RUSH CITY		39
	2. John Hansen	28.7		6. OGILVIE		39
	3. Levi Williams	26.2		8. MILLE LACS		14
				9. EAST CENTRAL		12

**RUM RIVER CONFERENCE TRACK MEET @ MORA**  
**THURSDAY, MAY 13, 1999 - 2:30 - cool, rainy**  
**PINE CITY GIRLS' RESULTS**

4 X 800 m Relay	1. Kim Connaker	2:45.3	3200 m Run	1. Jamie Johnson	14:48.5
	2. Miki Anderson	2:49.4	(1:33, 1:47, 1:49, 1:56, 1:57, 1:56, 1:59, 1:45)		
	3. Lyndsay Mettling	2:44.8		2. Nikki Carlson	14:57.2
	4. Lena Filler	2:38.1 PB	(1:33, 1:48, 1:51, 2:00, 2:00, 2:00, 1:57)		
		10:57.5 PB 4th			
			4 x 400 m Relay	1. Kim Connaker	69.6
100 m Hurdles	1. Jaimie Kozisek	18.5		2. Miki Anderson	70.2
	2. Leanne Haugrud	19.5		3. Lezlie Ballis	70.8
				4. Susan Johnson	70.7
					4:41.3 7th
100 m Dash	1. Katie Meyer	13.8	High Jump	1. Heidi Larsen	5' 0" PB 2nd
	2. Ashley Mettling	14.2		****New school record****	
	3. Marta Laorden	15.5		****ALL CONFERENCE****	
4 x 200 m Relay	1. Katie Meyer	30.5		2. Kati Ovik	4' 6" 7th tie
	2. Andrea Miller	30.8			
	3. Jenelle Stahlke	29.9	Long Jump	1. Susan Johnson	14' 3" 7th
	4. Kati Ovik	27.4		2. Kati Ovik	13' 6"
		1:58.3 PB 6th			
1600 m Run	1. Heidi Larsen	6:07.8 PB 8th	Triple Jump	1. Katie Meyer	31' 1" PB 3rd
	(1:25, 1:34, 1:38, 1:30)			**All Conference Honorable Mention**	
	2. Rebecca Craighead	6:20.9		2. Andrea Miller	30' .5" PB 8th
	(1:25, 1:34, 1:45, 1:36)				
	3. Jaime Kozisek	6:30.3	Pole Vault	1. Susan Johnson	7' 0" 7th
	(1:30, 1:42, 1:43, 1:35)			2. Jessica Ammann	7' 0" 5th
				3. Lena Filler	
4 x 100 m Relay	1. Katie Meyer	13.4	Shot Put	1. Lyndsay Mettling	26' 6.25"
	2. Andrea Miller	14.6		2. Melissa Thieman	25' 1.5"
	3. Lezlie Ballis	13.8		3. Abbey Carlson	21' 3" PB
	4. Ashley Mettling	14.4			
		56.1 4th	Discus	1. Lyndsay Mettling	71'2" PB
400 m Dash	1. Susan Johnson	1:05.86 6th		2. Melissa Thieman	57' ?
	2. Lyndsay Mettling	1:09		3. Abbey Carlson	55' ?
	3. Lezlie Ballis	1:11			
				TEAM RESULTS	
300 m Hurdles	1. Lena Filler	53.8		1. CHISAGO LAKES	181.5
	2. Christina Filler	56.9		2. SAUK RAPIDS	144.5
				3. NORTH BRANCH	107.5
				4. MORA	82
800 m Run	1. Kim Connaker	(1:17, 1:26) 2:43.7 7th		5. MILACA	55
	2. Heidi Larsen	(1:19, 1:26) 2:45.8 8th		6. FOLEY	47.5
	3. Mindy Soderbeck	(1:31, 1:32) 3:03.3		7. PINE CITY	42
				8. PRINCETON	33
200 m Dash	1. Jenelle Stahlke	29.3			
	2. Andrea Miller	31.2			
	3. Nikki Plasek	33.9 PB			

**RUM RIVER CONFERENCE TRACK MEET @ MORA**  
**THURSDAY, MAY 13, 1999 - 2:30 - cool, rainy**  
**PINE CITY BOYS' RESULTS**

4 X 800 m Relay	1. Michael Doerfer	2:37.4		3200 m Run	1. Dan Pangerl	11:03.4
	2. Dan Pangerl	2:23.4			(1:12, 1:21, 1:25, 1:30, 1:30, 1:25, 1:20)	
	3. Jason Johnson	2:35.4			2. Michael Doerfer	12:18.7 PB
	4. Sam France	<u>2:22.4</u>			(1:22, 1:30, 1:35, 1:37, 1:38, 1:37, 1:26)	
		9:58.5	8th		3. Greg Bunce	13:23.6 PB
					(1:22, 1:31, 1:41, 1:45, 1:45, 1:47, 1:50, 1:40)	
110 m Hurdles				4 x 400 m Relay	1. John Hansen	54.1
100 m Dash	1. Paul Johnson	11.6	4th		2. Andy Wirth	54.6
	2. Shane Roatch		12.3		3. Mike Johnson	53.2
					4. Paul Johnson	<u>51.1</u>
4 x 200 m Relay	1. John Hansen		25			3:32.9 PB 2nd
	2. Randy Root		24.5		<b>***New School Record***</b>	
	3. Andy Wirth		25.3		<b>****ALL CONFERENCE****</b>	
	4. Mike Johnson		<u>22.7</u>			
		1:37.4	PB 4th	High Jump	1. Travis Schwarz	5' 8" 7th
	<b>***New School Record***</b>				2. Patrick Stephan	
1600 m Run	1. Ryan Hammill	4:48.1	PB 3rd	Long Jump	1. Shane Roatch	17' 11" 6th
	<b>**All Conference Honorable Mention**</b>				2. Andy Wirth	
		(1:05, 1:13, 1:16, 1:14)			3. Travis Schwarz	17' 7" PB 8th
	2. Jeremy Lee	5:01.1	PB 8th			
		(1:09, 1:17, 1:18, 1:16)		Triple Jump	1. Paul Johnson	37' 11" PB 6th
	3. Sam France	5:07.4	PB		2. Mike Johnson	36' 6.5" 8th
		(1:11, 1:18, 1:20, 1:18)			3. Derek Sanders	
4 x 100 m Relay	1. Chris Wiener		13.2	Pole Vault	1. Nate Thieman	12' 0" PB 1st
	2. Travis Schwartz		10.6		<b>****ALL CONFERENCE****</b>	
	3. Nate Thieman		12.4		2. Patrick Stephan	10' 0" 5th
	4. Shane Roatch		<u>11.8</u>			
		47.9	5th	Shot Put	1. Mike Rydberg	39' 11.5" PB
					2. Ben Mettling	
400 m Dash	1. Mike Johnson	53.3	BTY 5th		3. Derrick Odegard	36' ?
	2. Andy Wirth	55.2	BTY 7th			
	3. Levi Williams	57.1	PB	Discus	1. Ben Mettling	115' ?
					2. Derrick Odegard	103' 9"
300 m Hurdles	1. Chris Wiener	46.9	PB		3. Dan Pangerl	94' 2" PB
	2. Ben Mettling		50.3			
					<b>TEAM RESULTS</b>	
800 m Run	1. Ryan Hammill	(65, 68)	2:13.4 5th		1. North Branch	125
	2. Jeremy Lee	(63, 77)	2:20.2		2. Sauk Rapids	97
	3. Mike Stahlke	(70, 74)	2:24.5 PB		3. Foley	85
					4. Princeton	82.5
200 m Dash	1. Paul Johnson	23.3	3rd		5. Chisago Lakes	81
	<b>**All Conference Honorable Mention**</b>				6. Milaca	73.5
	2. John Hansen	23.9	BTY		7. Mora	71
	3. Levi Williams	24.9	PB		8. Pine City	66

**SUB-SECTION 16-A TRACK TEAM @ OGILVIE**  
**THURSDAY, MAY 20, 1999 - 3:30- rainy then cool**  
**PINE CITY GIRLS' RESULTS**

<b>4 X 800 m Relay</b>	1. Kim Connaker 2:38.5 PB	200 m Run	1. Jenelle Stahlke 29.0 PB 6th
	2. Miki Anderson 2:46.7 PB		
	3. Lyndsay Mettling 2:39.6 PB	<b>3200 m Run</b>	1. Jamie Johnson 14:44.3 BTY
	4. Lena Filler 2:36.3 PB		(1:31, 1:39, 1:45, 1:56, 1:57, 1:59, 2:02, 1:49)
	10:41.0 PB 2nd		2. Nikki Carlson 14:33.2 PB
	<b>**Section Qualifiers**</b>		(1:28, 1:39, 1:44, 1:53, 1:58, 2:00, 2:02, 1:48)
<b>100 m Hurdles</b>	1. Jaime Kozisek 18.6 6th	<b>4 x 400 m Relay</b>	1. Kim Connaker 1:06.4 PB
	2. Leanne Haugrud 19.3 PB		2. Miki Anderson 1:09.6 PB
	3. Angie Filler 19.5		3. Lezlie Ballis 1:14.9
			4. Susan Johnson 1:08.1
<b>100 m Dash</b>	1. Katie Meyer 13.8 5th		4:39.0 4th
	2. Ashley Mettling 14.2 6th		
	3. Marta Laorden 15.4	<b>High Jump</b>	1. Heidi Larsen 4' 10" 1st
			<b>**Section Qualifier**</b>
<b>4 x 200 m Relay</b>	1. Katie Meyer 30.7		2. Kati Ovik 4' 8" 4th
	2. Leanne Haugrud 30.1		<b>**Section Qualifier**</b>
	3. Jenelle Stahlke 31.2		
	4. Kati Ovik 28.3	<b>Long Jump</b>	1. Susan Johnson
	2:00.3		2. Kati Ovik
			3. Lezlie Ballis
<b>1600 m Run</b>	1. Heidi Larsen 5:56.4 PB 3rd		
	<b>** Section Qualifier**</b>	<b>Triple Jump</b>	1. Katie Meyer 31' 2.5" PB 4th
	(1:22, 1:34, 1:34, 1:26)		<b>** Section Qualifier**</b>
	2. Jaime Kozisek 6:26.5		
	(1:28, 1:44, 1:44, 1:30)	<b>Pole Vault</b>	1. Susan Johnson 7' 0" 4th
			<b>** Section Qualifier**</b>
<b>4 x 100 m Relay</b>	1. Katie Meyer 15.1		2. Jessica Ammann 8' 0" PB 2nd
	2. Ashley Mettling 12.9		<b>**Section Qualifier**</b>
	3. Lezlie Ballis 13.8		<b>***ties school record***</b>
	4. Kati Ovik 13.1		3. Lena Filler 6' 0"
	54.9 PB 2nd		
	<b>**Section Qualifiers**</b>	<b>Shot Put</b>	1. Lyndsay Mettling 27' 9" PB 6th
			2. Melissa Thieman 24'
<b>400 m Dash</b>	1. Susan Johnson 66.7		3. Abbey Carlson 21' 4.5" PB
	2. Lezlie Ballis 72.9		
		<b>Discus</b>	1. Lyndsay Mettling 74' 9.5" PB
<b>300 m Hurdles</b>	1. Lena Filler 52.9 BTY 3rd		2. Ashley Mettling 64' 11" BTY
	<b>** Section Qualifier**</b>		3. Abbey Carlson 61' 3.75"
	2. Christina Mosher 54.2 BTY 5th		
	3. Angie Filler 55.8 BTY		<b>TEAM RESULTS</b>
			1. MORA 113
<b>800 m Run</b>	1. Kim Connaker (76,82) 2:39.4 PB 1st		2. OGILVIE 100
	<b>**Section Qualifier**</b>		3. HINCKLEY 96.5
	2. Heidi Larsen (79, 83) 2:42.6 3rd		4. PINE CITY 86
	<b>** Section Qualifier**</b>		5. BRAHAM 66.5
	3. Mindy Soderbeck (86, 90) 2:56.2 BTY		6. MILLE LACS 54
			7. RUSH CITY 25
			8. EAST CENTRAL 17

**SUB-SECTION 16-A TRACK TEAM @ OGILVIE**  
**THURSDAY, MAY 20, 1999 - 3:30 - rainy then cool**  
**PINE CITY BOYS' RESULTS**

4 x 800 m Relay	1. Dan Pangerl	2:20.2	PB	200 m Run	1. Paul Johnson	23.3	2nd
	2. Mike Stahlke	2:23.2	PB		<b>**Section Qualifier**</b>		
	3. Sam France	1:15.9	PB		2. John Hansen	24.4	6th
	4. Jeremy Lee	1:21.4			3. Levi Williams		25.7
		9:20.7	PB 2nd				
	<b>**Section Qualifiers**</b>			3200 m Run	1. Dan Pangerl	11:00.9	2nd
					<b>**Section Qualifier**</b>		
110 m Hurdles					(1:13, 1:18, 1:23, 1:27, 1:26, 1:27, 1:19)		
					2. Michael Doerfer	11:56.3	PB
100 m Dash	1. Paul Johnson	11.5	2nd		(1:23, 1:30, 1:29, 1:29, 1:33, 1:34, 1:36, 1:21)		
	<b>**Section Qualifier**</b>				3. Greg Bunce	13:06.2	PB
	2. Travis Schwartz	12.2	6th		(1:30, 1:42, 1:43, 1:34, 1:41, 1:44, 1:47, 1:25)		
	3. Shane Roatch		12.9				
				4 x 400 m Relay	1. John Hansen		53.2
4 x 200 m Relay	1. John Hansen		24.1		2. Andy Wirth		54.1
	2. Randy Root		26.4		3. Mike Johnson		54.6
	3. Andy Wirth		22.8		4. Paul Johnson		53
	4. Mike Johnson		23.6			3:34.7	1st
		1:36.6	PB 2nd		<b>**Section Qualifiers**</b>		
	<b>**Section Qualifiers**</b>				<b>***new sub-section record***</b>		
	<b>***new school record***</b>						
				High Jump	1. Travis Schwartz	5' 10"	3rd
1600 m Run	1. Ryan Hammill	4:48.9	1st		<b>**Section Qualifier**</b>		
	<b>**Section Qualifier**</b>				2. Patrick Stephan		
	(1:08, 1:15, 1:16, 1:09)						
	2. Jeremy Lee	5:00.6	PB 4th	Long Jump	1. Shane Roatch	16' 1"	
	<b>**Section Qualifier**</b>				2. Andy Wirth		
	(1:10, 1:17, 1:20, 1:13)				3. Travis Schwartz	16' 1"	
	3. Sam France	5:06.0	PB 5th				
	(1:10, 1:18, 1:21, 1:17)			Triple Jump	1. Paul Johnson	37' 6.5"	3rd
					<b>**Section Qualifier**</b>		
4 x 100 m Relay	1. Travis Schwartz		13.6		2. Mike Johnson	36' 6.75	4th
	2. Levi Williams		11.3		<b>**Section Qualifier**</b>		
	3. Nate Thieman		11.2		3. Derek Sanders		
	4. Shane Roatch		11.8				
		47.9	3rd	Pole Vault	1. Nate Thieman	11' 6"	1st
					<b>**Section Qualifier**</b>		
400 m Dash	1. Mike Johnson	53.4	1st		2. Patrick Stephan	9' 6"	3rd
	<b>**Section Qualifier**</b>				<b>**Section Qualifier**</b>		
	2. Andy Wirth	53.9	BTY 2nd				
	<b>**Section Qualifier**</b>			Shot Put	1. Mike Rydberg	40' 4"	PB 4th
	3. Levi Williams	56.9	PB		<b>*Section Qualifier**</b>		
300 m Hurdles	1. Randy Root	48.5	BTY		2. Ben Mettling	36' 7"	
	2. Chris Wiener	46.3	PB 5th		3. Derrick Odegard	37' 1"	PB 6th
				Discus	1. Ben Mettling	119'11.5"	PB 6th
800 m Run	1. Ryan Hammill	(62, 67)	2:09.1	PB 2nd	2. Derrick Odegard		
	<b>**Section Qualifier**</b>				3. Dan Pangerl	96' 1.5"	PB
	2. Mike Stahlke	(72, 80)	2:32.5				
	3. Jason Johnson	(71, 76)	2:26.9	PB			

TEAM RESULTS	
1. MORA	154
2. PINE CITY	140
3. BRAHAM	92.5
4. HINCKLEY	55
5. RUSH CITY	52
6. OGILVIE	34.5
7. MILLE LACS	18
8. EAST CENTRAL	11

**SECTION 4-A TRACK AND FIELD MEET @ MACALASTER COLLEGE**  
**Saturday, May 29, 1999 - 10:00 a.m. - sunny - very hot**  
**Pine City Results**

SHOT PUT	Mike Rydberg	41' 2.75"	PB	Team Results:	
				1. De LaSalle	82
HIGH JUMP	Travis Schwarz	6' 0"	PB 5th	2. Watertown-Mayer	79
				3. Waconia	70
TRIPLE JUMP	1. Paul Johnson	39' 9"	PB 9th	4. Mayer Lutheran	67
				Concordia Academy	
				6. Pine City	61
	2. Mike Johnson	37' 7.5"	PB	7. St. Paul Academy	60
				8. Mora	58
POLE VAULT	1. Nate Thieman	12' 0"	3rd	9. St. Croix Lutheran	57
	2. Patrick Stephan	10' 0"		10. Brooklyn Center	42
				11. Blake	32
4 X 800 M RELAY	1. Jeremy Lee	2:14.7	PB	12. Christ Household of Faith	29
	2. Mike Stahlke	2:23.8	PB	13. Breck	28
	3. Dan Pangerl	2:19.9	PB	14. Hill-Murray	25
	4. Sam France	<u>2:17.4</u>		15. Holy Angels	24
		9:16.51	PB 6th	16. Braham	23
100 M DASH	Paul Johnson	11.38	PB 6th	17. Norwood-Young Am	21
				Rockford	
4 X 200 M RELAY	1. John Hansen		25.6	19. Minnehaha Academy	16
	2. Randy Root		14.2	20. Hinckley-Finlayson	14
	3. Andy Wirth		23.3	Rush City	
	4. Mike Johnson		<u>23.7</u>	22. Ogilvie	7
		1:37.02	6th	23. Meadow Creek Christian	6
				24. Mounds Park Academy	4
1600 M RUN	1. Ryan Hammill	4:53.23	7th		
		(1:03, 1:14, 1:18, 1:15)			
	2. Jeremy Lee	5:07.56			
		(1:13, 1:19, 1:18, 1:16)			
400 M DASH	1. Mike Johnson	51.73	PB 1st		
				***new school record***	
				****advances to state****	
	2. Andy Wirth	54.88	8th		
800 M RUN	Ryan Hammill	2:10.38			
200 M DASH	Paul Johnson	22.80	2nd		
				****advances to state****	
3200 M RUN	Dan Pangerl	10:46.76	PB 10th		
		(1:12, 1:15, 1:20, 1:23, 1:25, 1:28, 1:27, 1:16)			
4 x 400 M RELAY	1. John Hansen	53.2	PB		
	2. Andy Wirth	54.2	PB		
	3. Mike Johnson	52.5	PB		
	4. Paul Johnson	<u>52.0</u>	PB		
	5. Ryan Hammill				
	6. Levi Williams				
		3:32.07	PB 1st		
				***new school record***	
				****advances to state****	

**SECTION 4-A TRACK AND FIELD MEET @ MACALASTER COLLEGE**  
**Saturday, May 29, 1999 - 10:00 a.m. - sunny - very hot**  
**Pine City Results**

POLE VAULT	1. Jessica Ammann	8' 6"	PB	6th	Team Results:		
	***new school record***					1. Breck	92
	2. Susan Johnson	8' 0"	PB	7th	2. St. Paul Academy	74	
					3. Brooklyn Cemter	73.5	
TRIPLE JUMP	Katie Meyer	30' 7"			4. Visitation	72	
					5. Waconia	63	
HIGH JUMP	1. Heidi Larsen	4' 8"			6. Blake	50	
	2. Kati Ovik	4' 8"			7. Mora	49	
					8. DeLaSalle	42	
4 X 800 M RELAY	1. Kim Connaker	2:34.6	PB		Mounds Park Academy		
	2. Miki Anderson	2:46.4	PB		10. Mayer Lutheran	41	
	3. Lyndsay Mettling	2:36.9	PB		11. Minnehaha Academy	38	
	4. Lena Filler	<u>2:37.4</u>			12. Watertown-Mayer	37	
		10:35.51	PB	6th	13. Holy Angels	36	
	***new school record***				14. Ogilvie	35	
					15. Rockford	31	
1600 M RUN	Heidi Larsen	6:02.09			16. Norwood-Young Am	29	
	1:21, 1:35, 1:37	1:29			17. Concordia Academy	24	
					18. Braham	17.5	
4 X 100 M RELAY	1. Katie Meyer			13.1	19. Pine City	13	
	2. Ashley Mettling			13.4	20. Hincley-Finlayson	10	
	3. Lezlie Ballis			13.8	St. Croix Lutheran		
	4. Kati Ovik			<u>13.3</u>	22. Meadow Creek Christian	9	
		53.23	PB	8th	23. East Central-Harvest Ch	6	
					Isle-Onamia		
300 M HURDLES	Lena Filler			55.18	25. Hill Murray	5	
					26. Christ Household of I	4	
					Rush City		
800 M RUN	1. Kim Connaker	2:36.09	PB	8th	28. New Life Academy	1	
	(1:15, 1:21)						
	2. Heidi Larsen	2:40.76	PB				



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

**STATE TRACK MEET @ BLAINE  
FRIDAY, SATURDAY, JUNE 4 & 5, 1999**

Friday 5:15 400 m Dash Prelims Mike Johnson

Friday 6:18 200 m Dash Prelims Paul Johnson

Saturday 3:15 400 m Dash Finals Mike Johnson

Saturday 4:40 200 m Dash Finals Paul Johnson

Saturday 5:20 4 x 400 m Relay

1. John Hansen
2. Andy Wirth
3. Mike Johnson
4. Paul Johnson
5. Levi Williams
6. Ryan Hammill

















### GIRLS' RELAY HISTORY - 1999

	A	B	C	D	E	F
1		RRC INDOOR	GOLD BATON	RUSH CITY	CHISAGO LKS	RRC RELAYS
2						
3	4 X 100 M RELAY	K. Meyer		K. Meyer	K. Meyer	K. Meyer
4	(0:52.79)	A. Miller		A. Miller	A. Miller	A. Miller
5		C. Milligan		K. Ovik	K. Ovik	K. Ovik
6		A. Mettling		A. Mettling	A. Mettling	L. Ballis
7		58.3		57.3	56.6	55.9
8						
9	4 x 200 M RELAY	C. Milligan	K. Meyer	K. Meyer	K. Meyer	K. Meyer
10	(1:50.8)	A. Mettling	A. Miller	A. Miller	A. Miller	A. Miller
11		A. Miller	L. Ballis	J. Stahlke	L. Ballis	J. Stahlke
12		K. Meyer	C. Milligan	A. Mettling	K. Ovik	K. Ovik
13		2:09.3	2:03.68	2:-3.1	1:59.5	2:01.1
14						
15	4 x 400 M RELAY	C. Mosher	L. Ballis	S. Johnson	L. Mettling	K. Connaker
16	(4:17.59)	L. Ballis	M. Anderson	M. Anderson	M. Anderson	M. Anderson
17		K. Ovik	C. Mosher	L. Mettling	K. Connaker	H. Larsen
18		S. Johnson	L. Filler	L. Filler	S. Johnson	S. Johnson
19		5:06.7	4:54.48	4:46.2	4:44.3	4:40.7
20						
21	4 x 800 M RELAY	L. Filler	J. Stahlke	J. Stahlke	H. Larsen	H. Larsen
22	(10:40.3)	J. Stahlke	M. Anderson	M. Anderson	M. Anderson	M. Anderson
23		L. Ballis	L. Mettling	L. Mettling	L. Mettling	L. Filler
24		L. Mettling	L. Filler	K. Connaker	L. Filler	L. Mettling
25		11:46.0	11:39.15	11:35.5	10:59.1	11:12.7
26						
27	800 MEDLEY RELAY					N. Plasek
28	(100, 100, 200, 400)					L. Haugrud
29						L. Ballis
30						J. Stahlke
31						2:16.1
32						
33	1600 MEDLEY RELAY					K. Meyer
34	(200, 200, 400, 800)					A. Miller
35						S. Johnson
36						K. Connaker
37						4:55.1
38						
39	DISTANCE MEDLEY					R. Craighead
40	(800, 400, 1200, 1600)					M. Soderbeck
41						N. Carlson
42						J. Johnson
43						16:31.9

### GIRLS' RELAY HISTORY - 1999

	G	H	I	J	K	L
1	TIGERAMA	PINE CITY	OGILVIE	RRC	SUBSECTION	SECTION
2						
3		A. Mettling	K. Meyer	K. Meyer	K. Meyer	K. Meyer
4		A. Miller	A. Miller	A. Miller	A. Mettling	A. Mettling
5		L. Ballis	L. Ballis	L. Ballis	L. Ballis	L. Ballis
6		K. Ovik	A. Mettling	A. Mettling	K. Ovik	K. Ovik
7		55.4	56.2	56.1	54.9	53.23
8						
9		K. Meyer	K. Meyer	K. Meyer	K. Meyer	
10		A. Miller	A. Miller	A. Miller	L. Haugrud	
11		J. Stahlke	J. Stahlke	J. Stahlke	J. Stahlke	
12		K. Ovik	K. Ovik	K. Ovik	K. Ovik	
13		2:02.5	2:00.8	1:58.3	2:00.3	
14						
15		K. Connaker	K. Connaker	K. Connaker	K. Connaker	
16		M. Anderson	M. Anderson	M. Anderson	M. Anderson	
17		L. Ballis	L. Ballis	L. Ballis	L. Ballis	
18		S. Johnson	S. Johnson	S. Johnson	S. Johnson	
19		4:40.9	4:34.5	4:41.3	4:39.0	
20						
21		L. Filler	L. Filler	K. Connaker	K. Connaker	K. Connaker
22		M. Anderson	M. Anderson	M. Anderson	M. Anderson	M. Anderson
23		L. Mettling	L. Mettling	L. Mettling	L. Mettling	L. Mettling
24		K. Connaker	H. Larsen	L. Filler	L. Filler	L. Filler
25		11:18.1	10:55.7	10:57.5	10:41.0	*10:35.51*
26						
27						
28						
29						
30						
31						
32						
33						
34						
35						
36						
37						
38						
39						
40						
41						
42						
43						

### BOYS' RELAY HISTORY - 1999

	RRC INDOOR	GOLD BATON	RUSH CITY	CHISAGO LKS	RRC RELAYS
4 X 100 M RELAY (0:45.3)	S. Roatch N. Thieman Z. Mettling M. Johnson		S. Roatch J. Jahnz L. Williams M. Johnson	N. Thieman S. Roatch L. Williams M. Johnson	N. Thieman S. Roatch M. Hagen L. Williams
	49.6		49.1	48.6	49.1
4 x 200 M RELAY (1:39.6)	A. Wirth R. Root L. Williams Paul Johnson	J. Jahnz L. Williams Paul Johnson M. Johnson	L. Williams R. Root A. Wirth J. Hansen	L. Williams R. Root A. Wirth J. Hansen	J. Hansen R. Root A. Wirth M. Johnson
	1:42.9	1:42.91	1:41.8	1:40.0	1:41.9
4 x 400 M RELAY (3:33.5)	L. Williams T. Schwartz T. Long A. Wirth	A. Wirth L. Williams Paul Johnson M. Johnson	J. Hansen A. Wirth Paul Johnson M. Johnson	J. Hansen M. Johnson Paul Johnson A. Wirth	J. Hansen A. Wirth M. Johnson Paul Johnson
	4:03.3	3:49.03	3:45.0	3:39.7	3:36.8
4 x 800 M RELAY (8:44.9)	R. Hammill G. Bunce J. Lee S. France	S. France D. Pangerl J. Lee R. Hammill	S. France D. Pangerl J. Lee R. Hammill	S. France D. Pangerl J. Lee R. Hammill	Jason Johnson G. Bunce M. Stahlke M. Doerfer
	9:54.8	9:26.31	<b>9:14.7</b>	9:27.7	10:24.3
800 MEDLEY RELAY (100, 100, 200, 400)					J. Hansen A. Wirth M. Johnson Paul Johnson 1:43.7
1600 MEDLEY RELAY (200, 200, 400, 800)					P. Stephan L. Williams T. Schwartz D. Pangerl 4:24.4
DISTANCE MEDLEY (800, 400, 1200, 1600)					L. Williams S. France J. Lee R. Hammill 11:58.3

### BOYS' RELAY HISTORY - 1999

TIGERAMA	PINE CITY	OGILVIE	RRC	SUBSECTION	SECTION
C. Wiener L. Williams N. Thieman S. Roatch	C. Wiener T. Schwartz N. Thieman S. Roatch	C. Wiener T. Schwartz N. Thieman S. Roatch	C. Wiener T. Schwartz N. Thieman S. Roatch	T. Schwarz L. Williams N. Thieman S. Roatch	
50.2	49.1	48.1	47.9	47.9	
J. Hansen R. Root A. Wirth M. Johnson	J. Hansen R. Root A. Wirth M. Johnson	J. Hansen R. Root A. Wirth M. Johnson	J. Hansen R. Root A. Wirth M. Johnson	J. Hansen R. Root A. Wirth M. Johnson	J. Hansen R. Root A. Wirth M. Johnson
1:39.7	1:38.3	1:47.1	1:37.4	<b>*1:36.6*</b>	1:37.02
J. Hansen A. Wirth M. Johnson Paul Johnson	J. Hansen A. Wirth M. Johnson Paul Johnson	J. Hansen A. Wirth M. Johnson Paul Johnson	J. Hansen A. Wirth M. Johnson Paul Johnson	J. Hansen A. Wirth M. Johnson Paul Johnson	J. Hansen A. Wirth M. Johnson Paul Johnson
3:41.9	3:39.3	3:35.5	3:32.9	3:34.7	<b>*3:32.07*</b>
D. Pangerl Jason Johnson M. Doerfer S. France	S. France Jason Johnson Dan Pangerl Jeremy Lee	M. Doerfer M. Stahlke J. Johnson J. Lee	M. Doerfer D. Pangerl Jason Johnson S. France	D. Pangerl M. Stahlke S. France J. Lee	J. Lee M. Stahlke D. Pangerl S. France
9:54.8	9:29.8	9:49.8	9:58.5	9:20.7	9:16.51

## GIRLS' TOP TEN RELAYS - from the 90's

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 x 100 M	K. Meyer	C. Koppen	K. Meyer		C. Koppen	K. Meyer	K. Meyer	K. Meyer	K. Meyer	B. Johnson
	A. Peil	S. Wiechman	A. Mettling		S. Wiechman	A. Miller	A. Miller	A. Miller	A. Miller	A. Miller
	M. Sloan	M Odegard	L. Ballis		M. Odegard	M. Sloan	A. Peil	A. Peil	M. Sloan	M. Sloan
	T. Kazek	S. Misel	K. Ovik		S. Misel	T. Kazek	T. Kazek	T. Kazek	T. Kazek	T. Kazek
	52.79 98	53.05 93	53.23 99	53.41 91	53.86 94	54.5 97	54.5 97	54.8 98	55.0 98	55.2 97
4 x 200 M		S. Misel	C. Koppen	K. Meyer	A. Miller	K. Meyer	R. Auers	M. Sloan	K. Meyer	A. Peil
		C. Koppen	S. Wiechman	A. Miller	A. Peil	A. Peil	A. Wiedemann	A. Wiedemann	A. Miller	L. Ballis
		S. Wiechman	M. Odegard	M. Sloan	M. Sloan	M. Sloan	M. Sloan	J. Odegard	J. Stahlke	M. Sloan
		R. Schimming	S. Misel	T. Kazek	T. Kazek	T. Kazek	T. Kazek	M. Odegard	K. Ovik	T. Kazek
	1:53.2 91	1:54.12 92	1:54.31 93	1:54.8 98	1:56.0 98	1:57.23 98	1:57.6 96	1:57.8 95	1:58.3 99	1:58.3 98
4 x 400 M	K. Odegard	M. Sloan	R. Auers	A. Dufresne	K. Odegard	J. Odegard	L. Filler	K. Connaker	A. Wiedemann	M. Sloan
	L. Ballis	A. Wiedemann	L. Filler	L. Filler	S. Johnson	A. Wiedemann	L. Ballis	M. Anderson	L. Filler	A. Wiedemann
	M. Sloan	L. Greden	M. Sloan	M. Sloan	L. Filler	L. Greden	S. Johnson	L. Ballis	C. Mosher	L. Greden
	S. Johnson	M. Odegard	A. Wiedemann	S. Johnson	M. Sloan	M. Odegard	M. Sloan	S. Johnson	S. Johnson	M. Odegard
	4:27.1 98	4:30 95	4:31.8 96	4:32.2 98	4:32.7 98	4:33 95	4:33.8 98	4:34.5 99	4:34.8 97	4:39 95
4 x 800 M	K. Connaker	K. Connaker	L. Filler	L. Filler	A. Wiedemann	H. Larsen	K. Connaker	D. Peterson	L. Filler	L. Filler
	M. Anderson	B. Haavisto	B. Haavisto	M. Anderson	B. Haavisto	M. Anderson	B. Haavisto	C. Eberhart	B. Haavisto	K. Odegard
	L. Mettling	M. Sloan	B. Fischer	L. Mettling	B. Fischer	L. Mettling	L. Mettling	E. Greden	M. Sloan	L. Mettling
	L. Filler	L. Filler	A. Wiedemann	H. Larsen	A. Johnson	L. Filler	L. Filler	A. Wiedemann	K. Connaker	K. Connaker
	10:35.51 99	10:46.0 98	10:54.9 97	10:55.7 99	10:58.5 96	10:59.1 99	10:59.8 98	11:07.46 93	11:08.4 98	11:09.9 /98
800 MEDLEY	T. Kazek	K. Meyer	B. Johnson	K. Meyer	A. Peil	N. Plasek				
100, 100, 200, 400	A. Miller	A. Miller	K. Smetana	A. Miller	L. Ballis	L. Haugrud				
	K. Odegard	T. Kazek	T. Kazek	K. Odegard	A. Miller	L. Ballis				
	S. Johnson	M. Sloan	R. Auers	M. Sloan	K. Odegard	J. Stahlke				
	2:05.7 98	2:07.5 98	2:09.6 96	2:11.14 97	2:13.6 97	2:16.1 99				
1600 MEDLEY	K. Meyer	A. Peil	T. Kazek	M. Misel						
200, 200, 400, 800	A. Miller	M. Soderbeck	S. Johnson	A. Wiedemann						
	S. Johnson	L. Ballis	M. Sloan	M. Sloan						
	K. Connaker	K. Connaker	A. Wiedemann	J. Ammann						
	4:55.1 99	5:00.1 98	5:03.2 97	5:23.6 96						
DISTANCE MEDLEY	A. Wiedemann	J. Johnson	L. Mettling	R. Craighead						
800, 400, 1200, 1600	B. Fischer	K. Odegard	C. Mosher	M. Soderbeck						
	B. Haavisto	B. Haavisto	B. Haavisto	N. Carlson						
	A. Johnson	N. Carlson	B. Fischer	J. Johnson						
	15:06.3 96	15:26.6 98	15:54.0 97	16:31.9 99						

## BOYS' TOP TEN RELAYS - from the 90's

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 x 100 M	B. Olson	J. Arnold	J. McSherry	S. Auers	J. Arnold	M. Johnson	J. Hansen	M. Johnson	M. Johnson	Jess Johnson
	S. Auers	Jeff Johnson	J. Johnson	J. Johnson	J. Johnson	Z. Mettling	M. Johnson	J. Johnson	J. Hansen	J. Johnson
	Z. Mettling	B. Olson	B. Olson	B. Olson	B. Olson	B. Olson	B. Olson	B. Olson	B. Olson	J. Jahnz
	M. Johnson	J. Jahnz	S. Auers	J. Jahnz	S. Auers	S. Auers	S. Auers	P. D. Johnson	S. Auers	B. Olson
	<b>45.3</b> 98	45.87 96	46.08 97	46.4 96	46.6 96	46.7 98	46.7 98	46.9 97	47.0 98	47.2 96
4 x 200 M	J. Hansen	S. Auers	L. Williams	B. Olson	Pete Johnson	S. Auers	B. Olson	Z. Mettling	J. Hansen	A. Wirth
	R. Root	R. Root	R. Root	R. Root	R. Root	R. Root	S. Auers	R. Root	Z. Mettling	R. Root
	A. Wirth	A. Wirth	A. Wirth	A. Wirth	Z. Mettling	A. Wirth	R. Root	A. Wirth	B. Olson	Z. Mettling
	M. Johnson	J. Hansen	J. Hansen	J. Hansen	B. Olson	N. Johnson	Z. Mettling	J. Hansen	S. Auers	J. Oare
	<b>1:36.6</b> 99	1:39.6 98	1:40.0 99	1:40.2 98	1:40.3 98	1:40.4 98	1:40.8 98	1:40.9 98	1:41.60 98	1:41.7 98
4 x 400 M	J. Hansen	J. Hansen	J. Hansen	N. Johnson	J. Hansen	J. Oare	J. Hansen	J. Hansen	Jeff Johnson	J. Hansen
	A. Wirth	N. Johnson	M. Johnson	A. Wirth	N. Johnson	M. Johnson	N. Johnson	A. Wirth	M. Johnson	Jeff Johnson
	M. Johnson	JR Anderson	P. Johnson	M. Johnson	M. Johnson	A. Wirth	M. Johnson	M. Johnson	N. Johnson	N. Johnson
	Paul Johnson	M. Johnson	A. Wirth	JR Anderson	JR Anderson	JR Anderson	JR Anderson	JR Anderson	JR Anderson	JR Anderson
	<b>3:32.07</b> 99	3:34.55 98	3:39.7 99	3:39.8 98	3:40.45 97	3:41.4 98	3:42.7 98	3:43.6 98	3:45.8 97	3:51.1 97
4 x 800 M	Pete Johnson	Pete Johnson	J. Oare	P. Johnson	P. Johnson	S. France	S. France	D. Pangerl	S. France	S. France
	J. Oare	R. Hammill	JR Anderson	R. Hammill	R. Hammill	J. Lee	D. Pangerl	M. Stahlke	PI Johnson	J. Johnson
	A. Wirth	A. Wirth	Pete Johnson	A. Wirth	J. Oare	P. Johnson	J. Lee	S. France	R. Hammill	D. Pangerl
	JR Anderson	JR Anderson	A. Wirth	J. Oare	A. Wirth	R. Hammill	R. Hammill	J. Lee	J. Oare	J. Lee
	<b>8:44.9</b> 98	8:48.7 98	8:56.65 98	8:58.6 98	9:02.9 98	9:09.5 98	9:14.7 99	9:16.51 99	9:25.3 98	9:29.8
800 M Medley 100, 100, 200, 400	J. Hansen	B. Olson	B. Olson	J. Johnson						
	A. Wirth	S. Auers	P.D. Johnson	J. Jahnz						
	M. Johnson	Z. Mettling	J. McSherry	J. McSherry						
	P.C. Johnson	M. Johnson	JR Anderson	B. Runyan						
	<b>1:43.7</b> 99	1:45.0 98	1:45.8 97	1:54.5 96						
1600 M Medley 200, 200, 400, 800		M. Johnson		J. McSherry	B. Olson	J. McSherry	A. Bodle	J. Schoen	J. Schoen	D. Sanders
		J. Hansen		P.D. Johnson	S. Auers	S. Auers	BJ Patzoldt	A. Bodle	J. Arnold	R. Root
		A. Wirth		M. Johnson	J. Arnold	J. Arnold	J. Arnold	J. Kucera	A. Bodle	J. Oare
		JR Anderson		JR Anderson	JR Anderson	JR Anderson	R. Bell	R. Bell	R. Bell	R. Hammill
		<b>3:45.28</b> 90	3:57.4 98	3:57.6 91	3:57.85 97	4:01.6 96	4:04.9 96	4:05 93	4:06 94	4:09 94
Distance Medley 400, 800, 1200, 1600	L. Williams	J. Lee	S. Peterson	D. Sanders						
	S. France	B. Mettling	J. Arnold	N. Thieman						
	J. Lee	S. France	B. Runyan	B. Mettling						
	R. Hammill	D. Pangerl	JRAnderson	D. Pangerl						
	<b>11:58.3</b> 99	12:42.2 98	13:02.7 96	13:26.6 97						



## BOYS' TOP TEN - from the 90's

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
<b>100 M DASH</b>	Chris Olson 11.12 91	Paul Johnson 11.38 99	Jeff Arnold 11.49 96	Brian Olson 11.6 98	C. Olson 11.63 90	B. Olson 11.68 96	Mike Johnson 11.7 98	Jayson Jahnz 11.7 96	Jeff Johnson 11.88 96	J. Johnson 11.9 97
<b>200 M DASH</b>	Paul Johnson 22.80 99	Chris Olson 23.1 91	C. Olson 23.65 90	M. Johnson 23.7 98	J. Hansen 23.9 99	John Hansen 23.9 98	Z. Mettling 24.2 98	J. Arnold 24.21 94	J. Arnold 24.29 96	B. Olson 24.3 96
<b>400 M DASH</b>	M. Johnson 51.73 99	M. Johnson 52.33 98	M. Johnson 53.30 97	Jeff Arnold 53.3 96	Andy Wirth 53.78 98	A. Wirth 53.9 99	Jeff Arnold 54.0 93	Doug Rarick 54.61 90	Jeff Johnson 55.6 96	Z. Mettling 55.9 98
<b>800 M RUN</b>	JAnderson 2:07.1 98	R. Hammill 2:09.1 99	JR Anderson 2:10.6 97	JR Anderson 2:11.94 95	J. Lee 2:13.2 99	JR Anderson 2:13.4 96	JR Anderson 2:14 94	Ryan Hammill 2:16.2 98	Ryan Bell 2:18 94	Jeremy Lee 2:18.5 98
<b>1600 M RUN</b>	John Bloom 4:30.5 91	JR Anderson 4:44.6 98	R. Hammill 4:48.1 99	JR Anderson 4:48.3 97	JR Anderson 4:50.16 96	J. Lee 5:00.6 99	Ryan Bell 5:01 94	S. France 5:06.0 99	Jason Oare 5:06.5 98	Joel Kucera 5:08 95
<b>3200 M RUN</b>	John Bloom 9:52 91	John Bloom 10:18.69 90	Dan Pangerl 10:46.76 99	D. Pangerl 10:51.6 98	JR Anderson 11:01.3 98	Dan Pangerl 11:03.9 97	Peter Johnso 11:09.6 98	JR Anderson 11:10.7 96	Ryan Bell 11:17 94	JR Anderson 11:29.9 97
<b>110 M HURDLES</b>	Steve Kunze 16.44 91	N. Anderson 16.6 98	N. Anderson 17.2 97	N. Anderson 17.4 96	S. Kunze 17.69 90	Jon Baum 18.18 92	S. Peterson 19.3 96	Nick Kopy 22.3 99		
<b>300 M HURDLES</b>	N. Anderson 43.67 98	Steve Kunze 44.4 91	S. Kunze 45.24 90	N. Anderson 45.6 97	Josh Wiener 46.0 97	Chris Wiener 46.3 99	Randy Root 46.9 98	N. Johnson 47.1 97	Jessie Johnson 47.2 96	Derek Rydberg 48.3 94
<b>HIGH JUMP</b>	T. Schwarz 6' 0" 99	Steve Kunze 5' 10" 91	N. Anderson 5' 8" 98	P. Stephan 5' 8" 98	Z. Mettling 5' 6" 98	P. Stephan 5' 6" 97	Darrin Freetly 5' 4.5" 90	N. Anderson 5' 4" 97	D. Luginbill 5' 4" 91	N. Anderson 5' 3" 96
<b>LONG JUMP</b>	Chris Olson 19' 5" 91	Stu Auers 19' 3.75" 98	Brian Olson 19' 2.75" 98	Stu Auers 19' 2" 97	C. Christianson 19' 1" 92	Chris Olson 18' 9" 90	B. Olson 18' 5.5" 96	Jayson Jahnz 18' 5" 96	Shane Roatch 18' 3.75" 99	Jeff Arnold 18' 1" 96
<b>TRIPLE JUMP</b>	Paul Johnson 39' 9" 99	Darrin Freetly 38' 9" 90	Jessie Johnson 38' 4.5" 96	C. Christianson 38' 3.5" 92	J. McSherry 37' 9" 97	M. Johnson 37' 7.5" 99	M. Johnson 37' 5" 98	B. Stephan 37' 4" 92	J. McSherry 36' 3.5" 96	Jeff Johnson 35' 3" 96
<b>DISCUS</b>	Scott Isaacson 132' 9" 90	Ben Mettling 119'11.5" 99	Matt Anderson 110' 10" 93	Mike Rydberg 107' 0" 99	M. Anderson 105' 6.5" 92	D. Odegard 105'5" 99	Derrick Odegard 100' 5" 98	Ben Mettling 98' 11" 98	Josh Schoen 97' 3" 92	Dan Pangerl 96' 1.5" 99
<b>SHOT PUT</b>	Brian Olson 44' 0" 98	Brian Olson 42' 0" 97	Scott Isaacson 42' 0" 90	M. Rydberg 41' 2.75 99	Matt Anderson 37'10.75" 93	B. Mettling 37' 2.5" 99	Mike Johnson 37'2.25" 97	Patrick Stephan 33' 7" 98	D. Odegard 37' 1" 99	P. Leibel 32' 11" 91
<b>POLE VAULT</b>	Patrick Stephan 12' 6" 98	Nate Thieman 12' 0" 99	P. Stephan 11' 0" 97	N. Thieman 11' 0" 98	Josh Wiener 10' 6" 97	P. Stephan 10' 0" 99	N. Thieman 9' 0" 97	P. Stephan 8' 6" 96	Jim Soderbeck 7' 0" 93	Raynor 7' 0" 91

## PINE CITY GIRLS' TRACK AND FIELD RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	12.79	Karla Nelson	1983
200 m Dash	27.08	Lori Haugen	1982
400 m Dash	1:01.4	Melissa Odegard	1994
800 m Run	2:30.8	Dawn Butler	1981
1600 m Run	5:40.0	Becky Eberhart	1987
3200 m Run	12:34.04	Amy Johnson	1996
100 m Hurdles	16.54	Chantel Hersbergen	1994
300 m Hurdles	50.6	Janet Roubinek	1986
4 x 100 m Relay	52.79	Katie Meyer, Amanda Peil Molly Sloan, Tera Kazek	1998
4 x 200 m Relay	1:50.8	Karla Nelsen, Kris Lindstrom, Lara Lindstrom, Lori Haugen	1983
4 x 400 m Relay	4:17.59	Allison Rosati, Dana Sherman Dawn Butler, Pam Carlson	1984
4 x 800 m Relay	10:35.51	Kim Connaker, Miki Anderson, Lyndsay Mettling, Lena Filler	1999
High Jump	5' 0"	Heidi Larsen	1999
Long Jump	16' 7"	Erica Delak	1991
Triple Jump	32' 3"	Erica Delak	1993
Pole Vault	8' 6"	Jessica Ammann	1999
Shot Put	35' 10"	Tera Kazek	1998
Discus	107' 2"	Gail Roubinek	1987



## PINE CITY BOYS' TRACK AND FIELD RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	11.12	Chris Olson	1991
200 m Dash	22.6	Chris Harrison	1979
400 m Dash	51.73	Mike Johnson	1999
800 m Run	1:56.7	Tom Nelson	1980
1600 m Run	4:30.5	Jon Bloom	1991
3200 m Run	9:52.0	Jon Bloom	1991
110 m Hurdles	15.8	Tom Nelson	1980
300 m Hurdles	42.5	Allen Reinke	1988
4 x 100 m Relay	45.3	Brian Olson, Stu Auers, Zach Mettling, Mike Johnson	1998
4 x 200 m Relay	1:36.6	John Hansen, Randy Root Andy Wirth, Mike Johnson	1999
4 x 400 m Relay	3:32.07	John Hansen, Andy Wirth Mike Johnson, Paul Johnson	1999
4 x 800 m Relay	8:44.9	Peter Johnson, Jason Oare, Andy Wirth, JR Anderson	1998
High Jump	6' 8 1/4"	Tom Nelson	1980
Long Jump	21' 8"	Jerry Hoefler	1948
Triple Jump	39' 9"	Paul C. Johnson	1999
Pole Vault	13' 8 1/2"	Chuck Novak	1972
Shot Put	46' 1 3/4"	Dave Shuey	1978
Discus	142' 11"	Bill Sauter	1971

# 1999 Track and Field Awards

<b>MVP - Track and Field Events</b>	Katie Meyer	Mike Johnson Paul Johnson
<b>Sportsmanship Award</b>	The 1999 Track Team	
<b>Rookie of the Year</b>	Heidi Larsen Kati Ovik	Travis Schwarz
<b>Most Improved Athlete</b>	Sam France Nate Thieman	4 x 800 m relay team Kim Connaker Miki Anderson Lyndsay Mettling Lena Filler
<b>New School Records:</b>		
High Jump	Heidi Larsen	5' 0"
Pole Vault	Jessica Ammann	8' 6"
400 m Dash	Mike Johnson	51.73
Triple Jump	Paul Johnson	39' 9"
4 x 200 m Relay	John Hansen, Randy Root, Andy Wirth, Mike Johnson	1:36.6
4 x 400 m Relay	John Hansen, Andy Wirth Mike Johnson, Paul Johnson	3:32.07
4 x 800 m Relay	Kim Connaker, Miki Anderson Lyndsay Mettling, Lena Filler	10:35.51
<b>All- Conference Awards:</b>	John Hansen Andy Wirth Mike Johnson Paul Johnson Heidi Larsen Nate Thieman	4 x 400 m Relay 4 x 400 m Relay 4 x 400 m Relay 4 x 400 m Relay High Jump Pole Vault
<b>Honorable Mention:</b>	Katie Meyer Ryan Hammill Paul Johnson	Triple Jump 1600 m Run 200 m Dash

## 1999 Track Letterwinners:

Mike Johnson  
Andrea Miller  
Katie Meyer  
John Hansen  
Ryan Hammill  
Lena Filler  
Dan Pangerl  
Patrick Stephan  
Randy Root  
Andy Wirth  
Susan Johnson  
Kim Connaker  
Nate Thieman  
Lyndsay Mettling  
Ben Mettling

Paul Johnson  
Heidi Larsen  
Kati Ovik  
Jeremy Lee  
Jaime Kozisek  
Sam France  
Levi Williams  
Jessica Ammann  
Miki Anderson  
Lezlie Ballis  
Shane Roatch  
Jenelle Stahlke  
Jason Johnson  
Ashley Mettling  
Travis Schwarz

Chris Wiener  
Derrick Odegard  
Michael Doerfer  
Mike Stahlke  
Mike Rydberg  
Christina Mosher  
Derek Sanders

# ***Competition***

***is the greatest thing in our lives.***

***The tougher the opponent,  
the more you should love him.***

***The better he is,  
the more he will bring out in you.***

***There is only one way to go -  
You've gotta reach.***

***John Wooden***















# GIRLS' "BESTS" - 1999

	A	B	C	D	E	F	G	H	I
139	Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
140									
141	Melissa Caza - 8	98		16.8	36	88.6			
142		99		16.2	36.2				
143									
144	Laura Haggen - 8	99							
145									
146	Amy Hambly - 8	98		15.4	31.7				
147		99		15.3	32.3				
148									
149	Kayla Johnson - 8	98		14.4	30.3				
150		99		14.2	30.1				
151									
152	Rebecca Overson	99		14.2	30.5				
153									
154	Laura Sanders - 8	98		15.7	32	70.5			
155		99		16.5					
156									
157	Kati Splett - 8	99					2:57.3	6:34	
158									
159	4 x 100 m Relay - 8	98	59.2						
160		99	59.9						
161									
162	4 x 200 m Relay - 8	98	2:11						
163		99	2:22						
164									
165	Medley Relay - 8	98	2:18.4						
166									
167	Brittany Grinde - 7	99							
168									
169	Brittney Jewell - 7	99							
170									
171	Meleia Johnson - 7	99				1:11	3:01	6:25	
172									
173	Tessa Korf - 7	99			32.1	1:10			
174									
175	Laura Pixley - 7	99		13.7	30.3				
176									
177	Kari Splett - 7	99				1:13.9			
178									
179	Nikki Steiner - 7	99		15.4	33.1				
180									
181	Julianna Wirth - 7	99		14.7	30.7				
182									
183	4 x 100 m relay - 7	98	60.2						
184		99	59.6						
185									
186	4 x 200 m relay - 7	98	2:16.0						
187		99	2:08.6						













# BOYS' "BESTS" - 1999

	A	B	C	D	E	F	G	H	I
98		yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m dash	1600 m dash	3200 m dash
99									
100	Josh Brooke - 10	99							
101									
102	Ryan Hammill - 10	98		14.2 sp-NSC			2:16.2 - Ona		
103							2:15.8 sp-Hinc		
104		99				57.0 sp - ChL	2:09.1 - Sub	4:48.1 - RRC	
105									
106	Jeremy Lee - 10	98		14.7 sp-RRCI		64.2 - ChL	2:18.5 - Sub	5:31.7 - Mora	
107						61.8 sp-ConR			
108		99				60.2 sp - ChL	2:13.2 - Og	5:00.6 - Sub	11:35.7 - PC
109							2:16.4 sp - RC	3:44.5 (1200)	
110	Levi Williams - 10	99		12.2 sp-RC	24.9 - RRC	56.9 - Sub			
111					24.4 sp-GB				
112	Greg Bunce - 9	97					2:59 - RRC jh		
113		98					2:47.3-RRCjh		
114		99		13.6 sp-JV			2:37.2 - JV		13:23.6 - RRC
115									
116	Mark Hagen - 9	99	7.8 - RRCI	13.3 - ChL	28.4 - RRCI				
117									
118	Aaron Hepburn - 9	97		13.7-Tig cub	28.8 - PC jh				
119		98		12.8-Hinc jh	28.4-Mora jh				
120		99		12.8 - ChL					
121				12.2 sp - ChL					
122	James Jahnz - 9	98		12.7-Morajh	26.4 - RRCjh				
123		99		12.3 - ChL	29.1 sp-GB				
124									
125	Nick Koppy - 9	99							
126									
127	Michael Rydberg - 9	99		13.6 - JV					
128									
129	Mike Stahlke - 9	99				63.3 - ChL	2:24.5 RRC		
130							2:23.2 sp-Sub		
131	Matt Wirth - 8	99		13.2	26.8				
132									
133	Dan Branzovsky - 7	99						6:15	
134									
135	Jared Clementson - 7	99					2:28.1	5:22.6	
136									
137	Travis Gerving - 7	99		14.9	32.3				
138									
139	Robert Noyes - 7	99		14.1	29.3				
140									
141	4 x 100 m Relay - 7	98	54.5 - Mora jh						
142		99							



## GIRLS' RELAY HISTORY - 1999

	A	B	C	D	E	F
1		RRC INDOOR	GOLD BATON	RUSH CITY	CHISAGO LKS	RRC RELAYS
2						
3	4 X 100 M RELAY	K. Meyer		K. Meyer	K. Meyer	K. Meyer
4	(0:52.79)	A. Miller		A. Miller	A. Miller	A. Miller
5		C. Milligan		K. Ovik	K. Ovik	K. Ovik
6		A. Mettling		A. Mettling	A. Mettling	L. Ballis
7		58.3		57.3	56.6	55.9
8						
9	4 x 200 M RELAY	C. Milligan	K. Meyer	K. Meyer	K. Meyer	K. Meyer
10	(1:50.8)	A. Mettling	A. Miller	A. Miller	A. Miller	A. Miller
11		A. Miller	L. Ballis	J. Stahlke	L. Ballis	J. Stahlke
12		K. Meyer	C. Milligan	A. Mettling	K. Ovik	K. Ovik
13		2:09.3	2:03.68	2:-3.1	1:59.5	2:01.1
14						
15	4 x 400 M RELAY	C. Mosher	L. Ballis	S. Johnson	L. Mettling	K. Connaker
16	(4:17.59)	L. Ballis	M. Anderson	M. Anderson	M. Anderson	M. Anderson
17		K. Ovik	C. Mosher	L. Mettling	K. Connaker	H. Larsen
18		S. Johnson	L. Filler	L. Filler	S. Johnson	S. Johnson
19		5:06.7	4:54.48	4:46.2	4:44.3	4:40.7
20						
21	4 x 800 M RELAY	L. Filler	J. Stahlke	J. Stahlke	H. Larsen	H. Larsen
22	(10:40.3)	J. Stahlke	M. Anderson	M. Anderson	M. Anderson	M. Anderson
23		L. Ballis	L. Mettling	L. Mettling	L. Mettling	L. Filler
24		L. Mettling	L. Filler	K. Connaker	L. Filler	L. Mettling
25		11:46.0	11:39.15	11:35.5	10:59.1	11:12.7
26						
27	800 MEDLEY RELAY					N. Plasek
28	(100, 100, 200, 400)					L. Haugrud
29						L. Ballis
30						J. Stahlke
31						2:16.1
32						
33	1600 MEDLEY RELAY					K. Meyer
34	(200, 200, 400, 800)					A. Miller
35						S. Johnson
36						K. Connaker
37						4:55.1
38						
39	DISTANCE MEDLEY					R. Craighead
40	(800, 400, 1200, 1600)					M. Soderbeck
41						N. Carlson
42						J. Johnson
43						16:31.9

## GIRLS' RELAY HISTORY - 1999

	G	H	I	J	K	L
1	TIGERAMA	PINE CITY	OGILVIE	RRC	SUBSECTION	SECTION
2						
3		A. Mettling	K. Meyer	K. Meyer	K. Meyer	K. Meyer
4		A. Miller	A. Miller	A. Miller	A. Mettling	A. Mettling
5		L. Ballis	L. Ballis	L. Ballis	L. Ballis	L. Ballis
6		K. Ovik	A. Mettling	A. Mettling	K. Ovik	K. Ovik
7		55.4	56.2	56.1	54.9	53.23
8						
9		K. Meyer	K. Meyer	K. Meyer	K. Meyer	
10		A. Miller	A. Miller	A. Miller	L. Haugrud	
11		J. Stahlke	J. Stahlke	J. Stahlke	J. Stahlke	
12		K. Ovik	K. Ovik	K. Ovik	K. Ovik	
13		2:02.5	2:00.8	1:58.3	2:00.3	
14						
15		K. Connaker	K. Connaker	K. Connaker	K. Connaker	
16		M. Anderson	M. Anderson	M. Anderson	M. Anderson	
17		L. Ballis	L. Ballis	L. Ballis	L. Ballis	
18		S. Johnson	S. Johnson	S. Johnson	S. Johnson	
19		4:40.9	4:34.5	4:41.3	4:39.0	
20						
21		L. Filler	L. Filler	K. Connaker	K. Connaker	K. Connaker
22		M. Anderson	M. Anderson	M. Anderson	M. Anderson	M. Anderson
23		L. Mettling	L. Mettling	L. Mettling	L. Mettling	L. Mettling
24		K. Connaker	H. Larsen	L. Filler	L. Filler	L. Filler
25		11:18.1	10:55.7	10:57.5	10:41.0	*10:35.51*
26						
27						
28						
29						
30						
31						
32						
33						
34						
35						
36						
37						
38						
39						
40						
41						
42						
43						

## BOYS' RELAY HISTORY - 1999

	RRC INDOOR	GOLD BATON	RUSH CITY	CHISAGO LKS	RRC RELAYS
4 X 100 M RELAY (0:45.3)	S. Roatch N. Thieman Z. Mettling M. Johnson		S. Roatch J. Jahnz L. Williams M. Johnson	N. Thieman S. Roatch L. Williams M. Johnson	N. Thieman S. Roatch M. Hagen L. Williams
	49.6		49.1	48.6	49.1
4 x 200 M RELAY (1:39.6)	A. Wirth R. Root L. Williams Paul Johnson	J. Jahnz L. Williams Paul Johnson M. Johnson	L. Williams R. Root A. Wirth J. Hansen	L. Williams R. Root A. Wirth J. Hansen	J. Hansen R. Root A. Wirth M. Johnson
	1:42.9	1:42.91	1:41.8	1:40.0	1:41.9
4 x 400 M RELAY (3:33.5)	L. Williams T. Schwartz T. Long A. Wirth	A. Wirth L. Williams Paul Johnson M. Johnson	J. Hansen A. Wirth Paul Johnson M. Johnson	J. Hansen M. Johnson Paul Johnson A. Wirth	J. Hansen A. Wirth M. Johnson Paul Johnson
	4:03.3	3:49.03	3:45.0	3:39.7	3:36.8
4 x 800 M RELAY (8:44.9)	R. Hammill G. Bunce J. Lee S. France	S. France D. Pangerl J. Lee R. Hammill	S. France D. Pangerl J. Lee R. Hammill	S. France D. Pangerl J. Lee R. Hammill	Jason Johnson G. Bunce M. Stahlke M. Doerfer
	9:54.8	9:26.31	<b>9:14.7</b>	9:27.7	10:24.3
800 MEDLEY RELAY (100, 100, 200, 400)					J. Hansen A. Wirth M. Johnson Paul Johnson
					1:43.7
1600 MEDLEY RELAY (200, 200, 400, 800)					P. Stephan L. Williams T. Schwartz D. Pangerl
					4:24.4
DISTANCE MEDLEY (800, 400, 1200, 1600)					L. Williams S. France J. Lee R. Hammill
					11:58.3

